



FOOD FOR

SEPT. 2009

THOUGHT

1917 Logan Avenue South • Minneapolis, MN 55403 • 612.377.9810

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Join us on October 4th for the 8th 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 in the heat, in the cold, and anytime in between!

This year's recognition picnic will be held on **Sunday, October 4th from 4:00 pm–6:00 pm** at the **Como Midway Twin Pavilions**. We will have it all—food, folks and fun! From the melodies of the **Barber Shop Quartet Timbre!** and **Jim Byrd** to the savorings of **BBQ and brats**, this is the 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 are still hoping for more. If you or anyone you know is able to acquire the following items, we would be most grateful. Remember, all donations are tax deductible.

Door Prizes Still Needed:

- Kitchen Aid Mixer
- Set of Pots and Pans
- Night at local hotels, resorts, or Bed & Breakfasts
- \$25 - \$50 Gift cards to local restaurants, grocery stores and/or gas stations



Timbre!



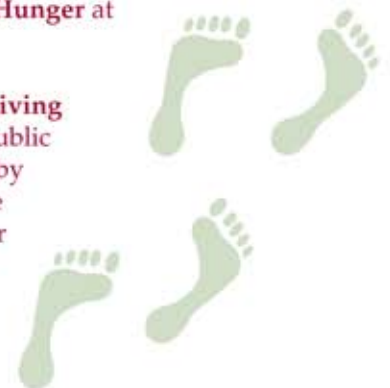
Last Year's Picnic Crowd

WALK TO END HUNGER

On Thanksgiving morning, Loaves & Fishes will participate in the 2nd Annual Walk to End Hunger at the Mall of America.

The Walk will provide three separate activity venues, beginning with the **Walk on Thanksgiving morning from 7:00 a.m. to 10:00 a.m.**; a **Food Drive** the morning of where walkers and the public can bring in food items for food shelves through out the metro area that will be distributed by Emergency Foodshelf Network; and a **Phone-a-Thon** where volunteers will be taking phone donations throughout the event. All proceeds will be distributed to the participating Hunger Initiative partners made up of local food banks, food shelves and meal programs working together to end hunger in the Twin Cities.

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THANK YOU VOLUNTEERS!

Free Meals Remain In Session While School Is Out

Loaves & Fishes Participates in the Summer Food Service Program

This summer heralds the maiden voyage of Loaves & Fishes into new and uncharted territory: taking part in the federal **Summer Food Service Program (SFSP)** due to being recognized as a provider of summer meals to children who might normally receive reduced or free school meals during the academic year.

Compliance of Guidelines

Participants of SFSP, generally service-oriented non-profit organizations, stand to receive much-needed grant funds if they are in compliance with federal dietary guidelines specified by SFSP, a branch of the U.S. Department of Agriculture. While Loaves & Fishes has been serving children and youth year-round for decades, this year was the first time Loaves & Fishes has participated in this worthwhile program.

Maintaining compliance with the dietary guidelines for the meals served has meant more attention to menu planning and careful measurement of food quantities to ensure that the minimum of foods from all food groups are served (see "The Importance of Protein", below). Also, this summer changes have been made to the manner in which guests are served at Loaves & Fishes: all youth 18 and under must take a full tray of all foods offered, in accordance with SFSP policy. (Adults are still given the choice of what to have for their meal, and are able to decline what is not wanted.)

Dedication of Volunteers and Staff

Although these changes have created challenges, thus far Loaves & Fishes' participation in SFSP has proven to be a success, thanks to the support and cooperation of the volunteer teams in revising their menus and providing adequate quantities of ingredients, as well as the motivation of Loaves & Fishes staff to take on extra duties and complete the paperwork needed for records and inspection by SFSP agents.

The Importance of Protein

One lesson gained during the summer was the role of protein and what a satisfactory portion of a protein-rich food entails. It is especially important to supply enough protein at Loaves & Fishes meal, as the diets of low-income Americans are often



lacking in this nutrient, usually due to the presumed high cost of foods abundant in protein. While it's true that high-protein foods such as meat and cheese can be expensive, there are other ways to obtain protein. Less expensive sources include eggs, beans, peanut butter, seeds, and soy foods.

Regardless of the source, protein is vital. Protein helps to make muscles, ligaments, and anti-bodies, as well as hair and nails. Protein also helps to deliver oxygen to blood cells and assists in healing wounds. Protein also leaves one feeling more satisfied after eating, helping to satiate hunger for longer periods of time, which is a more effective and healthy way to feed those in need.

For a pamphlet containing more about protein, and/or additional information about nutrition, please contact the Loaves & Fishes office at (612) 377-9810.

Again, many thanks to the volunteers and staff who have made this first summer with SFSP a success!

UNITED WAY HUNGER INITIATIVE STEERING COMMITTEE MEMBERS VOLUNTEERING AT HOPE CHURCH DINING SITE

On a Thursday evening, August 20th, several members of the Twin Cities Hunger Initiative Committee got together to serve a meal at Hope Church in Richfield. The Board of Directors serve every other month at Hope, and combined with the Executive Directors from several local hunger-related agencies on this particular evening, there were no complaints from the guests coming to dinner that night. Minnesota's own wild rice hotdish, along with fresh fruit and salad were part of the menu. The real significance was bringing the variety of partnering hunger-related agencies to the same table for dinner. The guests, the volunteers, and participating Directors all seemed to enjoy the meal and working together. We hope to do it again soon.

WALK TO END HUNGER

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For the second year, **United Way** is the presenting sponsor for the event and will be one of the major hosts for the event. Other major sponsors include: **Thomson Reuters; Subway; C.H. Robinson; Ecolab; Old Home Foods; Fox 9 KMSP TV; Comcast; and Mall of America.** The walk brochures will be distributed by almost 400 subway retail outlets over the next several weeks. We will also have a table and booth at the Loaves and Fishes Volunteer Appreciation picnic on October 4th where you can sign up your own walk team.

Please mark your calendars for the Walk to End Hunger on Thanksgiving morning and whether you come out to the mall and walk or participate by bringing food, or pledge a donation through the Phone-a-Thon, we hope you'll participate in this very worthy cause. With food banks, food shelves, meal programs, and government assistance programs all working together to end hunger in the Twin Cities, we invite everyone to come and join us.

Major Partners: Catholic Charities; Emergency Foodshelf Network; Hope for the City; Hunger Solutions; Keystone Community Services; Loaves and Fishes; Minnesota Food Share; Neighborhood House; Neighbors, Inc.; Second Harvest Heartland; VEAP. **Network Partners:** African Food Distribution; The Aliveness Project



LOAVES & FISHES WELCOMES NEW SITE COORDINATORS

Jeff Hammond and Victor SantaMaria



Jeff Hammond
River of Life Site Coordinator



Victor SantaMaria
Holy Rosary Site Coordinator

We are thrilled to introduce to you our two new Site Coordinators—Jeff Hammond at River of Life and Victor SantaMaria at Holy Rosary. Neither are new faces at Loaves & Fishes. Jeff Hammond has worked for the agency on and off for 14+ years, most recently serving at Holy Rosary as a supervisor. Victor SantaMaria has been with the agency since we expanded to the Richfield area. Both are great additions to our Site Coordinator staff. Please join us by extending a warm welcome to both!

A LITTLE EXTRA HELP:

The Mobile Foodshelf Comes to River of Life

July marked the first of a monthly mobile foodshelf at River of Life in North Minneapolis. The foodshelf, operated in partnership with the Emergency Foodshelf Network (EFN), has already been making monthly visits to three other Loaves & Fishes dining sites in the past year.

Thus far the foodshelf has been acknowledged as an asset to River of Life, as guests now have some extra help every month in the form of a parcel of non-perishable goods to take home, along with whatever else the EFN truck has brought—often bread and/or produce.



VOLUNTEERS ALWAYS NEEDED

Individual volunteers, pairs, and small groups are always needed for the monthly mobile foodshelves that take place at the four Loaves & Fishes sites that benefit from the partnership with EFN. Below are the dates and locations for the upcoming foodshelf events. Volunteers are needed to help unload the EFN truck (if they are able) and assist guests with grocery distribution at the site. This opportunity generally goes from 4:30pm to 6:30pm.

2009 Foodshelf Dates and Locations:

River of Life Church

2200 Fremont Avenue North, Minneapolis 55411
(1st Tuesday): 9/1, 10/6, 11/3, 12/1

Hope Presbyterian Church

7132 Portland Avenue South, Minneapolis 55423
(1st Thursday): 9/3, 10/1, 11/5, 12/3

Faith Lutheran

499 Charles Avenue, St. Paul 55103
(2nd Thursday): 9/10, 10/8, 11/12, 12/10

Holy Rosary Catholic Church

2424 18th Avenue South, Minneapolis 55404
(4th Thursday): 9/24, 10/29

If you or anyone you know might be interested in volunteering with the monthly foodshelves, please contact Elizabeth at (612) 377-9810 or loavessupport@visi.com.

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



2008 SERVICE SUMMARY

Number of meals served	347,139
Aver. # of guests served daily	1,500
Number of Volunteer Serving Teams	300
Total Volunteer Hours (est.)	110,000
Aver. Cost per meal	\$2.88
Est. value of donated food/service	\$687,145
Operating Budget	\$1,631,960

BOARD OF DIRECTORS

Mary Frances Schurb, *Chair*
David Hoiland, *Vice Chair*
Beth Erickson-Quilling, *Treasurer*
Dennis Price, *Secretary*
Keith Chelsen
Paul Curti
Michael Degen
Mark Hoiland
Brian Numainville
Kirk Roebken

SITE COORDINATORS

John Gambino, *Dorothy Day Center*
Joe Garcia, *Hope Church*
Dawn Haas, *Faith Lutheran Church*
Victor SantaMaria, *Holy Rosary Catholic Church*
Jeff Hammond, *River of Life Lutheran Church*
Barbara Mishler, *St. Stephen's Catholic Church*
Kathy Tominski, *Creekside Community Center*
Dawn Haas, *St. Matthew's Catholic Church*

SITE STATISTICS SUMMARY

SITE	2008	2007
River of Life	40,671	37,427
Dorothy Day	79,663	72,200
Faith Lutheran	30,815	27,289
Holy Rosary	42,675	42,525
Creekside Community Ctr.	41,694	42,404
St. Stephens	69,973	68,122
St. Matthews	25,592	21,277
Hope Church	16,046	9,708
TOTALS:	347,129	320,952

ADMINISTRATION / STAFF

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



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MARK YOUR CALENDAR!

- **Sunday, Oct. 4:**
Annual Volunteer Recognition Picnic
- **Thursday, Nov. 26 ~ Thanksgiving Morning:**
Walk to End Hunger