



Pantry Times

helenafoodshare.org | FEBRUARY 2017

Ken is making a difference, will YOU help, too?

Ken Morrison shies out of the spotlight when he can. A career in city politics and consulting was enough publicity for one lifetime for Ken. Behind the scenes, Ken is a Helena Food Share donor with a big heart for hungry families.

“Most of us have milk in our refrigerators and never think of it,” Ken says. “But we know not everyone has that luxury. Kids might not be getting milk. Seniors don’t always have everything they need.”

For more years than he can remember, Ken has been donating to Helena Food Share to make sure customers get the nutrients they desperately need. Because Ken and his wife Sherry feel so strongly about families being able to get milk from Helena Food Share, they donate enough money to ensure the pantry does not run out of milk.

Ken’s connection to Helena Food Share started like many other people: buying a few extra groceries every now and then to fill pantry shelves. Sherry was on board from the very beginning, Ken says. Together, the couple committed to generously support Helena Food Share with a quarterly gift. The Morrison’s gift makes vital nutrition accessible to the 1,500 families that visit the Helena Food Share pantry each month.

Each quarter when the couple makes a donation, Ken stops by the Lewis Street pantry to say hello to staff and see how things are going for customers. Ken remembers the last time he visited the pantry. It was November and the small pantry space was packed with customers trying to gather a few items for a holiday meal.

“It’s a dance in a very confined area,” Ken says. “They have to do a lot in a small space.”

Every time he sees the pantry abuzz with customers and volunteers, Ken notices those families that mean so much to him.

“People with kids, moms with several children trying to load up a basket... that leaves a lasting impression on you,” Ken says. “Going

to the pantry gives me a connection to the people there. Sherry and I understand the need even more.”

Ken says there is a place for everyone at Helena Food Share.

“I just think Food Share is a great organization and the community needs to support it,” he says. “There are a lot of needs in a community, but this is up near the top.”

To find out how you can be involved in the work Helena Food Share does, give us a call at 443-3663 or send us an email: info@helenafoodshare.org

“Most of us have milk in our refrigerators and never think of it. But we know not everyone has that luxury.”



Your generosity ensures customers like Frog have enough to eat

For as long as anyone in Helena can remember, Frog has been called Frog. The 67-year-old Helena Food Share customer hasn't gone by Gerald, his birth name, for a very long time. It's hard not to smile around someone who insists on being called Frog and greets everyone with a grin.

Frog moved to Helena 13 years ago. A self-described hobo, Frog was used to traveling by train, living simply and meeting colorful characters along the way. Frog worked his way around the country as a cook or "any other position I could get," he says. In his 31 years traveling around the United States, Frog learned to get by on little.

"I never really needed much," he said. "I learned to get by on meager means."

In North Dakota, Frog sustained an injury that would eventually lead to the loss of his leg.



That injury brought Frog to Helena, where he had amputation surgery and recuperated with friends. Now Frog relies on his power scooter, his arm braces and the kindness of friends to get around town. His injury left him unable to work or live the mobile lifestyle he once knew so well.

"I'm just an old senior citizen living on Social Security," Frog says. "But the check is barely enough to get by on."

To get to Helena Food Share, Frog car-

pools with a neighbor. He's grateful for the ride, but worries about his friend, who is battling cancer. Some days, chemotherapy takes a bigger toll than others, Frog says. In the summer, Frog rides his power chair all the way from his home in the Aspen Village apartments to Helena Food Share, a 14 mile journey. In the winter, Frog can't take the chair because the roads are too icy, snowy, or both.

Since he's been in Helena, Frog has become a staple of the community. He proudly recalls playing "Secret Santa" to folks at God's Love. Frog said he would listen to the needs and wants of customers at God's Love and file those wishes away for the holidays, when the community was eager to give.

At Helena Food Share, Frog only takes monthly groceries and cat food for his neighbor's cat. "I never use weekly (groceries) because I never want to take away from others' needs," Frog says. "I only take what I really need."

When he's at Helena Food Share, Frog said he's surrounded by "wonderful people."

"You can't imagine the love and bond I've had with people who work and volunteer here," Frog said. "I'm so grateful for this place." 🍎

Playing for Fun(ds)

Join Parker—Make sure every child has food

This fall, Parker Dailey was doing the same thing as many other seven-year-olds in Helena—tossing around a football in his front yard with a group of neighborhood friends. Before the pick-up game, the kids gathered on the Dailey's front porch for a photo. The group was comprised of 25 elementary-school children, grinning and making silly faces. In the center of the group, Parker beamed as he clutched a jar filled with money.

The money came from the children playing at the Dailey's house. Parker's mom, Angie, helped organize the "Pay to Play" day to benefit Helena Food Share. Parker's friends each brought \$5 (or more) to the play date. Soon the jar was filled with cash. To document the success of the day, the kids happily posed for a photo and listened to a short message about the work Helena Food Share does and the customers who need help.

Parker has always been a caring kid, his parents say. He added his own birthday money

to the donation jar and boldly asked each friend for their own contributions. For Parker, the thought of kids going hungry in his own school makes him "sad," he says.

In October, Angie started a local chapter of Women Who Wine. Each month, a group of women gather to socialize and learn more about a local charity. For the inaugural event, Angie invited Helena Food Share staff to come and speak about HFS programs and hunger in the greater Helena area. Angie says Parker was upset he couldn't attend the event because he desperately wanted to give his money to Helena Food Share to help hungry kids.

Angie decided to channel her son's enthusiasm and came up with the idea for the Pay to Play event. Parker was thrilled to play with friends and simultaneously raise money for Helena Food Share.

"He gets pretty sensitive when he sees someone who is hurting," Angie says. "He wants to help. He's always been that way."

In total, Parker raised more than \$200 for Helena Food Share. Angie says this won't be the last Pay to Play event the Dailey family hosts. Do you have a creative idea to help end hunger in Helena? If so, call Hannah at 443-3663 ext. 105 to start making a difference today! 🍎





Dueling Pianos!

Don't miss the best party in town!

On Feb. 25, Helena Food Share will battle Big Brothers Big Sisters in a friendly piano duel at the Best Western Premier hotel. Professional piano players will face off for both charities by playing famous songs and inciting ridiculous amounts of laughter. The event is 21+. Tickets can be purchased at Helena Food Share's admin office, Island Liquor or online: <https://fun-events.yapsody.com/>. Questions? Give us a call: 443-3663 x 105. 🌈

Staff Profile

YOU can join Rachael in ending hunger

Rachael Howard joined the Helena Food Share family seven months ago as our Executive Assistant. Rachael brings a passion for helping others and a tireless work ethic to Helena Food Share.

"I work mainly in the Administrative Office dealing with more of the financial aspects of HFS," Rachael says. "But I get to go do a shift monthly at the pantry, which is incredibly rewarding. It's one thing to run figures for grocery budgets, and it's another entirely to see over 6,000 pounds of food literally being carried out in bags and boxes every single day. I've never worked at a job where your actions have such an immediate impact on someone's life."

When she's not crunching numbers and making sure bills get paid on time, Rachael helps set up pantry tours and board meetings as well as answering the telephone.

"The other day I had a father of six call and ask me if he could come get some Spam or ramen for his kids," Rachael says. "But before I could say a word he rushed on telling me that he had been given some cans of Pringles and licorice that he would like to trade in exchange, literally counting the number of cans he could give while he was on the line."

When Rachael told the man that he didn't have to trade food to shop at Helena Food Share, the man could hardly believe it.

"I had to work to keep my voice from showing too much emotion when I was able to respond," Rachael says. "Being able to tell him that he could come in that same day and get fresh fruit and vegetables, milk, eggs, meat and bakery items for his family was the best feeling in the world. The relief and gratitude in his voice will absolutely remain with me."



Rachael hopes that she is able to spread the word about Helena Food Share to every hungry person in the greater Helena area. No one is turned away at Helena Food Share.

"I think it's safe to say that all of our customers are experiencing some kind of hardship in their lives, otherwise why would they be at Food Share?" Rachael says. "Asking for food is not something anyone wants to do; it's not a good feeling. But we believe that people seek out food assistance when they need it and so many give back when they can. There is such a strong commitment at HFS between staff and volunteers to treat every person that walks through our pantry doors with dignity and respect because hunger starves the human spirit and we truly believe that no one should be hungry."

Since she started working at Helena Food Share, Rachael said she's come to realize Helena Food Share's place in the community.

"I think of HFS as the arms of the community; our reach is wide, our hands are open to helping anyone in need, but we couldn't move a can of food without the support of the community behind us." 🌈



HELENA FOOD SHARE STAFF

Bruce Day
Executive Director

Kim Dale
Program Director

Daneal Lightner
Development Director

Hannah Stiff
Communications Manager

Jackie Hanson-Felber
Development Coordinator

Rachael Howard
Executive Assistant

Jami Kirksey
Volunteer Manager

Kara Snyder
Program Manager

John Dendy
Program Operations Assistant

Teresa Asleson
Program Operations Assistant

Steve Brewster
Driver

Dave Anderson
Driver

Katarina (Kat) Webb
Program Intern

HELENA FOOD SHARE BOARD OF DIRECTORS

Julia Gustafson
Board Chair

Chris Laslovich
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Meghan Bronec
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Amanda Harrow
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Marilyn Connor

Mike Holland

Hank Hudson

Nick Dietzen

Terry Johnson

Lisa Lee

Dan Minor

Tammy Plubell

David Shanight

Karen Smith

Susan Witte



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Contact us:

Phone: 406.443.3663

E-mail: info@helenafoodshare.org

 Find us on Facebook!

Learn more:

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

Graphic design by Luke Duran, Element L Design



Montana Nonprofit Association



- ▶ HFS Ambassadors - invite others to attend a pantry tour and to attend our Beyond Hunger Luncheon this spring*
- ▶ Financial Support to purchase staple pantry food items.
- ▶ Copy Paper
- ▶ Card Stock (8.5"x11", neutral tones)
- ▶ Folding Machine
- ▶ 3 foot step-stool
- ▶ 10 folding chairs
- ▶ Heavy Duty Paper Trimmer

Please contact Hannah for more information about Helena Food Share's wish list.

Call **443-3663 x105** or email at **Hannah@helenafoodshare.org**

Thank you!



Helena Food Share Upcoming Events

- ▶ **Dueling Pianos** Feb. 25, 7 p.m. • Best Western Premier Hotel
- ▶ **Park Avenue Block Party** Feb. 28, 4-8 p.m. • Blackfoot River Brewing, Bridge Pizza, Miller's Crossing. Park Avenue Bakery.
- ▶ **Free Tax Clinic** Feb 18 & March 4 • Helena Food Share
- ▶ **Doorsteps to Backpacks Food Drive** Mar. 8 • Citywide
- ▶ **Senior Commodity Distribution**, Mar. 29 & 30 • Helena Food Share



Block party!

Join Helena Food Share for a Mardi Gras Block Party on Park Avenue

Fat Tuesday is right around the corner (February 28). Come out to Park Avenue and celebrate with us! Start the day off with a delectable treat from the Park Avenue Bakery, a portion of the proceeds from each tasty pastry will be donated to Helena Food Share. After work, meet us at Blackfoot Brewing for the Helena Food Share Mardi Gras Red Ale Launch Party from 4-8p.m. –we'll have the masks, beads and frothy beer ready. A portion of all red ale proceeds will be donated to HFS. After enjoying a cold one, head to The Bridge Pizza for a Cajun-inspired slice, proceeds from this pizza will be donated to Helena Food Share. With a full belly, head to Miller's Crossing for another special Fat Tuesday drink or another pint of Mardi Gras Red Ale. A portion of Miller's sales will be donated to Helena Food Share. 🍀