

The New Yorkers Who Amaze Me the Most: Single Mothers

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by Samuel Ching McGrath

With **Mother's Day** coming up this Sunday, I have been thinking about a woman I met recently at a Food Bank member program, the **Riverside Church Food Pantry** in Morningside Heights. I already knew that **women** and **children** are two of the groups most at-risk for hunger in our city, but meeting Yolanda really helped me understand the reality of that situation.

Until recently Yolanda had been struggling to support her three sons with a low-wage job and **food stamps** to help fill in the gaps. She is a single mother, and is able to find help from her sister from time to time. But since Yolanda's sister has a child of her own and takes care of their mother, there is only so much she is able to help.



When a friend told her about the food pantry at Riverside, it was a great relief. "I didn't know these types of services were available," she told me. "And I didn't expect to get bags of food!" Now, when times are tough, Yolanda is still able to provide her sons with a home-cooked meal, using the groceries she can pick up at the food pantry.

I am always amazed by the strength of the **Food Bank's clients**, and single mothers like Yolanda are often among the New Yorkers I am most impressed by. Although Yolanda struggles from month to month to support three young sons, she still has the energy to look for a way to **give back to her community**. "It's inspirational what the Riverside Church Food Pantry does for me and the local community," Yolanda said. "This encourages me to want to give somebody else help and reach out whenever I can."

*If you can, we hope that you will consider **making a donation** to support all of the mothers like Yolanda who struggle to afford food in our city. A great way to do this right now is to make a gift in honor of your mother – sending her **one of our new Mother's Day eCards, including a card with a photo of Yolanda and two of her sons**. Thank you!*

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