

ANNUAL REPORT 2023



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER



FEAST

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  @feastforall

 @feast_for_all

www.feastforall.org

A MESSAGE FROM FEAST'S BOARD CHAIR

Dear FEAST Community,

As we reflect on the journey of FEAST, it's hard to believe that we're marking a significant milestone this year – a decade since the launch of our very first program at Manual Arts High School. It's been an incredible journey, and I've had the privilege of being part of this organization almost since its inception. Since I joined the Board in 2015, I've witnessed FEAST evolve and grow in response to the changing needs of our community. Through it all, we've remained steadfast in our commitment to our "secret sauce" – the power of human connection. This has been the driving force behind everything we do, anchoring us in our mission to promote wellness through healthy food and meaningful relationships.

One notable example of our growth is the development of the Family Feeding program. From its inception as a pilot initiative, it has blossomed into a vital resource for parents and caregivers of young children. By equipping them with the knowledge, tools, and confidence to foster healthy habits in early childhood, we are laying the foundation for a healthier future generation.

In 2023, we came together as a community to celebrate the success of the Family Feeding program at our Summer Salud Event. This gathering also provided us with an opportunity to raise awareness about the urgent issue of Black Maternal health. Building on this momentum, we are now in the process of developing a Perinatal curriculum to support women throughout pregnancy and postpartum. This new initiative will encompass our core principles of Nutrition Education, Food Access, and Emotional Support – essential ingredients in combating isolation, depression, and nurturing community health from the very beginning of life.

Looking ahead, I am excited to announce the transition to a Co-Executive Directors leadership model at FEAST. This move embodies our culture of collaboration and reflects our belief that shared leadership is what will sustain and drive our success in the long term. The Co-ED model aligns with our internal values of promoting a supportive environment, and understanding this as a key stepping stone to wellness. With this new leadership structure in place, I am confident that FEAST will continue to thrive and make a meaningful impact in the years to come.

As we celebrate our achievements and look toward the future, I want to express my deepest gratitude to each and every member of the FEAST community – our donors, volunteers, staff, and program participants. It is your unwavering support and dedication that make our work possible. Together, let's continue to nourish bodies and spirits, one meal and one connection at a time.

In gratitude,



Amanda Railla,
Board Chair

A MESSAGE FROM FEAST'S CO-EXECUTIVE DIRECTORS

To Our FEAST Family of Supporters,

As we pause to reflect on our journey and the values that have guided us at FEAST, we're reminded of the powerful threads that drew us to serve at the organization. Our belief in the fundamental right of every individual to access affordable, nutritious food and the essential knowledge to make informed lifestyle choices has been a driving force behind our mission.

What truly inspires us, however, is witnessing the remarkable transformations that program graduates undergo, not only during their time in the program but also as they emerge as empowered health educators and advocates within their own communities. Their journey embodies the ripple effect of transforming one person's life. This fundamental principle drives our work, fueling our commitment to persist with renewed dedication and purpose.

As we stand on the threshold of 2024, we proudly celebrate a decade of FEAST programs enriching lives and communities, marking a pivotal milestone since our inception in 2013. This anniversary serves as a poignant reminder of the progress we've made and the challenges we've overcome together. In the spirit of celebration and reflection, we remain committed to our core values and the pursuit of a healthier, more connected community for all.

Looking ahead, we reaffirm our commitment to centering these values of connection not only within our programs but also within the fabric of our internal organizational culture and events. We understand that true transformation happens when we foster genuine connections and build supportive communities.

As we embark on this next chapter, we extend our deepest gratitude to each of you for your unwavering support. With FEAST, we see a chance to make a real difference, to help people not just eat better, but live better. It's about more than just food—it's about building a community, one meal at a time. And we're excited to be a part of that journey. Together, let us continue to nourish not only bodies, but souls, as we build a future where every individual thrives.

With warmth and appreciation,



Amy Vu
Co-Executive Director



Sydney Zetune
Co-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 promote health and wellness.

THE CHALLENGE



We live in a world where many people lack access to the ingredients necessary to achieve optimal wellbeing. Unhealthy diets, inadequate food policies, inequitable food and economic environments, stress and inadequate social support are core contributors of major health crises in the United States, with individuals in high-poverty and minority communities disproportionately affected.

THE FEAST SOLUTION



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.

FEAST's programs not only feed participants and their families, they nourish and empower them.

2023 BY THE NUMBERS



FEAST

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FEAST's programs and services positively impacted the lives of

2691

INDIVIDUALS IN 2023

326

Wellness and Family Feeding Program Graduates and

844

additional family members



1415

community members received food access

71,422

pounds of produce delivered

\$33,030

in gift cards for healthy groceries



310

volunteers helped FEAST provide food access



106

individuals attended a healthy community class



49

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.

In 2023, FEAST provided fresh food access to **146 individuals and 304 additional family members**, providing **\$23,580** worth of healthy grocery gift cards to Wellness Program Participants.

MEET A 2023 WELLNESS PROGRAM GRADUATE

Sheryl, Program Graduate at LA Care Community Resource Center in Inglewood

"I cannot tell you in words all of the changes that I am in the process of making as a result of these two ladies, [Thalia and Yolanda]. Even my husband sitting right there can testify, when we are sitting down for a meal - I notice what has cholesterol and could clog your arteries.

It's life changing. Once you learn this stuff you can't unlearn them. **FEAST makes it easier to make better choices for me and my family. The friendships we made after sharing together our stories bond us together. The value is beyond measure, as we spend more time together and deepend our bonds.**

We got wisdom in terms of learning how to read food labels and make better choices, and also tasted recipes in class. Now we know what it tastes like and we can go home if we like it and cook it ourselves."



Congratulations, Sheryl for making healthy lifestyle changes!

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

326 individuals total graduates from FEAST's Wellness Program

19 groups led by FEAST

15 groups led by Licensed Partner Organizations

2023 WELLNESS PROGRAM OUTCOMES

IMPROVED SHOPPING & COOKING HABITS

Program Graduates who:	Pre	Post
read nutrition labels	42%	68%
choose whole grain products	48%	68%
choose low sodium options	30%	60%
make homemade meals using mostly whole food ingredients	78%	87%
choose healthy whole foods at fast food or sit down restaurants	40%	54%

"The biggest change I've made this far is I have been inspired to cook more rather than eating out. I have enjoyed making some of these recipes for my family and have been encouraged to continue because of their positive feedback. I feel like my mental health has improved as well because of the inspiring members in the group. It's nice to be able to have a safe space to be vulnerable in and hear the stories of others."

- Monique, 2023 FEAST Wellness Program Graduate

IMPROVED HEALTH & WELLBEING

69%

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

95%

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

47%

improved their self-esteem scores by an average of **1.45 points**

69%

feel better emotionally or mentally

PROGRAM PARTNERS



FEAST TRAINING AND LICENSING MODEL

FEAST’s three-day Health Educator Training Program and Licensed Curriculum model empowers leaders to implement the FEAST Wellness Program into their own communities. Organizations with staff who completed FEAST’s Health Educator Training Program become licensed partners and offer FEAST’s curriculum directly in their own communities. To date, FEAST has **trained 235 individuals** and have programs actively running in **California, New York, Nebraska, and Virginia.**

VERONICA’S JOURNEY AS A FEAST HEALTH EDUCATOR

Veronica received a training scholarship and microgrant from FEAST to bring the 16-Week Wellness Program to communities in the Inland Empire. Learn more about the impact Health Educators like Veronica are helping us make!



Veronica and Elizabeth teaching the Black Bean Quinoa Salad recipe to families at Caramel Connections in the Inland Empire.

“I’ve always had a passion for health... and love cooking. Over the years, I have found ways to introduce healthier habits while still balancing some indulgences like tacos (love them!). I came across FEAST’s website and signed up for the health educator program in 2021. In 2022, I partnered with Caramel Connections to lead my first FEAST program.

In 2023, I partnered with Healthy Rancho Cucamonga to lead another FEAST Program. The attendance has been right at full capacity and I can tell that everyone is excited to come and learn something new every week.”

- Veronica Aispuro



LICENSED PARTNERS

CALIFORNIA



NEBRASKA



NEW YORK



VIRGINIA



To learn more about FEAST trainings, visit www.feastforall.org/take-action/start-a-group/

FAMILY FEEDING PROGRAM

Adapted from the Wellness Program model, FEAST’s 8-Week Family Feeding Program provides social support, healthy food access and nutrition education for caregivers/guardians with children ages 0-5 to reduce the negative impacts of stress, anxiety, and prevent childhood obesity.

Since the program was piloted in 2022-23, **127 graduates and 444 additional household members benefited from the program.**

FAMILY FEEDING PROGRAM OUTCOMES



71% of children increased their fruit or vegetable intake



57% of children drank sugar sweetened beverages once a week or less, compared to 33% before



60% of caregivers had high self-esteem, compared to 51% before

Meet a Graduate from our Family Feeding Program

“Hi my name is Maria Rosas I attended the Family Feeding Program. I learned how to teach my kids how to eat healthier. The class was very interactive and it motivated us to try new flavor and textures.

My children were always excited to cook with us and curious to taste every new dish. **The FEAST program gave tips on how introduce new dishes with veggies and fruits in a fun interactive way.**

I am grateful for everything they taught us. The economic support given still benefits our family to this day. It created a more accessible way to get healthier meals and live a better healthier lifestyle.”



Maria’s daughter, helping to make yogurt popsicles. FEAST Family Feeding Classes teach caregivers how to introduce new foods to children in a fun, exciting way!

FOOD ACCESS SERVICES

To address food and nutrition insecurity, FEAST redistributes recovered produce to participants enrolled in the Wellness and Family Feeding Programs. **In 2023, we had 328 volunteers sort and package over 4,500 bags of produce.**

OPEN COMMUNITY FOOD DISTRIBUTION



Thanks to the support of the **Los Angeles Food Policy Council Food Rescue Microgrant**, FEAST had their first open community food distribution during the Summer of 2023!



71,422

pounds of produce distributed to South LA Community Members

What FEAST graduates have said about their produce delivery:

“I have very much loved and truly enjoyed this FEAST experience. Thank you for providing groceries especially through delivery. This was essential in my time of need. This experience has done so much for me not just nutrition wise but has changed my overall health emotionally, physically, mentally, and spiritually.”

- Doris, FEAST 2023 Graduate



To learn more about volunteering, visit 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

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



MEDITATION



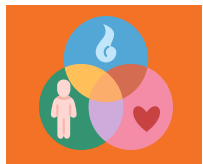
2023 WORKSHOP HIGHLIGHTS:

- Zumba sessions taught by Ana Guzman
- Meditation workshops led by Insight LA
- Gardening workshop using container gardening methods led by Garden Yogi Juanita
- Emotional and mental health workshops led by FEAST interns and Health Educators

GARDENING



WELLNESS



RUCKUS ROOTS YOUTH WORKSHOPS

FEAST partnered with Ruckus Roots to host two workshops: Food Stories and Food Safety. Students gained knowledge of ancestral foods and begin to develop their own personal “food stories” through story telling and reflection. Students also learned knowledge about food safety and handling as part of food business education.



2023 SUMMER SALUD

FEAST’s 2023 Summer Salud offered an unforgettable culinary experience showcasing the expertise of renowned chef Gilberto Cetina of Holbox, nominee for the 2023 James Beard Award for Best Chef California. Guests were treated to a delightful array of bold flavors and fresh local ingredients, transporting them to the vibrant shores of Mexico.

Beyond indulging in exquisite cuisine, attendees had the opportunity to support the launch of a new Perinatal Support Program pilot and celebration of the one-year anniversary of the Family Feeding Program. Over 100 guests participating in various activities such as a silent auction, Mezcal Tasting, Raffle, and showcasing the talents of a Watercolor Artist. Summer Salud provided not only a feast for the senses but also an opportunity to make a meaningful impact in the community.

THANK YOU TO OUR SPONSORS



THANK YOU TO OUR TEAM

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Tareah Ikharo

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FEAST Graduate

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Co-Executive Director
2023 Director of Programs

Sydney Zetune
Co-Executive Director
2023 Director of Operations

Jasmine Hill
Director of Development

Ana Guzman
Family and Alumni
Engagement Manager
FEAST '15 Graduate

Liency Barboza
Project Coordinator

Marlene Vega
Program Manager

HEALTH EDUCATORS

Erika Avila
FEAST '21 Graduate

Maria Thalia Carmona
FEAST '20 Graduate

Gabriela Chicas
FEAST '21 Graduate

Yolanda Martin

SPECIAL THANKS TO OUR 2023 STAFF

Ave Lambert, Executive Director

Isa Yu, Communications Manager

Kat Montanez, Food Access Program Associate



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

- American Online Foundation, Inc.**
- The Charitable Foundation**
- Cigna Foundation**
- The David and Linda Shaheen Foundation**
- Gavin Family Fund**
- Hope Share Care Foundation**
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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.

INDIVIDUALS

Anonymous
Dan Abrams
Derek Andersen
Kim Bader
Barbara Benedict
Sherri Berkson
Kimberly Blanchard
Brandon Bobo
Jorgie Broussard
Jackie Burbank
Jason Carbone
Katherine Carrillo
Sergio Chavez
Seth Cohen
Fatima Cook
Christina Crawford
Kiki Davis
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Rachel Szabo
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Grace Torkelson
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Ben Watkins
Kati Wechsler
Jocelyn Whittenburg
Chandelle Wiebe
Malcolm Williams
Ryan Winn
Cynthia Wolff
Sydney Zetune

THANK YOU TO OUR INTERNS AND VOLUNTEERS

Thank you to our interns and volunteers who donated their time to help advance FEAST's mission and impact.

INTERNS

Adriana Kwok, Dietetic Intern

Maddison Ballard, Dietetic Intern

VOLUNTEERS

Abraham Chajon
Adiba Haque
Alexis Marion
Amy Mancia
Anahi Rendon
Aron Levinson
Aubrey Pacheco-Dul
Azalea Walker
Belinda Jarrard
Bryant Silva Castillo
Bryce Adams
Calvin Kan
Charles Saseun
Christine Do
Christine Levinson
Christine Locke
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Davina Runkaputi
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Diego Lopez
Doris Blizzard
Dylan Brown
Elizabeth Calderon
Elizabeth Petrick
Elizabeth Williams
Ellen DeVine
Emily Mansourian
Emily Marhx
Enrique Cagy
Eric Yuan
Fabian Reyes
Gaby Gonzalez



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Grace Torkelson
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