

FEED LOVE this Valentine's Day! [Give now](#)



The Inside Scoop

Monthly Newsletter | February 2022



Serving Up LOVE

Thank you to our donors in Whitefish and beyond for your tremendous support of our 2021 year-end fundraising campaign. We received 419 contributions from individuals, foundations, schools, businesses and religious institutions. Among those donors, we welcomed 80 new supporters to the North Valley Food Bank family!

Thanks to everyone's generosity, we were able to serve all families, seniors and individuals. Not only did you step up with critical financial support for our operations, but also with food essentials and traditional holiday meal fixings such as turkeys, hams, potatoes, stuffing, cranberries, vegetables and pies. While the number of households we served in Whitefish in 2021 continued to climb, we also served a record number of our rural neighbors. Families in Trego, Olney and Essex receive food assistance through our mobile pantry program and we spearhead a Pantry Delivery program to rural communities in Glacier and Lincoln County. Learn more about the program in the article below.

Additionally, we would like to recognize the following foundations and businesses who contributed \$10,000 or more to North Valley Food Bank: the Foley Family Charitable Foundation, the Kiita Foundation, Corwin Motors, the Town Pump Charitable Foundation, Safeway and the Paul J. McCann Foundation. The community spirit continued throughout the holidays with additional events and campaigns, including the Competitive Timing Turkey Trot, the Middle School Penny Wars, Chuck Haney Photography benefit show, and several other informal campaigns.

Finally, a *very special thank you* to a wonderful anonymous family, who kicked off our year-end campaign with a \$50,000 matching challenge gift!

Sharing the LOVE Year-Round

Have you heard the news about our deliveries to rural pantries across Lincoln and Glacier county?



North Valley Food Bank Rural Pantry Delivery Program

After a generous community donation in spring of 2020, we purchased a used refrigerated box truck. You might see it rolling around town with our bright orange logo on the back and cute printed veggies on the sides.

Soon after it arrived in our parking lot, the truck hit the road, clocking thousands of miles all over NW Montana and delivering food to FAST Blackfeet in Browning, Yaak Food Cupboard, Troy Food Pantry, Libby Food Pantry, and Tobacco Valley Food Pantry in Eureka. This program is made possible by the Farmer to Families Food Boxes, now given through The Emergency Food Assistance Program and The Montana Food Bank Network, in addition to generous support from Hopa Mountain. We have also benefited from logistical support from our friends at Flathead Food Bank.

With several agencies involved the logistics can be a mighty puzzle but the proof of success lies in the pounds. In 2021 alone, we delivered 500,000 pounds of food to rural pantries! That is equivalent to two blue whales or two fully loaded space shuttles! This figure makes up half of all the food that passed through North Valley Food Bank last year. Together, we are meeting a critical need in rural NW Montana.

A special note of gratitude to our road warrior, Larry Vanmersbergen! This program wouldn't be possible without him behind the wheel taking to the roads rain or shine.



Help us FEED LOVE

Our Valentine's Day food drive and fundraiser **FEED LOVE** will continue to run

through Valentine's Day.

We are collecting "comfort food" to help our neighbors through the rest of this winter at the businesses listed below and NVFB.

No canned goods? No worries! You can also **FEED LOVE** by sponsoring a family's weekly groceries through a donation of \$100 or more.

FEED LOVE and feed a family!

GIVE
NOW

FEED LOVE



DONATE AT ALL PARTICIPATING BUSINESSES
ABBRUZZO, AMAZING CREPES, BUFFALO CAFÉ, BULLDOG
SALOON, CASEY'S, CRAGGY RANGE, FLEUR BAKERY, FOLKLORE
COFFEE, GREAT NORTHERN BAR & GRILL, JALISCO CANTINA,
JERSEY BOYS, LATITUDE 48, LE MARCHE, MACKENZIE RIVER,
MAMA BLANCA, MARKUS FOODS, MONTANA COFFEE TRADERS,
NORTH VALLEY HOSPITAL, PIGGYBACK BBQ, SAFEWAY, SUPER
ONE, THE WAVE, THIRD STREET MARKET, TREGO PUB, TUPELO
GRILL, VFW - WHITEFISH, WHITEFISH LAKE RESTAURANT
& THE WICH HAUS

Spread the LOVE

Running out of date night ideas? We are still looking for volunteers to help with our annual **FEED LOVE** food drive. It's so much fun to volunteer with your sweetheart, best friend or family. Shifts are available in the evenings and on the weekend! We need volunteers for the following activities:

Flyer Distribution

at Markus Foods, Third Street Market, Safeway and Super One
Saturdays & Sundays, 10-12pm OR 1-3pm

Food Pick-up
at participating businesses
Thursday & Monday, 3-4pm

Donation Sorting
at North Valley Food Bank
Thursday & Monday, 3:30-5pm

[Sign up online](#) or contact anya@northvalleyfoodbank.org
or 406.862.5863 ext. 1005

Beets - the Harvest of LOVE



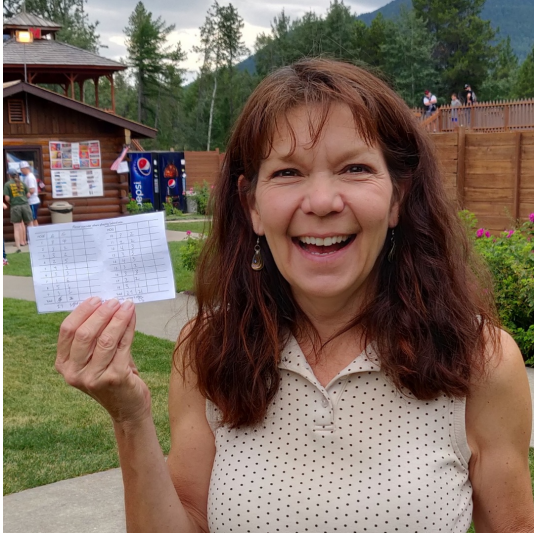
February's Montana Harvest of the Month is BEETS - the perfect food for celebrating this season of LOVE! Beets range in color from bright red and dark purple to golden yellow to the festive red-and-white-striped "candy cane" Chioggia variety. Red beets contain a natural pigment called betacyanin that gives them their deep color.

A super sweet treat, beets have the highest sugar content of any vegetable. Montana is a top producer of sugar beets - a variety grown specifically for sugar production.

Both the beet root - the round vegetable most people think of when they hear "beets" - as well as the plant's green leaves, are entirely edible. Beets are a

nutritious and versatile food that can be roasted, steamed, eaten raw, or pickled. But beware -- when cut into, beets "bleed" their red color onto other foods! To avoid turning your entire dish pink, cook beets separately and add them to your meal at the end. You can also use beets to make a colorful plant-based dye for fabric, food, and crafts!

NVFB Family LOVE - Our Volunteer Profile



Meet our wonderful volunteer Angie Winter!

Why do you like volunteering at NVFB?

The mission of the Food Bank is so critical, and I appreciate the opportunity to be one small part of bringing the mission to life. Also, the staff and the fellow volunteers are fabulous people – well organized, friendly and supportive. The Food Bank offers a wide variety of volunteer opportunities throughout the week – something for everyone!

What are you passionate about?

My husband Mark and I moved to the Valley in 2017, the culmination of almost 10 years of planning. After vacationing here with our kids for several years, starting in 2006, we knew this was the ideal place for our retirement. We are passionate about all things outdoors – hiking, kayaking, gardening with native plants, back-country camping, downhill skiing, cross-country skiing, snow-shoeing. During the winter season, I work part-time on the mountain as a Mountain Ambassador.

Before I retired in 2017, I didn't have much time for volunteer activities, so now I am making up for lost time! In addition to volunteering at the Food Bank, I am also the co-leader of the Flathead Valley Chapter of Citizens' Climate Lobby, a grassroots advocacy organization focused on national policies for climate change. Since coming to the Valley and enjoying all it has to offer in the way of outdoor recreation, I have become very invested in ensuring that we preserve our planet for future generations.

What do you enjoy about living in our community?

Mark and I lived in Whitefish for one year while building our house near Kila, and we loved the sense of community and the livability of the town. Even in the depth of winter, we would walk into town for dinner or a night out! I began volunteering at the Whitefish Historical Museum, which led to a role on the Board of Whitefish Winter Carnival. I have learned that people will welcome you with open arms if you are

willing to pitch in! Whitefish has a depth of history that I love, and it is continuing to evolve. I feel I am still part of the community, so much so that I am willing to drive 45 minutes to be part of it!



Welcoming new NVFB family LOVE!

We would like to welcome our new AmeriCorps VISTA volunteer, Maddie, to the team! Maddie will work on starting a harvesting and gleaning program with local farms this season. She was born and raised in Wisconsin and recently relocated to the Whitefish area for her service year.

In May of 2021, Maddie graduated from the University of Wisconsin Eau Claire with a Bachelor's degree in marketing and a minor in environmental sustainability. Maddie most recently was a communications volunteer for an organization that strives to diversify the outdoors and make outdoor education accessible to all communities.

When not at NVFB, you can find Maddie exploring local trails, traveling to new places, or lounging in a hammock with a good book.

Do you want to sponsor a family during this season of LOVE?

A donation of \$100 will fund
one week of groceries for a family of four!

Give
today



Happy Valentine's Day to you and your loved ones!
The North Valley Food Bank Family



North Valley Food Bank | 251 Flathead Avenue, Whitefish, MT 59937

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