



Pantry Times

Contact Us

Phone 406.443.3663

Email info@helenafoodshare.org

 Find us on Facebook!

 Follow us on Instagram!

Learn more

Get a "behind-the-scenes" tour the second Tuesday of each month, and enjoy lunch with us! Call or email us to sign up for a tour.



- ▶ Wireless Speaker to help our presentations to groups
- ▶ Pint-Sized Mason Jars for volunteer thank you gifts
- ▶ Gallon Ziplock bags for Emergency Snack Packs
- ▶ Salad Spinner and Tongs to clean our garden produce
- ▶ Serving Utensils for Pantry Tour Luncheons
- ▶ Postage Stamps for HFS outreach
- ▶ Hoop House for HFS Garden

Please contact Hannah for more information about the Helena Food Share wish list. Call **443-3663 x 105** or email at Hannah@helenafoodshare.org Thank you!

Helena Food Share Upcoming Events

- ▶ **November 4** Helena Food Share Holiday Food Drive, Van's Thriftway 10am – 4pm
- ▶ **November 14** "Food for Thought" Behind-the-Scenes Tour of Helena Food Share, 12pm – 1pm
1616 Lewis Street Pantry
- ▶ **November 17** Turkey Challenge, 9:00am – 5:30pm
Lewis & Clark Library
- ▶ **November 20** Thanksgiving Meal Distribution, 8pm – 6pm
1616 Lewis Street Pantry
- ▶ **November 28** Giving Tuesday, 12am – 11:59 pm,
helenafoodshare.org
- ▶ **December 18** Christmas Meal Distribution, 8am – 6pm
1616 Lewis Street Pantry

Other ways to give and reduce taxes



Gift of Stock

Giving a gift of publicly traded stock that has increased in value and that you have owned for more than one year may yield better tax benefits than donating cash.

▶ Your charitable income tax deduction is equal to the fair market value of the stock and you avoid paying the capital gains tax on any increase in the current value over the original price paid for the stock.

▶ By transferring stock, you may save on brokerage fees because you are switching ownership rather than selling the stock.



IRA Rollover Gifts

If you're required to receive minimum distributions from your IRA and this additional income may create a tax burden, consider using these funds as a charitable gift.

▶ Individuals 70 1/2 or older can make outright gifts using IRA funds without tax.

▶ You will not pay income tax on the amount you donate.

▶ Contact your IRA administrator to make your gift.



Planned Giving

Charitable Gift Annuity: gifts that return income and are tax-credit qualifying for the donor.

▶ Estate plans and bequests: payable upon the donor's death.

For more information about other ways to give, contact **Daneal**. Call **443-3663 x 104**



Pantry Times

helenafoodshare.org | OCTOBER 2017

YOUR Kindness Changed a Family's Future

Will you continue to be there for others?

Katie is the first person in her family to go to college. Katie has dyslexia and found great resources at Helena College to help her through her coursework. Getting closer to a degree every day is a dream come true for Katie and her family. Her journey has been tough, but Katie says she will not give up.

"I had to drop out of college in 2013 when my son and I became homeless," Katie recalls.

At the time, Katie was living in Washington. She found herself at a food bank for the first time, searching for help and nourishment for her son.

When she returned to Montana to be nearer to family, Katie found herself struggling to pay all the bills, providing enough food for her two growing children, and getting enough nutrition herself to perform well in college. Katie turned to Helena Food Share.

"I was scared and little embarrassed. I had my two year old with me and he was asking 'Mommy, where are we?'" Katie says. "As soon as we went up to the volunteers they made us feel so at home. They wanted to play with my son so I could shop. A lady walked me through the whole pantry and showed me how to pick out food from each cooler and shelf."

By the time Katie reached the cool-

er with eggs and milk, she was laughing along with the volunteers. Those first groceries from Helena Food Share helped Katie stay focused as she kept working on her pre-nursing degree.

"I've been where you're so hungry you can't concentrate on studying and your grades slip down," Katie remembers. "Getting help from Helena Food Share and knowing the community is behind you is a huge comfort."

As soon as Katie got back on her feet, she returned to Helena Food Share, this

time looking for a different kind of help. Katie wants to connect hungry Helena College students to Helena Food Share. With information about programs and services at Helena Food Share, Katie says she is excited to let other struggling students know that they can get help and relief from hunger. And one day, Katie says she knows her fellow classmates will give back when they are able.

"FoodShare gavemehopeforthefirsttime in a long time." Katie said. "I hope you realize what you've done for my family."

"I've been where you're so hungry you can't concentrate on studying and your grades slip down."

-Katie, Helena Food Share Customer.



FAST FACTS

★
ABOUT THE FOOD PANTRY



64,000
lbs of food is rescued from local grocery stores each month



60%
of customers come to our pantry only 1-4 times per year



80%
of HFS customers report receiving income



2,000
holiday meals will be distributed for Thanksgiving and Christmas this year

A Call to Feed the Hungry

Join Iver and Suzanne in feeding Helena!

Together, Iver and Suzanne Johnson have donated more than 300 hours of service to Helena Food Share. Each Wednesday the couple shows up to the pantry to stock shelves and carry out groceries for customers.

The Johnsons take seriously a mandate of their faith: feed the hungry, clothe the naked and house the homeless. Two years ago, Iver and Suzanne made their way to Helena Food Share to put their belief into action.

“If you’re hungry, the rest is much more difficult,” Suzanne says. “Much has been given to us, so much is expected.”

In addition to the hours they spend volunteering at the Helena Food Share Pantry,

Iver and Suzanne also pledge annual support to help “keep the lights on and won-

“How are you empowered if you’re hungry? At Helena Food Share, we feel we can be part, in some small way, of empowering people and empowering the community.”

-Suzanne, Helena Food Share Volunteer.

derful people working here,” Iver says.

“We believe in the Helena Food Share mission,” Suzanne explains. “We shouldn’t have hungry kids. We shouldn’t have hungry grandparents. We shouldn’t have anyone hungry in our community.”

The Johnsons say they appreciate how Helena Food Share uses funds wisely and provides a basic human need.

“There is a fine line between empowering people and enabling them,” Iver says.

“How are you empowered if you’re hungry? At Helena Food Share, we feel we can be part, in some small way, of empowering people and empowering the community,” Suzanne adds.

In two years, Iver has gathered many



touching stories that keep him coming back to the pantry each Wednesday.

“When you take groceries out to a vehicle and the people thank you with tears in their eyes, that’s the only ‘thank you’ I need,” Iver says. “People thank you every day here. The single moms and grandparents raising kids, they thank you and say, ‘This food is going to make my kids so happy.’”

The Johnsons are humbled to be part of a network of people committed to feeding the community.

“It takes an entire community to get one box of groceries out the door,” Iver says. “It takes 40 arms to get one family the food they need. Helena Food Share isn’t just a holiday food outlet. They are feeding hungry people all year.”

Staff Profile

Hannah Stiff, Communications Manager

For just over a year, Hannah Stiff has served as the Communications Manager for Helena Food Share. Hannah is responsible for maintaining social media accounts, producing newsletters and emails, photographing the many gripping and fun-filled moments at the pantry and communicating with community groups, donors, and volunteers at Helena Food Share to help fulfill the mission of ending hunger in the community.

Before joining the Helena Food Share staff, Hannah was a newspaper reporter in the Gallatin Valley. While she misses the fast pace of breaking news, Hannah gets plenty of excitement during busy days at the pantry or with events like Turkey Challenge and Dueling Pianos.

Hannah has always been interested in food security work. She volunteers for an international nonprofit that works to create food sovereign nations in the third world, or “feed the world’s poorest people,” as Hannah says. After Hannah had her daughter six years ago, she realized the importance of also investing in local communities to make sure children in the United States have enough food, too.

“There are hungry kids everywhere,” Hannah explains. “It is important to realize we need to do our part to feed the kids who go to school with our kids, the children who play on the same teams and have the same dreams of growing up to be veterinarians and astronauts.”

Hannah appreciates that Helena Food Share works hard to keep every customer hopeful for a better life.

“It’s not just children,” she says.

“While they occupy a huge corner of our hearts, Helena Food Share staff and volunteers work to ensure entire families can find hope again by receiving the food they need to get back on their feet.”

Sixty percent of Helena Food Share customers only visit the Helena Food Share pantry one to four times per year. Han-



nah says that statistic means a great deal to her because she was raised by a single mother who scraped to get by after her father died in an accident.

“I am proud that the community supports Helena Food Share to be here for those families.”

-Hannah, Helena Food Share Staff.

“There are so many hard working families who just need a little help after a catastrophe or heartbreak,” Hannah says. “I am proud that the community supports Helena Food Share to be here for those families.”

When she’s not communicating about Helena Food Share, Hannah is likely finding a great slice of pizza, daydreaming of where she might travel someday and playing with her daughter Scarlet.



HELENA FOOD SHARE STAFF

Bruce Day
Executive Director

Kim Dale
Program Director

Daneal Lightner
Development Director

Hannah Stiff
Communications Manager

Jami Kirksey
Volunteer Manager

Kara Snyder
Program Manager

Jackie Hanson-Felber
Development Coordinator

Rachael Howard
Executive Assistant

John Dendy
Program Operations Assistant

Teresa Asleson
Program Operations Assistant

Steve Brewster
Driver

Dave Anderson
Driver

HELENA FOOD SHARE BOARD OF DIRECTORS

Julia Gustafson
Board Chair

Chris Laslovich
Vice Chair

Meghan Bronec
Treasurer

Amanda Harrow
Secretary

Marilyn Connor
Mike Holland

Hank Hudson

Nick Dietzen

Terry Johnson

Lisa Lee

Dan Minor

Tammy Plubell

David Shanight

Karen Smith

Susan Witte