



F O O D F O R

S E P T . 2 0 0 8

T H O U G H T

1917 Logan Avenue South • Minneapolis, MN 55403 • 612.377.9810

loavesandfishes@visi.com • www.loavesandfishesmn.org

# VOLUNTEER PICNIC

*Join us for the 7th Annual Volunteer Recognition Picnic*

It's that time of year again. The time for those of us at Loaves & Fishes to extend a big thank you to all of you who faithfully volunteer for our guests in the heat, in the cold, and anytime in between!

This year's Volunteer Picnic will be held on **Sunday, September 28th from 4:00-6:00 pm at the Como Park Midway Twin Pavilions**. We will have it all—food, folks and fun! From the melodies of Timber! (Barber Shop Quartet) to the savorings of BBQ and brats, this is one event you do NOT want to miss.



As always, we will have fabulous door prizes and a raffle that will knock your socks off! We have flooded the Twin Cities business community with letters asking for prizes, gift cards and products in hopes of providing you with the best gifts in town! We do have a door prize wish list that we are trying to fulfill. If you or anyone you know have the ability to acquire the following items, we would be most grateful. Remember, all donations are tax deductible.

### *Door Prizes Still Needed:*

- \$25 gift cards to various restaurants
- \$25 gift cards to various stores
- \$25 gift cards to grocery stores
- \$25 gift cards to gas stations
- Stays at local Hotels/Resorts/  
Bed & Breakfast
- Large Raffle Item

Thanks again for everything you do for Loaves & Fishes. We look forward to celebrating with you on Sunday, September 28<sup>th</sup>. If you plan to attend, **please RSVP to 612-377-9810 by September 21st.**

*Thank You Volunteers!*

# Loaves & Fishes: Sponsor-A-Family Campaign

## Winning Teams and Their Guests Benefit from Hard Work and Success

A \$10 donation to the Loaves & Fishes Sponsor-A-Family program will provide a family of four with a healthy, hearty meal and connect them with other resources in the local communities critical to both survival and self-sufficiency.

As you may know, Loaves & Fishes is unique from other community dining sites in that it is the volunteer serving teams that provide the meals. Teams do this through the support of various faith-based groups, businesses, civic groups or for many, out of their own pockets. For this, we are extremely grateful. Loaves & Fishes can honestly say, "were it not for our volunteers, we would not exist."

However, the operation of 8 dining sites providing over 320,000 meals a year involves expenses beyond the cost of food. The money raised through the Sponsor-A-Family program helps cover facility rental and maintenance costs, paper products, emergency food for teams that cancel or simply run out of food, certified food managers on site, advocacy & referral programs and equipment, public and community relations, volunteer coordination and recruitment, and agency oversight.

We realize that times are tough. The number of guests at each site continues to grow—Faith Lutheran who typically averages 150 guests topped out at 277 guests one night in July. St. Stephens is now seeing guest numbers in the low-400's. River of Life has served over 300 guests a few times this summer. This increase in numbers paired with the rising costs of food and gas is placing a strain on the meal budgets of many serving teams.

The Sponsor-A-Family campaign is an effort to raise money to continue the good work of Loaves & Fishes and our volunteers. Our desire is to serve those who are hungry—no questions asked under the mindset that "everyone is entitled to a meal with dignity."

Please join us in our effort of raising money to serve families in need. This September you will receive information on how to participate in the Sponsor-A-Family program. Pledge cards and other information will be provided to you at the dining site. **The volunteer serving team that collects the most pledges will win a FREE meal from Outback Steakhouse for the Loaves & Fishes GUESTS at the Dining Site.**

The number of guests at each site continues to grow—Faith Lutheran who typically averages 150 guests topped out at 277 guests one night in July. St. Stephens is now seeing guest numbers in the low-400's.

If you have any questions or would like more information about getting involved in the Sponsor-A-Family program, please contact us at 612-377-9810.



## DID YOU KNOW?

- In Minnesota, 380,000 people (7.1%) are food insecure, hungry or at risk of hunger
- An estimated 1 in 10 children in MN live in poverty
- Children make up a disproportionate share of the poor (17.6%) compared to the general population (12.5%)
- Research indicates that even mild under-nutrition experienced by young children during critical growth impacts the behavior of children, their school performance, and their overall cognitive development.
- Poverty level for a family of four is defined as \$19,350 annually, compared to the average annual wage in MN of \$46,249.



You can find these and other hunger facts at [www.channel-one.org/Learn\\_About\\_Hunger.htm](http://www.channel-one.org/Learn_About_Hunger.htm)

## Advocacy & Referral Highlight: Open Cities Health Center

### Bringing Bright Smiles to the Children at Faith Lutheran



The focus of the Loaves & Fishes 2008 Advocacy and Referral program is community partnership. As part of its mission, Loaves & Fishes continues to work with neighborhood community agencies to help people who are hungry receive additional services critical to both survival and self-sufficiency. **Open Cities Health Center** is one of those critical partnerships.

Open Cities is a primary medical, dental and mental health clinic located in the heart of St. Paul. Services include pediatrics, ob/gyn, adult care, geriatrics, internal medicine, family dentistry, and psychological therapy. Open Cities also offers outreach and education through its Community Health Connection (CHC) program to address major health care issues particularly cancer, depression, diabetes, heart disease and infant mortality. The clinic recognizes that "healthy residents make healthy communities and there is a need to guarantee that residents have both quality and preventative health care."

The Open Cities Community Health Connection is just the type of partnership Loaves & Fishes seeks. For the past 3 months, Open Cities has provided guests at Faith Lutheran with glucose and blood pressure screening. In August, staff from Open Arms provided dental screenings for children between 18 months and 5 years of age. The dental screening included an overall check of the condition of the teeth and a fluoride application. 15 children received the screening with only two needing additional follow-up at the clinic. Each child also received a free toothbrush and tube of toothpaste.



## Nutrition Highlight A Loaves & Fishes Cookbook



This spring, **Bethany Morris** an intern from the University of MN School of Public Health, surveyed all the Loaves & Fishes volunteers in hopes of putting together a Loaves & Fishes Cookbook. Thanks to Bethany's help, we've done just that! In addition to the tasty recipes submitted by the volunteer teams, we've included Healthy Recommendations for each menu to improve the nutritional value for our guests. Also included are tips for healthier cooking. These recommendations and tips were compiled through the

guidance of **Sue Wehrenberg**, a Dietician at Health Care for the Homeless at the Dorothy Day Center.

**We will have the cookbook available at the Volunteer Recognition Picnic on Sunday, August 28th.**

### On-going Support

Throughout the year our newsletter and update letters invite your contributions and support.

### On-line Giving

You can go online at any time to our web site at [loavesandfishesmn.org](http://loavesandfishesmn.org) and make a one-time gift or ongoing / regular basis donations through credit card, Pay Pal, or check.

### Sponsor-A-Family

A \$10 donation will provide a family of four with a healthy, hearty meal and other resources critical to survival and self-sufficiency.

### Planned Giving

Loaves and Fishes invites its volunteers and donors to provide a *legacy* to assure that people will not go hungry in the future with an estate or will gift.

## Ways to Give

*There are a variety of venues available to contribute to Loaves and Fishes on an ongoing basis:*

## SITES

River of Life Lutheran Church  
2200 Fremont Ave N., Mpls  
612-588-5777

Holy Rosary Church  
2424 18th Ave S., Mpls  
612-724-8929

St. Stephen's Church  
2211 Clinton Ave S., Mpls  
612-871-2981

Creekside Community Center  
9801 Penn Ave S., Bloomington  
952-948-0746

Hope Presbyterian Church  
7132 Portland Avenue S., Richfield  
612-869-7700

Dorothy Day Center  
183 Old Sixth St., St. Paul  
651-288-4705

Faith Lutheran Church  
499 Charles Ave., St. Paul  
651-291-8765

St. Matthew's Church  
490 Hall Ave., St. Paul  
651-224-9793



## 2007 SERVICE SUMMARY

Number of meals served	320,949
Aver. # of guests served daily	1,485
Number of Volunteer Serving Teams	270
Total Volunteer Hours (est.)	110,000
Aver. Cost per meal	\$ 2.89
Est. value of donated food/service	\$1.3 million
Operating Budget	\$928,870

## BOARD OF DIRECTORS

Mary Frances Schurb, *Chair*  
David Holland, *Vice Chair*  
Beth Erickson-Quilling, *Treasurer*  
Dennis Price, *Secretary*  
Dr. Charles Burnside  
Keith Chelben  
Michael Degen  
Mark Holland  
Brian Numairville  
Kirk Roebken

## SITE COORDINATORS

John Gambino, *Dorothy Day Center*  
Joe Garcia, *Hope Presbyterian*  
Dawn Haas, *Faith Lutheran Church*  
Barbara Mishler, *Holy Rosary Catholic Church*  
Tim Morin, *River of Life Lutheran Church*  
Jim O'Sullivan, *St. Stephen's Catholic Church*  
Kathy Tominski, *Creekside Community Center*  
Dawn Haas, *St. Matthew's Catholic Church*

## SITE STATISTICS SUMMARY

SITE	2007	2006
River of Life	37,427	39,783
Dorothy Day	72,200	74,694
Faith Lutheran	27,289	26,803
Holy Rosary	42,525	41,256
Creekside Community Ctr.	42,404	36,615
St. Stephens	68,122	63,228
St. Matthews	21,277	23,245
Hope Church	9,708	7,759

## ADMINISTRATION / STAFF

Les Barkson *Accounting/Bookkeeper*  
Andrea Kish-Bailey *Program Manager*  
Elizabeth Rosenberg *Office Support/Volunteer Coordinator*  
Susan Rosenberg *Administrative Coordinator*  
Dean Weigel *Executive Director*

**TOTALS: 320,952 313,383**