



# Friedens



Food



Pantries

**ANNUAL REPORT  
2023**

**A NETWORK OF  
FOOD CENTERS BUILDING  
COMMUNITY THROUGH  
NOURISHMENT.**





*In Wisconsin, 1 in 10 individuals (and 1 in 7 children) live in poverty, wondering how they will scrape together the funds to cover their next grocery bill. Moreover, recent reports from the U.S. Surgeon General report that our nation is also experiencing an epidemic of loneliness - about 1 in 2 American adults experience measurable levels of loneliness. When our bodies, minds, and spirits aren't nourished, there can be devastating consequences for the individual and our community at large.*

*Our mission - building community through food - is more relevant and urgent than ever. We must continue to create encouraging spaces where families can come together around good food and friendship. We must continue to meet people where they are, both in terms of their nutritional needs, and their need to connect and be seen.*

*This past year required us all to stretch a little farther, think more creatively, and dig deeper as compassionate neighbors. **Our centers saw an astounding 30% increase in demand for service.** And while we were adapting to the challenge, it also brought new opportunities for partnership and support.*

*None of us do this work alone. We need each other to grow and thrive. Thank you to all the volunteers, donors, partner organizations, and anonymous kind souls who helped us make 2023 a transformative year. I look forward to continued community building with all of you in the new year.*

*Sophia Torrijos  
Friedens Executive Director*

## STAFF

Aleka Shewczyk — Operations Manager  
Valerie MacMillan - Program Manager  
Cheryl Ousley — Site Manager  
Erik Koepnick - Community Engagement Manager

Abby Brace — Development and Volunteer Coordinator  
Erika Schmitt - AmeriCorps StreetLife Coordinator  
Aubree Hansen — AmeriCorps Food Center Coordinator

## BOARD OF DIRECTORS

Adam Cook — Board Chair  
Sarah O'Connor — Vice Chair  
Danielle Coterel — Secretary  
Nadene Foti — Treasurer

Meghan Brondos  
Amanda Frazer  
William Prescott Marshall

Kimara Ellefson  
Samantha Bear  
Kelsey Prestby

## DONORS

\$50,000+: United Way of Greater Milwaukee and Waukesha, Anonymous Family Foundation

\$25,000 - \$50,000: Anonymous, Children's Wisconsin, Kohl's Hometown Giving, Zilber Family Foundation

\$10,000 - \$25,000: Anonymous, AM Construction Services, Bader Philanthropies, Forest County Potawatomi Foundation, Nonprofit Management Fund, TJX Foundation

\$2,500 - \$10,000: Anonymous, Anthem, Brewers Community Foundation, Gallop Family Foundation, Green Bay Packers Foundation, Humana, Quad Graphics, SE WI Association UCC, Weiss Family Foundation

Total Cash Donors: 780+

2023 In-Kind Donors: Bombas, Trader Joe's, Muskego Food Pantry, Feeding America, Costco, ALDI, Outpost, Hunger Task Force, Festival Foods, Ebenezer Stone Ministries, Penzey's Spices, Pepsi Company, Walmart, Pewaukee Food Pantry, Sendik's Food Market, Save-A-Lot, Gesu Church, Witte's Vegetable Farm, United Way of Greater Milwaukee & Waukesha County, Indian Community School, Plymouth UCC, AMCSI, Brewers Community Foundation, Eastcastle Place, GE Healthcare, Greenfield Bilingual School, Immanuel Baptist Church, Just One More Ministry, Lakefront Brewery, Rogers Behavioral Health, Target, West Allis Farmer's Market, Witte's Vegetable Farm, Healthy Harvest Farm Total Food Donors: 132+

# BUILDING COMMUNITY THROUGH NOURISHMENT

## FOOD DONATION

Total pounds of food donated & distributed:

**1 million lbs** 23% more than 2022



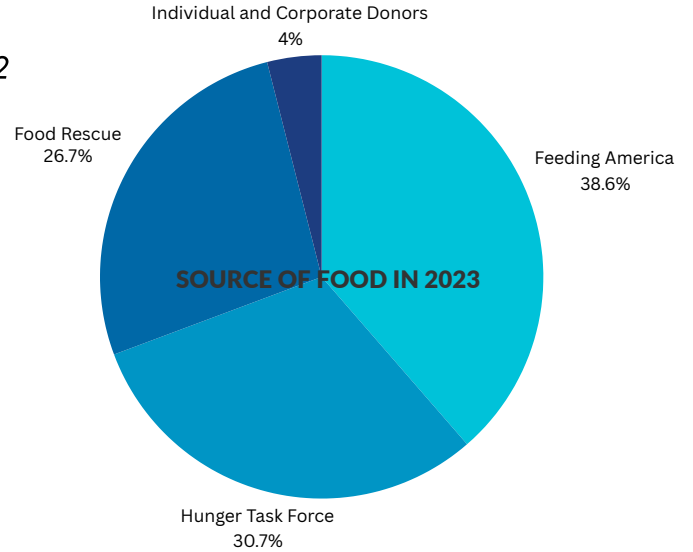
## FOOD RESCUE

Friedens rescued

**290,000+**

lbs of food with a team of  
**27** food rescue volunteers

**13** local grocer partners.



## CLIENTS SERVED

**54,000+** individuals 30% more than 2022

### Mitchell St

1615 S 22nd St, 53204

**32,611**

individuals served

### Vliet St

1220 W Vliet St, 53205

**4,275**

individuals served

### Orchard St

209 W Orchard St, 53204

**12,069**

individuals served

### Fond du Lac Ave

10230 W Fond du Lac Ave,  
53223

**5,887**

individuals served

*\*\*The values above represent duplicated service events. Unduplicated: Individuals: 14,827; Households: 4,842*

## OTHER DISTRIBUTIONS

- Milwaukee Diaper Mission Diapers: 175k
- Milwaukee Diaper Mission Period Products: 112k
- Bombas socks: 55,000
- Narcan: 100+ boxes across all sites
- Holiday Meal Boxes: 300+
- Christmas gifts: 400+





## GROWING TOGETHER

Our outdoor Peace Garden has become a beautiful shared space that guests and neighbors took time to enjoy all summer and fall. Our indoor hydroponic towers grew flavorful herbs and vegetables and were managed by volunteers led by our AmeriCorps member.

### 2023 Highlights

- Hosted multiple community seed giveaways. Community members received vegetable plant seedlings grown in our hydroponic room to plant at home.
- Pollinator education at block party through Zoological Society of Milwaukee
- Started composting in our new compost bin designed by UWM students and faculty.



## FRIEDENS EMPTY BOWLS

In 2023, Friedens hosted it's second Empty Bowls fundraiser. This long-standing event brings together local restaurants and artisans to raise money to address hunger in our community. We took on the Kern Center and filled it with a thousand people! We enjoyed live music, good soups and breads, and raised money to support our network of food centers.

### 2023 Highlights

- \$75,000 raised
- 21 local chefs and restaurants donated homemade soup, beer, and bread
- 2,000 bowls donated, the majority sold
- 250+ volunteers
- 1,000+ attendees



## FRIEDENS SUMMER BLOCK PARTIES

During the summer months of June, July, and August, Friedens celebrated a series of community block parties. We brought in resources requested by community members, created art, danced, and grilled burgers and hot dogs. Amazing volunteers brought side dishes and helped cook! Enjoying being together and building relationships amongst neighbors is what we do. In 2023 interactive art projects were led by a local chalk artist who taught kids and adults how to create awesome drawings from basic shapes. We were also joined this year by the UWM Story Cart where community stories were collected and shared.





# BUILDING COMMUNITY THROUGH NOURISHMENT

## FOOD, WELL-BEING & SUSTAINABILITY

At Friedens we recognize the importance of the food lifecycle from seed to compost. From the seedlings we plant together in the spring to the food that we compost and everything in between, we recognize opportunities for connection in every aspect of the food lifecycle.

*Our food demo table is managed each year by an AmeriCorps member and each person has put their unique stamp on community conversations around nourishment.*

### 2023 Highlights:

- Hundreds of **seedlings** were donated to share with our community.
- Over **2,500** food samples were tasted by our guests.
- Nearly **300,000 pounds** of food was recovered from local grocers and diverted from a landfill. This food is sorted for quality by passionate volunteers who recognize the importance of putting the freshest items on our shelves.
- Food from our **Food Rescue program** is made possible, in part, by valuable partners such as Outpost, Trader Joe's, and Costco. Nearly a third of the food on our shelves is through this program and allows greater choice for our guests.
- Our first **256 gallon composting cube** has been filled with food waste! More to come in 2024!
- Worked with a volunteer student to collect and evaluate data on our composting program.



## HOME DELIVERY

Friedens serves homebound individuals and families across Milwaukee who are food insecure but experience barriers to accessing free groceries from a food center location. Friedens customizes box content to meet different dietary needs and partners with DoorDash to optimize the delivery of hundreds of boxes a month.

Delivering fresh, healthy, culturally-specific foods in a dignified and innovative way improves health outcomes for disabled and homebound individuals. This optimized strategy for delivering food is both cost-effective and highly customized to meet the mobility and diet-specific needs of clients.

As the program has grown over the past two years, we quickly found there was a very high demand for these services. The organization made the decision to hire a part-time Home Delivery Coordinator to help streamline these services and hopefully enroll more qualified individuals in the future. Next year, we hope to continue building out this program and be able to center equity in our food distribution model.

### HOME DELIVERY STATS

# 151

enrolled individuals receive 7+ days worth of food each month.

# 34%

of households require a box customization due to dietary needs such as diabetes, allergies, culture, and religion.

# 83%

of participants are BIPOC and include refugees from Latin America, the Middle East, and Southeast Asia.

# 90%+

of primary household members are over the age of 60.



# BUILDING COMMUNITY THROUGH NOURISHMENT

## VOLUNTEERS

Volunteers are an integral part of how we were able to serve 54,000 people with over 1 million pounds of food in 2023. Our Volunteer Community grew to over 2,100 members—a 55% increase from the year before. Volunteers have transformative experiences when paired with community shoppers to provide a welcoming environment, a smiling face, and friendly service as shoppers navigated the pantry shelves. Then, when pandemic-era food benefits ended in April and we saw a huge spike in visits to our community food centers, volunteers rose up to meet the challenge. We enjoyed volunteer support at every level of our organization in 2023, with nearly 100% attendance at Board meetings, volunteers supporting social media, graphic design, events, and marketing. Our gratitude could not be greater!



**2,166**

**volunteers in  
2023**



**20,000+**

**total hours  
volunteered**



**\$640,000**

**Monetary value of  
volunteer time**



***"The opportunity to help others as well as meeting new people and being one family is beautiful..."***

***-Lily, Volunteer and  
Pantry User***

**Some of our volunteer groups include:** United Way of Greater Milwaukee and Waukesha County, Marquette Midnight Run, UWM Service Learning, Marquette Service Learning, City Year, Friendship Force, Sunbeam Kids, Target, Shorewood High School, Children's WI, Youth Works, Ozaukee Congregational, GE Healthcare, Mount Mary, Rockwell Automation, Saputo, Johnson Controls, Molina, Quad Graphics - Somos Unidos, Riverwalk Dentistry, Brookfield East, Fein Brothers







# PARTNERSHIP SPOTLIGHTS & WIDER REACH

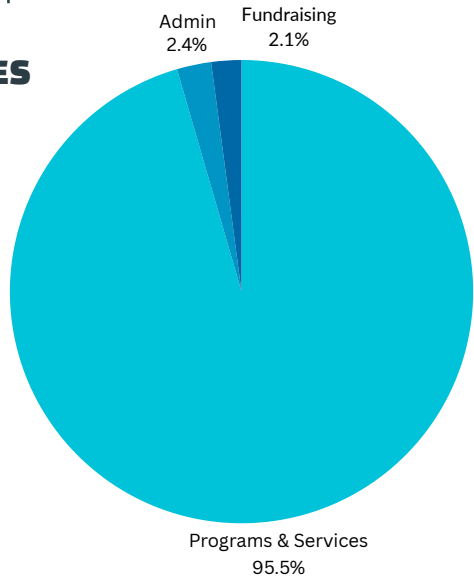
- Hosted 3 summer block parties in partnership with Muskego Way Forward with bounce houses, resource tables, and grilled hundreds burgers and brats!
- Brought in Dietetic students and interns from Mount Mary and MATC to connect with community members for a deeper understanding of community nutrition needs.
- Hosted the League of Women Voters who helped with voter registration and updating voter information.
- Nurses from Froedtert and Ascension provided flu shots, blood pressure screenings, and blood glucose testing throughout the year. We also hosted the Ascension Mammogram Van twice and filled every appointment slot.
- Held a health fair featuring providers from Froedtert, Children’s Hospital, and MCW.
- Conducted FoodShare (food stamps) outreach with the help of Feeding America and Hunger Task Force.
- Piloted a program with the Saturday Clinic for the Uninsured providing on-site groceries to patients who screen positive for food insecurity.
- Installed Nalox-Zone Harm Reduction boxes for community Narcan Distribution through UW-Madison School of Medicine and Public Health



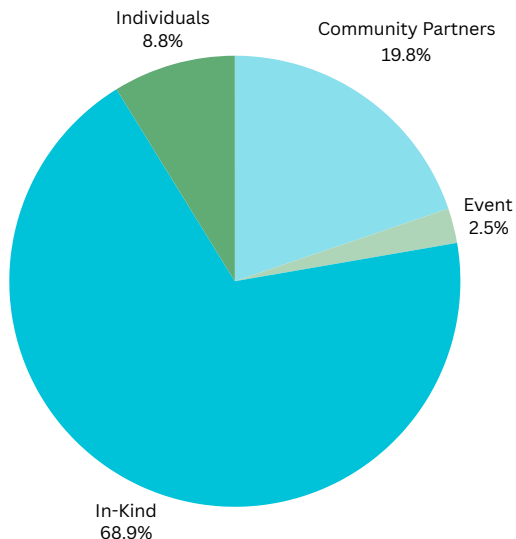
# FINANCIAL

Thank you to our donors and partners for helping us raise just under \$3.2 million in cash and in-kind support.

## EXPENSES



## INCOME







Friedens

Food  
Pantries

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