

# Food for Thought



Quarterly Newsletter • March 2017

## Let's Work Together to Squash Hunger!

**Do you have a dollar to invest in our community to help us fight hunger? Maybe \$5? Or an extra jar of peanut butter or can of tuna? Perhaps you have a couple of hours of free time to volunteer?**

If so, you can help Channel One **squash hunger** this month during our Minnesota FoodShare March Campaign. For every dollar Channel One receives in donations, we can provide enough food for four meals. And with the generous donation of time from our volunteers, **last year we distributed nearly 10 million pounds of fruits, vegetables and other nutritious foods.**

By donating just \$20, you can help us provide enough food for 80 meals. Or with the gift of two hours of time you could make sure the shelves are stocked in the food shelf or food is prepared for distribution. **Simply sharing items from your cupboard at home through a food drive at your office, place of worship, school or other community event allows Channel One to get food to our neighbors facing the unthinkable situation of not having the resources to eat.** Whether it's a gift of time, funds or food it all adds up to help us feed people in need and **squash hunger** this March and throughout the year!

**Together we are feeding people and changing lives!**

A handwritten signature in black ink that reads 'Jennifer Woodford'.

**Jennifer Woodford, Executive Director**

Channel One Regional Food Bank • 131 35th Street SE • Rochester, MN 55904 • [www.helpingfeedpeople.org](http://www.helpingfeedpeople.org)



Channel One Glean Team Volunteer



Ameriprise Volunteers Repack Food at Channel One



## March is a Great Time to Get Involved as a Hunger Fighter at Channel One

The Minnesota FoodShare March Campaign is a statewide food and fund drive that Channel One participates in each year during the month of March. During this month-long effort, people participate in food and fund drives where they work, through service clubs, schools and places of worship. **All food and cash donations Channel One Supplemental Food Shelf receives during the month of March stay in our local community to help feed people in need.** Every pound and dollar is important because, the more food and funds that Channel One collects during March, the greater our allocation from the Minnesota FoodShare statewide incentive fund.



**To help meet the need in the Channel One Supplemental Food Shelf Program, our goal this year is \$225,000 and 225,000 pounds of food!** Here are four ways you can help Channel One reach our goal:

- Make a gift to Channel One online at [www.helpingfeedpeople.org](http://www.helpingfeedpeople.org) during the month of March.
- Host a food and/or fund drive.
- Have your business or organization participate in Denim Days.
- Give an additional gift of food to Channel One in March.

**Contact Barb at [barbaraschramm@channel-one.org](mailto:barbaraschramm@channel-one.org) or visit the Channel One website at [www.helpingfeedpeople.org](http://www.helpingfeedpeople.org) to find documents to help make your campaign a success!**

## We Exceeded Our Goal!



**Channel One volunteers helping us reach our Mile of Mac goal!**

Our Rochester Winterfest 2017 Mile of Mac & Cheese goal was to work with our community members to acquire one mile - about 9,000 boxes - of donated mac & cheese during the two day challenge on January 28th and 29th. **We were so impressed with everyone's hard work and generosity when we tallied our results and found that we had surpassed our goal with 10,564 boxes of mac and cheese!**

Thank you to Rochester Hy-Vee stores for hosting our event and to everyone who donated mac & cheese!

Channel One currently serves about 3,500 different households at the Supplemental Food Shelf every month. With over 40% of the clients we serve being children, meals like mac & cheese are very much appreciated by our neighbors in need.

In addition to boxed meals like mac & cheese, other most needed donated food items at Channel One include canned tuna, ham, or chicken, peanut butter, canned/dried beans, fruits and vegetables (canned and fresh), hearty soups, rice, pasta, cooking staples (flour, sugar, etc.) and special dietary foods (gluten-free, low-sodium, etc.).



## Community Partners Helping Squash Hunger

Channel One Regional Food Bank is appreciative of all of the generous gifts we receive from our partners in the fight against hunger! Here are a few recent gifts:

- The **Rochester Youth Hockey Association** donated 3,084 pizzas, 183 pizza dippers and 183 packages of cookie dough. **This donation is valued at \$28,698!**
- **Carlson Capital Management** donated \$20,000 for Channel One to purchase nutritious, fresh produce from SEEDS Farm.
- **The Rotary Clubs of Rochester** gifted Channel One enough funds to purchase 1,200 jars of peanut butter for the Backpack Program.

## Save the Dates!

- On **Saturday, May 13th**, the Letter Carriers will conduct their **25th Annual Stamp Out Hunger Food Drive**. Postal customers are encouraged to put food by their mailboxes in the morning, and your letter carrier will take it to the post office where Channel One will collect it.
- 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.**

## Bushel Boy Farms Named 2016 Channel One Donor of the Year

Each year, Channel One Regional Food Bank recognizes a community partner with our Donor of the Year Award. The award is presented to a donor who has demonstrated a commitment to ending hunger through innovation, community awareness and product donation.

### The 2016 Channel One Regional Food Bank Donor of the Year Award has been given to Bushel Boy Farms.

Bushel Boy Farms, which produces fresh, vine-ripened tomatoes year-round, has been a partner of Channel One since 2004. Throughout their years of partnership, they have generously donated hundreds of thousands of pounds of fresh tomatoes to Channel One to help fight hunger in our communities.

Grown in a facility encompassing 28 acres in Owatonna, Bushel Boy Farms sends fresh tomatoes daily to retailers in and around Minnesota. Whenever Bushel Boy Farms has a surplus of tomatoes, they partner with Channel One in their efforts to end hunger by getting them into the homes of clients in need. Whether Bushel Boy Farms delivers to Channel One, or a Channel One truck picks up at Bushel Boy Farms, their coordinated efforts help ensure these fresh and healthy tomatoes are put to good use.

"We are incredibly grateful to Bushel Boy for their generous support and amazing donations through the years. It is wonderful to see our clients' faces light up with excitement when we have juicy, red Bushel Boy tomatoes for them to take in our Food Shelf!" said Jennifer Woodford, Executive Director, Channel One Regional Food Bank.

"Bushel Boy Farms is a pioneer in extending the growing season in Minnesota, and we take pride in providing fresh, healthy produce to help families in need get good nutrition," said Steve Irland, President, Bushel Boy Farms.



Jennifer Woodford, Executive Director, Channel One, presents award to Steve Irland, President, Bushel Boy Farms



Help us **squash hunger** during the  
Minnesota FoodShare March  
Campaign!

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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