

*"...this is a good place, where I won't be treated less than." – Food Shelf Customer*



## Turn up the Heat on Hunger!

It's time for the Open Your Heart **Summer Challenge!** *Open Your Heart to the Hungry and Homeless* and *Hunger Solutions* are challenging communities to turn up the heat on hunger in July. All donations received in July will get a partial match through the Campaign. Summer is a time of high usage. With children home from school, food budgets are stressed. In July of 2017, 954 Beltrami County households visited the food shelf. We need your help in order to help them. Please make a donation in July to help us to meet our summer food budget.

### From the President

The Minnesota writer Sigurd Olson says this about summer. "It is a time of joy. It is a time for building strength and storing energy for whatever may come. In the warmth of rains and sunny days, the forest floor literally teems with life."

The task of our Food Shelf is to help people in our community "build strength for whatever may come." It is our privilege to provide needed food to our neighbors who are facing difficult circumstances in their lives. We continue to see about seventy families each day that we are open. Last year we provided 858,000 pounds of food to nearly 3,000 area families!

In April we sent out a letter requesting donations since our March FoodShare Campaign donations were less than our goal. The response to our letter provided nearly \$20,000.00 to meet the shortfall. Thanks to everyone who contributed.

Summer brings continuing challenges to our mission. School is out and the need for food increases.



## JULY 2018 NEWSLETTER

Our July Challenge provides an opportunity for increasing support. We are continuing the process of re-organizing our administrative structure. Mary and I are meeting with area clergy and our church representatives to discuss this process and answer any questions they may have.

Our Board has given Mary and I the assignment to find a part-time volunteer coordinator for the Food Shelf. This will be a great help to our staff and volunteers. Most importantly it will be of great benefit to our clients!

On August 19, 2018 we will hold our annual Ice Cream Social. This is a time for volunteers, clients and neighbors to celebrate the work of the Food Shelf and perhaps see the grounds for the first time. I hope to see you there!  
THANK YOU FOR ALL THAT YOU DO!

---Jim Fretheim, BCFS Board President

### Appreciation Ice Cream Sunday 2-4 pm August 19th

Volunteers and community supporters of the food shelf are welcome to attend our 4th annual ice cream social on Sunday. Please park by the mural and enter through the large gate between the buildings. Make your own sundae (with all the toppings, thank you Dairy Queen!) while enjoying the beautiful urban farm, located on the food shelf property. Tours will be given of the food shelf and farm at 2pm and 3pm. In the event of inclement weather, the event will take place in the food shelf waiting room and entry will be through the west "Employee" Door.



Emily Schaeffer

## VISTA Report: Looking Back

In the blink of an eye it seems summer is here again, which means it's time for my year as an AmeriCorps Volunteer in Service to America to come to an end. I will be returning home to York, Pennsylvania with many good memories and new skills. I hope that in my time here I have managed to bring some helpful ideas and methods to the food shelf to allow the volunteer program to grow and run a bit more smoothly.

Some of my accomplishments this year have included creating volunteer position descriptions, a volunteer handbook, a group volunteer policy, new volunteer info on our new website ([bcfsmn.org](https://bcfsmn.org)), a volunteer survey, as well as stressing the importance of supervision and communication with volunteers. I'm looking forward to the hiring of a new volunteer coordinator, who will be able to give volunteers the onsite support they need and continue to develop new practices, such as digitally tracking volunteer hours and contact information.

Finally, I would like to thank everyone in the Bemidji area for welcoming me into the community. Thank you for the fresh produce from your gardens, the loan of a snow shovel, the use of your washing machines, and the fellowship (usually accompanied by delicious food). The Bemidji Community Food Shelf is a unique organization that not only benefits those experiencing hunger in the community, but also benefits staff and volunteers who get to strategically use their skills in a meaningful way.

--Emily Schaeffer, VISTA



## Our Family Barcodes

Please cut out the barcodes from any Our Family products and bring them by the food shelf. We send them into Nash Finch and receive five cents per barcode. Thank you very much!

## Volunteer Needs

Please contact Mary at 218-444-6580 if you are able to help us with the following:

- Help is needed in the store on the **second Wednesday of the month**. We have been short of volunteers on that day. For more information about working in the store, please go to: <https://bcfsmn.org/get-involved-2/volunteer-position-store-helper/>
- Are you a "people person"? Do you have some computer skills? If so, you might enjoy learning to interview. The interviewer is the first person the customer sees when they come to the food shelf. For more information about interviewing, please go to: <https://bcfsmn.org/get-involved-2/volunteer-position-store-helper/>



## Fresh from the Farm

Happy summer from the Farm at BCFS! Rachel here, your friendly farm manager with an update on all things out in the fields! The start of the growing season has been keeping us on our toes since the end of May.

As you all know, we had a late thaw this spring which left us scrambling to get our ground prepped and seeds in the ground.

Maple 4, our AmeriCorps/NCCC team arrived in early June and was a tremendous help in getting the foundation laid for this year's growing season. Kylie DeGrote is our part-time farm assistant for the summer and she does tons of good work with our groups who volunteer on the Farm! In addition to Kylie and the team, we have had many groups come out over the last two months to volunteer on the farm. The groups ranged from local Bemidji school groups, various youth and church groups, and other organizations from the Bemidji area and beyond.

So far this season, volunteers have provided 500 hours of work on the Farm which has helped to prepare, plant, and cultivate approximately 67,000 square feet of growing space. The produce planted this year include: carrots, beets, greens, potatoes, winter and summer squash, tomatoes, peppers, onions, cabbage, watermelon, pumpkins, broccoli, cauliflower, rhubarb, and a few patches of ornamental flowers.

The goal for this year's growing season is 25,000 pounds of produce for the Food Shelf and 2500 volunteer hours. We will only achieve this goal with your help! While the AmeriCorps team has been amazing, their time with us is nearly complete and the Farm will be in need of even more volunteers.

Save the Date: September 13, 2018 will be our 3<sup>rd</sup> Annual Harvest Ball to raise money and awareness for the Farm. This is our only fundraising event specifically for the Farm and all funds raised will further continue our

mission of providing fresh, local, and healthy veggies for our food shelf customers. Stay tuned for more details as the event approaches!

Check the Farm Facebook or Instagram page for detail on how to volunteer or feel free to call/email me!

Thanks for your continued support here at the Farm and the BCFS...#growgreenshalthunger  
--Rachel Schaap, BCFS Farm Manager

## 2018 Someone(s) Special

We have so many wonderful volunteers that it is difficult for us to acknowledge just one or two. Every year, through United Way of Bemidji Area, we are given the opportunity to recognize two volunteers who have made an outstanding contribution to our work. This year's Someone Special awards go to volunteers Gerry Cardinal and Janice Lund.



**Gerry** gleans on Mondays and also takes our van and trailer to pick up food from our Food Bank in Crookston most Wednesdays. In addition, he sheetrocked the Deep Winter Greenhouse and is willing to take on most any job.

**Janice** is here every day, and is a shelf-stocking dynamo. She has also tracked birthdays for staff and key volunteers and has provided cakes and cards. Janice is ready to shift gears with a moment's notice and we so appreciate her flexibility and hard work. **We are so grateful for both of them!**

## New Website!

Just a reminder that BCFS has a new website: Go to: [www.bcfsmn.org](http://www.bcfsmn.org) for the latest news!



1260 Exchange Ave SE  
P.O. Box 3118, Bemidji, MN 56619  
218-444-6580 (o) 218-556-3249 (c)  
[www.bcfsmn.org](http://www.bcfsmn.org)  
Check us out on Facebook!

**Hours of Operation:**  
MWF 10:00 a.m. – 3:00 p.m. and  
10:00 a.m. – 5:00 p.m. Every 3rd Monday

### **Bemidji Community Food Shelf Contribution Form – JULY 2018**

Mail completed form and your tax-deductible contribution to:  
BCFS, P.O. Box 3118, Bemidji, MN 56619-3118

Here is my tax-deductible gift of \$ \_\_\_\_\_ to support the work of the Bemidji Community Food Shelf. (Please make check payable to: BCFS)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

### ***Thank you for supporting area families!***

\_\_\_\_ Please contact me about volunteering!

\_\_\_\_ I am interested in giving online and/or becoming a monthly (sustaining) supporter.

(See [www.bcfsmn.org](http://www.bcfsmn.org) and click on "Donate Now".)

\_\_\_\_ I would like this donation to go toward the BCFS Farm Project

\_\_\_\_ Please contact me with information about making a Legacy Gift to the BCFS.

\_\_\_\_ I wish to receive future newsletters via email.

Telephone/Cell: \_\_\_\_\_

Email Address: \_\_\_\_\_

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