

food for thought



Dare
to Care
Food Bank

50 years of serving—and caring—for neighbors in Kentuckiana

January 2020

“I want you to know how much your generosity helps someone in my position.”

—LINDA



On a fixed income, Linda struggles to afford the nutritious food she needs to stay healthy.

Providing seniors nourishing meals and support

Linda is like thousands of seniors in our community—struggling to afford the food she needs to stay healthy. She receives food at Highland Community Ministries, one of our partner agencies. Linda shared her story with us about how your generous support makes a difference in her life.

Do you ever see those commercials that say, “Do you eat, or do you buy medicine?” It’s true. I was not able to make ends meet last month. That’s why I came here to receive a box of food.

I lost my job and, shortly after, was diagnosed with cancer. That’s what led me to come here to get assistance for the first time.

When you can’t afford the food you need, it’s a demeaning feeling. I’ve worked hard all my life, and here I am. I was a caregiver for many years. I don’t have a pension. I just never thought I would be here.

You’re helping seniors stay healthy

If you’re not well-off or working, you spend your money on food to fill you up—not to increase your health. I can eat better with what I receive here. I can get fruit, peanut butter and beans. There’s a big difference in how well I can eat with this program, compared to without.

When your income is limited, to know that you can’t do this or eat that or whatever, it’s depressing, and it’s just sad. That’s why I want to thank the donors profusely.

I want you to know how much your generosity helps someone in my position. What you do is so needed in Kentuckiana nowadays. What you do means a lot—thank you.

Remember, every \$1 you give helps provide 3 meals to neighbors in need like Linda. Please visit daretocare.org and donate today. Thank you for your generosity!

Inside this Issue

A word of gratitude
from Brian’s desk
.....Pg. 2

Under construction:
the future of
fighting hunger
.....Pg. 2-3

Help seniors
facing hunger get
nutritious meals
.....Pg. 4

daretocare.org

MEMBER OF
**FEEDING
AMERICA**

From Brian's Desk

As we turn the corner to 2020, I am filled with gratitude for all that your support made possible over the last year. We are focused on providing access to even more nutritious food for all our neighbors.



Food insecurity among seniors in Kentuckiana is a big issue and it's only getting bigger.

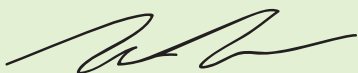
With new programs like our Zero Hunger Mobile Market, we can take food directly to senior living facilities, eliminating the transportation or physical barriers many face to get to the store. It's a convenient and dignified shopping experience for all.

Through the Mobile Market program, we noticed something exciting happening that we didn't expect—it's helped build more community. The seniors coming to the Mobile Market are getting out, chatting with their neighbors and getting to know the staff and volunteers. It's become a fun social event, and they are taking home the healthy food they need.

The Zero Hunger Mobile Market and the new Dare to Care Community Kitchen in partnership with the Novak Family Foundation are truly game-changers for how we can work to end hunger together. This simply would not be possible without your support.

With your partnership, we will be able to test and launch new and creative programs that will get people back on their feet and out of food insecurity. Your commitment is powerful and greatly needed, and we are deeply thankful for all you do.

With gratitude,



Brian Riendeau, Executive Director

Helping families get a fresh start

My name is Anita,* and my husband and I just moved back from Frankfort. We hit some bumps in the road and were looking for a fresh start. We've moved in with my daughter temporarily, and needed some food to get by.

This is my first time coming to receive food. We stretched what money we had to help our daughter play catch-up on some bills and make sure there was enough food for my daughter and granddaughter. Food is expensive and it seems to run out so quickly.

We're hoping to be back on our feet soon. My husband and I both just started new jobs and we just haven't received our first paychecks yet. Everyone needs help every now and then, and that's why I'm here today. I just needed a little bit of help.

Coming here today, we received some milk and some other items. I can put a meal together with what we got here, and that's so helpful to us.

For the donors who help make Dare to Care possible, I would say God bless you guys. You are amazing people—you don't have to be so generous and do this, but you do. It's amazing and I'm so grateful.



"You are amazing people—you don't have to be so generous and do this, but you do. It's amazing and I'm so grateful." —ANITA

Your support helps neighbors like Anita fill the gap while they work to get back on their feet. Thank you for ensuring seniors, children and families have access to nutritious food that they need to stay healthy. For more information on how you can help, please visit daretocare.org today.

*Name and photo have been changed to protect the privacy of the guest.

Under construction: the future of fight

Construction is under way for our new kitchen in the Parkland neighborhood of West Louisville. The Dare to Care Community Kitchen in partnership with the Novak Family Foundation will make it possible for Dare to Care to expand our services and programs to serve even more neighbors struggling with hunger.

"We want to thank everyone who is helping to make the Dare to Care Community Kitchen in partnership with the Novak Family Foundation a reality," says Brian Riendeau, Executive Director of Dare to Care. "It's a game-changer, and like everything

else we do, we couldn't do it without the generosity of this community."

Our current kitchen in the Butchertown neighborhood is 3,000 square feet. The new facility, a vacated building currently owned by the city of Louisville, will be 24,000 square feet. Through a partnership with the city, we have the opportunity to lease the building for \$1 a year, and the city has contributed \$500,000 toward the renovation of the building.

With the capability to expand current programs and create new ones, the

Thanks for your generosity and support, which is helping families in our community. For more information and updates on the kitchen expansion, please visit daretocare.org/learn-more



Partnering to build healthier communities

Highland Community Ministries (HCM) is an interfaith, nonprofit organization that helps struggling individuals and families in the Highlands neighborhood.

HCM is one of our partner agencies, and they host a Dare to Care Food Pantry on weekdays as well as one evening each week to accommodate people who work and cannot make the daytime pantry.

They serve fresh produce to 600 people a week through the food provided by Dare to Care—made possible by your generosity. People can also pick up a regular food box with a mix of basic food staples once a month.



Danah Smith, Director of Emergency Financial Assistance at Highland Community Ministries.

“Donors are contributing in such a big way that allows people to be able to have the regular meals that we take for granted.” —DANAH

“If we didn’t have Dare to Care, we wouldn’t be able to serve that many people,” says Danah Smith, Director of Emergency Financial Assistance. “If they weren’t in the picture, we would not be able to meet the need. What they do is huge.”

Danah said the need has doubled in her time working at HCM, and it seems to be continually growing. She’s grateful to the donors of Dare to Care and what they make possible.

“Donors are contributing in such a big way that allows people to be able to have the regular meals that we take for granted,” Danah says.

For more information on how we work with our 300 partner agencies across Kentuckiana, please visit daretocare.org

ing hunger

Food Bank will be able to help seniors, children, working families and more.

“One of the things we’re learning is that oftentimes our food insecure neighbors are working more than one job. They might be a single parent taking public transportation. So, time is a huge barrier,” says Mr. Riendeau. “So, instead of giving someone a butternut squash, which is great, our new facility will give us the chance to make butternut squash soup and give them the soup to take home.”

unities every day. For more information
e/hunger-innovation-center



Training kitchen

Four initiatives made possible through your support of the new Community Kitchen:

- Expand our Kids Cafe program to feed more kids who are hungry
- Launch a pilot program to provide congregate meals for low-income seniors
- Offer culinary skills job training in collaboration with Catholic Charities’ Common Table program
- Build a platform for future growth and innovation to respond to community needs



Rendering of main kitchen

Taste of Derby Festival returns April 21



Join us at our Taste of Derby Festival event on April 21, where you can sample delicious food and drinks and help us fight hunger!

This popular event, presented by Brown-Forman, will be held at Louisville Slugger Field. There will be samples from more than 60 restaurants, bourbon distilleries and beverage companies.

Your support of this event will help raise much-needed funds. Last year we raised more than \$100,000 to help us fight hunger in our communities.

For more details, visit tasteofderbyfestival.org



TASTE OF
DERBY
FESTIVAL

Help seniors facing hunger get nutritious meals



Thomas is a volunteer who enjoys helping seniors, kids and families who are in need.

All of these challenges put seniors in an incredibly difficult situation—and they are often faced with the choice of skipping a meal to pay for something else.

No one should be forced to make choices like this—especially when their health depends on consistent access to nutritious food. That's why I'm hoping we can count on your generous support once again today.

With your gift to Dare to Care, you'll help provide more fresh produce that seniors, children, families and individuals need to stay healthy and thrive. Let's work together to ensure our neighbors in need can put food on their tables.

Please take a moment to give online today at daretocare.org or return the enclosed reply slip. You'll provide nutritious food to people in Kentuckiana who need it most. Thank you!

**Stay connected to the work you support!
Please visit daretocare.org**

Seniors facing hunger continues to be a growing problem in Kentuckiana and across the country.

Many live on a fixed income, and it's not enough to cover rent, medication and the rest of their bills. They already struggle to afford healthy food—and now many seniors are helping to raise their grandchildren. And with the weather continuing to get colder, their utility bills will increase in order to keep their homes warm.

1 in 8 seniors in Kentuckiana is at risk of hunger because of limited budgets, declining mobility or medical issues.

What a difference you made in 2019!

24 million meals distributed to **134,000** individuals



7.8 million pounds of fresh produce distributed



300,000 meals the Community Kitchen provided to **39** Kids Cafe and **5** Family Cafes

300 partner agencies in Kentuckiana



8,800 kids received food through the Backpack Buddy and School Pantry programs at **56** schools



37 Cooking Matters classes



55 Mobile Pantry distributions a month



Thank you for your continued commitment to Dare to Care in 2020!

MY JANUARY GIFT

YES, Brian, I want to help provide nutritious meals to seniors, children and families facing hunger in Kentuckiana.

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.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

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

Give online at daretocare.org

Please charge my gift on my credit card: ☐ VISA ☐ MC ☐ AMEX ☐ DISC

CARD NUMBER _____ EXP. DATE _____

NAME ON ACCOUNT _____ SECURITY # _____

() _____

TELEPHONE NUMBER _____

SIGNATURE _____

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.



Dare to Care
Food Bank

MEMBER OF
FEEDING AMERICA