Volunteer Newsletter

Your quarterly source for volunteer news and updates.

FEEDING SOUTH DAKOTA

November 2026



Impact by the Numbers for FY27 Q1:

*Pre-audited numbers

Hours:
15,051

Number of Volunteers:
7,543

Pounds:
3,845,226

Our mission: to end hunger in South Dakota.

As the state's largest hunger-relief organization, Feeding South Dakota is providing food in all 66 counties in the state and fighting hunger in rural communities, metro areas and Native American Reservations through its programs and agency partners.

A Feeling of Family

What started as a way to give back in a new community has become a place to belong.



When Denise Peters moved to Rapid City, the first thing on the list was finding a way to help. A flyer about Feeding South Dakota's volunteers caught her eye, and with encouragement from Melody Jacobsen (Feeding South Dakota Volunteer Liaison), she decided to give it a try.

"I thought I would be giving, but Feeding South Dakota has given me a feeling of family," Denise shared.

She expected to spend her time helping others. What surprised her was how much the other volunteers would give back. "They are all so helpful and willing to help me learn," she said.

Denise has jumped into just about every role, from putting together BackPacks and packing produce to filling distribution boxes, stocking tables, and cleanup. When asked for a favorite, she didn't pick one. "I enjoy it all," she said.

What keeps her coming back is the people. She describes her fellow volunteers as friendly, hard-working, dedicated, and cheerful, and she loves how open and welcoming they are.

For anyone thinking about volunteering, her advice is simple: "It is so rewarding and worthwhile. Give it a try." Find volunteer opportunities near you: **https://bit.ly/3QCJFRs**

Your Work Helps Put Fresh Produce on the Table

Feeding South Dakota's new produce program is bringing fresh fruits and vegetables to food pantries and community partners across the state, helping neighbors access nutritious food.

Each week, volunteers sort and bag produce for distribution, helping thousands of pounds of fresh, healthy food reach families and individuals who may otherwise have limited access.

Thanks to the generous support of The Wellmark Foundation and the John T. Vucurevich Foundation, this program is making fresh produce available to more communities across South Dakota at no cost to agency partners.

Thank you for the time and care you give each week. Your work helps turn fresh produce into healthy meals for neighbors facing hunger! Read more here: **https://bit.ly/4zUOQRl**

Thanksgiving Distributions: A Favorite Tradition

Thanksgiving is one of our favorite times of the year at Feeding South Dakota! On the Saturday before Thanksgiving, volunteers in Sioux Falls and Rapid City will come together bright and early for our annual Thanksgiving Distributions, generously sponsored by the Greg and Pam Sands Foundation.

After months of planning and preparation, our volunteers will be ready to warmly welcome our neighbors and help place grocery items to prepare a traditional Thanksgiving meal directly into their vehicles. It's a simple but meaningful way to help families celebrate the holiday with a little more abundance and a lot of care.



In addition to these distributions, we're also working with 58 community partners across South Dakota to help bring Thanksgiving food to neighbors in communities throughout the state.

A special thank you to all of the volunteers who helped pack the boxes and bags of food ahead of time. Your hard work helps make these distributions run smoothly and efficiently, allowing us to focus on what matters most—welcoming our neighbors with dignity and kindness.

We're so grateful to have you as part of this special tradition. Thank you for helping make Thanksgiving a little brighter for our neighbors! Learn more: **https://bit.ly/4jKtC46**

Purchase a Limited-Edition Hunger Action Month Shirt!



Wear a Little Hunger Action Month History!

As we celebrate Delivering Through the Decades Volunteer-a-Thon and the many people who have helped us deliver hope and nourishment to South Dakota communities, you can wear a piece of that story!

We still have a limited number of Hunger Action Month shirts available for $25 each.

To purchase a shirt, contact Susanne Gale at 605-335-0364, ext 1091 or email susanne.gale@feedingsouthdakota.org.



Coordinator Moment | Shannon Bute
Volunteer Specialist

Please join us in welcoming Shannon Bute, our new Volunteer Specialist! Shannon brings a background in community outreach, client services, and volunteer coordination, along with experience creating welcoming environments and connecting people with the resources and support they need.

In her part-time role with Feeding South Dakota, Shannon will help welcome volunteers at our Sioux Falls distribution center, schedule volunteers and teams, and recruit volunteers for specialized roles. We're excited to have her experience and people-focused approach on our team!

While studying social work in graduate school, Shannon realized she has a deep passion for helping people. Her eagerness for assisting those in need and curiosity in the non-profit world led her to apply for the volunteer specialist position. For Shannon, volunteering is so important because it teaches you to give back to the community as well as gaining social connection and personal growth. Shannon believes that volunteering with Feeding South Dakota plays a vital role in addressing the pressing issue of food insecurity by providing a lifeline for individuals and families.

A few fun facts about Shannon: spaghetti is her favorite food, she enjoys hiking and watching movies, and if she could travel anywhere, she'd choose Thailand. We're so happy to have Shannon on board—be sure to say hello when you see her!

International Voluneer Managers Day: Nov 5th

Every day, volunteer administrators connect people, purpose, and community. They inspire action, mobilize talent, and create opportunities for individuals to make a meaningful difference.

International Volunteer Managers Day is November 5th and is a global celebration of these dedicated professionals whose leadership makes volunteerism possible.

At Feeding South Dakota we feel lucky to spend our days with volunteers who bring heart to every shift. You remind us every day why this job is so meaningful.

To all of our amazing volunteers: thank you for helping us serve with compassion. We couldn't do it without you!

INTERNATIONAL VOLUNTEER MANAGERS DAY™

Food & Fund Drives Needed



Make an Impact with a Food or Fund Drive!

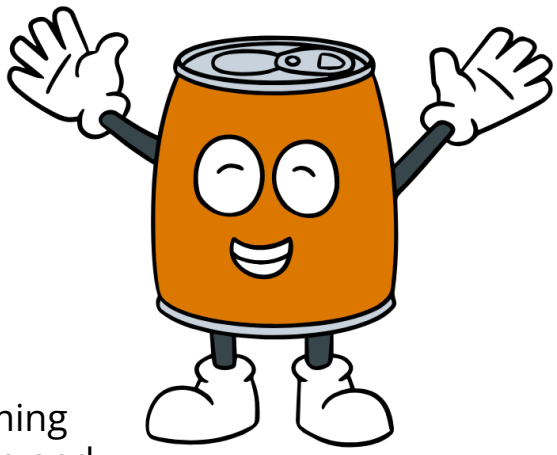
Looking for another way to make a difference? Consider hosting a food or fund drive! Every collection helps provide nutritious food and resources to our neighbors, and food collected through community food drives directly supports our School Food Pantry and Wellness Pantry Programs.

As these programs continue to grow, so does the need for community support. Whether you collect food, rally your coworkers for a friendly competition, or encourage friends and family to make a financial gift, your efforts can help keep these programs stocked and ready to serve more neighbors.

Ready to get started? Visit our **Food & Fund Drive Toolkit** for ideas, resources and everything you need to organize your own drive.

Bring a Child to Serve Day, January 18

Looking for a meaningful way to introduce a young person to the joy of giving back? Mark your calendar for Monday, January 18! In honor of Martin Luther King Jr. Day, we're celebrating the spirit of service by inviting adults to volunteer alongside a child at our Sioux Falls, Pierre, and Rapid City Distribution Centers.



We'll offer multiple volunteer shifts throughout the day, giving young volunteers the opportunity to learn why this day is important, make a difference for neighbors in need, and experience how small acts of kindness can create a lasting impact.

Each young volunteer will also receive a snack and a special commemorative item to take home.

Watch for more information and registration details coming soon! We'll share everything you need to know to sign up and join us for this special day of service.

Coming Up on the Calendar!

Volunteer Managers Day
Nov 5
International

Thanksgiving Meal Giveaway
Nov 21
In Rapid City + Sioux Falls

Thanksgiving Day
Nov 26
Feeding South Dakota Closed

Day after Thanksgiving
Nov 27
Feeding South Dakota Closed

Christmas Eve
Dec 24
Feeding South Dakota Closed

Christmas Day
Dec 25
Feeding South Dakota Closed

New Year's Day
Jan 1
Feeding South Dakota Closed

Bring a Child to Serve Day
Jan 18
All Distribution Centers

Recipe from SDSU Extension

SDSU Extension has put together a bunch of helpful resources to help our neighbors stretch their grocery dollars, make the most of the food they have, and reduce food waste. We're talking recipe cards, grocery-saving tips, and food preservation guides.



Since it's November, we wanted to give our lovely readers a recipe to cozy up with after a volunteer shift: Stuffed Green Peppers! **Check out the attached recipe on the next page.**

Keep an eye on our website for upcoming volunteer opportunities to help us assemble these pamphlets and get useful resources into the hands of our neighbors.

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Contact Us

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

South Dakota State University Extension



In season:

Summer

Bell Pepper

Lakota: yamnúmnuğA tȟózi

Pick it!

Come in a variety of shapes, sizes and colors such as red, orange, yellow, purple and green.

Skin should be firm, stem fresh and green. Avoid soft spots or wilted peppers.

A red pepper is a mature green pepper with a sweeter, milder flavor.

Refrigerate unwashed peppers in a plastic bag for up to 1 week.

Green peppers are least expensive.

Try it!

Add cooked peppers to pasta, Chinese or Mexican dishes.

Main ingredient in Louisiana Creole, Cajun, Italian and Mediterranean cooking.

For roasted peppers, char under a broiler until skin is black and blistered; cover for 15 minutes to loosen the charred skins; peel over a bowl to catch the juices.

Types of Bell Peppers

Bell pepper: Flavor becomes sweeter and milder with age. Changes from green to yellow to red.

Jalapeno and serrano peppers: Smaller but spicy cousins.



Did you know...

Vitamin C helps form collagen, scar tissue, blood vessels, bones and aids in wound healing.

Like it!

Stuffed Green Peppers

Ingredients

- 6 medium green peppers
- ½ cup onion, chopped
- ½ cup celery, chopped
- ¼ teaspoon garlic powder
- 2 Tablespoons olive oil
- 1 (16 ounces) can kidney beans
- 2 cups brown rice
- ¼ teaspoon black pepper
- ½ cup cheddar cheese, grated

Directions

1. Cook rice and set aside.
2. Remove pepper tops and seeds. In a microwave safe dish, cover and steam peppers with 2 inches of water for 5 minutes.
3. Heat oil in a saucepan and add onion and celery. Cook until soft. Add remaining ingredients.
4. Place peppers on a baking pan and spoon ½ cup filling into each pepper. Sprinkle with grated cheese on top.
5. Bake at 350 degrees F for 10-15 minutes.

Yields 6 servings

Nutrition Facts per Serving:
Calories 250; Fat 9g; Cholesterol 10mg; Sodium 330mg; Carbs 35g; Fiber 9g; Sugars 5g; Protein 10g

Sources: urbanext.illinois.edu/veggies/peppers.cfm

Peppers and Zucchini

Ingredients

- 4 bell peppers (green, yellow, orange and/or red)
- 4 baby zucchini
- 3 Tablespoons olive oil
- 1 teaspoon minced garlic
- black pepper to taste

Directions

1. Wash peppers and cut into 1 inch pieces. Quarter the zucchini lengthwise and cut into 1 inch pieces.
2. Heat the oil and saute zucchini and peppers for 4-5 minutes, until lightly browned.
3. Stir in garlic and cook for 30 seconds.
4. Season with pepper to taste and serve hot.

Yields 6 servings

Nutrition Facts per Serving: (½ cup)
Calories 100; Total Fat 7g, Saturated Fat 1g, Trans Fat 0g; Cholesterol 0mg; Sodium 10mg; Total Carbohydrates 7g, Dietary Fiber 3g, Total Sugars 4g, Includes 0g Added Sugars; Protein 2 g

Sources: extension.umaine.edu/publications/4181e/

Lakota word translated by Jeshua Estes

Find more recipes and videos at extension.sdstate.edu

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