

serving the hungry

Winter 2021



MEMBER OF
**FEEDING
AMERICA**



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(812) 232-1447 Option 2



Social
CatholicCharitiesTerreHaute

Mission

To feed hungry individuals in Clay, Greene, Knox, Parke, Sullivan, Vermillion, and Vigo counties through a network of emergency food distribution member agencies and engage our community in the fight to end hunger.

Fun Food Fridays

For the children of the community, Ryves Youth Center is a home away from home — a place where they can find friendly faces, participate in tutoring and mentoring programs, and fill their hungry bellies. Creating these healthy, kid-friendly meals is something that Food Service Coordinator, “Chef” Naomi Smith does very well! Naomi has been serving nutritious meals to children of Ryves for nearly five years. Naomi says it’s a job she looks forward to every day. “I just love working with the kids, it’s truly my biggest joy!”

In June of 2021, Ryves Youth Center implemented a new program which quickly became referred to as ‘Fun Food Friday.’ Naomi says that the idea was to kick off summer with a fun event that featured three components: healthy food, information about nutrition, and a hands-on craft. Originally intended to be just a one-time event, the children enjoyed it so much that it continued even after they headed back to school. “Only a few children showed up for the first Fun Food Friday but by the second event, the numbers really grew! From there, more and more kids kept coming.”

The Fun Food Friday activities have included the kids learning how to make fruit smoothies, making and using edible paint, trying new foods with fruit pizza, and even making their own tie-dyed aprons.

Naomi hopes to offer Fun Food Friday activities as long as possible. “Just working with the kids, seeing their smiles and watching them having fun is the best part. I look forward to these Fridays and showing them how to create things with food.”

The program is every Friday from 3:00 p.m. to 4:00 p.m. at Ryves Youth Center and is open to all children under the age of 18. Funding for Fun Food Friday is made possible by the Anonymous Child and Family Feeding Program by Feeding America and from generous donations made to Red Nose Day.





A Word from the Agency Director

Dear Friends,

The fall is a busy time at our Foodbank — we celebrate Hunger Action Month each September as an opportunity to raise awareness and bring focus to the needs of those in our community struggling with food insecurity. Our staff and volunteers are gearing up for holiday food distributions as well as implementing a new inventory tracking system that will improve efficiency in not only the warehouse, but help us to better serve our partner agencies as well. As always, we are committed to serving our brothers and sisters experiencing food insecurity, especially as many continue to recover from a difficult year.

In this edition you will see highlights from Feeding America's study: *The State of Senior Hunger in 2019*, which was released in August of this year. Locally, as many as 9% of seniors struggle with food insecurity, two points higher than the national average. This means that our elderly neighbors are having to make impossible choices — like food or medication. **Food should not be an impossible choice.**

You will also see how nutritious food is impacting the lives of our youngest neighbors with our Fun Food Friday at Ryves Youth Center. Made possible in part with a grant from Feeding America, this program helps introduce healthy foods to our children at the Kids Cafe®. Enjoy reading about some of these Fun Food Fridays and the impact that they bring not only to the children, but to our staff and volunteers.

Finally, we highlight a new community partnership with White Violet Center that allows us to lower the amount of food waste coming from the Foodbank. When we receive product from our retail partners, it is sometimes past its prime. We have several relationships with local farmers to ensure that as much of this food as possible serves a purpose. Earlier this year we received a grant from the Kroger Company ZERO Hunger ZERO Waste Foundation that allowed us to purchase equipment to start a compost program with the farm at White Violet Center.

As we prepare to wrap up the year, many of us will reflect on what we have experienced living through a pandemic. We have adapted to changes that we hope to never have to face again. Through it all we have seen communities come together and individuals rise to help their brothers and sisters. Take a moment to pray for all those who work on the frontline and to our patron this year, St. Joseph, for his example of what it means to be a parent and a humble servant to all!

God bless,

A handwritten signature in black ink that reads "John C. Etling". The signature is written in a cursive, flowing style.

John C. Etling
Agency Director

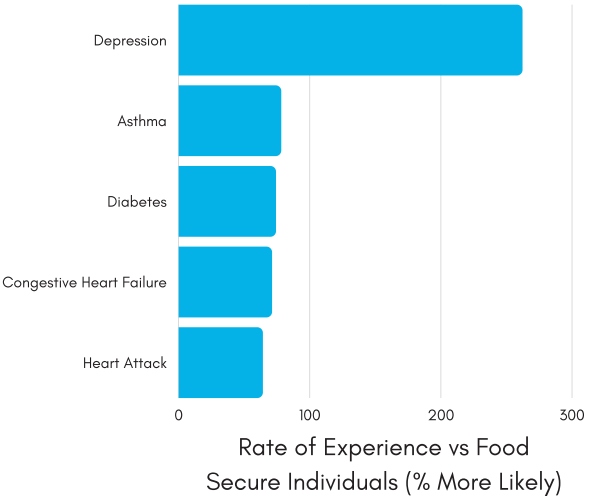
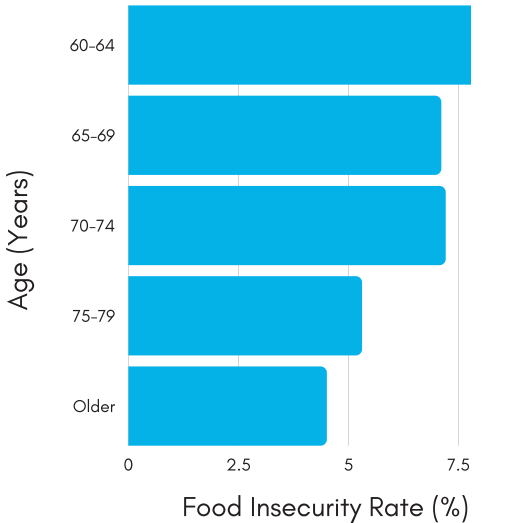


The State of Senior Hunger in America in 2019

In 2019, 5.2 million seniors aged 60 and over in the United States were food insecure (1 in 14 seniors, or 7.1% of all seniors), which means having limited access to enough food to live a healthy lifestyle. Currently, as the nation continues to confront the COVID19 pandemic, seniors are facing unprecedented health and food access challenges. Food insecure seniors are more likely to develop nutrition-related health problems, which is particularly problematic given the unique health, financial, and nutritional challenges that can come with aging. Even with the support of existing senior hunger programs, more work must be done to address this public health crisis.

Food insecurity is associated with worse nutrition and health outcomes for seniors regardless of their race/ethnicity, age, gender, education, and marital status. In addition, seniors who experience food insecurity report three more days a month of being in poor physical or mental health compared to food secure seniors.

What do we know about the impact of COVID-19 on food insecurity for seniors?
 Seniors, and especially those with pre-existing health conditions, are at high risk for illness as a result of COVID-19. This year's report contains analyses of the most recent food insecurity data available, from 2019, so the data does not reflect any changes in food insecurity as a result of the pandemic. In September 2021, the U.S. Department of Agriculture (USDA) released food insecurity data for 2020, the first year of the pandemic. In 2022, Feeding America will release the State of Senior Hunger 2020 report which will include data from 2020. That data will help us better understand the impact of COVID-19 on food insecurity among seniors in the U.S.





Old Becomes New

Our Foodbank is on track to distribute 5.2 million pounds of food in 2021 — a number that we are very proud of. We are also very proud of a new program that will help to reduce the amount of food waste that is generated through our donation program.

A small percentage of the food that we receive is unable to be distributed — it may be expired, damaged, or have mold. We have long-standing relationships with local farmers who often take some of this food for animal feed or composting. In the spring of this year, we began a new partnership with the White Violet Center for Eco-justice, specifically their organic farm.

A ministry of the Sisters of Providence, White Violet Center for Eco-Justice at Saint Mary-of-the-Woods includes an organic farm that provides fresh, local fruits, vegetables, and flowers to the community. A grant from the Kroger Company ZERO Hunger ZERO Waste Foundation made it possible for us to purchase hoppers to hold food waste and a trailer to help transport the waste to the farm. Here, the food is added to compost and its nutrients return to the soil to grow the beautiful flowers and fresh vegetables at White Violet Center.



THE FOODBANK NEEDS YOU!

Share your time and talent with us as a Foodbank volunteer!
Call (812) 232-1447 Opt. 2.



Need Help Finding Food?

If you need help finding food or know someone who does, visit our website at THCCFoodbank.org or call the National Hunger Hotline at 1-866-3-HUNGRY (1-866-348-6479).

The Hunger Hotline is available
Monday – Friday from 9am – 6pm.
All calls are free and confidential.

Help someone you know receive the nutrition they need to remain healthy and productive.