

How You Keep Families like David's from Going Hungry

David is 57 years old and lives in East Chicago. He used to work as a heavy equipment operator. These days, he's unable to work because of a disability. Unfortunately, his benefits haven't been approved yet. Since he supports his mom, a son and daughter-in-law, and a young granddaughter, that makes it even harder. Most months, David struggles to make ends meet.

Thanks to friends like you, David has been able to visit the Food Bank's **Mobile Market** to get the nutritious foods his family needs. But even that isn't always easy. When he was in line this past July, he received a call that his granddaughter had suddenly become ill. He had to leave his place and wasn't able to receive anything that day. "We are in a rough spot right now," he says, as he helps care for his granddaughter. "I'm very protective of my four grandkids ... the oldest is eight. The youngest is going to be one. I'm all they've got, and I do what I can for them."

When a staff member learned of David's hardship, she quickly acted before he left to inform him of an upcoming distribution at New Creation Ministry in Highland. Going above and beyond, she took the extra step of contacting that distribution coordinator to let them know about his family's struggles. When David visited that Mobile Market, he was welcomed and even provided a bit extra, enough food for dozens of nourishing meals to feed his family.



"The people there are real nice," David says. "They have really helped me and my family out. To everybody who has given or helped in any way, we really appreciate it."

David is one of the nearly 90,000 Northwest Indiana neighbors facing food insecurity this fall. Half of those going hungry are children and seniors.

Can you offer a gift this season, so that more families like David's get the daily nutrition they need to thrive?

Thank you for your generosity! ♥

Mobile Market is available to any Northwest Indiana resident seeking food assistance, and

provides FREE grains, fruits, vegetables and protein to individuals and families. Please bring valid proof of Indiana residency, and bags/boxes to carry items in. Mobile Market is always first-come, first-served while supplies last. For a complete list of dates and locations, visit foodbanknwi.org/market.



Names and photos have been changed to respect our clients' privacy.

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MEMBER OF
**FEEDING
AMERICA**



Senior Hunger Crisis!

Feeding America's 2019 report* concludes that **5.5 million U.S. seniors were food insecure in 2017**. Indiana's rate of senior food insecurity runs slightly ahead of the 7.7% national average. But in many towns served by your gifts to the Food Bank of Northwest Indiana, the rate is even higher.

Geraldine lives in South Haven. She relies on the Food Bank and its network of partner agencies to provide for her family. "I'm grateful for the Food Bank, and so glad for the fresh produce each season. We've visited pantries during times of crisis when we couldn't make ends meet – it's a blessing for anybody who is in need."

The rate of seniors who are food insecure is more than double what it was in 2001. Feeding America's Amy Crumbaugh says that even more seniors qualify for federal food assistance, but fail to apply. "They've worked and [may] feel a stigma around saying, 'Hey, I don't always have enough to eat.' Or, 'Sometimes I go without so that my grandchild can eat.'"



Since 2015, the Food Bank of Northwest Indiana has served our older neighbors through the monthly Commodity Supplemental Food Program (CSFP). Now distributing at 21 sites across Lake and Porter County, more than 1,300 low-income residents age 60 and over are benefiting.

Each receives 30-40 pounds of USDA-provided foods to supplement monthly meals, including: grains, vegetables, fruit, high protein items, juice, shelf-stable milk, and a block of cheese.

Thank you for remembering those who may have no one else to turn to. Remember, every dollar you give to the Food Bank enables us to serve up to three nutritious meals! ♥

Any 501(c)3 organization that serves seniors and is interested in becoming a distribution partner is invited to contact Megan Davitian, Partner Services Associate, at: 219-980-1777 x304 or by email: mdavitian@foodbanknwi.org.

*Uses 2017 data

Thank You for the Lives You Changed During Hunger Action Month!

Countless hundreds of friends, donors, and volunteers took part in September's efforts to end hunger in our Region! Highlights included the 17th annual Hunger Hike, Ride the Region motorcycle rally, and the Hunger Action Matching Gift Challenge. **We're proudly taking action together, as a community**, to end hunger for nearly 100,000 Northwest Indiana neighbors living daily with food insecurity. Of course, it's a mission that continues year-round. So we hope you'll join our efforts throughout the fall and holiday season! ♥





Let the Leaves Fall (OUTSIDE AND IN)...

As the seasons turn across Northwest Indiana, Mother Nature will soon usher in the “peak weekend” to enjoy autumn’s fall colors in all their glory. As the leaves begin to come down outside, the Food Bank of Northwest Indiana invites you and other generous friends to help us celebrate fall inside, by **adding many more leaves to the donor recognition wall** inside our beautiful new food distribution center and administrative offices.

We would love to honor you among the leading partners in the *Fighting Hunger, Growing Hope Campaign* across this “growing” field!

You may be recognized as an individual donor, family, church, organization, school or business at one of the following levels: \$500-4,999; \$5,000-14,999; and 15,000-24,999. Thank you for helping end hunger across Lake and Porter counties as we secure our roots within the communities we serve! ♥

You’re Their Hero...

Kids who are well-nourished fare better in school than their food insecure peers. Childhood hunger hurts, but thanks to generous Food Bank donors, the Backpack program will serve some 300 elementary and middle school students every week during the 2019-20 school year!

BackPacks help bridge the hunger gap when free or reduced school meals aren’t available, such as weekends and holidays. Each Backpack is filled with kid-friendly, nonperishable meals and nutritious snacks to feed students in need.

At the end of last school year, a number of children wrote notes of gratitude for the weekly sacks of food. We thought you’d enjoy seeing their words of thanks (typos and all!). ♥



“you make me feel loved.”

Skye, Merrillville

“my family is very grateful to not have to starve for a day...”

Jason, age 9

“It fills us with joy.”

London, 3rd grade

“i love to share them fish crackers... whoever give us the bag thank you...”

Maury, age 7



It’s Not Too Early to Give the Gift of Thanksgiving Meals!

With nearly 100,000 neighbors facing food insecurity across Northwest Indiana, every dollar counts. Help us make sure no one goes hungry this holiday season. ♥

VOLUNTEERS OF THE YEAR ...

Why They Give

Arlene Schilling and Greg Whelan were honored recently as the Food Bank's Volunteers of the year. Both have dedicated countless hours of time and talent to helping in out in various capacities during food distributions, on-site sorting and packing, and much more.

Greg began volunteering after moving to the area in 2017. "I really like that the Food Bank focuses on keeping food from going into landfills by redirecting it to neighbors in need. I hate seeing food wasted."

Arlene is in her seventh year as a volunteer. "As long as people are in need of food, I'll be here."

Thanks to the hundreds of hard-working students, corporate and church groups, families, and other neighbors who helped dedicate over 8,000 service hours to the Food Bank of Northwest Indiana in 2018-19. **We couldn't do it without YOU! ♥**



The Food Bank's faithful "Bread Ladies and Gentlemen" are among many other volunteers who were recognized at the luau themed Volunteer Appreciation Night. These faithful helpers give of their time weekly to sort and package bread donated to the Food Bank. Many have been volunteering for over a decade!



Arlene Schilling and Greg Whelan accepting plaques in appreciation of their service to the Food Bank.

*Mark Your
2019 Calendar!*

GIVING TUESDAY

December 3, 2019

Food Bank of Northwest Indiana
6490 Broadway
Merrillville, IN 46410

MISSION

To alleviate hunger by acquiring and distributing food to people in need, promoting solutions that advance self-sufficiency and hunger relief, and leading our region in the fight against hunger.

♥ **Let's keep growing!** Here's my gift to support the many ways the Food Bank is helping to end hunger for our Region's neediest children and adults:

☐ \$1,000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50 ☐ \$_____

Please direct \$_____ of the above gift to the *Fighting Hunger, Building Hope* campaign.

For more information about donating, visit foodbanknwi.org

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 gift is enclosed.

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

CARD NO. _____

EXP. DATE _____

SIGNATURE _____

Please make your check payable to:

Food Bank of Northwest Indiana
6490 Broadway, Merrillville, IN 46410

Please call 219.980.1777, ext. 311, to charge your gift by phone, or visit www.foodbanknwi.org to make a gift online.

Your gift is tax-deductible as allowed by law.