



# NOURISH

BI-ANNUAL NEWSLETTER

SPRING 2019

# GROW A ROW FOR ST. JOE'S



**St. Joseph**  
**Food Program, Inc.**  
Fighting Hunger. Sustaining Hope.

# MAKE IT MONTHLY!

Your monthly investment in St. Joe's is a special partnership that creates sustainable income for nutritious foods distributed here every day. If you are an annual donor, you may consider dividing up your gift over 12 months. You may select a program area for your monthly giving, or greatest need. We are grateful for these special monthly gifts.

Visit [www.stjoesfoodprogram.org](http://www.stjoesfoodprogram.org) to sign up for our monthly donor program. You can also call us at (920) 734-9461 ext. 304 or email [sfeller@stjoesfoodprogram.org](mailto:sfeller@stjoesfoodprogram.org) (Attn: Monthly Donor Program).



## HELLO SPRING!

### ...GROWING ROWS, AND ROWS FOR ST. JOE'S!

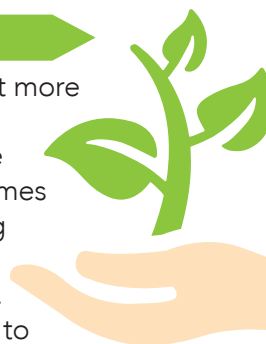
"We plant the flowers at the end of rows for both practical and esthetic reasons. Flowers do attract pollinators, which garden plants also need. Having different kinds of plants is supposed to help reduce the number of insect pests you have to deal with by attracting beneficial insects and repelling some harmful insects. They break up the garden so

**Tom Neal**  
Volunteer from  
Memorial Presbyterian Church

insects can't just go from plant to plant as they eat your garden plants, they must go around your flower plants to find them. Sadly, (to some) the deer seem to be more attracted to the flowers than many of the garden plants. We have used some flowers at funerals. The main reason though is that many of our volunteers like flowers and they're nice to look at when taking a break from working.

#### Tips for planting a row

- Space your plants as directed on the seed package or pot. Don't overcrowd them.
- Use mulch to reduce how much watering is needed and to help with weed control.
- Make sure the area you plant has enough direct sunlight for plant types you want to grow.
- Don't plant more than you can handle when it comes to ongoing care and harvesting. Start small to avoid burnout.



## Looking to the FUTURE... but we are grateful for the PAST



### 2018

- Outreach assistance remains steady
- Grow a Row for St. Joe's eight indoor growing machines produced **136 pounds** of fresh leafy greens every month!
- Backpack Food Assistance was able to assist **1,548 students**.
- Volunteers and Donations: **334 volunteers** and **1,857,532 pounds** of food valued at **\$3,642,081** donated.

### 2019

- A look at expanding service to homebound clients.
- Continued emphasis on the distribution of nutritional food options.



Take it from  
someone  
who knows...  
**YOU**  
make a  
difference!

**"I WAS ONE OF THOSE PROUD PEOPLE STRUGGLING THROUGH LIFE, DEBATING AT TIMES WHETHER TO GET FOOD OR PAY BILLS."**

In an opening statement made before over 200 St. Joe's volunteers, Elissa stood as brave as the day she stepped through the doors at St. Joe's seeking assistance, and thanked our volunteers for helping her and for helping our community. At St. Joe's, we know it's not easy for people to ask for help, but we are always striving to make it a kind, approachable and dignified experience.

*"...from the application process to the cart weigh-in at the end, everyone is very nice and helpful. When I come across people that are struggling, I tell them about St. Joe's and the amazing volunteers. With the help from St. Joes, I am able to get the necessities, bread, milk, eggs, meat, and I get an amazing selection of fresh fruits and veggies. This helps so much..."*



**"THANK YOU ALL FOR YOUR HARD WORK, DEDICATION, AND KINDNESS."**



**CHAMP**  
Community Health Activity Motivation Prevention

**CHAMP Meal**



**Vegetable and Pork Stir Fry**

**Ingredients**

- 2 cups pulled pork
- 2-1/3 cups instant rice
- 1/2 head cabbage, chopped
- 1 can of chicken broth
- (1) 8 oz. bag of mixed veggies
- 1/2 medium onion, chopped
- 4 oz. low sodium soy sauce
- **PlusOne** 3 carrots chopped

**Instructions**

1. Prepare rice according to packaging. Substitute one can of broth for one cup of water. Fluff rice with a fork.
2. Chop cabbage, onion, and carrots - place in frying pan and lightly sauté. Add two cups of pulled pork to frying pan and heat completely.
3. Prepare bag of stir fry vegetables per label. Scoop rice onto plate and top with pork and vegetable blend.
4. Sprinkle with soy sauce and serve.

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Fighting Hunger. Sustaining Hope.

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

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## upcoming events

Visit [stjoesfoodprogram.org](http://stjoesfoodprogram.org) for more details on upcoming events and fundraisers



**MAY 1 – JUNE 30**  
Make It Monthly Campaign

**MAY 11**  
Stamp Out Hunger  
Food Drive



**JUNE 1-30**  
Lamers Dairy  
Cones for a Cause

**ALL SUMMER**  
Grow a Row for St. Joe's!




**AUGUST 12**  
Chapter of Credit Unions  
Golf Event  
Royal St. Patrick's Golf Course



### WE HAVE A STORY TO TELL!

If you would like to schedule a speaker for your next event, contact Monica Clare or Karen Ziemke at (920) 734-9461, [kziemke@stjoesfoodprogram.org](mailto:kziemke@stjoesfoodprogram.org) or [mclare@stjoesfoodprogram.org](mailto:mclare@stjoesfoodprogram.org).

# DONATE

-  **ONLINE**  
[stjoesfoodprogram.org](http://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

