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FALL
2021

GVFVB NEWS

Local support for local families

Fall 2021 >>>

This Quarter's Wish List

High-Priority

- Pantry Staples like Flour, Sugar, and Oil
- Granola Bars
- Canned Tomato Products
- Dried Beans
- Shelf-Stable Milk
- Cereal
- Rice
- Masa Harina
- Diced Green Chiles

Other

- Diapers (All Sizes)
- Baby Wipes

Food Assistance Hours:

Monday-Friday, 1:00-4:00 pm

Tuesday, 5:00-7:00 pm

Office Hours & Donations:

Monday-Friday, 8:00 am-5:00 pm

What's New and Exciting?

31, 848 — that's the number of meals our Summer Lunch Program served this year to children in the Gallatin Valley! With another successful season behind us, we want to express our gratitude to our amazing partners and volunteers who made it happen.

Each meal was prepared in the Fork and Spoon kitchen, assembled in the dining room, and distributed to meal sites from the parking lot. Fork and Spoon staff members graciously shared their space, time, and labor with us while juggling their normal dinner service, Take and Bake, catering, and Mighty Spork food truck operations. We are so fortunate to partner with them.

Some rockin' organizations visited our meal sites to host activities for the kids, including the Bozeman Fire Department, Random Acts of Silliness, Thrive, Montana Ballet Company, Bozeman Bike Kitchen, Montana Science Center, Gallatin Valley Farm to School, 406 Cirque Circus camp, the Book Mobile, and Child Care Connections. These organizations made our meal sites fun, educational, and fulfilling!

If it takes a village to raise a child, it takes a small army to feed them. Serving over 30,000 meals would not be possible without our amazing volunteers; together they donated over 1,400 hours of labor to prepare, pack, distribute, and serve each of those meals. From all of the Summer Lunch staff, thank you!



Random Acts of Silliness + Summer Lunch at the Bozeman Public Library

Volunteer Spotlight >>>

This Quarter's All-Star Volunteer: Jim Caldwell

Jim Caldwell sat down to chat about why he volunteers with GVFB's Childhood Nutrition programs and Belgrade Mobile Unit.

Jim has been volunteering with GVFB since early 2017 when he was recruited by Lyra to volunteer for Summer Lunch and KidsPack. He says he started volunteering with GVFB by "happenstance" but loves the time he spends volunteering. Before moving to Montana, Jim volunteered at the Golden Gate National Recreation Area after retiring from his work as a chemist. Jim's volunteer work is an integral part of making sure HRDC's Food &

Nutrition Programs reach Belgrade. As a Belgrade resident, Jim currently helps with the Belgrade mobile pantry at Peace Lutheran Church and delivers the Belgrade KidsPack route on Thursdays. Driving through the countryside in one of the GVFB vans is Jim's favorite part of volunteering.

Through volunteering with GVFB, Jim reflects that he is heartened by how generous the community is and how appreciative those we help are for the services we provide.

Thank you Jim for your service!



GVFB warehouse during Thanksgiving distribution

Donor Spotlight: The Dennis & Phyllis Washington Foundation

The Dennis and Phyllis Washington Foundation supports a broad spectrum of worthy organizations benefiting at-risk youth, economically and socially disadvantaged individuals and families, and those with special needs. They have been a key partner for the Gallatin Valley Food Bank and HRDC for ten years! In the last two years they have not only helped us with our Thanksgiving distribution, but they also stepped in to help during the initial days of the pandemic and with KidsPack. We are incredibly grateful for their support amounting to \$117,000 in the past decade.

Staff Corner >>> Welcome to the team




There are some new faces around Gallatin Valley Food Bank. Join us in welcoming Becki Cook, Nick Savage, and Katharine Sutphen and make sure to say hello when you see them! As our Service Navigator Becki is responsible for creating quality customer care for our clients and providing them with community resources that can help them thrive. In her free time, Becki finds great joy being in nature. Whether it is experiencing the beauty of wildflowers, exploring the mountains or finding peace by a lake, she simply loves the natural world. Nick Savage joins GVFB as our Warehouse Coordinator and is tasked with maintaining an orderly environment that allows our store to run efficiently. You can find Nick assisting with food rescue and helping out around the warehouse. Nick's wife, Sara Savage also works for HRDC with the Head Start Program. Nick is an avid hiker and loves nothing more than a good book and strong cup of coffee. Katharine Sutphen has stepped

into the role of Volunteer Coordinator after previously working as the Special Projects Officer at HRDC. Her primary responsibilities include managing and building relationships with the wonderful GVFB volunteers. Katharine loves trail running, skiing, backpacking, and foraging.



Quarterly Calendar of Events for GVFB

Fall of 2021 promises to be a jam-packed season and we are looking forward to all of it! Mark you calendars for Can the Griz and the 15th Annual Huffing For Stuffing in particular.

	Date	Event	What is it?
October	October 11 th	Indigenous Peoples' Day, GVFB closed	GVFB will be closed in recognition of Indigenous Peoples' Day.
	October 15 th 	Mary Martin Day	As an AmeriCorps VISTA, Mary Martin founded the Gallatin Valley Food Bank. Mary's influence during her 33 years of dedication to HRDC's family of services is everywhere and touches all facets of everything we do. GVFB will be OPEN.
	October 17 th	CROP Hunger Walk	Join with us as we raise funds to help neighbors near and far get the meals they need for today and sustainable food security for tomorrow! Learn more at https://events.crophungerwalk.org/2021/event/bozemanmt
November	November 2 nd	Election Day in Gallatin County	Make your voice heard and go vote! Find more information at https://gallatincomt.virtualtownhall.net/elections-department
	November 6 th -20 th 	Can the Griz	This food drive is a friendly, off-field competition between Montana State University and the University of Montana to see which school can collect the most donations for their local food bank. The Bobcats have successfully canned the Griz 17 of 21 years! Let's keep that tradition going!
	November 11 th	Veterans Day	Thank you to all of our Veterans for your service. GVFB is OPEN on Veterans Day.
	November 21 st and 22 nd	Thanksgiving Distribution	GVFB will be handing out our Annual Thanksgiving Food Boxes on November 21 st and 22 nd . For more information visit: gallatinvalleyfoodbank.org
	November 25 th 	15 th Annual Huffing For Stuffing	Join us for the 15 th Annual Huffing For Stuffing Thanksgiving Day tradition held at the iconic Museum of the Rockies in Bozeman, Montana. This year only, run a 15k in celebration of 15 years of support for GVFB! Sign up at huffingforstuffing.com
December	Throughout December	Order Holiday sides from The Fork & Spoon	Take the pressure off the cooking this holiday season and order your sides from The Fork & Spoon's Take & Bake program.
	Tentative distribution: December 10 th and 11 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.
	Christmas Day - New Years	GVFB Holiday Closure	GVFB is closed for the holidays. We will see you in the new year!

Food & Nutrition 101

Thanksgiving Season Highlight!

Who won Can the Griz last year?	Last year, MSU and our community donated a total of 403,183.24 (pounds and money) to the Gallatin Valley Food Bank. The University of Montana and Missoula community also raised a record amount for the Missoula community's local food bank. Donations from UM and the Missoula community had a grand total of 671,707.90 . We challenge the Bozeman community to help us beat the Griz this year!
How much food did GVFB give away during Thanksgiving Distribution in 2020?	GVFB gave away 36,689.73 pounds of food for Thanksgiving last year to 961 households! The average weight of the turkeys distributed was 15 pounds.
Why is Huffing For Stuffing so special to GVFB?	For 15 years our community has championed Huffing For Stuffing, raising over half a million dollars for GVFB. The community support we receive through Huffing For Stuffing allows us to improve food security throughout Southwest Montana.

Program Highlight >>>

Story Mill Learning Garden & GVFB Gardens

The creative programming run through Story Mill Learning Garden and the GVFB garden this summer allowed us to grow nutritious food for our customers, raise awareness of the reality of food insecurity in our community, and model what it looks like to grow your own food in Montana. In a growing season defined by heat and drought, it was gratifying to see produce grown in our garden on the store shelves. The GVFB garden's greatest success was the

hoop house! We have declared this year the Year of the Tomato! The Story Mill Learning Garden really bloomed and came to life this year. The food forest received a lot of attention from volunteers as well. 1,083 volunteer hours were committed to all garden efforts by 500 volunteers! 629 pounds of fresh produce went straight from the garden to the store shelves. It was a season of growth and community in the gardens.



Contact us!

Phone: 406-586-7600

Email: info@gvfb.org

Mail: PO Box 1129 Bozeman, MT 59771

Location: 602 Bond St, Bozeman, MT 59715

Website: gallatinvalleyfoodbank.org