



East Bay
FOOD PANTRY
& THRIFT SHOP
eastbayfoodpantry.org

ANNUAL REPORT

2019

Jan. 1, 2019 - Dec. 31, 2019

RESPECTFULLY SUBMITTED BY KAREN GRIFFITH-DIETERICH

*“To engage, educate & empower
the East Bay in creating
a hunger-free community.”*

Dear Friends,

2019 was a big year for the East Bay Food Pantry.

We celebrated 10 years of serving Eastern RI

- The first day our food pantry was open, 6 families came, and in the first month, 96 families utilized our pantry. Now we have about 1,000 visits to our food programs every month.

- The first month we were open, we distributed around 5,000 lbs. of food, and now we distribute 35-40,000 lbs. of food each month.

- As of our anniversary, we had provided food to over 8,300 different individuals from 3,965 households throughout the East Bay.

- From our start as “just a food pantry”, we have now grown to provide food and nutrition education through 8 different programs, and in 10 years these programs have provided enough food for over 2 million meals!

We continued to expand our programming to meet the needs of our community

- We received a new refrigerated van in collaboration with the Ford Fund, Tasca Ford and the RI Community Food Bank. We use this van to transport large food donations and deliver groceries to the homebound through our Mobile Pantry program.

- We added a Mobile Cart program to deliver supplementary food and personal care products to assisted living residents. This popular new program had almost 750 visits in its first 9 months.

- We expanded our Food Pantry hours to meet the needs of the working poor. Starting in the Fall, we added evening hours each week so our guests could shop after work.

- Our food programs experienced growth, with 7% more food program visits than in 2018. We maintained our commitment to providing nutritious foods, with 96% of our food purchasing dollars going towards healthy foods such as whole grains, fruits and vegetables, and high-quality protein and dairy foods.

- We provided a record of over 126,000 lbs. of fresh fruits and vegetables, a 19% increase.

Our work would not be possible without the support of our volunteers and donors.

More than 170 volunteers provided 10,500 hours of service in 2019. Additionally, community members provided valuable donations of food and Thrift Shop items, and donors, foundations, and businesses provided critical financial support. All these resources were crucial in enabling us to serve the most vulnerable residents of Eastern RI with compassion and dignity. I am honored to have the privilege of working with such a dedicated community of supporters.

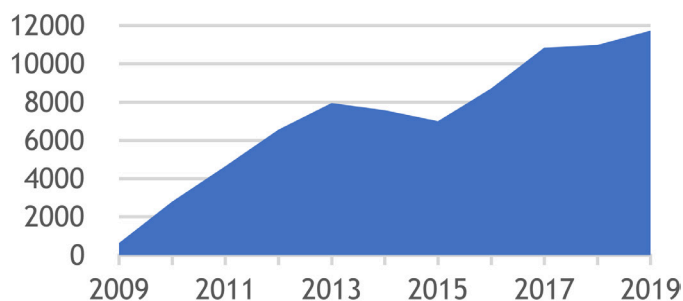
With Gratitude,

Karen M Griffith

Karen M Griffith
Executive Director



Visits to EBFP Food Programs



History

East Bay Food Pantry (EBFP) and its companion Thrift Shop were established in response to a growing need for assistance in the East Bay community that was identified by Bristol's First Congregational Church. With support from the East Bay Community Development Corporation, state legislators, HUD, and the Town of Bristol, space was secured on the ground level of the Franklin Court Independent Living Building on Wood Street in Bristol (rent and utility free). Over 200 volunteers, including professionals in the construction trades, spent over 3,000 hours cleaning, painting and preparing the space for the August 2009 opening.

The East Bay Food Pantry began serving the community in August 2009, and received 501c3 status in December 2009. The EBFP is a RI Community Food Bank Member Agency, having met stringent training and compliance requirements. Guests from the East Bay area are served free of charge through a variety of nutrition-based food programs. The Thrift Shop is open to the public from Tuesday to Saturday, with the Thrift Shop proceeds used to support the food programs.



Mission

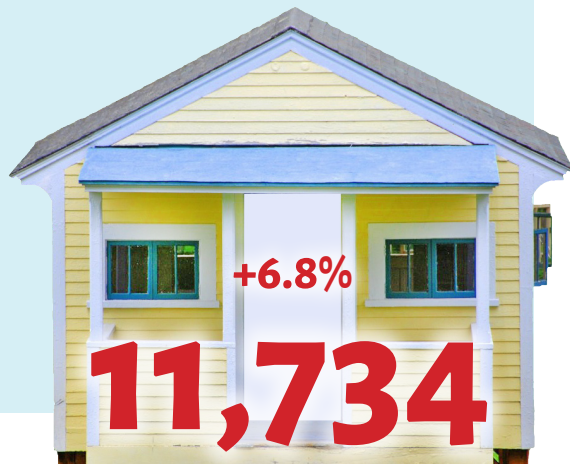
“To engage, educate & empower the East Bay in creating a hunger-free community.”

Food is available to anyone in need in the East Bay. Our “client choice” food programs are all grounded in our Access Nutrition Initiative, providing healthy food choices and nutrition education to address inequalities of access to healthy foods. We strive to provide a consistent inventory of whole grain foods, fruits and vegetables, and high-quality protein and dairy items.



447,205 Pounds of Food Distributed

Including
126,294
Pounds of Fresh Produce



+6.8%
11,734

Household Visits



2,363
Unique Individuals Served

+388
New Households



Expense Breakdown
89.5% Programs
3.8% Fundraising
6.7% Management & General

504
People Participated
in Nutrition Training



174 Volunteers Donated

10,500 Hours



East Bay
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Snapshot 2019

Programs

Access Nutrition Initiative

We are working to build nutrition consciousness into the culture of EBFP, and our Access Nutrition Initiative motivates and guides all our food programming. Our goal is to consistently offer whole grains, a wide variety of fruits and vegetables, and high quality protein and dairy items to our guests who rely on EBFP to supplement their food needs. In addition to nutritious foods, our Access Nutrition Initiative also offers educational opportunities to our guests, volunteers, and staff through workshops, targeted food tastings, and printed materials. We are energized by the real potential for positive impact this initiative can make in the lives of some of the most vulnerable RI families.

Food4Kids

Many low-income children receive free or reduced-price breakfast and lunch through the National School Lunch Program when they are going to school. Often this program provides a major portion of the nutrients that the children receive. However, over weekends and school vacations, children lose access to this important source of food, setting up roadblocks to the learning process. The Food4Kids program is designed to fill the nutrition gap and make sure children can get the nutritious meals they need. Over the summer this program provides families with food to make 5 nutritious breakfasts, lunches, and snacks for their children each week. During the school year, the program provides food to make breakfasts, lunches, and snacks for each weekend, with additional food provided over school vacations. While this program is designed to fill the needs of children participating in the National School Lunch Program, any child in our service area who is 17 or younger is eligible. In accordance with our Access Nutrition Initiative, the program focuses on nutritious foods such as eggs, low-fat milk, yogurt, whole grains, and fresh fruits and vegetables.

Food4Kids hours are every Friday, 10am-noon during the summer; or the 2nd and 4th Fridays of each month, 10am-noon during the school year. Guests may shop weekly during the summer and twice monthly during the school year.

Food Pantry

Our client-choice Food Pantry provides about a week's worth of nutritious foods, including milk, eggs, produce, meat, and other fresh and frozen foods, in addition to non-perishables. Guests are given the dignity of choice, picking those items that fit the dietary needs and preferences of their families. Targeted recipes, numerous healthy options, and one-on-one interactions with our trained volunteers encourage healthy choices and provide guidance for those shoppers who may have particular dietary concerns. **Food pantry hours are Wednesdays, 10am-6:30pm. Guests may shop once each month.**



Fresh Food Fridays

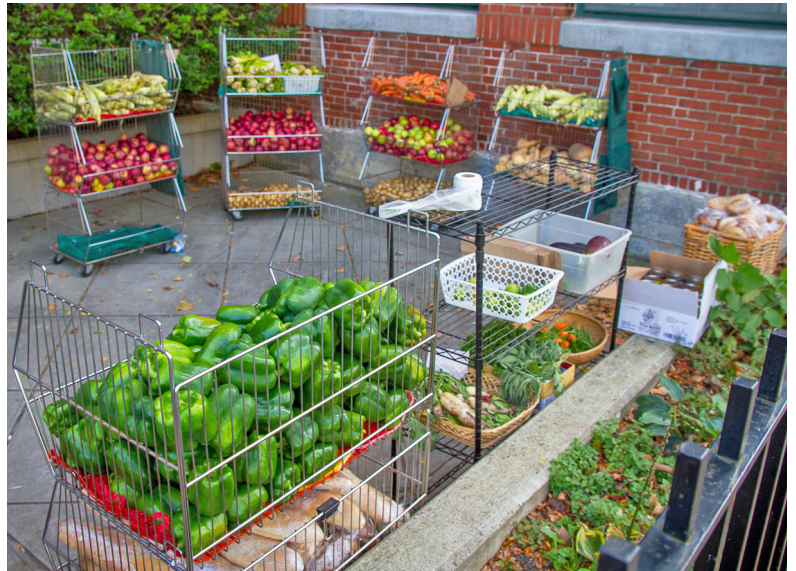
We offer fresh food (produce, bread, etc.) to our guests every Friday. In an effort to encourage guests to incorporate more fresh foods into their diets, they may shop every week if they wish. Although this is a year-round program, we make a special effort to partner with local farms and gardeners to provide local, seasonal produce during the growing season. We are committed to getting produce and bread to our guests in its freshest and most nutritious state. **Fresh Food Friday hours are Fridays, 10am-3pm. Guests may shop weekly.**

Holiday Food Bags

In November and December, EBF provides extra food for the holidays. Each guest who shops at the food pantry during these months receives a bag with special holiday foods at the time of their visit. No advance registration is required.

Commodity Supplemental Food Program

Without proper nutrients, seniors are at risk of increased disability, decreased resistance to infections, deteriorating mental health, longer hospital stays, and chronic diseases. The Commodity Supplemental Food Program (CSFP) is a federal nutrition program for low-income seniors age 60+ that works to improve their health by supplementing their diets with nutritious USDA foods. We are proud to be a distribution site for this program, offered in cooperation with the RI Community Food Bank, the Department of Elderly Affairs, and the US Department of Agriculture. **Registered seniors receive a monthly supplemental box of nutritious food.**



Mobile Pantry

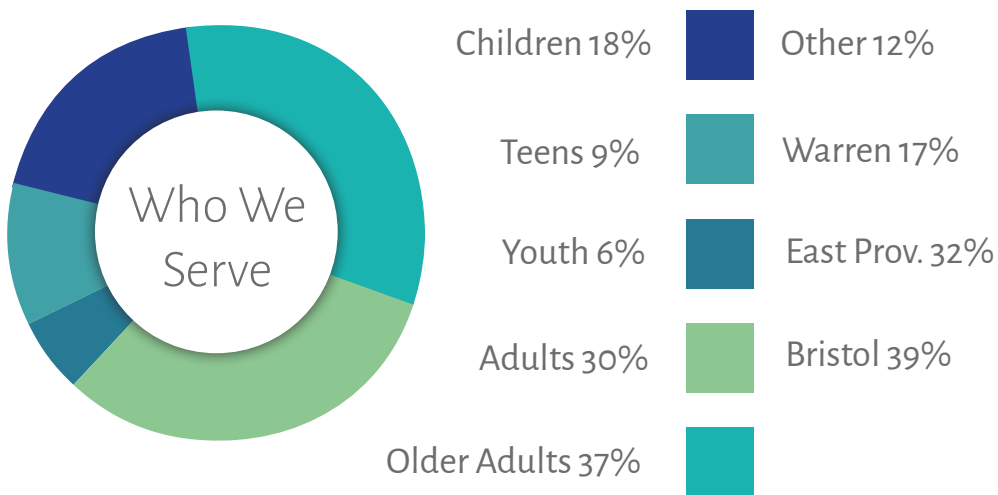
Homebound individuals facing food-insecurity have particular challenges meeting their nutritional needs. Their food choices are limited not only by the cost of healthy, high-quality food, but also by their lack of mobility. Poor nutrition can exacerbate chronic diseases, worsen disabilities, decrease resistance to infection, and cause a deterioration of mental health. We developed our Mobile Pantry Program to help alleviate this inequality of access to healthy foods. Homebound individuals who need food assistance can receive a monthly delivery of groceries for themselves and any dependents, including fresh produce, milk, eggs, whole grain bread, eggs, meat, and other healthy foods, as well as personal care products. Participants have the opportunity to indicate the foods they want and need each month in advance of their delivery. **Mobile Pantry food is delivered on select Thursday afternoons.**

Mobile Cart

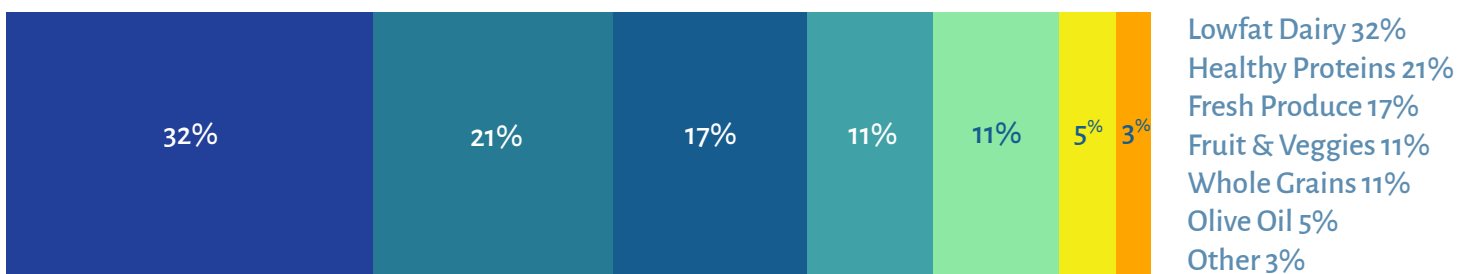
Low-income seniors in the Franklin Court Assisted Living facility pay their rent on a sliding scale, and very little remains for them to cover living expenses such as clothing, personal items, etc. Our Mobile Cart program delivers a variety of fresh fruit, breakfast foods, healthy snacks, and personal care items to the residents twice each month, helping provide for their needs while offering them the dignity of choice in a welcoming, social environment. This popular program began in April, 2019. **Mobile Cart delivers food the 2nd & 4th Fridays of each month, 10-11:30am.**

2019 Statistics

	Household Visits	% Change Since 2018	Individual Visits	% Change Since 2018	Equivalent Meals	% Change Since 2018
All Programs	11,734	6.8%	23,960	11.1%	268,360	26.3%
Food Pantry	4,457	4.2%	8,844	2.3%	164,728	27%
Mobile Pantry	79	2.6%	133	-3.6%	2,394	15.7%
Fresh Food Friday	6,002	11.1%	12,067	12.4%	72,402	35%
Holiday Bags	799	5.7%	1,585	3.8%	6,392	5.7%
Food4Kids	823	13.4%	1,687	13.2%	16,578	14.4%
Mobile Cart	743	New!	748	New!	2,244	New!
CSFP Boxes	378	-16.7%	378	-16.7%	4,536	-16.7%



How We Spend Our Food Purchasing Dollars



Board of Directors 2019

No one on the Board receives compensation.

Elizabeth Dyer, President
Fundraising/events volunteer for
Achievement Centers for Children
and Lawrence School

Tricia McAvinn Krzywicki,
Executive Search Principal, Prestige
Scientific

Patricia Guida-Salisbury, Vice
President
Retired Sales Representative,
Founder and President – Puzzle Ride
for Autism

Candace Clavin Rein,
Owner: New England Tonic & Syrup

Gerry Payette,
Retired Postal worker

Laura Butler, Secretary
Grade 3 Teacher – Primrose Hill
School, Barrington

Marcia Sirois,
Registered Clinical Dietitian

Mary Catharine “MC” Miller, Treasurer
(Jan- July)
Business Development Manager,
Grace’s Distinctive Properties, Ltd.

Nancy Stratton,
Retired Psychotherapist; Sustainable
Farmer

Charlie Kellner, Treasurer
(July-Dec)
Retired municipal government
and school district administrator
throughout New England

Jeanne Van Vleck,
Retired Navy War college
Deputy Chief Information Officer

Mary Mack Popham, Ex-Officio
Executive Vice President, TriMack
Plastics Manufacturing Corp.

Anabela Azevedo,
Client & Volunteer

Staff



Karen Griffith, Executive Director
Karen@eastbayfoodpantry.org



Jodi Miller, Thrift Shop Manager,
Jodi@eastbayfoodpantry.org



Vicki Hopper Koppelman,
Food Programs Manager,
Vicki@eastbayfoodpantry.org



Ann Roussel, Programs and Office
Coordinator,
Ann@eastbayfoodpantry.org



Louise Dion, Head Cashier and
Customer Service Rep



Andrew Paul, General Laborer
and Customer Service Rep



Nancy Faria, Cashier and
Customer Service Rep



Kelly Pianka, Cashier and
Customer Service Rep

Not Pictured
Rick Salisbury, Driver

**All Staff are part time
and can be reached at
401-396-9490.**

Grants & Foundations

Over \$25,000

Bristol Home for Aged Women
RI Foundation Food & Housing Security

\$5,000 to \$10,000

Andrade Faxon Charities for Children
Bank Newport
Carter Trust
Joseph Martin Trust
Rhode Island Foundation Basic Human Needs

\$2,000 to \$4,999

Bristol Female Charitable Society
Episcopal Charities Fund of Rhode Island
Harry M., Miriam C., & William C. Horton Fund, Bank of
America, N.A., Trustee
Mary Dexter Chafee Fund
Rhode Island Emergency Food and Shelter Program

\$1,000 to \$1,999

Adelaide Dawson Lynch Trust
Blue Cross Blue Shield of Rhode Island
Community Health Fund
Bristol Children's Home
Hassenfeld Family Foundation
Herbert E. Sackett Charitable Trust
Ida Ballou Littlefield Memorial Trust
The John Clarke Trust, Bank of America, N.A., Co-Trustee
Rhode Island Community Food Bank
State of Rhode Island House of Representatives
Town of Bristol and Roger Williams University Fund for
Civic Activities

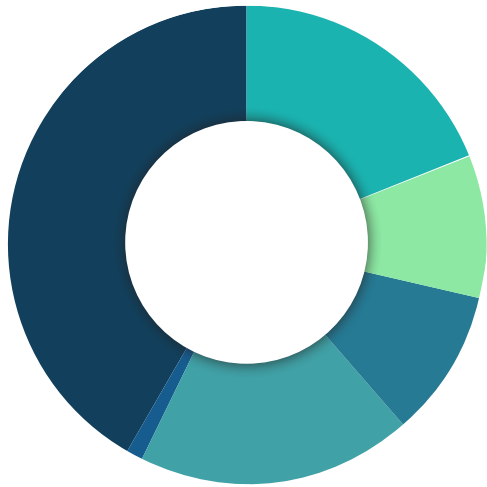
Up to \$999

Bristol Rotary
Robert J. Avila Foundation
State of Rhode Island Senate



Financial Review

Total Giving



Sources of Funds

Amount

%

Grants

\$195,909

22%

Contributions

\$99,305

11%

Event Income

\$56,394

6%

Thrift Shop Sales

\$184,000

20%

Other Income

\$411

<1%

In-Kind Contributions

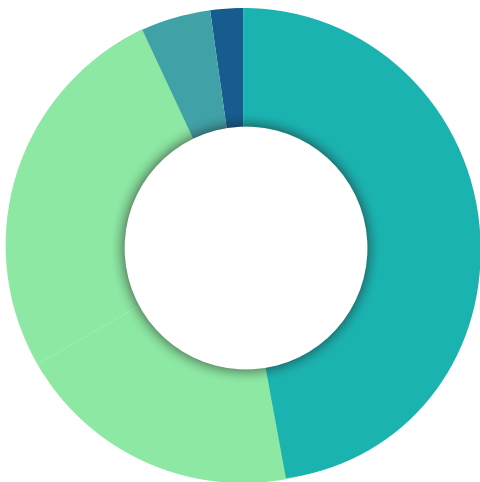
\$374,893

41%

TOTAL SUPPORT & REVENUE

\$910,912

Expenses



Thrift Shop

\$366,547

46%

Food Pantry

\$347,453

44%

TOTAL PROGRAM SERVICES

\$714,000

89.5%

Management & General

\$53,187

7%

Fundraising

\$30,631

4%

TOTAL SUPPORT SERVICES

\$83,818

10.5%

Change in Total Net Assets

January 1st, 2019 \$538,376

December 31st, 2019 \$667,147

CHANGE IN NET ASSETS \$128,771

“The people here are non-judgmental. They meet people where they are and give them the help they need” - Krista