

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



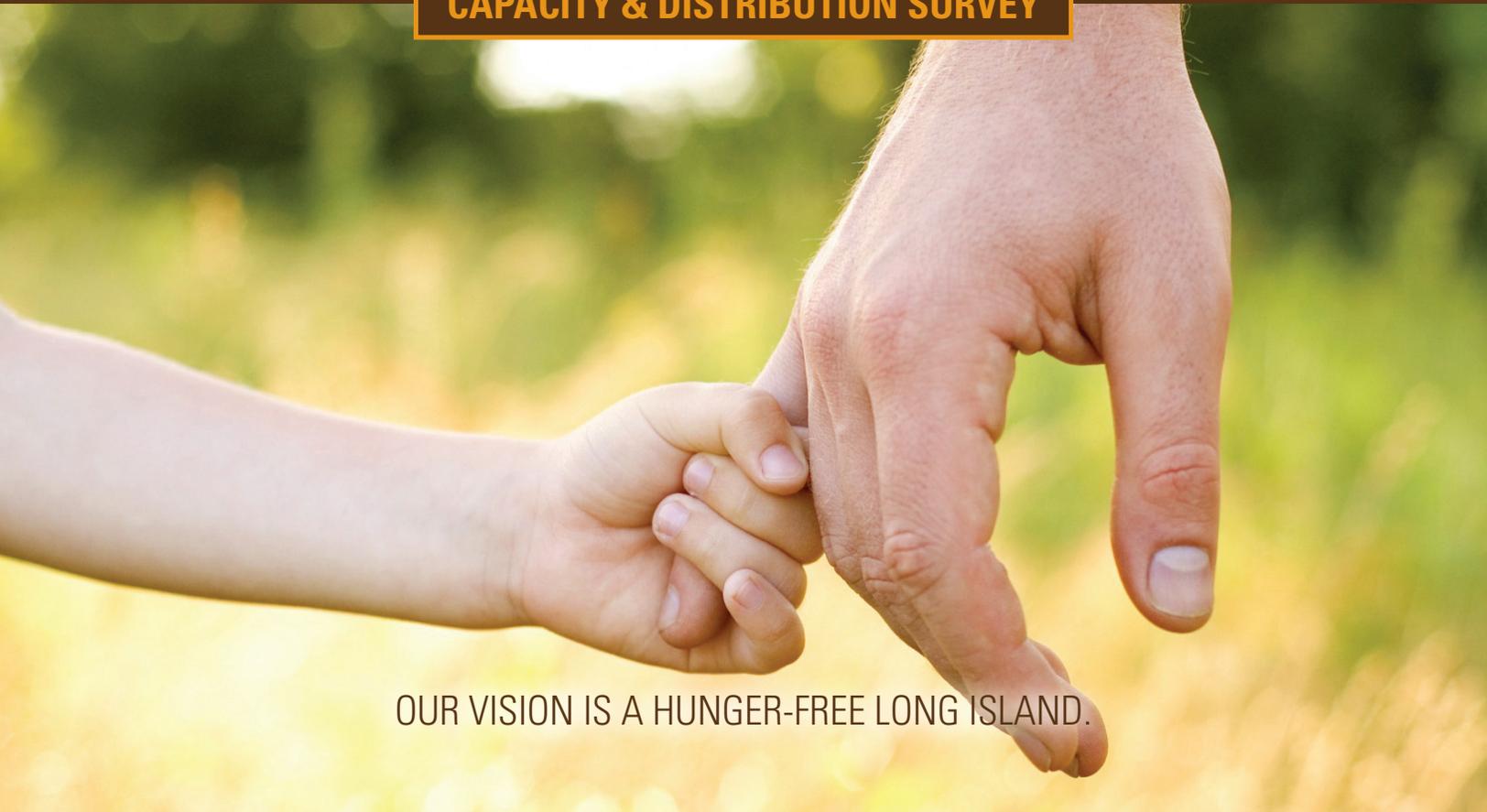
CAPACITY & DISTRIBUTION SURVEY

2012 - 2013



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CAPACITY & DISTRIBUTION SURVEY



OUR VISION IS A HUNGER-FREE LONG ISLAND.

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Long Island Cares, Inc. published our initial **Capacity and Distribution Survey Report** in 2009 to measure the capabilities of our network of community-based member agencies to effectively serve the hungry in our region. At that time, many Long Islanders were directly impacted by economic stagnation—increasing foreclosures, unemployment, and rising costs of living. In 2013, we still face many of the same challenges. Certainly, all of this has been compounded in the aftermath of Hurricane Sandy in October of 2012.

Our 2009 report received significant media coverage in **Newsday** for its description of the gaps in emergency food services and its ability to define where improvements could be made. The report also served as a catalyst for Long Island Cares to embark upon developing a series of new direct service programs to fill-in these gaps. In the

past four years, our organization has implemented three of our own emergency food pantries and two mobile outreach units, including one specifically designed to serve the homeless. We've expanded our children's nutrition services, hunger education workshops, and opened two new storefront assistance centers in Freeport and Lindenhurst. Our staffing patterns have increased to address the need for more volunteers, social advocacy, mobile outreach, and nutrition education. **All of this program expansion was the direct result of the findings contained in our first survey report.**

It remains clear from this new survey report that Long Islanders are still struggling to put nutritious food on their tables. The number of food pantries working with our organization has increased by 9% since 2009, and demand for emergency food assistance has increased between 10-25% in the past four years. Consequently, 43.8% of our member agencies are experiencing difficulty in addressing the increased need. Today, our member agencies still rely on the generosity of unpaid volunteers. Over half are open less than full time. Complicating this is the reality that 66% of our agencies operate with annual budgets of less than \$50,000. Despite Long Island Cares supporting its 590 member agencies with food and small monetary grants, nearly 64% of our agencies report having inadequate levels of food available to feed people in need. The stagnation within the emergency food service network on Long Island also continues with 63% of our member agencies stating that their programs are operating at maximum capacity. However, in our role as the regional food bank, we still provide 43% of all of the emergency food distributed on Long Island and our distribution has increased by 12% since 2009. We've also increased our distribution of high protein foods and fresh produce, and continue to address the need for nutritionally beneficial products. **But it takes more than food to feed the hungry, and in this regard we've increased our distribution of personal care products, pet food, household supplies, and other non-food items to our neighbors in need.**

Please take the time to review the survey results. They continue to speak volumes to the tenuous position that food pantries and other emergency feeding programs continue to find themselves; under-staffed, under-capitalized, and under-supplied. But the results also describe the positive impact that Long Island Cares has had during the past four years in addressing some of the many challenges by expanding our role as a major provider of direct services.

Today, the hungry on Long Island represent nearly 11% of our total population. The demographics of our region are changing rapidly, and we find ourselves as a region with pockets of affluence as opposed to the affluent region we once were. More than 320,000 people rely upon the support of our member agencies including 110,000 children and a growing number of seniors, homeless, and veterans. Our economy remains stagnant and people facing hunger and food insecurity still require the support of government, the corporate sector, and private donations just to get by. Sometimes it seems that we're walking an endless mile to end hunger in our region.

Paule T. Pachter, A.C.S.W., L.M.S.W.
Executive Director, Long Island Cares, Inc.

Paule T. Pachter

LONG ISLAND

A Surprisingly Diverse Area

Long Island is home to 2.85 million people, with 1.5 million in Suffolk County and 1.35 million in Nassau County. Over the past decade, Long Island continued to diversify with African-Americans, Hispanics, Asians, and other minorities reaching 32 percent of the population in 2011, doubling their 16 percent level in 1990. Long Island, with its 665 governmental entities, is one of the most politically fragmented places in the nation. We are ranked as the 7th most segregated major metropolitan area in the nation. In this environment, it is not surprising to find widespread gaps in public service, gaps which Long Island’s nonprofit sector dutifully addresses.

Long Island Cares, Long Island’s first food bank, partners with business and government and our network of 590 member agencies to distribute emergency food, personal care items, and other household supplies to more than 320,000 food insecure Long Islanders. Food insecurity does not exist in a vacuum. It is interwoven with unemployment, mortgage foreclosure, and poverty. Those experiencing food insecurity are generally in need of other services as well. That is why our motto is, “*Because It Takes More Than Food to Feed the Hungry.*” In 2012, Long Island Cares was able to provide over 6.2 million pounds of emergency assistance via our member agencies and 20 direct service programs.

Member agencies include food pantries, soup kitchens, emergency shelters, veterans’ organizations, and child care centers and are located in every town, congressional district, state assembly and senate district on Long Island. Sadly, the issue of food insecurity spares no part of Long Island. To locate Long Island Cares’ member agencies please visit our website (www.licares.org) or call us at (631) 582-FOOD. The following tables illustrate how many member agencies are located within each category of legislative district.

TOWN/CITY	
BABYLON	25
BROOKHAVEN	46
EAST HAMPTON	3
GLEN COVE (CITY)	1
HEMPSTEAD	68
HUNTINGTON	9
ISLIP	41
LONG BEACH (CITY)	2
NORTH HEMPSTEAD	7
OYSTER BAY	6
RIVERHEAD	3
SMITHTOWN	6
SOUTHAMPTON	3
SOUTHOLD	1

US HOUSE DISTRICT	
1	64
2	50
3	40
4	59
5	6

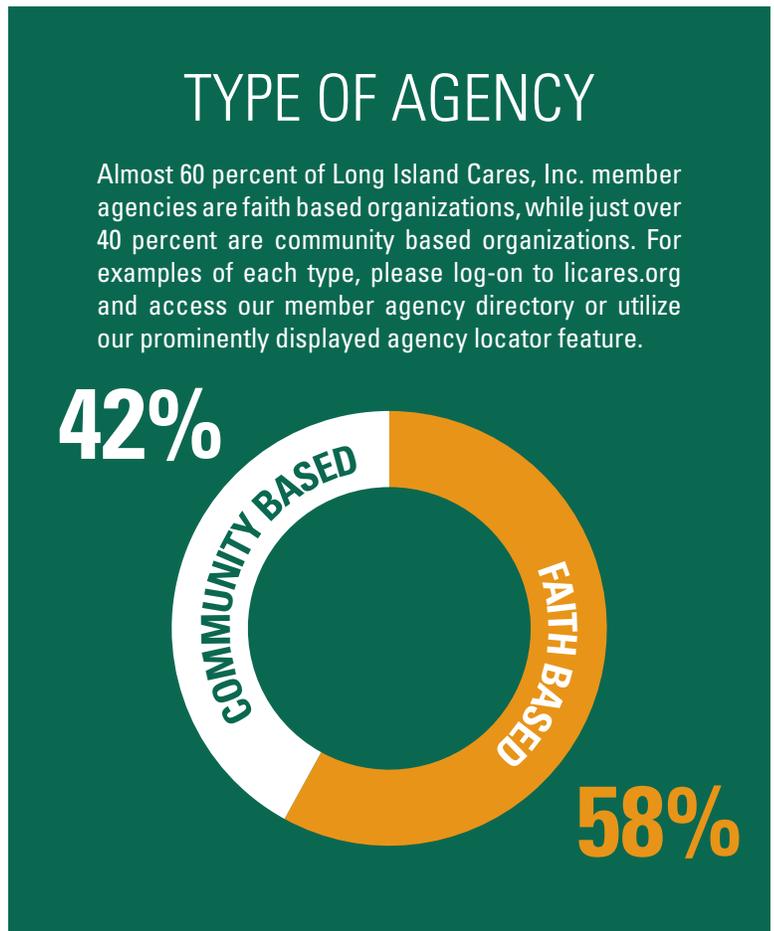
NYS SENATE DISTRICT	
1	30
2	22
3	34
4	37
5	10
6	27
7	12
8	25
9	22

NYS ASSEMBLY DISTRICT	
1	9
2	8
3	10
4	12
5	15
6	24
7	12
8	9
9	6
10	4
11	22
12	5
13	10
14	7
15	6
16	2
17	3
18	28
19	1
20	6
21	9
22	8

ABOUT OUR AGENCIES

MEMBER AGENCY by Primary Function

Long Island Cares, Inc. currently partners with over 590 great organizations in the provision of emergency food and supplies. This represents an increase of 9% over 540 member agencies in 2009. Long Islanders have been vigorous in their response to the slow economic recovery from the "Great Recession" in their community. Consequently, food pantry membership (90%) increased by 11.6 percentage points between 2009 and 2012.



COALITION MEMBERSHIP *OTHER THAN LIC*

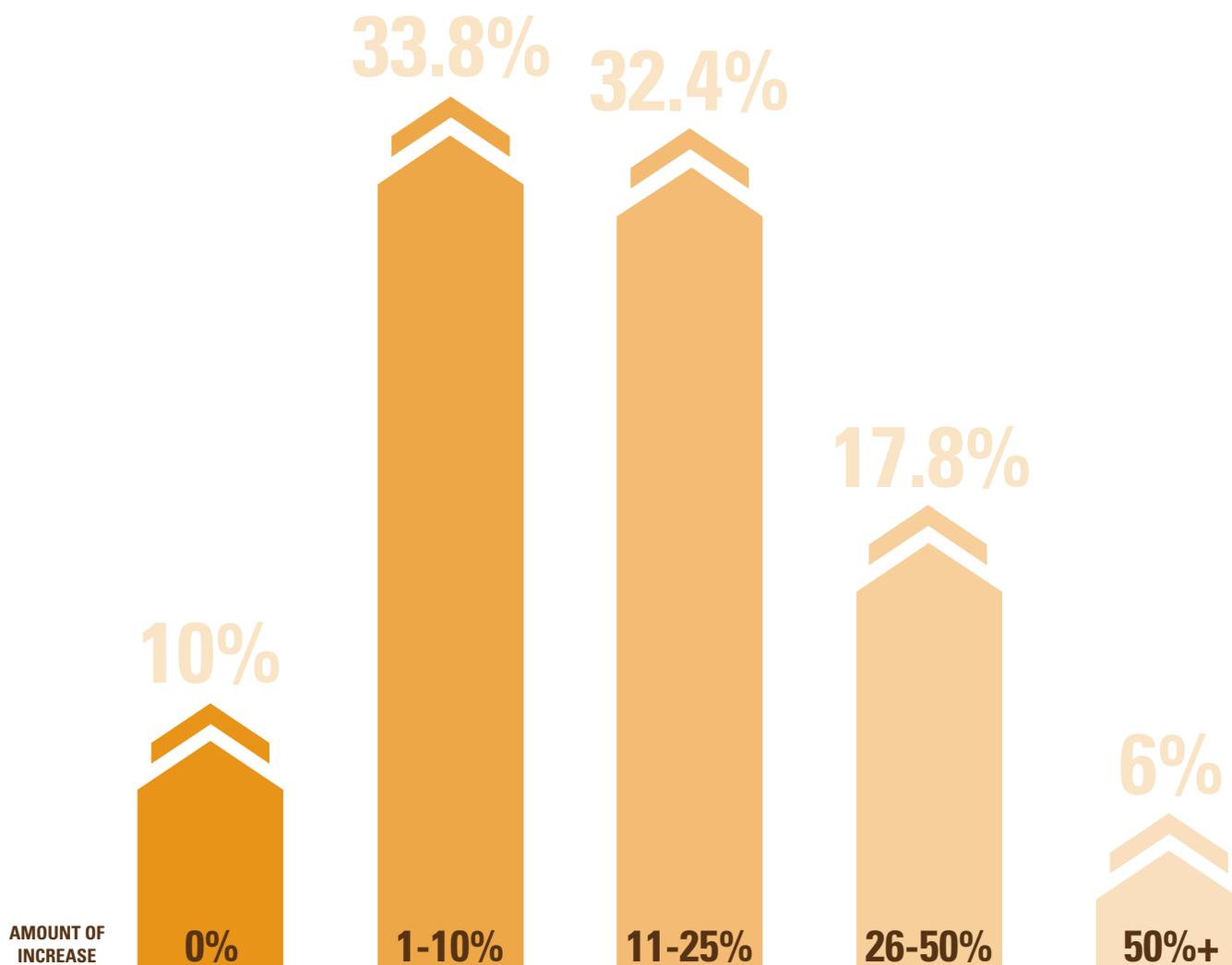
Member agencies tend to be small entities. As such, they have limited access to draw on the expertise or resources of larger organizations. This is why our conferences, workshops, and trainings are so vital. The grant-writing workshops, food safety trainings, nutrition workshops, advocacy trainings, and hunger education seminars provide the support our agencies need and help ensure their long-term survival regardless of size and coalition affiliation.



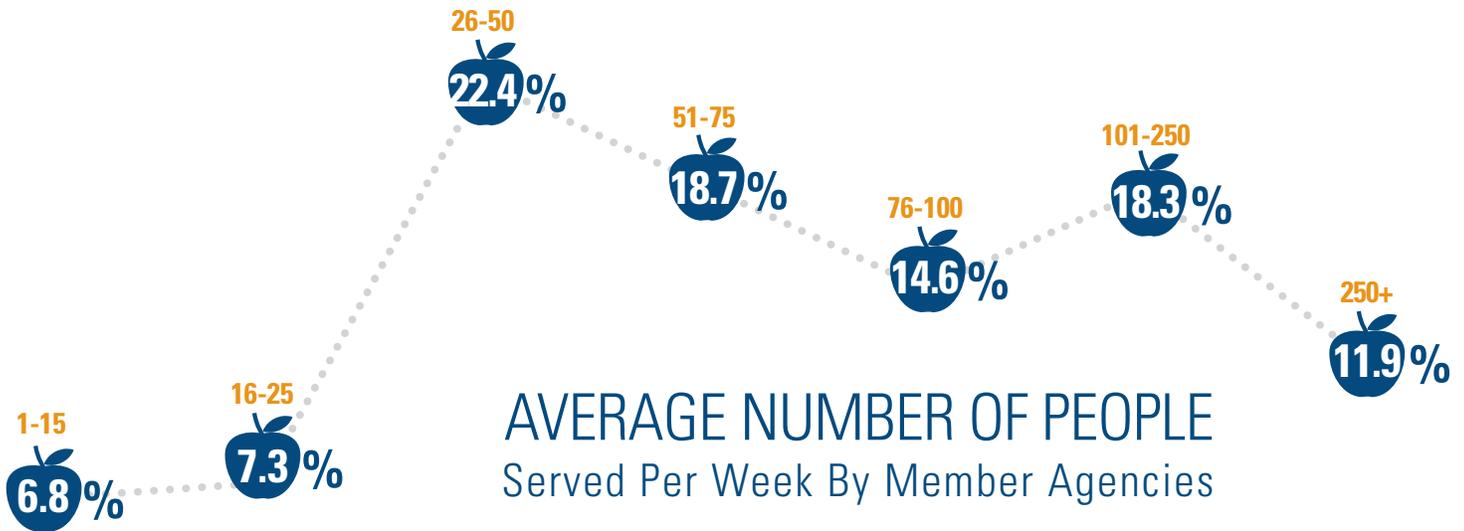
INCREASED DEMAND

Sustaining Long Island Households

Along with the rest of the nation, Long Island's recovery from the "Great Recession" has been slow. While unemployment rates have dropped from 10 percent at its peak 3 years ago to just over 7 percent now, many of these new positions are at lower salaries or are not full time. Emergency food is sustaining Long Island households and will continue to for the foreseeable future. Consider that 11 percent of Long Island's homeowners are at least three months delinquent in their mortgage payments and face the threat of foreclosure. This equates to tens of thousands of Long Islanders who will need our help. The recession has forced households to utilize pantry services (not just food) in an attempt to lessen the impact of lower wages and to forestall foreclosure and homelessness. As a result, 90 percent of our member agencies reported an increase in demand in 2012.



DEMAND FOR AGENCIES' FOOD PROGRAMS



AVERAGE NUMBER OF PEOPLE Served Per Week By Member Agencies

While nearly half our agencies are technically meeting their constituency's food needs (serving each client), they want to do more. They want to give more fresh produce. They want to give larger portions. This explains the increase in demand vs. the reality of meeting needs. It is one thing not to turn a person away. It is another thing to provide more of the higher quality nutritious foods (i.e. fresh produce and lean proteins) on an ongoing basis. The median member agency serves 69 people each week, and we want these people to have access to foods that promote good health so they can be productive at work and in class.

ARE AGENCY PROGRAMS MEETING CONSTITUENT NEEDS?

25.6%

1-10% SHORTFALL

11.9%

11-25% SHORTFALL

5.5%

26-50% SHORTFALL

.8%

50%+ SHORTFALL

56.2%

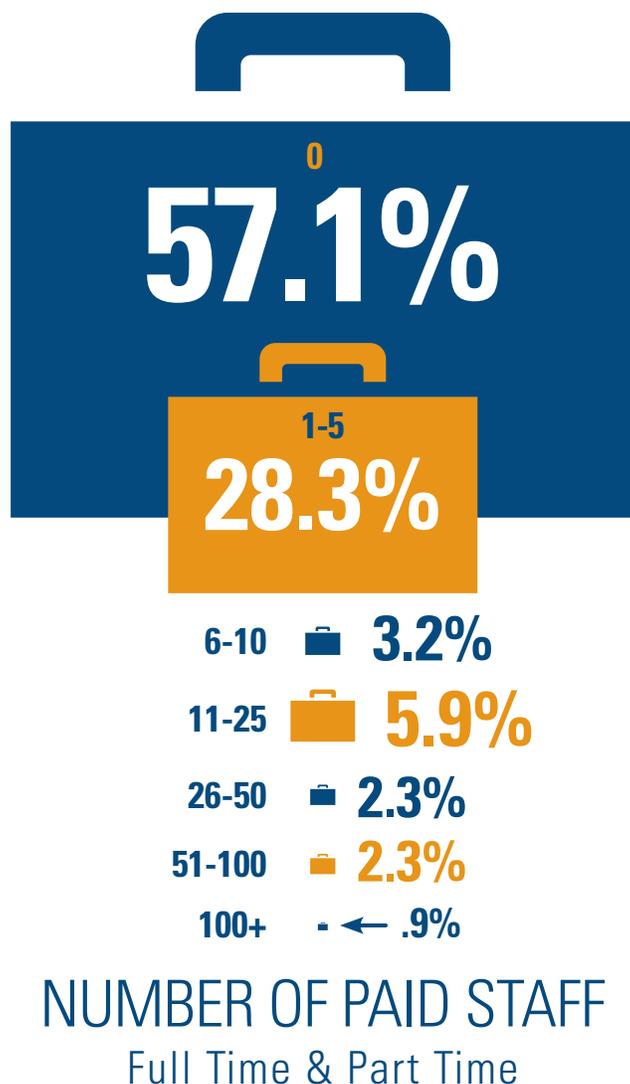
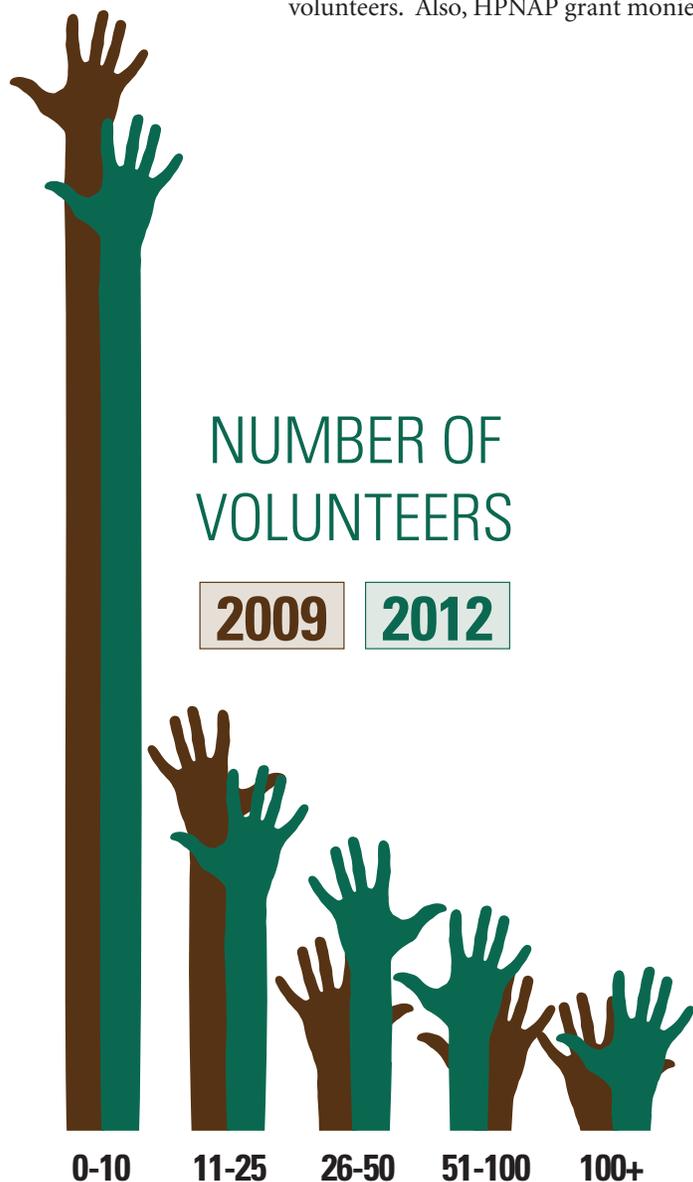
MEETING NEEDS

HELP IS OUT THERE

Staffing & Volunteers

The good news is that help is out there. In fact, agencies report having more volunteers in 2012 than in 2009. Additionally, we developed the Student Volunteer Corps to recruit a new generation of young, vibrant volunteers to help replace the generation of retiring volunteers.

The percentage of agencies reporting an average of 25 or fewer volunteers declined while those reporting more than 26 volunteers per week increased over the last three years. The percentage of agencies entirely dependent on volunteers remained constant (57%) even while the number of volunteers and paid staff increased. If staffing is a concern, connect with our volunteer coordinator to access our pool of greater than 4,000 volunteers. Also, HPNAP grant monies may be available to support staff.





Did You Know?

In addition to delivering 6.2 million pounds of nutritious food, personal care items and household supplies to 590 pantries, soup kitchens, shelters, residences, low-income day care centers and other community-based member agencies, Long Island Cares offers a variety of programs and services to support children, families, seniors, veterans and others impacted by hunger and food insecurity.

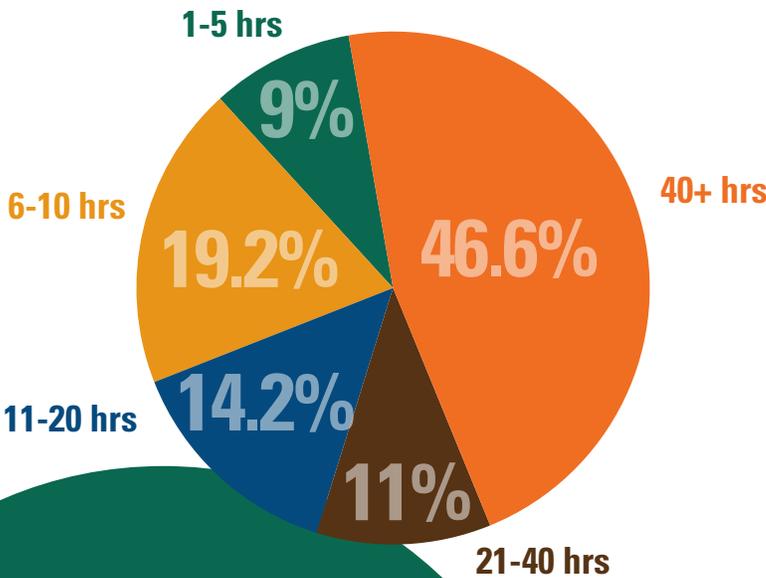


DEDICATION

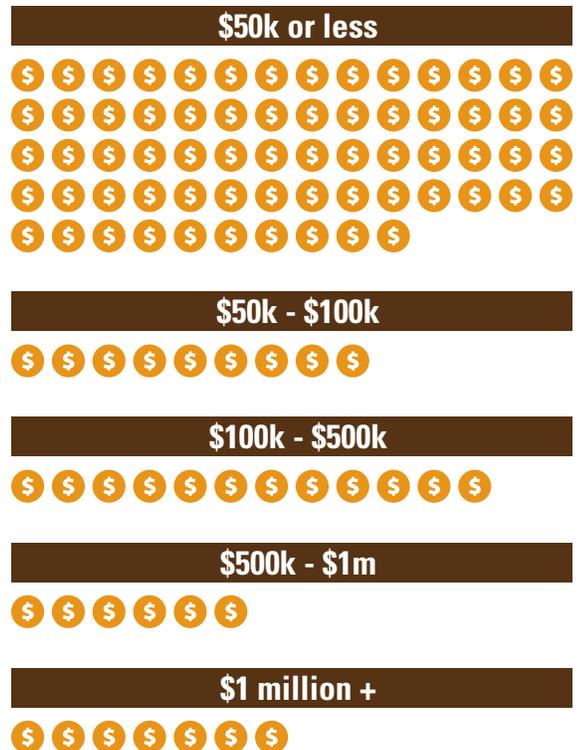
Weekly Hours of Operation

Because most of our agencies are faith based pantries/kitchens, 53.4 percent of our agencies are open less than full-time. In fact, 28.2 percent of our member agencies are open 10 hours or less each week. Consequently, we have expanded our services by offering night hours on Thursdays and by being open on Saturdays at both our Lindenhurst and Freeport locations.

Not surprisingly, most agencies are small and depend heavily on volunteers. In fact, approximately 2/3 of member agencies have annual budgets less than \$50,000. The fact that organizations with budgets this low help sustain 320,000 food insecure Long Islanders each week is remarkable and should be applauded. They are truly masters of maximizing the support they receive and of sustaining those struggling in their community. They are able to operate with such low budgets due to strong volunteer support. We hope our increased level of communication with Long Island's youth and corporate community can continue to help staff our dedicated member agencies.



SIZE OF ORGANIZATION by Gross Revenue



42.4% 
OF OUR AGENCIES ARE
OPEN **20 HOURS OR LESS**
EACH WEEK

We may be Long Island's First Food Bank, but we are more than just food...

- ★ **Chapin Center for Public Policy** *Legislative Advocacy*
- ★ **Harry Chapin Practice-a-Thon & Music to Meals Program**
Utilizing music to fight hunger
- ★ **Hunger 101** *Community Education*
- ★ **Job Development Services** *To foster self sufficiency*
- ★ **Just Say Yes (JSY) to Fruits & Vegetables** *Nutrition Education*
- ★ **Kids Café, Pack it Up & Summer Feeding Program**
To feed Long Island's food insecure children
- ★ **Mobile Outreach Resource Enterprise (MORE) & Hope for the Homeless Program**
Doing MORE for those who have less!
- ★ **Mobile Pantry Services** *To increase access to nutritional food and necessary household supplies*
- ★ **Nassau Service Center** *Serving Nassau County residents with emergency food and support services*
- ★ **New Paths to Achievement** *Helping individuals gain the skills to become empowered and self-sufficient in their everyday life!*
- ★ **Pet Pantry** *Because pets are part of the family too!*
- ★ **School Tools** *Delivering new school supplies to children in need*
- ★ **South Shore Service Center & Emergency Response & Recovery Services** *Disaster Relief*
- ★ **Student Volunteer Corp & Kids United Against Hunger**
Generating a new wave of young volunteers in the fight against hunger!



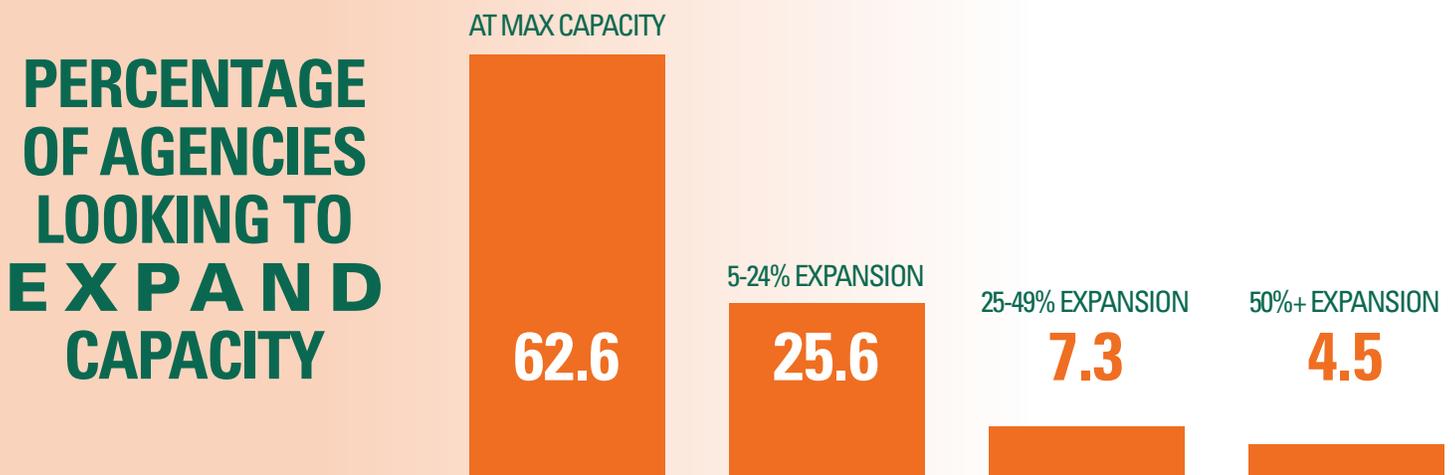
EXPANSION BARRIERS

Increasing Our Capacity

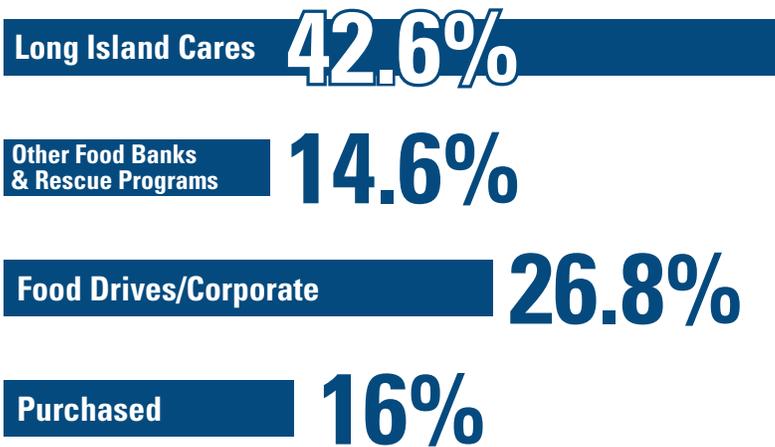
Our member agencies face both internal (staffing and storage space) and external (inability to enter community) barriers to expansion. 62.6% are simply not looking to expand (at maximum capacity). The most significant barrier facing those that want to expand is inadequate food levels (63.3%) followed by lack of space (35%) and insufficient staffing (27.5%). Moreover, of particular concern is the 6.7% of agencies willing to expand but report difficulty getting into the communities of highest food needs implying an unmet need that, while small in percentage, could mean a significant unmet food need on Long Island. Relatively few agencies (18.3%) report an inability to expand their food distribution networks.

Because staffing levels are a perennial concern for member agencies, Long Island Cares has linked our dedicated volunteer network of over 4,000 people with our member agencies through email blasts and phone calls. The Long Island Cares Volunteer Coordinator does not just find volunteers for the food bank; she helps our 590 member agencies as well. Helping our agencies get out more food isn't just our priority. Through our Just Say Yes to Fruits and Nutrition Workshops, we emphasize the health benefits of more nutritious foods in our ongoing attempt to improve public health on Long Island.

BARRIERS TO INCREASED MEMBER CAPACITY



SOURCES OF SUPPORT



Long Island Cares is the largest source of support to the region's food pantries and soup kitchens currently providing approximately 43 percent of all emergency food. In 2012, we directly distributed 6,231,054 pounds of food and supplies vs. 5,577,333 in 2009. This marks an increase of 11.72 percent. Perhaps even more impressive than this figure is that combined with our assistance our agencies are able to leverage an additional 1.4 pounds of food for every pound delivered by LI Cares. This increase is in part due to the capacity building efforts we offer our agencies (trainings, workshops, etc.) as well as the increased development initiatives of our innovative and resourceful member agencies.



OUR RESPONSIBILITY

Food, Nutrition & Need

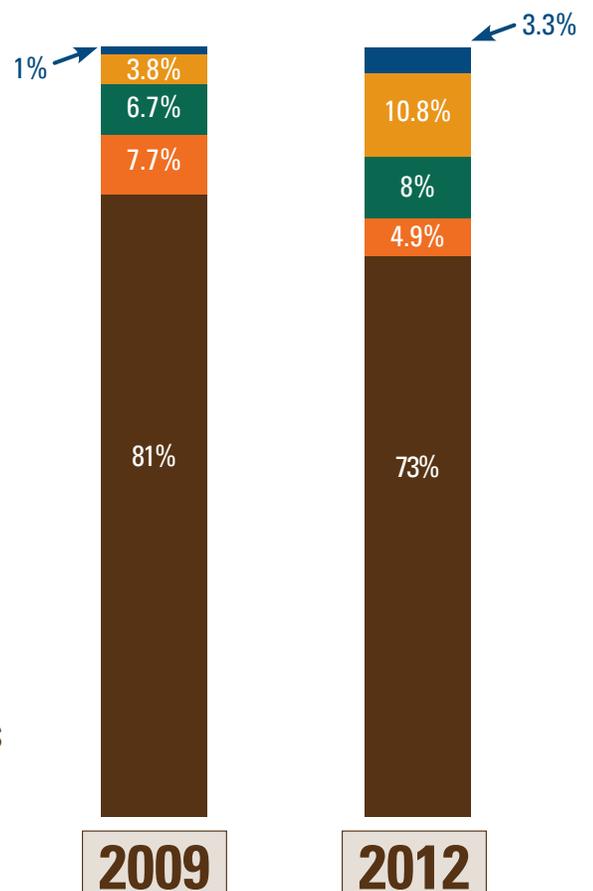
We at Long Island Cares are not just committed to supporting our member agencies with increased product. We want to increase their access and capacity to distribute more nutritious foods such as lean proteins and fresh produce, in an effort to bolster public health for the region. That is why we expanded our on-site free farmers markets to member agencies where we can distribute over 50,000 pounds of local fresh produce in one day. This helped our distribution of produce grow to over 673,000 pounds in 2012, up from 211,716 in 2009. Moreover, the poundage of lean protein distributed increased from 372,193 in 2009 to 496,142 in 2012.

As the regional food bank for Long Island and proud administrator of the State's HPNAP program and USDA's TEFAP program, it is our responsibility to support the region's pantries and kitchens with high quality product that they request. As such, we are transforming our own capacity to warehouse and store the products our member agencies require. We rent refrigerator/freezer space when needed to store the produce and proteins our agencies request, and we are in the process of expanding our freezer space by 85 percent from 21,600 cubic feet to 40,000 cubic feet. Moreover, we are expanding our refrigerator space by 50 percent from 6,400 cubic feet to 9,600 cubic feet. In addition to our infrastructural changes, we are transforming through our hunger education seminars, nutrition workshops, and advocacy campaigns into an organization increasingly committed to the distribution of the right foods.

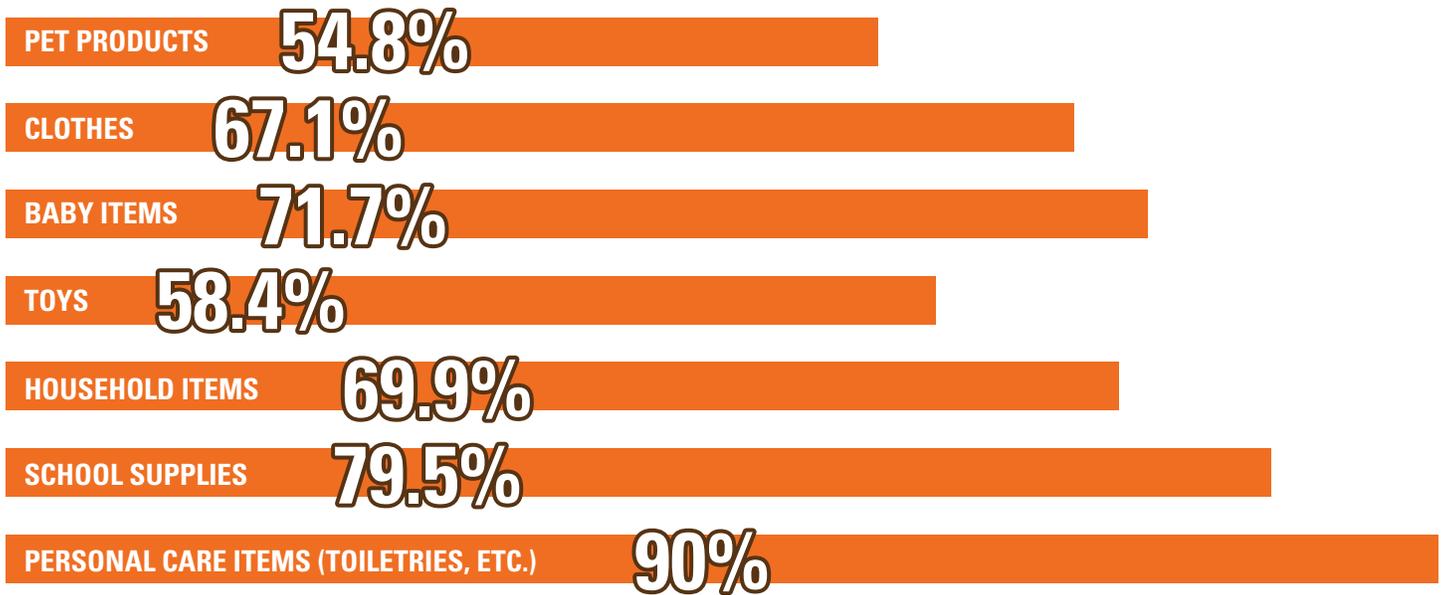
TYPE OF FOOD DISTRIBUTED BY LONG ISLAND CARES



	2009	2012
NON-PERISHABLES	4,522,893 LBS	4,545,712 LBS
DAIRY	430,581 LBS	307,364 LBS
MEATS	372,193 LBS	496,142 LBS
PRODUCE	211,716 LBS	673,264 LBS
PET	39,950 LBS	208,572 LBS



COOPERATING AGENCIES DISTRIBUTING NON-FOOD PRODUCTS



Hunger on Long Island is arguably different from elsewhere in the nation. The Self Sufficiency Standard worked on by the Empire State Foundation concluded that even Long Island families making over \$90,000 often struggle to make ends meet. Long Island's cost of living (taxes, real estate, child care, etc.) is unusually high. Therefore, people who find themselves food insecure often need other forms of assistance as well. As the regional food bank for Long Island, we realized this years ago and started procuring various cleaning supplies, personal care items, school supplies, and disaster relief items to help promote self-sufficiency amongst Long Island's food insecure population. Pantries have transformed from simply distributors of nonperishable food into community centers focused on addressing all current needs including school supplies, baby items, pet products, and even clothing. Approximately 90 percent of our agencies distribute personal care items with nearly 80% distributing school supplies. These resources are vital to working Long Islanders, and we strive to supplement our emergency food with these essential items needed to eradicate the root causes of food insecurity, **"Because It Takes More Than Food to Feed the Hungry."** This assistance facilitates households in need having the opportunity to fully participate in community and civic life.

Acknowledgements

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A very special thank you to each of our member agencies for their dutiful work in supporting and sustaining their communities. Without their partnership and dedication our work would not be possible.

LONG ISLAND CARES, INC.

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SPONSORED BY A GENEROUS GRANT
FROM OUR CORPORATE PARTNERS AT:



CAPACITY & DISTRIBUTION SURVEY

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY

**Long Island
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