



Supporting Healthy Lifestyles for Seniors with Nutritious Food

Michael has been attending the Muni Lot food distribution for several months during the COVID-19 pandemic. He is diabetic and also on disability. After his monthly bills are paid, Michael often finds that he has very little money left over to use for food, so his weekly visits to the Muni Lot help him get the food he needs to stay healthy.

“This gets me through the week. I can get fresh milk, fresh cheese – things that I need. Being a diabetic, it helps out a lot. I have to have solid meals three times a day. I couldn’t do that before this. This helps out tremendously.”

Michael has often had to make difficult choices between paying for food or getting the medical help that he needs. “It’s been a struggle for the last five years. I’m supposed to be on oxygen, but I can’t afford it.”

The Muni Lot distribution is something that Michael is very thankful for and plans to continue using. He is appreciative of donors and volunteers who help make sure that those who need the help are receiving it, even during the pandemic. “I thank the Food Bank very much. If it weren’t for them, some days I wouldn’t eat.”



Nearly 2,000 families arrive at the GCFB’s Muni Lot Distributions each week, where they can receive boxes of nutritious food.