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One Gift. Many Lives Touched.

Dear Friends,

69,095. 594,015. 122%. One.

At first glance, these might seem like just numbers. But actually, behind each number is a person.

And the greatest number of all? One.

It all starts with One person – You. You gave your support to someOne in need.

One child who will go to bed tonight with a full tummy, ready to learn tomorrow in preparation for her amazing future.

One veteran who has healthy food to eat for the first time in a long time.

One 75 year old grandmother who can finally sit at the table with her 7 year old grandson she's raising and have enough food for herself to eat, too.

One then another and another until finally, at the end of a year, from across our community, 69,095 people are helped by Manna. A total of 594,015 healthy meals to folks in Escambia and Santa Rosa counties. Sometimes the need was overwhelming. Sometimes I wasn't sure that we'd have enough.

And then, there You were. You showed up, bringing your gifts to Manna so we could help — a child, a mom, a dad, a grandparent, a veteran, a patient — a hungry neighbor in need.

It always starts with One person – You. You gave. Love. Kindness. Hope.

To someOne you'll never meet. To someOne who now knows that someOne else really does care about them.

One person at a time giving. Many people grateful. You make our work possible. Thank you!

In grateful service,

DeDe Flounlacker
Executive Director



(L to R) Jeff Gottschalk, Barbara Smith,
DeDe Flounlacker, Barbara Coffey,
Sondra Massraf, Kerri Smayda, Melissa Branton

2022 Impact, by the Numbers

Manna continues to navigate uncharted waters. Record inflation, global conflict, and subsequent rises in food costs, housing costs, and utility costs, as well as the lingering effects of the pandemic, have all contributed to a decrease in food donations and a sharp increase in requests for food assistance. Manna has met the extraordinary need thanks to the generous support of Manna Hunger Heroes.

69,095

Neighbors Given
Food Assistance

554,546

Pounds of Food
Distributed

594,015

Healthy Meals
Provided

122

% Increase Over
Number of People
Helped in 2021

\$992,637.34

Value of Food
Distributed

\$.93

of Every Dollar
Donated went
Directly to Services

19,040
pounds

Fresh Produce
Distributed to
Patients



95% of Distributed Food was
Donated by the General Public

Manna's healthy food distribution footprint

covers every zip code in Escambia and Santa Rosa counties, serving neighbors in need from all walks of life.

Manna's Healthy Kids Initiative ensures that children in more than 30 Santa Rosa County schools and more than 40 Escambia County schools receive the healthy food they need to grow and learn.

Through Manna's food security programs, healthy food in the form of groceries is distributed to:

- schools
- after-school clubs
- low-income rental communities
- law enforcement
- veteran housing
- healthcare providers
- child advocacy centers
- faith-based organizations
- nonprofits providing wrap-around services

Healthy Kids Initiative

Since 1983, Manna has provided food to the hungry of Northwest Florida, including thousands of children in need. Manna's Healthy Kids Initiative was created and exists to support those children. Manna's primary goals for the programs and partnerships that fall under the Initiative are to provide greater access to healthy food, improve the nutritional quality of children's diets, and to collaborate with organizations that offer additional services for children so that, together, our impact is greater. By supplying nourishment and establishing an efficient framework with partners, we are collectively able to increase stability among our community's most vulnerable population, children.

Tummy Bundles is a collaboration with *Boys & Girls Clubs of the Emerald Coast* that, since 2016, has provided seven healthy weekend meals to students participating in their after-school programs. In 2021, the program expanded from a single school-site distribution to now include the Boys & Girls Main Pensacola Club, making nutritious food available to dozens more Escambia Co. children in need every week of the schoolyear. *Tummy Bundles* is designed to alleviate the excess burden of hunger for children participating in the program and allow them to focus on improving academic and health outcomes. Children in the program demonstrate successful and improved outcomes year after year. 83% of parents/guardians reported that, due to the program, their child(ren) is more food secure. 92% of students were considered successful in their coursework (as defined by Dept. of Education), and 61% improved their Body Mass Index, moving closer to or within the normal range. For families in need of additional support, Manna provides the entire family unit with bags of healthy food.



Manna volunteer Bill Van Pelt



Escambia County Sheriff's Office School Resource Officer Deputy Echele

Manna partners with the *Escambia County Sheriff's Office*, the *Gulf Breeze Police Department*, the *Pensacola Police Department*, and the *Santa Rosa County Sheriff's Office* to carry out the *School Resource Officer Food Program*. The program provides School Resource Officers (SRO) with food in more than 30 schools across the two-county area for students who've identified themselves as being in need. SROs utilize the food as a tool: first, to fulfill an immediate need – food for a hungry child; then to have deeper conversations with students about life at home, academic performance, behavior, and more. Last schoolyear, more than 90% of SROs said 'yes,' the food helped build a relationship and/or prompted a next-step with the student. In addition, school resource officers have identified whole family units struggling with food insecurity during home visits and welfare checks. SROs notify Manna, and we supply the family with bags of healthy groceries to help them get by, and just as important, the relationship between law enforcement and the family is strengthened.



I'm a single mother of two and was struggling to find a job that worked around their schedules. Once my son, AJ, joined the Boys & Girls Club, it opened availability for me to provide for them. That's a gift that I can never repay.

Boys & Girls Club also gifted me with the opportunity to get food donations through Manna Food Bank that helped me through this difficult transition. The Tummy Bundles Program sent food home with AJ each week, and the food that he brings home helps provide the food we need to make it to the next week. I do not know what we would do without the Tummy Bundles food from Manna, or Boys & Girls Club.

My son comes home every day with a smile. He even asks me not to pick him up early from the Club. It takes a village! Thank You!



- Jayme P., on how Boys & Girls Clubs and Manna have supported her family

66% of all people served last year were children.

Our partnerships with *Gulf Coast Kid's House* and *Santa Rosa Kid's House* provide emergency food bags at their facilities to distribute to the families and children they serve. Prior to the collaboration, advocates would have to refer families to other resources for emergency food. This presented a problem, especially when children were placed on the weekend or in the middle of the night, resulting in a lapse of time when the children and their guardians could access emergency food assistance. The partnership now provides families in need with immediate access to healthy food. Since 2015, more than 2,500 children and their guardians have received food assistance through the program—the equivalent of 37,500 healthy meals!

Manna provides *Children's Home Society* social workers and resource navigators with healthy food bags weekly to support the children and families they serve. When they find a child and his/her family is struggling with food insecurity, social workers and navigators facilitate the delivery of food to children and their families. Family members are supplied with a 5-day food bag in an effort to stabilize the family unit. Nearly 5,000 children and their family members have benefitted from the program.

Manna partners with *Rally Pensacola* – a foundation that works to raise awareness and funds for childhood cancer research, and to support families with children fighting cancer – to provide emergency food assistance in the form of healthy groceries as needed to families with children to support them through treatment, remission, and recovery.



Children's Home Society Social Services Navigators Chris Meyer and Donza Stanley



Backpack Project USA's Tiffany Clark

Launched in 2014, *Backpacks4Teens* is a collaboration with the Santa Rosa County School District that enables trained school personnel to connect homeless and Unaccompanied Youth (mostly 10th – 12th graders living in cars, parks, or on the streets) with Manna's resources. Food is a critical stabilizing factor for these students, and it reduces the likelihood that they will engage in risky or illegal behavior to obtain food. The program has benefitted more than 11,000 Santa Rosa County students over the past eight years. Manna also provides food bags to the school district for families who are found to be in need of additional support.

In partnership with Backpack Project USA (an Escambia County nonprofit) and the American Heart Association, Manna supports a *Child Nutrition Program* that benefits approx. 550 Escambia County students who are found to be in need of food assistance by their teachers or other school personnel. Prior to implementation of the program, students typically received 7-8 items in a bag that consisted of things like ramen noodles, beanie weenies, chips, and pop tarts. Now, students receive a bag of nutritious food every week of the school year (including academic breaks and holidays) that includes a healthy, balanced menu of 13-14 items including protein, vegetables, fruit, grains, and dairy. Escambia County educators are surveyed: Do you believe this food will improve the nutritional quality of the student's diet? Of the schools reporting last schoolyear, 100% said the food will improve the children's access to healthy food and improve the nutritional quality of their diet!

Hunger Relief Programs & Partnerships

benefitting senior citizens, veterans, and other neighbors in need

The *Healthy Seniors Food Program* at *Westminster Village* provides a 10-day supply of healthy food each month to more than 120 senior citizens residing in a low-income rental retirement community who must often choose between buying food or medication. The program improves their access to healthy food and in turn improves the nutritional quality of their diet. In our most recent food security survey conducted with seniors in the program, 97% told us the nutritional quality of their diet had improved! Manna also provides additional monthly support to vulnerable seniors through the *Monthly Senior Food Program* at *Main Pantry*. The program supports approximately 40–50 low-income senior citizens with 10 days' worth of nutritious food each month. Like the *Healthy Seniors Food Program*, the program improves their access to healthy food and the nutritional quality of their diet. If a senior in the program is a grandparent raising grandchildren, Manna provides food to the household.

Manna provides the social workers of *Covenant Care* with food bags to support the individuals, families, and caregivers they serve in Northwest Florida. Food bags of healthy groceries are supplied to *Covenant* as needed to be kept on-hand for quick, easy access and distribution.

In partnership with *Pensacola State College*, Manna provides the *Pirates CARE Team* – a group of faculty and staff that assists students who are experiencing crisis or difficulty outside the classroom – with healthy food bags for currently enrolled students and their families at three campus locations. The food is supplemented with nutritional information and additional community resources.



Wilfredo Saquibal, Jr. of Community Health Northwest Florida

Manna regularly provides healthy food bags to veterans residing at *Volunteers of America's Pensacola Veterans Village* to alleviate their expenses and improve the nutritional quality of their diets during their time in transitional housing, preparing them for a life of independence.



Roger Coleman of Volunteers of America—Pensacola Veterans Village

Manna provides *ReEntry Alliance Pensacola (REAP)* and the justice-involved citizens they serve with healthy food bags monthly to support them on their pathway to success – self-sufficient, crime-free, and productive.

In partnership with the American Heart Association, Manna supports a *Food as Medicine* program that benefits the patients of three local providers: *Health and Hope Clinic*, *Community Health Northwest Florida*, and *Baptist Hospital*. The program is designed to support individuals who may benefit from incorporating fresh produce in their diet to both address food insecurity and improve their health outcomes (blood pressure, weight, A1C, etc.). Our friends at *The Farm* supply fresh produce boxes twice each month, and Manna supplements the boxes with bags of nonperishable groceries for each patient and members of their household.

Manna provides food bags of healthy groceries containing more than 1,500 meals each week to *Cantonment Improvement Committee* to support their food distributions at *Carver Park* to neighbors in need in North Escambia County.

Manna provides healthy food bags to clients enrolled in *Ministry Village* at *Olive's Tender Hearts Caring Hands* financial stability class. Furnishing groceries alleviates additional financial burden as well as provides a meaningful opportunity to put the class experience into practical application by offering an instant reduction in expenses. Families may utilize that money for savings, debt reduction, or other needed purchases.

Through *Habitat for Humanity* of *Pensacola's AmeriCorps VISTA* (*Volunteers In Service To America*) program, Manna provides a 10-day supply of nutritious food monthly to *VISTAs* participating in the program to offset their cost-of-living expenses.

Manna Volunteers' Impact

Manna is a volunteer-supported organization. We could not do what we do without the love and dedication of our volunteers. Individual volunteers and volunteer groups make Manna's work possible. Take a look at their incredible impact last year!

2022 VOLUNTEER SERVICE SNAPSHOT

3,317 # OF VOLUNTEERS

10,910.75 VOLUNTEER HOURS

\$29.95 VALUE OF VOLUNTEER TIME PER HOUR
IndependentSector.org

5.24 # OF STAFF POSITIONS VOLUNTEERS FILL

\$326,597.26 VALUE OF MANNA VOLUNTEERS' SERVICE

195,958 # OF MEALS VOLUNTEER TIME CREATES



Audrie Denson was recognized with the President's Volunteer Service Lifetime Achievement Award at the April 2022 volunteer luncheon. Audrie started volunteering with Manna in 1996 and has since given more than 4,165 hours of service. She worked in Client Services as an interviewer, helping clients receive food assistance.

Over the years, Audrie has also volunteered with Hospice (now Covenant Care) in the bereavement department, doing a meal out one night each month with someone who has lost a loved one. Audrie also served as a Retired and Senior Volunteer Program (RSVP) volunteer.

*"Everybody can be great. Because anybody can serve.
You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.
You only need a heart full of grace. A soul generated by love."*

The Rev. Dr. Martin Luther King, Jr.



Cam Hinton



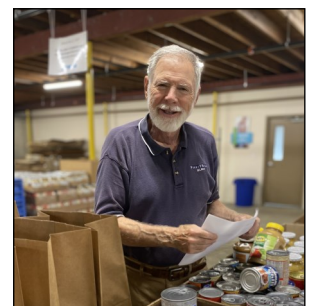
CIC Distribution Volunteer



Loren Lazear



LaVonda Parker



Ron Curtis

CH125: A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800) 435-7352 within the state. Registration does not imply endorsement, approval, or recommendation by the state.

Ways you can make a difference!

Donate Food

Manna relies on healthy food donations to support our neighbors in need. Food drives are an excellent team-building project and an impactful way to give back. Make it a competition for extra fun!

Donate Funds

93 cents of every dollar donated to Manna goes directly to our food assistance services. Direct financial support, event and program sponsorship, and matching gift programs are all ways you can give.

Volunteer

We could not do the work we do without the support of generous volunteers. Manna hosts both individual volunteers and volunteer groups. Volunteering is another fun way to engage your team!

Advocate and Attend

Anyone can be a Manna advocate! Help share our mission, work, and events on social media, as well as from our website and e-newsletter, with family, friends, and coworkers. When you help tell our story, you ensure our neighbors in need are fed!



Special thanks to Evergreen Printing & Mailing for printing this report.

