WCFR's yearly meal count has grown from

720 in 1988 to 44,000

2014 Impact Report







LETTER FROM THE executive director

As I look back at 2014, I am reminded of the resiliency of this organization during a year of changes and challenges. There was a change in leadership; the acquisition of a new building; our capital campaign was re-energized; there were staff changes, board member changes; and the list goes on. In the midst of it all, WCFR flourished. We served more meals than previous years, added Nutrition Essentials to our program menu, and formed new partnerships for Nutrition-to-Go. We welcomed new donors, volunteers and finalized plans for renovating our new home. At the heart of it all is a mission that resonates across our community. When we focus on our mission, we do our best work and make the greatest impact.

As I look ahead, I see an abundance of opportunities and possibilities to improve our services and reach more families. We've quadrupled our capacity for meal preparation and doubled the size of our dining room. The new facility positions us to provide more meals to more individuals, both in-house and in collaboration with other community agencies. We're also planning a classroom and demonstration kitchen that will allow us to connect women and children with healthy food options, promote self-sufficiency and teach food safety. We'll introduce programming to promote budgeting, planning and saving.

After relocating to our new home, we identified new opportunities to enhance Nutrition Essentials, our food and health education program. We're developing partnerships to support children's literacy and promote their healthy eating behaviors through "Hungry to Read." This effort will include a reading corner and utilize the power of stories to spark healthy eating and physical activity behaviors in the kids who come to the restaurant for dinner. They will be able to enjoy a good book or listen to a story in their own little corner of the restaurant.

Thank you for being such a valued member of the WCFR family. We are honored by your trust, and strive to be good stewards of your investment in the quality of life of the women and children we serve. It is difficult to place a value on the impact of your giving – healthy families; happy, nourished children; a feeling of safety – these are priceless outcomes that change lives in immeasurable ways. We cannot thank you enough!

Lisa DiffleyExecutive Director



LISA DIFFLEYExecutive Director

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Office Manager &
Volunteer Coordinator

MIKAYLA BRICKNER
Development &
Marketing Manager

MELISSA WICKENBERG
Chef & Kitchen Manager

TANYA AROLDFinance Manager

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Executive Assistant

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Cook II

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Program Coordinator



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Treasurer

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wcfr who we are

our mission ____

Women & Children's Free Restaurant & Community Kitchen is a vital safety net which fills nutritional gaps for women and children in need while fostering dignity and respect, both within our restaurant and in the community.

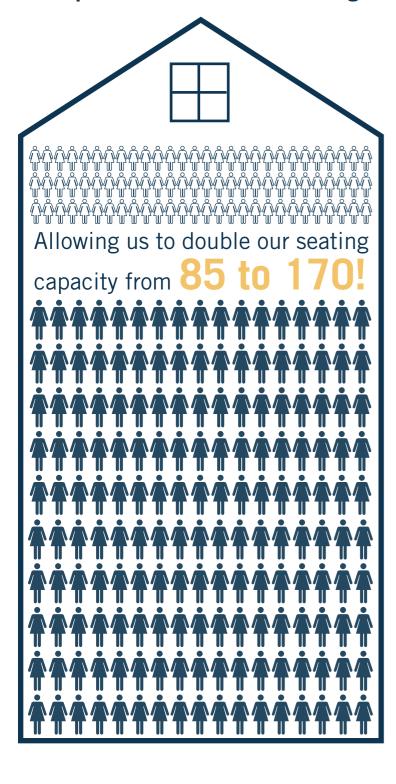
There are more than 50,000 women in the Spokane area living below the poverty level. This means many of these women, children and families cannot afford to feed themselves, despite trying to budget their limited resources to last until the end of the month. Fortunately, WCFR believes that everyone should be treated to a nutritious meal, served by caring volunteers in a welcoming setting with dignity and respect.

who we serve _____ our volunteers ____

We would not be the thriving and welcoming place that we are without all of the wonderful people who help us on a daily basis! Our volunteers do everything from prepping food for meals and washing dishes, to laundry and handyman projects. 12,388 hours of their valuable time was utilized in 2014 - this equates to 6 full time employees.

accomplishments

The purchase of our new building!



We launched Nutrition Essentials!

A program to help educate families on improving their physical and financial health through nutrition education, cooking skills, and stretching limited food dollars. Nutrition Essentials is designed to equip women and children with knowledge and resources designed to improve their overall health and reduce the risk of preventable diseases such as obesity and type 2 diabetes. Support includes cooking workshops and goal setting for women's health, and the health of their families.

This is our 3rd core program!

S274,270 of in-kind value!

What we received & what we did with it...

WCFR received 175,000 pounds of donated food.

66,000 pounds of that food was shared with individuals & other social service agencies.

Restaurant Meals Served

22,700

Nutrition-to-go Deliveries

21,300

8 partner agencies in the community receive nutritious scratch-made meals from WCFR:

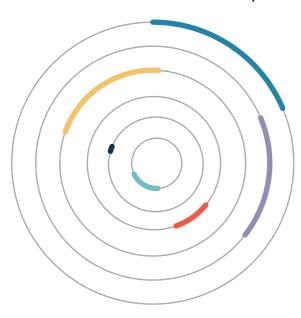
- Family Promise
- Feed Cheney
- Hope House
- Odyssey Youth Center
- Peaceful Valley After School Program
- St. Margaret's Shelter
- Vanessa Behan Crisis Nursery
- YWCA

TOTAL MEALS SERVED
44,000

2014 financial DATA

ANNUAL FINANCIALS

CONTRIBUTIONS - \$829,531



Capital Campaign Contributions \$168,852 = 20%

Unrestricted Contributions \$163,302 = 20%

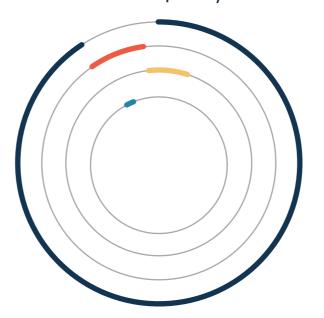
Fundraising \$152,259 = 18%

Grants \$104,452 = 12%

Catering Income \$1,000 = 1%

In-kind donations \$239,666 = 29%

EXPENSES - \$675,351



Programs \$591,869 = 88%

Administrative \$40,541 = 6%

Fundraising \$34,579 = 5%

Capital Campaign Expenses \$8,362 = 1%

CAPITAL CAMPAIGN



2016 plans/goals

Expand our Catering Services

We take pride in the fact that the meals we serve are healthy and scratch-made from quality ingredients. WCFR intends to develop its catering business and use this income stream to grow and enhance our programs. From board meetings to family events, we have the talent and creativity to make any event deliciously memorable.

Launch "Serve it Up" – A collaboration of corporate compassion.

There is a change occurring in how corporations give back. They don't just want to sign checks anymore. They want to collaborate and build a culture of community giving. They want to see where their money is going and get more hands-on with the community organizations they support. Corporate volunteers help create healthier communities and enrich their own lives by giving back. WCFR will offer new sponsorship opportunities that combine financial support with volunteer opportunities.

Demonstration Kitchen & Classroom

We will continue to raise funding to renovate two rooms in our building for larger Nutrition Essentials classes; cooking and food safety demonstrations; and programming to assist our clients with budgeting and smart food choices.

Increase Number of Meals Served

We have the capacity to seat over 250 people for every meal service in the restaurant and include additional community partners in our Nutrition-to-Go Program.

UPCOMING events

Sunday, February 7th Souper Bowl*

Enjoy snowshoeing, cross country skiing, and a delicious soup lunch on Super Bowl Sunday.

* Major 3rd party fundraiser

Saturday, May 7th 10th Annual Spring Tea

Treat yourself to a four course tea and silent auction!

Friday, October 14th A Little Night Music

Be a part of our annual tradition with an evening of fine-dining, live music & auction fun!

diner quotes

"Thank you all for always providing a safe and friendly environment. I am a single mother of 2, working full time. It is such a blessing to have 1-2 nights a week where I don't have to worry about "What's for dinner?" I can always trust that the meals at WCFR will be nutritious and delicious."

"I eat better - a more complete diet than I can fix for myself at home."

"As a recipient of the Nutrition-to-go program, we are able to send our families home with a healthy meal at a time when a good meal may not be attainable. This service would not be attainable without WCFR." - Amy Knapton, Executive Director, Vanessa Behan Crisis Nursery

"It is through WCFR that I am able to live a healthy and dignified life."

"I am so grateful to have learned about this place. I am assured a well rounded meal with a lot of vegetables and protein. My hard earned money is put to use better on the mortgage, gas, utilities, & medical costs my (disabled) husband and I incur each month. Our dollars go further and we have less stress,

more joy."

grantors

Archer Daniels Midland Company

Assistants

Bank of America Foundation

BNSF Foundation

Dennis & Phyllis Washington Foundation

Florence Wasmer Fund for Children and Families

Inland Northwest Community Foundation

No Kids Hungry/Share Our Strength

The Principal Financial Group

Providence Health Services Foundation

TJX Foundation, Inc.

Union Pacific Foundation

Washington Trust Bank Foundation

Women Helping Women Fund



\$50,000 - \$25,00

Pawn 1, Inc.

Harriet Cheney Cowles Foundation, Inc.

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\$24,999 - \$10,000

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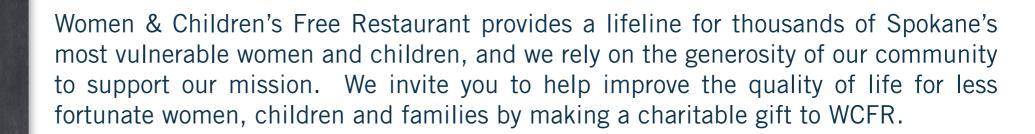
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