



# LIFT UP

FOOD BRINGS  
US TOGETHER

## Annual Report July 2020 - June 2021



Dear Supporter,

For many reasons, this has been a stressful year for our community, our country, and the entire world. Racial inequities weigh heavy on our hearts, the extreme weather has taken many we know, and Covid-19 continues at pandemic proportions. As I reflect, Lift UP has been blessed by you and your generosity in both giving and volunteerism. The smile you share with our clients makes a huge difference in how they approach the day. Your support “lifts up” the entire community. I can’t thank you enough.



Despite all challenges, the Lift UP team has had many successes and I ask you to celebrate them with us! Our front-line volunteers and staff were some of the first to receive the Covid-19 vaccination which protected them and the neighbors we serve. The team stayed *focused* and *delivered* on our mission, maintaining our critical services throughout the year. Their selfless service and willingness to put themselves on the line for the wellbeing of their neighbors is inspiring. To all of our volunteers I send a heartfelt thank you!

While volunteering at Preston's Pantry, I witnessed the brightest of smiles as hungry neighbors found nutritious sustenance. Even with an increase in need, our goal of providing abundant food is being accomplished, helping relieve food insecurity. We can't do this alone, and you have stepped in to provide the support we have needed to continue our programs. On behalf of the Lift UP board, I want to thank you for everything you have done to help us Lift UP our community. I feel extremely blessed to represent this organization and to work with such caring friends.

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

Gratefully,

A handwritten signature in green ink that reads "Brian Fleener".

Brian Fleener  
Lift UP Board President

## BOARD OF DIRECTORS

<b>Brian Fleener, President</b> VP, Director of Architecture, Otak Zion Lutheran Church	<b>Nathan Hinton, Treasurer</b> Global Project Manager ESCO	<b>Alex Pentland</b> Principal AP Communications, Inc.	<b>Emily York</b> Project Manager Legacy Health- Good Samaritan
<b>Jessica Karam, Vice President</b> Community Services Program Supervisor Home Forward	<b>Jenn Louis</b> Chef Havurah Shalom	<b>Amy Wilde-Taylor</b> Substitute Teacher French American School Trinity Episcopal Cathedral	<b>Susan Milstein</b> Advisory Council Chair Congregation Beth Israel
<b>Tracey Marsh, Secretary</b> VP Human Resources Weir ESCO	<b>Jil Morby</b> Retired, America First Federal Credit Union St. Mary's Cathedral	<b>Karen Wilson</b> Finance and Admin Director Green Empowerment	





## PRESTON'S PANTRY

Preston's Pantry experienced a 21% increase in demand this year, and half of our shoppers used our services for the very first time. The rise in hunger has been staggering for our community, which is why we are so grateful to have remained a steady, reliable source of fresh, nutritious food for our neighbors.

Respect is a core value of Lift UP, and one way we embody that value is ensuring our Pantry shoppers have as much choice and autonomy as possible. That's why our Pantry is designed like a store, where clients

can select what they want in the quantities they need. Our Program Manager, Teresa Steichen, likes to remind our community that the food doesn't belong to Lift UP -- it belongs to our clients, and we are just the conduit to food access.

In order to counteract the emotional impacts of food insecurity, we strive to display an abundance of food so shoppers can trust that their needs will be met. Longtime Lift UP volunteer Emmanuel Arrey says this approach is important because "When people see they can have more than just their next meal, it makes them feel secure."

**39%**

of Pantry clients were unhoused when they first received services

**37%**

of Pantry clients self-identify as having a disability

**50%**

of Pantry clients received services from us for the first time last year

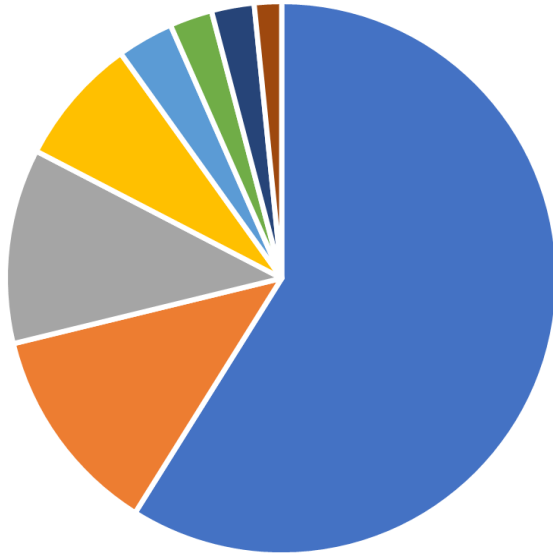
**9,360**

People served at Preston's Pantry between July 2020 and June 2021

*"Preston's Pantry provides an excellent source of produce."*

- Preston's Pantry shopper

# RACE & ETHNICITY



- White 58.9%
- Asian/Pacific Islander 12.3%
- Black 11.4%
- Hispanic/Latino 7.5%
- Other 3.3%
- Multiracial 2.5%
- Native Am./Alaskan 2.5%
- No response 1.6%

**98% of Lift UP clients eat more fruits and vegetables because of the access we provide**

**96% of Lift UP clients report improvements in their health**



Anyone can experience hunger, and at Lift UP, we serve a broad and diverse community. Over half of our clients are seniors over the age of 65. Over one-third require a specially tailored diet to meet medical or cultural restrictions. When asked about the impact of having easy access to nutritious food from Lift UP, our clients shared positive changes in their diets and improvements in their overall health. These outcomes were experienced by the vast majority of our clients, with no disparities based on race or ethnicity. Regardless of identity or dietary needs, the food Lift UP provides keeps our community nourished and healthy.

***“I depend on you for nearly all the fruit and veggies I get, and your service comes with caring and even love, which we need as much as the fresh food.”***

**- Delivered Food Box recipient**

# ADOPT A BUILDING

Lift UP's Adopt a Building program matches community partners with low-income housing residents in the community. Together, we work to provide food for residents struggling with food access and to create strong and stable relationships.



## DELIVERED FOOD BOXES

Delivered Food Boxes are a monthly delivery to residents who are unable to access Preston's Pantry. Each delivery contains 45 pounds of fresh produce and pantry items. We delivered 3,471 boxes last year, and 37% were customized to meet dietary restrictions such as diabetic, low sodium, gluten-free, kosher, and halal.



## EMERGENCY FOOD CLOSETS

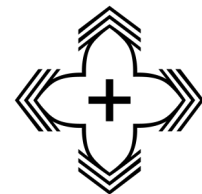
Emergency Food Closets in low-income buildings provide shelf-stable pantry items for residents facing an unexpected food shortage. This resource is available to all residents at any time. 26,840 pounds of food was distributed out of 26 Emergency Food Closets in our service area.



## SUPPER CLUB

Supper Club is our healthy-eating workshops series that teaches culinary skills, provides nutritional information, and encourages community building among residents. Currently on hold due to the COVID-19 pandemic, Lift UP will relaunch Supper Club in 2022.

# ADOPT A BUILDING PARTNERS



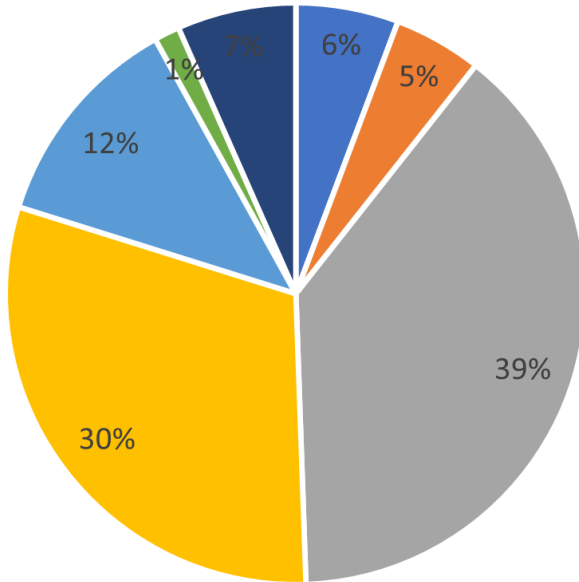
ZION LUTHERAN CHURCH

The Crooke Family  
Gordon and Kathy Keane  
The Louis Family

The Richardson Family  
The Tenzer Feldman Families  
The Zidell Family Foundation



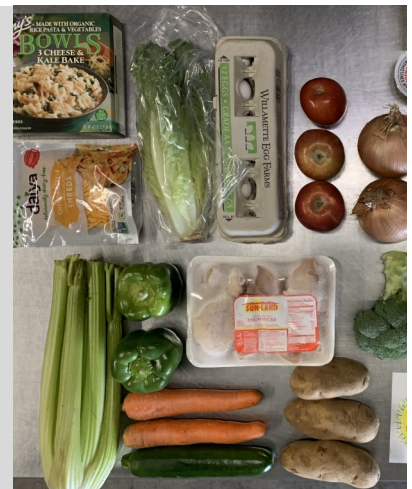
# WHERE OUR FOOD COMES FROM



- Purchased from Oregon Food Bank 6%
- Purchased - Other 5%
- Oregon Food Bank 39%
- Amazon Prime 30%
- Trader Joe's 12%
- Grand Central Bakery 1%
- Food and Fund Drives 7%

Lift UP sources food through gleaning: rescuing food from going to waste in our community. Volunteers pick up food from Community Partners several times a week, sourcing fresh and non-perishable goods that are distributed to the community through Preston's Pantry, our monthly Free Food Market, and the Adopt a Building Program.

As a result of disruptions in food supply chains, combined with an increase in demand, Lift UP purchased an unprecedented 11% of the food we distributed last year.



# 528,194

## total pounds of food distributed to our community

### 36%

of all food distributed was fresh, nutritious produce

### 11%

of all food was purchased instead of gleaned

# TRIBUTE GIFTS

## In Honor:

**Jeff Cogan**  
David Forman

**Ed Croff**  
Sue Albert

**Barbara and Rob Crooke**  
Stephanie Barr  
Jennifer Davies  
Jil Morby

**Nikki Director**  
Julie Amiton  
Abby Director  
Jennifer Director  
Knudson  
Barbara Durkheimer  
Julie Durkheimer  
Lelsey Glasgow  
Myra Howard  
Barbara Long  
Toinette Menashe  
Susan Milstein  
Linda Ostomel  
Laurie Rogoway  
Eve Rosenfeld  
Bunny Sadis  
Susan Shleifer  
Bruce Strade  
Susan Shleifer  
Ann Von Hoy

**The Feldman Family**  
Sherryll Mleynek

**Janet Gallagher**  
Kathryn Gallagher

**Mark Ganz**  
Brian Pieninck

**Barbara Giesy**  
Peter Metzger

**Gary Goss**  
Mary Schellberg

**Gudrun Hommel-Ingram**  
Sabine Hines

**Barbara Lang and Linda Ostomel**  
Nikki Director

**Dawn LeClair**  
**Eric LeClair**  
**Trent LeClair**  
**Jennifer Hill**  
**Dana Kurtz**  
Dee Poujade

**The Lengstorf Family**  
Jil Morby

**Dita and Al Pepin**  
Jil Morby

**Gabriel Quintslund**  
Smita Master

**Louise Marsh**  
Dinah Dickson

**Poppy**  
Tracy Contino

**Ruth Tenzer Feldman and Jenn Louis**  
Adel Thompson

**Mark and Christy Uhrich**  
Jil Morby

**Susan Wolfe**  
Jil Morby

**Anne and Jung Yoo**  
Jil Morby

**Zoe and Stephen**  
Peter Camp

**In Memory:**  
**Preston Holt**  
Richard Clippinger

**Kevin Larkin**  
Chip Brown  
Martha Howard-Bullen

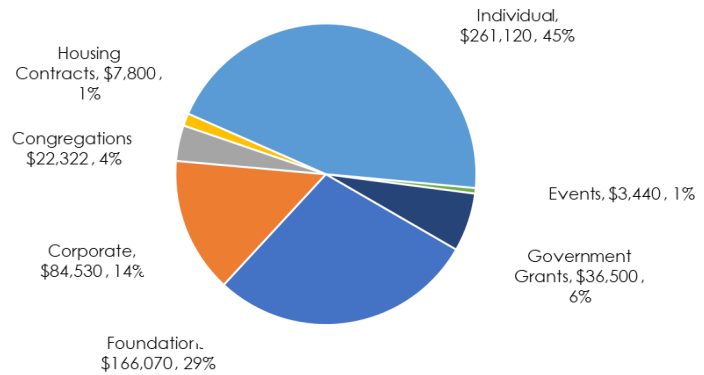
**Bill MacDonald**  
Lee Ann Boucier

**Richard Ottaviano**  
William Hautt  
Ann Marie Jankay  
Marianne Schiralli

**Chona Watson**  
Alan Johnson

# FINANCIALS

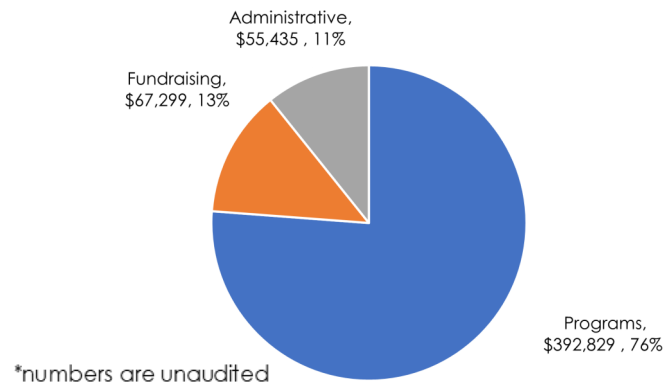
## REVENUE



Revenue total **\$581,782**

In-Kind Donations: **\$538,936**

## EXPENSES



Expense total **\$515,563**

Ending Net Assets: **\$344,916**

# FOUNDATIONS

American Endowment Foundation  
The Autzen Foundation  
Blackbaud Giving Fund  
BNSF Railway Foundation  
B.P., Lester & Regina John Foundation  
Braemar Charitable Trust  
Carol & Velma Saling Foundation  
COSTCO Foundation  
Enterprise Holdings Foundation  
First Immanuel Lutheran Church  
First Presbyterian Church  
Harold & Arlene Schnitzer CARE Foundation  
Heffernan Foundation  
Herbert A. Templeton Foundation  
inFaith Community Foundation  
The Jackson Foundation  
Juan Young Trust  
Kroger Zero Hunger Zero Waste  
Land o' Lakes Foundation  
Maybelle Clark MacDonald Fund

OCF Joseph E. Weston Foundation  
Oregon Food Bank  
Oregon Jewish Community Foundation:  
Cookie & Merritt Yoelin Fund  
Crooke Family Charitable Fund  
Lloyd and Rosemarie Rosenfeld  
Sally Rosenfeld and Andrew Frank Fund  
Stuart and Nikki Director Family Fund  
PayPal Giving Fund  
Robert D. and Marcia H. Randall Charitable Trust  
Rose E. Tucker Charitable Trust  
Schwab Charitable Fund  
Walmart Foundation  
The Wiegmann Charitable Fund  
Thrivent Charitable Impact & Investing  
Zera Foundation



# COMMITMENT TO HER COMMUNITY

As a Lift UP donor, Board member, and volunteer for over 10 years, Susan Milstein has made a lasting impact

on our mission to reduce hunger for our Portland neighbors.

Susan connected with Lift UP through the community at Congregation Beth Israel and has been dedicated to serving her neighbors in need ever since. She began volunteering shortly after she and her husband moved to Portland in 2010. In 2012, Susan joined the Lift UP Board of Directors, sharing her talents for writing and fundraising to support Lift UP's work. Over the years, Susan has contributed to Lift UP in countless ways, from packing food boxes at our warehouse, to leading our grant writing efforts, to establishing and Chairing our Advisory Council. At the start of the COVID pandemic, she began donating her time at the pantry, as well, delighting in people's stories and taking pride in the quality of food we provide. No matter how she is involved, Susan keeps her focus on the people we serve.

*"I love that we really get to know our clients and that we can respond so directly to their individual, specific needs."* – Susan Milstein

Susan loves building relationships with her neighbors in Downtown and Northwest Portland, and they love her, too!

*"From her mastery at displaying fresh produce, to welcoming and directing clients in selecting their items, Susan makes it her mission to know clients' names and sees to our regulars' personal preferences. The many roles she has played in Lift UP's life are illustrious examples of just how vital she is to the organization. Her commitment, dedication, energy, and managerial expertise make Susan a true gift to Lift UP and to the greater Portland community."* – The Tuesday Pantry Volunteer Team

Thank you, Susan, for generously giving over 260 hours of your time, skills, and passion to support food security for our community over the past year. We can't thank you enough!

# TOP VOLUNTEERS

Thank you to all of the volunteers who contributed **11,110 hours** supporting our community and providing food access to low-income residents in need. With your help, we are able to connect neighbors to nourishment!

- Emmanuel Arrey
- Fredericka Banks
- Joanne Burns
- Michelle Burns
- Chris Chorn
- Jeff Cogen
- Steve Cromer
- Jessica Davis
- Kris DiPaola
- Alexander Drew
- Diana Esquivel
- Jan Evelyn
- Patty Finnegan
- Brian Fleener
- Mackenzie Gipple
- Eric Grimm
- Rosemary Hamerton-Kelly
- Thomas Hass
- Hanna Kachniarz-Truesdell
- Jenn Louis

- Mark Mason
- Sean McEnroe
- Monica McKune
- Susan Milstein
- Jill Morby
- Loehn Morris
- Ashaen Patel
- Alex Pentland
- Liv Pollock
- Gabriel Quitslund
- Jennifer Ransdell
- Dave Richardson
- Pat Scheans
- Matthew Schuster
- Tiffany Schuster
- Jessica Spitzer
- Lexy Stevens
- Jack Thomas
- Karen Wilson
- Susan Wolfe
- Emily York



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