



Heart -n- Soul

COMMUNITY
CAFE

2023 ANNUAL REPORT

PAGE 2
A Letter from
Executive Director



PAGE 5
2023
Statistics



PAGE 7
Thank You to
our Sponsors



2023 ANNUAL REPORT

FROM EXECUTIVE DIRECTOR LEOLA DAUL

When Heart-n-Soul Community Café was established in June 2016, our vision was to create a welcoming space where everyone could enjoy a delicious, local meal, regardless of their circumstances. We envisioned a community-driven effort to serve meals and fulfill our mission of supporting individuals facing food insecurity and those seeking social and community connections.

Today, Heart-n-Soul collaborates with local producers, faith communities, affordable housing organizations, public health agencies, recovery programs, hunger relief advocates, and businesses to provide meals to the Moorhead, Fargo, and West Fargo communities.

Our growth and continued success are thanks to our dedicated volunteers who advocate for our mission and prepare and serve meals. We also extend our gratitude to generous donors and guests who contribute through pay-it-forward initiatives.

As we enter our 8th year, we remain committed to offering delicious, hearty, and locally sourced meals. Our goal is to ensure that everyone in our community has access to good food and meaningful connections.

Thank you for supporting our mission: “Committed to addressing food insecurity, building community, and serving delicious food to nourish the body, heart, and soul.”

I am so grateful.

Leola Daul

Leola Daul, Executive Director



23-24 BOARD MEMBERS

Tracy Walvatne, President Performance
Foods Sales Manager and past owner and operator of Josie's Corner Café

Randy Bach, Vice President
Retired Asset Manager Beyond Sheltering Inc and current owner and operator of Legacy Gardens, Community volunteer.

Kristen Liebl, Treasurer
Registered Dietitian with experience in community health

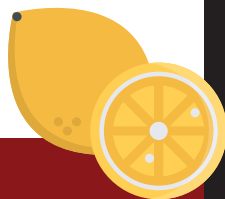
Casey Steele, Secretary
Square One Kitchens Founder and Managing Director

Sarah Flores
Border States In-House Counsel

Heidi King
Minnesota State University Moorhead;
Student Relations Coordinator - Culinary Arts diploma,
Business Administration BAS & Educational Leadership MS

Leola Daul
Founder and Executive Director

THANK YOU



2014

Leola attends the One World Everybody Eats Summit in Denver, and begins discussing the concept of a community café with local residents in the FM area.

2016

Leola attends the One World Everybody Eats Summit in Austin, Texas, and participates in the Folkways Co-Starters 6-week program for entrepreneurs. During this time, Leola also connects with NDSU Dietetic students and Tracy Walvatne, owner of Josie's Corner Café.

2017

The café continues to operate at Josie's Corner Café on Sundays, hosting a total of 13 cafés including appearances at the Red River Market.

2019

Heart-n-Soul serves 30 cafés and starts a partnership with First Presbyterian Church in Fargo, gaining regular access to their kitchen and storage space for multiple meals.

2021

Sack lunch preparation continues. Heart-n-Soul partners with First Presbyterian Church to prepare and deliver 300 Thanksgiving meals, and with Olivet Lutheran Church to prepare and deliver 300 Christmas meals. Various locations are used for take-out meals. Starting in July, the organization acquires a food trailer with an anonymous donation which becomes The Mobile Café. Goes on to serve 10 meals and allows for outdoor gatherings.

2015

Leola continues to promote the community café idea, initiating the process of establishing a nonprofit organization with Articles of Incorporation through the Secretary of State.

2016

Heart-n-Soul hosts its first "Pay What You Can" community café at Josie's Corner Café with the help of NDSU Dietitians and a group of volunteers. Over 12 cafés are held in an underutilized kitchen, and relationships are formed with local farmers.

2018

Heart-n-Soul expands to 24 cafés, held at Josie's Corner Café, Red River Market, Moorhead Farmers Market, Square One Kitchens, Red Silo, and Inspire Innovation Lab. The organization sponsors the screening of "A Place at the Table" at the Fargo Theater, presented by Ugly Foods of the North.

2020

The café hosts eight events before closing in March due to the pandemic. Volunteers begin preparing weekend lunches for the community at Square One Kitchens. Each weekend, anywhere from 300-500 lunches were served, with support from a Lunch Aid Fundraiser and Breadsmith, which donates buns until 2022. Lunches continue to be prepared.

2022

The Mobile Café serves 3,658 guests, with 2,004 paying what they could. Friday lunches continue.

2023

A total of 7,703 lunches and holiday meals are served, including for Thanksgiving and Christmas.

HEART-N-SOUL TIMELINE



2023 FINANCIALS

\$86,759.88

DONATIONS

\$66,365.41

COST OF EXPENSES

\$50,506.00

GRANTS

\$42,580.96

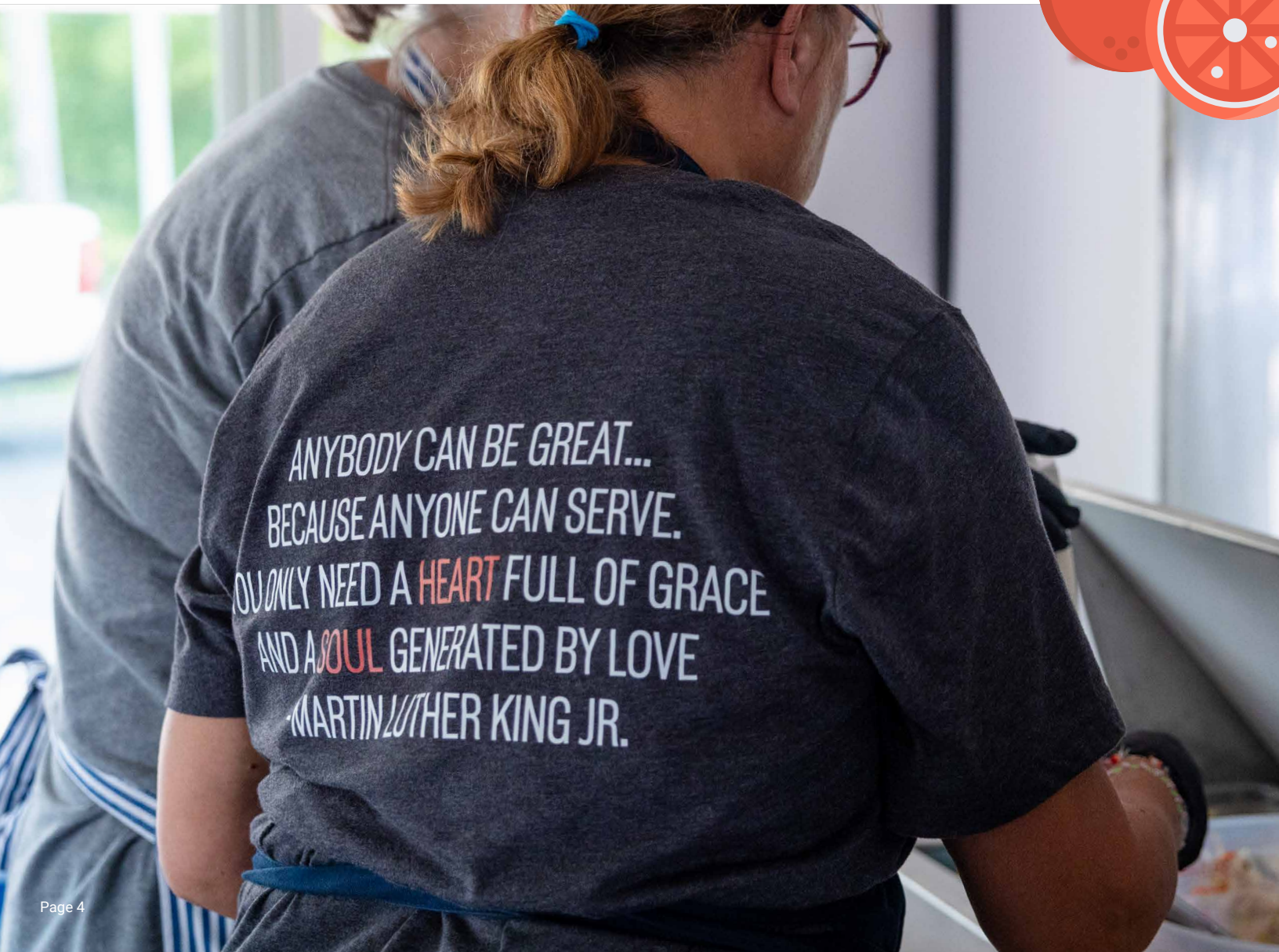
COST OF PERSONNEL

\$00.00

OTHER FORMS OF INCOME

\$23,737.12

OTHER COSTS



2023 STATISTICS

THE MOBILE CAFÉ

5,150

NUMBER OF GUESTS SERVED

68

NUMBER OF CAFÉS HELD

77

AVERAGE MEALS SERVED PER CAFÉ

\$15

AVERAGE COST OF A MOBILE CAFÉ MEAL

5

NEW LOCATIONS IN 2023

LUNCH BUNCH

6-8

AVERAGE NUMBER OF VOLUNTEERS NEEDED TO MAKE AND DELIVER SACK LUNCHESES

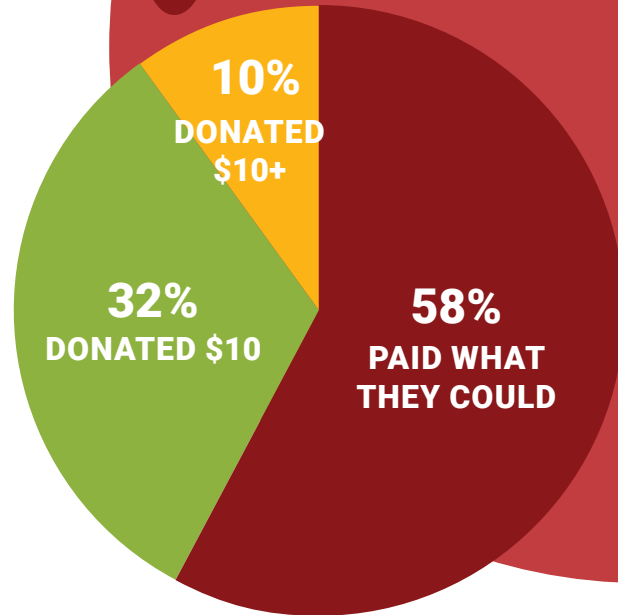
8,101

NUMBER OF SACK LUNCHESES SERVED

\$25,000

TOTAL COST OF SACK LUNCHESES IN 2023

MEAL DONATIONS



SPECIAL EVENTS IN 2023

Soul Solutions Celebrating Recovery during National Recovery Week

Ronald McDonald 40-Year Celebration

Youthworks "We've Got You Covered"

Life Care Unites Resource Fair

Day of Dignity with Fargo Park District at Broadway Square

Jail Chaplains celebrating Correctional Officers Week

Northern Plains Botanic Society - Scarecrow in the Garden Event

FARM TO TABLE

Farm in the Dell of the Red River Valley - Farm to Table Dinner Series

PartnerSHIP 4 Health (on behalf of PRAIRE)

Renewing the Countryside at Doubting Thomas Farms (Local Plate event)

Grow North at Doubting Thomas Farms



OUR MISSION

Committed to addressing food insecurities, building communities, and providing delicious food to nurture body, heart, and soul.

VISION

Provide leadership in addressing food insecurity.

Reach out and help meet the needs of neighbors, both physically and spiritually.

Provide healthy, affordable meals in a warm and welcoming environment.

Build relationships, foster volunteerism, celebrate community with all our neighbors.

Grow our organization and expand capacity to increase meals served, expand outreach.

VALUES

Dignity



Access



Respect



Wellness



Community

WE ARE GRATEFUL FOR THE SUPPORT THAT ALLOWS US TO PUT OUR VALUES TO WORK AS WE COMPLETE OUR MISSION.



THANK YOU TO OUR VOLUNTEERS AND TO OUR COMMUNITY!



Our mission flourishes thanks to the support of our community and generous sponsors. We deeply appreciate your dedication to fighting food insecurity, building strong communities, and providing nourishing meals that enrich both body and soul. Together, we're making a meaningful impact—thank you for being a vital part of our journey.

FARMS

Doubting Thomas Farms
Myrvik Lamb & Cattle
Prairie Rose Farm
Hugh's Gardens
Bill Erbes Farms

Sandhill Farms
Mandt Market
Family Roots Farm
Growing Together
Community Gardens
Earth-to-Jar Botanicals

Driscoll Farms
Bloomfield Gardens
Dig It Produce
Concordia Cornucopia
Garden
Legacy Gardens

Becky's Plants and Flowers
Uncle Jesse's Produce
Simeon Small Farm
Farm in the Dell

ORGANIZATIONS

Red River Harvest
Cooperative
Blackbird Woodfire
Microsoft
Shirts from Fargo
Border States

Square One Kitchens
Deb's Corner Foods
and Catering
Oak Grove Lutheran School
SW&L Attorneys
Milk Made

Thrivent
NorthStar Technology
Group, Inc
Beyond Shelter, Inc
Target Corporation
American Crystal
Sugar Company

MDRT Foundation
Fargo Moorhead Area
Foundation
Dakota Medical Foundation
Impact Foundation

FAITH COMMUNITIES

Nativity Church of Fargo
First Congregational Church
of Moorhead
Peace Lutheran Church,
Fargo
The Neighborhood Church,
Fargo

First Presbyterian Church of
Fargo and Moorhead
Faith Journey Lutheran
Church, West Fargo
True North Church, Fargo
Pontoppidan Lutheran
Church, Fargo

Olivet Lutheran Church, Fargo
Christ the King Lutheran
Church, Moorhead
St Mark's Lutheran Church,
Fargo
Temple Beth El, Fargo
First Lutheran Church, Fargo





Heart-N-Soul Community Cafe
701-866-5394
heart-n-soul.com

FOLLOW US ON

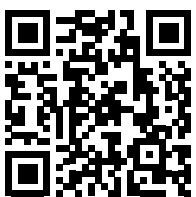


SUPPORT THE MISSION



VOLUNTEER

To view available shifts, visit us online at heartnsoulcafe.com.



DONATE FUNDS

Financial contributions allow the pantry flexibility to purchase what is needed. To learn more or to support our cause, visit us online at heartnsoulcafe.com.

