



FAMILY MEAL PROGRAM

HACKATHON FOR FOOD SECURITY

PRESENTED BY:

- Bailey Foster, The Real Good Kitchen Foundation
- Caesar Stair, The Knox County Community Gardeners and Growers' Alliance
- Kathy Mack, YWCA Knoxville & the Tennessee Valley



ORGANIZATIONS INVOLVED

- Knox County Community Gardeners and Growers Alliance (KCCGGA)
- The Real Good Kitchen Foundation (RGKF)
- Lawson Family Foundation
- YWCA Knoxville & the Tennessee Valley
- Shora Foundation



STATEMENT OF NEED

- Twenty areas in Knoxville are USDA-designated Food Deserts, including zip codes in East Knoxville where RGKF is located
- Identified need for prepared meals for families in East Knoxville, based on data from recent UWGK focus group
- *We asked* -- what if we provided nutritious meals that were quick, easy, and accessible, and delivered them to participating families with the recipe cards?
- Would this increase home cooking and access to fruits and vegetables for participating families?



THE REAL GOOD KITCHEN FOUNDATION FAMILY MEAL PLAN PILOT PROGRAM SUMMER 2022

- Partnered with KCCGGA and the Shora Foundation & YWCA Phyllis Wheatley Center Summer Programs
- Distributed one prepared meal per week to each enrolled family for 7 weeks -- *780 meals total*
- Provided recipes & detailed instructions
- Accessible ingredients, limited time, low cost
- Participants completed entry & exit survey

Beef & Vegetable Mac

Serves: 6 Time: 30 minutes

Scan to
watch
cooking
demo:



Ingredients:

- 1 pound of dry macaroni
 - Any type of pasta or rice can be used.
- 1 small bell pepper, chopped
 - Any type of veggie can be used. Try corn, peas, spinach, squash, zucchini, cauliflower, or broccoli!
- 1 small onion, chopped
- 2 teaspoons vegetable oil
- 1 pound ground beef
 - Any type of ground meat can be used. Or try it with canned beans!
- 2 - 14 oz cans diced tomatoes (no salt added)
- 2 teaspoons Italian seasoning
- 1/2 teaspoon garlic powder (or 2-3 cloves fresh garlic, minced)
- 2 teaspoons salt (divided)
- 1/4 teaspoon ground pepper
- 1 cup shredded cheddar cheese (4 oz.)



Equipment:

- 2 Large pots and 1 lid
- Strainer
- Measuring spoons
- Spoon for stirring
- Sharp knife
- Cutting board
- Can opener



Steps:

- Put on a large pot of water to boil. Add 1 teaspoon of salt.
- Chop bell pepper and onion. Set aside.
- Heat oil in a large pot over medium heat for 1 minute. Add the ground beef, onion, bell pepper and 1/2 teaspoon salt.
- Cook until beef is no longer pink, about 12-15 minutes.
- When pasta water boils, cook pasta according to box instructions.
- Drain macaroni. When beef and vegetables are done, add drained macaroni to the pot with meat and vegetables.
- Stir in canned tomatoes with the juice.
- Stir in pepper, garlic powder, and Italian seasoning and 1/2 teaspoon salt.
- Sprinkle cheese on top. Cover and cook on low for 5-7 minutes, or until cheese is melted.



Results



70% of families who responded to the exit survey reported making one or more of the meals at home

100% reported that they would participate in the program again



"THANK YOU GUYS FOR
THINKING AND HELPING
OTHERS. IT TRULY MEANS A
LOT."

"GREAT PROGRAM.
I GOT SOME IDEAS FOR
ADDITIONAL MEALS FROM
THE ONES PROVIDED. "

Family Meal Program Summer 2022 Participants

Project Activity

- Building on the successful pilot, a further partnership between KCCGGA, RGKF, YWCA Phyllis Wheatley Center and the Shora Foundation would expand access to healthy, prepared meals while inspiring and equipping more families to prepare nutritious food at home.
- The program would be scaled to meet the needs of the larger afterschool programs at the YWCA Phyllis Wheatley Center and the Shora Foundation
- With additional funds, the program could acquire *adequate cold storage*
- And *quickly ramp up to produce as many as 400 meals per week for a 10 week period*



Project Activity

- The Family Meal Program directly responds to a need for prepared meals as reported by impacted individuals. Currently, neither the YWCA Phyllis Wheatley Center or the Shora Foundation has a source for prepared meals for the families they serve
- According to feedback received from participating families, the primary barriers to cooking at home were time, followed by time & money. The Family Meal Program *directly addresses these barriers* by distributing meals & crafting recipes with consideration of these barriers
- By communicating with families and gathering feedback, we are able to ensure the program serves the needs of those impacted by food insecurity and keeps the program focused on participating families

Anticipated Costs

- The first portion of the \$20,000 grant would be used to increase cold storage capacity by purchasing a commercial reach-in refrigerator
- This would also benefit members of the KCCGGA and could be housed at a future KCCGGA location in East Knoxville
- In the short term, it would be housed at RGKF, in a separate warehouse area from RGK's commercial space, to be used exclusively for non-profit programming

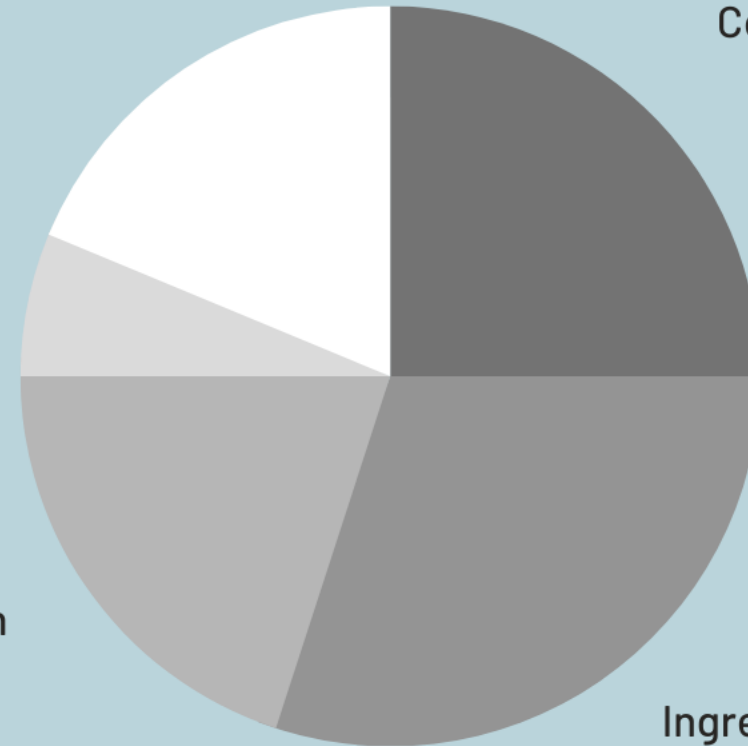
Commercial Kitchen Use
18.8%

Management
6.3%

Meal Production
20%

Commercial Fridge
25%

Ingredients
30%



Additional Inputs

- Fresh produce donations (Beardsley Farm, Nourish Knoxville, KCCGGA)
- Volunteer labor (community members)
- Donation of packaging and bags (Sysco)
- Reduced cost kitchen time and storage (RGK)
- Donation of overhead costs such as payroll and administration (RGK)



Knox County Community Gardeners and Growers' Alliance

- Five Key Pillars: Outreach and Education, Sustainability and Capacity Building, Physical Hub, Community Development, and Volunteer Management
- Will supply fresh produce used in the Family Meals Program
- Partners within the network are representative of the communities served by the family meals program, including Battlefield Farms, Old City Gardens, Museum of Infinite Outcomes Garden, Mount Zion Baptist Church Garden, Green Magnet Academy Garden, Burwell Gardens, Community Evangelistic Church Garden, Austin East High School Community Garden, and Beardsley Community Farm.
- Additional reach-in cooler storage space at RGK would also be utilized to increase the capacity of local gardeners to store produce for sale or donation



OUR
PARTNERSHIPS

INTENDED OUTCOMES

To address the need for prepared meals for families in East Knoxville, along with access to recipes for low-cost, nutritious, easy-to-prepare meals. Additionally, increased availability of fresh produce in East Knoxville.



CONCLUSION

Our team brings together a group of food industry professionals, East Knoxville organizations, community activists and philanthropists, as well as organizations serving those with lived experience of food insecurity.

Working together, we bring the expertise and experience to expand and enhance the program to meet families' needs

- Bailey Foster, Founder & President, Real Good Kitchen and the Real Good Kitchen Foundation
- Hannah Donahue, Program Manager, Family Meal Program, the Real Good Kitchen Foundation
- Caesar Stair, Founder, Knox County Community Gardeners and Growers' Alliance
- Matthew Harrell, Executive Director, Lawson Family Foundation
- Hannah Brinson, Chief Strategy Officer, YWCA Knoxville & the Tennessee Valley
- Kathy Mack, Chief Youth Engagement Officer, YWCA Knoxville & the Tennessee Valley