Fundraising costs were less than 6% of our operating budget, compared to a charity rating standard of 10%.

In FY20 our administrative and fundraising costs were less than 6% of our operating budget, compared to a charity rating standard of 10%.

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**MEALS DISTRIBUTED**

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**FY2020 EXPENSES**

- 2.5% Administrative
- 3.4% Fundraising
- 94% Programs

**TIMELINE**

- **January 2020**: COVID-19 arrives in the U.S. March 2020
  - World Health Organization (WHO) declares Pandemic
  - The Food Group is designated as an essential organization. Quickly adopts new safety standards, adjusts volunteer and food distribution models.
  - Donors begin sending emergency relief contributions.

- **May-June 2020**: George Floyd is killed while in custody of the Minneapolis Police.
  - Community protests result in the closure of hundreds of businesses in Minneapolis and St. Paul, including grocery stores, convenience stores and restaurants.
  - Donor support continues in response to the spike in hunger.

- **June-July-August 2020**: The Food Group partners with organizations to respond to emergency needs, including culturally specific food.
  - Begins pop-up food distributions, drive-thru food pick-ups, food delivery.
  - Donors generously support The Food Group’s partnerships with emerging programs and mutual aid organizations.

- **September-Oct-Nov-Dec 2020**: Emergency food distributions continue in cities, suburbs, and greater Minnesota.
  - The Food Group hosts a virtual community conversation to provide updates to donors and friends.
  - Donor support continues at highest level ever.

**Moving forward together with hope**

Now that we have experienced a year and a half of living in a pandemic, we want to show you the impact of your response to both the COVID-19 emergency and the death of George Floyd. The effects of both crises continue, but it is important to pause and tell the story of how you made and continue to make a difference.

This report chronicles how we are stronger growing forward because of you. You have shown through your support that you understand that equity, access, culturally connected and locally grown foods are important for the health of the whole community.

You have helped transform how we nourish those in our community who don’t know where their next meal is coming from. You are helping us rebuild the hunger relief system in a way that makes it better for everyone going forward. Community-driven change and collaboration are happening in hunger relief, made possible thanks to you.

As the delta variant reminds us, we are still not where we want to be. As the death of Daunte Wright reminds us, trauma can arise on any given day, and we must respond. Emergency needs by definition are unpredictable, but we know we can count on you to provide hope during our most trying times. We thank you for being attuned to hunger in our neighborhoods, and for offering care and compassion through your support.

This report shares the voices of our partners in the community and spotlights what a few of them have done through 2020 and 2021 to offer solutions for the individuals they serve. Each one of our 250 partners represents thousands of people who you have reached with the gift of nutritious food. You have stepped forward with financial support and volunteer time and energy.

I hope you will take time to browse through this report and feel a sense of accomplishment for what we have been able to do together. Much more remains to be done, but we are committed to a vision of something better than before. I thank you sincerely for continuing with us on this journey.

Thank you for being attuned to hunger in our neighborhoods, and for offering care and compassion through your support.

Sincerely,

Sophia Lenarz-Coy
Executive Director
BUDGET TRADE-OFFS
OF HOUSEHOLDS
Crisis brought new solutions

Twin Cities Mobile Market, transitioned first to emergency free food distributions to their have continued delivery as well.

Here are a few examples:
Your support has provided resources and removed barriers to create change and innovation. Here are a few highlights of what hunger relief. What do we mean by that? Some of these last far into the future. The key is that we stay open to "emerging partners" for change during difficult times. You may have heard

"Indigevan" distributes food to elders. The Department of Indian Work

Survey Results:
What you should know about hunger

What it's important to keep seniors healthy the other day that they get and that they have a desire to. Providing culturally connected foods ensures they 'eat a meal.' Kristina Kwan, director of Phoenix Cove Adult Day Care.

At the height of the pandemic care centers and supportive service organizations had to cease their work, including Phoenix Cove Adult Day Care. This senior center is a place for Asian elders of the Twin Cities to receive care and to be nurtured. Experienced staff empower these seniors and support their caregivers so that they may continue to live independently, in their own homes and preserve their dignity with the many services and programs offered. They were closed for a total of 16 months and recently re-opened in July 2020. Although all regular services were suspended during the time they were closed, director Kristina Kwan, created a plan to maintain their goal of providing a "cave for connection and community" for Asian elders. She was determined to keep their needs met at a time when everyone's physical, mental and spiritual health was most at risk. Kristina's top priority was to continue providing elders an opportunity to access nutritious and culturally connected foods. During regular operations, Phoenix provides fresh fruits and veggies, Healthy foods, especially nutritious foods. What we’ve learned over the years is that when they come to the center they eat really well. When they eat at home, they don’t eat or don’t eat well. Sometimes it’s just a slice of bread all day.

Just one week after Phoenix closed, seniors began to receive their groceries delivered to their homes. The elders reported that they were scared to go to the grocery store. They were seeing reports of people fighting over necessities like rice and toilet paper. In addition to the large-scale scarcity we were experiencing, there was also an Asian rhetoric emerging and, in some cases, devastating violence that followed. They simply killed themselves or they didn’t have access and safety were threatened.

Phoenix staff and volunteers packed bags of groceries that contained healthy and culturally familiar staples. The Food Group supplemented these deliveries with brown and jasmine rice, noodles, Sriracha, soy and fish sauce. Elders and their care givers were grateful to receive the deliveries. One care giver explained, "the deliveries are great. I care for my grandmother and I wouldn’t know what types of foods to buy for her." Through support of impactful donor gifts and partnerships with The Food Group, Phoenix Cove Adult Day Care Center was able to continue our care during the pandemic by implementing a new model of food access. Kristina expressed her gratitude, saying "This support made our programming more affordable. We were funding everything on our own prior to this. I found a way to do it but it would worry about financial matters. Thank you to the donors for what you’re doing to support programs like ours."
BUDGET TRADE-OFFS
 UTILITIES TRANSPORTATION HOUSING MEDICAL CARE/MEDS EDUCATION

Your support has provided resources and removed barriers to create change and innovation. Here are a few examples:

• Your quick response in 2020 allowed us to distribute food to our food shelf partners, to community-based organizations, and to agencies distributing food to those who are food insecure.

We are proud to publish our annual survey results and to share our story of change and innovation to our donors and other hunger agencies to collaborate on making changes and improvements.

Our farmers at Big River Farms are continuing to supply fresh produce to our food shelf clients as a high-risk option for those who need it and still pay the wholesale price. Says Laura Mirafuentes, Big River Farm Director.

Meet an emerging partner

Preserving the health of elders is essential

"It’s important to keep seniors healthy the older they get and that they have a desire to continue to be independent. Providing culturally connected foods ensures they’ll eat a meal." Kristina Kwan, director of Phoenix Cove Adult Day Care.

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Kristina’s top priority was to continue providing services and food to those who were in need and to continue their services and food distributions. During regular operations, Phoenix provided daily, fresh, home cooked meals at the center using familiar ingredients. Mealtimes are opportunities for socializing and eating nutritious foods. "What we’ve learned over the years is that when they come to the center they eat really well. When they eat at home, they don’t eat or don’t eat well. Sometimes it’s just a slice of bread all day.

Just one week after Phoenix closed, seniors began to receive their groceries delivered to their homes. The elders reported that they were scared to go to the grocery store. They were seeing reports of people fighting over groceries like rice and toilet paper. In addition to the large-scale scarcity we were experiencing, there was also anti-Asian rhetoric emerging and, in some cases, devastating violence that followed. They simply felt safer eating at home and access to food and safety were threatened.

Phoenix staff and volunteers packed bags of groceries that contained healthy and culturally familiar staples. The Food Group supplemented these deliveries with brown and jasmine rice, noodles, Sriracha, soy and fish sauce. Elders and their care givers were grateful to receive the deliveries. One care giver explained, "the deliveries are great. I care for my grandmother and I wouldn’t know what types of foods to buy for her."

Through support of impactful donor gifts, Phoenix established relationships with The Food Group, Phoenix Cove Adult Day Care Center was able to continue its operations during the pandemic by implementing a new model of food access. Kristina expressed her gratitude, saying "This support made our programming more affordable. We were funding everything on our own prior to this. I found a way to do it but it would worry about financial matters. Thank you to the donors for what you’re doing to support programs like ours."

What you should know about hunger

Our farmers at Big River Farms are continuing to supply fresh produce to our food shelf clients as a high-risk option for those who need it and still pay the wholesale price. Says Laura Mirafuentes, Big River Farm Director.

Healthy food is crucial, and we continue to be in partnership with The Food Group supporting 10 of food shelf clients are a high-risk option for those who need it and still pay the wholesale price. Says Laura Mirafuentes, Big River Farm Director.

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A crisis can be a two-sided coin, bringing opportunity for change during difficult times. You may have heard us say that the pandemic has brought about change in hunger relief. What do we mean by that? Some of these changes may be for the short-term, and others may last far into the future. This key is that we stay open to doing things differently in order to reach more people, including those who have not had access or felt fully welcome in the traditional hunger relief model.

Meet an emerging partner

Preserving the health of elders is essential

“ It’s important to keep seniors healthy the older they get and that they have a desire to eat. Providing culturally connected foods ensures they’ll eat a meal,” Kristina Kwan, director of Phoenix Cove Adult Day Care.

At the height of the pandemic care centers and supportive service organizations had to cease their work, including Phoenix Cove Adult Day Care. This senior center is a place for Asian elders of the Twin Cities to receive care and to be nurtured. Experienced staff empower these seniors and support their caregivers so that they may continue to live independently, in their own homes and preserve their dignity with the many services and programs offered. They were closed for total of 16 months and recently re-opened in July 2020. Although all regular services were suspended during the time they were closed, director Kristina Kwan, created a plan to maintain their goal of providing “a cube for connection and community” for Asian elders. She was determined to keep their needs met at a time when everyone’s physical, mental and spiritual health was at risk.

Kristina’s top priority was to continue providing elders an opportunity to access nutritious and culturally connected foods. During regular operations, Phoenix provides fresh, home cooked meals at the center using familiar ingredients. Mealtimes are opportunities for socializing and eating food as a family provides essential sustenance for stimulating the health and wellbeing of elders. Kristina knows that when elders are isolated at home, they don’t feed themselves nutritious foods. “What we’ve learned over the years is that when they come to the center they eat really well. When they eat at home, they don’t or don’t eat well. Sometimes it’s just a slice of bread all day.”

Just one week after Phoenix closed, seniors began to receive their groceries delivered to their homes. The elders reported that they were scared to go to the grocery store. They were seeing reports of people fighting over items like rice and toilet paper. In addition to the large-scale scarcity we were experiencing, there was also an Asian rhetoric emerging and, in some cases, devastating violence that followed. They simply felt isolated and food access and safety were threatened.

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Through support of impactful donor gifts and partnerships with The Food Group, Phoenix Cove Adult Day Care Center was able to continue to support programs for the pandemic by implementing a new model of food access. Kristina expressed her gratitude, saying “This support made our programming more affordable. We were funding everything on our own prior to this. I found a way to do it but would worry about financial matters after. Thank you to the donors for what you’re doing to support programs like ours.”

Survey Results:

What you should know about hunger

Readers should note that some of the above data were collected prior to the Coronavirus Disease (COVID-19) pandemic and do not reflect the potential impacts of COVID-19 on food shelf clients in 2020. Evidence from national data suggests that food insecurity has increased since the start of the pandemic.