

# COBBER FOOD PANTRY ANNUAL REPORT 2022-23



*"The collaboration between the Cornucopia Garden and the Cobber Food Pantry has been such a great way for us to connect the garden to the larger campus community, while finding additional homes for our vegetables."*

– Gabrielle Lommel, Sustainability coordinator



## Eating Local

One sustainable and fruitful way the pantry has sourced fruits and vegetables is through on-campus gardening efforts.

Once the Cornucopia Garden starts producing, the garden team donates produce on a weekly basis to the food pantry. The team usually brings over small quantities of each vegetable since veggies aren't in demand as much during the summer. In the summer of 2022, the garden harvested approximately 913.3 lbs. of produce, with 107.43 total lbs. being donated to the food pantry.

Gabrielle Lommel, Sustainability coordinator, Sarah Stauner, garden manager, spearheaded these efforts.

## Cookin' w/ the Cobber Food Pantry

The Cobber Food Pantry held a live cooking demonstration in order to showcase healthy and nutritious food items available at the pantry. Using the Food Lab in the Integrated Science Center, the CFP was able to gift attending students with kitchenware, including kitchen knives, measuring cups, vegetable peelers and can openers, with a grand prize giveaway of a 1.5 cup food processor.

## 2022-23 AT A GLANCE

**13,683 lbs.** of food distributed to students

**300** volunteer hours

### PANTRY VISITORS

**265** ↑

students served  
(220 served in 2021-22)

**1,418** ↑

visits by those students  
(1,167 visits in 2021-22)

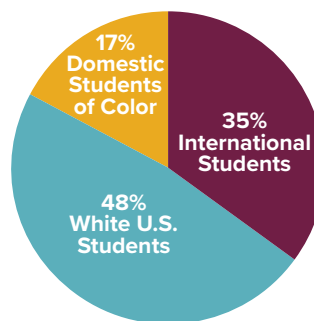
### DONATIONS

**2,140 lbs.**  
food donated from  
campus/community  
members/food drives

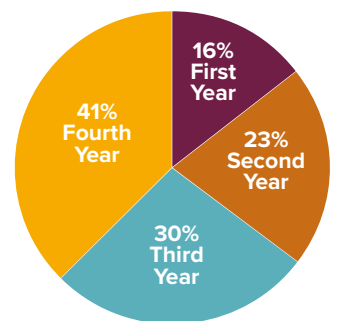
**12,183 lbs.**  
food received from  
Great Plains Food Bank  
including food rescue

**\$20,272**  
financial  
contributions

### Race Demographics



### Year in School



### Gender Identity

20% of all food pantry users self-identify as LGBTQIA+

### Socioeconomic Status

59% of all food pantry users self-identify with at least one measure of low socioeconomic status

## Positive Results: AmeriCorps VISTA Grant

"Working closely with the Cobber Food Pantry this year has been very fulfilling. Food justice has been brought to the forefront of my mind this year, and it's hopeful to see the dedicated people from all over the F-M area that are committed to getting folks what they need."

— Sydney Stock, AmeriCorps VISTA Basic Needs coordinator



### Upcoming VISTA Projects

2022-23 was year one of the three-year AmeriCorps VISTA Grant Concordia received.

- Offer transportation to Fargo-Moorhead community gardens to increase students' knowledge of and access to fresh produce
- Add additional Cookin' w/ the Cobber Food Pantry workshops
- Develop a Cobber Food Pantry volunteer training program
- Apply for grants that will help support efforts

## NEW STRATEGIES THIS YEAR

### Pop-Up Food Pantry Transportation

In order to provide additional food support to students living on campus in Summer 2022, the Office of Global Learning helped line up transportation to local community food pantries.

### Cooking Tutorial Videos

Developed by the Basic Needs coordinator, these tutorials with step-by-step instructions featured easy-to-prepare meals a student could make in their on-campus kitchen. Educational materials such as this, help develop students' practical competence and confidence in the kitchen!



### Ramadan Mobile Cobber Food Pantry

Created to support and accommodate students who observe Ramadan and the associated fasting practices, the Mobile Cobber Food Pantry was a glowing success. The mobile pantry was able to work with Muslim students to ensure the resources were spent on culturally relevant foods, such as fruits, dates, sweets, and Halal items. As the time of Iftar fluctuates week to week, coordinating with students as to when the Mobile Cobber Food Pantry was needed was important. The Muslim

student population was highly appreciative of the efforts made by the Cobber Food Pantry to not only cater to their time constraints, but to also ensure that the food provided was relevant and nutritious.

## HIGHLIGHTS



### Athletics Food Drive Competition

In December, Cobber sports teams hosted a friendly competition between Fall, Winter, and Spring sports, to collect food for the Cobber Food Pantry. Fall sports won.

*"Between Nov. 28-Dec. 2, we had 549 total items donated by student-athletes and staff members. That's more than one item donated per student-athlete and staff members combined! Personally, I could not be more proud of how this went. We are so lucky to have such wonderfully generous student-athletes here."*

— Ben Schneeweis, Associate Athletic Director

### Podcast Feature

Nathalie Rinehardt, assistant dean of students, recorded a podcast on Builders, highlighting the Cobber Food Pantry start-up story. Builders is a production of the Lorentzsen Center for Faith and Work. Podcast: [www.buzzsprout.com/2039562](http://www.buzzsprout.com/2039562)

### Fill the Dome Donations

Received 1,169 lbs. of Fill the Dome donations from Great Plains Food Bank. GPFB continues to be an invaluable resource for the Cobber Food Pantry, as the only food bank in North Dakota and Clay County, Minn.



### Staff Member Spotlight

**Alisha Debleye '24**, neuroscience and psychology double major, will serve as the upcoming Cobber Food Pantry student assistant. Alisha has experience volunteering at a weekly food pantry called Manna Market in Fridley, Minn, running social media for various campus organizations, and works as Lead Mentor for marginalized students at Moorhead High School.

### The Cass Clay Hunger Coalition, Hunger and Health Summit 2022

In October, the Cobber Food Pantry and Office of Community Engagement sponsored the 2022 Hunger and Health Summit. The Cass Clay Hunger Coalition invited its members and other community partners to its annual Hunger and Health summit. The Cass Clay Hunger Coalition is made up of 30+ agencies and organizations across Fargo-Moorhead who work collaboratively in order to improve our communities' health and well-being, mainly through the use of food pantry systems. A few key partners who presented at the summit include, Great Plains Food Bank, Creating Community Consulting, Dream Center Bismarck, and First Nations Consultants.



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