

We are resending this newsletter to include the corrected Whitefish Distribution Hours. We apologize for the error.

Our Grocery Store is open every Wednesday from noon to 6 PM.  
Drive-thru distribution is open every Thursday from noon to 4.30 PM.



## The Inside Scoop

### Monthly Newsletter | March 2022

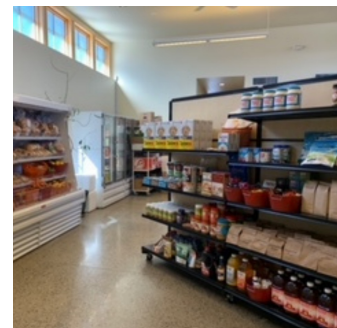
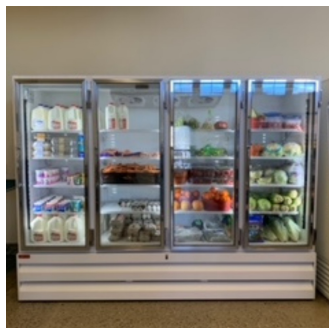


## Our Grocery Store is Open!

We are excited to announce that we reopened the grocery store at the beginning of March. At the turn of the year, in an effort to curb the impacts of the Omicron variant on our operations and community, we opted to only provide drive-thru services. Burr, it was cold! We are grateful for our steadfast volunteer team and staff members who braved the coldest days of winter. Many thanks to those who bundled up to serve their community!

All customers can now come in and shop in the store every Wednesday from noon to 6 PM. We'll continue to provide Drive-thru distribution every Thursday from noon to 4.30 PM.

We have many volunteer shifts available on grocery store days. Do you like stocking shelves and creating beautiful food displays? Are you passionate about connecting community members to resources? Do you love to chat with customers? Are you a Tetris wizard and enjoy packing boxes? Join us for one of our volunteer shifts on Wednesdays! For more details, reach out to Anya at [anya@northvalleyfoodbank.org](mailto:anya@northvalleyfoodbank.org) or sign-up online [here](#).



---

Housing is scarce, gas prices are rising and inflation is at an all-time high. As a result, we are supporting *many new customers* at NVFB.

Help us fill the shelves in our Grocery Store and ensure all of our neighbors have access to nutritious food!

GIVE  
NOW

---

## Thank You Pam and Barb!

Pam and Barb are North Valley Food Bank legends!

After years serving NVFB as Board Members, their terms recently came to an end. We want to thank them for their many years of dedicated service.

Both Pam and Barb are tireless advocates for equitable access to food and have positively influenced the local food system for decades.

We are deeply grateful for their vision, hard work and unending passion. Pam and Barb have trained many future food system advocates in our community and working with the two of them has been a privilege.

While we will miss Pam and Barb's presence at our board meetings, we are excited to continue working with them in our upcoming kitchen programs.

Thank you from your NVFB family!



---

## Thank You for FEEDing LOVE

Congratulations Whitefish and Trego! Through your generosity the North Valley Food Bank's FEED LOVE Valentine's food drive collected 4,500 pounds of food for our neighbors. That's the size of a rhinoceros! A big SHOUT OUT to the following businesses who made the 2nd annual event a smashing success:

ABRUZZO, 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 PIZZA, 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



---

## A Garden of Gratitude

Thanks to all of you for helping us FEED LOVE to our beloved community members during this challenging time of increasing rents, inflated grocery costs and ballooning gas prices.

While we're on the topic of gratitude, we'd like to express our deepest appreciation to the Otto Bremer Trust for awarding North Valley Food Bank a \$75,000 grant. The generous award will direct \$50,000 toward food processing equipment and the remaining \$25,000 will provide support to initiate our community kitchen programs.

The grant will also allow us to complete our commercial-grade community kitchen and capital campaign. "The commercial kitchen will allow North Valley Food Bank to process more fresh, nutritious food from local growers for distribution. We are working on developing a harvesting and gleaning program and have started to partner with local farms to fulfill our long-held dream of providing nutrient dense food year-round.", stated Executive Director Sophie Albert.

The Otto Bremer Trust is a bank holding company and a private charitable trust based in Saint Paul, Minnesota, that works at the intersection of finance and philanthropy, committed to supporting a better quality of life for residents of Minnesota, Montana, North Dakota, and Wisconsin. We are thrilled to receive the Trust's generous support!

And finally, as if our hearts weren't already overflowing, we received a \$7,500 grant from our friends at the Headwaters Foundation in Missoula, Montana. This grant will support our growing mobile food pantry in Trego, MT. In just two short years, the number of households served has risen sharply from 25 to 160. The vision of Headwaters Foundation is *a Western Montana where all people are healthy and thriving*. We couldn't agree more!

---

## Did You Know? We are a Zero Food Waste Facility



That's right, each week we give our dairy waste, dented cans, and food scraps to local farmers, youth participating in 4H, and Dirt Rich Compost. Annually, we divert around 20,000 pounds of food from the landfill. That's equal to 1,500 watermelons!

---

## Spring into Action - Become a Volunteer!

The snow is melting and we are opening our doors to new volunteer groups. Do you have a great team or know a business looking for volunteer opportunities? We have fun group shifts available. Contact Anya below!

Are you flying solo? We have plenty of shifts for individuals as well. We especially need Monday morning volunteers to pick up rescue food at our local grocery stores. Are you an early bird? Sign up now! (Bonus: you'll get to be seen driving our super cool NVFB van! )

For information about all volunteer activities, check our volunteer homepage [here](#) or contact Anya at [anya@northvalleyfoodbank.org](mailto:anya@northvalleyfoodbank.org).

---

## Harvest of the Month - Grains





March's Monthly Harvest is Grains! Several grain varieties are grown right here in the Treasure State, including wheat, barley, oats, and corn. Montana is the 3rd top producer of wheat and barley and the 17th top grower of oats in the United States.

Whole grains pack a nutritious punch, so wherever possible, opt for unrefined grain varieties to maximize your nutrient intake. The process of refining grains to make flour and other products removes the fiber and some of the nutrients from the grain. Whole grain sources include whole wheat bread, oatmeal, whole corn, and hulled barley. Although most refined grains are enriched with added nutrients after processing, they still lack the fiber that was present in the original whole grain.

To celebrate Grains Month, NVFB will be offering an assortment of locally grown grain products in our community grocery store. All grains were sourced through Whitefish's own Wicked Good Produce and include unique items like corn flour, wheat flour, and a cereal mix containing oats, barley, spelt, rye, and triticale, among other awesome whole grain ingredients. Be sure to check out our HOM Grains display the next time you're at the food bank!

---

## Meet our New Board Members



### Welcome New Board Members to the NVFB Family!

Last month, we had the pleasure to welcome five new members to our Board of Directors. Some of them have a long history with NVFB, while others bring in valuable new perspectives:

**Carrie O'Reilly** has a Ph.D. in Special Education and has worked for the Columbia Falls School District for the last four years. Carrie has lived in the valley for 20+ years and has been involved with NVFB for a long time. She looks forward to expanding our partnership with Columbia Falls students through our upcoming kitchen programming.

**Cristina Buzovi** joined our community in 2021 and is passionate about nutrition and non-profit work. In the past, she has served on the board of New Women New Yorkers. Professionally, Cristina has more than 10 years of experience working for major financial institutions. She currently is the Senior Manager for Liquidity Risk Oversight at Silicon Valley Bank.

**Dean Blackaby** is an attorney and the owner of Montana Work Comp Solutions. Dean and his family moved to Whitefish in 2015 from Helena. Dean has always worked with nonprofits and set up a scholarship program for students, whose parents have been injured. Dean's daughter is an active volunteer with NVFB, which

motivated him to join our board.

**Jim Farley** is an active volunteer at the NVFB. He always is there when the team needs help and ensures that our customer's receive the best possible services. Jim and his wife have lived in Whitefish for several years. Before retiring, Jim was the president of Kirby Offshore Marine in Houston, TX, and was an active board member of the United Way.

**Sue Rogers** stopped by at NVFB one day and immediately became a part of the family. She volunteers every week and is passionate about all different parts of NVFB's operations. Sue is a dual citizen of Canada and the US and has worked with nonprofits in multiple capacities over the course of her life. Most importantly, she has raised a wonderful family and managed her children's hockey obsession!



### Join Our Staff!



Are you looking for a summer job that also serves your community? Or perhaps you are looking for a permanent job and enjoy community outreach? Apply today for our Summer Meals Coordinator or our Administration & Community Outreach Coordinator. You can find details on our website [here](#).

Do you want to sponsor one of your neighbors?  
A donation of \$100 will fund  
one week of groceries for a family of four!

Give  
today



north valley  
food bank



**March is Women's History Month**  
Support local women-owned businesses  
and nonprofits this month!  
Vote for them in the *Best of Whitefish*



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

[Unsubscribe admin@northvalleyfoodbank.org](mailto:admin@northvalleyfoodbank.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by [admin@northvalleyfoodbank.org](mailto:admin@northvalleyfoodbank.org) in collaboration  
with



Try email marketing for free today!