It's all about the people

LETTER FROM THE EXECUTIVE DIRECTOR

FOOD  is at the center of everything we do at Hunger Intervention Program (HIP). Good food. Food that is healthy, fresh, and something that we are proud to serve to hundreds of children, families, and seniors every week. But at the end, our work is really about the people — the people we serve, people who volunteer every day to make our work possible, our donors who trust their dollars with us, our staff and board members who keep our programs on track, and the people in the community who support us in innumerable ways.

It takes all of us to end hunger.

I have the privilege of working with and knowing so many incredible people who continue to inspire me every day. It's the little children who gladly share food from their Healthy HIP Packs with their younger siblings, because there is not enough for everyone, who teach me how to give selflessly. I learn dedication from the volunteers who will come driving in the snow or through hardships to make sure we have enough hands to prepare the meals that many people rely on. The students, parents, and teachers at Bryant Elementary School teach me about engaging a community to help those who are less privileged than them. It's the diners at our Senior Community Meal Program, many of whom are experiencing homelessness, who teach me to be humble. Everyone does their part in making our community a loving, caring community that takes care of each other.

Last year was yet another reminder how central people are in our work. Our fiscal year 2015-16 was marked by stability, growth, and deepening relationships with people from our community. This annual report captures a snapshot of some of the things that we have accomplished together last year. I hope you feel as proud as I do about our achievements. You are part of our work every step of the way.

We appreciate your support in helping HIP grow and serve people who are underserved.

Sincerely,

Srijan Chakraborty
Executive Director
Expanding Summer Meals Program to two new sites & greatly expanded activities

Doubled Senior Meals Program from one day to two days a week

Expanded programming at Senior Meals through partnership with Sound Generations and Sea Mar Community Health Centers

47% Increase in the number of meals served through Healthy HIP Packs with increased student enrollment

Started a new program: Cooking Matters classes

Launched our schools helping schools model of Healthy HIP Packs

### The Year in Numbers

<table>
<thead>
<tr>
<th>Year</th>
<th>Other Meals</th>
<th>Senior Meals</th>
<th>Summer Meals</th>
<th>Healthy HIP Packs</th>
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<td>2013-14</td>
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- **10,132** Volunteer hours contributed in 2015-16
- **46,424** Pounds of donated foods utilized by our programs in 2015-16
- **73,576** Total number of meals served by HIP
- **7,591** Number of Community Senior Meals served
- **47,706** Number of meals served through Healthy HIP Packs (about 47% increase from previous year)
- **10,951** Meals served in Summer Meals (including parent meals and weekend bags)
- **3,225** Afterschool snacks served at the library
One of the most exciting new developments this year was the launch of our schools supporting schools partnership with Bryant Elementary School. HIP provided them with startup materials, guidance, and logistical support. Based on the HIP model, Bryant took up the responsibility of doing food drives, collecting items, packaging them together, and delivering them to us. We then added the fresh fruits, newsletters, and distributed them to the schools we already work with. This program not only allowed us to increase our capacity further, but also worked as a great educational program for the students at Bryant.

Overall, the vital food support provided by our Healthy HIP Packs program to children at risk of hunger has continued to make sure that children from low-income families have the nutrition they need to succeed at school and thrive in life.

In Washington State, one in five children lives in a food insecure household. It is our collective responsibility to make sure our children get nutritious food and all the opportunities to succeed, not only because they are the future of this country, but also because that’s the right thing to do.

We continue to hear from kids, teachers, and parents how important this program is for the families that receive them.
Senior Community Meal Program Grows to Two Days a Week

Starting from December 2015, HIP has expanded the Senior Community Meal Program to two days a week. This was possible because of the support we received from Sound Generations (previously Senior Services), Sea Mar Community Health Centers, and other partners. We now serve a delicious and nutritious meal every Monday and Wednesday, expanded from only Mondays. The number of diners have also increased over the past year and we are seeing more people coming to our meals who are experiencing homelessness. Our goal has always been to make sure our meals are open to everyone in the community who needs it. We are glad to be able to expand this service to more days and to more people.

WHAT OUR DINERS ARE SAYING

“Meals are beautiful and plentiful. Thank you for 2 days a week. I never cook anymore so this helps a lot.”

“Everything is so good - tasty. I love all your food, cooking.”

“Hot and fresh. Tasty as well. Well-balanced diet. Good for seniors”

“Everything is like gourmet meals - flavor is wonderful - good cooks”
In 2015-16, HIP started running Cooking Matters classes in partnership with Solid Ground. Cooking Matters is a national program by No Kid Hungry, Share Our Strength. It is a six week course, two hours each week, where participants learn how to shop for and cook healthy meals, within a budget.

This program replaces our cooking demonstrations at the North Helpline food bank. We chose this program over the cooking demonstrations because of its proven longer-term effectiveness in helping people make healthier food choices. Over the six week course participants not only learn how to cook healthier meals and shop smart, but they also learn from each other, build community while sharing a meal, and use the knowledge to improve the lives of their families.

During the 2016-16 year, we completed three courses at three different host sites, North Seattle Family Resource Center, Lake City Neighborcare, and Phyllis Gutierrez-Kenney Place affordable housing, serving a total of more than 30 individuals.
Summer of Food and Fun

Summer hunger is real for many children and low-income families in our neighborhood. Every Summer, HIP partners with many community organizations to ensure that children and families in north Seattle communities, specifically the underserved populations, have access to nutritious meals and enriching activities throughout the summer when school is out.

During the summer of 2016, HIP expanded the number of sites where we serve meals from five to seven. We also greatly expanded our range of activities at the meal sites from arts and crafts, story telling, music, theater, science activities, gardening, nutrition and a lot more. Our goal is not only to serve nutritious meals to children, youth, and parents, but to make summer a fun and enriching experience for everyone, especially the underserved children and youth.

HIP received the 2016 Western Region Summer Sunshine Award for Successful and Innovative Community Partnerships!

We received this award for engaging community partners such as Seattle Housing Authority and Seattle Public Library to coordinate delivery of summer meals and enrichment activities, as well as for launching our gardening program at Lake City Court.
A nourishing meal is a great antidote to a hungry stomach. And when the stomach is full and the mind calmer, the question we need to ask is: why are people hungry? It’s surely not the lack of food. We have enough food in this world to feed everyone well. In fact, 40% of our edible food end up in our landfill. Recovering even part of that is enough to feed everyone facing hunger. We have a system where we have the food, we have people who need food, but we aren’t able to put two and two together. It is not a problem we could not solve if we really wanted to.

Unfortunately a lot of it boils down to our economic system, food policies, and political will to fix the broken system. Nationwide thousands of food banks, meal programs, soup kitchens are working hard every day to feed people in need. HIP is part of that movement. That’s great work and more is needed. However, we also need to be clear that just feeding people will never end hunger. Hunger is not just an issue of not getting enough food, it has serious repercussions for our health care system, education, jobs, and economy, to name just a few. While HIP continues to grow its direct service programs, we also actively engage in anti-hunger advocacy to change the system to really end hunger in this country, not just now, but for future generations.

One of the Washington State legislative issues HIP advocated for during the 2016 session was a bill commonly known as breakfast after the bell. There are many reasons why students across the Washington State miss their breakfasts, even though they qualify for free breakfasts, and their schools offer it. They end up starting their school day hungry and we know that hungry students can’t learn. This bill would have made breakfast just like lunch for schools with high rates of students who receive free or reduced-price lunch. It would have been part of the school day, so that the kids who need breakfast most can get it easily. Despite strong bi-partisan support in the House, this bill died in the Senate. However, our work continues. We’ll continue to push for policies that puts the underserved children and families at the forefront making sure everyone has a chance to reach their full potential.

**Food Does Not End Hunger**

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Our Finances
Fiscal Year End: September 30, 2015

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

INCOME

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<tr>
<th>Category</th>
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<td>In-kind Food</td>
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Total Income: $305,077

EXPENSES

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<td>Afterschool Snacks</td>
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<td>Healthy HIP Packs</td>
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<td>Education Programs / Cooking Matters</td>
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<td>Fundraising Expense</td>
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Total Expense: $283,541

Net Income: $21,536

*Program Expense includes $73,925 of in-kind food

A huge thanks to our volunteers!

150+ volunteers contributed more than 10,000 hours to make our work possible!
Our People

Board of Directors

Polly Poole, Chair
Linda Berger, Vice Chair
Jerry Berger, Treasurer
Yuri Kim

McKenna Knight
Jennifer Morris
Jerod Morris
Erica Olin

Elisabeth Saxon
Heidi Thomassen

Our Staff

Srijan Chakraborty
Executive Director

Phoenica Zhang
Grace Marshall
HIP AmeriCorps Program Coordinator

Darcy Buendia
Meal Program Manager

Amy Spanne
Bookkeeper

2016 Summer Meal Corps Members:

Ahmed Awwad
Anders Gould
Maeve McIver-Sheridan
Seth Drewien

Alejandro Wang
John Jimenez
Michael Hartley
Amy Stromme

OUR PARTNERS

Alpha Supported Living Services
Ballard Food Bank
Briarcrest Elementary
Bryant Elementary PTSA
City of Seattle, Aging and Disability Services
City of Shoreline: Parks, Recreation & Cultural Services
Food Lifeline
Grocery Outlet
John Rogers Elementary
John Rogers Elementary PTA
Kaffeeklatsch
Kellogg Middle School
Lake City Community Center
Lake City Farmers’ Market
Lake City Future First
Lake City Neighborhood Association
Lake City Presbyterian Church
Lake City Taskforce on Homelessness
Meals Partnership Coalition
North Helpline
North Seattle Chamber of Commerce
North Seattle Family Resource Center
Northwest Harvest
Office of the Superintendent of Public Instruction
Olympic Hills Elementary
OneLife Community Church
Operation Sack Lunch
SeaMar Community Health Centers
Seattle Food Committee
Seattle Housing Authority
Seattle Mennonite Church
Seattle Parks & Recreation
Seattle Public Library, Lake City
Seattle Public Library, Northgate
Seattle Public Schools
### OUR PARTNERS (continued)

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<td>Brittany Heinzman</td>
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<td>Claire Noriega</td>
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<td>Yuri Kim</td>
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<tr>
<td>Deci Evans</td>
<td>Jane and Peter Lamb</td>
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Our Donors

INDIVIDUALS (continued)

Audrey Palmer
Julia Park
Cheryl Parker
Binay Pathak
Amy Pavelich
Matthew Pearson
Tim Pfeifer
Polly and Jerry Poole
John & Melody Pryor
Eli Quisenberry
Bruce Ritzen
John and Janet Roach
Vonnie Rosendahl
Katrina Salisbury
Jasmine Sandhu
Elisabeth Saxon
Marsha Schmidt
Joanna Schneider
Barbara Schoener
Arlene Sellerite
Marie Shallenberger
Pompea and Fred Smith
Sandra Smith
Katherine Snyder
Amy and Alan Spanne
Louise Spanne
Stephen Spofford
Bridget Stevens

Melissa Taylor
Heidi and Scott Thomassen
Rose Thygesen
Roseann and Dean Torkelson
Ashley Van Kranenburg
Nolan Vance
Karin Guenner
Debra Warden & Steve Kohlmyer
Diana & Steven Warner
Gretchen Waymen-Palmer
Joe Weil
Colleen, Claire and Alice Weinstein
Linda Whang & Randy Brown

BUSINESSES AND OTHER ORGANIZATIONS

A&A Foodz LLC - Bent Burgers
Apple Inc. Matching Funds
Bill & Melinda Gates Foundation Matching Gifts
Blue Moon Burgers, Inc.
Bryant Elementary PTSA
Canterbury Ale House
Central Co-op
Central Pizza
City of Seattle Department of Neighborhoods
Flying Squirrel Pizza Co.
Fraternal Order of Eagles Seattle Aerie #1
Fred Meyer Community Rewards
Girl Scout Troop #50680 SU 530
Gourmondo Catering Co.
Great State Burger Laurelhurst
Green Lake Massage Health Center LLC
Gregg’s Greenlake Cycle, Inc.
Griffith Rush Drake Insurance
John Rogers PTA
Lake City Presbyterian Church
Maritime Pacific Brewing Co
Microsoft Matching Gifts Program
Miller Laine Properties LLC
Mioposto Northwest LLC
Mission Department, Wedgwood Community Church
New Roots Organics Inc
Nutty Squirrel Gelato
PayPal Giving Fund
Proletariat Pizza LLC

Queen Anne Eye Clinic
Red Door Inc.
Reuben’s Brews
Silicon Valley Community Foundation Matching Gifts
Skanska USA Building Inc.
Sound Generations (previously Senior Services)
St. Bartholomew’s Anglican Church
Symetra Financial Matching Gifts
Synopsys Employee Engagement Fund
Therapeutic Associates Physical Therapy
T-Mobile Matching Gifts
Tsunami Soccer Team
Verizon Foundation Matching Gifts
Vios Cafe at Third Place LLC
Watershed Pub & Kitchen