2013-14 Annual Report
In 2013-14, Healthy HIP Packs continued to be a reliable method of ensuring children have the food they need to learn and thrive. The program grew to serve 150 students at four elementary schools in north Seattle and Shoreline. A new partnership with First Seattle Christian Reformed Church and community food drives led by Eastlake Community Church, Urban Craft Uprising, Ms. Tara’s Preschool, Rotary of Seattle Northeast and Viewlands Elementary helped foster sustainable growth of the program.

“This program continues to be a way that we can interact with our students and families in a positive way. Often, families who receive the HIP packs become more trusting and open with us, because they see that we care for their children and for them. Thank you.” — School Counselor

“I delivered the food to the students directly for the teachers one Friday and a student said to me “Oh, I am so excited it is Friday, I love these packs.”” — Family Support Worker

“I hear every week how valuable this program is for the kids. One child was weeping in September, before HIP started, because he did not have enough food to eat. This program is making a huge difference.” — School Counselor

Major Highlights of 2013-14

- Launched two new programs in 2013-14
- Expanded full-time staff in 2013-14
- Full Time Staff in 2012-13
- 7,381 Volunteer Hours contributed in 2013-14
- Volunteer hours in 2012-13
- 18,954 Pounds of donated foods utilized by our programs in 2013-14
- 10,870 Pounds of donated foods utilized in 2012-13

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

In 2013-14, Healthy HIP Packs continued to be a reliable method of ensuring children have the food they need to learn and thrive. The program grew to serve 150 students at four elementary schools in north Seattle and Shoreline. A new partnership with First Seattle Christian Reformed Church and community food drives led by Eastlake Community Church, Urban Craft Uprising, Ms. Tara’s Preschool, Rotary of Seattle Northeast and Viewlands Elementary helped foster sustainable growth of the program.

*Other meals served included Emergency Services sandwiches, bag lunches, Lake City Winter Shelter, Summer Parent Meals and school break food boxes.
Senior Community Meal Program

This was HIP first year hosting a senior meal. The meal is a part of a concerted community effort in the Lake City neighborhood to provide more services to seniors in lieu of an official senior center.

What our Diners are saying:

"I enjoyed meeting new people."

"A great program for seniors to socialize and have a great balanced meal."

"Healthy—tasty & presented nicely. Keep it up."

"I enjoyed the nutritious food and the leftovers."

"I enjoy the people since I live alone."

Over the past year of Senior Meals …

...we’ve shared 2,826 meals together.

...202 unique diners have walked through the Lake City Community Center doors.

...our most dedicated diner ate 34 lunches with us.

...the most meals served in a day was 82, and the lunch was spaghetti with meat sauce.

...and we must be true Seattleites because our volunteers brewed 113 gallons of coffee!

Thank you to all of the volunteers who cook, serve, and clean up every week!

(Above, left to right) Arlene, Nancy, and Bonnie serve up Thanksgiving lunch

(Below) Jason and Fredo, volunteers from Work Opportunities, are regular dishwashers.

(Above) Jason and Fredo, volunteers from Work Opportunities, are regular dishwashers.
Summer Meal Program
In HIP’s 3rd year of summer meals, five Summer Meal Corps Members, 3,500 volunteer hours and countless community partners made it possible to serve 6,948 meals from June to August.

New to Summer 2014!

Parent Meals
One parent shared how, now with meals for parents, HIP’s summer meal sites offer whole family support. Parents also said that offering these meals made it more likely for their families to come back often.

Lake City Summer of Fun
Eight organizations in Lake City worked together to create a full schedule of free and fun activities for kids of all ages.

Thank you to everyone who made Summer Meals possible!

Alvarez Farms
David Owen Hastings, graphic designer
Hayton Farms
Kaffeeklatsch
Lake City Community Center
Lake City Farmers’ Market
Lake City Library Branch
Lake City Presbyterian Church
Meadowbrook Community Center
Meadowbrook Teen Center
Nathan Hale High School
North Seattle Chamber of Commerce
North Seattle Family Resource Center
Office of the Superintendent of Public Instruction
Operation Sack Lunch
Orowheat Outlet
Seattle Housing Authority
Seattle Public Schools
United Way King County
University District Food Bank
Zipzicles

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

Cooking Demonstrations
HIP’s cooking demonstrations use products available at the food bank, especially highlighting fresh produce, and introduce clients to simple, healthy ways of cooking food bank products. Demos also provide clients with useful tips about cooking, nutrition, and food safety.

In 2014-15, HIP’s cooking demonstrations were taken to a new level. HIP’s staff partnered with Seattle King County Public Health to develop a cooking and nutrition curriculum fitting for the food bank population. Volunteers helped to share delicious samples and nutrition information with 100 food bank guests each week.

Focus On Oats

TIP OF THE WEEK: Oats and Oatmeal
Looking for ways to incorporate more grains into your meals? Oats are a great example of how you can creatively add whole grains into both savory and sweet dishes.

Sweet
Cookies
Cakes or Baked Oatmeal
Muffins
Oatmeal mixed with fruit

Savory
Meatloaf
Pilaf
Risotto
Breading for chicken

Recipe: Oatmeal Risotto

Recipes are available on our blog—HIP Stockpot—www.hungerintervention.org/blog
**Afterschool Snack Program**

A new partnership with Seattle Public Library’s Lake City branch  
Launch Date: October 1, 2014

On October 1st, HIP launched its first afterschool meal program. Four days a week, youth who come to the Lake City Library’s Homework Help program will now have access to a healthy snack provided by HIP. This means youth can put their full attention towards their tutors when hunger is not a distraction. Volunteers generously give their time to pass out snacks like apple & cheese slices, PB&J sandwiches, whole wheat muffins, and 100% juice. In the next year HIP will continue this great partnership and hopes to add additional afterschool meal sites.

(Above, left to right) Volunteers Fiona and Yasmeen are ready to serve up a delicious snack.

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**Fiscal Year End: September 30, 2014**

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>Expense</th>
<th>Net Income, FY End 9/30/2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>In Kind Contributions (Food &amp; Labor)</td>
<td>$103,357</td>
<td>$103,357</td>
</tr>
<tr>
<td>Individual &amp; Business Contributions</td>
<td>$31,452</td>
<td>$31,452</td>
</tr>
<tr>
<td>Grants</td>
<td>$128,268</td>
<td>$128,268</td>
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<tr>
<td>Fundraisers</td>
<td>$8,472</td>
<td>$8,472</td>
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<tr>
<td><strong>Total Income</strong></td>
<td><strong>$271,549</strong></td>
<td><strong>$271,549</strong></td>
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<tr>
<td>In Kind Contributions (Food &amp; Labor)</td>
<td>$12,421</td>
<td>$12,421</td>
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<tr>
<td>Purchased Food &amp; Containers</td>
<td>$79,412</td>
<td>$79,412</td>
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<tr>
<td>Personnel</td>
<td>$30,390</td>
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<tr>
<td><strong>Total Expense</strong></td>
<td><strong>$225,780</strong></td>
<td><strong>$225,780</strong></td>
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<tr>
<td><strong>Net Income, FY End 9/30/2014</strong></td>
<td><strong>$45,769</strong></td>
<td><strong>$45,769</strong></td>
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</tbody>
</table>

**Expenses By Category:**

| Program | $208,978 | 93% |
| Overhead | $14,892 | 7% |
| Fund Raising | $1,910 | 1% |

**Balance Sheet**

<table>
<thead>
<tr>
<th>FY end Sept. 2014</th>
<th>FY end Sept. 2013</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Assets</td>
<td>$97,171</td>
<td>$49,424</td>
</tr>
<tr>
<td>Total Liabilities</td>
<td>$5,599</td>
<td>$5,921</td>
</tr>
<tr>
<td>Net Assets</td>
<td>$91,572</td>
<td>$43,503</td>
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</table>
Our People

Our Volunteers

Nancy Albright
Amanda Gillingham
Elizabeth Lyons
Rebecca Reid

Lupe Alejandre
Robin Goodman
Alisa Malloch
Nate Rosa

Ahmed Alejbi
Karen Gustafson
Jason McGrath
Lina Rose

Nadira Ali
Katherine Hanson
Sean McKeel
Barbara Schoener

Bill Bain
Julie Heerne
May & Jim McKnight
Arlene Sellereite

Tracy Benda
Samantha Heim
Bonnie McIntosh

Andrea, Dylan & Luka Bergan
Norma Henriques
Sheila Meagher
Lara Seng

Linda & Jerry Berger
Ann Hilman
Rachel Millikan
Robin Slppern

Jackie Brotnov
Krista Hodne
Judith Millikan
Lindsay Solm

Alfredo Brown
Breanna Hudson
Erica Olin
Philip Spanne

Emily Brumsted
Elizabeth Hultbrock
David Ortt
Laura & Meghan Spring

Alanna Burstein
Emma Johnson
Sarah & Arthur Parent
Suzanne, Daniel, Jane & Joe Stauss

Clara & Keane Byars
Tim Johnson
Kaya & Eli Patten
Fiona Stofarik

Francis Cantorne
Karma & Martin Joseph
Amy Pavelich
Jennifer, Craig, Isabel & Natalie Stahlng

Greta Clousing
Dana Keene
Donalee Payne
Reiko & Lucile Sudsuth

Erin Coffey
Irv Kellenberger
Lance Peake
Charles Sullivan

Bonnie Cooper
Jong Kim
Christel Peterson
Heidi Thomassen

Joanne Corrigan
Brittany & Daniel Kirk
Nina Petrie
Peater Tsang

Roger Curran
McKenna, John & Connor Knight
Jill & Owen Petro
Nancy Turner

Elizabeth DeRooy
Elise Knox
Nancy Pinkerton
Anna Tudsby

Vince Dinh
Jane Lamb
Polly Poole
Maria Vaynnerman

Sheila Eishart
Patricia Langan-March
Julie Postma
Christa Voelker

Bella Flaccus
Joan Leck
Jenny Powell
Colleen, Claire & Alc Weinstein

Brandi Foray
Ken Lee
Sachia & Corin Powell
Linda Whang

Fren, Art & Andreas Forland
Amanda Locke
Mahalia Ramage
Claire Winston

Sharon Franklin
Karen Lowel
Rebecca Reed
Alicia Wong

Maridee Garvey
Jimena Lotaya

Major Funders (2013-14)

Catherine Wilkins Foundation
Lamb Foundation

Eagles Aerie No 1
Morgan Stanley

Fales Foundation Trust
Myhyvold Family Charitable Trust

First Seattle Christian Reformed Church
Norecliff Foundation

John Rogers Elementary PTA
Norman Raab Foundation

Kawase Foundation
Office of Superintendent of Public Instruction

Kelly Foundation of Washington

Pinkerton Foundation

Scenes from HIP Fest 2014