

## In This Issue >>>

Quarterly Update – p. 1

Wish List – p.1

UP3 Wrap-Up – p. 2

Amplify MT Graduation – p. 2

Quarter Calendar – p.3

GVFB 101 – p.4

KidsPack Update – p.4



SUMMER  
2019

# GVFB NEWS

Local support for local families

## Summer 2019 >>>

### This Quarter's Wish List

#### High-Priority Foods

- Brown Rice
- Canned Fruits
- Canned Veggies
- Canned Tuna
- Chunky Soups
- Chili
- Fresh Produce

#### Other Needs

- Gluten-Free Foods
- Granola Bars for KidsPacks
- 12-Count Egg Cartons

#### 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?

*"Our growing community brings in an average of 112 new, never before seen households to our doors, along with the existing 1,240 households every month. Simply put, this demonstrates a rising need for food inventory and space to serve our customers with dignity and respect."*

For anyone that has been by the food bank recently and has seen it during the holidays, it may seem like we don't have much food on hand, at least compared to how this place looks in November and December. What you may not realize is that we store over 100 pallets of food off-site at the "bus barn", the City of Bozeman Vehicle Maintenance building that HRDC leases half of and primarily uses for parking Galavan buses. The food bank rents out an entire vehicle bay to store the non-perishable foods that are purchased by the truckload, food that we get from large food drives like Can the Griz and storing and packing for the KidsPack program. Ideally, all of our food would be stored in the same building that we operate out of. The reality is, we simply don't have

the space needed in our current building to store all the food and provide services to our clients. We also spend a couple hours every week shuttling food from the bus barn back to the food bank. Not to mention our lobby is often standing room only, especially during winter months when it's too cold to wait outside. Often, it's so crowded we are unable to provide a private space to conduct intake with our clients. We'd also like to provide cooking classes or workforce training to our clients but in our current space it's impossible. With community support we will work towards maximizing our focus on the end consumer and making sure no one in our community goes to bed hungry.  
-Jon Horn, Operations Manager

## UP3 Wrap-Up >>> Results and Findings

*The UnProcessed Pantry Project, (UP3 for short) is a partnership with MSU Food and Health Lab, Gallatin Valley Food Bank, Bozeman Health, Healthy Gallatin and the Livingston Food Resource Center with a goal of improving access to nutritious foods and the health of Food Bank customers.*

UP3 wrapped up in June. While the data is still being evaluated, our 22 customers who participated have shared some thoughts.

At the end of UP3, we asked, "What is the one thing you will take with you from the study?" Some of those comments include "I will focus on eating mindfully", "I will read labels on canned foods and make choices

that are low in sugar and sodium", "I will plan and prepare meals ahead to save money and to eat good food."

Carmen Byker Shanks, lead researcher on the UP3 project explains, "Ultra-processed foods are present everywhere in the food system, including at food banks and food pantries. Our UP3 team is building a model that supports clients to choose and eat less ultra-processed food and a more nutritious diet. The goal is for the Gallatin Valley Food Bank and other food pantries to use UP3 now and into the future to build a healthy food supply that ultimately improves client's diets and their health." We at the GVFB are grateful to the team's commitment and our customer's efforts to improve their diet and health.



UP3 researchers gather for a briefing



Our produce shelves fully stocked for participants



Bozeman Health's  
HealthCare Connections Bus

### Donor Spotlight: Bozeman Health

Bozeman Health is a stalwart supporter of GVFB. From providing convenient access to healthcare services across Southwest Montana, through their HealthCare Connections bus to compiling a resource guide on their website, Bozeman Health is a dream community partner. They also have been instrumental in supporting GVFB's special projects this past year. As a partner for the UP3 research project, they helped get the project off the ground and provided staff for the health measures 3 different times throughout the study and have been a key financial supporter of our Learning Garden at Story Mill Park and our Amplify Montana Initiative. Whew! Thanks Bozeman Health!

## Amplify MT Graduation >>> Every Voice Has Power

Our 9-week Speakers Bureau wrapped up on July 10<sup>th</sup>. For those of you unfamiliar with this project, Amplify MT is an initiative led by MT No Kid Hungry (MNKH) that creates grassroots community engagement by cultivating the leadership skills of those who have first-hand experience with poverty and food insecurity in our communities. GVFB has been working with MNKH since February conducting focus groups and identifying leaders. The Speakers Bureau began in May and consisted of 9-weeks of curriculum on public speaking, leadership, storytelling, and advocacy. The graduation ceremony was a place for participants to share their stories, illuminate the root causes of hunger and poverty, and be participatory advocates and leaders in our community. It was an incredible event! Each participant put so much time and energy into their speeches. The crowd was filled with state and local officials, nonprofit leaders, and friends and family of our graduates. One of our volunteer

Toastmasters summed it up best;


"Graduation night was a true culmination of the heartfelt work and passion that I witnessed in everyone every time we met and worked. I'm grateful for the opportunity to get to know all of you; I learned and grew as well." We look forward future opportunities to engage with our community.



Our Speakers Bureau graduates with  
Toastmasters & GVFB staff

# Quarterly Calendar of Events for GVFB

*This Quarter, we have a lot of exciting events and programs. If you want 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?
August	Now – August 23 <sup>rd</sup> 	HRDC's Community Needs Assessment	Every three years, HRDC conducts a new needs assessment. We are conducting our 2019 needs assessment RIGHT NOW, and we need your input! Your feedback will help guide our strategic plan for the next three years and will ensure we focus on the top needs in our area! Once you finish the survey, you can enter to win \$100 gift card! Follow the link below to take the 10-minute survey: <a href="https://www.surveymonkey.com/r/hrdc19">https://www.surveymonkey.com/r/hrdc19</a>
	Mid-August	KidsPack Back to School Fundraising	Help KidsPack this school year! Let's focus on getting our kids back to school and fed. Check our website for ways to help!
	Belgrade sites: Friday, August 23 <sup>rd</sup> Bozeman sites: Friday, August 30 <sup>th</sup>	Summer Lunch Pizza Party	Our Summer Lunch Program is coming to an end! Join us for pizza at all locations! Visit <a href="https://gallatinvalleyfoodbank.org/get-help/summer-meals/">https://gallatinvalleyfoodbank.org/get-help/summer-meals/</a> for more information.
September	All of September	Hunger Action Month	September is Hunger Action Month – a month where people all over America stand together with the nationwide network of food banks to fight hunger. It's a month to spread the word and take action on the hunger crisis and dedicate ourselves to a solution. Will you join in? Visit <a href="http://gallatinvalleyfoodbank.org">gallatinvalleyfoodbank.org</a> for ways to help!
	Wednesday, September 4 <sup>th</sup> 5-7pm	Boys & Girls Night to Shop at the Fairgrounds, Building #1	Everyone is welcome at our 7th annual back to school shopping event. Come by to find new and gently used male and female clothing. Shoppers will find a variety of sizes and styles of clothing, shoes, special occasion wear, outdoor clothing, workout gear, accessories, personal care items, give-a-way bags and more!
	Wednesday, September 25 <sup>th</sup> 5-7pm	Guest Chef at Fork & Spoon	Tumbleweeds Gourmet is rolling into Fork & Spoon for a Guest Chef Night. Save the date and stay tuned for more details!
October	Thursday, October 3 <sup>rd</sup>	KidsPack Program Begins	The KidsPack program is open to all students at participating elementary schools regardless of their family's income. To sign your child up please contact the main office of your child's school.
	Saturday, October 7 <sup>th</sup> Thursday, October 28 <sup>th</sup>	One month until Can the Griz & Huffing For Stuffing	November is one of our favorite times of the year! We are so excited for the 20 <sup>th</sup> Annual Can the Griz Food Drive, November 9 <sup>th</sup> -23 <sup>rd</sup> and the 13 <sup>th</sup> Annual Huffing For Stuffing on November, 28 <sup>th</sup>
	Saturday & Sunday, October 26 <sup>th</sup> & 27 <sup>th</sup> Sat. 10 am-5 pm Sun. 10 am-4 pm	Bozeman MADE Fair at Brick Breeden Fieldhouse (MSU)	The MADE fair is a modern handcrafted market featuring local & regional artists and makers. Our events are a curated collection of over 200 skilled artisans as well as a handful of non-profits. Please bring a bring a non-perishable food item to help support the Gallatin Valley Food Bank. Free Entry, Free Parking.



# GVFB 101

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

Misconceptions & Stereotypes	One of the most common misconceptions about people that use the food bank is our clients are homeless and unemployed. Only a small percent of who we serve are homeless. Most of the people we serve are working but the wages often are not high enough for them to afford all their living expenses. A minimum wage worker in Gallatin County needs to work 80 hours per week to afford a two-bedroom home at fair market rent. (Source: Out of Reach, National Low-Income Housing Coalition, 2017)
What causes people to use the food bank?	Underemployment, households whose income does not stretch to cover food expenses, seasonally employed households, and older adults living on fixed incomes need the food bank periodically. High housing costs and underemployment continue to push people in the Gallatin Valley and in Southwest Montana towards food insecurity. Most people only use the food bank 2-3 times a year.

## *Program Highlight >>> Healthy KidsPack Program Update*

KidsPack is a kid-focused supplemental food program that distributes nearly 500 bags of food each Friday during the school year to any elementary school student who needs one. The goal of KidsPack is to ensure that all children have access to food over the weekend and arrive at school fed and ready to learn each week. We serve twenty-one schools and span three counties across western Montana. We rely on community support and the support of local businesses and organizations to keep this essential service operational.

Last year, our KidsPack program had a budget shortfall of approximately \$10,000. Help us close this gap.

For as little as just \$5 a week, you can ensure that a child in our community is well-fed throughout the school year. Thank you to Lot G and the Community Food Co-op in Bozeman, who have made eliminating childhood hunger in Montana a top priority. We are grateful for their generous contributions and we hope that you will follow their lead this Fall with a contribution of your own.

This program would be impossible without the weekly efforts of our dedicated volunteers. This year, we are looking for a Belgrade route driver to help deliver bags to schools in Belgrade and beyond.

Thank you to all the individuals and organizations that have supported KidsPack in the past and to all those who will contribute in the coming school year. Your support means everything to this program, and we could not do it without you! To learn more contact Lyra at [kidspack@thehrdc.org](mailto:kidspack@thehrdc.org)



Volunteers pose with KidsPacks



### **Contact us!**

Phone: 406-586-7600

Email: [info@gvfb.org](mailto:info@gvfb.org)

Mail: PO Box 1129 Bozeman, MT 59771

Location: 602 Bond St, Bozeman, MT 59715

Website: [gallatinvalleyfoodbank.org](http://gallatinvalleyfoodbank.org)