



## ON THE FRONT LINES

### At a Glance

- The Food Bank distributed **9,316,256 lbs. and received 10,011,942 lbs.** from January – October 2024.
- From January – October 2024, **151 mobile food distributions served 23,316 households/65,036 individuals and distributed 808,300 lbs. of food — the equivalent of up to 631,484 meals** in our six-county service area.
- **7,973 volunteers contributed 20,909 volunteer hours.**
- **29,186 households/95,021 individuals were served** at the Community Food Pantry of St. Joseph County. This pantry **distributed 1,498,865 lbs. of food — the equivalent of up to 1,170,988 meals.**

*\*Due to Feeding Matters production schedule, numbers reflect January – October 2024.*

## Why I Volunteer — Jan H.

About 10 years ago, Jan toured the Food Bank with the Women's Council of Realtors. She felt inspired to get involved after learning about the far-reaching impact of food insecurity on families, individuals and especially children. She has learned that the Food Bank provides an immediate impact on food insecurity in our communities, and she has seen firsthand how far every donation, no matter the size, goes within the organization. And the gratitude there is contagious!

Volunteering at the Food Bank is Jan's way to make a difference in someone's life. She volunteers monthly with the Commodity Supplemental Food Program (CSFP) for seniors, and assists with the Stamp Out Hunger Food Drive and Thanksgiving turkey distributions. She loves volunteering with the CSFP Program but also loves the Food 4 Kids Backpack Program, which ensures children have nutritious meals on weekends and supporting their overall well-being.

Every volunteer shift fills her with gratitude. Being at the Food Bank and seeing people's appreciation for the help they receive is heartwarming and leaves her feeling grateful for the experience.

She finds the people helped by the Food Bank are her favorite part of volunteering — especially after many years assisting with the monthly CSFP distributions. She recognizes familiar faces and recently received a hug from a regular patron she's come to know, and it made her day!

She noted it's easy to start volunteering — just make the call! Giving back is incredibly important and teaches our children the value of community involvement. If you're hesitant — bring along a friend, family member, or colleague. You'll leave feeling uplifted by gratitude, and love shared by the community!



**Can you help us feed our hungry neighbors?  
Please call (574) 232-9986 ext. 129 for more information.**

# WISH LIST

✓ **Residing Exterior of the Building**  
\$400,000

# MOST NEEDED ITEMS

- Boxed Breakfast Cereal
- Boxed Helper Dinner Meals – any variety
- Canned Fish and Meat
- Canned Soup
- Pasta
- Spaghetti Sauce
- Canned Fruit (Low Sugar)
- Peanut Butter
- Jelly
- Canned Vegetables (Low Sodium)
- Cleaning Supplies
- Toiletries
- Toilet Paper
- Paper Towel

*\*Pop-top lids are preferred.*

# HELP US RESTOCK

**Hold a Food and Funds Drive and Help Us Restock the Food Bank's Shelves!**

**Host a Food and Fund Drive** at your place of employment, school, church, organization, or club and make a direct impact in our communities and help us restock our shelves. Every \$1 donated to the Food Bank provides up to five meals or eight pounds of food.

# CAN YOU HELP?

**Call (574) 232-9986 ext. 124 for more information.**



# IN MY VIEW

Feeding America estimates that more than 50 million people in the U.S. received charitable food assistance in 2023. Neighbors across the country and right here in northern Indiana are navigating high food prices and budget constraints, making it difficult to access food. Charitable food assistance plays a vital role in ensuring our neighbors have meals on their table.

The need for food assistance remains high in northern Indiana. Through October, our network of pantry partners saw an 11% increase in 2024 compared to 2023. According to Map the Meal Gap (FY22), 102,680 (12.8%) of our northern Indiana neighbors are food insecure, including 32,680 (18%) children.

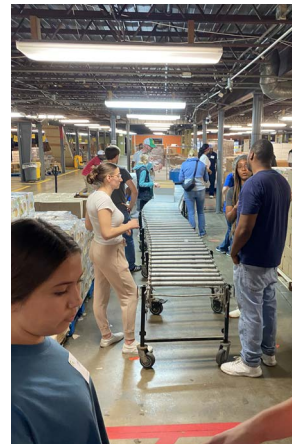
The lines are long.

Strengthening our federal food and nutrition programs will help ensure that no one in our country goes hungry, including neighbors like Carla.

As we begin this new year, together, we will keep people facing hunger at the center of all we do.

With gratitude,

Marijo Martinec  
Executive Director and CEO  
mmartinec@feedindiana.org



# MEET CARLA

Carla, a 33-year-old mother of two, recently got out of an abusive relationship with her ex-husband. It took all of the strength she had to walk away from this situation, especially considering she is now the sole provider for her family.

Carla was not used to being the sole provider for her children, but it was something she was willing to do. She searched for a second job that would still provide her with evenings with her children so she could continue to cook them dinner and put them to bed. It quickly became apparent that she had very little time to work in the first place.

"I really couldn't afford a second job, just in the aspect of time and balancing other responsibilities. The extra money would be great, but unrealistic with my family responsibilities."

When Carla heard about the Food Bank of Northern Indiana and its network of partner agencies, everything changed. She realized there was a place she could go to get more affordable access to nutritious foods, which was a big worry for her as a mother.

She added, "Knowing that I can keep my girls fed without having to work 70 or 80-plus hours a week is a true blessing. I am able to give them the attention they need as a mother while providing for them."

**Neighbors like Carla live in every community we serve. Your support makes a difference. Call (574) 232-9986 ext. 124 for more information on how you can help.**

# PROGRAM UPDATES



## Food 4 Kids Backpack Program

Since 2006, the Food 4 Kids Backpack Program has been providing students with a weekend bag of food during the school year and holiday breaks.

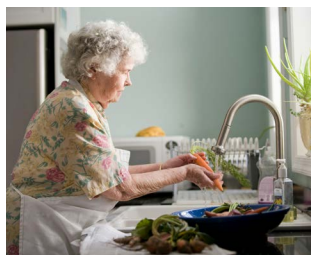
The cost is \$3.75/student each week for the school year. The Food Bank continues to pilot an enhanced backpack program that provides larger quantities for one group of students. The cost is \$7.50/student per week for the school year. You can provide the tools for these hungry students to be successful in school and life. Call (574) 232-9986 x 124 for more information.



## 2024 Mobile Food Distribution Statistics

County	# of Distributions	Pounds	Households	Individuals
Elkhart	17	129,136	3,687	2,682
Kosciusko	12	104,856	1,898	5,826
LaPorte	45	198,833	6,541	17,859
Marshall	10	53,149	1,754	5,317
St. Joseph	42	189,521	5,775	14,103
Starke	25	132,805	3,661	9,249
<b>Total</b>	<b>151</b>	<b>808,300</b>	<b>23,316</b>	<b>65,036</b>

*\*Due to Feeding Matters production schedule, numbers reflect January – October 2024*



## Senior Nutrition Program

Through October 2024, the Senior Nutrition Program served 7,400 seniors who received 163,991 lbs. of food — the equivalent of up to 151,555 meals to seniors in Elkhart, Kosciusko, LaPorte, Marshall, Starke and St. Joseph Counties.

An investment of \$18.22 each month ensures that a senior in need of food assistance receives a monthly bag of food.

For more information on how to support the Food 4 Kids Backpack Program, Mobile Food Distribution Program and the Senior Nutrition Program, call (574) 232-9986 ext. 124.

*\*Due to the production schedule of Feeding Matters, numbers reflect January through October 2024.*

## Agency Spotlight

Life Treatment Centers

1402 S. Michigan St. South Bend, IN 46601

(574) 233-5433 Ext. 222 or 224 for intake

**Service Area:** Life Treatment Centers (LTC) serves residents primarily in St. Joseph and Elkhart Counties and those with addiction throughout Indiana, providing both in-service and outpatient services.



LTC is a non-profit, community-based organization that has served the substance use disorder treatment needs of the St. Joseph County/North Central Indiana community since 1972, and has been a partner agency of the Food Bank of Northern Indiana for many years.

LTC offers a comprehensive list of treatment services including Relapse Prevention groups, Aftercare groups, Life Skills Groups, Women's Treatment Group, Individual therapy with counselors who specialize in substance use disorder, and case management services.

LTC relies heavily on monetary and material donations to keep this organization operating and serving those in need.

LTC is unique in that they have a Recovery Residency as an added housing option to support persons whose current living environment is not supportive of recovery. Another distinction LTC has is that no one is refused treatment due to the inability to pay. LTC served 235 unique persons in 2024. 80% of those persons were unemployed, and 43% of them were homeless or unstably housed. LTC treats people with alcohol, chemical, and gambling addictions, regardless of their ability to pay.

## Commodity Supplemental Food Program (CSFP)

Through October 2024, 2,976 seniors in Elkhart, LaPorte, Marshall and St. Joseph Counties received 91,842 lbs. of food — the equivalent of up to 71,752 meals.

**To learn more about eligibility requirements for CSFP and about the Food Bank's partner agencies, please contact Brandy Love, Agency Relations Director, at [blove@feedindiana.org](mailto:blove@feedindiana.org) or (574) 232-9986 ext. 137.**

## 2025 Board of Directors

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and CEO  
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 and United Way.

100% (\$176,146.00) [FY2024-2025] 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% (\$16,490.00) [FY2024-2025] of the total program costs for the Commodity Supplemental Food Program (CSFP) are financed with federal funds. CSFP is an equal opportunity employer and provider.

Food Bank of Northern Indiana  
702 Chapin St.  
South Bend, IN 46601-2804  
feedindiana.org  
574-232-9986 . 800-879-7040

# VOLUNTEER SPOTLIGHT!

Help us feed our hungry neighbors! Volunteer opportunities can include:

- ➔ Packing food bags and boxes for distributions.
- ➔ Pre-sorting donations in our warehouse.
- ➔ Serving as a personal shopper in the Community Food Pantry of St. Joseph County, located onsite at the Food Bank.
- ➔ Helping with various cleaning and organization projects inside the warehouse and outside on the Food Bank's property.

Opportunities are available Monday through Friday from 8 a.m. – 4 p.m. with extended hours available until 6 p.m.

each Wednesday. A two-hour time commitment is preferred. We have a critical need for volunteers Monday and Friday mornings in our onsite food pantry.

If you live outside of St. Joseph County, we can connect you with our partner agencies in Elkhart, Kosciusko, LaPorte, Marshall, and Starke Counties.

Through October 2024, 7,973 volunteers provided 20,909 hours for the Food Bank.

**Share your time and talent with us. Sign up at [feedindiana.org/get-involved/volunteer](https://feedindiana.org/get-involved/volunteer) or call (574) 232-9986 ext. 129.**



## FOOD FINDERS

Through October 2024, the Food Bank distributed **9,316,256 lbs.** and received **10,011,942 lbs.** of product. During this period, **3,121,854 lbs.** of government commodities were distributed, and **3,448,102 lbs.** were received.

Additionally, our Agency Direct Pick-Up Program received **1,370,742 lbs.** of assorted dry goods and perishable items.



**food bank**  
OF NORTHERN INDIANA

MEMBER OF  
**FEEDING AMERICA**

**FEEDING INDIANA'S HUNGRY**

**United Way**

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