

# serving the hungry

Fall 2022



MEMBER OF  
**FEEDING  
AMERICA**



## Foodbank Address

430 N 14th 1/2 St.  
Terre Haute, IN 47807

## Mailing Address

PO Box 3318  
Terre Haute, IN 47803

## Web

THCCFoodbank.org

## Phone

(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.



## Maternal Food Pilot Program

The most recent data from the Centers of Disease Control and Prevention reported that Indiana *ranked* ninth highest for infant mortality, losing 6.5 babies out of every 1,000 live births. Locally, the Wabash Valley Fetal-Infant Mortality Review found that nearly 10 out of every 1,000 babies died in 2019 during their first year in Central Southwest Indiana.

When Allison Finzel, Community Wellness Coordinator for Purdue Extension — Vigo County, heard a story on NPR about the impact that nutrition can have on reducing infant mortality rates, she knew she had to do something. After 18 months of planning, her vision launched this year.

One piece at a time, the program came together. Now, seven different community agencies contribute, including representatives from Purdue Extension, Union Health, Terre Haute Catholic Charities Foodbank, Chances and Services for Youth, Vigo County YMCA, and the Union Health Foundation. Just as it takes a team to deliver a baby, it has taken a coalition working towards one goal — preventing infant mortality — to make this program possible.

The maternal food prescription pilot program is now being incorporated into the *All Babies Healthy Start Initiative* (Created by Union Health). Union Medical's expectant clients receive weekly food baskets donated by Terre Haute Catholic Charities Foodbank, cooking classes from Purdue Extension, nutrition education from Purdue

*Continued on page 4*



## A Word from the Agency Director

Dear Friends,

This edition of our Foodbank newsletter is full of appreciation and gratitude for the support we have received throughout the course of the year. Without you, without your kindness and generosity, we would not be able to continue to serve the community.

*“You allow us to continue our mission.”*

On behalf of the families and individuals who come to our Foodbank for nutritious food, thank you. We are constantly grateful for the trust you have put in us and our network of food rescue and distribution agencies.

In 2021, the number of people struggling to have their basic nutritional needs met was higher than we had seen and to meet this increase in need, we increased the number of mobile food distributions across our community. As 2022 ends, challenges to our families are now caused less by the pandemic and more by the economy. While 2023 may be uncertain, we do know one thing: Terre Haute Catholic Charities Foodbank will be here to serve.

**As a member of Feeding America, we receive data that helps us prepare and advocate for food insecurity in our community through their Map the Meal Gap study.** In July, the newest set of data was released, and we share highlights here. We are proud to share that our Foodbank was chosen to

receive a visit from the Feeding America Innovation Team in September. Staff shared ways that we have instituted innovative and creative ideas into warehouse operations, food programming, and community outreach.

Finally, you will read about two groups who are participating in specialized programs through the Foodbank: expectant mothers and senior citizens. Through amazing community partnerships, you will see how we are able to provide nutritious food, education, and practical experience to our participants.

**Food, and by that, I mean wholesome, nutritious food, is an essential component of living a productive life.** Looking back on what we have been through not only this year, but the past couple of years as well, one thing stands out for me, taking better care of our whole self is so dependent on food. Consider your own routine, do you take your health and wellbeing seriously? Do you maintain a standard for the food you put in your body? **One of our goals is to increase the amount of healthy, nutritious food that our neighbors have access to, and we thank you for supporting this endeavor.**

Stay safe and healthy!

God bless,

**John C. Etling**  
Agency Director



Terre Haute Catholic Charities Foodbank is proud to provide USDA food boxes free of charge to help meet the nutritional needs of low-income seniors. The Commodity Supplemental Food Program (CSFP) boxes contain a variety of nutritious food and are available for pick-up on the first Friday of each month. To register, please visit the Foodbank and complete an application.



# Map the Meal Gap 2022

For the twelfth year, Feeding America has published its study, Map the Meal Gap. This is the only study that provides local-level estimates of food insecurity and food costs across the United States. This year's study, which provides data for 2020, for the first time includes food insecurity rates for several racial and ethnic groups at the local level.

Terre Haute Catholic Charities Foodbank is one of 200 food banks that are part of Feeding America's nationwide Foodbank network. For our seven-county service area, Map the Meal Gap finds that 1 in 7 people are food insecure, including 18.4% of all children. For the first time, data for our area also includes rates for Black and Latino populations as well. Locally, 24% of Black individuals are food insecure along with 20% of all Latino individuals.

Other key findings of Map the Meal Gap for our service area include:



**36,370 individuals** are food insecure, which equates to 14.2%, the 2nd highest rate in Indiana



18.4% of all children in our service area, **nearly 10,000**, experience food insecurity, the 3rd highest for the state



The **cost per meal** rose \$0.08 from the previous year of 2019



**Food insecurity rates**, including those for children, are highest in Vigo County (15.3% overall; 20.8% of all children)

To learn more about the data released from Feeding America, visit [feedingamerica.org/research](https://feedingamerica.org/research). For more information about Terre Haute Catholic Charities Foodbank and how to help end hunger in west central Indiana, visit [www.ccthin.org](https://www.ccthin.org).



## Innovation Team Visits Foodbank

In early September, Feeding America's Innovation Team visited our Foodbank to learn and participate in some of our creative programs. Innovation means to "make changes in something established, especially by introducing new methods, ideas, or product," and we know that as the needs of our community change and evolve, our Foodbank must experiment with new and creative ways to serve.

Team members shadowed Foodbank staff for two days and got first-hand experience in several of our newest and most innovative activities. Some of the highlighted programs included:

- **Fun Food Friday** — a weekly event featuring three components: healthy food, information about nutrition, and a hands-on craft intended to get young children interested in nutrition.
- **Compost Program** — in partnership with White Violet Center for Eco-Justice, food that must be discarded is transformed into organic compost to be used by area gardeners.
- **Warehouse Bar Code System** — overall inventory and order management system to increase the efficiency of the Foodbank.
- **WellScan Initiative** — color coded system to make the nutritional value of foods easily identifiable for pantries and organizations when selecting food from the Foodbank.

## Elected Officials Luncheon

The month of September was Hunger Action Month, a yearly reminder by Feeding America's network, designed to mobilize the public to act on the issue of hunger. The campaign brings attention to the reality of food insecurity across the United States and allows us to bring awareness to local hunger rates as well.

This year, our Foodbank hosted a luncheon with elected officials, community partners and those running for office. The goal was to not only highlight Hunger Action Day (September 23) but to have an open discussion about food insecurity in our community and the ways that Catholic Charities nourishes not only the body, but also the mind and spirit of those we serve. The meal gave those with feet-on-the-ground experience with food insecurity a chance to share their stories with those who have the voice to advocate for change.



# Maternal Food Pilot Program

*Continued from page 1*



Extension, personalized health classes from Union Health's nurse navigators, childcare offered by the Vigo County YMCA, and transportation to classes if needed.

Each week the Foodbank donates the food for the baskets participants receive. Those baskets include meat, fresh and canned produce, grains, dairy, and the occasional treat, like chocolate-covered fortune cookies.

For participant Tori Clappitt, of Rosedell, the experience has been life-changing. She did not miss one of the seven classes and her husband, Scott, attended when he was not working. One class taught how to read nutrition facts labels. Now, they check the labels when deciding what brands to buy.

"It has been really helpful for me and my friends," Clappitt said. "This is my first kid, so I thought it might be a lot of new information I might need. I have a lot of friends that are pregnant or have young kids, so I tell them about classes and share what I learn."

"It really has been a good thing," Jennifer (Buell) Tames, Assistant Agency Director said. "We have moved beyond what we have traditionally done to meet the needs of our community. We want to do more than just provide food. Good nutrition equates to good health."

## Save the Date



## Cheers for Charity

For the second year, Cheers for Charity will create custom food pairings using local wines and bourbons. Please mark Saturday, November 19 for this exquisite event, and follow our Facebook page for details!

Sponsorships for the event are currently available. Please contact Jessica Murphy at **812-232-1447** or [jmurphy@ccthin.org](mailto:jmurphy@ccthin.org).



Scan for Tickets



## Catholic Charities Terre Haute Celebrates 50 Years!

Our Agency is celebrating 50 years of service in 2023. We need stories from those who have been impacted by our programs.

Have you been a volunteer? Received assistance? Donated to or supported our programs?

Please call **812-316-6520**, leave a message and share your story!

*By leaving a message, you grant Catholic Charities permission to use your story in upcoming marketing materials. If you prefer to remain anonymous, please state that in your message.*

## 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](http://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.