

A Slice of Life

Alex Gonzalez



For Alex Gonzalez, working at Hearty Helpings is a way for him to honor the memory of his grandmother, who used to give him some of the food that she received through the Meals on Wheels program.

“When I first joined here, I didn’t realize that it was the same Meals on Wheels that delivered meals to my grandmother,” Alex said. “I keep her memory going because she keeps me strong.”

A native of Corpus Christi, Texas, Alex moved to Buffalo in 2004, when he was 28 years old.

Prior to moving to the area, Alex was an adventure enthusiast, seeking thrills from hang gliding and surfing on the shores of the Gulf Coast.

He said that although he enjoyed his time in Texas, life was not without its struggles. For several years, beginning in his late teens, Alex was experienced periods when he was without a place to live. That experience and the lessons he learned from his grandmother made Alex realize how important it is to help others.

In his position as PM Sanitation Worker, Alex stresses the importance of “The Golden Rule:” Do unto others as you would have them do unto you. Alex’s responsibilities include sanitizing machinery, tables and food stations to ensure that everything functions properly for the next day of meal preparation.

For this installment of “A Slice of Life,” Alex also explains how being a Hearty Helpings employee is a great source of pride in his life.

Q. Could you describe a typical work day in your role as sanitation worker?

A. When I get to work, the first thing I usually do is talk with coworkers so that I can catch up on anything that needs to get done or needs to be made better. I make sure there is open communication with coworkers so that we all understand and we are all on the same page. When I come to work, everything has to be like a project – I like to make sure all of my projects are done at the end of the day.

Q. What do you enjoy about working for Hearty Helpings?

A. I enjoy all of my coworkers. I appreciate them and the work they do for all of the people out there. It’s important that we work together as a team.

Q. How do you maintain a positive attitude?

A. Ever since I started working here, it’s been amazing. Life just gets better working here.

Q. Would you like to add anything about working at Hearty Helpings?

A. I honor this job. I care about it. I don’t want to see it fall through its foundation. I am glad that I found my pot of gold, and this job has made me become a better person.

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*A Slice of Life is a feature that will be included in each edition of Extra Helpings. Each piece will profile a Hearty Helpings employee and their experiences and responsibilities. To suggest an employee who should be profiled in this section, reach out to **Don Rudewicz** directly or email drudewicz@heartyhelpings.org. Please state the reason for suggesting the employee be profiled by Extra Helpings. ♥*

“Life just gets better working here.”

smaller portions

spring apparel store coming soon

Hearty Helpings' apparel store opens Monday, **April 1**, and will be available for two weeks, closing on April 15. Deliveries from the store should arrive several weeks later. More information will be included in the March edition of Extra Helpings! ❤️

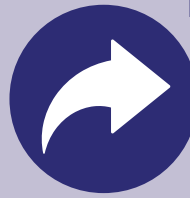
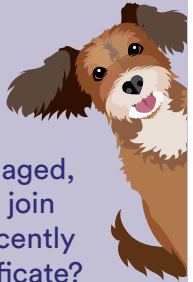


happy birthday

Feb. 27 - **Marlin Whiteside**, Driver
Feb. 28 - **Mamou Ghislaine**,
Food Service Worker



do you have news to share?



Did you recently become engaged, married or have a new child join your family? Or, did you recently earn a new degree or certificate?

If any of these events have recently occurred in your life, consider sharing the news in our next edition of the Extra Helpings newsletter! Photos and the details of the event can be emailed to **Keaton DePriest**, digital content specialist, at kdepriest@feedmorewny.org.

Submissions or ideas should be provided to either Don or Keaton by the end of the third week in any given month to allow the news to appear in the following month's edition. ❤️



birthday plans

In April, Hearty Helpings will mark its first year of existence! Extra Helpings is planning to recognize the organization's birthday in the April edition. If you have been working for the organization either prior to or since its inception, we want to hear from you!

We are gathering reflections regarding Hearty Helpings' first year. If you'd like to provide your thoughts on Hearty Helpings' birthday, speak with Don Rudewicz or email Keaton DePriest at kdepriest@feedmorewny.org. ❤️

