

## September is HUNGER ACTION MONTH™



How Will You Lend Your Voice?  
Donate. Volunteer. Advocate. Educate.

### Running on Empty

Nearly 14% of the people who live in northern Indiana are food insecure. These neighbors, co-workers, friends and family members often don't know when they will have their next meal. We all know how we feel when we don't have enough to eat. Imagine always feeling like you're running on empty.

### Wear Orange to Support the Fight Against Hunger!



During the month of September, lend your voice to speak out against hunger in northern Indiana. Orange is the symbolic color for hunger awareness. Wear your boldest and brightest orange all month long and ask co-workers, neighbors, friends and family members to join you.



Share your photos by tagging us on Facebook @Food-Bank-of-Northern-Indiana and @FeedingAmerica or on Twitter @FoodBkNIndiana and include #HungerActionMonth.

### Donate.



- Hold a food drive to benefit the Food Bank's network of 200 member agencies.
- Purchase the Food Bank's special blend of SOUL Coffee and Wake Up Your Spirit of Giving.
- Consider donating fresh produce and healthy foods to a food pantry.



### Volunteer.

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



### Advocate.

- Invite a community leader to visit the Food Bank to learn about our Food 4 Kids Backpack Program, Healthy Choices Market, Mobile Food Pantry Program and the Senior Nutrition Program.



### Educate.

- 1 in 6 people in northern Indiana rely on the Food Bank of Northern Indiana's network of 200 partner food pantries and feeding programs to eat.
- 1 in 4 children in northern Indiana lives in a food insecure household.
- 65% of client households had to choose between purchasing food and paying utility bills.
- 69% of households had to choose between paying for food or medical care in the past 12 months.
- 60% of households had to choose between paying for food and housing in the past 12 months.

## 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 throughout the month on our Facebook page.

### You can be a Hunger Hero, too.

Grab a paper plate and share your thoughts. What can't you accomplish on an empty stomach? How can you help fight hunger? Take a photo and share it with us on Facebook @Food-Bank-of-Northern-Indiana. It's time we start a real conversation about hunger.



## SOMETHING TO ACT ON

America has the most abundant food supply on the planet but our food waste accounts for 31% of the world's waste or 133 billion pounds of the overall food supply. And, the majority of food loss comes from our own personal consumption. We throw out food that looks less appealing, near expiration or just uneaten on our plates. We leave food on restaurant plates as well. Forty-eight percent of loss along the food supply chain happens in those stages. This loss has great negative implications including food security and environmental impact.

How do we reduce waste and help people gain access to more nutritional food? What if the Food Bank teamed up with restaurants, government, universities, grocers and farmers to set specific goals in the areas of nutrition and waste, not just pounds distributed? What if this team created an alliance guided by a pledge to own their portion of the link in the food waste chain? We believe such a group and commitment could feed more people and fewer landfills.

Look for more from the Food Bank of Northern Indiana on how to take ownership and affect your link in the food waste reduction chain.

Milt Lee  
Executive Director and CEO



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## 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.

Through the second quarter of 2016, the Food Bank distributed **2,867,785 pounds of product** through its network of member agencies.

In addition to focusing on food items, other important items to include would be toiletries, toothpaste, bar soap, deodorant, shampoo, etc.

Beginning on March 1, the **Food Bank began implementation of its Mobile Fresh Program**, an opportunity to bring fresher produce to agencies and reduce waste. Piloting this program to a specific number of agencies through our six-county service area, our trucks make daily rounds for pick-ups at retail partners and stop at member agencies.

Participants can receive unsorted produce, bread and pastries, directly from the truck. The product is available by the box. Each truck is equipped with a scale to measure weights. At the same time, meat, bulk, dairy, frozen items, non-food items and beverages are available for the shared maintenance fee price.

Through June 2016, the Food Bank has distributed 260,000 pounds of assorted product. In the near future, the Food Bank plans to expand this program to more agencies.



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pounds of product through its network of member agencies

## SAVE THE DATE:

### Saturday, October 8

Noon – 5 p.m. in downtown Mishawaka.

Annual Michiana Chili Cook-Off, sponsored by the ACF South Bend Chefs & Cooks Association. Proceeds in part will benefit the Food Bank.

### Saturday, December 3

Santa Breakfast at Eddy Street Commons.

Proceeds will benefit the Food 4 Kids Backpack Program.

Please visit [feedindiana.org](http://feedindiana.org) for more information on these events and more.



# HOW WE DO IT

## Commodity Supplemental Food Program

The Commodity Supplemental Food Program (CSFP) is a federal program for low income seniors, ages 60 and older. Enrollment and distribution began in the fall of 2015. Eligible, pre-certified seniors receive a box of nutritious, shelf stable food each month in Elkhart, LaPorte and St. Joseph Counties. Agency partners The Window in Goshen, Faith Mission in Elkhart and Salvation Army LaPorte assist with box distribution each month.

Open registration for St. Joseph County seniors takes place the first Monday of each month at our offices located at 702 Chapin Street, South Bend, from 9 a.m. – 11 a.m. In Goshen, contact The Window; in Elkhart, contact Faith Mission and in LaPorte, contact Salvation Army LaPorte for open registration.

This program serves 454 seniors each month. Participation in this program does not prohibit clients from visiting their local food pantry or soup kitchen as they normally would. A grant from the U.S. Department of Agriculture covers program costs.

## Food 4 Kids Backpack Program

During the 2016-2017 school year, the Food Bank will serve nearly 2,000 students.

The Food Bank began its Food 4 Kids Backpack Program in 2006. This program is free for eligible students and their families in participating schools. Each Friday, students receive a sack of nutritious, kid-friendly, shelf-stable and ready to eat items that require little to no cooking.

The Jordan Automotive Group has been our Food 4 Kids Backpack Program presenting sponsor since 2009.

An investment of \$140 feeds one child for the school year. One in four children in northern Indiana lives in a food insecure household. Many schools have eligible students on a waiting list to participate. Call (574) 232.9986 ext. 124 to find out how you can change the life of a child.

## Healthy Choices Market

The Healthy Choices Market is a kitchen, classroom and mini farmers market developed by the Food Bank to help low income diabetes and high blood pressure patients empower themselves to create a healthier lifestyle. Fresh fruits, vegetables and lean protein often times are in limited supply at area food pantries. It's a struggle to live a healthier lifestyle with limited options. In partnership with Saint Joseph Regional Medical Center and Memorial Hospital of South Bend, clients attend a hands-on cooking class conducted by volunteer chefs from the American Culinary Federation South Bend Chefs and Cooks Association. Classes are conducted in English and Spanish. Clients learn new recipes with fresh items and those typically found in a food pantry. Clients sample the dishes made and leave with items to cook at home, too.

An investment of \$300 provides three clients an opportunity to learn, choose and live each month. Call (574) 232.9986 ext. 124 to learn how you can help create a healthier community.

## Senior Nutrition Program

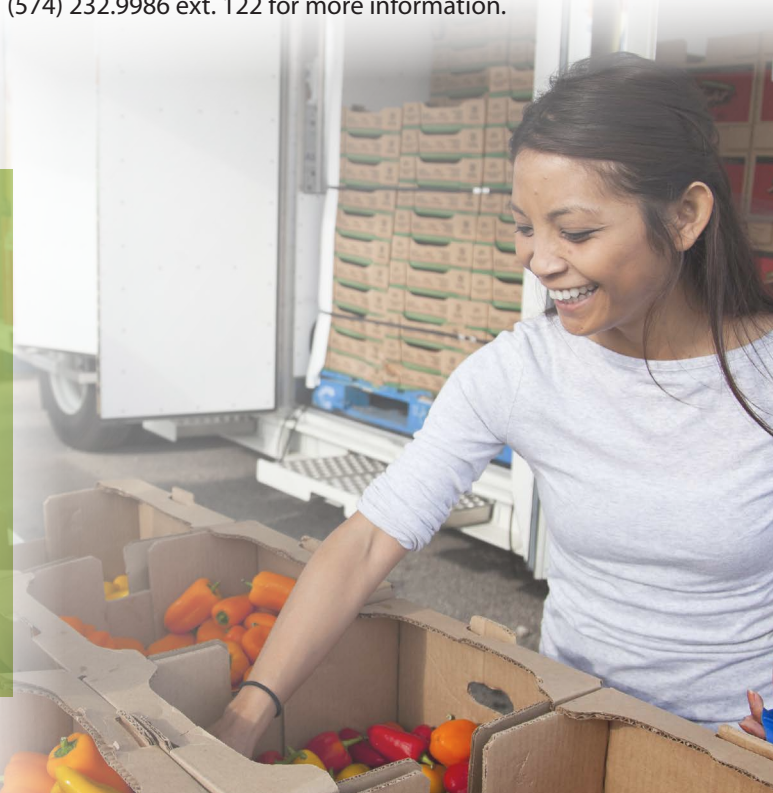
Partially funded by the Food Bank and through a grant provided by the Indiana Department of Agriculture, currently, there are 805 seniors participating in this senior nutrition program. We coordinate this program at 12 sites in our six-county service area.

A typical bag contains cereal, dried potatoes, scalloped potatoes, alfredo dinner, beef pasta dinner, lasagna dinner, pancake mix, lite syrup, tomato soup, cream of mushroom soup, chicken noodle soup, chicken flavored rice, tuna, canned chicken chunks, mac & cheese, elbow macaroni, spaghetti, applesauce, peaches, pears and mixed fruit. The program costs is \$8.00 per month to feed one senior. Call (574) 232.9986 ext. 122 for more information.

## Mobile Food Pantry Statistics

County	# of distributions	Pounds	Individuals	Households
Elkhart	9	50,236	2,810	816
Kosciusko	4	14,845	1,176	330
Marshall	3	10,090	723	226
Starke	10	40,321	2,313	854
LaPorte	10	47,753	3,093	974
StJoseph	3	12,800	1,028	286
TOTAL	39	176,045	11,143	3,486

Due to the production schedule of Feeding Matters, these numbers reflect mobile food pantries through July 31, 2016.



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*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.*

## AGENCY PARTNER NEWS

The Food Bank recently welcomed Granger Baptist Church, Saint Joseph Regional Health Center of Marshall County and Burket United Methodist Church Son Light Cafe as new member agencies.

Congratulations to representatives from our partner agencies that passed their Serv Safe Certification over the summer. Staff and volunteers from the following agencies passed the certification with flying colors: Broadway Christian Parish, Camp Ray Bird, Faith Mission, Food Bank of Northern Indiana, Keith Gidden Center, Hope Ministries, Meechie Day Care, Mishawaka

Seventh Day Adventist Church, Monroe Circle, St. Margaret's House, St. Michael's Soup Kitchen, Starke Community Services, Walking with Jesus Ministries.

Food Bank staff members worked with Proteus and the Texas Migrant Council to provide food for migrant families in our communities throughout the summer months. More than 700 families were served. A mobile food pantry/food drop off was held in South Bend, a school bus was stuffed with food for families working out of the Lakeville area and a food drop was planned for LaPorte, too.

## WE LOVE OUR VOLUNTEERS

*"Volunteers do not necessarily have the time; they just have the heart."*

~ Elizabeth Andrew



**Are you ready for Back-to-School?** We are! Do you have a high school or college student in need of service hours? The Food Bank is always looking to help students fulfill requirements for volunteer hours.

Volunteer opportunities are available

**Monday – Friday** from 9 a.m. – 4 p.m.

**Wednesday evenings**, opportunities are available until 6:30 p.m., assisting in the Community Food Pantry of St. Joseph County.

The Community Food Pantry of St. Joseph County (the pantry located on-site at the Food Bank) serves approximately 450 households each week and is always in need of volunteers to assist with client check-in, stocking, shopping and check-out assistance.

The Food Bank requires approximately 25 volunteers daily to maintain operations. Opportunities include food sorting, filling Food 4 Kids Backpack food bags, inside and outside facility maintenance, filling Senior Nutrition bags and stocking items.

*Can we count on your support? For more information, please call (574) 232-9986 ext. 137.*

## RED NOSE DAY GRANT AWARDED

The Red Nose Day Fund awarded the Food Bank a \$10K Red Nose Day grant to support child hunger programs. The Food Bank will use this funding to sustain efforts for our Food 4 Kids Backpack Program.

Red Nose Day has raised \$1 billion through its presence in the United Kingdom over the past 25 years. This campaign has united people across the country to have fun, raise money and change lives.

Red Nose Day came to the United States in 2015. Feeding America, the Food Bank of Northern Indiana's parent organization was selected as one of Red Nose Day's 12 domestic partners.

