

APRIL 2020 PROGRAM NEWSLETTER

PROGRAMS CONTINUED VIRTUALLY

During this time, FEAST continues to support families through:

Education - Nutrition presentations have been pre-recorded videos and shared via YouTube link. In May, Group Leaders will begin to offer Live classes via Zoom/Google Hangouts to the wider community. Recipes have been adapted into a "formula" to encourage participants to get creative with their ingredients. At the end of each week, participants receive a compilation of ideas from all FEAST groups.

Access - Group members are still receiving a weekly \$10 gift card to Food4Less/Ralphs and bi-monthly home deliveries of fresh produce and healthy prepared meals by EveryTable.

Support - Check-ins take place once a week during regularly scheduled meeting times, providing participants a space to continue receiving social and emotional support. Group members communicate regularly through apps such as GroupMe and WhatsApp.

RESOURCES

Californians can now use CalFresh/EBT to purchase groceries online via Amazon and Walmart. See the [CDSS website](#) for more details.

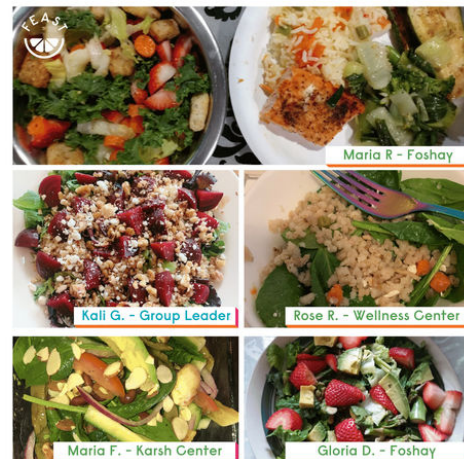
[Handout on Grocery Shopping during COVID](#)

[3-Minute Mindfulness Break](#)

[FEAST 2019 Annual Report](#)



"Beyond the bag of groceries, you have given us something even more valuable-- an example of what it means to give and to share. Thank you for everything you are doing... for your humanity and your huge hearts." - Ange M.



WELLNESS TOOL

During difficult times, it is especially important to check-in with yourself.

