


***Well
Fed
Impact
Report***

EXECUTIVE SUMMARY

In year five, Well Fed expanded programs across the state of Arkansas for families in need. We delivered healthy and nutrient-rich, whole foods to 41 communities across 8 counties. The newly released Household Food Security in the United States report from the USDA confirms that Arkansas continues to rank highest in the nation for food insecurity. Even more alarming is the growing number of persons suffering from diabetes, cardiovascular disease, and even cancers associated with increased consumption of UPCs (ultra-processed foods). These conditions are almost entirely induced by diet-related issues. 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 healthy foods consistently. 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 Insurance Payers and Healthcare Providers.



In 2025, we published data from our first-ever PRx research project. Together with UAMS East in Helena, AR, we implemented the first-of-its-kind program for strategic diet intervention in Arkansas, and now the data informs future work with new partners. We completed a project with the USDA and the State of Arkansas to expand healthy food box delivery monthly to nearly 1,000 different low-income households in over 20 communities. In addition, we purchased produce from 26 different local farmers, supporting AR agriculture.

These healthy food boxes were vital for underserved families to add nutrient rich foods into their diet. We are excited about 2026 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 and health statistics in Arkansas!

OUR TEAM

Peter Heil

Data & Marketing Consultant



I know the kind of food you eat determines much of how your life shapes out. The work we did in 2025 was vital to the prospering of so many families in our state and I'm grateful to have a role in it!

Carter Mills

Programs Manager



What a year 2025! From helping TSA workers during the government shutdown, to starting a market at the Pine Bluff Library, to traveling across our state doing markets. I'm so thankful to work for a company that not only helps families get access to fresh produce but also wants to build relationships with the families.

Joshua Harris

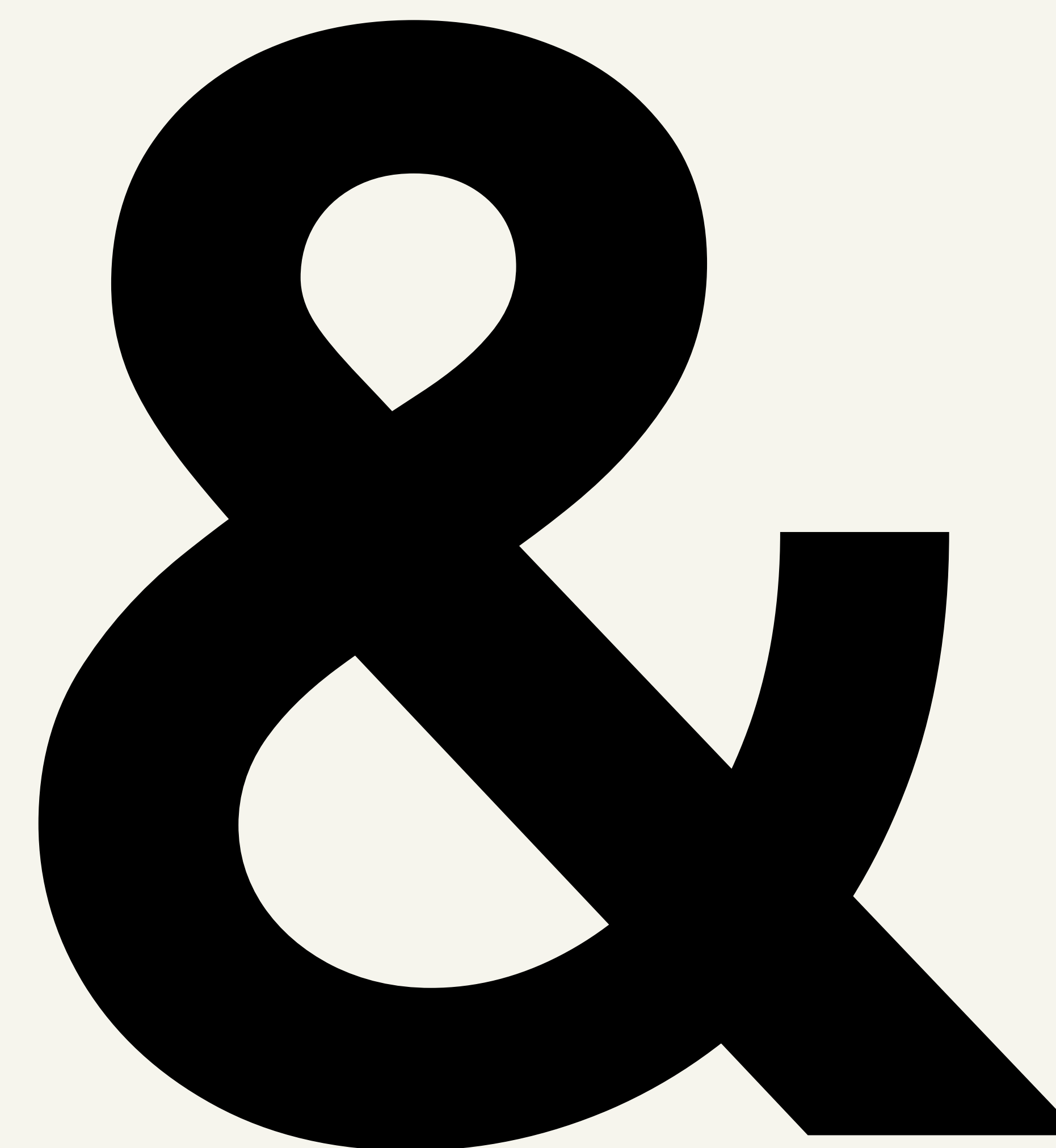
Founder & Executive Director



I couldn't be more thrilled by how many people we fed and impacted in 2025. From food as medicine programs, to working with the most communities we ever have in one year, to publishing our first research project in 2025. It was an incredible year.

VISION

To impact positive health outcomes in families who are nutritionally insecure through food as medicine intervention and empowerment.



MISSION

Combating diet-related illnesses through food as medicine programs and education.

SUMMARY

Mobile Nutrition Access

In 2025, the Well Fed van delivered fresh groceries **213 times** across Arkansas. As the rising cost of healthy food, ongoing supply chain disruptions, and inequities in food access continue to impact families statewide, Well Fed delivered directly to **29 communities** each month experiencing food and nutrition insecurity. Each distribution included thoughtfully packed food boxes or grocery bags filled with a variety of fruits, vegetables, proteins, grains, meat, and dairy. We kept nutrition education and empowerment as top priority in 2025 including over **6,300** specially tailored recipes designed to support individuals managing diet-related illnesses.



PRX (Produce Prescription)

In early 2025, we continued our work pioneering food as medicine programs at medical facilities through a partnership with Aetna and Sage Health. The collaboration, given as a benefit to new members, offered **72 households** a free, client-choice market and nutrition education tailored to common dietary illness at their local clinic.

Local Collaborations

Local partnerships were central to Well Fed's impact in 2025, helping us deliver more than **32,000 pounds** of healthy food to **15+ communities** across central Arkansas. Through **seven collaborations** with nonprofit and for-profit partners, we strengthened our ability to provide consistent, healthy food access. We are seeing increased impact through both recurring and one-time partnerships, especially as we responded to real community needs during challenges such as the government shutdown and the SNAP benefits crisis. These partnerships continue to amplify our reach, flexibility, and sustainability when families need support most.



Community Partners

We are deeply grateful for the support of **54 volunteers**, including **5 organizations**, who contributed **214 hours**, helping advance Well Fed's mission. In addition, registered dietitians contributed **15 hours of pro bono work** to develop practical nutrition resources that support nutrition empowerment and equity. Well Fed continues to partner with Potluck Food Rescue in North Little Rock to rescue and redirect quality food to families so it doesn't go to waste. Through this partnership, the Well Fed van distributed **7,827 pounds** of healthy rescued food to communities in need, doubling last years numbers, and including **7,288 pounds** of fresh produce.



Local Food for Local Communities

Well Fed recognizes the vital role local growers and grocers play in strengthening Arkansas's food system, while also acknowledging that food inequities and uneven distribution continue to limit access to healthy options. In 2025, we invested directly in the local economy by working with **27** Arkansas-based growers and grocers—including **180 Pipe Farms** in Sheridan, AR, and long-time partners **K Hall and Sons**—to source and distribute fresh, healthy food, spending **\$202,116** to support local farmers and small food businesses. Through these partnerships, groceries were provided more than **7,732 times** to individuals and families, totaling **91,286 pounds** of locally sourced food.



TOP ITEMS DELIVERED IN 2025

Eggs	52,488
Onions	48,250
Heads of lettuce	17,221
Sweet potatoes	16,200
Pounds of Beef	4,541

OVERALL IN 2025

Communities we worked with	41
Meals impacted	77,320
LBS of Healthy food delivered	126,975
Total individual grocery distributions made in 2025	11,092

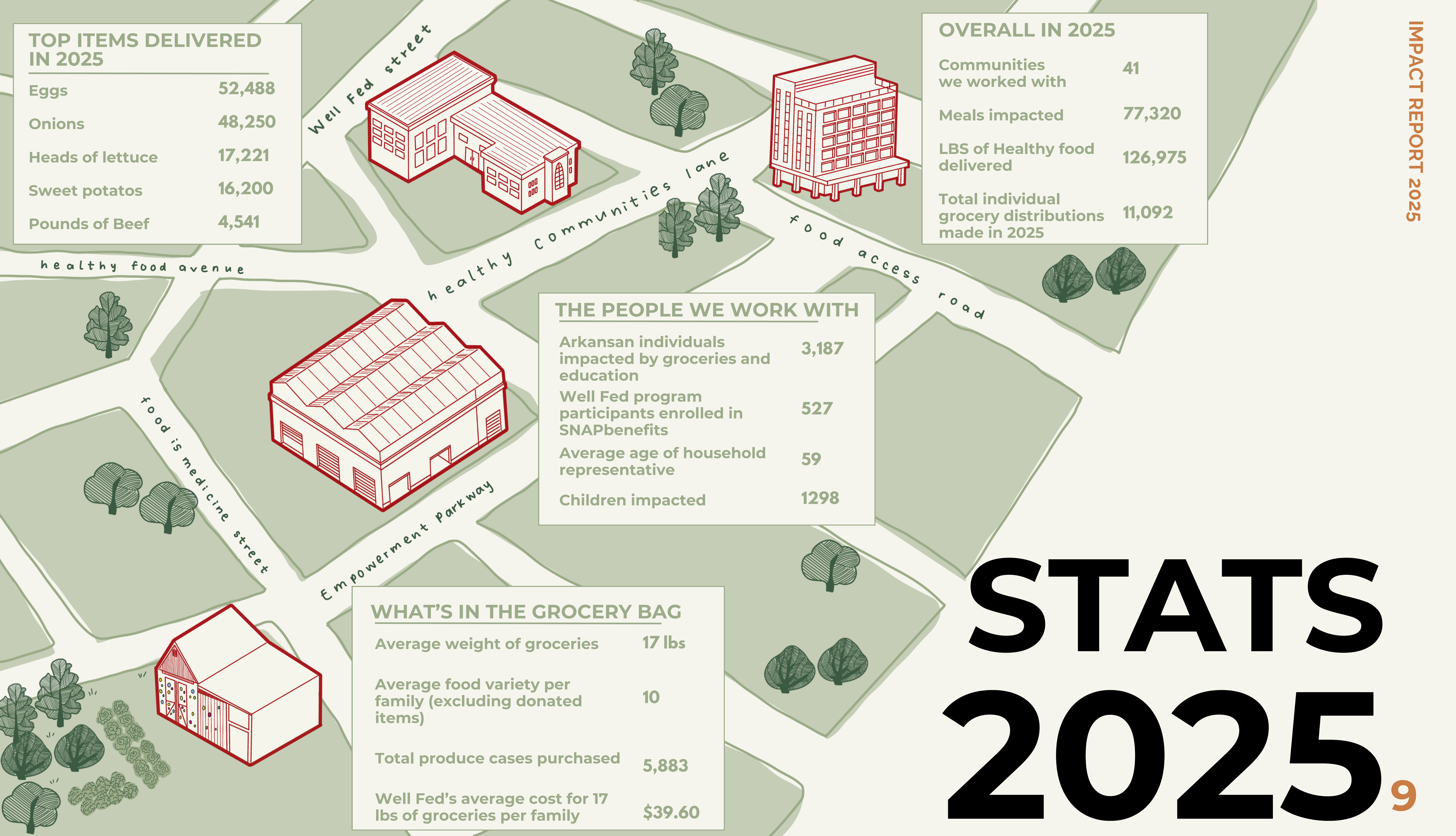
THE PEOPLE WE WORK WITH

Arkansan individuals impacted by groceries and education	3,187
Well Fed program participants enrolled in SNAPbenefits	527
Average age of household representative	59
Children impacted	1298

WHAT'S IN THE GROCERY BAG

Average weight of groceries	17 lbs
Average food variety per family (excluding donated items)	10
Total produce cases purchased	5,883
Well Fed's average cost for 17 lbs of groceries per family	\$39.60

STATS 2025.9



THE HEART OF ARKANSAS

Monthly Mobile Nutrition Access Locations in 2025



JACKSONVILLE

- Jacksonville Towers
- Worley's Place

MAUMELLE

- Audubon Pointe
- Small Wonder

DOWNTOWN LITTLE ROCK

- Albert Pike Apartments
- Buffington Towers
- Cumberland Towers
- Granite Mountain
- Jesse Powell Towers
- Parris Towers
- Sunset Terrace
- Trinity Court Apartments

SOUTH LITTLE ROCK

- Greater Grace Baptist Church

WEST LITTLE ROCK

- The Cottages

CENTRAL LITTLE ROCK

- Elm Street Community
- Madison Heights
- Sage Health Clinic - South University

NORTH LITTLE ROCK

- Sarah Daisy Garden Courts
- Theresa James Manor
- Sage Health Clinic - NLR

LFPFA PROGRAM HIGHLIGHTS

“In collaboration with the Arkansas Department of Education, Well Fed connected **40+ local growers and producers** to **22 undeserved communities** across central Arkansas through the LFPFA (Local Food Purchase Assistance) program. For over two years, Well Fed and our partners have delivered nutrient-dense produce, meat, and eggs, while including delicious diet-tailored recipes, empowering families to create better health outcomes for themselves and their community. The community managers had a lot to say about the impact this program had on their residents...”



“With the increase in prices, this program has helped the residents eat healthier meals and improve their nutrition.”

— Donna Thomas, Elm Street Community

“[It’s] awesome that [the recipes] give us ideas... I never knew you could make it that way.”

— Denise Scott, Trinity Court Apartments

“Most of the residents stayed to themselves before the boxes but now they are all talking and helping each other...”

— Denise Scott, Trinity Court Apartments

“It allowed them to have grocery items that they may not have otherwise been able to afford improving their nutritional health.”

— Jinjer James-Green, The Cottages

“The recipes gave the residents new ideas for healthy meals and helped them use the food they received.”

— Caronda Womack, Fred Parris Towers

LFPA IMPACT



1,747
Households impacted



116,113
Recipe cards delivered



\$519,380
Dollars invested in communities experiencing nutrition insecurity



22,366
Individual grocery distributions made



277,078
Pounds of nutritious food delivered



73% Of communities highly rated the recipes in the boxes as useful to use unfamiliar produce and encourage cooking healthier



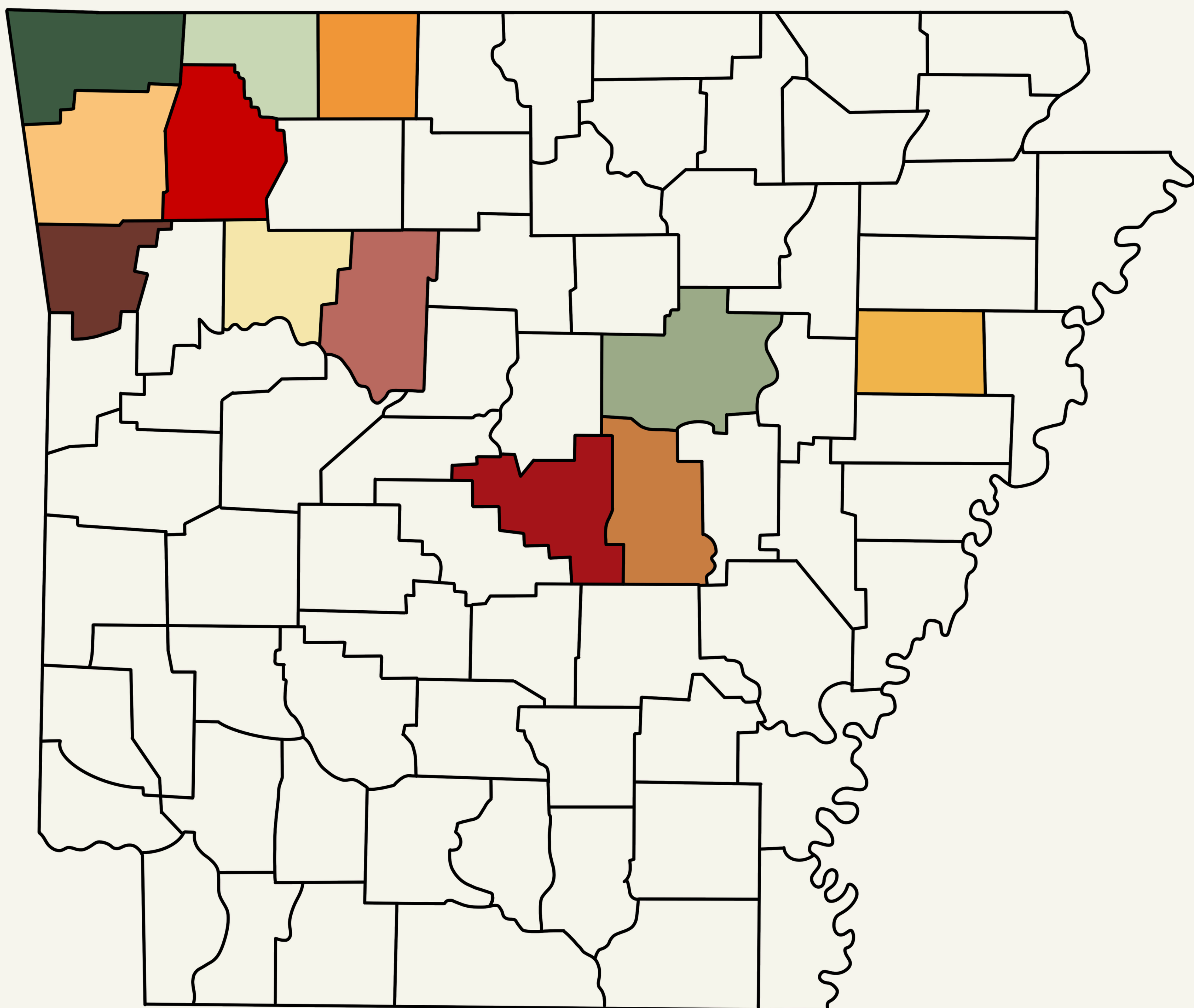
82%
of community members' nutrition was significantly improved with the program

PARTNERS

- 10Fitness
- Aetna
- Alzheimer Foundation
- Alzheimer Library
- American Heart Association
- AR Department of Education
- ARC-PA
- Arkansas Community Foundation
- Arkansas Department of Human Services
- Arkansas Dream Center
- Arkansas Minority Health Commission
- Arkansas Rural Health Partnership
- CAAC Deltas
- Central Church of Christ
- Clinton National Airport
- Cooperative Extension at UAPB
- Cypress Creek
- Dunbar Garden
- Every Arkansan
- FARE
- Jefferson County Public Library
- Junior League of Little Rock
- K Hall & Sons Produce
- Kroger
- Little Rock Chamber of Commerce
- National Produce Prescription Collaborative
- Natural State Beef
- Neighbor2Neighbor
- Potluck Food Rescue
- Proffer Produce
- Red River Beef
- Riverside Box Co.
- Roy and Christine Sturgis Foundation
- Sage Health
- Small Wonder
- Spring Creek Farms
- United Hoist & Crane Inc.
- University of the Ozarks
- Value Foods
- Whole Foods Market
- Wholesome Wave



GROWERS AND GROCERS



BENTON

- Good Life Farms
- McGarrah Farms
- Mountain Garden Farm
- Nowak Family Farm
- Tulip Creek
- Vanzant Fruit Farms

BOONE

- Natural State Beef

LONOKE

- Barnhill Orchards

MADISON

- Dripping Springs Garden
- Kelly's Garden
- Snuggle Bug Farm

JOHNSON

- Green Door Farms

WASHINGTON

- CAFF (Center for Arkansas Farms & Food)
- Middle Fork Farm
- Tuckaway Farm

CRAWFORD

- Linam Family Farm

PULASKI

- 180 Pipe Farms
- K Hall & Sons
- Value Foods Little Rock

CROSS

- Matthews Ridgeview Farms

CARROLL

- A & A Orchards
- Kings River Produce

POPE

- Ralston Family Farms

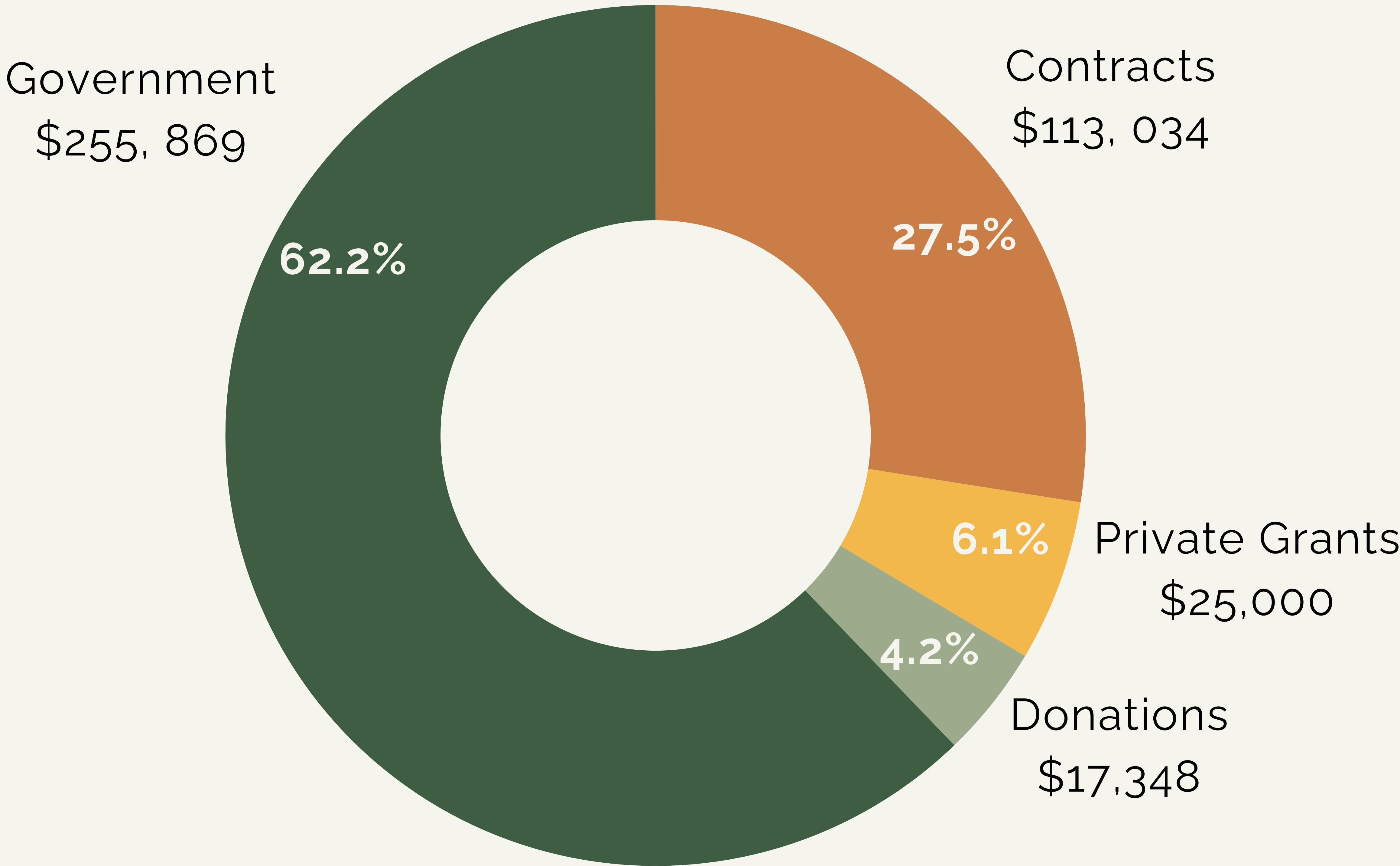
WHITE

- 5 Acre Farms
- Arkansas Berry Company

OUT OF STATE

- Proffer Produce (Missouri)
- Red River Beef (Texas)

FINANCIALS



TOTAL FUNDING
\$411,251

EXPENSE BREAKDOWN



REVENUE BY YEAR

2021	\$200,000
2022	\$187,000
2023	\$495,419
2024	\$406,316
2025	\$411,251

Joshua Harris



Lillian West



Denise Dickinson



Kayla Cook



Michael Crowe



Danele Poole



Melissa Chwalinski-Gordon



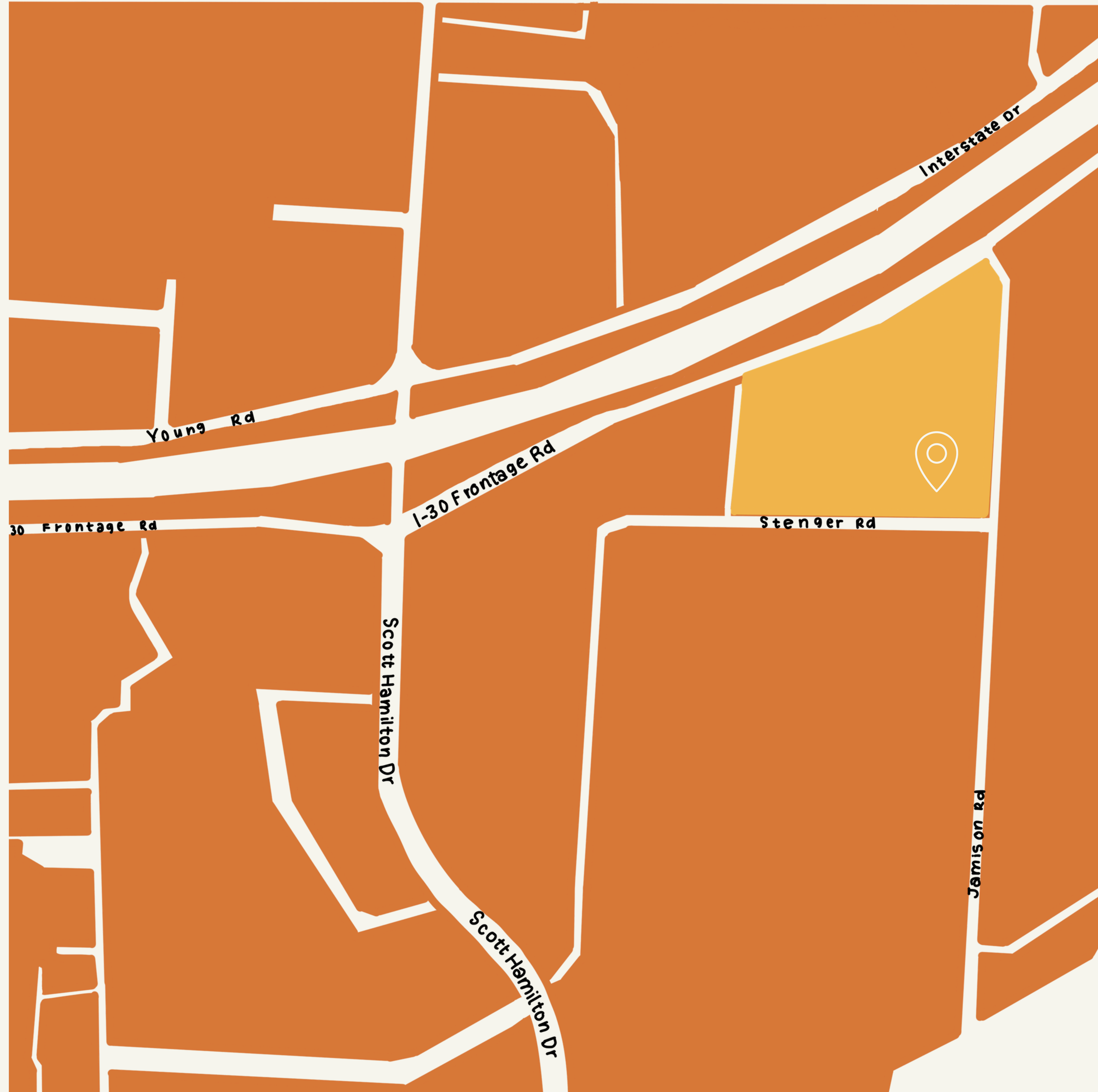
Our **BOARD MEMBERS**



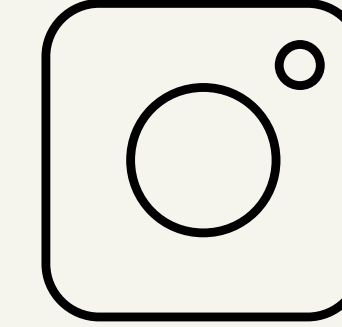
Well Fed in 2025



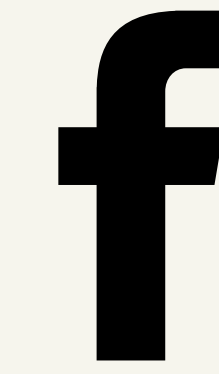
CONTACT US



(501) 517 - 2528



Wellfedar



WellFedAR



Well Fed Community Development Corporation



info@wellfedar.org



7123 I-30 Frontage Rd.,
Unit #12, Little Rock AR
72209



