



# 2023 IMPACT REPORT

Sojourner Truth House is dedicated to providing support and resources for individuals and families in need. Through various programs and services, Sojourner Truth House aims to empower individuals to overcome challenges and thrive in their communities.

2023 saw the following:

- An average of **2,402** clients served each month
- **247,430** pounds of food distributed through the food pantry, which fed an average of **767** families each month
- An average of **71** home visits made per month by case managers to **90** households living in supportive housing through the Gateway and South Shore Commons programs
- **37** individuals moved into stable housing
- **6,851** volunteer hours, with an average of **40** individual volunteers per month. That is the equivalent of **\$197,612\***!
- STH offers case management and support services to **60** households in the SouthShore Commons and **52** households in the Gateway program.

*\*Based on the Independent Sector's value of \$28.84 per volunteer hour in Indiana*

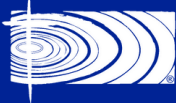
Toni was raised by parents who valued a good education, and her future seemed promising. For years she was self-sufficient and self-supporting, until a serious illness changed her life. She was unable to work, and with medical needs and mounting bills, Toni soon ran out of options. She reluctantly went to a homeless shelter—and to Sojourner Truth House (STH).

**“At first, I was skeptical and had a hard time asking for help with even my basic needs,” Toni recalls. “But my case manager took the time to really listen to me, and that was a turning point.”**

Now, Toni knows there are people in her community who care about her and will help her meet life's challenges.

**Thank you for being part of this community of support.**

Poor Handmaids of Jesus Christ



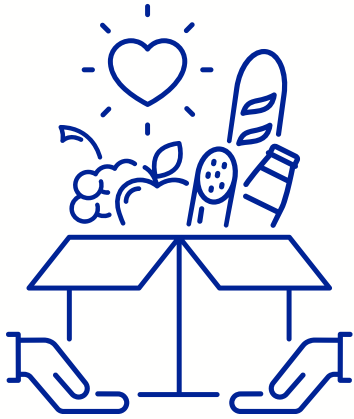
Partners in the work of the Spirit

Sojourner Truth House is a ministry sponsored by the Poor Handmaids of Jesus Christ.

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Our food pantry is Lake County's largest and one of the only that provide personal care items as well. Three days a week, we serve an average of 80 households each day. But due to high inflation, we're seeing an increase in hunger and food insecurity in our community.

You and other supporters ensured that STH's food pantry:

- Served **9,128** households (an average of 767 per month), **7.6** percent more than in 2022.
- Distributed **247,430** pounds of food (an average of 28 pounds of food per household, per month)
- Prepared and served **7,804** wholesome, home-cooked meals from our kitchen
- Provided a wide range of healthy foods—milk, eggs, butter, meat, fresh fruits and vegetables
- **44,806** pounds of in-kind food donations were received, which helped stock the pantry shelves.



Our Community Garden is also a vital part of Sojourner Truth House. According to the USDA, there are **14** food deserts in Gary, meaning **33%** of residents live more than a mile from a grocery store. Every month, we provide food boxes for hundreds of families, and during growing season we depend on our garden to provide supplemental food.

The garden annually averages approximately **1,050** pounds of produce. This fresh food is served in meals from our kitchen, distributed in food boxes through the pantry, and shared with our neighbors.

**Thank you for joining us in this mission. Together, we're empowering individuals and families to overcome their situations by providing advocacy, counseling, case management, and career and employment training that our clients need to become productive members of our community.**

