Major Highlights of 2012-13

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>21,646</td>
<td>Number of meals served in 2012-13</td>
</tr>
<tr>
<td>12,902</td>
<td>Meals served in 2011-12</td>
</tr>
<tr>
<td>8,341</td>
<td>Meals served in 2010-11</td>
</tr>
<tr>
<td>2</td>
<td>Expanded full time staff in 2012-13</td>
</tr>
<tr>
<td>1</td>
<td>Full Time Staff in 2011-12</td>
</tr>
<tr>
<td>4</td>
<td>Number of Summer Meal Sites in 2012-13</td>
</tr>
<tr>
<td>1</td>
<td>Summer Meal Sites in 2011-12</td>
</tr>
<tr>
<td>4,185</td>
<td>Volunteer Hours contributed in 2012-13</td>
</tr>
<tr>
<td>2,127</td>
<td>Volunteer hours in 2011-12</td>
</tr>
<tr>
<td>10,870</td>
<td>Pounds of donated foods utilized by our programs in 2012-13</td>
</tr>
<tr>
<td>6,786</td>
<td>Pounds of donated foods utilized in 2011-12</td>
</tr>
</tbody>
</table>

Healthy HIP Packs

Healthy HIP Packs provide nutritionally balanced meals to children in low-income families over the weekend when school meals are not available.

- In 2012-13, HIP added an AmeriCorps Service Member to the team and expanded Healthy HIP Packs to three schools.
- HIP sent home 9,762 meals distributed through Healthy HIP Packs (six meals per weekend pack)
- Parents from each partner school volunteer on a regular basis: picking up and delivering HIP Packs to schools each Friday, helping at monthly packing parties, and also are helping in HIP fundraising efforts and our other meal programs.
- HIP continues to be a leader in weekend food programs in Seattle. HIP’s staff has provided technical assistance to three new weekend food programs and helped to organize a BackPack Summit in September 2013. This summit intended to provide assistance to new and growing weekend food programs and to build collaboration amongst existing programs.
- Continued to maintain a low food cost of $4 per HIP Pack thanks to our increased collaboration with community partners through food drives and to our ability to repackage bulk foods.

Major Program Changes

- Dramatically expanded our Summer Meal Program including number of sites, dedicated staff, volunteers and activities offered by community partners.
- Discontinued our Emergency Services sandwiches and Friday Bagged Lunch service due to declining numbers and to refocus efforts on Summer Meals expansion and new Senior Meal Program.
- Developed new partnerships with Senior Services, Lake City Community Center and Techno-Formation Vocational Services to launch a new Senior Congregate Meal program in Fall 2013.
- Greatly diversified funding in 2012-13 to help support expansion of Healthy HIP Packs to serve 120 children weekly in 2013-14 school year.

"The kids are so PSYCHED to be getting their packs! I’m using it as a chance to develop leadership, too, and the big kids are helping the little ones to get the packs into their backpacks.” -- School counselor
Summer Meal Program

In HIP’s 2nd year of summer meals, four Summer Meal Corps Members, 1400 volunteer hours and countless community partners made it possible to serve 4,923 meals from June to August.

“Your meal was very healthy... My son learned to eat a lot of new food especially your salad.”
— T.D., Summer Meal parent

“I am so glad I got to be a part of HIP this year. I have met great people!”
— HIP volunteer

“I think its great that we have a range of tasks so that people with every ability can help (portioning, cutting, cooking, etc)”
— Summer Meals volunteer

“One mother of three shared that she and her family had been staying in a hotel all summer, while they were looking for an apartment. The woman was very grateful for the summer meals program, and said it helped them out during tough times.”
— Sam Heim, Summer Meals Intern

“The meatballs were delicious! They tasted great. They were awesome”
— HIP volunteer, age 7

Summer meals were instrumental for my family. Knowing we could get a healthy filling lunch each day made it so I could budget for a good dinner. I’m very grateful.
— M., mother

Thank you to everyone who made our summer meal program possible!

Alvarez Farms
Craig Stehling, Momentum Imagery
Creative Kids
David Owen Hastings, graphic designer
Food Lifeline
Hayton Farms
Hope Heart Institute
Jane Addams K-8
Kaffeklatch
Lake City Community Center
Lake City Farmers’ Market
Lake City Library Branch
Lake City Presbyterian Church
LC Court SHA
Meadowbrook Community Center
Meadowbrook Teen Center
North Seattle Family Center
Northwest Harvest
Office of the Superintendent of Public Instruction
Operation Sack Lunch
Orowheat Outlet
Seattle Public Schools
Tiki Pete’s Healthy Treats
United Way King County
University District Food Bank
Viewlands Elementary
Zipzicles
And to all of our volunteers in the kitchen and out at HIP’s meal sites.

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**Cooking Demonstrations**

HIP’s team of volunteers and staff show how to prepare easy and nutritious dishes with the foods available that week at North Helpline Food Bank. Recipes highlight items that are unfamiliar to clients or use common ingredients in new ways. Clients can taste the prepared dishes and take a recipe card home along with the highlighted ingredients.

- In 2012-13, HIP added an AmeriCorps Service Member to deliver weekly cooking demonstrations.
- Trained five volunteers to assist with cooking demonstrations
- A sampling of highlighted recipes:
  - Bok Choy Stir Fry
  - Make-Ahead Breakfast Burritos
  - Cabbage-Potato Soup
  - Carrot Risotto
  - Crunchy Sweet Brussels Sprout Salad
  - Quick Pickled Cucumbers
  - Broccoli Cheese Fritters

Recipes are available on our blog—HIP Stockpot—www.hungerintervention.org/blog

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**Fiscal Year End: September 30, 2013**

Hunger Intervention Program is fueled by dedicated volunteers and generous contributions of food from Seattle area food distributors such as Food Lifeline and Northwest Harvest. To meet our cash expenses we receive gifts from individuals and businesses, grants from foundations, funds from government nutrition programs and income from fund raising events.

<table>
<thead>
<tr>
<th>Income</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>In Kind Contributions (Food &amp; Labor)</td>
<td>$55,635</td>
</tr>
<tr>
<td>Individual &amp; Business Contributions</td>
<td>$26,024</td>
</tr>
<tr>
<td>Grants</td>
<td>$73,618</td>
</tr>
<tr>
<td>Fundraisers</td>
<td>$2,547</td>
</tr>
<tr>
<td>Interest &amp; other Income</td>
<td>$58</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>$157,882</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Expense</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>In Kind Contributions (Food &amp; Labor)</td>
<td>$55,635</td>
</tr>
<tr>
<td>Purchased Food &amp; Containers</td>
<td>$12,061</td>
</tr>
<tr>
<td>Personnel</td>
<td>$64,692</td>
</tr>
<tr>
<td>Other Expenses</td>
<td>$14,147</td>
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<tr>
<td><strong>Total Expense</strong></td>
<td><strong>$146,535</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Net Income, FY End 9/30/2013</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$11,347</td>
</tr>
</tbody>
</table>

**Expenses By Category:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
<th>Percent of Total Expense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Programs</td>
<td>$141,586</td>
<td>97%</td>
</tr>
<tr>
<td>Overhead</td>
<td>$4,496</td>
<td>2%</td>
</tr>
<tr>
<td>Fund raising</td>
<td>$453</td>
<td>1%</td>
</tr>
</tbody>
</table>

**Balance Sheet**

<table>
<thead>
<tr>
<th>Category</th>
<th>FY end Sept. 2013</th>
<th>FY end Sept. 2012</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Assets</td>
<td>$49,724</td>
<td>$36,462</td>
<td>$13,262</td>
</tr>
<tr>
<td>Total Liabilities</td>
<td>$5,921</td>
<td>$2,006</td>
<td>$3,915</td>
</tr>
<tr>
<td>Net Assets</td>
<td>$45,803</td>
<td>$34,456</td>
<td>$11,347</td>
</tr>
</tbody>
</table>
Our People

Our Partners

- Alpha Supported Living Services
- Food Lifeline
- Grocery Outlet
- John Rogers Elementary
- Lake City Presbyterian Church
- Lake City Taskforce on Homelessness
- Meals Partnership Coalition
- North Helpline
- Northwest Harvest
- Operation Sack Lunch
- Pro-Use Produce
- Seattle Housing Authority
- Seattle Public Library, Lake City
- Seattle University College of Nursing
- Sound Mental Health
- Starbucks
- University District Food Bank
- Viewlands Elementary
- Work Opportunities

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Our Volunteers

- Nancy Albright
- Lupe Alejandre
- Norine Anderson
- Kristina Bartlsson
- Karin Beard
- Andrea, Dylan & Luka Bergan
- Linda, Jerry & Tracey Berger
- Cally Biegenfeld
- JP Blidseoe
- Eva Bohm
- Melissa Blumhagen
- Jackie Britnov
- Alfredo Brown
- Ciara & Keane Byars
- Lori Campion
- Alison Carl White
- Diane Carmel
- Meseret Collins-Friedrichs
- Bonnie Cooper
- Analisa, Joel, Aidan & Julian Cummings
- Patrick Darby
- Seana Davidson
- Madi Dean
- Vince Dinh
- Renee DuSoleil
- Craig Eidsmo
- David Easley
- Devi Elliot
- Dana Feaver
- Bella Flaccus
- Fran, Art & Andreas Forland
- Margaret & Abigail Forsythe
- Christine Franey
- Sharon Franklin
- Christy Gardner
- Marissa Garvey
- Amanda Gillingham

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- Madi Dean
- Vince Dinh
- Renee DuSoleil
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- David Easley
- Devi Elliot
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- Margaret & Abigail Forsythe
- Christine Franey
- Sharon Franklin
- Christy Gardner
- Marissa Garvey
- Amanda Gillingham

2012-2013 Board of Directors

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- Linda Berger, Vice Chair
- Jerry Berger
- McKenna Knight
- Barbara Schoener
- Heidi Thomassen

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- Samantha Heim
- Breena Hudson
- Olivia Price (June)
- Fiona Stefanik (July-August)

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- Build-a-Bear Workshop Foundation
- Catherine Wilkins Foundation
- Cooper-Levy Trust
- Eagles Aerie No 1
- Fales Foundation Trust
- John Rogers Elementary PTA
- Kelly Foundation of Washington
- Lucky Seven Foundation
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- Myhrvold Family Charitable Trust
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