

Important Updates from Your Feeding South Dakota Family



Neighbors Helping Neighbors

How you're helping these friends help each other.



Jamie and Jo are neighbors and friends, but they think of each other as family. And their bond goes even deeper than that: Jo actually officiated at the wedding of Jamie and her husband.

"Yep, I married them," Jo says.

Their family bond extends to the table, where they often share meals together. A good portion of their food comes from our partner pantries — including the Faith Temple Food Giveaways, held each Friday.

On the Friday and Saturday before Thanksgiving, Jamie and Jo were particularly excited to pick up a turkey and other holiday meal fixings, like green beans, potatoes and gravy, stuffing, cranberry sauce, pie, and more from our annual Thanksgiving Meal Giveaway.

Jamie said their Thanksgiving meal would have been "nonexistent" without the giveaway. "It would've been just another day," she says. "It would've just been hot dogs, hamburgers, whatever we had on hand. Not the traditional foods."

Jamie and her husband both have full-time jobs, but still have a hard time making ends meet given the

high cost of groceries. They also have a 16-year-old daughter with some health challenges.

Jo, meanwhile, is unable to work due to a disability. She receives nutritional assistance and other forms of support, but also struggles financially, particularly when it comes to buying food.

Jamie and Jo often share the food they pick up at the pantry: "It goes back and forth between us," Jamie says. "It's been that way for 10 years, neighbors helping neighbors."

Both women say they typically skip meats and fresh produce at the grocery store because of the high prices.

"Fresh produce?" says Jamie. "It's a joke to even think about it."

But food insecurity is no joke, which is why Jamie and Jo are both so grateful for Feeding South Dakota ... and your support.

"We're very thankful for everything you give us access to," Jamie says. "It helps us come together as a family."

Thank you for supporting Feeding South Dakota. Your compassion helps people like Jamie and Jo and their families.

"Sharing food goes back and forth between us. It's been that way for 10 years."

— Jamie

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Around The Table

With Lori Dykstra, Ceo

We Can't Do Our Work Without You



Dear Friend,

I want to share a story that left me shaking my head in disbelief.

A nurse who works with pregnant women and new moms told me that she's seeing more and more patients who have gone days without eating, just so they can keep their kids from going hungry.

One mother explained to her that she was having trouble nursing. When the nurse asked about her own nutrition, *the mom said she hadn't eaten in three days.*

Many of this nurse's patients live in rural communities and on limited incomes. Many qualify for WIC (Women, Infants and Children), a supplemental nutrition program for pregnant and nursing women, and mothers of young children, but the WIC provisions simply don't go far enough. They're still coming up short, and their kids are going hungry.

These are the kinds of heart-wrenching stories we're hearing right now. There are more food-insecure South Dakotans than we've seen in a long time. Prices of food and the cost of living have gotten so high, and what support our neighbors are receiving is no longer enough.

To meet this increasing need, Feeding South Dakota is purchasing more food. And we're facing the same high prices that you and everyone else are seeing in stores. More food, plus higher costs. You can understand the cause for concern.

That's why your support is more critical than ever. And that's why I am more grateful than ever for friends like you.

I hope the stories in this newsletter inspire you — for the support you've already shown and, hopefully, for the support you'll continue to show. We can't do it alone!

With gratitude,

A handwritten signature in black ink that reads "Lori Dykstra".

Lori Dykstra, CEO



“It Makes My Heart Happy”

Meet a 12-year-old boy who loves to volunteer.



Twelve-year-old Owen is no different than any other preteen boy: He loves to play video games.

But Owen also has another hobby that sets him apart from many of his peers: He loves to help feed neighbors who are facing hunger.

Owen is becoming a frequent volunteer at Feeding South Dakota, where he’s helped out in our distribution center several times. He likes it so much that when his mom asked him what he wanted to do for his birthday, he replied, “Go to Feeding South Dakota.”

When Owen came with his mom to work a shift last fall, he was helping pack Thanksgiving Meal Giveaway boxes that would soon go to neighbors in nearby communities. Owen packed beans and sweet potatoes in the boxes and was hoping to go with his mother to the distribution to hand them out himself.

Fun fact: Owen did attend the giveaway in Sioux Falls and was able to load boxes into the first car in line that day, which was Jamie and Jo!

“I want to see the things when they’re given to people,” he says.

Owen is a pretty laid-back kid. He likes things quiet and peaceful. He admits that his video games can get

him pretty hyped up but says his volunteer hours are just the opposite.

“It’s calming to work here,” he says. “Sometimes my video games get a bit hectic, but when I come here, I don’t have to worry about anything. You’re just putting stuff in boxes, or you’re counting things. It’s pretty calming.”

**We think Owen is amazing.
We think all our volunteers
are amazing!**

He says that when he hangs out with friends, “it can get really rowdy, but coming here, I can calm down for a couple hours. That’s just amazing.”

Owen likes volunteering so much that he’s thinking about working with Feeding South Dakota when he grows up.

“I want to keep coming back,” he says. “Every time I walk out of here after a couple hours, I’m like, ‘That was really nice.’”

He holds his hand over his heart and adds, “It makes my heart happy.”

**Come make your heart happy and volunteer with us!
Learn more at feedingsouthdakota.org/volunteer.**

Our Mission is to End Hunger in South Dakota.

We envision a state where no one person's health, well-being, or potential is hindered by the availability of nutritious food.

Our Core Values



Serve with Compassion

We ensure every person's dignity is preserved by respecting our differences, displaying empathy, and showing no judgment.



Work with Purpose

We have ownership of our mission when, as a team, we work with consistency and operate with integrity.



Connect with Intention

We grow through a culture of transparency, being receptive to others, and practicing humility.



Tackling Student Hunger

An on-campus pantry at USD helps about 200 students every week.



It's been pretty much the same story ever since students started going off to college: They rarely have enough funds to live and eat the way they used to when living at home.

And in these days of costly groceries, the situation may be worse than ever.

That's why three students at the University of South Dakota founded Charlie's Cupboard — an on-campus pantry and a partner of Feeding South Dakota — back in 2020. They saw the need in their fellow students and decided to do something about it.

Nathan Popp, then a sophomore, was one of those three founding students.

"We essentially started in a broom closet," he says.

But it was soon clear that they needed more space. They had planned for 30 students that first week; 120 showed up. And at least 100 showed up every week after that.

Nathan and his co-founders went to administrators and said, "This broom closet is not good. We have food sitting on the floor. We have to order less food than we need because we can't store it."

By the second year, they had a bigger space — their current pantry in Room 114 of the University Continuing Education Building. They're open every Thursday afternoon, 4-6 p.m. Now, they serve about 200 students per week, and an extension pantry has opened on USD's Sioux Falls campus.

Charlie's Cupboard — named after Charlie the Coyote, USD's mascot — is open to anyone with a current USD Student ID. At first, during the height of COVID, students were handed a pre-packed bag of food and other essentials. But now, the pantry operates on a client-choice basis, where students can come in and choose what they want.

The university and its alumni have rallied around Charlie's Cupboard. Students — especially clubs, fraternities, and sororities — often host food and hygiene drives to help stock the pantry. And alumni are giving generously to support it.

Nathan says the pantry is a huge help to all students, but particularly those experiencing food insecurity.

He's heard from students who have been so concerned about the cost of groceries and toiletries that they were skipping meals.

"They were so focused on those challenges that their grades started to tank," says Nathan, now in grad school pursuing an MD. "But they said that with the Cupboard, it takes a little edge off that, so they're able to focus on their education, and their grades start to improve."

"Part of the reason the university is so invested in Charlie's Cupboard is because you can't produce good students if they're worrying about their basic needs," he continued. "If you want good students, if you want to have future leaders, you need to make sure their basic needs are met first."

Your support of Feeding South Dakota is helping to meet the basic needs of university students through Charlie's Cupboard. Those students are grateful for your generosity!



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— Nathan Popp, USD Student



Local Ag Partner Provides a Holiday Table Centerpiece

In December, our caring friends at Pipestone, a veterinary service and pig management company in Pipestone, MN, went above and beyond to provide South Dakota families with a delicious piece of pork tenderloin to enjoy alongside other holiday staples.

In addition to making a \$103,000 donation to purchase the pork tenderloin, Pipestone employees volunteered to pack the mobile distribution boxes that eventually made it into homes just in time for the holidays.

"We help farmers, and the ultimate goal of a farmer is to feed people. We cannot think of a better time to do that than the Christmas season, gathering around a Christmas meal with loved ones," President of Pipestone Services and Feeding South Dakota Board Member, Hannah Walkes said.

Thank you to everyone at Pipestone — and to you! — our close friends and supporters for partnering together to make the season bright. Good deeds and caring acts like this are just one example of how we're igniting the power of our community to end hunger.



A Year of Hunger Relief: 2023 Fiscal Year

Hunger in South Dakota

8.1% Food
insecurity rate.

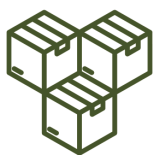


Nearly **73,000**
people are facing hunger.



1 in **9** children.

Our Work



66 counties
served through our
distributions.



72%
of food distributed encouraged
a healthy diet.



11.7 million
meals provided.

Our Programs



1,452
Mobile Food
Distributions hosted.



25,538
Senior Boxes distributed.



143,554
BackPacks distributed to
students.

Thanks to YOU

12,139
Families
served
monthly at
mobile
distributions.



231 Agency
Partners Supported.



8,179
Volunteers
gave **57,031**
hours to
fighting
hunger.



Food Insecurity on the Rise

A recently released national report confirms what Feeding South Dakota has been experiencing all along: Food insecurity is on the rise.

The Household Food Security in the United States in 2022 report, released by the USDA's Economic Research Service, shows that national trends are staggering:

Almost one in eight Americans (12.8%) is experiencing food insecurity — the largest percentage since 2014 (14%). That 12.8% translates to 17 million households.

The year-over-year rise in food insecurity (it was 10.2% in 2021) was the largest jump since 2008, the first full year following the Great Recession.

Worse, 5.1% of Americans (6.8 million households) had very low food security in 2022, significantly higher than the 3.8% (5.1 million households) in 2021. In this more severe range of food insecurity, the food intake of some household members was reduced, and normal eating patterns were disrupted at times during the year because of limited resources.

Further, children were food insecure at times during 2022 in 8.8% of U.S. households with children (3.3 million households), up from 6.2% (2.3 million households) in 2021.

Food insecurity increased for nearly every subgroup and population described in the report.

We are seeing and experiencing these trends in South Dakota, which means your support is perhaps more vital than ever.

Annual Operating Revenue & Expenses

Support and Revenue

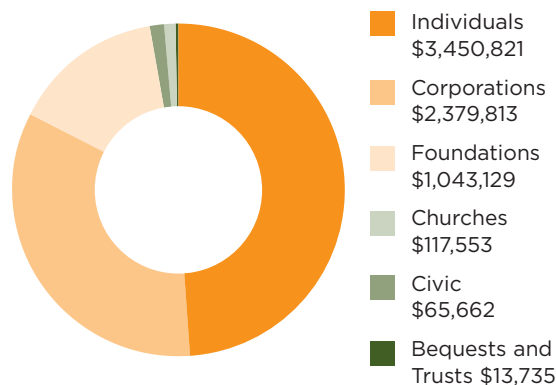
In-kind Donations	\$17,135,468
Commodities Program	\$4,255,670
Contributions	\$7,070,713
United Way	\$189,859
Governmental Fees & Grants	\$765,220
Shared Maintenance Revenue	\$1,168,447
Miscellaneous Income	\$293,010
Total Support & Revenue	\$30,878,387

Expenses (Including In-Kind)

Program Services	\$30,584,838
General & Administrative	\$1,031,378
Fundraising	\$1,141,443
Total Expenses	\$32,757,659

Net Assets **\$22,774,837**

Contributions



93% of all donations received, including cash as well as donated food and services, is used to deliver programs and services to people facing hunger.

FEEDING
SOUTH DAKOTA

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AMERICA

CONTACT US
info@FeedingSouthDakota.org
FeedingSouthDakota.org
605-335-0364

