

# BEMIDJI COMMUNITY FOOD SHELF

JULY 2019 NEWSLETTER



## Take the **SUMMER CHALLENGE!**

Have you ever wondered where or when you will get food for your next meal? This is the situation many area families find themselves in during the summer months when kids are home from school. More meals to provide and/or additional daycare expenses can push families to seek help at their area food shelf, which can struggle to meet the increased need. To help, two Minnesota organizations, Open Your Heart to the Hungry and Homeless and Hunger Solutions, partner to help food shelves across the state by partially matching July monetary donations. You can provide food for kids and families with a gift in July. Your help is needed and appreciated!



## Greetings from the **BCFS Farm!**

Hello! I'm Dorothy Barnes, the Farm Manager. I started my position here on May 1, 2019. I grew up in the Bemidji area on a small family farm and attended Nary Elementary, Bemidji Junior High and Bemidji High School. I

obtained a Bachelor of Science Degree in Accounting from Bemidji State University and have worked for several local businesses including Schneider's Greenhouse, and Hill's Country Greenhouse. I love working with plants and having my hands in the soil.

Presently on the Farm we have been harvesting rhubarb, lettuce and onions. We have also planted potatoes, bush beans, carrots, and Indian corn in the garden. There is a section of the garden we are not planting in order to allow the soil to rejuvenate, and we have it seeded with radishes as a cover crop. In the high tunnels, we have tomatoes, peppers and strawberries. Volunteers have planted most of the raised beds, but not all of these are planted yet. If you are interested in taking on a raised bed, please let me know!

We always need more helping hands. Please call or email me if you are interested in helping.

Dorothy Barnes 218-444-6580 ext. 23  
bcfsfarm@gmail.com

## Gift of **New Computers**

Technology is certainly a necessity these days and when things are not working well, it's no fun. Recently our elderly computers decided they no longer wished to be updated and sometimes they balked at connecting to our network. Our IT guru, Dick, pronounced that it was time for new computers. Just at that time, we heard from the Mdewakanton Sioux Community that it wanted to help us out with a small grant. The timing was perfect: we were able to hit a great sale and get the three computers we needed for just under the grant amount. They are installed and have been working great. **Thank you, Mdewakanton Sioux, and thanks, Dick!**

## From the BCFS Board President

*“To whom much is given, much will be required.” Luke 12:48*

It is a great privilege for us to make food available to those who are experiencing food shortages in our community. Yet it is more than a privilege, it is our responsibility. Our faith and our hearts call on us to meet the needs as we are able. Thanks for your part in this outreach!

July tells us the year is already over half gone! We continue to serve a nearly record number of households thanks to our dedicated volunteers who serve so selflessly. Thanks also to our generous store partners from whom we receive about one-third of the food we distribute, and to those wonderful individuals and organizations who support our work financially.

2019 is a time of transition for our organization. We now have a Council of Churches who provide both direction and volunteers to our work, and a Board of Directors which gives direction and makes sure we carry out our mission, which continues to be rooted in faith.

July brings our “Open Your Heart Summer Challenge.” This provides us with the funds we need to carry on our work. In addition we receive a partial match for the funds we receive.

Thanks to Mary Mitchell and her staff for their outstanding work!

~Jim Fretheim, BCFS



## Gift of a New Trailer

Thanks to a grant from the George W. Neilson Foundation, BCFS has a new trailer! Our old trailer was starting to deteriorate and we were concerned that it may not have been roadworthy for much longer. Our new trailer was purchased from King of the Road Trailer Sales in Bemidji and is approved to carry up to 7,000 pounds. Volunteers use our trailer weekly to pick up food from our Food Bank in Crookston. **We are so grateful to the Neilson Foundation for its support!**

## FFEN and SuperShelf

Because food is the biggest part of our budget and shipping is a big factor in the cost, BCFS director Mary has been working with staff and volunteers from the Foundation for Essential Needs (FFEN) to think about new ways to purchase food that would be less costly while still providing nutritious choices for customers.

BCFS was also approved for a small grant through the U of M to go through a SuperShelf transformation. The goal of SuperShelf is to provide a welcoming environment for customers and to make the healthiest choice the easiest choice for both the food shelf and the customer. During this process, the “stand alone” categories (peanut butter, macaroni and cheese) will disappear in favor of broader categories, such as proteins and grains. You will also see more fresh and frozen produce and a new color scheme and signage.



## Who Screams for Ice Cream?

August is a great month for ice cream *and* for showing our appreciation to our many supporters and volunteers. Please join us from 2-4 pm Sunday, August 25 for “build your own” ice cream sundaes and enjoy our beautiful farm and the summer flowers.

## Harvest Ball

The Fourth Annual Harvest Ball to benefit the BCFS Farm Project will be held October 3 at the Eagles Club at 1270 Neilson Avenue SE. The event will run from 5 pm to 8 pm and will feature a supper, silent auction, Friend of the Farm Award presentation and live music and dancing. Please be thinking about donating a silent auction item or two. We especially look for homemade crafts, foods, local art and experiences. We also need people to bring desserts, and volunteers to cook and serve, take tickets, etc. For more information about how you can help, please call Amy at 218-444-6580 ext. 28.

## Someone Special Volunteers

Each year, United Way helps us recognize our volunteers through the Someone Special Program. All our volunteers are special, so it is quite a challenge to choose only two each year. This year’s awardees are Linda Shutter and Wayne Haugen.

Linda serves on the Council of Churches and coordinates volunteers from her church, Evangelical Free, to work at the food shelf on the third Wednesday of the month. In addition, she comes in weekly to get rescued food from area stores out on the shelves for our customers. We appreciate her for being quick with a smile and a joke.

Wayne Haugen is a member of our Board of Directors. Wayne is a trained interviewer and in the winter, hardly misses a day of volunteering. In addition to doing intake, Wayne can often be found in the back before we open, stocking shelves and finding boxes. We lose Wayne to golf every summer and are very happy to welcome him back in the fall.

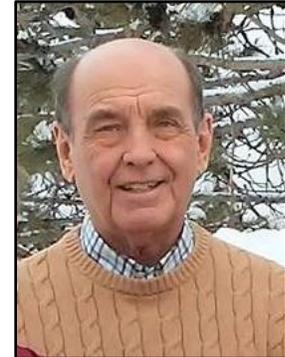
## Someone Special 2019



Linda Shutter



Wayne Haugen



**THANK YOU!!!**



You can help us by  
bringing in your...

- .... “Our Family” barcodes. Please make sure you get all the numbers when cutting them out
- .... gently used plastic shopping bags, or cloth bags
- .... cardboard boxes that can be used to carry groceries
- .... children’s books for our giveaway shelf



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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.

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**Bemidji Community Food Shelf Contribution Form**

**JULY 2019**

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 helping your neighbors!**

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

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

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

\_\_\_ 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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