

## Inside This Issue

THE MANY WAYS YOU MAKE LAFS YOUR COMMUNITY FOOD SHELF



MEET THE MERCHANTS WHO MAKE THE HOME TOUR HAPPEN  
PAGE 2



NISSWA COUNCIL DELIVERS AMERICAN RESCUE MONEY  
PAGE 3



THE HUNGER STORY THE PEOPLE IMPACTED & MEETING THE NEED  
PAGE 4

# LAKES AREA FOOD SHELF NEWS

Fall 2022

Your Community Food Shelf For 42 Years

Lakes Area Food Shelf's 31st Annual  
**NISSWA CHRISTMAS HOME TOUR**  
October 20, 21 & 22, 2022

TICKETS \$40 PER PERSON  
AVAILABLE AT  
[WWW.LAFSHOMETOUR.COM](http://WWW.LAFSHOMETOUR.COM)  
OR AT OLDE CROW GATHERINGS

## Christmas Home Tour Time! Your Donations Are A Lifeline

In its 31st year, this Christmas tradition is both a gift to you and a hand up to our “Friends and Neighbors.” For 30 years your generosity has filled our shelves with the food needed by so many.

You know “Our Friends and Neighbors” well. They’re people in our communities who face each day without enough to eat. It takes just a little bit of bad luck, for any of us to join them.

October 20, 21 & 22, 2022

The 31st Annual Fundraiser for  
Lakes Area Food Shelf

Be inspired by talented Nisswa merchants who join together to create a holiday experience. Tour participants are shuttled to two private homes which are elaborately decorated for the holidays. Upon return to Nisswa, enjoy the day shopping at your favorite stores, eating at charming restaurants and experiencing all that makes Nisswa so special. All proceeds from the tour go to LAFS.

**Participating stores:**  
Anchored In, Buffalo Plaid, Chocolate Ox,  
Double T Acres, Found: a curated life,  
Lark, Olde Crow Gatherings

Tickets & Additional Info. available at  
[www.lafshometour.com](http://www.lafshometour.com)

## The Need Is Great

The number of those in need spiked in 2022. Halfway through this year we’ve served more than we did in all of 2021. Hunger in our region is REAL!

When you buy a ticket, you ensure Lakes Area Food Shelf remains a strong resource in our community. Here for people facing hunger AND other challenges.

Know Much About Lakes Area Food Shelf?  
Take Our Community Survey At  
<https://www.surveymonkey.com/r/NDKR72Q>

Your donation pays for healthy food and helps us break the barriers preventing our Friends and Neighbors from living productive lives.

# NISSWA MERCHANTS BRING CHRISTMAS HOME TOUR ALIVE!

Talk about heavy lifting! They find the featured homes, create stunning decorations, & guide the tours. These Nisswa Merchants bring the annual Christmas Home Tour to life.

“We are proud to support local families by providing our time and talent,” explained the Owner of Found: a curated life. “We hope our efforts bring joy to both attendees and those who benefit from the funds raised.”

Thanks to Olde Crow Gatherings, Anchored In, Buffalo Plaid, Chocolate Ox, Double T Acres, Lark, and Found: a curated life. Without them, AND YOU, our biggest single fundraiser wouldn't happen.

Please stop in whenever you shop in Nisswa.

“As a child, I was the oldest of a family of daughters who were raised and worked our dairy farm in central Minnesota in the 1970's. It was a rough time for dairy farmers who struggled to make a living. My family of five always had some kind of food on the table due to our farm but many nights consisted of pancakes and eggs. Some of my friends were not so lucky, and as a young child I knew their families struggled with hunger. Growing up on a farm taught me so many things from work ethic, to compassion, to integrity, to a sense of community - all of which formed me into the type of business owner I am today.”

“I proudly state that my success as a business owner today is because of this background. Secondly, it is just as important to ‘pay it forward.’ My team has repetitively heard me say, ‘We cannot always take, we also have to give back.’ It is easy to get lost in the success of the summer sales, but without the support of the community, Anchored In would not exist.”



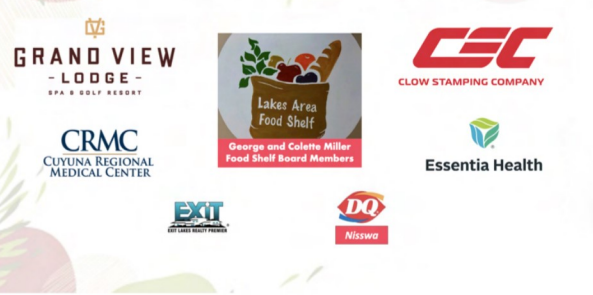
Lisa Pfannenstein, Owner, Anchored In

“Years ago I needed help. The people at the food shelf cared for me and my family. Christmas Tour of Homes has been my way to give back.” Kim Piehl, Owner, Olde Crow



“When we can use our talents in a way that helps our community and it's a blessing for individuals in need of a blessing, it's not a burden, but a joy!” Monte Morken and Charli Nelson Owners, Buffalo Plaid

## THANKS TO HOME TOUR FINANCIAL SPONSORS



We're grateful for our Nisswa Christmas Home Tour Financial Sponsors. Up to \$10,000 of their direct donations are matched dollar-for-dollar by the Initiative Foundation. See how the Initiative Foundation is "Powering Possible" at ifound.org

Buy Tickets? Be A Sponsor? Donate? [www.LAFSHOMETOUR.COM](http://www.LAFSHOMETOUR.COM) 218-568-8474

# LAKES AREA GOVERNMENTS STEP UP SPECIAL GRANTS HELP FILL SHELVES



NISSWA COUNCILMAN JESSE ZAHN DELIVERS \$25,000 AMERICAN RESCUE CHECK TO FOOD SHELF BOARD MEMBER MARK CASEY

**“People are hungry. Why not spend this money to feed them...”**

We were humbled by Nisswa City Councilman Jesse Zahn’s advocacy and generosity.

**At a July Nisswa City Council meeting, he made a motion to give LAFS a substantial portion of monies received from the American Rescue Plan Act.**

Councilman Zahn was responding to a presentation explaining the need that LAFS made to the council in March.

**His motion received unanimous support from the council.**

**“People are hungry. Why not spend this money to feed them?”** Jesse told us when he came to the food shelf to present the check.

**We couldn’t agree more.**

**Thank you Councilman Zahn and Nisswa City Council for helping our Friends and Neighbors in need!**

## **YOU ARE OUR # 1 FUNDING SOURCE**

**We NEVER forget  
the value of your support!**

**Your regular donations keep  
Lakes Area Food Shelf alive.**

**Whether it’s \$10, \$20, \$50,  
whatever you can manage from  
your budget. It makes all the  
difference.**

**On the last page of this newsletter  
you’ll find a contribution card.**

**Please give whatever you can.**

**THANK YOU**

### OTHER LOCAL GOVERNMENTS STEPPED UP TOO!



Thank You!

We are humbled by your confidence in our work.

**Donate? Send Your Check To: PO Box 423, Pequot Lakes, MN 56472**

## The Decision

**Imagine. It's Monday. It's lunch time. You're really hungry.** You open the cabinet. Not much inside. Maybe enough for a day or two...certainly not three.

### You stop and think about *The Decision*. Do I have lunch?

Eating now means a grocery trip before Friday...before you get paid. Spend \$50 on groceries and you'll be short on the rent due Wednesday. And, remember, you owe an extra \$50 for coming up short last month. You just can't ask your landlord for another break.

**Do I pay rent, or do I eat lunch? Will a can of black beans stretch from lunch to dinner? Can I spend \$50 on groceries or do I go hungry?**

**The Decision is very real for the Friends and Neighbors who rely on Lakes Area Food Shelf.**

And, the need is growing. **New data from Feeding America puts "food insecurity" – that's government speak for "hungry people" – in a range of 9% to almost 12% in the Brainerd Lakes region.** We're seeing it firsthand.

**On a recent Tuesday, we served 39 individuals in about three hours.** Our parking lot was full. Those waiting were patient. Our rock star volunteers took care of everyone.

**Your donations make "The Decision" more manageable. The food we buy with your money keeps Our Friends and Neighbors from skipping meals. They can eat and have cash left over for rent, utilities, medical care, whatever the need.**

**We are fortunate to have you - Your donations, your generosity, your commitment.** Any amount helps. You'll find a donation card on the last page of this newsletter. "Thank you," doesn't truly express our gratitude for your support.

**You are ESSENTIAL! Blessings to you and all you hold dear.**

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### FAST FACT

In less than six months the need has doubled!

2

### FAST FACT

Our budget has jumped 62% due to higher food costs and numbers served!

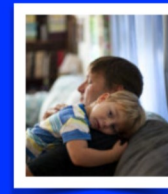
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### FAST FACT

29% of our Friends and Neighbors are children and 21% are Seniors.

### Who Comes To The Lakes Area Food Shelf?

- **Seniors** living solely on social security; unexpected health condition put them in peril financially.
- **Working Parents** with rent increasing by 30 to 50%.
- **Grandparents** who suddenly find themselves caring for their grandchildren.
- **Middle-aged Individuals** who move parents in with their family for care as their health declines.
- **Unemployed** who lost jobs in the pandemic or were hospitalized for months and lost their jobs.
- **Large increase in families.** In April of 2021, we saw 15 to 17 families a day. Now it's 30 to 40.



# Seen Around Lakes Area Food Shelf

**“When I come here, I feel like I’m coming to see friends. Everyone who works here is kind and caring, and they never make me feel like I am being judged.”**

**From A Grateful Friend & Neighbor**



**Long Time Volunteers Rita Sorensen & Leon Zender tell stories of service to The Echo & Lakeland PBS**



**Pequot Lakes Baptist Church Donates Birthday Bags**



**Volunteers Tim Moore & Cindy Sandoz Stock The Shelves**

**Closing Your Cabin For The Summer?**  
**Please consider donating any unused, nonperishable food items to the Food Shelf.**  
**Drop off Tuesday OR Thursday morning at:**  
**29316 Patriot Ave**  
**Pequot Lakes, MN 56472**  
**Phone: 218-568-8474**



**Sen. Al Franken & Daughter Thomasin Drop Off A Food Donation**

**NEED ASSISTANCE? WE'RE OPEN 9AM-NOON TUES/THURS & WED 3PM-6PM**  
**LOCATION: 29316 PATRIOT AVE. PEQUOT LAKES, MN 56472 (218 568-8474)**

**CONTRIBUTION CARD**

Please enclose card with your contribution!

**NOTE OUR NEW ADDRESS**

LAKES AREA FOOD SHELF  
PO BOX 423  
Pequot Lakes, MN 56472  
218-568-8474

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Please find enclosed my contribution of \$ \_\_\_\_\_ .

Mailing Address:  
LAKES AREA FOOD SHELF  
PO Box 423  
Pequot Lakes, Mn 56472

Physical Address:  
29316 Patriot Ave  
Pequot Lakes, MN 56472  
Phone: 218-568-8474  
Email: lafs1@tds.net

Thank you for being such a bright and important light for so many!