



Summer 2023

Our mission is to create a healthy and stable community for all.

Gardening for a Good Cause

It's finally that time of year! As you step outside and start planting your garden, keep ICA and our neighbors in mind this year. Unfortunately, many families using our services don't have access to fresh produce. **While we are able to purchase some items, rising costs mean we still have to rely heavily on homegrown donations throughout the summer.**

Please consider sharing your harvest and supporting local families! Whether you plant an extra row for ICA or just share your garden's bounty as it arrives, home-grown produce is an incredible joy to share. **We accept any size donation. Whether its a handful of cherry tomatoes or a bushel of apples, your donation will be an amazing gift!** All sorts of vegetables, herbs and fruits are welcome.



Want to donate fresh produce to ICA? Please bring it to our central food shelf location: 11588 K-Tel Drive, Minnetonka.

Extra Help Throughout the Summer

While summer can be a joyous time for some families, it's also the most difficult time of year for many others. Summer vacation is a period where local families lose resources like school-provided breakfasts and lunches for their children.



Unfortunately, most families coming to ICA can't afford to go even a month without that service.

As we rethink and redesign approaches to food and resource insecurity, we're proud to partner with community agencies that are opening their doors to local families throughout the year. Launched in late 2022, a school-based market inside Minnetonka High School is servicing students, families and staff that are looking for extra help. **Accessible for order pick-up every Thursday from 12:30 to 4:30 P.M., the market will remain open to Minnetonka High School families throughout the summer.**

Additionally, ICA will once again be opening our Kids' Summer Market to families that utilize our services. This is designed to provide extra food for families that have school-aged children. This section includes items such as mac and cheese, PB&J sandwich fixings, carrots and other snacks.

Meet the criteria and interested in utilizing the Minnetonka High School Market? Please visit www.icafoodshelf.org/community-markets.

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ICA'S IMPACT: February - April 2023

Distributed 277,980 pounds of food,
equivalent to **225,257 meals**



Met with **33 job seekers**
a total of **83 times**

Served an estimated 1,454 households (4,055 neighbors)
across all services





FROM THE EXECUTIVE DIRECTOR

Dan Narr

Here at ICA, we're busy adapting our programming to the needs of the community and continuously searching for the most efficient ways to provide continuum of care to families living in our area.

Our variety of programming has never been more vital, as ongoing inflation and the end of emergency benefits has forced many families to make impossible choices between buying food, paying rent and affording transportation.

As a result, already high service numbers are remaining at historic levels. **We're helping close to 1,000 households a month, which is over a 20% increase when compared to this time last year.**

While a majority of these appointments are taking place at our central food shelf location, we're also assisting families through our community markets located inside local school buildings.

As we enter into the summer months, we expect demand for our services to only increase.

Historically, summer is an extremely challenging time for local families as they attempt to navigate the loss of school-provided resources.

While continuing to meet this level of demand will present numerous obstacles, I feel uniquely blessed to be part of a community that always stands ready to give, share and collaborate in order to help provide a better life for everyone.

However you choose to support our work at ICA, whether through financial gifts, volunteer hours or advocacy, I thank you so much for your contribution that allows us to continue offering our vital services to the community.



SHINING A LIGHT ON MENTAL HEALTH RESOURCES

While ICA has historically been most closely associated with food distribution, we're busy expanding our other services such as employment assistance, housing resources and community referrals. **Additionally, for the past seven years, ICA has partnered with Relate Counseling Center to offer mental health sessions to everyone who walks through our doors.**

Based locally in Minnetonka, Relate brings staff right on-site to ICA on a weekly basis and also offers remote services to interested individuals. **All ICA sessions are without cost and completely discreet.** The goal is to make mental health resources available to individuals that otherwise wouldn't be able to afford or attend professional counseling.

"At ICA, we aim to provide so much more than just a quick fix for our neighbors," explains Dan Narr, ICA Executive Director. "While a family may initially come through our doors for food, we always take the necessary time to learn more about their current situation. Mental health services is just another great option to offer as we aim to help all community members find long-term stability."

Want to learn more about our partnership with Relate Counseling Center? Scan the QR code below to watch a short video!



A Bittersweet Thank You

While ICA has grown so much in the past handful of years, we still take immense pride in remaining connected to the individuals, organizations and faith communities that have supported us from the very beginning. One such community is Mizpah United Church of Christ in Hopkins. **In fact, Mizpah was one of five congregations that initially formed a coalition and helped create "ICA Food Shelf" in the early 1970s.**

For many years, through the support of Mizpah and other local congregations, ICA was able to bag and distribute food for neighbors from an old, white house located on Williston Road.

Unfortunately, as we've become acutely aware of in the past few years, change is a constant in life. **With that in mind, it pained us to see Mizpah close their doors for good within the past year.** Mizpah had been around since 1888 and was a spiritual home to many generations.

In a final show of community support, their congregation gifted ICA with a \$350,000 donation following the sale of their building.



ICA's Scott Searl (far left) with Mizpah representatives (L-R): Sharon Cizek, Sherry Niles, Kris Edmonds, Mark Ruhland, Bink Semmer, Debbie Smith, Linda Williams and Mark Scully.

We are so grateful for their long-time partnership and for this very special gift! Their faith community has made a significant impact for our neighbors in need. **Do you belong to an organization or faith community that has a charitable foundation?** We'd love to talk about ways to get involved! Please reach out to ICA Director of Philanthropy Scott Searl at scott@icafoodshelf.org.



I am treated with dignity and respect every time I walk in and leave with a sense of appreciation and peace. Thank you so much!
- Neighbor using ICA's services



Stamp Out Hunger Postal Drive

Did you know the annual Letter Carriers' Food Drive is the largest one-day food drive in the entire nation? Spanning over 10,000 cities and towns across the nation, people all over are encouraged to leave a bag of nonperishable food by their mailbox on the second Saturday in May. For ICA, this drive plays a major role in ensuring we have a sufficient enough stockpile of food to last through the summer months.

We were once again blown away by the generosity of our neighbors this year, as over 27,000 pounds of food were donated to ICA as part of this event. Thank you so much to everyone who participated or helped spread the word about this incredible event.



An event of this size takes some serious help! A special thank you to Minnetonka Rotary (pictured above), Priority Courier Experts, Groves Learning Organization and so many amazing individuals for your assistance.

SUPPORT ICA WITH A FOOD OR FUND DRIVE

Your Donations Make a *Big* Impact!

Here at ICA, we're so fortunate to have a generous community of supporters that routinely go above and beyond to share their time and gifts. When you give to ICA, you're directly making an impact on the lives of families that work, play and go to school in our area.

One easy way to make a big impact is by hosting a food or fund drive. In fact, local drives are second only to food rescue when it comes to stocking our shelves. When you organize a collection effort for ICA, you're not only providing valuable resources for local families, but also helping to spread awareness about the services we provide.

New this year! Help us replenish our stock of a specific group of items by hosting a themed food drive. Have your group select one of our premade themes and see how much you can raise.

Additional info and resources at www.icafoodshelf.org/theme.



Rather than receive gifts for her 7th birthday, Serafina went out and held a diaper drive for ICA. Thanks to her efforts, our shelves are restocked and ready for local families. What an amazing kid!

OTHER EVENTS *For the most up-to-date information, please visit our website: icafoodshelf.org/events*



Tour de Tonka

Saturday, August 5

Make plans to participate in "Minnesota's ride." A portion of each rider's registration fee is donated to ICA. Going back to 2006, Tour de Tonka has raised over \$96,000 to support ICA and our various programs.

Register at: https://minnetonka.events.eleyo.com/tour_de_tonka_2023



Big Island & Back Paddle Event

Saturday, August 12

Grab your canoe, kayak or paddleboard and head to Excelsior for the 10th annual Big Island & Back Paddle Event. A portion of proceeds from the event will be donated to support ongoing ICA programming.

Register at: <https://www.trireg.com/bigislandandback>



ICA's The Great Taste

Thursday, October 12

Our signature event! The 10th annual The Great Taste is coming back to commemorate our long overdue 50th Anniversary! Please join us for a wonderful celebration of community, generosity and neighbors.

Additional information at: www.icafoodshelf.org/taste

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ICA is a 501(c)3 organization. Tax ID # 41-0979010 Your donation is tax deductible to the fullest extent allowed by law. Serving residents in and around Hopkins, Minnetonka, Excelsior, Shorewood, Deephaven, Greenwood and Woodland since 1971.