

633 Salisbury Street, Worcester, MA 01609
Food Donation HotLine (508) 799-7600
Administration (508) 799-7699
Fax (508) 798-0962
www.rachelstable.org



Children's Milk Fund

FRAMINGHAM STATE UNIVERSITY NONPROFIT GIVING COURSE

RACHEL'S TABLE
633 Salisbury Street
Worcester, MA 01609
www.rachelstable.org
508-799-7699

Carla Szymanski
Director
carlaszyrt@gmail.com

Rachel's Table is a hunger relief organization serving Worcester, Massachusetts since 1989. Its mission is to end hunger in Worcester and to prevent the waste of nourishing food.

The two main programs of Rachel's Table are food rescue and the Children's Milk Fund. The food rescue program uses 65 volunteers to transport donated unserved and unsold prepared and perishable food from area individuals, restaurants, markets, businesses, caterers, bakeries, and farmers to 30 shelters, soup kitchens, group homes, day programs, and food pantries. Most of this food would be thrown away if not donated. Rachel's Table also obtains food that is specially made by area pizzerias and groups of people. Rachel's Table was at the forefront of the prevent food waste movement that is so popular today. An average of 4,382 pounds of foods is donated every week. Volunteer drivers use their own cars to pick up food donations and immediately deliver it to an appropriate agency. Volunteer dispatchers coordinate food pick ups and deliveries.

In 1992 the Children's Milk Fund was started because of urgent requests for fresh milk from agencies helping families. These agencies said that they could not afford to purchase milk for their clients and that there was a tremendous need for this important nutritious product. Today



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milk is purchased and provided free to 21 agencies in the program once a week throughout the year. Most agencies in the program get all the milk they use and would not be able to supply milk to their clients without the help of Rachel's Table. We are currently buying 677 gallons of milk each week for approximately 12,000 unduplicated children. The milk is either used within the program or provided to the child's family to use at home, depending on the type of program, such as shelter or pantry. The amount of milk that we provide is only determined by the amount of money we raise. When we have extra funding, we can buy additional milk. Most agencies in the program could use more milk if we could provide it. This is the only regular source of milk in Worcester.

In addition to these programs, when funding allows Rachel's Table buys fruits and vegetables for the Friendly House Neighborhood Center's summer meal program that provides free meals for children in summer when schools, and their meal programs, are not available. Rachel's Table helps Friendly House to supplement basic government funded meals with produce that makes them healthier and more attractive to the children. Last summer over 100,000 meals were provided. Rachel's Table also buys individually wrapped food and drink items for the Homeless Outreach and Advocacy Program to have on hand when homeless clients come in for services and have not eaten. When we see a niche regarding hunger we try to solve it. Last year Rachel's Table provided over half a million pounds of food and milk to the Worcester community-at no charge.

Rachel's Table is an independent program of the Jewish Federation of Central Massachusetts. The Federation provides office space, insurance and legal coverage, use of their mailing list for a once a year direct mail fundraiser, and use of its EIN number but no funding. Rachel's Table is part of their yearly audit. There is no religious component to the organization and food recipients and volunteers and from all ethnic and religious backgrounds.

Rachel's Table is requesting \$10,000 that would be used for general operating purposes and to buy milk for the Children's Milk Fund. Rachel's Table is a small non-profit with only 4 part time staff members. Our administrative expenses are only 7% of our budget but are extremely hard to raise. Most grants do not allow money to be used for this purpose. We recently lost funding for operating expenses from a long-time grantor that changed its funding parameters. Funding for operating expenses is crucial.

Operating expenses include buying fruits and vegetables for children, food and drinks for the homeless, pans and plastic bags to safely transport food, scales for drivers to weigh the amount of food they transport, website expenses, and other costs related to running our organization. The need for milk for children in our community is tremendous and growing. The Children's Milk Fund is the only regular source of donated milk in the city. Thousands of children would not have milk to drink without our help. Our milk expenses increased this year because of a price increase from the dairy that supplies our milk. The amount of milk we provide is only dependent on the amount of money we raise for this program.

Rachel's Table obtains funding from a variety of sources. The Director writes at least 35 grants each year. 67% of our funders are foundations, 5% are corporate and 11% are government. 15% of funders are individuals. We hold two direct mail fundraisers for individuals and one for area companies every year. The remaining 2% of funders are misc. donations and fundraisers that are held for us. See our budget for specific donors.

The short-term goals of Rachel's Table are to help social service agencies help their clients to obtain as much food and milk as possible. We also help these agencies stretch their own budgets further.

Our long-term goals are to provide better health for residents of Worcester, particularly children. Children who are hungry can't concentrate in school and often become behavior problems. Women suffering from abuse often stay in these relationships out of fear that they won't have the ability to feed their children if they leave. Lack of proper nutrition can lead to lifelong health problems, Milk is the most important source of calcium in an American child's diet. Doctors have stated that without milk in the diet, it is almost impossible to meet calcium needs through foods alone. It is even more difficult for needy children who often do not receive a nutritious diet. About half of a skeleton's density is developed during puberty. Milk also provides Vitamins A, B, and D for energy and a healthy immune system, and is an important source of phosphorus, potassium and protein.

Staff members at Rachel's Table, from Director to Office Assistant, are extremely passionate about what we do because we don't think that anyone should ever go hungry in our country. Volunteers and Board members are equally passionate about the issue of hunger. We feel that having enough to eat is a right of everyone, not a privilege. We also think

that it's a terrible thing to waste food when so many go hungry. We see Rachel's Table as a "make sense" organization-we take food from people who have too much and might throw it away and bring it to people who don't have enough. It's a very simple program, but one that has worked for 30 years.

We know that people are working 2 and 3 jobs to have enough money for food, housing, and medicine. We know that people are suffering through no fault of their own. We see survey results showing that one third of mothers with children receiving milk have said there are days when there is no food in their house and vow to do more. Rachel's Table's volunteers are just as passionate, going out in all kinds of weather to transport donations. We know that the government keeps trying to eliminate nutrition and poverty programs to help those in need. All of this makes everyone involved with Rachel's Table passionate about what we do. Most of our volunteers are retired people anxious to help those in need. Many are people who have suffered from hunger themselves at some time in their life and know what it's like. Everyone involved with Rachel's Table are there because of a desire to help others.

Since Rachel's Table started in 1989, we have provided more than 13 million pounds of food and milk-at no charge. We provided over half a million pounds of food and milk to 30 soup kitchens, shelters, group homes, day programs, and food pantries last year alone. In 2019 almost 36,000 gallons of milk were provided to 12,000 unduplicated children at 21 shelters, group homes, soup kitchens, day programs, and food pantries through the Children's Milk Fund. Agencies receiving food helped more than 106,000 people in 2019.

Even with an improved economy, the people helped by Rachel's Table are still struggling and have not been part of this improvement. Rachel's Table provided more than half a million pounds of food and milk to the Worcester community in the past year.

Recent cuts to the SNAP (food stamp) nutrition program have had tremendous effects on those who do not have enough to eat. The federal government has threatened further cuts.

Agencies helped by Rachel's Table report seeing 26% new clients in 2019. These agencies helped 106,838 people. 82% of these people are low income. 52% are from female headed households. Agencies receiving milk get 80%-100% of their milk from the Children's Milk Fund. Most agencies get all their milk. All of the agencies state that they could not provide milk for their clients without this help. 100% of mothers with children

receiving milk say their children are better nourished because of the milk they receive. 60% say that they would have no milk for their children without this help. In a January survey of agencies in the program, 64% of food pantries and soup kitchens said that they have had an increase in people needing food aid. 79% say there has been an increase in families with children and 58% have seen an increase in people over 65 in 2019. 34% of mothers with children receiving milk say they have been times in the past year when there was no food in their home.

10.3% of families in Worcester County live below the poverty level. 10.9% of families are food insecure. 73% of children in Worcester public schools are eligible for free or reduced cost school meals. There are a high percentage of college students in Worcester suffering from hunger and using food pantries to get by.

When Rachel's Table's volunteers bring food donations to pantries, they often find bare shelves. There is sometimes a group of people sitting at a table in a group home waiting for a delivery when a volunteer arrives. A shelter for teen boys removed from abusive homes reports that when we delivery a pizza, the boys are more likely to open up and talk as they eat. Women at another shelter love to know that someone cares about them enough to cook and deliver a meal. We've had reports of parents crying when handed a bottle of milk for their children. Social service agencies receiving food and milk donations can stretch their own food budgets further.

Rachel's Table is the only organization in Worcester doing food rescue on such a large scale. It is the only regular source of donated milk in the area.

A story from Jeremiah's Inn Food Pantry, a recipient of food and milk from Rachel's Table:

Domingo lives in Worcester with his wife and 4 foster children ages 3,7,8, and 9. He goes to Jeremiah's Inn food pantry for help. He says the variety and volume of food including fresh vegetables and milk-"especially the milk"-help him stretch his limited budget to make sure everyone has enough to eat. Domingo said he would not be able to ensure his family not only has enough to eat, but enough wholesome and fresh food to eat which he feels is critical to their health and wellbeing without this help. "

Rachel's Table
2019/20 FINAL Budget

	Milk Program	Rose Beren	Summer Produce	Unrestricted	Total Budget 9/30/20
Revenue:					
Community Donations:					
Community Donations	2,300	1,200	-	8,000	11,500
Total Community Donation	2,300	1,200	0	8,000	11,500
Fundraising Income:					
Church & Synagogue Fundraiser	600			1,000	1,600
Other Fundraiser			1,200	500	1,700
June Milk Fundraiser	2,000				2,000
Shavuot Fundraiser				4,700	4,700
Thanksgiving Fundraiser				10,800	10,800
Total Fundraising Income	2,600	0	1,200	17,000	20,800
Grant Income:					
Amica Companies Foundation	2,500				2,500
Bay State Savings Bank	2,000				2,000
City of Worcester-CDBG	18,090				18,090
Clark University	0				0
COMEC				1,000	1,000
DCU Grant for Kids	10,000				10,000
Digital Credit Union	5,000				5,000
Dorothy Tenney Charitable Trust				1,000	1,000
Ellsworth Foundation (Fletcher)	5,000				5,000
Fallon Community HealthCare	2,000				2,000
FEMA	10,000				10,000
Fletcher Foundation	5,000				5,000
Fred Harris Daniels	10,000				10,000
Fuller Foundation	10,000				10,000
FW & CS Adams Memorial Fund				5,000	5,000
Greater Worc. Comm. Fnd.	3,000			9,000	12,000
Greater Worc. Comm. Fnd. (Food Bank)				1,500	1,500
Hoche/Schofield Foundation	5,000				5,000
Lanny Zakim	10,000		0	0	10,000
McEvoy Foundation	8,000				8,000
Mulberry Foundation	17,000				17,000
New Grants/Unsolicited Funding	10,000			15,000	25,000
People's United Comm Fnd	3,500				3,500
Price Chopper Golub Foundation	350				350
Project Bread	3,000		0	2,000	5,000
Rice Foundation	10,000				10,000
Schwartz Charitable Foundation	5,000				5,000
Stoddard Foundation	7,500				7,500
TJX Foundation	10,000				10,000
Unibank	2,500				2,500
United Bank	0			4,000	4,000
Webster Five Foundation	1,500				1,500
Total Grant Income	175,940	0	0	38,500	214,440
Major Gifts:					
Major Gifts - Restricted	3,000		0		3,000

**Rachel's Table
2019/20 FINAL Budget**

	Milk Program	Rose Beren	Summer Produce	Unrestricted	Total Budget 9/30/20
Major Gifts - Unrestricted				2,000	2,000
Total Major Gifts	3,000	0	0	2,000	5,000
Subtotal Donations/Fundraising/Grant	183,840	1,200	1,200	65,500	251,740
Interest Income:					
Interest/Dividend Income				5,000	5,000
Total Interest Income	0	0	0	5,000	5,000
Transfer to Cover Program Expenses	4,045		3,800	(7,845)	0
TOTAL REVENUE	187,885	1,200	5,000	62,655	256,740
Expenses:					
Conferences				35	35
Credit card processing fees				210	210
Employee Benefits	455			1,365	1,820
Food Expenses - HOAP & Other		1,200		3,000	4,200
Food Rescue Supplies				1,500	1,500
Fundraising Exp. (DM, postage, other)	650			2,600	3,250
Milk Purchase - regular	170,115				170,115
Miscellaneous expenses	300			900	1,200
Office Equipment and Supplies	125			375	500
Other Postage and Delivery	400			1,100	1,500
Professional (Audit Fees)				2,100	2,100
Payroll Taxes	1,090			3,270	4,360
Salaries	14,550			43,650	58,200
Summer Produce Program			5,000		5,000
Telephone	200			550	750
Volunteer Appreciation				400	400
Volunteer Gas Allowance				600	600
Web / Technology Expense				1,000	1,000
TOTAL EXPENSES	187,885	1,200	5,000	62,655	256,740
NET SURPLUS (DEFICIT)	0	0	0	0	0

Rachel's Table
Notes to Budget
10/1/2019 - 9/30/2020

Contributed Services:

Contributed services are those services projected to be rendered without cost. They have not been reflected in this budget. They are as follows:

Accounting	800
Legal	300
Website Maintenance	600
Rent/Utilities/Insurance	<u>3,900</u>
Total	\$5,400

Volunteers and Donated Food:

Unpaid volunteers have made significant contributions of their time in order to assist Rachel's Table. The value of this time is not reflected in this budget. In addition, the value of food that is donated and distributed by Rachel's Table is not shown. However, if it were included, it would reflect the following in-kind donated services:

Printing & Envelopes	1,100
Food Donations (1)	309,640
Volunteers' Salaries (2)	<u>48,000</u>
Total	\$358,740

- (1) One pound of donated food has a value of \$1.69 per Feeding America (formerly America's Second Harvest) (183,219 lbs x \$1.69 = \$309,640)
- (2) Rachel's Table volunteers work an average of 400 hours/month (400 hours x \$10.00/hr x 12 months = \$48,000)



Department of the Treasury
Internal Revenue Service

P.O. Box 2508
Cincinnati OH 45201

In reply refer to: 0248364798
July 02, 2010 LTR 4168C ED
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BODC: TE

JEWISH FEDERATION OF CENTRAL
MASSACHUSETTS INC
633 SALISBURY ST
WORCESTER MA 01609-1120



012126

Employer Identification Number: 04-2104363
Person to Contact: MR BAYER
Toll Free Telephone Number: 1-877-829-5500

Dear TAXPAYER:

This is in response to your June 23, 2010, request for information regarding your tax-exempt status.

Our records indicate that your organization was recognized as exempt under section 501(c)(3) of the Internal Revenue Code in a determination letter issued in NOVEMBER 1944.

Our records also indicate that you are not a private foundation within the meaning of section 509(a) of the Code because you are described in section(s) 509(a)(1) and 170(b)(1)(A)(vi).

Donors may deduct contributions to you as provided in section 170 of the Code. Bequests, legacies, devises, transfers, or gifts to you or for your use are deductible for Federal estate and gift tax purposes if they meet the applicable provisions of sections 2055, 2106, and 2522 of the Code.

Beginning with the organization's sixth taxable year and all succeeding years, it must meet one of the public support tests under section 170(b)(1)(A)(vi) or section 509(a)(2) as reported on Schedule A of the Form 990. If your organization does not meet the public support test for two consecutive years, it is required to file Form 990-PF, Return of Private Foundation, for the second tax year that the organization failed to meet the support test and will be reclassified as a private foundation.

If you have any questions, please call us at the telephone number shown in the heading of this letter.



January 10, 2020

Rachel's Table
633 Salisbury Street
Worcester, MA 01609

Dear Rachel's Table:

This letter is to explain the importance of the Rachel's Table Children's Milk Fund.

For many years, Rachel's Table Milk Program has been the only agency that provides Friendly House with a weekly Milk Program. If Friendly House did not have the support of Rachel's table milk program weekly, we would not be able to provide hundreds of children and their families with milk. For many of our families, we are the only place where they can receive milk. 86% of the families that use our food pantry depend on our weekly Milk Program to provide milk for their families.

Friendly House hopes that Rachel's Table will be able to continue helping our food pantry with milk for the coming year, so that we are able to continue to provide milk to the many children who depend on the weekly Milk Program.

Sincerely,

Gordon P Hargrove
Executive Director





The Mustard Seed Catholic Worker

93 Piedmont St. Worcester, MA 01609

telephone (508) 754 - 7098

our mailing address:

P.O. Box 2592 Worcester, MA 01613

I am writing on behalf of The Mustard Seed Catholic Worker Community, Inc. located at 93 Piedmont Street in Worcester, MA 01609. We have been in operation since 1972 and are an all volunteer non profit organization which only became so in 2014. The Mustard Seed survives solely on the support of those in the community that support the work we do. Our organization opens from 3:30-6:30 Monday through Friday and we serve coffee, milk, water and snacks at opening. People are welcome to come in and relax, get a refreshment, warm up and be in community with others.

At 5:40 we begin with grace and then serve our meal. We serve anywhere from 100 to 150 meals in an evening and we rely heavily on the support of churches, businesses and others to provide those meals. In addition, in recent years we have been able to provide milk, pastry and bread to our guests due to the generosity of Rachel's Table. We receive 22 -26 gallons of milk weekly in addition to an assortment of bread and pastry twice a week.

Without the donation of milk, the Mustard Seed would not be able to provide milk to our guests. Our guests consist of many individuals who are both low income and homeless and includes some children. The milk is so important to our guests who need this added nutrition in their diet. We are grateful to Rachel's Table for providing this very important nutritional beverage for our guests.

In Peace,

Paula Bushey

Mustard Seed Community Member

Board Member

Treasurer

Quinsigamond Village Community Center

16 Greenwood St Worcester, MA 01607

Phone: 508-755-7481 Fax: 508-792-1388

Email: amallett@quinsigamondvillage.org

Board Of Directors

January 15, 2020

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Lee Bartlett

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Christina Nelson

Program Director

Allison Mallett

Honorary Member


Jane Petrella

Carla Szymanski, Director
Rachel's Table
633 Salisbury St
Worcester, MA 01609

Dear Carla,

Without the Children's Milk Fund Quinsigamond Village Pantry would not be able to provide milk to the children of our area. Your continued support provides a lot of extra things that we are able to offer our clients. It is always a pleasure to interact with your staff/volunteers.

Sincerely,



Allison Mallett
Program Director



Friendly House Shelter
87 Elm Street
Worcester, MA 01609
508-792-1799
mdejesus@friendlyhousema.org

January 15, 2020

To Whom It May Concern:

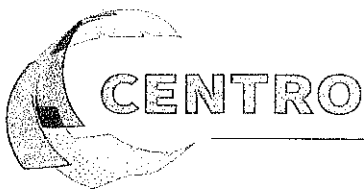
Rachel's Table has been an unbelievably important part of being able to provide milk and many different meals for our families in our shelter program. We are the only shelter in Worcester County that are open 24 hours a day and seven days a week for emergency placements of homeless families, and having the food pantry and prepared meals and milk being delivered from Rachel's Table has been a blessing for our program.

Thank you to the staff of Rachel's Table, especially the ones who deliver the food with a smile on their faces at all times. We are sincerely grateful to you all for providing us with the much needed items to assist our low income families.

If you have any questions or concerns, please feel free to contact me at 508-792-1799.

Sincerely,

Maria De Jesus
Director of Shelter Services



January 22, 2020

Ms. Carla Szymanski
Director
Rachel's Table
633 Salisbury St
Worcester, MA 01609

Dear Ms. Szymanski:

I want to thank you on behalf of Centro for your support and partnership the past years. We been receiving clients the entire year for many different reasons. These families either are low to moderate income or currently don't possess any source of income. Centro have compromise to secure food in their table.

As an effort to contribute with this cause we organize this past January 21 2020 a Job Fair to support active job seekers in our community, where 50 participants were able to apply for jobs in Worcester area, by this will increment the possibility to secure self-dependency. Centro possess sizable bilingual staff of many languages and we serve as the first stop for many of new families.

Our partnership, help us to provide fresh milk and perishable food during the course of the year for our clients in need. We greatly appreciate your cooperation and contribution to our agency.

Sincerely,

Merari Alvarado
Assistant Director of Community Support
Centro Inc.
508-798-1900 Ext. 241



January 10, 2020

Rachel's Table
633 Salisbury St.
Worcester, MA 01609

Dear Friends,

I am writing to express my sincere appreciation for your most generous donation of 12 turkeys and food which you donated to Friendly House, Inc. With your assistance we were able to distribute 948 turkey baskets, ensuring that over 2,900 people enjoyed a wonderful Thanksgiving Day!

"To the world you may be one person, but to one person you may be the world".
Heather Cortez

Once again on behalf of the members of our staff, the Board of Directors and most of all those who have benefited from your gift and continued support, Thank you.

Sincerely,

Gordon P. Hargrove
Executive Director

Tax I.D. #04-2104239

