

2024 ANNUAL REPORT



FEAST

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LOS ANGELES, CA 90007

FEAST, Inc is a 501c3 nonprofit (EIN #: 46-4312265)

www.feastforall.org

  @feastforall

 @feast_for_all

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.

A MESSAGE FROM FEAST'S FOUNDER, SAM POLK

Ten years ago, I couldn't ignore the stark reality that so many people in our communities were facing barriers to something so fundamental—the ability to nourish themselves and their families with healthy food. That feeling sparked an idea, a simple yet urgent mission to build something transformative. We called it Groceryships then, but you know it now as FEAST (Food Education Access Support Together).

Handing someone healthy groceries is important but not enough to address the health disparities that affect neighborhoods like South LA. Real change needed to address the whole picture – barriers to accessing fresh food and nutrition education, the individual's reality of living with limited resources, and utilizing the power of community to overcome these barriers.

We set up a small classroom, 10 chairs in a circle with a tissue box in the middle. Week after week, the same women came to learn about nutrition and healthy cooking, but we also created space for them to share their experiences. We always began the class by asking, “How are you doing?”

I'll never forget the day Helen opened up about the incredible stress she was carrying—her fear and uncertainty about how to feed her family, take care of her children, and make ends meet. As she spoke, the others in the room began to listen and share similar stories. In that moment, they realized they were not alone in their struggles. What they once thought of as individual failures were, in fact, a result of systemic inequities—barriers to healthy food, social services, and a supportive community. This recognition sparked a shift. With education and support from FEAST, these women began to reclaim their agency, transforming the way they felt about themselves and their health—both physical and emotional.

From those initial 10 families in South LA in 2014, FEAST began to grow, fueled by the incredible impact we were witnessing. Today, FEAST helps over 2,000 individuals. This growth is a testament to the strength and resilience of the people who have carried this vital mission forward with such passion and commitment.

I want to take a moment to thank everyone who has been a part of this incredible journey — Dorcia Whitebrake, Susanna Cabrera, Kip Pastor, Michael Meyer, Dana Rizer, Christina Ford, Ana Guzman, and Zoe Karr. My sincere thanks go to Amy Vu and Sydney Zetune for their exceptional leadership; I am deeply impressed by their strategic alignment with my vision of addressing health disparities. Amy's deep expertise in public health nutrition, combined with Sydney's experience in business and administration, makes them a dynamic leadership team poised to expand FEAST's impact.

Regards,



Sam Polk,
Founder of FEAST/Groceryships
CEO of Everytable



A MESSAGE FROM FEAST'S CO-EXECUTIVE DIRECTORS

To Our FEAST Family of Supporters,

As we step into 2025, we reflect on a significant milestone for FEAST: our 10th anniversary since our first program launched in 2014. Our 10th anniversary year was marked by tangible impact and accomplishments. In 2024, we served 2,898 individuals through our full suite of programs, distributed 54,902 pounds of fresh food, and provided \$25,110 in healthy food gift cards—ensuring families had both access to and agency over nourishing choices. We developed our Maternal Nutrition Program to nurture health and well-being during the vital stages of pregnancy and early motherhood.

We launched The Community Table, our monthly giving program, and welcomed 20 founding members committed to sustaining our mission and fueling long-term impact. As a grantee of the LA Food Equity Fund, FEAST is poised to expand our capacity and deepen community-rooted partnerships to advance equitable access to food and health across Los Angeles.

This year of celebration also arrives at a time of both urgency and opportunity. Across the country, essential safety net programs—like CalFresh (SNAP), Medical (Medicaid), and other public health initiatives—are being scaled back, leaving millions of families with limited access to the food and healthcare they need to thrive. These rollbacks disproportionately affect the communities we serve, deepening health inequities and making our work at FEAST more vital than ever.

Looking ahead to 2025, FEAST is deepening partnerships with healthcare providers and fresh food distributors to build a more just and resilient local food system. We will expand our Health Educator training pathways and invest in growing the community health promoter workforce—empowering local leaders to advance wellness from within their own neighborhoods. By transitioning to farmers market vouchers, we are increasing access to fresh food while supporting regional farmers.

Thank you for being a vital part of the FEAST Family. Your support empowers us to meet the growing need for food and health equity in Los Angeles. We look forward to another year of impactful work together.

With Gratitude,



Amy Vu
Co-Executive Director



Sydney Zetune
Co-Executive Director



2024 BY THE NUMBERS



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER

FEAST's programs and services positively impacted the lives of

2,898

INDIVIDUALS IN 2024

144

Wellness and Family Feeding Program Graduates and

345

additional family members



2093

community members received food access

54,902

pounds of produce distributed

\$25,110

in gift cards for healthy groceries



302

volunteers helped FEAST provide food access



300

individuals attended a healthy community class



16

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 2024, FEAST LA provided fresh food access to **139 individuals and 329 additional family members**, providing **\$25,110** worth of healthy grocery gift cards to Wellness Program Participants.

MEET A 2024 WELLNESS PROGRAM GRADUATE

Ivonne, Program Graduate from the Food Pharmacy Program

"I love the program. I felt less lonely and it was a bit easier, even when I had setbacks. And even when I have setbacks, I feel like I built a good foundation where I can just look back and think, "OK, you know what, maybe cut back a little and don't be as hard on myself."

When I started, I wasn't in such a great mental space, so having group sessions really helped out. I thought it was amazing that people were sharing and being so open; it was such a safe space. I never once felt judged. It just made my life so much better. I even told my doctor who manages my diabetes, and my nutritionist, and they said, "Pass us the information. We want other people to get this information too." And I thought that was great. I found a really great sense of community. I didn't think I would, but I did. Yeah, I think that's what helped me get through it even more."



Congratulations, Ivonne for making healthy lifestyle changes!

FEAST's reach extends beyond our own programs—through our licensed partners, organizations across the country are running FEAST programs in their own communities. By sharing our model, we empower more people to access nourishing food, health education, and supportive community spaces. See page 9.

34

groups total across California, New York, Virginia, and Nebraska

318

individuals total graduates from FEAST's Wellness Program

2024 WELLNESS PROGRAM OUTCOMES

IMPROVED SHOPPING & COOKING HABITS

| Program Graduates who: | Pre | Post |
|---|-----|------|
| read nutrition labels | 43% | 68% |
| choose whole grain products | 48% | 68% |
| choose low sodium options | 34% | 64% |
| compare unit prices | 61% | 79% |
| choose healthy whole foods at fast food or sit down restaurants | 41% | 54% |

"I've made many changes to the way I eat, like eating more fruits and vegetables, drinking more water, and taking more walks during the week. In terms of emotional health, I feel that it has helped me reflect more on my past, my present, and the future one can achieve by healing past wounds and forgiving oneself."

- Dominica, 2024 FEAST Wellness Program Graduate

IMPROVED HEALTH & WELLBEING

57%

of participants met the daily recommendation of **5 servings of fruits and veggies** daily compared to 49% before the program.

91%

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

55%

improved their self- esteem scores by an average of **.87 points**

61%

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 252 individuals** and have programs actively running in **California, New York, Nebraska, and Virginia.**

LICENSED PARTNERS

CALIFORNIA



NEBRASKA



NEW YORK



VIRGINIA



LICENSED PARTNER HIGHLIGHT: FEAST VA

FEAST VA began in 2018 when Bev Sell attended a FEAST 3-Day Training. The first program launched in Norfolk and has since expanded to Portsmouth and Franklin. In 2024, FEAST VA ran 7 programs, empowering 60 graduates with the tools to build healthier lives.

Read Pastor Jamie Jenkins' testimonial to see the impact FEAST VA is making through the FEAST Wellness Program Model.



"While in the FEAST program, I learned more than I expected, I ate foods that I thought I would never eat, I prepared foods that were out of my comfort zone. I did not realize how this program would be such a blessing to my family. My husband was diagnosed with mellitus diabetes a couple of years ago... Unfortunately, I did not have the tools needed to really prepare his meals correctly...

This is where the FEAST program came into our lives. By taking part in the FEAST program, I was able to learn how to prepare healthy meals for my husband, how to substitute herbs for salt, and the big one for me was trying plant-based foods. To my surprise, we both loved our new way of eating. The biggest surprise was my husband's A1C went from 7.5 down to 4.7. Hallelujah!!!

We still eat some of our same foods, however, we have gained some additional knowledge on treating ourselves better. Changes take time, but some are well worth it!"



Thank you to the FEAST VA team: Bev Sell, Brenda Exum, Christina Kepa, Edwin Street, Ellynn Woodson, Hope Ward, Jamaica Boone, Jay Boone, Jessica Demment, Krisi Hudson, Michele Joyce, Michele Wilson, Patricia Waldron, Pat Walsh, Shelia Cross, and Zinnerias Freeman.

LICENSED PARTNER HIGHLIGHT: WELLNESS IN THE SCHOOLS

Wellness in the Schools (WITS) is a national nonprofit dedicated to providing students in public schools with access to nutritious food and active play, and encouraging them to develop healthy habits to help them thrive. Since FEAST's partnership with WITS starting in 2019, WITS has launched **22 groups**, graduating **197 individuals** from the program and serving **679 additional family members**.

WHAT PROGRAM PARTICIPANTS HAD TO SAY:

"The FEAST program allowed me to connect with other peers on a platform where **I felt completely safe from judgement**. I think for me, this was the most valuable thing. The program touched upon many issues surrounding **food and how it plays such a big role in our daily lives**. I also appreciated Kisha, our group leader, because she set the tone for honesty and was able to draw us out as group members to share and try new things! Thanks so much for this opportunity. **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, FEAST Wellness Program Graduate

"I am more conscious of my choices especially regarding sodium levels, plant based foods, healthy well-portioned fats and whole grains. I also loved the time set aside for Feast and miss the connection with the ladies in the group. " - Jesi, PS 112 Graduate



Thank you to our FEAST with WITS Team: Amber, Anwar Rasheed, Camillo Sabella, Dayanara Ramirez, Deborah Soffel, Edith, Irbania (Evie) Tavares, Jacqueline Hernandez, Jenee Grannum, Kent Giffort, Kisha Cromartie, Laurielle Clark, Marion Williams, Miriam Cruz, Nancy Easton, Nilsa Figuero, Rebecca Johnson, Ricardo Diaz, Sualithy Rosario, Victoria Baluk, Yamilet Limonta.

FAMILY FEEDING PROGRAM & MATERNAL NUTRITION PROGRAM

The 8-Week Family Feeding Program marked a pivotal step for FEAST in its commitment to supporting families, focusing on children aged 0–5 through a combination of nutrition education, social support, and access to healthy food aimed at building lasting habits and preventing early childhood obesity.

The new program was launched in 2022 and received overwhelmingly positive feedback from the community and highlighted a critical need for earlier intervention.

By the end of 2025, FEAST will offer a comprehensive "continuum of care" model, supporting nutrition from pregnancy through parenthood with the understanding that maternal health is vital for community well-being.

Family Feeding Program Outcomes (2022 and 2024):



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

The program reached 126 caregivers and positively impacted 434 household members.

FEAST Supported Me Through Pregnancy and Beyond

"FEAST came at the perfect time. I was newly diagnosed with prediabetes and pregnant—motivated to change, but unsure how. The classes helped me lower my glucose and build healthier habits. Later, I joined the Family Feeding Program and started cooking with my kids. Now, we eat better together, and I'm passing those habits on to my kids. FEAST changed our future."

— **Jill Miguel, Program Graduate of FEAST's 16-Week and 8-Week Family Programs**



Maternal Nutrition Curriculum Development Process

- Conducted a community needs assessment
- Convened a Perinatal Advisory Committee of program graduates and community members to co-create Sharing Circle prompts
- Hosted a community recipe contest to gather culturally relevant, nourishing meals for pregnancy and postpartum—selecting four winning recipes from FEAST participants and graduates
- Partnered a registered dietitian at Nutrition con Sabor, to develop a comprehensive, culturally responsive nutrition curriculum
- Collaborated with the University of Southern California (USC) and the Southern California Center for Latino Health to design a research and evaluation plan

Next Steps:

- Solidify clinical and community-based partners to pilot the Maternal Nutrition Program in late summer/fall 2025

FOOD ACCESS SERVICES

To address food and nutrition insecurity, FEAST redistributes recovered produce to participants enrolled in the Wellness and Family Feeding Programs. **In 2024, we had 302 volunteers sort and package over 4,823 bags of produce and 54,902 pounds of edible produce.**

Food Distribution Summer Cooking Workshops



Thanks to the support of the **Los Angeles Food Policy Council Food Rescue Macrogrant**, FEAST hosted 28 cooking workshops as part of our summer series, *Cocinando con Alba*. Health Educator, Alba Rojas, created recipes from the weekly assortment of fruits and vegetables in the weekly food distribution bags to create practical and fun recipes for participants to try at home. The series culminated in a [recipe book](#) featuring over 40 recipes, including salads, entrées, drinks, and more.

Visit our website to see the [recipe book](#)

RISE COMMUNITIES

What workshop attendees had to say:

“My health has improved, and I have learned to cook delicious, healthy meals and to use vegetables I didn’t know how to cook before. Alba is also very kind and respectful. Thank you for your teachings. Thank you, FEAST, for your programs!”

- Otilia, a 2024 Summer Workshop attendee



To learn more about individual and group volunteer opportunities, visit www.feastforall.org/volunteer

FOOD ACCESS PARTNERS

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



2024 FEAST Anniversary Fiesta

To celebrate 10 years of FEAST, we teamed up with the Los Angeles Neighborhood Land Trust to host the FEAST Fiesta at Estrella Park in South LA on November 9, 2024. Over 100 participants, graduates, and community members joined us for a day filled with fun, food, and connection. Families enjoyed free activities like face painting, an essential oils workshop, laughter therapy, and a photo booth—plus a delicious taco lunch.

The FEAST Fiesta was all about celebrating the incredible people who have made the last decade of FEAST possible while welcoming new friends from the Estrella Park community. It was a day of joy, reflection, and togetherness, reinforcing what FEAST is all about—building healthier lives through food, education, and community.



Thanks to our community partners!



FEAST's 10 Year Anniversary Dinner at FOODSHOP

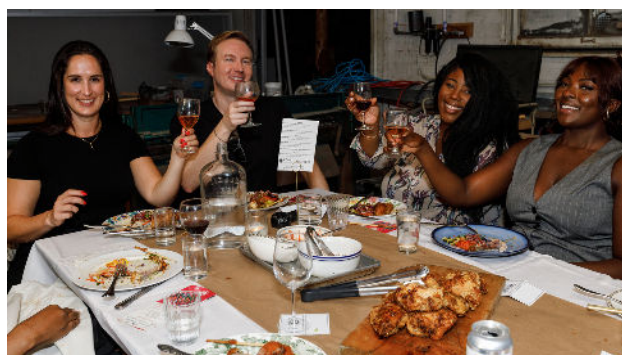
On September 12, 2024, FEAST celebrated a decade of impact with an intimate fundraising dinner at Foodshop in Venice, CA. Staff, board members, supporters, and Health Educators came together to reflect on our journey, celebrate our growth.

The evening featured heartfelt speeches from 2024 FEAST graduate, Carmen Alba, and Health Educator, Thalia Carmona, who shared how the program transformed their lives—helping one family build new traditions around food and providing another with emotional support during early motherhood.

Guests enjoyed a communal meal, fostering meaningful conversations, and participated in a silent auction featuring unique experiences and gifts.

Thanks to our generous community, we raised \$42,309 to grow our nutrition education and food access programs. More than just a celebration, the event reinforced the power of connection and the lasting impact of FEAST as we look ahead to the next decade.

Special thanks to our event sponsors, beverage sponsors (Highland Park Brewery, HealthAde, Casa Lumbre Spirits), and silent auction donors.



CELEBRATING 10 YEARS!

THANK YOU TO OUR EVENT SPONSORS



Jacki and
Jeff Karsh



THANK YOU TO OUR TEAM

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Sam Polk, Founder

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FEAST '15 Graduate

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Maria Thalia Carmona
FEAST '20 Graduate

Gabriela Chicas
FEAST '21 Graduate

Yolanda Martin

Alba Rojas



THANK YOU TO THE FOUNDATIONS AND CORPORATIONS WHO MAKE OUR IMPACT POSSIBLE

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.

| | | | | |
|--------------------------|---|---|---|--|
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| \$50,000 - \$40,000 |  QUEENSCARE |  AHF AIDS HEALTHCARE FOUNDATION | THE JIB FUND | THE OECHSLE FAMILY FOUNDATION |
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we sincerely apologize if we missed you! email info@feastforall.org for revision requests

THANK YOU TO THE PEOPLE WHO MAKE OUR IMPACT POSSIBLE

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.

Out of respect for the personal privacy of our donors, names are presented in alphabetical order, without reference to the size of their generous contributions.

We are truly grateful for each gift we have received.



| | | | |
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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

Celica Ortiz, Nutrition Student CSULA
Laura Banderas, Dietetic Intern, Sodexo
Makenna Vargas, Dietetic Intern, USC

VOLUNTEERS

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GROUP VOLUNTEERS



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Our Journey



Thanks to the support of our donors, staff, and community partners, we've achieved the following milestones:

2014:

Graduated our first Wellness Program cohort.

2015:

Introduced a Spanish-language curriculum to reach diverse communities.

2018:

Launched the Health Educator Training Program to empower local leaders.

2021:

Piloted the Family Feeding Program, tailored for caregivers of young children.

2024:

Adopted a Co-Executive Director model to reflect shared leadership and collaboration.

2025:

Piloting a Maternal Nutrition Curriculum



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER

