

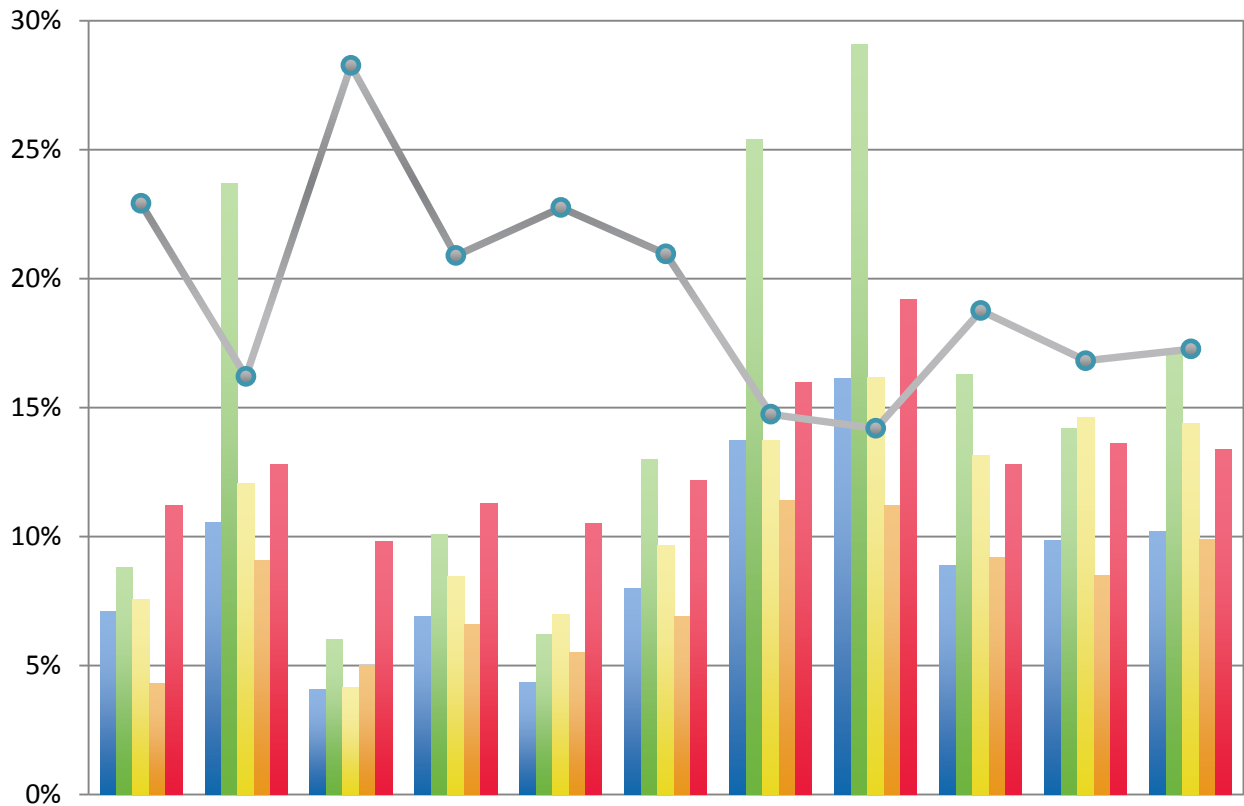


SAVI
what's trending in your community

Hunger in Central Indiana

Boone, Brown, Hamilton, Hancock, Hendricks, Johnson, Madison, Marion, Morgan, Putnam, and Shelby counties.

2012



August 2014

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Hunger in Central Indiana

Central Indiana's 11 counties are home to 30% of the state's 6,537,334 Hoosiers. Of this population, 290,550 (15%) are food insecure.¹ The Great Recession and the subsequent sluggish recovery have led to a 30% surge in American households confronting food insecurity, an increase of twelve million people facing hunger from 2007 to 2010². Despite these staggering numbers, most Americans are unaware of the severity of this growing problem. While it may seem that Indiana's disadvantaged are well taken care of by the Supplemental Nutrition Assistance Program or SNAP (formerly food stamps) and other federal programs, the reality is that this funding, in conjunction with assistance from charitable agencies still does not meet many households' food needs. Many families face the dilemma of choosing between food and other necessities. Emily Bryant, Executive Director of Feeding Indiana's Hungry (FIH), Inc. explained that based on client surveys "46% indicated they had to choose at least once between paying for food or paying utility bills, 36% chose between paying for food or paying for medication or medical care, and 42% chose between buying food and paying the rent or mortgage... what is only more disheartening is that 13% of those surveyed reported that their children were hungry at least once in the last year because the family couldn't afford more food."³ As food insecurity grows in all American communities, it is vital that hunger relief organizations receive the funding and donations needed to accommodate this growth. Foremost, these agencies' capacities must be expanded in order to operate as effectively as possible in the combat against hunger.

Awareness Is Half the Battle

One of the greatest challenges facing those in need in Central Indiana is the combination of lack of awareness of the resources available to them, and insufficient resources and capacity to accommodate this need. Many food pantries find themselves overwhelmed by the demand, which they often struggle to meet. Yet, those who show up to be served at food pantries are only a fraction of those in need. If all of Central Indiana's food insecure knew about food pantries, soup kitchens, and emergency relief centers, those agencies would be unable to meet the spike in demand. This research has identified several strategies in resolving this problem. At the opening of Johnson County's Community Ministry Center in December 2013, Jeff Caldwell, special assistant to the governor, stated "a lot of people don't realize when there's a lot of food pantries doing these food drives... they think of, we're sending this food to some third world country, we're sending it out of state... there is a great hunger need all across our state... a million people in Indiana, who are hungry."⁴ Awareness is the primary issue in the combat against hunger. Not only are the food insecure unaware of available help, but, as Caldwell explained, most Hoosiers are simply uninformed about the need within their own communities. In an effort to greatly raise awareness, this report has compiled an array of maps, graphics, charts, and first-hand testimonies in order to present a holistic account of Central Indiana's hunger problem, from which the reader is free to draw his or her own inferences and conclusions.

Central Indiana's

Assets:

- A substantial volunteer force
- A network of four food banks
- 350 food pantries
- Collaborative hunger relief organizations

Deficiencies:

- Many food pantries do not have the capacity to store perishables
- Hoosiers' insufficient awareness of hunger, and many who are food insecure are uninformed about available resources
- Poor walkability and transit system limits the food insecure's ability to seek assistance by foot or by bus

SUMMARY OF FINDINGS

Food Insecurity

- Indiana's 15.7% food insecurity rate just about matches the nation's rate of 15.9.
- Indiana's food insecurity rate is lower than most of its neighbors' rates: Ohio (17.2), Illinois (14.2), Michigan (16.8), Kentucky (16.7).
- Indiana ranks 26th in child food insecurity rate (21.8%).
- **Hunger cost the state 3.27 billion dollars in 2010.**⁵
- Hamilton County has the state's lowest rate of food insecurity rate in the state at 9.8% for adults and 14.3% for children. Yet, this still amounts to about 27,130 people, including 11,790 children that face potential hunger.
- Marion County has the highest food insecurity rate in the state; 173,900 (19.2%) are food insecure.

Food Insecurity and Poverty

- Poverty is positively correlated with food insecurity.
- In Brown, Madison, and Marion counties, children are twice as likely to be living in poverty as adults.
- The city of Anderson and Indianapolis are two of the most densely populated areas in Central Indiana and also have the highest poverty rates.
- Child poverty in Marion County has doubled since 2000, and is increasing faster than in the state and country.
- Feeding Indiana's Hungry, Inc. found that:
 - 54 percent of Indiana's food insecure are eligible for the Supplemental Nutrition Assistance Program (SNAP) and other federal nutrition assistance.
 - 31 percent of Indiana's food insecure are not eligible for federal nutrition program and must depend on nutrition assistance provided by a food bank, food pantry, or other charitable organization.
 - 71 percent of food insecure Hoosier children live in households likely eligible for federal nutrition assistance like free and reduced price school lunch, school breakfast, and the Summer Food Service Program.

Interview Findings

- Over the past few years, collaboration between organizations and agencies has increased and improved.
- Most Hoosiers are not informed about the hunger crisis in Central Indiana.
- **Hunger is not an independent problem but a symptom of deeper issues.**
- Food insecurity is present in almost every community, even those perceived as affluent.
- Food insecurity in children must be the first problem to address.
- The solution begins at the grassroots level, individuals caring for individuals.
- Food pantries must be reformed to increase efficiency: expand service from once-a-month to once-a-week, and provide clients with choice in the foods they receive.

Hunger and Food Insecurity

Hunger vs. food insecurity:

The USDA has made an explicit distinction between hunger and food insecurity:⁶

- Hunger is an individual-level physiological condition that may result from food insecurity.
- Food insecurity is the condition assessed in the food security survey and represented in USDA food security reports: a household-level economic and social condition of limited or uncertain access to adequate food.
- The Committee of National Statistics (CNSTAT) panel stated in its final report that “the word ‘hunger’ should refer to a potential consequence of food insecurity that, because of prolonged, involuntary lack of food, results in discomfort, illness, weakness, or pain that goes beyond the usual uneasy sensation.”

While it may seem counterintuitive, obesity can be a product of hunger.

- This is, in part, because those in hunger often choose between food quantity and quality.⁷
- Overeating when food is available.⁸
- Physiological changes (the body may adapt to conserve energy more efficiently and so storing more calories as fat).⁹

Both hunger and obesity can be results of low income and consequent lack of access to sufficient food.

Many low-income communities do not have access to healthy food such as fruits and vegetables because of few or no full-service grocery stores and farmers’ markets in their vicinity. Even if they do have access to healthy food, it is often unaffordable. Food insecurity may arise periodically, not continually, and when food is available, those who have experienced times of hunger may choose to overeat as a safeguard for when they are hungry in the future. This kind of food consumption leads to overweight and obesity, which the individual sustains even through periods when enough food is not available.¹⁰

Additionally, low-income neighborhoods often have inadequate places to be physically active (fitness facilities, public parks, etc.). Underfunded school districts frequently choose to cut back on physical education, worsening the problem. Fear of crime in low-income neighborhoods also may restrict children’s freedom to play outside.¹¹

The Food Research and Action Center, an organization based in Washington D.C., gathered the following statistics in food research supporting the connection between hunger and overweight.

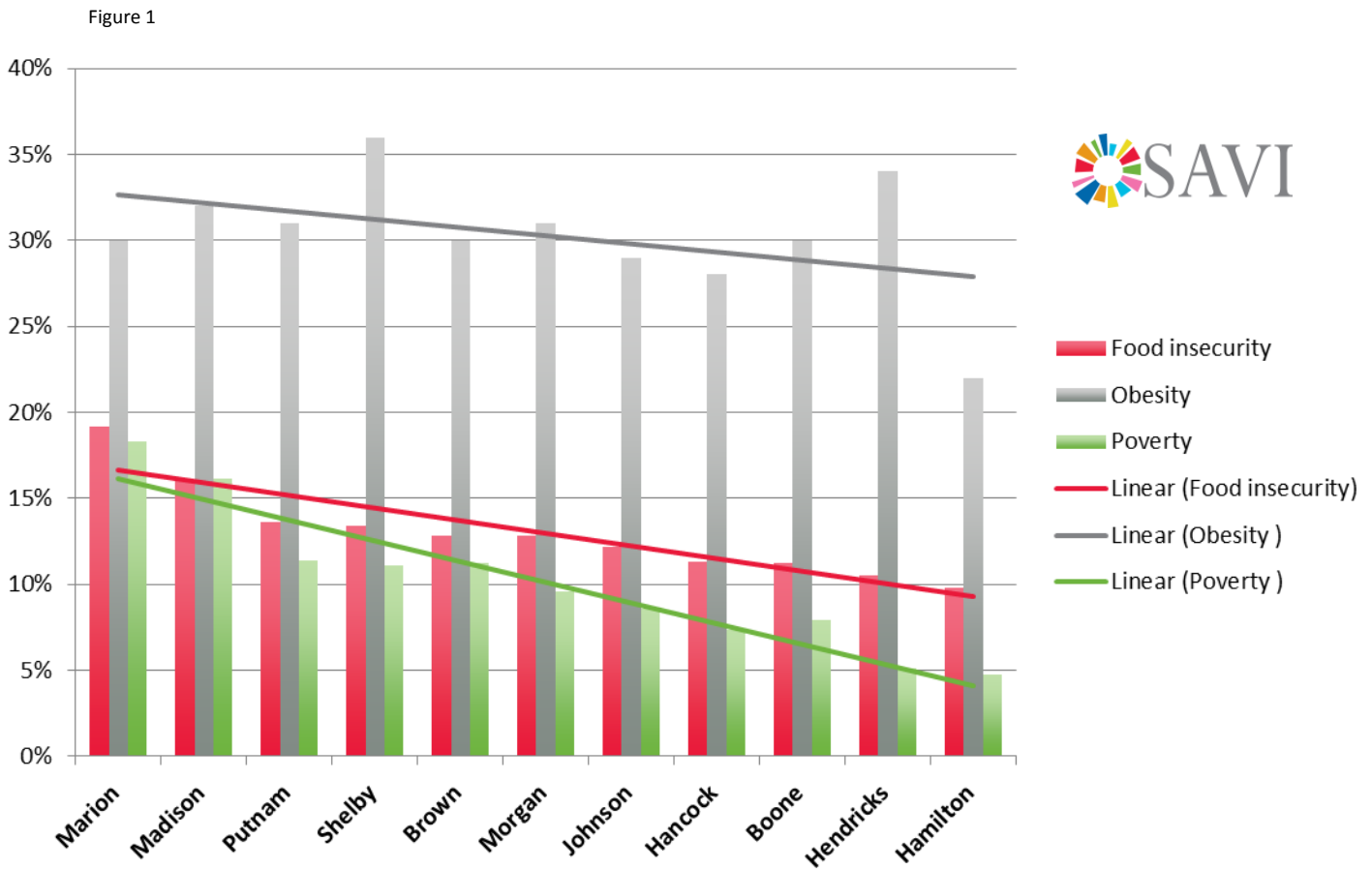
Adults

- A national sample of 4,509 women found that food insecure women were more likely to be overweight than food secure women.¹²
- In a twelve-state study of 66,553 adults, those who were food insecure had a 32% greater chance of being obese than those who were food secure.¹³
- Based on a study of 8,169 women in California, food insecure women were at a greater risk of obesity than food secure women, with the greatest risk for non-White women.¹⁴
- In one Connecticut study of 200 individuals, food insecure adults were twice as likely to be obese than those who were food secure.¹⁵

Children

- One study using national data from almost 6,500 children found that food insecurity was positively associated with overweight and obesity in those 12-19 years of age.¹⁶
- A study based on a national sample of 8,693 infants and toddlers found an indirect association between food insecurity and overweight that operated through parenting practices and infant feeding practices.¹⁷
- In a national sample of almost 7,000 children, childhood food insecurity was associated with overweight even after controlling for age, race, gender, and family poverty index.¹⁸

Due to limits in data, it was not possible to conduct a comprehensive analysis of overweight, poverty and food insecurity in Central Indiana. However, the chart below shows food insecurity, obesity, and poverty rates for each of the 11 counties with a trendline fitted to each. The counties are plotted in order by food insecurity rate, from the highest to lowest. The trendlines' slopes, especially obesity and food insecurity, are nearly identical, supporting the link between hunger and obesity.



Why is hunger so significant?

- Hunger can have significant impacts on a person's physical and mental health.
- Hunger can produce lasting adverse effects on a child's physical and mental development.
- Childhood malnutrition can hinder cognitive development, and cause anxiety and psychiatric issues in the long-term.¹⁹
- Food insecurity can cause iron deficiency anemia in children.²⁰
- Fortunately, these effects can be reversed and eliminated through therapy.²¹
- However, lack of therapy can induce these health problems to persist for a lifetime.²²
- Hunger is one of many symptoms of poverty. A community with a high rate of food insecurity may suffer from a wide range of structural problems that exacerbate its hunger issue. For instance, poor individuals in low-income neighborhoods might not own a car and must rely on public transportation or walking, yet their neighborhood may have very low walkability and so their ability to access adequate nutrition is compromised.
- Under-nutrition is **preventable**.
- Malnourishment in pregnant women can be responsible for low-weight births, leading to cognitive development delays in the child.
- Hunger decreases our human capital.
- Benefits of food security include better school attendance, higher performance on standardized tests, and reduced need for costly special education.
- "Perhaps the greatest costs associated with under-nutrition among children are the more intangible ones. In economic terms, these are "opportunity costs" – the costs of lost opportunity in which productivity with financial benefits would otherwise occur. In this area, the lost opportunity is the contribution that nutritionally-deprived children might otherwise make to society as a whole, and to the productivity and well-being of their families in adult life."²³

When hungry, your body is not receiving the nutrients and materials needed to sustain activity and growth. Naturally, this impacts the entire body: mind, eyes, mouth, heart, organs, skin, joints and muscles, digestive system, bones, extremities, and the immune system.²⁴ There are a vast abundance of diseases and conditions that arise from particular nutrient deficiencies. Food insecurity can easily make the body susceptible to many of these diseases. While these conditions can be reversed with proper nutrition; proper nutrition alone is not enough to reverse hunger's damage to the mind. A strict activity and nutrition therapy is necessary for this kind of recovery.²⁵

Food insecurity in children can result in:²⁶

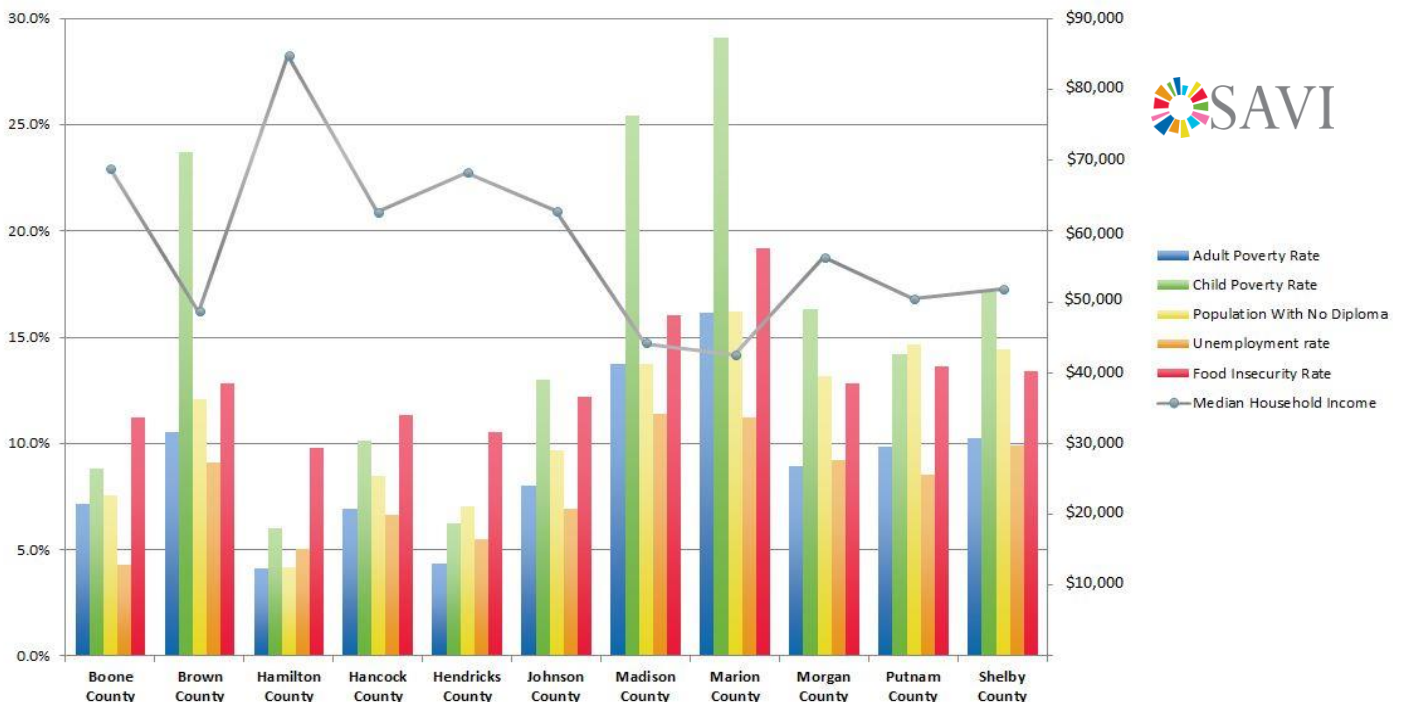
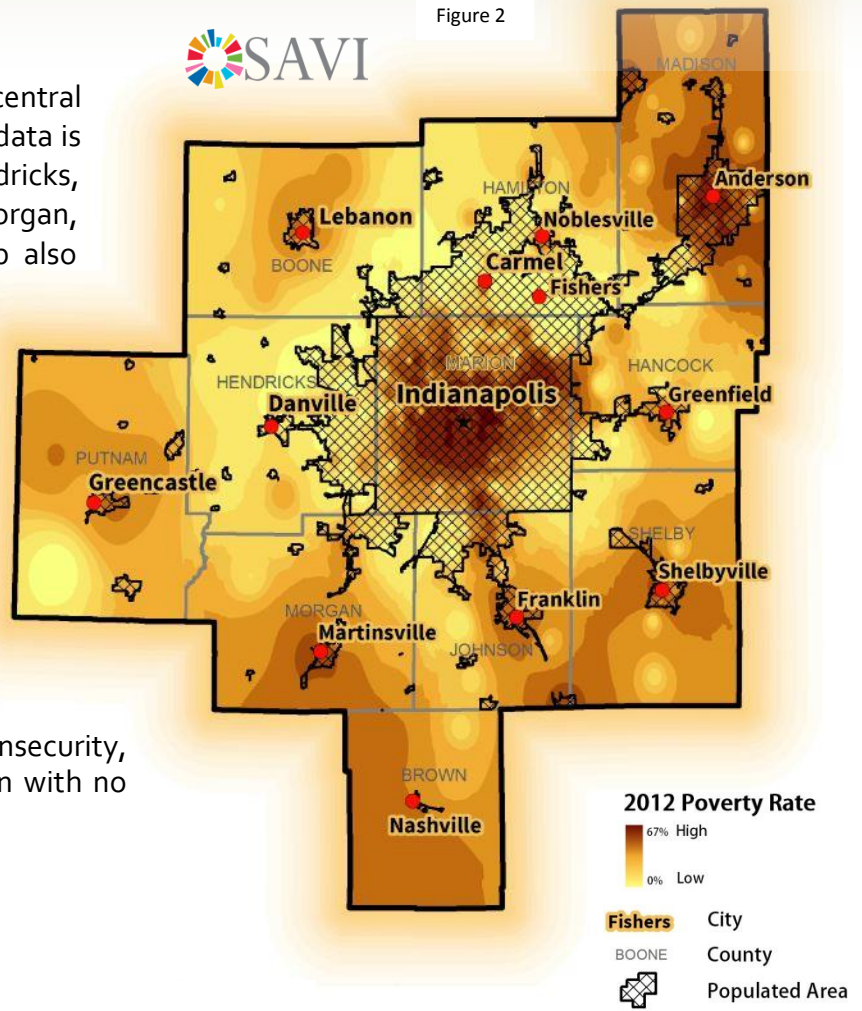
- Lower test scores
- More behavior and disciplinary problems
- Higher rates of depression and anxiety; iron anemia deficiency as infants or toddlers
- Higher rates of diabetes and other chronic conditions
- More frequent visits to school nurse
- Higher probability of repeating a grade at school

Food Insecurity Visualized

This report focuses on Indiana's eleven central counties on which SAVI census tract-level data is available: Boone, Brown, Hancock, Hendricks, Hamilton, Johnson, Madison, Marion, Morgan, Putnam, and Shelby. This reference map also shows the poverty rates in Central Indiana smoothed out for easier interpretation. Dark brown areas have high poverty and bright yellow areas have low poverty. County seats are labeled in each county. In Hamilton County, Carmel and Fishers also are labeled.

This chart below enables easy comparison of several variables associated with hunger: adult and child poverty, unemployment, food insecurity, median household income, and population with no diploma between each county.

Figure 2



Underserved Areas

The map on the right shows food pantries in Central Indiana, each being represented by a green dot. The 2012 unemployment rate is also displayed for the eleven counties. Buffering each food pantry by a 5-mile radius isolated seven towns that do not have a food pantry within five miles in all directions of its city limits. As seen on the map, some of these towns are on the edge of their counties, yet even when considering their neighboring counties they still lack access to a nearby food pantry.. Unfortunately, in Thorntown, Summitville, Lapel, Shirley, New Palestine, Fairland and Roach-dale, an estimated 1150 are food insecure, among which 620 likely qualify for SNAP and 360 qualify for charitable responses like a food pantry. There are about 203 food pantries in Marion County, thus many of them are not visible on the map because they are so near each other that they overlap at this scale.

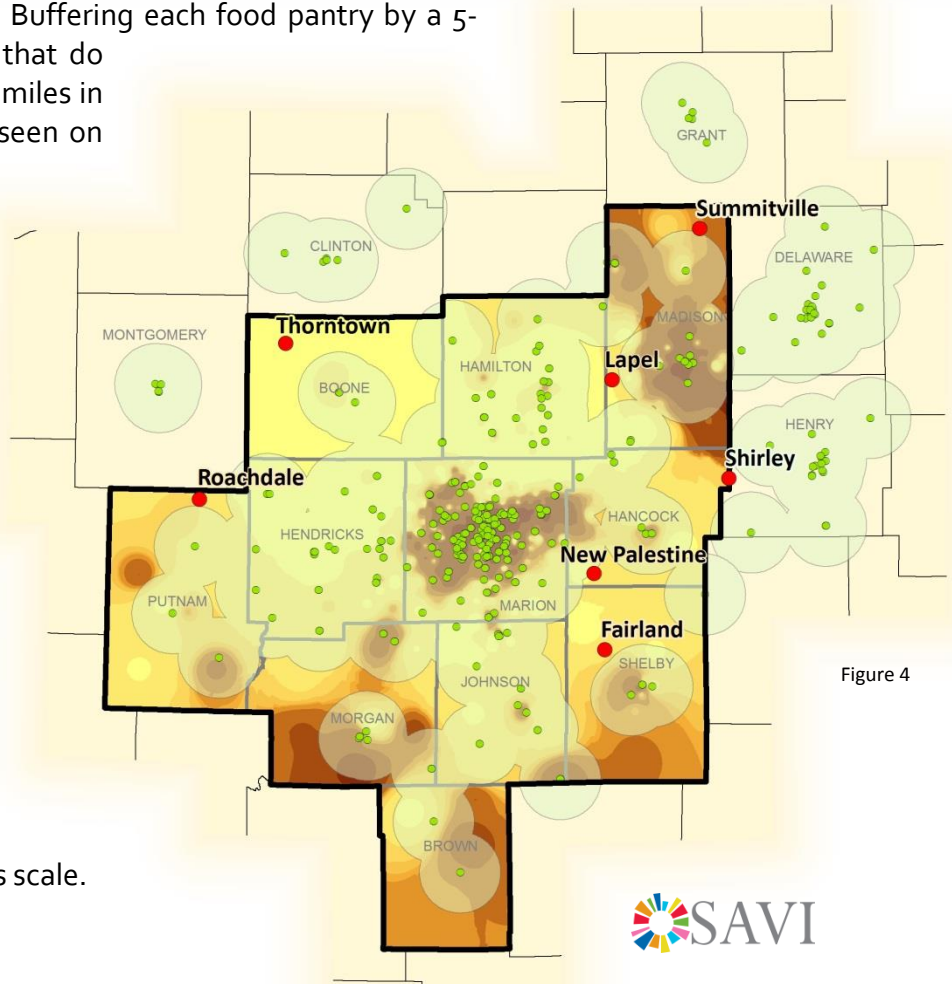


Figure 4



2012 Unemployment Rate

- 37% High
- 0% Low
- Towns With Least Access To Food Pantries
- Food Pantry
- County
- 5-Mile Food Pantry Buffer

Local Food Resources

While there are over 200 food pantries in Marion County, this county still has the most significant food insecurity problem. Though it seems Marion is well-served by its many food pantries, the reality is that this hunger relief must provide for 173,000 food insecure individuals. The good news is that there are an estimated 350 food pantries in Central Indiana. Food pantries, however, are generally unable to meet the very high need. Because of this, many food pantries, especially churches, have eligibility restrictions and operate during limited hours. Most food pantries simply do not have the space to store the amount of food needed to provide for their area’s needs. In addition to space, capacity for perishables such as dairy products, bread, vegetables and fruits is often lacking as well. Indiana’s food pantries need to be equipped with storage and refrigeration space to more effectively combat hunger. To reduce costs, many local pantries purchase low-cost food options from local food banks.

How Food Banking Works

Feeding America food banks receive donations of food and cash from Feeding America, farmers, groceries, corporations, and other parties. These food banks distribute this food to soup kitchens, food pantries, senior centers, homeless shelters, and other relief agencies, which in turn deliver them to Indiana's hungry. As visible in the image below of the Midwest Food Bank warehouse, agencies come to the food bank with trucks and vans to be loaded and delivered to a pantry. The flowchart on the right depicts this hierarchy more clearly.

Food banks rely on food or cash donations from individuals and organizations. Within a food bank, most of the food enters and leaves the facility quickly. Most packages and boxes leave a food bank within days or weeks of arriving, while some are stored for up to several months. The storage areas are essentially warehouses where food is stored on pallets and then unloaded into food pantry trucks and vans as they come.

Volunteers are critical for the operation of food banks. On the day this picture from Midwest Food Bank was taken, there were several youths from a church that had come to volunteer to load packages from pallets into incoming vehicles. Two volunteers from another church had come to drop off lunch they had prepared for all of the volunteers.

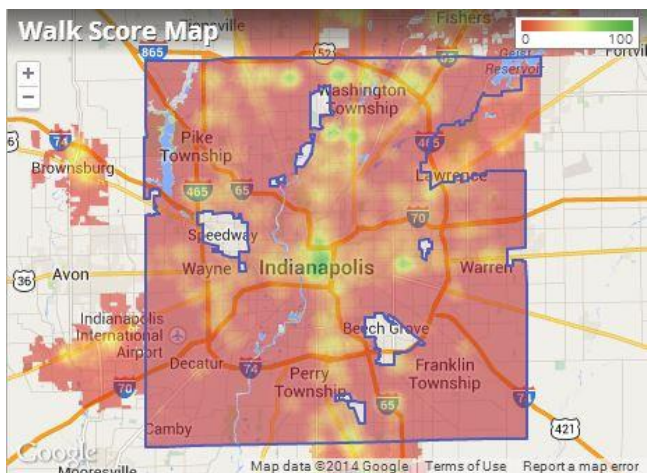
Figure 6



Indianapolis Walkability and Transit

Low walkability and transit quality means little access to food

Figure 7



Walk Score Rubric:

90-100	<i>Walker's Paradise</i>
70-89	<i>Very Walkable</i>
50-69	<i>Somewhat Walkable</i>
25-49	<i>Car-Dependent</i>
0-24	<i>Almost Totally Car-Dependent</i>

Walk Score: 29/100

Transit Score: 23/100

Bike Score: 41/100

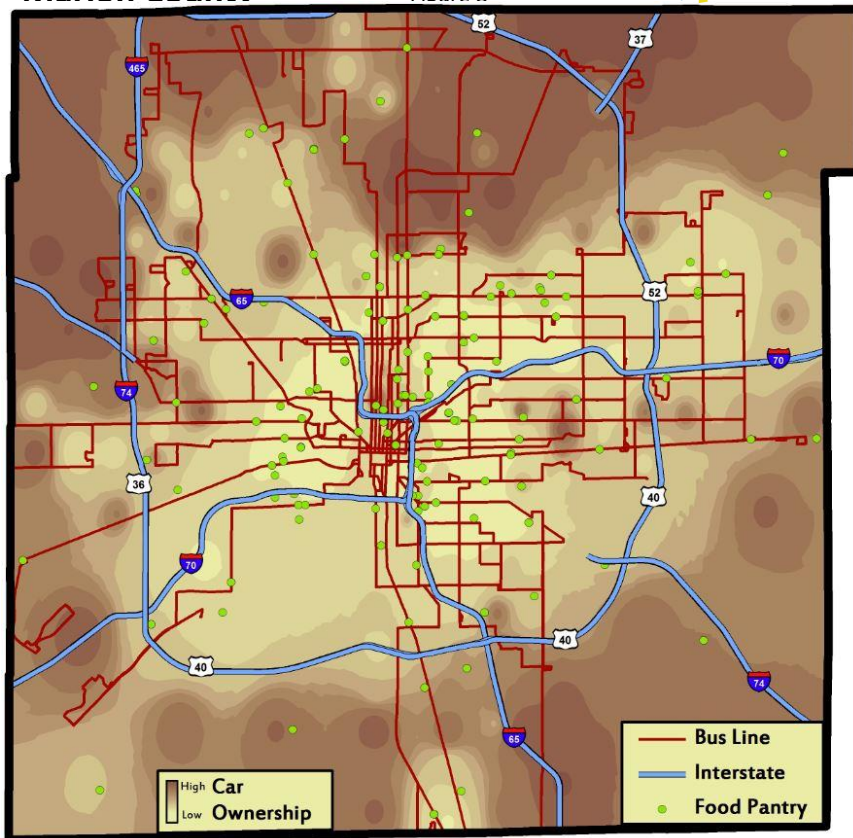
Walkability is a measure of how friendly an area is to walking. Walkscore® is a website that assesses walkability at up to the neighborhood level. The higher a walk score, the more sidewalks, skywalks, trails, paths, and other walkable areas a location has that make it pedestrian-friendly. **Walkability is an important variable in food insecurity because poor Hoosiers without cars rely more on walking and public transit for transportation. A one-mile walk or bus ride to the grocery store can take much longer in a neighborhood with a poor transit system and low walkability.**

As visible on the first map above, most of Indianapolis' walk score is unfortunately under 35%, with a handful of small pockets of exception, notably downtown. Even southern Hamilton County has very low walk scores.

The map to the right shows Marion County's bus lines, while the background displays car ownership. Darker red areas are locations where more people have cars, and the lighter, yellow areas are where fewer people have cars. The great majority of Marion County food pantries are fairly easily accessible by bus.

Marion County

Figure 8



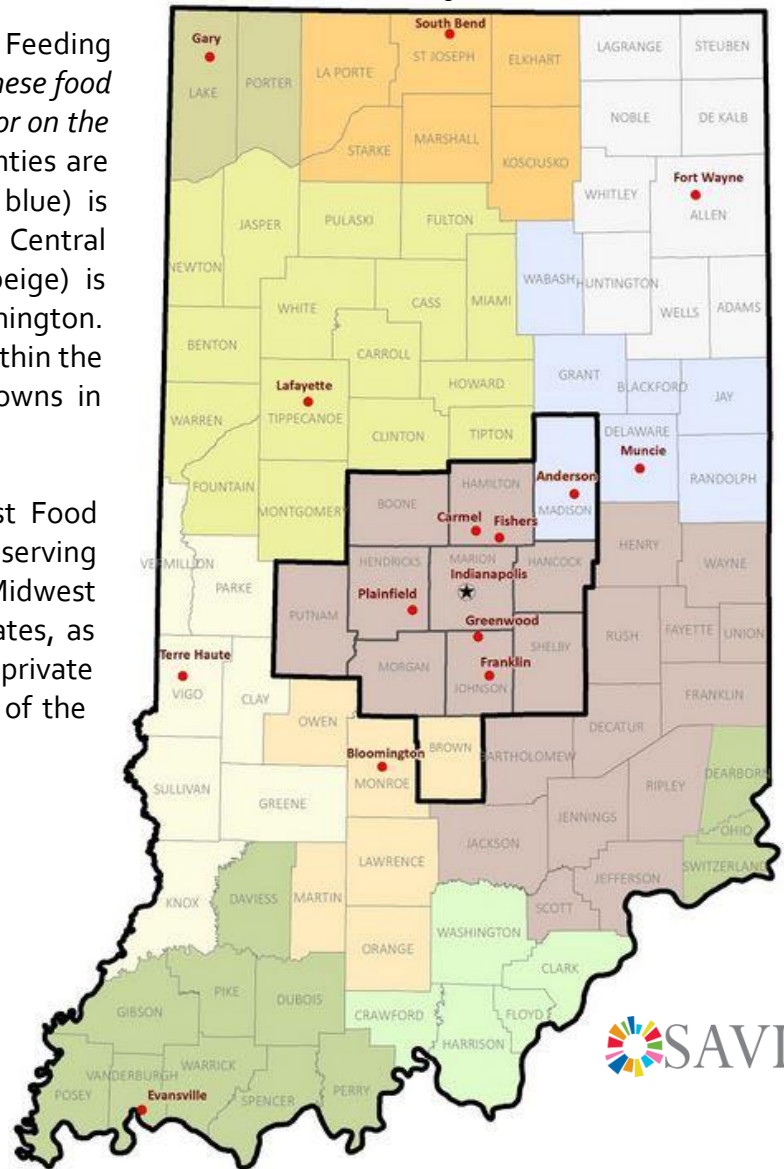
Who Provides Food Assistance?

Community Agency Profiles

Figure 9

There are 11 food banks in Indiana that are part of Feeding America, servicing Indiana's 92 counties. Each of these food banks' service areas is represented by a different color on the map to the right. Nine of Gleaners' 22 served counties are located in central Indiana. Madison County (in blue) is serviced by Second Harvest Food Bank of East Central Indiana, based in Muncie. Brown County (in beige) is serviced by Hoosier Hills Food Bank based in Bloomington. The city in which each food bank is based (if it is within the state) is also shown, as well as several major towns in central Indiana.

In addition to these eleven food banks, Midwest Food Bank, based in Illinois, has an Indianapolis division, serving 52 counties in Indiana. For the past two years, Midwest has been ranked the #1 charity in the United States, as well as the #1 charity in the US relying on private contributions. The Indianapolis Division serves all of the eleven counties in central Indiana.



BLOOMINGTON, IN

Counties served:

- Brown
- Martin
- Orange
- Lawrence
- Monroe
- Owen

MUNCIE, IN

Counties served:

- Blackford
- Grant
- Jay
- Randolph
- Delaware
- Henry
- Madison
- Wabash

Hoosier Hills Food Bank
Tel. (812) 334-8374

Second Harvest Food Bank of East Central Indiana
Tel. (765) 287-8698

INDIANAPOLIS, IN

Counties served:

- Bartholomew
- Decatur
- Hamilton
- Franklin
- Hendricks
- Jefferson
- Johnson
- Morgan
- Ripley
- Scott
- Union
- Boone
- Fayette
- Hancock
- Jackson
- Jennings
- Marion
- Putnam
- Rush
- Shelby
- Wayne

Gleaners Food Bank of Indiana, Inc.
Tel. (317) 925-0151



Findings of Interviews with Community Leaders

Part of this research consisted of interviewing community leaders: Jennifer Vigran, John Whitaker, Executive Director of Midwest Food Bank – Indianapolis Division, Jennifer Vigran, CEO of Second Helpings Inc, and Marcus Casteel, Director of Grace Care Center. Below are common themes drawn from responses in all of these interviews.

It is important to reach rural areas that do not have as much access to food pantries than urban areas.

As seen in Figure 4, there are nine small towns in Central Indiana that do not have a food pantry within five miles all around. The problem of rural Hoosiers being outside the influence of food programs is an issue that has persisted for years. The response to this has been the development of mobile food pantry programs, that can reach these areas by truck to deliver food. Mobile food pantry programs do more than provide food for out-of-reach areas, they also deliver directly to homes of food insecure seniors, to accommodate for transportation problems facing the elderly.

Over the past few years, collaboration between organizations and agencies has increased and improved.

Food assistance organizations are working more closely together, creating networks that are increasing efficiency and effectiveness needed to accommodate the rising need for food. The annual Indiana Hunger Summit is a conference where nonprofits and other organizations come together to present research and develop solutions to Indiana’s hunger problem.

Most Hoosiers are not informed about the hunger crisis in Central Indiana.

New volunteers at food banks and pantries are almost always shocked at the degree of need within their community.

Hunger is not an independent problem but a symptom of deeper issues.

The real root of hunger is poverty. However, in a nation as developed as the United States, no individual ought to go hungry.

Food insecurity is present in almost every community, even those perceived as affluent.

Many Hoosiers believe Hamilton County is virtually hunger-free, or even poverty-free. The truth is that all throughout Hamilton County are individuals that are food insecure, a problem that does not only affect the poor, but those we would consider well off, for instance, single mothers that have lost their food security after having recently lost their job, and are struggling to find employment.

Food pantries must be reformed to increase efficiency: expand service from once-a-month to once-a-week, and provide clients with choice in the foods they receive.

Marcus Casteel, Director of Grace Care Center proposes that this type of reform will dramatically increase efficiency, in terms of the amount of food distributed, the amount of food ultimately wasted, and costs burdened by clients frequenting multiple food pantries.

Midwest Food Bank

"Bridging the gap between prosperity and poverty"

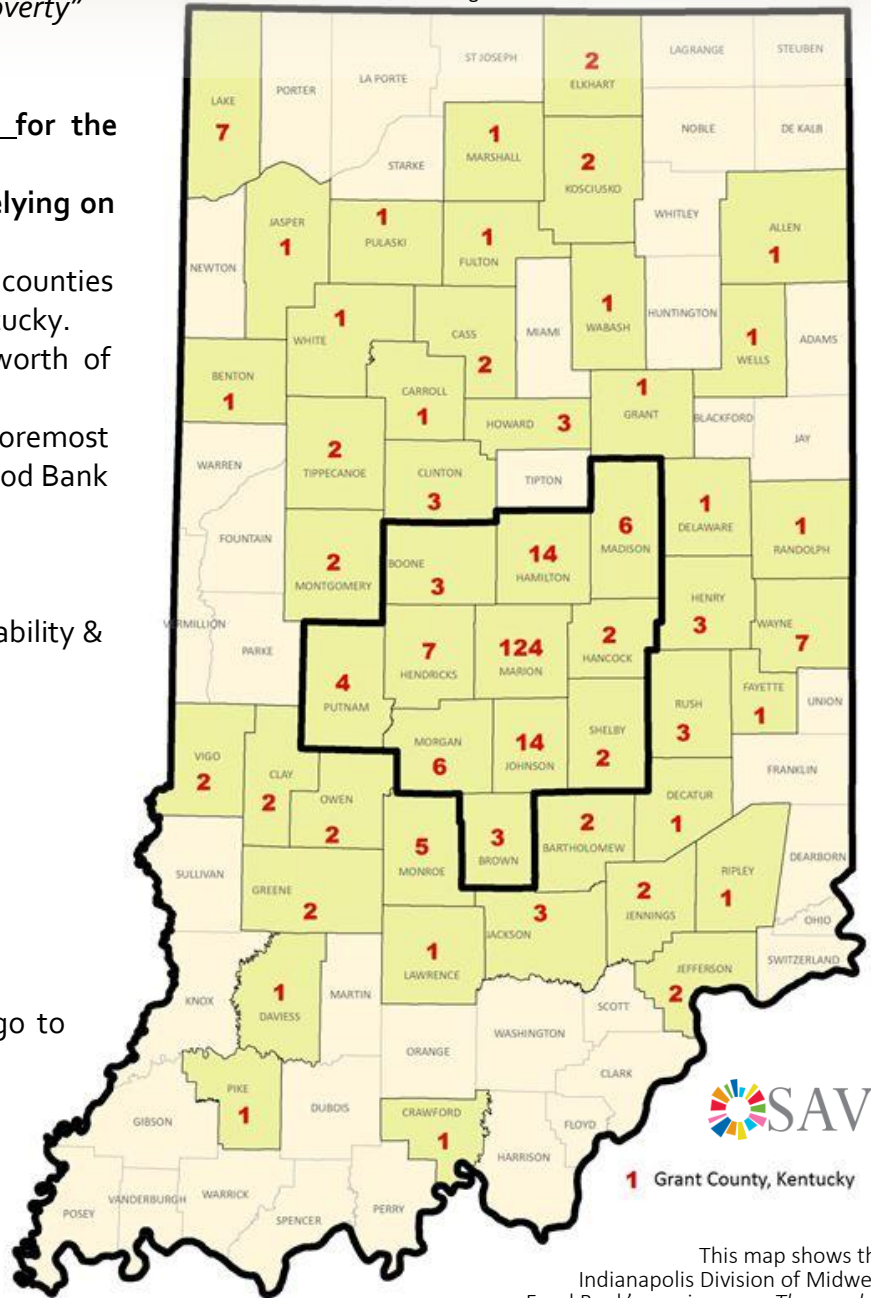
Overview

- **#1 charity in the United States for the past two years.**
- **#1 charity in the United States relying on private contributions.**
- Based in Indianapolis, services 52 counties in Indiana and Grant County in Kentucky.
- In 2013, distributed \$7.2 million worth of food *more* than in 2012.
- Charity Navigator, America's foremost charity evaluator, rated Midwest Food Bank the following:
 - 69.95/70 Overall
 - 69.93/70.00 Financial
 - 70.00/70.00 Accountability & Transparency



- Only 0.5% of financial donations go to administrative costs.
- Midwest stands out among other food banks, as they deliver food to agencies free of any charge or handling fee.
- More than a food bank: delivers food, aids with disaster relief, and donates internationally.
- Midwest leverages every dollar donated by a ratio of 1:39. In 2013, Midwest leveraged \$500,000 in donations into \$20 million.

Figure 10



1 Grant County, Kentucky

This map shows the Indianapolis Division of Midwest Food Bank's service area. The number of partner agencies in each county is shown in red.

Q&A with John Whitaker, Executive Director of Midwest Food Bank, Indianapolis Branch

The following answers are rough paraphrases highlighting the main points John Whitaker communicated, not word-for-word transcriptions.

Do you provide direct service to clients?

No, we support agencies that provide direct service to clients.

Do you have the capacity to accommodate growth in demand, or would you need to expand your facility and other assets?

We have the storage capacity, the challenge is the manpower and operating power needed to meet this demand.



How many employees does the organization rely on?

We rely on five employees and 3,600 volunteers annually.

Is there a notable hunger problem in Hamilton County?

Yes, the problem in Hamilton County is that food programs are not receiving enough funding. Sheridan is a poor community with a significant hunger problem. Food availability may not always be the problem, but operation is. In Sheridan, some people live in tents behind Walmart. Marcus Casteel, a pastor, went 3 weeks living only off of food pantries to experience firsthand poverty, and see what it is like to seek food from agencies. He found it to be very challenging, and was sometimes treated as a beggar. Emerging from this experience, Casteel founded Grace Church Food pantry. *(Interview with Marcus Casteel on page 20)*

What are your priorities in the fight against hunger?

1. Local

Eliminate hunger deserts in rural areas which are not well covered by other food banks.

2. Giving

3-5% goes to 3rd world countries (Liberia, Kenya, Haiti, Philippines).

3. Relief

Work closely with the Salvation Army and other relief organizations after natural disasters like tornados.

- In May 2013, the Indianapolis Division aided with relief efforts for victims impacted by an Arkansas tornado. The first shipment included 914 Salvation Army disaster relief kits, each providing a family of four enough food for a week and 10 hydration pallets.

- In November 2013 the Indianapolis branch of Midwest sent 45,000 pounds of rice, pinto beans, and Midwest Food Bank's "Tender Mercy" nutritional rice and bean meal packets to the Philippines in response to Typhoon Haiyan.
- In November 2013, in response to the F2 tornado that touched down in Kokomo, the Indianapolis Division in cooperation with Governor Pence's office and local & national relief organizations distributed over 10,000 lbs. of food and relief to Kokomo's largest feeding ministry, Kokomo Urban outreach.

Indiana food banks affiliated with Feed Indiana's Hungry each have certain counties that are part of their service area. Your organization is based in Illinois and in 2008 opened a branch in Indianapolis. Your service area overlaps that of other food banks; do you collaborate with any of these other food banks?

We collaborate with Gleaners, but other food banks seem to resist collaboration. We rely on funding from smaller agencies and organizations rather than corporations. Collaboration is a value we would like to see in action, but unfortunately Midwest often goes unrecognized by major corporations and food organizations.

Have you noticed any changes over the past 3-5 years in the state of hunger in Central Indiana? How has the response to addressing hunger changed?

At least in Marion County, there is more collaboration between food organizations. Midwest is receiving more food but can barely keep up with the demand. The elderly often have to choose between medication and food. Rates of child food insecurity are increasing. Reduction to SNAP means more people are coming to the food pantries. The challenge has been increasing over the years, and it can only be met with volunteer service and funds.

We partnered with Mount Pleasant Church in Johnson County to build a \$4.3 million community center for food assistance. We have 14 partner agencies in Johnson County. The goal of this community center is to provide food and social services to those in need.

What are the challenges facing Midwest Food Bank today, and do you see them persisting in the future?

Funding is a challenge. Unfortunately, hunger is underplayed, and there is little awareness of the issue in Indiana. Many Hoosiers have a disconnect with the problem and those suffering from it. Additionally, those who are hungry often don't know where to go for help. There is a lot of food that is thrown away that Midwest is unable to salvage. Increased corporate support for Midwest would greatly bolster our ability to effectively address these issues.

"I think corporations resist collaborating with faith-based organizations because they don't want to show partiality for a particular denomination or faith, but Midwest is not about a denomination, we just seek to fulfill God's mission in caring for our neighbors." Many of our would-be donors and partners avoid supporting Midwest because they don't want to touch the faith-based aspect of our organization.

A challenge facing food pantries is the need for more capacity. Many pantries have no place to store perishables and rely on refrigeration units.

What can other organizations do to help alleviate hunger? Is this a community problem with a community-wide solution?

This is absolutely a community-wide problem with a community-wide solution. Everyone can help and make a difference. It is important for all of our citizens to be aware of the hunger problem and foremost, to simply care for each other. Hunger will never go away, but what we can do is care enough to give our time and resources to help those in need. Midwest is currently working on a food drive initiative in go schools. While

Indiana is one of the best volunteering states; volunteers and donations are vital but are often insufficient. Organizations need to focus on delivering resources as directly as possible to the agencies that distribute, and minimize unnecessary expenditures in transportation and other expenses. The sad truth is that hunger will always be with us. However, we cannot afford to ignore this issue. It simply begins with being aware, and caring. As citizens we must remain aware of the needs in our community and care for the underprivileged, and through this compassion be empowered to combat the hunger issue.

Gleaners Food Bank of Indiana, Inc

"Until every bowl is filled"

Population served				
Number of counties served: 21		Total pounds of food distributed annually: 20,230,234		
Types and number of agencies receiving food (429 total)				
Emergency: 305	Soup Kitchen: 24	Shelter: 7	Residence: 0	Day Care: 12
Multi-service: 34	Senior: 0	Rehabilitation: 0	Youth Programs: 45	Other Programs: 2
Programs				
Distribution, Food Stamps, School Pantries, On-Site Client Pantry				



Overview

Gleaners is the state's largest food bank, based in Indianapolis. This not-for-profit organization serves 21 counties in central and southeast Indiana, partnering with over 400 agencies and covering a service area of 2,330,126 Hoosiers. Since its founding in 1980, Gleaners has served hundreds of thousands of "the working poor, the unemployed, single parents and the elderly... the homeless, the disabled, the mentally ill... battered women, victims of disaster and helpless children."²⁷ Gleaners receives donations from federal and state governments, major food outlets, corporations, clubs and other organizations, while distributing food to central Indiana food pantries, senior centers, homeless shelters, soup kitchens, faith-based nonprofits, etc. In 2012-2013, the food bank provided access to 20 million meals for over 300,000 people. Through its Nutrition Initiative, Gleaners brought in and distributed 4.6 million pounds of fresh food in 2013, up by 5.5% from last year. The Mobile Pantry Program supports existing food programs, and circulates food to neighborhoods where people lack access to food-assistance programs. In 2012-2013, this program provided 1.7 million meals to those in need, through 252 distributions.

Hoosier Hills Food Bank

"Taking the hunger out of poverty"

Population served				
Number of counties served: 6		Total pounds of food distributed annually: 3,279,802		
Types and number of agencies receiving food (98 total)				
Emergency: 66	Soup Kitchen: 4	Shelter: 4	Residence: 9	Day Care: 3
Multi-service: 2	Senior: 1	Rehabilitation: 0	Youth Programs: 9	Other Programs: 0
Programs				
Food Distribution, Food Stamps, On-Site Agency Shopping, Farm/Orchard/Raise Fish, Composting				



Mission Statement

Hoosier Hills Food Bank collects, stores, and distributes food to non-profit agencies feeding the low-income, ill, and children in south central Indiana and works to educate the community about hunger. Hoosier Hills Food Bank (HHFB) is a member of Feeding America, Feeding Indiana's Hungry (FiSH), and United Way of Monroe County.

Overview

Based in Bloomington, Hoosier Hills Food Bank serves six counties with a total population of 253,510. Since opening in 1982, HHFB has distributed over 40 million pounds of food. The food bank's 100 partner non-profits serve 25,800 people annually. HHFB is also dedicated to rescuing food that would otherwise be wasted. It then delivers this food to its 94 partner agencies which in turn distributes the food to those in need within their communities. Through the Garden Gleaning Program, Hoosier Hills produced 24,000 pounds of fresh produce from four farms. In 2013, the Mobile Food Pantry Program doubled in size from two to four sites. HHFB's efforts resulted in the distribution of 3.7 million lbs. of food in 2013 (16% increase since 2012), including 756,000 lbs. of fresh produce (17% increase since 2012). HHFB is adding to its facilities and capacities to accommodate its rapid growth.

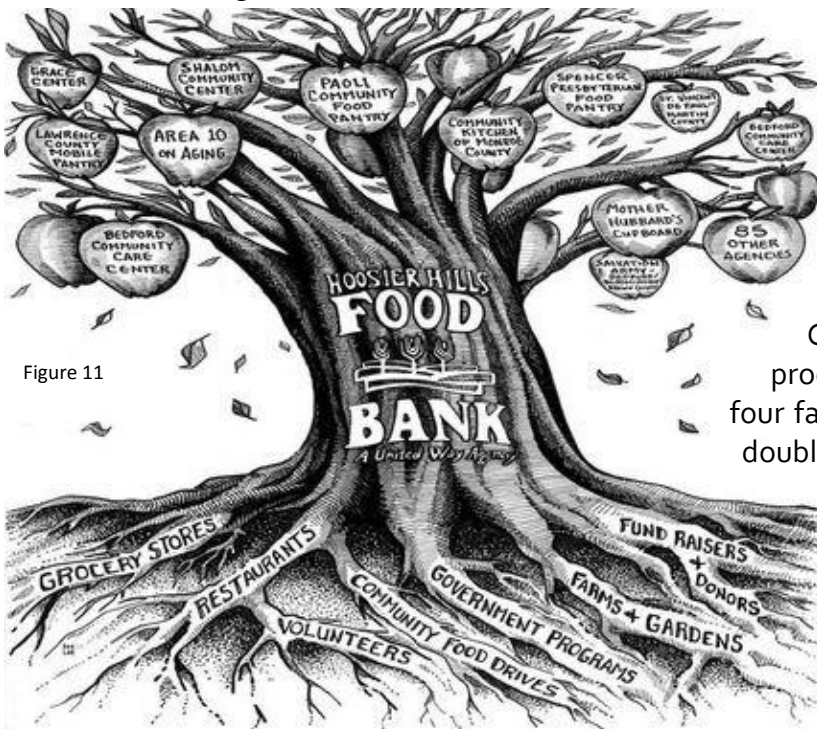


Figure 11

Second Harvest Food Bank of East Central Indiana

"Cure Hunger"

Population served				
Number of counties served: 8		Total pounds of food distributed annually: 9,919,469		
Types and number of agencies receiving food (136 total)				
Emergency: 68	Soup Kitchen: 5	Shelter: 6	Residence: 3	Day Care: 8
Multi-service: 8	Senior: 1	Rehabilitation: 0	Youth Programs: 35	Other Programs: 2
Programs				
Distribution, Nutrition Education, After School Snacks, Food Stamps				



Mission Statement

The mission of Second Harvest Food Bank of East Central Indiana is to provide a coordinated approach to alleviating hunger in East Central Indiana.

Goals

The most vulnerable people in East Central Indiana will be free from hunger.

1. Distribute 13 million pounds in 2013.
2. Be a resource for the most vulnerable people to be free from hunger.
3. Support Feeding America partnership.
4. Continue to focus on the nutritional value of food distributed with emphasis on youth disbursements.
5. Second Harvest Food Bank will actively advocate for public policy that supports ending hunger.
6. These goals will be accomplished at a cost no greater than incurred by similar food banks in the Feeding America network.

Second Harvest Food Bank is a distributing warehouse for food pantries and emergency shelters, and other food assistance agencies. The food bank also provides prepared meals to community soup kitchens. The Tailgate Program reaches low-income citizens that lack access to nearby food programs, providing them with perishable and non-perishable foods. 458,423 Hoosiers live in SHFB's service area of 8 counties.

Second Helpings, Inc.

"Transforming lives through the power of food"

Overview

Neither a food bank nor a food pantry, this organization receives rescued food and donations to prepare meals for thousands of hungry citizens, as well as assisting other programs with food items. Second Helpings calls itself a community kitchen. It is focused on rescuing food from grocery stores, restaurants, schools, churches, etc. The organization collects 2 million lbs. of food yearly, and in 2013 distributed more than \$3 million worth of salvaged food, and served 800,000 meals. Second Helpings' most distinguished program is the Culinary Job Training Program, recognized as a "Program of Excellence" by the American Culinary Federation. This free 10-week course has graduated over 100 formerly unemployed and underemployed citizens. Second Helpings' graduates receive credits from Ivy Tech Community College's culinary program, a certificate of achievement from the State of Indiana, and ServSafe Certification. These graduates have gone on to become business owners, executives, eminent chefs, and more.



Q&A with Jennifer Vigran, CEO of Second Helpings, Inc.

The following answers are rough paraphrases highlighting the main points Jennifer Vigran communicated, not word-for-word transcriptions.

What is your service area?

Marion, Hamilton, Boone (meals), and Johnson counties. The service area is not limited by geographical boundaries but rather limits in capacity.

What township or region of Central Indiana does Second Helpings influence most?

Marion County.

Which agencies are your most significant partners?

Boys and Girls Clubs (since 2012), Wheeler Mission Lighthouse, St. Vincent De Paul (food not used), Cathedral Kitchen, Julian Center, Indy Parks.

How many employees does the organization rely on?

We rely on 25 staff and 21 volunteers. Part-time regular volunteers essentially double the workforce.

What are the challenges facing Second Helpings today, and do you see them persisting in the future?

Second Helpings is entirely community funded, so this constant flow of income is necessary to maintain operation. The other challenge is the limits of the facility. As the organization grows, it will run out of space and need to decide whether to increase its number of facilities (up from one facility).

What are Second Helpings' greatest successes?

In the time leading up to the Super Bowl, Second Helpings retooled its facilities, doubling capacity. This enabled them to serve more agencies, most notably the Boys and Girls Clubs of Indianapolis.

Many people would think that Hamilton County's food insecurity rates are negligible or insignificant. What is your response?

Hunger is a problem *everywhere*. We've seen this issue in our Boys & Girls Club of Noblesville. Many children that come to the Club rely on this club for a consistent source of food because their households are food insecure. Food insecurity affects just about every area of Indiana.

Have you noticed any changes over the past 3-5 years in the state of hunger in Central Indiana? How has the response to addressing hunger changed?

Hunger is present in every community, regardless of economic status. There are many people who were not born poor, and went on to receive higher education after high school who come into Second Helpings for food assistance. This shift has been more apparent since the 2008 economic crisis. Rural Hoosiers living outside their central city, and thus beyond the influence of its food programs, is a problem that has persisted over the past few years. One response to this has been the utilization of a mobile food pantry program by certain organizations, sending food trucks to reach people in these remote areas. In response to Indiana's growing hunger problem, agencies have begun more closely collaborating with each other.

There seem to be more community-wide initiatives focusing on hunger in central Indiana. How has this made a difference?

The recent emphasis on collaboration has allowed organizations to improve themselves and plug gaps in their operation, allowing for more people to get the nutritional assistance that they need.

Do you provide direct service to clients?

Second Helpings only provides service to agencies, not individuals.



Would sufficient funds solve Indiana's hunger problem or would the social service infrastructure need to be improved as well?

Hunger is a symptom, not a stand-alone problem. Yes, money can address a lot of the hunger issues that are out there, but if we want to really address the problem, we need to look at the root causes. We can give someone a fish, but we're better off as individuals and as a society if we address their immediate needs while also investing in helping them learn to fish – to build the skills they need to become self-sufficient. That takes much more than an investment in buying food – that takes a broader investment in supporting the working poor, building good job training programs and ensuring that the jobs are out there.

How closely do you work with Gleaners?

Second Helpings works very closely with Gleaners. A significant challenge for both organizations is processing great quantities of fresh fruits and vegetables and other perishables before they spoil. Second Helpings often sends surplus trucks of perishables to Gleaners and vice versa.

What can other organizations do to help alleviate hunger? Is this a community problem with a community-wide solution?

Organizations must clarify and prioritize the issues they seek to address. Ensuring children's access to food *must* be the priority. Workers running programs for children frequently assume the children have eaten before arriving, which unfortunately is often not the case. Food is not the sole issue at stake. It is important for agencies to create an environment where the underprivileged receive holistic assistance. Seniors especially need a place where they can not only receive food assistance, but fellowship with one another.

Q&A with Marcus Casteel, Grace Care Center, Noblesville

In the spring of 2011, Grace Church in Noblesville decided to discover the need for food in their community. Marcus Casteel, Grace Care Center Director, was in charge of researching food pantries. He decided to experience his community's needs first-hand, and discover what some of the gaps in services might be that Grace Church could fill. Through this interview, Casteel shares his insights on Indiana's hunger problems and what his coworkers have done to address them. He calls for a reform of the food pantry system, which would significantly increase the amount and quality of food clients receive, as well as decrease the burden sustained by food pantries and food banks.



What were your expectations before going into this initiative?

My expectation and goal was simply to put myself in the boots of someone in need who relies on food pantries to eat. I needed to see their experience that they would have as they used pantries.

Did you have much contact and fellowship with other food pantry clients?

No, I did not have much of any contact with others in need.

Do you feel that the food insecure are aware of the hunger relief resources available to them?

Now that I've come out of the experience and started the Grace Care Center, I can easily direct someone to all the resources in their reach. Unfortunately, without my previous background working at food pantries and current background running the care center, I would have very little awareness of food pantries in Hamilton County. With my current experience I find that many do not know what resources are available to them.

Was the amount of food assistance you received sufficient or did you find yourself hungry at times?

The amount was insufficient. Each pantry I went to I could only go once a month, and the food they provided me with lasted 3-5 days. I went to six food pantries over the course of the three weeks, but the food was not sufficient.

- **What barriers did you face in accessing these resources?**

The main barrier was having to provide proof of being in need. Since I was not actually in need, I could not demonstrate need through bank statements or other evidences. Food banks have a service area of their town, township, or county. I was only able to go to Hamilton pantries that did not require me to provide documentation. Another large barrier was only using a pantry once a month, causing people to use many pantries.

- **What did you learn about the needs of this population and obstacles they faced in addressing these needs?**

One of the obstacles is this need to provide proof of eligibility. For those who have already been struggling, this is another hurdle which may inhibit them from getting the care they need.

How did your expectations compare to the reality?

My main reaction was shock. I was surprised at what was given to us, and how little is available to those that are hungry. Because of the limited space, pantries generally hand out food in bags or boxes. I directly received these boxes when I went for assistance, having no idea what was in them. The client has little to no choice, in some cases, about the food they receive. The majority of the food is canned, and the very little amount of perishables distributed consisted of bread with no fruits, vegetables, or dairy. Being only able to access a food pantry once a month was also a shock.

As a food pantry client, did you feel visible to the more privileged members of your community?

No. The great majority of people are totally unaware of the hunger problem. Of the 1,000+ volunteers that have served in our church's Care Center, not one has ever expressed any sense of anticipation at the gravity of Hamilton's hunger problem. Most of them were astonished at the prevalence of hunger in our community.

How were you treated?

I was never mistreated, but encounters between me and the pantry staff tended to be awkward, simply because of the disconnect between us. Most of the staff have never walked in the shoes of the food insecure. One time, I walked into a place a quarter 'til, and I hadn't any paperwork. They were closing in 20 minutes and rushing me to get my food, it was not quite a warm welcome. But these food pantries are placed in the awkward position of wanting to help everyone, but not being able to do so.

What food banks does the Grace Care Center partner with?

We partner with Midwest Food Bank and Gleaners Food Bank, corporate sponsors, and our congregation. Our congregation (6,000 weekly) provides 250 grocery bags of food per week. About 15,000 people call our church home, not necessarily attending every week.

What can Indiana food pantries to be more effective?

It is crucial for food pantries to do two things: become choice pantries and serve weekly. A lot of food is wasted because it is distributed to clients in boxes or bags. Not knowing what they receive, many find themselves not liking the food or even being allergic—this causes waste. As for serving weekly, monthly service has proven to be detrimental. Serving clients once a month means they will depend on multiple food pantries, spreading the burden. I calculated that if I had extended my initiative by additional week, I would have driven 200 miles only going to food pantries. By serving the public weekly, food pantries will serve a core group of people, lightening the burden on other agencies, and helping those in need by saving on gas and other means of transportation.

How has the experience helped you run the Grace Care Center?

Coming out of this experience, we've modeled our Grace Care Center based on what we've learned.

- We receive 12-14 pallets of fruits and vegetables every Friday, ensuring our clients receive proper nutrition. We also purchase milk, frozen meat and eggs.
- We have 250 volunteers every week, serving 400 families
- We modeled our pantry like a grocery store, to provide, each client *once-a-week* exactly what they want. This gives dignity and hope back to the underprivileged and preserves food by avoiding waste.
- We do not require any proof of eligibility. Our pantry is open to everyone who lives in Hamilton County and northern Marion County.
- Grace Care Center also provides other services in addition to food assistance, including a car repair center, which is a significant need many of our clients face.

What have you taken from your experience that every Hoosier should know?

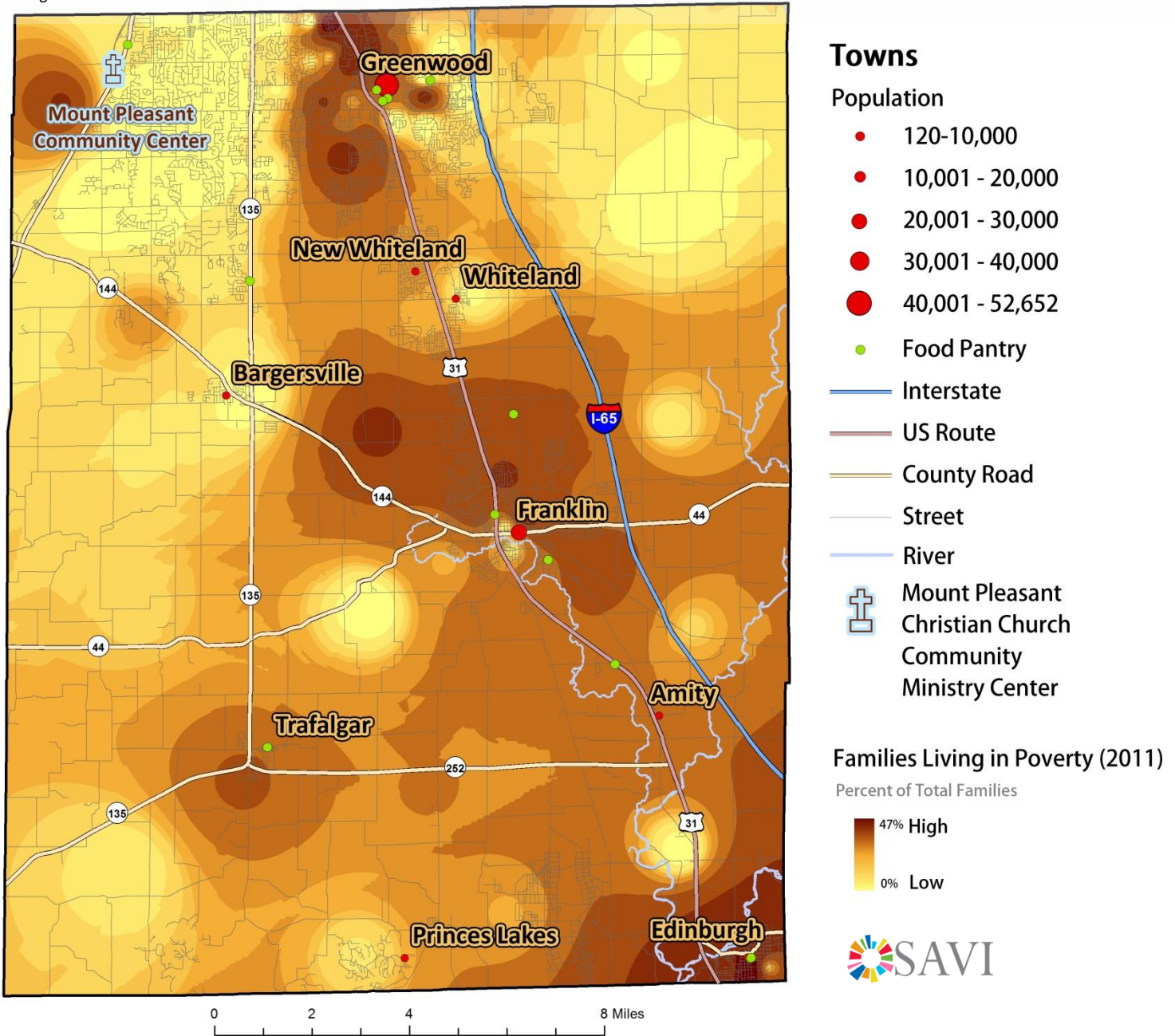
Every Hoosier needs to know that this is not an "us and them" situation. Every single person is one step, one accident, one bad decision away from being in a position of relying on a food pantry. We need to increase awareness of the hunger problem and not look down upon the less fortunate. Many of them are in their position due to losing jobs, health problems, accidents, or other crises; they are our fellow neighbors and we must treat them as such. In this country of plenty, people in Indiana and the United States should not go hungry. Next time don't look away, instead, offer a helping hand.

Figure 12



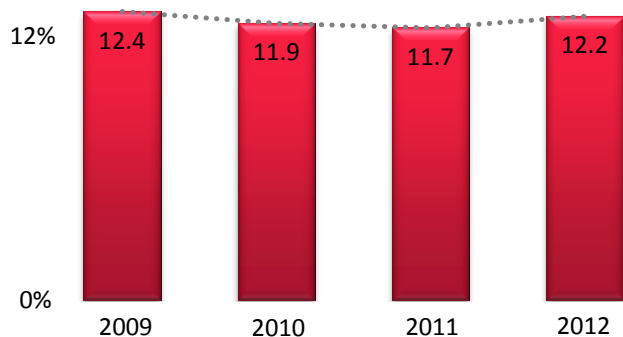
Focus on Johnson County

Figure 13



Johnson County is home to 143,000 people. The county's largest town is Greenwood, with over 50,000 Hoosiers. This map shows families living in poverty based on block group level data smoothed out to make it easier to visually interpret; the data is from 2011. The darker the color, the higher the rate of families living in poverty. It is important to note that the rate of 47% shown in the legend is an outlier. Only one block group in northern Greenwood had this very high rate of families living in poverty. The next highest rate was 37%, and the one after that 23%.

The chart below shows Johnson County's food insecurity rates from 2009 to 2012. To meet the need, each food pantry would have to serve 946 people (# of food insecure / # of food pantries).



Local Initiatives:

- *May 12, 2014* Gleaners Mobile Food Pantry begins distributing food to Franklin Christian Fellowship Church.
- *November 19, 2013* Kids Against Hunger-Greenwood hosts a meal packing event that produced thousands of meals for disaster relief in the Philippines following Super-typhoon Haiyan. Kids Against Hunger of Central Indiana is an organization that empowers Indiana's youth to serve those in need in central Indiana. Through this organization, 23 million hungry families in Indianapolis and globally have been fed since 2007. In 2014, 8,000 volunteers will donate more than 100,000 hours to package over 3 million meals with Kids Against Hunger of Central Indiana. While 75% of the meals will feed those in need internationally, the remaining 25% cares for the needs of Central Indiana children.²⁸
- *October 6, 2013* The annual CROP Hunger Walk, a fundraiser for ministry group Church World Service to relieve hunger locally and globally, began in the afternoon.²⁹
- *March 1, 2011* Franklin College students organize a hunger strike. "We wanted to show that hunger isn't something that is out there somewhere else. Hunger is a problem right here in Johnson County, particularly at our schools." -Kevin Martin, Franklin senior.³⁰

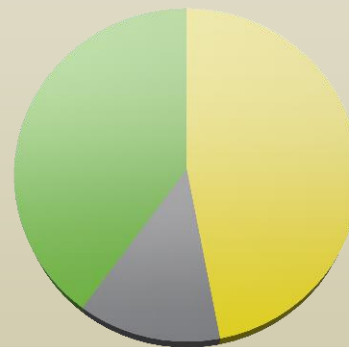
Keypoints:

- There are 18 food pantries in Johnson County.
- Johnson County's most impoverished areas are central and south-central Greenwood, Edinburgh, and the area between Bargersville and Plainfield.
- As tends to be the case everywhere and on every geographical scale, poverty rates are higher in areas with denser population. This is apparent in Johnson County, as the areas with less population and population density (and with no towns) are in the western and northeastern part of the county. Here, poverty rates are very low, even up to 0%.
- The majority of Greenwood, as visible in the west, has extremely low poverty rates. However, there is a sharp divide between high and low rates within the city of Greenwood.

(2012 Feeding America data):

Food Insecurity Rate: 12.2%
Food Insecure: 17,030 people
Population: 143,191

Food Relief Eligibility For The Food Insecure



Percent of food insecure people that are eligible for:



Mount Pleasant Christian Church *Community Ministry Center*³¹

On December 10, 2013, attendees of the Mount Pleasant Christian Church (MPCC) Ribbon Cutting Ceremony introduced the new Community Ministry Center (MPMC) to the community. The edifice was an ambitious 4.3 million-dollar investment in Greenwood to serve Johnson County's underprivileged. The new 15,000 sq. foot facility houses the In His Name Clothing Ministry and Living Bread Inc. Food Pantry. MPMC has been outfitted and equipped to handle the rising problem of food insecurity in Johnson County. Notable features include a walk-in cooler for perishables, a walk-in freezer, a loading dock for shipments received from Midwest Food Bank and other donors, a pantry store, clothing store, gathering room, a training/multi-purpose room and abundant storage capacity.

"There is a great hunger need all across our state. We have 1,700 food pantries across the state of Indiana. One in six people today are hungry, they have food insecurity. Do the math on that, we have a million people in Indiana who are hungry."

*~Jeff Caldwell
Special Assistant to the Governor*



Figure 14. Attendees of the MPCC Ribbon Ceremony. From left, President of the Greenwood Chamber of Commerce Christian Maslowski, Special Assistant to Governor Jeff Caldwell, Bargersville Town Manager Kevin McGinnis, Greenwood Mayor Mark Myers, MPMC Director Crystal Thompson, and Pastor Chris Philbeck.

The Ministry Center emerged through collaboration between Midwest Food Bank and MPCC. Midwest is the primary donor to the new Community Ministry Center. Food banks shoulder a heavy burden of not only providing food for sometimes hundreds of small local agencies, but storing and processing it in their warehouses. The more perishables the food bank deals with, the more difficult the task. One of the main goals in building the MPMC was to alleviate the burden on food banks by creating this "super pantry", which then supplies products to smaller food pantries and directly to clients. John Whitaker hopes that this kind of approach to hunger will come into full effect in the years ahead. The project has thus been very fruitful.

Figure 15

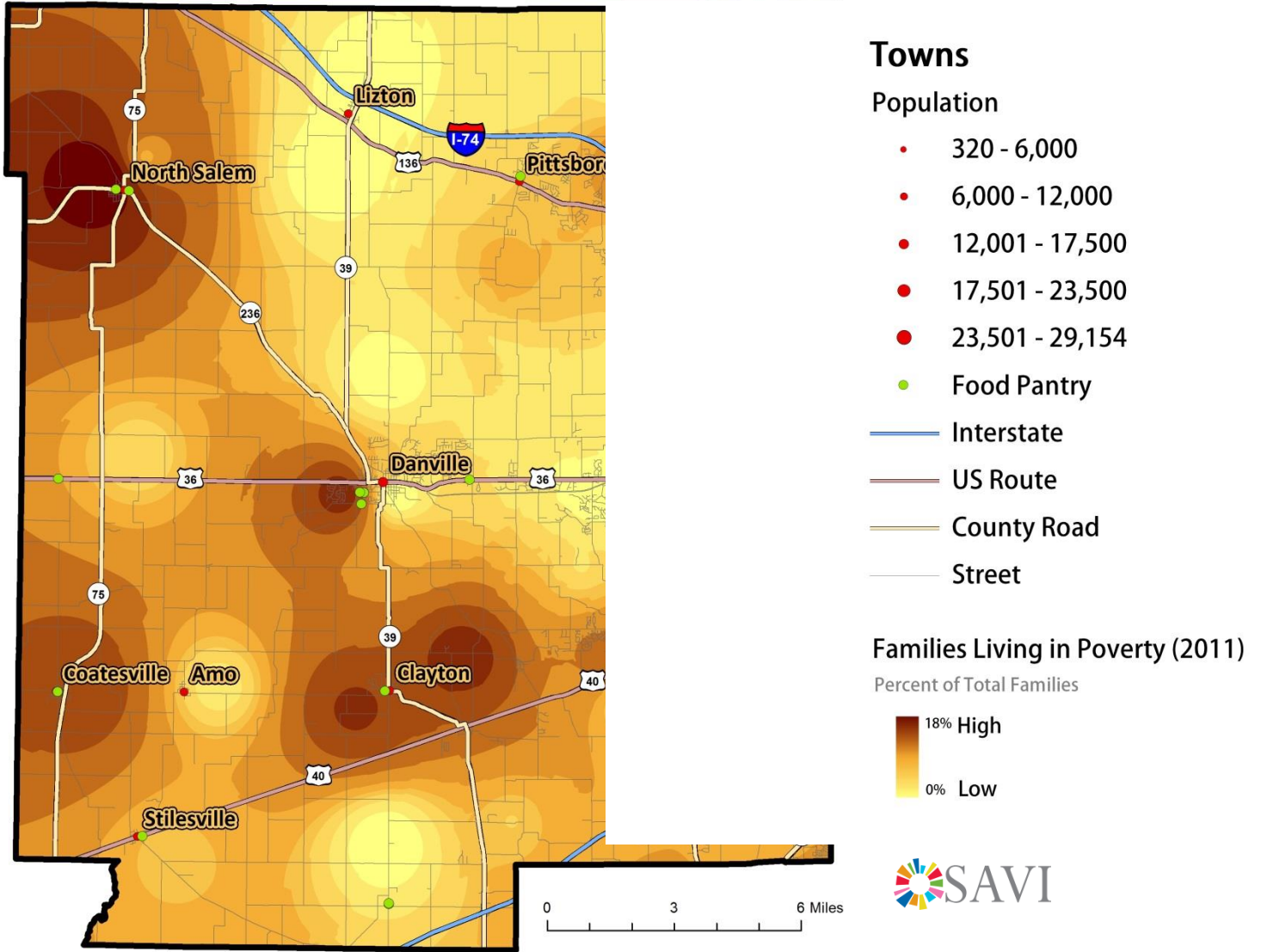


"My vision is to support this type of Community Ministry Center in every county we serve and then expand to the ones we are not currently in."

*~John Whitaker
Ex. Director of Midwest Food Bank, Indy Division*

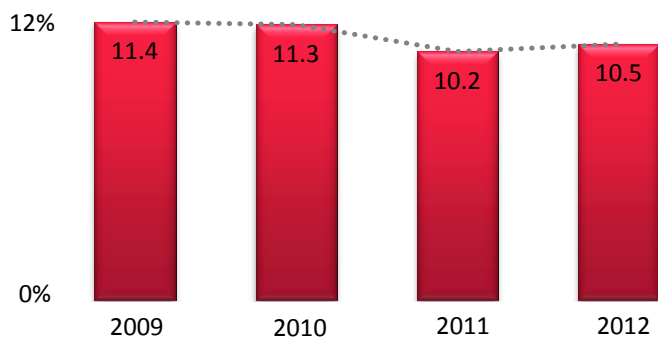
Focus on Hendricks County

Figure 16



This map shows poverty using data at the block group level but for Hendricks County. Dark hotspots indicate that the percentage of families living under the poverty line is high, while yellow areas are places with low poverty rates. Hendricks has a total population of 150,000, its largest towns being Plainfield with 29,000 inhabitants, and Brownsburg's 23,000. If the need were to be met, each food pantry would have to serve 587 people. There are certain agencies that serve upwards of 1,000 people, so this challenge is possible for many food pantries. Even without growing the physical size of food pantries, steps can be taken to increase efficiency to reach the need in Hendricks County, such as giving clients the opportunity to come in once a week and the ability to choose what food they want. While this would at first be costly, food pantries would eventually begin seeing the alleviation of the burden of providing for masses of individuals from all over there county and beyond. Granting these clients choice would greatly reduce waste, as well.

The chart below shows Hendricks County's food insecurity rates from 2009-2012. If the need were to be met, each food pantry would have to serve 587 people (# of food insecure / # of food pantries).



Local Initiatives:

- *August 12, 2014* Meijer extends its Simply Give food pantry donation program's partnership to the St. Vincent de Paul Food Pantry. In 2014, Meijer will contribute over \$1 million to Simply Give, aiding families in communities across Central Indiana.³²
- *June 3, 2014* Church Brothers launch annual Driving Down Hunger Campaign. Contributions benefit Indianapolis food pantries and Johnson County Corps of the Salvation Army.³³
- *Hendricks County Meals on Wheels* program delivers 90-100 meals to the entire county daily, by way of ten routes. The program's mission is to provide meals for seniors, allowing them the opportunity to stay in their homes.³⁴
- *January, 2014* Local businesses and organizations continue their financial support of the Hendricks Co. Food Pantry Coalition. Terry Lee Honda- Avon donated 956 food items, Duke Energy of Plainfield presented a \$2,000 check, and the Hendricks Co. Community Foundation granted \$10,340.³⁵
- *May 9, 2013* The Hendricks Flyer publishes *The Connection Between Breakfast And Academic Achievement*, raising awareness on the importance of nutrition: "Hungry kids can't learn, and we've known that for a long time, but now we know why they are not learning and what areas of the brain are really hindering that." -Bob Murray, M.D.³⁶

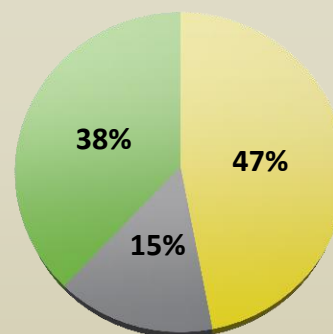
Keypoints:

- There are 26 food pantries in Hendricks County.
- As visible on the map, northeast Hendricks County has lower family poverty rates than the rest of the county.
- North Salem, eastern Plainfield, and eastern Clayton distinguish themselves from their surroundings as having high rates of families living in poverty.
- As expected, the areas with lowest family poverty rates are rural, outside of cities and towns.

(2012 Feeding America data):

Food Insecurity Rate: 10.5%
Food Insecure: 15,270 people
Population: 150,434

Food Relief Eligibility For The Food Insecure



Percent of food insecure people that are eligible for:

- **Charitable response (food pantries)** (Above 185% Poverty Level)
- **Reduced Price School Meals, WIC** (130-185% Poverty Level)
- **SNAP, Free School Meals, CS** (Below 130% Poverty Level)

Conclusion

While Central Indiana's hunger problem remains significant, the food insecurity rate has slowly but steadily declined since the Great Recession. Today however, one in six Hoosiers' next meal is not secured. Among children, one in five is food insecure. Fortunately, for most of Central Indiana, the social service infrastructure is already in place to address this problem. With 350 food pantries in the area, only a few towns do not have a pantry within a five-mile radius of their city limits. However, these areas are sometimes reached by mobile food pantry programs (such as Gleaners' Mobile Pantry), where agencies deliver food directly to people by truck. An emphasis on this type of assistance would truly make a difference in our communities. Constructing a food pantry in a town with a population of only a few hundred is costly and impractical, but reaching these places by truck would be an effective and economical way to assist those in need.

Food relief organizations would be absolutely unable to function without the support of devoted and faithful volunteers. Just about all food banks and pantries are run almost entirely by volunteers, with only a handful of employed staff. If more Hoosiers were aware of the presence of hunger within their communities, more would donate their time, food and money. Generating awareness of the problem needs to be the priority in the fight against hunger. All of the community leaders interviewed expressed that knowledge is a key issue, and more importantly, we must begin by simply caring for our neighbor. Marcus Casteel, Director of the Grace Care Center in Noblesville, states: "Every Hoosier needs to know that this is not an "us and them" situation. Every single person is one step, one accident, one bad decision away from being in a position of relying on a food pantry. We need to increase awareness of the hunger problem and not look down upon the less fortunate. Many of them are in their position due to losing jobs, health problems, accidents, or other crises; they are our fellow neighbors and we must treat them as such. In this country of plenty, people in Indiana and the United States should not go hungry. Next time don't look away, instead, offer a helping hand." Fortunately, in Central Indiana we have a pool of dedicated and caring volunteers, as well as a robust network of food banks, pantries, and other relief organizations committed to solving the region's hunger problem. To capitalize on our strengths, we can improve the food pantry system by serving clients weekly instead of monthly, and offering them choice in what food they receive.

Limitations

Since food insecurity data is only available at the county level, this research often uses poverty as a proxy for hunger because of the close association between the two. Poverty data is available at the census tract and block group level in addition to the county scale. This limitation restricted the extent of research possible on Indiana's hunger issue. Another limitation was that all of the latest data was only from the year 2012, with the exception of county-level obesity data which had 2014 data. However, a series of interviews of organization executives greatly supplemented and added to the depth of this study. The wealth of insight added from these first-hand testimonies enabled this research to produce a comprehensive image of Central Indiana's hunger issue.

What Can You Do?

- **Volunteer** at a local food pantry or food bank.
- **Organize a food drive** at your workplace, church, school, etc.
- **Donate food** or money to food relief agencies.

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Figures

Figure 1: Data from Feeding America's Map-The-Meal-Gap, County Health Rankings (www.countyhealthrankings.org) and SAVI

Figure 2: Data from SAVI

Figure 3: Data from SAVI and Feeding America's Map-The-Meal-Gap

Figure 4: Data from SAVI

- Food pantry data from: SAVI, www.foodpantries.org, www.yellowpages.com, and www.homelesshelterdirectory.org

Figure 5: Data from Feeding America's Map-The-Meal-Gap

Figure 6: Figure from the 2010 Feeding America Hunger In America Executive Summary

Figure 7: Map is a screenshot from Walkscore's map of Indianapolis (www.walkscore.com)

Figure 8: Data from SAVI and IndianaMAP (maps.indiana.edu)

Figure 9: Data from SAVI, service area information from 2010 Feeding America Hunger In America Executive Summary

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Figure 11: Image from Hoosier Hills Food Bank website (www.hhfoodbank.org)

Figure 12: Image taken as a screenshot from Grace Care Center promotional video (<https://gracechurchin.org/carecenter/>)

Figure 13: Data from SAVI

Figure 14: Image from The Southside Times December 12, 2013 issue

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Figure 16: Data from SAVI

