

2021 ANNUAL REPORT



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER



FEAST

3655 SOUTH GRAND AVE, SUITE 210

LOS ANGELES, CA

INSTAGRAM: @feast_for_all

A MESSAGE FROM FEAST'S BOARD CHAIR

Dear Friends,

Serving as FEAST's Board Chair for the past six years, it's been a pleasure to support our diverse and talented Board and our organization's dedicated team as they expand FEAST's efforts to provide food access, nutrition education, and social support in increasingly diverse communities.

2021 was our second year living together through a global pandemic that exacerbated the disparities between those living on the margins and those with resources. To stay afloat in a sea of crisis, FEAST held true to its core mission of promoting wellness and enriching lives through the power of healthy foods and human connection. **In 2021, FEAST positively impacted the lives of 6,200** individuals through our Wellness Programs, Health Educator training, food access initiatives, and community classes.

I remain honored and humbled to serve as this organization's Board Chair and feel sincere gratitude to work with each of our Board Members. The year brought big changes within the Board as well, as we elected Zoe Kahr and Rachel Szabo into their new Vice Chair positions of Governance and External Affairs, respectively—it's wonderful to have such strong leadership on the Board. We also saw the departure of our former Executive Director, Dana Rizer, who played an invaluable role in shaping FEAST with her passion and commitment. Dana is supporting the executive transition as an advisor and is planning to transition into a role on FEAST's Board of Directors in 2023. In keeping with our continued growth and evolution, we welcomed a new leader, Ave Lambert, to help guide us in creating FEAST's future.

We remain dedicated to advancing health equity in communities nationwide with programs that provide an emotionally supportive space in which participants are empowered to make measurable and sustainable changes to their diet and lifestyle in service of improved wellbeing.

We thank you, as always, for your support and commitment to our mission.

In gratitude,



Christina Ford, MD
Board Chair

A MESSAGE FROM FEAST'S EXECUTIVE DIRECTOR

To Our FEAST Family of Supporters,

When I joined FEAST in January 2022, I was profoundly impressed by the ways in which the small but mighty FEAST team had pivoted to serve the community's needs during the pandemic. In addition to delivering nutritious food directly to families' homes, FEAST piloted a new curriculum for caregivers with young children who faced additional pressure at mealtimes during the pandemic. After positive feedback and impact, we're now celebrating a full program launch in 2022. Over 50 families have already graduated from FEAST's 8-week **Family Feeding Program!**

FEAST did not do this work alone. Thank you, from the bottom of my heart, to all the generous partners, donors, and volunteers who stepped up when our neighbors needed it most.

As we emerge from the most severe challenges of the COVID-19 pandemic, FEAST is listening to the folx most affected by the failing collective systems and expanding our programming to address their evolving needs.

To deepen our impact, we are creating a perinatal health program for those experiencing nutrition insecurity and isolation through pregnancy. To broaden our impact, we're training partner organizations that share our mission to implement FEAST's program model in their own communities. In doing so, we are creating the world in which we want to live - one where all people, in every neighborhood, have access to the ingredients that create health and wellness.

To fuel our growth, FEAST hired two incredible leaders from our community, Liency Barboza and Marlene Vega, who joined the program team in May of 2022.

FEAST is committed to providing innovative local solutions to holistically address the challenges our communities face: isolation, food and economic insecurity, depression and anxiety, malnutrition, chronic disease, and hunger. **We can only do this if we listen and respond, and we can only do this together!**

Thank you all for your continued support, and for believing that the future *is* FEAST!

In community,



Ave Lambert

Executive Director

About FEAST



MISSION

To promote wellness and enrich lives through the power of healthy foods and human connection.



VISION

For all people, in every neighborhood, to have access to the ingredients that create health and wellness.



WE BELIEVE

- Food brings families and communities together.
- Health is not only physical, but also social, emotional, spiritual, and environmental.
- Health and wellness are human rights, not luxuries.
- Everyone deserves access to affordable, nutritious food and the knowledge to make informed and nourishing food choices.
- Everyone needs a community of support.



WHY FEAST?

The health disparities affecting underserved communities stem from a variety of interrelated factors. While many programs focus on a single intervention, like education, or food access, FEAST provides a unique, holistic model that addresses the physical, emotional, social, and economic contributors to health.

MEET THE BOARD OF DIRECTORS

- **Christina M. Ford**
Board Chair
- **Zoe Kahr**
Board Co-Vice Chair
of Governance
- **Rachel Szabo**
Board Co-Vice Chair
of External Affairs
- **Daniel Fine**
Board Treasurer
- **Kip Pastor**
Secretary
- **Seth Cohen**
- **Fatima Cook**
- **Lauren Fisher**
- **Keri Glassman**
- **Kurt Halvorson**
- **Eric Lau**
- **Corlis Lewis**
FEAST Graduate
- **Michael Meyer**
- **Madhu Pocha**
- **Sam Polk**
- **Amanda Railla**
- **Pete Rizzi**
- **Dorcia White-Brake**
FEAST Graduate
- **Malcolm Williams**
- **Jim Williamson**

MEET THE LEADERSHIP TEAM

- **Ave Lambert**
Executive Director
- **Lauren Rejvani**
Managing Director
- **Amy Vu**
Director of Programs
- **Ana Guzman**
Family & Community Partnerships Manager
- **Shannon McDermott**
Communications & Development
Manager
- **Liency Barboza**
Project Coordinator
- **Marlene Vega**
Program Associate

2021 BY THE NUMBERS



FEAST's programs and services positively impacted the lives of

6,200

individuals



202

Wellness Program Graduates with

826

additional family members



\$22,725

in recipe ingredients distributed



33,646

pounds of produce delivered

\$34,268

in direct financial assistance provided



75

volunteers helped FEAST provide food access

416

individuals attended a healthy community class



22

FEAST Health Educators trained

WELLNESS PROGRAM

FEAST's 12-and-16-week Wellness Programs bring up to 15 participants together for two hours every week. In each meeting, FEAST Health Educators provide a safe, supportive environment where individuals and families work on relationships with, and belief systems about, food and health. We provide weekly access to food and share recipes that promote healthy eating for the whole family.

MEET A PROGRAM PARTICIPANT

Meet Patricia. Patricia graduated from FEAST's 16-week Wellness program in 2021. Originally from Belize, she now lives with her two daughters in Los Angeles. Patricia found out about FEAST through the Foshay Learning Center where her girls go to school.

"I'm glad to have joined FEAST during the pandemic. FEAST transformed my life. The program helps you to find the strength in yourself that you didn't know you had by overcoming challenges and obstacles."
-Patricia, Foshay Learning Center Group Graduate



23

groups in California,
New York, and
Nebraska.

202

individuals
graduated from
FEAST's Wellness
Program

10

groups led by FEAST

13

groups led by Licensed
Partner Organizations
with FEAST trained Health
Educators.

WELLNESS PROGRAM OUTCOMES

IMPROVED EATING HABITS & ATTITUDES

66%

of program graduates read nutrition labels before purchasing a product, compared to **30%** before

65%

of program graduates read nutrition labels before purchasing a product, compared to **30%** before

47%

choose low-sodium options, compared to **38%** before

51%

rarely or never drink soda, compared to **34%** before

44%

shop at the farmers market more

“

“Before FEAST my child was very low in iron and had to take supplements to boost his iron levels. FEAST taught me how to make delicious recipes with leafy greens. Eating those leafy greens made a big impact for my son. It boosted his iron levels so much. We were able to take him off the iron supplements.”

-Cynthia,
LA Care Group Graduate

IMPROVED HEALTH & WELLBEING

72%

have more energy to do physical activities

74%

feel better emotionally or mentally

57%

improved their self-esteem scores by an average of **4.5** points

48%

reported an increase in their wellbeing (PROMIS global health scale).

“

“The FEAST program allowed me to connect with other peers on a platform where I felt completely safe from judgment. This was the most valuable thing. We are making a lifelong commitment to being our best selves through our food choices and will approach this goal with humility and grace.”

-Roxeanne
Wellness in The Schools Group Graduate

COMMUNITY PARTNERS

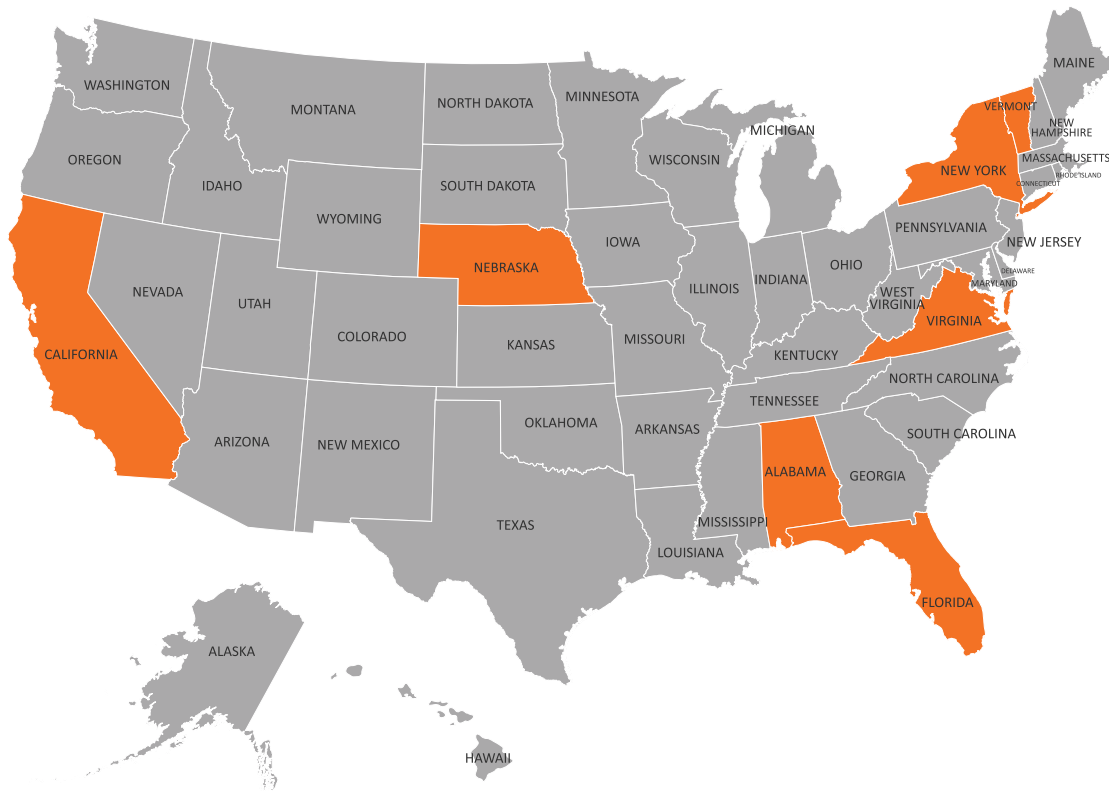
Community partners help bring FEAST's programs to life in a multitude of ways. They encourage their community members to join a FEAST group, provide physical space for our groups to meet, and help lead classes.



New York City
Public Schools
69 & 151

HEALTH EDUCATOR TRAINING

FEAST's three-day Health Educator Training Program and licensed curriculum empowers leaders to implement the FEAST Wellness Program into their own communities.



To date, FEAST has trained 156 individuals across 7 states.



FEAST's three-day training provided me with the knowledge and skills necessary to effectively run the FEAST program in the future. What I learned during the training is not only useful to the program leaders but also is beneficial to all of us in our daily lives. It was very inspiring and motivating to attend the training with like-minded people who are passionate about serving the communities through healthy living!"

-Health Educator Training Graduate

FEAST LICENSED PARTNERS

Organizations with staff who completed FEAST's Health Educator Training Program and now offer FEAST's curriculum directly in their own communities.



MEET WELLNESS IN THE SCHOOLS

Wellness in the Schools (WITS) teaches kids healthy habits to learn and live better. FEAST does the same for parents. Together, FEAST with WITS provides health and wellness for the whole family. Thanks to the **11** trained educators at WITS, over **100** individuals have graduated from FEAST's Wellness Program in New York City!

MEET HARMONY CAFE

Meet Harmony Cafe, a community cafe in Patchogue, NY and licensed partner of FEAST. Two members of the Harmony Cafe team completed FEAST's Health Educator training and implemented their first wellness group in 2021!



FOOD ACCESS SERVICES

To address food and nutrition insecurity, FEAST delivers fresh produce and provides direct financial assistance for food, rent, or other household items. Seventy-five volunteers helped provide weekly food access to the community by packaging and delivering groceries to the families we serve.

Meet a program participant

Sindy Bonilla and her husband have four children. Throughout FEAST's 16-week Wellness Program, Sindy's family received a bag full of fresh produce and a \$15 gift card every week.



“

“Vegetable deliveries make it easier for me to spend more time with my children, have less stress and have less contact in stores during the pandemic. We are grateful for your excellent service.”

Sindy, Karsh Center Group Graduate

FOOD ACCESS IMPACT

FEAST provided access to nutritious whole foods for 6,000 community members, FEAST program participants, and their family members.

\$22,725

in ingredients,
delivered

33,646

pounds of produce,
and provided

\$34,268

in direct financial
assistance.



Thank you to the Snap Inc. Team for volunteering with FEAST!

FOOD ACCESS VOLUNTEERING

Every Wednesday, FEAST staff and volunteers package approximately 625lbs of fresh produce into bags, which are then delivered to over 65 families in South Los Angeles. Thank you to all the individuals and groups that volunteered with us in 2021!

If you would like to learn more about volunteering, visit [feastforall.org/volunteer](https://www.feastforall.org/volunteer).

FOOD ACCESS PARTNERS

Food access partners include organizations that provide funding for direct financial assistance, donate fresh produce and other nutritious grocery items, co-host food distribution events, or provide space to distribute produce.



COMMUNITY CLASSES & EXTRACURRICULAR ACTIVITIES

To create space for all members of our community to learn, grow, and foster health-supportive relationships with each other, FEAST hosts an array of classes and events throughout the year.

NATIONAL NUTRITION MONTH CHALLENGE



In March, FEAST joined in on National Nutrition Month through our very own 2021 Health Challenge! Pictured here is the “Most Creative Dish” winner, Luis!

A NIGHT IN WITH FEAST



In May, FEAST hosted a virtual benefit and dinner at home featuring: a cooking demonstration with Chefs Tom Colicchio & Behzad Jamshidi and a performance by award-winning poet, In-Q. Pictured here is program graduate Gwen with the meal she prepared during the demo.

SUMMER MOVEMENT SERIES



“In June and July” FEAST hosted two workshops where families came together to play games, walk like crabs, and make some delicious fruity popsicles with families! Click [here](#) for the recipe.

FAMILY FRIENDLY ART CLASSES WITH RUCKUS ROOTS



In July, FEAST families joined Ruckus Roots to learn healthy living skills through fun art projects. Click [here](#) to make a beautiful mosaic produce portrait with your kids.

CLASS FOR A CAUSE



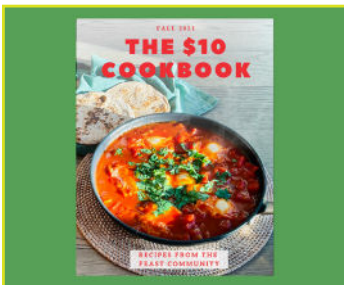
In August, we partnered with The Class for an exercise program that helped strengthen the body and notice the mind to restore balance. Most participants joined The Class online and a few came together in person to move.

BACK-TO-SCHOOL LUNCH COOKING DEMO



In August, FEAST in partnership with Clover Sonoma invited kids and parents to join a fun-filled back-to-school virtual event where we cooked a nutritious, and delicious Rainbow Lunch with LA chef Courtney Storer.

THE \$10 CHALLENGE



In October, FEAST hosted a virtual competition to show the world it's possible to cook creative, delicious, and nutritious meals on a budget of \$10 or less. Competitors created \$10 recipes, which we featured in a [cookbook](#) for families to create nourishing meals.

THANKSGIVING DINNER GIVEAWAY



FEAST provided over 50 Thanksgiving meals to our community this year. We want to give a special thank you to Skip Garret who donates meals to FEAST families every single year!

THANK YOU TO OUR DONORS

*We greatly appreciate every donor who contributes in support of FEAST, and we have made every effort to ensure the accuracy of this list. Please notify grants@feastforall.org of any inaccuracies or omissions. We regret any errors.

- **Cigna Foundation**
- **Michael Meyer**
- **Oechsle Family Foundation**
- **Kroger Foundation**
- **JIB Fund**
- **The Good People Fund**
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