

food for thought

News from Dare to Care Food Bank



Dare
to Care
Food Bank

January 2026



“Sometimes I have to make a decision between buying medicine or food.”
— Betty

Betty has better options now — thanks to you

At 65, Betty tries to combine a few hundred dollars of income with food stamps to get by each month. But it's not enough.

Living alone, Betty begins many of her days facing a heartbreaking decision: “I have to choose between buying medicine or food,” she told us.

Unfortunately, across Kentuckiana, Betty's story is not unique. So many seniors struggle to make ends meet.

Higher food prices have combined with reduced government benefits to break budgets and elevate food insecurity. Across our communities, the well-being of aging neighbors is at risk.

Ensuring no senior faces hunger alone

Your gifts empower Dare to Care programs to reach out to seniors like Betty who are challenged by limited budgets, declining mobility, medical issues, and more.

Recently, Betty received an assortment of fruits, vegetables, and canned goods through one of our food pantry partners, Walnut Street Baptist Church.

Betty is so grateful for the food you help provide. “I would like to say thank you, and I appreciate you,” she shared with a smile.

It takes all of us, working together, to ensure neighbors like Betty do not have to choose between paying a utility bill, purchasing medicine, or buying food. Thank you for caring for our community.

Please continue to end hunger for more vulnerable seniors!

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From Vincent's desk

Dear Friends,

As we finish a year of unprecedented challenges and begin a new year, I'd like to highlight some of our neighbors in great need: aging seniors.



About one in five people we serve over 60 faces food insecurity. Fixed incomes, shrinking budgets, rising food costs and federal safety net program cuts continue to create impossible choices for senior citizens:

Do I purchase food? Do I buy medicine? Or do I pay my rent?

Unfortunately, these are the difficult questions so many seniors across Kentuckiana are forced to ask themselves. It breaks my heart to hear about seniors having to make such decisions. Luckily, we have life-changing opportunities to help.

For example, our Mobile Pantries for Seniors program distributes food to senior residential buildings and centers. And Apple Core, our cherished monthly donor community, continues to create sustainable, reliable impact on behalf of our community's most vulnerable.

Whether it's the loving mother trying to make a cereal box last a week, the senior watering down a can of soup, or the parent foregoing meals so their children can eat, no one should face hunger alone.

It takes all of us — working together — to end hunger in our communities. Thank you for continuing to be such an important part of our life-changing mission.

With gratitude,

Vincent James
President and CEO

Meeting the rising need How Laura delivers your help

Laura is the pantry manager at Sister Visitor Center — a Dare to Care partner food pantry and distribution site in Louisville that provides food and financial assistance to families in need.

In her two years of service, Laura has never seen community needs rise to the level they're at today.

"We're meeting more and more neighbors who simply can't make ends meet," Laura said. "Some people are living without electricity, attempting to save food in a cooler, or worse yet, don't even have a cooler. We're open Monday through Friday and are averaging at least 12 to 15 new clients per day!"

When we spoke to her, Laura emphasized the importance of your donations in providing fresh produce, meats, and other essentials that help an ever-growing number of clients maintain their dignity, while meeting their dietary needs.

"It's so important that people continue to donate," shared Laura. "We desperately need that food for these clients."

Dare to Care is proud to partner with Sister Visitor Center and other organizations that serve alongside us to end hunger. Amid historic demands, support from friends and neighbors is critical.

According to Laura, "It's unbelievable the prices at the grocery stores. The needs here are great. And they're only going to get greater."



Laura serves with a smile at Sister Visitor Center, sharing your generosity to meet rising community needs.

Program Spotlight

Food As Medicine expands Prescriptive Pantry program

At Dare to Care, we know that food isn't just fuel — it's medicine.

Thanks to support from the Elevance Health Foundation through Feeding America's Food as Medicine initiative, Dare to Care has expanded our Prescriptive Pantry program to link healthy food with healthcare providers and patients in need.

In the last three years, Food as Medicine has helped 34 food banks nationwide work with medical



Our Prescriptive Pantry program is the first time many connect their food access to healthcare.

Thank you for helping Bernard care for his granddaughters

At age 65, Bernard lives on a fixed income and struggles to make ends meet for himself. He never imagined he'd also be financially responsible for his two young granddaughters.

After his family circumstances changed, the loving grandfather began receiving on food from our partner pantry, St. Vincent de Paul, to help feed himself and two grandkids now under his care.

"I didn't plan on taking care of anybody else, so I'm running short on money every month now," Bernard said. "Meat is really expensive, and I'm on a fixed income."

Bernard also shared that the pantry food is critical in helping him cook creative meals for the girls while stretching his budget.

Through support like yours, food is distributed through more than 400 local partners, so fewer families like Bernard's experience food insecurity when money runs out before the end of the month.

With your help, we can continue to meet the crisis of hunger in our community with nourishing food. **Every \$1 you give provides food for 2 meals, ensuring more of our neighbors have access to the healthy nutrition they need and deserve.**



Facing rising food costs on a fixed income, Bernard relies on our partner pantry to help nourish his two granddaughters.

Scan to offer health and nutrition to more families like Bernard's.



Elevance Health Foundation

providers to combat food insecurity and support patient health. Patients with conditions like diabetes or heart disease can now receive prescriptions for fresh produce and healthy foods.

Community Kitchen Executive Chef Teresa White notes, "Food as Medicine shows that nutrition is essential to health care. By prescribing nutritious foods, providers offer families hope and a practical path to better health."

Along with your support, this work is made possible by the Elevance Health Foundation, the philanthropic arm of Anthem Blue Cross Blue Shield.

Please continue to support initiatives like this one by donating today!

Bobby Ellis Legacy Society

Louisville Youngster, 9, Dies of Malnutrition

By STEPHEN TOED
Courier-Journal Staff Writer
On the eve of Thanksgiving—America's
annual day of feast—a 9-year-old
Louisville boy was carried into General
Hospital, one of the officers
said later.

The tragic death of 9-year-old Bobby Ellis due to malnutrition in 1969 sparked sorrow, outrage, and disbelief. But the lessons learned and legacy of love in response to the loss still lives today.

Dare to Care Food Bank was created in response to that unimaginable loss, with the mission of feeding people and preventing a senseless tragedy like this from happening again.

Decades later, food insecurity remains a challenge for children in Kentuckiana. That's why we're grateful to partner with friends like you to meet the challenges of food insecurity. Working together, our mission of ending hunger is an ongoing partnership with the power to touch the lives of future generations.

The Bobby Ellis Legacy Society provides an opportunity for you to leave a legacy gift supporting efforts to reduce hunger among children, families, and seniors today and years into the future.

Please 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



Scan here to learn more about Planned Giving!

Grateful for groceries and your generosity

At Sister Visitor Center, Melissa sits quietly at a small table, her hands resting gently on a bag of fresh produce she's just received.

At 59 years old, Melissa faces daily challenges because her disability and fixed income make it difficult to put enough nutritious food on the table.

Each month, her disability check must stretch to cover a housing payment, utilities, and phone — leaving little, if anything, for groceries. "After I pay my housing and bills, that's it," Melissa said. "There's no more money."

For Melissa, the Dare to Care Food Bank pantry isn't just a place to pick up food. It's a lifeline that fills her kitchen with the fruits and vegetables she needs to be healthy — items that are often too expensive at local grocery stores.

Your generosity amid a great time of need

New tariffs, rising food costs, and government funding cuts have created a perfect storm at Dare to Care. Converging pressures have led to unprecedented challenges. We are currently serving many new visitors seeking help, health, and hope.

Please continue to lend your compassionate support. Amid great times of need, stories like Melissa's are an example of what's possible when we band together to change lives, one neighbor at a time.

"The help those of us in the community receive from you is significant," she shared. "I really hope you can continue to support us."



"It's expensive to get healthy fruits and vegetables. Coming here helps me manage the money I do have to get the food that I need." – Melissa



A new gift gives hope!

Thanks to a \$600,000 appropriation, 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

Taste of Derby Festival is our most popular event, 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 visit 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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FACING A PERFECT STORM

More neighbors seeking help arrive at Dare to Care sites every day. But once-filled shelves at distribution centers like Fern Valley are now bare. As our supplies and purchasing power dwindle, our community's needs continue to rise. Here are some of the immense challenges we need your help to face:

-39%

decrease in
USDA-supplied food

-1 million lbs

of food inventory shortage

20%+

increase in neighbor
visits since 2024

15%+

expected rise in the
cost of canned goods

-40%

decrease in federal
commodities to Feeding
America food banks

MEET THE NEED

Help calm the storm today.

Donate online at:
daretocare.org

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the work you support!**

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