



Meals On Main Street
Caritas of Port Chester, Inc.

2022 Annual Report

A letter from the Executive Director:



Some organizations follow a script.

They come to the job with a preprinted and time-honored traditional approach to getting the day's work done. And for many, that approach works. It provides a solid foundation on which to sustain an organization, but it can also be a hinderance, keeping a business from adapting to change, adjusting to demands and even surviving.

If we felt we had come up with all the answers and all we needed to do was just stay the course, we would take our script and follow it religiously. But we know we are not done yet.

So, we toss the script daily, because we believe hunger is a solvable problem, and until the problem is solved, there is still more work to do.

All who were have been with us through 2020 and 2021 know we didn't sit still and wait for the pandemic and its challenges to pass.

We totally reinvented ourselves, rising up out of the church basement to design and implement a major feeding program focused on the most challenging and most rewarding part of the job, delivering food to the people, where they live and work.

The shortest part of the trip a truck makes is also the most expensive part of the journey, and that is what is commonly called the "last mile" of product delivery from the last "hub" to the consumer.



In 2021, we focused on building and supplying the "hub", getting fresh food from farms, supermarkets and food banks to local refrigerated containers for easy access by our trucks and the trucks of other organizations needing food for their communities.

In 2022, we expanded our reach, adding dozens of new food sources, bringing our food recovery total to 50,000 pounds per month by year end, and that number continues to grow.



But Meals On Main Street is reaching more than those who come to our trucks. In 2022, we partnered with The Friendly Fridge Network to supply groceries, perishable and frozen food to an underserved neighborhood in Port Chester via our first cooperative weekly pantry, the MOMS Provisions Pantry at 201 King Street, in the Assembly of God World Vision Church. This is our first volunteer stocked and operated pantry, but it won't be our last.

And of course, we cannot forget all the meals we prepare and distribute from our kitchen. Actually, we have been operating out of two kitchens while ours is being built, allowing us to deliver as many as 20,000 meals per month, more than doubling our output from a year ago. We now provide meals three ways, frozen family-style packaged meals for home delivery, individual hot meals for daily distribution, and hot trays of food for soup kitchens like Hope Community Center in New Rochelle, helping to meet the growing demand for lunches and dinners.

All of our programs have one thing in common. They bring the community together. It is a neighbor helping neighbor approach that is designed to create opportunities, feed needs and foster hope. With the foundation laid, having a full complement of programs for communities to choose from, we are now looking to build community partnerships throughout the county.

If you want to learn more, drop me a line at Director@MealsOnMainStreet.org, and we can talk about it over coffee.

Best,

Bill Cum

MOMS VISION:

Build Community Through Food

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MOMS GOAL:

Provide access to food for all in need.

MOMS 2022 ACTIONS:

Our combination of custom designed mobile pantry trucks and portable food hubs allow us to supplement the work of local pantries and soup kitchens to deliver recovered food and farm-fresh produce to families in need where they live.

Partnering with Feeding Westchester, we implemented a food recovery program in August which is targeted to salvage over 500,000 pounds of perishable food which would have gone into landfills. The program grew from 6 supermarket locations to over 20 by year end and it will continue to grow in 2023.

MOMS opens its first volunteer-run pantry in partnership with AGWV Church and The Friendly Fridge Network. The Provisions Pantry (A MOMS Co-op) is open Saturdays and distributes to over 100 families per week.

REIMAGINING FEEDING PROGRAMS

IN 2022, WE SET OUT TO BUILD A SCALABLE AND SUSTAINABLE OPERATION SERVING COMMUNITIES EVERYWHERE

The key to our success is our focus on food, the most fundamental of human needs. We know our clients need more than basic food assistance and helping them have quality food for their family lets them know that their priority is our priority. Nothing expresses love more than being able to put a meal on the table. So, we go to extremes to make the family meal a joyful and positive experience.



According to a study performed at 50 food pantries in The Bronx in 2016, “Access to adequate food may be conceptualized within five dimensions:

1. Availability (item variety),
2. Accessibility (e.g., hours of operation),
3. Accommodation (e.g., cultural sensitivity),
4. Affordability (costs, monetary or otherwise), and
5. Acceptability (e.g., as related to quality).”

During the pandemic, food banks were suddenly able to deliver huge quantities of food to pantries, but sometimes it was too much food.

Unless the pantries had enough storage space, especially for refrigerated items, they had to settle for less or miss an opportunity altogether. Many pantries closed or curtailed hours.

AVAILABILITY

Organizations like ours, which were able to convert their space from public access to storage facilities benefitted from the increase in available food, but we chose to go a step further and gather as much food as possible. Our plan was to acquire food not just for our own operations, but for anyone else who needed food and didn’t have the capacity to accept it. We established ourselves as a community-based food hub, focusing on sourcing available donations for all the feeding programs in the community. This food hub concept addressed the first dimension of food insecurity, Availability.



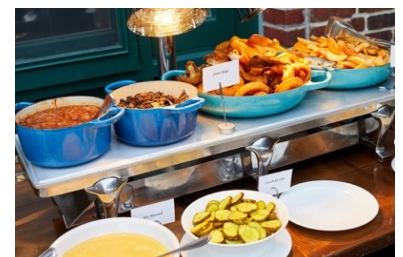
ACCESSIBILITY



Instead of trying to distribute all types of available food via one method, as we had when people would come to us to have a meal and shop for groceries, our approach shifted to a variety of ways we could bring the food to the people. Groceries, dry goods, produce and frozen meals are packaged and delivered in bags to people’s homes. But people can also get fresh produce and other perishable food from our mobile pantry trucks. And in our partnership with The Friendly Fridge Network, we are setting up micro-pantry sites where people can have access to food after hours, when other locations are closed.

ACCOMMODATION

When we opened our food hub to other pantries and soup kitchens we discovered something we hadn’t expected. Some of the unique and unusual food products we were recovering from supermarkets were things we didn’t know what to do with. Our clients were not that interested in gluten-free pizzas or oat milk. But there were other organizations going out to buy these things. Our approach is to offer other pantries opportunities to get these items at our food depot when they are available. The more we gather, the more likely we will have something someone needs, and we will be able to accommodate more cultural tastes or nutritional needs.



AFFORDABILITY



The cost of food for a family of four, according to an article in the Motley Fool published in February of 2023, is just under \$1,000 per month. That is based on a balanced diet for a couple with two children, ages 6 and 11. Pre-pandemic, pantries, on average, were supplying a minimum of three days' worth of food each month, or about 10%. During the pandemic, many pantries removed the restriction, so people were able to come and shop more often. It was necessary, since many had lost their income and could not afford to buy groceries at all.

But there are other factors involved in making food more affordable for families in need. One is to be able to get to the pantry and to be able to carry home what you get. The more often we visit a neighborhood, the easier it is for people to choose just what they need for the short term. So long as they know the schedule, they can plan their trips and avoid spending money to get to the food.

ACCEPTABILITY

If the quality of the food is poor, people will not find it acceptable for their families. Recovered, or donated food, food that would otherwise be thrown away, needs to be "harvested" from the stores daily and quickly made available to avoid spoilage. Since we have no idea what we will receive on a daily basis, we purchase shares in local community gardens and farms to ensure that there is an abundance of farm-fresh produce throughout the growing season.



FROM FOOD HUB TO FOOD DEPOT



As we ready our headquarters on North Main Street, we are making plans to upgrade and expand the Port Chester Food Hub into a local Food Depot.

Working closely with Feeding Westchester, the food bank for Westchester County, we are gearing up to gather as much recovered (supermarket donated) food as possible so none of it goes to waste, and more families benefit.

While a food hub functions like an end point on a train line, a depot is designed to accept a continuous flow of deliveries at one end, while loading up trucks and cars to continue the flow of food out the other end. The engine that keeps the food moving is the staff and volunteers who receive, weigh, sort, and package the food so it can be quickly loaded onto mobile pantry trucks, bundled in bags for home delivery, or shipped to soup kitchens and pantries to keep their stock levels high.

The beauty of the food depot is it serves two purposes:

First, it is a backup supply location for other agencies needing to get food out to people in a hurry. And second, it is a place where families in need can go to load up their carts and bags whenever they need food.

The food depot we plan to implement in Port Chester will supply existing and new locations throughout our area and will work in concert with our food hub in Ossining to gather and distribute fresh and recovered food throughout the region.

MOMS 2022 RESULTS:

TOTAL MEALS PROVIDED = 571,645

Donated and recovered
Pantry Food = 384,573
lbs. ↑ 59%

Pantry Meals provided = 422,275
↑ 54%

Avg. cost of meal = \$2.80
(Includes food, labor and
overhead) ↑ \$0.46

Restaurant & kitchen meals provided =
149,370 ↓ 3%

Inflation has had an impact on all our costs. We have increased our food recovery program to provide donated meats, produce and dry goods to our kitchen in order to keep costs down. That approach is working, so our plan is to double our efforts. Working with Feeding Westchester, we are adding more supermarkets to our list of pickup sites.

MOMS 2022 Accomplishments:

MOMS Partnerships enable expansion to food insecure areas

As other Port Chester Organizations which had been dependent upon MOMS' food hub expanded their capacity to receive and distribute more frequently, MOMS added new partners and expanded its Mobile Pantry operation to fill food insecurity gaps throughout Port Chester.

MOMS established a satellite Food Hub in Ossining for the collection and redistribution of fresh and recovered food. We shifted the concept from a fully staffed hub to a remote site, reducing overall costs, while maximizing storage capacity for the growing food recovery program.

MOMS reached out to Senior Housing

With funding from The Field Hall Foundation, MOMS added three senior stops per week to its Mobile Pantry Routes beginning in September. We made 40 stops, reaching 1,207 individuals where they live.

MOMS cultivated relationships to help existing pantries, soup kitchens and outreach organizations to ensure that food continues to flow to families in need. New or enhanced partnerships now exist in Mount Vernon, New Rochelle, Somers, Croton-on-Hudson, White Plains, Dobbs Ferry, Tarrytown and Ossining.

MOMS continues to look for ways to expand its capacity to flow food from a variety of sources through to families in need. The next generation of the community-based food hub is a food depot which will provide round-the-clock food recovery capability, helping us eliminate food waste on a larger scale. We are actively seeking grant funding to make this a reality.

MOMS supports organizations that deliver food to families in need, offering the farm-fresh produce, meals and food recovered from retail establishments at no cost to them. Working together, we feed more people and avoid food waste.

MOMS took the lead in developing new concepts to reduce costs and increase food delivery. Our commitment to continuous improvement has resulted in innovative enhancements to our programs and those of our partners. MOMS Turnkey Co-op Pantry Program is an example, where volunteers operate a weekly pantry without having to manage the acquisition of food.

Building Community Through Food:

MOMS champions a movement to change the mindset about food insecurity, with education, training, and volunteer engagement at all levels within the community.

Culinary Council
Partner with chefs and nutritionists to educate people on healthy choices



Cooperative Pantries
Providing volunteer groups with a fully equipped and stocked turn-key pantry solution, including training and ongoing support.

Community Freezers
Student-run network of volunteers installing and supplying neighborhood freezers with meals



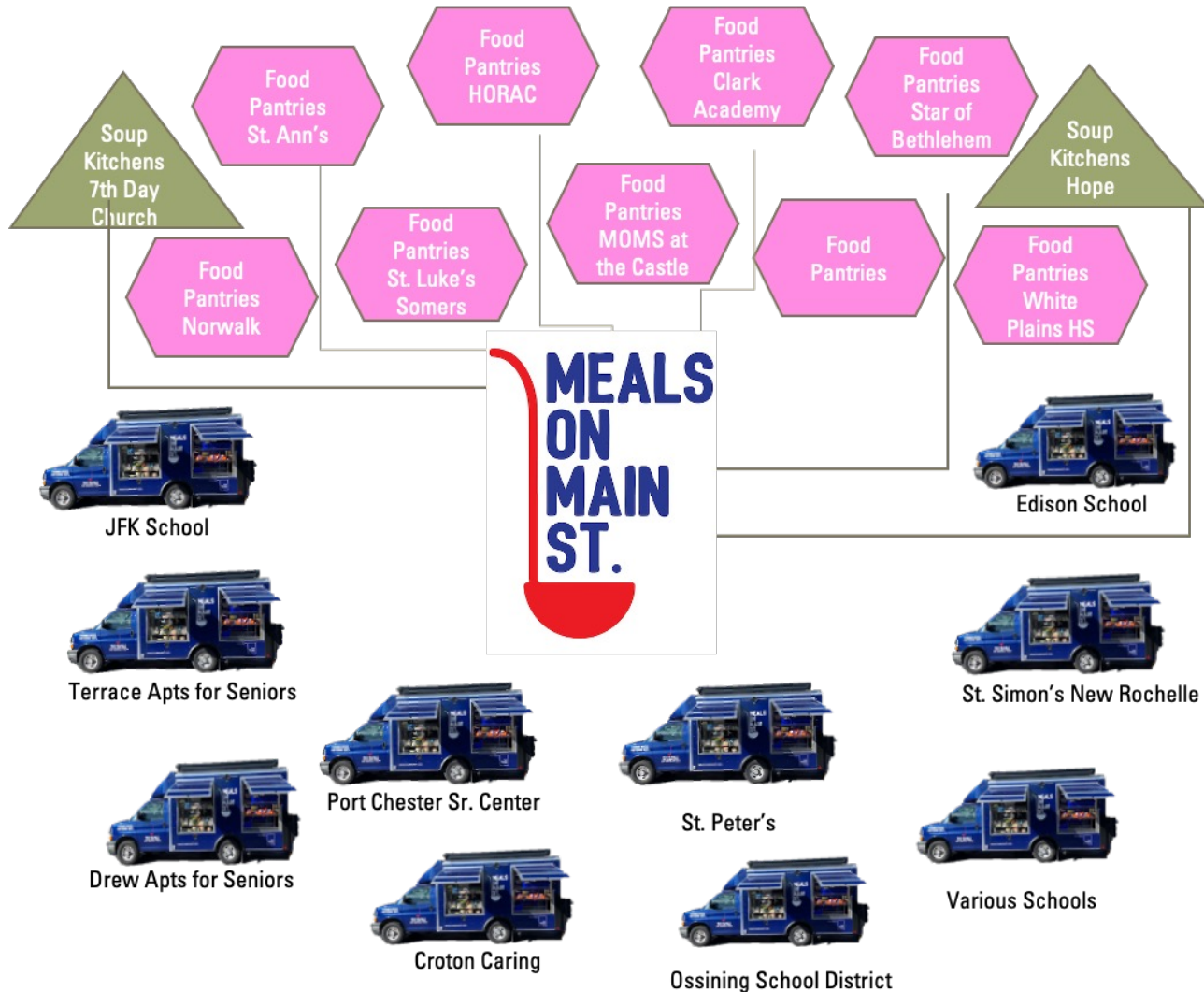
School Programs
Teaching students of all ages about food insecurity and food waste



Community Dining
Partnering with schools and other organizations to plan and implement dining programs.



Reaching More With Food



2022 MOMS Expands its Mobile Pantry

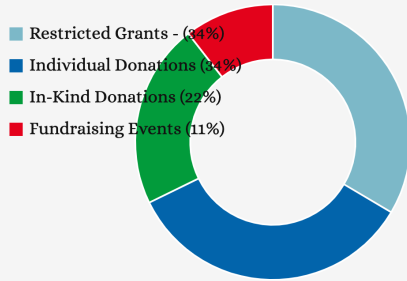
MOMS obtains seed funding to develop a county-wide retail food recovery program, using its portable Food Hubs for receiving and redistributing limited shelf-life, perishable food.

246,056 pounds of food recovered in the first six months of the program.

- 107,066 - Fresh Produce
- 48,768 – Mixed Dry Goods
- 46,969 - Bread and Pastry
- 18,581 – Frozen Meats
- 13,489 – Prepared Foods
- 9,314 – Dairy
- 150 – Non-Food Items

2021

OPERATING REVENUE 2022

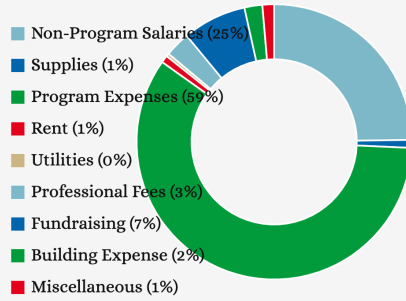


TOTAL OPERATING REVENUE = \$2,518,499

OPERATING REVENUE 2022

Restricted Grants	\$ 843,932
Individual Donations	\$ 862,642
In-Kind Donations	\$ 546,569
Fundraising Events	\$ 265,356
TOTAL OPERATING REVENUE	\$ 2,518,499

OPERATING EXPENSES 2022

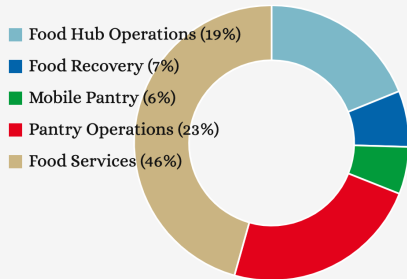


Total Operating Expenses = \$1,451,390

OPERATING EXPENSES 2022

Non-Program Salaries	\$ 359,466
Supplies	\$ 13,481
Program Expenses	\$ 858,618
Rent	\$ 12,525
Utilities	\$ 4,988
Professional Fees	\$ 43,140
Fundraising	\$ 108,723
Building Expense	\$ 30,394
Miscellaneous	\$ 20,055
TOTAL OPERATING EXPENSE	\$ 1,451,390

PROGRAM EXPENSES 2022

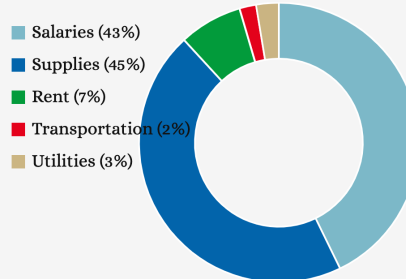


Total Program Expenses = \$858,618

PROGRAM EXPENSES

Food Hub Operations	\$ 161,996
Food Recovery	\$ 56,603
Mobile Pantry	\$ 47,777
Pantry Operations	\$ 200,379
Food Services	\$ 391,862
TOTAL PROGRAM EXPENSE	\$ 858,617

PROGRAM EXPENSE DETAIL



Total Program Expenses = \$858,618

PROGRAM EXPENSE DETAIL

Salaries	\$ 367,420
Supplies	\$ 389,287
Rent	\$ 62,908
Transportation	\$ 16,547
Utilities	\$ 22,456
TOTAL PROGRAM EXPENSE	\$ 858,617

Building Community Through Food

Operating without a home of our own has made it difficult for us to involve the community in doing the things we used to do so well, like preparing and serving meals or helping people shop for groceries. What we have been able to do is reach out to the community and develop a variety of individual and group programs to support our food distribution efforts.

Partnering with Our New Way Garden and Redemption Church, we provided food for a brunch.



In October, we held our first Community Dinner at Port Chester Middle School. It was a true community endeavor, working with STEER for Student Athletes, Open Door, and the Port Chester Hunger Fighters.

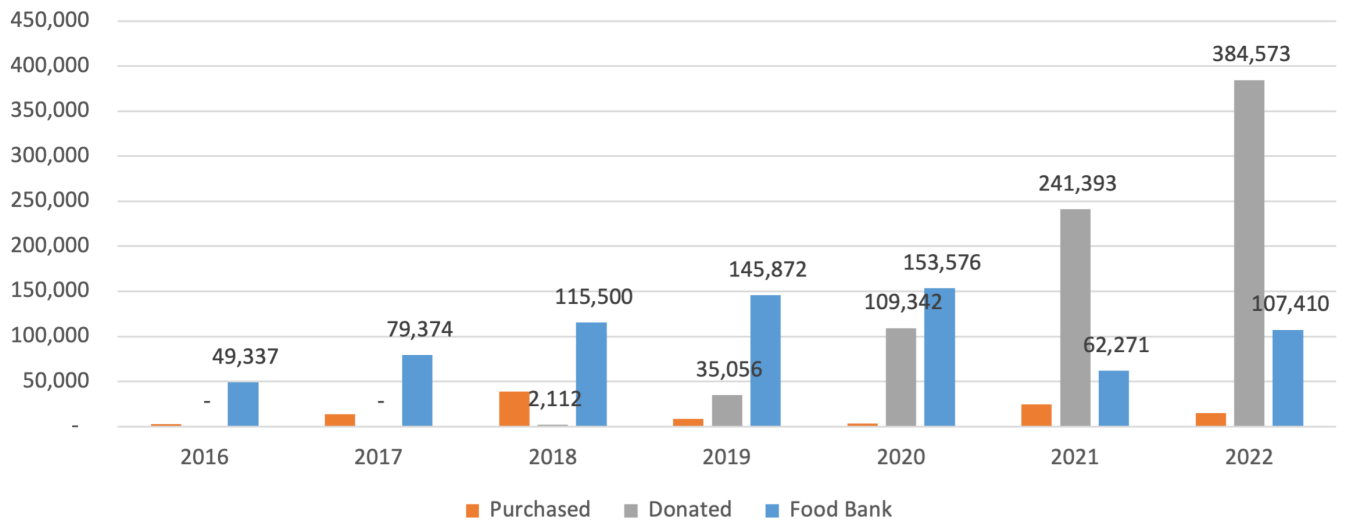
If they cannot come to us, we will go to them.

One day a week throughout the school year, we bring our mobile pantry truck to schools and community centers throughout the region, working with educators to give students hands-on involvement in the work of ending food insecurity. Our school program is the fastest growing community engagement component of Meals On Main Street. Planning for the school year starts in the Spring with opportunities for internships and community projects throughout the summer.

The goal is to develop and nurture commitment on the part of all members of the community to cure the epidemic of food insecurity by finding creative ways to provide for all in need.

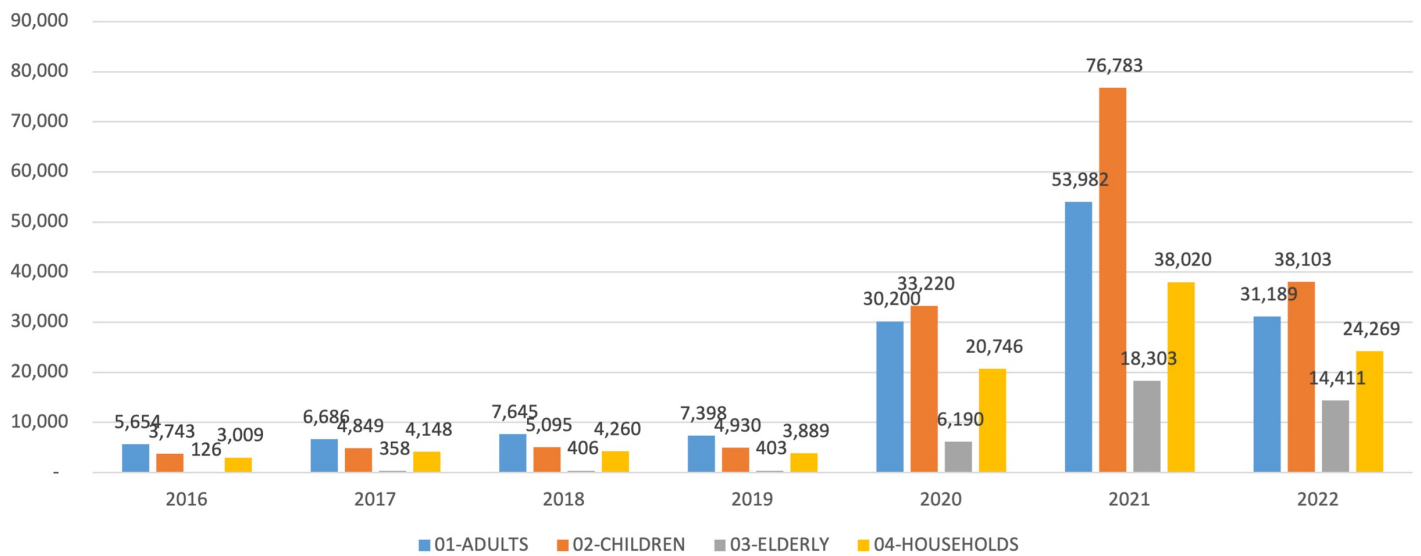


Pounds of Pantry Food

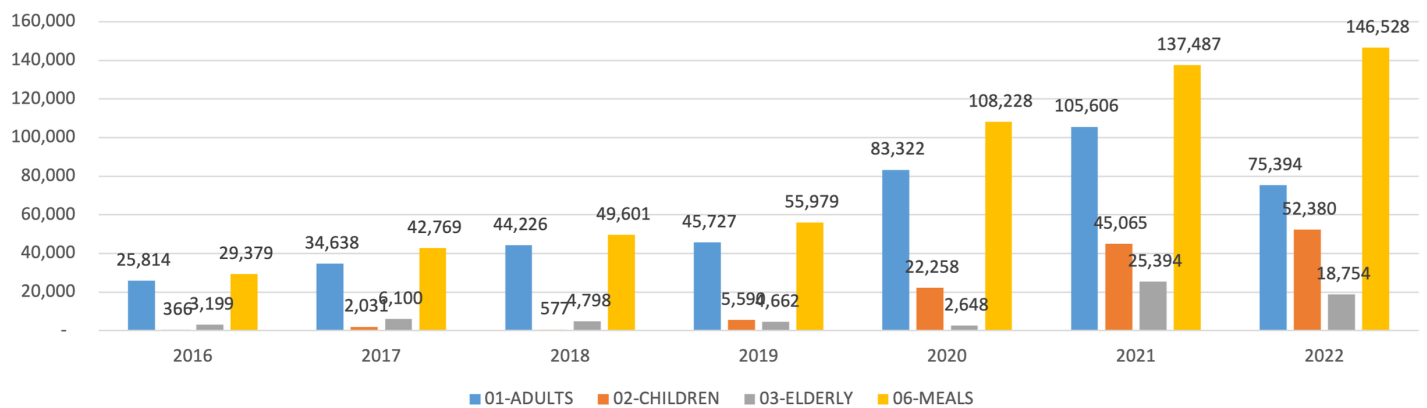


Food donations from supermarkets and other suppliers have increased dramatically as a result of the push to avoid food waste. This has enabled MOMS To bring more food to the communities it serves, shifting our cost model from food to labor. This shift has allowed us to create meaningful jobs and careers in the communities we serve.

Food Pantry Impact 2016-2022



Food Service Operations Impact 2016-2022



Thank you for your support

As we experienced another unparalleled year, Meals on Main Street is eternally grateful for the generosity expressed by all our individual financial donors, Grant providers, foundations, In-kind donors and government assistance. Without you, our goals would not have been met, and those suffering the deepest hardships from the pandemic would have gone hungry.

Please consider supporting our organization via our website at mealsonmainst.org or by check made out to Meals On Main Street and sent to P.O. Box 682, Port Chester, New York 10573

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