



**ANNUAL REPORT 2013**





October 4, 2013

To Women and Children's Restaurant:  
Please let the volunteers/staff read this and know how grateful we feel.

We are not poor. I tell my four year old daughter more frequently now. We have a home, food and clothes. Poor people don't have any.

When my food stamps dropped to \$55.00 I was already going to the monthly food bank and receiving WIC. Our rent is more than 1/3 of our income. We qualify for every program. Yet as you look at us you would never know...I have two pairs of pants that fit and she has nine...my priorities are her. She will not feel poor.

So when I came to the Women and Children Restaurant I was afraid I would feel poor and look rich. We came in the wrong door; yet you led us kindly to the tables. The walls were painted so beautifully and everyone was smiling. There was room and no line. I was very surprised.

We tried to come before and got stuck in the hallway. It was summer, hot and she was in a car seat. We never made it in; the wait was too long for a three month old. Now three years later and we had a menu in front of us.

A lady gave my "picky" daughter a smoothie. I was so grateful; I was worried she would not like the food. All our meals have protein; sometimes that means peanut butter. Most "free food" has lots of pasta and no real protein or produce. When we were served salad that had strawberries and grapes in it she ate them up. I had a broccoli salad with actual nuts in it! The meal was wonderful and when she got "picky" a lady offered cornbread and honey. We left full; but it wasn't over.

On the way out we chose cookies and a frozen dinner. The label said it had sausage and vegetables as well as pasta. When I opened it for dinner I found it also had cheese on the top. The quality of the food today was overwhelming. When I asked where do we put "prayer requests"? I found out this was not a Christian Organization. I am not sure how this is run; someone said, "It's from the city".

I don't know how you can afford to feed so many with such expensive food and be on a budget. Whoever you are and how you do it, I don't know. But I am very grateful. Thank you.

Anonymous

Dear Friends,

This is just one of many letters and notes I have received that assure me WCFR is filling a critical need in the community through the services we provide. It used to be that I could tell a diner from a volunteer when she walked in. It isn't as easy anymore, as the working poor have grown to have many faces. Your neighbor, colleague or the person behind you in the grocery store could have come upon hard times. It is something that is hidden and sometimes pride gets in the way of getting help. I remember a young woman coming to pick up fresh produce to take home. She shared that her children didn't know where she got it. She didn't want them to know they were poor. It was just ready for them when they got home from school.



That is why I am so pleased that the Spokane community has once again supported us, allowing us to serve more than 41,000 meals in a safe, welcoming environment. The overwhelming belief in our mission and integrity of our organization have proven to be a formidable force against hunger in our community. Our Nutrition to Go program grew through a new partnership and increased number of meals being distributed through our established agency partners.



Speaking of partnerships, we will be able to take great strides in 2014 against obesity and diabetes, thanks to Providence Health Care. With their support, we will implement a nutrition education program. Women will learn how to make healthier choices and improve their cooking skills in a supportive, peer-based setting.

I am excited as we get closer to finding a new home. The facility will allow the organization a chance to grow into a space that is more tailored to the needs of our guests; allow for greater efficiency with food preparation and service; and the ability to expand services to more women and children in need. Our organization has grown from the ground up and it lifts up those that is serves by providing them with the ingredients needed to thrive, feed their strength, and cultivate a new beginning. I look forward to the new beginnings that 2014 will bring.

*Marlene Ayers*

## Mission

WCFR is a vital safety net which fills nutritional gaps for women and children in need while fostering dignity and respect, both within our restaurant and in the community.

# What we served

Total prepared meals = 43,926

## Restaurant Meals:

Dinner on Tuesdays and Wednesdays 3-6

Lunch on Fridays 11:30-1:30

## Fresh Market Program:

Tuesdays (changed from Tuesday and Friday)

## Nutrition to Go:

13,200 outreach meals distributed

To broaden our reach into the community for those who cannot attend our restaurant service, we prepare meals that are distributed to hungry women and children through these partner organizations:



*I've been living in my car and just found out about the women and children's restaurant; it's been great to have a hot meal a couple of times a week. - Rhonda C.*

- > Vanessa Behan Crisis Nursery
- > Hope House
- > St. Margaret's Shelter
- > Odyssey Youth Center
- > Peaceful Valley After School Program
- > Breakfast for the Homeless
- > Feed Cheney

# Who we serve

What if you couldn't afford to feed yourself and your family, despite working hard and trying to budget your limited resources to last until the end of the month? For many Spokane area women and children, this is their daily reality. Fortunately, WCFR believes that all women and children should be treated to a nutritious meal. Served by caring volunteers in a welcoming setting with dignity and respect, guests receive real restaurant quality service and wholesome meals made with fresh ingredients. Our diners leave behind burdens to gather in a place where they will be honored and valued. They are welcomed into an accepting and safe haven without judgment.



# Events

## **Souper Bowl** – sponsor: Numerica Credit Union

Every Super Bowl Sunday morning, women enjoy snowshoeing, cross country skiing, and a delicious soup lunch on Mount Spokane.



## **Spring Tea** – Sponsor: Northwest Beauty Supply & Salon

WCFR hosts a Spring Tea for approximately 300 guests. Guests are treated to a four course tea and silent auction, as well as an exclusive shopping experience featuring some Spokane vendors.

## **A Little Night Music** – Sponsor: Pawn 1

A Little Night Music is an annual WCFR tradition. Community-minded individuals attend to enjoy fine cuisine, live music and auction fun in support of WCFR.

## **Community Thanksgiving Dinner** – Sponsor: Pawn 1

What better way to come together as a community than over a healthy traditional Thanksgiving meal. This event is open to all members of the community and takes place at Rogers High School. Last year, 1,500 meals were served.



## **Creating Christmas Memories** – Sponsor: Paint Crafters Plus

Women and their children will come together to cut-out, bake and decorate cookies at WCFR. The ladies then wrap their plates to gift or take home. Of course, homemade holiday aprons will be worn and sent home as reminders of their enjoyable day. An equally appreciated gift, the ladies are invited to bring their address list of far away family and friends to whom they have the opportunity to write cards, which WCFR will apply postage and mail for them.



# Volunteers

WCFR would not be the thriving and welcoming place that it is without all of the wonderful people who do everything from helping with the laundry, slicing carrots, washing dishes, and organizing supplies to floral design for our events and weeding in our garden. 15,686 hours of their time was utilized in 2013, helping in every aspect of the Restaurant.

These volunteer numbers decreased by 200 from 2012, due to discontinuing our Friday food distribution that overlapped with local food bank services and changing our event formats to better utilize our volunteers' time.

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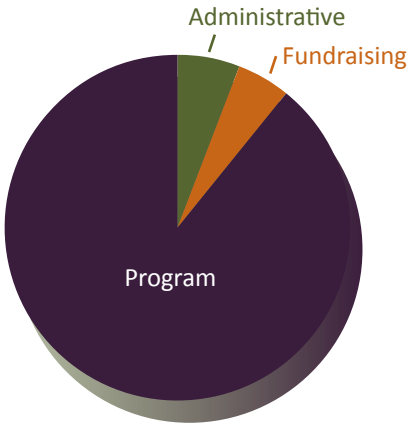
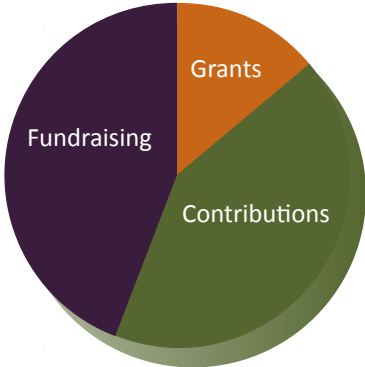
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Chef  
Assistant Chef  
Inventory Manager  
Staff Accountant  
Marketing Coordinator



# Financial

**Income**

Grants	14%
Fundraising	42%
Contributions	44%



**Expenses**

Administrative	6%
Fundraising	5%
Program	89%

**Capital Campaign Income**  
\$298,257.00

## Grantors

- Anita M. Delafield
- Assistants
- Bank of America Charitable Fund
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*I am deeply grateful for the hands that prepare such healthy meals, the gentle hearts of those who serve us, and those in our community who provide a bounty of provisions. - Nancy*



Thanks to everyone who comes even to smile, be there, or volunteer. It is nice to be cared for and loved. - Anonymous

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