As we close the decade, I am reflective. I joined Good Shepherd Food Bank 10 years ago and the past decade has brought incredible growth and change—due in large part to rates of hunger that clung to an upward trend. It’s been 10 years of hard work buoyed by an innovative team and Board of Directors, a network of community partners with unmatched dedication, and thousands of generous donors.

I am proud of the progress we have made. We have increased our food distribution by 160 percent since 2010, providing 25 million meals in the last year alone. After spending most of the decade with a food insecurity rate of 16 percent or more, we have seen improvement. Last year Maine dropped to 13.6 percent; hunger in our state is decreasing, and your support is making a difference.

I am determined. Despite this progress, one in five Maine children still lacks consistent access to enough food for an active, healthy life. Maine still has the highest rate of hunger in New England. We have more work to do.

I am hopeful. In 2015, we crafted a 10-year plan intending to close Maine’s meal gap by providing 33.5 million meals annually by 2025. In 2019, we hit a significant milestone: we opened the Hannaford Center, a new food distribution center in Hampden, to provide the physical space and infrastructure needed to source and distribute enough food to meet this goal.

I am motivated. Not by the warm, fuzzy feeling you get when you know you’ve helped another person—but motivated by people like Keisha, whose story you can read in this report. We are placing Mainers like Keisha, who are experiencing hunger, at the center of our work—they are the experts in their lives and can help us identify solutions for stopping hunger once and for all.

With a new decade comes a new opportunity. Let’s commit that the children born in Maine in 2020 will have the chance to reach their full potential. Let’s commit to seeing that no senior has to choose between medicine and food, and no one has to pick between a warm house and a warm meal. Let’s commit to ending hunger in Maine—for Keisha and her children.

President
Good Shepherd Food Bank

A Decade of Growth.
A Vision for Ending Hunger.
By 2025, all food insecure Mainers will have access to the nutritious food they need, when and where they need it.

By doing this, we will help stabilize the lives of the people we serve, reduce the impact of hunger in our state, and make Maine a stronger, more resilient place to work and live.

In 2019, Good Shepherd Food Bank distributed 25 million meals through our statewide network of more than 450 hardworking and dedicated partners.

We estimate that 33.5 million meals are missing from the tables of Mainers each year—this is Maine’s Meal Gap. We are currently providing 25 million meals per year and aim to close the meal gap by 2025.
Expanding to Meet the Need

Grand Opening of the Hannaford Center
Introducing our new distribution center in Hampden

To meet our bold goal of closing Maine’s meal gap, we estimate that we need to distribute an additional eight to ten million meals per year, on top of the 25 million meals we are currently providing. With our Auburn headquarters at capacity, we invested in a new distribution center in Hampden to give us the infrastructure needed to meet our goal.

We opened the facility in 2019 and dedicated it to Hannaford, which has been a partner and supporter since the Food Bank’s founding nearly 40 years ago. Formerly the Bangor Daily News printing plant, the building now houses a state-of-the-art freezer, as well as cold and warehouse storage.

The new center is strategically located to allow Good Shepherd Food Bank to distribute more food, more frequently and more efficiently, to northern, central, and Downeast Maine.

Food for All
Campaign Success

To fund the new distribution center in Hampden, Good Shepherd Food Bank completed a $5 million fundraising drive named Food for All: A Campaign to Nourish Maine. Thanks to the support of more than 900 statewide donors, with gifts ranging from one dollar to one million dollars, the campaign goal was successfully met! Please take a moment to review the list of generous capital campaign donors on page 19.

“We are not building for the work we are doing today. We are building for the work that needs to be done in the future.”

KRISTEN MIALE, PRESIDENT
Service Insights Initiative

As part of our bold 10-year plan to close Maine’s meal gap, we are investing in quantitative research and data analysis to inform our holistic approach to fighting hunger. This year we invested in new Link2Feed software, designed by a certified B Corporation specifically for food banks, to serve as a centralized database for all food pantries to accurately track and measure the service they are providing. We piloted the software with 25 pantries and will continue to train our partners to use the system.

The new data and insight gained will inform strategies for better meeting the needs of Mainers struggling with food insecurity and will help us advocate for policy and systems change. As one example, the heat maps available in Link2Feed assist pantries in understanding where their clients are coming from, which could help identify tactics for improving food access in specific locations.

Community-Driven Strategies

In 2019, Good Shepherd Food Bank worked with three regions—Lewiston, the suburbs of Portland, and Northern Penobscot County—to develop strategies designed to meet their unique food system challenges. “We asked the question, ‘What are the big ideas that can move food security forward in your area?’” Kristen Miale, president of Good Shepherd Food Bank, says.

Solutions had to meet three criteria: increasing food access for local people, lifting and empowering food-insecure Mainers, and improving community connections. After assessing local needs and opportunities, the local groups were given a chance to fund what they saw as the most promising solutions.

“As you can guess, hunger is a multi-headed issue—there are no simple solutions,” says Doug Horner, Director of the Stroudwater Food Pantry and a participant in the Portland suburbs’ working group. Their conversations centered on addressing hunger among students, making clients feel more welcome and comfortable receiving assistance, and helping those whose transportation challenges kept them from accessing aid.

The last issue is a frequent concern of many Stroudwater Food Pantry clients, Horner says. The pantry is not in a walkable location, and many who would access it are elderly, disabled, or without a vehicle. “The strategy we came up with was a delivery program,” Horner said. Through the funding Good Shepherd Food Bank made available, the food pantry was able to purchase a delivery van. It reached 14 households in its first month and is expected to serve more as word spreads.

Strategic Initiatives

Building Advocates Leadership Program

In 2019 Good Shepherd Food Bank launched the new Building Advocates Leadership Program, designed to strengthen, uplift, and integrate voices of community members who are struggling with food insecurity into a statewide advocacy movement to end hunger. Through the eight-week program, participants built an active community, strengthened their public speaking skills, and learned how to use their personal stories to affect change. The program was co-led by a team that included Food Bank staff, volunteers from Area Interfaith Outreach, a food pantry in Rockland, and mentors from the local community.

A critical part of the program is helping participants share their stories with policy officials so that decision makers better understand the challenges facing those in need. One of those storytellers is Keisha Beal, a 28-year-old mother from Rockland. “I am the survivor of generational poverty,” she begins her story, before recounting traumatic events of growing up after the murder of her father and dealing with hunger as an everyday reality. As a mother to three, she then struggled to feed her own family. She described such challenges as losing food assistance when she took full-time work, scraping together meals for her hungry children, and being scolded at the grocery store for using WIC benefits.

For the last 10 years, Area Interfaith Outreach, a partner of Good Shepherd Food Bank, has provided Keisha and her family with food, vital assistance, and support. “They’ve been there for me through every major event and setback, and I will be forever grateful for their support,” she said.

Despite many challenges, she has worked toward a Bachelor’s degree in mental health and human services for the last six years. Keisha will graduate this spring from the University of Maine at Augusta and plans to become a caseworker.

Keisha said the leadership program gave her confidence and made her excited to pursue advocacy around food security. She hopes sharing her story will help dispel people’s judgments and preconceived notions about living in hunger and poverty. “Poverty is not natural. It is a social construct,” she said. “It isn’t the fault of the needy or the responsibility of the charitable.”

“The bonds and connections I have made with the other participants, who I lovingly refer to as my “Food Family,” are ones that I will treasure for the rest of my life.”

—KEISHA BEAL, BUILDING ADVOCATES LEADERSHIP PROGRAM PARTICIPANT
Cooking Matters Maine

The Cooking Matters program accomplished a significant milestone this year by exceeding 30,000 participants in the program’s history. Cooking Matters provides hands-on cooking and nutrition classes, as well as grocery store tours, throughout the state, led by volunteer professional chefs and nutritionists.

“A major highlight for this year was a strategic focus on working with childcare providers statewide. Cooking Matters was able to provide ways that in-home and center-based childcare providers can prepare healthy, affordable meals for kids in their care,” said Courtney Kennedy, nutrition and education manager for the Food Bank.

As the program continues to build partnerships that support the Food Bank’s work to reach families in Maine with valuable nutrition and food skills education, the success can only continue to grow. Currently, courses are taught through several partnerships, including Maine SNAP-Ed, Cooperative Extension EFNEP programs, and Let’s Go! 5-2-1-0. The programming is made possible due to the generous support of Hannaford Supermarkets.

“You can eat healthy and still have tasteful food. We are making small changes: buying less junk food, cooking more often, and eating more fruits and veggies!”

- STACEY, COOKING MATTERS GRADUATE

Youth and Families Initiatives

Through a mix of School Pantry, BackPack, after-school, and summer meal programming, we provide a consistent supply of healthy food designed to meet the needs of 7,000 children and their families at times when school is not in session. Last year, 1.2 million meals were distributed through our youth and family programming.

“We work to get feedback from our school partners each year,” says Jessica Gildea, Youth and Families Initiatives program manager. “Last year, we heard a strong desire for more fresh produce and nutritious perishable foods. In response, we launched a pilot project to expand access to milk and to have direct delivery of farm-fresh produce from our Mainers Feeding Mainers program during the 2018-2019 school year.” This adaptation led to a 52 percent increase in pounds of produce distributed and contributed to 20 percent program growth overall.

“One in five Maine kids are living in homes that don’t have reliable access to enough nutritious food. We are very focused on programming that makes healthy food available, at the right place and time, through trusted adults.”

- JESSICA GILDEA
YOUTH AND FAMILIES INITIATIVES PROGRAM MANAGER

Hannaford’s Fuel Kids at School Initiative

Launching food pantries at Head Start programs

In November, Hannaford Supermarkets announced a significant initiative and investment to create new school food pantries across the Northeast, including 30 new school pantries in Maine. The company’s “Fuel Kids at School” initiative is allowing Good Shepherd Food Bank to establish food pantries in 30 Head Start preschools throughout the state.

“The correlation between access to nutritious food and early childhood development and learning makes Head Start locations the ideal match for our next phase of school-based pantries,” says Kristen Miale, president of the Food Bank.

“By the Numbers”

- 164 school-based programs across the state
- 7,000 Maine families accessed food through our school programs
- 1.2 million meals distributed through schools
- 500,000 pounds of fresh produce accessed through school pantries
- 203 Cooking Matters courses taught
- 206 Cooking Matters grocery store tours provided
- 5,014 Mainers participated in Cooking Matters programming
Program Accomplishments

Mainers Feeding Mainers

“I’ve always wanted to fill up a trailer like that,” said Greg Jordan of Jordan Farms in Chester, filling an entire 53-foot trailer with vegetables en route to the Food Bank’s new Hampden distribution center. The truckload contained 7,398 pounds of winter squash and 16,000 pounds of potatoes. “It was a dream come true!” Jordan added.

Jordan Farms has grown more than 80,000 pounds of food for the Food Bank’s Mainers Feeding Mainers program since 2015. Every year, the Food Bank contracts with nearly 70 farmers across our 16 counties and commits to purchasing produce to be distributed through its statewide network. Last year we sourced two million pounds of food from Maine farmers like Jordan, investing $780,000 into Maine’s agricultural economy.

“New this year was working with four of the local schools to help bring produce to kids and families that need some extra help,” Jordan said. While the majority of Mainers Feeding Mainers product goes to the Food Bank’s distribution centers as inventory for food pantry orders, an increasing amount of food is being delivered directly by farmers to organizations in their backyards. The Food Bank coordinates direct deliveries to schools, healthcare centers, and even senior living facilities.

Raising them up to pass it down

Greg Jordan’s 200-acre property has been in his family for a while, but it wasn’t until six years ago that he started to tend to it again. “I got a job in the local mill in Lincoln in the electrical crew,” Jordan said. “I worked there for seven years before they ended up shutting it down.”

Good Shepherd Food Bank was there when Jordan and his former colleagues needed it most. “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,” Jordan said. “They had a turkey for everybody, and a box full of food for everybody, and it was just a blessing, really.”

That moment inspired Jordan to go back to his roots. He began working and expanding his family’s land and turned it into Jordan Farms. Now, he and his wife and two sons—and newborn daughter—raise produce for the Food Bank’s Mainers Feeding Mainers program. As Jordan’s dad likes to say, “Raise them up to pass it down.”

Community Health and Hunger

Type 2 diabetes, heart disease, and hypertension are just a few of the illnesses that Maine doctors treat that are linked to a lack of healthy food options. Many patients in Maine want to eat better, but struggle to see how they can afford to do it.

Good Shepherd Food Bank’s Community Health and Hunger Program works with healthcare partners to implement the Hunger Vital Signs Food Insecurity Screening questions as part of patient visits. Patients who identify as needing improved access to healthy food can be provided with emergency assistance bags, from the Food Bank, packed with nutrition-dense foods. Patients are also connected to community resources, like food pantries, where they can have regular access to healthy foods.

“When the staff at New England Cancer Specialists discovered our patients were battling food insecurity, the practice initiated a partnership with the Food Bank,” shares Steven D’Amato, executive director at New England Cancer Specialists. “Now, if we identify patients as food insecure, we direct them to our pharmacy, where we keep emergency packs of non-perishable food.”

Dr. Evan Savage of New England Rehabilitation Hospital of Portland has seen this partnership improve diets, and help keep people from repeatedly coming back to the hospital. “This is probably one of the most cost-effective preventative medicine strategies we have,” says Dr. Savage.

Since it started in 2017, the Community Health and Hunger Program has grown to include nearly 100 healthcare organizations across Maine.
NEWS CENTER Maine: Dedicated to Feeding Maine

For the second year in a row, NEWS CENTER Maine ran its “Feed Maine” campaign, intent on raising enough money to supply one million meals to the people of Maine. Culminating with a telethon in May, the second year of the campaign raised $130,041 from 759 generous Mainers, bringing its two-year total to nearly $300,000—the equivalent of almost 1.2 million meals.

Good Shepherd Food Bank recognized NEWS CENTER Maine for its longtime commitment and dedication to fighting hunger in Maine with its 2019 JoAnn Pike Humanitarian Award.

Advocating for Change

As Maine’s leading hunger-relief organization, the Food Bank is investing additional resources in advocating for policies that reduce food insecurity in Maine. Good Shepherd Food Bank President Kristen Miale joined other Feeding America food banks from across the country to visit with members of the congressional delegation. Together they talked about hunger in Maine and the critical role that our federal food programs play in preventing people from going hungry.

The Food Bank worked with partners on five key bills to increase funding for Maine’s hunger relief efforts, including bills to allow dairy processors to donate certain milk products, improve access to SNAP benefits, and improve participation in federally-funded school nutrition programs.

A Year of Awards

During its year of expansion in the greater Bangor area, Good Shepherd Food Bank received two coveted local recognitions.

The Bangor Region Chamber of Commerce honored the Food Bank with its Non-Profit of the Year Award. This annual award is for a non-profit agency that made a notable difference in the lives of the people who live in the Bangor region.

A few months later the Food Bank was recognized as one of the charitable recipients of the Friends of the Cross Center Gala. With a theme of “Feeding Families,” the fundraising event benefitted Good Shepherd Food Bank and two of its local partners, OHI Brewer Area Food Pantry and the Eastern Area Agency on Aging.

“It is an honor to be recognized for our work,” says Kristen Miale, president of the Food Bank, “but we don’t do our work alone. We are grateful for the hundreds of partners and thousands of caring volunteers and donors who fight hunger every day in our communities.”

2019 Financials

Support & Revenue

Private Contributions
- General Contributions: $5,745,334
- Special Event Contributions: $323,756
- In-Kind Contributions (non-food): $210,900
- Grants: $2,077,260
- Program Revenue: $1,571,436
- USDA Contracts: $461,000
- Other Revenue: $14,543
- Investment Return: $18,174
- Interest and Dividends: $34,311

Subtotal Revenue: $10,456,714
- In-Kind Food Donations: $48,265,726

Total Revenue: $58,722,440

Expenses & Losses

Food Programs
- Value of Donated Food: $47,750,552
- Food Distribution: $6,842,409
- Community Education Programs: $755,705
- Supporting Services
  - Management and General: $790,872
  - Fundraising: $1,634,926

Total Expenses: $57,774,464

Change in Net Assets: $947,976

2019 Highlights

Food Sources

- Food Industry: 68%
- USDA: 19%
- Maine Farms: 7%
- Purchased: 6%
- Food Drives: <1%

Expenditures by Functional Allocation
Individual
Financial Donors

*500,000+
Fitz and Susan Dearden

$50,000-$99,999
Josiah and Alexander Alexander
Sophia and Alexander Alexander
Travis and Sarah Alexander
Stephen and Carolyn Alexander

$25,000-$49,999
Jonah and Susan Adams
Ashley and Joseph Adams

$10,000-$24,999
MIchael and Marjorie Adams
Robert and Elizabeth Adams

Other Donors

Thank you to all those who support Community Foundation of Maine through their gifts and acts of kindness. Your generosity and commitment to our mission and vision make a real difference in the lives of so many. We are truly grateful for your support and look forward to continuing our work together in the future.

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Corporate Partners for a Hunger-Free Maine

Corporate Partners for a Hunger-Free Maine is a group of socially responsible corporations and their corporate foundations that support Good Shepherd Food Bank’s mission through monetary gifts and/or food donations. By increasing our impact in the food bank, the variables of our corporate partners contribute to the fight against hunger.