

from **Nourishing** *TO*
Flourishing

— LIFT UP 2021 IMPACT REPORT | FY 21-22 —



The Journey to Hap-pea-ness



**LIFT
UP**

FOOD BRINGS
US TOGETHER

Message from

EXECUTIVE DIRECTOR



Dear Friends,

Peas, and lots of them! This is what Donald Blazek hunts for when he shops Preston's Pantry. He makes no fuss about how he eats them. He likes them straight from a can. Just give him a spoon. Along with peas, Donald has access to other nutritious foods he enjoys in abundance from Preston's Pantry.

The last few years have been challenging for our neighbors – from the pandemic to inflation, it's been hard to flourish. These events spotlight the disparities that exist for those we serve, which often comes down to one word—access.

Our theme from our annual friend-raiser was “The Journey from Nourishing to Flourishing.” At Lift UP, we prioritize ensuring access to nourishing food for our neighbors. We even created a 3-ingredient recipe for a flourishing community. Please see our list on the left.

The team at Lift UP did not come up with this recipe on our own; rather, it unfolded from the feedback we receive from those we serve. In this report, we are excited for you to see the stories behind the data and listen to what our neighbors say.

Whether you give of your time, money, or both, we couldn't do this work alone. Neighbors like Donald are benefiting from your commitment to food justice. On behalf of the Lift UP board and team, thank you for the part you play in the Journey from Nourishing to Flourishing for our neighbors.

Gratefully yours,
Stephanie Barr

PS I hope you take the time to watch Donald's story, listed on page 5 of our report. In the spirit of Donald's favorite food, we have included a pea recipe that when you make, we hope to remind you of the role you play in ensuring that our community continues to flourish.

3 INGREDIENT RECIPE

Ingredient 1: Food

Of course, food is the foundation of what we do. At Lift UP, we focus not just on the quantity of food we provide, but the quality. Ensuring access to nutritious food is a priority for us.

Ingredient 2: Food Security

Not having to worry about where your next meal is coming from allows for the mental space to focus on other things. Housing and food are foundational in the hierarchy of needs. Ensuring reliable access to food enables our neighbors to focus on other goals.

Ingredient 3: Community

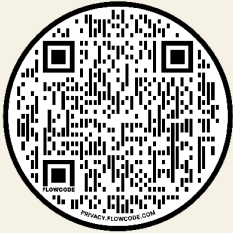
Our motto is “Food Brings Us Together.” The opportunity to create a community around food is the engine of all that we do at Lift UP. We are excited about Supper Club's relaunch and integrating the leadership of Resident Advocates into our services and visioning.



Meet

TERESA & DONALD

Scan QR Code to Watch



Got a bag of peas in your freezer on the verge of frost bite? This recipe can be enjoyed year round with frozen peas and takes 5 minutes to prepare. It's perfect spread over a piece of toast or your favorite bread or dip for veggies. Add it to the pasta of your choice. Just thin out with pasta water.

EASY PEASY PESTO

INGREDIENTS:

- 1 10-ounce bag of frozen peas
- 2 TBSP of fresh lemon juice
- 2 TBSP of quality olive oil
- 1 clove of garlic
- 1/2 cup of mint or basil leaves
- 1/2 cup of pine nuts or walnuts
- 1/2 cup of fresh Parmesean cheese
- 1/2 cup of olive oil
- 1 tsp crushed red pepper flakes (optional)
- Salt to taste



I N S T R U C T I O N S :

1. In a food processor, slowly pulse all ingredients **minus the olive oil and lemon juice** until everything is finely chopped.
2. Slowly drizzle in olive oil with the food processor on high speed, until pesto is smooth and creamy. Remove lid and add in lemon juice and salt to taste.

** Dairy Free? Swap out pine nuts for cashews and cheese for 1/4 cup of nutritional yeast.

** Nut allergies? You can omit nuts and still enjoy!

LIFT UP RECIPE FOR FLOURISHING

I N G R E D I E N T 1 : F O O D

FOOD IS THE FOUNDATION OF WHAT WE DO.

At Lift UP, we focus not just on the quantity of food we provide but the quality. Ensuring access to nutritious food is a priority for us.

T R A D E R J O E ' S

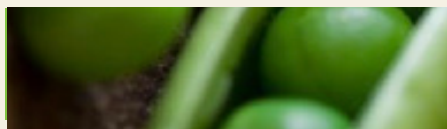
"WE LOVE THAT THE FOOD WE DONATE IS GOING TO LIFT UP INSTEAD OF GOING TO WASTE. WHEN WE FIND A PRODUCT LIKE EGGS WITH ONE BROKEN, WE LIKE KNOWING THAT MEANS A PERSON WILL BE GETTING THE OTHER ELEVEN."



Did you know that food waste is an environmental crisis? According to Our World in Data, food waste is contributing to 8% of the total green house gas emissions. Lift UP uses gleaning, the act of collecting excess fresh foods from farms, grocers, restaurants, or any other sources in order to provide for our neighbors in need. Our staff gleaners and volunteers glean from community partners to distribute to food to Preston's Pantry, Free Food Markets, and food programs associated with our Adopt a Building Program.

581,636 pounds
(465,309 meals)
were distributed; that's an
18% increase
over the prior year.

39% of ALL food distributed
was **produce.**



FOOD RESCUE

WHERE OUR FOOD COMES FROM

42.4% OREGON FOOD BANK

15.9% AMAZON PRIME NOW

15.0% TRADER JOE'S

11.2% PURCHASED

9.9% FOOD AND FUND DRIVES

11.2%

42.4%

9.9%

15.9%

15.0%



"I just wanted to say thank you for the Lift UP boxes each month. It's just a beautiful array of foods and so appreciated. I recently retired and trying to make ends meet at this time with health issues is challenging.

Thank you!"

Heather

WHAT OUR
NEIGHBORS ARE
saying...

LIFT UP RECIPE FOR FLOURISHING

INGREDIENT 2: FOOD SECURITY

FOOD IS THE FOUNDATION OF WHAT WE DO.

Not having to worry about where your next meal is coming from allows the mental space to focus on other things. Housing and food are foundational in the hierarchy of needs. Our neighbors having their food needs met through our programs gives space for them to focus on other goals.

Preston's Pantry is a shopping-style pantry that emulates a grocery experience. In order to counteract the emotional impacts of food insecurity, we strive to model abundance. As much as possible, restrictions are not placed on food so that neighbors can select quantities they need. With the enhanced government aid benefits such as increased SNAP benefits dissolving, the effects of inflation are hitting our neighbors hard. Thirty-nine percent of clients were first time visitors to Preston's Pantry.



SERVED
9,434
neighbors

44% neighbors served were over 65

39% were first time visitors to Preston's Pantry

26% of Pantry clients speak Chinese

Free Food Market is a free produce market that takes place the 4th Wednesday of every month.

29,749 pounds | 875 individuals served

PRESTON'S PANTRY *

Asian/Pacific Islander	39%
White	34%
Unknown	12%
Black	5%
Hispanic/Latino	4%
Multiracial	3%
Middle Eastern	2%
Native	1%

*DEMOGRAPHIC DATA BASED ON DUPLICATED PANTRY SHOPPERS

Adopt a Building

Our Adopt a Building partners are an integral part of our ability to ensure food security for our neighbors. Their support allows 24/7 food access through support services of Emergency Food Closets, Delivered Food Boxes, and Supper Club. Learn more about Supper Club in Ingredient 3.

DISTRIBUTED

3,439

Delivered Food Boxes

39% of boxes were dietary specific (i.e. high blood pressure, diabetes etc.)

74% are seniors (over 55)

39% are BIPOC

41,570

pounds of food delivered to Emergency Food

Closets. **57% increase**
over the prior year

DELIVERED FOOD BOXES *

White	48%	Unknown	23%
Black	14%	Multiracial	5%
Hispanic/Latino	4%	Asian/Pacific Islander	3%
Native	2%	Middle Eastern	1%

*DEMOGRAPHIC DATA BASED ON UNDUPLICATED FOOD BOX RECIPIENTS

LIFT UP RECIPE FOR FLOURISHING

INGREDIENT 3: COMMUNITY

FOOD IS THE FOUNDATION OF WHAT WE DO.

Our motto is "Food Brings Us Together" The opportunity to create a community around food is the engine of all that we do at Lift UP. We are excited about Supper Club's relaunch and Resident Advocates' deeper integration into our service delivery model. Of course we couldn't do any of the work we do without the community support of our volunteers.

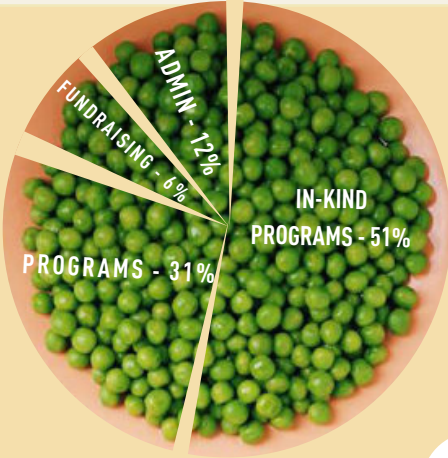
SUPPER CLUB RELAUNCH: MAY 2022

We couldn't be more excited about the relaunch of Supper Club - one of Lift UP Clients' favorite programs. Supper Club is a 4-week cooking class hosted in buildings where clients come together to learn to cook healthy recipes.

Supper Club served **19 participants** and **76 meals**

FINANCIALS

FY 2021-2022



EXPENSES: \$1,172,345

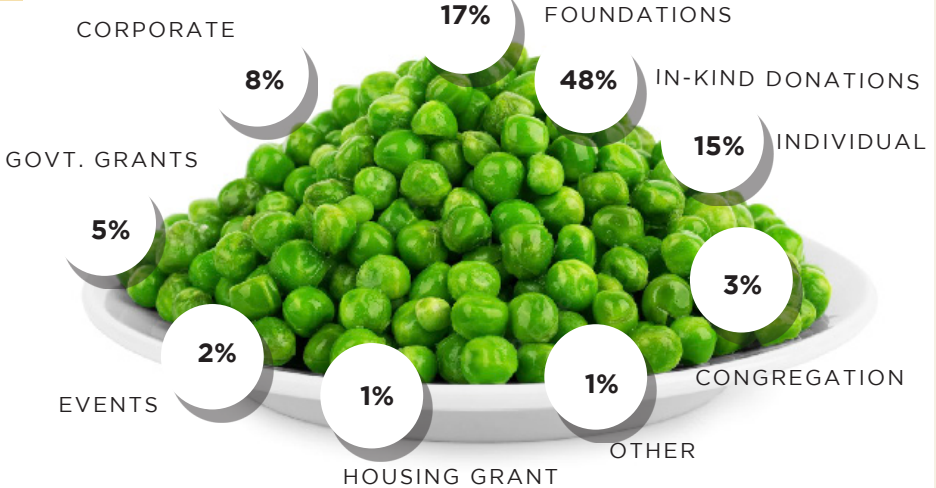
IN-KIND PROGRAMS \$596,101 51%

PROGRAMS \$364,705 31%

FUNDRAISING \$75,542 6%

ADMINISTRATIVE \$135,997 12%

*Numbers are unaudited



REVENUE:	\$1,260,171	
IN KIND DONATIONS	\$609,779	48%
FOUNDATIONS	\$218,969	17%
INDIVIDUAL	\$183,775	15%
CORPORATE	\$99,588	8%
CONGREGATION	\$41,260	3%
HOUSING CONTRACT	\$7,800	1%
GOVERNMENT GRANTS	\$67,300	5%
OTHER	\$962	1%
EVENTS	\$30,738	2%



T H A N K Y O U

TO ALL OUR VOLUNTEERS WHO FUEL OUR COMMUNITY.

174 VOLUNTEERS

GAVE **10,149 HOURS** OF THEIR TIME.



SPECIAL THANKS TO OUR BUILDING ADOPTERS

Amazon/AWS Elemental • Downtown Development Group • Weir ESCO • Lease Crutcher Lewis • Legacy Health • Otak • Croke Charitable Trust • Juan Young Trust • Holzman Foundation • Zidell Family Foundation • Zion Lutheran Church • Congregation Beth Israel • First Presbyterian Church • St. Mary Cathedral • Trinity Episcopal Cathedral • Keane Family • Richardson Family • Tenzer-Feldman Family

SPECIAL THANKS TO OUR FOUNDATIONS

The Harold & Arlene Schnitzer • CARE Foundation/CommuniCare • Independent Charitable Gift Fund • Kron Witham Giving Fund • Maybelle Clark MacDonald Fund • Metro Council Community Support Fund • Mind the Gap Neighbors West-Northwest • Oscar Harrison Mayer Fund • Oregon Community Foundation • Baron Gilbert Fund • Joseph E. Weston Public Foundation • Chin Family Charity Fund • Nathan Family Fund • Oregon Food Bank • Oregon Jewish Community Foundation • Stuart & Nikki Director Family Fund • Cookie & Merrit Yoelin Fund • Sally Rosenfeld & Andrew Frank Fund • Oregon Jewish Community Youth Foundation • Rose E. Tucker Charitable Trust • Carol & Velma Saling Foundation • Schwemm Family Foundation • The Autzen Foundation • The Clark Foundation • The Jackson Foundation • Walmart Community Giving • Zera Foundation

IN HONOR

Berni Bosnjak

Julie Peyton

Barbara Giesy

Peter Metzger

Abby and Loehn Morris

Stephen Morris

Gary Cook

Theresa Cook

Gary Goss

Mary Schellberg

Jerry Nudelman

Sue Albert

Steve and Cacky Cromer

Robert Wilson

Mary Hou

Marielaine Hegel
Joe Hegel

Marion Pitkin

Lauren Smith

Nikki Director

Abby Director
Barbara Durkheimer
Jennifer Director Knudsen
Sylvia and Gary Pearlman

Annie Hundley

Annasara Purcell

Chona Watson

Alan Johnson

Barbara Lang

Nikki Director

Mox Mini Players

Justin Houk

Janet Gallagher


Kathryn Gallagher

Greg Madden

Megan Brickley

Preston Holt

Carole Barkley



“It’s a relief to know when I can get access to your virtual cornucopia of healthy produce, dairy products, meat and the like.”

- Richard, Preston’s Pantry Shopper

IN MEMORIAM

Chip Brown

Ana Brown

Barbara Huntoon

Irene Kitamura

Monica McKune

Keith Kutler

Joy Markham

Kate Home

Laura Pierro

Victoria Way

Gloria Johnson

Maribel Marquez

Lisa Phillips

Laurel Doggett

Barbara Van Kleek

Rachel Westerlund

Sharon Lee

Ronni Shapiro

Jeri Janowsky

Douglas Shumaker

Jerry Nudelman

Sue Albert

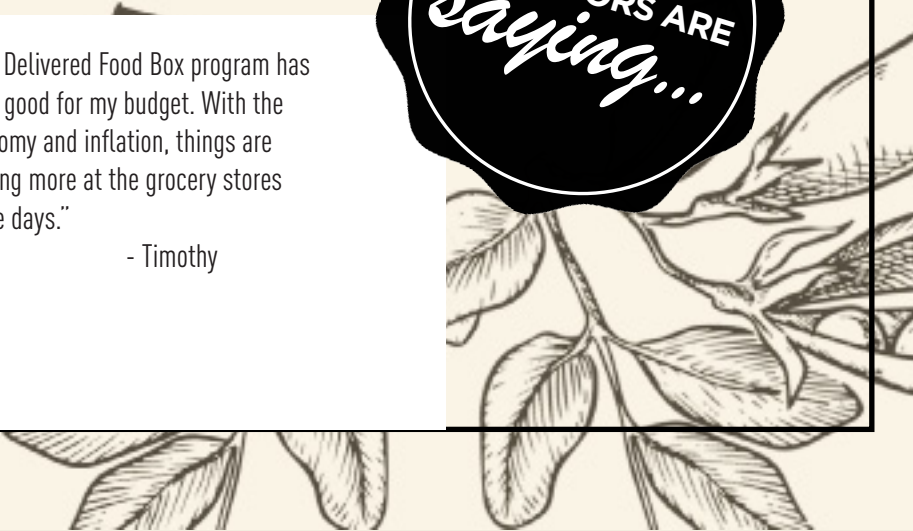
Sandy Weinstein

Nikki Director

WHAT OUR
NEIGHBORS ARE
saying...

"The Delivered Food Box program has been good for my budget. With the economy and inflation, things are costing more at the grocery stores these days."

- Timothy



Lift UP

REDUCES HUNGER AND

IMPROVES THE LIVES OF RESIDENTS

IN NORTHWEST AND

DOWNTOWN PORTLAND

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Zion Church

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Home Forward

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Global Project Manager
ESCO

Karen Wilson - Secretary

Finance and Admin Director
Green Empowerment

Susan Milstein

Advisory Council Chair
Congregation Beth Israel

Alex Pentland

AP Communications, Inc.

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Substitute Teacher, French
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Chef
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Jil Morby

Retired, America First
Federal Credit Union
St. Mary's Cathedral

Emily York

Project Manager
Legacy Health-
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Tracey Marsh

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DEI Manager
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