



**Special Interest
Articles:**

- Share your garden bounty
- March FoodShare Ranking
- Extension Services

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*Location: 310 4th Street, Bemidji (across from City Hall)
Mailing address: PO Box 3118, Bemidji, MN 56619
Phone: 444-6580
Open: Monday, Wednesday, Friday 10:00-3:30 and
the third Monday of each month until 7 PM*



History and Mission

The Bemidji Community Food Shelf (BCFS) was established in 1982 as a non-profit, 501(c) 3, interdenominational organization sponsored and directed by over 20 Bemidji Area churches. In 1988 BCFS moved from a small room in one of the volunteer churches to 722 Beltrami Ave and then in August of 2004 to its present location at 310 4th Street. BCFS is committed to feeding people in the Beltrami County area who find themselves in some emergency situation. Typically, the food shelf serves people who are temporarily without income, those who are waiting for help from a social service program, the working poor, people who lost their homes to fire or other catastrophes, and people who have unexpected expenses, such as a medical or home repair bill.

In most cases, a person or family may request a food box from the Food Shelf up to **5 times per year**. A typical food box will include enough food for 3-5 days. Contents of the food boxes vary but may include eggs, fruit juice, fruit, vegetables, beans soups, pasta, rice, meat, milk, margarine, cereal and bread. Our funding comes from donations by churches, community organizations and individuals plus grants we submit throughout the year. We are not supported by tax dollars. We do purchase additional food from the North Country Food Bank in Crookston. We also receive products from the Dept. of Agriculture through their USDA program at the food bank.

It's Garden Season!

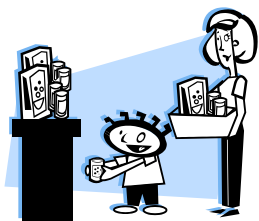
Remember when we asked you to "plant a row" for the food shelf? Well, hopefully your garden is producing well and you have some extra produce that you can share with the needy folks in our community. We have been receiving some nice cucumbers, lettuce, rhubarb, and other items from local gardeners already. Please don't let good food go to waste. Just put it in a box or bag and drop it off at the food shelf on Monday, Wednesday or Friday. If those days don't work for you just give us a call and we will work out a time that's convenient for you.



Items we can always use!

We are often asked by donors what it is that we need the most. The following items are ones that we often run short on and can always use. Watch for them to go on sale.

Tuna, Saltine Crackers, Rice, Hot and Cold Cereal, Mac and Cheese and Peanut Butter.



18 local churches provide over 125 volunteers who keep the BCFS running smoothly.

On-going Volunteer EffortsEach day, hunger is experienced in every community across this country. In fact, our network feeds over 37 million neighbors each year. Ending hunger in America depends on the volunteer work of literally millions of Americans who know that they can make a difference. Its simple - get involved today - and get your family and friends involved.

- Organize a food drive in your organization, church or neighborhood
- Check to see if your church is part of the BCFS...if not, volunteer to be a contact for your church making a commitment to join our board.
- Donate magazines, children's books, plastic bags, "Our Family" labels, empty computer ink cartridges, cash or food on a regular basis
- Volunteer at the Food Shelf Garden or donate your extra vegetables
- Invite us to speak at one of your gatherings to build a better understand of what we do

Successful Campaign

As you know last March we conducted our annual campaign because that is the month we can receive additional funding according to the totals of food and cash we receive. For the last several years we have gradually increased the community awareness and each year the Bemidji area residents have helped us move up within the ranks of other food shelves. Despite the economy, this year was no different. Within the food shelves in the North Country Food Bank's area we ranked number one in donations! The real feather in our cap was that of the 270 participating food shelves ranked by their 2010 March Campaign totals we ranked number 15! That is amazing and all of us at the Food Shelf want to thank everyone in Beltrami County for their terrific support. The totals we accumulated this year rewarded us with a greater share of the supplemental funding collected by Minnesota FoodShare. The ranking is strictly a friendly competition, but we coordinators thrive on it. Each year they honor the top ten food shelves and of course that is our next goal! Start thinking of ways you can promote the March campaign in your churches, organizations, work place, or neighborhoods. Together we can put the BCFS right up there in the top ten!



Did you Know?....

Value Smart, a Bemidji Consignment store will accept items that you no longer want and the proceeds from those sales will go to the BCFS.

The store accepts all kinds of used items including dishes, furniture, toys, hardware, tools, and clothing. Please be sure it is clean and in good condition. You are allowed to drop off two bags or boxes from Wed – Sat from 9-4. Mark the boxes clearly with **#3250** and let them know it is for the food shelf.

Other Ways to Help!

You can now donate on-line and print your receipt immediately! Just go to the BCFS web-site and click on the donate button! Or if you have friends or relatives that live out of town, but have an interest in donating to a worthy cause, they can do so just by turning on their computer! Donations can be made in memory or honor of someone too!

Thanks to a wonderful volunteer we have a website that provides a great deal of information about the food shelf. There is an events page to keep you up to date on activities, the newsletter is attached, and there are links to several sites with data on hunger issues. Right now we have an interesting video about the Food Shelf Farm for you to view!

Just do a Goggle search for the Bemidji Community Food Shelf and then bookmark the site so that you and return periodically to see changes!

See us at:

<http://www.paulbunyan.net/bemidjicomunityfoodshelf/>



Help raise money for the food shelf by saving UPC barcodes for cash! When the food shelf receives a check it will be spent directly on additional food to put on the shelves. It's amazing how quickly they add up! Save your "Our Family" UPC barcodes on any of the 2000 items found in our local groceries and the food shelf will earn \$25.00 for each bundle of 500 we send to the company.....It's that easy!



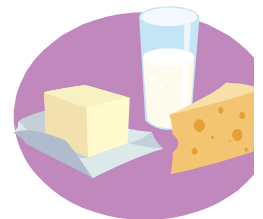
Come and Learn with us!

The Bemidji Community Food Shelf is proud to announce that **Susanne Rabel**, a Nutrition Education Assistant from the University of Minnesota Extension Nutrition Education Program will be holding a display at the Food Shelf two times a month on the third Fridays and the fourth Wednesdays. She will begin on November 20. All community members are invited to drop in between 10 AM and 3 PM to see her display. Displays are often hands-on; have "take-home" information with recipes; and food samples available.

Some brief items participants may learn from the displays are:

- how to plan healthy, balanced meals based on the USDA Dietary Guidelines and MyPyramid
- how to handle and prepare foods safely
- how to make nutritious meals from ingredients they have on hand (or receive from the food shelf)
- how to use food dollars and resources to get more for their money ("stretch their food dollars")
- how to avoid running out of food before the end of the month

The SNAP-Ed program in Beltrami County is part of the University Of Minnesota Extension and funded by the United States Department of Agriculture (USDA) and supported by collaborative efforts with many community partners.



Extension Office Article

Tomatoes

Summer brings bright red delicious tomatoes. Their red color means more than flavor. It also means nutrition! Tomatoes are great sources for vitamins A and C. Tomatoes are also the best source of lycopene. Lycopene is a powerful antioxidant that helps slow down or prevent damage to your body's cells. This may help decrease the risk of infection and cancer.

Foods made from tomatoes are very high in lycopene. Tomato soup, spaghetti sauce, pizza sauce, tomato juice, vegetable juice and taco sauce are actually higher in lycopene than fresh tomatoes. The cooking process helps release lycopene from fresh tomatoes. Spaghetti sauce can have 6 times more lycopene than the same amount of tomatoes. Eating more of our favorite foods is good for us!

Enjoy both fresh tomatoes and tomato products for a healthy diet!

More tomatoes

- Enjoy Italian dishes such as lasagna and spaghetti.
- Add canned diced tomatoes to cooked macaroni. Try a variety of flavors – tomatoes with basil, tomatoes with green chilies, or tomatoes with green pepper, celery and onions.
- Add a slice of tomato to your grilled ham and cheese sandwich.
- Have a glass of tomato juice or vegetable juice.
- Serve chopped tomatoes with cottage cheese.
- Enjoy tomato salsa on tacos, quesadillas, salads or scrambled eggs.
- Serve a bowl of tomato soup or chili for lunch.

Tomato-cucumber Salad

4 large tomatoes, chopped into bite-sized pieces
4 cucumbers, chopped into bite-sized pieces
¼ cup fat free mayonnaise

¼ cup light sour cream
3 tablespoons dry dill weed
dash of garlic powder

Place chopped tomatoes and cucumbers in a large bowl. Combine mayonnaise, sour cream, dill weed and garlic powder together in a separate bowl. Pour dressing over tomatoes and cucumbers. Stir gently to coat vegetables.

Broiled Tomatoes and Cheese

3 large, firm tomatoes
1 cup cottage cheese, low fat
½ teaspoon dried basil

1/8 teaspoon black pepper
¼ cup plain bread crumbs
Vegetable oil cooking spray

Wash tomatoes and cut in half. Mix cottage cheese, basil and pepper. Spread cheese on tomato halves. Sprinkle with bread crumbs and spray with cooking spray. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Source: University of Minnesota Extension *Food Bytes*, August 2007

Meet our Interviews: June Roxstrom and Debra Hawthorne

My parents were Delmore and Sophia Urvig and I was raised in Mahnomen, MN along with 3 sisters and 1 brother on a very small farm and we were poor but life was good. After graduation, I moved to Mpls and worked at a Co. as a Mail Clerk. A little farm girl moving to the big city was quite an experience but I enjoyed the time I spent there. After a year in Mpls, my Dad asked me to come home and take care of my Mom who was terminally ill with cancer. This was a very sad time in my life as my Mom only lived for 3 months. I met and married Marv (Rocky) Roxstrom on 4-9-1960 and moved to Moorhead, MN. We had 4 children, 2 boys and twin girls. In 1965 we moved to Bemidji and rented an apartment for one year and then built our home where we have lived ever since. I worked at different jobs after the kids entered school---Country Club, Elks Club and the Backyard Restaurant. About 2001, I started volunteering for the Food Shelf when it was at the old church. Shortly after, I started interviewing when needed and discovered it was a job I really enjoyed. I was the "back-up" interviewer until we got the "dreaded" computer. I know I was dragging my feet as I had my doubts about being able to interview and put the info in the computer at the same time but as time went by, it got easier and I now see it will be a time saver. My family has grown as we now have 5 grandchildren, one who lives with the Lord, 2 step grandchildren and one great-grandson who is so smart at 21 months old. I have a granddaughter getting married in Aug. and life is good.

June Roxstrom

I was born on the White Earth Indian Reservation, the youngest of Ann and Jim Pederson's ten children. My father was a lumberjack. My mother worked in a poultry factory. When I was ten, I moved to Minneapolis with my mother and a brother (the older kids were out of the house or in Vietnam). I began working as a babysitter at twelve and became a tutor for the neighborhood youth corps at fifteen. By seventeen, I worked in an office at San Diego State University. By nineteen, I was bonded and cleaned three banks every night, while living in El Cajon, CA. Then I stayed home and raised five children, but when the baby was old enough to go to school, I started my own cleaning business in the Minneapolis area. I discovered that my children and I could survive quite nicely when my first husband moved on after twenty years of marriage. Four years later, I married the love of my life and we moved to the Bemidji area. We bought a shack on fifteen acres where we garden, cut wood and perpetually fix things as the seasons go by.

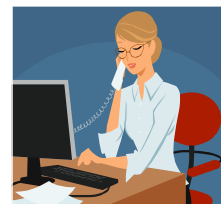
I worked as a certified nursing assistant at the Jourdain/Perpich nursing home in Red Lake for three years and as a specialty seamstress at Anderson Fabrics for four years. I took a year off to have surgery and write down my life story. Then I started working as an interviewer at the food shelf and entered college at Bemidji State University. That was five years ago and I'm very proud to say that I just graduated Summa Cum Laude with a BFA in creative writing and Indian Studies with a minor in Women's Studies. My goal as a fifty-something woman is to be able to write stories to aid in healing myself and others from those tragic bumps that are inevitable in life---or at least in a life where one dares to take risks.

I have six children, four grandchildren and one on the way. I enjoy living life and try to be grateful for the gift of life by treating all creation with respect and honor.

Debra Hawthorne



June and Debra



One interviewer is on duty at the food shelf when it is open. She is responsible for that day's business and screens each client as they come for a visit recording the required information on the computer. Other duties include collecting and recording all of the cash donations, supervising the volunteers, and handling all day to day issues that may arise.



We'll recycle your old ink cartridges!!!!

The food shelf has an OfficeMax perks account that can be used to help pay for our printing costs. When we purchase items or if we turn in old ink cartridges we get reward credits that can be used towards our next order. It is amazing how fast these add up and help us a great deal. Every dollar we save on office supplies and printing costs is a dollar we can spend on food! Just put your old cartridges in a small plastic bag and drop them off at the food shelf and we'll recycle them.

We do use a lot of paper in the day to day operation of the food shelf. If you ever have an extra ream that you feel you could donate it would be greatly appreciated. We use mostly white, but for an occasional poster we can use colored sheets.

The Executive Board for the BCFS includes:

President: Bill Beyer
Vice-Pres: Nancy Streightiff
Treasurer: Lori Brama
Secretary: Deb Heineman
Coordinator: Carolyn Hegland
Manager: Myrtle Smetak
Interviewers: Debra Hawthorne
June Roxtrom

Need a speaker?

If your organization or club needs a speaker and would like to hear more about the BCFS we would be glad to attend a meeting and share information with your group.

About Our Organization..

Many new faces are appearing at area food shelves. Children and senior citizens are among the growing number of needy being affected by high food and fuel prices, unemployment, rising medical and prescription expenses and a multitude of other factors. Minnesota Hunger Partners said one in 17 Minnesotans rely on a food shelf at least once during the course of a year. Together we can make a difference in our community. No one should suffer from hunger when we have the means to help. Please consider becoming a "Friend of the Food Shelf".



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(218-444-6580)

E-MAIL:
bcfs@paulbunyan.net

*"Live simply, so
that others may
simply live"*
-Mother Theresa

We're on the Web!

See us at:

www.paulbunyan.net/bemidji_communityfoodshelf

or just "Google" us!

Yes, I would like to become a "Friend of the Food Shelf" and receive regular mailings or e-mails to keep me informed.

Name _____

Address _____

E-mail address _____

Please mail this form to the following mailing address or drop it off at the food shelf.

BEMIDJI FOOD SHELF
PO Box 3118
Bemidji, MN 55619