

THE Garlic Press

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SUMMER 2026

The Power of Local

If you've spent any time in the Driftless Region during the summer, you know there's something special about this season. The roadside stands appear almost overnight. Farmers markets fill with color and conversation. The first greens and radishes arrive, followed by strawberries, tomatoes, sweet corn, melons, and the countless signs that our growing season is in full swing.

At People's Food Co-op, this is one of our favorite times of year—not simply because of the food itself, but because it reminds us why our co-op exists.

Most grocery stores are designed to move products. Your local food co-op was created to help build a stronger local food system.

Supporting local farmers, producers, and makers isn't a seasonal promotion or a marketing campaign. It's part of our purpose. It influences what we buy, who we partner with, and how we define success. Every local product on our shelves represents a relationship, a family business, a farm, or a producer investing in this region alongside us.

When you purchase local food, you're doing more than filling your grocery cart. You're helping sustain farmland, support local jobs, strengthen small businesses, and preserve the agricultural traditions that make the

Driftless Region unique. You're helping ensure that future generations will have access to diverse, resilient food sources rooted in our own communities.

There is also something powerful about knowing where your food comes from. The person who grew that lettuce, raised that animal, baked that bread, or crafted that cheese isn't an anonymous supplier hundreds or thousands of miles away. They're your neighbors. They shop in the same stores, support the same schools, and contribute to the same communities we all call home.

Food tastes different when it carries a sense of place. It tells the story of our region, our landscape, and the people who care for it. That's why local food isn't just about geography—it's about connection.

This issue highlights **Driftless Provisions**, a producer that embodies many of the values we look for in our local partners. Their commitment to thoughtful sourcing, quality craftsmanship, and sustainable practices reflects the care and dedication that define so many local businesses throughout our region. We're proud to share their story and proud to offer their products in our stores.





Speaking of supporting local, we're also looking for new team members to **join the co-op**. Working at PFC means more than a job. It's an opportunity to support local food, serve your neighbors, and contribute to a mission that extends far beyond our walls. Every role at the co-op helps strengthen the connections between farmers, producers, shoppers, and community members.

And that's really what summer in the Driftless is about. It's not just abundance—it's connection. To farmers, makers, neighbors, and a region that continues to produce food that reflects the character and spirit of the place we call home.

So as the season unfolds, we'll keep celebrating the first harvests, the familiar faces behind them, and the partnerships that make a stronger local food system possible.

Cooperatively,

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BOARD OF DIRECTORS UPDATE

upcoming meetings | 5 PM

25

JUNE

23

JULY

27

AUGUST

DEAR CO-OP MEMBERS,

Summer is in the air, and with it comes a season of renewal, fresh flavors, and vibrant community at People's Food Co-op!

We're gearing up for an abundance of beautiful produce, including tender greens, strawberries, radishes, peas, fresh herbs, and other seasonal favorites. There's nothing quite like the first tastes of the season to remind us why it's important to support our local food systems.

This time of year also marks an exciting moment for our partnerships with local farmers and producers. By shopping at the co-op, you directly support the hardworking growers, bakers, and makers in our region who are preparing fields, planting seeds, and crafting the high-quality foods we all enjoy.

Your continued commitment to PFC helps sustain local agriculture, strengthens our food economy, and keeps fresh, nutritious food accessible to La Crosse and Rochester.

Here's how you can help!

As a member-owner, your voice and participation matter. It takes all of us working together to make our co-op successful. You can help us by:

Contributing

your feedback for our strategic plan. Find our form [here](#).

Referring

your friends and neighbors to shop at PFC. Join our [email](#).

Attending

our upcoming events in La Crosse and Rochester. View our event/class [calendar](#).

Thank you for being part of our co-op community. Your membership, your shopping, and your engagement are what make this organization thrive.

We can't wait to welcome the fresh season with you!

With gratitude and excitement,

Board of Directors

People's Food Co-op



People's FOOD CO-OP

JOIN - our - TEAM!

We're hiring friendly, passionate people who care about good food and community.

FULL & PART-TIME
positions available

APPLY ONLINE **TODAY!**



P.F.C. COOP/CAREERS

WAYS *to* SAVE

JUNE

FATHER'S DAY

June 17–23

This week's Fresh Deals features grill-ready meats, snackable treats, and refreshing beverages for summer.

BEER SALE | 10% OFF

June 17–23

Raise a glass to Father's Day with 10% off all beer all week long. It's the perfect time to stock the fridge or find your new summer favorites.

CO-OP DEALS BOGOS (see right)

June 17–30 & August 19 – September 1

Buy One, Get One Free deals on beverages, snacks, ice cream and more!

JULY

INDEPENDENCE DAY

July 1–7

Get ready for Fourth of July with Fresh Deals. From picnic favorites and grilling staples to refreshing beverages and festive treats, this week's specials are designed to help you celebrate the long weekend.

FROZEN SALE

July 29 – August 4

Beat the heat with savings during our Frozen Sale. Stock up on summer essentials like ice cream, quick meals, and smoothie ingredients—all perfect for busy summer days. Whether you're cooling off after the sun or keeping dinner simple, the freezer aisle will be full of delicious deals to keep you cool.

STAY *in the* **LOOP** JOIN OUR EMAIL!

Co-op updates, promotions, upcoming events, and more—all delivered right to your inbox.

Sun DAYS

Sundays just got easier — and tastier. This summer, stock up and save with our new weekly **Sunday-only sale** featuring seriously good deals on Field Day and Co-op Basics favorites from across the store.

Each Sunday brings a new lineup of easy dinner ideas, pantry favorites, snacks and more. Soak up the sun and savings!

coop deals

JUN 17 - JUN 30, 2026

fizzy flavors

Bring in the summer with exciting BOGO sales at the co-op, including Nixie's Sparkling Waters. It's a great time to stock up - have them chilled and ready for outdoor parties, beach time or just relaxing any time of day.



Buy One, Get One
FREE

Nixie
Organic Sparkling Water
8 pk.-12 fl. oz. cans, selected varieties



Buy One, Get One
FREE

Annie's
Organic Fruit Snacks
7 oz., selected varieties



Buy One, Get One
FREE

Cosmic Bliss
Organic Frozen Desserts
14 fl. oz., selected varieties



Buy One, Get One
FREE

Bizzy
Organic Cold Brew
48 fl. oz., selected varieties



Buy One, Get One
FREE

more offers in

EVENTS & SAMPLINGS



GROUP ACUPUNCTURE | *BOOK ONLINE

Every Wednesday | 5:30–8 PM | La Crosse

Group acupuncture is a cost-effective and community-oriented approach to care that offers health benefits for conditions like chronic pain, stress, and anxiety, while fostering social support and reducing isolation.



BOARD GAME SUNDAYS

Every Other Sunday | 1–6 PM | Rochester

This is a casual, drop-in style event where gamers of all ages are welcome. Bring your own favorite board games or choose from hundreds of games provided on site by Game Haven.



OFF SEASON STRIDERS RUN

Third Sunday of Each Month | Morning Start | Rochester

Join Rochester Running Club's Off Season Striders for a community run starting at PFC! This informal, all-levels running group meets year-round on weekends. Exact start time may vary, see more details [here](#).



SAMPLING: SOUTH BY SOUTHEAST

June 20 | 4–6 PM | Rochester

Celebrate Father's Day with South by Southeast Minnesota Brewing Co. and explore an impressive range of brews. It's the perfect chance to find a few standout cans for Dad (or yourself).

From community classes to vendor samplings, these gatherings are a great way to connect with local food, local makers, and your co-op community.

Stay up to date on [social](#) or our [online event calendar](#)



SAMPLING: MODIST BREWING CO.

June 26 | 4–6 PM | Rochester

Whether you're planning a backyard barbecue, lakeside picnic, or just soaking up the long weekend, this sampling is the perfect way to discover easy-drinking beers to share with friends and family.



TASTE OF LOCAL: GRILL & GATHER

June 27 | 10 AM – 1 PM | Rochester

Join us for a summer-inspired sampling featuring local meats, cheeses, and picnic-ready favorites. Meet some local makers, discover new flavors, and gather ideas for your next backyard gathering or summer celebration.



SAMPLING: WONDERSTATE COFFEE

July 15 | 10 AM – 1 PM | Rochester

As summer adventures, road trips, and farmers market mornings are in full swing, there's no better time to find the perfect coffee to fuel the season. Sip and learn what makes them a standout in the Midwestern coffee.



TASTE OF LOCAL: BODY & MIND

August 8 | 10 AM – 1 PM | Rochester

Come and explore products and ideas designed to help you feel your best. Meet local makers, sample wellness-focused products, and learn about natural ways to support your everyday routines this summer.

Old World MEATS IN WISCONSIN

Driftless Provisions brings handcrafted taste

By: Greg Lovell | Photos: Driftless Provisions

Any Midwesterner worth their salt is probably very familiar with salami, beef sticks, and summer sausage. One or all of them can usually be found at most social gatherings up here, not to mention in a fair amount of lunch boxes and picnic baskets.

What if these Midwest staples could be elevated in some way, perhaps through the quality and types of ingredients or approach to the land and animals?

Enter Ryan and Kristen Wagner, the husband-and-wife owners and operators of Driftless Provisions out of Viroqua, Wisconsin, who envisioned something better to grace our backyard grillouts and meat and cheese trays.

Driftless Provisions offers a premium line of classic meats based on sustainability, quality, and clean ingredients.



A CURE FOR BOREDOM

Ryan's path to becoming an expert salumist began in his very own root cellar, where he honed the craft of making traditional European meats with an American twist.

As an avid outdoorsman inspired by the rolling landscape and family farms of Wisconsin's Driftless region, he began experimenting with salami harvested from his hunting excursions and at-home butchering. Entirely self-taught, he jumped right into the "sausage culture" of Wisconsin, using everything from bear and venison to the traditional pork and beef.

It all started with a focus on salami, which begins like fresh sausage, where meat is ground, mixed, and then stuffed into natural casings. From there, it's hung in a fermenter for one to two days before moving into a drying chamber, where it cures over six weeks. Rather than being cooked, salami is preserved through fermentation and drying, developing its signature flavors and texture over time.

Ryan's tasty hobby soon expanded.

"Ryan found a way to combine place and experience with those around us," said Kristen Wagner. "That love of food and connection through sharing and storytelling has led us to where we are today."

And where they are today is a robust family- and veteran-owned business crafting a range of premium dried, smoked, and fresh meats using humanely raised pork and grass-fed beef. Customers seeking clean ingredients in quality meat products made close to home are sure to find excellent options.

"Our process honors land, animals, and farmers, prioritizing sustainability," Kristen continued.



**LANDJAEGER
SALAMI**
4.5 OZ **\$11.99**

**SPICY
FINNOCHIONA
SALAMI**
4.5 OZ **\$9.99**

PRODUCTION FROM THE GROUND UP

Prior to moving to Viroqua, Ryan wore a number of hats, including Marine, civil engineer, and wilderness program director. He also earned an MBA from UW-Madison. This unique blend of experiences eventually helped shape his approach to all aspects of Driftless Provisions.

During graduate school in 2015, Ryan began to see the potential of starting a business that brought together his love for hunting and crafting artisan meats. At the time, there was only one salami producer in the state of Wisconsin, so the market was favorable.

Driftless Provisions officially launched in 2019 through midwest co-packing

partnerships. By 2020, they secured their own production space in the Food Enterprise Center in Viroqua. By 2022, they transitioned all recipes to be free of synthetic nitrates and introduced packaging to extend shelf life.

“Ryan and I are both entrepreneurs at heart, so owning our own business has been such a fun adventure together that allows us to co-create a life for our family full of meaning and purpose,” said Kristen.

Currently, the Driftless Provisions operation features a production and package room, solar-powered drying chamber, walk-in cooler and freezer spaces, and additional warehouse space. They currently employ a team of nine full-time and two part-time employees.





CASTING OUT POTENTIAL GROWTH

While salami continues to be their number one seller, Wagner says brats and breakfast sausage are becoming local favorites and the recently-launched grass-fed beef sticks are gaining popularity.

Continued partnerships with regional meat processors have fostered additional growth and enabled Driftless Provisions to expand the product line. With success comes the challenge of balancing fiscal responsibility with ambitious scaling, including outside of Wisconsin.

“The past couple years have also brought forth more national opportunities to expand our product reach,” said Kristen.

As they peer into the future while traveling across the country to attend various national tradeshow, Ryan and Kristen always keep one foot firmly planted back home.

“We love being active participants in our local economy, supporting local employment, and having the ability to build meaningful relationships with local farm producers, industry partners, and key players in our local and regional economy,” she said.

Right now, the vision is to grow as a nationally recognized and trusted brand while building a company rooted in stewardship, or, as Kristen puts it, “caring for the land and animals that feed us, inspiring more people to choose quality over cost for a more sustainable and thriving food system.”

Now that’s good taste for anyone, anyway you slice it.

Driftless Provisions products can be found at the **People’s Food Co-op** and several other area grocers and specialty shops.

Customers can also order products online through their **website**.



DINNER FOR UNDER \$30

Crispy Gnocchi with Sausage, Mushrooms & Broccoli



Serves: 3–4 | Total Cost: ~\$17–21 | Per Serving: As low as ~\$4–6

If you've ever paid \$20+ for a cozy Italian-style dinner out, this one delivers the same comfort at a fraction of the cost. This hearty, flavor-packed dish comes together for just **\$21.07 total**—and if you skip the extra parmesan (since pesto already has it), it drops to \$17.08. That's less than the cost of one restaurant serving!

INGREDIENTS

- 1 (16 oz) package gnocchi
- 2 hot Italian pork sausages
- 8 oz mushrooms, sliced
- 1 head broccoli, cut to bite-size pieces
- 3–5 tbsp pesto, divided
- 1–2 tbsp oil
- Salt + pepper, to taste
- Grated parmesan (optional)
- Fresh basil (optional, but recommended!)

TIPS:

Skip extra parmesan to save money—pesto already brings plenty of flavor.

A splash of cream at the end makes this feel extra indulgent.

Fresh basil takes it to the next level—even just a few leaves!

INSTRUCTIONS

Cook the sausage

Simmer sausages in water for about 15 minutes, until fully cooked. Let cool slightly, then slice into rounds.

Crisp the gnocchi

Toss gnocchi with 2–3 tbsp pesto. Air fry at 400°F for about 10 minutes, until golden and crispy on the outside.

Cook the broccoli

Remove gnocchi and set aside. Toss broccoli with a little oil and salt, then air fry for 8–10 minutes until tender with slightly charred edges.

Sauté mushrooms & sausage

In a large pan, cook mushrooms until browned. Add sliced sausage and 1 tbsp pesto, cooking until the sausage gets a bit of color.

Bring it all together

Add the crispy gnocchi and broccoli to the pan. Toss everything together, adding a little more pesto if needed (but don't overdo it!). If things start to stick, add a splash of water—or a bit of cream for extra richness.

Finish & serve

Top with grated parmesan (if using) and fresh basil for a bright, fresh finish.

CRISPY CURRY RICE & CUCUMBER SALAD

An easy, budget-friendly salad that's bright, crunchy, and surprisingly filling. It leans on pantry staples like canned beans and leftover rice, but still delivers big, bold flavor with a Thai-inspired twist.



INGREDIENTS

For the crispy curry rice

2 cups cooked rice (day-old or cooled)

1–2 tbsp red curry paste

1 tbsp soy sauce (or fish sauce)

1 tsp sugar

1–2 tbsp oil

For the salad

2 medium cucumbers

1 (15 oz) can chickpeas, drained and rinsed

¼ small red onion or 2 shallots, thinly sliced

1–2 handfuls cilantro and/or mint (optional)

For the dressing

2 tbsp lime juice (fresh or bottled)

1 tbsp soy sauce (or fish sauce)

1–2 tsp sugar

½–1 tsp chili flakes or chili crisp

1 small clove garlic, grated (optional)

Optional add-ins

Roasted peanuts or sunflower seeds

Shredded cabbage or carrots

INSTRUCTIONS

Make the crispy rice

Preheat oven to 425°F. Break up the cooked rice so it's not clumpy, then toss with curry paste, soy sauce, sugar, and oil. Spread onto a baking sheet in a thin layer and bake for 20–25 minutes, tossing it halfway through, until crispy and golden in spots.

Prep the salad base

Slice cucumbers into bite-sized pieces (or lightly smash them for more texture). Add to a bowl with the drained chickpeas and sliced onion.

Mix the dressing

In a small bowl, stir together lime juice, soy sauce, sugar, chili flakes, and garlic. Taste and adjust; it should be bright, salty, and slightly sweet.

Toss the salad

Pour the dressing over the cucumber-bean mixture and toss to combine. Add herbs if using.

Bring it all together

Add the crispy rice right before serving and gently toss. Top with nuts or seeds if you have them.

NEW!

Specialty SANDWICHES

crafted in-house | fresh to order

view entire menu
online or in-store



TURKEY GIARDINIERA

bright | crunchy | creamy

Santa Fe Style Turkey, giardiniera mayo, white balsamic tomatoes, red peppers, red onions, spring mix and provolone cheese.

Available Hot or Cold



CHICKPEA SHAWARMA WRAP

vegan

warm spices | bold | tangy

Co-op's Own™ Chickpea Shawarma with spring mix, carrots, tomatoes, pickled veggies (daikon & carrots) on a Stacey's Whole Wheat Wrap.



VEGGIE GIARDINIERA

bright | tangy | balsamic bite

Giardiniera mayo, white balsamic tomatoes, red peppers, spinach, and provolone cheese.

Available Hot or Cold



ITALIAN HOAGIE

zesty | bold | protein-packed

Beeler's ham, smoked turkey, and salami with provolone, tomatoes, pepperoncini, black olives, spring mix, and red wine vinaigrette.

NEW!

GRAIN *Bowls*

with choice of grain

view entire menu
[online](#) or in-store



BANH MI PORK

crunchy | spicy | tangy

Banh mi pork, sweet and spicy chickpeas, pickled veggies, cucumbers, pineapple, spinach, green onions, jalapeño, and cilantro. Topped with sesame seeds and banh mi sauce.



HERBED TOFU

earthy | light | veggie-packed

Herb tofu, roasted beets and brussels, sweet and spicy chickpeas, pickled veggies, and spinach. Topped with vegan banh mi sauce, sesame seeds, jalapeños, cilantro, and green onions.



SOUTHWEST CHICKEN

smoky | spicy | bold

Fajita chicken, caramelized corn and onions, black bean mix, pineapple, black olives, green onions. Topped with tortilla strips, cheddar, Co-op's Own™ Chipotle Ranch, and Yellow Bird® hot sauce.



BAJA CHILI LIME JACKFRUIT

zesty | bright | unique

Upton's Chili Lime Jackfruit, caramelized corn, and onions, black bean mix, avocado salsa, spinach, cilantro, jalapeños, green onions, feta cheese, tortilla chips, and Yellow Bird® hot sauce.

EMOTIONAL *Wellness* CORNER

Help for a Busy Mind

Written by: Greg Lovell

One of the most common difficulties I've heard people express in my workshops and classes is having a very busy mind.

And that's putting it nicely.

They usually say it with a hint of painful desperation in their voices:

I can't sit still.

I can't quiet my mind!

I can't meditate because my mind won't settle down.

My mind is always busy!

Have you ever had this experience or said something similar? I know I have. Chances are, we all have. This is because minds think—a lot. It's what they are supposed to do. And they don't seem overly concerned with how we feel about it. Indeed, minds seem to have minds of their own.

This is because the brain is designed for survival, not happiness. In other words, like any other organ in the body, the brain has its own functions, agenda, and priorities.

You might think of your own brain like a paid subscription—something that is always there, automatically running and carrying out the services it provides. Of course, in this case, we cannot stop our subscription when the services are no longer wanted. I bet every single one of us would love to outright cancel our monthly subscription to worry and overthinking!



Yet, believe it or not, it's also not in our best interest to rid ourselves entirely of all that chattering mental activity we deal with day to day.

First and foremost, a lot of it is useful and necessary. Where else would we generate our planning, problem solving, and decision making? How would we form the language we need to communicate?

Furthermore, even the so-called “bad” mental habits have “good” aspects. Worry is an attempt to keep us safe. Anger helps us stand up for our values. Overthinking can be an attempt at generating solutions.

Maybe the solution lies in leveraging the benefits of our various mental activities while softening any disadvantages. As the old adage advises, let’s not throw the baby out with the bath water.

Here is a short mindfulness practice to help you do just that:

Start by slowing your entire system down. This alone will help relax cognitive activity, including thinking.

Close or partially close your eyes, place one hand on your upper abdomen, and lightly close your mouth so that your breath starts moving primarily through the nose.

Start consciously slowing down the pace of your breath and encouraging it to move lower into the abdomen area. You should notice the hand resting on your abdomen moving gently up and down as you focus on your breathing. It’s important to not try too hard at this. Allow your body to breathe in your natural rhythm as you slowly guide it to soften and slow down. Overbreathing or trying to force it into a rhythm will likely cause unnecessary tension and be counterproductive.

Work with your body and mind.



As things slow down internally, your awareness will expand. You will start noticing sensations, feelings, and thoughts more clearly. Noticing what is present internally is a crucial step, even though it may at first seem like your mind is extra busy and this isn't "working." That's okay. Remember that this activity of mind is natural. Trust that the practice is indeed still working and supporting you.

When you are ready, turn your spotlight of attention away from the breath and onto the stream of thoughts (including memories, plans, and images) flowing across your mind. Make yourself the observer of that content. As you observe each thought in turn, allow it to pass by without getting hooked or engaging it in some way. Sit on the sidelines of your own thinking, so to speak. You might imagine each thought as a bubble floating by. You can even do the same with the related feelings if you would like.

Continue for 5-10 minutes (setting a timer is helpful) and repeat as necessary, especially after stressful or busy moments in your day.

In starting this practice or similar practices, you might find yourself getting discouraged that even though you are mindfully observing your thoughts, feelings, and other content, there is still a lot of it there. Your mind isn't actually quieting down its busy production like you had hoped.

This scenario represents one of the biggest paradoxical insights of mindfulness meditation: You don't actually quiet or stop the mind's activity through meditation. In fact, you're advised not to even try!





Now, before you walk away in frustration thinking I've tricked you, hear me out.

What actually happens in meditation is a profound shift in your relationship to all the thinking and other mental activity, and you will begin to experience a more serene distance from it, even as it's there. Your mind will feel quieter because you're no longer so hooked by all the thinking. The experience is a bit like turning down the volume of a noisy radio in the background. Eventually, you just acknowledge the noise without being too bothered by it.

To offer another analogy, you might think of your practice time as unplugging a rattly fan in your house. When you unplug the fan, the fan is of course still present, as are all of its components. It just doesn't have power anymore. So, too, with our thoughts when we apply mindfulness and "unplug" from them. They're still there, but they just don't have as much power, and we experience them differently as a result.

In other words, we can experience a quiet—or at least quieter—mind, even when it's busy. There is no need to try to shut down the mind or impede its workings. In addition to being futile, these kinds of efforts actually make matters worse. How can we relax and rest our minds when we're working them so hard? Effort is effort, even if it's aimed at relaxation.

True rest and relaxation comes with effortless non-doing, so better to breathe, relax, and let go. Equanimity and a calmer, quieter mind are sure to follow.



be here is a community campaign that inspires people to put down screens, build healthy habits, and connect with one another.



MENTAL HEALTH COALITION
of GREATER LA CROSSE

This article is produced free of charge. Please consider donating to the Mental Health Coalition of La Crosse alongside PFC to support mental health efforts in our area.

<https://lacrossementalhealth.org>



Summer RECIPIENTS

Your pennies have power.

By rounding up your total at checkout, you help support local organizations, community initiatives, and programs that strengthen our neighborhood.

Thank you for making the Coulee Region healthier, stronger, and more connected.

APTIV

La Crosse | JUN

Aptiv provides a spectrum of innovative support through customized services for individuals with disabilities, age 4 through adult. With guidance and support from Aptiv's professional staff, individuals with disabilities develop skills and confidence they need to live more independent and more engaged lives in their community. We focus in the areas of living, learning, and working for three primary age groups.

MISSISSIPPI VALLEY CONSERVANCY

La Crosse | JUL

We're on a mission to conserve native habitats and farmlands for the health and well-being of Wisconsin's Driftless Area. In this time of rapid climate change, our services help landowners and communities protect their land from development and restore its resilience and biodiversity.

HABITAT FOR HUMANITY - LA CROSSE REGION

La Crosse | AUG

Habitat for Humanity of the Greater La Crosse Region is a nonprofit organization founded on the conviction that every family should have a safe, stable, and affordable place to live.

PROJECT LEGACY

Rochester | JUN

Project Legacy provides support and training to youth and young adults impacted by multiple barriers such as poverty, domestic violence, housing instability, incarceration, gangs, addiction and violence. Through wraparound, long-term support including tuition and housing assistance, mental health support and an alternative, positive peer group we build trust, inspire hope and create change.

FAMILY SERVICE ROCHESTER

Rochester | JUL

Family Service Rochester is a community-based organization providing mental health, senior independence, family stability, and child well-being services. We listen to what people need and together we build better lives.

HAWTHORNE HELPS

Rochester | AUG

Hawthorne Helps welcomes and provides school supplies, books & essential items, assists with Channel One Food Shelf's Mobile Market, seasonally distributes winter wear, garden seeds & plants to adult students at Hawthorne Education Center. From 68 countries speaking 38 languages, all struggle to make a better life for themselves & their families through education. 85% live at or below poverty.