

2023 Impact Report







Message FROM THE EXECUTIVE DIRECTOR

As I reflect on the past year, I am overwhelmed with inspiration and gratitude, knowing that our community is a steadfast pillar in our mission to fill nutritional gaps. Our 2023 annual impact report is a vibrant testament to the unwavering dedication of our staff, volunteers, partners, and supporters.

Our report isn't just a collection of numbers and statistics; it's a heartfelt celebration of 35 remarkable years dedicated to uplifting women and children in our community. For three and a half decades, we've been weaving a tapestry of support, empowerment, and love, transforming lives one meal, one program, and one relationship at a time.

Over the past year, we have witnessed the profound impact of our efforts, transforming the lives of countless families in our community. With our carefully planned nutritional support, women have been empowered to stay in their homes, pursue



careers, and afford safe, dependable childcare—all amidst the backdrop of soaring food prices. This support not only sustains their daily lives but also nurtures their dignity and resilience, proving that with the right resources, families can thrive even in challenging times.

I am immensely proud of our dedicated staff and volunteers, who selflessly set aside their own concerns to stand on the front lines of Spokane County's hunger relief efforts. Their remarkable spirit and commitment allow us to continually seek innovative solutions, enhancing and streamlining our operations to better serve our community. Together, we embrace the future with optimism, determined to uplift those in need and foster a spirit of solidarity and support.

In the following pages, you'll discover recent triumphs, including securing our largest-ever grant of \$500,000 from the WSDA program. This competitive funding enables us to source healthy foods from local Washington growers and businesses, forging invaluable relationships with partners who share our vision.

Your unwavering support has been the secret ingredient in our recipe for success, ensuring that every meal we provide is served with dignity and respect. Let's persist in stirring the pot of hope and resilience because when we come together, we can genuinely nourish both body and spirit. Join us as we continue this vital mission, and help us create a community where everyone thrives!

Thank you for being an invaluable part of the WCFR family!

With gratitude,

Lisa Diffley

Executive Director

Our Mission

Women & Children's Free Restaurant & Community Kitchen is a vital safety net that fills nutritional gaps for women and children in need while fostering dignity and respect, both within our restaurant and in the community.

Mho Me Sserve

Fifty thousand women and their children in our community live in poverty. In Spokane, 1 in 5 children are food insecure. Poverty runs deep in our community, especially for women. A single mother with two small children must earn \$27 an hour to meet her basic living expenses. Poverty and food insecurity also disproportionately affect older adults on fixed incomes, women with disabilities, women of color, and those experiencing homelessness.

Every day, the pathway to a more secure future starts with food. But "enough" food isn't enough! A truly just society must also ensure nutrition and improve access. Women & Children's Free Restaurant & Community Kitchen does just that! We transform donated whole-food ingredients into nourishing, ready-to-eat meals. We also deliver nutritional meals to numerous partner locations throughout Spokane County. In 2023, we provided 1,105,036 meals to families already in need and thousands more due to the lingering impact of the pandemic. This was more than eleven times the number of meals we served before the pandemic.

Our Volunteers

We would not be the thriving and welcoming place we are without the wonderful volunteers who help us daily! Our volunteers do everything from prepping food and washing dishes to laundry and handyman projects. In 2023, 339 volunteers gave 9,793 hours, the equivalent of nearly five full-time employees.



If you have questions about volunteer opportunities or would like to sign up to become a volunteer, visit our website at www.wcfrspokane.org/volunteer or email Jessica Gebhardt, our Volunteer Services Manager, at volunteer@wcfrspokane.org.



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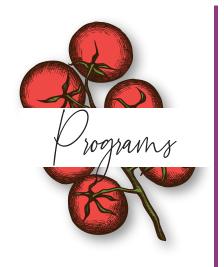
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2023 ACCOMPLISHMENTS



Served 1,105,036 meals, bringing the total from March 2020 (pandemic onset) through December 2023 to 4,360,000 meals

Provided meals and stuffed toys at shelters for local wildfire evacuees

Distributed 149,667 prepared meals to **23 partner NPOs at 27 locations** across Spokane County through the Nutrition-to-Go program

339 volunteers gave 9,793 hours of their time



Installed three **new HVAC units**

Hired an Assistant Chef

Established an **investment account** for program expansion



Hosted *Dinner on the Farm*, our first in-person fundraiser since 2019, and **raised \$126,400**

Awarded \$500,000 grant from Washington State Department of Agriculture

Received **470,501 pounds of donated food** valued at \$912,772

Raised \$17,600 with the first annual Egg Madness in March, launched by our Teen Leadership Board

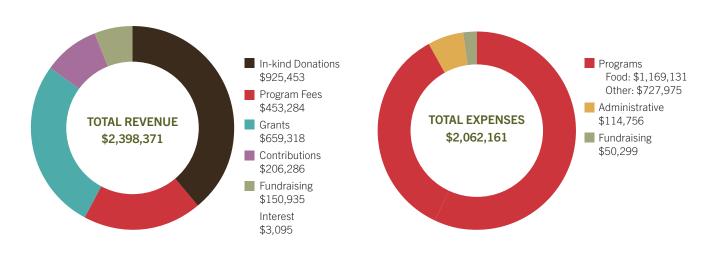
Nutrition-to-Go Program provided meals to the following partner programs:

American Red Cross – (3 Wildfire Shelter Locations) Communities in Schools — Bemiss Elementary School Communities in Schools — Shaw Middle School Cup of Cool Water Family Promise of Spokane Maddie's Place Millwood Impact Miryam's House — Transitions **Odyssey Youth Movement** Partners with Families & Children **Ridpath Club Apartments** Rising Strong — Catholic Charities Ronald McDonald House Charities of the Inland Northwest SAN (Spokane AIDS Network) **Spokane County COVID Isolation Shelter Spark Central Spokane Resource Center** St. Margaret's Shelter - Catholic Charities **Sisters Haven - Catholic Charities** The Salvation Army (3 Shelter Locations) **Transitional Living Center — Transitions** Vanessa Behan



2023 FINANCIAL DATA

Women's Hearth - Transitions



2024-2025 GOALS

At the heart of our mission lies the unwavering belief that access to fresh, nutritious food is not just a luxury but a fundamental human right that should be available to everyone, regardless of socioeconomic status.



- Contribute to food security in our community with free curbside meals and grocery services and delivering meals to 20+ nonprofit partners
- 2 Increase access by adding an after-hours food pick-up system
- **?** Continue to secure funding to significantly increase food purchases
- Renovate and install new equipment for the dishwashing room
- 5 Increase staffing levels
- 6 Host second *Dinner on the Farm* fundraiser
- Install a permanent building sign funded by STCU and our Teen Leadership Board

Groceries

Each family receives a generous assortment of hand-picked proteins, dairy products, fresh fruit and vegetables, nonperishable foods, and delicious recipes paired to the items they receive.

We focus on fresh, healthy foods that feed an individual or family for a minimum of one week.

Call to Action

Please consider a gift from our Menu of Giving. Your investment will generously support famalies who need nutritional assistance.



Menu of Giving
HERB-ROSTED CHICKEN
PULLED PORK TACO\$100 (Dinner for 1-2 families and groceries) Roasted and pulled pork sourced locally from Olsen Farms, Chef Melissa's special pico de gallo, lettuce, tomatoes, cheddar cheese, corn tortillas, Gala apples
LASAGNA
OVEN-ROASTED PORK LOIN\$500 (Dinner for 5-6 families and groceries) Oven-roasted pork loin sourced locally from Olsen Farms, fruit chutney, rice pilaf, sweet peas, fresh fruit medley
HOLIDAY DINNER

pumpkin pie

Featured menu items are examples of meals served, and





netary Donors

hank you TO OUR GENEROUS DONORS

\$199,999-\$50,000

City of Spokane Washington State Department of Agriculture

\$49,999-\$25,000

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Pearson, Heather Pearson, Lucy Petersen, Sally Phillips, Shelvin Phipps, Brandi Pineda, Belen Powell, Kelly Preti. Callah Preti, Cami Preus, Erien Price, Sydnee Provolt, Emily Ragan, John Ragan, Rochele Ramus, Ellen Raymond, Austin Realmuto, Isabella Reid, Julie Reid, Shayla Reiman, Claira Renouard, Tim Richard, Barbara Ricketts, Bethany Ricketts, Katie Roberg, Kathy Robinson, Ted Rock, Jenna Rogers, Coryelle Romero, Jhoana Rountree, Jack Samson, Jeannie Sanford, Garret Sartin, Jasmine Satterwhite, Elizabeth Scherler, Jake Schoolcraft, Kerri Scott, Josie Scott, Lorraine Sealey, Jennifer Seher, Susie Seno, Kaia Sharp, Maureen Sharp, Melanie Shepherd, Rachael Simchuck, Sheila Simpson, Alicia Smatlan, Michael Smith, Alyssa Snowdon, Susie Songhurst, Danny Sowers, Peggy Speer, Meagan

Stanley, Jessica Starkey, Angela Stevens, Chris Stevens, Jeff Stewart, Ella Stohler, Diane Stoner, Melissa Sutherlin, Paula Swenson, Annika Sykes, Sherrie Takeshita, Mieko Takeshita, Pat Taylor, Anna Tegge, JoAnn Tillman, Joan Toner, Rachel Tran. Ella Trella, Deanna Trella, Vivian Valentin Martinez, Vanessa Van Aken, Nichole Vierra-Larkin, Joyce Volwiler, Susie Wagner, Dennis Wagner-Harless, Sheila Walker, Mason Ward, Paula Warren, Stasia Wasson, Monica Watts, Kristin Weiford, Maddie Weiler, Darin Weiss, Jamie Welch, Anna Wellborn, William Wendt, Mandi Wenz, Iliana Werley, Jason West, Beth Weyland, Therese Whiton, Lilv Wilhelm, Brandon Wilks, Barbara Wilks, Doug Williams, Cody Wren. Angelique Wright, Aaron

Sunteer Groups

Love, Kasean

Lutton, Mary

AgWest Farm Credit
Asuris Northwest Health and Cambia Health Solutions
Canopy Credit Union
Eastern Washington University Students
Engie Impact
Gonzaga University ROTC Students
Gonzaga University School of Law Students
Gonzaga University Students
Liberty Mutual Insurance
Numerica Credit Union

Setons of Gonzaga University

Spokane Community College Nursing Students
Spokane Gives
Spokane Mama
Spokane Santa and Mrs. C
STCU
University of Washington School of Medicine Students
Upper Columbia Academy
USAF
Whitworth University Students
Women of Steel Local 338
WSU Spokane Pharmacy Program

Wright, Clay

Zaro, Anne

Zelenko, Skylar







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