

2022 ANNUAL REPORT



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER



FEAST

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LOS ANGELES, CA

INSTAGRAM: @feast_for_all

FACEBOOK: feastforall
feastforall.org

A MESSAGE FROM FEAST'S BOARD CHAIR

Dear Friends,

In 2022 we continued to honor the evolution of FEAST: From our first groups and grassroots organization almost ten years ago, to a national support network of access and educational opportunities for thousands of historically marginalized people annually, last year we recommitted to our values by investing in our people and our programs.

For many organizations, 2022 brought more change and FEAST continued to navigate our own definition of a “new normal” through growth and transitions. We welcomed our visionary new Executive Director, Ave Lambert, and focused on our strategic vision; expanding our national network from LA to Maryland, growing our team to increase organizational capacity and diversify skill sets, building new curriculum and offerings, and expanding our funder network as well as local education and advocacy efforts.

Embracing this new normal—FEAST was able to gather in person for the first time in three years, for our 2022 Spring Salud fundraiser. This event was a tribute to our mission and advancing health equity, highlighting the importance of community as we celebrated our FEAST family. Coming together we renewed connections, and shared our stories and vision for our common future as we continued to ride the waves of a global pandemic, together. FEAST will continue to hold spaces for our community to engage and feel our impact for years to come, in South Los Angeles and beyond.

As we move into our future, we've witnessed the global pandemic amplify old problems and create new ones. However, what has remained constant is the need—and FEAST's role as a convener of community-centric programming and our unique approach to care and services as we grow from a small to a larger organization. Paths towards healthier lives and lasting impact will take time, resources and dedication. Over the past year, I've had the privilege to work with FEAST's growing team—and witness their dedication to moving FEAST's mission and values forward with true equity.

We could not have done any of this without our dedicated staff and supporters. I'm fortunate to have our previous board chair, Dr. Christina Ford, as a key figure in our journey who brought FEAST our Perinatal Support Program idea and has helped steward it's birth. Collaborating with former Executive Director, Dana Rizer, we have ensured a smooth transition for our programs, staff and community through these challenging few years.

The FEAST we are building will be even more resilient and able to serve the needs of the communities we have the honor to partner with everyday. We hope to see you in person very soon.

In gratitude,



Amanda Railla,
Interim Board Chair

A MESSAGE FROM FEAST'S EXECUTIVE DIRECTOR

To Our FEAST Family of Supporters,

Our third year navigating a global pandemic together taught us so much: namely that we are all interconnected. We are all neighbors. We are humans with big hearts full of joy, and resilience. We walked through these collective hard times with empathy and came out the other side together. We brought our wisdom and compassion and took risks to be vulnerable and courageous, so we could try to change our world and build the future we choose, together.

2022 was a year of incredible learnings, growth and transition for our FEAST family. During my inaugural year as Executive Director, we embarked on the significant investments of an organizational-wide DEI assessment, hiring to support our growing programmatic needs and institutionalizing FEAST values and practices from organizational culture to equitable hiring practices, board governance, operations and financial management.

After a successful year of strategic planning, including the big vision of our Board and stakeholders, FEAST has genuinely listened to the communities we serve and conducted an in-depth community needs assessment. As a result, we have deepened and broadened our offerings to support more priority populations in better ways. For instance:

- In 2021, we identified a need in Families with children 0-5 and after that first pilot year, we graduated 8 groups, (92 graduates and 332 additional household members) from FEAST's 8-week Family Feeding program in 2022!
- We identified another key demographic to support and laid the groundwork for building our Perinatal program next year, for new and breastfeeding parents to attempt to address the Black maternal health crisis in the FEAST way.
- We expanded our team and programmatic expertise with Marlene Vega and Liency Barboza, our new Program Manager and Program Coordinator, respectively, both born and raised in LA.
- In 2022, other key programmatic outcomes have included: decreasing food insecurity and promoting empowerment for emotional and physical wellness through curated support and services.
- Delivering 33,527 pounds of organic farm fresh produce and setting ourselves up to double our access program offerings the next year.
- Meeting and collaborating with all kinds of partners to create a stronger, more resourced and resilient ecosystem here in South Los Angeles, and expand our offerings across the nation adding programming not only in LA but in 9 states.

We will continue to be a leader in the food as medicine space working with healthcare and clinic partners to actively address the social determinants of health and related barriers for our communities, reducing chronic illness and diet-related disease in the most vulnerable populations for years to come.

This year, and moving forward, we are committed to collaborative cross-sector innovative solutions that holistically address: isolation, food and economic insecurity, depression and anxiety, malnutrition, chronic disease, hunger and the myriad of chronic challenges our communities face. We can only do this if we truly hold safe space for sharing, truly listen, and truly respond with empathy and action. And we can only do this with the help of supporters like you.

We are incredibly grateful to all of you who have supported FEAST during these challenging times. This progress was a collective effort. A heartfelt thank you to our generous extended FEAST family of supporters, participants, partners, donors, and volunteers who stood with us when our community needed it most. Your support and contributions have made all the difference.

The future of FEAST is grounded in these learnings of the past few years:

That we all need each other, that our liberation is inherently tied,
and that the only way to care for those suffering from the failures of the systems we all created is to create local solutions based in community care, together.

On behalf of the board, staff, and all the families we serve, thank you for your continued support, and for believing that the future is FEAST!

In community,



Ave Lambert

Executive Director

About FEAST



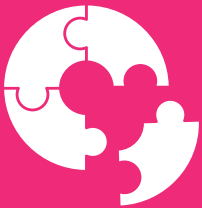
MISSION

Promoting wellness and enriching lives through the power of healthy foods and human connection.



VISION

To live in a world where every individual and family has equal access to the ingredients that create health and wellness.



THE CHALLENGE

Unhealthy diets, inadequate food policies, inequitable food and economic environments, stress and inadequate social supports are core contributors of major health crises in the United States, including obesity and its related diseases. Individuals in high-poverty and minority communities disproportionately affected.



THE FEAST SOLUTION

We believe that to change something as deep-rooted as eating habits and to overturn health disparities requires a multifaceted path of support. Through holistic programs and services, FEAST addresses the various aspects of health – physical, emotional, social, and economic. Within a nurturing and supportive setting, FEAST offers individuals and families who experience food insecurity with equitable access to nutritious food, education about food choices, and ongoing social and emotional support.

MEET THE BOARD OF DIRECTORS

Amanda Railla
Board Chair

Christina Ford
Board Chair Emeritus

Rachel Szabo
External Vice Chair

Daniel Fine
Board Treasurer

Kip Pastor
Board Secretary

Seth Cohen

Fatima Cook

Lauren Fisher

Keri Glassman

Kurt Halvorson

Tareah Ikharo

Chris Kerezsi

Corlis Lewis
FEAST Graduate

Michael Meyer

Madhu Pocha

Sam Polk



Michael Swanson

Dorcia White-Brake
FEAST Graduate

Malcolm Williams

MEET THE HEALTH EDUCATORS



Erika Avila
FEAST '21 Graduate

Maria Thalia Carmona
FEAST '20 Graduate

Gabriela Chicas
FEAST '21 Graduate

Yolanda Martin

MEET THE LEADERSHIP TEAM

Ave Lambert
Executive Director

Sydney Zetune
Director of Operations

Jasmine Hill
Director of Development

Amy Vu
Director of Programs

Ana Guzman
Family and Alumni Engagement Manager
FEAST '15 Graduate

Isa Yu
Communications Manager

Liency Barboza
Project Coordinator

Marlene Vega
Program Manager



2022 BY THE NUMBERS



FEAST's programs and services positively impacted the lives of

1,591
individuals



202

Wellness
Program
Graduates with

667

additional family
members



28,229

number of meals
made



30,858

pounds of produce
delivered



\$25,140

in wellness program
food scholarships



233

volunteers helped
FEAST provide
food access



106

individuals
attended a healthy
community class



30

FEAST Health
Educators trained

WELLNESS PROGRAM

FEAST's core 16-Week Wellness Program provides participants and their families with:

- **Food Education**, including nutrition information, recipes, and cooking demonstrations.
- **Access** to fresh, whole foods through vouchers to local markets and distribution of farmers' market produce.
- **Support Together** through peer-to-peer sharing circles designed to build deep bonds of friendship and uncover the underlying and often emotional elements of our eating habits.

MEET A 2022 WELLNESS PROGRAM GRADUATE

"I thank everyone! In particular Mrs. Gilda and Marlene, for entering our hearts where you gave us the trust to talk about the most painful parts of our lives which we didn't want to talk about with anyone. You always help us give trust to others and that not everything in life is bad. I learn I have to keep going in order to be good to myself and forgive. Thank you peers for letting us inside your hearts as well. I am very thankful for this program. Thank you for helping us have a better life, eat healthier and learn you don't need a lot of money to cook the most delicious food you can cook for your family."

-Victoria, Karsh Center Graduate



26 groups in California, New York, Virginia, and Nebraska

202 individuals graduated from FEAST's Wellness Program

11 groups led by FEAST

15 groups led by Licensed Partner Organizations

WELLNESS PROGRAM OUTCOMES

IMPROVED SHOPPING & COOKING HABITS

Data of participant's habits before and after the program:

Program Graduates who:	Pre	Post
read nutrition labels	49%	73%
choose whole grain products	53%	76%
choose low sodium options	44%	59%
compare unit prices	66%	75%
shop with a grocery list	53%	66%

IMPROVED HEALTH & WELLBEING

60%

of participants who consumed fewer than 5 servings of fruits and veggies daily prior to the program increased their consumption

53%

of participants had high self-esteem by the end of the program

46%

improved their self-esteem scores by an average of 3.88 points

67%

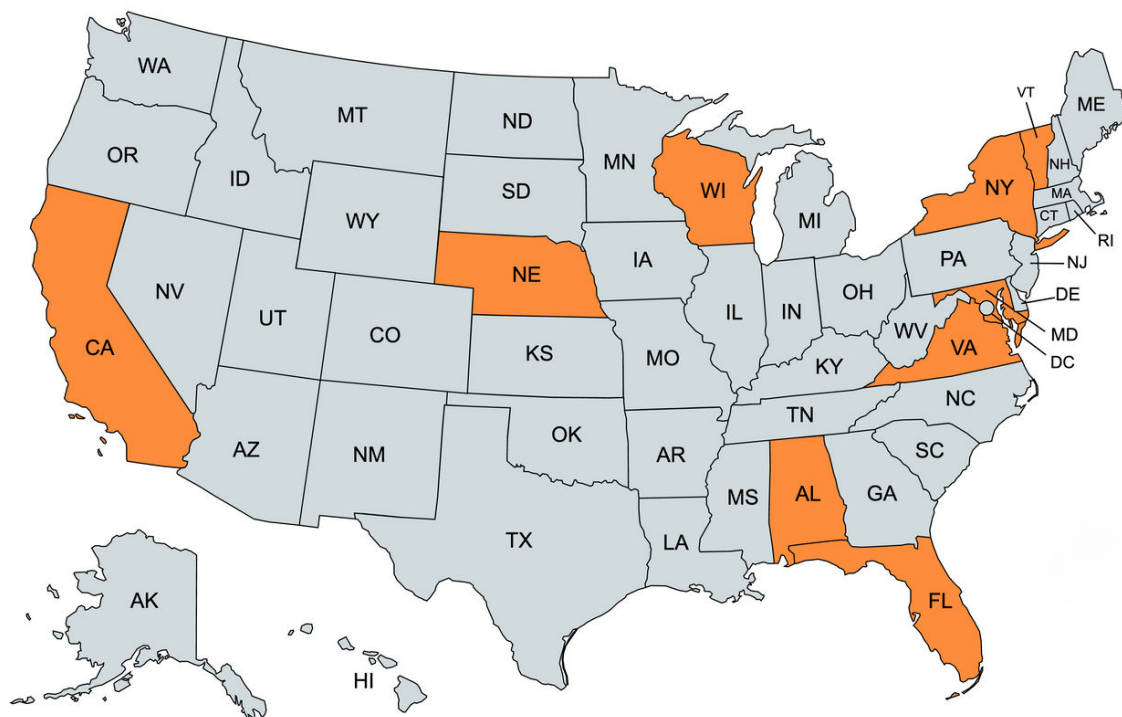
feel better emotionally or physically

"I am thankful to be part of this powerful team. I have the opportunity to learn different ways to help my family and myself, from ways to prepare our food in a more healthier way to how to introduce it to the table. It is an honor to have gained so much knowledge from the experiences that everyone in FEAST shares. The way that the program is designed really makes you comfortable. I want to send a special thank you to Ana who was our main support. She always had a smile and was open to hearing every single one of us."

-Sandra, Family Feeding Program

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 202 individuals across 9 states: California, New York, Nebraska, Virginia, Alabama, Florida, Vermont, Maryland, and Wisconsin.

"The FEAST program has all the elements needed to create a safe, supportive, and empowering environment for individuals wanting to make healthy lifestyle changes. As a future community health leader, I'm extremely grateful that all the pieces are put together for me so thoroughly."

-Health Educator Training Graduate

"I feel like the training itself channeled the energy of a FEAST session. It was a safe space to share our own personal stories along our own journeys of health/nutrition education, build companionship and be in community with other health leaders encouraging and cheering each other on in the positive change we sought to create!"

-**Spencer**, 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 A 2022 WELLNESS PROGRAM GRADUATE FROM FEAST VIRGINIA



"I was given the job of being a caregiver for my niece and her mother. The doctor prescribed a "Heart Healthy Diet". Low fat, low sodium, no added salt diet. Now I would like to thank the FEAST team because I was able to use the skills that I was taught by Bev, Brenda, and Ellen. The recipes and the demonstrations are just what I needed to be able to fix and prepare meals that are "Nutritious, as well as delicious!" for them as well as for myself and my family."

- Belinda, FEAST Virginia Graduate

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. 233 volunteers helped provide weekly food access to the community by packaging and delivering groceries to the families we serve.

Meet the Kids!

Families from our Wellness Family Feeding classes received fresh produce deliveries every week from our Food Access Services.



What FEAST families have said about their produce delivery:

"It helped me discover new flavors and vegetables that I didn't use before, like basil."

"It was a great help, especially economically, since I was able to buy other things with what I would have spent with what you provided us, thank you very much."

"It helped me save time going to the store and I can spend more time with my children."



FOOD ACCESS IMPACT

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

\$25,140

in grocery gift
cards

30,858

pounds of produce,
provided

\$21,585

in direct financial
assistance



Thank you to Sweetfin for volunteering with FEAST!

FOOD ACCESS VOLUNTEERING

Every Wednesday, FEAST and a team of 5-10 volunteers package about 600lbs of fresh produce that we receive from Food Forward. Thanks to our partnership with 211, DoorDash drivers deliver the heaping bags of fresh fruits and vegetables to over 75 families in South Los Angeles & Boyle Heights. Thank you to all the individuals and groups that volunteered with us in 2022!

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

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.



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.



FAMILY-TO-FAMILY
Share Your Bounty



STRATEGIC PLANNING YEAR

DEI ASSESSMENT

In the fall, FEAST underwent a comprehensive strategic analysis process, which included reviewing the Board of Directors' goals, structure and strategic positioning, as well as assessing team culture, and overall satisfaction. We also sought feedback on our strategy and programming from our community and partners to evaluate the impact of our team and company behavior on culture, programming, and mission alignment through a diversity, equity, and inclusion lens. With this holistic perspective, FEAST can continue to align itself to meet its funding needs while also fostering health, vitality, and wellness for our team, participants, and partner ecosystem.



MARKET LANDSCAPE ANALYSIS AND IMPLEMENTATION PLAN

FEAST examined the local and national landscape of services, potential partners, and funders. We incorporated feedback from focus groups of stakeholders to determine our goals and outcomes for the next three years and establish our broader strategic direction. The challenge we faced was how to maintain our unique identity while effectively embodying our niche.

We recognized that to continue providing our distinctive blend of holistic elements and shared program experiences that drive significant positive change in participants' lives, we needed to reach a wider audience. This realization prompted us to expand both the breadth and depth of our programming, collaborate with strategic partners to empower local communities in delivering our curriculum, become more active in the fields of food as medicine, healthcare, and food recovery, and formalize our commitment to justice, diversity, equity, and inclusion as core values.

We made a dedicated commitment to investing in our team, improving our operations, and strengthening our infrastructure to bring these changes to fruition. The year 2022 laid the foundation for our transformative journey.

COMMUNITY CLASSES

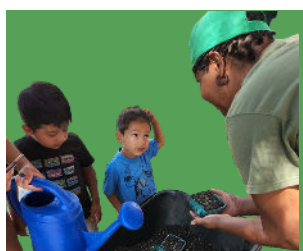
FEAST provides various workshops throughout the year open to program graduates and community members to support ongoing learning and skills development in their journey towards health.

ZUMBA



Throughout the year, FEAST hosted 26 Zumba sessions on Zoom. With Ana Guzman leading the way, we grooved with 10-20 participants per class. A fun and healthy activity for program participants and graduates to stay active together!

GARDEN PLAY DAY



FEAST x Ruckus Roots x Feed Our Soul organized a fantastic, family-friendly afternoon dedicated to discovering diverse food-growing methods! The event covered topics like harvesting, seed saving, crafting self-watering clay pots, and cooking demos using freshly harvested goodies at the Mercado La Paloma.

GRAD CIRCLE



Following the program's completion, graduates convened via Zoom in February, March, and April. During these sessions, they participated in sharing circle conversations, fostering ongoing social support within the community.

CHEF COOKING DEMO



In March, the skilled chefs from Crafted Hospitality hosted a cooking demonstration for participants, imparting their expertise on cooking delicious cauliflower tacos!

COMMUNITY EVENTS

FEAST FIESTA

In July, FEAST hosted a fiesta aimed at sharing resources across the South LA network. The festive atmosphere included music, drinks, and a delectable spread, featuring local tacos, refreshing agua fresca, zesty salsas, and cheesy quesadillas. The occasion allowed us to update partners about FEAST developments and resources, strengthen our local food community, and rekindle connections after two years marked by the pandemic. This gathering also served as a platform to welcome existing partners and establish new connections, fostering ongoing engagement and collaboration.



SPRING SALUD

In May, FEAST held an intimate, in person gathering to honor the resilience of our community, celebrate our FEAST family, and raise funds to advance health equity. Hosted by FEAST and Holbox Chef and Owner, Gilberto Cetina, on the patio of LA's premiere Leica Gallery in West Hollywood, we celebrated the launch of our full 8-week Family Feeding Program!



THANK YOU TO OUR DONORS

Deep and heartfelt gratitude to each and every one of our donors! Your support is invaluable and brings us closer to our vision of a world where every individual and family has equal access to the ingredients that create health and wellness.

FOUNDATIONS

Andrew Sabin Family Foundation

Family-to-Family, Inc.

Frieda C. Fox Family Foundation

Hope Share Care Foundation

Kroger Foundation

Sundry Organization of the Claremont Colleges

The David and Linda Shaheen Foundation

The Good People Fund

USC Good Neighbors

CORPORATE SPONSORS

Atelier Saucier

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Sage Street Management

Sir Kensington's

Sweetfin

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INDIVIDUALS

Andrea Abeger
Eric Aispuro
Veronica Aispuro
Derek Andersen
Angela Annunciacao
Victoria Baggio
Victoria Baluk
Carol Beitcher
Robert Beitcher
Sherri Berkson
Steven Berkson
Alexis Brunswick
Tom Colicchio
Fatima Cook
Christina Cruz
Amy Vergel de Dios
Amari Dixon
Sadie Dorf
Clifford Fine
Daniel Fine
Linda Fine
Gary Fisher
Sanford Fisher
Lauren Fisher
Marge Fisher
Erika Flynn



Christina Ford
Mark Freund
Keri Glassman
Andrea Goeglein
Richard Goeglein
Scott Hampton
Lisa Harkins
Kayla de la Haye
Chris Hennessy
Grace Herron
Elizabeth Hinman
Meg Hollender
Alexis Hyder
Ben Jacobson
Summer Jung
Olivia Kahr
Scott Kaiser
Devin Kasper
Hal Kaufman
Laura Kivlen
Trice Koopman
Marla Kort
Ave Lambert
Toran Langford
Evelyn Lauchenauer
Lori Lavine

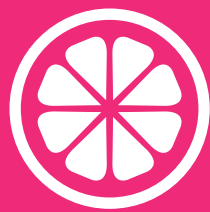
Marc Lavine
David Lazarus
Jessica Leaf
Jody Levy
Corlis Lewis
Somayah Loyola
Alycia Margolis
Kennan Marsh
Charles Mastropietro
Cathleen McGrath
Susan Napier
Stephanie Northen
Lauryl Osborne
Robert Pastor
Elaine Perez



Claudia Peterman
Greg Peterman
Madhu Pocha
Vincent Pompei
Janice Portaro
Robert Portaro
Eric Radist
Mitchell Radist
Amanda Raila
Michael Ramos

Lauren Rejvani
Dana Rizer
Salima Saunders
Suzette Sciortino
Mark Sedlander
Christina Shea
Samantha Shuman
Jeff Smith
Pamela Solomon
Marcella Stanowski
Emily Szabo
Rachel Szabo
Wilhelmina Szabo
Lajos Sr Szabo
Michael Tang
Chelsea Thompson
Jennifer Velez
Lucia Vides
Kaitlin Waldron
Chandelle Wiebe
Malcolm Williams
Jim Williamson
Ryan Winn
Bryan Wittlin
Emily Wittlin
Talia Youdeem





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