



Pantry Times

Contact Us

Phone 406-443-3663

Email info@helenafoodshare.org

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State Employee
Charitable Giving #3710

Meet Charlie!

It's here! Our Charlie Cart, that is! This amazing cart is fully stocked with all the utensils and appliances to provide hands on nutrition classes and demonstrations at the pantry and in the community.

Funding for the Charlie Cart was generously provided by the City of Helena. City Commissioner Rob Farris-Olsen said partnering with Helena Food Share to create a healthier community was a win-win idea.

"The city was excited to support Helena Food Share in its mission of providing food to our community while simultaneously increasing knowledge of our local foods," Commissioner Farris-Olsen said.



"We are lucky to have an organization like Food Share in Helena. Providing innovative opportunities for the City to advance the health of our community through each person they serve."

Local chefs and experts will help introduce new recipes to Helena Food Share customers that incorporate fresh and locally-sourced ingredients. Cooking demonstrations will be held for customers on a bi-weekly basis.

If you would like to share your culinary talent, contact Jami Kirksey, Volunteer Manager at 406-443-3663 ext. 106 or jami@helenafoodshare.org, for more information. •



Pantry Times

helenafoodshare.org | OCTOBER 2018

The Person You Greet Every Day: Your Gift Helps Jessica and Her Family

Jessica is married and has two boys. One of her boys is in 3rd grade and the other is enjoying 1st grade. Jessica's husband works full-time in the service industry. Jessica works retail part-time so she can be at home in the af-

last of the rice sprinkled with cinnamon this morning.

Jessica called Helena Food Share to see if there was help for her family. After being assured she could come get the food she needed for her family,

who you exchange a quick hello with as you pass her on the sidewalk? Could Jessica be the sweet gal who was playing with her kids at the neighborhood park?

Hunger is invisible, but it is everywhere. Jessica, Roy and their boys have rebounded financially, and the family will likely join in the 50% of families that visit the Lewis Street Pantry for assistance only 1-4 times per year.

Your generosity feeds our neighbors in need. Thank you for being there for Jessica and for the many just like her. •

Jessica is your neighbor.

Jessica is the mom you say "hi" to when you pass her on the sidewalk.

Jessica is the gal who you saw playing with her kids at the neighborhood park.

ternoons with her young boys. Unexpectedly, Jessica and her husband Roy had to replace the transmission in their only vehicle. The unexpected repair set them back. After the bills were paid for the month, there was no money for any food. Jessica brought her kids to play at Memorial Park. While Jessica joined her boys for a game of tag on the playground, Jessica was distracted by worry. How she was going to feed the boys lunch and dinner this weekend? How were they going to make it until next Friday when her husband got paid? The boys had finished the

Jessica was still nervous as she walked into Helena Food Share with her children. She was warmly received by one of the volunteers and then guided through the shopping process.

Watching her oldest son walk through the Lewis Street Pantry with a bag of apples, a box of cereal and a HUGE SMILE, Jessica was so overwhelmed with relief that her face soon mirrored her son's smile. The anxiety, the pressure and the stigma of not being able to feed her children lifted.

Could Jessica be your neighbor? Could she be the mom



Make the Most of Your Charitable Gift

In light of recent tax reform, you may be wondering how you and your finances will be affected. There is good news! There are many ways you can benefit financially and continue to make a difference for local families in need.



Tax beneficial ways to donate in 2018:

-  Donate appreciated stock and eliminate capital gains tax.
-  Name Helena Food Share as a beneficiary of retirement plan assets, which when given to a non-profit organization is tax-free.
-  Give directly from your IRA, if you are age 70 1/2 or older, to help you fulfill your required minimum distribution and avoid additional tax.

For more information contact Daneal at 406-443-3663 ext. 104 or daneal@helenafoodshare.org.

Sharing

Cooking Skills & Fresh, Local Food via the Charlie Cart



Chefs needed for Friday Food Demos

Contact:
Jami Kirksey
ph. 406-443-3663 ext. 106
jamik@helenafoodshare.org



han•gry (han-gree) adj.

Eliminating a "Buzz Word" Together

At the beginning of September, Merriam-Webster's Dictionary added 840 new words to the dictionary. Words related to technology and texting slang made the list as did the word hangry. Merriam-Webster defines hangry as "irritable or angry because of hunger."

When someone misses a meal and gets a little crabby, he will be called hangry - a combination of hungry

and angry. Most who encounter this feeling are lucky to be able to take time to grab a snack or eat a meal. Sadly however, for 1 of every 7 adults in Helena, hunger is a way of life. They do not know when or where their next meal is coming from.

We know you are committed to creating a hunger-free community. Thank you for helping in situations where hangry is more than a buzz word, but

a real condition that affects kids trying to focus in school, adults trying to make it through a day at work, or seniors who skip meals so they can afford rent and medications.

Your support feeds our community.



You're a Hero, Just Like Carol



Carole Solomon is a Hunger Hero. A Hunger Hero means that Carole donates monthly to Helena Food Share. Hunger is not a short-term problem and neither is the solution. With her sustaining donation, Carole is committed to helping for the long-term.

Carole has a strong connection to Helena Food Share and especially passionate about her monthly gift. Carole's passion stems from being a former Helena Food Share customer. After a couple of unforeseen events in her life, this former letter carrier found herself homeless. Carole says, "I never,

ever expected that I would be homeless. It was shocking to find myself in that situation."

"Those vegetables and fruit are so delicious especially when you haven't had them in a long time."

-Carole Solomon, Donor

When Carole comes to the Lewis Street Pantry to visit Helena Food Share and talk about her monthly gift, her eyes tear up when she sees the fresh produce that was just dropped off by a local gardener. "Without Helena Food Share, I would have only ate ramen. I can't

believe that a food pantry offers fresh produce. Those vegetables and fruit are so delicious especially when you haven't had them in a long time," Carole says.

When Carole was a Helena Food Share customer, she genuinely appreciated the respect she was given by the staff and volunteers. There was no shame in her visits, only the honest desire to provide her with a basic need, food.

Today Carole is enjoying her retirement and quilting. She has just purchased a new sewing machine and is having fun

creating. As she reflects upon the time in her life where she found herself utilizing Helena Food Share, she has a willingness to share her experience because she wants others to know what a strong impact their donations have. •

Finding Community

At Helena Food Share

Helena Food Share operates through a force of volunteers. Volunteers fill many roles and some of these include collecting food, stocking shelves, greeting customers and bagging groceries. There is a quiet force among these volunteers who can step in any of these roles. This force is Darcia Pingree.

Darcia is a Helena Food Share volunteer turned Program Intern. Darcia is a Carroll student and an athlete. Darcia is a biology major and a future physician. Darcia is soft-spoken and offers an easy smile.

When Darcia came to Carroll College she first volunteered as a volleyball coach and when the season ended, Darcia was looking for another way to give of her time. She was drawn to Helena Food Share because growing up on the Wind River Reservation there was a time in her life when Darcia and her family relied on food assistance. Darcia experienced the difference that having food made in her life and it was very



meaningful for her to give back in this way.

In the year that she has been at Helena Food Share, Darcia has found a community that she loves. Darcia says, "the customers, the other volunteers and the staff are my second family." Great things are to come for Darcia and Helena Food Share is lucky to have her sharing her time.

If you are interested in volunteering at Helena Food Share, visit helenafoodshare.org or contact Jami Kirksey, Volunteer Manager, at 406-443-3663 ext. 106. •

FAST FACTS

★ ABOUT **THE FOOD PANTRY**



2,224
Holiday Meals provided in 2017.

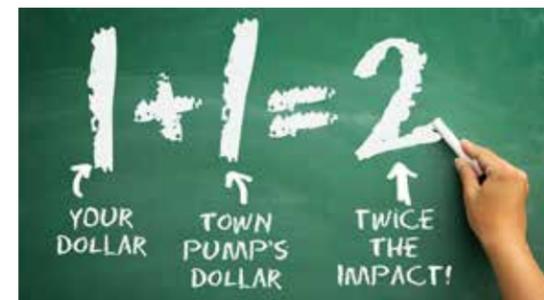


6,000 pounds
of food
on average, leave the pantry every day.



50%
of families visit the Helena Food Share Pantry only 1-4 times per year.

Matching Donations in October & November



Join Town Pump and Helena Food Share in the 17th Annual "Be A Friend In Deed," fundraiser. Donations up to \$40,000 will be matched by the Town Pump Charitable Foundation now through the end of November.



WISH LIST

- ▶ Can Openers 
- ▶ Clean, 1 dozen size Egg Cartons
- ▶ Clean, Grocery-Size Plastic Bags
- ▶ Office Water Cooler/Dispenser to help reduce plastic waste.

Please contact Heidi for more information at 406-443-3663 x. 105. Thank you!