“Sharing food is the compelling tie that binds us humans. I’m sharing life!”

7,186 hours donated by community volunteers

254,606 Meals provided to residents in Northwest and Downtown Portland

“Lift UP isn’t just about providing food for people who need it, it’s about building a community.”

2,722 meals served at Supper Club: Healthy Eating Workshops

32,712 pounds produce distributed at Free Food Market

3,050 Residents in the Adopt a Building program

3,168 Delivered Food Boxes received by residents in our service area
Dear supporter,

At Lift UP, we envision a Portland where everyone has access to healthy food and opportunities to connect with others. Through the Adopt a Building program, I have created new community connections and am invested in the people to whom I deliver groceries, like Judy. “It’s really nice to have access to fresh fruits and vegetables!” This is happening all over Northwest and Downtown Portland, and is celebrated with our new logo.

The **beet** represents dependability, endurance, and an abundance of healthy food when other resources are scarce. This last year we distributed more than 82,000 pounds of produce.

The **roots** represent our longevity as an organization and our commitment to our community. We are currently serving 27 buildings through our Adopt a Building program.

The **leaves** represent new growth and expansion. Our new volunteer coordinator helped engage 22% more civic-minded community members.

Warmest regards,

Melissa Blanchard
Lift UP Board President

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

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**BOARD OF DIRECTORS**

- **Melissa Blanchard**
  - President
  - Program Manager, Ophthalmology
  - Legacy Good Samaritan

- **Brian Fleener**
  - Vice President
  - VP, Director of Architecture
  - Otak, Inc.
  - Zion Lutheran Church

- **Barbara Crooke**
  - Secretary
  - Co-owner, Crooked Acres Winery
  - Congregation Beth Israel

- **Mark Uhrich**
  - Treasurer
  - Retired, Hydrologist
  - St. Mary’s Cathedral

- **Ruth Tenzer Feldman**
  - Writer
  - Havurah Shalom

- **Nathan Jones**
  - Strategic Planning and Marketing
  - ESCO

- **Jessica Karam**
  - Resident Services Coordinator
  - Home Forward

- **Jil Morby**
  - Retired, American First Federal Credit Union
  - St. Mary’s Cathedral

- **Kyle Shick**
  - Financial Advisor
  - Baird

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“We nourish community by bringing people together—to share a meal and experiences—to feed our bodies, minds, and souls.”
- Mark Uhrich, Board Treasurer and Volunteer

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**ADVISORY COUNCIL**

- **Susan Milstein**
  - Advisory Council Chair

- **Jonathan Avery**
  - Legacy Health System

- **Peter Corrado**
  - Catholic Education Foundation of OR

- **Nikki Director**
  - Retired, Gallery Director

- **Bonny Groshong**
  - First Immanuel Lutheran Church

- **Noel Johnson**
  - Cairn Pacific

- **Kari Lorz**
  - New Seasons Market
  - Slabtown

- **Dave Richardson**
  - Baker & Spice

- **Rob Shick**
  - Baird

- **Anne Weaver**
  - Elephants Deli and Catering

- **Leasa Wilkens**
  - SELCO Community Credit Union
Volunteers pick up food from Community Partners several times a week, sourcing perishable and non-perishable goods distributed to the community, through Preston’s Pantry and the Adopt a Building Program.

### Recurring Donations

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oregon Food Bank</td>
<td>41%</td>
</tr>
<tr>
<td>Amazon Prime</td>
<td>21%</td>
</tr>
<tr>
<td>Trader Joe’s</td>
<td>11%</td>
</tr>
<tr>
<td>White Shield Center</td>
<td>5%</td>
</tr>
<tr>
<td>New Seasons Slabtown</td>
<td>3%</td>
</tr>
<tr>
<td>Other</td>
<td>2%</td>
</tr>
</tbody>
</table>

Total: 83% Recurring Donations

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

Total pounds distributed: 431,626

### Where Our Food Goes

**At Preston’s Pantry**, shoppers can enjoy a variety of fresh fruits and vegetables, shelf stable items, and pantry staples. The pantry served 4,734 (duplicated) households this year, a **22% increase over last year**.

**Emergency Food Closets** provide shelf stable pantry items for residents facing an unexpected shortage of food. In 2018-19, Lift UP stocked the equivalent of **45,000 meals in 26 Emergency Food Closets** in our service area.

**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. 3,168 were received by residents in 2018-19, **42% more than the previous year**.

**Supper Club**, our healthy eating workshops teach culinary skills, provide the nutritional info about food Lift UP provides through our programs, and encourage community building among residents. In 2018-19, **attendance increased 130%**, to 442 participants.

### Financials

**Revenue**

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$110,100</td>
</tr>
<tr>
<td>Foundations</td>
<td>$194,500</td>
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<tr>
<td>Foundations</td>
<td>$194,500</td>
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</tbody>
</table>

**Total:** $490,400

**In-Kind Donations:** $265,000

**Expenses**

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Programs</td>
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<tr>
<td>Fundraising</td>
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<tr>
<td>Administrative</td>
<td>$57,000</td>
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<tr>
<td>Events</td>
<td>$18,100</td>
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<tr>
<td>Contracts</td>
<td>$8,800</td>
</tr>
</tbody>
</table>

**Total:** $490,400

*numbers are unaudited
PRESIDENTS ($10,000+)
Anonymous
Carol & Velma Saling Foundation
The Crooke Family Charitable Fund
Harbourton Foundation
Maybelle Clark MacDonald Fund
New Seasons Slabtown
SELO Community Credit Union
T and K Properties
Weston Public Foundation

BENEFACTORS ($5,000-$9,999)
AWS Elemental
B.P., Lester & Regina John Foundation
Downtown Development Group
Holzman Foundation
Home Street Bank
Gordon and Kathy Keane
Anna Kuehn
Legacy Health System
Michaelson Family Foundation
Otak, Inc.
The Richardson Family Sackett

IN HONOR
Emmanuel Arrey
Monica McKune
Carole Barkley
Nikki and Stuart Director
The Brown Family
Chip Brown
Nikki Director
Bruce Director
Linda Ostomel
Sue Friedman
Alan and Eve Rosenfeld
Stephen Goldwater
Judy Lane
Ilene Lieberman
Nan Sheri Lieberman
Stuart and Susanna Wolfe
Gary Goss
Mary Schellberg
Sadie Gustavson
Martha Wurzelbacher
David Loftus
Alan and Deborah Bell
Matthew and Nyuget
Jan Watson

IN MEMORY
IN MEMORY
IN MEMORY

IN KIND
1,000+ POUNDS OF DONATED FOOD
Amazon Prime Now
Cathedral Grade School
Charles Schwab
Elephant’s Delicatessen
Grand Central Baking Company
National Association of Letter Carriers
New Seasons Slabtown
Northwest Industrial Business Association
NW Pump and Equipment Co.
Oregon Food Bank
Portland Brewing Company
Portland Food Project
Salvation Army, White Shield Center
Trader Joe’s

“Taste comes first, but the health of your mind is just as important.”
-1200 Building Resident

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