



2023

ANNUAL REPORT



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southeast missouri
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Our Mission

To end hunger and leverage the power of food to build healthy communities

Our Vision

Healthier, hunger-free communities

Our Values

Integrity, Collaboration, Stewardship and Respect



Programs Provide Nutritious Food to Neighbors Facing Hunger



There is not a face of hunger in southeast Missouri.

There are many faces, and each has a different age, background and story. Southeast Missouri Food Bank works diligently through a variety of programs to ensure they all have access to nutritious food.



Backpacks for Friday and A Better Childhood

(ABC) mobile pantries are focused on addressing childhood hunger. Southeast Missouri has some of the highest rates of childhood food insecurity in the state. According to USDA data from 2021, one in six children in our area is food insecure.

School lunch and breakfast may be the only meals some children receive in a day. Backpacks for Friday fills the gap, sending students home with nutritious food each weekend. ABC mobile pantries are held

throughout the year and are available to students and their families, to help supplement the household's groceries.

According to a Military Family Advisory Network report from February 2021, 15.6% of post-9/11 veteran and military retiree family respondents experienced food insecurity. Many veterans, especially older ones or those with disabilities, may not have enough money to afford food. In partnership with the John J. Pershing VA Medical Center in Poplar Bluff, the **Veterans Healthy Food Surplus Program** provides about 75 to 80 veterans with a monthly food box including lean proteins and fresh produce.

In 2023, we launched the **Produce Prescription Program** — a collaborative effort between the food bank and health care providers, focused on improving dietary health through increased consumption of fruits and vegetables. Participants receive a prescription from their doctor for twice-monthly produce boxes; the program began in July and ended the year with 147 participants.

We distribute 5,575 **Commodity Supplemental Food Program** boxes to low-income seniors each month. Every box is packed by volunteers and then distributed to seniors through one of our partner pantries. Seniors living on fixed incomes have been especially hard-hit by rising food prices over the last few years, and we've seen an increased need for this program.

And, of course, we rely on our network of 140 partner agencies — made up of food pantries, congregate feeding sites and shelters — and mobile pantries to serve neighbors facing hunger in their communities.

As you can see, neighbors facing hunger have different, and specific, needs. If you have any questions about any of our programs, I invite you to call the food bank and speak to our staff or schedule a tour.

Thank you for your support over the past year and fighting to end hunger in southeast Missouri.

Joseph Keys
CEO of Southeast
Missouri Food Bank



2023 by the Numbers



One in seven of our neighbors faces hunger, according to the most recent Map the Meal Gap report. However, this is based on data from 2021, when the food bank served about 70,000 individuals each month, compared to 80,000 each month in 2023.

2,131,037 pounds of food were distributed through TEFAP (The Emergency Food Assistance Program), a USDA program that serves low-income families.



3,754 volunteers joined us at the food bank last year, contributing 10,373.5 hours packing and sorting food and helping with other projects.

Nearly 13M meals

were distributed through our network of 140 food partner agencies and programs.



316 mobile food pantries were held last year, each with enough food to feed 200 families.



1,145 students in 28 school districts

received backpacks of food for the weekend through our Backpacks for Friday program. Each pack included kid-friendly foods in pop-top containers.

72 percent of food distributed fell into Feeding America's Foods to Encourage category, which include healthy items such as fruits, vegetables, protein and dairy.



2,222,435 pounds of fresh produce were made available to our neighbors because of the generous support of southeast Missouri farmers and gardeners. (See page 6 for a list.)

More than 2,290 donors contributed to the food bank last year, 432 for the first time, and for that we are incredibly grateful. More than 95 percent of donations the food bank receives are put back into our programs to end hunger in southeast Missouri.



More than 5,500 CSFP senior boxes

were distributed each month. In November we increased distribution from 5,505 to 5,575 boxes each month. One in eight seniors in southeast Missouri is food insecure. Commodity Supplemental Food Program boxes, packed by volunteers, provide about 35 pounds of nutritious, shelf-stable USDA food to recipients every month.

1,363 SNAP applications were completed to link people to an important resource to obtain food on a regular basis. Every \$1 of benefits provided in the Supplemental Nutrition Assistance Program (food stamps) generates \$1.70 in economic impact.

Revenue



Food & In-Kind Contributions
\$17,682,111.07

Cash & Cash Equivalents
\$4,942,549.34

Income*

Total Income	\$22,642,660.41
Food/In-Kind	78%
Cash	22%

Expenses



Programs & Services
95.3%

Fundraising
2.11%

Administrative/Management
2.59%

Expenses*

Total Expenses	\$21,759,667.81
Program Services	95.3%
Fundraising	2.11%
Administrative/Management & General	2.59%

*According to Southeast Missouri Food Bank's unaudited financial statement for the calendar year ended Dec. 31, 2023.

Raising Our Voices for a Strong Farm Bill

Some of the strongest tools in the fight to end hunger are supported by the federal government's nutrition programs. These programs fall under the Farm Bill, which was set to be renewed by Congress in 2023.*

The Farm Bill provides a pathway to strengthen critical federal food programs and ensure that no individual in the U.S. has to forgo a meal. Southeast Missouri Food Bank works directly with three of the programs covered by the bill:



- **The Emergency Food Assistance Program (TEFAP)**, which moves high-quality U.S.-grown food, such as fruits, vegetables and dairy products, from farms to food banks to families in need.
- **The Commodity Supplemental Food Program (CSFP)**, which provides low-income seniors with a monthly box of shelf-stable nutritious food.
- **The Supplemental Nutrition Assistance Program (SNAP)**, the first line of defense against hunger, providing food benefits that put food on the table and give an economic boost for communities.

Knowing how important these programs are to our neighbors in southeast Missouri, the food bank joined the Feeding America network in advocating for a strong Farm Bill in 2023.

Throughout the year, food bank staff met with federal, state and local lawmakers to stress the importance of these programs to neighbors facing hunger in southeast Missouri.

The food bank hosted Field Rows to Food Bank in August, bringing together state officials, local farmers, USDA representatives and community stakeholders for an update on the Farm Bill from Matt Bain, district director for Sen. Josh Hawley, and Heath Robbins, district director for Sen. Eric Schmitt.

Advocating for our neighbors facing hunger and programs to end food insecurity will always be an important part of our work as we seek to end hunger and build healthy communities in southeast Missouri.

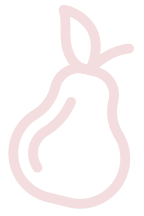
* The continuing resolution passed by Congress in November 2023 extended the Farm Bill through Sept. 30, 2024.



"We visit (mobile pantries) when we can to make money stretch, but we have to cut back where we can and make due. I appreciate it, I really do. People really need the help."

– Laquita, grandmother raising three of her grandchildren

Building Healthier Communities with the Power of Food



The food we eat plays an important role in our overall health. For neighbors facing hunger, access to nutritious food is often challenging and can often be linked to chronic health conditions like high blood pressure, high cholesterol and diabetes.

In 2023, Southeast Missouri Food Bank and its partners focused on efforts to improve access to nutritious foods for neighbors facing hunger.

With a grant from the USDA's Gus Schumacher Nutrition Incentive Program (GusNIP), the food bank launched a Produce Prescription Program focused on improving dietary health through increased consumption of fruits and vegetables for patients with chronic health conditions.

To participate in the program, an individual must receive a prescription from a primary-care provider; currently, Mercy Southeast, Missouri Delta Medical Center and the John J. Pershing VA Medical Center partner with the food bank to refer patients. We continue to work on expanding partnerships.

Once enrolled in the Produce Prescription Program, participants like Ronnie will receive 15 pounds of fresh produce twice a month for 12 months.

Ronnie, who was one of the program's first participants, has faced his share of health issues. He's had a brain tumor removed twice and also has a heart condition. He appreciates the benefits of the program.

"I think this program is very substantial because it seems like food, especially produce, is getting more expensive all the time," Ronnie said. "I feel like this is a good program and will really help a lot of people."

After launching in July 2023, the program had more than 100 participants by the end of the year.

While food can be used to help improve lives of individuals with chronic illnesses, healthy food is also essential to preventing those diseases from worsening.

The food bank has partnered with Faith Temple Complex in Hayti to develop long-term, sustainable access to healthy food for residents of Pemiscot County, which has the highest rates of hunger in the state.

With a grant from Feeding America's Food Security Equity Impact Fund, Faith Temple Complex started a community garden and farmer's market.

In July, the STAN's (Servant To All Neighbors) Farmers Market Opened with produce raised in a 2-acre community garden.

"Our first year was a success," said Cora Sanders of Faith Temple Complex. "We were told many times that with the



lack of rain we wouldn't likely have a huge harvest, but contrary to that statement, we had a huge harvest of squash, okra, tomatoes, cucumbers, sweet potatoes, cantaloupe, snap peas, green beans, peppers and fall greens."

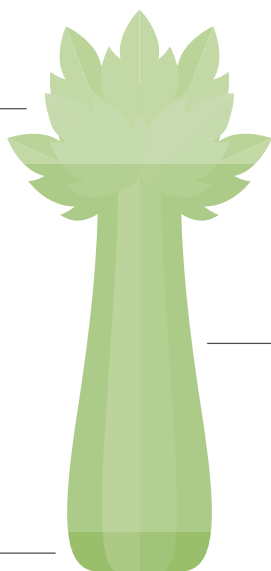
In its second year, Sanders said the garden and farmers market will continue to grow.

"We are actively planning for next year's planting season," she said. "We have several farmers who are wanting to partner and grow additional items. We are working on securing the ability to accept SNAP benefits at the farmers market. We plan to plant two acres next year. It will include herbs and berries."



Food Sources

Total: 13,795,988 lbs.



Federal Assistance Programs

3,858,251 lbs.

Donated Products

8,895,463 lbs.

Purchased Products

1,042,274 lbs.

Top 10 Foods Distributed (in pounds)



**Bread
& Bakery**
516,079



Produce
2,243,502

**Meats/
Fish/
Poultry**
1,246,671



**Mixed &
Assorted Items**
4,183,519

Snack Foods
397,120



Dairy
345,432

**Water &
Beverages**
793,185



**Fruits
(canned/
frozen)**
406,200

**Protein
(non-meat)**
475,041



**Vegetables
(canned/frozen)**
936,528

Top 10 Local Retail/ Manufacturing Donors

Sam's Club
Walmart
Procter & Gamble
Tyson Foods
Aldi
Ruler Foods
Coca Cola
Kroger
Target
Schnucks

Thank You to Our Farm to Food Bank Donors

Beggs Melon Company Inc.
Bibbs Produce
Blake Wade/BW&E Melons Company
Bruce Farms
Castor River Farms
David Renaud
Heritage Rice Company
Southeast Missouri Correctional Center
Southern Corporate Packers
Weaver Farms

Thank You to Our Donors!

Gifts of \$25,000+

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Care to Learn
Feeding America
Feeding Missouri - Missouri Food Bank Association
Greenway Equipment
Gus Schumacher Nutrition Incentive Grant Program (GusNIP)
J.R. Albert Foundation, Inc.
Mary Kay McAllister
Midwest Sterilization Corporation
Missouri Foundation for Health
Randol & Charlotte York
Robert & Penny Baker

Gifts of \$10,000-\$24,999

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Ameren Missouri
Bayer Monsanto Company
Dr. Linza & Julie Killion
Inspire Foundation
Joe Tidwell
Pooled CM
Prevention is Key Foundation
Robert & Anna Drury Family Foundation Trust
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State Farm
Tom & Laveta Williams
Walmart

Gifts of \$5,000-\$9,999

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Casey's General Stores
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Dollar General
Enterprise Holdings
Jim & Stephanie Gleason
Kellogg Company

Luke Small
Mary Dyer
Maryann Darden
MFA Incorporated Charitable Foundation
Montgomery Bank
Nancy Kopp
Naomi Wahl
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Gifts of \$2,500-\$4,999

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Sikeston Jaycee Bootheel Rodeo
Steve & Mary Abts
Steve Gehl
Stonebright Foundation
Together Making Changes
Toyota Coad Park West, Inc.
Vernon Cross

Gifts of \$1,500-\$2,499

American Legion Post 114
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Sheila & William Boyer
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Tiffany Samples
Wayne Corse
William & Carol Fetterhoff
William & Dr. Georganne Syler
William & Virginia Darr
Zonta Club of Cape Girardeau



"You never want to feel like you can't provide for your family, and we could all be one paycheck away from being stuck between a rock and a hard place when the unexpected comes. (Mobile food pantries are) a good thing because ... we all fall on hard times, and it's reassuring to know that help is here when you need it."

– Randall



Food Insecurity & Pounds of Food Distributed by County

Area	Pounds of Food Distributed, 2023	Food Insecure Population, 2023*
SEMO Food Bank Service Area	13,814,549	14.5%
Bollinger County	310,186	13.1%
Butler County	1,827,106	17.2%
Cape Girardeau County	2,398,715	11.4%
Carter County	237,835	18.7%
Dunklin County	1,133,657	16.8%
Madison County	541,309	13.7%
Mississippi County	1,129,009	17.4%
New Madrid County	585,794	15.6%
Pemiscot County	698,940	19.8%
Perry County	391,303	10.3%
Reynolds County	432,713	15.8%
Ripley County	484,415	17.7%
Scott County	1,245,617	13.6*
Ste. Genevieve County	484,415	10.6%
Stoddard County	620,827	15.6%
Wayne County	421,082	19%
Shared with other food banks	502,212	n/a

* Based on Feeding America's Map the Meal Gap & 2021 USDA data



SEMO Food Bank Celebrates Expansion

Southeast Missouri Food Bank celebrated a huge milestone when we officially opened our second location in Jackson in March 2023.

Our Cape County location has enabled us to expand programs, welcome more volunteers and better serve our neighbors facing hunger.

The Jackson office houses our Backpacks for Friday program, with volunteers packing food bags for more than 1,100 students each week, and also serves as the hub for our Produce Prescription Program.

The second location also provides additional storage for disaster-relief items such as bottled water. The food bank is the designated source of food and water in case of a disaster in southeast Missouri, and needs to maintain an ample supply of both and be ready to coordinate a distribution within a moment's notice.

How You Can Help

Volunteer

We welcome individuals, families and groups to get involved as volunteers at Southeast Missouri Food Bank. From sorting canned food donations to packing food for children, our volunteers make a big difference in the community. Our Sikeston volunteer center is best for groups of 8 or more, while individuals and small groups are easily accommodated at our Jackson location. Visit semofoodbank.org/volunteer to schedule a time.

Donate

Every \$1 donated helps provide four meals to neighbors facing hunger. Consider setting up a monthly donation or ask if your employer will match your gift. Host a virtual food drive to maximize your giving and involve friends and family.

Advocate

Follow us on Facebook, Instagram and Twitter, and share our posts to spread the word about our work. Sign up for our quarterly newsletter at semofoodbank.org. Contact elected officials to support hunger-related issues.

