



Spring 2023

Our mission is to create a healthy and stable community for all.

ICA Has a New Look: Shining the Spotlight on Food, Jobs and Housing

Going back over 50 years, ICA has been recognized in the surrounding communities as "your local food shelf," although we have grown to mean so much more to our neighbors. Here at ICA, the focus is on continuum of care through our food services, employment assistance and housing resources. **We're in the business of creating stability in our community and we believe that is best achieved by tailoring our services to the specific needs of every person and family that walk through our doors.**



"We're seeing a *dramatic increase* in the number of people coming to ICA for assistance and it's a myriad of different factors that are putting community members in a position where they need a helping hand," explains ICA Executive Director Dan Narr. "It could be they don't have enough resources to buy food period. It could be they have rental costs that exceed their budget and they're trying to balance between having food on their table and paying rent. It could also be an emergency situation that develops out of nowhere."

"ICA is not only a choice-model food shelf, we also offer a wide array of services," says ICA Board Member Elizabeth Nicol. "We can help with a number of things a person may need and we do this with discretion and dignity for the individual."

While ICA's logo, colors and tagline may look different, our mission remains the same. We strive every day to create a healthy and stable community for all.

"We have new families seeking us out at historic numbers because they feel welcome, because we have such diverse resources available and because we treat everyone with respect," says Narr. "Every pocket in our community has accessed ICA for whatever reason. We have over five decades of reputation in this community and we have our sights set on providing the very best service to local families for many decades to come."

Have questions? Please contact Dan Narr at (952) 279-0291 or dan@icafoodshelf.org

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ICA'S IMPACT: October - December 2022

Distributed 319,992 pounds of food,
equivalent to **249,908 meals**



Met with **27 job seekers**
a total of **135 times**

Served an estimated 1,618 households (4,605 neighbors)
across all services





FROM THE EXECUTIVE DIRECTOR

Dan Narr

Words can't express my gratitude for both the generosity and quality of food that I received while at ICA. You've made a tremendous difference in my life by not forcing my family to worry about where our next meal may or may not come from. Thank you so much!
- Community member using ICA's services

As many of you know, the need for resources has not waned in our community, which offers new challenges and provides an opportunity to rethink our approach and strategically redefine access to meet the needs of people and families closer to where they live and work.



ICA has an updated annual report! Scan above to view.

More than ever, we're aspiring to become a true **community organization**, where all neighbors in need are welcome and surrounded by people who care and want to help. For us, it means opening food markets and resource centers right inside local schools, so parents and kids can get food and other assistance without having to plan an extra trip outside their daily routine. **Just this month, we celebrated the launch of an ICA Market inside Ridgedale YMCA, which will strategically provide resources to families that are experiencing food insecurity and facing transportation barriers.**

And as part of our organizational rebrand, it means emphasizing ICA's other services like employment assistance, homelessness prevention and community referrals, which connect people and families with what they need to thrive.

Simply put, families in our community are facing more obstacles to long-term security than ever before. Rising inflation means many parents are being forced to put less food on the table. A number of federal emergency resources are currently scaling back benefits or coming to an end entirely. That means many families in our primary service area will no longer be receiving regular assistance, which often times can make the difference in paying rent, a utility bill or car repair. **Going forward, I'm confident the ICA family of supporters will answer this challenge and rise up to make a difference in the lives of our neighbors. Thank you!**



Launched in early February, a brand-new ICA food market has opened inside Ridgedale YMCA. The permanent, choice-model market is open to the public every Friday with the goal of serving local families that face barriers to our centralized resources.



We loved having this energetic group from Astound Commerce volunteer at our central food shelf location in late January. If you're interested in getting involved, please visit icafoodshelf.org/volunteer-opportunities for additional information and news.



MN FOODSHARE MARCH CAMPAIGN

February 27 – April 9

HELP SUPPORT ICA WITH FOOD AND MONETARY DONATIONS
More info at icafoodshelf.org/march-campaign

Did you know the time around March is historically when food shelves endure their lowest periods of inventory? ICA is no exception, as we're currently running low on a number of food and household items. Unfortunately, donations tend to slow following the holiday season and we need *your help* to get us through this stretch.

Now entering its 42nd year, the Minnesota FoodShare March Campaign is a statewide effort to help restock food shelves during tough times. We hope you'll consider joining ICA, along with your family, school, neighborhood, business, congregation and community organization to help raise funds and collect food for our neighbors in need.

When donating to ICA during our March Campaign, you're not only supporting our expanded programming, but also playing a big role in growing our purchasing power. Just like your family, it's costing us much more to buy fruits, vegetables and other essentials. A financial donation to ICA ensures we can keep our shelves well stocked, while a community food drive helps bring in immediate supplies and spreads awareness about resource insecurities in our area.

We invite you to learn more and donate by visiting icafoodshelf.org/march-campaign.

ICA Scholarships



Each spring, ICA awards two \$500 scholarships to graduating seniors—one to a Hopkins student and one to a Minnetonka student.

This scholarship is given to students who have volunteered with or supported ICA.

We are currently accepting applications from 2023 graduating seniors. Hurry and get your application sent in before the April 21 deadline!

Additional information and application forms can be found on our website at icafoodshelf.org/scholarship.



Pictured above is one of our 2022 Scholarship Award winners, Imani Kerre-Mongi from Hopkins High School, alongside ICA Community Relations Manager Dominique Pierre-Toussaint.

NEW! HOST A THEMED FOOD DRIVE FOR ICA

New this year, ICA is making it easier (and more exciting) than ever for your school, business, organization, civic group or congregation to host a food drive and make a *big impact* in our community! ICA themed food drives focus on multiple, shortened lists of in need items and tie them together based on the specific food group or materials.

For example, our "Wake Up!" theme encourages supporters to collect items such as oatmeal, cereal, coffee, peanut butter and jelly. Our "Jazz It Up!" theme, which is a perfect way to celebrate Mardi Gras, includes things like barbeque sauce, spices, vinegars and marinades.

Our themed food drives are also an easy way to create a friendly competition for your collection efforts. Have each grade or department pick a different theme, set a first-place prize and see who can bring in the most pounds or total items for ICA.

More information and printable flyers found online at icafoodshelf.org/theme.



Need some inspiration before getting started? Visit icafoodshelf.org/spotlight

Thank you to all the people who donate and volunteer at ICA! You made it possible for me to receive food and rent assistance at a time when I lost my job.

- Neighbor who has benefited from ICA's services

OTHER EVENTS For the most up-to-date information, please visit our website: icafoodshelf.org/events



Annual Stamp Out Hunger Food Drive

Saturday, May 13

Don't forget to leave a bag of food at your mailbox. Mail carriers will pick up your donation and bring it to ICA for volunteers to sort!



Ongoing

Online Bazaar: Browse a variety of items, from furniture, home goods and more. Proceeds benefit ICA!

www.icafoodshelf.org/online-bazaar

Caring Youth Awards

ICA is truly fortunate to have so many selfless middle and high schoolers donate their time and talent to our organization. We are pleased to nominate the following students for Caring Youth Awards in 2023:



- **Gwen Nechas**, Minnetonka High School
- **Piper Benning**, Minnetonka High School
- **Tony Liu**, Blake High School
- **Campbell DeLuca**, Minnetonka High School
- **Keira Keegan**, Minnetonka High School
- **Matthew Seigwart**, Minnetonka High School
- **Olivia Donaldson**, Minnetonka High School
- **Meredith Kusilek**, Minnetonka High School
- **Abhinav Kumar**, Hopkins High School
- **Lindsey Welsh**, Minnetonka High School

The Caring Youth Awards are sponsored by the cities of Minnetonka, Hopkins, and Golden Valley, the Hopkins and Minnetonka school districts and the Glen Lake Optimists.

ICA

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ICA is a 501(c)3 organization. Tax ID # 41-0979010 Your donation is tax deductible to the fullest extent allowed by law. Serving residents in and around Hopkins, Minnetonka, Excelsior, Shorewood, Deephaven, Greenwood and Woodland since 1971.