



ANNUAL IMPACT REPORT 2016–2017



Nutrition Services

Community Need | What We Do | Who We're Helping | The Difference We Make | Volunteer Engagement

Community Need

Nutritious food is a basic requirement for an active, healthy life. When individuals and families have access to enough healthy food, they can maintain their health, fulfill their potential at work and school, more easily afford other necessities, and focus on long-term goals.

In San Diego County, **nearly 400,000 people, including more than 130,000 children, are food insecure.** These individuals experience periods where they are uncertain if they will have enough food to meet the needs of their family due to insufficient money or resources. "Food

According to the U.S. Department of Agriculture (USDA), "food security" is access by all people at all times to enough food for an active, healthy life.

insecurity" is about uncertainty and irregularity when it comes to food access. It is difficult to thrive when you are hungry and concerned about your next meal.

Food insecurity can affect anyone — from older adults living on fixed incomes, to families with a member serving in the military, to immigrants and refugees just getting their start in San Diego, to dual-income families who are working hard but falling short.

Many people struggling to put food on the table do not qualify for government nutrition programs because their incomes are higher than benefit thresholds, but lower than what is needed to make ends meet in

San Diego County. These children and families depend on local food assistance programs to meet their needs.

Older Adults Facing Hunger

In the U.S., half of all older adults have less than \$22,887 in yearly income, and income drops to \$18,657 for people age 65 and older who are fully retired. According to Feeding America, the average cost of a meal in San Diego County is 11% higher than the national average. **Combined with older adults' lower incomes, our region's high food costs create a major strain, forcing thousands of seniors to choose between food and other basic needs, including medicine, utilities, and transportation.** Food insecurity also affects seniors who are unable to access or prepare food due to transportation challenges or declining physical abilities. Only with access to affordable, nutritious meals can older adults age with dignity, maintain their independence, and continue to live in their own homes and communities.



1 in 5

Seniors have incomes **less than \$18,000 a year** in San Diego County, and can't often afford the food they need.



A DECADE
of Earning Charity Navigator's Highest 4-Star Rating
Only 1% of nonprofits nationwide can make this claim



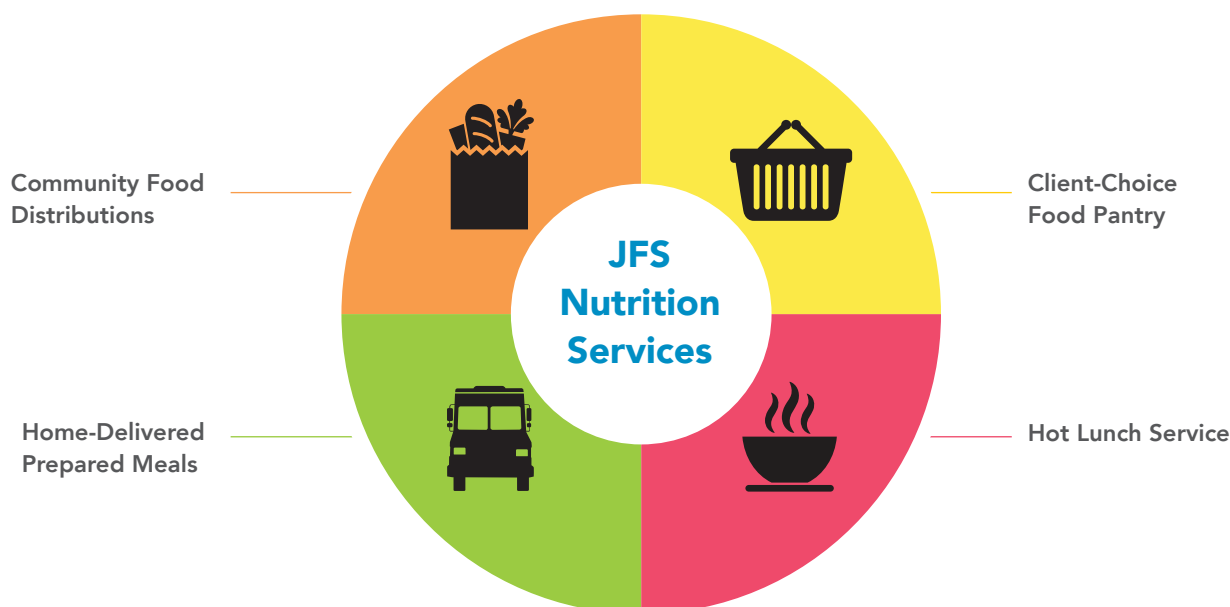
2016 California
Nonprofit of the Year



Service Enterprise Certified
Engaging volunteer talent at all levels of the agency

What We Do

JFS supports the health and wellbeing of individuals and families struggling to make ends meet by providing free and low-cost meals and groceries. Nutrition Services are thoughtfully designed to meet clients where they are, accommodate their diverse needs, and encourage utilization of other JFS programs and services — like Employment and Career Services and Case Management — that will support their long term self-sufficiency.



Community Food Distributions

The Hand Up Food Pantry provides individuals and families with fresh food and non-perishable grocery items at five monthly food distributions. These include farmer's market-style distributions and distributions of pre-packaged groceries at the following locations across San Diego: JFS College Avenue Social & Wellness Center, St. Paul's Cathedral, Murphy Canyon Military Housing Complex, Camp Pendleton, and Chabad of Downtown. The Hand Up Food Pantry is recognized as a leader for its commitment to nutrition-focused food banking, collecting and distributing healthy foods, including fresh produce.

Home-Delivered Prepared Meals

JFS Foodmobile serves hot, kosher, home-delivered meals to older adults and younger adults with disabilities. Meals are prepared daily in JFS's Loonin Family Kitchen, and are delivered to clients homes by trained volunteers who perform wellness checks, and report any concerns to JFS staff.

For many clients, opening the door to a Foodmobile volunteer is their only social interaction all day. Some older adults say that the expected visit gives them a reason to get up and get dressed, because "company is coming."

The Corner Market

The Corner Market, JFS's innovative market-style food pantry, opened in July 2015. This inviting space at JFS's Joan & Irwin Jacobs Campus is designed and merchandised to feel like a neighborhood grocery store with shelves of non-perishable food and personal hygiene items, fresh items and baked goods donated by Starbucks, and large refrigerators and freezers stocked with fresh produce, low-fat dairy products, meat, and fish caught and donated by local fishermen – all available at no cost to our clients.

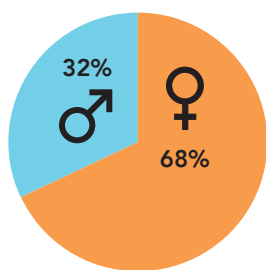
The Corner Market prioritizes dignity and choice, empowering shoppers to select the foods that meet their dietary needs and preferences. While onsite, clients can also meet with a JFS case manager, who helps them set goals and work toward long-term self-sufficiency.

Hot Lunch Service

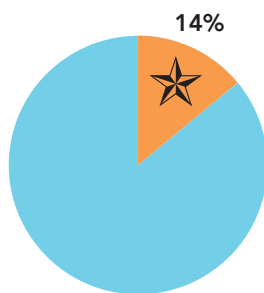
JFS staff and volunteers serve hot, kosher lunches to older adults who visit our Social & Wellness Centers across San Diego County. Meals are nutritionally balanced to support older adults' health, and provide participants with important social connections. Participants spend lunchtime talking, laughing, and maintaining relationships that bring them joy and improve their social, emotional, and mental health.

Who We're Helping

Nutrition Services for Seniors

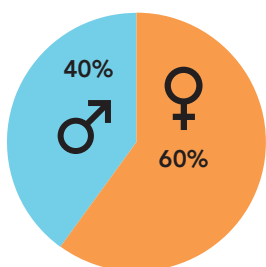


68% Female
32% Male

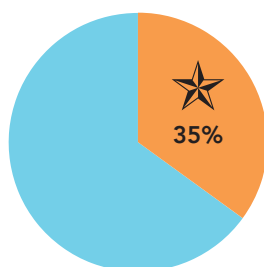


Veterans

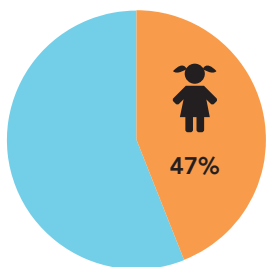
Nutrition Services for All Ages



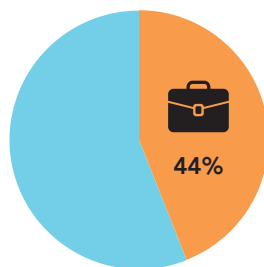
60% Female
40% Male



Active-duty
or military
spouse



At least 1 child
under age 18



Employed



Partnering for Impact

This year, the *Hand Up* Food Pantry continued partnering with local businesses to provide more than 121,000 pounds of fresh rescued food as well as home essentials, ranging from dairy and fresh produce, as well as hygiene and household items. *Hand Up* greatly expanded its food pantry through a food-rescue partnership with Feeding San Diego and Starbucks which began in October 2016. By March 2017, *Hand Up* was averaging 1,500 pounds of Starbucks food per week for distribution to food insecure San Diegans. Feeding San Diego and Jacobs & Cushman

San Diego Food Bank Partners include Vons, Target (Balboa Avenue), Ralph's (La Jolla), Sprouts (Poway), Bread & Cie, and many local synagogues.



Volunteers help Dianne shop for groceries at our onsite Corner Market

Dianne's Story

"I never told anyone about my struggle, but my Rabbi sensed that I needed assistance. When he visited and saw that my cupboards and refrigerator were empty, he told me about the possibility of food assistance at JFS. My current battle with Lupus and cancer means that I live on a very limited budget, with only \$30.00 a month remaining after my rent, utilities, drug co-pays, and other basic expenses are met.

Although reluctant at first, I reached out to JFS. The staff at the Corner Market put me in touch with a case manager, who visited my home to share all the resources available to me. I no longer have to worry about empty cupboards. And I am not alone. There are so many special people at JFS – from the Foodmobile coordinator who makes sure to deliver all of my favorites, to the Corner Market volunteers who check in with me and send get well cards after every surgery. They help me to feel that everything is going to be alright."

Our Purpose

Jewish Family Service is a client-centered, impact-driven organization working to build a stronger, healthier, more resilient San Diego.

JOAN & IRWIN JACOBS CAMPUS
Turk Family Center
8804 Balboa Ave., San Diego, CA 92123
volunteer (858) 637-3050
information (858) 637-3000
intake (858) 637-3210

jfssd.org



In Their Own Words

"We were fortunate enough to be doing well and have been blessed enough that we felt it was time to give back. We came to JFS and were just overwhelmed with the different opportunities. We chose to volunteer in the Corner Market. It was a high need, and we fit right in. We love it. The people that are coming here, they're clearly very grateful. We're just glad to be a part of it."

— Kathy & Alan
Corner Market Volunteers

The Difference We Make

JFS provides nutritious meals and groceries to help individuals and families maintain their health and wellness and focus on long term success.

By the Numbers

- Individuals and families facing food insecurity received food equivalent to more than 313,000 meals through community food distributions and JFS's Corner Market.
- JFS is the only food pantry that provides unlimited quantities of produce for our Corner Market clients — more than 25,872 pounds of fresh fruits and vegetables in the last year.
- 410 older adults received 20,406 hot, kosher lunches served at JFS's four Social & Wellness Centers across San Diego.
- 375 Foodmobile clients received 60,048 hot, home-delivered meals and wellness checks from caring volunteers.

Our Results

- 95% of clients reported that receiving nutrition services helped them maximize their independence or remain in their own home

- 88% of nutrition services clients reported an increased sense of community connectedness
- 98% of nutrition services clients reported JFS services helped them to maintain better health

Volunteer Engagement

Volunteers support our Nutrition Services in a variety of ways – preparing and serving meals to older adults at our Social & Wellness centers, helping clients shop for groceries in the Corner Market, sorting and distributing food with the Hand Up Food Pantry, and delivering meals with Foodmobile.

More than 1,997 volunteers sorted and stocked groceries, assembled pre-packaged food bags, helped run community food distributions, assisted Corner Market visitors, and drove and delivered meals to older adults. These volunteers donated more than 16,737 hours of service valued at \$476,352.

Together with our staff, volunteers help to create a welcoming place for San Diegans to access fresh, healthy food when they need it.

Focus on Military Families

For nearly 10 years, JFS has supported active-duty military families struggling to make ends meet by providing supplemental food and hygiene items at monthly food distributions at Camp Pendleton and the Murphy Canyon Military Housing complex in the Tierrasanta community. These distributions offer fresh produce, locally baked bread, and critical non-perishable food, in addition to hygiene items, including diapers for infants and toddlers.

This year we began a partnership with Support The Enlisted Project (STEP), a local organization that helps active duty service members and recently discharged Veterans overcome financial crisis and achieve long-term financial self-sufficiency through targeted case management and resource navigation. This partnership allows JFS to increase its impact by assisting military families on their path to long term self-sufficiency.