



Potluck.

**EVERYONE BRINGS
SOMETHING
TO THE TABLE**



Embracing the Potluck Spirit: A Celebration of Community at Lift UP



Letter from Stephanie

EVERYONE BRINGS SOMETHING TO THE TABLE

Dear Lift UP Community,

As we look back on another monumental year, I am thrilled to share our successes with you. This year, our theme is Potluck – a theme that is not only synonymous with community but also with sharing, unity, and diversity-- letting no food go to waste and nourishing as many neighbors as possible. It is a metaphor for the powerful community spirit that has been the cornerstone of our progress this year and the bedrock of Lift UP since our founding.

In my time at Lift UP, every year has presented distinct obstacles - the pandemic, supply chain disruptions, inflation, and reduced SNAP benefits- escalating demand for food access. Yet you, our dedicated community, have turned obstacles into opportunities and made our work more creative, connected, and resilient. Joining the Lift UP community has given me hope that together, we have the power to transform the challenges that lie ahead into opportunities to realize a food secure future for our Portland neighbors.

This report celebrates the groups and programs that form the diverse dishes in our Lift UP potluck of success this year: Supper Club, Community Food Share, Resident Advocates, Volunteers, and our Community Partners. Each one contributes a distinct flavor that underpins our efforts and magnifies the collective nature of our work to end hunger.

As you delve into this Annual Report, I hope you will remember that every number, graph, and highlight is a testament to the power of community and reflects your contribution to this shared feast of accomplishments.

Our potluck is a symbol of the transformative power of community. It's a space where everyone contributes what they can and benefits from the generosity of others. With Lift UP, we will continue to foster this spirit, ensuring that everyone in our community has something to bring to the table.

Let's celebrate this year's triumphs and look ahead, united and stronger, with a vision of a food secure future. Thank you for being part of our journey and contributing to our potluck of progress.

With Gratitude,

Stephanie Barr
Executive Director



A Dish Everyone Can Relish

STEPHANIE'S DISH

In our office, the potluck spirit thrives every day. We're all culinary enthusiasts dishing out recommendations for eating spots, and our breakroom table constantly overflows with shared treats, from tangy homemade hummus and pickled delights to store-bought treasures. I navigate the world of food with Celiac and other sensitivities, so I know the challenges and expenses of specific dietary needs. That's why diet-specific Delivered Food Boxes resonate so deeply with me. Just as in a communal potluck, when I bring food to the office to share, I ensure it's something every palate and preference can enjoy. This inclusive approach extends to the dishes I take to potlucks.

Check out my go-to recipes below. They're crowd-pleasers (staff often request the beet dip) and cater to both gluten-free and vegetarian diets.

BEET DIP

COURTESY OF PORTLAND CULINARY WORKSHOP

1 CUP RAW BEET ROUGHLY CHOPPED
1 SHALLOT CHOPPED
3 PITTED DATES
2 TBSP TAHINI
2 CLOVE GARLIC
¼ CUP WALNUTS
¼ CUP OLIVE OIL
JUICE OF ½ LEMON
1 TBSP OF APPLE CIDER VINEGAR
1 TSP OF MUSTARD (LIKE DIJON)
SALT AND PEPPER TO TASTE



INSTRUCTIONS:

PROCESS ALL INGREDIENTS IN FOOD PROCESSOR UNTIL SMOOTH.
REFRIGERATE FOR AT LEAST 20 MINUTES. ENJOY WITH VEGGIES AND
CRACKERS OF YOUR CHOICE.



ROASTED CARROT SOUP COURTESY OF FOODS2.COM

1 3/4 POUNDS CARROTS (6 TO 8 LARGE CARROTS)
1/4 CUP OLIVE OIL, DIVIDED
1 PINCH (OR MORE) KOSHER SALT
5 CUPS (OR MORE) LOW-SODIUM, HIGH-QUALITY VEGETABLE STOCK
1 (1-INCH) PIECE GINGER, PEELED
1 SPRIG THYME, PLUS MORE FOR GARNISH
1/2 LARGE SWEET ONION, CHOPPED
2 LARGE GARLIC CLOVES, CHOPPED
1 PINCH FRESHLY GROUND BLACK PEPPER

DIRECTIONS

1. SET AN OVEN RACK 6 TO 8 INCHES FROM THE HEAT SOURCE AND TURN ON THE BROILER.
2. PEEL AND CUT THE CARROTS INTO ½-INCH ROUNDS. ON A RIMMED BAKING SHEET, TOSS THE CARROTS WITH 2 TABLESPOONS OF THE OIL; GENEROUSLY SEASON WITH SALT. BROIL THE CARROTS, TURNING EVERY 5 MINUTES OR SO, FOR 15 TO 20 MINUTES, UNTIL THEY BROWN AND SOFTEN.
3. MEANWHILE, IN A MEDIUM SAUCEPAN OVER HIGH HEAT, BRING THE STOCK TO A BOIL. ADD THE GINGER AND THYME SPRIG. REDUCE THE HEAT TO MEDIUM-LOW, AND SIMMER FOR 15 MINUTES.
4. IN A LARGE POT OVER MEDIUM HEAT, COOK THE ONION AND REMAINING 2 TABLESPOONS OF THE OIL, STIRRING FREQUENTLY, FOR 5 TO 7 MINUTES, UNTIL SOFTENED. ADD THE GARLIC AND CARROTS.
5. REMOVE THE GINGER AND THYME FROM THE STOCK AND ADD THE STOCK TO THE POT WITH THE ONIONS AND CARROTS. BRING TO A BOIL. THEN REDUCE THE HEAT TO MEDIUM-LOW AND SIMMER FOR 5 TO 10 MINUTES, UNTIL THE CARROTS ARE SOFT ENOUGH TO PURÉE.
6. USING AN IMMERSION OR A STANDARD BLENDER, PURÉE THE MIXTURE UNTIL SMOOTH. IF THE SOUP SEEMS TOO THICK, ADD MORE STOCK OR WATER AND REHEAT GENTLY. SEASON WITH SALT AND PEPPER. GARNISH WITH THE CHOPPED THYME.



Every Dish Tells A Story:

LIFT UP'S ANNUAL HIGHLIGHTS

OVERALL STATS



20% increase in food distribution

48% was produce

A Potluck of Demand and Dedication

The latest dish from our data potluck paints a bittersweet picture—our food distribution rates have soared to record levels, indicating a rising need among our neighbors. While we wish the demand were decreasing, our strengthened community network and expanded warehouse, inaugurated in September 2022, enable us to answer this growing call. At Lift UP, we believe that social injustice is the true root of hunger and poverty. Thanks to our community's hearty contributions, we are not only meeting the increasing demand but also ensuring 48% of the distributed food is produce. We are fostering food security that embodies nutrition, cultural respect, and familial preferences, all served with dignity and abundance.



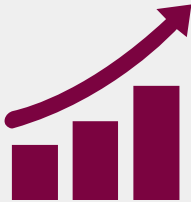
Our new larger office and warehouse space

PRESTON'S PANTRY



SERVED **11,970** SHOPPERS

20%
increase over
previous year



50% of all households were new clients

26% Mandarin speaking

41% are seniors



Empty shelves at the end of distribution shift in April—shortly after SNAP benefits decreased



A POTLUCK OF SUPPORT AMID RISING DEMAND

Nestled within the First United Methodist Church, Preston's Pantry offers a unique grocery shopping like experience. Over the past three years, this shopping-style pantry has seen an uptick in visitors, with a 36% surge between March and June alone over the same time last year. Nearly half of these visitors are trying our services for the first time, a trend we'd rather reverse. Our volunteers consistently dish out commitment and empathy. They not only set the stage for a unique shopping experience but also ensure our neighbors are served with the utmost dignity and respect.





Setting the Community Table with Essential Services

ADOPT A BUILDING

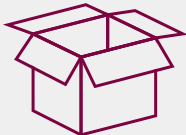
ADOPT A BUILDING



Adopt consists of DFB, EFC & Supper Club

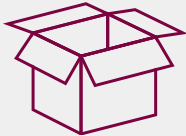
30 BUILDINGS SERVED

DELIVERED FOOD BOXES (DFB)



4,008

Delivered
Food Boxes



17%

increase over
previous year

48% of DFB clients are seniors

68% of DFB clients identify as
having a disability

ADOPT A BUILDING

Lift UP delivers essential food security services to 50 affordable living buildings in Downtown and Northwest Portland. Out of these, 30 are fully adopted, benefiting from our full tier of services – **Delivered Food Boxes**, on-site **Emergency Food Closets**, and the **Supper Club** nutrition classes. Regrettably, the demand, especially for our Emergency Food Closets and Delivered Food Boxes, continues to climb, indicating increased community challenges. Through all this, our dedicated Adopt a Building partners remain instrumental, providing the necessary funding that enables us to consistently meet these evolving demands.

SINCE RECEIVING DFB BOXES

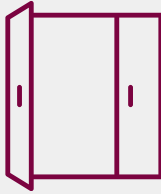
83% of recipients consume more produce

87% can take better care of their health

66% still experience some level of food
insecurity

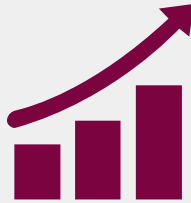
66% share some of the food we provide

EMERGENCY FOOD CLOSETS (EFC)



We distributed
60,140 lbs
of food last fiscal year

45%
increase over
previous year



SUPPER CLUB



12 BUILDINGS **720** MEALS SERVED

See page 8 for in-depth look into
Supper Club

Special Thanks to our General Adopt Supporters

The Wheeler Foundation, BNSF Railway Foundation, Siletz Tribal Community Fund, Tillamook Country Creamery Association, Portland Metro, and Schnitzer Properties

THANK YOU TO OUR ADOPT A BUILDING PARTNERS

BUILDING

Susan Emmons
Upshur Apartments
Bud Clark Commons
Uptown Tower
Medallion Apartments
Morrison Park
Gallagher Plaza
Gray's Landing
Alder House
1200 Building
Lexington Apartments
Rose Schnitzer Tower
Katherine Gray
Hamilton West
Ramona Apartments
NW Tower
Gretchen Kafoury
Williams Plaza
333 Oaks
Roselyn
Rosenbaum Plaza
Peter Paulson
The Jeffrey
Pearl Court
St. Francis
Helen Swindell's
Musolf Manor
Vibrant
Bronaugh Apartments
Park Tower

ADOPTER

Northwest Housing Alternatives
ESCO
Home Forward*
Zion Lutheran
Crooke Charitable Trust
Otak
Legacy Health
Zidell Family Philanthropy
First Presbyterian Church
Crooke Charitable Trust
Crooke Charitable Trust
Downtown Development Group
St. Mary's Cathedral
Holzman Foundation
Juan Young Trust
Congregation Beth Israel
Gordon & Kathy Keane
Trinity Episcopal Cathedral
Richardson Family
AWS Elemental
Lease Crutcher Lewis
Home Forward
Home Forward
Home Forward
Home Forward
Zera Foundation
Zera Foundation & Juan Young Trust
Zera Foundation & Juan Young Trust
DCI Engineering
Shelton H. and Mary I. Duff Fund & the Schamp Family Funds of Oregon Community Foundation



Serving Up Community:

SHARING IS CARING

Many of the people we deliver food to say they share with their neighbors. Heather, a resident at Lovejoy Station, is known for cooking Sunday dinner for residents in her building with the food she receives.

"The box is perfect for someone like me who loves to cook."

DESPITE FACING THEIR OWN FOOD INSECURITIES, 66% OF DELIVERED FOOD BOX RECIPIENTS REPORT SHARING THEIR FOOD WITH OTHERS, BELIEVING OTHERS MIGHT NEED IT MORE, AND EXPRESSING JOY IN PREPARING MEALS FOR THEM.



CITRUS BLISS SALAD

RECIPE COURTESY OF MARY
RESIDENT OF ROSELYN APARTMENTS

INGREDIENTS

2 LARGE RUBY RED GRAPEFRUITS
2 LARGE RIPE AVOCADOS
SALT AND PEPPER TO TASTE

CILANTRO LIME DRESSING

1/2 CUP OF CILANTRO
1 GARLIC CLOVE
1 TBS HONEY, MAPLE SYRUP OR AGAVE
NECTAR
2 TBS OF OLIVE OIL
1/4 CUP OF LIME JUICE
1 TSP OF CUMIN
SALT AND PEPPER TO TASTE

INSTRUCTIONS:

PEEL AND SEGMENT THE GRAPEFRUITS.
SLICE THE AVOCADOS INTO THIN WEDGES.
IN A BLENDER, COMBINE CILANTRO, GARLIC,
SWEETENER OF CHOICE, LIME JUICE, CUMIN,
AND OLIVE OIL. BLEND UNTIL SMOOTH. ADD
SALT AND PEPPER TO TASTE.
POUR DRESSING ON GRAPEFRUIT AND
AVOCADO IN A BOWL. TOSS GENTLY.
SERVE AND ENJOY!

Gather Around the Table:

HOW SUPPER CLUB BUILDS COMMUNITY

Supper Club is truly our SECRET INGREDIENT for a healthier and more united community.



Our Supper Club is back in full swing, serving up 720 meals across 12 locations!

It serves as the cornerstone of our community initiatives, and its success is compelling:



92% of participants have honed their skills in whipping up budget-friendly nutritious meals.

100

of those surveyed said they have discovered novel ways to meet their dietary needs.



All participants plan to cook more meals at home, demonstrating the program's impact.

Supper Club Side Bar Story: A Taste of Togetherness at Hamilton West

One memorable instance from June encapsulates Lift UP's essence: transforming adversity into unity through the power of food. We'd convert Hamilton West's lobby into a lively Supper Club hub each week, but on one particular day, we entered a silent, empty room. The building was mourning the loss of a resident.

Despite their grief, the few who came down wished to proceed with Supper Club, welcoming the distraction. We cooked, shared stories of loved ones lost, and felt the community bond strengthening. With extra food from the session, two women instinctively packed meals to comfort friends of the departed, displaying our motto in action - "Food Brings us Together."

This event reaffirmed my gratitude towards Lift UP. It showcased how we extend beyond food distribution, creating spaces where community members feel safe, respected, connected, and valued. This is the true power of food.

- Natasha Butcher-Cook, Supper Club Coordinator





Serving Up Dedication:

OUR VOLUNTEERS

IT'S NO SECRET THAT OUR VOLUNTEERS ARE THE SECRET SAUCE TO OUR WORK AT LIFT UP.

Volunteers are an essential dish underpinning the essence of our work. With **120 dedicated individuals gifting 8200 hours** of their time in various tasks like packing boxes, delivering food, setting up the pantry, and distributing meals, they each bring something special to the table.

Volunteers like Chi-Chin Wu and Zongfang Wu are making life easier for our Chinese-speaking clients. Over a quarter of Preston's Pantry shoppers are Chinese-speaking. Chi-Chen, a shopper herself, joined our volunteer team to "return the favor to those who helped me." Being familiar with the shoppers' perspective, she assists in breaking language barriers, whether it's answering simple questions or explaining Lift UP's shopping processes. She understands firsthand the difficulty of navigating services.

Zongfang, another shopper-turned-volunteer, partners with Chi-Chen on Fridays. "I enjoy helping; it is also a good way to practice English." But she doesn't just bring translation skills to the table. Zongfang delights our Friday crew with delicious treats, like bao buns and dumplings.

Steve Cromer, who leads the volunteer team on Fridays, greatly appreciates the contributions of Zongfang and Chi-chen. Volunteering at Lift UP has enriched his life by introducing him to amazing individuals.



From left to right = Chi-Chen – Volunteer; Teresa, Program Manager; Zangfang – Volunteer

"It's the marvel of volunteering," Steve shares, "You collaborate with such wonderful people you might not have met otherwise." - Steve Cromer

Zongfang would bring bao buns to share at a potluck. "Everybody likes these," Zongfang says.

[CLICK HERE TO VIEW RECIPE](#)

NEIGHBORS NOURISHING NEIGHBORS: THE BACKBONE OF LIFT UP

Our work thrives on the dedication of our Resident Advocates, residents from the buildings we serve, who champion access to healthy food within their communities. They seamlessly coordinate everything from Emergency Food Closets to pop-up pantries, bringing Lift UP's services right to the doorstep. Jack Thomas, both a Resident Advocate and Board Member, exemplifies this spirit. Not only does he ensure that leftover or rescued food finds its way to his community, but his efforts have also fostered a sense of unity.

It's Jack informing Pete from Station Place about an impending large food delivery. It's residents, like those at Station Place, eagerly setting up distribution points, and Kellie, Station Place resident manager, whipping up a broccoli and cheese soup from rescued vegetables.

"I couldn't do what I do without my team," reflects Jack. The essence of Lift UP is encapsulated in our belief: addressing hunger requires collective effort.



Jack gleaning food from local stores to share with residents in his building and other neighboring living communities.

AS OUR MOTTO STATES - FOOD BRINGS US TOGETHER.





Where Food Comes From

FOOD PARTNERS

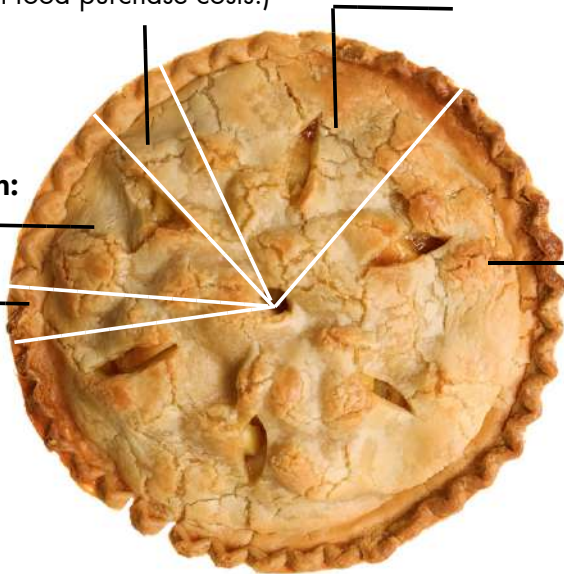
Keeping up with the increased demand for food is a puzzle that we are putting together from week to week. Our larger warehouse allows us to take advantage of larger food intake opportunities that arise, as well as share food and spread our reach through mutual aid partnerships from a diversified group of smaller local partners! We are excited to see the expansion of our network of gleaning partners grow and diversify.

Purchased: 3.4%: (Virtual Food Drives raised \$24,156, which equates to 19,325 lbs of food and covered more than half of our total food purchase costs.)

Trader Joe's: 13.8%

Amazon: 7.3%

Food and Fund Drives: 1.3%



Left: Cecilia Estraviz, Operations Manager, ensures daily that we have sufficient food for our neighbors and distributes it promptly.



Right: Isley and Elias dropping off produce from Verdier Farm.

We're grateful to other notable partners such as Grand Central Bakery, Fred Meyer, Safeway, Go Puff, Dave's Killer Bread, Blanchet House, Baltazar Ortiz Center, Sheridan Fruit Company, Portland Fruit Tree Project, and Verdier Farms. Their support has been invaluable in addressing the growing needs of our community.



Community Share:

NOURISHING CONNECTIONS AND COLLABORATIONS



IRCO worker picks up delivery from Lift UP to distribute to their community.

At Lift UP, our community share program embodies the unity and sharing found in a communal potluck, successfully distributing over 13,000 pounds of food through collaborations with community partners, expanding our reach further. A standout partner in this endeavor is IRCO - Immigrant and Refugee Community Organization. Charlotte Davis, the Hunger Relief Operations Coordinator at IRCO, highlights their pressing need for fresh produce to cater to their clients. For IRCO, helping immigrants and refugees maintain their cultural ties is crucial, and one of the ways they achieve this is by ensuring these individuals can cook familiar meals. Charlotte says,

"Through our partnership with Lift UP, we've been able to provide more culturally relevant food to those adjusting to life in a new country."

This collaboration not only amplifies the variety and quantity of fresh food available to the families served by IRCO but also fosters a sense of community and cultural appreciation. We are proud to facilitate these meaningful connections through our community share program, enhancing the lives of many families in the process.



Overcoming barriers to food security by cooking and delivering cost-free family meals to those in need, no questions asked.



Lift UP partners with OHSU to help stock their student pantry



Advocate Now

PROTECT AND EXPAND SNAP

Join us in a critical mission for food security – sign the petition by Oregon Food Bank! We're advocating for robust SNAP benefits in the Farm Bill to address hunger's root causes and safeguard our neighbors. Together, we can ensure access to nutritious food for all, fostering health and resilience in our communities. After you sign, don't stop there - spread the word! Share this petition within your network to amplify our collective voice and grow awareness. Sign up, speak out, and make a difference!

HELP FIGHT HUNGER!

Support SNAP Expansion Now!

- 1 in 6 Oregonians rely on SNAP for food.
- SNAP is vital for healthy communities.
- The Farm Bill could change SNAP's future.

What We Want:

- More eligibility for SNAP.
- Adequate SNAP for all in need.
- Respectful access to SNAP benefits.
- Fair food aid in all U.S. territories.
- Support for Native community sovereignty.

CLICK HERE TO
SIGN PETITION





The Farm Bill

HOW AND WHY IT MATTERS



Representative Earl Blumenauer converses with Meghna Chakrabarti, the host of NPR's *On Point*, about the Farm Bill. They delve into the bill's complex history and its detailed provisions, exploring potential revisions that could better serve the nutritional needs and overall health of Americans.

**[CLICK HERE
TO LISTEN](#)**

The Farm Bill, a pivotal piece of legislation due for renewal as it expires in 2023, holds significant power in shaping the nation's approach to food insecurity:

- **Nutrition Assistance:** It funds SNAP, the largest program fighting hunger in the U.S., aiding millions of families.
- **Food Production:** It influences what farmers grow, affecting the availability and prices of food.
- **Conservation:** Through habitat conservation efforts, it ensures sustainable food production for the future.
- **Trade:** It sets the stage for international trade policies that can impact global food security.
- **Comprehensiveness:** Despite its extensive reach and complexity, understanding this bill is crucial for advocacy.

The Farm Bill's renewal is a chance to address systemic issues and implement strategic improvements in our fight against hunger. Engaging with its contents is essential for those dedicated to a sustainable and equitable food system.



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Financials FY 2022-2023

EXPENSES: \$1,501,814

In-kind 54%

\$810,731 _____

Programs 28%

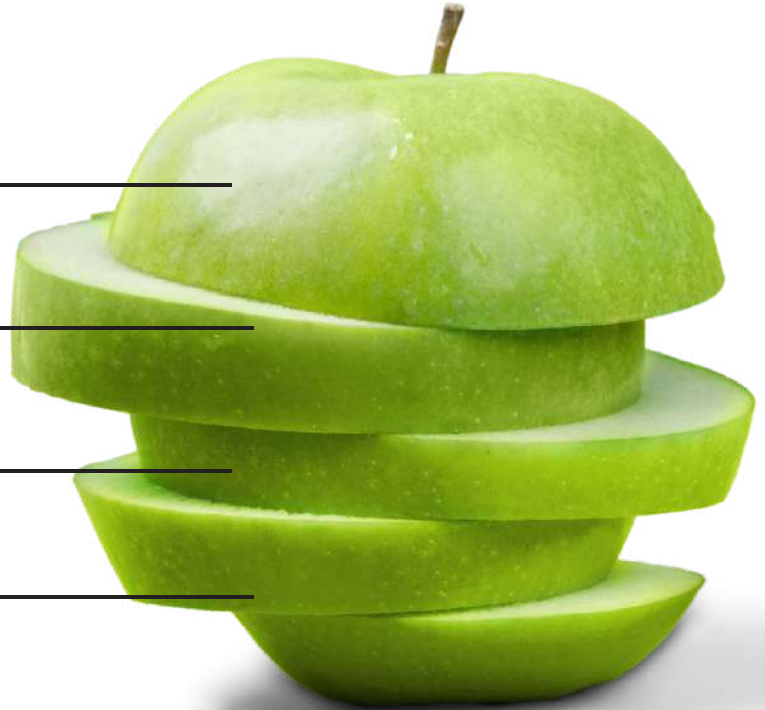
\$424,481 _____

Fundraising 10%

\$112,683 _____

Administrative 8%

\$153,919 _____





REVENUE: \$1,520,402

Individual
18%
\$277,039

Foundations
16%
\$249,880

Corporate
5%
\$80,155

Congregation
4%
\$54,529

Events
1%
\$20,197

Housing Contract
1%
\$13,675

Government Grants
1%
\$12,371

In-kind
54%
\$812,556

