

United Food Bank and Services of Plant City, Inc.



Annual Report 2018-19

Providing a Hand Up and Not a Hand Out

To provide assistance for those in need, moving them from a state of hunger and impoverishment to self-sufficiency, empowerment, and self-reliance.



Mary Heysek
Executive Director

There are more than 12 million children in the United States who live in “food insecure” homes, ones that don’t have enough food for every family member to lead a healthy life by U.S. Department of Agriculture (USDA) standards. This may mean children get smaller portions than they need, or parents are not able to afford nutritious foods. In the case of breakfast alone, research shows children who eat breakfast

not only improve attendance, punctuality, math scores, and standardized test scores, they also decrease anxiety, depression, and hyperactivity.

While 10 percent of Americans with children under age 18 live in poverty, there are 1 in 6 children in the U.S. who live with hunger (U.S. Census 2013-2017 and U.S. HHS). In Plant City, the rate of individuals who live below poverty with children under 18 years of age is 15.6 percent compared to neighboring Dover at 41.2 percent, and Thonotosassa at 18.4 percent, all areas served by this food bank.

While programs like SNAP; Women, Infants, and Children (WIC) Nutrition Program; and the National School Lunch Program exist, only 59 percent of food-insecure households reported participating in at least one of these programs. United Food Bank stepped in three years ago to begin working with Hillsborough County Public Schools in East Hillsborough to reduce student food insecurity during weekend, holiday, and other school breaks (summer

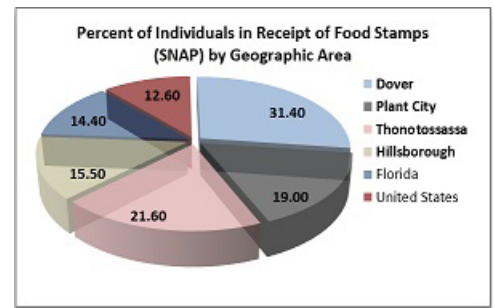
having the highest degree of hunger).

United Food Bank is working with seven secondary schools in the District, including Wilson

Elementary, Cork Elementary, Trapnell Elementary, Burney Elementary, Springhead Elementary, Marshall Middle School, and Plant City High School to provide a total of 303 Weekend Backpack Program food packages each week for a yearly total of 6,027 backpacks filled with food during each school year. Social workers, guidance counselors, teachers, staff, parents, and students help identify children who experience hunger when not in school and who may need food supplies.

An added 7,436 bags of food are distributed annually to children through United Food Bank’s Weekly Kid’s Bags Program during school breaks, including the summer.

Out of the seven schools that United Food Bank collaborates with to address childhood hunger, one elementary school in Plant City, Burney Elementary School,



U.S. Census, American Community Survey 2017

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Programs Overview

United Food Bank of Plant City seeks to stamp out hunger in East Hillsborough County through a holistic approach, including community referrals, to reduce some of the causes of hunger: lack of access to food stamps (SNAP), unforeseen medical costs, low wages, housing costs, unemployment, and poor money management. The following programs are part of the UFBPC's 2018-19 onsite continuum of care:

- **Food Distribution:** grocery stores, donors, cash purchases, Feeding America via Feeding Tampa Bay, foundation partners
 - **Emergency Food Distribution:** Funders/ FEMA
 - **FDIC Money Smart Program:** Regions Bank
 - **ACCESS Site:** approved DCF site for benefit sign up and monitoring (food stamps, etc.)
 - **Education Center:** computer lab and Internet for job search, insurance registration, educational classes and tutorials, GED preparation
 - **Hunger on Campus:** with Hillsborough Community College, lunch and learn sessions on campus and provision of emergency food supply boxes
 - **Children's Nutritional Outreach:** Hillsborough County Public Schools Area 5
 - **Diabetes Prevention Class:** Florida Department of Health
 - **Cooking Classes:** Hispanic Services Council
 - **Health Literacy:** Hispanic Services Council and Florida Blue
 - **Flu Shots:** BayCare's South Florida Baptist Hospital
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- **Interns:** Hillsborough Education Foundation with Bank of America, Take Stock in Children, and Hillsborough Community College clinical program
 - **Volunteers:** Plant City Housing Authority, Plant City High, Durant High, Rotary, Elks, Lions Club, local churches, court-order, and corporate employees

has a 99 percent economically disadvantaged rate of students who are eligible for Free and Reduced Lunch (FRL) with an 88 percent minority rate. While all 350 students at Burney are eligible for the United Food Bank Weekend Backpack program, the school identifies the highest need students for a weekly distribution of 60.



Vonsohna Florestal, MSW, Social Worker at Burney Elementary, coordinates the Weekend Backpack Program and works to identify children who face hunger. Ms. Florestal offers real life testimony to her students in that she was a teen mom at 18 who faced difficult times and went on to obtain her Master's from the University of Central Florida.

Angelina, a fifth grader at Burney Elementary who is mentored by Ms. Florestal, takes part in the Weekend Backpack Program. Angelina, at age 11, shops and cooks for her family which includes seven siblings. She recalls periods of hunger that led to irritability, anger, and distraction in school.

Shellela Ladonice, MSW, Social Worker at Marshall Middle School, is another partner with United Food Bank in the Weekend Backpack Program. Ms. Ladonice shared recently that there is an 88.5 percent eligibility rate of children at



Marshall Middle School for the Free and Reduced Lunch (FRL) program. This school receives approximately 42 Weekend Backpack bags each Friday from United Food Bank. Typical items for the weekend include two food products for breakfast, two lunch products, two snacks, two

juices, and two fruit products if available. Ms. Ladonice understands hunger. She was raised with public assistance and had Food Stamps (SNAP) while a student in college. She is a strong advocate for her students.

Feeding Tampa Bay provides 5 percent of the food distributed by this agency. The remainder comes from grocery stores and distributors, leaving United Food Bank to purchase \$39,369 in food annually to supplement donations. Financial support of its Children's Nutritional Programs allows the food bank to serve East Hillsborough's most vulnerable children. No child can succeed if she or he is experiencing hunger, and we want to ensure children not only survive but thrive as they grow. To help someone in need find a summer program, text 'FOOD' to 877-877 or call the Hunger Hotline at 1-866-348-6479.

The Law Turns up the Heat at Celebrity Chef Event

The 11th Annual Celebrity Chef fundraiser that took place on February 2, 2019, was another great success for the United Food Bank (UFBPC), raising nearly \$100,000 for the organization. Presenting sponsors were Mosaic and Star Distribution. Mayor Rick Lott emceed the evening event. Celebrity chefs were Anthony LoGerfo, Senior Resident Chef of Publix Aprons Cooking School; Chad Chronister, Hillsborough County Sheriff; and Ed Duncan, Plant City Chief of Police. They cooked in front of 315 event attendees at The John Trinkle Center in Plant City. The 2020 Celebrity Chef event is scheduled for February (see below). The proceeds of the event help UFBPC to continue feeding those in need in its extensive service area.

12th Annual Celebrity Chef Event February 1, 2020

VIP 5:30 PM / Main Event 6:30-9:15 PM

Celebrity Chef Amy Freeze of Gourmet Everyday with Plant City Strawberry Farmers Carl and DeeDee Grooms.



Top photo: Sheriff Chronister and Publix Aprons Chef LoGerfo. Bottom: LoGerfo, Chronister, and Chief Duncan.



New Operations Manager for UFBPC



United Food Bank of Plant City welcomes Gayle Langenhan Tindle as the new Operations Manager. Ms. Tindle joined the staff in August of 2019.

As Operations Manager, Gayle is responsible for overseeing the day-to-day operations including payroll, paperwork,

and tracking program components and outcomes. She supervises the office assistant, interns, and volunteers. Ms. Tindle also maintains communication with clients, partners, and volunteers and assists the executive director with some grant activity.

With a Bachelor's Degree in Finance from the University of South Florida and a Bachelor's in Marketing from Florida State University, Ms. Tindle brings excellent educational and practical experience to the organization. Her past employment includes training positions in the Financial Aid department at Ultimate Medical Academy and at Disney's Blizzard Beach Water Park. At Blizzard Beach, she also oversaw the daily operations of the park.

Born and raised in St. Petersburg, Ms. Tindle and her husband and two children have been living in Plant City for the past five years. While her husband hails from Lakeland, many of his family were raised in Plant City.

Ms. Tindle feels her role at UFBPC is an amazing opportunity to work with some highly dedicated members of the community who all share the goal of helping people right in their own backyard.

New Funder Spotlight

In addition to recognizing with gratitude its long-time funders, the United Food Bank of Plant City welcomes these more recent funders who are partnering with us to assist the hungry:



In Gratitude for Our Contracted Partners

(Individual Donors Recognized and Honored Separately)

Allegany Franciscan Ministries

Amscot

Bailey Family Foundation

Children's Board of Hillsborough County

CSX Railroad

Community Foundation of Tampa Bay

Emergency Food and Shelter Program

Epic Effect

Feeding Tampa Bay

FEMA

Florida Blue

Florida Strawberry Festival

Gordon Food Service

Hillsborough Education Foundation

Hillsborough County Government

The Mosaic Company

Publix Super Markets Charities

Rays Baseball Foundation

Regions

Rooms to Go Children's Fund

Star Distribution

Suncoast Credit Union

United Way Suncoast

Unity in the Community

Walmart

The Wawa Foundation

Wish Farms



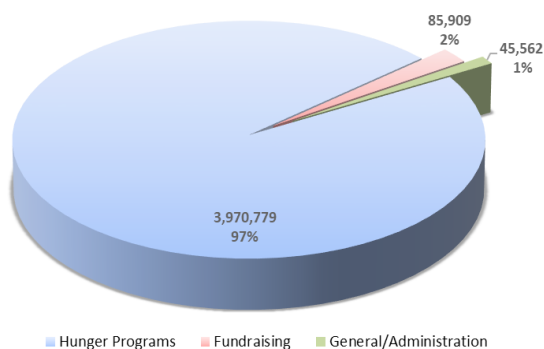
We Are Here When She Needs Us

Sometimes life situations make it hard to make ends meet. Take the case of Susan, pictured here at the food bank with her daughter. Another of Susan's daughters has a complex medical condition to monitor and treat. Needing to be an at-home caregiver, having to pay travel costs to medical specialists, and meeting surgical and prescription co-pays means an occasional trip to United Food Bank and Services of Plant City to supplement groceries. She is grateful that UFBPC is here when she needs them.

Financial Update

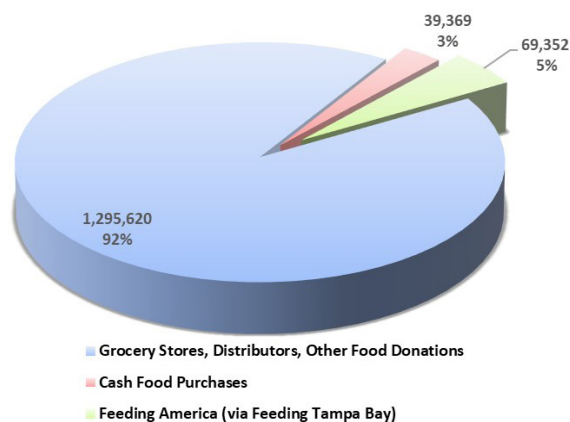
UFBPC ANNUAL EXPENSES FOR FISCAL YEAR ENDING JUNE 30, 2019

Annual audit conducted by CPA Raulerson Castillo & Co.



Total Expenses FY 6/30/2019: \$4,102,250

DONATIONS OF INBOUND FOOD IN POUNDS BY PERCENT



Demographics

United Food Bank serves a combined total population of 183,691 that includes residents in Plant City, Dover, Thonotosassa, Seffner, Valrico, Lithia, and limited outreach to Riverview. (US Census)

Plant City

Per Capita Income	\$21,597
↓Poverty w/children<5	23.4%
↓Poverty F/head/child<5	50.1%
White	69.5%
Black	15.1%
Asian	1.4%
Hispanic	28.8%

Hillsborough County

Per Capita Income	\$28,727
↓Poverty w/children<5	17.7%
↓Poverty F/head/child<5	43.5%
White	71.3%
Black	16.7%
Asian	3.4%
Hispanic	24.9%

*US Census ACS Survey 2012-16/2000-2010 Census

Food Bank Client Demographics:

White	63.5%
Black	32.7%
Asian	3.6%
Other	2%
Hispanic	38%
Female	60%
Male	40%
Children	21%
Infant	5%
Adolescent	6%
Adults	37%
Elderly	31%



In 2018, UFBPC distributed 606 Thanksgiving meal baskets.

Outcomes & Evaluation

By the numbers: geographic distribution for registered United Food Bank and Services of Plant City (UFBPC) clients since opening in 1991:

Plant City	66,543
Dover	5,576
Valrico	2,691
Seffner	2,170
Lithia	1,451
Thonotosassa	727
Riverview	251

58,600 individuals and 13,387 families were served in the last 12 months (FY19) compared to 42,715 individuals and 13,863 families served in the prior 12-month period. In FY 19, 767 new families sought assistance at the United Food Bank.

FY 2017-18

Inbound Food: 1,430,980 lbs.
Outbound Food: 1,286,373 lbs.
People Served: 42,715

FY 2018-19

Inbound Food: 1,404,341 lbs.
Outbound Food: 1,326,816 lbs.
People Served: 58,600



Navigating Resources

United Food Bank and Services of Plant City has expanded its new client intake process. A staff person or trained volunteer now spend 10 minutes with each new client to the agency to help them complete paperwork, record baseline or demographic data, and to assess needs for purposes of making appropriate referrals in the community when and where possible. A list of local resources exists for UFBPC client use and is being enhanced by Gayle Tindle, Operations Manager.

A computer lab exists at United Food Bank and Services of Plant City for clients to access the Internet, word processing software, and printers at no charge, with staff or volunteers to help them navigate online resources or address their questions.

Representatives from local business partners and service providers are onsite routinely to instruct or meet one-on-one with clients. This includes Regions Bank, a local community partner, teaching financial literacy at United Food Bank and Services.

9th Annual Empty Bowls

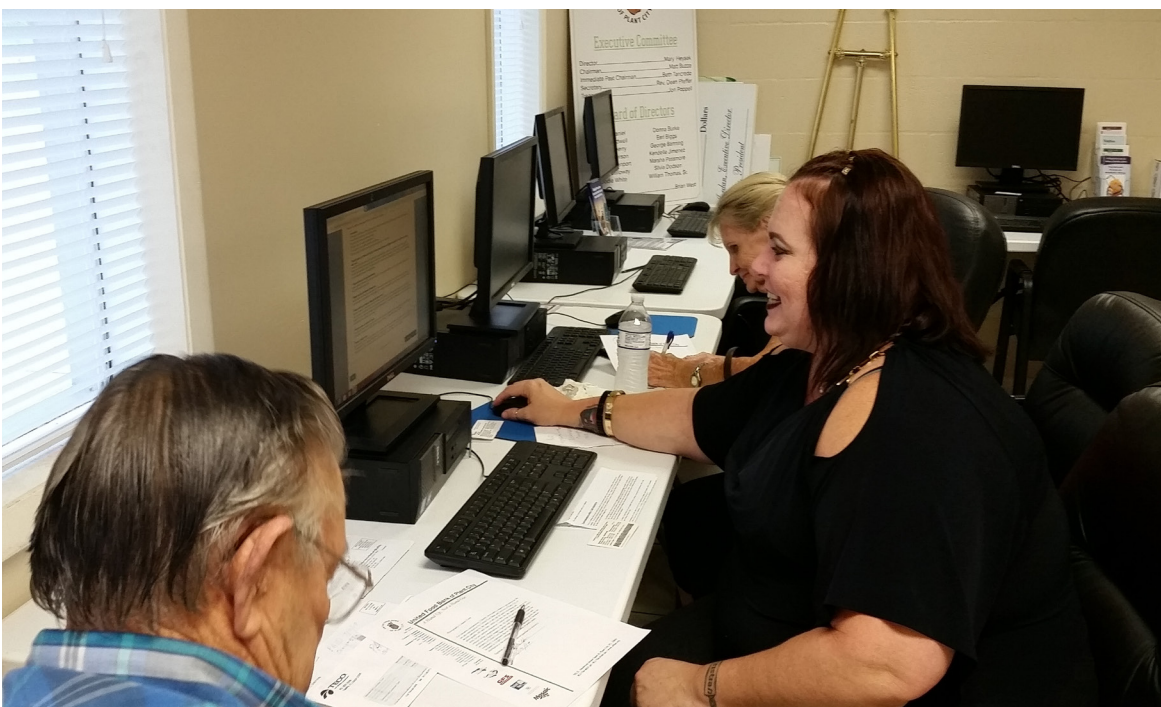


Raising awareness of hunger in the Plant City area and beyond, UFBPC's annual Empty Bowls event combines art, music, and food to also raise money to continue feeding those experiencing food insecurity.

The 9th Annual Empty Bowls is scheduled for Saturday, November 9 from 10:30 a.m.-1:30 p.m. at the Robert W. Willaford Railroad Museum. The event features a live auction of ceramic art bowls custom made by local artists. The \$10 admission includes a choice of soup, an apple, and water, plus the selection of a pottery bowl made by local students in Hillsborough County Schools Area 5.

“Poverty and all its related concerns require so much mental energy that the poor have less remaining brainpower to devote to other areas of life, according to research based at Princeton University. As a result, people of limited means are more likely to make mistakes and bad decisions that may be amplified by — and perpetuate — their financial woes.”

Poor concentration: Poverty reduces brainpower needed for navigating other areas of life, www.Princeton.edu



One of the Many Services Provided by UFBPC and Its Volunteers

Kathy Corrillo, a volunteer with United Food Bank for two years, is helping Stella Gill and Troy Griffin (Food Bank clients) with their online Department of Children and Families (DCF) ACCESS benefits paperwork.



Firefighters from Plant City Fire Station 1 collected and delivered food to the United Food Bank and Services of Plant City in August of 2018. We are very grateful to these firefighters for their service to our community, both through their dedication as firefighters and through their volunteer efforts to help feed those in need.

New Run for Hunger Event to Precede Empty Bowls Fundraiser



The UFBPC is excited to announce a new event added to the annual Empty Bowls fundraiser.

A prequel 5K walk/run entitled "The Fork Ran Away With The Spoon" will kick off at 7:00 a.m. on November 9, 2019 at the Train Depot at

102 N. Palmer Street in downtown Plant City. The race will end at the same location.

The cost is \$35.00 plus a \$3.00 signup fee. Register online at <https://runsignup.com/Race/FL/PlantCity/ForkRanAwayWithTheSpoon5k>.

New Building Feasibility Study Underway in 2019



United Food Bank, founded in 1991 as a church-based mission, started by serving 7,000 boxed meals. Today, the agency serves nearly 60,000 individuals (1,326,816 pounds of food) yearly to benefit the six communities of Plant City, Dover, Seffner, Thonotosassa, Valrico, and Lithia. The agency has been working out of 10,000 square feet at 702 East Alsobrook in a space never intended for food distribution. The retrofits have reached their limit. A new building feasibility study is planned for late 2019 or early 2020 thanks to support from Hillsborough County through Commissioner Stacy White of District 4.



702 E. Alsobrook St., Suite H
Plant City, FL 33563
813-764-0625
www.ufbpc.org

ANNUAL REPORT 2018-19 ENCLOSED

Save The Date: Upcoming Food Bank Events



Saturday, November 9, 2019:

Fork Ran Away With the Spoon 5K Walk/Run
7:00 a.m. Downtown Plant City



9th Annual Empty Bowls Event
10:30 a.m. - 1:30 p.m.
Homemade Bowls, Soup, Entertainment
Willaford Railroad Museum



Saturday, February 1, 2020:

12th Annual Celebrity Chef Event
VIP 5:30 p.m./6:30-9:15 p.m.
The John Trinkle Center
Chef Amy Freeze, Everyday Gourmet
with Strawberry Farmers Carl & DeeDee
Grooms

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Board Chair's Report

I am honored to be serving as the new Board Chair for United Food Bank. Born and raised in Plant City, I have strong ties to this community. I graduated from Durant High School and went on to receive a B.A. Degree in Communication from the University of South Florida in 2009. In 2013, I earned a Master of Hospitality and Tourism Management from the University of Central Florida's Rosen College of Hospitality Management. In 2013, I also started my own business as owner and travel specialist of Cruise Planners-Plant City Travelers.

I love volunteering and have a passion for helping others. I was drawn to UFBPC because of its sole purpose of providing assistance to the needy. Not only does our food bank offer food to our clients, but also opportunities for education on healthy lifestyles, job research, and many other services.

During my term as Board Chair, one of my goals is to expand the much needed Children's Nutritional Outreach Program, which provides weekend meals

for children when they are not receiving free meals in their schools. With more funding, we can get this program into more area schools. My teacher friends have told me many heartbreaking stories of their students' unmet needs for food. Some of them help personally when they can, sending food home with a child, but with the help of our supporters in this community, we can assist so many more.



Kendelle Jimenez

UFBPC Board Members

George W. Banning
Earl Biggs
Donna Burke
Mathew Buzza
David Davenport
Silvia Dodson
Kendelle Jimenez
Bill McDaniel
Marsha Passmore

Rev. Dean Pfeffer
Jon Poppell
Daniel Raulerson
Bruce Rodwell
Bruce Sperry
Beth Tancredo
William Thomas
Brian West, Emeritus
Dodie White