

NOTES ON HUNGER

Fall 2022



**FEEDING™
AMERICA**
Kentucky's Heartland



Left Rita Jenkins, FAKH Founder; Right Jamie Sizemore, Executive Director of FAKH

40 YEARS HELPING THE *Heartland*

In 2022, Feeding America, Kentucky's Heartland celebrated 40 years of filling plates for thousands of Kentuckians. From our humble beginnings with founders Rita Jenkins and Dottie Hanson collecting change to secure Post Office Box 821 — which we still use today — to our transformation to a 42 county service area which distributes food to nearly 250,000 people annually. We have accomplished a lot in 40 years. Some of those milestones include:

- Distributed over 318 million pounds of food — the equivalent of over 265 million meals
- Grew our Partner Agencies from five to more than 240, including pantries, soup kitchens, children's programs and other non-profit organizations
- Established nine programs to address food insecurity
- Expanded service area into 42 Kentucky counties

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Food for Thought

Jamie Sizemore
Executive Director

Families and seniors across our service area continue to struggle with food insecurity due to rising grocery prices. In July, the Consumer Price Index reported overall food prices had increased by 12.2% year over year. Many of our partner agencies are reporting steady increases in services to working families who can no longer stretch their monthly budgets to meet all of their needs.

On top of this struggle, the food resources that our food bank has relied on are also declining. Government commodities that we relied on during the height of the pandemic have sharply declined between 30 and 40 percent. Food donations are down due to supply chain shortages, especially protein items.

In order to meet the growing demand, FAKH is purchasing more food including meat, fresh produce and non-perishable pantry staples.

A 50 percent increase in spending will be necessary this fiscal year just to meet the basic needs of our neighbors facing hunger. Funds will be critical this year as we use our Feeding America network buying power to stretch every dollar as far as we possibly can.

Whether you support hunger relief efforts by donating funds, volunteering your time or advocating for stronger feeding programs, thank you for "joining us at the table" as we work to ensure no one goes hungry.

- Jamie



Bowling Green 40th Anniversary Celebration

In the months of May and June we officially celebrated our 40th anniversary by hosting picnic events in Hopkinsville, Elizabethtown and Bowling Green. We invited donors, volunteers, partner agencies, organizations and community supporters together to recognize and celebrate all the great work that has been done over the years while looking forward to our future.

This year FAKH plans to:

- Pilot two new feeding programs this fall in alliance with school districts and medical providers
- Invest in our Partner Agencies' capacity to serve
- Finalize our Strategic Plan

Thank you to our many gracious partners for making our 40th anniversary so special, including The Kroger Co. Zero Hunger Zero Waste Foundation, Walmart Distribution Center in Hopkinsville, Christian County Chamber of Commerce, Hardin County Chamber of Commerce, Bowling Green Area Chamber of Commerce and Kerrick Bachert Law Firm.



Hopkinsville 40th Anniversary Celebration

Scan the code to hear more of Rita's stories about the early days of our food bank.



Hungriest Time of the Year

In the Heartland, **1 in 6 children** experience food insecurity. **"Summer is the hungriest time of year for many Kentucky kids,"** said Kate McDonald, No Kid Hungry Kentucky Campaign Director.

This summer, with the help of No Kid Hungry, Anthem Medicaid, and private donors, FAKH was able to provide **2,500 food boxes** to families in need of extra resources while their children were out of school in Adair, Carlisle, Christian, Fulton,

Hancock, Logan, Meade, Russell, and Todd counties.

Read more on this initiative here:



Elijah and his school FRYSC

Partnering for a Purpose



John waves as his car pulls away from our Logan County Mobile Food Pantry

Denise McDonald, Executive Director at Logan County Good Samaritan (LCGS), has seen the rising need in her community over the past few months. With the current price of food, it's a need that Denise does not expect to go down anytime soon.

"We are expecting for there to be more people needing help through the end of the year, maybe longer if prices stay high."

- Denise McDonald

In July, a warehouse expansion was completed at Logan County Good Samaritan. **"With this expansion we will be able to keep fresh produce longer, take in more meat from retail partners, and store more food,"** Denise said as she showed FAKH staff around the new facility. This will help LCGS serve more people long term.



The new expansion at Logan County Good Samaritan

The expanded space is not the only way that LCGS is improving access to food in their area. In July, FAKH partnered with the United Way of Southern Kentucky (UWSK) and Logan County Good Samaritan for a county-wide mobile food pantry on UWSK's Day of Caring. A total of 900 people received a mixture of fresh produce and non-perishable pantry staples.



Denise McDonald, Executive Director of Logan County Good Samaritan

John is a regular at the Logan County Mobile Food Distribution in Russellville. During the Day of Caring distribution, LCGS was short on volunteers, so John got out of his vehicle and helped to direct traffic for the over 350 households that were present.

John and his family are some of the thousands of Kentuckians across the Heartland visiting mobile food distributions and local pantries due to the rising cost of food. John lives with his brother and visits these distributions to help him get by.

"I can't afford good food. If it weren't for this I would be living off of bologna sandwiches."

- John

Once it was John's turn in line, he got in his car as it was loaded with an assortment of produce like cucumbers, tomatoes and cantaloupe along with pantry items to help feed his family.



@feedingamericakentucky



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@KnockOutHunger



@feedingamericakentucky.org



Volunteers assist with a produce distribution at LLDM Despensa de Alimentos

In Warren County, a once irregular solution to equitable food distribution has found a more permanent home.

When Feeding America, Kentucky's Heartland began its Equity initiative in 2020 we committed to improving service for minority communities by prioritizing, understanding and reaching them where they were.

With new data from the 2022 "Map the Meal Gap" showing that Black and Hispanic members of the Heartland experience food insecurity at higher rates than Caucasians, we are committed to seeing more permanent solutions arise — such as LLDM Despensa de Alimentos.

The pantry, which grew from equitable mobile food distributions that were hosted in Bowling Green each month, opened its doors to the public in June of 2022.



Inside the LLDM pantry in Bowling Green

Predominantly serving the Spanish speaking community, LLDM was equipped to serve 200 families weekly when they first opened, but because of the rising need in their area, is now serving nearly 400 households each week.



1 IN 5 Hispanics are food insecure in Warren Co.

Your Impact

from July 1, 2021 to June 30, 2022
we've distributed:

18,192,527

pounds of food

equal to **15,160,439** meals

2,204,706 pounds of fresh produce

98,098 senior boxes

120,185

Backpack Program bags

74 Mobile Food Pantries

2,647,863 pounds of rescued food through retail partnerships

Fighting Food Waste

Below are ways to cut down on the food waste in your home:

- **PLAN YOUR MEALS** - this helps to eliminate spur-of-the-moment purchases at the grocery store that could end up in the trash.
- **FREEZE PERISHABLES** - like bread, meat, fruits, and vegetables.
- **EAT LEFTOVERS** - save any food that you don't eat for later, whether it means eating the same meal or repurposing it into a new dish.
- **BUY FROZEN OR CANNED FOOD** - frozen or canned fruits and veggies have nearly the same nutritional values as fresh produce, and do not spoil as quickly.

Hunger Heroes

Donations of \$5,000+
April-August 2022

- Central Indiana Community Foundation
- City of Elizabethtown
- Farm Credit Mid-America
- Feeding America National
- Feeding Kentucky
- Global Giving
- The Kroger Co. Zero Hunger Zero Waste Foundation
- National Philanthropic Trust
- No Kid Hungry
- Realtor Association of Southern Kentucky, Inc.