

# ANNUAL REPORT

2023-2024

---





# TABLE OF CONTENTS

A LETTER FROM FEEST 3

IMPACT IN ACTION 4

MENTAL HEALTH MATTERS 5

WELLNESS ROOMS 6

FEEDING OUR FUTURE 7

SCHOOL FOOD POLICY 8

LEADERSHIP DEVELOPMENT 9

SUMMER STORIES 10

STUDENT SPOTLIGHTS 12

FINANCIAL HEALTH 13

A MOMENT OF GRATITUDE 14





To our community,

As we reflect on the challenges and triumphs of this past year, one thing is clear: our work continues with urgency and purpose. At FEEST, **we believe that liberation is driven by the collective power of our youth, who refuse to accept the world as it is and instead work to transform it.** In a political landscape that can feel unpredictable, communities like ours are leading the way toward meaningful change.

During the 2023-2024 school year, **FEEST made incredible strides in our mental health and food justice campaigns.** We expanded **Wellness Rooms** to 11 schools in the Highline School District and won a new Wellness Room at Rainier Beach High School, set to open in 2025 with the completion of their new building. These rooms provide students with a supportive space to emotionally regulate, decompress, and reflect when things feel overwhelming. They offer students the chance to connect with peers who understand their experiences, recharge from the stresses of the day, and practice meaningful self-care—all of which are vital to their well-being and success in school. As founding members of the Seattle School Meals & Food Education working group, we've continued driving policy changes to ensure students' voices are central to providing nutritious, culturally relevant meals in schools.

**At the heart of all these accomplishments are Student Organizers, who continue to drive bold, creative solutions to the issues they face every day.** Whether organizing for mental health support or reshaping school meals, our students are leading the charge for change and affirming the power of youth-led action.

**For 16 years, FEEST has been at the forefront of youth-led movements that reshape our schools and communities.** From securing clean water bottle filling stations to removing the Seattle Police Department from schools, our Student Organizers have consistently led the charge for justice. As we celebrate these accomplishments, we also honor the growth and strength that have come from working together as a community.

We are grateful to every student, teacher, parent, guest facilitator, grantmaker, individual donor, and fellow organizer who has been part of this journey. You are each essential in our collective change-making. **Together, we will keep growing, rooted in the shared vision of a just and liberated future for all.**

In solidarity and with deep gratitude,

**REGINA DOVE & JAMIE STROBLE**  
**FEEST BOARD OF DIRECTORS CO-CHAIRS**



# IMPACT IN ACTION: DRIVEN BY OUR YOUTH

**\$108,423 was distributed to our youth as stipends, compensating our Student Organizers for their leadership and hard work.**

**Over 300 student responses were gathered** through our student-led survey, identifying critical needs on school campuses.

**Youth-led campaigns launched at 5 schools,** engaging students and community members to take action.

**2,940 fresh, culturally relevant meals were provided** to Student Organizers and community members throughout the year, ensuring consistent access to nutritious food that reflects our communities.

**1,089 participants joined open community meetings** and events, building relationships, refining their political analysis, and actively shaping the direction of our campaigns.





# MENTAL HEALTH MATTERS

## YOUTH VOICES LEADING THE WAY

This year, our mental health campaign was about transformation. FEEST students took the lead in shifting how schools and communities think about mental health. They went beyond identifying issues; they created solutions.

At the center of it all were **student-led meetings with key decision-makers** at Seattle Public Schools (SPS) and the Highline School District (HSD). For these meetings, students came prepared with personal stories, data from their peers, and a vision for what mental health support should look like on campus. Their ideas didn't stay in the room; they're now being put into action across 11 schools in HSD, where new Wellness Rooms have become a reality.

In Seattle Public Schools, FEEST began championing the creation of a Wellness Room at Rainier Beach High School in 2022. Over the past year, FEEST secured a partnership with the social work office, and in spring 2024, students hosted feedback sessions and surveys to shape the Wellness Room's design. **This space, informed by student voices, will open when the new building is completed in the winter of 2025.**

**This campaign is about shifting school culture.** FEEST students worked alongside district leaders to ensure that every student has access to the support they need. What started as a pilot program is now a movement, with student voices driving a larger conversation about mental health in our schools.

**The Campaign Kick-Off Events** were a critical part of this success. These student-designed events sparked conversations about mental health and gathered over 300 survey responses from their peers. That data has already turned into actionable goals. You can read more about what students need by reading "[What Students Need on Campus](#)", an infographic report that FEEST Students created. You can also learn more about the journey in the Seattle Medium article, "[FEEST Empowering Students](#)".

FEEST students didn't just lead a campaign—they led a movement. One that's continuing to grow, expand, and reimagine what mental health looks like on school campuses.





# WELLNESS ROOMS

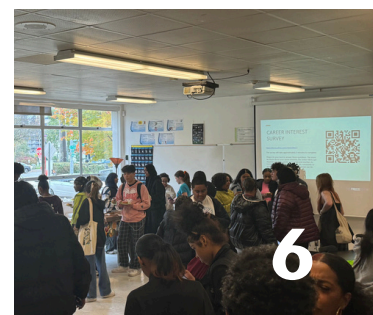
## A SAFE PLACE FOR STUDENTS

### MANY PEOPLE ASK US: WHAT ARE WELLNESS ROOMS?

#### WELLNESS ROOMS ARE...

- A safe environment to **emotionally regulate** when feeling overwhelmed.
- Space to **decompress and unwind** from the daily pressures of school life.
- Opportunities to **connect with peers** who share similar experiences.
- A calming place to **prevent burnout and recharge** before returning to class.
- A place to access **adult support**, such as counselors or social workers, for students seeking guidance or professional help when they need someone to talk to.

With each room, we're seeing students thrive, **creating a culture where mental health is prioritized**, and students feel supported in their journey toward emotional well-being.



# FEEDING OUR FUTURE

## YOUTH LED FOOD JUSTICE

**Food has always been central to our work at FEEST.** It's not just about what we eat, but how we connect, share stories, and build community! This past year, we continued our participation in the Seattle School Meals & Food Education Working Group, a coalition focused on improving school food policies in Seattle Public Schools.

In addition, with the support of youth, **we deepened our relationship with Highline School District's Superintendent, Dr. Ivan Duran, and local school leaders, pushing forward important conversations about culturally relevant meals and equitable food access in schools.**

Student Organizers have played a vital role in shaping the Seattle School Meals & Food Education Working Group's policy recommendations, which include increasing access to fresh, free, and culturally relevant school meals. **Our youth have ensured that their voices are at the center of meaningful change,** taking the lead on everything from organizing for universal free meals to shaping the future of SPS district kitchen plans.

What started with gathering around food to share stories has grown into a movement transforming school cafeterias and the fight for food justice. You can read more about this journey on our blog: [\*\*FEEST's Food Justice Journey.\*\*](#)





# SCHOOL FOOD POLICY

As part of the Seattle School Meals & Food Education working group, FEEST is advocating for policy changes to ensure all students have access to nutritious, culturally relevant meals and food education. Read more below on our recommended policies and why they matter!

## BOOSTING HIGH-QUALITY SCHOOL MEALS



### WHAT WE WANT

Provide more high-quality school meals, developed with student input, by increasing staff capacity at Seattle Public Schools Culinary Services.

### WHY IT'S IMPORTANT

This means meals that are not only nutritious but also tasty, leading to more students eating better, feeling better, and doing better in school!

### THE IMPACT

Expanding fresh, scratch-cooked, and culturally relevant meals will improve academic outcomes, boost physical and mental health, increase food security for students, and support equitable growth in the local food economy by purchasing from BIPOC producers.

## FREE SCHOOL FOOD FOR ALL



### WHAT WE WANT

Make school food free for all students by pursuing district-wide universal meal policies.

### WHY IT'S IMPORTANT

This levels the playing field, making sure every student gets nutritious food, no matter their economic background. It promotes equity and reduces food insecurity.

### THE IMPACT

By removing barriers to accessing school meals, we can increase student participation, improve academic outcomes and well-being, and ensure equitable access to nutritious meals, especially for BIPOC and low-income students.

## INTEGRATING FOOD AND GARDEN EDUCATION



### WHAT WE WANT

Integrate more food and garden education districtwide by advocating for policy changes and creating a district-level School Garden Coordinator position.

### WHY IT'S IMPORTANT

Teaching students about food and gardening helps them understand their food sources, promotes healthy eating habits, and builds a connection to their community and environment.

### THE IMPACT

Expanding food and garden education will improve students' health, academic outcomes and food literacy, foster healthier eating habits, and build lifelong skills related to food, nutrition and community connections.



# LEADERSHIP DEVELOPMENT

This year, FEEST staff led a **special Leadership Development Intensive**, by offering a practicing ground for leadership. This intensive was inspired by the Oakland Community Schools creating a space for young people to practice and **deepen in their understanding and practice of community, belonging in movement building.**

As part of our participation in a cohort convened by the **Funders' Collaborative on Youth Organizing (FCYO)**, FEEST has been **developing a strategy that deepens our investment in youth leadership.** We believe that investing in young people means teaching them the tools to make change, developing their power, and political analysis — **because this is how social movements are won.**

We introduced students to a leadership scale, a **tool to help visualize their leadership growth, allowing each student to chart their own development path.** This tool also helps FEEST provide individualized support to meet each student's goals.

Through this intensive, students learned to facilitate meetings, engage new members, leverage technology, and collaborate with decision-makers. **They left with a deeper sense of their leadership journey and a commitment to driving bold, community-led solutions.**

In addition, FEEST is creating structures to **ensure youth are involved in every aspect of our work**—from communications and design to event planning and even serving on our board of directors.





# CREATIVE LIBERATION THROUGH STORYTELLING: SUMMER STORIES 2024

This summer, 15 young people came together to reclaim their voices through creativity. Over four weeks, students explored storytelling mediums like creative writing, comix, and zine-making, all while reflecting on systemic oppression and its impact on their lives.



## week 1

### TREE OF OPPRESSION & ZINE INTRODUCTION

- Explored how systems of inequality are perpetuated.
- Connected personal experiences to larger systems.
- Introduced zine-making as a creative tool for storytelling and challenging oppression.

## week 2

### COMIX & POLITICAL CARTOONS

- Led by Elyssa, a recently graduated FEEST Student Organizer!
- Students learned about the history of comix and how they have influenced our political landscape and culture.
- Students created comix and political cartoons addressing issues they cared about.

## week 3

### ALL THINGS CREATIVE WRITING

- Journalist and storyteller Ari McKenna guided students through crafting “Portrait of a Youth Activist” profiles.
- Students interviewed each other to get inspiration on their stories.
- Students experimented with creative writing techniques to tell unique stories.

## week 4

### ZINE CREATION & CELEBRATION DAY!

- Students compiled their zine pages, reflecting on their growth throughout the program.
- Ended with a celebration, recognizing student creativity and personal development.





# STUDENT JOURNEYS: SPOTLIGHT ON YOUTH LEADERS

## **ABREHAM (HE/HIM)**

**FEEST Student Organizer**

*Youth organizing means **creating an environment where people help each other at critical points in their lives.** It's about genuine, real people deeply talking about what matters to them and supporting each other.*

**[READ THE FULL INTERVIEW HERE!](#)**



## **ELYSSA (HE/HIM)**

**FEEST Student Organizer**

***Always stay curious and always stay critical.** Ask questions, and push for answers. The people in power try to limit how much power **YOU** have. Stay learning, and always ask, 'What power do you have?'*

**[READ THE FULL INTERVIEW HERE!](#)**

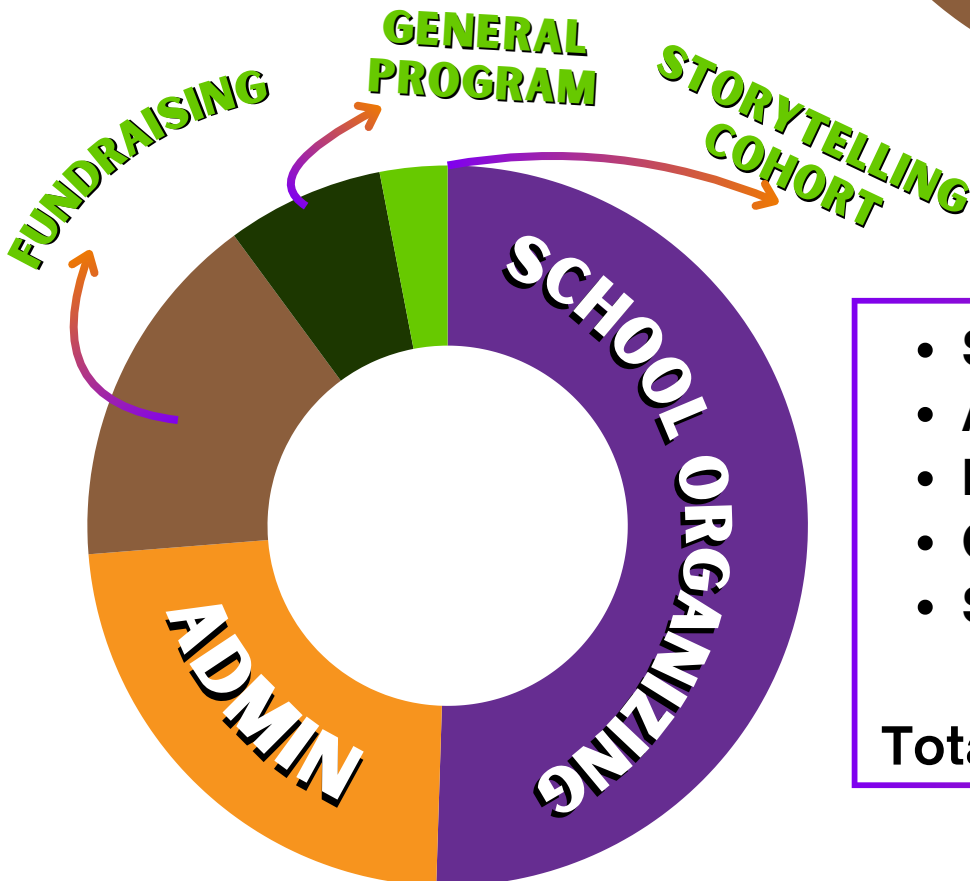
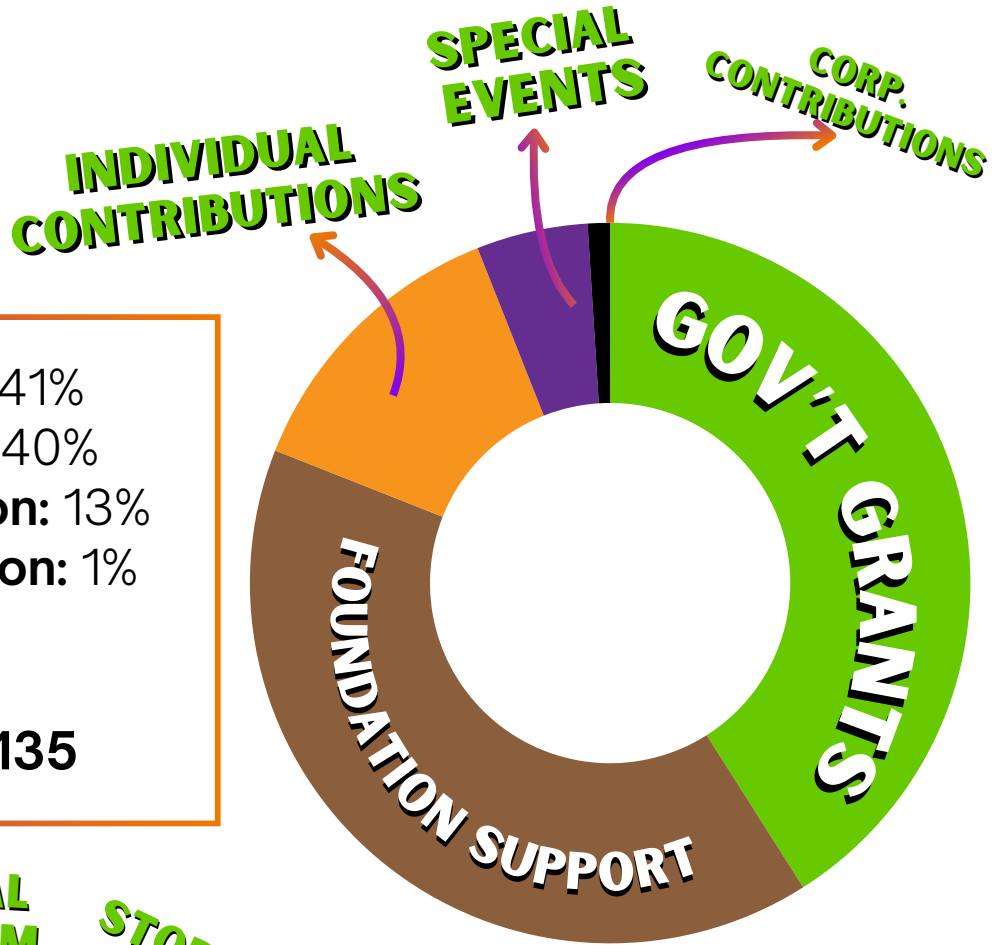


# FINANCIAL HEALTH

## INCOME

- Government Grants: 41%
- Foundation Support: 40%
- Individual Contribution: 13%
- Corporate Contribution: 1%
- Special Events: 5%

Total Income: \$ 1,286,135



## EXPENSES

- School Organizing: 51%
- Admin: 23%
- Fundraising: 16%
- General Program: 7%
- Storyteller Cohort: 3%

Total Expenses: \$ 1,183,510



# A MOMENT OF GRATITUDE

We are deeply grateful for the unwavering support of our community.

To our **students:**

Your courage and creativity drive everything we do.

To our **families:**

Thank you for your trust and support, which allow our students to thrive.

To our **teachers and school staff:**

Your dedication to student well-being makes all the difference.

To our **staff and board:**

Your commitment and leadership are the backbone of our organization.

To our **community members:**

Your invaluable contributions—time, resources, and advocacy help bring us closer to our vision.

---

*Thank you to everyone who believes in FEEST's mission.  
Together, we are building a brighter future for our youth.*

## STAY IN TOUCH!

SUBSCRIBE TO OUR NEWSLETTER



FOLLOW US ON SOCIAL MEDIA

