



2022 EMERGENCY FOOD PANTRY

# ANNUAL REPORT



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Providing More  
Than Meals





# 2022 ANNUAL REPORT

## FROM BOARD PRESIDENT MEGAN MYRDAL

**2022 was a historic year for the Emergency Food Pantry, as we celebrated 50 years of service to the greater Fargo-Moorhead community. In early September, we hosted a wonderful picnic celebration at the Pantry. It was a joy for me and the members of the board to learn about the Pantry's history and visit with people who have played critical roles in the Pantry's development and success. It's amazing and inspiring to think that this effort was originally envisioned in the 1970s by a group of MSUM college students. Today, the Emergency Food Pantry has grown into the largest food pantry in the region.**

Over these 50 years, many things have changed: our location, the people, the food, and the way people access it. But our mission to provide food for those in need has not changed. If anything, it's simply grown stronger as the need has grown.

As we look back on these 50 years, we want to thank you.

- Thank you for the **time** you shared as volunteers.
- Thank you for the **food** you donated to feed our neighbors in need.
- Thank you for the **dollars** you provided to keep the Pantry doors open.
- Thank you for the **respect & dignity** you gave the members of our community by believing everyone deserves food to nourish their mind, body, and soul.

As we look to the next 50 years, we hope you will continue to support the Emergency Food Pantry. This year, we will be embarking on a new strategic plan. We will spend time thinking and planning for what charitable feeding can and should look like for our community over the next 5, 10, and 50 years.

We ask that you think about this future and continue to stay involved through your time, your talent, and your treasure. If you have thoughts or ideas to help us envision our service into the future, please reach out to one of the board members.

Again, thank you for all you have done to support the vital work of the Emergency Food Pantry.

Gratefully,

**Megan Myrdal, President of the Board of Directors**







# FROM THE EXECUTIVE DIRECTOR

## STACIE LOEGERING

**The Emergency Food Pantry (EFP) has provided food to people in need for 50 years. We would not have been able to do this important work without support and creative solutions from the community. Thank you to previous and current board members, donors, employees, and volunteers for supporting the mission of the EFP during its first 50 years of service. The EFP has remained flexible and agile, changing along with the community's needs. It is an honor to be a part of a compassionate, diverse team of people striving to improve the EFP's service.**

The EFP team is passionate about providing high-quality service to meet the needs of the community. We welcome your support as

we adapt to meet the growing demand and strive to empower and improve the lives of those connected to our mission. Rather than focus on getting any food to neighbors in need, we aim to ensure the food we provide has a variety of nutrition. We ask each person about food restrictions and dietary needs to match our resources to the unique needs of those we serve.

The EFP collaborates with other organizations to improve the community system as a whole. We believe our roles include educating about hunger and advocating to fill gaps between current services.

The most important thing is that neighbors in need have access to healthy food. Recently, a woman who picked up a food basket called the pantry and left a voice message after she brought food home. She stated that as she was putting the food away, she was trying so hard not to cry. She was overwhelmed with the amount of food she received and a sense of relief it gave her.

**Thank you for supporting neighbors in need!**

*Stacie Loegering*

**Stacie Loegering, Executive Director**



**THANK YOU**

### 2022 BOARD OF DIRECTORS

- Megan Myrdal, President
- Pam Sommer, Vice President
- Tyler Mayfield, Secretary
- Sonja Hunter, Treasurer
- Aaron Nissen

- Caileen Heurtz
- Matt Lachowitz
- Pat Podoll
- Sharon Walters

### EMPLOYEES

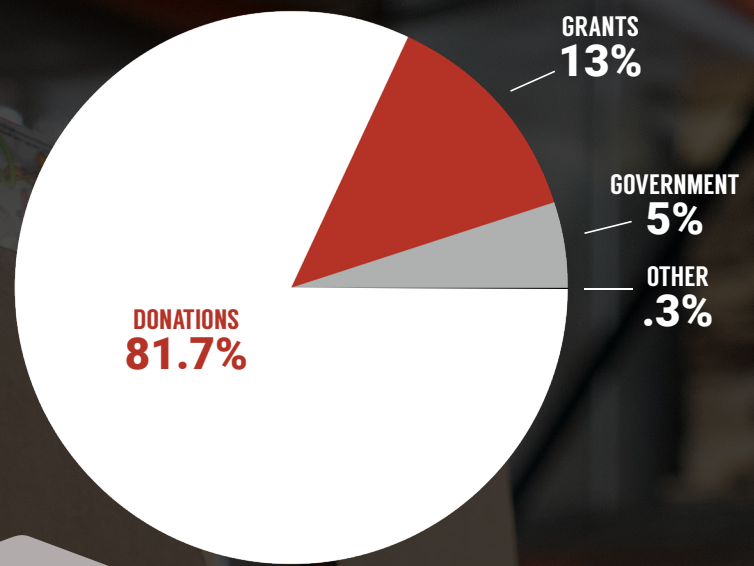
- Stacie
- Jeff
- Luke
- Diane
- Emily
- Kari
- MacKenzie
- Ron
- Short term employees

### VOLUNTEERS

Regularly scheduled, businesses, churches, individuals, and service clubs



# 2022 FINANCIAL SUMMARY



**DONATIONS**  
**\$417,138<sup>.47</sup>**



**GOVERNMENT**  
**\$23,701<sup>.15</sup>**



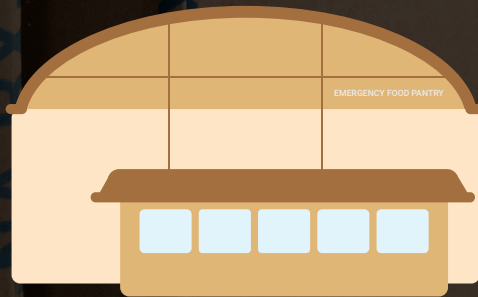
**GRANTS**  
**\$68,122<sup>.44</sup>**

**OTHER**  
**\$1,486<sup>.07</sup>**

**Total Income: \$510,438<sup>.13</sup>**



**CLIENT FOOD & SUPPLY**  
**\$88,402<sup>.89</sup>**  
(19% of Total Expenses)



**EXPENSES**  
**\$117,266<sup>.80</sup>**  
(26% of Total Expenses)



**PERSONNEL**  
**\$255,141<sup>.60</sup>**  
(55% of Total Expenses)

**Total Operating Expenses: \$460,811<sup>.29</sup>**

\*Financial information collected at end of year prior to an external financial review.





# 2022 CLIENT & FOOD STATISTICS

Total Individuals Served: **37,152**

CHILDREN



**15,389**

ADULTS



**19,358**

SENIORS



**2,405**

\*Includes all repeat households served and the total members in those households



Total Carts of Food Provided to Households: **11,930**

\*Total Unduplicated Households Served: **5,764**

\*\*Total Unduplicated Individuals Served: **17,215**

\*An unduplicated or unique household is defined as the first time a household received services from the pantry in 2022.

\*\*Total unduplicated or unique individuals served is the total number of persons within a unique or unduplicated household.



Total Distributed Pounds of Food: **1,508,347 lbs**

(Pounds in carts was 1,362,610 and pounds in lobby was 145,737)

Total value of distributed food at \$1.92/pound  
**\$2,896,026**

Average household size  
**2**

Value of food given per person  
**\$71**

Average amount of food given per person in carts  
**37lbs**



# MISSION

Supporting the community by providing food to reduce hunger.

# VISION

Our vision is to live in a community that strives toward feeding those in need. We will work in coordination with volunteers of all ages, businesses, communities of faith, and organizations to collect and distribute food. By providing nourishing food, we will improve health and empower individuals.

# VALUES

Everyone has a right to healthy food regardless of their circumstances. We believe in:



## COMPASSION

Although the mission of the pantry is to provide food to people in need, we see our work impacting both the individuals we support and the community as a whole. Rather than solely focusing on providing enough calories to our community members in need, we focus on providing a variety of healthy choices that meet the needs of those seeking food. A few ways we do this are by asking each family what dietary needs they have, what specific foods they cannot eat, and what nonfood items are needed to improve basic health and hygiene. These are steps we take to show compassion.

## CONNECTION

A value we hold is to connect with the people we serve and those who help us serve. When someone is seeking food, we work towards a kind connection versus a rigid transaction. We see and hear many emotions. We see tears of gratitude and hear sighs of relief when someone knows they will have food for the week. We see smiles and hear voices relax when a parent can plan a birthday celebration for their child when they receive a children's birthday bag. We hear peals of laughter when someone shares a silly story which helps break the tension of uncertainty where the next meal will come from.

## COLLABORATION

We believe our service and our community are better when we collaborate with others. We were instrumental in re-establishing the Cass Clay Hunger Coalition. We continue to be involved in improving partnerships, identifying gaps and barriers in local services, and building collaborative solutions.

## COMMUNITY

We believe community is built and strengthened when we compassionately connect and collaborate. We believe that when neighbors in need receive healthy food in a compassionate way they are better able to accomplish their own goals and aspirations.

**WE ARE GRATEFUL FOR THE SUPPORT THAT ALLOWS US TO PUT OUR VALUES TO WORK AS WE COMPLETE OUR MISSION.**





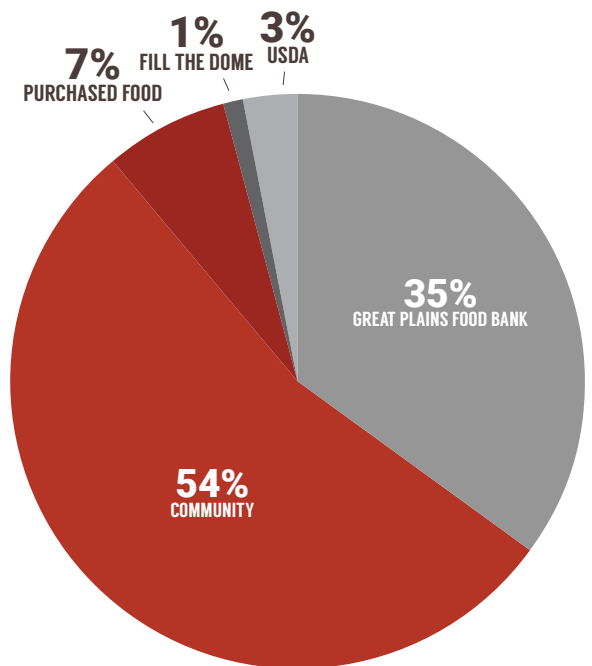
# THANK YOU TO OUR VOLUNTEERS AND TO OUR COMMUNITY!

Throughout the year, businesses, churches, community members, and service clubs support the Emergency Food Pantry's mission to ensure that individuals and families in Cass County, Clay County, and surrounding areas have access to healthy food and non-food items. We see different seasons of giving throughout the year. As the cold of winter approaches, local quilters and knitters make and donate quilts and homemade winter gear. Come spring, local gardeners and organizations plant extra seeds for their gardens. As the harvest continues, volunteers donate locally grown fruits and vegetables to add to food baskets. Then, as winter begins again, efforts are made to donate food and gifts, allowing families to celebrate holiday traditions even when finances are slim. Throughout the year, donations arrive for children's birthday bags, hygiene items, and other basic essentials. Throughout all seasons, volunteers give of themselves to ensure that someone's life is made easier. Caring and compassion are behind all of the efforts to support the pantry's mission of reducing hunger.

## 1,065 UNIQUE VOLUNTEERS SERVED 15,955 HOURS

(Those hours are approximately 7.5 full-time workers.  
At \$15.00 an hour that is \$239,325 worth of labor.)

## 2022 SOURCES OF FOOD



\*Great Plains Food Bank (GPFB) is the regional food bank. GPFB runs the Retail Rescue Program which recovers surplus product and distributes to organizations such as the Emergency Food Pantry (EFP) that directly feed people in need of food. Also, each month EFP can order food from GPFB. United States Department of Agriculture (USDA) oversees The Emergency Food Assistance Program (TEFAP) which provides federal food to food pantries throughout the United States.





Emergency Food Pantry  
1101 4th Avenue North  
Fargo, ND 58102  
701-237-9337  
EmergencyFoodPantry.com

# THREE WAYS TO SUPPORT THE MISSION

## VOLUNTEER

Available shifts are  
listed online at:



## DONATE NONPERISHABLE FOODS AND NON- FOOD ITEMS

A list of current needs:



## DONATE FUNDS

Financial contributions  
allow the pantry  
flexibility to purchase  
what is needed.



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