



East Bay
FOOD PANTRY
& THRIFT SHOP
eastbayfoodpantry.org

ANNUAL REPORT

2018

Jan. 1, 2018 - Dec. 31, 2018

RESPECTFULLY SUBMITTED BY NICKI ANN TYSKA

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

Dear Friends,

2018 brought another year of success to the East Bay Food Pantry. The tremendous support from our donors and the community has allowed us to help 2,200 East Bay Residents struggling with food insecurity put food on their table and in their belly's. We continue to make our Access Nutrition initiative a top priority on which we base our program decisions. Providing healthy options such as whole grain breads and pasta, low fat dairy and a variety of fresh fruits and vegetables.

The 2018 Status on Hunger showed us how the rising costs of food and lack of increases in wages has affected RI residents.

- ***Weekly costs of food for a family of four increased 15 % while average weekly earnings increased 5%***
- ***Fresh produce costs increase a whopping 25%***

When living on a fixed income already, set below the poverty level, these increases can dramatically effect food security.

One of our newest programs Farm2Pantry was piloted in 2018. We leased a 3/4-acre plot of farm land and planted and harvested over 6,300 lbs. of produce. The produce was distributed to our clients during their weekly and monthly pantry visits. East Bay Food Pantry received the Loni McGrath Community Garden award from Rhode Island Community Food Bank for our efforts in making this program a success. We received 106,387 pounds of fresh produce in 2018 while also spending 96% percent of our food budget on healthy food.

We are provided funding through Grants, Individual donations, Fundraising and our amazing Thrift Shop. In 2018 we received a grant from the Philadelphia Groups, the Late H.F "Gerry" Lenfest, to help us purchase a Box Truck. This truck allows us to go into the community and pick up furniture donation and do neighborhood donation drives. Our Thrift Shop celebrated our most successful year to date bringing in 36% of our yearly income. The donations made to the thrift store are sold at reasonable prices, allowing our clients to purchase items for their family and themselves. This makes them feel as if they are giving back for the food, we provide for them. Our thrift store is open to the public.

We continue to strive to meet the needs of the communities that we serve. Our dedicated volunteers allow us to provide this service to the East Bay. Volunteers are involved in our daily operations. They work with clients, stock shelves, make mobile food deliveries, sort Thrift Shop donations and help in the office. East Bay Food Pantry would not be able to make the difference we do without the dedication and commitment of our volunteers.

With Sincere Appreciation,



Nicki Ann Tyska
Executive Director



416,291 Pounds of Food Distributed (+7%)

2,228

Unique Individuals
Served

5,340

Visits to Fresh Food Friday
(+43%)

+300

New Households
Registered



1,560 meals delivered

Mobile Pantry Program (Started June 2017)

544

CSFP Boxes Distributed
to Elderly

10,989

Household
Visits (+25%)



11,844

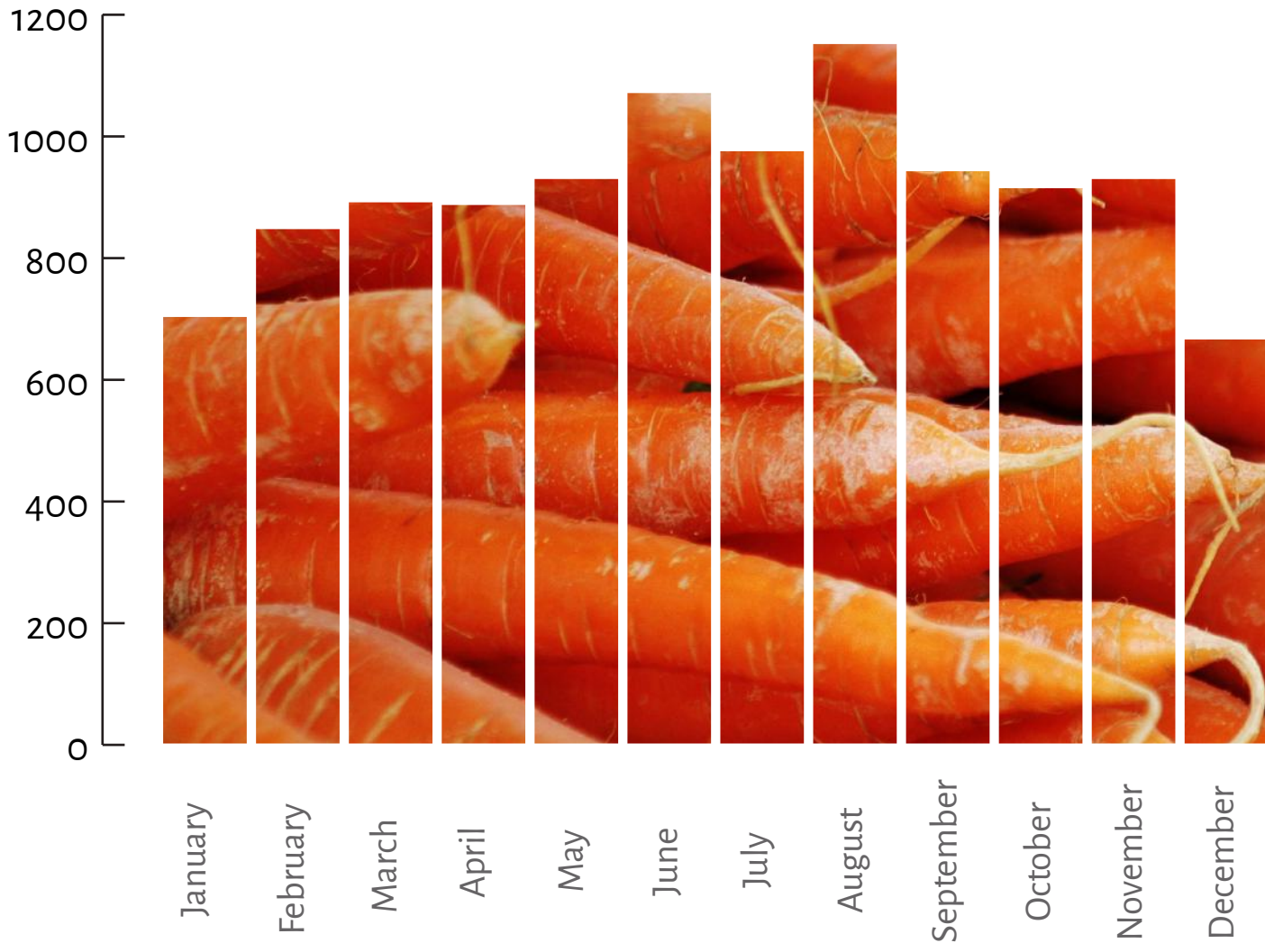
Kids Summer / Vacation
Meals Served (+57%)



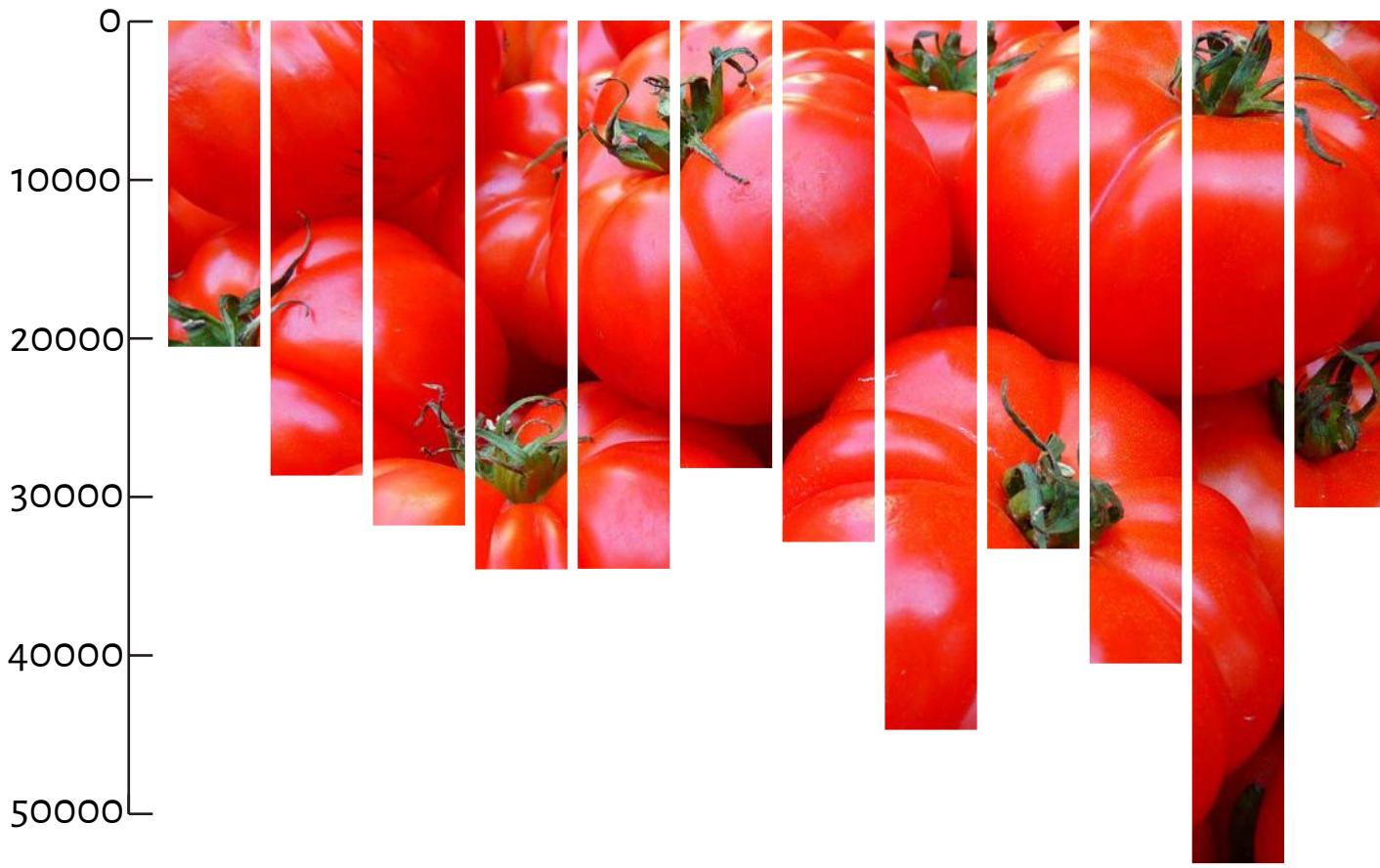
East Bay
FOOD PANTRY
& THRIFT SHOP
eastbayfoodpantry.org

Snapshot 2018

Total Household Visits

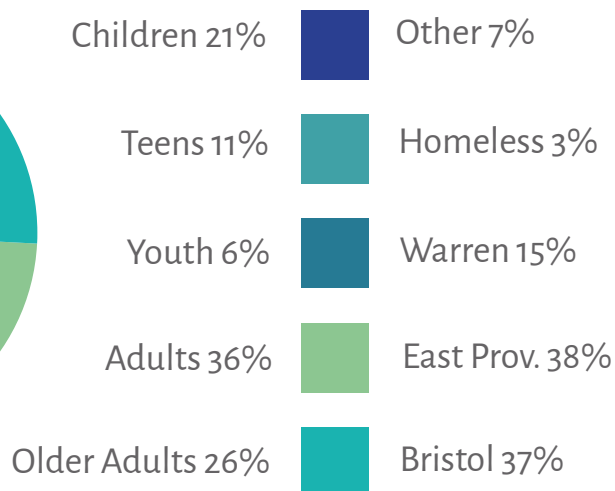
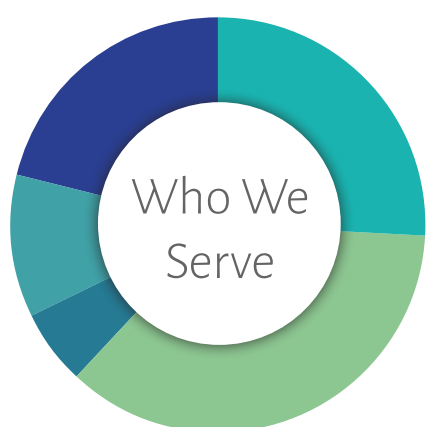


Pounds of Food Distributed



2018 Statistics

	Total Household Visits	Total Individual Visits	Total Equivalent Meals	Total lbs. of Food Distributed	Active Individuals	New Households	Pantry Visits	FFF Visits	Mobile Pantry
January	752	1450	15,032	20,184	2,392	24	342	310	10
February	865	1655	16,402	29,750	2,395	13	370	406	10
March	882	1677	15,821	32,360	2,369	20	329	462	10
April	883	1702	16,254	35,164	2,377	18	345	432	10
May	928	1762	16,799	35,347	2,360	26	367	457	10
June	1101	2086	18,791	28,175	2,382	28	356	602	10
July	987	1990	18,013	33,703	2,408	17	319	509	10
August	1147	2248	20,615	44,806	2,379	26	382	621	11
September	946	1895	17,502	33,447	2,358	19	359	484	10
October	927	1886	18,148	39,017	2,296	23	378	446	12
November	936	1942	22,729	55,134	2,240	24	412	422	12
December	635	1267	16,448	29,204	2,228	15	320	252	12
TOTAL	10,989	21,560	212,554	416,291	2,228	253	4,279	5,403	77



Board of Directors 2018

No one on the Board receives compensation.

Elizabeth Dyer, President
2 Liberty Lane, Bristol, RI
401-396-5658, c. 440-570-1669
E-mail: mailto:elizabeth.dyer@yahoo.com
Independent CAbi Consultant
Fundraising/events volunteer for
Achievement Centers for Children and
Lawrence School.

Patricia Guida-Salisbury, Vice President
3 Fern Dr., Warren, RI
401-578-0039, E-mail: pgs1953@yahoo.com
Retired Sales Representative, Founder and
President – Puzzle Ride for Autism

Laura Butler, Secretary
17 Ursula Dr., Bristol, RI
401-241-0686, E-mail: butlerl@bpsmail.org
Grade 3 Teacher – Primrose Hill School,
Barrington

Mary Catharine “MC” Miller, Treasurer
31 Seal Island Road, Bristol, RI
c. 401-297-1275, E-mail: mc@reagan.com
Business Development Manager, Grace’s
Distinctive Properties, Ltd.

Tricia McAvinn Krzywicki,
108 Mulberry Rd., Bristol, RI
c. 617-650-6967
E-mail: triciakrzywicki@gmail.com
Executive Search Principal, Prestige
Scientific

Candace Clavin Rein,
Water Way Farm, Barrington, RI
h. 401-247-7462 c. 401-996-1969
E-mail: cmclavin@icloud.com
Owner: New England Tonic & Syrup

Gerry Payette,
1 Ceclia Court Bristol RI
c.508-237-4282, E-Mail: gepayette@aol.com
Retired Postal worker

Nancy Stratton,
11 Burton St., Bristol, RI
401-252-7923
E-mail: nancy@nancymstratton.com
Retired Psychotherapist; Sustainable
Farmer

Mary Mack Popham, Ex-Officio
88 Aaron Ave., Bristol, RI
h. 401-396-9889, c. 401-499-2655
E-mail: maryp@trimack.com
Executive Vice President, TriMack Plastics
Manufacturing Corp.

Staff



Nicki Tyska, Executive Director
Ntyska@eastbayfoodpantry.org



Laura Temple, Programs & Office Assistant
Laura@eastbayfoodpantry.org



Karen Griffith, Programs & Operations
Manager
Karen@eastbayfoodpantry.org



Jodi Miller, Thrift Shop Coordinator
Jodi@eastbayfoodpantry.org



Louise Dion, Customer Service

Andrew Paul- General Labor
Nancy Faria - Cashier

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

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 for 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 Assisted 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. Clients from the East Bay area are served free of charge at the Food Pantry. The Thrift Shop is open to the public from Wednesday to Saturday, with the Thrift Shop proceeds used to support our 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.

Programs

Access Nutrition Initiative

We are working to build nutrition consciousness into the culture of EBFP. Our goal is to consistently offer whole grains, a wide variety of fruits and vegetables, and high quality protein and dairy items to our clients who rely on EBFP to supplement their food needs. In addition to nutritious foods, our Access Nutrition Initiative also offers educational opportunities to our clients, volunteers, and staff through workshops, cooking classes, 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 client child 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 fruit.

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. Clients may shop weekly during the summer and twice monthly during the school year.

Food Pantry

We are working to build nutrition consciousness into the culture of EBFP. Our goal is to consistently offer whole grains, a wide variety of fruits and vegetables, and high quality protein and dairy items to our clients who rely on EBFP to supplement their food needs. In addition to nutritious foods, our Access Nutrition Initiative also offers educational opportunities to our clients, volunteers, and staff through workshops, cooking classes, 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. **Food pantry hours are Wednesdays, 10am-5pm. Clients may shop once each month.**



Fresh Food Fridays

We offer fresh food (produce, bread, etc.) to our clients every Friday. In an effort to encourage our clients to incorporate more fresh foods into their diets, clients 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 clients in its freshest and most nutritious state. **Fresh Food Friday hours are Fridays, 10am-3pm. Clients may shop weekly.**



Holiday Food Bags

In November and December, EBFP provides extra food for the holidays. Each client 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 such as diabetes.

The Commodity Supplemental Food Program (CSFP) is a federal nutrition program for low-income seniors age 60 and over 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, which is offered in cooperation with the RI Community Food Bank, the Department of Elderly Affairs, and the US Department of Agriculture.

Registered seniors can receive a supplemental box of nutritious food once a month.

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.**



Donors

\$1-\$500

426 Fitness	Sea Trail Resort	Richer Household	Roger Williams University
Aidan's Pub	Simplicity Nail Salon	Abes Household	Hamel Household
Anchor Toffee	Spring Break Tanning Salon	Alegria Household	Archibald Household
AR Workshop Bristow	Starbucks	Almeida Household	August Household
Blackstone Caterers	Sunshine Fuels	Baggott Household	Berren Household
Blithewold Mansion, Gardens & Arboretum	& Energy Services Inc	Bates Household	Day Household
Bowen's Wharf Pilot House	Swansea Country Club	Boney and Fish Household	Ferreira Household
Bristol House of Pizza	Swansea Spa	Braden Household	Howlett Household
Bristol Total Fitness	The Beach House	Camara Household	Marion Household
C & R Mercantile	The Cookie Jar	Costa Household	Merriam Household
Circle Line Sightseeing Yachts, Inc	The Cove Restaurant & Marina	Cryan Household	Murrman Household
Clavin-Rein Household	The Dean Hotel	Davies Household	Reich Household
Coffee Depot	The Emporium	Delta Dental of RI	Vadnais Household
Common Pub & Grille	Therapy.Boutique	Desrosiers Household	Wilbur Household
Edible Arrangements	The Sand Dollar	Ellis Household	Abrams Household
Eskimo King	Waterfire Providence	Ferriera Household	Baker Household
Goglia's Market	Wharf Tavern	Field Household	Battey and Aldrich Household
Gracie's	Oakley Household	Flint and Flame LLC	Castelnovo-McMullen and McMullen Household
Harbor Bath and Body	Robinson Household	Grandgeorge Household	Chamberland Household
Harbor Integrative Health	Colella Household	Harcourt and Halt Household	Ciociola Household
Hazelton Golf Club	DuPont Household	Hendrix Household	Coastline Dairy Distributors Inc
Healthtrax	TPI Composites Inc	Hruby Household	Cory Household
Jacky's Galaxie Bristol	Albu Household	Huse Household	Cotta Household
Johnson's Roadside Farm Market	Amaral and Smith Household	Johnson Household	Danfelser Household
Kate & Company	Brown Household	Keating Household	Dion Household
La Gondola Sogni	Capron Household	Kellerman Household	Dyer Household
Lauren's Restaurant	Carney Household	Kloeblen Household	Faria Household
Le Central	Demello Household	Knapman Household	Fiore Household
Morenzi Household	DeNucci Household	Lake Household	Fisher Household
Newport Polo	Elam Household	Long Household	Gediman Household
Newport Restaurant Group	Erice Household	Marsella Household	Georgia Stone Industries, Inc
O'Leary Household	Flanagan Household	McKinley Household	Heffernan Household
Our Lady of Mt Carmel School	Fonseca Household	Mederos Household	Hess Household
Pomodoro Pizzeria	Grant Household	Mulvey Household	Jala Household
Prica Farina Fresh Pasta Co	Ivor-Campbell Household	Myers and Lebovitz Household	John Andrade Insurance Agency, Inc
Providence Kayak Co	Jacobus Household	Nadalin Household	Jordan Household
Providence River Boat Company	Manchester Household	O'Neill Household	Lennon Household
Quito's Seafood Restaurant & Bar	Patterson Household	Oberbeck Household	MacKeith and Williams Household
Renewing Touch Massage	Ramos Household	Piper Household	Matthys Household
Riccotti's Sandwich Shops	Reynolds Household	Pratte Household	RE/MAX River's Edge
River Rebel Charters, LLC	Spinard Household	Reiss Household	Salesforce.org Foundation
Seaside Casual Furniture Co	Turner Household	Tyler Household	
	Vincent Household	Wood Street Pizza	
	Nisenbaum Household	Wilker Household	

Stephens Household
Tabor Household
The Beehive Cafe
The Carter Dalton Quinn
Charitable
VonHelmstatten Household
Warren Dental Associates
Woodard Household
Woods Household
Zipf Household
Fallon Household
Stark Household
Amica Companies Foundation
British Motorcar Festival
YourCause
Molloy Household
Areson Household
Baran Household
Blair Household
Bosworth Household
Cabral Household
Carello Household
Doyon Household
Ferris, Murphy & Ferris
Household
Frerichs Household
Godfrey Household
Harley Household
Hood Household
Jenkins and Hardy Household
Kelley Jr and Kelley Household
Killian Household
Koppelman Household
Krick and Shaw Household
Maloney Household
Mangiaratti Household
Mello Household
O'Brien Household
Oliver Insurance Agency
Ose Household
PRR General Contractor LLC
Ramirez Household
Salesi Household
Schneider Household
Swanson Household
Sweeney & Haslehurst Household
TA Gardiner Plumbing & Heating

Tracy and Marseglia Household
Van Vleck Household
Watros and Larson Household
Wilson and Hanley III Household
Ziegler Household
Bristol Parks & Recreation
Benevides Household
Butler Household
Castro Household
Anonymous Household
Chew Household
Holmstrom Household
Ladies Eleven Book Club
Morse Household
Quaranta Household
Reba Rebekah Lodge IOOF 12
Scanlan Household
Silva Household
MacDonald Household
Guida-Salisbury & Salisbury
Household
Temple Household
Planet Aid, Inc
Barrett Household
Contente's Precision Auto LLC
DonateWell
Greene Household
Hughes Household
Kellner Household
Marrin Household
Mullen Scorpio Cerilli
Wallace Household
Wright Household
Miller Household
Schimelfenig Household
ABUNDANCE Coastal Designs
Holt Household
Payette and Gomes Household
Roussel Household
Stratton Household
Union Church of Prudence Island
Ladies Club
Waier Household
St Luke's School
Arsenault Household
Drummond Household
Gil's Television & Appliances

Griffith-Dieterich & Dieterich
Household
Tyska Household
Taylor Household
Rossi and Carleton Household
Singing Out Against Hunger
Bristol Yoga Studio
Matrone Household
Applied Plastics Technology, Inc
Tyson and King Household
The Benevity Community Impact
Fund
Antinucci Household
Bannon Household
Bristol Rotary Club & Charities
Foundation
Campbell and Tupper Household
Dziedzic Household
Fletcher Household
Hiatt Household
Jackson Household
Milot Household
Murdock Household
National Grid
Ovalles Household
Prescott Household
Schwartz Household
S S Dion Restaurant
State of RI House Grant
To Household
Vaccaro Household

\$501-\$1000

America's Charities
La Bella Sicilia Society
Alayne White Spa
Fitting Household
First Congregational Church
Jade Engineered Plastics
Griffith Household
Magaziner Household
Blue Cross Blue Shield of RI
Braga Household
Bristol Fourth of July Committee
Brito Household
East Bay Printing & Copying

Extensions School of Dance
Farrell Household
Full Circle Recycling
JMJ Construction Co, Inc
John Clarke Trust
Raiola Household
StrategicPoint Investment
Advisors, LLC
Union Mutual Fire Insurance
Water Way Farm
Wilkes Household

Over \$1000

Dodd Household
Dauterive Household
Molloy-Calia Household
Sousa Household
First Baptist Church of Bristol
Dyer Household
Colby Household
Hassenfeld Household
RI Community Food Bank
McCumber Household
Episcopal Charities Fund
Town of Bristol
Andrade Household
Constantino & Orban Household
St Michael's Church
Lenmarine, Inc
O'Hanian-Szostak Family
Foundation
Sackett Household
Tri-Mack Plastics Mfg Corp
Ahold Financial Services
Horton Fund
Ocean State Charities Trust
Billy Andrade-Brad Faxon
Charities for Children
Graciacam Foundation Inc
Martin Household
Bristol Health Equity Zone
Rhode Island Foundation
BankNewport
Carter Household
Bristol Home for Aged Women

Grants & Foundations

Bristol Rotary \$500

Robert J Avila Foundation \$500

RI House of Representatives \$500

Stop & Shop Corp \$500

John Clarke Trust \$1,000

Blue Cross Blue Shield RI \$1,000

Bristol Children's Home Fund \$1,100

RI Community Food Bank \$1,500

Bristol RWU FCA Grant \$1,500

Herbert E. Sackett Charitable Trust \$1,500

Hassenfeld Family Foundation \$1,500

Episcopal Charities Fund of RI \$2,000

RI Emergency Food/Shelter \$2,800

Bristol Female Charitable Society \$3,000

Horton Fund \$3,500

Santander \$5,000

Basic Human Needs \$5,000

Andrade Faxon Charities for Children \$5,000

Ocean State Charities Trust \$4,500

Joseph Martin Trust \$5,000

BankNewport \$7,000

Carter Family Donor Advised Fund \$15,000

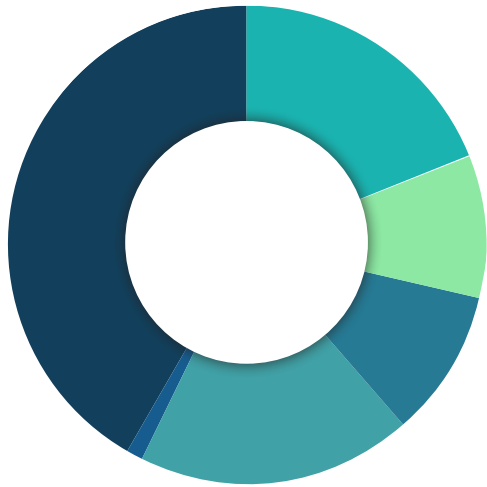
Philadelphia Foundation - H.F. Lenfest Fund \$20,000

Bristol Home for Aged Women \$36,000



Financial Review

Total Giving



Sources of Funds

Amount

%

Grants

\$122,337

18%

Contributions

\$66,103

9%

Event Income

\$67,372

10%

Thrift Shop Sales

\$144,313

21%

Other Income

\$805

<1%

In-Kind Contributions

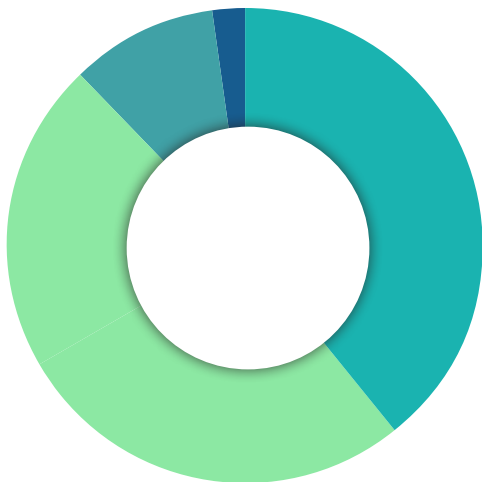
\$299,364

42%

TOTAL SUPPORT & REVENUE

\$700,294

Expenses



Thrift Shop

\$260,583

40%

Food Pantry

\$311,029

48%

TOTAL PROGRAM SERVICES

\$571,612

88%

Management & General

\$64,351

10%

Fundraising

\$17,274

2%

TOTAL SUPPORT SERVICES

\$81,625

12%

Change in Total Net Assets

January 1st, 2018 \$496,854

December 31st, 2018 \$538,376

CHANGE IN NET ASSETS \$41,522

“Due to EBFP no one will go hungry or starve, folks will always have access to food.”
- 8yr. old EBFP client