



LIFT UP

FOOD BRINGS US TOGETHER

IMPACT REPORT 24-25

THE POWER OF CROSS POLLINATION

Growing Food Security Together



DEAR FRIENDS OF LIFT UP,

As I begin my sixth year at Lift UP, I've been reflecting on what makes our work possible. Real growth doesn't come from a single source—it comes from exchange, connection, and the relationship between people and ideas. In nature, that's called cross-pollination. At Lift UP, it shows up in neighbors sharing the impact of nourishment, volunteers giving their time, donors, congregations, and foundations offering resources, and partners working alongside us to build better systems. Each contribution ripples outward, touching others and creating something far stronger than any of us could achieve alone.

We're living in uncertain times. Longstanding systems across many sectors are shifting, and that instability has created challenges for nonprofits everywhere, including those of us working in food security. But we have learned that we will find our way through these challenges by trusting in our local community: the people who care and who choose to show up for one another. In a turbulent and often overwhelming landscape, the Lift UP community is my greatest source of hope.

If you've heard me talk about our work, you know I often mention the 60% growth in our services over the past three years. Even now, that number gives me pause. Preston's Pantry, Delivered Groceries, and On-Site and Pop Up Pantries have all stretched to meet unprecedented need. And just as we adjust, new challenges emerge—the USDA's funding freeze that put 20% of Oregon's emergency food supply in jeopardy overnight, and upcoming legislation expected to further reduce SNAP and other supports. The need is not slowing—it is accelerating.

Instead of feeling daunted, I'm inspired by the way our community responds. Each time the landscape shifts, people step forward. Volunteers provide steadiness, donors and funders show generosity, and partners bring ideas and energy. It's that cross-pollination, the constant movement between people and efforts, that allows Lift UP to adapt and grow.

The seeds we've planted together over the past few years are blooming. Lift UP is emerging as a leader in the food security space, not only meeting urgent needs but also rebuilding systems for the long term. Through the Coalition to Advance Food Equity (CAFE), our vision of a Farm to Food Assistance project, and our evolving role as a community food hub, we are helping to cultivate a stronger, more equitable food system.

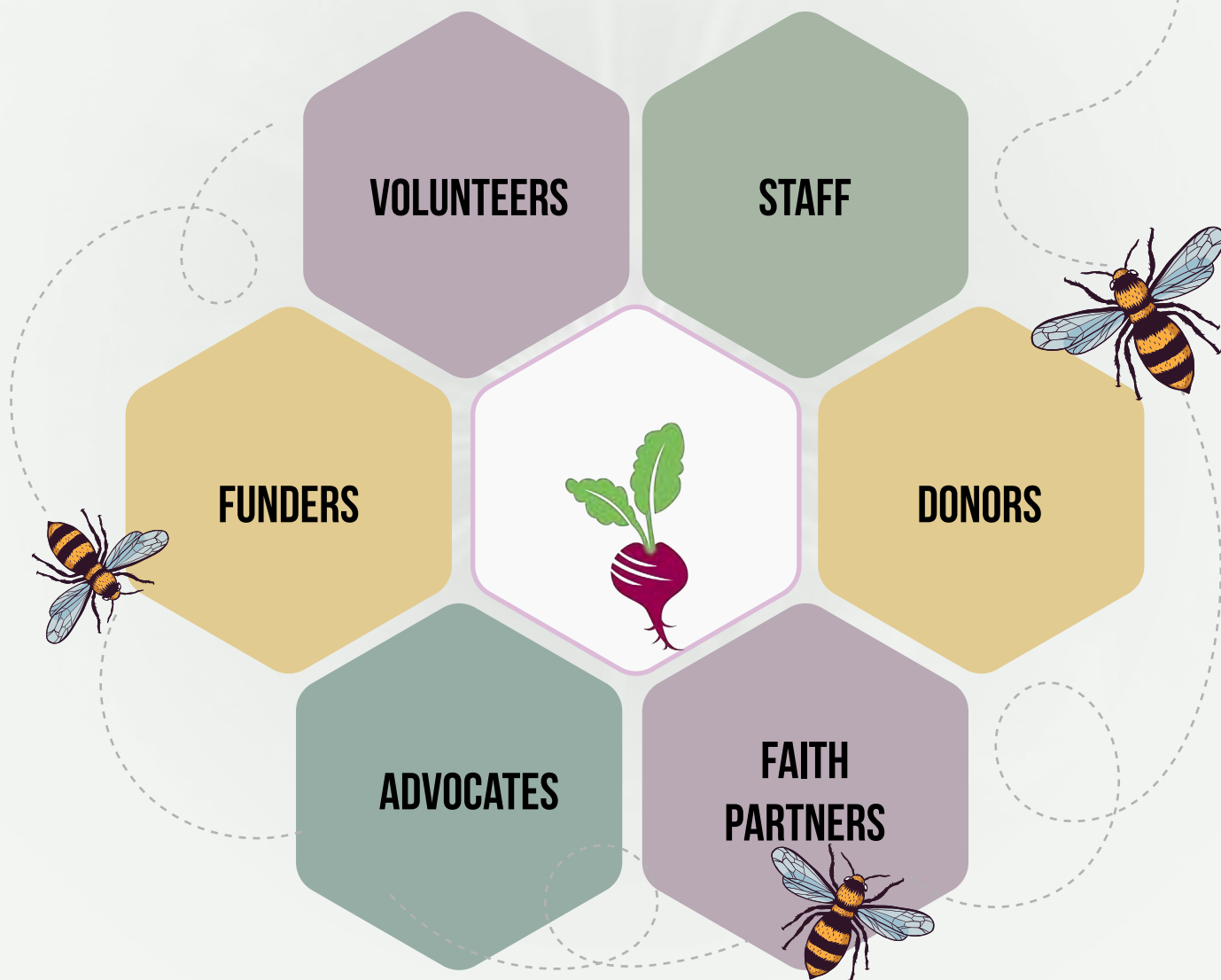
I also can't say enough about our team. They're the worker bees of this hive, giving their all to make sure neighbors have nourishing food. Thanks to their dedication, Lift UP isn't the same organization I joined five years ago. We're stronger, more connected, and more deeply grounded in equity and care. I'm so grateful for them and for you.

In these pages, you'll see how cross-pollination is in everything we do. You'll see how programs evolve, partnerships deepen, and neighbors are nourished through food—not through a single action, but through the combined efforts of many. And you'll see yourself reflected here, because none of this would be possible without you.

With Gratitude,
Stephanie Barr
Executive Director



THE HIVE THAT NOURISHES



BY THE NUMBERS ONE YEAR IN IMPACT

33,086 NEIGHBORS SERVED ACROSS ALL PROGRAMS
NEARLY 1 MILLION POUNDS OF FOOD DISTRIBUTED—EQUAL TO NEARLY 700,000 MEALS
50% OF ALL FOOD WAS PRODUCE
42% OF THOSE SERVED IDENTIFY AS BIPOC

WHERE HOUSING, HEALTH AND DIGNITY CROSS POLLINATE

Our message to everyone we meet is simple: keep food at the center of the conversation. Food is at the heart of so many challenges in our community. It cross-pollinates with housing, health care, and social connection. For neighbors navigating houselessness, chronic health conditions, or social isolation, food is often the stabilizing force that makes everything else possible. 40% of the people we serve are seniors 65+. Seniors are the fastest-growing houseless population in the Portland Metro area. Through Lift UP, access to nourishing food helps seniors remain independent longer and manage their health with dignity.



FOOD AND HEALTH

91%

**OF CLIENTS REPORT
EATING MORE FRUITS
AND VEGETABLES**

90%

**SAY THEY ARE BETTER
ABLE TO CARE FOR
THEIR HEALTH**

“

“Lift UP is so helpful with my diabetes. They made a note on my account so they don't waste food giving me sugary items.”

“

“Thank you. This food gives me more variety in what I eat; some are luxuries.”

FINANCIAL STABILITY

“

“This program is lifesaving. Like being thrown a lifesaver when you're in the middle of the ocean.”

“

“Receiving food has stopped me from going into debt on my credit card.”

87%

**SAY RECEIVING FOOD
FREES UP MONEY FOR
RENT, UTILITIES, OR
MEDICATION**



DIGNITY AND COMMUNITY

64%

**OF SUPPER CLUB
PARTICIPANTS SAY
THEY FELT MORE CONNECTED
TO COMMUNITY BECAUSE
OF SUPPER CLUB**

“

“I can't say enough about how I feel so much better knowing that my cupboards are full each month. It helps me to feel successful at life.”

“

“The people are very kind and courteous to me. They did not look down on me or treat me unkind because I need to depend on them.”

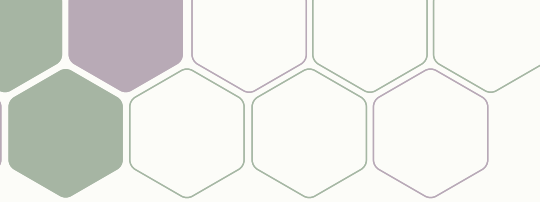


THE HIVE THAT FEEDS WITH DIGNITY

Preston's Pantry is designed as a shopping-style pantry, offering neighbors the dignity of a true grocery experience and showcasing abundance. Even as we adapt to challenges—like the USDA funding freeze and the shifting availability of food streams—our community continues to show up and keep food flowing.

Since relocating to First United Methodist Church in 2020, Preston's Pantry has become more centrally located, just steps from the MAX line, making it especially accessible for seniors and neighbors across the city. This partnership has allowed us to serve more people with greater dignity, ensuring that Preston's Pantry remains a vibrant hive of nourishment and connection.





**16,000
SHOPPERS**



5%

**GROWTH FROM
LAST YEAR**

“

“Because food is so expensive, without Lift UP, I wouldn’t be able to afford to eat. I only receive \$60 from food stamps and groceries cost me around \$700 a month.”

“

“You’re doing an amazing job. The staff here are warm and welcome”

**SHOPPER
DEMOGRAPHICS:
NEARLY
40%**

OF SHOPPERS 65+

46%

SHOPPERS ARE BIPOC

“

“I feel totally safe when shopping here.”

94%

**OF SHOPPERS WHO
RECEIVE FOOD FROM
PRESTON’S PANTRY SAY
THEY EAT MORE FRUIT
AND VEGETABLES**

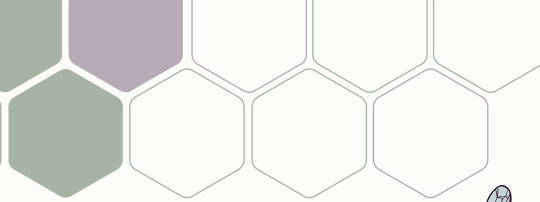


WHERE NEIGHBORS AND NOURISHMENT GROW

Lift UP's Adopt a Building program was created to build lasting connections between local businesses, congregations, and individuals with affordable housing communities. Through this program, partners provide not only financial support to help create food-secure living communities, but also forge relationships by volunteering to deliver food to their neighbors.

Today, Adopt a Building nourishes 50 affordable housing communities in Downtown and Northwest Portland with vital food security services. Of these, 31 are fully "adopted," receiving the full spectrum of Lift UP programs, including Delivered Groceries, On-site pantries, and Supper Club nutrition and cooking classes that together cultivate resilience and dignity for our neighbors.





**DELIVERED
FOOD BOXES**

5,875

Delivered Groceries Boxes,
nearly half tailored to specific dietary
needs such as diabetes, high blood
pressure, and other
health conditions.

Nearly 50%
Seniors
65+

Nearly
70%
identify as having
a disability

ON-SITE PANTRIES

SERVING OVER
9,000
PEOPLE

115,635
LBS OF FOOD
DISTRIBUTED



SUPPER CLUB

SERVED NEARLY
1,000
MEALS

Nearly **90%** of
participants say they are
more confident in their
ability to cook healthy
foods on budget because
of Supper Club

THANKS TO OUR ADOPT A BUILDING PARTNERS

St Francis adopted by
MG2 & Home Forward

The Jeffery, Pearl Court, Peter
Paulson, & Bud Clark Commons
adopted by
Home Forward

Susan Emmons adopted by
Northwest Housing Alternatives

Upshur House adopted by
ESCO

William Plaza adopted by
Trinity Episcopal

Morrison adopted by
Otak

Bronaugh adopted by
DCI Engineering

Gallagher adopted by
Legacy Health

Gray's Landing adopted by
Zidell Foundation

Alder House adopted by
First Presbyterian

1200 Building, The Medallion & The
Lexington adopted by
Crooke Charitable Trust

The Kathleen Saadat adopted by
Urban League

Musolf Manor adopted by
Belfor Property Restoration &
Innovative Housing

Katherine Gray adopted by
St. Mary's Cathedral

Rose Schnitzer Tower adopted by
Downtown Development Group

Station Place adopted by
All Day I Dream About Food

Hamilton West adopted by
Holzman Foundation

Gretchen Kafoury
adopted by Gordan & Kathy Keane

NW Tower adopted by
Congregation Beth Israel

Roselyn adopted by
Amazon in the Community/Pizza
Thief

Rosenbaum adopted by
Lease Crutcher Lewis

Uptown Tower adopted by
Zion Lutheran

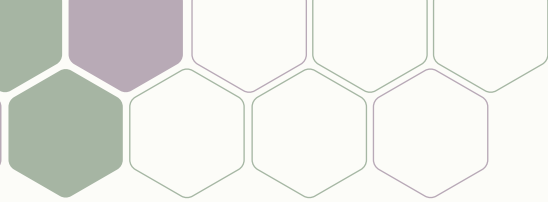
The Vibrant, Park Tower, Helen
Swindells adopted by
General Adopt Funders

SPECIAL THANKS TO OUR GENERAL ADOPT FUNDERS

Marie Lamfrom • Saling Foundation
• Zera Foundation • Wheeler
Foundation • Clark Foundation •
Herber A. Templeton Foundation
• Care Oregon • Metro Healy
Foundation • Legacy Health

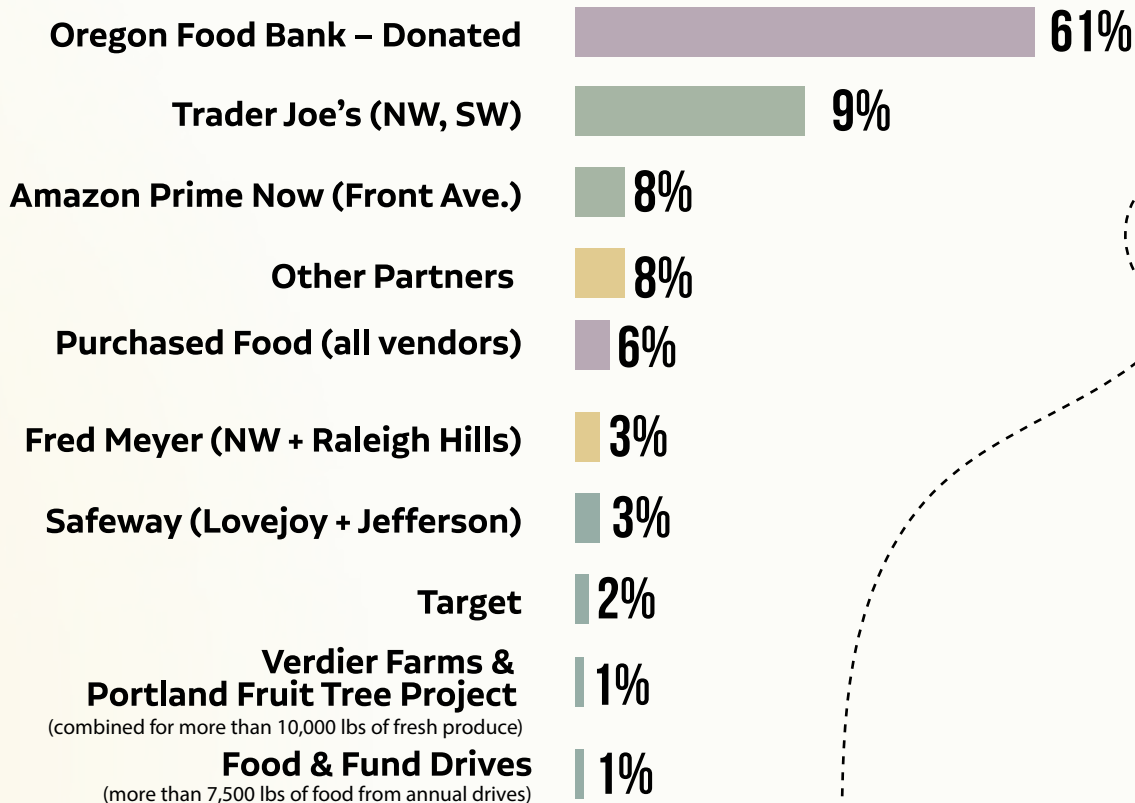
WHERE OUR FOOD COMES FROM





PARTNER

% OF TOTAL



We’re grateful to other notable partners such as Smith Tea, Grand Central Bakery, Bob’s Red Mill, Dave’s Killer Bread, Blanchet House, Diestel Turkey, Spielman Bagels, Portland Food Project, and Grow to Donate donors. Their support has been invaluable in addressing the growing needs of our community.

FEEDING FORWARD OUR COLLABORATIVE PARTNERS

As Lift UP has grown, so has our footprint across the Portland Metro area. Through our Food Hub partnerships, we're able to share nourishment well beyond our immediate neighborhood. Moving into a larger warehouse gave us the capacity to accept and redistribute greater volumes of food, spreading abundance further. Last year alone, we distributed nearly 110,000 pounds of food to partner organizations, strengthening the network of neighbors working together to feed our city.



Bybee Hope Center:
Provides supportive housing and services for women in recovery from substance abuse.



Milk Crate Kitchen:
A social enterprise providing culinary training and meals to support Portland's food-insecure populations.



OHSU Student Pantry:
A food pantry for Oregon Health & Science University students, offering free groceries to support their nutrition and well-being.



IRCO (Immigrant and Refugee Community Organization):
Supports immigrants, refugees, and underserved communities through education, employment, and social services.



Outside In:
Provides health care, housing, and supportive services to homeless youth and marginalized communities.



William Temple House Food Pantry:

Offers free groceries, including fresh produce and staples, to low-income individuals and families in Portland.



Chapman Elementary:

Lift UP facilitates a pop-up pantry once a month during the school year that services children and families at the school.



PSU Student Pantry:

A food pantry at Portland State University offering free groceries to enrolled students so students can focus on studies.



Trinity Episcopal Cathedral:

Runs a long-standing food pantry and provides hot meals for neighbors in need. The church emphasizes radical hospitality, welcoming all, providing dignity, and doing so with warmth and consistency.



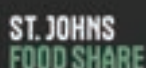
NW Pilot Project:

Helps very low-income seniors (55+) secure safe, permanent affordable housing in Multnomah County.



Gather:Make:Shelter:

A creative community organization that collaborates with people experiencing houselessness and poverty through arts workshops, mentorship, and creative public projects.



St. John's Food Share:

Volunteer-powered pantry in the St. Johns neighborhood that distributes food with a no-barriers approach.



Urban Gleaners:

Collects fresh, surplus food from grocery stores, restaurants, farms, and events to redistribute to people who need it via free food markets throughout Portland Metro.



De Rose Community Bridge:

Supports immigrants and refugees with holistically healing services including a culturally specific food pantry.



Community for Positive Aging:

(formerly Hollywood Senior Center) A hub for older adults (55+) that provides a broad array of programs including food assistance.



Community Resource and Referral Center:

Offers support for Veterans to resources for housing, food, financial support, utility assistance, and other social services.

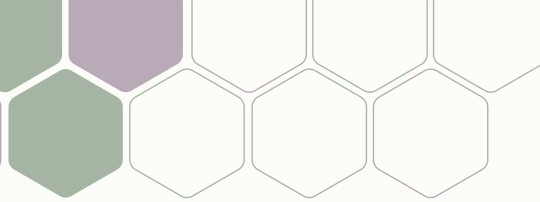
COLLABORATIVE PARTNERSHIPS: CULTIVATING RESILIENCE

Coalition for Advancing Food Equity (CAFE)

Two years ago, we didn't set out to "form a coalition." We were simply a handful of food security partners who needed space to breathe, share, and connect in a moment when COVID had left us more siloed than ever.

That's when the Zidell Family Foundation extended an open hand, not only offering their meeting space and hospitality, but also opening doors to build new relationships with mission-aligned leaders who understand that food belongs at the center of community well-being. What began as a single site tour and conversation about Lift UP quickly grew into something much larger—a circle of organizations dedicated to food security, realizing that we're serving the same





neighbors, often facing the same challenges, and that we will go further if we move together.

Today, that circle has grown into nine partners, coming together as the Coalition to Advance Food Equity (CAFE). We collectively extend our reach across the Metro area through the work of:



Thanks to seed funding from a generous group of funders—Zidell Family Foundation, Marie Lamfrom Charitable Foundation, and the Harbourton Foundation, we’ve launched a project to stabilize our collective food pipeline and begin rebuilding the local food supply chain with sustainability and resilience at the core. We know the old, broken systems aren’t coming back, which gives us a unique opportunity to shape something stronger, more responsive, and more resilient for the future. This includes:

- **Bulk food purchasing:** pooling our resources so we can buy smarter and stretch every dollar further.
- **A shared gleaner:** (a “gleaner” is the person and vehicle who rescues food that would otherwise go to waste and gets it where it’s most needed). This role ensures food doesn’t sit idle in one place when it could be nourishing neighbors across the coalition.

It’s a model that turns crisis into opportunity—by working together, we’re not just filling immediate gaps, we’re laying the groundwork for a stronger, more sustainable food system.

NEIGHBORS GROWING NOURISHMENT



Even as we face headwinds in the food landscape, Lift UP has leaned into the strength of our community network. Through our Grow to Donate campaign, we invited backyard gardeners and fruit tree owners alike to plant and share nourishment for their neighbors. More than 20 community members pledged harvests—from leafy greens like cabbage, chard, and kale to tomatoes, grapes, plums, pears, and apples. These gifts remind us that the only way forward is together—when neighbors root into care and share their abundance, the whole hive is fed.



GROWN WITH CARE, SHARED WITH COMMUNITY

Located on Skyline Boulevard at the former Meriwether Restaurant site, Verdier Farms has been a cherished partner for the past three years. Their fields supply Lift UP with high-quality, culturally relevant produce, food that our neighbors both ask for and deserve. Verdier is more than a farm; they're an integral part of the hive, helping us ensure that every table is nourished with dignity. We're excited to keep growing this partnership in the seasons ahead.

THE NECTAR OF TIME, ENERGY, AND HEART



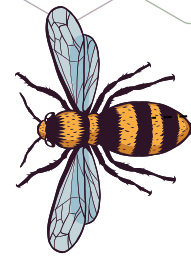
282
VOLUNTEERS

10,429
HOURS SERVED

Volunteers are the steady force that helps us grow, adapt, and reach further. Their time and energy nourish every part of our work, from packing and delivering food boxes to supporting pantry distributions.

In the past year, 282 volunteers contributed more than 10,000 hours, cultivating the strong foundation that makes all of Lift UP's successes possible. Some have been with us for more than a decade, their steady presence grounding us through change and fueling our ability to meet rising demand. Their dedication is what allows us to keep feeding our community with dignity and

BOARD MEMBERS



Stephanie Barr
Executive Director

Emily York
President
Project Manager
Legacy Health Good
Samaritan

**Rosa Velasco-
Gonzalez**
Vice President
Program Manager
Community Engagement,
Providence Health

Colin Walsh
Treasurer
Walsh Trucking Company

Amy Thomas
Secretary
Retired
Trinity Episcopal
Cathedral

Jil Morby
Retired
America First Credit
Union

Jim Mauceri
Development Project
Manager
Latino Network

Shirley Chalupa
PE, SE Principal
DCI Engineers

Alescia Blakely
Manager
Home Forward

Gary Burgoine
OBGYN
Women's Healthcare
Associates
Zion Lutheran Church

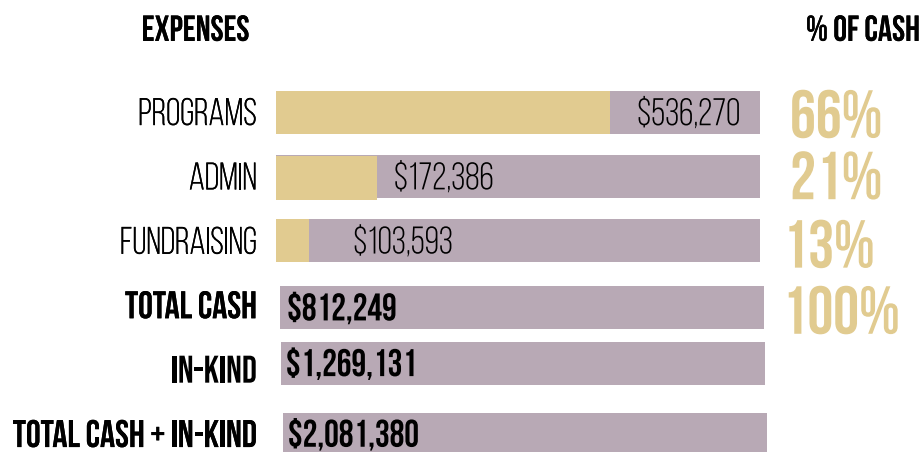
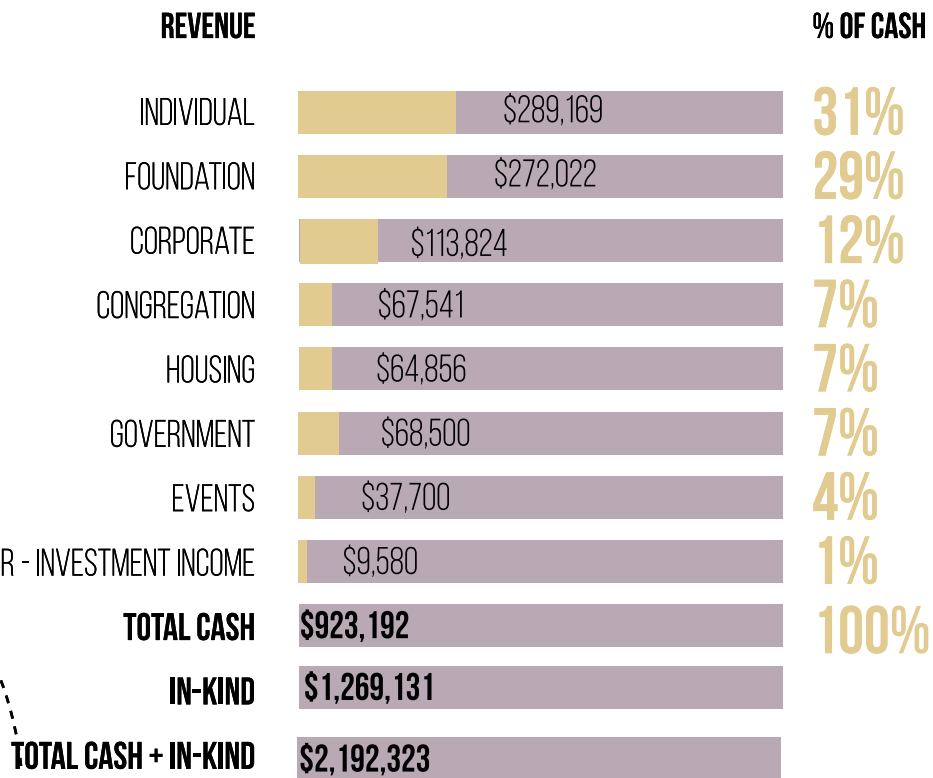
Bruce Smith
DEI Partner
Trimet

Barbara Fields
Retired
Disabilities Rights
Attorney

Beth Doyle
Nurse Program
Administrator
Clackamas Community
College



LIFT UP FINANCIALS FY 24-25



SPECIAL THANKS TO OUR SUSTAINING MEMBERS

Phyllis Brudney • Nathan Hinton • Carlie Ruffalo • Carole Barkley • Craig Langley • Susan Milstein • Pastor Melinda Wagner
 Lynn Greenwood • Janet Gallagher • Lynne Bartenstein • Sue Albert • Judith Lienhard • Debbie Rehn • Brian Fleener
 Bruce Strade • Meryl Haber • Jennifer Director-Knudsen • Nikki Director • Martha Soltesz • Barbara Ballweber
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 James Vance • Kevin Hoover • Amy Thomas • David Gray • Jim Pressnell • Beth Doyle • Janet Schaeffer • Matt Blair
 Timothy Smith • Sara Pedro • Ann Hamlin • Kellen Rear • Amanda Rybarczyk • Abel Estraviz • Cecilia Estraviz • Ann Messick



This year's Annual Report is dedicated to the memory of Susan Wolfe, Barbara Fields, and Beth Doyle, beloved Lift UP volunteers whose care continues to nourish our community.

PARTNER OF



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