

# 2023 ANNUAL REPORT



In 2023, Break Bread continued its mission to address food insecurity and build community connections through various programs and initiatives. The relocation of Breadquarters to the East Community Center marked a significant milestone, enhancing our ability to serve a wider audience and collaborate with other organizations. This transition not only signifies a major step forward in realizing the initial vision of Break Bread but also highlights the collective progress made in just six years, as we remain committed to providing nutritious meals, essential supplies, and a welcoming community space to our neighbors in need.

## The Numbers

6

years serving  
FREE hot meals

Over  
21,000

meals served in  
2023, a 22% percent  
growth over last  
year

110

weekly deliveries to  
homebound  
neighbors

Over  
\$219,000

raised in 2023  
through individual  
donations and  
grants

192

volunteers  
helped serve  
our neighbors  
in 2023

\$4.80

average cost of  
food for nourishing  
hot, chef prepared  
meal



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In 2023, Break Bread achieved a significant milestone in its mission to combat food insecurity, providing over 21,000 nourishing meals to those in need—a remarkable 22% increase from previous years. This growth was made possible by the unwavering dedication of our team and the steadfast support of our community. Throughout the year, we cultivated new partnerships with like-minded organizations and individuals who share our vision of a more food-secure community. These collaborations have not only expanded our reach but also enabled us to reduce food waste and enhance our impact, reflecting our commitment to creating positive change in the lives of those we serve.



## Weekly Chef-Prepared Meals

- **To-Go Meal:** Our weekly to-go meal service on Wednesdays continued to be a lifeline for many in our community. We provided nutritious, chef-prepared meals to those who needed them most, ensuring that everyone had access to a healthy meal, regardless of their circumstances. In addition to in-person pickups, we also delivered meals to 75 neighbors who were unable to leave their homes due to mobility issues, health concerns, or lack of transportation. This service was crucial in ensuring that our most vulnerable neighbors were not left behind. By the end of the year, we were averaging an impressive 300 meals on Wednesdays, including in-person pickups, deliveries, and meals provided to our community partners. This growth in our meal service is a testament to the increasing need in our community and the trust that our neighbors place in us to provide them with the support they need.
- **Sit-Down Community Meal:** Our signature sit-down community meal continued to be the heart of our organization, providing not just a warm, healthy meal but also a space for connection, conversation, and community-building. We are thrilled to see our attendance numbers surpass pre-COVID levels. This increased demand required us to "turn tables" to accommodate everyone who came through our doors. It was heartwarming to see both new and familiar faces each week, as neighbors from all walks of life came together to share a meal and their stories. We witnessed the power of these shared meals to break down barriers, foster understanding, and build lasting relationships. While the numbers are certainly impressive, it's the intangible impact of these meals that truly matters. The connections formed and the sense of belonging fostered at these weekly gatherings have the power to inspire long-term change in the lives of our neighbors and the broader community. We are honored to provide this space for our neighbors to come together, support one another, and build a stronger, more resilient community.

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In our unwavering commitment to combat food insecurity and foster community connections, Break Bread proudly introduced a new monthly meal in 2023. Alongside this exciting development, we have continued to strengthen our partnerships with local organizations, providing vital meal support to ensure that no one in our community goes hungry. Through these collaborative efforts, we have not only provided sustenance but also created opportunities for growth, empowerment, and unity.



## Monthly Community Center Meal

- Fall 2023 saw the addition of a monthly meal at the East Community Center, extending our reach and impact. This new initiative allowed us to serve a broader audience and foster new connections within the community. By partnering with the East Community Center, we were able to provide a welcoming space for individuals and families to gather, enjoy a nutritious meal, and access additional resources and support. The success of this program has laid the foundation for future collaborations and expanded services in the coming years.

## Community Partnerships

- By partnering with local organizations that serve vulnerable populations, we can extend our reach and ensure that our support goes where it's needed most. These relationships provide a reciprocal partnership, allowing us to minimize food waste while ensuring that those they serve receive a hot, fresh meal.
- In 2023, we deepened our relationships with three crucial community partners: Safer, HAAT Force, and South Fellowship Food Bank.
  - Safer provides support to individuals in our community who are coming out of or at risk of entering the criminal justice system and are facing co-existing mental health and substance use challenges.
  - HAAT Force is a non-profit organization dedicated to advocating for individuals experiencing homelessness in Littleton and the surrounding areas. They specialize in providing shelter for those who cannot be housed in a congregate setting due to various reasons, such as those with pets or a disability.
  - South Fellowship Food Bank is a cornerstone of our community's fight against hunger, providing fresh food options to a variety of individuals.
- Through our collaborations with these partners, we provided over 5,000 meals to some of the most vulnerable members of our community who may otherwise have gone without a hot meal.

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Break Bread is more than just a meal. We strive to create an environment that fosters meaningful relationships and inspires positive change in the lives of everyone involved. From our dedicated staff and volunteers to the individuals and families who join us for a meal, each person leaves our gatherings with a renewed sense of connection and purpose. By offering additional support services and opportunities for personal growth, we aim to create a holistic experience that nourishes both body and soul, fostering a strong sense of community and empowering our neighbors to build a brighter future.



## Additional Support

- **Essential Supplies:** At each meal, we distributed shelf-stable supplies and hygiene products, addressing immediate needs. We recognized that many of our neighbors face challenges beyond food insecurity, and by providing these essential items, we aimed to alleviate some of the daily struggles they may encounter. From non-perishable food items to personal care products, these supplies helped to bridge the gap and provide a sense of comfort and dignity to those we serve.
- **Community Partner Resources:** Collaborations with partners like LEAP, SWSN, and Arapahoe County provided valuable information and resources, empowering our community. These partnerships allowed us to connect our neighbors with a wide range of services, including housing assistance, healthcare resources, employment opportunities, and educational support. By working together with these organizations, we were able to take a holistic approach to addressing the complex needs of our community and provide a pathway to long-term stability and success.
- **Entertainment:** We were grateful for the opportunity to offer entertainment during or after 4 of our meals. This addition to our meal service provided our neighbors with a chance to enjoy a relaxing, recreational dining experience—something that many of us take for granted. By incorporating entertainment, we aimed to create a welcoming atmosphere that went beyond simply providing food out of necessity. These moments of leisure and enjoyment fostered a sense of community and brought smiles to the faces of those we serve.



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At Break Bread, we firmly believe that our volunteers are the driving force behind our mission to combat food insecurity and foster community connections. From preparing and serving meals to distributing essential supplies and lending a listening ear, our volunteers pour their hearts into every aspect of our work. They come from all walks of life, each bringing their unique skills, experiences, and perspectives to the table. Yet, they are united by a shared commitment to making a positive impact and creating a more just and compassionate community.



## Volunteers

- **Volunteer Groups:** This year, we had 12 large groups join us to volunteer in a variety of capacities, including groups from 4 different schools, 2 community organizations, and 6 corporate entities. These groups brought a diverse range of skills and perspectives to our work, and their contributions were invaluable in helping us to expand our reach and impact. From preparing and serving meals to assisting with distribution and clean-up, these volunteers played a crucial role in ensuring that our programs ran smoothly and efficiently.
- **Youth Volunteers:** This year, we saw a 25% increase in the number of youth volunteers outside of large school groups. These youth often came to volunteer on multiple occasions, demonstrating their commitment to serving their community and making a positive impact. By engaging with these young volunteers, we were able to foster a sense of civic responsibility and leadership, and provide opportunities for them to develop new skills and build meaningful relationships. We believe that investing in our youth is crucial to building a stronger, more resilient community, and we are grateful for their dedication and enthusiasm.



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In early 2023, we finalized a comprehensive strategic plan to guide Break Bread's growth and development over the next few years. We are proud to report that we have already made significant progress towards achieving many of the goals outlined in this plan.



## STRATEGIC PLAN

### **Goal #1: Fill the hall by the end of 2023 and add additional seating by August 2024**

Break Bread's primary goal is to maximize our reach and impact within the community we serve. With a dedicated staff and passionate volunteer base, we strive to connect with more community members at our in-person meal on Saturday evenings at our current facility. We are proud to report that we have achieved the first part of this goal, consistently reaching maximum capacity on many Saturday nights. To accommodate the growing demand, we have implemented a table-turning system, allowing us to serve more individuals and families without compromising the quality of our service or the welcoming atmosphere we provide. Building on this success, we aim to expand our seating capacity by August 2024, enabling us to welcome even more community members to our table and ensuring that no one in need is turned away.

### **Goal #2: Add a second location to provide a third meal by end of 2024**

Break Bread recognizes that the need for nourishment and community support extends beyond the area we currently serve. To address this, we have set an ambitious goal to establish a second location and introduce a third weekly meal by the end of 2024. We are thrilled to report that we are well on track to achieve this goal, with plans underway to launch a second in-person meal at the East Community Center. This expansion will allow us to reach a broader audience, particularly those who may face barriers to accessing our current location.

### **Goal #3: Break Bread will add programming that will further address food insecurity.**

At Break Bread, we understand that addressing food insecurity requires a holistic approach that goes beyond providing meals. To truly empower our community members and promote long-term food security, we are committed to offering educational programs that teach valuable skills and knowledge related to food resource management. We are excited to announce that we will be continuing and expanding the educational classes we started in 2023, with additional offerings at the East Community Center. These classes will cover topics such as meal planning, cooking on a budget, produce preparation, canning, and gardening.

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As we look ahead to 2024, we anticipate a 25% increase in the number of meals needed to serve the growing needs of our community. While this may seem like a daunting challenge, we are confident in our ability to rise to the occasion. Our team is ready and eager to tackle this challenge head-on, armed with the knowledge, skills, and passion necessary to make a real difference in the lives of those we serve. We know that with the collective efforts of our dedicated staff, volunteers, partners, and supporters, we are well on our way to creating a more food-secure community



## 2024 AND BEYOND

### Educational Programming

- **Cooking Classes:** In 2024, Break Bread is excited to introduce a series of educational initiatives designed to empower our community with the knowledge and skills needed to make the most of their resources. These hands-on workshops will cover topics such as cooking on a budget, smart grocery shopping, and cost-effective cooking techniques. By providing our neighbors with these valuable tools, we aim to promote long-term food security and financial stability.
- **Produce Utilization Workshops:** To further support our community in making healthy choices, we plan to offer workshops focused on maximizing the nutritional benefits of fresh produce. These sessions will teach participants how to select, store, and prepare fruits and vegetables to ensure optimal freshness and nutrient retention. We will also share creative recipes and tips for incorporating more produce into daily meals, even on a tight budget. By increasing access to and knowledge about fresh produce, we hope to improve overall health outcomes and reduce the risk of diet-related chronic diseases in our community.
- **Community Garden:** We will be revitalizing and expanding opportunities for community members to learn to grow food in the community garden at East Community Center. By teaching skills such as planting, tending, and harvesting, we aim to empower our neighbors with the knowledge and ability to cultivate their own fresh produce. This hands-on experience will not only provide access to healthy, locally-grown food but also foster a sense of pride, accomplishment, and self-sufficiency. Participating in the community garden will contribute to a more food-secure future for our neighbors by equipping them with the tools and confidence to take control of their own food supply.

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## 2024 AND BEYOND Meals throughout 2024

**Expanded Meal Services:** Break Bread is committed to meeting the growing needs of our community by increasing our meal services in 2024. We plan to offer 2 sit-down meals and 1 to-go meal each week, with a goal of averaging 650 meals per week by the end of the year. This represents a significant increase from our current numbers and will require the dedicated efforts of our staff, volunteers, and community partners.

**Ongoing Support for Community Partners:** In addition to our regular meal services, we will continue to support our community partners by providing meals for their events and programs. These partnerships allow us to extend our impact beyond our immediate service area and reach vulnerable populations who may face unique barriers to food access. By collaborating with local schools, senior centers, and other organizations, we can create a more comprehensive safety net and ensure that all members of our community have access to the resources they need to lead healthy, fulfilling lives.

## Impact Beyond Meals

At Break Bread, we understand that the fight against hunger is about more than just providing meals. It's about building a strong, resilient community where everyone has the opportunity to thrive. That's why we are committed to cultivating meaningful relationships and fostering a sense of connection and belonging among our neighbors.

Through the tireless efforts of our volunteers, the generosity of our donors, and the support of our community partners, we are working to create a sustainable impact on the lives of those we serve. We believe that by providing not only nutritious food but also a welcoming space for people to gather, share their stories, and support one another, we can inspire lasting change and break the cycle of food insecurity.

As we look to the future, we remain dedicated to our mission of nourishing bodies, minds, and spirits. We will continue to innovate, adapt, and grow to meet the evolving needs of our community, always keeping the dignity and well-being of our neighbors at the forefront of our efforts.

