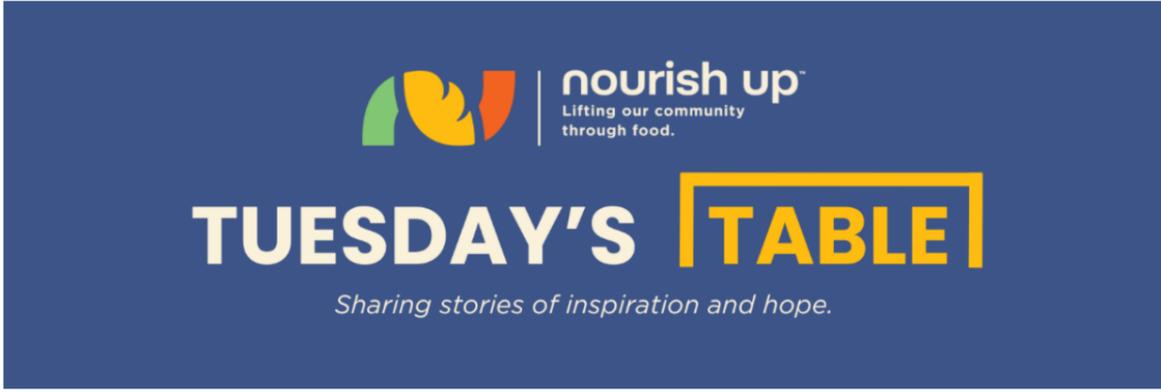


## Tuesday's Table | Shelter from the Storm



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## Shelter from the Storm



**September 24, 2024.** A vicious storm rocked our state.

As Hurricane Helene devastated communities, one question echoed across North Carolina and our nation: *“How can we help?”* At Nourish Up, even hundreds of miles away, we prepared to respond — knowing families would be displaced and Charlotte would open its doors as a place of refuge.

Among those families was Teresa’s.

Teresa already lived in Charlotte. But when her daughter’s home in Asheville was destroyed by the storm, her daughter and three grandchildren — ages 15, 7, and 2 — moved into Teresa’s modest apartment. Suddenly, a quiet home became a full house.

A caregiver by nature, Teresa had always given freely to others. She once volunteered with Nourish Up, serving neighbors in need with warmth and compassion. Back then, she never imagined that one day, she would be the one in need.

“The phrase *‘it could happen to any of us’* became real for me — more than once,” she says.

In 2020, a serious accident left Teresa with chronic pain and limited mobility. A referral to Nourish Up helped her begin receiving groceries — a lifeline during her recovery. So when her daughter and grandchildren arrived this year, Teresa knew exactly where to turn for help.

They were in crisis mode — and Nourish Up showed up.

Support came in the form of fresh produce, pantry staples, and even diapers for her youngest grandson, King. But it also came in the form of kindness.

“It wasn’t just the food,” Teresa says. “It was the compassion. Nourish Up helped us weather the storm.”

Suddenly responsible for feeding up to six people, Teresa was overwhelmed. “I didn’t know how I was going to feed everybody,” she admits. “Nourish Up has been a godsend.”

Back when she was a volunteer, there was no such thing as home delivery. That innovation, born out of the pandemic, made all the difference.

“Delivery is new and it’s a blessing,” she says.

Today, Grocery Home Delivery is Nourish Up’s fastest-growing program, serving hundreds of neighbors each week. And with that growth comes the need for more volunteers.

“I love that they send fresh vegetables like corn, heirloom tomatoes, and lettuce. And peaches! My family hasn’t missed a meal because of Nourish Up,” Teresa shares. “They even brought the paper products I needed. It meant I didn’t have to be anxious — I had a resource I could count on.”

For Teresa, it’s more than a service — it’s a relationship. She remembers the names and the warmth of the people behind the food.



“You don’t forget how Ana and Melissa make you feel. ‘Let’s get you this,’ they say, without judgment. They make you feel welcome — not vulnerable. And the volunteers, too. They’re amazing.”

Teresa's experience is a reminder that need can come for any of us and that dignity should always be part of the solution.

“Life is life,” Teresa says simply. “People don’t ask to be in a position to need help. But Nourish Up bridges the gap. It got us through a storm. I feel so blessed.”

And perhaps the truest testament to Nourish Up’s impact comes from Teresa’s grandson:

“Grandma! You know how to make miracles with that food!”

## Teresa’s Chicken Casserole

<p><b>Ingredients:</b></p> <p>2 cans of chunk chicken breast, drained</p> <p>2 cans of cream of chicken soup</p> <p>1 can of diced tomatoes</p> <p>1/2 an onion, chopped</p> <p>1 bell pepper, diced</p> <p>8 oz elbow macaroni</p> <p>2 cups of shredded cheddar cheese</p> <p>Salt, pepper, and garlic powder to taste</p>	<p><b>Directions:</b></p> <p>Cook pasta according to package. Drain and set aside.</p> <p>Combine everything except cheese into a large bowl and mix.</p> <p>Spread mixture into baking dish.</p> <p>Top with shredded cheese.</p> <p>Bake uncovered at 350 for 30-35 minutes.</p> <p>Serve warm</p>
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## Emergency Hunger Fund

Help Us Raise \$500,000 by September 30.



We’re facing empty shelves, a sharp federal funding cut, and requests from hundreds of people every day. Your gift today will go further to help us take care of our neighbors like Teresa. Thanks to our wholesale partnerships, we can stretch every dollar to purchase nutritious food for our neighbors.

Join us to close the gap and ensure access to nutritious food.

**Make a Donation Today**

**It is our mission to nourish our neighbors with food and compassion.**

Nourish Up provides groceries, meals, and hope through a network of food pantries, grocery home delivery, and as the primary Meals on Wheels program for Mecklenburg County.

[www.nourishup.org](http://www.nourishup.org)



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