

# NOURISH

ANNUAL NEWSLETTER | FALL 2021

## JACK AND THE PUMPKIN PATCH

*"My grandma says you feed hungry people. Nobody should be hungry; it hurts your tummy. I hope it helps so nobody's tummy hurt."*

**READ MORE ABOUT  
JACK MIKKELSEN INSIDE.**



Fighting Hunger. Sustaining Hope.

# Message from the Director



What a difference a year makes! Last year, St. Joe's was faced with the difficult challenge to serve guests in a whole new way. Volunteers loaded groceries in vehicles for 12 months in the heat, rain, wind, snow and ice. And when

St. Joe's turned to the community for help, we were greeted with the support needed to continue serving those most vulnerable. Through construction materials, financial support, and hundreds of man hours, we were able to see the plans on paper come to fruition. To witness community members and area businesses come together to make this goal a reality was most humbling. Although we are still living in a pandemic world, St. Joe's adjustments and changes have created a more efficient and safer model of distribution that benefits guests as well as volunteers and staff. It truly is a community victory and one that will enable St. Joe's to carry on in the years to come.

It's with deep gratitude that I send this message to you, our donors, volunteers and supporters. Without the dedication and hard work from our volunteers and the financial and in-kind support that you continue to provide, fulfilling our mission would not be possible. It speaks volumes to the connectedness that exists within this community and the care that is given to those who are experiencing events in their life that they may have never had to face before. There is a resiliency in the people here, and that is because there are so many who are willing to lift up their neighbor when times get tough.

At St. Joe's we are constantly looking for ways to better serve those with food insecurity or nutrition challenges. As we move into our 40th year of service, we look forward to continued collaboration with you and expanded services to our guests. We are so thankful to our supportive community who makes this mission possible.

**Monica Clare**  
Executive Director



## ON THE COVER

Jack Mikkelsen is a 4th grade student at Freedom Elementary School who loves to play soccer and is a brown belt in Karate. He is curious and helpful and really learning how his actions can affect those around him.

Last fall, Jack's Grandma Sandy, said "ok" to smashing pumpkins in the front yard. What young child doesn't want to enjoy a good pumpkin smashing? In the spring, the pumpkin plants began to sprout in Grandma's rock garden. She agreed to let Jack grow those pumpkins, and when they realized that they grew more pumpkins than they could use, Jack decided to sell the extra pumpkins.

Grandma Sandy and Grandpa Stuart used this opportunity to teach Jack about giving back to his community. They talked about feeding people who are hungry and that no one should go without food. Jack decided to split the profits of his pumpkin sales donating half of the money raised to St. Joe's. Grandpa Stuart helped Jack count his earnings and \$125 was raised for St. Joe's from Jack's Pumpkin Patch!

Thank you, Jack, for your selfless act of giving back to your community. Many boys and girls just like you will benefit from your gift. You have done a very special thing!

# A Very Warm Welcome!



We would like to welcome Peggy Lynch as the newest member of the St. Joe's family. Peggy has been the Volunteer Program Coordinator since December and is responsible for training, scheduling and supporting our volunteers. Without them, St. Joe's would not be able to reach its mission of feeding those in need within our communities. Starting a new position mid-pandemic is not an easy task, but her willingness to face that challenge

head on as well as her positive attitude, confidence, and overall genuine kindness to everyone she encounters has made her a strong asset to the team. *"It is truly an honor and a privilege to join such an amazing team during a time of constant change and challenge. I am humbled and blessed each day by the volunteers, staff and donors who work together to fight hunger and sustain hope in the community."*





# DRIVE-UP MODEL

## OPEN FOR BUSINESS

Thanks to generous donations from community partners, our new drive-up model was opened for service on March 15, 2021. St. Joe's guests drive up to the sign-in window and then move forward to the pick-up window. In a recent survey of clients, when asked about the new process, the response was overwhelmingly positive. It has proven to be a safe distribution model while maintaining a friendly, face-to-face relationship with guests and volunteers.

After serving our guests for 12 months outside in the elements, our amazing volunteers are now able to stay out of the weather to perform their work. With our new manual conveyors, they pack groceries without lifting heavy boxes. Our home delivery drivers, outreach agencies, and backpack food assistance schools also pick up safely at the new windows. These efficiencies have received many compliments from our outreach organizations and volunteers, so we are thrilled to be able to serve in this way.



**THE FOOD QUALITY IS STILL GREAT!**



**IT'S FASTER AND MORE EFFICIENT.**

**IT'S GREAT FOR ELDERLY PEOPLE WITH WALKING OR OTHER HEALTH ISSUES.**



## Grow a Row

It was another successful year for amazing produce from the community! More than 25,000 pounds of fresh, homegrown produce was donated by area growers. From planter gardens to community gardens to farmer's fields, the community came together to provide fresh produce for those in need.

The garden here at St. Joe's has been tended to by volunteers from First Congregational Church. Several loads of dirt and compost have now been added. A soil sample was also sent in for testing in hopes for even more produce next year!

Thank you to everyone who continues to grow a row for St. Joe's!! We look forward to another plentiful season next year!







28th Annual

# Pacesetters Stomp Out Hunger 5k

On October 9, 2021 the Appleton Pacesetters hosted their 28th 5k race to support St. Joe's. It was a foggy early morning, but the temperatures were perfect for the 3.1 mile race. Jackson Holzheu, age 13, was the overall first place finisher in 19:33. The second and third place finishers, Anna Miller (12) and Gideon Benner (13) finished in an impressive 19:52 and 19:59!

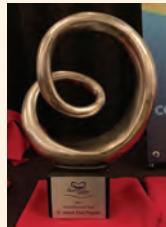
With 191 participants, the race raised more than \$10,000 and collected 421lbs of food. This family friendly event is a highlight for St. Joe's and the community each and every year. It was wonderful to have the race start and finish right here at St. Joe's!

Special thank you for the hard work and dedication of the Pacesetters race committee, the race day volunteers and all who participated in the running of the 28th annual race! Can't wait to see you again next year!



## St. Joe's Honored

St. Joseph Food Program was honored to be selected as the 2021 Non-Profit of the Year from the Heart of the Valley Chamber of Commerce.



## WELCOME, JASON!



A very special welcome to our new Warehouse Lead, Jason Crowell! Jason is a Little Chute native and recently served 5 years in the US Marine Corps. When not organizing the warehouse and organizing pallets, Jason enjoys working out at the gym. Jason has only been with us for a few short weeks, but he has tackled his new role head on and is so much fun to be around. St. Joe's

is grateful to have him on board! *"I am proud to be a part of this community that affects the lives of so many. The volunteers have been so welcoming to me, and I will do my best to give back as much as they have given me. I look forward to continuing to provide for our community for a long time to come."*

October 3, 2021

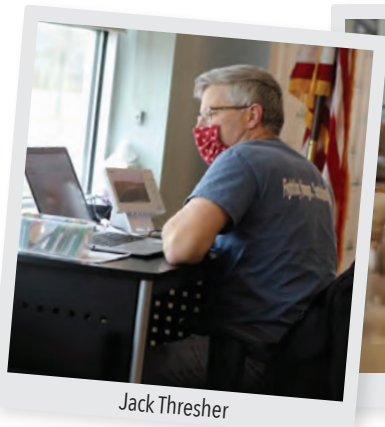
Hello,

I am sending you a small donation as my way of saying thank you. I was very fortunate to hear about you when I was out of work for six months a few years ago and living on medical disability pay, which was half my normal income.

I really appreciate that I was able to get food from you and I appreciate your volunteers.

Thank you!

Dan (former participant)



Jack Thresher



Dennis and Sharon Rassel



Julie Zimpel, Mark Meyerhofer, Corine Blaze, Kathi Adams, Bevy VanDaalwyk

## Volunteers Make the Difference!

The amazing St. Joe's volunteers have shown their adaptability, love, and resilience throughout another unpredictable year. They have served our community and each other with kindness and respect as changes were made to the serving process while keeping safety at the forefront. Our 155 weekly volunteers spend almost 14,000 hours annually serving families, students, donors, other nonprofit agencies, and Alliance pantries. We are blessed to have such a dedicated and caring group looking out for some of our more vulnerable community members.

## Food Is Medicine

St. Joe's is proud to announce a new program called Food Farmacy which is aimed at addressing specific dietary needs for individuals with diabetes, heart disease, gluten allergies or conditions that contribute to these diseases. Food Farmacy was created to provide food items for individuals in need with low or no-sugar, low-salt or salt-free substitutes, whole grains as well as gluten free food items. In addition to these items, participants receive fresh produce, lean meats, eggs, milk and other dairy products. St. Joe's has partnered with ThedaCare dietitians to help ThedaCare patients on a 6-month basis while they adjust to new dietary habits to improve their health. We have also partnered with Be Well Fox Valley and their Eat Well for Life class for individuals with diabetes. Once participants complete the course, they qualify for 6-months of assistance through St. Joe's to help support their new lifestyle. Currently, there are 38 participants enrolled in the 6-month-old program with numbers increasing each week.



## CHAMP Meal



### Pesto Chicken

#### Ingredients

- 2-4 chicken breasts; salt and pepper to taste
- 3/4-cup pesto
- 1 cup mozzarella cheese
- 4 tomato slices

#### Directions

1. Preheat oven to 400 degrees. Place chicken breasts in a baking dish and season with salt and pepper.
2. Spread pesto evenly over the chicken breasts.
3. Sprinkle mozzarella over the pesto and top with tomato slices.
4. Bake for 25-35 minutes or until chicken is cooked through.

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upcoming  
**events**

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






**NOW THRU DECEMBER 31**  
Annual Fund Drive

**NOVEMBER 23**  
Santa Scamper

**NOVEMBER 23**  
Appleton Christmas Parade

**NOVEMBER 30**  
Giving Tuesday

# DONATE

-  **ONLINE**  
[stjoesfoodprogram.org](http://stjoesfoodprogram.org)
-  **STOP BY/DROP-OFF**  
Mon.-Fri. 8-11:30 a.m.  
Mon. Evenings 4-6 p.m.
-  **BY MAIL**  
St. Joseph Food Program  
1465A Opportunity Way  
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**OUR MISSION**  
Supplementing nutritional needs,  
free of charge, for the  
economically distressed within  
our local communities.

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