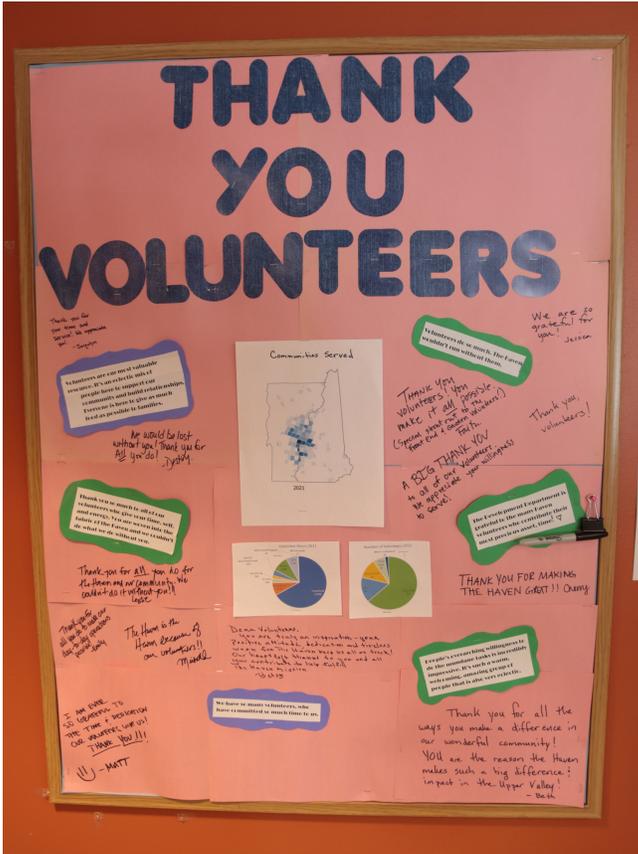




# HAVEN HELPERS

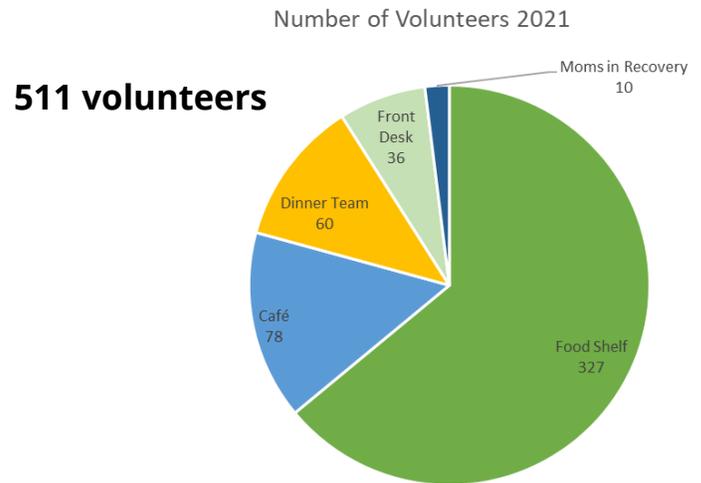
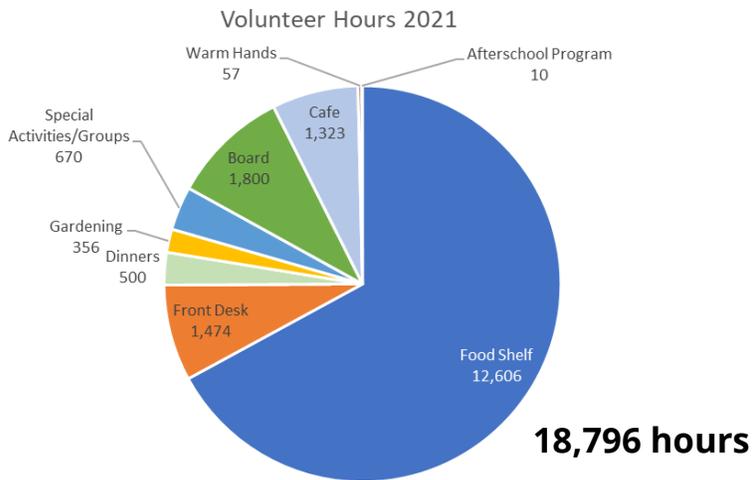


Without volunteers, the Haven would not be possible. Whether it's Pam, the "luckiest grandma around," who has been volunteering at the Haven for the past 11 years, or Barb aka "Freezer Barb," the queen of the walk-in who has totaled 750 volunteer hours since we started using VolunteerHub just two years ago, or Heather, who has been making an impact with customers and on the D&I Committee since she started volunteering during the pandemic, the volunteers are what make the Haven's world go round. Here are some things happening around the Haven thanks to you!

In 2021, 452 volunteers worked the equivalent of seven full-time staff in the Haven's food programs for a total of 14,722 hours. While the food shelf sees a majority of the volunteer and hours, the Haven has expanded its food programming to include 10 more outside programs, delivering 77,400 pounds of food in 2021. The total amount of food donated to the Haven in 2021 was 833,915 pounds.



# Pieces of the Haven Pie



## FOOD SHELF

In 2021, the food shelf served 14,443 visitors. That's 2,718 Upper Valley households that were provided with food from the Haven food shelf. Volunteers accumulated 12,606 hours in the food shelf, alone.

## CAFÉ

Making approximately 100 meals a day, the café made over 20,000 meals for those utilizing grab and go.

## RECEPTION

Built because of a volunteer suggestion, registration volunteers and staff have found shelter in the Hut, which happened to be built by volunteers, as well!

## HIXON HOUSE DINNERS

More than 250 dinner were made from home for guests in our adult shelter in 2021.

## GARDENING

If you're interested in gardening this season, reach out to Faith at the front desk about getting your hands dirty.

## BOARD

Our board plays a large role in Haven operations but often do their work behind the scenes, volunteering their expertise and networks in order to continue fulfilling the Haven's mission.

## MOMS IN RECOVERY

With 10 meals and snacks each week, volunteers made about 5,000 meals and snacks for our Moms in Recovery Program.

## BY COMMITTEE

### D&I COMMITTEE UPDATES FROM VOLUNTEER HEATHER BENSON:

I joined the D&I committee in January of 2021. It is a fantastic group of people. Working on issues of diversity, equity, and inclusion is tremendously important. I've really appreciated all the different ideas, discussions, and opportunities that our committee has been working on and struggling with.

I would suggest that volunteers take a look at the bulletin board near Faith's desk. There's been a lot of information displayed there, celebrating Black History month, Women's History month, several different cultural holidays, and information about pronouns. It's a great resource and it's updated regularly. If volunteers have ideas or suggestions for issues that D&I can help with, we'd love to hear about them, so please connect with us. And finally, Faith will make you a new name tag that adds your pronouns under your name. If you aren't quite sure why pronouns matter, ask one of us. I'm sure there's quite a bit more that I could add, but this seems like a good start.