



Providing opportunities
for our neighbors to
thrive by connecting
volunteers to people
in need.

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RESPECT
GENEROSITY
INCLUSION

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neighborsnews

Need for Assistance Increasing

An interview with Neighbors Deputy Director Susan Schroeder, AFC®

What is Neighbors currently experiencing?

Just a few years ago, in a busy month, we would serve around 500 households in our food shelf. In the past year, we have seen an increase in need represented by nearly 2,000 visits a month in our food shelf and recently added Express sites.

How does this compare to other food shelves?

Food shelves across the country are experiencing this kind of growth. Many Americans are overwhelmed by the high price of food and gas, and wages are not keeping up with inflation. Low and middle-income families can be hit hard by these economic factors, as many do not have the savings to help them absorb financial shocks including unplanned medical bills or car repairs.

How is this affecting families?

The cost of a dozen eggs has doubled in 2022. Financial stress about the rising cost of food is common. A 2022 study from the American Psychological Association found 65% of respondents said money is a significant source of stress. For many, financial stress comes with anxiety, a sense of scarcity and physical symptoms like muscle tension, stomach pains and other conditions.

What is Neighbors doing to help?

One of the things we do at Neighbors to help reduce financial stress is to make sure we provide a robust and generous amount of standard nutrient-rich foods for clients to choose from. Standard items include eggs, milk, shelf-stable proteins like tuna and peanut butter, meat, fruits, vegetables and more. These standards represent a commitment to our client so they know what to expect every time they visit. Because of this, they can plan their food budget for the month and prioritize other essential bills.

We are able to uphold these standards with the generous support of many people. Our volunteers are the heart of everything we do. They help us move food, inspect it for quality and display it with dignity. They greet our clients and help them have a calm and affirming experience. Our donors generously provide us with the funds we need to continue this essential work. Community members of many faiths lift us up in prayer, fortifying our spirits and blessing our work.

How can I support Neighbors?

We appreciate all of the support we receive from our community. To learn more about donating resources to Neighbors, visit neighborsmn.org. Thank you!

Farewell and Best Wishes, Charlie!

A message from Charlie:

Six years ago, I accepted the opportunity and responsibility of serving as Neighbors' CEO. During that time we have experienced much change and growth. Through it all, the community has supported Neighbors, as it has done for the past 50 years. I am eternally grateful for that support and know it will continue. Neighbors has an incredible team of staff, volunteers, donors and supporters that will continue to serve our neighbors in need. The time has come to say goodbye as I move on to a new opportunity. I will be serving as the executive director of a similar nonprofit in Washington state. Even though our journeys are diverging, our service to those in need continues. Be well.

- Charlie

The many different hats (and outfits!) Charlie has worn for Neighbors.



Support Neighbors During Minnesota FoodShare

Feb. 27—April 9, 2023

How can you help meet the increased need for food in our community? Each year, Neighbors partners with Greater Minneapolis Community Connections (GMCC) to encourage support through the Minnesota FoodShare March Campaign. We typically see a decrease in donations of both food and funds during January and February, and the FoodShare campaign helps keep our shelves stocked. It is a friendly competition between food shelves across Minnesota. In addition to the generous food and funds donated by businesses, churches, and individuals during March, Neighbors also receives funds from GMCC in proportion to how much we raise. The more food and funds we raise, the more support GMCC provides.

Here's where you come in. Donate food or funds to Neighbors during the campaign. Bring food donations to the food shelf door on the lower level of our building, Monday-Friday from 10:00am-4:00pm. Financial donations can be mailed (use the envelope enclosed with this newsletter), or given securely online (neighborsmn.org). This year our goal is to raise 350,000 in pounds/dollars! Your donation will help us reach that goal, and bring in additional funds from GMCC.

Want to make an even bigger impact? Plan a food/fund drive with your church, business, neighborhood, or social media friends! Select a theme, challenge a rival group, or have a party—get creative! It's fun and makes a big difference to those in need. Tell us about your food drive! We have resources to share and are happy to help.

Minnesota FoodShare Contact Information:
Cody (651-306-2149 / cody@neighborsmn.org)

Resources available include: posters, logos, stickers, collection containers, statistics, Food and Fund Drive Kit, list of needed items & more!

Holiday Gift Program Thank You



Thank you for the help. I am very grateful that you took the time and money to help us. Christmas morning was very exciting. We all had grins that stretched from cheek to cheek. So thank you and have a happy new year!
- 2022 Program Recipient

Many families & seniors in need in our community had a brighter holiday because of your generosity!

Holiday Events Recap



Walk to End Hunger

The annual Walk to End Hunger returned to an in-person event held at the Mall of America on Thanksgiving morning. Neighbors had a team of 65 walkers.



It's A Wonderful Life

It was another wonderful night at The St Paul Hotel! Through the generosity of attendees, the fund-a-need auction raised over \$16,000 to support the programs and services Neighbors provides.

Super Bagging Event at Cub Foods

February 11 & 12, 2023



Volunteers from Neighbors will be bagging groceries for donations and selling pre-packaged donation food bags at both Cub Inver Grove Heights and Cub West St. Paul during Super Bowl weekend. Donations from this event will stay local.

Saturday, February 11 from 10am - 4pm

Sunday, February 12 from 10am - 2pm

Support Neighbors AND get your grocery shopping done all at the same time! No matter who wins the big game, Neighbors wins! If you are interested in volunteering, contact Cody at 651-306-2149.

The Super Bagging Event is a collaborative event benefitting food shelves in Dakota County and is sponsored by Cub and Drake Bank.



neighborsinc. FINANCIAL EMPOWERMENT

The new Financial Empowerment Center at Neighbors is equipped with technology such as computer terminals, scanners, fax machines and a printer and trained staff to help to aid participants who are working towards a financial goal. Services are free. Visit the FEC Monday—Friday from 9am—4pm.



Members of the Financial Empowerment Team, along with the South St. Paul Lions, officially cut the ribbon to open the new Financial Empowerment Center on Jan 10.

Mailing List Updates

Neighbors News is a publication of Neighbors, Inc. If you have any changes to your mailing address or wish to be removed from the list, please call 651-306-2148 or email info@neighborsmn.org. Neighbors does not sell our mailing list to anyone.

Monthly E-Newsletter

Sign-up for our monthly e-news blast! Keep in touch with what is happening at Neighbors each month. To subscribe, visit our website at: neighborsmn.org/email-updates.

Alumni News

Calling all Alumni Volunteers—we'd like to hear from you! We want to stay connected, so if you have recently moved, please let us know. Email us at: info@neighborsmn.org. We'd love to keep in touch!

Neighbors, Inc.

222 Grand Avenue West
South St. Paul, MN 55075



Save the Date: Minnesota FoodShare

Feb. 27— April 9, 2023

Join us in MN FoodShare's March Campaign—an annual statewide food and fund drive competition.

For more information about how you can get involved, contact Cody at 651-306-2419 or cody@neighborsmn.org.

Giving has never been easier! Simply scan the QR code on the right to make a safe and secure online donation to support Neighbors, Inc. Thank you!

