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,

Brian Fleener
Lift UP Board President

BOARD OF DIRECTORS

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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
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.

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.

“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
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.

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**ADOPT A BUILDING PARTNERS**

- The Crooke Family
  Gordon and Kathy Keane
- The Louis Family
- The Richardson Family
- The Tenzer Feldman Families
- The Zidell Family Foundation
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 Croft
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
Sherrill 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 Paujade
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 Hauot
Ann Marie Jankay
Marianne Schiralli
Chona Watson
Alan Johnson

FINANCIALS

REVENUE

Revenue total $581,782

EXPENSES

Expense total $515,563

ENDS Net Assets: $344,916

In Kind Donations: $538,936

FOUNTIONS

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
Krager 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
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
Kachniera-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