



“We wouldn’t be able to make it without you.”

Donna is a loving mom. She has her hands full with her son, who has a chronic illness. He is often awake at all hours and cannot be left alone for long – day or night. Donna says the only time she sleeps is when he sleeps – kind of like parents sometimes feel when they have a newborn. But Donna’s son is 42.

Donna lives in a mobile home park in Hebron, and survives on \$776 per month. Donna loved the job she had, and she would still work if she could, but she has to care for her son.

Last year, a friend told Donna about the food pantry at Salem United Methodist Church – one of the Food Bank’s 100+ partner pantries across the Region. She began visiting twice a month. This past January, she was enrolled in the Commodity Supplemental Food Program (CSFP) for seniors, which is of special help.

It is a welcome break from the oatmeal they had been eating for days on end, at every meal. “It’s cheap and all you need is water to make it,” Donna explains.

**“We are very, very thankful,”
Donna would like to tell every
Food Bank donor.**

Donna wishes to tell Food Bank donors just what their support means to her family: “You don’t realize what angels you are to do this ... I say a prayer every night for you. We just wouldn’t be able to make it otherwise.”

Years ago Donna herself donated to the Food Bank, especially around the holidays when she knew families were struggling even more. “Now I realize that the people I gave to all them years, they really appreciated it ... because I know how much I do now. It’s a lifesaver.”



Little By Little, A Little Becomes a Lot

To help reach more families like Donna’s, the Food Bank of Northwest Indiana is inviting donors and friends to [join the Three Square Society](#) (formerly the Meal-A-Day program).

You can make a big impact, a little at a time.

Three Square Society members choose an amount to give monthly by credit card. Every \$1 provides 3 square meals to a hungry neighbor. Members receive special updates about how their gifts are making a difference. And you can change or stop the amount you’re donating at any time with a simple phone call to our office.

In 2016, Three Square Society members donated \$28,310 – enough for over 10,000 meals a month!

**Join today by calling Traci at (219) 980-1777 x319
or go to foodbanknwi.org/ThreeSquare.**

What helps more: food or funds?

Many neighbors have been asking ... is it better to donate money or food to the Food Bank of Northwest Indiana? It's a great question, and the short answer is: both! Financial *and* food donations are both helpful and needed.

But there is a big advantage to donating money. **The Food Bank can acquire a lot more food for every dollar you donate than you can buy at the store.** For example, if you can buy two cans of green beans for \$1, the Food Bank can stretch that same \$1 to purchase five or six canned goods. That's a big difference, and why many donors prefer to give financially.

Still, hosting a food drive is a very important part of fighting hunger. Food drives provide critical meal assistance to those in need ... and when neighbors and friends get involved you aren't just collecting food – you're raising awareness about hunger in our community. The more people who know and care about fighting hunger, the better!

Learn more about food and fund donations at foodbanknwi.org/donate.

The Holiday Hope You Gave ...

At one of the Food Bank's Hope for the Holidays distributions in December 2016, I was reminded how much you mean to people in true need. I first saw "Nancy" in the parking lot. It was a bitterly cold day and someone had dropped the senior citizen off at the front door. Wearing dark sunglasses and carrying a walking stick, she carefully tapped it in front of her to find her way inside.

I welcomed Nancy as she took her place in line. She greeted me with a joyful hello and seemed filled with the holiday spirit! As we chatted, she told me how much she appreciated what the Food Bank did, how donors like you make a decent meal one less thing she'd worry about this week. "I don't know what I'd do without it," she shared.

Later I thought about all this lady faced every day. She couldn't see, she couldn't drive. She had to depend on others to do the least little thing. And on top of it all, she worried about having enough to eat.

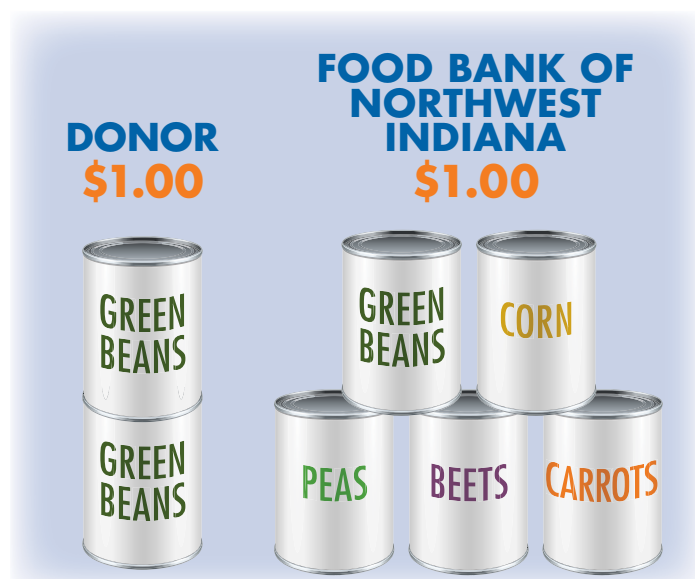
Meeting Nancy made me feel grateful for so many blessings I take for granted, and for the blessing of friends and donors like you.

Because of you, thousands like her have hope, and even joy.

Every dollar you give not only provides food for people who are low-income, but for people who struggle every day with many other overwhelming challenges. Ones who lost a job at the holidays. Those without family, or a car. People fighting cancer. Seniors recently widowed. Hardworking moms and dads who thought the last place they'd ever be was standing in a pantry line.

Every time you give to the Food Bank of Northwest Indiana, you are right there beside someone in great need. You are offering help for today and hope for tomorrow to someone like Nancy.

Steve Beekman, Executive Director



Feeding the Elderly in Porter County



The folks at Salem United Methodist Church say it's the church's "big heart" that leads them to run the Christian Food Pantry of Porter County for families in need.

Twice a month, nearly 150 families struggling with hunger in the small town of Hebron are assured of having enough to eat as they pick up food provided in part by generous donations to the Food Bank of Northwest Indiana. The church also serves as a site for the Food Bank's USDA-funded Commodity Supplemental Food Program for seniors, or CSFP.

CSFP provides qualifying low-income individuals with the nutritious food they need to continue living healthy, independent lives. "Marian" is a disabled senior who regularly visits the pantry and receives supplemental food assistance through CSFP.



Marian worked in healthcare for years. But after battling cancer and hurting her back on the job, she was forced to retire early. Without anyone else's support to rely on, and with extra medical and insurance bills, Marian's savings quickly dwindled.

"I never like asking for help; I'm the one used to taking care of other people. Now, I notice it seems like every time I go to the grocery store, packages are getting smaller. Even a roll of toilet paper ... they don't put as much on anymore!"

Marian says she's very grateful for the CSFP boxes that help her make ends meet when her fixed income falls short. "I shop at Aldi. But being able to come here makes a big difference.

**"I say 'thank you' to everyone.
No matter what it is,
I am thankful, because it's one less
thing I have to worry about."**

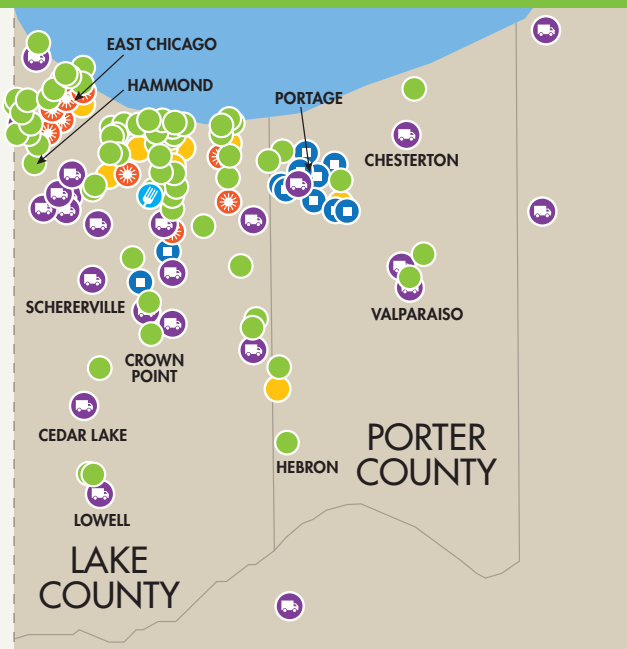
After a lifetime of work, many seniors like Marian find themselves struggling with multiple health issues and relying on a fixed income. And too often seniors must choose between paying for medicine or buying food. Studies show that seniors who struggle to find enough nutritious food are at increased risk for chronic health conditions. They are 60% more likely to experience depression and 53% more likely to report a heart attack.

The Food Bank continues to increase its CFSP distributions, which now reach nearly 900 elderly neighbors living across Lake and Porter Counties every month.

Just how far your gift to the Food Bank travels across the Region ...


2016 Program and Meal Distribution Sites

-  FOOD BANK FACILITY
-  CSFP (SENIOR BOX) DISTRIBUTION SITE
-  PARTNER PANTRY AND/OR SOUP KITCHEN
-  MOBILE DISTRIBUTION SITE
-  SUMMER FEEDING SITE FOR YOUTH
-  BACKPACK PROGRAM SITE



In 2016, the Food Bank distributed more than 4.2 million meals across Lake and Porter counties. From partner pantries to senior meal boxes to youth feeding programs, your support helped the Food Bank's hunger-relief efforts reach many of the people and communities that need it most.

Thank you again for all you do to fight hunger in the Region!


SUNDAY, MAY 21, 2017 FROM 3:30 UNTIL 7:00PM
foodbanknwi.org Presented by *Strack & Van Til*

MEMBER OF
FEEDING AMERICA™

YES! I want to help fight hunger in Northwest Indiana.
 Please accept my tax-deductible gift to provide food for my neighbors in need.

☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50 ☐ \$35

NAME _____

ADDRESS _____

CITY _____ ST _____ ZIP _____

PHONE _____

I would like more information about:

- ☐ Volunteering ☐ Donating food or hosting a food drive
- ☐ Giving a gift to Food Bank of Northwest Indiana through my will
- ☐ Receiving occasional email updates

My email is _____

☐ I would like to pledge a monthly gift of \$ _____.
 My first credit card gift is enclosed.

☐ Charge my gift to: ☐ VISA ☐ MC ☐ Discover ☐ AMEX

CARD NO. _____

EXP. DATE _____

3-DIGIT CVV# _____

SIGNATURE _____

Please make your check payable to:

Food Bank of Northwest Indiana
 2248 West 35th Ave., Gary, IN 46408

Visit www.foodbanknwi.org to make a gift online.

Your gift is tax-deductible as allowed by law.