

# Farmers Helping Neighbors

Food insecurity is a reality for 80,600 people just in East Central Indiana. Many hard working Hoosiers and their families do not get the nutrients needed to lead productive lives. Families with a stretched budget are struggling to get the food that keeps their bodies healthy. In fact, fresh produce fights diseases such as diabetes, cancer, and cardiovascular ailments. Learn how you can help Second Harvest Food Bank of Each Central Indiana in our fight to end hunger; as well as the benefits of partnering with us.

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**1 out of 6  
Neighbors  
Hungry**

## Top 5 Reasons to Donate Grain:

1. Children under 18 years are 44% of the food insecure population
2. We are currently distributing only 52% of what is needed
3. To reach this year's goal for fresh produce distribution, we need \$160,000
4. Better nutrition reduces illness and improves performance
5. It makes a difference; one dollar will provide six meals

## How to Donate:

1. Indicate to the operator how many bushels or dollars you wish to donate to Second Harvest Food Bank
2. Sign your scale ticket
3. You will be sent a settlement sheet for your load from the operator
4. Second Harvest Food Bank will send you a thank you letter for your tax deduction documentation

**SECOND HARVEST FOOD BANK**  
*Of East Central Indiana*

**PROVIDING FOOD FOR HUNGER RELIEF  
TO EIGHT COUNTIES:**

*Blackford • Delaware • Grant • Henry  
Jay • Madison • Randolph • Wabash*

