

HARVEST NEWS

See how together we help relieve hunger by rescuing surplus food in metro Detroit.

FOCUSING ON FAMILIES FOR MOTHER'S DAY

Here at Forgotten Harvest, our first priority is to ensure our community has enough nutritious food to eat. **Everything we do is geared toward increasing access to a healthy mix of food for our neighbors in need who may not be able to afford that basic necessity after handling expenses like childcare and home utilities.**

As Mother's Day approaches, we're taking time to honor all mother figures whose first priority is to feed and care for children. **Forgotten Harvest knows the importance of proper nutrition in a child's development and works to make sure children and their caregivers don't have to skip meals.** We know their futures are nourished when they are nourished, and we know the energy to raise children is easier to come by when there's food on the table for everyone.

In our dedication to expanding food access for metro Detroiters in need, we've developed several programs that specifically support children and families like our **Summer Lunch, School Snack, and School Pantry programs.** We've also tailored the operations of our **Forgotten Harvest Client Choice Market to create more access to our services for working parents.** With morning and evening hours, appointment times rather than a first-come-first-served model, and a grocery store-like experience, the Client Choice Market is a space of personal choice, ease, and dignity for families in need.



▲ Sydney with her two children at the Client Choice Market

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LETTER FROM ADRIAN

Dear Friends,

Thank you to each and every volunteer, partner, and staff member who stepped up in the late winter months to provide for our neighbors in need. The seasons are changing and spring weather is on the way, but many in our community are still feeling the chill of food insecurity. Forgotten Harvest remains dedicated to relieving this burden, and I feel immense pride in the trust our community has in our organization that we will always be there to help feed you in your moments of need.

As the year rolls on, our warehouse and mobile pantries are starting to buzz with individual and corporate partner volunteer activities, and we're all looking forward to spending days in the fresh air at Forgotten Harvest Farms as planting season begins. The hundreds of thousands of pounds of fresh produce we'll grow and distribute to metro Detroiters experiencing food insecurity this season is one measure of the desired fresh produce we provide to our neighbors.

In everything we do, we aim to expand access to a healthy mix of food for our neighbors in need. We work to make it possible for those experiencing food insecurity to receive assistance with dignity and fill their tables with fresh, healthy food so families can spend more time with each other, seniors can take a worry off their shoulders, and children can thrive in growth, play, and education. We can't do it without all of you, so thank you for your continued support and dedication to our mission!

In partnership,

Adrian Lewis, CEO



MAKE AN IMPACT DOWN AT THE FARM!

Hunger Awareness Day is June 6th, and we're inviting you to spend the day with us at Forgotten Harvest Farms to help people who are hungry here in our community! We have a 95-acre farm located in Fenton, Michigan where we grow a wide variety of crops to supplement the food that we collect in our warehouse and distribute to our emergency partners throughout metro Detroit. Crops that are grown at the farm are "pre-market" which means they often have a longer shelf life than some of the items that we "rescue," and we can tailor the crops that we grow to the needs of the community.

Please contact Kim Kalmar at kkalmar@forgottenharvest.org or 248-864-7525 if you would like to see the farm and help the community! Every day at the farm is different, but it is always rewarding! Make a difference today. Join us for fun a day of fulfilling work in a rejuvenating atmosphere as we tend to the land that helps feed our neighbors!



FEEDING OUR NEIGHBORS AND OUR EARTH ON FORGOTTEN HARVEST FARMS



Grab your sun hats and pull on the pair of jeans you reserve for getting a little dirty — it's farming season! Forgotten Harvest Farms has started preparations for planting season, lovingly choosing seeds for the soil and getting the farm ready for volunteers. This season, we'll grow a wide variety of fresh produce for metro Detroit families and individuals in need, including a new variety of potatoes with a low glycemic value that is better suited for people with diabetes or heart disease. Some of the other crops to be grown include cabbage, peppers, collard greens, eggplant, green beans, sweet corn, zucchini, melon, lettuce, and pumpkins.

Forgotten Harvest Farms is a central piece of our mission. Lori Setera, our Farm Volunteer Coordinator, expressed that, **“through our dedicated farm staff and community commitment, our farm stands as a beacon of sustainability, nurturing both the land and our mission to provide fresh, healthy food to those in need.”**

If you have yet to spend a day on the farm, don't just take it from us that it's a special place. There are plenty of volunteer opportunities open with a wide range of farm tasks that can work for most everyone. The volunteer schedule is on our website with opportunities starting in May. It's a great way to enjoy the earth, the air, and the fulfillment of community involvement, and we'll need lots of help to grow the bountiful harvest we'll distribute to metro Detroiters experiencing food insecurity throughout 2024. As our farm team says, **“If a lot do a little...a little don't have to do a lot!”**

SUPPORT FARM FRESH FOOD GROWN TO NOURISH OUR NEIGHBORS BY JOINING SEED TO FEED!

Seed to Feed is a new all-digital monthly giving program created to support the day-to-day operations at Forgotten Harvest Farms. **By committing to \$10, \$20, or \$40 a month you can help fund the maintenance of this incredible farm.** Your support of Seed to Feed not only helps provide seeds, seedlings, crop protection, and fertilizer to maintain the land, it gives you a behind the scenes look at all that goes into operating our 95-acre farm whose mission is to grow nutrient rich food to feed food insecure individuals and families. By making this small monthly commitment (less than most streaming services!) you will receive regular digital updates from the farm, planting and harvesting opportunities on site at FH Farms, and a specialty Seed to Feed sticker. Every donation makes a huge difference!

You can visit www.forgottenharvest.org/seedtofeed to sign up, or reach out to Hank Wolfe Rodriguez for more information at hwolfe@forgottenharvest.org.



RESCUING SURPLUS FOOD FOR A SUSTAINABLE COMMUNITY

Forgotten Harvest's work is rooted in two things: providing free, nutritious food to metro Detroiters experiencing food insecurity and operating sustainably with the natural environment.

According to the USDA, **between 30%-40% of all food produced in the U.S. in 2022 was never eaten and all the energy and resources used to grow, harvest, transport, and package that food were lost.** To do our part in reducing that troubling statistic, Forgotten Harvest partners with metro Detroit grocery stores, markets, restaurants, caterers, farmers, dairies and more to rescue their surplus food and redistribute it to our neighbors in need.

What does “surplus food” mean? It is simply food items that were grown or made in excess of the demand for them. Whether consumer demand for a certain food is down and stores have extra stock or produce bound for the shelves grows with imperfections (and honestly, don't we all?), retail and manufacturing businesses donate that surplus to Forgotten Harvest. Our drivers take refrigerated trucks to each location to rescue the surplus food and either bring it back to our distribution center for sorting and redistribution or take it straight to our 220+ food distribution partners in the metro Detroit area.

More than 64% of food we distribute comes from rescued surplus food. We combine it with food that gets supplied to us through government programs like The Emergency Food Assistance Program (TEFAP) and the Michigan Agriculture Surplus Program (MASS), as well as fresh produce grown on Forgotten Harvest Farms. The goal is to deliver a healthy, balanced mix of food to our community. Simultaneously, we're preventing the loss of valuable resources and supporting the health of our environment.

According to the Environmental Protection Agency (EPA), **the amount of food not eaten annually in the U.S. could feed around 25 million Americans if recovered!** Forgotten Harvest is dedicated to our mission of relieving hunger and reducing food insecurity for individuals, families, and seniors in our community by rescuing surplus food, because we know both people and planet are better for it.



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Our neighbors Sydney and her two children were able to make an appointment after work and childcare hours to stock their kitchen with the food they like. “It’s quality food, there was a lot of stuff to make a good meal for your kids and yourself,” Sydney shared, “This works out because I got off work and then had to go to the eastside to pick up my baby. It was perfect timing for me to get here.”

Being a working parent can be tough and made all the more difficult when food insecurity is hanging overhead. At Forgotten Harvest, we are proud to continue in our purpose of offloading the burden of food insecurity so families can enjoy growing and thriving together.

“It’s quality food, there was a lot of stuff to make a good meal for your kids and yourself.”



MEET A TRUE HERO



Barb Miko is a long-time donor to Forgotten Harvest, making her first donation all the way back in 2011! Barb started giving because she loved Forgotten Harvest’s mission to rescue and redistribute nutritious surplus food. When Barb retired in 2021, she was looking for something to do with her newfound time, and that’s when she joined in our fight against hunger and became a Harvest Hero.

You might be wondering: what is Harvest Heroes? Well, “Harvest Heroes” is an opportunity for volunteers to rescue food throughout the tri-county area using their own vehicles. They pick up food directly from donors, following safety guidelines, and then deliver that food right to our pantry partners. **“I have a lot of good feelings being a Harvest Hero. It’s been a real pleasant experience for me.”**

Barb loves being able to rescue food from local restaurants and grocery stores to help feed the community. The people that she meets are incredibly friendly, and they also feel great about the food that they donate to help feed their neighbors facing need. Barb says that the best feeling of all is seeing the smiles on the faces of the people when she drops off rescued food. She knows how much they look forward to her deliveries and how much they appreciate all that she does. We feel extremely honored to know Barb. Many thanks to her and all the Harvest Heroes for the work they do week after week to help feed metro Detroiters!

Want more information on how you can get involved with Harvest Heroes? Please contact Dan Burbulla at (248)930-4255 or dburbulla@forgottenharvest.org.

HARVEST SUSTAINERS

OUR DONORS HELP US AVOID STARTING FROM SCRATCH

The healthy surplus food that FH collects from various places like grocery stores, entertainment venues, and manufacturers is free, but every month we incur expenses to deliver that food to the people in Wayne, Oakland, and Macomb counties who need it.

For the most part, we enter each new fiscal year knowing that we will have to raise the money for our operations again. That is why our Harvest Sustainers are so meaningful to us. **These donors give a planned amount every month (or every quarter) to help our mission.** As such, we know that we have a set figure to count on to fuel and repair our trucks and pay our utility bills! Knowing that a portion of our operations is covered makes things a lot easier for us. Rather than figuring out how to plan for a lump sum payment to Forgotten Harvest once a year, our Harvest Sustainers can calculate an amount that fits their monthly budget. Many people have their monthly gift charged to a credit card, but you can also coordinate a direct debit from your checking account.

Interested in becoming a Harvest Sustainer?
Please contact Kim Kalmar, Director of Individual Giving at 248-864-7525 or email kkalmar@forgottenharvest.org.

\$25 — MAKE AN IMPACT —
 Provide \$175 worth of groceries for area families in need.

\$50 — HELP SOMEONE IN NEED —
 Provide \$350 worth of groceries for area families in need.

\$150 — FEED A FAMILY —
 Provide enough fresh food for 600 meals for families in need.

\$250 — GIVE HOPE —
 Provide enough fresh food for 1000 meals for families in need.

\$500 — CHANGE LIVES —
 Provide enough fresh food for 2000 meals for families in need.

THANK YOU AND SAVE THE DATE

A warm thank you to everyone who attended this spring's Feeding Detroit Together benefit for Forgotten Harvest. We loved sharing the evening with everyone at MGM Grand Detroit as we savored a delicious meal and enjoyed the live entertainment and impactful programming. All generous donations made that evening are directly helping Forgotten Harvest increase food access for metro Detroiters in need, so THANK YOU for your support!



FORGOTTEN HARVEST
Women's
HARVEST LUNCH

And Save The Date for our annual autumn philanthropic event, Women's Harvest Lunch! Taking place in October at Eastern Market, Women's Harvest Lunch highlights the power and care of women in our community while we enjoy a seasonally curated meal and networking opportunities. Keep an eye on our socials for ticket sales!

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We're very social! Join us on:      