

Great Plains Food Bank

# Sharing *the* Harvest

Spring 2010

## Hungry in the Heartland

Your support impacts the lives  
of thousands who seek help



Sheyenne, ND is one of 10 communities  
currently served by the Great Plains Food  
Bank's Mobile Pantry Program

what's  
**INSIDE**

- Landmark Study Reveals the Face of Hunger  
Many must go without, many make difficult choices
- 2009: A Year Marked by Incredible Growth
- Partnerships in the Fight to End Hunger and Feed Hope

# Year-In-Review 2009

**6.6**  
MILLION  
pounds of food  
distributed

**\$10.7**  
MILLION  
of food recovered

**61.8**  
THOUSAND  
people served

**91.8**  
MILLION  
pounds of food  
distributed since the  
Food Bank opened

**233.3**  
THOUSAND  
food baskets  
provided by  
partner agencies

**3.66**  
MILLION  
hot meals served by  
partner agencies

**2.5**  
THOUSAND  
volunteers gave  
7,676 hours of service

In my almost 20 year tenure at the Great Plains Food Bank, 2009 stands out like no other.

We saw the number of food shelf visits across the state grow by an unprecedented 19%. Fortunately, with the help of committed partners like you, we were able to meet that alarming spike in demand as our food distribution increased by 20%, from 5.5 million pounds in 2008 to a record 6.6 million pounds last year.

We kicked 2009 off with our first-ever comprehensive study of emergency feeding program clients, a successful appeal to the North Dakota legislature for start-up funding for new programming, and a disaster relief effort that provided more than half-a-million dollars in supplies for flood victims.

During the year we started four new programs and significantly expanded four existing programs established the previous year to increase services in under served rural areas (*Mobile Food Pantry, Outreach Pantry Program, Rural Restock Program*), grow food donations (*Retail Store Donation Program, Bismarck-Mandan Food Recovery Program*), assist local food shelves and their clients (*Agency Capacity*

## director's DESK by Steve Sellent

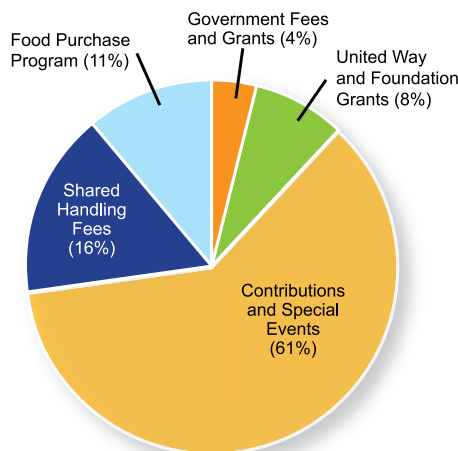


*Building Program, SNAP Outreach Program*), and help end childhood hunger (*Backpack Program*).

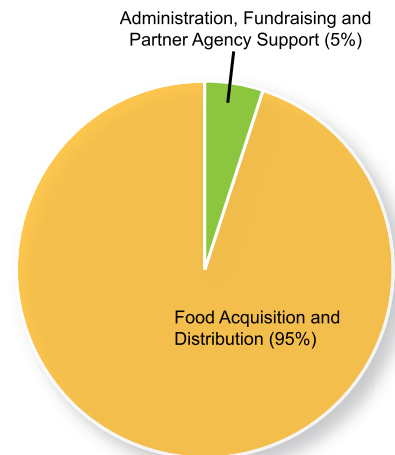
Almost 62,000 people received assistance through the Great Plains Food Bank and our partner agencies last year. But much work still remains. Recently, more than 1,400 people showed up at a new Mobile Pantry distribution, serving as a poignant reminder of the extent of unmet need and gaps in service that still need to be addressed across the state.

Our focus in 2010 will be on filling those remaining needs and gaps. Your support this past year has made incredible things happen, and we will continue to maximize the impact of your contributions as we work together to achieve our vision of a hunger-free state.

Sources of Revenue



Areas of Expense\*



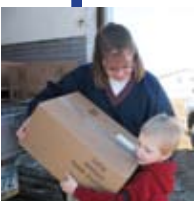
\*Includes \$9,330,159 in-kind value of donated product distributed.

# 2009 HIGHLIGHTS



## Expanded Food Recovery

With a 19% increase in food shelf visits reported by our partner agency network last year, the Great Plains Food Bank was equipped to respond, distributing a record **6.6 million pounds** of food to those in need - marking a 20% increase over 2008. This demand was met through the expansion of our **Retail Store Donation Program**, adding 37 new food industry donors - providing for an estimated 422,000 meals; and with the start of the **Bismarck-Mandan Food Recovery Program** with an annual projected increase of 500,000 pounds of fresh fruits and vegetables, bakery, dairy, meat and personal care products.



## Broadened Outreach Efforts

Our goal of supplying under-served counties with the necessary food supplies to meet client needs was achieved as we significantly expanded our **Mobile Pantry Program** - adding routes to seven counties including the cities of Watford City, Grassy Butte, Killdeer, Dunseith, Rock Lake, Bisbee and Sheyenne. Also, in partnership with Community Action and the West Fargo and Fargo public schools, we helped launch the **Backpack Program**, tackling childhood hunger head on by providing kids with the food they need to get through the weekend.



## Growth in Partner Network

Emergency food assistance is more accessible because of the growth and strength of our partner agency network which now consists of **246 charitable feeding programs in 93 communities** across North Dakota and Clay County, Minnesota. Together, **we touched the lives of 1 in 11** individuals seeking help - nearly 40% being children. Beyond food supplies, the Food Bank extended support to our partner network through our new **Capacity Building Program**, which provides individualized training in a variety of areas (i.e. food safety, fund development, improved client access), a grant program providing new freezers, refrigerators and other equipment necessary to run their programs, and a series of regional workshops in partnership with the USDA which identifies federal funding resources, highlights agency best practices, and provides an opportunity for peer networking.



## Statewide Collaborations

The Great Plains Food Bank is better positioned to effect social change for those struggling with hunger, or at risk of hunger because of some exciting new partnerships. We garnered passage of new legislation from the **North Dakota Legislature**, providing \$350,000 in start-up funding for new programs. We joined forces with the **North Dakota Department of Human Services** to launch our new **SNAP Outreach Program** where we distribute SNAP program eligibility materials to our partner agencies, and offer prescreening support to clients at feeding sites statewide. And as a founding member of the **Creating a Hunger Free North Dakota Coalition**, we released the *10 Year Plan to End Hunger by 2019*.



## Flood Recovery and Response

Food industry donors nationwide stepped up to help the Great Plains Food Bank address the varied and critical needs of those affected by the record-breaking floods of 2009. Working on three fronts, the Food Bank responded immediately by distributing food and water to individuals evacuated to shelters and involved in sandbagging and emergency operations. As flood waters receded, we distributed semi-loads of trash bags, bleach, cleaners and disinfectant wipes to relief organizations working on recovery and clean-up efforts. Finally, we supplied food pantries and soup kitchens in affected counties with the resources they needed to restock their shelves. **In all, the Food Bank distributed 342,754 pounds of food and supplies statewide to individuals and communities impacted by spring flooding.**

**Thank You** for partnering with us to create hunger-free communities!

### Hunger Relief Champions

The Great Plains Food Bank honored three community partners with its 2009 Hunger Relief Champion Award. Because of their extraordinary contributions and commitment to end hunger and feed hope for thousands of individuals, awards were presented to the student leaders of **Fill the Dome**, **Hornbacher's Foods** and **West Acres Development**.

Thanks also go to the following hunger-relief partners who joined us in engaging the community and bringing awareness to the solvable problem of domestic hunger during Hunger Action Month activities: **Sharyn Melting** and the **Pampered Chef**, **B. Dalton Booksellers**, **Macy's**, **NDSU Student Hospitality Association**, **Marcus Theaters** and **Dunn Bros. Coffee**.

### Put Your Faith Into Action

Lutheran Social Services of North Dakota is one of eight local charities chosen to participate in the 2010 Fargo Marathon on May 20 and 21.



You can get involved and put

your faith into action by becoming a member of the LSS/ND Faith in Action Marathon team and running/walking in the 5K, 10K, Half Marathon, Marathon Relay or full Marathon.

Not a runner or walker? You can support the team through your financial support and by cheering on the Faith in Action team members along the race route.

Visit [www.lssnd.org](http://www.lssnd.org) and click on the Faith in Action link to learn more.



More  
North Da  
food ass

## Hunger in America

### Study reveals tough choices and st

*Hunger in America 2010*, a recent study conducted by Feeding America, the Great Plains Food Bank and 204 other food banks nationwide, is the largest, most comprehensive study ever conducted on domestic hunger. It provides an in-depth look at who is hungry, why they seek assistance and how their needs are being met.

Face-to-face interviews were conducted with 327 clients at charitable feeding sites across the Great Plains Food Bank service area (North Dakota and Clay County, Minnesota). In addition written surveys were completed by 182 Great Plains Food Bank partner agencies.

#### Alarming Results

The study revealed that even though food is a basic human need, almost 40% of those served by food shelves and soup

kitchens reported they had to choose between food and paying their utilities; more than a third had to choose between paying their rent or mortgage and buying food; and 31% had to consciously make the choice between paying for medicine or medical care and buying groceries. Sadly, even with the help available through private and government food assistance programs, many also reported having to skimp on or skip meals - including children.

#### On the front lines

Every day, there are food pantries, soup kitchens, shelters and other charitable feeding programs in Food Bank network serving on front lines to meet the needs of those seeking food assistance. The study found that 74% rely entirely on volunteers to staff their efforts; funding



More than 8,000  
North Dakotans receive  
assistance weekly

## 2010: stretched resources

problems threaten their operations; and that 57% of pantries, 78% of soup kitchens and 62% of shelters now serve more clients than they did in 2006.

### What can you do?

The Great Plains Food Bank and our network of feeding partners depend on the generosity of concerned individuals, churches, foundations, corporations and food industry donors to help us meet the hunger needs of children, seniors and working families who seek our help each year.

If you are interested in becoming a volunteer, financial supporter, food donor, or hunger advocate call (701) 232-6219 or visit [www.lssnd.org/GreatPlainsFoodBank](http://www.lssnd.org/GreatPlainsFoodBank). Your response and involvement in our future efforts is welcomed. Thank you!

## The Faces of Hunger in North Dakota

The Great Plains Food Bank network serves a broad cross-section of individuals and families. The study showed the following characteristics:

### Their Household

- 37% of household members are children
- 10% of household members are elderly
- 48% of households with children are headed by single parents

### Their Income

- 78% of households live below the poverty level
- Average monthly income is \$900 with 30% earning less than \$500 per month
- 34% report their job as their primary source of income
- 19% report income received from Social Security as their primary source

### Their Health

- 25% report having at least one household member in poor health
- 41% had no insurance
- 60% report unpaid medical or hospital bills

### Their Education and Employment

- 26% report having completed some or all college
- 28% did not complete high school
- 38% of households include at least one employed adult
- 22% are recently unemployed - without work for three months or less
- 27% have been without employment for over two years

## Tough Choices

Clients reported that they had to make the difficult choice between paying for basic necessities or buying food:

- 39% chose between paying for utilities or heating fuel and food
- 34% chose between paying their rent/mortgage and food
- 31% chose between paying for medicine/medical care and food
- 26% chose between transportation and food

## Going Without

At times, clients reported that they had no alternative but to simply go without food, basic necessities or other resources. In the last year

- 76% of clients had been in a situation where the food they bought "just didn't last" and they didn't have money to get more.
- 72% often or sometimes "couldn't afford to eat balanced meals".
- At least once, 57% of clients ate less than they felt they should because there wasn't enough money to buy food.
- At least once, 29% of adults did not eat for a whole day because there wasn't enough money to buy food.
- 24% of adults skipped meals almost every month.
- 18% of clients with children said that their children skipped meals.

*"I remember when I was little,  
my parents didn't have enough to feed all of us kids.  
I never thought the same thing would happen  
to me, and my child."*



**A.** ND Farm Bureau's Young Farmer and Rancher (YF&R) Committee received a \$1,000 grant for its innovative way of getting people involved in donating to food pantries. Paul Thomas, chair and YF&R coordinator Sarah Wilson donated the \$1,000 grant to the Great Plains Food Bank. Accepting is Marcia Paulson, director of marketing and development.

**B.** The Fargo Force “Shut Out Hunger” by challenging their fans to donate. Food and funds totaling 1,100 meals was collected.



# THANKS to



**C.** The American Massage Therapy Association (AMTA) took a hands on approach to ending hunger by giving massages to individuals who made a financial donation to the Food Bank while shopping at West Acres during the holidays. Marcia Paulson, GPFB receives \$836 from Stephanie Wilson, AMTA vice president.



**D.** NDSU Hospitality Student Association members organized the Chopping Out Hunger event in support of Hunger Action Month. Chefs were surprised with products typically found at a food bank and were challenged to create a dish from them. Proceeds from this event allowed the GPFB to distribute \$2,200 worth of food across the state.

**E.** Thousands of students and community members Filled the Dome and so much more this past holiday season - far surpassing their goals by collecting 101 tons of food, \$120,000 and more than 3,000 signatures of awareness surrounding the issue of hunger. On behalf of our hungry neighbors in need, thank you!

**F.** Artist Kim Jore with Riverzen Art Studio held a benefit show entitled “Pubs on Broadway” with a portion of the proceeds benefiting GPFB perishable food recovery efforts.



# our PARTNERS

**G.** The GPFB was the recipient of a new \$85,000 refrigerated truck, 15,000 lbs of Great Value branded products and fresh apples from Walmart and the Walmart Foundation. This truck will play a key role in helping us capture additional amounts of surplus food from grocery retailers and other partners in the Bismarck-Mandan community.

**H.** Drew Johnson volunteered at the GPFB during his recent trip across the country volunteering in the 48 contiguous states in 48 weeks.

**I.** Steve Sellent, GPFB program director, receives a grant from the North Dakota Community Foundation. We also extend our thanks to the following who have invested their resources into our vision of creating hunger-free communities: **Alex Stern Family Foundation, Basin Electric Power Cooperative, Cass County Social Services, MDU Resources Foundation, Minot Area Foundation, U.S. Department of Agriculture, and the North Dakota Department of Human Services.**

**J.** Cashwise Foods store managers Tim Rhode and Greg Jaroszewski, present the GPFB with the proceeds from their annual Bag Hunger Campaign. Great job!





Lutheran Social Services of ND  
1720 3rd Ave N • Fargo, ND 58102



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*The Great Plains Food Bank strives for a hunger-free North Dakota and western Minnesota by recovering and distributing surplus food, engaging in community partnerships and advocating for social change.*



## Lose Nationally and Feed Locally

More than 500 people in North Dakota have already accepted the challenge to lose nearly 15,000 pounds.

For the second consecutive year, the Great Plains Food Bank and Feeding America are partnering with General Mills, Subway, 24 Hour Fitness, Walgreens and The Biggest Loser to encourage people to lose weight through the Pound for Pound Challenge. For every pound you pledge, 14 cents will be donated to the GPFB to help us feed our hungry neighbors in need.

To learn more, and pledge your weight loss goal today, visit [www.pfpchallenge.com](http://www.pfpchallenge.com).

**Together we are creating hunger-free communities!**

## Calendar

### MAR 10

**March 3: Creating a Hunger-Free North Dakota Coalition Meeting, Bismarck**  
For more information, or for a copy of the *10 Year Plan to End Hunger by 2019*, email [CHFND@lssnd.org](mailto:CHFND@lssnd.org).

### APR 10

**March 1 - April 30: Feinstein Foundation Million Dollar Match**

Throughout March and April, the Feinstein Foundation will increase your gift to the Great Plains Food Bank with a portion of a \$1 million grant they are awarding to hunger-relief programs across the country. Visit us online at [www.lssnd.org/GreatPlainsFoodBank](http://www.lssnd.org/GreatPlainsFoodBank) to increase your gift today!

**April 14: Great Plains Food Bank Regional Meeting, Jamestown**

### MAY 10

**May 5: Great Plains Food Bank Regional Meeting, Stanley**

**May 6: Great Plains Food Bank Regional Meeting, Minot**

**May 8: 18th Annual National Association of Letter Carriers Food Drive**

Letter carriers will be doing double duty on this day as they *Stamp Out Hunger* during the nation's largest food drive. In North Dakota, the GPFB is a recipient of their incredible efforts. To participate, fill a grocery bag with nonperishable food items and leave it by your mailbox.

**May 22: Fargo Marathon / Go Far Charity Event, Fargo**

Get strengthened for life! Join the LSS/ND Go Far Charity Team, and put your faith into action during the Fargo Marathon. Visit [www.lssnd.org](http://www.lssnd.org) and click on the Faith in Action logo link to learn more.

### JUN 10

**June 1 - 30:**

Join Bremer Banks across North Dakota for their annual *Taking Action Against Hunger Campaign*. Find further details at your local Bremer Bank location, or by visiting [www.Bremer.com](http://www.Bremer.com).

**June 29: Great Plains Food Bank Regional Meeting, Bismarck**