



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER

2025 IMPACT REPORT



**Transforming Health Through Education, Food
Access, and Community Support**

FEAST, Inc.
2800 Stanford Ave
Los Angeles, CA 90011

www.feastforall.org

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

  @feastforall

 @feast_for_all

About FEAST



MISSION

Promoting wellness and enriching lives through the power of healthy food and human connection. We aim to improve community health by addressing food insecurity and the social drivers of health.



VISION

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



THE CHALLENGE

Limited access to healthy food and nutrition education, combined with chronic stress, and weak social supports, are major contributors to the growing community health crisis in the United States. Low-income communities and communities of color are disproportionately affected.



THE FEAST SOLUTION

FEAST addresses food insecurity and the social drivers of poor health by removing financial barriers to healthy food, building practical nutrition skills, and reducing isolation and chronic stress. Our multi-pronged programs combine culturally responsive nutrition education, direct food access, and peer-led support groups that foster emotional support and social connection. Programs are led by trained community members with lived experience, ensuring the model is grounded in trust, cultural relevance, and the realities families face every day.

A LETTER FROM FEAST'S EXECUTIVE DIRECTOR, Sydney Zetune

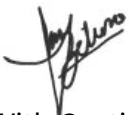
To Our FEAST Family of Supporters,

The past two years have been a powerful period of growth and learning for FEAST. It has been an honor to co-lead the organization alongside Amy Vu during 2024 and 2025, and I am deeply grateful for her leadership and partnership. Together with our dedicated team and community partners, we navigated a time of compounding challenges that placed real strain on the families we serve. In moments of crisis, FEAST leaned into its values—showing up with food, financial support, and connection—while continuing to strengthen the foundation of our core programs.

As we look ahead to 2026, FEAST is stepping into a defining chapter. The community health crisis facing our country continues to deepen, particularly in low-income communities and communities of color. For more than a decade, FEAST has been building a community-centered model that brings together culturally responsive nutrition education, access to healthy food, and peer-led emotional support. Our Core Nutrition Programs are rooted in a simple truth: lasting change doesn't happen through information alone—it happens when people have access, confidence, and community.

In the year ahead, we are focused on strengthening the rigor and reach of this model—expanding our Core Nutrition Programs, equipping more Health Educators with the tools to serve diverse populations, and deepening partnerships with healthcare and public health systems. With growing evaluation efforts and successful replication beyond Los Angeles, FEAST is poised to responsibly scale what we know works, so that more families can access the food, education, and support they need to build healthier lives.

I am deeply grateful to our community members, Health Educators, staff, partners, funders, and supporters who make this work possible. Your belief in FEAST—and in the power of community to improve health—fuels everything we do.



With Gratitude,

Sydney Zetune

Executive Director, FEAST

(Sydney assumes the role of sole ED in January 2026)



2025 BY THE NUMBERS

3,383

Individuals served by FEAST programs in 2025

2,325

community members received food access

935 participated in workshops
123 enrolled in a Core Nutrition program

38,029

pounds of produce distributed

\$66,170

value of produce distributed

\$19,665

in grocery giftcards distributed

34

Groups total across CA and VA (including groups led by licensed partners)

104

Graduates from Groups led by FEAST



191



volunteers helped FEAST provide food access

935



individuals attended community workshops

19



FEAST Health Educators trained

CORE NUTRITION PROGRAMS

We run our Core Nutrition Programs on a cohort basis, capped at 15 participants. Participants commit to weekly two-hour sessions, which provide nutrition education, recipe demonstrations, access to fresh groceries, and emotional/social peer-to-peer support.

Our suite of curricula offer support through different life stages:

WELLNESS

SERVING ADULTS
EXPERIENCING
DIET-RELATED
DISEASE AND/OR
FOOD
INSECURITY

FAMILY FEEDING

SERVING
PARENTS AND
CAREGIVERS OF
CHILDREN 0-5
YRS

MATERNAL NUTRITION

SERVING
PREGNANT
WOMEN
(PILOTING IN
2026)

FEAST's Core Nutrition Programs are built on three pillars:

Nutrition Education: practical, culturally relevant skills including cooking demonstrations, nutrition knowledge, and budget-friendly shopping.

Food Access: weekly grocery gift cards to local markets removing financial barriers to healthy eating.

Community Support: weekly sharing circles facilitated by a trained Health Educator, providing structured peer support that addresses the emotional and social roots of health behavior.

All of our programs are facilitated by community members - often program graduates trained as FEAST Health Educators, ensuring cultural relevancy and community trust. This element of the model also aligns with research that demonstrates the importance of Community Health Workers in providing preventive care within vulnerable communities.

MEET A 2025 CORE NUTRITION PROGRAM GRADUATE

Paula, Core Nutrition Program Graduate, Wellness Curriculum

“I feel very happy and grateful for the opportunity I was given to take these nutrition classes. For me, they were more than just classes; they were my therapy, my stress relief, and my support group, where I was listened to attentively without judgment, and something I looked forward to every Thursday with excitement.

I want to tell each of you, my peers, that I learned so much when you shared your experiences, struggles, and challenges. Many of them are similar to my own life, and they make me feel that I am not alone.

Of course, I want to thank Ana, Erika, and FEAST for your teachings, for always being there for us with the best attitude and a smile. Thank you for your deep listening and for sharing from your hearts. Believe me, that makes a difference. It felt like a gathering of friends.

Thanks to FEAST, I learned how to cook more nutritious meals, choose better ingredients at the supermarket, and become aware of how important the habit of movement or exercise is. I hope to continue practicing what I learned here for myself, for my family, and for my community.”



2025 PROGRAM HIGHLIGHTS

In 2025, the families FEAST serves navigated overlapping pressures that deepened food insecurity across Los Angeles. Wildfires disrupted the regional economy, and even communities far from the burn areas — including South LA — felt the ripple effects through reduced work hours and job instability. At the same time, increased immigration enforcement created fear around leaving home, and SNAP delays disrupted already fragile food budgets. For many households, income became less predictable just as access to food became more uncertain.

In response, FEAST remained steady and intentional. We continued our Core Nutrition Programs by prioritizing our Wellness cohorts — ensuring our community members had consistent access to nutrition education, peer support, and food access — while temporarily pausing Family Feeding to redirect staff time and resources toward emergency food assistance. By expanding staple food distribution and staying closely connected to participants, we ensured families could meet immediate needs without losing access to the connection and support that sustain long-term community health.

Looking Ahead

- The 2026 Wellness Curriculum update shifts toward a more inclusive, practical, and empowerment-focused approach—equipping participants with realistic strategies to navigate their food environment without stigma or unrealistic expectations.
- FEAST is committed to strengthening the evaluation of our programs. Through a partnership with the LA Regional Food Bank and Providence health, we are collecting participant biometric data so we can evaluate if and how our Wellness program improves diet-related chronic disease such as pre-diabetes and diabetes, and high blood pressure.



2025 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%

Hi, my name is Cesia Palucho. I'm really excited to share that I learned how to read food labels in a simple and easy way, to better understand the nutritional value of foods, and to recognize which ones are more harmful. I've also learned how to make better choices and prepare delicious recipes. I'm very grateful to the program for this opportunity and I encourage others to sign up

- Cesia Palucho , 2025 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



Maternal Nutrition Program

In 2025, FEAST prepared to pilot our Maternal Nutrition Program in partnership with the Southern California Center for Latino Health as a Randomized Control Trial (RCT). The original design required strict recruitment and eligibility criteria. However, during a time of heightened mistrust and fear within the communities we serve, we encountered significant barriers to enrolling participants who both met the criteria and felt comfortable participating in a formal research study. It became clear that the structure of the study did not align with the realities families were navigating.

Rather than pause the work, we adapted. We redesigned the pilot to remove the RCT structure, allowing us to broaden eligibility and reduce barriers to participation. In doing so, we centered accessibility and trust while preserving the integrity of the program. During this period, we finalized curriculum revisions to ensure it is fully accessible and teachable by FEAST Certified Health Educators. The Maternal Nutrition pilot is now set to launch in 2026, marking an important step forward in expanding FEAST's community-centered approach to maternal health.

Pivoting from Family Feeding: FEAST's Response to Crisis

As families navigated job instability, immigration enforcement concerns, and SNAP delays, FEAST temporarily paused new Family Feeding cohorts to prioritize urgent needs. While Family Feeding remains central to our long-term strategy, the immediate moment called for increased emergency support.

We expanded food distribution and increased direct financial assistance to help families stabilize their household food budgets during a period of heightened uncertainty. This shift ensured that essential needs were met while maintaining our broader commitment to community health.

In 2026, we plan to resume implementation of Family Feeding alongside our other Core Nutrition Programs, strengthening both immediate support and long-term prevention efforts.



FOOD DISTRIBUTION PROGRAM & EMERGENCY RESPONSE

At FEAST, we believe access to nourishing food is a foundational building block of health. In 2025, we continued our Food Distribution program to ensure families had reliable access to fresh produce and staple foods during a time of heightened uncertainty.

With the support of **191 volunteers**, we distributed **38,029 pounds of food**, reaching **2325 individuals** across our community — reinforcing that food access is an essential condition for community health.

Beyond our regular distributions, we also mobilized targeted emergency response efforts throughout the year.

What food recipients had to say:

“Thank you for the food gift card and for your kindness during one of the darkest moments of my life. Losing my home meant losing almost everything I owned, and with that loss, I felt as though I had lost all hope. Each day, I truly did not know how I would go on. Your gift made a world of difference. It provided more than food- it brought comfort, relief, and a small light when everything felt empty. Your compassion reminded me that someone cared when I felt I had nothing left. I am deeply grateful and will never forget your kindness.”

Jacqueline, age 68



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.



Supporting Families Through Crisis in 2025



Wildfire Impacts on Families

- Wildfires disrupted the regional economy, creating job instability and reduced work hours for many families.
- Even communities far from the fires, including South LA, felt the economic ripple effects.
- FEAST remained connected to participants to ensure families could continue accessing food and support, and in partnership with the LANT, we participate events that connected families to healthy food resources and community support.



Responding to SNAP Delays

- Many families experienced disruptions to already fragile food budgets due to SNAP delays.
- FEAST expanded staple food distribution and increased direct support to help households stabilize.
- Emergency assistance ensured families could meet immediate food needs during a period of uncertainty.



COMMUNITY WORKSHOPS



In 2025, FEAST hosted weekly and bi-weekly community workshops designed to provide participants with practical nutrition education and hands-on learning. Each workshop introduced healthy, plant-forward recipes using ingredients from the week's grocery bag, helping families build confidence in preparing nourishing meals at home. In response to heightened immigration enforcement during the summer, FEAST transitioned workshops to a virtual format to ensure the safety and accessibility of our participants. This shift resulted in increased attendance and expanded access to our programming. In the fall, FEAST adopted a hybrid model, allowing participants to join workshops either in person or virtually, further increasing flexibility and participation.

 **37 workshops hosted**

 **935 participants served**

Through these workshops, FEAST delivered consistent nutrition education, live recipe demonstrations, and wellness-focused learning experiences that supported participants in developing healthier eating habits and strengthening food security at home. We are grateful to our partners—JPMorgan Chase, Securing Safe Foods, Living Prana, Laura Boz, Juliana Klinkert, and Michel Pascal—whose collaboration expanded the scope of our offerings to address multiple dimensions of health and well-being. These sessions included financial literacy workshops led by Chase to support financial wellness; allergen-friendly education and food demonstration workshops with Securing Safe Foods and Living Prana; laughter therapy sessions to reduce stress and anxiety; and meditation experiences designed to promote mindfulness, focus, and emotional calm. With the support of these partners, FEAST hosted 37 workshops and served 935 participants, creating spaces where community members could learn, connect, and build lifelong healthy habits together.

2025 Events: Convening Community Around Health

IN 2025, FEAST CONVENED COMMUNITY MEMBERS NOT ONLY AROUND FOOD, BUT AROUND MOVEMENT, LEARNING, AND SHARED COMMITMENT TO HEALTH.



LA 5K: Moving for Community Health

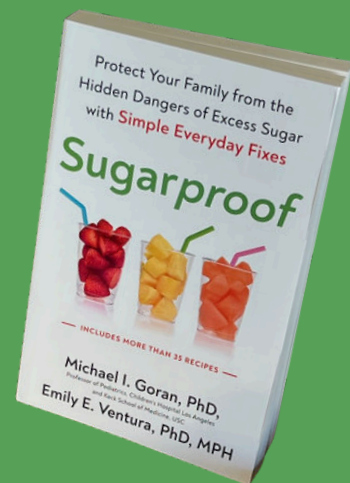
FEAST proudly served as a nonprofit partner of the LA 5K, part of the Los Angeles Marathon weekend. Because physical activity is an essential component of overall health, participating in the race was a natural extension of our mission.

Forty runners — including staff, Health Educators, volunteers, board members, and community supporters — laced up their shoes to represent FEAST. The event was both energizing and symbolic: a visible reminder that community health includes movement, solidarity, and collective action.

Sugarproof: A Conversation on Processed Foods, Added Sugar & Kids' Health

FEAST partnered with Dr. Michael Goran, leading childhood nutrition researcher and author of *Sugarproof*, to host a conversation focused on children's health and reducing processed foods and added sugar. The event brought together parents and caregivers for expert insights, practical strategies, and an open Q&A session.

More than a lecture, the gathering created space for honest dialogue about the challenges families face when navigating today's food environment — reinforcing FEAST's belief that education, clarity, and community support are essential ingredients for lasting change.



2025 Events: Convening Community Around Health (CONT'D)



A Night of Nourishment

Our annual fundraiser, A Night of Nourishment, was hosted at Tea at Shiloh, a nighttime tea house that provided an intimate setting for connection, healing, and thoughtful conversation. Supporters gathered around tea service and shared reflection, embodying the spirit of FEAST’s work — creating space for meaningful dialogue and community.

The evening was a celebration of the belief that health is not only physical, but emotional and communal. Through shared stories and intentional connection, we raised critical resources to continue strengthening community health across Los Angeles.

Thanks to our community partners!



THANK YOU TO OUR 2025 TEAM

STAFF

Sydney Zetune
Co-Executive Director

Amy Vu
Co-Executive Director

Ana Guzman
Family and Alumni Engagement Manager
FEAST '15 Graduate

Marlene Vega
Program Manager

Liency Barboza
Data & Impact Manager

BOARD MEMBERS

Amanda Railla
Board Chair

Daniel Fine
Board Treasurer

Kip Pastor
Board Secretary

Madhu Pocha
VP Internal Affairs

**Dorcia White-
Brake**
FEAST Graduate

Corlis Lewis
FEAST Graduate

Michael Swanson

**William
Finkelstein**

HEALTH EDUCATORS

Maria Thalia Carmona
FEAST '20 Graduate

Gabriela Chicas
FEAST '21 Graduate

Erika Avila
FEAST '21 Graduate

Yolanda Martin

Gilda Sion

Celica Ortiz



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.

\$100,000+



\$50,000 -
\$40,000



THE OECHSLE FAMILY
FOUNDATION

ANONYMOUS

\$30,000 -
\$20,000



STAGEN
FAMILY
FOUNDATION



\$15,000 -
\$10,000



Bellwether

\$5000+

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\$2500+

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\$1000+

WICKED PROTEIN
WONDERFUL GIVING
TOP TERMITE CO. INC.

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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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| Amanda R. | Corlis L. | Jonathan A. | Maria A. |
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| | Jennifer S. | Lucas B. | Richard Y. |
| | Jenny C. | Lucia A. | Rick N. |

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Robert P.	Sydney Z.	Violet W.
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Sandie G.	Todd B.	
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Shay M.	Valeria V.	
Silvia L.	Valerie C.	
Stacia M.	Veronica A.	

SPECIAL THANKS TO OUR COMMUNITY TABLE MEMBERS

Andrea G.	Eduardo G.	Lauryl O.
Ariel F.	Giustina C.	Madhu P.
Brigitte K.	Hanah K.	Matthew R.
Christina F.	Jess C.	Rachel S.
Dana R.	Jorge G.	Renee F.
Daniel F.	Kyle S.	Sydney Z.
Diane K.	Lauren R.	

THANK YOU TO OUR INTERNS

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



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THANK YOU TO OUR VOLUNTEERS

Marlene V.
Roger S.
Lorena U.
Norma H.
Todd B.
Abby G.
Sydney Z.
Talya G.
Jamie P.
Ryan R.
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Kelah B.
Adrian R.



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Pedro C.
Gregory S.
Minh-Buu N.
Brion L.
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Richard G.
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