



INSIDE *the* GATE



SPRING 2020



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Dear Friends of Iron Gate —



New Decade. New Building. Same Mission. This is the theme we have chosen for this year's Founders' Dinner. We felt this best encapsulated where Iron Gate is today. We are excited to honor our building partners: Flintco, GH2, Wallace Engineering and the Honorable Karen Keith. From helping secure the land to the design and construction of the building, this group helped bring the Iron Gate vision into reality. Today, Iron Gate is a world-class award-winning facility that is serving our guests in an efficient manner in a beautiful setting. I invite you to join us for the Founder's Dinner on Thursday, April 23 to celebrate the honorees and enjoy a "downtown progressive dinner" in our new beautiful dining room! We are delighted to have the chefs from Boston Title & Abstract, the Summit Club and Justin Thompson Restaurant Group prepare dinner for this special evening.

The end of February marked 6 months in the new location. We continue to refine best practices and look for new and enhanced partnership opportunities. We have a new partnership with Tulsa Hub and there is a great follow-up story on page 5. Our mission is to feed the hungry - but our new building allows for so much more than that. Since Iron Gate is a gathering place where people start their day, we try and connect guests with other services they need. We are grateful for the partnership with Family and Children's Services; they provide a caseworker in our dining room every week day. The Department of Veterans Affairs, Community Service Council - SSVF program, and Tulsa Hub offer services to our guests weekly. Additionally, Iron Gate works with Youth Services of Tulsa, HOPE testing, Indian Health Care Resource Center, Emergency Infant Services and the Mental Health Association. Beyond providing an avenue to access resources, the Tulsa City-County Library's Bookmobile provides books and help guests get library cards and the Tulsa Symphony play in our dining room on an ongoing basis. Iron Gate partners with our neighbors at Tulsa Day Center and the Salvation Army to address the needs of our homeless population. As we continue to learn from our guests, we will continue to be the conduit for other services.

In closing, I want to thank you for caring for fellow Tulsans. What we do at Iron Gate is so much more than food. We give people hope, a place for community and the ability to connect with resources. We could not do what we do without you. Enjoy the sunshine as Spring springs!



Executive Director Carrie Vesely Henderson with the team from Bison Extracts who not only volunteered at Iron Gate, but also made a contribution to feed the hungry.

Live generously,

Carrie Vesely Henderson, CFRE

Executive Director

chenderson@irongatetulsa.org

IRON GATE'S ANNUAL FOUNDERS' DINNER

NEW DECADE
NEW BUILDING
SAME MISSION

THURSDAY, APRIL 23RD | 6 P.M.

Iron Gate on Archer | 501 W. Archer

*Join us for our annual Founders' Dinner
celebrating the power of generosity.*

*This year, we're honoring those who turned
our vision for a new building into a reality.*

*The Honorable Karen Keith,
Flintco, GH2, & Wallace Engineering*

This will be our first Founders' Dinner in our new building. Come enjoy a delicious dinner, featuring Chef Bill Lyle, The Summit Club, and help feed the hungry and homeless of Tulsa. For more information, visit www.irongatetulsa.org/2020-founders-dinner

NEW PARTNER: EXPLORER PIPELINE

Iron Gate is proud to be selected as **Explorer Pipeline's** 2020 Partner Agency. Explorer is a common carrier pipeline company headquartered in Tulsa, Oklahoma with approximately 200 employees. The company started the partner agency program in 2018 to focus their philanthropic efforts and maximize their impact. Iron Gate was unanimously selected from 20 applicants. Explorer employees have eagerly joined the fight against hunger, serving Iron Gate's community meal and helping people shop during our grocery pantry. They have already volunteered almost 80 hours and are committed to serving once a month. As an Explorer Partner Agency, Iron Gate also will receive a \$35,000 grant over the next three years. "By partnering with organizations like Iron Gate, we build lasting relationships while impacting people experiencing hunger in our own neighborhood," said Tom Jensen, CEO for Explorer. "Our employees at Explorer Pipeline are highly encouraged to volunteer alongside Iron Gate to further improve our community. In turn, we not only influence society on a business level, but on a personal level, as well." Explorer's three-year contribution to Iron Gate will provide healthy items for families in need, help maintain a consistent supply of food, and help address the increased demand Iron Gate has seen with the opening of its new building.



Explorer Pipeline employees volunteered for Iron Gate's grocery pantry in January, helping 58 families with groceries.

NEW WHEELS THANKS TO TULSA ROTARIANS

Operations Director Matt Mitchell (right) and team member Jerrod Piercy (left) are happy to have a new truck thanks to a grant from the Rotary Club of Tulsa Foundation.



At Iron Gate, food is at the heart of what we do. But transportation is the backbone of our program. We can't fill plates with food or bags with groceries, without a reliable vehicle. Every day Iron Gate picks up food to feed the hungry and homeless of Tulsa. Thanks to the **Rotary Club of Tulsa Foundation**, Iron Gate purchased a new pick-up truck. And the new wheels have come at just the right time. Through the Community Food Bank of Eastern Oklahoma, Iron Gate now receives food from two grocery stores several times a week. Iron Gate's operations team can have as many as 16 pick-ups a week. The new Nissan Titan will share the load and increase our ability to manage multiple pick-ups simultaneously. "This will change the way we do pick-ups," said Operations Director, Matt Mitchell. "This gives us much more flexibility and an extra truck will help us manage all of the new pick-ups in a timely manner." Iron Gate is grateful for the leadership of Rotarian Matthew Bristow, who sponsored our grant application and to all of Tulsa Rotary for providing our new vehicle.



Bank of Oklahoma volunteers helped 97 families shop for groceries on Iron Gate's 6-month anniversary in the new building.

IRON GATE ON ARCHER: MORE GUESTS, MORE PARTNERS, MORE IMPACT

From the very first day at Iron Gate on Archer, the plate count was high. “We served more than 776 meals that first day,” Iron Gate’s Executive Director, Carrie Vesely Henderson, recalled. “That’s 200 meals more than our old average. It was high... and it’s stayed high for the last six months.”

Iron Gate served 144,447 meals and provided groceries for more than 6,136 households, since opening its new downtown facility in late August of 2019. What started as a new building bubble has become a full-blown trend. Iron Gate is serving 30% more meals and providing 20% more groceries since moving into its new facility six months ago.

Iron Gate moved into its new facility in Downtown Tulsa on August 26, 2019, after 41 years at Trinity Episcopal Church. The 17,000-square-foot facility tripled the organization footprint and features a larger dining



Iron Gate guest, Kevin, eats at Iron Gate regularly and always has a smile on his face.

room, dedicated room for the grocery pantry, and more storage. Iron Gate served an average of 561 meals in its previous location. Now the organization is averaging about 771 meals a day.

“Iron Gate is proud to be meeting the needs of those in our community who are struggling with food insecurity,” Henderson said. “I don’t think there’s suddenly more hunger in our community. I think our new facility just allows us to serve more of our neighbors in need.”

Since opening the new facility, Iron Gate on Archer has served more than 1,000 plates on ten occasions.

“Thanks to the support of all of our friends and supporters, Iron Gate has been able to rise to the occasion.” Henderson continued. “Even on the days when the plate count has soared above 1,000, we have always had enough food. And that’s because of our generous supporters.”



Iron Gate guest, Kate, was able to get this bicycle after connecting with our partner, Tulsa Hub, during the community meal.

CHANGING LIVES

Iron Gate on Archer served up more than 144,000 plates of food in the first six months. But that eye-popping statistic can sometime obscure the real impact of the new facility.

Having a bright, welcoming, and spacious facility hasn't just led to an increase in meals. It's led to new partnerships and sparked new changes in people's lives. People like Kate.

When Kate drifted through our new red gates, she was hungry and homeless. Not only did she receive a good meal, but she also was introduced to one of Iron Gate's new partners, Tulsa Hub, which helps empower people through cycling. Iron Gate fed her and Tulsa Hub gave her the tools to change her life. Kate

graduated from Tulsa Hub's Adult Cycling Empowerment (ACE) program, receiving a bicycle. She now has a new job and a place to live.

"Iron Gate helped her feel more secure and stable in regards to her food, Tulsa Hub equipped her to be a commuting cyclist, said Patrick Hays, Tulsa Hub's Program Manager. "Our work together got to radically shift someone's life in a positive way."

Kate went from homeless and desperate to fed, housed, employed, and equipped with a mode of transportation. And it all started with a good meal. We believe this is the power of a plate of food. We not only offer a safe place and avenue toward resources, but the food people need to have the energy to take advantage of programs like Tulsa Hub.



Iron Gate is here for the hungry and homeless of Tulsa every day. And we're so grateful to the donors who are there for us every month. These monthly donations provide a steady source of revenue that enables Iron Gate to keep the plates full. We talked to a couple of our monthly donors to find out why they give:

Jonathan Wooley MONTHLY DONOR:

"When I first moved to Tulsa, I had a lot of time and no money. So, I volunteered at Iron Gate and really liked what I saw and experienced. Now, I have no time, but some money. So I donate to help continue the mission. Basically, I sat down and decided what 10% of my income would be, then I divided it between charities I thought were doing indisputably good work.

Feeding the hungry of Tulsa is just about the highest local impact thing I could imagine. Especially after seeing it first-hand."

You can help feed the hungry by becoming a monthly donor today, visit <http://bit.ly/2GFfvK7> for more information.

Todd Cunningham MONTHLY DONOR:

"One of the most well-known stories in the Bible is the one about the loaves of bread and fish and how miraculously a small amount of each was able to feed a multitude of people. I've seen first-hand how the administration at Iron Gate is able to perform a similar miracle on a daily basis. I know my modest monthly donation helps to feed many more people than I would ever believe possible because of the great stewardship and innovative programs of the good people who work at Iron Gate."

LASTING LEGACY

A local doctor who was a trailblazer in the emergency room also blazes a trail for Iron Gate. **Dr. Mary Saddoris**, who passed away in May 2017, was one of the first female ER doctors in the state. Not only was she a frequent donor to Iron Gate throughout her lifetime, but she left a portion of her estate to our mission to feed the hungry and homeless of Tulsa. Thanks to Dr. Saddoris' generosity, Iron Gate was able to provide 16,930 meals last year, which is enough to feed 46 people every day for the entire year. Additionally, her legacy supplied groceries for 2,902 families, which is about 13,059 bags of groceries. Iron Gate is so grateful to Dr. Saddoris for this contribution. You can also leave a legacy that feeds the hungry – talk to your financial advisor about remembering Iron Gate in your will or trust. And if you have designated Iron Gate as a beneficiary, please contact us at chenderson@irongatetulsa.org, so we can recognize your legacy gift.



Dr. Saddoris' legacy gift helps keep our pantry shelves full of canned goods.

2019 YEAR

Your support makes it possible to feed the hungry and homeless of Tulsa every day.

This is a snapshot of the difference you are making in the lives of those who are struggling with food insecurity in our community.

233,122 THE NUMBER OF MEALS SERVED DURING THE COMMUNITY MEAL

27,022

The number of people fed by our grocery pantry

HOUSEHOLDS WHO RECEIVED GROCERIES

10,140

11,053

The number of kid's packs distributed to the kids who visit Iron Gate

The number of people who volunteered at Iron Gate in 2019

1,691

9,581

THE TOTAL NUMBER OF VOLUNTEER HOURS DURING 2019

264,477

POUNDS OF FOOD FROM OUR PARTNERS AND SUPPORTERS

The amount of donated food in 2019 equates to a gift of **\$428,452.74**

IN REVIEW

OUR GUESTS

IRON GATE COLLECTS DEMOGRAPHIC INFORMATION ON OUR PANTRY GUESTS AND WE CONDUCT QUARTERLY SURVEYS DURING THE COMMUNITY MEAL TO FIND OUT MORE INFORMATION ABOUT OUR GUESTS.

COMMUNITY MEAL



85% MEAL GUESTS ARE HOMELESS



3 OUT OF 4 MEAL GUESTS ARE MEN

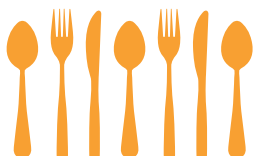
46 IS THE MEDIAN AGE (71% ARE 18-54)



14% ARE VETERANS



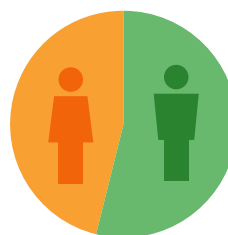
65% OF GUESTS SURVEYED EAT AT IRON GATE 4 TO 7 TIMES A WEEK



2.7 PLATES AVERAGE NUMBER OF PLATES GUESTS EAT EACH DAY

GROCERY PANTRY

46% FEMALE



54% MALE



67% OF PANTRY GUESTS RENT OR OWN THEIR HOMES



33% ARE IN TEMPORARY HOUSING OR UNSHELTERED

38% OF GROCERY BENEFICIARIES ARE CHILDREN AND YOUTH

62% ONLY VISITED THE GROCERY PANTRY ONCE IN 12 MONTHS

877 GROCERY BAGS DISTRIBUTED EVERY WEEK



Iron Gate
501 West Archer
Tulsa, Oklahoma 74103

NONPROFIT
U.S. POSTAGE
PAID
TULSA, OK
PERMIT NO. 637



Cooking for a Cause

OCTOBER 9, 2020

