

Who are our hungry neighbors?  
They are 1 in 11 Minnesotans.  
**Read their stories.**

# Hope

for our neighbors



second harvest  
**HEARTLAND**

Food changes everything.™

“It goes deeper than a food bank, it actually touches people’s lives and adds humanity to the process [of getting help], I’m not just a number to you; the food is not going to a number.”

-Tara



Tara

## *That would never happen to me*

Tara, a proud wife and mother, faced the unthinkable when she lost her eldest daughter to a battle with pediatric cancer. Nearly in tandem, her husband lost his job and her family looked head-on at seemingly insurmountable circumstances. Their income went from livable to nothing. With one less income, medical bills piling up and funeral expenses pending, Tara and her family reached out to their local food shelf for help.

“Medical bills were coming back; we were paying for minimums on everything. In regard to bills versus groceries, I mean I have children, they needed the food.”

Tara reached out to Second Harvest Heartland and our staff was able to help her get temporary assistance through SNAP and connected to other resources until her husband was able to return to work. More than food, Second Harvest Heartland helped provide **hope** and a reminder that while their situation is trying, it is temporary.

## *A child can't learn and grow on an empty stomach*

“I’ve worked with children for 10 years, so I feel food and education — you can’t have one without the other,” said Victoria, a teaching assistant at one of Second Harvest Heartland’s meal program partner schools.

While hopelessness could be a natural reaction to a classroom where many of the students might have missed today’s breakfast or last night’s dinner, Victoria describes her classroom as quite the opposite. She sees compassion in the young children in her care. “Some of the kids get breakfast at home but they know their friend is always hungry, so they’ll go get breakfast and give it to their friend.”

The kids instinctively know that when their friends are busy worrying about hunger it’s difficult for them to concentrate, especially during a demanding school day.

While food to fuel learning at school is important, it’s equally crucial when school is out of session and kids don’t have access to the free or reduced-price meals they rely on at school. Support over the holidays, on weekends and during the summer means local kids can learn, play and grow — and not worry about their next meal.

Victoria



“I’m grateful for the food I get...It would be very hard for me to live without it.”

-Sandra



Sandra

## Loneliness, isolation and hunger

Once a month, 75-year-old Sandra visits Southern Anoka County Assistance to pick up a box of food. The box may include canned fruits, vegetables and juices, cheese, peanut butter or dried beans, cereal, rice and pasta. Sandra has been visiting the food shelf for years and relies on the food she receives to live.

Seniors, like children, are especially vulnerable to the negative effects of poor nutrition. Seniors experiencing hunger are more likely to have chronic health conditions such as asthma, high blood pressure and depression. “What I use helps a lot, especially the cheese and oatmeal,” she said. “I’m very health-conscious. I eat oatmeal every day. I make a lot of soups and freeze them, butternut and pea soup.”

Without the box, she fears she might not be able to afford to feed her beloved Mandy — the big yellow Labrador that is her one and only companion. Sandra has been disabled since 1997, when cancer and the radiation treatment administered to cure her cancer damaged her right leg.

The box Sandra receives each month comes from Second Harvest Heartland through the Nutrition Assistance Program for Seniors (NAPS), part of the Commodity Supplemental Food Program (CSFP), a federally funded food resource for older Americans. Second Harvest Heartland serves approximately 9,500 Minnesota seniors each month.



## (Fresh) food is fuel

When Second Harvest Heartland helps provide food for families who struggle to afford it, it’s not just about the number of pallets and pounds. It’s what kind of food makes those pounds.

All of us know fruits and vegetables, lean proteins, whole grains and dairy help keep us healthy. Unfortunately, not everyone has access to enough of these great foods in their diets.

“Some people feel if a person is of larger build that they must not be hungry, when in truth they might be starving nutritionally,” said Margaret Palan, from United Community Action Partnership, a Second Harvest Heartland partner. “Carbs can fill up a tummy and are less expensive to purchase for the most part, but the nutritional value is limited.”

That’s why Second Harvest Heartland and our nearly 1,000 agency partners are committed to bringing nutrition to the forefront. Fresh, healthy food fuels our neighbors and our communities.

Just a few years ago, 23% of the food delivered by Second Harvest Heartland was fresh — **now it’s over 60%!** Our new Brooklyn Park facility will allow us to distribute more fresh produce year-round, more lean protein than ever before and more high-demand items like milk consistently. We are fueling a stronger, healthier future where everyone is fed.



# Give Hope

to Minnesotans facing hunger.

**Set up your company-specific or personal Virtual Food Drive to help fight hunger!**

## Step 1

Visit [2harvest.org/drive](http://2harvest.org/drive) to register as an individual or organization.

## Step 2

Log into your drive's participant center to personalize your drive page with a custom URL, your logo, and more.

## Step 3

Share your drive link and include a customized message letting your donors know why you're helping fight hunger.

**Write your unique link here and share with potential donors:**

<http://support.2harvest.org/goto/> \_\_\_\_\_



**\$1,000**

buys the entire Hope Book!



**\$500**

powers the work of our Volunteer Center each day



**\$250**

hosts a Fresh Produce Distribution event serving 40+ families



**\$100**

feeds a family of four, like Tara's, for one month



**\$65**

supplies 30 hygiene kits for neighbors struggling to make ends meet



**\$50**

provides one month of meals for a veteran getting back on their feet



**\$25**

provides lunch for a child every weekend in the summer



**\$10**

provides one month of healthy breakfast for seniors like Sandra



Ending hunger through  
community partnerships

**2harvest.org**

Please contact Second Harvest Heartland's corporate team at [corporateteam@2harvest.org](mailto:corporateteam@2harvest.org) with questions or for more information.