



We Are Nourishing Lives.
We Are Building Community.

WE ARE IFCS.

OPENING MESSAGE FROM OUR EXECUTIVE DIRECTOR

At IFCS, we believe everyone in our community deserves to be healthy, and that individual access to nutrition affects the overall health of our community. **During FY 2022-23, we witnessed stubborn inflation rates, exorbitant food and energy prices, and relentless rental costs.** More and more people struggled to stay in their homes, and access to nutritious food became more scarce.

In our post-pandemic reality food insecurity did not slow, but continued to rise. **Each day we welcomed upwards of 100 families to our food market, with nearly one third of households visiting IFCS for the first time.** With reduced financial resources available to sustain the growing needs for food assistance, we reluctantly limited visits to our indoor shopping market to once per month. **We developed a strategy to provide food for as many households as possible by (1) offering a reliable choice of product in larger quantities, (2) shifting to a smaller variety of options, and (3) prioritizing participant preferences for culturally relevant foods.**

We are grateful to look back and see the accomplishments IFCS made, in partnership with the community, under the circumstances of the past year. Financial strain, health issues, and overlapping household emergencies continued to plague many of our neighbors, and **they repeatedly shared with us how important nutritious food was for their health and well-being.**

As you'll see evidenced in this report, the challenges of the past year have not slowed IFCS down. Instead, **our long-standing and new partnerships in the community are making IFCS stronger than ever.** As we look ahead, we are grateful for **six decades of collaborating with the community to alleviate hunger:** since 1964, we have enriched millions of lives, together.

Sandra Blythe-Perry, Executive Director

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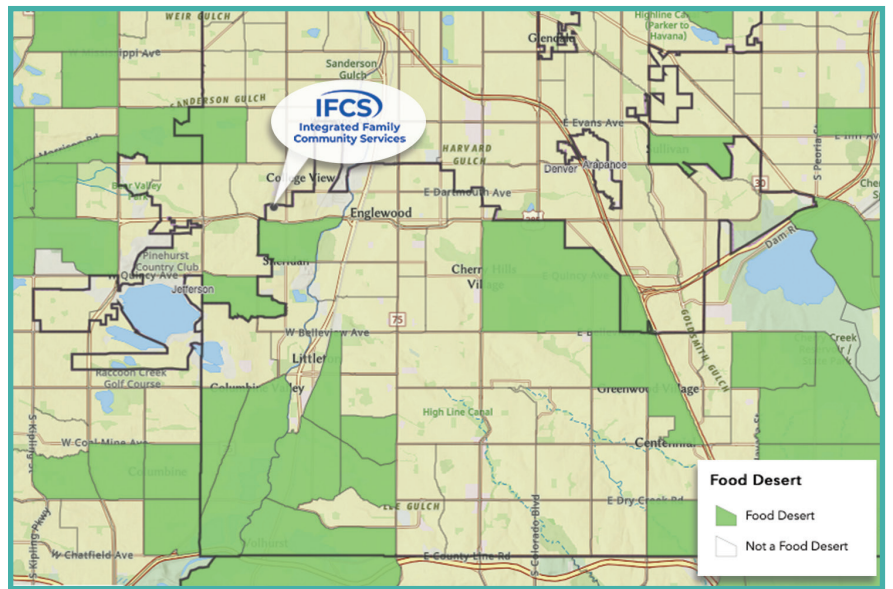
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Leadership
Supporters

HUNGER FACTS & IFCS' REACH



- 1 in 3 Coloradans (33%) are struggling with hunger.*
- More than 2 in 5 (43%) of individuals of color are now struggling to regularly access quality nutritious food.*
- 1 in 6 Children (16%) are not getting adequate nutrition.*
- The COVID-19 pandemic had a dramatic impact on our communities' health, economy, and food security.*
- Lack of access to healthy food options leads to a greater risk of chronic disease and poor health outcomes including diabetes and obesity.
- A monthly cost of \$30,000 currently allows us to serve 6,000+ individuals with fresh, nutritious food, and relieves program participants to focus on paying rent and utility bills, or navigate emergencies.
- IFCS' service area includes various neighborhoods designated as "food deserts" and zip codes identified as having highest needs, as you can see by the maps below.**

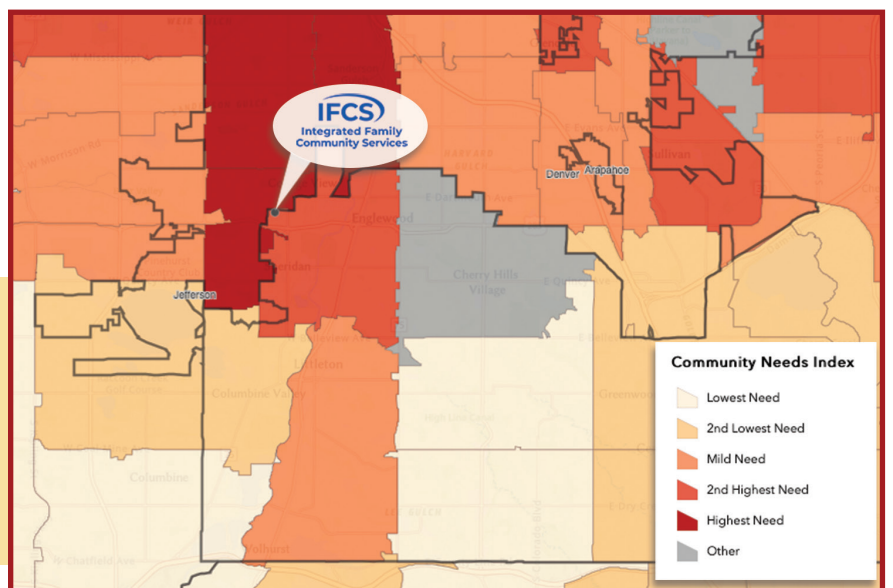


Source credit: CACFP Participation in Colorado <https://bit.ly/3DEjixn>

Nearly sixty years since our foundation in 1964, Integrated Family Community Services has become a well known resource for those experiencing inequities, food insecurity, and financial emergencies in the community.

* This data was provided by Hunger Free Colorado, hungerfreecolorado.org

** The USDA defines food deserts as areas with low access to supermarkets or grocery stores. The CNI measures economic and demographic data, creating an "index score" by measuring barriers to various socio-economic capital for each community at the zip code level.



IFCS IMPACT For the Year September 1, 2022 to August 31, 2023

Our mission is to provide basic human services and enrichment programs to low-income people, using community resources. Integrated Family Community Services (IFCS) fosters self-sufficiency and respects the dignity of each client.



FOOD ASSISTANCE

51,666

Individuals received **Hunger Prevention Assistance**

2,007

Individuals benefited from **Fresh Thanks** and **Helping Hands for the Holidays**, IFCS' food support holiday programs

578

Children received school supply or holiday gift support as part of IFCS' **Ready, Set, School!** and **Helping Hands for the Holidays** enrichment programs



FINANCIAL ASSISTANCE

705

Individuals received **Homelessness Prevention Assistance**

47

Crime victims received assistance

2,401

New families, individuals, and senior citizens visited IFCS for assistance



WELLNESS ASSISTANCE

340

Individuals received **Recreation Passes** from South Suburban and Englewood Recreation

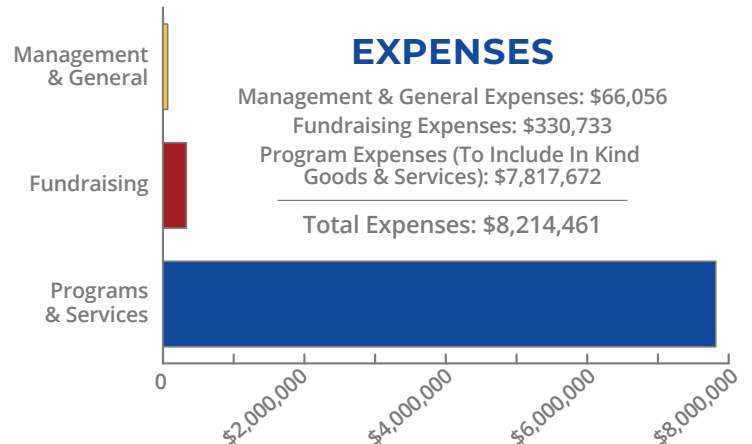
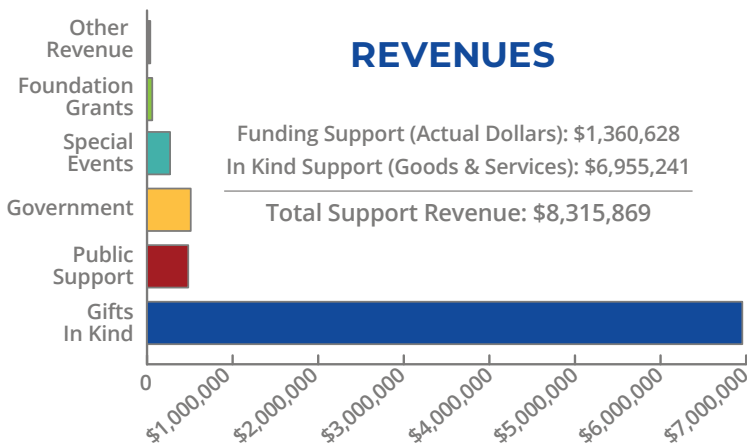


4,293

Volunteers gave **10,259** volunteer hours

IFCS SERVED 55,343 INCOME-QUALIFIED INDIVIDUALS

IFCS FINANCIALS For the Year September 1, 2022 to August 31, 2023



96% OF IFCS EXPENSES WERE HUNGER PREVENTION SERVICES

IFCS VOLUNTEER STORIES

At IFCS, we have seen a rapid growth in community need, and greatly rely on our volunteers to distribute services. On a weekly basis, we see upwards of 50 volunteers. These local individuals and groups help us in all areas, such as food market operations, administrative work, delivering food from Food Bank of the Rockies, and so many other projects. It takes a community to keep IFCS operational each and every day!



Dennis first came across IFCS when he was a young boy, within a few years of our incorporation. His father broke his hip in Kansas, leaving his family without his income. Needing to support 6 kids, his parents went on welfare and struggled to make ends meet.

That is when IFCS, formerly Inter-Faith Task Force for Community Services, came to help. The original "Neighbors Helping Neighbors" effort brought Dennis' family a Christmas meal, and a toy for each child. To Dennis and his family, this meant the world.

As a thank you for our support, Dennis spent his adult life giving back. He participated in volunteer and fundraising efforts, such as the Fun Run, became an annual donor, and now that he's retired, he volunteers in the Market @ IFCS on a weekly basis.

Janet has volunteered with us for 7 years. At the beginning, she supported our admissions team, ensuring incoming participants were eligible for services. Janet says "I've been impressed with how IFCS reorganized quickly to meet the need."

When COVID-19 first hit, IFCS turned away volunteers for a year, and focused on simplifying and automating our intake process. That decreased the need for admissions volunteers, but didn't stop Janet from volunteering with us. Two years ago, she transitioned over to our seasonal enrichment programs, ensuring registered families receive the correct school supplies and gifts for their kids. Now that the Market @ IFCS is open, Janet also helps with pantry operations.

Rod first got involved with IFCS through a friend, and became a regular volunteer two summers ago when we partnered with Jeffco Summer of Early Learning to provide weekend meals to participating families. Ever since, Rod is just a text away whenever we need a hand.

Most recently, Rod supports IFCS by picking up a van-full of boxes used for food distribution, helping unload large deliveries, and organizing volunteers from Kiwanis Club of Columbine for special projects. Anything we need, Rod is there for us.

Moving large freezers around the Market? Transporting auction items for Nibbles & Sips? Need volunteers to load a large donation? Even if just for an hour, Rod is happy to help.

“

I feel I owe [IFCS] because they helped us out in a hard time.

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It's confirmation of how great the social needs in our society are. It helps keep me centered on the important things in life.

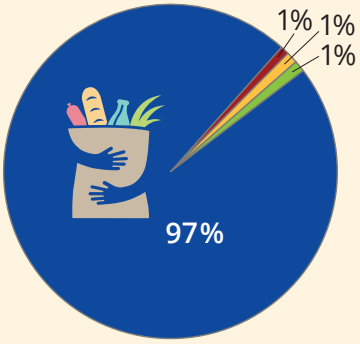
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“

One reason I do this is the kids. If kids are hungry, they can't learn. If kids get educated, they have a better chance of breaking out of the poverty cycle.

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ALSO: READ IFCS PARTICIPANT STORIES AT [IFCS.ORG/PROGRAM-RECIPIENTS](https://www.ifcs.org/program-recipient)



COMMUNITY IMPACT

- Hunger Prevention
- Enrichment Programs
- Homeless Prevention
- Financial Assistance
- Other Assistance (<1%)

IFCS LEADERSHIP

BOARD OF DIRECTORS

Interim President Jeffrey Alm
 Board Director Jason Whyte
 Board Director Corey Reitz
 Board Director Ana Hernandez
 Board Director Corey Reitz
 Board Director Reid McGrath
 Board Director Mary Kelloff

TEAM

Executive Director Sandra Blythe-Perry
 Program Director Allison Taggart
 Development Director Todd McPherson
 Lead Resource Navigator Jessica Southern
 Food Market Manager Barb Mesa
 Accounting Clerk/Admin Assistant Perian Cooper
 Volunteer Coordinator Tara Magaña
 Communications Manager Donna Wintz

THANKS TO OUR FREQUENT VOLUNTEER GROUPS



THANKS TO OUR GENEROUS SPONSORS

