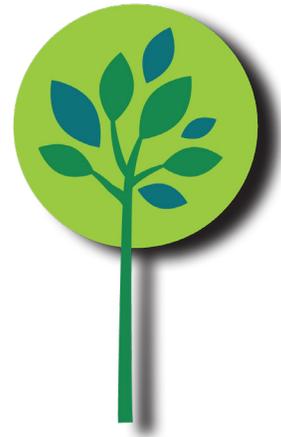


# FOOD & NUTRITION PROGRAMS OF HRDC



OUR MISSION IS TO IMPROVE  
FOOD SECURITY IN SOUTHWEST MONTANA

ANNUAL REPORT  
JULY 1, 2018-  
JUNE 30, 2019

# A NOTE FROM OUR CEO

In 1982, our Gallatin Valley Food Bank was created to address emergency food needs for families who were applying for food stamps specifically to fill the 3 day wait period that existed for them to obtain benefits. In our first year, we helped 549 families. Today, we serve more than 5,000 families each year.

Our valley has grown and with it, the cost to live here has risen. Food is a basic need. However, so many are struggling to keep a roof over their head and need to divert grocery money to rent or for healthcare.

Hunger impacts 1 in 6 children in our valley and thousands of families and seniors. Our focus is to keep ahead of the demand by adding resources, education, and a continuum of services that work together to ensure our customers and our community have the opportunity to thrive.

We are excited to design a new food resource center that will house all of our food and nutrition programs, creating new spaces for us to improve food rescue, food production, and learning spaces for our families to grow and feed our next generation.

We are also exploring what helps our customers get back on their feet, moving them from a state of in crisis to thriving, as quickly as possible. Thank you to our very generous staff, volunteers and community who help us move mountains (of food) every day. We are eager to climb our next mountain with you.

**-Heather Grenier, Former Food Bank Director and current HRDC CEO**



**Instilling Hope**

**Developing Resources**

**Designing Solutions**

**Changing Lives**

# TABLE OF CONTENTS

1. Letter from Jill, Food & Nutrition Director
2. Financials
3. Gallatin Valley Food Bank (GVFB)  
Incoming & Outgoing Foods
4. Special Programs & Initiatives, Unprocessed  
Pantry Project (UP3), Learning Garden Projects,  
and Amplify Montana
5. Serving Vulnerable Populations, Senior  
Groceries, Healthy Kidspack, School Pantries,  
and Summer Lunch
6. How we get it all done: Volunteers,  
VISTAs, & Interns
7. Big Sky Community Food Bank (BSCFB)
8. Headwaters Area Food Bank (HAFB)
9. Staff & Leadership



**SENIOR  
GROCERIES**



## **food in·se·cu·ri·ty**

noun: food insecurity

the state of being without reliable access to a sufficient quantity of affordable, nutritious food.

# FOOD & NUTRITION PROGRAMS

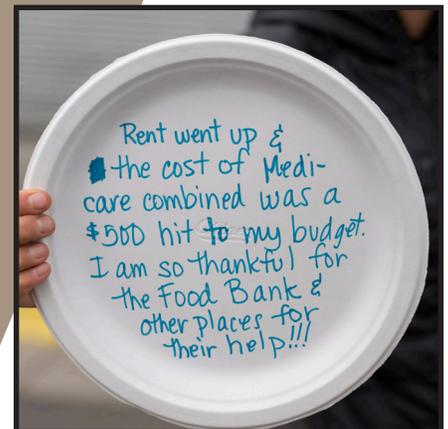
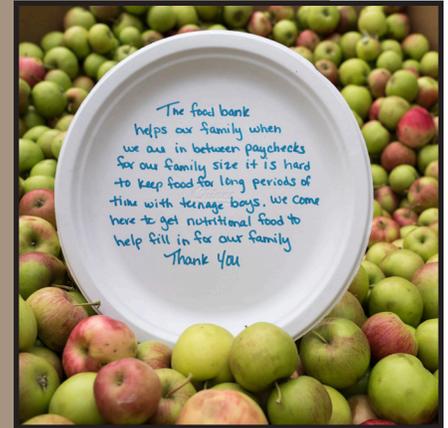
When we reflect on the 2018-19 fiscal year, we are grateful that our community believes in our mission to improve food security. Our communities' challenges deeply affect our customers. The costs of housing, medical care, childcare, as well as access to transportation, continue to be the primary reasons our customers need the safety net of HRDC services. Every month, we see an average of 123 new households seeking help for the first time. Together, we provided 16,039 emergency food boxes to 9,049 unique individuals, reducing the worry of how they pay bills and feed their families.

Meeting the needs of area children is one of our most pressing challenges. One in six Montana children experience food insecurity. We are proud of our three new food pantries, two in the Bozeman Middle Schools and one at Belgrade High School. This was an additional response to the ongoing need—one more tailored to older youth who struggle with hunger and the real scrutiny of their peers.

We know nutritious food is the cornerstone of good health. Therefore, we developed nutritional guidelines to better serve our customers who are at greater risk for diet related health issues. These guidelines help us shape our decision making to procure more nutritionally valuable foods to help promote wellness.

It takes all of us; our volunteers, donors, customers, staff, and HRDC family to make a healthier community, where no one goes to bed hungry. Like you, we believe everyone matters. Together, we can not only meet the immediate need but we can help improve our customers' health. Thank you for reading our annual report and I welcome your feedback and questions.

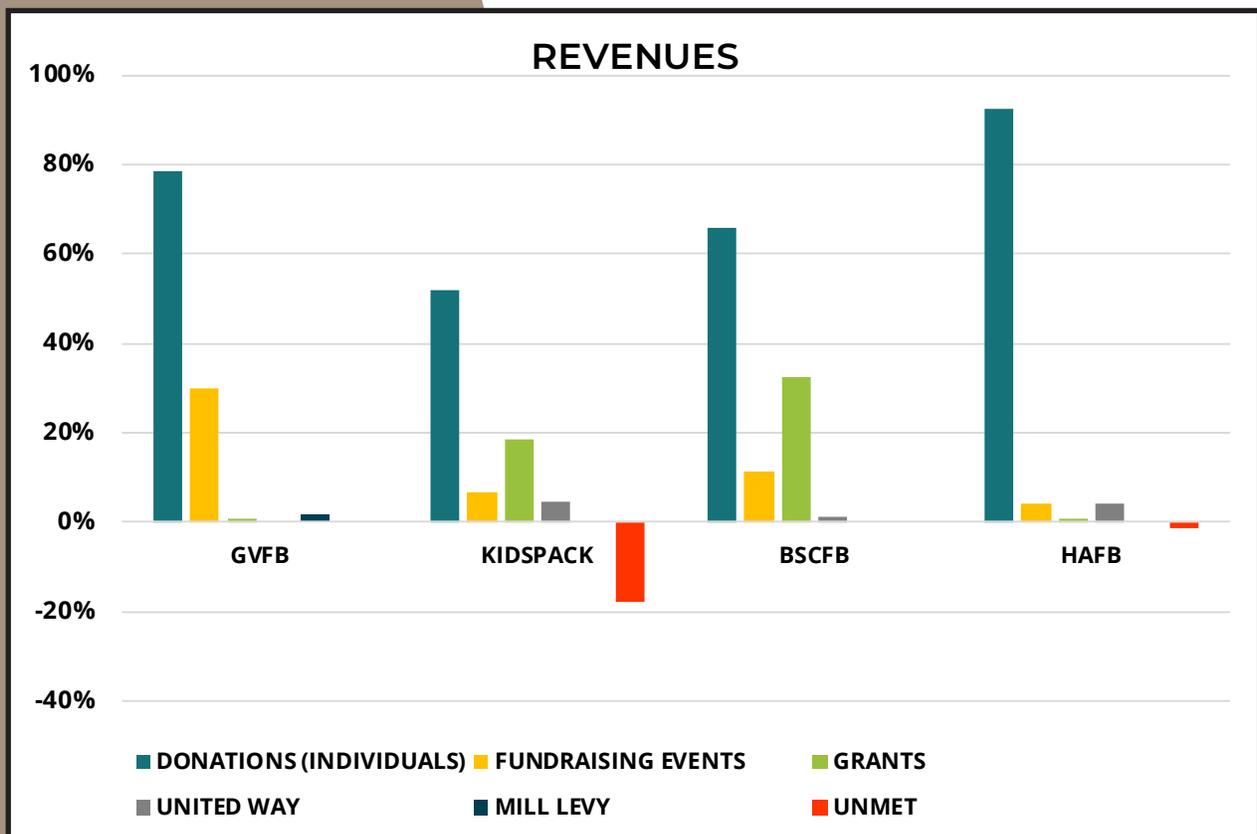
**-Jill Holder, Food & Nutrition Director, HRDC**



# FINANCIALS

Four out of the six Food and Nutrition Programs are completely reliant on local fundraising dollars. We are grateful to our donors for investing in food security. Overall, 98% of operating funds come from our community and because of this, no investment is too great or too small. Each food bank serves a different area that has its own unique challenges and each community invests in their food banks in different ways. The bottom line is we need everyone's help to make sure this safety net exists.

Senior Groceries (CSFP) and Summer Lunch (SFSP) are federally reimbursable programs to improve food security in our area. We receive a fee for delivering these much needed service.





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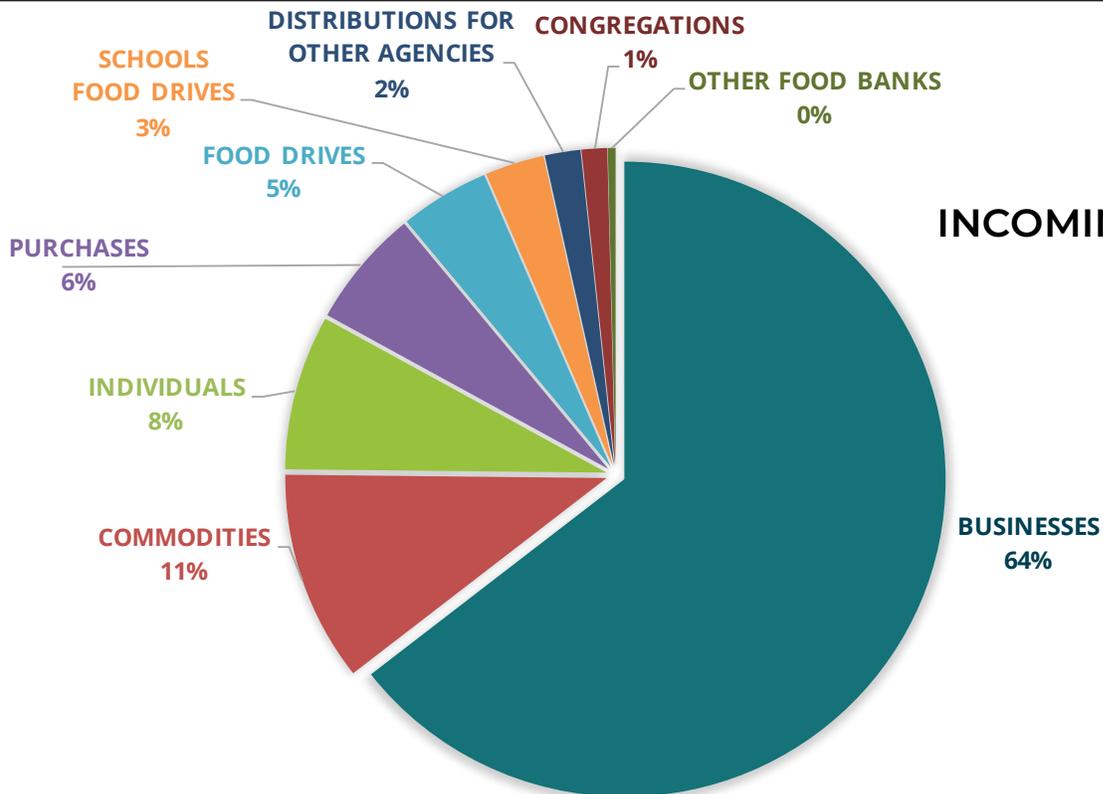
*"Love this place! What an awesome food bank, you don't just get handed a box, you get a cart and shop for what you like. And such amazing staff and volunteer help!" - GVFB customer*

For more than 37 years, we have been evolving to meet the needs of our ever-changing community. We continue to support and advocate for our neighbors through our work, partnerships, and commitment to improving food security and reducing food waste. The Food Rescue Program collected **1,187,777** pounds of food from area grocery stores, farmers, distributors, and bakeries. This food helps expand the selection of choices in our store, allowing access to fresh fruits and vegetables more frequently. Additionally, donations from local food drives contribute to more variety for our customers. Thanks to such a giving community, we purchase only 6% of our distributed foods.

*"The access to perishable items really adds a lot to what we are able to provide. Customers feel valued by the choices provided." - Intake Volunteer.*



### INCOMING FOOD



# SERVING SOUTHWEST MT

Last year, we distributed **2,033,190** pounds of food to our customers. All this took an extraordinary effort by hundreds of volunteers and dedicated staff members. We serve an average of 1,195 households every month through the Emergency Food Box Program in Bozeman and Belgrade. Customers can utilize our services once every thirty days and the average food box weighs 70 pounds.

We also partner with and support many other nonprofits and programs to provide better food access for hard to reach individuals.

We provided 208,437 pounds to other area nonprofits like Big Sky Youth Empowerment, Salvation Army, Reach, HRDC programs such as Fork & Spoon, Blueprint, and KidsPack.

## **Noteable numbers from last year:**

- 1,253 households helped for the first time
- 14,331 food boxes given out
- 56% of families only come to GVFB 1-2 times a year
- 7,060 pounds of food are distributed to families every day

*"The Gallatin Valley Food Bank is a beacon of hope and dignity for youth experiencing homelessness in our community; additionally, it provides monthly food assistance for youth in the Blueprint transitional home, creating peace of mind for its tenants!"*

*- Jeremy Alcoke, Youth Development -*



A fully stocked fridge at the Blueprint House

# SPECIAL PROGRAMS & INITIATIVES

This past year we explored ways to improve the physical and mental health of our customers and educate our community by sharing experiences of living in poverty.

## UN-PROCESSED PANTRY PROJECT (UP3)

We at GVFB were excited to partner with the MSU Food and Health Lab, Bozeman Health, Healthy Gallatin, and the Livingston Food Resource Center to develop UP3. UP3 is a framework that can be used in food pantries to guide access to and consumption of nutritious foods, ultimately reducing the risk of nutrition related health issues among customers. UP3 is led by Dr. Carmen Byker Shanks and funded by a National Institutes of Health grant through the Center for American Indian and Rural Health Equity at MSU.



UP3 Researchers gather for a briefing

UP3 supported 43 participants to eat an unprocessed diet by providing unprocessed foods and nutrition education. At GVFB, 25 customers participated. Along the way, participants' dietary intake and health data were measured. The results

are in! Participants significantly improved their overall dietary quality by eating healthier foods like more whole grains and reducing their intake of less healthy foods like added sugar. Participants perceived that their health was better after participating in UP3.

Participant's body mass index (a measure of height and weight), waist circumference, systolic blood pressure, and cholesterol significantly decreased. Hemoglobin A1c (a measure of blood sugar) and diastolic blood pressure remained stable with no significant increases or decreases. The successes of the UP3 program will continue into future programming.

Stay tuned!

## THE LEARNING GARDEN PROGRAM

With two pilot seasons under our belt, GVFB ran its third season of the Learning Garden Program. This 8-week program increases access to food resources and healthcare services for low income and at-risk youth. Additionally, the program provides mental health counseling and



Learning Garden participants work in the garden

support such as mentoring, gardening, cooking experiences, community service opportunities, and prevention education. This summer (2019), we hosted three interns from MSU who administered programming with four youth (ages 11-13).

## THE STORY MILL LEARNING GARDEN

It was an exciting summer for GVFB as we watched the Story Mill Community Park and Learning Garden come to life. We owe many thanks to the Trust For Public Land, the City of Bozeman, Langlas & Associates and countless other partners and volunteers who joined us in the designing and building of the garden. In taking on the management of the Learning Garden at Story Mill Community Park, it is our vision to create a healthier, more resilient, food-secure community in which all of the members are empowered and have the means to nourish themselves. By developing new partnerships, offering volunteer opportunities, and creating a dynamic space where educational programming and workshops can occur, we believe our vision can become a reality.



Story Mill Learning Garden

## AMPLIFY MONTANA INITIATIVE

We were honored to partner with Montana No Kid Hungry (MNKH) to build the voices, leadership, and influence of those who have first-hand experience with poverty and food insecurity in our communities. Here's how we did it:



MONTANA

1. **FOCUS GROUPS:** Our focus groups collected preliminary information. We asked our participants about their lives and their experiences with different services and programs in the community.
2. **PUBLIC SPEAKING & LEADERSHIP DEVELOPMENT TRAINING:** Nine of our Focus Group participants chose to enroll in our free nine-week Speakers Bureau, where they learned and developed skills in public speaking, leadership, and advocacy. At the end of the nine weeks, we hosted a graduation ceremony with community leaders and elected officials.



Speakers Bureau graduates with MNKH & GVFB staff

3. **CONTINUED ENGAGEMENT:** Participation in the Speakers Bureau did not end with the graduation! In fact, we hope this was just the beginning. We want members to stay engaged with us and continue to develop their skills. Current Speakers Bureau members have spoken to community groups, educated elected officials, and presented at the Montana State Legislature.

# REACHING VULNERABLE POPULATIONS

Older adults and children all face unique challenges that can leave them unable to access nutritious food. Our supplemental programs aim to fill in the gaps.

## SENIOR GROCERIES

Nutrition is vital to maintaining health and independence for people of all ages. Each month, qualified seniors receive shelf-stable canned fruits, vegetables, juice, dairy, proteins, and grains. Known here at the food bank as Senior Groceries, the Commodity Supplemental Food Program (CSFP) provides nutritious food to seniors whose income is at or below 130% of the Federal Poverty Level. This is \$16,237 a year for a single person household. Deliveries are made to the majority of seniors in this program, providing a much-needed check in on their health and well being. Last FY we provided approximately **26** pounds of food once a month to roughly **342** seniors, in total, **513** different seniors were served.



Volunteers pack monthly Senior Grocery bags

## FORK & SPOON



Fork & Spoon Dining Room

GVFB partners with Fork & Spoon through contributions of high-quality, large quantity meat, produce, and other kitchen staples. Fork & Spoon in turn serves everyone in our community on a pay-what-you-can basis, allowing diners to select an amount based on their financial capacity. The restaurant is a valuable resource for our community, a gathering spot for live music and movie nights, and one of Bozeman's favorite places to volunteer. During the last FY, Fork & Spoon provided **29,399** meals; out of this total, **3,512** were children's meals and **1,703** senior meals. Everyone is welcome and everyone is served, regardless of the ability to pay.

## HEALTHY KIDSPACK & SCHOOL PANTRIES

Meeting the needs of area children is our most pressing challenge. While the KidsPack Program provides reliable, healthy food access to elementary children, we needed to get creative to meet the needs of older kids. We did this by implementing three new food pantries; two in the Bozeman Middle Schools and one at Belgrade High School.

Our KidsPack Program is a weekend supplemental food bag that provides reliable, healthy food to elementary children across Gallatin, Madison and Jefferson counties. We pack and distribute nutritionally

balanced, kid-friendly foods to local school children every Friday during the school year. Last year, KidsPack distributed an average of **450** bags to children each week for a total of **12,445** bags. The KidsPantry Program provides foods to students in Middle and High School. Students have the privacy and autonomy to choose items that best suit their lives. Selected items can be taken home or eaten at school as needed. We deliver healthy, student requested food to participating schools. The counseling office at each school facilitates student participation. Last year, KidsPantry provided food access to an average of **80** kids per week.



Volunteers pack weekly KidsPack bags

## SUMMER LUNCH



Summer Lunch at the Bozeman Library

The Summer Food Service Program or Summer Lunch, as we call it, provides free healthy 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 summer, we provided snack foods to West Yellowstone, breakfast at 9 sites, lunch at 15 sites in Bozeman, Belgrade and Three Forks, and supper at Fork & Spoon, serving a total of **28,243** meals.

# VOLUNTEERS

Our work only happens because of the dedication of our volunteers. Each week, hundreds of regular volunteers help ensure our programs run smoothly. Each location relies heavily on the diverse knowledge, talents and compassion of our volunteers. They **stock** our shelves, do meal **prep**, serve meals, **sort** foods, **interview** clients, **pack** groceries, **serve** lunches to kids in the summer, and **deliver** foods to seniors! We have an elite group of 15 volunteers that have **12+** years of service. Their commitment is unwavering!

In addition to our weekly volunteers, special groups come and tackle large projects like harvesting carrots, repackaging 2,000 lbs of lentils and packing for Thanksgiving.



**Many hands make light work, the total contribution to our Food & Nutrition programs was 31,346.66 hours!**

## **VOLUNTEER HOURS BY PROGRAM/EVENT:**

- 15,312 hours at Gallatin Valley Food Bank
- 11,217.66 hours at Fork & Spoon
- 1,437 hours at Big Sky Community Food Bank
- 1,084 hours for Summer Lunch\*
- 665 hours for Senior Groceries
- 577 hours for KidsPack
- 548.5 hours for Huffing for Stuffing
- 505.5 hours at Headwaters Food Bank

\*hours from 2019 Summer Season

# VISTAS & INTERNS

We are a small and mighty staff but we would be lost without the help of AmeriCorps VISTAS and interns who serve for as few as 2 weeks to as many as 2 years! VISTAs and Interns help support our mission and allow us to explore new opportunities and even help launch pilot programs.

## VISTAS

AmeriCorps VISTA members make tangible differences for communities and individuals by addressing our valley's biggest challenges: poverty, inequity, homelessness, and lack of access to critical services. This past FY we have been lucky enough to have TWO incredible full-time VISTAs, Matt and Mattie, who have helped build capacity in our programs. Matt joined us this past winter and has been working with our Childhood Nutrition Programs, Summer Lunch and Healthy KidsPack to expand capacity and streamline



Matt & Mattie posing in our garden



Our Summer Lunch Crew: Lyra, Lynne, Britta, Hannah, and Matt

operations. Mattie is in her second year of service with us and has built our Learning Garden Program. She also launched our partnership at Story Mill Community Park. In her time she has engaged 1,010 volunteers in 1,870 hours of service. This program would not exist without her. This summer we were fortunate to have TWO Campus Compact VISTAs Summer Associates, Britta and Hannah. They were an enormous help, planning, prepping, and serving meals for our Summer Lunch Program.

## INTERNS

Additionally, we hosted three talented interns who ran our second season of the Learning Garden Program. They worked as a team to lead, mentor and counsel our youth participants. We also hosted **5** interns from MSU that helped us with various projects ranging from creating food samples to developing recipes for those with special diets. They even filled in alongside our regular volunteers when we were short handed.



Sarah, Hilary, and Serena gearing up for the summer Learning Garden Program



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## BIG SKY, MT



Big Sky Community Food Bank (BSCFB) promotes a vibrant local economy by utilizing community resources to preserve the food security, health and dignity of those in need in the Big Sky area.

We served 589 unique individuals this year, a slight decrease from past years, due to several factors - the lack of affordable housing in Big Sky being top

of the list. BSCFB served as an advocate on behalf of Big Sky's low-wage and international student workers, partnering to creatively meet the needs of employees new to Big Sky.

The highlight of the year was our second annual Community Pancake Breakfast, for which we had help from 36 different volunteers, sponsorships from all of the grocery stores in town, and we fed about 250 hungry people despite some rain.

We also had a weekly cookie decorating booth at the Big Sky Farmer's Market to help raise awareness of our services. We received grant funding from Yellowstone Club, Spanish Peaks and Moonlight Community Foundations in Big Sky, as well as the Resort Tax and several family funds. The Conoco of Big Sky donated two refrigerators, and there may be a van donation in the works. We've added several new, regular volunteers this year including one trained to do intake with our customers, two who help with data entry, and two new drivers. Additionally, two new members joined our Advisory Council.



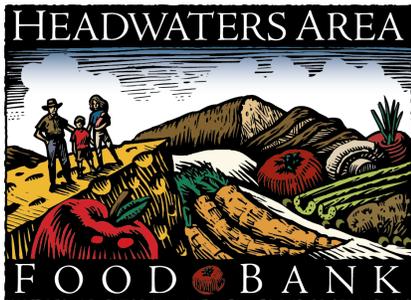


Nearly 73% of working households receiving services are seasonal employees. High rents and home prices only increase the need for assistance.

### Notable numbers from last year:

- 500 households served
- 271 never before seen households helped
- 1,277 food boxes given out
- 73% of households only come to BSCFB 1-2 times a year
- 31,176.50 pounds of food distributed to families





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# THREE FORKS, MT

Headwaters Area Food Bank (HAFB), located in Three Forks, helps fill a need in a rural area where transportation and gas prices can be limiting factors to accessing nutritious foods. With a homey feel and a welcoming atmosphere, all seeking assistance are treated with dignity and compassion.

As we see housing costs increase in the valley, those seeking more affordable options move west to Three Forks and Manhattan. With this migration, we have seen an average of 5 new households a month.



In July, we were honored to be named the Grand Marshals of the Three Forks Rodeo Dayz parade! Our volunteers took great pride in riding on the horse drawn wagon. For a few of our volunteers it was the first time they had ever been in a parade. The local businesses collected money to go toward our new building. The new space has been a long process using primarily volunteer support for the renovation. We are grateful for their time and efforts. In the days ahead we will hire contractors to move the project to its' completion. We look forward to offering many more services for our customers as well as a private interview space.

Single parents make up 20% of the households that visit the HAFB. 94% percent of all customers live under the poverty line (\$16,910 annual income for a two person household).



### **Notable numbers from last year:**

- 117 households served
- Nearly 20% of customers are over the age of 55
- 37 never before seen households helped
- 431 food boxes given out
- 52% of households only use HAFB 1-2 times a year
- 46,097 pounds of food distributed to families



# STAFF



## GVFB STAFF FALL 2018

Back Row, Left to Right:  
 Jon Horn, *Operations Manager*  
 Kyla Crisp, *Food Rescue Coordinator*  
 Laura Stonecipher, *Programs Manager*  
 Bri Cronin, *Volunteer Coordinator*  
 Jill Holder, *HRDC Food & Nutrition Director*  
 Monica Ruiz, *Service Navigator/Special Projects*

Front Row, Left to Right:  
 Mattie Griswold, *Learning Garden VISTA*  
 Joel Tatz-Morey, *Warehouse Coordinator*  
 Mariah Smith, *Data Entry & Reception*  
 Not pictured, Lyra Leigh-Nedbor, *Childhood Nutrition Programs*  
 Matt Kirby, *Childhood Nutrition VISTA*

# PAST, PRESENT, & FUTURE



The food bank moves to 803 N. Wallace, a 1,950 square foot building and remains there until 2001.

1985

The First CROP Hunger Walk is held in Bozeman. CROP Walks raise awareness and funds for international and local hunger relief.

1987



Summer Lunch Program for children begins.

Satellite distribution established with Church of Christ in Belgrade.

Property at 602 Bond Street is purchased.

1999

1982

Gallatin Valley Food Bank (GVFB) opened its doors for Emergency Food Assistance in a little house on Mendenhall behind the County Court House. 549 Households receive emergency assistance in the first year.

1995

The National Letter Carrier's Food Drive begins in Bozeman.

GVFB begins participation in the Commodity Supplemental Food Program (CSFP), or Senior Groceries as we know it, serving 260 seniors annually.



**SATELLITE FOOD BANK STAFF**

Left: Sarah Gaither, Operations Manager Big Sky Community Food Bank  
 Right: Kim Gelder, Operations Manager Headwaters Area Food Bank



The new building on Bond Street has twice the space as the Wallace building, increasing the square footage to 3,600.

**2001**



A pre-packed food box circa 2005

Client choice system is implemented.

The Bread & Produce Room opens.

**2006**

There is a 15% increase in usage of Emergency Food Boxes, reflecting the impact of the recession.

**2008**



**2004**

GVFB Staff help establish the Livingston Food Pantry.

The Headwaters Area Food Bank is also established.

**2007**

The food bank purchases 1.23 acres of land adjacent to existing property for future expansion.



# LEADERSHIP IN ACTION

All of our food banks benefit from community input and guidance. Our advisory councils represent members of the community. They 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.

## **HRDC BOARD OF DIRECTORS:**

David Kack	Pierre Martineau
Gene Townsend	Robert McMahan
Bill Berg	Kris Moos
Bailey Bliss	Peter Schmidt
Mitch Bradley	Billie Warford
Ron Brey	Leroy Wilson
Scott Malloy	Linda Young

## **GVFB ADVISORY COUNCIL:**

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

Between 2008-2011  
GVFB experiences  
a 35% increase in  
Emergency Food Box  
requests.

**2011**



In 2012, in order to  
maintain the one-  
month surplus of  
foods for disaster  
response, overflow  
warehouse storage  
is utilized for the first  
time.

**2012**



The Café was launched in 2012 with an ambitious goal of providing a hot evening meal to anyone who needs one, seven days per week, 365 days per year. Meals were prepared at the food bank and delivered nightly to the Café.

**2013**



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

# THANK YOU

**BSCFB ADVISORY COUNCIL:   HAFB ADVISORY COUNCIL:**

Pam Rempt  
 Leslie Piercy  
 Diane Bartzick  
 Jeremy Blyth  
 Paul Conrad  
 Michelle Donaldson  
 Laine Dru  
 Susan Myers

Charlie Christenson  
 Chuck Wambeke  
 Ann Cole  
 Jeff Elliot  
 Aimee Jones  
 Alan Miller  
 Ed Nave  
 Gene Townsend

**After reviewing our numbers we have one final takeaway—every statistic reflects a person’s story. Here are some of their words about coming to the food bank.**

*“I come here because I am given the food and help I need and I’m treated with respect and dignity! And after 12 years in the marines it’s greatly appreciated.”*

*“Without help from the foodbank I would not be able to feed my grandson when he comes to my house for care and babysitting which is often.”*

*“Choices between working more hours or caring for my disabled veteran husband and depressed child led to not having the funds to cover all the bills and buy food.”*

GVFB pilots the “Learning Garden Program” in the gardens at GVFB as a test run for Story Mill Community Park.



**2017**

**2018**

GVFB explores new ways to understand our customer base and improve their health with UP3 and Amplify MT.

**2016**

The Community Cafe transitions to a ‘Pay What You Can Model’ and in 2017 rebrands as Fork & Spoon.



GVFB partners with area Middle Schools to implement the first school pantry to help reach more students.

**2019**

