



United Way
of North Central Iowa

2021 United Way of North Central Iowa Small Grants Application

Purpose: To provide support for small grants to fill identified needs in the community. Submissions are reviewed throughout the year until the Small Grants fund is expended. Grant awards will not exceed \$3,000.

Instructions

To fill out: Download application and open in Word.

Submit one hard copy and one e-copy, to United Way of North Central Iowa. Applications should be sent to 2911 4th Street SE, P.O. Box 1465, Mason City, IA 50402. Applications should be three-holed punched. For any questions or to request additional information, please contact Jen Arends by phone at (641) 423-1774 or by e-mail at ceo@unitedwaynci.org.

General Information

**Full Legal
Agency Name** Food Bank of Iowa

Mailing Address PO Box 1517

City Des Moines

State Iowa

Zip Code 50305

Agency Website www.foodbankiowa.org

**Agency
Executive
Director** Michelle Book

Title President and CEO

Phone Number 515-564-0330

E-Mail Address mbook@foodbankiowa.org

Contact Person
(if different) Bergetta Beardsley

Title Vice President of Philanthropy

Phone Number 515-867-2892

E-mail Address bbeardsley@foodbankiowa.org

Request Narrative: *This section of the application requires a description of the program or project you are seeking matching funds for. Please be specific and concise.*

Program/Project Name: Fighting Childhood Hunger in North Central Iowa

Funding Requested: \$3000

The Food Bank of Iowa (FBOI) provides food for Iowa children, families and seniors to lead full and active lives, strengthening the communities where they live.

Program Need:

Please describe the unique local needs/problems/gaps addressed by this grant funding request.

In North Central Iowa, one in every seven children does not have enough to eat on a regular basis. Research shows children who come to school with empty stomachs face a host of issues that negatively impact development and long-term academic outcomes. They aren't hungry for success, they're just plain hungry; and we must ensure they are fed.

To address this, the Food Bank of Iowa partners with school districts in Cerro Gordo, Franklin, Hancock, Kossuth, Winnebago and Worth Counties to offer childhood hunger programming which includes the Backpack Program and the School Pantry Program. Both programs depend on partnerships with schools and operate without any cost to schools or families.

The Backpack Program provides shelf-stable, nutritious weekend food sacks which are easy to open and prepare to help kids come to school nourished and ready to learn on Monday morning. FBOI serves 485 elementary students in need through the Backpack Programs at schools in the following participating districts: Cerro-Gordo, Mason City, Garner-Hayfield, West Hancock, LuVerne, Algona, North Union and North Iowa. Local schools identify chronically hungry students, often those receiving free or reduced lunch, and request parental permission for students to participate. Though food is provided to elementary school students through this initiative, anecdotal evidence suggests the sack is often shared with younger and older siblings, or other family members.

School pantries operate like traditional pantries but are located on school grounds providing convenient access for families in need. Instead of having to make multiple stops to use SNAP benefits at a local grocery store, and making a trip to a local food pantry, the School Pantry Program allows parents to make one stop for food assistance while picking their children up from school. Sites are consistently in the same location of the school's campus, have set distribution hours and offer ongoing food assistance services. FBOI provides the product, structure, oversight, and equipment for these pantries. Schools provide physical space and oversee distribution to families at no cost. Over the next year, FBOI anticipates the delivery of nearly 41,000 pounds of food through the School Pantry Programs operating within the following districts: Hampton-Dumont, North Union, Lake Mills and Northwood-Kensett.

Service Location: *Please identify which United Way of North Central Iowa counties and associated zip codes will be served by the grant request you are requesting match for. (Check all that apply)*

- Counties:** Cerro Gordo Floyd Franklin Hancock
 Kossuth Mitchell Winnebago Worth

Program Outcomes and Evaluations

What outcome(s) will your program achieve in support of the Impact area in which you are applying (Education/Health/Financial Stability)? *Outcomes refer to the changes in the behaviors or condition of the participants based on what services were offered to them. (Example: Families will have increased their financial literacy.)*

While people often view food insecurity as a near-term problem with a short-term solution, the reality is that there are both short and long-term impacts for the people we help. Immediately, we ease the discomfort of some of the most vulnerable children in our communities by ensuring they don't go hungry. In the short-term, consistently nourished children are healthier and more active. They come to school ready to engage in their classrooms and benefit from improved learning. Peers also benefit from reduced, hunger-related distractions in the classroom. Over the long-term, academic achievement improves because students have the basic skills necessary to pursue more advanced coursework. This change helps individuals achieve their potential and earn a living wage. Ultimately, the community benefits from the reduced effects of poverty and the increased contributions and talents of members who have the support needed to achieve their potential.

What methods of evaluation will be used to measure progress towards the outcome(s) listed above? Please explain how the program will determine whether intended outcome(s) were achieved. Describe:

- (a) What indicators will be measured to indicate program success;*
- (b) What specific measures (e.g., behavioral, self-report, etc.) will be used to assess each of these outcome indicators;*
- (c) At what point(s) in time these measures will be collected and;*
- (d) How the data will be analyzed and interpreted to assess the success of the program*

In order to ensure we are on target to meet these outcomes, the Food Bank of Iowa has established the following objectives:

By December 31, 2022,

- 1) FBOI will deliver 18,430 food sacks (3.5 pounds each) to North Central Iowa schools for distribution to elementary students through the Backpack Program.
- 2) FBOI will deliver nearly 41,000 pounds of food through the School Pantry Program in North Central Iowa schools. The FBOI tracks all food acquired and distributed from our warehouses by weight allowing us to identify how much food was distributed in each county and to which partner agency.
- 3) FBOI will collect annual survey responses from participating districts which will indicate satisfaction with the program and positive outcomes observed in the classroom.

Impact Area: This section is designed to help you identify which of the following United Way Impact Area *best describes* what the grant request will impact. Select: **Education, Income Stability, or Health**

Education: Helping community members connect with the tools they need to reach their potential

Income Stability: Provide connections to aid in financial stability & independence

Health: Increase access to ensure health & well-being

Grant Funding Impact: Please describe how receiving the grant you are applying for will impact the area identified above.

According to Maslow's Hierarchy of Needs, "If people are to reach higher levels of fulfillment, happiness and satisfaction, the most basic needs must be met first." (<https://foodrescue.us/food-insecurity-and-the-hierarchy-of-needs/>) Feeding America's study on the potential consequences of food insecurity in children found that they may be at higher risk for chronic health conditions such as delayed development, anemia, asthma, oral health problems, as well as behavioral challenges such as truancy, tardiness, anxiety, hyperactivity, aggression, mood swings, and bullying.

Our goal is to get the right food to the family that needs it when the need arises. Our childhood hunger programs are the most expensive to run and some of the most important. Since demand for food assistance is ongoing, FBOI's childhood hunger programs provide an access point for students to receive food and provide enough for the whole family throughout the school year. Not only does food assistance impact the health and well-being of those we serve, but it simultaneously affects educational performance.

The reality is that many Iowa children are living with food insecurity, some for the very first time. As a result of the COVID-19 pandemic, food-insecurity has increased in our 55-county service area by more than 24% for children compared to 2019 levels. While children across the country dealt with disruptions in learning due to school closures and alternate instruction, studies are beginning to show that students from vulnerable and systemically neglected populations have been hit the hardest, threatening to widen the achievement gap. By supporting students as they learn foundational skills, we address economic instability at the source and provide nourishment which will fuel not only their bodies, but also their academic success.

Program Funding

United Way of North Central Iowa Application for Small Grant Funding

Please provide a budget summary supporting the program costs requested.

[Click here to enter budget narrative, an excel sheet may be copied below](#)

Backpack Program:

Each bag is packed at a cost of \$4.00 and is filled with nutritious foods that have appropriate code-dates and are easy for elementary students to open and prepare. The bag includes things like cereal, 100% juice, shelf-stable milk, granola bars, canned pasta meals and fruit cups.

485 students x 38 weeks = 18,430 weekend sacks x \$4.00 per sack = \$73,720

School Pantry Program:

School partners place a monthly order with the FBOI for items which will balance the offerings at the pantry, meet local needs and provide a variety of fresh foods which support good nutrition. To meet the demands of these orders, the FBOI operates an extensive food acquisition network. Most of our food is donated or comes through the USDA. Donated food comes through food drives, vendor contributions and food recovery programs which connect hungry lowans to food that would otherwise go to waste. Government programming provides shelf-stable staples, including things like peanut butter, beans and cereal, directly to food banks at extremely low prices.

40,875 pounds of food x \$0.35 all-inclusive cost per pound = \$14,306

Please see attached budget for more detail.

If United Way Funds do not make up the entirety of program funding, please describes how you will use United Way funds:

Funding from United Way will be used to purchase food for the Backpack Program operating in North Central Iowa. A \$3000 gift will provide 750 weekend food sacks, which is equivalent to providing 20 children in need with weekend food sacks for the entire school year. This is our most expensive program to run, and one of the most important. Because there are significant requirements for included products (single-serve, easy to prepare, code dates, nutrition) and donations are highly variable, we purchase all food needed. It is the only program we operate that doesn't rely at all on food donations and must be perpetuated by community and corporate giving. We ask United Way of North Central Iowa to join us in this work by making a financial donation which will cover the cost of food purchase for elementary school children who are food insecure.

United Way of North Central Iowa Application for Small Grant Funding

The undersigned hereby certify:

The information contained in this application, and various attachments, is accurate and correct to the best of my knowledge.

I further certify that our Board of Directors endorses this funding application and agrees to the requirements set forth in the Grant Application Requirements.


Michelle Book
Executive Director (Please Print)


Signature

10/25/21
Date

mbook@foodbankiowa.org
Email Address

Ken Clary
Board Chair (please print)


Signature

10/25/21
Date

Ken.clary@bellevue.net
Email Address



Backpack Program Budget 2022

North Central Iowa

| Item | Cost | Quantity | Total | Balance |
|-------------------|-----------|----------|--------------|--------------|
| Weekend Food Sack | \$2.69/ea | 18,430 | \$ 49,576.70 | \$ 49,576.70 |
| Programming Costs | \$1.31/ea | 18,430 | \$ 24,143.30 | \$ 73,720.00 |

The Backpack Program will serve approximately 485 students for 38 weeks during the school year. Each sack uses \$2.69 in food and materials. (485 x 38 x \$2.69 = \$ 49,576.70)
 Programming costs include staff time, warehousing and transportation equivalent to \$1.31 per sack. (485 x 38 x \$0.91 = \$ 24,143.30)

School Pantry Expenses 2022

North Central Iowa

| ITEM | AMOUNT | BALANCE |
|---|-------------|------------------|
| Food (includes value of in-kind donations) | \$ 40,936 | \$ 40,936 |
| Direct Programming Expenses | \$ 1,872 | \$ 42,808 |
| Personnel | \$ 5,510 | \$ 48,318 |
| Occupancy | \$ 1,410 | \$ 49,729 |
| Transportation | \$ 446 | \$ 50,174 |
| Marketing & Development | \$ 1,602 | \$ 51,776 |
| Overhead | \$ 196 | \$ 51,973 |
| In-Kind Volunteer Time | \$ 2,044 | \$ 54,016 |
| Total Expenses including in-kind donations | \$ | \$ 54,016 |
| In-kind Food Donations | \$ (37,666) | \$ 16,350 |
| In-Kind Volunteer Time | \$ (2,044) | \$ 14,306 |
| Total Cash Expenses | \$ | \$ 14,306 |

The budget above is based on the actual costs over the last fiscal year and includes Total Cash Expenses and Total Expenses. Because FBOI receives about 95% of its food from donations and government programs, and has volunteers equivalent to nearly 15 full-time staff members, cash costs are not representative of the resources required to distribute food. The Total Expenses figure reflects what cash costs would be if FBOI did not receive donations of products and time. Average, all-inclusive cash cost to deliver one pound of food is \$0.35. Average, all-inclusive total cost (including in-kind) to deliver one pound of food \$1.32. Food accounts for approximately 76% of FBOI's budget and programming costs represent another 23.5%. The remaining 0.5% is overhead expenses.

CINCINNATI OH 45999-0038

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FOOD BANK OF IOWA
% PATTY PHIPPS
PO BOX 1517
DES MOINES IA 50305

44472

Employer ID number: 42-1177880
Form 990 required: Yes

Dear Taxpayer:

We're responding to your request dated Aug. 02, 2018, about your tax-exempt status.

We issued you a determination letter in September 1982, recognizing you as tax-exempt under Internal Revenue Code (IRC) Section 501(c) (3).

We also show you're not a private foundation as defined under IRC Section 509(a) because you're described in IRC Sections 509(a)(1) and 170(b)(1)(A)(vi).

Donors can deduct contributions they make to you as provided in IRC Section 170. You're also qualified to receive tax deductible bequests, legacies, devises, transfers, or gifts under IRC Sections 2055, 2106, and 2522.

In the heading of this letter, we indicated whether you must file an annual information return. If you're required to file a return, you must file one of the following by the 15th day of the 5th month after the end of your annual accounting period:

- Form 990, Return of Organization Exempt From Income Tax
- Form 990EZ, Short Form Return of Organization Exempt From Income Tax
- Form 990-N, Electronic Notice (e-Postcard) for Tax-Exempt Organizations Not Required to File Form 990 or Form 990-EZ
- Form 990-PF, Return of Private Foundation or Section 4947(a)(1) Trust Treated as Private Foundation

According to IRC Section 6033(j), if you don't file a required annual information return or notice for 3 consecutive years, we'll revoke your tax-exempt status on the due date of the 3rd required return or notice.

You can get IRS forms or publications you need from our website at www.irs.gov/forms-pubs or by calling 800-TAX-FORM (800-829-3676).

If you have questions, call 877-829-5500 between 8 a.m. and 5 p.m.,

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FOOD BANK OF IOWA
% PATTY PHIPPS
PO BOX 1517
DES MOINES IA 50305

local time, Monday through Friday (Alaska and Hawaii follow Pacific time).

Thank you for your cooperation.

Sincerely yours,



Kim A. Billups, Operations Manager
Accounts Management Operations 1



Backpack program testimonials

Sherie Van Burkem
Alta-Auralia CSD

Over 4.5 years of sending the food bags home every Friday in our students' backpacks and delivering the food bags to their homes has helped build a positive relationship with their families and the school. We are working together to help [meet] a need and they, in turn, are sending their students on a more regular basis. Some of the parents are coming to school conferences who hadn't come before.

The students look forward each week to getting their food bag. Most times we have the bags put into their lockers/backpacks before noon. Sometimes the day is so busy we don't get them packed until later and the students will come up to me and say, "Mrs. V, it's Friday. Don't I get my food bag?" To which I reply, "Yes honey, you do but I just haven't gotten them packed yet. I promise I will have them packed before the end of the day." The families are so appreciative and so thankful!

Jan Jensen
Lakewood Elementary, Norwalk, IA

The food [students] receive each Friday provides food throughout the weekend for the individual student and several of them have commented that it makes them feel like they are "helping" their families by reducing the amount of food their parents have to buy. This is very empowering to students in grades 3-5 because they are too young to have a paying job and have no way to contribute financially to the family.

Students have said that they appreciate having food items that they can prepare themselves when their parent is working on the weekend. Parents also have shared that this is a huge support for the family because their children are safer because no cooking on the stove is required for any items. Their weekend caregiver doesn't have to cook using the stove, especially if the children's caregiver is an elderly relative or friend. Also, parents appreciate that their children have healthy food options.

End of the school day on Fridays through breakfast at school on Mondays is a long time for kids to worry about whether or not there will be enough food for their family members and themselves. The backpack program relieves students of some of their

worries, helps them stay healthier and, I believe, increases days in attendance at school and positively impacts student academic, social and emotional success.

Deb Miller
Newton CSD

The smiles from the kids when they receive their backpack buddies is priceless. I had several kids asking if it was "Friday" because they were anticipating their backpack buddy.

Tamica Comito
Howe Elementary Des Moines

At Howe, we enjoy being part of the Backpack Program. The students look forward getting their bags of food. They are so grateful and get excited to see the different "snacks" inside. Each student has a different favorite item. Often times, I will find them opening the bag early to get a granola. Being hungry can have a significant impact on the health of children. Hunger can also negatively affect learning and development. The Backpack Program provides healthy foods that the students might otherwise not have access to. They can prepare the food without help. The Backpack Program has proven to be committed to providing food to the children who need it most. Thank you!

Bonita Wiley
Bondurant Farrar

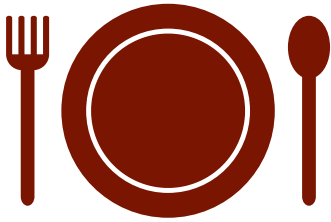
The Backpack Program has continued to grow at Bondurant Farrar Schools! I like to deliver the backpacks by placing them in each student's backpack while they are in class. It's a Friday surprise they look forward to each week. One Friday while I was delivering a backpack, the 4th grader whose locker I was in came out into the hallway. He said, "I caught you Santa Claus!"



FOODBANK
OF IOWA

2020 YEAR IN REVIEW

This past year, Iowans faced food insecurity in unprecedented numbers. With your support, Food Bank of Iowa stepped up and Iowans struggling to make ends meet received food and hope. The need is expected to grow for the next few years. Thank you for continuing to help your neighbors.



17,699,285

MEALS PROVIDED

3.3 million more than 2019

21.2
MILLION



**POUNDS OF
FOOD
DISTRIBUTED**

23% increase from 2019



1.25
MILLION
INDIVIDUALS SERVED

220,000 more
than 2019



484,000

HOUSEHOLDS SERVED

69,000 more than 2019



“ I got laid off due to the pandemic and now I am basically homeless. Food Bank of Iowa has helped me keep going when times got tough. Food distributions like this one help me from starving.” ”

-Danny, Food Bank client from Ottumwa

IN 2020...

7,861
volunteers



SERVED...

30,050
hours



“ I'm happy to volunteer at Food Bank of Iowa. I am retired and volunteering makes me feel useful to the community. ”

-Food Bank of Iowa Volunteer



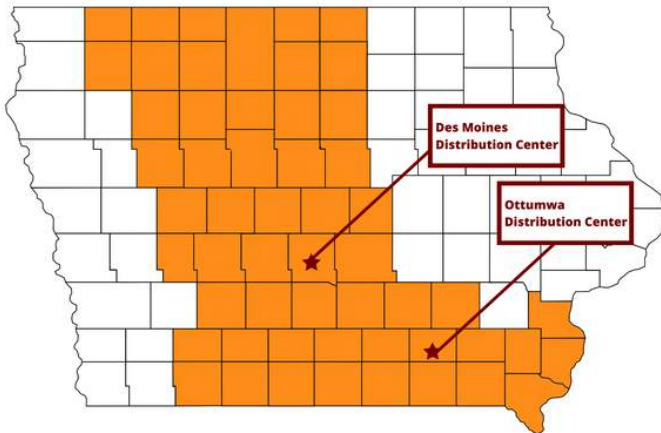
gallons of diesel fuel

used to deliver food to our partners



221,334
miles driven

WHICH IS MORE THAN 8
TRIPS AROUND THE EARTH



650 PARTNERS

55 COUNTY SERVICE AREA

30,000 SQUARE MILES

STAY CONNECTED

Subscribe to our newsletter at
www.foodbankiowa.org/subscribe

OUR MISSION

Provide food for Iowa children, families and seniors to lead full and active lives, strengthening the communities where they live



FOODBANK
OF IOWA

OUR VISION

A hunger-free Iowa

WWW.FOODBANKIOWA.ORG

