



U S A N A

TRUE HEALTH
FOUNDATION

helping humanity



2016
ANNUAL REPORT



About Us

The USANA True Health Foundation is the corporate charitable foundation of USANA Health Sciences, Inc.—a global nutritional company based in Salt Lake City, Utah. As the corporate charitable foundation of USANA, we are dedicated to building a community of Associates and customers who can connect to families worldwide.



Giving Back

We take USANA's overall vision of creating the healthiest family on earth to heart. This is why the USANA True Health Foundation's mission is to provide the most critical human necessities—nutrition, clothing, shelter, medical assistance, and health education—to those who are suffering or in need.

Love Life and Live It

We believe in loving life and living it. We believe that being part of a healthy family is essential. We believe in building healthier communities. We achieve all of these things by connecting our worldwide family of Associates and customers to worthwhile projects related to nutrition and better health. This is at the core of our global activities, and our impact can be felt around the world.

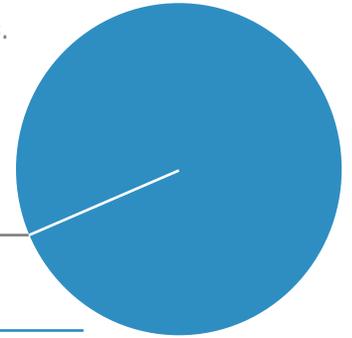




100 Percent

All administrative and fundraising costs are covered by USANA Health Sciences, Inc. Every dollar donated to the USANA True Health Foundation goes to charitable purposes.

100% Program Services
0% Administrative & Funding



How a **Single Dollar** Can Make a **World of Difference**

In 2016, the USANA True Health Foundation raised US\$2,817,741 to assist hundreds of thousands of people around the globe. In the hands of the Foundation, each dollar makes a world of difference to someone in need. Every dollar provides four healthy meals to hungry children around the world. No donation is too small to make a big difference—one meal creates hope.

153,600 Meals Assembled at **International Convention**

In August, Associates, athletes, and celebrity partners came together to assemble 153,600 meals and raise US\$215,000 for the Foundation. The large-scale FoodPak event benefited Children's Hunger Fund, one of the Foundation's charitable

partners dedicated to feeding malnourished children around the world. Each FoodPak has enough dry foods to feed a family of five for about a week. The Foundation received support from from Dr. Mehmet Oz, four-time Emmy Award-winning Host of *The Dr. Oz Show*, who helped Associates and employees pack the boxes of food. Rio Olympians Mandy Bujold, Alev Kelter, Alyx Treasure, and NFL Network correspondent Jenn Brown also rolled up their sleeves to pitch in and help. As we all learned, it only takes a minute or two to assemble a FoodPak, but it makes a world of difference to those in need.





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Champions for Change

5K Run/Walk

The USANA True Health Foundation once again hosted their annual Champions for Change Superhero 5K at USANA's International Convention. Nearly 3,000 participants sacrificed sleeping in on a Saturday morning and instead turned up bright and early in capes and costumes to run for a cause. The race was a festive, fun event, and it didn't take long before Australian Associate Jared Wiseman crossed the finish line. His thoughtful words perfectly sum up the feelings of all who participated. "My philosophy is that we're put on earth for a reason, and that's to help other people's lives. Many of us are in a very fortunate situation, and there are many people who aren't in that position. So why not give back with the Foundation?"





Aces for Humanity

The Women's Tennis Association's (WTA) annual Aces for Humanity campaign generously donated a US\$25,000 check on court in Singapore to the USANA True Health Foundation. "The support we continue to receive from the WTA has allowed the Foundation to respond to disasters in a timely manner and help those in need of assistance when it has mattered most," says Jim Bramble, board president of the USANA True Health Foundation. "We are grateful for our partnership with the WTA and our Brand Ambassadors, and their commitment to helping us make the world a better place."

500,000 Meals

It's not just Associates who give back—USANA employees are also making a huge difference. And they have been a force for change. Due to the generous donations of Associates and employees, the Foundation was able to reach their goal to donate 500,000 meals by the end of 2016. The Foundation is grateful for these donations that are enabling them to change lives around the world.

The Heart of the Company

The USANA True Health Foundation is the heart and soul of the company. There's a face and soul behind every dollar that's ever given. Associates aren't just making money with USANA, they're donating so their money can expand USANA's vision of creating the healthiest family on earth. It's not just about the bottom line—the Foundation knows what really matters.








CORNERST

Philippines

Empowering the Children

For nearly 30 children living in extreme poverty in the Philippines in the Masville Village in Paranaque, a summer camp was something they'd never experienced before. But thanks to the USANA True Health Foundation, this unforgettable experience was made possible. With the help of volunteers from the USANA Philippines office and other local partners like Diamond Director Dr. Marc Cruz, these children learned about a variety of subjects revolving around overall health. For eight weeks they had fun while learning valuable skills. They also received healthy meals and snacks, and of course, the children who attended received their daily dose of **Usanimals™**.

Due to the summer camp's success, the program has continued. For the last 6 months, the Philippines USANA family has fed 350 children every Saturday. The children have also been given monthly supplies of **Usanimals™** (one bottle per child). Associates even take time to volunteer by conducting regular nutritional trainings and tutoring programs.

Malaysia

Touching Lives and Loving Life

In Malaysia, our USANA family has touched the lives of many. The USANA staff, field teams, and 764 Associates provided an incredible amount of service to the people of Malaysia. Some of the projects included:

- Serving children's homes in Johor Bahru
- Feeding families living on the streets in Kuala Lumpur
- Caring for those with mental illnesses in Kuching
- Visiting rehabilitation centers in Batu Pahat

All in all, eight states and nine venues were covered. Everyone involved experienced personal joy and satisfaction as they gave back to this wonderful addition of the USANA family.





Singapore

A White Christmas

A few hours out of our day might seem like little to us, but to others, it makes a world of difference. Our USANA Singapore family served and helped their friends from the Singapore Association



of the Visually Handicapped to experience an unforgettable Christmas this past year. Individuals spent a fun day at Snow City—an amusement center where snow is beautifully recreated indoors. It was magical for everyone to experience a white Christmas for the first time. We are so grateful for a worldwide family that makes it a priority to give back in special ways to the community.

Hong Kong

Saving Lives

Poverty can often push people into desperation. This leaves many at risk for different kinds of abuse as they search for better opportunities. Our USANA family in Hong Kong is saving lives by providing much-needed educational tools to those most desperately in need. With their help, individuals are able to step out of the darkness as their lives are changed. Thank you to our USANA Hong Kong family.



Haiti

Hurricane Matthew Relief

When Haiti—one of the poorest countries in the world—was ravaged by the devastating Hurricane Matthew, the USANA True Health Foundation stepped in to help. The Foundation is dedicated to being the most efficient responder on the ground. After monitoring the situation and evaluating the potential for the best use of your donations, we provided US\$80,000 through our partners, Children’s Hunger Fund, and International Relief Teams. This amount provided FoodPaks, vitamin-fortified meal packs, and life-saving medicine. Entire villages and towns have been completely destroyed, and there is still much help needed. But with your support, we were able to provide hope to many.



Mexico

Delivering Smiles

There’s something special about seeing a smile on the face of a child—a child who has been given hope again. Our Foundation staff, Children’s Hunger Fund representatives, and USANA Associates experienced smiles up close and personal in Vicente Guerrero in Baja, Mexico. Volunteers spent four days giving back in a variety of ways. Highlights of the trip include:

- Delivering much-needed FoodPaks to local homes
- Caring for and helping bathe those at the special needs center
- Providing free dental and health services at a mobile clinic
- Delivering healthy snacks, toys, and **Usanimals™** to children in poverty

The trip was a success and we all came home with full hearts and smiles of our own.





Ghana

A Family Saved

For one desperate mother in Ghana, the USANA True Health Foundation literally meant the difference between life and death. This is her incredible story.

“I have lived in sorrow for many years, but the last three years have been the most horrible,” says the mother of five. “My husband and I were living together in our small room with all our children. Although the living conditions were difficult, we believed that all would be well with us. But in February 2010, my husband woke up one day and left our home and never returned. This was just a few months after I had given birth to Benedicta, my youngest, who has not seen her father since she was born.

“I did not know how to search for my husband, as I had never traveled outside my village and did not even know the way to the city. The living conditions with my children at the time were unbearable. I didn’t have money to send any of my children to the clinic when they were sick, so I used local herbs to treat them. This was the best I could do. For work, I walked to a building construction site to carry water to earn 3.00 cedis (the equivalent of US\$1) to support my kids. The days that I was unable to work, we went to bed without food and the children would not attend school the next day.

“Life was indeed without hope. A few months ago, I gathered un-prescribed medications to end my life as well as the lives of my children, because we had no food. But that night, I was unable to get water for them to swallow the pills, so I decided to wake up early in the morning to go to the riverside to get water to ensure that it could be done. When I woke up that morning, a volunteer was waiting at my house to deliver a bulk of food to me and my children.

“Today, I have enough food to feed my children every day. Life would have been disastrous without these FoodPaks. I am so grateful that we have enough.”

Remember, if we bring even just a glimmer of hope to someone’s life through the Foundation’s efforts, our mission will be accomplished.





BRINGING CHILDREN TOGETHER WHEREVER YOU ARE

Date Packed June 11, 2019

Shift 1 2 3 4 5 6

37 lbs per box
— 96 - 3 meal bags
48 - 6 meal bags

Our Partners

- Children's Hunger Fund
- International Relief Teams
- Women's Tennis Association
- KidsCan
- The Smith Family
- Cornerstone Ministries
- China Foundation for Poverty Alleviation



Participate Today

Sign up for monthly donations via your Auto Order! It's quick and easy to add recurring monthly donations for the USANA True Health Foundation. Visit The Hub today. If you prefer to make a donation via check, please make the check payable to USANA True Health Foundation and mail it to the Foundation at 3838 West Parkway Blvd., Salt Lake City, UT 84120. If you need assistance with your donation, please call 801-954-7714.

Financial Highlights

Total Support and Contributions

UTHF - Area of Greatest Need	US\$712,474
Children's Hunger Fund	US\$1,495,042
Usanimals™	US\$738,722
Total UTHF Contributions	US\$2,946,238

Charitable Grants

UTHF - Area of Greatest Need	US\$260,234
Children's Hunger Fund	US\$1,609,019
Usanimals™	US\$738,722
Total Charitable Grants	US\$2,607,975
EXPENSES	\$0*
NET ASSETS	US\$1,442,399

*USANA Health Sciences covers all administrative costs for the Foundation.



USANA True Health Foundation **board members**

Jim Bramble, President of the Board

Denis Waitley, Board Member

Elaine Pace, Board Member

USANA True Health Foundation **staff members**

Brian Paul, Executive Director of Communications

Ayugi Arunga, Programs Manager

Susie Derber, Coordinator

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