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FALL
2019

GVFB NEWS

Local support for local families

Summer 2019 >>>

This Quarter's Wish List

High-Priority Foods

- Cranberries
- Canned Yams
- Canned Pumpkin
- Canned Meats
- Chunky Soups
- Frozen Turkeys

Other Needs

- Gluten-Free Foods
- 12-Count Egg Cartons
- Diapers, all sizes
- De-icer salt
- Mechanical pencils

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

Helping Others this Holiday Season:

A Story from the Front Desk

As a front-line staff, I get to meet all kinds of folks that need our help. Over the years, I have seen and heard a myriad of stories that would break your heart. We have helped folks who have lost everything in house fires, folks who skip meals to pay bills, others who live on a fixed income who can't make ends meet every month and even new parents who have lost a partner to illness.

These stories often remind us of someone we know. As a new mom, seeing parents with little ones struggling to make ends meet hits home more than ever. This year, one customer has made me more aware of how fragile life can be. Sally is my age and her baby is only a couple months younger than my daughter. Sally came to us for help recently after the sudden loss of her spouse. She has a good job and her family lives nearby, but things have been challenging the last few months.

A new mom herself, Sally has been working part-time to offset childcare. When her husband was alive it worked well. Now, with only a single income to support herself and her daughter, Sally came to us for help even though it was hard for her to ask for the support she needed. Imagine having your whole world turned upside down; suddenly something as simple as buying diapers is no longer within reach.

She came in and met with one of our intake volunteers who is an incredibly compassionate person and happens to be a widow herself. Sally was able to connect with her and had a moment of comfort in her grief.

We still see Sally periodically, but she is coming less frequently as she gets back on her feet. The resilience of people is truly amazing.

-Monica Ruiz, Service Navigator

Program Highlight >>> Thanksgiving

Thanksgiving is a wonderful and powerful time at the GVFB, for many reasons. The generosity that we see is inspiring. Children bring in decorated boxes with full thanksgiving meals, a business buys a load of turkeys, staff from XL Country stand out in the cold for 12 hours to collect food. While the generosity is inspiring the need is profound. In the past, those who were picking up a Thanksgiving box would stand outside, in the cold, creating a line from our garage around our sidewalks to Gold Street. It was a picture that always made me sad. Although the outcome was positive, the delivery model was inadequate. In 2012, we started using the Galavan bus barn located at 1812 N. Rouse for overflow storage, as we simply did not have enough room to store the

necessary food to keep our food bank running. Quickly, the good folks at the City Complex and Galavan offered the option of a drive through for our Thanksgiving Distribution. This was a brilliant idea!!!! Since 2014, we have offered the holiday box pick up as a drive- through service. We can help a maximum of 120 cars an hour with this method and our food, volunteers, and customers stay dry. With over 200 volunteers helping with distribution, it is an energetic hopeful event. This system has helped us serve around 1,600 households to have a Thanksgiving with Turkey, dressing, and all the trimmings. For those living in Belgrade, we also partner with Living Waters Methodist Church (LWMC) for our holiday distribution. We are grateful to LWMC

for their ongoing commitment to GVFB and to serving their neighbors with such compassion.
Happy Thanksgiving to you all!



Volunteers pose with Thanksgiving bags

Donor Spotlight >>> Schnee's

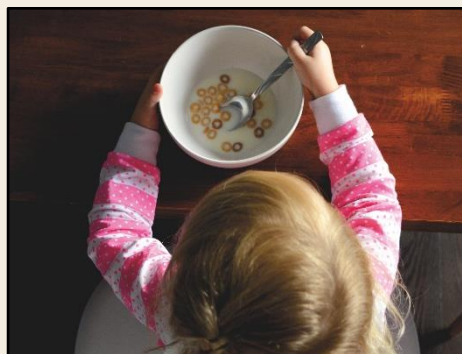


Schnee's staff with Jill Holder

We love our community partners, especially when they are willing to dress up as Turkeys for pictures! Schnee's is one of those great partners- they have been a longtime supporter of HRDC's many programs. The laundry list of things they do includes: sponsoring Huffing For Stuffing every year, hosting sock drives for the Warming Center, donating merchandise to HRDC fundraisers, volunteering at Fork & Spoon, hosting donor lounges during Give Big, and the list goes on and on. Thank you to Schnee's for supporting the work we do!

KidsPack >>> Every Kid Deserves a Bright Future

Did you know that one in six Montana children experience food insecurity? Going to bed hungry is hard but waking up hungry and heading to school to learn is even harder. Meeting the nutritional needs of our area children is one of our community's most pressing challenges. Here at the food bank we believe every child deserves a bright future. KidsPack ensures they never have to worry where their next meal is coming from. The KidsPack program is designed to alleviate this stress by empowering kids at school with nutritional resources each week. Children should have a hunger for knowledge. Ensuring they have a full belly gives them that opportunity. We need your help in guaranteeing that all kids have access to weekend KidsPack bags.



Just \$5 provides 1 bag to a kid in need, consider giving the gift of KidsPack this holiday season.
Donate online or by mail.

KidsPack & Kids Pantry Wish List

- Granola Bars
- Single Serving Cold Cereals
- Easy Mac. or Mac. & Cheese Cups
- Chef Boyardee/SpaghettiO's
- Cereal Bars
- Instant Oatmeal Pouches
- Single Serving Snacks

Quarterly Calendar of Events

This Quarter, we have A LOT of exciting events, especially in November. Visit our website gallatinvalleyfoodbank.org for a complete list of events and follow us on Facebook!

| | Date | Event | What is it? |
|----------|---|--|---|
| November | Saturday, November 9 th — Saturday November 23 rd | Annual Can the Griz Food Drive | This year marks the 20th year of the Can the Griz Food Drive. This food drive is a friendly, off-field competition between MSU and U of M to see which school can collect the most donations. The competition begins Saturday, November 9 th and ends November 23 rd , at the end of the first quarter of the Brawl of the Wild football game. Donations must be received by 11 am on Nov. 23 rd to count. |
| | Saturday, November 9 th | Empty Bowls | The Belgrade High School Ceramic students are collaborating with the 2018 Champion BHS ProStart team to host 'Empty Bowls 2019', a fundraiser for GVFB, November 9 th from 11 am to 3 pm in the BHS Commons. \$10 gets you yummy soup, bread, a beautiful hand-thrown bowl made by a BHS art student and immeasurable karmic return. |
| | Monday, November 11 th | Veterans Day | Thank you to all our Veterans for your service! GVFB is OPEN on Veterans Day. |
| | Wednesday, November 13 th | Eat Wings. Raise Funds. Buffalo Wild Wings | Buffalo Wild Wings will donate 20% of sales to the Gallatin Valley Food Bank from guests who display the required flyer, which can be found on our website and Facebook page. |
| | Friday, November 15 th 6 am -6 pm | 12-hours of Giving XL Country | Join Dave and Ally live from the XL Country morning show and help them break their record for their annual 12-hour food drive at Town & Country Foods on 19 th Ave. |
| | Friday, November 15 th | Fire Artisan Pizza Fundraiser | Dine at Fire Artisan Pizza from 5-10 pm and they will donate \$5 from every pizza sold and \$1 from every beer purchased! They are located at 303 E. Main St. |
| | Saturday, November 16 th | 4 th Annual Cranksgiving | This is a combination scavenger hunt – bike ride – food drive. Everyone will receive a list of 7 grocery stores and 7 food items that the food bank needs. Ride to the grocery stores in any order by any route and collect 1 of each food item. Start at Treeline Coffee at 1 pm |
| | Sunday & Monday, November 24 th & 25 th | Thanksgiving Food Box Distribution | GVFB will be handing out our Annual Thanksgiving Food Boxes on Sunday & Monday, November 24 th & 25 th For more information visit gallatinvalleyfoodbank.org |
| | Thursday, November 28 th | Huffing For Stuffing | Join us for the 13 th Annual Thanksgiving Day Run, Huffing For Stuffing! Sign up at huffingforstuffing.com GVFB will be closed November 28th & 29th |
| December | Friday & Saturday, December 13 th & 14 th | Hope & the Holidays | Providing gifts, food and support to families in and around Bozeman and the Gallatin Valley, during the holiday season, and all year long. Call Santa's Hotline (406)-451-5312 for more information. |
| | Saturday, December 21 st | Salvation Army Christmas Distribution | Christmas Assistance is available through Salvation Army. Angel Tree toys will be handed out by appointment on December 21 st |
| | Wednesday, December 25 th — Wednesday, January 1 st | Holiday Closure | Happy Holidays! GVFB will be closed for a Holiday break. We will reopen January 2 nd with our regular hours. See you in the New Year! |

GVFB 101

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

| | |
|--------------------------|--|
| What is food insecurity? | food in·se·cu·ri·ty noun: food insecurity the state of being without reliable access to a sufficient quantity of affordable, nutritious food. |
| What is a food desert? | food des·ert noun: food desert an area in which it is difficult to buy affordable or good-quality fresh food. |

Volunteer Spotlight >>> Judy Mathre

Judy Mathre has helped Gallatin Valley Food Bank for over 37 years. She serves on our Advisory Council and has continued to organize the annual CROP Walk. Judy doesn't like the spotlight, but she humored us with this interview:

Q. How did you get involved?

A. At the time I was serving on the City Commission. The city population was about one half of the current population and being on the commission was more part time than it is today. It was important for me to have some connection to the community other than on the city commission. The food bank was being organized at that time and it fit my interests. I have served on the board since 1982.

Q. How did you get started organizing the CROP Hunger Walk?

A. At that time the food bank was not a part of the HRDC and just like today relies on community support to function. Church World Service (CWS) sponsored hunger walks all over the U.S. and had since beginning its support of food aid to Europe following World War II.

The CROP Walk was one way to attract support from churches and bring attention to the needs of the food bank, this appealed to me and I began organizing the walks in 1986 and just kept organizing the annual October walks since then.

Q. What motivates you to do this?

A. I have an interest in food production and have known that the world can produce enough for all. Just knowing that and knowing that hunger exists despite having enough provides motivation for me to try to help alleviate it. Also understanding that I don't function well without adequate nutrition helps me to understand the needs of others.

We want you to know what great people we have helping lead our organization. Thank you, Judy for your long-term commitment to helping our community. We are so grateful. Jill Holder, Food & Nutrition Director, HRDC



CROP Walkers hit the trail



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