For 36 years, nourish.NJ has provided our community with food, friendship and fidelity. As our community changed, we changed along with it to meet the shifting needs of our guests. We’ve faced our fair share of disasters—snowstorms, Hurricane Sandy, and now a global pandemic—but we’ve never let them derail our work. COVID-19 is our greatest challenge yet, and we’ve risen to that challenge. Despite these unprecedented times, we are proud of what we’ve been able to accomplish.

COVID-19 has had a massive impact on how nourish.NJ functions. We’ve had to pivot our operations not only to address this crisis head-on, but to ensure the safety of our guests, our volunteers, and our staff. We’ve had to change from sit-down meals to to-go meals. But we’re still here. Whether it’s preparing lunch boxes and grocery bags to be distributed on site, bringing food and supplies directly to vulnerable families, or simply talking on the phone with someone who really needs a listening ear, we’re here for our guests and our community everyday.

The situation is ever-evolving. New problems present themselves every day. This pandemic may have changed how we do things but it will never change what we do. No matter the circumstance, nothing will stop us from getting help to people who need it most.

Our annual report is a chronicle of everything we accomplished in the previous year. It’s a way for us to celebrate the ways we’ve grown to best serve the needs of our community. And it’s a way for us to thank you, for being a crucial part of that growth.
Our biggest accomplishment of 2019 was also our most obvious. We changed our name!

After 36 years we decided it was time to shake things up, and we re-introduced ourselves as nourish. NJ at our 2019 Hunger Walk in October. We wanted our name to reflect every facet of the work we do. The food we offer nourishes the body, and the stability, security and community we offer nourishes the spirit. We’re rooted here in New Jersey, the Garden State, and we will continue to grow, supported by the strong foundation we’ve found in our community.

The annual report is not only a reflection of our previous year’s accomplishments. It’s also a way to look ahead at what’s to come. 2020 is our first full year under our new name, and already it’s been an unforgettable one. But despite distance, and adjustments, and new challenges every day, nourish.NJ is still here, ready to take on anything, with your help.

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**2019 FINANCIAL SUMMARY**

**REVENUE**

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals</td>
<td>$ 336,462</td>
</tr>
<tr>
<td>Foundations and Grants</td>
<td>$ 304,750</td>
</tr>
<tr>
<td>Corporate Gifts</td>
<td>$ 263,616</td>
</tr>
<tr>
<td>Congregations</td>
<td>$ 54,335</td>
</tr>
<tr>
<td>Events: Hunger Walk and Share the Bounty</td>
<td>$ 235,617</td>
</tr>
<tr>
<td>Donated Food</td>
<td>$ 750,000</td>
</tr>
<tr>
<td>Donated Volunteer Services</td>
<td>$ 450,000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$ 2,394,780</strong></td>
</tr>
</tbody>
</table>

We spent 91 percent on Programs, 7 percent on Administration and 2 percent on Development.

nourish.NJ is a non-profit tax-exempt 501(c)(3) organization (22-3084025)
Our organization is supported by four defining pillars. They are:

- Access to Healthy Food
- Safe Housing for All
- Meaningful Employment
- Health and Wellness

Everything we do is in service to these ideals. We’ve completely altered our model of operation to ensure we are still able to deliver on these ideals. We will not stop until everyone who needs these things has the access they deserve.

**ACCESS TO HEALTHY FOOD**

Hunger relief has always been at the heart of our operation. And in the wake of COVID-19, that’s only become more clear. Since the pandemic hit New Jersey in March, we’ve distributed 18,000 takeaway meals and delivered hundreds of bags of groceries to vulnerable families and senior citizens. With the help of our community, we’ve been able to get fresh, healthy food into the hands of people who need it most, at a time when they need it desperately.

But distributing food is only half the equation. The dining room is a place for our guests to socialize and spend time with people who have become like family. It’s essential to preserve the sense of community nourish.NJ provides for our guests. Though we are unable to gather, distributing and delivering meals and groceries allows us to still say hello, check in, and briefly be with people—from a safe distance—to make sure they have what they need.

**2019 ACCOMPLISHMENTS**

- Switched to a more nutritious menu that incorporates more whole grains and vegetables while also cutting back on sugar.
- Expanded our Free Farmers Markets to five a week.
- Collaborated with the County College of Morris to create Titans Table, an on-campus food pantry for food-insecure students.
- Secured the funds to purchase a refrigerated truck, which will allow us to rescue, store and redistribute more food, as well as expand our reach to help even more vulnerable communities.
Helping our guests find housing and employment was one of our major goals of the last few years. We’re proud of the inroads we’ve been able to make, especially now. The most vulnerable populations are the ones who have been the most negatively impacted by COVID-19. Securing housing for our guests has helped alleviate how devastating this virus could have been for these people. Eighty-seven guests who would have otherwise been living outdoors are able to safely shelter in their own homes. In addition, because of our work with the Morristown Housing Authority, we’ve been able to continue delivering food to residents in lower-income and senior facilities in place of the on-site free farmers markets established earlier this year.

However, we are acutely aware that the problems created by this crisis will not end when the crisis is over. When the state-wide eviction freeze lifts, many families we work with will need immediate help. Many have had their hours cut, or have lost their job and they will be at risk for eviction when they can’t pay their back rent. We also anticipate a wave of new people who have lost their jobs and will be in need of our services to keep their housing and find new employment. The coming months will require short- and long-term solutions for providing assistance and aid to a growing, more vulnerable population who have lost their jobs.

2019 ACCOMPLISHMENTS

- Secured housing for 87 people in the last four years.
- Partnered with the Morristown Housing Authority to bring Free Farmers Markets directly to lower-income and senior housing in the area, allowing those who may not be otherwise able to reach us access to food and services directly in the place they live.
Our work with our guests doesn’t end after we help them find housing or a job. We continue to offer individualized support however required. Whether that’s advocating on their behalf to ensure they’re getting their deserved wages, helping them apply for promotions, walking them through the unemployment process, or providing them with a bike to get to and from work safely, we are on their team.

Just as all of us are doing our best to stay home, our guests are doing their best to stay safe while still working.

Many of our guests are working at grocery stores, in the hospitals, and at other essential businesses. Generous volunteers have donated facemarks to nourish.NJ, which we’ve been able to share with our guests on the front lines. Further, we’re continuing to work with our guests who are in school to ensure their education isn’t interrupted. Inspired by the work of healthcare providers, one of our guests decided to take online classes to pursue a medical assistant degree, and we’re there to help her enroll, get the supplies she needs and cheer her on as she works hard to finish the program.

Some guests have expressed to us that they’re nervous about going to work, but feel as though doing so is their way to give back to a community that has given them so much. If COVID-19 has shown us anything, it’s how interconnected our lives are with the lives of those around us. A well-built community is one that supports all of its members. We’re grateful to be in a position to foster such a community, and to support those who need it, however we can.

2019 ACCOMPLISHMENTS

- Assisted 107 people find employment in the last four years.
Adequately addressing mental health issues can be a challenge in the best of circumstances, but in the wake of COVID-19, the difficulties are compounded. The population we serve is one that has already endured much loss and trauma. Many of our guests are managing severe depression and anxiety. Their livelihoods have been threatened in an extreme way, and the uncertainty of when things will change for the better is a source of major stress. Providing emotional support from a distance is not easy, but it is essential. Our Outreach team has been tele-communicating, both over the phone and via video conferencing, with guests who have been most impacted by this pandemic. One of the team’s main focuses has been how to cope with grief and loss, something we are aware we will be grappling with for some time. In times like these, meaningful engagement with people to focus on improving mental health is more important than ever.

Good mental health and good physical health are interlinked. Our guests with chronic health issues such as diabetes and high blood pressure rely on access to their medical providers and their medications. Because of our partnerships with Zufall Health Clinic and Atlantic Health Systems, we have been able to ensure anyone who needs access to medical care and medicine receives it. We want to make sure emergency rooms can focus on the most critical cases, so we are intervening to help guests connect with their doctors via telehealth and in non-emergency settings.

**2019 ACCOMPLISHMENTS**

- Offered one-on-one counseling with a certified mental health professional
- Coordinated transportation for guests to get to their doctors appointments and worked with our partners in the medical community to get guests’ prescriptions filled.
2019 AT A GLANCE

Numbers of meals served: 75,000

Pounds of groceries re-distributed through Free Farmers Markets: 500,000

Guests housed: 87 in the last four years

Guests employed: 107 in the last four years

Began holding Free Farmers Markets five days a week in four new locations.

Number of Connections to Services: 14,035