

ANNUAL REPORT

2019

The primary purpose of The Fellowship Cup is to provide food, clothing, and shelter to the underserved of Henry County.

Our core values:

- We believe in a Christian focus to providing services.
- We believe all persons were created in the image of God.
- We believe in collaborating with others to serve our community.
- We believe in empowering people to rise above the need for our services.

A Note from our President: 2019 was a year continued progress with assisting families overcome poverty. Completing our third Getting Ahead Class and graduating 18 people in Mt Pleasant and Wayland. The mobile food pantry expanded to Olds and Wayland to serve 8 more households along with the 15 households in Salem. We are trying to provide resources in these food desert areas. Thank you for the continued faithful support. The need has never been greater!

Shannon Van Nyhuis
Board President

Board Members

Member	Position	Year	Organization	Church
Lund, Maribelle	Director/Secretary	2020	Farmer/House Wife	Swedesburg Lutheran Church
Smith Neil	Director, Treasurer	2020	CPA	Wellspring Church
Hunt, Bob	Director	2020	Retired	Faith Christian Outreach Center
Katsion, Paul	Director	2019	New York Life Rep	Calvary Baptist Church
Thomas, David	Director	2021	Retired	St Alphonsus
Rogers, Darrell	Director	2020	Retired	United Methodist Church
Ryon, Susan	Director	2020	Retired	First Presbyterian Church
Parks, Laurie	Director	2018	Registered Nurse	St Alphonsus
VanNyhuis, Shannon	Director/President	2018	Mt Pleasant Christian School	Faith Christian Outreach Center

Our Programs

Food Pantry serves individuals/families who are residents of Henry County, Iowa. Our food pantry is available once a week to those in need. Our food pantry program cannot sustain food needs but instead is meant to help supplement normal grocery purchases as to “offer a little help along the way.

The Fellowship Cup Food Pantry is available on Thursday's from 10:00AM-4:00PM and Monday evenings from 4:30-5:30 pm.

7011 Households served in 2019

17926 Individuals served in 2019

\$12334.42 Food pantry expenses

\$7379 Designated food pantry income

Feeding America (Walmart/Aldi) 44615 pounds donated

HyVee 44358 bakery food and assorted items

Community Gardens Continued in Mt. Pleasant with plots at 211 Jackson Street, Master Gardener Chuck Albright provided much assistance in Mt. Pleasant. Each garden produced throughout the summer and provided food for garden participants as well as for the Thursday food pantry.

40 Plots adopted by clients or community members

Expenses: \$2137

Community Room is the large space available for individuals to rent for celebrations and gatherings. Community Meals are sponsored by area churches on Wednesdays.

2019 Community Room Statistics: 195 times rented throughout the year

FISH (Friends in Service Here) provides help to individuals who do not reside in Henry County. Helping in Henry County provides help to those who live in Henry County.

2019 Income: \$1287.55 Individuals helped (362)

2018 Expenses: \$16,921.89 (FISH and Helping in Henry County)

Friendship House consists of two bedrooms that provide sleeping accommodations for individuals visiting friends or family at the Mt. Pleasant Prison or Mental Health Institution.

2019 Friendship House Statistics: 41 nights used

School Backpacks Going back to school with the right supplies helps students start the year off right. In 2019, we distributed backpacks to individual K-12 students.

2019 School Backpack Statistics

200 Number of school backpacks distributed directly to students

\$225 Designated income

\$960.62 Expenses

Summer Sacks are distributed throughout Henry County to children who would typically receive free or reduced lunches during the school year. Sites for distribution include: The Fellowship Cup, Green Valley, South St, Chesapeake Apartments, Salem, and New London. New London took on the responsibility for preparing and distributing their own lunches with food and supplies from The Fellowship Cup. Salem supports the program by providing volunteers for lunch distribution.

The Fellowship Cup was assisted by the Iowa State Extension Office with interns that did weekly health, wellness, and safety activities as well as summer crafts.

2019 Summer Sacks Statistics

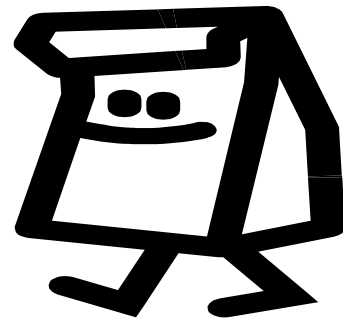
7487 Number of Summer Sacks

185 Children participating

\$3353.15 Expenses

\$0 Summer Sacks Designated Income

399 Volunteer hours with 126 volunteers



2019 Annual Report

Quarter Maybe More Store is located at 112 North Jefferson Street. The income from the Quarter Maybe More Store helps sustain the ministry of The Fellowship Cup. The Fellowship Cup's main purpose is the food pantry.

\$1336.88 QMMS Donations Received

\$264.945.16 QMMS Income



RSVP (Retired Senior Volunteer Program)

This program seeks to involve those ages 55 and older in community volunteer efforts including medical transportation, tutoring in the schools, and projects at The Fellowship Cup and in Henry County.

137 RSVP volunteers enrolled and 5710 hours served

Special Projects- When individuals are under-resourced to the extent that they spend most of their time and energy trying to keep their heads above water, their daily living experience becomes dominated by the tyranny of the moment. The Bridges Out of Poverty "Getting Ahead" Class is an initiative to bring the community together to fight generational poverty. The Fellowship Cup will graduate its third class of 18 people in January 2020.

2019 Annual Report

Help us be even better in 2019

- Give financially! The condition of our economics indicates additional families will need assistance in 2019. Help your neighbors in need. The Fellowship Cup is able to stretch your dollars by purchasing food at the Food Bank, Wal-Mart's "Feeding America", and HyVee's great deals.
- Give of your time. VOLUNTEER. With each volunteer, The Fellowship Cup and Quarter Maybe More Store are able keep payroll costs low. Lower payroll costs allow more money to help the community.
 - Be the Friendship House Ambassador by keeping the rooms clean and atmosphere inviting.
 - Mentor a client participating in our "Getting Ahead" class.
 - Deliver Thursday Food boxes to those who have mobility challenges.
 - Hang clothes at the Quarter Maybe More Store.
 - Travel around town with our driver to deliver and pick up donations.
 - Provide office support by answering phones so the director can handle the day's issues. Sign up for the same three hour time block each week.
- Give your things. The Quarter Store is always looking for new donations to help sustain the ministry of the Fellowship Cup. The QMMS accepts furniture, household items, clothes, tools, dishes, toys, and, well just about anything clean.
- Give in celebration of your life. Consider making the Fellowship Cup part of your will to leave a lasting legacy of your passion to help those in need.

Holiday Blessings

A huge THANK YOU to all the blessings donated during the holiday season. Almost 300 children were provided with gifts in coordination with Mt Pleasant Police Toys for Tots, Community Action, Kiwanis and The Fellowship Cup.

2019 Annual Report

Congregations

Bible Missionary Church
Calvary Baptist Church
Congregational Church
Cum Deo Class
Finley Chapel UMC
First Assembly of God
First Baptist Church
Gleaners Fellowship Class
Green Mound Church of God
New London Presbyterian
New London UMC
Olds United Church of Christ
Open Bible Church
Pilgrim Nazarene Church
Salem Congregational Church
Saint Alphonsus Church
Michaels Episcopal church
Swedesburg Lutheran Church
Trenton Missionary Church
Wellspring Evangelical Church
Wesley Chapel UMC

Congregations over \$1,000


Community of Christ Church
Faith Christian Outreach Center
Faith Lutheran Church
First Presbyterian Church
First United Methodist Church

Grants

HRSA Grant Public Health
Henry County Board of Supervisors
Walmart Foundation-- multiple

Corporations and Clubs


Aldis
Big River Resources
Blockbusters
Conrad America
Farm Credit Services of America
Heatilator
H2O
Henry County Health Center
Henry County VFW Auxiliary Post 2561
Henry County Farm Bureau
HyVee Drugstore
HyVee Grocery Store
KILJ
Kiwanis Club
LT Club of Mt. Union
Mid-Am Building Supply
Mt. Pleasant Correctional Facility
Oakland Mills Church
Pizza Ranch
Schrader Used Car
Wayland State Bank
Walmart Distribution
Walmart Superstore
Walmart Transportation
West Liberty Foods



Thank you to
everyone who
supports the ministry
of the Fellowship Cup.

We applaud the
individual donors,
who have committed
to providing
financially to help
those in need in
Henry County.

Individuals are the
largest category of
donors.



2019 Annual Report

<http://www.thefellowshipcup.org/>

2019 Volunteer Hours

19,064

THANK YOU!!

The Fellowship Cup
"Offering a little help along the way"



The Fellowship Cup
203 N Jefferson St
Mt Pleasant, IA 52641
(319) 385-3242
volunteer@thefellowshipcup.org

Quarter Maybe More Store
112 N Jefferson St
Mt Pleasant, IA 52641
(319) 385-3262

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