

# SMART CHOICES TEXAS

# 2023 ANNUAL REPORT

## OUR CORE VALUES

### EMPOWERMENT

We celebrate the potential in people to build stronger, long-term success.

### INTEGRITY

Reliable, trusted to do what's right, transparent, and strong.

### WE LOVE OUR COMMUNITY

We hold ourselves accountable by creating programs that elevate the community.

### SERVICE TO OTHERS

We put our words into action.

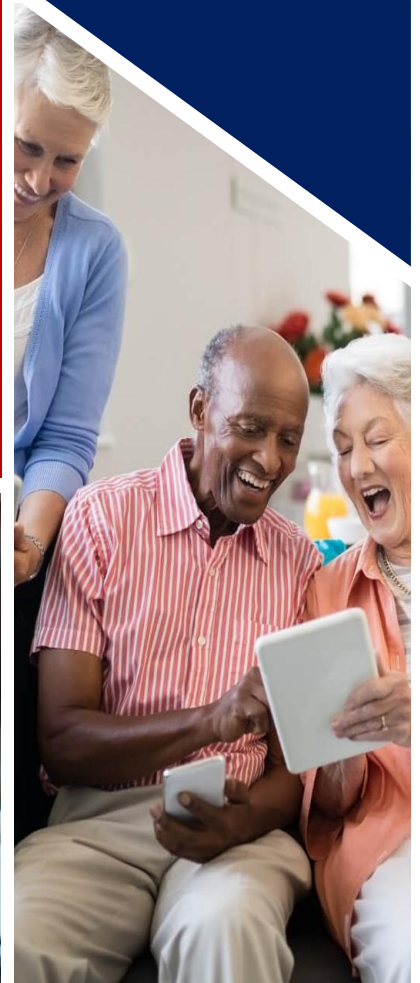
### TEAMWORK

Ego's aside, everyone plays an important role in our mission.

## 1 DEDICATION



## 2 SERVICE TO OTHERS



SMART CHOICES TEXAS  
5955 Alpha Rd  
Suite 1026  
Dallas, Texas 75240

A Registered 501(C)(3)  
Nonprofit Organization





# THE CHILDREN ARE STILL OUR FUTURE

## **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.

## **THANK YOU FOR SUPPORTING OUR PROGRAMS**

Academic tutoring for students and college Prep  
Back-to-School  
Birthday wishes/gifts for children  
Cooking Classes  
Clothing Closet  
Domestic disaster relief/recovery/preparedness  
Holiday toys for children  
Mobile food pantry  
Rent/mortgage/utility assistance  
Resume assistance, interview prep, job search, and job placement  
Street Outreach for homeless teens in North Texas  
Small Business Development  
Summer Lunches  
Veteran services and case management

## **OUR MISSION**

Smart Choices Texas has a mission to transform the lives of our most vulnerable population; 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.

***Dear SMART CHOICES TEXAS volunteers, donors, families, friends, and partners.***

*“I humbly thank you all from the bottom of my heart. Like so many of you who choose careers that involve helping people overcome hardships, this was a calling for me – a passion to be of service to those in need. I will continue to uplift others until the day I transition.*

*No one said it would be easy. Yet, I wake up feeling grateful and enthusiastic every morning. Wondering what resources I may find today so I may be a blessing to someone else. I’m so thankful that a small organization that I started in my garage is able to continue helping so many people survive and thrive.*

*With your generous support, we have continued to grow, decrease food insecurity, educate children, get homeless teenagers off the streets, help people to find good jobs, provide entrepreneurs with tools to start businesses, support families, and continue to carry on our mission.*

*I am honored to share our 2023 SMART CHOICES TEXAS Annual Report with the world, which reflects the work we have accomplished and how your support has impacted the lives of the people we served in North Texas and across the U.S.”*

*Sincerely,*



Tiera McKinley  
*Founder and Executive Director*

**“I humbly thank you all....”**

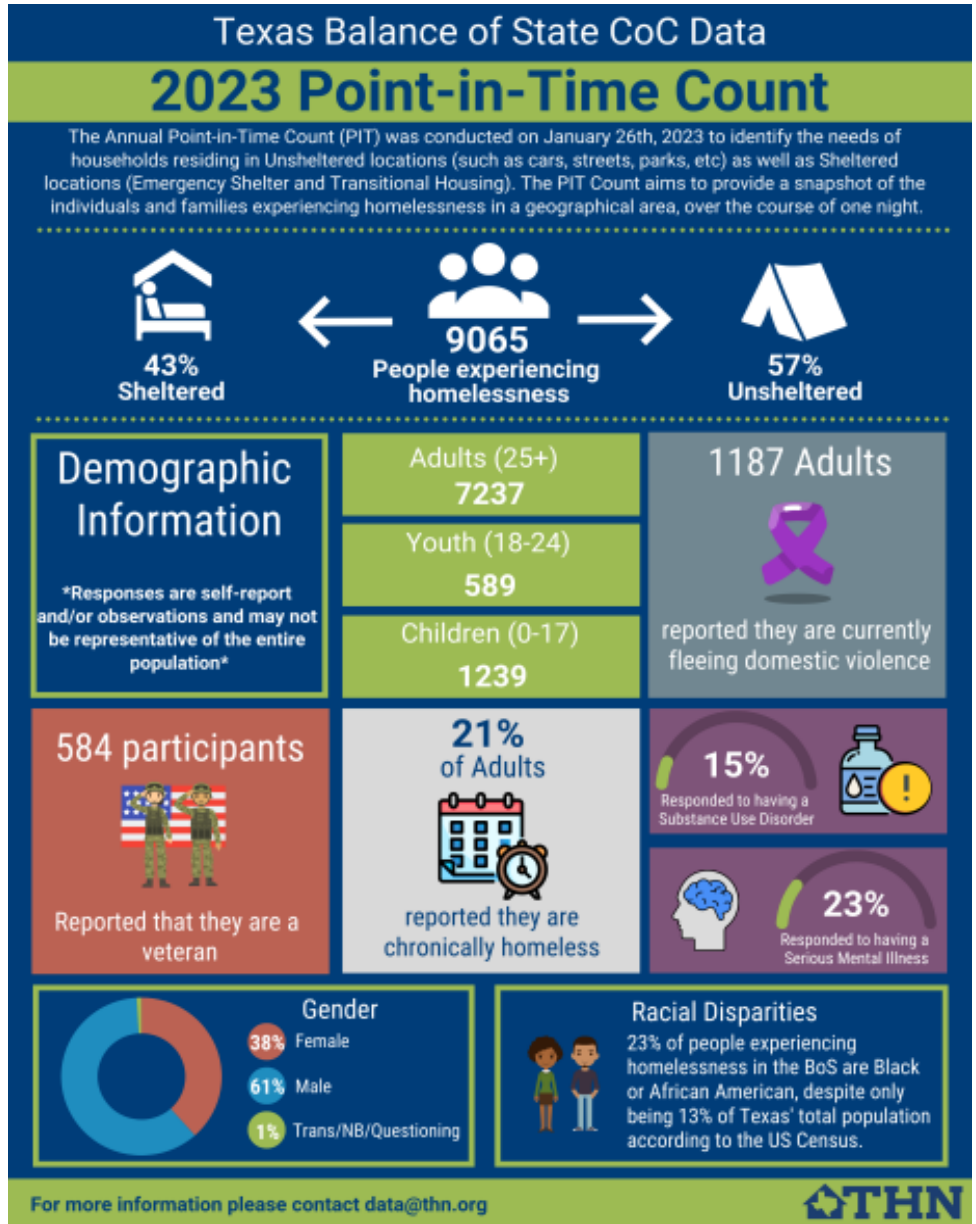


FY2023 ACCOMPLISHMENTS	
<b>Basic Needs</b>	<ul style="list-style-type: none"> <li>• 1,976 Clients received mobile food assistance</li> <li>• 79,428 Diapers and wipes given to parents</li> <li>• 60 Clients received rent/mortgage/utility assistance</li> <li>• 221 Clients received clothing, shoes, and outerwear</li> <li>• 92 Clients received resume help, interview prep, &amp; job search/placement</li> </ul>
<b>Children &amp; Youth Programs</b>	<ul style="list-style-type: none"> <li>• 350 Children were given holiday toys</li> <li>• 150 Children received clothing and school supplies</li> <li>• 8 Youth reunited with family and are no longer living on the street</li> <li>• 20 Homeless youth found jobs and moved into housing</li> <li>• 100 Students received tutoring/college prep</li> <li>• 30 Youth received mentoring</li> <li>• 29 Children received a birthday gift from SMART CHOICES TEXAS</li> <li>• 249 Summer lunches provided to children</li> <li>• 600 Care packages given during street outreach to homeless teens</li> </ul>
<b>Domestic Disaster Relief</b>	<ul style="list-style-type: none"> <li>• 1,507 Care packages were distributed to survivors affected by natural disasters in the United States</li> </ul>
<b>Mental Health</b>	<ul style="list-style-type: none"> <li>• 41 Clients received counseling services</li> </ul>
<b>Other Programs</b>	<ul style="list-style-type: none"> <li>• 25 Clients participated in cooking classes</li> </ul>
<b>Small Business Development</b>	<ul style="list-style-type: none"> <li>• 12 Entrepreneurs received, consulting, resources, and tools to start their small business</li> </ul>
<b>Veteran Services</b>	<ul style="list-style-type: none"> <li>• 77 Veterans received case management; Includes advocacy, housing, counseling, transportation/bus tickets, and basic needs support</li> </ul>

# 2023 Texas Homelessness Statistics

Those whom experience homelessness cannot eat enough nutritious food, get enough sleep, practice basic hygiene, and often need the aid of organizations for basic necessities. Economically this impacts us all whether it is seen or unseen. Homelessness is associated with a higher prevalence of mental and substance use disorders when compared to stably housed individuals.

The Point-in-Time (PIT) count is an annual HUD-mandated census of people experiencing homelessness on a single night in January. The 2023 PIT count occurred on Thursday, January 26th, 2023 across the Texas Balance of State Continuum of Care (TX BoS CoC).



\*\*\*Credit Source: This 2023 Homelessness in the Balance of State: 2023 Point-in-Time Count Results data was provided by the Texas Homeless Network. The infographic may be located at <https://www.thn.org/2023/06/28/pit-2023/>



1 in 6 children within the North Texas Food Bank service area is the 4th highest in the nation in food insecure people out of the Feeding America service areas. (Behind New York City, Los Angeles, Houston)

## The Need for Food in North Texas FY2023 At a Glance



Food insecurity is defined as a lack of consistent access to enough food for an active, healthy life, which often equates to missed meals or unhealthy choices.

Research from Feeding America indicates that the food insecurity\* rate is 11.9 percent in North Texas. The national rate is 10.4 percent. This means there are approximately 638,340\*\* food-insecure people including 218,970 children or 15.8 percent in the North Texas Food Bank 13-county service area.

- This means to 1 in 8 people, including 1 in 6 children. The North Texas Food Bank service area is the 4th highest in the nation in food insecure people out of the Feeding America service areas. (Behind New York City, Los Angeles, Houston)
- The North Texas Food Bank 13-county service area has the 4th highest number of food insecure children in the country
- Dallas County has the 6th highest number of food insecure persons in the nation.
- Dallas County has the 4th highest number of food insecure children in the nation.
- Every community experiences food insecurity, but we do not all experience it in the same way. Racial disparities in food security are prevalent across North Texas.

### Demographics

In the 13 counties served by the North Texas Food Bank, 1 in 8 (11.9%) persons overall face food insecurity. This includes:

- 1 in 5 (22%) African-American Persons
- 1 in 7 (14%) Hispanic Persons
- 1 in 14 (7%) White, non-Hispanic Persons
- Hunger exists in all zip codes. Every day people are forced to make difficult choices between buying food and other necessities, such as medication or covering their utilities.

\*\*Credit Source: Feeding America Map the Meal Gap, 2023 \*North Texas Food Bank FY23At a Glance

\*\*\*Source: Feeding America State of Senior Hunger Study, 2023