



2019 Statistics

Fiscal Year October 1, 2018 – September 30, 2019

Second Harvest Heartland is among the nation's largest, most efficient hunger-relief organizations. Fighting hunger in the Midwest for than three decades, we believe no one should go hungry, especially in the heartland where we produce more than enough food for everyone. Last year, we distributed more than 113 million pounds of food—more than 97 million meals—to our partners in hunger-relief.

- **What we do:** Second Harvest Heartland collects surplus food from farmers, manufacturers and retailers and delivers it to people who need it, touching the lives of half a million people last year.
- Working closely with nearly a thousand food shelves, meal programs and other nonprofit service organizations, we serve children, families, seniors, veterans and working adults in every community.
- **Who is hungry?** Hunger touches every community in the Midwest. **1 in 11 people, including 1 in 8 kids in Minnesota and Western Wisconsin, don't know where their next meal will come from.**
- **How we make change:** Second Harvest Heartland works alongside and strengthens the hunger-relief network, partnering with nearly 1,000 food shelves and hunger-relief programs in every corner of our 59-county service area.
- Joining forces with schools, food shelves and meal programs, hospitals, agricultural producers, food manufacturers and retailers, Second Harvest Heartland gathers extra food throughout the region and helps deliver it to those who need it most.
- Last year, we delivered enough food for more than 97 million meals to more than half a million people.
- **How you can help:** The Second Harvest Heartland community is fueled by the passion, time and resources our neighbors devote to hunger relief. When you join us, you help us fill the plates of more than half a million people in our community.

KEY MESSAGES

- We know that far too many of our neighbors are one flat tire or illness away from experiencing hunger. Parents skip meals so their kids can eat, seniors skip meals so they can pay for needed medications. Many families often forgo food to pay for other necessities such as rent and utilities.
- While the economy continues to improve since the Great Recession, **many Americans are still struggling to make ends meet.**
- Today, **more than half a million people in Minnesota and Western Wisconsin face hunger**, a crisis exacerbated by underemployment and the rising cost of living.
- **Where we work:** Second Harvest Heartland's direct service area includes 59 counties in Minnesota and Western Wisconsin, but our impact doesn't stop there. We also help collect food at scale for distribution to every food shelf in Minnesota as well as many non-profits across the five-state area.
- Hunger affects us all: **Hunger costs Minnesota \$840 million dollars in medical expenses, lost workplace productivity and poor educational outcomes.** Second Harvest Heartland believes that

hunger is our state's largest, most solvable problem and that it's possible for all our neighbors to have access to healthy food.

- **How we make change:** We ensure our children, regardless of where they live, have the food they need to grow and learn. We ensure seniors have the food they need to thrive. And we ensure every family member has a full plate, so that healthy food is one less thing to worry about.
- We advocate for programs and policies that get food and nutrition to those who need it most and feed as many people as possible within our region.
- Through **innovative programming**, Second Harvest Heartland is dedicated to reducing child hunger and senior hunger in our state, delivering fresh and healthy food, rerouting surplus food to hungry neighbors and addressing the intersection of health and hunger so all can thrive.
- **How we do our work:** Last year, Second Harvest Heartland sourced and distributed more than 113 million pounds of food to local food shelves, nonprofit partners and food banks across the state and region. We work with retail, agricultural and manufacturer partners to source food at scale and deliver it to those who need it most.

OUR MISSION

End Hunger Together.

Second Harvest Heartland is part of Feeding America – a nationwide network of 200 food banks. This partnership helps to significantly amplify the organization's impact and reach.

FY19 STATISTICS

Meals provided

- Last year our work provided more than 97 million meals to 1,000 food shelves and hunger-relief programs serving 59 counties in Minnesota and western Wisconsin.

Total = 97,682,015 meals

- 113,250,770* distributed lbs. = 94,375,641 meals
- 3,111,374 SNAP meals
- 195,000 SFSP meals

***1.2 pounds of food = 1 meal**

The need

- One in 11 people in our region are hungry even though there is more than enough food to feed everyone.
- One in 11 people in Minnesota are hungry.
- More than half a million Minnesotans are hungry.

People served

Second Harvest Heartland provided emergency food for more than 532,000 people in 59 counties in Minnesota and western Wisconsin. (Source: *Feeding America*)

Donation conversions

By carefully stewarding food, volunteer time and donations through ever-more efficient operations, for every \$1 donated, Second Harvest Heartland can distribute nearly \$7.40 worth of food.

For every \$1 donated, Second Harvest Heartland can provide 3 meals.

- \$1 can provide 3 meals
- \$5 can provide 15 meals
- \$10 can provide 30 meals
- \$50 can provide 150 meals
- \$100 can provide 300 meals or feeds a family of four for one month

Second Harvest Heartland is committed to being good stewards of your gift, with 94.7% of our expenses going directly to the programs and services we deliver to end hunger.* (Percentage from Dan Fuhrman –12/06/19)

*Calculation of 94.7% includes the combined value of cash and in-kind (food and services) expenses.

Number of donors

- More than 37,000 individuals and nearly 1,000 organizations generously contributed dollars and other resources to Second Harvest Heartland.

Fresh and nutritious food

As Second Harvest Heartland works to develop new and more efficient ways of sourcing and distribution, the food that we supply is increasingly fresh.

- More than 65.2% of the food we distributed last year was fresh — meats, produce, bakery and dairy.

Produce

- Last year, 44.0% of the food we distributed was produce from all sources including: Retail Food Rescue, distributors and all Ag Surplus sources.

Retail Food Rescue 16.2 million lbs. or 32.6%

- **Ag Surplus** 29.2 million lbs. or 58.8% consisting of:
 - Share Fresh MN (must be both grown and distributed in MN) – 7.5 million lbs. or 15.0%
 - Other ag surplus (from any farm in the US to any hunger relief food bank or agency in the US) – 21.7 million lbs. or 43.8%
- **Distributors** 3.0 million lbs. or 6.0%

- This includes Wal-Mart Distribution Center produce
- **Government (USDA – TEFAP)** 1,278,000 lbs or 2.6%

Volunteers

Our volunteer program is a vital component of Second Harvest Heartland’s efforts to bring more food to those who are hungry in our community. In the coming years, we will need additional support from volunteers to propel our growth. We expect our volunteer capacity to increase when we are fully operational at our new hunger-relief campus in Brooklyn Park, with the addition of a temperature-controlled clean room.

To meet a rapidly growing demand and to better serve our volunteers, Second Harvest Heartland is making significant investments in our volunteer program. In FY19, we were able to engage more than 24,000 individual volunteers who contributed more than 110,000 hours—the equivalent of 53 full-time employees.

Volunteers are an integral part of accomplishing our work, and continued growth in our volunteer program is required to help us meet our goals for our hungry neighbors. In addition to bulk food sorting and packing, volunteers pack and distribute CSFP boxes for seniors and help participants apply for CSFP and SNAP. We also continue to see an increase in both individuals and groups who volunteer to share their unique and specialized skills with us, such as data analysis, process improvement and more.

- 24,462 unique volunteers donated time to Second Harvest Heartland – from food sorting and packing to client assistance to skill-based volunteer projects and more.
- Volunteers contributed 110,966 total hours.
- Volunteers donated the time equivalent to 53 full-time employees, based on the average hours per year worked by a full-time employee: 2,080.

PROGRAMS AND DEPARTMENTS

Fresh Produce

An agricultural surplus program that gathers and distributes edible crops from Minnesota farmers, commercial growers and processors that would otherwise go un-harvested or unsold.

- Last year we sourced 7.6 million pounds of 20 different types of produce from 30 different Minnesota growers.

Food Rescue

Retail Food Rescue ‘rescues’ unsold but perfectly edible and nutritious produce, meat, bakery, dairy, shelf-stable and deli items. Retail Food Rescue is our largest source of donated food.

- Food Rescue is Second Harvest Heartland’s largest program. Last year, we collected 40.6 million pounds of food from retail partners through the Food Rescue program, diverting it from landfills and on to the plates of hungry people—a 4% increase from the previous year!

Prepared Food Rescue—Building on the success of our Retail Food Rescue program, Second Harvest Heartland has executed a successful and sustainable prepared food recovery program. By leveraging our network of agency partners and volunteers, we can capture food service donations of any size and deliver them safely and quickly to meal program partners. As a network we are providing nutritious meals to our hungry neighbors while reducing the environmental and financial impact of wasted food in our community.

- More than 500 stores donate food through our Food Rescue Program. Our network of agency partners collects 63% of Food Rescue donations through local partnerships, keeping the path short and the foods local.
- 309,000 pounds of prepared foods were donated by meal service partners.

SNAP (Supplemental Nutrition Assistance Program) Outreach

We work to find individuals who qualify for SNAP (formerly known as food stamps), but who may be unaware of or unable to access this important, government-funded hunger relief program. Our SNAP specialists work within the community, engaging in SNAP assistance, conducting SNAP screening and application assistance, as well as providing information and follow-up, case management and recertifications.

SNAP is an underutilized and already funded source of food assistance that goes unclaimed each year because people are unaware of their eligibility and face barriers to participation such as lengthy application paperwork, transportation, language and stigma. Though we have seen an increase in SNAP participation rates, there is still much to be done in increasing SNAP accessibility, especially among seniors and in rural areas.

KEY STATS

- Currently, **81% of SNAP-eligible clients and 62% of SNAP-eligible seniors are accessing SNAP in Minnesota**. More work is needed to connect hard to reach SNAP eligible clients and seniors who are in need, but not accessing the already-funded federal assistance that goes unclaimed each year because they are unaware of their eligibility or because they have difficulty with the application process.
- Last year, SNAP outreach specialists assisted 3,712 households with SNAP applications and re-certifications. This **added nearly 3 million meals** to families.
- 3 million people, including countless Minnesotans, rely on SNAP for much-needed food assistance benefits.
- The new rule would end automatic SNAP eligibility for people with slightly higher incomes who receive federal and state aid. Restricting eligibility could cause families to lose their food assistance altogether as they achieve small increases in pay.
- Currently, 43 U.S. states, including Minnesota, allow residents to automatically become eligible for food assistance through SNAP if they already receive federal and state aid.

Commodity Supplemental Food Program (CSFP)

We provide a monthly box of food (packed by volunteers at our Second Harvest Heartland site in Maplewood) to income-eligible seniors who qualify.

- Second Harvest Heartland provided CSFP food to more than 240 different distribution sites in 41 counties in Minnesota, serving approximately 9,300 seniors monthly.
- The largest site in our service area is Second Harvest Heartland East in Maplewood, distributing food to more than 2,000 clients each month.

School Programs

The Food + You program ended in June 2019 at the end of the 2018-2019 school year. Participating Food + You schools were engaged in a variety of ways through four program components:

1. School Based Federal Nutrition Programs: A Second Harvest Heartland staff person worked with each school to support the expansion and utilization of Federal Nutrition Programs.
2. SNAP: A Second Harvest Heartland SNAP outreach specialist worked with each school in order to connect directly with families to promote SNAP benefits, screen for eligibility, and to assist with the application process.
3. Direct Food Distributions: Schools ordered food items and determined the best method of distribution to families. Families received a variety of shelf stable items each month as well as fresh fruits and vegetables.
4. Community Connections: These components were supported by the program's underlying focus on local sustainable solutions to hunger that built community connections responsive to each unique school.

Participating schools:

- 14 schools during the 2018-2019 school year
- 11 schools were partnered with local food shelves
- 2 schools are continuing to participate in a transition year with SHH

School meals:

- More than 210,000 meals added, including breakfast and after school meals
- Once schools start these programs, they continue to be offered and these new meals will be sustained into the future.

SNAP child meals

- 768,319 SNAP meals for children as a result of Second Harvest Heartland's help

Direct distributions at schools:

- 466,130 total pounds of food distributed
 - 34% of which was produce poundage
- This equals 388,442 total meals distributed
 - Decrease in meals distributed due to program ending. Some schools transitioned to a new partnership with a local food shelf before the program end to sustain distribution.

Summer Food Service Program (SFSP)

SFSP provides meals during the summer months for kids who rely on free or reduced-price meals during the school year. This USDA program, administered by the Minnesota Department of Education, provides children with more than 150 million meals and snacks at 47,795 sites (such as schools, parks and community centers) once school is out of session for the summer.

- More than 40% of K-12 kids in Minnesota rely on free/reduced price meal programs during the school year, leaving these children at risk of hunger over the summer break.
- SFSP, a USDA program operated by the Minnesota Department of Education, provides free meals to kids 18 and under to fill this gap.
- In 2019, Second Harvest Heartland provided 21 grants to SFSP sponsors, funding more than 350 meal sites within our service area. A total of 1,036,653 meals and 167,481 snacks were served by grant-awarded sponsors. Sponsors spent money on sourcing local, nutritious food; translating materials, hosting socials, staffing, purchasing necessary equipment, marketing and other capacity building efforts.

FOODRx

FOODRx connects low-income patients to food prescriptions that are tailored to their medical needs—such as diabetes and cardiovascular disease—and their specific cultural backgrounds through partnerships with the healthcare system. FOODRx also provides 1:1 care coordination to connect low-income patients to basic need resources, including SNAP, housing assistance and childcare options, and more.

Current partnerships:

- Hennepin Healthcare: FOODRx chronic illness research study and SNAP enrollment and resource referrals
- Park Nicollet: SNAP enrollment and Acute Care box program
- North Memorial-Partnership with the North Care Collaborative as part of the Integrated Health Partnerships (IHP), including 9 clinics
- Lakewood: Acute Care box program
- Mayo Clinic: FOODRx chronic illness research study
- UCare: FOODRx chronic illness research study and SNAP enrollment and resource referrals
- Lutheran Social Services: Senior food box program

FOODRx Box Distribution in FY19: 4,465

THE CLIENTS WE SERVE

Agency Partners

- **Second Harvest Heartland provided, on average, 77% of all food distributed by its food shelf partners.**
- Second Harvest Heartland works with nearly 1,000 food shelf partners and programs in 41 counties in Minnesota and 18 counties in western Wisconsin.

Children

- Children who suffer from poor nutrition during the brain's most formative years don't do as well in school as their peers who do not come to school hungry.
- It is hard to learn with an empty stomach.
- 1 in 8 children in our service area is hungry. (Same is true state-wide)
- More than 33% of individuals served by Second Harvest Heartland are children under 18 years old.
 - (Source: *Feeding America, Map the Meal Gap, 2016*)
- MINNESOTA: **1 in 8 Minnesota children come home to an empty fridge**, feel the stress of hunger from their parents, or feel anxious and stigmatized at school about not having money in their lunch account or eating more at lunch so they are less hungry when they get home.

Seniors

- 2.8% of seniors in Minnesota are hungry.
- 4.8% of Wisconsin seniors are hungry.
- 10% of the people Second Harvest Heartland served are seniors over age 60.

National Trends:

Food insecurity among seniors in America is a continued challenge facing the nation. Despite the end of the Great Recession in 2009, almost 1 in 12 seniors were food insecure in 2016. Even more troubling is the astonishing 200% increase in the number of very low food secure seniors in 2016 compared to 2001.

- Almost one-third of food insecure seniors are disabled.
- Every day, 10,000 people become seniors

Food insecure seniors are more likely to have chronic health conditions:

- 78% more likely to experience depression
- 55% more likely to experience asthma
- 40% more likely to experience chest pain
- 21% more likely to experience limitations in activity

GOALS FOR FY2020

- Distribute more than 95 million meals as an organization
- Child hunger: Our goal is to add 2.7 million incremental child meals in FY20
- Snap Outreach: Our goal is to add 2.4 million incremental SNAP meals in FY20
- Food Rescue: Collect 40,700,000 lbs. of food in FY20

Second Harvest Heartland is one of the largest, most efficient and innovative hunger-relief organizations in the nation. Working in partnership with a network of nearly 1,000 food shelves and hunger-relief programs, Second Harvest Heartland helps the 1 in 11 people, including 1 in 8 kids, in Minnesota and Western Wisconsin who experience hunger.

On average, 77 percent of food our partner agencies distribute comes from Second Harvest Heartland. In 2019, Second Harvest Heartland helped provide a record 97 million meals to more than a half million people.

Fighting hunger in the heartland for more than three decades, Second Harvest Heartland will continue to leverage its unique position in the emergency food chain to advocate, educate and provide food until everyone in its 59-county service area has what they need to thrive.

For more information, visit **2harvest.org** or call **651-484-5117**.