



2021

**ANNUAL
REPORT**

**with CHOICE
comes DIGNITY**

**Hands
for Hunger**

Hands for Hunger *Pantry*

“

Thank you for all of your help, the groceries and your words of encouragement. You don't know how much you encouraged me, not just in words but in your deeds. If there is anything I can do to assist you at H4H...I'll be honored to assist with a grateful heart.

*- Lisa Elliot
Pantry Client*

”





CONTENTS



04	EXECUTIVE DIRECTOR'S MESSAGE
05	MISSION, VISION, VALUES
06	WITH CHOICE COMES DIGNITY
07	THE FREEDOM TO SAY YES
08	CREATING AN EMPOWERING SPACE
09	CHANGING THE FACE OF FOOD PANTRIES
11	PANTRY ASSISTANCE
13	SUPPORTING OUR AGENCIES
16	CONTRIBUTION BREAKDOWN
17	FINANCIAL POSITION

EXECUTIVE DIRECTOR'S MESSAGE

Preserving Dignity in the Face of Hunger

Keisha Ellis - Executive Director

Hands for Hunger has made an incredible impact on the state of food insecurity and the reduction of food waste in The Bahamas since our launch in 2008. We began with a focus on food rescue, collecting over two million pounds of fresh, nutritious, surplus food and delivering it to local agencies that provided food for people in need. When the Covid - 19 Pandemic hit and forced the closure of hotels and restaurants in The Bahamas, our model of food rescue had to be reassessed.

In June 2020 we joined the National Food Distribution Task Force and delivered food boxes directly to the doorstep of families in need. Each box contained meat, fresh fruits and vegetables, whole grains and other nutritionally dense food items. Aware that the program would soon come to an end and that the hotels remained closed, we knew we had to find a way to continue to provide nutritious food to people in need. This is how the Hands For Hunger Pantry was born.

With so many people out of work we saw that food insecurity had many faces and the people who come to us for assistance had a variety of backgrounds and needs. We knew it took courage to ask for help and Hands For Hunger wanted to meet that courage with compassion and respect.

The H4H Pantry revolutionizes the way we think about food assistance in The Bahamas.



Under the theme, “With Choice Comes Dignity”, our approach focuses on promoting dignity and autonomy within our clients by allowing them the freedom to choose the items that they and their families would most like.

Our Pantry Clients are full and unique individuals, each encompassing a magnitude of emotions, strengths, and experiences. We know that their need for food assistance is only one aspect of their full story. Our client choice pantry creates an empowering space while also reducing waste associated with giving people items that they do not need or want.

The pantry is set up like a standard convenience store. Clients browse the aisles and “shop” just as they would if they were purchasing the food. From the moment they arrive, our staff and volunteers are supportive, whether that means helping you find your kids a great snack or simply being someone to talk to.

The H4H Pantry is the next step in our evolution toward a hunger free Bahamas, where everyone has access to three healthy and fortifying meals each day.

FOOD IS OUR

WWW.HANDSFORHUNGER.ORG



MISSION

Hands For Hunger is committed to the elimination of **unnecessary hunger and the reduction of food waste** through the creation of meaningful and engaging partnerships formed amongst all sectors of the Bahamian community. We strive to inspire a shared sense of social and environmental responsibility amongst citizens, who, individually and collectively, come to realize the power of their own contributions. We do this by food rescue and distribution, education and other innovative solutions aimed at achieving national food security.

VISION

Our vision is a transformed Bahamas where everyone has access to three nutritious and fortifying meals each day; **no one goes hungry**; and the quality of our environment is enhanced.

VALUES

- RESPECT
- INTEGRITY
- QUALITY
- TEAMWORK





Hands for Hunger Pantry

The H4H Pantry seeks to revolutionize the way we think about food assistance in The Bahamas. Our model disrupts the notion that simply providing pre-packed food boxes to people in need is a sufficient and good way of helping. Instead, our approach focuses on promoting dignity and autonomy within our clients by allowing them the freedom to choose the items that they and their families would most like.

**WITH CHOICE
COMES DIGNITY**

"Our clients are full and unique individuals, each encompassing a magnitude of emotions, strengths, and experiences. We know that their need for food assistance is only one aspect of their full story." Keisha Ellis
Executive Director



THE FREEDOM TO SAY YES

The pantry is set up like a standard convenience store. Clients browse the aisles and “shop” just as they would if they were purchasing the food. They can choose items that make them happy and that they know that their family will enjoy eating. This has a lasting impact on the satisfaction that it provides the client. In addition to satisfying their basic physiological needs, this can have an impact on family dynamics and happiness within the household.



CREATING AN EMPOWERING SPACE

Giving people the freedom to choose their food is the core of our operation, however it's important to encourage people to make healthy choices. We focus on stocking our pantry with a wide selection of different fruits, vegetables and meats. Studies show that these items are the ones most often foregone in the diet of the food insecure because of expense.

Healthy Recipes



HEALTHY

VEGAN

VEGETABLES

PROTEIN

Healthy recipes

CHANGING THE FACE OF FOOD PANTRIES

H4H staff and volunteers are passionate about supporting our pantry clients, whether they are helping them to find their kids a great snack or simply being someone to talk to. We also provide recipes, serving suggestions and samples to encourage people to choose and prepare foods in ways that will help their families be healthier.

Hands for Hunger Pantry

In addition to providing food, our pantry serves as a resource bank, where we provide information on how clients can obtain help in other areas of their lives and find ways to address the various factors that have contributed to their food insecure state. We provide information on job opportunities, classes and workshops, group and private therapy options, health and healthcare providers, substance abuse assistance and domestic violence support.

100

Pantry Clients who used the resource board were interviewed for positions.

18

Pantry Clients found full time positions.




TOTAL CLIENTS SERVED

3,013

July 2021 - December 2021

PANTRY ASSISTANCE





We use the term 'client' rather than the terms traditionally used like recipient or beneficiary, because it promotes respect for the individual and shows that we value their presence in our pantry.

We also understand that food insecurity has many faces and the people who come to the pantry for assistance have a variety of backgrounds and needs.

SUPPORTING OUR AGENCIES

For the past 13 years, Hands for Hunger has supported over 30 agencies including soup kitchens, halfway houses, drug rehabilitation centers, assisted living facilities and children's homes throughout New Providence.

Through our Food Rescue partners, in 2021 we donated 222,338 lbs of food.

222,338





**The Haven
Val's Kitchen**



**Pat's Senior
Citizen's Home**



**Elizabeth Estates
Children's Home**



**Higher Grounds
Transitional Homes**

**Families Organized
Against Murder**



**Good Samaritans
Senior Citizens
Home**



**Metropolitan Church
of the Nazarene**



**St Mathew's
Day Care Center
for the Aged**



**Hands
for Hunger**



**Kingdom Alliance
Ambassadors**

**Fellowship Word
& Fellowship Center**



**Ambassador Chorale
International Association**



Bilney Lane Children's Home

**Eljah's Hilltop
Cottage Ministries**



**Great Commission
Ministries**



Engleston Food Bank

**Solutions Counselling
Services Network**

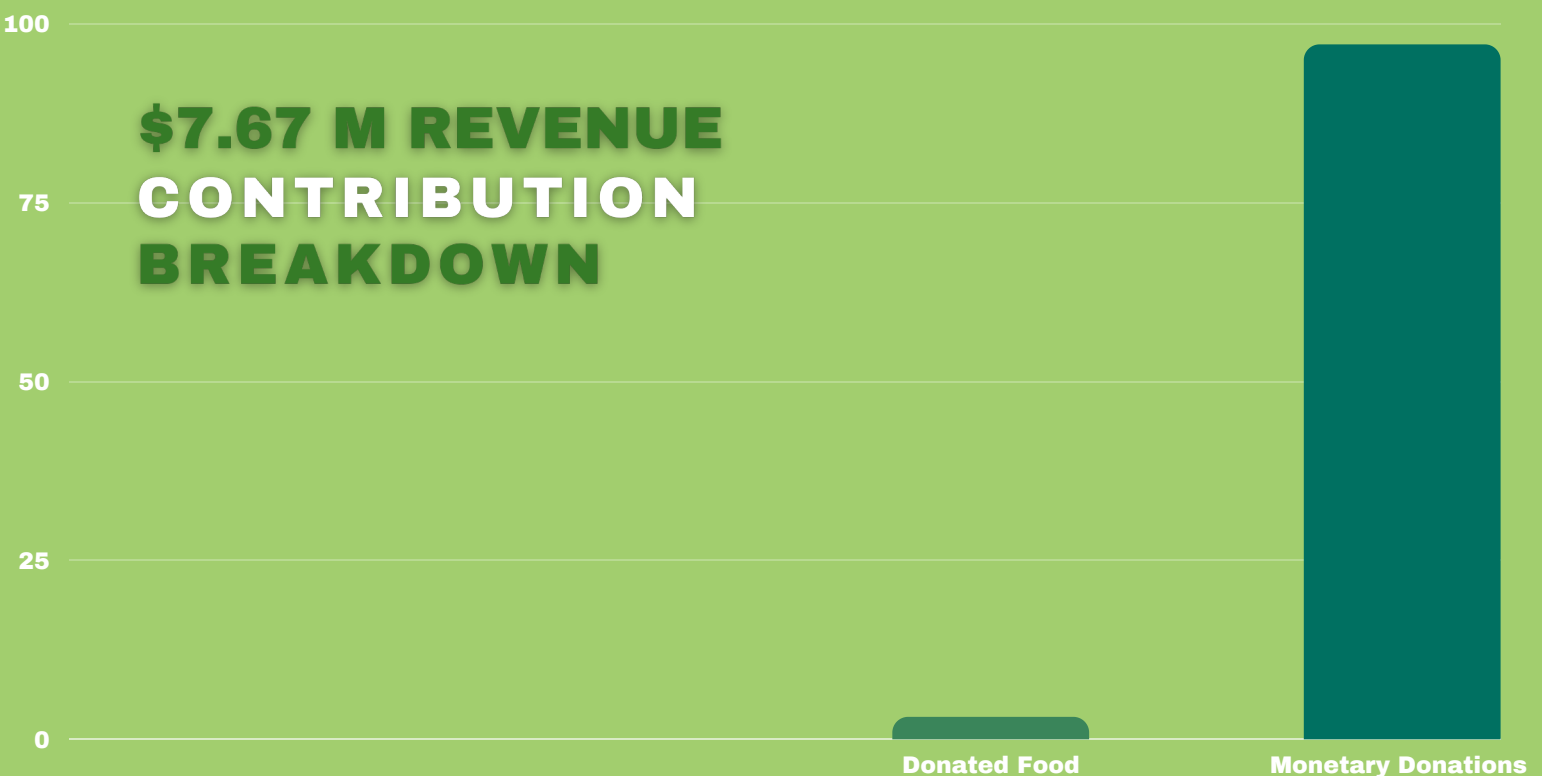


**Hands
for Hunger**

90% Of Contributions

90% of H4H contributions go directly to food purchases, programs and to those that need it the most. 10% was spent on overhead and expenditure. The non-profit industry Gold Standard is a 25 to 75 percent split between administrative overhead and program expenditures. This standard is recommended by Charity Navigator, an International nonprofit watchdog and ratings group.

\$7.67 M REVENUE CONTRIBUTION BREAKDOWN



HANDS FOR HUNGER

Statement of Financial Position (Unaudited)

(Expressed in Bahamian dollars)

Year ended December 31, 2021

	2021	2020
	\$	\$
ASSETS		
CURRENT ASSETS		
Cash	3,675,482	1,193,579
Accounts receivable	10,118	400
Prepaid expenses and other assets	-	1,699
	3,685,601	1,195,678
NON-CURRENT ASSET		
Fixed assets, net	53,436	46,903
	3,739,037	1,242,581
TOTAL ASSETS	3,739,037	1,242,581
LIABILITY AND FUND BALANCE		
LIABILITY		
Accounts payable and accrued expenses	1,735,470	4,389
	2,003,567	1,238,192
FUND BALANCE	2,003,567	1,238,192
TOTAL LIABILITY AND FUND BALANCE	3,739,037	1,242,581

HANDS FOR HUNGER

Statement of Activities and Fund Balance (Unaudited)

(Expressed in Bahamian dollars)

Year ended December 31, 2021

	2021	2020
	\$	\$
FUNDRAISING AND CONTRIBUTIONS		
Fundraising events and activities, net	-	4,239
In-kind contributions (donated food)	222,338	222,958
Individual contributions	53,328	460,779
Corporate contributions	820,884	1,089,438
Non-corporate contributions	6,570,211	2,903,593
	<hr/> 7,666,761	<hr/> 4,681,007
EXPENSES		
Salaries and wages	285,147	209,618
Direct costs (donated food)	222,338	222,958
Food Distribution	6,229,528	3,570,625
Vehicle fuel, repairs and supplies	9,943	8,995
Other expenses	27,367	12,452
Rent	30,929	-
Utilities	12,961	-
Security services	12,237	-
Professional fees	19,394	23,628
Promotion and communication	17,195	11,366
Postage and printing	-	108
Depreciation and amortization	34,415	22,419
	<hr/> 6,901,453	<hr/> 4,082,168
EXCESS OF FUNDRAISING AND CONTRIBUTIONS OVER EXPENSES BEFORE OTHER INCOME		
	765,308	598,839
Other income	66	65

**EXCESS OF FUNDRAISING AND CONTRIBUTIONS
OVER EXPENSES**

765,374 598,904

Fund balance, beginning of the period 1,238,192 639,288

Fund balance, end of the period 2,003,567 1,238,192

HANDS FOR HUNGER

Statement of Cash Flows (Unaudited)

(Expressed in Bahamian dollars)

Year December 31, 2021

	2021	2020
	\$	\$
CASH PROVIDED BY (USED IN):		
OPERATING ACTIVITIES		
Excess of fundraising and contributions over expenses	765,374	598,904
Adjustment for non-cash item:		
Depreciation	34,415	22,419
Changes in operating assets and liabilities:		
Accounts receivable	(9,718)	-
Decrease in prepaid expenses and other assets	1,699	2,052
Accounts payable and accrued expenses	1,731,081	(6,359)
Net cash provided by operating activities	2,522,851	617,016
INVESTING ACTIVITY		
Purchase of fixed assets	(40,948)	(6,045)
NET INCREASE IN CASH	2,481,903	610,971
Cash, beginning of the period	1,193,579	582,608
CASH, END OF THE PERIOD	3,675,482	1,193,579