

# INSIDE SCOOP

*Alleviating hunger. Nourishing stronger communities.*

Spring 2023

## **“It’s a Lifeline for Me”**

*Dorothy is grateful for her local pantry — and for friends like you.*

*See Page 2*



**Look inside for these stories!**

- ♥ The Daly Briefing — Page 2
- ♥ “Nothing Goes to Waste” — Page 3
- ♥ Her Turn for Help — Page 4

**\$1  
CAN FEED  
A NEIGHBOR  
FOR A DAY!**





## THE DALY BRIEFING

*Dorothy is grateful for her local food pantry — and the friends who help her get there.*



Dear Friend,

I recently read that there were about 39.6 million Americans 65 and older in 2009. That number grew to 54.1 million by 2019 — almost a 37% increase in just one decade.

That's just the beginning of the story. The 65-and-over population is projected to reach 80.8 million by 2040 and 94.7 million by 2060. *That's an increase of 139% in just 50 years!*

We in the food bank business are not caught off guard by these numbers, but there's still a lot of work to do. I'm sure you share my passion for ensuring that our senior neighbors do not face hunger in the coming years ... starting with this year!

We're focusing on seniors in this edition of *Inside Scoop*. Please keep the seniors in your own life — including in your community — in mind as you read these stories ... and as you consider how to best help. You already know one way to help: by supporting Eastern Illinois Foodbank!

Remember: Every \$1 helps provide 3 meals. Thank you for your kindness.

*Kelly W. Daly*

Kelly Daly  
President & CEO

## “A Lifeline for Me”

**D**orothy, 86, has always enjoyed giving her time to help others. In fact, she began volunteering in her new community almost the moment she arrived there six years ago.

She originally relocated to help start a new church, and began volunteering her time at the local food pantry soon after making the move. She understood the importance of keeping her community strong and wanted to do whatever she could to make sure her neighbors had enough nourishing food to eat.

After four years of volunteer work, Dorothy says her retirement income began to run out. She needed to sell her car in order to pay her bills, and then had to make do with limited transportation options. Before long, grocery prices became too expensive for Dorothy's budget. That's when Dorothy's friends began driving her to the pantry so she could pick up groceries for herself.

“It's a lifeline for me when the community opens their arms like they have,” she says. Even though Dorothy can't drive to volunteer anymore, she still finds ways to give back to her community. She now walks around her neighborhood to meet up with neighbors and offer any help she can give.

“Every little thing makes a difference,” she says.

**Your gifts support the local pantries that make a difference for neighbors facing hunger. Thank you for doing all you can to help!**

# “Nothing Goes to Waste”

*These friends make the most out of their food pantry visits*

**H**aving to wait in line for more than an hour is not most people’s idea of a good time. But Janice and Sherree are all smiles as they wait in the car for their local mobile pantry to open. Both live on a limited budget, and both are super appreciative of the food they’re able to pick up here on a regular basis.

And they know how to make it *s-t-r-e-t-c-h!*

“We don’t believe in wasting any of the food,” says Sherree, who is on disability and lives with her elderly mother. Janice, her neighbor, nods in agreement from the passenger seat.

“Nothing goes to waste,” Sherree continues. “I mean, what Janice can’t think to make, I can. And vice versa. I can look at a recipe and go, ‘Well, I can replace this with that, and add that to that.’”

Janice agrees.

“There’s nothing we can’t use,” she says. “And we always find somebody who needs it if we can’t use it.”

The friends have crafted dozens of recipes together from the pantry food, including:

- roasted garlic chicken salad
- sauteed bok choy with onion and bacon
- chicken enchiladas
- pickled green beans with chili peppers and garlic
- chicken dumplings

Often, the neighbors make enough food to feed family, coworkers, and friends.

They can’t wait to see what’s in the food box

distributed at the pantry.

“It’s like Christmas every month!” says Janice. “We get giddy!”

“We’re very, very grateful for this food,” adds Sherree. “It gets pretty tight with our budget. Sometimes we have to choose between prescriptions and food.

“So this is a life-saving gift for us!”

**Your support helps put food on the table for those on a limited budget. Thank you!**



**Janice (left) and Sherree don’t waste an ounce of the food they pick up.**

## 2023 Board of Directors

**Angelica (Angel) Wawrzynek, Board Chair**  
Armstrong, Grove & Wawrzynek LLC

**Anne Dill, Vice Chair**

**Patricia M. Lewis, Secretary**  
Retired (Champaign Unit 4 Schools)

**Carol Wakefield, Treasurer**  
Retired (University of Illinois)

**Marc Bralts, Immediate Past Chair**  
Owner/Operator Einstein Bros. Bagels

**George Czapar**  
Associate Dean and Director Emeritus  
University of Illinois Extension

**Regina Crider**  
Senior Pastor  
Crossroad of Life Community Church

**Mike Haag**  
Farm Manager

**Wendy Harris**  
Associate Dean  
School of Social Work, University  
of Illinois

**Austin Hogue**  
Construction Services Manager  
Broeren-Russo Builders, Inc.

**Jasmine Johnson**  
Teaching Assistant & Graduate Student  
University of Illinois

**Eric Lemke**  
Chief Financial Officer  
Midland States Bank

**Chad Pilcher**  
Nutritionist  
Cargill

**Edward Scopel**  
Architect  
Ratio Architects

**Kelly W. Daly**  
President & CEO  
Eastern Illinois Foodbank



# Her Turn for Help

After serving seniors for years, Liz now gets the assistance she needs

**L**iz spent a significant portion of her adult life serving older people. Now it's her turn.

For 30 years, Liz worked in housekeeping at a retirement home. When the facility closed, Liz lost her job, and suddenly faced financial struggles.

Her Social Security income isn't enough to cover all her expenses; medical costs eat up a large part of her budget, which doesn't leave much for food and other vital needs.

**"The pantry food helps tide me over."**

But there's relief for Liz and her neighbors in her community. Once a month, a mobile food pantry swings by their town, and volunteers bring the food to the residents, distributing fresh fruits and vegetables, dairy, meat, and other staples.

"I'm lucky I'm able to get around," Liz says as she helps a fellow resident.



She also says she's lucky — and grateful — to receive the food distributions.

"It helps tide me over," she says.

**Thank you for helping to "tide over" seniors on a tight budget.**

**Stay connected to the work you support! Please visit [eifoodbank.org](http://eifoodbank.org) to learn more.**



FBF-EIL-20603

▼ PLEASE CUT OFF THE REPLY FORM BELOW, AND RETURN IT WITH YOUR GIFT. ▼

## MY GIFT TO HELP MY STRUGGLING NEIGHBORS

**\$1  
CAN FEED  
A NEIGHBOR  
FOR A DAY!**

**Yes, Kelly! I don't want to see anyone in our community go hungry, so I'll make a donation today. Enclosed is my gift of:**

**\$ \_\_\_\_\_ to help feed as many families as possible**

Please send me information about the Plate Fillers monthly giving program.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Please make your check payable to:

**Eastern Illinois Foodbank**

2405 North Shore Drive | Urbana, IL 61802

Your donation is tax deductible to the full extent of the law. We will send you a receipt for your records.



**Please charge my gift on my credit card:**

VISA  MC  AMEX  DISC

CARD NUMBER \_\_\_\_\_ SECURITY # \_\_\_\_\_

SIGNATURE \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

To charge your gift by phone, please call (217) 328-3663.

**It's easy! Give online at [eifoodbank.org](http://eifoodbank.org).**

**Join our online community. Your email address:**

\_\_\_\_\_@\_\_\_\_\_

DDM23B1

2N/23 XX\_XXXXX-XXX