



## Spring 2016 Newsletter

I was driving with the radio on and thought, what do I listen to every day: what is my "daily dial?" And more importantly, what are the things I hear beyond music? Who or what motivates me throughout the day?

My pre-set channels usually revolve around Loaves and Fishes: guests, donors, volunteers, staff and board.

In my listening ear the guest comes first and foremost. I care deeply for my new friend Amy, a single mother of four who has been the sole provider for her family since her husband left. Amy works hard to feed her children and keep up with the demands of a suburban school, especially the fees for after-school activities. Simultaneously, she struggles with the stigma that comes with free and reduced lunch. Amy constantly strives to keep her children comfortable in a new and difficult reality. I am so glad that Loaves and Fishes acts as a resource for Amy and her children.

Financial donors also play a big role in my days. They not only keep our organization running, but enable us to continue to enhance our mission. I love meeting and talking with them to learn why they give.

Our 10,000 volunteers are the backbone of Loaves and Fishes. Physically and emotionally, they carry out our mission on a daily basis, and continue to tell us that our work is as important to them as it is to us. They come to know the guests and sing the story of their amazing experiences.

Last but not least, I am fortunate to spend my days working with an amazing staff and board. They roll up their sleeves and do whatever it takes to feed people and achieve our mission. Together we problem solve and strategize with only one question in mind: "Will this decision be good for the guest?"

I write you today to encourage you to continue to give. Summer, our busiest season because children are home from school, is quickly approaching. Last July, we broke the records for most meals served in one month (60,964 meals). It is crucial that we maintain that momentum.

I know that you all lead busy lives, and that Loaves and Fishes may not be on your "daily dial." I am hopeful that this letter changes that a little bit.

Thank you for your generosity.

With Gratitude,



**CATHY MAES**  
Executive Director

**460,000+**  
Meals served in  
2015

**24**  
Year-round  
sites

**19**  
Additional  
summer sites

**10,000+**  
Volunteers

Each year, Senior households face the decision between paying for food or...

- 63% Medical Care**
- 49% Housing**
- 60% Utilities**
- 58% Transportation**

## OUR SENIOR GUESTS

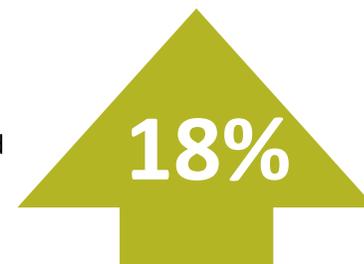
Seniors across the country are struggling to make ends meet. Living on a fixed income can be incredibly difficult and require tough cuts to simply eat a meal, let alone a nutritious meal.

The fastest growing demographic of our guests is seniors. If you walk into a dining site, they will often time make up 50% or higher of those dining with us.

We find that seniors like Duane (pictured above), not only come to our meals because of the nutritious food, but also for community. For many of our senior guests this is their only opportunity for social interaction.



Duane



**Increase in senior guests in 2 years**



## SERVICES AND INITIATIVES

Our flagship program provides **free, nutritious meals** at our dining sites (including our “Mobile Meals” food truck). We seek to ensure that **every meal we serve meets or exceeds the USDA adult minimum standards for nutrition.**



### Farm for All

Loaves & Fishes is growing fresh produce at 5 locations across the Twin Cities. All produce grown is used in our meals.



### Free Farmers Markets

Summer is the season of produce! In partnership with Second Harvest Heartland, we receive pallets of produce every week and distribute it to communities in Minneapolis and St. Paul.



### Summer Food Service Program

Summertime is our busiest season. We open several lunch sites dedicated to feeding children while school is out.



### Zero Percent

A program dedicated to eliminating excess cafeteria waste. Loaves and Fishes partners with a number of companies and universities to capture food that otherwise would be tossed out.

## Join our Farm for All Gardening Club

Spring is arriving fast, and our farms/gardens need volunteers who are looking to get their hands dirty.

New this summer, we will be starting dedicated

Gardening Clubs! Members will commit to regular volunteer shifts on the farm as well as participate in optional monthly seminars. We will host speakers to present on topics such as gardening skills, food justice, poverty in MN and more.



For more information about the Gardening Club or Thrivent Financial, contact Patti Sinykin - 612.377.9810 or psinykin@loavesandfishesmn.org.



**THRIVENT**  
FINANCIAL®

Are you a Thrivent member? Consider directing your **Thrivent Choice Dollars** to Loaves & Fishes.

Form a **Thrivent Action Team** - Volunteer with our organization, and Thrivent will donate \$250 for your efforts.

## EVENT CALENDAR



**Sunday, April 10**

Bingo: 2:30—5:30

Live Music: 5:30—7:30

### Bauhaus Brew Labs

1315 Tyler St NE  
Minneapolis, MN 55413

Bingo \* Prizes \* Meat Raffles

Food Truck: Tot Boss and Sebastian Joe's

Music by Mick Sterling

### Event Sponsors:



Microsoft



## Fashion Feeds

**Monday, May 16**

5:30—8:30

### Excelsior Brewing Company

421 3rd Street  
Excelsior, MN 55331

Local stores come together to fight hunger! Outfits all based on one-of-a-kind local artwork. Artwork will go home with the highest bidder.



## Farm for All

Spring is in the air! Thank you to **Tonkadale Greenhouse** for generously donating all of our seeds and starter plants and **Lakewinds Co-op** who is donating a semi-load of compost for our Coon Rapids farm.

Help is still needed to fund the rest of our farming efforts. Watch your emails, Facebook and Twitter for our on-line “farm fundraiser” during the month of May.

