

# food for thought

News from Dare to Care Food Bank



Dare  
to Care  
Food Bank

daretocare.org

January 2021

**“We were making it all right when she was alive. But when my mother passed, it was a different story.”**

—WADIE

## Helping seniors stay healthy and thrive

Wadie and her mother could always make it work. They lived together and both received social security. It was the only income each of them had, but they were good at stretching their budget to pay their bills and put food on the table.

Always one to help others, Wadie spent nearly a decade volunteering at one of Dare to Care's partner organizations, helping distribute food to neighbors in need. She never imagined she would be the one needing food.

Her mother passed away, and getting by quickly became a struggle. She didn't have food to cook for her grandkids when they came to visit, and that's when she realized she needed help.

“It was really rather devastating,” she says. “My mother had a lot of pride. We were making it all right when she was alive. But when my mother passed, it was a different story.”

“I only get \$15 a month in food stamps.”

### Your generosity matters for seniors in our community

Senior hunger is a widespread issue in Kentuckiana—1 in 8 seniors are at risk of hunger every day, just like Wadie. The need has only increased since COVID-19 impacted our community, as they have even more health concerns and limited mobility to access nutritious food.

Thanks to your generosity, programs like Zero Hunger Mobile Market and our Mobile Pantry programs go directly to neighborhoods and senior living residences so seniors can shop for healthy food right where they live.

“I'd like to thank donors for making it easier for me to live on a fixed income,” says Wadie. “It's really helpful for me and gives me food to give my grandkids when they come over.”



*Your generosity helps senior neighbors like Wadie, who are trying to make ends meet on a fixed income.*

## Inside this Issue

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

Serving his  
community and  
his country  
.....Pg. 3

Make a difference  
for seniors in need  
.....Pg. 4

MEMBER OF  
**FEEDING  
AMERICA**

It feels hard to talk about the year ahead without focusing on where 2020 brought us.

COVID-19 changed how we distribute food—overnight. The need increased substantially too, but we couldn't rely on as much help from our wonderful volunteers due to social distancing requirements.

It was a challenge—but the outpouring of support from our Kentuckiana community was truly inspiring. We are deeply grateful for how supporters like you helped us get through such a difficult time.

As we begin this new year, I'm excited about what the Dare to Care Community Kitchen will be able to accomplish for hungry children, families and seniors. It is already making a huge impact, helping us cook more meals that can be frozen and distributed to feed children in our community. In the near future, we're starting a program to deliver ready-to-eat, nutritious meals straight to the doors of our seniors in need.

I want to say a special thank you to our incredible Dare to Care staff going above and beyond as the pandemic became a part of our lives. While it continues to be an evolving situation, we will continue to treat this as a marathon more than a sprint.

We're anticipating there will be higher levels of need going forward for some time. With your continued partnership and our wonderful, hard-working staff, we can meet whatever comes our way in 2021—just like we did last year.

Thank you for all you do. You are making a difference for our neighbors facing hunger and uncertainty every day.

With gratitude,



Brian Riendeau, Executive Director



# Your support helps me get through the month—thank you!

My name is Carl, and I've been coming to receive food for a few months now. I live on social security, and after I pay for my living space and my utilities, I have about \$400 a month for groceries, gas, clothes and everything else. It doesn't go far, and it's very frustrating.

I've tried finding work, but not a lot of people would hire someone at 71. I've been an accountant and an educator before retiring. It's strange to be at this point in my life and have to look at all the prices and buy what is on sale. I have to be careful all the time.

Before coming here, I would buy groceries at the beginning of the month and know that it had to last me until the end of the month. Having to buy food that way does not give me a healthy diet. But I couldn't afford the nutritious food that I needed.

To the donors, I want you to know that receiving food here makes a tremendous difference in my life. I am so appreciative, especially of the fresh produce. I deeply appreciate what people have done to put this all together for people like me. Thank you!

**Your generous support ensures seniors like Carl and many other neighbors have access to the nutritious food they need. For more information on how your support makes a difference, please visit [daretocare.org](https://daretocare.org) today.**



**"I've tried finding work, but not a lot of people would hire someone at 71." —CARL**

Carl's photo has been changed to protect his privacy.

## Ready-made to help our seniors in ne

When the Dare to Care Community Kitchen in partnership with the Novak Family Foundation opened, our original vision included preparing meals for seniors to eat together.

As with just about everything over the last nine months, COVID-19 meant changing plans.

With social distancing restrictions in place, we put that on hold, but knew that we still needed to meet the needs of our seniors. Many were already struggling with mobility or transportation issues to get to a store, and the problem became an even bigger challenge during the pandemic.

"Since COVID-19 unfolded, it definitely created disruptions, but it hasn't fundamentally changed our plans," says Brian Riendeau. "It's just delayed some of them."



**Dare to Care is deeply grateful for the generosity of donors like Arcadia C these new initiatives possible! For more information about our programs,**



## Serving his community and his country

MJ is no stranger to helping where he is needed. In his day job, he works on a help desk for a payment processing company. Before that, he served in the U.S. Army, taking multiple tours of duty to Afghanistan.

Volunteering at the Dare to Care's distribution warehouse was another way he felt he could help people in need.

"Food is very important," MJ says. "My last six years in the Army, I was a cook. When I went overseas, I helped feed a lot of local people, as well as our soldiers and people that worked on posts, everything."

MJ says traveling and seeing the impact of hunger abroad has given him a deep care and concern about people in need of food here in his own community. When his company put together a volunteer day, he jumped at the opportunity to give his time.

"Anybody that is thinking about it should volunteer," MJ says. "It's good people doing good work to help other good people. You'll love it. It makes you feel good on the inside."

**We are grateful for MJ and all our volunteers who are so generous with their time! For more information on volunteering with Dare to Care, please visit [daretocare.org/volunteer](http://daretocare.org/volunteer)**



**"It's good people doing good work to help other good people. You'll love it." –MJ**

## A legacy of hope and fighting hunger

Dare to Care began as a community response to ensure a better future for our neighbors. On Thanksgiving Eve in 1969, 9-year-old Bobby Ellis died of malnutrition. The food bank was created in hopes that tragic event would never happen again, and that we could help anyone who was facing hunger.

If you're interested in learning about how to help hurting neighbors in our community for years to come through your will or estate, please consider becoming a member of our Bobby Ellis Legacy Society. Your gift will play a vital role in the future of fighting hunger in Kentuckiana.

**If you would like to speak to someone about planned giving at Dare to Care, please contact Kate Chandler at 502-736-9416 or by email at [kate@daretocare.org](mailto:kate@daretocare.org)**

Here are just some of the ways to leave a generous gift for Dare to Care:

- Bequest
- Retirement Plans
- Life Insurance
- Trusts
- Charitable Remainder Trust
- Charitable Lead Trust



*An early Dare to Care van for delivering food.*

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We have continued our Zero Hunger Mobile Market and our Mobile Pantry programs that go directly to senior living residences and have easily accessible fresh produce and other food items. Until it's safe to have congregate meals, our plan is to launch a home delivery program to seniors in need across Kentuckiana.

With your support and through our Dare to Care Community Kitchen, we have expanded capacity and more tools available to reach seniors in new ways. For example, making plated meals and distributing frozen meals is now possible.

"Our community will have access to healthy, easy to eat, tasty meals that are much more convenient and that we know are more likely to be consumed by seniors who might lack the ability to cook or access a kitchen," Mr. Riendeau says.

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**ARCADIA**  
Communities

# You can make a difference for seniors in need

Senior hunger was already a significant problem in Kentuckiana heading into 2020. In fact, a Feeding America study in 2018 found that adults ages 50-59 in Kentucky were experiencing a higher percentage of food insecurity than any other state.

That was before COVID-19 impacted our community. Now, even more people at or approaching retirement age are experiencing loss of income or were already living on a fixed income. It's simply not enough to cover rent, medication and the rest of their bills—especially as the weather cools down and utility bills increase.

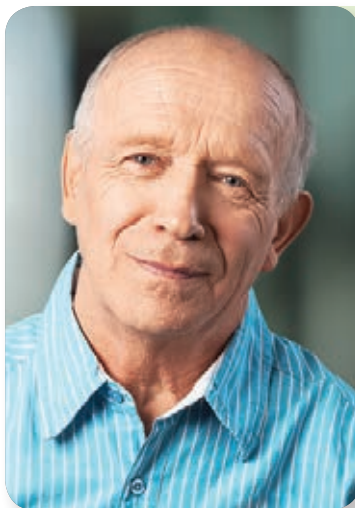
No one should be forced to make choices between skipping a meal and paying for something else—especially when their health depends on consistent access to nutritious food. That's why we're hoping we can count on your generous support once again today.

With your gift to Dare to Care, you'll help provide nutritious food that seniors, children, families and individuals need to stay healthy and thrive.

"I'm on a fixed income, and what I get is very low," says Fred, a senior who receives food from one of our partner agencies. "Thanks a lot for what you give. It's a lifesaver."

**Please take a moment to give online today at [daretocare.org](https://daretocare.org) or return the enclosed reply slip. You'll provide the nutritious food our neighbors need. Thank you!**

Fred's photo has been changed to protect his privacy.



**"I'm on a fixed income, and what I get is very low. Thanks a lot for what you give. It's a lifesaver." —FRED**

## The impact of your generosity in 2020!

**23 million meals** distributed throughout Kentuckiana



**8.5 million pounds** of fresh produce distributed



**213,000 meals** the Community Kitchen provided to **39** Kids Cafes and **5** Family Cafes

**300** partner agencies in Kentuckiana



**23,626 kids** received food through the School Pantry and Backpack Buddy programs at **61** schools



**17** Cooking Matters and nutrition education classes



**83** Mobile Pantry distributions each month

Thank you for your continued commitment to Dare to Care in 2021!



**Stay connected to the work you support! Please visit [daretocare.org](https://daretocare.org)**



## Stay tuned for information about our Taste of Derby Festival



TASTE OF  
DERBY  
FESTIVAL

Each year, we look forward to gathering with supporters for Taste of Derby Festival, one of Dare to Care's largest fundraising events. While we are hopeful we'll be able to hold this annual event in April, we are closely monitoring COVID-19 developments to ensure the health and safety of our community.

**Please visit [daretocare.org](https://daretocare.org) for the most up to date information about Taste of Derby Festival and other ways you can support our mission.**

### MY JANUARY GIFT

**YES, Brian, I want to help provide more 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](https://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**