

food for thought

News from Dare to Care Food Bank



Dare
to Care
Food Bank

daretocare.org

January 2022

**“It was hard to ask
for help. I was
used to helping.”**

—MARY



Thanks to friends like you, Mary receives plenty of healthy food from her local pantry.

Retired nurse finds comfort in your kindness

Mary knows how important it is to be a helper. For 20 years, she dedicated her life to caring for others as a nurse. From the very young to the critically ill, countless patients were cheered having Mary at their bedside.

Mary found the work deeply rewarding, too—which is why it broke her heart when she had to retire after being diagnosed with lung and heart disease. “I loved it,” she remembers. “I miss nursing.”

To support herself, Mary found a job at a store. But the pay was low and her hours were often cut. Soon, cheaper, processed foods were the only kind she could afford.

Your support helps seniors like Mary every day—thank you!

With so many health challenges, access to nutritious food each day is critical for Mary. Fortunately, your generous support was there when she needed it most.

“It was hard to ask for help,” Mary admits. “I was used to helping. But you were here for me—and you’ve been here for me ever since.”

Mary stops by her local pantry to pick up fresh fruits, vegetables, and meat once a month. Because the staff takes such good care of her, they remind her of the power of helping others.

“They’re like nurses,” she smiles.

**We’re proud to partner with you to serve neighbors facing hunger across Kentuckiana.
Your support makes a difference!**

Inside this Issue

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

To help food
insecurity,
Cooking Matters
.....Pg. 2-3

Help more
seniors facing
hunger in 2022
.....Pg. 4

MEMBER OF
**FEEDING
AMERICA**



My first experience with hunger came when I spent the night at a family member's house. Sometimes when I stayed there, they just didn't have food in the house. I didn't understand at first what was happening. I talked to my parents about it and learned later on they were helping them when they could.

That has really stuck with me—and is what drives me as I step into this leadership position at Dare to Care, to be able to work on the issues of food insecurity and hunger in Kentuckiana.

This community has always been home to me. I've lived in Louisville all my life and graduated with a finance degree from the University of Louisville. After graduating from Southern Baptist Theological Seminary here, it was my pastoral work that grew a desire in me to help our community, so I began to work for local nonprofits.

That led to working for the Louisville Metro Government as the city's chief of community building, where I oversaw nearly 1,000 employees.

Now that I have joined the phenomenal staff here, I'm looking forward to building on the legacy of Dare to Care, to help our impact in the community grow even more and further empower our partner organizations to serve their neighbors.

I am also looking forward to continuing our partnership together, so we can help even more neighbors facing hunger in Kentuckiana. Thank you for your generosity and commitment to our community.

With gratitude,
Vincent James
Vincent James
President and CEO

Working together to support our community

At the beginning of the pandemic, so much was unknown. For Dare to Care, we knew our work had to continue—but we couldn't lean on our volunteers as much, due to COVID-19 precautions and a desire to keep everyone as safe as possible.

It was going to take everyone coming together in new ways—and our community once again came through. Anthem is one partner we want to thank that stepped in to help when we needed it most. From volunteering, procuring food, monetary donations, and community outreach, their support has been invaluable at this challenging time.

Here are some of the ways Anthem helped our neighbors facing hunger:

- Dollars for Doers Challenge: Anthem filled a critical gap in volunteer hours. For each hour of volunteer time employees gave, they donated \$10. That's 30 meals for every volunteer hour served!
- A generous 3-year commitment of monetary donations, totaling \$432,000. This will go towards purchasing fresh produce for distribution at Mobile Pantry stops throughout Kentuckiana, helping seniors and underserved neighborhoods.
- Food is Medicine: A program that reduces barriers for patients to access food assistance and connect patients to nutrition assistance programs. Dare to Care has partnered with Anthem in this program since 2019, working with local health clinics to provide nutritious food to families struggling with food insecurity.



"Anthem recognizes the complexity of health and knows that healthy living is about more than just receiving healthcare. The best health happens when we address the many drivers of health, including reliable access to healthy food," said Neil Steffens, President of Anthem's Medicare Central Region. "As a member of the Kentucky community for more than 80 years, we are proud to stand by our community partners and do what we can to help them as they are providing much-needed resources to individuals in need."

When we come together as a community, anything is possible. All of us at Dare to Care are deeply grateful for Anthem's generosity and partnership to continue meeting the need of our neighbors facing hunger.

Program Spotlight

To help food insecurity, Cooking Matters

As Angie Endler will tell you, providing nutritious food to people is a first step to address food insecurity—but another important piece of the puzzle is education.

That's why Cooking Matters in partnership with Share Our Strength is an important program—made possible by your generous support.

"This education piece is, I think, the missing gap in food insecurity. We can teach people how to utilize those ingredients in the best way and how to utilize it in a healthy way," says Angie, nutrition programs coordinator at Dare to Care. "And we can show that healthy is not necessarily expensive."

Cooking Matters is a weekly course held for six weeks that covers cooking and nutrition. Participants cook two recipes per class and at the end of each class, they get sent home with ingredients to recreate those recipes again at home.



Teaching kids and teens to prepare healthy and affordable meals at home

For more information about Cooking Matters courses or volunteering for the program, email angie@daretocare.org or kimberly@daretocare.org.

Giving her time, sharing her expertise

Since 2017, Susan Borders has been donating her time and expertise to the Cooking Matters program at Dare to Care.

A registered dietician, she worked for many years in the Metro Public Health and Wellness department. She knew about Dare to Care through work and began volunteering with Cooking Matters a few years into retirement.

Each course is six weeks long, and Susan says she enjoys getting to know participants in the class and learn a little about their stories. Many of the seniors she's met have raised children and grandchildren and are open to learning new things when it comes to cooking.

"From the nutrition aspect, many of them have experienced health issues that are nutrition related," Susan says. "They are interested in the course and have the bonus of taking the food home. Many are on a fixed income."

She says along with helping the participants, she has learned so much from the chefs that teach the courses and is grateful for the ways Cooking Matters helps the community.

"Helping people learn basic cooking and nutrition, that's just the foundation for being healthy," Susan says. "I love cooking and food and nutrition, so being a part of something that allows me to share that with others is very rewarding to me."

Thank you to Susan and all our amazing volunteers! For more information on volunteering with Cooking Matters or any program at Dare to Care, please visit daretocare.org/volunteer.



"I love cooking and food and nutrition, so being a part of something that allows me to share that with others is very rewarding to me." —SUSAN

Leaving a legacy of fighting hunger

On Thanksgiving Eve in 1969, 9-year-old Bobby Ellis died of malnutrition in Louisville. The community responded, and Dare to Care was created not long after to guarantee such a tragedy would never happen again. The mission to ensure our neighbors have access to nutritious food, whenever they are in need, continues.

If you're interested in helping hurting neighbors in our community for years to come through your will or estate plans, 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.

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



Help more seniors facing hunger in 2022

Across Kentuckiana, seniors are often some of the most food-insecure people in our community. In fact, 1 in 8 local seniors are at risk of hunger every day. Nationally, Feeding America's most recent study on senior hunger revealed 5.2 million seniors aged 60 and older are food insecure—that's 7.1 percent of all seniors (2019).

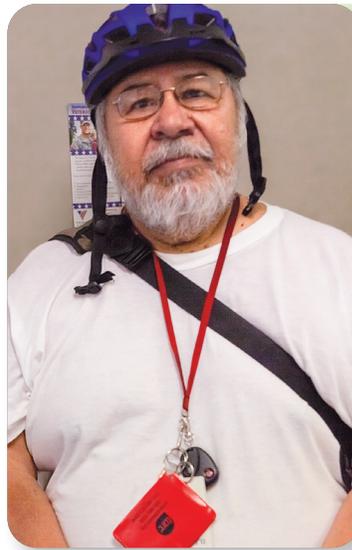
"Seniors should be able to enjoy their lives and rest," says Vincent James, President and CEO of Dare to Care. "And right now, they are struggling with decisions like: Do I put gas in the car, or do I buy food to eat? Do I get medication so I can improve my health, or do I save and get food?"

These are choices no one should have to make. Unfortunately, food is often last amongst those tough choices, and seniors are skipping meals to get by.

That's why your support continues to be vital, especially as we meet the increased need since the start of the pandemic. 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.

"I get good nourishment here," says Juan, a senior who receives food each month from his local food pantry, thanks to supporters like you. "I really like the vegetables. I'm so grateful this food is here."

That's why we're hoping we can count on your generous support once again. Please take a moment to give online today at daretocare.org or return the enclosed reply slip. Thank you!



"I really like the vegetables. I'm so grateful this food is here." —JUAN

The impact of your generosity in 2021!

21.7 million meals distributed throughout Kentuckiana



8.1 million pounds of fresh produce distributed



276,385 meals the Community Kitchen provided to **43 Kids Cafes**

220 partner food pantries, shelters, and kitchens



23,374 students reached through school pantries at **65** schools



27 nutrition education classes



74 monthly mobile pantry stops

28 Prescriptive Pantries



Thank you for your continued commitment to Dare to Care in 2022!

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



TASTE OF
DERBY
FESTIVAL

Get ready for Taste of Derby Festival presented by Brown-Forman!

After two years of being unable to be together in person for this exciting event, we are hopeful our Taste of Derby Festival will be back in person for 2022!

Taste of Derby 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! There is much more information to come, so please visit our website daretocare.org or our social media channels to receive the most up-to-date information.

Thank you, and we hope to see you there!

MY JANUARY GIFT

YES, Vincent, 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



Dare to Care
Food Bank

MEMBER OF
FEEDING AMERICA

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.