

FRESH FROM THE CUTTING BOARD

Looking Ahead with Brandon Seng Goodwill's Director of Food Programs



The past year has been one of tremendous growth in the Food division at Goodwill Northern Michigan. We have assembled an amazing team of staff, trainees and volunteers; all of whom are committed to reducing food insecurity in our region.

We are excited to see the growth of our Farm to Freezer initiative, which has provided a new market for area farmers and, this season, purchased 150,000 pounds of GOOD produce to be frozen and enjoyed this winter.

The Goodwill Inn, Addiction Treatment Services and Meals on Wheels feeding programs are managed by our team with incredible outcomes being seen on the ground. These programs are unique in their effort to provide scratch-cooked, nutrient-dense, local products for families who need them most.

Our Food Rescue program continues to collect and deliver healthy food to area pantries – this past year alone we delivered over 1.3 million pounds of food.

Through our Mi Fresh Start Food Truck and Hospitality Training programs, we provide worthwhile job training opportunities to those community members needing a chance or others who are simply lacking the skills

necessary to secure employment. We take great pride knowing many of our trainees move on to GOOD jobs.

We live in a region that boasts some of the most diverse crop production of anywhere in the country. As Michigan's role as an agricultural powerhouse continues to grow, with it grows our responsibility to ensure that this resource is used responsibly, and is accessible within every level in our society. GOOD food should be a right, not a luxury.

Families are stronger when they are fueled by GOOD food and our community proves more resilient when we leverage local resources to address our most pressing food needs. We are so incredibly fortunate for the support of the farmers, grocers, restaurants and other organizations that help make our movement possible. Please take a moment to learn more about our efforts. I hope you will be inspired to join us in helping to build a healthier future for our community.



2279 South Airport Road West
Traverse City, MI 49684

goodwillnmi.org/food

ENJOY FRESH ALL YEAR LONG WITH FARM TO FREEZER

Farm To Freezer is a Goodwill job training program which helps unemployed individuals develop new skills and build confidence to succeed.

We partner with local farmers to bring their produce to the public. Our flash freeze process preserves the nutrients and flavors of each product, allowing consumers to enjoy local fruits and vegetables any time of year.



Farm to Freezer Products are available at these locations:

- Oleson's Food Stores
- Tom's Food Stores
- Shop and Save
- Gallagher's Farm Market
- Willow Mercantile
- Walraven's Markets
- Amish Country Natural Products
- Honor Family Market
- Oryana Market
- Coveyou Scenic Farms
- Grassa's Farm Market

FUSTINI'S DOES GOOD

Over the past 6 years, Fustini's Oils and Vinegars has been a fierce advocate and supporter of our efforts. Their Cook Book Series fundraisers, which benefit Food Rescue, have generated much-needed program funding as well as helped create awareness in eliminating food waste.

This year, Fustini's increased their support and became the first ever sponsor of Goodwill's Mi Fresh Start Food Truck. With the support of Fustini's, our food truck hits the street and provides training opportunities for those individuals entering the workforce or others needing a fresh start in their career. Through our job training and food truck programs, these individuals are afforded the opportunity to fill gaps in their resume and gain the confidence needed to get back on their feet.

Thank you, Fustini's, for your leadership in the movement!



Volunteer with Food Rescue and have a hand in feeding thousands of your neighbors in need. Join one of our drivers on a route and experience the heart of Food Rescue. Spend the morning on a rescue route, visiting our food donors and filling the refrigerated Food Rescue truck. In the afternoon, visit local food pantries and our other partners and witness the power of food firsthand! Call LuAnn at 231.995.7713 to get started.

GOOD FOOD

GOODWILL FOOD PROGRAMS // FALL 2015



GOOD HAPPENS HERE



www.goodwillnmi.org/food

NOURISHED BY GOOD



**GOOD
HAPPENS
HERE**

47 food pantries
175,378 hot meals

We believe that neither GOOD food, nor GOOD people should ever be discarded. Each day, Goodwill works hard to ensure that the excess healthy food in our community stays out of the landfill, while providing food insecure families with the nutrition resources needed to perform to their fullest capacity. In the last fiscal year, Goodwill's Food Programs provided 1,312,278 pounds of fresh food to a network of over 40 food pantries and an additional 175,378 scratch cooked meals for our community. Hot meals, produced daily by our Goodwill team, feed guests of the Goodwill Inn,

Meals on Wheels seniors and individuals undergoing treatment at Addiction Treatment Services.

We see our mission in food as a way to unite community, reduce waste and empower individuals through addressing a most basic human need. Unlike disease or several other complex community barriers, we know the cure for hunger: Food. We strive to ensure that our community is fed and have access to nutrient dense, perishable and local products whenever possible.



SAVE THE DATE FOR UPCOMING GOOD FOOD EVENTS

- **Gather for GOOD Annual Celebration** – October 7, 2015
- **Empty Bowls (to benefit Food Rescue)** – November 8, 2015
- **Shop Your Community Day** – November 14, 2015 (select Food Rescue as your charity of choice)
- **Miner's North Men's Night** – December 17, 2015 (buy a brat to benefit Food Rescue)
- **Super Wash Car Wash Donation Month** – May 2016 (wash your car to support Food Rescue)
- **The Derby Party with the Boathouse Restaurant** – May 7, 2016

EMPOWERED BY GOOD



**GOOD
HAPPENS
HERE**

21 paid staff
33 trainees
104 volunteers

Planning for a family's future and securing employment is a difficult thing to focus upon when hunger exists. Often families living on the edge spend their time and energy figuring out from where their next meal is coming, which leaves little time for gaining new skills and moving forward.

Goodwill Food Programs implement job training curricula at every level; providing opportunities for the hungry to be fed, while allowing individuals to gain the skills they need to secure regular employment in the local food economy. Just as food should not be wasted, we believe that people represent a huge community resource, which we cannot afford to waste. Year to date, Goodwill Food Programs have provided training opportunities for over 30 individuals in our community. These trainees have worked side by

side with 21 employees and over 100 volunteers to learn, work and build a brighter future. Our trainees have secured full and part time employment, and have become productive workers in the local job market.

Being a part of Goodwill's food movement means rolling up your sleeves and getting the job done. Through the dedication, time and talent of our volunteers, families hungry for a fresh start are provided just that. Like all Goodwill programs, people are the heartbeat of our operation. If you are interested in joining the movement, please contact Cathy Cooley at 231.944.5844 or visit www.goodwillnmi.org/volunteer.



THAT'S GOOD TRAINING

Sheila Anderson was a member of the first graduating class of Goodwill's Mi Fresh Start Hospitality Training Program. At the start of the program, Sheila was green but eager to learn, and always chose to look at challenges optimistically. After her graduation, she worked in fruit and vegetable processing at Goodwill's Farm to Freezer during our first season. Later, she was hired by Goodwill as a prep cook at the Goodwill Inn, where she has since been promoted to Cook. Sheila is a bright and shining light in the kitchen at the Inn, bringing optimism and energy to her teammates and the guests staying there. We are thankful she is part of our team and greatly look forward to continued success in her leadership journey.

RESCUED FOR GOOD



**GOOD
HAPPENS
HERE**

700 bowls
41 soup/bread donors

Mark your calendars – Sunday, November 8, 2015 is this year's Empty Bowls event. For a second year, Goodwill's Food Rescue will host this amazing, grass roots event to fight hunger. Last year, proceeds from this event helped Food Rescue collect and distribute over 1.3 million pounds of food!

Local artists, educators and community members create handcrafted bowls to symbolize the many hungry people in our community whose bowls are empty. The event features a meal of soup and bread – all donated by talented and generous area chefs and restaurants – with guests taking home one of these handcrafted bowls. Thank you to our wonderful sponsors (listed, right), bowl makers, restaurants and engaged volunteers who help make this event possible, delicious and unforgettable.

Empty Bowls helps fund the delivery of fresh, local produce to more than 40 regional food pantries, feeding hungry neighbors in need.

Thank You, Empty Bowls Sponsors:

Presenting Sponsor:

Blue Cross Blue Shield of Michigan

Gold Sponsor:

DTE Energy

Silver Sponsors:

TC Office Express, Chemical Bank

Sponsors:

Traverse City State Bank, Wells Fargo Advisors, Oryana Natural Foods Market, Cherry Capital Foods

Media Sponsors:

Record-Eagle, 9&10 News, Classic Hits WCCW

MEET A GOOD TEAM MEMBER

Bob Cullen joined the Goodwill team in 2005, as the founding driver for Food Rescue. Under Bob's leadership, Food Rescue has picked up and delivered nearly 6 million pounds of food to families in need. Bob has been instrumental in establishing key relationships with area grocers that are critical to the success of our Food Rescue program. Whether at a grocery store or food pantry, Bob treats everyone with a warm smile and



passion for serving the community. As he approaches retirement, we celebrate Bob's extensive contribution as a pioneer in reducing food waste in our community. Thanks, Bob!