

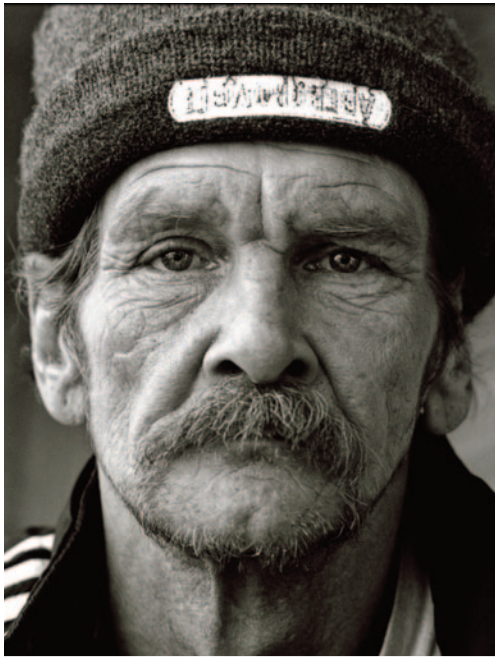


FEEDING AVERY FAMILIES, INC.™

providing supplemental food support for families in Avery County since 2005



**2019 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

FAF has seen almost explosive growth in 2019. In January we began using a “Client Choice” system for food distributions. This means our clients, with the assistance of a guide, select their own food. Both the clients and our volunteers have loved it. We’ve also taken on the Avery County Schools Backpack Program, developed In-School Food Pantries and opened five free-standing Community Pantries

Once again though, while we experienced these organizational changes, the substantive aspects — our 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 the first four Fridays of every month as clients check in and select their own food with the assistance of a guide.



Thanks to Manna's weekly deliveries of fresh food and bi-monthly deliveries of frozen meat and non-perishables, plus donated food from Lowe's and Food Lion, our clients take home a generous supply of food each month.

All in all, the face and composition of the organization underwent very significant changes in 2019, while the substantive aspects, the volunteers, the mission, and the people we serve, remain unchanged.



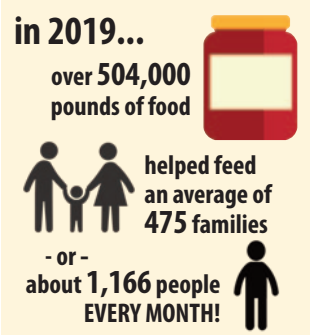
OUTREACH – Now and in the Future

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 2018 FAF provided approximately 306,000 pounds of food. We served an average of 445 families or 1,108 individuals each month. Our goals have been to **serve more food to more people** in need in Avery County. So how did we do?

BY THE NUMBERS

During 2019 FAF received cash donations totaling \$382,200. We took in 398,452 pounds of donated food from Food Lion, Lowes, in addition to the surplus food through the MANNA Food Bank in Asheville. This figure includes food collected by many of our local churches, educational institutions, community organizations and individuals. To that we added 106,087 pounds of food we purchased. We served an average of 478 families or 1,166 individuals each month, of whom 55% are on the SNAP Program (Food Stamps). Altogether FAF distributed nearly 505,000 pounds of food in 2019, an increase of 65% from 2018.



FAF currently deliver backpacks to 145 children each week through Avery County Schools. Each child receives two bags of food to take home. In addition, we have established food pantries in each school, so that no child need go hungry while at school.

We know that there are people in Avery County in need of help who are not receiving it. Whether that be because of pride, fear, transportation, or personal mobility limitations, we want to help. We have now opened five freestanding **Community Pantries**. Each is located on school grounds, but accessible to anyone in need, 24 hours a day. Hopefully this will help us reach some of those who aren't comfortable coming to our distribution center.

Our incredible volunteers donated approximately 14,000 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 40% of those in need. Clearly what we are doing isn't enough.



WHAT WILL WE DO?

FAF continues to enjoy phenomenal volunteer support, very strong financial backing and a committed, engaged Board of Directors. So what are the plans for 2020?

1. Three of our Board members, Allen Clark, Ed Hardin and Jim Swinkola, will be rotating off the Board. Allen has been one of the stalwarts, supporting and guiding FAF since its very early days. Jim and Ed have been particularly instrumental in helping us develop a more mature, corporate structure, while also helping us develop a more organized approach to fundraising, including an Endowment Fund for long-term financial stability. We greatly appreciate all of their efforts. '

We are very pleased to have McNair Tornow, Rev. Michael McKee, and Tammy Woodie joining us this year. Each of them brings unique skills that we will hopefully use in the most productive ways"

2. We will continue all of our food distributions at our Distribution Center, as well as through the schools. We anticipate a 10% growth in primary food distribution in 2020. Our Community Pantries are just getting started, so we anticipate growing their impact, possibly to the level of 100,000 pounds of food a year.
3. Our major initiatives for 2020 will be centered on the impact of appropriate nutrition on community health. To that end we have hired Dr. Rachel Ward (*Doctorate in Public Health, specifically focused on "Food Insecurity in Rural Areas"*). Rachel will serve as our Community Health Consultant.

We hope to partner with many of the organizations in Avery County assisting people with health issues, including The Appalachian Regional Health System, Avery EMS, DSS, the Toe River Health Department, as well as agencies in our contiguous counties. We will be studying ways that we might distribute more medically with MANNA specific foods to patients with chronic health conditions, and combine that with nutritional education, counseling and demonstration cooking.

There is a lot to do, and we think we're ready to get started. In order to accommodate these initiatives, we have recently leased 1500 sq ft of space next to Radio Shack. This will require considerable renovation and structural upgrading. Hopefully we can have this space finished and equipped by the end of the year.

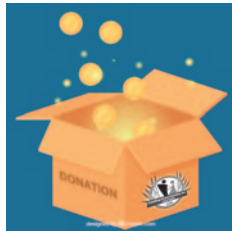


WHAT DO WE NEED NOW?

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 245 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:

VOLUNTEER ACTIVITY	DATE/TIME	LOCATION	# VOLUNTEERS
Food Deliveries	Thursdays, 9:30 to 11	Distribution Center*	12-15
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
Backpack Packing	2x per month, 2 hours	Distribution Center*	10
Backpack Deliveries	Mondays, 8:30 - 10:30 a.m.	Distribution Center* and schools	2
Community Pantries	Weekly, 3-4 hours	Distribution Center* and schools	2
Community Health	Weekly, 3-4 hours	Distribution Center* and Annex	5

* Distribution Center: 508 Pineloa Street, Newland NC 28657

In addition to our dedicated volunteers, 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 2019 FAF received \$382,200 from all sources. This includes \$55,592, which was transferred from the Avery County Missional Network when FAF began operating the Backpack Program. In addition to our incredible individual donor support, we have been aided by churches and institutions in Avery County, including **The Banner Elk Presbyterian Church, Arbor Dale Presbyterian Church, The Banner Elk Methodist Church, Mount Calvary Baptist Church and the United Methodist Churches in the Avery County Missional Network.** We have been supported by **Kiwanis of Banner Elk and the Rotary Club of Avery County.** We have also received support from the **High Country Charitable Foundation, Fifth Third Bank, the Food Lion Foundation, the Presbytery of Western North Carolina, The Arthur Family Foundation, and Mountain Electric's Operation Pocket Change.** The **High Country Community Health Foundation** continues to provide us space to operate without charge, 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 size or mission, need to pay careful attention to cash flow and their bottom lines. We receive no direct governmental funding. Feeding Avery Families has been very fortunate in having a broad, dedicated donor base of both individuals and institutions. Despite the organizational and structural changes, Feeding Avery Families remains financially sound, as the following summary indicates.

In addition to direct donations, FAF benefited from three fundraising efforts in 2019.

- Empty Bowls, held in August at Linville Land Harbor, generated over **\$16,000.**
- In October David Staton organized our **Woolly Worm Parking Project**, generating over **\$5,500.**
- We also partnered with the **Old Hampton Store** at their Thursday evening concerts from May until October. This provided us with opportunities to spread awareness of the issue of hunger in Avery County and recruit new volunteers, while simultaneously generating nearly **\$3,700.**

Income \$1,130,900

Expenses \$941,304

**In-Kind Gifts/Services
\$662,087**

**Individuals and
Organizations
\$329,174**

**Fundraisers
\$25,200**

**Foundations
\$96,792**

**Endowments
\$17,647**

**Program
\$866,719**

**Administration
and Salary*
\$73,382**

**Fundraising*
\$1,203**

Net Income: \$189,586

*Administration, Salaries and Fundraising Expenses represented 6.3% of total expenses.



Our 6th Annual Empty Bowls at Linville Land Harbor generated over \$16,000



Volunteers pick up meat every week from Food Lion



Lowe's Foods donates non-perishables



Deliveries from the Manna Food Bank in Asheville every week keep our shelves and coolers stocked



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