

# THE FOOD BANK @ ST. MARY'S



*The*  
FOOD BANK  
@ST. MARY'S

*Supporting our Community with Hospitality, Respect, and Nutritious Food*

## Impact Report FY 2022-2023



# DIRECTOR'S STATEMENT

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Since the mid 1940's, The Food Bank @ St. Mary's has been a resource for thousands in the community seeking hunger relief. Post pandemic recovery has been challenging and when you add high inflation, increasing housing costs, and supply chain strains, our most vulnerable neighbors have had to rely on our critical services more than ever to help put food on their tables. Today, we continue to be successful in achieving our mission of *Supporting our Community with Hospitality, Respect, and Nutritious Food* because of individuals like you sharing our vision and belief in a world where hunger does not exist.

Food insecurity continues to increase in the United States with Washington State seeing a significant spike post Covid-19. An estimated 30% of households statewide seek hunger relief and 59% of those have children; meaning that one in seven kids face hunger daily. With one in ten people not knowing where their next meal will come from, having access to food banks is critical. We understand the urgency and are committed to providing hunger relief for our most vulnerable community members. Last year, The Food Bank @ St. Mary's distributed more than 2.4 million pounds of food, reaching more than 113,000 households, feeding 156,800 individuals.

We are fortunate to have more than 100 caring volunteers and organizations providing 23,135 hours of time annually. Neighbors, schools, and local businesses work together with our small staff to help serve our walk-in clients, homebound residents, and kids and their families in Seattle Schools. Nutritious fresh fruits, vegetables, dairy, proteins, and culturally appropriate groceries are provided at no cost in hopes of alleviating the difficult times being experienced by so many. We are grateful there are people willingly engaging in our efforts to address hunger and making things better for those in need of food.

On behalf of our board, volunteers, staff, and clients we serve, thank you for your donations and your dedication to our hunger relief efforts.

**BRUCE WOOD**  
Executive Director



## Board Of Directors

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**Ed Hill**  
Chair

**Jay Spencer**  
Vice Chair

**Barbara Harrington**  
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**Scott Southwood**  
Secretary

**Neil Fritz**  
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**Liana Hill**  
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Member

**Melinda Varga**  
Member

**Woody McCallister**  
Sole Member

**Bruce Wood**  
Executive Director

# OUR PROGRAMS & SERVICES

**Walk-in:** This program operates every Monday, Wednesday, and Friday from 10 am - 1 pm. Clients can choose from selections of meat, seafood or vegetarian options, dairy, canned items, bread, fresh produce, frozen food, and dry goods. Hygiene products are also distributed as they become available.

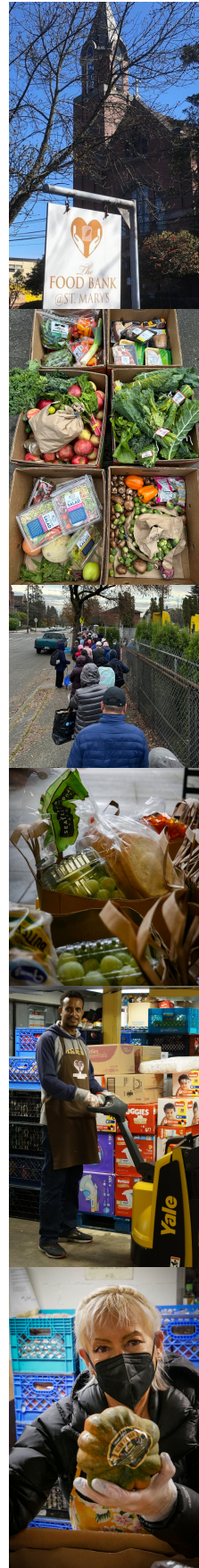
**No-cook:** This program provides about 100 homeless individuals each month with a bag of non-perishable, easy open groceries. Ready-to-eat foods such as sandwiches, salads, vegetables, and fruit are added to the bags as they are distributed to individuals. During winter, socks, hats, gloves and even sleeping bags are given when available. This program takes place during regular Walk-in dates and times.

**Home delivery:** This program serves those who are low-income and home-bound whether due to age, chronic illness and/or disability. Volunteer drivers pick up and deliver groceries directly to clients residing in 16 different apartment buildings, serving about 200 people each week. Dietary restrictions and special needs are considered when preparing the bags.

**Food for Schools:** This program partners with the Seattle School District with two local sites – Washington Middle School and Seattle World School. It ensures that children from homeless and low-income families go home with “kid-friendly,” easy to open, nutritious food during the week and school holidays, and provide meals for the entire family over the weekend.

**Baby corner:** This program distributes bags which include formula, baby food, baby wipes, diapers and household items needed by young families. We provide distributions the first full week of the month.

**Mobile Food Bank:** In this program, the food is brought to the Filipino Community Center, ReWA (Refugee Women’s Alliance), St. Francis House, and Compass Center. The Mobile Food Bank distributes food to more than 2,600 people each month - all who mostly live in South, Central and SE Seattle.



## 2022-23 Numbers

113,476  
Client  
visits

2,415,118  
Pounds of food  
distributed

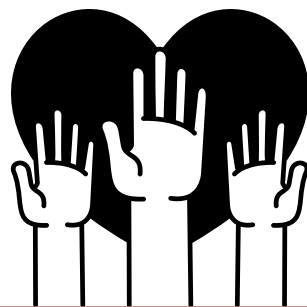
10,266  
Home  
deliveries

4,500  
Bags of  
groceries  
for schools

206  
Days open  
for service

~ 20  
Food donation  
partners

# VOLUNTEERS & CLIENTS



We are so grateful for our ~100 volunteers that served with us this year! They donated **23,135 hours** of their time throughout the year! That is equivalent to 11 full-time employees. They volunteered in many different capacities, including: distributing food, sorting food, delivering food to homes, checking people in, picking up food from various donors, various administrative tasks and so much more.



"I've been coming to the Food Bank at St. Mary's for the last 9 years. I live nearby on my own. I pick up food for myself and sometimes grab something to share with my neighbors. I always look forward to getting eggs and TV dinners, which are easy for me to heat up. I don't come every week, as I have some difficulty walking. If it wasn't for FBSM, I would have to find another food bank to go to, which wouldn't be near me. The FBSM helps me save money, as I am currently trying to move to a new apartment. I'm thankful for all the kind people that work and volunteer here and for donors, especially folks that know what it's like to go hungry."

- Nora, Walk-in Food Bank client

"When I first started volunteering at the food bank, I didn't know what to expect. It was at the start of the pandemic, and I had just lost my job due to COVID closures. Everyone in my household went remote, and I was trying to find something meaningful to do. I recalled the Food Bank at St. Mary's from earlier years of dropping off my kids at the nearby school, so I reached out to volunteer. I quickly got folded into the bustle of all that the FBSM does. When I first started doing food pickups, I was astonished to see dumpsters overflowing with perfectly good produce that could nourish our community.

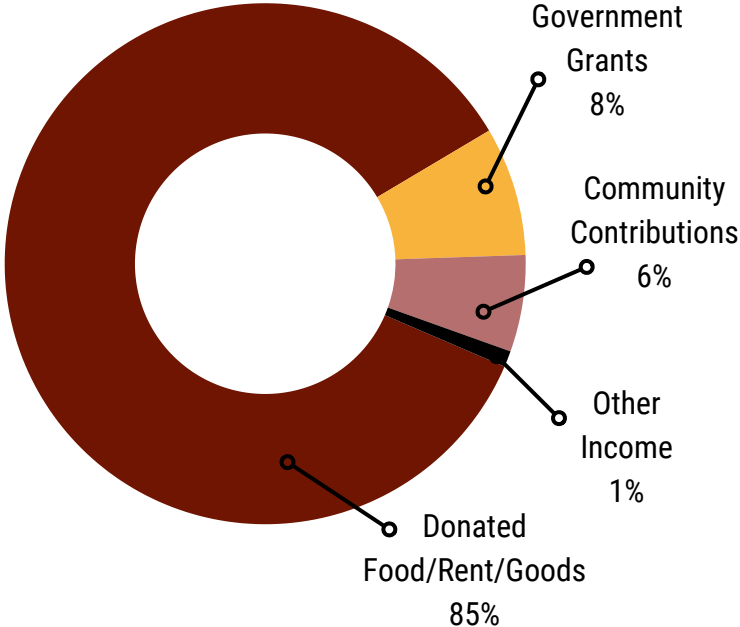
I've come to like the atmosphere: the confluence of people coming from all corners of the world, from different circumstances and belief systems. It, at times, feels like a marketplace at the crossroads, crackling with vibrancy. I enjoy helping people sustain themselves, while also honoring the workers who are responsible for producing this food by reducing the global food waste. After a year of serious health concerns, I have returned to the FBSM to find welcoming friends and colleagues that all along were thinking and praying for my family and I. For all this I am deeply grateful!"

- David, Volunteer since 2020

# FINANCIAL OVERVIEW

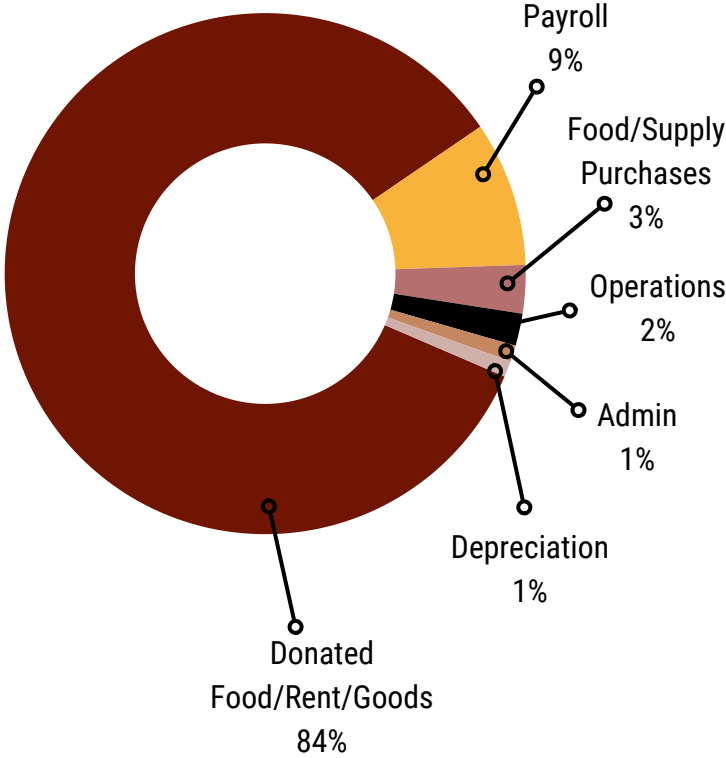
## OPERATING STATEMENT

For the year ended June 30, 2023 - Audited



### Support and Revenue

Donated Food	4,395,515
Government Grants	432,240
Contributions	300,003
Donated Rent & Goods	88,699
Other income	10,357
<b>Total support and revenue</b>	<b>5,226,814</b>



### Expenses

Food Distribution	4,351,917
Payroll	452,131
Food/Supply Purchases	142,599
Operations	118,562
Donated Rent & Goods	88,699
Administrative	67,922
Depreciation	57,445
<b>Total expenses</b>	<b>5,279,275</b>



# ACKNOWLEDGEMENTS

**THANK YOU to our amazing volunteers!** Your drive and passion to help others is unmatched! We couldn't do this without you.

**THANK YOU to our generous donors!** From individuals to organizations to corporations and churches, your support ensures that the people in our community do not go without food.

**THANK YOU to all of people who supported us through food drives and donations!** We are so grateful for the schools, hospitals, and individuals for organizing and donating food to the community.

**THANK YOU to our dedicated board members!** Your time, talent, and leadership is much needed for us to run smoothly.

**THANK YOU to our hard-working staff!** Your dedication through these past hard few years has kept us from closing our doors.



**Staff (from left to right):**

Abeba Meshesha – Warehouse Assistant

Bruce Wood – Executive Director

Marlowe Hussey – Development & Administrative Manager

Kidane Ali – Warehouse Assistant

Deep Singh – Operations Manager

Todd Fisher – Warehouse Assistant

Saidou Jallow – Warehouse Assistant

Rolando Alfaro-Lara – Warehouse Assistant

Anya Gribova – Annual Giving & Communications Coordinator (not pictured)

## THANK YOU TO OUR PARTNERS:



**Donate now!**



# THANKS TO YOU, WE CAN TURN HUNGER INTO HOPE!