

Pelican Rapids Food Shelf Reset



The food shelf hosts a weekly Farmers Market with free produce available to the community.



There are currently 36 - 26'x30' plots being gardened at the Pelican Rapids Community Garden.

Passion + Resources + Hard Work

What happens when community members take note of a community need and pull together passions, resources, and hard work? The Pelican Rapids Food Shelf Board, along with financial assistance and expertise from the Foundation for Essential Needs, MAHUBE, Human Services, and PartnerSHIP 4 Health, collaborated to give their food shelf a makeover. This first step has led to a domino effect of expansions and connections surrounding access to local healthy foods.

The food shelf board had two primary reasons for resetting the food shelf: 1) To increase access to healthy foods and 2) To connect clients with more social services. As a result, the food shelf doubled their shopping space, added coolers and freezers with glass doors, expanded their dry storage, improved workflow, and implemented the 'client choice model' for grocery shopping. The client choice model allows families choices based on their preferences, rather than receiving a set list of food each month.

Since the reset in February 2017, the number of families utilizing the food shelf has remained constant at 80 families per month. "Due to the accessibility and visibility of the fresh and frozen produce and the client choice model, clients are choosing significantly more produce," states board member Janet Lindberg.



Community Garden Connections

To expose clients to even more fresh produce, the food shelf hosts a weekly 'farmers market' in front of the store. Community members who participate with 'Growing Together' at the Pelican Rapids Community Garden share some of their garden produce with the food shelf to be given away at the market. Motivated to help, four local teenage girls secured a Minnesota Extension Agency grant to grow produce on one of the community garden plots for the food shelf and to teach kids about gardening and cooking. Early conversations about the Pelican Rapids Community Garden becoming a farm incubator site are also in process with community members, the city mayor, and city administrator.

To help support and sustain the mission of the Pelican Rapids Food Shelf, community members can purchase Fresh Green Bucks at the local grocery store checkouts. The Fresh Green Bucks are collected and used to purchase fresh produce from the grocery store for the food shelf.

To learn more about how to participate with Growing Together or how to secure a plot at the Pelican Rapids Community Garden, contact Julie Tunheim at 218-849-1426. To learn how more about healthy food shelf initiatives or farm incubators, contact Karensa Tischer at 701-403-9544.

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