

From the Director:

Hello! Time continues to fly by as this quarter has slipped to quarter three plus one month, oops!

Doesn't it seem like we were just talking about school getting out and summer vacations?

And here we are already at the end of October, first part of November!

We had a quiet yet full summer at the pantry.

We volunteered at the Sauk County Fair in return receiving a donation for filling three of four shifts. YAY! We may or may not do this again next year. It depends if we can make a few modifications; we will see. Most who helped said they enjoyed the experience.

We also held our first in-person volunteer picnic. We were grateful for those who were able to make it and hope to continue this as an annual event. Volunteer Andy made brisket for us to enjoy, and we had other salads and tasty goodness. It was a really nice event.

Zip forward to September and school is in full swing. The annexes are restocked and ready to roll. *Go Fresh!* started back up and new volunteering opportunities were available. Our last year's seniors are off to college and this year's empty nesters are experiencing a new normal.

Then, like a gentle breeze blowing in, we sailed through October. The pantry tried another new-to-us event, working with Sauk Prairie Against Hunger and 6:8 at the food pack. We successfully gathered two teams of volunteers. One team did set-up tasks such as making boxes,

distributing food at the different workstations, and so much more. The second team packed food. The lead individual for Feed My Starving Children indicated that they gauge approximately one box packed per



volunteer. Our shift had 137 volunteers and packed 191 boxes. The pantry team packed 23-plus boxes (from the point I started counting). Awesome work, everyone! It was fun to work with other people we may not have otherwise met. Our youngest team member was 11 and the most senior, well, we won't go there! My point is people of all ages participated.

You helped us at the pantry, we helped others at the fair, at the pack event and effectively around the world. Heather French Henry said, *"Volunteering is at the very core of being a human. No one has made it through life without someone else's help."* This was so true of all of you this past quarter plus one month! Thank you!

Till the next time,

Kris Ballweg



Quick things

The pantry is working toward hybrid distributions: two for drive-through and three for inside-choice shopping. More to come ...

By the numbers:

1,300 — pounds of fresh fruit delivered to each of the schools in the Sauk Prairie School District (SPSD) EACH WEEK!

1,430 — apples provided each week to SPSP via *Go Fresh!*

1,056 — bananas provided each week to SPSP via *Go Fresh!*

What do we currently need at the pantry?

We really can use anything at this time, but these items are at the top of the list:

- Toilet paper
- Dish soap
- Toothpaste
- Canned meats
- Boxed meals
- Dried beans (black, pinto and navy are most popular)
- Applesauce

Coming next time:

- I'd like you to meet ...
- More about our donors and donations
- Where does the pantry get its money?
- What cannot or should not be donated?

Joyce Schoepp is a hands-on leader with fresh ideas, positive attitude

I invite you to meet Joyce Schoepp! Joyce has been an involved food pantry volunteer for 18 years. She began volunteering when she brought her daughter's Girl Scout troop to help out. Later, Joyce volunteered as part of the 6:8 team when 6:8 would volunteer at the pantry. Wanting to take on a leadership role, Joyce was invited to join the pantry board of directors.

She recently was elected board vice president and has been a distribution manager for as many as three of the five monthly pantry distributions.

Joyce brings her positive attitude, outside-the-box thinking and objective ideas when it comes to coupons, always looking at the



other side of a discussion and continually seeks out others' "what do you think?" position. One of Joyce's most recent ideas was adding interpreters to the pantry staff. We now have three interpreters who take turns one to two times for an hour and a half per month. They fill in the language

gap that we so desperately needed. Our patrons and volunteers are so grateful to have this resource!

Joyce lives in the Sauk Prairie area with her husband Tom. They share two children, a son Jarrett and his wife Kim, and daughter Natia and her husband Jake. Jarrett and Kim are expecting their first child, Joyce's first grandchild!

Besides the pantry, Joyce has a full-time job as a stylist in Middleton, at Hair Designs by Joyce, and is a very active volunteer with 6:8, working closely with families in the Circles program who are trying to get out of poverty. Joyce enjoys fishing with her Dad, helping her Mom with all kinds of things like making banana bread, and spending time at the family cabin.

We are lucky to have Joyce on our team and our board of directors. The next time you see Joyce, please join us in thanking her for all she does.

Donation highlights

A fun quarter of donations (in no particular order):



Sauk Prairie Youth Football collected almost 300 pounds of food and \$580 in the 50/50 raffle at the September 16th football game.

Free Congregation of Sauk County presented a \$750 check. Thank you for your continued support!

Sauk Prairie Twins baseball team sent a check for \$550; \$50 for every double hit during the season!

Cha-Ching — Jackson Charitable Founda-

tion — \$1,000. Thank you, St. Al's, for choosing us as the nonprofit to share in your award! Congratulations to you as well!

St. John's Evangelical Lutheran Church — Carts and carts of food donations have been delivered to the pantry each month. To date, they have collected over 500 pounds!

Please, if you see any of these people or organizations, be sure to thank them for helping your Sauk Prairie Area Food Pantry. Without events or contributions like these, we could not continue to help those in our community who need a little assistance here and there.

How can you help?

[Click here](#) and check out current opportunities to help at the pantry. Check back often as opportunities can be added as the need changes. We would love to meet you and work with you!

Want to have a team-building exercise with your work team? Email Kris Ballweg: director@spfoodpantry.org or call 608-571-7737 and she will help you make it happen!

Maybe you would like to donate in other ways. If so, please check out [these options](#).

Where does the pantry source its food products?

Many of you have heard me say we have three main food sources: The Emergency Food Assistance Program (TEFAP), a federal program operated by the state Department of Health Services; Second Harvest Food Bank; and, of course, our community, neighbors and businesses.

We also order and buy food from our two local grocery stores, Piggly Wiggly and Sauk Prairie Market, along with Gordon Food Service and V. Marchese Inc. for fresh produce.

How do we get items from these sources?

TEFAP food is free to participating outlets. There are, however, several rules we must follow. For example, we need to obtain at least 50% of our food from other sources like Second Harvest and our community; we need to gather demographic data and check income limits of our visitors; we also weigh food in and out; and more. We receive food once per month from TEFAP. We do not get a choice in what is delivered, nor do we have a choice on how much we receive of a

given item. We are also expected to get the food we receive distributed within a narrow timeframe. TEFAP, as of this writing, provides less than 10% of the pantry's food supply.



We can order from **Second Harvest**, and it costs us as little as nothing or as much as what you may pay in a grocery store. During the height of the pandemic, we were blessed to have mostly free items, but we did not have many to choose from. Right now, we are seeing more variety, but there is a cost to most items and fewer free products. I hear this often: "Nothing in life is free." Right now, this is such a

true statement for us.

Community, friends, family, neighbors, school organizations, churches and businesses — our truly most valuable resource! You conduct food drives, personal care drives, diaper drives and more. We would not be able to sustain without ALL of our community and those who work and live here. We are very fortunate.

Scenes from the volunteer appreciation picnic in July



The pantry recently acquired a van to make deliveries.



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