



ANNUAL REPORT

JULY 2019 – JUNE 2020

Dear Neighbor,

This has been a year like no other. Despite the pandemic and unprecedented food shortages, we adapted and persevered. You, our broad and diverse Lift UP community, revealed our strength in the face of adversity.

2020 marks the 40th year of Lift UP serving our neighbors in Northwest and Downtown Portland. Providing fresh, nutritious food to those hit hardest by the isolating effects of these precarious times has never been more critical.

Throughout the past year, we have been overwhelmed by the resilience of our staff, our volunteers, and the people we serve. Despite food supply chain disruptions, the variety and quality of fresh fruits and vegetables at Preston's Pantry and groceries for our Delivered Food Box program remained constant. No matter what unanticipated obstacles we've faced, we've regrouped, assessed the best way to stay connected with the community, and continued to serve with a spirit of abundance. Our volunteers geared up, smiled behind their masks, and stayed safe so we could continue to provide services without disruption.



Executive Director Stephanie Barr at Preston's Pantry

Food insecurity will continue to plague our community. Across the country, dependency on food pantries has risen more than 30%, and hunger rates continue to climb. Beginning in March, most of the new people who visited Preston's Pantry were recently unemployed and were shocked to find themselves relying on community assistance. A recent survey revealed that one out of five Oregonians experience food scarcity. We cannot allow our neighbors to go hungry. Food brings us together in good times or bad, and we will continue to be here for all of our neighbors who need support.

Thank you for being part of the Lift UP community. Together, our commitment and resilience empower us to serve our neighbors and reduce hunger.

With gratitude,

Brian Fleener
President, Lift UP Board of Directors

Stephanie Barr
Lift UP Executive Director

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

LIFT UP PROGRAMS



At **PRESTON'S PANTRY**, shoppers can enjoy a variety of fresh fruits and vegetables, shelf stable items, and pantry staples. The pantry served 7,737 individuals this year.



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. Residents received 3,620 Delivered Food Boxes in 2019-2020.



EMERGENCY FOOD CLOSETS in low-income buildings provide shelf-stable pantry items for residents facing an unexpected shortage of food. Lift UP stocked the equivalent of 58,800 meals in 26 Emergency Food Closets in our service area.



SUPPER CLUB, our healthy-eating workshops teach culinary skills, provide nutritional information, and encourage community building among residents. Before being suspended due to the pandemic, Supper Club hosted 1,203 participants.



FREE FOOD MARKET, our partner program with Oregon Food Bank, distributed more than 32,695 pounds of food to the community. That's 2,724 pounds each month!

WHO WE SERVE

Demographics

Race/Ethnicity (unique)
White 58.9%
Asian/Pacific Islander 12.3%
Black 11.4%
Hispanic/Latino 7.5%
Other 3.3%
Multiracial 2.5%
Native 2.5%
No response 1.6%

Did you know?

39% of Lift UP clients are over the age of 65
32% of unique households served by Lift UP self-identify as having a physical or developmental disability
35% of the people we serve identify as having a dietary restriction



“When the COVID-19 pandemic first started, being a volunteer at Preston's Pantry became even more significant to me. I knew my contribution was more important than ever, because it isn't just about serving clients. It's about the entire community coming together to take care of and support each other.”

- Susan Wolfe,
Preston's Pantry volunteer

TOP VOLUNTEERS



Thank you to all of the volunteers who contributed **8,328 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!

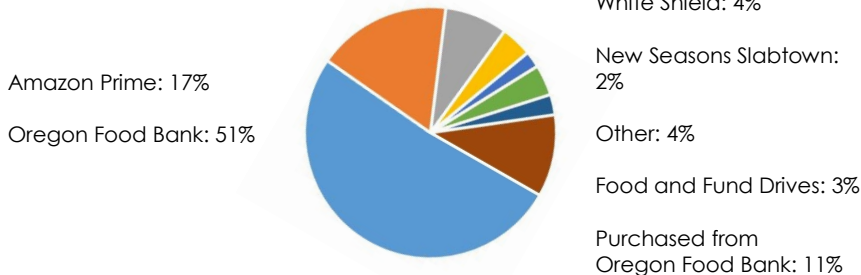
Emmanuel Arrey
Ruth Ann Brown
Joanne Burns
Graham Byrd
Jim Canning
Chris Chorn
Amanda Costa
Steve Cromer
Diana Desimone
Kris DiPaola

Jan Evelyn
Gary Goss
Jose Hernandez
Monica McKune
Susan Milstein
Marlene Nolan
Dave Richardson
Don Shapiro
Debi Quinn
Susan Wolfe

WHERE OUR FOOD COMES FROM

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

Recurring Donations

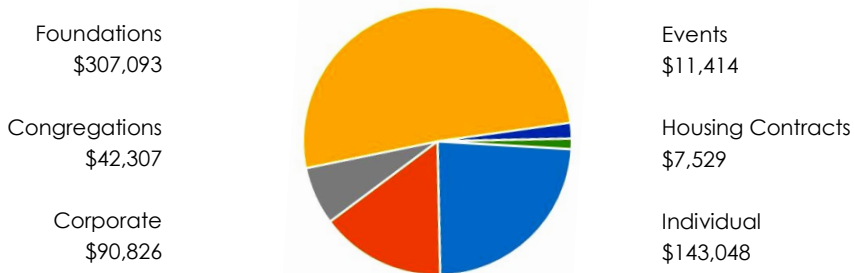


Total pounds distributed: 444,432

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

FINANCIALS

Revenue*



Total: \$602,217

In-Kind Donations: \$448,527

Expenses*



Total: \$532,465

*numbers are unaudited

BOARD OF DIRECTORS

- | | | |
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|--|--|
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- | | | |
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Foundation of Oregon</p> | <p>Kari Lorz
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Elephants Deli and Catering</p> |
| | <p>Noel Johnson
Cairn Pacific</p> | <p>Leasa Wilkens
SELCO
Community Credit Union</p> |

MAJOR DONORS

\$10,000 and above

American Endowment Foundation
Anonymous
Barbara and Rob Crooke
Saling Foundation
Oregon Food Bank
Oregon Community Foundation
OCF - Joseph E. Weston
Nathan Family Charitable Fund
T & K Properties
Congregation Beth Israel
B.P., Lester & Regina John Foundation
Zidell Family Foundation
Zion Lutheran Church

Gordon and Kathryn Keane
Lease Crutcher Lewis
Legacy Health System
New Seasons
Slabtown
Ruth Tenzer Feldman and Family
Otak, Inc.
Susan and Barney Milstein
ESCO Corporation
AWS Elemental
Trinity Episcopal Cathedral
Lois Schnitzer
Bear Dog Group Fund
Juan Young Trust
Rose E. Tucker Charitable Trust
Enterprise Holdings Foundation

\$1,000 to \$4,999

The Autzen Foundation

Harsch Investment Properties
The Holzman Foundation
The Jackson Foundation
Anonymous
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Oregon Jewish Community Foundation
Wells Fargo Foundation
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Cookie and Merritt
Yoelin Fund
Cascade Management, Inc.
Katherine and John Zelko

Tammy Turner
Sharon and Jeff Richardson
Stuart & Jacqueline Barthold
SELCO Community Credit Union
Food Front
Cooperative Grocery
Pearl Church
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Heffernan Foundation
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Lutheran Church
Carole Barkley and David Loftus
Anne & Scott Weaver
Ralph and Susan Nelson
Renee Holzman
Lynda Shapiro
Saint Patrick Church
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Al and Dita Pepin

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Mark and Christy Uhrich
Martha Soltesz
Ron and Brenda Pfeiffer
Rob and Suzanne Shick
Dave and Judy Hooff
Charles Schwab
Lori Sackett
Dave and Misty Ibsen
Chita Becker
Rosemarie Rosenfeld
Portland Police Association
The Allison Inn
The Parish of Saint Mark
Baker & Spice
Portland Food Project

\$5,000 to \$9,999

St. Mary's Cathedral

TRIBUTES

In Celebration

Gloria Borg Olds

Happy Hanukkah tribute

Jacqueline Barthold

Hester Nau

Robert Kertzner

David Kertzner

In Honor

Sheryll Mleynek

Ruth Tenzer Feldman

Susan Milstein

Erin Goldwater

Barbara and Barry Caplan

Nikki & Stewart Director

Nikki Director

Linda Ostomel
Barbara Lang

Monica McKune

Kevin Larkin

Mary Schellberg

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Jil Morby

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Kathleen Doctor

Carole Barkley

In Memory

Chicki Dienstel

Sharon Miles

Irwin Holzman

Susan Milstein

Gloria Biow

Suzanne Albert

Bob Neighbor

Stephen C. Walsh

Preston Holt

Anonymous

Oregon Food Bank
Amazon Prime Now
Trader Joe's
Salvation Army, White Shield Center
Charles Schwab
New Seasons
Slabtown
New Seasons Central
Kitchen
Portland Food Project
Elephant's
Delicatessen
Park Provisions
Moda Center
Anonymous
Sasquatch Brewing
Artistic Bliss Portraits
Wiegmann Household
Chapman
Elementary School
Zelko Household
Lakeside Bicycles
D'Amore Law Group
Grand Central Baking Company
French American
International School
Timmons Household
iQ Credit Union
East West Tea

Company
Skin by Lovely
Cook Household
Spella Caffè
The Parish of Saint Mark
Havurah Shalom
Tri-Met
Hotel Deluxe
Uhrich Household
Twist
Richardson Household
ESCO Corporation
47th Avenue Farm
Oregon Humane Society
Zion Lutheran Church
Milstein Household
Inn at Northrup Station
Irwin Household
Sandels Household
Crooke Household
Willamette Print & Blueprint
Jurgenson Household
Web MD
Cinema 21
Portland Center Stage

Kitchen Kaboodle
Cromer Household
David Wiley DMD LLC
Portland Opera
UNICO Property Management
Dier Household
Friends of Chamber Music
Lincoln High School
Astoria Coffee House and Bistro
Portland Baroque Orchestra
Barkley and Loftus Household
Lovejoy Bakers
Caffè Mingo
Bob's Red Mill
Blanchard Household
Goldsmith Household
Alder Household
Adidas - Montgomery Park
Pony Salon
Macias Household
Groshong Household
Jurgenson Household
Tenzer Feldman and Feldman Household

MudPuddles Toys and Books
CoHo Productions
Kaplan International School
Morby Household
SELCO Community Credit Union
Spencer Household
Software Solutions Unlimited, Inc.
First Immanuel
Lutheran Church
Purple Cow Toys
DocuMart
Goldsmith Household
Linfield College of Nursing
Finn Ware
Fleener Household
Ken's Artisan Bakery
Douglas Household
Prohaska Household
Cafe Umbria
Southwest Office Supply & Interiors
Studer Household
St. Mary's Cathedral School

IN-KIND DONATIONS

Comprehensive lists can be found on our website
www.lifturbanportland.org