

ANNUAL REPORT 2022



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Letter from SOS's Executive Director

Dear friends of SOS-

As I wrap up my first year as Executive Director (and eighth year with SOS), I am incredibly proud to be the leader of this organization doing so much to improve the health and wellbeing of Monroe County residents.

As you will see firsthand throughout this Annual Report, SOS spent the year working to ensure that everyone in our community, regardless of their income, had access to healthy food: We distributed hundreds of thousands of pounds nutritious food via SOS's two client-choice food pantries; prepared tens of thousands of fresh meals at the SOS Community Kitchen for children and seniors; provided weekly nutrition education to students within Monroe County title 1 schools; hosted interactive cooking demonstrations and community events; responded to natural disasters; fostered volunteer opportunities; and ultimately served 12,000 of our community members in need. A full 15% of the Monroe County population.

The resounding impact of these programs is a testament to the tireless efforts and dedication of the SOS staff, and I am overwhelmed with gratitude to work with each and every one of them. Thank you to our staff, volunteers, donors, and community partners for supporting our critical efforts to increase healthy food access throughout Monroe County. I express my deepest gratitude and appreciation to everyone who supported our programs during the last year and in all the years prior. **We would not be where we are today without you!**

SOS has big plans for 2023, and we hope you will join us as we work to foster healthier generations of Monroe County families!

With gratitude,

Emily Nixon

Executive Director



2022 Highlights

January



Emily Nixon is named Executive Director and Tom Callahan assumes role of CEO.

February



SOS's Nutrition Education class at the Upper Keys YMCA plants a community garden

March



SOS VISTA's lead classes with 173 Head Start students for National Nutrition Month

April



200+ children and parents attend SOS's Field Day event to encourage healthy eating and physical activity.

May



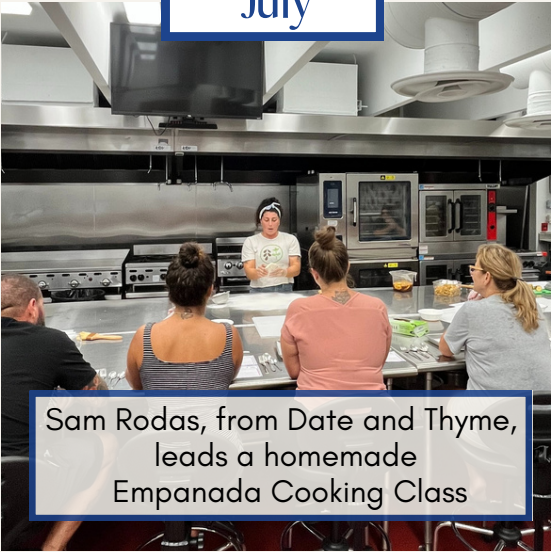
SOS kicks off its 8th annual Summer Food Service Program, preparing 23,305 fresh meals for children Key West to Marathon

June



SOS's client-choice food pantries serve 6,609 individuals

July



Sam Rodas, from Date and Thyme, leads a homemade Empanada Cooking Class

August



SOS begins implementation of the USDA Farm to School Grant

September



Publix and United Way volunteers for a Day of Service!

October



SOS responds to Hurricane Ian by distributing over 3,000 meals (both hot and shelf-stable)

November



SOS's Casino Night Gala makes a lively, successful return!

December



SOS's Stock Island Pantry distributes toys for the Holidays

Client Choice Food Pantries

Through SOS's client choice food pantries and food distributions, SOS aims to make healthy food accessible to all. Approximately 50% of the food distributed at our pantries is recovered fresh produce. By saving money on food costs, clients have more funds to put towards rent, utilities, childcare, healthcare, and other costs of living.

1.05 mil
meals provided



\$2.6 mil
in savings
for working-poor Monroe
County households



“The grocery store is very expensive. Now \$20 gets you nothing when it used to be able to get lots. 7 people, 5 kids, in my family so **it's definitely a huge impact and that's why I am so glad to be able to come here.**”
-R. Charles



Volunteers from Hyatt Centric
prepare Thanksgiving Baskets

82.7%
more new clients
than in 2021



Staff unloads a weekly Farm Share pickup full of recovered produce



SOS recovers food from Publix 4x per week, including bakery items.

9,472
volunteer hours
at our pantries

Fresh Meals Program

Meals prepared at SOS's Callahan Community Kitchen are five components: a fruit, vegetable, grain, protein, and low-fat milk. Meals utilize 90% fresh fruits and vegetables, prioritize whole wheat and 100% whole grains, and limit the consumption of high-sodium, high-salt snacks that are often the norm for many children and seniors.

76,476
meals prepared



Enjoying an SOS lunch at summer camp

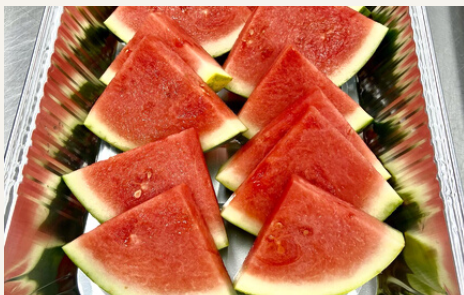


SOS volunteer, John, slicing fresh mangoes



Boys and Girls Club students eat SOS afterschool meals Mon-Fri

“Do they have a secret ingredient? Their food is always so good.”
—child, Boys & Girls Club



96%
of seniors believe their diet is healthier because of the SOS meals they receive



Kitchen Attendants, Carol and Edgar, preparing brussel sprouts for seniors



Enjoying spaghetti and meatballs with a side salad and fresh strawberries



SOS Summer VISTA, Katelynn chopping broccoli

10,726
volunteer hours
at our Community Kitchen

Nutrition & Agricultural Education

After piloting a 16-week curriculum at Gerald Adams Elementary in Spring 2022, SOS was awarded the USDA's prestigious Farm to School Grant for the 2022-2023 school year. These funds enable SOS to lead weekly nutrition and agricultural education lessons at three Title One schools in Monroe County, host school-wide taste-testing events, engage students in field trips to local farms each semester, and collaborate with community partners on the use of local produce!

157
lessons



90%
of students gained a better understanding of agriculture according to pre and post-surveys



418
students

Community Cooking Classes

SOS offered free hands-on cooking classes and cooking demonstrations at the SOS Callahan Community Kitchen. Each class and demonstration is lead by a local chef, and highlights the use of local, seasonal, budget-friendly ingredients. Anyone is welcome, but classes are marketed specifically towards pantry clients.

8
classes



Spaghetti Bolognese
Byron Reyes, SOS Head Chef



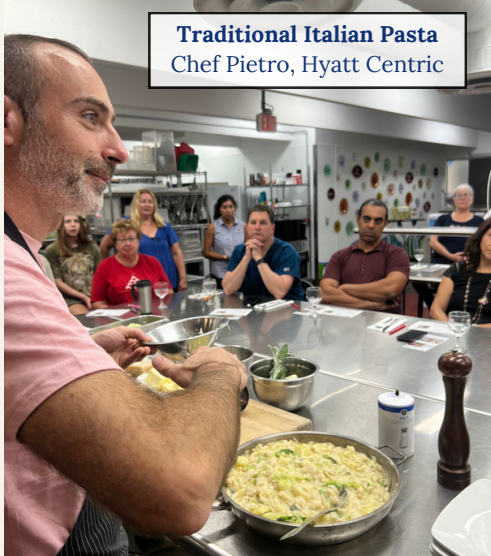
Shrimp & Grouper Cakes
Chef Dan, Salut ! On the Beach

“SOS has been amazing with the demonstrations programs where they show us how to cook amazing meals in the most effective, delicious, and cheapest way. SOS, they are simply amazing.”

-Francys
Client & Class Attendee



Thanksgiving Dinner
Chef Dave, Great Events Catering



Traditional Italian Pasta
Chef Pietro, Hyatt Centric



Healthy Ramen
Chef Juan Cuadra, Yellowfin Bar & Grill



Fresh Tropical Salsa
Parent & Child Cooking Class, SOS Staff



Roasted Chicken with Rice & Beans
Byron Reyes, SOS Head Chef

99
attendees

On the Horizon...



USDA Urban Agriculture Grant

In 2023, SOS and MARC House will partner on a Community Tower Garden Farm, to produce food locally and offer educational opportunities for all ages.

USDA Local Food Promotion Program

Through a variety of programs in 2023, SOS will be working to increase local food access for Monroe County & Homestead residents, while creating new market opportunities for South Florida farmers.



Get Involved with SOS!

www.sosfoundation.org

  @sosflkeys



Volunteer

Join our amazing volunteer community and make a difference today!

Subscribe

We have a Monthly E-Newsletter and Weekly Donation Wishlist.



Donate

We accept donations of food, clothing, funds, and more!

SOS Staff

SOS is extremely grateful for our dedicated, kind-hearted team of staff who work hard every day to make Monroe County healthier and more food-secure.



SOS Board of Directors

Doria Goodrich (President)
Pat Nossov, DVM (Treasurer)
Thomas M. Callahan (Director)

Fr. John Baker (Director)
Erica Sterling Hughes (Director)
Nathan Eden (Director)

SOS's Volunteer Program

The impact of volunteers' time and effort towards SOS's programs cannot be overstated. The need in Monroe County surpasses SOS's small staff's capacity, and therefore we would not be able to feed and educate 11,000+ Keys residents without the generosity and devotion of our volunteers.



Over the past year, volunteers have supported the following efforts:

kitchen meals, pantry distributions, nutrition education classes, collection of donations at a local stores, distribution of weekend meals via SOS's backpack program, donation solicitations, weekly donation wishlist distribution, local tabling efforts, food and clothing drives, leading of cooking classes, and more!



Volunteer Hall of Fame

Acosta, Natalie	Garcia, Joe	Mathews, Kelly	Scalera, Tony
Adler, JD	Gerke, Scott	McCann, William	Scerbo, Barbara
Antonowich, Ruth	Gervasi, Tony	McCarthy, Rita	Schoen, Kalena
Bacler, James	Goldberg, Jill	McDaniel, Steve	Segal, Dylan
Banton, Rickinson	Gomez, Chris	McManus, James	Senez, Gwendolin
Belton, Heather	Greenfield, Karrin	McManus, Tess	Shiri, Mary
Benado, Jill	Gregersen, Brock	McPeters, Joy	Silfen, Diane
Berthold, Maggie	Grohol, Mark	Menditch, Lisa	Silvestre Mushi, Sr Mary
Berthold, Maxwell	Hann, Barb	Michaels, Sally	Smith, Jaimee
Blair, Shannon	Heichelbech, Nita	Michaels, Art	Smotryski, Nathan
Blum, Wallace	Hill, Laurel	Mills, Kathy	Springer, Steve
Bowes, Ginny	Hodgson, Joni	Mobley, Kathryn	Stilley, Laura
Brutcher, Callie	Houff, Abigail	Monteiro, Lorrie	Strickland, Stuart
Callahan, Brenda	Hubbard, John	Moody, Jeanette	Suri, Ariuska
Callahan, Thomas	Hutchisn, Laura	Moore, Betsy	Sympson, Bill
Canton, Fabiola	Jacobi, Michael	Morse Whitten, Rebecca	Sympson, Kathy
Cayle, Eric	Jenner, Beth	Mumford, Lew	Tarpley, Connie
Codde, Winter	Johnson, David	Nevins, Carol	Thomas, Jennifer
Collins, Michael	Johnson, Leslie	Niekamp, Pam	Tolf, Linda
Connell, Pat	Johnson, Lisa	Night, Patrick	Torres, Jorge
Consorti , Pietro	Kaufman, Lee	Nossof, Pat	Touhey, Suzanne
Cruz, Fernanda	Kenner, Angela	O'Connor, Mary	Tree, Connie
de Vorona, Arisleydi	Kerwick, Richard	Pardillo, George	Vance, Johnny
DeAngelis, Ellen	Kirkbride, Tami	Penney, Jessica	Varnum, Gigi
deBettencourt, Michael	Klasing, Robert	Perez, Adam	Verde, Jean
Del Rio, Raul	Klasing, Joanne	Perez, Cassandra	Vilchez, Kenneth
DeMarco, Linda	Koenig, Kelly	Pfeiffer, Michael	Vogt, Maureen
DeMartino, Donna	Kostmayer, Pamela	Piccillo, Maureen	Volpenhein, Lindsay
Derrig, Jean	Kyer, Laura	Pollack, Maxine	Wagner, Kip
Duffy, Sue	Leigle, Theresa	Power, John	Wagner, Sandra
Dumas, Quinn	London, Jeyson	Rade, Rachel	Walton, Lois
Dumas, Quinn	Lopez, Francisca	Robles, Elia	Warne, Jessica
Ferguson-Hodges, Raven	Lopez, Mario	Robles, Kevin	Waters, Daniel
Flatley, Joe	Lopez, Nelson	Rodriguez, Belinda	Weber, Catherine
Ford, Dan	M, Lester	Rodriguez, Melanie	Wilusz, Carol
Ford, Lisa	Manse , Roger	Ross, Marsha	Winkler, Ed
Fritz, Kathy	Maria, Dolores	Ruocco, Joe	Withow, Noah
Fuentes, Steven	Martin, Debbie	Ruocco, Lynne	
Galusic, Marina	Martinez, Gustavo	Ruth, Ana	
	Mastrobuono, Patricia	Santiago, Ada	

Thank you, SOS Donors!

The mission of the SOS Foundation is to foster a **healthier Monroe County community** through food distribution, food recovery, and nutrition education. We would not be able to achieve that mission without the individual donors, community partners, and private foundations who fund these efforts. SOS is very thankful for their support!



In 2022, the SOS Foundation was supported by:

465

**Individual
Donors**

55

**Community
Partners**

30

**Private
Foundations**