



EST. 1981

# FOOD FOR FREE



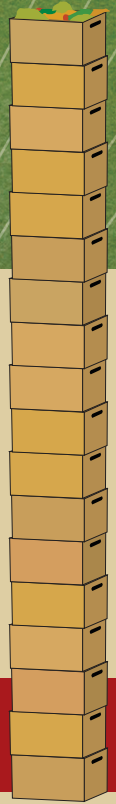
GOOD FOOD. HEALTHY COMMUNITIES.

**ANNUAL  
REPORT  
2020**



# FOOD FOR FREE'S COVID-19 RESPONSE

March-June 2020



## FOOD DISTRIBUTION AMOUNT OF FOOD DISTRIBUTED

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



This year:  
**1.7 MILLION**

- |   |           |            |
|---|-----------|------------|
| Arlington   | Cambridge | Medford    |
| Boston<br>(Dorchester, East Boston, Jamaica Plain, Roxbury, Dorchester) | Chelsea   | Revere     |
| Brockton  | Haverhill | Somerville |
|   | Lawrence  | Waltham    |
|   | Lynn      | Watertown  |

CITIES AND TOWNS SERVED

VOLUNTEER POWER



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

## COVID RELIEF GROCERY DELIVERY PROGRAM March - June

**19,500** deliveries



**2,284** unique households served through program

## CAMBRIDGE PUBLIC SCHOOLS MEAL DISTRIBUTION

**70,000** breakfasts and lunches distributed

**68 days** of Serving Lunch

STATS 3/16/20 - 6/19/20



## FINANCIAL SUPPORT TO COMMUNITIES IN GREATER BOSTON HARDEST HIT BY COVID-19

**\$100,000**

allocated across Waltham, Chelsea, Revere and Lynn to supplement food resources



11 INMAN STREET  
CAMBRIDGE, MA 02139  
WWW.FOODFORFREE.ORG



## Board of Directors

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Ryan Lee, *Operations Director*  
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Stephanie Tyler Smith, *Program Director*

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Adam Collins, *Food Rescue Coordinator*  
Julio Francisco, *Food Rescue Assistant*  
Timothy Hoang, *Operations Manager*  
Erica Kenny, *Food Rescue Coordinator*  
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Jose Santana, *Food Rescue Coordinator*

## Programs

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Joshua Fiagbedzi, *Field of Greens Manager*  
Fatima Hashi, *Program Coordinator*  
Simon Walsh, *Home Delivery Coordinator*

## Administration & Development

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Carol Nathan, *Business Manager*  
Chelsea Strelser, *Events Coordinator*  
Amanda Trombley, *Marketing Manager*

## FOOD FOR FREE

11 Inman Street  
Cambridge, MA, 02139

[www.foodforfree.org](http://www.foodforfree.org)  
Tel: 617.868.2900



# 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/](http://foodforfree.org/annual-report-2020/)

## FY20 INCOME AND EXPENSES

*Summarized from our FY20 Audited Financial Statements*

### Operating Revenues and Support

Contracts and Grants	1,153,900
Individual and business donations	1,515,065
Events and appeals, net cost of direct benefit to donors	303,857
In-kind donations of food	4,612,886
Earned income from program services	46,185
Investment and other income	8,363
<b>TOTAL REVENUES AND SUPPORT</b>	<b>7,640,256</b>



### Expenses

Salaries and wages	852,132
Payroll taxes and fringe benefits	124,843
<b>TOTAL COMPENSATION AND BENEFITS</b>	<b>976,975</b>

Rent	25,000
Depreciation	29,653
<b>TOTAL OCCUPANCY COSTS</b>	<b>54,653</b>

Transportation	104,634
In-kind food delivery and purchases	4,906,563
Insurance	52,872
Other program expenses	222,864
<b>TOTAL PROGRAM EXPENSES</b>	<b>5,286,933</b>

Administrative and office	39,571
Consulting fees	24,666
Information Technology	9,430
Cost of direct benefits to donors	13,017
Printing, postage & publications	12,531
Accounting and bookkeeping	15,418
<b>TOTAL OTHER EXPENSES</b>	<b>114,633</b>

<b>TOTAL EXPENSES</b>	<b>6,420,177</b>
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## FOOD FOR FREE PROGRAMS

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

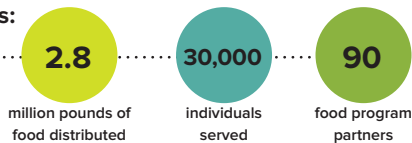
## Food Rescue and Distribution

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:



"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:



## FOOD FOR FREE PROGRAMS

### 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.

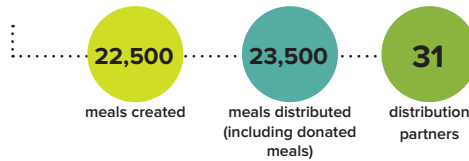
- Healthy Waltham
- Revere Crisis Response
- Salvation Army, Chelsea
- Salvation Army, Lynn
- YMCA, Lynn



### 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:



## FOOD FOR FREE PROGRAMS

### 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 self-stable groceries.

Key Metrics:

9,438

deliveries to 2,284 different households over 15 weeks

810

volunteers donated 7,305 hours of service



## FOOD FOR FREE PROGRAMS

### Cambridge School Meals Support (emergency program, spring and summer 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:



### Cambridge and Somerville Weekend Backpack Programs

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:





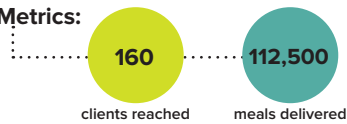
## FOOD FOR FREE PROGRAMS

### 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.

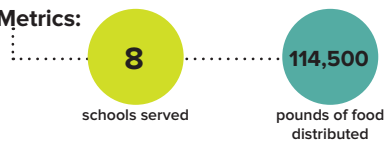
**Key Metrics:**



### 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:**



### Summer Markets

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

**Key Metric:**



# Ways to Contribute

## Donate online

Visit us at [foodforfree.org/donate](https://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](https://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.



## Leadership Sponsors



## Sustaining Sponsors



## 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  
Avison Charitable Fund  
Bank of America Charitable  
Foundation  
Barr Foundation  
Biogen Foundation  
Blue Cross Blue Shield of  
Massachusetts  
Bristol Meyers Squibb  
Foundation, Inc.  
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Adah F. Hall Charity Fund  
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Frank W. & Carl S. Adams  
Memorial Fund  
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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  
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of Agriculture  
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For a complete list of donors, visit [foodforfree.org/annual-report-2020](http://foodforfree.org/annual-report-2020)





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