A YEAR IN PERSPECTIVE
Letter from the Executive Director

2018-19 was a great year for HIP.

We were overwhelmed with the show of support from our community. It is a wonderful feeling to know that our work is being recognized in the wider community and that there are so many people who are willing to stand up for one of the most basic human rights — access to healthy, culturally-appropriate food for everyone. We cannot offer enough thanks to our donors, volunteers, community partners, and program participants who not only make our work possible, but also make it fun and meaningful.

This is also the year we marked our ten-year anniversary. Looking back at HIP’s official journey since its inception in 2008, we see how the passion of our founders, Linda Berger and Rhoda Morrow, have transformed a simple idea into this thriving organization today, with the help of incredible supporters like you. What started as a small operation with a few volunteers has evolved into the HIP today that serves more than 95,000 healthy meals a year and provides cooking/nutrition education to many hundreds of children, families, and seniors. Additionally, we continue to advocate for a just and sustainable food system that addresses the root causes of hunger.

As we celebrated our ten-year anniversary, we reflected on our journey so far and imagined what our future might look like. In the current political and social environment it seems audacious to imagine a new world without hunger, where the services of HIP won’t be necessary.

However, we must have hope and we must keep working towards a better future because we know that it is possible, but only when we act.

Our work will continue in this new program year and beyond, until we can work ourselves out of our jobs. No doubt, there will be many challenges along the way. Thank you for standing strong with us in our journey to ensure healthy food on every table.

Onward,

Srijan Chakraborty
Executive Director
2018-19 HIGHLIGHTS

★ Sixteen percent more meals served compared to the previous year.

★ Celebrated one-year anniversary of East African Elders Food & Fitness Program serving hundred-percent more participants weekly than was anticipated when this program launched.

★ Expanded Summer Eats Program serving thirty-two percent more nutritious meals to children.

★ Launched cooking/nutrition education classes in local schools to promote healthy eating.

★ More students received Healthy HIP Packs providing nutritious food for the weekend when school meals are not available.
THE YEAR IN NUMBERS

95,206  TOTAL NUMBER OF MEALS SERVED BY HIP
15,034  NUMBER OF COMMUNITY SENIOR MEALS SERVED
53,276  NUMBER OF MEALS SERVED THROUGH HEALTHY HIP PACKS PROGRAM
24,076  MEALS SERVED IN SUMMER MEALS (INCLUDING PARENT MEALS AND WEEKEND BAGS)
1,968   AFTERSCHOOL SNACKS SERVED AT THE LIBRARY

11,832  VOLUNTEER HOURS CONTRIBUTED

41,712  POUNDS OF DONATED FOODS UTILIZED

MEALS SERVED

*OTHER MEALS SERVED INCLUDED AFTERSCHOOL MEALS, LAKE CITY WINTER SHELTER MEALS, COOKING CLASSES, AND OTHER ONE-TIME PROGRAMS.
SENIOR COMMUNITY MEALS CONTINUE TO GROW

HIP’s Senior Community Meal program has been one of our flagship programs since it’s inception in 2013. It grew slowly from one day a week to two days a week in 2015. Since April 2018, this program has grown to serve nutritious, hot meals to primarily seniors three days a week—Mondays, Wednesdays, and Fridays. Because of this expansion to the third day of service and increased attendance because of the popularity of the program overall, we saw a 45 percent increase in the number of meals served this year.

HIP’s Senior Community Meal Program serves low-income seniors, people with disabilities, and others who lack reliable access to nutritious, affordable food or who are unable to cook for themselves. Although this program is primarily geared towards seniors, HIP maintains an open-door policy so that no one in need of food is turned away. Approximately twenty percent of those who attend the community meal on a regular basis are adults under the age of sixty, many of whom are experiencing homelessness.

A recent report states that nearly one in six senior citizens in the United States is food insecure. The problem is so severe that the American Association of Retired Persons (AARP) estimates that seniors face more than $130 billion in additional healthcare costs every year due to medical issues resulting from hunger (The Facts Behind Senior Hunger, Aging in Place Health Hub, October 2019). This is a staggering number and completely unacceptable to us, especially in the richest country on earth.

We continue to invest in this program to reach out to people who need our services the most and to make sure we serve the needs of the diverse population of seniors who visit our program.

WHAT OUR DINERS ARE SAYING:

“I love the balanced meals, I don’t always feel like cooking.”

“Lunch staff is so nice and helpful.”

“I’m always telling people about the good hot lunch here, Thank you and God Bless you.”
MORE CHILDREN RECEIVED SUMMER MEALS

HIP's Summer of Food and Fun Program provides daily, nutritious meals and fun, enriching activities for at-risk children and youth ages 1- to 18 in North King County, Washington. The program also provides a meal to adult caregivers and additional weekend food boxes for the entire family. This program is made possible because of generous support from the United Way of King County and many other partners. HIP partners with more than 20 organizations during the summer months to host meal sites, provide programming, do outreach, and deliver meals to children.

The National Summer Learning Association reports that disadvantaged children are more likely to experience the “summer slide,” either treading water at best, or falling behind academically during the summer months. According to an article from The New York Times, “Most kids lose math skills over the summer, but low-income children also lose, on average, more than two months of reading skills — and they don’t gain them back.” This cumulative learning loss can put these children up to three years behind academically in comparison to their higher income peers by the end of elementary school.

In 2019, HIP provided 10,517 fresh meals to children and 24,228 meals overall, including weekend meals and those provided to parents or adult caregivers through our Summer of Food and Fun program. A total of 450 children participated in the program that included over 100 hours of fun, educational activities during summer 2019 that helped children keep their minds active over the summer.

This year HIP piloted a new model for this program where our van makes multiple stops and serves meals at different locations. Instead of one location serving for a longer duration, this model prioritizes serving multiple locations with shorter duration of meal service. This model allowed us to ensure more children in our community have access to nutritious meals during the summer months. HIP also served more hot meals this summer as compared to previous years and the children loved that.
One of HIP’s signature programs is the Healthy HIP Packs program that provides nutritious, kid-friendly food for the weekends when school based free & reduced-price meals are not available. A lack of food security widens the educational disparity between low-income children and their food-secure peers. Healthy HIP Packs program levels the playing field by ensuring low-income students have consistent access to healthy meals over the weekend and thus ensures that every child has the opportunity to learn and fulfill their dreams.

During the 2018-19 school year, the Healthy HIP Packs Program served more than 300 students every week across ten different schools, up from nine schools last year (Refugee Women’s Alliance Lake City Preschool, John Rogers Elementary, Viewlands Elementary, Olympic Hills Elementary, Briarcrest Elementary, Bryant Elementary, Cedar Park Elementary, Northgate Elementary, Bothell High School, and the Northshore School District’s Adult Transition Program).

In total, HIP distributed 8,880 HIP Packs, amounting to a total of 53,276 nutritious meals, an 8% increase from the previous year. Additionally, HIP distributed another 1,960 Healthy HIP Packs (11,760 meals), in partnership with the University District Food Bank, during the summer of 2019 as part of HIP’s Summer Meals Program.

This past year, we expanded the program to add a new preschool and increased the total number of meals delivered. Additionally, we increased our educational programming at our partner schools and were also able to increase food quality to promote better health for children. The combination of direct food service with cooking and nutrition classes ensures that the children and families have the knowledge and the resources to eat healthy beyond just the weekends boosting the overall impact of this program.
HIP celebrated its official ten-year anniversary in December 2018. So much has changed since the time we started. Many new programs have taken shape and grown over the years. We have served hundreds of thousands of nutritious meals. Many volunteers and staff have changed. But one thing that has remained constant is our commitment to making sure people in our neighborhood don’t go hungry. What has not changed is our value that everyone deserves affordable, consistent, and healthy meals.

HIP’s journey wouldn’t have been possible without the help and support from countless individuals, community based organizations, faith communities, and businesses. We are grateful for all the support and encouragement we have received along the way that paved the road for our work today.

“HIP does wonderful work in our community! It’s not only what HIP provides, it’s how they provide it -- always with respect for every single senior, adult and child, their cultures and their needs.”

- Ann Fuller, Community Director, Children’s Home Society of Washington North Seattle Family Resource Center
FINANCIALS 2018-19

Hunger Intervention Program is grateful for donations from individuals and businesses, grants from foundations, funds from government programs, and generous contributions of food from Seattle area food distributors such as Food Lifeline and Northwest Harvest. Our fiscal year runs from October to September.

TOTAL INCOME
$712,592
- $89,248 Individual / Business Donations
- $209,155 Government Contracts / Reimbursements
- $173,137 Private Foundation Grants
- $244,207 In-Kind Donations*
- $14,034 Fundraising Events
- $2,811 Other

TOTAL EXPENSE
$660,735
- $234,666 Senior Community Meals
- $19,994 Afterschool Snacks
- $186,487 Summer Eats
- $119,377 Healthy HIP Packs
- $38,532 Nutrition Education
- $61,679 General Operating Expenses

NET INCOME
$51,858
* This includes in-kind food donations and volunteer labor valued at $15/hour.
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Bethany Community Church
Bryant Elementary School / PTSA
Catholic Community Services
Central Co-op
City of Seattle, Aging and Disability Services
City of Shoreline: Parks, Recreation & Cultural Services
First Christian Reformed Church of Seattle
Food Lifeline
Horn of Africa Services
John Rogers Elementary School / PTA
Kaffeeklatsch
Kellogg Middle School
King County Library System
Lake City Collective
Lake City Community Center
Lake City Farmers’ Market
Lake City Future First
Lake City Neighborhood Association
Lake City Presbyterian Church
Lake City Partners Ending Homelessness
Lake Forest Park Rotary
Literacy Source
Low Income Housing Institute
Meals Partnership Coalition
North Helpline
Children’s Home Society of Washington, North Seattle Family Resource Center
Northwest Harvest
Office of the Superintendent of Public Instruction
Olympic Hills Elementary School
OneLife Community Church
Operation Sack Lunch
Provail
Refugee Women’s Alliance
SeaMar Community Health Centers
Seattle Farmers Market
Seattle Food Committee
Seattle Housing Authority
Seattle Mennonite Church
Seattle Parks & Recreation
Seattle Public Library, Lake City Branch
Seattle Public Schools
Seattle School District
Seattle YMCA
Senior Housing Assistance Group
Silver Kite Community Arts
Solid Ground
Sound Generations
Thornton Generations
United Soccer
United Way of King County
University District Food Bank
Viewlands Elementary School / PTSA
VOICE Program, City of Mercer Island
Washington Food Coalition
Washington State Anti-Hunger and Nutrition Coalition
Work Opportunities
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Boeing Employees Community Fund
Catherine Holmes Wilkins Foundation
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Glaser Foundation Inc.
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Harvest Foundation
Kelly Foundation of Washington
Lake Forest Park Rotary Charitable Foundation
Moccasin Lake Foundation
Rotary First Harvest
Sodexo Foundation
The Norcliffe Foundation
United Way of King County
Windermere Foundation

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Jacques Perschon
James Colquhoun
The Norman Raab Foundation recognizes the importance of access to healthy food for kids to succeed in school and is proud to be a part of this program’s growth in recent years. We commend the Hunger Intervention Team for connecting volunteer energy with school communities to lift up families that need extra support. Thank you for all you do!“

Sara Raab McInerny, Executive Director, The Norman Raab Foundation