

# MEETING THE MEAL GAP FOR SENIORS

With the help of our partner agencies and donors, the San Antonio Food Bank serves 58,000 people each week in a community where one in five adults and one in four children faced hunger in the last year.

We also serve thousands of seniors every year, with one in six seniors in our region facing food insecurity. Due to limited incomes and rising utility costs, 50% of the seniors we serve have to make the difficult choice between food and their medical care.

To confront this issue head-on and with generous support from the Humana Foundation, the San Antonio Food Bank operates SWIM, the Senior Wellness Intervention Model, to bring much-needed nutrition education and food delivery to seniors in the community.

Once a month, a staff nutrition navigator will visit with seniors and give them their own unique nutrition goals and education, while also providing approximately 30 pounds of food. In that same month, our Mobile Apple Corps volunteers deliver additional food and develop relationships with our seniors.

These monthly visits provide a path to sustainable, healthy living for seniors not only through nutrition but also through social engagement. These visits can be the difference between a senior merely surviving or truly thriving in their community.

Want to see the Senior Wellness Intervention Model program in action?



Scan this QR Code to the see a SWIM story.

## SENIOR WELLNESS INTERVENTION MODEL BY THE NUMBERS

### SINCE NOVEMBER

This new program has been in operation since November 2018, and is making strides to develop relationships in the community to benefit the senior population.

**104,050**

POUNDS OF FOOD HAVE BEEN DELIVERED TO SENIORS IN NEED.

**1,830**

VOLUNTEER HOURS SPENT DEVELOPING RELATIONSHIPS AND DELIVERING FOOD

**458**

SENIORS HAVE BEEN SERVED BY SWIM AND MOBILE APPLE CORPS VOLUNTEERS.

**50-60**

POUNDS OF FOOD ARE DELIVERED MONTHLY TO EACH SENIOR IN THE SWIM PROGRAM.

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## IMPACT REPORT FY 2019



*Fighting Hunger...Feeding Hope*

“(The SWIM program) has helped me so much and meeting with you every month to learn about nutrition has been a big help. My blood pressure and blood sugar have improved, and my doctor took me off my blood pressure medication!”

- Luz Elena Machado, 75.



# OUR MISSION

To fight hunger in Southwest Texas through food distribution, programs, education, and advocacy.



## THE GIFT OF FOOD

**73,800,000**  
Pounds of Food Donated

We secured 73.8 million pounds of food.

Perishable groceries represented 43% of food distributed from the Food Bank.

**43%**  
Distributed is Perishable

**81,346**  
Pounds of Venison

We received 81,346 pounds of venison through the Hunters for the Hungry program, a 16% increase over FY18. We continue to focus on growing this program and maintaining strong relationships with processors across our region that support this program.

## THE GIFT OF TIME

**226,879**  
Hours of Service Donated

The San Antonio Food Bank engaged 78,568 volunteers who gave 226,879 hours of service, providing a cost savings to the Food Bank of \$6.3 million in FY19.

FY19 saw the total numbers of volunteers grow by 12,628 individuals.

Volunteers served in support of many areas and locations across the Food Bank: two Community Kitchens, the client choice pantry at the New Braunfels Food Bank, the main warehouse, the gardens and farms, mobile pantry distributions, farmers markets, nutrition classes, events, administrative support, disaster relief, and, of course, lending leadership on our Boards and Committees.

## THE GIFT OF MONEY

Private contributions came to the San Antonio Food Bank through the following channels:



**\$16,500,000**  
In Cash Donations Raised

The San Antonio Food Bank raised more than \$16.5 million in cash donations, receiving nearly 50,000 unique contributions in FY19.

The Food Bank also received \$9.4 million in funding from a variety of public partners including the City of San Antonio, Bexar County, regional counties, Texas Department of Agriculture, United States Department of Agriculture, and more.

## THE GIFT OF VOICE

The San Antonio Food Bank secured more than \$2.1 million in donated television time in FY19, the majority of it featuring Eric Cooper (President & CEO), and aspects of our mission, outreach, and programming.

Our social media community expanded to nearly 45,000 followers, up 25%.



The Food Bank's Government Relations team advocated every day to support the protection of nutrition programs at the local, state, and federal level to ensure people do not go hungry. Our focus in FY19 was on SNAP and other safety programs. We worked with our partners—Feeding America, the Food Research Action Center (FRAC) and Feeding Texas—meeting with federal lawmakers and staff from both the U.S. House and U.S. Senate in order to strengthen critical food and nutrition programs such as SNAP and TEFAP for the clients we serve.

## FOOD FOR TODAY - SECURITY

The first step to ending food insecurity is providing resources to those with immediate needs.

### FOOD SERVED FROM OUR COMMUNITY KITCHENS

Meals Served  
San Antonio: 2.7 million meals  
New Braunfels: 150 thousand meals



### FOOD DISTRIBUTED THROUGH PARTNERS

Pantry Visits: 1,358,472



Partner Agencies Within 16 County Service Area  
Agencies: 500+



Pounds Served By Partner Agencies  
Pounds: 21 million

### FOOD DISTRIBUTED THROUGH FOOD BANK PROGRAMS



**Backpack Program**  
Backpack Sites: 152  
Children Served: 2,350  
Backpacks Delivered: 7,120



**Mobile Pantry Program**  
Distributions: 861  
Pounds Delivered: 8.5 million



**Kitchen Table/ New Braunfels Food Bank**  
Families Served: 27,401  
Pounds: 3.1 million



**Senior Program**  
Project HOPE Households: 16,000  
Pounds Delivered: 8 million

## FOOD FOR TOMORROW - STABILITY

Eliminating hunger is our first priority, and then we look beyond today to help our clients access the resources they need to stabilize their lives going forward.

### BENEFITS ASSISTANCE

The San Antonio Food Bank helps clients with application and renewal assistance for stabilizing benefit programs including:

- SNAP
- WIC
- Children's Medicaid (CHIP)
- Adult Medicaid
- Medicaid - Long Term Care
- Temporary Assistance for Needy Families (TANF)
- Healthy Texas Women

### OUR IMPACT

In FY19, Client Services assisted 22,119 families for a total of 45,596 individuals. We provided application assistance for 18,059 walk-in clients and conducted 11,841 client interviews.

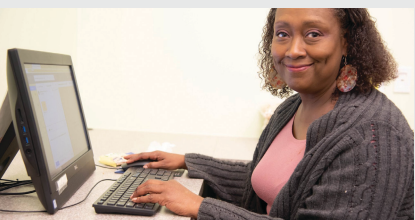
Our call center received nearly 25,000 calls and placed 30,000 calls.

SNAP benefits generated more than \$70 million for local economies.



## FOOD FOR A LIFETIME - SELF-SUFFICIENCY

We strive to guide our clients to health and self-sufficiency. Our innovative initiatives take a holistic approach to nourishment.



### WORKFORCE DEVELOPMENT

The Workforce Development team's goal is to lower unemployment by giving our clients the knowledge and resources to become self-sufficient and fully employed.

In FY19, the Workforce Development team received nearly 1,000 referrals from the Client Services team and conducted client interviews with 25% of those referrals. We completed more than 4,000 phone follow-up interviews and nearly 600 in person follow-up interviews.

We were able to successfully assist in the job placement of nearly 100 individuals.

We also provided one-on-one case management training opportunities in job readiness classes, mock interviews, resumé and cover letter assistance, and facilitating connections with potential employers.

We conducted 33 trainings with 237 participants.



### CULINARY TRAINING PROGRAM

Our Culinary Training Program addresses hunger through training the unemployed or underemployed by offering hands-on experience in a production kitchen environment.

In FY19, we taught nearly 300 classes for more than 200 students, and more than half of those students were from the Texas Second Chance Program, a partnership with the Texas Department of Criminal Justice and the Windham School District.

Catalyst Catering, our award-winning social enterprise, specializes in delicious catering for a cause. Profit generated from catering supports the Food Bank's Culinary Training Program.



### NUTRITION, HEALTH & WELLNESS

We have a team of highly qualified professionals in the areas of food, nutrition, and wellness.

Best practices were applied to educate participants throughout their lifespan (children, adults, seniors) following USDA evidence-based curriculums. A total of 81,358 individuals benefited from more than 5,000 free classes provided to the community.

The Mobile Mercado initiative has been successful in establishing healthcare partnerships to facilitate "Prescription for Produce" at clinics for patients.

Access to healthy food was facilitated by the operation of 124 Farmers Markets and 125 Mobile Mercado events targeting food desert areas. Culinary demos and produce preservation education sessions took place at all markets.



### AGRICULTURAL INITIATIVES

The San Antonio Food Bank cultivated 25 acres spread across three agricultural sections at our main campus and the New Braunfels Food Bank. We also farmed an additional 50 acres at Mission San Juan at San Antonio Missions National Historical Park.

The fruits and vegetables grown on our farms go back to the community to nourish the hungry. We harvested more than 100,000 pounds of produce from our farm and garden. Our agricultural staff taught nearly 400 classes for thousands of delighted participants, on a variety of subjects from container gardening to composting.

We engaged more than 5,000 volunteers in our agricultural initiatives.