

You Fill Shelves with Food and Hearts with Hope

The envelope addressed to Elizabeth Acevedo came from the Indiana Department of Correction in Westville. Liz, a food pantry coordinator for Catholic Charities Diocese of Gary, couldn't imagine who was writing her.

"I opened the letter. It was from a middle-aged man serving a prison sentence. He wrote that his mother had late stage Alzheimer's disease, and his sister had to quit her job to care for her," Liz recalls. "They were struggling, and he felt bad that he couldn't do anything to help. He asked if we would."

Liz was deeply moved. She gathered a large basket of food, went and knocked at the address the man had given. His sister opened the door. "Your brother wrote me from prison ..." Liz began.

—❤—

Tears of joy began to flow. Liz was welcomed in. The nourishing assortment began to fill the family's shelves with food and their hearts with hope.

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Your generosity to the Food Bank of Northwest Indiana creates moments like this, every day. "They were so happy!" Liz says. "It confirms how much every dollar and every can of food mean for someone in need ... and the need is so great."

Since taking over the food pantry last July, Liz has expanded its hours to reach more people. She's also begun deliveries, along with on-the-spot food



Thousands of seniors across Northwest Indiana will face food insecurity this week. Your gift helps the Food Bank deliver healthy meals to elderly neighbors in need, many of whom are ill, homeless, and living alone.

distributions in parks and neighborhoods with low-income residents. "I load up my car and just go. Too many people can't get to us. We want to go to them."

"I want every donor to know that even a little, whether it's food or money ... their gift goes SUCH a long way. I am making it my goal to reach everyone in need. Young, old, doesn't matter. So many neighbors don't know what to do or where to go. You can just tell by the look on their face what one bag of groceries can mean for them. They are SO grateful." ❤

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

 facebook.com/FoodBankofNorthwestIndiana

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www.foodbanknwi.org

MEMBER OF
**FEEDING
AMERICA**

**MOBILE
MARKET** 
BY **foodbank**
OF NORTHWEST INDIANA

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.

"We're Eating Healthier Because of You"

"THEY COME AND THEY GO. SOME ARE HERE EVERY MONTH. OTHERS, JUST WHEN THEY NEED HELP. A FEW PEOPLE WALK CLEAR ACROSS TOWN TO GET TO US."

Retired schoolteacher Joyce Stillhaber has been coordinating the Hebron United Methodist Church food pantry for about six years. Donations to the Food Bank of Northwest Indiana help stock its shelves to feed the area's hungry children, adults, and seniors. "We've about tripled the number of people we serve since 2013," Joyce says. "Up to about 160-170 households every month now."

With about five dozen volunteers, mostly members of various churches in town, Joyce is able to open the pantry on five different days each month. She knows it's important. Welfareinfo.org reports that over one-third of Hebron's children face hunger regularly, along with one in six adults.

"Jobs are scarce here," she says. "There's no public transportation, and several areas have a lot of poverty. We see a lot of senior citizens. And a lot



of single parents. So many of our clients have health issues, too."

Joyce is extremely grateful for community members who give generously. "I'm just amazed, really overwhelmed, at the caring within the town. There's no way we could give out what we do without our pantry donors and others who support the Food Bank. We are really blessed."

Fresh produce and meats from the Food Bank are especially helpful. "I have people on food stamps tell me they eat a lot healthier because of us."

The need seems to grow right along with the pantry. Joyce is trying to find a bigger space in town. "We're pretty crowded. We don't have any indoor waiting. Sometimes, there's a line out to the street, and our parking isn't the best ... so hopefully something will come through so we can expand." ♥

Hebron is a town in Boone Township, Porter County. The population was 3,724 at the 2010 census.

2020 Vision: *Bringing More to the Table*

I'm grateful to you, and all of our Food Bank donors, for the love and support you continue to show our mission. Last year saw nearly 3,100 donors, 4,000+ volunteers, dozens of community partners, and school and church groups come together to increase our distributions to a record 6.1 million pounds of food.

Ending hunger in Northwest Indiana is a tall order. Far too many of the nearly 100,000 food-insecure residents are still sitting down to an empty table.

In 2020, with your help, we will increase food accessibility among those who often remain disconnected from the resources they need to thrive: at-risk pregnant women, disabled individuals, veterans, ill and elderly shut-ins, and more.

Bringing more donors and dollars to *our* table will enable us to put more food on *their* tables.

If you haven't visited our Merrillville food distribution center, call me. I'd love to show you in person the difference we're making together: adding

**Executive Director,
Victor A. Garcia**



partner agencies and pantries, expanding the school Backpack program, and increasing strategic partnerships with businesses and community stakeholders across the Region.

I thank you for being part of our 2020 Vision! I'm at 219.980.1777 x301. ♥

Food Drives... What More **YOU** Can Bring to their Tables

Because of the Food Bank's purchasing power, financial gifts help us acquire far more food per dollar than other kinds of donations. However, food drives held by individuals, schools and businesses continue to play an important role in our vision to end hunger.

Hosting a food drive is a wonderful way to celebrate a birthday or fulfill community service. You can ask for monetary donations or food. People ask, "What do you need most?"

Non-perishable items that are nutrient-rich, healthy, and tasty make the best choices, including:

- ♥ canned proteins: chicken, tuna, and salmon
- ♥ peanut butter and unsalted nuts
- ♥ meal mixes and cereals that only need water added: oatmeal, cereals, instant rice, packaged pasta and noodles
- ♥ canned/dried beans, lentils, chickpeas
- ♥ ready-to-eat fruit in single serve cups, squeezable packets, or dried packages (raisins, apricots, etc.)

Thank you for every way you support the Food Bank of Northwest Indiana! ♥



Mark Your 2020 Calendar!

JOIN THE FOOD BANK OF NORTHWEST INDIANA
TO HELP US REALIZE OUR 2020 VISION.

AFTER HOURS @ THE FOOD BANK

"MUNCH & MINGLE"

May 14 | 5 pm – 7 pm
Food Bank of Northwest Indiana
foodbanknwi.org/afterhours

Individuals and businesses invited to enjoy appetizers, drinks, music, and networking. For every canned good or non-perishable food item you bring, you'll earn raffle tickets for great prizes.

THE *soirée* AN EVENT TO FIGHT HUNGER

June 14 | 3 pm – 6 pm

Food Bank of Northwest Indiana
foodbanknwi.org/soiree

Hearty Samplings | Craft Beer | Wines | Live Music | Silent Auction | Raffles
Attire: Black and White



August 6 | 5 pm – 7 pm
Food Bank of Northwest Indiana
foodbanknwi.org/thankyou

You're invited!
VOLUNTEER APPRECIATION NIGHT



September 5 | 10 am – 1 pm
Food Bank of Northwest Indiana
foodbanknwi.org/ride

HUNGERHIKE 2020 SATURDAY, SEPTEMBER 19 | HIDDEN LAKE PARK



September 19 | 9 am – 12 pm
Hidden Lake Park
foodbanknwi.org/hike

**SPONSORSHIP OPPORTUNITIES AVAILABLE
FOR ABOVE EVENTS!**

Contact Allyson Vaulx at 219-980-1777 x314
or avaulx@foodbanknwi.org

Did you know?

The Food Bank offers some unique in-kind and financial giving opportunities. Check out this spring's greatest needs, and get involved! For more information about these opportunities, call us at **219.980.1777 x314**.

♥ CHECK OUT OUR AMAZON WISH LIST!

Go to **foodbanknwi.org/wishlist** to see a list of items we must purchase regularly, and help us out! (Think ... office furniture, tape guns, office supplies, construction items, and more)

♥ HOST A FACEBOOK BIRTHDAY FUNDRAISER (Friends last year raised over \$13,000 from these and similar personal digital drives!)

♥ GIVE A TRUCKLOAD ... For a donation of around \$500, you can sponsor *an entire truckload of food* to be delivered to our doorstep through the national Feeding America Choice Bidding System (imagine ... 28,000 pounds of strawberries, a truckload of frozen chicken ... and similar amazing deals for your gift!) ♥



Join our growing number of members!

As a monthly donor, you can make a bigger impact a little at a time, providing steady support for the Food Bank's critical mission to end hunger across our Region.

\$30/MONTH
provides

3 SQUARE MEALS
a day for
1 NEIGHBOR
facing food insecurity

Thank You! ♥

MISSION

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

VISION

A community free of hunger.

♥ YES, I'll help put more food on the table for our neighbors in most urgent need.

Use my spring gift to fight hunger and feed hope across Northwest Indiana!

☐ \$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.