

NOURISH

BI-ANNUAL NEWSLETTER | SUMMER 2018

“ You don't feel like you are being judged when you go to ST. JOE'S. ”

– Tami and Ellisa

LEARN MORE ABOUT OUR CLIENT FAMILY INSIDE



Feeding Hungry. Sustaining Hope.

We've added a title to our newsletter! "Nourish"

Nourish reflects the impact of your donations of time, in-kind, or financial gifts. Because of you, our client families and those who are helped through our outreach program are nourished with love, kindness, and healthy sustaining food.

INSIDE THE NUMBERS

96%

Retention rate for volunteers at St. Joe's! (the statewide average is 70% for volunteer retention)

94

How many schools, agencies and other local programs in the 1st quarter of 2018 who have received food assistance because of your generosity! This allows these programs to focus on their mission instead of worrying about how to feed their clients.

100

Number of new monthly donors we are hoping to recruit!



”

I love knowing that each month I am helping St. Joe's provide basic nutrition like milk and eggs. And, it's so convenient not having to remember to send money...My gift is automatic!

- Karen
A monthly donor
to St. Joe's

ROOTED

IN COMPASSION

There are three necessary ingredients of Compassion: **Awareness, Empathy** and **Action**.

When Tom Schiltz became aware that hundreds of people would be experiencing job loss, he empathized with those affected and wondered what that would be like for him and his family. Then, his empathy became a catalyst for action.

St. Joseph Food Program's beginning is why it is rooted in compassion.

As the volunteer engagement leader, I strive to help volunteers recognize their inherently compassionate nature, thereby encouraging future acts of altruism. I am also keenly aware of the compassion fatigue that can set in when repeatedly working with people, especially those in need.

That awareness shapes my communication not only with our volunteers, but with the wider community. I seek to cultivate compassion through my workshops that focus on compassion, compassion fatigue, and leadership. I'm grateful that St. Joe's recognizes and supports this very important work.

Leah Thibodeau,
Volunteer Engagement Leader for St. Joseph Food Program

Please join our St. Joe's MONTHLY DONOR PROGRAM

(previously known as Hi-Five Club)

Your monthly investment in St. Joe's creates a special partnership that creates sustainable income for the nutritious foods distributed every day at St. Joe's.

Maybe we take it for granted, but most of us eat every day... that is not a given for everyone. Donations to St. Joe's provide nutritional food to many in our community who struggle under the strain of poverty.

Having consistent funding is critical to our ability to keep fresh, plentiful, and healthy foods on our shelves. We invite you to join a special group of individuals who have made a commitment to make a monthly donation to St. Joe's. **We have set a goal to bring in 100 new monthly donors...we need you!** Please consider inviting a friend or family member to join you and make your donation on a monthly basis and touch someone who needs you.

- Visit our website at www.stjoesfoodprogram.com and **click on Monthly Donor Program**.
- Or, if you would like your donation to be automatically paid out of your checking, please contact SanDee Feller at 920-734-9461 ext. 304, and she will get you all set up to donate!
- **Or Round up!** This is new and super easy! See the second page of the newsletter insert for more details!

-11% Client Visits over 2017...

The numbers don't lie...our economy has improved and so have the lives of many of our clients. But don't let this good news fool you, St. Joe's is still serving **over 5,000 individuals** through our pantry, outreach partners, and alliance pantries. Monetary donations help provide necessary means to purchase fresh produce, milk, eggs, and staple items.

Will you host a **FUNDRAISER** for St. Joseph Food Program?

The support from this community is heartfelt. If you would like to host an event, fundraiser or donation drive for St. Joseph Food Program, contact:

FOOD DRIVES

Scott Schefe
Operations Manager
sschefe@stjoesfoodprogram.org

OTHER FUNDRAISERS

Karen Ziemke
Director of Marketing and
Development
kziemke@stjoesfoodprogram.org

SPEAKER BUREAU

Want to hear more about St. Joe's? Invite us to speak to your group, service organization, school, or church...our staff and board of directors have broad competencies and will deliver a quality presentation to you.

Topics:

- All about St. Joseph Food Program: Monica Clare, Karen Ziemke
- Compassion Fatigue, Volunteering: Leah Thibodeau
- Technology and Accountability: Monica Clare, Mike Ryder, Pachia Lor

St. Joseph
Food Program, Inc. 

CHAMP
Community Health Activity Motivation Prevention

CHAMP Meal



Baked Artichoke Chicken

- 1 lb. chicken breasts
- 1 (14 oz) can of artichoke hearts in water, drained
- 1 medium onion sliced
- 1 (2.25 oz) can sliced black olives
- Salt and pepper
- 1 lemon
- * 12 oz. package whole grain or egg noodles

Heat oven to 350 F. Spray a 9x13 inch casserole with non-stick spray.

1. Place ½ the onion, can of artichoke hearts, ½ the olives in bottom of pan.
2. Layer chicken over vegetables.
3. Add one more layer of onions, artichokes, and olives.
4. Lightly dust with salt and pepper.
5. Bake for 35-45 minutes.
6. When cooked the internal temperature of the chicken should be 165 F.
7. Squeeze lemon over top and serve hot.

* Serve with a side of lightly buttered noodles.

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Leah Thibodeau
Volunteer Engagement
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Karen Ziemke
Marketing and Development
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An INDOOR Row for St. Joe's!

Grow a Row for St. Joe's is going year-round...with the help from 4 in-door growing machines. You could say it was a lightbulb moment for Alex Tyink, inventor of these growing machines, but really it was his belief in food... "I believe in food. I felt better when I started eating good food instead of burgers and fries. A simple thing can make so much of a difference in our lives."



"If we really want to make a difference in the lives of our client families, we need to provide the best nutrition we can...our donors expect it and our clients benefit from it," said Monica Clare, Executive Director. Creating something that matters is what motivated Alex to invent these machines and why they pair so perfectly with St. Joe's CHAMP nutrition program. Each machine costs \$3,500 and will grow 40 pounds of green leafy produce every 5 weeks!

- Many varieties of lettuces
- Spinach
- Collard green
- Kale
- Swiss chard and so much more!

If this is a program you would like to support, you may send your donations to St. Joseph Food Program, Indoor Garden Initiative, 1465 Opportunity Way, Menasha, WI 54952 or visit our website at stjoesfoodprogram.org and click on Grow a Row!

H.E.A.L. Program

Healthy Eating Active Living

Client families and individuals from St. Joe's have an opportunity



to learn tips for building a healthy plate and leading an active life through the H.E.A.L. program sponsored by **Anthem BlueCross BlueShield**. This partnership is just another way for St. Joe's to further your investment in fighting hunger in the Fox Valley.

The H.E.A.L. program is free to clients. "This program dovetails nicely with our CHAMP Nutrition Program by offering individuals education opportunities. They have the tools to make informed decisions about their own health." Monica Clare, Executive Director.

ON THE COVER

Our client families say it best...

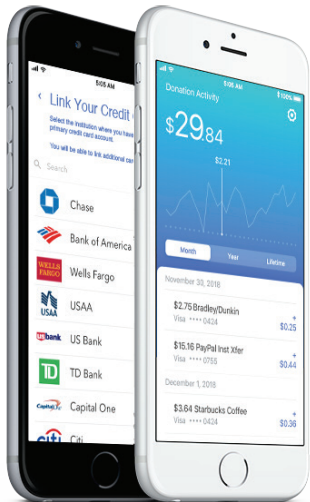


"With a family of 6 and one income, money is tight. Yes, we get food stamps, but they only go so far. We have learned how to make our food stamps go much further with the help from St. Joe's. With the milk, eggs, and all the veggies we get, we are able to purchase meat with our food card and make full meals. Our kids love the fact that we get birthday cakes on our birthdays...that is very special to them. The volunteers are all so kind and welcoming. You do not feel like you are being judged when you go to St. Joe's."

Round Up for St. Joseph Food Program!



Fighting Hunger. Sustaining Hope.



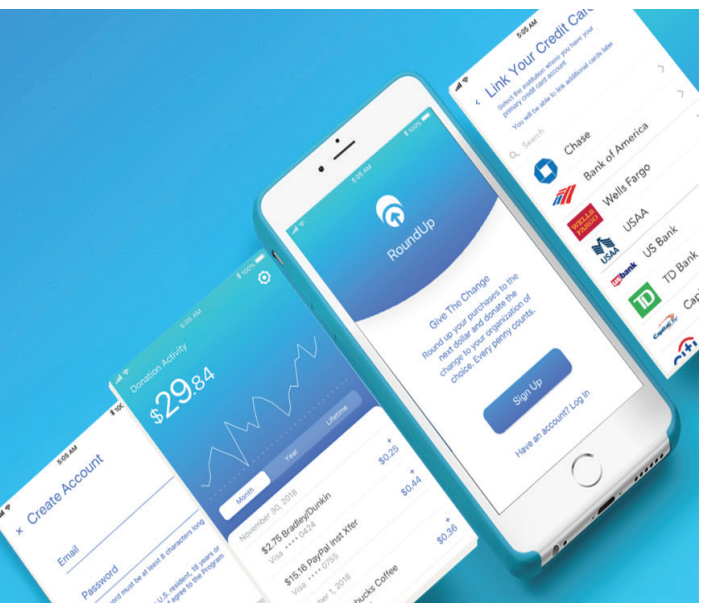
RoundUpApp.org/iPhone



RoundUpApp.org/Android



Web Version: App.RoundUpApp.com



Security & Assurance

The Round Up App never has access to your credit card number. We use Stripe as our payment processor, the same company used by Facebook, Amazon, Lyft and 100,000 other companies.



How it Works

The Round Up App allows you to automatically donate the change from your credit or debit card transactions.

Once you create an account, you do not need to use the app while making a purchase. Just swipe your card as usual.

Impact

- Provides a critical source of consistent support that allows us to do our work. This is true philanthropy.
- The average donor ends up contributing \$20-\$30/month
- You can set a cap for the maximum amount you will donate in a month
- Makes giving effortless
- Naturally fluctuates up and down with your spending



Fighting Hunger. Sustaining Hope.

1465A Opportunity Way
Menasha, WI 54952
920-734-9461

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Visit stjoesfoodprogram.org
for more details on upcoming
events and fundraisers



MAY 13 - JUNE 17
Meijer's Simply Give
The new Meijer Store on
Richmond St., Appleton

JUNE
Lamers Cones for a Cause
Lamers Dairy
During the month of June




JUNE 16
**Bradford Loomis
Benefit Concert**
Appleton Yacht Club

JUNE 26
**Aerotek CHAMP Meal
Dinner Fundraiser**
Grand Meridian, Appleton

AUGUST 13
**Chapter of Credit Unions
Golf Event**
Royal St. Patrick's Golf Course

AUGUST 18
Fang's Birthday
Wisconsin Timber Rattlers

DONATE

-  **ONLINE**
stjoesfoodprogram.org
-  **STOP BY/DROP-OFF**
Mon.-Fri. 7:30-11:30 a.m.
Mon. Evenings 4:30-7:30 p.m.
-  **BY MAIL**
St. Joseph Food Program
1465 Opportunity Way
Menasha, WI 54952

OUR MISSION
Supplementing nutritional needs,
free of charge, for the
economically distressed within
our local communities.

CONNECT WITH US   