



ICA

# More than a food shelf

ICA is more than just a food shelf; it's a lifeline for many in our community. Your generous contributions to ICA are crucial in three vital ways: providing **food, employment, and housing assistance**. Your donations have a tangible impact on the lives of thousands of people each month.

## A lifesaving device

Consider the story of one of our clients. Our employment consultant helped him with his resume and interview techniques. She also inquired about his previous work experience. He shyly revealed that he was molding and manufacturing plastic cases. When she asked about the purpose of his work, he admitted that he was creating the housing for MRI machines. Our job placement consultant exclaimed, "**That's incredible! You were crafting a lifesaving device!**" Our client, moved to tears, responded, "No one has ever told me that anything I've ever done has been worthwhile."

Imagine the impact of having someone in your corner. Imagine the difference it makes to think, "I'm just molding plastics," versus, "I'm crafting a lifesaving device!" ICA not only assists hundreds of people each year with resumes and interview skills, but we also provide them with dignity, hope, and encouragement!

## Keeping families in their homes

Where would you turn if you couldn't pay your rent? For hundreds of families in our community, this is a reality. Over the past decade, rents have increased by 34% in Minnetonka and by 37% in Hopkins. We need your help to ensure our neighbors may stay in their homes. We know that keeping families and especially children in their homes significantly increases their chances of long-term success. As we look ahead to 2024, we anticipate needing **\$350,000 to keep families in their homes**.

## FOOD

### Feeding Our Community: A Look at ICA's Impact

At ICA, we're dedicated to ensuring that everyone in our community has access to nutritious food. In 2023, we distributed a staggering 1,136,393 pounds of food to our clients. Our food shelf operates on a choice-model system, mirroring the experience of a grocery store or local market. Our mobile food shelf extends our reach to low-income apartment buildings in our service area. For those who are unable to visit the food shelf due to disability or medical reasons, we offer a home delivery service, ensuring that no one in our community is left without food.

*Through our food programs, we've provided food for 946,994 meals.*

## JOBS

### Helping Individuals Find Their Path

We understand that finding employment can be a challenging journey. That's why we offer a range of services designed to help individuals navigate this path. Our services include resume creation, interview skills training, job search assistance, and networking strategies. We're here to provide the tools and support needed to help individuals find and secure employment.

## HOUSING

### A Safe Place to Call Home

Housing stability is a key factor in preventing homelessness. At ICA, we provide financial assistance on a case-by-case basis for rent and utilities, as well as referrals to other area service agencies. Our goal is to help individuals stay in their homes, thereby increasing stability and preventing homelessness. In addition, we provide bus passes and other transportation assistance to ensure our clients can get to work or school.

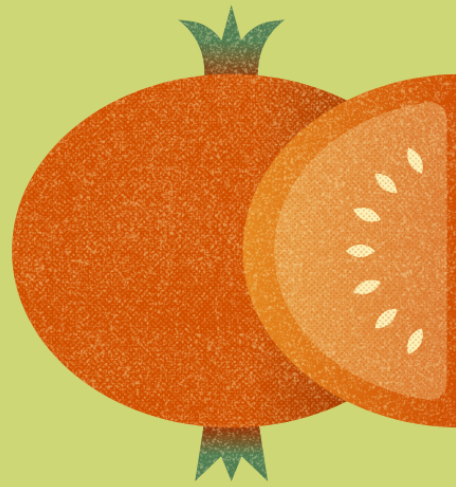
# A \$255,000 grocery bill!

Consider the weight of a \$255,000 grocery bill! That's the amount ICA plans to spend in the upcoming year to ensure everyone in our community has access to food.

Like many people, you may have noticed an increase in your grocery expenses over the past few years. The USDA reports that you're spending about 5.8% more on food compared to 2022. The same is true for ICA. We purchase about a third of the food we distribute.

Consequently, ICA's grocery expenses for 2023 have also risen significantly. Looking forward, while the USDA predicts food prices will begin to stabilize in 2024, they still anticipate a **2.2% increase** in food costs.

Rising food costs impact ICA in two ways. First, the number of families seeking our assistance is on the rise. We're currently experiencing record numbers of families needing help, with **over 1000 families each month!** Second, our grocery expenses continue to rise. Therefore, our goal for the next year is to raise \$255,000 to cover the cost of the groceries our neighbors will need when they visit the food shelf.



## Join Us in Our Mission

We are committed to not only feeding our neighbors in need, but also supporting them in their journey towards financial independence and housing stability. We invite you to join us in our mission to provide assistance to those in need.

Thank you for your generosity and for helping care for our community through your contributions to ICA.

With gratitude,

Scott Searl  
Director of Philanthropy



**Donate Today!**

Please call Scott at 952-279-0280 or Nina at 952-279-0292 for more details on how your donations help thousands of neighbors in need. Thank you!



# Serving our neighbors in need

[www.icafoodshelf.org](http://www.icafoodshelf.org)