

NO COST FOOD PROGRAMS



Every Saturday from 9:00-11:00 AM we distribute fresh produce, dairy and baked goods at our Tillman Road facility. Each week, we distribute more than 40,000 pounds of food through **Saturday Morning Helping Hands**. Large volunteer groups help us hand out the food to more than 700 families each week.

Participants are asked to provide their own containers for the food (example: box, laundry basket, wagon, cart, etc.). A few basic questions are asked for demographic purposes only (i.e.: number in household, zip code).

Mary Carpenter, Director of Operations
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Hope for Heroes, Community Harvest Food Bank's newest program, is designed to help Veterans and military families in need. Those going through transitions such as deployment, release from duty, underemployment, and homeless Veterans transitioning into housing are eligible to receive six months of groceries supplied by our Community Cupboard pantry. We require participants to provide form DD214 or a military ID. Each month, participants may choose 100 pounds of food (enough to fill a large grocery cart) while they get back on their feet and regain stability. Community Harvest is proud to serve our heroes and has partnered with the Department of Veterans Affairs and other organizations that refer Veterans and military families in need of assistance.

Ashley Crockett, Receptionist
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Community Cupboard allows our member agencies to directly refer clients to this "mom & pop" style grocery store for food assistance. Clients shop by weight allowances determined by the referring agency. Community Cupboard offerings include fresh fruits and vegetables, meat, canned food, cereal, spices, flour, sugar, dairy products, cleaning supplies, paper goods, personal hygiene products, vitamins, and more. This shopping experience allows families to choose the food they want and need with dignity in a clean, friendly, non-judgmental atmosphere.

The CHFBI Community Cupboard program has been used as a model for other food banks around the country.

Hicham Mannir, Community Cupboard Manager
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Our **Crisis Assistance** program provides a ten-pound bag of shelf-stable food on a walk-in basis to those in need of emergency food assistance. This program provides immediate relief during the day or two before the family accesses our member agency food pantries or CHFBI in-house programs.

Packed in each bag, families will find items such as soups, boxed meals, canned fruits and vegetables, and other items to sustain them until they get further assistance. Along with each emergency food bag, clients receive a list of local member agency food pantries, as well as information about Community Harvest programs, including Farm Wagon mobile pantry and Saturday Morning Helping Hands.

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Kids Café is a safe place where kids at risk can go for a hot meal prepared and served by volunteers and youth program staff with food provided by Community Harvest Food Bank. Kids Café, a program of Feeding America, is one of the nation's largest free meal service programs for children. Since the program's inception in 1993, Kids Cafés have become an important tool in our efforts to end childhood hunger.

TEFAP, The Emergency Food Assistance Program, is a program offered to clients through some Community Harvest member agencies. Through this program, CHFB receives commodities that are purchased by the United States Department of Agriculture (USDA), and from here, we distribute the food to our 48 member agencies that participate in the TEFAP program. Once the commodities are at the food pantries and soup kitchens that house the USDA products, they are given to hungry people in need.

TEFAP allows Community Harvest to reach out to more individuals with healthy food options, and these commodities help to supplement pantries managed by the member agencies that participate in this program.

Or contact Melissa Hoover, TEFAP and Kids Café Coordinator
(260) 449-9713 Ext. 101
mhoover@communityharvest.org

The **Farm Wagon Mobile Pantry** delivers fresh produce, dairy, and sandwich bread to low-income rural and city neighborhoods where people may not have access to quality nutritious food.

The Farm Wagon visits sites in Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells, and Whitley counties, and distributes over 40,000 pounds of fresh produce and other perishables every week.

Here's how the Farm Wagon works: a site agrees to host the mobile pantry at a regularly scheduled day and time. We stock a refrigerated truck with fresh food and drive it to the site. Community Harvest staff and volunteers distribute the food to families in need. Clients are not required to present photo ID, but must be at least 18 years of age. We request basic demographic information (i.e. zip code and household size).

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There are children in northeast Indiana who rely on free or reduced-priced school lunches during the school year. For many, that may be the only full meal they eat all day. During the weekend or school vacations, those same children may have limited access to food. The **Kids Backpack** program is designed to meet the needs of hungry children at times when other resources are not available. The backpacks are filled with meals that children take home on weekends. The food is child-friendly, nonperishable, easily consumed and vitamin fortified. The backpacks are discreetly distributed to children on the last day before the weekend, and includes extra food for younger siblings at home. Community Harvest Food Bank distributes backpacks on a year-round basis to recipients.

Each month, many older adults in northeast Indiana must decide between purchasing food, filling prescriptions, or paying utilities or rent. Their limited income or retirement savings do not cover all their necessary living expenses.

SeniorPak eases the decision for area senior citizens on limited incomes, because they know they can count on SeniorPak and its 20+ pound bag of groceries every two weeks to supplement their food budget. SeniorPak helps both medically homebound and mobile adults over 60 years of age with their food needs.

The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income seniors at least 60 years of age by supplementing their diets with nutritious USDA Foods.

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