

# Hope *in action*



February 2023



## March is Minnesota FoodShare Month!

### 2023 Board of Directors

Katy Lindberg  
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Vice President

Peggy Horsch  
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David Fransen  
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Brittney Hirschauer

Brandi Poellinger

Kelli Reitzel

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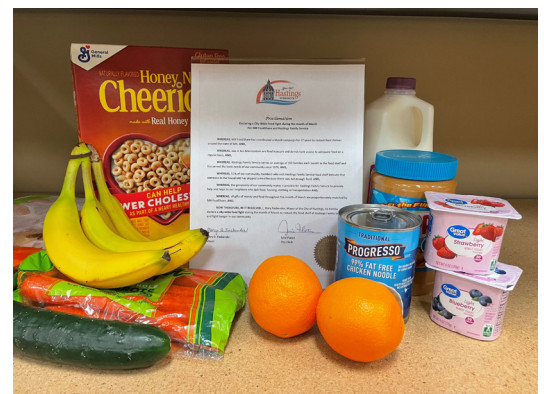
Josh Schoaf

Marta Tierney

Dr. Nick VenOsdel

Minnesota FoodShare March Campaign (**February 27<sup>th</sup> - April 9<sup>th</sup>**) is a **food** and **fund** drive that brings together people, businesses, and organizations from around the state to help stock and support Minnesota's food shelves, including Hastings Family Service!

At the February 21<sup>st</sup> Hastings City Council meeting, Mayor Mary Fasbender proclaimed that the Hastings community will Drive Out Hunger during MN Foodshare. **Join the fun around Hastings, as food and fund donations are proportionately MATCHED by MN FoodShare.**





**Amy Sutton**  
*Executive Director*

## ***Reflecting & Reaching***

What a difference a year can make! Reflecting on last year at this time, I was writing my first newsletter article as Executive Director, we had just begun the renovation of our new space and had four new staff members. Reaching forward to where we are now, I am grateful for this amazing team and proud of all of the good that has happened.

2022 was a year of tremendous growth and transformation. 2023 will be a year of managing that growth, refining processes and evaluating outcomes. Already in February, we implemented a new way for neighbors to shop in our Market food shelf. Instead of following a prescribed shopping list based on family size, neighbors now shop by a color-system where the color will show them how many items they can select from that section based on family size. It is easier to understand for neighbors who speak different languages and it provides more choice for families to select items they know their families will enjoy, which also reduces waste. The efficiency of the new process allows HFS to double the number of people we serve in the Market to every half hour instead of every hour.

Additionally, our expansion of food rescue allows HFS to fill our Market on the Move van with fresh produce to take to a senior living community each week instead of one per month. See page 6 to see the tremendous growth in services over the past year! There is still more to do, but we are also taking a breath to make sure that we are working efficiently and effectively so we can provide the greatest impact for the people we serve and for our community.

I've heard it takes a village... I say it takes a FAMILY! I am grateful to be part of this HFS FAMILY of volunteers, staff, donors, neighbors and community partners with you.

So much good ahead!

### **HFS Operating Hours**

Programs available by calling 651-437-7134  
Monday - Friday, 9 a.m. - 4 p.m.

Rivertown Treasures & HFS Donation Center  
Tuesday - Friday, 9am-4pm, Saturday 10am-3pm  
Closed Mondays



## **Hastings Family Service**

**Amy Sutton**

*Executive Director*

**Deana Dunning**

*Programs and Operations Director*

**Joannie Becker**

*Meals on Wheels*

**Jessica Bierbrauer**

*Office Manager*

**Kelly Carter**

*Development & Community Relations*

**Diane Dillinger**

*Rivertown Treasures*

**Sue Hill**

*Meals on Wheels*

**Lynn Humbert**

*Meals on Wheels*

**Mary Kells**

*Market Food Programs*

**Melanie Peters**

*Rivertown Treasures*

**Stevi Ritt**

*Rivertown Treasures*

**Amy Schaffer**

*Market Outreach & Communications*

**Maria Slavik**

*Volunteers*

**Amy Tix**

*Emergency Services & Communications*



@HastingsFamilyService



@HastingsFamilyService

[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)



- Scan the QR code to set up an online monthly donation.
- Direct payment from a checking account. Fill out the authorization on the enclosed envelope and send it in with your voided check. This option incurs no fees!
- Go to our website and click on The Family Table page. Follow the instructions.
- Use an electronic funds transfer through your bank account's Bill Pay service. Notify Kelly Carter at HFS (651-437-7134) if you choose this method.



### ***IRA Contributions***

If you need to take a required minimum distribution (RMD) from an IRA, consider sending it directly to a qualified nonprofit like HFS to reduce your taxable income. Keeping your taxable income lower can reduce the impact to your Social Security and Medicare. Starting in 2023, the age requirement for RMD increases to 73 years. Contact your financial advisor to determine if this is a good option for you!



## **Volunteers Needed**

### **Weekly and substitute shifts available:**

Openings available in the Market Food Shelf, Rivertown Treasures Thrift Store, Donation Center, and Volunteer Receptionist.

### **Short term opportunities available:**

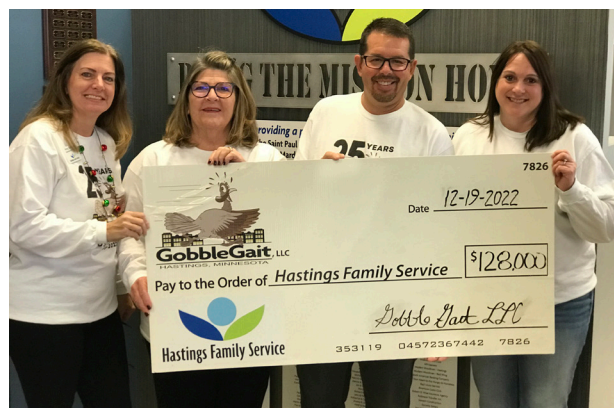
Consider a short term (2-3 month) commitment to cover a shift during the winter travel season.

### **Saturday shifts available:**

Shorter 2.5 hour shifts available on Saturdays in the Donation Center, Rivertown Treasures Thrift Store, and Rivertown Treasures Sorting.

Visit [www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org) to learn more about available openings and fill out a volunteer application.

## **Thank you!**



Thanks to the sponsors, participants, volunteers and organizers, the 25th Gobble Gait resulted in \$128,000 for Hastings Family Service!

## Most Needed Items:

- Macaroni and Cheese
- Jelly or Jam
- Pancake Mix & Syrup
- Saltine Crackers
- Tuna/Canned Meat
- Soup: Chicken, Vegetable, Tomato
- Chili, Stew, Beef Ravioli, or Chow Mein
- Side Dishes: Rice, Potatoes, and Pasta
- Pasta Noodles and Spaghetti Sauce
- Canned Fruit and Vegetables
- Mayo or Miracle Whip
- Sugar, Flour
- 100% Fruit Juice
- Feminine Hygiene Products
- Laundry Detergent
- Toilet Paper
- Dish Soap
- Bar Soap



# Driving Out Hunger

## MN FOODSHARE

Participate in MN FoodShare as an individual, family, group, business, or church:

- Attend Hastings Tastings: Your \$35 ticket feeds a family of 4 for a week!
- Host a food or fund drive at your church or business. A kit to help you organize your drive can be found at [www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org).
- Clip the most needed items list on this page and add a few items to your grocery list each week. Drop off food items at the HFS Donation Center during business hours.
- Purchase a prepacked grocery bag at Cub. The most needed items are already prepacked and located near the registers for a quick purchase. There is a bin located near the west exit to place the bag inside on your way out the door.
- Shop and drop off food and personal care items in one stop using the collection bin located at the Walmart pharmacy entrance.
- Watch for the HFS Market on the Move van around town collecting food!
- Add the Driving Out Hunger frame to your Facebook profile picture and help spread the word! Go to the HFS Facebook page for instructions.
- Follow Hastings Family Service on social media. We'll share more events and opportunities to drive out hunger throughout the MN FoodShare campaign!



# Gifts of Food & Funds Proportionately MATCHED by MN FoodShare February 27<sup>th</sup> - April 9<sup>th</sup>



Gifts of both food and funds support the HFS Market Food Programs.



HFS can stretch your gift by purchasing food at a large discount from Second Harvest Heartland.



Participating in Food Rescue with Cub, Coborn's, and Kwik Trip helps HFS provide a greater quantity and variety of food.



A typical full food shelf order (pictured here) feeds a family of 4 for 7-10 days.

Volunteers pack food orders for neighbors. Each food order contains a variety of nutritious foods that are sourced through donations and purchases as well as food rescue efforts.



**Taproom Takeover at Spiral Brewery**  
Thursday, March 9, 4 - 7pm  
A portion of all beer sales will benefit HFS.



**Jersey Mike's - Hastings**  
Thursday, March 23, 4 - 8pm  
50% of sales will be donated to HFS.



**Culver's - Hastings**  
Friday, April 3, 5 - 7pm  
10% of all sales will be donated to HFS.

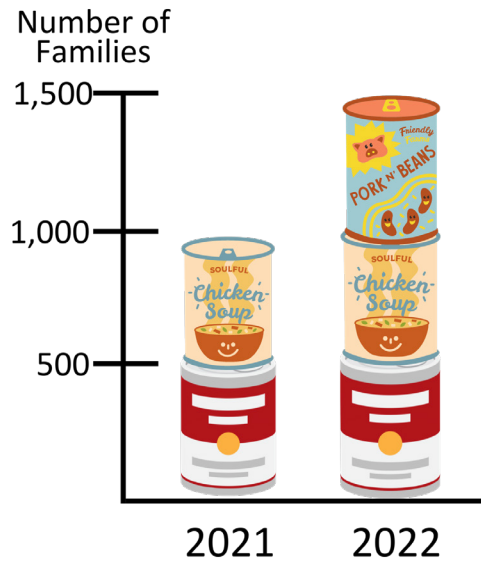


Monday, March 27  
4:30 - 7:30 pm

Sample delicious food and drinks from local restaurants and participate in the silent auction and beer, wine, and restaurant raffles.

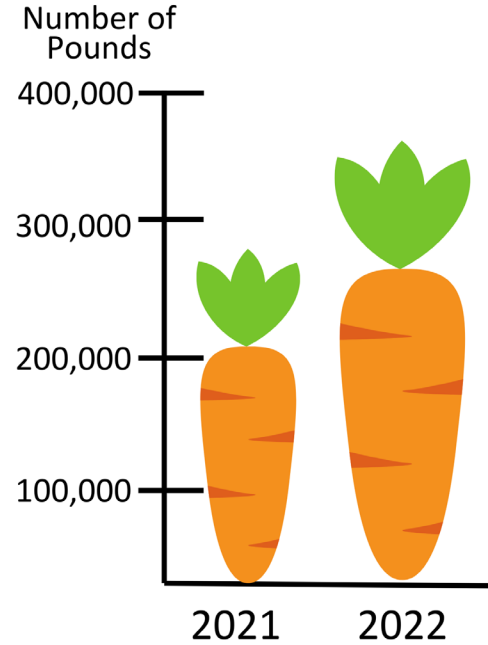
# Celebrating a Year of Growth & Hope

## Full Food Shelf Orders



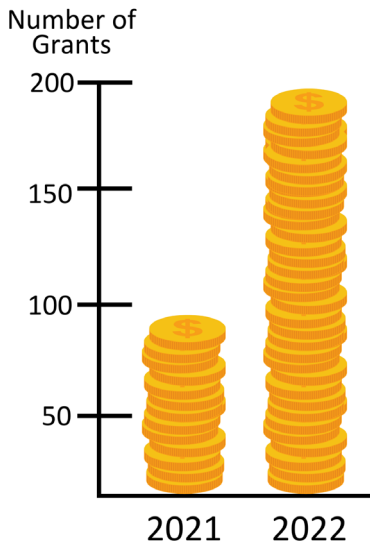
Demand for a 7 - 10 day supply of food increased by 52%, from 979 households in 2021 to 1,491 households in 2022.

## Total Pounds of Food



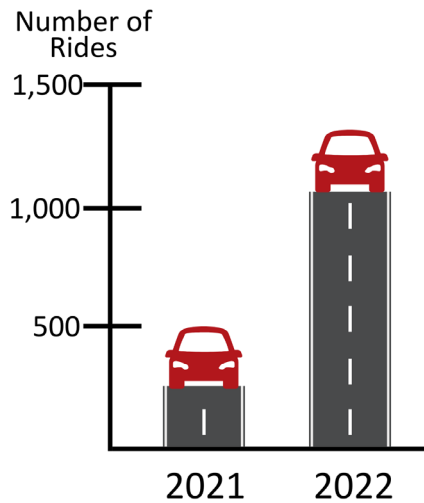
HFS increased the total amount of food given out to families by 34%, from 270,529 lbs of food in 2021 to 362,768 lbs on food in 2022.

## Emergency Assistance



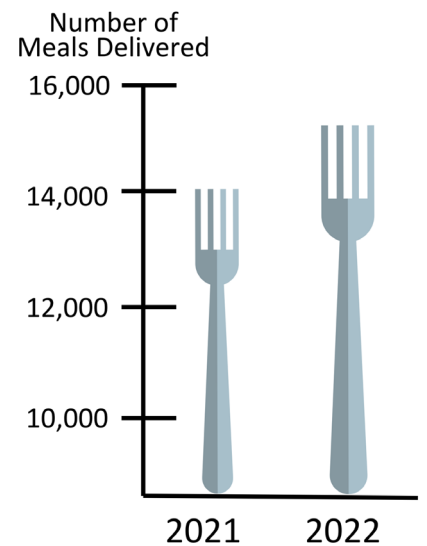
Emergency Grants to neighbors doubled, from 93 grants in 2021 to 193 grants in 2022.

## Just Friends Rides



Just Friends became fully operational in 2022 and rides nearly tripled, from 483 rides in 2021 to 1,281 rides.

## Meals on Wheels



Meals on Wheels delivery increased by 9.5%, from 14,016 meals delivered in 2021 to 15,331 in 2022.

***YOU made all of this possible in 2022! Thank you!***



## Meet Mitchell

Throughout January, HFS was fortunate to have Mitchell McManus intern as part of his Social Work 102 Field Experience class at Luther College in Decorah, Iowa.

As a Sophomore at Luther, Mitchell came to HFS as part of the requirements for his counseling minor - to "test drive" social work/counseling to see if it is something he would like to continue to pursue.

"It was so rewarding seeing people light up when we were able to help them, to make desperate situations less desperate."

HFS put Mitchell to work doing everything from Food Rescue to Market Cart to Emergency Assistance, and he jumped in with both feet. "I learned that I am more flexible than I thought I was, able to do whatever was needed in the moment!"

You may see Mitchell at HFS this summer!

# HFS Board of Directors Updates

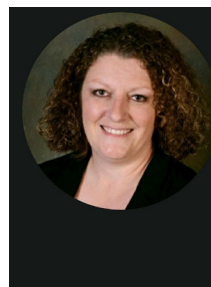
## *Welcome!*

Hastings Family Service welcomes three new Board members in 2023.

**Brittney Hirschauer** is the Director of Food & Nutrition Services at Hastings Public Schools. She served previously on the Board of the Monticello Help Center and started several programs to address student hunger in the Monticello school district.

**Pastor Joel Rova-Hegener** is with Our Saviour's Lutheran Church and served previously on the board of the regional Food Bank in Grand Rapids, MN.

**Josh Schoaf** is the Executive Director of the Hastings YMCA and brings experience working with youth and nonprofits. We look forward to their contributions and are grateful for the community partnerships they bring to help Hastings Family Service serve the community.



**Brittney Hirschauer**



**Pastor Joel Rova-Hegener**



**Josh Schoaf**

## *Thank you!*

**Mike Swanson, Pam Oeffler, Tim Stanley and Melissa Freiermuth for years of dedicated service on the HFS Board of Directors.**

Hastings Family Service is Driving Out Hunger!

All monetary gifts and pounds of food are proportionately MATCHED by MN FoodShare!



Driving Out Hunger  
MN FOODSHARE

See pages 4 - 5 for details.



Hastings Family Service  
301 2nd Street East  
Hastings, MN 55033

«COMPANY»

«FIRST» «LAST»

«ADDRESS»

«CITY», «STATE» «ZIP»

## Mark Your Calendar!



Monday, March 27

St. Elizabeth Ann Seton Church Social Hall  
4:30—7:30 p.m.

Join us as for the 26th annual Hastings Tastings. Sample delicious food and drinks from local establishments and support HFS.

**Ticket price: \$35**

Tickets available at HFS, Hastings Cub Foods, Hastings YMCA, and online at [www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)  
Limited tickets available – get yours today!



Drive Out Hunger

GOLF TOURNAMENT BENEFITING  
HASTINGS FAMILY SERVICE

**Tuesday, June 13, 2023**

HASTINGS GOLF CLUB  
Registration in March

For sponsorship information, please contact Kelly Carter at 651-437-7134

**Tournament Sponsors**



KEEPING YOU ORGANIZED®