

Stretch Your Donation

Your financial donation to the Food Shelf is valuable! Each month we order food from the Food Bank where our dollars go further than in the grocery store. The average cost to CHUM for these orders is 28¢ per pound. That is an incredible deal that only participating food programs can access.

STRETCH your donation

Food shelves can stretch donations of cash further than donations of food, because of their access to discount products and programs.

Feed more Minnesota families. Donate cash to your local food shelf today.

Minnesota FoodShare
A program of the greater minneapolis council of churches

Wages and Federal Poverty Level

Minnesota's minimum wage is currently \$8.00/hour and will increase to \$9.00/hour on August 1, 2015. Even at the higher rate, total gross annual income is only \$18,720 which is well below the Federal poverty level of \$23,850 for a family of four. The Federal Poverty Level is defined as the set minimum amount of gross income that a family needs for food, clothing, transportation, shelter and other necessities. This figure is determined annually by the Department of Health and Human Services.

Families earning minimum wage will likely not make enough money to meet these basic needs and must rely on safety net programs to get by. Higher wages help people become more independent and self-sufficient, thus decreasing the amount of food assistance, housing subsidies and Medicaid that must be provided by the state.

Letter Carriers Food Drive Saturday, May 9, 2015



Gather your friends and create a **Volunteer Team** to help with the **largest food drive in the United States!** The Association of Letter Carriers Food Drive is a fun way to help the Twin Ports food shelves maintain services throughout the summer months. We are looking for 12 volunteer teams to collect food along with the letter carriers. Volunteer teams need a roomy vehicle, a driver and a walker. What a great family or youth group volunteer opportunity!

Contact Meg Kearns at 218-727-2391 today, if you can help!



120 N. 1st Ave. West Duluth, MN

DULUTH EMERGENCY FOOD SHELF



Be The Hero! Fight Against Hunger

“Be the Hero. Fight Hunger” is once again the theme of this year’s Minnesota FoodShare March Campaign. March is the only month when every cash and food donation received by food shelves generates additional dollars from Minnesota FoodShare.

Income received last March accounted for 45% of the CHUM Food Shelf 2014 fiscal year operating budget and helped place CHUM among the top ten statewide Food Shelf for the March FoodShare Drive. FoodShare posters and a list of most needed foods, to help promote your efforts ,can be obtained at the Food Shelf.

To make an online donation, go to the CHUM website at chumduluth.org and click on the GIVE MN Donate Now button. Additional information and materials are available at <http://mnfoodshare.gmcc.org/minnesotafoodshare/marchcampaign>.

Two businesses that partner with CHUM on an ongoing basis are offering convenient ways to support the Food Shelf. At **Whole Foods Co-op**, customers can round up purchases at the register during the entire month and can also give to an in-store food collection on March 6 and 7. **Super One** customers can make cash donations at the register from March 21 through April 5.

A Deal You Can't Pass Up!!!

Ever wondered just how valuable your cash donations to the food shelf are?

\$1.00 can buy any of the following:	3 boxes of cereal	4-64 oz. bottles of juice
	3 boxes of macaroni & cheese	6 boxes of spaghetti
	2.5 gallons fresh milk	12 jars of peanut butter
	6 cans pears	2 boxes Hamburger Helper

Turn the page to learn more about:

- 3rd Grade Heroes
- Community Partners
- Wages & Federal Poverty

Holy Rosary 3rd Grade Heroes!

By Melissa VanDerStad

At Holy Rosary Elementary, the annual food drive is kicking off. This tradition of giving began way back in 1996. In partnership with the school's parish, this school has raised increasing amounts of food every year. Last year, they collected 1,645 pounds of food and \$ 476.96 .



At the end of March, a few parents and students will take the food to CHUM for donation. Once there, the food is weighed and that number is brought back to the kids, who are always thrilled to hear how much food that they donated.

The 3rd grade classes have lead the school every year in this food drive. Organized by two teachers, Ms. Zanardi and Ms. Blazevic, the entire school then pulls together to perform this act of goodwill.

“Apart from being a really good thing for the kids to do, we connect this food drive with Lent, which takes place around this time. Lent inspires us to make sacrifices and give alms.” Said Ms. Zanardi, a 3rd grade teacher at Holy Rosary.

The kindergarteners as well get to participate in this school tradition. Throughout the year each class member maintains a ‘good deed jar’ filled with pennies. They take this money to buy even more food to donate to CHUM.

“The kids definitely get really excited (about this fundraiser),” said Zanardi.

This colossal effort by the students, parents, and teachers at the Holy Rosary school helps CHUM feed and assist many Duluthians every year.

*“Recent research shows that **children who do not have enough to eat wind up with diminished capacity to understand and learn.** Children don't have to be starving for this to happen. Even mild under-nutrition - the kind most common among poor people in America - can do it.” ~ Carl Sagan, Cornell University*

Many Community Partners

In addition to Holy Rosary, we are grateful to these donors who have offered their support during the March Campaign for many years:

BUSINESSES

- Minnesota Power
- Irving Comm. Assoc.
- Benedictine Sisters
- Ruby's Pantry
- Curves for Women
- US Bank
- Essentia Health
- St. Luke's Gift Shop
- Altrusa
- Century Link
- Whole Food Co-op
- Super One Foods

TOP 2014 CONGREGATIONS

- | | |
|-------------------------|---------------------|
| Waters of Life | Elim Lutheran |
| Peace UCC | Hope UMC |
| St. Michael's Catholic | Asbury UMC |
| First Lutheran | Holy Cross Lutheran |
| Lakeside Presbyterian | Hillside UMC |
| St. Benedict's Catholic | |

To all the other groups and congregations who have held drives for us in the past, Thank You !



Access to healthy food improves school performance for children.

Nine out of 10 K-8 public school teachers say eating a healthy breakfast is the key to academic achievement, and 3 out of 5 say they regularly see kids who come to school hungry.

When kids get a healthy breakfast, there is an average increase of 17.5% on standardized math scores!

The Food Shelf needs support from all of us.

Just like individual households, our goal is a balanced budget with enough income to meet all expenses. Your donations generate that income. When income decreases, spending has to decrease, too. If the number of people served increases while the amount of revenue decreases, something has got to give, and, primarily, it's the variety, rather than the amount of food we offer. The bottom line is that our bottom line depends on you! Please continue your financial support, and, if possible, consider increasing it – either a little or a lot. Thank you .

Emergency Food Shelf	
TOTALS	2014
Pounds Distributed	272,190
Households Served	2,429
Food Orders	7,319
Meals Served	285,435
Individuals Served	19,029