



2023 ANNUAL REPORT

JULY 2022-JUNE 2023





LEADERSHIP MESSAGE



Dear Neighbors,

We had hoped that FY'23 would welcome in some much needed “normalcy” for a change but that certainly didn’t happen. Inflation rates hit record highs that we’ve not seen in decades, grocery prices skyrocketed with protein items like beef becoming a luxury not a food staple and rent increases that ate into household budgets. And if that wasn’t enough for our at risk neighbors to face, the safety net programs implemented during the pandemic all sunset leaving many working families, children and seniors struggling to find a new normal.

All of these challenges caused another large spike in hunger relief efforts as our network of agency partners reported 30 to 40 percent increases in need which rivaled pandemic levels. During this past year, our own food bank experienced food shortages with USDA TEFAP food resources falling off a cliff forcing us to spend over \$1 million more in food purchases including protein to help supplement the sharp decline. We also continued our assistance in long term recovery efforts in the 15 counties impacted by the December 2021 deadly tornadoes supplying food and capacity building resources as those communities continue to rebuild.

FAKH and our network of agency partners now realize that it could be a long time before we see some stability and “normalcy” again. So as we have done the past four years, we listen to our neighbors and look for

new innovative ways to serve their needs. This past year, FAKH increased our food rescue program by 23 percent finding new donors. We added a new RX Pantry program that screens patients for food insecurity and provides them a box of non-perishable healthy foods on the spot. We also managed to launch our new strategic plan, after gathering lots of feedback from all of our key stakeholders and two pauses, that will guide us through the next three years so we can equitably serve our network and food insecure neighbors.

As we continue on this journey, FAKH is committed to strategically growing and adapting to the needs of our neighbors facing hunger. We will also continue advocating for systems that will address the many root causes of hunger and look for ways to better serve our neighbors with dignity and compassion.

As a key stakeholder, thank you for joining us on this important journey as we all work to ensure no one goes hungry.

Jamie H. Sizemore
Feeding America, Kentucky's Heartland
Executive Director

LEADERSHIP STAFF

Jamie Sizemore
EXECUTIVE DIRECTOR

Cassie Cairns
DIRECTOR OF AGENCY
SERVICES AND PROGRAMS

Kathy Dile
DIRECTOR OF FINANCE
& ADMINISTRATION

Stephanie Hester
DIRECTOR OF DEVELOPMENT

Robert Tyree
DIRECTOR OF OPERATIONS

STAFF

Vicki Abshire
ASSISTANT WAREHOUSE
MANAGER

James Allen
DRIVER (CDL)

Victor Baumfalk
TEAM SUPPORT ASSOCIATE

Veronica Bigler
WAREHOUSE MANAGER

Collin Brown
VOLUNTEER COORDINATOR

Darla Brown
GRANT ADMINISTRATOR

John Burba
DRIVER (CDL)

Austin Davis
TEAM SUPPORT ASSOCIATE

Richard Fairfax
PERISHABLE INVENTORY
SPECIALIST

Karen Fitzsimmons
FOOD DONATIONS AND
INVENTORY MANAGER

Laura Fralix
SNAP OUTREACH SPECIALIST

Fentress Gibson
TEAM SUPPORT ASSOCIATE

John Hartlage
TEAM SUPPORT ASSOCIATE

Tommy Hatcher
DRIVER (CDL)

Carroll Haynes
DRIVER (NON-CDL) RETAIL
PICK-UP

Sara Hickman
COMMUNITY SERVICES
COORDINATOR

Marty Highbaugh
WAREHOUSE MANAGER
(VOLUNTEER CENTER)

Nathan Huggins
TRANSPORTATION MANAGER

Kaitlyn Jackson
MARKETING AND
COMMUNICATIONS MANAGER

Charles Jones
WAREHOUSE MANAGER
(VOLUNTEER CENTER)

John Kerr
TEAM SUPPORT ASSOCIATE

Kevin Kimbel
DRIVER (CDL)

Traci Life
DONOR INFORMATION ANALYST

Marina Macias
EQUITY, DIVERSITY
AND INCLUSION LIAISON

Megan McDougal
GRANTS ADMINISTRATOR AND
CORPORATE RELATIONS

Melissa Neary
VOLUNTEER COORDINATOR

Randy Osburn
TEAM SUPPORT ASSOCIATE

Penny Prince
HR/BOOKKEEPING SPECIALIST

Micaela Ray
CHILD NUTRITION AND EQUITY
PROGRAMS SPECIALIST

Cristy Reynolds
SENIOR AND EMERGENCY
FOOD ASSISTANCE
PROGRAMS SPECIALIST

Mike Reynolds
IT AND SERVICE INSIGHTS
SOFTWARE SPECIALIST

Charlie Seward
TEAM SUPPORT ASSOCIATE

Kara Shirley
TEAM SUPPORT ASSOCIATE

Deborah Skala
SENIOR, RX AND PANTRY
PROGRAMS SPECIALIST

Fred Spires
PROCUREMENT INVENTORY
SPECIALIST

Carroll Williams
DRIVER (CDL)

William Williams
TEAM SUPPORT ASSOCIATE

Rhonda Wise
TEAM SUPPORT ASSOCIATE



MICAELA RAY, CHILD NUTRITION AND EQUITY PROGRAMS SPECIALIST

Micaela works in our Programs and Agency Services Department as our Child Nutrition and Equity Programs Specialist. In her role she oversees our Backpack Program, EDI Initiative and our upcoming School Pantry Program.

When asked about her work with FAKH Micaela shared, “A big part of my role at FAKH is ensuring children are fed. I know that children who do not have adequate nutrition experience so many issues besides hunger, such as trouble focusing at school, simply not feeling well or not having enough energy to get through the day. For me, knowing that I can solve these issues by putting food in the hands of children makes a world of difference.”

STAFF SPOTLIGHT

OUR BOARD



Julia Springsteen
ATTORNEY
HARDIN COUNTY
BOARD CHAIR



Chris Burton
PRINCETON ELECTRIC
PLANT BOARD
OPERATIONS
CALDWELL COUNTY



Mary Mills-Turner
RETIRED USDA FARM
SERVICE AGENCY
HART COUNTY



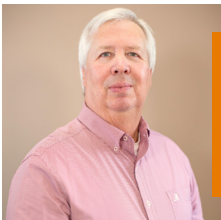
Jeremy Hinton
HINTON'S ORCHARD
& FARM MARKET
LARUE COUNTY
VICE CHAIR



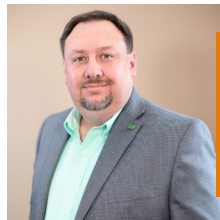
Latoya Drake
UK EXTENSION
SERVICE
BARREN COUNTY



Laura Hagan
KERRICK BACHERT
PSC
WARREN COUNTY



Scot Hutcheson
MERRILL LYNCH
HARDIN COUNTY
TREASURER



Wes Mudd
WESBANCO
HARDIN COUNTY



Michael Smith
THE KROGER
COMPANY
PULASKI COUNTY



Stefanie Goff
LINCOLN TRAIL
DISTRICT HEALTH
DEPARTMENT
HARDIN COUNTY
SECRETARY



Raffo Wimsett III
TOWN & COUNTRY
BANK & TRUST
NELSON COUNTY



Dr. Erica Courtney
U OF L GLASGOW
FAMILY MEDICINE
EDMONSON COUNTY



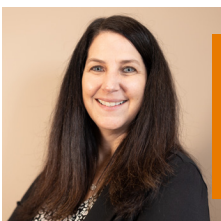
Philip Logsdon
CERITY PARTNERS
HARDIN COUNTY



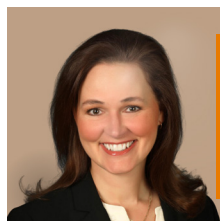
Taylor Hayes
CHRISTIAN CO.
CHAMBER OF
COMMERCE
CHRISTIAN COUNTY



Steven Smith
THE CECILIAN BANK
GRAYSON COUNTY



Debbie Howell
VENMINDER
HARDIN COUNTY



Jennifer Maddux
PLANTERS BANK
CHRISTIAN COUNTY



Sergio Beltran
SOUTH CENTRAL
BANK
WARREN COUNTY



Shannon Clark
HOUCHENS
FOOD GROUP
WARREN COUNTY



WORD FROM OUR BOARD CHAIR

JULIA SPRINGSTEEN

Last year, inflation severely impacted households of all income levels, making grocery shopping a challenge for many. These high prices had an especially high toll on Kentuckians with limited incomes, who were often forced to shop with a level of care and precision that was once unimaginable.

The impact of inflation on our grocery bills has been made worse by recent changes in the availability of assistance programs, such as SNAP, leaving many vulnerable neighbors in a precarious situation.

Like in the pandemic, our network of agency partners once again saw individuals and families that had never had to seek assistance in the lines at our distributions and the number of neighbors served skyrocketed.

Yet, federal support from programs like TEFAP (The Emergency Assistance Food Program) was halved, leaving FAKH to bridge the gap ourselves.

Our dedicated staff and agency partners continue to work tirelessly to fight hunger in Kentucky's Heartland, but we can't do it alone. We need your support to make sure that hunger is taken off of the table, won't you join us by funding our fight or giving your time to feed our neighbors?

Julia Springsteen
Board Chair
Feeding America, Kentucky's Heartland

WHO WE ARE

We are excited to present our new FAKH mission, vision and core values of our three-year strategic plan implemented in January 2023.

OUR MISSION

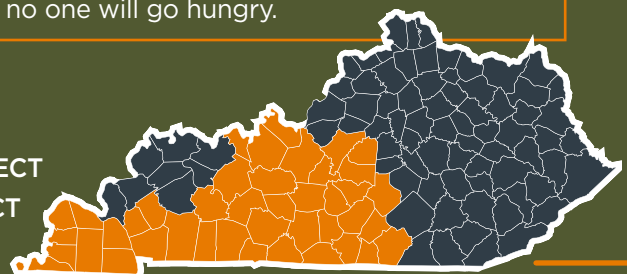
Feeding America, Kentucky's Heartland gathers and distributes food in 42 Kentucky counties to feed our neighbors in need through local community partnerships.

OUR VISION

To provide equitable access to nutritious food, so no one will go hungry.

CORE VALUES

INTEGRITY | COMPASSION | DIGNITY | COLLABORATION | RESPECT
RELATIONSHIPS | EQUITY | QUALITY AND NUTRITION OF PRODUCT



FISCAL YEAR '23 HIGHLIGHTS



17.9M
POUNDS OF
FOOD DISTRIBUTED



14.9M
MILLION MEALS
TO OUR NEIGHBORS
FACING HUNGER THIS YEAR



3.2M
MILLION POUNDS
OF FOOD RESCUED
AND REDISTRIBUTED



103,603
SENIOR BOXES



162,680
BACKPACK BAGS

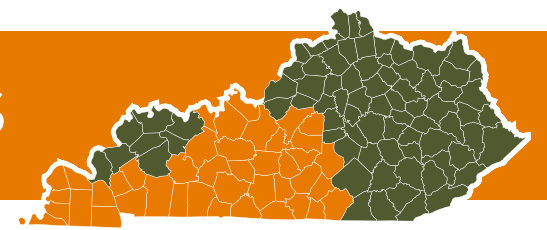


26
MOBILE FOOD
PANTRIES

2.5M POUNDS OF FRESH PRODUCE
PROVIDED TO OUR NEIGHBORS



COUNTY IMPACT REPORTS



	#Food Insecure Individuals	# Food Insecure Children	Lbs. of Food provided by FAKH	Meals equivalent provided by FAKH	\$ Value of Food provided by FAKH
KENTUCKY	579,770	154,290			
FAKH SERVICE AREA	139,020	38,540	17,969,238	14,974,365	\$26,473,328.00
ADAIR CO.	2,590	600	249,100	207,583	\$392,443.00
ALLEN CO.	2,640	740	249,075	207,562	\$380,162.00
BALLARD CO.	880	240	97,827	81,522	\$148,706.00
BARREN CO.	7,150	2,170	553,246	461,038	\$778,065.00
BRECKINRIDGE CO.	2,800	720	222,743	185,619	\$304,598.00
BUTLER CO.	1,710	430	183,154	152,629	\$268,052.00
CALDWELL CO.	1,720	450	340,325	283,604	\$510,325.00
CALLOWAY CO.	4,910	940	390,964	325,803	\$643,056.00
CARLISLE CO.	580	150	87,433	72,861	\$130,468.00
CASEY CO.	2,380	600	417,088	347,573	\$535,670.00
CHRISTIAN CO.	9,690	3,730	990,622	825,519	\$1,538,310.00
CLINTON CO.	1,480	400	335,415	279,513	\$528,372.00
CUMBERLAND CO.	890	180	133,489	111,241	\$191,761.00
EDMONSON CO.	1,710	320	223,264	186,053	\$310,593.00
FULTON CO.	970	340	180,345	150,287	\$289,344.00
GRAVES CO.	4,820	1,380	715,517	596,264	\$1,266,237.00
GRAYSON CO.	4,230	1,220	414,931	345,776	\$635,552.00
GREEN CO.	1,830	430	171,078	142,565	\$244,202.00
HANCOCK CO.	940	270	126,120	105,100	\$197,996.00
HARDIN CO.	11,410	3,540	1,473,075	1,227,563	\$2,340,743.00
HART CO.	2,750	760	567,549	472,958	\$861,841.00
HICKMAN CO.	620	180	104,529	87,107	\$167,330.00
LARUE CO.	1,910	450	457,887	381,572	\$739,131.00
LOGAN CO.	3,320	990	427,799	356,499	\$634,239.00
LYON CO.	1,160	200	98,654	82,212	\$138,069.00
MARION CO.	7,730	2,150	184,658	153,882	\$259,283.00
MARSHALL CO.	2,760	790	441,135	367,712	\$716,637.00
MCCRACKEN CO.	3,530	750	1,124,580	937,150	\$1,939,688.00
MEADE CO.	3,620	950	290,438	242,032	\$459,415.00
METCALFE CO.	1,550	420	467,098	389,248	\$739,935.00
MONROE CO.	1,830	520	329,012	274,176	\$460,951.00
MUHLENBERG CO.	4,280	1,080	654,803	545,669	\$966,595.00
NELSON CO.	4,090	1,070	712,874	594,062	\$1,075,084.00
OHIO CO.	2,930	800	705,363	587,802	\$1,050,886.00
RUSSELL CO.	2,910	720	262,754	218,962	\$362,724.00
SIMPSON CO.	1,960	520	337,544	281,287	\$407,705.00
TAYLOR CO.	3,360	900	503,122	419,268	\$729,095.00
TODD CO.	1,600	520	153,940	128,283	\$209,016.00
TRIGG CO.	1,910	580	170,057	141,714	\$221,343.00
WARREN CO.	15,420	4,210	1,412,715	1,177,262	\$1,923,878.00
WASHINGTON CO.	1,330	310	158,132	131,777	\$226,385.00
WAYNE CO.	3,120	820	357,701	298,084	\$549,443.00

Data from Feeding America's Map the Meal Gap 2023 Study & 2023 QPR reports.

Value of donated food \$1.92 Value of USDA commodities \$1.53

NEIGHBOR STORY

In the midst of soaring grocery prices and the increasing cost of living, FAKH has seen rising needs across our service area. Lane, a Muhlenberg County resident, remembers when the buying power of a dollar went a lot farther than today.

“When I was growing up, \$20 could feed a family, but now it barely covers bread, milk and eggs,” Lane shared as he waited in line at a distribution by our agency partner, Hope 2 All.

“

It’s hard on all families because things have gotten so expensive. By the time that you pay your bills, you don’t have much left to purchase food and food prices have jumped.

”



“It’s hard on all families because things have gotten so expensive. By the time that you pay your bills, you don’t have much left to purchase food and food prices have jumped.”

The financial strain that many Kentuckians are feeling is evident in the line to receive food but so is the gratitude.

“Being able to come through here and have these people provide this for you is a blessing, really.”

HOPE 2 ALL

SERVING MUHLENBERG COUNTY

Scott Casebier, pantry leader of Hope 2 All in Muhlenberg County, has seen more and more of his neighbors visiting the pantry this year. Rising inflation and a high cost of living have put hardworking families and individuals in tough situations this year, often forgoing food in order to afford their other bills.

“We have people that come here [Hope 2 All] that have jobs, have car payments, house payment — like everyone. They live from week to week and they make it but sometimes when something goes wrong — the car breaks down, something happens at home — that puts them behind,” said Scott.

FAKH provided \$39,000 of tornado recovery funding to Hope 2 All this past year to build their capacity and help them better serve their neighbors facing hunger, like Lane. The improvements included:

New cold storage to hold meat, dairy and produce.

To hear more about Hope 2 All and the work that they’re doing in Muhlenberg County, scan the code.



HOW WE FEED OUR NEIGHBORS



THE BACKPACK PROGRAM

The Backpack Program provides 12-15 kid-friendly food items to school-age children who are at risk of going hungry.

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

In FY'23 we packed and delivered 162,680 Backpack Bags to 5,300 children each week during the school year.



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 other agency partners at costs lower than grocery store prices.

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

From July 1, 2022 to June 30, 2023 FAKH and our agency partners rescued and redistributed 3.2 million pounds of food from going to landfills - over 8,800 pounds of food rescued from grocery retailers each day.



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 26 Mobile Food Pantries in FY'23.

HOW WE FEED OUR NEIGHBORS



DISASTER RELIEF

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

In FY'23 FAKH continued to support communities recovering from the December 2021 tornadoes that affected Western Kentucky, spending over \$2.1M in relief efforts this year alone.



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 delivered to Kentucky food banks and then distributed by our network of agency partners, providing our neighbors with healthy, locally grown 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.

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

From July 1, 2022 - June 30, 2023 FAKH distributed over 2.5M pounds of fresh fruits and vegetables to our neighbors facing hunger.



RX PANTRY PROGRAM

The Rx Pantry program serves neighbors who screen positive for food insecurity in health care settings. The program provides on-site food and directs neighbors to additional community resources near them.

FAKH piloted the RX Pantry Program this year in collaboration with 6 healthcare facilities.



EDI INITIATIVE

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



SNAP OUTREACH

SNAP, formerly food stamps, provides temporary help for people going through hard times – providing supplemental money to buy food until they can get back on their feet. For every meal a food bank can provide, the Supplemental Nutrition Assistance Program (SNAP) can provide nine. By providing SNAP application assistance and tailoring our outreach to meet our neighbors facing hunger where they are, Feeding America, Kentucky's Heartland removes barriers and helps more Kentuckians use this benefit to overcome hunger.



TEFAP

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



CSFP

The Commodity Supplemental Food Program (CSFP) 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'23 FAKH distributed 103,603 CSFP boxes to 8,600 food-insecure seniors.

VOLUNTEER IMPACT

At our Volunteer Center in Elizabethtown, KY, you will often find members of our communities giving their time to make a significant impact. The importance of our volunteers cannot be understated; without these dedicated individuals, families and groups, food would remain on our shelves instead of reaching the hands of our neighbors facing hunger.

Two shining examples of this commitment are Gayle and Tony Shafer, who have been volunteering weekly with Feeding America, Kentucky's Heartland (FAKH) since June of 2021. This year marked their remarkable 2-year anniversary of service.

Together, the Shafers have contributed an astounding 1,200 hours of their time to pack food for our neighbors.

Their tireless dedication that brings them to our Volunteer Center each week has made a tremendous impact.

When asked about their service, Tony and Gayle shared, **"When we retired several years ago we started volunteering at FAKH. We were truly surprised to learn of the need for food in our local community and surrounding region. We believe that no person should go hungry and we are happy to be doing something that can make that a reality."**

The Shafers are living proof that ordinary individuals can make an extraordinary impact when they channel their passion and energy into a cause they believe in and FAKH is honored to have them as part of our team.



NUMBER OF
VOLUNTEERS
5,392



HOURS SERVED
BY VOLUNTEERS
15,629





GIVING PARTNER

JIMMIE DEE KELLEY

Jimmie and her late husband Nelson were both heavily involved in local education systems and cared deeply for the well-being of children in our communities.

Jimmie shared, **“I was in education for 47 years and saw a lot of kids who were not getting enough food to eat. Eleven years ago, Nelson passed away and I decided that I wanted to begin doing things that would benefit other people, and feeding kids is one of the most important.”**

In 2022, Jimmie Dee gave the first gift to establish what would become the FAKH School Pantry Program. The School Pantry Program faced its share of challenges, including delays due to the COVID-19 pandemic and the devastation brought on by the December, 2021 tornado outbreak, but Jimmie’s vision of helping children in our communities did not waiver.

“Each individual is deserving of having their basic human needs met and by joining together to make this project [the School Pantry program] a success, we know that it will positively impact many lives,” Jimmie said.

In fiscal year 2024, the School Pantry program will officially launch with a pilot phase in six school districts.

Each individual is deserving of having their basic human needs met and by joining together to make this project [the School Pantry program] a success, we know that it will positively impact many lives.

PASSPORT BY MOLINA HEALTHCARE

CORPORATE PARTNER



During the first six months of 2023, FAKH in partnership with Passport by Molina Healthcare, piloted a new Rx Pantry Program in order to supply nutritious food and resources to food insecure neighbors when they visited six regional health care providers.



“Passport is committed to the health and well-being of the communities they serve and this partnership with Feeding America, Kentucky’s Heartland aligns with that commitment,” said Ryan Sadler, plan president for Passport by Molina Healthcare.

Food insecurity at any age makes individuals more likely to develop chronic health conditions such as depression, high blood pressure, diabetes and congestive heart failure. Through this collaborative program FAKH and our network of agency partners are able to equip our neighbors with nutritious and essential food items to improve their overall well-being.

“Food insecurity is a social determinant of health that negatively impacts both urban and rural populations, and we are excited to see the continued impact of this program for our fellow Kentuckians,” said Sadler.

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FY'23 ANNUAL REPORT FINANCIALS

SUMMARY OF REVENUE/SUPPORT

USDA/CSFP Distribution Fees	\$1,756,236
Shared Maintenance Fees	\$98,734
Contributions and Grants	\$4,174,976
Food Purchase Program & Delivery Fees	\$1,879,613
Other Revenue (Interest, Pallet & Cardboard Sales)	\$54,657
Donated Food	\$19,491,669
Total Revenue/Support	\$27,455,885

SUMMARY OF EXPENSES

Food Distributed	\$20,068,073
Food Acquisition Costs	\$5,623,273
Total Employee Costs	\$1,545,069
Occupancy	\$132,943
Supplies	\$191,005
Food Delivery Costs/Travel	\$166,900
Equipment/Bldg. Maintenance Repair	\$140,168
Development/Fundraising	\$220,498
Dues	\$23,244
Interest Expense	\$12,539
Other (Acct., Printing, Postal, etc.)	\$124,645
Depreciation	\$204,275
Total Expenses	\$28,452,632

NET ASSETS

Beginning Net Assets	\$8,962,331
Ending Net Assets	\$7,965,584

*Includes value of donated food inventory



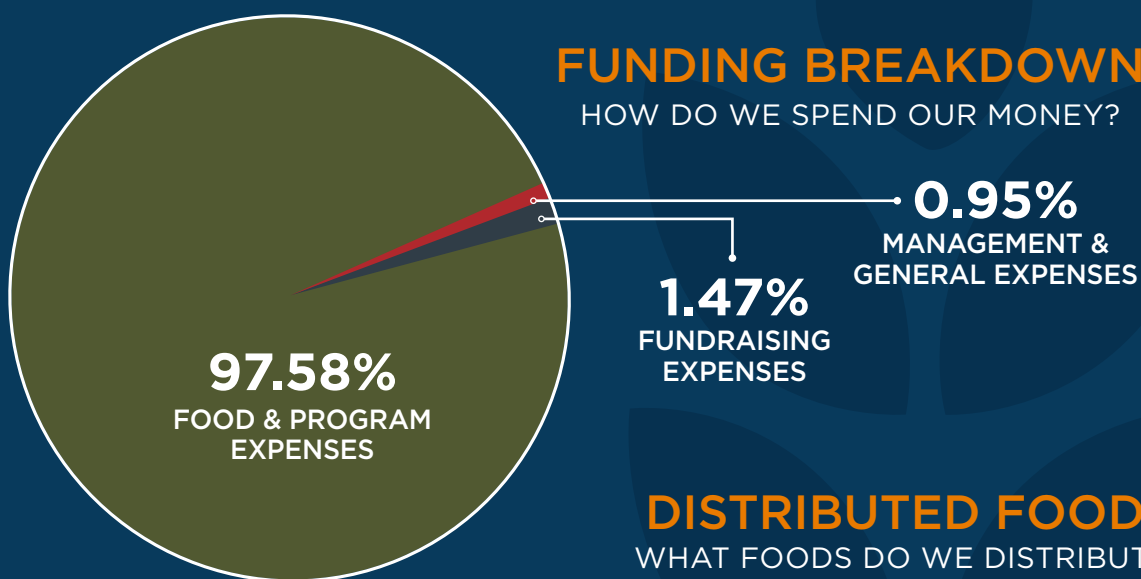
FUNCTIONAL EXPENSES



**\$0.97 OF EVERY DOLLAR DONATED
GOES DIRECTLY TO FOOD AND
PROGRAMS FIGHTING HUNGER.**

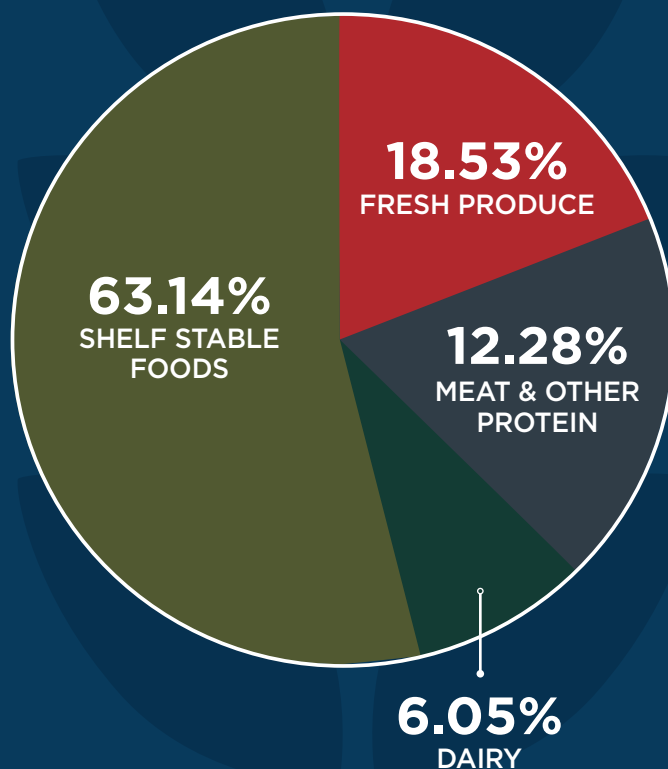
FUNDING BREAKDOWN

HOW DO WE SPEND OUR MONEY?



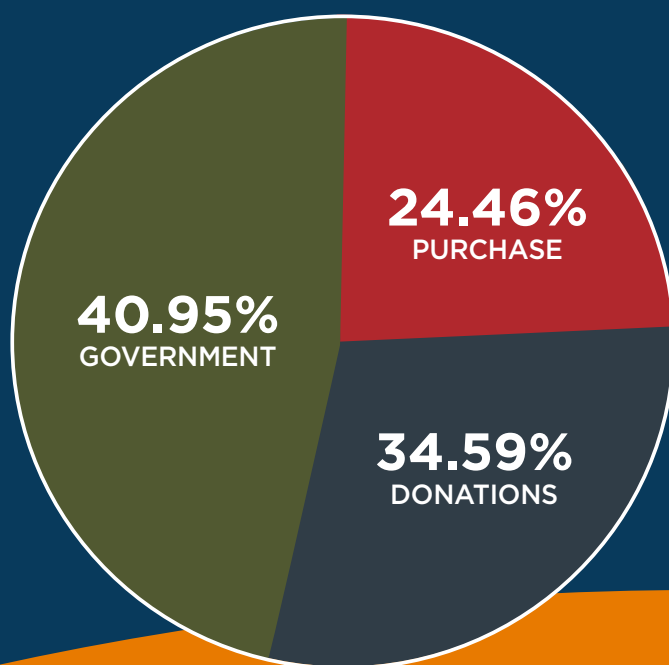
DISTRIBUTED FOODS

WHAT FOODS DO WE DISTRIBUTE?



FOOD SOURCES

WHERE DO WE GET OUR FOOD?





OFFICES & DISTRIBUTION CENTER:

313 Peterson Drive
Elizabethtown, KY 42701

MAILING ADDRESS:

P.O. Box 821
Elizabethtown, KY 42702
Phone: (270) 769-6997
Fax: (270) 769-9340

FEEDINGAMERICAKY.ORG

  @feedingamericakentucky  @FAKHfoodbank

Learn More
ABOUT FAKH

