

Food for Thought



Quarterly Newsletter • June 2017

Changing Lives One Hour at a Time

Volunteers are an essential piece of the puzzle when it comes to fighting hunger at Channel One. Over 2,500 individuals volunteered at Channel One last year, contributing the amount of hours equivalent to 14 full-time employees.

We are grateful for each of our volunteers! Every year, Channel One takes an evening to recognize our volunteers at the Annual Volunteer Banquet, during which time we also present some with Outstanding Volunteerism Awards. Recognized this year were the following:

People of Hope volunteers, led by Joyce and Larry Stacy, have been volunteering at Channel One on a regular basis since 2004. This group has 6-8 regular volunteers who come nearly every month, along with many others from the church who join the group on occasion. People of Hope volunteers are the kind of people willing to do whatever needs to be done, and do it in a positive way. They also like to do more than what is expected, and do not like to leave jobs unfinished.

Phyllis Rusley is passionate about helping feed people in need, and volunteers for several other hunger relief organizations in addition to Channel One. She says, "No one should be going hungry - especially in this town!" A volunteer at Channel One since 2011, Phyllis has donated more than 734 hours of her time to helping feed people at Channel One. Phyllis has recruited many volunteers, and is a strong advocate for Channel One within our community. Her church, Gloria Dei, is also a strong supporter of Channel One.

The "Cooler Heads" (Don Ryan, Maggie Hodge, Doug Chadwick, Kim Stanton, Rich Dietman and Larry Stacy) are a specialized volunteer group that works in the cooler and freezer at Channel One. To be on this crew, you need to be able to stay warm while keeping cool. They need to be extremely efficient and quick, as the coolers and freezers in the food shelf empty quickly. The "Cooler Heads" are organized, coordinated, and actually seem to like braving the cold to help feed people in need.



People of Hope Volunteers



Phyllis Rusley



"Cooler Heads" Volunteers



A Change in Seasons



Spring officially sprung on the calendar months ago, but now it *finally* feels like spring with trees budding, green grass growing and the sun shining. **Spring also means we are getting ready for summer, which is the busiest time of year for Channel One and our partner hunger relief agencies.** Kids are thrilled when school is out, but no school means no breakfast or lunch for many kids, leading many to visit Channel One or their local food shelf. **Please consider supporting Channel One with a gift of food or funds, and help us feed families who need an extra boost this summer.** Fresh produce is a key in our fight against summer hunger! Read more about produce donations on our website at <http://www.channel-one.org/donate/RequestedProduce.pdf>.

A change is also happening here at Channel One. I will be leaving Channel One Regional Food Bank and joining the Rochester Area Foundation at the end of June. I will very much miss working with the tremendous staff, volunteers and member agencies of Channel One. You all do tremendous work in the fight against hunger every day, and it has been my privilege to serve beside you for the past eight years. **Thank you all for the difference you make in your communities.**

Together we are feeding people and changing lives!

Jennifer Woodford

Jennifer Woodford, Executive Director

Community Partners Fighting Hunger



**Travis Garnatz and Katlin Schmidt
volunteering on behalf of McNeilus/
Oshkosh Foundation**

Channel One Regional Food Bank could not continue feeding people in need without our valuable partners! All gifts of time, funds and food are greatly appreciated and are making an impact in people's lives every day in our 14-county region. Here are a few of the recent foundation gifts we have received:

- **Gap Foundation** gave a gift to Channel One in response to the hours that its staff members have volunteered at Channel One. This gift will equal enough food for 1,000 meals for our community members in need!
- **JP Morgan Chase Foundation** gave a gift to Channel One as part of the matching gifts and volunteer grants program. This gift will allow us to distribute enough food for 1,200 meals to our clients struggling with hunger!
- **Marni and Morriss Propp II Family Foundation** gave a gift to the Minnesota FoodShare March Campaign. This gift will equal enough food for 4,800 meals for our neighbors in need!
- **Oshkosh Corporation Foundation, Inc.** gave a gift of \$2,500 to Channel One on behalf of an Excellence Award for Travis Garnatz and team.

Summer Should Not Equal Hunger

Summer is coming! We can feel the excitement of the summer season in the air, and many children have already begun discussing all of the fun plans they have for when school is not in session.

However, one has to wonder what type of summer the 34% of children on free and reduced-price meal plans during the school year have to look forward to when school is out. Hunger?

1 in 5 children do not have enough to eat in their homes, and over 100,000 individuals in Southeast Minnesota and La Crosse County, Wisconsin, struggle to put food on the table.

Over the summer months, food and fund donations are historically the lowest of the year.

This is a time of year when families with school-age children desperately need our help because they do not have the school meal plan to partially alleviate the already strained grocery budget.



Channel One needs your help to ensure our community members in need do not have to take a summer vacation from the necessary staple of nutritious food. 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 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. Sign up at www.channel-one.org/donate/food.php
- **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.



You Helped Squash Hunger!

Thank you for helping Channel One squash hunger through the Minnesota FoodShare March Campaign!

We increased our Minnesota FoodShare totals by 11% versus last year! **Our grand total, pounds and money combined, for 2017 was 467,321 - about 4% over our total goal of 450,000.**

Channel One is so fortunate to have all of you as partners in the fight against hunger!

Save the Date!

- Come visit Channel One at **Thursdays on First** on **July 27th** in Downtown Rochester!
- Be sure to say hello to Channel One staff and volunteers at the **RochesterFest Parade on June 24th!**
- Watch for information about **Hunger Action Day** coming up on **September 7th!**
- Channel One's **13th Annual Empty Bowls Event** will be held at the Rochester Arts Center on **Thursday, October 12, 2017, from 11 a.m. - 8 p.m.**



Look inside to learn how you can
make fighting hunger a part of
your summer plans!

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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