



Engaging the Community to End Hunger

www.secondharvestncfb.com

SUMMMER 2011

THE SOURCE

A PUBLICATION FROM SECOND HARVEST NORTH CENTRAL FOOD BANK

SECOND HARVEST 2010 ANNUAL REPORT

46% of the hungry in north central Minnesota are children or seniors

In our mission to engage the community to end hunger, we make an effort to direct a lot of attention to our most vulnerable individuals affected by hunger in our communities. With school out for the summer and **The Emergency Food Assistance Program** in jeopardy of drastic cuts, Second Harvest along with Food Banks across the country, are dealing with an increase in need and a potential decrease of up to fifty percent of emergency food assistance.

The **USDA's Summer Food Service Program (SFSP)**, which provides low-income children with free, nutritious meals during the summer months when school is not in session, is intended to fill this gap. SFSP is the single largest federal resource available for local community organizations that want to combine a feeding program with a summer activity program. It is now easier than ever for organizations to participate and provide food for children in the summer through the SFSP.

However, nationally and here in our community, the Summer Food Service Program has been underutilized. One of the biggest reasons that the SFSP is underutilized is that families do not know that it is available for their children. Help is needed in raising awareness of this important program. Together, we can ensure that all children have access to healthy meals this summer.

Senior hunger is a prevalent and growing problem in America. Nearly half of older Americans between the age of 60 and 90 will encounter at least 1 year of poverty or near poverty across these ages. This is extremely troublesome given that seniors living below or near the poverty line are more likely to be at risk of food insecurity.

As the Baby Boom generation ages, we must be prepared to meet the dramatic increase in demand for nutrition assistance among seniors. The number of older adults is projected to increase by 36% over the next decade and

continue to rise in the following decade. In 2030 there will be 72.1 million older adults, almost twice as many as in 2008. Additionally, the senior population is becoming increasingly diverse. Between 2010 and 2030, the white population of 65 and plus is projected to increase by 59% compared with 160% of older minorities.

These changing demographics will have a profound impact on the demand for social services, especially the need for adequate nutrition services. It is critical that current nutrition interventions

continue to sufficiently serve Americans, but we must also proactively create the infrastructure to meet the future demand for nutrition services.

While there are many strong programs working to address senior hunger in local communities across this country, there is still unmet need that must be addressed. Given that senior hunger is a serious and growing problem in this country, it is imperative that we work to reduce gaps in service to food insecure seniors. Not only do we need to help fill current gaps in nutrition services, but with senior hunger predicted to increase by 50% in 2025 we must be prepared to provide additional services to address the need. **Take action. Call your legislators and tell them to preserve the programs that help our most vulnerable citizens.** 🍎



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Letter From The President

Last November Second Harvest North Central Food Bank said a sad good bye to our board president of more than ten years, Jane Bonnesen. She was a committed board member, a strong advocate for eliminating hunger and a great role model for me personally. As I step into my new role

as Second Harvest's board president I know I have big shoes to fill and I am excited and motivated by the challenge. We all wish Jane the best in her new home in Northfield, MN and hope they know how lucky they are to have her.

My first experience as board president was attending the national Feeding America Network Summit with Sue Estee and Justin Linnel. We spent three days with hundreds of people committed to the single cause of hunger relief, sharing strategies and best practices that have worked in communities across the country. The theme of the conference was "From Good to

Great" and it illuminated for me how together as a board, an organization and a community, we really can make GREAT strides in ending hunger in our region.

As a board we are supporting the work of Hunger Free Minnesota, an exciting initiative with the mission to bridge Minnesota's meal gap of 100 million meals missed annually. Broken down that means that one in ten Minnesotans (583,000 people) miss ten meals a month. Hunger Free Minnesota is partnering with corporations, foundations and hunger relief organizations like our own to eliminate hunger in Minnesota in 3 years. I would encourage everyone to visit their web site: hungerfreemn.org. It is extremely easy to navigate and gives you ways to get involved, donate and educate others on the issues of hunger.

I am proud to be part of this organization and this community where people care about others and give so generously if both their time and money. Thank you all for your efforts and support of our mission to end hunger. 🍏

Deb Page, Board President



Note From the Director

Normally, setting records is a positive thing, but for Second Harvest distributing more food than ever before doesn't warrant a celebration. Last year's distribution of 3.8 million pounds of food was 5% more than the previous record setting amount. I am pleased and relieved we were able to provide that much food for our neighbors in

need, but the fact that our services are needed more than ever is very troubling.

Household visits to food shelves in our region were up 3% last year and 17% over two years ago. The still shaky economic climate and high food and fuel prices continue to impact many people in our region. Cutbacks in government safety net programs could be devastating to the food banks and food shelves who are at the same time seeing increasing numbers of people in need. Social service programs that provide other

basic services such as medical care are being cut or are proposed for reductions. The outlook is bleak.

Our ability to move quickly and mobilize our supporters was in evidence during the first days of the Minnesota government shutdown in July. The federal commodity program referred to as TEFAP was shut down when the state employee overseeing the program was laid off as nonessential. That meant that 700,000 pounds of food in the state including 70,000 pounds of food stored in our warehouse was not to be distributed to food shelves in the region during the shutdown. Thanks to the efforts of many people, TEFAP was deemed essential swiftly, enabling us to distribute these high quality food items to food shelves, just when they were desperately in need of it.

Thank you for your support, be it food donations, financial support, volunteer hours or advocacy on behalf of Second Harvest and those we serve. Because of you, thousands of children, seniors, disabled people and struggling families have food on the table. Thank you from all of them. 🍏

Susan Estee, Executive Director

SECOND HARVEST NORTH CENTRAL FOOD BANK BOARD OF DIRECTORS 2011:

Mavis Connolly
Megan Drusch
Robert Dunnell**
Allen Gilbertson
Frieda Hall
Dee Hillstrom
Alana Hughes***
Deb Page*
Andy Stanson
Amy Trast****
John Weyer
Bill Wheeler
Roberta Zimmerman

Community Member; Thrivent Board Member
Realtor
Figgins Transportation
Community Member; Retired educator
Retired Educator
Lay Pastor; Retired educator
Blandin Foundation Staff
Owner, "Frame-Up"
Construction Consultant
V.P. American Bank of the North
Blandin Foundation Research Assistant
Consultant, Retired IBM
Grand Itasca Clinic & Hospital, Pathologist, Laboratory Dir.

STAFF 2011:

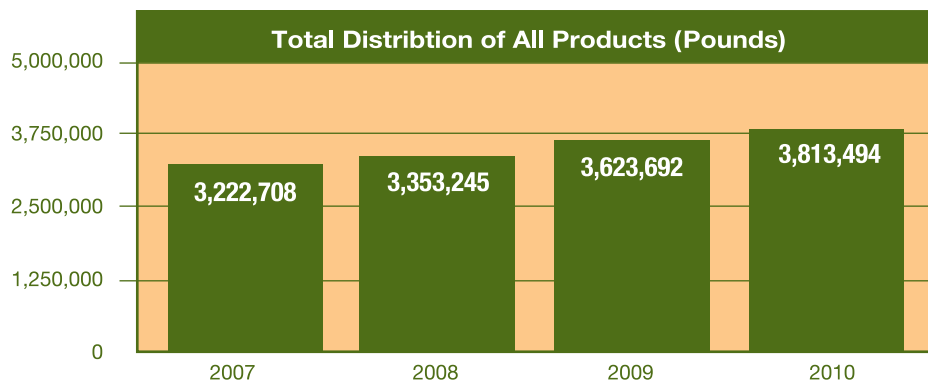
Ellen Christmas Program Manager
Susan Estee Executive Director
Rick Fox Warehouse Supervisor
Gretchen Gilbert Communications Coordinator
David Hyland CSFP and Volunteer Coordinator
Michelle Larsen Accounting Assistant
Chris Lewis Maintenance
Justin Linnel Operations Manager
Aimee Love SNAP Outreach
John Meade Driver and Warehouse
Alice Svigel Finance Manager
Bob Windschitl Driver

2010 Food Bank Distribution



Justin Linnell,
Operations Manager

The Food Bank distribution continued its upward trend in 2010 with our total distribution rising up 5% to 3.8 million pounds. The TEFAP (The Emergency Food Assistance Program) program has continued to contribute a large portion to our total yearly distribution with close to six hundred thousand pounds of commodity food in 2010. Our purchased food program also reached a milestone by reaching one million pounds of product distributed. While the purchased program is not the heart of the Food Bank's business, its increase does signify that demand for food is up for the agencies we serve and their finances are healthy enough to meet those needs. 🍏



CSFP Distribution

The Commodity Supplemental Food Program continued to provide a lot of food to low-income seniors and children in our service area in 2010. In total, this program provided over 26,000 boxes of food to program participants in 2010. The Food Bank is only able to administer this program with a virtual army of volunteer labor to help us prepare the boxes and distribute them at all 37 sites in our region. 🍏

SNAP Update (Food Stamps)

On June 16, USDA announced that SNAP's error rate is currently at an all-time low of 3.81% (FY2010). The national payment error rate reported for SNAP, which combines states' overpayments and underpayments to program participants, declined by 61 percent from 1999 to 2010, from 9.86 percent to a record low of 3.81 percent.

This report could not have come at a more important time as Members of Congress and the media focus more closely on program efficiency, effectiveness, and accuracy in the context of budget cuts and deficit reduction. 🍏

Volunteerism 2010

Over 500 people donate their time and talent to Second Harvest Food Bank and the people we serve. In 2010, 10,604 hours were recorded, but many more are given.

Sorry we can't list everyone, but we sincerely appreciate every person who gives their valuable time to help feed our neighbors in need.

- RSVP Volunteers
- Grand Rapids Food Shelf Volunteers
- Zion Lutheran Church Men
- Zion Youth Group
- MAC & NAPS Site Coordinators and Volunteers
- Itasca Holiday Program Distribution Site Coordinators and Volunteers
- Itasca Holiday Program GivingTree Locations
- Northeast Area Retired Educators Group
- Alliance Church Men Group
- Alliance Church Women Group
- ICC Engineering Students
- Grand Rapids Area Boy Scouts
- Grand Rapids Area Cub Scouts
- Grand Rapids Area Girl Scouts
- Kiwanis
- Grand Rapids Baha'i Group
- Lawron & Calumet Presbyterian Church
- Affinity Plus Federal Credit Union
- Grand Rapids Evening Rotary Club
- Circle K
- Itasca Vintage Car Club
- Greenway High School Key Club
- Greenway Day of Caring 2010
- Bethel Trinity Lutheran
- St. Joseph's School
- Anabaw Book Club
- Northern Lights Community School
- Grand Rapids High School International Club
- Nashwauk Alliance Church
- Americorps
- Phi Theta Kappa
- Grand Acts of Giving
- ICC Nursing Students
- MN Conservation Corp.
- Transcanada
- ICC Social Problem Class
- North Homes, Inc.
- ICC Natural Resources
- Target
- CWS Crew

Second Harvest North Central Food Bank wishes to thank everyone for their generous support. Due to space limitations, we are unable to publish the donations in our Annual Report.

For a complete list of Second Harvest donors, please visit our web site at www.secondharvestncfb.com





Ellen Christmas,
Food Shelf Program Manager

Grand Rapids Food Shelf

In 2010, Food Shelf usage was up, more than 11% over last year with an average of 783 household visits per month compared to 717 in 2009. The high price of food means limited resources cannot be stretched enough to get through a month, even for those utilizing SNAP (Food Support). People come seeking

help for many reasons, but current economic conditions are forcing people to ask for charity who never dreamed they would need to ask for assistance, and, they also have to come for help more frequently. Without the Grand Rapids Food Shelf, children and other vulnerable citizens in our area would be much more likely to be forced to skip meals and at times go hungry.

Starting in May 2010, the Grand Rapids Food Shelf significantly increased the hours of client service to five days a week to meet the increase in need. This allowed for 20 additional hours per week of regular service. Volunteer hours also increased significantly. The increased hours and availability of the Food Shelf to the community reflects our philosophy of service to feed people in need. There is a new desperation families are facing due to the economic times - loss of jobs, cutbacks in hours of employment and

increasing homelessness among our clients adds to the stress of also being food insecure.

Donations from Wal-Mart and Cub Foods continue to make a substantial difference in our ability to give out fresh produce, dairy products such as yogurt and cheese and also fruit, deli items and frozen meat. Bakery items are generously donated all year long by Janicke Bakery, Craiglow's Bakery, Ogle's MarketPlace Foods and Cub Foods. A large amount of government TEFAP food

product helped to meet the increasing demand we faced to get food into the hands of more and more people in our community in a cost effective way.

The Grand Rapids Food Shelf volunteers logged an incredible 7,581 hours in 2010. Food Shelf volunteers know the local faces of hunger are diverse and see firsthand the difference it makes to someone's daily life and well-being to receive the basic necessity of having enough food to eat. 🥦



Empty Bowls 2011

Thanks to everyone for your hard work to make Empty Bowls 2011 a big success. We had 272 people in attendance of the main event and many others at the celebrity bowl reception and IRC event. All in all, over \$7,000 was raised for hunger relief in Grand Rapids.

Empty Bowls is an annual project that brings the art community and hunger relief organizations together for a good cause. Coordinated by the **MacRostie Art Center**, artists produce handcrafted bowls for sale to the public to increase awareness about the problem of hunger and raise funds to support hunger relief agencies in Itasca County. Proceeds are divided between the **Community Cafe** and **Second Harvest North Central Food Bank**. 🥦



Hunger Action Month

Hunger affects communities all across the country—rural, urban, and suburban. The USDA reports that 50 million Americans are uncertain of where they will find their next meal, including 17 million children and 3.5 million seniors—that's 1 in 6 Americans and nearly 1 in 4 children.

September is Hunger Action Month, when we ask all Americans to play a role in ending domestic hunger. Throughout the campaign, Second Harvest North Central Food Bank and Feeding America's nationwide network of more than 200 food banks will call upon communities to take action. We've teamed up with celebrities to tell the real stories of Americans struggling with hunger. Watch the videos, share them with your friends, and learn how to take action in your community. Whether it's by advocating and raising awareness, making donations, or giving of your time and energy, everyone can play a role in ending hunger during Hunger Action Month.

PLAY A ROLE

- **Watch** the celebrity videos and learn the real story of hunger in America at hungeractionmonth.org.
- **Share** the videos with your friends and family.
- **Get involved** by finding 30 Ways in 30 Days to fight hunger with Second Harvest. See our website for more information. 🥦

Itasca Holiday Program 2010: Together We Made A Difference!

The Itasca Holiday Program 2010 had another successful year of providing food boxes and gifts to those Itasca County families in need during the holidays. Second Harvest North Central Food Bank has run this program for 16 consecutive years. The theme of this year's program was "Together We Will Make a Difference" and, together we did just that.

The support the program receives, year after year, from donors and volunteers is a true endorsement of its value and its impact to the communities of Itasca County. Food boxes and grocery vouchers were distributed to 1,700 families and individuals. Families living on the edge of hunger, appreciate this unique, local program to help put food on the table during stressful economic times.

The Itasca Holiday Program is a true teamwork endeavor that partners local business, individuals and organizations in helping those who need it most at the holidays. Gingerbread sites included churches and a wide variety of local retail businesses. Over 4000 gifts, toys and books were distributed to 1,865 local children who would otherwise go without. Community members spent hundreds of volunteer hours sorting and packing toys and packing and distributing food boxes before final distribution and many more hours during the December distribution dates in eight different locations.

By resourcefully collaborating efforts, Second Harvest provides this unique regional program not only to achieve our

mission to feed people, but because it is the will and tradition of our caring community.

Here is what one recipient had to say;

"We would like to say thank you to everyone who helped out with the toy and food distribution... especially the men who stood outside in the cold to direct traffic!!! Thank you for all the work you put into organizing the entire day. We are deeply grateful for it all. Merry Christmas, thanks to you!" 🍎

Itasca Holiday Program Distribution Locations	Number of boxes distributed
Bigfork School	67
Deer River Goodall Family Resource Center	194
Grand Rapids Second Harvest Food Bank	765
Hill City Trinity Lutheran Church	97
Inger Community Center	51
Keewatin Family Resource Center	113
Keisler House	135
Squaw Lake Community Center/Fire Hall	69
Taconite Family Resource Center	209

Kids Packs to Go 2010:



Second Harvest Food Bank's **"Kids Packs to Go" Backpack Program** provides supplemental, nutritious foods that require little or no preparation. The packs are delivered in non-descript bags that are placed in the backpacks of children at risk of hunger over the weekend.

Each bag contains 11-14 different items like 100% fruit juice, milk, individual cereals and a variety of healthy snack and food items.

A simple nutrition education handout is included in each bag. The bags are distributed at 15 area elementary schools where 50% or more of the children are eligible for free or reduced meals. Volunteer drivers or Food Bank staff deliver the packs to the local schools including: Riverside, Garfield and Harrison in Brainerd; Crosby; Cass Lake-Bena; Remer; Walker-Hackensack-Akeley; Hill City; McGregor; Bigfork; Connor

Jasper in Bovey; Forest Lake in Grand Rapids; Keewatin; King in Deer River and Van Dyke in Coleraine. School staff facilitated the distribution of the bags to children on a monthly basis during the regular school year.

THIS PROGRAM IS SIGNIFICANTLY IMPORTANT TO HUNGRY CHILDREN IN ELEMENTARY SCHOOLS IN OUR AREA.

Most people take for granted that American school children are well fed, and do not go hungry. Teachers see a different picture. One teacher commented, *"I have students who literally have no food at home at the end of the month and community resources have already been tapped. Many kids really appreciate the bags and have told me that they don't have much food to eat at home."*

Grants from organizations located where the children are served and donations are pieced together to make this program a reality. Second Harvest supports the Kid's Packs program and makes all efforts to reduce childhood hunger in our service area by any means possible. 🍎

Food Donors 2010

ARROWHEAD PROMOTIONS
 BARREL O' FUN
 BUSH BROTHERS
 CANADA GOOSE MANAGEMENT
 CARGIL
 CARIBOU COFFEE
 CHANNEL ONE FOOD BANK
 CLOROX CORP.
 CLOVERDALE MEATS
 CON AGRA FOODS
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 CRYSTAL FARMS
 CUB FOODS GRAND RAPIDS
 DAKOTA GROWERS
 FAIRMONT FOODS
 FEEDING AMERICA
 FEMA
 FRITO-LAY
 GENERAL MILLS, INC.
 GERBER PRODUCTS
 GREAT PLAINS FOOD BANK
 GREAT RIVER GARDENS
 HERSHEY'S
 HORMEL
 JACKSON FARMS
 JANICKE BAKERY
 KEEBLER
 KELLOGG'S
 KRAFT FOODS
 LAND O'LAKES
 LAKESIDE FOODS
 LEAVE IT TO CLEAVER
 MALT O' MEAL
 MILLE LACS WILD RICE INC.
 NABISCO
 NESTLE USA
 NORTH COUNTRY FOOD BANK
 OCEAN SPRAY
 OGLE'S MARKETPLACE FOODS
 OLYMPAK
 PEPSI BOTTLING
 PILLSBURY
 PLANT TO PLATE PROJECT
 PLANTERS
 PROCTOR & GAMBLE
 PROGRESSO
 QUAKER OATS
 SC JOHNSON
 SANDSTROM'S
 SCHWAN'S
 SECOND HARVEST HEARTLAND
 SECOND HARVEST NORTHERN LAKES FOOD BANK
 SENECA FOODS
 SIMPLOT
 STARBUCKS
 SUN OPTA
 SUPER VALU
 TARGET OF GRAND RAPIDS
 TARGET OF BAXTER
 TROPICANA
 U OF M NORTH CENTRAL EXPERIMENT FARM
 UPPER LAKES FOODS
 WAL-MART OF BAXTER
 WAL-MART OF GRAND RAPIDS



Agency Spotlight

This issue we chose to feature **The Boys & Girls Club of Leech Lake** to be in our **Agency Spotlight**. Through our partnership the club provides meals and snacks to the children. Here is some information about their program:

The Boys & Girls Clubs of the Leech Lake Area are proud to serve more than 1,000 young people throughout the Walker, Cass Lake, Deer River and S. Lake communities of Northern Minnesota each year. Youth come from many walks of life, different homes, different belief systems, different realities, but they all belong to one Boys & Girls Club. The Club offers them an opportunity to see their own strengths and use them as a foundation for successful, productive and happy lives, now and in the future.

The mission of the Boys & Girls Clubs of the Leech Lake Area (BGCLLA) is to inspire and empower all young people to realize their full potential as caring, productive and responsible citizens. The Club meets this mission by involving families, volunteers, educators, governments and the business community to offer after-school and summer programs.

This year one of the many exciting things taking place is a direct benefit from receiving a Mentoring Grant. This grant allows Club youth members more one-on-one time with staff and volunteers as mentors. During this time they are learning new skills such as jewelry making, Spanish, crocheting, how to play chess, and learning about nature.

Programs are designed to promote and enhance healthy development by instilling in youth a sense of competency, a sense of usefulness, a sense of belonging and influence. This means that when children walk through the Club doors they know that they belong, what they say and think matters and that they are always welcome.

The Boys & Girls Club provide programming for youth ages six to eighteen in four key areas:

- Education & Technology
- Fitness & Health
- The Arts & Cultural Enrichment
- Community Service & Leadership

To learn more, visit www.bgcleechlake.com and find us on Facebook/Twitter. 🍌

*In response to the question,
 why do you like the Club?*

"Cuz it's fun."

Owen Ovitt age 7 and Michael Loop age 12

Trenton Holmes received the Kindness Award for the month of April. ▶

Youth Painting Walker Area Garbage Cans. ◀

Good Times with Shaving Cream at Water Day in Cass Lake. ▼



BALANCE SHEET 2010

ASSETS

CURRENT ASSETS

Cash	227,936
Accounts Receivable	83,559
Inventory	743,915
Prepaid Expenses	10,315
Total Current Assets	1,065,725

PROPERTY AND EQUIPMENT (AT COST)

Land	85,480
Building & Improvements	1,564,131
Vehicles	236,387
Equipment	110,043
Computers	61,214
Total Property and Equipment	2,057,255
Less: Accumulated Depreciation	610,693
Total Property/Equipment (at depreciated cost)	1,446,562

TOTAL ASSETS	2,512,287
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LIABILITIES AND NET ASSETS

CURRENT LIABILITIES

Accounts Payable	65,800
Accrued Expenses	17,308
Current Portion of Long-Term Debt	19,978
Deferred Revenue	—
Total Current Liabilities	103,086

LONG TERM DEBT

Long Term (Net of Current Maturities)	80,751
Capital Lease (Net of Current Maturities)	6,799
Total Long-Term Debt	87,550
Total Liabilities	190,636

NET ASSETS

Unrestricted	2,279,776
Temporarily Restricted	8,879
Permanently Restricted	32,996
Total Net Assets	2,321,651

TOTAL LIABILITIES & NET ASSETS	2,512,287
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STATEMENT OF ACTIVITIES 2010

SUPPORT & REVENUE

	UNRESTRICTED	TEMPORARILY RESTRICTED	PERMANENTLY RESTRICTED	TOTAL
Individual Donations	540,073	5,000	17,920	562,993
Program Income	1,082,841			1,082,841
In-Kind Contributions Donated Product	3,322,114			3,322,114
TOTAL PUBLIC SUPPORT	4,945,028	5,000	17,920	4,967,948
Agency Dues	4,935			4,935
Special Projects/Events	112,018			112,018
Interest & Dividends	2,845	3,515		6,360
Miscellaneous Income	403			403
Net Assets Released from Restrictions:				
Satisfaction of Program Restrictions	5,258	(5,258)		—
TOTAL REVENUE	125,459	(1,743)		123,716
TOTAL PUBLIC SUPPORT & REVENUE	5,070,487	3,257	17,920	5,091,664

EXPENSES

Program Services	4,683,572			4,683,572
Supporting Services:				
Management & General	288,809			288,809
Fund Raising	25,863			25,863
TOTAL SUPPORTING SERVICES	314,672			314,672
TOTAL EXPENSES	4,998,244			4,998,244
Change in Net Assets	72,243	3,257	17,920	93,420
Net Assets - Year Start	2,207,533	5,622	15,076	2,228,231
Net Assets - Year End	2,279,776	8,879	32,996	2,321,651

PROGRAM EXPENSES 2010

PROGRAM

	TOTAL REVENUES	TOTAL EXPENSES	TOTAL GRANTS
Food Bank Distribution	570,661	4,254,775	3,877,062
Grand Rapids Food Shelf	181,836	143,190	23,902
MAC/NAPS/CSFP	—	172,881	123,493
Itasca Holiday Program	93,414	64,445	—
Kids Pack/Backpack	20,739	48,281	14,500
SUM OF PROGRAMS ABOVE	866,650	4,683,572	4,038,957



CALENDAR OF EVENTS

AUGUST

AUG 7TH • Grand Rapids Tall Timber Days Parade

SEPTEMBER Hunger Action Month

SEPT 8TH • Coffee and Tour of Second Harvest - 7:30 to 9:00 am

SEPT 16TH • Donor Appreciation Brunch - 10:30 am to 12:30pm

SEPT 28TH • HAM sandwich handout and open house - 11:30 to 3:30

NOVEMBER

NOV 16TH • Give to the Max Day - contact us if you'd like to be a matching grantee

If you have questions about an upcoming event please contact us at: 218.326.4420 or Gretchen@secondharvestncfb.com

Hunger-Free MN Update

Second Harvest North Central Food Bank, a regional hunger relief organization serving north central Minnesota, is pleased to announce it is a founding partner of **Hunger-Free Minnesota**. Officially launched on June 7, Hunger-Free Minnesota is a transformational, collaborative movement to fight hunger in our communities initiated by a coalition of partners united in the common belief that food is a basic and essential human right that every Minnesotan should have.

The coalition, which includes the six Feeding America Food Banks serving Minnesota, Hunger Solutions Minnesota and Greater Twin Cities United Way, came together after a series of five groundbreaking hunger-related studies conducted over the past 24 months shed light on hunger's devastating, pervasive and costly grip on Minnesota. Among those studies is the Missing Meals Study, which found an annual shortfall of 100-million meals for low-income Minnesotans. For more information visit:

<http://secondharvestncfb.com/AboutHunger/TheFaceofHunger/HungerFreeMN.aspx> 🍏

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Join the 1000 Club



If only 1000 families pledged just \$15 a month, the **Second Harvest North Central Food Bank** could offset a large portion of its annual operating expenses. **Join the 1000 Club** and be part of a dream. Fill out this form and send it to the address below the form. Welcome to the Club & Thank You for your support!



Yes, we want to join the Second Harvest North Central Food Bank's 1000 Club to help!

Name _____

Home Phone # _____

Address _____

Business Phone # _____

City _____

State _____ Zip _____

☐ Here is my contribution of \$ _____ for the year.

☐ I'll send a pledge of \$ _____ by the 15th of each month.

☐ Please send me the forms required to set up an automatic monthly deduction from my checking account.

Contributions to Second Harvest are tax deductible to the full extent allowed by law.

Mail contributions to: Second Harvest • P.O. Box 5130 • Grand Rapids, MN 55744



SOURCE is published by Second Harvest North Central Food Bank. If you would like to learn about upcoming events, make a donation, set up a tour of our facility, or, arrange for a presentation to your organization, please call: Phone 218-326-4420 or Fax 218-999-5252.

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STRENGTHENING RURAL MINNESOTA

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