



kinship

COMMUNITY FOOD CENTER

Kinship Community Food Center
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<p>PROGRAM OVERVIEW</p>	<p>Shop - Fresh Food Market</p> <p>A fresh food market that integrates health education, cooking demonstrations, a food bar, and connections to community resources.</p>			
<p>OUR THEORY</p>	<p>Food is a powerful medium to build and restore neighborhood well-being. Through frequent visits to the pantry market, people build community, improve their health, and address other areas of instability.</p>			
<p>WHAT WE KNOW</p>	<ul style="list-style-type: none"> • Over 80% of those we serve are children, elderly, disabled, or under-employed.¹ • 79% of households we serve don't have sufficient access to healthy fresh produce because of proximity to grocery stores or lack of income. • 72% of households we serve have someone in their home with type 2 diabetes or high blood pressure • Low-income households are six times more likely to be socially isolated, exacerbating the worst effects of poverty. 			
<p>WHAT WE DO ABOUT IT</p> 	<p>Our "Shopper Choice" Market Prioritizes...</p> <table border="0"> <tr> <td data-bbox="386 1241 747 1645"> <p>Abundant Quality Food</p> <ul style="list-style-type: none"> • Grow organic produce at our gardens and farm • Reduce food waste by rescuing quality food • Engage hundreds of community partners through healthy food drives • Purchase high demand items to improve choice and variety </td> <td data-bbox="776 1241 1136 1645"> <p>Nutrition Education</p> <ul style="list-style-type: none"> • Integrate health education through recipe cards, market design, and food interaction • Feature cooking demonstrations with a rotating lineup of community chefs • Provide a healthy breakfast, juice, and dinner bar </td> <td data-bbox="1166 1241 1503 1645"> <p>Strong Community Bonds</p> <ul style="list-style-type: none"> • Create a safe, welcoming, and engaging space designed to foster belonging • Feature and connect people with community resource partners </td> </tr> </table>	<p>Abundant Quality Food</p> <ul style="list-style-type: none"> • Grow organic produce at our gardens and farm • Reduce food waste by rescuing quality food • Engage hundreds of community partners through healthy food drives • Purchase high demand items to improve choice and variety 	<p>Nutrition Education</p> <ul style="list-style-type: none"> • Integrate health education through recipe cards, market design, and food interaction • Feature cooking demonstrations with a rotating lineup of community chefs • Provide a healthy breakfast, juice, and dinner bar 	<p>Strong Community Bonds</p> <ul style="list-style-type: none"> • Create a safe, welcoming, and engaging space designed to foster belonging • Feature and connect people with community resource partners
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<p>IT WORKS</p>	<ul style="list-style-type: none"> • Annually increase healthy food access for approximately 2,500 households <p>In our recent open ended community survey:</p> <ul style="list-style-type: none"> • 45% say social connectedness is what they appreciate most about our community food center • 79% say access to fresh produce is the most beneficial service of our community food center <p>"They help us, with the demonstrations... that helps boost up the level of confidence and eating healthier, even now, and how important it is to eat healthy."</p> <p>-Chandra Armstrong</p>			
<p>THE BIGGER CHANGE</p>	<p>Our Community Food Center model will continue to draw together wellness partners, food pantries and neighborhood residents to develop a more equitable food system that improves health, social connection, and stability for all.</p>			

SOURCES

¹<https://www.cbpp.org/research/food-assistance/most-working-age-snap-participants-work-but-often-in-unstable-jobs>