

Kernels



Vermont Foodbank

**Gratitude
Edition
2019**

MEMBER OF
**FEEDING
AMERICA**

Thank you for giving the gift of food.




Thank you from the bottom of my heart for your generosity, which allows so much good to happen across the state. Families dine together while talking about their day, kids go to school ready to learn and know that there will be dinner on the table again tonight, and older people in Vermont can enjoy a hot, healthy meal and friendship at one of our partnering senior centers. For that I am so grateful.

Every day, I make time to reflect on how many people in Vermont and across this nation and world are taking action to end hunger and poverty. You are so inspiring.

By giving the gift of food, you are making sure that people have access to nourishing meals every day and that everyone has an opportunity to be healthy. None of this is possible without you. Simply said, I am grateful for you. *We* are grateful for you.

Thank you!


John Sayles, CEO



Because of you, fresh, local food is available to Gina and friends, family, and neighbors in need.

Last year, you helped share **2.3 million pounds of fresh fruits and vegetables**. Of that, **440,000 pounds were grown right here in Vermont**.

Thank You!

Thanks to you, a retired couple finds the healthy food they struggle to afford.

Their fixed income isn't enough to cover their mortgage, heating, healthcare, and food costs. Because of fresh food programs that you make possible, Gina and her husband will be able to bring home the nutritious food they need to be healthy.

Gina has applied for assistance programs, but is consistently told that she doesn't qualify. "We are the forgotten people," Gina says. "You get to a point where you have to be poor — I mean really poor. And if you make too much to get [government assistance], you fall through the cracks. But you still don't have enough to live on or pay your bills."

Gina is a retired teacher and nurse living in Bellows Falls, VT. Her husband retired from a career in the navy and police force. Though they had spent their careers saving for retirement, they lost it all during the recession. On top of that, they both face health issues. Living on a fixed retirement income, there simply isn't enough money to afford their significant healthcare costs, mortgage, heating costs, and food.

To make things work, they try to stretch their food budget. "For the last few weeks, my husband and I have been living on ramen noodles and grilled cheese sandwiches. Which is not a healthy way to eat when

you're sick to begin with, and elderly."

It's a real challenge to get enough healthy food on a limited budget. "I haven't had eggs or butter in the house for a week and a half, because we had a big expenditure for medications at the beginning of this month."

When we heard about Gina's challenges accessing healthy food, we told her about a Foodbank program that you make possible — one that offers free, healthy food to all neighbors in need at schools and hospitals throughout the state.

"That would be great!" says Gina. "My husband can go right after his appointment at the hospital next week."

Thanks to donors like you, Gina and her husband will now be able to access healthy food on a regular basis. Their struggles aren't over, but this will be one less thing for them to worry about as they work to make ends meet and improve their health.

You helped Brittany share her love of food.

A single mom of three who struggles to make ends meet, Brittany has mastered being resourceful and preparing meals on a budget. Because of you, she is able to get fresh ingredients for her family meals. Find out how she is using her skills as a chef and photographer to share her recipes with others.

Brittany is a single mom in Rutland, raising three young daughters. She went to college in California for photography, and loves art and cooking for others. Brittany isn't working at the moment because she struggles with chronic illness, so for now she is focusing on getting healthy and caring for her daughters.

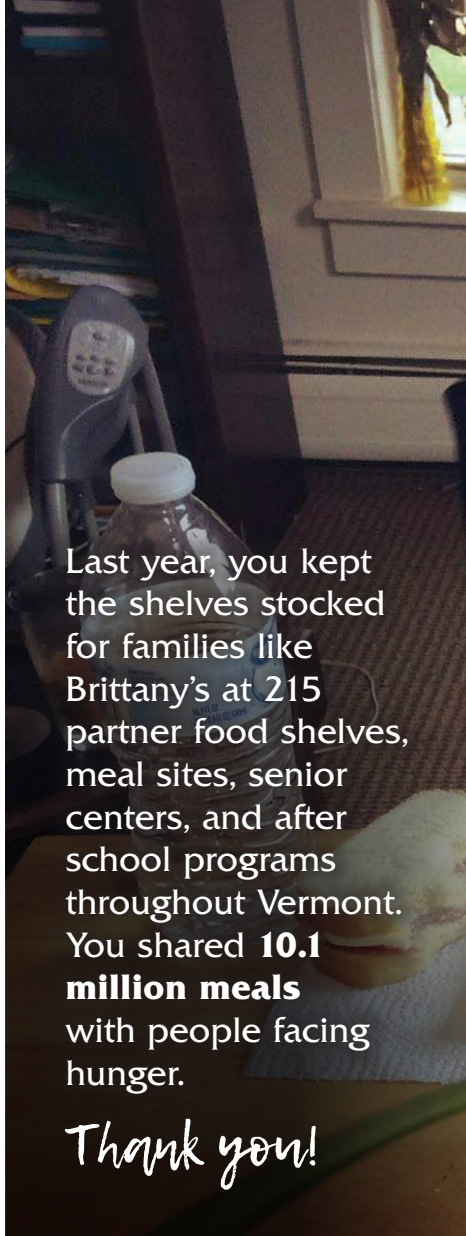
Just after her second daughter was born, Brittany separated from her children's father. She wasn't able to work because she had just had her baby, and she suddenly found herself in a position where she couldn't afford to pay her bills and was at risk of losing her apartment.

But things are looking up. **Brittany learned that the Rutland County Parent-Child Center was offering food assistance in partnership with the Vermont Foodbank (supported by you!), and she is now able to get healthy groceries to feed her family.**

She doesn't have a car, so Brittany especially appreciates that the food is delivered right to her home. *"When we're out of basic things like vegetables, or milk, or things we need, they just bring it to us once a week. So I don't have to worry as much about how I'm going to get to the store and get [my daughters] food to eat – or how I'm going to pay for it, when I have no more food stamps."* Brittany and her family haven't run out of food since these deliveries began.

"It's usually fresh food and vegetables. We get apples, kale, bok choy, celery, and potatoes — a lot of stuff that's really useful to make stews. [...] You can make anything out of it when you have nothing." And her kids love it. *"They get so excited every week to look through the box and see what they have. [...] I wait until they get home from school and daycare and they go through it for me and help me put it away. And they love it, they're so excited! They also help me figure out what to cook with it."*

Cooking is a real love of Brittany's. She knows how important it is to be thoughtful about meal planning when trying to feed three kids on a limited budget. Through practice, she has learned to be a great and resourceful cook. *"There's so much you can make! You just need to know how to improvise,"*



Last year, you kept the shelves stocked for families like Brittany's at 215 partner food shelves, meal sites, senior centers, and after school programs throughout Vermont. You shared **10.1 million meals** with people facing hunger.

Thank you!



she says. And she shares this love with her daughters, who get excited to help out in the kitchen, working together to make their favorite foods.

Brittany's love of cooking pairs well with her background in photography. She crafts beautiful dishes of food into art that she can capture with her camera. And now she is working as a guest contributor for the Vermont Foodbank's blog, to share her recipes and art in a new series called, *In the Kitchen with the Colletts*.

Brittany is hopeful and looking to the future with plans to go back to college to become a teacher. She envisions a life where she is financially stable and can buy a home for herself and her daughters. As she works toward these goals, Brittany is grateful for your help and the support of her community. **You make sure Brittany's family has reliable access to the healthy food kids need to grow.**

Check out Brittany's latest posts in the series, *In the Kitchen with the Colletts* at: www.vtfoodbank.org/colletts.

Last year, you supported **247 healthy food cooking demos and taste tests** that show people how to cook veggies for their families. Thank you for giving the gift of health to your neighbors!

You make it all possible!

Why I volunteer

“To me, gleaning is about making and feeling connections. This happens at many levels. There are the personal connections made through engaging in service with other volunteers (and Foodbank staff). There is also the community connection made through doing some small part to support my Vermont neighbors in need. There is the connection to broader more abstract things like economic systems and farm systems. And most elementally, there is connection found through feeling the rich soil in my hands, and the texture of lettuce, kale and broccoli on my fingers. Taken together, cultivating these connections keeps me coming back.”

— Rich Grumbine, a dedicated gleaning volunteer in southern Vermont



Last year, more than 1,700 volunteers donated 13,462 hours of their time to help ensure that everyone in Vermont was fed.

Why I give

“My late husband who died at age 43 had always supported this cause. Two of our adult children now use food shelves to supplement their meager earnings. I never imagined that food insecurity could affect my own family. I am hopeful that my small gift can help someone in need.”

— Michelle Badji, a Vermont Foodbank donor from Jericho, VT



Last year, thanks to 13,579 caring donors, people in Vermont had a place to turn when they needed help.

Will you share your story?

Do you have a personal story about hunger or why you are committed to ending it? We'd love to hear from you! Stories raise awareness about the issue of hunger and build support for programs that help ensure everyone in Vermont is fed. What a great (and free!) way to give back.

Intrigued? Visit www.vtfoodbank.org/share-your-story or contact Nicole Whalen at 802-477-4146 or nwhalen@vtfoodbank.org.

2018 Annual Report

Vermont Foodbank
www.vtfoodbank.org

CONDENSED STATEMENT OF ACTIVITIES FY18

REVENUE

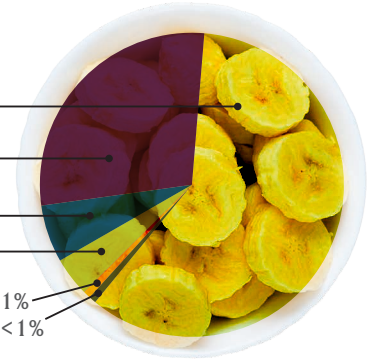
Contributions:	
Food	\$ 16,576,349
Financial	\$ 7,917,101
Grants	\$ 1,696,470
In-kind	\$ 111,390
Sales of purchased food	\$ 1,156,717
Delivery income and membership fees	\$ 214,582
Other income/net gain on investments	\$ 220,607
TOTAL REVENUE	\$ 27,893,216

EXPENSES

Program Services:	
Food distribution	\$ 23,838,806
Management and general	\$ 762,346
Fundraising expenses	\$ 1,417,818
TOTAL EXPENSES	\$ 26,018,970
Change in net assets	\$ 1,874,246
NET ASSETS beginning of year	\$ 8,754,167
NET ASSETS end of year	\$ 10,628,413

REVENUE

Food	60%
Financial contributions	28%
Grants	6%
Sales of purchased food	4%
Other income/net gain on investments	1%
Delivery income and membership fees	< 1%
In-kind contributions	< 1%



EXPENSES

Food Distribution	92%
Fundraising	5%
Management & General	3%



CONDENSED STATEMENT OF FINANCIAL POSITION FY18

ASSETS

Cash and marketable securities	\$ 3,920,445
Receivables	\$ 3,524,284
Prepaid expenses	\$ 109,041
Inventory	\$ 1,414,325
Property and equipment, net	\$ 2,039,057
TOTAL ASSETS	\$ 11,007,152

LIABILITIES

Accounts payable	\$ 214,688
Accrued expenses	\$ 142,070
Notes payable	\$ 21,981
TOTAL LIABILITIES	\$ 378,739

NET ASSETS

Unrestricted - undesignated	\$ 7,225,891
Unrestricted - property and equipment	\$ 2,039,057
Unrestricted - board designated	\$ 300,000
TOTAL UNRESTRICTED NET ASSETS	\$ 9,564,948
Temporarily restricted	\$ 1,063,465
TOTAL NET ASSETS	\$ 10,628,413
TOTAL LIABILITIES AND NET ASSETS	\$ 11,007,152

FOOD SOURCES

Donated product	67%
Federal assistance programs	20%
Food purchase	13%



FOOD SOURCES IN POUNDS

Donated product	8,135,224
Federal assistance programs	2,453,741
Food purchase	1,569,901
TOTAL	12,158,866

FOODBANK BOARD OF TRUSTEES

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



We use your support wisely. The Vermont Foodbank has been rated a "Four-Star Charity" for transparency and efficiency by watchdog Charity Navigator, charitynavigator.org.

The mission of the Vermont Foodbank is to gather and share quality food and nurture partnerships so that no one in Vermont will go hungry.

When there's no food in the fridge, it's urgent.



Getting to work, doing well in school, paying for medicine ... everything takes a back seat to finding food when a family has already skipped a whole day of meals. Making an automatic gift every month ensures that help is there when it's needed, and not a moment too late.

A Vermont resident told us this story about how caring people like you are helping their family get through tough times.

"I lost my job earlier this winter and it has been a hard few months for our family. The food you brought here every week has made a huge difference in our lives and allowed us to continue eating fresh vegetables during a time of financial hardships."

There are many more stories like this, and we hear them every day. Please consider becoming a Sustaining Monthly Donor. It's so important to make sure good food is available all year long.

Becoming a monthly donor is quick, easy, and secure. An automatic monthly gift means less work on your end and ensures that more of your donation helps people in need. The most important part is that you'll know you're providing nutritious food every day so that no one has to go to bed hungry or struggle through the day without food.

A \$30 monthly pledge can help provide enough food to feed someone — a child or neighbor — 50 meals, every month. Sign up using the enclosed pledge card or go to www.vtfoodbank.org/give.



Vermont Foodbank
www.vtfoodbank.org

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

**We're very social!
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