

ArmInArm

better together **40+** years

day Tuesday **Every Day** We

Impact Report 2022-2023

In One Year...

46,256 food pantry and Mobile Pantry visits, and home food deliveries were made; **158** evictions were prevented; **9** utility shut offs were avoided; **24** security deposits were paid; **12** households received Housing Stability Case Management services; **140** clients received Representative Payee services; and **35** clients gained employment mobility and increased earning power with driver's license restoration.

Arm In Arm: Every Day of the Week

Dear Friends of Arm In Arm,

Every day someone receives help from Arm In Arm. Of course, our staff have time off: they need to rest, to celebrate holidays, to renew themselves, and to have time to care for themselves and their own families. Many must work other jobs, too. But together as a team, at least for the first time in our recent history, Arm In Arm is offering food and housing stability some time every day of the week.

Why?

Because most people we serve are already working hard to support themselves and their families, so getting extra food or housing assistance is so much more impactful when it does not take away from a person's ability to work, to go to school and to care for loved ones. The cost of living has become immensely challenging, and many supplemental forms of assistance have dried up.

Thanks to the investments we made in technology, most of the people we serve come at pre-scheduled times, enabling us to maximize impact and efficiency while minimizing wait times. We have increased Mobile Pantries through partnerships with Capital Health, Trenton Friends Meeting, and Mercer County Library, and with tremendous help from volunteers, we deliver food two Saturdays a month at various sites where need is greatest. And we still take food door to door for some who cannot make it to a pantry.

Through a new relationship with the Trenton Board of Education, we have helped over 200 people this year—many of them children—find emergency housing, often during 'off' hours, even as our Housing Stability team continues to help other people find rental and utilities assistance remotely, sometimes during evenings and weekends.

Our Mission has always been to meet people where they are, providing help when they need it most, while empowering and supporting them on their path to stability. Together, every day, you have supported this Mission, and helped us realize profound new ways of making our shared Mission a reality.

Thank you!

Sincerely,

David R. Fox, Ph.D.

Executive Director

Right: David with Hunger Prevention Team Member, Mel Hopps, and student volunteers from the Princeton University Track Team preparing bags for distribution at our Hudson Street Pantry in Trenton.



Monday Tuesday Wednesday

8:00am: Drivers take trucks to pick up fresh produce and deliver to Hudson & Princeton pantries

9:00am-12:00pm: Hudson Pantry opens for distribution to clients

11:00am-4:00pm: Princeton Pantry opens for distribution to clients

11:30am: Drivers pick up food from BlackRock food drive and other donors

12:00pm: Executive Director and Director of Administration meet with auditors at Mill One

12:30pm: Parent Connect Coordinator visits hotel to connect an at-risk family to emergency housing

2:00-4:00pm: Mobile Pantry Coordinator sets up service at Mercer County Library in Lawrenceville

5:30pm: Housing staff do an intake for a client who works until 5 every day

Arm In Arm Board member Michael Ehret and his colleague, Michelle Frank of Johnson & Johnson, adding fresh produce to grocery bags.



Hunger Prevention: More Need, Greater Cost, Increased Efficiencies

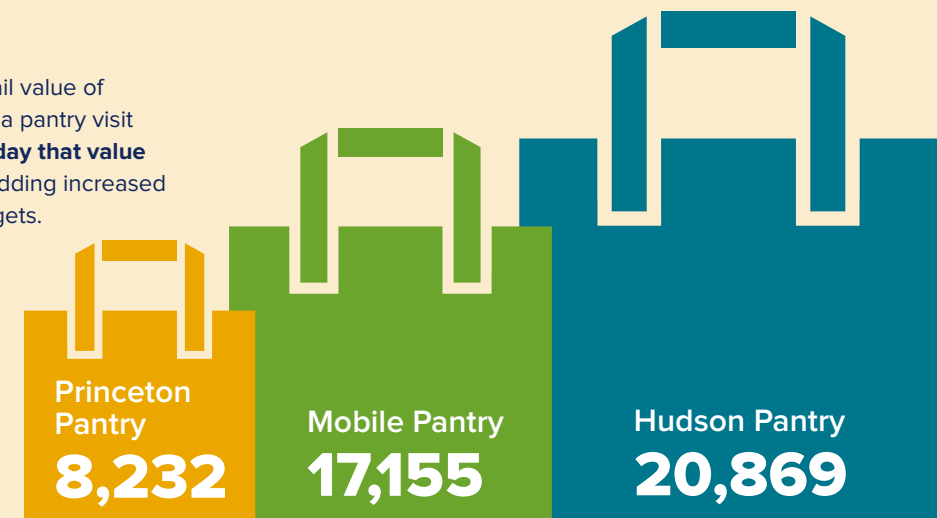
Many of our clients are suffering more now than at any time during the pandemic as they grapple with skyrocketing food and housing costs. This, coupled with a rising immigrant population in our community, has resulted in a period of tremendous growth in Hunger Prevention. Our work requires more volunteers, more funders, and more partners, yet despite these challenges, the transformations we have made are helping us to fulfill our Mission at the highest level. We are essentially serving families seven days a week. Additionally we began re-registering clients, assigning each client a unique QR code so we can track their visits, gather demographic information and even schedule appointment times so they do not have to wait in long lines. It hasn't been without challenges, and in fact has been a herculean task undertaken by our Hunger Prevention team, but we have already learned so much!

97% of clients are visiting our food pantries 4 or fewer times per month; we are serving approximately **200** new clients each month, and assisting about **1,250** unduplicated families each month in total; **54%** of clients identify as Latin American

FY23 Pantry Visits/Deliveries

Increasing Cost of Food

In 2021 we calculated the retail value of groceries a family receives at a pantry visit to be **\$45-\$50**. However, today that value has escalated to **\$75-\$80**, adding increased pressure to already tight budgets.



Homelessness Prevention: More Need, More Services, More Programs

Our housing services continue to evolve and respond to the great needs we are seeing in the community. We are receiving upwards of 200 calls per month from families in need of housing assistance, and in FY23 provided an average of about \$2,300 per household. We are offering and encouraging clients to attend Financial Fitness workshops, have partnered with lending institutions to provide financial education, and also invite single moms to participate in our Still Standing Program. All of these programs are offered in both English and Spanish to encourage maximum participation. Ultimately we hope to move households closer to home-ownership. As we collaborate with partners and work toward this goal, we continue to remain flexible and explore new ways to deliver aid.

The reality is that the pandemic impacted this low-income community more than most and our ability to remain nimble, work collaboratively with other partners, and adapt to changing needs has been instrumental in keeping more than 675 families from being homeless in the past three years. **Our collaboration with Housing Initiatives of Princeton, as supported by the COVID-19 Relief and Recovery Fund of the Princeton Area Community**

Foundation, is a great example of this. Not only did we keep families from becoming homeless, but we also helped our struggling neighbors experience a more humane process. Families no longer needed to go from one funder to another in an attempt to piece together the assistance necessary to keep them housed. Our two agencies offered an alternative to the time-consuming, confusing, and often overwhelming system that is costly, and inherently inequitable. **With the support of PACF, we kept 28 families from becoming homeless**, thus alleviating the intense stress and anxiety these community members were facing.

Left: Still Standing Coordinators Lines Rosado and Angie Vargas distribute bountiful Thanksgiving bins, generously donated by BlackRock, to the single mothers in our Still Standing Program. Our Still Standing Program is funded by the Fund for Women and Girls of the Princeton Area Community Foundation and helps single mothers meet the needs of their families and move toward financial independence.



Monday Tuesday Wednesday Thursday



Desiree came to Arm In Arm after living in a homeless shelter for 3 months.

She was a hard worker and had worked two jobs throughout the entire pandemic until she was impacted by trauma. Her supervisor at one job took their own life, and this was followed shortly thereafter by the passing of the supervisor at her second job. Desiree's mental health was impacted and, in her own words, she just "couldn't handle it." Like many of Arm In Arm's clients, Desiree was living paycheck to paycheck and really couldn't afford to not be working. She did not qualify for unemployment, and with rent of \$1,250 per month, she quickly fell behind and found herself homeless. Fortunately, after one month at the shelter she was able to return to work, having found a good job that she loves. With support from the COVID-19 Relief and Recovery Fund of the Princeton Area Community Foundation, **Arm In Arm was able to help her with a security deposit to supplement the \$1,200 she had saved for her first month's rent, and she is now in an apartment doing well.**

8:00am: Drivers load truck for Mobile Pantry; box truck picks up fresh produce and delivers to Mobile Pantry

9:00am-12:00pm: Mobile Pantry at Trenton Meeting of Friends at 142 E. Hanover Street in Trenton

9:00am: Workforce Development client begins training at Hudson Street Pantry

9:00am: Mill One: Volunteers pack bags of food for distribution

9:30am: Representative Payee client intake

10:00am: Bulk drop at Children's Home Society and Project Freedom sites

11:00am: Mercer County Human Services Advisory Committee Meeting

1:00pm: Community Navigator meets with school staff, outreaches to families

1:00-7:00pm: Princeton Pantry opens and volunteers do home food deliveries

6:00pm: Financial Fitness Workshop at Mill One

Monday **Wednesday** Thursday

8:00am: Trucks pick up fresh produce and deliver to Hudson Street Pantry and Mobile Pantry

9:00am-12:00pm: Hudson Street Pantry and Mobile Pantry at Capital Health open for distribution

10:00am: Parent Connect Coordinator attends meeting at Trenton Board of Education

10:00am: Princeton Pantry Coordinator attends Princeton Food Stakeholders meeting

11:00am: Volunteers do home food deliveries in Trenton area

11:00am-4:00pm: Princeton Pantry opens for distribution

12:00pm: Trucks travel to food bank to pick up weekly allocations

1:00pm: Food Insecurity Task Force Meeting

1:30pm: Directors offer a foundation partner a tour of Mill One and Arm In Arm's spaces

2:30-5:00pm: Mill One: Volunteers prepare bags for Thursday's Mobile Pantry

3:00pm: Client housing intake; housing team preps for HUD exam



Left: Volunteers from Trinity Church in Princeton volunteering to prepare bags for a Mobile Pantry.

Below: Staff and volunteers, including Capital Health employees, brave the elements to ensure patients and families in the community receive food.

Mobile Pantry: More Partners, More Locations, More Impact

Our Mobile Pantry expansion has revolutionized our Hunger Prevention Program, allowing us to equitably serve even more food insecure clients in neighborhoods where families have limited access to nutritious foods. Data provided by the Trenton Health Team is helping us to determine where and when we serve and we have added partnerships to support these efforts. Mobile Pantry events occur each week at Trenton Meeting of Friends, and four times per month at Capital Health sites in Trenton. We also have weekend Mobile Pantry events 1-2 times per month at different locations, and recently added a Mobile Pantry at the Mercer County Library in Lawrence. Our Mobile Pantry also makes “bag drops” at several locations including: two Project Freedom subsidized housing sites; Lawrence Intermediate School; the Jenny Stubbfield Senior Center; two Children’s Home Society sites; and at the Hamilton Wood subsidized housing complex.

Our Mobile Pantry partnership with **Capital Health and their Trenton Neighborhood Initiative** has been particularly impactful and successful in connecting clients to other services that advance their stability and increase health equity. With their support and partnership, as well as with the aid of their volunteers, our Mobile Pantry is providing food to their patients, as well as for those living near their facilities, serving more than 150 households per week at different Capital Health locations. We have collaborated with the Capital Health departments of Dialysis, Nutrition Education, Obstetrics, and LIFE Program to provide healthy food for their patients and families in need. As patients receive medical education, treatment, and care, they also receive healthy food provided by Arm In Arm. **In the first year of our partnership, we provided food with a retail value of more than \$500,000 to more than 6,000 families and patients, and the numbers and impact are growing.**

Number of Visits to Our Mobile Pantries is Growing

October 2022: **383**

January 2023: **1,007**

April 2023: **1,800**



Parent Connect Program: Continuing to Improve Stability for Families with Children in School

Our decades of experience in providing Homelessness Prevention case management have resulted in a new partnership with the Trenton Board of Education. **Arm In Arm is now providing wraparound homelessness services to low-income families in the Trenton School System for the 2023–2024 school year.** Our Parent Connect Coordinator is connecting families in crisis to needed area resources, working in tandem with other community agencies to establish their stability. We have already worked with more than 83 families (200+ children), and many have been in immediate crisis and in need of emergency housing. We are leveraging our other programs to maximize the impact for these families: connecting some to permanent housing and providing security deposits and rental assistance; working with others longer term through our Housing Stability Case Management Program; connecting single moms to our Still Standing Program; and offering them education on financial literacy and their rights as tenants.



Thursday Friday Saturday



- 8:00am:** Trucks pick up fresh produce and deliver to Mobile Pantry
- 9:00am:** Volunteers prepare bags at Hudson Street Pantry
- 9:00am-12:00pm:** Mobile Pantry at Trenton Meeting of Friends
- 9:30am-11:30am:** TCNJ volunteers at Mill One pack bags
- 10:00am:** Housing Stability Case Management intake in Princeton
- 11:00am:** Volunteer recruitment at Princeton Chamber event
- 12:30pm:** Bulk drop to schools
- 1:30-3:00pm:** Staff meeting and all staff DEI training
- 3:30pm:** Staff home ownership workshop
- 5:00pm:** Community Navigator delivers backpacks to new families
- 6:00pm:** Still Standing meeting at Mill One



Numbers helped through the Parent Connect Program as of April 2024

85
Families

206
Children

Charmaine and her two children

faced a harrowing situation when they were forced to flee their home due to domestic violence. The Trenton Board of Education connected them with Arm In Arm, and we swiftly stepped in to provide crucial support. Not only did we offer emergency supplies and essentials, but we also paved the way for Charmaine's safety, security, and stability. We helped Charmaine secure permanent housing by providing a security deposit and two months of rental assistance. With this newfound stability, she could focus on rebuilding her life and caring for her children. Charmaine is now employed and, along with her children, has found a settled and secure environment.

Friday Saturday Sunday

8:00am: Trucks pick up from local food drives; make bulk drop in Lawrence

10:00am-12:00pm: Volunteers prepare bags at Hudson Street Pantry

11:30am: Mercer County Food Security Task Force meeting

12:00pm: Conference with License to Succeed Client and MVC

1:30pm: Board member & corporate group tour of Food Distribution Center

12:00-2:00pm: Community Navigator outreaches to local families

3:00-5:00pm: Directors meet



License to Succeed

For Caleda, a mother of two children with disabilities, License to Succeed produced life-changing results. When Caleda came to us for assistance, she was not working, and her family's sole income came from the Social Security Disability Income both children received. Motivated to get back to work, she was eagerly awaiting an interview with a home health aide agency. However, her suspended driver's license represented a huge barrier. License to Succeed staff worked quickly and restored her license in time to improve her job candidacy. During an outcome follow-up interview, she reported that "things were perfect," as she had regained her self-sufficiency and, now working as a home health aide, can drive to her patients' homes to provide care, and is better able to provide for her family.



Left: Arm In Arm Board Vice-Chair Dr. Deborah Toppmeyer with Arm In Arm staff and volunteers providing food to families at Rutgers Cancer Institute of New Jersey's "Screen and Feed" event.

More Collaboration: A Vision to Provide Greater Food Security for All Mercer County Residents

We want to reduce food insecurity in Mercer County, and so do many of our partner service providers. This desire, and our reputation for providing impactful service, has resulted in a collaboration with Mercer Street Friends Food Bank to develop a strategic vision for ending hunger in our area. The Trenton Health Team and the 5 biggest food providers and nonprofit experts in the County—**Arm In Arm, HomeFront, Jewish Family & Children's Service, the Trenton Area Soup Kitchen, and the Rescue Mission of Trenton**—are partnering to maximize services. By working together, we can identify where the needs are greatest, ensure we bridge gaps, and do not duplicate efforts.

Food insecurity is just one symptom of a much greater problem. Our clients face many hurdles, some of which were introduced with the pandemic, and many are longstanding issues that were laid bare or made worse by the pandemic. It is expensive to live in Mercer County and many of our clients pay upwards of 80% of their income towards rent. Food alone makes up nearly a third of their budget, and the increased cost of food causes added strain. According to the National Low Income Housing Coalition, the fair market value of a 2-bedroom apartment in New Jersey is \$1,628/month. Many of our clients need a 3-bedroom home, requiring \$1700-\$1800/month, or an annual salary of \$65,137. Our clients are far removed from this threshold and while many are working several jobs to make ends meet, it often isn't enough.

Right: Arm In Arm Board member Nicole Bruno helped to organize a food drive at BlackRock at which they collected more than 1,000 pounds of food and \$25,000 in donations.



Yes We CAN!

Yes We CAN! volunteers hold food drives at local supermarkets and farmers' markets, asking people to purchase either fresh produce or non-perishable food for Arm In Arm or to provide a cash donation which volunteers then use to purchase food from the local farmers. In addition to conducting food drives, this group conducts coat drives, book drives, and even knits scarves, hats and gloves to provide for those in need.

Right: Yes We CAN! Co-Chairs Kim Kyte and Alison Politziner, are joined by Arm In Arm staff members and Yes We CAN! volunteers at the West Windsor Community Farmers' Market. From left to right, Maureen Hunt, Tyrone Riley, Jane Lafferty, Katie Lafferty, Kim Kyte, Alison Politziner, Marquann Campbell, Sally Maruca, and Aviran Roy.



Yes We CAN! Produce Provided in 2023

Apples: **185 cases**

Broccoli: **7 cases**

Cauliflower: **12 cases**

Cabbage: **227 cases**

Cherry Tomatoes: **6 cases**

Collards: **50 cases**

Carrots: **36 cases**

Corn: **71 bags**

Cucumbers: **29 cases**

Eggplants: **8 cases**

Honey Nut Squash: **6 cases**

Iceberg Lettuce: **11 cases**

Onions: **37 cases**

Peaches: **22 cases**

Peppers: **44 cases**

Romaine Lettuce: **8 cases**

Sweet Potatoes: **173 cases**

Tomatoes: **36 cases**

Tomatillos: **7 cases**

Turnips: **5 cases**

White Potatoes: **42 cases**

Yellow & Green Squash: **114 cases**

ay Saturday Sunday Monday

More Kids Thrive, More Communities Thrive

For 5 years, Arm In Arm partnered with Robbins Elementary School in Trenton through The Princeton Area Community Foundation's *All Kids Thrive* initiative, providing families with case management and support, with the ultimate goal of improving students' school attendance and educational performance. During that time, our *All Kids Thrive* Navigator was able to make a tremendous impact, even as he contended with many monumental challenges—maneuvering through a pandemic and a redistricting of schools, and meeting the complex needs of a growing immigrant community. In working with more than 150 families with children attending Robbins School, we learned that in order to impact students' performance in school, we need to ensure that families have food, housing, work, healthcare, documentation, and the list goes on.

Although the *All Kids Thrive* program has officially concluded, the need in this community has increased exponentially as we serve an expanding immigrant population with mounting needs. Our Board recognizes the importance of this work, and is committed to continuing to serve this community, providing critical resources to families in the neighborhood of our Hudson Street Pantry, as well as in surrounding areas. Our Navigator remains a trusted, bilingual presence in the community — someone embedded and deeply connected, who understands the specific challenges that this community faces. He is on-the-ground, working on weekends and often after hours, to meet families where they are to provide the help that is needed.

Right: Arm In Arm Navigator Luis Rivera providing a new coat to a local youth.

9:00am: Housing staff client intake

9:00am-1:00pm: Yes We CAN! at the West Windsor Community Farmers' Market and McCaffrey's Market

10:00am-12:00pm: Mobile Pantry at Pentecostal Church of Trenton; Volunteer group at Mill One

10:00am-1:00pm: Community Navigator distributes food at Hudson Street Pantry

10:00am: Still Standing activity for moms and children at local farm

11:00am: Bulk drop of bags to Princeton Justice

12:00pm: Trucks leave Mobile Pantry and pick up produce purchased with donations collected by Yes We CAN! at West Windsor Community Farmers' Market



10:00am-1:00pm: Community Navigator and volunteers prep and deliver food to local families

10:30am: Presentation at local church

2:00pm: Representative Payee intake

In the 2022-2023 school year alone, our All Kids Thrive Navigator provided:

Food assistance: **950** families

Housing assistance: **30** families

Immigration assistance: **83** families

Counseling referrals: **34** families

ESL services: **47** families

School registrations: **84** families

SNAP applications: **40** families

Health insurance applications: **76** families



Abigail and Marvin

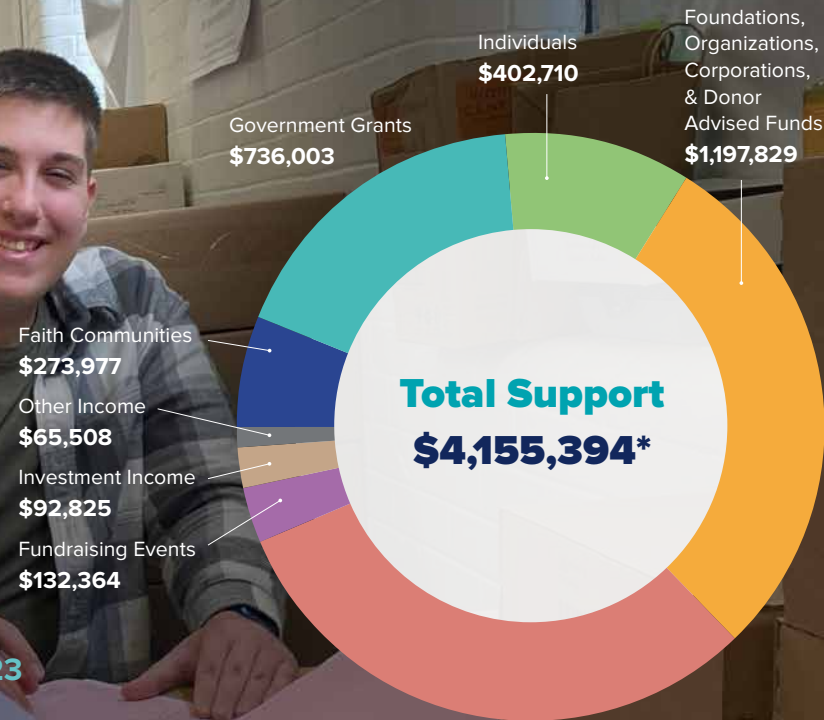
and their 4-year-old daughter were living out of a truck when they first came to Arm In Arm for food security and general information. The mattress, sheets, and pillows piled into the cab of the truck made it clear that they also needed a home. **Our All Kids Thrive Navigator** got right to work, providing the wraparound services for which he is so well known in the community. Making phone calls, Luis found them a room that very same day with no money down, assisted with a referral for pre-K for their daughter Alison, and found Abigail a job at the local McDonalds. Several private donors provided clothing donations and, within a months' time, Abigail and Marvin had moved into their own studio apartment with first month's rent and security deposit paid, and furniture provided through our contact at the Rescue Mission. When Abigail became pregnant, we connected her with an area OBGYN, and referred Marvin to a better paying job to better care for his growing family. As an assistant roofing technician and driver, he now pays it forward by hiring any job referrals that come his way through our Navigator. When little Alison was ready for Robbins School, our Navigator walked the parents through the process of registering for Kindergarten. We still see Marvin, Abigail, and Alison when they visit our Hudson Street pantry each week for food assistance, but they are now a family of four, with baby boy Marvin Antonio in tow.

Our Volunteers!

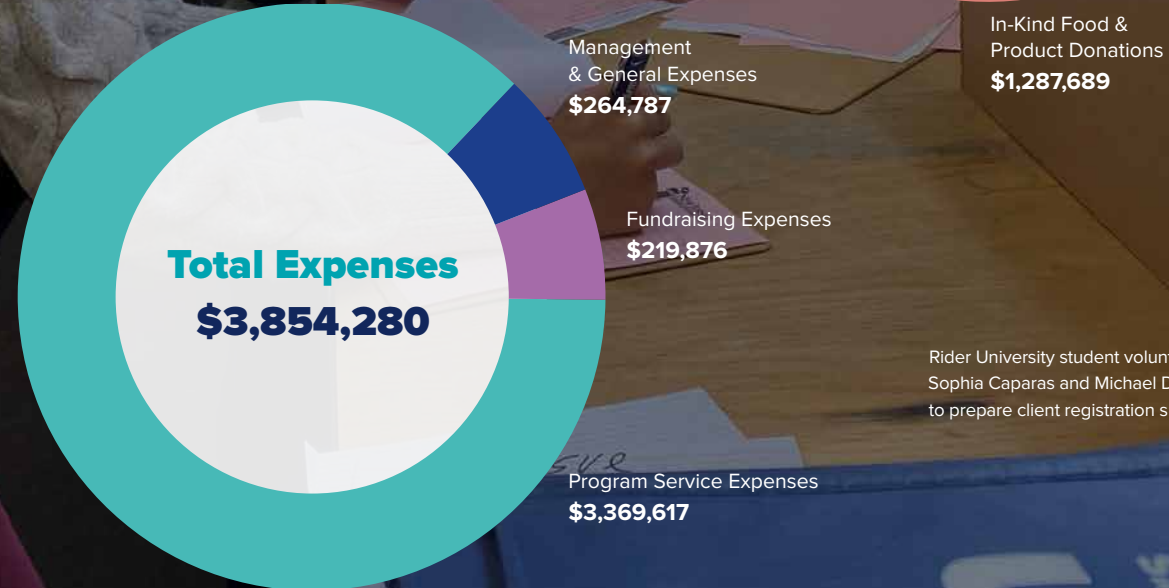
Volunteers have always been critical to our ability to serve the community, but with the expansion of our Mobile Pantry our needs have nearly doubled, requiring more than 200 volunteers per month to help with registering clients, and bagging and distributing food. Here we see a volunteer group from Genmab helping to prepare bags for distribution at our Mill One distribution center.



Sources of Our Support July 2022–June 2023



Expenses July 2022–June 2023



Rider University student volunteers Sophia Caparas and Michael Deem helping to prepare client registration sheets.

*Loss on Disposal of Equipment of \$33,550 is reflected in total support of \$4,155,394

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* If we made an error or omission, please accept our apologies and notify us

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** If we made an error or omission, please accept our apologies and notify us*

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 Yes We CAN! Food Drives

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Special thanks to Phillip Unetic of Unetic Design for his beautiful design.



Right: Volunteers Vikki Ridge, Pat Butcher and Robin Wolfe assisting at our Princeton Food Pantry.

Dear Arm In Arm Community,

As we reflect on the past year at Arm In Arm, I am filled with gratitude for the tireless efforts and unwavering dedication of our entire community. We are committed to making a positive impact in the lives of those we serve, and it is through our collective efforts that we have achieved significant results.

Our staff members embody the organization's values in their innovative approaches and steadfast devotion to Arm In Arm's Mission. Their dedication knows no bounds as they provide essential services and support to individuals and families in need. Whether it's through creative program development, compassionate outreach efforts, or persistent advocacy, our team members commit to making a difference in the lives of others each and every day.

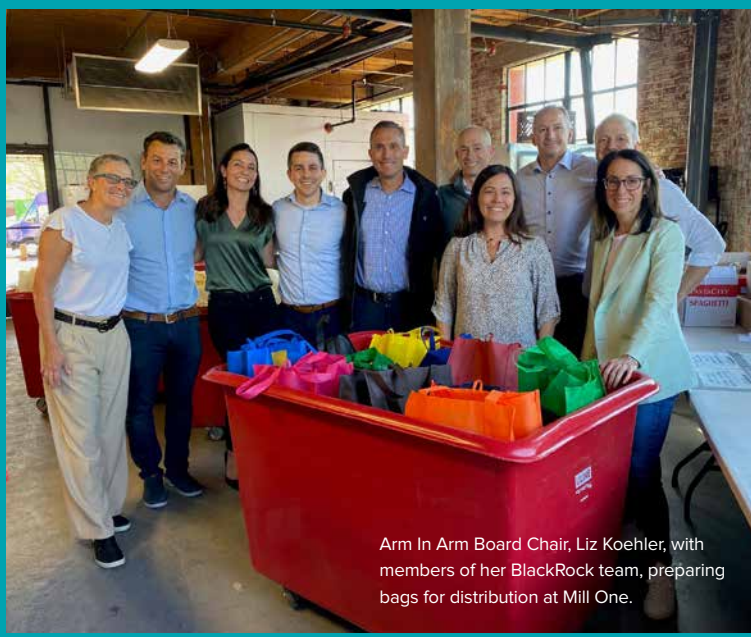
Additionally, every day, our Board members, donors and volunteers generously contribute their time, resources, and expertise to further our mission. Their support and dedication enables us to expand our reach, deepen our impact, and empower more individuals to overcome adversity and thrive. It is through their selfless efforts and staunch belief in our cause that we are able to continue this vital work.

At Arm In Arm, we understand that the journey toward creating positive change is ongoing and requires perseverance and collaboration. Every day presents new opportunities and challenges, and it is by working together that we are able to navigate these complexities and continue moving forward.

As we look ahead to the future, I know that we will remain resolute in our commitment to making a difference. We have the power to create meaningful change and transform lives in our community and beyond.

Thank you so much for your continued support and partnership in Arm In Arm's Mission. Together, we will continue to make a difference, every day.

Warm regards,
Elizabeth Koehler
Chair of the Board, Arm in Arm



Arm In Arm Board Chair, Liz Koehler, with members of her BlackRock team, preparing bags for distribution at Mill One.

Our Mission



Food

Ensuring food security and equity with two bricks and mortar food pantries, delivery to clients' front doors, and an expanded Mobile Pantry program, we serve families through more than 40,000 pantry visits and deliveries per year, offering staples like rice, cereal, pasta, canned fruits and vegetables, and fresh produce, dairy and meats. By offering a variety of ways for neighbors to access food assistance, we increase food and health equity across populations. With this blended model, we distribute more than 250 tons of food per year, providing enough food for neighbors to prepare more than 700,000 meals.



Housing

We prevent homelessness for 200-500 households per year with financial aid to avoid eviction, foreclosure or utilities shut-off, or to restore housing after homelessness. We offer case management support, including a temporary rent subsidy, financial literacy training, and connection to other needed resources. Representative Payee services are also available, offering financial management assistance to individuals who need support in managing their personal financial affairs.



Workforce Development and License Restoration

Our Workforce Development program provides work experience gained in our pantries, and daily training and job search activities that help adults gain employment or acceptance in career-advancing education and training. Operating out of our Hudson Street Pantry in the heart of the Greenwood community in Trenton, our curriculum includes a laptop loaner program and hybrid training schedule to better accommodate the schedules of program members. Within this broader framework, our License to Succeed program helps clients secure a driver's license, increasing chances of obtaining and maintaining employment and financial stability. With our assistance to help clients pay off tickets and fines, and prepare for exams, we pave the way for security and self-sufficiency.



Arm In Arm is among just 4% of charities to receive Charity Navigator's prestigious four-star rating for financial accountability and transparency.



arminarm.org / 609-396-9355



In Hamilton

1 N. Johnston Ave., Suite A230
Hamilton, NJ 08609

In Princeton

61 Nassau Street, Princeton, NJ 08542

In Trenton

48 Hudson Street, Trenton, NJ 08609