

2016 Impact Report

Women & Children's
FREE RESTAURANT COMMUNITY KITCHEN



MESSAGE FROM THE *executive director*

If you're like me, seeing a family enjoy a meal around the table brings a smile to your face. It's nostalgic for those of us who remember the dinner table as a place to catch up and share a homemade meal. Do you remember the laughter, the abundance and saying grace? There were five children in my family and I still marvel at how my Mom made every meal feel like a special occasion.

Last year, in the middle of a hot summer day, a young mother with five small children came in for a meal. They arrived on foot; flushed from the heat and each child was holding the hand of a younger sibling. Some of the children were crying, not from the heat but from hunger. Our volunteers jumped into action: filling water glasses, taking meal orders and doing everything possible to support this young mom. Once the food arrived, the kids were calm and relief was setting in. When the plates were cleared and it was time to go, the mother did not realize the meals were free. This time the relief was palpable.

So often, our diners ask, "How can you do this for free?" The answer is YOU. You pick up the tab for those who need a little help and a lot of TLC. Thanks to you, our restaurant brings hundreds of families together at dinner time. Isolated women can enjoy a nutritious meal and make new friends – they have a place to belong.

As members of the Spokane community, we don't have to look far to see hopelessness, but that is not the case at Women & Children's. Delicious meals are prepared in our kitchen; our diners are served with love and care; and we have a story lady who reads to the children. You make all of this possible! You have kept us strong for nearly 30 years and we need your help to reach more families.

As you look through our 2016 Impact Report, please take a moment to think about the lives you've touched. Statistics, while important, cannot express the thankfulness of an overwhelmed mom, an elderly woman who is all alone, or a teen living on the streets.

I am asking for your continued support of the work we are doing at Women & Children's. On behalf of every woman and child who is served a WCFR meal, thank you for believing they deserve to feel hope, not hunger.

Warm wishes for your health and prosperity,



Lisa Diffley
Executive Director



In our community, 50,000 women and children live in poverty and 1 in 4 children are food-insecure. Poverty runs deep in our lowest income neighborhoods, where 90% of school children are enrolled in the Free & Reduced Meals program. Poverty and food-insecurity also disproportionately affect single mothers, older adults on fixed incomes, women with disabilities, women of color, and those experiencing homelessness.

Every day, the pathway to a more secure future starts with food. But “enough” food isn’t enough! A truly just society must also ensure nutrition. Women & Children’s Free Restaurant & Community Kitchen does just that! We transform donated whole food ingredients into nourishing, ready-to-eat meals in our restaurant. We also deliver nutritional meals to more than 20 partner locations throughout Spokane County, and offer nutrition education classes. We are on track to provide 62,000 well-balanced meals this year. As we enter our third decade of service in 2018, we are ready to expand our model even further!

We would not be the thriving and welcoming place that we are without all of our wonderful volunteers that help us on a daily basis! Our volunteers do everything from prepping food and washing dishes, to laundry and handyman projects.

11,078 hours of their valuable time was utilized in 2016—this equates to **5.33 full time employees**.

If you have questions on volunteer opportunities or would like to sign up to be a volunteer: visit our website at www.wcfrspokane.org/volunteer or email volunteer@wcfrspokane.org.

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2016
accomplishments

WCFR received
75,975
pounds of donated food

With that we served
54,965
MEALS

Restaurant Meals Served
18,208
Shared Food (Meal Equivalents)
11,163

Volunteer hours represented
\$267,423
of in-kind value!

We reached
78%
of our Capital Campaign goal







Nutrition-to-go Meals Provided
25,594
to 19 partner programs
in the community

- Anna Ogden Hall – Union Gospel Mission
- CAPA – Catholic Charities
- Crosswalk – Volunteers of America
- Cup of Cool Water
- Feed Cheney
- God's Love International
- Life Services Maternity Home
- Hearth Homes
- Hope House – Volunteers of America
- Odyssey Youth Movement
- reLEAST – Youth for Christ
- Ronald McDonald House Charities
- SPEAR Ministries, Inc.
- St. Margaret's Shelter – Catholic Charities
- Southwest Spokane Community Center
- Transitional Living Center - Transitions
- Vanessa Behan Crisis Nursery
- Women's Hearth – Transitions
- Women's Opportunity Center - YWCA

ANNUAL FINANCIALS





CONTRIBUTIONS - \$920,869



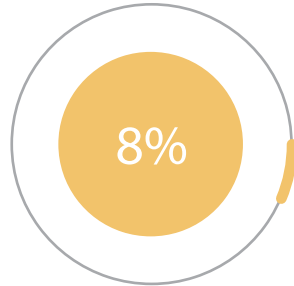
-  Unrestricted Contributions
\$263,331 – 29%
-  Grants
\$196,730 – 21%
-  Fundraising
\$177,487 – 19%
-  Capital Campaign Contributions
\$172,806 – 19%
-  In-kind donations
\$110,259 – 12%
-  Other
\$256 = <1%

EXPENSES - \$826,201



-  Programs
\$589,079 – 72%
-  Administrative
\$160,015 – 19%
-  Capital Campaign Expenses
\$40,017 – 5%
-  Fundraising
\$37,090 – 4%

CAPITAL CAMPAIGN



In 2016 we received
\$172,806
 8% of our overall goal of
\$2,100,000
 Putting us at 78% to goal



MENU OF GIVING

Women & Children's Free Restaurant & Community Kitchen provides a lifeline for thousands of Spokane's most vulnerable women, children and families. We rely on your generosity and the generosity of the community to support our mission. We invite you to help improve the quality of life for the less fortunate women, children and families in our community by making a one-time or recurring charitable gift to WCFR.

MADE FRESH BY YOU \$1,000

Your \$1,000 gift will cover the cost of fresh food needed to supplement donated food for a month of meals served in the restaurant.

EAT YOUR FRUITS & VEGGIES \$250

Canned food does not address the nutritional needs of the vulnerable population we serve. Your \$250 gift will supplement donated fruits and vegetables with nutrient dense choices.

NICE & TIDY \$100

Your \$100 gift will support our chef's spotless kitchen with essentials (food handlers' gloves, trash bags, dishwasher detergent and other necessary products) and help us uphold a health department record envied by some of Spokane's finest restaurants.

BREAD & BUTTER MONTHLY PLEDGE

"Bread & Butter" donors are what we thrive on. Your monthly donation ensures a steady stream of essential items that the kitchen needs to help feed the women and children in our community who need it most.

TAKE IT TO GO \$500

Your \$500 gift will be used to package and deliver prepared scratch-made meals to partner organizations such as Vanessa Behan Crisis Nursery, Hope House, St. Margaret's Homeless Shelter and others.

GOT MILK? \$150

Your \$150 will help support WCFR's most requested food items, providing a weeks' worth of dairy products for our diners.

TABLE FOR FOUR \$50

Your \$50 gift will help feed a family of four for a month by supplementing food donations. Our ability to stretch your donation ensures we can provide 12 highly nutritious meals to a mother and three children each week.

Click here to make a donation <http://www.wcfrspokane.org/donation/>

2017-2018
plans/goals

Install new roof on our building (completed 2017)

Expansion of Nutrition-to-Go program

Increase our culinary team by one member

Complete Capital Campaign

Increase number of meals served

Build our demonstration kitchen and classroom

Install new ceiling and lighting in dining room



UPCOMING
events

Sunday, February 4, 2018

Souper Bowl*

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

* Major 3rd party fundraiser

Saturday, April 21, 2018

12th Annual Spring Tea

Treat yourself to a four course tea and silent
auction!

Friday, September 14, 2018 (tentative)

Dinner on the Bridge

Be a part of our NEW annual tradition with an
evening of farm-fresh-dining on one of Spokane's
most iconic bridges!

thank you

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\$50,000 - \$25,000

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\$24,999 - \$10,000

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Consultants Inc
Terhaar, Mary
The Father's Table
Thielman, Kimberly
Thomas, Peg
Thompson, Patricia & Neil
Korbas
Thompson, Shelly
Thompson, Theresa
Thornton, Georgette
Thorpe, Dan
Thrivent Choice Dollars
Thurston, Lindsay
Tompkins, Bryan & Michelle

Tomsha, Arwen
Tondee, Todd
Torrence, Dawn Irene
Traynor, M.Barbara
Trefry, Marilyn
Umbdenstock, Barb
Vanbuskirk, Jenny
Vang, Ed & Kathie
Vaughn, Kate
Vierra-Larkin, Joyce
Vines, Carol
Walker, Tammy
Wallace, Barbara
Wallick, Marie T.
Walter, Deborah
Walters, Tamera
Warren, Stasia
Washburn, Joanne R.
Washington Women's
Foundation
Webber, Bill & Beth
Wegeleben, Jeff & Dawn
Weinand, Beatrice
Weishaar, Sue
Weiss, Tracy
Wells, Peggy
Wendle, Carol
Wendle, Molly & Jan

Wenk, Margaret
West Spokane Kiwanis Youth
Fund
Westra, Jennifer
Wheeler, Alison
White, Gregory
White, Sara
White-Olson, Donna
Whitman, Marc D.
Whitney, David
Wickenberg, Melissa
Wiener, Alison
Wilbert, Charles & Nancy
Wiley, LaRae J.
Wiley, Les & Laura
Williams, Teonna
Willis, Susan G.
Wilson, Carol
Wilson, Jerry M. & Eleanor R.
Winchell, Susan
Winiewski, Chrisanne
Wittkopf, Kristy
Wittwer, Sara
Women of Rotary
Wood, Laura
Wood, Sue
Woods, Niki
Woods, Rachel

Worobec, Jackie
Wright, Glenn & Sandra
Wurst, John & Danette
Wynhoff, Cicily
Yenney, Donnalua
Yoke's Foods Inc
York, Julia
Young, Kathi
Young, Nancy
Zasso, Linda
Zimmerman, Debbie

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.

If you have questions, would like to become a sponsor, schedule a tour, make a donation or subscribe to our mailing list, please contact Stefanie Bruno, Director of Development & Communications at 509-324-1995, ext. 305 or development@wcferspokane.org.

Women & Children's Free Restaurant

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