

HOW CAN YOU HELP?

At Good in the 'Hood, we believe in the value of upholding personal dignity by doing “WITH” people, rather than merely “FOR” people. Our programs are intended to purposefully connect and engage people in relationships that help to foster a sense of belonging, both for our client guests and volunteers alike. We invite you to join us because, together we are better!

- *Volunteer* for one of our programs to bring direct support to those in need
- *Sponsor* a family through our 10-4-1 giving campaign or an entire food site for a month
- *Adopt-A-Family* during the holidays
- *Host* a shoe drive for our Shoe Away Hunger program and/or sponsor a shoe bus event
- *Share* our mission and website with your employer, friends, family and networks
- *Get Involved* with our SoleCare for Souls medical foot care program
- *Follow* us on Facebook and Twitter
- *Invite* us to speak with your church or community group
- *Donate* funds securely online or by check

*“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.”*

—JOHN WESLEY

*Please see our website for more information.*

ABOUT US

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 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.

FROM OUR EXECUTIVE DIRECTOR



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*

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.



**Feeding the Future**  
*A Program of Good in the 'Hood*



**Shoe Away Hunger**  
*A Program of Good in the 'Hood*



**SoleCare for Souls**  
*A Program of Good in the 'Hood*



**Holiday Help**  
*A Program of Good in the 'Hood*



**Good InDeed**  
*A Program of Good in the 'Hood*

**WWW.GOODINTHEHOOD.ORG**  
**EMAIL: INFO@GOODINTHEHOOD.ORG**  
**WWW.FACEBOOK.COM/GOODINTHEHOOD**

**GOOD IN THE 'HOOD**  
**7733 West River Road**  
**Brooklyn Park, MN 55444**  
**(612) 440-SHOE (7463)**



*Intentional kindness grows  
beauty in unexpected places*

**Providing Food, Shoes,  
Medical Foot Care, Holiday Help,  
and Hope to local communities.**

**WWW.GOODINTHEHOOD.ORG**

FEEDING THE FUTURE



Through the help of many valuable partners and hundreds of dedicated volunteers, Good in the ‘Hood’s Feeding the Future program distributes more than 1,000,000 pounds of groceries annually. Every month, thousands of friends and families in need visit one of our many client-choice pop-up food shelf

programs located throughout the Twin Cities metropolitan community. An important distinction is our ability to offer user-friendly service opportunities for just about everyone, including group service opportunities.

Our Feeding the Future programs include:

- **Food in the ‘Hood:** Client-choice food shelves and hot meal programs operated in Bloomington and North Minneapolis serving 2,500+ individuals each month.
- **Food for Thought:** On-campus food distribution for students at Metropolitan State University.
- **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.
- **Holiday Help:** Offering food, gifts, winter clothing, and support for families with children in need and for those who are experiencing homelessness during the winter holidays.
- **Backpacks For Youth:** School supplies for the economically disadvantaged. Survival supplies and holiday gifts for at-risk youth experiencing homelessness.

SHOE AWAY HUNGER



Shoe Away Hunger offers affordable quality footwear for those in need. In addition, it helps us to raise the important dollars for our food programs. This amazing program offers a simple and meaningful way for you to join with us as we work together to eliminate local hunger “one sole at a time”.

**Shoe Drives:** We encourage you to clean out your closet and to host a community shoe drive campaign. Call us to learn more at 612.440.SHOE (7463).

**Host a Shoe Event:** Each month, we facilitate several shoe distributions through our mobile shoe stores that travel to partner sites to provide low-cost quality footwear to those in need.

**Sponsor a Shoe Event:** We need generous and caring sponsors to cover the costs of these events, so that we can help those without quality footwear, particularly at schools and shelters.

Shoes are also available at our drop-in sites.

- **FIRST STOP DROP-IN CENTER** – An outreach of 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 experiential learning opportunities in our Shoe Away Hunger and Feeding The Future programs.

SOLECARE 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 free medical foot care and provides critical services to over 2,000 homeless and hurting individuals every

year. During the hands-on work of cleaning, trimming, and filing, we listen to the men and women who entrust their feet 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/calluses, diagnose and treat common foot disease and provide foot massage for the clients; and at the end of a client’s care session, a new pair of socks is always given.

Soul 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](http://www.solecareforsouls.org)

HOLIDAY HELP PROGRAM



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, for those 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.

**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 an 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.

GOOD INDEED



Good InDeed serves as a catalyst for mobilizing support for those who are vulnerable, overwhelmed, or experiencing some form of personal crises. We engage individual and group volunteers by enabling them to invest

their time, energy, and resources in a way that makes a direct impact in the lives of others. Good in the ‘Hood puts our love into action by engaging volunteers to collectively offer practical support for a neighbor in need.

Through our Good InDeed program, we offer a much-needed practical hand up for anyone in need that is unable to manage a project by themselves. It’s just another way that we can initiate focused acts of kindness that inspire neighborhood decency and bring much-needed hope, a helping hand, and a whole lot of heart.

We all need the support of others from time-to-time. Good InDeed is a way for us to work together for good and to create a contagious momentum of kindness in our communities.

Contact us to learn how you can partner with our Good InDeed program, either as a recipient of our services or as a participating volunteer.