

Lower Cape
Outreach Council

40th
EST.
1984

ANNIVERSARY

FOOD PANTRY LOCATIONS

BREWSTER PANTRY

Brewster Baptist Church

CHATHAM PANTRY

St. Christopher's
Episcopal Church

EASTHAM PANTRY

Eastham United
Methodist Church

HARWICH PANTRY

St. Peter's Lutheran Church

ORLEANS PANTRY

Orleans Methodist Church

PROVINCETOWN PANTRY

Provincetown
Methodist Church

TRURO PANTRY

Truro Council on Aging

WELLFLEET PANTRY

Grace Chapel

MAIN FOOD PANTRY



19 Brewster Cross Road
Orleans, MA 02653

508-240-0694

www.lcoutreach.org



2023 ANNUAL REPORT

Dear Friend,

You made it possible to celebrate our 40th year of service to the Lower and Outer Cape community! As we look to the next 40 years, we remain committed to our foundational ideals that guide our mission as we ensure our neighbors have all their basic necessities and encourage self-sufficiency. More than ever before, people need access to the essential services that are the cornerstone of our work. With your support, we are prepared to meet the rising needs of those in our community who require a helping hand during these challenging times. THANK YOU for your continued generosity!

2023 proved to be a record year as LCOC served more than 2,500 families and 4,500 individuals across our programs. Although the demand for all our services grew, it was most notable in our nine emergency food pantries, which saw a 64% increase in the average number of visits each month. However, with the support of loyal donors and dedicated volunteers, LCOC was able to serve every family.

To ensure that we are in the best position to continue delivering these essential services, we have been hard at work seeking new sources of funding and building strong partnerships with local businesses and social service providers. These efforts leave us poised to tackle the challenges facing the most vulnerable members of our community.

As we look to 2024 and beyond, we appreciate your continued support and hope you will join us to celebrate our continued success at one of our 40th anniversary celebrations this year. We hope to see you there!

Jim Botsford

Board President

Katie Wibby

Chief Executive Officer

THANK YOU, VOLUNTEERS!

Thank you to all the wonderful LCOC volunteers who give so generously of themselves to assist our clients. In 2023, our volunteers dedicated over 15,000 hours to LCOC. This is the equivalent of seven full-time employees! Our amazing volunteers staff the food pantries, the front office, our financial assistance program, Katy's Korner, and our holiday programs. The total value of those hours is estimated at \$478,940. We are very grateful that the best volunteers on Cape Cod have chosen to support the mission of LCOC with their time and talent!



United Way Day of Service October 2023

FOOD PROGRAMS

FOOD PANTRIES

Our nine food pantries distributed **37,496** bags of food with a total value of **\$2,062,280**.

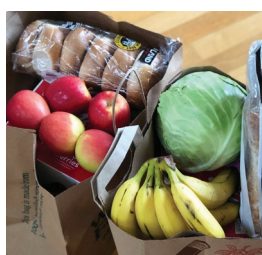
Total households served **increased 26%** from January to December.

Average monthly visits **increased by 64%** from 2022.



THANKSGIVING

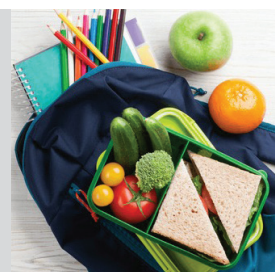
632 households received their holiday meal including turkeys, fresh produce, and fixings.



FOODS TO ENCOURAGE Monthly distribution to the pantries of additional healthy food options for our clients, as well as a nutritionist and nurse onsite

SCHOOL BACKPACK PROGRAMS

Bags of fresh produce and other healthy food items distributed through local schools



VOLUNTEER MANAGERS

Katy's Korner

Candi Franklin & Carol Wiley

Office

Candy O'Connell

Brewster Pantry

Wayne Johnston

Chatham Pantry

Linda & Peter Hughes

Eastham Pantry

Joan Lockhart

Harwich Pantry

Ruth Brenneman

Main Pantry

Nancy Sweeney

Orleans Pantry

Ellen Ehrhart

Provincetown Pantry

Nicola Vichert

Truro Pantry

Barbara Bond

Wellfleet Pantry

Sandy Galvin

KATY'S KORNER

2,463 bags of clothing, linens, and small items distributed to **375** families



ARPA GRANT AWARD

After receiving a \$149,000 Community Development Block Grant (CDBG) for 2022-2023, LCOC was selected to receive \$113,000 from the competitive Barnstable County ARPA Grant process. The initial CDBG grant supported LCOC's Healthy Living Program which

provided more fresh produce and healthy proteins to our food pantries to help keep up with the significant increase in demand. The receipt of the ARPA funding allowed LCOC to dovetail the Healthy Living program to the Foods to Encourage (F2E) program. The F2E framework is a national model that provides additional fresh produce and healthy proteins to the food pantries and provides clients with access to a Nutritionist who performs a food demonstration and distributes a recipe. Additionally, a Registered Nurse is available to monitor glucose levels and test blood pressure. Both programs complement LCOC's continued efforts to keep up with the unprecedented need, while providing healthier options for our clients.

OUR MISSION

The mission of the Lower Cape Outreach Council is to provide comprehensive assistance to those in need of immediate support and to encourage long-term self-sufficiency.

SUPPORTING BASIC NEEDS

LCOC provides financial assistance to any family or individual from one of eight towns of the Lower and Outer Cape. While we do not have strict income eligibility, nearly all of our clients are earning less than 80% of the Area Median Income (AMI).

Encouraging Self-Sufficiency



At LCOC, we believe in the importance of education, job training, professional development, youth activities, day care, and other measures to aid clients in their pursuit of self-sufficiency. We know that these expenses

can be difficult for families, so we are here to support anyone hoping to take advantage of such opportunities. Tuition assistance, textbooks, professional licensure program fees, or the cost of day camp for children of working parents are all ways in which we hope to support the journey to self-sufficiency.

2023 FINANCIAL ASSISTANCE

1,472 Total Vouchers
922 Households Served
\$783,512 Total Financial Assistance

PROGRAM HIGHLIGHTS

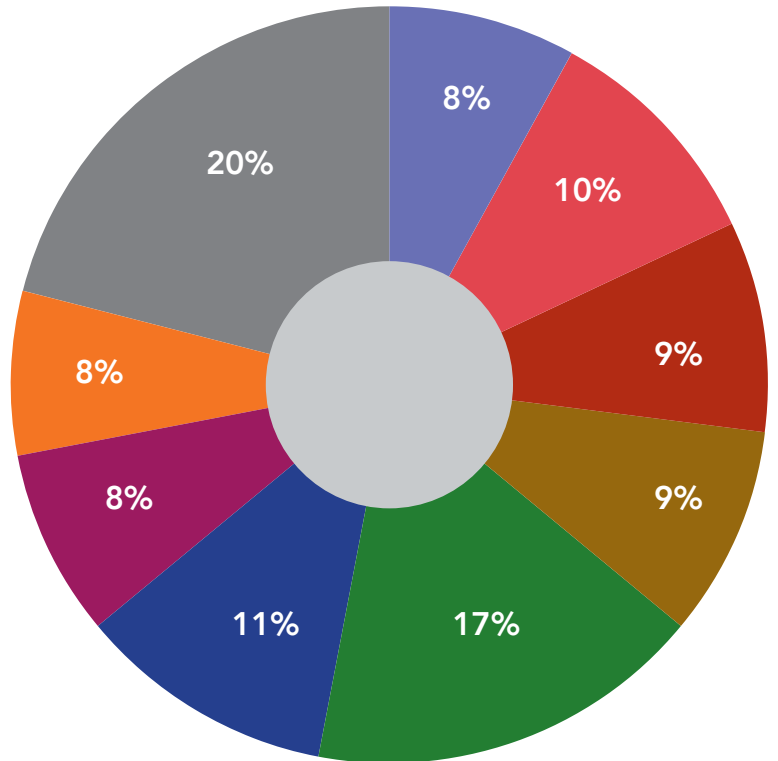
\$404,336 Rental/Mortgage Assistance
\$109,094 Transportation-Related Expenses
\$148,612 Utilities

SANTA STOP

527 CHILDREN FROM **265**
FAMILIES RECEIVED TOYS



TOTAL VALUE OF SERVICES PROVIDED IN 2023 BY TOWN



■ Brewster	\$317,478	■ Provincetown	\$227,490
■ Chatham	\$286,063	■ Truro	\$203,490
■ Eastham	\$277,659	■ Wellfleet	\$642,465
■ Harwich	\$515,698	■ Main Pantry	\$245,050
■ Orleans	\$344,265	TOTAL	\$3,059,658

COLLABORATION

Over the last two years LCOC has worked to solidify relationships with partner agencies and other service providers on the Lower and Outer Cape. Through this collaborative effort, we are often able to amplify our impact on clients' lives. LCOC has also established a referral system with many of the larger providers of housing in the region to help reduce the likelihood of eviction by intervening before the tenant reaches a crisis point. These efforts to work closely with our partners provides the greatest overall benefit to our clients, which is always our primary focus.

OPERATION WARM

420 new winter coats were distributed to both children and adults



VIV'S KITCHEN



Mike Dufresne knows better than most how challenging the “off-season” can be on the Lower Cape. As the owner of Viv’s Kitchen in Orleans, Mike employs a staff of eight winter employees who count on this income to carry them through the long Cape winter. Last year, Mike and his wife Viv (the namesake of the restaurant) selflessly took zero salary during those difficult winter months in order to keep their entire staff working. When an expected Employee Retention Credit (ERC) took

longer than expected to arrive, Mike was left facing a difficult choice – short-term layoffs or falling behind on the restaurant’s bills. Both options were unacceptable to Mike, so he made a call to LCOC in the hopes of finding a solution. “The toughest part was that we knew that we did everything right. We were unfortunately stuck between paying our employees a fair wage and trying to keep our prices fair for the community. We could not get through the winter without some help.” Fortunately, Mike’s timing

was perfect as the agency was looking to reboot our micro-loan program and find an entrepreneur who would benefit from a small loan. The idea was to adjust the framework of the program to appeal to small businesses in need of start-up funds or short-term assistance to manage a minor financial setback. The match was perfect!

Mike and Viv were exactly the type of hard-working Lower Cape businesspeople that LCOC was hoping to work with. The restaurant had a proven record of success, and the profitable summer months were on the horizon, but “we couldn’t depend on the ERC credit to keep us afloat so the only choice left was to call LCOC to see what our options were,” Mike said.

While Mike and Viv knew that they only needed to weather a month or two before the busy season arrived, staff at LCOC were actively seeking opportunities to pilot the reimagined Micro Loan Program. “We know how many small businesses in our service area just need a small investment to get

them off the ground or to purchase a piece of costly equipment that will improve their work, or the funds to cover a short-term challenge,” said CEO Katie Wibby. “No one was more deserving than Mike and Viv and we were so proud to support them.”

With the challenge in their rearview mirror, Viv’s Kitchen continues to thrive and Mike and Viv are ready for another busy summer! You can find them in the Orleans Marketplace on 6-A.

LCOC is constantly looking for ways to evolve and improve the services that we provide to the people who live and work on the Lower and Outer Cape. Opportunities to support self-sufficiency and the pursuit of financial independence are among our highest priorities.

DONATE

If you would like to help support our mission, there are several easy ways to donate:

Mail a check to
PO Box 665
Orleans, MA 02653

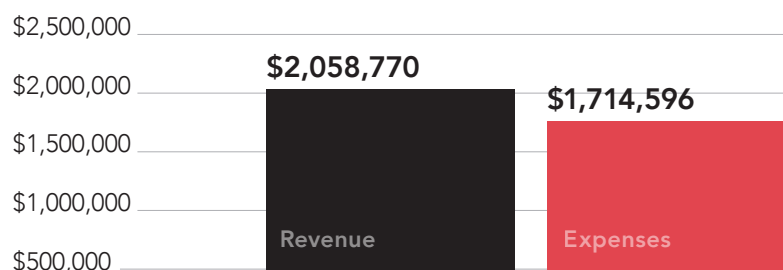
Visit us online at
lcoutreach.org

Call Rachel, our
Donor Manager, at
774-722-0209

Scan the
QR code below



2023 REVENUE & EXPENSES*



*unaudited

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ANNIVERSARY

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LCOC'S HOME AT 19 BREWSTER CROSS ROAD



One of the highlights for the organization in 2023 was the purchase of our headquarters at 19 Brewster Cross Road, which has been our home for almost 40 years. This purchase solidifies our place in the community and ensures that our services will be available to our neighbors in need long into the future.

In 1987, a small space, now Katy's Korner, was donated to LCOC and staffed by volunteers three days a week to administer our financial assistance program. Over the years, LCOC continued to grow and eventually took over the entire building. LCOC was fortunate to have the long-standing support of the owner of the building who worked with us to make this purchase a reality.

LCOC is also grateful to all our supporters who made this purchase happen. It is the product of the generosity of our community, dedication of our volunteers and commitment to our mission. It is an honor to have so many of you support our shared mission and our work.

TURKEY TROT

We had another successful Turkey Trot! A total of 2,477 runners and walkers registered for our 19th Annual Race, up by more than 200 from last year. Once again, we grossed over \$100,000! This year we made a few changes to the race, including moving the staging location to the Oyster Pond Parking Lot and some minor modifications to the race route. These small changes were made in conjunction with the Chatham Police Department to better accommodate our growing numbers and increase safety for our participants. After this year's success, these changes are here to stay! Thank you to everyone who registered, showed up to cheer, and, of course, our volunteers who made the event possible. We are looking forward to celebrating the race's 20th anniversary on Thanksgiving Day, November 28, 2024.

