



L.I.N.K.

Lawrence Interdenominational
Nutrition Kitchen

Annual Report July 1, 2022 - June 30, 2023

Lawrence Interdenominational Nutrition Kitchen, Inc.

Lawrence, Kansas

<http://www.linklawrence.org>

Table of Contents

Introduction	1
President's Report	2
Weekday Coordinator's Report	3
Treasurer's Report	4
Appendices	
LINK Board of Directors and Officers	7

Introduction – Who We Are & What We Do

Lawrence Interdenominational Nutrition Kitchen, Inc (LINK) was established on Valentine's Day, February 14, 1985, with a mission of providing healthy, home-cooked meals in a safe environment for the homeless, hungry, lonely, physically or mentally disabled, and low socioeconomic individuals at no cost to them. Diners are treated as guests and members of the LINK family. Thirty-six years later, this continues to be LINK's mission - to feed people regardless of their circumstances.

LINK is committed to improving the quality of life and honoring the dignity of those it serves when providing a hot meal to any member of our community who wants one.

Currently, LINK is supported by about 45 religious organizations, businesses, and civic groups which provide and serve the food, as well as many individuals who contribute to the organization. LINK is grateful for the support of the leaders and congregation of The First Christian Church, which allows LINK to use the church's basement as a kitchen & dining room for minimal rent.

LINK is a 501(c)(3) Not-for-Profit Corporation which operates out of the basement of the First Christian Church, 1000 Kentucky, Lawrence, KS 66044. LINK's dining room and kitchen can be accessed through the north basement door of the church, on 10th Street. LINK's employer identification number is 48-1071888.

LINK's Board of Directors encourages you to visit our website <https://www.linklawrence.org/>. We update our website regularly and it contains LINK's serving calendar; updates on LINK's activities; an interesting column by one of our directors, Doug Heacock, entitled "Food 4 Thought"; and a link to make online donations to LINK through the Douglas County Community Foundation. You can also follow LINK on Facebook, <https://www.facebook.com/link4lunch/>

Lawrence Interdenominational Nutrition Kitchen
P.O. Box 442472
Lawrence, KS 66044
785-331-3663

President's Report

As I write my last President's Report, I'm honored that I have had the opportunity to serve in this role. LINK has faced some enormous challenges during my three-year term as President—most significantly with the global pandemic. But LINK successfully weathered those difficult times thanks to its incredible staff, supportive volunteers, hard-working board, and generous donors.

In April 2023, LINK finally returned to “normal” after the pandemic—meaning that LINK opened its buffet serving line, went back to serving the meals on trays (when possible), and invited guests to enjoy their meals in the space of the dining room. LINK also lifted its mask requirements at that time, making the facility mask-optional. The volunteers and guests have adjusted well to the changes in operations, and everyone seems to enjoy the return to “normal.”

Some of the highlights of the 2022-23 fiscal year were a successful Thanksgiving meal (serving more than 700 meals by delivery and in person at LINK), holding flu and COVID vaccine clinics during serving hours, and hosting a casserole making volunteer event on the Juneteenth holiday that generated more than 20 casseroles to fill LINK's freezers.

In the past year, LINK has benefited greatly from the generosity of its donor base. LINK held a successful campaign through the Douglas County Community Foundation's Giving for Good campaign, reaching its goal of raising \$5,000 and earning matching funds. LINK also received a generous donation from a regular volunteer to fix the sanitizing dishwasher in the kitchen, which was much appreciated by staff and all volunteer groups. And LINK was honored to receive grant funding from both Midco and the United Way of Kaw Valley.

As noted in the reports below, LINK served more than 16,000 meals this year to community members. As with every year, LINK is able to further its mission of feeding anyone who is hungry, no questions asked, because it has a reliable, dependable, and hard-working staff who manage the LINK facility, coordinate the volunteers, and help prepare and serve the meals. Bonnie Reedy, Darrell Vann, and Sara Hoppe have worked hard every day to make LINK a welcoming space that offers warm and nutritious meals to anyone. The Board is incredibly grateful for their dedication.

LINK also thanks its many serving groups who have provided food, monetary donations, and volunteer support throughout the fiscal year. And LINK appreciates the continued support of the First Christian Church which houses LINK's operations, maintains a serving group who regularly serves meals at LINK, and supports the overall mission of LINK of providing meals to those who are hungry in the Lawrence community.

Thank you to all who have supported LINK and its mission during the 2022-23 fiscal year. We are looking forward to another successful year in 2023-24, with the Reverend Doug Heacock taking over as President of the Board. Thank you again for the opportunity to serve this organization as Board President. It has been such a rewarding and meaningful experience.

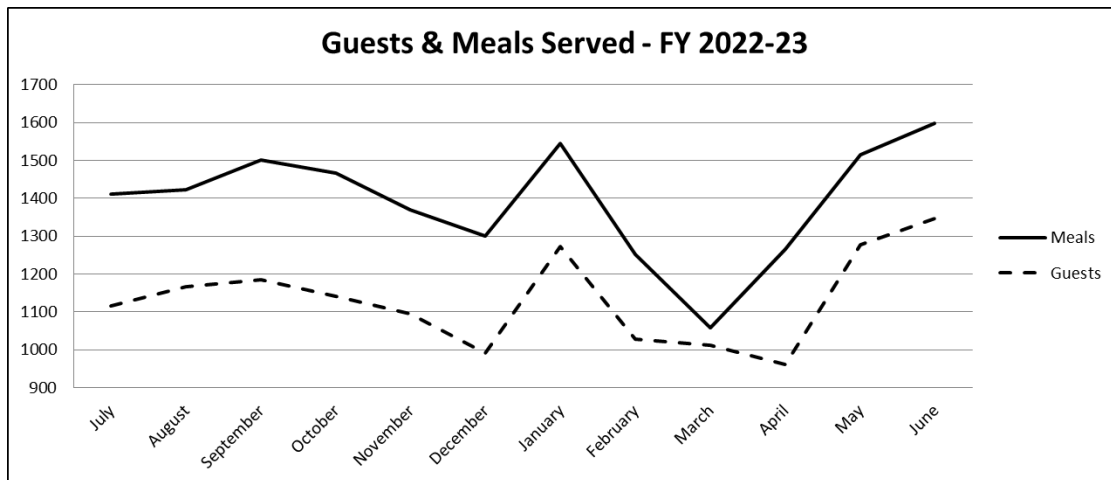
Anne Emert, 2022/23 President
LINK Board of Directors

Coordinator's Report

The number of guests that we served during our 2022-23 fiscal year increased 16.5% over the prior year. Although we have not yet reached the level of guests we had before the start of the pandemic, the increase in our guest numbers shows the need for our services in Lawrence. Our guests were able enjoy their meals in our dining room throughout the year and it is good to see our dining room in use again!

Total Meals Served During FY:		
	Guests	Meals
2012-2013	23,218	32,743
2013-2014	23,710	33,544
2014-2015	22,612	33,300
2015-2016	21,646	30,348
2016-2017	18,000	23,184
2017-2018	17,277	21,840
2018-2019	16,642	21,165
2019-2020	16,208	20,463
2020-2021	9,407	13,255
2021-2022	11,663	15,297
2022-2023	13,592	16,704

Total Meals Served Since LINK Began	
Guests	Meals
574,955	618,976
598,665	652,520
621,277	685,820
642,923	716,168
660,923	739,352
678,200	761,192
694,842	782,357
711,050	802,820
720,457	816,075
732,120	831,372
745,712	848,076



LINK Financial Report - July 1, 2022– June 30, 2023

LINK continues to be financially healthy and the Lawrence community continues to generously support us. Most of our serving groups have resumed providing food and volunteers for their meals, so donations from serving groups are down. However, general donations continue to be strong and we received grants from:

United Way : \$5,000

Midco: \$3,000

Hallmark : \$5,000

FEMA: \$2,000

LINK expenses increased 2.5% in FY 2023, with the largest increases being in payroll, rent and Thanksgiving dinner costs. The cost of our 2022 Thanksgiving meal increased from the prior year due to the high cost of turkeys. Our volunteer groups provided most of the other food for the meal and Corpus Christi Catholic Church allowed us to use its facilities to assemble the meals with volunteers. Maceli's continued to prepare the turkeys and gravy.

Inflation contributed to the increases in payroll and rent. We continue to employ a weekday coordinator, a weekend coordinator and a custodian, all part-time positions.

Below is a summary of 2023 fiscal year receipts and expenses.

		FY 2021-2022		FY 2022-2023	
	Net Assets (start of Fiscal Year)		\$149,469		\$167,644
RECEIPTS	Unrestricted Donations	35,315			13,821
	Donations from Serving Groups	6,800			
	Restricted Donations	3,000			6,000
	Grants	8,719			15,000
	Earnings on DCCF Account	-10,032			10,710
	Interest Income	26			41
	Other Receipts	0			
	Endowment Donations	10,000			14,776
	Endowment Earnings	-533			1,073
	TOTAL RECEIPTS		\$53,295		\$61,421
EXPENSES	Operating Expenses	7,489			6,354
	Thanksgiving Meal Expenses	3,203			4,267
	Equipment Purchase & Repair	637			
	Rent	3,600			4,200
	Payroll & Contract Services	17,843			18,204
	Administrative Expenses	2,321			4,125
	Fundraising Expense	27			
	TOTAL EXPENSES		\$35,120		\$37,151
	NET REVENUE		\$18,175		\$24,270
	Net Assets (end of Fiscal Year)		\$167,644		\$191,913

Our cost per meal declined slightly this year because we were able to hold the line on our expenses while serving 9% more meals. However, the cost per meal is high by historic standards, because of the lower level of guests and meals served. Many of LINK’s operating costs are fixed, regardless of the number of meals that we serve (for example, our rent and payroll do not change regardless of how many meals are served), so there was little the Board could do to bring down the cost per meal. The table below presents a history of LINK’s cost per meal over the past decade.

FISCAL YEAR	GUESTS SERVED	MEALS SERVED	OPERATING EXPENSES	COST PER MEAL
2022-2023	13,592	16,704	\$36,012	\$2.16
2021-2022	11,663	15,297	\$35,120	\$2.29
2020-2021	9,407	13,255	\$30,261 ¹	\$2.28
2019-2020	16,208	20,463	\$33,994 ¹	\$1.66
2018-2019	16,642	21,165	\$33,708 ²	\$1.59
2017-2018	17,277	21,840	\$33,649	\$1.54
2016-2017	18,000	23,184	\$33,293	\$1.44
2015-2016	21,646	30,348	\$31,163	\$1.03
2014-2015	22,612	33,300	\$29,795	\$0.90
2013-2014	23,710 ³	33,544	\$31,169	\$0.93

¹ Operating expenses do not include the purchase of new appliances (one stove in 2019/20 for \$700; 1 freezer and 3 refrigerators in 2020/21 for \$2,846)

² 2018-19 operating expenses do not include the purchase of chairs for \$2,375. Total expenses for the year were \$36,083.

³ Only total meals served are counted. Guest counts are estimated based on 1.41 meals per guest.

Ji Yeon Lee,
LINK Treasurer

APPENDIX

LINK Officers

	<u>FY2022-23</u>	<u>FY2023-24</u>
President	Anne Emert	Doug Heacock
Vice President	Amy Carlson	Amy Carlson
Secretary	Jason Schmitz	Jason Schmitz
Treasurer	Ji Yeon Lee	Ji Yeon Lee
Liaison Officer	Deb Engstrom	Deb Engstrom

LINK Directors

	<u>FY 2022-23</u>	<u>FY 2023-24</u>
Terms Expiring in August 2023:		
First Christian Church Rep	David Nanne	
Director	Jen Marsh	
Director	Michele Dillon	
Director	Roberta Renz	
Liaison Officer/Director	Deb Engstrom	
Director	Lucas Grand	
Terms Expiring in August 2024:		
President/Director	Anne Emert	Anne Emert
Vice President/Director	Amy Carlson	Amy Carlson
Secretary/Director	Jason Schmitz	Jason Schmitz
Director	Krista Parks	Krista Parks
Director	Christopher Cushing	Christopher Cushing
Terms Expiring in August 2025:		
Director	Doug Heacock	Doug Heacock
Treasurer/Director	Ji Yeon Lee	Ji Yeon Lee
Director	David Pratt	David Pratt
Terms Expiring in August 2026:		
First Christian Church Rep		David Nanne
Director		Jen Marsh
Liaison Officer/Director		Deb Engstrom
Director		Barb Clinger
Director		Kate Coney