



# a recipe for hope

**2008 - 2009 Annual Report**



children &  
families of iowa



# a recipe for hope

**It takes more than one ingredient to make a Recipe for Hope. At Children & Families of Iowa, we rely on a time-tested mix of caring individuals, companies and organizations to help us in restoring hope, building futures and changing lives.**

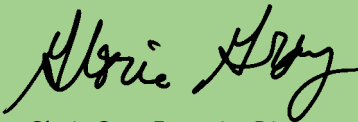
We start with our talented staff and key programs. Together, they bring hope to victims of domestic violence, help children and teens find a brighter future and create safe homes for families in crisis.

Then we add the generous support of people like you. Your individual and corporate gifts to the Foundation for CFI, combined with grants and our fundraising events, helped Children & Families of Iowa provide services to 21,233 Iowans in fiscal year 2008 - 2009.

Even during difficult economic times, you have helped us offer hope to Iowans who thought they had none. The need is greater than ever, but we know we have the right recipe to change lives.

We will continue to rely on your support in the coming year when people need it most. We ask that you be a key ingredient in our Recipe for Hope.

Because the family meal is one of the hallmarks of a strong family, we've enclosed several favorite recipes from our staff. Please enjoy these recipes with your family. It's a small thank you for helping us put together a Recipe for Hope for thousands of Iowans.



Gloria Gray, Executive Director

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## management

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**Janice Lane**

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# from our family to yours

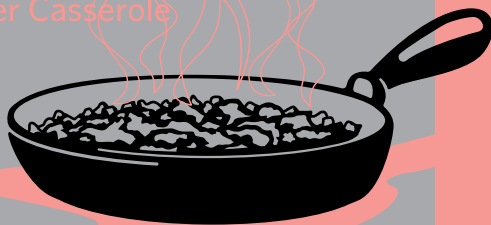
When we share a meal, we share more than food. We welcome friends into our homes. We pass along cherished family traditions. We bond through heartfelt laughter. And with each spoonful of soup, each helping of casserole and each slice of homemade pie, we feel warmth, safety, hope and comfort.



## comfort on a shoestring

### Hearty Hamburger Casserole

Submitted by Jackie Hall  
Shelter Advocate, Des Moines



1 lb. hamburger

1/3 C. chopped onion

*Brown hamburger and onion in a skillet. Drain and add:*

1 can cream of mushroom soup

3/4 C. water

1 C. instant rice

1 C. frozen peas

*Let simmer for 20 - 25 minutes until rice is cooked.*

*Serve to a table of smiles.*



# have a seat at our table

Nothing warms the soul on a chilly day like a hot, spicy bowl of soup. And, nothing warms the spirit like helping families in need. That’s exactly what CFI did in 2008 - 2009 as we served hope to more than 21,000 people across the state through a variety of inspiring programs.

Last year Children & Families of Iowa served hope to 21,233 children and adults. We touched the lives of people in all of Iowa’s 99 counties. We invested \$14.7 million in making a difference, and \$0.88 of every dollar we received was spent providing direct services to our clients. All of our programs are licensed or certified, and 96 percent of people we assisted said our programs focused on what they needed.



**EMPOWERING PEOPLE TO RESHAPE THEIR LIVES**

..... 2,211 lives changed

**PREPARING CHILDREN TO SUCCEED**

..... 723 lives changed

**CREATING SAFE HOMES FOR CHILDREN**

..... 8,403 lives changed

**RESTORING HOPE FOR VICTIMS OF DOMESTIC VIOLENCE**

..... 7,992 lives changed

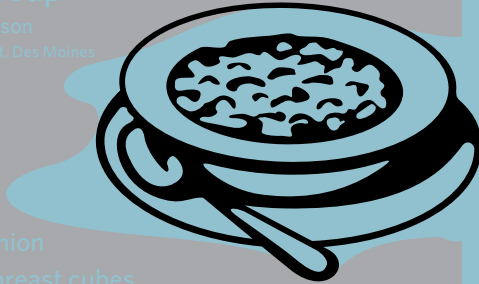
**HELPING TEENS BUILD BRIGHTER FUTURES**

..... 1,904 lives changed

# soup for the soul

## Cinco de Mayo Soup

Submitted by Cheryl Johnson  
 Educational/Vocational Specialist, Des Moines



- 4 C. chicken broth
- 2 C. cooked rice
- 1 tsp. lime juice
- 1/3 C. sliced green onion
- 1 C. cooked chicken breast cubes
- 10 oz. can diced tomatoes with green chilies (undrained)
- 4 oz. can chopped chilies (undrained)

*Optional toppings:*

Tortilla chips, tomato and avocado pieces

*Heat Dutch oven and coat with cooking spray. Add onions and cook until tender. Add broth, rice, tomatoes and juice, chicken and chilies. Reduce heat to low. Cover and simmer 20 minutes. Stir in lime juice and salt. Just before serving, pour into bowl and top with tortilla chips, tomato and avocado pieces.*

year in review

### Revenues and Sources of Support (Fiscal Year 2008 - 2009)

Purchase of Service	\$9,694,742	65.77%
Grants	\$2,010,782	13.64%
Third Party/Client Fees	\$1,786,026	12.12%
United Way of Central Iowa	\$725,280	4.92%
Support from Foundation for CFI	\$440,000	2.98%
Contributions and Miscellaneous*	\$84,443	.57%
<b>Total Revenue</b>	<b>\$14,741,273</b>	<b>100%</b>

\* "Contributions" include local United Ways (not United Way of Central Iowa) and various community chests. "Miscellaneous" includes various incomes such as interest income, conference income, T-shirt sales and other special gifts.

# food for thought

Creating a delicious homemade dish requires the right mix of ingredients. A pinch of this. A snip of that. Much like the perfect mix that makes up a dish, CFI counts on support from grants, corporate donors, events, community and city programs and individual donors to help us serve a Recipe for Hope for families in need.

The Foundation for Children & Families of Iowa fosters relationships between people who want to help and those who have nowhere else to turn. Together, we are restoring hope, building futures and changing lives for thousands of Iowans every year.

The Foundation is responsible for generating the funds and public awareness needed to support the programs and services of Children & Families of Iowa. Last fiscal year, through the generous support of our donors, the Foundation raised \$4,233,033.

**grants** The Foundation for Children & Families of Iowa receives grants from a variety of community, family and corporate foundations, as well as public grants at the city, county, state and federal level. The Foundation raised more than \$2 million in grants during Fiscal Year 2008 - 2009.

**united way** United Way is committed to making an impact in Iowa's communities, and CFI is proud to partner with them to offer vital services throughout Iowa. United Way supports many of our programs, including Early Childhood Development Services, Therapeutic Child Care, Counseling Services and Domestic Violence Services, as well as services in our Osceola, Fort Dodge and Centerville offices, providing \$821,276 in support last year.

**in-kind donations** Every month, the Foundation for Children & Families of Iowa receives hundreds of dollars worth of in-kind donations such as clothing, school supplies, baby supplies, new toiletries and suitcases for our clients. The Foundation also participates in an annual holiday toy drive, Toys for Kids, through a partnership with Applebee's and Carlos O'Kellys restaurants. Last year we collected more than 4,500 toys for children in Iowa.



# dip into fun

## Taco Dip

Submitted by Sheila Kinman  
2008 - 2009 Director of Development  
Des Moines



1 packet dry taco seasoning

8 oz. package cream cheese

8 oz. container sour cream

1 C. shredded cheddar cheese

1/2 C. tomatoes

2 C. iceberg lettuce

1/2 C. black olives

*Blend taco seasoning, sour cream and cream cheese at room temperature. Spread mixture onto plate and sprinkle remaining ingredients on top. Serve with nacho chips.*



**angels of courage** In July 2008, we released Courage to Love, the fourth in a series of five Angels of Courage created by Isabel Bloom exclusively for Children & Families of Iowa. Sales of Courage to Love last year topped \$24,000. Angels of Courage sales have raised \$103,539 so far to benefit Domestic Violence Services.

**individual and corporate gifts** During Fiscal Year 2008 - 2009, 1,554 individuals, businesses and corporations contributed \$459,271 for Children & Families of Iowa's programs. Each and every gift is vital to our mission of restoring hope, building futures and changing lives.

**a gift for the children of tomorrow** The Endowment for Children & Families of Iowa ensures that our services will be available for generations to come. Individuals who make a gift of \$1,000 or more to the Endowment are recognized as members of Children & Families of Iowa's Heritage Society. A complete list of Heritage Society members can be found at [www.cfiowa.org](http://www.cfiowa.org).

foundation

# dishing out hope

More than simply satisfying a craving, the right food at the right time brings people together for a common cause. Whether gathering around a chocolate fondue fountain or diving into a nacho tray, laughter and smiles are a prominent part of the party. This year, CFI brought thousands of Iowans together for five highly successful events to raise funds for our family programs.

**tango** August 15, 2008, was a night of dancing and fun for more than 400 people who attended Tango. This year, we held the event at the Temple for Performing Arts, where proceeds from a live auction, silent auction and admissions helped us raise more than \$200,000 for our Domestic Violence Services.

**holiday classic** “Duffers” and “pros” alike gathered in November at Terrace Hills Golf Course in Altoona for our annual winter golf tournament, the Holiday Classic. Participants teed up for a good cause, had a great time and raised more than \$22,000.

**kidsfest** Once again Kidsfest was the place to be in March. An estimated 15,000 participants enjoyed perennial favorites Spiderman, Batman, the Wells Fargo Fingerprint Area and the Fareway Diaper Derby, plus a few other attractions like the GuideOne Gamers Area, Dora the Explorer, Hairy Tales and a 120th Birthday Party for Children & Families of Iowa. None of this would have been possible without the support of our presenting sponsor Veridian Credit Union as well as numerous other supporting sponsors. Proceeds from sponsorships, booth sales and admissions raised more than \$150,000.







# building lives blend

## Mixed Baked Beans

Submitted by Sylvia Strom  
Minority Outreach Advocate, Des Moines



- 16 oz. can lima beans
- 1/2 C. apple cider vinegar
- 2 onions, chopped
- 1 C. brown sugar
- 1-1/2 tsp. dry mustard
- 10 strips bacon (fried crisp, retain 2 Tbsp. grease)
- 1-1/2 tsp. garlic
- 16 oz. can butter beans
- 16 oz. can kidney beans
- 16 oz. can maple pork and beans

*Mix together first six ingredients and simmer for 20 minutes. Add the beans and bake for two hours at 300 degrees. Refrigerate overnight. Stir well and bake again for one to two hours at 300 degrees.*



## copper creek ladies golf tournament More

than 130 women had a "swinging" good time at Copper Creek Golf Course in Pleasant Hill. The Copper Creek Ladies Golf Tournament was held in July 2008 and raised more than \$4,000.

## koins for kids Presented

by KGGG Radio Station, Koins for Kids coin drive events were held at various locations throughout the metro from November 27 to December 23. Representatives of KGGG traveled throughout Des Moines and surrounding communities in a vehicle decorated with CFI logos asking people to throw their spare change in the windows, raising more than \$6,000.



# making life a little sweeter

From brownies and cakes to candy and cookies, sweet treats bring smiles and joy to the faces of young and old. In that same spirit, our generous donors make thousands of lives just a little bit sweeter with their thoughtful gifts. We are truly grateful for their dedicated support as CFI continues restoring hope, building futures and changing lives.

To see a full list of donors, go to [www.cfiowa.org](http://www.cfiowa.org).

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## delight in every bite

### Fudge Candy

Submitted by Sandy Smith  
2008 - 2009 Domestic Violence Supervisor,  
Des Moines



1-2/3 C. sugar

2/3 C. (small can) evaporated milk

1-1/2 C. mini marshmallows

1/2 tsp. salt

1-1/2 C. semi-sweet chocolate chips

1 tsp. vanilla

*Combine evaporated milk, sugar and salt in saucepan over medium heat. Bring to boil and cook four to five minutes stirring constantly. Start timing when mixture starts to bubble around edges of pan. Remove from stove. Add marshmallows, chocolate and vanilla. Stir mixture vigorously for one minute or until marshmallows are completely melted and blended. Pour into 8-inch square buttered pan. Cool completely and cut into squares.*

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