


# Hunger Intervention Program

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Annual Report to the Community  
October 2021 - September 2022



# Letter from the Co-Executive Directors



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HIP's 2021-22 fiscal year was marked by many ups and downs, reflecting the broader socio-economic conditions in this country. While many parts of our lives were trying to get back to some form of normalcy after a year and a half of COVID-19-related restrictions, other parts of our lives were changed forever.

As most households were trying to dig out of the economic downturn, inflation soared at a time when federal benefits, like the Child Tax Credit, disappeared. As a result, we continued to see a high demand for our food support services at HIP. Some programs saw lower participation rates, like the Healthy HIP Packs program, compared to the peak demand during the height of the pandemic. But other programs saw sustained and even increased demand. Through all these ups and downs, one thing was constant – the support from our community, our volunteers, and our donors, who stepped up, again and again, to ensure there was always nutritious, culturally appropriate food on the tables of our neighbors.

This was also a year of reflection and listening at HIP. In partnership with some of our local partners, we engaged in a community-driven listening project where we interviewed many working-class and BIPOC (Black, Indigenous, and People of Color) neighbors. We met with our program participants, donors, volunteers, and other community partners. Altogether, we talked with almost 200 individuals. With the help of an external consultant, we analyzed and reflected on what we heard from our community and used all of that feedback to draft HIP's strategic priorities for the next three to five years. We are excited to share the final version of this plan with the community in early 2023.

HIP is ready to embrace the new year with its challenges and opportunities. Encouraged by the generous support from our community, we are going to continue our work with a renewed sense of purpose, rooted in our mission and values, and guided by the lived experiences of our community members who are facing food insecurity.

We appreciate your continued support and engagement in this work. Our work would be incomplete without you.

In partnership,  
Darcy & Srijan  
Co-Executive Directors



# 2021-2022 Highlights

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**Served 136,726 meals**, an increase of 42 percent from pre-COVID pandemic numbers

**Expanded Senior Community Meal** to serve homebound seniors through deliveries

**Served 39,392 meals** to residents of The Oaks Enhanced Shelter in first full year of Shelter Meals program

**Extended Healthy HIP Packs** program to more schools in Shoreline

**Reintroduced in-person nutrition education and cooking classes** to low-income families, seniors, and other vulnerable populations

**Conducted community needs assessment** to identify gaps in food access programs in North Seattle



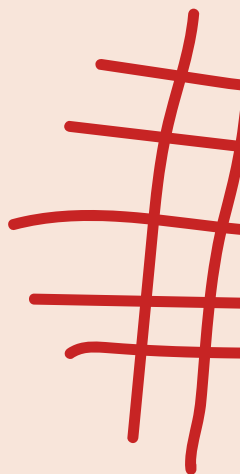
# The Year in Numbers

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|  |         |
|--|---------|
| Total number of meals served by HIP                        | 136,726 |
| Meals served through Senior Community Meals program        | 24,650  |
| Meals served through Healthy HIP Packs program             | 60,396  |
| Meals served through Summer Meals (including parent meals) | 8,930   |
| Meals served through Shelter Meals program                 | 39,392  |
| Meals served through other programs*                       | 3,358   |
| Volunteer hours contributed                                | 7,986   |
| Pounds of donated foods utilized by our programs           | 5,708   |

\*Nutrition education programs, Community Food & Fitness program, and donations to God's Little Acre day shelter





## STORY

# Senior Community Meal expands to serve homebound seniors through deliveries

“Once again, as heat stays in our area, I am reminded how fortunate I am to have the help of Hunger Intervention lunches delivered to me. I haven’t been outside for 2 weeks and these meals are a blessing on hot unpleasant days. For those of us with mobility and pain issues, these delivered lunches are wonderful. Thank you.”

- Recipient of Senior Meal deliveries

HIP’s Senior Community Meal at the Lake City Community Center serves fresh and nutritious meals to seniors three days a week. Since its inception in 2013, the program has become a crucial source of nutrition for many seniors in the community. When the COVID-19 pandemic hit and many seniors were suddenly forced to stay home, HIP partnered with Sound Generations’ Hyde Shuttle to deliver meals directly to participants. The service was popular, and it quickly became clear that deliveries needed to continue beyond the height of the pandemic.

When the Hyde Shuttle could no longer continue its delivery service, HIP and Lake City Seniors, a program of Sound Generations, stepped up to take its place. In January 2022, HIP hired the staff and recruited the volunteers needed to replace the Hyde Shuttle’s delivery routes. Since then, this program has been delivering over 75 meals three days a week to homebound seniors. Lake City Seniors enrolls seniors who are in need of deliveries, and HIP prepares and packs the meals and delivers them in a timely manner.

Demand for the Senior Community Meal program has always been high, and this year was no different. The program has grown 64 percent since the beginning of the pandemic. With food prices reaching record levels due to inflation, the buying power of seniors living on fixed incomes decreased significantly in 2022. The Senior Community Meal in Lake City, and its sister program serving East African elders in Northgate, have always centered around providing a community space for seniors to gather. While a community dining space will always be a priority, adding a delivery option has allowed HIP to serve a new portion of the population that would not otherwise be able to access meals.



## STORY

# Shelter Meals completes first full year at The Oaks Enhanced Shelter

“Hunger Intervention Program is a key partner for our program at The Oaks. Ensuring our shelter guests have access to freshly cooked, balanced and nutritious meals goes a long way in nurturing them, boosting their health, and helping them stabilize. We appreciate working with HIP, who provide a base-line service of regular meals and are also great to work with on special events and holidays – going that extra mile to help guests feel connected and engaged in community at The Oaks Shelter.”

- Testimonial from Lake City Partners Ending Homelessness

Since April 2021, HIP’s Shelter Meals program has been providing fresh dinners plus continental-style breakfasts to residents of The Oaks Enhanced Shelter in Shoreline. The Oaks is run by Lake City Partners Ending Homelessness (LCP) and houses up to sixty residents who are transitioning out of homelessness. When HIP was approached to do the meal service, we knew it would be a monumental task. Serving two meals a day to 50 to 60 individuals (depending on shelter occupancy) comes out to over 800 meals a week. This fiscal year, the Shelter Meals program served 39,392 meals at the shelter, making it our second-largest program after Healthy HIP Packs.

Running this program takes a village. Shelter Meals Program Coordinator Rachel plans the menus and relies on the help of other HIP staff as well as a team of volunteers to prepare the meals each week. The dinners that residents receive are not only fresh and nutritious, but also diverse and prepared with love. Residents can often count on extra homemade treats to complete their dinners, and our chefs are constantly working to meet dietary restrictions and incorporate feedback wherever possible. These meals play an important role in supporting the health of shelter residents as they transition out of homelessness.



## STORY

# Healthy HIP Packs and Summer Meals feed families all year long

“We really enjoyed bringing our kids here because we have five children and meals are tough during summer. All of the people working here are friendly and made us feel welcomed.”

- Lizah, participant of Summer Meals program at Shoreline library

When the COVID-19 pandemic hit and schools were forced online, the Healthy HIP Packs and Summer Meals programs grew exponentially to meet the needs of the tens of thousands of Seattle and Shoreline students who suddenly lost access to their school meals. Demand for these programs fell when school finally returned in-person in September 2021, but not as much as it should have. As the world returned to the new normal, federal programs such as the expanded Child Tax Credit, which helped families get through the pandemic, came to an end. This meant that hunger among children and families remained high. Currently, one in six children face food insecurity in Washington.

As always, HIP recognized the ongoing need and responded. In the 2021-22 fiscal year, the Healthy HIP Packs and Summer Meals programs served over 69,000 meals to children and parents. Alongside our summer meal service, which provided fresh meals five days a week plus Healthy HIP Packs for weekend meals, HIP offered a robust program of educational activities at meal sites such as skateboard and dance classes, arts and crafts, science experiments, and more.





## STORY

# Nutrition and cooking classes educate more vulnerable individuals and families

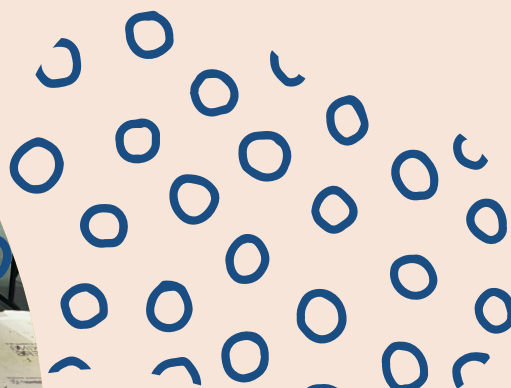
“I have felt very inspired to cook the last few weeks and being in this class has definitely contributed to that. Being exposed to simple recipes has really opened my eyes to trying new things.”

- Participant of a cooking and nutrition education class

Nutrition education, one of the three pillars of HIP’s work, was largely placed on hold during the height of the pandemic. This fiscal year, HIP prioritized bringing education programs back to the forefront, working with many local partners and offering a diverse range of programming to meet the needs of the populations we serve.

The most frequent classes HIP taught were based on the Cooking Matters curriculum. Cooking Matters is a nationally-recognized six week course that includes lessons on meal preparation, cooking techniques, food budgeting, nutrition tips, and more. This fiscal year, HIP taught four multi-week courses both virtually and in-person to parents, seniors, and English language learners. These classes were offered in partnership with Lake City Seniors, Build Lake City Together, and Literacy Source.

In addition to in-person classes, HIP continued the Wellness Program, which was developed during the pandemic as a way to provide low-income families with simple and healthy meals while teaching cooking techniques and wellness tips. HIP also taught nutrition classes to students as part of a local elementary school’s Investigate, Design, Enhance, Achieve (IDEA) Time, and held cooking demonstrations at the Lake City Farmers Market throughout the summer. Through these many programs, food-insecure community members of all ages and backgrounds developed important skills which will help them make long-term healthy food choices.





## STORY

# Feedback from community helps guide HIP's work

“I would use food banks more often if the quality was better.”  
“More fresh produce.” “More accommodating to my schedule.”  
“Food appropriate to my culture.”

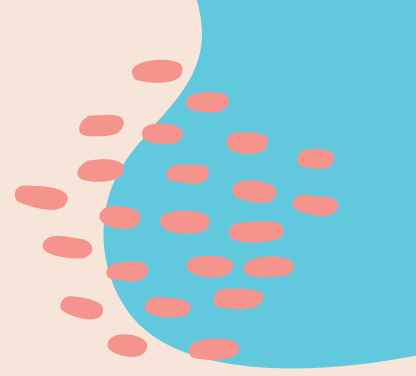
- Comments heard as part of the Community Listening Sessions

HIP and its many community partners know that in order to best meet the needs of our community, we must listen to the populations we serve to discover where the gaps in local food access programs lie. As a result, this year HIP held community listening sessions to hear directly from local low-income and BIPOC (Black, Indigenous, & People of Color) individuals, many of whom rely on food programs in the area. To do this work HIP hired eight community liaisons to survey their own communities, and partnered with North Helpline Food Bank, Children's Home Society of Washington's North Seattle Family Center, and Lake City Farmers Market. This project was funded by the Washington State Department of Agriculture.

A diverse group of 95 individuals participated in our listening sessions. We learned that for many, the greatest challenge was accessing quality, culturally-relevant foods that met dietary restrictions. In addition, the need for food deliveries became apparent when participants were asked about service gaps. Feedback from the listening sessions is being used to help shape the food support programs that HIP and other partner agencies offer.



# 2021-2022 Financials



Hunger Intervention Program is grateful for donations from individuals 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** **\$1,252,461**

|                                     |           |
|-------------------------------------|-----------|
| Individual/Business Donations       | \$251,913 |
| Government Contracts/Reimbursements | \$550,708 |
| Private Foundation Grants           | \$306,354 |
| In-Kind Donations*                  | \$133,307 |
| Fundraising Events                  | \$7,030   |
| Other                               | \$3,149   |

## **Total Expenses** **\$1,167,401**

|                               |           |
|-------------------------------|-----------|
| Senior Community Meal Program | \$375,760 |
| Shelter Meals Program         | \$210,398 |
| Childhood Nutrition Program   | \$209,346 |
| Healthy HIP Packs Program     | \$106,299 |
| Educational Programs          | \$90,894  |
| General Operating Expenses    | \$161,652 |
| Advocacy                      | \$13,052  |

## **Net Income** **\$85,060**

\*Includes in-kind food donations and volunteer labor valued at \$17.27/hour.

# Our People

## Our Staff

Darcy Buendia  
*Co-Executive Director of Programs*

Srijan Chakraborty  
*Co-Executive Director of Operations*

Lauren Cameron  
Rachel Mina  
*Shelter Meals Program Coordinator*

Emebet Mamo  
*East African Meal Program Coordinator*

David Salerno  
*Senior Meal Program Coordinator*

Madeleine Cole  
*Volunteer & Communications Coordinator*

Toni Higgs  
*Development Manager*

Sarah Dowling  
Angelina Gawaran  
Farheen Saleem  
*WSC AmeriCorps Members*

Amy Spanne  
*Bookkeeper*

Alex Eaglespeaker  
Julia Kleemann  
*Dishwasher*

Seth Dimarco  
Steve Zweifach  
*Delivery Driver*

Ryan Phi  
*Summer Activities Coordinator*

Florence Shelley  
*Summer Meals Cook*

Jane DePaolo  
*Kitchen Assistant*

## Our Board of Directors

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Ben Hubner  
Dawit Kamara  
Eva Lieber  
Mellot Mamo  
Indu Sareen  
Liat Weinstein  
*2021-22 HungerCorps*



# Our Partners

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AARP Senior Community  
Service Employment Program  
Abused Deaf Women's Advocacy Services  
All that Dance  
Alpha Supported Living Services  
Bethany Community Church  
Black Coffee Northwest  
Briarcrest Elementary School  
Bryant Elementary School / PTSA  
Build Lake City Together  
Cares of Washington  
Catholic Community Services  
Cedar Park Elementary School  
Church of Jesus Christ of Latter-day Saints  
City of Shoreline: Parks, Recreation  
& Cultural Services  
First Christian Reformed Church of Seattle  
Food Lifeline  
Husky Futures  
John Rogers Elementary School / PTA  
Kaffeeklatsch  
Kellogg Middle School  
King County Library System  
Lake City Community Center  
Lake City Farmers Market  
Lake City Summer Festival & Parade  
Lake City Presbyterian Church  
Lake City Partners Ending Homelessness  
Lake Forest Park Rotary  
Liberty Mutual  
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  
Operation Sack Lunch  
Pfingst Animal Acres Park's Master Gardener  
Demonstration Garden

Provail  
SeaMar Community Health Centers  
Seattle Fire Department  
Seattle Department of Neighborhoods' P-Patch  
Community Gardening Program  
Seattle Food Committee  
Seattle Housing Authority  
Seattle Human Services Coalition  
Seattle Mennonite Church  
Seattle Parks & Recreation  
Seattle Public Library, Lake City Branch  
Senior Housing Assistance Group  
Shoreline Christian Reformed Church  
Skate Like a Girl  
Solid Ground  
Sound Generations  
Swinerton  
Teens In Public Service  
Thornton Creek Elementary School  
Viewlands Elementary School / PTSA  
Washington Food Coalition  
Washington Service Corps  
Washington State Anti-Hunger and Nutrition  
Coalition  
Wedgewood Community Church  
Wedgewood Presbyterian Church  
Windermere Eastlake  
Work Opportunities





# Our Donors



## Foundations

Elizabeth A. Lynn Foundation  
Fales Foundation Trust  
Kawabe Memorial Fund  
Goel Giving Fund  
Kelly Foundation of Washington  
Kroger Zero Hunger Zero Waste Foundation  
Lake Forest Park Rotary Charitable Foundation  
Schultz Family Foundation  
Seattle Foundation  
Sodexo Foundation  
The Albertsons Companies Foundation  
The Norcliffe Foundation  
Windermere Foundation

## Businesses, Faith Organizations, Nonprofits, and Governments

Arch Business Services LLC  
Aurora Rents  
AvalonBay Communities  
Chabad Jewish Center of North Seattle  
Chapter & Verse  
City of Seattle  
Fairlife, LLC  
Harvest Against Hunger  
HomeStreet Bank  
Johnsons Auto Repair  
Lake City Partners Ending Homelessness  
Lake City Presbyterian Church  
LCPC Presbyterian Women  
Liberty Mutual  
Morris and Morris Real Estate  
Network for Good  
Puget Sound Energy  
SeaTango Foods LLC  
Sound Generations  
Shoreline Christian Church  
Shoreline Unitarian Universalist Church

Washington State Department of Agriculture  
Windermere Eastlake  
Unico Properties  
United Way of King County  
US Foods  
Viewlands Elementary PTSA

**And lastly, a thank you to many  
hundreds of individual donors  
who make our work possible.**

