

September is HUNGER ACTION MONTH™



Donate. Volunteer. Advocate. Educate.

The feeling of running on empty is a reality for nearly 13% of the residents of northern Indiana who face hunger on a daily basis. September is Hunger Action Month. Everybody has a role to play in ending hunger. **How can you lend your voice?**



Go Orange.

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.

Thursday, September 14, is Hunger Action Day. Share your thoughts about hunger on your social media. Share your thoughts with us, too, by tagging us on Facebook @Food-Bank-of-Northern-Indiana and Twitter @FoodBkNIndiana and include #HungerActionMonth and @FeedingAmerica, too.



Donate.

Hold a food drive to benefit the Food Bank's network of 150 member agencies. Summer is challenging. The need is high and food donations are low. Help restock our shelves.

Healthy and fresh – consider donating fresh produce and low sodium and low sugar items to food pantries.

\$.93 of every \$1 donated to the Food Bank goes back into programming to create healthier communities in northern Indiana.



Volunteer.

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

Work during the day? The Community Food Pantry of St. Joseph County, the pantry located on-site at the Food Bank, is open from 2 p.m. to 6 p.m. on Wednesday and Thursday. Volunteer opportunities are available.



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, Senior Nutrition Program and Commodity Supplemental Food Program.



Educate.

Hunger exists in every county in the United States and right here in northern Indiana.

1 in 6 adults and 1 in 4 children rely on the Food Bank's network of pantry partners and feeding programs to eat.

Hunger Heroes Share Their Thoughts on Hunger During Hunger Action Month 30 Days Campaign

Throughout the month of September, community members including political leaders, news media, business leaders and volunteers have been starting real conversations about hunger during the Food Bank's 30 Days Campaign.

For the past four years, we've asked our community to share their thoughts about hunger on a paper plate. Photos and messages are posted throughout the month on our Facebook page – Food-Bank-of-Northern-Indiana.

You can be a Hunger Hero, too. Grab a paper plate and share your thoughts on hunger. How do you feel and what can't you do when you're running on an empty stomach? How can you fight hunger? Take a photo and share it with us on Facebook using the hashtag #HungerActionMonth and tag us at @Food-Bank-of-Northern-Indiana and @FeedingAmerica.





SOMETHING TO ACT ON

St. Francis of Assisi said, "Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible." Before becoming a Saint, Francis was living a high-spirited life as the son of a wealthy merchant and a soldier for Assisi, who was taken a prisoner of war, spending a year in captivity. Francis made a conversion that was rooted in his experiences.

Experience is what leads our organization and network to recognize that no matter the economic outlook, there will always be a need for generosity and compassion. And the work we do, in cooperation with our pantry network and donors, ultimately is generosity. There is no greater basic need than food. In partnership with love, the consistent act of eating good food becomes transformational for those who may not always know where their next meal will come from.

We all have the ability to do what's possible by never giving up on the idea that we can make someone's life a little better by alleviating hunger so one has less to think about throughout the day. If one child can focus on her studies because she's had a good breakfast and is looking forward to a generous and well balanced dinner, then, in many ways we've done the impossible.

M. Lee

Executive Director and CEO

foodbank
OF NORTHERN INDIANA



PREMIERE OF TOO GOOD 2 WASTE, DEBUTS ON SEPTEMBER 28

Ugly Food Event to Benefit Food 4 Kids Backpack Program

It's gonna get UGLY in South Bend on Thursday, September 28, when the Food Bank of Northern Indiana hosts Too Good 2 Waste, an Ugly Food Event to Feed Hungry Kids. The event will take place from 5:30 p.m. – 8:30 p.m. at the Gillespie Conference Center in South Bend.

Too Good 2 Waste will resemble the premiere of a TV cooking and talk show. Some of the area's favorite people will be paired up with the area's favorite restaurants to re-create dishes using 'ugly food' (foods thought to be too lumpy, too bumpy, too blemished and too ugly for sale or consumption) and foods typically found in food pantries. The audience (attendees) will have the opportunity to vote for their favorite dish and an Ugly Food champion will be crowned.

Money raised will support our Food 4 Kids Backpack Program. The cost for one student to receive a sack of food on weekends and holiday breaks during the school year is \$140.

We also hope to raise consciousness about food waste. Approximately 72 billion pounds of perfectly good food – from every point in the food production cycle – ends up in landfills and incinerators every year. But at the same time, one in six residents of northern Indiana struggles to put enough food on the table. Rescuing this lumpy, bumpy, too leafy and too ripe food, food that is perfectly edible, means feeding families facing hunger and taking a greater role in protecting our planet and conserving resources.

Tickets are \$140 per individual or \$1,120 for a table of eight. For more information, please contact Marijo Martinec, associate director, at (574) 232.9986 ext. 124 or mmartinec@feedingamerica.org.



AGENCY PARTNER NEWS

"Our Food Pantry has been serving more and more grandparents who are now taking care of their grandchildren and great grandchildren. These grandparents are in their 50s, 60s and above, and living on their Social Security and/or disability insurance. The Food Pantry is helping so much to supplement the food that they must supply to these children.

About two or three months ago, Dave, a grandpa, came into our pantry with the cutest two or three-year-old boy. The little boy was so quiet and just sat on Dave's lap, making no noise at all. This little boy would not take his eyes off of Dave. There was such love in his eyes. When it was Dave's time to come to the table to be checked in, he started talking to Doug and I about his life at this time.

Dave and his wife are now raising this cute little boy and have adopted him as their own because the little boy's dad is not in the picture and his mother is a drug addict and in jail. His mother signed over her rights of her child to Dave, her father. Dave indicated that they need help because he is on Social Security and his wife had

a job that did not bring in a lot of money. Dave's attitude made me want to cry. They are struggling just to get by every day, but this sweet little boy needed a home and a place to feel loved and secure. Dave and his wife stepped up and took over the responsibility of raising this grandchild. He told us this is what

you have to do. However, he needs assistance with food to keep his family fed.

This is what we are seeing now. Grandparents are taking care of their grandkids after they have raised their own children. These wonderful people did not ever think that in their "golden" years that they would be raising

young children and/or teenagers again, but they do what they have to do without thinking twice about it.

Food pantries in Indiana are experiencing this situation and this situation continues to rise. Impending federal budget cuts could negatively impact these senior citizens who are already struggling to put food on the table for their grandchildren and great grandchildren.

Our Food Pantry has been serving more and more grandparents who are now taking care of their grandchildren and great grandchildren. The Food Pantry is helping so much to supplement the food that they must supply to these children.



FOOD FINDERS

To meet the demands 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 secure more protein, produce, dairy and shelf-stable items to distribute through our network of member agencies.

Through June 30, 2017 (due to *Feeding Matters* production schedule), the Food Bank distributed 3,442,544 pounds of product.

2017 Mobile Food Pantry Statistics

County	# of Distributions	Pounds	Households	Individuals
Elkhart	7	61,849	693	2,410
Kosciusko	1	8,372	58	172
LaPorte	9	79,130	930	3,190
Marshall	1	6,479	74	262
St. Joseph	0	0	0	0
Starke	6	57,592	568	1,495
Total	24	213,422	2,323	7,529

Due to the production schedule of Feeding Matters, these numbers reflect mobile food pantries through June 30, 2017.

VOLUNTEER WITH THE CSFP PROGRAM



Each month, the Food Bank must pack nearly 600 boxes of food for distribution. This assembly line process is well-suited for larger groups of volunteers. Each month, we need 10-20 volunteers to pack these boxes. Call (574) 232.9986 ext. 137 for more information or to schedule a shift.

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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.

100% (\$101,374.00) [FY 2017]] of total program costs for The Emergency Food Assistance Program (TEFAP) are financed with federal funds. TEFAP is an equal opportunity employer and provider.

food bank
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WE LOVE OUR VOLUNTEERS

"You make a living by what you get. You make a life by what you give." ~ Winston Churchill

It doesn't take a lot of time to make a big impact. Fifty-four hundred volunteers have provided more than 18,000 hours of support through June 2017, with projects such as sorting weekly donated products and the Stamp Out Hunger Food Drive, working as warehouse warriors — cleaning, stocking, sorting, packing and helping in the Agency Shopping Area, repackaging duck eggs and relabeling 30,000 jars of mislabeled peanut butter.

With school back in session, if you have a high school or college student in need of service hours, the Food Bank is always in need of their volunteer support. While fulfilling their community service hours, they bring enthusiasm and energy to our organization. Students can volunteer with their athletic team, clubs or individually.

Volunteer opportunities are available Monday – Friday from 9 a.m. – 4 p.m. Wednesday and Thursday evenings. The Community Food Pantry of St. Joseph County (the pantry located on-site at the Food Bank) is open until 6 p.m. and volunteer opportunities are available until 7 p.m.

The Food bank requires an average of 25 volunteers daily to maintain our facility's operations.

Opportunities include food sorting, filling Food 4 Kids Backpack food bags, inside/outside facility maintenance, filling senior nutrition bags or stocking.

For more information about volunteer opportunities, please call (574) 232-9986 ext. 137.



Dear Food Pantry Volunteers:

Today, I did something I've never had to do in my almost 40 years on this earth. I came into the food pantry to get food. I've always worked and took buying groceries for granted. Then hard times came upon my family and we found ourselves in a dire financial situation. I've had to choose between the electric bill and food and yes, my electric was shut off and subsequently imposed a deposit we cannot afford as a penalty. As the money ran out, so did the food. I have kids and it's my responsibility to feed them and I found myself in a situation where I just didn't have enough money. I felt fear and honestly, very inadequate that I couldn't provide a basic need for my kids. It's a scary position to be in. My husband came in a few times, I couldn't appreciate how he felt because I, myself, never had to ask for help. I thought I might feel ashamed, but I didn't, and that's because the volunteers were gracious and friendly. No questions asked. They just packaged up food and even carried it out and put it in the car for me. Instead of shame, I felt gratitude. I felt blessed to get the food. I met some nice people and spoke to a man that like me, had things happen where there just wasn't enough money to get the food he needed.

I just want to say thank you to the volunteers who give their time to serve in the food pantry. Although I'm sure there are people who abuse the system – there always are – please know that there are more of us who genuinely need the help and feel gratitude and thanks in our hearts that you take time out of your day to serve and help people who are struggling to put food on the table. I will not forget the assistance, nor will I forget the volunteers. Of course, I am hoping not to see you often, as I have hope that Jesus is bringing my family through this storm and more prosperous times are ahead. When I'm on the other side of this, be sure that the food pantry will be remembered by my family.

With love and gratitude,
Jackie F.