

# ICA Autumn 2018

Your Local  
**FOODSHELF**

Our mission is to offer hope as we provide assistance to our neighbors in need.

## THE *great* TASTE

*a bountiful benefit for ICA Food Shelf*

Please join us for the fifth annual **The Great Taste!** The event is an annual fundraiser to benefit ICA Food Shelf. This unique event starts with local restaurant & beverage tastes, and then transports guests to multi-course meals at local restaurants.

The evening raises funds to support ICA's programs and food services, so we can continue to serve our 6,000 neighbors in need throughout the year.

### *Sponsored by*

Marks Group Wealth Management, Alerus, Lakewinds, Fastsigns, Artful Living, Minikhada Storage, Peyton Family Foundation, and M Family Foundation

Tickets available at [icataste.org](http://icataste.org) or 952.279.0280

Thursday, October 4 | 5 p.m.  
Minnetonka Community Center

### *Taste Reception*

Tastings from local restaurants, complimentary wine & locally brewed beer, silent auction, and surprises. Presentation and live auction emceed by Kim Insley.

Featuring Tastes from BLVD, Famous Dave's, Gold Nugget, Joey Nova's, Lunds & Byerly's, and Unmapped Brewing.

### *Destination Dining*

Following the Taste Reception, experience chauffeured transportation to a surprise restaurant. There you will enjoy a specially prepared, three-course fine dining experience.

Participating dinner restaurants include 6Smith, Bacio, Birch's on the Lake, BLVD, Campiello, Cast & Cru Restaurant, Coalition, Jimmy's Kitchen and Bar, Maynards, Red Sauce Rebellion, Redstone, and Thirty Bales.

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#### Snapshot: ICA Statistics April - June 2018

Families  
Served

**1,166**

Volunteer Hours  
Worked

**11,682**

Pounds of Food  
Distributed

**371,966**

that's  
equivalent to  
**281,648**  
meals!

## PEG'S POST: HOW A VISIT TO ICA CAN IMPACT A FAMILY BUDGET

At ICA, we take a holistic approach to serving our neighbors in need, addressing the issues of food, housing, utilities, transportation, and employment. We know that all pieces of a family budget are interconnected.

“Do I pay the electricity bill or purchase food for my family?”

The cost of rent is rapidly increasing and although the rate of employment is high, wages and benefits are not. This can cause families with lower incomes to choose between paying rent and utilities or feeding their family. To get a feel for how our food shelf can impact a family budget, we calculated how much money it would save a family of four to visit ICA's food shelf. If the family were to visit ICA two times a month, versus purchasing the same items at a grocery store, **they could save \$630 each month.**



Our neighbors shouldn't have to choose between food and housing, and ICA welcomes all families that struggle with that choice. Saving money on groceries can help families save for other necessities like rent, utilities, and healthcare. I am so proud to live in a community like ours, where we have a long tradition of helping our neighbors when they need it.

Thanks for being part of this community!

Executive Director



Groceries a family of four could receive on a visit to the food shelf.



## THANK YOU iSPACE ENVIRONMENTS!

This spring, we posted on Next Door that we were in need of a new desks for our offices. (Our previous desks predated computers!) To our great delight, Minnetonka resident Joel Peterson contacted us. Joel is the CEO of Minneapolis-based iSpace Environments, a company that creates beautiful workspaces. iSpace has since refurbished four of our offices with new furniture and we are so grateful!



Here is what Joel had to say about their donation:

“I first became aware of ICA Food Shelf and their impact in our community when my kids were enrolled at St. David's Preschool. This was the first time I began to understand that there were people in my own city of Minnetonka struggling to make ends meet, including feeding their families. I was amazed to discover the work that ICA Food Shelf is doing in order to support families who are faced with a variety of life's challenges. Because we know that a healthy work environment supports a more efficient organization, we felt that we could help ICA continue their great work in our community by providing furniture that better reflects their daily activities. The iSpace Environments Team is proud to support ICA Food Shelf and the community they serve.” -- Joel



Thank you iSpace Environments for this wonderful donation! ICA relies on the generous support of local organizations like iSpace.

## ICA IS GOING BACK TO SCHOOL TOO!

As kids head back to school this month, we've been busy preparing for the school year too! Our two school programs are back: Super Snack Bins and Weekend Bags. These are two of the ways we partner with Hopkins & Minnetonka public schools to ensure that the kids in our community have enough to eat.

### Super Snack Bins

Teachers and counselors pick up large plastic storage bins filled with healthy snacks to share with students in need. Kids receive these snacks when they haven't had breakfast, as well as during and after school. Each bin contains around 300 snacks.

*Last year we gave out **419 Snack Bins** through this program!*

### Weekend Bags

When school staff know or suspect that students aren't getting enough to eat on the weekends, they can send the student home with an ICA Weekend Bag. Small enough to discretely slide into a student's backpack, each bag contains enough easy-to-prepare food to feed one child for a weekend, plus literature about ICA for the child's caregiver. Our hope is that the family leaders will then come to the food shelf to get enough food for their entire family, including fresh fruit and vegetables, protein, and milk.

*Last year we distributed **2,649 bags of food** through this program!*

### Interested in supporting these programs?

Donate healthy, nut-free snacks or give financially today! View our Current Needs list at [icafoodshelf.org/current-needs](http://icafoodshelf.org/current-needs)

## KIDS SUPPORTING ICA!

Whether you want to teach your kids about philanthropy, community, or issues like food insecurity or poverty, getting involved with ICA is a fun, easy way to help your kids make a difference in our community.

Here are a few of the many ways we've seen kids give back this year:

- Birthday food drives, lemonade stands, and bake sales
- Door to door food collection
- Hopkins High School Talent Show
- Raising funds for the Walk to End Hunger
- Volunteering at a food drive or event (such as March Campaign food drives or May's Postal Food Drive)
- Attending a fundraiser for ICA (such as the Holiday Variety Show or the Kids Free Movie — see back page for details)

Need signs or materials? Contact Kristin at 952.279.0280 or [kristin@icafoodshelf.org](mailto:kristin@icafoodshelf.org). And be sure to share a picture with us so that we can say thank you and share to inspire other kids to get involved!

## UPDATE YOUR CONTACT INFO

We're trying to improve our records! If you have any changes that you'd like us to make, please let us know. Do we have your contact info correct? Should we address you differently? Should we include your spouse? Would you prefer to just receive communications via email or mail? Let us know! Contact Sheryl: [sheryl@icafoodshelf.org](mailto:sheryl@icafoodshelf.org) or 952.938.0729

"We have a second grader who is often in charge of getting herself up and to school. She rarely eats breakfast before she arrives, and we do not have a breakfast program at school.

I use ICA food to provide her breakfast (often milk or juice and a protein bar) and snacks every day.

**We suspect that on some days this food is the only reason she gets herself to school.\*\***

-- Minnetonka Elementary School  
Social Worker

\*identifying details changed to protect privacy



Tyler Stewart collected 41 pounds of food and \$96 in donations for ICA for a school project in May. Thank you Tyler!

# Autumn 2018 Event Calendar

## The Great Taste

Thursday, October 4 | 5 p.m.

Join us for the fifth annual night of great tastes at the Minnetonka Community Center. To purchase tickets and learn more about the event, visit [icataste.org](http://icataste.org).

## Turkey & Holiday Meal Program

Thursday, November 15

Provide meals for a family in need this Thanksgiving and holiday season! Just \$17 will help provide a turkey and all the fixings. Volunteers needed for turkey & holiday fundraising events. Email [kristin@icafoodshelf.org](mailto:kristin@icafoodshelf.org) for more info.

## Give to the Max Day

Thursday, November 15

Give to the Max Day is a unique, online 24-hour outpouring of generosity for the causes that make our communities stronger. Stay tuned for information on matching gifts and give at [icafoodshelf.org/donate](http://icafoodshelf.org/donate).

## "From the Heart" Holiday Variety Show

Saturday, November 17

Sponsored by the Lake Minnetonka Excelsior Rotary Club, this annual talent show benefits ICA. Admission to the event is a non-perishable food item or monetary donation. Held at Excelsior Elementary School.

## Walk to End Hunger

Thanksgiving morning | Thursday, November 22

Join ICA for a family-friendly 5K walk at the Mall of America! This fun event is a great way to start the holiday right – by giving back before you give thanks! Sign up to walk with ICA at [walktoendhunger.org](http://walktoendhunger.org).

## ICA Day at Maynards

Monday, November 26 | All day

Each year, Maynards generously donates 100% of the proceeds from the day to ICA Food Shelf. Join us the Monday after Thanksgiving for a break from turkey leftovers! Reservations open November 1.

## Free Kids Movie @ Excelsior Dock Cinema

Saturday, December 1

Hosted at the Dock Cinema, the Excelsior Fire District and Excelsior Real Estate sponsor a free movie event for kids during the holiday season. Admission to the event is a non-perishable food item.



**ICA FOOD SHELF** 952.938.0729 · [icafoodshelf.org](http://icafoodshelf.org)

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ICA is a 501(c)3 organization. Your donation is tax deductible to the fullest extent allowed by law  
Serving Hopkins, Minnetonka, Excelsior, Shorewood, Deephaven, Greenwood, & Woodland since 1971.