



# Winter 2019



Peg Keenan, Executive Director

Every day at ICA, I hear stories from families struggling to make ends meet and how ICA was there to help. I am always so encouraged when I hear the ways that our staff and volunteers are tangibly assisting so many neighbors. It is striking to realize that many of these families have similar stories: **unexpected expenses** that derail their finances, **illnesses** which leave families with **extensive medical bills**, and **rents that are outpacing their wages**.

The families who visit ICA also have so much in common. They are good-hearted. They work hard. They love their children. They want to provide. They *belong* in this community. **They are grateful, and they want to give back.**

This time of year brings a focus on family and togetherness, but is also a time of struggle for many in need. Please consider a gift to ICA this holiday season, so that **together** we can provide **hope** and **stability** to our neighbors at this time and throughout the year.

*\*Note: To protect client privacy, we have changed names and identifying details and used stock photos in the included stories.*

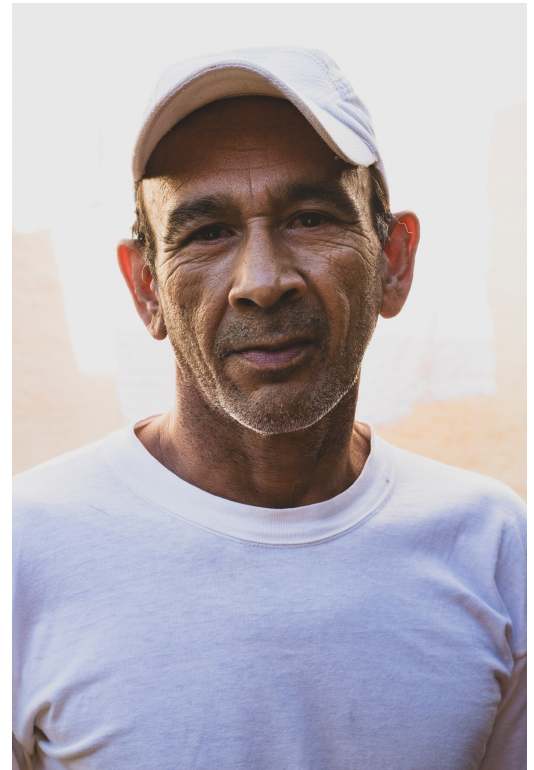
In gratitude,  
Peg Keenan  
ICA Executive Director

## YOUR GIFT MATTERS TO JOSEPH\* YOUR HELP PUTS FOOD ON THE TABLE

Joseph works both a full-time and part-time job to pay his rent, car, insurance, and medical expenses. **Even with two jobs, he doesn't always have enough money to afford groceries as well.** On the months that he is short, he comes to ICA for a Saturday food appointment.

ICA is open two Saturdays a month to serve people like Joseph who work during the week and can't come in during our weekday hours. He is able to get a lot of great food from ICA: fresh veggies and fruit, pantry staples, milk, bread, and meat. "I just love all the volunteers and people at ICA. They are kind and generous."

Even with Joseph's busy schedule, he wants to give back to the community that has helped him during the lean times. He's hoping to start volunteering at ICA special events on the weekends. "I am so grateful for ICA. **Without ICA, I would not make it.**"



Joseph\* works two jobs and visits ICA in the months when he needs extra help

# 84%

of ICA clients skipped meals or ate less than they wanted to before visiting ICA



Ellen\* recently took over caring for her two grandchildren and needed help when her work hours were reduced

# YOUR GIFT MATTERS TO GRANDMA ELLEN\*

## YOUR HELP KEPT THIS FAMILY IN THEIR HOME

Ellen has recently taken over the care of her two grandchildren. She loves being with them and knowing that they are well cared for, though doing so has added a financial burden. Ellen has a full time job, but her hours were temporarily reduced. This caused her to be short on her rent. ICA was able to assist Ellen with a partial rent payment so that **her family could stay together in their home**. Ellen was also able to use the food shelf to provide food for her family—a much needed blessing with two additional mouths to feed!

Ellen's hours have since gone back to normal, and her family is once again stable. **She is so thankful for the rent help she received**, as well as the great food from the food shelf.

**43%** of the households ICA serves have children

## GIVE THE GIFT OF HOPE, JOY, & PEACE

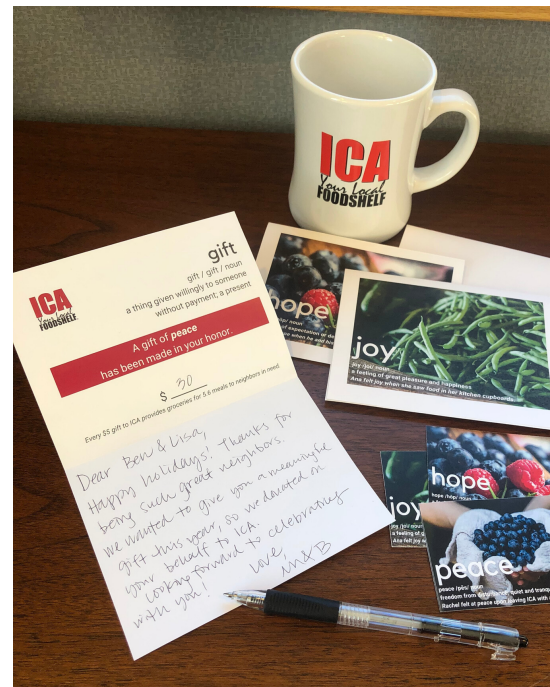
### ICA'S GIFT CARDS MAKE HOLIDAY GIVING DOUBLY IMPACTFUL!

Please use the enclosed Gift Cards to **make a gift to ICA on behalf of a loved one this holiday season!** Making an honor or memorial gift is simple:

- 1. Donate to ICA:** give online at [icafoodshelf.org](http://icafoodshelf.org) or send a check in the enclosed envelope. Be sure to indicate your honoree(s)!
- 2. Choose your gift card option:** give the recipient(s) one of the enclosed Gift Cards OR one of our Note Cards. (see below for more info)
- 3. Customize the card(s)** with a personal note!
- 4. Give and enjoy!** Sit back and enjoy your favorite beverage, knowing that holiday gift giving is taken care of AND you are helping neighbors in need in our community.

Need more Gift Cards or prefer our Note Cards? Please stop by our St. Davids office to pick up what you need. We even have envelopes!

You can also print these cards at home. Visit [icafoodshelf.org/holidaygiving](http://icafoodshelf.org/holidaygiving) to download. Contact [monika@icafoodshelf.org](mailto:monika@icafoodshelf.org) if you have any questions.



Our holiday giving cards come in two sizes: Gift Cards or Note Cards. They are available in three designs: Hope, Joy, and Peace!

**ICA FOOD SHELF**  
 Administrative office  
 12990 St. Davids Road  
 Minnetonka, MN 55305

952.938.0729 · [icafoodshelf.org](http://icafoodshelf.org)  
 Food and client services  
 11588 K-Tel Drive  
 Minnetonka, MN 55343



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.