

POVERTY IS A
COMPLICATED ISSUE
**FEEDING
A CHILD**
DOESN'T HAVE TO BE



**IMPACT
2022
REPORT**

**Women &
Children's**
FREE RESTAURANT &
COMMUNITY KITCHEN



MESSAGE FROM THE *executive director*

Women & Children's Free Restaurant & Community Kitchen is determined to move the needle on nutrition security. We're also committed to raising awareness of hunger, its impact on women, and how we, as a community, provide a life-changing resource that goes beyond "putting food on the table."

Hunger is often misunderstood as an issue facing people who are homeless or unemployed. In fact, most families we serve are housed and have employment earnings or retirement benefits. However, persistent inflation, the gender pay gap, and a myriad of other factors have an enduring grip on women's abilities to get ahead. Without reliable resources, low-income working women face a backward trajectory with a ripple effect on the greater community.

Improving the lives of hundreds of families is no small task, and it was made considerably more challenging by a global pandemic that has exacerbated old problems and created plenty of new ones.

Despite these challenges, WCFR completed its most impactful year in 2022. Last year, we secured a resiliency grant from the Washington State Department of Agriculture. No longer able to source donations from large pass-thru organizations for 90-95% of the food we cook and distribute, we purchased fresh protein, produce, and dairy products from local growers and Washington businesses. Women could rely on WCFR for dinner and groceries, with an average weekly value of \$150-250. With their most basic need met, they could redirect limited incomes to rent, utilities, health care, transportation, and other living expenses.

Our impact expanded further through powerful partnerships with generous foundations, corporations, and individuals prioritizing women's lives and children's futures. In addition to our onsite services, we provided meals at 26 other nonprofit organizations in the community. Vanessa Behan, Transitions, Catholic Charities, Volunteers of America, and Family Promise of Spokane were just a few of our meal destinations.

As stewards of your gifts, we gratefully submit our 2022 Annual Impact Report. In it, you will learn more about the work we have accomplished and how your support has impacted the lives of local women and children.

Whether you shared your time or treasure at WCFR, our work wouldn't be possible without you. In 2022, we provided over one million meals – something that was not achieved by our small staff and food alone. Without you, women and their children would face uncertainty and hopelessness. With you, healthy families and hopeful futures are possible. For that, we are grateful beyond words.



Lisa Dibbley
Executive Director



Our Mission... Women & Children's Free Restaurant & Community Kitchen is a vital safety net which fills nutritional gaps for women and children in need while fostering dignity and respect, both within our restaurant and in the community.

Who we serve... 50,000 women and their children in our community live in poverty. In Spokane, 1 in 5 children are food insecure. Poverty runs deep in our community, especially for women. A single mother with two small children must earn \$26 an hour to meet her basic living expenses. Poverty and food insecurity also disproportionately affect older adults on fixed incomes, women with disabilities, women of color, and those experiencing homelessness.

Every day, the pathway to a more secure future starts with food. But "enough" food isn't enough! A truly just society must also ensure nutrition and improve access. Women & Children's Free Restaurant & Community Kitchen does just that! We transform donated whole-food ingredients into nourishing, ready-to-eat meals. We also deliver nutritional meals to numerous partner locations throughout Spokane County. In 2022, we provided 1,046,410 meals to families already in need and thousands more due to the impact of the pandemic. This was more than ten times the number of meals we served before the pandemic.

Our volunteers... We would not be the thriving and welcoming place we are without the wonderful volunteers who help us daily! Our volunteers do everything from prepping food and washing dishes to laundry and handyman projects. They gave 10,039 hours, the equivalent of nearly five full-time employees.

If you have questions about volunteer opportunities or would like to sign up to become a volunteer, visit our website at www.wcfrspokane.org/volunteer or email Jessica Gebhardt, our Volunteer Services Manager, at volunteer@wcfrspokane.org.

2022
staff

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Executive Director

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MELISSA BERRY
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& Executive Chef

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Distribution Services Lead

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kitchen support

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2022
accomplishments

**1,046,410
meals served**

bringing the total, from March
2020 (pandemic onset)
through December 2022, to
more than 3.25 million meals.

Established an Endowment fund
to ensure the future of WCFR

Purchased a second **delivery van**

26 agencies
149,667
Nutrition-to-Go Meals

473,403 lbs
donated food
Valued at \$1,033,074

Volunteer Hours
10,039
Valued at \$255,292

Awarded WSDA
Resiliency Grant to
INCREASE
food purchases

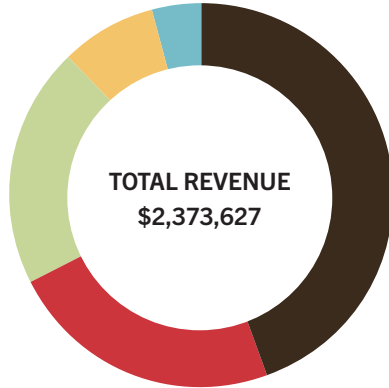
Repaired and painted
the building exterior

Nutrition-to-Go Program provided meals to
the following partner programs:

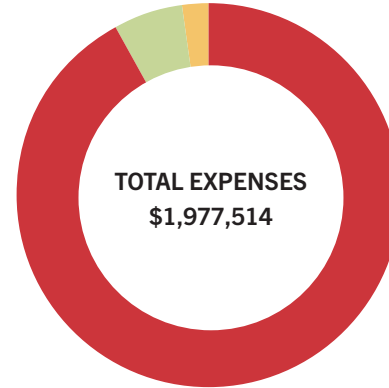
Cannon Street Shelter – The Salvation Army
Communities in Schools – Bemiss Elementary School
Communities in Schools – Shaw Middle School
Community Based Housing – Volunteers of America
Crosswalk - Volunteers of America
Cup of Cool Water
Family Promise of Spokane
Feed Cheney
Home Yard Cottages - Transitions
Millwood Community Presbyterian Church
Miryam's House – Transitions
Odyssey Youth Movement
Partners with Families & Children
Ridpath Club Apartments
Rising Strong – Catholic Charities
Ronald McDonald House Charities of the Inland Northwest
SAN (Spokane AIDS Network)
Spokane County COVID Isolation Shelter
Spokane Resource Center
St. Margaret's Shelter - Catholic Charities
Sisters Haven - Catholic Charities
The Way Out Shelter - The Salvation Army
Trent Resource and Assistance Center – The Salvation Army
Vanessa Behan
Women's Hearth – Transitions
Young Adult Shelter – Volunteers of America

2022 *financial data*

PROGRAMS AND FUNDRAISING



■ In-kind Donations	\$1,033,492
■ Program Fees	\$554,890
■ Grants	\$485,124
■ Contributions	\$196,601
■ Fundraising	\$103,116
Interest	\$404



■ Programs	Food: \$1,222,556
	Other: \$604,191
■ Administrative	\$113,706
■ Fundraising	\$37,061



CharityWatch considers a charity to be highly efficient when program expenses are 75% or greater and development costs are 25% or less.

2023-2024

plans/goals

Continue to adapt to meet the needs of our community with free curbside meals and grocery services

Secure funding to significantly increase food purchases

Hire full-time assistant chef

Host first large, in-person fundraising event since 2019

Installation of fourth walk-in refrigeration unit

Install permanent building sign thanks to STCU and our Teen Leadership Board

Renovations and newly equipped dishwashing station

Increase access by adding an after-hours food pick-up system





MENU OF GIVING

FRESH PROTEIN.....\$2,500

Your \$2,500 gift will allow us to buy fresh protein needed to supplement donated food for meals served by the restaurant.

FRESH DAIRY\$1,000

Your \$1,000 gift will support one of the food categories that has seen a 15% increase in costs in the last 12-month period.

FRESH PRODUCE\$500

Your \$500 gift will be used to buy fresh produce for healthier meals.

BREAKFAST FOR KIDS.....\$250

Your \$250 gift will support our commitment to breakfast for kids of all ages. We believe breakfast is the most important meal of the day.

PACKAGE & DELIVERY\$100

Your \$100 gift will be used to package and deliver prepared scratch-made meals to partner organizations such as Vanessa Behan, YWCA, St. Margaret’s Homeless Shelter and others.

CLEAN & SAFE\$50

Support our clean and safe kitchen. Gloves, disinfectants and cleaning supplies are essential at WCFR.

BECOME A “BREAD & BUTTER” MONTHLY DONOR

“Bread & Butter” donors support WCFR’s financial stability through monthly giving. They are united by their commitment to a common mission: to strengthen our programs that fill nutritional gaps for Spokane’s most vulnerable women and children.

Thank you

to these organizations, employees, and students! Group volunteering at WCFR is a meaningful team-building experience!

AgWest Farm Credit
Canopy Credit Union
Engie Impact
Liberty Mutual Insurance
LiveLikeLara Foundation
Numerica Credit Union
Spokane Gives
Umpqua Bank
Women Helping Women Fund

Eastern Washington University Students
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Gonzaga University Women's Softball Team
Spokane Community College Nursing Students
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University of Washington School of Medicine Students
Whitworth University Students
WSU Elson S. Floyd College of Medicine Students
WSU Pharmacy & Pharmaceutical Sciences Students



AgWest Farm Credit Employees
(formerly Northwest Farm Credit Services)
December 2022



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North Central High School

thank you

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\$199,999-\$50,000

City of Spokane
Spokane County
Washington State Department of
Agriculture

\$49,999-\$25,000

Emergency Food and Shelter
Program
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Women Helping Women Fund

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Women & Children's Free Restaurant & Community Kitchen provides a lifeline for thousands of Spokane's most vulnerable women, children and families. We rely on your generosity and the generosity of the community to support our mission. We invite you to help improve the quality of life for the less fortunate women, children, and families in our community by making a one-time or recurring charitable gift to WCFR.

If you have questions, would like to become a sponsor, schedule a tour, make a donation or subscribe to our mailing list, please contact Bonni K. Cockburn, Director of Philanthropy, at 509-324-1995, ext. 303 or philanthropy@wcferspokane.org.

Women & Children's FREE RESTAURANT COMMUNITY KITCHEN

Women & Children's Free Restaurant & Community Kitchen is a vital safety net which fills nutritional gaps for women and children in need while fostering dignity and respect, both within our restaurant and in the community.

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