

food for thought

News from Dare to Care Food Bank



Dare
to Care
Food Bank

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“You have to make your food stretch.”
— Stephanie

Help during hard times—thanks to you

Stephanie works hard. She is a resilient mother and grandmother who visited our mobile pantry in Louisville’s Parkland neighborhood because she wasn’t sure how she was going to put food on the table. She told us, “Right now, I really have nothing.”

Stephanie explained the difficulties she faces as the sole provider for a household of five people, including her mother, daughters, and grandson. On the day we spoke to her, Stephanie’s financial challenges were even more strained because she is currently unable to work as she recovers from surgery.

With the rise of grocery prices, it’s more difficult for many of our neighbors to put nourishing food on the table. As many as one in five children in our community currently experience food insecurity.

Stephanie told us the healthy food she receives from the pantry is a lifeline for her family. She said, **“Every month, you have to make your food stretch—that’s hard.”**

Your kindness means neighbors can rely on healthy food

But thanks to generous friends like you who help provide access to food in Kentuckiana, families like Stephanie’s don’t have the constant worry of where their next meal will come from. They can rely on nourishing food.

“She likes fruit and ramen noodles,” shared Stephanie when we asked what kinds of foods her 16-year-old daughter enjoys from the pantry. She told us how the pantry helps her supplement meals. “I’m glad,” she said.

You help families like Stephanie’s every day. Your support provides hope and relief to neighbors experiencing food insecurity. Thank you for being a vital part of our community!

Help provide access to healthy food for neighbors like Stephanie!
Mail your gift today or give online at donate.daretocare.org.

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Dear Friends,

Everyone deserves the right to have fresh and healthy food, but hunger is still on the rise in Kentuckiana. That's why your support is crucial in helping serve our community.

Thank you for coming alongside us in 2024 and making a difference for our neighbors.

With decreased government support and high food costs, more of our neighbors are turning to us for help. We are seeing a 33% increase in demand—the worst experienced since the Great Recession.

Many of our neighbors—hardworking people like you and me—are struggling to afford groceries. The most vulnerable in underserved areas are also at risk of experiencing increased food insecurity. Seniors and children are particularly affected.

To meet this growing need, we encourage you to continue to partner with us in 2025 on their behalf because every donation makes a difference in the lives of our neighbors. You help ensure that more people have access to fresh and healthy food.

This winter, we anticipate the need will remain high, and our resources will be even more strained as we strive to deliver food to our partners throughout our community. But with your continued support, I know we can respond to the crisis of hunger so that more of our neighbors will have the food they need to thrive.

Thank you for being a part of the mission to end hunger.

With gratitude,

Vincent James
President and CEO

Drive-thru at a local church distributes food and hope

The First Baptist Church in Fairdale, Kentucky has become a beacon of hope for many neighbors in our community by providing vital food assistance. Since the pandemic, they've been distributing food weekly through a drive-thru event at their church.

As many as 250 cars come for food each week. Pastor Josh told us, "I would say probably 40 of those are coming for their first time."

Demand surged during COVID-19 and has remained high, even today, with individuals and families struggling to make ends meet and put food on the table.

Food for families—thanks to partners like you

When we asked Pastor Josh about what factors he sees contributing to the growing need, he told us. "Life's hard. Cost of living is high. Bills keep coming... a lot of people are without jobs and so it's just extremely hard, and we're just trying to help with that."

The volunteers also play a crucial role. They are there to help distribute food and hand out water, rain or shine. It's all about neighbors helping neighbors in this small community.

When we asked what brings him out week after week, Pastor Josh said, "God has helped me so much in my life that I want to help people so much in their lives."



Drive-thru food distribution events help provide access to nourishing food for families.

Program Spotlight

Empowering Families Through Cooking Matters

At Dare to Care Food Bank, we understand that cooking at home is good for our health and our budgets. That's why we've partnered with Share Our Strength to offer *Cooking Matters* — a transformative nutrition outreach program. This initiative empowers families with limited resources by equipping them with the cooking skills, knowledge, and confidence to prepare healthy and affordable meals at home.



Better health through home-cooked meals.

Louiseia's retirement check isn't enough

Louiseia is retired but still works part-time as an EMT. Unfortunately, she has been unable to return to work after a recent fall. She told us, "My retirement check just covers the house bills, and that's it. And there's six of us, three babies, and then my two older ones in their 20s moved back home to help me out."

Despite her efforts, she can't get SNAP benefits because her retirement check is too much to qualify. "That little job doesn't really pay too much," she shared, explaining how it's hard to afford groceries for her family.

Nourishing families—because of you

Because of support from neighbors like you, food is distributed through nearly 300 local partners, so fewer families like Louiseia's experience food insecurity when money runs out before the end of the month.

"It helps us out a lot," Louiseia said. They even receive a turkey or ham during the holidays, which brings joy and relief during a financially stressful time.

With your help, we can continue to meet the crisis of hunger in our community with nourishing food. **Every \$2 you give provides 5 meals, ensuring more of our neighbors have access to healthy and nourishing food.**

Scan to help provide nourishing food for neighbors like Louiseia.



"It helps us out a lot."
— Louiseia



The tragic death of nine-year-old Bobby Ellis due to malnutrition in 1969 remains at the forefront of our minds today. His loss 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 senseless tragedy from happening again.

Now, decades later, hunger continues to affect children in Kentuckiana. That's why we're grateful to partner with friends like you to meet the challenges of food insecurity. We know that it's crucial to help provide our neighbors with access to nourishing food. Ending hunger is an important mission and one that may take generations.

Through the **Bobby Ellis Legacy Society**, you can leave a legacy gift that helps propel the mission to end hunger for every child, family, and senior today and for years to come.

Contact **Kate Chandler at 502-736-9416 or kate@daretocare.org** and visit **daretocare.org/legacy-donation** to learn more today.

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

Nourishing food options—because you care

Jaqueline is a mom who works full-time to support her sons. But it's still a big challenge to keep healthy food on the table when grocery prices and the high cost of living are straining her household budget. She told us, "I have to pick and choose when to do real cooking and when to do processed food, so I have no choice."

It can sometimes be difficult for families to access nutritious, affordable foods and fresh fruits and vegetables. Thanks to supporters like you, Jaqueline's family is able to receive food when money runs out during the month.

A community of support

Today, Jaqueline knows she can rely on extra help thanks to neighbors like you who make it possible for us to provide food to our communities in Kentuckiana, especially underserved areas. She is grateful to know that her family can have the healthy options they need to thrive and told us, "Thank you so much. Thank you."

When you come alongside Dare to Care Food Bank this winter, you are helping our most vulnerable neighbors access food and gain greater food security during financially challenging times. We appreciate everything you do that helps build stronger, healthier communities!



"I've normally been able to provide it on my own. I can't do that anymore, and it hurts." — Jaqueline



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 15, 2025!

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 by visiting our social media channels to receive the most up-to-date information.

We look forward to seeing you at the event!



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

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Here's what you made possible in 2024!



22.2 Million Meals distributed to neighbors across Kentuckiana.



9.6 Million Pounds of fresh produce served.



3.6 Million Pounds of food distributed through mobile pantries.



340,260 Kids Cafe Meals prepared at 64 partner locations.



31,871 Patients accessed food at 32 prescriptive pantry locations.



26,292 Students received food at 57 school pantries.



4,000 Seniors received monthly groceries and frozen meals.



2,897 Volunteers contributed 17,021 hours of service.

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