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100+ Women Who Care supports food bank

BY KIM TARNOPOLSKI
GSN Contributor

Tucked into a humble warehouse in Gilbert, something extraordinary is happening. It doesn't make the evening news. It doesn't ask for applause.

But day after day, week after week, Midwest Food Bank of Arizona is doing the deeply human work of feeding hope and restoring dignity – one box, one truckload, one life at a time.

When disaster strikes in Arizona – be it wildfire, flash flood, or extreme heat – Midwest Food Bank is among the first to respond.

Within hours, they're packing emergency food boxes, loading trucks, and working hand-in-hand with partners like The Salvation Army and the Red Cross to make sure families in crisis have what they need: food, water, hygiene kits, and most importantly, the comfort of knowing someone cares.

Each family food box is designed to sustain a household of four for up to five days, filled with nutritious, shelf-stable items that require no refrigeration. It's not just about calories – it's about compassion. Because when your world has been turned upside down, a warm meal and a friendly face can mean everything.

But Midwest Food Bank doesn't wait for disaster to make an impact. Every month, it provides food and supplies to over 275 nonprofit agency partners across Arizona – pantries, shelters, schools, and churches and other organizations that stand on the front lines of hunger, poverty, and hardship.

Together, they form a powerful network of care, reaching families in every corner of the state. And the best part? Midwest Food Bank gives it all away for free. No fees. No strings. Just



Merilee Baptiste and Crissy Haidos celebrate 100+ Women Who Care's gift to the Midwest Food Bank in Gilbert. (Courtesy of 100+ Women Who Care)

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generosity.

Volunteers are the heartbeat of this mission. People from all walks of life show up to pack boxes, drive trucks, and spread kindness. They don't just give time – they give love. And you can feel it in every carefully loaded pallet and every handwritten note slipped into a box.

In a world that often feels divided and uncertain, Midwest Food Bank of Arizona is a living reminder of what we can do when we lead with love. To donate, volunteer, or learn more, visit arizona.midwestfoodbank.org. Because here in Arizona, hope doesn't

just happen – it's delivered.

In April, Merilee Baptiste stepped into the spotlight and shared the powerful mission of Midwest Food Bank of Arizona with the women of 100+ Women Who Care Valley of the Sun – East Valley.


Her words stirred something deep, painting a vivid picture of neighbors helping neighbors in times of crisis. Inspired by her message, the members came together and chose Midwest Food Bank of Arizona to receive their collective gift of \$10,837 – a gift fueled by generosity, resilience, and the unwavering belief that no one should face hardship alone.

"Midwest Food Bank's commitment to disaster relief means we are always

prepared to respond swiftly in times of crisis," said Midwest Executive Director Merilee Baptiste. "Our goal is to ease the burden by providing essential supplies like food and water, working with our partners to bring relief to those in need."

Since their very first gathering in 2015, 100+ Women Who Care Valley of the Sun has given more than \$1.4

million to local nonprofits – proof of what happens when women come together with open hearts and a shared purpose.

To be a part of something meaningful, join them at their next Giving Circle on Aug 12, 2025, at Kiln in the San Tan Village. Guests are always welcome. Learn more or register at 100wwcvalleyofthesun.org. 



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