

YOUR IMPACT in 2025



Nourish Up Was There for Us

With the help of donors and volunteers like you, Nourish Up operates a network of more than 40 food pantries across Charlotte-Mecklenburg, and continues to lift our community through food. Meet Ashley.

Ashley didn't grow up expecting to ask for help. She is private, independent, and deeply protective of her family. A single mother and a licensed foster parent, she works full-time as a front office administrator in a medical practice — caring for others all day, then heading home to care for her children.

But like many working parents, Ashley lives in the fragile space where one sick day, one school closure, or missed hours can ripple through a household budget.

“You can be fully employed and still hit hard spaces,” she says. “Sometimes the money just doesn't stretch the way it needs to. But **my children should never feel that.**”

Her connection to Nourish Up began unexpectedly in late 2024, through a chance encounter and a **simple smile**. A conversation turned into a resource. A resource became a relationship.

Ashley comes to the Nourish Up Food Lion Feeds pantry on occasion. “They welcome me with open arms.” They make sure my kids have breakfast and lunch for school. I don't have to mentally carry the fear of my children being hungry. That changes everything.”

For Ashley, Nourish Up means more than groceries.

It is stability. It is breathing room. It is dignity.

It is family. It's nourishment beyond food.



Meet Ashley: Mom of Eliah (right, 7), Ellian (left, 6), and Alex (not pictured, 5, whom she is fostering).



Her children understand the impact, too. They know the fresh fruit that fills their lunchboxes and the healthy, nutritionally-balanced food on their table comes from a **place that greets them by name**.

Ashley knows what it means to live with uncertainty. After a divorce, she relocated to Charlotte and experienced homelessness while rebuilding stability for her family. Learning to navigate resources required a shift in mindset — from shame to strategy.

“The internet is here. I am resourceful,” she says. “Don't section yourself off and think the door won't open for you. You have to go get what your family needs.”

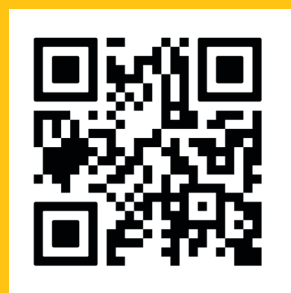
Today, Ashley sees Nourish Up as part of the foundation that allows her to keep moving forward. It gives her the freedom to parent with confidence instead of scarcity, to foster children in crisis, and to extend generosity.

“Even with everything on my plate, I want to volunteer soon,” Ashley says. “Because **this place matters**. It matters to families like mine.”

Advocacy in Action: Protecting Food Access

In 2025, Nourish Up mobilized alongside supporters as federal decisions threatened food access across Charlotte. Cuts to USDA funding for The Emergency Food Assistance Program (TEFAP) limited the fresh, nutritious food available to our neighbors. When SNAP benefits were frozen in November, we called on our community to speak up. While we remain committed to meeting urgent needs, charitable food assistance cannot replace the scale and stability of strong federal nutrition programs.

Every time SNAP benefits are delayed or USDA food is reduced, families in our community feel it. Advocacy is how we protect food access beyond our pantry walls. **Your voice matters—because together, donors and advocates help safeguard vital nutrition programs and ensure no neighbor goes without fresh, nourishing food.**



The impact recorded in this publication belongs to YOU.

Scan the QR code above to view the thousands of generous donors, volunteers, partners, and advocates whose names tell the story of what was possible in this past year. Together, this community made every meal, every class, and every moment of hope possible.

2025 impact

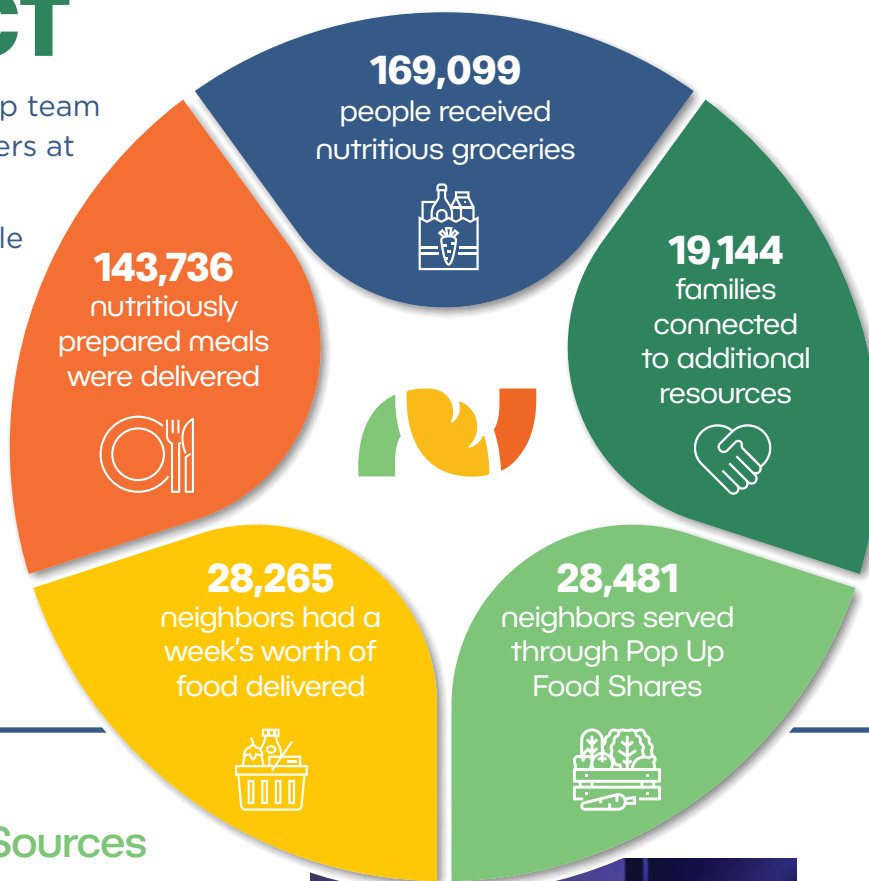
There is no way our small but mighty Nourish Up team (fewer than 50 employees) can meet the numbers at right without YOU.

It takes an army of volunteers, nearly 500 people each week, to deliver meals and groceries, sort food donations, pack food boxes, and distribute nutritious products and fresh produce in our pantries and at our Pop-Up Food Shares.

In 2025, the Charlotte community volunteered more than

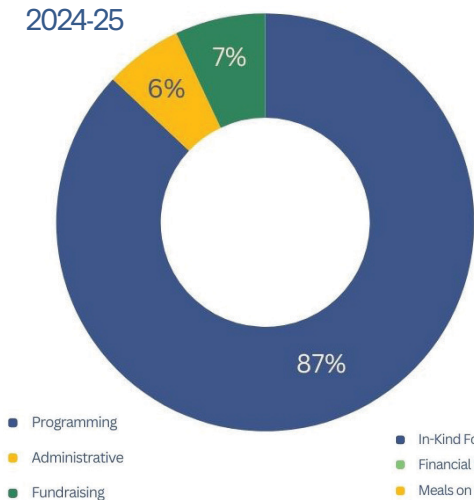
70,000 hours

to ensure meals were delivered and pantry shelves were stocked.



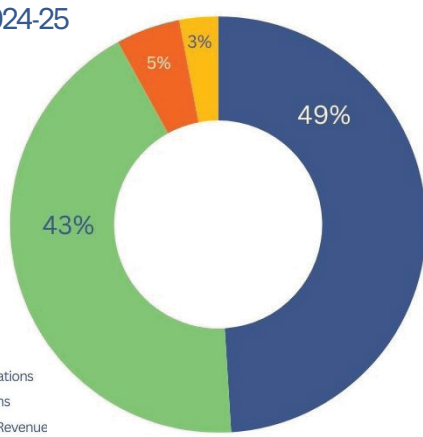
Expenses

2024-25



Funding Sources

2024-25



Luncheon of Hope

A sold-out Luncheon of Hope 2025 at The Fillmore Charlotte brought the house down as best-selling author Jen Hatmaker wowed the crowd with her signature blend of LOL humor and heartfelt candor. With creative cadence and authentic connection, our new Nourish Up friend reminded us of the power of community — all in support of lifting our neighbors through food.



50th Anniversary Gala

Surrounded by legacy and gratitude, past and present Nourish Up board members gathered on March 22, 2025, alongside more than 400 friends to celebrate our 50th Anniversary with a Golden Gala. Our entire warehouse was transformed into an elegant event space filled with food and fellowship, live music, dancing, and a common bond of deep appreciation for a mission that has nourished our community for more than five decades.



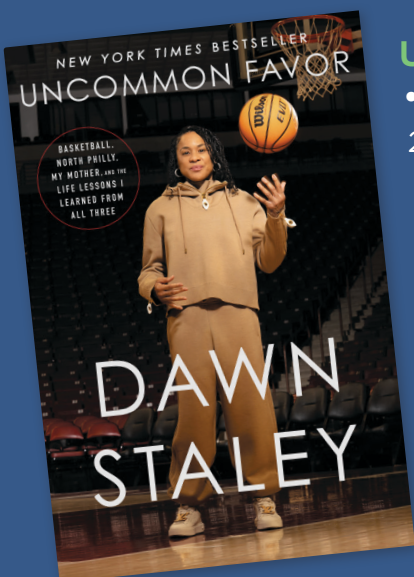
PANTRY TO PLATE

In 2025, Nourish Up launched something special inside the Hunger Hub — Pantry to Plate, a free monthly cooking class designed especially for our neighbors. Hosted by Outreach Director Chasidie Glover, each class features a guest chef who brings creativity, practical skills, and encouragement to the table. Together, they transform ingredients commonly found at Nourish Up pantries into approachable, delicious meals.

It's about building confidence in the kitchen. It's about reducing food waste by helping neighbors understand how to prepare unfamiliar or seasonal items. It's about community. Whether around the table or the kitchen island, strangers become neighbors. Stories are shared. Laughter fills the room. And everyone leaves not only with new recipes, but also with new connections.

Upcoming Events

- Save the date for the 2026 Luncheon of Hope on Wednesday, May 20, at the Hunger Hub featuring **Dawn Staley**, Head Coach of the South Carolina Gamecocks Women's Basketball and New York Times best-selling author.



- Volunteer Appreciation Breakfast - April 18, 2026
- Tour de Turns - August 22, 2026