



MEMBER OF
**FEEDING
AMERICA**

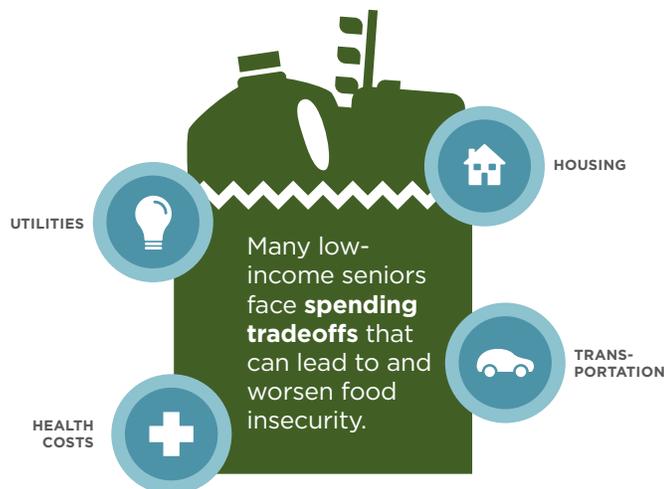
HARVEST NEWS

We are dedicated to relieving hunger in metro Detroit and preventing nutritious food waste.

SENIORS NEED OUR HELP

Forgotten Harvest is a major source of nutritious fresh food for low-income seniors in underserved metro Detroit neighborhoods with limited access to fresh food. According to the U.S. Census Bureau's "2017 American Community Survey," 61,471 tri-county adults 65 or older, or 10.2% of our community's senior population, now live in poverty, leaving them at high risk of food-insecurity and the serious long-term effects of hunger and chronic under-nutrition. More than 20,000 of these seniors live in the City of Detroit, where 21.8% of seniors live in poverty.

Seniors who lack resources to acquire needed food often choose between buying food, paying utilities, or purchasing much needed medications.



The State of Senior Hunger & Health in America in 2017, released jointly in 2019 by Feeding America and the National Foundation to End Senior Hunger, explores implications of food insecurity among seniors aged 60 and older. For Seniors, proper nutrition is especially critical, yet can be challenging due to limited financial resources and declining health and mobility.



This study shows that:

- **Since 2001, the number of food-insecure seniors in the US has more than doubled.**
- **Despite an improving economy, millions of seniors in the United States are going without enough food due to economic constraints.**
- **The increase in senior food insecurity is particularly concerning given the growing proportion of the population that is comprised of seniors; an estimated 10,000 Baby Boomers will turn 65 every day until 2030 (U.S. Census Bureau).**
- **Food-insecure seniors consumed fewer calories and lower quantities of ten key nutrients than their food-secure counterparts.**
- **Among food-insecure seniors, six in ten (60.6%) are female.**
- **About two-thirds (65.3%) of food-insecure seniors have income above the federal poverty line.**

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FACING CHALLENGES AHEAD



Our Healthy Food – Healthy Kids program will deliver approximately 100,000 lunches to 36 partner agencies and over 100,000 snacks in the Detroit Public Library Snack Program. These programs are just a

few ways that Forgotten Harvest helps children who don't have access to school lunches during the summer months when schools are closed. Your donations are critical, allowing us to provide these services for children during the summer and all year round.

Food security is important for individuals of every age. For seniors, proper nutrition is especially critical, yet can be challenging for some due to limited financial resources and declining health and mobility. The current state of senior hunger and

the anticipated growth of the senior population underscore the critical roles the public and private sectors both have in addressing senior food insecurity. Conducting research and collecting data to better understand the circumstances of food-insecure seniors and to drive evidence-based solutions and innovative partnerships will help to better meet the needs of the aging population.

We look forward to taking on the challenge of fighting food insecurity and reducing nutritious food waste in new ways that will give us the ability to make a bigger impact on families and seniors in metro Detroit.

Sincerely,

Kirk Mayes
Chief Executive Officer
Forgotten Harvest

248-967-1500
www.forgottenharvest.org



WOMEN'S HARVEST LUNCHEON

Thursday, October 3 | 11 a.m.
Royal Oak Farmers Market, Royal Oak, MI

Join us at our Women's Harvest Luncheon in October! Our Women's Harvest Lunch brings together nearly 300 women who are leaders in their businesses and communities, and are committed to alleviating hunger and reducing food waste in metro Detroit. This event includes excellent networking opportunities with women from all different backgrounds and industries. This year's lunch will include multiple courses prepared by several local female chefs. Each course will highlight a different produce item grown on our Forgotten Harvest farm, allowing the meal to tell the incredible story of the difference our farm makes in the lives of hungry families in our community.

Check our website, ForgottenHarvest.org/2019WomensHarvestLuncheon for all the latest details. For sponsorship information please contact Rebecca Gade-Sawicki at 248-864-7527.



YOUTH ENGAGEMENT

With the goal of engaging younger audiences in Forgotten Harvest's mission, and with the support of the Community Foundation of Southeast Michigan, the Food Rescuers Youth Engagement Initiative was launched in the spring of 2018.

From April 2018 through April 2019, over 4,500 youth from 63 groups, mostly in kindergarten through eighth grade, engaged in Forgotten Harvest's mission to relieve hunger and prevent nutritious food waste. Some students heard from a Forgotten Harvest representative at their school, other students volunteered at Forgotten Harvest to help us sort and repackage bulk nutritious food, and some volunteered for Forgotten Harvest by sorting bulk food in their own cafeteria or gymnasium. Over this period, approximately 246,000 pounds of nutritious food were repackaged by students through the Food Rescuers Youth Engagement Initiative, which then went on to be distributed throughout our network of agency partners.

During these service and learning opportunities, topics of discussion included what "food waste" means, what "food insecurity" means, how we can prevent food waste in various levels of the food supply chain, how we can work together to end food insecurity, and the impact of volunteerism.

Are you interested in getting a group of students involved in Forgotten Harvest's mission this upcoming school year?

Here's how:

- **Groups of students may volunteer at our warehouse during the week from 9am-12pm in our designated youth room.**
- **Student groups and families are also invited to register for a once-a-month Saturday volunteer opportunity.**

To get started, contact Laura Burton, Community Engagement Coordinator, at 248-268-7522 or lburton@forgottenharvest.org.

Coins that Count

Our school-based fundraising program, Coins that Count, encourages students to bring in spare change to fundraise for Forgotten Harvest. \$1 allows us to provide \$7 worth of groceries to our community members, so this is an impactful project on its own or can be combined with a volunteer experience in our warehouse.

Host a Speaker!

Invite a representative from Forgotten Harvest to speak with your group of students about food waste, food insecurity, and how to make positive impacts on our community.



United States Department of Agriculture

**SUMMER FOOD
SERVICE PROGRAM**

For the third year in a row, Forgotten Harvest was honored to sponsor USDA Summer Food Service Program (SFSP) children's meal sites. (In SE MI, SFSP sites are branded "Meet Up & Eat Up.") SFSP sites provide nutritious meals to children and teens when the regular school year is out.

HARVEST CIRCLE MEMBERS

Last year, over 68% of our \$9 million operating budget came from our Harvest Circle Supporters, donors who provided more than \$1000 of annual support to our organization. Some of these donors provide annual gifts, while others sent in multiple gifts throughout the year. While other hunger organizations rely largely on the support of Government grants and aid, Forgotten Harvest's main funding comes from private support.

Ryan is an active member of our Harvest Circle. He provided his first gift in 2012 after attending our Comedy Night fundraiser with a partner at his firm. Taking care of the needs of children is very important to Ryan, and he was very impressed by the work that Forgotten Harvest does to help families receive fresh food.

We are very grateful to our Harvest Circle and their connection to our mission. We acknowledge their contributions in many special ways:



- **Special recognition in our annual report.**
- **Exclusive annual donor reception to honor their contribution, highlighting programmatic impact, and providing insight to the future of Forgotten Harvest.**
- **Unique Harvest Circle volunteer event opportunities.**
- **Invitation to go on a ride-along with one of our drivers to experience a behind-the-scenes look at the work we do to bring food to the community.**

Forgotten Harvest has over 500 individual Harvest Circle members and close to 1,000 total, including businesses and foundations.

If you have any questions regarding the benefits of Harvest Circle membership, please contact, Kimberly Kalmar at 248-864-7525 or kkalmar@forgottenharvest.org.

MAKE A DIFFERENCE | WE NEED YOUR HELP!

Forgotten Harvest has opportunities for motivated people who are looking for long term volunteer opportunities. These opportunities are a commitment of approximately 2+ hours a week for 6-12 months, and include:

- **Link2Feed Specialist — Volunteers will work with our partner agencies and clients to help launch and facilitate a new client intake program.**
- **Restaurant Rescue — Volunteers will rescue food from donors throughout the tri-county area and drop off to our partner agencies.**

- **Speakers Bureau — Volunteers will attend community events throughout Wayne, Oakland and Macomb counties to be our voice and provide information about and be an advocate for Forgotten Harvest.**

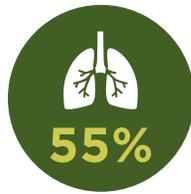


There are always ways to help out at Forgotten Harvest. If you have a special skill (handyman, painter or whatever) and don't see an opportunity of interest, contact our volunteer manager at volunteer@forgottenharvest.org.

Food-insecure seniors are more likely to have chronic health conditions. They also are:



MORE LIKELY
TO EXPERIENCE
DEPRESSION



MORE LIKELY
TO EXPERIENCE
ASTHMA



MORE LIKELY
TO EXPERIENCE
CHEST PAIN



MORE LIKELY
TO EXPERIENCE
**LIMITATIONS
IN ACTIVITY**



MORE LIKELY
TO EXPERIENCE
**HIGH BLOOD
PRESSURE**

Source: The State of Senior Hunger & Health in America in 2017, Feeding America and the National Foundation to End Senior Hunger

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During FY 2019-20, Forgotten Harvest will help our region's seniors by delivering approximately 8.5 million pounds of nutritious food to our network of agencies serving seniors. Link2Feed data, gathered by the 99 agencies now participating, shows that approximately 19% of those receiving food from Forgotten Harvest are seniors ages 65 or older; 24% are 50-64.

"Forgotten Harvest is making significant investments in our senior hunger strategy to understand the barriers seniors face and support programs that increase access to nutritious food for seniors throughout the tri-county area," says Kirk Mayes, CEO. "We are working to increase service to recipient agencies serving metro Detroit seniors facing food insecurity." These agencies include small faith-based pantries, senior centers, congregate feeding programs, homeless shelters, and larger agencies such as Focus: HOPE, which serves 41,000 seniors every month. Our distribution network also includes 67 mobile pantry partners in underserved neighborhoods that lack traditional brick-and-mortar emergency feeding programs. Many of these mobile pantry partners provide "priority" service to seniors, serving them first and providing extra assistance in selecting and

carrying their groceries. Some partner agencies, including Focus: HOPE, run delivery programs for shut-in seniors.

As a food rescue organization, Forgotten Harvest specializes in rescuing and distributing fresh meat, dairy products, fruits, vegetables, baked goods, and prepared meals — all foods that provide nutrition critical for maintaining good health in seniors. At the same time, these are often the most difficult food items for at-risk seniors to acquire due to their perishable nature and cost. As the only large-scale food rescue organization serving metro Detroit, Forgotten Harvest is an important source of these nutritious foods for seniors who find it necessary to turn to pantries, shelters, soup kitchens, and mobile pantries for help. Many of our seniors have found that our healthy nutritious food is the best kind of medicine to keep them healthy and active.

Forgotten Harvest is grateful to the Edward N. and Della L. Thome Memorial Foundation for helping to support our distribution of fresh food to metro Detroit seniors.



WHAT IS HUNGER ACTION MONTH?

September is Hunger Action Month—the Feeding America® network’s nationwide awareness campaign designed to mobilize the public to take action on the issue of hunger. The campaign brings attention to the reality of food insecurity in the United States and promotes ways for individuals across the U.S. to get involved in the movement to help end hunger.



WE CAN END HUNGER - ONE HELPING AT A TIME - SEPTEMBER 2019

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

HUNGER ACTION MONTH™



31
Prepare
Save this calendar and follow us on social media for updates all month long.

- | | | | | | | | |
|--|---|---|---|--|---|--|--|
| <p>1
Start
Start collecting your spare change now and donate it at the end of the month.</p> | <p>2
Learn
Get to know those who rely on Forgotten Harvest by watching the videos on our website.</p> | <p>3
Collect
Sign your child's school up for Coins that Count, which teaches kids about hunger. Contact lburton@forgottenharvest.org.</p> | <p>4
Pack a Lunch
And feed a bunch! Donate your lunch money. Every \$1 donated equals \$7 worth of food we are able to provide.</p> | <p>5
Attend
Women's Harvest Lunch. Go to forgottenharvest.org/events for more information.</p> | <p>6
Visit
Schedule a visit and join us for a behind the scenes tour of Forgotten Harvest.</p> | <p>7
Invite
Invite Forgotten Harvest to speak at your place of worship, school, or business. Contact lburton@forgottenharvest.org.</p> | |
| <p>8
Talk
Set an empty plate. Use this as a reminder of all those who are at risk for hunger.</p> | <p>9
Go Casual
Set up a casual or jeans day with your employer or school. People can donate to dress casual.</p> | <p>10
Volunteer
Volunteer with your friends, family, or coworkers. Visit forgottenharvest.org/volunteer.</p> | <p>11
Pack a Lunch
And feed a bunch! Donate your lunch money one day a week for the whole month.</p> | <p>12
Turn Orange!
Wear orange for Hunger Action Day*! People all over the country are teaming up to raise awareness about food insecurity.</p> | <p>13
Say Thanks
Thank a person who inspires you to volunteer, donate, and remain active in your community.</p> | <p>14
Follow
Follow us on social media to learn about food insecurity and food rescue all year round.</p> | |
| <p>15
Recycle Day
Try to recycle as much as you can for one day to see the impact one day and one family can have.</p> | <p>16
Smile
Set up your Amazon Smile account and start using it. It's the very same Amazon products, but a part of each purchase is donated.</p> | <p>17
Give Up
Give up coffee, pop, or vending machine snacks for one week and donate the money. Each dollar fuels 4 meals for hungry families.</p> | <p>18
Pack a Lunch
And feed a bunch! Donate your lunch money one day a week for the whole month. The \$\$ adds up fast.</p> | <p>19
Thank You
Thank your grocer or local food market for donating surplus food to Forgotten Harvest.</p> | <p>20
Plant
Consider planting a community garden next spring and give the produce to Forgotten Harvest.</p> | <p>21
Experience
Approximately three billion people live on less than \$3/day. See if you can meet your nutritional needs on that budget.</p> | |
| <p>22
Visit
Visit Forgotten Harvest Farms, 92 beautiful acres that grows healthy food for families in need. Sign up at forgottenharvest.org/volunteer.</p> | <p>23
Go Casual
Try and double the number of people to join your efforts and double your donation.</p> | <p>24
Cook
Cook a meal with your family or friends and talk about hunger and food waste.</p> | <p>25
Pack a Lunch
And feed a bunch! Donate your lunch money. Every \$5 donated equals \$35 worth of food we are able to provide.</p> | <p>26
Take a Selfie
Post a selfie with an empty plate and say something you can't do on an empty stomach. Tag us, and challenge a friend to participate.</p> | <p>27
Thank You
Thank your grocer or local food market for donating surplus food to Forgotten Harvest.</p> | <p>28
Donate
Donate that spare change you've collected to help families in metro Detroit all year long!</p> | |
| <p>29
Continue
It's not too late! Sign up to volunteer at forgottenharvest.org/volunteer to see how your donations are put to work.</p> | <p>30
Teach
Tell us your favorite tip to reduce food waste! We'd love to hear what you do. Tag us on Facebook, Instagram or Twitter to share with us.</p> | | | | | <p>WE NEED YOUR HELP!
EVERY \$1 YOU DONATE
EQUALS \$7 OF FOOD WE
ARE ABLE TO PROVIDE
DONATE NOW!</p> | |