



# A Report To The Community

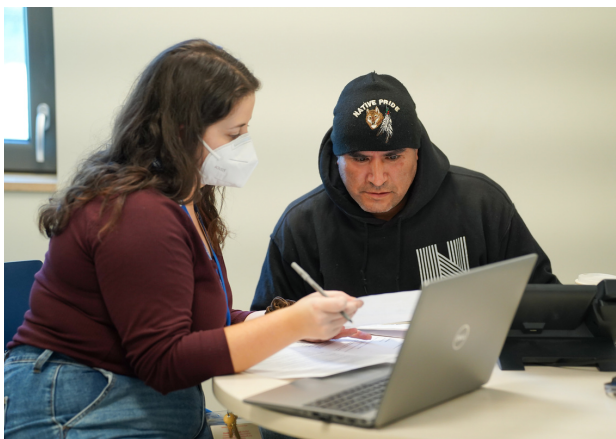
2022-2023 Annual Report

## A NOTE FROM OUR EXECUTIVE DIRECTOR



When I look back at 2023, I'm amazed at how much Ballard Food Bank has grown and changed with the support of our caring community.

Guided by our values - and with the urgency of increasing need - we developed and launched our new multi-year strategic plan in 2023 with these priorities:



**1** Increase organizational capacity to strengthen how we serve the growing needs of our community.

**2** Strengthen sustainable access to nutritious and culturally appropriate food options.

**3** Expand access to community hub programs that center community, enable self-sufficiency, and address systemic disparities.

**4** Amplify advocacy efforts around our belief that access to food, housing, education, and healthcare are fundamental human rights. By addressing systemic racism and other systemic injustices we can create a more just community.



These strategic priorities bring our mission, vision, and values to life.

If we're going to make substantive change, we need to also weave in the 4th priority: advocacy. Our advocacy focuses on the systemic injustices that are the root causes of poverty, hunger, and homelessness. Despite rising inequities in our region, we know there can be enough for everyone.

In October, I published an op-ed in the Seattle Times on how we need collective action and innovation to end homelessness. While not a housing or shelter provider, Ballard Food Bank is committed to addressing homelessness. This starts with prevention; providing financial assistance to keep people in their homes and helping families stretch their budgets further when they don't have to worry about groceries. It's also ensuring that the most basic needs of our unhoused neighbors are met. Together, it will take all of us to end homelessness.



Crowd of organizers at Housing and Homelessness Advocacy Day in Olympia.

As the co-chair of the Seattle Human Services Coalition, I worked with other nonprofit leaders to advocate for wage equity. Through our efforts, the City of Seattle funded a wage equity study conducted by the University of Washington. The results of the study showed that nonprofit, human services workers make 37% less than workers with identical skillsets working in other sectors. If we are going to make progress on the big issues facing our community, we need to retain the people doing the work.

Acknowledging wage disparity was only the first step. As nonprofit leaders we also met with folks from the city, county, and state governments, as well as foundations and funders to discuss how we can increase investments in wages to ensure we can address the issues facing our community.



SHSC Candidate's Forum with moderator Marcus Harrison Green in September.

At Ballard Food Bank we now pay employees a minimum of \$31 per hour. Investing in our staff and retaining our team means we can build deeper relationships with our community and help connect more of our neighbors with resources.

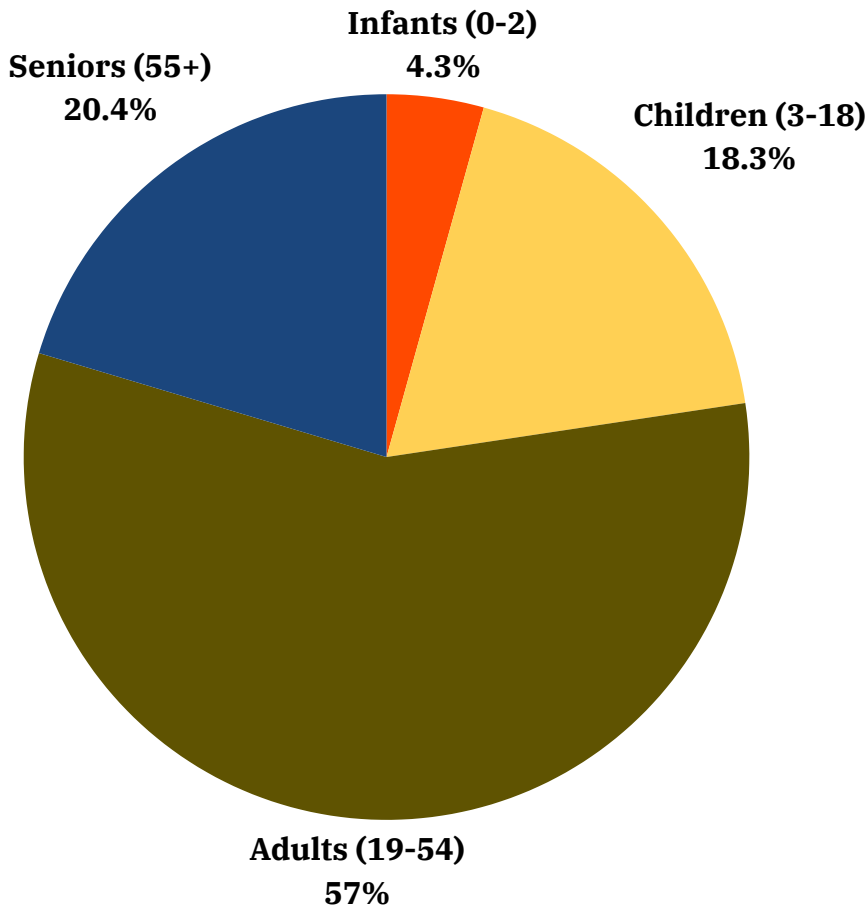
In 2024, we are investing even more funds in food and financial assistance. We also continue to build our advocacy efforts and engage our community, come together around solutions, and build a more just society. Thank you for being our neighbor and joining us in this work! **Thank you for gifts of funds, time, and food. Together, we can achieve our mission of bringing food and hope to our neighbors.**

*Jen Muria*

Executive Director

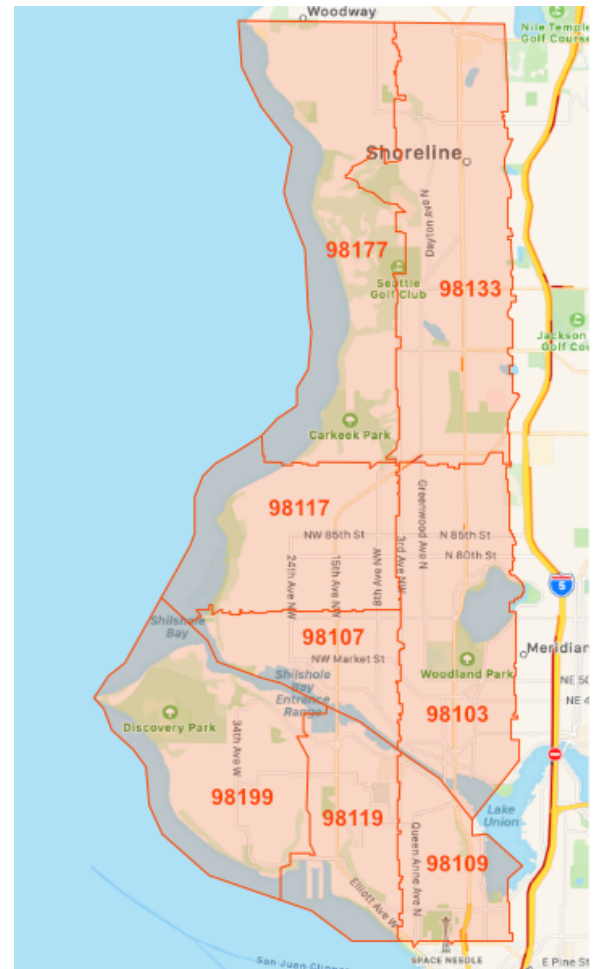
# WHO WE SERVE

## AGE DEMOGRAPHICS



Anyone is welcome to get food from our Community Market and Kindness Café. Most of our guests come from Seattle, but folks visit from other areas in King County and beyond.

Home delivery and financial assistance programs serve specific zip codes in Northwest Seattle.

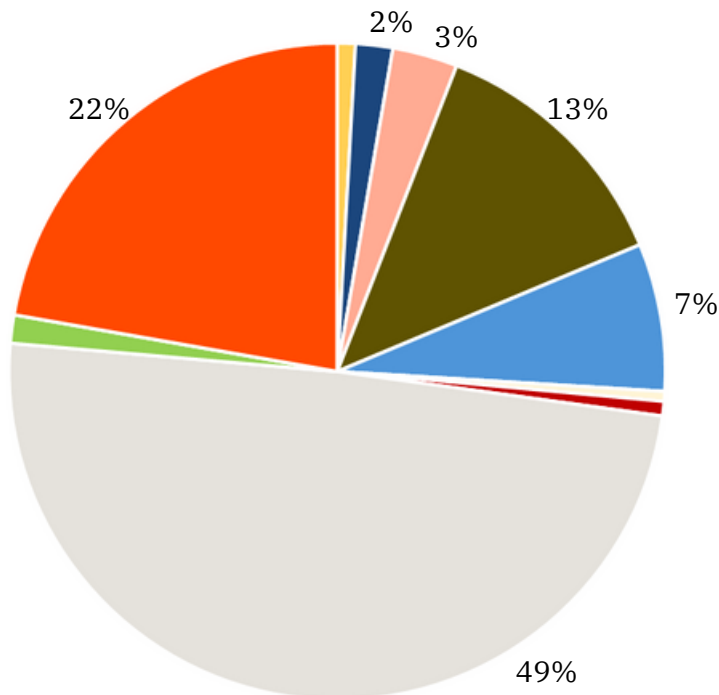


NOTE: We rely on our clients to optionally self-report demographic data. We do not require them to share.

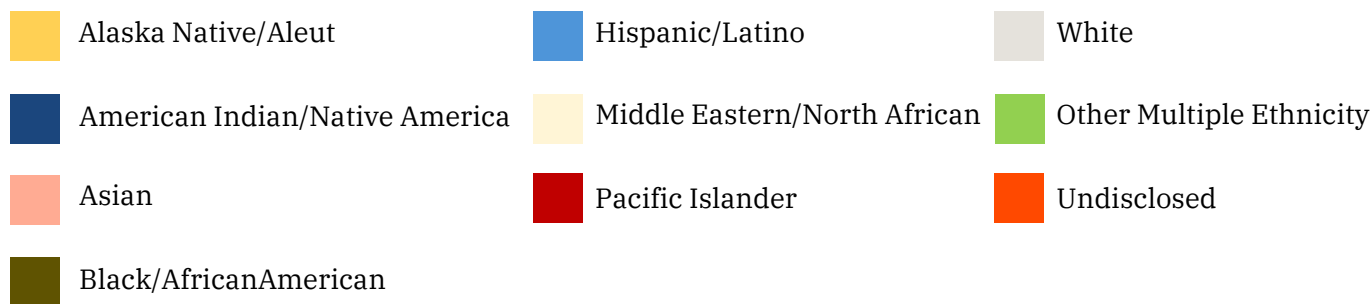
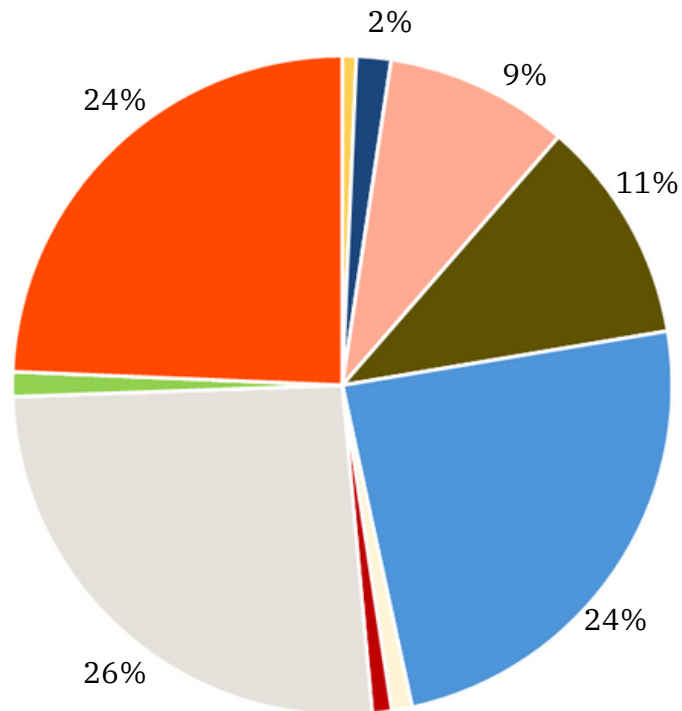
As a low-barrier service provider, we understand that some people may choose not to disclose personal data due to immigration status, stigmatization, experience with domestic violence, and more.

# Racial Demographics

2019



2023

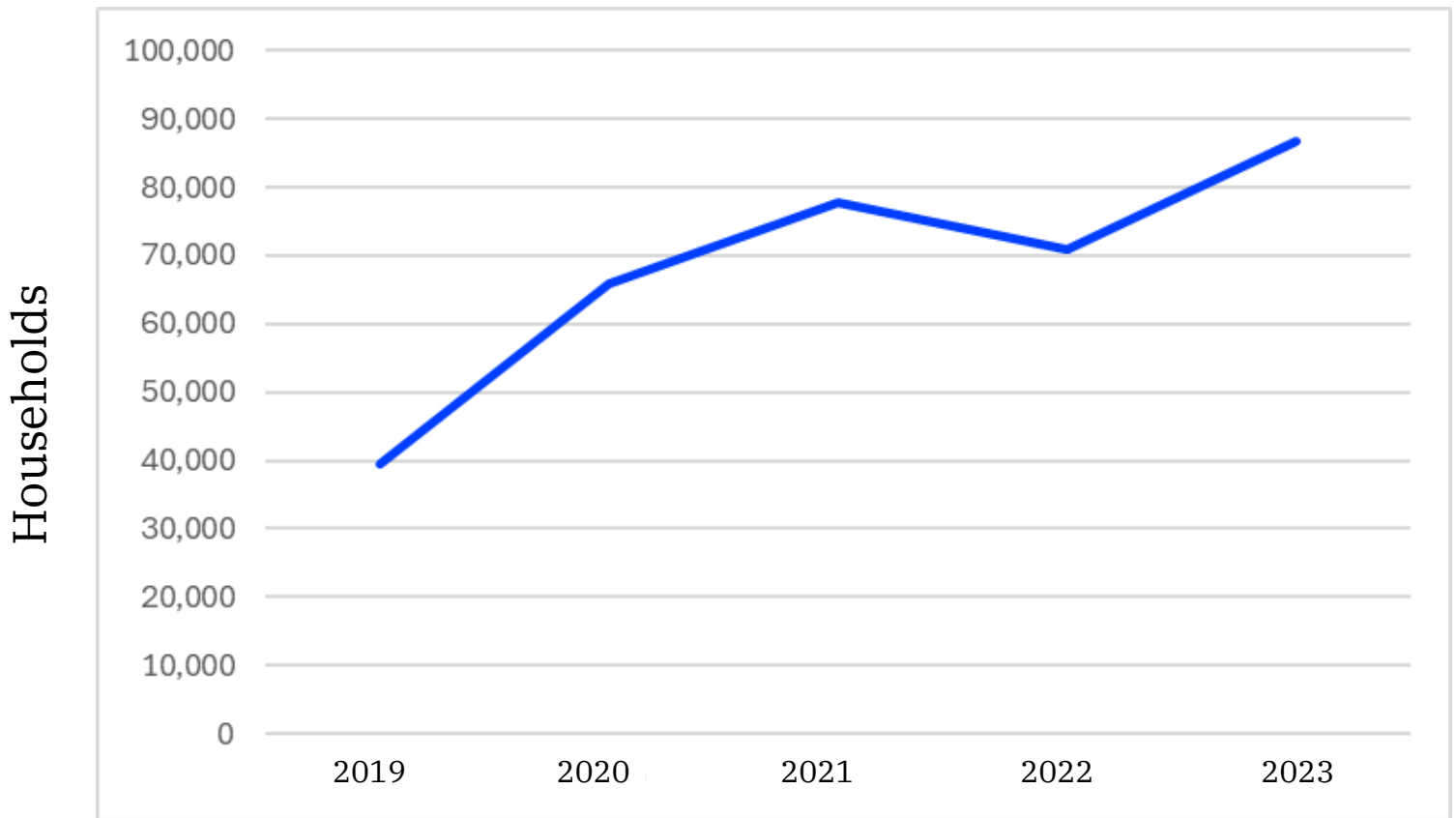


NOTE: We recognize people hold complex identities. People within these ethnic and racial categories can and do identify as more than one identity. This data is just one snapshot to help understand the diverse populations at Ballard Food Bank so we may better serve their needs with culturally relevant resources.

# Languages Spoken

- |                     |                   |                    |                 |                  |
|---------------------|-------------------|--------------------|-----------------|------------------|
| • Abkhazian         | • Dutch           | • Italian          | • Oromo         | • Spanish Creole |
| • Afrikaans         | • English         | • Japanese         | • Other         | • Swahili        |
| • Amharic           | • Farsi           | • Khmer            | • Persian       | • Swedish        |
| • Arabic            | • Filipino        | • Korean           | • Polish        | • Tagalog        |
| • Armenian          | • French          | • Kurdish          | • Portuguese    | • Tajik          |
| • Bantu             | • Georgian        | • Lao              | • Rundi         | • Thai           |
| • Bengali           | • German          | • Lingala          | • Russian       | • Tigrinya       |
| • Bulgarian         | • Greek           | • Mam              | • Samoan        | • Tigrinya       |
| • Cantonese Chinese | • Hindi           | • Mandarin Chinese | • Sign Language | • Turkish        |
| • Catalan           | • Indonesian      | • Marshallese      | • Somali        | • Ukrainian      |
| • Dari              | • Iranian Persian | • Mongolian        | • Spanish       | • Vietnamese     |

## Total Household Shopping Visits and Deliveries



## WHERE OUR FOOD COMES FROM

We are investing in diversifying food sources because we know that we need more food for our community than ever before. In 2023 we expanded our grocery store food recovery to weekends to bring in more food for our shoppers while reducing food waste. We also set up a new gleaning program where staff and volunteers harvest produce from local farms.

Did you know that we purchase a large portion of the food? Your donated funds allow us to purchase food in bulk and ensure access to nutritious, culturally relevant food. Farmers markets and P-Patches also contribute fresh produce. Food drives and in-kind donations are a key source of shelf stable foods like canned goods and pasta. Providing food to our neighbors really is a community effort!



# COMMUNITY MARKET



3,474,000

Total pounds that feed neighbors



5,467

New household sign-ups



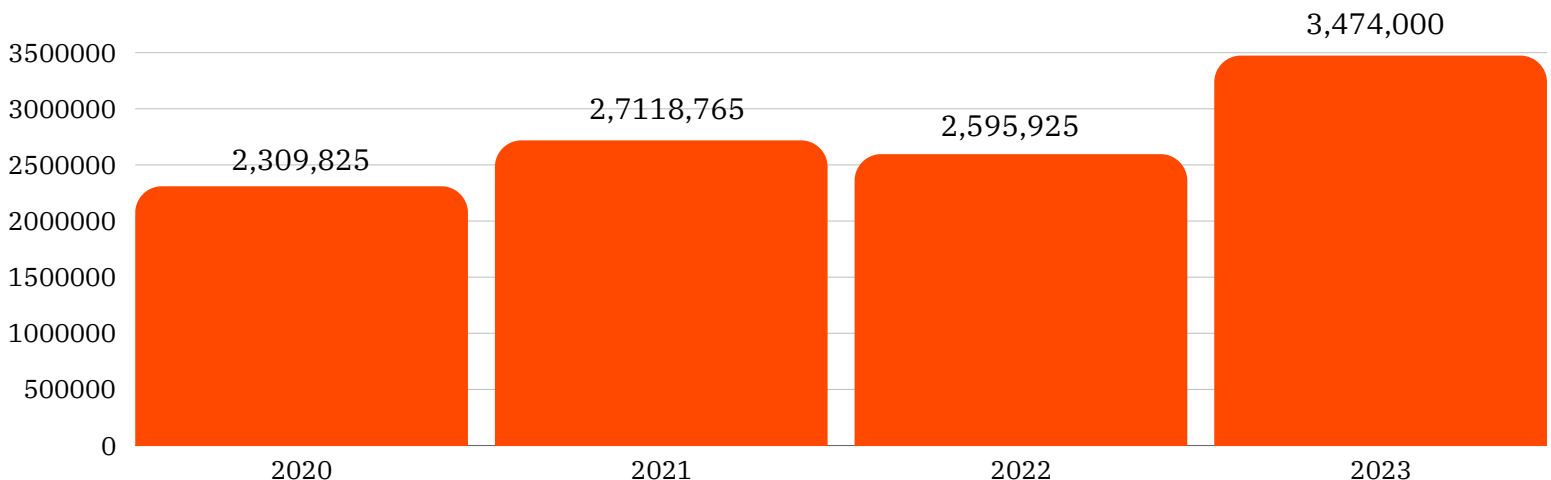
86,850

Total household shopping visits and deliveries in 2023

Our Community Market works like a grocery store, but free! Guests select fresh produce, meat, milk, dry goods, pet food, and hygiene items. Guests can shop once per week, and we have limits based on household size to help make sure there is enough for everyone coming to shop. We offer options based on cultural and dietary needs like non-dairy, halal, vegetarian, vegan, and gluten-free. We are proud that the items in our market reflect the diverse households shopping.

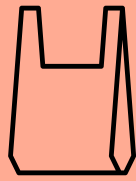
- ✦ In 2023 we created two new food bank coordinator roles. We prioritized hiring speakers of the languages most in-demand for our guests. With these hires, we're now better able to serve our Mandarin, Spanish, and Russian speaking guests.
- ✦ In September, we launched **6** new hours for our Community Market schedule based on feedback from our guests. The new schedule added additional shopping hours to each week and helped alleviate stress around lines and crowds.

## Total Pounds of Food Distributed Each Year



## No Cook Bags

We offer no-cook bags to our neighbors who don't have access to kitchens. The bags contain ready-to-eat items.



# 8,735

Clients signed up for No-Cook



“

The people make you feel wanted and I actually felt their compassion was heartfelt and real 👍 You leave feeling good about life! Thank you Ballard Food Bank!!!

”

A family of four saves an average of

# \$165.56 EACH WEEK

by shopping at Ballard Food Bank

- ✓ Quart of milk
- ✓ Baby formula
- ✓ Spinach
- ✓ Bread
- ✓ Bananas
- ✓ Bell peppers
- ✓ Chicken thighs
- ✓ Peanut butter
- ✓ Dog food

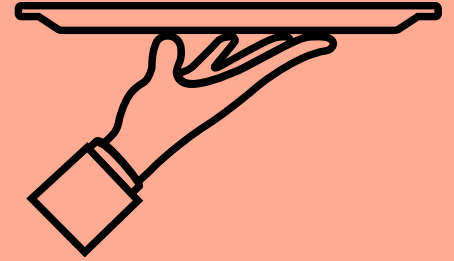
# KINDNESS CAFÉ

Each day our talented café team serves healthy, made-from-scratch meals which have become an important part of the day for hundreds of food-insecure neighbors!

**“We strive to provide meals for everyone. We always have a gluten-free, halal, vegetarian, vegan, and nut-free option. If guests have specific allergies, we’ll do our best to meet their dietary needs,” - Bri, Kindness Café Supervisor**

# 61,502

Meals served

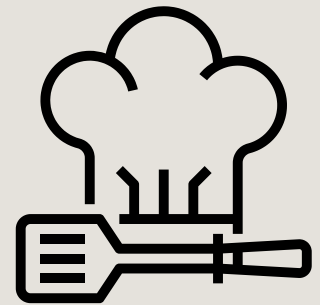


Kindness  
Cafe



# 14

Guest chef  
visits



“

I recognized a regular and made sure to have his coffee order (2 sugars and 3 creams) and salad order (no dressing) ready for him by the time he got to the front of the cafe line. I will always remember our short, yet memorable conversation. He mentioned how special he felt that someone took the time to remember him and his order. You could tell that made his day.

”

# Average

# 500+

daily  
visitors



# HOME DELIVERY

Some of our clients can't make it to the food bank for various reasons including disability, lack of reliable transportation, childcare constraints, or being immunocompromised.

Beyond food, we deliver social connection and greater autonomy to our neighbors who are home-bound. Volunteers and staff customize bags based on each client's dietary needs, culturally appropriate foods, and preferences.

## Home-bound clients includes those who are:

- Seniors
- Living with disabilities
- Immunocompromised
- Parents with childcare constraints
- Without reliable transportation



The average 1-2 person household carries home **75 pounds** of food from the food bank. A family of four leaves with **100 pounds** of food on average. We hope to bring food and resources direct to the doorstep for people who cannot carry this volume of food home.



“ All the drivers are absolutely marvelous. Over the last year, there have been a couple of drivers who show up together. They are wonderful people—always make a point of saying 'Hi, how are you doing?' 'Are you doing ok?' They are generally caring people. ”



# WEEKEND FOOD FOR KIDS



Children receive as much as 50% of their daily calories at school. Weekend Food For Kids works to bridge the nutrition gap on the weekend so kids have what they need to grow, thrive, and learn regardless of which day in the week it is. The program delivers bags of food to students at 20 different Seattle Public Schools. Families who are struggling to make ends meet don't need to worry about food for these kids over the weekend.

Each bag includes: **3 dinners, 2 breakfasts, 2 lunches, and snacks.**

## *Notes from school partners*

“The Weekend Food For Kids Program is an essential resource for students at our school. Often, our most at risk students for food insecurity are also most affected by achievement gaps and poor academic outcomes that have lifelong effects. Many of these students rely on school cafeteria food during the week for the majority of their nutrition. These food supports do not exist over the weekend, so the program helps bridge the weekend gap. **Weekend Food for Kids has a direct impact on our students, leading to better academic outcomes.** We are beyond grateful for our partners at the Ballard Food Bank. This program is so important for our students!”

-Principal from Partner School



**21,889**  
Weekend Bags  
packed in 2023



**630**  
Children  
enrolled



We strive to offer a rotating menu of culturally appropriate, nourishing meals. We can accommodate any food allergy or other dietary need. Accommodations include: nut-free, gluten-free, halal, vegetarian, pescatarian, vegan, and more!



**20%**  
Accommodated  
meals



In 2023, the number of students receiving Weekend Food For Kids bags increased by 24% from the 2021-2022 school year.

We provide food to children ages 5-18. Kids take discreet bags packed with easy-to-prepare meals home with them on Fridays.

## *Notes from school partners*

“The number of families receiving help from the program has more than doubled over the last few years. It really does make a huge difference for kids and families to have this program. It’s wonderful that there is a focus on healthy foods that kids will actually eat. It’s kid-friendly. It’s also wonderful that allergies and special diets can be accommodated. The food bank makes it easy for schools to access this program. I wish all families in need could have access to such a program.”

- Alysa Reid, School Counselor, North Beach Elementary

# COMMUNITY RESOURCE HUB

## Community Resource Hub



Our team listens carefully to what a person needs as a unique individual. A supportive ear, a caring smile; Our team's compassion is evident in everything they do. Our unique, client-driven approach meets our neighbors where they are and works to understand and help with everyone's specific needs. We do this through a combination of case management through our client advocates, referrals to other organizations, connecting people to our provider partners onsite, and financial assistance for rent and utilities to help people stay housed. Guests also have access to identification vouchers and our mail program. Our Community Resource Hub provides a space for guests to meet confidentially with our team and partners, as well as phone and computer access for folks to find a job, housing, sign-up for benefits, etc.

# 12,819

Client interactions

# 28

Hub partner providers  
(Other organizations that offer referrals and services on-site.)



Hub Partner Washington Health Outreach providing low-cost veterinary, health, and social services to neighbors on-site at Ballard Food Bank.

We added our first Client Advocate in early 2023 and brought on a second later in the year. Our Client Advocates Garrett and Katrina currently have full caseloads, totaling **59** people between the two of them. Each client typically meets with their Client Advocate every one to two weeks. In addition to their caseloads, Katrina and Garrett meet with an additional 30-40 people a month to address one-off needs. Clients in need of housing work with our Client Advocates for referrals, assistance with submitting applications, getting on wait lists, and searching for open units/space.

# \$425,304

Preventing homelessness through **EMERGENCY FINANCIAL ASSISTANCE.**

For crucial utility services,  
including heating and light



To keep people in  
their homes



For state ID and driver's  
license vouchers so people  
can access shelter and work



At a time of ever-rising rents and inadequate safety net systems, the need for financial assistance in our community is only increasing. With your compassionate help, Ballard Food Bank is committed to assisting more and more of our neighbors to remain housed well into the future.

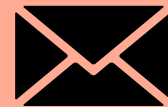
## 71

Neighbors became stably housed

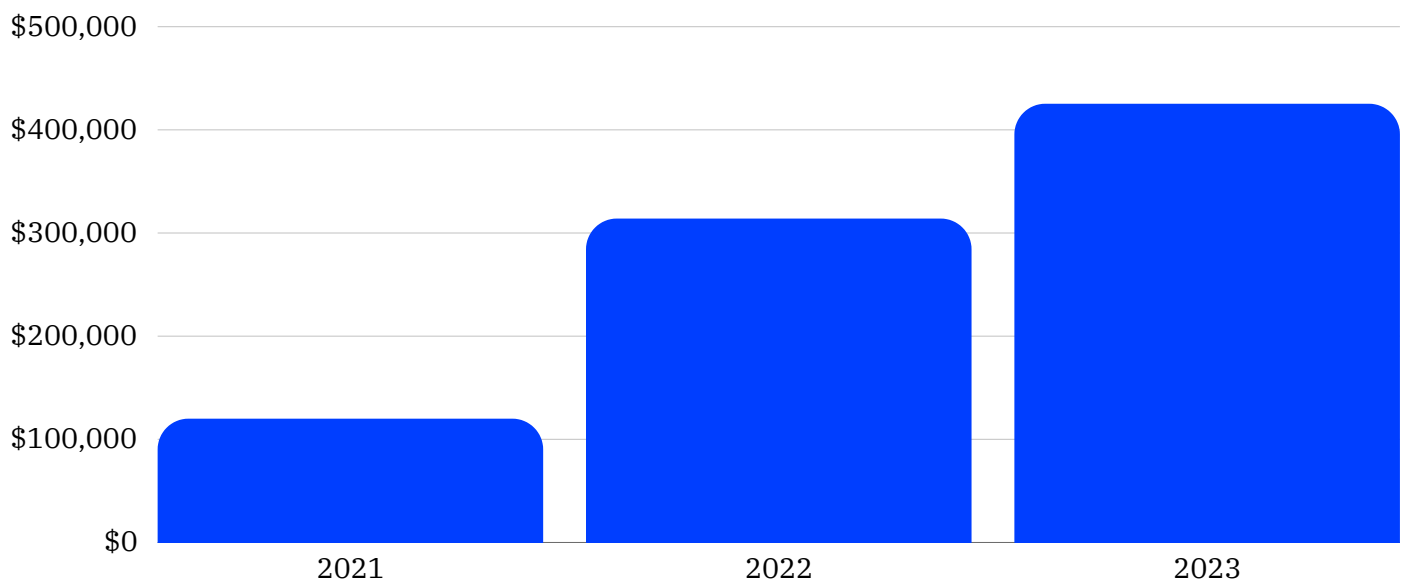


## 784

Clients received mail using  
our address

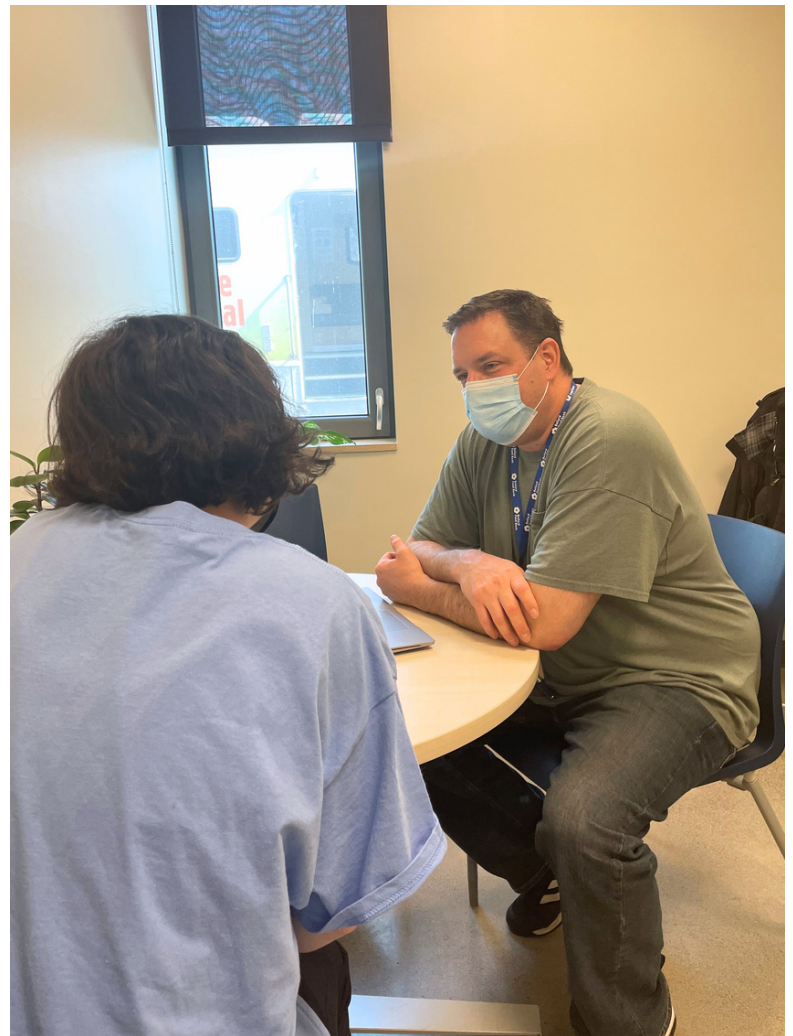


### *Ballard Food Bank Financial Assistance Each Year*



## — *Stories of Hope* —

- ✦ We recently sent a check for rental assistance on behalf of a young family; they were relieved to be able to continue to have stable housing in a neighborhood where they are active community members. Small business owners whose rent kept going up, they had a new child and were struggling. Once supporters of the food bank, they were so happy to be able to stay in their home.
- ✦ An older woman stopped by the Hub inquiring about rental assistance; we were happy to be able to help her fill out a form online and quickly get copies of her documents. We were able to pay the entire balance of what she had due. We were glad to have helped provide an efficient solution to a stressful situation.
- ✦ The Hub team worked closely with a first-time client and her landlord, the client was worried about the process, but we were able to coordinate with her and her landlord to get her the aid she needed. The client expressed that the rental assistance not only helped financially but allowed her to continue her positive relationship with her landlord, alleviating some anxiety around her living situation.



# TESTIMONY

“ The food bank was a lifesaver to me. I was totally surprised about how helpful everyone was. Nathaniel (Nathaniel Lyon, Community Advocate and Resource Hub Senior Manager) gave me pointers on food stamps and other services. The food bank kept me alive.

”



“ Beautiful volunteers, resources, respect for people going through hard times.

No judgement.

”

“ It gives me a little bit of connection with the rest of the world, besides the food. While I was still on the street, Ballard Food Bank helped me survive and get off the street. I couldn't have done it without your help. It gives me a feeling of security.

”



# *We could not carry out our mission or serve our community without our volunteers.*

Volunteers check in guests at the front desk, bag groceries in the community market, pick up food donations from grocery stores, pack and deliver bags to homes and schools, serve hot meals in the café, do outreach at food drives, and so much more!



Our wonderful volunteers not only make Ballard Food Bank a helpful and welcoming hub for clients, but for fellow volunteers as well.

The sense of belonging is priceless. Thank you for being part of our community!

**2,000+**  
**Volunteers**

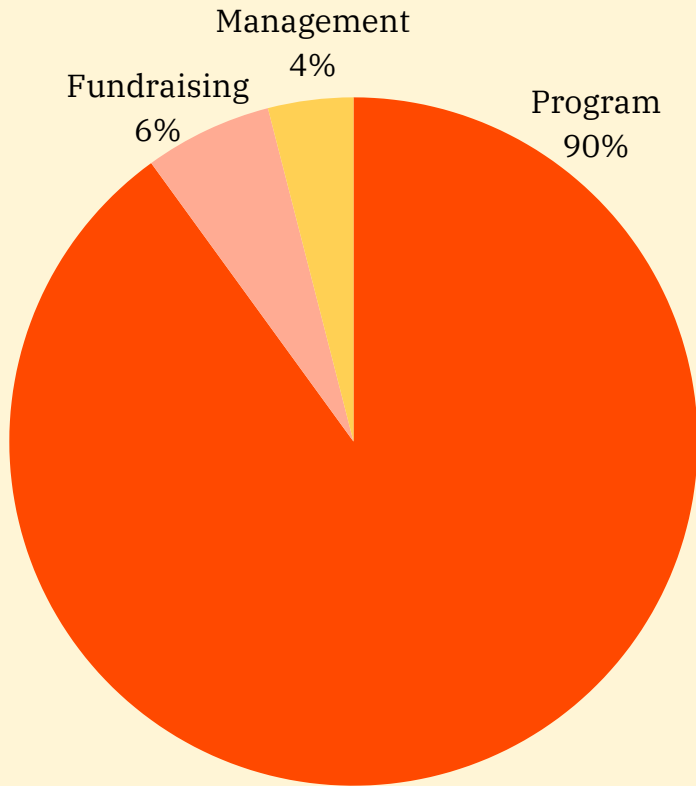
**27,950**  
**Volunteer Hours**



# FINANCIALS

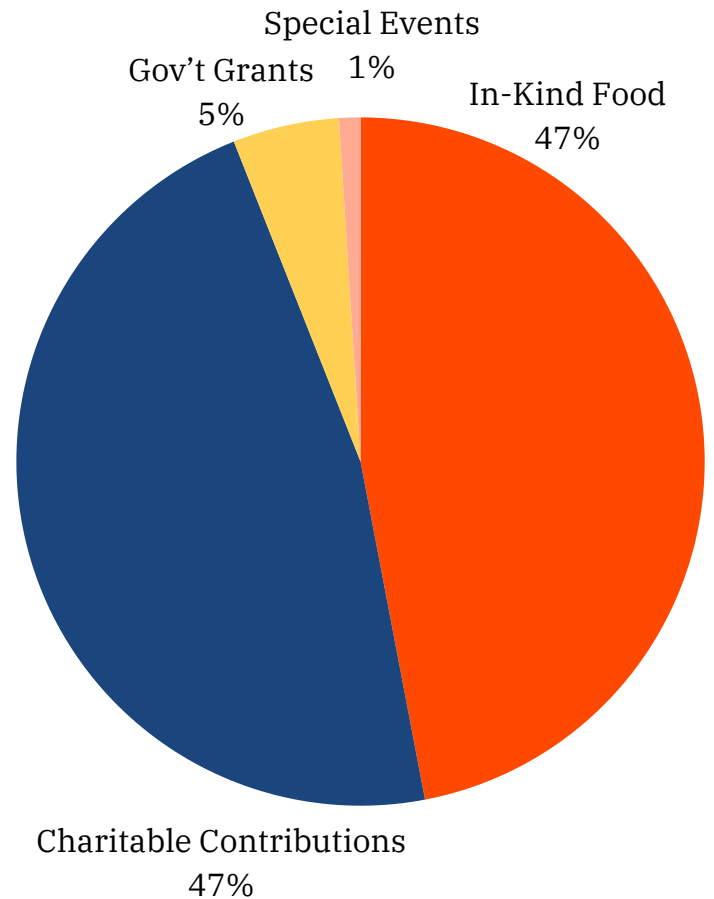
## OPERATING EXPENSE

Total Amount: \$10,229,227



## OPERATING REVENUE

Total Amount: \$10,177,398



*Gifts of all sizes make a difference!*



**70%**

of our charitable contributions are from individuals like you!

**450** donors give monthly as part of our Circle of Hope.

These donations help us bulk-buy food to sustain our mission all year long.

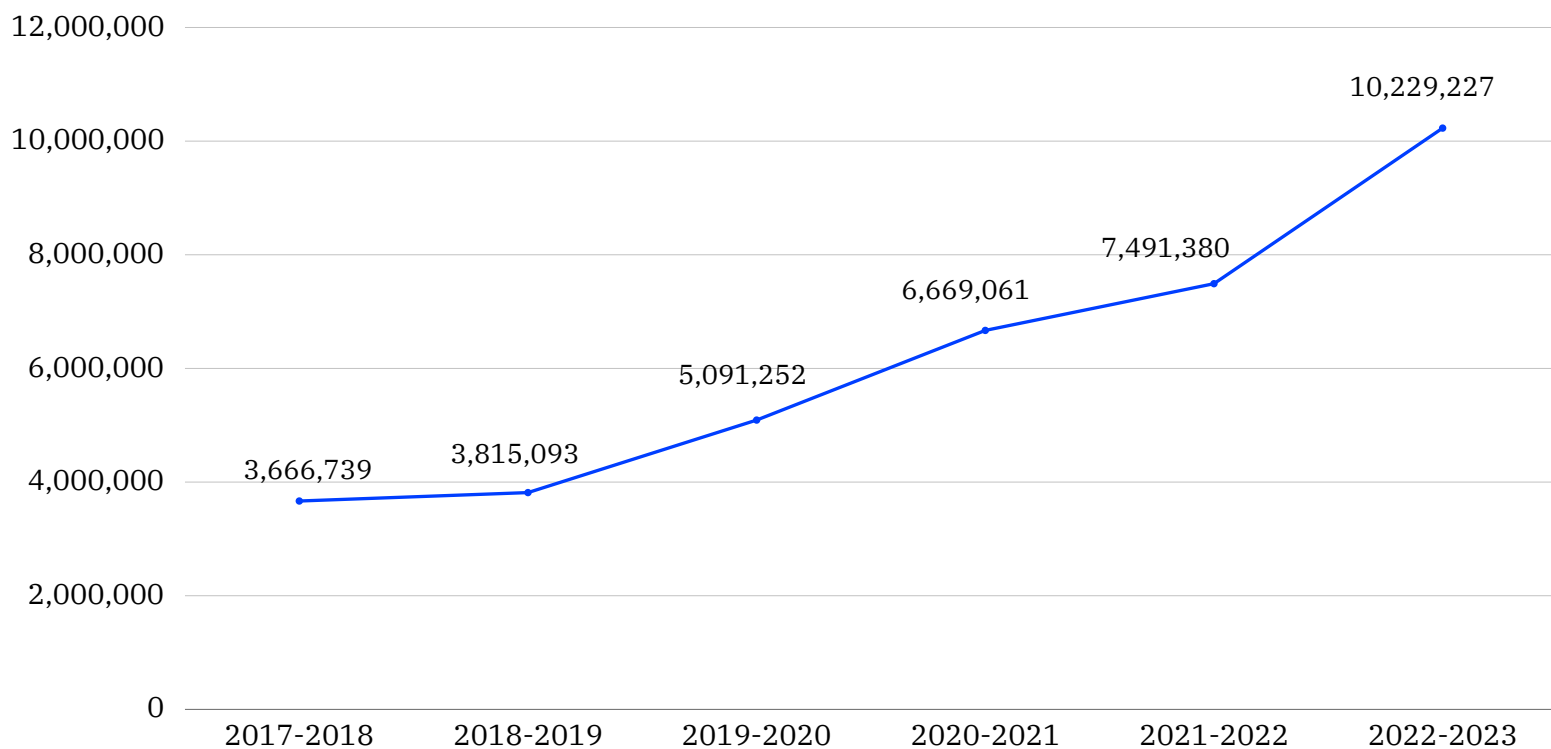
**17%**



of contributions are from corporate support, including matching gifts.

Their gifts total  
**\$31,000**  
each month.

# Operating Expense Per Year



*THANK YOU!*

As the needs in our community grow, we are investing more in food, financial assistance, staff, and all our programs. With the help of our neighbors, we know there CAN be enough for everyone. Thank you for joining us in this work!