



Churches United in Ministry
Emergency Food Shelf
120 North 1st Ave W
Duluth, MN 55802

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120 N 1st Ave West

March 2010

Duluth, MN

DULUTH EMERGENCY FOOD SHELF

March is MN FoodShare

Be a SUPERHERO by joining the effort to reduce hunger right here in Duluth. No superpowers are needed, just the will to make a difference and the motivation to help. The Minnesota FoodShare Campaign accounts for nearly 40% of the CHUM Food Shelf's annual operating budget. March is the only month when *every cash and food donation* generates additional dollars from both Minnesota FoodShare and the Feinstein Foundation.



Being a superhero can be as simple as; donating cash or non-perishable foods or taking steps to encourage your fellow workers, school, neighborhood, family or faith community to be part of a *superhero team*. We can provide the tools! Call us for paper grocery bags to be filled, FoodShare posters, or a MN FoodShare DVD for group viewing. Additional materials are available at <http://www.gmcc.org/foodshare/>.

Visit the CHUM website www.chumduluth.org and click the Donate Now button to make an online donation.

Thank You From a Working Family

Dear CHUM,

Several years ago my family participated in one of your programs for working families who needed help with food. We were able to get food from this program several times and it really helped out with feeding my wife, two children and myself. We are not sure if there is a program like this still going but we want to send this check to help out in any way if it can for others who may be in a similar situation as we were. Thank you very much!

DULUTH EMERGENCY FOOD SHELF

March 28th Chef's Brunch at the DECC

The annual Arrowhead Professional Chefs' Association (APCA) Brunch will be held at the DECC's Lake Superior Ballroom from 10:30 to 1:30.

Each year \$1000 from the event proceeds are contributed to the CHUM Food Shelf.

Plan to attend this year's eat-all-you-like buffet and support the CHUM Food Shelf.

For more information or tickets (\$25 includes beverage and tip), call Paul at 393-4259 or Sharon at 727-2391.

"People who are hungry and out of a job are the stuff of which dictatorships are made."

Franklin Delano Roosevelt

| Food Shelf Stats 2009 | |
|-------------------------|---------|
| Pounds Distributed | 211,027 |
| Unduplicated Households | 2,185 |
| Meals Served | 205,665 |
| Individuals Served | 13,711 |

Volunteers are Priceless!

GOOD-BYE, FRAN

After almost 20 years of volunteering at the CHUM West Food Shelf, *Fran Hultquist retired after her 90th birthday* on December 27. Fran packed food orders weekly, kept her church, Norton Park Methodist, aware of food shelf needs and recruited another long-time volunteer. Her energy and dedication is appreciated and will be missed by all who worked with her. Thanks, Fran!

“If you find it in your heart to care for somebody else, you will have succeeded.”

Maya Angelou

Help Spread the Word!

Food Shelf services are available to congregation members, co-workers, seniors and others you know. Folks who are working or laid off, or are struggling during these economic times are also eligible. Many think they do not qualify to receive food assistance, but they do! Food Shelf hours for *Working Households* are 3:30 to 6:30 p.m. on Mondays. These hours are for people who are not free to pick up food orders during regular hours.

We are also concerned about those over 65 who don't have enough food and can't access the Food Shelf due to transportation, inconvenient hours, lack of information, or concerns about eligibility. If a person is unable to come to the Food Shelf, they can authorize someone to pick up food orders for them.

If the distribution hours are inconvenient appointments are available by calling 727-2391.

LOOKING FOR A FEW GOOD VOLUNTEERS

Volunteers are an integral part of the May 8th, **Letter Carries Food Drive**. We are looking for 12 volunteer **teams** to collect food along with the letter carriers. Volunteer teams need a roomy vehicle, a driver and a walker. What a great family or youth group volunteer opportunity!

The East Food Shelf is looking for a volunteer to **pack food orders on Wednesdays** between 10 AM and 2 PM.

Working Households and Laid Off Workers Food Distribution program on **Monday evenings** needs a volunteer to assist clients from 3:30 to 6:30 PM.

*You can volunteer monthly or weekly,
for all or part of the a shift.
If you can help call Meg at 727-2391.*

FOOD INSECURITIES

In a report released by the Food Research and Action Center (FRAC), nearly one in five Americans responded "yes" to the question: *"Have there been times in the last month when you did not have enough money to buy food that you or your family needed?"* A Gallup survey, that interviewed 1,000 people nearly daily over the past two years, has reported the data. "While there is certainly more hardship in some areas than in others", said Jim Weill, president of FRAC, *"there are no hunger-free areas of America."*

More than 13.8 % of households in Minnesota reported not having enough money to buy needed food for themselves or their family. The food hardship rate for households in the 8th Congressional District (Arrowhead Region of MN) was 17.4% in 2008-09. The number of people in Minnesota receiving food stamps who had **no other income** rose by 87 percent!

These new numbers are especially relevant as Congress looks at jobs legislation and other strategies to alleviate the damage of the recession and reauthorizes child nutrition legislation this year. President Obama is supporting a \$1 billion a year increase in child nutrition programs (school lunch, etc.), and the administration has a goal of eliminating childhood hunger by 2015. Improvements in a range of federal nutrition programs, including SNAP/ Food Support and child nutrition programs and more efforts to boost the economy, create more well-paying jobs and reduce unemployment could be effective measures to address this issue.

LETTER CARRIERS FOOD DRIVE

Saturday, May 8th

The National Association of Letter Carriers annual food drive is the largest food drive in the United States. In 2009, the local NALC Branch #114, collected **76,100 pounds** of food for distribution by Twin Ports food shelves.

Food Shelf Open Hours

East Food Shelf - 120 N. 1st Ave. W.
727-2391 or chums@chumduluth.org

Food Distribution:

Mon. 3:30-6:30pm Wed. & Fri. 10am-1:45pm

Food Donations:

M 9am-5pm T&Th 9am-1pm W&F 10am-3pm

West Food Shelf - 4831 Grand Ave
Our Savior's Lutheran Church
624-0333

Food Distribution and Food Donations:
T&T 11am-2pm