This year marks Just Food’s 10th year of fighting hunger in Douglas County. Supporters like you have helped us grow to serve this community better each and every year. We could not be more grateful for the progress that you have made possible. While we have accomplished a lot, we have made even bigger plans for the future. We work every day to create a community where all residents are free from hunger by increasing access to healthy foods, reducing barriers to health and well-being, and cultivating self-sufficiency.

We wanted to start our 10th year with a vision for the future. Thanks to support from the Kansas Health Foundation, Just Food worked with the University of Kansas Center for Community Health and Development to embark on an organizational assessment and strategic planning process informed by the voices of the families we serve. In the spring and summer of 2018, data was collected from Just Food clients via client surveys, one-on-one in-depth interviews with community partners and focus groups with targeted vulnerable populations and the Just Food Client Advisory Board. We learned a lot from the people we serve and we have created a 5-year strategic plan to focus on the core issues our families are facing. These issues include transportation, food access barriers, health care resources, advocacy, and growth of our key programs. Key strategies include the creation of a mobile food pantry vehicle to reach underserved areas, health screenings in partnership with LMH Health and growing our Classroom Cupboard program.

We look forward to sharing our progress on these plans in the future. In closing I want to thank you for the belief and generosity that you have had for Just Food. We could not do what we do without the support of each and everyone of our staff, volunteers, donors and community advocates.

Thank you,
Elizabeth Keever, Executive Director
2018 BOARD OF DIRECTORS

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Past President
KU Small Business Development Center

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Douglas County Commissioner
OUR MISSION IS TO END HUNGER IN OUR COMMUNITY BY INCREASING ACCESS TO HEALTHY FOODS, REDUCING BARRIERS TO HEALTH AND WELL-BEING, AND CULTIVATING SELF-SUFFICIENCY.
“It’s absolutely the difference between my family eating and not eating. We don’t qualify for food stamps. It’s just $100 too much, but the amount of money that is there for food, there’s basically nothing left after bills. So, it is the literal difference between not eating and eating great food. I mean, we eat great food because of Just Food.” - Just Food Client
INCREASING ACCESS

61%
OF OUR CLIENTS VISIT 3 OR FEWER TIMES A YEAR

Just Food helps individuals who have a temporary financial difficulty.

66%
INCREASE IN THE NUMBER OF SENIORS SERVED

In the past 4 years, Just Food has seen a significant growth in the number of seniors visiting Just Food.

15%
INCREASE IN OVERALL VISITS
“If it wasn't for this place, my kids wouldn’t have eaten. I was so sick... If it wasn’t for Just Food, I wouldn’t have known what to do.”
- Just Food Client

**ETHNICITY**
- White: 64.9%
- Black/African American: 11.8%
- Hispanic/Latino: 5.2%
- Multi-Racial: 9.1%
- Native American/Indigenous: 6.6%
- Pacific Islander: 0.8%

**AGES**
- 0-6: 10.9%
- 7-17: 21.8%
- 18-30: 22.1%
- 31-64: 39.6%
- 65+: 5.6%
“It was probably the hardest part of my life to say I needed help. To me, it was just knowing I could come in with no judgment, and that I could feed my kids at the end of the day, and was able to get back on my feet because of it.” - Just Food Client
THE CUPBOARDS

“When a child is food insecure, the body naturally prioritizes the small amounts of food and how it will be used to fuel the functions of the body. Energy from food is first applied to the maintenance of organs like the heart and lungs, followed by use for growth. Social activity and learning are the last place that energy from food is applied, so children that do not have adequate access to healthy foods may experience social and learning delays.”

- Feeding America

THE CLASSROOM CUPBOARD

Nearly 40% of all children in USD 497 are economically disadvantaged and qualify for free and reduced lunch program. Lawrence has 8 elementary schools that have over 50% of its student population on the free and reduced program. Adequate nutrition is essential to the education and development of the children of Douglas County.

OUR CUPBOARDS

- Sunflower Elementary
- Prairie Park Elementary
- Billy Mills Middle School
- Schwegler Elementary
- Lawrence High School
- Free State High School
- Hillcrest Elementary
- Pickney Elementary
- Liberty Memorial Central Junior High

31% OF KU STUDENTS FACE FOOD INSECURITY

On September 26, 2019 the doors opened to The KU Campus Cupboard. The cupboard is a food pantry for KU students, faculty, staff, and affiliates. It is located on Level 4 of the Kansas Union and accessible from both the Student Involvement and Leadership Center and the Sabatini Multicultural Resource Center plan. Just Food serves as the main supplier for food distributed through the Campus Cupboard.
"I feel blessed to have access to this place. It certainly is a great thing to know I won't be hungry. Thank you”
- Just Food Client

"I cannot stress enough how helpful Just Food volunteers are every time I come. Its easily the best food pantry I've been to, and I appreciate everything you all do to help me feed my family."
- Just Food Client
REDUCING BARRIERS TO HEALTH AND WELL BEING

- 37% of households have a member with high blood pressure
- 62% of households have a member with Type 2 diabetes
- 82% of clients report Just Food having healthier options compared to other pantries
Starting in January 2019, Just Food and LMH Health began partnering to address root causes of poor health and address the social determinants of health. More than one-third of Just Food clients report conditions that should be managed by diet, such as heart disease and hypertension. To promote the management, intervention, and prevention of these diseases, LMH Health began offering monthly blood pressure and glucose screenings, as well as cholesterol screenings.

In addition to the screenings, the emergency offices and practitioners through the LMH Health Network now have emergency meal kits, food resource guides, and healthy eating prescription pads to distribute to patients with food insecurity.

“It means food til the end of the month. Like so many I’m elderly and living on social security income so from this time to the end of the month it’s a struggle. It’s either food or electricity or meds and something has to go. I don’t know what I would do without Just Food.”

- Just Food Client
JUST COOK TEACHES PARTICIPANTS OF ALL AGES HOW TO COOK HEALTHY MEALS ALL UNDER $2 A SERVING.

OUR PARTNERS

The Lawrence Public Library
The Lawrence Boys & Girls Club
The First Step at Lakeview
USD 497
Perry Lecompton Elementary School
Lecompton United Methodist
Lawrence Douglas County Housing Authority
"The cooking class was awesome. Being a single mom, I was able to bring my son here, and of course there was a perk in it for me because I got a knife sharpener or something, but it was also great for him, and I was able to do something with my boy without having to spend money."

- Just Food Client
CULTIVATING SELF-SUFFICIENCY

REASONS OUR CLIENTS EXPERIENCE HUNGER

- Unemployed/Lost Job: 26%
- Unexpected Expense: 19%
- Income Too Low: 55%

"I have three kids and I've been out of work. I just got a job, but I haven't got my first check yet. Just Food helps out a lot. It even helps with diapers."  - Just Food Client

JUST FOOD ANNUAL REPORT 2018-2019
KITCHENWORKS

"I used to be a teacher. It gave me a lot and made maybe more than a half of my personality. Coming to new country with different system, I knew it was a slim chance to keep working as one. Thus, the kitchen world was my choice. Food and cooking had been my choice of interest since I was little. Then the chance was there. I took KitchenWorks. Little did I know that training would be my gate to regain my identity."
-Just Food Client and KitchenWorks Graduate 2018

THE PROGRAM

KitchenWorks is a 40-hour, intensive training program. Training includes knife skills, menu planning and costing, cooking methods, and safety and sanitation, as well as interpersonal skills. All training is in a hands-on, in an industry environment designed to motivate and inspire the students. A certificate is awarded to those that complete the program in addition to job placement assistance. Also, ServSafe certification testing is available to the students at no cost, once the program is complete. Classes are taught by Chef Rick Martin, who is co-owner of Limestone pizza.kitchen.bar, an instructor at Flint Hills College Culinary Department, and Culinary Instructor at the Lawrence College and Career Center, and Chef Sam Donnell, owner of The Waffle Iron.

THE RESULTS

Thanks to the Momentum Grant at the Douglas County Community Foundation, the program grew in 2018. Last year, the program graduated 11 participants and all but two also passed and completed their ServSafe certification. Additionally, employers continue to provide positive feedback from the graduates they have hired.
“Just Food is the best food pantry I've been to. They are friendly and helpful with good resources and a great selection. This place is helping me through a very difficult time.”

- Just Food Client

“It is a blessing to be able to eat fresh foods I can prepare.”

- Just Food Client
FINANCIALS

2018 INCOME

- General Contributions: 65.4%
- Grants: 10.8%
- Events: 17.3%
- City and County: 5%

2018 EXPENSES

- Programs: 86.7%
- Fundraising: 8.9%
- Management: 4.4%

18,671 HOURS OF TIME DONATED IN 2018
OUR EVENTS

**KS FOOD TRUCK FESTIVAL**
MAY 1, 2020

**CHEF’S TABLE**
AUGUST 27, 2020
TO BENEFIT JUST FOOD

**HARVEST FEAST**
NOVEMBER 13, 2020
THANK YOU

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