



## PLEASE DONATE

Nine out of every ten dollars goes straight to our mission of feeding anyone who is hungry.



### Join the Loaves & Fishes Legacy Society

By making a donation to Loaves and Fishes in your will or estate plan, you will leave a wonderful legacy and ensure that feeding the hungry continues. You can play an important role in food security for years to come. Please contact Cathy Maes, Executive Director (952)992-0000 for more information.



**THRIVENT  
FINANCIAL®**

### Are you a Thrivent member?

We'd love to work with you and your Thrivent Action Team! This program is designed specifically to bring volunteering and donations together. This past year, we've had great fun and success working on special events and projects with many Thrivent members. For project ideas, call Patti Sinykin, Director of Development, (612)554-4935.

## VOLUNTEER

Great opportunities for individuals or groups (families, sports teams, study group, business units).

*It's simple!* Sign up online to help prepare the food and/or serve and clean up. 2-3 hours shifts available for lunches, dinners and on the weekends as well.

Additional opportunities available for special events and on our farms!

To learn more, visit our website or call Lonny Evans, Director of Volunteer and Outreach at (612)326-3673.



## Housing First, Food is Flexible...

We end each staff and board meeting with guest stories; a time to bring our daily work back to mission. One story that was told about a man who eats at many of our locations—his belongings are in a storage unit, he finds places to shower and wash his clothes, and travels on the bus to stay warm. He told our coordinator that he never wants anyone to know he is homeless and our meals are his only sustenance.

Another coordinator explained that a couple came back to lunch after a brief hiatus. They were so happy that he had found work. They said that our meals help them save money so they can pay rent. During the summer and school breaks they also bring their children, to help with other bills.

It's stories like these where I can feel the difference we make. People come to us for the most basic need of food and we have the opportunity to give comfort, compassion and stability. I think about our guests' budgets – there are things that must be paid first like housing, medical, fixed costs and the most flexible and elastic is food. Our guests can purchase less expensive food, go without or dine at Loaves and Fishes.

Please help us continue to find more ways to feed those in need.

With gratitude,

Cathy Maes, Loaves and Fishes Executive Director

## New Partners and Ways to Capture Food

We find great food that would otherwise be thrown away, then safely transport and get it straight to our guest's plates.



Salad from the Minneapolis/St. Paul Airport



Meal with ingredients from Local Crate



Re-purposed food from large cafeterias around the metro

## UPCOMING EVENTS—PLEASE JOIN US!



Give to the Max Day is a special 24-hour period to highlight the work and worth of nonprofits. It's a day for Minnesotans to give back what they can to the causes and organizations that mean the most to them. Please help us secure the **\$20,000** in matching dollars generously donated to Loaves and Fishes from: Quality Bicycle Products Anonymous Donor

[givemn.org/organization/Loaves-And-Fishes-Too](http://givemn.org/organization/Loaves-And-Fishes-Too)



The Walk to End Hunger is a family-friendly 5K fun walk at the Mall of America. Activities for everyone are stationed throughout the mall. Start the day by giving back before you give thanks! Sign up online today at: [www.walktoendhunger.org](http://www.walktoendhunger.org)



**SHOP & GIVE**  
Thursday, November 30  
5:00—9:00 PM

Come do all your holiday shopping in one evening and provide meals for those in need at the same time. Ooh La La offers chic and affordable apparel and fun merchandise. 20% of proceeds will be donated to us. 274 Water Street, Excelsior, MN 55331

**2,000  
meals every single day**

**On pace to serve 750,000 meals in 2017—the most amount of meals in our 35 year history.**

721 Kasota Ave. SE Minneapolis, MN 55414 | 612.377.9810 | [www.loavesandfishesmn.org](http://www.loavesandfishesmn.org)



2017:  
750,000

## WE DO FOOD WELL

2017 was another year of great expansion. With our new warehouse and infrastructure, we were able to innovate and diversify our service models. Ultimately, this led to more meals to those in need.

*We now operate the following programs:*

### *Congregate Dining*

Our flagship program serves nutritious meals at dining sites to anyone in need. Meals are prepared and served by site coordinators with help from volunteers or volunteer teams.



### *Food Truck & Street Outreach*

By using our mobile food truck and vans, we distribute staples like sandwiches, hot soups, fresh fruits and vegetables at locations where homeless people gather and sleep.



### *Community Meal Program*

We collaborate with other established nonprofit organizations that address societal issues outside of hunger. Through these partnerships we serve children, those in recovery, women and many more.



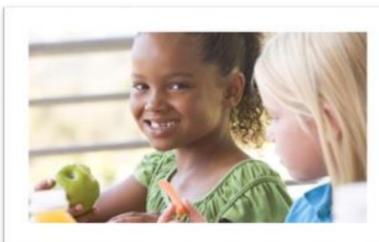
### *Free Produce Markets*

In partnership with Second Harvest Heartland, we receive pallets of produce and distribute it free to individuals providing fresh fruits and vegetables to community residents who otherwise could not afford such items.



### *Summer & After-School Program*

Summertime is our busiest season! We provide nutritious meals to children when school is out. Our after-school program provides students with nutritious snacks and dinners while attending educational programs.



2013:  
320,000



## “WHY I DINE AT LOAVES AND FISHES”



### *Steve*

After Vietnam Steve started driving for a taxi company and recently retired. He comes to us to stretch his retirement dollars and to ensure that he is getting a nutritious meal to help with his PTSD, hypertension and diabetes.

### *Martha*

She thanks us for the ability to dine at our site in Inver Grove Heights. Her family enjoys the healthy and fresh meals and the ability to dine with other Hispanic families. The meals also gives her children the chance to try new foods that Martha would otherwise not be able to prepare.



### *Gilbert and Laverne*

They have lunch with us every Monday, Wednesday and Friday after Laverne's dialysis treatments. She was diagnosed with kidney failure three years ago and now has an inoperable cancer. They come for the healthy food and Gilbert said that the hospitality is just as important to them during this difficult time.



### *Alpha*

Our meals mean that Alpha can stay in her home. Alpha's social security income is \$700 a month and the home that she lives in with other family members costs \$1400 in rent alone. She finds security knowing that she is able to get one healthy meal each day by coming to Loaves and Fishes.



## “WHY I SUPPORT LOAVES AND FISHES”

### *Karen*

A dedicated supporter of Loaves and Fishes for over 26 years. What started out as volunteering every other month has turned into so much more. At an early age, Karen learned from her father that when someone needed help, and you were in the position to help, you did just that. Her job used to take her to places where she would see people with no food and children who were hungry. When she began serving with Loaves and Fishes she knew she was in the right place.

Not only does Karen volunteer, she has found other ways to support our mission. She and her husband are regular donors, “If we have the ability to make a difference, then we should”. Karen also belongs to a quilting group and has donated dozens of quilts to be used for silent auctions, bingo prizes, raffles and more. As a Thrivent member she created a ‘Thrivent Action Team’ and through this she volunteered for “A Warehouse Affair” and received seed money that was used towards event expenses. ***Karen is our hunger All-Star!***

