

### **Working to End Hunger** — **Together**





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\* As of January 2014

### Food for 10,800,000 Meals Distributed







### 78,000 People

### Served each month

**43.6%** Children | **15.1%** Seniors **13,500** Working Families

### [SOURCES OF FOOD]







Purchased

13,800,000 Pounds of food distributed
7,038,000 Pounds -51% - was fresh produce

### [ 175 PARTNERS AGENCIES ]

Operate 204 Programs	
Pantries	122
Group Homes	35
Youth Programs	32
Childcare Programs	28
Soup Kitchens/Dining Rooms	15
Emergency Shelters	11
Senior Programs	5
Other	16



### **Diabetes Wellness Project**

3,600 Care packages distributed380 Diabetic adults enrolled

### **Afterschool Meal Program**

332,000 Healthy after school snacks 81,400 Suppers (pilot year)



-[VOLUNTEERS]

85,000 Hours Worked



41 Staff Equivalent



The 2012-2013 fiscal year was undoubtedly the most significant in the history of the Redwood Empire Food Bank. Not only did we successfully complete our *Blueprint to End Hunger* capital campaign, raising \$9.3 million, but we did so while keeping the project on budget and without incurring any long-term debt.

### The significance of this is that your support goes directly to feeding our hungry neighbors.

The most rewarding part of the year was being able to meet the challenge of moving into our new home while sustaining service to people in need. In fact, with the increased generosity of individual donors and foundations, we expanded our programs and increased the amount of food distributed by one-half million pounds, with 51 percent being fresh produce.

Continuing to focus on the well-being of children, we converted our Supper for Kids pilot to an on-going program and renamed it the Afterschool Meal Program (AMP). This effort will further strengthen the nutrition safety net for children throughout our community. We also initiated the opening of our Community Kitchen with a collaborative project with the Veteran's Administration.

The coming year offers many opportunities including the possibility of adding cost-saving solar power, expanding the work in our Community Kitchen, and the continued growth of the Value Market, our one-of-a-kind grocery store for income-qualified customers.

Your continued support makes all of these efforts possible and ensures that we are able to provide critical assistance to the communities we serve.







David Subin

**David Guhin**Board President



### **Supper Pilot Program bridges** meal gap for children.

There are 30,000 children who rely on free and reduced price breakfast and lunch across Sonoma County and provided 81,400

Adequate and

proper nutrition is

vital to ensuring our

children develop their

minds and bodies

to become thriving

community members.

served at elementary schools across Sonoma County. While school meal programs provide students with the nutrition necessary to make it through the school day, they do not address the hunger many children face after school.

To help bridge this meal gap, the REFB began a

pilot program to provide supper to this substantial group of after-school programs. Coupled with our successful Snacks for Kids program, the Supper Pilot makes up our new Afterschool

Meal Program (AMP). Originally rolled out at seven sites in Santa Rosa, the Supper Pilot ended the 2012-2013 school year at 14 sites

> meals to children who may have missed those meals if it weren't for the RFFB.

### REFB set to "AMP" up meal programs in coming year.

Now in its second year, the REFB intends to "AMP it up" even more during this cur-

rent school year by expanding to 31 sites and serving more than 2,000 children needy children at sites in low- across the county. Adequate and proper income areas with pre-existing nutrition is vital to ensuring our children develop their minds and bodies to become thriving community members, which is why the REFB will continue to prioritize AMP as a key source of this nutrition.

## Value Market opens as innovative

The REFB is proud to have opened the Value Market in August as the latest in a series of

innovative programs to end hunger in our community. The first of its kind in the country, the Value Market is an inviting grocery store that serves low-income individuals and families eligible for food assistance programs, such as CalFresh, WIC or any REFB program. The market offers a

### There are many paths to ending hunger.

The Value Market was created based on the understanding that there are many paths to ending hunger and that hungry people have

different levels of need. Some people are hungry every day, and thus a soup kitchen environment is the best solution. Others are hungry at the end of the week or month, so a food pantry offers the right level of assistance. However, for many, a reliable source of affordable groceries

emergency food assistance. The Value Market is the best choice for them.

service to our community and believes it will be a key element of food banking and hunger relief in the future. By soliciting feedback from our customers, the Value Market will continue to evolve and adapt to the needs of its shoppers.

## way to serve the community.

where income-qualified

relaxed and dignified shopping environment will allow them to avoid the need to seek where income-qualified customers can buy fresh, quality groceries at affordable prices. Shoppers also receive the added benefit of The REFB is extremely proud to offer this the Value Market's proximity to our main facility, where they can receive information about REFB programs or referrals to one of our partner agencies.

81,400 meals served at 14 sites across Sonoma County; **2,000 children receiving supper**  First of its kind in the country; offers 75 types of fresh produce; a dignified shopping experience for those in need

The market offers a

relaxed, dignified

shopping environment

customers can buy

quality groceries at

affordable prices.



### Volunteer program expands in the new facility.

The REFB could not distribute over 14 million pounds of food this year without

the critical work of thousands of volunteers. Therefore, creating work spaces that support the productivity and comfort of our

> volunteers was a primary goal in the design

> > of our building. Now we offer dedicated spaces that accommodate individual large and small.

"I love to work

with people and

inspire others

to do better."

- JERRY HETZER

Volunteer Lead

a growing number of bag the seven produce assemble

we will distribute this year. We rely on our Volunteer Lead team to supervise other volunteers for bagging, boxing and sorting projects.

### **Jerry Hetzer shines** as Volunteer Lead.

One of these Leads is Jerry Hetzer, a retired teacher and WWII Navy combat veteran who has spent his 88 years helping and serving others. A volunteer since

we opened the new facility, he started by bagging produce, taking pride in his quick and efficient work. Not only did Jerry get an volunteers and groups both amazing amount done, but those around him were more efficient as well. Soon Jerry We are fortunate to have joined the Senior Gleaners and became a Volunteer Lead, overseeing other volunteers groups that help us in sorting food from community food drives. Jerry embodies the spirit we see in so many million pounds of of our valued volunteers – a compassion for others and a desire to help. As Jerry says, "I love to work with people and inspire 50,000 food boxes others to do better."

3,500 volunteers; 85,000 hours worked;

### **Summer Lunch program feeds school**

children throughout the year.

Ten years ago the REFB launched its fresh produce they receive from the REFB. Summer Lunch program to meet the needs

of children who receive free or reduced price meals during the school year, but often don't get enough to eat during the summer break. The program now serves 47 locations, has served 670,500 meals to hungry children, and has grown to include enrichment activities such as a Garden Nutrition Education

program and a physical activity component. inspire

### Providing food is just the beginning.

Launched in 2010, the Garden Nutrition Education program now operates at 13 of the Summer Lunch sites – primarily lowincome housing complexes - and gives children who may not have access to garden-based education the opportunity

to plant seeds and grow vegetables, make their own garden salsa, and learn about the

Recognizing the need to pair healthy food

and nutrition education with physical activity, this year the REFB piloted a program designed to follow First Lady Michelle Obama's Let's Move campaign. This program encouraged our Summer Lunch participants to be active at the lunch site.

There were warm-ups, relays,

and games to children exercise, which helps to reduce childhood obesity, Type 2 diabetes, and other diseases common among children.

The Summer Lunch

program meets

the needs of children

who receive free or

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during the school year,

but are often hungry

during summer break.

IU years offering Summer Lunch; 670,500 meals served; now serving 47 locations







Distributing fresh,

healthy, whole foods

is essential to ending

hunger and promoting

wellness in our

community.

### **DIABETES WELLNESS PROJECT —**

The DWP aims

to better understand

the connection

between hunger,

lower incomes, and this

debilitating illness.

### **Diabetes Wellness Project combines** hunger relief and public health.

Our Diabetes Wellness Project (DWP), a pilot project helping to improve the health and

wellness of low-income, food insecure adults with Type 2 Diabetes serves more than 380 individuals each month. The DWP is part of a national effort to better understand and address the connection between hunger, lower

incomes, and this debilitating illness.

Now in its third year, the DWP continues healthy lives. to operate a mobile clinic that travels throughout the county, meeting program country with a program of this nature, participants where they live. The mobile clinic the REFB will continue providing these provides medical testing, health education, connections to local doctors, and diet- across the region struggling with hunger specific food to participants each month and diabetes. with the goal of helping them manage their diabetes and live healthier lives.



### DWP partners with VA Clinic to offer health education and cooking classes.

The project has also partnered with the neighboring Veterans Administration Clinic

> to teach life skills to veterans in addition to our DWP participants. This special group comes to the REFB for healthy cooking classes, nutrition education and tips on grocery shopping – three components necessary for

our low-income neighbors to lead

As one of only three food banks in the invaluable services to those individuals

# 3,600 monthly food boxes distributed to

380 individuals in **32 locations** across the region

### New freezer/cooler allows for fresher, healthier food.

Gone are the days of can-in-can-out food banking. The REFB goes beyond the simple

provision of non-perishable staples to focusing on providing healthy, nutritious food to the thousands of hungry individuals seeking our assistance. This year, we made great strides in our ability to provide even more fresh fruits and vegetables and healthy

perishable food items with the addition of our 5,000 square foot freezer/cooler.

With the capacity to hold 22 semi-truck loads of food, the freezer/cooler has increased our ability to receive, refrigerate and redistribute perishable, vitamin- and protein-packed items. In fact, we have been able to receive more than 20 pallets of donated yogurt and 90 pallets of frozen

organic prepared meals since moving into our Brickway facility. We were also able to increase the amount of fresh produce and protein we can distribute to food insecure

adults, children and seniors.

### **Nutritious food key** to ending hunger, promoting wellness.

Distributing fresh, healthy, whole foods is essential to ending hunger and promoting wellness in our community.

Your donations, coupled with our ability to acquire and safely store healthy produce and protein, will ensure our most vulnerable

neighbors receive the nourishment they need to thrive.



# 5,000 square foot

freezer/cooler holds 22 semi-truck loads of fresh produce and healthy protein



Through these

able to effectively

in each community.

### **REFB** creates critical partnerships to end hunger.

The REFB collaborates with 175 non-profit, civic and faith-based organizations from reaches our neighbors in need.

Petaluma to Cloverdale, Sonoma to Occidental, and everywhere in between. Through these partnerships, we are able to effectively support and respond

to the unique face of hunger in each

reduced prices to supplement the donated food they receive from the REFB. This system ensures that nutritious food from the REFB

### Agencies receive 35 percent of annually partnerships, we are distributed food. respond to hunger

The REFB dispenses nearly 35 percent of the 14 million pounds we distribute annually to our growing

community. With the growth of network of partner organizations. This our Neighborhood Hunger network includes youth programs, childcare Network, we made sure our programs, soup kitchens, pantries and new facility included a emergency shelters. With a growing number dedicated area for the of partner organizations, the REFB is able to Agency Store where our better meet the needs of the community partners can purchase as the hub of food distribution for Sonoma healthy food at County and beyond, providing critical food exceptionally assistance to those in need.

# 175 Agency Partners

who operate 264 programs in our Neighborhood Hunger Network

### **New Information & Referral Center**

Information and Referral Center. where trained volunteers speak directly with incoming clients, providing them with the necessary information to enroll in any of the REFB's programs, or referring them to a partner agency in their neighborhood that can meet their needs.

expands our reach.

Nick Ojeda, a former Health

and Education Coordinator with Migrant he says. "And through Education, is one of several in a special team the Information and of volunteers that operates the Information and Referral Center. Nick volunteers two do that." days a week and says the REFB is an incredible resource whose results-oriented approach not only involves, but benefits the entire community.

### A tireless ambassador for the REFB.

While he focuses primarily on referrals to One of the most important new spaces the Latino community, his work extends we created in the Brickway facility is the beyond the Center. He is a diligent ambas-

> sador for the Value Market, he helps recruit volunteers from the community and he translates materials for different programs. He says he loves instilling a sense of pride, respect and selfesteem in the clients with whom he works. "My main cause is to bring the service to the people who need it,"

Referral Center, I can

"The RFFR is an

incredible resource

whose results-oriented

approach not only

involves, but benefits

the entire community."

- NICK OJEDA

IRC Volunteer



### 7 volunteers

work a total of 24 hours a week, handling 20% of incoming calls and inquiries



\$10,000 to \$24,999

Abbey, Weitzenberg,

Barry and Gail Ben-Zion

Celebrate Community

ConAgra Foods, Feed

ina Children Better

Crawford Cooley

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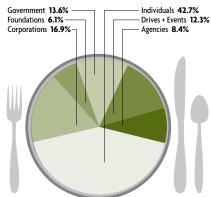
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### SOURCES OF OPERATING INCOME

The complete audited financial statements are available upon request or can be found on our website at www.refb.org/financials.

provides food in Sonoma County and for hunger relief organizations in Lake, Mendocino, Humboldt and Del Norte Counties. The REFB is an affiliate of Feeding America and a member of the California Association of Food Banks.



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