

# VOLUNTEER REPORT: 2023



# A LOOK AT THE NUMBERS IN

# 2023

**11,925**  
VOLUNTEERS



Volunteer service is at the heart of our mission, and we are grateful for each volunteer who generously gives of their time to serve neighbors in our community.

**427**  
groups served  
21,402 of total  
volunteer hours

**30%**  
of volunteers  
served more than  
one shift

**\$2.3M+**  
funds saved by  
volunteer work,  
reinvested into our  
mission.

**1.3K+**  
more first-time  
volunteers  
compared to 2022.

**71,042**  
HOURS  
SERVED



**22M**  
MEALS



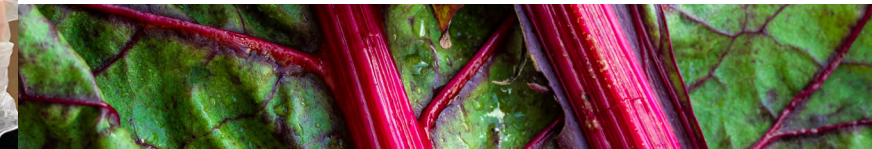
# VOLUNTEER ROOM

The Volunteer Room preps food for distribution to partner agencies and neighbors at Mobile Markets. Volunteers helped repackage and label food, sort through donations and assemble boxes of food including Senior Boxes, Veteran Boxes, Produce Boxes and more.



"I like the sense of community in the Volunteer Room and enjoy working with the staff. I also like the variety of jobs and flexibility of the schedule."

- Volunteer Donna Tynes



"[We] partner with the Food Bank for volunteering because we know The Food Bank is an organization that values volunteer work and has a strong dedication to feeding the community."

- Rock Bridge High School Feeding CoMo President Mira Tosh (Pictured)

## CELEBRATING: TOP VOLUNTEER GROUPS IN 2023

- #1** MU Homecoming Committee - **1,216** hours
- #2** Veterans United - **909** hours
- #3** MU Little Sisters of the Gold Rose - **691** hours

### Other top volunteers

- Our Lady of Lourdes
- Newman Center Church
- Shelter Insurance
- MU Panhellenic Association
- Columbia Independent School
- For Columbia
- Missouri Military Academy



## HOW THE VOLUNTEER ROOM STACKED UP IN 2023

**9,316** volunteers  
served **43,200** hours

**35K+**  
Senior  
Boxes packed

**5,955**  
Veteran  
Boxes packed

**96K+**  
Produce  
Boxes packed



# THE FOOD BANK MARKET

For years, The Food Bank team dreamed of finding a new home for the organization's Central Pantry. Now, The Food Bank Market offers expanded space and an improved experience not only for neighbors, but for volunteers as well. Volunteers at The Market help greet neighbors, bag groceries, help with check-in, stock shelves and more.



**11K**  
neighbors served  
within the first  
month of moving  
locations

**7,611**  
hours served in  
2023

**931**  
volunteers

**3M**  
meals provid-  
ed through The  
Market

“Volunteering at The Market is a great way to serve a community in need and to interact with neighbors, staff, and other volunteers.” - The Food Bank Market Volunteer Gary Martin



## KIDS helping KIDS

Service helps teach kids essential skills that benefit them now and into the future - and it can also foster an early love of helping others! Kids Helping Kids is hosted in the Volunteer Room and brings together children ages 5 and up to make a difference. Kids and families help prepare food for distribution and learn more about The Food Bank and the importance of helping neighbors.



**323**

**VOLUNTEERS**



“The Kids Helping Kids program was extremely well planned and executed! My 9 year old granddaughter, who has been involved with the local Blessing Boxes for a couple of years, liked being involved in an activity that allowed her to further help kids and their families.”

- Kids Helping Kids Volunteer

## KEY NUMBERS: THE MARKET



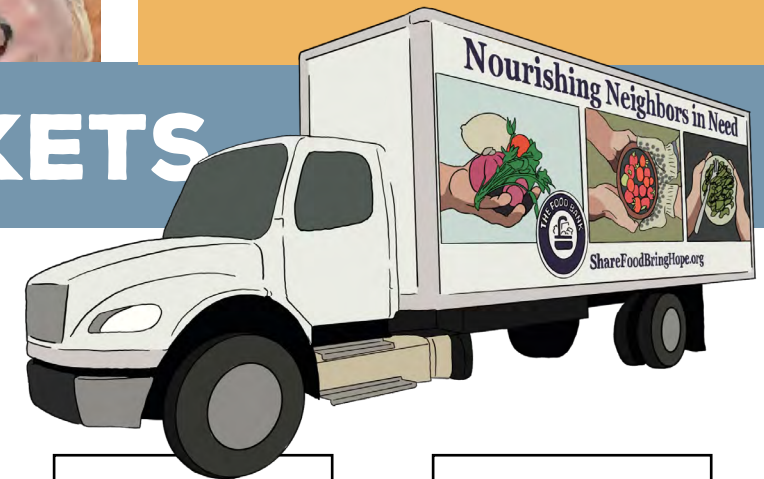
**94%**  
of neighbors said the food they received at The Market helped them eat more healthily.

**2.8 MILLION**  
pounds of “Foods to Encourage” (fresh items like produce, meat and dairy) were distributed to neighbors at The Market.

**92%**  
of neighbors said getting food at The Market helped them redirect funds to other necessary bills.

## MOBILE MARKETS

Mobile Markets distribute food to areas with higher need or where there is no brick-and-mortar pantry. Volunteers help set up, support check-in and assist families.



**1,322**  
volunteers

**132K+**  
times  
households  
were served

**22**  
monthly  
distribution  
events

**1.83M**  
meals shared  
across events

# SPECIAL EVENTS

The Food Bank hosts special events throughout the year to raise awareness, foods and funds. Volunteers support special events in a variety of ways, and there's a special event to fit every interest. Check out our calendar of annual events that rely on volunteers, below:

APRIL



## FLOAT YOUR BOAT

Mid-Missouri's original cardboard boat regatta. Teams race one-of-a-kind cardboard boats across Bass Pro Shops Lake in Columbia while hundreds of attendees cheer them on as they sail - or sink. Volunteers support registration; t-shirt sales; paddle running; and help teams with information or at the finish line.

MAY



## STAMP OUT HUNGER

The National Association of Letter Carriers' drive is the largest one-day drive in the nation. Volunteers drive mail routes and collect food set out by donors, bring donations back to a sorting center and sort donations so they can be more easily distributed to neighbors.

JUNE/JULY



## HOPE FOR HEROES

A 5K run/walk that raises money for veteran's programs, including VIP Veteran Packs. VIP Packs provide nutrition and toiletries to food-insecure veterans. Volunteers help set up the 5K course and distribute water.

OCTOBER



## SCORE AGAINST HUNGER

The annual Mizzou football game dedicated to feeding neighbors in need. Volunteers collect donations during the pre-game tailgate.

NOVEMBER AND DECEMBER



## HOLIDAYS

Partnership Against Hunger and One for One raise funds to address food insecurity. Volunteers collect donations during the drives.



# SNAP SUPPORT

The Supplemental Nutrition Assistance Program (SNAP, sometimes called Food Stamps) is a federal program that helps low-income Americans put food on the table by supplementing their grocery budget.

The Food Bank staff provide SNAP outreach and education to neighbors to increase awareness of the program so neighbors can understand how SNAP can help them and if they might be eligible for the program. The Food Bank also helps neighbors completed SNAP enrollment upon request, and in 2023, the team completed more than 2,780 support calls that generated \$9.5M in economic impact.



# INTERNSHIPS

Students obtain real-world experience and complete projects that make a difference for neighbors when they choose to serve with The Food Bank. Internship experiences are varied, but interns can be sure they'll learn about nonprofit work and the needs of our community.

## INTERNS HOSTED IN 2023:

- |             |           |          |
|-------------|-----------|----------|
| Isabella A. | Gracie K. | Haley Q. |
| Jenna D.    | Abby M.   | Drew V.  |
| Grace G.    | Alison O. |          |

AmeriCorps is a federal program that connects individuals and organizations to help communities. The Food Bank hosts participants from two programs:

**VISTA** VISTA members serve 365 days on a single project that helps an organization expand capacity to make change. In 2023, The Food Bank hosted four VISTA members.

**NCCC** NCCC teams include 10-15 members between 18-26 who serve with multiple organizations over 10 months. The Food Bank hosts NCCC teams in partnership with Columbia Center for Urban Agriculture and Show Me Habitat for Humanity.





## THE FOOD BANK

for Central & Northeast Missouri  
2101 Vandiver Drive  
Columbia, MO 65202

(573) 474-1020  
[sharefoodbringhope.org](http://sharefoodbringhope.org)

@TheFoodBankMO

# START YOUR VOLUNTEER STORY!



## READY TO MAKE A DIFFERENCE?

Each volunteer who chooses to serve is a vital part of helping the 100,000 neighbors The Food Bank serves each month.

Are you ready to be part of The Food Bank's work? Register to volunteer now at [sharefoodbringhope.org](http://sharefoodbringhope.org). You can also learn more about volunteering, explore your options or get help with accommodations by emailing [volunteer@sharefoodbringhope.org](mailto:volunteer@sharefoodbringhope.org) or by calling (573) 447-6620.