



*Creating a Hunger-Free
Community*

Pantry Times

April 2022

Nutrition: *Creating a Healthy Community*

The vision of creating a hunger-free community is the driving force behind everything that happens at Helena Food Share. One of the guiding principles in accomplishing that vision recognizes that nutritious food is a building block for healthy communities.

Collaborating with other community organizations and programs helps ensure the food provided in the Pantry has a more significant impact on the overall health and well-being of those we serve. One partner in this work is Harvest of the Month Community Coordinator at St. Peter's Health, Kim Lloyd. Her goals to increase nutrition education and access to local healthy food in Helena and surrounding communities are a natural fit with Helena Food Share programs.

Part of Kim's work takes her into 17 local 4th-grade classrooms to share the importance of nutrition and begin lifelong learning for making healthy food choices. Kim and her four high-school student volunteers provide food demonstrations and teach young students that eating Montana-grown foods can be

delicious while helping to build healthy bodies. This spring's products include carrots, beets, grains, chickpeas, leafy greens, beef, bison, and dairy.

"Montana's primary food-producing economy is agriculture and is a vital source of nutritious, locally-grown food for our state," shared Kim. *"We have so many options to support our health while also supporting the Montana economy when we eat whole foods produced here."*

This is why Montana producers and Montana-grown foods are highlighted each month in the Pantry, featuring Harvest of the Month products and recipes. Kim's work in the classroom with these products mirrors the Charlie Cart demonstrations held weekly at Helena Food Share.

"When parents and children are shown easy ways to incorporate Montana

Harvest of the Month foods into recipes, they are more likely to try new foods and integrate healthy options into their diets," said Kim. *"As we eat healthily and take care of our bodies, we feel better and enjoy life more fully, which helps create a thriving community."*

To learn more about Montana Harvest of the Month and our other nutrition programs, visit HelenaFoodShare.org/Nutrition.



In March, local chef, Margaret Corcoran, came to the Pantry to host a Charlie Cart food demonstration. Barley and other grains were the Montana Harvest of the Month featured product, so Margaret prepared a delicious Pan Roasted Barley Soup for customers to sample.

Hunters Against Hunger

Wild game protein can be a vital part of a nutritious diet for many. It is also an economical source of meat for food pantries and food banks in Montana because of the Hunters

Helena Food Share provide a valuable source of nutritious wild game for Pantry shoppers.

This was Cole's first deer and he said he wanted to help other families in his community by donating it to Helena Food Share.

Through hunting licenses, Montana Fish Wildlife and Parks funds the Hunters Against Hunger program. When applying for or purchasing a deer, antelope, elk, moose, or wild buffalo license in Montana, hunters can add \$1 or more to the cost of each license. This donation

provides funding for processing the game, which then goes to local pantries.

In the Helena area, hunters can take wild meat they want to donate to Tizer Meats. The Hunters Against Hunger program will pay the cost of processing. Helena Food Share drivers pick up any donated meat once a week during hunting season for distribution in the Pantry. If hunters want to keep

a portion of the meat, the staff at Tizer Meats will divide it to their specifications.

Program Operations Director, Kim Dale, shared, "The high nutritional value of locally harvested game makes it an essential product for providing nutritious food for Helena Food Share customers. The Hunters Against Hunger program is an easy and affordable way for us to offer that product." Hunters are encouraged to help fund the program by checking the \$1 donation box on their hunting application this spring and donating what they can to Helena Food Share next hunting season.

If you have questions about donating lean protein to our neighbors in need, email Giving@HelenaFoodShare.org.



Cole Beaver with the deer he donated this year to help feed local families.

Against Hunger program. Funded through Montana Fish Wildlife and Parks and administered by the Montana Food Bank Network, the program provided 1,614 lbs of meat to Helena Food Share this year from 28 local hunters.

One of those hunters is 12-year-old Cole Beaver. He took his deer to Tizer Meats for processing in January to help

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Pantry Times is a publication of Helena Food Share.

Contact Us: (406) 443-3663

To Volunteer: ext. 106

To Donate: ext. 103

To Get Help: ext. 110

Our Pantries:

1616 Lewis Street, Helena
50 Prickley Pear, East Helena

Office: 1437 Helena Avenue

HelenaFoodShare.org



Appreciating Ramey

Each Friday, Ramey Rogness puts on a green Helena Food Share apron and gets to work prepping produce for customers in the Pantry. He has done this or a number of other volunteer activities for over 10 years, making him one of the longest-serving volunteers at Helena Food Share

Ramey, a retired civil engineer, learned about volunteering for Helena Food Share from a colleague and joined his co-worker at the Pantry a decade ago. When asked to tell us what has kept him coming to Helena Food Share each week, Ramey said, *“I like to help people. There are a variety of jobs, and everyone is so friendly – especially the staff.”* His advice for anyone thinking of becoming a volunteer is, *“Be flexible and willing to do what needs to be done.”* Ramey said this work ethic is shared by all the staff, no matter their job title. One of his favorite memories over the years was seeing former Executive Director Ann Waikman jump into action in the Pantry one day when short-staffed. *“She backed a delivery truck up to the dock, got a pallet jack, and started unloading food.”*



Ramey Rogness sorting produce before sharing it with Helena Food Share customers.

The tradition of showing up in support of our neighbors and doing the jobs necessary to make sure food is available for everyone continues today. The Pantry opens each day because of Ramey and over 120 other amazing volunteers. April 17-23 is Volunteer Appreciation Week. When asked why it's important to dedicate a week to those giving to their community, Volunteer Coordinator Cathy Ransier said, *“Every day we are grateful for our volunteers and their hard work. They give of their time, hands, hearts, and humor. Helena Food Share is successful because of what they do and our community is richer for the service they give. I can't imagine anyone doing it better anywhere.”*

Volunteer Appreciation Week

– Activities –

April 18-22

- **Hosted lunch for each shift**
- **Drawings for fun prizes**
- **Honoring volunteers with 1,000+ hours of service**
- **Photo highlights displayed in the Pantry and online**





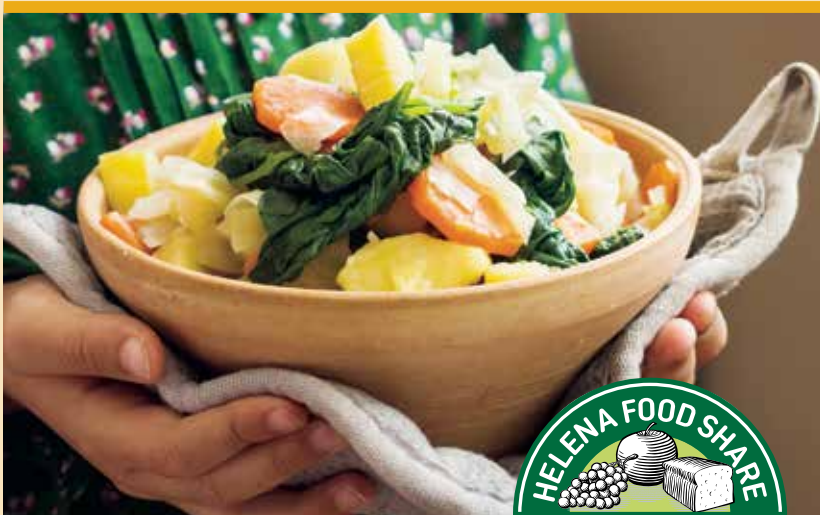
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• Filling Empty Bowls •



Join us for an evening with good friends, and enjoy soup made by local chefs in bowls created by local artisans, bread from local bakeries, drinks, and music.

Our friends and neighbors at The Friendship Center asked if Helena Food Share would like to take on the annual Empty Bowls event to provide food for our Helena neighbors in need. We are excited to host this new event, now **Filling Empty Bowls**, and invite you to dine with us outside at Helena Food Share on May 24.

Tickets are limited, so purchase them soon at HelenFoodShare.org/EmptyBowls

If the weather is inclement, we will dine inside the Pantry.

Sponsored by:



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May 24, 2022 | 4:30 - 6:30 | 1616 Lewis Street

Moving Beyond Hunger