



# 2018 ANNUAL REPORT



# WHO WE ARE

**Dutchess Outreach acts as a catalyst for community revitalization and exists in Dutchess County as an advocate and provider of hunger and relief services in order to ensure that everyone, regardless of income, has access to fresh, healthy food, and the support they need.**



## BOARD OF DIRECTORS

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**“WITHOUT COMMUNITY,  
THERE IS NO LIBERATION.”**

-AUDRE LORDE

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LUNCH BOX MANAGER

Justin Offerman  
FARM MARKET MANAGER

Teresa Brennan  
RECEPTIONIST

Atticus Lanigan  
ADMINISTRATIVE ASSISTANT

Rich Oszip  
DISHWASHER

**PHOTO CREDIT:**  
SEAN HEMMERLE  
MIA BLAS  
ROYAL RICCI  
SARAH SALEM



## Brian Riddell



# Revolting

On the eve of their Revolution, the resistance leaders laid out what was to become the foundation of the country they hoped to create. Thomas Jefferson gets most of the credit for writing about “being endowed by their Creator certain unalienable rights, that among those are life, liberty and the pursuit of happiness”. Unalienable. They can’t be taken away – by anyone.

Let’s start with the former. Basically, we believe we all have an unalienable right to live. And we all know what it takes. So I believe the fire that fed the Revolution warmed the hearts of Congress in 1964 when they revived a Depression era program to feed poor people. Or maybe, it was the fact-finding trips to the backwoods of Mississippi and the hills of Kentucky that exposed the bloated bellies of children and visually vitamin-deficient diseases, that persuaded them. A Democrat-controlled House of Representatives welcomed 13 Republicans who crossed the aisle to counter the 26 Southern Democrats who did not support the Food Stamp Act of 1964. The Senate passed the bill establishing the Food Stamp Program by a simple voice vote.

Two years later, when Congress authorized spending for child nutrition, John Sherman Cooper, a Kentucky Republican, said he was “afraid the lunch programs did not reach the poorest and hungriest children.” And, in 1969, just five months after his inauguration, Richard Nixon asked Congress for a \$1B per year increase to the Food Stamp Program, and for the first time, free food stamps for people with incomes of less than \$30.00 per month. (The existing program at the time required that eligible people purchase food stamps and receive half of that amount for free in return.) By a voice vote the Senate approved a slightly less generous proposal, and the House passed the bill on a roll call vote with 35 Republicans joining the Democrat majority. Before final passage in a 1971 conference, an amendment by a Texas-border Democrat to entitle only “bona fide residents of a political subdivision of the United States” was approved. So you can see, members of both parties, embracing the founding fathers creed, worked together to craft legislation to help feed people who were U.S. citizens and willing to work. Today, eh...not so much. We’re divided on everything. Where is the humanity law makers brought to the floor from both sides during these debates forty-something years ago?

Despite the success of the Food Stamp program in improving the nutritional intake and health of people, it has had to survive repeated attempts by one party to shrink or dismantle it and another party repairing the damage. As a result food stamps, despite the fact they were often given to people with no income at all after rent and utilities (if the case) were paid, never kept pace and do not last a month although given out on that basis. In the proposed 2018 Farm Bill; still undecided in Congress, Food Stamps, now called SNAP - Supplemental Nutrition Assistance Program benefits, for obvious reasons, are on the chopping block once again. And this comes against a backdrop of the proliferation of food pantries on military bases and now mandated on SUNY and many other campuses. This is not the time to cut it.

SNAP prevents children and families from going hungry and improves their overall health. Research also shows children with access to food stamps increase their chances to complete high school. SNAP now helps feed more than 40 million low-income Americans, including 19.9 million children. And you help feed the many thousands of people who we give food to when the food stamps or the paycheck runs out. Because like I said, as necessary and as beneficial as SNAP is, it proves to not meet the whole need. Add to that those who are not eligible for SNAP but go hungry because their income, even though we call it low, is in excess of antiquated limits. Many people with disabling conditions also find their public or private insurance income qualifies them for only a very small amount of help.

That’s where you come in. With your help we can fill that gap for those around us. We may not be able to end hunger but we can strive, as we all do, to see that people within our reach have enough to eat. Imagine if everyone (including Congress) started thinking that way; it’d be downright revolutionary.

# HONORING OUR VOLUNTEERS

Each year, the Dutchess Outreach Volunteer Committee hosts our Volunteer Recognition Reception. For 2018, the Volunteer Recognition Reception was held at The Henry A. Wallace Center at the FDR Presidential Library.

During this Reception, we recognized our volunteers for their commitment and dedication to Dutchess Outreach. We understand that they are the heart of our organization, and we were honored to recognize them.

The President's Lifetime Achievement Award was presented to Debbie St. Onge. The Award recognizes individuals who have completed 4,000 or more volunteer hours in their lifetime. Debbie has unselfishly dedicated her time, talent and resources to many of Dutchess Outreach's program areas.

Barbara DiStefano, Carol Owens and Rosemary Ragonese received the Mary Keeley Award. These three (3) wonderful women, affectionately known as "The Thursday Ladies", support the needs of Dutchess Outreach in the Lunch Box, our community meals program. They are dedicated volunteers and continue to support the needs of others.

The Susan DeKeukelaere Caring Heart Award was presented to 91 years old, Norma Chalmers, who began volunteering with Dutchess Outreach in August 2014. She enjoys volunteering in the Lunch Box with her church.

Lezly Aguilar, Amy Guo, Justin Hutchings, Joy Ouma, Alex Pae and Crystal Popo were recognized with the Outstanding Youth Award. These young people either make long term commitments of service or go above and beyond in service to our programs.

Community Service Awards were presented to the Dutchess County Legislators, Fishkill Farms, Poughkeepsie HS ROTC, Ronni Jarvis Family & Friends, Marist College (Campus Ministry), Camp Ramah, Camp Hillcroft, Oakwood Friends and Hyde Park Methodist Church.

Jan Dewey and Christa St. Germain received the Board Recognition Award for their terms of service on the Dutchess Outreach Board. Special Recognition was given to the Ancient Order of the Hibernians, Arthur S. May School (Think Beyond Yourself), Bharat Thakkar, and St. Gregory's Church. The Life Saver Awards and Extra Mile Awards were also presented to several volunteers who go above and beyond in their service to Dutchess Outreach.

Farm Market Awards were presented to Nutrition Advisory Council members (Bintou Hines, Megan Murray, Shayna Russo and Ozzie Williams) and to Farm Stand volunteers: Nneoma Njoku, Virginia Perez Rosado, Nick Wang and Sherri Wang.

We are grateful for each of our volunteers and the extraordinary service they provide to Dutchess Outreach. Thank you!



**VOLUNSLA (NOUN)**  
the moment you forget that you are volunteering to help change lives; because it is changing yours.



**MORE THAN**  
**1,500 VOLUNTEERS**  
**IN 2018 &**  
**OVER 23,000**  
**HOURS OF SERVICE.**

- Nyhisha T. Gibbs  
Volunteer Administrator



# OUR PROGRAMS

**BEVERLY CLOSS FOOD PANTRY**  
provides food for individuals and families.



**CHILDREN'S CLOTHING CLOSET**  
provides free, gently used clothes for children.

**DUTCHESS OUTREACH FRESH MARKET**  
distributes affordable locally farmed fruits and vegetables to the community.

**EMERGENCY ASSISTANCE**  
provides advocacy and referral services as well as one-time grants for prescriptions and utility payments.

**ACTS OF KINDNESS**  
works with social service agencies to provide clients with household items.

**THE LUNCH BOX**  
serves free, midday, after-school, and evening meals six days a week.

**SUSAN DEKEUKELAERE MEMORIAL COAT DRIVE**  
collects and distributes thousands of warm winter coats to those in need in Dutchess County.

**THE FARM STAND**  
provides free produce one Friday a month.

## FARM STAND

The Dutchess Outreach Farm Stand offers FREE produce one Friday of the month in the City of Poughkeepsie. Last year we ran this program for the first time through the winter months. The Farm Stand is open to absolutely anyone and provides a wide variety of fruits and vegetables, widening access to healthier food options to those within our community who need access most. The force of volunteers and collaborating organizations that help us make this program possible is an incredible testament to the strength of our community.

**MORE THAN 63,000 lbs of  
FREE PRODUCE DISTRIBUTED  
TO OVER 1,800 PEOPLE WITH  
THE HELP OF 275 VOLUNTEERS.  
THANK YOU**



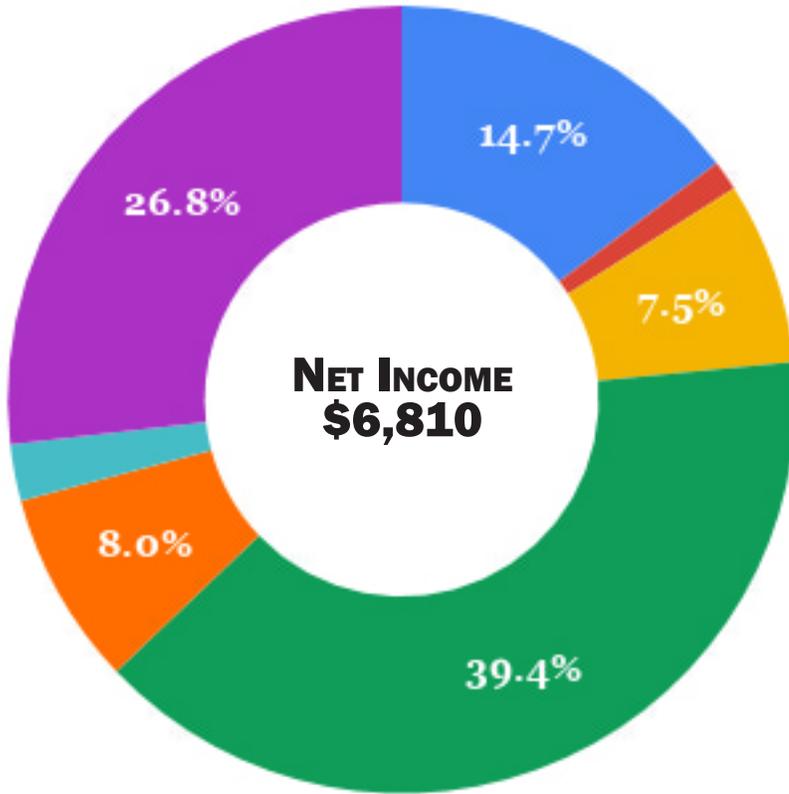
This program is made possible thanks to the Regional Food Bank of Northeastern New York and the Community Foundations of the Hudson Valley.

# FEEDING COMMUNITY HEALTH

## DUTCHESS OUTREACH

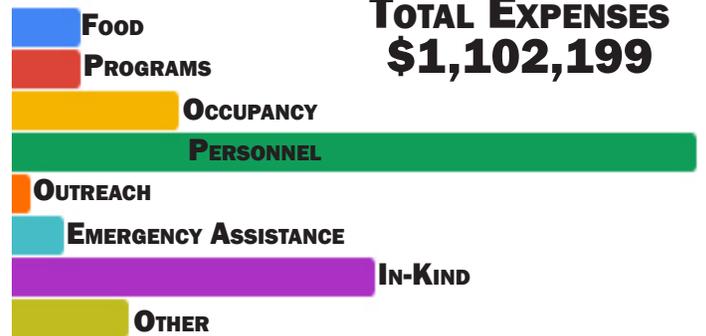
2017/2018

FINANCIALS (PRE-AUDIT)



- CONTRIBUTIONS
- UNITED WAY
- GOVERNMENT
- FOUNDATIONS
- SPECIAL PROGRAMS
- INVESTMENT INCOME
- OTHER REVENUE

**TOTAL INCOME**  
**\$1,109,008**



**TOTAL EXPENSES**  
**\$1,102,199**

**TOTAL EMERGENCY ASSISTANCE GRANTED**  
**\$33,704**



**\$16,449**

TO PREVENT UTILITY TERMINATION



**\$17,055**

TO PREVENT ILLNESS



**\$200**

TO PREVENT EVICTION/HOMELESSNESS

THROUGH OUR EMERGENCY RELIEF PROGRAMS ADMINISTERING GRANTS, ADVOCACY, & REFERRAL, WE ASSISTED **266** PEOPLE IN OUR MOST RECENT FISCAL YEAR, INCLUDING **84** CHILDREN.



# 167,408 MEALS SERVED

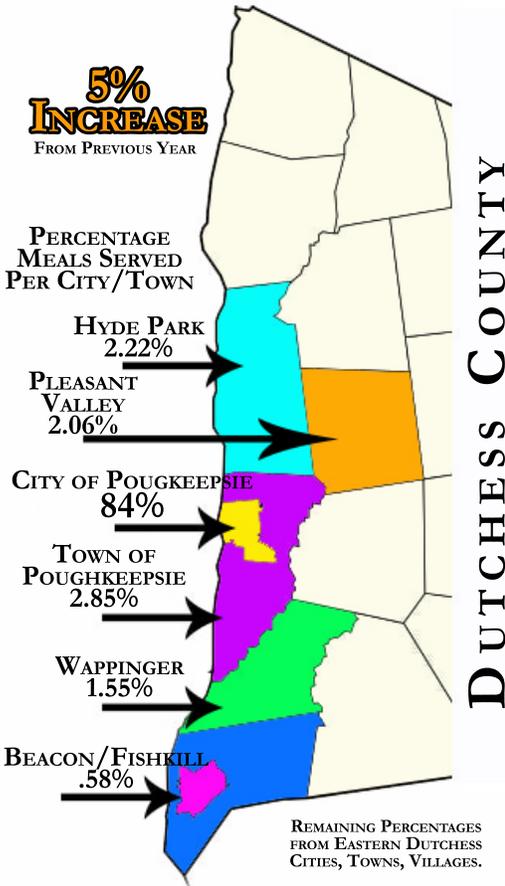
## 84,078 + 83,330

FROM OUR FOOD PANTRY

FROM OUR LUNCH BOX



TOTAL FOOD PANTRY VISITS;  
9,342 PEOPLE,  
INCLUDING 3,086 CHILDREN



## FILLING THE GAPS

**26,130** INDIVIDUALS IN DUTCHESS COUNTY ARE FOOD INSECURE. THAT'S **8.8%** OF OUR POPULATION.

**39%** ARE ABOVE SNAP ELIGIBILITY

**61%** FALL JUST BELOW SNAP ELIGIBILITY

**THAT'S WHERE WE COME IN.**



## FEEDING THE NEED

**42 MILLION** AMERICANS SEEK HELP FROM FOOD ASSISTANCE AND RELIEF PROGRAMS, LIKE DUTCHESS OUTREACH.

DUTCHESS COUNTY ANNUAL FOOD BUDGET SHORTFALL **\$15 MILLION**

**THAT'S WHERE YOU COME IN.**



REQUIRING JUST **\$20/WEEK (\$3/MEAL)** MORE IN FUNDS TO ENSURE DUTCHESS COUNTY RESIDENTS ARE FOOD SECURE.

YOUR GIFT TO DUTCHESS OUTREACH WILL HELP TO ENSURE THAT THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY ARE ABLE TO PROVIDE FOR THEMSELVES AND THEIR FAMILIES BY GIVING THEM THE ABILITY TO MEET THEIR MOST BASIC NEEDS. MANY OF THOSE WHO SEEK OUR SERVICES FIND THEMSELVES NOT ABLE TO GET BY ON WHAT PUBLIC ASSISTANCE BENEFITS THEY ARE GRANTED, OR THEY FIND THEMSELVES JUST OUTSIDE THE THRESHOLD OF ELIGIBILITY. NOW, MORE THAN EVER, YOUR GIFT CAN HELP US FILL IN THESE GAPS AND FULFILL OUR MISSION OF PROVIDING CONSISTENT ACCESS TO FOOD AND THE NECESSARY SUPPORT.



# FEEDING COMMUNITY HEALTH

## FROM OUR CASE MANAGERS' NOTEBOOK

One afternoon in mid-March, Christina, not knowing where to turn and having exhausted her HEAP services due to a long and brutal winter, wandered into our office with her 3-year-old child, bundled up and requesting assistance restoring her Central Hudson services.

Christina stated she had been without heat and electricity, her power shut off for the past three days, and she needed \$307.96 to restore services. Christina informed me that in January, the building in which she lived had suffered a fire and they were placed by the Red Cross. When they returned to the building days later, the heating system in the building was compromised and was not working in 100% capacity. Therefore, she has to resort to electric heaters to keep both her and her child warm. To add insult to injury, Christina lost her full-time employment but was able to stay afloat from the small savings she had put away. She continued to look for employment and had her second job interview in the following week when she discovered the power was shut off.

Dutchess outreach was able to help Christina and her child, not only with the advocacy, food, clothing, and support needed, but with a grant to restore her heat and electricity that same day.

Today, nine months after requesting assistance, Christina is employed and doing well. She often stops by and donates her son's clothing and when I thank her for her generosity, she states, "You were here for me when I needed help. This is the least I can do. I wish it was more".

At times it is easy to lose sight of progress especially when there are still so many people in great need. That is why for me, it is important and rewarding to reflect on these stories and the people we assist throughout the year.

- Delia Vazquez-Habib, Case Manager



## WELCOMING OUR NEW LUNCH BOX MANAGER!

One day for some conversation, I went to the Lunch Box, and by chance, there was an old friend of mine working as a Job Coach with a group of her ARC Consumers. We said our "Hellos" and introductions were made. I stayed and talked with my new and old friends, and continued to come back for a few weeks. One day my friend asked me, "What are you doing these days?" That made me think. The next day I went to the Lunch Box, and while there filled out a volunteer application, I checked back about a week later and was told I need to talk to Tara in the 2nd floor office of Dutchess Outreach.

I went upstairs and asked for Tara. While waiting I observed this young woman jetting around the office at a 115 mph; just a blur. She walked by me and said come with me, and started asking me questions that would be asked at the start of a job interview: Name, Address, Date of Birth, etc. then she said to sign out on the clipboard and she will meet me in the hallway. I was taken aback; this is not what I was expecting, so I said, "excuse me, but I was told to talk to a Tara about my volunteer application". Now she was caught off guard and, realizing what had happened, we both laughed for a while at the misunderstanding.

Then Tara swooped around the office, found my application, reviewed it and told me I could start tomorrow. Well, we worked together for a year and a half, then one day as I was getting ready to go home Tara walked up to me and asked: "You cook, right"? With an Associate Degree from the Culinary Institute of America, and years of experience in institutional and production kitchens, I felt comfortable saying yes and asked why. Tara said we have an immediate opening in the Lunch Box. So in May of 2018, I became the new manager of the Lunch Box, and as they say, "the rest is history". To be here now, working with Dutchess Outreach, an organization so dedicated to helping people is what I'm all about.

-Steven Thompson, Lunch Box Manager

# TOTAL MEALS SERVED: 83,330

## LUNCH: 41,769 DINNER: 23,651 AFTER SCHOOL: 17,910

# 3<sup>RD</sup> ANNUAL TASTE AGAINST HUNGER



Our 3rd annual Taste Against Hunger was a great success! Held on Friday, October 12th in the **Aula Room at Vassar College**, we shared a delicious array of foods from local Hudson Valley restaurants, enjoyed the eclectic sounds of La Familia Swinging Blues Band, all while building support for the work and mission of Dutchess Outreach. This year we honored **Health Quest** for their extraordinary commitment to the Hudson Valley community and unwavering support throughout the years.

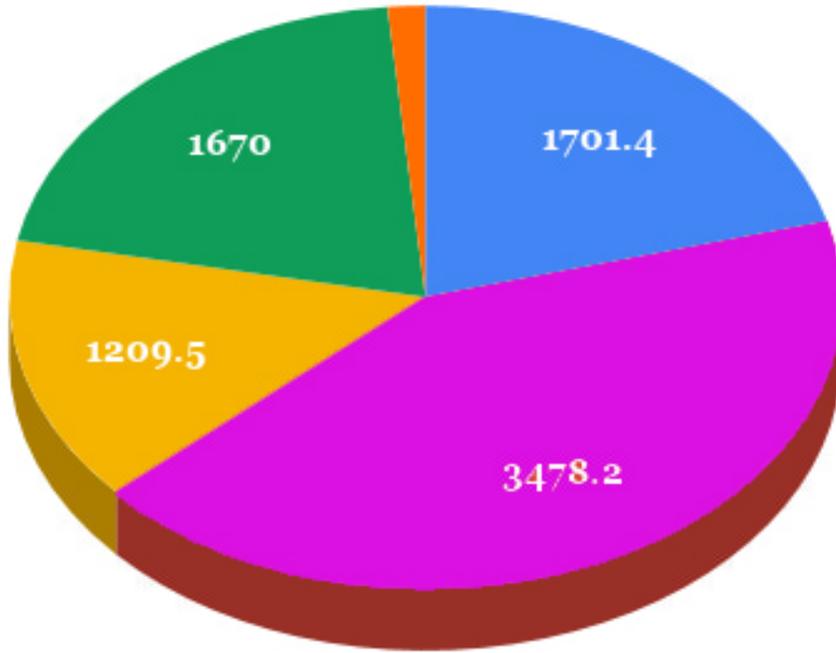


**THANK YOU** to our vendors; Bonefish Grill, Savon's Trattoria, Holy Cow, EFCO Products, Essie's Restaurant, Giacomo's Pizza, Iron Furnace, Millbrook Diner, Mill House Brewing Company, North River Roasters, Publick House, Villa Nigrelli, Maura's Kitchen Texas Roadhouse, Dutchess Beer Distributors, & Durants Party Rentals.

**THANK YOU** to our generous sponsors; iHeartMedia, Hudson Valley Federal Credit Union, Health Quest, Poughkeepsie Journal, Rhinebeck Bank, Marist College, Dutchess Community College, Berkshire Hathaway Home Services Hudson Valley Properties, M&T Bank, Central Hudson, Cindy & Steve Smith, Donna Gruberg, St. John's Evangelical Lutheran Church, Ulster Savings Bank, Millbrook Tribute Garden, Inc., & Meyer Contracting.

# A PATH TOWARD A COMMUNITY HEALTH SOLUTION

**8,584 lbs** OF FRESH HUDSON VALLEY GROWN & GLEANED PRODUCE



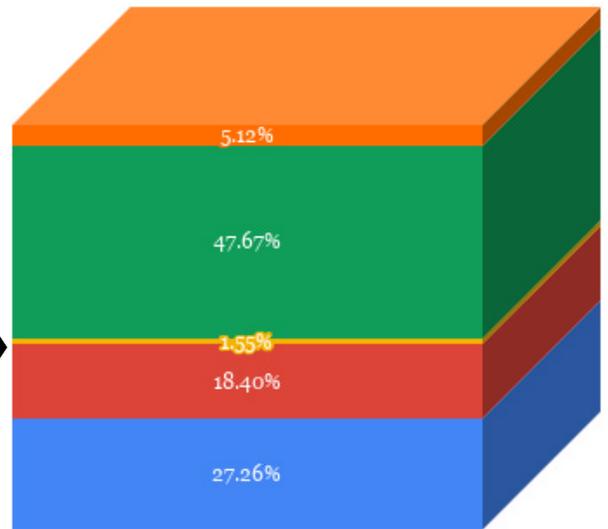
- Dutchess Outreach
- Poughkeepsie Farm Project
- Roosevelt Home Garden
- Hepworth Farms
- Fishkill Farm

**THANK YOU TO OUR FARMING FRIENDS AND PARTNERS.**

**THE 2018 SEASON MARKS OUR 4TH YEAR OPERATING THE DO FRESH MARKET, OUR MOBILE FARMERS' MARKET ON WHEELS. IN 4 YEARS, WE'VE AFFORDED MORE THAN **40,000 lbs** OF FRESH HUDSON VALLEY GROWN AND GLEANED PRODUCE TO COMMUNITIES WHO MIGHT NOT HAVE HAD ACCESS OTHERWISE.**

**OUR MOBILE MARKET PROGRAM IS UNIQUE TO OUR ORGANIZATION IN THAT IT EARNS REVENUE FROM THE SALE OF PRODUCE STOCKED ON THE MARKET. WHAT SETS OUR MARKET APART IS ITS MOBILE NATURE, EXTREMELY AFFORDABLE PRICES, AND OUR ACCEPTANCE OF ALL TYPES OF PAYMENTS INCLUDING PUBLIC BENEFIT ASSISTANCE DOLLARS.**

## 2018 MARKET REVENUE STREAMS



**47.2%** OF THIS SEASON'S REVENUE WAS GENERATED FROM FOOD ASSISTANCE BENEFIT DOLLARS LIKE SNAP/EBT, WIC FMNP, AND SENIOR FMNP.

■ CREDIT   
 ■ CASH   
 ■ SNAP/EBT   
 ■ SENIOR FMNP   
 ■ WIC FMNP  
 FMNP= FARMERS' MARKET NUTRITION PROGRAM



# FRESH MARKET

*A Community Health Solution*



**1,701 lbs** OF PRODUCE GROWN ON OUR URBAN FARM IN THE *CENTER* OF THE CITY OF POUGHKEPSIE.

**6,883 lbs** OF PRODUCE GLEANED FROM OUR HUDSON VALLEY FARMING FRIENDS.

MORE THAN **1,600** PEOPLE SERVED.

**THANK YOU**  
TO OUR VOLUNTEERS AND PARTNERS!

## WELCOMING OUR NEW FARM MARKET MANAGER!

In my 15 years of farming, I have never come across a farmer who doesn't dream of being able to feed their entire community. There is nothing so satisfying as sharing the gift of nourishment with your neighbors. I am honored and excited to be joining the team at Dutchess Outreach and turning that dream into a reality.

I grew up in Iowa with a farming family. I saw what it meant to work the land day in and day out. And to provide food for a community, whether it was hauling cattle, the local butcher, the vegetable farmer. Everyone had their role in making sure our small town thrived. At 14 I moved to Charlotte, NC and found myself in the city and immediately dove into my horticulture classes. I graduated with an Associates degree in Horticulture and haven't stopped learning since. I was amazed and hungry to understand how different people went about nourishing themselves and their communities.

After spending the last 3 years running a small scale organic farm in Dutchess County, I know this is a place I want to farm. I want to connect the community of farmers I have worked alongside with, with the rest the community. The Hudson Valley is full of farmland and incredible people working hard to farm it. It is also full of communities akin to the rest of the country where our relationship with food has grown quiet and unfamiliar. I want to mend that relationship, continuing the mission of Dutchess Outreach by bringing food back to the people. Bringing the excitement of community gardens into neighborhoods where adults and children alike can feel the value and satisfaction of getting your hands dirty and sharing a meal. Please reach out, join in, and stay tuned for our community events.

**-Justin Offerman, FARM MARKET MANAGER**



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# How YOU CAN HELP DUTCHESS OUTREACH

## VOLUNTEER YOUR TIME

OPPORTUNITIES  
IN OUR  
LUNCH BOX  
FOOD PANTRY  
MOBILE MARKET  
ON OUR FARM

## SPONSOR A FOOD DRIVE

WITH YOUR BUSINESS,  
CHURCH, SCHOOL, OR  
ORGANIZATION TO  
BENEFIT OUR MISSION

## MAKE A MONETARY DONATION

YOUR CONTRIBUTION IS  
TAX DEDUCTIBLE AND  
DIRECTLY FUNDS AND  
SUPPORTS OUR WORK

## HOST AN EVENT TO OUR BENEFIT

ADD A MISSION DRIVEN APPEAL TO YOUR NEXT BENEFIT EVENT

## DONATE

NON-PERISHABLE FOOD ITEMS  
PERSONAL HYGIENE ITEMS  
CHILDREN'S CLOTHING

GIFTS OF STOCK OF APPRECIATED  
VALUE BENEFIT BOTH  
DUTCHESS OUTREACH AND YOU  
WITH THE FULL MARKET VALUE  
ELIGIBLE FOR TAX DEDUCTIONS.



CONTACT US AT  
845-454-3792

Thank You