

2022 ANNUAL REPORT

EVERYONE DESERVES

A NOURISHING COMMUNITY

WHO IS DUTCHESS OUTREACH?

Dutchess Outreach is a catalyst for community revitalization in Dutchess County. We provide hunger relief programs and advocacy so that everyone, regardless of income, has access to fresh, healthy food, and the support they need.

OUR PROGRAMS

THE LUNCH BOX

Free hot meals served six days a week

THE PANTRY

Free self-choice shopping and delivery available, open M-F 8:30am-4pm

CHILDREN'S CLOTHING CLOSET

Free, gently used clothes

URBAN FARM & COMMUNITY GARDENS

Farming and gardening in a pesticide and herbicide free environment.

MOBILE FRESH MARKET

Offering affordable produce procured from our Urban Farm and local farm partners to several locations throughout the county

FARM STAND

In collaboration with The Food Bank of Northeastern New York, we provide free produce once a month to upwards of 300 people

ACTS OF KINDNESS

Free housewares

CASE MANAGEMENT

Support for utilities, medication and rent as well as connections to housing, immigration, employment, mental health and addiction services, and education

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OUR TEAM

Renee Fillette, PhD
Executive Director
Tara Whalen
Assistant Executive Director
Teresa Brennan
Receptionist
Tess Connors, MS
Chef & Lunch Box Manager
Stacy Dedring, JD
Farm & Mobile Market Manager
Nyhisha T. Gibbs, MPA
Manager of Volunteers
Carley Franklin-Hughes
Farm Assistant
Rich Oszip
Lunch Box Dishwasher
Jeanne Traugot, JD
Director of Development & Communications
Keith Wood
Chef & Assistant Lunch Box Manager
Samantha Vacchio
Manager of Administration
Delia Vazquez
Case Manager



KEITH WOOD,

Chef and Assistant Lunch Box Manager

Keith has been with Dutchess Outreach since August 2021. Although this was his first job in the non-profit sector, Keith instantly adapted to working with a variety of volunteers and managing unpredictable donations of food to prepare delicious meals from scratch.

Keith is compassionate and kind, without exception, and a wonderful cook. He takes the most pride in the meals he prepares for the afterschool programs, and we have learned that the children have never enjoyed their food as much as they have since Keith has been preparing it. When we asked Keith what his secret was, he simply smiled and said, "I cook with love."

Keith has been working in kitchens for over 25 years including a variety of fine dining restaurants in Dutchess County. Keith also attended the Culinary Institute of America, and grew up in Poughkeepsie.

Dutchess Outreach serves residents throughout Dutchess County. We have a team of 12 staff, but our agency is fueled by nearly 1,000 volunteers who help at least one time during the year, and a consistent group of 128 volunteers each month who provide over 13,000 hours of support throughout the year.

A WORD FROM OUR EXECUTIVE DIRECTOR



RENEE FILLETTE, PhD
Executive Director

John's hands trembled from Parkinson's Disease as he held a can in our Pantry trying to read the ingredients. He is a retired music teacher who has hit hard times, and can't always find or afford the food he needs to manage his diabetes. He makes choices between filling his prescriptions, paying rent, covering utility costs, and eating. The most basic elements of living hang in the balance for him, and for more than 30,000 people in Dutchess County. At Dutchess Outreach, we believe *everyone deserves to be healthy and offered the proper nutrition.*

For the first time in the history of food security, there is hope *beyond* emergency food relief. Thanks to a new emphasis on the link between nutrition and health, Dutchess Outreach is forging relationships with local healthcare providers to ensure we can provide high quality nutritionally dense food for people who suffer from chronic diseases such as heart disease, obesity, diabetes, cancer, and more. From recipe cards created by nutritionists, to nutrition guidance on our food shelves, soon everyone who visits the food programs at Dutchess Outreach can do more than eat, they can eat *well*.

Thank you for making transformations like this possible. The support we have received from our community has given us this opportunity to be better for the most vulnerable among us. Each of us, staff and volunteers, is forever changed by the faces we see and the stories of survival and resilience from the thousands of neighbors who visit us each year.

On behalf of the many senior citizens who have retired from hard-worked careers, young children whose eyes shine with a hopeful future, and everyone in between who has needed a helping hand and found one (or many) at Dutchess Outreach, *we thank you for your support.*

The Pantry is run by Tara Whalen, Delia Vazquez and Teresa Brennan. Tara is celebrating a remarkable 25 years of service at Dutchess Outreach!



EVERYONE DESERVES
ACCESS TO NUTRITIOUS FOOD

DUTCHESS OUTREACH

THE PANTRY

FREE GROCERIES

**123,690
MEALS**



**4,608
CHILDREN**



**6,014
ADULTS**



**1,973
SENIORS**



**8,246
HOUSEHOLDS**

DUTCHESS COUNTY COMMUNITY DELIVERY LOCATIONS



**226
GROCERY
BAGS**

DUTCHESS COUNTY
STABILIZATION
CENTER



**232
GROCERY
BAGS**

DUTCHESS COUNTY
CHAMBER OF
COMMERCE ONE STOP



**590
GROCERY
BAGS**

RIP VAN WINKLE
APARTMENTS



**639
GROCERY
BAGS**

MAPLEWOOD
APARTMENTS



**718
GROCERY
BAGS**

MASJID AL-
MUTAKABBIR
MOSQUE



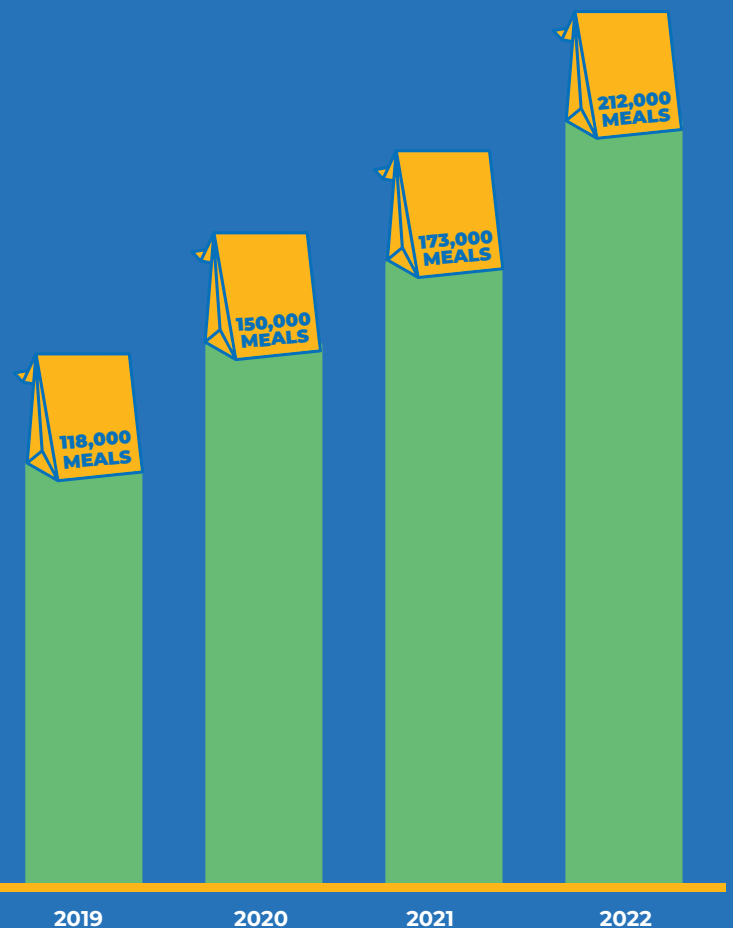
PET FOOD

We are thrilled to be receiving pet food from the Animal Farm Foundation whose mission is to keep animals together with their humans. We have about 20 households utilizing the food, but expect more to come since this is a new program.



INCREASE IN FOOD INSECURITY SINCE THE PANDEMIC

Since the start of the pandemic, we have seen a significant increase in utilization of our Food Pantry and Lunch Box programs.



DUTCHESS OUTREACH

THE LUNCHBOX

A Community Meal Program

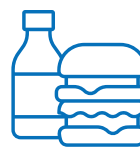
**88,801
MEALS**



**47,320
LUNCH MEALS**



**26,271
DINNER MEALS**



**6,300
REAL SKILLS - AFTER
SCHOOLS PROGRAM**

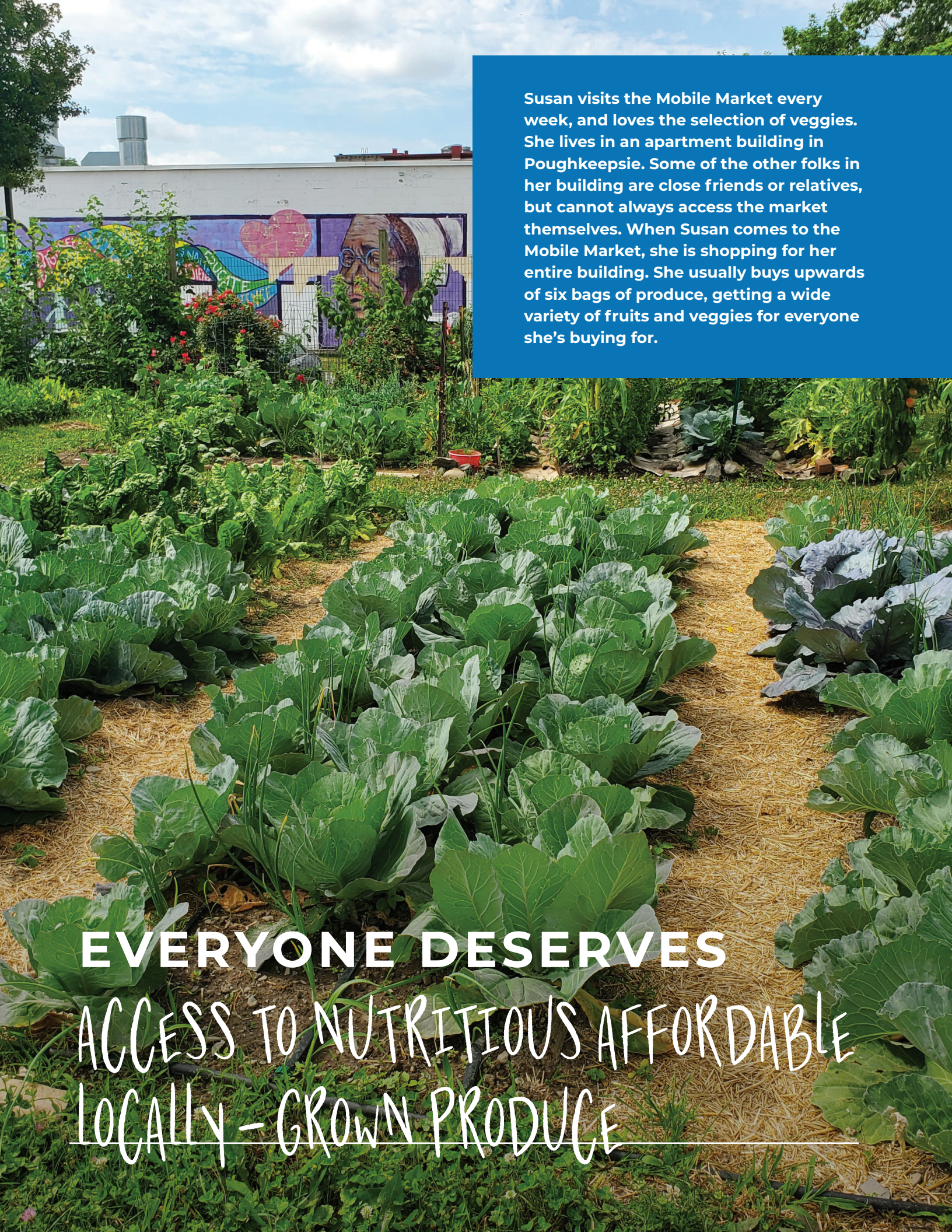
Preparing delicious and nutritious meals in the Lunch Box

With the addition of experienced chef, Tess Connors as Chef & Manager of the Lunch Box in May 2022, the program has begun its transformation into a professional culinary space incorporating the best industry standards. Tess has used her extensive culinary experience to enhance the program by optimizing the space to become better equipped for the increase in demand for meals. The improvements include: new equipment that is focused on safe and sanitary food storage, as well as revamping space to improve workflow.

Tess, along with Chef & Assistant Manager, Keith, are using their extensive cooking skills to prepare nutrient rich food by incorporating produce sourced through our Urban Farm and local farm partners. Over the past few months the two have made: A peach sweet & sour sauce for pork chops with cornbread; summer squash casserole using squash from local farm partners; turkey that has been roasted in-house for deli sandwiches; and Keith's chicken teriyaki using soy, brown sugar and honey. This dish is a hit for the Real Skills kids!

We recently met a retired government employee who did not receive a sustainable retirement package. She now makes deliveries to supplement her income. Everyday, she eats at the Lunch Box and feels like she is getting restaurant quality food.





Susan visits the Mobile Market every week, and loves the selection of veggies. She lives in an apartment building in Poughkeepsie. Some of the other folks in her building are close friends or relatives, but cannot always access the market themselves. When Susan comes to the Mobile Market, she is shopping for her entire building. She usually buys upwards of six bags of produce, getting a wide variety of fruits and veggies for everyone she's buying for.

EVERYONE DESERVES

ACCESS TO NUTRITIOUS AFFORDABLE
LOCALLY-GROWN PRODUCE

DUTCHESS OUTREACH FRESH MARKET

A Community Health Solution

The Dutchess Outreach Fresh Mobile Market offers local, farm fresh fruits and vegetables to residents of the City of Poughkeepsie. The goal of the mobile market is to provide affordable, healthy food access to everyone, regardless of social status or income. The market operates from June-November making stops throughout the city of Poughkeepsie and accepts all forms of payment, including food assistance benefits like SNAP/EBT, WIC, and Farmers' Market Nutrition Program Checks.

**UTILIZATION INCREASED BY 46%
FROM PREVIOUS YEAR**

**25% OF SALES CAME FROM THOSE
USING PUBLIC BENEFITS**

MARKET LOCATIONS

- Arlington Farmers' Market
- Family Partnership Center
- Interfaith Towers
- Maplewood
- Martin Luther King Jr. Garden Apartments
- Phillip Allen Swartz Apartments
- Poughkeepsie Waterfront Market



Photo Credit: Luke Kelly

URBAN FARM

In our Urban Farm we grew a variety of produce which was then distributed through our Fresh Mobile Market, Food Pantry and Lunch Box including: kale, spinach, arugula, rhubarb, radishes, swiss chard, beets, peaches, blackberries, pears, zucchini, okra, tomatoes, eggplant, scallions, collards, squash, onions, carrots, potatoes and edible flowers.

FARM PARTNERS

**21,232 LBS/OVER 10.5 TONS OF FRESH PRODUCE, MEAT & DAIRY FROM FARM PARTNERS AND
DUTCHESS OUTREACH URBAN FARM**

- | | | |
|----------------------|--------------------------|-----------------------------|
| • 1841 Farm | • Hudson Valley Farm Hub | • Poughkeepsie Farm Project |
| • Common Ground Farm | • Lasher Meadow Farm | • The Roosevelt Home Garden |
| • Fat Apple Farm | • Marist College Gardens | • Sweet Freedom Farm |
| • Fishkill Farms | • Meadowbrook Farm | • Willow Vale Farm |
| • Glynwood | • Obercreek Farm | |
| • Hahn Farm | • Old Ford Farm | |

The Fresh Mobile Market, Urban Farm and Farm Partners are managed by Stacy Dedring and Carley Franklin-Hughes.



DUTCHESS OUTREACH

FARM STAND

FREE PRODUCE

3,000+

PEOPLE SERVED

48,408

POUNDS DISTRIBUTED

The Dutchess Outreach Farm Stand offers free produce once a month all year round.

This program is run through the help of dedicated volunteers each month. Nyhisha T. Gibbs, Manager of Volunteers, plays a critical role in organizing this program.

Dutchess Outreach has now partnered with other community businesses and organizations to turn our Farm Stand into a monthly Community Health & Wellness event offering health screenings, school supplies, library cards and much more.



EMERGENCY ASSISTANCE GRANTS PROGRAM



\$20,941
UTILITIES



\$2,852
OIL



\$6,583
PRESCRIPTION MEDICATIONS

This program is made possible through grants from the United Way of the Dutchess-Orange Region and Dutchess County. Tara Whalen, Assistant Executive Director and Delia Vazquez, Case Manager assist clients with receiving these funds.

EVERYONE DESERVES ACCESS TO HEAT, ELECTRICITY AND PRESCRIPTION MEDICATIONS

A family of five needed assistance with their oil bill and came to Dutchess Outreach for support. The family's 6 year old daughter was battling cancer for the past 3 years. The mother was let go from her job as a result of missing work to spend time with their child at the hospital and care for the two older children.

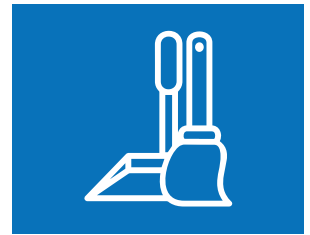
Dutchess Outreach used funding through a United Way grant to assist with their bill and avoid a shut-off of the family's service. A month later when the family visited our food pantry, they expressed their appreciation and stated, "Thank you, we feel as if we can breathe now".



ACTS OF KINDNESS

Provides free essential household items for those in our community that need them.

For over 20 years, Acts of Kindness has been run by a core group of volunteers that makes this program possible.



CHILDREN'S CLOTHING CLOSET



This program, run by volunteers, provides our community with free gently used clothing.



Every year, with the help of Guardian Self Storage and other partners - Dutchess Outreach receives several thousands of coats which are gifted to the community.



DUTCHESS OUTREACH VOLUNTEERS



NEARLY 1,000
VOLUNTEERS



OVER 2,000
VOLUNTEER
OPPORTUNITIES



OVER 13,000
VOLUNTEER
HOURS

Our volunteers, managed by Nyhisha T. Gibbs, ensure that our programs remain open, run smoothly and allow us to provide critical services to our clients. Volunteers help **stock our Food Pantry, prepare lunch and dinner in the Lunch Box, unload trucks of food deliveries, weed our Urban Farm** and help with many other important tasks that enable our organization to operate successfully.

**THANK YOU TO OUR
INCREDIBLE VOLUNTEERS!
WITHOUT YOU WE WOULD
NOT BE ABLE TO DO THIS
WORK AND SUPPORT OUR
COMMUNITY.**



IN-KIND DONATIONS

Each year Dutchess Outreach receives in-kind donations **VALUING OVER \$300,000.**

THERE ARE MANY WAYS TO SUPPORT DUTCHESS OUTREACH



**RESCUE AND BRING US
EXCESS FOOD FROM
RESTAURANTS, FOOD
STORES AND OTHER FOOD
BUSINESSES.**



**SPONSOR A MEAL IN THE
LUNCH BOX. SOME OF
OUR DONORS DO THIS IN
HONOR OF A LOVED ONE.**



**HOST A MEAL IN THE LUNCH
BOX: BRING INGREDIENTS,
COOK AND SERVE THE MEAL.**



**RUN A FOOD DRIVE TO
HELP STOCK OUR PANTRY.**

COUPONS AGAINST HUNGER



OUR COUPONS AGAINST HUNGER CAMPAIGN RAISED OVER \$35,000!

Thanks to our dedicated committee focused on this campaign, for the second year in a row, we were able to create a coupon book that included local sponsors and coupon providers which were then sold to raise funds for Dutchess Outreach.

DONOR RECOGNITION

Without your support, our work would not be possible. Your monetary contributions, in-kind donations and volunteer hours is what helps nourish our community. Everyone in our community deserves access to food and the help that they need.

THANK YOU DONORS!

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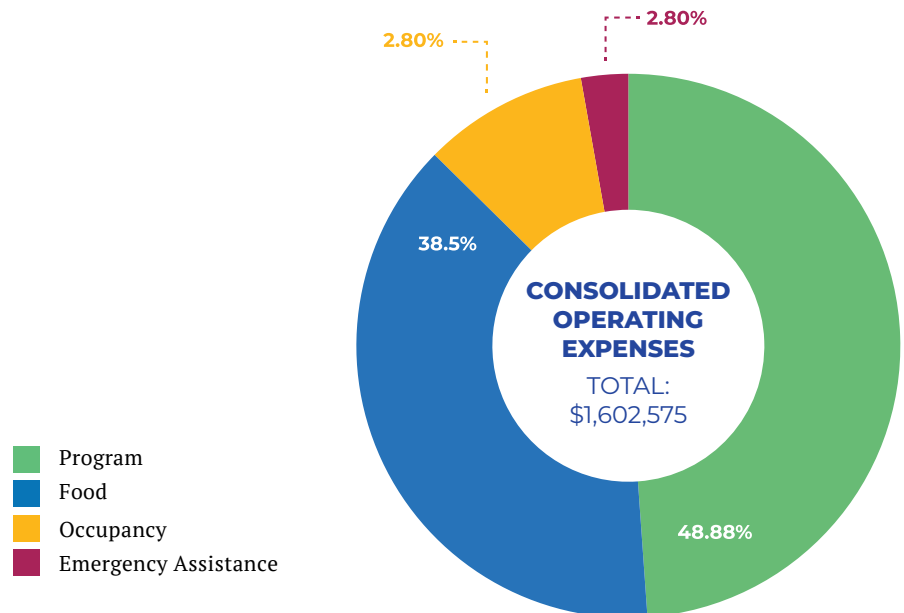
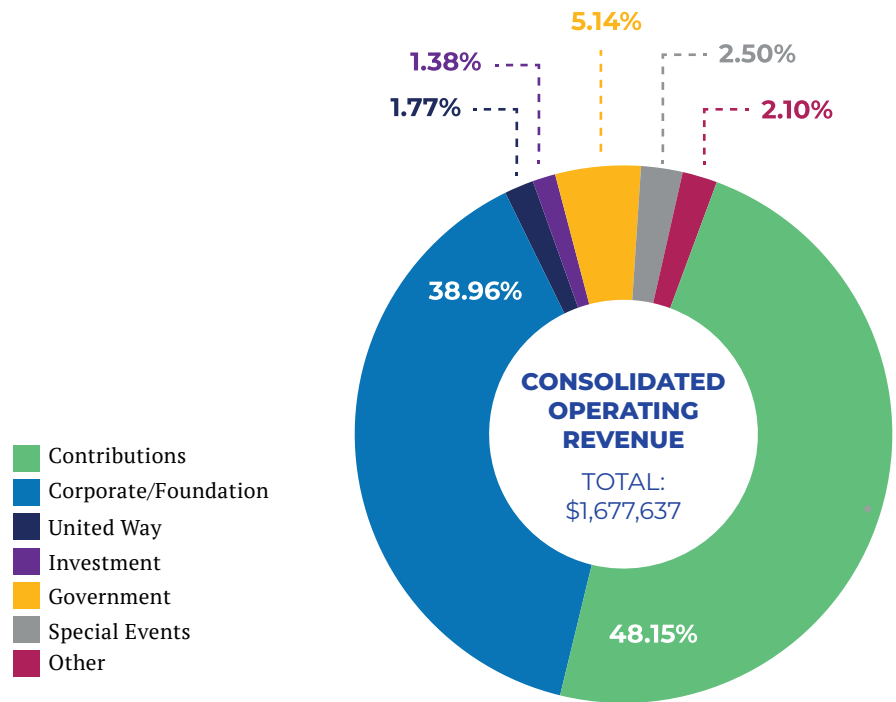
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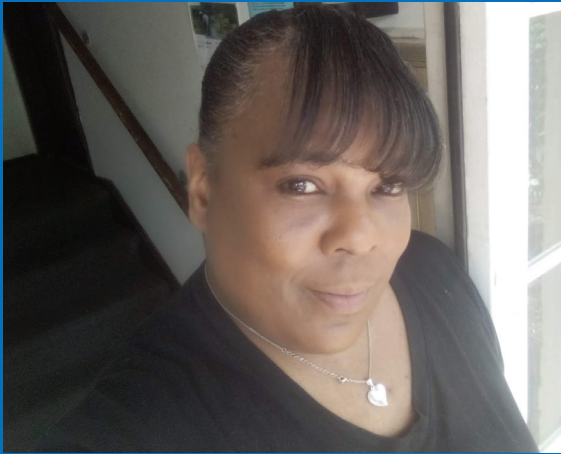
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A quote from Paul Farmer, a medical anthropologist and physician, encapsulates our feeling about contributing to Dutchess Outreach.

“For me an area of moral clarity is: you’re in front of someone who is suffering and you have the tools at your disposal to alleviate that suffering or even eradicate it, and you act.”

- Gilbert & Arlene Seligman





I have been a resident of the City of Poughkeepsie all my life. Along with many others, I have had my share of not being able to make ends meet at times. During these times, I reached out to Dutchess Outreach for assistance for things such as: baby formula and diapers for my daughter, food for my family, and funding for a housing security deposit. Each time I sought assistance, I received it and so much more. I truly believe that Dutchess Outreach helped to get me where I am today. Without them, I would have been homeless and hungry. Without them, I'd be lost. I can never thank them enough for the help they've given me, and so many more people in need. This agency is phenomenal and so needed in this city and county.

- Holly Williams



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Donate to Dutchess Outreach!

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For information about donating or to add Dutchess Outreach in your estate plans, please contact: Jeanne Traugot, Director of Development & Communications at jeanne@dutchessoutreach.org



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