

In This Issue >>>

Quarterly Update – p. 1

Wish List – p. 1

Volunteers Wanted– p. 2

Program Highlight – p. 2

Quarterly Calendar – p.3

GVFB 101 – p.4

Client Story – p.4



SPRING
2019

GVFB NEWS

Local support for local families

Winter 2019 >>

This Quarter's Wish List

High-Priority

(Low sodium and low sugar items preferred)

- Whole grain pasta
- Brown rice
- Fruits packed in juice (not syrup)
- Peanut butter
- Canned tomatoes

Other

- Sharpies
- Gallon-sized ziplock bags
- Toilet paper
- Gluten-Free Foods
- Wheelbarrow

FOOD ASSISTANCE HOURS:

Monday-Friday, 1:00-4:00 pm & Tuesday
Evenings, 5:00-7:00 pm

OFFICE HOURS & DONATIONS:

Monday-Friday, 8:00 am-5:00 pm &
Tuesdays until 7:00 pm

Words from the Warehouse

Spring updates and gearing up for the Letter Carriers' food drive!

Spring has arrived at the food bank, and we have been enjoying an influx of foods donated during two recent food drives. On March 30th the Carve Out Hunger food drive at Bridger Bowl brought in 5,201 pounds of food!! We really appreciate Bridger Bowl hosting this fun food drive. Our Spring For Food drive was held on April 6th. In a dramatic change from previous years' door-to-door efforts, this year all of the area's large grocery stores hosted the Spring For Food drive. This allowed shoppers to purchase items from a wish list that was tailored to the needs of the food bank, specifically in support of the KidsPack program and procuring healthier foods. This dovetailed nicely into our efforts to provide healthier foods for our clients. In addition to collecting nonperishable food for the KidsPack program, we received over 3,000 pounds of fresh produce!

This was a welcome sight, coming at a time of year when fresh produce isn't as common at the food bank. Also, 12 area schools participated in the food drive, collecting an additional 3,264 pounds of food! In total, we received 16,222 pounds of food from the food drive! Thank you to all of the donors and volunteers that made this a success! We are very grateful for all of the stores and schools that hosted this food drive, and we hope to continue this into the future. As we move into May we are gearing up for the Letter Carrier's food drive on Saturday, May 11th. If you would like to contribute to this food drive, leave nonperishable food at your mailbox on the 11th and your letter carrier will collect it for us, it's just that simple!

Volunteers Wanted >> Summer Volunteer Opportunities!

Summer is almost here, which means its garden season and time for summer lunch in the parks! We have two fun ways to enjoy the summer while giving back!

Do you have a green thumb or enjoy getting your hands dirty? We need help getting our gardens at the food bank ready for the growing season. Weekly volunteer opportunities include weeding, seeding, transplanting, laying irrigation, composting, general maintenance & watering. Volunteers are also needed for our Learning Garden at Story Mill Park, starting in late May to help with shed painting, path laying, compost building and more! Later in the summer we hope to host educational workshops to teach the community about, nutrition, wellness, and more! If you are interested in teaching a workshop contact Mattie at gvfbvista@thehrdc.org

Summer Lunch kicks off in June! Join us as we prepare and serve up nutritionally-balanced meals to local children during the summer months at 12 locations across the valley.

The volunteer commitment for meal service is approximately 2 hours (10:30 am-1:30 pm) and children are welcome to join in the fun. If the lunch hour does not work for you we have other volunteer opportunities and times that we need help. Last summer, we provided over 29,000 meals, to area children with the help of generous volunteers. Contact Lyra with questions or to learn more at summerlunch@thehrdc.org



To sign up or learn more about volunteer opportunities visit: www.hrdc9.galaxydigital.com/needs

Donor Spotlight >> Strike Farms

Dylan Strike says it best through his words: Strike Farms is **passion**: passion for the land, passion for the people, and passion for making local, organic food accessible to all. If you haven't had a vegetable from Strike Farms you are missing out. Dylan's 20-acre farm operation continues to grow, using leases and conservation easements to save valuable farmland. To date, his efforts have delivered 21,000 pounds of produce to our clients, the best food that money can buy! Thank you to Dylan and those who choose to donate their shares to us, you nourish your community and we are better for it.



Dylan of
Strike Farms
strikefarms.com

Program Highlight >> Senior Groceries

Did you know the Gallatin Valley Food Bank has a food assistance program just for seniors? Senior groceries (also known commodities) are foods distributed to seniors each month. The GVFB administers this federal program in Gallatin, Park and Madison Counties. Each month qualified seniors receive shelf-stable canned fruits, vegetables, juice, dairy, proteins and grains. In order to participate an individual must be 60 or older and meet an income threshold (\$1,354 for a household of one, \$1,832 for a household of two, etc.). The average age of our participants is 68.5 years with an average household income of \$687 per month. Seniors can receive this food AND a food box each month. Thanks to a team of 30+ volunteers, much of this food is delivered right to the client's front door. An exciting development this year is the rotating addition of fresh produce, cottage cheese, yogurt and turkey breasts to our distributions.

If you enjoy working with seniors we are always looking for volunteer drivers to help distribute food each month. Contact Laura at 586-7600 for more information.

"I would be in a bad situation without my senior groceries."

"The groceries DEFINITELY help us stretch our food dollars."

"They help me at the end of the month with food."

Quarterly Calendar of Events for GVFB

This quarter, we have a lot of exciting events and programs. If you want any further information on a specific event or program, feel free to email or call the food bank during operation hours: info@gvfb.org, 406-586-7600

	Date	Event	What is it?
May	May 1st-31st	Community Action Month	Be sure and look for HRDC's impact report in the Bozeman Daily Chronicle and check out their website for a complete list of events! thehrdc.org
	May 2 nd & 3 rd	GIVE BIG !	GIVE BIG Gallatin Valley is a 24-hour online and live celebration of giving created to connect generous community members with the causes they care about most. GIVE BIG runs from May 2 nd -3 rd from 6 am – 6 pm. HRDC will be participating to raise money for our clients.
	May 11 th	Letter Carriers' Stamp Out Hunger Food Drive	Join us for the 27 th Annual Letter Carriers' food drive! Leave your food donations by your mailbox by 9 am and your Letter Carrier will bring it to GVFB!
	May 25 th	Memorial Day Closure	The food bank will be closed Monday, May 25 th in observance of Memorial Day.
June	June 3 rd Three Forks June 10 th Bozeman & Belgrade sites	Summer Lunch Begins	Summer Lunch is back! Bring your kiddos to one of 12 sites in the valley for FREE lunch and fun activities. See https://gallatinvalleyfoodbank.org/get-help/summer-meals/ for complete list of times and locations. Summer Lunch is free for all children 18 and under.
	June 7 th	Summer Lunch Kick-off BBQ	Join the Summer Lunch crew at the Fork & Spoon Homestyle Kitchen on Friday June 7 th from 5-7 pm for free BBQ, music, and raffle prizes!
	June 28 th	GVFB closed early for Annual Inventory	The end of June signifies the close of our fiscal year! We will be closed to reflect on the past year and take stock of our inventory.
July	TBD	Learning Garden Workshops	Educational workshops in the Learning Garden at Story Mill will include topics related to gardening, nutrition, wellness, and more! Workshops will be donation based to benefit the Learning Garden. If you are interested in teaching a workshop, please contact gvfbvista@thehrdc.org
	July 20 th	Story Mill Park Grand Opening	Come check out the Learning Garden as we celebrate the grand opening of Story Mill Community Park! Hosted by The Trust for Public Land and the City of Bozeman.
	July 20 th	Three Forks Car Show	Stop by the 3 rd Annual Cowboyz & Car show in Three Forks at the Sacajawea Hotel from 9 am- 3 pm. Proceeds will be donated to the Headwaters Area Food Bank.
	July 25 th	Fundraiser dinner for Headwaters Food Bank	Join us from 5-7 pm at the Three Forks Farmers Market. Come shop and support local growers and have supper with us. We will be serving up tasty food and all proceeds of the BBQ will go to the Headwaters Area Food Bank.
	July 27 th	Big Sky Pancake Breakfast	The Big Sky Community Food Bank and Buck's T-4 will be hosting a Pancake Breakfast on Saturday morning 8-11 am at Fire Pit Park during the PBR! \$7 suggested donation for pancakes, bacon, fresh fruit and coffee!

GVFB 101

Here you can find information on who we help, what programs we offer, and how to get in touch with us.

How many Food Rescue stops are there on our daily routes?	We have three morning routes with an average of 17 stops (pick-ups) each morning and one afternoon route that stops at an average five businesses. This equates to an average of 22 businesses a day! No wonder GVFB rescues over one million pounds of food a year!
What is a VISTA?	A VISTA is a Volunteer in Service to America with AmeriCorps. AmeriCorps is a network of national service programs, made up of three primary programs that each take a different approach to improve lives and fostering civic engagement. We have had numerous VISTA's help with the food bank's mission! Currently, we have two, year-long VISTAs —Mattie helping with the Learning Garden at Story Mill Community Park and Matt, working with the Childhood Nutrition Programs.
Who are we helping?	We help folks from all walks of life. Last fiscal year, we served an average of 1,240 households each month, (roughly 3,228 clients), 30% of households had children and 1 in 5 households had a senior or were seniors.

Improving Health >> A Client Story

As an update from our last newsletter, we would like to share the story of one of our clients who is participating in the Unprocessed Pantry Project (UP3). Lisa has struggled with multiple injuries and as a result, has been unable to work full time. Life has been difficult for the past 2 years. She joined the study rather disheartened but knowing she needed to make a change. In just 6 weeks' time, she is feeling more energized, become more conscious of what she is eating, and has lost 8 pounds and 4 cm off her waist circumference. While it is too early to tell the overall outcome for the 41 participants, what we can say is they feel empowered. As part of our commitment to providing access to nutritious foods

GVFB has implemented Nutrition Guidelines that can be reviewed on our website: (gallatinvalleyfoodbank.org/give-help/improving-health) Individuals and families that seek food bank emergency services are typically more at risk of eating nutrient-poor foods and, in turn, are at risk of a variety of chronic diseases. While choice is paramount at the Gallatin Valley Food Bank proper nutrition is equally as important. We offer a more holistic approach by providing an opportunity to pursue physically, financially and emotionally healthy lives. We empower through the choice of food, the shopping experience, and the services offered through our intake process.

Here's what a few have to say:

"Increased self-esteem and no more diabetes!"

"Helping my kids make better choices"

"They are providing me with the tools I need to eat healthy. By tools meaning, learning to read labels, understand the difference between processed and unprocessed, so I can make a lifestyle change."

UP3 is a collaborative effort between our customers, MSU, Gallatin Valley Food Bank, Bozeman Health, Gallatin Health and Livingston Food Resource Center focusing on moving our customers and our food banks to healthier options.



Contact us!

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