



nourish

July 2026

Providing immediate relief while investing in long-term solutions to combat hunger and improve the quality of life for our neighbors.

The Bullhead Regional Food Bank and Community Thrift are always looking for people who want to make a difference right here in our community.

Every day, our volunteers help sort food, stock shelves, prepare bread, assist clients, unload deliveries, organize donations, greet customers, and lend a helping hand wherever it's needed. At Community Thrift, volunteers

help keep the store looking its best while knowing that every purchase helps support the Food Bank and other local nonprofits. The truth is, we simply couldn't do what we do without our volunteers. They are the heart of our organization.

Whether you have a few hours a week or just a few hours a month, your time can make a real difference. No special skills are required—just a willingness to help and a caring heart. Volunteering is also a great way to meet new people, stay active, and give back to the community we all call home. Many of our volunteers tell us they came here to help others, but discovered they received just as much in return. They've made new friends, found a sense of purpose, shared a few laughs, and become part of a team that truly cares about our community.

If you've been looking for a meaningful way to make an impact, we'd love to have you join us. Together, we can continue providing food, hope, and support to our neighbors while helping Community Thrift grow into another valuable resource for our community.

If you would like to learn more about volunteering, **please contact our Executive Director, Stephen Brown, at (928) 450-0630**. He would be happy to answer your questions, show you around, and help you find a volunteer opportunity that's a great fit. We would love to welcome you to the Bullhead Regional Food Bank family!

VOLUNTEERS NEEDED

GATHER & GIVE JOIN US FOR AN EVENING OF FUN AND GIVING

Mark your calendars for Friday, September 19, as we celebrate National Hunger Action Month with our very first Gather & Give fundraising event.

This isn't your typical fundraiser. We're inviting you into our warehouse—the heart of the Bullhead Regional Food Bank. After all, what better place to see what we do every day? You'll be surrounded by the very shelves, pallets, and volunteers that help feed thousands of our neighbors throughout the year. It's a unique opportunity to experience the mission firsthand.

But don't think this will be a stuffy event. We're planning an evening filled with great food, laughter, and fun. You'll hear a few inspiring stories, enjoy some surprises along the way, and spend time with people who believe in taking care of our community.

And don't worry—you won't need fancy clothes. Come as you are and bring a heart for helping others.

Every dollar raised will stay right here in our community, helping us provide food and hope to individuals, families, seniors, and veterans facing hunger across the Tri-State.

Because we're hosting the event in our warehouse, seating will be limited, making this an intimate evening you won't want to miss. Watch for ticket information, sponsorship opportunities, and more details coming soon. Ticket purchases are available online at www.bullheadfoodbank.org or by calling 928-758-7717.

Together, let's Gather with friends, Give with purpose, and make a real difference for our neighbors in need. We hope you'll join us!



This month, we are honored to spotlight The Home Depot.



The Home Depot

660 Az 95
Bullhead City, AZ 86429

Contact Us

Store:
[\(928\)754-5600](tel:(928)754-5600)

Pro Service Desk:
[\(928\)754-9402](tel:(928)754-9402)

Rental Center:
[\(928\)754-9408](tel:(928)754-9408)

Store Hours

Mon-Fri:
6:00am - 9:00pm

Sat:
6:00am - 8:00pm

Sun:
7:00am - 8:00pm

Curbside:
09:00am - 6:00pm

Thank you so much for the incredible support your team provided. We were thrilled to have 10 Home Depot associates volunteer their time to unload trucks of fresh groceries, bag dry goods and produce, and operate our cardboard baler.

Furthermore, we are deeply grateful for the grant and donation of the converted Tuff Shed, which will serve as our new security and safety shack. We are honored that Home Depot has chosen us as a community partner in our mission to ensure no one goes hungry.

Thank you again for your generosity and hard work.



volunteer of the month

Peggy Crowson

Our Volunteer of the Month is Peggy Crowson, who has faithfully served the Bullhead Regional Food Bank for the past four years. Peggy's positive attitude and contagious personality brighten the day of everyone around her, making her a true joy to have as part of our volunteer team.

If you've visited the Food Bank and received bread, there's a very good chance that Peggy was the one who carefully sorted and prepared it for distribution. She works behind the scenes to help ensure that thousands of families receive quality food each month.

Peggy's dedication, reliability, and servant's heart have made a lasting impact on both our organization and the community we serve. Volunteers like Peggy remind us that it's often the quiet acts of kindness that make the biggest difference.

Thank you, Peggy, for your unwavering faithfulness, your hard work, and the compassion you show every day. We are truly grateful for all you do for the Bullhead Regional Food Bank and the families who depend on us.



JUNE statistics

5,142 HOUSEHOLDS
SERVED

10,938 INDIVIDUALS
FED

262,242 POUNDS OF
FOOD

1,570 VOLUNTEER
HOURS



BULLHEAD REGIONAL
FOOD BANK
COMMUNITY THRIFT

Mon-Fri

9 a.m.-5 p.m

Sat

10 a.m.-3 p.m

825

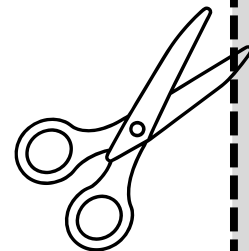
Hancock Road

Shop local. Donate local. Give local.

Together, we're making a difference one purchase at a time.

COUPON

50% OFF



Buy one - GET second item 50% off for equal or lessor value.

This coupon is redeemable on ANY Saturday in July 2026.



BULLHEAD REGIONAL
FOOD BANK
COMMUNITY THRIFT

Mon-Fri

9 a.m.-5 p.m

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825

Hancock Road

YOUR DONATIONS DO MORE THAN YOU THINK

When you donate to the Community Thrift, you're doing so much more than cleaning out a closet or garage. You're helping put food on someone's table. The Community Thrift was created with one purpose in mind—to generate year-round support for the Bullhead Regional Food Bank. Every donated item that finds a new home helps provide the resources we need to continue serving thousands of individuals and families throughout our community.

One person's "I don't need this anymore" becomes another person's great find. It's a win for the shopper, a win for the donor, and most importantly, a win for the Food Bank. As we continue to grow, we're always looking for quality donations. Furniture, household items, home décor, kitchenware, tools, books, collectibles, and clean clothing are just a few of the items our customers are looking for. Your donations help keep our shelves stocked with new treasures and give shoppers a reason to come back again and again. Shopping local has never meant so much. Every purchase made at the Community Thrift helps support the Food Bank's mission of fighting hunger right here in our own community.

The next time you're cleaning out a room, downsizing, or simply have items you no longer use, think of the Community Thrift before you haul them away. Your generosity can make a difference twice—first by giving someone else a great bargain, and then by helping provide food for a neighbor in need.

Together, we're proving that a donated lamp, a gently used table, or a box of household items can become something much bigger. It can become hope.

Shop local. Donate local. Give local.

Together, we're making a difference one purchase at a time.

Thank you!

CHRIS MORGAN

After more than two years as Chairman of the Board, Chris Morgan is passing the gavel to new leadership. While he is stepping down as Chairman, we are fortunate that he will continue serving on the Board of Directors.

To say Chris has seen us through a lot would be an understatement. Chris served as Chairman during one of the most challenging and important periods in our history. He helped guide the transition from Food for Families to the Bullhead Regional Food Bank, worked through organizational changes, supported facility improvements, and helped navigate the many challenges that come with serving our community every day.

What we appreciate most about Chris is that he was always willing to do whatever needed to be done. He never worried about titles or whose responsibility something was. If there was a problem, Chris helped solve it. If there was work to be done, Chris showed up. If a difficult decision needed to be made, Chris was willing to step up and help lead the way.

The Food Bank has grown tremendously over the past few years, and Chris has been part of that journey every step of the way. His leadership, common sense approach, and commitment to the mission have helped position the organization for a strong future.

On behalf of the Board of Directors, staff, volunteers, and the thousands of individuals and families we serve, thank you, Chris, for your leadership as Chairman and for your continued commitment to the Bullhead Regional Food Bank.

We're grateful that while you're handing off the Chairman's duties, you're not going far. We look forward to continuing to work alongside you as we build on the progress we've made together.



Welcome!

MIKE PHILLIPS

INCOMING CHAIRMAN OF THE BOARD

Mike has been a valued member of the Board for several years and has consistently provided thoughtful input, sound judgment, and a willingness to help wherever needed. While he may not be the loudest voice in the room, his steady presence and commitment to the mission have earned the respect of fellow board members and staff alike. Stay tuned for his official photo!

We look forward to Mike's leadership as Chairman and know the Food Bank will benefit from his experience, dedication, and commitment to serving our community.

"CHRIS HELPED GET US HERE.

MIKE WILL HELP LEAD US FORWARD."

HELP!

Summer is traditionally one of the slowest times of the year for charitable giving, but for the families we serve, the need doesn't slow down. Every day, our volunteers continue to provide groceries to hundreds of individuals and families throughout our community who are struggling to make ends meet.

While food donations are always appreciated, financial contributions are just as important. Monetary gifts allow us to purchase fresh produce, dairy products, meat, and other items when donations fall short. They also help us keep our trucks on the road, our refrigerators running, and our doors open for those who need us most.

No gift is too small. Whether it's \$10, \$25, \$50, or more, every dollar stays right here in our community, helping feed our neighbors and providing hope during difficult times. Making a donation is easy. Simply visit bullheadfoodbank.org and click the "Donate" button to make a secure online gift. Every contribution, regardless of the amount, helps us continue serving our neighbors in need.

Thank you for believing in our mission and for helping us serve our community with compassion, dignity, and hope. Together, we can make sure no one in our community has to face hunger alone.



TURN YOUR GROCERY SHOPPING INTO COMMUNITY SUPPORT

We are always looking for simple ways our community can help support the Bullhead Regional Food Bank, and this is one of the easiest!

Did you know that Smith's Food & Drug has a program that allows shoppers to support their favorite nonprofit organization every time they shop? Once you sign up and select the Bullhead Regional Food Bank as your nonprofit of choice, Smith's will make a donation based on your purchases— at no additional cost to you.

That's right. You shop for the groceries and household items you already need, and Smith's gives back to the Food Bank.

Those donations help us continue serving hundreds of local families every day. Whether it's providing fresh food, pantry staples, or emergency assistance, every dollar helps us stretch our resources further and reach more people in need.

The best part is that once you're signed up, you don't have to do anything else. Just use your Smith's rewards account when you shop and your purchases will help support the Food Bank throughout the year.

We hope you'll consider selecting the Bullhead Regional Food Bank as your nonprofit of choice. It's a small step that can make a big difference for our neighbors facing hunger.

Together, we are proving that even everyday activities like grocery shopping can help build a stronger, healthier community.

Thank you for helping us feed local families, seniors, veterans, and neighbors in need. Your everyday shopping can make a real difference right here. in our community and thank you for supporting the Bullhead Regional Food Bank!

If you have wondered how you can continuously help your community in a large way with the smallest effort, this is the way!



HOW TO SIGN UP AND SUPPORT THE BULLHEAD REGIONAL FOOD BANK

- 1.** Visit Smith's Inspiring Donations at: [Smith's Inspiring Donations](#)
- 2.** Sign in to your Smith's digital account. If you don't have one, create a free account and link your Shopper's Card.
- 3.** Go to the "Smith's Inspiring Donations" section under your account.
- 4.** Search for "Bullhead Regional Food Bank" or enter our nonprofit organization number (if available).
- 5.** Select Bullhead Regional Food Bank and click "Save."
- 6.** That's it! Every time you shop and use your Shopper's Card or phone number associated with your account, Smith's will make a donation to the Bullhead Regional Food Bank at no cost to you.

CONSTRUCTION UPDATE

PROGRESS IS HAPPENING

If you've driven by the Food Bank lately, you may be wondering if anything is happening. Trust us...it may not look like much from the outside, but wow, are we making progress!

Behind the scenes, things are moving right along:

✓ **PLUMBING HAS BEEN COMPLETED**

✓ **ELECTRICAL WIRING IS IN PLACE**

✓ **ROOF HAS BEEN REPLACED**

✓ **NEW AIR CONDITIONING DUCTWORK INSTALLED**

We've also selected the interior and exterior paint colors, and the countertops, cabinets, and fixtures have all been ordered. Every week brings us one step closer to creating a welcoming Client Registration and Administrative Center that will better serve our clients, volunteers, and staff.

We know everyone is anxious to see the finished project—and so are we! Thank you for your continued patience, encouragement, and support as we transform this building into a place that will help us serve our community for many years to come.

We can't wait to share more updates with you as we get closer to opening the doors!

Bullhead Regional Food Bank

sponsors



Please Contact Us!



www.bullheadfoodbank.org



(928) 758-7717 | (928) 450-0630



BULLHEADREGIONALFOODBANK@GMAIL.COM



590 Hancock Road
Bullhead City, AZ 86442



Mon/Wed/Fri. 9:00 a.m. - 2:00 p.m.
Closed 12:00 - 12:30 p.m.
Thurs. 2:00 p.m. - 8:00 p.m.
Closed 5:30 - 6:00 p.m.