

food for thought

News from Dare to Care Food Bank



Dare
to Care
Food Bank

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“Thank you
so much for
helping us.”
— Melissa



Helping Families Make Ends Meet

When Melissa and her four-year-old daughter, Isobel, pull up to the pantry's weekly food distribution line, it's already filled with cars wrapping around the large parking lot. In the summer heat, they wait patiently to get to the front of the line.

Like other neighbors we meet, Melissa works hard but sometimes struggles to put food on the table. “I have a little daughter,” she says. **“I work but we go to the grocery store and food is expensive. We came here to get some help for my baby.”**

Melissa explains that her pay just doesn't cover everything they need, especially groceries. “Everywhere, it's expensive,” she tells us.

Nourishing Food — Because of You

The good news is that a few months ago, Melissa discovered the pantry. Now, when she has a hard week and her pay doesn't stretch to meet the overwhelming cost of living, she knows she can provide healthy food for Isobel. She mentions how much her little girl enjoys the black beans and fresh fruit they take home.

“It's a lot of help,” she says, “It's good to come here.”

As inflation continues to outpace wages and limited incomes for many of our neighbors in Kentuckiana, your kindness helps them make ends meet with healthy food and nourishing meals. Thank you for making our community a healthier place for children, their families, seniors, and people experiencing homelessness. Your support makes a difference for people like Melissa and her daughter.

Want to help make a difference? Give today at daretocare.org.

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MEMBER OF
**FEEDING
AMERICA**

Dear Friends,

Food insecurity continues to impact our neighbors. One of the most important things I want people in our community to realize is that we are continuing to see as much as a 40% increase in food insecurity in Kentuckiana, with some pantries regularly running low on food. And more than ever, we're seeing neighbors seeking help for the first time to feed their families. Hardworking people are struggling with high grocery prices, high rent, and soaring inflation.

That's why your support is important, and we're so grateful for friends like you. Thanks to you, we are working to meet the growing need in our community through new initiatives that will help bring more food to underserved neighborhoods. We're also working to ensure more children and families have access to food through school pantries and that seniors have healthy options that can be delivered to their doors. This and so much more is what you help make possible!

Thanks to friends like you, more of our neighbors are gaining food security, accessing fresh foods, and putting nourishing meals on their tables. We hope you will continue to stand alongside us this year as we work to make our communities better for all people.

With gratitude,

Vincent James
President and CEO



Volunteer Spotlight: Stephen

When an injury left Stephen unable to work, he struggled to make ends meet. "I broke my foot in five places," he told us. He wasn't sure how he was going to make it through the month. He said, **"I had no income. I was waiting on disability ... I didn't have food."**

Then, a local partner and pantry at Highpoint Charitable Services — that friends like you help keep stocked with food — stepped in to help. Stephen was able to pick up weekly care boxes of healthy and nourishing groceries. And like many of our neighbors, this lifeline helped him through a tough time. Instead of going hungry or worrying if he could make it through the month, he found a caring community of neighbors ready to lend a hand.

A Helper with Heart

After three weeks, Stephen showed up one day and noticed the director was working alone and a little overwhelmed. He asked if he could help, and she said yes. "I've been here ever since," he told us. He continued to help, even during the pandemic. Today, Stephen is a dedicated volunteer who is glad to be of service. He's noticed the difference that the food boxes make, especially as more people turn to the pantry for help.

"I think it has a big impact because a lot of people, they come and they're grateful ... We've been having record numbers every week," he said.

Thanks to friends like you, more food can reach neighbors like Stephen when they need it. In turn, more people are moved to pay that kindness forward, making our communities a better place for everyone.



Stephen's experience motivated him to help neighbors at his local food pantry.

Visit daretocare.org today and learn more about how you can help end hunger.

Program Spotlight: Food is Medicine Initiative

As a well-known resource and leader in our community, Dare to Care Food Bank is always striving to innovate ways to reach more neighbors with healthy food that nourishes and empowers them to thrive. **One of the initiatives we're excited to share is a new program that focuses on food as medicine.** It's more than a program really; it's a way to come alongside people in our community to provide medically tailored meals as we work with local physicians.



"Nutrition plays a big part in the health outcomes of patients." — Chef Teresa

As healthcare costs and grocery prices continue to rise, health outcomes for people suffer. By filling gaps in our communities, we can make sure our neighbors have access to the nutritious food they need and access to

Helping During Tough Times

When money is tight and food is scarce, Deborah visits our partners at Highpoint Charitable Services.

These days, putting food on the table can be a real challenge, especially as grocery prices continue to soar. The \$300 she receives in social security benefits doesn't stretch far enough to feed her family of four. She told us, "I can't afford to buy food hardly anymore at all." When we asked her about how the food she receives impacts her family, she added, "It helps in any way we can get it." She told us that some of the favorite items they've received have been ham, turkey, eggs, and sweet potatoes.



"I get most of my vegetables and canned foods, and anything helps." — Deborah

Nourishing Food — Thanks to Neighbors Like You

Thanks to good friends like you, neighbors like Deborah and their families across Kentuckiana can access the nourishing food to help them stay healthy and strong. Deborah wanted to share with donors how much the food makes a difference. She told us, **"I just want to thank them very much because I'm telling you, if it wasn't for them, a lot of people would be starving."**

Deborah also shared with us how she grew up with very little money and how her family often had to rely on their garden for food. She knows firsthand how much it means to have the support of a community that cares. She added, **"I thank God every day for people who're helping because if it wasn't for them, there'd be a lot of people that did not have anything at all out here."**

Thanks for your caring and compassion. Together, we can help more neighbors in our community gain food security.

Scan to help provide nourishing food for neighbors like Deborah.



education about nutrition so they can make healthy choices.

Healthy Communities are Stronger Communities

Helping spearhead the Food is Medicine initiative is Chef Teresa who works in our community kitchen. She is helping to develop medically tailored meals for patients exiting the hospital and for when they go home, meeting a wide range of dietary needs. She told us, "By providing meals that support a provider's treatment plan and support the patient's health goals, we can help reduce out-of-pocket expenses for families." She also added, "Our kitchen can provide vital food support systems to the most vulnerable members of our community."

Food insecurity is a large and complex issue, but by working together, we are discovering new solutions to build a healthier, stronger Kentuckiana. Thank you for being a part of the fight to end hunger.

Through Apple Core, You Can Do Even More!

As a part of the **Apple Core Monthly Giving program**, you can provide access to food for our neighbors every month, all year long.

How Does It Help?

For just \$25 a month — or just 83¢ a day — you can provide 63 nourishing meals for neighbors in our community. That's 750 meals in a year!

Why Give Monthly?

- **It's easy.** Your recurring donation will be made automatically each month.
- **It's sustainable.** Monthly giving provides year-round, reliable funding to help feed children and families.
- **It's a community.** You are joining a passionate and dedicated group of supporters.

Get to the Core of Hunger with Us!

Get started now and select the amount of your recurring gift with the enclosed donation form (choose the Apple Core option). Or give online at: daretocare.org/applecore.



Access to Food for Neighbors

Sarha works as a recovery coach and says, “I work three days a week and sometimes it’s just short.” She has trouble stretching her household budget to make ends meet. But at the Center for Lay Ministries — one of our local partners — she can pick up a box of food that helps her family when groceries run out during the month. **“I’m thankful for places like this,”** she says. “I can make it through until we get paid again.”

As inflation continues to impact more neighbors, the food friends like you help provide continues to make a difference for people who are struggling to pay bills, rent, and afford groceries. **“Everything’s just super expensive. Everything,”** adds Sarha. But the food box she receives goes a long way to help supplement meals. She says, “They always give meat. That’s always a good one. You can always find something to put with that and some type of chips or cereal.”

Through a network of nearly 300 program partners, healthy and nourishing food is reaching more people in Kentuckiana daily.

But with rising inflation, the need in our communities continues to grow. That’s why support is more important than ever. Sarha says, “Thank you and God bless you because I know there’s a lot more people in worse situations than I am that probably would not eat if it wasn’t for places like this.”



“I’m thankful for places like this.” – Sarha

Want to make an impact today for more neighbors like Sarha? Give online at daretocare.org.

Join us for Hunger Action Month!

Join us this month as we work to educate, advocate, and take action to end hunger for our neighbors experiencing food insecurity in Kentuckiana.



1 in 8 people are food insecure in Kentuckiana

YOUR GIFT HELPS US SERVE

168,000

people experiencing food insecurity in Kentuckiana



1 in 5 kids are food insecure in Kentuckiana

Please donate before **September 30th** to help us make the biggest impact possible for our neighbors during Hunger Action Month!

You can also visit daretocare.org/hungeractionmonth to learn more about these special events during Hunger Action Month:

Give for Good Day

SEPTEMBER 12, 2024

Be a part of Kentuckiana’s annual day of giving by supporting Dare to Care.

Hunger Action Day

SEPTEMBER 16, 2024

Wear orange and use **#HungerActionDay** on your social media posts.