

“ I am diabetic. I have been for a while now. I can't go most days without taking insulin, so I must closely watch what I eat. The food that is cheaper is also bad for my health. I must make a choice between quick and cheap and what I need for my body to be normal.

This was hard when I first found out because I was used to getting up and just eating cereal or whatever was in the fridge. At work, I would go to the vending machine or get fast food. I was told that I had to lose weight and start eating healthy. I have been trying but must admit, it is hard. So many days, it is just easier to go through the drive-thru. I have been in the hospital a couple of times since and that is what scares

me. I don't want to be in a wheelchair or walker. I am too young for that, so I had to look around for other options that were cheap. I found out about the pantry from my church. They had a flyer that I took with options for food and I have been going there since. I get all my produce from the pantry. It may be only enough for a week, but it helps me get the vitamins I need. My doctor said that I'm on the path now to being much healthier and I'm proud of that! I couldn't have done it without the help I found here.”

~ Sara, Pantry Client

Your support helps clients like Sara stay on track. Together, we can create healthier communities.

FOOD IS MEDICINE



Community Food Pantry of St. Joseph County, the on-site food pantry located at the Food Bank, to Increase Distribution of Produce and Healthier Food Options in 2020

Those who struggle with food insecurity tend to have more chronic health issues than those who have regular access to food. It's hard to eat healthy when your focus is simply to eat. Access to food and what we eat has a profound impact on our physical and mental well-being. But, just because it's obvious doesn't make it easy.

Beginning in 2020, the Community Food Pantry of St. Joseph County will provide pantry shoppers with healthier options such as fresh produce, lean protein, and lower sugar/sodium items.

When making a food donation to the Food Bank or one of our pantry partners, **consider donating healthy and nutritious items so that together, we can create healthier communities.**

WISH LIST

- ✓ (1) Electric Lift Truck
\$4,000
- ✓ (5) Pallet Jack
\$300 each
- ✓ New Lighting (back of warehouse)
\$50,000
- ✓ New Lighting (2nd floor, warehouse)
\$50,000
- ✓ New Roof
\$200,000
- ✓ (4) Cooler
\$9,000 each
- ✓ (4) Freezer
\$10,000 each
- ✓ (1) Truck with Refer Unit
\$150,000
- ✓ Remodel of Community Food
Pantry
\$200,000

TOP 20 NEEDED FOOD ITEMS:

Peanut Butter and Jelly
Box Dinners
(Lasagna, Beef Pasta, Cheeseburger)
Macaroni and Cheese
Pancake Mix and Syrup
Canned Soup
(Chicken Noodle, Tomato)
Canned Chicken and Tuna
Applesauce
Canned Peaches
Elbow Macaroni
Canned Ravioli
Canned Beef Stew
White Rice
Instant Mashed Potatoes

foodbank
OF NORTHERN INDIANA

Call 574-232-9986 ext. 124 for
more information.

IN MY VIEW

While you are reading this message in this new year, I am sharing my thoughts as we wrap up 2019. Kindness in the forms of poultry donations, holiday box and bag distributions, food drives, volunteer groups, special events, and check presentations showered upon us from so many people. Feeling the love and full of gratitude for the generosity from all those who help us feed the hungry every day.

This is a magical time of year. It's also time to look ahead.

I'm thinking that this year is the year to stop wishing and wanting. This is the year to finally get it done!

I'm thinking of Sara, who is diabetic, and struggles to eat healthy to manage her condition. Because of your support, she now shops at a church pantry where she receives produce and other healthier items to live a healthier lifestyle.

People like Sara who struggle with hunger and have chronic health conditions live in every community we serve. **Let's make 2020 the year we work together to create healthier communities and finally get it done.**

Hunger is a story we can end.



Marijo Martinec
Executive Director
mmartinec@feedindiana.org

“Strength shows not only the ability to persist,
but in the ability to start over.”

~ F. Scott Fitzgerald

VOLUNTEERS — SHARED RESPONSIBILITY

“We live in a world in which we need to share responsibility. It's easy to say, 'It's not my child, it's not my community, not my world, not my problem.' Then there are those who see the need and respond. I consider those people my heroes.” ~ Fred Rogers

A hero doesn't have to wear a cape, make the most impact, or have the most money. A hero is someone who shares the responsibility of caring for those even when they are not asked. Each volunteer who steps into the Food Bank is a hero.

Our volunteers see the need for additional food assistance in our community and reach out to help. They lend a hand in the Community Food Pantry of St. Joseph County serving shoppers, they sort donated product, they pack a sack of food for children over the weekend who are served in our Food 4 Kids Backpack Program, distribute monthly boxes to seniors participating in the Commodity Supplemental Food Program, fill orders in the warehouse and so much more.

The Food Bank honors our amazing volunteers, our heroes, that make an impact each and every day. Thank you for your hard work, dedication, and enthusiasm to make a difference to those in need in our community. Your work does not go unnoticed or unappreciated.

Through November 2019, 10,203 volunteers provided 29,248 hours of service. Share your time and talent with us. For more information about volunteering at the Food Bank, please contact Sydney Bright, programs and experience manager, at (574) 232-9986 ext. 127.



Thanks to the Mishawaka HS Lady Cavemen Softball Team for volunteering at the 2019 Santa Breakfast and Holiday Happenings at Eddy Street Commons.

Thanks, Bethel University,
for helping us get it done.
#FBNIVolunteersRock



PROGRAM UPDATES

For more information on the Food 4 Kids Backpack Program, Healthy Choices Market, and Senior Nutrition Programs, please contact Sydney Bright, programs and experience manager, at 574-232-9986 ext. 127 or sbright@feedindiana.org.

Commodity Supplemental Food Program (CSFP)

Through November 2019, 6,714 seniors were served in Elkhart, LaPorte, Marshall, and St. Joseph Counties and received 181,531 lbs. of food.

To qualify for this program, clients must be 60 years of age or older, reside in one of the four counties where the program is offered, and have an income that is 130% less than the federal poverty level. For more information, please contact Brandy Love, agency relations director, at (574) 232-9986 ext. 137 or blove@feedindiana.org.

Thank you to the United States Department of Agriculture (USDA) and the Indiana Department of Health for allowing the Food Bank to participate in this valuable program for seniors.

Healthy Choices Market

Educating low-income diabetic and high blood pressure patients to learn, choose, and live a healthier lifestyle, the Healthy Choices Market is a kitchen, classroom, and mini farmers market. Participants receive cooking instruction from a chef and fresh items to recreate in their own kitchen.

Through November 2019, 129 individuals/39 households attended Healthy Choices Market classes at the Food Bank and 195 individuals/173 households participated in Healthy Choices Market classes at Fairington Apartments, Penelope 60 Apartments, Robertson's Apartments, and William C. Ellison Apartments.

An investment of \$100 supports one client each month.

Food Finders

To meet the demand for emergency food assistance, the Food Bank actively seeks manufacturers, wholesalers, retailers, food growers, packers, and grocers to procure more protein, produce, dairy, and shelf-stable items to distribute through our network of agency partners.

Through November 2019, the Food Bank distributed 7,672,722 lbs. and receipted 8,997,293 lbs. of product. During this period, 3,498,457 lbs. of government commodities was distributed and 4,369,574 lbs. was receipted.

Our Agency Direct Pick-Up Program receipted 778,536 lbs. in Elkhart, Kosciusko, LaPorte, and Marshall Counties through November 2019. These agency partners work with Food Bank retail partners to pick up product Monday through Friday.

Senior Nutrition Program

Through November 2019, the Senior Nutrition Program served 9,299 seniors who received 131,514 lbs. of food in our six-county service area.

We are in need of cloth bags to pack our monthly senior nutrition program bags. Each Senior Nutrition Program bag costs \$7.50 per month.

If interested in donating reusable cloth bags for this program, please contact Sydney Bright, programs and experience manager, at (574) 232-9986 ext. 127 or sbright@feedindiana.org.

2019 Mobile Food Pantry Statistics

County	# of Distributions	Pounds	Households	Individuals
Elkhart	1	6,243	148	592
Kosciusko	2	16,972	196	446
LaPorte	3	28,347	877	2,247
Marshall	3	14,636	249	983
Starke	7	77,331	757	2,247
St. Joseph	5	37,239	1,208	4,493
Total	21	180,768	3,435	11,184

Due to the production schedule of Feeding Matters, these numbers reflect mobile food pantries through November 2019.

Food 4 Kids Backpack Program

The Food 4 Kids Backpack Program is feeding 2,560 students in Elkhart, LaPorte, Marshall, Starke, and St. Joseph Counties during the 2019 – 2020 school year. The Jordan Automotive Group has served as the program's presenting sponsor since 2009. An investment of \$140 provides one student with a weekend bag of food during the school year and the nutritional tools to be successful in school AND life.

Community Food Pantry of St. Joseph County

Through November 2019, the Community Food Pantry of St. Joseph County served 82,604 individuals/18,665 households.

Through November 2019, 3,469 volunteers served 10,053 hours in the Community Food Pantry of St. Joseph County. Without their help, we could not serve our clients' needs efficiently.

Contact Sydney Bright, programs and experience manager, at (574) 232-9986 ext. 127 or sbright@feedindiana.org about ways how you can support the Food Bank programs.

New Lighting Brightens USDA Room

New lighting in the Food Bank's USDA room was recently installed with funds from the State of Indiana Department of Health. We received these funds for the distribution of government commodities and trade mitigation products.

In addition, with this funding, we also purchased a new forklift and electric pallet jack from Morrison Industrial Equipment. Morrison was generous enough to donate an additional electric pallet jack, too.

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Food Bank of Northern Indiana

The Food Bank of Northern Indiana works in partnership with the community to feed the hungry, increase awareness of the effects of hunger, and lead programs designed to alleviate hunger. The Food Bank of Northern Indiana serves Elkhart, Kosciusko, LaPorte, Marshall, Starke, and St. Joseph Counties and is a member of Feeding America, Feeding Indiana's Hungry (FIH), and United Way.

100% (\$154,538.00) [FY2019] of total program costs for The Emergency Food Assistance Program (TEFAP) are financed with federal funds. TEFAP is an equal opportunity employer and provider.

100% (\$41,424.00) [FY2019] of total program costs for the Commodity Supplemental Food Program (CSFP) are financed with federal funds. CSFP is an equal opportunity provider.

Thank you to our sponsors!

American Culinary Federation, South Bend Chefs & Cooks Assn., Inc.	\$ 2,000
American Dairy Association of Indiana	\$ 2,500
ArcelorMittal	\$ 2,500
Brothers Bar and Grill	\$ 1,000
Carris Foundation	\$ 2,700
CB Preacher Foundation	\$ 5,000
Clayton Homes Wakarusa	\$ 7,500
Connexions Church Elkhart	\$ 3,000
DFA Cares Foundation	\$ 2,500
Enterprise Holdings Foundation	\$ 1,500
Fighting Irish Fighting Hunger®	\$14,315
Greater Washington Community Foundation	\$ 1,000
Healy Group	\$ 2,500
Jordan Automotive Group	\$95,860
Kroger Zero Hunger Zero Waste	\$10,000
Music for Food	\$ 771
NIPSCO	\$15,000
Parking for a Cause	\$ 3,550
Press Adelman Foundation	\$ 1,500
Red Nose Day	\$10,000
Renaissance Charitable Foundation	\$ 250
Norfolk Southern	\$ 5,000
Northern Indiana Community Foundation	\$ 2,500
Tuesley Hall Konopa	\$11,255
Unity Foundation of LaPorte	\$ 3,000
Wells Fargo Fields Memorial Trust Foundation	\$ 5,000
Woodforest Charitable Foundation	\$ 6,300

AGENCY PARTNER NEWS

Cultivate Culinary is devoted to organizing our community resources to fight hunger through food rescue. Cultivate uses partnerships with local food suppliers to provide opportunities to feed members who are food-insecure. Their food rescue program fills the gap between potentially wasted food and people and organizations that need food the most.

Rise Up Academy is a non-tradition high school in the South Bend Community School Corporation that serves under-credited juniors and seniors who are ages 16-21, who are often fighting food insecurity.



The Food Bank added a new transit van to its fleet in November. Thank you to the Jordan Automotive Group for their assistance with this purchase.



Thanks to the Clayton Wakarusa team for their generous spirit of giving. Grateful for your tremendous support.



We're humbled by the generosity and commitment of Bob Hayden and the Jordan Automotive Group team, presenting sponsor of the Food 4 Kids Backpack Program since 2009.



Through all kinds of weather, Four Winds Casino Resort has generously provided and distributed holiday boxes for people in need for the Thanksgiving and Christmas holidays for the past five years, including a distribution here at the Food Bank.



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