



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.



- ▶ Gas cards for fuel for Grocery Rescue
- ▶ Wireless Computer Speakers
- ▶ Forever Postage Stamps
- ▶ Small Filing Cabinet
- ▶ White Card Stock Paper (8 1/2 x 11)
- ▶ Seat Covers for Grocery Rescue Truck, gift cards welcome!
- ▶ Gallon Ziplock bags for Emergency Snack Packs
- ▶ Volunteer Groups for Cleaning or Mailing Assemblies

Please contact Heidi for more information, call 443-3663 x 105. Thank you!

Upcoming Events

- ▶ **August 28** Volunteer Appreciation Picnic
- ▶ **September 8** Kid Pack Food Drive at Van's Thriftway
- ▶ **September 13** Kid Pack Program Starts
- ▶ **September 30** E. Clampus Vitus Chili Cook off at Lewis & Clark Brewing to benefit Helena Food Share

Is YOUR business up for the challenge?

We invite you and your business to join the Kid Pack Challenge, to end childhood hunger! Together we can keep local children fed.

Here is how your team can make a difference:

Make a minimum financial contribution of \$1,000 to the Kid Pack program. This provides over 300 packs to local kids!

Encourage employees to make a donation and have your business match employee contributions (this can count toward the minimum contribution of \$1,000).

Volunteer to complete a weekly Kid Pack Build.

Start the timer and challenge another business to a Kid Pack build race. Who can build 1,000 packs the fastest?

To find out more about the Kid Pack Challenge or to get your company involved contact Helena Food Share at 406-443-3663 or via email at info@helenafoodshare.org.

Thank you 2017 Kid Pack Challengers!



Pantry Times

helenafoodshare.org | SUMMER 2018

Your Generosity Fuels Students to Learn and Grow

Scottie was a second grader at Jim Darcy Elementary School when the Kid Pack program started. His teacher had grown accustomed to him acting out on Fridays as the weekend



approached and came to expect the same behavior until he had his breakfast and lunch on Monday. But the Monday after the Kid Pack program launched Scottie came to school acting differently. He was happy and playful. His teacher observed, "Scottie, it's nice to see you smiling, did you have a good weekend?" Scottie told her he had the best weekend ever because he didn't have to eat only bread and jelly. He had his Helena Food Share Kid Pack.

Scottie's story is typical. School Counselor Michele Zentz, with Jim Darcy Elementary School, sends Kid

Packs home with 63 students every weekend. These 63 Kid Packs are just a fraction of the 1,000 plus food packs Helena Food Share distributes on a weekly basis to local elementary-school children who may not have food over the weekend. Kid Packs are distributed in partnership with elementary schools in Helena and East Helena and the Head Start program. On Fridays, school staff send the packs home with kids at risk of hunger. Michele says, "we are grateful that food packs exist for these families that truly need them."

This effort was started when local teachers, administrators, and counselors, like Michele, started noticing that kids were coming to school on Monday morning unable to learn and do the work that was being asked of them because they hadn't had enough to eat during the weekend.

Michele appreciates seeing some of the items in the food packs changing weekly, offering the students some variety. She is also excited about the recent

The program will be in its tenth year this fall and continues to be effective. However, before a Kid Pack can be assembled by volunteers and delivered to the children who need them, the program needs to be funded. With each Kid Pack costing, \$3.25, the program costs more than \$120,000 in food alone. That's where donors like you make the difference. It's where one donor, David Peretto, chose to step in with his support.

David donates to the Kid Pack program through his employer, First Interstate Bank, where his donation is matched once by First Interstate Bank in Helena, then matched two times over by the First Interstate Bank Foundation. This stretched David's generosity!

"Having a daughter has an impact," David says. "Any thought of her going without is horrific. In general, whether it's my child, relatives, friends or complete strangers, it is very sad to see someone without their basic needs met. As David reflected on his decision to give,

"When a child has a basic need such as food, how could I not give?"
-David Peretto, Helena Food Share Donor

upgrades to the nutritional value of the packs. Michele says, "It has been good to see items such as pudding cups being replaced by shelf-sustainable cheese."

he offered, "Kids Packs have a tangible impact on behavior and education and that is what makes supporting the program worthwhile. When a child has a basic need such as food, how could I not give?"

Sharing Her Smile, Being a Hero

Like YOU Eleanor Changes Lives



Helena Food Share's mission that says we serve all with dignity. Other volunteers look to Eleanor for leadership, the staff looks to her for institutional knowledge and customers look to her for friendship. Her calming presence and manner make her everyone's friend.

"I particularly love to see when little kids come in with their families. So often their eyes just light up when they see things like fresh fruit."

-Eleanor Bowen, Helena Food Share Volunteer & Donor

Eleanor Bowen, though small in stature, is a mighty force making a difference in her community and at Helena Food Share. Eleanor has given her time and shared her welcoming, warm smile with everyone at Helena Food Share for over ten years. Playing a key role in many programs here, it's not a stretch to say that Eleanor has contributed to the growth of Helena Food Share's response to hunger, and has helped hundreds of our neighbors in the Helena Community access food assistance.

Eleanor volunteers as a greeter, where she welcomes customers and sets the tone for their visits to shop in the Lewis Street Pantry. She exemplifies the part of

Not only does Eleanor share her time and her smile, she also financially contributes to Helena Food Share. "I give because feeding people is a worthy cause and because I love the people, she says." Seeing the customers and the volunteers every week is what keeps her motivated to continue to give her time and her resources. She enjoys seeing firsthand how grateful and appreciative the customers are. "I particularly love to see when little kids come in with their families. So often their eyes just light up when they see things like fresh fruit."

Eleanor is a hero in so many ways, and at Helena Food Share, she is a Hunger Hero, because she is a donor who gives every month.

Hunger Heroes provide stability for the organization, giving monthly support to ensure there is always food available to those that need it. YOU can become a Helena Food Share monthly donor and Hunger Hero, too! Simply return the enclosed envelope with your Hunger Hero details. Or donate online at helenafoodshare.org and check the box to make it a recurring donation. For more information, call Helena Food Share at 443-3663, ext. 103. ●



Join in the Mission of Helena Food Share

Serving our neighbors in need by providing food in a respectful and dignified way and by working with others to eliminate hunger in the greater Helena area.

Apples and Artichokes

Beans, beets, broccoli and brussel sprouts.

Senior Farmers Market Coupons put fresh produce onto the tables of low-income adults age 60 and older allowing them to enhance their food resources with fresh, locally grown vegetables and fruit. These coupons can be used at local Helena farmer's markets.

Ellen is 63 years old and is getting her Senior Farmers Market Coupons for the second year. She signed up to receive the coupons last year because she started experiencing some serious health issues related to her diet and her doctor told her that she really needs to limit her diet to fresh fruits, fresh vegetables, and meat.

Ellen said, "these coupons mean I can afford fresh fruits and

vegetables while they are in season. Usually I have to make do with canned fruits and veggies, but they aren't as good because of the sodium and sugar. I just can't afford to buy fresh all year long. I get \$916 from social security, but after rent on my apartment, my car payment, and my car insurance there just isn't much left."

This program is operated by Helena Food Share and is funded through the Montana Department of Public Health and Human Services by a grant from the US Department of Agriculture (USDA). It allows senior citizens like Ellen to purchase fresh locally grown vegetables, fruits and herbs at local Helena-area Farmers Markets. ●

Sharing the Harvest

Dirty hands and tiny seeds yield bountiful harvests of crisp carrots and dark green spinach. Most gardeners enjoy these rewards with their families. At Helena Community Gardens, these harvests are also shared with and enjoyed by Helena Food Share community.

Helena Community Gardens manages nine of the community gardens in Helena and also shares resources with the garden at Helena Food Share. This non-profit group operates under the motto, "Making gardening accessible to all." Not only

is the Helena Community Gardens making gardening accessible to all, but they are also sharing their bounty with their neighbors in need. Included in the vision statement of Helena Community Gardens is that Helena Food Share and their clients benefit from the production grown in partner gardens.



FAST FACTS

ABOUT

FARMERS MARKET COUPONS



5 months

the span of time seniors can use their coupons



300 seniors

in need receive these coupons on an annual basis



\$50 in Coupons

are distributed to seniors who register for the Farmers Market Program

Each community garden has two dedicated plots where items are grown for Helena Food Share. The gardeners all volunteer their labor to the success of these plots. Come harvest time, these community gardeners provide the Helena Food Share pantry with a wide assortment of fresh vegetables. Community gardeners often will also share excess from their garden plots with Helena Food Share.

Working with HFS, the Helena Community Gardens are helping bring fresh to the Food Share Pantry and to those who rely on Helena Food Share for some of their nutritious foods. ●