Kindness is love in action, not feeling emotions or thoughts of empathy only. Kindness is doing." -Shannon Alder

#GivingTuesday goal

Three consumer-driven days come after Thanksgiving: Black Friday, Small-Business Saturday, and Cyber Monday. Then comes an antidote: GivingTuesday.

GivingTuesday began as a social media campaign, refocusing people on giving to others. This year, Midwest Food Bank is joining the growing list of givers. We have set a goal of One Million Tender Mercies meals to hungry people. With your help, we can do it. Tender Mercies, a nutritious and tasty rice and beans meal, is packaged at Midwest Food Bank and distributed to our partnering agencies to give to the hungry. It costs only 15¢ per meal. One million people can be fed for only $150,000.

Your Giving Tuesday donation will help MFB provide those meals. We aren’t alone in this endeavor. Generous donors have pledged $75,000 in matching #GivingTuesday funds. This means your donation will have doubled impact. We’ve assembled this list of “Most Wanted” items:

**CANNED FRUITS AND VEGETABLES**
- CANNED MEAT (tuna, chicken, spam, etc.)
- SOUP
- BOXED MEALS (mac and cheese, Hamburger Helper, etc)
- CANNED MEALS (ravioli, chili, etc)
- PEANUT BUTTER (no glass jars, please)

On behalf of those MFB serves, thank you for sharing of your blessings.

On our “Most Wanted” list

Individuals and organizations often hold food drives to further the MFB mission. Some specific products are used in our programs, and if they aren’t donated, we will purchase them if necessary.

The Growing Garden maintained on the grounds of GROWMARK in Bloomington, IL

Businesses offer MFB support in creative ways

We are thankful for the many businesses that offer strong supporters of the mission of Midwest Food Bank. Food manufacturers are obvious donors. Product overruns, short-dated foods, products with marketing or slight packaging changes, and products from closing warehouses are often sent to MFB to redistribute.

Non-food related businesses also provide outstanding help. Businesses often provide employees with incentives to volunteer. Employees are given time off from work, or departments will come as a team. Some businesses will offer monetary grants to MFB if an employee volunteers a certain number of hours. Others host food drives and non-profit "showcase" days.

Invkind products and services are another way businesses offer support. Here are some samples of how this kind of donation helps different MFB locations:

**BLOOMINGTON-NORMAL, IL**
- GROWMARK, Inc., who contributed $40,000 to the charity.
- Midwest Food Bank. Each location could tell stories of how this kind of donation helps different MFB locations.

**MIDWEST**
- Kaiser also provides free on-call emergency service for MFB Morton.
- The trucking industry, and in particular, Schneider Transportation, Berry, Inc., and Venture Logistics has been very supportive of MFB Indiana. They offer to transport any product for very low cost or free.
- In-kind products and services are another way businesses offer support. Here are some samples of how this kind of donation helps different MFB locations.

Businesses offer MFB support in creative ways

The produce is donated to MFB Bloomington-Normal, and totaled 400 pounds early in September.

**FLORIDA**
- Bug Or Us, Inc. of Fort Myers, donates pest control services to MFB Florida. They service the warehouse monthly, and will come in-between regular visits, if needed.

**GEORGIA**
- All old fluorescent bulbs were replaced with new LED bulbs. All of this was donated by Eaton/Cooper Lighting Solutions.

**INDIANA**
- The tracking industry, and in particular, Schneider Transportation, Berry, Inc., and Venture Logistics has been very supportive of MFB Indiana. They offer to move product for very low cost or free.

**PEORIA AND MORTON, IL**
- MFB Peoria recently completed a major remodeling project. The wiring was installed by Kaiser Electrical Contractors of Morton, IL, who donated all of the labor. Kaiser also provides free on-call emergency service for MFB Morton.

These are just a few examples of the many ways businesses creatively offer help to Midwest Food Bank. Each location could tell stories of donated inkind services and products. These generous donations make it possible to use over 99 cents of each dollar donated to MFB for programs and services. On behalf of those we serve, we offer our sincere gratitude and thanks.
Hope Center Indy is making a difference

“We are Christ-Centered. We are Survivor Focused.”

These are the prominent words that greet you when visiting Hope Center Indy’s website. Hope Center is a residential campus for women survivors of sex trafficking. Additionally, through the David Nolen Pantry of Hope, the organization will provide a reliable food source to any person or family in the community facing food insecurity.

Hope Center Indy helps women coming out of sex trafficking by equipping them with all the necessary skills for community reentry as a thriving and empowered individual. “Every day at Hope Center Indy is a God-day,” says Michelle Gambrell, Kitchen and Pantry Coordinator. “We see transformations in the lives of our residents right before our eyes.”

There are a number of ongoing fundraising operations going on at all times at Hope Center. Residents and volunteers operate a greenhouse which sells a wide variety of flowers and vegetables. The Freedom Barn, a renovatedouth on the grounds, operates as an event venue. Hope Center receives all of the profits from The Redefined Hope Boutique and Coffee Shop.

“Midwest Food Bank is blessed to be able to support this worthwhile mission,” says John Whitaker, Executive Director for MFB Indiana. “Their ministry to spread the gospel of Christ meshes perfectly with MFB.”

“Our partnership with Midwest Food Bank is vital to the success of our organization,” says Michelle. “Hope Center is making a difference in the lives of so many people.”

Volunteering is part of a life of service

John Evans became acquainted with Midwest Food Bank when some friends of his began a local nonprofit, Servants of Christ Outreach, to serve MFB. He has been a volunteer forklift operator at MFB Florida for three years.

Serving our country in the Air Force from 1962-1968, John achieved the ranking of E3 Airman 2nd Class. He primarily operated heavy equipment, including bulldozers, tractor trailers, backhoes, snow plows and dump trucks. After the service, he began another type of service, this time as a police officer. This career included serving in a K9 unit and flying helicopters for the department. He retired with the rank of Patrol Sergeant.

John treats his volunteering as a full-time job. “His work is vital to the success of our mission,” John and his wife, Irene, have three children and eight grandchildren. In his spare time, he enjoys hunting, fishing, and flying.

Volunteering is important to John. He has been involved in many volunteer ventures, including starting a church in Lehigh.

“Volunteer service fulfills what the Lord commands me to do, says John. “And I enjoy the satisfaction I feel from serving others.”

MFB Florida thanks John for the amazing help he provides. With Veterans Day approaching, we also offer our thanks for his service to our country.

Arizona

Midwest Food Bank Arizona was honored to host the National Board meeting on September 11. It was an opportunity for board members to reflect on the MFB mission and look forward to the future.

After the meeting, key donors and agencies were invited to meet the board. Eric Hodel, MFB’s CEO, had an informational session about MFB. President and founder, David Keeser, also spoke. Local board members were also on hand. After time of Q & A, refreshments were served.

Bloomington-Normal, IL

Midwest Food Bank Bloomington-Normal has been providing disaster relief in the form of food boxes, cleaning supplies and hygiene kits. These have been going to the Bahamas and Texas.

Through our Backpack Program, we’ve committed to supporting over 3,100 area students in the 2019-2020 school year. New this year is the addition of children in grades 6-12.

In addition to our remote distributions in IL, KY, NY and TN, we have added one in the Charleston, WV area. Remote distributions offer a way MFB can reach underserved areas with little cost.

Florida

Midwest Food Bank Florida was blessed to be in a position to respond quickly in the aftermath of Hurricane Dorian through other nonprofits, such as Agape Flights, Meals of Hope, and Freedom Tour, we were able to send multiple loads of relief supplies to victims in North Carolina and The Bahamas. Relief included food, water, and cleaning supplies. Additionally, MFB Florida was able to get pallets of food to Agape Flights. This was flown there to help those suffering from the unrest in that country. We remain in contact with those that able to transport supplies and are ready to serve when called upon.

Georgia

Now serving over 300 nonprofit organizations each month, Midwest Food Bank Georgia recently noted its eighth anniversary. We are planning to build a large capacity freezer/refrigerator. This will allow us to accept the nutritious offerings of fresh produce, meats, and dairy products. Learn more and find our how you can help at midwestfoodbank.org/impacting.

Indiana

MFB Indiana added a fourth remote distribution in Milford, IN. They will be providing food to 60 pantries in the northern Indiana area.

On Saturday September 21 we held our Kind Harvest Open Air Meal. 500 people sat down to dinner at one continuous table on the Iconic Monument Circle to support MFB. Nearly $80,000 in donations were received.

The Hamilton County Community Foundation gave us a $15,000 grant to support our Promise for Protein program. It will provide fresh ground pork to food insecure Hoosiers.

Morton, IL

In July, August, and September MFB Morton packaged 292,000 meals of Tender Mercies, with the majority of these meals packaged through volunteer groups. In addition, we had several exciting hand packaging events that we took on the road to our volunteers’ location.

While the Tender Mercies meal packet can be served alone, MFB provides ideas and recipes to enhance this nutritious meal of rice, precooked pinto beans, fortified chicken seasoning, and soy protein. This shelf stable product allows food pantries to always have a healthy option available.

Ohio

The Heart of Illinois United Way blessed MFB Peoria with a donation to support our Backpack Program providing students with weekend food. This funding allows us to provide a more consistent meal source for more than 5,000 kids each month.

Safety and efficiency during food distribution have improved greatly as a result of our new warehouse space. We’ve been able to add more agencies and expand the frequency of distributions. The last phase of our fully-funded renovation project will occur in spring 2020 with parking lot and landscaping work.

Texas

MFB Texas is an all-volunteer program. Their dedicated support allows us to efficiently serve our agencies, and manage outreach projects and financial support.

Our warehouse is open 9 a.m. to 1 p.m. Monday, Wednesday, and Friday, and distributes food to 33 local agencies. In an effort to reach more people, MFB Texas recently began distributing food at four remote locations. New added agencies come to these locations to get food, helping the food insecure of rural Texas.

Please pray for the Haitian people and for a permanent resolution of the current crisis.

International location updates:

Eastern Europe

Bulgaria - Small town in north east Bulgaria is in a semi-arid area and always on the edge of famine. There are food insecurities from terrorist and clan fighting involving Kapu terrorist and clan in the coastal area of Kenya. East Africa (MFB East Africa) distributed 325 tonnes of food to Tender Mercies during a recent trip there, benfitting 1,000 families. We’re thankful to be able to share the gospel and this food in Bisa.

We also participated in an event near Nkopa, a town on the northern coastal area of Kenya. People received medical attention, prayer, and the gospel. Two packets of Tender Mercies were given to each person. In all, over 2,300 people were given help.

The best news: twelve people were baptized.

West Africa

MFB Ghana has food security in a current crisis. Demonstrations and road closures are escalating food and other shortages. Civil and operations in the areas of the country pose risks.

While Midwest Food Bank had some food inventory in country, the earthquake was so rapidly depleted. A sea-container of Tender Mercies was shipped to Cap Haitien in October, but a planned shipment to Port au Prince has been delayed until conditions in the capital city improve.

AGENCY SPOTLIGHT

Hope Center Indy is making a difference

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VOLUNTEER SPOTLIGHT

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John treats his volunteering as a full-time job. “His work is vital to the success of our mission.” John and his wife, Irene, have three children and eight grandchildren. In his spare time, he enjoys hunting, fishing, and flying.

Volunteering is important to John. He has been involved in many volunteer ventures, including starting a church in Lehigh.

“Volunteer service fulfills what the Lord commands me to do, says John. “And I enjoy the satisfaction I feel from serving others.”

MFB Florida thanks John for the amazing help he provides. With Veterans Day approaching, we also offer our thanks for his service to our country.

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HOW CAN YOU HELP?

SHARE

DONATE

VOLUNTEER

1 HOUR

275+ MALS FOR THOSE IN NEED

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To receive email updates, please visit our website and go to the “News” button. Select “Newsletter” and then choose “eNewsletter.” MidwestFoodBank.org
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John treats his volunteering as a full-time job. He is here to receive and unload food donations, organize product in the warehouse, and facilitate with distribution.

“Midwest Food Bank Florida has become dependent on John and the skills he brings every day,” says Karl Steidinger, Executive Director.

Dear Hope Center Indy volunteers,

The necessary skills for community reentry as a thriving and empowered individual. Every day at Hope Center Indy is a God-day,” says Michelle Gambrell, Kitchen and Pantry Coordinator. “We see transformations in the lives of our residents right before our eyes.

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The United States is wasted

and then choose 275+ meals of volunteering provides

SHARE

DONATE

REGISTER

3. SPREAD THE WORD

527K+ VOLUNTEERS FOR 2019

Agape Flights, Meals of Hope, and Freedom Flights.

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For complete details or to donate online, go to midwestfoodbank.org/givingtuesday.

On our “Most Wanted” list

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**CANNED MEALS** (ravioli, chilli, etc.)

**PEANUT BUTTER** (no glass jars, please)

On behalf of those MFB serves, thank you for sharing of your blessings.

## Engage

We are thankful for the many businesses that offer strong support of the mission of Midwest Food Bank. Food manufacturers are obvious donors. Product overruns, short-dated foods, products with marketing or slight packaging changes, and products from closing warehouses are often sent to MFB to redistribute.

Non-food related businesses also provide outstanding help. Businesses often provide employees with incentives to volunteer. Employees are given time off from work, or departments will come as a team. Some businesses will offer monetary grants to MFB if an employee volunteers a certain number of hours. Others host food drives and non-profit “showcase” days.

Inkind products and services are another way businesses offer support. Here are some samples of how this kind of donation helps different MFB locations:

**BLOOMINGTON-NORMAL, IL**

- MFB Peoria recently completed a major remodeling project. The wiring was installed by Kaiser Electrical Contractors of Morton, IL, who donated all labor. Kaiser also provides free on-call emergency service for MFB Morton.

**PEORIA AND MORTON, IL**

- MFB Peoria recently received a trailer for MFB Indiana. They often move product for very low cost or free.

**FLORIDA**

- Bug Or Us, Inc. of Fort Myers, donates pest control services to MFB Florida. They service the warehouse monthly, and will come in between regular visits, if needed.

**INDIANA**

- The trucking industry, and in particular, Schneider Transportation, Berry, Inc., and Venture Logistics have been very supportive of MFB Indiana. They often move products with marketing or slight packaging changes, and products from closing warehouses.

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**AROUND THE TABLE**

The produce is donated to MFB Bloomington-Normal, and totaled $200 pounds early in September.

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