Food is a powerful medium to build and restore neighborhood well-being. Through frequent visits to the pantry market, people build community, improve their health, and address other areas of instability.

### Our Theory
- **Over 80%** of those we serve are children, elderly, disabled, or under-employed.
- **79%** of households we serve don't have sufficient access to healthy fresh produce because of proximity to grocery stores or lack of income.
- **72%** of households we serve have someone in their home with type 2 diabetes or high blood pressure.
- Low-income households are six times more likely to be socially isolated, exacerbating the worst effects of poverty.

### What We Know
- Reduce food insecurity
- Empower people to choose, plan, cook, and eat healthy food
- Improve health and well-being
- Increase social connection and community ownership
- Link people to community supports
- Engage residents as volunteers

### What We Aim To Achieve
- **Our Community Food Center model** will continue to draw together wellness partners, food pantries and neighborhood residents to develop a more equitable food system that improves health, social connection, and stability for all.

### The Big Change

#### Shop - Fresh Food Market
A fresh food market that integrates health education, cooking demonstrations, a food bar, and connections to community resources.

**IT WORKS**
- Annually increase healthy food access for approximately 2,500 households

**In our recent open ended community survey:**
- 45% say social connectedness is what they appreciate most about our community food center
- 79% say access to fresh produce is the most beneficial service of our community food center

"They help us, with the demonstrations... that helps boost up the level of confidence and eating healthier, even now, and how important it is to eat healthy."

-Chandra Armstrong

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**Sources**
- [https://www.cbpp.org/research/food-assistance/most-working-age-snap-participants-work-but-often-in-unsustainable-jobs](https://www.cbpp.org/research/food-assistance/most-working-age-snap-participants-work-but-often-in-unsustainable-jobs)