

# HUNGER IS HARD

## Helping is easy

[GLFoodBank.org](http://GLFoodBank.org)

Hard choices  
our neighbors  
face every day

**69%** have had  
to choose  
between food and utilities

**66%** have had to  
choose between  
food and medical care

**57%** have had  
to choose  
between food and housing

**79%** purchase  
inexpensive,  
unhealthy food

**40%** water down  
food or drinks

GREATER LANSING  
**foodbank**



MEMBER OF  
**FEEDING**  
AMERICA

**H**unger is hard. For the 1 in 6 neighbors facing food insecurity in mid-Michigan, a growling stomach serves as a loud reminder of a difficult situation. While COVID-19 has shone a brighter light on hunger than ever before, helping to illuminate the underlying causes that leave neighbors without the food they need, it's also shown our work is far from over.

During the past year, it has become clear that the long-term effects will be harder than many would have expected, with families facing enormous utility and rent debts alongside the rising costs of food and basic supplies.

We've seen that despite complex challenges and extraordinary demands, our communities have responded with resilience, innovation and, most of all, a strong determination to help.

**As we enter another holiday season marked with uncertainty, your support is more important than ever to making sure neighbors in need keep food on the table. When you partner with Greater Lansing Food Bank, helping is easy.**

## LETTER FROM THE CEO

### Hunger is hard.

And that's exactly why GLFB exists. For neighbors unable to buy enough food to sustain themselves or their families, the hardship often feels beyond hope.

I recently took my 17-year-old with me to help at a mobile food distribution. Afterward he commented, "I didn't realize how easy and how much fun it could be to help others. And I had no idea that many people were hungry until I saw the line of cars around the corner. I want to help again and I wish all my friends could experience this."

In our 40th year, we are still bringing people together to help our neighbors. When we all help a little, in time or dollars, together we provide hope. It's a reminder to us all that when we have many blessings, it's easy to share some of them. And when we are in an emergency, others will be there to help.

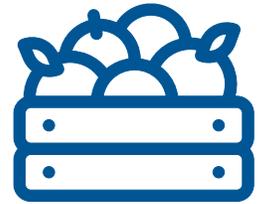
Taking a piece of the ancient wisdom, "Grant me courage to change the things I can," I encourage you to do what you can to change the lives of others simply by giving small gifts to help build up many meals for neighbors.

Many blessings to you this season,

Michelle M. Lantz, CEO



GLFB distributed  
**2.5** million  
pounds  
in fresh produce last year



## Nutritious choices

Throughout our 4000 square mile service area, GLFB and our partners are serving with compassion. A big part of this is offering choices and providing culturally significant food options. By providing a variety of options, it's easy for neighbors to make a healthy choice, increasing their selection and subsequently consumption of more nutritious foods.

The Larry Mitchel Trice Sr. Community Outreach Center (LMTS) in Lansing has partnered with GLFB this year on expanding resources to serve their neighbors in a way that provides the healthiest options for their families. By providing LMTS an additional commercial refrigerator and a variety of protein and produce options, an inviting space has been created that welcomes everyone from different backgrounds.

"[our clients] don't feel ashamed and come in recognizing that we are there to serve."

— Josh Gillespie, Director of LMTS



Strong community support was a huge part of what kept so many of our neighbors from going hungry last year. With your continued partnership we can reach even more of our neighbors who continue to struggle accessing the food they need.



## Nourishing Children

**One in seven children in our service area go to bed hungry each night.**

GLFB is implementing a multi-pronged approach to childhood hunger that reaches children most in need by partnering with a variety of entities that already have access to children, such as local schools, food pantries, healthcare clinics, unique and new community partnerships and our own mobile food distributions.



## Nourishing Seniors

**One in eight seniors face food insecurity.**

GLFB is designing programs that take into account the transportation needs, physical limitations, and health considerations of older Americans to connect them with the nutritious food they need to stay healthy.



## Nourishing Families

**To meet the projected need, GLFB must double the amount of food we provide to the community by 2025.**

GLFB is responding to both short- and long-term impacts of the pandemic on ALICE households (asset limited, income constrained, employed) by providing the proper foods in a dignified manner at the proper intervals and locations.

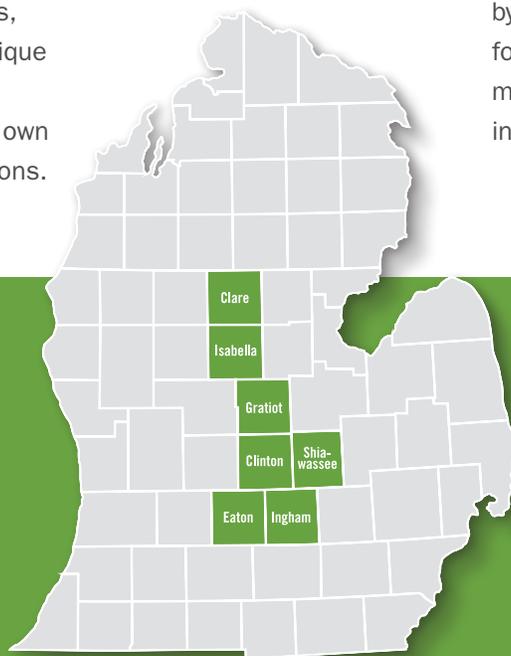


## Ensuring Equitable Access

**GLFB is the primary emergency food resource for mid-Michigan, serving seven counties, each with unique communities with different barriers to food security.**

GLFB is committed to expanding our reach to populations with traditionally limited access, or who lack trust or access to proper dietary/cultural foods. GLFB is minimizing barriers to obtaining food resources by implementing new distribution methods along with traditional models and removing other barriers to food access.

**SERVING SEVEN COUNTIES IN MID-MICHIGAN**



Clare  
Clinton  
Eaton  
Gratiot  
Ingham  
Isabella  
Shiawassee



GREATER LANSING  
**foodbank**

P.O. Box 16224  
Lansing MI, 48901

NON-PROFIT  
ORG.  
U.S. POSTAGE  
**PAID**  
PERMIT #793  
LANSING, MI



**HUNGER IS HARD**  
**Helping is easy**

GREATER LANSING  
**foodbank**



MEMBER OF  
**FEEDING  
AMERICA**

**GIVE BY MAIL:**

Mail your check to:

Greater Lansing Food Bank  
P.O. Box 16224  
Lansing, MI 48901-1065

**GIVE ONLINE:**

[GLFoodBank.org](http://GLFoodBank.org)

