



THE SOUP KITCHEN
FEEDING THE HEART, MIND & BODY

The Soup Kitchen (TSK)

LiftUp Program



Holly Bromer, Program Specialist

The Soup Kitchen in Boynton Beach

Overview

- Established in 1983
 - 501(c)(3) organization
 - 40 years serving the local community
- Core Mission is to feed people in need no matter their circumstances
 - Feeding the Heart, Mind & Body
- 100% privately funded
 - We receive no county, state or federal funds
- We are MORE than a Soup Kitchen
 - Multiple programs tailored to the community & mindful of cultural traditions



The Soup Kitchen in Boynton Beach

2023 Accomplishments

- Open & fed the community for 365 days—no interruptions!
- Served 650,000 hot meals (7% increase over 2022)
- Distributed 845,000 bags of groceries (8.4% increase over 2022)
- Gave away over \$12 million of food (8.4% increase over 2022)
- Provided approximately 130,000 diapers for 150+ moms
- Delivered 164,000 meals to homebound senior in Boynton Beach
- Purchased and refurbished two 20ft air-conditioned marine containers
- Installed an herb garden on premises



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Introducing LiftUp

- Supports the needs of young adults (18-25) transitioning out of the Foster Care system, experiencing homelessness or those who do not live with a birth parent
- Comprised of three strong pillars:
 - Develop Job-Ready Skills
 - Prevent Food Insecurity
 - Support Basic Health & Hygiene
- Free culinary arts & hospitality program
 - 6 week course given 4x/year
 - Small class size for personal attention
 - Optional work, life and wellness skill training
- Dedicated staff and committed volunteers with completed background check



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LiftUp - Culinary Program

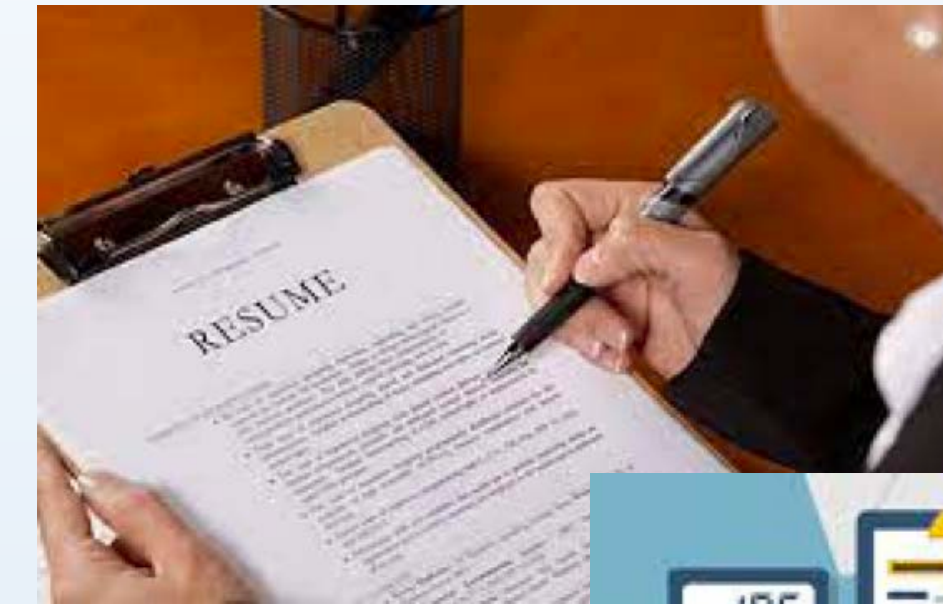
- Led by Chef Pete Moshonas
 - Culinary Institute of America graduate
 - Certified Culinarian by the American Chef Federation
 - 20+ years experience
- Participants will gain the experience necessary to work in the field
 - Receive certificate of completion & written letter of recommendation
 - Prepare for & take 'ServSafe' Food Handler exam
 - Access to our committed local restaurant and hospitality partners
- Flexible schedule
 - Offered on 2 different days to accommodate work and/or school commitments
 - Free transportation available
- 1:1 personalized attention in a structured & safe setting
 - Obtainable goals and plentiful resources



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LiftUp - Additional Classes

- All classes taught by local professionals who have completed a background check
- Work-skills classes that provide job-readiness training
 - Examples include resume preparation and interview coaching
- Life-skills education that helps develop positive habits and character
 - Examples include Personal Finance/Budgeting and Organization/Decision Making
- Wellness training that helps develop self-esteem, self-regulation, and self-awareness
 - Examples include yoga, breathing and guided meditation



40
YEARS

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Why LiftUp?

- Develop Job-Ready Skills
 - Free 6 week course that teaches real world skills with flexible schedule
 - Free resume writing and interview preparation with community professionals
- Prevent Food Insecurity
 - Free hot meal at every visit
 - Free groceries to take home at every visit
- Support Basic Health & Hygiene
 - Free monthly supply of products reduces financial burden
 - Free clothes/shoes when available
- Free transportation
- Safe & nurturing environment to help develop a successful & productive young adult



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LiftUp - Participant Highlights

- Average Serv-Safe test score: 87%
- Rave reviews from former students
 - “Warm and welcoming staff that goes out of its way to support me”
 - “After my accident, I so appreciated Chef Pete dropping off groceries and arranging a video class so I didn’t fall behind.”
 - “I thought I knew everything about cooking, but now I’m confident in my skills!”
 - “You should sign up for the next session! It’s awesome. I loved the egg making class.”
 - “I finally have a resume that I am proud of.”
 - “Learning to breathe and meditate has helped with my stress level. I feel calmer.”
- Seeing an increase in community partners and volunteers wanting to get involved



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LiftUp - Contact Us

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