



# Trucking Consultation Leader Andy Ahern Receives Praise for Ahern & Associates' Constant Support of St. Mary's Food Bank

*Ahern & Associates and CEO Andy Ahern are named a Hunger Hero for over 16 years of support to the food bank and the communities it serves.*



PHOENIX, AZ, UNITED STATES, February 12, 2015 /EINPresswire.com/ -- Transportation consulting firm Ahern & Associates has long-supported St. Mary's Food Bank Alliance, raising funds for the largest and first food bank in the world for over 16 years. With 2015 marking the 17th year that Ahern & Associates has actively participated in contributing efforts to St. Mary's, Andy Ahern, founder and CEO of Ahern & Associates, has been named a Hunger Hero for his and his firm's unwavering support through the years. The firm has raised over \$1 million in food during that time for those in need.

"I'm a firm believer that it is our obligation as human beings to help those that are less fortunate, and I firmly believe that you can't judge a book by its cover," Ahern explains. "I also believe that if you have food on the table and a roof over your head, and you have your health, you are a very blessed person."

Andy Ahern recently received a letter of thanks from Lisa Goin, Chief Development and Communication Officer for St. Mary's Food Bank. The letter included a story about a family that Ahern & Associates is helping through its support. The letter reads, "You are such a wonderful supporter of ours, and I thought that you would be interested in learning about a family that you are helping by supporting the food bank. THANK YOU for what you do for us."

There are many programs that St. Mary's Food Bank Alliance runs with the support of volunteers and donors like Ahern & Associates. The group distributes emergency food boxes to areas throughout the country that are affected by disasters, and the Community Kitchen is a life skills and food service training program for those with barriers to employment. CK Catering is a program through the food bank staffed by students who are learning the catering business, and Kids Café and Backpack programs help supply children with healthy meals. Mobile Pantry, Hunger Heroes, and Citrus Gleaners are other programs available through St. Mary's Food Bank Alliance, all of which depend on support and donations to continue.

With 1 in 4 American children experiencing food instability, Ahern & Associates continues to support St. Mary's Food Bank Alliance and extends his call to action to those throughout the transportation industry. "Businesses today are challenged by all types of regulatory compliances and also special criticism. If you terminate someone, and they don't like it, you are a jerk. If you compete against someone and you win the business, they say harsh things about you that are untrue. However, I believe that the mark of a true individual is not what he accumulates for himself or his family, but what he does for his community," Andy Ahern explains. "Being part of the St. Mary's Food Bank is a very humbling experience, and it is an experience that I believe has allowed me to recognize the true meaning of life."

For more information on St. Mary's Food Bank Alliance, please visit [www.firstfoodbank.org](http://www.firstfoodbank.org); for more information on Ahern & Associates, please call 602-242-1030 or visit <http://www.ahern-ltd.com>.

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About Ahern & Associates, Ltd.

Ahern and Associates is North America's leading trucking and transportation management consulting firm. The skilled consultants at Ahern and Associates specialize in mergers and acquisitions of trucking and logistics companies as well as the restructuring and evaluation of existing carriers that seek to increase operating efficiency and improve profitability. Since 1987, Ahern and Associates has aided hundreds of buyers in the acquisition of trucking and logistics companies throughout the U.S. and Canada as well as assisting many transportation and logistics companies in reducing their overall operating costs and increasing their profitability.

For more information, please call 602-242-1030 or visit <http://www.ahern-ltd.com>.

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