



Sustenance 2023 Annual Report

"... so that no person goes hungry."

Thank You From Our Leaders

On behalf of the Board of Directors and staff at Emergency Food Network, we thank you for supporting EFN in 2022. We knew it would be a historic year as we celebrated our 40th year as an agency, but we had no idea that the year would be historic for another reason – visits to our network. In total, our network of over 75 partner food pantries, meal sites, and shelters served over 2 million visits in 2022, a first in our history.

We have all noticed that groceries have become more expensive over recent months. For some of us, these rising costs are frustrating but do not threaten our ability to feed our family. However, many of our neighbors do not have room in their budgets to afford the 11% increase in grocery costs we saw last year. As costs increase, families turn to our partners in order to get the nutritious foods we all need to thrive.

Thank you for being with us in 2022. It was a busy year, but the work shared in this Annual Report was possible because of you. Last year, more than 2,100 of you supported our work financially, more than 2,000 of you volunteered with us, and you hosted more than 100 food and fund drives that helped keep food pantry shelves stocked with diverse and nutritious food.

As always, we are hopeful for better days for our neighbors, but we remain grateful to you for helping us through such a historic year.

With gratitude,



Michelle Douglas
Chief Executive Officer



Mark Winter
Board of Directors, Chair



2023 Leadership

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Mark Winter

Vice Chair

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Julie Boyd

Lisa Fruichantie

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Chad Maiuri

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Connie Benedict

Jessica Clark-Hiatt

Rhys Cooper

Lola Elford

Chelsea Talbert

Marilyn Thompson

Statement on Equity, Diversity, and Inclusion

"At EFN we recognize and embrace the ever-changing needs of our community and are actively trying to better identify and meet those needs by ensuring equity, diversity and inclusion in our staff, board and partners."

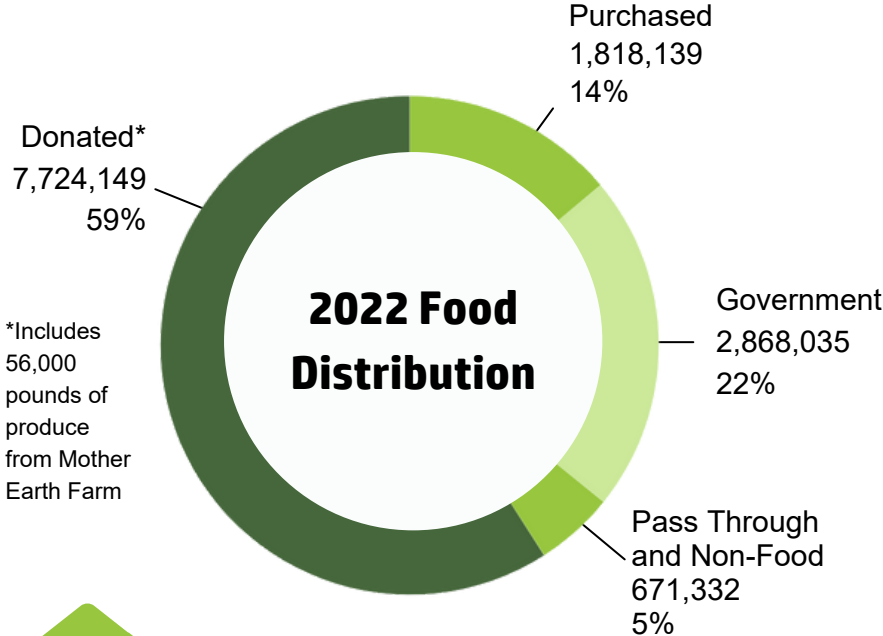
The mission of Emergency Food Network is "to provide Pierce County with a consistent, diverse, and nutritious food supply so that no person goes hungry."



What We Do

13 Million

Pounds of Food Distributed 2022



75+
Partner Programs
in Pierce County



General Distribution

In Pierce County, 1 in 10 neighbors experiences food insecurity. To meet this need, EFN distributed 13,081,655 pounds of food in 2022 to our 75+ partner food pantries, meal sites, and shelters across the county. Much of this food comes through donations - sometimes they come in truckloads from companies and farmers, and other times they come in grocery bags from individuals and families. EFN is grateful for every contribution, as donated food is integral to our ability to feed our neighbors, especially with the elevated need our network experienced in 2022.

According to Feeding America, one meal in Pierce County costs an average of \$3.69. By leveraging donated, government, and purchased food with produce from Mother Earth Farm, EFN distributes one meal for \$0.50.



1 in 10 Pierce County Residents are Food Insecure

2020 Source: Feeding America

What We Do

Break Bags Program



6,000

Total Bags Distributed

In 2022, each Break Bag weighed at least 16 pounds, totaling 96,000 pounds of nutritious, kid-friendly food distributed to hungry kids. Some favorite items in this year's bags included trail mix, macaroni and cheese, and granola bars. Students also received breakfast-ready items like oats and canned fruit and staples like peanut butter and canned vegetables. With help from 200 volunteers, EFN's Break Bags Program was a vital support during a year when many families' budgets were stretched thinner than ever. One parent shared, "We've never needed the help before but we do now. Thank you for taking care of us."

While many students eagerly await school break, other students worry about how they will eat when they don't have access to school meals. In partnership with St. Leo's Food Connection, EFN's Break Bags Program provides 6,000 bags each year to children facing food insecurity in Tacoma Public Schools and Clover Park School District so that they can enjoy fall, winter, and spring breaks worry-free.

Home Delivery Program

11,247

Total Deliveries

390,000 lbs.

Pounds of Food

Distributed through

Home Delivery



For thousands of people in Pierce County, a trip to the food pantry comes with many barriers. In 2022, our Home Delivery Program served 2,700 neighbors facing challenges to accessing their local food pantries, delivering over 390,000 pounds of food to their doorsteps and porches. A dedicated team of more than 50 volunteer drivers loaded up their vehicles at EFN's Distribution Center in Lakewood, then drove all over the county to deliver nutritious staples and local produce. In 2022, we added Monthly Meal Bags to our regular distribution, including highly-requested items each month such as dairy, frozen proteins, and additional perishable staples. More than two years since our program's launch in 2020, we are proud to continue nourishing our most isolated Pierce County neighbors through Home Delivery.

What We Do

Co-op Program

EFN's Co-op Food Purchasing Program is a vital part of our strategy to provide Pierce County with a consistent, diverse, and nutritious food supply. We purchase items for the Co-op Food Purchasing Program by the truckload, saving us thousands every year with the help of Repack Project volunteers.

In 2022, EFN spent \$1.2 million to purchase 1.5 million pounds of nutritious food for our Partner Programs. We purchased wholesome staples such as rice, oats, pasta, canned fruits and vegetables, and canned and frozen proteins, along with easy-prep items like chili and macaroni and cheese. Our team prioritizes items that meet the needs of our Partner Programs and their guests. Among canned staples, we select fruits in juice or water, rather than syrup, and vegetables with low or no-added sodium, making them accessible to guests who struggle with heart disease or diabetes. The Co-op Food Purchasing Program allows EFN to distribute wholesome food to food pantries across the county, ensuring everyone has the food they need for healthy meals.

Internal Programs

With the dramatic increase in visits to food pantries this year, EFN used innovative strategies to alleviate pressure on our Partner Programs and increase the amount of food available in the emergency food system. To do this, we launched two new government programs in 2022, one serving Ukrainian refugees and another serving low-income seniors. We also began a partnership with Elevate Health to deliver food and health supplies to households with a COVID-positive member.

Finally, EFN purchased from local farmers to strengthen our local food system and distribute the highest-quality produce to our community. Together, these programs provided more than 107,000 pounds of food and served 4,565 visits from hungry Pierce County neighbors in 2022.

**Pounds of Co-op
Food Distributed**

1.5 Million



Mother Earth Farm

At EFN's Mother Earth Farm in the Puyallup Valley, our team works year-round to grow nutritious fruits and vegetables for our neighbors in need. On eight acres, Mother Earth Farm produces more than 100 varieties of organically-grown produce, including grocery store staples such as lettuce, zucchini, and tomatoes, along with culturally-relevant varieties such as tomatillos, bok choy, and tat soi. All this is possible with the help of interns, AmeriCorps members, and over 450 volunteers. Both groups and individuals gave their time at the farm this year, including a dedicated Green Thumb Crew, made up of seven people who contributed over 700 hours. In 2022, Mother Earth Farm distributed 56,000 pounds of nutritious produce to Partner Programs and EFN's Home Delivery Program, while also caring for the soil and the life around it with cover cropping, crop rotation, and more. Mother Earth Farm allows thousands of food pantry guests to create nourishing, familiar meals with produce grown by neighbors, for neighbors.

**1,447 Ukrainian
Refugees Served**

Who We Serve



Parkway Community Services

With our partners, EFN strives to serve every person in need, no matter their circumstances. Parkway Community Services shares that commitment. In the words of Executive Director Randy McElliott, "If you're hungry, you're hungry." And that means Parkway is there to help.

Many community members rely on Parkway, where they know they will be treated with kindness and respect. In 2022, Parkway served over 3,800 families, totaling more than 95,000 community members! Often, guests will leave the food pantry with 50-60 pounds of food, and volunteers are always nearby to help them carry groceries to their vehicles. In addition to operating the food pantry, Parkway also provides 700 weekend food bags to students in the Bethel School District every weekend and distributes 2,000 food baskets around the holidays.

Parkway accomplishes all of this with no paid staff – every part of their service is accomplished by a dedicated community of volunteers! After more than a decade of partnership, EFN is grateful for Parkway Community Services and their vital work in ensuring that no person goes hungry.

Feedback about EFN's Services

"EFN has been an amazing resource and partner to us. EFN's efforts to add frozen meats and fresh produce has helped our community immeasurably!"

- **Food Backpacks 4 Kids**

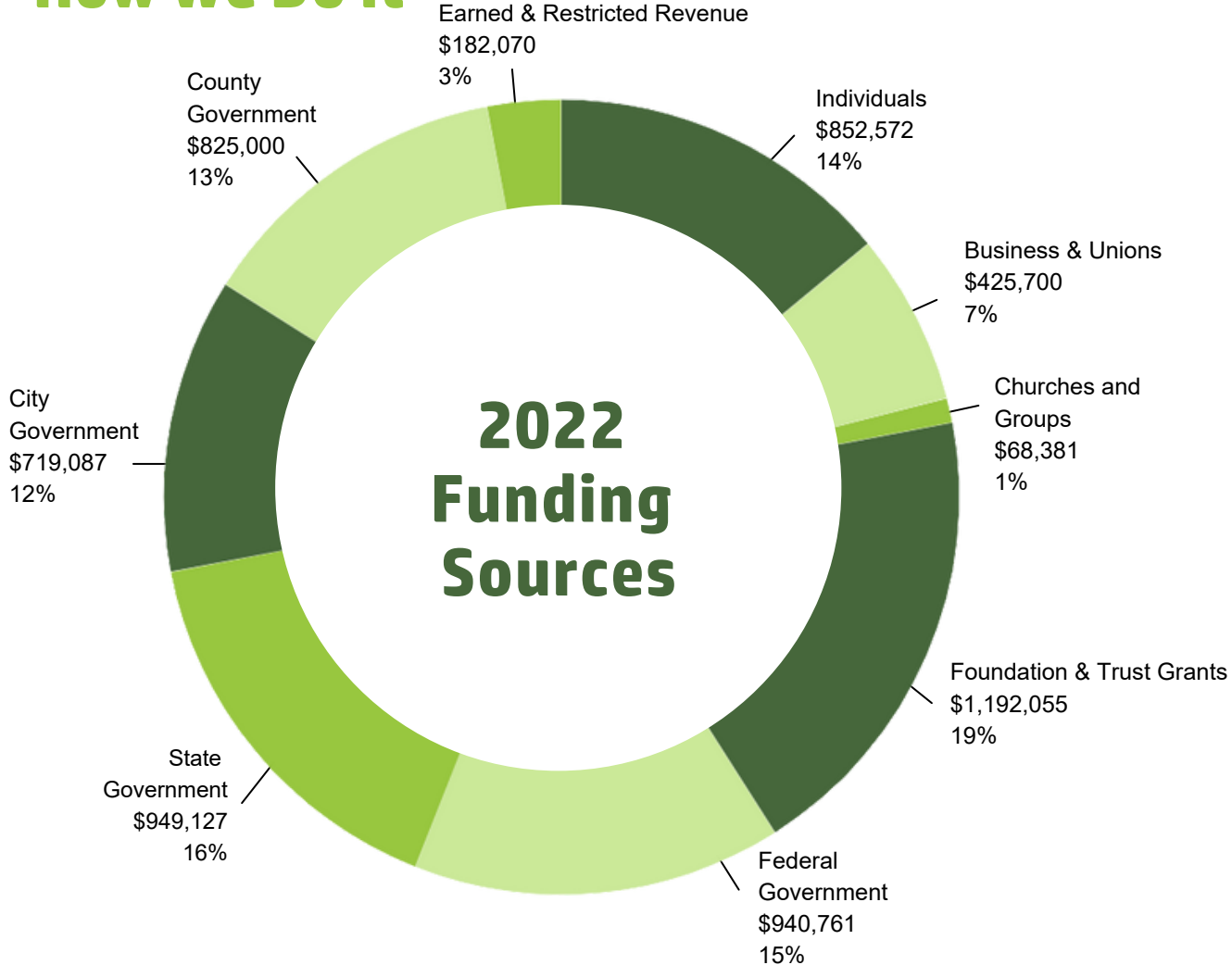
"I loved the food. I was super impressed especially with the fruit and vegetables. It was just like the food that I would pick out of a grocery store. Thank you so much for doing this."

- **EFN Home Delivery Recipient**

2 Million
Visits Made
to Partner
Programs in
Pierce County in 2022



How We Do It



\$6.1 Million

Total Revenue in 2022

Thank You

Thank you to all the generous donors who made gifts in 2022!

Full financials are available on our website efoodnet.org.



EFN has been awarded a 4-Star Rating by Charity Navigator and Platinum Certification on Candid, formerly Guidestar.



Building For The Future

Capital Campaign

In 2022, EFN began working on a project behind the scenes alongside our regular operations - a new capital campaign. Our Building for the Future campaign kicked off with a quiet phase in January 2022 following a feasibility study and unanimous vote by our Board of Directors. The goal of the campaign is simple: build an additional 21,500-square-foot warehouse so that we can expand our storage capacity and use all of our storage spaces more efficiently.

If you visited EFN in 2022 and saw our warehouse, you weren't actually able to see our entire food inventory. Throughout the year, we had to utilize rented and owned trailers parked on our lot as well as rented warehouse space in Auburn to store all of our food. These solutions were costly, inefficient and made it impossible to access all of our food in real time. The new building will bring our entire inventory to our Lakewood campus and allow our warehouse team to store and move food with more efficiency and accuracy.

We plan to start construction on the building in Spring 2023 so we can begin using the space by year end! Our public phase will start later this year, thank you to everyone who has already supported the campaign.



Total Network Visits



How You Can Help



Volunteer Opportunities

Repack Project (Lakewood)

Help prepare bulk foods for distribution to food pantries by repackaging the product into smaller, family-sized portions. Bulk foods may include rice, pasta, oats, fruits, vegetables, and more!

Mother Earth Farm (Puyallup)

Plant seeds, pull weeds, and harvest at our 8-acre organic farm. All skills and ages are welcome at the farm!

Home Delivery Program

Pick up, drive, and deliver boxes full of fresh, nutritious food from EFN's Distribution Center in Lakewood to homes all over Pierce County.

Food & Fund Drives

Raise awareness of hunger in the community while collecting donations to keep food pantry shelves stocked throughout the year.

Partner Programs

Volunteer at your local food pantry to make a direct impact on hunger.

2022 Volunteer Achievements

2,048

Total Volunteers

12,867

Total Hours
Volunteered

925,064

Total Pounds of Food
Repacked at the Repack Project



Total Meals Provided
through Food & Fund Drives **372,620**

Register to volunteer today!

- 📞 Contact us at (253)584-1040
- ✉ Email us at volunteer@efoodnet.org
- 🌐 View volunteer opportunities on our website: efoodnet.org

How You Can Help

Donate

Give Funds

EFN distributes 1 meal for \$0.50. Make your donation today online at efoodnet.org, call us at 253-584-1040, or mail in the enclosed envelope.

Supper Club

Join the EFN Supper Club! Your monthly donation helps EFN plan for the year and is a convenient way for you to support our work.

Host a Food and Fund Drive

Your donations provide variety to supplement the staple items and produce Emergency Food Network distributes to our Partner Programs.

Leave a Legacy

By making a bequest or other planned gift to EFN, you will leave an important legacy that emphasizes your commitment to ensuring that no person in Pierce County goes hungry. Email Development Director Claire at claire@efoodnet.org to learn more.

See all the ways you can contribute by visiting our website: efoodnet.org



Events

Hunger Awareness Month

May 2023

Hunger Walk

Saturday, May 6th, 2023

Letter Carriers' Food Drive

Saturday, May 13th, 2023

Abundance Dinner & Auction

Saturday, October 28th, 2023

Empty Bowls

Saturday, November 18th, 2023

Social Media

Stay up to date on what's going on at EFN! Follow us on Facebook, Twitter, Instagram, LinkedIn, and YouTube!

**Donate anytime,
anywhere**



**Are you signed up
for EFN emails?**

Visit our webpage to sign up to receive EFN's monthly newsletter "The Feed," calls to action, and more!





OF TACOMA AND PIERCE COUNTY

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