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.

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.
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!

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

“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
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

Amazon Prime: 17%
Oregon Food Bank: 51%
Trader Joe’s: 8%
White Shield: 4%
New Seasons Slabtown: 2%
Other: 4%
Food and Fund Drives: 3%
Purchased from Oregon Food Bank: 11%

Total pounds distributed: 444,432

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

FINANCIALS

Revenue*

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundations</td>
<td>51%</td>
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<tr>
<td>Congregations</td>
<td>20%</td>
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<tr>
<td>Corporate</td>
<td>29%</td>
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<tr>
<td>Events</td>
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<tr>
<td>Housing Contracts</td>
<td>12%</td>
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<tr>
<td>Individual</td>
<td>36%</td>
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</tbody>
</table>

Total: $602,217
In-Kind Donations: $448,527

Expenses*

Programs $402,776
Fundraising $61,147
Administrative $68,542

Total: $532,465

*numbers are unaudited

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Oregon Community Foundation
OCF - Joseph E. Weston
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Congregation Beth Israel
B.P., Lester & Regina John Foundation
Zidell Family Foundation
Zion Lutheran Church

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Lease Crutcher Lewis
Legacy Health System New Seasons
Slabtown
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Otak, Inc.
Susan and Barney Milstein
ESCOCorporation
AWS Elemental
Trinity Episcopal Cathedral
Lois Schnitzer
Bear Dog Group Fund
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Rose E. Tucker Charitable Trust
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Lynda Shapiro
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Peter and Mary Corrado
Al and Dita Pepin

$1,000 to $4,999
The Autzen Foundation

In Celebration
Gloria Borg Olds
Happy Hanukkah tribute
Jacqueline Barthold
Hester Nau
Robert Kertzner
David Kertzner

In Honor
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Ruth Tenzer Feldman
Susan Milstein
Erin Goldwater
Barbara and Barry Caplan
Nikki & Stewart Director
Nikki Director
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Monica McKune
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Kathleen Doctor
Carole Barkley

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Sharon Miles
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Susan Milstein
Gloria Blow
Suzanne Albert
Bob Neighbor
Stephen C. Walsh
Premont Holt
Anonymous

IN-KIND DONATIONS
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 Caffe
The Parish of Saint Mark
Havurah Shalom Tri-Met
Hotel Deluxe
Ukrita Household Twist
Richardson Household
ESCO Corporation
47th Avenue Farm
Oregon Humane Society
Zion Lutheran Church Milstein Household
Inn at Northrup Station
Irwin Household
Sanders Household Crooke Household
Willamette Print & Blueprint
Jurgenson Household Web MD Cinema 21
Portland Center Stage
Kitchen Kaboodle
Cramer 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
Caffe Mingo
Bob’s Red Mill
Blanchard Household
Goldsmith Household
Alder Household
Adidas - Montgomery Park
Pony Salon
Macias Household
Grosling Household
Jurgenson Household
Tenzer Feldman and Milstein Household

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