

REGIONAL BANK

For every neighbor in need.

2023 Impact Report

Mission and Vision

The mission of the Regional Food Bank is to lead a network of partners to alleviate hunger, prevent food waste, and nourish the communities we serve.

Our vision is that all people have the nutritious food they need to thrive.

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Cover image: Pat Sheehy from the Regional Food Bank unpacks a van at a partner program. *Photo by Edward Parham*

Back cover image: Volunteers unload a delivery for our Senior Food Delivery Program at Troy Housing Authority.



From the CEO

Dear Friends,

The last five years have been a time of change for the Regional Food Bank. Most obvious was the dramatic demand for services throughout the pandemic. As the pandemic receded, new challenges emerged – high costs of living expenses, underemployment, inflation – that kept the need at record highs throughout our 23-county service area. During 2023, our team, working with 1,000 community partners, and thousands of volunteers met these demands despite fading pandemic-related funding and relief programs. Everything we do at the Regional Food Bank we do in partnership. This annual Impact Report is a reflection of the great work we all accomplished together last year.



For several years we have desired to expand our distribution capacities in the Hudson Valley. Since 1999 we have operated in a facility generously donated to us by the late Akram Choudry, an owner of a food distribution business, in the village of Cornwall-on-Hudson in Orange County. While we have done tremendous work from Cornwall over the years, the dramatic growth in need and the advancements in food banking have made it very difficult to properly serve the six-county region in recent years from this location. In fact, of the of the 20 million pounds of food we distribute annually in the Hudson Valley, 12 million pounds comes from our Albany County (Latham) Distribution Center. In 2023 we acquired land in the Town of Montgomery and broke ground on a new, modern 50,000sf distribution center. We are glad to remain centrally located in Orange County and look forward to opening in 2024!

Sadly, the years after the pandemic have not decreased the need for our services. We are being asked to do more and more year-over-year. We could not serve the 350,000 people each month that we do without the generous support of so many individuals, organizations, foundations and corporations. We are very grateful this year for a tremendous Hudson Valley Capital Campaign Committee led by John Rath, Derrik Wynkoop, Rich Rowley, and Nick Preddice with many others. And we are especially grateful for the support of Nick Fitzpatrick who generously donated a large portion of the land to us.

In my first year as CEO, I have been simply awestruck at the deep generosity of so many people throughout our region, and the commitment to our mission to serve neighbors in need.

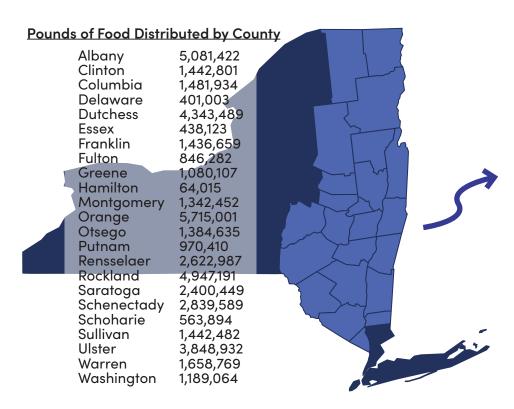
Thank you!

Tom Nardacci

Am Master

Chief Executive Officer





47,541,690 pounds were distributed in 2023 throughout 23 counties of New York, the equivalent of 39.5 million meals.

In any month, over **350,000 individuals** are served by **1,095** partner food pantries, soup kitchens, shelters, children's programs, senior housing sites, and more.

To help our partners build capacity and provide exceptional service to our neighbors in need, the Food Bank offered 25 virtual and in-person trainings in 2023 on topics such as food safety, cultural food, connecting with local gardeners, succession planning, and more. To connect, collaborate, and learn from each other, we held three Town Hall meetings with our CEO.



the equivalent of 2,096 miles each workday!



A Feeding America grant to maximize retail food rescue opportunities through agency capacity building, allowed us to support partners in key locations, like TOUCH in Rockland County, pictured above, with refrigerated trucks to increase their ability to collect donated food. A win for our neighbors in need and a win for good food that would otherwise go to waste!



project.



The Empire BlueCross BlueShield Foundation awarded us an incredible \$450,000 grant to support Food As Medicine. We are partnering with St. Peter's Health Partners and Saratoga Hospital to develop on-site food pantries that distribute meal packages tailored to food insecure patients' chronic diseases in conjunction with nutrition education and counseling.



Albany County announced the allocation of \$250,000 in new funding in the county budget for fiscal year 2024 to help the Regional Food Bank, our 56 partner food pantries and soup kitchens, and United Way of the Greater Capital Region close the meal gap in Albany County.



The Saratoga County Board of Supervisors announced a new funding initiative to help close the meal gap in Saratoga County. \$100,000 in the 2024 budget will be allocated to the Regional Food Bank to assist partner food pantries and soup kitchens in the county and expand our mobile pantry and pop-up pantry initiatives.



The talented and generous team at Mechanical Dynamics & Analysis worked with our staff to build a new greenhouse at the Patroon Land Farm. This additional greenhouse allows us to plant a greater variety of produce and ensure the plants get into the ground at the proper time for optimal growing.



The Food Bank hosted new and old friends at the inaugural Fresh View: Innovation in the Fight Against Hunger, a panel discussion featuring some of our partners about the innovative new approaches to alleviating hunger happening in our region.



New York State Assembly Speaker Carl Heastie joined Assemblyman Phil Steck on a tour of the Regional Food Bank, where they announced \$500,000 in capital funding to be used for general facility improvements at our Albany County distribution center.



More than 30 schools, trade unions, and labor unions supported the Food Bank with a month-long food drive organized by the Capital District Area Labor Federation. A tractor trailer of food was delivered to the Food Bank just in time for the holiday season.







Retail Store Donation Program

The Retail Store Donation Program enables the Regional Food Bank to increase our emergency food distribution by collecting food from participating grocers that would otherwise be thrown away like meat, dairy, and produce. In 2023, 12.8 million pounds of food were rescued from 235 stores across 17 retailers, providing 10.7 million meals to our neighbors in need.

Just in Time Delivery Program

Many of our partner pantries have to limit the amount of fresh food they provide due to lack of space to store or transport these products. The Food Bank's Just in Time Delivery Program brings produce, dairy, and other perishable food to pantries 'just in time' for distribution, without them having to transport or store it.

Senior Food Delivery Program

Low income seniors without their own transportation face a unique barrier to accessing fresh food. In partnership with low income senior housing sites, the Food Bank's Senior Food Delivery Program delivers nutritious food to low income seniors at their housing facilities every other week, ideally during weeks when transportation to a grocery store is unavailable. 1,887 seniors at 23 senior housing sites participate in the program.





Mobile Pantry Program

Not every community we serve has a pantry, which makes it hard to provide equitable access to our neighbors. In 2023, the Food Bank's **Mobile Pantry Program** provided service to over 1,000 neighbors in ten communities that lack brick and mortar pantries and nearby grocery stores. At our mobile pantries, neighbors choose the items that meet their household needs.

Culturally Responsive Food Initiative

Food insecure neighbors from diverse cultural backgrounds have varied food preferences, may experience language barriers, and can feel uncomfortable visiting pantries. We're helping overcome these challenges by making sure our partners have access to food that meets the needs of their guests and ensuring they have information to increase their awareness of culturally sensitive diets.

Children's Programs

Our BackPack Program, School Pantry Program, and Summer BackPack Program provided more than 2.5 million meals to 8,700 children and teens throughout 2023. 24 new schools onboarded during the year. To better inform our school partners of the resources available to them, we developed and rolled out BackPack and School Pantry toolkits. We also introduced *BackPack+* to allow partners additional choice of foods included in the bags.





It takes a community to alleviate hunger. Our partners, volunteers, and donors make it possible.



Our work wouldn't be possible without the support of our dedicated volunteer base. In 2023, 20,153 volunteers contributed 54,121 total volunteer hours – the equivalent of 26 full-time employees! More than 3,400 of those volunteers were first time visitors to the Food Bank!

We hosted our volunteers at five different sites: the Regional Food Bank's Albany County distribution center, the Patroon Land Farm, Crossgates Mall, and the Regional Food Bank Hudson Valley's Orange County distribution center.

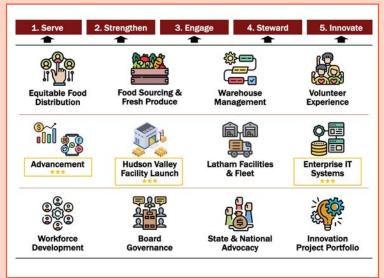


Our former Executive Director of 38 years dedicated his career to the Regional Food Bank's mission and the neighbors we serve. In September, our CEO, Tom Nardacci, honored Maggie Johnson of Edmeston Community Cupboard with the inaugural Mark Quandt Service Award. Each year moving forward, we will use this award to recognize others in our community who share the same spirit of giving back.



In 2023, we received **25.2 million pounds of donated food** and products from 393 donors including distribution centers, farmers, foodservice companies, manufacturers, retail stores, truckers, wholesalers/brokers, and Feeding America, along with hundreds of businesses and community members who came together to host food and fund drives.

Monetary contributions from individuals, corporations, clubs, fundraisers, and community events fund daily operations and provide valuable program support, allowing us to strengthen our operations and innovate.



In 2023, the Regional Food Bank's Board of Directors approved and adopted a five year strategic plan to close the meal gap in our 23 county service area. The plan's 12 strategic initiatives all fall inside one of the five main goals: Serve, Strengthen, Engage, Steward, and Innovate. Our county by county approach and investment in innovation will allow us to work with each community on solutions that meet their needs.

The Food Bank's Strategic Plan charges us to provide equitable and sufficient access to healthy, nutritious, and culturally responsive food throughout our service area, regardless of whether someone resides around the corner or in a remote, rural community. To reach this goal, we are investing in innovative, collaborative strategies unique to each community.



In November 2023, the Food Bank launched an innovative collaboration with Tech Valley Shuttle (TVS) to boost the impact of our Retail Store Donation Program and provide more food to our neighbors in need. Five days a week, TVS drivers collect food from retailers like Price Chopper/Market 32, Hannaford, and Aldi, and deliver it directly to pantries in two counties, with plans for expansion in 2024. Tech Valley Shuttle's 32 employees are all from marginalized communities and 80% have been justice-impacted.



Schenectady's Northside Corridor was identified as a community lacking sufficient access to pantry services. With support from the Schenectady Foundation, the Food Bank surveyed food insecure neighbors in the community and worked with Pastor Dan Hudson at Bethel Baptist Northside Church to build a pantry that met their needs in its newly established Community Center. The pantry serves an average of 175 neighbors per month.



In 2023, we purchased a plot of land in the Orange County Town of Montgomery once owned by Nick Fitzpatrick of Aden Brook Agricultural LLC, made possibly by a transformational gift of \$645,000 from Fitzpatrick. In the Fall, we broke ground on our new distribution center, which will allow us to source and distribute more food in the six Hudson Valley counties we serve. When complete, this project will have a transformational impact on our ability to equitably serve the region for decades to come.



With funding provided by Feeding America and Feeding New York State's Boundless Collaboration project, the Food Bank secured a refrigerated, rampaccessible trailer that will serve as a centralized drop and distribution site so agencies in rural Otsego County can have consistent access to perishable foods like dairy and fresh produce for their distributions. The Food Bank delivers to the hub on a regular basis. The trailer is the first of its kind in the nation.



food distribution by category

Fruits and Vegetables: 42%

Protein: 27%

Grains: 15%

Dairy: 9%

Entrees, Soups, and Complete Meals: 5%

Snacks: 2%

Beverages, Dressing, Condiments: 1%

93% of the food we distribute is healthy staples like fruits and vegetables, grains, dairy, meat, and other protein.

And in addition to food, the Regional Food Bank also provides 1.2 million pounds of non-food items like household paper products, personal hygiene items, cleaning products, and more. These are items that cannot be purchased using SNAP benefits and are extremely valuable to our network of partner agencies and our neighbors in need.



Food as Medicine

For food insecure individuals with chronic disease, Food as Medicine provides access to healthy foods and nutrition education to help manage diet-related symptoms of diagnoses. Program patients have seen significant improvements, including an overall decrease in A1C of 3.35% and an average weight loss of 12.3lbs. In 2023, 40,000 meals were distributed along with 10,000 pounds of fresh, nutritious produce.

*The American Diabetes Association recommends an A1C less than 7%.



Just Say Yes to Fruits & Vegetables

JSY helps neighbors gain the knowledge and skills needed to make healthy food choices. JSY nutritionists provide practical fruit and vegetable nutrition education sessions at various community sites emphasizing frozen, canned, and dried products, as well as fresh fruits and vegetables. They provide easy, low-cost recipes, and tips for planning and preparing delicious, healthy meals.



Nourish New York

Nourish New York provides food banks with funds to purchase surplus agricultural products from NYS growers and producers that are then provided to people in need. In 2023, Nourish New York provided us with over 2.9 million pounds of food including dairy, eggs, produce, pasta, and more from 18 New York State growers and producers.



Patroon Land Farm

The Regional Food Bank, in partnership with the Patroon Land Foundation, manages a farm that grows large quantities of high-quality vegetables and supplies the Food Bank with diverse, fresh produce to people in need. **52,100 pounds of produce** were harvested in 2023.



financial statements

Statement of Activities and Change in Net Assets Year Ended December 31, 2023

Public Support and Other Revenue

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Donated Food and Other Inventory Items (In-Kind)

Contributions & Bequests

Commodities Contract - USDA

Fundraising/Direct Mail Appeals

Fundraising Events

Grants

Contributions and Grants, With Restrictions

Hunger Prevention Nutrition Assistance Program (HPNAP) Grant

HPNAP Nourish NY Grant

United Way

Total Public Support

Other Revenue

Co-op Food and Other Inventory Items Revenue

Shared Maintenance Revenue

Other Income

Gain on Equipment/Asset Sales

Interest Income/Other Realized and Unrealized Gains

Total Other Revenue

Total Support and Other Revenue

Expenses

Donated Food and Other Inventory Items

Co-op Food and Other Inventory Items

Salaries

Employee Benefits & Payroll Taxes

Agency Rebates

Building Operation Expenses

Consulting/Professional Fees

Depreciation

Equipment Expense & Maintenance

Fundraising Appeals Expense

Fundraising Event Expenses

Hunger Prevention Nutrition Assistance Program (HPNAP)

Insurance

Membership Fees

Miscellaneous

Printing & Publications

Postage

Purchases at Donors Request

Staff Travel & Conferences

Supplies

Telephone

Transportation-Commercial

Utilities

Vehicle Expenses

Waste Disposal

Total Expenses

Change in Net Assets

\$ 61,143,519 4,854,706 1,507,297 2,212,069 1,189,583 1,072,573 8,696,099 6,622,727 7,011,502 21,027 \$94,331,102

\$ 8,905,419 699,855 23,983 25,424 1,462,669 \$11,117,350

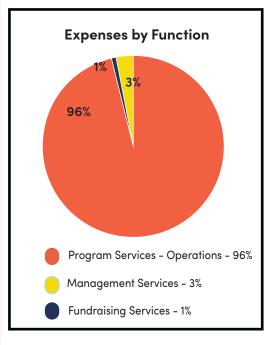
\$105,448,452

\$ 59,278,968 17,749,729 5,947,255 1,668,703 1,000,000 499,267 341,231 812,021 337,526 120,906 237,559 2,035,301 205,221 41,202 155,343 57,479 30,373 254,220 63,669 314,077 45,414 40,911 241,638 464,207

72,771

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State of New York Department o Correctional Services The Stebbins Fund, Inc. Sterling Insurance Company Foundation Stewart's Foundation Stewart's Shops Stop & Shop Family Foundation Stored Technology Solutions Strategic Pension Services, LLC. Sunmark Credit Union SUNY-Capital District EOC

SUNY-Capital District EOC Sylvia Kaminsky Family Charitable

Fund Target Corporation Target Flavors Teal, Becker & Chiaramonte, CPAs Tech Valley Drywall Techflex, lnc. Techlong International, Inc. TEG Federal Credit Union Temple Beth-El Thomas Corners Fire Dept. - Town

of Glenville Ticonderoga Central School District Tito's Handmade Vodka Tops Markets LLC

Fed Campaign Tri-City Counseling, LCSW, PLLC

Total Administration Services Corp

Trinity Evangelical Lutheran Church The Trinity Foundation Charitable Trust Trinity Health Trinity Presbyterian Church Troy Savings Bank Charitable Foundation, Inc. Troy Turkey Trot Trustco Bank Ulster Savings Charitable Foundation Unadilla Rotary Club

UNIMAC Packaging
United Civil, Inc.
United Community Schools Inc
United Irish Societies of the Capital

UNFL

District, Inc.
United Parcel Service
United Way of Central Maryland
United Way of Rockland County United Way of the Dutchess-Orange

Region United Way of Westchester & Putnam, Inc.

United Way of Westchester and Putnam Counties US Foods

Valley Pools & Construction Vermont Community Foundation The VMJR Companies Wagner Technical Services, Inc. Wainschaf Associates Wakefern Food Corp Wakefern Food Corporation

Walden Savings Bank Walmart Distribution Center Walmart Foundation

Watervliet Civic Chest, Inc.

Wells Fargo
Westside Donut Albany Ventures LLC
Whiteman Osterman & Hanna LLP
Wholesale Grocers, Inc. Wildwood Programs, Inc. William Gundry Broughton Charitable Private Foundation

The Woodforest Charitable

Foundation

your gifts in action

"Since I lost my wife a few months ago, I've been struggling being on SSD and only one income. Everything helps us make it through the month. Thank you all for your kindness and non-judgmental support."

-Drive-Thru Pantry Guest



The staff of the Regional Food Bank would like to extend a special thank you to all who helped us in 2023 with food donations, fundraising, volunteer efforts, and more. **We are grateful** for the time, energy, and resources you provided to ensure we were able to nourish our communities. We couldn't do it without you!

how you can help

make a financial or in-kind donation

Monetary donations sustain the Food Bank and enrich the community by providing nourishment, dignity, and hope to all involved. Funds come from contributions, grants, and special events, and each donation makes a meaningful difference. In-kind donations come in many forms, from printing to paving and more. These donations allow the Food Bank to provide more food to our neighbors in need.

donate time and talent

Volunteers are vital to the Food Bank's operation and contribute in countless ways. Sorting donated food, planting or picking produce at our farm, or raising money at a fundraising event—there are endless varieties of enjoyable, rewarding tasks that volunteers perform every day.

donate food

Food donations are at the core of the Food Bank's work. Food companies donate their edible but unsaleable food, and individuals and organizations conduct food drives at all times of the year. Non-food items like personal hygiene items, paper goods, and cleaning supplies are also donated. These products are provided to food pantries, soup kitchens, and other agencies serving people in need.

spread the word

Did you have a great time volunteering or attending an event? Spread the word! Let your friends know and encourage them to get involved too! Find us on social media to keep up with what's going on at the Food Bank, and share our pages with your friends. Help us advocate and make sure your elected officials know you care about food insecurity. With your help, we can alleviate hunger, prevent food waste, and nourish communities.





