



*Our mission is to provide supplemental food assistance to families with food insecurities.*

**LAKES AREA FOOD SHELF**  
**SPRING 2022 NEWSLETTER**  
*A Renewed Call-to-Action*

Dear Friends of Lakes Area Food Shelf,

This newsletter is written in honor of YOU. YOU, who think of your blessings. YOU, who look around and see the needs of others. YOU, who then act to help address those needs. We thank each of YOU – churches, businesses, civic groups, foundations, community members, media outlets, local units of government – for supporting our March MN FoodShare Campaign. Your support brought us through the first quarter of our annual budget!

We are often taken aback by the generosity of our “food shelf community” as you act to help our friends and neighbors. Paul Farmer, a humble, world-renowned philanthropist and physician who worked tirelessly to improve health care and nutrition in developing countries, described it in this way: *“For me, an area of moral clarity is: you're in front of someone who's suffering and you have the tools at your disposal to alleviate that suffering or even eradicate it, and you act.”*

Perhaps a less well-known philanthropist – but one of equal generosity and call-to-action – states it even more poignantly in her youthful sign to help raise donations for the food shelf during our March Campaign:



*“Here is some food for people who need it,” she said. “Especially, the kids.”*

However you heard of the March Campaign – and the funding needs of Lakes Area Food Shelf – thank you for caring, for stopping by to see what we do and how we do it, and for **“Helping your friends”**.

Blessings,

*Kathy Adams*  
Kathy Adams, Director  
Lakes Area Food Shelf  
**IMPACT**

Why are your gifts important to Lakes Area Food Shelf and to those we serve? What difference do they make? It is important to share with you that since 2021, our food-purchase costs have doubled. Inflation, remaining supply-chain issues, and rising food costs have hit our friends and neighbors hard – as they have hit Lakes Area Food Shelf’s budget hard. In addition, the number of people needing our help has dramatically increased this year:

- January through April 2021, we served 367 families. During that same timeframe this year, we have served 1079 families.
- January – December 2021, we served 4,657 people. Four months into this year, we have already served over 3100.
- January – April 2021, we purchased 25,958 pounds of food. Four months into this year, we have already purchased 65,353 to meet the dramatic increase in the number of people needing help.

We received a rather belated Christmas card from one of our friends and neighbors just a few weeks ago. Its message is an important one and speaks to the actions we are able to take because of your support:

*“Open your heart at Christmas  
And not just for one day.  
Open your heart at Christmas  
Let this beautiful feeling stay.  
For caring, generosity and love,  
We treasure through the year.  
Don’t wait until Christmas to share it with those you hold dear.”*

The inscription written on the card from our friend and neighbor is also an important one for all who **Help your friends**: *“You helped me immensely with your open arms – when I was no more than a stranger to you. You gave me back my courage and dignity.”*

#### **THE FUTURE OF LAKES AREA FOOD SHELF**

This is an exciting time for Lakes Area Food Shelf. For the first time in thirty years, the Board of Directors is engaged in a strategic planning process to determine our course of direction for the next three to five years. As part of that process, they will be holding focus groups in communities we serve (if you would like to participate in a focus group, please call us at 218-568-8474); using surveys to get feedback from the broader community; and then holding a planning retreat this fall.

They are interested in your feedback and ask that you complete the following survey and return it to us as soon as possible. **Or you can access the survey using the following link:**

**<https://www.surveymonkey.com/r/NDKR72Q>**.

**LAKES AREA FOOD SHELF COMMUNITY SURVEY**

1. What do you know about the Lakes Area Food Shelf (LAFS)?
  - I am not familiar with LAFS
  - I know LAFS exists, but don't know much about them
  - I know where LAFS is located and am somewhat familiar with the services they offer
  - I am very familiar with LAFS' location and services
  - Other (Please Specify) \_\_\_\_\_
  
2. I have visited LAFS to (check all that apply):
  - See what it looks and feels like inside
  - Deliver a donation of food or money
  - Shop for food
  - Work or volunteer
  - I have never been to LAFS
  - Other (Please Describe) \_\_\_\_\_
  
3. I believe Lakes Area Food Shelf is:
  - Not important to the community
  - Very important to the community
  - Somewhat important to the community
  - Extremely important to the community
  - Other (Please Describe) \_\_\_\_\_
  
4. If Lakes Area Food Shelf offered other services/programs in addition to food distribution, what do you believe would be the most helpful to the community/its residents?
  - Transportation Assistance
  - Clothing
  - Job Coaching/Employment Searches
  - Help Completing Applications for other agencies/organizations
  - Emergency Financial Assistance for Basic Needs
  - Resource & Referral Services
  - Short-term Warming House for Homeless
  - Underserved Youth Activities
  - Access to low-cost furniture and household goods
  - Home Visiting Services for New Parents
  - Home Visiting Services for Elderly Friends and Family
  - None of the Above. Lakes Area Food Shelf should only focus on food distribution.
  - Other (Please Specify) \_\_\_\_\_
  
5. Would you and your family or your place of business consider making a financial contribution of any size to Lakes Area Food Shelf?
  - Yes, I would consider now or in the near future
  - No, I would not consider this now
  - I am not sure at this time
  - I/We already contribute to LAFS
  - Other/Additional Comments \_\_\_\_\_

6. Would you consider volunteering any time or professional skills to Lakes Area Food Shelf?
  - o Yes, I would consider now or in the near future
  - o No, I would not consider now or in the future
  - o I am not sure at this time
  - o I already volunteer at LAFS
  - o Other (Please Describe) \_\_\_\_\_
  
7. Do you have any other ideas, information or stories you'd like to share with us that might help in planning for the future of LAFS?
  
8. Do you have any questions you'd like to ask or concerns you'd like to share about LAFS?
  
9. If you would like to learn more about LAFS, please fill out the following (OPTIONAL):

Name:	Company:
Address:	City, State, and Zip:
Email Address:	Phone Number:

Please mail or drop off survey by June 30. Mailing address: PO Box 724, Nisswa, MN 56468  
Physical Address: 29316 Patriot Ave, Pequot Lakes, MN 56472

**HOW YOU CAN HELP IN 2022**

With the March FoodShare Campaign, we have raised enough funding to get us through our first Quarter. We are a third of the way to reaching our annual budget needs. With food-purchase costs having doubled and the dramatic increase in the number of families we see, daily, we need to raise an additional \$200,000 by year end.

You can help our friends and neighbors – and the food shelf - reach our goals in several ways:

- Please inform any people you know who may need food assistance about Lakes Area Food Shelf. We are a community food shelf, open to ALL experiencing hunger.
- If you haven't donated this year, please consider doing so.
- Join us for the **Holiday Tour of Homes on October 20, 21, and 22. Tour beautifully decorated homes for the Holidays and then shop with Nisswa merchants for the Holidays.** <https://lafshometour.com/>
- Please feel free to tell your friends, family, book club, Facebook friends, civic organizations, and community members about Lakes Area Food Shelf and ask them to consider making a gift.
- Consider doing a fund or food drive as you hold your family reunion, garage sale or a work event. Key food items friends and neighbors request are:

Peanut Butter	Spices
Taco Kits or other packaged meals such as Hamburger Helper, Tuna Helper	Healthy Snacks (Nuts, dried fruits, crackers, granola bars)
Sugar	Gluten-free foods
Flour	Kleenex and Toilet Paper
Canned Meats	Feminine Products
Fresh Bread	Coffee and Tea
	Dog and Cat food

### **HLEP YOUR FRIENDS**

It would be impossible to share photos of all the people, organizations, churches, classrooms, youth groups, businesses, foundations, and others who helped us during our March MN FoodShare Campaign. Yet, we have received permission to share some of them, and we do so because they emanate our philosophy that Lakes Area Food Shelf is a COMMUNITY FOOD SHELF, open to all who need food, support, friendship, and assistance with other resources – and all who support our mission. The food shelf belongs to you. It belongs to our volunteers. It belongs to our churches, businesses, cities and townships.

Thank you to ALL who help us **HLEP OUR FRIENDS**. And thank you to the beautiful child who shared her call-to-action with us. Her sign is mounted at the entrance of our food shelf.

**Photos left to right: 1) Chelsey Perkins of the Greater Crosslake Area Foundation presents LAFS Director, Kathy Adams, with a wonderful donation! 2) The Cuyuna Regional Medical Center (CRMC) staff are huge supporters of the March Campaign! Priscilla Johnson dropped off both food and cash donations. 3) Pequot Lakes Tool and Manufacturing presents a generous donation to Board Chair, Tim Moore.**



**Photos, below, left to right: 1) Jean and Jim Kraft from Lutheran Church of the Cross unload food donations along with Board Chair, Tim Moore and volunteer, Matt B. 2) The delivery (from an anonymous donor) of clothing, fishing gear, coolers, mosquito nets, toys, cast-iron cookware, sleeping bags, and more for the homeless families we serve.**



**HLEP YOUR FRIENDS – Spring 2022**

**LAKES AREA FOOD SHELF PLEDGE CARD**

**PO BOX 724 Nisswa, MN 56468**

**Please return this pledge card with you contribution.**

**Date:** \_\_\_\_\_ **Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Please find enclosed my contribution of \$** \_\_\_\_\_.

**Thank you so much! Your donation is tax deductible to the full extent of the law.**

**Lakes Area Food Shelf**

**Mailing Address: PO Box 724, Nisswa MN 56468**

**Physical Address: 29316 Patriot Ave, Pequot Lakes, MN 56472**

**[lafs1@tds.net](mailto:lafs1@tds.net) 218-568-8474 <https://lakesareafoodshelf.org/> Facebook Instagram**