



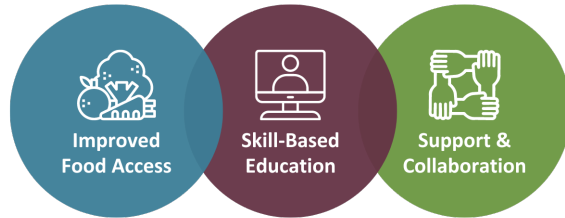
EatFresh Evaluation (2021-2022)

EatFresh aims to provide education and resources to increase food literacy, promote a sense of wellbeing and empowerment, build community engagement and trust around food and increase equitable access to whole foods, with participants receiving twenty pounds of food on a bi-weekly basis. Offering in-person and hybrid classes in English and Spanish, the program supports EatFresh participants through:

Reasons for Participation



- Receiving produce boxes (96%)
- Food and nutrition education (84%)
- Recipes (60%)

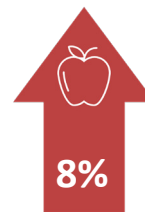


Participants were recruited by host sites which included health care providers, a senior center and other community organizations. Participants were surveyed at the onset and upon completion of the EatFresh program to evaluate class dosage, fruit and vegetable intake, health and quality of life, food security, confidence and skills, EatFresh class satisfaction and demographics. Validated survey questions such as the CDC Healthy Days Measure were utilized when applicable. Twenty-five pre-post surveys were matched, representing data from six host sites.

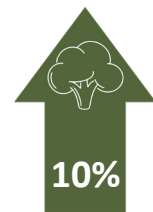
Socio-Demographics of Pre/Post Survey Participants

Age: 80% Over 45
Race: 72% White; 28% Hispanic/Latino; 8% Asian, 4% Black
Gender: 100% Women

Fruit and Vegetable Intake, Food Status and Quality of Life



Eat fruit
3 or more times/day



Eat vegetables
4 or more times/day



Statement: "Food just didn't last"
Response: "Often true"



Feel stressed always
or most of the time

Food Access, Class Satisfaction and Education

- 70% of participants reported increased access to fruits and vegetables
- 80% of participants reported EatFresh assisted with their family's food budget
- 96% of participants reported learning about a recipe from a different culture or food tradition
- 84% of participants reported a connection to others in the class



Rooted in Evidence

In 2021, Chester County Food Bank was selected as a Rooted in Evidence grantee. Established by the Gretchen Swanson Center for Nutrition, with funding support from the Gretchen Swanson Center for Nutrition Foundation, this grant program funds eligible food banks working to support innovative and dynamic programming to improve the health and dietary quality of emergency food recipients. Grantees were awarded \$25,000 and received technical assistance and evaluation support.

