



FINAL REPORT FREINDS FOUNDATION FOR THE AGING 2023

1. What problem were you addressing? What solution did you propose to address it?

Hunger exists in every community but is especially prevalent in aging, low-income, and minority neighborhoods. Nutrition programs with educational and feeding components can reduce food insecurity, improve health, and decrease poverty-related challenges.

2. What actions did you take? What worked and didn't work toward your objectives? Please share any unanticipated benefits or barriers encountered.

Moving toward the majority of meals utilizing DoorDash delivery increased the ease of preparation of bags (all created and delivered at once) and proved to be convenient for folks (they choose their delivery time). An unanticipated benefit was the increase in the number of neighbors at low-income housing units who spread the word to increase participation, compare recipes, or jump in to help a neighbor prepare the meal.

3. How did you measure success--both quantitative and qualitative? Please include numbers and demographics of people touched by the work.

of Participants

1st year - average 38

2nd year - average 52, with a waiting list of 5 people

2nd-year participation

63% are new

37% are returnees

Delivery vs. Pick-up

75% are deliveries via door dash

25% are pick-ups



Meal Diversity

- Consideration of food restrictions
 - gluten-free, lactose intolerant, vegetarian, vegan, shellfish/nuts allergies, diabetic
 - Menus Chicken
 - Beef -
 - provide meat substitutes (beyond beef/chickpeas....)
 - Breakfast/Lunch - Oatmeal/Sweet Potato & White Bean Soup
 - Turkey - Asian Stir Fry
 - Fish

Educational Material

- Produce Guides
 - Broccoli, Squash, Sweet Potatoes, Cabbage
- Healthy Eating in Older Adults
- USDA What's on your plate for proportions of food groups on your plate,
- The importance of Breakfast for the Elderly
- 8 Dietary Tips for Improving Senior Heart Health

Gift Items

- Measuring spoons
- Apron,
- Digital Scale,
- Silicone spoon rest

4. How did partnerships/collaborations enhance or challenge the project?

Rise, staff, and volunteers attended meetings and greetings at our area's local senior housing unit. Door Dash delivered for free in 2022 and gave us a small grant for 2023 which has been exhausted.



5. Include a budget and actual for the project during the reporting period.

See attached

6. What conversations have you had on how to sustain the project after the grant, and do you have plans to share your results with other organizations?

In coordination with Susan Hoskins, we contacted PACF to inquire about different funders interested in supporting this essential program. PACF can be a funding resource to provide guidance and support for program planning, implementation, and evaluation.

7. Feedback on your interaction with FFA would be helpful. How have we helped? Made it harder? What else can we do to facilitate your work?

A genuine interest in our program, an understanding of the community's needs and strengths, and a passion for serving others are apparent in the FFA approach to this project and are important ingredients for a successful outcome.

8. Additional comments:

AFUN has successfully served the seniors in our community, and FFA has been an essential supporter of this effort. Overall the success of the program demonstrates the importance and value of community-based initiatives that serve the needs of older adults.

rise PANTRY

INTRO-AFUN

Under the umbrella of the Rise Pantry, aFUN "Aging Families Understanding Nutrition" program helps increase vitality by introducing a healthy diet, which is critically important for older adults to thrive.

Rise works with community educators to provide **monthly** boxes of healthy foods for a complete meal, culturally-accessible learning materials in multiple languages, and the tools to prepare the foods for our low-income senior neighbors in eastern Mercer County.

WHAT WE PROVIDE

- consideration of food restrictions
 - gluten-free
 - meat substitutes
- variety of meals (recipes and ingredients)
 - breakfast
 - lunch
 - dinner
- educational materials
 - produce guides
 - nutrition tips
- exercise ideas
- kitchen "gift"

SOME FACTS

- Funded by Friends Foundation of the Aging since 2021.
- **52 active** participants with a waiting list
- **37% returnees** and **63%** new for 2022-2023
- **6** active volunteers and **1** consultant run the program
- **65%** delivered with Door Dash
- Monthly phone calls to each participant for feedback and to create connections

WHO WE SERVE

- Ages 60 to 89
- Low-Income Seniors in their homes
- Diversity
 - **40% Hispanic**
 - **17% Asian**
 - **13% American/white**
 - **12% African American**
 - **9% Asian/Indian/Filipino**

COMMUNITY ACTION SERVICE CENTER, INC.
A-Fun Budget Vs Actual
April 2021 - February 2022

	<u>Actual</u>	<u>Budget</u>	<u>Total</u>
Grants - Non Govt			
Foundations	20,000.00	20,000.00	-
Total Grants - Non Govt	<u>20,000.00</u>	<u>20,000.00</u>	<u>-</u>
Total Revenue	<u>20,000.00</u>	<u>20,000.00</u>	<u>-</u>
Expenditures			
Transportation			
Automobile Expense	1,735.40	1,500.00	235.40
Fuel	622.27	500.00	122.27
Total Auto and Truck Expense	<u>2,357.67</u>	<u>2,000.00</u>	<u>357.67</u>
Consultants (Project Manager)	2,500.00	-	2,500.00
Office Supplies/Exp			
Equipment Purchases	189.28	750.00	(560.72)
Office/Store Supplies	120.40	750.00	(629.60)
Total Office Supplies/Exp	<u>309.68</u>	<u>1,500.00</u>	<u>(1,190.32)</u>
Personnel Costs			
Annual Salary/Wages			
Administration & Office Assist.	200.00	200.00	-
Programs	6,800.00	6,800.00	-
Total Annual Salary/Wages	<u>7,000.00</u>	<u>7,000.00</u>	<u>-</u>
Total Personnel Costs	<u>7,000.00</u>	<u>7,000.00</u>	<u>-</u>
Printing and Reproduction	1,500.00	1,500.00	-
Program Expenses/Supplies			
Food	2,762.18	7,000.00	(4,237.82)
Total Program Expenses/Supplies	<u>2,762.18</u>	<u>7,000.00</u>	<u>(4,237.82)</u>
Storage and Rent	3,300.00	600.00	2,700.00
Utilities			
Electric and Gas	364.00	400.00	(36.00)
Total Utilities	<u>364.00</u>	<u>400.00</u>	<u>(36.00)</u>
Total Expenditures	<u>20,093.53</u>	<u>20,000.00</u>	<u>93.53</u>
Net Operating Revenue	<u>20,093.53</u>	<u>20,000.00</u>	<u>93.53</u>
Net Revenue	<u>20,093.53</u>	<u>20,000.00</u>	<u>93.53</u>