



IFM - Feeding Families, Fueling Hope

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Interfaith Food Ministry 2016 Annual Report

30 Years serving Western Nevada County
families

The generous will themselves be blessed, for they share
their food with the poor - Proverbs 22:9

You the volunteers, our community, givers, collectors, preparers and dispensers of food and hope, IFM advocates, those of you with a big heart and a bigger desire to be a part of changing lives...we are grateful for you all! You are the foundation on which IFM is built and you made our 2016 possible.

While we may have a variety of opinions on a variety of topics our work is focused on one thing, and on this we agree...no one in our community should know the hurt of hunger.

Here are a few of the things we accomplished in 2016.

- Food and hope were given every Monday, Wednesday and Friday.
- 92,000+ bags of groceries were given to 7600+ hungry folks in our community.
- We installed solar panels, saving money that can be spent on more nutritious foods.
- We created a Nutrition Policy to guide our purchases and distribution of food. We know that illnesses like diabetes, heart disease and hypertension are associated with poverty. At IFM we want to contribute to healthy lifestyles.
- Cooking classes were held for our clients in collaboration with our County Public Health department. These classes focused on using foods distributed at IFM.
- We hired Kate Laferriere to be our new Development Director.

So what is next? Looking at 2016 can give us some answers. We will continue to develop and expand our cooking classes and deepen the effect of our Nutrition Policy. We will continually look for new ways to reach our current clients and ways to extend our reach to new families struggling with hunger. We will continue our collaboration with other community agencies and look for ways to strengthen and expand those partnerships.

You made this possible. You bring hope and help to our neighbors, our friends, our community. We are grateful for you!

Working together to feed families!

No One Can Thrive on an Empty Stomach

42 million

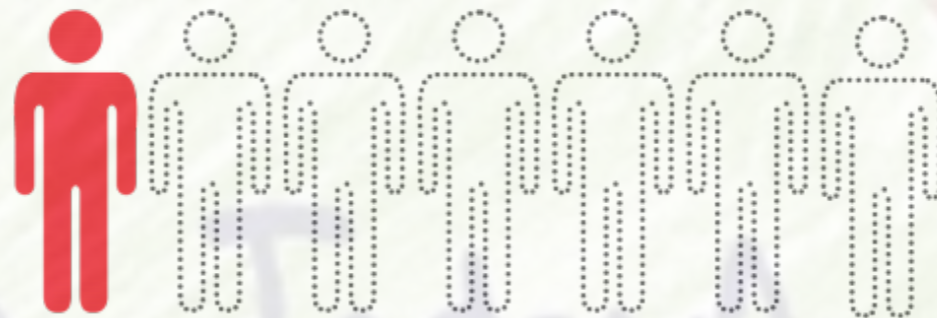
people face hunger in the U.S. today – including nearly 13 million children and more than five million seniors. Hunger knows no boundaries – it touches every community in the U.S., including our own.

12,000

people in Western Nevada County are food insecure.

1 out of 7

of OUR neighbors are not always certain where or how they will get their next meal.



Donate

Today!

Who We Served

Kitty
Unemployed
Head of Household



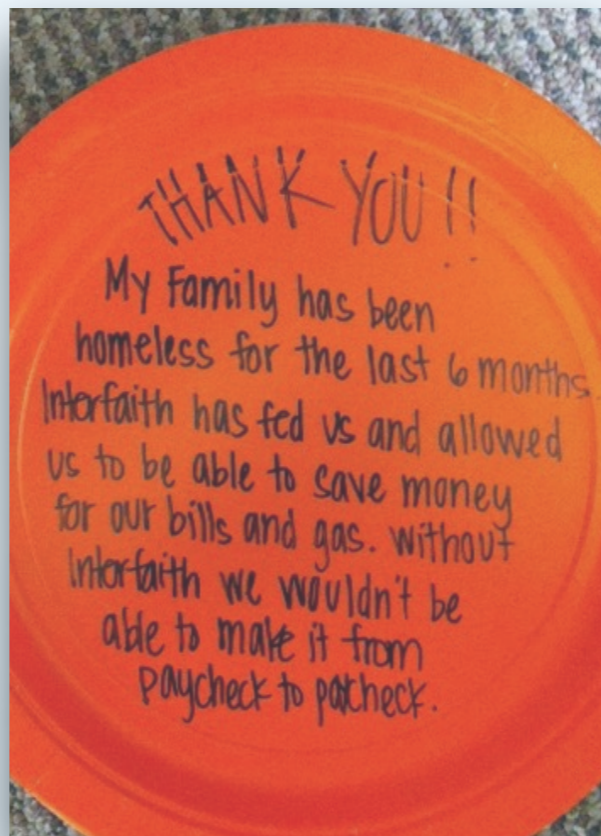
"Just need some help"

"IFM helps me feed my girls as a single mom I am so thankful!" -
IFM Client

Jamie
Minimum wage worker

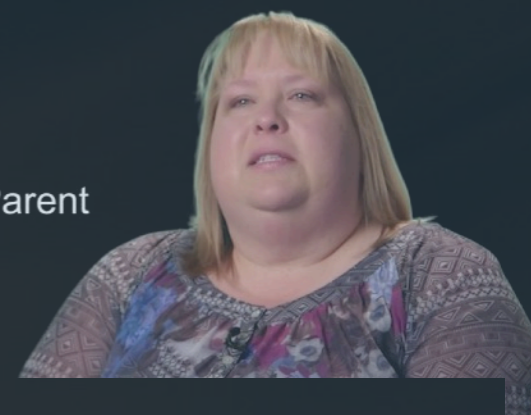


"My cupboards were bare.. now they're not"



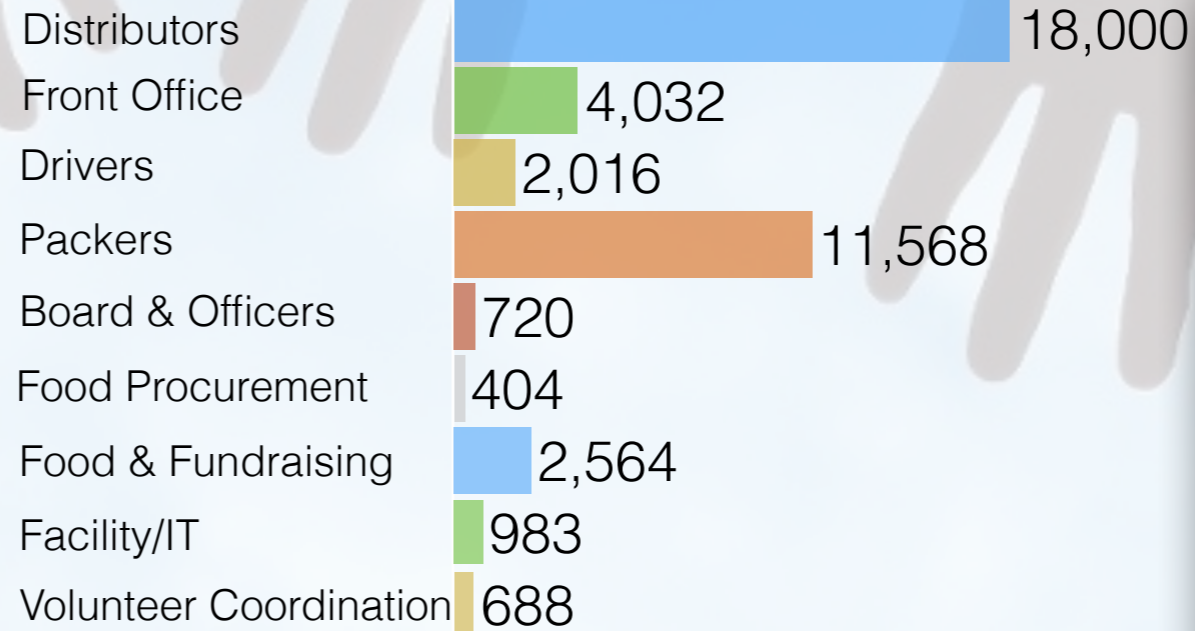
"Many thanks to the donors, volunteers, and employees of IFM. Without you we would not have the food we need for nutritious meals several nights a week. We thank you from the bottom of our hearts." - IFM Client

Christine
Past Client
Homeless Single Parent



"A little temporary help can make a huge difference...it did for me."

Many Hands Served - 469 volunteers 40,975 hours (est)



Officers and Staff

Two part-time paid staff - Sue Van Son, ED, & Kate Laferriere newly hired Development Director
 Board President - Bob Thurman * Board Vice President - Rick Kahil * Treasurer - Kathy Mollet
 Asst. Treasurer - Karen Holt * Secretary - Mary Ellen Tracy

Board Representatives and Member Congregations

Calvary Bible - Tim Gizzi

Christian Science Church - Janet Kelley

Emmanuel Episcopal - Marnie Ratkofsky

First Baptist Church - Debi Johnson

Grace Lutheran - Gaye Rogers

Grass Valley United Methodist - Cheri Eckholt

Peace Lutheran - Jim Schroeder

Unitarian Universalist - Leal Portis (deceased but never forgotten)

Seventh Day Adventist - Diane Chang

Sierra Center for Spiritual Living - Hilary Dart

Sierra Pines Methodist - Joan Denzler

Sierra Presbyterian - Pam Sufleski

St. Canice - Jeff Hebert

St. Patricks - Nancy Koring

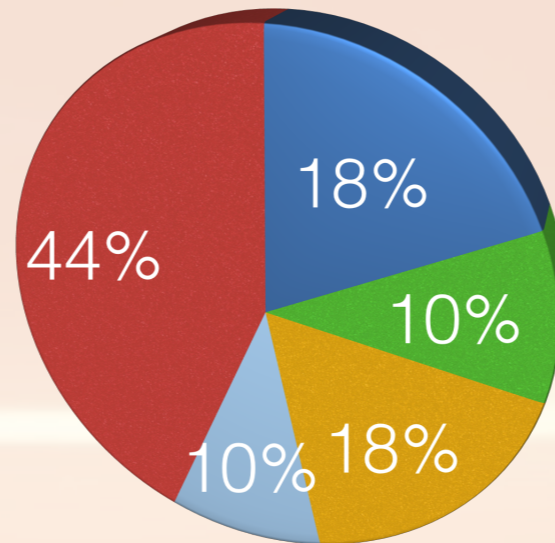
Twin Cities - Judi Wade



Cooking Classes to 110 clients

What We Served

- Dairy
- Grains
- Protein
- Veggies
- Fruit



*Here's where your food dollars went.
(does not include donated food)*



We provided special food bags for the homeless to help prevent fires.



92,534 bags of groceries



Established Calfresh Advocates at IFM

Supported 15 local nonprofits



A compassionate connection

23,547 times

(each and every client visit)



Provided holiday meals (Easter, Thanksgiving and Christmas) in collaboration with Salvation Army, FBNC, and Ladies Relief Society

Total families served was 2,111

IFM Clients Want Healthy Food

As a joint project of Interfaith Food Ministry and Nevada County Public Health's Nutrition Education & Obesity Prevention Program (NEOP), a survey was designed to collect data on how clients use Interfaith Food Ministry's food pantry, their dietary requirements and their perspective on how Interfaith's (IFM) offerings meet those requirements. The complete survey results can be found at [IFM Client Survey 2016](#). The survey results were used in part to create [IFM's Nutrition Policy](#). Below is a sampling of the survey results.

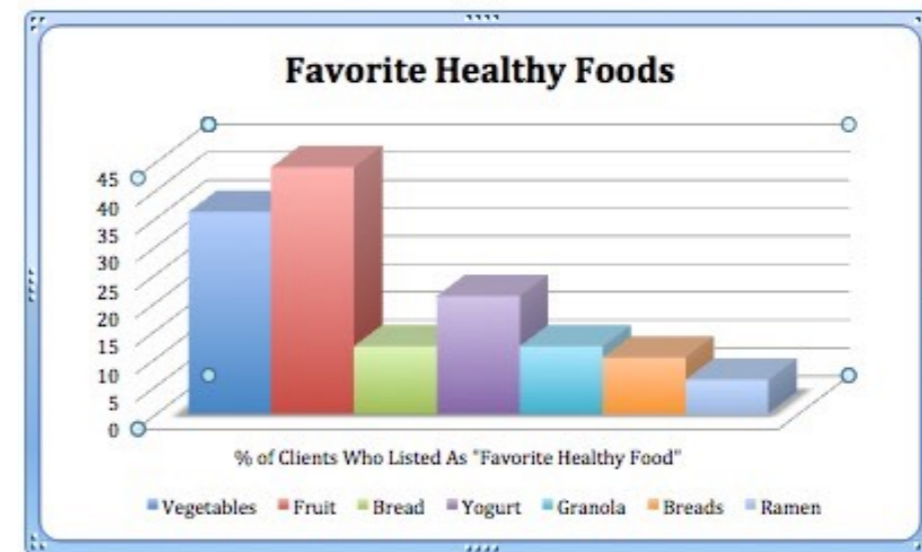
Food Use and Preferences - Client Survey March 2016

- Most respondents (80%) report that their favorite healthy foods are fresh fruits and vegetables.
- The foods most likely to be used in respondents' homes are: bread (55%), fruit (53%), vegetables (41%), organic (16%). When asked what is the item most likely to be used in your home, more than a quarter of respondents (27%) simply answered that they "use everything."
- Overwhelmingly, respondents report that these three types of foods are least important to their families: Bakery items (cakes, cookies) (78%), snacks (72%), and soda and sweetened drinks (91%).
- The item least likely to be used is dried beans. Respondents report they don't know how to cook them.
- Nearly half of respondents (45%) wrote in that they wish that IFM offered more meat.

Food Research & Action Center - Food Insecurity & Obesity - October 2015

Various studies indicate that food insecure and low-income people can be especially vulnerable to obesity because of the unique challenges they often face in adopting and maintaining healthful behaviors, including:

- Limited resources
- Lack of access to healthy, affordable foods
- Cycles of food deprivation and overeating
- High levels of stress, anxiety, and depression
- Fewer opportunities for physical activity
- Greater exposure to marketing of obesity-promoting products
- Limited access to health care

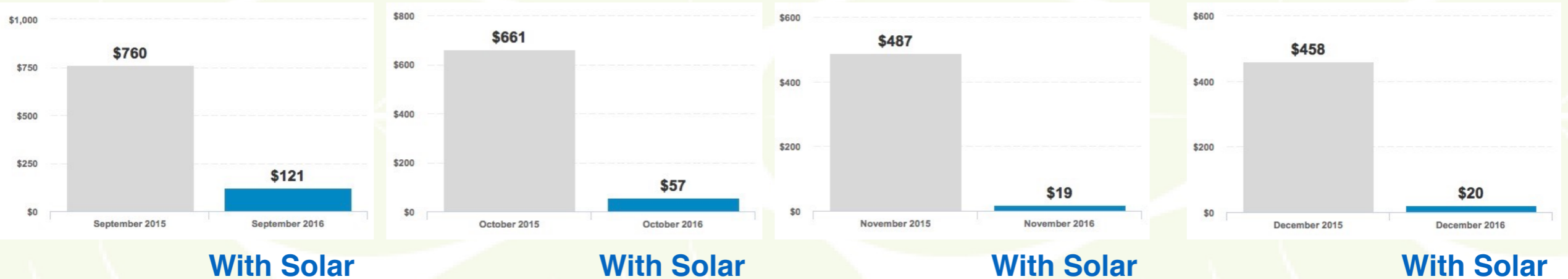


We Went Green

In July 2016 DC Solar Electric installed 80 solar panels on IFM's roof capable of producing approximately 24kwh of electricity.

In just four months (Sept - Dec) we saved \$2,149 enough to feed

101 families for one month (2 visits/month)



Carbon Offset

8.53 tons

You have offset the equivalent of:



219 Trees

Your next goal: 11.7 tons

Energy Produced

12.3 MWh

You could power the following for 1 day:



408 Houses

Your next goal: 16.2 MWh

Carbon offset and total power generated August 2016 - March 2017

Statement of Financial Position

[Click Here For Detailed 2016 Financial Statement](#)

January 1, 2016 - December 31, 2016

ASSETS

2016 Total

Cash and investments.....	\$268,680
Accounts Receivable.....	\$55,922
Prepaid Expenses.....	\$4,841
Land, Building and Equipment.....	\$861,040

TOTAL CURRENT ASSETS.....\$1,190,483

LIABILITIES AND NET ASSETS

Payables and Accrued Expenses.....	\$426,656
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TOTAL CURRENT LIABILITIES.....\$426,656

NET ASSETS

Undesignated.....	\$568,103
Temporarily Restricted Fund.....	\$195,724

TOTAL NET ASSETS.....\$763,827

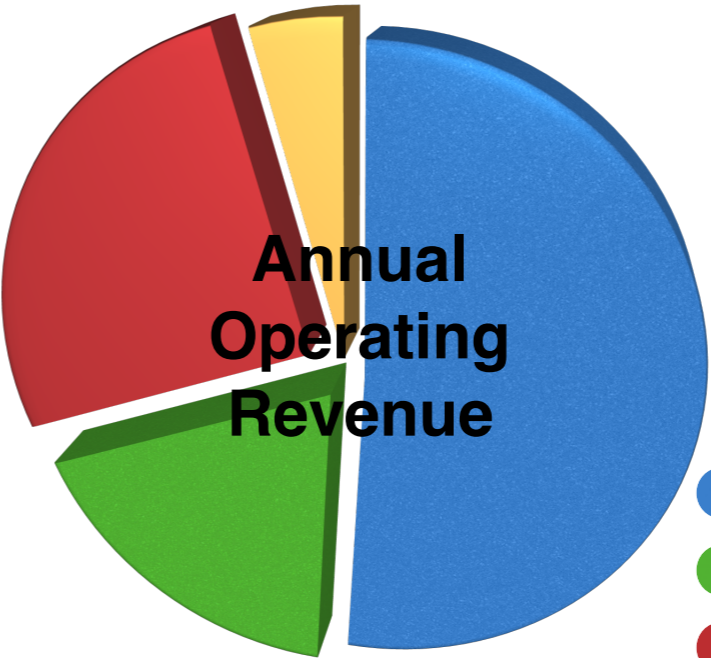
TOTAL LIABILITIES AND NET ASSETS.....\$1,190,483

2016 was a year focused on reducing food insecurity and providing families with more nutritional food, particularly protein and fresh produce. And though that food was more expensive, our buying power enabled us to provide more to our clients.

Our reserve strategy has strengthened our ability to provide a consistent flow of food for food insecure families. That strategy should also enable us to payoff our building loan by 2021 resulting in reduced operating costs. In 2016 we allocated funds to pay down our building loan by \$90,000.

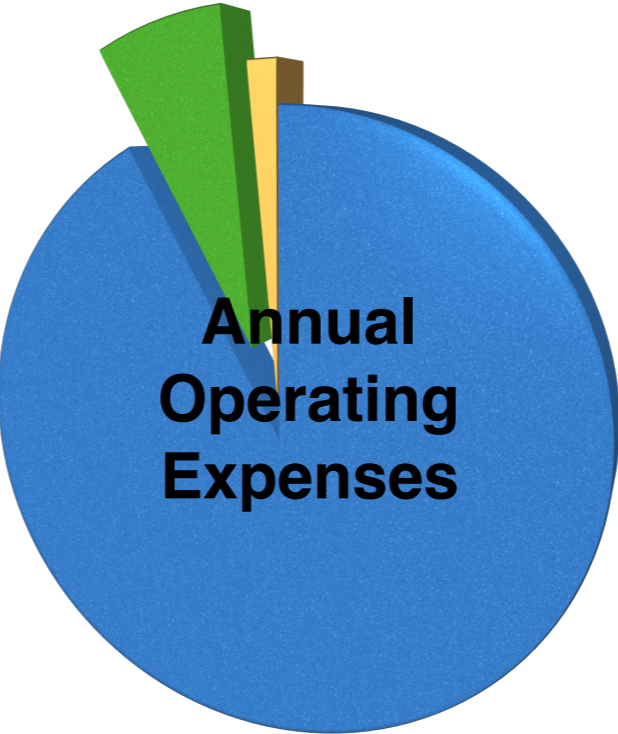
We continue to seek ways to diversify our revenue through grants and creative fundraising. Our matching campaign has proven to be particularly successful. In future we will be developing a Planned/Legacy Giving program which will further diversify our revenue stream.

As always IFM remains dedicated to efficiency and proud that over 92 cents of every dollar you contribute goes to our food program.



Individuals.....	\$249,378
Grants.....	\$91,717
Fundraisers.....	\$128,062
Businesses.....	\$20,971
Total Operating Revenue...	\$490,128

Donated Food.....	\$639,598
Donated Services/Other...	\$2664



Food Program	92%
Fundraising	7%
Management	1%

Food Program.....	\$367,723
Fundraising.....	\$26,082
Management.....	\$5,772
Total Operating Expenses....	\$399,577

As we enter our 30th year, IFM whole-heartedly appreciates the more than 1,000 individuals and organizations who continue to give their time, talent and treasure to feed the hungry of Nevada County.

Food Donors

BriarPatch	Beach Hut Deli
California Organics	Caroline's Coffee
Cedar Ridge Grocery Store	Christian Encounter
CVS Pharmacy	DuPre's Bakery
Flour Garden	Food Bank of Nevada County
Grocery Outlet	Holiday Market of Penn Valley
Natural Selections	Paradise Donuts
Placer Food Bank	Raley's
Safeway	Save Mart
SPD	Summer Thyme Bakery
What's Up Coffee	

Clubs

Alta Sierra Women's Golf	American Legion Auxiliary
Busy Bees Mini Group	Catholic Ladies Relief Society #5
Christian Men's Fellowship, LOP	Elks Lodge #518, Nevada City
Foothill Lions	Gold Country Italian-American
Gold Country Kiwanis	Grace Lutheran Ladies Guild
Grass Valley Christian Center	Grass Valley Elks #538
Grass Valley Host Lions	Grass Valley Ladies Relief Society
Higgins Diggins Lions	I.O.O.F – Grass Valley
Knights of Columbus	Lake Wildwood Bocce Club
Lake Wildwood Women's Club	Lambda Ladies
Nevada County Republican Women Federated	Roadrunners Travel
Preceptor Nu Delta	Saint Joseph Guild
Rotary Club of Grass Valley South	Saint Catherine's Ladies Guild
Saint Canice Ladies Guild	
Soroptimist of Nevada City and Sierra Foothills	
The Benevity Community Impact Fund	United Methodist Women
Unity in the Gold Country Church	Young Ladies Institute #206
Gold Country Distributor	

Community Partners

Ashland Financial Resources	B&C True Value Hardware
Caseywood Corporation	Caliber Collision
Clean Power Cooperative	Commcepts
Curtis T. Yew CPA	Dental Wellness Center of GV
DC Solar Electric	Economy Pest Control
Fit Health, LIC	Foothill Mercantile
Hooper & Weaver Mortuary, Inc.	Hysell Accountancy Corp
In His Hands Landscaping	Joanne's Salon
KNCO	Marc Nelson Construction
McDaniel Wealth Management	McGrath & Associates, Inc
Mill Street Clothing	MongeeArt
Moule Paint & Glass	Nevada County H&HS
Olympia Mortgage	Owens Estate and Wealth Strategies
Pacific Blue Tile	Paradise
Paulette's Country Kitchen	Penn Valley Chamber of Commerce
Peters' Drilling & Pump	Pioneer Motors
Poole's Jewelers, Inc.	R. Elias Harper, Attorney at Law
Schwab Charitable Fund	Scofield and Associates
Sierra Cinemas	Sierra Foothill Construction
Silver Lake Court Reporters	Smith Vineyard & Winery
Starbird Graphics	Teichert Foundation
Telestream	The Pines Motel
The Union	United Way
The Wooden Spoon	Tri Counties Bank
Visual Art Inc.	Wells Fargo
West America Bank	

Thank You!



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