



# **S.L. Gimbel Foundation Fund Holiday Food Program Grant Application**

<p><b>Internal Use Only:</b> Grant : _____</p>
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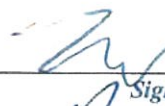
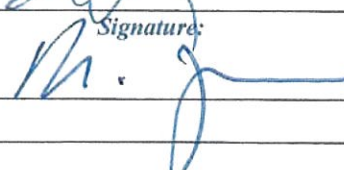
## **Organization / Agency Information**

<b>Organization/Agency Name:</b> Beyond Hunger (formerly Oak Park River Forest Food Pantry)		
<b>Physical Address:</b> 848 Lake Street		<b>City/State/Zip</b> Oak Park, IL 60301
<b>Mailing Address:</b> same		<b>City/State/Zip</b>
<b>CEO or Director:</b> Michele Zurakowski		<b>Title:</b> Executive Director
<b>Phone:</b> 708-386-1324	<b>Fax:</b>	<b>Email:</b> Michele@GoBeyondHunger.org
<b>Contact Person:</b> Michele Zurakowski		<b>Title:</b> Executive Director
<b>Phone:</b> 708-434-0085	<b>Fax:</b>	<b>Email:</b> Michele@GoBeyondHunger.org
<b>Web Site Address:</b> www.GoBeyondHunger.org		<b>Tax ID:</b> 27-2018997

## **Program / Grant Information**

<b>Program/Project Name:</b> Healthy Foods "SWAP" initiative			<b>Amount of Grant Requested:</b> \$15,000
<b>Total Organization Budget: current FY2020</b> \$2,634,300	<b>Per 990, Percentage of Program Service Expenses (Column B/ Column A x 100):</b> most recent filed 990- FY2018 91%	<b>Per 990, Percentage of Management &amp; General Expenses Only (Column C / Column A x 100):</b> 4%	<b>Per 990, Percentage of Management &amp; General Expenses and Fundraising (Column C+D / Column A x 100):</b> 9%
<b>Purpose of Grant Request (one sentence):</b>  S.L. Gimbel funding would allow us to purchase 30,000 pounds of nutritious protein and produce products that fall in the green or yellow healthy SWAP (Supporting Wellness in Pantries) categories for the low-income people we serve.			
<b>Gimbel Holiday Grants Received: List Year(s) and Award Amount(s)</b> Grant year: 2012--\$10,000 Grant year: 2013--\$10,000 Grant year: 2014--\$10,000 Grant year: 2017--\$10,000 Grant year: 2018--\$15000			

## **Signatures**

<b>Board President / Chair: (Print name and Title)</b>	<b>Signature:</b>	<b>Date:</b>
Elizabeth Backes, Board President		11/5/19
<b>Executive Director/President: (Print name and Title)</b>	<b>Signature:</b>	<b>Date:</b>
Michele Zurakowski, Executive Director		11/5/19

Please provide the following information for items I. through III. by answering all questions in ONE PAGE-12 Font. Please be thorough, clear, specific, and concise.

**I. Organization/Agency Background:** *State your mission, vision, purpose, and provide a brief history. What are your core programs and activities? How many people do you serve? How many paid staff, full time and part-time? How many volunteers?* This year we changed our name to **Beyond Hunger** (from Oak Park River Forest Food Pantry) to better demonstrate the scope of our work. We serve low-income residents of 13 zip-codes including portions of the city of Chicago and many of its near-west suburbs. Last year over 12,000 unique individuals (38,000 with repeat visits) visited our Food Pantry alone. Another 1000 were served in our Home Delivery and Summer Meals programs. In operation since 1978 as a program under a parent organization, explosive client demand during the 2008 recession led us to become a stand-alone agency in 2010. We believe hunger is solvable; our vision is a hunger-free community. Core values of respect, equity, community, and accountability are enshrined in our mission statement: harnessing the power of communities to end hunger. Emphasizing community in all our efforts allows us to serve vulnerable community members while providing meaningful service opportunities to 1,400 volunteers. Our priorities are weighted towards direct hunger relief programming—Food Pantry, Home Delivery to Seniors, Summer Meals for Kids, Nutrition Education (91% of total functional expenses). Administration (5%) and fundraising (4%) are kept to a minimum. We keep overhead expenses low by focusing on recruiting in-kind donations of food and labor (approx. 50% of income). Our paid staff include 8 FT, 3PT, and 3 AmeriCorps members.

**II. Project Information:** *Describe your food distribution program. ANSWER ALL QUESTIONS. Explain the community need including demographics, geographic characteristics of the area or community to be served, community conditions and income level. What are the specific activities of the food program?*

Our marquee program is our Food Pantry where we focus on providing a week's worth of the most nutritious food possible—the lean protein and fresh produce that is normally inaccessible to the low-income people we serve. Food insecurity in our service area ranges from 6% (River Forest) to 37% (westside of Chicago). Dietitians and interns offer Nutrition Education at each food distribution, providing samples of healthy foods made with Food Pantry ingredients along with recipes. They also offer professional assistance with tailoring diets to disease states such as diabetes or hypertension. By providing free, wholesome food, as well as education about how to use and enjoy it, our Healthy Foods Initiative helps low-income and food-insecure families combat hunger and eat a more varied and nutritious diet. All visitors are offered assistance in applying for state and federal income supports. The majority of clients are from the westside of Chicago (57%) where food deserts, unemployment, poverty, and de facto segregation have led to rampant food insecurity. But even in more affluent communities, people struggle with hunger. We serve thousands of people from the suburb of Oak Park (13%) and surrounding communities (26%). Nearly all those we serve (98%) fall into HUD's low/very-low income levels. Average family income is \$11,479 (3 people).

*How do you identify/qualify those in need? How often is the food distribution offered?* Our Food Pantry is open for food distribution twice a week during evening, afternoon and weekend hours to allow flexibility for those with employment. Clients are invited to shop at the Food Pantry once per month, selecting their own food much like a grocery store. All participants must provide a photo ID and proof of residence within our service boundaries. If they are outside our service boundaries, we serve them once and provide referrals to agencies that serve their zip code. They must also attest that family income does not exceed Illinois Emergency Food Assistance Program limits. Those in need are provided funding assistance to obtain an ID

*How many people will be served by the food distribution program (children, youth, adults, seniors)? Please explain how you keep track of number of people served.*

Each year our Food Pantry serves over 12,000 unduplicated individuals living in Chicago and surrounding suburbs: 34% of those we serve are children under nineteen, 12% are seniors over sixty-five, 19% identify as disabled, and 3% are veterans. In all, 85% of the households we serve contain at least one member in these vulnerable populations. Client intake includes collecting HUD-required data for all household members which is logged into a database (SalesForce platform).

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## S.L. Gimbel Foundation Fund Holiday Grant Application

### III. Project Budget

Please provide a detailed line-item budget for your project by completing the budget form below. The maximum requested amount is \$15,000 or 25% of your operating budget, whichever is less. You can request for less than \$15,000. You may delineate your line items requests per examples below:

- 85% of total request for the purchase of food items only. (Ex. Total request of \$15,000; 85% is \$12,750 for food)
- 15% of total request for female hygiene products and/or diapers. (Ex. Total request of \$15,000; 15% is \$2,250 for diapers and female hygiene products)
- 100% of total request for the purchase of food items
- Canned tuna will not be funded.

**Food items must be delineated (i.e. canned vegetables, soup, pasta, dried beans, rice, etc.). For each food item, indicate the cost per unit (pound, carton, case, etc.) and the quantity. See attached example.**

Line Item	Line Item Description	Requested Amount
Eggs	152 cases (15 dozen/case) x \$14.70/case	\$2234
Ground Turkey	50 cases (12/-1pound packages/case) x \$11.40/case	\$570
Peanut Butter	150 cases (12/18 oz jars/case) x \$12.42/case	\$1863
Potatoes	95 cases (50 count/case) x \$14.50/case	\$1378
Onions	95 cases (50 pounds/case) x \$15.50/case	\$1473
Peppers - Green	95 cases (50 pounds/case) x \$18.50/case	\$1758
Oranges	95 cases (88 count/case) x \$28.50/case	\$2708
Bananas	155 cases (40 pounds/case) x \$19.50/case	\$3023
<b><u>TOTAL:</u></b>	887 cases (approx. 31,000 pounds or <u>43,000 items</u> )	<u>\$15,005</u>
<b>TOTAL REQUESTED</b>		<b>\$15,000</b>

### IV. Administrative Expenses Percentage

This section calculates how much the organization spent for general management, overhead, indirect items as a percentage of the organization's total expenses. The figures are based on your most current 990 form that you submitted, Part IX Statement of Functional Expenses.

Management & general expenses (Column C only)	/Total expenses (Column A)	= Administrative Percentage
\$82,454	\$1,932,922	4%

OGDEN UT 84201-0029

In reply refer to: 4077391934  
July 25, 2019 LTR 4168C 0  
27-2018997 000000 00

00029001  
BODC: TE

BEYOND HUNGER  
848 LAKE ST  
OAK PARK IL 60301-1314

022409

Employer ID number: 27-2018997  
Form 990 required: YES

Dear Taxpayer:

We're responding to your request dated May 30, 2019, about your tax-exempt status.

We issued you a determination letter in SEPTEMBER 2010, recognizing you as tax-exempt under Internal Revenue Code (IRC) Section 501(c)(3).

We also show you're not a private foundation as defined under IRC Section 509(a) because you're described in IRC Section 509(a)(2).

Donors can deduct contributions they make to you as provided in IRC Section 170. You're also qualified to receive tax deductible bequests, legacies, devises, transfers, or gifts under IRC Sections 2055, 2106, and 2522.

In the heading of this letter, we indicated whether you must file an annual information return. If you're required to file a return, you must file one of the following by the 15th day of the 5th month after the end of your annual accounting period:

- Form 990, Return of Organization Exempt From Income Tax
- Form 990EZ, Short Form Return of Organization Exempt From Income Tax
- Form 990-N, Electronic Notice (e-Postcard) for Tax-Exempt Organizations Not Required to File Form 990 or Form 990-EZ
- Form 990-PF, Return of Private Foundation or Section 4947(a)(1) Trust Treated as Private Foundation

According to IRC Section 6033(j), if you don't file a required annual information return or notice for 3 consecutive years, we'll revoke your tax-exempt status on the due date of the 3rd required return or notice.

You can get IRS forms or publications you need from our website at [www.irs.gov/forms-pubs](http://www.irs.gov/forms-pubs) or by calling 800-TAX-FORM (800-829-3676).

If you have questions, call 877-829-5500 between 8 a.m. and 5 p.m., local time, Monday through Friday (Alaska and Hawaii follow Pacific time).

Thank you for your cooperation.

Sincerely yours,

*Stephen A. Martin*

Stephen A. Martin  
Director, EO Rulings & Agreements





## Board of Directors FY 2020

**Elizabeth Sweeney Backes, *President***, 1023 Bonnie Brae Place, River Forest, IL 60301  
Senior Vice President and Senior Equipment Management Officer, Banc of America Leasing

**Stephanie Schrodt, *Vice-President***, 706 Lathrop Avenue, River Forest, IL 60305  
Community volunteer and certified teacher, with a decade of professional experience in human resources management.

**Andrew Charles Maychruk, *Treasurer***, 210 Gale Avenue, River Forest, IL 60305  
Chief Technology Officer, Old Second National Bank

**Cassandra West, *Secretary***, 175 Linden Ave., Oak Park, IL 60302  
Media consultant and freelance business and education writer

**Cuyler Brown**, 559 Thatcher, River Forest, IL 60305  
Community volunteer and commercial lender with Huntington Bank.

**Thomas Gary**, 1192 Clarence Ave, Unit 7, Oak Park, IL 60304  
Economic Development professional, Office of the State Treasurer

**Susie Goldschmidt**, 716 Belleforte Avenue, Oak Park, IL 60302  
Vice President Banking Center Manager, MB Financial

**Laura Gutierrez**, 6437 33rd Street, Berwyn, IL 60402  
Grants Administrative Assistant, The Chicago Community Trust

**David Henkes**, 711 Franklin Avenue, River Forest IL 60305  
Food and beverage industry researcher/consultant at Technomic Inc with 20+ years experience

**Melanie Halvorson**, 1115 N. Kenilworth Avenue, Oak Park, IL 60302  
Community volunteer after a long career in commercial lending, marketing, and communications.

**Patricia Hannon, MD**, 1116 Keystone Avenue, River Forest, IL 60305  
Pediatrician, Erie Family Health Center

**Mark Smylie**, 313 Forest Avenue, Oak Park, IL 60302  
Professor Emeritus, College of Education, University of Illinois at Chicago, Visiting Professor, Peabody College of Education and Human Development, Vanderbilt University

**Tom Watson**, 1012 Wenonah Ave, Oak Park, IL 60304  
Head of Sales for financial risk analytics provider, Hanweck Associates

**Stacey Williams**, 1105 Franklin Avenue, River Forest, IL 60305  
Community volunteer with a professional background in marketing and strategy.

**Part IX** Statement of Functional Expenses

Section 501(c)(3) and 501(c)(4) organizations must complete all columns. All other organizations must complete column (A).

Check if Schedule O contains a response or note to any line in this Part IX ☐

Do not include amounts reported on lines 6b, 7b, 8b, 9b, and 10b of Part VIII.	(A) Total expenses	(B) Program service expenses	(C) Management and general expenses	(D) Fundraising expenses
1 Grants and other assistance to domestic organizations and domestic governments. See Part IV, line 21				
2 Grants and other assistance to domestic individuals. See Part IV, line 22	1,179,277.	1,179,277.		
3 Grants and other assistance to foreign organizations, foreign governments, and foreign individuals. See Part IV, lines 15 and 16				
4 Benefits paid to or for members				
5 Compensation of current officers, directors, trustees, and key employees	101,366.	66,902.	28,382.	6,082.
6 Compensation not included above, to disqualified persons (as defined under section 4958(f)(1)) and persons described in section 4958(c)(3)(B)				
7 Other salaries and wages	368,004.	274,349.	36,617.	57,038.
8 Pension plan accruals and contributions (include section 401(k) and 403(b) employer contributions)				
9 Other employee benefits				
10 Payroll taxes				
11 Fees for services (non-employees):				
a Management				
b Legal				
c Accounting				
d Lobbying				
e Professional fundraising services. See Part IV, line 17				
f Investment management fees				
g Other. (If line 11g amount exceeds 10% of line 25, column (A) amount, list line 11g expenses on Sch O.)	49,460.	42,025.	3,861.	3,574.
12 Advertising and promotion				
13 Office expenses				
14 Information technology				
15 Royalties				
16 Occupancy				
17 Travel				
18 Payments of travel or entertainment expenses for any federal, state, or local public officials				
19 Conferences, conventions, and meetings				
20 Interest				
21 Payments to affiliates				
22 Depreciation, depletion, and amortization	16,143.	16,143.		
23 Insurance	7,224.	5,279.	1,086.	859.
24 Other expenses. Itemize expenses not covered above. (List miscellaneous expenses in line 24e. If line 24e amount exceeds 10% of line 25, column (A) amount, list line 24e expenses on Schedule O.)				
a <b>FACILITIES AND EQUIPMEN</b>	100,440.	89,408.	6,423.	4,609.
b <b>SUPPLIES</b>	32,985.	27,971.	1,635.	3,379.
c <b>PRINTING</b>	17,674.	12,627.	1,246.	3,801.
d <b>STIPENDED VOLUNTEERS</b>	14,710.	14,589.		121.
e All other expenses	45,639.	30,185.	3,204.	12,250.
25 <b>Total functional expenses.</b> Add lines 1 through 24e	1,932,922.	1,758,755.	82,454.	91,713.
26 <b>Joint costs.</b> Complete this line only if the organization reported in column (B) joint costs from a combined educational campaign and fundraising solicitation.				

Check here ☐ if following SOP 98-2 (ASC 958-720)

Beyond Hunger Expense Item	Revenue or	FY 2020 Budget
<b>REVENUE</b>		
Grants	\$	180,300
Business/Matching Gifts	\$	46,000
Individual Donations	\$	650,000
Events	\$	261,000
Congregations	\$	35,000
Organizations	\$	46,000
Interest	\$	3,700
GCFD Credits	\$	22,500
<b>Sub-Total Revenue - Raised</b>	\$	1,244,500
Release from Capital	\$	7,500
Release from Computer Sinking	\$	10,000
Release from Strategic Initiatives	\$	57,000
Release from Meyer Strategic Plan		
<b>Sub-Total Release from Reserves</b>	\$	74,500
<b>Sub-total Revenue - Cash</b>	\$	1,319,000
<b>IN-KIND</b>		
<i>In Kind Volunteer Hours</i>	\$	313,300
<i>In Kind Food Contributions</i>	\$	995,000
<i>Other In Kind</i>	\$	8,000
<b>Sub-Total Revenue - In-Kind</b>	\$	1,316,300
<b>TOTAL REVENUES</b>	\$	2,635,300
<b>EXPENSES</b>		
Food & Hygiene Products	\$	326,700
<i>Food &amp; Hygiene Products - Contributed</i>	\$	995,000
Salaries/Wages + Payroll tax	\$	660,800
Event Expenses	\$	103,300
Fundraising Expenses/Mailhouse	\$	11,500
Service Learners	\$	13,400
Consultants	\$	24,300
Utilities	\$	20,100
Transportation	\$	500
Printing/Reproduction	\$	28,200
Insurance	\$	9,800
Technology/Support/Website	\$	32,100
Accounting/Legal Fees	\$	10,800
Supplies	\$	25,700
Volunteer Program	\$	6,000
Postage	\$	5,900
Professional Development	\$	8,800
Dues/Subscriptions/Fees	\$	6,300
Client Advocacy/Travel	\$	5,200
Equipment Repair and Maintenance	\$	4,300
Client service: ID fee	\$	5,000
Miscellaneous	\$	1,700
Rent	\$	7,600
Computer - sinking fund	\$	-
<i>Volunteer hours</i>	\$	313,300
<i>Other in-kind - Events, space</i>	\$	8,000
<b>TOTAL CASH EXPENSES</b>	\$	1,318,000
<b>TOTAL IN-KIND EXPENSES</b>	\$	1,316,300
<b>TOTAL EXPENSES</b>	\$	2,634,300
<b>Operating Surplus/(Deficit)</b>	\$	1,000

**Q1** Name of your organization: Beyond Hunger (formerly Oak Park River Forest Food Pantry)

**Q2** Grant #: 20180979

**Q3** Grant Period: January 1, 2019 – September 30, 2019

**Q4** Location of your organization:

City Oak Park  
State IL

**Q5** Name and Title of person completing evaluation. Michele Zurakowski, Executive Director

**Q6** Phone Number: 708-434-0085

**Q7** Email address: Michele@GoBeyondHunger.org

**Q8** Total number of clients served through this grant funding: 29,340 (including repeat visits)

**Q9** Approximate volume of food purchased with grant funds? (i.e 10 lbs of fresh produce; 1000 boxes; 10 cases, etc.)

We have provided numbers for pounds and/or case count depending on information accessible through invoices.

We have provided numbers for pounds, cases, or unit count depending on information accessible through invoices:

Idaho Potatoes (80 or 100 count/case): 66 cases

Carrots: 3648# or 76 cases

Broccoli Crowns: 1600# or 80 cases

Oranges (88 count): 66 cases

Bananas: 3392# or 84 cases

Frozen Beef Patties: 2162# or 117 cases

Frozen Ground Turkey: 1188# or 99 cases

Eggs: 150 cases (2250 dozen)

Peanut Butter: 103 cases (1236 jars)

**Q10** Describe the project's key outcomes and results based on the goals and objectives. Use the following format:

**Goal 1:** Food insecure individuals in our service area will receive the food they need to live active, healthy lives.



**Objective:** Shoppers at our Food Pantry will select enough groceries for one week's worth of meals.

**Activities, Results and Outcomes for Objective**

Some of the people who utilize our Food Pantry have met with an unexpected hardship like a medical emergency. Others have chronic need. Many of our clients have jobs, but their scheduled hours and/or their rate of pay are so low that their income does not cover their cost of living. Accessing SNAP benefits helps most people meet a large portion of their food needs, but many still need to shop at a Food Pantry periodically. USDA research shows that most SNAP recipients redeem more than 75% of their monthly benefit in the first 2 weeks after receipt. Our clients confirm this and note that their SNAP runs out the 3<sup>rd</sup> week. Therefore, we try to provide enough food for a full week's worth of meals for every family. Through aggressive food rescue, surplus, and donation outreach, we maximize the amount of food we can deliver to clients while minimizing expense. Even so, quality food must be purchased. We focus our purchasing power on nutrient-dense and protein-rich products (see Goal 2). This is where we focused Gimbel Holiday Food funds. During the grant cycle, we sourced 644,408 pounds of food for 9904 households, averaging 6.1 days' worth of meals per person. See Q10 below for our analysis of why we couldn't reach the 7-day goal.

**Goal 2:** 90% of the food we actively procure will be protein-rich or nutrient-dense.

**Objective:** We will purchase more produce and increase outreach to rescue partners for protein and produce.

**Activities, Results and Outcomes for Objective**

In the first half of last fiscal year (just prior to grant funding), 87% of the food we procured was nutrient-dense or protein-rich. The average household was able to select 21 pounds of fresh produce. By focusing Gimbel Holiday Food funding on these high-quality products and increasing our rescue outreach, we increased their percentage of the whole to 96%, and each family was able to select 23 pounds of produce. While we have long categorized food into these categories, this spring we determined that a more sophisticated method of analysis was needed. Some high protein foods, for example, are high in fat (peanut butter) or salt (beef stew). So, clients with hypertension or heart disease might do well to avoid them. The dietitians researched methods of analysis and determined that the Supporting Wellness at Pantries (SWAP) method held the most promise. SWAP analyzes the amount of fat, sodium, and sugar in an item and utilizes a stop-light metaphor to educate: Green is for foods to eat as much as you want, like lettuce or apples. Yellow is for foods to enjoy in moderation, like macaroni or white rice. Red is for foods to consider a treat to eat rarely like pastries. At the start of our new fiscal year in July, we implemented this program with a goal that 80% of the food we distribute falls into the Green or Yellow categories. Moving from a goal of 90% nutrient-dense/protein-rich to 80% Green/Yellow does not mean we are loosening our nutritional focus. Instead, it provides clients more specific information and allows them to make more informed choices for their health. That beef stew may well be high protein, for example, but if you have hypertension, it might not be a good choice. It's sodium content now lands it in the Red category.

**Q11** Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

When we set the budget for FY2019, we predicted the strong economy would result in an 8% decrease in numbers of clients utilizing the Food Pantry. Because we would be serving fewer people, we thought we would be able to increase both the amount of food per person and the percentage of nutrient dense/protein rich products for everyone. The first half of that fiscal year (prior to Gimbel grant funding), actually saw a 12% decrease in household visits. We stayed on budget during what is typically the busiest time of the year, which meant the people who did visit the Food Pantry received more food than normal—nearly 80 pounds per visit, or enough for

over 8 days' worth of meals per individual. That all changed with the repercussions of the government shutdown of January 2019. In order to disperse benefits before the shutdown, USDA released two months' worth of SNAP benefits ("food stamps") in January. But recall that one month of SNAP benefits typically lasts only three weeks. Right on target, our February client visits shot up 23%. Throughout the course of this grant cycle, they never returned to those early year low levels. Instead, during this grant cycle our client visits have averaged 20% higher than the first half of FY2019. Thankfully, Gimbel Holiday Food funding enabled us to provide a substantial amount of healthy food to each family, despite the increased demand.

**Q12** How did you overcome and/or address the challenges and obstacles?

Not surprisingly, the amount of food per individual decreased in the face of stepped up demand. But we did not cut back indiscriminately. Instead, in consultation with client input, we focused our food procurement on quality vs quantity. People told us they didn't need as much pasta or soup. Instead, they count on us to provide those things they cannot afford, especially produce. We adjusted our purchases and rescue outreach accordingly. As noted in Goal 2 above, even though people were taking home fewer pounds of food in general, they had two more pounds of produce and in general the nutrient value of all their food increased.

**Q13** Describe any unintended positive outcomes as a result of the efforts supported by this grant.

We had been planning to find a way to engage clients in a more meaningful way in assessment work. Instead of just giving participants a survey, for example, we wanted to bring them in to the whole evaluation process. With large swings in demand this winter, we put those plans and desires into action by forming a client task force to help guide our work. The group initially weighed in on the SWAP process of analyzing and educating about nutrition content. They suggested an overhaul of the way our Food Pantry was set up, streamlining the way people could shop in alignment with the Stoplight model. We all learned so much from each other! After that success, we formed a Program Assessment Committee by adding staff and volunteers to the client task force. Clients still comprise nearly half of the committee membership. This fall we have worked together to craft a survey which the client members administered to their peers in September. Their engagement resulted in a 60% participation rate in the survey—higher than we've ever had before.

**Q14** Briefly describe the impact this grant has had on the organization and community served.

The Program Assessment Committee has changed the way we see each other. Staff have come to recognize skills and expertise of those with a lived experience of poverty and food insecurity, coming to admire the depths of knowledge, perseverance, and ingenuity. Program participants have similarly come to understand the limits of staff capacity and the constraints of logistics and budget on our ability to enhance provisions and service. It's come a long way from simply asking, "would you like more soup or more fresh veggies?"

**Q15** Please provide a brief narrative on how the funds were used to fulfill grant objectives. Support documents (receipts or expense reports) can be emailed to [klampert@thecommunityfoundation.net](mailto:klampert@thecommunityfoundation.net) or faxed to 951-684-1911.

We tailored food purchases to meet the budget set forth in the grant proposal. Of course, we spent far more than this for both Protein and Fruits/Vegetables, but we only included in this documentation items that were included in the funding request. An expense report spreadsheet indicating which products were allocated to this grant along with invoice number will be sent via email. If you would like a PDF of all the invoices, we are happy to provide that. From this grant funding, we spent:

Idaho Potatoes \$914.5 (66 cases of either 80 or 100 count)

Vegetables \$4087.50 (1600# Broccoli Crowns and 3648# Carrots)

Fruit \$3167 (3392# Bananas and 5808 Oranges)

Frozen Meat: \$4,188 (1188# ground turkey, 2162# ground beef patties)

Eggs: \$1455(2250 dozen)

Peanut butter: \$1188 (1236 jars)

**grant-info@thecommunityfoundation.net**

**Q16** Please relate a success story:

For Dean, a Pantry shopper for the past 3 years, knowing more about the sodium and fat content of the foods he's selecting has had a personal impact. "I'm off some of my blood pressure medicines," Dean said proudly during a recent Pantry visit, where he and other participants viewed the shelves newly labeled with green, yellow and red tags. The brightly colored labels on Pantry shelves--part of the **Supporting Wellness at Pantries** or SWAP program--have a simple mission: to inform people which foods can be enjoyed frequently, as indicated by a green tag, or less frequently, as a red label suggests. We have more green tag items now, thanks to Gimbel Holiday Food funds. Dean, who participated in a focus group that helped launch the SWAP program, said he's developed a new appreciation for foods like oatmeal and roasted vegetables. "You really don't need all that salt," he said. An outspoken advocate for the program, which began in late June, he adds, "I encourage other people to eat smarter." Other Pantry participants like the fact that labels take the guesswork out of making food selections, making healthy choices almost automatic. "I don't even have to think about it," said Clarence, who added input to launching SWAP at the Pantry. "I know exactly what I need." Other participants appreciate that the program--in conjunction with the Pantry's other health initiatives--empowers people to take charge of their health. "The educational value is quite different than other pantries," said Robert, who has been a pantry visitor for nearly 10 years. "You leave here not only with the food you need but you get some of your personal needs met."

**Q17** Please relate a success story here:

Wafaa has been a client of the pantry for many years. As a mother of 6 children, the majority of her time had been taking care of their needs instead of focusing on her health. Then in January, Wafaa was shopping at the pantry when she learned about the opportunity to participate in our cooking class for people with elevated blood sugars. She signed up for that class, and her life has changed for the better ever since! During her first day in the cooking class, Wafaa took a blood test (given by a volunteer nurse) that showed her blood sugars fell into the elevated zone. She followed up with her physician, who took a full panel of blood work. She learned not only was she pre-diabetic, but also her cholesterol was high, and she was anemic. From that time, Wafaa took every opportunity presented to her in the cooking class to learn more about how her actions could affect her health. She learned how to cook in new, healthful ways; she

attended 2 grocery tours with our RD's and learned how to shop smarter; she even made the commitment to herself and to her family to cut out the "junk" as she calls it- foods high in sugar or fat. She selected more of the high protein and produce products we purchased with Gimbel Holiday Food funds. Today, Wafaa's blood sugars and cholesterol numbers are all within normal limits and she is no longer anemic. She has even lost a few pounds in the process, but most importantly she has more energy and feels great.

**Q18** Please relate a success story here:

No matter the challenge, George and his family face it head-on. George, his wife Adelina, and his stepson Nicholas take obstacles in stride, not afraid to work hard and seek out resources when needed. Oak Park River Forest Food Pantry, now Beyond Hunger, has been one of these resources. "This Pantry gives us such decent portions. I'm the chef in the family and I'm careful to take only what we'll use, because we get a lot," says George. Those "decent portions" are due in part to the support of Gimbel Holiday Food funds. In addition to receiving groceries, our on-staff Social Services Coordinator has helped the family explore their options for public benefits. George, 49 is legally blind, as is his wife Adelina, 53, who also has epilepsy and diabetes. Despite their obstacles, their undaunted attitude is inspiring. "The only limitations we have are the ones we put on ourselves," says George. It took him a year to find seasonal work after moving to Chicago from Texas a year ago. Shortly after the move, his stepson, Nicholas, joined the pair from Florida. George now works at the Brookfield Zoo's Tropical Grill, and he's thrilled to be there. Adelina is about to start studying at Triton College and hopes to find a way to work with the blind and hearing impaired. She and George also plan to try the Pantry's next session of Cooking Matters to learn more about diabetic-friendly and heart-healthy cooking. "We're pro-active," says George, "living together and addressing each other's needs."

**Q19** Which category best describes the organization.  
Please choose only one.

Animal Services  
Arts & Arts Support  
**Basic Needs Support**  
Cultural  
College/University  
Educational Institution  
Senior Citizen Support  
Women & Children  
Youth Development  
Educational Support  
Environmental  
Faith Based Organization  
Humanitarian  
Medical/Health/Public Agency  
Residential/Recovery  
Other (please specify)

**Q20** What is the organization's primary program area of interest?

Arts & Culture

Animal Welfare  
Children & Families  
Civic & Public Benefit  
Education  
Elder Care  
Emergency Preparedness  
Environment/Environmental  
**Food Bank**  
Disabled/Access  
Health & Human Services  
Homeless  
Housing for Special Populations  
Legal Aid  
Military Support  
Other  
Religion  
Youth

**Q21** Percentage of clients served through grant in each ethnic group category. Total must equal 100%

African American : **73%**  
Asian/Pacific Islander: **2%**  
Caucasian: **8%**  
Native American: **1%**  
Hispanic Latino: **13%**  
All Ethnicities:  
Other: **3%**  
Unknown

**Q22** Approximate percentage of clients served from grant funds in each age category.

Children Birth-05 years of age: **7%**  
Children ages 06-12 years of age: **12%**  
Youth ages 13-18: **11%**  
Young Adults (18-24): **9%**  
Adults: **(24-65) 47%**  
Senior Citizens: **(66+) 14%**

**Q23** Approximate percentage of clients served with disabilities from grant funds.

No clients served with Disabilities  
Physically Disabled  
Blind & Vision Impaired  
Deaf & Hearing Impaired  
Mentally/Emotionally Disabled  
Learning Disabled  
Speech Impaired  
Other Disability: **19%**

**Q24** Approximate percentage of clients served in each economic group.

At/Below Poverty Level: **88.5%**  
Homeless/Indigent: **2%**  
Migrant Worker  
Working Poor (**Low to Moderate HUD levels: 11%**)



Other

**Q25** Approximate percentage of clients served from grant funds in each population category.

Single Adults: **13.5%**

Families: **86.5%**

Single Parent Families: **30%**

Disabled: **19%**

Ethnic Minority: **92%**

LGBTG

Abused Women/Children

Homeless/Indigent: **2%**

Immigrants

Military: (**Veterans: 3%**)

Parolees

Students

Elderly: **14**

Children/Youth (those not included in Family):