



Fighting Hunger. Sustaining Hope.

SPRING

.....newsletter

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ANNIVERSARY EDITION



Tom Schiltz, founder of St. Joseph Food Program, working with a volunteer in the early 80s.

Recognizing 35 years of assisting low income individuals and families in Fox Valley communities.

Congratulations to this great community for your generous heartfelt support. As we recognize this milestone, and to use the words of our founder Tom Schiltz, “What can I do to help?!”

Tom’s Story

35 years ago, while on the road for business, I sat waiting for a light to turn green. The radio was on and as I was listening, the newscaster reported about a business in the Fox Valley closing its doors, resulting in 400 people losing their jobs. As that reality sunk in, I asked myself “What would I do if that were me?” Feeling relieved and grateful for the fact that it wasn’t me, I quickly asked myself, **“What can I do to help?”**

The light turned green. I went on my way, but all the while I was contemplating that urgent question: “What could I do to help?” I passed a local garden where vegetables were left wilting on the vine. Just like the green traffic light, another light went on for me. I had to find out if

I could pick the unharvested produce and take it to individuals in need. I went to my church, fellow parishioners, friends, and business acquaintances asking for their support in gathering the abundance and distributing it to our neighbors who struggle to put food on the table. This was the beginning of St. Joseph Food Program.

Now, 35 years later, because of individuals like you, St. Joseph Food Program continues to provide food for our neighbors in the Fox Valley.

Thank you for making the past 35 years possible. Never quit asking yourself, **“What can I do to help?”**



What can I do to help?

May we suggest...

- Make a cash donation of \$25, \$50, \$75 or more.
- Become a Hi-Five Club member and donate each month.
- Make an in-kind donation of non-perishable foods.
- Grow a Row for St. Joe’s and donate the produce.
- Volunteer
- Visit www.stjoesfoodprogram.org

Second Annual CHAMP Dinner

The CHAMP Dinner featured one of the CHAMP Meal recipes that St. Joe's client families will receive this year. A **big thank you** to Aerotek and The Source Public House for a great and impactful event!



(Pictured L to R) Hailey Tayler, Dave and Jane Eichorn



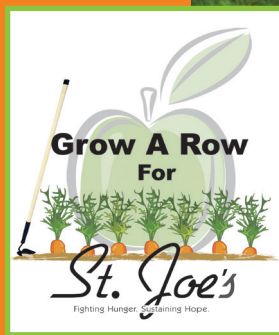
(Pictured L to R) Brittany Cisler and Tommy Perryman.

Meet Me in the Garden...

To Grow a Row for St. Joe's!

Your homegrown produce expands the nutritional options for our client families. With the MyPlate guidelines, our goal is to distribute enough fruits and vegetables to fill the plate! If you are new to gardening but would like to get started, check out www.growveg.com.

And Grow a Row for St. Joe's!



New Staff Members

Scott Scheffe – Operations Manager

A U. S. Marine Corps Vet and author of a children's book, Scott joined St. Joe's as Operations Manager. "If you keep good, healthy food in your fridge – you will eat good, healthy food."

Steve Clare – Warehouse Lead

Steve had been a volunteer at St. Joe's for 16 years before joining the staff as the Warehouse Lead. "I am happy to be participating now daily. It gives me the chance to see the impact of the work done at St. Joe's every day."

Dean Sweere – Volunteer Engagement Coordinator

Dean started at St. Joe's as a volunteer interviewer before joining the staff. "I am inspired everyday by the dedication and commitment of our volunteers!"

McKenzie Kline – Scheduling Coordinator

A cowgirl from Wyoming, McKenzie joins St. Joe's most recently. "I am already feeling at home because of the warm welcome of the volunteers. I feel blessed to be part of the St. Joe's team as we fight to alleviate the strain of poverty."



Scott Scheffe



Steve Clare



Dean Sweere



McKenzie Kline

CHAMP Meal



Southwest Chicken Skillet

Ingredients:

- 1 cup uncooked long grain white rice
- 1 cup salsa (low sodium if possible)
- 2 – 12.5 oz. cans of chicken
- 1 – 15 oz. can black beans, drained and rinsed
- 2 tablespoons chili powder
- 1-3/4 cups chicken broth, low sodium

Optional:

- Add 1 cup shredded cheese
- Brown rice cannot be substituted for white rice as brown rice requires additional liquid and cooking time.
- Choose low sodium chicken broth and wash beans to decrease sodium content.

Directions:

- In a large skillet, combine the rice, salsa, chicken, black beans (drained), chili powder and chicken broth.
- Stir until everything is evenly combined.
- Place a lid on the skillet, turn the heat to high, and let the skillet come to a full boil.
- As soon as the skillet comes to a boil, turn the heat to low and let it simmer for 30 minutes.
- Make sure it is simmering the entire time. Turn the heat up a little bit if needed.
- After 30 minutes, turn the heat off, remove the lid, and fluff the mixture with a fork.
- All the liquid should be absorbed and the rice should be tender.
- Sprinkle 1 cup of cheese on top, put the lid back on to let it melt. Serve hot.



CLIENT SURVEY RESULTS

Here is why your support is so important to our client families.

In February, we surveyed our clients to see how well St. Joe's is fulfilling our mission to supplement the nutritional needs of our client families.

Cost is the number one barrier to our clients when purchasing healthy foods. This is one reason St. Joe's is focused on using the MyPlate model when distributing groceries to our families. As we move forward in 2017, our goal is to provide the best food we can, including as many fruits and vegetables as possible.



80.2%

are overall satisfied or very satisfied with St. Joe's



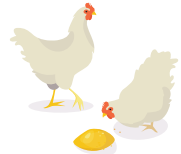
81.1%

said cost is the #1 barrier to them when providing healthy foods



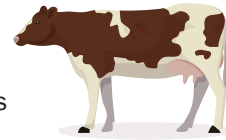
54.0%

would like more fresh fruits and vegetables



81.6%

would like more meats



New Labeling System

PlusOne is a new labeling system St. Joe's is putting into place to encourage clients to add one fruit or vegetable to their day. Each week, a new produce option will be the suggested **PlusOne** item. Pairing nicely with our MyPlate initiative, **PlusOne** offers the opportunity to our client families to add an extra serving of fruit or vegetables to

their diets. A **PlusOne** suggestion will also be added to the CHAMP recipe so that families are encouraged to increase fruits or vegetables in the meal. Our **PlusOne** option will also be shared with our alliance pantries so that those families may benefit from the increased nutritional value of their food.

Donor Survey

We appreciate your generosity, and we want to know get to know you better! We have begun sending surveys out to you via email and U.S. postal mail. If you have already received your survey and responded, **Thank You!** If you have not received one, please visit our website at www.stjoesfoodprogram.org and click on the survey link. Your input and opinions are valuable to us. Thank you for taking the time to give us your feedback.



We Have a Story to Tell!

If you would like to schedule a speaker for your next event, please contact Monica Clare or Karen Ziemke at **920-734-9461** or by email to mclare@stjoesfoodprogram.org or kziemke@stjoesfoodprogram.org.



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NON-PROFIT
US POSTAGE
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PERMIT NO. 63



May 6
Human Race
Arresting Hunger for
St. Joseph Food Program
Thrivent Financial, Appleton

July 13
KC-IT Charity Golf Outing
Mid Vallee Golf Course, De Pere

August 7
Stock the Shelves
Golf Outing
Royal St. Patrick's

*To find out more about our
upcoming events, visit us online.*

October 8
Crop Walk - 1 p.m.
Memorial Presbyterian Church, Appleton

October 14
Pacesetters/St. Joe's
5K Run/Walk
Bridgewood Resort, Neenah




DONATE

Donate directly by visiting
stjoesfoodprogram.org

DONATION DROP-OFF HOURS

Monday-Friday 7:30 to 11:30 a.m.
Monday evenings 5:00 to 7:30 p.m.

The donation door is located on the
northeast side of the building.
Look for the donation drop off sign.

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