

VOLUNTELLER



CHANNEL ONE FOOD BANK AND FOOD SHELF

WINTER 2010

Helping Our Neighbors

The fire and subsequent closing of North Star Foods in St. Charles, along with the closing of Utica's poultry processing plant has left many in the small town of St. Charles struggling, with families left without jobs and in need of assistance.

In response, Channel One staff delivered 8,000—10,000 pounds of food to clients at the St. Charles Food Shelf on Tuesday, February 2. About

fifty families were given approximately 100 pounds of food each. Recipients were extremely grateful and expressed their appreciation to staff and volunteers, letting



St. Charles residents receive food from Channel One.

them know how much the food meant to them.

"The people who come here don't want free food, they want jobs, they want to be self sufficient," said Francis Passe, manager of the St. Charles Food Shelf. Despite their hardships, many of the unemployed in St. Charles are thankful for whatever help they get.

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Save the Date

for Channel One's Annual Volunteer Appreciation Banquet

Monday, April 26
2010

Apples Galore



Channel One is lucky to be located in such food—rich region allowing us to receive food donations from many area food companies, such as Hormel, Malt-O-Meal, Lakeside Foods, and Seneca Foods. But there are other area donors Channel One benefits from that may not be as recognized.. Year after year,

regional orchards donate thousands of produce.

On Friday, January 22 Channel One staff and volunteers cleaned, sorted, and packed apples at Fireside Orchard in Northfield, MN.

From those apples cleaned and sorted that day, Channel One received over 9,800

pounds of apples to help feed hungry people in our area.

Thank you Fireside Orchard and thank you to our volunteers who helped.



Volunteer Paul Stellpflug helps move the apples down the line to be dried.



FoodShare Activities



During March, Channel One joins with food shelves across the state to collect donations of money and food that support our local efforts to help feed people in need and reduce hunger in our community. In order to meet the rising need we have set a goal for our 2010 March FoodShare Campaign of \$175,000 and 175,000 pound of food.

Here are a few ways you can participate in FoodShare.

5 A Day 5 K This is a 5K race that will be held on March 13th, registration begins at 8am and the race begins at 9am at the Running Room.

Registration is only \$10 and a non-perishable food item. For more information check out www.5aday5k.org.

ABC 6 Super Hero Contest and Drive By Food Drive ABC 6 News is sponsoring a month-long contest to name the new Channel One Super Hero pictured here. Votes for the best name will be collected until March 27th, when ABC 6 News staff will hold their second annual Drive By Food Drive at all three Rochester Hy-Vee stores. Food will be collected from 10am to 2pm. The winning Super Hero name will be announced on ABC 6 News on Monday, March 29th. The winner will receive a \$200 gift certificate from Hy-Vee and a \$75 gift certificate from the Canadian Honker.

Food and Fund Drives You can also get involved in FoodShare by hosting a food or fund drive at your work place.

Denim Days Ask your work place if you can host a Denim Day in March to benefit Channel One. Denim Days can be any day or days that you choose in March. Businesses throughout Olmsted County are invited to participate by having employees "purchase" a casual dress day for \$5. At Channel One we are able to distribute enough food to provide five meals for every dollar donated. For more information on Denim Days contact Julie Christensen at 507-424-1705 or email her juliechristensen@channel-one.org

Don't Forget!
 Saturday, May 8th
 National Letter Carrier's Food Drive
 Place a bag of nonperishable food items by your mailbox.

Pound For Pound Challenge



It's not too late to join the Pound for Pound Challenge and help fight hunger in Southeast Minnesota. Now in it's second year, this program has partnered with NBC's The Biggest Loser and General Mills to encourage Americans to "Lose Nationally, Feed Locally." But Channel One needs your support to make our involvement a success!

Participating is easy and your impact can be huge. Simply sign up and pledge your weight loss goals at www.pfpchallenge.com. For every pound you pledge, General Mills and other partners will donate 14 cents to Channel One!

Please help us by signing up now and encouraging others to sign up and pledge. It's a great

opportunity for our supporters to do something good for themselves and to do something good for our community.

You can also become a member of the Channel One Pound for Pound Challenge Group on Facebook. Check out the Channel One website for more details.

helpingfeedpeople.org