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Food to SHARE

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Food to SHARE

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 Meredith Hare-Drubka, University of Pennsylvania, School of Veterinary Medicine
 Amanda Mirmanesh, Philadelphia College of Osteopathic Medicine
 Daniel Olea, Drexel University College of Medicine

Community Preceptor: Steveanna Wynn, BS, SHARE, Philadelphia, PA

Academic Preceptors:

Brittany Watson, VMD; Diane Butera, MSW; James D. Plumb, MD, MPH; Pat Anthony Lannutti, DO; Rickie Brawer, PhD, MPH; Stacy B. Ellen, DO

Healthy People 2020

- Food Safety
- Heart Disease and Stroke
- Nutrition and Weight Status
- Older Adults
- Social Determinants of Health

SHARE Food Program

“Do good. Feel good. Eat Good. A smart idea that brings community and healthy food together.”



Making Hunger Disappear

- Food insecurity is a public health dilemma
- In Philadelphia, 1 in 5 adults and roughly 40% of children go hungry
- SHARE supplies food to 550 cupboards and 250 host organizations regionally
- Serves over 160,000 low income individuals MONTHLY!



The vision of SHARE is to take a more holistic approach to hunger by providing affordable, wholesome food to those in poverty in exchange for volunteerism. This mission promotes community health by re-integrating its members while also feeding the hungry. Federal and state funding facilitate distribution to cupboards, and bulk purchases and local produce are sold to host sites as SHARE packages.

Bridging the Gaps

“Our aspirations for this program aligned with the mission statement of SHARE to promote healthy living, create a better sense of community, as well as integrate ourselves into the environment of overcoming hunger.”

Interdisciplinary team projects:

- Managed and organized volunteer groups to make boxes and renovate warehouse
- Researched and developed illness-specific food packages
- Created nutrition and exercise advisory sheets for management of certain diseases
- Learned about vertical farming and hydroponics to help facilitate innovative adaptations to Nice Roots Farm



SHARE Packages

- Original, innovative idea for community revitalization - serves 250 host sites
- \$40 worth of food for \$20 in exchange for 2 hours of community service
- Affordable, wholesome packages with produce grown locally



Commodity Supplemental Food Program (CSFP)

- Provides food for individuals over 60 and under 130% of the poverty line
- 30 pounds of shelf sustainable, fortified foods – federally funded
- Serves 5,600 seniors in Philadelphia, Bucks County, and Montgomery County

Prescription Food Packages

BTG interns researched and designed lifestyle-specific food packages that will target certain populations. Physician-prescribed, pre-packaged orders will overcome the issue of access to healthy foods and supply educational information to patients to increase self-reliance and help control their condition.



- Diabetes Nutrition Package
- Immune Support Package
- Kidney Health Package

- Diabetes Nutrition Package - supply food safety information with discounted food that will offer clients control over their condition
- Immune Health Package - focus on clients diagnosed with HIV, offering food safety pamphlets to help decrease the risk of food-borne illnesses and increase medication effectiveness
- Kidney Health Package - supply fortified foods to maintain and support healthy kidneys, targeting patients on dialysis



Nice Roots Farm

BTG interns:

- Helped harvest vegetables, fruit, and herbs
- Maintained the garden and surrounding area
- Attended urban agriculture meetings to learn about innovative and sustainable techniques potentially implemented at SHARE
- Hydroponics and vertical farming.
- Conduced biweekly farm stands to sell discounted, local produce to the community



Final Thoughts

SHARE planted a seed many years ago that led to community re-integration and revitalization, creating jobs and feeding the hungry. Yet, despite the mass distribution, each staff member focuses on the humanity of each individual, one leaf at a time.

“During our tenure, we conducted various projects and aided in daily warehouse activities. While we may have helped for a summer, the impact our experiences at SHARE will have on our professional development will last a lifetime.”