

food for thought

News from Dare to Care Food Bank



Dare
to Care
Food Bank

daretocare.org

August 2016

“Making sure my grandsons have enough to eat is the hardest thing, because they eat a lot!”

—SHIRLEY



Thank you for helping me provide enough food for my family

My name is Shirley, and I've lived here in Louisville for the past 25 years. I've been on my own for the last eight years, renting a small house where the rent is low and that's been really helpful.

For the last three years, I've been on disability because of my knees. I was doing okay paying my bills when I was on my own and it didn't matter if I just had a sandwich for the day. But recently I was given custody of my grandsons, and that has really changed my ability to live on my income.

That's why I'm here today at the mobile pantry—to get food for my three grandsons and myself. Making sure they have enough to eat is the hardest thing, because they eat a lot! I'm on my own with the boys, and it's a struggle—the food I get here is a help.

Having three boys is different. I have to make sure I have three meals a day and a couple of snacks for them. During the school year they get the school lunch, but in the summer it's a lot harder to provide enough food.

Fresh produce for healthy meals

Providing for all of us has made finances tight, and buying groceries is my biggest expense. Keeping enough food on the table has been my biggest challenge. I really appreciate all the food we get at the mobile pantry, it's especially good. The boys love all kinds of meat dishes—and the produce helps us have healthy meals. I really appreciate everything.

I'm so grateful for the people who support Dare to Care. You're really doing a good thing. I hope I'll have an opportunity to give back some day as well. Thank you for providing for me and my grandsons.

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MEMBER OF
**FEEDING
AMERICA**

From Brian's Desk



Thanks to the generosity of friends and supporters like you, this summer has been a record breaker for Dare to Care. Our Community Kitchen is providing 1,200 breakfasts, 1,900 lunches and 1,800 dinners every day to kids who no longer have access to their school meal programs. We've served more meals than ever in the last six months to families like Shirley's and seniors like Judy who need our assistance to ensure they have enough nutritious food.

We're also continuing to improve the nutritional quality of the food we distribute. Almost 40 percent of what we distribute is fresh fruits and vegetables, and 850,000 pounds came from local farmers. We've recently launched strategic initiatives, including a partnership with local pediatricians, in order to begin using our food distribution to improve the health of those we serve.

As we continue to address challenges and build our capacity to meet the future needs of our community, we're grateful for your faithful friendship and support. The stories in this newsletter reflect the deep gratitude of those whose lives are changed because of your generosity. Thank you from our staff and from all those we serve.

Gratefully,

Brian Riendeau, Executive Director

Thank you for helping me in my retirement

My name is Judy, and I'm thankful for the food I get at the mobile pantry. I'm alone, retired and living on social security. By the time I pay rent and utilities, there's not a lot left over. Dare to Care has been a real help to me.

I worked for many years in the regional office of a large corporation. I was the second one hired, and at retirement I was the Human Resources Manager for 175 employees. They were like a second family to me. Two years after I retired, the company went bankrupt, and 33,000 of us lost all our benefits.

I ended up losing my house because I couldn't make my payments and now I'm renting a place in this area. I had hoped to travel in my retirement, but now have to watch every expense, like turning off the air conditioning in the summer and using less water. Paying the utility bills, which keep going up, is hard on a fixed income.

Sharing a meal with my family

I appreciate the food I get here at the mobile pantry because it helps me stretch my income. I have two grown children that live in the area, and they've had a rough time with illness and job loss. When I get a roast or something big enough to serve all of us, I can have them over for dinner. It's nice to be able to share a meal with my family that doesn't cost me too much.

I hope the people who support Dare to Care know how much they're helping older people living on a fixed income. It's really nice of you to think about people who are in dire straits, and I'm grateful.



"It's really nice of you to think about people who are in dire straits." —JUDY

Hunger Walk and Run

Join the fun—put hunger on the run!

On September 25, 2016, put hunger on the run by participating in our annual 5K Hunger Walk and Run. You'll be joining over 2,000 others who are making a public commitment to ensure our hungry neighbors have access to healthy food.

Presented by Aramark, the 5K walk/run will be held at the E.P. Tom Sawyer Park. With abundant parking and amenities and a scenic location, the Hunger Walk is a fun, family-friendly event. To register as a participant or to start a team, please visit thehungerwalk.org. Bring your family and friends out to make a difference in the lives of our hungry neighbors in Indiana and Kentucky.



Partner Spotlight

The Lighthouse: Meals and support to help kids thrive

When the school buses arrive, bringing children to the after-school program, director Cynthia Overall greets them all by name. "I love the kids because they all have a story. It's just up to somebody to take a moment to listen," she says. "If you don't have a heart for children, this is not the place for you."

At the after-school program, students have the opportunity to do homework, play in the gym, create art and take part in enrichment programs such as karate, music, 4-H club and career speakers. Along with 14 staff, many volunteers come in to work with students, providing one-on-one tutoring help or special classes.

"I really want them to receive a lot of love and to believe they can do anything they put their minds to," says Cynthia. "Our goal is to try to teach them that they can be anything they want to be. They can soar with the eagles, but it has to be what they want to do."

A healthy, filling meal

The Lighthouse serves a low-income community where 85 percent of the students receive free and reduced-price school lunches. Mid-afternoon the dining room hums with children enjoying a hot, filling, nutritious meal made in Dare to Care's Community Kitchen. Monday through Friday, the Kids Cafe program serves 90 meals a day to students like Robert and Ibrahim.

Cynthia says she first realized how important the meal was when she overheard a student say to another, "You better eat now because we're not eating when we get home." When she asked further, she came to understand that the Kids Cafe meal is the only dinner some of her students will receive.

"I want them to receive a lot of love and to believe they can do anything they put their minds to."

—CYNTHIA

eating through Kids Cafe. The kids love it and they're excited every day they come in. Thank you a million times over!"

Ibrahim says his favorite meal is a chicken casserole with vegetables in it. At The Lighthouse he does his homework, plays in the gym and goes to the art room. "I'd like to thank you very much," he says to those who support the program. "It's good to have you providing us with food."



Cynthia Overall loves helping children get a warm and healthy meal at the Kids Cafe.



Kids Cafe

Feeding hungry kids

For more than 20 years, Dare to Care has been providing hot, tasty meals to kids at risk of hunger through our Kids Cafe program. Kids Cafe works with organizations that offer summer and after-school enrichment programs, such as The Lighthouse, to bring nutritious meals right to the children.

Since the implementation of our Community Kitchen, thanks to our partners like Lift a Life Foundation and you, the number of meals we've been able to provide has grown. This summer, we've been providing a record number of Kids Cafe breakfasts, lunches and dinners. During the school year, we'll provide over 1,000 after-school meals to children every day.

Your support of Dare to Care's Community Kitchen is one way we're reaching out to change the lives of at-risk kids by providing healthy meals. Thank you!



Robert likes studying science in school. At the Kids Cafe, his favorite meal is chicken and garlic bread. "Thank you for what you're doing and helping feed us every day," he says.

Thank you for helping fight childhood hunger

At Dare to Care, we fight childhood hunger all year long. During the summer, our Community Kitchen provides breakfast, lunch and dinner meals to children ages 0 to 18 through our Kids Cafe program. When school starts up, Kids Cafe serves after-school meals. This coming year, our Backpack Buddy program will provide over 2,400 bags of weekend food to children every week. Along with these kid-focused food distributions, we also support families through our mobile pantry distributions and by helping our partner agencies get the quantity and quality of food families need to provide healthy meals.

In our 13-county service area, 1 in 5 children lives with food insecurity. We know how important nutrition is for helping children to grow up healthy and have the energy they need to succeed in school. The feedback we get from parents and teachers about our backpack program reflects that. One teacher described her student this way: "CJ is always happy to get his backpack. His classroom participation has increased, and he is now reading on grade level. He seems to have more energy and is more involved in classroom activities. The Backpack Buddy program has made a difference in this child's learning!"

As Dare to Care gears up to provide nutritious food to children and families this school year, we need your help more than ever. Your support directly affects our ability to increase the number of meals we're able to distribute to those who are struggling in our community. Will you help make a difference today? You can return the enclosed reply slip or please give online at daretocare.org. Thank you for caring.

**With your support,
our Backpack Buddy
program will provide
over 2,400 bags of
weekend food to
children every week.**

Leave a Legacy

Sowing the seeds for a hunger-free future

One of the most important ways you can fight hunger is not by writing a check, but by making a decision.

Planned giving can empower you to give more than you thought possible, providing for your family's future while making a lasting difference in your community. There are a variety of ways you can support your family now and leave a lasting gift for an organization like Dare to Care. Bequests, charitable trusts or a variety of retirement plans are just a few of the ways you can leave a lasting legacy toward a hunger-free Kentuckiana.

For more information on the benefits of using planned giving to support Dare to Care Food Bank, please contact Kate Chandler at kate@daretocare.org or 502.736.9416.



Stay connected!



Proudly supported by

Yum!

MY AUGUST DONATION

YES, Brian, I want to make sure children in our community who live with food insecurity have the nutritious food they need to thrive.

Enclosed is my gift:

☐ \$150 ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other \$ _____

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

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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

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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.



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