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WINTER
2019

GVFB NEWS

Local support for local families

Winter 2019 >>>

This Quarter's Wish List

High-Priority

- Canned chicken
- Low salt soups
- Fruits packed in juice (not syrup)
- Cheerios
- Low salt tomatoes

Other

- Feminine Hygiene products
- Diapers
- Baby Formula & Food (must be in date)
- Gluten-Free Foods
- Low-Sodium Food
- Granola Bars

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

What's New and Exciting?

New Year, New Goals:

Focusing on helping our clients make healthy decisions and empowering them to share their stories!

First off, we want to thank our community for a tremendous holiday season. When we think we have hit our threshold, our community gives more. Can the Griz brought in over 448,720 pounds of food and dollars for the GVFB. Huffing For Stuffing grossed \$160,000. The net good is over 525,000 pounds and dollars in a three-week period. Because of this generosity, we provided our community with well over 1,200 holiday food boxes during Thanksgiving and served another 700 families for the Christmas holidays through our partners.

Now firmly into the New Year, we already have new exciting projects and events to share with our community. As we build on our Learning Garden Pilot Program we look ahead to the building of the raised beds, trails, and pollinator gardens at the Story Mill

Community Park. Our kick-off event will be March 30th from 2:00-3:30 pm at the Story Mill Community Center when we will share our vision and recruit volunteers. This is a collaborative effort that brings opportunities for programming for our clients and builds awareness about the importance of agriculture and food security. Our Un-processed Pantry Project (UP3) is launching March 2nd. More information can be found on page 2.

We are also fortunate to be a member of Montana's No Kid Hungry Amplify MT Speaker's Bureau. The Speaker's Bureau is an opportunity for voices in our community to come together to educate elected officials and the general public on the root causes of hunger and shine a light on the often hidden crisis of hunger. Head to page 4 for more information.

Volunteer Programs >>> Volunteer Software in Action

In July we launched a brand new, HRDC wide volunteer portal. This is the first volunteer software HRDC has utilized and we are all very excited about the potential it offers.

The Benefits:

By posting all volunteer needs online, we have been able to communicate opportunities we didn't have a way to identify before. GVFB now has brought in volunteers who wash dishes during our busiest times, making sure there are always clean produce bins to use. We have new office volunteers to keep up with all the paper work,

phone calls, and general organization our increasing client numbers require. Additionally, we have recruited new warehouse volunteers to our existing teams. All of these positions are critical to keeping the food bank running smoothly. From my perspective, this software has the potential to simplify and expand upon scheduling, reporting, and recruitment not only within GVFB but across all HRDC programs.

Visit our website
www.gallatinvalleyfoodbank.org or
give us a call 586-7600 to learn more!

-Bri Cronin, Volunteer Coordinator



Farewell to God's Garden

For the last ten years we have been the lucky recipient of some of the best produce around thanks to Dale McNichols of God's Garden. Dale has worked tirelessly each year to make sure GVFB was flush with fresh garden produce. In the ten years God's Garden was in operation, Dale donated nearly a quarter of a million pounds of produce to GVFB! 2018 was the final year of the garden operation and we aren't quite sure what we will do without him. We will miss seeing Dale daily and the bounty of produce he always brought with him.

Dale
pictured
showing off
one of his
beautiful
eggplants!
Thank you
Dale!



Project Highlight >>> Un-Processed Pantry Project

Bozeman Health, Gallatin Valley Food Bank, Healthy Gallatin, Livingston Food Resource Center, and Montana State University Food and Health Lab are joining forces to conduct *The Un-Processed Pantry Project (UP3)*. UP3, pronounced YOU – PEA – THREE, is a study that aims to improve the health of food pantry clients by increasing access to and intake of un-processed foods. The goal of UP3 is to create a framework that any food pantry in Montana or the United States can use to provide clients with un-processed food options, nutrition education, and health measures in order to address diet-related health concerns. Ultra-processed foods (i.e., shelf-stable, energy-dense foods high in added sugar, fat, salt, and additives) comprise over half of the American diet and intake is even higher among low-income populations. Consumption of ultra-processed foods is linked to chronic diseases. These health risks disproportionately affect low-income populations, including those among Native and rural communities in Montana. The UP3 Team has recruited 40 families to help us understand how eating unprocessed foods can impact your health and the health of other food pantry clients. Participating clients will receive:

- 16 weeks of nutritious food.
- Instruction on how to cook quick, healthy, and budget friendly meals.
- Support from a dietitian and food bank staff to help improve their health.

Launch date is March 2nd.



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 operational hours.

	Date	Event	What is it?
February	February 2nd	Community Connect	Presented by the Greater Gallatin Homeless Action Coalition, Community Connect is a FREE resource fair at Bozeman Public Library from 9 am- 1 pm.
	February 4th-April 14th	Volunteer Income Tax Assistance Program (VITA)	Get your taxes done for FREE! HRDC's VITA program kicks off February 4 th and runs through April 14 th . Locations and dates can be found at thehrdc.org
	February 7th	Guest Chef Night at Fork & Spoon Homestyle Kitchen	Explore Vietnam's most popular and classic dishes at Fork and Spoon during our guest chef dinner prepared by Lot G Cafe! Dinner will take place on Thursday, February 7th from 5-7 pm at Fork and Spoon Homestyle Kitchen, located at 302 N. 7th Ave
	February 21st	GVFB Volunteer Orientation	Have you been wanting to volunteer at the food bank? Come to our February volunteer orientation from 5-6 pm at 602 Bond St. Sign up by calling 586-7600 or online at gallatinvalleyfoodbank.org
March	March 2nd	Un-Processed Pantry Project	Clients that have been selected to participate in our pilot project will start receiving their weekly unprocessed food boxes, coupled with cooking classes.
	March 28th	Burgers and Bingo for HRDC Senior Programs	Join us for a fun-filled evening of great food, BINGO, and door prizes, while making a tremendous impact on underserved seniors in our area! More info at thehrdc.org
	March 30th	Story Mill Learning Garden	Our kickoff event is from 2:00-3:30 pm at the Story Mill Community Center where we will share our vision and recruit volunteers
	March 30th	Carve Out Hunger	Bridger Bowl and GVFB team up annually to collect food to "carve out hunger" and feed local residents. Donate 15 cans of food to receive a discounted lift ticket and season pass raffle entry. More info at bridgerbowl.com
April	April 6th	Spring For Food	The Annual Spring For Food Drive is back with a few changes. On April 6 th there will be an all grocery store food drive and we need help! Please see our website for volunteer opportunities.
	April 8 th through April 12th	Childhood Hunger Awareness Week	As a part of Spring For Food, we are partnering with area schools to raise awareness for Childhood Hunger and will be hosting food drives ending on Wear Orange Wednesday.
	April 10 th	Wear Orange Wednesday	Wear ORANGE to raise awareness to Childhood Hunger on the 10 th and share your photos on social media. #wearorangewednesday
	Mid-April	Amplify MT Speaker's Bureau	Clients that have been selected from area focus groups will begin their training to work on leadership and public speaking skills. See page 4 for more details.

GVFB 101

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

How do we get it all done?	With a small but mighty staff of nine, two AmeriCorps VISTA's and 120 volunteers a week, we manage to distribute over 3.71 TONS of food a day to people in need! Last year volunteers contributed over 17,000 hours of service to help create a safety net for our community.
Where does the food come from?	Last year we rescued 1,162,758 pounds of food from local grocers. This allows us a great variety of foods for example; cut produce, ready to eat foods, dairy, and baked goods. The balance of food in our store comes from food drives, local growers, individuals, churches, businesses, and purchases.
Where does the funding come from?	97% of our funding comes from our local community which includes foundations, individuals, businesses, and congregations. A small amount of federal revenue from FEMA makes up the remaining 3%.

>>> *Client Empowerment: Amplify MT Speaker's Bureau*

Here at the food bank we are always looking for ways to improve our programs and services and share our clients' stories with our community. So we were really excited to partner with Montana No Kid Hungry to engage our community members in a conversation around challenges they face. Through this process, we hope to identify individuals with lived experience who are interested in building their leadership and public speaking skills. Our goal is to empower people to share their stories while enabling them to be both self and systems-advocates, to educate others on the realities of hunger and poverty,

and to improve the system for others that follow. We are using a three-pronged approach:

1. Focus Groups: Our focus groups are used to collect preliminary information. We ask our participants about their lives and their experiences with different services and programs in the community.
2. Public Speaking and Leadership Development Training: Focus Group participants can choose to enroll in our free 10-week training, where they will learn and develop skills in public

speaking, leadership, and advocacy.

3. Engagement: Graduates will then put their skills into action. No Kid Hungry staff will work to connect graduates to different opportunities, while collaborating with graduates to develop new initiatives, depending on what their interests are. Examples might include serving on school committees, leading local poverty simulations, speaking at a panel or talking with an elected official about hunger in Montana.



Contact us!

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