



# Thurston County Food Bank 2016 Report to the Community

## Our Mission



To eliminate hunger within our community

## Our Philosophy



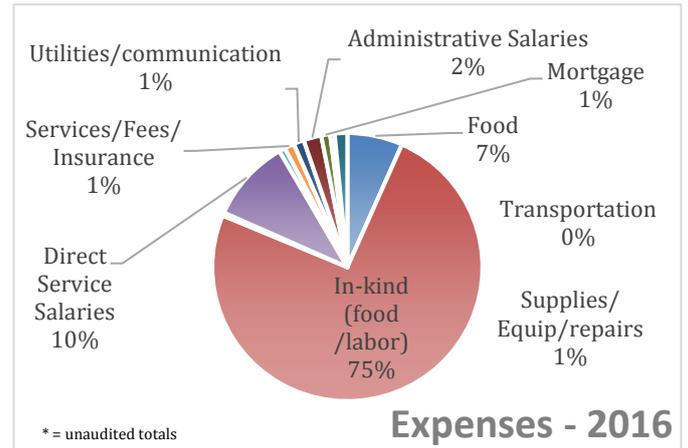
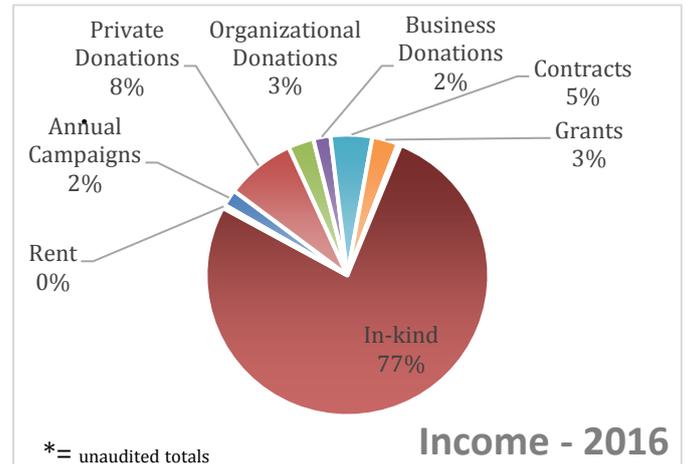
We believe that the hungry must be fed in an atmosphere of neighbor helping neighbor



On behalf of those we serve, the Food Bank's Board, volunteers and staff thank you.

When looking back at 2016 we find ourselves reviewing our work, our mission and our role in our community. When looking at hunger and its impact the two most common terms are hunger and food insecurity. Hunger's negative effects are primarily physical challenges with physical symptoms that can lead to malnutrition and related medical struggles. Poor nutrition usually doesn't exhibit instant bodily symptoms, but may create direct behavioral challenges. Over time, poor nutrition does lead to medical concerns and health problems such as tooth decay, high blood sugar, and diabetes. On the other hand, Food Insecurity is centered on the psychological effects related to not knowing if, when or where one's next meal will take place. Food Insecurity increases stresses, reduces productivity and may lead to a broader range of mental health issues and/or medical conditions.

The mission of the Food Bank is to end hunger in our community, and to some extent we are able to meet this goal each and every day. Although, I will share with you that we have increased the scope of our work and redefined our community. We do need to increase our efforts to grow in order to provide more food to more people. Local population growth and demographics work against any other strategy. As of last year, we have mostly completed two organizational changes that focus much of our energy on food quality as opposed to food quantity. This is now a common practice in our organization with commitments to provide more fresh foods, nutrition education and related support. Our work also focuses on breaking down access barriers in order to cut reduce Food Insecurity. We assist families in obtaining additional services such as SNAP (Supplemental Nutrition Assistance Program) benefits which lessens the frequency of Food Insecurity. To make the Food Bank shopping experience easier and more accessible to a greater number of people we have changed the manner in which we distribute food. In summary, the three broad approaches stated above - ending hunger, improving nutrition and alleviating Food Insecurity are the legs of the stool we have created to support our neighbors.



# 2016 Benchmarks

## ➤ Client Distribution

The Food Bank served **15,571** households in 2016, and **55,222** individuals an increase of 3% over 2015. A total of **66,348** food bags were distributed through the ForKids Backpack program, **2,770** children were reached through this program over 2016. The program spreads across 6 school districts, 4 head starts and 1 weekend summer bag program.

## ➤ Combined Fund Drive

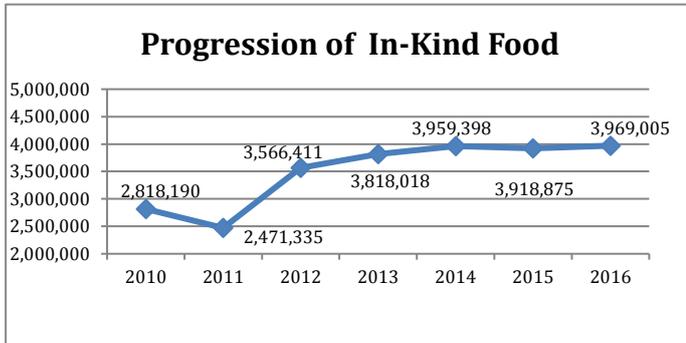
The state of Washington's workplace campaign is the single largest donor to the Food Bank. The pledges and one-time gifts to the Food Bank decreased by 7% overall. Following most giving trends, support from workplace campaigns continues to decline.

	2015 CFD	2016 CFD
One Time Donations/Events	\$ 2,690.49	\$ 2,858.00
Recurring Payroll Deductions	\$140,870.26	\$125,373.24
Total Pledges/Raised	\$143,560.75	\$128,231.24

## ➤ In-Kind Donations

Donated food encompasses food drives conducted by individuals, public and private businesses, and schools. Community collections come in on a regular basis from local churches and neighborhood associations. Additional food comes from grocery distribution centers, local stores, restaurants and school cafeterias. The variety of sources for our food supports the many food programs employed across the community.

## ➤ Donated Food



## ➤ Rescued Food

Our goal is to enhance the countywide capacity of our food donation system to safely collect, process, store, and distribute surplus edible food so that less food is wasted, fewer people go hungry, and more people have access to healthy food and eat healthfully.

Program	2015	2016	Donors
Restaurant Rescue	43,975	47,034	12
School Rescue	16,603	17,758	5
Grocery Rescue	703,385	727,241	7
Distribution Center	268,322	428,731	4
Grocery Donations	185,046	229,591	7
TOTAL	1,217,331	1,450,355	35

## ➤ Federal Foods

In addition to the foods purchased and those donated locally, we distributed 410,772 pounds of Federal Commodities. The types of foods in this program have changed a lot over the years. In 2016 we saw whole grain pasta, raisins, canned salmon and stew, shelf-stable milk along with canned fruits/vegetables.

On average families received over 20 pounds each month in 2016.

Year	Pounds Distributed	Households	Lbs per Home
2015	351,268	17,389	20.20 lbs
2016	410,772	20,206	20.33 lbs

## ➤ ForKids Backpack program

Number of children served	2,770
Number of volunteers	2,913
Number of Winter Break Bags	1,245
Number of Winter Produce bags	1,335
Total costs to provide all bags	\$419,319

## What is Food Rescue?

Most of us do not realize that 40% of what is grown and raised ends up in a landfill. Much of it could have fed a hungry family. The Food Rescue Project seeks to divert food from the waste stream. Building on our grocery rescue work last year this effort that includes local businesses, the Food Bank, State and County Government diverted 821,000 pounds. More importantly this represents nutrient dense foods like produce, meat, dairy, eggs and combination foods. Last year the Food Bank redistributed 4 million pounds of donated food to hungry families.



## ➤ Volunteers

Make it all possible. The programs we host, meals we provide, bags we prepare could not happen without the efforts made across this community. We Thank You for your continual support. You are an invaluable asset in fulfilling our mission to feed our neighbors

Year	Individuals	Hours Served
2015	8,095	67,506
2016	11,162	60,293

Where do our volunteers come from across the community?  
EVERYWHERE!

Type of Volunteers	Number of Volunteers	Number of Service Hours
Community Volunteers	7659	53500.23
Board Members	129	219.55
Community Service	88	1478.25
RSVP	327	5066
Church Groups	818	1686.75
Youth Groups	2141	5556



## What is the "Hangry Project"?

During 2016 leadership and staff at the Family Court in partnership with The Family Support Center approached the Food Bank with a crazy idea. The goal was to improve behavior and support family members while they were in court. Unfortunately, those in court are often members of at risk households with a number of unmet needs which can have a negative impact in that setting. The result is a collaborative partnership that provides appropriate ready to eat foods on site and better overall behaviors. It may seem like a small thing but it has a strong positive impact on those most at risk.