



2021 ANNUAL REPORT

SPFC

ST. PETE FREE CLINIC

SERVE PEOPLE. FEED COMPASSION.

www.thespfc.org

WHERE WE ARE TODAY...

Over the last year, the cost of housing, groceries, healthcare, transportation, and daycare have increased by double-digit percentage points. Inflation coupled with wage stagnation, which widely persists even amid labor shortages, means more individuals and families in Pinellas County are facing impossible choices like paying their increased rent or putting food on the table.

St. Pete Free Clinic (SPFC) ensures our neighbors don't need to make those kinds of choices. We provide nutritious food, health care, health education, no-cost prescription drug support, and housing for those recovering from substance use to help people fill gaps, stay healthy, and ease the stress of untenable circumstances.

To meet sharply increased and persistent community needs, SPFC has significantly stepped up our efforts to provide nutritious food for triple as many Pinellas County residents as we were pre-COVID. We have also increased by more than a third the number of new patients being seen in our Health Center. Additionally, we have maintained rigorous safety protocols to ensure the dozens of men and women in our residential programs remain healthy and able to progress in their recovery from substance use.

While growing to meet the unprecedented community need, we have also enhanced our programs to more holistically serve our community. Such as providing nutritious food through our Health Center via our food pharmacy, "Lifestyle Prescription Program" and delivering fresh produce along with nutrition education, to area pre-schools weekly.

We have only been able to expand and improve upon our programs because of those who support our mission: our donors, volunteers, and other supporters whose dedication allows us to respond to our neighbors in need.

The following report details our impact over the last year and celebrates the supporters who have helped us achieve that impact. We hope you enjoy reviewing what YOU have made possible. Thank you for your enduring commitment.



Jennifer Yeagley
Chief Executive Officer





ACCESS TO NUTRITION

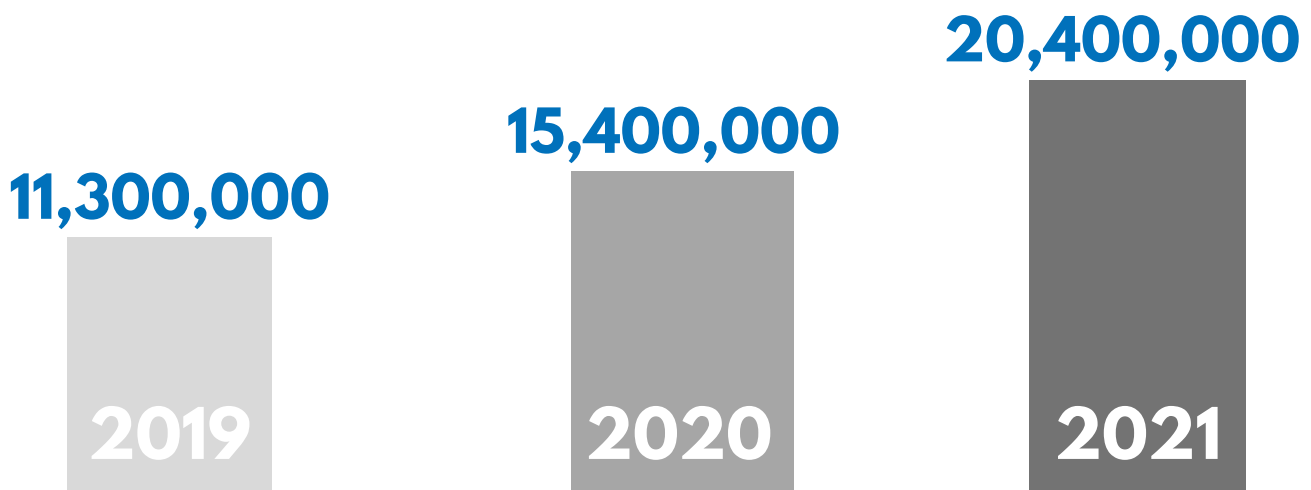
20,400,000

POUNDS OF FOOD DISTRIBUTED

JARED S. HECHKOPF COMMUNITY FOOD BANK

Jared S. Hechtkopf Community Food Bank is the largest emergency food distributor in Pinellas County providing our We Help FRESH pantry and over 50 food partner pantries with FRESH produce, meats, dairy, and food staples.

POUNDS OF FOOD DISTRIBUTED

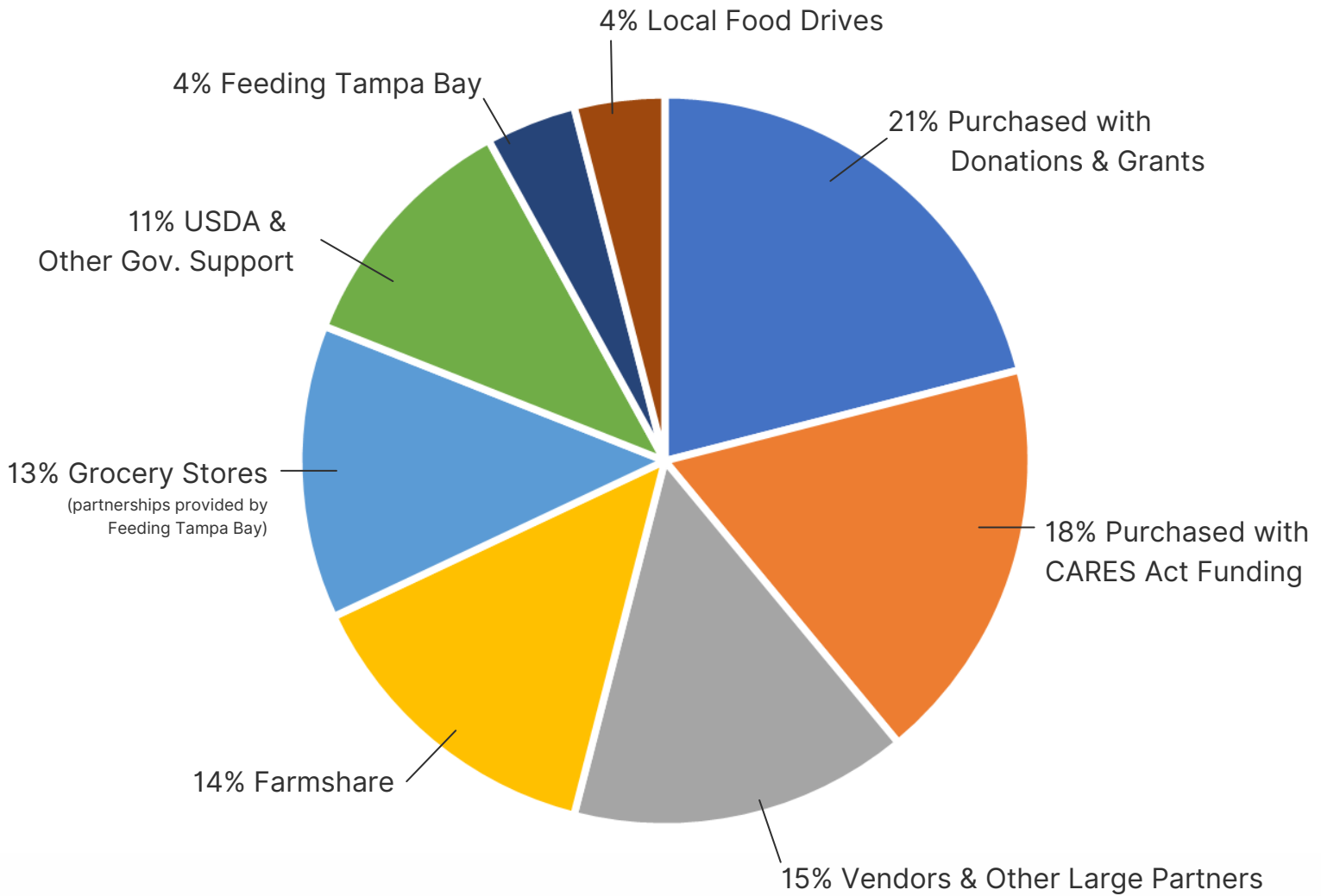


"This place has helped my husband and I eat. I make too much for food stamps but not enough for food for all four weeks. We get meat and vegetables. We also get to choose what we want. It is not just take this or get nothing. Also, the volunteers treat us as people. I have never felt ashamed to have to go there to feed my family so thank you for that."

Patricia O. - We Help FRESH Pantry client



SPFC FOOD SOURCES



COVID-related demand required Jared's Food Bank to increase distribution channels and find ways to source more food, including food able to be purchased in bulk for pennies on the dollar. Demand has remained relatively level due to complex economic factors, requiring Jared's Food Bank to maintain greater distribution levels than its pre-COVID operations.

In addition to helping ensure our Pinellas County neighbors are fed, Jared's Food Bank also helps keep people healthy with over 72% of food distributed throughout our community being FRESH: produce, meat, bread, and dairy.

9 million pounds of PRODUCE alone was distributed this year.

"I ride my bicycle to the St. Pete Free Clinic food pantry. They usually have milk, eggs, breads, fresh fruits and vegetables and 1 or 2 meats...It's an amazing experience and it helps keep me fed without the lights going off."

L O'Neill - We Help FRESH Pantry client

ACCESS TO NUTRITION

231,000

INDIVIDUALS PROVIDED EMERGENCY FOOD

WE HELP SERVICES

SPFC's We Help Services strives to address the social determinants of health by providing access to nutritious food, along with financial support for water and utility bills, assistance in obtaining driver's licenses, bus passes or and other transportation support, birth certificates, and other documents to secure housing and employment. A client advocate also specializes in providing in-depth navigation for individuals who need access to community services we do not provide.

7,000 CLIENT ADVOCACY & SUPPORT SERVICES PROVIDED

WE HELP FRESH PANTRY

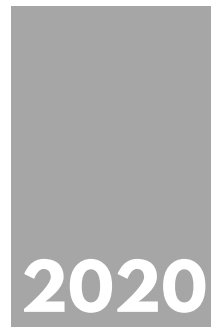
OF INDIVIDUALS RECEIVING FOOD

71,000



2019

162,000



2020

231,000



2021



"This place is awesome. If it wasn't for the food that I received from Saint Petersburg Free Clinic I'm not sure I would eat every day and the baby would get what she needed before I did."

Kendra C. - We Help FRESH Pantry client

WE HELP REACHES THOSE IN NEED...

Approximately 231,000 individuals were provided access to nutrition through our We Help FRESH Pantry. We Help also provides fresh produce and food staples in the following ways:

- School food pantries at **Gibbs High School, Lakewood High School, Dixie Hollins High School, and Campbell Park Elementary.**
- The food pantry at the emergency center in **Johns Hopkins All Children's Hospital.**
- **Pre-schools throughout Pinellas County,** receiving deliveries of fresh produce, kid-friendly recipes, and fun food facts weekly.
- Seasonal partnerships with youth-serving organizations, like the **City of St. Petersburg's Parks & Recreation Department and the Shirley Proctor Puller Foundation.**
- **Mobile food distributions** set up at strategic locations to address gaps in access to grocery stores and food pantries.
- Distribution to local seniors through **Sunshine Senior Center, Enoch Davis Center, Crystal Lakes Manor, and the Gulfport Senior Center.**

MYTHS & FACTS ON FOOD INSECURITY

MYTH: IF SOMEONE IS FOOD INSECURE AND NEEDS TO VISIT A FOOD PANTRY, IT MEANS THEY HAVE NO FOOD TO EAT AT HOME.

FACT: "Food insecurity" can be more than having nothing in the pantry or refrigerator at home. Someone who is "food insecure" may not have enough room in their budget to account for a month with an unexpectedly high utility bill, emergency car repair, or other surprise expense. Unexpected expenses coupled with the rising cost of groceries mean more people are finding it challenging to afford an entire month's worth of healthy groceries meaning more and more people are "food insecure."

A food-insecure person or family may:

- lack enough food to feed themselves adequately and their families regularly.
- live in a food desert where they cannot access nutritious food.
- not have a healthy balance of food available.
- find themselves skipping meals to make sure the food they have can stretch.

MYTH: FOOD PANTRIES ARE FOR A CERTAIN "TYPE OF PERSON."

FACT: Everyone can use some help sometimes, and in the last year, the soaring cost of living increases alongside relative wage stagnation, have made it even harder for people to make ends meet. The truth is, "food pantries" are for **ANYONE** who finds themselves having trouble covering all of their bills. The We Help FRESH Pantry serves teachers and frontline healthcare workers, baristas and small business owners, office workers and landscapers, artists and entrepreneurs, the recently unemployed, and those working more than one job. We serve our neighbors in need, and all of us have need from time to time.

MYTH: YOU HAVE TO ANSWER A LOT OF PERSONAL QUESTIONS TO RECEIVE FOOD AT OUR FOOD PANTRY.

FACT: Many food pantries, including our We Help FRESH Pantry make receiving food easy and accessible. At our drive-thru FRESH Pantry, we ask only for zip code and the number of people (including children) in the household. We know how difficult it can be to reach out for help, and we want to make sure our process makes those who visit us feel good about making the choice to reach out for support. Our staff and volunteers serve everyone with a friendly smile, ensuring there is warmth and dignity in every interaction.

ACCESS TO HEALTH CARE

38%

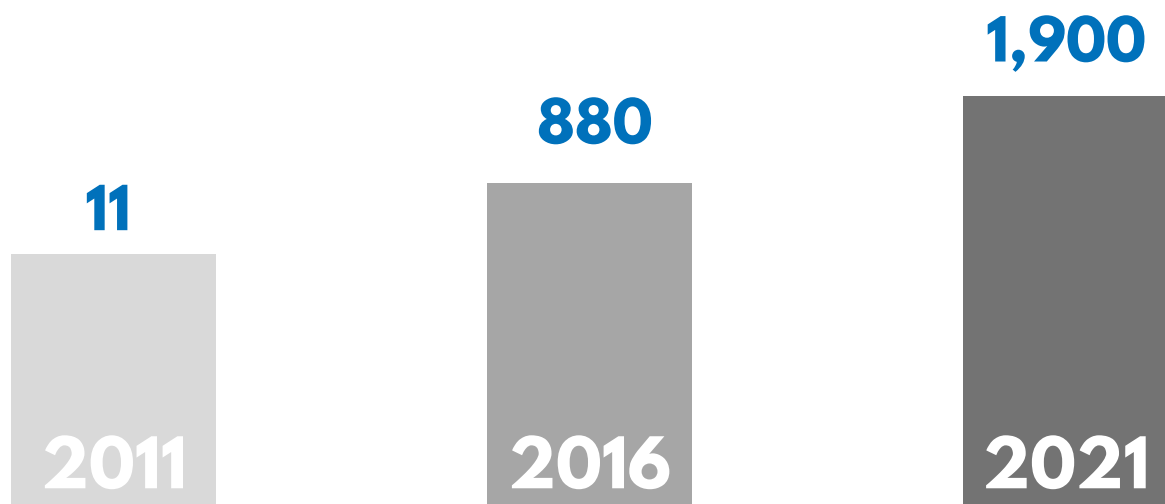
INCREASE IN NEW PATIENT ENROLLMENT

SPFC HEALTH AND DENTAL CENTERS

The SPFC Health and Dental Centers offer access to quality health care for individuals who lack health insurance and meet other income requirements, allowing them to receive primary care, as well as a range of specialty care services. What could become an emergency doesn't because of our patients' capability to connect with our providers to address their health concerns. The Health Center serves more than 300 unique patients each month through volunteers, along with a small clinical staff.

SPFC DENTAL CENTER

OF DENTAL PATIENT VISITS



"Thank you to the dentists who take time out of their busy schedules or days off from work to help those desperately in need of the services they provide. And thank you to the empathetic, patient, warm, welcoming staff who go above and beyond with their customer service to assist the patients and ensure comfort during their visit (physically and emotionally)."

J. Turner - SPFC Dental Center patient

Dental Center

SPFC Dental Center provides uninsured adults with dental hygiene, fillings, extractions, and dentures through volunteer dentists, dental assistants, and dental hygienists. They provide over 250 patient services per month.

Diabetes Education Management

The Health Center places particular emphasis on the management of chronic health conditions, including diabetes. Patients with diabetes are referred to our Healthy Living Coach (HLC) who creates individualized plans and works with the patient to set and achieve goals. The HLC communicates with each client at least monthly and in-person every 3 months. Patients complete lab work every 3 months to track improvement in blood sugar levels. Patients set goals for healthy eating, exercise, and behavior modification to manage and control diabetes. Successful patients also received a year-long membership to the YMCA to support their fitness goals.

Lifestyle Rx Program

In 2020, SPFC implemented a food pharmacy, our Lifestyle Rx Program, to complement medical nutrition therapy offered by our Health Educator. Nutrition therapy improves health outcomes related to cardiovascular disease, diabetes, kidney disease, and GI disease.

"I couldn't live without this place! They have helped me out tremendously. From doctors, medicine, dental care, therapy & even chiropractic care. They've helped me with mind, body & soul!"

M. Donohue, SPFC Health Center patient

2.7 MILLION DOLLARS OF PRESCRIPTION SUPPORT

Prescription Health Program

The SPFC Prescription Health Program (PHP) ensures patients can access expensive medications, like insulin, at no cost to them. PHP patients do not have to make the choice between paying their rent or getting the medication they need to live. This program provided more than \$2.7 million dollars worth of prescription support for patients this past year. PHP recently expanded through a partnership with NeedyMeds. For someone on multiple medications, even at a low cost of \$5 or \$10 per medication, it adds up to be cost-prohibitive.

Health Education

Nutrition and lifestyle counseling and education are offered for Health Center patients. Recipes, cooking demonstration videos, and other nutrition supports are provided for the community through our various programs. With the launch of our new website, recipes which utilize food provided through our FRESH Pantry are easily accessible to our community.



ACCESS TO SUPPORTIVE HOUSING

85%

OF OUR RESIDENTS BECOME EMPLOYED WITHIN 90 DAYS OF ENROLLMENT IN OUR PROGRAMS

VIRGINIA & DAVID BALDWIN WOMEN'S RESIDENCE SPFC MEN'S RESIDENCE

The Baldwin Women's Residence and SPFC Men's Residence provide safe transitional housing where those who are experiencing homelessness and recovering from substance use can gain stability in their recovery while obtaining and maintaining employment, saving money, and rebuilding relationships. Residents must have 30 days of sobriety and lack permanent housing to qualify for our programs.

In our Men's and Women's Residences combined, 85% of our residents at any given time are employed and all are working toward achieving three months of savings.

Unique aspects of our residential program include no limit on the length of stay. Some residents are ready to move out within a few months. Others are ready to move out in a year. We are willing to take the time necessary to ensure someone is truly ready to re-enter the "real world" successfully.

When residents move forward from their time with SPFC, we provide them with after-care check-ups by a dedicated Housing Specialist. This allows SPFC to maintain relationships with our former residents after they move out at 1 week, 30 days, 60 days, 90 days, 6 months, and 1 year intervals. SPFC offers assistance and helps to solve problems that may come up as residents independently establish themselves in our community.

"This place saved my life. Helped me turn my life around and I am living and thriving independently now. The staff is amazing and every resource imaginable is there. Cannot wait to be in a position to give back."

Former SPFC resident





VOLUNTEER & COMMUNITY SUPPORT

35,000

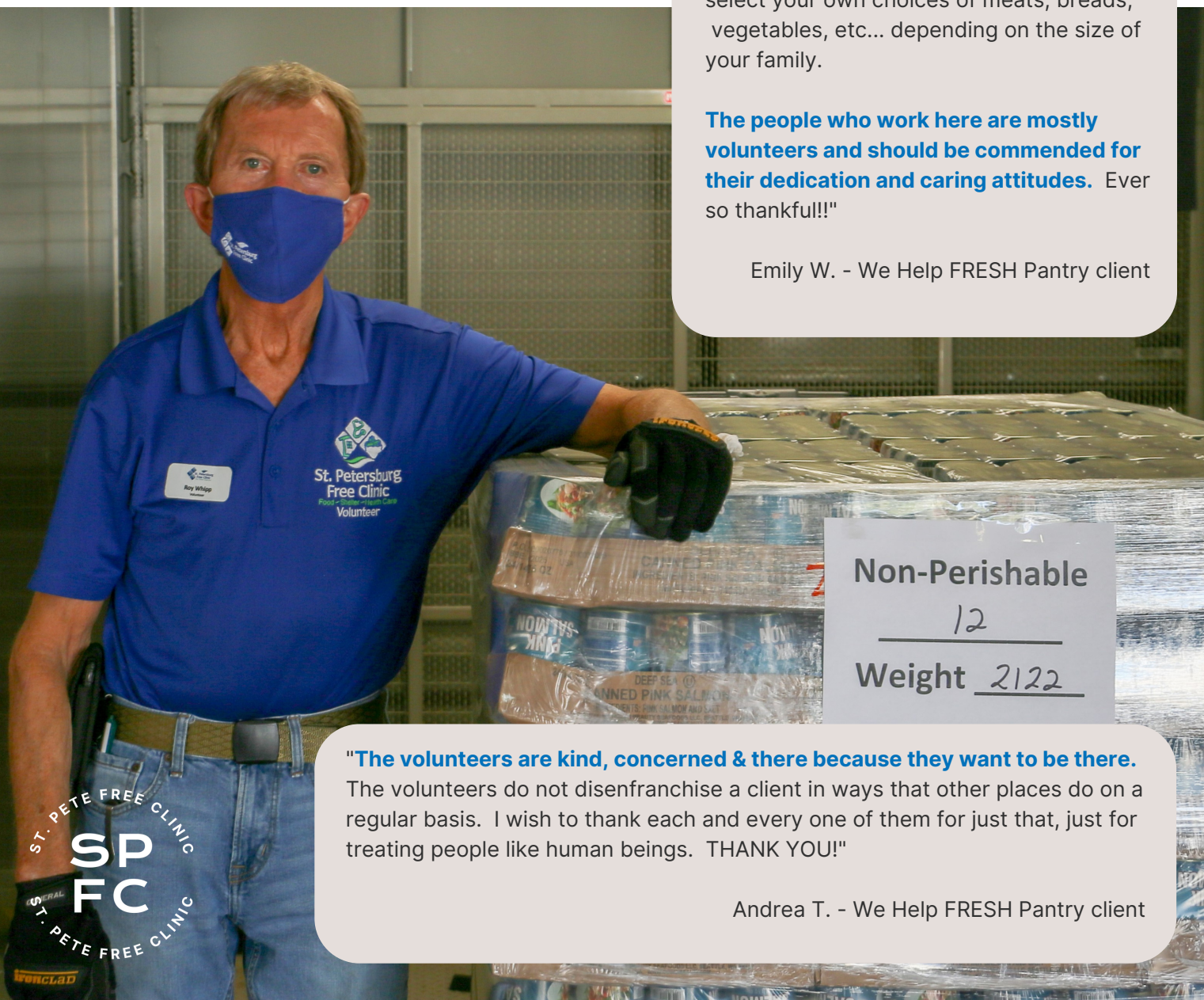
HOURS OF VOLUNTEER SUPPORT

SPFC Volunteers contributed nearly 35,000 hours of service in 2021. Those hours reflect a dollar value of \$921,000 (independentsector.org). That is the equivalent to the work of 17 full-time employees. Our volunteers are assisting wherever you find us providing for our neighbors in need from our volunteer physicians and dentists at our Health and Dental Centers, to ALL of our food programs, and even our administrative offices.

"A great place to get food and other types of assistance if you are in need. There can be a long wait time, but for the assistance you get, it is a small price to pay. You have access to USDA foods plus you are able to select your own choices of meats, breads, vegetables, etc... depending on the size of your family.

The people who work here are mostly volunteers and should be commended for their dedication and caring attitudes. Ever so thankful!!"

Emily W. - We Help FRESH Pantry client



"The volunteers are kind, concerned & there because they want to be there. The volunteers do not disenfranchise a client in ways that other places do on a regular basis. I wish to thank each and every one of them for just that, just for treating people like human beings. THANK YOU!"

Andrea T. - We Help FRESH Pantry client



COLLABORATION HIGHLIGHTS

"Alone we can do so little; together we can do so much." – Helen Keller

Collaboration occurs when two or more work together towards a common goal that benefits the whole. The Free Clinic values the concept of collaboration and the progress we make working together to expand health equity within our community. New and impactful collaborations this past year included:

AMERICAN HEART ASSOCIATION

Collaboration with the American Heart Association and the American Heart Association's Lifestyle Rx Initiative works to fight heart disease and stroke and to support initiatives to improve quality of life through the social determinants of health.

EARLY LEARNING COALITION OF PINELLAS COUNTY

SPFC and the Early Learning Coalition of Pinellas County (ELC) announced St. Pete FRESH, a new program designed to help develop healthy eating habits for the whole family. St. Pete FRESH builds curiosity and a willingness to explore new food flavors, textures, and ingredients in pre-schoolers. The fun begins with the weekly delivery of a bag of FRESH produce from SPFC to local ELC partners along with coloring sheets, fun food facts, and recipes that allow the families to "experiment" with new food in the produce bag.

FLORIDA DEPARTMENT OF HEALTH PINELLAS COUNTY

Thanks to the Florida Department of Health in Pinellas County and SPFC Health Center staff, we were able to provide the COVID vaccine to our patients, ensuring our neighbors in need could easily access the vaccine.

FRIENDS OF STRAYS PET VACCINATIONS

120 dogs in our community received free vaccinations thanks to Friends of Strays and Petco Love! They saw furry friends of all shapes and sizes, made sure they were up-to-date on their shots, distributed microchips and dog tags, all at no charge to the owners.

INCLUSIVITY

Over the past year, SPFC worked with Inclusivity's team on increased intentionality in our efforts to create a more diverse, inclusive, and equitable organization. We have benefited from Inclusivity's guidance on everything from partnership development, marketing and communications strategy, and input on the priorities for our internal Equity, Diversity & Inclusion committee.

YMCA OF GREATER ST PETERSBURG

In addition to providing pop-up food pantries at YMCA locations and events, we provided a one-year paid membership to the YMCA for patients who successfully meet milestones in our Diabetes Education Management program.

JOHNS HOPKINS ALL CHILDREN'S HOSPITAL

With food insecurity at an all-time high, when Johns Hopkins All Children's Hospital (JHACH) approached us to assist in supporting a food pantry for Gibbs High School students, we were honored to become a part of the collaboration! This has grown to include Lakewood and Dixie Hollins High Schools as well as the Emergency Center Food Pantry located at JHACH.



American Heart Association Lifestyle Rx
 St. Petersburg Free Clinic (727) 327-0333

Provider Name: _____ Patient Name: _____

Patient DOB: _____ Diabetes High Cholesterol High Fiber Low Sodium

I prescribe the following nutrition for this patient:

Low Carb High Fiber
 Low Cholesterol Low Sodium

I prescribe the following exercise for this patient:

Signature: _____ Date: _____

See the back for more information on St. Petersburg Free Clinic's FREE



SPFC
 ST. PETERSBURG FREE CLINIC

Yummy Parts of a Plant Toss Up

Ingredients

- 1 cup root vegetables- onions, beets, OR carrots
- 2 cups flowers vegetables broccoli or cauliflower
- 1 cup stem vegetables, like celery, asparagus, broccoli or cauliflower stems
- 1 cup fruit like, tomatoes, summer squash, zucchini, or bell peppers (Yes! These are all fruits because they develop from the flower of the plant!)
- 2 tablespoons olive oil
- Salt and pepper to taste or any other preferred seasoning
- ¼ dry seeds like pumpkin, sunflower
- ½ cup seeds like chopped beans or defrosted frozen peas
- 3 cups tender leaves like spinach or baby kale

Method

Pick your favorite combination of plant parts, you don't have to use them all. Use what you have. Preheat oven to 400 degrees.

In a large bowl or right on a large sheet pan, combine roots, flowers, stems and fruit with olive oil and seasonings. Roast on a large sheet pan for 25-35 minutes or until tender.

Once cooking is complete add roasted vegetables to a large bowl with leaves and toss until well combined.

Top with seeds and serve.

Eating the Alphabet
 Fruits & Vegetables from A to Z
 by Lois Ehlert

Apple Monsters

Ingredients

- 2 green apples - quartered and core removed
- 2+ tablespoons peanut butter or nut/seed butter
- Strawberries- thinly sliced
- 16 raisins, chocolate chips or candies for eyes
- Shelled sunflower seeds for teeth (optional)

Method

Cut a small wedge out of the skin side of each apple quarter. Try not to cut all the way through.

Fill each wedge with peanut butter. Add strawberry slice for the tongue.

Using peanut butter as glue, add the raisins, chocolate chips or candies as eyes.

If using, insert sunflower seeds as teeth along the top side of the white part of the apple.

Apple FUN Facts

A single apple tree can produce over 800 pounds of apples.

Apple peels contain 2/3 of the fruit's fiber and lots of antioxidants that protect the cells in your body. So, eat that powerful peel!

Apples are high in pectin - a type of fiber that dissolves in water. It's often used to make the gel like consistency in jams and jellies and can lower cholesterol for heart health.

Apples can be stored on the counter, but keep fresher in the refrigerator

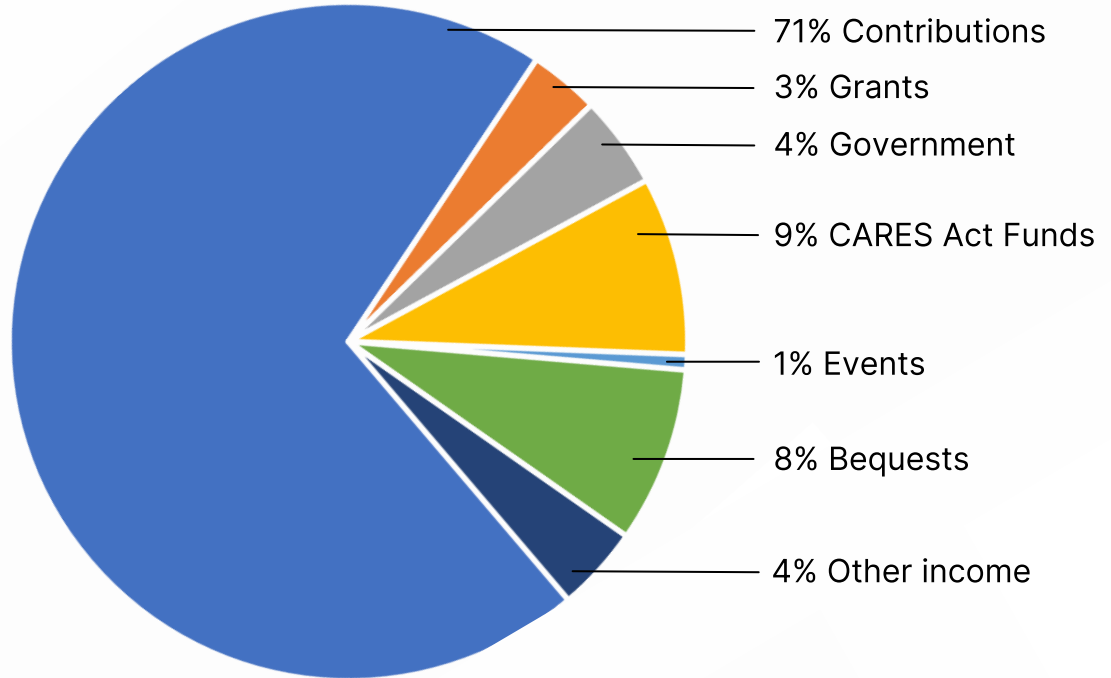
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FINANCIALS

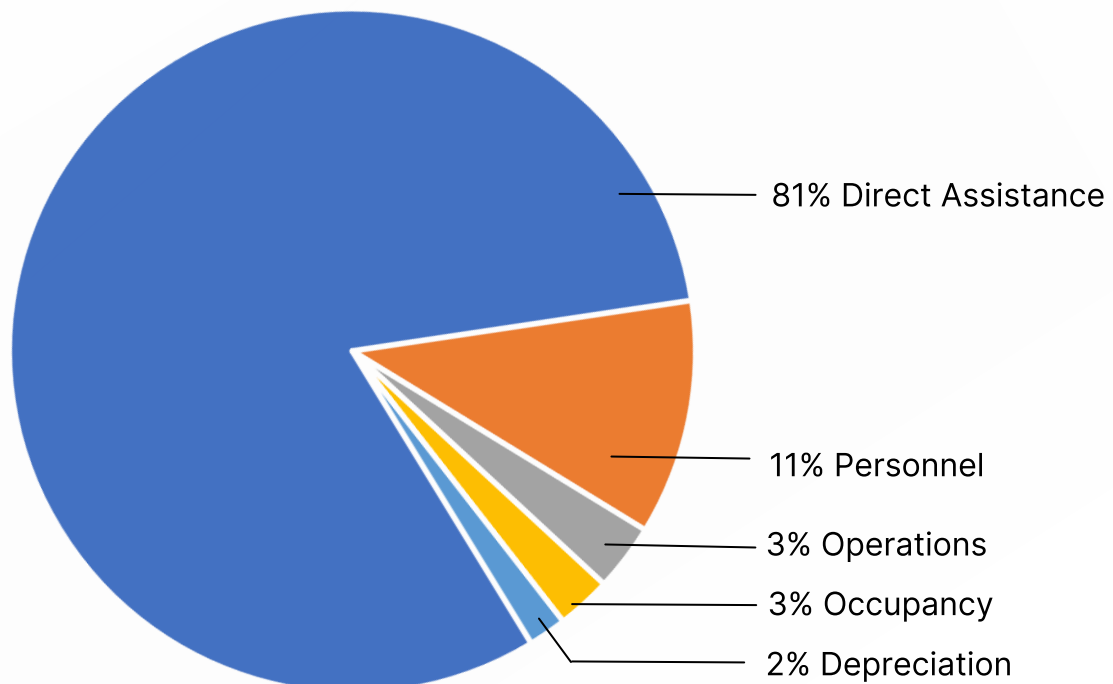
2021 REVENUE

Total Contributions	\$25,507,000
Cash Contributions	\$2,870,000
In-Kind Contributions	\$22,637,000
Grants	\$1,207,000
Government	\$1,593,000
CARES Act Funds	\$3,071,000
Events	\$264,000
Bequests	\$3,028,000
Other Income	\$1,466,000
Total	\$36,136,000



2021 EXPENSES

Direct Assistance	\$27,305,000
Cash Expense	\$4,668,000
In-Kind Expense	\$22,637,000
Personnel	\$3,735,000
Operations	\$1,063,000
Occupancy	\$864,000
Depreciation	\$604,000
Total	\$33,571,000



*figures unaudited, audit available Spring 2022

FUNDERS & PARTNERS

We are grateful for the range of institutions listed below, whose financial support and partnership help make our work possible. We also appreciate the many additional individuals, families, faith institutions, corporations, and community organizations whose contributions ensure we can reach our neighbors in need with food, healthcare, and housing.

American Heart Association
Bank of America
BayCare Health System
BayCare St. Anthony's Hospital
Bayfront Health
CareerSource Pinellas
City of St. Petersburg
Community Foundation Tampa Bay
Dana Fancher Mission Committee
(First Presbyterian Church of Dunedin)
Duke Energy Foundation
Early Learning Coalition
Farm Share
Feeding Tampa Bay
FEMA Emergency Food & Shelter Program
First Presbyterian Church St. Petersburg
Florida Association of Free & Charitable Clinics
Florida Blue Foundation
Florida Department of Health
Florida Dream Center
Goodwill Industries – Suncoast
Homeless Leadership Alliance
Hope Villages of America
Hough Family Foundation
Inclusivity, LLC
Isla del Sol Play for Hunger
J. Crayton Pruitt Foundation
Johns Hopkins All Children's Hospital
Juvenile Welfare Board
Kobie Marketing
Lightning Foundation
Maurice A. and Thelma P. Rothman Foundation
NAMI Pinellas County
Neighborly Network
No Kid Hungry by Share Our Strength
Pinellas Community Foundation (PCF)
PCF – Senior Citizens Services
Pinellas County Board of County Commissioners
Pinellas County Dental Association
Pinellas County Schools
Pinellas Technical College
Publix Supermarket Charities
Raymond James Financial, Inc.
Rays Baseball Foundation & Rowdies Soccer Fund
Rotary Club of St. Petersburg
Rotary District 6950
St. Petersburg College

Tampa Bay Network to End Hunger
Tarpon Springs Shepherd Center
The Polywog Golf Invitational
The Schoenbaum Family Foundation
Truist Foundation
United Way Suncoast
WestCare Florida
YMCA of Greater St. Petersburg

EXPANSIONS

MICHAEL O. & BARBARA A. BICE DENTURE PROGRAM



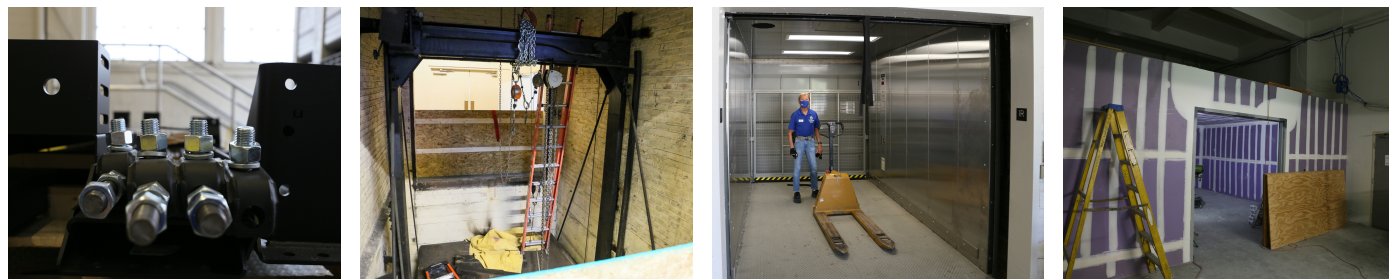
Michael O. and Barbara A. Bice generously provided for the SPFC Dental Center to expand the depth of services with a refreshed denture program for our neighbors in need.

SPFC VEHICLE FLEET EXPANSION



Thanks to Bonnie Hechtkopf & 400 Neighbors, Michael Bates, and Bob and Jean Markley, SPFC added a new 26-foot refrigerated box truck to our fleet of vehicles enabling us to distribute more food items to those we serve.

ELEVATOR REPAIR AND STORAGE EXPANSION



Just in time to support a significant increase in food storage and distribution, our We Help Back Dock/Elevator project was completed transforming the back dock with new cold and dry storage rooms and the replacement of our 100-year-old elevator.

PINELLAS COUNTY LEGISLATIVE DELEGATION ENGAGEMENT



Board member, Kimberly Jackson, Executive Director from the Institute for Strategic Policy Solutions (ISPS), and Jennifer Yeagley, SPFC CEO, addressed legislation on community needs at the current stage of the Covid crisis. This came after months of collaboration and meetings in which ISPS coordinated and served as the convener bringing together 15 organizations working in and/or serving the St. Petersburg community to discuss non-partisan public policy to support the community and advise local leaders.

JUVENILE WELFARE BOARD FUNDING

The Juvenile Welfare Board (JWB) provides funding for Pinellas nonprofits, including SPFC, who serve tens of thousands of children and their families annually. Over the past two years, JWB's investments and collective efforts, through the Pinellas Childhood Hunger Initiative, have provided five million nourishing meals to children. SPFC is currently distributing double as much food, thanks to increased funding from JWB.



WHERE WE GO FROM HERE...

In 2021, St. Pete Free Clinic expanded its capacity to further ease the growing economic challenges our neighbors face. We know that **health is a catalyst for equity**, and without economic stability, good health is unattainable.

Our range of services support economic stability and aim to increase our population's overall health by focusing on stable nutrition, quality medical and health services, and supportive housing.

As SPFC plans for 2022 and beyond, we must continue expanding to meet increased community needs. The next three years will see us:

Add

Add new locations for food and healthcare, mobile options, and expanded operating hours to increase access to our services.

Grow

Grow our network of healthcare providers and volunteers, including navigators, to provide more no-cost health solutions for our patients.

Strengthen

Strengthen post-transitional housing services, to ensure former residents' sustained employment and permanent housing.

Expand

Expand infrastructure capabilities and add necessary personnel to ensure the effectiveness and sustainability of planned growth.



Stay in touch with SPFC to learn more about our progress and how you can play a role in helping us create a Pinellas County where all can thrive!



Feel inspired to donate?

** Simply point your phone camera at the QR Code and tap the link to move right along to your destination.

SPFC Mission: With compassion and respect, St. Pete Free Clinic changes lives by providing health care, nutritious food, recovery housing, and education for our neighbors in need.

Follow us on social!



SERVE PEOPLE
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