

FOOD  
FOR  
THE  
SOUL



# Gregory's *Fresh* Market

We Bring The Market To You

YOUR QUARTERLY UPDATE ON THE SENIORS AND VETERANS WE SERVE THROUGH ARIZONA'S MOBILE FARMERS MARKET



*Harvesting okra at our farm.*

## OUR MISSION

To enrich lives by providing access to fresh produce through on-site farmers' markets and programs in health, nutrition, fitness, and education.

## It's the MOST Wonderful Time of the YEAR

*From our family to yours, Happy Holidays!*

We can hardly believe that 2021 is almost over! This year has been filled with both highs and lows, yet we are filled with gratitude to be able to give back to our community. This holiday season, you can provide a basket of fresh fruit and vegetables to a senior or veteran. It will be a wonderful gift for them to receive!

Whether a supporter, volunteer, or someone impacted by our organization, we are thankful for this opportunity to serve with YOU!

*~Diana Gregory, CEO*



Volunteer for upcoming events at [dianagregory.com/volunteer](http://dianagregory.com/volunteer)

CONNECT WITH US AT [DIANAGREGORY.COM](http://DIANAGREGORY.COM)



## For the LOVE of our VETERANS

*Giving THANKS to the men and women who have served our country*

It's important that we take time to honor our Veterans. Veggies for Veterans is one of our ongoing efforts. We had a successful turnout on November 16 and December 14 at the Carl T. Hayden Medical Center. Thank you to our sponsors BHHS Legacy Foundation and Phoenix Rotary 100. We are grateful for the support provided by Peddler's Son Produce and the Phoenix VA Health Care System.



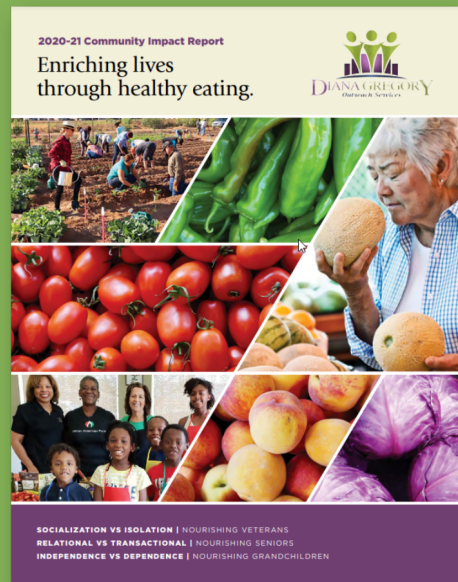
*Meet Major Fannie McClendon, 101 years young. She served in the first all Black all female battalion in the US Army.*



## Did You Know?



Arizona produces 12% of the nation's fruits and vegetables – third in the country – yet one in every six Arizonans struggles with food insecurity. Gregory's Fresh Market's delivery program helps combat food insecurity.



### OUR IMPACT, TOGETHER!

*Visit our website to learn more about how we've impacted more than 15,000 seniors and veterans through our outreach efforts.*



We are grateful to collaborate with Victoria Jones and Victorious Women Ministries and provide 100 refugee families at Victory Community Church with bags of fresh fruits and vegetables for Thanksgiving.

## Brain Workout

D	E	S	S	E	R	T	W	Y	T
D	F	L	P	V	I	D	F	U	C
V	S	L	H	P	X	E	F	K	H
E	D	O	O	H	Y	C	C	V	O
T	S	C	E	W	J	E	E	E	L
E	A	A	N	B	G	M	V	G	I
R	Q	L	I	S	M	B	V	G	D
A	A	V	X	E	M	E	S	I	A
N	F	R	E	S	H	R	S	E	Y
S	Y	P	D	K	B	I	B	S	S

### Why Eat Local?

- 100% freshness
- Safer environmental factors
- In-season produce
- Building relationships with community



<b>HOLIDAYS</b>	<b>DECEMBER</b>	<b>VETERANS</b>	<b>DESSERT</b>
<b>FRESH</b>	<b>PHOENIX</b>	<b>VEGGIES</b>	<b>LOCAL</b>

## Update on Our Delivery System



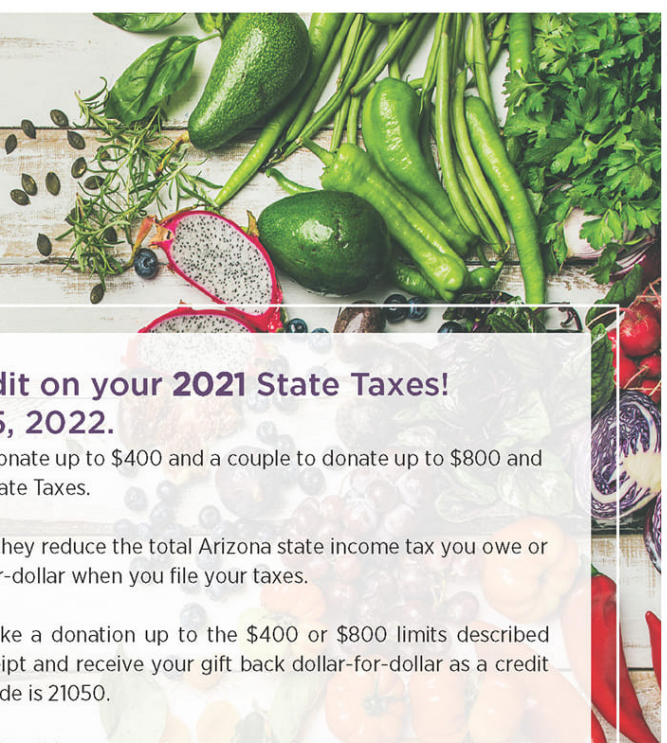
Our refrigerated trailer is the newest addition to our delivery system!

This dynamic duo has changed the way we do business. We now have the ability to DOUBLE the number of seniors and veterans serve!

Countless thanks to the BHHS Legacy Foundation, an Arizona charitable organization whose philanthropic mission is to enhance the quality of life and health of those it serves, for their donation of the refrigerated van and refrigerated trailer.



# Help us ensure that no senior or veteran goes to bed hungry.



## Take advantage of the AZ Tax Credit on your 2021 State Taxes! Make your donation before April 15, 2022.

The Arizona Charitable Tax Credit allows an individual to donate up to \$400 and a couple to donate up to \$800 and receive the full amount back when you file your Arizona State Taxes.

Charitable Tax Credits differ from tax deductions because they reduce the total Arizona state income tax you owe or increase the state income tax refund you receive, dollar-for-dollar when you file your taxes.

No itemization is needed to claim these credits. Just make a donation up to the \$400 or \$800 limits described above to DGOS, fill out the AZ form 321, include your receipt and receive your gift back dollar-for-dollar as a credit from the state! The Diana Gregory Outreach Service tax code is 21050.

Your funds will be used for direct program services for Seniors, Veterans and Grandparents Raising Grandchildren.

For more information, please consult a qualified tax advisor for personal tax advice related to your specific tax situation. Please visit the Arizona Department of Revenue for more information.



Your Charitable Tax Credit dollars to Diana Gregory Outreach Services gives a senior a chance to be healthy.

While hunger can impact anyone's health and well-being negatively, senior citizens are particularly vulnerable. According to the U.S. Department of Agriculture (USDA), it's not uncommon for older adults to go to bed hungry. Too many Arizonans living on fixed incomes (1 out of 7) go to bed hungry because they have to choose between paying for their medicine and buying food.

### 3 WAYS TO GIVE



#### ONLINE

Make a donation by website at [www.dianagregory.com](http://www.dianagregory.com). Select the donate button.



#### PHONE

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#### MAIL

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# THANKYOU