

Help End Summer Hunger Together!

For so many of us, summers get very busy. With kids being out of school, camps, vacations, swimming lessons, sporting events and all of the fun activities of the season, we tend to cast aside all routine and the days fly by. **But there is a group of people that are counting down the days of summer until school begins again:** Parents and children who do not have enough to eat over the summer when school meals are not available.

Hunger has become an epidemic in our communities. 1 in 5 children do not have enough to eat in their homes, and Channel One Regional Food Bank is helping feed over 100,000 individuals in our 14-county region. *So, what do we do? There is only one way to end hunger: **Together.***



Channel One Regional Food Bank relies on the help of our partners to help us continue feeding our neighbors in need. **Last fiscal year, our local individual and corporate partners donated enough food for 5,553,598 meals to help feed individuals struggling with hunger.** Together, all of the food drive donations, retail donations, garden produce donations and more are adding up to make a big difference to those who do not have enough to eat. We truly appreciate all of the efforts being made by our partners to help us continue to change lives one meal at a time.

However, over the summer months, food and fund donations are historically the lowest of the year. Unfortunately, this is a time of year when families with school-age children desperately need our help. Please take a moment out of the busyness and fun of the next several months to help Channel One keep our shelves stocked so everyone can thrive and enjoy the warmer air and sunshine with the nutrients they need.

Here are four ideas to get you started on helping feed people this summer:

- **Join the Glean Team:** Every year, Channel One has the opportunity from our generous community members to gather volunteers and glean extra food from fields, orchards and farms that otherwise might go to waste. *Contact Barb Schramm at 507-424-1705 to become involved.*
- **Plant a Row:** You can help feed people by planting an extra row of produce in your own garden to donate to Channel One! *For more information, contact Vince McCoy at 507-424-1722.*
- **Host a Food and Fund Drive:** Encourage one of your groups this summer to host a food and fund drive, such as your swim team, Vacation Bible School or family reunion.
- **Donate:** Make an extra food or fund donation to Channel One. Monetary donations can be made online at www.helpingfeedpeople.org, by mail or in person at Channel One.

Feeding More People

Channel One Regional Food Bank recently partnered with the Faribault County Food Shelf in Blue Earth to help feed more people in need. The Faribault County Food Shelf moved to a new location at 214 South Holland Street, Blue Earth, and is excited to be serving clients in need in their area. The food shelf is already experiencing a sharp increase in the number of people they are serving - **from serving 67 clients in February to 232 clients in March, distributing about 7,000 pounds of food!** We are pleased to be helping the food shelf serve the people of Faribault County!

Channel One Regional Food Bank serves seniors, individuals with physical or mental-health disabilities, working families and individuals and people in times of crisis due to job loss, medical problems or personal disaster. **We currently partner with over 200 food shelves, programs and agencies in 14 counties to help feed people in need.** These counties include Faribault, Waseca, Rice, Goodhue, Wabasha, Steele, Dodge, Olmsted, Freeborn, Mower, Fillmore, Winona, Houston and La Crosse County in Wisconsin.



Volunteers and Board Members of the Faribault County Food Shelf in Blue Earth.

McLane Minnesota, Inc. Honored as Donor of the Year

The 2015 Channel One Regional Food Bank Donor of the Year Award has been given to McLane Minnesota, Inc.

McLane Minnesota, Inc., a division of McLane Company, Inc., received the award for their efforts to help end hunger through their consistent and generous donations of a wide variety of food products.

Since 2003, McLane Minnesota has donated the equivalent of 1.5 million meals to Channel One. The diverse range of food products McLane Minnesota contributes enhances quality of life for clients by providing a greater selection of food to choose from. McLane Minnesota is the second largest employer in the Northfield area and is the largest distribution center for McLane Company. McLane has become a regular stop for the Channel One trucks as they collect and distribute food in the Northfield area.



Pictured are representatives from McLane Minnesota, Jason Peelman, Inventory Manager, and Karl Frischkorn, Divisional Expeditor, as they accept the Food Bank Donor of the Year Award from Channel One Regional Food Bank Executive Director Jennifer Woodford and Food Resource Coordinator, Vince McCoy.

“McLane Minnesota is a great example of our mission in action: To partner with others to feed people in need,” said Jennifer Woodford, Executive Director, Channel One Regional Food Bank. “McLane understands the importance of supporting the community and recognizes their own ability to make a difference in the lives of others.”

McLane is a leading supply chain services company providing grocery and foodservice supply chain solutions and is considered a logistics powerhouse in the food supply chain. “McLane has always been about innovation, integrity and leadership. Being involved in the communities in which we live is an integral part of McLane’s philosophy,” said Ernie Hurlbut, Division President, McLane Minnesota.



A Victorious Fight

Thank you so much for being a part of the food fight during the Minnesota FoodShare March Campaign! **We are excited to announce we surpassed last year's totals by 13%.** During March, 74 local businesses, schools, places of worship and other organizations conducted their own unique food and fund drives, raising **\$163,622 and 249,247 pounds of food, for a total of 412,869 pounds and dollars combined!**

Every dollar and pound raised during March generates additional food and fund allocations from the Minnesota FoodShare Statewide Incentive Fund, helping feed the nearly 13,000 food insecure people living in Olmsted County.

Throughout the entire state of Minnesota, Channel One raised the most in combined pounds of food and dollars during the Minnesota FoodShare March Campaign this year! During March, food shelves across the state were able to raise almost 5.1 million pounds of food and almost \$7.5 million. *This is the second best statewide March Campaign in 34 years.* 100% of the food and pounds raised will be distributed to participating Minnesota food shelves this summer. Thank you for all of the hard work you put into making this a successful March Campaign!



Good Shepherd Lutheran Church, Rochester, joined the food fight in March!

Golden Apple Award

Channel One Regional Food Bank was selected to receive the Minnesota Academy of Nutrition and Dietetic's Golden Apple Award.



Jennifer Woodford, Executive Director, Channel One, accepted the Golden Apple Award at a MAND annual meeting on March 31st.

The Golden Apple Award recognizes organizations and businesses that have made significant contributions to the profession of dietetics and are committed to improving the health and nutrition of Minnesotans. **Thank you to our partners who nominated us for this amazing award!**

Fresh Funds

Fresh Funds was developed as a way for Channel One Regional Food



Bank & Food Shelf to provide clients with fresh foods, such as fruits, vegetables and dairy products. It is a cooperative partnership among Hy-Vee, Channel One and community members who purchase the vouchers as a donation to their local food shelf.

The Fresh Funds pilot was conducted during the month of March in all four Rochester Hy-Vee Stores. **A grand total of \$3,974.60 was given to Channel One to purchase fresh, nutritious foods.** Thank you to everyone who made this pilot so successful! And please stay tuned for the next Fresh Funds 'drive'!



Did You Know?

Channel One Regional Food Bank's Mobile Pantry Program delivers food to six sites in three counties every month. Last fiscal year, we distributed 478,901 pounds of food through this program, a 7% increase versus last fiscal year.

Volunteers: Thank You for Your Commit-MINT!

April was National Volunteer Month, which is a great opportunity to recognize our volunteers who give so generously throughout the entire year! The Annual Volunteer Appreciation Banquet was held on April 18th at the Rochester International Event Center. **MINT was the theme this year: Thank you for your commit-MINT, involve-MINT and invest-MINT! Over 2,500 individuals volunteered with Channel One last year, contributing about 31,000 hours of volunteer service.** The volunteer force is equivalent to 15 full-time employees, and we are grateful for each and every one of our volunteers! **Volunteers and volunteer groups given special recognition for their efforts this year were:**



Peace United Church of Christ Volunteers and Coordinator Jody

Morbeck (left) show a great willingness to volunteer consistently every month, tackling a variety of tasks. They willingly and with a smile pack Nutrition Assistance Program for Seniors boxes, sort food or take on just about any project asked.

Shelley DeYoung, Coordinator of the Alternative Learning Center Volunteers, (right) has shown great devotion to teaching her students the importance of

giving back. She also collaborates with other teachers and students for special projects that come up at Channel One, such as bagging 60,000 pounds of apples!



Chuck and Marlys Fremstad (left) are a dynamic duo who volunteer in the Channel One Supplemental Food Shelf twice each week. Their high level of understanding of Food Shelf operations, along with their positive interactions with clients and wonderful attitudes, make them great role models for other volunteers.

Think Mutual Bank Volunteers and Coordinator Marcy Groteboer (right) are regular volunteers in the repack room. Their exuberance for volunteering make them a delight to be around, and they take on whatever project is needed with energy and a sense of

humor. What started as a group of six employees looking to make a difference by purchasing and delivering food to Channel One has grown into a larger group in our repack room once every single month.



Nicole and Oliver Anderson (left, along with Nate Anderson) are busy supporting Channel One both inside and outside, all year around. In addition to being regular Family Day volunteers, their hard work soliciting and collecting produce at the farmers market has resulted in both a smoother process for fresh food donations and in more varieties of fresh, nutritious food for our clients. They have a special way of thanking farmers and vendors who donate and are a joy to be around.

Continuing the Fight



“Channel One Regional Food Bank helps us live our mission statement,” said Marty Putz, Director of Food Safety and Quality Assurance, Kwik Trip, Inc. (pictured third from the right, along with Channel One Regional Food Bank and Kwik Trip, Inc. representatives).

Channel One is so grateful to have Kwik Trip, Inc. as our partner in the fight against hunger. Not only do they donate food, but they helped us expand our facilities by “Leading the Fight” with their Capital Campaign gift. As capital campaign partners, Kwik Trip, Inc. has greatly helped us ensure we can continue to meet the increasing demand for food assistance in our 14-county service area.

A warehouse expansion was vital for Channel One to receive more donated food, have the necessary space to safely process the food we receive and distribute more food to people struggling with hunger. In order to do this, Channel One added more than 20,000 square feet of warehouse space, expanded our cooler and freezer, added another food repack room and, along with Leadership Greater Rochester Class of 2013, built a Community Kitchen and Teaching Classroom.

Partnering to Feed People in Need

Channel One Regional Food Bank appreciates all of our partners who help us feed over 100,000 at-risk individuals in 14 counties. With every dollar, we can distribute enough food for four meals, so every gift counts! **A special thank you to these partners:**



Otto Bremer Trust gave a generous gift that will help support the operations of four of our core hunger relief programs: Food Bank, Food Shelf, Mobile Pantry and Backpack Program. The Otto Bremer Trust supports projects important to a community's future and gives highest priority to opportunities with potential to move a community forward in meaningful, powerful and broad-based ways.



The Rotary Clubs of Rochester generously gifted Channel One enough funds to purchase about **1,950 packets of trail mix** for our Backpack Program. The funding for this gift was made possible by the Rotary US Bank Holiday Classic Community Grant Committee. Rotary Clubs of Rochester have a rich history of supporting youth organizations and college scholarships in our community. In addition, a group from Rotary volunteers the first Monday of every month at Channel One in the Repack Room to get food ready for distribution. Thank you, Rotary!

Save the Dates!

- **Give in July!** Open Your Heart to the Hungry and Homeless will match gifts made to Channel One in July. This grant opportunity will allow us to capitalize on your gift and feed more people in need!
- **Family Volunteer Day** registration opens **August 1st!** Sign-up online at www.channel-one.org/volunteer/family-volunteer-day.
- Come see Channel One at **Thursdays on First** on **August 18th!**
- Watch for information about **Hunger Action Day** coming up on **Thursday, September 8th!**
- The **12th Annual Empty Bowls** event will be held on **October 13th** at the Rochester Art Center. Please plan to attend and partner with Channel One in the fight against hunger!



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Help end rumbling tummies!



Channel One Food for Thought is a quarterly publication of Channel One Regional Food Bank, a 501(c)3, non-profit organization whose mission is *“to work in partnership with others to help feed people in need.”* If you receive multiple copies of our newsletter, please share the copies with others and contact us at 507-424-1716, so we can reduce the number of copies. If you have moved, please let us know so we are able to update our mailing list or remove your name. **Thank you!**

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