



# 2022 VOLUNTEER REPORT



# A LOOK AT THE NUMBERS:

# 2022



In 2022, The Food Bank shared the equivalent of 24 million meals - and it was only possible thanks to the help of our amazing community of volunteers.

349

groups served  
21,402 of total  
volunteer hours

32%

of volunteers  
served more than  
one shift

\$1.8M+

funds saved by  
volunteer work that  
can be reinvest into  
our mission

213%

growth in first-  
time volunteers  
compared to 2021

## CELEBRATING: TOP VOLUNTEER GROUPS

Veterans United shared 1,430 hours  
CPS Community Skills shared 1,015 hours  
MU Little Sisters of the Gold Rose shared 910 hours

### Other top volunteers

- Our Lady of Lourdes
- Newman Center Church
- Lenoir Woods Residents
- MU Homecoming Committee
- MU Law School
- Downtown Rotary
- Shelter Insurance



# VOLUNTEER ROOM

The Volunteer Room preps food for distribution to partner agencies and neighbors at mobile pantries. Volunteers helped repackage and label food, sort through donations, and assemble boxes of food including Senior Boxes, Veteran Boxes, Produce Boxes and more.



“It is wonderful to know [our help] will make a difference for neighbors right here in Mid-Missouri.”

- Kathryn Fishman-Weaver

“I love learning from the people in the Volunteer Room. It's rewarding to see how we are helping our neighbors.”

- Lilah Weaver

Super volunteers Kathryn Fishman-Weaver and daughter Lilah Weaver pictured together at Lilah's annual “Bean Bash” food drive in support of neighbors.

## HOW THE VOLUNTEER ROOM STACKED UP IN 2022

7,291 volunteers  
served 37,730 hours

34K+

Senior  
Boxes packed

5,782

Veterans  
Boxes packed

84K+

Produce  
Boxes packed





# CENTRAL PANTRY

Central Pantry is The Food Bank's main distribution center for people needing food assistance in Boone County. The pantry operates similar to a grocery store, and volunteers help sort through donations, support distribution counters, clean frequently used areas and more.



VOLUNTEERS

“Volunteering at the Central Pantry provides an excellent opportunity to interact with our community, and to be part of a wonderful, dedicated team.”

- Central Pantry Volunteer Stacey McNally

**3.3M**  
meals served

**4,263**  
hours served in  
2022

**498**  
volunteers

**8M**  
wholesale value  
of pounds of food  
distributed

## KEY NUMBERS: CENTRAL PANTRY

**98%**

of neighbors said the food they received at Central Pantry helped them eat more healthily.

**1.8 MILLION**

pounds of fruits and vegetables were distributed to neighbors at Central Pantry

**94%**

of neighbors said getting food at Central Pantry helped them redirect funds to other necessary bills.



KIDS HELPING KIDS!

Kids Helping Kids is hosted in the Volunteer Room and brings together children ages 5 and up to make a difference. Kids and families help prepare food for distribution and learn more about The Food Bank and the importance of helping neighbors.



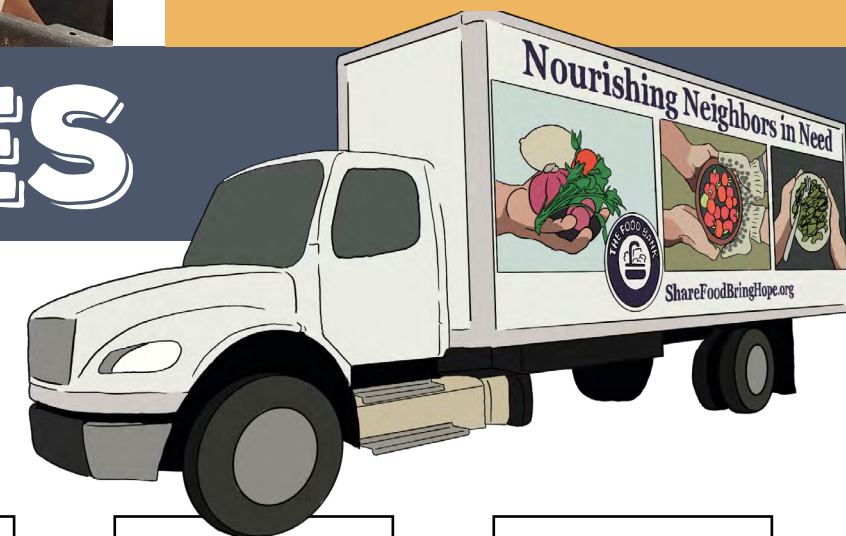
VOLUNTEERS

“My family and I...had a fabulous time. My son and husband volunteered this spring but my 7-year-old daughter absolutely loved getting to be included this time around.”

- Kids Helping Kids Volunteer

## MOBILES

Mobile Pantries get food to people in areas without a brick-and-mortar pantry. Volunteers help set up for distribution, support check-in and assist families in getting food into their vehicles.



**1,383**  
volunteers

**118K+**  
times  
households  
were served

**252**  
distribution  
events

**1.83M**  
meals shared  
across events



# SPECIAL EVENTS

The Food Bank hosts special events throughout the year to raise awareness, foods and funds. Volunteers support special events in a variety of ways, and there's a special event to fit every interest. Check out our calendar of annual events that rely on volunteers, below:

APRIL



## FLOAT YOUR BOAT

Mid-Missouri's original cardboard boat regatta. Teams race one-of-a-kind cardboard boats across Bass Pro Shops Lake in Columbia while hundreds of attendees cheer them on as they sail - or sink. Volunteers support registration; t-shirt sales; paddle running; and help teams with information or at the finish line.

MAY



## STAMP OUT HUNGER

The National Association of Letter Carriers' drive is the largest one-day drive in the nation. Volunteers drive mail routes and collect food set out by donors, bring donations back to a sorting center and sort donations so they can be more easily distributed to neighbors.

JUNE/JULY



## HOPE FOR HEROES

A 5K run/walk that raises money for veteran's programs, including VIP Veteran Packs. VIP Packs provide nutrition and toiletries to food-insecure veterans. Volunteers help set up the 5K course and distribute water.

OCTOBER



## SCORE AGAINST HUNGER

The annual Mizzou football game dedicated to feeding neighbors in need. Volunteers collect donations during the pre-game tailgate.

NOVEMBER  
AND DECEMBER



## HOLIDAYS

The Partnership Against Hunger and One for One drives raise funds to address food insecurity during the holidays. Volunteers collect donations during the drives.

# SNAP SUPPORT



The Supplemental Nutrition Assistance Program (SNAP, sometimes called Food Stamps) is a federal program that helps low-income Americans put food on the table. The Food Bank staff and volunteers provide education and awareness to neighbors and assist eligible neighbors in enrolling. The Food Bank also provides Medicaid enrollment help.

## INTERNS

Students obtain real-world experience and complete projects that make a difference for neighbors when they choose to serve with The Food Bank. Internship experiences are varied, but interns can be sure they'll learn about nonprofit work and the needs of our community.

## INTERNS HOSTED IN 2022:

- Abby M. (Graphic Design)
- Anin M. (Programs)
- Caitlyn C. (Senior Box/Central Pantry)
- Elizabeth B. (SNAP)
- Emma C. (SNAP)
- Grace G. (Illustration)
- Haley Q. (Illustration)
- Taylor H. (SNAP)



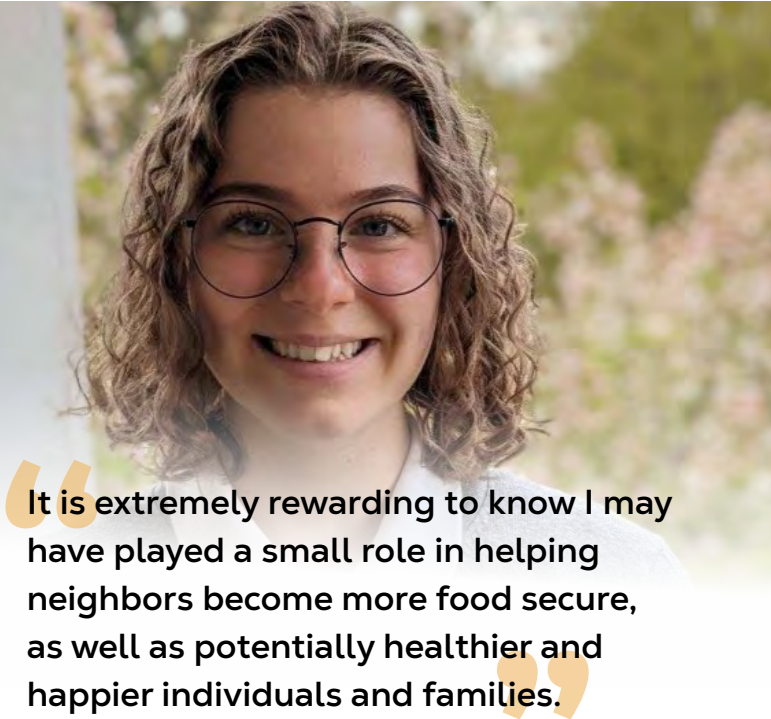
AmeriCorps is a federal program that connects individuals and organizations to help communities find solutions to challenges. The Food Bank hosts participants from two AmeriCorps programs:

VISTA

VISTA members serve 365 days on a single project that helps an organization expand capacity to make lasting change. In 2022, The Food Bank hosted two VISTA members.

NCCC

NCCC teams include 10-15 members between the ages of 18-26 who serve with multiple organizations over 10 months. At The Food Bank, NCCC teams support special projects at Central Pantry. The Food Bank also hosts a team in partnership with Columbia Center for Urban Agriculture and Show Me Habitat for Humanity



It is extremely rewarding to know I may have played a small role in helping neighbors become more food secure, as well as potentially healthier and happier individuals and families.

- VISTA Andrea Daley

Andrea is now The Food Bank's full-time Healthcare Partnership Coordinator!





## THE FOOD BANK

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@TheFoodBankMO

# VOLUNTEERING IN 2023

The Food Bank's success in 2022 was made possible by our many amazing volunteers. You are a vital part of helping the 100,000 neighbors we serve each month. Thank you for all you have accomplished this past year. We look forward to serving our community now and into the future with your support!

## READY TO VOLUNTEER?

The best way to register to volunteer is on our website. Just visit us online at [sharefoodbringhope.org/volunteer](https://sharefoodbringhope.org/volunteer). You can also learn more about volunteering or explore your options for volunteering by contacting Volunteer Coordinator Samantha at [scripe@sharefoodbringhope.org](mailto:scripe@sharefoodbringhope.org) or (573) 447-6620.



“I love being able to connect a passionate person with a project that needs volunteer support.”

- Volunteer Coordinator Samantha Cripe