



**The Foundation For Essential Needs' mission is to invest dollars and talent into the transformation and sustainability of Minnesota food shelves.** Through trust-based relationships FFEN's innovative, nimble and entrepreneurial work improves the financial and operational capacity of food shelves that are under resourced relative to community need. In the rapidly changing hunger relief sector, we offer pragmatic assistance to food shelves reinventing themselves to better serve more clients.

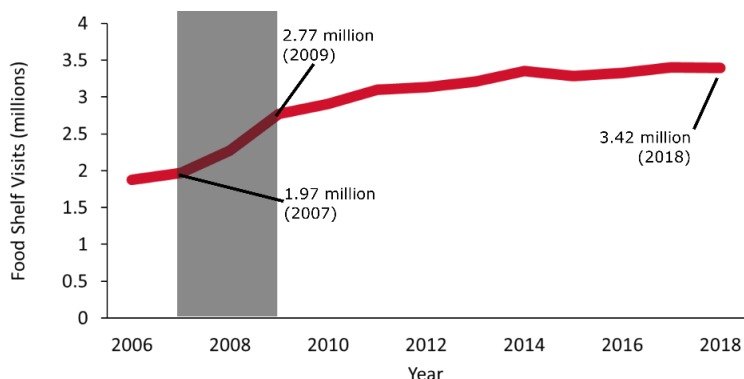


### The Need Is Greater Than Ever

Hunger is a serious issue that affects us all. Minnesota food shelf visits have increased about 25% post recession despite low unemployment<sup>1</sup>. Many working families struggle to make ends meet in lower wage jobs with challenges like higher housing costs<sup>2</sup>; an ever growing number of seniors on fixed incomes also use food shelves.

- ✿ In 2017, 53% of clients got about half or more of their total food from the food shelf.<sup>3</sup>
- ✿ Clients rely on food shelves for longer periods; 74% have been using a food shelf for more than a year.<sup>3</sup>
- ✿ Between 1979-2017, real (inflation adjusted) wages for the lowest-wage US earners (10<sup>th</sup> percentile) increased a cumulative 1.2% while the highest-wage earners (90<sup>th</sup> percentile) increased 34.3%.<sup>4</sup>
- ✿ Seniors (65+) food shelf visits are up nearly 40% from 2012 through 2017.<sup>1</sup>
- ✿ By 2030, 1 in 5 Minnesotans will be 65+.<sup>5</sup>

**Minnesota Food Shelf Visits: 2006-2018<sup>1</sup>**  
(Great Recession in gray)



### Food Shelves' Changing Environment

While hunger is growing, what it takes to successfully run a food shelf is also changing. As visits increase, fresh food options have become the "industry standard" and what clients most request. Food shelves now need new operational know-how, updated food sourcing and distribution processes, and improved equipment and layout to expand capacity and provide cost effective, consistent, healthier food options for those who visit.



<sup>1</sup> Food shelf reports to MN DHS; Analysis by Hunger Solutions Minnesota

<sup>2</sup> Minnesota Housing Partnership: State of the State's Housing 2019

<sup>3</sup> Hunger Solutions Minnesota and SuperShelf Food Shelf Client Survey 2017

<sup>4</sup> Congressional Research Service "Real Wage Trends, 1979-2017," Sarah A. Donovan & David H. Bradley, March 15, 2018.

<sup>5</sup> U.S. Census Bureau; Minnesota State Demographic Center

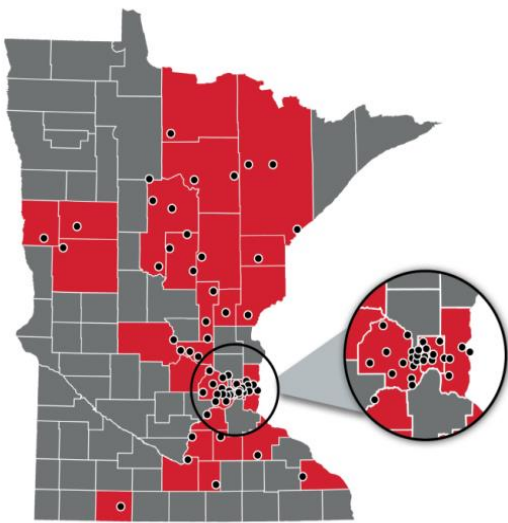


## How FFEN Helps Food Shelves Meet Changing Community Needs

Into this food shelf “sea change,” FFEN’s priority is building trust-based food shelf relationships that focus on access instead of barriers and improve reach and impact. FFEN’s unique services include:

- ✿ Change management
- ✿ Process and operational updates
- ✿ Food sourcing budget analysis
- ✿ Equipment improvements
- ✿ Food shelf design improvements
- ✿ Staff and volunteer training
- ✿ Hunger relief system convening and collaboration

## By The Numbers: FFEN Impact 2013-2018



**2013-2018: Locations of food shelves positively impacted by FFEN**

"FFEN's collaboration has been critical to Sabathani's ability to make big picture changes for our food shelf. We are now able to offer more produce and other fresh food options as we continue to be good stewards of financial donations. FFEN volunteers have kept the process moving forward so that our limited staff can focus on serving the families that come to our program."

**Cindy Booker, executive director**  
**Sabathani Community Center, South Minneapolis**

- ✿ FFEN has partnered with **61 Minnesota food shelves** and granted a total of **\$147,516** to support qualified on-the-ground food shelf improvements.
- ✿ FFEN has also secured an **additional \$70,864** in grant support for food shelves from other sources.
- ✿ FFEN’s volunteer consultants have logged **8,230 hours** to support food shelves across the state.

## Join Us! How You Can Help

A strong and stable food shelf system is critical to a thriving Minnesota. Food shelves are the “front lines” that reduce hunger in our state, which in turn can help reduce health care costs related to poor nutrition, especially among developing children & those with chronic diseases.<sup>6,8</sup> Reducing hunger can also help kids go to school ready to concentrate and learn—kids are our workforce of the future.<sup>7</sup> Reducing hunger helps stabilize families.<sup>8</sup>

- ✿ **Learn more about FFEN History, Leadership and Impact:** [www.ffen.org](http://www.ffen.org)
- ✿ **Follow FFEN & Share our Story:** [www.facebook.com/ffen.mn/](https://www.facebook.com/ffen.mn/) or [twitter.com/ffen\\_mn](https://twitter.com/ffen_mn)
- ✿ **Donate:** Your contributions have exponential impact on those who are hungry
- ✿ **Volunteer:** Sharing your expertise can create a more sustainable food shelf system
- ✿ **Contact FFEN directly at:** [info@ffen.org](mailto:info@ffen.org) or 612-524-9360.

<sup>6</sup> American Academy of Pediatrics. (2015). Promoting food security for all children. *Pediatrics*, 136(5), e1431–e1438. 78 Gregory, C. A., & Coleman-Jensen, A. (2017).

<sup>7</sup> Alaimo, K., Olson, C.M., Frongillo, E.A. Jr. Food insufficiency and American school-aged children’s cognitive, academic, and psychosocial development. *Pediatrics*. 108(1):44-53, 2001 Jul.

<sup>8</sup> Food insecurity, chronic disease, and health among working-age adults. Economic Research Report, 235. Washington, DC: U.S. Department of Agriculture, Economic Research Service