

Lakes Area Food Shelf Impact Report

2022-2023



OUR MISSION

*To serve as a trusted community resource
by helping our friends and neighbors become hunger free
and attain a healthy life.*



Inside Your 2022-2023 IMPACT Report

Together, we're assisting people in leading Hunger Free & Healthy Lives



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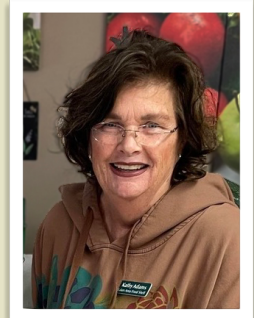
“If It Wasn’t For This Place...We’d Be On The Street”

A Message From Lakes Area Food Shelf Leadership Team

Dear Friends,

While this Impact Report contains data about how many families we served; how many pounds of food we distributed; and how many individual visits we had in 2022, the greatest way we can convey the impact of your generosity is by sharing comments from two of the many families who benefitted.

- **“Between my husband and I, we work three jobs and still struggle to make ends meet. Our rent increased by \$475 in just a year. If it wasn’t for this place – for the food we get here – we would be on the street.”**
- **“I don’t want to need a food shelf. I feel badly coming here because I know there are people worse off than me. But I just can’t afford everything at the end of the month, you know? My car broke down and it cost me \$850 to fix it. That has really set me back. Thank you for being here for me.”**



On behalf of the thousands of neighbors we served last year, we thank each of you for helping us build a strong community. For actively participating in helping those who struggle. For leading our communities with your concern and compassion. For reaching out to help our local families. Every gift to Lakes Area Food Shelf has a purpose that benefits our neighbors, including food, clothing, and monetary donations. **Throughout 2022 and on into 2023, you made and will continue to make Lakes Area Food Shelf stronger.**

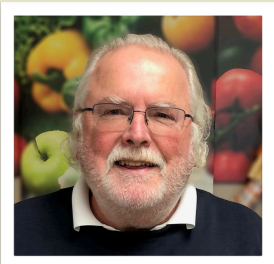
As Board, staff, volunteers, and friends and neighbors, we thank you for your generosity. Once again, best stated by one of our neighbors benefiting from the food shelf: “Please thank the people who make it so we can get food here. We wouldn’t survive without them.”

Blessings,

Kathy Adams

Director

Dear Friends,



Through the generous and at times overwhelming support of our community, we have been able to generate substantial improvements in addressing hunger locally.

Our Farms to Food Shelf initiative, made possible through financial assistance from Sourcewell, is just one example of the positive impact of Lakes Area Food Shelf. We all know how important fresh fruits and vegetables are to a healthy and nutrient dense diet. By working with local farmers and businesses to source fresh, healthy food for our friends and neighbors we not only support these local businesses, but we help reduce the carbon footprint associated with shipping food from far away.

And, thanks to the compassionate efforts of our staff and volunteers, we've created a space that fosters a sense of community. It's a gathering place for all to come together to support one another.

I cannot be more thankful to be a part of this incredible community asset. Thank you all!

Tim Moore,

Tim Moore

LAFS Board Chairperson



IMPACT: To Have A Strong Effect On Someone...

- Definition from Dictionary of Oxford Languages

Lakes Area Food Shelf, powered by a caring and generous community, took on Five Major Challenges, and thanks to you, delivered significant, impactful services to our friends and neighbors.



2022 was a year of immense change, the effects of which were felt by Lakes Area Food Shelf and our friends and neighbors.

2023 is shaping up to be every bit as challenging.

Covid-induced programs providing funds, food, and other forms of assistance expired. At the same time, inflation spiked, boosting everyone's cost of living. Prices for food jumped. There were shortages of some commodities

Many individuals who are under-employed, disabled, or on fixed incomes faced an awful choice: do they pay an unexpected healthcare bill or eat?

**Read on to celebrate your IMPACT on the FIVE MAJOR CHALLENGES
for Lakes Area Food Shelf in 2022-2023**



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- Definition from Dictionary of Oxford Languages

Challenge # 1:

The need for food more than doubled in 2022!



Our Impact:

**No one turned away!
Served 10,798 Visits to the Food Shelf
&
3,763 Households
Provided 236,849 lbs. of Food - 100,000+ over 2021**

Challenge # 2

Helping hungry people also means meeting basic needs including housing, employment, healthcare...



Our Impact:

Build a Community Resource Hub to address the root social causes of hunger...

LAFS Community Resource Hub made possible by The Blandin Foundation, a Hunt Family Foundation Challenge Grant, Crow Wing Power Community Trust, & The Margaret A. Cargill Foundation



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Did You Know? USDA projects overall food prices will rise 4.2-10.1% in 2023...



**Challenge # 3:
Staying Ahead of
Food Shortages
and Rising Costs**

**The Impact:
Strong Partnerships
With Grocers & Growers,
Plus Food Rescue
Maximizes Donations**

Did You Know? Lack of Healthy Food often leads to poverty, unemployment, and under-employment...



**Challenge # 4:
Offer Farm Fresh
Produce & Healthier
Nutrition Options**

**The Impact:
Use Sourcewell Grant For
“Farms To Food Shelf”
with Brakstad Farms, LAFS,
Pine River Area Food Shelf, &
CommUnity Meal Program...**

Did You Know? Stigma keeps eligible people from seeking assistance out of shame and fear they will be judged...



**Challenge # 5:
Overcoming Stigma
& Welcoming All In
Need of Food**

**The Impact:
We Serve Friends &
Neighbors Who Could Be
Any Of Us
We are Nonjudgemental
and Approachable to All**



IMPACT: To Have A Strong Effect On Someone...

- Definition from Dictionary of Oxford Languages



***The Impact:
Friends and Neighbors
Shop at LAFS Like It's a
Grocery Store....***

It's a setting without stigma and judgement

Friends and neighbors browse with shopping carts picking up fresh produce, meat and dairy products from our coolers, and everyday staples including canned goods and bread. There's even an area with used clothing, sorted for children and adults. Need some help? Volunteers are ready to assist with warmth and kindness.

"This place almost feels like I'm home when I come in here, only I have never had a home that feels this warm and loving." - From a Friend and Neighbor



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**The Impact:
Over 30 Dedicated
Volunteers Keep our
Food Shelf Operating....**

Without them there is no Lakes Area Food Shelf!

They unload semi trucks full of food, stock shelves, stand in the snow handing out holiday meals. They greet those who need the food shelf with dignity, empathy, and a smile. LAFS volunteers dedicate thousands of hours to keep this community's food shelf operating. Some volunteers have been with us for decades. Others are seasonal residents. All are committed to giving back to their communities!

"It's a wonderful experience. I've made very close friends with some of the other volunteers, because they have the same sense of values I have." - Leon, 23 years as an LAFS Volunteer



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D BRAINERD DISPATCH

The Impact:

***Becoming A Leading Source On
Hunger In The Lakes Area....***

Pequot Lakes food shelf to become a community hub

Center to offer social services in northern Crow Wing County

By Nancy Vogt
Echo Journal

PEQUOT LAKES — While staying true to its mission to provide nutritious food, the Lakes Area Food Shelf in Pequot Lakes will become a community resource hub to offer

during a busy morning at the food shelf Thursday, Jan. 26.

“This will really be an opportunity for people to start to knock down those barriers that keep them from having productive lives,” she said.

The goal will be to publish a schedule so community members know when various resource people will be at the food shelf, or at neighboring Grace United Methodist Church

Frequently Delivering Current and Credible Information

Every day, Lakes Area Food Shelf is on the front lines dealing with hunger and all of its impacts. We are the advocate for those who traditionally don't have Voice or Standing. We believe in regularly presenting strongly sourced facts, to area news media, government entities, service organizations, businesses, and the faith community...anyone who can help. This approach arms decision makers with facts they need to make ending hunger a high priority.

LAFS Produced a Video introducing the Food Shelf to the community and decision makers. Watch it on our homepage: <https://lakesareafoodshelf.org/>





IMPACT: To Have A Strong Effect On Someone...

- Definition from Dictionary of Oxford Languages



Our Community's Spirit and Generosity Drives Us!

As the number of those in need more than doubled. As the price of food spiked. As the pressures on families increased. Raising funds to keep pace was critical, and our Community answered the call. The 2022 Nisswa Christmas Home Tour broke revenue records, as did the MN FoodShare Campaign. Individual donors consistently offer their support with whatever they can spare.

“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, Nisswa Christmas Home Tour Sponsors



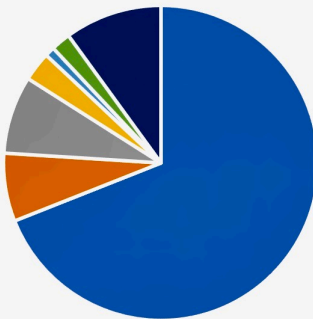
“No one has ever become poor by giving.” - Anne Frank

Ensuring Your Generous & Essential Donations Have IMPACT!



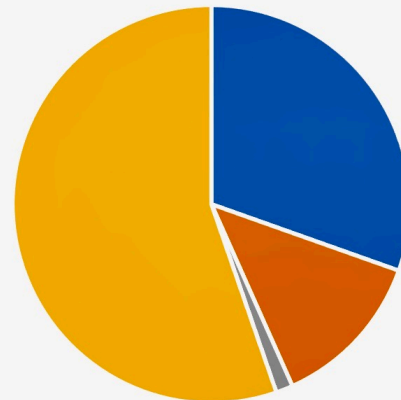
Lakes Area Food Shelf is almost entirely donor-driven. We rely on your generosity to meet an ever-growing need. We follow National Council of Foundations Guidelines to keep administrative costs at or less of 30% of our budget.

2022 Expenses \$367,211



- Food and Goods Purchased/Donated
- Professional Fees
- Fundraising
- Other
- Payroll
- Utilities
- Communications

2022 Support and Revenue \$619,493



- Individuals
- Foundations
- Businesses
- Churches and Civic

Lakes Area Food Shelf maintains a “rainy day fund” equal to one year of operating expenses.

Fundraising plans for 2023-2024 are being formed now. A building expansion campaign is underway to house the Community Resource Hub. Funds for operating expenses will be acquired at or above the 2022 level through sources identified in the “2022 Support and Revenue” graphic above.



Lakes Area Food Shelf History, Guidance, & Staff



Physical Address

Lakes Area Food Shelf
29316 Patriot Avenue
Pequot Lakes, MN 56472
Phone: 218-568-8474

HOURS

Tuesday 9AM - 12PM
Wednesday 3 PM - 6 PM
Thursday 9AM - 12PM

Mailing Address

Lakes Area Food Shelf
P.O. Box 423
Pequot Lakes, MN 56472
E-mail: lafs1@tds.net

Lakes Area Food shelf is grateful to have served the Brainerd Lakes Area since 1980. We were established by Donald M. Messick, a former grocery executive who resided in Pequot Lakes, with the help of Lutheran Church of the Cross and Christ Community Church, both of Nisswa. Due to its rapid growth, we were named "Lakes Area Food Shelf" in 1991. We're a 501 c 3 public charity, and we operate solely on financial, food, and other donations. We have earned the trust of the thousands of people we've served each year and have become a primary community resource for people facing hunger and seeking assistance with major barriers.

Board of Directors & Staff

Tim Moore, Board Chair/Executive Committee
Dale Carlson, Vice President/Executive Committee
Jean Kraft, Executive Committee
Mark Casey, Member
Dr. Jeremiah Eisenschenk, Member
Lou Frillman, Member
Ken Maddux, Member
Pastor Jen Matthees, Member
George Miller, Member
Kip Sandoz, Member
Jesse Zahn, Member
Anonymous Friend and Neighbor
Kathy Adams - LAFS Director
Andrea Gressman - LAFS Admin Assistant

Visit Our Website
<https://lakesareafoodshelf.org/>
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and Instagram

Photos via UnSplash & LAFS
Cover- Elaine Casap
Page 1 - Lakes Area Food Shelf
Page 3 - Paul Hanaoka
Page 4 Top - Bonnie Kittle
Page 4 Bottom - Pricilla Du Preez
Page 5 Top - Rob Mulder
Page 5 Mid - Nora Vasquez
Page 5 Bottom - Eric Ward
Page 6-10 - Lakes Area Food Shelf
Page 11 - Scott Ymker



YOUR DONATION HAS IMPACT!

2023 is shaping up to be every bit as challenging as 2022. Covid-induced programs providing funds, food, and other forms of assistance expired. At the same time, inflation spiked, boosting everyone's cost of living. Prices for food jumped. The USDA projects overall food prices will rise 4.2-10.1%

Many individuals who are under-employed, disabled, or on fixed incomes faced an awful choice: do they pay an unexpected healthcare bill or eat?

Lakes Area Food Shelf is almost entirely donor-driven. We rely on your generosity to meet an ever-growing need. Please give what you can today to ensure friends and neighbors in our community never go hungry.

DATE _____

NAME _____

ADDRESS _____

PHONE _____

E-MAIL _____

PLEASE FIND ENCLOSED MY DONATION OF

\$ _____

[Donate Online With This QR CODE](#)

Hold your camera up to it.

A yellow bar should appear.

Tap the bar and go to the donation page.

