

# Philanthropic Impact Report

*prepared for Maine  
Association of Nurse  
Anesthetists*



*With gratitude for your ongoing support, we have prepared an update on the impact of your giving.*

## How Your Support Helps

Nearly 14 percent of Maine households, or approximately 200,000 Mainers, lack access to enough nutritious food to live a healthy life, according to a U.S. Department of Agriculture study on food insecurity. Maine ranks twelfth nationally—and first in New England—in terms of food insecurity. Nearly one in every five children in the state is food insecure. We are working diligently to reverse these staggering statistics.

Philanthropic support from individuals, foundations and corporations makes up more than 80 percent of GSFB's cash revenue. With the help of your generous unrestricted support we are striving to eliminate hunger in Maine through our food and community programs. Unrestricted support directly helps us:

- **Distribute nutritious food to people in need.** As the largest hunger-relief organization in the state, we distribute nutritious food to more than 450 partner agencies in all 16 counties. Last year we distributed 25 million meals to families, children, and seniors in need.
- **Supply fresh food from Maine farmers.** 72 farms grow 2 million pounds of fresh, local food per year through Mainers Feeding Mainers, our program dedicated to bringing fresh, nutritious produce to those who need it most.
- **Source nutritious staple foods for balanced meals.** To supplement donated products, we purchase items like canned fruits, vegetables, canned meats, rice and beans, and offer them to partner agencies at the same low price we pay. Last year, donor support helped purchase 4.2 million pounds of food.

## Your support by the numbers

The direct impact of your gifts, totaling \$7,272 can be quantified in the following ways:

- 21,816 meals for Mainers in need
- 19,137 pounds of fresh produce sourced from Maine farmers to distribute to our partner agencies through our Mainers Feeding Mainers program
- 72 low-income adults, teens or children accessing hands-on cooking and nutrition education through our Cooking Matters program
- 58 students accessing food weekly at a school pantry

## Recent Highlights

- **Cultivating new advocates to end hunger.**

We know that ending hunger will require more than developing our partner network, so in 2019 GSFB launched the Building Advocates Leadership Program—a skill-building program designed to support participants in using their personal stories as tools for change. The program’s first eight participants completed their initial eight-week program in late 2019, and have already shared their stories with local media outlets.

With the skills and training to build relationships directly with policy leaders, Mainers experiencing food insecurity will play a critical role in shaping policies and programs that accurately the unique and varied needs of Mainers most directly impacted by hunger.

- **Cooking Matters Maine expands.** This year, the Cooking Matters Maine team expects to provide cooking skills and nutrition education to nearly 6,000 low-income adults, teens, and children through over 300 classes across the state. Classes are taught by culinary and nutrition professionals and provide people at risk of hunger with hands-on cooking and nutrition experience. Participants learn strategies for stretching food budgets, making healthier choices, learn about new foods, and experiment with new recipes, receiving a bag of groceries and recipes to try at home at each class. In 2019, we celebrated 30,000 participants served by this hands-on educational program.
- **Focus on Community-Driven Strategies.** Last year, GSFB worked with partners in Greater Portland, Northern Penobscot County, and Lewiston to identify and secure funding for the unique needs of the agencies addressing food insecurity in these critical areas. Six projects were launched, ranging from poverty training to help build empathy among community members to administrative support and increased funding for food delivery. In the months ahead, community organizers in Washington and Lincoln counties will take the lead in identifying solutions to their unique needs. This work is critical to the Food Bank’s commitment to improve access to healthy and nutritious food throughout Maine while acknowledging that our agency partners are the true experts on ending hunger in their communities.

We at Good Shepherd Food Bank are grateful that you have chosen to be a part of this critical work, Maine Association of Nurse Anesthetists. We look forward to continued partnership in our shared commitment to end hunger in Maine.

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*“The bonds and connections I have made with the other participants, who I lovingly refer to as my “food family” are ones that I will treasure for the rest of my life. I’m thankful to have been a part of this small but compassionate group of people.”*

--Building Advocates Leadership participant



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FOOD BANK OF MAINE