



Fighting Hunger, Feeding Hope

Harvest Highlights - September 2016

Mobile Pantries Impact Rural Communities

Access to affordable, healthy food can be a problem - especially in rural communities. For seniors like Bertha and her husband, stretching their fixed income is difficult.

"I appreciate your food a lot," she said. "It supplements the eggs and bread we're able to buy."

Bertha participates in our monthly Mobile Food Pantry Program, which provides fresh fruits and vegetables, meat and other items to those in need in our rural Northland communities. Your support allows us to transport the fresh foods and community volunteers provide the service.



Nearly 700 people per month are served, nearly one-third of which are seniors like Bertha. "We use it all," she said, "Nothing goes to waste." If you'd like to help us provide food to rural Northland residents in need, [donate](#) or [contact us](#) today.



Take Action Against Hunger in September

September is Hunger Action Month™, and we're asking you to take simple actions to fight hunger in our Northland communities. Use our Hunger Action Month™ calendar to find an action that best suits you, make a donation, or volunteer. We're also asking you to grab a plate, write "What you can't do on an empty stomach," and share on social media along with #HungerActionMonth @northernlakesfb @FeedingAmerica. One in 8 Northland residents struggle with hunger. Will you take action and join our fight?

Cub Cares

Fight hunger as part of the Cub Cares campaign by rounding-up your total grocery bill at our local Cub Foods, September 11 - 24, 2016. This campaign, being matched by a \$100,000 gift from Coca Cola, will allow you to fight hunger right here in the Northland by supporting our food bank. Cub Foods has long been a caring partner in our hunger-relief work contributing over 163,000 pounds of food annually or enough for 130,400 meals. *Thank you for all of your support, Cub Foods!*



United Way Partner

United Way



United Way, Partners in our Fight Against Hunger



Volunteer to Keep our Food Safe

As part of our nation's food industry, we are required to keep our food safe from

It's a big month for United Way as they kick off their annual fundraising campaigns in September. Our food bank is proud to be a United Way partner receiving program support from the United Way of Carlton County, Head of the Lakes United Way and the United Way of NE Minnesota. Please consider supporting United Way as part of their important community campaigns.

Thank you, United Way, for helping us feed families, children and seniors throughout NE Minnesota and NW Wisconsin!

donor to recipient. This includes the stringent requirement of keeping our facility regularly cleaned, sanitized and food safe. Although it isn't one of our most popular volunteer activities, it has great impact on those we feed. We're looking for a consistent crew of individual and/or a small group interested in helping us sweep, dust, mop, and sanitize.

Volunteers must be able to stand, lift, bend and follow warehouse safety procedures. Will you help us ensure the safety of our food for the families, children and seniors we serve? Contact Jill today for more information, (218) 336-2303 or jill@northernlakesfoodbank.org.



Share Advantage Credit Union Takes Action Against Hunger

Share Advantage Credit Union has taken action in the fight against hunger for 8 years running, raising over \$11,000 to help feed Northland residents in need. This year, events included a BBQ fundraiser in July and an upcoming Hunger Action Month Bake Sale on September 22-23, 2016 (see details below). Their dedication also includes volunteering to fill kits of food for children in need as part of our

BackPack Program. *Thank you Share Advantage Credit Union for your continued support of our hunger-relief work.* Pictured are Kim, Kris and Kellee of Share Advantage Credit Union.

Upcoming Events:

Behind The Scenes Tour

September 14, 2016

12:00 p.m. - 1:30 p.m.

Second Harvest Northern Lakes Food Bank

4503 Airpark Boulevard, Duluth

FREE, please RSVP four days prior, (218) 336-2303

Share Advantage Credit Union's Bake Sale

September 22 - 23, 2016

8:30 a.m. - 5:00 p.m. Main Office - 2502 Maple Grove Road, Duluth, MN

8:00 a.m. - 4:00 p.m. Essentia Health Office - 407 East 3rd Street, Duluth, MN

100% of net proceeds benefit our food bank.

Project Joy

November 4, 2016

5:00 p.m. - 9:00 p.m.

Duluth Curling Club, 327 Harbor Drive, Duluth

\$20 ages 13+, \$10 ages 6-12, 5 & under FREE

(218) 336-2304, mary@northernlakesfoodbank.org



Our Mission:

Feed Northeastern Minnesota and Northwestern Wisconsin's hungry by rescuing and distributing food and engaging our region in the fight against hunger.

Donate Now

**Join our Harvester's Club
Give Monthly**



Contributions are tax deductible to the full extent of the law.

Second Harvest Northern Lakes Food Bank | 4503 Airpark Boulevard | Duluth, MN 55811
(218) 727-5653 | info@northernlakesfoodbank.org | northernlakesfoodbank.org

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Second Harvest Northern Lakes Food Bank, 4503 Airpark Blvd, Duluth, MN 55811

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