



2022

**Annual
Report**





Our Motto:

Helping Families Start Over

Our Mission:

We support children and families who have escaped domestic violence situations and those suffering from some other form of trauma including natural disaster and criminal assault. We provide donated furniture and household goods as these families begin new, independent, productive lives in safe environments.

Year End Review

Executive Summary

2022 was a pivotal year for the FreeStore. **We delivered furniture and other household goods to a record 389 families, an increase of almost 20 percent over the previous year.** Elevated demand has continued into 2023. As always, we do it all with volunteers.

Our furniture-bank charity also received the single largest financial gift in our 20-plus-year history. At year-end **the Steven & Alexandra Cohen Foundation based out of Stamford, CT provided \$100,000 to replace the oldest of our three trucks and gave us an opportunity to meet inventory shortfalls as they arise.** It also provided breathing room to consider our mission and strategy in light of increased need.

We delivered furniture, beds, linens, couches, living room chairs, dining sets, kitchen supplies, vacuum cleaners, microwave ovens and countless other household goods to the homes of 389 families in 2022, up from 328 families in 2021 and 225 families in the Covid year of 2020. In those families there were 465 adults and 492 children. We served clients in central Iowa with most of them in Polk County.

The FreeStore served 109 domestic violence families in 2022 and continued to work with victims of sex trafficking through relationships with Dorothy's House in Des Moines and Youth Shelter Services in Ames.

About 628,000 pounds of gently-used furniture and household goods, most of it donated by individuals and collected by our two-person

pickup teams, were provided to clients. We estimate the value to be about \$785,000.

The FreeStore operates year-round with about 120 volunteers. We have never had paid staff. Over half of our volunteers are involved with us at least once a month. Reported volunteer time in 2022 was 8,700 hours.

Actual expenses were \$140,000. Major expenses were for warehouse rent, truck maintenance, truck fuel, parking lot replacement, and purchase of items for clients. Warehouse rent was renegotiated to reflect market rates, leading to a substantial increase. All but about \$12,700 of our expense went directly to client assistance.

Income for 2022 was over \$267,000. (This includes \$100,000 from the Cohen Foundation for special projects.) The majority of our annual ongoing income comes from donations from individuals and grants. About \$19,000, or around 11% of income, comes from a small charge to agencies that refer clients to us. Service to clients is free. The remainder of our annual income is generated through project-specific grants.

Going forward, continued high demand presents challenges for the FreeStore. Our top priority is recruiting and retaining volunteers to meet expanding needs. **A strategic review will be done by the board in 2023** to examine our mission and how best to meet our clients' needs.

FreeStore
volunteers
Laura Sands
and Peg Smith
share a light
moment at the
warehouse.



The majority
of our income
comes from
**donations from
individuals
and grants.**

The FreeStore operates with zero paid employees and around 120 volunteers. Reported volunteer time in 2022 was around 8,700 hours!



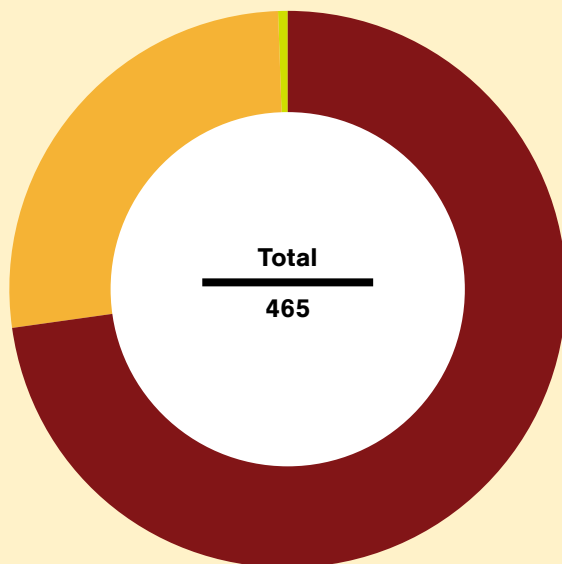
Volunteers make it happen at the FreeStore, including kids. Pictured left, one of our pint-sized volunteers proudly carries a cleaning basket that will go on the truck. She's part of a volunteer group from Bankers Trust that helps clients pick out household goods in our warehouse. The items are then loaded on one of our box trucks and delivered to the client's home.

Client Self-Identified Race

	2022	2021	2020*	2019	2018
Ethnicity	Clients	Clients	Clients	Clients	Clients
African American	129	116	82	129	114
Asian	6	2	6	1	3
Caucasian	199	151	105	163	137
Hispanic	36	37	25	27	25
Other/Multi	19	10	7	16	11
Total	389	317	225	336	290

*The Covid Pandemic impacted operations in 2020.

Gender of Adult Clients

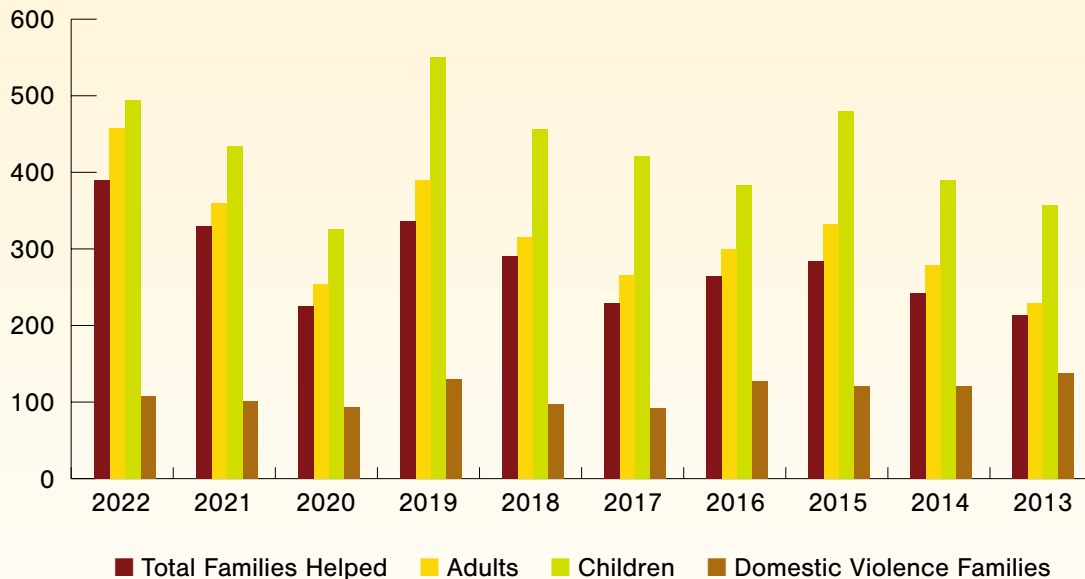


■ Women 339 (73%)
 ■ Men 124 (27%)
 ■ Non-binary 2 (<1%)

Client Totals

	Total families helped	Adults	Children
2022	389	465	492
2021	328	371	432
2020	225	254	324
2019	335	390	549
2018	289	312	455
2017	229	265	419
2016	263	299	382
2015	283	332	478
2014	242	276	388
2013	213	228	356

10 Year View of Client Data



Client Data by Family Type

	2022	2021	2020*	2019	2018	2017
Families helped	389	328	225	335	289	229
Adults	465	371	254	390	312	265
Children	492	432	324	549	455	419
DV clients [†]	109	102	94	130	97	92
ICIW [‡]	7	3	3	4	4	6
Needy clients	203	149	86	157	138	107
Youth	50	63	31	43	50	29
Sex Trafficking	7	4				
Vet	10	12	12	1	0	1
Estimated value of goods in thousands	\$785	\$529	\$465	\$677	\$520	\$448
Total estimated weight of goods (in tons)	314	229	181	268	223	183

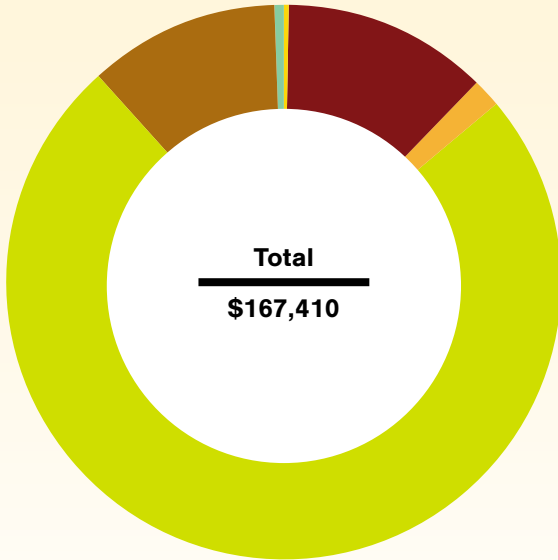
* The Covid Pandemic impacted operations in 2020.

[†] The FreeStore served Domestic Violence clients from Assault Care Center Extending Shelter and Support (ACCESS), Children and Families of Iowa – Domestic Violence Services (CFI-DVS), Crises Intervention and Advocacy Center (CIAC), Latinos for a New Dawn (LUNA), Nissa African Family Services and Monsoon United Asian Women in Iowa in 2020.

[‡] Released from Iowa Correctional Institution for Women.

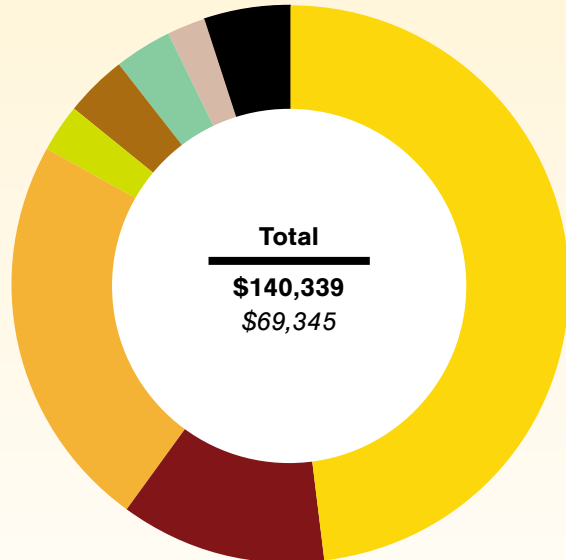
2022 Cash Revenue

Does not include one-time \$100,000 grant for special projects



2022 Expenses

2021 expenses in italics



Category	Amount
Churches	\$500
Corporations	\$20,000
Foundations	\$2,800
Individuals	\$124,790
Fees	\$18,705
Other	\$615

Category	Amount	Amount
Warehouse	\$67,773	\$30,994
Trucks	\$16,543	\$9,692
Materials	\$32,301	\$15,901
Insurance	\$4,091	\$4,065
Fundraising/Marketing	\$5,023	\$5,182
Office operation	\$4,485	\$1,166
Miscellaneous	\$3,203	\$2,331
Re-paving	\$6,920	\$0
Salaries	\$0	\$0

In 2022, all but \$12,711 in expenses went directly to client assistance.

2022 Cash Revenue and 2022 Expenses are unaudited results.

Agency Activity

Agency	2022	2021	2020
Assault Care Center Extending Shelter and Support - ACCESS	17	21	22
Aging Resources	4	3	
A Heinz Pet Rescue			1
Altoona Kids		1	
Animal Rescue League - ARL	12	8	6
Amerigroup		1	
Blank Childrens Pediatrics	3		
Broadlawns Community Services	1		
Broadlawns Path	3	1	
Beacon of Life		1	
Bond of Unity		4	1
Central Furniture Rescue			1
Central Iowa Shelter Services	4		
CFI	23	30	12
CFI-DVS	68	59	58
CFI-DVS Shelter	1		1
Crisis Intervention and Advocacy Center - CIAC	3	3	7
Christ Apostolic Temple	1	3	3
Community Support Advocates	13		6
Crisis Intervention Services	2		
Dad's With a Purpose		1	
Des Moines Dream Center			2
Des Moines Public School	4	10	3
Des Moines Refugee Support		3	
Disabled American Veterans	18	3	
Department of Human Services - DHS	14	16	3
Dorothy's House	6	5	
Downtown Disciples Church			1
Easter Seals			4
Elim	1		
Ellipsis South	1		
Eyerly Ball	31	20	6
FACT Program			1
Family Life Center		2	
Family Crises Center - Ottumwa	1		1
Habitat for Humanity	2		
Hawthorn Hill	7		
HOME, Inc		1	
Hope Ministries – Bethel Mission	1		
Iowa Homeless Youth - IHYC	21	59	31
Insaneo Blaineo Foundation			1
Joppa	9	3	2
Latinex Immigration		2	

Agency	2022	2021	2020
LUNA	14	12	9
Lutheran Church of Hope	2		
Lutheran Services	24	1	1
Madison Elementary	2		1
Mainstream Living			3
Merrill Middle School	1		
Midlowa Family Therapy Clinic - MIFTC	18		
14	15	27	36
Monsoon	2	1	1
Mt Hebron Baptist			1
Nisaa African Family Services	5	6	2
Oakridge Neighborhood	1		
Optimae Life			1
Orchard Place	10	5	6
Other	5		
Polk County DHS			1
Polk County Family Enrichment Center	29		7
Polk Co Family Development and Self Sufficiency - FADSS	8	9	
Polk County Veteran Affairs		1	
Prayer Circle Outreach	1		
Primary Health Care	2		
Restore		1	
Royal View	2	1	1
Ruth Harbor Ministries	1		
Shepard of the Valley Lutheran		1	
St.Timothy's	1		1
St Timothys (Women at Well)	7	2	3
St John Lutheran	5	2	3
St Vincent de Paul			18
SWERVE Outreach			1
Trinity United Methodist		1	
United Way of Central Iowa			1
Unity Church			1
Urban Bicycle Food Ministry			2
VA Central Iowa	4	7	11
VA Hospital	1		
Veterans Affairs	2	4	1
Veterans Outreach	4		1
WDM School	2		2
Wesley Life	3		
YESS – Emergency Shelter	1		
Youth Justice Initiative	1		
YMCA Supportive Housing Campus	2	3	
YSS - Lighthouse	27	3	



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