

# NOTES ON HUNGER

Spring 2023



**FEEDING**<sup>™</sup>  
**AMERICA**  
*Kentucky's Heartland*



Volunteers with Warm Blessings in Hardin Co. rescue bread from Bimbo Bread

**Each year 72 billion pounds of food goes to waste** in the United States, despite millions of Americans facing hunger. An estimated **25-40 percent** of food grown, processed and transported in our nation will never be consumed, and more food reaches landfills than any other single material.



**Last year, Feeding America, Kentucky's Heartland rescued 2.6 million pounds of food, which was then used to provide 2 million meals to Kentuckians facing hunger in our service area.**

There is enough food that no one should face hunger, and by reducing food waste we can improve lives.

[Read More...pg. 2](#)



## Food for Thought

Jamie Sizemore  
Executive Director

As we celebrate Earth Day on April 22, Feeding America, Kentucky's Heartland, our network of partner agencies and retail grocery partners are certainly doing our part to protect Mother Earth's natural resources for future generations. Last fiscal year '22, over 2.6 million pounds of produce, meat, dairy and bakery items were picked up from our grocery partners and redistributed back out to our neighbors facing hunger. This year we've ramped up our program efforts even more and we're collectively on track to increase that annual amount by an additional one million pounds. This incredible partnership, which rescues perfectly safe food that is otherwise destined for landfills, is an example of how retailers and food banks across the nation are working to eliminate food waste and redirect to those in need.

In Kentucky, one out of 10 seniors lacks the regular access to enough food for a healthy lifestyle. There are many root causes of why seniors lack the nutritious food they need including transportation, affordable housing, prescription costs or an instilled generational pride of not asking for help. Seniors are one of the most vulnerable populations FAKH serves so learn more in this edition about the multiple food programs that help our older neighbors put food on the table and increase their nutritional intake.

Whether you donate funds, volunteer your time or advocate for feeding programs, your generous support provides critical hunger relief to our many neighbors in need.

*Jamie*



Breckinridge County Good Samaritan Center rescuing food from their local Dollar General

FAKH's Food Rescue Program partners with retailers to pick up and distribute food items like produce, bakery goods and other perishables that no longer meet grocery store standards.

Our fleet of drivers pick up and deliver items directly to our partners or to our warehouse for repackaging. We also facilitate relationships directly between our agencies and retailers, enabling our agencies to pick up food directly from donors, keeping local food within local communities.

FAKH's Food Rescue program partners with over 200 stores and retailers like

- Dollar General
- Sam's Club
- Walmart
- Aldi
- Kroger
- Ruler Foods
- Target
- Big Lots
- Meijers
- Go Puff



Tomatoes rescued from Kroger ready for distribution

Food rescue is the only method of reducing food waste that also connects people facing hunger with meals, and our Food Rescue program provides millions of healthy, nutritious meals for our neighbors each year.

In 2023, we are continuing to feed our neighbors rather than landfills.

## Advocating for Change

Every year at the start of the new legislative session, food bank representatives from across the state come together at Kentucky's capital. Each food bank is there to advocate on behalf of the neighbors that they serve, in hopes of securing the food resources that are needed to make sure no one goes hungry.

Across Kentucky, over half a million people are food insecure, meaning that they do not have access to enough food for a healthy life. Taking hunger off of the table has to be a collaborative effort; for every meal provided by the

charitable sector, including FAKH, the government is able to provide nine. By advocating for change, FAKH is working to establish systems that will not only alleviate hunger, but also alleviate its root causes.



Executive Director Jamie Sizemore meets with KY Governor Andy Beshear



# Partnering for a Purpose



Meadow Land volunteers talk with Tim after loading his neighbor's car with food

Carol Shaw, the leader of Meadow Land Baptist Food Pantry in Bowling Green, welcomes each person into her pantry with open arms and a smile on her face, treating them with dignity no matter what has brought them to her door.

Carol knows her community needs this pantry and the food that it offers, especially now.

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*"I see how much the community needs this pantry."*  
— Carol

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According to Feeding America, it has never been more difficult for food banks and pantries to serve their neighbors. Currently, there is a high demand for food bank services because of inflation, all while the food banks and agency partners are having trouble sourcing enough food.

These tough times are impacting everyone, including neighbors like Tim.



Tim outside of Meadow Land food pantry

We met Tim during his first visit to Meadow Land's food pantry, having ridden there with a neighbor so they could get the food that they needed.

Roughly 57% of Americans are unable to cover unexpected expenses, such as car repairs.

The domino effect brought on by losing his means of transportation, has now put Tim's home in jeopardy as well.

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*"I've lived in my house for 17 years, but I can't afford it without a job and the bank is threatening to take it away."*  
— Tim

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Over the past year, FAKH has passed through \$16,000 worth of credits to Meadow Land so that they can serve their neighbors, like Tim, to the best of their ability. FAKH and Meadow Land are working to take hunger off of the table for neighbors like Tim so that they can turn their attention to other vital needs, like housing or transportation.



A Meadow Land volunteer takes food to a waiting vehicle

Before leaving the pantry, Tim told us to wish him luck, because he had a job interview lined up for that afternoon that he was hoping would turn his luck around. Then he and his neighbor pulled out of the parking lot, the food for both households safely in the back seat.

Scan for more  
Meadow Land stories:



@feedingamericakentucky



@feedingamericakentucky



@FAKHfoodbank



@feedingamericakentucky.org



Sarah receives a hug after a volunteer loads her car with food

Ron and his wife know the pain of having to choose between medication and food. Now that they are on a fixed income, these tough choices have become more and more common.



Ron Marine, a Hardin Co. CSFP recipient

FAKH provides food assistance for seniors, like Ron and his wife, through our network of agency partners, and USDA programs such as The Emergency Food Assistance Program (TEFAP), and the Commodity Supplemental Food Program (CSFP) which serves seniors 60 or older of a certain income.

*"When we got in the CSFP program, it alleviated a lot of our problems"*  
- Ron

Like Ron and his wife, Sarah lives on her monthly Social Security benefits, which only sustain her through the middle of the month.

Sarah has been visiting one of our agency partners for over a year to bridge the gap, but she was worried that she would not be able to find the food she needed to be healthy.

After getting to know Sarah's needs, the pantry went above and beyond, ordering foods that helped Sarah maintain her health and improve her well-being. In Sarah's words:

*"They saved my life"*  
- Sarah

## Volunteer Impact 2022



4,172

volunteers joined us to take hunger off of the table!

Our volunteers served over

12,000 hours



More than **300** churches, schools, civic groups volunteered last year!



## Team Ravioli or Team Macaroni?



This year we are kicking off a new campaign to feed kids in the Heartland!

Warm, delicious ravioli and creamy, cheesy macaroni are two of our most popular kid foods - and two of our favorites as well! This summer, we are giving the chance to fund these favorites for our kids facing hunger!



*Which team are you?*

