

# food for thought

News from Dare to Care Food Bank



Dare to Care Food Bank

daretocare.org

August 2018



*The food Margaret receives at the Mobile Pantry feeds her grandson as well.*

## Your support has a significant impact

My name is Margaret and thanks to the food I get at this distribution, I'm able to eat and feed my grandson.

I live in a house I've been paying on for the last 20 years. I raised two children, and I have two grandchildren as well. I used to work as a hairstylist and then later as a server at a restaurant. I have diabetes and now I have so much trouble with neuropathy, I can't work or drive. When that happened, I ended up on disability. That really impacted my life and limited my ability to provide for myself.

My disability check just doesn't go that far, so money is always an issue. I'm still paying on my house and trying to keep up with the insurance. Sometimes I've been able to get help with my electric bill. I really thought I'd be able to work for at least five more years and get myself in a better position. I'm really struggling to pay my bills and provide enough food for myself and my grandson.

### Without you, I wouldn't be able to eat

I don't get food stamps, and I have to say that without this distribution, I wouldn't be able to eat. I appreciate everything and anything we get at the Mobile Pantry. I have to think about what I eat for my health, and thankfully, I've been able to get help to get fresh produce.

I really appreciate what Dare to Care provides. Thank you for donating and volunteering.

**“Thank you for donating and volunteering.”**

**—MARGARET**

## Inside this Issue

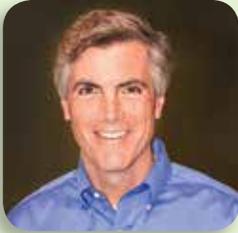
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## From Brian's Desk

As school gets back in session, we're excited to share some of the ways we're addressing child hunger



in our communities. This year we'll be opening school-based pantries at several of our partner schools. This new model was created in response to the needs expressed by our school partners. I believe it holds a lot of promise for helping us continue to feed children. You can read on page 3 about the ways last year's pilot program is already providing tangible help for families struggling with hunger.

Our goal is to get the right food in the right way to those who need our help. As we grow into the future, that includes continuing to improve and manage the assortment of items we're providing families within the 24 million pounds of food we distribute every year. There's still a need for prepared food coming out of our community kitchen, and we're looking at some exciting new programming opportunities coming out of that space.

Every year I'm amazed by the creative and generous ways this community steps up to help us serve seniors like Margaret (cover story) and families like Aaliyah's (page 2). Last Easter, one of our large churches in Louisville dedicated their Easter campaign to Dare to Care, raising more than \$100,000 to help us feed families struggling with hunger. Whether through your faith-based community, business, clubs or as one of our faithful individual supporters, we are so grateful to your commitment to caring for our neighbors in need through your support of Dare to Care. Thank you on behalf of all those we serve.

Gratefully,

  
Brian Riendeau, Executive Director

## When I don't have to worry about food, I can focus on my education

My name is Aaliyah. I'm raising my daughter on my own and going to college. My daughter, Rylie, and I live at Family Scholar House, and the food we get from Dare to Care has been a real help. This support just makes it a little less stressful while I go to school.

I grew up with a mom who always provided for me, but now I'm in a place where I have a responsibility with my daughter. Living here is helping me go to college. I'm studying to be a veterinarian, and it is hard to stay focused on my studies when I have other concerns. My biggest challenge is staying on top of what I have to do, and finishing school is an important part of that.

**You're helping parents when they need it most**

Every Tuesday night I come to the meal Dare to Care provides at Family Scholar House, and I really appreciate it. It's a big help for us, and saves me time so I can focus on studying when I get home. My daughter is 18 months, so she's eating table food now as well.

When I first moved in to Family Scholar House, I really had to rely on the food pantry to get me by until I got settled. Now I use it only when I need to.

I'd really like to say thank you to the people who donate to Dare to Care. You're not just donating food that's sitting in a closet; it's actually helping somebody! Not only me, but the other parents here as well. Thank you!



**"I come every Tuesday night to the meal...and I really appreciate it." –AALIYAH**

## Your support helps us provide a variety of



Our Backpack Buddy, Kids Cafe and school-based pantry programs are all focused on ensuring that the 1 in 6 children living with food insecurity in our community have the nutritious food they need to succeed. Each program helps children in different ways. While Kids Cafe tends to be in an urban setting, our Backpack Buddy program makes a huge impact for children in rural communities. And our school pantries provides food for the whole family.

Every week our Backpack Buddy program provides 2,500 students with a bag of kid-friendly, nutritious food items to help fill

**"Parents feel the school is invested in the overall well-being of the students."**  
—ANNETTE BALL

## A school-based pantry for families

As the Family Resource Center Coordinator at two elementary schools, Justin DeLorenzo sees the variety of family struggles that can hinder a child's academic success. His mission is to eliminate those barriers.

This year Dare to Care partnered with the Family Resource Center to open school-based pantries at these elementary schools. "I've been doing this work for about six years, and this is the most effective work I've been able to do," says Justin. "It's a way to provide real support that helps secure some stability for families."

Justin packs boxes with enough food and household supplies for two weeks based on a family's personal preferences. "Not only does that blow them away, but it's a real help that frees people to pay rent or a bill," says Justin. The pantry helped one mother pay her water bill and feed her children until her next paycheck.

The program enables Justin to offer tangible help when he hears about families who are struggling. When Justin learned how little food one of his students had at home, he and the student packed several boxes. When Justin called the boy's mother, she thought it was about her son's behavior. What a surprise to find out it was a much-needed offer of help. A couple days later the student stopped by Justin's office. "The food is good, Mr. Justin," he said.

### Teaching job skills and helping families

Justin has also started working with one special education classroom to provide service-learning support to the students. Working in teams they help pack boxes, stock shelves, maintain inventory and record temperature logs. "It's an added bonus that we're able to give kids job skills and leadership ability while we're helping families with support," says Justin.

"This is real help. It just makes such a huge difference and it's so direct," says Justin about people's support of Dare to Care. "The message it sends is that we can make sure our students and their families don't go without food."



**"It just makes such a huge difference and it's so direct." –JUSTIN**

## Make a difference by volunteering

Our work wouldn't be possible without the more than 3,000 caring volunteers who help us feed our hungry neighbors. And when school starts up, we need even more volunteers!

There are a variety of ways you can make a difference:

- Sorting and packing food in our warehouse
- Helping with programs like Backpack Buddy
- Serving in our office
- Assisting with special events
- Helping with our transportation needs

It's easy to learn more at [daretocare.org](http://daretocare.org). We have opportunities for groups and individuals. Thank you for helping us maintain our 94% efficiency rating through the gift of your time and talents!



## Programs to fight childhood hunger

the gaps on weekends. This past year we piloted our school-based pantry model as an alternative to Backpacks at a high school, a middle school and two elementary schools. School-based pantries offer students and families a wide variety of food options where they can choose what they take home.

"It's an open concept in terms of how it will be set up at each school," says Johanna Worley, Dare to Care's Youth Services Director. "It's been a great program so far, and we're learning and growing from it too." This school year four more schools will be opening pantries as part of their Family Resource Center program.

"At the high school pantry, it's allowing students to have a sense of ownership and pride in selecting food for their families," explains Annette Ball, Chief Program Officer for Dare to Care. "At the elementary level, it's strengthening the trust that schools need from parents to help them be active participants. Parents feel the school is invested in the overall well-being of the students."

**Your support is helping us develop our childhood hunger programs in ways that will serve the needs of the children and families we serve. Thank you!**



# Your gifts will help us fight childhood hunger this school year

For children, hunger doesn't happen in isolation. If a child is hungry, it means a family is struggling too. In our 13-county service area, more than 47,000 children live with food insecurity. That means they experience times when they can't rely on getting enough to eat.

Hunger doesn't just mean going to bed with an empty stomach. It also means living with worry that it will happen again the next night or the next. It means being afraid to invite friends over because you can't offer them a snack or watching your parents try to hide their stress about paying the bills. Hunger and the accompanying stress of food insecurity can affect a child's behavior, performance at school and their ability to thrive.

Providing nutritious meals or Backpack Buddy items that help the child also helps parents. And conversely, our programs targeting families, such as partner agencies and mobile pantries, alleviate a child's hunger. Programs like our new school-based pantries reach families in a familiar setting. Whether food is sent home through the child, or parents come and pick it up, the school-based pantry helps meet the needs of families who are struggling by offering easier access to nutritious food.

## You can help ensure hunger is no barrier to learning

Your support helps us get the right food at the right time to those who need our help. Meeting that standard requires sourcing nutritious food, engaging with partners in areas where families are in need and ensuring they're able to get food when they need it most. Working with generous friends like you makes it all possible. As we get ready to start a new school year, will you take a moment to consider how you can help? It's easy to give online at [daretocare.org](http://daretocare.org) or return the enclosed reply slip. Thank you for helping make this a great school year for our students and ensuring hunger is not a barrier to their ability to learn and thrive.



**Your support helps us get the right food to the right people at the right time.**

## The Hunger Walk 2018

On Sunday, September 23, join other hunger-fighting supporters in our community by participating in The Hunger Walk at Waterfront Park. Our annual 5K hunger walk is a fun, family-friendly event organized by Dare to Care and Interfaith Paths to Peace. When you participate as an individual or a team, you're making a public commitment to helping us ensure our hungry neighbors have access to healthy food.

To register as a participant or to start a team, please visit [thehungerwalk.org](http://thehungerwalk.org). And then share your enthusiasm with your family and friends by asking them to join you in supporting an organization you believe in. You'll be making a real difference in the lives of local families who are struggling.



Stay connected to the work you support!



## MY AUGUST DONATION

**YES, Brian, I want to make this a hunger-free school year for local children and families struggling with hunger.**

Enclosed is my gift:

\$150  \$100  \$50  \$25  Other \$ \_\_\_\_\_

I commit to a monthly gift of \$ \_\_\_\_\_. My first gift is enclosed.

I've enclosed my employer's matching gift form, thereby increasing my support.

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Please make your check payable to: **Dare to Care Food Bank**  
PO Box 221619, Louisville, KY 40252-1619 | 502.966.3821



**Dare to Care**  
Food Bank

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Your donation is tax deductible as permitted by law. Dare to Care Food Bank will send you a receipt in gratitude for your kindness to the individuals and families in Kentuckiana who rely on us for food.