



EVEGETABLI

Regional Food Bank

2021 impact report

mission statement

The mission of the Regional Food Bank is to alleviate hunger and prevent food waste. We work toward this mission by ensuring that all products available for donation reach the Food Bank and are distributed judiciously to our member agencies; by practicing responsible stewardship; and by actively participating in the community to increase awareness of hunger and poverty.

board of directors

Regional Food Bank Board of Directors 2021-2022

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Food Bank of the Hudson Valley Advisory Board 2021-2022

Chair: William F. Vacca, Walden Savings Bank Chris Capone, Central Hudson Gas & Electric Corp. Nick Citera, Cosimo's Restaurant Group Ken Dahl, Retired US Army Michael Foglia, Ship Lantern Inn Michael Fox, Columbia University Madison Freeman, Ellenville Regional Hospital Linda Goldstein, Retired Educator Beth Hartman Maas, Florida (NY) Community Food Pantry Sameer Malhotra, Cafe Spice Barbara Malley, Community Volunteer Vicki Mastronardi, Mid-Hudson Valley Federal Credit Union Dominick Petramale, PCSB Bank Taylor Reid, Culinary Institute of America Lacie Reilly, Dutchess Community College Diane Serratore, People to People Sasha Silverman, Partners for Education Patrick Trask, CSG Partners Steve & Shelley Turk, Rocking Horse Ranch Resort/Splash Down Beach Water Park Antonio J. Vinciguerra, Orange Bank & Trust Company



Cover image and image at left: A"Just in Time" delivery of fresh produce and dairy is made right before distribution to a partner agency with limited cooler space, so the agency does not need to transport or store the product.

from the ceo

Dear Friends,

If there is one word that summarizes 2021 for the Regional Food Bank, it is transition.



As the pandemic ebbed and flowed, the Food Bank had to repeatedly alter our programs to make sure we were meeting the needs of our hungry neighbors – many of whom were coming to us for the first time. With the hard work and agility of our dedicated staff, we were able to distribute nearly 50 million pounds of food – the equivalent of 41.6 million meals.

We continued to increase the nutritional value of all food provided to achieve a distribution of 88% of food falling into the healthy categories of fresh fruits, vegetables, meat, dairy, and other nutritional products. And in the fall, we began a transition to providing more culturally relevant food to help our neighbors with different cultural backgrounds enjoy the comforts of their traditional foods.

We learned some lessons during the pandemic and have applied those to new food distribution methods including senior food delivery, Just in Time produce and dairy distribution, drive-thru, and mobile delivery options. It also became apparent that we are out of capacity at our satellite warehouse in the Hudson Valley and we embarked upon an endeavor to build an enhanced distribution center in Orange County to better serve our friends in the southern portion of our service area.

This year the Food Bank also underwent a transition of leadership. After 38 years, Mark Quandt retired from his foundational and seminal work. Mark began working for the Food Bank in its infancy and grew it from a small operation distributing 400,000 pounds of food out of a floor in the Central Warehouse to the large, well-run institution it is today. He certainly left large shoes to fill, but I am confident with the help of our talented staff, our dedicated Board, and our incredibly generous community, we will make him proud of the progress we continue to make alleviating hunger in our area.

As we head into 2022, we face daunting inflation coupled with the economic fallout from COVID. We are committed to meet the need for food assistance in the 23 counties we serve. I thank our dedicated staff, Board of Directors, volunteers, food and financial donors, and member agencies for helping us make a difference in the lives of our neighbors in need.

Sincerely,

Molly Nicol

Molly Nicol Chief Executive Officer

from the director of the food bank of the hudson valley

Dear Friends,

Perseverance comes to my mind while reflecting on 2021. Perhaps we began the year with anticipation that the pandemic would end due to the availability of vaccines. Perhaps we were hoping that all the economic impacts caused by the pandemic would dissipate as



well. Unfortunately, we are still experiencing its impact on our lives. After a drop in the number of people experiencing food insecurity, it began to climb again due to rising fuel prices and inflation. It is understandable to feel down during these continual difficult times but, at the Food Bank of the Hudson Valley, we glimpsed hope every day in 2021.

- Our 400-member agency partners (i.e., food pantries, homeless shelters, soup kitchens, schools, and senior residential centers) continued to serve thousands of people in need of food.
- We hosted at least 4,000 volunteers who came to help us inspect, sort, and repackage food so that our member agencies could order it.
- We were recipients of \$3,355,482.40 in donations from individuals, corporations, businesses, schools, and grant funders to help us meet the continued need.

• We received amazing support for the Capital Campaign to build a new 40,000-square-foot warehouse/office space in Montgomery so we can continue to meet the need of those experiencing food insecurity for as long as necessary.

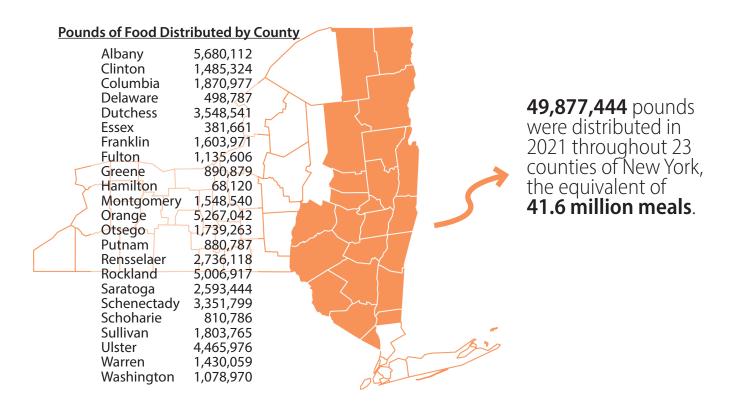
Samuel Eliot once said, "Perseverance is not a long race; it is many short races one after the other." Each victory has brought all of us the light of hope. Thank you for persevering with us.

Gratefully, Sara Gunn

Juna a. Ann

Director, Food Bank of the Hudson Valley





In any month, over **335,000 individuals** are served by **859** partner food pantries, soup kitchens, and emergency shelters.

To help our partners provide the best service to our neighbors in need, the Food Bank offered 23 virtual trainings in 2021 on topics such as food safety, nutrition and mental health, volunteer recruitment and retention, and grant writing. Additionally, our staff visited 575 partners to ensure compliance with food safety standards, Food Bank policies, and to help build capacity to better meet the needs of our neighbors experiencing food insecurity.



Our fleet of trucks and dedicated team of drivers traveled 471,000 miles in 2021 delivering food and picking up donations. That's like driving from our warehouse in Latham to Los Angeles and back 84 times!





Restaurant Resiliency Program

With funding from New York State, the Food Bank launched the Restaurant Resiliency Program, allowing us to purchase and distribute **40,800 high quality, nutritious meals** from restaurants between October and December. The program addresses the dual challenges of restaurants struggling to stay afloat and soaring rates of food insecurity due to the economic fallout of the pandemic.

Children's Programs

The Food Bank's **BackPack Program**, **School Pantry Program and Summer BackPack Program** provided over **2.5 million meals to 9,000 children and teens** throughout the school year. In addition to weekly food bags, these programs provided personal hygiene items, school supplies and holiday baskets to help children across our 23 county service area.

Senior Food Delivery Program

Low income seniors without their own transportation face a unique barrier to accessing fresh food. In partnership with low income senior housing sites, the Food Bank's Senior Food Delivery Program delivers nutritious food to low income seniors at their housing facilities every other week, ideally during weeks when transportation to a grocery store is unavailable. **1,300 seniors at more than 20 senior housing sites** participate in the program.





Drive-Thru Pantry Program

Born out of the pandemic, we learned that drive-thru pantries are an efficient way to help hundreds of families in underserved communities in just a few short hours. More than **200 drive-thru distributions** were held throughout our service area in 2021, thanks to partners like Catholic Charities of the Diocese of Albany, Capital District Area Labor Federation, and BSNB.

Retail Store Donation Program

The Retail Store Donation Program (RSDP) enables the Regional Food Bank to increase our emergency food distribution by collecting food like meat, dairy, and produce from participating grocers that would otherwise be thrown away. In 2021, **13.5 million pounds of food were rescued from 230 stores across 20 retailers, providing 11.25 million meals** to our neighbors in need.

Just in Time Delivery Program

Many of our partner pantries have to limit the amount of fresh food they provide due to lack of space to store or transport these products. The Food Bank's new Just in Time Delivery Program brings **produce**, **dairy**, **and other perishable food** to pantries 'just in time' for distribution, without them having to transport or store it. The Schenectady Foundation and the Seymour Fox Memorial Foundation offered generous support to pilot this program.



88% of our distributed food is comprised of healthy staples like fruits and vegetables, grains, dairy, meat, and other protein.

And in addition to food, the Food Bank also provided nearly 2 million pounds of non-food items like household paper products, personal hygiene items, cleaning products, and more. These are items that cannot be purchased using SNAP benefits and are extremely valuable to our network of partner agencies and our neighbors in need.



Food Farmacy

Food insecurity is known to impact health status, including putting individuals at greater risk for chronic disease. Through a partnership with St. Peter's Health Partners, the Food Farmacy program provides food insecure individuals who have chronic diseases increased access to healthy foods along with nutrition information to help manage their diet-related diseases.

BY Exceptions (*3

Protein: 24%

Fruits and

Vegetables: 38%

Dairy: 15%

Grains: 10%

Snacks: 5%

Entrees, Soups, and Prepared Foods: 8%





Just Say Yes to Fruits & Vegetables JSY helps individuals and families gain

JSY helps individuals and families gain the knowledge and skills needed to make healthy food choices. JSY nutritionists provide practical fruit and vegetable nutrition education sessions at various community sites emphasizing frozen, canned, and dried products, as well as fresh fruits and vegetables. They provide easy, low-cost recipes, and tips for planning and preparing delicious, healthy meals.

Nourish New York

Nourish New York provides food banks with funds to purchase surplus agricultural products from NYS growers and producers that are then provided to people in need. In 2021, Nourish New York provided us with over 4.4 million pounds of food including dairy, eggs, produce, pasta, and more from 33 New York State growers and producers.

Patroon Land Farm

The Regional Food Bank, in partnership with the Patroon Land Foundation, manages a sustainable farm that grows large quantities of high-quality vegetables and supplies the Food Bank with diverse, fresh produce to people in need. **50,000 pounds of produce** were harvested in 2021.

focused on nutrition

alleviating hungendedgether

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Del Monte

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A volunteer from SUNY Empire State College collects a donation from a community member at a drive-up, contactless food drive. Photo by Erica Miller, Daily Gazette

It takes a community to alleviate hunger. Our partners, volunteers, and donors make it possible.

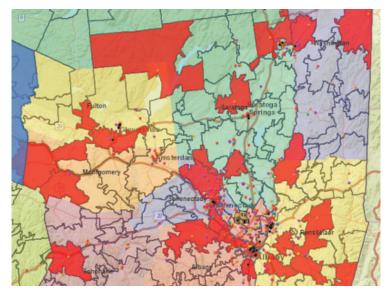


16,077 volunteers contributed **56,270** total volunteer hours - the equivalent of **27** full-time employees! 3,673 of those volunteers were first time visitors to the Food Bank!

We hosted our volunteers at five different sites: the Regional Food Bank's main warehouse, the Selina Drive warehouse, the Patroon Land Farm, Crossgates Mall, and Food Bank of the Hudson Valley's warehouse.



Due to capacity constraints at our satellite facility in Cornwall, nearly 60% of the food distributed in the southern six counties of our service area were transported from our headquarters in Latham, thus necessitating an initiative to build a new, larger distribution space for the Food Bank of the Hudson Valley. 2021 saw the entire community rally around this effort. The Food Bank will continue to operate from its current location while the new space is being built, with expected completion in 2023. This enhanced facility will enable us to provide a greater variety of food, better access for food donors, and improved service to our partner agencies.



With generous support from **Siena College Research Institute**, we conducted a GAP Analysis that mapped food insecurity rates in each community we serve, comparing it to the locations of our partner agencies and the amount of food distributed to each community. Armed with this information, we launched a strategic effort to increase food security in underserved communities.



In 2021, we received **28.8 million pounds of donated food** and products from 410 donors including distribution centers, farmers, foodservice companies, manufacturers, retail stores, truckers, wholesalers/brokers, Feeding America, and food drives.

Monetary contributions from individuals, corporations, clubs, and community events assist with our daily operations and provide valuable program support, allowing us to scale our services to meet the need.

financial statements

Statement of Activities and Change in Net Assets Year Ended December 31, 2021

Tedi Elided Dece		
Public Support and Other Revenue		
Contributions & Bequests	\$ 5,957,744	
Commodities Contract - USDA	1,557,111	
Fundraising/Direct Mail Appeals	2,776,285	
Fundraising Events	735,087	
Grants	1,052,448	
Grants, With Restrictions	887,460	
Hunger Prevention Nutrition Assistance Program (HPNAP) Grant	4,942,215	
HPNAP Nourish NY Grant	9,318,978	
HPNAP Restaurant Resiliency	952,941	
United Way	<u>49,563</u>	
Total Public Support	\$28,229,832	
Other Revenue		
Co-op Food and Paper Products Revenue	\$ 4,606,541	
Shared Maintenance Revenue	788,918	
Public Warehousing, Rental, and Other Income	191,013	
Interest Income/Realized and Unrealized Gains	<u>409,691</u>	
Total Other Revenue	\$ 5,996,163	
Total Support and Other Revenue	\$34,225,995	
Expenses		
Co-op Food and Paper Products	\$ 14,445,735	Evenences by Evenetion
Salaries	5,344,457	Expenses by Function Program Services - Operations: \$25,866,458
Employee Benefits & Payroll Taxes	1,690,599	Management Services: \$1,630,841
Agency Rebates	500,000	Fundraising Services: \$740,388
Building Operation Expenses	303,674	rundraising Services. \$740,300
Consulting/Professional Fees	166,832	
Depreciation	756,953	2.6 <mark>% 5.8%</mark>
Equipment Expense & Maintenance	236,245	
Feeding America Membership	10,326	91.6%
Fundraising Appeals Expense	141,166	51.070
Hunger Prevention Nutrition Assistance Program (HPNAP)	2,289,362	
Insurance	199,960	
Membership Fees	15,466	
Miscellaneous	278,453	
Printing & Publications	59,049	
Postage	48,784	
Special Events Expenses	95,058	
Staff Travel & Conferences	15,750	Program Services - Operations
		Management Services
Supplies	440,004	Management Services
Telephone	43,473	Fundraising Services
Transportation-Commercial	88,545	-
Utilities Vehicle Evenences	268,492	
Vehicle Expenses	565,105	
Waste Disposal	<u>234,199</u>	
Total Expenses	\$28,237,689	
Change in Net Assets	\$5,988,308	

corporate & foundation donors of \$1,000+

Regional Food Bank 3M Foundation Action Window Cleaning Co The Beth C. and Henry E. Adams Private Foundation Adirondack Beverages Adirondack Foundation -Community Fund for the Gore Mountain Region -Generous Acts -Special and Urgent Needs Fund Adirondack Regional Federal Credit Union Adirondack Trust Company Community Fund Aflac New York AHEPA - Troy Chapter 306 Albany County Soil & Water Conservation District Albany Financial Group Albany Fund for Education Albany Medical Center Albany Police Athletic League, Inc. Albany Senate of T.N.B.A. Albany ENT & Allergy Services, P.C. The Albertsons Companies Foundation Amazon Smile Foundation American Legion Mohawk Post 1450 Anheuser-Busch Anthem Foundation Anthem, Inc. Applied Materials Arby's Foundation Archer Daniels Midland (ADM) Ardent Mills LLC ARE Event Productions Arise of Northern NY Ascienzo Family Foundation Averill Park Central School Ballston Spa National Bank Bank of America Foundation Bank of America Matching Gifts Bank of Greene County Charitable Foundation **Barton & Loguidice** Bechtel National, Inc. **Benedict Silverman Foundation** Berkshire Bank Foundation, Inc. Bernard Giving Account Berne-Knox-Westerlo Teacher's Association Berthe M. Cote Foundation **Bethlehem Festival Fund** BHE GT&S Bilinski Sausage Co **Bimbo Bakeries** Blackhawk Network **BNY Mellon** Board of Cooperative Educational Service -Rockland Bob's Discount Furniture **Bolton Central School** BOMA of Albany Bond, Schoeneck, & King, PLLC Bouchey Financial Group BPO Elks No. 2040 Brian and Beverly Sann Fund #2 Broadalbin-Perth Central School District Brocks Family Foundation Bronks Family Foundation Brunswick Presbyterian Church Bryce Appraisal Service, LLC C&S Companies C.J. Heilig Foundation Cahill Messina Fund Caldwell Presbyterian Church Caliber Collision Centers Cap Com Cares Foundation CAP COM FCU Capital District Irish American Association Capital District Physicians' Health Plan Capital District Humanist Society Inc. Caprara's Auto Body Shop, Inc. Captured Light Photography Casa Visco Finer Foods CDTA Centene Management Center for Internet Security Central Bridge United Methodist Church CHA Consulting Charles R. Wood Foundation Chazen Engineering, Land Surveying & Landscape

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Food Bank of the Hudson Valley

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Package Pavement

Palisades Federal Credit Union

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your gifts in action

Woodstock Chimes Fund

"There's a very large group of elderly women who attend the Just in Time Drop Off. In order to truly understand their gratitude you would need to be present. On many occasions I have witnessed them crying out of gratitude for the food they received. If not for the Just in Time Delivery, there would be many hungry people in my community." -Pantry Coordinator

thank you

The staff of the Regional Food Bank and Food Bank of the Hudson Valley would like to extend a special thank you to all who helped us in 2021 with food donations, fundraising, volunteer efforts, and more. We are grateful for the time, energy, and resources our generous community provided to ensure we were able to help as many people as possible during a time when it was so desperately needed. We can't do it without you!

how you can help

make a financial or in-kind donation

Monetary donations sustain the Food Bank and enrich the community by providing nourishment, dignity, and hope to all involved. Funds come from grants, special events, and contributions, and each donation makes a meaningful difference. In-kind donations come in many forms, from printing to paving and more. These donations allow the Food Bank to provide more food to hungry people.

donate time and talent

Volunteers are vital to the Food Bank's operation and contribute in countless ways. Sorting food, picking produce at our farm, or raising money at a fundraising event—there are endless varieties of enjoyable, rewarding tasks that volunteers perform every day.

donate food

Food donations are at the core of the Food Bank's work. Food companies donate their edible but unsaleable food, and individuals and organizations conduct food drives at all times of the year. Non-food items like personal hygiene items, paper goods, and cleaning supplies are also donated. These products are provided to food pantries, soup kitchens, and other agencies serving people in need.

spread the word

Did you have a great time volunteering or attending an event? Spread the word! Let your friends know, and encourage them to get involved too! Find us on Facebook, Twitter, and Instagram to keep up with what's going on at the Food Bank, and share our pages with your friends. With your help, we are alleviating hunger...together.











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