



PROGRAM OVERVIEWS



Feast - Collaborative Meals

A collaborative meal that brings a diverse group around a common table to explore food traditions and whole food culinary skills.

Grow - Urban Farm

An urban hoop house vegetable farm that grows thousands of pounds of organic produce to feed and educate the community.

OUR THEORY

Collaboratively growing, preparing, and sharing food promotes health and wellbeing and increases a community's ownership of their local food system. When people cook and eat together around a common table, they discover their shared destiny. They improve their overall relationship with food and work to support and connect each other to available community resources.

WHAT WE KNOW

- Annual American healthcare costs are almost **4 trillion dollars**; it is estimated that 10% of those costs are now diabetes related.
- **Community gardening** increases nutrition knowledge, fruit and vegetable consumption, physical activity, and gardening ownership. ¹
- **Collaborative community cooking** is shown to increase healthy home cooking and reduce obesity, and intake of fast food. ²

WHAT WE DO ABOUT IT



Our Feast and Farm Programs Prioritize...

Education on Food Wellness Systems

- Engage community volunteers in weeding, seeding, harvesting, and composting
- Educate on gardening skills and sustainable, regenerative agriculture
- Explore culinary skills, new food traditions, and scratch cooking through shared meals

Fostering Community & Stability

- Prompt deep conversational sharing over meals
- Lead wellness activities to encourage mental, physical, emotional, and spiritual health
- Educates members on community resources, spiritual growth, and civic action

WHAT WE AIM TO ACHIEVE

- Instill greater confidence in individuals' culinary skills and use of those skills at home
- Encourage communities to take greater control of their local green space for gardening and growing food
- Educate participants to impact their dietary knowledge, food choices, and ecological impact
- Increase consumption of and desire for healthy whole foods, especially produce
- Foster a greater sense of social support, deepened relationships, and improved sense of self worth
- Broaden access to opportunities for community activity, ownership, and advocacy

IT WORKS

- **90%** of all meal participants create recipes and try foods they have never eaten before
- **65%** of our meal leadership committee are neighborhood residents
- **100%** of meal participants say they feel more connected to their community
- Volunteers annually grow and distribute over **11,000 lbs.** of organic produce

"I was anxious when everyone arrived because we were all so different. Soon we were all chopping vegetables as a team and I realized no one cared that I was a white woman from the suburbs. I cannot imagine another environment that can break down barriers faster."

-Marie Greco

THE BIGGER CHANGE

Greater food system ownership and an increased sense of food agency will transform the current food geography of Milwaukee. Families will be empowered to cook meals at home; and individuals will find the resources and support needed to grow as leaders in their neighborhood.

SOURCES

¹<https://www.tandfonline.com/doi/full/10.1080/10705422.2010.519682>
²<https://link.springer.com/article/10.1186/1471-2458-14-1161>