

The Feeding Frontline



Fall 2023
lincolnfoodbank.org

More Than a Ride

Mary isn't a cook—and she doesn't claim to be. "When the smoke detector goes off, supper is ready," she jokes.

But that doesn't mean her culinary skills have stopped her from feeding.

On the third Monday of each month, the 72-year-old picks up two neighbors from a nearby senior living community and provides a ride to a mobile food distribution in Saunders County. She doesn't want a lack of transportation or the cost of gas to keep her neighbors from accessing nourishing meals.

She explains that with her income from social security and a part-time job cleaning an office, she gets by. So, while she's there, Mary also serves as a proxy and picks up an extra set of food for a family whose work hours conflict with the distribution time.

"Hunger is a fast-growing problem. There is such a need," Mary says, sharing how the \$50 she used to spend at the grocery store is now closer to \$100. **"If there's something I can do to help, I will."**

While Mary is a helper herself, she's quick to express appreciation for the staff and volunteers in Saunders County who run the distribution efficiently, and the supporters who help make it possible. **"It is so very appreciated."**

**Note: The Food Bank of Lincoln serves up to three households per vehicle in rural communities and up to two households per vehicle in Lincoln.*



A Different Place

While waiting in line for the Lincoln Fresh truck on a warm summer morning, Kaylee recalls where she was this time one year ago. It was a very different place.

Newly single and "doing everything on my own," this mom of two used her paycheck to cover rent and bills, leaving little room in the budget for groceries.

Tentative at first, Kaylee and her kids attended a drive-thru food distribution.

"I had my kids in the back seat and they asked, 'What are we doing?' and I said, 'We're here to get some great food.'"

The groceries received at mobile food distributions and in a weekly BackPack helped her family through a difficult period, she explains, emphasizing just how grateful her family was.

continued on page 4

Mission

To alleviate hunger in Southeast Nebraska.

Vision

Nourishing our communities to end hunger.

Values

Collaboration, Compassion, Diversity, Education, Responsibility

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A Letter from the President & CEO



Shame. The word feels blunt and heavy, doesn't it? When I see or feel it, the weight is akin to an anchor. Not the kind of tether that supplies a sense of reassurance in times of uncertainty. Rather, one more like a cinder block chained to thoughts that drag a person to a pit of despair.

We all experience shame, yet many researchers and psychologists suggest shame persists by tricking us into believing we're alone. **This is why empathy is so important.**

To the child home on the weekend, a Backpack of pancakes and spaghetti means a chance to thrive in the classroom on Monday. To the homebound senior anxious until she sees her Wednesday morning visitor holding a bag of groceries and offering a smile, empathy turned compassion is a godsend. For a young man balancing tuition, rent and gas costs, his time in the mobile food distribution line is valuable reassurance.

Serving neighbors and connecting meals is one way to confront shame with truth and empathy. We do it with voice and action, too. **You can join us! Right now, federal policymakers are evaluating and modifying the Farm Bill. This critical piece of legislation is up for vote every five years, including this year. We need a strong Farm Bill to help farmers and people facing hunger.**

Urge Congress to permanently expand SNAP (Supplemental Nutrition Assistance Program) and strengthen TEFAP (The Emergency Food Assistance Program). Combined, these programs make up about 19% of the total meals connected at the Food Bank of Lincoln. Financial and product donations allow us to meet needs that exceed those addressed by government programs.

We are committed to ensuring the neighbors we serve receive empathy. Time and again, it has been proven to be a far more motivating force.

With gratitude,

Michaela Kumke
President & CEO



Dine Out to Help Out Wednesday, Sept. 13

Join us **Wednesday, Sept. 13** as local food and drink establishments rally together and donate a portion of the day's sales to the Food Bank of Lincoln. These dollars will turn into meals for neighbors facing hunger.

View a list of participating locations at lincolnfoodbank.org.

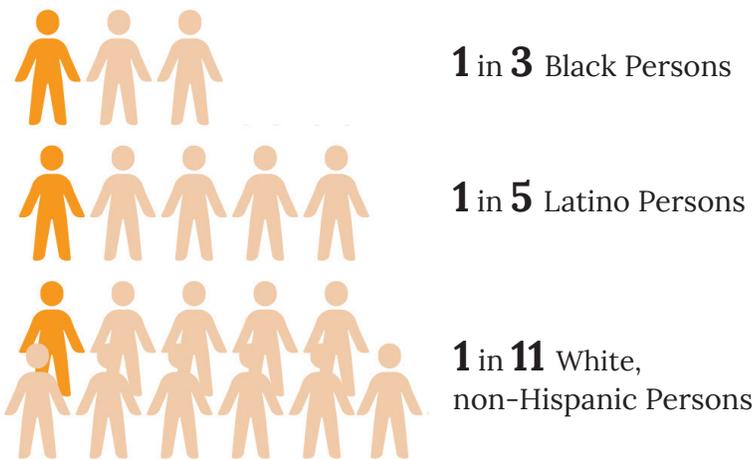
Hunger in Southeast Nebraska

48,100 people including 13,040 kids in Southeast Nebraska are food insecure.

Food Insecurity Defined

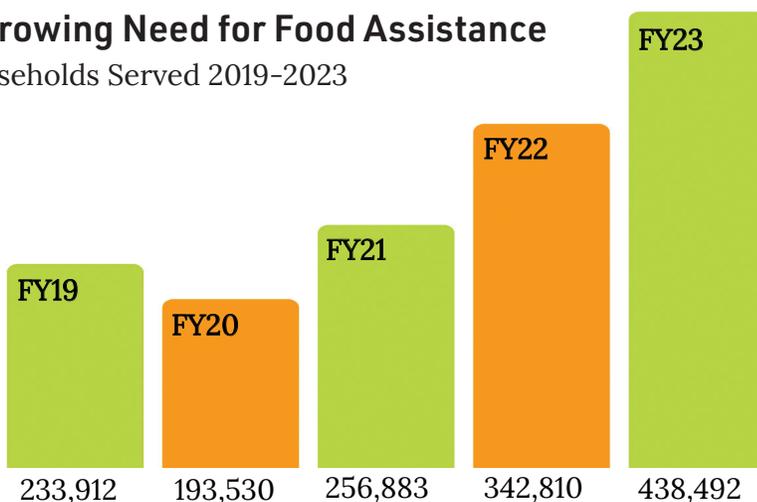
The lack of consistent access to enough food for every person in a household to live an active, healthy life. Food insecurity may be temporary or can last a long time.

Food Insecurity Disproportionately Affects People of Color, including in Southeast Nebraska.



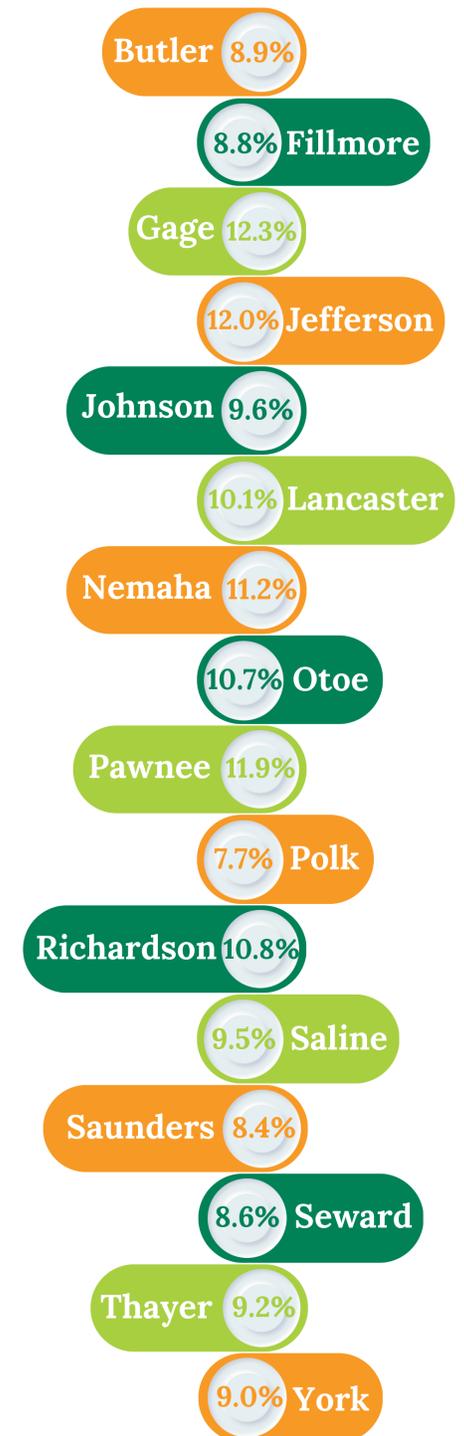
A Growing Need for Food Assistance

Households Served 2019-2023



\$3.57
Average Cost Per Meal in Southeast Nebraska.

Food Insecurity Exists in Every County



*Statistics from Feeding America's Map the Meal Gap 2023

Connecting Meals through a Strong Farm Bill



The Farm Bill is up for renewal. What does that mean for Food Banks?

The Farm Bill a critical piece of federal legislation centered around food and farming. It is only reauthorized every five years. This is one of those years.

The Emergency Food Assistance Program (TEFAP), Commodity Supplemental Food Program (CSFP) and the Supplemental Nutrition Assistance Program (SNAP) are primarily funded and legislated through the Farm Bill. These federal nutrition programs are essential components to meal connecting at the Food Bank of Lincoln, accounting for about 19% of our total meals connected last year.

The Farm Bill has a direct impact on access to nutritious meals for millions of people facing hunger in the United States, including an estimated 48,100 neighbors who are food insecure right here in Southeast Nebraska.

Join Us! Contact Nebraska's federal representatives and urge them to support a Farm Bill that helps neighbors keep food on the table. For contact information and additional resources, visit lincolnfoodbank.org.

A Different Place

continued from page 1

"The Food Bank is what got me through that hard time. I wasn't stressed about buying food...that extra bit we were able to get each week allowed for more flexibility for the three of us."

Set up at the local community center where she is now employed, Kaylee guides a classroom of kids through the Lincoln Fresh line toward the day's menu of strawberries, apples, oranges and carrots.

One year later, she and her family are in a different place. With two new jobs and



supplemental income, Kaylee explains they no longer have a need to visit the Food Bank.

But she does offer a piece of advice: "If you find yourself in a state of need, don't be scared to visit the Food Bank."

Don't Have a Will? We Can Help

A gift in your estate plans is one way you can help us alleviate hunger in Southeast Nebraska well into the future.

Through our partnership with FreeWill, you can write a legally valid will or trust in about 20 minutes.

Just visit lincolnfoodbank.org (and click on Planned Giving) to learn more about joining our Food for Tomorrow Legacy Society.

If you have an attorney handling your plans, all you need is the simple language provided here, and our Tax ID 47-0640293:

"I give, devise and bequeath to the Food Bank of Lincoln, Inc. _____ (insert a sum or percentage of your estate) as an unrestricted gift to help alleviate hunger in Southeast Nebraska."

We are grateful for your support.

For more information, please contact John Mabry at jmabry@lincolnfoodbank.org or (402) 819-6861.



This institution is an equal opportunity provider.

Address

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www.lincolnfoodbank.org
402.466.8170

Hours

8 a.m. to 4:30 p.m.
Monday-Friday

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