



hunger intervention program



Annual Report: October 2010 – September 2011

Hunger Intervention Program (HIP) has been in operation since 1998, starting as a group of volunteers dedicated to feeding the homeless and hungry in Seattle. Today HIP's mission is to empower marginalized people through building community and providing education around cooking and nutrition. HIP's service is offered in a dignity preserving fashion where clients' cultures are celebrated and respected. We invite you to read about HIP's accomplishments over the past year. To learn more about our programs, visit our website at www.hungerintervention.org

3841 NE 123rd Street, Seattle, WA 98125 | www.hungerintervention.org

McDermott Place Community Kitchen

This community kitchen (CK) is an opportunity for developing cooking skills, learning about nutrition, and building social skills. It is offered at no cost to residents of McDermott Place, a supportive permanent housing unit for formerly homeless individuals. At each CK, residents prepare nutritious, delicious meals and dine together. Participants take home 1-2 nutritious meals each and copies of the recipes. Residents also participated in menu planning and recipe selection. Valuable program support was offered throughout the year by Sound Mental Health and Seattle University College of Nursing. In 2010-2011, 38 CKs were held and 33% of residents (25 of 75) participated in the program.



A selection of menus from McDermott Place Community Kitchen
Kale Caesar salad, Stuffed bell peppers, Cranberry Oatmeal Cookies
Cajun Spiced Fish Tacos, Peach Salsa, Asparagus Soup, Rice Pudding with Peaches
Beef & Bean Chili, Jalapeño Cornbread, Homemade Ranch Dressing, Sliced Mangos
Zucchini Baked Ziti, Zucchini Ribbon Salad, Slow Cooked Zucchini, Zucchini Bread

Community Kitchen for Special Adults

In September 2010, HIP launched a second Community Kitchen. This program is designed specifically for Adults with Developmental Disabilities and began with a group of 5-6 HIP volunteers from Work Opportunities, a vocational rehabilitation agency that helps and supports adults with developmental disabilities in their activities of daily living. The CK brings these volunteers into the kitchen and offers them a rare opportunity to learn kitchen skills; then build on those skills week by week. In addition, valuable social skills are developed.

“Participants get to feel the accomplishment of eating something prepared by them, not for them!”

-Sharon Franklin, Work Opportunities Program Manager



Past recipes and targeted skills:
Black Bean Dip – Chopping, juicing, draining, blending
Tomato Mozzarella Salad – Slicing, chopping herbs, mixing
Strawberry Lemon Pineapple Smoothies – Scooping, juicing, blending, pouring
Deviled Eggs – Shelling, slicing, mixing, piping, sprinkling
Miso-Almond Dipping Sauce – Measuring, blending, pouring, mixing

Meal programs

In 2010-2011, HIP served a total of **8341** meals through its programs. Over **4100** sandwiches were prepared and distributed through North Helpline Emergency Services. Over **2100** nutritionally balanced sack lunches were distributed by HIP each Friday in front of North Helpline. Over **1500** meals of HIP's famous wraps were served at Nickelsville and Tent City 3.

Welcome Grocery Bags

HIP packaged 140 Welcome Grocery bags for three low-income housing developments - Gossett Place in the University District, McDermott Place in Lake City, and Lake City Court in Lake City. The bags help new residents get off to a great start and to feel welcome in the community.

Our dedicated volunteers collectively contributed over 3200 hours!

Nancy Albright
Allen Barbee
Tracey Berger
Maxime Bilet
Jackie Brotnov
Margaret Campbell
Martin Cleveland
Vince Dinh
Marjorie Dopps
Karmel Drocken Brain
David Easley
Bella Flaccus
Sharon Franklin
Jen Gonyer-Donohue
Jerry Ingram
Laura May
Sean McKee
May McKnight
Jim McKnight
Elsie Miller

Noelle Nasser
David Ortiz
Donalee Payne
Nancy Pinkerton
Ernestine Robles
Barbara Schoener
Arlene Sellereite
Robin Slipperrn
Charles Sullivan
John Torrence
Nancy Turner
Nancy Wallace
Andy Wiens
Hazel Wilson
Casey Family Programs
Lake City Presbyterian Vacation Bible School
Intellectual Ventures Culinary Team



Our Partners

Sound Mental Health
North Helpline
Lake City Taskforce on
Homelessness
Work Opportunities
Lake City Presbyterian Church
John Rogers Elementary
Food Lifeline
Northwest Harvest
Seattle University College of
Nursing
Meals Partnership Coalition
Operation Sack Lunch

Board of Directors

Rhoda Morrow
Linda Berger
Angela Cook
Jerry Berger
Jeff Hammer
Danielle Odgers
Polly Poole
Heidi Thomassen
Sandy Hackett
Alan Spanne

Staff

Kate Murphy, MPH, RD, Program Manager
Amy Spanne, Bookkeeper

Fiscal Year End: September 30, 2011

Hunger Intervention Program is fueled by dedicated volunteers and generous contributions of food from Seattle area food banks such as Food Lifeline. To meet our cash expenses we receive gifts from individuals and businesses, grants from foundations and income from fund raising events. We receive no government funding, tax payer dollars or United Way funds.

Income

In Kind Contributions (Food & Labor)	\$ 62,957
Individual & Business Contributions	\$ 18,442
Grants	\$ 15,000
Fundraisers	\$ 6,241
Interest & other Income	\$ 268
Total Income	\$ 102,908

Expense

In Kind Contributions (Food & Labor)	\$ 62,957
Purchased Food & Containers	\$ 4,679
Personnel	\$ 27,107
Other Expenses	\$ 11,889
Total Expense	\$ 106,633
Net Income, FY End 9/30/2011	\$ (3,724)

Expenses By Category:		Percent of Total Expense
Programs	\$ 93,079	87%
Overhead	\$ 11,558	11%
Fund raising	\$ 1,995	2%

Balance Sheet	FY end Sept. 2011	FY end Sept.2010	Change
Total Assets	\$ 52,003	\$ 55,259	(\$3,256)
Total Liabilities	\$ 2,994	\$ 2,526	\$468
Net Assets	\$ 49,009	\$ 52,733	(\$3,724)