

Second Harvest Northern Lakes Food Bank

# feeding hope



Fighting Hunger, Feeding Hope.

**Your compassion is changing lives  
across the Northland. See how inside!**



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DELIVERY DRIVER



# Director's Desk

by Shaye Moris

We're feeding more people than ever before. But the question remains, can we keep up this pace and how?

Over the last few months we've realized that our success will only come through innovation and change. Innovation in the way we deliver our programs and services and change from the way we've always done our work.

Although we've had a successful food rescue program, what if we rescued all of the perishable and prepared food available in our region? Or what if volunteers could glean produce from local crops that have been left for waste?

In this issue we're introducing the Hunger Free Minnesota campaign. A campaign based on solid research that is helping our food bank and other organizations throughout the state look at innovative ways of providing food resources to people in need.

We've set a goal to provide 100 million missing meals, annually and sustainably, for Minnesotans in need by 2014 – and it's going to take your help.

We are grateful for all you've helped us accomplish through your donation of food, funds and volunteer support and we're excited to have you along as we embark on a future of innovation and change.

## Crunch Our Numbers

Thanks to your support we're rescuing and distributing a record amount of food to those in need in 2011.

**4 million lbs**  
of food distributed

3.2 mil  
meals provided

43,000  
people served

\$6.2 mil  
food rescued

## We are...

The sole distributor of nationally and regionally donated food to over 200 charitable feeding programs including our region's soup kitchens, food shelves and shelters and approximately 43,000 people in need. As a non-profit food bank our primary role is to provide food to the front-line charitable agencies that offer meals to the hungry. However, we do provide food directly to over 1,300 people per month as part of our own direct service programming.

## Our Mission...

Second Harvest Northern Lakes Food Bank's mission is to feed Northeastern Minnesota and Northwestern Wisconsin's hungry by rescuing and distributing food and engaging our region in the fight against hunger.



## Northland Families Making Difficult Choices

"We have to decide sometimes if we're going to pay the phone bill or the electric bill," said Sarah, a married mother of two who receives food from our food bank. "I think, should we pay a little bit of the phone bill and keep the phone on and can we pay a little bit of the electric bill and keep on our budget plan?"

Sarah and her husband Mike are like many Northland families who have to make the difficult choice between paying for utilities and rent or providing food for their families.

"I'm a machinist, I work every day Monday through Friday 8 hours a day, sometimes more," her husband Mike said. "When the economy slowed my hours got cut. It's almost impossible for myself and other families to make it right now."

Each month Sarah and Mike receive food from our food bank to feed themselves and their two daughters thanks to you and your support of our work. They are also one of three Northland families featured in a newly released video as part of our new Hunger Free Minnesota campaign ([www.hungerfreemn.org](http://www.hungerfreemn.org)).



### Hunger Free Minnesota

The story of Sarah and Mike is not unlike thousands of other Minnesota individuals and families who are missing as many as 100 million meals each year.

Hunger Free Minnesota, a new statewide initiative aimed at closing the gap on these missing meals, is uniting business people, community leaders, government policy specialists, communities of faith, food banks, food shelves, aligned agencies, thousands of volunteers – and people just like you to fight the devastating and debilitating effects of hunger.

If you'd like to do more to help families like Mike and Sarah and get involved in the Hunger Free Minnesota campaign, learn more and "Join the Movement" at [www.northernlakesfoodbank.org](http://www.northernlakesfoodbank.org) or [www.hungerfreemn.org](http://www.hungerfreemn.org)



Find Us:

WEB: [www.northernlakesfoodbank.org](http://www.northernlakesfoodbank.org) FACEBOOK: [northernlakesfoodbank](https://www.facebook.com/northernlakesfoodbank) TWITTER: [northernlakesfb](https://twitter.com/northernlakesfb)  
IN PERSON: 4503 Airpark Boulevard | Duluth, MN 55811 | (218) 727-5653

## Partners in Action

We would like to thank the following foundations, corporations and organizations for partnering with us to feed those in need.

Duluth Superior Area Community Foundation  
Open Your Heart to the Hungry and Homeless  
Ordean Foundation

148th Fighter Wing  
94X FM  
95 KQDS FM  
Acar Auto Rental  
Airport Animal Hospital, P.A.  
Ameriprise Financial - Employee Giving Campaign  
Amsoil, Inc.  
Arrowhead Public Service Union  
Asbury United Methodist Church  
Bayview Elementary  
Blue Limit, LLC  
Caribou Coffee Canal Park, Miller Hill and Stoneridge  
Center for Validation and Change  
Charter Communications  
Chartwell's WITC  
Chester Creek Cafe  
Children's Defense Fund of MN  
Chris Jensen  
Clearly Superior  
Cloquet Area Kiwanis Club  
Cobblestone Cabins  
Coco's Catering  
College of St. Scholastica  
Country Lanes Daybreakers  
Courtesy Cab, Inc.  
Cub Foods  
Culver Bible Study Group  
Culvers - Miller Hill Mall & Superior  
Cummings Greenhouse  
Curtis Oil & Convenience Stores  
Curves for Women  
Dan's Full Line Vending, LLC  
DECC  
Dr Pepper/Smapple  
Duane Reamer Trucking  
Duluth Area Post Ground Officers of the Order of Eastern Star  
Duluth Superior Roller Derby, LLC  
Edison Charter School  
Emmanuel Baptist - Duluth Heights  
Faith Lutheran Church  
Family of God Lutheran Church  
Feeding America  
First Associated Investment Advisors, Inc.  
Fitzgers  
Five Guys Burger & Fries  
Franklin Foods  
French River Lutheran Church  
Frito Lay  
Fryberger, Buchanan, Smith & Frederick, PA  
Genesis Attachments  
Glensheen Mansion  
Goldberg Properties, LP  
Goodwill Industries  
Grainger  
Hallmark Business Connections  
Halvor Lines, Inc.  
Health Partners  
Hermantown Liquor  
Hermantown Public Schools  
Hermantown Service Center  
Homesteader, Sr. Citizens  
Hunger Solutions Minnesota  
Kalahood's Design  
Keenan Consulting  
Keene Creek Association  
Krenzen Auto  
Lake City Towing  
Lake Superior College

Lioness Club of Duluth  
Mahtowa Covenant Church  
Maurices, Incorporated  
McDowell-Nemmers Developers, Inc.  
McKie Splints, LLC  
Members Cooperative Credit Union  
Merritt Creek Academy  
Mile High United Way  
Miller Dwan  
Nestle USA  
Northland Foods  
Northland Human Resources Assn.  
Northwest Outlet  
Northwood Children's Services  
Northwood School  
Northwoods Quilt Camp  
NU 92 FM  
Okontoe Fellowship, Inc.  
Old Chicago  
Olive Garden  
Order of Eastern Star #56 - Euclid Chapter  
Our Savior's Lutheran Church  
Paulson's Super Valu  
Pepperidge Farms  
Pepsico Foundation  
Pike Lake Assn. - Women's Card Club  
Pizza Hut  
Pottery Burn  
Proctor Public Schools  
Rachel Wagner Architecture  
Razoo Foundation  
Red Lobster  
Red Rock Radio  
Rice River Flooring  
RMA Engineering  
Rocky Mountain Chocolate Factory  
Sam's Club  
Sappi  
Scott Largent Distributing  
Seafolk Construction  
SMDC/Essentia Health Nutrition Services  
Sons of the American Legion - W.D. Squadron  
Sounds Unlimited Entertainment  
Spott Law Office  
St. James Catholic School  
St. Lawrence Church  
St. Luke's Hospital  
St. Teresa's Circle  
State Farm Insurance - Don Sovil, Ely  
State Farm Insurance - John Riesgraf, Duluth  
Summit School  
Super One Foods  
Superior Public Schools  
Target - Duluth, Superior, Virginia  
Teamsters Retiree Local 346  
Trillium Services  
Trinity Lutheran Church  
Twin Ports Paper  
United Way - New York- Truist  
United Way of Carlton County  
United Way of Greater Duluth  
United Way of Greater Twin Cities  
United Way of NE Minnesota  
United Way of Superior-Douglas Cty  
University of MN-Duluth Food Services  
Upper Lakes Foods  
USWA Local 1028  
Village Market, LLP  
Wal-Mart Ashland, Cloquet, Hibbing, Superior  
Wellpoint Associate Giving Campaign  
Whole Foods Co-op  
Women of ELCA - NE MN SWO  
Woodland Middle School

# The Sweet Taste of Fighting Hunger in the Northland



Scott Vesterstein, Sydneys Green Garden, donates container gardens allowing in-need residents to grow their own food.



Lahti Family Charitable Foundation makes another \$10,000 commitment to feed children in need.



Sam's Club of Duluth, under the leadership of Tim Sundstrom, donates enough food for 78,6000 meals annually.



Grainger puts money to work in local communities for hunger relief.



A record year, Taste at Fitzgers donates \$27,213.



NU 92, 95 KQDS, and 94X host Grill Wars IV raising \$8,513.

## Calendar of Events

### Finally Fridays

A networking event  
Friday, September 9, 2011  
7 - 8:30 a.m.  
4503 Airpark Blvd, Duluth

### Behind the Scenes Tour See Your Donations at Work

Tuesday, September 20, 2011  
12:00 - 1:30 p.m.

Second Harvest 4503 Airpark Blvd, Duluth  
RSVP (218) 727-5653, ext 110

### Engwall Florist & Green House Corn Maze and Corn Festival to Benefit our Food Bank

#### Corn Maze

Second Harvest Weekend: September 24 - 25, 2011

#### Corn Maze Festival

October 1 and 2, 2011  
Engwalls 4749 Hermantown Road  
Hermantown 218-727-8961  
www.engwalls.com

## Special Thank You to...



Our dedicated volunteers who have contributed 5,607 hours of service through the 2nd quarter of 2011. You're on track for another record year!

Your contribution is the equivalent of over five full-time positions at our food bank and you helped us save over \$61,677 in staff expense (not to mention all of the people you helped us feed).

## Thank you to...

Target Team Leaders  
Duluth & Superior  
for volunteering at  
our food bank.

In addition to volunteer service Target has donated enough food for 73,000 meals for Northland residents in need.



# Highlights

Year-in-Review

## 2010

**3.96**  
MILLION  
pounds of food  
distributed

**\$5.2**  
MILLION  
of food recovered

**43**  
THOUSAND  
people served

**3.1**  
MILLION  
meals provided by  
our food bank and  
partner agencies

### PROGRAM

**Record Food Rescue** - Second Harvest Northern Lakes Food Bank rescued a record 3,927,774 pounds of food (enough food for 3.1 million meals) from hundreds of U.S. manufacturers, processors, wholesalers, retailers and growers – including 70+ generous donors right here in our Northland communities.

**Record Distribution** - We distributed a record 3,429,626 pounds of food (enough food for 3.1 million meals) in partnership with 200 area food shelves, soup kitchens, shelters and other charitable feeding programs feeding over 43,000 northeastern Minnesota and northwestern Wisconsin residents in need.

### COMMUNITY

**Volunteers** – Over 500 committed volunteers contributed 9,515 hours of their time, talent and expertise (the equivalent of 4.5 full-time positions), saving us an estimated \$105,000 in expense.

### INNOVATION

**New Partnerships and Resources** – The Wal-Mart Foundation provided an \$80,000 2011 Freightliner Truck and Duluth-based Maurices, Inc., provided a 3-year \$15,000 commitment to our “Full Tanks to Full Tummies” Initiative ensuring greater food distribution throughout our NE Minnesota and NW Wisconsin service region.



## Balance Sheet

### ASSETS

#### CURRENT ASSETS

Cash & Cash Equivalents	1,129,444
Accounts Receivable	45,801
Inventory	983,319
Prepaid Expense	2,922
Property, Facilities & Equipment (less depreciation)	2,408,137
Endowment	60,532

**TOTAL ASSETS 4,630,155**

### REVENUES

#### SOURCES OF INCOME

United Way and Private Grants	134,612
Contributions & Special Events	607,073
Food Purchase Program	378,516
Shared Handling Fees	258,824
Government Food Reimbursement	130,102
Other Income	23,616
<b>TOTAL</b>	<b>1,532,743</b>

### LIABILITIES & NET ASSETS

#### CURRENT LIABILITIES

Deferred Revenue	25
Accrued Expenses	32,382
Notes Payable, current portion	32,442
Notes Payable, net of current portion	625,038
Net Assets	3,940,268

**TOTAL LIABILITIES & NET ASSETS 4,630,155**

### EXPENSES

#### AREAS OF EXPENSE

Food Rescue & Distribution	6,156,657
Administration	142,055
Fundraising	60,671
<b>TOTAL</b>	<b>6,359,383</b>

## Statement of Activities

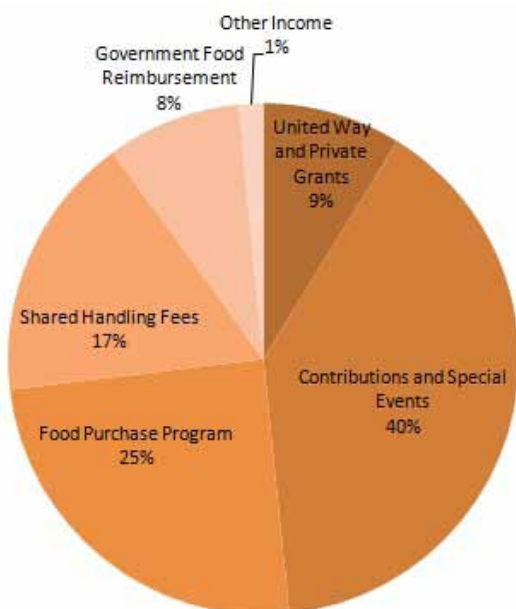
SUPPORT & REVENUE	UNRESTRICTED	TEMPORARILY RESTRICTED	PERMANENTLY RESTRICTED	TOTAL
Contributions	735,924	18,131	2,779	756,834
In-Kind Contributions Donated Product	5,242,115	-	-	5,242,115
Program Income	760,207	-	-	760,207
Special Events	78,188	-	-	78,188
Net gain/(loss) on investments	60,073	-	6,555	66,628
Agency Dues	8,990	-	-	8,990
Net Assets Released from Restrictions	18,131	(18,131)	0	0
<b>TOTAL PUBLIC SUPPORT &amp; REVENUE</b>	<b>6,903,628</b>	<b>0</b>	<b>9,334</b>	<b>6,912,962</b>

### EXPENSES

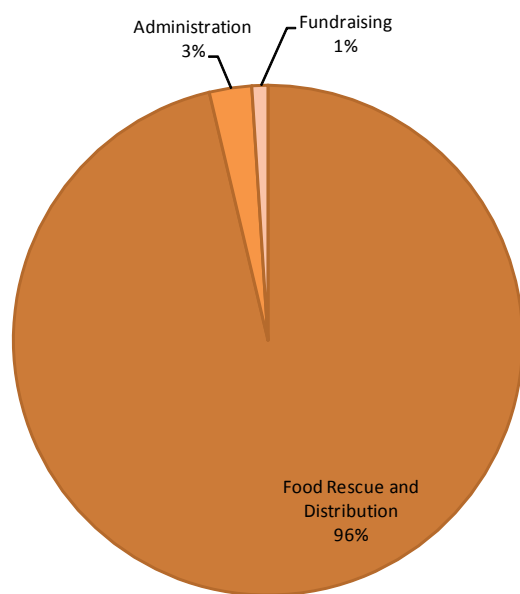
Food Rescue & Distribution	6,168,547	-	-	6,168,547
Supporting Services				
Administrative	142,055	-	-	60,671
Fundraising	60,671	-	-	142,055
<b>TOTAL EXPENSE</b>	<b>6,371,273</b>	<b>-</b>	<b>-</b>	<b>6,371,273</b>

Change in Net Assets	532,355		9,334	541,689
Net Assets - Beginning of Year	3,334,496	0	64,083	3,398,579
Net Assets - End of Year	3,866,851	0	73,417	3,940,268

Sources of Revenue



Sources of Expense\*



\* Includes \$5,242,115 in kind value of donated product distributed.

# You Make a Difference

## Gifts...



## In Honor of...

In Honor of:	By:
All God's People	Richard and Ruth Olson
Brian & Virginia Anderson	Jeff Anderson
Benjamin Anderson on His Birthday	
	Richard and Yvonne Anderson
Edythe Armstrong	Kathryn Maki
Ron and Carol Ball	Tim and Taci Ball
Landon and Lauren Berglund	Roger & Jacquelin MacDonald
Blessed Virgin Mary	Stanley Bednarek
Bob and Marcia Bliss' 50th Wedding Anniversary	Lois Smith
Our Grandchildren, Jonny and Hailey Bodell	
	John and Lisa Bodell
Tom Boman's 80th Birthday	John and Beryl Bredeson
My Dad, Elmer Borash	Jim Borash
John Bredeson on Father's Day	Dean and Julia Sampson
John and Beryl Bredeson's Wedding Anniversary	
	Norma Hoffbauer
Dr. Mark & Mrs. Susan Carlson on Their Recent Wedding	
	Jay & Diana Widdes
Julie Ann Colich's Health	Mary Petrich
James and Kathy Dexter	John and Eileen Dexter
Catherine Dinneen	Theresa Grosser
Dylan Durst's 14th Birthday	Mary Durst
Mary Anna Durst	John Durst & Lynda Nedden-Durst
Matt Eckman, M.D.	Peter and Carol Person
My Mother, Eleanor	Jane Edwards
Owen, Carson and Beckett Engel	Steve and Bonnie Anderson
Clifford Ericksmon	David and Sharon Johnson
Arthur Fischer	Tim and Sally Buck and Family

In Honor of:	By:
Lynn Gigliotti's Birthday	Irene Gigliotti
Irene Gigliotti's Birthday	Bill and Lynn Gigliotti
Sandy Green	Members Cooperative Credit Union
Mary Grimm	Terry and Donna Churchill
Lottie Haller, "Thank You for Serving"	Julie Newman
Bob and Gloria Hanson	Brian and Debra Christensen
Ann Harrington's Birthday	Dan and Rosey Skorich
Norma Hoffbauer's Birthday	Ione Olson
Matthew Huard	Dale and JoAnne Pearson
Michele Hughes' Happy Retirement	Audrey Pederson
Carol Johnson, A Special Friend	Glenn Tridgell
Everette Johnson	Beverly Johnson
Kathryn and Susan's Birthdays	Julia Kochsiek
Kingston Construction	Michael Endres
Lake Superior Master Gardeners of Douglas County	
	James and Jane Anklam
Employees and Customers of Lakewinds Coffee/Cafeteria	
	Lakeswinds Coffee/Cafeteria
Arnie & Elizabeth Larson's Wedding Anniversary	
	John & Beryl Bredeson
Tom Ledin's Birthday	Lynn Rochon
Grace Lisi on Mother's Day	Robert Kerr
Lord Jesus Christ	Stanley Bednarek
Angela Mahle	Scott and Mary Kay Johnson
Kevin and Jane Maki's Anniversary	Melvin and Marian Maki
Allen Merry	Jean Merry
Miner Family	Krenzen Auto
My Daughter, Amy Tridgell	Glenn Tridgell

In Honor of:	By:
LeeRoy Myatt	Doug Bandli & Bonnie Fitzgerald
Molly Nagle on Her Birthday	Jack and Susan Dilday
Mae Nelson's Birthday	Diane Mundell
June Nyberg	Claryce Swensen
Our 35th Wedding Anniversary	Bob and Sandy Anderson
Our Grandchildren	Russell and Carol Schramm
Bob and Mary Ellen Owens	Lee and Tamara Hughes
Our Grandson, James David "JD" Palumbo	
	James and Andrea Palumbo
Kathy Peterson	Scott and Shannon Studden
Stephen Pratt on His Birthday	Jack and Susan Dilday
Lisa Salo's 40th Birthday	Becky Lindberg
Paul and Ann Sanford	Julie Sanford
Max Schepper's Acts of Kindness	Lloyd and Lillian Widmyer
My New Grandson, Alexander Paul Siciliano	Michele Siciliano
Gene and Laurie Sisto	David and Debbie Nelson
Fred and Amy Sowl's 50th Anniversary	Gene and Sandy Keyser
Staff and Volunteers at Second Harvest	Barbara Kivisto
Jennifer Stattelman on Her Birthday	Jack and Susan Dilday
Bernie Strate's Birthday	Thomas and Cynthia Ledin
Richard Sundland	Mary Sundland
Superior High School Graduates	Anklam Family
Claryce Swensen's 79th Birthday	Gracia Swensen
Rheta Tempel	Jack and Suzanne Geller
Those in Need	Glenn Harris
Those Who are in Need	Bonnie Wolden
Cindy Tomaich on Her Birthday	Dennis and Kathy Niemi
Kevin and Jean Walsh	David and Verna Porter
Dani Watkins' Birthday	Melvin and Marian Maki
Mona Wold	John Mobraaten
World Peace	Edna Blanchard

## Gifts in Memory Of

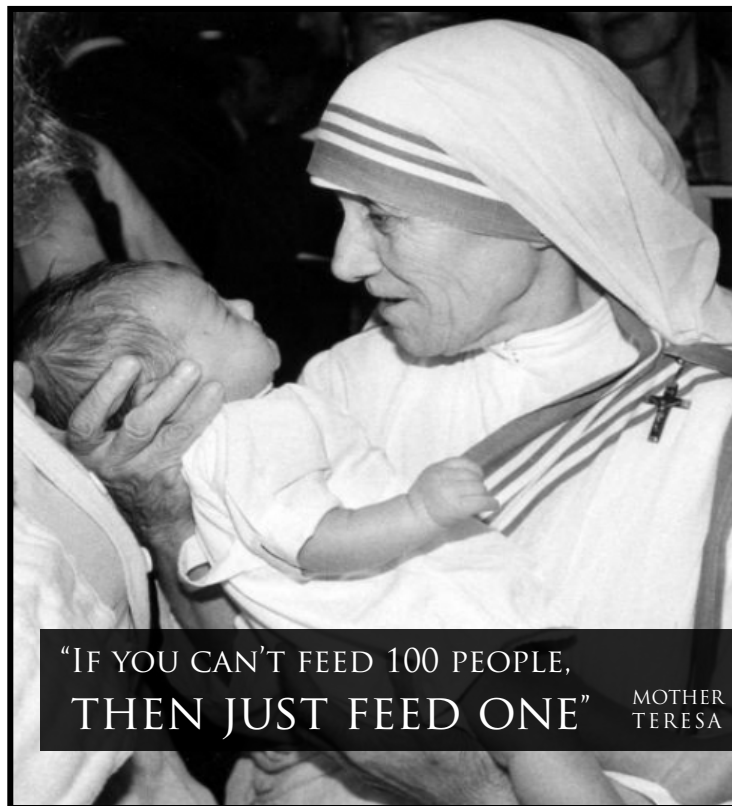
In Memory Of:	By:
Amanda	Robert and Frances Chammings
Charlene Amborn	Marilyn Seeland
Durward and Ida Anderson	David and Karen Hampton
Sarah Anzelc	Mary Shostedt
Steve Arnovich	Travis and Carol Drain
Bob Baranow	Beth Gilbert
Donald Beck	Dorothy Beck
Jean Benjamin	Becky Benjamin
Robert L. Bergum	Gerry and Avid Hougum
Gordon Bjorlin	June Bjorlin
Astrid Bonich	Robert and Sandra Arola
John Brandt	Ken and Amy LaBounty
Paster John Bucka	Dennis and Jeanne Morreim
Dr. Frank Budd	Phil and Julie Eckman
Robert and MariAnn Burns	Roy and Roberta Kruger
Sophie Chiarello	David Chiarello
Dr. Larry Cordes	William Thomas and Cynthia Launer
William Day	Rory and Diane Malner
James Devaney, on the 26th Anniversary of His Death	
	Chris and Jeanne Carroll
Janice DeWitt	Martin DeWitt
Andy Dickenson	Randy Rosandich
Marge Dodge	Nancy Sanoski

In Memory Of:	By:
Jean Dolter	Bess Morrison
Dan Donovan	Mari Donovan
Naomi Doty	Willard and Marjorie Doty
Ellison Family	Marian Ellison
Russell Erickson	William and Colleen Erickson
Joni Erlander	Jim and Barb Woodhull
Eileen Fairchild	Mary Petrich
	Billie Morrison
Frank, Flora and Mary Farwell	Dudley and Jackie Elliott
Lee and Lucille Fleskes	Jane Fleskes
Bill Freier	Betty Freier
Gabby and Mouse	Rhian Hunt
Lillian Ganter	Jeanne Szumowski
Nikki Gebhardt	Robert and Susan Prusak
Erna Gitar	Family and Friends
	Mary Azmitia
Doroth Grohs	Duane and Alison Stucke
Don and Peachy Hall	Roxy Hall and Jennifer Evans-Hall
John Halli	Davin and Harriet Halli
Lee Halli	Davin and Harriet Halli
Gabriel Heaslip	Pat Heaslip and Jan Hauer
James Heaslip	Pat Heaslip and Jan Hauer
Audrey Heck	Michael Heck
Dale Heikkinen	Hope Heikkinen
Phyllis Hendrickson	Kenneth Hendrickson
George Holliday, Jr.	Kevin Welsh and Diane Holliday-Welsh
Donald Housenga	David Grigal
Donald James	Michael and Mary Johnson
Chester Johnson	Marilyn Harty
Mark and Stephen Johnson	Don and Carol Sparring
Tanner Johnson	Rory and Sherri Johnson
Lucinda Judzewicz	Elaine Ruzycycki
Gertrude Kenner	Ellen Piro
Frank and Mildred Kenning	David Chiarello
Robert Kerzie	Doris Kerzie
David R. Kirby	Frank and Tammy Vittorio
	Dolores Honer
	Gwyneth Gephart
Marcella Komulainen	John and Beverly Tourville
	Barbara Beverly
Gail Kraemer	Michael and Patricia Spencer
My Parents, Richard and Virginia Kucinski	Barbara Kivisto
Margie Kuehn	Kathy Helgeson
Charlie Landstrom	Greg and Louise Russell
Anne and Margaret Lassila	Jim and Ellen Lassila
Tyler Laveau	Vincent and Nancy Shanda
Mr. and Mrs. Clarence Leland	Paula Leland Garnett
Mrs. Harold (Bernadette) Lewis	Robyn Cadigan
Agnes Lindner	Greg and Louise Russell
Katherine Lindstrom	Steve and Kathy Nelson
	Ross and Susie
	Ed and Karen Rex
Juanita Lippert	Robert Lippert
Kathleen Williams Lockhart	Fran and Ann Bussey
Our Great Granddaughter, Ava June Maday	
	Roy & June Bainbridge
Julie Maiolo	Joseph Maiolo
William Maloney	Barbara Maloney



<b>In Memory Of:</b>	<b>By:</b>
Rose Mandt.....	Theresa Grosser
Jim Marshik.....	Gene and Jeanne Marshik
Sam and Mary Michelizzi.....	Kathleen Michelizzi
Mike Miner.....	Greg and Alma Smith
Valeria Moran.....	Dennis Hackett
Our Mother, Valeria Moran.....	Jerry Moran and the Moran Family
My Dad.....	Earl & Kathleen Schiltz
Bill Nelson.....	Elizabeth Nelson
Thomas Nelson, My Husband.....	Beatrice Nelson
Joan Norgren.....	Helen Rizzi
Helen O'Neill.....	Russell and Deloris Bogenholm
Our Family.....	Leonard and Betty Anderson
Our Fathers.....	Steve O'Neil and Angie Miller
Our Parents.....	Don and Edna Leslie
Norm Owens.....	John and Beverly Tourville
Christopher Owens.....	Mary Owens
Lois Paull.....	Elaine Sweeney
Fred Pederson.....	Susan Pederson
Judy Barto Peterson.....	Howard Peterson
Dick Peterson.....	Ethel Peterson
Will and Adele Peterson.....	Leslie Peterson
John "Jack" Popovich.....	Mary Petrich
Lisa Powers.....	Robert and Evelyn Harris
John Reed.....	Frances Reed
Ruth Renaud.....	Joan Stewart
Anna Rodorigo.....	John Rodorigo and Kathryn Erjavec
Dorothy Rolle.....	Nadine Srdar
Elizabeth Roonzani.....	John and Judy Miner
George and Delores Schmitz.....	Larry and Judi Telega

Donna Seafolk-Kopp.....	Seafolk Construction
Audrey Shuey.....	Thomas and Janice Shuey
Allen Skur.....	Ardell Skur
Christopher Sonneson.....	Jim and Roseann Sonneson
Margie Stauber.....	Anthony Stauber
Bill and Lina Stroozas.....	Bill and Mary Stroozas
Bill Strum.....	Therese Conner
James Swenson.....	James and Marilyn Manderfield
Helen Swiderski.....	Mary Ostman
John Tanski.....	Robert and Frances Chammings
Jordan Lee Tucker.....	Jeffrey Tucker
My Husband, Kent Vatne.....	Isabel Vatne
Gunnar Velin.....	Dannette Watkins
Merrill Ward.....	Ray Minko and Barbara Beverly
Matthew Weir, Jr.....	Anne Weir Jagunich
Agnes Wilkosz.....	Stephen Wilkosz
Robert Willemarck.....	Roy and Roberta Kruger
Keith Yetter.....	Helen Yetter



**"IF YOU CAN'T FEED 100 PEOPLE,  
THEN JUST FEED ONE"** MOTHER TERESA

**September is Hunger Action Month**



September is Hunger Action Month, and we're asking all Northland residents to take action to fight domestic hunger. The need in this country is tremendous – but so is the impact that you can have. Throughout Hunger Action Month in September, Feeding America's nationwide network of more than 200 food banks, including ours, is calling upon communities to take action through the "30 Ways in 30 Days" campaign. Whether it's by advocating and raising awareness, making donation, or giving of your time and energy, find the way that's right for you to make a difference during Hunger Action Month.

**DONATE**

- Make a one-time donation. Whatever you can spare, right now, donate to our food bank, a food shelf, soup kitchen or hunger program.
- Establish an ongoing donation. If you can afford to give a little every month, join our monthly Harvester's Giving Club.

**VOLUNTEER**

- Volunteer at our food bank. Sort and re-pack our product, help distribute our food to mothers, children and seniors, or assist with administrative tasks.
- Volunteer at a local soup kitchen or food shelf. Sign up to serve a meal or assist program participants at your local food shelf.

**EXPERIENCE**

- Tour our food bank. We have a public tour planned for Wednesday, September 15, 12-1:30 p.m. Join us for a tour & lunch, (218) 727-5653, ext. 110.
- Food Stamp Challenge/\$7 Per Day. Try to spend only seven dollars on food for a day (or a week), the average food stamps allotment – and experience what having limited resources to allocate for food can feel like

**ORGANIZE**

- Brown Bag Lunch Day (or Week). Encourage co-workers, co-congregants, fellow students, etc, to bring in brown bag lunches for a day (or a week), and donate the money saved to our food bank.
- Dinner parties. Host a potluck party, and over dinner, discuss hunger and how guests can make a difference. They can even bring donations to the dinner party!

**ADVOCATE**

- Call your Member of Congress. Show grassroots support for hunger issues.
- Write an Op-Ed piece/article for your congregation or community newsletter. Sharing information about the issue of hunger facing our country and our community can start raising awareness, and ultimately mobilize others.

**For More Information**

www.hungeractionmonth.org  
 (218) 727-5653  
 info@northernlakesfoodbank.org  
 www.northernlakesfoodbank.org



**MARK YOUR CALENDARS NOW**

Wednesday, November 16, 2011 is

**Give to the Max Day!**

Minnesota's largest one-day fundraiser.

For more information visit: [www.givemn.org](http://www.givemn.org)



**For every \$1 you give, we rescue & distribute  
enough surplus food for 5 meals for Northland Families.**



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A Newsletter of Second Harvest Northern Lakes Food Bank | Fall 2011



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