



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER



ANNUAL REPORT 2020

FEAST
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SUITE 210
LOS ANGELES, CA
WWW.FEASTFORALL.ORG

A MESSAGE FROM FEAST'S BOARD CHAIR

Dear Friends,

Serving as FEAST's Board Chair for the past five years, it has been a pleasure to support the growth of our Board, alongside the growth of our organization's team and the expansion of our impact.

2020 was a year that tested individuals, communities and organizations in myriad ways. Despite multiple challenges, we continued to evolve as an organization, and we were fortunate to have several new members join our board, eager to do the work of providing health and wellness for all. Rachel Szabo, Eric Lau, Daniel Fine, Zoe Khar, Malcolm Williams, Fatima Cook and Keri Glassman became invaluable allies, bringing a diverse range of professional expertise to help support our mission.

Thanks to the leadership and enduring commitment from our Board Members and Staff, FEAST remained successful and innovative in navigating the challenges faced by our community, and we ended the year stronger than ever.

We remain resolved to create lasting impact for our participants and communities, and to continue expanding our wellness programs throughout the nation. We thank you, as always, for your support and commitment to our mission.

With gratitude,



Christina M. Ford, MD
Board Chair

2020 IMPACT VIDEO



Click [here](#) to view a short video about FEAST's activities and impact in 2020.

MEET THE BOARD OF DIRECTORS

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MEET THE TEAM

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Lauren Rejvani
Managing Director

Amy Vu
Director of Programs

Ana Guzman
Family & Community
Partnerships Manager

Shannon McDermott
Communications &
Development Manager

A MESSAGE FROM FEAST'S EXECUTIVE DIRECTOR

To our FEAST Family of Supporters,

Throughout 2020, the COVID-19 pandemic exposed and accelerated the disastrous and deadly impacts of the underlying health disparities that have long affected our communities of color and those living in poverty. Founded in 2013 to address these disparities, FEAST's mission to promote wellness through the power of healthy food and human connection is more pressing than ever.

In March 2020, as Los Angeles's stay-at-home mandates went into place, we reached out to our program participants and graduates to learn about their immediate needs and concerns. In the face of unprecedented challenges, **FEAST launched a new food access program and transitioned programs to a virtual format**, retaining over 85% of families that were enrolled in groups at the time. These activities gave our community members immediate access to healthy food and enabled us to continue supporting healthy eating habits and decreasing risk factors for dietary disease.

Understanding that human connection is essential to good health and healing, **our virtual setting enabled us to bring people together from opposite ends of the country** - sharing resources, supporting each other emotionally, and engaging in healthy activities.

As the risks from the COVID-19 pandemic decrease, and more of our community members are vaccinated, **we look forward to returning to in-person programming as soon as possible**. That said, we saw unexpected benefits to implementing FEAST programs online. For example, working parents and those living too far from our program sites were able to access FEAST's programs for the first time. These experiences made our organization stronger. **We look forward to increasing our impact by continuing to offer a select number of wellness groups and leadership trainings virtually throughout 2021 and beyond.**

Finally, 2020 taught us there is no replacement for in-person human interaction. **Throughout the pandemic, our staff and a committed team of volunteers met in-person to deliver over 500 pounds of healthy food to 60 households experiencing food insecurity every Wednesday** - an initiative we continued into 2021. If you're able to join us in South LA, we would love to connect with you there!

During a year of tremendous challenges for so many, we were heartened by the outpouring of support and increased commitment from our partners, donors, and supporters. Together, we were able to make a positive impact in the lives of those most in need. 2020, among many things, will be a year that reminds me of humanity's resilience, generosity, and renewed commitment to make this world a better place for all.

Thank you for making this work possible,



Dana Rizer
Executive Director, Chief Food Enthusiast
FEAST

COVID-19 NEEDS ASSESSMENT

To better understand the changing needs of our community members, in March 2020, FEAST completed phone interviews with enrolled participants in our Spring groups. As the pandemic continued, FEAST conducted a comprehensive needs assessment in June and July of 2020. Of the 57 program participants contacted, 23 households self-selected to complete the formal assessment. Here are the results.

PHYSICAL HEALTH

Pre-existing health conditions compromise immunity and increase susceptibility to COVID-19. Among respondents, **44% had at least one pre-existing diet-related health condition**. **70% skipped medical appointments** due to fear or worry of contracting the virus.

FINANCIAL IMPACT

Among the 45% of respondents who were employed prior to March 2020, **60% lost their job due to the pandemic**. 74% reported a total decrease in income for their household since March. **22 out of the 23 respondents faced hardships** such as job loss and inability to pay rent or bills.

95%

"often or sometimes true" that they couldn't afford to eat balanced meals

59%

worried they would run out of food before getting money to buy more

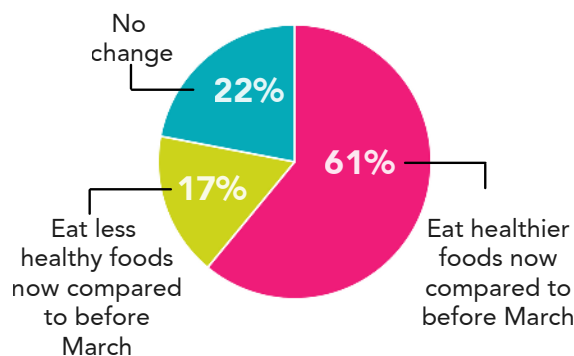
44%

skipped or cut the size of their meals

(April-June 2020)

EATING BEHAVIOR

In contrast to national public health trends, **only 26% of FEAST respondents reported feelings of hunger** because there wasn't enough money for food, and **a majority reported they were actually eating healthier during the pandemic**.



FEAST ANALYSIS: A sample study of 1,000 Angelenos conducted by USC Dornsife found that only 28.3% of respondents reported eating healthier foods during the pandemic compared to 61% of FEAST respondents. This suggests, despite it being a period of significant financial and emotional hardship, one positive outcome of FEAST's COVID response was to not only reduce hunger but to also promote healthy food choices.

FOOD ACCESS: ACTIVITIES & IMPACT

Every week, FEAST staff and a team of volunteers bagged and delivered 500 lbs of produce donated to FEAST by our partners Food Forward and the Santa Monica Farmers' Market, directly to the homes of over 60 Wellness Program participants and other families in need. This approach not only helped families struggling with food insecurity, it also helped to mitigate the rise of food waste, as farmers' market and restaurant demand decreased in 2020 and produce went unsold.

**IN 2020, WITH THE HELP OF
60 VOLUNTEERS, OVER
3,700 INDIVIDUALS ACROSS
LA RECEIVED...**



28,000 lbs.
Fresh
Produce



1,045
Prepared
Meals



\$18,400
Food
Scholarships

”

“Apart from the bags of food, we received something of much greater value. We received a great example of giving and sharing. Thank you for all that you're doing. Bless you for your humanity and huge hearts.”

-Ange M., FEAST Graduate



THANK YOU TO OUR FOOD ACCESS PARTNERS



sweetgreen

VIRTUAL 16-WEEK WELLNESS PROGRAMS

26 Wellness Groups Served 270 families

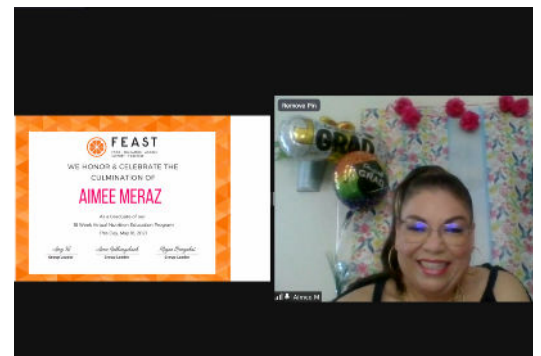
12 Wellness Groups Implemented by FEAST HQ

14 Wellness Groups Implemented by Trained FEAST Affiliates

VIRTUAL PROGRAMS

- Groups met weekly on Zoom following the same class structure as in-person.
- FEAST filmed weekly recipe demonstrations to share with participants and the broader community online.
- Participants connected outside of the group using a messaging app, sharing their successes and providing support.
- FEAST leaders conducted bi-weekly one-on-one calls to address specific needs, support health goals, and help families deal with loss.
- FEAST delivered weekly "Food + Education" boxes to participant homes (in lieu of food gift cards/vouchers).

Even in a virtual format, FEAST's unique combination of Food Education, Access and Support, Together helped families live sustainably healthier lives, creating numerous positive behavioral and physical health outcomes.



WELLNESS PROGRAM 2020 OUTCOMES

In 2020, upon enrollment, 47% of program participants had 1 or more health issue such as diabetes, high blood pressure, and/or high cholesterol and 44% also lived with a family member suffering from those health problems. 81% of program participants rely on public assistance programs such as SNAP/EBT, WIC, SSI, to meet their basic nutritional needs.



IMPROVED EATING HABITS AND ATTITUDES

By the end of the program...

90% of graduates report confidence in their ability to **cook recipes using fresh ingredients and eat healthy meals on a limited budget.**

77% **Read the nutrition labels** on the back of food packages before purchasing a product, compared to 43% before.

39% **rarely or never eat a meal from a fast-food restaurant**, compared to 21% before.

82% **choose whole grain products**, compared to 58% before.

67% increased their **daily fruit and vegetable consumption.**

"I am more conscious of my choices especially regarding sodium levels, plant based foods, healthy well-portioned fats and whole grains."

-Jesi, PS 112, Fall 2020



IMPROVED HEALTH AND WELLBEING

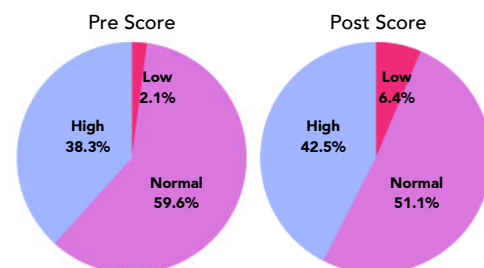
By the end of the program...

60% of participants report an **increase in their wellbeing** (measured with the PROMIS global health scale).

32% report an **increase in their sense of emotional support** (measured with the PROMIS emotional support scale).

47% increase their self-esteem. Participants report greater life satisfaction, feelings of worthiness and positive attitudes toward self.

Rosenberg Self-Esteem Scale



4.6

AVERAGE
POINT
INCREASE

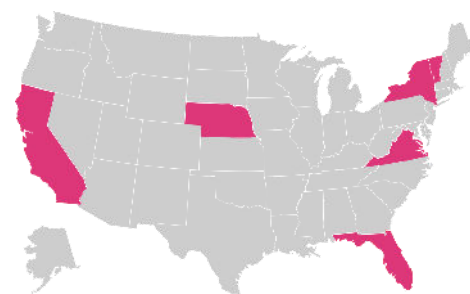
among those who
increased their
self-esteem scores

"I made new friends, and opening up emotionally with the group helped me grow stronger. I felt cared for. I love the bond that was created. It really was a safe space."

-Ursula, Wellness Center, Spring 2020

FEAST NATIONWIDE

FEAST's 3-day leadership training and licensed program curriculum help organizations who want to improve health in their communities by training staff to implement our proven 12 and 16-week wellness programs. In 2020, FEAST trained 61 additional leaders, including 10 virtually, to run FEAST programs.

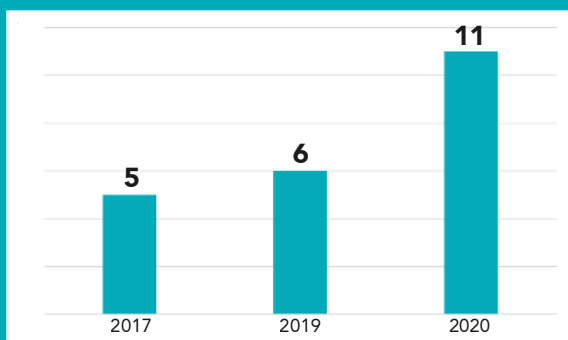


**138 LEADERS TRAINED
ACROSS 6 STATES**

AFFILIATE HIGHLIGHT: PROVIDENCE HEALTH

Since 2017, with support from Anthem, 22 Health Educators and Community Health Workers from Providence Health participated in FEAST's Leadership Training. To date, Providence has implemented 22 groups, serving 224 families and 870 additional household members in Los Angeles County. Program outcomes show that individuals make substantial changes physically, mentally, emotionally, and spiritually.

FEAST groups implemented by Providence Health



One participant, Maria, lowered her A1c levels by 6.5 points, bringing her A1c down from 14 to 7.5 and reported feeling better energy levels. She started reading nutrition labels before purchasing the products and found recipes simple and easy to prepare.



FEAST Virginia, an independent non-profit founded by Bev Sell in 2019, expanded in 2020 with 11 additional leaders trained to implement FEAST programs in Norfolk, VA.

FEAST AFFILIATE PARTNERS:



THANK YOU TO FEAST'S DEDICATED VOLUNTEERS!



Alexander Balladares	Clarissa Eyu	Jim Williamson	Lauren Fisher	Sandy Khologyh
Alicia Olivas	Cynthia Rincon	Jolene Wang	Lauryl Osborne	Sara Alamdari
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Athena Nash	Irvin Salgado	Kaylee Posada	Nikki Reed	Tynessa Jue
Bianca Paulus	James Hankee	Kelley King	NiSadie Dorf	Veronica Reo
Brooke Bell	Jessica Jung	Kim Koral	Rachel Szabo	Yaou Dou
Cayman Hunter	Jessica Meyers	Kip Pastor	Ron Barnoy	Yimin Teo
Christine Spehar	Jia Guillermo	Laura Reed	Salima Saunders	Yolanda Martin
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