

A top-down photograph of three hands holding lentils over a white surface. The left hand holds black lentils, the center hand holds white lentils, and the right hand holds red lentils. Some lentils have spilled onto the surface.

# Heart -n- Soul

COMMUNITY  
CAFE

## 2024 ANNUAL REPORT

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Thank You to  
our Sponsors



# 2024 ANNUAL REPORT

## FROM EXECUTIVE DIRECTOR

### LEOLA DAUL

As we reflect in 2024 we have full hearts and immense gratitude. We want to thank YOU for being literally the heart and soul of Heart-n-Soul Community Café. Together, we are addressing food insecurity, nurturing connections, and savoring the flavors of locally-sourced, delicious food while embracing the spirit of fairness and inclusion through our “pay-what-you-can” model.

Your generosity fuels more than just meals; it fuels a vision - a vision where everyone, regardless of their circumstances, has a place at the table. Thanks to you, we are bridging the gap for those facing food insecurity, while fostering a stronger, kinder, and more compassionate community.

From volunteering your time, sharing your resources, or simply choosing to enjoy a meal with us, each act of kindness makes a profound impact. You’ve helped us serve nourishing meals made with love, support local farmers and producers, and create a gathering space where stories are shared, friendships are formed, and dignity is upheld.

As we reflect on how far we’ve come, we are reminded that the heart of Heart-n-Soul Community Café is, and always will

be, you and our community. Thank you for believing in our mission. Thank you for ensuring that every plate we serve is filled not just with food, but with hope and humanity.

Gratefully yours,

*Leola Daul*

Leola Daul, Executive Director



## 24–25 BOARD MEMBERS

**Casey Steele, President**

Square One Kitchens Founder & Managing Director

**Kristen Liebl, Vice President**

Registered Dietitian

**Sarah Flores, Secretary**

Border States

**Erik Sell, Treasurer**

Widmer Roel PC

**Skip Espeseth**

Retired

**Matt Wionarowicz**

First Interstate Bank

**Alexandra Row**

Microsoft

**Leola Daul**

Founder and Executive Director

THANK YOU

**2014**

Leola attends the One World Everybody Eats Summit in Denver and begins conversations with FM area locals about a community café.

**2016**

Leola joins the One World Everybody Eats Summit in Austin and the Folkways Co-Starters program. She also connects with NDSU Dietetic students and Tracy Walvatne of Josie’s Corner Café.

**2017**

Cafés continue at Josie’s Corner Café on Sundays, including 13 events and appearances at the Red River Market.

**2019**

Thirty cafés are hosted. A partnership with First Presbyterian Church begins, providing kitchen and storage space.

**2021**

Sack lunches continue. Heart-n-Soul and First Presbyterian deliver 300 Thanksgiving meals; Olivet Lutheran helps with 300 Christmas meals. An anonymous donation funds a food trailer—The Mobile Café—which starts operating in July.

**2023**

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

**2015**

She continues promoting the idea and begins forming a nonprofit, filing Articles of Incorporation with the Secretary of State.

**2016** (continued)

Heart-n-Soul launches its first “Pay What You Can” café at Josie’s Corner Café with NDSU Dietitians and volunteers. Over a dozen cafés follow, forming ties with local farmers.

**2018**

Heart-n-Soul expands to 24 cafés across multiple locations, including farmers markets and kitchen spaces. They also sponsor the film A Place at the Table at the Fargo Theater.

**2020**

Eight events are held before the pandemic hits. Volunteers shift to making 300–500 weekend lunches at Square One Kitchens, supported by a fundraiser and bun donations from Breadsmith.

**2022**

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

**2024**

The Mobile Cafe and lunch program continued to expand. We saw a 22% increase of guests who paid what they could.

# HEART-N-SOUL TIMELINE





# 2024 FINANCIALS

**\$105,834.83**  
DONATIONS

**\$64,950.84**  
COST OF EXPENSES

**\$55,022.86**  
GRANTS

**\$62,125.40**  
COST OF PERSONNEL

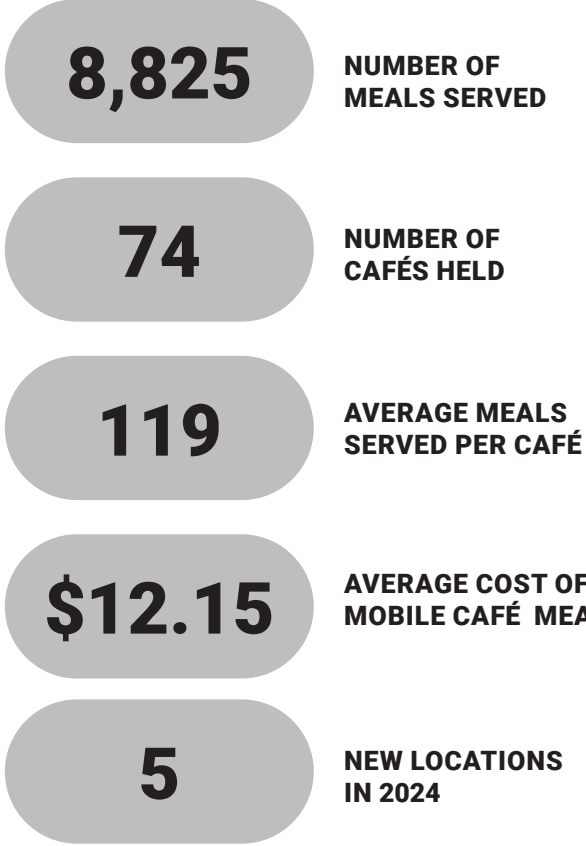
**\$24,264.50**  
OTHER FORMS OF INCOME

**\$27,270.20**  
OTHER COSTS

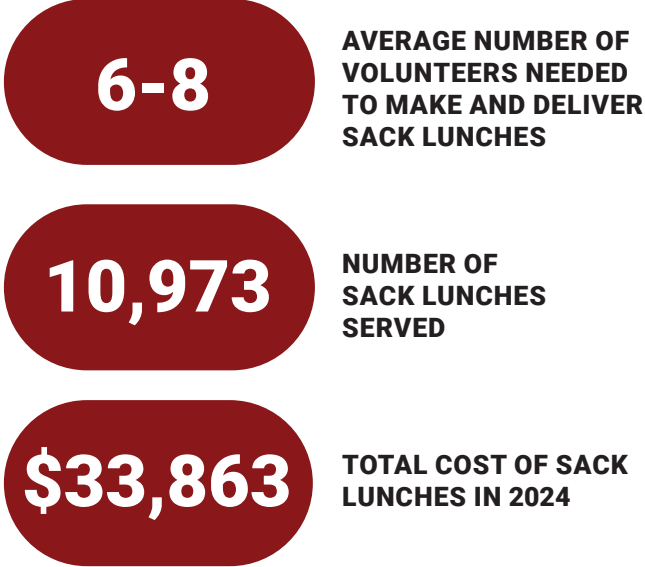


# 2024 STATISTICS

## THE MOBILE CAFÉ



## LUNCH BUNCH

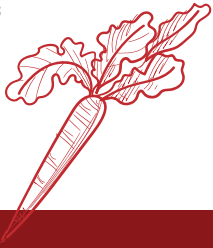


## SPECIAL EVENTS IN 2024

- Red River Market
- MState Student Orientation
- Soul Solutions Recovery Center – Celebrate Recovery 5K
- Bear Creek Winery Fundraiser
- Jail Chaplains – Correctional Officers Week Celebration
- North Dakota Autism Center – Community Picnic
- Northern Plains Botanic Society – Scarecrows in the Garden Event
- Churches United – Community Picnic
- PRIDE Recovery – Engaged Communities (Moorhead)
- First Lutheran Church – Concert Series
- St. John – EV Car Show
- Hope and Oats (with Soul Solutions Recovery Center & Hospice of the Red River Valley)

## FARM TO TABLE

- Farm in the Dell of the Red River Valley - Farm to Table Dinner Series
- 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. Our volunteers dedicated 1,050 hours in 2024, and together, we're making a meaningful impact—thank you for being a vital part of our journey.

## FARMS

Becky's Plants and Flowers  
Bill Erbes Farms  
Bloomfield Gardens  
Community Gardens  
Concordia Cornucopia Garden

Dig It Produce  
Doubting Thomas Farms  
Driscoll Farms  
Earth-to-Jar Botanicals  
Family Roots Farm  
Farm in the Dell

Growing Together  
Hugh's Gardens  
Legacy Gardens  
Mandt Market  
Myrvik Lamb & Cattle  
Prairie Rose Farm

Sandhill Farms  
Simeon Small Farm  
Uncle Jesse's Produce



## ORGANIZATIONS

AgCountry Farm Credit Services  
Atomic Coffee  
Bell Bank  
Beyond Shelter, Inc  
Blackbird Woodfire  
Border States  
Breadsmith

City Serve ND  
Dakota Medical Foundation  
Deb's Corner Foods and Catering  
Doosan Bobcat  
Eide Bailly  
 Fargo Moorhead Area Foundation

Gate City Bank  
Impact Foundation  
Life 95.7  
Microsoft  
Midco  
Milk Made  
NorthStar Technology Group, Inc

Red River Harvest Cooperative  
Shirts from Fargo  
Square One Kitchens  
SW&L Attorneys  
Tellwell  
Thrivent  
Thunder Coffee



## FAITH COMMUNITIES

Christ the King Lutheran Church, Moorhead  
First Congregational Church of Moorhead

First Lutheran Church, Fargo  
First Presbyterian Church of Fargo and Moorhead  
Nativity Church of Fargo

Olivet Lutheran Church, Fargo  
Peace Lutheran Church, Fargo

Pontoppidan Lutheran Church, Fargo  
The Neighborhood Church, Fargo





Heart-N-Soul Community Cafe  
701-964-8758  
heart-n-soul.com

FOLLOW US ON



# SUPPORT THE MISSION



## VOLUNTEER

To view available shifts, visit us online at [heartnsoulcafe.com](http://heartnsoulcafe.com).



## DONATE FUNDS

Financial contributions allow Heart-n-Soul the opportunity to continue addressing food insecurity in our community.

