



news *letter*

FALL 2026



Together at the Table



A LETTER FROM PRESIDENT & CEO

MEG KIMMEL

There's a special kind of connection that happens around the table this time of year. Maybe it's the smell of something roasting in the oven, or the extra plates being brought for one more guest. Whatever it may be for you, there is a sense that everyone belongs.

That feeling is at the heart of everything we do at the Maryland Food Bank. We know that a table represents a place where family and friends come together. It's where a meal can become a memory.

We also know that many of our neighbors will not have a full table this season. Behind a missed meal is a much bigger story—be it rising costs, health challenges, housing instability—all the interconnected issues that leave people without enough. Hunger rarely shows up alone. That's why the Maryland Food Bank is increasingly focused on not just getting food to those

who need it, but on bringing together people and organizations working in health, education, housing and more, to address the roots of the problem.

We know that lasting solutions to hunger require more than food alone. We are thinking deeply about how we can use our voice and expertise to convene across sectors. You'll also see us begin to mobilize champions for food security—people like you—to call for change and a food-secure Maryland.

Thank you for being a part of our table all year long. On behalf of the entire team at the Maryland Food Bank, we wish you a season of warmth, connection, and neighbors looking out for neighbors.

Meg Kimmel
Meg Kimmel

Generosity Has Its Day

At the Maryland Food Bank, Giving Tuesday is a crucial moment that powers our work through the holiday season and beyond. Since 2020, our friends at WBAL-TV have broadcast the Giving Tuesday Telethon, a live, all-day fundraiser from our headquarters in Baltimore that brings community and care together with fun. On December 1, MFB volunteers will work the phone lines, connecting with neighbors ready to give back.

Last year, Marylanders raised over \$650,000 on Giving Tuesday. This year, the generous support of Telethon Presenting Sponsor Safeway will help us reach even more neighbors.

You too can lend a hand to make the holiday season bright. Help us surpass last year's total to ensure neighbors have what they need.



Give Now!



- 2025 MFB TELETHON**
- 6th annual
- \$650,000 raised
- 540,000+ meals provided

TOGETHER AT THE TABLE:

Ken and Marguerite's Story

For Ken Sembach and Marguerite Hoyt, the table has always meant something special. Both grew up in families where dinner together wasn't optional; it was the anchor of the day. So when they began donating to hunger relief organizations in the early 2000s, the cause was personal.

"The thought of people not being able to sit down and have a meal together really disturbed me," Marguerite says.

It wasn't until years later that she and Ken realized they once knew that feeling firsthand as students, quietly food insecure without ever using the words.

"It's very easy to fall into food insecurity when you're trying to pay your rent, pay your mortgage, and have a car payment," Marguerite says. "Food sometimes comes at the bottom of the list."

That memory has shaped how they give back. After years of support from a distance, Ken and Marguerite started volunteering weekly in the Maryland Food Bank's kitchen, where a small, dedicated culinary team prepares nutritious meals for kids. Visitors to the kitchen are often amazed to learn how many meals this single space can produce.

"You realize what you're doing today is having a meaningful impact on 1,500 kids tomorrow," Ken says. "They're going to eat a meal because of what you did."

Over time, Ken and Marguerite noticed something during their shifts. The big plastic tubs used to haul ingredients—called lugs—were cracking and growing sharp edges. Carts wobbled on bent wheels. Nothing major, just the kind of everyday wear that comes from equipment used non-stop in a kitchen that never slows down.

So they asked the chefs a simple question: "If you could have anything, what would it be?" A consistent answer came back: more lugs and more carts.



Ken and Marguerite offered to fund the fix directly, amid a government shutdown, when MFB's resources were stretched especially thin. It was just one of the ways they've shown up for MFB over the years. They wrote a check and let the kitchen team decide exactly what to buy, trusting the people who knew the need best.

Ken and Marguerite will tell you they're not the type to sit on the sidelines.

"If we see a problem, it drives us crazy until we fix it," Marguerite laughs.

But beneath the humor is something they both believe deeply: Hunger is solvable, and everyone has a role to play in preventing it, whether that's writing a check, chopping vegetables, or simply showing up, week after week.

This season, as families across Maryland gather around their own tables, it's anti-hunger champions like Ken and Marguerite who help make sure there's room, and enough food, for everyone.

"You realize what you're doing today is having a meaningful impact on 1,500 kids tomorrow. They're going to eat a meal because of what you did." — KEN SEMBACH

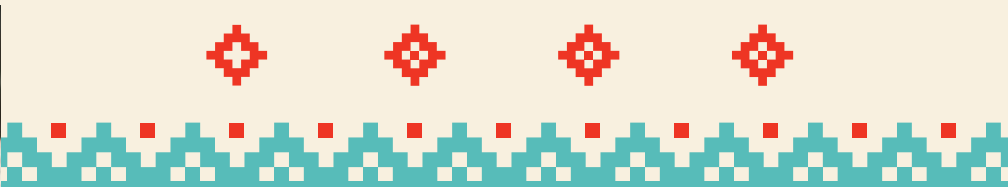
WINTER VOLUNTEER EVENT
December 5, 2026 from 9:30 a.m.-noon

Join Us at Our Table

This holiday season, we invite you to pull up a chair. Whether it's a morning of your time, a voice raised for change, or a gift that helps stock our shelves, there is always a way for you to help us set a fuller table for our neighbors.

We invite you to join us on December 5 for a special family-friendly volunteer event.

Spend the morning giving back through a hands-on packing project, then celebrate the season with cookie decorating and light refreshments. It's a fun way to connect with others, make a difference for Maryland neighbors, and support the Maryland Food Bank's mission. Kids ages 13 and up are welcome to join!



Find your seat today!

MDFOODBANK.ORG/WINTER



To support our mission of feeding people, strengthening communities, and ending hunger for more Marylanders, please visit mdfoodbank.org/donate

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