

Important Updates from Your Feeding South Dakota Family



"The Food I Receive Really Helps!"

Joan and her grandchildren have the nutritious food they need, thanks to you.



Joan pulled up to the end of the line of vehicles, turned off the engine, then awaited her turn. A Feeding South Dakota Mobile Food Distribution was underway in Box Elder, and she'd come because she needed a little extra help in these turbulent times.

"The price of groceries has increased so much," she says. "Everything is so high! I shut my car off while I wait because of the high price of gas."

A retired nurse, Joan lives on a fixed income that isn't stretching as far as it once did. Sometimes there just isn't enough money for food. "With the prices going up, it's hard to live on social security," she says.

Taking Food Where It's Needed Most

Through the support of good friends like you, our Mobile Food Distributions currently operate in over 120 of the most underserved neighborhoods and communities, giving away food to individuals and families facing hunger. These distributions supplement the work of agency partners like pantries, shelters, and meal sites at fixed locations. And on a typical day, each family receives fresh and frozen produce, dairy, meat, bread, and other non-perishable items.

While Joan has volunteered with this program in the past by helping to box up the food for others, on this day she's on the receiving end of the help. And she's deeply grateful, especially since the food isn't just for her.

"I have three grandchildren," Joan says. "They're at my house a lot and often spend the night. The food I receive really helps because I can provide a little bit better for them. This is such a good program!"

Thank you for your strong partnership with Feeding South Dakota and for opening your heart to help ensure families like Joan's have the food they need in these challenging times!

Vision & Values

Vision

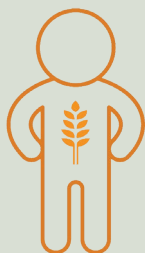
Our vision is a state where no one person's health, well-being, or potential is hindered by the availability of nutritious food.

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.

Around The Table

With Lori Dykstra, Ceo

Thank You Feeding South Dakota Family!



Dear Friend,

The need for food assistance in South Dakota has risen — again.

If you've been reading my letters closely, I'm probably starting to sound like a broken record. So, I think it's time to throw on something new, don't you think? How's this

We're never going to end hunger if we're only feeding people.

Take Tori and her son Bruce for example. A year ago, Tori had just found a better-paying job and for the first time in a long time could afford weekly trips to the grocery store.



Tori and her son, Bruce

Today, Tori's working the same job, but due to rising costs she is struggling to put food on the table again. She can't afford fuel to drive to the nearest discount store. So, she goes to her local grocer where she gets half as much for twice the price.

Stories like this make one thing perfectly clear. Hunger and how it's being felt by our neighbors is growing and evolving. **As our partner in this fight, I want you to know that — with your help — Feeding South Dakota is growing and evolving, too.**

We're undergoing a feasibility study to ensure help is going where it's needed most. We're in our communities, talking to people like Tori to better understand what's standing between them and access to fresh and healthy food.

That way, we can better coordinate with our partners to provide those using our programs with the specialized support they need to solve the problems at the root of their hunger.

Because food is only the first step. What if someone needs help finding work? Keeping the lights on? Transportation? **Our goal is to connect them to the resources they need to thrive.**

This year, you'll be hearing more about how Feeding South Dakota is adapting to the current challenges to better serve our community. Until then, please know that **every meal, every box of food, every smile, and every sigh of relief we provide is made possible by you.**

With gratitude,

Lori Dykstra, CEO

Unique Pantry is the Intersection of Need, Food, and Medicine

“We’re teaching people how to eat better!”



It’s only been up and running since 2019, but the food pantry at the Monument Health Family Medicine Residency Clinic (MHFMRC) in Rapid City is a well-oiled machine, and it’s bringing much-needed hunger relief to patients in need.

“We kind of look at food as medicine,” says Mary Beth McClellan, Manager of Clinical Operations at MHFMRC. “We know our patients well and who needs what, and we’re teaching people how to eat better.”

“We look at food as medicine.
We know our patients well
and who needs what.”

— Mary Beth McClellan

Mary Beth places orders with Feeding South Dakota about every two weeks. Of course, the focus isn’t just about providing food — it’s about providing healthy food and helping recipients learn new dietary habits for better health, such as eating vegetables twice a day and making sure they get enough protein.

Many of these patients qualify for SNAP assistance, and 70 percent are on Medicaid. Thankfully, through the kindness of caring partners like you who support Feeding South Dakota, each visitor to the pantry receives about 13 to 15 pounds of food. Most are encouraged to visit once a month but patients who are pregnant or have young children can drop by every two weeks. In any given month over 1,000 pounds of food is given away including fresh fruits and vegetables, canned goods, chicken, eggs, milk, and peanut butter.

On occasion, opportunities arise to help others in the community. One such instance involved some hungry moms with babies who lived in the neighborhood. They reached out to the food pantry and were urged to come straight over. By the time they arrived, Mary Beth and her team had a picnic all laid out for them, with extra food for them to take home.

The impact of this special food pantry is truly a testament to your generous support. “If it wasn’t for our partnership with Feeding South Dakota, we wouldn’t have a pantry,” Mary Beth says.

Your continued support of Feeding South Dakota fortifies partnerships like this, all to reach even more people with healthy, life-giving food. Thank you!



Mary Beth McClellan at the Monument Health Family Medicare Residency Clinic.



Steve - Rapid City, South Dakota

A Warm Meal, A Fresh Start

How Steady Meals are Helping Neighbors Like Steve Build a Better Life

When Steve chose to leave his life in Olympia, Washington behind to look after his ailing parents in his hometown of Rapid City — the fallout of a global pandemic never factored into his decision making.

Nearly two years later, he's sitting outside the dining hall of Cornerstone Rescue Mission in downtown Rapid City recollecting the dizzying and unexpected series of events that led him there — and all the help he's had along the way.

Any moment now, the dinner bell will ring, and the mission's 100+ guests will line up for the day's final meal. Lisa, the mission's chef, has whipped up something special — a traditional summer cookout with hot dogs, potato salad, baked beans, and a cookie for dessert.

Many of the diners will be men who, like Steve, have stories that begin far from Rapid City and now converge over a hot meal in the basement of what was once the city's first town hall.

Steve tells his with pinpoint accuracy.

His father had been diagnosed with leukemia and was struggling through treatment. His mother was fresh off open-heart surgery. Both were in their eighties and Steve, the youngest of three children, felt the pull to return home.

"There wasn't much time left for the two," he said. "And I had the opportunity to come out here to be with them and help them out."

So, he took it, not knowing what was looming on the horizon.

By the time he arrived in Rapid City COVID-19 infection rates were skyrocketing, and it was decided that moving in with his parents was too great of a risk.

Suddenly, things weren't going at all to plan.

Finding stable housing proved to be difficult during a pandemic, as was finding a steady job thanks to an old work-related injury.

“There wasn’t much time left for the two, and I had the opportunity to come out here to be with them and help them out.”

— Steve

Instead of looking after his parents, eating three square meals a day, and having the stability and energy to find a good job to save money and find his own place — Steve was living in hotels, hopping from odd job to odd job, overwhelmed, hungry, and running out of options.

But at his lowest, Steve found Cornerstone Rescue.

“It did save me. That’s most certain,” he said.

Now, he has a warm bed, three square meals a day, and the support he needed to find a good job and finally regain back some of the stability that’s evaded him since returning to South Dakota.

He says it all begins with the meals Lisa prepares every morning, noon, and night.

“I’m very grateful for the resource,” he said. “Not only does it take a little bit of stress off my shoulders where to get the next meal and where it comes from, but it’s nice to know the community has put a lot of effort in such a program.”

When you support Feeding South Dakota, you provide the food that fuels and empowers thousands of people across our great state — just like Steve.

Because of you, things are on the up and up for Steve. He was recently promoted to management at his company and his parents’ health is improving.

“We’re able to spend a little more time together now that things have kind of cooled down,” he said. “It’s hard to keep my dad sitting down. He can’t stay in the house longer than two hours.”

Steve’s story is proof of the power that access to healthy food and steady meals has on our lives and well-being.

It’s only through the collaboration between you, agency partners like Cornerstone Rescue Mission, and Feeding South Dakota that we can bring food to people like Steve who need it most. Thank you for all you do.



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The Farm Bill is Crucial for Struggling Families

The Farm Bill is the centerpiece of federal legislation for food and farming in the United States and impacts access to nutritious food for millions of people across the country struggling with hunger.

The programs created by the Farm Bill are essential to supporting the work of Feeding South Dakota.

With inflation on the rise and supply chain issues continuing, the 2023 revisions of the Farm Bill are critical to the nearly 75,000 people in South Dakota facing hunger.

Here are the reasons why:



The Farm Bill funds the Supplemental Nutrition Assistance Program (SNAP) — the nation's first line of defense against hunger. This program provides food benefits that are timely, targeted, and temporary.



The Farm Bill provides food commodities at no cost to individuals and families needing short-term hunger relief. The Emergency Food Assistance Program (TEFAP) food commodities are a resource for food banks, and CSFP commodities provide food boxes with necessary nutrition to South Dakota seniors.



The Farm Bill supports collaboration between local ag producers and food banks through the TEFAP Farm to Food Bank Program.



Ending hunger in South Dakota requires proven and effective federal programs working in tandem with food banks. Our government can strengthen that relationship through legislative and administrative action.

The Farm Bill reauthorizes every five years, but the process takes over a year. **We encourage you to reach out to our national delegation and encourage them to support the protection and expansion of federal nutrition programs in the Farm Bill.** Together, we can ensure families do not have to go hungry.

A Year of Hunger Relief: 2022 Fiscal Year



6.2% food
insecurity rate.

Hunger in South Dakota

Nearly **75,000**
people face hunger
every day.



1 in **6** are children.



12.9 million
pounds of food distributed.

Our Work



8.9 million pounds of
foods to encourage a healthy diet.



15.6 million
meals provided.

Our Programs



1,440 Mobile Food
Distributions hosted.



22,913
Senior Boxes distributed.



135,787
BackPacks to students.



THANKS TO YOU

3,328 volunteers gave 31,621 hours.



66 South Dakota
Counties Served.



250 Agency
Partners Supported.

10,114 families
served each month
at Mobile Food
Distributions.





How You Can Help

Volunteer

Volunteer at a Distribution Center with a group or as an individual. Visit feedingsouthdakota.org/volunteer or call for more information.

Donate

Every \$1 donated helps us provide three meals. Consider setting up a monthly donation or ask if your employer will match your gift. Host a virtual food drive to maximize your giving and involve friends and family.

Get Involved

Follow us on Facebook, Instagram, Twitter, and LinkedIn and share our posts to spread the word about our work. Contact elected officials to support hunger-related issues.

Annual Operating Revenue & Expenses

Support and Revenue

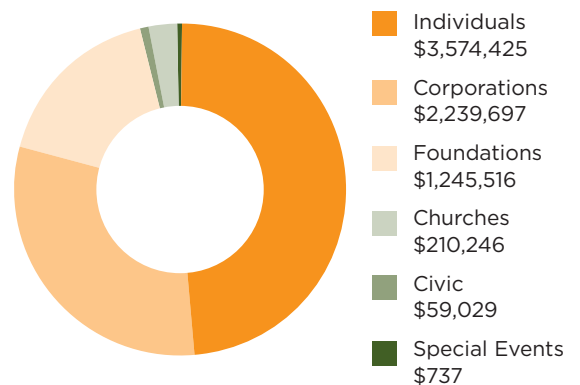
| | |
|------------------------------------|---------------------|
| In-kind Donations | \$14,602,893 |
| Commodities Program | 4,873,108 |
| Contributions | 7,392,650 |
| United Way | 59,488 |
| Governmental Fees & Grants | 666,994 |
| Shared Maintenance Revenue | 845,198 |
| Miscellaneous Income | (482,811) |
| Total Support & Revenue | \$27,894,520 |

Expenses (Including In-Kind)

| | |
|--------------------------|---------------------|
| Program Services | \$27,489,998 |
| General & Administrative | 814,639 |
| Fundraising | 947,837 |
| Total Expenses | \$29,252,474 |

| | |
|-------------------|---------------------|
| Net Assets | \$24,319,395 |
|-------------------|---------------------|

Contributions



94% of all donations received, including cash as well as donated food and services, is used to deliver programs and services to people facing hunger.

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