

Culinary

CONNECTIONS

Healthy Eating.
Healthy Living.

59 Communities Supported in

California Delaware
Oregon Pennsylvania
Washington

Over 80%
of surveyed participants
saw an increase in their
availability of healthy foods
and more balanced meals.

Over HALF
of participants saw a positive
weight change and increased
knowledge on how to eat
healthy on a limited budget.

MAKING A REAL IMPACT

Cupboards of Care®
LAUNCHED IN **2016**
IN PENNSYLVANIA

Over **\$970,000**
raised for the program.



Program participants have stated that they enjoy purchasing:

Grains, fresh fish and seafood, organic food, chicken, beans, fruit, vegetables, salad, nuts, extra virgin olive oil, plant based foods, apples, kale, cabbage, eggs, soup, turkey, tomatoes, cucumber, spinach, blueberries, rhubarb, grapes, oranges, watermelon, oatmeal, Lactaid milk, cheese, shrimp, pork, bananas, wheat bread



Launching in 2025:

Janney Apartments

Philadelphia, PA

Maple Village

Philadelphia, PA



Dietitian's Dish



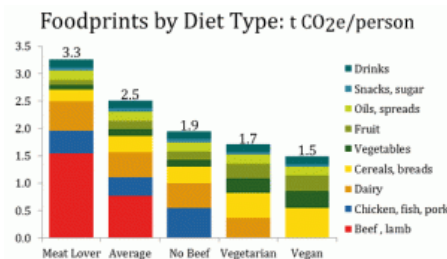
Eating for Our Planet

Did you know that **choosing the foods you eat each day to nourish your body can have a positive or negative effect on our planet's wellbeing?**

All foods that are grown and harvested, proteins that are raised and prepared for consumption, as well as recipes that are made all have their own “carbon footprint” and can vary greatly in energy needed to produce. This “foodprint” considers every action required for that food to make it to your plate including raising, producing, processing, transporting, storing, cooking, and disposing.

Probably not surprising, foods like meat, cheese, and eggs have the highest carbon footprint while many fruits, vegetables and legumes have a much lower footprint.

Making small changes in your diet by increasing the amount of lower carbon footprint foods and decreasing foods like beef and lamb can make a substantial difference as shown in this graph below!



Note: All estimates based on average food production emissions for the US. Footprints include emissions from supply chain losses, consumer waste and consumption. Each of the four example diets is based on 2,600 kcal of food consumed per day, which in the US equates to around 3,900 kcal of supplied food.

Sources: ERS/USDA, various LCA and EIO-LCA data

Shrink That Footprint

What is Regenerative Agriculture?

Regenerative agriculture are farming practices that help restore the soil and ecosystem health to allow farmlands to be abundant for years to come. Many industrial farming practices used in the U.S. and elsewhere deplete the soil of nutrients, leaving the farmland unable to produce crops. The most common regenerative agriculture practices include composting, no-till farming, and cover-cropping.



Healthy Living... Happy Lifestyle!



Cupboards of Care — Real People. Real Empowerment!

Mrs. Doris Purnell:
Reed Street
Presbyterian Apartments

Mrs. Purnell, a resident of Reed Street Presbyterian Apartments, was recommended for participation in the Cupboards of Care program by Edith Edmunds, the Community Administrator. She graciously shared her experience with the program and the impact it is having on her daily life.

Q: How did you first hear about the Cupboards of Care program?

A: Edith Edmunds told me about it. She thought it would be a good fit for me, and I'm so grateful she did. I didn't know a program like this existed, but I'm so glad I found out about it.

Q: What made you decide to participate in the program?

A: I've been on a fixed income for years, and sometimes it's hard to afford healthy food which is growing more and more expensive. When I heard this program could help with nutritious groceries, I knew it was something I needed to be part of.

Q: Can you describe what receiving a Cupboards of Care gift card means to you?

A: It means everything. It's not just food—it's peace of mind. Knowing that I'll have enough to eat and that it's good for me makes such a difference in my life.

Q: How has the program impacted your access to nutritious food?

A: It has made a huge difference. Before, I sometimes had to choose cheaper, less healthy options just to make ends meet. Now, I have access to fresh produce, whole grains, seafood, and other healthy items I wouldn't have been able to afford regularly otherwise.

Q: Have you noticed any changes in your health or well-being since joining the program?

A: Absolutely. I feel more energetic, and my doctor even said my blood pressure and cholesterol level have improved. Eating better has helped me feel better overall. I'm combining a healthier diet with frequent walks and believe me, it's making quite a difference.

Q: What are some of your favorite items that you have received through the program?

A: Oh, I love getting fresh fruits and vegetables. Fresh fish is a nice treat, too. And sometimes, there is a little something special—like a seasoning or spice—that makes cooking more fun.

Q: Have you learned anything new about nutrition or healthy eating since enrolling?

A: Yes! I have learned how to read nutrition labels better and how to cook meals that are both healthy and tasty.

I never used to think too much about sodium or sugar content, but now I do.

Q: Have you participated in any of the workshops or cooking sessions? If so, what was that experience like?

A: Yes, I have. They are wonderful. The chefs and staff do an amazing job keeping us informed with great tips for eating well! It is not just about learning new recipes—it is also about connecting with others and sharing ideas. I always leave feeling inspired.

Q: Is there anything you would like to see added or improved in the program?

A: Yes, it would be wonderful to receive more donations so that others may enjoy the benefits of the Cupboards of Care program more often. I am grateful for the generosity that has been shared so far, however.

Cupboards of Care continues to provide residents like Mrs. Purnell with not only essential nutrition but also a sense of well-being and community. Her story is just one of many that highlight the positive impact of this program. We appreciate the support from our charitable partners.

WORD/FOOD SEARCH

S A T C A U L I F L O W E R U K G B R X
 F O N F L K G C A S H E W S G B L L P O
 K U O Z A V O C A D O I M G P L E U N F
 J B R O C C O L I S R V L C T K K E R O
 M E C S U P M Z H F X C W F K W S B U R
 A L S Y K A W T E R B X S I H G Y E E A
 C L T K A L W D D L R T U S P R R R A N
 A P R I L M I T N E U V N H O A C R C G
 N E A K E O F U J N S G F C H P P I H E
 T P W I C N E R B T S Y L T O E S E I L
 A P B W J D W N X I E I O O N F Q S C E
 L E E I H S X I Y L L M W M E R D F K M
 O R R K V O Y P T S S O E A Y U R U P O
 U S R B G D P G Y X S R R T D I D E E N
 P E I Z A Y X R V B P F S O E T D G A S
 E R E L Z J F E P L R D E E W R W M S X
 B T S R X K J E Q E O M E S G W C K F C
 O T Q T M U Y N V L U H D Y Z L L W Z D
 P A P A Y A V S C M T K S F Y T U U G C
 F P R B Y G L I K U S A H B T V W V Y G

Brussels Sprouts
 Cauliflower
 Blueberries
 Honeydew
 Tomatoes
 Bell Peppers
 Papaya
 Strawberries

Cantaloupe
 Sunflower Seeds
 Lentils
 Almonds
 Avocado
 Lemon
 Turnip Greens
 Grapefruit

Broccoli
 Chickpeas
 Cashews
 Orange
 Kiwi
 Kale
 Fish



What to Enjoy Now?

There are fruits and vegetables you can enjoy all year long. Many of those in healthy recipes and favored by many include the list below.

Apples	Lemons
Apricots	Lettuce
Asparagus	Limes
Avocados	Mushrooms
Bananas	Onions
Blackberries	Peas
Broccoli	Pineapples
Cabbage	Plantains
Carrots	Radishes
Celery	Rhubarb
Collard Greens	Spinach
Garlic	Strawberries
Herbs	Swiss Chard
Kale	Turnips
Kiwifruit	

If you need additional food assistance,
 call **Hunger Free America** at

1-866-3-HUNGRY
1-877-8-HAMBRE

They can connect you with a food bank, help you enroll in
 SNAP/food stamps, or get you a hot meal.



GET MORE INFORMATION

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Healthy Living.

cupboards of care®
 a human good program