



Pantry Times

Contact Us

Phone 406-443-3663

Email info@helenafoodshare.org

Find us on Facebook!

Follow us on Instagram!



State Employee Charitable Giving #3710

WISH LIST

- ▶ New Fridge for the East Helena Pantry. Please call for specifics of need.
- ▶ Snow Removal
- ▶ Clorox Wipes
- ▶ Paper Towels
- ▶ Laundry Detergent for Volunteer Aprons
- ▶ A new truck for picking up donated groceries from the stores, specific requirements needed.

Please contact Heidi for more info at 406-443-3663 x. 105 or heidi@helenafoodshare.org

Thank you!

SUPPORT FOOD SHARE & HAVE FUN!

Support Helena Food Share at:

DUELING PIANOS NIGHTCLUB BASH

Saturday, February 23
7:00 pm to 11:00 pm



Benefiting

VS



SINGING ALONG, DANCING, COMEDY AND OUTRAGEOUS PIANO PLAYING

Tickets & Event Details at FunEventsMT.com

Taproom Kickoff Event Mardi Gras Red Release Party

benefiting Helena Food Share

Mardi Gras CELEBRATION

5:30 pm Live Music with the Cottonwood Club

TUESDAY MARCH 5
2 PM TO 8 PM

BLACKFOOT RIVER BREWING COMPANY • 66 S. PARK AVE.



Pantry Times

helenafoodshare.org | JANUARY 2019

Rising to the Challenge: You saw the need. You filled the need.

This fall Helena Food Share put out the challenge to the community to provide holiday dinners for our neighbors in need. You

one came together supporting the mission: to create a hunger-free community.

During the month of November volunteers were busy at Helena-area grocery stores. Canned cranberries, boxed stuffing, green beans - all the fixings that make a turkey dinner complete - were donated in droves. In November, the Helena community gave 75,452 pounds of food.



responded in a big way. Because of you, 2,285 meals were served to those in the Helena area who face hunger — families and individuals who would not otherwise be able to put such a meal on their table. Helena is a place that wants everyone to be able to enjoy a holiday meal. What a beautiful place to live!

At the Turkey Challenge the turkeys and financial donations flew into the Lewis & Clark Library as individuals, businesses and civic groups all joined in the fun. Montana Radio Company was on site reporting progress. Every-

while food came into the pantry and freezers were filling, you also gave monetarily. With your donations, Helena Food Share was able to leverage bulk pricing options. Together we were able to purchase items that we needed the most including fresh and perishable foods.

Countless groups and individual volunteers stepped up to help distribute 2,285 holiday meals. On days where hundreds of customers come through the Helena Food Share's 960 square-foot grocery space, everyone worked efficiently, quickly and cooperatively. Things went seamlessly with everyone doing their part.

Do you remember Jayme (pictured below with volunteer Eleanor), the Helena Food Share customer whose story we shared in our holiday letters? Jayme is raising her five grandkids and her trials moved many of you this season. Jayme's was just one of the families thankful to have a turkey dinner - a very special treat - to serve for the holidays. Jayme says the kids LOVE turkey and will eat every last bite. You made that happen.



You also helped Barb who was making Thanksgiving Dinner for her family and her sister's family. Barb's sister recently had

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Rising to the Challenge: Continued from Page 1

surgery and can't cook for her kids. Barb is helping them out and making dinner for fifteen. Barb is paying your kindness forward.

You helped Angie. Angie came



The staff from AERO helps during Christmas meal distribution day.

to the Christmas Meal distribution with five kids in tow. Two are her children and the other three she was babysitting for her neighbor who was at work. Angie babysat to earn extra money for Christmas gifts, but it still was not enough to buy a special holiday meal. Your gifts provided the Christmas dinner that would not have been possible if Angie was in this alone.

Thank you so very

much for taking care of your neighbor.

The holiday meals you provide are especially meaningful and needed. **But the hunger does not end after the holidays: we feed about 1,600 households each month.**



Volunteer Katie Alexander

A Familiar Face at the Pantry

Does Katie look familiar to you? Picture her with a weather map behind her. Yep, this Helena Food Share volunteer is Katie Alexander the weather person from KTVH.

You can often find Katie volunteering her time at the Helena Food Share pantry on Tuesdays or Thursdays. She likes to work in the afternoons when the Pantry is open so that she can meet customers as they check out.

Last summer Katie began gardening and enjoyed the connection she felt to her food. This spurred her to learn more about global food production. Already passionate about enjoying good food, Katie was fascinated about what she learned. Volunteering at Helena Food Share is the perfect fit for Katie.



With her job, Katie is often reporting things and wanted a way to feel actively involved in doing positive things in her community. Helping at Helena Food Share has filled that need for her. Katie says that in our relatively small community she feels like she can directly see the impacts of her service at Helena Food Share.

Not only does Katie give to Helena Food Share, her employer, the Montana Television Network, is also a big Helena Food Share supporter. Throughout the year Montana Television Network (KXLH/KTVH) helps Helena



Food Share in a big way. End of year giving commercials, Turkey Challenge advertisements and production of a video for the Beyond Hunger luncheon are just some of the things that the station donates to Helena Food Share.

Katie is happy to work for a company that supports something that she's passionate about. Just like you, Katie and KTVH are parts of the puzzle that help make Helena Food Share happen.

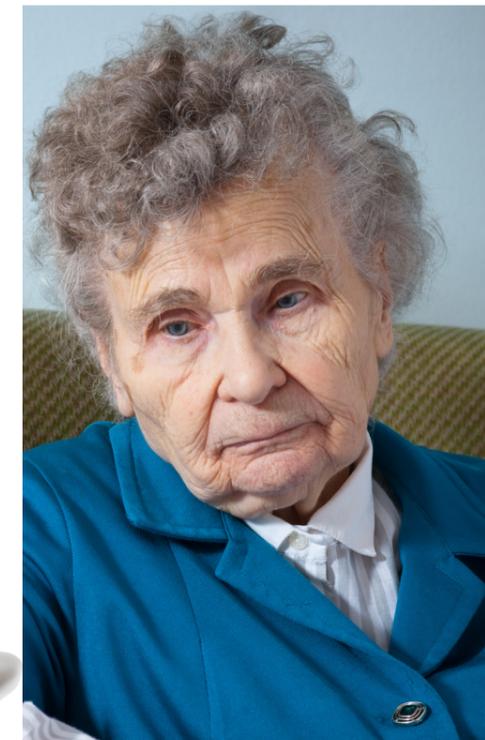
Medicine or Food: It doesn't have to be a choice.

Donna is 78 years old and gets around very well. She has curly gray hair and a strong dose of spunk. Comment on the potatoes in her shopping cart, and Donna will share her secret to making extra-creamy mashed potatoes - it's a dollop of sour cream added when you're mashing them up.

Donna came to shop at Helena Food Share on a blustery winter day when dark clouds threatened snow. As Donna was being helped out to her car with the groceries you provided, she made a comment about the cold. She said that the cold didn't bother her until she got cancer. Now, the cool winds and low temperatures really take their toll on her slight stature.

Speaking with Donna about the cancer, led to a conversation about the costs of medicine. Like Donna, many Helena Food Share customers struggle with the costs of medicine. As these senior customers look at their expenses, one of the only places that they can see any potential for cutting costs is with their food budget. As medicines become priority number one, cutting back or skipping meals altogether are choices many face. Fortunately, you make it possible for seniors to fill that gap with healthy, nutritious food.

You are there for Donna, and many other seniors, with your support of Helena Food Share. On average Helena Food Share serves 525 seniors monthly through our Grocery Share. Annually, 2,190 Senior Commodity food boxes are distributed to low income senior citizens via our partnership with Rocky Mountain Development Council. Additionally, 302 seniors participated in the Helena Food Share and the Department of Health and Human Services Senior Farmers Market Coupon Program. With coupons distributed through Helena Food Share,



Because of you, Donna can shop for lentils and meat. She can fill her cart with vegetables and bread. Because of you, Donna can have her medicines and she can eat. It sounds simple, doesn't it? But to Donna, you provide so much.



seniors can shop for fresh produce at their local farmers' markets.

Because of you, Donna can shop for lentils and meat. She can fill her cart with vegetables and bread. Because of you, Donna can have her medicines and she can eat. It sounds simple, doesn't it? But to Donna, you provide so much.

It is truly together that we are creating a hunger-free community. Thank you for being there.



Did you know?
Grown-in-Montana Timeless Seed Lentils are always available at the Helena Food Share Pantry thanks to you and the Healthy Food Initiative.