

# Innovating + Evolving



ANNUAL REPORT 2017



**METRO CARING**  
ENDING HUNGER AT ITS ROOT



# Innovating + Evolving

For more than 40 years, Metro Caring has addressed food insecurity in Denver. In years and experience, we are a veteran organization.

And yet, when you enter our doors at 18th and Downing, or speak with our passionate staff, or learn about all the new programs that we launched last year, you realize Metro Caring is young in many ways. We are always **innovating and evolving**: to ask new questions and search for new answers; to improve on past weaknesses and look for future strengths; to come closer to our goal of **ending hunger at its root** in Denver.

Last year, our nutrition and self-sufficiency programs took off. Under the leadership of our Registered Dietitian, Lannea, who joined our staff in April 2016, Metro Caring launched several new programs that make cooking healthier foods and leading healthier lifestyles easier and more enjoyable for all – from children in Kidz in the Kitchen, to adults in our cooking and Diabetes Self-Management classes, to everyone who waits before shopping for a week's worth of free, nutritious groceries.

Seeds for Success, Metro Caring's job-training program, also excelled last year. We trained dozens of job seekers and connected them with employers across Denver. Eighty-two percent of Seeds graduates were placed in a job earning well above the minimum wage, ensuring families have food on the table not just for today, but for tomorrow and the months and years to come. This is what ending hunger at its root means to us.

Metro Caring is already off to a strong start this Fiscal Year, offering new and expanded programs. As we continue impacting more lives, we are grateful for your continued trust and support.

**Doug Hock**  
*President, Board of Directors*



METRO CARING DISTRIBUTED  
**1.9 MILLION**  
POUNDS OF FOOD  
TO MORE THAN 61,000 FAMILIES\*

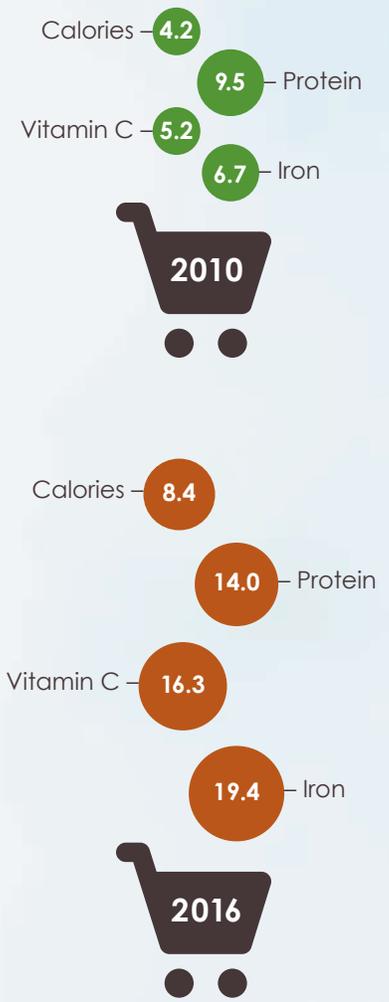
*\*Total number of families, duplicated*

# Healthful Foods Access



In fiscal year 2017, Metro Caring received more than **2.6 million** pounds of food from hundreds of local grocers, faith communities, companies, and individuals. Almost **75%** of that food was rescued, meaning that had Metro Caring not received and distributed it to hungry families, the food would have ended up in landfills and produced toxic methane. With that food—the vast majority of which was perfectly good and nutritious—Metro Caring fed more than 21,000 people, with an average of 100 families per day receiving a week’s worth of groceries from our Fresh-Foods Market.

## SHOPPERS TAKE HOME MANY DAYS’ WORTH OF KEY NUTRIENTS.



PROVIDED EACH FAMILY WITH AN AVERAGE OF  
**80 POUNDS OF FOOD**  
 35% OF WHICH WAS FRESH PRODUCE  
 EQUIVALENT TO 8.4 DAYS AND \$250 WORTH  
 OF FOOD PER FAMILY PER VISIT.



# Nutrition Education

Metro Caring continues to empower people to lead healthier lives by offering a wide range of nutrition and cooking classes, both for adults and the whole family; in English and in Spanish. Our evidence-based programs included: Kidz in the Kitchen, a cooking class for kids and their parents, and Diabetes Self-Management and Prevention classes, among others. Every step of the way, people who walk through Metro Caring's doors receive tangible tools to improve their health.



In our Welcome Area, Nutrition interns prepare and pass out "Healthy Tastings" samples – easy-to-cook snacks made with items from Metro Caring's market.



Volunteer and children's nutrition educator Andrea Jordan engaging a young boy in the Joan and Larry Brennan Children's Nutrition Center.

## SELF-SUFFICIENCY

Metro Caring's self-sufficiency offerings reached thousands of individuals last year. Through our job-training program, financial literacy classes, and ID assistance, Metro Caring helped individuals get back on their feet so they can feed and support their families in the long term.



Metro Caring provided individualized job training to 66 participants through our job-training program, Seeds for Success.



39 individuals graduated from Seeds for Success last year. 82% of those who graduated were placed in a job earning well above Colorado's minimum wage.



Almost 70% of program graduates have held new jobs for more than three months and report being happier due to becoming more independent and self-reliant.



669 individuals attended a financial literacy class, learning how to better manage their funds and financial priorities.

*"This class has been so helpful. When I first got diagnosed with diabetes, I didn't get the proper tools. The healthcare provider made me feel like I should have known better or made better food choices, like it was my fault for having diabetes. Without this class, I never would have known about food choices and even how to tell what my blood sugars meant."*

– Diabetes Self-Management Program graduate



**5,790 PARTICIPANTS**  
**ATTENDED 119 NUTRITION CLASSES**  
*(Total number of attendees and classes, duplicated)*

**91% OF DIABETES SELF-MANAGEMENT GRADUATES FELT THEY COULD MANAGE DIABETES MORE EFFECTIVELY AFTER THE CLASS**

# Leading by Example

Since we moved into our state-of-the-art Hunger-Prevention Center in April 2015, Metro Caring has taken increasingly bold steps to revolutionize our approach to eliminating hunger and promoting health. Our strategies are holistic. While we meet families' everyday food needs, we also help to empower them with the tools and confidence to practice healthier habits, obtain adequate employment, and effectively manage their budget.

**Others have taken notice.** Metro Caring, although rooted in Denver, has become a model for hunger prevention *nationally*. Those who support our work are not just eliminating hunger in Denver communities – they are also investing in a proven roadmap for hunger prevention for America.

**Because together, we can end hunger.**



As a part of the American Public Health Association's 2016 Conference, 60 public-health workers from across the country visit Metro Caring to learn how to replicate our model in their respective cities. *(October 2016)*



A food bank in Monument, Colorado reaches out to Metro Caring, looking to incorporate our best practices into their hunger-prevention efforts. *(February 2017)*



The City of Denver presents Metro Caring with its third annual Healthy Communities 'Good Neighbor' Award, after receiving a record-high number of applications. *(April 2017)*

## The Impact of Volunteers

TOTAL VOLUNTEER HOURS: **51,549**

TOTAL NUMBER OF VOLUNTEERS: **5,307**

FULL-TIME STAFF EQUIVALENT: **26**



# Financials

## INCOME



**Total Revenue: \$7,883,286**

## EXPENSES



**Total Expenses: \$8,024,234**

**TOTAL NET ASSETS: \$6,294,617**

**DECREASE IN NET ASSETS: \$140,948**



## BOARD OF DIRECTORS

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Manager of Media Relations,  
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Pediatrics West P.C.

Jo Ann Pegues,  
Registered Dietitian

Mike Porter, Retired,  
Nexus Corporation

Teva Sienicki, CEO,  
Metro Caring

Jessie Dixon  
*(term ended April 2017)*

Ray Johnson  
*(term ended April 2017)*

Nora Kimball  
*(term ended April 2017)*

# Looking Ahead

It would be hard to choose a more exciting time to join Metro Caring. Last year, the organization reached a new level by both feeding more people and strengthening its wrap-around programming. I am impressed that Metro Caring was able to distribute food to 28% more people last year than in the previous year. But I am blown away by the nutrition education and self-sufficiency programs that took off in 2016.

And yet, I know we can do even more to impact hunger in Denver. We can share the joy of cooking healthy foods with more families. We can help even more of our unemployed neighbors gain the necessary skills to re-enter the workforce. We can make the foods we distribute even healthier. We can uncover new ways to address the root causes of hunger in our community. And we can enlist even more of the community to join our mission of ending hunger and spreading health.

I do not presume to have all of the secrets to accomplishing these goals right away. It will take time, and that's why I am beginning my tenure at Metro Caring by launching an extensive listening campaign. I will meet with stakeholders in Metro Caring, from those whom we serve to those who support our work, to better understand how we can most effectively leverage this organization's impressive momentum to accomplish even more in the coming years.

Over the next several months, I would love to hear from you. In the meantime, thank you for your support as Metro Caring begins this next, exciting phase of our organization's history.



**Teva Sienicki, CEO**





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