

As if they didn't have enough troubles already...

THE STORIES ARE FAMILIAR.
BUT THE PEOPLE AND PLACES
ARE EVER-CHANGING.

At pantries and meal sites served by your gifts to the Food Bank of Northwest Indiana, visitors often share what brought them there ...



"My husband and I are raising two grandsons on a very limited income. With grocery prices going up even more since coronavirus, we just can't seem to make ends meet."

"First I got furloughed. That turned into being laid off, period. Finding a job that pays a wage we can live on, especially since unemployment benefits expired, is almost impossible."

"I'm still recovering from a major health setback. It'll be a while before I'm all the way back on my own two feet. I came here because I couldn't afford groceries this week."

Hunger often comes on the heels of not one hardship, but troubles piling up one after another. **Too many people live one unexpected bill away from becoming food insecure.** For many showing up at Food Bank partners this season, COVID-19 has been the straw breaking the camel's back.

Your kind giving will enable the Food Bank of Northwest Indiana to deliver nearly 1.5 million pounds of food from our Merrillville warehouse

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

 facebook.com/FoodBankofNorthwestIndiana

 twitter.com/FoodBankofNWI

 instagram.com/foodbanknwi

www.foodbanknwi.org

MEMBER OF
**FEEDING
AMERICA**



in October alone. That's enough to provide well over a million nourishing meals to our Region's neighbors in need.

Some of that food will reach **Brothers' Keeper in Gary**. This men's shelter operates a pantry and soup kitchen open to food-insecure women, children, and families. Their motto is to "restore hope and dignity," a mission you help make possible.

Donating this month can also help the Food Bank expand its **Mobile Marketplace** distributions. These weekly deliveries reach people around East Chicago, Valparaiso, Hobart, Portage, Highland, and other rural communities. Thousands of Lake and Porter County families benefit monthly, with each receiving up to 50 pounds of nutritious fresh meats, dairy, and groceries to prepare nourishing meals and bridge the hunger gap.

Other providers counting on your help this season include **Hebron Country Pantry, God's Appointed Place Church Food Pantry in Crown Point, First Baptist Church in Lake Station, and Catholic Charities in East Chicago.**

In this season when the harvest is plentiful, let us remember so many people whose cupboards are bare. Only together can we continue to heal the hurt of hunger. ♥

Childhood Hunger Hurts.

You Can Help.

This month, will you carve out a special gift to help the Food Bank reach every one of the estimated 30,000 kids across NWI who remain at risk for hunger? About 10% of these children live in East Chicago alone! There, the poverty rate is more than double the statewide average with more than one-third of residents living below the poverty line.

Research shows an association between food insecurity in young children and delayed development, risk of chronic illnesses, anxiety, and behavioral problems.

Remember, every \$1 gift to the Food Bank of Northwest Indiana can serve a nourishing meal to three neighbors in need. A number of our pantry partners offer fresh, seasonal produce. Don't forget that pumpkins are great for more than just decorating your front porch. Use them to prepare nutritious breads, pies, and seeds that pack a powerful nutritional punch. ♥



Back to school, back to work, and bracing for the holidays ...



Thank you. Because of you, the Food Bank has been able to overcome extraordinary challenges to ensure that no neighbor in need of nourishment in our Region goes without.

An untold number of first-time pantry visitors might have overwhelmed our resources. But good friends like you would not let that happen. Throughout the summer and early fall, you empowered our need to expand the days and ways we were able to get food to where it was needed most. The Food Bank has **forged new partnerships, added staff and delivery vehicles, and put many new measures in place** to ensure that employees, food, and clients are kept safe.

But now is no time to rest.

Feeding America now projects hunger will rise across Lake and Porter Counties by 37%–47% in 2020 compared with 2018. That will put the number of food-insecure kids and adults living across Northwest Indiana at well over 100,000. Heartbreaking.

During the coming season of plenty, we must continue to combat hunger in every way possible. The **help** and **hope** your giving brings may never mean more to so many who have lost so much.

We are ever grateful.

A handwritten signature in blue ink, appearing to read 'Victor A. Garcia'.

Victor A. Garcia
Executive Director



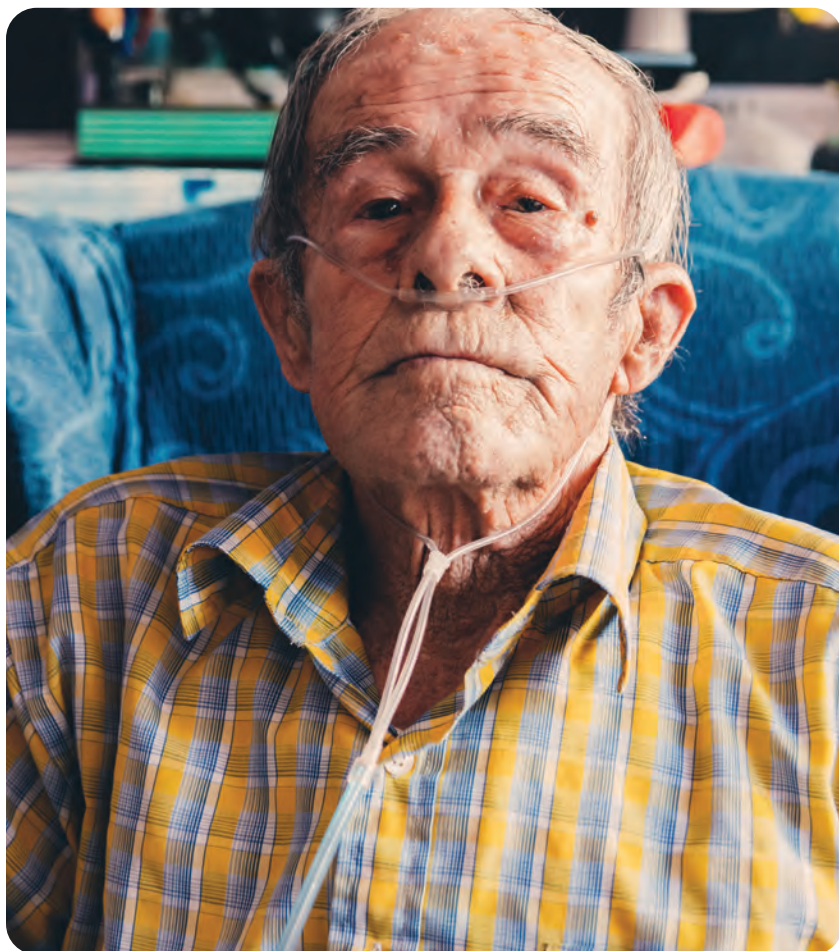
Hunger Relief for Elderly Supported by Your Gifts

MONTHS OF ISOLATION AND SOCIAL DISTANCING ARE TAKING A DIFFICULT TOLL ON OUR AREA'S SENIOR CITIZENS.

Without enough regular close contact with caring family and friends, many are finding themselves struggling with more physical and mental health issues than before the pandemic began. For many who live in poverty, higher food prices and limited store hours are hurting their ability to access the nutrition they need. Did you know that seniors who are food insecure are also 53% likelier to suffer a heart attack, and 60% likelier to experience depression than their food-secure peers?

Your next contribution can help low-income adults in urgent need by supporting the Food Bank's Senior Pantry Pack. This effort delivers nutritious groceries directly to low-income older adults who cannot get to a pantry because they are disabled, in fragile health, or lack transportation.

To learn more about efforts to end hunger among our senior neighbors, email info@foodbanknwi.org. ♥



WAYS YOU CAN MAKE AN EVEN BIGGER DIFFERENCE FOR PEOPLE IN NEED!

COVID-19
♥ RELIEF

CORONAVIRUS RELIEF FUND:

The Food Bank's online donation page allows you to direct your gift specifically for emergency outreach related to COVID-19.



THREE SQUARE SOCIETY: Join our monthly giving circle to provide ongoing meals for someone in need.

♥/♥ **DONATE STOCK OR OTHER APPRECIATED ASSETS:**

You may be able to enjoy tax savings through this leveraged giving opportunity, while your gift goes to work on the front lines of hunger across the Region.



SPONSOR A MOBILE MARKET:

Several dynamic opportunities can offer your organization *employee enrichment* and *rewarding recognition!* Join generous business owners whose partnerships are making this traveling food distribution program an essential part of the Food Bank's expanding initiatives. Together, we can reach more Lake and Porter County individuals in need with the healthful foods and social services they need to thrive.

For more information, contact Allyson Vaulx, avaulx@foodbanknwi.org or 219-980-1777, ext. 314.

2020 CARES Act Charitable Giving Incentive

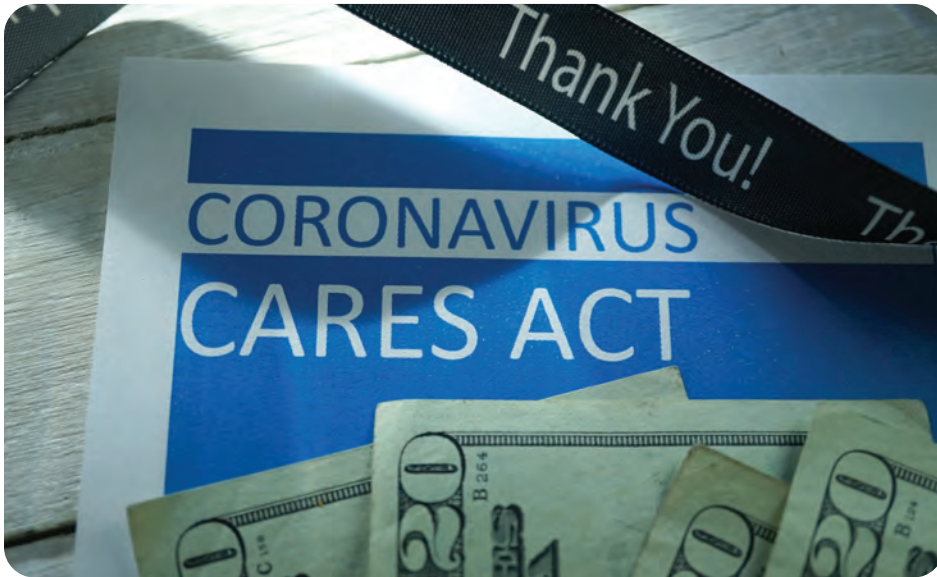
Have you heard?

The CARES Act allows for a one-time, above-the-line deduction for cash contributions* of up to \$300 made to qualifying charities in 2020. All taxpayers are eligible to claim the \$300 deduction, even those who use the standard deduction and do not itemize. The incentive can be claimed on next year's tax forms.

For those who itemize, the law also raises the existing cap on annual donations — **from 60 to 100 percent of adjusted gross income for cash contributions***.

Please consult your tax adviser before making a gift to a charitable organization. ♥

*No planned/deferred gifts or gifts of stock.



Thank You...

to Those Who Sponsored The Soirée Virtually



The Bill and Kali Show
JPMorgan Chase & Co.
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Gabriel Group
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Ozinga
Community Connects
Teachers Credit Union
MonoSol
Vino Cru
True BBQ & Whiskey

MISSION

To feed people today, and end hunger tomorrow by inspiring and collaborating with our community.

VISION

A community free of hunger.

♥ **RUSH MY FALL GIFT to where it's needed most right now and together, let's continue to heal the hurt of hunger:**

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MY DONATION

\$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 foodbanknwi.org/give to make a gift online.

Your gift is tax-deductible as allowed by law.