

**Friends Foundation for the Aging
P.O. Box 1081 - Langhorne, PA 19047**

Year-end Report & Reapplication Proposal Form

(limit 3 pages)

Date: March 14, 2024

Organization: Snipes Farm and Education Center

TIN & Formal organization name: 26-1338481, Snipes Farm and Education Center

Contact name, phone, email: Jonathan Snipes, Executive Director, cell 215-880-1231,
gayleb@snipesfarm.org

Amount received in 2023: \$20,000

Amount requested in 2024: \$20,000

Project title: Senior Nutrition Care and Healthy Food Access

- **What is the problem you identified?** Access to nutritious food is a critical factor in senior health. Food insecurity (having limited or uncertain access to adequate food) creates poorer health outcomes and a higher likelihood of chronic illness. Limited access to healthy food also affects mental health. Malnutrition in seniors has many effects on health and body function, including increased frailty, delayed wound healing, plus cognitive deficits, memory loss and confusion. Seniors living in Trenton Housing Authority's (THA) low-income housing have no consistent source of fresh produce.
- **Has it changed?** Seniors will continue to require assistance in obtaining fresh produce to prepare nutritious meals due to ongoing cost of living increases and grocery price increases.
- **What actions did you take to address the problem?** Snipes Farm and Education Center works with Friends Foundation for the Aging, and other foundations, social service agencies, businesses and private donors who wish to make an impact in the lives of local seniors in need.
- **What did you learn?** Through the process of food deliveries, we receive feedback from seniors of their delight in receiving fresh produce shares directly from the farm, their plans for incorporating them into their meals and trying out new recipes.
- **Will you make any changes in the coming year?** We are excited to report that we will work with NJ SNAP-ED (Supplemental Nutrition Assistance Program Education) this year. Joan Healey, NJ SNAP_ED Senior Program Coordinator Supervisor, will provide recipes and cooking demonstrations based on the produce we supply. This is a dynamic partnership serving each of the 3 senior housing centers. We will continue to coordinate timely deliveries with staff. The seniors themselves like to volunteer in the distribution process when they are able.
- **How have you engaged any partners/collaborators in implementation or funding?** Yes, as serving those in need is part of our nonprofit mission, we fundraise throughout the year to be able to grow and harvest organic food for the food insecure in our area.
- **Have you considered how to sustain the program?** Food insecurity is a never-ending challenge. We sustain our hunger relief and food insecurity programs through active fundraising, grant writing, and face-to-face appeals to businesses, agencies, foundations and individuals. We will also focus on improving program operational efficiency in this difficult economy. We collaborate with the Trenton Housing Authority to research and secure possible funding options.
- **How do you know your actions had an impact?** We receive very positive verbal reports from program recipients, leadership and staff about the impact of our fresh produce deliveries. This program alleviates food insecurity and boosts nutrition, as no other organization delivers

healthy produce on a regular basis to THA senior and disabled housing. THA has asked if the program can be continued in the 2024 growing season, due to the impact in the lives of resident seniors.

We know our actions to alleviate food insecurity have an impact due to the continued interest and participation in the services we have to offer to the communities. Positive verbal reports are received from program recipients, leadership and coordinating staff. The ongoing need for nutritious food is a continuous goal to achieve.

- **Please describe those who participated, outputs and outcomes.** Program participants are senior residents housed by the Trenton Housing Authority in three of their Trenton apartment buildings. 150 bags were delivered weekly for 8 weeks.
- **Is there anything else you would like FFA to know about this project?** To manage food security for our local senior populations, we will continue to assist with food availability and direct food accessibility. Nutrition education is also a vital part of our nonprofit mission. This enables us to teach seniors how to prepare food appropriately and avoid food waste. We educate individuals and families on the necessary nutrition needed for a healthy life. Encouraging seniors to come together as a community is an added benefit to their psychosocial well-being.
- **Are there ways we can help beyond the grant?** Feeding the food insecure, feeding the hungry, is our mutual challenge. The senior community is affected by a lack of sufficient individual income and lack of direct access to fresh food. In addition to the grant, FFA referrals to other agencies or foundations who can assist financially in this feeding program would also be helpful.
- **Has your 501c3 status changed?** No

2023 Year-end Progress Report

Project title: Senior Nutrition Care and Healthy Food Access

2023 Funds received: \$20,000.00 FFA (5/5/23)
 \$ 3,335.00 New Jersey Manufacturers
\$ 665.00 Wawa Foundation hunger grant (to augment NJM shortfall)
 \$24,000.00 Total

- To date, there are six completed weekly deliveries to THA senior apartments 6/21/23, 6/28, 7/5, 7/12, 7/19, 7/26/23. Bags contained 2.8 lbs. in each for a total of 3,309 lbs. of organic produce. Produce in shares: lettuce, onion, squash, tomato, cucumber, peppers, carrots, cabbage, potatoes, radishes.
- Two remaining weekly deliveries are scheduled in 2024 for 3/12/24 and 3/19/24 to complete the 8-week program (confirmed with Tanya Grant of THA)
- 150 shares of produce per week = 1,200 shares in total.

Trenton Housing Authority (Senior & Disabled) Public Housing	# of shares delivered weekly	Times 8 weeks equals	Cost per share, including chilled produce delivery = \$20
Josephson Apts. 237 Oakland St, Trenton, NJ 08618	50	400	400 x \$20 = \$8,000

Abbott Apt. 490 Hoffman Ave, Trenton, NJ	50	400	400 x \$20 = \$8,000
French Towers 630 West State St, Trenton, NJ	50	400	400 x \$20 = \$8,000
Completed Project Total	150	1,200	\$24,000

- In separate 2023 programs, Snipes Farm continued to grow and deliver shares of produce to 12 Bucks County senior centers in partnership with Bucks County Area Agency on Aging. We also worked with the Wawa Foundation hunger relief program, United Way's Bucks Knocks Out Hunger program, funded by a private foundation, and Robert Wood Johnson Hospital with healthy food deliveries.

2024 Reapplication Proposal

Project title: Senior Nutrition Care and Healthy Food Access *with Cooking Demonstrations*

2024 Funds requested: \$20,000.00 FFA
\$ 3,500.00 NJM
\$ 485.00 grassroots support
\$23,985.00 Total

Trenton Housing Authority (Senior & Disabled) Public Housing	# of shares delivered weekly	Times 6 weeks equals	Cost per share, including chilled produce delivery = \$26*	Cooking & nutrition educator demos every other week along with delivery @ \$65 each	
Josephson Apts. 237 Oakland St, Trenton, NJ 08618	50	300	300 x \$26 = \$7,800	3 x \$65 = \$195	
Abbott Apt. 490 Hoffman Ave, Trenton, NJ	50	300	300 x \$26 = \$7,800	3 x \$65 = \$195	
French Towers 630 West State St, Trenton, NJ	50	300	300 x \$26 = \$7,800	3 x \$65 = \$195	
Completed Project Total	150	900	\$23,400	\$ 585	= <u>\$23,985</u>

*We base the prices of our produce on prices currently seen in supermarkets.

As with the FFA, Snipes Farm and Education Center provides innovative food support to older adults and works to meet their nutritional needs. Thank you for your kind consideration.

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