



2024 Nutrition Annual Report

2024 began with growth and innovation! The Nutrition team welcomed two new nutrition coordinators in the Central and Southern regions, and expanded the online Learning Center to increase partner capacity.

The Nutrition team, along with the help of the Program Impact team, introduced AirTable, a robust, online platform designed to enhance partner relationship management and unify team collaboration within LCFB. All of this has led to increased education opportunities for neighbors and the shaping of supportive empowering environments at Food for Health and food pantry locations.



884 Volunteer and Intern Hours to support nutrition programs

“

“[Nutrition Classes] gave me a new sense of direction on trying different types of food that I’ve never tried before.”

-Cooking Matters for Adults participant

”

757
Participants in evidence-based direct education nutrition classes



Nutrition Classes, Grocery Store Tours, and Recipe Samplings across coastal South Carolina



32 Kids in the Kitchen Lessons

133 Kids in the Kitchen Participants



The Nutrition team supports the Commodity Supplemental Food Program with the integration of nutrition education materials for seniors. These materials support program recipients with information and activities to increase healthy food choices and physical activity.



37,382

CSFP Nutrition
Education Materials
Distributed!

Success Stories

Less than a year ago, we launched the Food for Health onsite market at MUSC's Nephrology Health Care Center. Our goal was simple yet powerful from the beginning: to offer consistent food access to nephrology patients facing food insecurity. Food can be a significant barrier in managing a person's health, especially when facing chronic illnesses. While we haven't been able to track health data yet, our point of contact has been tracking a few specific patients' outcomes who utilize the market and they have seen some success.

Patients have seen improvements in their BMI, A1C, and albumin levels, all markers looked at with patients with kidney issues. Encouraged by these initial results, we recently worked with the market to expand to a second location, and the clinic brought on a bilingual community health worker to connect with more patients who screen positive for food insecurity.

Another win was that some nephrology doctors saw such value in this onsite market that they were willing to donate money to secure the budget for the upcoming year!



Three nutrition coordinators covering 10 counties to provide nutrition education may seem like an impossible task. And it would be if we tried to do it alone.

In 2024, we continued to multiply our impact by empowering our agency partners with the tools and knowledge to provide what we consider food literacy. Food literacy is when we help others feel comfortable and confident in using the food they are getting at a food pantry. One way we do this is through providing samples of recipes we make available. We distributed more than 2,200 samples throughout our service area and it wasn't just our 3 coordinators alone making it happen. We have been training up partners and their volunteers to conduct engaging recipe samplings at their food distributions. We help them put together a plan for the year so that it's easy to implement and provide toolkits with the supplies to safely prepare and serve their own samples without being dependent on our stretched capacity. Our partners have been excited to be able to empower their neighbors with confidence in preparing and enjoying new recipes.

What's Next for 2025?

There is more in store for 2025! The Nutrition team plans to expand volunteer roles and responsibilities and build upon Learning Center successes with the introduction of new course modules for partner agencies. Additional Food for Health partnerships are on the horizon which will facilitate additional screening and intervention protocols within the health care system. 2025 is sure to be a success!