


# Well Fed

Annual Report  
2024



# EXECUTIVE SUMMARY



In year four, Well Fed stepped up its efforts to create new programs for families. Now, we consistently deliver healthy and nutrient-rich, whole foods to over 20 communities. We participated in 5 health fairs and partnered with numerous organizations across the state to feed families. The health and nutrition statistics in Arkansas continue to trend in the bottom five states of the USA.

With your support, Well Fed is innovating new ways to include healthy food as medicine into healthcare and improve 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 to these families has not changed. We have increased our efforts to improve the negative impacts of diabetes, obesity, and heart disease by working on projects with healthcare providers and payers. We have new partnerships with Aetna and Sage Healthcare.

In 2024 we concluded our first-ever PRx research project (produce prescription) 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. The three groups of participants screened with diet-related illnesses all saw biometric improvements. You can read more on that below.

We also continued our partnership with the USDA and the State of Arkansas to expand healthy food box delivery to nearly 1,000 different low-income households in over 20 communities. In addition, we purchased produce from 23 different farmers, supporting local agriculture. These monthly boxes are vital for underserved families to add nutrient rich foods into their diet. We are excited about 2025 and the continued growth and development of our programs alongside current and new future partners (listed below). We will launch more programs with healthcare providers and trailblaze the way forward for food as medicine in Arkansas.

Thank you for being part of the movement that is changing families!

*Joshua Harris*

# OUR TEAM

**Well Fed**

**Executive Director and Founder**



**Joshua Harris**

**Well Fed**

**Data & Marketing Director**



**Peter Heil**

**Well Fed**

**Programs Manager (Jan-Oct)**



**Zaccheus Gray**

**Well Fed**

**Programs Manager (Nov-Current)**



**Carter Mills**



Combating food insecurity with healthy food access and education.

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

# MOBILE FOOD ACCESS PROGRAMS

The Well Fed van delivered fresh groceries 214 times in 2024. The cost of healthy food, supply chain disruptions, and inequities in food access continue to affect Arkansans across the state. Delivering directly to 22 communities each month experiencing food and nutrition insecurity, Well Fed packed meal kits and grocery bags with a variety of fruits, vegetables, proteins, grains, meat, and dairy and a specially tailored recipe for particular diet-related illnesses.



## PRX (PRODUCE PRESCRIPTION)

March 2024 finalized the one-year food intervention portion of our PRx research project. This intervention, in which 23 medical patients participated, included a healthy food market and nutrition education tailored to their specific dietary illness, and medical check-ups. In year two, patients will receive medical check-ups, and their biometrics tracked as they put the nutritional training into practice to produce positive results.



## COMMUNITY PARTNERS

We appreciate the generosity of our 39 volunteers who contributed 163 hours in 2024. Well Fed has partnered with Potluck Food Rescue in North Little Rock since 2020 to “rescue” quality produce and meat from going to waste. The Well Fed van distributed 3,828 lbs of healthy rescued food to communities in need.

## LOCAL FOOD FOR LOCAL COMMUNITIES

Well Fed knows that our local growers work hard to feed Arkansans, but with current food inequities and unjust distribution of healthy food access, not everyone is getting the nutrition they need. We stood in the gap in 2024 working directly with 23 local farmers such as Spring Creek Farms, Natural State Beef, and Mator Farms to deliver fresh and healthy groceries to communities that need it the most. Our team created over 7,860 meal kits totaling 144,832 pounds of local food in 2024.

# STATS 2024

## OVERALL IN 2024

Number of communities we worked with **30 communities**

Total meals impacted in 2024 **91,320 meals**

Total lbs of healthy food delivered in 2024 **162,681 lbs**

## TOP ITEMS DELIVERED IN 2024

Eggs	74,400
Apples	21,200
Sweet Potato	17,280
Lbs of beef	13,666

## THE PEOPLE WE WORK WITH

Total Arkansans impacted by groceries and education **12,986 Arkansans**

Number of Well Fed program participants enrolled in SNAPbenefits **521 households**

Average age of participant in 2024 **59 years old**

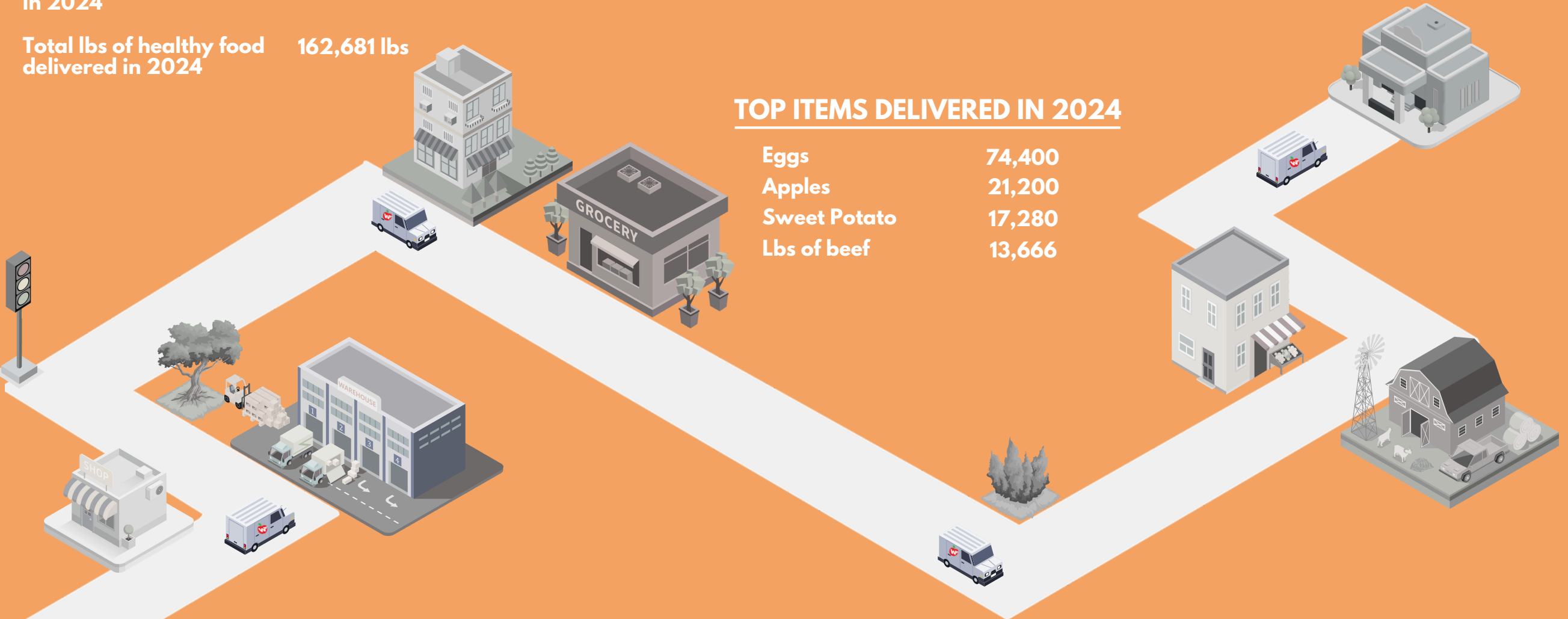
## WHAT'S IN THE GROCERY BAG

Average weight of groceries **18 lbs**

Average number of items in a meal kit **16 items**

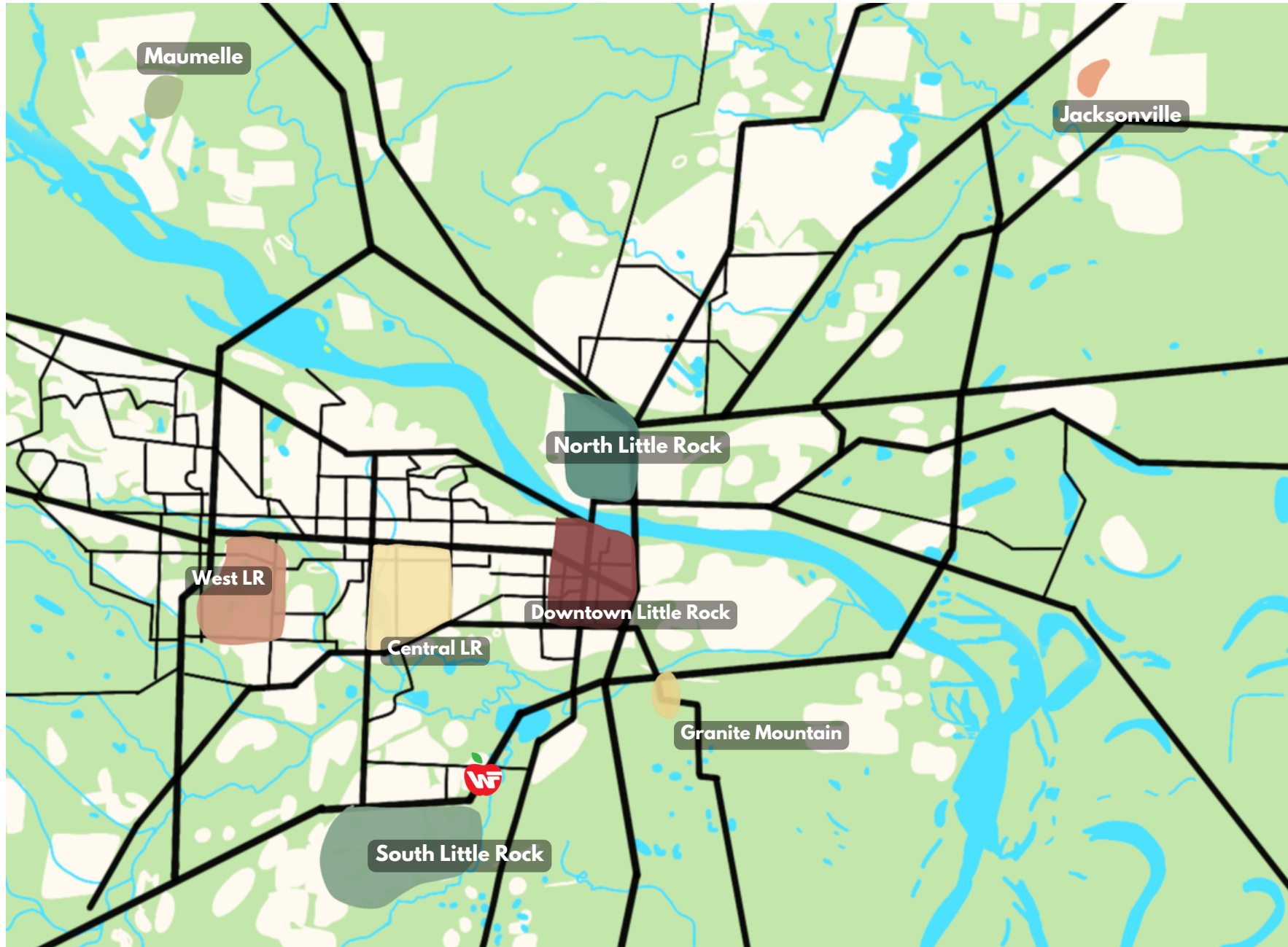
Total produce cases purchased in 2024 **3,915 Cases**

Well Fed's average cost for 18 lbs of free groceries per family **\$40.58**



# LOCAL COMMUNITIES

## MONTHLY HEALTHY FOOD BOX DELIVERY LOCATIONS IN 2024



### Central Little Rock

- Madison Heights
- Elm St Community

### Downtown Little Rock

- Albert Pike Apartments
- Buffington Towers
- Cumberland Towers
- Parris Towers
- Jesse Powell Towers
- Trinity Court Place

### Granite Mountain

- Senior Homes at G.M.

### Jacksonville

- Jacksonville Towers
- Worley's Place

### Maumelle

- Audubon Pointe

### North Little Rock

- Sarah Daisy Garden Courts
- Theresa James Manor

### South Little Rock

- Greater Grace Church

### West Little Rock

- The Cottages
- Compassion Pantry

# PRX PROGRAM HIGHLIGHTS

The Good Food Rx is an innovative solution to nutrition insecurity. Our goal since our induction in 2020 has been to impact the statistics of diet-related illness in Arkansas. This program takes a large step in that direction to prove biometrically that food is medicine and programs like this should be implemented across our healthcare system. After one year of diet intervention and nutrition education, the participants had a lot of things to say about their health and the program...

## Description of program:

1. Each patient received nutrition education in group and personal setting according to their diagnosed food related illness.
2. Patients hand picked ~40 lbs of groceries according to their specific dietary needs.
3. Each patient received frequent medical check-ups to gather qualitative and quantitative data.

*“My eyeglasses prescription has changed. My doctor said he could not believe my vision has improved.”*

*“...A1C has moved from a 16 to a 10.”*

*“My A1C has dropped from 8.3 to 6! This program gives me hope!”*

*“This program has motivated me to eat healthier for myself and my family. If this program was around 20 years ago, I wouldn’t have gone through my health turmoils.”*

*“I am losing inches. I am exercising more. The program is helpful...”*

*“Eating healthy foods helps me maintain good numbers for my blood sugar and blood pressure.”*

*“The recipes are great [and] the food selection is awesome! I have lost inches and a few pounds.”*

HEALTHY FOOD



# PARTNERS



Alzheimer Foundation  
 AmBetter Health  
 AR Department of Education  
 ARC-PA  
 Arkansas Community Action  
 Agencies Association  
 Arkansas Community  
 Foundation  
 Arkansas Department of  
 Human Services  
 Arkansas Dream Center  
 Arkansas Minority Health  
 Commission  
 Arkansas Rural Health  
 Partnership  
 Cricket Wireless  
 Cypress Creek  
 Delta Circles  
 Dunbar Garden  
 Jefferson County Public  
 Library  
 Junior League of Little Rock

K Hall & Sons Produce  
 Kroger  
 Mator Farms  
 National Produce  
 Prescription Collaborative  
 Natural State Beef  
 Potluck Food Rescue  
 Proffer Produce  
 Rackley Reality  
 Riggs Cat  
 Riverside Box Co.  
 Small Wonder  
 Spring Creek Farms  
 The Methodist Foundation  
 for Arkansas  
 The Nurserie  
 The Salvation Army  
 UAMS  
 UAMS Research &  
 Extension  
 Whole Foods Market  
 Wholesome Wave

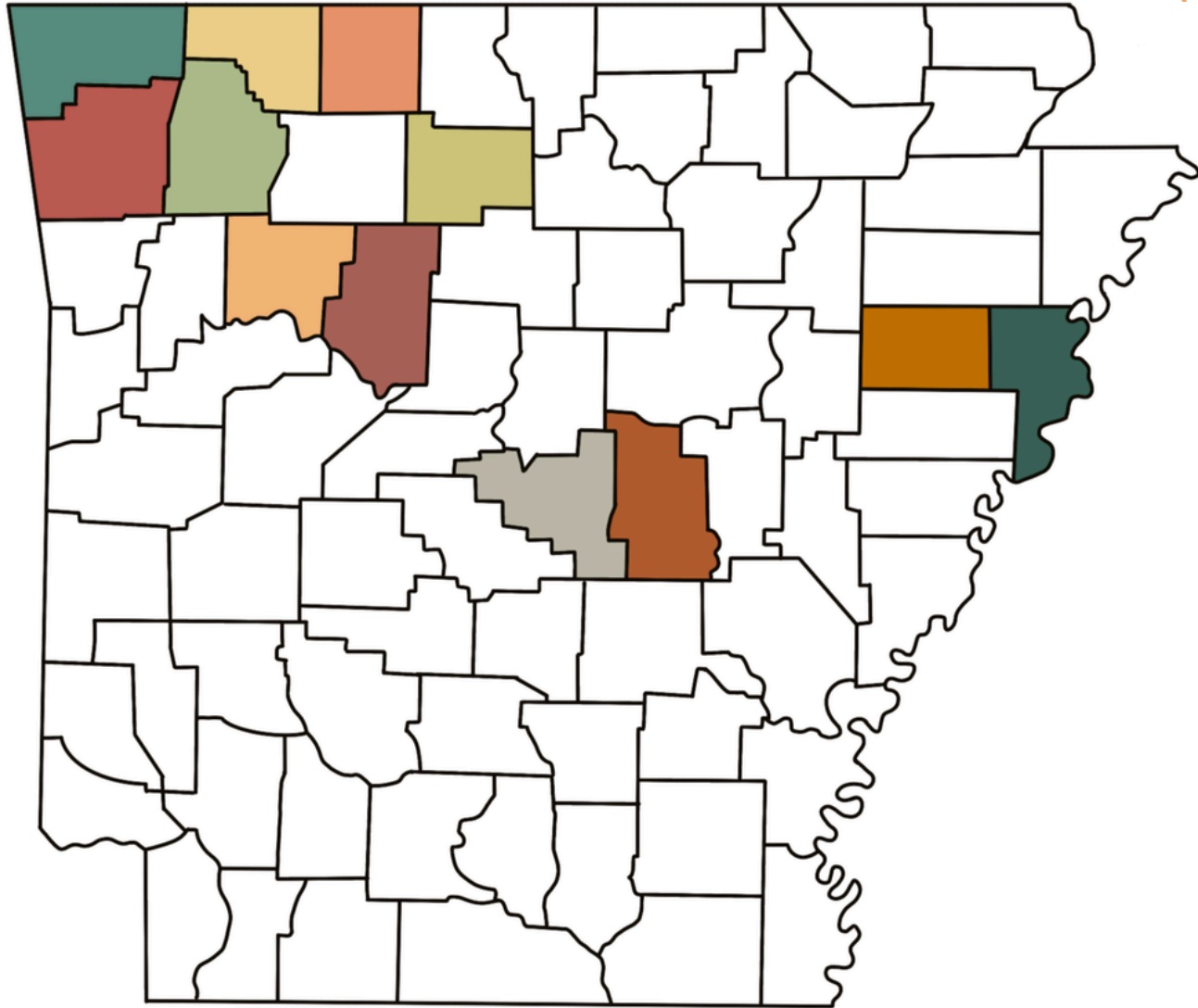
# GROWERS AND PRODUCERS

WE PARTNERED WITH IN 2024

- Good Life Farms
- McGarrah Farms
- Mountain Garden Farm
- Red Barn
- Shimizu
- Tulip Creek
- Vanzant Fruit Farms

- Center for Arkansas Farms and Food
- Edward Gay Family Farm
- Full Swing Farm
- Hiatt Blueberry Farm
- Middle Fork Farm
- Rivercrest Orchard
- Riverside Specialty Farm

- Dripping Springs Garden
- A&A Orchards
- Natural State Beef
- Peach Pickin' Paradise
- 5 Acre Farm
- Ralston Family Farms
- The Nurserie
- Barnhill Orchards
- Matthews Ridgeview Farms
- Mator Farms





*Joshua Harris*



*Melissa  
Chwalinski-  
Gordon*



*Kayla Cook*

# *our* BOARD MEMBERS



*Lillian West*

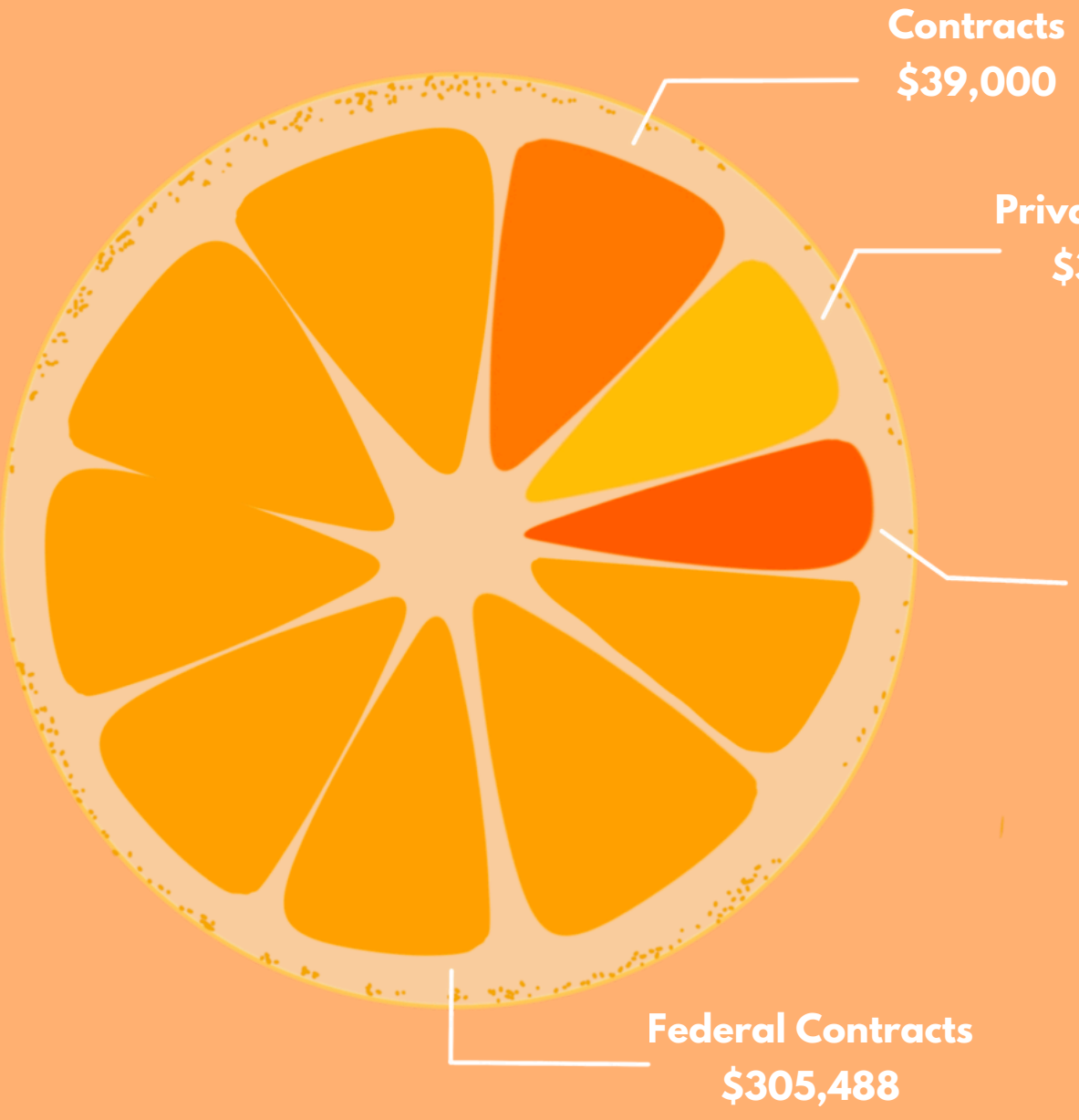


*Michael  
Crowe*



*Denise  
Dickinson*

# FINANCIALS



## EXPENSE BREAKDOWN



**TOTAL FUNDING**  
**\$406,316**

### REVENUE BY YEAR

\*Acquiring the LFPA contract (part of healthy food access initiatives after COVID-19) accounted for an over 200% increase in our revenue in 2023 from our previous years

Year	Revenue
2021	\$200,000
2022	\$187,000
2023	\$495,419
2024	\$406,316



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2024





# CONTACT US

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