

# food for thought

News from Dare to Care Food Bank



Dare  
to Care  
Food Bank

AUGUST 2023



Food makes me  
better at  
school because  
i'm ready  
to work.

Food makes me happy



## Fuel Futures for Kids This Fall

Children returning to classrooms shouldn't feel the burden of food insecurity. But sadly, our students who are hungry will face challenges like compromised nutrition, anxiety, and are more likely to fall behind their peers academically this fall. Hunger impacts learning—worsening the disparity gap among children from low-income families—and perpetuates a cycle of poverty. With as many as **one in eight children in our community experiencing food insecurity**, bright futures are farther from reach.

**But the good news is that hunger doesn't have to be a part of a child's burden this fall.** When you come alongside Dare to Care Food Bank, you are helping us reach communities across Kentuckiana with nourishing food—including veggies, protein, cereal, and bread—that young people need for focus and learning.

### Filling Kids' Plates—Thanks To You

Fueling futures through food matters. Your donations help us work with nearly 300 local partners, giving us the ability to respond to food insecurity by reaching children through schools and after-school programs.

Keniya, a ten-year-old girl who receives nourishing meals after school at a local partner site, told us, **"I like how every time I come to the Center, the food is good."** Her friend Davelle says, **"I like coming here because people are nice, and they respect others."**

When children thrive, our communities blossom with hope. That's why your gift is so important. Thank you for helping us provide nutritious food for children and fueling bright futures for them.

**You can help fill plates for kids this fall! Mail your gift with the donation form enclosed or give online at [donate.daretocare.org](https://donate.daretocare.org)**

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MEMBER OF

FEEDING  
AMERICA



## From Vincent's desk



At Dare to Care Food Bank, equitable access to food is one of our main goals as we continue to serve Kentucky and Southern Indiana through our network of partnerships. This fall and throughout the holiday season, we anticipate that the need for food will be even greater than last year. That's why I'm very grateful to have loyal supporters like you who give from the heart, steadfast in your compassion for our neighbors.

**Our community is facing a hunger crisis, with as many as one in eight children experiencing food insecurity.** Over the past year, we've purchased more food than we have in the history of the organization. In the aftermath of the pandemic and record-high inflation, gas, and grocery prices, I've seen growing numbers of people in need of help for the first time.

As the year continues, I want you to know that we are looking at ways to optimize our networks, distribute food while preserving dignity, and build out infrastructure and systems to bring more food to more seniors, children, and families who need it.

Please know that your donations, no matter the amount, make so much of the work that we do possible. Thank you again for all that you do on behalf of our neighbors experiencing hunger in Kentuckiana. You are bringing food to the arms of neighbors who need it the most.

With gratitude,

Vincent James  
President and CEO

## FOOD AND HOPE AT St. Vincent de Paul Kitchen

At St. Vincent de Paul, meals are served daily, and groceries are given to those who need them from a modest warehouse of food-packed pantry shelves. Scott Haner, the food pantry's Director, is grateful to serve his community, especially as hunger hits record highs. He's witnessed the need firsthand in the area he serves and says, **"Most people don't have to go to bed hungry each and every day, and there are people that are in that situation... There's definitely a need, and I think it's only going to get worse."**

Visitors to the pantry can select from a variety of nutritious foods, taking what they want and need. The St. Vincent de Paul pantry has grown over the years with the help of partners like Dare to Care and dedicated volunteers.

Scott believes the extra help is vital to people struggling to put food on the table. He is grateful for donors and says, **"Thank you for your generosity."**

As hunger continues to remain at an all-time high, we are grateful for partners like St. Vincent de Paul and the good work they help make possible. We are also grateful for supporters like you who help keep pantry shelves stocked. Thank you!



**"This gives me an opportunity to be out on the front lines with people and, hopefully in some way, make their day a little better by getting some food, but also with getting treated with care and respect, honoring their dignity and worth."**  
— Scott, Pantry Director

### Program Spotlight

## Without Nourishing Food, Kids Can't Thrive

Childhood hunger affects thousands of children in our communities. It can damage their chance at success, impacting their ability to focus and learn. That's why Dare to Care is working with 65 schools in Kentuckiana to help provide over 22,000 students with food through our School Pantry program.

Local schools and Dare to Care are working to ensure students receive the nutrition they need to focus on their schoolwork instead of worrying about where or when they will be getting their next meal. This food



**Students in Louisville bring cereal for their peers.**

## For Families Like Cassandra's, One Bad Circumstance Can Lead to Food Insecurity

When Cassandra lost her job at the county after 22 years, she was panicked and terrified about what might happen next. **"You don't expect to just lose your job after that amount of time. You don't know what's going to happen,"** she told us. **"I was pretty desperate...I've always worked, and I never had a lapse in between."**

For our neighbors who struggle, it only takes one bad circumstance to lead to food insecurity. Cassandra's family was living paycheck-to-paycheck with no means of saving money because there was no money left to save.

Even with a new job, Cassandra still struggles and told us, **"I have to pay all the bills that are due, and then I get groceries and gas, and that's it."**

Luckily, Cassandra's family was able to put nourishing food on the table during a difficult time, thanks to Dare to Care and donors like you. Donations like yours help families every day who are experiencing food insecurity, filling the gap when there isn't enough money to cover everything. Cassandra is grateful for the help, and she wanted to tell you, **"Thank you."**

**Would you like to help families like Cassandra's? Mail your gift along with the donation form enclosed or scan the QR code below.**

**Scan Now ►**  
Make your gift go to work instantly!



**"I would say that you might not find yourself in this situation right now, but for all you know, someone you know, you work with, you love, could be in this situation."** — Cassandra

## Apple Core—A Community of Neighbors Feeding Neighbors

Your membership in our Apple Core Monthly Giving program ensures access to food for our neighbors every month, all year long.

### How Does It Help?

When you join Apple Core with a gift of \$25 a month—just 83¢ a day—you are providing 75 nourishing meals. That's 900 meals in a year! You'll be a part of our boots-on-the-ground effort to bring urgently needed food to children, families, seniors, and thousands of neighbors experiencing hunger.

### Here's how your gift goes to work in our communities:

- Nutritious, healthy food distributed through nearly 300 partners across Kentuckiana.
- Vital assistance so that our most vulnerable neighbors won't have to choose between food and necessities like medicine, rent, and utilities.
- Helping us to expand access to food for more neighbors in Kentuckiana.
- Providing funds that allow Dare to Care to respond to unexpected shortages and food emergencies.

## Get to the Core of Hunger with Us!

It's easier than ever to fulfill your passion to help end hunger. Choose the amount of your recurring gift with the attached donation form (just select the Apple Core option) or **choose your monthly gift online at [daretocare.org/applecore](https://daretocare.org/applecore).**



—which you help provide through your support—also helps feed students' families.

### Getting Kids Involved

Our partner schools also engage children with local cereal drives. Students are encouraged to donate a box of their favorite cereal to help other students in our School Pantry. We believe this is an important way for students to learn about the crisis of hunger affecting their peers and take action to help.

When we work together, we can help children thrive with nourishing food!

**Thank you for making a difference for kids facing hunger in our community!**

# Nourishing Food for Families

As Covid relief ends throughout the nation, less aid is available for families who struggle. We continue to see lines grow at food pantries and food distribution events. Skyrocketing inflation, along with high grocery and rent costs, are directly impacting moms like Lakesha—a single mother providing for her two sons.

Lakesha's son Kimani sees the challenges and anxiety his mother faces and told us, "It feels horrible, but I have to at least help Mom try to make it."

The burden and pain of food insecurity is something that parents and children experience together. As much as Lakesha tries, it isn't always easy to put food on the table. That's why she is grateful for donors like you, who help her provide nourishing meals for her children.

With your help, more families will be able to receive the vital food they need this fall and holiday season. For someone struggling like Lakesha to make it to her next paycheck, it means the world. **She told us, "Thank you," and she wants to let friends like you know how much your help makes a difference for her family.**

As our communities continue to experience an overwhelming crisis of hunger, I hope you will remember that your donations go to work immediately to make a difference in the lives of our neighbors who experience daily food insecurity. Thank you for all that you do on their behalf!



**"I get food stamps, but I don't get much, so we come here and get food."**  
— Lakesha

## Join us for Hunger Action Month!

**Are you passionate about the fight to end hunger in our communities?**

Join us this September as we work to educate, advocate, and provide essential food for our neighbors facing hunger in Kentuckiana.

### Did you know?

- As many as 1 in 10 adults and 1 in 8 children in our community experience food insecurity.
- We serve 142,000 neighbors experiencing hunger, including 46,000 children.

Take action by donating, volunteering, or spreading awareness. Your involvement throughout September will help us make the biggest impact possible!

You can also visit [daretocare.org/hungeractionmonth](https://daretocare.org/hungeractionmonth) to learn more about these special events during Hunger Action Month:

### Hunger Action Day

SEPTEMBER 15, 2023

Wear orange and use #HungerActionDay on your social media posts.

### Give for Good Day

SEPTEMBER 14, 2023

Be a part of Kentuckiana's annual day of giving by supporting Dare to Care.

## A New Initiative to Ensure Equitable Access to Food

Dare to Care is launching a new initiative to help combat hunger in Kentuckiana. Thanks to a \$1.8 million grant from the Humana Foundation, we will be establishing our **Equitable Food Access Initiative** with the following goals:

- Implementing a new approach to food distribution that allows our neighbors to have greater choice in selecting the food they need.
- Additional staff and more resources for our partners to better serve our neighbors.
- Elevating the voices of our neighbors experiencing food insecurity through research, surveys, interviews, and data collection.

Dare to Care's team will spend the next three years ensuring that every aspect of what we do—from where our partners are located to the types of food we provide—are optimized to best serve our neighbors. This new initiative also aims to bring our neighbors' voices and experiences to the forefront, advancing equity in our food bank and community, and ultimately eradicating food insecurity in Kentuckiana.

Scan to donate now and be a part of the mission to end hunger!

