

A stylized graphic of a wheat stalk, composed of several orange, teardrop-shaped leaves arranged in a central vertical column, with additional lighter orange leaves branching out to the left and right. The graphic is positioned on the left side of the page, partially overlapping the title text.

# East Texas Food Bank

## Annual Report FY2015

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The East Texas Food Bank exists to **Fight Hunger** and **Feed Hope** in East Texas. Our vision is a **Hunger-Free East Texas.**

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# East Texas Food Bank

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*"You help me feed my children. Thank you for the time, the money, the food - everything you give."*  
- Charlene



*"I'm not sure we'd always have enough to eat if it wasn't for the food pantry. It really makes the difference."*  
- Cory

# From the Chief Executive Officer

Dear Friends and Partners,

I've always regarded my annual report letter as one of the most difficult that I write. Here at the East Texas Food Bank, a retrospective look on the year that has just past always brings bittersweet emotions.

As with any strategic effort, we look for our accomplishments only to realize the ever painful experience that lies behind need that we are trying to fill. More and more we are finding that our mission is at the intersection of hunger and health.



Here in East Texas approximately 456,000 people are at risk of hunger – 35% of our population, which is the second highest rate of all the Feeding America member food banks in Texas. Behind these numbers lie the painful coping strategies employed by our families such as stretching their food dollars by purchasing inexpensive, filling foods that are rich in calories yet poor in nutritional value. Additionally when struggling with hunger, people are compelled to over-eat these foods in compensation for the times when they have none. This behavior creates a cycle of food insecurity that leads to increased health complications such as obesity, high blood pressure and diabetes. This cycle is evidenced by Center for Disease Control's finding of the inverse correlation between the childhood obesity rate and household income. In East Texas 39% of our client households report having one member with diabetes and 65% report one member with high blood pressure, while 32% report having no health insurance and 76% report that they had to choose between paying for food or medicine or medical care in the past 12 months. These are alarming facts that will eventually affect us all by the serious pressure it places on the cost of health care.

That was the bitter part. The sweet part is witnessing that the passionate work being performed by our staff and over 200 partner agency programs is making a difference. Since the inception of our current strategic plan three years ago, we have increased our meal distribution by almost 25% while distributing a nutritious mix of product that is one of the highest in the Feeding America network.

We are finding that each additional meal is coming at a greater cost. We have so much work left to do and we need your endearing support to maintain the supply of fresh produce, high quality protein and low fat grains in our system. With you, we can solve hunger and move towards our vision of A Hunger-Free East Texas

With Gratitude,

Dennis J. Cullinane  
Chief Executive Officer

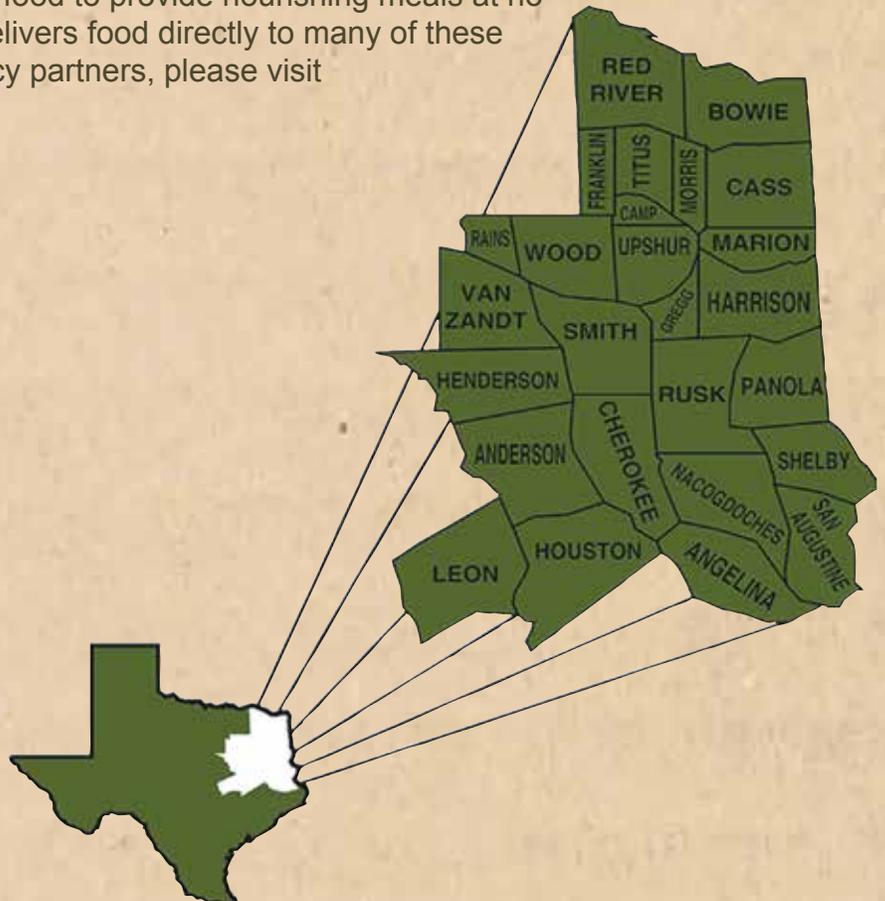
# Who We Are



The East Texas Food Bank has been feeding the hungry in East Texas since 1988. Headquartered in Tyler, the East Texas Food Bank collects donated and purchased food, which is stored in our 75,900 square-foot facility. We distribute this food to more than 200 partner agencies, located throughout a 26-county service area, and spanning nearly 20,000 square miles - from Lufkin to Texarkana, and from Athens to the Louisiana border. These food pantries, soup kitchens, emergency shelters, and other nonprofit groups then use this food to provide nourishing meals at no cost to the needy. Our truck fleet delivers food directly to many of these agencies. For a full list of our agency partners, please visit

[EastTexasFoodBank.org](http://EastTexasFoodBank.org).

The East Texas Food Bank also operates programs that provide healthy meals to low-income children and seniors; presents classes teaching healthy eating and food budgeting; and helps eligible individuals sign up for nutrition programs, such as SNAP (Supplemental Nutrition Assistance Program). The East Texas Food Bank works with larger networks of hunger relief agencies through our memberships with **Feeding America**, the nation's food bank network, and **Feeding Texas**, our state association of food banks.



# Who We Help

The East Texas Food Bank provides emergency food assistance to an estimated 253,000\* people each year. We would like for you to meet a few East Texans who graciously agreed to share their stories.

Meet John and his children Issac, Chloe and Ethan. The kids love coming to the park in the summer, and are able to receive a nutritious lunch each day thanks to the East Texas Food Bank's Summer Food Program.

"They love the meals," John said. "Issac has been wanting oranges every time we go to the store, but I keep forgetting to get them. Today, he got an orange so he was pretty excited about that! Thanks for all that you do for not just my kids, but every child."



*"Thanks for all that you do. Without these meals, some of these kids would be sitting at home hungry during the summer," said John.*



*"It makes a difference in my life having somewhere I can go to get the food I need," said Shirley.*

Meet Shirley. She visits an East Texas Food Bank partner agency each month since she became disabled and lives on her own.

"Food costs are so high, I just can't afford to buy some things," said Shirley.

She likes receiving the canned food items from the pantry. "It helps so much because I can use these and not have to buy them at the grocery store. I can use that money for other items like milk and bread," said Shirley.

Without the resource of the food pantry and the East Texas Food Bank, Shirley said it would be tough. "People are having a hard time making ends meet. When the electricity bills rise in the winter and summer, it's tough."

Shirley also appreciates everyone that supports the East Texas Food Bank and its partner agencies. "There are so many people in need...it makes a difference and is a tremendous blessing," said Shirley.

# How We Help

Every year, the East Texas Food Bank provides millions of meals through our network of partner agencies, and through our anti-hunger programs. Some highlights from our work in FY2015 include:

**Partner Agencies:** Our network of approximately 200 partner agencies are an integral part of our work, serving as the primary link between food and people. The East Texas Food Bank's partner agencies helped in providing 18.2 million meals to East Texans throughout our 26-county service area.



**Fresh Produce Program:** The East Texas Food Bank distributes fresh fruits and vegetables to low-income families. Since the program started it has grown from 700,000 pounds a year to nearly 5 million pounds.



## East Texas Food Bank Gardens:

The East Texas Food Bank partners with the Smith County Sheriff's Office, the Smith County Agricultural Extension Office, and the Flint Baptist Church to operate two gardens on a combined ten acres of land.

**BackPack Program:** This program provides nutritious meals to low-income children who participate in school meal programs, but face hunger on the weekends. During the 2014-2015 school year we served nearly 5,500 children, distributing more than 166,000 backpacks.



**Kids Cafe and Afterschool Snack Program:** These programs serve nutritious meals and snacks to at-risk children during afterschool hours. During the 2014-2015 school year, we provided more than 36,000 meals and nearly 129,000 snacks to needy children.



**Summer Food Program:** Many children who participate in school breakfast and lunch programs are at-risk of going hungry during the summer. This program serves free breakfasts and lunches to children in low-income neighborhoods. In summer 2015, we served over 129,000 meals at over 70 program sites across East Texas.

# How We Help

**Senior Servings™:** This is a proud partnership between the East Texas Food Bank and senior meal programs such as Meals on Wheels. Some senior citizens who receive meal assistance during the week also need help to avoid going hungry on the weekends. Senior Servings™ helps fill this weekend hunger gap.



**Senior Box Program:** Improving the health and nutrition of senior citizens is the goal of this program. The East Texas Food Bank provided a box of nutritious food to more than 2,000 seniors each month in FY2015. Many of these seniors live in isolated, rural communities.



**Mobile Pantry:** The East Texas Food Bank directly distributes food to clients in communities where the need is high and a partner agency does not currently exist. In FY2015, the Mobile Pantry Program served approximately 530 families in six rural communities.

**Nutrition Education:** Helping individuals make healthier, more economical food choices is a priority for the East Texas Food Bank. Our nutritionists provide nutrition classes that teach low-income individuals the basics of food budgeting and good eating habits.

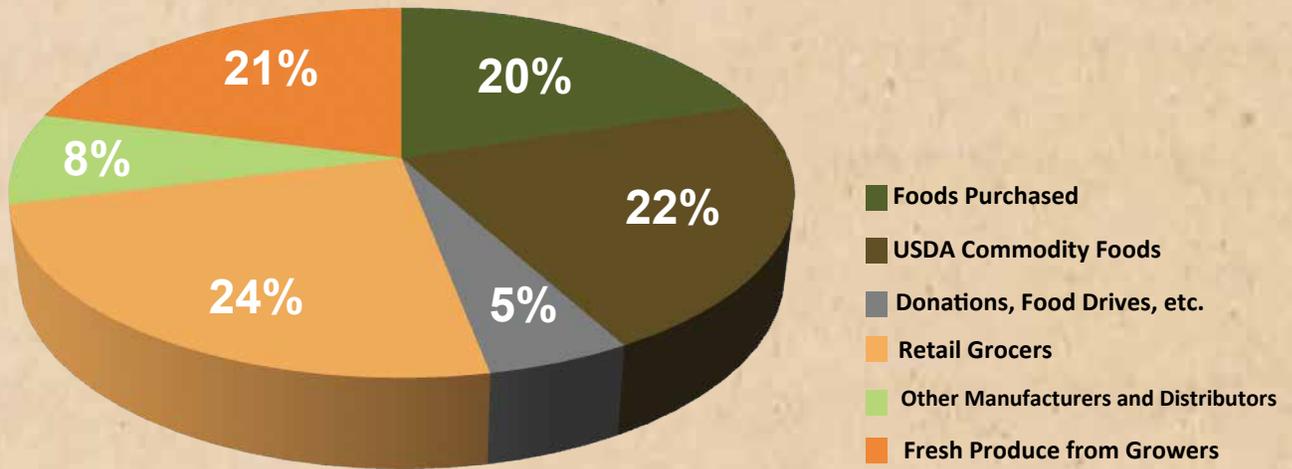


**Outreach Program:** To fight hunger, we encourage our clients to use all resources available to them, such as federal and state nutrition programs, especially the Supplemental Nutrition Assistance Program (SNAP). Through our Outreach Program, we helped more than 2,000 individuals submit SNAP applications in FY2015.

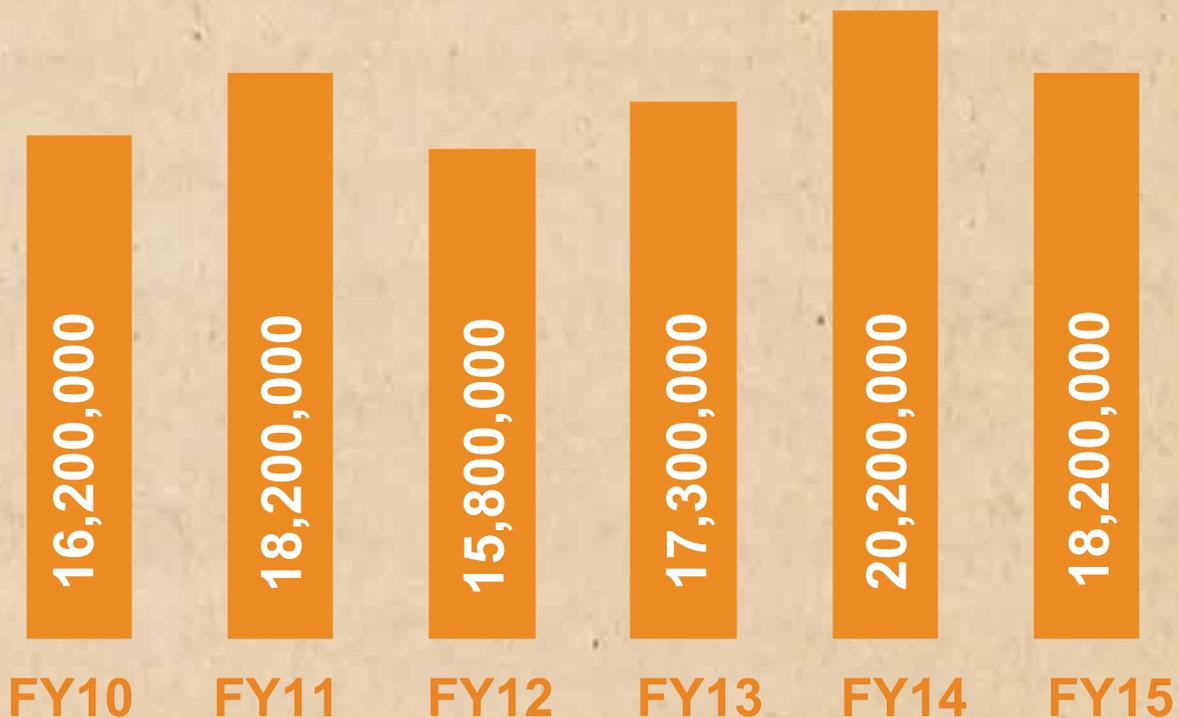
# Where The Food Comes From

The East Texas Food Bank strives to provide a diverse selection of wholesome, nutritious foods. We source this food from many channels including private donations from local and national manufactures; distributors and grocers; government programs such as USDA surplus commodities; donations from farmers; low-price bulk purchases, negotiated with individual companies; and food drives.

## FY2015 Sources of Food



## Meals Provided



# THE FOOD BANK CHAIN: Your gift is a crucial link!



## Step 1:

Food and groceries are donated by growers, packers, manufacturers, distributors, wholesalers, restaurants and others.

## Step 2:

Our generous donors provide much of the financial support we need to collect, store and distribute the food.

## Step 3:

The East Texas Food Bank distributes food and groceries to over 200 community and faith-based nonprofit organizations, kids' programs, senior citizen centers, food pantries and soup kitchens.

## Step 4:

Partner agencies distribute food to hungry children, adults and seniors.



## Where The Food Goes

The East Texas Food Bank partners with various non-profit organizations to ensure that East Texans have the food they need. In FY2015, we worked with 144 food pantries and 25 soup kitchens or onsite feeding programs. We also partnered with 105 after school programs, school districts, churches and civic organizations to ensure children and seniors receive nutritious foods when other programs are not available.

### Partner Agencies



# Where our Food & Funding comes from

## Support and Revenues

### Support:

Donated foods	\$ 18,366,996
USDA commodities	2,302,256
Contributions	<u>3,043,353</u>
Total support	\$ 23,712,605

### Revenues:

Shared maintenance	\$ 912,187
Purchased food recovery	2,360,333
Federal grant revenues	1,400,338
Freight recovery	22,100
Leased storage recovery	36,201
Other	37,484
Total revenues	<u>4,768,643</u>
Total support & revenue	\$ 28,481,248

# How our Food & Funds are used

## Expenses

### Programs and services:

Warehouse	\$ 2,131,687
Food distribution	24,360,745
Programs	832,251
Communications and marketing	495,795
Support services	632,664
Fundraising	<u>693,980</u>
Total expenses	\$ 29,147,122

Net assets at end of period \$ 12,667,282

\*Financials are as of FY2015 ending June 30, 2015



**95 cents** of every \$1 goes to programs and services.

# How Volunteers Help



The East Texas Food Bank depends on volunteers to help distribute food to those in need. Our faithful volunteers provide valuable help in our offices and in our warehouse sorting donated food, packing food boxes, repacking rice and beans and many other tasks.

During FY2015, over 10,000 volunteers donated more than 61,500 hours to the East Texas Food Bank at a value of \$1,418,805.

(\$23.07/hour, according to [www.independentsector.org/volunteer\\_time](http://www.independentsector.org/volunteer_time))

## How You Can Help

### Give Money



For every \$1 donated, the East Texas Food Bank can provide up to 8 meals. We rely on gifts from individuals, corporations, foundations, organizations and others in East Texas and nationwide. There are many opportunities to give financially such as: automatic monthly gifts, honorariums and memorials, corporate gifts, matching gifts and planned giving. No gift is too small to make a difference in the lives of those in need. Donate today at [EastTexasFoodBank.org/GiveMoney](http://EastTexasFoodBank.org/GiveMoney).

### Give Food



Organize a food drive at your church, school, civic group or neighborhood to help and provide non-perishable items like tuna, pasta and peanut butter that families especially need. We can make it easy for you to organize your food drive with signage, barrels and pickup. Call us at 903.597.3663 or visit [EastTexasFoodBank.org/GiveFood](http://EastTexasFoodBank.org/GiveFood).

### Give Time



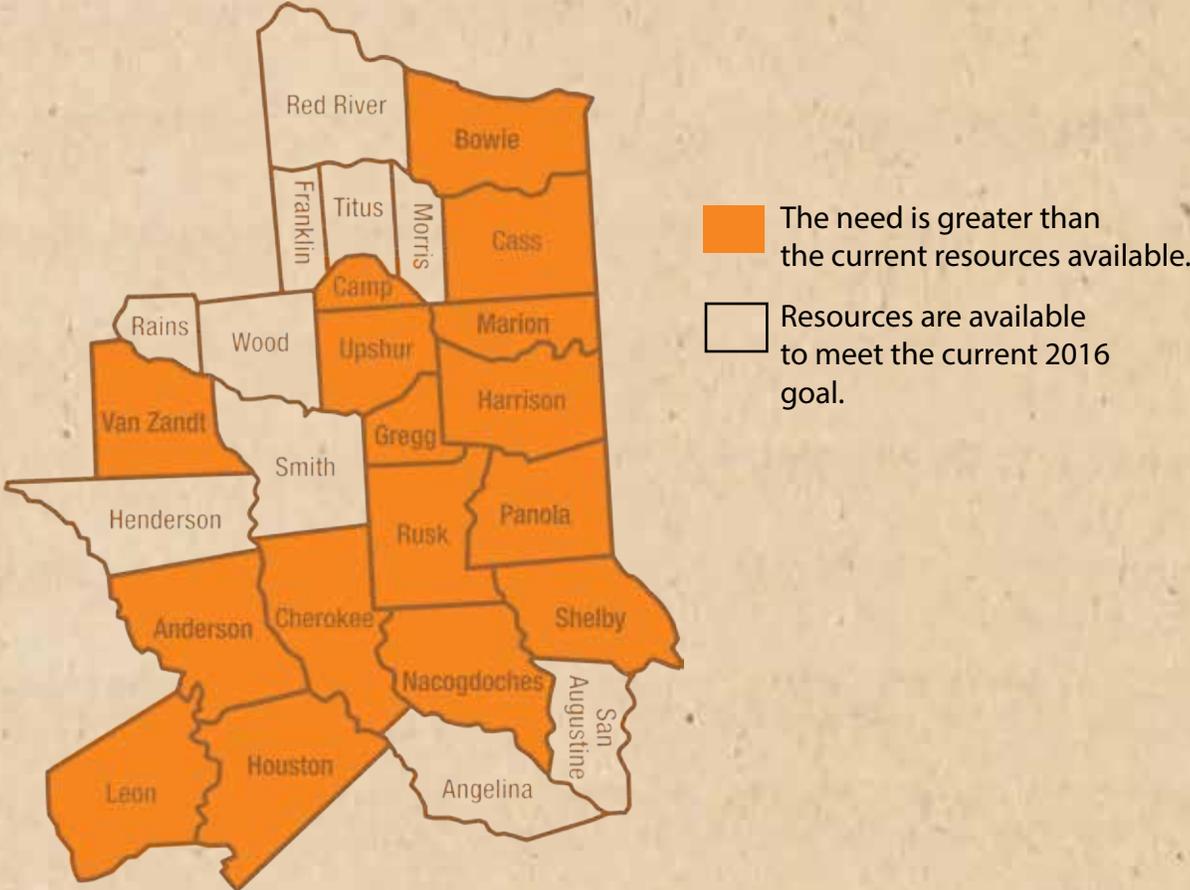
We welcome all volunteers, from individuals to large groups, and we have a project to fit your needs. You can pack backpacks, repackage rice or beans, inspect donated food or help with a variety of other tasks which will help those who are in need. Contact our Volunteer Coordinator at 903.597.3663 or visit [EastTexasFoodBank.org/GiveTime](http://EastTexasFoodBank.org/GiveTime).

# I'M YOUnified AGAINST HUNGER

## AreYOUnified.org

The I'M YOUnified Against Hunger campaign is a grassroots effort to fight hunger in East Texas. It's a way for individuals to come together using social media to become the local solution to hunger. The movement highlights actual needs by county and operates with local teams in that area. The goal is to bring us all closer to a hunger-free East Texas.

The East Texas Food Bank has developed an interactive website, **AreYOUnified.org**, where you can see the level of need in your county. I'M YOUnified Against hunger allows East Texans to create their own teams to help raise awareness about hunger as well as host food drives, raise money and volunteer their time. Sign up today to make a difference.



*\*Note: Map reflects county status as of July 2015.*



**EastTexasFoodBank.org**  
**1.800.815.3663**