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Food to SHARE

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Food to SHARE

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Academic Preceptors:
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Making Hunger Disappear

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

• 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!

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 Supplementation 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

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.
• Conducted 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.”