

FOOD & NUTRITION PROGRAMS OF HRDC



Annual Report

Our mission is to improve food security in Southwest Montana.

July 1, 2018-June 30, 2019

DEAR FRIENDS AND PARTNERS,

When we look back on our past fiscal year we have accomplished a great deal. Through our food banks alone we served 9,269 unduplicated individuals a total of 16,747 food boxes. We distributed food to over 35 nonprofits, furthering the scope of who we are able to assist.

We are proud of the work we can accomplish when we collaborate. Here are a few landmarks from 2017-2018:

- We aided in the opening of Bounty of the Bridgers (MSU's campus pantry) in the Fall of 2017
 - Our community provided another record-breaking Can the Griz Food Drive.
- MSU student internships and capstone projects that advanced our mission include:
- The College of Engineering committed a team of three to an efficiency study that we will utilize as we move ahead.
 - Jake Jabs College of Business & Entrepreneurship created a marketing plan that will help us better share our story.
 - IDeA Network of Biomedical Research Excellence (INBRE) grants, continue to support our endeavors, with a half dozen interns over the past 4 years helping us with the development of the Story Mill Learning Garden.
 - Montana Dietetic Internship students assisted with setting menus for diabetic clients and seniors. They provided samples to encourage healthy eating and delivered groceries to isolated seniors.
 - The Human Development Clinic partnered with us to develop an intense nine-week apprenticeship for the Story Mill Learning Garden's at-risk youth program.

Our strength comes from our incredible volunteers but also from our donors. Food rescue is a key to meeting the need, as is financial support with the majority of our donations being \$100 or less. Our community provides 97% of our funding! This broad base of support gives us stability and shows that all donations are meaningful. Thank you for diving into our annual report. We want to pique curiosity about our community members who need help. Best said by our Food and Nutrition motto, "We believe no kid should go to bed hungry." Each person who seeks services has a story many of those stories revolve around medical issues, low wages, behavioral and mental health, and the high costs of housing, transportation, and childcare. It doesn't take much empathy or imagination to put myself in the place of many of our clients. Thank you for joining us in our mission to improve food security in Southwest Montana! It takes all of us to make a difference.

Jill Holder,
HRDC Food & Nutrition Program Director

TABLE OF CONTENTS

- I. Food & Nutrition Programs Intro
- II. Community Support
- III. Gallatin Valley Food Bank
- IV. Special Events
- V. Volunteers
- VI. Supplemental Nutrition Programs
- VII. Fork & Spoon Homestyle Kitchen
- VIII. Satellite Sites: Big Sky & Headwaters Food Banks
- IX. Milestones
- X. Gallatin County: A Decade in Review: 2007 to 2017
- XI. Staff & Advisory Councils

**SENIOR
GROCERIES**



HRDC FOOD & NUTRITION PROGRAMS

FOOD & NUTRITION PROGRAMS

We are fortunate to have committed staff, volunteers, and advisory council, who are forever seeking efficiencies, helping clients navigate a multitude of services, and are always looking for innovative ways to alleviate food insecurity. As a result here are some of the directions we are moving forward in 2018-2019:

- Middle School Pantries are a way we are trying to reach young folks we may be missing with KidsPack. The school counselors and lunch staff are assisting in identifying students and steering them to this resource.
- The Unprocessed Pantry Project, (UP3) stems from a client success story. A client came to us with newly diagnosed allergies and borderline diabetes. We were amazed at the transition of her health in three months' time, with a weekly supply of fresh produce and lean meat. The statistics are overwhelming in the role that nutrition and exercise play in the

prevention of health problems.

With the leadership of Carmen Byker Shanks, MSU professor, we are proposing a preventive program with a four-month initial focus.

With our partners, we will provide recipes, weekly fresh produce, meat, unprocessed foods and supportive services. Participants will provide us with valuable medical information to help assess the impact.

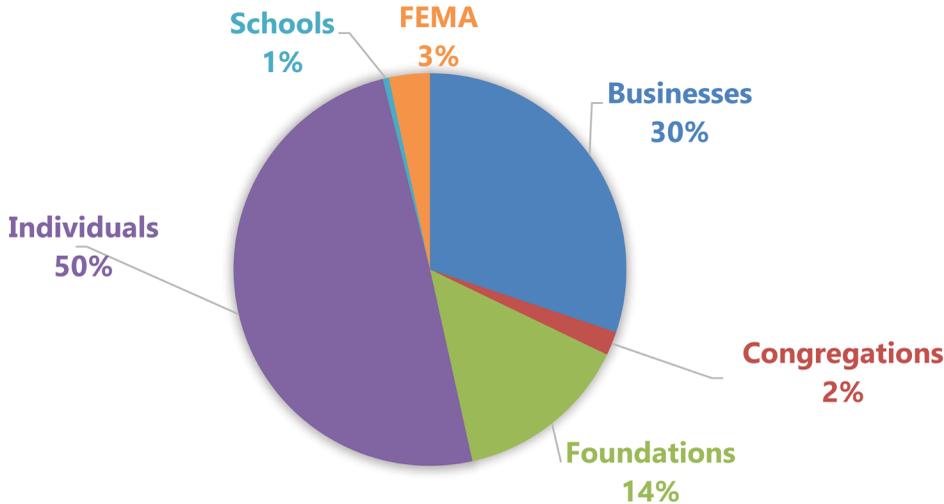
- Story Mill Learning Garden, with two summers of a pilot project completed we are gaining experience and partners to launch the Learning Garden at Story Mill Park. Our mission is to cultivate an environment of community-driven education, agricultural stewardship, environmental awareness, and food sovereignty.
- Senior Groceries is launching a program that will add fresh foods to the commodities that are delivered monthly to low-income seniors.





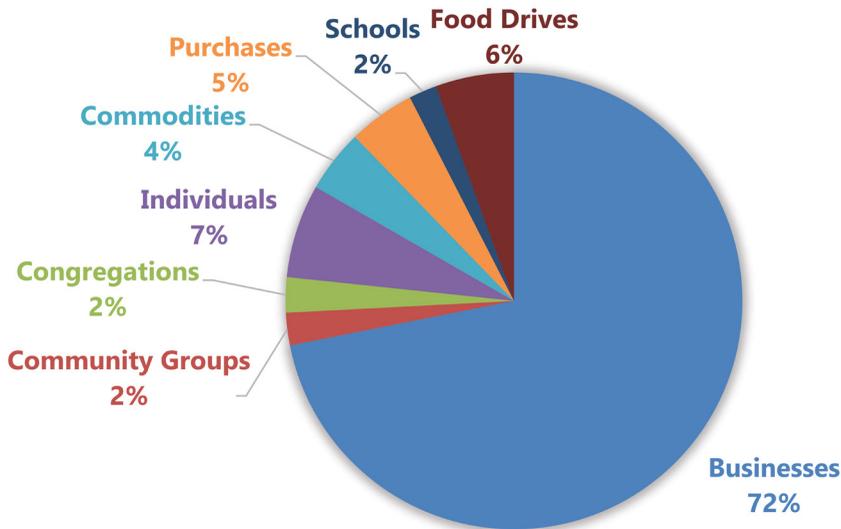
COMMUNITY SUPPORT

MONETARY DONATIONS BY CATEGORY



Category	\$ Amount
Individuals	\$286,401.01
Businesses	\$174,204.20
Foundations	\$83,060.00
FEMA	\$19,385.00
Congregations	\$11,349.00
Schools	\$2,908.30
Total:	\$577,307.51

FOOD DONATIONS BY CATEGORY



Category	Pounds
Businesses*	1,353,570
Individuals	124,949
Food Drives	104,587
Purchases	89,025
Commodities	83,763
Congregations	46,925
Community Groups	43,350
Schools	37,144
Total:	1,883,313

The generous support of our local community sustains us, 97% of our financial donations and 96% of our food donations come from our community.

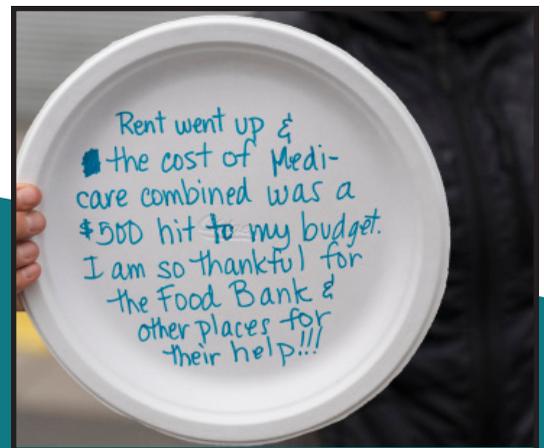
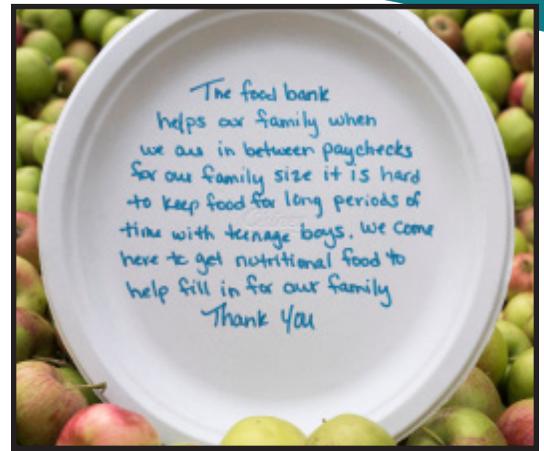
*Many businesses donate to food drives but the donation is recorded as a business donation.

GVFB

Gallatin Valley Food Bank opened its doors in January of 1982, and while getting food to people in need is the primary focus for the GVFB, we also look to create sustainability and to develop healthy paths for our clients to choose from. Our main service is providing Emergency Food Boxes, where clients get to choose the foods that work for their families. They can come and shop once every 30 days. Through this client choice model, we served **4,213** unduplicated households, (**8,625** unique individuals). This is an average of **1,240** households each month (roughly **3,228** individuals).

Of these households:

- 15% were single-parent families.
- 29% had at least one child living in the household.
- 30% of our clients are under the age of 18.
- 93% of households are living below 150% of the Federal Poverty Level; for a family of four, this is only \$37,650 per year.



**GVFB AND OUR SATELLITE
SERVICE IN BELGRADE
DISTRIBUTED 14,878 FOOD
BOXES**



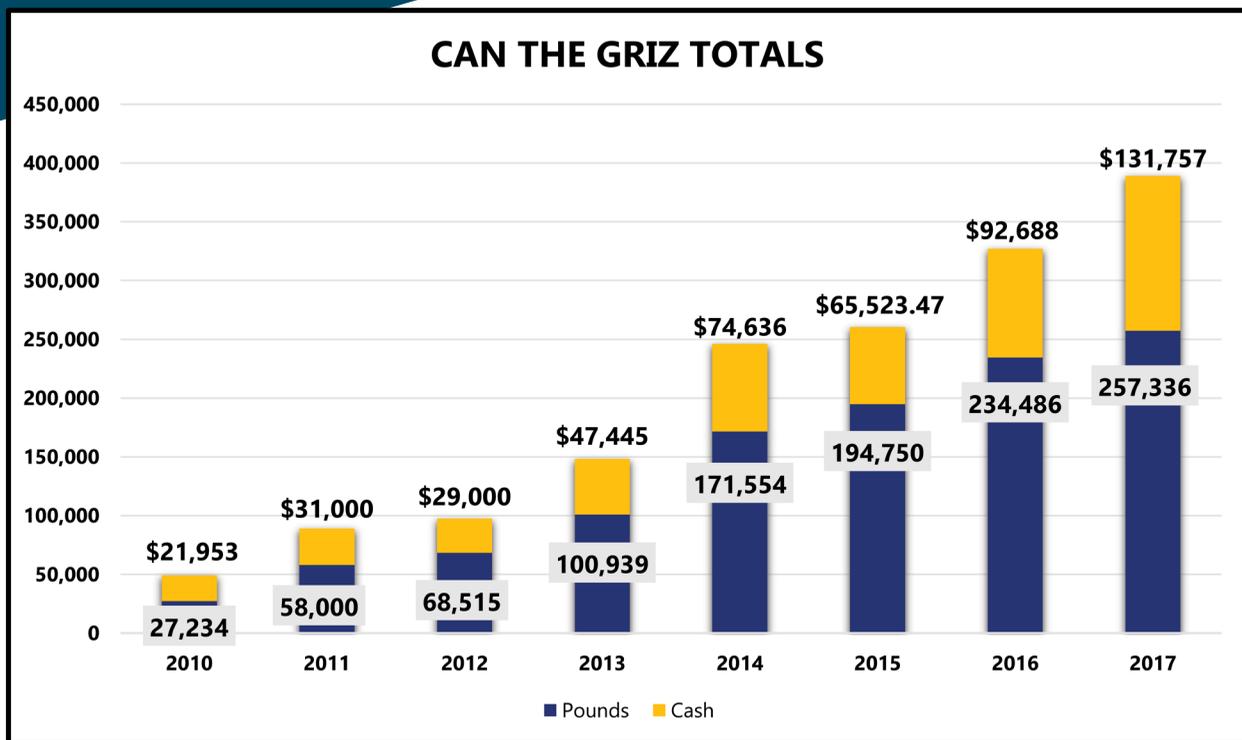
We continue to advocate and support our community through our work, partnerships, and commitment to improving food security and reducing food waste. Last year, we collected **1,162,758** pounds of food from area grocery stores and distributed **2,002,170** pounds of food to our clients. Out of that total, **137,097** pounds went to other area nonprofits like BYEP, Salvation Army, Reach, and including HRDC programs like Fork & Spoon Homestyle Kitchen, Senior Groceries and KidsPack. This distribution of food expands the scope of who becomes more food secure. All this took an extraordinary effort by hundreds of volunteers and dedicated staff. Out of the **271,818** pounds of produce donated to the GVFB, at least **137,981** pounds came from local growers. There are an average of **25** local growers and distributors. Individual gardeners that also contributed their produce, enabling us to provide the freshest choices to our customers. In addition to those donations, we received **60,593** pounds of potatoes from local farmers.



**GVFB DISTRIBUTES AN AVERAGE
OF 7,435 POUNDS (3.71 TONS)
OF FOOD TO FAMILIES EVERY
DAY**

FOOD DRIVES & SPECIAL EVENTS

Special events help sustain the food bank's inventory when nonperishable donations drop off. They are also a great way for the whole community to get involved. In November, we host Can the Griz, a friendly off-field rivalry between U of M and MSU. This food drive has become the largest community wide food drive in recent years and encourages competition and generosity. Every can counts to help someone in need but also to beat those Griz! We are grateful that our community can keep up with the need but it often has us bursting at the seams!



After we wrap up Can the Griz, we look forward to Thanksgiving morning and Huffing For Stuffing, where over 4,000 folks come out and support our neighbors in need.

VOLUNTEERS

Volunteers are vital to fighting hunger and are the backbone of our efforts. They stock our shelves, do meal prep, serve meals, sort foods, interview clients, box groceries, serve lunches to kids in the summer, and deliver foods to seniors!



**19,820 total hours
were donated to
HRDC's Food &
Nutrition Programs**

VOLUNTEER HOURS BY PROGRAM/EVENT:

- 17,070 hours at Gallatin Valley Food Bank
- 564 hours for our Senior Grocery Program
- 543.75 hours for our KidsPack Program
- 457 hours at Headwaters Food Bank
- 416 hours for Huffing For Stuffing
- 404.25 hours for our Summer Lunch Program
- 365 hours at Big Sky Community Food Bank

ADDITIONAL PROGRAMS

Healthy KidsPack Program

KidsPacks provide nutritious, kid-friendly foods over the weekends during the school year. Support of this program historically has come from the Yellowstone Club Community Foundation (YCCF). YCCF provided the startup and ongoing support for 9 years. This support has helped maintain a program that to date has provided 132,000 KidsPacks to children. The bags are distributed to elementary children in Gallatin, Jefferson and Madison Counties. For the coming school year we are working to recruit sponsors for each participating school. During the last school year we distributed **12,796** KidsPacks, reaching an average of **400** kids every Friday at **21** different schools in areas as far as Boulder, Twin Bridges, and Ennis.



Summer Lunch



The Summer Food Service Program or Summer Lunch, as we call it, provides free meals to any youth 18 years old and under. There are no applications to fill out, or proof of income, kids just show up and eat lunch. Meals served are tasty, follow USDA nutrition guidelines, and help ALL families save money. We offer safe, supervised locations where kids and teens can stay active and spend time with friends while enjoying healthy meals. This last fiscal year we provided breakfast at **7** sites, lunch at **12** sites, and dinner at Fork & Spoon, serving a total of **24,160** meals to area children.

Senior Groceries

The Commodity Supplemental Food Program known here at the food bank as the Senior Grocery Program provides food to seniors who's income is at or below 130% of Federal Poverty Level. This is \$15,782 a year for a single person household. Deliveries are made to the majority of seniors on this program, providing a much needed check in on their health and well being. Last FY year we provided approximately **26** pounds a food once a month to roughly **372** seniors.



SOCIAL ENTERPRISE

Fork & Spoon Homestyle Kitchen is a unique, fresh, casual dinner restaurant that provides great food and a welcoming dining experience. They offer a flexible, weekly menu that is enticing, sustainable, and affordable for everyone featuring locally sourced ingredients when possible. Last year, Fork & Spoon (previously known as the Community Cafe), underwent an intensive re-brand and renovation, including an updated ordering process. Kid options were added so families dining at Fork & Spoon can guarantee their kiddos will enjoy a delicious & healthy dinner. Fork & Spoon, Montana's only social enterprise restaurant, operates on a pay what you can dinner service model. Customers are presented with a suggested total for their meal, but they get to ultimately set their own price. The pay what you can model is only successful if Fork & Spoon has a diverse clientele dining every evening, including patrons who can pay the suggested meal cost and those who can pay extra to help offset the cost of those who are unable to contribute.

A social enterprise is a business or organization whose profit supports the common good while applying traditional business strategies to generate sustainable income and profit, which in turn are reinvested into the organization to advance a chosen mission. Fork & Spoon operates as a social enterprise through catering and space rental, from which all profits are directly reinvested into Fork & Spoon to support the pay what you can dinner service. Fork & Spoon also offers employment opportunities and training to individuals with barriers to employment.

LAST YEAR:

- 29,062 meals were provided
- 3,183 of those meals were for children
- 1,692 of those meals fed seniors



FORK & SPOON

HOMESTYLE KITCHEN





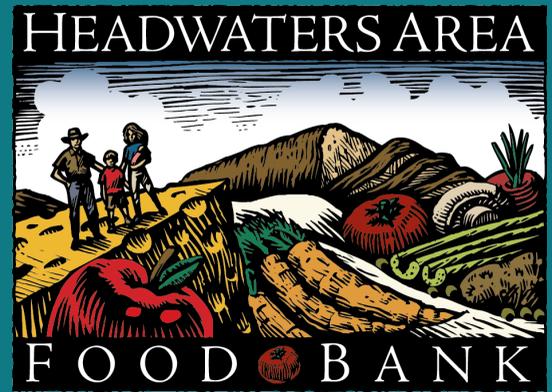
BIG SKY, MT

The Big Sky Community Food Bank (BSCFB) is a hub of social services for Big Sky. Clients have access to help with budgeting, healthy food preparation, and job applications. There is also a community coat room on-site where they can receive free winter coats, boots, hats, gloves, as well as toiletries and even cookware. Many housing options do not have full kitchens so cooking can be difficult. Last year, Big Sky helped provide 100 crock-pots to clients. These crock-pots were donated by ACE Hardware in Big Sky. Service numbers vary from 100 people served each month during the summer, to 350 people served per month in the fall when the resort gets going. Some highlights from the last year include:

- 581 total households served
- 313 new households helped
- 37,995 pounds rescued from local grocery stores
- 1,654 food boxes provided
- 37,082 pounds of food distributed to families



THREE FORKS, MT



In the near future, the Headwaters Area Food Bank (HAFB) will be moving to 216 1st Avenue West! This project is the culmination of multiple area partnerships and the support of the Three Forks community. This new home will include a larger lobby, an office for community partners, more storage, a receiving area, and a larger shopping area to improve the customer's experience.

The Headwaters Area food bank assisted in the delivery of Summer Lunch at Stevenson Park and provides assistance to those living on the west end of the Gallatin Valley. Here are a few notable numbers from last year:

- 134 households served
- 1 in 5 households had a member 55 or older.
- 98% of households live at or below 150% of the Federal Poverty Level, this is \$24,690 for a Household of 2
- 410 food boxes provided
- 41,019 pounds of food provided to families



MILESTONES

Since our inception in 1982, the Gallatin Valley has grown from 45,000 to over 100,000 residents. Despite the rapid growth, we remain a community of great people committed to helping others. Here are a few milestones from the last ten years that have shaped who we are today.



2007

- The client choice shopping system is implemented, providing a more dignified experience and evening hours are offered on Tuesdays to assist those with traditional work hours.
- The 1st Annual Huffing For Stuffing is held at Bozeman Deaconess Hospital, attracting 931 runners.
- Saturday service to Belgrade begins at Living Waters Methodist Church. They recruited and trained volunteers to collect and distribute perishable food items on Saturdays, making fresh foods available six days per week.



2008

- GVFB sees a 30% increase in Emergency Food Box requests.
- The Backpack Program was piloted in the fall of 2008 at three schools; Whittier Elementary School in Bozeman, Three Forks Elementary School in Three Forks, and Winans Elementary School in Livingston.



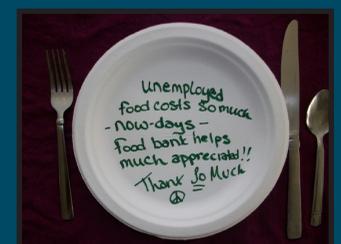
2009

- GVFB's raised beds were built! With the help of the Gallatin Gardeners, youth groups, MSU students, and individual volunteers, the Food Bank was able to have their own gardens for the first time.
- God's Garden is launched by Dale McNichols. From 2009-2017 Dale donated 220,000 pounds of produce!



2010

- Empty Plates debuts: A collection of paper plates with short stories written by customers at the Food Bank is shown to raise awareness about hunger in our community.





2012

- GVFB, HRDC, and MSU receive a \$200,000 grant from AARP to deliver fresh produce to seniors.
- The Community Cafe (now Fork & Spoon Homestyle Kitchen) opened its doors to provide free hot meals to the public 7 nights a week.
- Off-site warehouse storage is utilized to keep up with growing need.
- Big Sky Community Food Bank opened its doors.



2013

- Can the Griz reaches new heights! There was a 70% increase in pounds of food donated from 2012.



2014

- First Annual Apple Harvest takes place at GVFB to collect nutritious apples from the community.

2016

- GVFB moves their Saturday Belgrade service to Monday nights at Peace Lutheran Church in hopes of reaching more folks.
- HAFB begins construction on a new building to accommodate its growing needs.



2017

- GVFB celebrates 35th anniversary.
- The Community Cafe rebrands as Fork & Spoon Homestyle Kitchen and reopens using a Social Enterprise Model.
- Bounty of the Bridgers, a food pantry for MSU affiliates opens its doors.
- Story Mill Learning Garden programming is piloted at GVFB.



TIME & SPACE TRENDS

Gallatin Valley Food Bank (GVFB) opened its doors in January of 1982 for Emergency Food Assistance in a little house on Mendenhall behind the County Court House. During the three-year period that followed, service numbers nearly doubled. In 1985 the food bank was forced to relocate to make way for more Court House parking. At that time Gallatin County's population was estimated at 45,000. To meet the needs of the changing community, the food bank has adapted in the following ways:

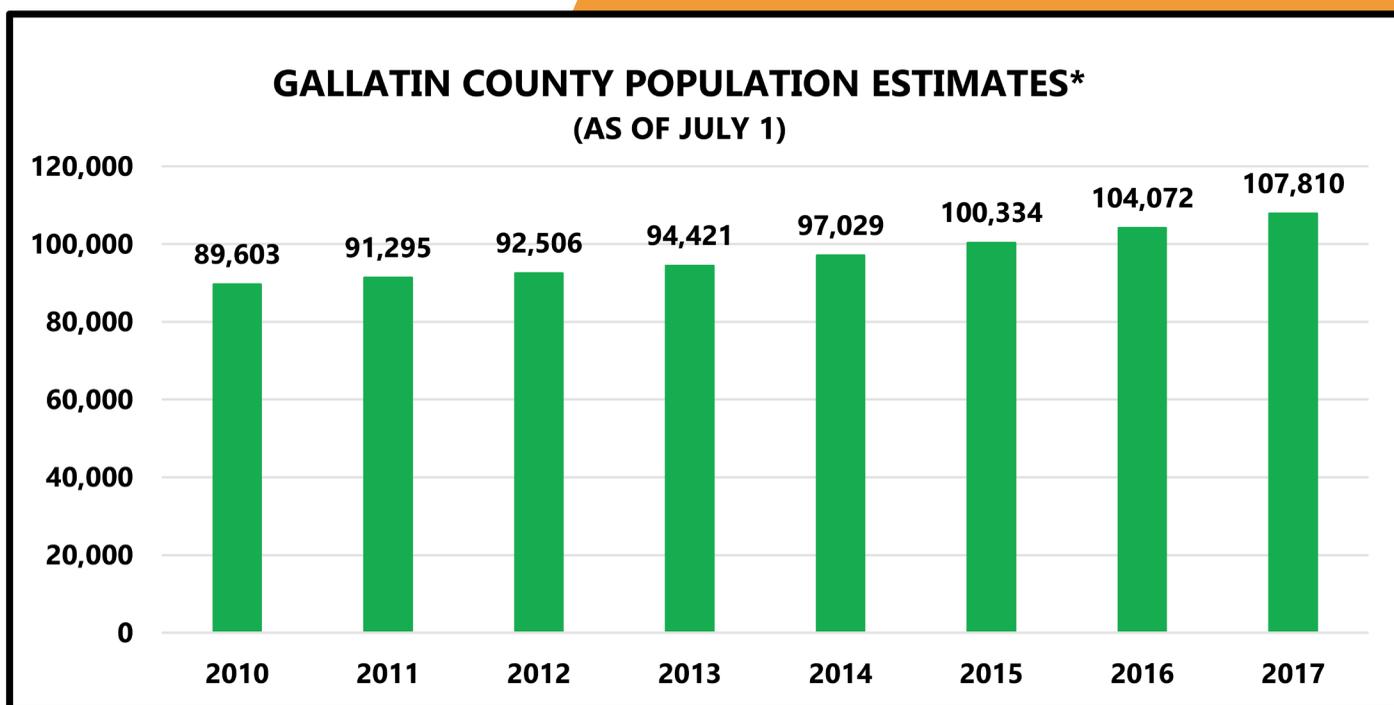


- In 1985 the food bank moved to 803 N. Wallace, a 1,950 square foot building and remained there until 2001.
- From 1990 to 2000, Gallatin County grew by 34.4%, adding more than 17,000 people to the local population. This rate was more than double the 12.9% growth rate for the state of Montana during that period. (Source: Montana Department of Commerce, CEIC; U.S. Bureau of the Census.)
- After a lengthy search for more space, the food bank moved to its current location at 602 Bond Street in 2001. The original building was 3,600 square feet.
- In 2005, a 2,700 square foot expansion was added to meet the growing need.
- In 2012, in order to maintain the one-month surplus of foods for disaster response, overflow warehouse storage is utilized for the first time. This off-site warehousing added much-needed space but added inefficiencies in the access to foods and cost of storage.
- In 2013 the food bank under-went a parking lot expansion in order to meet the needs of the growing client base. The food bank operated a mobile site at Mr. T's on Rouse and Bond during the construction.



- Growth in the programs further intensify space and efficiency issues these programs include, Senior Groceries, KidsPack, Summer Lunch and warehousing for our satellite food banks in Big Sky and Three Forks.

While the generosity of the community keeps up with the need, our space does not. Our storage capacity, even with our off-site space is maxed out. With 20% population growth projected by 2040, we are preparing for our next steps. In our current space, we cannot expand to meet changing needs. Next steps could include growing, processing, and packaging local nutritious foods. Other opportunities for growth include workforce development in the culinary arts, an ability to have an on-site meal option, and the packaging of pre-made meals to deliver to rural residents.



*Annual Estimates of the Resident Population: April 1, 2010 to July 1, 2017
Source: U.S. Census Bureau, Population Division

MEET THE STAFF

GALLATIN VALLEY FOOD BANK



VISTA



HEADWATERS



BIG SKY





SPECIAL THANKS

All of our food banks benefit from community input and guidance in the form of our advisory councils. They represent members of the community, attend monthly meetings, drive trucks, answer phones, stock shelves, advocate for our programs, and help us with building maintenance. Their leadership helps guide our next steps as we grow.

GVFB ADVISORY COUNCIL:

Justin Varley
Donna West
Judy Mathre
Mitch Bradley
Lori Christenson
Rick Cameron
Doug Weber
Jody McDevitt
Carmen Byker-Shanks
Melissa Meredith
Dick Dowdell

HAFB ADVISORY COUNCIL:

Charlie Christenson
Chuck Wambeke
Gene Townsend
Jason Kovnesky
Ed Nave
Ann Cole
Aimee Jones
Alan Miller

BSCFB ADVISORY COUNCIL:

Lynne Anderson
LaDawn LeGrande
Michelle Donaldson
Diane Bartzick
Pam Rempt
Leslie Piercy
Susan Myers
Dustin Long

Gallatin Valley Food Bank

602 Bond Street
Bozeman, MT 59715

406.586.7600

gallatinvalleyfoodbank.org