

It's Easy to Take Food for Granted

Nearly 70% of Interfaith food shelf guests live in households that qualify as extremely low income.

The ease of grabbing a protein bar from your pantry each morning. The certainty of having dinner waiting for you when you come home from work – and leftovers for tomorrow's lunch.

We've all felt the pangs of hunger, but we also may have taken for granted the ease and certainty of having food around whenever we want or need it.

For many of our neighbors, it's not as simple. In fact, last year Interfaith's food shelf served nearly 2,700 individuals who needed food. They're experiencing what we call food insecurity, which is limited or unreliable access to adequate food.

How or why does hunger – food insecurity – happen?

Well, the reason is different for everyone.

One leading factor is lack of income. Nearly 70% of our food shelf guests live in households that qualify as extremely-low income – less than 30% of the area's median income.

Once the rent or mortgage is paid, there is only a few hundred dollars remaining, at most, to cover groceries, bills and other expenses.

Another factor is disability, which can come with persistent healthcare-related expenses, limited income

opportunities, and barriers to reliable transportation.

Divorce, illness, unexpected emergencies (like major home or car repairs) and so many other circumstances can also lead to food insecurity.

But the common thread – and the core of Interfaith's mission – is that everyone's basic needs must be met.

This spring, we hope you'll choose to support Interfaith – and help meet our neighbors' basic need for food as we recognize the Minnesota FoodShare March Campaign and our annual Prevent Hunger effort.

Whether you sign up to volunteer in our food shelf, coordinate a group food drive or make a financial gift to Interfaith's programs, you're helping us create a strong and vibrant community.

And we don't take that for granted.

With gratitude,

Kevin Ward
Executive Director



Providing Food for EVERYONE

With your support in 2022, the Interfaith food shelf distributed 683,268 pounds of food and household goods. It made mealtimes possible for:

1,139
PARENTS/CARETAKERS

996
CHILDREN

323
SENIOR CITIZENS

107
VETERANS

Please help us continue to prevent hunger in our community. Your support not only provides access to food, but housing support, employment coaching, child care connections and other critical services and programs.



MAKE A GIFT
Scan the QR or visit
IOCP.ORG/PH

A Lifeline During the Toughest Times

For many Interfaith clients, one unexpected life event changes everything.

Keenan was one such client.

A single father working in Plymouth but living in Minneapolis, Keenan was in the process of obtaining a teaching license when his apartment required repairs.

He couldn't stay, but he also couldn't get out of his lease. For the wellbeing of his young daughter, Keenan knew he had to leave – even if it meant making a second rent payment to live somewhere else.

Eventually, he found an apartment in Plymouth. He also found himself falling behind on rent and other bills.

"That was one of the toughest times of my life," Keenan recalls. "I struggled to stay ahead."

Keenan felt he had exhausted all his personal resources when someone referred him to Interfaith.

"I'm kind of a pride person and don't like asking people for help," Keenan explains, "but I was like 'okay, let me go down there and see what they have to offer.'"

From family support to food to employment coaching and more, Interfaith's programs, services and staff provide critical support to neighbors in times of hardship.

"I will always remember what the Interfaith community did to help me."

Keenan was connected to a case manager who made it possible for Interfaith to meet his and his daughter's basic needs – including food from the food shelf.

"That was the lifeline I needed," he says of his time as an Interfaith client.

And community members like you make it possible for us to be that lifeline.

Today, Keenan is an educator, a master's degree holder, and the founder of a nonprofit organization. But just as notable is what he learned from this difficult chapter of his life story.

"Coming out of Interfaith taught me a lot about being grateful, being humble, and knowing that it is okay to ask for help," he confides. "My duty now is to give back to society in any way, shape, or form. I will always remember what Interfaith and the community did to help me. For that reason, I have no choice but to give back."

Mark Your Calendars: Girls, Glamour & Giving is April 27

Interfaith Outreach & Community Partners' Girls, Glamour & Giving (GGG) event is back!

The event will take place April 27, 2023, at the Metropolitan Ballroom & Clubroom in Golden Valley from 5:30 to 9:00 p.m.

GGG is an evening of fun, fashion, friendship and philanthropy. Attendees will enjoy:

- Curated outfits and accessories from our Resale Select store that will be available to buy
- Vendors with a variety of merchandise to delight any shopper
- Wine tasting and heavy hors d'oeuvres buffet
- And much more!

Proceeds from GGG help strengthen our community by equipping 1,700 local families – more than 5,700 individuals – to achieve stability each year. We hope to see you there!

Interested in attending with a group of family, friends or coworkers? We invite you to reserve seats for you and your guests with our table host and sponsorship opportunities. For information, visit iocp.org/ggg23 or contact Kelley Burfeind at kburfeind@iocp.org.

GIRLS,
GLAMOUR
& Giving
Interfaith
Outreach



SPONSOR OR HOST
Scan the QR or visit
[IOCP.ORG/GGG23](https://iocp.org/ggg23)

With Increased Prices Comes Increased Need

Last year, Interfaith's food shelf served 926 west metro households and distributed 683,268 pounds of goods.

When measured by weight, 74% of the food and other household goods come from community donations. But the remaining 26% is purchased from food banks and other partnerships.

"Food banks, like Second Harvest, purchase the food in large quantities. Then they basically act like a wholesaler and distribute it to the various community food shelves," says Food Shelf Manager Patrick Felker.

The goal is getting the best food from these sources at the best price, but with sustained inflation of food prices over several months, this has become more of a challenge, Felker says.

According to the U.S. Bureau of Labor Statistics, food prices in the Twin Cities metro increased as much as 14% in the last year – more than any other consumer item category.



"This inflation has impacted us twofold, by bringing new and returning families to us while also driving our costs up," Felker states.

Your contributions, whether financial or in-kind, help us keep food on the shelves to feed these new and returning families – and help us prevent hunger in our community.

PROGRAM SPOTLIGHT: Home Delivery

Interfaith's mission is carried forward in part by our holistic menu of services and programs. Read on to find out how we meet neighbors' basic needs and equip them for ongoing stability.

With our focus on hunger prevention, we talked to Food Shelf Manager Patrick Felker about Interfaith's **Home Delivery program**, which primarily serves disabled and elderly clients who cannot easily make it to the food shelf.

How long has the Home Delivery program been running?

PF: Since March 2020.

How many clients does it serve?

PF: There are currently 60 clients in the program and 13 on the waitlist.

How does the program work?

PF: Folks in the program receive a food delivery every other week. We have a team of volunteers

who call them to take their orders, volunteers then pack their orders on Tuesday afternoons and a team of volunteer drivers drops them off early Tuesday evening.

How many volunteers serve in Home Delivery?

PF: We have 7 regular callers, about 8 regular drivers, and a ton of packers. The packing shift is open to the public so anyone can sign up without any sort of pre-training.

Winter is still in full swing...what happens on snow days?

PF: If we cannot deliver on Tuesday evening for any reason (weather, holidays, scheduling conflicts, etc.) we deliver on Thursday evening.

Any final thoughts to share?

PF: We are glad we are able to live into our mission of being client-centric by offering shoppers a home delivery option.

We know how many families have health and/or transportation barriers that prevent them from coming to us and we are grateful for the opportunity to meet their need.

GET INVOLVED!

This program is currently in urgent need of volunteers. If you're interested, please contact Ashley at 763-489-7505 or getinvolved@iocp.org.

Our Community: Compassion in Action

Some of the most inspiring stories and moments are YOURS! Thank you to the following supporters for letting us share how you live out the Interfaith Mission and Values.



◀◀ WEIGH CUTE

What weighs 900 pounds and asks a lot of great questions? The answer is 22 kindergarteners from **The Blake School's Highcroft campus**, who recently visited the Interfaith food shelf and eagerly tested the in-floor scale used to weigh our carts of goods.

The kindergarten classes led a "100 Days, 100 Cans" effort as part of their celebration of their first 100 days of school. Thank you, students!



▲▲ TREE TIME

Thank you to **Gianni's Steakhouse** in Wayzata for offering local schools, churches and non-profit organizations a chance to decorate a tree in front of their restaurant.

Members of our Advancement Team had a fun time shopping our own Resale Select store and decorating the tree together using the theme, "Celebrating our vibrant community."



▲▲ ROCK 'N' FOLD

DJs from **GenerationNOW Entertainment** recently delighted Resale Select shoppers with music and helped prepare clothes for the salesroom floor. Thanks for making it a memorable day!

MISSION – To strengthen our community by meeting basic needs and equipping individuals and families for ongoing stability.

VISION – To build a vibrant community where everyone counts and all sectors and systems work together for the good of all.



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Interfaith Outreach & Community Partners

1605 County Road 101 N, Plymouth, MN 55447 763-489-7500 iocp.org

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