

JULY 2021 - JUNE 2022

ANNUAL REPORT



CELEBRATING 40 YEARS HELPING THE HEARTLAND

1982 - 2022



Representatives of our Agency Partner, Meadow Land Baptist Church, pose at our 40th Anniversary Celebration in Bowling Green

A Year of Resilience

As I stop to reflect on last fiscal year, the word resilient continues to cross my mind. The food bank staff and our network of agency partners continued to be resilient even after working non-stop the prior year. Our neighbors in need were also resilient as the public health crisis continued, historic inflation took hold and supply chain disruptions became an everyday occurrence.

And if that wasn't already stressful enough for everyone, eight different tornadoes hit Kentucky in the overnight hours of Dec. 10, 2021, killing 80 people, destroying homes and leveling entire towns. Fifteen of the 16 counties that were severely impacted by the natural disaster were in FAKH's service area. But once again, our incredible team of staff members, our agency partners and volunteers showed just how resilient this network could be by withstanding yet another difficult circumstance.

Our only focus was to provide immediate relief to our neighbors who had just experienced a life changing tragedy.

We did also find time to celebrate FAKH's 40th anniversary with three signature events. Many of our donors, volunteers, agency partners, organizations and community partners joined us as we reflected on all the milestones that had been accomplished including distributing over 318 million pounds of food that helped to provide over 265 million meals to our neighbors facing hunger.

Your gifts of donations and time inspired and uplifted us all. You not only provided food but much needed hope when resiliency and grit were all that was left for most of us.

Grateful for you,

Jamie Sigemore

Executive Director



Leadership Staff

Jamie Sizemore
Executive Director

Kathy Dile
Director of Finance

Stephanie Hester
Director of Development

Wayne Tyree
Director of Operations

Cassie Cairns
Director of Programs
& Agency Services

Milissa French
Director of Programs
& Agency Services

Jaime Thomas
Director of Marketing
& Communications

Staff

Vicki Abshire
Assistant Warehouse
Manager

Sara Hickman
Agency Services
& Programs Assistant

Marcus Murphy
Team Support Associate

Christopher Smith
Driver (CDL)

Pamela Alicna
Children and Senior
Programs Manager

Marty Highbaugh
Volunteer Center
Warehouse Manager

Melissa Neary
Volunteer Coordinator

Fred Spires
Food Sourcing
Coordinator

James Allen
Driver (CDL)

John Holmes
Driver (CDL)

Randy Osburn
Team Support Associate

Carroll Williams
Driver (CDL)

Victor Baumfalk
Team Support Associate

Nathan Huggins
Transportation Manager

Penny Prince
Business Office Associate

William Williams
Team Support Associate

Veronica Bigler
Warehouse Manager

Kaitlyn Jackson
Volunteer Coordinator

Charlie Seward
Team Support Associate

Rhonda Wise
Team Support Associate

Darla Brown
Grant Administrator

Charles Jones
Team Support
Associate II

Kara Shirley
Team Support Associate

John Burba
Driver (CDL)

John Kerr
Team Support Associate

Holly Carlson
Communications &
Marketing Manager

Blake Langdon
Team Support Associate

Austin Davis
Team Support Associate

Traci Life
Donor Information
Analyst

Karen Fitzsimmons
Retail and Manufacturer
Food Coordinator

Zara Marcias
Equity, Diversity, &
Inclusion Liaison

Caroll Haynes
Driver (non CDL)
Retail Pick-Up

Danny Marcum
Driver (CDL)

Kevin Kimbel

Kevin is one of FAKH's dedicated CDL drivers who makes sure that our communities get the food that they need each week.

When asked about the impact of working at FAKH he shared that **"It was humbling to see the need after the tornadoes came through. I've been where many of those people were - experiencing hunger and homelessness - and I was glad to be a part of an organization that could help in such a big way."**



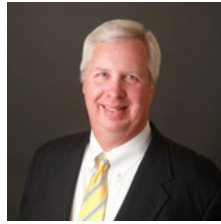
Our Board



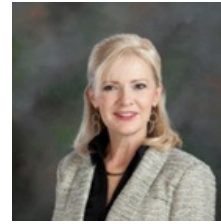
Julia Springsteen
Attorney
Hardin County
Board Chair



Jeremy Hinton
Hinton's Orchard
& Farm Market
Larue County
Vice Chair



Scot Hutcheson
Merrill Lynch
Hardin County
Treasurer



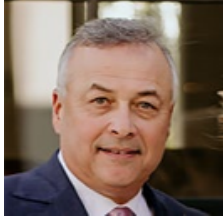
Sherry Powers
Bluegrass
Network
Hardin County
Secretary



LaToya Drake
UK Extension
Service
Barren County



Erica Gillette, MD
UofL Glasgow
Family Medicine
Edmonson
County



Larry Glass
Glass Holdings, llc
Barren County



Stefanie Goff
Lincoln Trail
District Health
Department
Hardin County



Laura Hagan
Kerrick Bachert
PSC
Warren County



Tim Hagan
Hartlage
Management
Company
Hardin County



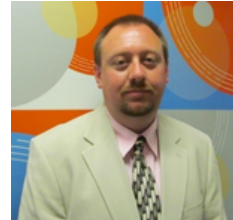
Taylor Hayes
Christian County
Chamber of
Commerce
Christian County



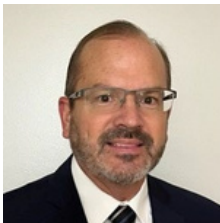
Jennifer Maddux
Planters Bank
Christian County



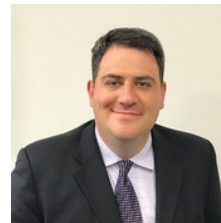
Mary Mills-Turner
Retired USDA
Farm Service
Agency
Hart County



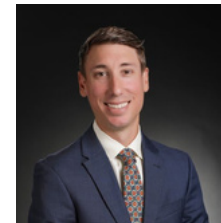
Wes Mudd
WesBanco
Hardin County



Michael Smith
Kroger
Pulaski County



Steven Smith
The Cecilian Bank
Grayson County



Raffo Wimsett III
Town & Country
Bank & Trust Co.
Nelson County

Each of our Board Members financially supports our mission to take hunger off of the table for our neighbors in the Heartland and every year we are able to match donor funds to our Board's contribution to have a greater impact for our neighbors.



FAKH Transportation Manager
Nate Huggins unloads a truck

Who We Are

Feeding America, Kentucky's Heartland is a regional food bank that **serves those in need by acquiring and distributing donated food, grocery items and government commodities through our member network of partner agencies in 42 counties.**

Founded in 1982, FAKH serves our communities through a network of 222 agency partners and a variety of programs.

Since our establishment, FAKH has distributed 318 million pounds of food - the equivalent of 256 million meals - to Kentuckians in the Heartland.

Our vision is that no one will go to bed hungry in our service area, and with your help, we are making that vision a reality.



A Word from our Board Chair

The last year has severely tested the staff of Feeding America, Kentucky's Heartland and to say that the board is proud of the work they have accomplished is an understatement.

Devastating tornadoes, legislation impacting seniors and single parents and inflation have increased the demand on our services to unprecedented levels.

Despite this, the trucks keep heading out, the volunteers keep coming in and FAKH continues to get food to our agency partners in 42 counties.

Myself and the board are thankful for the innovations and efficiency that our leadership team has implemented and look forward to continued progress in 2023.

Julia



40 Years Helping the Heartland

In 2022, FAKH celebrated 40 years of filling plates for thousands of Kentuckians.

From our humble beginnings - with founders Rita Jenkins and Dottie Hanson collecting change to secure Post Office Box 821 - which we still use today - to our transformation to a 42-county service area which distributed food to nearly 250,000 people annually, we have accomplished a lot in 40 years.

Some of the milestones include:

- Distributed over 318 million pounds of food - the equivalent of 256 million meals
- Grew our agency partners from five to more than 220 including pantries, soup kitchens, children's programs and other non-profit organizations
- Established nine programs to address food insecurity
- Expanded service area into 42 Kentucky counties

In the months of May and June we officially celebrated our 40th anniversary by hosting picnic events in Hopkinsville, Elizabethtown and Bowling Green.

We invited donors, volunteers, agency partners, organizations and community supporters together to recognize and celebrate all the great work that has been done over the years while looking forward to our future.



This year FAKH plans to:

- Pilot two new feeding programs in alliance with school districts and medical providers
- Invest in our agency partners' capacity to serve
- Finalize our Strategic Plan

Thank you to our many gracious partners and community supporters for making our 40th anniversary so special! We could not take hunger off of the table without your help!



Our Beginning

At our Elizabethtown 40th Anniversary celebration, we were joined by one of our amazing founders, Mrs. Rita Jenkins.

Rita shared with us how the food bank was established and her story shows that grit and determination have been a part of FAKH since the beginning.

You can listen to Rita's story and see a recap of our events by scanning the code to the left.



Fiscal Year '22 Highlights

OVER
18 MILLION
POUNDS OF FOOD



15.1 MILLION
MEALS
TO OUR
NEIGHBORS
FACING
HUNGER
THIS YEAR



2.6 MILLION
POUNDS OF FOOD
RESCUED AND
REDISTRIBUTED



98,098
SENIOR
BOXES



120,185
BACKPACK
BAGS



74
MOBILE
FOOD
PANTRIES



2.2 MILLION POUNDS OF FRESH PRODUCE
PROVIDED TO OUR NEIGHBORS



County Impact Report

	# Food Insecure Individuals	# Food Insecure Children	# Partner Agencies	Lbs. of Food provided by FAKH	\$ Value of Food provided by FAKH
Kentucky	575,300	162,100			
FAKH Service Area	152,230	44,880	222	18,192,527	\$31,439,690.18
Adair	2,950	690	5	395,143	\$714,559.12
Allen	2,880	850	1	188,779	\$312,006.27
Ballard	1,060	320	4	127,067	\$222,945.88
Barren	7,860	2,480	9	604,551	\$1,347,717.79
Breckinridge	2,980	790	8	275,175	\$662,140.31
Butler	1,890	520	5	244,960	\$406,846.60
Caldwell	1,970	600	3	365,879	\$619,537.99
Calloway	5,580	1,160	2	444,282	\$690,485.41
Carlisle	580	150	1	136,388	\$197,244.46
Casey	2,760	760	5	346,589	\$585,967.57
Christian	11,010	4,290	12	872,919	\$1,489,021.90
Clinton	1,620	430	4	447,301	\$781,083.70
Cumberland	980	200	5	168,129	\$274,976.32
Edmonson	1,920	450	4	246,951	\$409,803.85
Fulton	1,040	360	1	186,170	\$311,075.80
Graves	5,350	1,670	2	627,815	\$1,098,301.63
Grayson	4,640	1,390	2	462,853	\$768,682.75
Green	1,910	470	4	204,515	\$343,200.22
Hancock	1,070	310	2	245,960	\$432,183.88
Hardin	13,010	4,350	29	1,430,541	\$2,601,003.94
Hart	3,030	890	2	657,923	\$1,156,860.52
Hickman	640	190	1	165,418	\$289,711.90
Larue	2,010	560	5	427,575	\$773,071.69
Logan	3,580	1,080	5	353,088	\$621,389.38
Lyon	1,120	190	3	129,236	\$223,973.59
Marion	3,120	990	3	285,084	\$480,978.79
Marshall	3,430	780	3	357,996	\$586,333.54
McCracken	8,450	2,470	5	831,914	\$1,419,735.76
Meade	3,480	950	6	341,803	\$559,118.02
Metcalfe	1,690	520	4	667,105	\$1,138,574.47
Monroe	1,780	480	3	370,252	\$589,134.22
Muhlenberg	4,580	1,150	5	860,856	\$1,504,203.01
Nelson	4,610	1,350	6	485,667	\$838,632.79
Ohio	3,250	1,070	5	921,456	\$1,362,751.33
Russell	2,960	780	5	240,053	\$393,873.04
Simpson	2,210	680	6	299,302	\$503,622.77
Taylor	3,810	1,040	10	401,598	\$692,505.19
Todd	1,740	540	3	200,495	\$341,203.12
Trigg	2,040	630	3	154,568	\$282,482.35
Warren	16,830	4,990	21	1,392,562	\$2,386,200.31
Washington	1,510	430	4	229,397	\$398,096.62
Wayne	3,300	880	6	397,177	\$628,452.31

Data from Feeding America's Map the Meal Gap 2022 Study & 2022 Q4 Network QPR report.
Value of donated and purchased food \$1.79/pound. Value of USDA commodities food \$1.70/pound.

How We Feed Our Neighbors

Kids



The Backpack Program

The BackPack Program provides 12-15 kid-friendly food items to school-age children who are facing hunger.

It helps bridge gaps in nutrition during times when school meals aren't available, such as weekends and school breaks.

In FY'22, we distributed 120,185 bags in 35 counties served by FAKH.

Families & Individuals



Purchasing Co-Op

We leverage our ability to purchase and store large quantities of food at discounted prices, then offer those purchases to our network of food pantries, soup kitchens and shelters at costs much lower than grocery store prices.

Our agency partners use these foods to supplement their inventory, balance distributions and feed our neighbors.



Food Rescue

Feeding America, Kentucky's Heartland partners with retailers like Dollar General, Food Lion, Kroger, Walmart and Sam's Club to pick up products like meat, bakery items, dairy and produce that don't meet the required standards for retail sale but are still safe for distribution and consumption.

There is enough food that no one should go hungry.

From July 1, 2021 to June 30, 2022 we rescued and redistributed 2.6 million pounds of food - to supplement 2.1 million meals.



How We Feed Our Neighbors

Families & Individuals



Mobile Food Pantries

Mobile Food Pantries deliver fresh foods and non-perishable staples for direct distribution to under-resourced communities in our service area.

FAKH conducted 74 Mobile Food Pantries in FY'22.



Farms to Food Banks

Farms to Food Banks is a statewide program that helps cover the costs to harvest, package and transport fresh, edible agricultural products that local farmers are unable to sell due to minor blemishes, size discrepancies or overproduction.

The produce is then distributed by our agency partners, providing our neighbors with healthy, nutritious food.

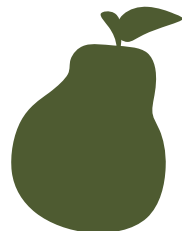


Serving Up Fresh

Gaining access to healthy and affordable fresh produce when Kentucky's growing season ends is challenging for food insecure individuals and families.

This program provides fresh produce from September - May to improve the overall health and well-being of our neighbors facing hunger.

From July 1, 2021 to June 30, 2022 we distributed 20% more produce than the year before - an increase of 372,285 pounds.



How We Feed Our Neighbors

Families & Ind.



TEFAP

The Emergency Food Assistance Program is a federal program that helps supplement the diets of low-income Americans with 100% American-grown USDA foods at no cost.

This program was critical during the pandemic and continued to provide food for our neighbors as inflation affected grocery prices in FY'22.

Seniors



CSFP

The Commodity Supplemental Food Program works to improve the health of low-income adults at least 60 years of age by supplementing their diets with a monthly box of nutritious USDA non-perishable foods.

In FY'22, FAKH distributed 98,098 CSFP boxes to seniors in need.



Equity, Diversity, Inclusion Initiative

We are committed to equitable food distribution throughout our service area and are working to build systems to reach under-resourced communities.

In June of 2022, our equitable mobile food distributions in Bowling Green took on new life as LLDM Despense de Alimentos opened its doors.

Predominantly serving the Spanish-speaking community, the LLDM pantry was equipped to serve 200 families weekly when they first opened, but because of the rising need in their area, is now serving nearly 400 families each week.

When Disaster Strikes



Disaster Relief

FAKH collaborates with disaster relief agencies, state emergency services and our network of agency partners to provide emergency food during and after disasters.

Dec. 10, 2021

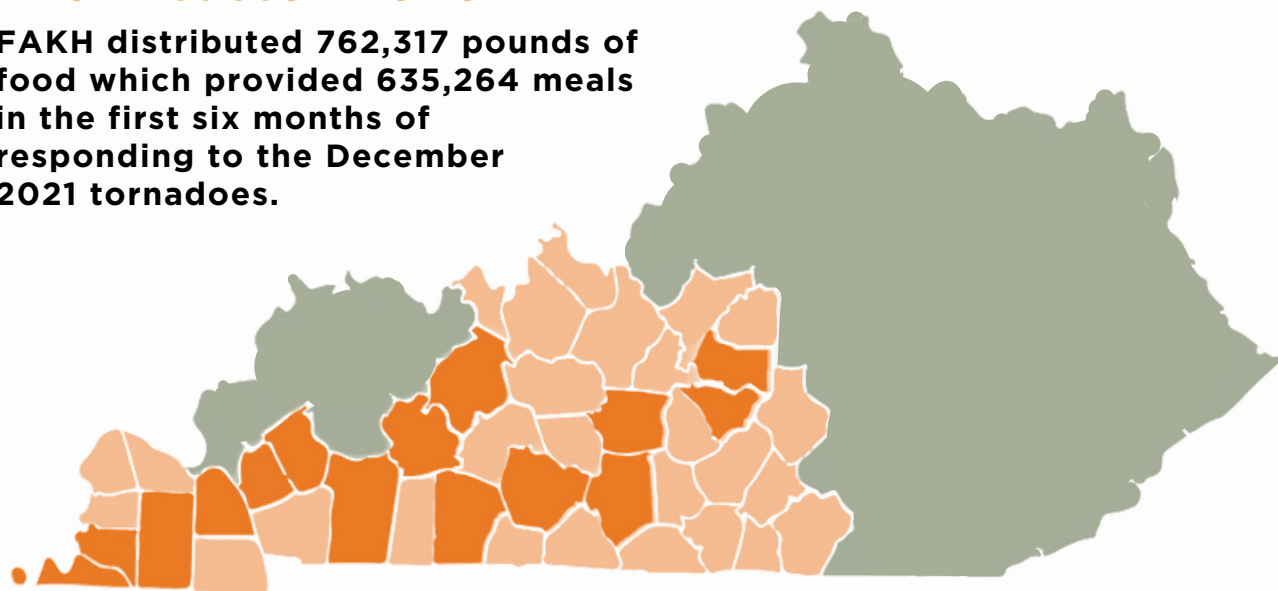
On December 10, 2021, eight different tornadoes hit Kentucky, devastating communities in our service area.

Due to the significant loss of homes, businesses and lives, FEMA declared 16 counties natural disaster areas. Of those, 15 counties are served by FAKH and include Barren, Caldwell, Christian, Fulton, Graves, Hart, Hickman, Logan, Lyon, Marion, Marshall, Muhlenberg, Ohio, Taylor and Warren counties.

The FAKH staff mobilized immediately on Saturday morning, called agency partners in our network to evaluate damage and learn how we could best support them, and recruited volunteers to pack transient food bags for immediate distribution.

The Disaster Zone

FAKH distributed 762,317 pounds of food which provided 635,264 meals in the first six months of responding to the December 2021 tornadoes.



Feeding America, Kentucky's Heartland's service area is light orange, with counties declared disaster areas in dark orange.

Aftermath of Disaster

Claude and Donna Baird have lived in Dawson Springs, KY for over 30 years.

The night of December 10, 2021, an EF-4 tornado directly hit the town of 2,500 people. Amid the storms hundreds of homes, businesses and other structures were completely destroyed, and in the days to come the death toll would rise to 15 for the small community.

In the aftermath of the tornado, Claude and Donna received emergency food assistance from FAKH and Christ Tabernacle, a local Caldwell County agency partner.

"There for a while, that's what we had to live on," said Claude.
"Everything in our pantry had blown away. If it wasn't for the food pantry, my family and other families would have had to do without and I don't know what we would have done."

While Claude and Donna have been focusing on repairing their home and rebuilding their lives, the food that they receive from FAKH has helped them have one less expense and one fewer worry on their plate.

"A lot of organizations came in while it was new, and then they left practically overnight," Claude said.
"But you all are still here and still trying to help."

To hear more of Claude and Donna's story and how they're rebuilding their lives, scan the code.





Christ Tabernacle Serving Caldwell County

Missie Gill, leader of Christ Tabernacle Food Pantry, never expected to be at the forefront of an emergency relief situation.

Following the Dec. 10, 2021 tornadoes, Christ Tabernacle saw more neighbors turning to them in their time of need.

"When we were able to secure food for families through FAKH it took one more burden off of them," shared Missie. "Then they were able to focus on finding clothes and some place to stay."



Now, over a year after the tornadoes, Christ Tabernacle provides food for over 1,000 Caldwell County residents each month, including Donna and Claude.

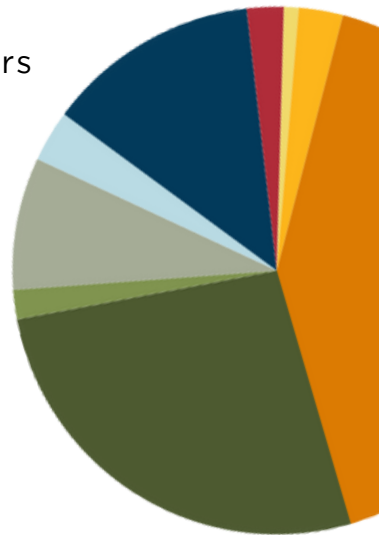
In 2023, FAKH plans to utilize tornado funds to help expand Christ Tabernacle's capacity to serve their neighbors and better equip them to address disasters in the future.



Our Network

Who makes up our Network?

- 92 Emergency Pantry/Food Box
- 6 Soup Kitchens
- 2 Emergency Shelters
- 5 Residential Orgs.
- 29 Senior Centers
- 7 Rehab Facilities
- 18 Youth Programs
- 59 Multi-Service
- 4 Other
- 222 Total Agency Partners**



Accomplishing our Mission together

Last fiscal year we passed through \$2.2 million to our agency partners to increase their capacity, purchase food and fund programs.

Volunteer Impact



3,393

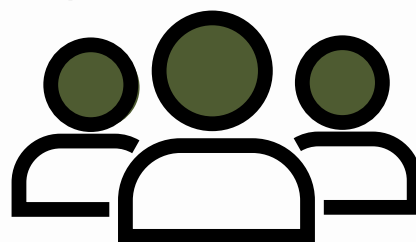
volunteers joined us to take hunger off of the table!

Our volunteers served over

10,700 hours!



More than **250** churches, schools, employers & civic groups volunteered!



Packing with Purpose

Thousands of people volunteer with FAKH each year at our Volunteer Center, distribution events or through our Agency Partners.

Volunteering allows our community to become an integral part in the fight against hunger.

We were immensely grateful to have our volunteers back in full this year, after having to shut down our Volunteer Center the previous year due to COVID-19.

The Cecilian Bank Corporate Volunteers

We always say that we cannot accomplish our mission without our community, and nowhere is this more clear than our Volunteer Center.

Instead of heading home after a long day of work, regional employees of The Cecilian Bank join us one evening each month to serve their neighbors.

In their time as volunteers, their group has committed over 500 hours to feeding their neighbors facing hunger.

When asked about their service, TCB President, Greg Pawley, shared **"We allow God to guide our hands to do the work he wants. Whether we offer financial support or volunteer our time, our unified goal at The Cecilian Bank is to lead with a servant's approach."**



Fentress Gibson Individual Volunteer

At our Volunteer Center, there is a group of individuals that we've come to know as more than volunteers - we know them as family.

Our "regulars" serve with us more than twice a week, every week, and the community that they foster between themselves and our staff is a treasure.

Fentress, or Fenn, joined our "regulars" this year, and what an impact he has made!

Fenn volunteers with us four days a week and has served over 400 hours packing food for our neighbors.

When asked about his service, Fenn said, **"Volunteering keeps me busy and gives me a chance to connect with other people in the community. During my time serving at FAKH, I've made friends among the staff and other volunteers that makes my time volunteering more meaningful and fun."**

Taking On Hunger

FAKH is a private 501(c)3 non-profit that depends on the generous help of our donors to take on hunger in the Heartland.



Global Giving is a non-profit based in Washington D.C. In times of disaster, Global Giving supports local community organizations responding to crisis, like FAKH.

Kyra Zimmerman and Chase Williams, of Global Giving's Disaster Response Team shared,

"After the tornadoes struck Kentucky in December of 2021, we were able to connect with FAKH and the work that they were already doing. The journey of disaster relief and recovery is not a short

one, but in supporting the work of FAKH in the impacted region we are making progress."

Global Giving welcomed FAKH into their network following the devastating tornadic storms which occurred December 10, 2021.

They have provided flexible funding which has supported and amplified our short and long-term recovery efforts, including pass through funding to help our agencies recovery, and funds to purchase additional food for our affected neighbors.



Betty Meador Giving Partner

Betty Meador is a native of Simpson County and has lived there her whole life.

Mrs. Meador has donated to FAKH and the Simpson County Backpack Program every month since December of 2013.

"It is my desire to give. As the Bible tells us, to whom much is given much is required, and I can think of no better program to support than one that feeds children."

The Backpack Program provides school-aged children with kid-friendly food over weekends and school breaks when they might not have food at home.

"There are many children in Simpson County that don't have full plates and go hungry. I always give so that I can feed those children."



Financials

Summary of Revenue/Support:

USDA/CSFP Distribution Fees	\$1,816,763
Shared Maintenance Fees	\$93,888
Contributions and Grants	\$3,663,425
Food Purchase Program & Delivery Fees	\$1,011,274
Other Revenue (Interest, Pallet and Cardboard Sales)	\$6,161
Donated Food	\$20,249,175
Total Revenue/Support	\$26,840,686

Summary of Expenses:

Food Distributed	\$21,923,686
Food Acquisition Costs	\$2,117,281
Total Employee Costs	\$1,250,044
Occupancy	\$126,704
Supplies	\$108,258
Food Delivery Costs/Travel	\$160,287
Equipment/Bldg. Maintenance Repair	\$150,749
Development/Fundraising	\$151,600
Dues	\$7,869
Interest Expense	\$1
Other (Acct., Printing, Postal, etc.)	\$289,339
Depreciation	\$164,359
Total Expenses	\$26,450,177

Functional Expenses

Net Assets:

Beginning Net Assets	\$8,571,822
Ending Net Assets	\$8,962,331

*Includes value of donated food inventory

Funding Breakdown

How do we spend our money?

98.49%	Food & Program Expenses
.80%	Management & General Expenses
.71%	Fundraising Expenses

Food Sources

Where do we get our food?

Government Programs	49.21%
Donations	32.76%
Purchase	18.03%

Inflation's Impact

Our food purchases have increased by 8% this year, while food prices across the country have drastically increased.

Feeding America estimates that food banks are paying 40% more for food purchases to keep up with a growing demand and make up for fewer incoming donations.

Distributed Foods

What foods do we distribute?

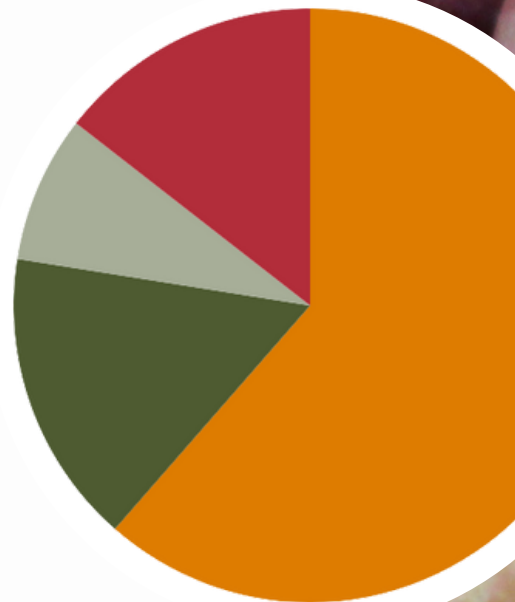
We work to provide healthy and nutritious foods to our neighbors facing hunger and those foods come in many varieties.

14.49% Meat & Other Protein

8.01% Dairy

16.07% Fresh Produce

61.43% Shelf Stable foods



Nutritious Food for our Neighbors' Health

The quality of food that we eat impacts our health, but for many Kentuckians, an unhealthy diet is not a choice, but rather a consequence of food insecurity.

Bob & Frida

Bob and his wife recently visited a mobile food pantry in Logan County, a community where 3,580 people are food insecure.

"I worked in a factory in Bowling Green for years until the pandemic hit and I was laid off," shared Bob, who is in his late sixties. **"Now there's not much work available for someone my age."**

Fresh produce, which can be costly for those on a fixed-income or in rural communities, was the couple's main reason for attending the distribution event in July.

