

# food bank **feeding MATTERS**


a publication of the Food Bank of Northern Indiana


**FALL 2015**


**HUNGER ACTION MONTH™**



## HUNGRY FOR THE FACTS

 Nearly 1.3 million people were served by the Food Bank's network of 165 member agencies in 2014.

 Of these people served by food pantries, soup kitchens and shelters, an estimated 89% are food insecure.

 Hunger is a silent epidemic in America, faced by 1 in 6 Americans. Hunger exists in every county in the U.S.



## SEPTEMBER IS HUNGER ACTION MONTH™ HOW CAN YOU LEND YOUR VOICE?



*Bob Hayden (center) and members of the Jordan Auto Group Go Orange for Hunger Awareness.*

### DURING THE MONTH OF SEPTEMBER, LEND YOUR VOICE TO SPEAK OUT AGAINST HUNGER IN NORTHERN INDIANA:

Orange is the symbolic color of hunger. Wear your boldest and brightest orange throughout the month and ask co-workers, friends, neighbors and family to join you. **Share your photos by tagging us on Facebook @Food-Bank-of-Northern-Indiana or on Twitter @FoodBkNIndiana and include the hashtag #HungerActionMonth.**

### Donate:

- Hold a food drive to benefit the Food Bank's member agencies.
- Purchase **SOUL Cookies** and **SOUL Coffee** to Wake Up Your Spirit of Giving.

### Volunteer:

- Spend a morning or afternoon volunteering at the Food Bank or one of our 165 member agencies.

### Advocate:

- Invite a community leader to visit the Food Bank to learn about the Food Bank's programs – Food 4 Kids Backpack Program, Healthy Choices Market, Mobile Food Pantry Program and Senior Nutrition Program.
- Encourage members of Congress to support Child Feeding Programs.
- Promote Hunger Action Month on business marquee – Go Orange for Hunger Awareness.

### Educate:

- Celebrate **Spoontember** all month long by taking a 'spoon selfie' and sharing a hunger statistic on your social media. Hunger goes unnoticed. It is tough to admit that our neighbors may not have enough to eat. Balancing a spoon on your nose is easy, right? The spoon is used to eat, prepare and serve food, as well as feed those who can't feed themselves.

*Post your 'spoon selfie' and tag us @Food-Bank-of-Northern-Indiana on Facebook or on Twitter @FoodBkNIndiana and use the hashtag #Spoontember.*



*Interns participating in the St. Joseph County Chamber of Commerce internSJC's community engagement program spent time volunteering and celebrating Spoontember.*



# A MESSAGE FROM MILT

I've thanked so many wonderful volunteers and donors over the course of several years for the wonderful selflessness and dedication to our organization, and I know I'll never be able to thank them enough. What I have not done enough is thank our talented staff:

Marijo Martinec is our Associate Director in charge of community impact. Marijo makes sure people know who we are, what we do, how we do it and why it is important to understand our issues. She makes sure people are inspired to give to our cause.

Jaime Owen is our Agency Relations Manager. Jaime makes sure that we are in compliance with all the governmental regulations as they apply to food distribution and compliance with our more than 100 emergency food partners.

Brandy Love is our Experience and Volunteer Director. Her job is to manage and bolster all the wonderful programs and experiences for volunteers so that not only great work gets done, but that we can continue to grow the impact our programs have on community enhancement.

Our newest member is Alan Nutting. Al is our Food Sourcing Coordinator. He finds the additional food we need to help us fulfill our mission and reach our goals of distributing millions of additional pounds of good food to all the pantries and families who need assistance.

Shelley Marker runs our office, ensuring an efficient operation so that we may be capable of continuing to serve for years to come.

Theresa Thompson oversees our financial stability and opportunities, an important job to say the least.

Let's not forget the engine of our little organization with our warehouse and office staff of Bev Waumans, Lee Ann Crawford, Lynne Palmer, Joe Perdue, Oscar Gibson, William Nowastowski, Timo Fuentes, Robert Wallin, Jamal Griffin, James Coleman, Sean Poyser, Steve Wallisch, Herbert Murphy, Husam Abdulameer and DiAnn Reamer. Our drivers are Bill Alering, Dan Dutrieux, Dan O'Hara, James Seward, James Thomas and Paul Wasielewski. And, this summer, we've enjoyed the hard work of two great interns in Madelyn Martinec and Amber Vite.

Thanks you for all you do. Unattainable without you.

Milt Lee, Executive Director and CEO

## Community Leaders Become Hunger Heroes During Hunger Action Month 30 Days Campaign

Throughout the month of September, area leaders have been participating in the Food Bank's 30 Days Campaign. These Hunger Heroes are posting their thoughts about hunger on a paper plate and we're posting their photo and message every day of September on our Facebook page. You can be a Hunger Hero, too, by posting your own message. Find us on Facebook @Food-Bank-of-Northern Indiana. It's time we all start a real conversation about hunger in northern Indiana.



Team members from IRBN share their thoughts about hunger as part of the Hunger Heroes Campaign.

## 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 to distribute through our member agencies.

**Our goal is to distribute 10 million pounds of food by 2018.**

Through the second quarter of 2015, the Food Bank has distributed 3,359,163 pounds of product to its network of member agencies.

### Mobile Pantry Statistics

County	# of Distributions	Pounds	Households	Individuals
Kosciusko	15	64,805	1,283	4,362
Marshall	2	8,023	190	557
Starke	6	30,101	680	1,948
LaPorte	2	7,796	136	426
St. Joe	3	41,968	542	2,130
<b>TOTAL</b>	<b>28</b>	<b>152,693</b>	<b>2,831</b>	<b>9,423</b>

*\*Due to the production schedule of Feeding Matters, the numbers reflect the first two quarters of 2015. As a Partnering Distribution Organization of the Food Bank, Church Community Services conducted mobile food pantries in Elkhart County.*

# AGENCY SPOTLIGHT

For the first time, the Food Bank of Northern Indiana partnered with the Indiana Nonprofit Resource Network to plan and host a series of *Partner, Volunteer and Board Capacity Building Seminars*. These seminars were held in the beautiful facilities kindly provided by Logan Center. Keynote speakers were leaders in their respective fields.

The first session was entitled *Conflict Management and the Aging Volunteer* and was led by Dino Signore of the Signore Group. Waldo Mikels-Carrasco of the Michiana Health Information Network presented *Outcomes and Back Up Plans*. The final seminar, *How Leadership Impacts Sustainability and Telling Your Story*, was presented by Ben Rheinheimer of ULEAD. The agencies in attendance reported feeling challenged, empowered and engaged in making a difference. Our thanks to Keith Sarber of Indiana Nonprofit Resource Network and United Way for making these custom designed seminars available.

This fall, the Food Bank Agency Relations Department will conduct training for those agencies that participate in The Emergency Food Assistance Program. Civil Rights training and Food Safety seminars will also be conducted, allowing partner pantries, soup kitchens and shelters the opportunity to gain the most updated information about ways to make our organizations more effective and safe.

## Time for Change: Food Bank Engages in Strategic Planning Process

Strategic planning is necessary for development and growth of a successful organization.

The Food Bank is in the early stages of creating a new strategic plan. In late July, the framework of the plan was established. By December 2015, it is the intent to have a new strategic plan fully developed with the assistance of the Food Bank's board of directors, staff and external focus group.

The strategic plan is being led by Tom Harvey, an internationally recognized leader in social welfare. Harvey recently retired from the University of Notre Dame, where he served as the director of the MNA Program, a graduate program for nonprofit leaders in Notre Dame's Mendoza College of Business.

With the strategic plan's framework prepared, the Food Bank board of directors and staff will engage in a four-hour session with Harvey, who will guide them through the process of strategic planning and invigorate them to create innovative ideas to improve the Food Bank.

This new strategic plan will empower staff to create new ideas to better promote the organization's mission of feeding the hungry. This strategic plan will be fluid, allowing those involved the ability to constantly develop ideas and execute actions that will benefit the Food Bank and those it serves.

# VOLUNTEER SPOTLIGHT

The Food Bank partnered with the St. Joseph County Chamber of Commerce's internSJC program in July to create an educational and fun experience for summer interns working for various community businesses and organizations. While at the Food Bank, the interns received a tour from Food Bank Executive Director and CEO, Milt Lee, learned about programs, sorted food and engaged in a friendly food sorting competition all while bonding and learning about each other's summer internships.

Members of this enthusiastic group were more than willing to help us promote Spooontember, too!

The Food Bank needs your volunteer support. While the first six months of 2015 have been very productive, due to the generous support of community volunteers, the Food Bank is in need of additional community support. Volunteers are needed to assist in delivering Senior Nutrition Program bags to area seniors four days each month. We are also in need of volunteers to help deliver food bags for our Food 4 Kids Backpack Program in four counties one or two days each week for approximately three-four hours per shift.

You can make a difference in helping us feed the hungry in northern Indiana. For more information about volunteering opportunities at the Food Bank, please call (574) 232.9986 ext. 137.

## Young Professionals at the Food Bank Group Convened to Help Solve Hunger in Northern Indiana

Young community professionals can play a key role in solving community health issues, such as hunger, by using their energy, talents and motivation.

During the summer, the framework for a young professionals group was developed at the Food Bank. The Food Bank's Young Professionals Council is a diverse group of 21-40 year olds who are dedicated to the mission of feeding the hungry in our community. The Young Professionals Council will meet monthly to complete an annual project, such as a fundraising campaign. After the year is complete, a fresh group of young professionals will complete a new project.

The Young Professionals Council will serve as ambassadors and engage young community leaders to understand the Food Bank's mission and how its programs are designed to create a healthier community.

Through this program, we hope to empower young professionals and aspiring young leaders to share their innovative ideas, carry out actions and deliver results to communicate the message of hunger insecurity within the community.

With the help of the young professionals and leaders in our community, together, we can solve hunger. For more information regarding the Young Professionals Council, please call (574) 232.9986 ext. 130.



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Woodforest National Bank, Elkhart, Indiana

Milt Lee, Executive Director & CEO  
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.

The Food Bank of Northern Indiana is a proud member of the National Diaper Bank Network.

# PROGRAM SPOTLIGHT

## Senior Nutrition Program

The Food Bank's Senior Nutrition Program delivers monthly food items to low-income senior housing residents in its six-county service area. These residents receive assistance with their rent. Program participants typically receive items including: canned tuna and chicken, potatoes, peanut butter, cereal, rice, macaroni and cheese, applesauce, vegetables, spaghetti sauce and spaghetti noodles, pancake mix and syrup, bread and meat. Currently funded through a grant from the Indiana Department of Agriculture and the Walmart Foundation, the Food Bank is looking for additional sponsors for this program. An investment of \$7.50 each month provides one week's worth of food for seniors in need. If you are interested in supporting this program, please call (574) 232-9986 ext. 122.

## Food 4 Kids Backpack Program

During the 2015-2016 school year, the Food Bank's Food 4 Kids Backpack Program is providing weekend food packs to more than 1,800 elementary school students in Elkhart, LaPorte, Starke and St. Joseph Counties. This program is free to eligible students.

Each week during the school year, participating students receive a bag on Friday for the weekend with food items including two cereal, two snacks, two meal cups and two drinks (juice and/or milk). These items provide breakfast and lunch for two days for one child.

The Jordan Automotive Group has been the Food 4 Kids Presenting Sponsor since 2009. The Food Bank is always looking for individual school sponsors, which is critical to the sustainability of this program.

Your investment of \$140 will feed one child for the school year. Call (574) 232-9986 ext. 124 to learn more.



## Healthy Choices Market

Since September 2014, the Food Bank's Healthy Choices Market has provided individuals with high risk medical problems and little-to no-insurance a dignified, educational experience to encourage healthy food choices and a healthier lifestyle. Working in partnership with Saint Joseph Regional Medical Center, Memorial Hospital of South Bend and the American Culinary Federation South Bend Chefs and Cooks Association, the Healthy Choices Market's goal is to affect overall community health and create a better understanding of healthy eating with the client being one step closer to changing their lifestyle.

Fresh fruits and vegetables often times are in limited supply at area food pantries. It's a struggle to live a healthier lifestyle with limited options.

The Food Bank's Healthy Choices Market offers clients an opportunity to learn, choose and live!

An investment of \$300.00 will provide a Healthy Choices Market experience for three clients. Call (574) 232-9986 ext. 124 to learn how your investment can help create a healthier community.



Participants in the Healthy Choices Cooking Class enjoying a healthy dish with Chef Alan Seidler.