

Hope lives here.

2023 ANNUAL REPORT



THE  
Father Fred  
Foundation™

# We help, we give, we make a difference.

In 2023, with a challenging economy, soaring food costs, and an increased number of those seeking help, we continued to provide assistance to every person who walked through the Father Fred Foundation doors.

We remain committed to providing hope to those in need by supplying them with healthy food, personal care items, clothing, household goods, and financial assistance, all free of charge. The generous financial support of our community and our dedicated volunteers and staff make it all possible. Because we are privately funded, we could not do this vitally important work without the support of local business partners and donors.

**Our mission:** Based on the founding belief that each of us is created in God's image, we offer help, hope, and compassion to anyone with essential needs.



**Dear Friends of Father Fred,**

THANK YOU for helping us serve our community in 2023! Without your contribution, and those of others like you who care about our community, our work would've been impossible. The ability to help our neighbors with food, clothing, rent, transportation, and utilities is 100% reliant on local donations and the more than 200 volunteers ready each week to serve those in need.

We are grateful to have a strong community because our work is far from over.

Households across our region are struggling to make ends meet. Working families must make tough decisions about which bills are paid and which bills must wait. The cost of housing, groceries and childcare leaves no room for setbacks like car repairs or an unexpected health issue.

This past year we served 14,551 households in our food pantry, a 64% increase from the year before. And through a partnership with TCAPS, we launched a program to provide healthy snacks and easy-to-prepare meals to more than 300 school-aged children who did not have a consistent place to call home. You helped make this happen!

We responded to more than 1,300 requests for help from people who have never before had to ask for help from Father Fred. Many of our guests said they walked through our doors feeling embarrassed or ashamed, but quickly recognized that the Foundation is a place of hope. Guests are greeted by welcoming volunteers and are offered a cup of coffee while they wait their turn. They are able to select their own choices from the food pantry, shop for clothing or household items, or request financial assistance for rent, past due utilities or medical appointments. Our Chaplain is also ready and available to talk or pray with anyone who requests some additional support.

Thank you for helping us serve our neighbors in 2023. We're grateful to you for your generosity that allowed this work to happen. Together we can continue to provide help and hope in 2024!

In gratitude,

*Candice Hamel*

Candice Hamel



# Our Impact

In 2023, with your help, we provided the following essential needs through our on-site services and outreach programs:



## FOOD PANTRY

We had **64%** more visits to our food pantry in 2023 than the previous year.

We provided healthy food to guests and had **14,551** pantry visits.

**\$991,326** was provided in food services and programs.

During the summer months we distributed **1,399 Boost Bags** to families with school-aged children.

## FOOD OUTREACH PROGRAMS

We distributed **4,216** packages of fresh, healthy food to families with young children through our [Pantry to Preschool Program](#).

We filled over **13,860** backpacks with weekend snacks and meals through our [Blessings in a Backpack Program](#).

We provided **3,110** summer snack bags and light meals to students who have been identified as homeless through the [SHINE Program](#).

“This place is dear to my heart. Father Fred helped me and my brother when we were kids. We didn’t have much. My mom was a single parent and we always struggled to make ends meet. Now I give, because I can, and I want to give back.”

–John, Father Fred Foundation Donor



## CLOTHING AND HOUSEHOLD GOODS

In 2023, we had **11,234** visits for clothing and household items.

**15,918** bags of clothing and household goods were given to those in need.

**\$616,355** worth of clothing and household items were provided.

## FINANCIAL ASSISTANCE

In 2023, we provided **\$483,059** in financial assistance to individuals and families.

**665** were helped with car-related issues. **278** households kept their utilities on.

**243** families avoided eviction. **75** people had their medical/dental needs met.



We harvested **775** lbs of fresh produce from our Giving Garden in partnership with SEEDS Ecology & Education Centers.

**446** kids received toys through our Toys for Tots program.





## COMMUNITY OUTREACH

Our **Back to School Program** is an important, one-stop, school readiness event for families that we serve. In 2023, we distributed **1,572** pairs of shoes and socks across a 5-country region. As a part of the program, kids also received free vision screenings and school supplies.

We provided warm **coats to clients and new winter boots** to kids.

We gave out **holiday meal food packages** for Thanksgiving and Christmas that included fresh ingredients for the meal and dessert.



**1,572**  
pairs of  
school shoes



**185**  
prescription  
eyeglasses



**149**  
pairs of kids  
winter boots



**1,174**  
turkeys and  
holiday meal fixings



"I wept in thanks when I received the check I needed for an emergency procedure. Everyone at Father Fred was so nice and treated me and my daughter with kindness and respect."

-Beverly, Father Fred Foundation Client



# Our Volunteers

Father Fred volunteers are the heart of the Foundation. Our services and outreach programs are made possible because of their dedicated help.



## MAKING A DIFFERENCE EVERY DAY

**200+ volunteers** keep our guest registration, finance department, pantry, food outreach programs, incoming donations, and our clothing, and household goods department running smoothly every day. In 2023, our amazing volunteers worked a total of **19,446 hours!**



"It's so heartwarming working at the Father Fred Foundation. It truly is a gift. I feel like I'm part of a bigger world. I'm always touched by the people we help. Most thank me for all we provide. So many ask how they can give back. Some bring donations like clothes, and several ask how they can volunteer."

-Joan, Father Fred Foundation Volunteer

"A mother and her 2-3 year old daughter sat in our reception area. The daughter had a worn coat, no shoes, and mismatched socks. She held a small, ragged stuffed toy. I went into the store, found a stuffed lion, and took it to the little girl. I told her that this was a lion named 'George' and it was for her. She grabbed George and hugged him tightly. It was a good day."

-George, Father Fred Foundation Volunteer

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**Thank you** for helping us make an  
**impact in 2023.** We could not do this  
important work without you.

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Locally founded, locally funded, and locally focused.