Through partnerships and kindness-based initiatives, we believe the physical, emotional and spiritual climate of an entire community can be changed for good. Each month, with the help of our dedicated partners, we provide practical resources such as new or gently-used shoes, groceries, meals, food for hungry college students, backpacks with school supplies for students, medical foot care, holiday support and more for hundreds of people in need.

To work towards doing the most good with the least amount of waste, we offer the community the following three-point approach:

**PROVISION:** Offering essential resources including groceries, hot meals, holiday support, medical foot care, footwear, winter clothing, backpacks with school supplies, personal care items, wellness services, referrals, and more.

**PARTICIPATION:** Engaging the community with user-friendly volunteer experiences and internships that promote intentional kindness, healthy community engagement, service learning and social responsibility.

**PARTNERSHIPS:** Collaborating with action-minded communities to plan, work and inspire intentional kindness in others that helps to foster neighborhood decency and a better local community.

Our desire is to inspire individuals, families and entire neighborhoods to take responsibility and ownership for the advancement, health, and well-being of their personal lives and community.

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**FROM OUR EXECUTIVE DIRECTOR**

Founded in 2003, Good in the ‘Hood is dedicated to changing lives together with simple acts of kindness. Our services are not solely limited to the urban community; however, we do have a purposeful metropolitan affinity and a commitment to serve those with the greatest need.

We believe that goodness and kindness are inspirational, change-agent qualities and it is our firm conviction that urban renewal can begin to take place when a focused and contagious momentum of genuine kindness is made manifest.

**OUR MISSION:** To influence, inspire and impact individuals, families and entire communities for good.

**OUR VISION:** Changing lives together with simple acts of kindness.

Thank you so much for taking the time to learn more about us. I hope you will join with us in our efforts to inspire intentional kindness.

Reverend Shawn Morrison
Founder and Executive Director

Please see our website for more information.
Our Feeding the Future programs include:

- **Food Shelf-In-A-Box Mobile Pop-up Program:** Each month, during designated dates and times, this innovative and cost-effective food program employs a “take-it-to-the-people” approach for those who have difficulty accessing traditional food shelves.
- **Food for Thought:** Minneapolis serving 2,500+ individuals each month.
- **Food in the ‘Hood:** Serving 400+ individuals each month.
- **Holiday Help: Family Sponsorship Programs:** Each year, we offer a holiday for those experiencing homelessness and for those in need. 
- **Feeding the Future program distributes holiday gifts for at-risk youth experiencing economic disadvantage.**
- **Backpacks For Youth:** School supplies for the economically disadvantaged. Survive supplies and holiday packages for at-risk youth experiencing homelessness.
- **Food Drive:** We encourage you to clean out your closet and to host a community shoe drive campaign. Call us at 612.440.SHOE (7463).
- **Sponsor a Shoe Event:** We need generous and caring sponsors to cover the costs. We travel to partner sites to provide low-cost footwear to those in need.
- **Shoe Drives:** Each month, we facilitate several shoe distributions through our mobile shoe stores that travel to local volunteer groups to provide free shoes to individuals and families in need.
- **Shoe Away Hunger:** Offers affordable quality shoes to those in need. In addition, it helps us to raise the important dollars for our food programs.
- **School Supply Drive:** School supplies for students at Metropolitan State University.
- **Good in the ‘Hood:** This unique place offers support, connection and conversation for the community. See address on the back panel.
- **NEXT STEPS INTERNSHIPS:** For those who are interested in receiving hands-on training and employment opportunities in our Shoe Away Hunger and Feeding The Future programs.

### SOLEMARIE FOR SOULS

**SoleCare for Souls** is a medical outreach program that was started in 2005, by Founder and Medical Director, Kathy Jo Bissen, and became a program of Good in the ‘Hood in 2020. SoleCare for Souls promotes health through innovative and cost-effective medical services. Our program provides critical services to over 2,000 homeless and hurting individuals every year. During the hard times of mass furrowing, trimming, and fling, we listen to the men and women who entrust their foot to our care. With dignity and respect, we tend to their outer soles while we nourish their inner souls with much needed hope.

SoleCare consists of a foot soak and having a medically licensed professional provide medical care for the feet. Our providers trim nails, reduce corns and callouses, diagnose and treat common foot disease and provide foot massage for the clients, and at the end of the client’s care session, a new pair of socks is always given.

Sole Care is equally important in the care of our clients. Volunteers are the heartbeat of the SoleCare program and are vital in providing hope. During a client’s foot care session, we engage them in conversation, offer a non-judgmental listening ear, encouragement, support and prayer.

Learn more at www.solecareforsouls.org

### FEEDING THE FUTURE

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### HOLIDAY HELP PROGRAM

**Adopt-A-Family Program:** Each year, generous sponsors help us to bring support to hundreds of families in need who participate in our shopping with dignity opportunity. In addition, a limited number of families, particularly those in crisis, will receive on EXTREME sponsorship as a practical means of helping them to gain a measure of stability.

**Holiday For Those Experiencing Homelessness:** Each year, we offer a holiday for those experiencing homelessness by giving winter coats, hats, gloves, and a pair of wool socks to our local neighbors in need.

The holidays are a time of family, good food, gratitude, and celebration. While most of us look forward to this season with great anticipation and excitement, those who are living in marginalized circumstances, this is often not the case. Many are unable to provide even the most basic needs for either themselves or their loved ones. Sadly, this can lead to depression, overwhelm, and a deep sense of hopelessness.

The HOLIDAY HELP PROGRAM offers good cheer and much needed relief to hundreds of hurting families and children during the holiday season. YOU CAN HELP US to reach our goal to serve hundreds of Twin Cities families in need.

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