

LAKESHORE RESOURCE NETWORK
MORE THAN A FOOD PANTRY
A COMMUNITY RESOURCE CENTER

“Give a man a fish and you feed him for a day.

Teach a man to fish and you feed him for a lifetime.”

Identifying the Need

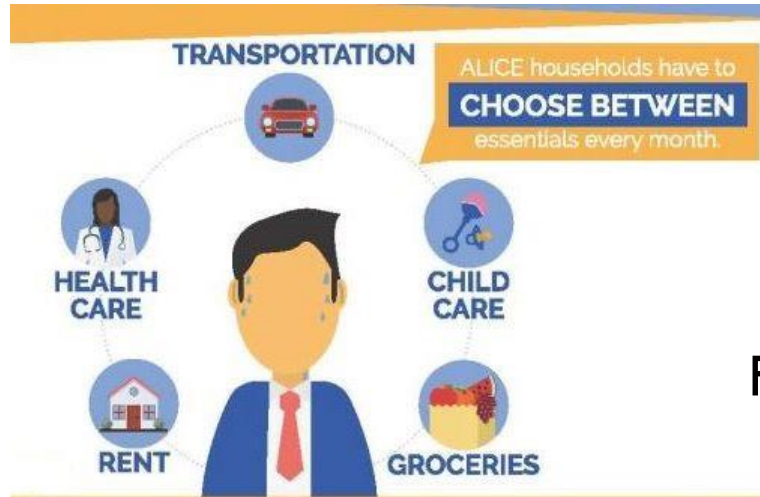
Mason County:

- Median Household Income: \$42,024
- 15% in Poverty
- 25% below ALICE Threshold

= 40% struggle or 4,900 households to support basic needs



Identifying the Need



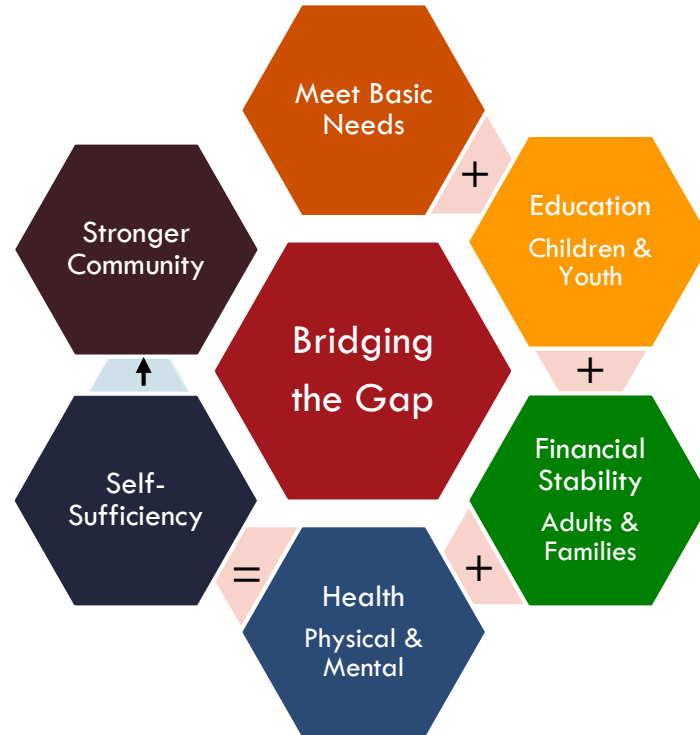
Michigan Household Survival Budget

Four-person household: \$56,064

The Big Picture Philosophy

Bridging the Gap:

Creating a path out of poverty to self-sufficiency, building a stronger Community





Here's the Plan... Resource Network



□ Tenants:

- American Red Cross
- Habitat for Humanity of Mason County
- Lakeshore Food Club
- MIWorks! West Central
- Pennies from Heaven Foundation
- Staircase Youth Services
- TrueNorth Community Services
- United Way of Mason County
- AARP Foundation (Experience Works)
- Mason- Lake County Adult Education

Here's the Plan... Resource Network

- Community Classroom
 - ▣ Employment training, homeownership & home repair training
 - ▣ Financial management & literacy training
 - ▣ Nutrition & cooking education



Computer Lab & Kiosks





**LAKESHORE
FOOD CLUB**



Here's the Plan... More than a Pantry



- **Lakeshore Food Club**
Love – Feed - Connect
 - Full-time Director
 - Convenient hours
M-F 11 am-6pm and Sat 9-Noon
 - Membership Based
 - More Resources
Volunteers, Donations and Donors

How Memberships Work

□ Membership Model

- Requires a 30 day membership and a \$10 membership fee for access to the Food Club and trainings in community classroom
 - Points, which spend like cash, are provided based on household size.
 - Small fee increases sense of dignity by contributing toward own needs
 - Decreases stigmas and increases sense of responsibility and self-esteem
- Offers a grocery store experience & emphasizes client choice
- Incentivizes healthy choices, meal planning, and budgeting

Goals of the Lakeshore Food Club

- ❑ Improve wellness for member households by promoting food literacy and good nutrition through accessible and incentivized healthy options.
- ❑ Increase participants' self-efficacy in food preparation skills of nutritious meals through cooking demonstrations, meal planning and sample recipes.
- ❑ Increase nutritious food choices through the promotion of wholesome food, demonstrations, nutrition education and taste tests.

Why it matters

Food Insecurity + Chronic Disease are an interrelated problem

- The Lakeshore Food Club has ample space for large coolers and freezers.
 - ▣ This allows for the capacity to purchase quality protein, dairy, and bulk items, and decreases overall waste.
 - ▣ Nutritional needs will be better met at LFC with a variety of quality protein sources, dairy products, and fresh produce.
- Access to safe, nutritious food will not only help diminish the meal gap for families in Mason County, but also increase nutrition and wellness, reducing chronic disease.

Lakeshore Resource Network

www.LakeshoreResourceNetwork.org



Lakeshore Food Club

www.LakeshoreFoodClub.org

