



**FEEDING AVERY FAMILIES, INC.™**

*providing supplemental food support for families in Avery County since 2005*



**2018 YEAR IN  
REVIEW**





## OUR MISSION

Feeding Avery Families is dedicated to providing supplemental food and nutritional assistance to hungry people in need in Avery County, and to contribute to their improved health, wherever possible.

## 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

**Chair** – Allen Clark

**Vice-Chair** – Jim Swinkola

**Members at Large** – Cathy Fields

Ed Hardin

Tony O'Harrow

Sheila Bauer

Charles Baker, MD

Carol Tuggle

Laura Carringer-Russell

## ADMINISTRATION

**Executive Director** – Richard M. Larson, MD

**Assistant Executive Director** – Jo-Ann McMurrery

**Secretary/Treasurer** – Georgia Hollis





## INTRODUCTION & INSPIRATION

2018 has been an exciting year for Feeding Avery Families. We have seen significant growth in terms of the food we distributed, while the organization has been able to consider a number of ideas for expanding the services we provide. The Board of Directors increased from six to nine members, of whom four are women.

Once again though, while we experienced these organizational changes, the substantive aspects - the volunteers, the mission and the people we serve, remain unchanged.

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

It 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.



*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.*



*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 2018, 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.

In 2017 FAF provided approximately 167,793 pounds of food. We served an average of 368 families, or 944 individuals per month. One of our goals was to increase those numbers. So how did we do?

### BY THE NUMBERS

During 2018 Feeding Avery Families received cash donations totaling \$195,609. We took in approximately 244,181 pounds of donated food from Food Lion, Lowes, and other organizations, in addition to government surplus food through the MANNA Food Bank in Asheville. This figure also includes food collected by Lees-McRae College, many of our area churches and organizations, as well as countless individuals. To that we added 61,839 pounds of food we purchased. We served an average of 445 families or 1108 individuals each month, of whom 53% receive Food Stamps. FAF distributed approximately 306,000 pounds of food in 2018. **Every item of food we collect helps someone stave off hunger, at least for a little while.**

in 2018...

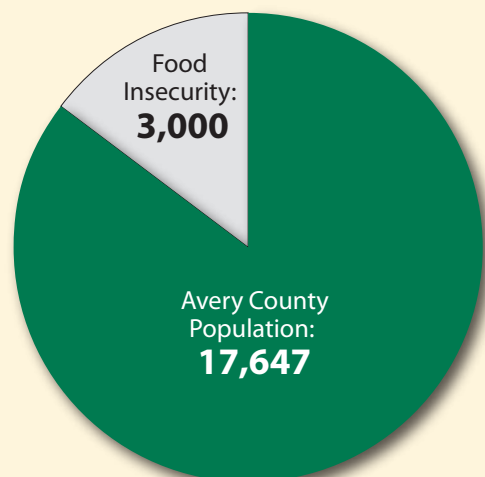
over **306,000**  
pounds of food



helped feed  
an average of  
**445 families**

- or -

about **1,100 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 approximately 10,000 hours of their time this year, sorting, packing, driving, assisting, making and serving soup, parking cars and spreading love and good cheer. The opportunities to help are as endless as the need.

We currently serve approximately 1,200 people per month. It is estimated that in Avery County there are 3,000 people who are "food insecure", meaning that, on at least some occasions during the year, they are uncertain of their next meal. This number 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 WILL WE DO?**

Blessed as we are with enthusiastic community and regional support, and because of our very productive relationships with our partners, including MANNA, Food Lion and Lowes Foods, the FAF Board of Directors has decided to pursue the following:

1. Beginning in January 2019 we will transform our food distribution system to a "Client Choice" model, in which each of the families we serve will be able to select their own food and more closely bond with our network of volunteers.
2. During 2019 the Backpack Ministry, developed by the Avery County Missional Network under the direction of Rev Ted Henry to provide the children in Avery County schools with supplemental food, will be integrated with Feeding Avery Families. Hopefully Feeding Avery Families will find ways to expand the program and extend its outreach.
3. We are soliciting funding to operate a highly discounted or free pharmacy, to make affordable medications available to our clients.
4. We are soliciting funding to undertake a Community Health Care Initiative, in which we will examine the impact of a carefully controlled, individually tailored, nutritionally balanced diet, along with the availability of affordable, needed medications on people with Congestive Heart Failure and Adult Onset Diabetes Mellitis. This will involve partnering with many of our Avery County organizations interested in health care, along with MANNA.
5. Once our "Client Choice" distribution system is fully operational, we will initiate the following assistance programs:
  - A. Lending Library, focusing on children and the Dolly Parton Imagination Library Project
  - B. Assistance in filling out SNAP and WIC applications
  - C. Nutritional Education and Cooking Demonstrations
  - D. Development of a Client Questionnaire and a Client Advisory Council to assess both our results and our client's lifestyle limitations, to see how we might better tailor our outreach efforts.
6. To help guide all of these efforts FAF is delighted to have added Jo-Ann McMurray to our staff as Assistant Director. Jo-Ann brings so many skills and assets, including wonderful interpersonal skills, a penchant for organization and a very caring, compassionate heart. We are blessed to have her, and all of our efforts will be strengthened by her presence.

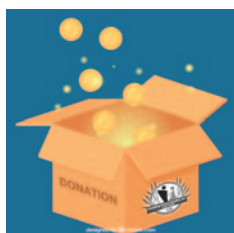


## **WHAT DO WE NEED NOW?**

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 and our greatest need for volunteers.

## **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 surely need both.

As 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:

<b>VOLUNTEER ACTIVITY</b>	<b>DATE/TIME</b>	<b>LOCATION</b>	<b># VOLUNTEERS</b>
Food Deliveries	Thursdays, 9:30 to 11	Distribution Center*	6-10
Distribution	Fridays, 8:30 am to 4 pm	Distribution Center*	25-40
Food Pick Up	4 days per week	Food Lion/Lowes	1-2
Box Pick Up	6 days per week	Lowes	1-2
Empty Bowls	August, annually	Land Harbor	350
Woolly Worm Parking	October, annually	Banner Elk	20
Board of Directors	Monthly 11:30 am to 1 pm	Sloop Bldg - Oak Room	12
Turkey Delivery	Early November, annually	Distribution Center*	25
Ham Delivery	Early December, annually	Distribution Center*	25
Food Drive Pick Up	Variable	Multiple Sites	1-2

\* Distribution Center: 508 Pineloa Street, Newland NC 28657

## 2018 VOLUNTEERS

Beth Abernethy	Sandy Bishop	Mary Beth Chapman	Donna Dicks
Fred Abernethy	Freddie Blonshine	Allen Clark	Dee Dimitri
Sherry Abernethy	Richard Blonshine	Nancy Clark	Mike Dimitri
Gloria Alge	Ginger Bryan	Patti Connor-Greene	Linda Drivas
Pat Allen	Linda Butler	Donna Cooke	Randy Fehdrau
Richard Anderson	Gene Carder	Claude Crawford	Cathy Fields
Steve Arnaud	Lollie Carder	Susan Crawford	Mike Fields
Billy Aycoth	John Carey	Matt Crinkley	Pete Finne
Charlie Baker	Mary Carey	Michael Dale	Janice Fleisher
Charlie Banner	Jane Carpenter	Patty Dale	Claire Fortune
Lee Baris	Laura Carringer-	Chuck Dickinson	Dan Fortune
Sheila Bauer	Russell	Bill Dicks	Tony Fortune





## FEEDING AVERY FAMILIES, INC.™

Jack Garland	Carol Larson	Ilene Petranek	Jason Taylor
Murry Haber	Chris Larson	Barbara Piquet	Cindy Thomason
Sara Hall	Julia Larson	Sandra Privatte- Robinson	Bonnie Troy
Ed Hardin	Kevin Lawing	Ty Prior	Carol Tuggle
Patsy Harrison	Sharon Lawing	Kate Prisco	Todd Udelson
Martha Hartley	Nelda Lay	Cheri Pulcini	Sondra Underwood
Jennifer Hathaway	Zack Lindsey	Matthew Pulcini	Catherine Upchurch
Larry Hazen	Seth Lowther	Karen Raboin	Kim Vance
Gene Hemrick	Lynn Marino	Bruce Roesner	Christine Volk
Ted Henry	Richard Marino	James Rosado	Art Von Dolin
Carroll Hickman	Roger Mashke	Maria Rosado	Bob Von Nessen
Elizabeth Hicks	John Merritt	Mary Rounds	Lynn Von Nessen
Birte Hogan	Mary Merritt	Tom Rounds	Collin Wallace
Georgia Hollis	Keith Minnick	Terri Sanford	John Wallace
Julie Hongisto	Mike Morgan	Terry Shipley	John Walrath
Kris Hoppock	E. C. Newman	Gayle Smith	Kathy Ward
Ron Hoppock	Doug Noble	Gene Smith	Rachel Ward
Carolyn Jones	Mary Noble	Fred Snapp	Art Webb
Chuck Jones	Judy Nye	Candice Solomon	Jean Webb
Wilma Jones	Paul O'Connell	Kennith Sparks	Deanna Wheeler
Denny Keeney	Tim O'Connor	David Staton	Mike Whigham
Patty Keeney	Danny O'Harro	Cheryl Stine	Tom Winder
Cathy Keith	Debbi O'Harrow	Don Stine	Cindy Wohlleb
Scott Kenney	Tony O'Harrow	Jim Swinkola	Chris Zimmer
Susan Kirkland	Carolyn Ott	Ann Tavilla	Larry Zimmer
Will Lafferty	Tom Ott		Sue Zimmerman

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 weekly, 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, Amy Haynes, Bobbi Philips, Malarie McGalliard, Glenda Gregg, Lee Short, Kevin Davis and Glen Wise for all of their patient support. We have likewise received wonderful, enthusiastic assistance from the faculty, staff and students at Lees-McRae College, as well as students from Avery County Schools. This really is all about being a team.



## OUR DONORS – Givers from the Heart

As stated previously, during 2018 FAF received \$195,609, the vast majority coming from many of the caring individuals in this region. In addition to this individual support, we have been aided by 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, the Rotary Club of Avery County** and the **Temple of the High Country**. In order to convert our facility to a "Client Choice" distribution system, our friends at the **High Country Charitable Foundation** have remained life-savers by funding the physical costs of the transition. The **High Country Community Health Foundation** has very generously provided a place of operations at no cost, immeasurably increasing our opportunities to serve.

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 expand 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, both individuals and institutional, such as the **High Country Charitable Foundation** and **Mountain Electric's Operation Pocket Change**, while being able to operate relatively modestly. Despite all the organizational and structural changes, Feeding Avery Families remains financially sound, as the following summary indicates.

In addition to direct donations, Feeding Avery Families benefited from three fundraising efforts in 2018. **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, distributed 500 hand-made original bowls and generated over **\$18,000**. In October, David Staton organized volunteers to park cars during **Woolly Worm**, an event unfortunately shortened by weather, and generated **\$2,300**. In addition FAF partnered with Abigail Sheets of the **Old Hampton Store**, utilizing their Thursday evening concerts from May to October to spread awareness of the issue of hunger in Avery County, while simultaneously raising **\$7,100** in donations.

Income \$826,199    Expenses \$717,122

#### In-Kind Gifts/Services

**\$630,000**

Individuals and  
Organizations  
**\$138,759**

Fundraisers  
**\$27,400**

Foundations  
**\$28,150**

Endowments  
**\$1,300**

Program  
**\$695,144**

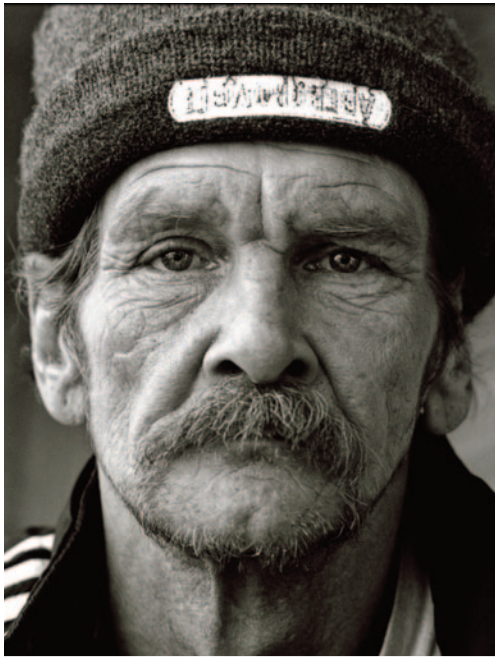
Administration  
and Salary\*  
**\$21,000**

Fundraising\*  
**\$978**

**Net Income: \$109,077**

\*Administration, Salary and Fundraising expenses represented 2.67% of total contributions.







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828-783-8506

[www.feedingaveryfamilies.org](http://www.feedingaveryfamilies.org)



<https://www.facebook.com/feedingavery/>