

Hunger in America 2014 Study

Feeding America's *Hunger in America 2014 Study* was released in late August to participating food banks including the Food Bank of Northern Indiana. This two-part study (including both agency and client components) began in October 2012.

Out of the Food Bank of Northern Indiana's network of nearly 170 agencies, 164 agencies or 96% participated and 40.5% of clients participated.

Preliminary numbers show that throughout the Food Bank's six-county service area, member agencies served 144,113 unduplicated clients and 43,948 unduplicated households annually. Many families are served more than one time annually; the duplicated client numbers are astonishing. There are more than 461,000 client households who are reached by our network of agencies each year.

- 89% of households surveyed are food insecure.
- 71% of households have incomes at or below the federal poverty level.
- 72% of households have incomes of less than \$20,000 annually.
- 65% of households report at least one member of the household has high blood pressure.
- 32% of households have no health insurance.
- 69% choose between food and paying for medical care at least once in the past 12 months.
- 41.9% of households wait until they run out of food before going to a pantry.
- 58.1% regularly use pantries.

The 164 member agencies in the Food Bank's network offer 333 programs.

- 71.7% of agencies are faith-based.
- 53.2% of agencies have no full-time equivalent staff.
- 37.2% of agency volunteers are age 60 and older.
- 46.7% of agencies reported difficulty in obtaining volunteers.
- 63% of agencies reported difficulty retaining volunteers.
- 62.4% of agencies saw an increase in the volume of clients served compared to the prior year.
- 34.4% reported the volume of clients remained the same and only 3.2% reported a decrease.
- 30% of agencies reported they have less food than needed to meet the needs of their clients.

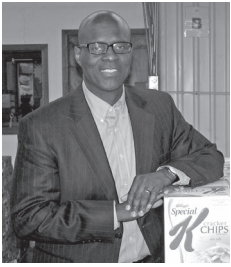
Please look for a more comprehensive breakdown regarding these findings in our next newsletter.

Hunger Action Month Activities

September is Hunger Action Month. It's time to start a real conversation about hunger in our community. Orange is the color for hunger. Turn orange for hunger relief! Check out these Hunger Action Month Activities:

- **WEAR YOUR BOLD AND BRIGHTEST ORANGE THROUGHOUT THE MONTH.** Share your photos by tagging us on Facebook @Food-Bank-of-Northern-Indiana or on Twitter @FoodBkNIndiana and include the hashtag #HungerAction. Find Hunger Action Month logos to use on our website – www.feedindiana.org.
- **VOLUNTEER.** Gather a group or come by yourself and spend a morning or afternoon volunteering at the Food Bank.
- **SATURDAY, SEPTEMBER 20 - MASH THE CREEK.** This 5.5K and 10K trail run benefits the Food Bank's Food 4 Kids Fun Packs Program. Registration is \$30 per person; there is a \$5 fee (in-state) or \$7 fee (out-of-state) parking fee for Potato Creek that is not included in the registration fee. Visit www.mashthecreek.com for more information.
- **TUESDAY, SEPTEMBER 23 – SOUTH BEND MEDICAL FOUNDATION BLOOD DRIVE.** Blood donors are always needed in our community. On-site here at the Food Bank from 11 a.m. – 2 p.m. to accept donations. Please call (574) 232.9986 ext. 124 for more information.

Hunger Action Month is a time to stand in solidarity with the one in six Americans who struggle with food insecurity. Donate. Volunteer. Advocate. Educate. Together, we can solve hunger.



A MESSAGE FROM MILT

I have vivid memories of watering down the milk in my cereal bowl so my younger brothers would have enough. I did this after applying the smell test while ignoring the expiration date on the carton. This type of activity did not happen as frequently in my household as most of my friends. And, the majority of my buddies changed dramatically, grew up, and moved past those tough times in that close-knit, lower-middle class neighborhood. However, the landscape and challenges have not changed much for families in similar situations today.

Feeding America, in partnership with the Food Bank of Northern Indiana, recently released the results of the nation's most extensive hunger study – Hunger in America 2014. I've had the opportunity to review the initial draft of the findings. Though I was not surprised by most results, I was reminded that certain things have not changed much since the early 1970's, specifically how families in need apply coping strategies and spending tradeoffs just to survive.

Today, two-thirds of all households that face hunger insecurity have had to choose between paying for food or their utilities for the month, and, two-thirds report having to apply multiple strategies for securing enough food to feed their families, from selling personal items and growing their own food, to watering down food or drinks to stretch availability.

So as we stand at the counter of our favorite coffee shop struggling with the choice between a latte and a mocha, or as we hunch over the keyboard of our home computer wringing our hands over the cost of refinancing our homes, know that there is a mom out there deciding on buying powdered milk or telling her nine-year-old son to just add water to his frosted flakes.

Milt Lee, Executive Director and CEO

Food Bank of Northern Indiana Opens Healthy Choices Market

Program Aims to Educate a Healthier Lifestyle for Low-Income Individuals With Diabetes and High Blood Pressure

According to Feeding America, food-insecure adults have an increased risk for developing diabetes. In northern Indiana, nearly 17% of its residents suffer from hunger insecurity. The St. Joseph County Health Department states that 12.6% of the population in St. Joseph County has diabetes. In addition, 1 in 3 children born in the year 2000 or later will develop diabetes.

Unfortunately, purchasing healthy food on a limited income is costly. Salt and sugar free foods cost twice as much as foods that contain salt and sugar. Some people regularly choose between purchasing healthy foods and paying their bills for their families. In addition, those who are hunger insecure often do not have the resources to purchase healthy food; therefore, they will purchase low-cost unhealthy foods, thus increasing the risk of health issues.

In 2012, the Food Bank of Northern Indiana was awarded a grant by Saint Joseph Regional Medical Center in order to assist those who are food insecure and have health issues find healthy food options. In the summer of 2013, a space was built dedicated to the Food Bank's new initiative – this space became the Healthy Choices Market. In the summer of 2014, Executive Director Milton Lee, and interns Madelyn Martinec and Amber Vite developed a new initiative called Learn. Choose. Live. This initiative will allow clients to educate themselves and choose healthy food in order to live a healthier lifestyle and more fulfilling life. The overall goal for this initiative is to provide each client served with a dignified, educational experience and encourage healthy food choices by working in partnership with local organizations to affect overall community health.

Teaming up with the Food Bank is Memorial Hospital of South Bend. Memorial Hospital works with low-income patients who have diabetes and high blood pressure but do not have the resources to obtain healthy food themselves. Clients will be

referred to the Healthy Choices Market where they will learn about developing a healthier lifestyle through nutrition.

Appointments are scheduled and will include up to three patients per session. When the clients first arrive at the Healthy Choices Market, they will sit down, watch and take part in a cooking demonstration provided by a member of the American Culinary Federation – South Bend Chefs Association, who will prepare a meal using products available in the Healthy Choices Market. Once the demonstration is complete, the client will have a recipe and choose foods to recreate the healthy recipe at home. In addition, clients will be given a binder with all the recipes prepared during the sessions offered. An incentive system will also be created to encourage clients to return to the Healthy Choices Market and continue on their journey to better health.

Hunger is a community health issue and the Food Bank is committed to forming partnerships to create a better community. For more information on the Healthy Choices Market program, please contact Marijo Martinec at mmartinec@feedingamerica.org or (574) 232.9986 ext. 124.



Chef Alan Seidler, president, American Culinary Federation South Bend Chefs and Cooks Association, prepares a fresh corn salad for guests to sample during the Healthy Choices Market open house.



Amber Vite, intern, Milt Lee, executive director, and Madelyn Martinec, intern, at the opening of the Healthy Choices Market.

AGENCY SPOTLIGHT

Agency Relations Strive to Create More Efficient and Effective Member Agencies Through Tiering Process

The Food Bank of Northern Indiana has set a goal of helping member agencies build capacity, become more efficient and provide more nutritious food to their clients. Over the past few months, the Food Bank has sent a 'mystery shopper' to many of its member pantries to get a better idea of the pantry experience through the eyes of a pantry client. We've learned some very important things that will guide us as we move forward in better serving our agencies and their clients.

Some of our food pantries have astonished us with their generosity and helpfulness to the clients. Several have given enough food to last at least a few weeks and some have been incredibly welcoming, offering snacks for the waiting clients, or giving job hunting and social service organization tips.

Unfortunately, we have found that the average amount of food a client receives from the pantries in our network is only 9.46 pounds or around 13 items. The items distributed are not always the most nutritious, since many standard pantry items are high in sodium, fat or sugar. Rates of obesity are high among the impoverished and as we learned from the results of Hunger in America 2014, many suffer from diabetes, high blood pressure or other health issues. Clients are forced to visit more than one pantry in order to get enough food for survival. Few of our pantries are currently distributing fresh fruits and vegetables, in spite of the expressed desire from a majority of clients to receive these items.

As we move towards 2015, we intend to complete a system of 'tiering' our agencies, rewarding those who excel at customer service and who focus on distribution of more nutritious products. Those agencies that could use a little help will have the opportunity to brainstorm with Food Bank staff to find ideas that will make their organizations more productive and make life a little easier for our clients.

SMART Temps Donates Temperature Management System to Food Bank

Back in December 2013, a group of employees from SMART Temps spent the day volunteering at the Food Bank. As with many groups, SMART Temps was given a tour of the facility and spent the end of their volunteer day working in the Community Food Pantry of St. Joseph County. They enjoyed the time they spent volunteering there. SMART Temps is a Mishawaka-based company which uses wireless technology to document temperatures. Shortly after their visit, John Miller, SMART Temps president, contacted the Food Bank and wanted to donate its wireless temperature monitoring system to the Food Bank. To date, 14 SMART Temp guards have been installed at the Food Bank with more to come in the future. Thank you, SMART Temps, for helping the Food Bank monitor its freezers and refrigerators in an efficient manner. Find out more about SMART Temps at www.smart-temps.com

UPCOMING EVENTS

ACF South Bend Chefs and Cooks Assn. Chili Cook-Off in Mishawaka

Saturday, October 25, 2014

Santa Breakfast at Eddy Street Commons

Saturday, December 6, 2014

Call (574) 232.9986 ext. 124 or email mmartinec@feedingamerica.org with questions.

VOLUNTEER SPOTLIGHT

Volunteers continue to play a vital role in the day-to-day operations of the Food Bank. From January 1 through July 1, over 3,600 volunteers worked 13,207 hours, with each volunteer providing an average of 3.7 hours during their shift. A variety of opportunities are available for individuals, businesses and organizations to help sorting bread, pastry and frozen meat; stocking the agency shopping area; assisting in the Community Food Pantry of St. Joseph County; filling sacks for our Food 4 Kids Fun Packs Program and Senior Nutrition Program along with maintenance inside and outside of the facility. If you have time you can share, please call (574) 232.9986 ext. 131.

FOOD FINDERS

To meet the demand for emergency food assistance, the Food Bank continues to actively seek and partner with local and national manufacturers, wholesalers, retailers, food growers, packers and grocers to procure more protein, produce and dairy. The Food Bank continues to listen to the needs of our agency partners and is seeking and providing new purchased product.

Through the second quarter, the Food Bank has distributed 3,429,655 pounds of product to its network of member agencies.

Our Senior Nutrition Program started off 2014 with 603 seniors and by the end of the second quarter, we're serving 687 seniors each month.

Mobile Pantry Statistics

County	# of Distributions	Pounds	Households	Individuals
Elkhart	0	0	0	0
Kosciusko	18	93,166	1,511	5,484
Marshall	6	33,203	553	1,866
Starke	6	25,780	662	1,840
LaPorte	5	24,251	454	1,537
St. Joe	13	110,997	1,595	5,936
TOTAL	48	287,397	4,775	16,663

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Chris Rowland
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Michael J. Ryan
Wells Fargo Bank, South Bend, Indiana

Milt Lee, Executive Director
Food Bank of Northern Indiana

Marijo Martinec, Editor
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.



—•COOKIE•—

Buy these cookies and feed your neighbors.
During Hunger Action Month, purchase SOUL cookies at the
South Bend Chocolate Café to benefit the Food Bank.
Delicious chocolate wafer with pumpkin spice coating.

\$5 per bag.

Find out more at www.feedindiana.org.

Food Bank's 20th Anniversary Luncheon Features ND Women's Basketball Alum Ruth Riley Sharing Her Personal Story of Hunger

The Food Bank recognized 20 years of feeding the hungry in northern Indiana during its 20th Anniversary Luncheon on Thursday, April 17, at the Gillespie Conference Center in South Bend. The luncheon was sponsored by Four Winds Casino Resort and hosted by LeSea Broadcasting Sports Director, Chuck Freeby.

The luncheon featured Ruth Riley, passionate about using the platform of sport to create awareness and promote social change. She serves as spokesperson with the UN Foundation's malaria campaign, Nothingbutnets, Share Our Strength's NoKidHungry campaign and NGO, and Inspire Transformation, which focuses on HIV/AIDS prevention and awareness in South Africa. Ruth experienced success at every level, winning a NCAA Championship, two WNBA titles and an Olympic Gold Medal. She recently announced her retirement from the Atlanta Dream. With candor, Ruth shared her family's struggle with hunger while growing up in Macy, Indiana. The Food Bank was humbled to have Ruth share her story during our inaugural luncheon.

In addition, the Food Bank recognized individuals, organizations and businesses that have made a significant impact on our organization. Harry Holycross was named Volunteer of the Year. Harry began volunteering at the Food Bank in 2012 because he wanted to give back to people in need as he remembers those who helped his family out when he was a child. Harry comes to the Food Bank twice each week to sort food in the Reclamation Center. Church Community Services was named Agency Partner of the Year. Church Community Services is a long-time member agency of the Food Bank, and one of the first organizations in our service area to pool resources of local churches and more effectively address issues faced by people in need. They became a partner distribution organization (PDO) of the Food Bank in April 2013 and distribute food to more than 30 food pantries and soup kitchens in Elkhart County. IRBN, Incorporated, was named inaugural Community Impact Award Winner. Real, honest and transparent partnerships create the greatest impact. That's what type of partnership IRBN, Incorporated, and the Food Bank have. The Jordan Automotive Group and Bob Hayden were named inaugural Madiba Visionary Award recipients. When Nelson Mandela died this past December, his clan name Madiba emerged in condolences heard around the world. Madiba was the name of a Thembu chief who ruled in Transkei in the 18th century and the clan (family) of which Mr. Mandela was a member. Madiba is used as a sign of respect and affection. The Jordan Automotive Group has been the Food 4 Kids Backpack Program Presenting Sponsor since 2009. Bob Hayden, Vice President/General Manager, has created a corporate culture within this company that encourages all employees to embrace the Food 4 Kids Program. It's simply part of 'the Jordan Way.'

Funds raised at the luncheon support the Food Bank's programs.



Keynote speaker Ruth Riley shares her personal story of hunger insecurity during the Food Bank's 20th Anniversary Luncheon in April.



Milt Lee, executive director, with Volunteer of the Year Harry Holycross.



The Jordan Automotive Group and Bob Hayden were named recipients of the inaugural Madiba Award during the luncheon.



(L-R) Milt Lee, executive director, Rod Roberson, Church Community Services, Agency of the Year recipient, and Ruth Riley.



(L-R) Jesse Vida, IRBN, Milt Lee and Dane Vida, IRBN, recipients of the Food Bank's inaugural Community Impact Award.