

## CREATING HEALTHIER COMMUNITIES

In May 1993, the Hunger Education Task Force of United Religious Community of St. Joseph County accepted the challenge of re-establishing food banking services in north central Indiana. Back in July 1992, the Food Bank of Michiana, affiliated with Second Harvest, was suspended from the network for alleged deficiencies in sanitation and management. In July 1993, an organizing committee brought together the first board of directors. They agreed the North Central Indiana Food Bank would become the organization of record, created to efficiently and responsibly address local problems of hunger by providing quality food to participating social service agencies. This new food bank would serve Elkhart, Fulton, Kosciusko, Marshall and St. Joseph Counties.

The North Central Indiana Food Bank began operations as a Subsidiary Distribution Organization of Gleaners Food Bank of Indiana – the statewide distributor for Second Harvest. Our first distribution of 6,800 pounds was made in December 1993 to 29 agencies.

As our member agencies and donor base grew, we became self-sufficient and productive enough to earn national certification. In February 1996, we became a certified food bank of the America's Second Harvest National Food Bank network, which would later become Feeding America.

In July 2000, we purchased our location on Chapin Street in downtown South Bend, an 82,000-square-foot facility, to ensure adequate storage to meet the rising demand for food in northern Indiana. In 2006, our organization's name was changed to the Food Bank of Northern Indiana serving Elkhart, LaPorte, Kosciusko, Marshall, Starke and St. Joseph Counties.

Today, the Food Bank actively partners with local and national manufacturers, wholesalers and retailers, food growers, packers and brokers to procure food. In addition, we activity partner with businesses, organizations, schools and individuals to conduct food and funds drives for us. And, we are extremely grateful for the financial support we receive from corporations, foundations, organizations and individuals who support special events and our mission to feed the hungry. In 2017, 10,650 volunteers provided 33,963 hours which enhances our operation.

Our programs include the Food 4 Kids Backpack Program, Healthy Choices Market, Healthy Choices Mobile Food Pantries, Senior Nutrition and Commodity Supplemental Food Program.

In 2017, the Food Bank of Northern Indiana distributed 7.1 million pounds of food to its network of more than 150 member agencies in our six-county service area.

Hunger exists in every community in the U.S. Today, nearly 13% of the residents of northern Indiana are food insecure. These friends, neighbors, co-workers and family members don't know when they will eat their next meal. When all of our residents have access to nutritious foods, we will have helped to create healthier communities.



**Humble beginnings to hunger experts with a goal of creating healthier communities in northern Indiana.**



# SOMETHING TO ACT ON



The staff at the Food Bank of Northern Indiana has committed to carving out a space for empathy on our priority list for 2018. This is not a concept built around a passive form of empathy. We have tasked ourselves to the understanding and active response to the needs of others as we build our ability as a staff to recognize the contemporary struggles of the clients our network serves.

## Here are seven practical tips for creating empathy:

1. Listen and don't interrupt.
  - I'm terrible at this. My wife says it shows lack of respect for that person. I deeply apologize for that. I promise to be better.
2. Tune in to non-verbal communication.
  - This is said to also show emotional intelligence.
3. Smile at people.
  - Surprising at how often we don't do this.
4. Use people's names and encourage them.
  - Easy...right?
5. Try to empathize with people whose beliefs you don't share.
  - The hardest of them all.
6. Give genuine recognition.
  - Maybe move beyond the superficial "nice job."
7. Challenge yourself to have deeper conversations with people.
  - This is where the rubber meets the road.

We could all grow together and create a network of community stakeholders who truly help make the world a better place.

*Milt Lee*  
Milt Lee  
Executive Director and CEO

# AGENCY PARTNER NEWS

The Agency Relations Department began a new community partnership with the St. Joseph County Public Library. The Community Food Pantry of St. Joseph County has served as the pilot location for the program, which we hope to expand to some of our other outstanding agency partners in 2018. Each month, a representative from the downtown branch visits our food pantry and interacts with clients as they wait to be served. Pantry patrons may open a library card, pay fines, learn about free events at the library and even go home with a free book or two. Friends of the Library have generously donated cookbooks and the Nappanee Public Library donated a beautiful book cart. Also available are children's books, holiday favorites and novels of all kinds. Every month a special craft project is offered for the children visiting the pantry. It's been a spectacular success—the first night that our library representative, Ethan, visited the pantry, 13 clients walked out with brand new library cards! As you are doing spring cleaning on your bookshelves, we'd welcome any donations of books.

**Please call (574) 232-9986 ext. 127.**  
**Remember, "Eating and reading are two pleasures that combine admirably!"**  
~ C.S. Lewis.

## Welcome to our new agency partners

Marquette Montessori School, the PACE program of St. Joseph Health Services, Osceola United Methodist Church Food Pantry and the Tolson Center in Elkhart and returning partner, New Song Community Church Soup Kitchen. New Song closed operations for a short time while they moved into a new church in Elkhart. They are back up and running, serving delicious weekly dinners, open to all residents of Elkhart County.



*Ethan, St. Joseph County Public Library representative, provides information and a variety of materials for pantry clients in this new community partnership.*

**Congratulations to the students at Grissom Middle School** who recently received food safety training from the Food Bank agency relations staff and have been working very hard to stock and maintain their Family 2 Family food pantry in the school. The pantry is open to any Grissom students and their families.

# FOOD FINDERS

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

**Through January 30, 2018, the Food Bank distributed 546,622 lbs. of product.**

Beginning in the Fall of 2017, through a partnership with Mossberg & Company, Inc., in South Bend, we began working with Influenster. Influenster is a product discovery and review platform for consumers and uses social media analytics to measure its users influence on social media. Mossberg Fulfillment in South Bend warehouses sample size products and once the product is released by its manufacturer, Mossberg sends the balance of the product to us to distribute through our agency partners. To date, the Food Bank has received 31,909 lbs. of assorted items.



# THANK YOU

- Darden Foundation** - \$4,000.00
- Fidelity Charitable** - \$1,000.00
- The Glick Fund** - \$7,500.00 for Senior Programs in St. Joseph County
- The Harvey R. and Doris Klockow Foundation** - \$5,000.00
- The Indiana State Department of Agriculture** - \$30,780.00 for Senior Nutrition Programs
- Kosciusko Community Foundation/Jerry and Norma Ferguson Community Fund** - \$6,000.00 for the Senior Nutrition Program
- Schwab Charitable** - \$1,700.00
- Woodforest National Bank** - \$4,150.00 for the Food 4 Kids Backpack Program

# HOW WE DO IT

## Commodity Supplemental Food Program (CSFP)

CSFP serves clients in Elkhart, La Porte and St. Joseph Counties, with distribution sites at Faith Mission, The Pax Center, Salvation Army Michigan City, The Window and the Food Bank of Northern Indiana. REAL Services delivers boxes to homebound clients. We also have drop sites at senior citizen apartment complexes including Chicago Trail Village in New Carlisle, Ahepo 60 Apartments/Generations Drive in South Bend, the 100 Center Hi Rise Apartments and Ahepo 100 Apartments/Merrifield in Mishawaka.

In order to qualify for this program, clients must be 60 years of age or older, reside in one of the three counties where the program is offered and have an income that is 130% less of the federal poverty level. Thank you to the USDA and the Indiana Department of Health for allowing us to participate in this valuable program for seniors.

Currently, 630 seniors are served in this program.

**A shout-out to the Welch Packaging Group for the donation of 500 boxes for our CSFP Program!**

## Food 4 Kids Backpack Program

During the 2017-2018 school year, 2,200 students in 31 schools in five counties are participating in the Backpack Program. The Jordan Automotive Group has been the Food 4 Kids Backpack Program's Presenting Sponsor since 2006.

*"I have students that beg me throughout the week for the food bags. I have parents that report what a blessing the food bags are to their family. It's wonderful to see the students in need getting some help and knowing that they will have something to eat over the weekend when they aren't getting two meals each day at school."*

~ Tara Miller – Xavier School of Excellence, South Bend

**You can help a child have the nutritional tools to be successful in school and life. An investment of \$140 feeds one child for the school year. For more information, please call (574) 232-9986 ext. 124.**



## Eighth Annual Hunger Scramble Golf Outing

Join us on Friday, May 18, for the Eighth Annual Hunger Scramble Golf Outing at Knollwood Country Club. Proceeds benefit our Food 4 Kids Backpack Program. \$125 per individual and \$400 per foursome. Includes 18 holes of championship golf and shared cart, lunch, beverages, cocktail reception/awards ceremony and auction items provided by All American

Classics. No rain date or refunds. Registration deadline is May 9. Sponsorship opportunities are available.

**Let's help kids in our community have the nutritional tools to be successful in school and life.**

For more information about the Eighth Annual Hunger Scramble Golf Outing, please contact Marijo Martinec at (574) 232-9986 ext. 124 or [mmartinec@feedingamerica.org](mailto:mmartinec@feedingamerica.org).

## Healthy Choices Market

The Healthy Choices Market is a kitchen, classroom and mini farmers market developed by the Food Bank to educate low income diabetic and high blood pressure patients on nutrition, with a hands-on cooking class with chefs from the ACF South Bend Chefs and Cooks Association. Participants receive fresh produce and lean protein so they can take what they've learned to create a healthier lifestyle.

An investment of \$100 provides one client an opportunity to learn, choose and live a healthier life each month. Call (574) 232-9986 ext. 124 to learn how you can help create a healthier community.



## Senior Nutrition Program

The Food Bank is serving 700 seniors in 12 locations in our six-county service area.

Each bag contains a canned soup, canned vegetable, canned fruit, breakfast item, boxed potato, boxed meal and a paper product. In addition, participants receive meat, produce and bread, if available. Each bag weighs 7-12 lbs.

*"Our residents here at the Rumley Historic Apartments appreciate the food bags the Food Bank of Northern Indiana provides. The Food Bank staff is very friendly and helpful. The residents look forward to the food items that are in the bag each month."*

~ Jackie and Kim – Site Coordinators, Rumley Historic Apartments, Michigan City

## 2018 Board of Directors

**Kurt Meyer, Chairman**  
Saint Joseph Health System

**Jeff Wisler, Vice Chairman**  
Woodforest National Bank

**John G. Bolstetter, Treasurer**  
Bravo Trailers

**John O'Brien, Secretary**  
WNDU TV

**Curtis Bethel, Jr.**  
1st Source Bank

**Todd Brown**  
TCU

**Linda Laven Berth**  
Laven Insurance Agency

**Gerald (Jerry) Lutkus**  
Barnes & Thornburg LLP

**Angie Nelson Deutch**  
NIPSCO

**Cindie McPhie**  
Beacon Health System

**Michael J. Ryan**  
Fifth Third Bank

**Tim Ryan**  
Ryan Career Consulting

**Milt Lee, Executive Director and CEO**  
**Marijo Martinec, Editor, Associate Director**

*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, La Porte, Marshall, Starke and St. Joseph Counties and is a member of Feeding America, Feeding Indiana's Hungry (FIH) and United Way.*

*100% (\$101,274.00) (FY 2017) of total program costs for The Emergency Food Assistance Program are financed with federal funds. TEFAP is an equal opportunity employer and provider.*

*100% (\$34,947) (FY 2017) of the total costs for The Commodity Supplemental Food Program (CSFP) are financed with federal funds. CSFP is an equal opportunity provider.*

# WE LOVE OUR VOLUNTEERS

*"I truly look forward to volunteering at the Food Bank of Northern Indiana every month. I have performed a variety of tasks – i.e. assembling the Food 4 Kids bags, assisting with the monthly CSFP distribution, stocking the food pantry and more. This is such a heart-warming volunteer opportunity. I had NO idea just how many people our local food bank serves. More than any of us realize! I look forward to helping as much as possible in 2018!"*

~ Kim Kollar, Broker Associate, Weichert, Realtors®  
Jim Dunfee & Associates



**WE NEED YOU** – Volunteer opportunities are available Monday – Friday from 8 a.m. – 4 p.m. Wednesday evening, the Community Food Pantry of St. Joseph County, located on-site at the Food Bank is open from 2 p.m. – 6 p.m. and volunteer opportunities are available until 7 p.m.

Call (574) 232-9986 ext. 137 to learn how you can help.

# STAMP OUT HUNGER FOOD DRIVE

## 26<sup>th</sup> National Association of Letter Carriers (N.A.L.C.) Stamp Out Hunger Food Drive Set for Saturday, May 12

Members of the N.A.L.C. will be collecting food along their routes during the 26<sup>th</sup> Stamp Out Hunger Food Drive on Saturday, May 12. Stamp Out Hunger takes place in communities across the country and is the nation's largest one-day food drive. It's the Food Bank's largest drive each year and helps us restock agency members' shelves for the summer months when the need is high and food donations are low.

Our 2018 goal is 100,000 lbs. Last year, 115,898 lbs. was collected – our largest amount since 2013, when 128,000 lbs. was collected.

Place your donation in a bag by your mailbox (plastic if it looks like it will rain) by 8 a.m. and your letter carrier will deliver your donation to the Food Bank.

**Volunteers are needed to assist letter carriers along their routes by collecting food in South Bend neighborhoods. Call (574) 232-9986 ext. 124 for more information about the 26th Stamp Out Hunger Food Drive.**

**Thank you, Kroger – Johnson Street in Elkhart – for the donation of 100,000 bags for the Stamp Out Hunger Food Drive.**



**SAT., MAY 12, 2018**

PUT YOUR NON-PERISHABLE DONATION IN A BAG BY YOUR MAILBOX. WE'LL DELIVER IT TO A LOCAL FOOD BANK.



**foodbank**  
OF NORTHERN INDIANA

MEMBER OF  
**FEEDING AMERICA**



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

15-FBNIN-0318-N

# MORE FOOD MORE COWBELL

In recognition of the 26<sup>th</sup> Stamp Out Hunger Food Drive, the Food Bank is recruiting 26 St. Joseph County businesses and organizations to participate in the More Food More Cowbell Challenge.

Organizations will commit to collecting 2,000 lbs. of food from April 23 – May 11. The organization that raises the most food wins a Cowbell trophy.

Cequent Consumer Products won the inaugural Cowbell Challenge in 2017, collecting 2,625 lbs. of food.

**We need lots of community support (and lots of cowbell) to reach our 100,000 goal.**

For more information, please call (574) 232-9986 ext. 124 or email [mmartinec@feedingamerica.org](mailto:mmartinec@feedingamerica.org).

