



# BEMIDJI COMMUNITY FOOD SHELF JULY 2016 NEWSLETTER

See you at the Beltrami County Fair August 10-14!



## OPEN YOUR HEART SUMMER CHALLENGE

Most of us are fortunate enough not to have to wonder how we are going to get our next meal. Many are not as lucky. During July, the Open Your Heart to the Hungry and Homeless Campaign partners with Hunger Solutions to award matching grants to Food Shelves. This is especially important in the summer months when kids are home from school; visits are up, and resources for food shelves are dwindling. Please donate today to help us serve the higher numbers of families we see in the summer.

As part of the OYH Summer Challenge, during the month of July BCFS will be honoring those with certificates of appreciation who have "opened their hearts" to us and have volunteered 5, 10, 15 or more years.

### Am I able to donate locally-raised eggs to the food shelf?

Yes, please! But you must meet some requirements prior to donating, and the eggs must be handled and labeled according to certain rules. If you would like more information, please contact Mary at 444-6580.



### AmeriCorps

We were thrilled to again share an AmeriCorps team with the Headwaters Science Center from May 2 - June 30, 2016. The team was Cedar 5, a nine-member team led by Matt Teeter. They worked on the FARM planting onions, potatoes, irrigation, building raised beds, and also assisted with duties in the food shelf. We will miss them greatly and all their help, especially since we learned that, although our application was approved, we will not be hosting a Round III team this year. **This means that FARM volunteers are needed more than ever to weed and harvest our produce. Please contact us at [bcfsgarden@paulbunyan.net](mailto:bcfsgarden@paulbunyan.net) if you would like to volunteer on the FARM.**

## PRESIDENT'S REPORT

“Sing praise to the Lord, all you faithful; give thanks in holy remembrance.” Ps. 30:4

This summer is a busy time here at the food shelf. The soil has been turned, 200+ pounds of seed potatoes and onions and carrots have been planted, along with buckwheat to enrich the soil. With the help of the people from the DAC, the raised beds have been planted with a variety of herbs and vegetables.

Every Monday, Wednesday, and Friday we need from 10-20 volunteers to operate the food shelf when we are open. You can also find volunteers coming to help On Tuesday, Thursday, and various evenings and Saturdays. We need each and every one who stands up to help, be it an individual or a group, especially in the FARM during the time of planting, weeding, and later on this summer to harvest the crops that God provides. Mary has given us a list of ways that you can help BCFS. [Check it out on page 3 of our Newsletter!](#)

July is a special month for the Food Shelf! During July, the Open Your Heart to the Hungry and Homeless Campaign partners with our statewide organization Hunger Solutions to award matching grants to Food Shelves based on our July donations. Please consider this as a special time to make a donation to the Bemidji Community Food Shelf.

Along with Paul's prayer, we here at the BCFS give thanks for your financial support and the work of hundreds of volunteers who have enabled us to serve the food needs here in Beltrami County for the past 31 years. We have been seeking ways to recognize and honor the service of our volunteers. Throughout the month of July, we are going to recognize those who have volunteered for 5, 10, or 15 years or more. Along with a certificate of appreciation, we will be inviting them to join us for a special thank-you and treat.

In the midst of our growing pains, new opportunities, and challenges, we are reminded that as a faith-based non-profit, we need to keep the eyes of our heart enlightened, knowing this is the hope to which God has called us. We do not

do what we do by ourselves, but as a community, and I believe that God is able to do far more than we can understand, or do. So, we move forward knowing that we do not walk alone.

*Bill Beyer, President BCFS*



### BCFS Strategic Planning Session

On April 9, 2015, 19 people including several board members, volunteers, and interested community members participated in a strategic planning “visioning retreat”. The resulting document and recommendations will guide us as we move forward in the coming years. The retreat was facilitated by Mary Overlie. Mary Overlie works at Trek North and is a certified facilitator of the Technology of Participation.

If you would like to view a copy of our strategic plan, please go to our website: [www.bemidjifoodshelf.org](http://www.bemidjifoodshelf.org). In addition, we are forming some committees to assist with the management and governance of the food shelf. If you are interested in participating and would like more information, please call the food shelf and ask for Mary.

### APPRECIATION ICE CREAM SOCIAL AUGUST 21ST

Our ice cream social was such a hit last year that we have decided to make it an annual event. We invite all volunteers and food shelf supporters to attend. The “create your own sundae” event will be held outside in the raised bed garden area behind the warehouse from 2-4 p.m. Please park in the area by the mural and walk in through the gate. In the case of inclement weather, the event will be held in the food shelf kitchen and waiting room. Tours of the FARM will be available.

## Northwest Minnesota Foundation Grant

BCFS recently learned that it will receive a second grant from the Northwest Minnesota Foundation to extend the FARM manager position and pay an assistant manager. New programs like the FARM project are especially vulnerable, so this will help lend stability to the FARM project as it moves forward. Chris Tower is the FARM manager and Candy Barthel is the assistant manager. Congratulations and thanks are due to Lin James and her fine grant-writing abilities.



## Raised Bed Projects

Two separate BCFS raised bed projects are underway in the community:

- The BCFS Community Raised Bed Project is in its second year. This year, ten new beds are being placed with low income families. Coordinator Lin James is also working with the recipients of last year's beds to again plant, nurture and harvest their produce. "Cooking Matters", a multi-session class for raised bed participants, may again be

offered in the fall for those participating.

- The second raised bed project is a fundraiser for the FARM. Spearheaded by Jack Judkins, the two sizes of box-style beds were available for donations of \$60 and \$120, including soil.

## How can you help the Bemidji Community Food Shelf? Let me count the ways.....

- **Our Family Barcodes:** Bring in clipped barcodes. We send them in and get a five cent rebate per label for the food shelf.
- **Plastic Shopping Bags:** We will take your used plastic shopping bags. Bags should be standard size, clean, and without holes.
- **Books:** Did you know we have a shelf with free books? We especially need children's books right now.
- **Leaves and Grass:** The FARM will use your leaves to grow food! Please drop them off inside the gate near the warehouse. If the gate is locked, please leave your bags outside the gate.
- **Legacy Gifts:** Please consider remembering BCFS in your will.
- **Volunteer!** Join our fun family of volunteers! Interviewing, store, cooking and warehouse positions available. Call us 444-6580
- **Donate** money and food: Donations are welcome year around and are especially needed during the summer. You can donate by mailing

or dropping off cash or a check, or by using PayPal or GiveMN on our website or our Facebook page.

- **Donate clothes to Value Smart** and consign them to BCFS.
- **AmazonSmile:** When you order through Amazon (and who doesn't?) you can use AmazonSmile and designate a donation to BCFS each time you make a purchase.
- **Thrivent Choice:** If you are a Thrivent member, you can designate that your Thrivent Choice dollars go to the Food Shelf.

**The food shelf is not taking egg cartons at this time.**

## SNAP Outreach

We are seeking a church, community group, or individuals to take on the mission of assisting people to fill out SNAP benefit forms (formerly called "food stamps"). Please call Mary at 444-6580 for more information.

*A big **THANK YOU** to our partner stores:*

**Lueken's Village Foods,  
Marketplace Foods,  
Harmony Natural Foods,  
Walmart, Target, Big Apple  
Bagels, TNT Tastery,  
Northdale Oil and Raphaels!**



**Bemidji Community Food Shelf (BCFS)**

**Newsletter/JULY 2016**

1260 Exchange Avenue, SE

Bemidji, MN 56601 (218) 444-6580

[bcfs@paulbunyan.net](mailto:bcfs@paulbunyan.net)

Hours of Operation:

MWF 10:00 a.m. – 3:00 p.m. and

10:00 a.m. – 5:00 p.m. Every Third Monday

**We're on the Web!**

[www.bemidjifoodshelf.org](http://www.bemidjifoodshelf.org)

**and find us on Facebook!**

**Bemidji Community Food Shelf  
Contribution Form JULY 2016**

Mail completed form and your tax-deductible contribution to:  
BCFS, P.O. Box 3118, Bemidji, MN 56619-3118

Here is my tax-deductible gift of \$ \_\_\_\_\_ to support the work of the Bemidji Community Food Shelf.  
(Please make check payable to: BCFS)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ I am interested in volunteering.

**Thank you for your support  
During the OYH July  
Challenge!**

\_\_\_\_\_ I am interested in becoming a monthly (sustaining) supporter.

(See [www.bemidjifoodshelf.org](http://www.bemidjifoodshelf.org), and click on an amount; then click on  
"Donate Now".)

\_\_\_\_\_ I am interested in supporting The FARM at BCFS.

\_\_\_\_\_ Please contact me with information about making a Legacy Gift to the BCFS.

\_\_\_\_\_ I wish to receive future newsletters via email.

Telephone/Cell: \_\_\_\_\_

Email Address: \_\_\_\_\_