

food for thought

News from Dare to Care Food Bank



Dare
to Care
Food Bank

January 2024

“It helps us to
eat healthy and
stay healthy.”

— Jerry



You help seniors like Jerry!

At 77, Jerry never imagined his wife, Daisy, would be faced with diabetes and a cancer diagnosis. He also didn't think that putting food on the table would become a struggle. When we met him at one of our mobile pantry partners, he told us how the food he receives from Dare to Care makes a difference. He said, “I'm on a fixed income, and my funds are not going up as high as the food at the store, so this really helps out.”

Higher prices on basic necessities are a burden for neighbors like Jerry, and the pantry is a lifeline in a challenging time. When we asked him about the types of food he takes home, he told us, “Whatever they have, we take, and you can make a meal out of it. Sometimes it's turkey, chicken, pork chop, steak.” He told us his wife really enjoys the vegetables and meat.

Thanks to you, Jerry and his wife don't have to worry about choosing between bills and groceries when money runs out during the month. He told us, “It really helps me pay my light and gas bills.”

Access to food—thanks to you!

Seniors need healthy food that they can't always afford. But thanks to supporters like you, Jerry and his wife take home quality ingredients for meals. Jerry said, **“I can eat good food... we can live better and be healthier.”**

This means a lot to Jerry since his wife is about to begin treatment. He told us, “She's getting ready to go through chemo. Then, she's going to have to have an operation, but the food helps out because it's wholesome food that I cannot afford all the time.”

Before he left, Jerry wanted to express his thanks to the donors who help his family. He said, “We really appreciate you donating... it helps us eat well and stay healthy.”

Thank you for helping senior neighbors like Jerry and Daisy! Together, we can work toward improving the lives and health of people in our communities.

Put healthy food in the arms of seniors like Jerry! Mail your gift today or give online at donate.daretocare.org.

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MEMBER OF
**FEEDING
AMERICA**

From Vincent's desk

Dear Friends,

As we begin a new year, I want you to know that food insecurity remains a critical issue. That's why you are vital to the mission of ending hunger. **Every day, you help reach neighbors with nourishing food when they might otherwise go hungry. Thank you for making our communities stronger.**

Unfortunately, a growing number of our neighbors—hardworking people like you and me—have less money for groceries these days. For some, this can mean making impossible choices between paying bills or putting food on the table. With rising costs from inflation and less aid available, more of our neighbors are affected, and seniors and children suffer the most.

Still, thanks to partners like you, we've been able to meet this crisis of hunger despite the challenges of the past few years. **In 2023, you helped us provide 20.5 million meals and distribute 9.2 million pounds of food through a network of nearly 300 partners.** Please know that when every \$1 can provide 3 meals, your gift of *any amount* makes a tremendous difference.

This winter, we anticipate the need will remain high. Our resources will be even more strained as we strive to deliver healthy produce when growing season is over in our communities. But with your continued support, I know that we can respond to the crisis of hunger in Kentuckiana and bring hope to more of our neighbors.

Thank you again for your support.

With gratitude,

Vincent James
President and CEO



Leitha Joy delivers food to her neighbors

When Leitha Joy arrives at one of our Dare to Care partner sites, the Redeemer Lutheran Church pantry, her joyful spirit and smile light up the room. Every Monday, she volunteers by packing up food. She is able to receive food when she needs it, and also delivers food to her neighbors who can't make it to the distribution event. She told us, "I pick up for two big families that have children, but are not able to come, and they are amazed because they get stuff that the kids enjoy."

Leitha Joy raves about the food options that are available. "They give different kinds of meat... so it allows me to have a choice of what I prepare. This time, they did ground beef and pork. They do some breakfast meat, bacon, or sausage," she explained and also added, "Things that you generally would not do because you don't buy it or can't afford to buy it."

Neighbors helping neighbors is the spirit of community

When we asked Leitha Joy why she began volunteering and picking up food for her neighbors, she explained, **"I feel good because I'm helping someone that otherwise wouldn't be able to get it because they're not able to come and get it. So, it makes me feel good to help somebody else."**

Leitha Joy is a wonderful example of the power of neighbors making a difference. When we work together to take care of each other, we create connections and make our communities stronger. That's why we are so glad for good neighbors like Leitha Joy and good neighbors like you!



"I've been coming here for 10 years... I have neighbors who can't come, and I'll pick up for them and deliver to them." – Leitha Joy

Seniors like Lanitra make it through the month thanks to you!

Taking care of five growing grandchildren is no small feat for Lanitra, who is a senior that struggles to put food on the table with only \$285 in SNAP benefits each month. When we met her at a local food pantry, she was eager to tell us how much the food she brings home from Dare to Care helps her family, especially when money runs out "quick." She said, "It really helps... it's extra food. My grandkids like the snacks."

Not only can she rely on the pantry for food, but she also told us that it makes her feel happy because she can count on healthy options. She said, "It's nutritional food; it's good food that they give you."

Healthy food nourishes families like Lanitra's

Thanks to you, we can help distribute food through our nearly 300 local partners, so families like Lanitra's don't have to experience hunger when money runs out before the end of the month. There's even help during the holidays, when cooking a festive meal can cause a big financial strain. Lanitra told us that she's grateful for the food she received to make a holiday meal for her grandkids.

She said, **"It really helps out... the turkey, ham, dressing... All the works that you really need for holidays—sweet potatoes, green beans. I mean, just everything. They're wonderful."**

Because of your kindness, it's possible to meet the crisis of hunger in our community with nourishing food. Every \$1 you give helps provide 3 meals for neighbors like Lanitra and her grandchildren! As we finished speaking with her, she smiled and told us to tell Dare to Care supporters, "God bless you. Thank you. From the bottom of my heart, thank you."

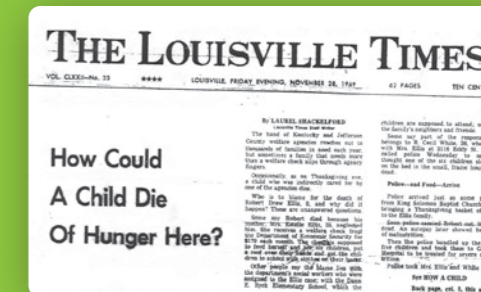


"From the bottom of my heart, thank you." – Lanitra

Scan to help provide nourishing food for neighbors like Lanitra.



You can leave a legacy that helps end hunger.



The tragic death of nine-year-old Bobby Ellis in 1969 remains in our minds today. Today, 1 in 8 children in our community faces food insecurity.

Bobby's death from malnutrition sparked sorrow, outrage, and disbelief. As part of the response to that unimaginable loss, Dare to Care Food Bank was created, with the mission of feeding people and preventing this kind of tragedy from happening again.

Now, decades later, hunger continues to affect children in Kentuckiana. That's why we are grateful to partner with friends like you to meet the challenges of food insecurity. Ending hunger is an important mission and one we can all be a part of today and for years to come.

Through the **Bobby Ellis Legacy Society**, you can create a legacy gift that will help propel the mission to end hunger for every child, family, and senior in our community.

To learn more, please contact Kate Chandler at 502-736-9416 or by email at kate@daretocare.org.

Program Spotlight

Silver Suppers help seniors overcome food insecurity

Silver Suppers—a new pilot program from Dare to Care—provides fast and healthy meals for seniors to help combat the hunger crisis caused by high food prices. These options mean our seniors are less likely to skip meals or miss out on the nutrition they need.

One of our neighbors who tried the new program told us that he liked having the option because he "can eat these when I don't feel well enough to cook; I won't have to go hungry."



"Every 1 in 8 seniors is experiencing food insecurity, and that is such a challenge." – Vincent James

Since not all seniors are able to cook for themselves, these meals are an important lifeline that ensures they are receiving the nutrition they need in a way that is convenient and affordable.

Affordable and healthy options matter

Silver Suppers currently offers seven different meals and are available in six different senior living communities around Louisville. For as little as \$2, a resident can easily access affordable and healthy meal options.

As food insecurity remains a critical issue, it's important to find new ways to meet this crisis. Thanks to supporters like you, seniors are receiving the food they need to thrive!

Thank you for helping seniors! Visit daretocare.org/programs to discover more ways to get involved.

Here are some of the ways you can choose to leave a lasting legacy to end hunger through Dare to Care:

- Bequest
- Retirement Plans
- Life Insurance
- Trusts
- Charitable Remainder Trust
- Charitable Lead Trust

Pamela can count on nourishing options—thanks to you!

Pamela is a retired widow who visits her local pantry because higher prices are straining her budget. **She told us, “I get \$89 now to last me through the month and that doesn’t last me, so I have to come here.”**

Pamela also lends a helping hand to her daughter and grandkids when they need food, sharing what she picks up from the pantry. Her grandson Mason says he likes the apples and oranges they take home.

As we talked, Pamela explained a little more about her situation. “When inflation went up, they reduced my food stamps because my check increased, but my rent also went up... How am I supposed to survive?” she asked.

1 in 10 people in Kentuckiana experience food insecurity.

As the need in our community grows and inflation affects neighbors like Pamela, it’s more important than ever to ensure they have access to healthy food. Thanks to your support, we are working with a network of nearly 300 partners to make sure we meet the crisis of hunger.

Thank you for all that you do! Please continue your support to help more neighbors like Pamela in 2024.



“How am I supposed to survive?” – Pamela



A new gift gives hope!

Thanks to a **\$400,000 donation, 1.2 million meals** will be made possible for neighbors experiencing food insecurity in Kentuckiana. We are grateful to have Louisville-Jefferson County Metro Government as a partner to help us feed our neighbors!

Coming soon—Taste of Derby Festival presented by Brown-Forman

Save the date so you can join us for the annual Taste of Derby Festival on April 16, 2024!

Taste of Derby Festival is one of our most popular events, giving attendees the chance to sample delicious food and drinks—with the money raised going to fight hunger in Kentuckiana! Learn more at daretocare.org/taste or our social media channels to receive the most up-to-date information.

We look forward to seeing you at the event!




JNL24-NL

Scan to donate now and be a part of the mission to end hunger!



Here’s how you helped in 2023!

 **20.5 Million Meals** distributed to neighbors across Kentuckiana, including 5.7 million meals served to children.


 **9.2 Million Pounds** of fresh produce served.

303,789 Kids Cafe Meals served at 35 kids and family cafe sites.

77,610 Innovative Meals at our Community Kitchen, making excellent use of rescued food.

 **Nearly 300 Partners** including food pantries, shelters, and kitchens that serve individuals in 13 counties.

25,587 Students Served at 64 school pantries.

 **2,436 Volunteers** contributing 12,865 hours of service.

1,445 participants attending nutrition education classes.

32 Prescriptive Pantries

74 Mobile Pantry Stops

60 Mobile Market Stops

Stay connected to the work you support!

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