Last year between March and June, we distributed just over 700,000 pounds of food.

This year: 1.7 MILLION

FOOD DISTRIBUTION
AMOUNT OF FOOD DISTRIBUTED

<table>
<thead>
<tr>
<th>City</th>
<th>Amount (lb)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arlington</td>
<td>700,000</td>
</tr>
<tr>
<td>Boston (Dorchester, East Boston, Jamaica Plain, Roxbury, Dorchester)</td>
<td>375,602</td>
</tr>
<tr>
<td>Brockton</td>
<td>167,868</td>
</tr>
<tr>
<td>Cambridge</td>
<td>240,000</td>
</tr>
<tr>
<td>Chelsea</td>
<td>63,600</td>
</tr>
<tr>
<td>Haverhill</td>
<td>1.7M</td>
</tr>
<tr>
<td>Lawrence</td>
<td>316,000</td>
</tr>
<tr>
<td>Lynn</td>
<td></td>
</tr>
<tr>
<td>Medford</td>
<td></td>
</tr>
<tr>
<td>Revere</td>
<td></td>
</tr>
<tr>
<td>Somerville</td>
<td></td>
</tr>
<tr>
<td>Waltham</td>
<td></td>
</tr>
<tr>
<td>Watertown</td>
<td></td>
</tr>
</tbody>
</table>

CITIES AND TOWNS SERVED

COVID RELIEF GROCERY DELIVERY PROGRAM March - June

19,500 deliveries

2,284 unique households served through program

Total volunteer hours for COVID programs:
Over 10,000 = 5 years of one person full time
1,156 unique volunteers

Cambridge Public Schools Meal Distribution

70,000 breakfasts and lunches distributed
68 days of Serving Lunch

11 Inman Street
Cambridge, MA 02139
WWW.FOODFORFREE.ORG
message from the Executive Director

Every year I use this letter to thank all of you for your support of our work and organization. This year, those words don’t seem enough. Because of your unprecedented contributions of money and time, we were able to rise to the challenges presented by the pandemic and accomplish more than we ever imagined. People in Cambridge, Somerville, Chelsea, East Boston, Revere, Waltham, and many other municipalities were able to access fresh, healthy food, even as hunger was increasing, thanks to you. People trapped in their homes in Cambridge, feeling isolated and scared, were visited each week by one of you, delivering two bags of groceries and a welcome “hello, are you doing ok?”. Thousands upon thousands of 25 pound boxes of fresh, regional produce was distributed to families struggling throughout Greater Boston. In March through June alone, we distributed 1.7 million pounds of food. That’s compared with .7 million during those same three months in 2019!

Massachusetts currently has the highest unemployment rate in the country and according to the Greater Boston Food Bank, hunger is expected to rise 81%. This struggle isn’t over, and sadly, it may get worse. Now, more than ever before, we need your continued support. We have seen the community come together, like never before, to join us in ensuring that despite the pandemic, people are getting the nutrition they need. Please continue to stand with us — to lend us your hands, your time, your resources — to provide for our communities and ensure that everybody has access to fresh, healthy food for themselves and their families.

Thank you!

Sasha Purpura

PS—we’re mailing this abbreviated annual report to donors we think might not be on our email list. You can read the full report online at: foodforfree.org/annual-report-2020/
## FY20 Income and Expenses

Summarized from our FY20 Audited Financial Statements

### Operating Revenues and Support

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contracts and Grants</td>
<td>1,153,900</td>
</tr>
<tr>
<td>Individual and business donations</td>
<td>1,515,065</td>
</tr>
<tr>
<td>Events and appeals, net cost of direct benefit to donors</td>
<td>303,857</td>
</tr>
<tr>
<td>In-kind donations of food</td>
<td>4,612,886</td>
</tr>
<tr>
<td>Earned income from program services</td>
<td>46,185</td>
</tr>
<tr>
<td>Investment and other income</td>
<td>8,363</td>
</tr>
<tr>
<td><strong>Total Revenues and Support</strong></td>
<td><strong>7,640,256</strong></td>
</tr>
</tbody>
</table>

### Expenses

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries and wages</td>
<td>852,132</td>
</tr>
<tr>
<td>Payroll taxes and fringe benefits</td>
<td>124,843</td>
</tr>
<tr>
<td><strong>Total Compensation and Benefits</strong></td>
<td><strong>976,975</strong></td>
</tr>
<tr>
<td>Rent</td>
<td>25,000</td>
</tr>
<tr>
<td>Depreciation</td>
<td>29,653</td>
</tr>
<tr>
<td><strong>Total Occupancy Costs</strong></td>
<td><strong>54,653</strong></td>
</tr>
<tr>
<td>Transportation</td>
<td>104,634</td>
</tr>
<tr>
<td>In-kind food delivery and purchases</td>
<td>4,906,563</td>
</tr>
<tr>
<td>Insurance</td>
<td>52,872</td>
</tr>
<tr>
<td>Other program expenses</td>
<td>222,864</td>
</tr>
<tr>
<td><strong>Total Program Expenses</strong></td>
<td><strong>5,286,933</strong></td>
</tr>
<tr>
<td>Administrative and office</td>
<td>39,571</td>
</tr>
<tr>
<td>Consulting fees</td>
<td>24,666</td>
</tr>
<tr>
<td>Information Technology</td>
<td>9,430</td>
</tr>
<tr>
<td>Cost of direct benefits to donors</td>
<td>13,017</td>
</tr>
<tr>
<td>Printing, postage &amp; publications</td>
<td>12,531</td>
</tr>
<tr>
<td>Accounting and bookkeeping</td>
<td>15,418</td>
</tr>
<tr>
<td><strong>Total Other Expenses</strong></td>
<td><strong>114,633</strong></td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>6,420,177</strong></td>
</tr>
</tbody>
</table>

*Thank you volunteers! We couldn’t do this without you!*
All of Food For Free’s programs share the goal of getting good, healthy food to those who need it. They can be roughly divided into two types: sector support, which helps other programs reach more people and distribute healthier food, and direct-service programs, which reach people directly.

**SECTOR SUPPORT PROGRAMS**

**Food Rescue and Distribution**

Food Rescue works with 85 donors to rescue food that might otherwise go to waste. Our donors include grocery stores, farms, universities, hospitals, and corporate dining facilities. We deliver this food to emergency food programs, schools and colleges, youth programs, and other programs that reach low-income individuals.

We supplement this rescued food with fruits and vegetables purchased wholesale (funded largely by the City of Cambridge), food from the Greater Boston Food Bank, and—in 2020—produce from the USDA’s Farmers to Families program.

**Key Metrics:**
- 2.8 million pounds of food distributed
- 30,000 individuals served
- 90 food program partners

“This program works in partnership with food programs in Arlington, Boston (including Dorchester, East Boston, Jamaica Plan, and Roxbury), Cambridge, Chelsea, Medford, Revere, Somerville, Waltham, and Watertown.”

**Transportation Partnership**

This program picks up food orders from our partner, the Greater Boston Food Bank, and delivers them to food programs that do not have their own transportation. Participating programs pay a small fee for each delivery, which helps us to maintain the larger truck this program requires.

**Key Metrics:**
- 13 food programs served
- 682,000 pounds of GBFB food delivered
COVID-19 Relief Purchasing Support  
(emergency program, spring 2020)

To respond to the impact of COVID-19 on the hard-hit communities of Chelsea, Lynn, Revere, and Waltham, Food For Free allocated $25,000 per city to purchase food for these community food programs in the spring of 2020.

Healthy Waltham  
Revere Crisis Response  
Salvation Army, Chelsea  
Salvation Army, Lynn  
YMCA, Lynn

Family Meals

Family Meals takes prepared food from corporate, university, and hospital dining services and turns it into attractive, balanced, single-serving meals that we distribute to food-insecure populations. We distribute Family Meals through schools, colleges, homeless shelters, and other community programs.

Key Metrics:

- **22,500** meals created
- **23,500** meals distributed (including donated meals)
- **31** distribution partners
Field of Greens

Hosted by Lindentree Farm, Field of Greens grows vegetables for distribution to food programs. In the 2019 growing season, the harvest fed guests at Pine Street Inn. In 2020, the harvest is being distributed among Food For Free’s various partners.

Key Metric:

4,600 pounds of food harvested in 2019

DIRECT SERVICE PROGRAMS

COVID-19 Relief Grocery Delivery
(emergency program, spring 2020)

This program reached Cambridge residents who lost access to food programs during the spring of 2020, bringing weekly deliveries of both fresh produce and shelf-stable groceries.

Key Metrics:

9,438 deliveries to 2,284 different households over 15 weeks
810 volunteers donated 7,305 hours of service
Weekend Backpack Programs provide students with healthy food for the weekend so they can arrive at school on Monday mornings well-nourished and ready to learn.

Both programs send home two lunches, two breakfasts, and snacks, including fresh fruit. The food is discreetly packed in the students’ backpacks each Friday afternoon.

**Key Metrics:**
- **70,000** meals distributed between mid-March and June 30
- **900** students served
- **17,519** bags (70,076 meals) distributed (October 2019 through mid-March 2020)

Food For Free provided staff and volunteer support to help Cambridge Public Schools distribute meals to families every week following the schools closing in March 2020. This program is ongoing and expected to continue through at least December 2020.

**Key Metric:***
- **70,000** meals distributed between mid-March and June 30
Home Delivery

Home Delivery serves low-income Cambridge seniors, people with disabilities, and during the pandemic, immunocompromised individuals, bringing boxes of food right to their doorsteps twice a month.

Each delivery includes protein, like frozen meat or poultry, fresh fruit and vegetables, and shelf-stable groceries.

Key Metrics:
- 160 clients reached
- 112,500 meals delivered

School Markets

School Markets are free farmers'-market-style food programs held at public schools. By meeting families where they are, School Markets offer access to healthy foods while side-stepping many barriers that can prevent families from participating in other food programs, like limited transportation, not enough time, embarrassment, and fear of deportation.

Key Metrics:
- 8 schools served
- 114,500 pounds of food distributed

Summer Markets

Summer Markets happen outside at parks and housing developments. In 2019, we held 9 markets at 6 locations.

Key Metric:
- 5,600 pounds of food distributed (July-August 2019)
**Ways to Contribute**

**Donate online**
Visit us at [foodforfree.org/donate](http://foodforfree.org/donate) to make a credit card donation online. It’s fast, easy, and secure.

**Donate by mail**
Use the enclosed envelope or mail your check to Food For Free, 11 Inman Street, Cambridge MA 02139.

**Donate securities**
Support Food For Free while enjoying tax benefits by donating appreciated stocks or mutual funds you have held for over a year.

Broker: The Vanguard Group  
Telephone: 800-662-2739  
Account #: 41151550  
DTC #: 0062  
Account Name: Food For Free Committee, Inc.  
Tax ID: 22-2561771

**Donor Advised Funds**
If your donor advised fund is with Fidelity, Schwab, or BNY Mellon, you can make your gift to Food For Free right from foodforfree.org/donate. Just click on Donate from a Donor Advised Fund and complete the fields. If your DAF is with another foundation, you will need to contact them directly and give them Food For Free’s tax id: 22-2561771.

**Workplace Giving**
Many employers offer workplace giving programs and/or matching gifts. Contact your HR department for details.

**Planned Giving**
By naming Food For Free as a beneficiary in your will or insurance policy, you can ensure that access to healthy foods will continue for the next generation.
FY20 Sponsors and Grantors

Leadership Sponsors

Biogen Foundation
Cambridge Savings Bank
Massachusetts Institute of Technology

Sustaining Sponsors

AMGEN
BJHC
Brookfield Properties

Supporting Sponsors

1369 Coffeehouse
CambridgeSeven Associates
East Cambridge Savings Bank
Harvard University Employees Credit Union
Irving House
Whole Foods
W.T. Phelan

Participating Sponsors

Cambridge Trust Company
CBRE/New England
Classic Graphx
Harvard/MIT Coop
Intercontinental Real Estate
Prellwitz/Chilinski Associates, Inc.
United Service Company

FY20 Grant Donors

The Agnes M. Lindsay Trust
Akamai Technologies
Anne E. Borghesani
Community Foundation
Avision Charitable Fund
Bank of America Charitable Foundation
Barr Foundation
Biogen Foundation
Blue Cross Blue Shield of Massachusetts
Bristol Meyers Squibb Foundation, Inc.
Bushrod H. Campbell & Adah F. Hall Charity Fund
Cabot Family Charitable Trust
Cambridge Community Foundation
Cambridge Licensee Advisory Board
City of Cambridge Community Development Block Grant Program
Cambridge Savings Bank
Cummins Foundation
East Cambridge Savings Bank
Eastern Bank Charitable Foundation
Emergency Food and Shelter Program
Frank W. & Carl S. Adams Memorial Fund
Frederick E. Weber Charities Corp.
The George H. and Jane A. Mifflin Memorial Fund

The Greater Boston Food Bank
Harvard Pilgrim Health Care
Joy in Childhood Foundation
Liberty Mutual Foundation
Life Sciences Cares
Louis and Anne Abrons Foundation, Inc.
Massachusetts Department of Agriculture
Novartis Institutes for Biomedical Research
Project Bread
Roy A. Hunt Foundation
Sanofi Genzyme
Social Venture Partners Boston
TJX Foundation
Whole Foods Market
Yawkey Foundation

For a complete list of donors, visit foodforfree.org/annual-report-2020
Food For Free
11 Inman Street
Cambridge, MA 02139

GOOD FOOD. HEALTHY COMMUNITIES.