



**FEEDING**[™]
AMERICA

Kentucky's Heartland

**THE COST
OF HUNGER
IN CENTRAL
KENTUCKY**

**A CASE
FOR SUPPORT
2023/2024**

HOW WE WORK

Feeding America, Kentucky's Heartland solicits donations of both money and food, purchases grocery items at reduced prices, and receives government commodities.

FUNDS & FOOD SOURCES




336
 MILLION
 LBS. OF FOOD
 DISTRIBUTED


280
 MILLION
 MEALS
 PROVIDED

OUR MISSION

Feeding America, Kentucky's Heartland gathers and distributes food in 42 Kentucky counties to feed our neighbors in need through local community partnerships.

OUR VISION

To provide equitable access to nutritious food, so no one will go hungry.

ABOUT US

Founded in 1982, today FAKH serves local communities through a network of 250 agency partners and a variety of programs.

FOOD INSECURITY RATES

Food insecurity is defined as a lack of consistent access to enough food for every person in a household to live an active, healthy life.

| | OVERALL FOOD INSECURITY RATE | # OF FOOD INSECURE PERSONS | CHILD FOOD INSECURITY RATE | # OF FOOD INSECURE CHILDREN |
|----------------------|------------------------------|----------------------------|----------------------------|-----------------------------|
| United States | 10.40% | 33,844,000 | 12.80% | 9,262,000 |
| Kentucky | 12.90% | 579,770 | 15.20% | 154,290 |
| Adair County | 13.70% | 2,590 | 15.70% | 600 |
| Allen County | 12.80% | 2,640 | 15.30% | 740 |
| Ballard County | 11.20% | 880 | 14.60% | 240 |
| Barren County | 16.10% | 7,150 | 20.60% | 2,170 |
| Breckinridge County | 13.80% | 2,800 | 15.50% | 720 |
| Butler County | 13.70% | 1,710 | 15.10% | 430 |
| Caldwell County | 13.60% | 1,720 | 15.60% | 450 |
| Calloway County | 13.20% | 4,910 | 13.80% | 940 |
| Carlisle County | 12.00% | 580 | 13.80% | 150 |
| Casey County | 15.00% | 2,380 | 16.50% | 600 |
| Christian County | 13.40% | 9,690 | 18.90% | 3,730 |
| Clinton County | 15.80% | 1,480 | 19.90% | 400 |
| Cumberland County | 14.80% | 890 | 13.60% | 180 |
| Edmonson County | 14.10% | 1,710 | 13.70% | 320 |
| Fulton County | 14.90% | 970 | 24.00% | 340 |
| Graves County | 13.10% | 4,820 | 15.40% | 1,380 |
| Grayson County | 16.10% | 4,230 | 19.10% | 1,220 |
| Green County | 16.40% | 1,830 | 18.10% | 430 |
| Hancock County | 10.40% | 940 | 12.10% | 270 |
| Hardin County | 10.40% | 11,410 | 13.00% | 3,540 |
| Hart County | 14.30% | 2,750 | 15.90% | 760 |
| Hickman County | 13.60% | 620 | 20.50% | 180 |
| Larue County | 12.90% | 1,910 | 13.90% | 450 |
| Logan County | 12.20% | 3,320 | 15.20% | 990 |
| Lyon County | 13.40% | 1,160 | 16.40% | 200 |
| McCracken County | 11.50% | 7,730 | 14.30% | 2,150 |
| Marion County | 14.10% | 2,760 | 17.00% | 790 |
| Marshall County | 11.10% | 3,530 | 11.40% | 750 |
| Meade County | 12.20% | 3,620 | 14.20% | 950 |
| Metcalfe County | 15.10% | 1,550 | 17.30% | 420 |
| Monroe County | 16.20% | 1,830 | 20.10% | 520 |
| Muhlenberg County | 13.80% | 4,280 | 16.80% | 1,080 |
| Nelson County | 8.80% | 4,090 | 9.70% | 1,070 |
| Ohio County | 12.30% | 2,930 | 14.00% | 800 |
| Russell County | 16.20% | 2,910 | 17.20% | 720 |
| Simpson County | 10.20% | 1,960 | 11.10% | 520 |
| Taylor County | 13.00% | 3,360 | 14.80% | 900 |
| Todd County | 13.10% | 1,600 | 15.80% | 520 |
| Trigg County | 13.60% | 1,910 | 18.50% | 580 |
| Warren County | 11.60% | 15,420 | 13.70% | 4,210 |
| Washington County | 11.10% | 1,330 | 11.10% | 310 |
| Wayne County | 15.80% | 3,120 | 20.20% | 820 |

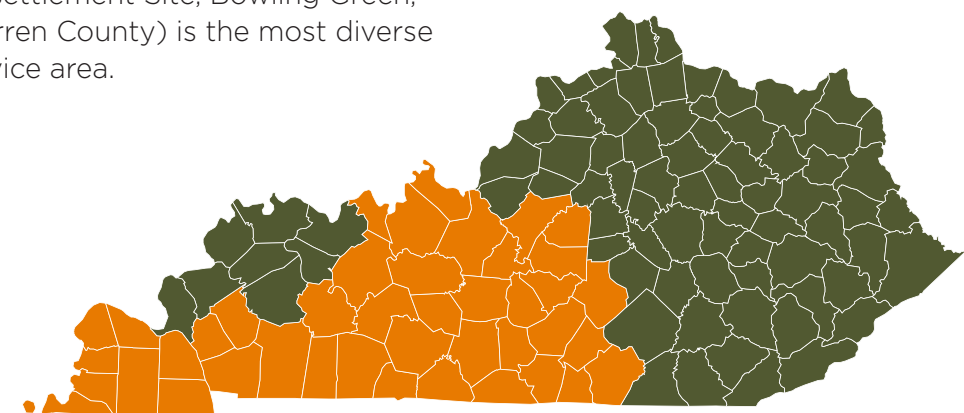
OUR SERVICE AREA

- Feeding America, Kentucky's Heartland serves 42 Kentucky counties. Our service area, while rich in diversity, presents unique challenges and opportunities.
- The Appalachian Region to the east includes 10 counties in our service area: Adair, Casey, Clinton, Cumberland, Edmonson, Green, Hart, Metcalfe, Monroe, Russell and Wayne.
- The Mississippi Delta Region to the west includes 14 counties in our service area: Ballard, Caldwell, Calloway, Carlisle, Christian, Fulton, Graves, Hickman, Lyon, Marshall, McCracken, Muhlenberg, Todd, and Trigg.
- Both regions are challenged by poverty and health disparities. In fact, they are known as our nation's "Diabetes Belts."
- The USDA's Rural-Urban Continuum Codes classifies 32 of our counties as rural and many have food deserts.
- Our service area is home to two U.S. Army posts, Fort Knox (Hardin County) and Fort Campbell (Christian County).
- A Refugee Resettlement Site, Bowling Green, Kentucky (Warren County) is the most diverse city in our service area.

HUNGER IN OUR REGION

| | |
|---------------------------|-----------------------------------|
| 1 in 8 ADULTS | 1 in 7 CHILDREN |
| 1 in 14 SENIORS | 1 in 6 MILITARY MEMBERS |

ANNUALLY, FAKH SERVES NEARLY 250,000 KENTUCKIANS THROUGH INTENTIONAL PROGRAMS AND FOOD DISTRIBUTIONS.



KENTUCKY IS AMONG THE TOP 10 STATES WITH THE HIGHEST RATES OF SENIOR FOOD INSECURITY, AND THIRD HIGHEST IN THE NATION FOR FOOD INSECURITY AMONG INDIVIDUALS 50-59 (14.6%).

MAP THE MEAL GAP* DATA REVEALS THAT 95% OF OUR 42 COUNTY SERVICE AREA HAS OVERALL FOOD INSECURITY RATES THAT ARE HIGHER THAN THE NATIONAL AVERAGE.

MAP THE MEAL GAP* DATA REVEALS THAT 88% OF OUR 42 COUNTY SERVICE AREA HAS CHILD FOOD INSECURITY RATES THAT ARE HIGHER THAN THE NATIONAL AVERAGE.

**Map the Meal Gap is a study conducted by Feeding America National Organization to improve our understanding of how food insecurity and food costs vary at the local level. By better understanding variations in local need, communities can develop more targeted strategies to reach people struggling with hunger.*

STORIES FROM OUR NEIGHBORS



LANE'S STORY

Lane is a senior who visits Hope 2 All Food Pantry for their monthly distribution. He's on a limited income and often has to choose between paying bills and visiting the grocery. With the food he receives from our agency partner at Hope 2 All Food Pantry, Lane is empowered to focus his income elsewhere and is able to afford his monthly prescriptions. When he can, Lane often pays it forward - delivering food to homebound neighbors in need that are also struggling to make ends meet.

“

There's a lot of people worried about where their next meal is coming from. I really don't have the words to thank you because it's a blessing.

”



JUDY'S STORY

Judy has been visiting food distributions at True Gospel Fellowship for two years. Judy is a doting great-grandmother who cares for her five-year-old great-grandson. Unfortunately, her great-grandson has a health condition that limits his diet, specifically requiring him to avoid highly processed foods and sugar. When able, she incorporates the fresh fruit and vegetables that she receives from True Gospel into his diet. Taking items from her monthly Commodity Supplemental Food Program box, Judy also makes some of the best chili you've ever had. With your support, Judy can stretch her limited income to support her great-grandson and worry less about where their next meal is coming from.

“

I never expected to be raising another child at my age, but I want the best for him.

”

OUR PROGRAMS

FEEDING KIDS

THE BACKPACK PROGRAM

The Backpack program addresses childhood hunger on weekends and over school breaks during the school year. Each Friday, a bag of 12-15 non-perishable, individually sized food items are discreetly put into the backpacks of students who do not always have enough food.

SCHOOL PANTRIES

The School Pantry program helps to establish food pantries that are conveniently located on-site at schools for students and their families facing hunger. The school pantries complement school breakfast and lunch programs, providing access to food for children and their families after the school day has ended, over the weekends and during breaks.

ENVIRONMENTAL STEWARDSHIP

FARMS TO FOOD BANKS

Farms to Food Banks is a statewide program that provides fresh produce to our neighbors facing hunger by paying Kentucky farmers for produce that is unmarketable due to overproduction, size discrepancies or minor blemishes.

FOOD RESCUE

40% of food in the U.S. ends up in landfills. Through our Food Rescue program, we pick up food resources that do not meet retail standards but are still safe for consumption and redistribute those resources to our neighbors through our network of agency partners. We partner with retailers like Dollar General, Food Lion, Kroger, Walmart and Sam's Club to reduce their food waste and feed our neighbors in the Heartland.

FEEDING SENIORS

THE COMMODITY SUPPLEMENTAL FOOD PROGRAM

Our network of agency partners work with the U.S. Department of Agriculture (USDA) to offer the Commodity Supplemental Food Program (CSFP) to qualifying seniors in our region. CSFP is a federally funded program that provides extra food each month to seniors living on a low-income.

FOOD AS MEDICINE

RX PANTRY PROGRAM

The Rx Pantry program serves neighbors who screen positive for food insecurity in health care settings. The program provides on-site food and directs neighbors to additional community resources near them.

SERVING UP FRESH

Through our Serving Up Fresh program we distribute fresh produce when Kentucky's growing season ends. This program operates each year from September through May.

EQUITY, DIVERSITY AND INCLUSION INITIATIVE

Our Equity, Diversity and Inclusion Initiative (EDI) is our commitment to equitable food distribution in under-resourced communities in our service area.

DISASTER RELIEF

Through our Disaster Relief program we collaborate with disaster relief agencies, state emergency services and our network of agency partners to provide emergency food during and after disasters.

FEEDING NEIGHBORS

AGENCY PARTNERS

We source millions of pounds of nutritious food to our distributing centers and agency partners each year. Providing food to our network of partners is the most effective and efficient way to serve our neighbors facing hunger.

MOBILE FOOD PANTRIES

Mobile Food Pantries are a direct distribution from our regional food bank to your community. Mobile Food Pantries deliver fresh foods and non-perishable staples to under-resourced communities.

EMERGENCY FOOD ASSISTANCE PROGRAM

The Emergency Food Assistance Program (TEFAP) is a federally funded program that helps supplement the diets of low-income individuals, families and seniors with 100% American-grown USDA foods. Monthly food distributions are held at participating sites throughout our region serving thousands of our neighbors facing hunger.

SUPPLEMENTAL FOOD ASSISTANCE PROGRAM

Our food bank assists neighbors in signing up for the Supplemental Food Assistance Program (SNAP). SNAP is a monthly allocation of money for individuals, families and seniors who need help purchasing food for healthy meals.



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Kentucky's Heartland

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Learn More
ABOUT FAKH

