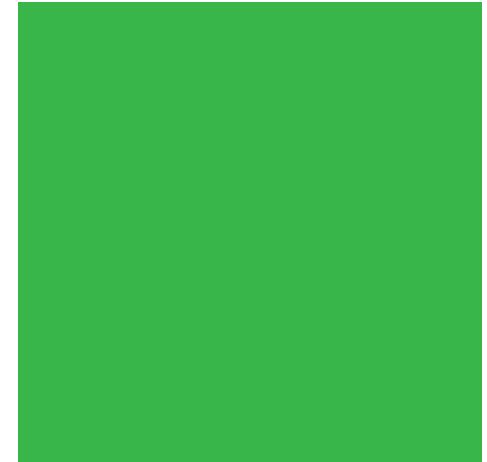




ANNUAL REPORT 2022



EXECUTIVE SUMMARY

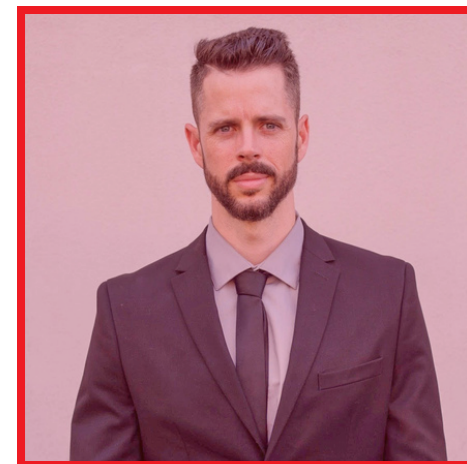
In Well Feds' second year as an organization we made a difference in the health of hundreds of new underserved families. We continue our goal to deliver healthy and nutrient rich whole foods to families in need. The statistics in Arkansas are alarming. Nearly 25% of Arkansas are considered Food Insecure and that is not always taking into account their Nutrition Insecurity status. With your partnership, Well Fed will carry on its mission in 2023 to do more than just fill bellies with food, but to improve health.

There are thousands of families that do not have the financial means to consistently purchase healthy food. They are living on cheap foods that only contribute to diet-related illnesses. Arkansas ranks the 3rd worst in the nation for childhood obesity and malnutrition. We believe the solution to changing the alarming statistics is to empower families to cook and eat healthy while also providing free access to the healthy foods they need. Our mobile market programs help move families forward and over barriers so that they can learn how to manage a healthier future. We are incredibly grateful for our amazing education partners from the Arkansas Cooperative Extension SnapEd offices and Ouachita Baptist University.

But, we want to do more than just provide food and impact behavioral changes. We desire to also affect real biometric change and even policies regarding access to healthy foods in Arkansas. It is our goal to bring the Produce Prescription model to Arkansas and advocate for policy changes and program implementation across the state for a healthier future. Food is medicine. By partnering with like minded organizations we can make a bigger difference for years to come.

Thank you for your partnership in changing lives here in Arkansas. Together we are creating a brighter and healthier future for thousands of families!

-Joshua Harris



JOSHUA HARRIS
EXECUTIVE DIRECTOR
WELL FED





Healthy Food, Healthy Communities

The WELL FED solution is to mobilize food access and education. Our model works by taking fruits, vegetables, proteins, grains, meat, and dairy directly to families and communities experiencing food and nutrition insecurity.



Our mobile pop-up market or pre-boxed approaches allow people to choose healthy options to cook with that support their immune system. We partner with health organizations to offer nutrition and cooking education to equip and empower families to make healthy choices that promote long-term positive health outcomes. Our partnerships with local farmers and wholesale grocers mean we are sourcing healthy food and supporting the local economy at the same time.



OUR VISION:

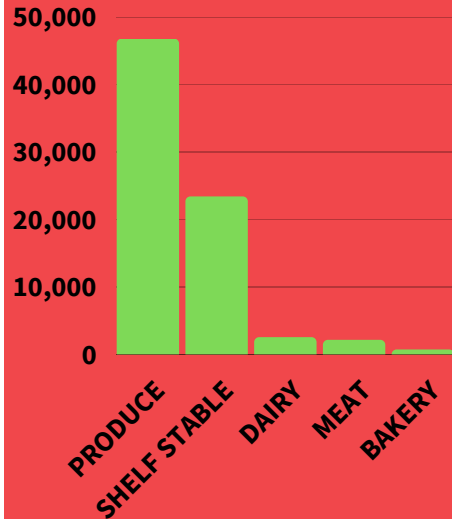
To create a new future for families who are food insecure and empower them to live healthy.

OUR MISSION:

Combating food insecurity with healthy food access and education.

HIGHLIGHTS OF 2022

75,000+ LBS OF HEALTHY FOOD was distributed in our mobile markets and food box delivery



OVER 3,500 ARKANSANS received healthy groceries that help add nutrition to their diet, decreasing both grocery and medical bills, consequentially




12 COMMUNITIES received nutrition and cooking education



HIGHLIGHTS OF 2022

388 VOLUNTEER HOURS

Top Teams!

- 1. Rackley Team 58.5 hrs
- 2. Cricket Mobile 36 hrs
- 3. JLLR 27.5 hrs
- 4. Enbridge 24 hrs



20,340
Total meals impacted in communities in need



5,700+ lbs OF DONATED HEALTHYFOOD
from local grocers, growers, and food rescue



HIGHLIGHTS OF 2022

**WE ADDED A
WALK-IN COOLER**
generously donated to us
by the Roy and Christine
Sturgis Foundation



**5
MONTHLY
PROGRAMS**



**37%
INCREASE**
In healthy food
delivered after installing
the walk-in cooler in
July


**3 NEW
BOARD MEMBERS**



FINANCIAL HIGHLIGHTS OF 2022



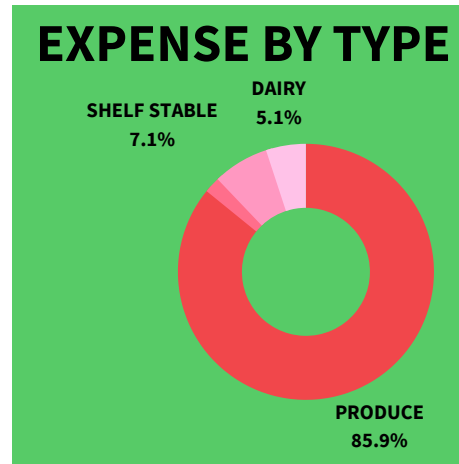
RAISED \$187,000+
from private grants,
contracts, and private
donations



**TOTAL INVESTED
IN COMMUNITIES
\$143,139**
Budget spent on food
programs in underserved
communities

\$33
approximate cost per
person to provide 40+/-
lbs of healthy food

**AN INCREASE OF
\$13 per person
since 2021**



PROGRAM HIGHLIGHTS 2022

Based on self-reported surveys after a 12 month program in Altheimer, AR



80%

of participants said they will continue to need assistance to eat healthy



90%

Said this program helped improve the quality of food they cooked with.



240% INCREASE

In participants cooking with fruits and vegetables 7 or more times a week.



93%

of participants reported increased confidence to eat healthy and improve their diet.

PARTNERSHIPS IN 2022

SPONSORS

ROY AND CHRISTINE
STURGIS
CHARITABLE
TRUST



MAJOR DONORS

Riggs Cat

John and Jenn Harrison

Michael and Trisha Stewart

Brent and Natalie Staley

Rob Van Zeeland

Mitzi Warren

Nathan Daines

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Photographer: Ebony Blevins

