



2017 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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**“The best way to find
yourself is to lose yourself
in the service of others.”**

-MAHATMA GANDHI

OUR TEAM

Brian Riddell
EXECUTIVE DIRECTOR

Delia Vasquez-Habib
CASE MANAGER

Atticus Lanigan
ADMINISTRATIVE ASSISTANT

Tara Whalen
ASSOCIATE DIRECTOR

Letitia Butler
LUNCH BOX MANAGER

Kenya Grant
LUNCH BOX ASSISTANT

Sarah A. Salem
DEVELOPMENT ASSOCIATE

Cloud Bartoli
MOBILE MARKET MANAGER

Rich Oszip
DISHWASHER

Nyhisha T. Gibbs
VOLUNTEER ADMINISTRATOR

Kris Glover
FARM ASSISTANT

Teresa Brennan
RECEPTIONIST



Brian Riddell



Balancing Acts

One often finds inspiration in the strangest of places. In a recent issue of 'This Week', a foodie writer described the impact of the blending of flavors in a savory chicken sandwich capable of "restoring balance to the universe." Silly, you say? Merely the ravenous raving of an elite epicurean?

Perhaps not; for food is energy and it does have the power to change things, for example, the ability to improve the potential of children to learn (Journal of Public Economics, April 1, 2015). Proper eating is also able to lower health care costs in low income households (JAMA Internal Medicine, November 1, 2017). And when it comes to the food universe, things *are* obviously out of balance.

According to a three year old study by the US Environmental Protection Agency, Americans throw away 38 million tons of food per year. In an August 2017 report the National Resources Defense Council estimates the annual cost of such misuse of the nation's food supply at \$218 Billion per year! Meanwhile there are so many people not getting enough to eat to stay healthy and thrive; what we now call food insecurity. There are now at least fifty food pantries and free meal programs in Dutchess County, two hundred eighty in the Hudson valley, five thousand in New York State. Feeding America now estimates there are 40,000 programs in America today, an increase of 35% over the last ten years. I think we can all agree we have a problem and foodie writer may not be that far off. Things are out of balance, but with public and community support and some innovative thinking we can bring food to people who do not get enough to eat. That's life – changing, if not universe balancing.

One way we help level the nutritional playing field is the Supplemental Nutrition Assistance Program (SNAP); what we used to call food stamps. The SNAP program has wide ranging impact. It not only alleviates food insecurity and improves health outcomes for those with the benefit, it supports local grocery businesses. These days it primarily serves those with disabilities and seniors on low fixed incomes. It's the proverbial win-win-win, and as usual, it is under attack. Let's hope common sense reigns in Congress because the original proposal from the White House and approved by Congress and now being negotiated between the House and the Senate, takes \$19 Billion Dollars a year away from the SNAP program. If you believe that doesn't make any sense, especially given the state of affairs described above, let them know what you think.

The proposed budget also takes a knife to the Farmers' Market Nutrition Program and the Community Eligibility Provision of the school lunch program. The former helps people purchase fresh food. The latter allows schools with high percentage of students qualifying for free or reduced lunch to reduce administrative costs involved with determining eligibility and makes lunch available to all students. We also support a number of nutrition programs that are contained in the Farm Bill and Child Nutrition legislation. Keep an eye out for changes being proposed in these in the coming months as it seems all efforts to help poor people are under close scrutiny.

People in this community and across Dutchess County recognize they too can help restore some balance. Our widespread financial support, the battalion of dedicated volunteers, the food drives in schools and businesses are all evidence of that. And there's all the other community partners and their volunteers that Dutchess Outreach now joins to bring free and affordable food to area children and people with no or low-incomes. I salute you all and am delighted to welcome those of you who answered the call when word went out about our latest efforts. Nearly a hundred of you have come out over the summer months to help at the new Dutchess Outreach Farm Stand to provide tons of fresh fruits and vegetables to hundreds of City of Poughkeepsie residents. And I am so pleased to begin our collaboration with those of you working with our newest partner, The Nutrition Advisory Council's Back Pack program, to provide more than a hundred food packages per week to Poughkeepsie elementary school students and their families.

Why do we do all this? We believe people should not be hungry; they have a right to eat well. It's a matter of human dignity for us all. The universe may not yet take notice, but together we can tip the scales of food justice here at home.

HONORING OUR VOLUNTEERS



The 2017 Volunteer Recognition Reception was held at The Manor at Woodside to recognize and thank the generous efforts of Dutchess Outreach volunteers.

Nancy Aronzon, Carolyn Gordon, Rita Lewis, Audrey Ryan and Susan Sinclair received the Mary Keeley Award. They volunteer through the first, off-site Dutchess Outreach program entitled “Acts of Kindness” or “AOK”. Acts of Kindness provides household items to those in need. These wonderful women are affectionately known as “The AOK Ladies”. They support the needs of other non-profit agencies. The Susan DeKeukelaere Caring Heart Award was presented to Danny Leonce who, with his contagious smile, assisted with stocking shelves and packing bags of food. As a donation runner, he retrieved donations from donors.

Sarah Bergeron, Eric Del Rosario, Karthik Dusi, Julia June Lent, Peter Rampone and Nyah Sharrock 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 Camp Young Judaea Sprout Lake, Dutchess Community College, Greek Orthodox Church, Pepsico, Poughkeepsie Farm Project, Spackenkill Leo Club and Spackenkill National Honor Society. Michael Valentino received the Board Recognition Award for his term of service on the Dutchess Outreach Board. Special Recognition was given to several volunteers. The Life Saver Awards and Extra Mile Awards were also presented.

New in 2017, our Farm-Hand Hero and Mobile Market Master Awards were presented to Mingma Sherpa and Kristen Semple, respectively.

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

- Nyhisha T. Gibbs,
Volunteer Administrator



“Alone we can
do so little;
together we can
do so much”

-Helen Keller



**MORE THAN
1,000 VOLUNTEERS
IN 2017 &
OVER 20,000
HOURS OF SERVICE.
THANK YOU**

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 every third Friday of the month.

TASTE AGAINST HUNGER

Our 2nd annual Taste Against Hunger was a great success and a very enjoyable evening. Held on Friday, October 13th in the **Aula Room at Vassar College**, we shared a delicious array of foods from local Hudson Valley restaurants, the sweet a cappella sounds of '**Cherished Memories**', while building support for the work and mission of Dutchess Outreach. This year we honored the **Dyson Foundation** for their extraordinary commitment to the Hudson Valley community.

THANK YOU to our vendors; Bonefish Grill, Maura's Kitchen, 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, Texas Roadhouse, Dutchess Beer Distributors, & Durants Party Rentals.

THANK YOU to our generous sponsors; Broadway Cares, Hudson Valley Federal Credit Union, Health-Quest, Poughkeepsie Journal, Rhinebeck Bank, Marist College, Dutchess Community College, Berkshire Hathaway Home Services Hudson Valley Properties, Central Hudson, Cindy & Steve Smith, Donna Gruberg, St. John's Evangelical Lutheran Church, Toni Saychek, Millbrook Tribute Garden, Inc., & Meyer Contracting.

NEW PROGRAM ALERT

FARM STAND

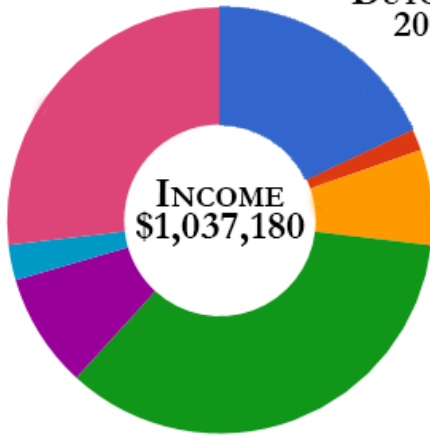
The Dutchess Outreach Farm Stand offered **FREE** produce every third Friday of the month from July-November. Located in the municipal parking on the corner of the arterial and North Hamilton (The Chance Lot) in the City of Poughkeepsie, absolutely anyone could stop by and get free fruits and vegetables.

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

MORE THAN 23,000 lbs of
FREE PRODUCE DISTRIBUTED
TO OVER 900 PEOPLE WITH THE
HELP OF 149 VOLUNTEERS.
THANK YOU

FEEDING COMMUNITY HEALTH

DUTCHESS OUTREACH, INC. 2016 ANNUAL REPORT



- Contributions
- United Way
- Government
- Foundations
- Special Projects
- Investment Income
- Other Revenue

TOTAL EXPENSES
\$1,034,335



**TOTAL
EMERGENCY
ASSISTANCE
GRANTED**
\$24,788



\$7,988

TO PREVENT UTILITY
TERMINATION



\$16,200

TO PREVENT
ILLNESS

THROUGH OUR EMERGENCY
RELIEF PROGRAMS
ADMINISTERING GRANTS,
ADVOCACY, & REFERRAL, WE
ASSISTED **231** PEOPLE IN OUR
MOST RECENT FISCAL YEAR,
INCLUDING **40** CHILDREN.

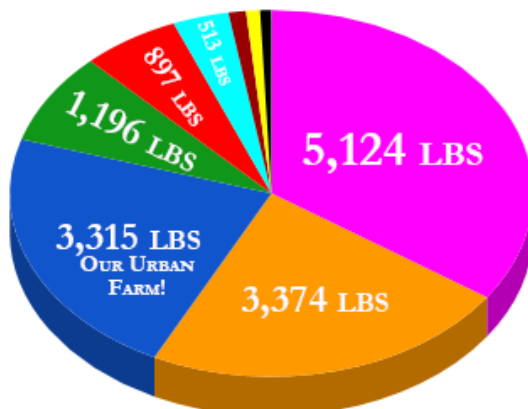


\$600

TO PREVENT
EVICTION/HOMELESSNESS

14,808 lbs

**FRESH HUDSON VALLEY
PRODUCE GROWN & GLEANED.**



- Poughkeepsie Farm Project
- Fishkill Farms
- Dutchess Outreach
- Obercreek Farm
- Hahn Farms
- Locust

**THANK YOU TO OUR HUDSON VALLEY FARMING
PARTNERS AND FRIENDS**



175,314 MEALS SERVED

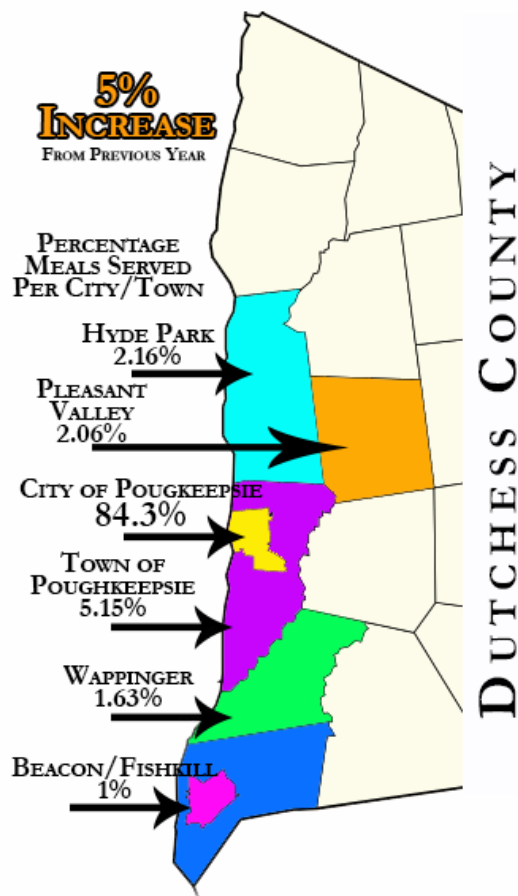


79,902 + 95,412

FROM OUR FOOD PANTRY

FROM OUR LUNCH BOX

TOTAL FOOD PANTRY VISITS;
8,878 PEOPLE,
INCLUDING 2,821 CHILDREN



FILLING THE GAPS

27,790 INDIVIDUALS
IN DUTCHESS COUNTY
ARE FOOD INSECURE.
THAT'S **9.4 %** OF OUR
POPULATION.

41 % ARE ABOVE
SNAP ELIGIBILITY

59% 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

**\$16
MILLION**

REQUIRING JUST

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

MEANWHILE

IN THE UNITED STATES,
\$218 BILLION IS
SPENT ON PRODUCING FOOD THAT
WILL END UP IN THE TRASH.

FUELING THE PEOPLE

IN NEW YORK STATE,
3.9 MILLION TONS OF
FOOD IS WASTED.

ONE POUND OF
FOOD WASTE DIVERTED
EQUALS **1.2 MEALS.**



FEEDING COMMUNITY HEALTH

FROM OUR CASE MANAGERS' NOTEBOOK



We received a call from Tatyanna, a concerned mother wondering how she was going to come up with the payments needed to purchase oil to heat her home through the winter. Tatyanna was referred to Dutchess Outreach by DSS after they revealed that they would not be able to assist until they received another round of funding through HEAP, which wouldn't be for a couple of months. Tatyanna was worried about going without heat for 2 months of winter and how the cold would affect her 6 year old daughter. We scheduled an appointment for the following day to further discuss how Dutchess Outreach might be able to help her. We began the assessment process by asking questions regarding her finances. As she began to describe her financial situation she started to cry. Tatyanna described that she was finally breaking free from a physically and emotionally abusive spouse and that the process was also unraveling her finances. After comforting Tatyanna we got back to the assessment and were able to secure payments to provide oil to heat her home for the next couple of months. Tatyanna was so grateful and declared "I am so glad for you and your agency. This is one less thing I have to worry about, thank you!"

**- Delia Vazquez-Habib,
Case Manager**



FROM THE LUNCH BOX

The Lunch Box, a Community Backbone.

For those who come to eat a hot meal or those who come to volunteer to help us prep and serve, the Lunch Box offers the community a safe, welcoming space they can rely on. It is a place where stomachs are filled and the hearts are warmed. For some, it has paved the way to a new way of life, from the first timer coming in for a hot meal or even members of our own staff.

Things have definitely gotten into a new pace here at the Lunch Box. Volunteers and staff, have found new directions in their lives and parted ways, but have left us with new staff, new found friends and partners. We have created a new atmosphere and brought a new flavor to the food and the dining room. Our Lunch Box staff is in full effect as we keep the hunger low and the smiles wide with the help of our dedicated Lunch Box friends and guests.

Our wonderful volunteers make so much possible for us. From shopping to chopping, stirring, rinsing, and serving they make it a little easier to take care of the many needs of our community members. Thank you for everything, we appreciate you all.

**-Letitia Butler,
Lunch Box Manager**



TOTAL MEALS SERVED: 95,412

LUNCH: 50,857 DINNER: 31,448 AFTER SCHOOL: 13,107



Tara Whalen

It's Not Always a Handout



When it comes down to assisting one of the most underserved segments of our community, low-income individuals and families, it is not always a handout.

The team at Dutchess Outreach provides many services that many people are unaware of. In addition to distributing food through the food pantry, emergency relief services to prevent utility termination and assistance with prescriptions, and children's clothing, we also provide counseling and advocacy to our clients.

An integral part of our attempts to assist our clients comes in the form of listening. Many times a client is not aware of what kind of services they would benefit the most from, so we listen. Good listening skills enable us to better serve those in need. By listening as well as asking questions, we can determine their situation and how best to serve them.

Listening also affords us the opportunity to determine if we need to make a referral to another agency that has a program or service that can help alleviate the burdens being carried by the client. Many referrals are made to agencies such as Catholic Charities, Community Action Agency and rehabilitation centers, domestic violence agencies who have several programs designed to help people who suffer from domestic violence.

Limited access to food continues to be a major crisis throughout the country and Dutchess County, where most of the clients we serve reside. Between our Food Pantry and our Lunch Box program, hundreds of families are able to get nutritious meals that help sustain them.

By ensuring that some of these basic needs are being met, we can then work to address the underlying issues that prevent our community from moving forward.

-TARA WHALEN, ASSOCIATE DIRECTOR

**CONGRATULATIONS TO TARA WHALEN, CELEBRATING
HER 20TH YEAR WITH DUTCHESS OUTREACH!**

FEEDING THE HUDSON VALLEY

WAS A GREAT SUCCESS!

PRODUCE RESCUED FROM LANDFILL OR COMPOST:

13,337 LBS

FROM FARMERS' MARKET & HUDSON VALLEY FARMS

MEALS SERVED:

APPROX 928 MEALS SERVED TO PUBLIC ON WALKWAY

APPROX 560 MEALS PROVIDED TO LOCAL MEAL PROGRAMS

TOTAL MEALS: 1488



A PATH TOWARD A COMMUNITY HEALTH SOLUTION



*FRESH MARKET BUCKS, ACCEPTED AT OUR MOBILE MARKET,
HELP TO FILL GAPS AND GIVE CONSUMERS FRESH FOOD
PURCHASING POWER WHEN **SNAP** BENEFITS RUN OUT.*

According to data from the 2000-2010 Center for Disease Control Behavioral Risk Factor Surveillance System Survey, the prevalence of obesity among City of Poughkeepsie residents has shown a steady increase over the last 10 years, with an average of 32% of residents considered obese. For this reason, the existence of more equitable models of healthy food providers are critical components of healthy, thriving communities, specifically the City of Poughkeepsie.

The programming we offer our community is diverse in that we cover a range of vital services, however, they are all connected and equally assist us in achieving our larger mission to widen access to more nutritious foods, lower the instance of food insecurity, and increase the overall health and vitality of our community by creating a path toward a more resilient local, sustainable, and equitable food system. We envision offering a community cure through the distribution of fresh, nutritionally dense foods and education on the importance of eating locally farmed foods for our bodies and our environment. Most of all, we hope to strengthen social connections among organizations and members of the City of Poughkeepsie Community.

A Vehicle of Health

This season of the Dutchess Outreach Fresh Market we offered stakeholders and anchors an opportunity to invest in the health of their community through the purchase and sponsorship of our Dutchess Outreach “Fresh Market Bucks”. Once funded, these vouchers were distributed as part of a “Fresh Market Rx”, a community cure, by local healthcare practitioners as well as through other community health driven organizations to patients and residents who demonstrate signs or expressions of food insecurity. The Bucks provide incentive to purchase fresh fruits and vegetables at our mobile market while also incorporating healthier foods into patients’ diets. “Fresh Market Bucks” come in denominations of \$5, packs of \$100 and are distributed along with “Fresh Market Rx” pads, which offer healthcare practitioners an opportunity to discuss the importance of incorporating healthier foods in patients diets as well as give them information on when and where they can purchase these foods at our Fresh Market. At the market, each item of produce featured a sign indicating nutrient density, vitamins and minerals contained, and ways in which to prepare the food in order to get the most nutritional value. These facts also appeared as postcards so shoppers could conveniently take them home with them for reference.

Healthier Choices, Healthier Outcomes

Your net worth should not determine your ability to purchase real foods. Where you can afford to live should not present a barrier to access or limit you to processed, sugar laden ‘foods’ full of calories, void of any worth. To improve the quality of life and overall health and resiliency of The City of Poughkeepsie and it’s residents, the ability to make that choice must be present. To ensure that everyone, regardless of income, has access to fresh, healthy food, and the support they need, as our mission extends.



-SARAH A. SALEM, DEVELOPMENT ASSOCIATE

Food for Health

Over 20 years of research has shown that access to affordable, healthy food is a significant challenge among low-income communities, like the City of Poughkeepsie, and that this lack of access is directly associated with increased rates of obesity and other diet-related diseases. In fact, 80% of the factors that negatively influence a person’s health are due to socioeconomic, environmental, or behavioral factors such as poor nutrition. The most recent data from the USDA’s Food Atlas showed that within every single City of Poughkeepsie ward, at least 500 people, or 33% of the population, lived more than 1 mile from a supermarket or fresh food provider.

☐ Monday	The Poughkeepsie Waterfront Market (MHC), 4pm-7pm
☐ Wednesday	The Family Partnership Center, 11:30am-1pm
☐ Thursday	Poughkeepsie Housing Authority, 10:30am-11:30am Interfaith Towers, 11:30am-1:30pm Market Street/Benny's 10th Inning/Wild Card, 2pm-3:30pm

REFILL: ALWAYS AND OFTEN

CONSUME PLENTY

DUTCHESS OUTREACH

FRESH MARKET RX PADS

FRESH MARKET

A Community Health Solution



3,315 lbs OF PRODUCE GROWN ON OUR
URBAN FARM IN THE CENTER OF THE CITY
OF POUGHKEEPSIE

11,493 lbs OF PRODUCE GLEANED
FROM OUR HUDSON VALLEY FARMING
FRIENDS

MORE THAN **1,300** PEOPLE SERVED
THANK YOU
TO OUR FARMING FRIENDS AND PARTNERS

FROM THE DUTCHESS OUTREACH FRESH MARKET

There is much to reflect on as the third season of the Dutchess Outreach Mobile Market comes to a close. This year we not only expanded our market to include two more permanent weekly stops and a consistent presence at the Poughkeepsie Riverfront Farmers Market, but we also took on the role of managing the Fallkill community garden, located behind the Family Partnership Center. Now in my second year at Dutchess Outreach, I have seen much transformation and growth in both on the farm and at the market since last year, and I've begun to grasp a greater vision for the potential that each of these fresh food platforms can hold for further change.

Having help on the farm has not only allowed for the abundance of the garden to so beautifully flourish, but has also allowed me to spend more time at market. The market has visited many new locations around Poughkeepsie this year, including the Adriance Library, Morse Elementary School, and various places along Main Street where there is a lot of foot traffic.

This season we've been able to stock our shelves with not only produce, but also fresh eggs, locally ground flour and corn meal, bread, milk, and yogurt. This was made possible thanks to the many local farms and businesses that have connected with us throughout the year and have generously shared their harvest with the market, the Lunch Box and food pantry. Because we are cultivating on less than half an acre on our farm, it is encouraging and extremely valuable for so many farms in the area to be offering the fruits (and vegetables) of their vigorous labor. And I have deeply enjoyed getting to know many of the farmers in the process. Our role in the community garden has also provided us with an opportunity to build relationships with the other gardeners. I feel lucky to be surrounded by so many amazing humans. I am thankful for how willing people have been to lend a hand out there and I have learned a lot about growing food and beyond from their tips and stories. I look forward to the new ways in which the garden will blossom next year.

Shoutout to all of the committed volunteers who have been instrumental in keeping the farm and market running smoothly! I can't thank you enough. And thanks to the amazing Dutchess Outreach team for warmly taking me under your wing over the past two years, for keeping me on track while also giving me space to learn, grow, and flourish.

- CLOUD BARTOLI,
FARM MARKET MANAGER





29 NORTH HAMILTON STREET SUITE 220
POUGHKEEPSIE, NY 12601

NON PROFIT ORG.
US POSTAGE PAID
PERMIT No. 405
NEWBURGH, NY

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.

 **DUTCHESS
OUTREACH**
WWW.DUTCHESSOUTREACH.ORG



CONTACT US AT
845-454-3792

Thank You

