It could be your neighbor, the server at your favorite restaurant, or your child’s best friend. Unlike a person with a cast that comes with a broken bone, individuals struggling with food insecurity are fighting a battle that is not always apparent.

In Maine, research shows that 1 in 6 people are food insecure, meaning that they lack consistent access to enough food for an active, healthy life. This means that more than likely, someone you know is having a hard time putting food on their table, and that is why the Food Bank and our network of partners are working hard to make a difference.

Thanks to your support, the Food Bank has been able to grow many programs that are helping to get more nutritious food into the hands of those who need it most. The Mainers Feeding Mainers program is pairing more farmers than ever with hunger fighting organizations local to their farms. Our Community Health and Hunger program has grown to 33 healthcare partners that are screening patients for food insecurity at 39 locations and providing them with food and resources. And Cooking Matters continues to add cooking and nutrition education classes to its schedule all across the state.

Aside from this program work, we continue to distribute nutritious food to our statewide network of more than 400 hunger relief partners. In 2018, we distributed more than 25 million meals to Mainers in need. Our newly renovated Hampden Distribution Center will be operational in mid-2019, with the capacity to provide an additional 10 million meals annually to many of the areas in Maine with the highest rates of food insecurity.

As you read through our Annual Report you’ll see the results of this work, and how the Food Bank is preparing for another year of growth and innovation. All of this work would not be possible without the generous support of our donors and our large network of volunteers.

Thanks to your help we are able to offer a hand up to our neighbors who need it most.

Kristen Miale, President
The Food Bank has a bold goal to fill Maine’s meal gap. We’re working to ensure that by 2025, every person in Maine has access to the healthy food they need, when and where they need it. By steadily increasing distribution of nutritious food each year, we’re on track to meet this goal.

In 2018, Good Shepherd Food Bank distributed 30 million pounds of food through our statewide network of more than 400 partners.

In 2010, the Food Bank started working with nine farm partners with the goal of getting fresh, nutritious produce into the hands of those who needed it most. Eight years later, Mainers Feeding Mainers now works with 72 farm partners and the program is increasing access to high-quality produce across Maine, especially in rural areas where many people would otherwise go without this healthy food.
**2018 FINANCIALS**

### Support & Revenue 2018 Total

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<thead>
<tr>
<th>Revenue Source</th>
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<tr>
<td>Private Contributions</td>
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<td>General Contributions</td>
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<td>In-Kind Contributions (non food)</td>
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<td>Interest and Dividends</td>
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**Subtotal Revenues** $10,720,177

*(Before In-Kind Food Donations)*

**In-Kind Food Donations** $47,599,254

**Total Revenues** $58,319,431

### Expenses & Losses

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<thead>
<tr>
<th>Expenditures</th>
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<tr>
<td>Food Programs</td>
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<tr>
<td>Value of Donated Food</td>
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<td>Food Distribution</td>
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<td>Supporting Services</td>
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<td>Fundraising</td>
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</table>

**Total Expenses** $57,121,154

**Change in Net Assets** $1,198,277

### Revenue Sources

(excluding in-kind food donations)

- **Grants**: 25%
- **Program Revenue**: 15%
- **USDA Contracts & Other**: 4%
- **Private Contributions**: 56%

### Expenditures by Functional Allocation

- **Food Programs**: 95%
- **Community Education Programs**: 1%
- **Management and General Services**: 1%
- **Fundraising**: 3%

### Sources of Food

- **Food Industry Donations**: 68%
- **USDA Food**: 19%
- **Maine Farms**: 7%
- **Purchased Food**: 6%
- **Food Drives**: <1%
In 2018, the Food Bank’s focus remained on strategies to reduce food insecurity among children, seniors, and people facing health issues—our most vulnerable populations.

**Youth & Families Initiatives**

Since beginning eight years ago, Good Shepherd Food Bank’s Youth and Families Initiatives have grown from reaching 40 students at one BackPack Program pilot school to serving more than 10,000 children through 170 community partnerships. In addition to launching 11 new school and afterschool partnerships during the 2017–2018 school year, we increased the average number of meals distributed to each participating family per month by 42 percent.

**Community Health & Hunger**

By working with healthcare partners all across Maine, we are able to get nutritious food and resources to individuals when they are most vulnerable. Food insecurity adds to the stress and strain on the body when recovering from illness and worsens the effects of diseases like high blood pressure and diabetes. In 2018 we added 22 new healthcare organizations to this program for a total of 33 partners operating at 39 locations across Maine. These partners screened patients for food insecurity and provided 3,700 referrals to food assistance providers in their communities.

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**Cooking Matters**

In 2018, Good Shepherd Food Bank offered 189 Cooking Matters classes and 330 grocery store tours, reaching more than 5,300 Mainers with the important nutritional education needed to shop for healthy foods on a tight budget.

Classes are offered in all 16 counties through partnerships with Maine SNAP-Ed, Eat Well Nutrition Program, 5-2-1-0, and other community organizations. All groceries for the program are generously donated by Hannaford Supermarkets.
OUR SUPPORTERS

President’s Fund to End Hunger Donors

Good Shepherd Food Bank is revolutionizing its work by investing in innovative strategies that combat the root causes of hunger while providing meals to nourish Mainers, with the goal of reducing food insecurity in the future. We are grateful to the supporters who have invested in this fund with a gift of $5,000 or more between January and December 2018.

Founding Members ($10,000+)

Anonymous (2)
Clark Insurance
Cornelia Cogswell Rossi Foundation, Inc.
Robert and Marta Frank
The Freeman Ellis Family
Gwendolyn Elwell Flanagan Foundation
Stephen and Peggy Laverdiere
Mr. and Mrs. James E. Marble
Patrick and Edna McTeague
Moxie Auctions

$100,000+
Elizabeth Strout and James Tierney
Estate of Garry Tuttle

$50,000-$99,999
Ramsdell Designated Fund of the Maine Community Foundation

$20,000-$49,999
Anonymous (2)
Paul and Paulette Belanger
Hildegard Drew Fund
Robert and Marta Frank
Robert Fuller, Jr.
Frank and Deborah Pecoraro
Norman Pomerleau
David and Martha Reifschneider
Marjorie Shaw
Rebecca Stanley and Charles Jacobs
Diana Washburn

$10,000-$19,999
Anonymous (3)
John and Deborah Darling
Matthew and Michelle Draghetti
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Ben Grant and Caroline Eliot
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Patrick and Edna McTeague
Estate of Edward P. Noel
John Orestis and Barbra Crowley
David B. Osborne
Susan Petersmeyer
Donna Roggenthien and Ron Leeking
Tim and Kevin Sample

Individual Financial Donors

$10,000-$19,999 (cont’d.)

$5,000-$9,999
Anonymous (5)
Joseph and Susan Alexander
Chris and Patti Arapogliou
Robert and Elizabeth Barton
John Bennett and Abby Snyder
Richard Bresnahan
Julie and Matt Chin
Walter and Cheryl Fasse
Mr. and Mrs. William Findeisen
Joan Fink

$10,000-$19,999 (cont’d.)

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William Newkirk and Cheryl Tschanz Family Foundation

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Jonathan and Donna Shaw
David Sherman, Jr. and Martha Burchenal
Drs. Thomas and Carol Vaughan
Frederick and Heather Veitch
Gail Weaverling and Jack Hackendorn
David Wheelock
Timothy Wyant
Jane Yudelman

$2,500-$4,999

Anonymous (2)
Marie Barlow
Ronald Bechard
Jim Brennan
Phillip Cran dall and Patricia Hensen
Aileen Crawford
Mark and Anne Cressey
Lily Bay Fund of the Maine Community Foundation
William Dykstra
Erin and Chris Fogg
Raleigh L. Folsom
Shirley Frost
Theodore Fucillo
John and Kelly Gage
Lynda Mullen and Susan Garfield
Ruth-Anne Gibson
Francine Gillooly and Janet Malia
Gail Weaverling and Jack Hackendorn
Michael Harris
Karen Harris and Rob Gips
Michelle and Peter Hayes
Kathy and Jim Helming
Frank Pergolizzi and Mary Hollister
Frank and Nancy Howell
Douglas and Sharyn Howell
Mr. and Mrs. William Hoyt
Peter E. Kelley

$2,500-$4,999 (cont’d.)

Mark Kingston
William Laubenstein, III
Peter and Christina Lofgren
Sebastian Luy
Aaron MacArthur
Todd and Wendy Mason
Nonesuch Charitable Trust
Michael and Lynne Melochick
Ken Mendelson and Joelle Moreno
Kristen and Drew Miale
Ethan, Amy and Sally Minton
Robert and Jennifer Montgomery-Rice
Doug and Terry Murphy
Polly Nichols
Daniel Nimick
Noel and Cynthia Pelliccia
William Pizzo
Estate of Richard Randall Sr.
Peter and Beth Richardson
Lori Runions
Kenneth and Jill Ryan
Carrie Sayward
Mr. and Mrs. Carlton Sedgeley
Mr. and Mrs. Dennis Shaffer
Peter and Delinda Smith
Foster and Laurie Stewart
Karen Stram
Linda Tatelbaum and Kalman Winer
John and Anna Marie Thron
Paulette Tidd, in memory of Charles W. Tidd, Sr.
Dyana and Kenny Tull
Marjorie Twombly
Elizabeth Volckening
Mr. and Mrs. Hartley Webster
Mary West
Bill Williamson
Barbara Wood

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Dyana and Kenny Tull
Marjorie Twombly
Elizabeth Volckening
Mr. and Mrs. Hartley Webster
Mary West
Bill Williamson
Barbara Wood
## Corporate & Foundation Financial Donors

### $100,000-$999,999
- Avangrid Foundation
- Component Fund of the Maine Community Foundation
- Elmina B. Sewall Foundation
- Hannaford Charitable Foundation
- Hannaford Supermarkets
- Sandy River Charitable Foundation
- Stephen and Tabitha King Foundation
- Walmart Foundation

### $50,000 - $99,999
- Anonymous
- Bill and Joan Alfond Foundation
- Cornelia Cogswell Rossi Foundation, Inc.
- Doe Family Foundation
- Doree Taylor Charitable Foundation, Bank of America, N.A., Trustee
- Emera Maine
- Maine Credit Unions’ Campaign for Ending Hunger
- MAZON: A Jewish Response to Hunger
- The Ludcke Foundation

### $25,000-$49,999
- Bank of America Charitable Foundation
- Brookfield BRP Canada Corp.
- Coulombe Family Foundation
- Erskine Academy
- Florence V. Burden Foundation
- Ford Motor Company
- Fortin Foundation of Florida, Inc.
- Harris Mathews Charitable Foundation
- New Balance
- Oakhurst Dairy
- Sam L. Cohen Foundation
- Share Our Strength
- TD Charitable Foundation
- Tramuto Foundation
- UNUM

## Food Donors

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<td>Clark Insurance</td>
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<td>Crate &amp; Barrel</td>
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<td>Paradis Shop n Save</td>
<td>Crown Imports</td>
<td>The Heather Foundation</td>
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<td>Anheuser-Busch</td>
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- Advanced Pierre/Barber Foods Co
- B & M
- Backyard Farms
- Belanger Farms
- BJ's Wholesale Clubs
- Bow Street Market
- Catholic Charities ME
- ConAgra
- Fifer Orchards
- Friends of Aroostook
- General Mills
- Growers Express
- Hannaford Supermarkets
- HP Hood
- Irving Farms
- Josephs Pasta
- Kellogg’s
- LePage Bakeries
- Market Basket
- North Center Foods/PFG
- Oakhurst Dairy
- Ocean State Job Lot
- Paradis Shop n Save
- Pepsi
- Pineland Farms Potato Company
- Poland Spring
- Post
- Prime Inc
- Quaker
- Rens
- Ritz Warehouse
- Sam’s Clubs
- Shaws
- Shop N Save Bayside
- SYSCO of Northern New England

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- BJ's Wholesale Clubs
- Bow Street Market
- Catholic Charities ME
- ConAgra
- Fifer Orchards
- Friends of Aroostook
- General Mills
- Growers Express
- Hannaford Supermarkets
- HP Hood
- Irving Farms
- Josephs Pasta
- Kellogg’s
- LePage Bakeries
- Market Basket
- North Center Foods/PFG
- Oakhurst Dairy
- Ocean State Job Lot
- Paradis Shop n Save
- Pepsi
- Pineland Farms Potato Company
- Poland Spring
- Post
- Prime Inc
- Quaker
- Rens
- Ritz Warehouse
- Sam’s Clubs
- Shaws
- Shop N Save Bayside
- SYSCO of Northern New England
After working in non-profits for 40 years helping others, Gregory has seen and done just about everything. Retirement was never something he had planned for, and the cost of living along with caring for his wife have placed Gregory on the receiving end of the line he used to serve. “Never thought I’d be on this side of things, but that’s what it’s here for.”

“It’s not easy to admit you need a helping hand when you’ve lived an independent life for decades,” says Donna. “But if there’s one thing I’ve learned from visiting the food pantry, it’s that I’m not the only one who struggles.”

“I want to thank you for all the stuff you bring in here, it’s helped me stay on my diabetic diet,” says Evelyn, a resident of a senior housing center in Lewiston. “All these vegetables, there’s nothing like them. I am staying healthy because of it, it helps us eat right.”

“They sent up their mobile food truck, and they had a special day there for all the mill employees that were laid off to come,” Greg Jordan said. “They had a turkey for everybody, and a box full of food for everybody, and it was just a blessing, really.”

Kelly has been coming to the Bar Harbor Food Pantry for 2 years and wishes she had asked for the helping hand sooner. “I needed the comfort and confidence to know I could come here, but it takes asking. If I had asked for help sooner, I wouldn’t be where I am today.”

“You bring in here, its helped me stay on my diabetic diet,” says Evelyn, a resident of a senior housing center in Lewiston. “All these vegetables, there’s nothing like them. I am staying healthy because of it, it helps us eat right.”