



2018 ANNUAL REPORT



CURRENT BOARD OF DIRECTORS

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STATEMENT OF ACTIVITIES

Year Ended May 31st, 2018

Revenues and Other Support

Program Service Fees	\$ 829,938
Grants & Contracts	492,839
Contributions	1,411,721
Contributed Food Received	15,374,204
Interest	5,514
Other	6,221

Total Revenues and Other Support \$ 18,120,437

Expenses

Foodbank Operations	\$ 2,078,889
Contributed Food Distributed	15,598,487
Administrative & Fundraising	430,954
Depreciation	158,071

Total Expenses \$18,266,401

Change in Unrestricted Net Assets	\$ (245,964)
Change in Permanently Restricted Net Assets	100,000
Change in Net Assets	(145,964)

Net Assets at Beginning of Year 6,691,032

Net Assets at End of Year 6,545,068



97% of every dollar goes directly to feed our neighbors.

3% goes to administrative and fundraising costs.



Growing Forward

Nourishing our neighbors

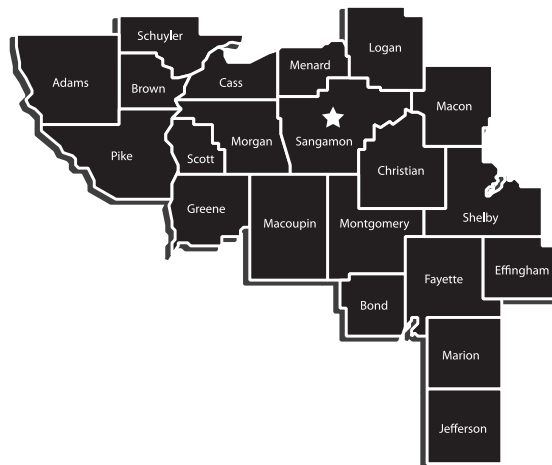
Vision

Access to and Awareness of Healthy Food for All

Mission

To provide food, and develop awareness of and creative solutions for food insecurity.

In our 21-county service area



Over 100,000 people

don't know where their next meal will come from.



1 in 5 children

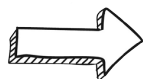
struggles with hunger

We distributed



9 MILLION

lbs of food

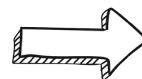


including



2.25 MILLION

lbs of fresh produce



providing



7.5 MILLION

meals across 21 counties

Our community donated **12,000** volunteer hours - equivalent to **6** full-time employees.



Charity Navigator awarded Central Illinois Foodbank its 9th consecutive 4-star rating, the highest rating they bestow on the charities they monitor. Charity Navigator is the largest charity evaluator in America and its website attracts more visitors than all other charity rating groups combined. The organization helps guide intelligent giving by evaluating the Financial Health and Accountability & Transparency of more than 8,000 charities. Charity Navigator accepts no advertising or donations from the organizations it evaluates, ensuring unbiased evaluations, nor does it charge the public for this trusted data.



OFF THE SHELF

SPRING 2019 NEWSLETTER & ANNUAL REPORT

Partnership, Produce and Progress

Providing access to healthy foods is one of the Foodbank's highest priorities due to the number of households that have members with health ailments who could benefit from having access to nutritious foods.

- **12.6%*** of individuals living in the Foodbank's service area experience food insecurity, higher than the state average of 11%*
- **36%*** of households served are not eligible for any federal nutrition programs
- **36%**** of households served have at least one member with diabetes & **71%**** have at least one member with high blood pressure

The Foodbank developed its Healthy Foods Distribution program to assist in providing consistent access to nutritious foods, including fresh produce, dairy and protein. This method is designed to distribute perishable goods that often need to be dispersed within hours or days. Last fiscal year, over 550,000 pounds of nutritious foods were distributed to individuals, families and seniors through various non-traditional partners, such as health centers, schools and community sites. Overall, fresh produce distribution has grown to over 2 million pounds, an increase of nearly 40% over the last two years, with the help of the Foodbank's traditional partners (food pantries, soup kitchens and residential programs), non-traditional partners and its many dedicated volunteers.

This program has evolved over the years and now includes public and private schools, Federally Qualified Health Centers and other locations throughout our communities. Each week, volunteers deliver fresh fruits and vegetables to local health centers and schools in our new produce delivery van. At Healthy Foods Distribution events held at different community locations, staff deliver food to a designated site on a refrigerated truck. Volunteers then set up food similar to a farmers market and individuals and families select the items they would like. On average, over 450 individuals are served at each event.

Often, other service providers are on hand to provide additional resources such as dental health, financial literacy and blood pressure screenings. The Foodbank utilizes a mobile kitchen cart and a trained dietician or nutritionist to demonstrate how to prepare/cook items that are available at distributions. The purpose is to have both adults and children participate in preparing the food alongside the volunteer.

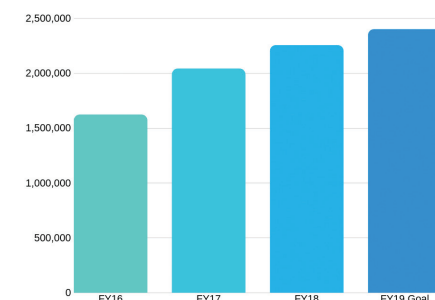
Each distribution provides approximately 10,000 pounds of fresh produce, dairy, protein and items low in sodium and requires the assistance of 20 - 100 volunteers. Without these volunteers who generously donate their time to help their neighbors, this program would not be possible.



Children from Matheny-Withrow Elementary School receive fresh produce from one of the weekly deliveries made by Foodbank volunteers.

You can learn more about how the Foodbank is **Growing Forward** on the back page of this newsletter.

Fresh Produce Distributed (pounds)



*Map the Meal Gap 2018. Feeding America, 2018.

**Hunger in America 2014 Report for Central Illinois Foodbank. Feeding America, 2014.

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DIRECTOR'S DISH

by Pam Molitoris
Executive Director



It's hard to believe that another year is behind us and warmer weather is right around the corner. In a few short weeks, our son will be wrapping up his first year of college and kids will be out of school for summer. Getting your kids involved in the community and helping our neighbors can be a great summertime activity. There are many ways you can help on your own or as a family.

As the ground begins to thaw, it's the perfect time to start planning your summertime garden. An easy way to help fight hunger is by planting an "extra row" in your home garden. Whether you're growing cucumbers, tomatoes, or potatoes, you can donate your produce to the Foodbank or one of our partner agencies.

During the spring and summer, we hold Healthy Foods Distributions at different locations throughout our communities. The food is arranged similar to a farmers market and individuals and families are able to walk among the different food items and select what they need. These distributions require many volunteers to help with setting up and interacting with those who attend. This is a great opportunity to volunteer as a family.

Many of our partner agencies also use volunteers throughout the year. We work with over 160 food pantries, soup kitchens, residential programs and after-school programs throughout our service area. Many of these agencies are volunteer-run and could benefit from additional volunteers.

One of the newest opportunities to get involved with our Healthy Foods Distribution program is by volunteering to drive our new produce delivery van (*no special license required!*). Each week, volunteers drive our van to local schools and Federally Qualified Health Centers to deliver fresh produce.

As we continue to grow our vision of providing access to and awareness of healthy food for all, we know we won't be able to it alone. We'll need an even greater focus on our three "F's" - **food, funds** and **friends**. Community partnerships will become even more essential as we strive to increase the amount of nutritious food and fresh produce we're able to distribute in the coming year.

Making sure that individuals, children and seniors in our community have access to nutritious food, including fresh produce, is one of our highest priorities as we continue **Growing Forward**.

Pam Molitoris

Foodbank's FY19 Goals

- Distribute **9 million** pounds of food, including **2.4 million** pounds of produce
- Utilize **13,000** volunteer hours
- Provide **52,000** meals through kids programs

Harvest Celebration raises nearly \$90,000



Nearly 200 people attended the 20th Anniversary Harvest Celebration on October 26th. The event was a success, raising nearly \$90,000 to help the Foodbank reach its goal of distributing 2.4 million pounds of fresh produce to individuals, children and seniors in our community.

The Illinois Pork Producers Association was presented the Good Samaritan Award for their continued dedication to fighting hunger in central and southern Illinois.

THANK YOU TO OUR 2018 SPONSORS!

Champion Level



Partner Level

Dot Foods
Memorial Health System
The Shanahan Family
Nancy Simpson
Horace Mann

Leader Level

Ameriprise Financial-Steve Koch, CFP
Ed & Sharon Curtis
HSHS St. John's Hospital
Levi, Ray & Shoup
Marsha Prater, RN, Ph.D.
Sysco Central Illinois

2018 Good Samaritan Award Illinois Pork Producers Association

The Illinois Pork Producers Association (IPPA) has been a supporter of Central Illinois Foodbank and the fight against hunger for many years and their support has only continued to grow.

Since its inception in 2008, Pork Power has generated more than 625,000 pounds of pork - enough for more than 2.4 million servings - for families throughout Illinois. Pork, soybean and corn farmers commit funds from their respective checkoff programs to support this program.

Our partnership with IPPA is becoming even more important as the Foodbank continues to grow its vision of providing healthy food for all. Over the last 20 years, IPPA has donated over 70,000 pounds of pork to the Foodbank for distribution through our partners.

The Foodbank is grateful for the support we receive year after year from the Illinois Pork Producers Association. We look forward to continuing our partnership and are happy to award them with this year's Good Samaritan Award.



Central Illinois Foodbank Board President Matt Sharpe (left) and CIFB Executive Director Pam Molitoris present Mike Haag, IPPA Board President, the 2018 Good Samaritan Award.

Spotlight on Hunger

When Kathie's boys were in 6th and 7th grades, she and her husband divorced. During this transition, Kathie went from being a stay-at-home mother to re-entering the workforce. While she was fortunate to find a job, the pay was entry level and it was difficult to make ends meet with two growing boys.

"I had enough money for the basics but I didn't have a lot of money for food," she said. "Food is the most fundamental thing you need. When there's no food, there's no food. It's one of the things that's an absolute essential, especially when you have kids and your kids are hungry."

Kathie didn't receive any type of child support for nearly two years. Receiving food assistance allowed her to provide other basic needs for her boys.

"You can't make money go farther than it does. You have to have gas, heat, clothes, something over your head," she remarked. "Food is the thing you can get pretty cheaply sometimes but it's nice to have fresh food and fresh vegetables."

When Kathie reflects back on her own experience, she realizes the importance of being able to pay it forward.

"To me, the most important way you can give back to the community is to help people out who are in difficult situations," she said.

Kathie has been volunteering at the Foodbank's Healthy Foods Distributions for nearly two years. She enjoys the opportunity to offer her support and share tips on how to prepare the different produce available that day.

"I have a very strong connection to wanting to help people out because I know what it's like to not have enough money for food," she said.

During her time volunteering at distributions, Kathie has met many people and heard many stories. What's important to her is that people know that it's okay to ask for help.

"You don't need to be embarrassed. You need what you need," she said. "People fall into all sorts of situations."

As someone who received food assistance in the past, Kathie hopes to provide a sense of comfort and support for others.

"I want people to know that it's okay if you're in a bad place," she said. "Things will get better. I want to be the person there saying I accept you no matter what."

