



# LIFT UP

FOOD BRINGS US TOGETHER

# ANNUAL REPORT 2018-2019

“Sharing food is the compelling tie that binds us humans. I’m sharing life!”



**7,186 hours**  
donated by  
community volunteers



**254,606 Meals**  
provided to residents  
in Northwest and  
Downtown Portland



**2,722 meals**  
served at Supper Club:  
Healthy Eating  
Workshops



“Lift UP isn’t just about providing food for people who need it, it’s about building a community.”



**32,712 pounds**  
produce distributed at  
Free Food Market



**3,050 Residents**  
in the  
Adopt a Building  
program



**3,168 Delivered  
Food Boxes**  
received by residents  
in our service area

Dear supporter,

At Lift UP, we envision is a Portland where everyone has access to healthy food and opportunities to connect with others. Through the Adopt a Building program, I have created new community connections and am invested in the people to whom I delivery groceries, like Judy. "It's really nice to have access to fresh fruits and vegetables!" This is happening all over Northwest and Downtown Portland, and is celebrated with our new logo.

The **beet** represents dependability, endurance, and an abundance of healthy food when other resources are scarce. This last year we distributed **more than 82,000 pounds of produce**.

The **roots** represent our longevity as an organization and our commitment to our community. **We are currently serving 27 buildings through our Adopt a Building program.**

The **leaves** represent new growth and expansion. Our new volunteer coordinator helped engage **22% more civic-minded community members.**

Warmest regards,



Melissa Blanchard  
Lift UP Board President



Melissa Blanchard and Legacy Health Volunteers



**Lift UP reduces hunger and improves the lives of residents in Northwest and Downtown Portland.**

## BOARD OF DIRECTORS

**Melissa Blanchard**  
**President**

Program Manager,  
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Legacy Good Samaritan

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Otak, Inc.  
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Home Forward

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Credit Union  
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**Kyle Shick**

Financial Advisor  
Baird

*"We nourish community by bringing people together—to share a meal and experiences—to feed our bodies, minds, and souls."*

- Mark Uhrich, Board Treasurer and Volunteer

## ADVISORY COUNCIL

**Susan Milstein**  
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System

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**Rob Shick**  
Baird

**Anne Weaver**  
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Catering

**Leasa Wilkens**  
SELCO Community  
Credit Union

# WHERE OUR FOOD COMES FROM

Volunteers pick up food from Community Partners several times a week, sourcing perishable and non-perishable goods distributed to the community, through Preston's Pantry and the Adopt a Building Program.

## Recurring Donations

- Oregon Food Bank: 41%
- Amazon Prime: 21%
- Trader Joe's: 11%
- White Shield Center: 5%
- New Seasons Slabtown: 3%
- Other: 2%



- Food and Fund Drives: 5%
- Purchased from Oregon Food Bank: 12%

**33% of the food we receive through our Community Partners is fresh, nutrient-rich produce.**



Total: 83% Recurring Donations

**Total pounds distributed: 431,626**

# WHERE OUR FOOD GOES



At **PRESTON'S PANTRY**, shoppers can enjoy a variety of fresh fruits and vegetables, shelf stable items, and pantry staples. The pantry served 4,734 (duplicated) households this year, a **22% increase over last year.**



**EMERGENCY FOOD CLOSETS** provide shelf stable pantry items for residents facing an unexpected shortage of food. In 2018-19, Lift UP stocked the equivalent of **45,000 meals in 26 Emergency Food Closets** in our service area.



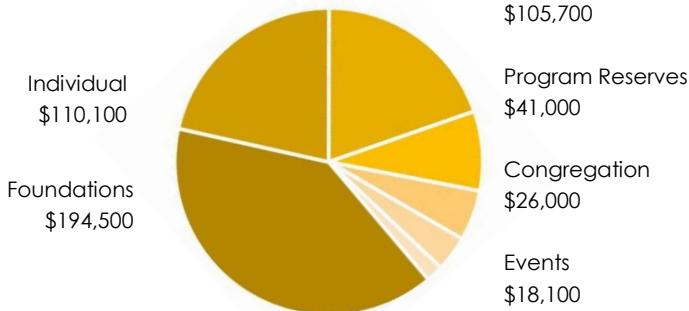
**DELIVERED FOOD BOXES** contain one week's worth of meals and can be customized to meet residents' dietary restrictions, such as Diabetic or Low Sodium. 3,168 were received by residents in 2018-19, **42% more than the previous year.**



**SUPPER CLUB**, our healthy eating workshops teach culinary skills, provide the nutritional info about of food Lift UP provides through our programs, and encourage community building among residents. In 2018-19, **attendance increased 130%, to 442 participants.**

# FINANCIALS

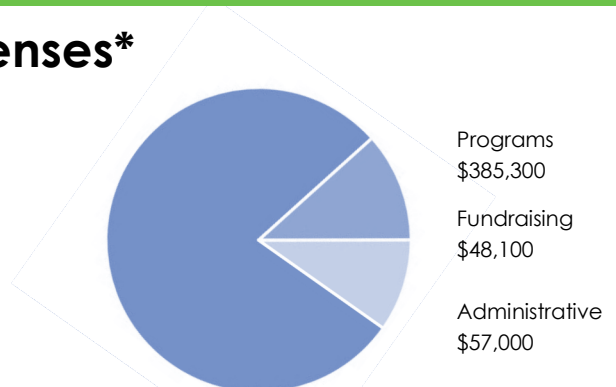
## Revenue\*



**Total: \$490,400**

**In-Kind Donations: \$265,000**

## Expenses\*



**Total: \$490,400**

\*numbers are unaudited

# DONORS

## PRESIDENTS (\$10,000+)

Anonymous  
 Carol & Velma Saling Foundation  
 The Croke Family Charitable Fund  
 Harbourton Foundation  
 Maybelle Clark MacDonald Fund  
 New Seasons Slabtown  
 SELCO Community Credit Union  
 T and K Properties  
 Weston Public Foundation

## BENEFACTORS (\$5,000-\$9,999)

AWS Elemental  
 B.P., Lester & Regina John Foundation  
 Downtown Development Group  
 Holzman Foundation  
 Home Street Bank  
 Gordon and Kathy Keane  
 Anna Kuehn  
 Legacy Health System  
 Michaelson Family Foundation  
 Otak, Inc.  
 The Richardson Family  
 Sackett

St. Mary's Cathedral  
 Zidell Companies  
 Zion Lutheran Church

## PATRONS (\$1,000-\$4,999)

American Medical Response  
 The Autzen Foundation  
 Roz and Jeffrey Babner  
 Stuart and Jacqueline Barthold  
 Pat Bellamah  
 Calbag Metals  
 Congregation Beth Israel  
 Peter and Mary Corrado  
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 Nikki and Stuart Director  
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 First Immanuel Lutheran Church  
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 Food Front Cooperative Grocery  
 David Gold  
 Bonny Groshong  
 Harsch Investment Properties  
 Dave and Judy Hooff  
 HW Irwin and DCH Irwin Foundation

Kristine and Rob Jurgenson  
 Lease Crutcher Lewis  
 Carole Barkley and David Loftus  
 McMenamins Pubs and Breweries  
 Melvin Mark Properties  
 Randolph and Jan Miller Family  
 Susan and Barney Milstein  
 Northwest Housing Alternatives  
 Oregon Food Bank  
 The Parish of St. Mark  
 Rosemarie Rosenfeld  
 Stan and Madelle Rosenfeld  
 Saint Patrick Church  
 Lynda Shapiro  
 Robert and Suzanne Shick  
 Bruce Strade  
 Trinity Episcopal Church  
 Mark and Christy Uhrich  
 Anne and Scott Weaver  
 Jacqueline and Charles Weeler  
 Cookie and Merritt Yoelin Fund  
 Jung and Anne Yoo  
 Katherine and John Zelko

# TRIBUTES

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 Nikki and Stuart Director

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 Chip Brown

**Nikki Director**  
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 Linda Ostomel

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 Alan and Eve Rosenfeld

**Stephen Goldwater**  
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 Ilene Lieberman  
 Nan Sheri Lieberman  
 Stuart and Susanna Wolfe

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 Mary Schellberg

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 Alan and Deborah Bell

**Matthew and Nyuget**  
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**Kelly McCray**  
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 Stuart and Jacqueline Barthold

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 Alice Brocoum  
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 Cantor Ida Rae Cahana  
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**Eve Rosenfeld**  
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 Andy Frank and Sally Rosenfeld

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 Nikki and Stuart Director

**Suzanne Shick**  
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**Volunteers**  
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 Lori Sackett

**Preston Holt**  
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 Nikki and Stuart Director  
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 Bob and Ginger Wagner

**Louise Marsh's Mom**  
 Nikki Director

**Belia Madan**  
 Jessica Miles

**Rev. Tyrus Miles**  
 Bruce Strade

**Sylvia Miller**  
 Alan and Eve Rosenfeld

**Roscoe and Madeline Nelson**  
 Roz and Jeffery Babener

# IN-KIND

**1,000+ POUNDS OF DONATED FOOD**  
 Amazon Prime Now  
 Cathedral Grade School  
 Charles Schwab  
 Elephant's Delicatessen  
 Grand Central Baking Company  
 National Association of Letter Carriers  
 New Seasons Slabtown  
 Northwest Industrial Business Association  
 NW Pump and Equipment Co.  
 Oregon Food Bank  
 Portland Brewing Company  
 Portland Food Project  
 Salvation Army, White Shield Center  
 Trader Joe's



**"My palate has gone back to school to learn something new! It is important to know what to eat and what not to eat."**

**-1200 Building Resident**

Comprehensive lists can be found on our website  
[www.lifturbanportland.org](http://www.lifturbanportland.org)