



**Channel One
Regional
Food
Bank**

Feeding People. Changing Lives.

131 35th Street SE
Rochester, MN 55904
507-287-2350
www.helpingfeedpeople.org

Salutation 1
Address
Address 2
City, State, Zip

Dear Salutation 2:

Whether one is big or small, the holiday season is a magical time filled with joy, gratitude, peace, hope and wishes come true. However, the wish of each individual is different. For our neighbors struggling with hunger, they may have a wish as simple as having enough food to feed themselves and their children not only during the holidays, but every day throughout the year. Perhaps a wish for a job that will allow them to provide a home, food and heat all at the same time. **There are over 100,000 individuals in our region who do not have enough food to eat.** This always leads to tough choices of which life essentials they should choose to go without on any given day. Food or medication? Food or heat? Food or diapers? The list is endless, but in reality, none of these options are really *non-essential*. The hunger crisis is affecting the employed, singles, families, elderly, college students, children - hunger knows no bias. **Food is a valuable gift to so many in our community - a wish come true. This holiday season, you can help grant thousands of wishes by partnering with Channel One Regional Food Bank to help provide the simple gift of food to people like Karen and her family.**

Former food shelf client, Karen, knows all too well the struggle of not having enough to eat. Now the successful small business owner of Confections by Karen, local Backpack Program Coordinator, and community volunteer, Karen has made it part of her mission to share her story and spend time helping others enduring times of tribulation. Karen and her husband have been married for ten years and have two boys, ages eight and three. **Although no longer clients of the food shelf, Karen remembers a time when they did not have enough money for food for their growing family.** “Unfortunately, I got laid off of my job working for a security firm for IBM in March 2009,” said Karen. “My husband, Lee, farmed with family and worked at the school, but we had a baby on the way, and finances were tight.” Karen said she was scared and felt embarrassed about asking for help, but she knew her family needed it until she found new employment. She applied for WIC and the SEMCAC Food Shelf in Kasson, MN, a Channel One Regional Food Bank member. **“It was really hard for me at first,” said Karen. “I kept thinking, ‘What am I doing? I have a four-year-degree and own my own home.’** It was embarrassing, and I felt shame. Even my own family members shamed us for needing the help.” However, Karen realized that services were available and meant for people in tough times just like her. “Imagine being in my shoes and not having enough money for food. Do I pay a bill? What’s important? Wouldn’t you want the shot to be able to get food?” Karen and her family utilized the food shelf for about eight months. **“The food shelf was very helpful to our family! It was nice being able to go and get food - have the option to make a meal,” said Karen.**



Karen and her husband, Lee

-over please-

From:
Salutation 1
Address
City, State, Zip

Honorary/Memorial Contributions:
Channel One is glad to accept honorary and memorial contributions. If you would like to make a tribute gift, please print the information clearly on the back of this form. Channel One will then send an acknowledgment letter to the honoree.

I would like to make a Holiday gift of:

- \$720 (feed four families for one year)
- \$360 (feed two families for one year)
- \$180 (feed one family for one year)
- \$90 (feed two individuals for one year)
- \$45 (feed an individual for one year)
- Other _____
- Please contact me regarding a Feeding the Future legacy gift.

Payment Method:

- Cash Check Credit Card Stock (For stock, please contact Channel One at 507-424-1730)
- One-time or recurring donations may be made securely online at www.helpingfeedpeople.org.**

Please charge my: Visa Card Master Card Discover Card
Card # _____ Exp. Date _____ Security Code _____

Signature _____ Email _____



Your gift is tax deductible as allowed by law.

Please return this form in the enclosed envelope. Thank you!

Connecting to resources like the food shelf enabled Karen and her family to receive a holiday food box through the local grocery store, which included food, clothing and toys. SEMCAC was also able to offer them heat assistance that year. The job market was not at its finest, but Karen felt fortunate that she was able to find a temp job in June 2010. As her finances stabilized with her new job, Karen and her family no longer needed the food shelf. However, her experience gave her an insider's view of the need for hunger relief and motivated her to become more involved. **"It was laid on my heart that as soon as I was able, I wanted to give back," said Karen.** "I donated to SEMCAC for a time and then an opportunity arose to feed kids in my town who didn't have enough to eat." During the 2016-2017 school year, Karen became the leader of her school's Backpack Program. She coordinated with Channel One, school staff, local churches and funders to begin the program, which is serving 55 students this year. With at least 36% of children in her local school receiving free and reduced price meals, Karen is afraid there are more students in need of the Backpack Program who are not receiving food simply because they are afraid or too embarrassed to ask for help. This is what motivates Karen to share her own story of tribulation. **"I want to be transparent with my own story," said Karen.** **"This allows us to be attentive to the needs of our communities."** Karen is working hard to make asking for help a less frightening experience. **"There should not be any shame associated with asking for help," said Karen.** **"Why is there such a stigma that if you need help you're less? My wish is to change that."**



Karen prepares an order for her business, Confections by Karen

You can join Karen and Channel One this season as we work together with our partners to make wishes come true for those who do not have enough to eat. Over 100,000 at-risk individuals in our 14-county region have enough to eat because of Channel One and our partners. **Channel One distributed enough food for over 8 million meals to people in need last fiscal year.** This is accomplished through a variety of our programs: Supplemental Food Shelf, Green Garden Program, Backpack Program, Mobile Pantry Program, Nutrition Assistance Program for Seniors and through our partnerships with nearly 200 agencies and programs. **Hunger relief initiatives are a community effort that make a lasting and positive impact in the lives of those who receive the gift of food. This holiday season, will you please make someone's wish come true by giving a gift to Channel One?**

I wish all of our partners the very happiest of holiday seasons! **May all of your wishes come true.** Thank you for helping us continue to feed people and change lives!

Linda Lovik

Linda Lovik, Interim Executive Director

P.S.

- **Scouting for Food is on November 18th!** Please watch for door hangars at your homes to remind you of important food donation dates and to give you instructions on how to donate. All food collected during this food drive is donated to Channel One Regional Food Bank and distributed to our neighbors in need. **Thank you to our local Boy Scouts, Boy Scout leaders and Boy Scout parents for leading this annual event!**
- **The Canadian Pacific Holiday Train will be in Rochester on December 5th at 1 p.m.** to help raise money, food and awareness for the fight against hunger! The location of the event is by Hy-Vee Barlow Plaza. **The event is free, but guests are encouraged to bring a heart-healthy food or cash donation for Channel One.**
- **Looking for the perfect gift for that hard to buy for person?** Please consider honoring a friend, co-worker or loved one with a gift in their name. Simply fill out the donation form below, and we will acknowledge your holiday tribute gift by sending them a holiday card from Channel One!
- **What will your legacy be?** Consider Channel One in your legacy planning for a gift that will continue to change lives for years to come. Contact Linda Olson at 507-424-1730 for more information.

Visit www.helpingfeedpeople.org for more information or to donate securely online!

Channel One proudly serves 13 counties in Southeast Minnesota - Faribault, Waseca, Rice, Goodhue, Wabasha, Steele, Dodge, Olmsted, Freeborn, Mower, Fillmore, Winona, & Houston - and La Crosse County, Wisconsin.

Holiday Honorary and Memorial Gifts
(Please see enclosed information regarding Legacy Gifts)

My gift is in memory of _____

My gift is in honor of _____

Please send tribute notification to (recipient information): *If your gift is in honor or memory of multiple people, please include a separate list.*

Name _____

Address _____

City _____ State _____ ZIP _____

From: (Donor Information)

Name: _____

Channel One Regional Food Bank does not sell, rent, lend or exchange your name to other organizations.