TEEN FEED

2025 ANNUAL REPORT

Teen Feed is a registered 501(c)(3) non-profit | EIN: 94-3034862
teenfeed.org | 4740 B University Way NE, Seattle, WA 98105 | (206) 522-4366

Director Message



Dear Friends,

As I reflect upon my first year as Teen Feed's Executive Director, I am inspired by the young people we serve for their resilience and tenacity to survive. These young ones have endured unimaginable horrors from abuse, trafficking, and many other situations. As a result, they chose to run and often land on our doorstep with nothing - and very little hope of surviving.

Teen Feed is the floor our young people cannot fall through. We require nothing from our youth but a street name and a birthdate. We meet each person with an open heart as a human being and as a friend. We build trust while we eat a healthy meal prepared by our volunteer meal teams. Each guest shops in our basic needs closet for clothes, hygiene supplies, and survival gear for living on the streets. We talk, we learn, we care, and we refer youth to support services.

The University District Youth Center (UDYC) Collective is what I am most proud of this year. This collective consists of Teen Feed, Street Youth Ministries, University of Washington Doorway Project, Ryther, and ROOTS. Together, we have created an incredible hub of support and resources for our youth all in one house called UDYC. Youth can access a doctor, psychiatrist, therapist, case managers, veterinarian, and Teen Feed advocates by simply knocking on the door. UDYC also offers our youth a bathroom, a meal, a shower, and laundry during the day when nowhere else does in the U District. This collective is a game changer for traumatized young people who are unable to navigate resources that require travel and scheduling. We would like to thank the University Congregational United Church of Christ for donating the UDYC space and the kitchen and dining space we use 365 days a year to serve our youth dinner.

Director Message

As a new person to Seattle, I am in awe of the beauty and kindness of the people here. Teen Feed volunteers and donors fuel our organization. Nearly 20 volunteers each day show up to cook, to care, and to create so that our kids can eat and begin to heal their trauma. Thank you to every volunteer for every hour and for every effort you have given. You are the kindest people I have ever known.

Overall, we had a great year. We grew programming to better meet the needs of the youth while also being fiscally responsible and ending the year with a small surplus. Internally, we have grown our board and diversified our management team. The staff at Teen Feed are highly intelligent and care deeply. They are special people. They could work somewhere else for a lot more money. I want to thank the staff for their hard work and for their skill in navigating relationships with youth, volunteers, the community, and each other in a positive way in the most difficult of circumstances.

In closing, Teen Feed needs your continued investment and support as we work to save the lives of some of the most vulnerable youth. I invite you to take a tour with me of UDYC, sit with me and the youth at Nightly Dinner, or walk with us on Outreach session. I can be reached at ExecutiveDirector@TeenFeed.org.

Most Gratefully Yours,
Kristina Olave, JD
Executive Director



What We Do

For 40 years, Teen Feed has partnered with the local community to serve homeless youth and young adults ages 13-25 through three highly integrated programs—Meal Program, Street Talk Outreach Program (STOP), and Service Links for Youth (SLY).

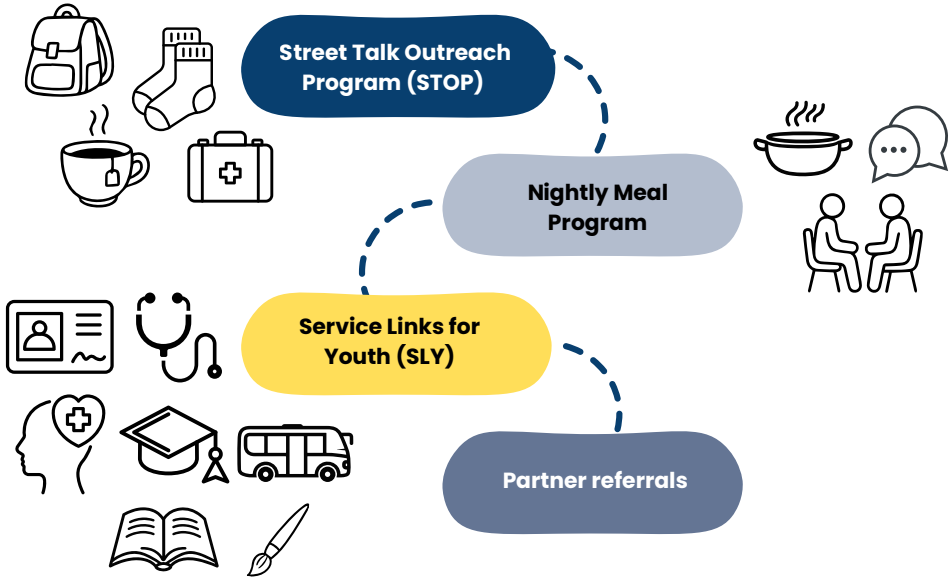
We **offer** support to meet basic needs, **build** strong relationships, and **ally** with homeless youth as they meet their future off the streets.

Our goal is to disrupt homelessness before it becomes entrenched via established neighborhood alliances and to break the cycles of violence that bring youth to our door.

At Teen Feed, we believe lasting change begins locally—with trusted relationships, community collaboration, and consistent, equitable access to care.

From Street to Trust

Rooted in Seattle's University District, our low-barrier, high-trust model—requiring only a name (even a street name) and birthdate—ensures equitable access and has made Teen Feed a "magnet" organization for youth across King County and surrounding areas.



From the initial contact of street outreach teams to nightly meals to housing referral services, Teen Feed is designed to create a continuum of care through relationship-building, meeting youth where they are and co-creating their paths off the streets. We know that early intervention using a trauma-informed care model reduces the risk of future homelessness, and that when street youth are given an opportunity to build rapport and trust with a mature adult, they begin to identify goals and develop a strategy to exit street life.

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2025 Impact



In 2025, demand for our services increased dramatically due to SNAP cuts. Teen Feed responded by increasing street and college outreach, and beginning to co-locate with UW Doorway Project peers like SYM, ROOTS, Harborview and Seattle Schools GED program which has allowed us to add life-skills programming and facilitate more seamless case management referrals for youth.

31,545
nutritious meals

36% increase from 2024

12,315
outreach contacts

31% increase from 2024

705
unique guests

67% increase from 2024

2,000
volunteers

$1,187,584
in-kind donations

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Our Core Values



Human Rights: All people are entitled to the basic human rights of health, safety, and self-determination.

Equity and Empathy: Homelessness is not a reflection of the merits of one's character. We are all people of equal value; any of us could be in the same situation as the people we serve.

Mutual Respect: We work to foster a sense of mutual respect with our clients. We recognize the autonomy of the youth we serve and respect their values and judgments.

Youth Voices: The young people we serve have the right to meaningful voice and feedback about Teen Feed services.

Inclusive Care: Low barrier services are provided through the understanding of trauma-informed care, the effects of gender, racial and social inequities, and the importance of undoing institutional racism in practice.

Relationship Building: We build and nurture relationships through consistency, trust, and mutual accountability.



Street Talk Outreach Program (STOP)

Teen Feed's Street Talk Outreach Program (STOP) Backpack Team proactively reaches out to isolated, traumatized, neglected and often abused youth who are distrustful of traditional social service agencies.

STOP teams offer warm cocoa, sack lunches, new socks, essential first aid and information about our nightly meal and weekly In-Reach, a safe space providing community, basic needs and mental health resources.

For youth disconnected from traditional systems, this consistent outreach is often the first step toward a trusted relationship and longer-term support.

"Having a place where I could go inside, sit down, warm up, and simply exist safely without being scrutinized or judged meant the world to me. I could rest. breathe, eat, be safe, and feel human again."



Meal Program

Our Meal Program offers more than nourishment—it's an entry point to care. 365 nights a year, our nightly meal provides homeless youth with warm, nutritious food, a safe respite from the streets, and supportive connections with mature adults.

Rotating teams of 10-15 meal volunteers purchase, plan and prepare the nightly meal using guidance co-developed with Virginia Mason Franciscan Health and UW School of Public Health to rate meals for nutrition, cultural sensitivity and likability, ensuring quality and dignity in every bite.

To provide select items for volunteer meal teams, we access secondary food sources like Food Lifeline and Northwest Harvest to integrate local agricultural partnerships into a trauma-informed food system model that is financially efficient, replicable and sustainable.

"Teen Feed gave me something I was missing so deeply - consistency and community. They provided hot, nutritious meals when my body was running on empty. "



Service Links for Youth (SLY)

During the nightly meal, staff and trauma-trained Service Links for Youth (SLY) Advocates help youth navigate first step intervention resources such as state ID, housing placement referrals, a mailing address, healthcare and employment referrals.

STOP and SLY Outreach relationships are often the first positive contact youth have with support services they trust. These programs build a foundation for trust and additional opportunities for empowered youth to move toward stability with agency and self-esteem.

"The kids at Teen Feed are amazing...the troubles they've been through, and they still persevere. I've seen guests that have worked hard every day, saved money, stayed in shelters the whole time, and then "graduated" from Teen Feed...there's nothing more amazing than that."

Volunteers

Teen Feed was founded in 1987 when various community groups joined together to serve malnourished homeless youth, “meeting youth where they are” with backpack outreach teams.

Today, we continue to operate as a hyper-local, volunteer-powered, grassroots organization providing warm nutritious meals, basic needs items and supportive connections in donated space 365 days a year powered by just 6 full-time staff and 2,000 volunteers.







Who We Serve

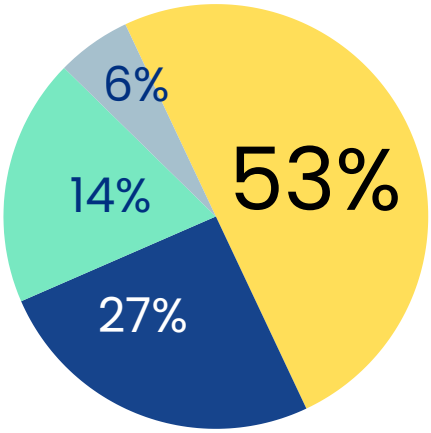


The young people we serve face compounding challenges—substance use, mental and behavioral health needs, and unresolved trauma, often rooted in family systems. Some have aged out of foster care with no safety net. We approach these young people as capable individuals with strengths, goals and the ability to shape their own futures.

Youth are never turned away based on sobriety, health needs, disability, background, or identity. Many have never experienced healthy adult relationships, and most find it difficult to trust. We believe that—with support—no matter their circumstances or abilities, these young people have the ability to make positive, informed decisions and learn to advocate for themselves.

Financials

53% OF OUR CASH DONATIONS COMES FROM INDIVIDUALS



FYE June 30, 2025

Platinum Transparency 2025
Candid.

INDIVIDUALS
The majority of our cash donations come from individuals who see our work up close

FOUNDATIONS
We don't rely on foundation giving as a major revenue source, to ensure we remain nimble and responsive to youth needs

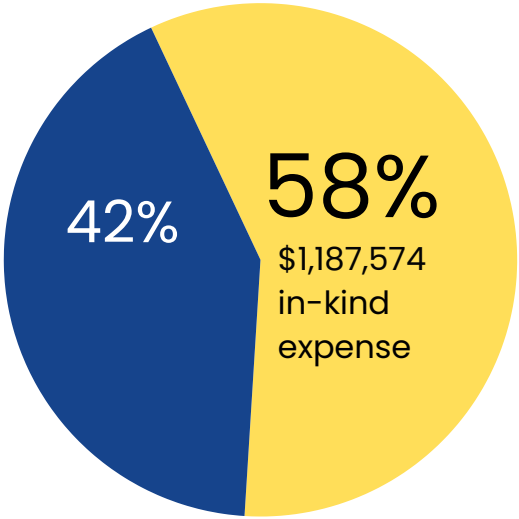
CORPORATE / EMPLOYER MATCH
Businesses support our work through corporate grants and matching donations for employee gifts and volunteer hours

FAITH COMMUNITY
While a small part of our cash revenue, our local faith community is an important partner donating facilities and volunteer labor

Financials

IN-KIND DONATIONS EXTEND THE IMPACT OF EVERY CASH GIFT WE RECEIVE

$852,077 cash expense



In-kind donations of food, goods, facilities and volunteer labor help us stretch every dollar we receive.

FYE June 30, 2025

Platinum Transparency 2025 Candid.

Since our founding 40 years ago, we have focused all our energy on serving youth. We continue to operate as a hyper-local, grassroots organization, relying on volunteer labor and donated space in the U-District.

Partners

We serve as a human services hub and navigator in the U-District, partnering with 32 local organizations and 47 statewide partners to connect youth with the support they need. Together, we form a critical safety net for vulnerable youth—helping them begin to take meaningful steps toward safety, stability and a more secure future.

the doorway project

University Congregational United Church of Christ

Interagency

ROOTS

YWAM

RYTHER

The Seattle Public Library

UW Medicine Harborview Medical Center

Society of St. Vincent de Paul Seattle-King Co.

jet city improv

University District Food Bank

Chief Seattle Club

Elizabeth Gregory Home

Lambert House