

February 7, 2011



**BCFS
Newsletter**

**Special Interest
Articles:**

- March Food Share
- Hunger Facts
- 2010 Statistics



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Location: 310 4th Street, Bemidji (across from City Hall)

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Open: Monday, Wednesday, Friday 10:00-3:30 & the third Monday of each month until 7 PM



March FoodShare



Each March, Minnesota FoodShare directs the March Campaign, the largest food drive in the state and restocks 300 food shelves across Minnesota. It recruits thousands of congregations, companies, schools and civic groups to run local food and fund drives to aid in the effort. Last year the campaign raised a record

9.1 million pounds and dollars for Minnesota's food shelves.

Minnesota FoodShare organizes a statewide media campaign to promote food shelf donations. It produces and distributes [free](#) promotional and educational resources for food drive organizers. It acts as a clearinghouse for cash donations and distributes the funds to participating Minnesota food shelves. Throughout the year, Minnesota FoodShare advocates on behalf of hungry Minnesota families with both state and federal lawmakers and educates the public about hunger in Minnesota. The Bemidji Community Food Shelf relies on the March Campaign to raise approximately half of its yearly budget in order to provide food for clients through the rest of the year. There is not another major food drive until the November Stuff-a-Truck event.

How can you help?

March FoodShare gives you a perfect opportunity to get “more for your money” when you donate to your local food shelf. A direct cash donation helps the most because the BCFS can purchase food at the North Country Food Bank at a greatly reduced price. However, we appreciate other types of donations also. Other options are listed her for you. Any of these or similar activities will all help.

Use this opportunity to involve your family in an activity to help others.



- Hold a food drive at your place of work, church, in your neighborhood or through an organization to which you belong.
- Invite your friends to a pot-luck at your home and have them bring a dish to share as well as food items or cash donations for the food shelf.
- Save your pocket change every day in March in a soup can and encourage your children to do the same. Donate the contents to the food shelf at the end of the month.
- Make a donation-in-kind of a service you could provide as a business such as carpet cleaning, office supplies, carpentry projects, postage, printing, or other such necessities we normally pay for during the year.
- Instead of a family night at the movies spend an evening at home with your children playing a board game. Donate the price of the movie, popcorn and pop to the food shelf.
- Use your imagination to collect food or cash and share your idea with us when you bring in your donation so we can share that with others.

Yet another way to help!

March is a good month to start your spring cleaning and help the food shelf at the same time!

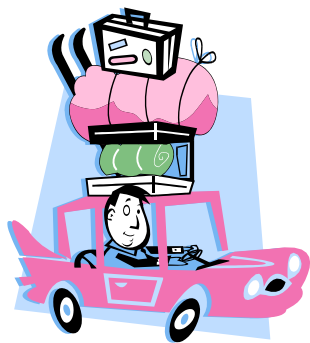
Value Smart, a Bemidji Consignment store will accept items that you no longer want and the proceeds from their sale will go to the BCFS.

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.

Value Smart is located south of Bemidji on Highway 71, at 144 Peaceful Meadow Lane SE near Calvary Lutheran. Call them with any questions at 755-9200.

You can ask for a donation receipt for tax purposes. The food shelf will collect funds from Value Smart at the end of March to use for an increase in our incentive grant.

We want to thank Julie and Ray Ricci for providing this service for BCFS.



Looking back in 2010

Last year BCFS took a leap of faith by increasing the number of times a client could visit from 4 times a year to 5. In extreme emergencies some were given a 6th visit with a voucher from Churches United. As in the past our community came through for us and donated more than enough food and cash to cover the increase in demand.

2010 Statistics

<i>Total Families Served</i>	5,949
Ages 0-17	9,761
Ages 18-65	10,092
Age over 65	567
<i>Total Individuals</i>	20,420

These statistics are a cumulative total. Numbers indicate families that made more than one visit. Nearly half of our clients use only one or two visits per year when they encounter some type of an emergency situation.

Food Distributed 316,527 pounds



2010 Fact Sheet: Hunger Affects Everyone

- In 2009, there were about 3 million food shelf visits statewide and 61 million pounds of food were distributed to Minnesota families by food shelves.
- From 2008 to 2009, there was a 24 percent increase in food shelf visits in Minnesota — the largest recorded increase in 28 years.
- Child visits to food shelves in Minnesota increased from 191,756 in the first quarter of 2008 to 236,652 in the same period in 2009.
- In 2009, almost 14 percent of Minnesota households did not have enough money to buy food.
- In the Twin Cities metro area in 2009, more than 18 percent of households with children struggled to purchase food.
- Hunger touches people of every age: 56 percent of food shelf visitors are families with children and 20 percent are seniors.
- More than 50 percent of adult food shelf visitors are employed and 65 percent make less than \$1,000 a month, not enough income to cover their basic needs.
- Of those who use Minnesota's food shelves, 47 percent of adults and 14 percent of children skip meals because there is not enough food at home.
- From 2000 to 2009, food shelf usage almost tripled — from more than 1 million visits to almost 3 million visits annually.

35% of clients report having to choose between buying food and paying rent.

"It saddens me to think that there are children in America who are hungry every day of their lives. No one can live — and grow — without such a fundamental necessity as food. If we Americans reach out to our own communities, we could end this crisis."

~ Country singer Tim McGraw

Sources: *The State of Hunger in Minnesota (2005): Hunger Solutions Minnesota/Wilder Research; Survey of Food Shelves (2006): Quarterly food shelf reports, (2008); Children's Defense Fund Minnesota, (2007); State of the States*

(2007): Food Research and Action Center (2009); Hunger Partners. Rev 2/10



"I look forward to being the treasure for BCFS, putting my education and experience to good use.."

Meet our new Treasurer

I was born in Bigfork, Minnesota one cool April day to a family of seven children. I grew up by Mizpah, MN., and graduated from Northome High School. I was raised as a farm girl until the folks quit farming. Then I did babysitting and spent a summer working at a resort. After graduation I spent the first summer living with my Aunt and working as a waitress in Fort Wayne, Indiana. For a small town country girl, that was a big trip. The next year I married my high school sweetheart. I worked at a nursing home in Kelliher until he graduated from BSU in education and we moved on to Cyrus, MN. I then decided to stay home and raise the family for twelve years. During that time I was blessed with three children, active in church, Sunday School, volunteer work, and coffee time whenever the other stay-at-home moms and kids needed a visit. After four years in Cyrus, we moved on to Aurora, MN. For us, moving from a farming area to the Iron Range was like changing countries. It took several years to adjust to the different nationalities and life styles of people we met. Once our youngest started school, I purchased the Aurora A & W Drive In which I operated April through September for nine years. It was excellent work experience for our teenage children. During that time, I also attended and graduated from Mesabi Community college majoring in accounting. I then earned my Bachelor Degree in Business Mgmt. from BSU attending evening classes. My life was business, going to college, church and city volunteer work, and raising three active children. After nine years we sold our business and I worked in a bank. Later that year I started working for the Minnesota State Lottery Region 1 office in Virginia. We sold our home in Aurora and moved to Virginia. I also was the Financial Secretary for Our Saviour's Lutheran Church. I worked at the Lottery Office for 18 years and then retired.

I moved to Bemidji three years ago, and have been enjoying retirement. We have six grandchildren, a big garden and flower bed, a large lawn to mow, and my husband and I go camping, fishing, and biking in the summer. I work with the church quilters, and like to keep busy with sewing, knitting, crocheting and glass work. I look forward to being the treasurer for BCFS, putting my education and experience to good use. Life is good!

Edith Hoyum

Herbergers Community Day Sale

The food shelf will be selling \$5.00 coupon books for the Community Day Sale at Herbergers. The booklet includes a \$10.00 off coupon and several other % off coupons to be used on Community Day. The food shelf will sell these booklets until March, and use the proceeds earned from selling the coupons booklets for the

Minnesota Food Share campaign.

You can pick those up at the food shelf or from one of our board members.



"Act as if what you do makes a difference.

It does

~William James.



Meet our new Coordinator

Hello, I'm Randy McKain, the new Coordinator of the Bemidji Community Food Shelf. I was born and raised in a small farm community in Kansas. I received my undergraduate degree from Sterling College and my masters degree from Wichita State University. My family moved to Bemidji in 1998 when I accepted the youth pastor position at the Evangelical Covenant Church. I served in this ministry until the fall of 2005.

After my tenure as a youth pastor I have been a day treatment provider for Stellher Human Services in Park Rapids and then I was the Program Director of the Evergreen Youth Recovery House until the program closed this past August. Currently, I am working several part time jobs to hopefully equal full time. This is a new experience for me and it keeps me quite busy.

I have been married to Mishelle for 28 years and have three grown children and one grandchild. Our oldest son Josh lives in California and is working in Los Angeles at a clothing store and warehouse; our middle daughter Bethany is an RN and lives in Bemidji with her husband Richard and our two month old grand-daughter Layney, and our youngest son is on staff in Germany with Youth with a Mission (YWAM).

In my spare time I enjoy watching sports, gardening, outdoor recreation, and spending time with my family.

As I have begun to "fill the shoes" of Carolyn, I am amazed by the variety, quality and quantity of all that she has done. However, I have found that keeping "the mission" of the food shelf in mind as I plod along is a great benefit. Our mission is simply to provide emergency food to families or individual who have short-term emergency food needs. Given our economy and the struggles that so many of us face these days, this is a great asset to one another and to our community. In the book of Galatians we are told to "bear one another's burdens." This can be visualized by a parable in the book of Matthew, chapter 25, where we find the story of the Sheep and the Goats. In this story, the King tells those on his right that they are blessed and can take their inheritance in the kingdom that has been prepared for them since the creation of the world. However, the righteous respond by saying;

"Lord when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or in need of clothes and clothe you? When did we see you sick or in prison and go to visit you?" The King replies; "I tell you the truth, whatever you did for one of the least of these brothers of mine, you did it for me."

So, as we move toward the future together, it seems to me that the food shelf is one of many ways to care for our brothers and sisters in this community

May the Lord bless you and may many joys come to you in the New Year as we continue to serve our neighbors in Jesus name.

Randy McKain
Coordinator, Bemidji Community Food Shelf



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

Applebee's Pancake Breakfast

We will be having another fundraiser at Applebee's this year. On Saturday February 26th from 8 until 10 AM you may enjoy a pancake breakfast for only a \$5.00 donation to the Bemidji Community Food Shelf.

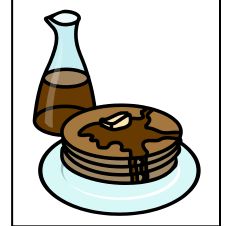
We are allowed to keep the funds we raise

which we will use towards our Minnesota Food Share Campaign.

We want to thank the staff at the restaurant for all they do to help us with this project. The food and their time are donated for such fundraisers. Tickets can be purchased in advance at the food shelf

or at the door.

If you cannot attend consider buying a ticket that we can give to someone who may need a good meal. You could help someone in need and the food shelf at the same time by simply purchasing extra tickets.



The Executive Board for the BCFS includes:

President: Bill Beyer
Vice-Pres: Nancy Streightiff
Treasurer: Edith Hoyum
Secretary: CJ Fisher
Coordinator: Randy McKain
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" Stop in and see us!

We're on the Web!
See us at:
www.paulbunyan.net/bemidji
communityfoodshelf

BEMIDJI FOOD SHELF
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