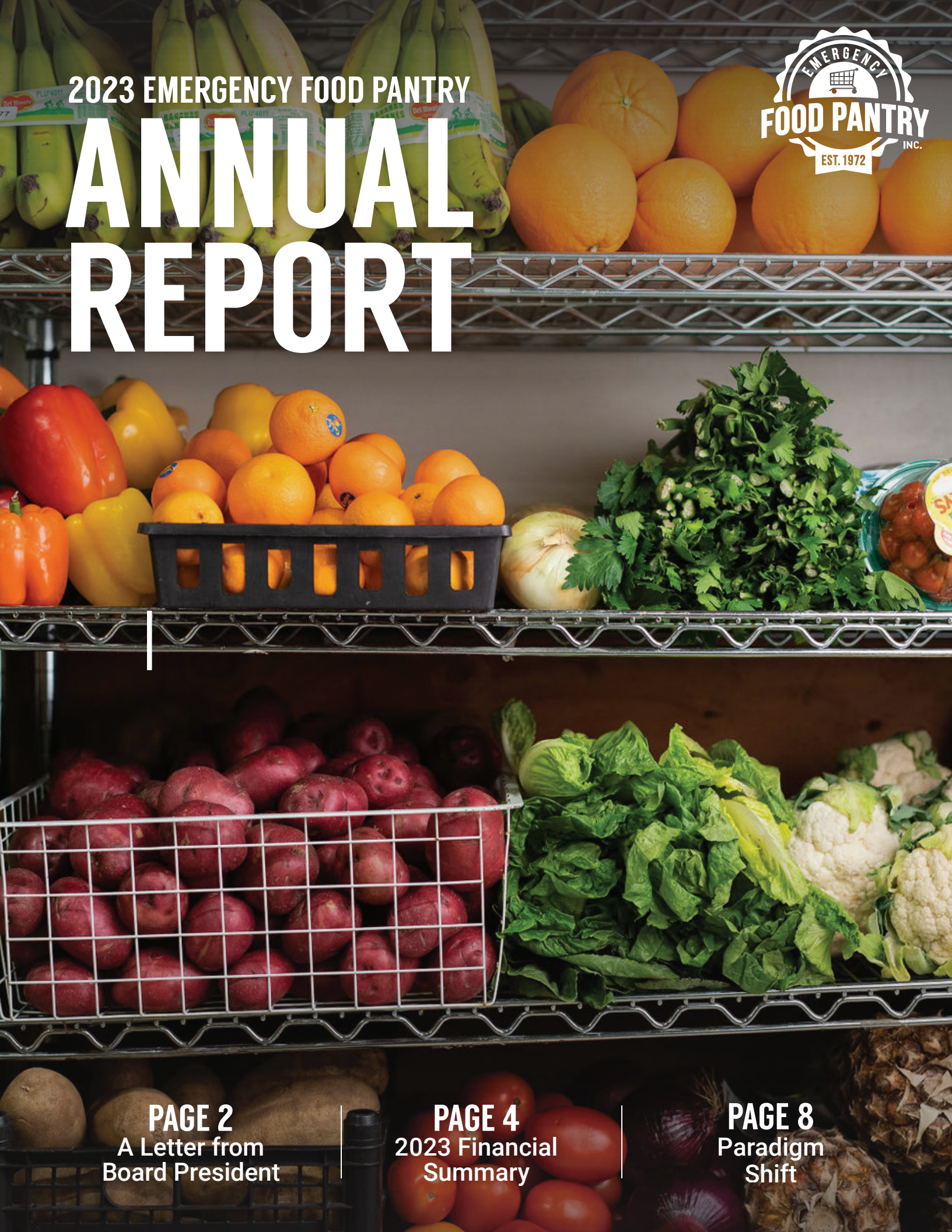


2023 EMERGENCY FOOD PANTRY



ANNUAL REPORT



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2023 Annual Report

FROM BOARD PRESIDENT SONJA HUNTER

2023 was a busy, impactful, and challenging year. The Emergency Food Pantry (EFP) continues to see high numbers of people in our community accessing our services, and nearly half are children and seniors. More than the numbers, what is the impact on the person to have access to food? What does it mean to the child, the parent, the senior?

- It means that you have the sustenance you need to concentrate at school or work.
- It means you can provide dinner for your family, choosing from quality, healthy food options.
- It means that someone does not have to choose between having food or buying medications this month.

We strive to create a safe, welcoming space, reduce barriers and increase access to food, and provide excellent customer service to our neighbors and community members. You know the saying "It takes a village," and it really does. We are grateful for this community, including:

- The people we serve who share their stories and experiences so we can improve our services to meet their needs.
- Our staff who show compassion, creatively solve problems, and advocate for the people we serve.
- Our volunteers who share their time and talents.
- Our community partners who collaborate with us to address poverty.
- Our supporters (i.e. churches, businesses, civic groups, schools/universities, individuals/families) who share our mission and story, and provide food and monetary support.

Where do we go from here? With the increase in people served and rising costs, we also faced some challenges. Specifically, we had to purchase more food than ever before, and we continue to rebuild our volunteer base after COVID. With this, we are always evaluating our programs and approaches to providing access to food. For instance, the staff, board, and even some volunteers recently read, "Reinventing Food Banks and Pantries." The author said, "It is time to shift our focus from an emergency response toward empowerment and from short-term transactions of food to long-term transformations of lives." This is a shift in focus from a lack of food to strategies that address the root causes of poverty. This has sparked conversations about client choice, healthy food promotion, waste reduction, community partner collaboration, and more. We invite you to be a part of the conversation! Become a volunteer, come for a tour, invite us to speak at your work or church, or join the board.

Thank you for all you have done to support the vital work of the Emergency Food Pantry.

Gratefully,



Sonja Hunter, President of the Board of Directors





FROM EXECUTIVE DIRECTOR STACIE LOEGERING

This past year, things began settle into a new normal after responding to the needs of the pandemic. The EFP team members worked hard to provide the best possible service to neighbors in need. In 2023, the team of employees and volunteers focused on improving both the service and the process behind the scenes.

During the height of the pandemic, the EFP team used an intercom system to check in neighbors requesting food baskets, and pre-packed food bags based on family size. Two major changes in 2023 included increasing one-to-one connections and offering some food and product choices. Neighbors talked with a team member to determine food and hygiene needs. Then the neighbor had the chance to choose unique hygiene items or fresh vegetables EFP had available in large quantities. Behind the scenes, EFP set up better communication in a number of ways:

- The EFP team implemented an annual survey to learn more about neighbors’ needs and perspectives, and added shelves in the lobby so neighbors could choose fresh produce and other unique donated items.
- The Warehouse team added steps to the physical inventory process to better track the types of food donated and distributed.
- The Services team translated forms to better serve some neighbors.

- The Board members and Executive Director attended the High Impact Board training through Impact Foundation and implemented techniques for intentional dialogue about best practices in hunger relief.

These actions and activities have helped to foster a better understanding of intention behind why the pantry does what it does to feed those in need of food.

The efforts in 2023 focused on providing a service in a more connected way and the results were EFP provided more than food. This often meant reduced stress and experiencing a greater sense of stability. This was evident during an interaction with a young mother Monica who had recently been widowed. When her husband passed away, she continued to work full time and became the sole caregiver to her three children. She learned to live on much less money than her family had been accustomed. She began struggling financially in the fall when she needed a furnace repair. Monica visited EFP to receive a food basket. In the moment that she knew she would receive food, she communicated that she felt great relief knowing that she could feed her children until pay day.

Thank you for supporting all neighbors in need!

Stacie Loegering

Stacie Loegering, Executive Director

THANK YOU

2023 BOARD OF DIRECTORS

- | | |
|----------------------------|-----------------|
| Sonja Hunter, President | Caileen Heuertz |
| Pat Podoll, Vice President | Eric Johnson |
| Tyler Mayfield, Secretary | Grace Moser |
| Pam Sommer, Treasurer | Josh Wells |
| Aaron Nissen | |

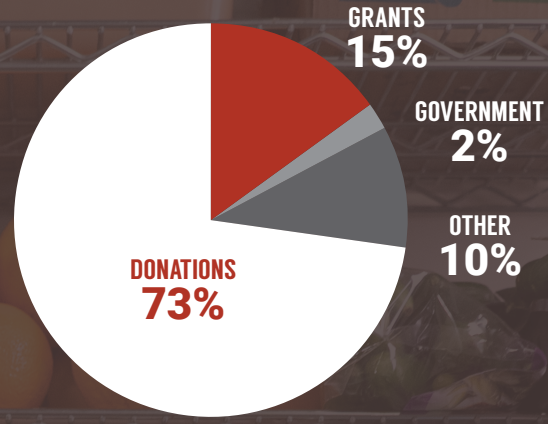
EMPLOYEES

- | | | |
|--------|-------|-----------|
| Stacie | Luke | Kathy |
| Jeff | Diane | MacKenzie |
| Lizzie | Kari | Ron |

VOLUNTEERS

- Regularly scheduled
- Businesses
- Churches
- Service clubs

2023 Financial Summary



Donations
\$330,289



Government
\$7,500



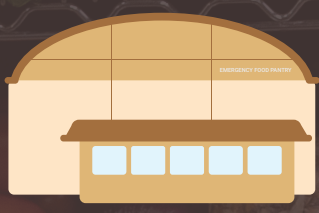
Grants
\$67,655

OTHER
\$44,027

Total Income: \$449,472



Client Food & Supply
\$128,691
(21% of Total Expenses)



Expenses
\$170,525
(29% of Total Expenses)



Personnel
\$301,068
(50% of Total Expenses)

Total Operating Expenses: \$600,284

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

2023 Client & Food Statistics



Total Individuals Served: **46,740**

Children



18,237

Adults



24,935

Seniors



3,568

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



Total Carts of Food Provided to Households: **14,866**

*Total Unduplicated Households Served: **6,873**

Total Unduplicated Individuals Served: **20,629

*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: **1,505,139lbs**

(Pounds in carts was 1,375,969 and pounds in lobby was 129,150)

Total value of distributed food at \$1.93/lb	\$2,904,918
Average household size	2
Average amount of food given per person in carts	29lbs
Value of food given per person	\$55

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, connection, collaboration, and community.

Compassionate Service

In 2023, EFP saw an increase in requests for food. EFP used funds from savings to maintain quality service while seeking funding opportunities. At the end of 2023, the food and financial donations had not matched the increase of need. Over the past five years, the amount of food purchased has increased **tenfold**. In 2019, EFP purchased approximately 20,000 pounds of food equating to 1% of pounds distributed. In 2023, EFP purchased approximately 117,000 pounds equating to 10% of pounds distributed.

We are grateful for the businesses, churches, community members, and service clubs that support the Emergency Food Pantry's mission to help feed those in need of food in Cass County, Clay County, and surrounding area. Financial donations, food and hygiene donations, and volunteer hours ensure that neighbors in need receive food.

1,292 Unique Volunteers Served 15,718 Hours

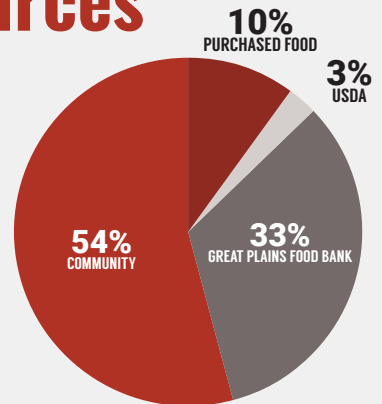
These hours are approximately 7.5 full-time workers. At \$15/ hour, that would be \$234,00 worth of labor.

2023 Sources of Food



Join our community of volunteers! Visit our website to learn more:

emergencyfoodpantry.com/volunteer/



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. 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.





Paradigm Shift

Through the years Emergency Food Pantry (EFP) has held true to the original intent of the organization – to feed people in need of food. EFP has been responsive and nimble to change the food basket program as the needs of the community changed. As we look towards the future, EFP leaders and team members have engaged in the ideas of reinventing and reimagining the existing service. EFP sees the opportunity to envision what impact can be made in the lives of those we serve.

Reinventing

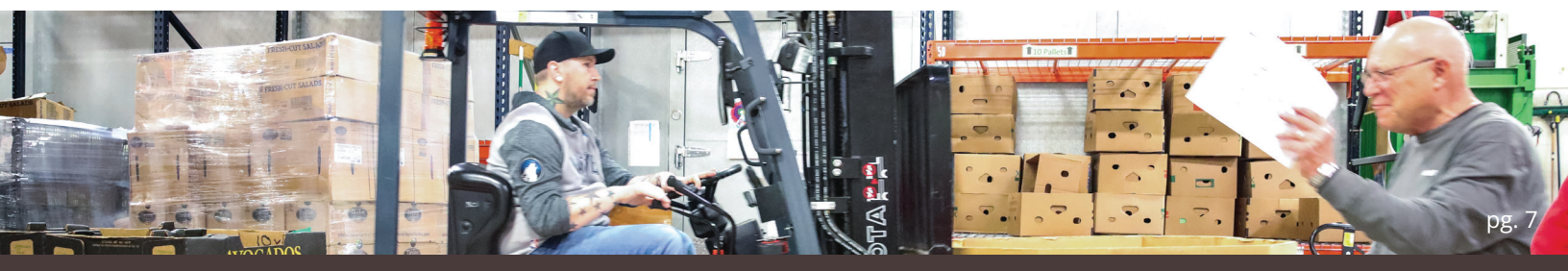
For over 50 years, the charitable feeding network has worked collaboratively with grocery stores, food warehouses, and other businesses to source food that would have gone to waste and put it in the hands of those without food. For five decades, the community ensured that hungry neighbors had food. Locally, thousands of individuals received food ensuring a break from hunger. The focus in the past was on helping the immediate need of lack of food and not on the needs that led to the crisis of lack of food. As EFP leaders reflected on this system of offering food, we noted deficiencies in the process and opportunities for growth. The national system has shifted some focus to the root causes of hunger and to identifying how to offer additional support beyond food.

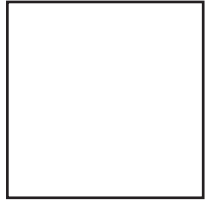
The EFP team wholeheartedly believes in a service that can meet more needs than just food. EFP began its study of these concepts by reading and reflecting on the book *Reinventing Food Banks and Pantries: New Tools to End Hunger* by Katie S. Martin. In the preface of her book, Martin writes, "It is time to shift our focus from an emergency response toward empowerment and from short-term transactions of food to long-term transformation of lives."

Reimagining

Members of the Board of Directors and Executive Director attended the High Impact Board Training offered by Impact Foundation. The training offered practical, evidence-based activities and discussions to streamline the effectiveness of the organization's resources. While implementing the High Impact strategies, the leadership team has focused on bold thinking to develop the services necessary to meet needs of the community. We are focused on the future in which we provide healthy appropriate food to those in need, and on the root causes of hunger to reduce the number of individuals experiencing hunger and food insecurity.

EFP is dedicated to its original mission of providing food when neighbors are in need and to creating additional services that better support the needs of our neighbors. We invite you to join us as we envision future services and collaborations.





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 flexibility to purchase what is needed.

