



WELL FED

ANNUAL REPORT 2023





EXECUTIVE SUMMARY

In year three, Well Fed continued its growth and expansion to feed and educate more families. We consistently deliver healthy and nutrient rich, whole foods to families in need. The health and nutrition statistics in Arkansas continue to trend in the bottom five states of the USA. With your support, Well Fed continues to move towards changing these statistics and improving the nutrition and health of underserved and low-income families in Arkansas.

There are still thousands of families in rural communities that struggle to afford or even access consistent healthy foods. Our central focus on providing fruits and vegetables, whole foods, to these families has not changed. We believe the path forward for changing the negative impacts of diabetes, obesity, and heart disease will require the power of healthy eating. Our education partners teach nutritious cooking, provide recipes, and onsite demonstrations for the families in our programs. We provide both the food they need and the education to empower life change.

2023 brought our first-ever PRx (produce prescription) program and the chance to lay a foundation for the future of healthcare in Arkansas. Together with UAMS East in Helena, AR, we implemented the first-of-its-kind program for strategic diet intervention in Arkansas. Three groups comprise our cohort of participants screened with diet-related illnesses. You can read more on that below. We also partnered with the USDA and the State of Arkansas to expand healthy food box delivery to nearly 1,000 different low-income households in 13 communities. These monthly boxes include produce and meat purchased from local Arkansas agriculture and include healthy recipes.

We are excited about 2024 and the continued growth and development of our programs alongside current and new future partners (listed below). Without our partners, we would never be able to accomplish so much good!

Thank you for your support!

Joshua Harris
Executive Director

2023



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.

OUR TEAM

Joshua Harris

Executive Director/
Board Director

Peter Heil

Development Director

Zaccheus Gray

Programs Manager

Amberlie Pearce

Board Secretary

Michael Crowe

Board Member

Taco Williams-Price

Board Member

Stacy Howard- Parchel

Board Member

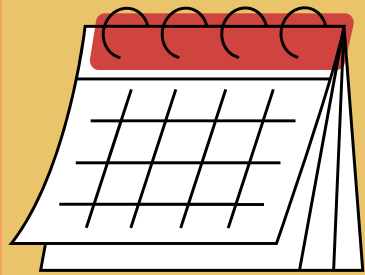


PROGRAM HIGHLIGHTS

“

I'm a diabetic and this program helps me get the nutritional food I need.

Tarlice, Alzheimer



16

MONTHLY PROGRAMS

31
COMMUNITIES

received nutritious food and education

48,624 lbs
OF LOCAL
AGRICULTURE

supporting local beef, produce, & hydroponic producers

28 lbs

average weight of groceries per household



54,475

Total meals impacted in communities in need



8,986
ARKANSANS

received healthy groceries that help add nutrition to their diet, decreasing both grocery and medical bills.

136,836 LBS OF
HEALTHY FOOD

was distributed in our mobile markets and food box delivery



FINANCIAL HIGHLIGHTS



\$495,419
TOTAL RAISED

\$44



Approximate cost per person to provide 40+/- lbs of healthy food

“

With your support, Well Fed continues to move towards changing the statistics and improving the nutrition and health of underserved and low-income families in Arkansas.

Joshua Harris,
Executive Director

\$457,719

from private grants & donations



\$37,700

from contracts with local organizations and communities

\$204,000

Budget spent on providing fresh healthy food in underserved communities



\$96,842

Budget spent on sourcing and distributing local agriculture in Arkansas





LFP A FOOD BOX PROGRAM

after 8 months

of receiving food boxes with local produce, meat, and a recipe recommended by nutritionist, participants said...



Our congregation looks forward every month for the boxes. Thank you so much for helping our congregation learn to eat healthier.

**Terry Knight,
Greater Grace BC**

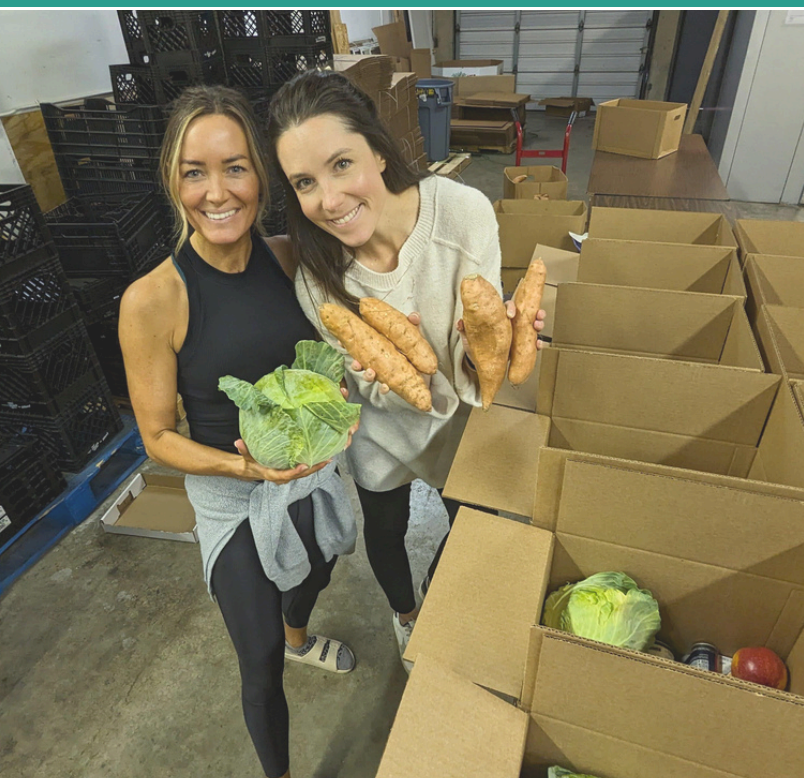
67% SAID
this program decreased their food insecurity

70% reported that this program gave them a new opportunity to eat healthy that they wouldn't otherwise have had

77% reported feeling physically better after 8 months



11 COMMUNITIES recieved boxes filled with fresh produce and meat



68% of participants tried cooking with the recipes in the boxes and found them useful



PRODUCE RX PROGRAM

after 9 months

of monthly strategic diet intervention, including a healthy food market, nutrition education, and medical check-ups...



When I started The Good Food Rx program, I weighed 252 pounds, I now weigh 237 pounds. My A1C has decreased from 7.3 to 6.2. My energy level has increased! I rest better! My mind is sharper which allows me to have a better outlook and focus on life.

PRx participant, Helena

When I first started the program, I was using a walker and had a personal care aide. Now, I no longer need a walker or have a personal care aide to help me with my basic needs. I can do things on my own.

PRx participant, Helena

The last year [The Good Food Rx] has been a “lifesaving” time. Since moving back to Helena and taking a lower paying job making 88% less, the food we receive monthly has been a lifesaving source.

PRx participant, Helena

Because of The Good Food Rx, I have started eating vegetables that I used to pass up intentionally. I have noticed changes in my weight, attitude, and mental alertness! This program has increased my awareness of my eating habits and exercise regimen.

PRx participant, Helena



18-20

average number of days of diet intervention participants received each month

100%

positive health impact among participants



OUR FOOD HEROES

Food Hero / noun
someone who fights food insecurity by volunteering, advocating, or partnering with us

VOLUNTEER GROUPS

Encore Bank

Entergy

Humana

Junior League LR

New Life Church

Ouchita Baptist University

Plush Homes

Rackley Team

Rock City Fitness

Whole Foods Market

PARTNERSHIPS IN 2023



 **80**
 volunteers at mobile markets and food box programs this year

369 
 hours volunteered by individuals and groups in 2023

Contact US

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