

SMART CHOICES TEXAS

2021 ANNUAL REPORT



CARING
COMPASSION
CHARITY

Our FY2021 Year in Review

It was you, our generous donors, volunteers, partners, supporters, families, friends, Trustees, and Board Members that made our work possible in 2021. You are protecting the thousands of people who rely upon local nonprofit organizations such as SMART CHOICES TEXAS to fill the need during tough times. Though we are a small organization our reach is far and our hearts are large.

We will continue to serve with the Big 3C's - Caring, Compassion, and Charity. Our programs are designed to not only fulfill the emergency needs but to also create pathways to better health, well-being, learning, self-sufficiency, and growth.



OUR MISSION

Smart Choices Texas has a mission to transform the lives of our most vulnerable populations; children, older adults, Veterans, and people with disabilities. We work to banish poverty and nourish underserved communities through food relief, education, street outreach for homeless youth, domestic disaster relief, and small business development. Cultivating a path of smarter, healthier, stronger, abundant communities.

OUR VISION

The vision is to foster good health, good nutrition, positive energy, human dignity, and the opportunity for individuals to meet their full potential. Breaking destructive generational cycles developing prosperous families. Thus fueling the future by empowering people with knowledge, tools, and the resources they need to elevate.

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SMART CHOICES TEXAS is a Registered 501 (C)(3) Nonprofit Organization

STILL STANDING STRONG

“Putting food on the table had never been more challenging for some Texans in 2021. While we we’re able to still help those in need, it undoubtably changed how we all see and live every day life. We will stand strong and vigilant in our mission and vision by continuing to help banish poverty and help communties to become stronger and healthier. Thank you for your support. You are truly appreciated.”

- Tiera McKinley | Founder & Executive Director

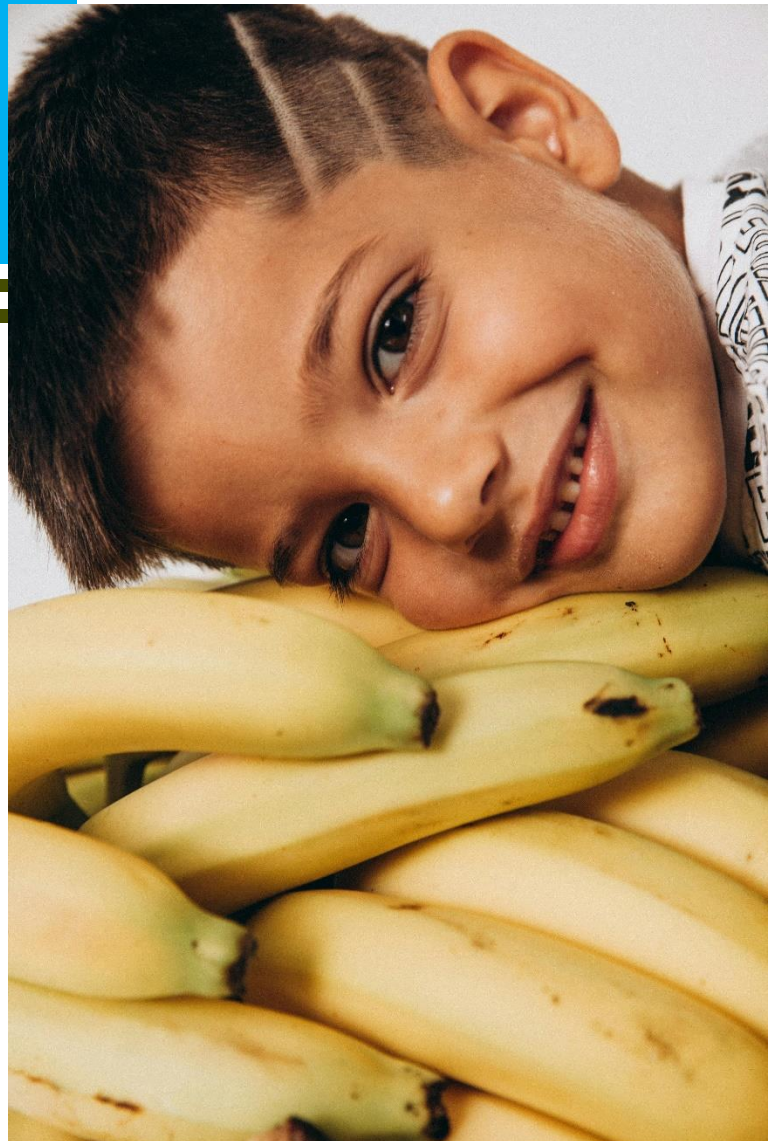


“The lack of access to proper nutrition is not only fueling obesity, it is leading to food insecurity and hunger among our children.”

- Tom Vilsack
Former U.S. Secretary of Agriculture

Access to healthy, affordable food is essential to building healthy communities and have long-term positive health outcomes for individuals and families. Unfortunately, this opportunity is not available to everyone in the United States. According to the USDA, approximately 40 million people live in food deserts, meaning a significant portion of people in these areas either do not have access to a grocery store or live far from one.

People who live in food deserts are primarily low-income and struggle with multiple levels of access, from transportation, banking and credit options to healthcare. Additionally, food access issues disproportionately impact communities of color. Food insecurity creates a problem for us all. When we connect the dots we’ll see how it has directly or indirectly affected us in some way.





*"Just like moons and like suns, With the certainty of tides,
Just like hopes springing high, Still I'll rise." - Maya Angelou*

HOW WE SERVED IN 2021

- Academic tutoring for students, college prep, and mentorship
- Back-to-School
- Birthday wishes/gifts for children
- Career help, interview prep, job search, and placement
- Clothing closet and Job attire readiness
- Domestic disaster relief, recovery, and preparedness training
- Healthy cooking classes
- Holiday toys for children and youth
- Mobile food relief
- Rent, mortgage, and utility assistance
- Summer lunches for children and youth
- Supportive Services for Veterans and Veteran Families
- Street Outreach for homeless youth and trafficking survivors in North Texas



OUR OVERALL IMPACT

948	Clients received free baby care items, personal hygiene, medical supplies, incontinence products, and PPE related items.
100	Children received new school uniforms, clothing, new sneakers, a backpack full of school supplies, and free haircuts/styling at our Back-2-School event.
129	At-risk youth reached with our evidence-based, high-impact tutoring and counseling intervention. Test scores increased an average of 19 percentile in students aged 9-17 who attended Title 1 public schools in North Texas.
184	Adults received clothing, shoes, socks, jackets, blankets, Winter coats, hats, gloves, and scarves.
72%	Of our Veteran clients did not return to living on the street after completing six months of our Supportive Services Program for Veteran Families.
385	Homeless and trafficked youth recieved Street Outreach services. Included case management, food relief, employment help, education, skills training, counseling, relocation assistance and other services to gain stability.



SNAP PARTICIPANTS' BARRIERS TO HEALTHY EATING



88% of SNAP participants report facing challenges to a healthy diet



61% reported cost of healthy foods as a barrier

SNAP participants who struggled to afford healthy foods were **more than 2x as likely** to experience food insecurity.

OTHER CHALLENGES TO EATING A HEALTHY DIET



Time to prepare meals from scratch | **30%**



Physical disability or limitations | **15%**



Transportation to the grocery store | **19%**



Storage for fresh or cooked foods | **14%**



Distance to the grocery store | **18%**



Kitchen equipment | **11%**



Knowledge about healthy foods | **16%**



Cooking skills | **11%**