



Impact Report

2023

Bringing hope to the table

With food insecurity growing with the rising costs of groceries and housing this past year, the Snoqualmie Valley Food Bank rose to the challenge of increased need in our community. By empowering families with healthy food options, supporting senior citizens on fixed incomes, and connecting struggling households with the resources they needed for stability, we continued our mission to make the Snoqualmie Valley a place where no one is hungry. We're proud to share the impact we've created together.



12,048

Number of household food bank visits in 2023

411

Average monthly unique households receiving food

2,454

people who received resources in 2023

Nutrition matters

Our grocery store shopping model provides clients with the opportunity to choose the food that works best for their needs. We're open three days a week, and clients can shop for fresh produce, dairy, meat, and other healthy options every week. With inflation, nutritious food is becoming increasingly unaffordable for many in our area. As food insecurity has consistently been found to have a negative impact on health, this can create life-long impacts.

Helping children grow

33% of the individuals served by the food bank are under the age of 18. Throughout the year, we provide milk, eggs, and other nutritious food products essential to children's development. Poor nutrition in the early years has been linked to long-term academic and economic disparities. Food insecurity becomes increasingly a concern during school breaks, when children lose access to school-provided free meals. Our Meals for the Break program bridges the gap, providing additional healthy, children-friendly foods during mid-winter, spring, summer, and winter breaks.

Supporting seniors

Our senior citizen clients often struggle with fixed incomes and isolation. We've dedicated certain shopping hours to our senior citizen clients, provide community, and strive to purchase food items that meet the dietary needs of the most vulnerable, such as high-calorie Ensure shakes and easy-to-chew foods. Dairy provides an important source of protein and nutrients, which can help reduce the loss of muscle mass and strength in the elderly. [Research](#) has shown that seniors experiencing food insecurity have limitations in activities of daily living similar to those of food-secure seniors 14 years older.



Additional programs

Programs

Details

Meals for the Break

We bridge the nutrition gap during school breaks by providing healthy breakfast, lunch and snack items each week in addition to regular groceries. In 2023, we ensured that 319 children received the nutritious food they needed during school breaks.

Non-Food Essentials

Personal hygiene and other non-food items are essential to health, but often unaffordable and not covered by SNAP or WIC. Sponsored by St. Clare's Episcopal Church, the Essentials program supports the well-being of over 100 households each month.

Children's clothing, diapers, and car seats

In partnership with KidVantage, we support families with children and infant essentials, from new shoes to diapers to bike helmets.

Pet Food Bank

We host the Snoqualmie Valley Pet Food Bank to provide pet food and supplies to over 300 cats and dogs each month.



The year in review

This past year saw an increase in households turning to the food bank for help. We heard countless stories from local workers struggling with rental cost increases, families facing childcare challenges, and seniors seeing their costs outpacing their social security income. The geographic spread of our area results in the high cost of gas

As the number of people visiting the food bank increases, the amount of food we need to purchase goes up. However, we're facing the same increases in food costs due to inflation. Additionally, we've outgrown our physical location, causing long lines during shopping hours.

Despite the challenges, we saw countless moments of solidarity, of generosity, and love. We've been able to continue our commitment to treat every person with dignity, striving to remember people by name and learn their stories. Clients often compliment staff and volunteers on our ability to help with dietary needs and health restrictions.

We're always striving to improve our operations, and this year's efforts to reduce food waste demonstrate our commitment to sustainability and making the most of every opportunity. Our Operations Manager, Dylan Johnson, improved our grocery rescue partnerships with area grocery stores, increasing the amount of meat donations that would otherwise have been discarded. At the end of the week, any surplus perishable items are distributed to local senior housing complexes, and donated food that is not fit for human consumption is donated to area farmers.

Looking ahead, we'll focus on understanding the needs of the people who turn to us for help, serving as a resource hub to connect them with the support they need, addressing the systematic barriers that lead to food insecurity.

Though we're limited in physical space, we'll implement creative ways and operational efficiencies to allow us to meet the growing need while we search for a new space that will enable us to best deliver on our mission. We'll continue growing our community partnerships to best reach and support those in need in our community.

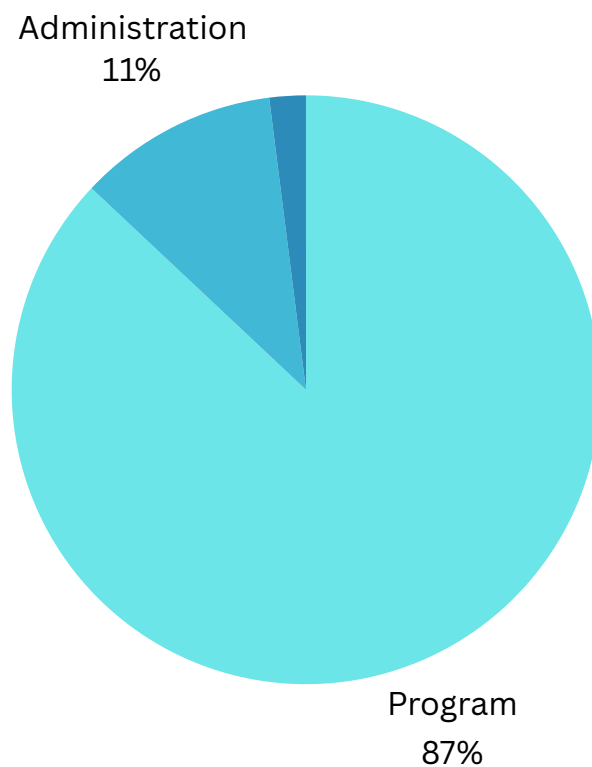
This food bank is a true community effort, with hundreds of local donors and over 150 volunteers in 2023. I'm incredibly grateful for the support of the community, especially with new families registering for the food bank every day. Thank you for being a part of our journey and the journey of those we serve.

With gratitude,

Alison Roberts, Executive Director

Finances

REVENUES	\$1,608,330
In-Kind Donations	\$1,029,609
Charitable Contributions	\$287,152
Government Grants	\$231,664
Other	\$59,905
EXPENSES	\$1,465,419
Program Services	\$1,278,394
Administrative	\$161,969
Fundraising	\$25,056



We'd like to thank our donors for their *generous support*

Premier Donors: Over \$20,000



Snoqualmie Valley Food Bank

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