



Are you thinking
about nutrition when
providing food
support?

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STATS



- 2020 - 13.8 million households or 10.5% experienced food insecurity in America
- Higher prevalence of obesity (37%), diabetes (17%), hypertension (30%), cholesterol (30%) and depression (24%)



- Living with diabetes has 2.6x higher medical expenses
- People living with diabetes that are experiencing homelessness may not have access to food or refrigeration



- Adults experiencing homelessness are 5x more likely to be high health care system users
- Diabetes is more common in minorities and hypertension is more common with African American populations



“Me being a vegan chef I love to cook I want to cook I want to eat healthy I want to be able to nourish my body”

1. Seek out fresh food partnerships

– food banks, local restaurant/grocery/marketplace donations, ask your caterer to customize a high quality meal program within your budget, partner with values-based food service providers

1. Community Gardens

– Empower clients to be self-sufficient and manage a community garden

1. Nutrition and Cooking Workshops

– educate! ask students, chefs, nutritionists or healthcare professionals to volunteer

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