Rising Tides

When one of us rises we all rise!

Tempe Community Action Agency

2026 Tempe Nonprofit of the Year

Wedding Bells at I-HELP



Dear %contactInformalName%,

On June 19, I-HELP graduates Abdul and Teresa celebrated the start of a new chapter by saying "I do." After losing their jobs and housing earlier this year, the couple came to I-HELP, where they found stability, support, and community during a difficult time.

Over the past several months, **Abdul and Teresa have worked to rebuild their lives** with determination. They both secured jobs and recently moved into transitional housing as they prepare for a permanent home.

Their wedding was a joyful reminder that even **during life's hardest moments, there is still hope.** We are honored to have been part of their journey and wish them a lifetime of happiness as they begin this exciting new chapter together.

Every success story reminds us why this work matters. As summer continues, many families are facing increased food insecurity, and you'll find ways in this issue to learn more and help make a difference.

Meeting a Growing Need



Every day, families across our community rely on TCAA's Food Pantry to put meals on the table, and **that need continues to grow.** During the 2025-2026 fiscal year, **demand increased by an astonishing 40%** compared to the previous year, and we expect even more individuals, children, and seniors will need our support in the months ahead.

Despite this growing need, **there is so much to celebrate.** Thanks to the generosity of our donors, volunteers, and community partners, we distributed a record-breaking **68,000 pounds of food** last year. Every bag of groceries represented dignity, hope, and the reassurance that no one has to face hunger alone.

As food insecurity continues to impact our neighbors, we remain committed to being there for every family who needs us.

Connection That Fits Your Schedule



Looking for an **important way to make a difference** without committing to a set weekly schedule? Our **Neighbors Helping Neighbors** program makes volunteering simple and flexible. Volunteers are matched one-on-one with an older adult and provide support on their own time through friendly visits, grocery shopping, rides, technology help, or simply checking in.

During the summer, **these small acts can make an even bigger difference.** For many older adults, getting to the grocery store in **extreme heat** can be difficult or even dangerous, making a grocery pickup or ride especially meaningful.

That flexibility is what drew volunteer Sydney Schaefer to the program. Wanting a way to give back, alongside her 8-year-old daughter, Sydney was matched with Teresita. Since then, they have built a lasting friendship through regular visits and support.

If you've been looking for a volunteer opportunity that fits your schedule while helping older adults stay connected, safe, and well-fed this summer, Neighbors Helping Neighbors could be the perfect fit**.**

Volunteer for Neighbors Helping Neighbors!

A Gift That Nourished Our Community



This summer, Bar-S Foods Company helped bring more than just food to the table by donating several cases of meat to Tempe Community Action Agency.

As families faced rising grocery costs and children spent more time at home during school break, the donation became an **important ingredient in nourishing the community.** Volunteers combined the meat with other food donations to create wholesome meal boxes and distributed it through local food programs, ensuring neighbors had access to nutritious protein **when they needed it most.**

For parents, it meant one less worry. For children, it meant **full plates and shared family dinners.** Through this generous partnership, Bar-S Foods Company and TCAA turned simple ingredients into comfort, connection, and hope for families across Tempe.

GIVE | VOLUNTEER | TAKE A TOUR

At Tempe Community Action Agency, we envision a society where every person has what they need to live a healthy, purposeful life.

It is our mission to eliminate poverty and advance equitable communities.

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