

SAVE THE DATE REMINDERS



HOLIDAY TOY DRIVE

November 16 - December 11

At VEAP's Holiday Toy store, parents 'shop' for items they know their child will like from a toy, book, family game, hat and mittens or gloves for each child. Selecting the best toy for their child allows parents to continue their unique family traditions.

GIVE TO THE MAX DAY

November 12, 2015 www.giveMN.org

Help VEAP meet our goal of raising \$20,000 in 24 hours. Go to giveMN.org, search for VEAP and make your donation on November 12, 2015. Simple yet effective! Donate to make a difference in the life of a family and contribute to VEAP on Give to the Max Day November 12.



THREE SQUARE CLASSIC JULY 13, 2015



\$50,000 raised

for VEAP's food programs for youth

150 attendees
55 volunteers
26 sponsors

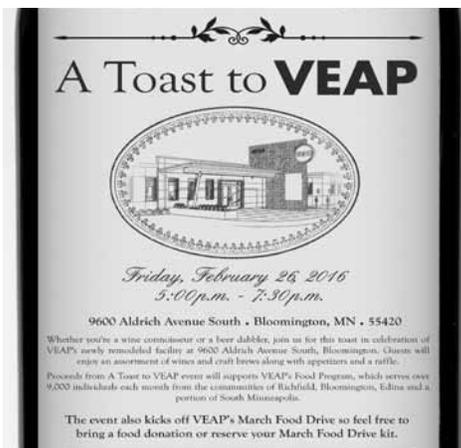
Together, we celebrated VEAP with rounds of golf, raffles, auction items, and financial donations.

Thank you for your generosity!

A TOAST TO VEAP

Friday, February 26, 2016

A Toast to VEAP, the wine and craft beer tasting event, kicks off the March Food Drive. VEAP's warehouse and service center are transformed into a light-hearted atmosphere with a dozen food and beverage stations and entertainment. Guests mingle behind the scenes of VEAP's facility while supporting VEAP's Food Program.



RAISING DOLLARS ■ RAISING AWARENESS

Join other VEAP supporters on Thanksgiving morning for the fun, family-friendly 5K Walk to End Hunger at the Mall of America. Round up your confirmation class, young adult group, family, friends and neighbors for this Thanksgiving morning tradition. Plus, it's a great way to check out the Black Friday specials in advance!

Register at: veap.org/events/walk-to-end-hunger or call Patty at 952.955.8310





VEAP | 952.888.9616

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Bloomington, MN 55431

MARK YOUR CALENDAR



HELP SPREAD VEAP'S MESSAGE

October

- Plan Your Holiday Toy Drive
- 16th annual Gala:**
Transitioning Forward
Friday, October 30

** note new date this year!*

November

- Give to the Max Day
Thursday, November 12
- Holiday Toy Drive
November 16-December 11
- Walk to End Hunger
Thursday, November 26

December

- Give a Year-end Gift to VEAP

February 2016

- A Toast to VEAP
Friday, February 26

Do you have a small group at church or a brown bag lunch group at work? Consider inviting a VEAP speaker to your group. With our Toy Program just around the corner, this is the perfect way to host a drive and energize your group!

VEAP has a dedicated team of volunteer speakers and we can select the one just right for your group. Whether your group includes children, seniors or those in between, our speakers can tailor the message for your audience.

Help spread the word about VEAP and the need in the community. To schedule a speaker, email event details to info@veap.org or call Amy at 952.955.8320.



Like us on Facebook at
FACEBOOK.COM/VEAPVOL

VEAP's Most Wanted List Gets Updated



Download Your Copy Now

VEAP's list of most wanted items has been updated to reflect the new Healthy Food Policy VEAP adopted.

To make your next food drive a success, download a copy of the new flyer on our website at veap.org/give/host-a-drive.



Follow us on Twitter at
TWITTER.COM/VEAPVOLUNTEERS



LINK

FALL 2015

VEAP'S YEAR OF TRANSITION

WELCOME LISA!

VEAP has good news to share! After months of meeting and interviewing several talented individuals, VEAP's Board of Directors has hired Lisa Horn as VEAP's new Chief Executive Officer.

Lisa comes to VEAP with vast experience most recently as the executive director of The Open Door, a hunger relief organization with locations in Eagan and Lakeville. Lisa is recognized for her ability to forge partnerships and collaborations to address food insecurity. Her innovative spirit led to the creation of a one of a kind mobile food pantry and summer lunch program. She also made The Open Door the first food pantry in Minnesota to adopt a Healthy Food Policy. Among these accomplishments is her ability to recruit, train and retain hundreds of volunteers.

Lisa earned her Masters of



Public Affairs from the Hubert H. Humphrey Institute at the University of Minnesota. Her graduate work concentrated on Public Administration and Nonprofit Management with an emphasis in strategic planning. Together, her professional and academic background puts her in a position to lead VEAP into its next chapter.

"Lisa brings incredible energy and entrepreneurial spirit to VEAP. She has the rare talent to harness an organization's capacity and couple it with internal and external opportunities for broad, collective community impact. Lisa is coming to VEAP at the right time in the organization's life cycle and we are excited to see where she will take us," said John Mitchell, board member and chair of the search committee.

Lisa's first day in the office will be Monday, October 26, 2015. Throughout the next several months, Lisa will be meeting with volunteers, donors and other partners.

During VEAP's leadership transition, Tracy Elftmann has served as VEAP's interim executive director. Tracy was no stranger to VEAP and as a former board member was well versed in VEAP's programs and impact in the community. Her thoughtful and insightful leadership kept the organization focused and moving forward during this time.

THANK YOU TRACY!

YOU DON'T WANT TO MISS VEAP'S 2015 GALA!

The past year VEAP has undergone many transitions, from saying good bye to Susan Russell Freeman to welcoming Lisa Horn. The date of our Gala moved up by several weeks to October 30 which is fast approaching! Be among the first to hear from Lisa and enjoy an exciting evening celebrating our successes of the past year.



REGISTER TODAY AT VEAP.ORG/EVENTS/GALA OR CALL JIM AT 952.955.8321

VEAP RECEIVES HEALTH & WELLNESS AWARD



The City of Bloomington honored VEAP with the 2015 Health & Wellness Award on June 22. This annual award is sponsored by the Bloomington Advisory Board of Public Health and is presented to a person or organization in Bloomington that has made a significant contribution to the health and wellness of the community. VEAP is committed to providing high quality and nutritious food to our neighbors in need. We recognize that nutrition is a key component in maintaining health and preventing chronic disease. Strong evidence indicates those affected by food insecurity are at the highest risk for obesity and other diet related illnesses. VEAP believes that everyone should have access to healthy foods.

Thank you Bloomington Advisory Board of Health for recognizing VEAP with this award.



COOKING MATTERS CLASS SERIES

Cooking Matters is a six-week nutrition course held in partnership with the University of Minnesota Extension service. Cooking Matters is held in VEAP's Teaching Kitchen and participants get hands-on experience preparing healthy meals. On average, thirteen participants watch as the instructors demonstrate how to make a variety of healthy meals using foods available in the VEAP Food Pantry. Participants then have the opportunity to prepare and eat the meal at their individual cooking stations. After each class, the participants receive a bag of groceries with more ingredients to prepare the meal at home to share with their family.

Bon Appetit!



THANKS TO ALL SUPPORTERS OF THE BACK TO SCHOOL PROGRAM

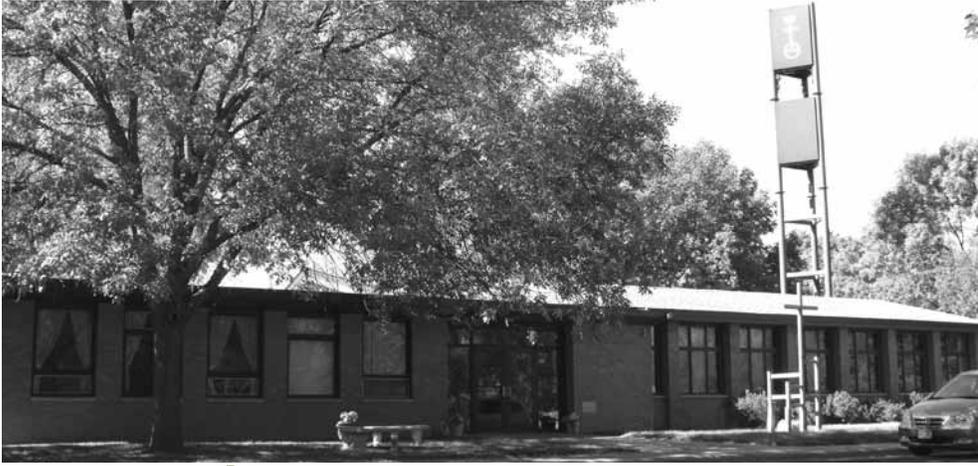
3,142 children received new backpacks and supplies. Many thanks to the 172 volunteers who donated 1,113 hours of service. We especially want to recognize the BTS lead volunteers: Sue, Pat, Kim and Julie. These four women spent 12 days prepping, checking, shopping and readying the volunteer corps to ensure a successful program.



70,000 supplies donated
\$12,944 donated
90 collection boxes
33 pallets full of donations
31 public collection sites
23 private company drives
+ 8 courier volunteers

3,142 students better prepared to succeed

MISSIONPARTNER HIGHLIGHT



ST. MARK'S UNITED CHURCH OF CHRIST

St. Mark's has worked in partnership with VEAP for so long that no one is quite sure when it all started. Long time VEAP advocate and church representative Jim Settle, isn't even sure when he got started with VEAP. "I've been on the Transportation and Food Committees and served as church representative. Seems I've always been involved with VEAP," says Jim.

The commitment to serve others is reflected in St. Mark's Mission Statement that includes "...and to serve all humankind in the spirit of love." Indeed, the congregation puts these words into actions through food and product drives and financial contributions.

VEAP is one of the congregation's favorite partners and Jim works hard to keep the organization in the forefront of their thinking. "I just keep pushing it and it seems the more I ask, the more people respond," states Jim. Their biggest and most successful drive is the summer food drive. For years, the congregation has been starting a drive in early June for delivery in July with the goal of helping VEAP keep the pantry shelves full during the summer when donations typically wane. This drive is quite an event in the life at St. Mark's where skits and plays are organized to kick it off and get people inspired to give. And it works!

Like so many congregations, St. Mark's has seen its membership decline over the past several years. But that hasn't reduced the congregation's enthusiasm for VEAP. "At this point, we don't have many people that are able bodied enough to volunteer. Even so, I'll keep talking about VEAP, and we will continue to do what we can because we know people need the services VEAP provides."

START YOUR HOLIDAY SHOPPING WITH VEAP

Does the thought of wading through department store ads and spending hours walking the malls in search of the perfect gift leave you in despair? Despair no longer—the perfect gift for those special people on your list is at the tip of your fingers. More people are showing they care with a financial contribution to VEAP in lieu of a traditional holiday gift. There are several ways to do this. You can make a one-time donation in any amount, and we will send a card to the recipient notifying them of your gift; organize a gift exchange with all gifts going to VEAP; honor your loved ones with a **Family and Friends Sponsorship**. The \$1,500 Family and Friends Sponsorship not only financially supports VEAP programs, it is also an opportunity for 6-8 individuals to volunteer in the Teaching and Commercial Kitchen or for a group of up to 15 people to volunteer an afternoon in the VEAP warehouse. For more information on how you can give, contact Patty at 952.955.8310 or pattys@veap.org.



VEAP Apparel Now Available

Now you can show your support for VEAP with a new selection of apparel including sweatshirts, t-shirts, caps and more! Great gift idea for holiday gifts! Tell your kids this is what you want this year.

veap.org/apparel

THANK YOU DONORS

VEAP is fortunate to receive support from many groups within the community. Local businesses host drives, make financial gifts and volunteer time. Foundations and civic groups fund specific programs, especially those that have hidden costs, such as the driver scheduling software we use in our Transportation program. Congregations provide much needed volunteer support, prayers, cash and in-kind donations. Individuals, our largest donor group, provide hundreds of hours of service and thousands of dollars.

We especially want to thank the following for their recent financial and in-kind support:

Western National Insurance
Edina Girls Volleyball
Park Nicollet Foundation
Lunds & Byerlys
Stevens Square Foundation
Lakewinds Co-op
Jerry's Foods
Richard M. Schulze Family Foundation
Bloomington, Richfield and Edina
Farmers Markets

Together we work to create the strong and vibrant community we live, work, worship and play in.

VOLUNTEERING LEADS TO A HEALTHY, HAPPY LIFE

Volunteers are the backbone of VEAP's programs and thanks to their dedication, VEAP is able to provide thousands of services each year. The opportunity to volunteer helps create a connected, caring and stable community. Volunteering enhances social connections between individuals and other organizations; helps build a more cohesive, stronger community and increases the social network between communities and neighborhoods; and has positive effects on individuals by increasing their self esteem, enhancing various skills and capacities, expanding career paths and promoting healthier lifestyles both physically and mentally.



RBC Wealth Management packing Summer Youth Food packs

The Star Tribune reports that Minnesota's seniors are among the most active volunteers in the country, with the second-highest rate of volunteerism among older adults of any state. By the end of the year, VEAP will surpass 2,000 volunteers but there is always room for more. We are especially in need of individuals 77 and younger to drive for the Transportation Program but opportunities for people of all ages exist in all VEAP programs. For more information visit veap.org/volunteer or call Shari at 952.955.8304.

THANK YOU VOLUNTEERS!

CLIENT STORY

Your Giving Helps

KATHY

We are often asked, "Who are VEAP clients and why do they need help?"

Many of our clients work, but even so, they are often just a missed shift away from financial stress. A job loss can quickly spiral into financial crisis that is difficult to recover from. They are families like Kathy's who as a single mother, suddenly found herself unemployed. Kathy fell behind on her utility bills and rent. Before long her gas was shut off and she was \$1,200 in debt. With just \$500 to her name, Kathy came to VEAP.

Kathy came to get food for her family and like all new food clients, she met with one of VEAP's licensed social workers. The social worker advocated on Kathy's behalf with the gas company and helped develop a plan for repayment. VEAP matched her \$500 with emergency assistance which allowed her to get current on her debts. A few days later Kathy was back for her food pantry appointment. The social worker checked in with her

and gave her a \$10 gas card. It was that small offering that touched Kathy the most. Through tears, she expressed her thanks of how VEAP "thought of everything."

This story has a happy ending as Kathy is now working again and on the road to regaining financial stability. "VEAP filled a huge hole during a time I needed help. Thank you to everyone."

VEAP is unique in that we are more than just a food pantry. Our Social Services team works with our Food, Transportation and Children and Youth Programs to achieve better outcomes for our clients. With your support, we create a framework of services that help families remain in their homes and help move them towards stability. When individual households are stable and strong, our community benefits as well. Thank you for helping make that possible.



Monthly family budget: \$1,200

Income	
Monthly earnings	\$1,200
Basic Expenses	
Rent	\$750
Utilities	\$100
Food	\$200
Debt	\$0
Car Insurance/gas	\$100
Total	\$1,150
balance left for healthcare, phone, clothing, savings	\$50

67% of VEAP's clients live on a monthly income of \$1,200 and over 50% of VEAP's clients have children.