

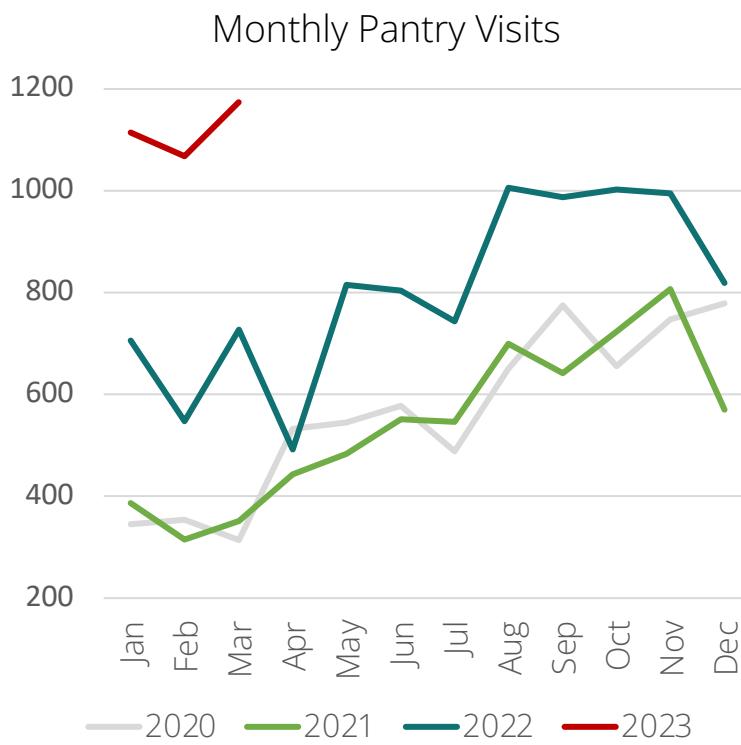
# 2022 ANNUAL REPORT

## FROM THE EXECUTIVE DIRECTOR

2022 was a tough year but our donors got us through. Thank you! We had lots of successes, including our beautiful new pantry renovation and the completion of Annette's House. We also saw a 48% increase in pantry visits and only a 7% increase in food donations. We spent more money on food in 2022 but inflation means our purchasing power is less. The beautiful thing is CAIN has the physical space, infrastructure, staff and volunteers to serve even more people... If we just had more money to buy food. **CAIN has the goal of raising an additional \$30,000 to cover food costs for 2023. Can you help?**

Everyone deserves to have food to feed themselves and their families. We've always been able to count on our donors to support our efforts to feed our neighbors. We hope we can continue to do so. Thanks for all you do to support CAIN.

With gratitude,  
Melissa



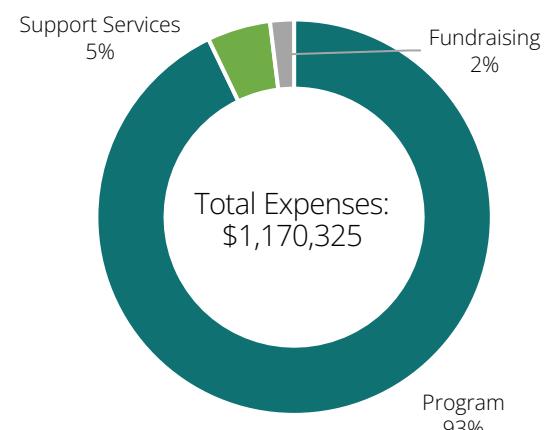
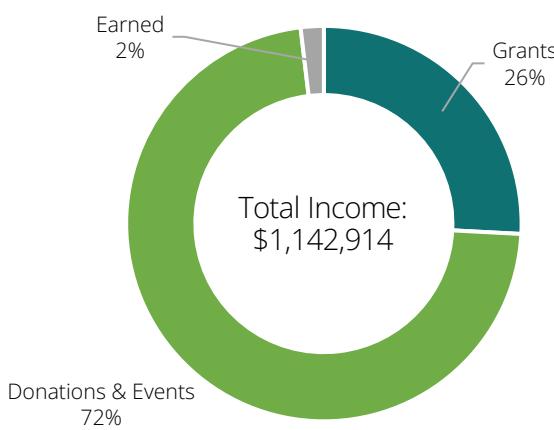
*Volunteer Laci describes the CAIN vibe with words like dignity, respect, humanity and connection. Her Spanish language skills really come in handy. "The way someone's body language changes when they hear someone speak their language- it's really beautiful and I love being a part of that."*



*John spent 35 years in the music business touring with big names like Earth Wind and Fire and Guns N' Roses. After losing his house to a fire, becoming disabled and of course, the pandemic, John has been unable to work at all. "Right now people are having to choose between paying their rent or having food to eat. Only with the help of CAIN can I do both."*



## 2022 FINANCIALS



# WE'VE BEEN GROWING HERE'S HOW TO HELP



- Make a one-time donation or sign up for our Sower's Circle to make a monthly or quarterly donation. Visit [www.cainministry.org/donate](http://www.cainministry.org/donate)
- Donate baby wipes, deodorant, shampoo, conditioner, body wash, toothpaste, toothbrushes, laundry detergent and other personal care items.
- It takes dozens of volunteers to make it all work so we need you on our team! Contact Rachel at [r.stone@cainministry.org](mailto:r.stone@cainministry.org)
  - In 2022, 85 volunteers served 6,725 hours at CAIN. These volunteers helped prepare for our Rainbow Pantry and served 5,625 meals at Phil's place. We've also been able to recruit six Spanish speaking volunteers!

## IN 2022, WE HELPED OUR GUESTS...



439 rides home from pantry.



130 home deliveries to homebound residents and provided \$30,000+ in rent/utility assistance.



over 70,000 diapers to about 500 children.



625,524 pounds of food equal to 521,045 meals.



*"la sensación de una concina" (It feels like a kitchen) says Celita, when she's describing the variety of fresh fruits, vegetables and dried beans she can choose from at CAIN. More than fresh healthy food, CAIN is a place of community for Celita and her family. "I really like the people at CAIN. I don't feel out of place."*



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*Connecting our community to challenge poverty by feeding bodies and souls.*