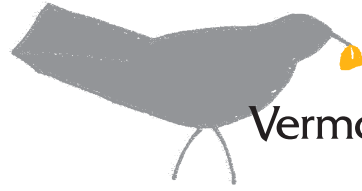


Kernels



Vermont Foodbank

Gratitude Edition 2018



MEMBER OF
**FEEDING
AMERICA**

You make the stories here possible.

The Vermont Foodbank is like a statewide potluck with our neighbors – children, families, seniors – who are working hard to reach their full potential. When people in your community don't have enough money for food, you ensure that they can get fresh produce through Vermont Foodbank events at hospitals and schools. You keep healthy food on the shelves at your local food pantry. With your help, Vermont children are taking BackPacks full of nutritious food home on Friday. Because of you, your local senior center is welcoming its community for some good company and a delicious hot meal.

As I look to the year ahead, I think about how grateful I am for the many wonderful people and places in my life. And I think about how you provide that same opportunity to your Vermont neighbors by giving to your Vermont Foodbank.

This year, we offer our gratitude to you in the form of stories. These are the stories of just a few of the many lives that were impacted by your generosity in 2017. Thank you for the many ways you made our community stronger and healthier last year.

Thank You!


John Sayles, CEO



Julie's Story

Julie (whose name has been changed to protect her privacy) recently moved to Central Vermont with her two children after fleeing a violent relationship. Because of you, on the other end of her journey she found hope and a place where she can begin a new life. Here is her story.

"I left with a backpack and a \$300 prepaid debit card my friend from Vermont sent me, that was all I could take. I will never forget that morning, I was so scared, I shook for days. I got picked up around the corner from our home. I grabbed the kids from school, we got on a bus, and a day later we arrived here. My friend brought us to the battered women's shelter but we had nothing, no family, no resources.

The people at the shelter helped us get stable housing and the local food shelves helped us get food.

Do you know what it's like not knowing if you'll have enough to eat, doubting everyday whether you made the right decision?

We were able to get a holiday meal box from the Vermont Foodbank and it was a blessing for my family. With the ingredients in that box, the kids and I made Thanksgiving dinner together. After all we've been through these past few months, seeing their faces smiling as we sat around the table left me speechless and overcome with gratitude.

I can't begin to explain how a simple meal can make such a big difference to a family, especially one in a situation like ours. I wish I could thank everyone that makes that happen. I wish I could hug each and every one of them!"

- Julie, Central Vermont



Your support is providing hope to Julie and so many others who are struggling through challenging times. In 2017, you provided **more than 9.7 million meals** to families, children, seniors and individuals in Vermont.

Thank You!



Last year more than 1,550 volunteers donated 13,372 hours of their time to help ensure that neighbors struggling to make ends meet didn't have to go to bed hungry.

Volunteer - Peter Monaco

"Once a month, I meet the Foodbank truck when it comes to Morristown and I help distribute boxes, which I previously helped pack in the warehouse. I wish everyone could see the expressions on people's faces when I place that box in their car. Joy. Relief. Gratitude. One look says it all. That is why I keep coming back.

I hope everyone who supports the Foodbank understands how important, how vital their efforts are for so many of our struggling neighbors. The world is a better place because of all of your efforts on a day-to-day basis. I am so grateful for the opportunity to be a small part of this wonderful team."



Corporate Donor of Funds and Food

- Hannaford Supermarkets

“As a grocer with deep Northeast roots, we recognize how important it is for everyone in this state to have regular access to nutritious food, so Vermonters can focus on their families, jobs and communities rather than on where their next meal is coming from. Hannaford makes daily donations to hunger-relief in Vermont, contributing more than 1 million pounds of rescued food each year to the Vermont Foodbank, local pantries and community food programs statewide. Our company also makes substantial financial donations to the Foodbank and its member agencies. By working together, we can end hunger in Vermont and strengthen our local community.”

—Eric Blom, Hannaford Supermarkets



Last year, community partners helped donate **7,656,031 pounds of food to feed Vermonters** facing hunger.

Thank You!

Last year, 1,208 monthly donors provided **nearly 600,000 meals**, which helped ensure that fewer families had to make tough choices between buying nutritious food that kids need to grow and paying for heat or medicine.

Sustaining Monthly Donor

- Sidney Lee, Vermont Poet Laureate, 2011-2015

“As winter arrives in Vermont, I am ever more conscious of my family's good fortune. We do not, for example, have to choose between fuel, medicine, and food. Too many in our community do. The Foodbank relieves good people of anxiety over one major, critical need. That's why I have become a monthly supporter.”

Annual Donor - Jane Pincus

“I support the Foodbank for its dedication and concentrated work to supply all citizens with the essential ingredients of life. Linking together individuals, farmers and organizations to guarantee food for those who haven't enough to eat, it has created a web of fruitful connections that expands from day to day.

I have never had to go without food, but the Foodbank's existence has made me acutely aware of the needs of others. Just as it nourishes the families who receive the food gathered in from the fields, I realize that it also nourishes me — and all of us — by tapping into our resources and our generosity and calling upon us to give as often as we can. It is unthinkable that anyone should go hungry. Access to good food is a human right.”

Thank You!

You make it all possible.

Last year, thanks to 16,877 caring donors, Vermonters living without enough food had help when they needed it most.

A family finds hope at a difficult time

Victoria, Steven, and three-year-old Ari moved recently and had to leave a lot behind: a house, a yard, and the security of a well-paying job. This is their story.

“My mother is getting older and suffers from Parkinson’s, and my aunt has disabilities that require her to use an oxygen tank and limit her mobility. They need us here to reliably make their meals, drive them to doctors’ appointments and make sure they take their medication...

For us, family comes first. We were happy to sacrifice our lives to take care of two women who raised me, but it hasn’t been easy. My husband had to leave his job and is struggling to find a new one. We spent our savings on the move, and we now have five mouths to feed instead of three. My mother and aunt’s fixed incomes don’t go very far. At one point, we needed food and all we had was five dollars. That’s when we turned to the food pantry for help.

The food pantry has been a lifesaver. By giving us nutritious staples to get through the month, it’s turned a situation that could have been one of hopelessness and despair into a hopeful one – where we can feed our family and hold our heads up high through a difficult, but temporary, time.

I know there is hope for the future. I only have to look at the energy and optimism of my son to see that. Soon my husband will find work and we’ll be in a better place than we were before the move – better, because not only will we be financially stable but we’ll also be here for my mother and aunt when they need us most. Until then, the food pantry is getting us through. They are giving us food and also hope by showing us that we’re not in this alone. There are people out there to help; there are people out there who care.” –Victoria



Stories like this are true for families in our community and across the country. Because of your help, families like Victoria’s are able to remain nourished and hopeful through difficult times. Because you care, you helped keep the shelves stocked for families like Victoria’s throughout Vermont. **You shared 11.7 million pounds of food with Vermonters facing hunger in 2017.** Thank you!

Thank You!

Building Skills for a Bright Future

Words from a Community Kitchen Academy Graduate

“After the shift my boss pulled me into his office and spent maybe five minutes praising me about how I could operate every tool he had. I was able to jump in with no training, and he was just amazed. If it wasn't for your Community Kitchen Academy class I would have gone in there wondering, ‘What's this?’ ‘What's that?’ And now I have a chef who has owned a restaurant before and graduated from culinary school telling me I operate on a professional level!”



Your support transformed lives, giving Vermonters valuable job skills. Last year, **59 students** enrolled in the Community Kitchen Academy in partnership with Chittenden Emergency Food Shelf and Capstone Community Action. This program prepares unemployed Vermonters for careers in the food service industry. Throughout their course, **students worked with rescued food to prepare 60,545 meal servings** for distribution at their food shelf.

Thank You!

Don's Story

Don, from Southern Vermont, needed a heart transplant. His doctor told him he wasn't healthy or strong enough to get on the transplant list and that the first step was to change his diet. Don lost his job because his illness made it impossible to work, and is now living on \$57 a month. He simply couldn't afford the fruit, vegetables, and other healthy food that he desperately needed in order to qualify for a new heart.

Fortunately, he heard about the fresh produce deliveries that you support, and he started attending every single one in his area. Because of you, he has access to the foods he needs to stay healthy, like squash, carrots, apples, and greens.

Over time, his improved diet began to make a difference, and his doctor agreed to add him to the transplant list! Your support will help him maintain the healthy diet he needs on his journey to recovery.



Food security and health go hand in hand. When you help our neighbors access healthy food, you save lives and transform them for the better. **Last year you shared 2.1 million pounds of fresh produce** with Vermonters like Don. Along with that food, you supported 244 VT Fresh cooking demos and taste tests that promote healthy food and teach Vermonters how to prepare it for their families. **Thank you for giving the gift of health to our neighbors!**

2017 Annual Report



Vermont Foodbank
www.vtfoodbank.org

CONDENSED STATEMENT OF ACTIVITIES FY17

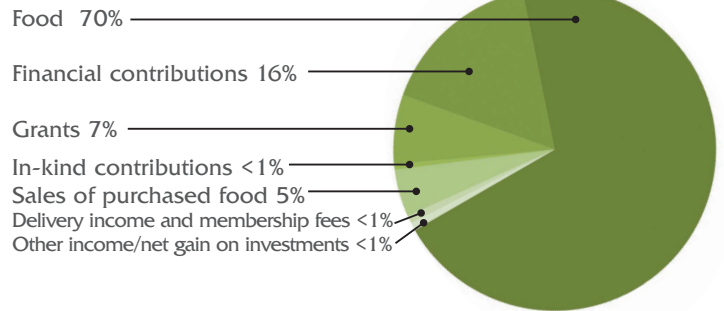
REVENUE

| | |
|--------------------------------------|----------------------|
| Contributions: | |
| Food | \$ 17,541,407 |
| Financial | \$ 4,098,100 |
| Grants | \$ 1,747,528 |
| In-kind | \$ 138,376 |
| Sales of purchased food | \$ 1,190,870 |
| Delivery income and membership fees | \$ 199,415 |
| Other income/net gain on investments | \$ 196,298 |
| TOTAL REVENUE | \$ 25,111,994 |

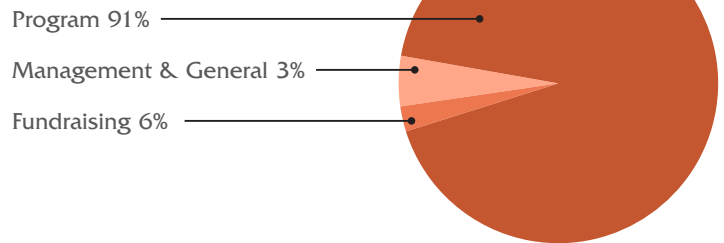
EXPENSES

| | |
|--------------------------------------|----------------------|
| Program Services: | |
| Food distribution | \$ 22,802,793 |
| Management and general | \$ 675,451 |
| Fundraising expenses | \$ 1,460,510 |
| TOTAL EXPENSES | \$ 24,938,754 |
| Change in net assets, | \$ 173,240 |
| NET ASSETS, beginning of year | \$ 8,580,927 |
| NET ASSETS, end of year | \$ 8,754,167 |

REVENUE



EXPENSES



CONDENSED STATEMENT OF FINANCIAL POSITION FY17

ASSETS

| | |
|--------------------------------|---------------------|
| Cash and marketable securities | \$ 3,735,123 |
| Receivables | \$ 287,218 |
| Prepaid expenses | \$ 162,462 |
| Inventory | \$ 2,621,494 |
| Property and equipment, net | \$ 2,353,721 |
| TOTAL ASSETS | \$ 9,160,018 |

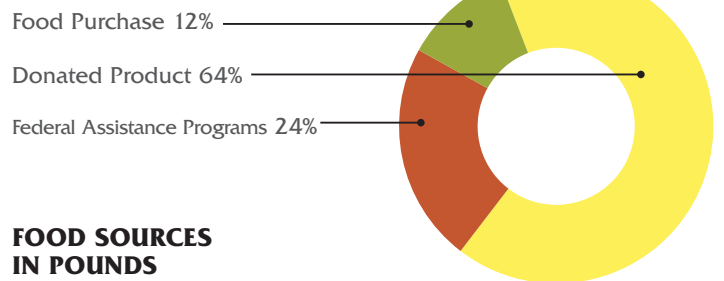
LIABILITIES

| | |
|--------------------------|-------------------|
| Accounts payable | \$ 229,280 |
| Accrued expenses | \$ 133,337 |
| Notes payable | \$ 43,234 |
| TOTAL LIABILITIES | \$ 405,851 |

NET ASSETS

| | |
|---|---------------------|
| Unrestricted - undesignated | \$ 5,005,784 |
| Unrestricted - property and equipment | \$ 2,353,721 |
| Unrestricted - board designated | \$ 300,000 |
| TOTAL UNRESTRICTED NET ASSETS | \$ 7,659,505 |
| Temporarily restricted | \$ 1,094,662 |
| TOTAL NET ASSETS | \$ 8,754,167 |
| TOTAL LIABILITIES AND NET ASSETS | \$ 9,160,018 |

FOOD SOURCES



FOOD SOURCES IN POUNDS

| | |
|-----------------------------|-------------------|
| Donated Product | 7,538,631 |
| Federal Assistance Programs | 2,793,129 |
| Food Purchase | 1,399,305 |
| TOTAL | 11,731,065 |

FOODBANK BOARD OF DIRECTORS

Doug Lantagne, Chair
Susan Bassett
Samara Bushey
Mitzi Johnson
Beth Rusnock
Liz Ruffa
Hillary Orsini
Jan Scites
Martha Trombley Oakes
Joe Zuaro



We Use Your Support Wisely
Vermont Foodbank has been rated a "Four-Star Charity" for transparency and efficiency by watchdog Charity Navigator, charitynavigator.org.

Thank You!

for making a difference this year.



Vermont Foodbank
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For all the latest information, visit our website at www.vtfoodbank.org

We're very social!
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