

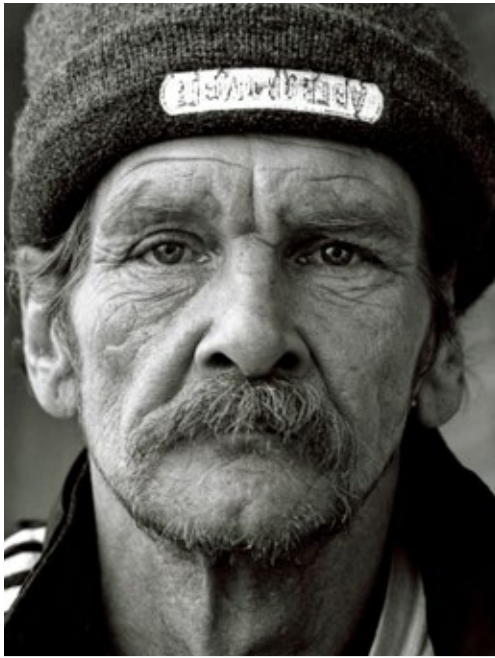


FEEDING AVERY FAMILIES, INC.™

providing supplemental food support for families in Avery County since 2005



**2017 YEAR IN
REVIEW**





OUR MISSION

Feeding Avery Families (FAF) is dedicated to providing supplemental food to the citizens of Avery County who are hungry and in need.

OUR VISION

We believe that there are adequate resources in Avery County, including food, friends and finances, that no one in the county should go hungry, and that, particularly, no child should have to wonder if he or she can count on their next meal.

We believe that a steady diet containing good nutrition can improve overall health, and quality of life, and that helping to provide this can reduce hospitalizations among some of our neighbors with cardiovascular concerns.

OUR CORE VALUES

Feeding Avery Families is, at its heart, a Christian organization, manifesting Jesus' teachings to "Feed My Sheep". We are dedicated to providing food to anyone in need, with no regard to physical, religious, ethnic, gender or cultural background, as long as they meet the federal guidelines for "Emergency Food Assistance".

It is our belief that the people we serve are simply our neighbors in need, and we are privileged to be able to help. We wish to do whatever we can to help these people lift themselves from circumstances requiring this assistance, and achieve self-sufficiency in providing for themselves and their families.

BOARD OF DIRECTORS

President – Allen Clark

Treasurer – Paul O'Connell

Members at Large – Bobby Duke
Cathy Fields
Ed Hardin
Jim Swinkola

Executive Director – Richard M. Larson, MD



INTRODUCTION & INSPIRATION

2017 has been a year of transformation for Feeding Avery Families. The organization was forced to move its operation during the summer. Shortly thereafter John Cox, the long-time director and mentor of the organization, was forced to step down for health reasons, and Dick Larson was brought on in his position. The Board of Directors doubled in size at about this same time. All in all, the face and composition of the organization underwent very significant changes, while the substantive aspects, the volunteers, the mission and the people we serve, remain unchanged.



Our distribution center is a bee hive of activity every month as volunteers pack boxes with non-perishables for distribution on the last Friday of the month.

This report is an attempt to summarize the events of this very significant year.

Prior to some of these changes, there were no records of some of the information that will be presented here. For this year, therefore, some of these data have had to be extrapolated from the records kept and organized during the second half of the year. Despite the fact that some of these numbers would be difficult to verify, we

think there is still value in attempting to provide a summary of the organization's efforts over this twelve month period, and to begin a process of annual reporting of the organization's goals, efforts and efficacy. Going forward, we will continue to find ways to improve our record keeping in order to provide accurate and useful information to our donors and supporters.

This report also provides us an opportunity to say Thank You to all of our very generous donors and potential donors. Without you, we don't exist. Your generosity certainly inspires us all. Noting that the word "inspire" literally means "to breathe in life", our organizational life, and thus the potential success of the efforts of every one of our volunteers, is entirely dependent on you, and is totally the product of your compassion and generosity. We thank you.



Thanks to generous donations, families received over 600 boxes and 500 12-14 lb turkeys for Thanksgiving.

All in all, the face and composition of the organization underwent very significant changes in 2017, while the substantive aspects, the volunteers, the mission, and the people we serve, remain unchanged.



OUTREACH – Now and in the Future

Feeding Avery Families is at a crossroads. Since its inception in 2005, it has provided pre-packed boxes of non-perishable foods, supplemented with bread, frozen meat and, intermittently, fresh produce on a monthly basis. This has been intended as a food supplement, providing each recipient family with enough food for at least several days. We currently distribute between 500 and 650 boxes each month. There is no question that these things are good, but we also know we could do better.

BY THE NUMBERS

In 2017 FAF provided over 167,000 pounds of food. We served an average of 368 families, or approximately 944 individuals per month in Avery County.

SO HOW DID WE DO THAT?

During 2017 Feeding Avery Families received cash donations totaling a little over \$153,000. We took in approximately 65,000 pounds of donated food from Food Lion, Lowes, and other organizations, in addition to government surplus food through the MANNA Food Bank in Asheville. We also received food collected by Lees-McRae College, many of our area churches and organizations, as well as countless individuals. **Every item of food we collect helps someone stave off hunger, at least for a little while.**

in 2017...

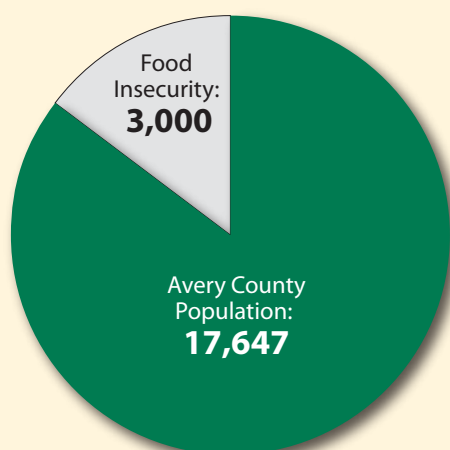
over **167,000**
pounds of food



helped feed
an average of
368 families

- or -

about **944 people**
EVERY MONTH!



Approximately **3,000 people (17%)** living in Avery County experience some degree of uncertainty about their next meal during the year. That includes between **750 and 1,000 children**.

Our incredible volunteers donated about 10,000 hours of their time this year, sorting, packing, driving and assisting. The ways to help are as endless as the need.

We currently serve approximately 944 people per month. It is estimated that in Avery County, there are about 3,000 people who are "food insecure", meaning that, on at least some occasions during the year, they are uncertain of their next meal. That's 17% of our population in Avery County and includes between 750 and 1,000 children.

We are reaching less than 32% of those in need. Clearly what we are doing isn't enough.



WHAT MIGHT WE DO?

The FAF Board of Directors is currently examining a number of possibilities for expanding our outreach. Included in those considerations are:

1. Increase the frequency of our distributions (Twice a month?).
2. Permit individual choice in the selection of food by each family we serve.
3. Vary the hours of some of our distributions, to better accommodate the needs of some of those we serve.
4. Tailor our food delivery toward providing each family with food more specifically chosen to match their nutritional and health needs.
5. Expand our distribution of personal care and hygiene items.
6. Consider targeted delivery of food to specific individuals or families who are unable to come to our distribution center.
7. Provide nutritional advice and suggestions about food preparation to foster better eating habits.
8. Provide more opportunities for some of those we serve to become involved in helping support both themselves as well as others in need.
9. Consider starting a Lending Library
10. Consider distributing Pharmaceuticals

WHAT DO WE NEED NOW?

Feeding Avery Families is dependent on our supporters for several essential things:



Donated Foods



Donated Funds



Donated Time

Without all three of those items we can't function. During the summer months we have fewer recipients of our food distributions, as some of those we serve have seasonal employment. During this same time period we have our maximum number of volunteers, a number augmented by many of our very enthusiastic and caring summer residents. Unfortunately, during the winter, when our summer residents have returned home, we have our heaviest demand for food. We always need more volunteers, particularly during the winter months.



WHAT WILL WE NEED?

Nearly all of the options being considered for expanding our outreach efforts involve distributing more food. In order to accomplish that we will have to increase the amount of donated food we receive, and/or increase the funds donated. We will almost surely need both. If we change our distribution model to provide more opportunities for individual selection, and, possibly some limited food deliveries, we will need more volunteers willing to come at different times of the day and week. Moving into the arena of providing nutritional support as part of a health and lifestyle initiative will, likewise, increase our need for volunteer support. The wonderful news is that ours is a region filled with resources. Many of them are natural, and explain why so many people come here to visit. Many of them are, however, more related to the people who populate this beautiful region. We have many people with assets, whether they be related to their financial well-being, their compassionate hearts or both. Our challenge isn't to create these resources, but simply to identify them and demonstrate how their help might benefit so many of the people around them. This sounds like evangelism, because, I suppose, it is. Each of us will need to be "volunteer recruiters". I can imagine no better examples than the volunteers we already have.

OUR AMAZING VOLUNTEERS

FAF has approximately 115 volunteers, in addition to many people in our community who support our efforts from afar. The numbers and individuals involved change constantly. This is a summary of some of what those volunteers do.

ACTIVITY	DATE/TIME	LOCATION	# VOLUNTEERS
Packing	3rd Friday/ month	Newland	20-30
Distribution	4th Friday /month	Newland	25-40
Unload Manna Truck	2nd and 4th Thursday/month	Newland	10
Food Pick Up	4 days per week	Food Lion and Lowes	1-2
Box Pick Up	6 days per week	Lowes and Ingles	1-2
Empty Bowls	August, annually	Land Harbor	350
Woolly Worm Parking	October, annually	Historic Banner Elk School	20
Board of Directors	Monthly	Banner Elk Presbyterian Church	8
Turkey Delivery	Early November, annually	Newland	30
Ham Delivery	Early December, annually	Food Lion and Newland	4
Food Drive Pick Up	Quarterly	Multiple Sites	1



2017 VOLUNTEERS

Fred Abernethy	Dee Dimitri	Elaine Kleinsmith	Bruce Roesner
Sherry Abernethy	Mike Dimitri	Jo-Anne Knight	James Rosado
Mary Adair	Linda Drivas	Carol Larson	Bob Rovegno
Dave Alexander	Bobby Duke	Carina Llobet	Terri Sanford
Pat Allen	Cathy Fields	Rick Marino	Amy Schwartz
Ann Baker	Mike Fields	Roger Mashke	Terry Shipley
Charlie Baker, MD	Dan Fortune	Jo-Ann McMurray	Gene Smith
Sandy Bishop	Betsy Godbold	John Merritt	David Staton
Allen Bolick	Anita Greene	Mary Merritt	Jim Swinkola
Charlie Brown	Andy Grill	Robert Michaud	Jason Taylor
Mike Brown	Benjie Guest	Keith Minnick	Cindy Thomason
Sam Brown	Sam Guignard	Bea Moran	Danielle Thuot
Susan Brown	Murry Haber	Robert Moran	Cathy Tolman
Ginger Bryan	Ed Hardin	Bobbie Nemerson	Bonnie Troy
Lollie Carder	Charles Harrison	Rich Nemerson	Carol Tuggle
Mary Carey	Patsy Harrison	E.C. Newman	Sondra Underwood
Allen Clark	Jeremy Hayes	Chip Norwood	Kim Vance
Nancy Clark	Larry Hayes	Paul O'Connell	Christine Volk
Phyllis Clemmer	Larry Hazen	Tim O'Connor	Art Von Dolin
Patti Connor-Greene	Carroll Hickman	Danny O'Harrow	Bob Von Nessen
Donne Cook	Elizabeth Hicks	Tony O'Harrow	Lynn Von Nessen
Matt Crinkley	Jake Hinshaw	Gene Ormand	John Wallace
Patty Dale	Birte Hogan	Linda Ormand	Kathy Ward
Brandon Davis	Jo Ann Hudson	Carolyn Ott	Art Webb
Mary Ann Davis	Chuck Jones	Tom Ott	Jean Webb
Matt Debnam	Wilma Jones	Ilene Petranek	Deanna Wheeler
Chuck Dickinson	Dennis Keeney	Kay Potter	Chris Zimmer
Bill Dicks	Patty Keeney	Ty Prior	Larry Zimmer
Donna Dicks	Susan Kirkland	Jane Rice	

In addition to this list of dedicated helpers, we receive fantastic support, help and guidance from our partners at the **MANNA Food Bank** in Asheville. These people not only deliver both purchased and government surplus food to FAF twice monthly, they come in person to help with our distributions, demonstrate healthy cooking and food preparation practices, and advise an often-perplexed director on ways to maximize our food acquisitions while helping us minimize costs. We are particularly indebted to **Josh Hoerman, Amy Harman, Jennifer Trippe** and **Pat Williams** for all of their patient support. This really is all about being a team.



OUR DONORS – Givers from the Heart

As stated previously, during 2017 FAF received a little over \$153,000, the vast majority coming from many of the caring individuals who seem to abound in this region. In addition to this individual support, we have likewise been aided by the churches and institutions in Avery County, including **The Banner Elk Presbyterian Church, The Banner Elk Methodist Church, Arbor Dale Presbyterian Church, Mount Calvary Baptist Church, Kiwanis of Banner Elk, and the Rotary Club of Avery County.** Additionally, in a time of need this past summer when we were forced to move our entire operation rather suddenly, the **High Country Charitable Foundation** became our life-savers, by funding the majority of the move.

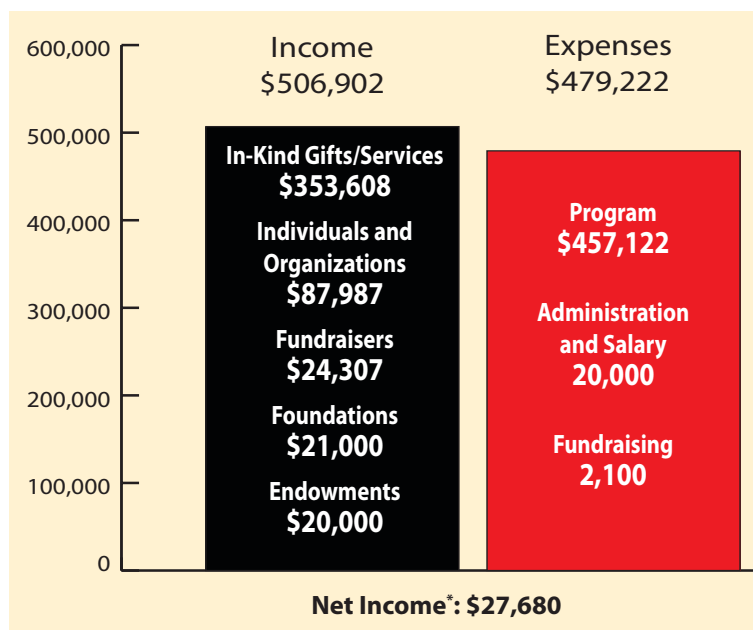
Obviously no non-profit organization can survive without dedicated, committed sponsors and donors. Feeding Avery Families is, indeed, blessed. And yet, it is not and never will be about us. It will always be about the people in need whom we serve. Unfortunately their numbers continue to increase, and, likewise, so does our mission. Continuing to meet those needs will require that we continue to expand our fund raising efforts, and continue to grow our pool of supporters. We are blessed to have so many resources available to us.

FOLLOW THE MONEY

Non-Profit organizations, regardless of their missions, need to pay careful attention to cash flow and their bottom lines. Feeding Avery Families has been very fortunate in having a broad, dedicated donor base, while being able to operate relatively modestly. Though there were a number of unanticipated expenses this year associated with our move, we were blessed to have the High Country Charitable Foundation step in at this critical time, and potentiate that transition. **Feeding Avery Families remains financially sound, as the following summary indicates.**

In addition to our direct donations, FAF benefited from two fundraising efforts in 2017. **Empty Bowls**, organized and directed by Lynn Von Nessen, occurred in August at Linville Land Harbor, and was an overwhelming success. We fed soup to over 500 people, and distributed 350 hand-made, original bowls. This event generated **\$18,857.44**.

In October some of our volunteers spent two days parking cars during the **Woolly Worm Festival**. This event, organized by David Staton, generated **\$5,450**.



**Feeding Avery Families has undertaken the establishment of an Endowment Program to help guarantee the long-term stability and future of this ministry. Two gifts of \$10,000 were received toward this goal.*



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