

## *Module 2, Lesson 7 Handout:*

### **Poverty & Food Deserts: How You Can Help**

As a Nutritious Life Certified grad, you have the knowledge, skills, passion and resources to help those in need live a more Nutritious Life. From donating food to food pantries and food banks, rescuing imperfect produce from farms, delivering food to people in need and so much more, YOU have the power to make a difference - and every little bit counts!

It can be as simple as donating to different charities and organizations who are fighting against hunger and food insecurity, giving your time helping those organizations or providing education materials or other resources. Below we've outlined a few organizations that you can contribute to yourself and share with your clients who are ready to make a difference.

#### **FEAST (Food, Education, Action, Support, Together)**

- <https://feastforall.org/>
- FEAST was created by Sam Polk and his wife when they realized that healthy food can be hard to find for those with low-incomes, living in food deserts and can be found in several communities across the United States, with many in California and New York. FEAST mission is to promote wellness and enrich lives through the power of healthy foods and human connection. Much like the 8 pillars of a Nutritious Life, FEAST understands that wellness is not only physical, but also mental and emotional. This inspired the creation of their multifaceted approach that provides all individuals with a range of tools necessary to increase wellness and live a healthy life.
- How You Can Help:
  - Attend a cooking class
  - Host a FEAST event to raise funds
  - Become a FEAST program leader
  - Volunteer for a variety of classroom activities and events
  - Donate to provide food scholarships for those in need

#### **City Harvest**

- <https://www.cityharvest.org/>
- City Harvest is New York City's largest food rescue organization, helping to feed the nearly 1.2 million New Yorkers who are struggling to put meals on their tables. Their mission is to

end hunger in communities throughout NYC through food rescue and distribution, education and other practical, innovative solutions.

- How You Can Help:
  - Fundraise as an individual or organization to support their efforts
  - Become a Food Donor
  - Volunteer (teach nutrition, work with local farmers and many other volunteer opportunities as an individual or organization)
  - Attend a City Harvest event

## Everytable

- <https://www.everytable.com/>
- Everytable is based in Los Angeles, California and its mission is to make fresh, healthy meals affordable for everyone. Everytable aims to serve everyone, from those living in food deserts to those in more affluent areas, and redefine the food landscape by selling nutritious, fresh, made-from-scratch food, at fast-food prices.
- How You Can Help:
  - Pay it forward by purchasing a meal for someone in need

## Feeding America

- <https://www.feedingamerica.org/>
- Feeding America is the leading organization in the fight against hunger in the United States, with 200 food banks and serving more than 40 million people in communities across America.
- How You Can Help:
  - Volunteer in your local community
  - Become a monthly donor
  - Advocate for Feeding America's mission in their Campaign to End Hunger

Consider donating to or volunteering with one of the organizations above to join the fight against hunger and help those in need Eat Empowered and live a more Nutritious Life.