



Ellyn Satter Institute

2021 Annual Report



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ellynsatterinstitute.org

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Our Vision

A world where everyone has a positive and trusting relationship with food.

Our Mission

To transform lives through joyful feeding and eating.

Where to Find Us

Contact us

support@ellynsatterinstitute.org

Connect with us

www.ellynsatterinstitute.org



Who We Are

The Ellyn Satter Institute is a 501c3 not-for-profit organization founded by Ellyn Satter to further the training in and research of the Satter feeding and eating models.

ESI Faculty members are highly experienced professionals with a passion for carrying on the feeding dynamics and eating competence work. Each brings particular expertise in the areas of child nutrition, feeding and eating disorders, mental health, education and public health.



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Message from the Executive Director

I'm incredibly grateful for the outpouring of support and energy from our professional and parent followers this year.

In a year with many uncertainties, professionals and parents alike continued to reach out to ESI for solutions to challenging feeding and eating problems. Internationally, organizations sought training, and consultation on projects and policy change to expand the use of the Satter models.

Accordingly, together we have accomplished so much beyond our expectations.

For the upcoming year, we hope to develop more learning opportunities, expand collaborations and welcome new faculty.

Anne Blocker

Executive Director

A Year in Review: Expanding Training Opportunities

A primary focus in 2021 involved expanding learning opportunities and improving access to materials for professionals.



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4 VISION workshops -
89 participants

12 national and
international speaking
events - 1,050+ learners

Developed on-demand
webinar library

9 new professional
webinars developed

sDOR 2-6TM
Inventory available for
professional use

Expanded training
materials and programs
with 2 key partners



A Year in Review: Building Organizational Capacity

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Financial Summary

YEAR ENDING DECEMBER 2021

CURRENT ASSETS

Cash	\$ 173,059
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LIABILITIES

Accounts Payable	\$ 5,653
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REVENUES

Material Sales	\$50,091
Program Income	\$169,142
Direct Support/Donations	\$30,127
Miscellaneous Revenue	\$1,083
TOTAL REVENUE	\$250,443

EXPENSES & DEDUCTIONS

Product Expenses	\$38,313
Program and Production Expenses	\$47,437
Operational Expenses	\$112,256
TOTAL EXPENSES	\$198,006



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A Year in Review: Collaborating with Global Thought Leaders

Organizational consulting and project collaboration with various clients, both domestic and international, was part of ESI's key work in 2021.

Private and public policy making organizations engaged ESI to help them promote mental and physical wellness through policies and consumer education consistent with the Satter models. This involvement helps ESI retain it's leadership role in child feeding and adult eating education, training and research.



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Impact Report

A MESSAGE FROM OUR FOUNDER

Training professionals to help parents, organizations and adults feed and eat in a trusting manner has always been at the heart of my work. In the early years these trainings, as well as client sessions, were all conducted in person. The pandemic changed that and we were fortunate to be able to adapt our trainings quickly to meet the needs of the many professionals we serve. This change has resulted in new opportunities for the future. ~ Ellyn Satter

A YEAR WITH UNIQUE CHALLENGES

The Covid Pandemic continued to present unique challenges for the Institute and the organizations we work with. All of our scheduled speaking events transitioned from in-person to virtual. Our webinar trainings and workshops continue to be virtual. We look forward to the resurgence of in-person events.

Organizations requested recordings of our trainings and we are able to respond by creating space on our virtual training platform, allowing participants to learn from home or office at any time.

IMPACT SNAPSHOT

1950

Participants attending
Satter trainings

17

Organizations seeking
training, consulting or
collaboration.

41,620

Parents and professionals
connecting via Facebook
and Instagram.





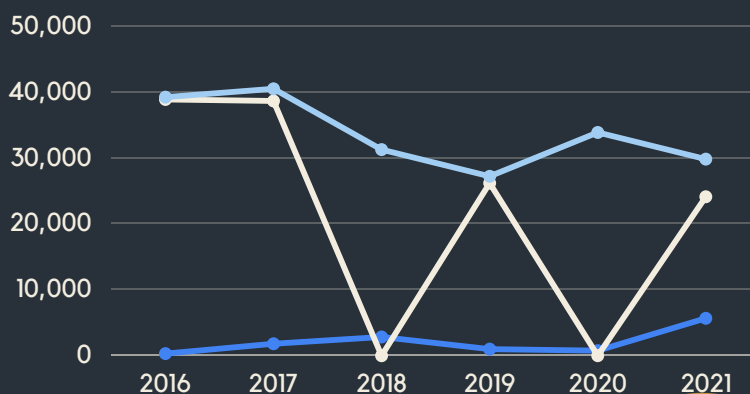
DONOR FINANCIAL SUPPORT

\$29,826

VOLUNTEER HOURS

2680

Volunteer and donor contributions continue to make it possible for ESI to grow and flourish. Our volunteer Board and Faculty give generously of their time and talents each year. Outside financial support allows us to create new materials and trainings.



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PROJECTS

Satter Eating Competence Self-study

DETAILS

Independent study to expand professionals' expertise and confidence in practicing the Satter Eating Competence model.

OUTCOMES

- Expands the Satter self-study offerings.
- Provides 30 CDR CEU's for dietitians.

Organizational Consulting Expansion

Organizations can earn the ESI Seal of Approval through our expanded organizational consulting program.

- Successful projects received the ESI Program Seal of Approval.
- Project consulting aids organizations in maintaining integrity of the Satter models.

Collaboration with Brush Art Corporation to expand

Feeding in Primary Care handouts converted to digital platform distribution. Began work on virtual nutrition education program.

- Hard copy and digital materials available to WIC participants.
- Early development of Satter Division of Responsibility online interactive parent education.

OUR STRATEGY FOR 2022

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BUILD ORGANIZATION CAPACITY

\$338,000

Operational
Revenue

3

Increase Faculty
Membership

Organizational
Diversity, Equity
and Inclusion
Review

\$31,600

Donor Support

EXPAND TRAINING

8

Webinar and
Program
Development

3

Perform Key
Program Updates

INCREASE RECOGNITION AS A FEEDING AND EATING THOUGHT LEADER

Support
Research of the
Satter Models

6

Organizational
Consultation and
Collaborative
Relationships

We couldn't have done it without your generous *support.*

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Thank you

to all our volunteers,
donors and patrons.

As we look to the exciting future
ahead we want to acknowledge
our gratitude for the contributions
of the people who worked
tirelessly on the projects
mentioned within.



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ESI Clinical Issues and
Ellyn Satter Institute



@ellyn_satter_institute

