

# FOOD & NUTRITION PROGRAMS OF HRDC



# ANNUAL REPORT

July 1, 2022 - June 30, 2023



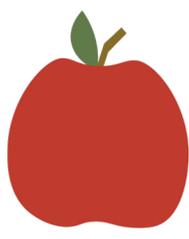
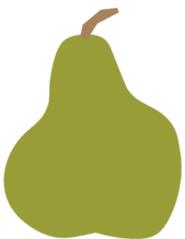
## HRDC instills hope, develops resources, designs solutions, and changes lives.

We envision a place where poverty has no impact because opportunities and quality of life are equally afforded to everyone.



# TABLE OF CONTENTS

1. Letter from Our Director
3. HRDC Initiatives and Food Bank Revenues
4. Data Snapshot: A Growing Need
5. Gallatin Valley Food Bank Overview
6. GVFB Program and Food Rescue Updates
7. Garden Program Updates and Conquer Hunger
8. Big Sky Community Food Bank Overview
9. Headwaters Area Food Bank Overview
10. The Fork & Spoon and Mighty Spork Overview
11. Volunteer Overview
12. Volunteer Spotlights
13. Food & Nutrition Staff
14. Advisory Boards and Community Commons
16. Our Future at Market Place



# FROM OUR DIRECTOR

With the ever-changing landscape of our communities, we opted to use this annual report to reflect on the past five years and try to understand where we have been and anticipate where we are going. Our fiscal year runs from July to June and sometimes it feels like a twelve-month roller coaster ride. In the fall of 2022, our numbers began returning to pre-pandemic levels. Long gone were the family tax credit, free school lunch, and ARPA funds that helped with one-time emergencies like rent assistance. On the ground, this resulted in an increase in food boxes going out the door by 41% over the prior year, 2021-2022. While we did not let this affect our customer experience, it did affect our budget and workload. At all food banks we overspent our food purchasing budgets. The Gallatin Valley Food Bank (GVFB) and Headwaters Area Food Bank (HAFB) overspent by 63%, and the Big Sky Community Food Bank (BSCFB) overspent by an unprecedented 444%. While the generosity of our community and a rigorous food drive season kept up with the demand, the physical effort of keeping up with the inventory was challenging. The Fork & Spoon, with its small staff and committed volunteer base, saw record visits with an overall 28% increase over the past year.

Also, difficult and often heart-wrenching were the stories that we would hear from our customers:

**“My landlord just increased my rent by \$300.00.”**

**“I am being evicted because they want to remodel my house and increase the rent.”**

**“I just took in my sister’s family and our home is so full and busy.”**

**“My Medicaid has been cut and I don’t know why.”**

**“My employer won’t pay me until the season gets started.”**

**“I can’t find a summer camp that lasts all day for my children, so my work is suffering.”**

We hear so many life situations that keep our customers in a constant world of uncertainty and stress.

This year has also been one of hope. As we plan for the future, we look forward to our new space called Market Place that will allow us greater access to our customers in a meaningful and efficient way. After the past five years of service, it is clear that our planning is on target to meet the needs of our community. Market Place includes private spaces to visit, a teaching kitchen where we can share a meal, a children's area to relieve stress while adults fill out their paperwork, a production kitchen where we can turn farm produce into nutritious meals, and access to all HRDC services under one roof. Programming and products that feed the body and soul.

We certainly could not have done this alone. Thank you for taking this journey with us to create a more secure and resilient community and believing that everyone matters!

Take care,

**Jill Holder, Food and Nutrition Director, HRDC**



## **OUR MISSION: TO IMPROVE FOOD SECURITY IN SOUTHWEST MONTANA**

**1,811,331** Total pounds  
distributed by HRDC  
food banks

**34,495** Hot meals provided  
by the Fork & Spoon  
and the Mighty  
Spork food truck

**25,617** Food boxes  
distributed by HRDC  
food banks

**42,447** Summer meals or  
KidsPacks provided  
to children in  
Southwest Montana

# HRDC INITIATIVES

## Diversity, Equity, Inclusion, and Access Policy

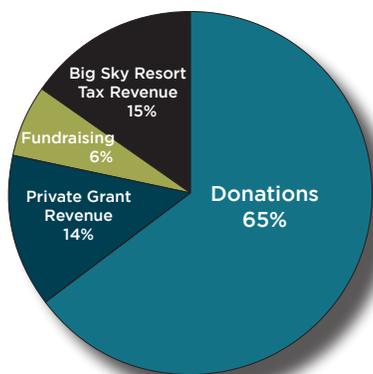
Achieving our mission of equitable opportunity for all requires mutual respect, continuous learning, and meaningful inclusion in the face of historic and present-day exclusion. We will not tolerate discrimination, biases, harassment, microaggressions, or bullying of any kind, regardless of race, socio-economic status, age, disability, religion, sexual orientation, nationality, gender, or marital status. Our work at HRDC often involves addressing economic inequalities in our community, and we cannot fight for economic justice and equal opportunity if we do not fight for social justice. We stand in solidarity with BIPOC (Black, Indigenous, and People of Color) and LGBTQ+ demanding justice in our community and nationwide. To read our full DEIA policy, visit [thehrdc.org](http://thehrdc.org).

## Language Access Policy

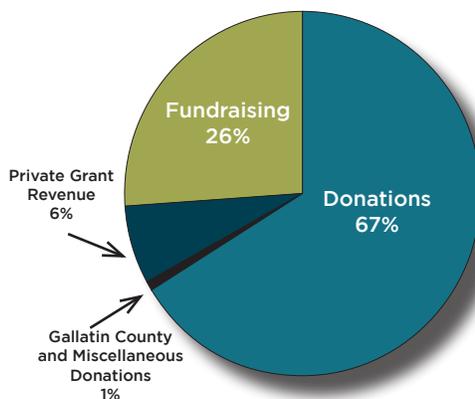
HRDC serves and supports over 12,000 individuals yearly, and this number and the diversity of those we serve continues to grow quickly with our increasing population. Our goal is to impact our community in positive ways that allow anyone to thrive by breaking down barriers to access. Therefore, language services for individuals who speak limited English or are deaf or hard of hearing are essential to ensure that they are able to fully participate in our programs, services, and activities. It is therefore HRDC's policy to provide meaningful language access that is timely, accurate, and effective at no cost to the customer.

# HRDC FOOD BANK REVENUES

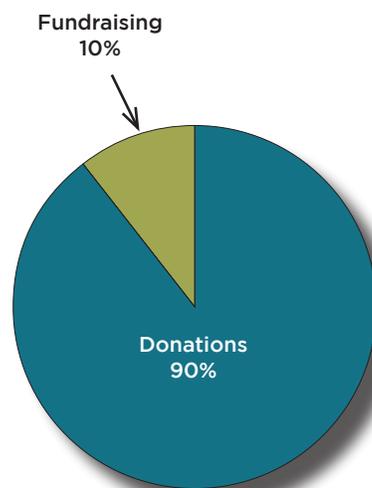
The charts below show revenue sources for all three HRDC food banks. Of note, there are no federal or state funds.



Big Sky Community Food Bank



Gallatin Valley Food Bank



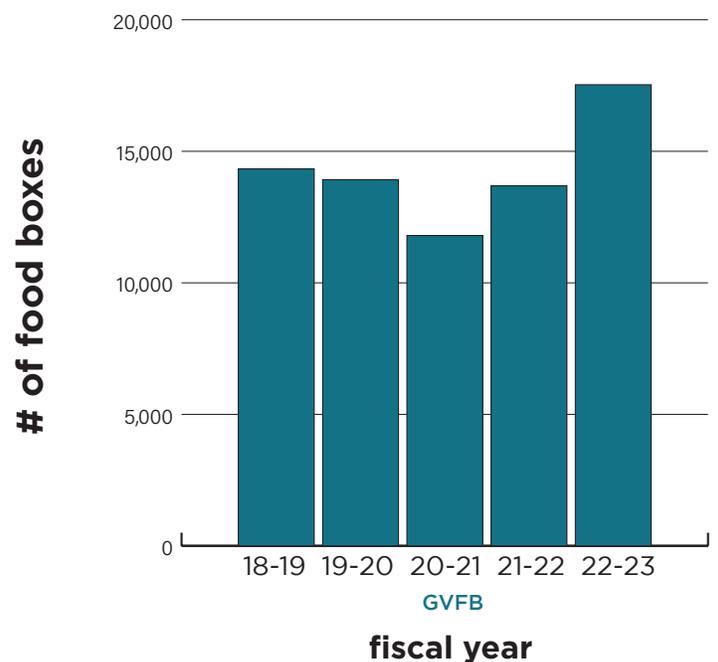
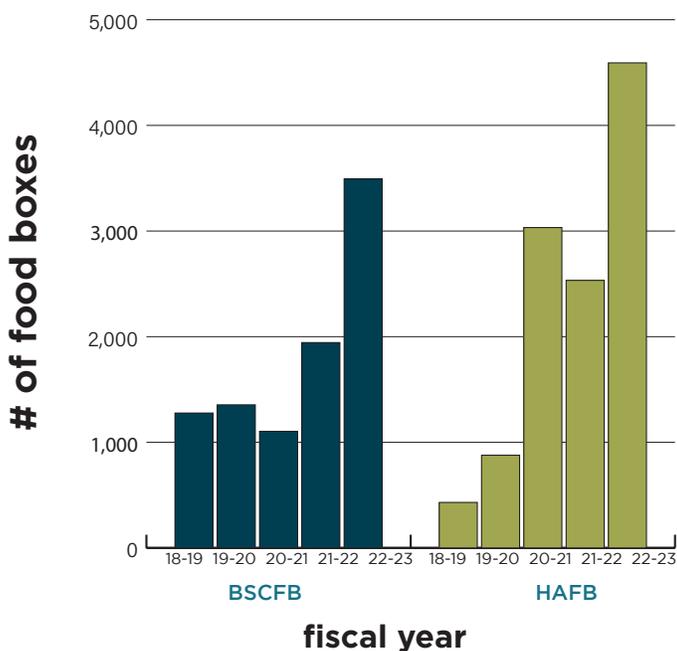
Headwaters Area Food Bank

# DATA SNAPSHOT: A GROWING NEED

Big Sky Community Food Bank (BSCFB)	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023
Total individuals	660	821	821	883	1,908
Total food boxes	1,277	1,355	1,104	1,944	3,493
Total pounds distributed	31,176	51,156	34,684	37,226	59,491

Headwaters Area Food Bank (HAFB)	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023
Total individuals	322	428	502	520	617
Total food boxes	431	878	3,033	2,533	4,592
Total pounds distributed	46,097	35,546	108,706	95,558	84,937

Gallatin Valley Food Bank (GVFB)	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023
Total individuals	10,711	11,355	8,271	7,838	9,512
Total food boxes	14,331	13,921	11,796	13,688	17,532
Total pounds distributed	1,923,006	1,897,653	1,834,867	1,519,283	1,667,276
Average daily pounds distributed	7,060	7,246	7,443	6,176	6,669
Average food boxes per month	1,194	1,160	983	1,141	1,461
Households receiving help for the first time	1,266	1,450	852	886	1,190
Total Kids Summer Lunch meals	29,333	27,864	40,716	31,848	22,366
Total Healthy KidsPack packs	12,475	11,101	10,104	11,407	16,552
Total pounds of food rescued	1,187,777	987,133	765,326	857,389	905,977





A PROGRAM OF  HRDC

**9,512** Individuals received groceries from GVFB

*Last fiscal year: 7,838*

*This equals 41,423 instances that customers received a five day supply of food.*

**17,532** Food Boxes (5 day supply of groceries) provided

*Last FY: 13,688*

**1,667,276** Total pounds of food distributed

*Last FY: 1,519,283*

We have advocated for our community through our programs, partnerships, and commitment to improving food security since 1982. As the local population has grown since our establishment, so has the need for food assistance. Now, we are working to alleviate the challenges our customers face because of the increasing costs of food, housing, and gas.

Our customers have been deeply impacted by the decrease in federal programs that were available at the height of the pandemic, such as unemployment, SNAP benefits, and tax credits for families with children. We have seen record days for visits to the food bank and have witnessed days that our shelves empty.

We are working hard to make sure our customers never have to choose between gas and nutritious food. We could not do so without our local partners and donors. We look forward to increasing our capacity to serve our customers at our future home at Market Place.

# GALLATIN VALLEY

Gallatin Valley Food Bank's mission is to improve food security throughout Southwest Montana. We know nutrition is vital for everyone in our community and we act as the crucial link between food and the people who need it. We serve anyone who needs help stretching their food budget.



**6,669** Average pounds of food distributed to families every day

*Last FY: 6,176*

**1,461** Average food boxes distributed per month

*Last FY: 1,141*

**1,190** Households received help for the first time

*Last FY: 886*

# PROGRAM UPDATES

## CHILDHOOD AND SENIOR NUTRITION

GVFB is home to several unique approaches to food security that fill in the gaps for vulnerable community members across Southwest Montana. This includes our Childhood Nutrition Programs; Healthy KidsPack and Kids Summer Lunch, and the Senior Grocery Program or Commodity Supplemental Food Program (CSFP).



**22,366** Meals provided to area children in the summer of 2022 (June-August) at 9 sites across the valley

**20,081** KidsPacks distributed to an average of 470 children at 41 sites in Southwest MT  
*Last FY: 11,407*

**378** Seniors in total received Senior Groceries (CSFP)

## FOOD RESCUE



Our Food Rescue team works diligently Monday through Friday to rescue food from area grocery stores, restaurants, farms, and other food producers.

Food Rescue items range from fresh produce to ready-to-eat items, frozen meats, dairy products, and vegan or gluten free items. This food is sorted for quality so only the best goes to our customers. Nothing goes to waste as food that has gone bad or has exceeded the standards for its sell-by date is composted or sent with local farmers as animal fodder.



**905,977** Pounds of food collected from area grocery stores, bakeries, and farms

**73,887** Pounds out the door as Animal Fodder or Compost

# HRDC GARDENS

We believe strongly that every member of our community should have access to growing spaces, gardening knowledge, and whole food. We manage an acre of garden space on-site at GVFB and an acre at the Learning Garden at Story Mill Community Park. This year, the garden program extended to the Fork & Spoon and the new ComUNITY garden at the Warming Center. Now, our Fork & Spoon culinarians can just step outside their door to glean tasty herbs and greens. The ComUNITY garden brought much joy, dignity, and constructive activity to our community members. It was aptly named by a former resident and their partner, who are now permanently, safely housed and working as a result of HRDC's housing resources.

Our garden bounty includes cucumbers, squash, carrots, kale, berries, beets, squash, a host of herbs, and much more. Our garden program is made possible by our volunteers and many local partners who are committed to equitable access to nutritious, delicious food for our community.



**817** Pounds of produce from the GVFB and Story Mill Learning Gardens distributed through the store

**3,084** Total volunteer hours in the gardens

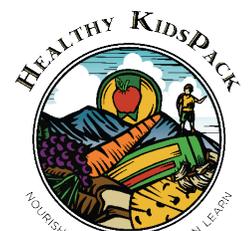
# OPERATION CONQUER HUNGER



This year, Bozeman's own MTNTOUGH Fitness Lab joined MTN OPS for Montana's first Operation Conquer Hunger. This unique event provided us with ten weeks worth of KidsPack bags for our community's kids and supplied the Montana Food Bank Network with bags of food to distribute across the state, where 1 in 8 children face hunger every day.

**8,500** KidsPack bags packed

**125** Volunteers participated in support of childhood food security in Montana



A PROGRAM OF HRDC

# BIG SKY

**1,908** Individuals received groceries from BSCFB

Last FY: 883

*This equals 6,128 instances that customers received a five day supply of food.*

**3,493** Food Boxes (5 day supply of groceries) provided

Last FY: 1,994

**59,491** Pounds of food distributed

Last FY: 37,226

Big Sky as a community has undergone significant change and development in the last year. The Big Sky Community Food Bank has adapted quickly to respond to the increase in need for emergency food and social services.

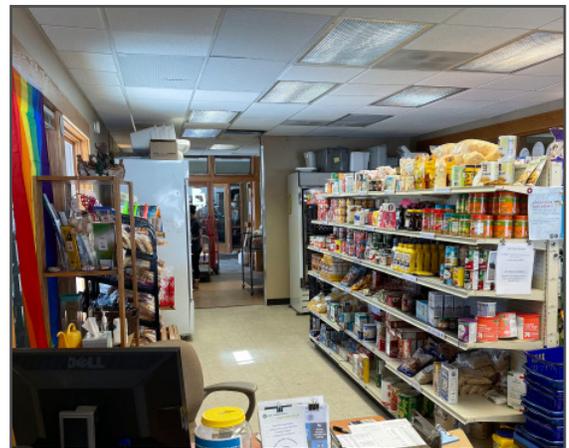
We are helping to build and support wellness programs at work in the broader community. We have helped increase access to mental and behavioral health resources through more case management time, more collaboration with other nonprofits and community leaders in Big Sky, and advocacy for public dollars into this space.

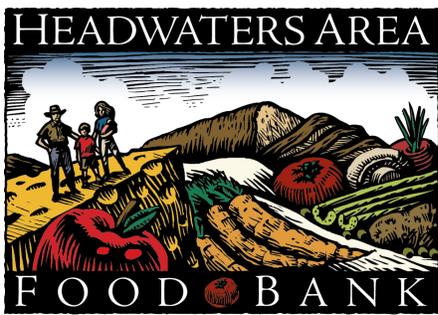
We are continually looking for ways to better serve our growing Spanish-speaking, senior citizen, LGBTQ+, and other unique populations.



A PROGRAM OF  HRDC

Big Sky Community Food Bank (BSCFB) enhances the food security, health, and dignity of our neighbors living and working in Big Sky, Montana. BSCFB is truly a resource hub for locals providing emergency food assistance, a clothing closet, computer lab, washer/dryer, and makerspace.





A PROGRAM OF  HRDC

## 617 Individuals received groceries from HAFB

Last FY: 520

*This equals 4,585 instances that customers received a five day supply of food.*

## 4,592 Food Boxes (5 day supply of groceries)

Last FY: 2,533

## 84,937 Pounds of food distributed

Under the new leadership of Emily Smith, the HAFB hit record numbers in 2022-23. New outreach events included a clothes swap at the Three Forks/Manhattan football game in October and presentations to community groups such as the Three Forks Ministerial Association, churches, and the Chamber of Commerce. The Halloween trick-or-treat event in Three Forks brought many to the food bank and served as an open house. Photos with Mr. & Mrs. Claus brought in much needed holiday food and good cheer. We celebrated Spring by participating in the first annual “Bee Kind” food drive in conjunction with Three Forks Public Schools, which raised over 1,000 pounds of food.

HAFB was approved for a TEFAP Reach and Resiliency Grant, meant to help with our rural outreach. The Local Food Purchase Grant has helped us stock all of our food banks with local produce. HAFB partners with Good Mama Farm in Harrison and a trip to the farm with our advisory council helped us see firsthand the benefit of farm-to-table.

# THREE FORKS

Headwaters Area Food Bank (HAFB), located in Three Forks, serves the west end of Gallatin Valley. HAFB provides food assistance, distributes senior groceries, and partners with other organizations to meet the needs of area residents.





# FORK & SPOON

BOZEMAN, MONTANA

Owned and Operated by HRDC

**28,377** Hot meals were provided

*Last FY: 22,177*

**7,459** Volunteer hours donated to Fork & Spoon

*Last FY: 5,474*

**\$1.78** Average contribution per meal (the average cost per meal is \$17.92)

*Last FY: \$2*

# FORK & SPOON

Fork & Spoon is Montana's first and only pay-what-you-can restaurant. We focus on creating homegrown, scratch cooking using locally sourced ingredients whenever possible. Everyone is invited to join us for a delicious evening meal at a price they can afford.



**The Mighty Spork** is the first and only pay-what-you-can food truck in Montana. We bring healthy and delicious meals across HRDC's service area. We provide increased food security to folks in rural towns who may be unable to drive into Bozeman to eat at Fork & Spoon regularly. The Spork also attends local festivals, markets, and private events.



**6,118** Mighty Spork pay-what-you-can meals served

*Last FY: 4,362*

**9** Chef-crafted menu items

**29** Sites served across the Gallatin Valley

# VOLUNTEERS

Volunteers are vital to alleviating hunger in Southwest Montana. From the warehouse, to the stores, to the kitchen, to childhood nutrition, to the food rescue routes, and to the gardens, volunteers touch every corner of our Food and Nutrition Programs. Our volunteers find meaning here and embody the sense of community and connectedness that we strive for. With staff shortages across our community, volunteers are increasingly essential. We could not do our work without them.

**26,286** Total hours donated 2022-23

*Last FY: 18,357*

**\$394,290** Value volunteers donated at a value of \$15 an hour

*Last FY: \$275,355*

## HOURS BY PROGRAM

- GVFB: 11,977
- Fork & Spoon: 7,459
- Summer Lunch: 1,081\*
- BSCFB: 500
- KidsPack: 985
- HAFB: 884
- Huffing For Stuffing: 316
- Gardens: 3,084

\*hours from 2022 Summer Season



# VOLUNTEER SPOTLIGHT



## Big Sky Community Food Bank Ben Keefe

Ben does our food rescue from Big Sky's grocery stores each Tuesday, and often will stay for hours to help sort and stock as well. Ben has a huge heart and is deeply invested in the health and wellness of the Big Sky workforce. He also volunteers as a Wellness Ambassador and is on the Leadership Council for our Be Well Big Sky initiative. He often hosts our Be Well Big Sky tent during our Music in the Mountains, offering a sober space for socializing at the event. Ben owns the Mountain & Canyon cab company and loves puppies.



## Fork & Spoon Bozeman United Methodist Church

BUMC has supported the mission of Fork & Spoon for many years. You can catch them volunteering every third Thursday each month. They bring fun nights throughout the summer with games, activities & live music for all the patrons! Their financial support is vital to Fork & Spoon as are all of our generous donors.



## Gallatin Valley Food Bank Donna West

Donna has been a constant presence at GVFB since 1995. She has helped an uncountable number of people who were hungry, without shelter, desperate or needing medical help. Those who feel alone in the world find a friend and fierce advocate in Donna. Customers know and ask for her by name, and she knows them. She spent three days per week doing intake and has an unsurpassed knowledge of the community's resources. She has also served on the Advisory Council for 28 years and served for many years on the HRDC board. Volunteer, advocate, friend, warrior, guardian—all these describe Donna, who has made service and people her life's work.



## Headwaters Area Food Bank Rande Mack

Rande worked in HRDC's weatherization program as an auditor for over seven years. After retiring from that position, he continued to make a difference in his community by volunteering with HAFB, which he has done now for nearly 8 years. Rande delivers senior boxes to folks in Manhattan and helps with grocery rescue every Monday. We love Rande and his fam!

# FOOD & NUTRITION STAFF

## GVFB:

Left to Right:

Kyla Crisp, Program Coordinator  
Jon Horn, Operations Manager  
Jill Holder, HRDC Food & Nutrition Director  
Lyra Leigh-Nedbor, Special Projects  
Kennison Spiering, Service Navigator  
Mathia Jacobson, Food Rescue Coordinator  
Laura Stonecipher, Programs Manager  
Jess Heagler, Volunteer Coordinator  
Nick Savage, Warehouse Coordinator  
Cally Ward, Garden Manager  
Olivia Smart, Childhood Nutrition Coordinator  
Rachel Salang, Outreach Coordinator



## HAFB:

Left: Emily Smith, Operations Manager

Right: Kathy Thompson, Operations Assistant

## BSCFB:

Left: Laine Hegness, Operations Assistant

Middle: Candice Brownmiller, Operations Assistant

Right: Sarah Gaither Bivins, Operations Manager



## F&S:

Left to Right:

Hunayf Pate, Executive Chef  
Eric Sellegren, Kitchen Assistant  
Jim Dean, Evening Lead and Sous Chef  
Andy Galloway, Program Manager  
Rachel Ariaz, Food Truck Lead  
Arielle Adams, Program Assistant  
Jennifer Treff, Front of House Coordinator  
Not Pictured:  
Kayla White, Kitchen Assistant  
Louisa Bryson, Catering Chef



# ADVISORY BOARDS

## HRDC BOARD OF DIRECTORS:

Scott Malloy	Kris Moos
Linda Young	Scott MacFarlane
Bill Berg	Peter Schmidt
Mitch Bradley	Gene Townsend
Penelope Pierce	Billie Warford
Bruce Grubbs	Amy Stix
	Pete MacFadyen

## BSCFB ADVISORY COUNCIL:

Pam Rempt	Robert Gerard Koehler
Jeremy Blyth	Christine Lugo-Yergenson
Lizzie Peyton	Anna Husted
Lucia Damberg	Seth Griggs-Ryan
Kathy Schauer	Betty Smithgall

## GVFB ADVISORY COUNCIL:

Dick Dowdell	Justin Varley
Jerry Johnson	Donna West
Judy Mathre	Mitch Bradley
Melissa Meredith	Rick Cameron
Joe Sofianek	

## HAFB ADVISORY COUNCIL:

Chuck Wambeke
Aimee Jones
Gene Townsend
Kevin King
Rhonda Uthlaut

## OUR FUTURE

### COMMUNITY COMMONS

*noun*  
land or resources belonging to or affecting the whole of a community.



#### MARKET PLACE

*noun*  
a central location where resources & services are shared.

#### HOMEWARD POINT

*noun*  
people or things that are oriented toward home or on their way home.

For almost 50 years HRDC has been committed to building a better community. Community Commons will be a service hub designed to allow us to better meet the needs of our customers. Located at 206 East Griffin Drive on 5.6 acres of land, Community Commons will offer two buildings, Market Place and Homeward Point. Our new home is designed to effectively deliver a variety of support services to our neighbors and was conceived in direct response to the growing needs of people living and working in Southwest Montana.

# MARKET PLACE



Market Place will be home to many HRDC programs that address hunger in our community, including our [Gallatin Valley Food Bank](#), [Fork & Spoon](#) pay-what-you-can restaurant, [Healthy KidsPack](#), [Kids Summer Lunch](#), [Senior Groceries](#), and more. Many other HRDC staff that work closely with our customers will also be relocated to Market Place.

While we provide a dignified and friendly service for our customers at 602 Bond Street, we know we can do better. Our current lobby is cramped and not as accessible as it should be. There is no privacy when a customer is sharing their personal story. There is no place for budgeting or nutrition training. We have no meeting space for customers or staff. Currently Gallatin Valley Food Bank and KidsPack utilize off-site storage for nonperishables and freezer storage. The Fork & Spoon is 2 miles away and we struggle to share inventory. Our truck and delivery access are limited and travel across our parking lot through customers which is both dangerous and inconvenient. The donation area is many times crowded and prohibitive to good donor service. Our parking lot is overflowing by over fifty percent.

A larger store will create a more cohesive shopping experience, one that doesn't feel rushed and overcrowded. Our new home will allow customers to access multiple interventions in one place at one time, meaning we reduce the amount of time customers are facing instability. A person can get something to eat immediately through our Fork & Spoon restaurant so they can make decisions with a clear head. Market Place will provide space for educational programming where classes will be held on nutrition, meal preparation, and financial planning. From an operations perspective, the food storage warehouse at Market Place will reduce staff and volunteer time moving food due to insufficient space, increase the utilization of food product, and decrease food waste. By the numbers we will go from 85 pallet spaces in our current facility, where we are forced to utilize off-site storage, to 750 pallet spaces in our new warehouse. The kitchen will allow HRDC to process more local produce helping our local economy while also getting the best possible food to our customers. There will be ample freezer and refrigerator storage so we can save those local beets and carrots for the depths of winter. This dream has been built not only to better serve our customers but with the entire community in mind. It will be a resource for decades to come.

# PAST, PRESENT, & FUTURE

**1982** .....

Gallatin Valley Food Bank (GVFB) opened its doors for Emergency Food Assistance in a little house on Mendenhall. 549 Households receive emergency assistance in the first year.



..... **1985**

The food bank moves to 803 N. Wallace, a 1,950 square foot building and remains there until 2001.

**2001** .....

The new building on Bond Street has twice the space as the Wallace building, increasing the square footage to 3,600.



..... **2005**

Expansion added to Bond Street building to accommodate the growing needs of our community. This increases our space to 5,000 square feet.

**2012** .....

With a 35% growth in need we begin utilizing off-site storage as well as mobile refrigeration. Space constraints are felt by customers, staff, and volunteers.



..... **NEXT UP  
2023**

Market Place at Community Commons! A hub of most Food & Nutrition Services and HRDC offices to improve the customers' experience.