

## FOOD BANK AWARDED SENIOR LIVING INITIATIVE GRANT

### Program Expansion to Add 130 Seniors and Two New Sites to Program

The Food Bank of Northern Indiana was recently awarded a \$30,000 grant from The Community Foundation of St. Joseph County to expand its Senior Nutrition Program for 130 additional seniors.

Now in its seventh year, the Senior Nutrition Program distributes monthly food bags directly to low-income seniors throughout its six-county service area. Each month, food insecure seniors receive a healthy breakfast item, canned fruits and vegetables, soup, boxed meals, boxed potatoes, a snack and paper product. In 2018, the Food Bank's Senior Nutrition Program provided nutritious food to 8,200 food insecure senior citizens.

Grant funding will expand the program in South Bend with newly added sites including Robertson's Apartments in South Bend and Penelope 60 Apartments in Mishawaka. The program also serves residents at the William C. Ellison/LaSalle Park Homes, Heritage Place and Fairington Apartments in South Bend.

Fighting senior hunger in our community is a major concern for the Food Bank of Northern Indiana. According to the University of Kentucky Center for Poverty Research, more than 5 million seniors age 60 and older struggle with hunger. In 2016, 8% of households with seniors age 65 and older experienced food insecurity. Locally, a 2016 Brightpoint Community Needs Assessment stated that 7% of senior citizens in St. Joseph County are living in poverty and face food insecurity. Senior citizens face a multitude of chronic health problems, such as diabetes, high blood pressure and high cholesterol and osteoporosis. According to the National Resource Center on Nutrition, maintaining a well-balanced diet is one of the most important aspects of staying healthy, avoiding disease and preventing malnutrition.

In addition to receiving a monthly bag of food, healthy cooking demonstrations will take place at Fairington Apartments, William C. Ellison Apartments, Penelope 60 Apartments and Roberson's Apartments in their community kitchens. Instruction will be provided by members of the American Culinary Federation (ACF) South Bend Chefs and Cooks Association. Chefs will provide healthy cooking demonstrations, and tips; participants will receive items to prepare in their own kitchen.

Grant funding is 100% allocated towards the purchase and distribution of food for this program.



Chef Alan Seidler dishes up some healthy salads during a recent cooking demonstration at Fairington Apartments in South Bend.



All across the country, members of the N.A.L.C. will be collecting food along their routes on **Saturday, May 11**, for the 27th Stamp Out Hunger Food Drive. It's the nation's largest one-day food drive and the Food Bank's

largest drive each year, helping us restock agency members' shelves for the summer months when the need is high and food donations are low.

**Our 2019 goal is 100,000 lbs. in St. Joseph County. Last year, 100,199 lbs. was collected.**

Place your non-perishable food donations in a bag by your mailbox (plastic, if it looks like 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 27th Stamp Out Hunger.*

### 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 and Instant Mashed Potatoes

**For more information about the Senior Nutrition Program, please call (574) 232-9986 ext.124.**

## AGENCY SPOTLIGHT

### Faith Mission, Elkhart

Carlos White is a former resident but now lives on his own and works at Faith Mission's front desk. Carlos enjoys working at Faith Mission. It makes him feel like he's giving back. He says the food is good and a lot of people depend on Faith Mission, especially during the winter. It gets hard to pay bills and buy groceries. Faith Mission has been a Food Bank partner agency since 1994.



## IN MY VIEW

On a recent Friday at the Food Bank, our administrative team took several phone calls about the Community Food Pantry of St. Joseph County, the pantry located on-site at the Food Bank. While calls regarding the pantry aren't unusual, one young man called several times, asking all sorts of questions about his ability to shop.

He did arrive at the end of a busy day. A bit overwhelmed, anxious and uncertain about how to navigate the whole process, it was his first time shopping in a food pantry. He shared that he lived out West but came back to South Bend a few days earlier to care for his mother who was recovering from surgery. When he arrived to his mother's home, he could see she was living in chaos and in a complicated relationship with no money to shop for food for herself and nothing for her dog to eat. Several times during shopping, he stopped and thanked our pantry team, crying because he was treated well and knew that mother would have help when she needed it most.

We often forget the lives we touch each day. When the economy is strong, we can forget that many struggle to put food on the table. It's easy to forget every dollar and can of food does make a difference.

Thank you for your support. Your incredible generosity makes a difference in the lives you touch every day.

**Hunger is a story we can end.**

Marijo Martinec  
Executive Director

"If you can't feed a hundred people  
then feed just one."  
~ Mother Teresa

## AGENCY PARTNER NEWS

### ServSafe Training is coming to the Food Bank

Offered annually to our partner agencies, ServSafe is a food and beverage safety training and certificate program administered by the National Restaurant Association. This program is accredited by the American National Standards Institute and the Conference for Food Protection.

The ServSafe Food Safety Training program leads the way in providing current and comprehensive educational materials to restaurants, soup kitchens, food pantries and more.

The course discusses foodborne illnesses, including information on specific foodborne pathogens and biological toxins, such as shellfish poisoning, contamination, and food allergens. Prevention is also covered, with information regarding purchasing and receiving guidelines, food preparation, holding, and serving guidelines, food safety management systems, sanitation guidelines for facilities and equipment, and integrated pest control, as well as food safety regulations and employee training.

Food Bank partner agencies are required to have one person from each agency ServSafe certified to ensure that together, we are providing the safest possible food for those in need. Certification is good for five years.

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# COUNTING ON EACH OTHER

2018 Annual Report



## 2018 BOARD OF DIRECTORS

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# HUNGRY NEIGHBORS COUNT ON US

The Food Bank of Northern Indiana celebrated its 25th anniversary by making an impact on stamping out hunger in our community. The Food Bank distributed over 7.2 million pounds of food to our friends and families in northern Indiana. This was accomplished with a dedicated staff and over 10,000 volunteers. Even with all of this success, there is still a larger growing need each and every day in our community for more food and the challenges of individuals knowing hunger.

Donate/Volunteer/Advocate/Educate - these are the four words that have been the basic guide for success for the Food Bank and continues to be part of our mission. Through the generosity of donations, the caring hands of so many volunteers, along with the variety of educational programs and being a voice to assist those suffering from hunger in our community, the Food Bank is dedicated, as are many other fine organizations in our area, to support those in need with dignity and kindness.

On behalf of the Food Bank and the Board of Directors, we would like to thank all of the businesses and individuals that have supported us in the past and ask for your continued support into the future as we grow. It's because of you, with your support, donations, and volunteerism, that we have been able to be successful in aiding the hungry in our community. Working together with our business partners and volunteers, our staff strives to accomplish our mission, so that no child, adult, or senior will ever know hunger.

Jeff Wisler  
2019 Food Bank Chairman

## 2018 FOOD BANK OF NORTHERN INDIANA STAFF

*Executive Director - Marijo Martinec*

*Administrative Assistant - Lee Ann Crawford*

*Administrative Assistant - Brenda Fack*

*Agency Relations Director - Brandy Love*

*Assistant Warehouse Manager - Bill Nowostawski*

*Chief Financial Officer - Kim Barrier*

*Finance Manager - Theresa Thompson*

*General Manager - Shelley Marker*

*Warehouse Manager - Oscar Gibson*

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# THANK YOU!

# 2018 AT A GLANCE

Through its network of 158 agency partners, the Food Bank of Northern Indiana distributed 7.2 million pounds of food through food pantries, soup kitchens, shelters and daycare facilities in Elkhart, Kosciusko, LaPorte, Marshall and St. Joseph Counties. In addition, we directly provide food to people in need through our Food 4 Kids Backpack Program, Healthy Choices Market, Senior Nutrition Program, Mobile Food Pantry Program, Commodity Supplemental Food Program (CSFP) and The Emergency Food Assistance Program (TEFAP).

- **Pounds Distributed** – 7,200,453 lbs. provided 5,625,354 meals.
- **Pounds Acquired** – 8,052,312 lbs.
- **Agency Direct Retail Pick-Up Program Acquired** – 109,101 lbs.
- **Food 4 Kids Backpack Program** – 2,230 students, received 93,660 weekend bags, 280,980 lbs. provided 374,640 meals.
- **Senior Nutrition Program** – 8,200 bags; 91,697 lbs.
- **Healthy Choices Market** – 74 Clients (Households)/258 individuals, received 2,577 lbs. of food.
- **Mobile Food Pantries** – 23 mobiles distributed 331,056 lbs., served 5,130 households/19,554 individuals.
- **Commodity Supplemental Food Program** – 639 clients served through 12 sites; 218,963.21 lbs. distributed, 196,987.44 lbs. acquired.
- **The Emergency Food Assistance Program** – 1,909,788 lbs. distributed, 2,205,671 lbs. acquired.
- **Volunteers** – 31,239 hours; 10,409 people.
- **Community Food Pantry of St. Joseph County** – 18, 812 households / 81,159 individuals served; 1,355,439 lbs. distributed.

## WE COUNT ON OUR DONORS AND COMMUNITY

### 2018 Top 15

#### Food Donors

RTI Services  
Sam's Club #6315  
NFI Industries/Bimbo Bakeries  
Kroger – Goshen  
Bimbo Bakeries  
Hatch for Hunger  
Walmart #2679  
Walmart #2678  
Walmart #4399  
Walmart #1566  
Walmart #2680  
Walmart #1368  
Little Caesar's Pizza – Sage  
Management  
Walmart #1304  
Walmart #2276

#### Food Drives

National Association of Letter  
Carriers  
Beacon Health System  
Granger Community Church  
Bayer Healthcare  
Kennedy Primary Academy  
iPORCH  
Clay High School  
Mossberg & Company  
SF Motors, Inc.  
Hamilton Traditional School  
University of Notre Dame  
Better World Books  
D.A. Dodd  
Elm Road School  
Clay International Academy

## YOU COUNT ON US TO USE YOUR DONATION WISELY

### Financial Report

Statement of Financial Position  
December 31, 2018

#### INCOME

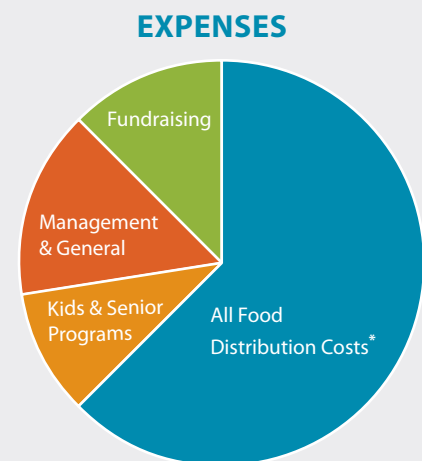
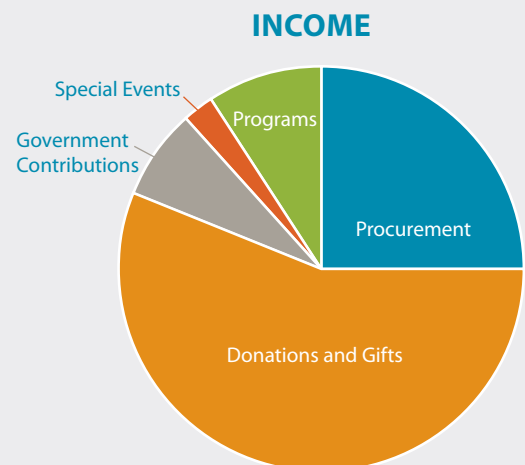
<b>Donations and Gifts</b>	<b>\$1,342,557</b>
<b>Government Contributions</b>	<b>\$178,714</b>
<b>Special Events</b>	<b>\$56,174</b>
<b>Programs</b>	<b>\$222,736</b>
<b>Procurement</b>	<b>\$606,542</b>
<b>Estimated Total Income</b>	<b>\$2,406,723</b>

#### EXPENSES

<b>All Food Distribution Costs*</b>	<b>\$1,426,968</b>
<b>Kid and Senior Programs</b>	<b>\$227,465</b>
<b>Management and General</b>	<b>\$340,460</b>
<b>Fundraising</b>	<b>\$278,559</b>
<b>Estimated Total Expense</b>	<b>\$2,273,452</b>

**ESTIMATED NET INCOME**      **\$133,271**

*\*Does not include donated food dollars – this information is available upon completed audit.*







# COUNTING ON EACH OTHER TOGETHER, WE CAN SOLVE HUNGER

## OUR MISSION

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 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.

702 Chapin St  
South Bend, IN 46601-2804  
574-232-9986 • 800-879-7040

**[feedindiana.org](http://feedindiana.org)**

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*The Food Bank of Northern Indiana is a proud member of:*

MEMBER OF  
**FEEDING  
AMERICA**

**FEEDING  
INDIANA'S  
HUNGRY**

**United  
Way**

# PROGRAM UPDATES

**FOR MORE INFORMATION ON THESE PROGRAMS**  
**Call (574) 232.9986 ext. 124**

## Senior Nutrition Program

**Through February 2019, the Senior Nutrition Program has distributed 1,447 bags/18,380 lbs. of product in our six-county service area.**

*Each Senior Nutrition Program bag costs \$7.50 per month.*

*"I appreciate the food bags so much. I do not have to spend so much on groceries the week that I get this bag. Thank you for offering this to us seniors."*

*~ A resident of Fairington Senior Apartments in South Bend.*

## 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 and take-home ingredients including fresh produce, lean protein and shelf-stable items to recreate dishes at home.

*An investment of \$100 provides one client an opportunity to learn, choose and live a healthier life each month.*

## Food 4 Kids Backpack Program

The Food 4 Kids Backpack Program is feeding 2,230 students in 40 schools in Elkhart, LaPorte, Marshall, Starke and St. Joseph Counties during the 2018 – 2019 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.*

## 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 February 2019, the Food Bank distributed 1,156,905.65 lbs. and receipted 1,735,209.63 of product.**

**Our Agency Direct Pick-Up Program receipted 110,479 lbs. in Kosciusko, LaPorte and Marshall Counties through February 2019.**

## Commodity Supplemental Food Program (CSFP)

Each month, participants receive a box of nutritious shelf-stable items including canned fruits and vegetables, powdered milk, canned chicken and tuna, fruit and vegetable juices, cereal, pasta, peanut butter, and fresh cheese.

To qualify for this program, clients must be at least 60 years old, reside in one of the four counties where the program is offered and have an income that is 130 percent less of the federal poverty level. Special thanks to the USDA and the Indiana Department of Health for allowing us to participate in this valuable program for seniors.

Locations include Faith Mission, Elkhart; The Window, Goshen; Pax Center, LaPorte; Salvation Army, Michigan City; Michigan City Housing Authority, Michigan City; Bread of Life, Plymouth; Grace Food Pantry, Bremen; Penelope 60 Apartments, South Bend; Chicago Trail Village, New Carlisle; and the Food Bank of Northern Indiana. For more information, please call (574) 232-9986 ext. 137.

**Through February 2019, 1,240 seniors were served in Elkhart, LaPorte, Marshall and St. Joseph Counties.**

The Community Food Pantry needs volunteers to serve in a variety of rolls in the pantry including: stocking, cleaning, assisting clients with shopping, bagging clients' food, etc. Volunteer are needed anytime between the hours of 8 a.m. – 4 p.m. Monday and Friday and from Noon – 7 p.m. on Wednesday. Call (574) 232-9986 ext. 128 for more information.

## 2019 Mobile Pantry Statistics

County	# of Distributions	Pounds	Households	Individuals
Elkhart	0	0	0	0
Kosciusko	0	0	0	0
LaPorte	1	9,691	277	982
Marshall	0	0	0	0
St. Joseph	0	0	0	0
Starke	1	5,224	115	313
Total	2	14,915	392	1,295

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

Mobile food pantries supplement the work of our partner agencies in our six-county service area and are a bonus for those in need. A typical mobile food pantry offers fresh perishable items including produce, grains, dairy, protein and dry goods. Sponsorships start at \$2,500.00 and offer a terrific way to feed the hungry in your community. Call (574) 232-9986 ext. 124 for more information.





## 2019 Board of Directors

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Woodforest National Bank

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Beacon Health System  
Elkhart General Hospital

John G. Bolstetter, Treasurer  
Bravo Trailers, LLC

Matthew Holtz, Secretary  
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Kurt Meyer  
Heartland RV

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Ryan Career Consulting

Alicia Webber  
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*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.*



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15-FBNIN-0419-NA



## WAY I VOLUNTEER

*"Why am I a volunteer at the Food Bank of Northern Indiana? Well, I'll tell you why!" ~ Jerry Halloran, Volunteer*

When I retired from an engineering career at Robert Bosch, LLC a little over seven years ago, I figured that I would be a man of leisure, and that my wife and I would travel, make improvements around our house, and do other things that we wanted to do after all the years of working. However, the average guy soon discovers that he can't afford to do all of these things. In addition to this, I soon finished doing many of the little chores around the house that I had neglected to do for years. Then one day, my wife suggested that I quit hanging around the house so much and that I should go out into the world and do something useful to relieve some of my boredom and give her a little breathing space.

It was in late 2013 when I decided that a volunteer job would be beneficial for me and for my marriage. I looked at places like pet societies, hospitals and Notre Dame among other places as possible places for a little part-time work, and then my wife suggested looking into the Food Bank. She was a volunteer herself at the Visitors Desk at the South Bend Airport where she had worked since 1994 for the South Bend Convention and Visitors Bureau where her boss was Marijo Martinec, who is now at the Food Bank. I took my wife's advice and have been at the Food Bank ever since then.

I have worked directly with many great people there, some of them being Bill, Carol, Dinah, Harry, Gail, Mike and Frank. At the end of my workday, I leave with a sense of accomplishment and with a feeling that I have done something to help an organization that is vital to our community.

## MORE FOOD MORE COWBELL CHALLENGE

**We Need to Feed the Hungry and the Only Prescription is More Cowbell!**



The Food Bank is recruiting 27 businesses in St. Joseph County to participate in the 2019 challenge. Organizations will commit to raising 2,000 lbs. of food from April 22 – May 10. The organization that collects the most food wins a Cowbell trophy and bragging rights, too. Bayer Healthcare CLSC won the 2018 Challenge collecting an incredible 5,512 lbs.

Hunger is a community issue. We need lots of community support (and lots of cowbell) to reach our 100,000 lb. goal on Stamp Out Hunger Saturday. **Can we count on you?**

**Email [mmartinec@feedindiana.org](mailto:mmartinec@feedindiana.org) for more details.**

## Ninth Annual HUNGER SCRAMBLE GOLF OUTING Tees Off on Friday, May 17

Join us on Friday, May 17, for the Ninth Annual Hunger Scramble Golf Outing at Knollwood Country Club. Proceeds benefit our Food 4 Kids Backpack Program.

\$125 per individual or \$400 per foursome. A ticket 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 Tuesday, May 7.

Our goal is to add 100 more students for the 2019 – 2020 school year. For more information, please call (574) 232-9986 ext. 124 or visit [feedindiana.org](http://feedindiana.org).

Woodforest National Bank hits the links to feed hungry kids in northern Indiana.



## SHARE YOUR TIME AND TALENT WITH US

**Volunteer opportunities are available Monday – Friday from 8 a.m. – 4 p.m. and Wednesday until 6 p.m. Call (574) 232-9986 ext. 128 for more information.**