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### **Wellspring Interfaith Social Services receives a \$30,000 grant from St. Joseph Community Health Foundation**

A family of seven recently found themselves struggling. The father had been the sole provider and recently lost his job. As he was working odd jobs just trying to make ends meet, it was not enough. Their savings were dwindling fast. The wife, hesitant and unsure, visited our Food Bank for the first time. She was worried that the food she'd receive might not be what her children would eat and didn't want to waste our time. But when she learned she could choose what to take home, her relief was evident. She left with bags full of food that her family could enjoy.

While waiting in our lobby, she noticed the nutrition class information as it scrolled across our waiting room TV. Having money to afford food was hard but having enough to afford fresh produce seemed like an unattainable luxury. She reached out to our registered dietitian and began attending some cooking classes when her schedule allowed it. She could not believe the amount of produce she was able to bring home for her children.

Wellspring Nutrition Program is making a real difference in the lives of our community. Our clients are not only gaining valuable nutritional knowledge and skills, but they're also receiving something unique—fresh produce bags. Every Tuesday, our registered dietitian and a dedicated volunteer pack about bags filled with around 15 servings of fresh produce each. These bags are distributed after each cooking class and during food bank hours that evening.

This family's story is just one of many we hear each month. So many people are struggling and need a helping hand to improve their situation. Our food programs offer that support, but our nutrition program goes a step further by providing healthy food and resources that create a lasting impact. Together, we're building a healthier, stronger community for the future. Says Ermina Mustedanagic, Wellspring CEO

Wellspring's food and nutritional programs are partially supported by a grant from the St. Joseph Community Health Foundation. We received \$30,000 to support Wellspring's food and nutritional programs. Their support allows us to reach more families in need, providing not just food, but the tools for lasting change. Thank you for helping us make a difference in our community.

For more information on Wellspring and how you can support its community efforts, please visit [www.wellspringinterfaith.org](http://www.wellspringinterfaith.org) or call 260-422-6618 ext. 112.

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