

# Open Your Heart July Challenge

Many folks in our area face special challenges during the summer months. With more mouths to feed over summer vacation, families may not eat as much or as healthy as they should. The Bemidji Community Food Shelf (BCFS) helps fill the hunger gap in Beltrami County.

BCFS is again participating in the Open Your Heart July Challenge. This campaign is sponsored by Hunger Solutions and the Open Your Heart for the Hungry and Homeless Campaign. They will award us up to \$5,000 based on the donations we receive in July.

Because we participate in special programs, we can do a lot with a dollar! Help us help our neighbors this July. Even small amounts make a difference. To donate, you can use the donation options on the website or mail us a check to:

Bemidji Community Food Shelf

1260 Exchange Ave SE

Bemidji, MN 56601

## Help Us Grow The FARM!

At Bemidji Community Food Shelf

The Bemidji Community Food Shelf loves its volunteers and could not survive without them. If you are already one of our volunteers, we thank you!

Many of you may know that the food shelf started a farm three years ago so our food shelf customers could enjoy fresh produce. Just like the food shelf, The FARM needs people like you to help us grow! We need people willing and eager to help with planting, weeding and harvesting. All ages are welcome, including children. No experience necessary! Group volunteering is encouraged, as well. Any amount of time you can share is greatly appreciated! The FARM is located at the Bemidji Community Food Shelf at 1260 Exchange Ave. SE, Bemidji, across from the Habitat ReStore.

**If you would like to help out or have questions, please contact The FARM at:**

218-444-6580 or [thefarmvolunteer@gmail.com](mailto:thefarmvolunteer@gmail.com)

Or visit our website: [www.bemidjifoodshelf.org/farm-project/](http://www.bemidjifoodshelf.org/farm-project/)