

November 23, 2020



As the holiday season approaches, we, as a community, come together to celebrate and spend time with our loved ones. This year has impacted all of us, including our clients and staff. We are grateful that despite the pandemic, you continued to support us and we, in turn, were able to support our clients and community. A critical program at CARES is our Food and Nutrition Services. We have been providing **600 bags of food per month** and have served **1,244 clients this year** through the nutrition program. Food being a basic need, this program has significantly increased during this pandemic, which has exhausted all of the food and nutrition resources received through existing funding streams. This year, we are asking for your support to make this holiday season special by helping us provide hot meals to some of the most vulnerable people in our community.

In past years, we have delivered 400 hot meals to our clients during the holiday season. Many of our clients are homebound with high-risk health issues that keep them from going out to enjoy a holiday meal. Others do not have the finances to dine out or purchase special holiday food items.

“Chris” told us after his holiday meal was delivered last year, that it felt like family came to visit. “I don’t have any family who visits me... I felt real special when y’all showed up with a big plate of food for me.”



With so many of our clients experiencing joblessness, financial struggles and the need to stay home during the pandemic due to their compromised immune systems, the need is greater than ever. We are planning to deliver a total of 500 hot meals this year.

**Will you help provide hot meals to those who are in need in our community?** A small gift of **\$35** can provide **5 people** with a hot meal this holiday season!

To help provide holiday meals to our clients, please fill out and return the meal ticket enclosed. You will bring a little warmth and good cheer to someone in need and they will be deeply grateful!

*Ebony Gordon*

Ebony Gordon  
Nutrition Coordinator, Nashville CARES

To donate online visit <https://www.nashvillecares.org/holidaymeals>