



Friedens



Food



Pantries

ANNUAL REPORT
2022

A NETWORK OF
FOOD CENTERS BUILDING
COMMUNITY THROUGH
NOURISHMENT.



A beautiful variety of people grow here.

As our roots go deeper together, our lives intertwine and we begin to belong and contribute to something much bigger than ourselves. The fruit of that belonging is food for the body and life for the soul.

Friedens is the largest network of community food centers in Milwaukee. We provide encouraging spaces to select free quality foods and explore nutrition and wellbeing. The foods are thoughtfully sourced to offer options and reduce waste. We're always looking for valuable ways to love our community, which is why we go out of our way to meet people where they're at. When we join together, we are nourished and help each other grow.

*Thank you for growing with us,
Sophia Torrijos
Friedens Executive Director*

STAFF

*Aleka Shewczyk – Operations Manager
Valerie MacMillan - Program Manager
Cheryl Ousley – Site Manager*

*Aubrey Fochs – Communications Coordinator
Jakob Dufner - Volunteer and StreetLife Manager
Sam Scaffidi – Food Center Coordinator
Banseirr Da – Home Delivery Coordinator*

BOARD OF DIRECTORS

*Emily Runbeck – Board Chair
Adam Cook – Vice Chair
Sarah O'Connor – Secretary
Kathy Adam – Treasurer*

*Nadene Foti
Amanda Frazer
William Prescott Marshall
Kimara Ellefson*

*Esmeralda Martinez
Samantha Bear*

DONORS

\$50,000+: United Way of Greater Milwaukee and Waukesha, Anonymous Family Foundation, Froedtert Health, Zion United Church of Christ

\$25,000 - \$50,000: Anonymous, Otto Bremer Trust

\$10,000 - \$25,000: Anonymous, Bader Philanthropies, Childrens Health Alliance of WI, American Family Dreams Foundation, Johnson Financial Group, Children's WI, AMCSI, Deloitte, United Health Care, Greater Milwaukee Foundation

\$2,500 - \$10,000: Anonymous, Gallop Family Foundation, Milwaukee Empty Bowls, House of Prayer Lutheran Church, SE WI Association UCC, Centene Corporation, Humana, Salesforce, Weiss Family Foundation

Total Cash Donors: 490+

2022 In-Kind Donors: Bombas, Trader Joe's, Muskego Food Pantry, Feeding America, Costco, ALDI, Outpost, Hunger Task Force, Focus on Energy, Festival Foods, Ebenezer, Walmart, Pewaukee Food Pantry, Sendik's Food Market, CL & D Digital, Morning Glory Ministries, Save-A-Lot, Gesu Church, Witte's Vegetable Farm, United Way of Greater Milwaukee & Waukesha County, Brandee Schools, Community United Methodist Church, Indian Community School, Plymouth UCC, Best Buy, Apple Ridge Academy, Dino & Dragon Stroll, AMCSI, Shady Lane Greenhouses, Pete's Fruit Market, Applied Tech Solutions, Woller-Anger Insurance, Collins Insurance Group, City of Milwaukee, Pentair Foundation. Total Food Donors: 43+

BUILDING COMMUNITY THROUGH NOURISHMENT

FOOD DONATION

Total pounds of food donated & distributed:

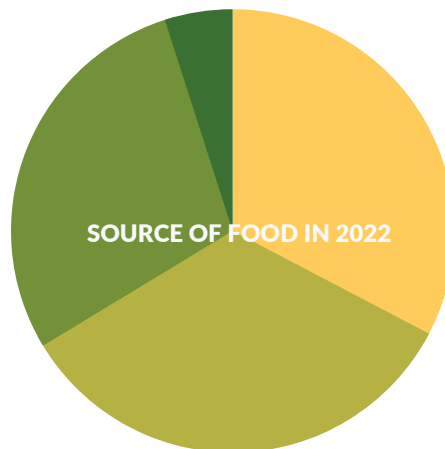
816,600+ lbs *13% more than 2021*



Food Rescue
28.7%

Individual and Corporate Donors
5%

Feeding America
32.7%



Hunger Task Force
33.7%

FOOD RESCUE
Friedens rescued
233,000+
lbs of food with a team of
25 food rescue volunteers &
15 local grocer partners.



CLIENTS SERVED

42,000+ individuals *30% more than in 2021*

Depensa de la Paz

1615 S 22nd St, 53204

22,342

individuals served

Zion Rock

10230 W Fond du Lac Ave,
53223

3,264

individuals served

Hope House

209 W Orchard St, 53204

11,075

individuals served

Coggs Center

1220 W Vliet St, 53205

5,567

individuals served

**The values above represent duplicated service events. Unduplicated: Individuals: 11,093; Households: 3,887

OTHER DISTRIBUTIONS

- Diapers: 79,270; & 2,204 packs of wipes
- Period Products: 41,260
- Bombas socks: 35,000
- Energy Efficient Lightbulbs: 8,640 packs
- Holiday Meal Boxes: 365
- Christmas gifts: 400+



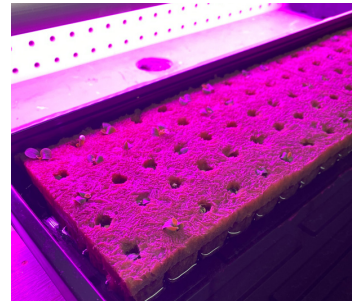
GROWING TOGETHER

Growing food on-site year round hydroponically increases food access to the community, connects urban families to the food life cycle, and supports our nutrition education programs. Cooking, growing, and eating together builds community connections and fosters health & wellness. In 2022 we discovered our gardens were extremely popular with college interns and service learners. They found some peace in their busy school year by coming in a few hours each week and tending to the indoor and outdoor gardens. Most described it as meditative and the most restorative time during their week. We agree, gardens can be healing and we're grateful to share ours with the wider community.

Our outdoor Peace Garden became a beautiful shared space that guests and neighbors took time to enjoy all summer and fall. It also became the focal point for our children's garden party and summer block party series!

2022 Highlights

- Successfully integrated native planting techniques by growing a Three Sisters garden of beans, squash, and corn.
- Hosted 2 community seed giveaways. Community members received vegetable plant seedlings grown in our hydroponic room to plant at home.
- Organized a children's garden party in our community garden, where we created art, planted seeds, distributed books, and tasted garden-grown produce.
- Worked with a team from UWM to build two on-site insulated composting systems.



FRIEDENS EMPTY BOWLS

In 2022, Friedens hosted its first-ever Empty Bowls fundraiser. This long-standing event brings together local restaurants and artisans to raise money to address hunger in our community. We took on the Deer District and filled it with hundreds of people! We enjoyed live music, good soups and breads, and raised money to support our network of food centers.

2022 Highlights

- \$65,000 raised
- 9 local chefs and restaurants donated homemade soup
- 2,000 bowls donated, the majority sold
- 100+ volunteers
- 1,000+ attendees



FRIEDENS AL FRESCO BLOCK PARTIES

During the summer months of June, July, and August, Friedens celebrated a series of community block parties. We brought in resources requested by community members, created art, and grilled burgers and hot dogs. Enjoying being together and building relationships amongst neighbors is what we do.



BUILDING COMMUNITY THROUGH NOURISHMENT

FOOD EDUCATION

Each week at our Despensa de la Paz Community Food Center we prepare a healthy, simple food sample made with ingredients found on the shelves at our pantry. We worked hard to develop in-house recipes intentionally designed to highlight unique pantry finds that might be unfamiliar to shoppers. Recipes were provided in both English and Spanish to allow for greater reach. With the help of a creative dietetics intern we were able to expand our food samples to our Zion Rock pantry during her time with us. In September we had a second dietetics intern for the year who created a set of take-home information cards on the fresh produce we were offering each week. The cards included safe handling instructions, preparation ideas, and nutritional facts. Digital copies of the cards were made accessible by a QR Code as well.

Into the future, we are hoping to roll out robust programming at all of our sites, so that patrons from all the neighborhoods we serve have access to this resource. Through partnerships with dietetic interns at local colleges we're developing food demonstrations to build on the great work we did in 2022.

2022 Highlights:

- Over 2,500 food samples were provided to guests at our pantries.
- Our most popular food sample of the year was grilled corn-on-the cob! People walking down the street stopped by and then came back with their families!



HOME DELIVERY

Friedens serves homebound individuals and families across Milwaukee who are food insecure but experience barriers to accessing free groceries from a food center location. Friedens customizes box content to meet different dietary needs and partners with DoorDash to optimize the delivery of hundreds of boxes a month.

Delivering fresh, healthy, culturally-specific foods in a dignified and innovate way improves health outcomes for disabled and homebound individuals. This optimized strategy for delivering food is both cost-effective and highly customized to meet the age and diet-specific needs of clients.

- Added new delivery sites to specifically reach low-income senior buildings and refugee sites
- Increased the % of fresh produce being delivered
- Conducted a needs assessment with support from MCW and implemented participant feedback
- Added recipes to the boxes to help participants know what to prepare with their box

HOME DELIVERY STATS

120

enrolled individuals receive 7+ days worth of food each month.

43%

of households require a box customization due to dietary needs such as diabetes, allergies, culture, and religion.

71%

of participants are BIPOC and include refugees from Latin America, the Middle East, and Southeast Asia.

93%

of primary household members are over the age of 60.

BUILDING COMMUNITY THROUGH NOURISHMENT

VOLUNTEERS

Over the course of 2022, Friedens saw an increase from approximately 820 volunteers serving our locations to over 1,400. The COVID-19 pandemic instituted new and unique challenges, but with the help of our volunteers, Friedens was able to handle these in stride. During 2022, Friedens was able to reopen the inside of our pantries and begin serving the community within our buildings. Our volunteers served a combined total of 16,221+ hours, representing \$485,819+ in added value to Friedens. As 2022 was the first year that Friedens began running the annual Empty Bowls event, we welcomed new volunteers with new skills to our amazing team. Our talented volunteers helped us with a plethora of projects, including creating graphics, painting and creating ceramic bowls, updating our website, and more.



15%

Speak a second language

73%

Increase in the amount of volunteers from 2021

50+

Volunteers have volunteered over 50 hours

48%

Come back for at least a second shift



"I enjoy what I do. I'm happiest here. Hand to God. I'm happiest right here in this building, helping."

-Miss Florida, Volunteer and Pantry User

Some of our volunteer groups include: United Way of Greater Milwaukee and Waukesha County, Hamilton High School, Brookfield East High School, Marquette High School, Marquette University, University of Wisconsin - Milwaukee, SocialSurge Marketing, BMO Harris, Best Buy, Mt. Mary University, Ozaukee Congregational, Milwaukee Area Technical College, Immanuel Church of Brookfield, Zion Rock Church, Milwaukee Mennonite Church, and House of Prayer Lutheran.





PARTNERSHIP SPOTLIGHTS & WIDER REACH

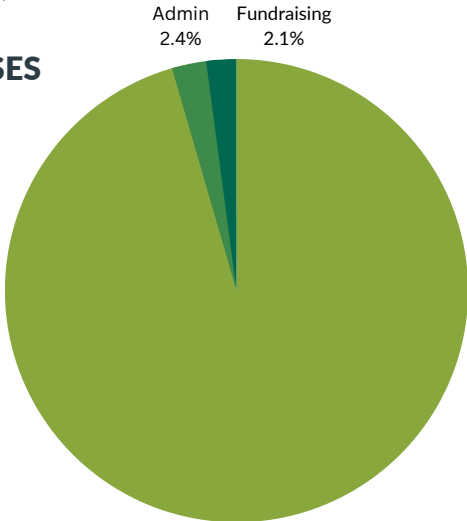
- Hosted 3 summer block parties in partnership with Muskego Way Forward with bounce houses, resource tables, and grilled over 500 burgers and brats!
- Brought in Dietetic students and interns from Mount Mary and MATC to connect with community members for a deeper understanding of community nutrition needs.
- Hosted the League of Women Voters who helped with voter registration and updating voter information.
- Nurses from Froedtert and Ascension provided flu shots, blood pressure screenings, and blood glucose testing throughout the year.
- Provided nutrition resources and kitchen tools for clients alongside 16th Street Clinic.
- Hosted Mount Mary Art Therapy Students to create community art projects.
- Conducted FoodShare (food stamps) outreach with the help of Feeding America and Hunger Task Force.



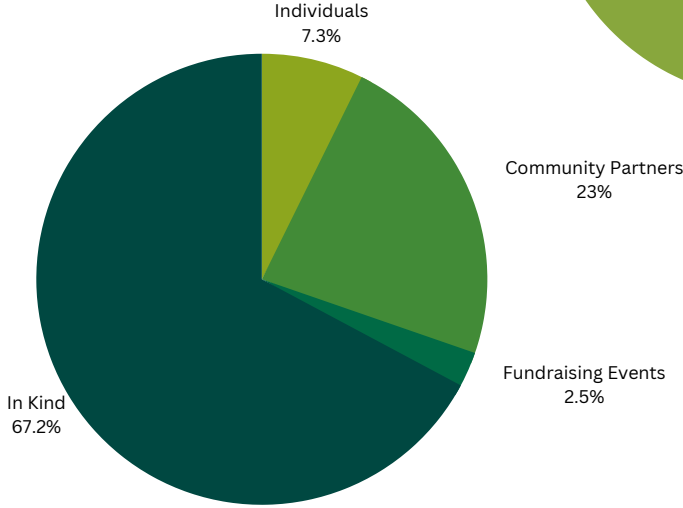
FINANCIAL

Thank you to our donors and partners for helping us raise just under \$2.6 million in cash and in-kind support.

EXPENSES



INCOME





Friedens



Community Ministries



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Friedens



Food



Pantries