



*Spirit of Wellness*



Olón Community Foodbank: Annual Report, 2022



*food for today, hope for tomorrow*

# Foodbank



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## Message from our CEO

I am pleased to present our first annual report for the Olón Community Foodbank.

The past few years have been challenging for many families in Olón and the demand for our services has been great. However, due to the tireless efforts of our volunteers and donors, we are proud to say that we were able to provide over 20,000 pounds of food to families in need.

During our first 18 months of operation, we learned much about the community and constantly adapted our operations to ensure that our resources were used as effectively as possible to best serve our community.

Our focus on nutrition and sustainability are top priorities. Through the Community Development Intern Program and our partnership with the Comuna of Olón, we've been able to identify the most vulnerable neighbors to ensure that they receive the nutritional support that makes a true difference to their families and we have implemented additional programs to further ensure that they remain healthy and well.

Moving forward, we remain committed to our mission of fighting food insecurity in our community. We will continue to innovate and evolve our operations to meet the changing needs of those we serve, and we look forward to the continued involvement of our stakeholders in this important work.

Thank you for your partnership and support.

**Matt Collins**

This annual report reflects the impact made from October 2021 through December 2022.



**Matt Collins**

Chief Executive Officer  
Spirit of Wellness

# Vision and Mission

**Our vision is to create a world where everyone has equal access to opportunities for personal and professional development. We envision all children achieving their dreams without fear of food insecurity**

**Our Foodbank's mission is to provide supplemental nutrition in Ecuador to close the hunger gap.**





# Crisis Response

**15.4%** of Ecuadorians suffer from hunger.

**27.2%** of Ecuadorian children under the age of two suffer from Childhood Chronic Malnutrition.

Poor nutrition is an element present in most homes due to poor nutritional education and limited financial resources.



The Olón Community Foodbank was established in response to the identified needs of the community during the Covid-19 Pandemic crisis when community members banded together to purchase and distribute food baskets to those without income.

As the pandemic eased its grip on the world, the coast of Ecuador remained in crisis as it continued to suffer economic hardship with the primary source of income, tourism, at a standstill.

Food insecurity was constant.

Recognizing the importance of the work started during the pandemic, community leaders provided office space so that Spirit of Wellness, one of the partners in the pandemic food supply group, could formally spearhead efforts to open a permanent foodbank.

After months of planning, the foodbank opened its doors in 4<sup>th</sup> quarter 2021.



*"My grandchildren and I are happy now that we know we get food on a regular basis. It means we don't worry as much."*

Esmerlda  
Olón Foodbank Beneficiary



# The Start

Initially, 37 families requested assistance. The families received home visits by social workers from the Santa Elena Province who documented their economic circumstances and living conditions. 19 of the families were chosen to become beneficiaries.

During the first month of operation, outreach to the community resulted in the receipt of over 70 additional applications for support. After careful review of available financial resources, an additional 6 families were added to the roster bringing the family total to 25 during 2022.

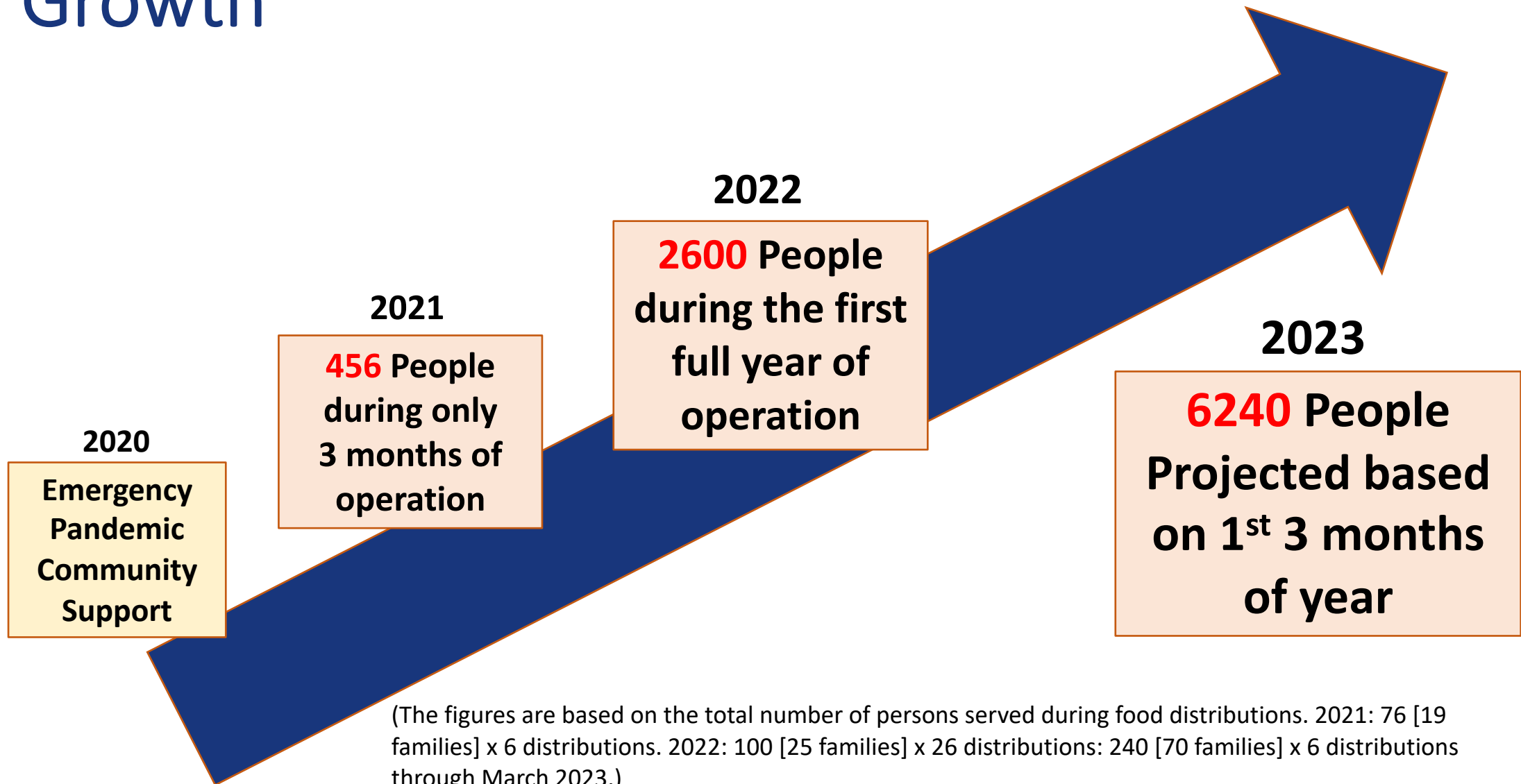
With still more families in need of support, strategies, including changing vendors and updating distribution procedures, were developed allowing approximately 30 additional families to receive a small supply of products during each distribution.

Handwritten application form titled "FORMULARIO DE APLICACIÓN PARA ACCEDER A LOS BENEFICIOS DEL BANCO DE ALIMENTOS". The form includes a photo of a woman and a table with columns for "Número y Apellido", "Edad", "Estado Civil", "Profesión", "Educativo", and "Estrato". The table contains several rows of handwritten entries.

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# Growth



# Impact

## Over 20,000 Pounds of food

Produce, Eggs, Tuna, Milk, Lentils, Pasta, Flour, Sugar, Cooking Oil, Tea, Rice, Oatmeal, Popcorn and more

## 1,000's of hygiene items

Toilet Paper, Household Bleach, Toothbrushes, Toothpaste, Bath Soap, Shampoo, Sponges, Dish Soap, Diapers and more

## 50 school supply kits

Pens, Pencils, Paper, Rulers, Erases, Markers, Scissors, Tape, Cleaning Clothes, Crayons, Bookbags, Shoes and more

Health



Wellness



Education





# Events

In addition to providing nutritional support, the Foodbank beneficiary families receive assistance intended to supplement their efforts to maintain health, wellness and education.

- **Educational assistance via classroom supplies**

When in-school education resumed in 2022, each school-age child enrolled in the Foodbank received his or her complete list of educational supplies required by the school allowing them to attend class.

- **Household assistance via essential appliances**

When household items are donated to the Foodbank, households in-need are identified and supplied with the items: for example: a student received a study desk, a family of 5 received a new, functioning stove.

- **Joy, comfort and community via our holiday events**

When we celebrate, our Foodbank families are not forgotten. In December 2021 and 2022, special holiday meals and gifts were provided to every beneficiary family and child.





# Numbers

**Individuals Served: 2021: 451 Persons  
2022: 2600 Persons**

**Food Distributed: 2021: 3,000 lbs.  
2022: 13,000 lbs.**

**Budget: 2021: \$3,000  
2022: \$13,000**

**Volunteer hours: 2021: 600 hours  
2022: 5,200 hours**

**A Foodbank's impact should not be measured in numbers alone.**

**The food assistance provided contributes to improvements in health, emotional wellbeing, self-worth, social relationships and overall standards of living.**

**Whole communities are enriched through the operation of a well-run foodbank.**

# Volunteers

**The Foodbank began operation in 2021 with a single paid employee, The Foodbank Manager, who worked an average of 10 hours per month.**

**All additional roles from CEO to social media manager to distribution helpers are held by volunteers who give freely of their time because they believe in the value of providing food security to their vulnerable neighbors and know that ensuring a community free from hunger means the future for all will be bright and prosperous.**



volunteers in action



# Partners

We collaborate with strategic partners in the United States and Ecuador to provide nutrition and hope to Coastal Ecuador.

## Olón Comuna Leadership

José Reyes, President

Jonathan Borbor, Vice-President

Punto Verde, Olón

ShoreLine City Dallas

Toyota 4 Good



# Intern Managers

In June 2022, with the support of the Olón Comuna, a team of future community leaders was selected to participate in the Community Development Program funded by Spirit of Wellness.

Through the program, the future leaders (interns) are developing the skills to lead their own community-based programs.

As part of their training, they assumed the management of the day-to-day operations of the Foodbank.

In 2023, they will embark on the second phase of the program, employing their learned skills to ensure the Foodbank's sustainability for decades to come.





# Strategic Plan: the next 18 months

**2023-2024**

**Food Rescue Program  
Homework Education Center  
Wellness Checks for Seniors  
Bathroom Safety for Seniors  
Holiday Fundraising Events  
Annual October Food Drive**

We are enormously proud of all that has been accomplished during the past 18 months. However, as we look towards the future, we must focus on both growth and sustainability. This will be done by increasing our community partnerships, transitioning from reliance on purchased food to sourcing donated and non-sellable food and aggressively seeking institutional sources of funding.

We also plan to expand our program base to provide more wellness and education opportunities to support our beneficiaries.

Our strategy will include building relationships with local stores, restaurants, and farmers to receive donations of unsold, fresh produce and other non-sellable items. We will create a "Food Rescue" program to collect unsold food from local businesses on a regular basis. We will establish a system for handling, storing, and distributing donated food in a safe and efficient manner.

Our program expansion will also entail the development of partnerships with local organizations that provide complementary services such as health clinics and educational institutions as we implement wellness checks, a homework education center and a bathroom safety program.

Our planned marketing will increase awareness of the foodbank's services through social media, our updated website, monthly newsletters and community outreach to engage potential donors, volunteers, and partners.

To ensure our continuing financial sustainability, we will develop a diversified funding strategy that includes private donations, corporate and government grants, and partnerships with local businesses.

Through feedback from beneficiaries, volunteers, and staff, along with regular evaluations, we will continue to improve our programs and services and monitor and adjust our strategic plan as needed to ensure that we are meeting the needs of our community.

This 18-month strategic plan will help our foodbank to grow and maintain long-term sustainability while remaining relevant to the community.

# Leadership



**CEO: Spirit of Wellness**  
Matthew Collins

**Board Members**  
Dawn Pittman-Collins  
Carole Wright-Cole  
David Cole

**Advisors**  
Maria Del Carmen Montedesco  
José Reyes  
Jonathan Borbor

**Program Director, Ecuador**  
Cathy Collins

**Intern Management Team**  
Leticia Borbor  
John Reyes  
Tomasu Suarez  
Mercedes Yagual

# Additional Information



**Supporting documents available upon request.**

- **Foodbank Report by John Reyes**
- **Beneficiary data (as privacy permits)**
- **Donor data (as privacy permits)**
- **Intern Evaluations (as privacy permits)**
- **Foodbank Expense Report (as needed)**

# Contact Information



Website [spiritofwellness.org](http://spiritofwellness.org)

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Spirit of Wellness is a current and valid 501 (c ) 3 non-profit organization in accordance with the standards and regulations of the Unites States Internal Revenue Service.

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