

FOOD FOR THOUGHT

YOUR NEWSLETTER FROM SOUTH COUNTY OUTREACH

SPRING 2025

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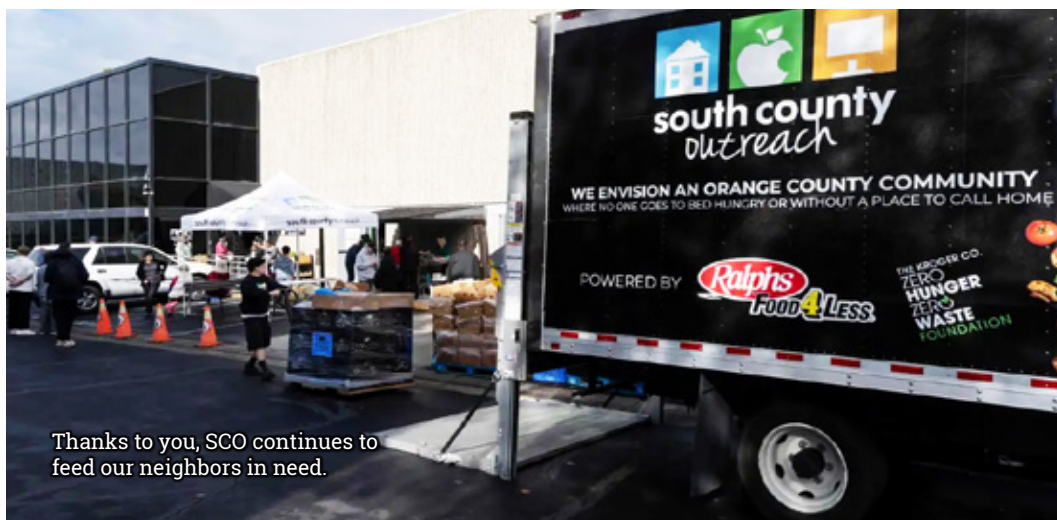
Grateful
Hearts

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Hope and
Home

50%

increase of those
served since 2020



Thanks to you, SCO continues to feed our neighbors in need.

A Survivor's Gratitude: How Your Support Saved Anna

The first day back after the holidays is usually a quiet one. As our team settled in, a familiar face walked through the doors—this time not for groceries but to share a story of resilience and gratitude.

Anna had come to South County Outreach during one of the hardest chapters of her life. A cancer diagnosis had forced her to stop working, leaving her struggling to afford even the basics. She found her way to our food pantry, where fresh produce and nutritious meals helped her stay strong through chemotherapy. Each visit wasn't just about food—it was a moment of encouragement, a reminder that she wasn't alone.



That morning, she stood before us, smiling. She was no longer a client. She was a cancer survivor.

With tears in her eyes, she told us she was back to work and no longer needed assistance. But she didn't want to leave without saying thank you. South County Outreach, she said, was the only place that helped her when she had nowhere else to turn. She

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A Letter from LaVal

Dear Friends,

Community is at the heart of everything we do at South County Outreach. Every day, we see the power of kindness in action—neighbors helping neighbors through difficult times. Because of your support, families and seniors facing hunger find nourishment, veterans regain stability, and mothers in crisis receive the help they need.

The need in our community continues to grow. In just four years, the number of individuals we serve has increased by 50%. Your generosity ensures that no one facing food insecurity or housing instability must struggle alone.

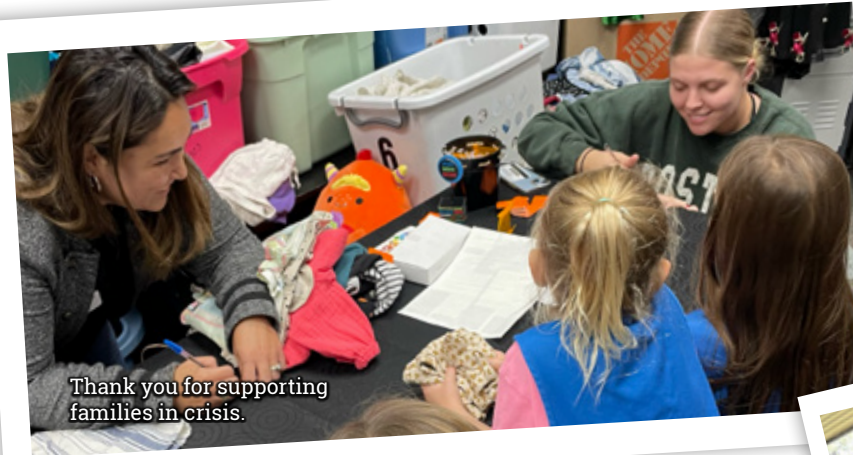
Thank you for being part of this mission. Together, we are building a stronger, more compassionate community.

With gratitude,

LaVal Brewer
President & CEO
South County Outreach

A Mother's Struggle, a Community's Compassion

At South County Outreach, our food pantries and thrift stores work together to provide hope and dignity to families in crisis.



Last November, a young mother and her child visited our Upscale Resale store in Laguna Niguel. Her veteran husband, suffering from severe PTSD, had recently left, leaving them struggling. Our store manager noticed her distress, listened to her story, and immediately walked her to our food pantry next door, where she received groceries that same day. She returned the next day, grateful to know she wasn't alone.

Because of your support, no family has to face hardship alone.

Later that month, another mother and daughter escaping domestic violence received food from our Laguna Niguel pantry

before visiting the thrift store for clothing. While there, a Daisy Girl Scout troop was volunteering with their mothers. The little girl joined in—laughing, coloring, and, for a moment, just being a kid. Her mother, moved to see her daughter smiling again, selected school outfits. When one of the mothers from the volunteer group overheard that the thrift store planned to provide the clothes at no cost, she insisted on paying for them, turning generosity into action.

This is the power of community—neighbors helping neighbors, lifting each other up in times of need. Because of your support, no family has to face hardship alone.

Grateful Hearts

Thanks to You from
Those You've Helped

This pantry is so caring, kind, full of good, healthy food and compassionate, nice people. Thank you!



This has been an exceptionally wonderful experience. My family would have gone without [much] longer than necessary had it not been for such a blessing of this place to provide food. Thank you so much for the great staff always helping me smile during a difficult time.



I love the kindness and disposition they have every time I attend, thank you.



April, 30 2021
Dear South County Outreach,
Thank you so much for all the wonderful food that you provide for myself and other neighbors & families in our community. Having this food has been a great stress relief. Most of the items here are much better than I could ever afford.

Learn more about how you can help families in our community by visiting
www.sco-oc.org/get-involved

Client Connections



Thanks to generous donors like you, individuals facing hardship find relief and hope through South County Outreach. Here's how your support has made a difference for Nichole.

How did you come to South County Outreach?

I'm a senior citizen on disability, and I became homeless while living in Irvine. I was struggling to find stability when I learned about South County Outreach.

How do you use South County Outreach's services?

I rely on the food pantry to help me get by.

How has South County Outreach changed your life?

The food you provide has been a huge stress relief. Most of the items here are much better than I could ever afford on my own. Thank you for all the wonderful food you provide to the community—it truly makes a difference in my life.

Because of your generosity, seniors like this client don't have to face hunger alone. Thank you for being a vital part of our mission!

Tarene's Triumph:

A Veteran's Journey to Hope and Home



After 11 years in the Navy, Tarene faced the difficult transition to civilian life. Struggling to find stability, she turned to South County Outreach during a time of uncertainty. Through faith and perseverance, support arrived when she needed it most.

Thanks to our partnership with Lennar Homes, her new apartment was renovated and fully furnished, giving her a space where she could finally find solitude, focus, and stability. Unlike other organizations, South County Outreach provided not just resources but a sense of true support and encouragement.

Now, with a renewed sense of purpose, Tarene is pursuing a degree in psychology, hoping to give back and help others facing similar challenges. Inspired by the kindness she received, she is determined to pay it forward.

South County Outreach changes lives. Thanks to donors and supporters, veterans like Tarene find hope, stability, and a fresh start.

A Survivor's Gratitude *from page 1*

didn't meet the requirements for other assistance programs—she wasn't a senior, a veteran, or a parent of young children. But here, none of that mattered. We opened our doors to her because hunger doesn't have qualifications.

She also spoke of the kindness she felt each time she came in. She remembered volunteers by name—the ones who asked how she was feeling, who listened, who cheered her on. "It wasn't just about the food," she said. "It was about feeling supported."

Many clients stop visiting South County Outreach, and we rarely know what happens next. But on that first day of the new year, we were gifted with her story—one of survival, hope, and the power of community.

Your generosity makes moments like this possible. Thank you for helping us ensure that no one faces hunger alone.

YES, LaVal! I want to help my neighbors in need by supporting the work of South County Outreach.

- ☐ \$250 can provide a week of groceries for a family in need.
- ☐ \$500 can provide two weeks of groceries for a family.
- ☐ \$750 can provide three weeks of groceries and essentials.
- ☐ \$_____ to support my neighbors in need.



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Every
\$250
can feed
a family

☐ Please charge my gift to:



CARD NUMBER

EXPIRATION DATE

AMOUNT

CARDHOLDER'S NAME (please print)

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TODAY'S DATE