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The Inside Scoop

Monthly Newsletter | April 2022

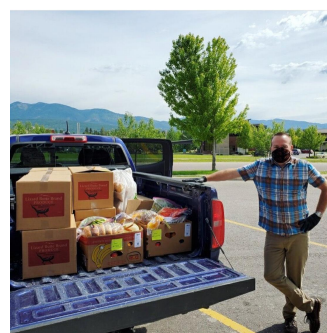


April is Volunteer Month!

Last year, our volunteers donated more than 5,500 hours. That's the equivalent of 2.6 full time staff members!

Every week, an estimated 50 volunteers rescue thousands of pounds of food from our grocery stores, fearlessly glean produce, stock our grocery store, help customers shop, provide resource assistance, prepare boxes and bags for our drive-thru and delivery customers, stack pallets of food for our mobile pantries and rural pantry delivery program, make kids snack bags, ensure our database is up-to-date, keep the warehouse and walk-in cooler and freezer clean and accomplish so many other tasks that ensure our neighbors receive the food they need!

We are deeply grateful for each and everyone of you!



Our 2021 Volunteer Champions



200+ hours:

Christ Lutheran Church,
Dusty Hosek, Joan
Paulson, Whitefish High
School National Honor
Society



100+ hours:
Donnie Bestwick, Colin Colbert, Avery Elkins, Kristy Elkins, Kim Frederichs, Kendra Hope, Carol Lightbody, Babby McCartney, Lynette Murphy, John Phelps, Melisa Phelps, Tony Veseth, Zac Weinberg, Brenda Wilmore



NVFB Volunteer Superlatives Results Are In!

Drumroll, please! Here are the winners of the first annual NVFB Volunteer Superlatives:

- Chatty Chad: Tony Veseth
- Fearless Gleaner: Avery Elkins
- NFVB Clown: Donnie Bestwick
- Meticulous Organizer: Sue Rodgers
- Heavy Weight Champion: Matt Unruh
- Best Sales Person: Freda Malazdrewicz
- Best Shift Leader: Brenda Wilmore
- Most Energetic: Cole Herwaldt



New Volunteer Opportunities - Spring into Action!

Join us at Two Bear Farm This Summer!

This summer, we will start a harvesting and gleaning program at NFVB and Two Bear Farm! This program will give volunteers the opportunity to visit a local farm and harvest produce for NFVB customers with their own hands. Through this program, we hope to provide even more fresh, local and organic produce to our community of customers, reduce the total amount of food loss at the farm level, and strengthen the relationship between farmers and community members. We are extremely excited for the pilot year of this program! Keep an eye out for this new volunteer opportunity and we hope to see you in the fields this summer!

Join the Culinary Crew!

Join us in our community kitchen to help prepare ingredients, cook meals and snacks, package meal kits, and plate food samples for distribution to NFVB customers. Exact activities vary weekly, based on inventory and other factors. Kitchen shifts can be found on Tuesday afternoons and Wednesday mornings in My Impact. As our Gleaning program expands so will our Kitchen programming so stay tuned for more updates!

For information about all volunteer activities and if you would like to be added to the culinary or harvesting crew list, contact Anya at anya@northvalleyfoodbank.org. To sign up for any other shifts, check our volunteer homepage [here](#).

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

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.

Harvest of the Month - Chickpeas



April's Harvest of the Month is Chickpeas, also called Garbanzo Beans. Chickpeas have been a delicious and nutritious food source for 7,000 years and can be enjoyed in various different ways!

Try out the recipe below for a crunchy spring snack:

Roasted Munching Chickpeas

Servings

6

Ingredients

1 1/4 cups dried chickpeas

1 tsp Olive oil

1/4 tsp Salt

1/4 tsp Cumin

1/4 tsp Paprika

1/4 tsp Garlic powder

Preparation

1. To cook chickpeas: rinse dry chickpeas. Add chickpeas to a medium-large bowl with 3 1/2 cups of water. Cover bowl and leave chickpeas to soak for about 16 hours. Drain off water and add chickpeas to large pot with 3 1/2 cups of water. Bring to a boil on the stovetop and reduce to a strong simmer for 2 hours. Taste test a couple chickpeas to check if they are done. Chickpeas should no longer be mealy, but not yet mushy either. Drain chickpeas, shaking off as much water as possible.

2. Preheat oven to 375°F.

3. Line a baking sheet with parchment paper and pour the chickpeas onto the sheet, making sure they are spread out. Pat dry with a paper towel.

4. Bake for 30 minutes total. Halfway through baking time, shake the pan.

5. Mix dry seasonings into a large bowl.

6. When chickpeas are done, pour into large bowl, add olive oil. Shake the bowl so all the chickpeas are coated with oil. Pour chickpeas into the bowl with the seasonings. Shake the bowl so all the chickpeas are coated.

7. Serve immediately at room temperature, or store in a covered container.

NVFB in the News

Did you know that we have a Monthly Column in the Whitefish Pilot now. Check out April's *In a nutshell* [here](#).

Additionally, our Director of Operations, Lauren Jarrold, was interviewed about the impacts of inflation on our operations. Check out a great summary of how local non-profits deal with both increased need for services and inflation [here](#).

Save the Date



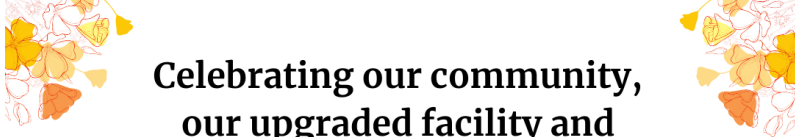
**North Valley Food Bank
invites you to**



FOREVER JUNE & GRAND REOPENING CELEBRATION



**Friday, June 10 | 5-8PM
251 Flathead Avenue, Whitefish MT**



Celebrating our community,
our upgraded facility and
our beloved founder, June Munski-Feenan

Join us for

delicious food
art raffle
face painting
jamie wyman
nancy cawdrey
kid's activities
tile painting
live music
community kitchen
beer garden



Join Our Team!

Are you looking for a new exciting job opportunity? Do you enjoy community outreach? Apply today for 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



Only a few days left to vote
for your favorite Non-profit
in the *Best of Whitefish*



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

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