



In 2022, **62%** of NourishPHX clients were **female**  
**1 in 3** clients were **children**

## Working Mom Seeks Better Life With Your Help

Remember when you first lived on your own? That critical milestone can be exciting and overwhelming.

That's how Karen, 26, felt recently when she separated from her partner and moved out of the home they shared. Only she didn't just have to survive on her own. Karen also had to provide for her daughters, ages 6 and 3.

With two part-time jobs, Karen's income wasn't enough to afford an apartment at today's rates. Thanks to your generous support, our community was there to help.

Karen started coming to NourishPHX three years ago for food. She thought she'd "be just another number," but she was pleasantly surprised when our team learned her family's needs and preferences.

That encouraged Karen to explore our other services. Soon, her daughters were enjoying

bilingual story time, while Karen learned how to improve her credit score and create a balanced meal on a budget.

When Karen made the tough decision to leave her partner, she knew her family had a safety net in NourishPHX. Our team connected her to an affordable housing program that charges Karen rent in line with her income.

Karen says finding a safe home for her family was a huge relief. It's allowed her to focus on her kids' well-being after the separation. Plus, Karen is now pursuing her dream of becoming an ultrasound technician, so she can give back to the community that's cared for her family.

**"You're not just giving someone a box of food at NourishPHX," says Karen. "You're giving them actual life."**

# By the Numbers: Your 2022 Impact

## YOUR GIFTS TO **NOURISHPHX...**



### SERVED

17,104 individuals (unduplicated)  
55% increase year-over-year



### HELPED

203 families register for SNAP  
77% increase year-over-year



### PROCESSED

3.8 million pounds  
of donated food  
Up 12% from 2021

448,637 pounds  
of clothing  
Up 27% from 2021



### SUPPORTED

2,275 volunteers  
\$737,130 Total value  
of volunteer hours

## Partners Help Families Make Vital Connections

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Poverty and social isolation are closely related. When people feel ashamed of their financial situation, they often self-isolate to avoid others judging them. But that marginalization limits the resources they have to improve their lives.

**Thanks to you, NourishPHX is making progress in breaking this cycle.** Our community partnerships grew from just three a year ago to 25 by the end of 2022. Here are just a few of the ways clients connected with local businesses, nonprofits, and individuals to create lasting change for their families.



Clients received haircuts from ClipDart.



Arizona Humane Society cared for clients' pets.



Chef Jeff Kraus shared healthy recipes from food box items.



National Charity League members brightened our space.

## About



NourishPHX is the trusted community hub serving vulnerable individuals and families by offering resources to satisfy immediate needs and to provide pathways to self-sufficiency. With your help, we're giving hope and dignity back to the working poor in Phoenix. Visit [nourishphx.org](https://nourishphx.org).

## Contact Us

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Nourish PHX is a  
501(c)(3) organization.  
Tax ID #86-0401223  
QCO Code 20385



## Forget Your AZ Tax Credit?

There's still time to make a gift to NourishPHX and claim your Arizona Charitable Tax Credit for 2022. Single filers can give up to \$400 and joint filers \$800 and get every dollar back on your state taxes. Donate today at [nourishphx.org/donate](https://nourishphx.org/donate) and include QCO code 20385 when you file your taxes. Questions? Contact [mary@nourishphx.org](mailto:mary@nourishphx.org) or **602-775-5743** to learn more.

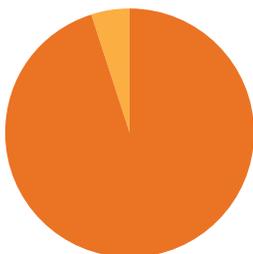
## Board

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## Staff

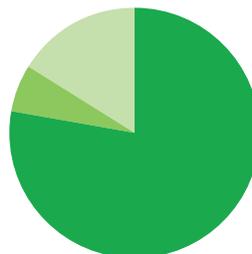
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Carlos Valdez, **Client Engagement Representative**  
Irvin Atwater, **Warehouse Assistant**

## Your 2022 Generosity at Work



### Expenses\*

- Program (95%)
- Administrative (5%)



### Revenue\*

- Donated Goods & Svcs. (78%)
- Individual Gifts (6%)
- Corp./Government (16%)

\*Based on unaudited figures as of 12/31/22