

23

year in review

Last year began on the heels of an important merger. The combined forces of two well-known organizations — Loaves & Fishes and Friendship Trays — provided one solution to food insecurity in Charlotte and Mecklenburg County.

Thank you for the impact you had on the Charlotte community in 2023. You fed neighbors. You gave time and energy. You drove. Packed. Sorted. Donated.

You make innovation possible. You empower our team to create resources for our neighbors. Programs like our specialty boxes mean that people's unique needs are met. Read more below.

We cannot nourish our neighbors in need without neighbors like you.



SPOTLIGHT

specialty boxes

“We have completely changed the narrative of why people come to the pantry.”

Chasidie Glover



In addition to Specialty Boxes, please see our other innovative programs here.

We share incredible statistics that are so grandiose, they seem to suggest nameless stories. Anonymity. Until we dive in. Until you know about our mission. Until you know about Chasidie Glover.

When you meet Chasidie, you know those clients have names. Families. They have needs. They have unmanaged health conditions. You know that Chasidie speaks with them as she packs their orders. They have stories to tell. And then we know them. Chasidie knows them.

Chronic disease, lack of transportation, and food insecurity are social determinants that amplify health disparities at higher rates among racial and ethnic minorities throughout the greater Charlotte area. Nourish Up developed the Specialty Box Program providing whole grains and foods low in sodium, sugar, and fat to people with chronic disease.

Access to Healthier Foods

This pilot, developed during the COVID-19 pandemic, utilized a mobile food pharmacy and home-delivery services to increase access to healthier foods. The need for healthier food options continued beyond the pilot phase. Through the innovative Loaves & Fishes infrastructure, we leveraged partnerships, funding resources, and response plans. The result was a sustainable program that can be replicated in other areas where nutrition security is inadequate.

Impact by the numbers

Pantry clients reporting occasional or frequent experiences of food shortages due to financial constraints:

66%

64%

of recipients rely on the meal-delivery program as their primary source of food for the day.



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To see Nourish Up's financial information, you can access the link on our website nourishup.org.

Meals on Wheels

The Primary Program for Mecklenburg County Provides Essential Food and Compassion

The meals provided by our Meals on Wheels program are essential to the health and well-being of our neighbors. For **71%** the food they receive is their main food source for the day. But our volunteers provide so much more than food. They are a daily human connection for

isolated and lonely individuals and peace of mind for their families — allowing homebound individuals to age in place. **82%** report eating healthier and **79%** feel that their overall health status has improved due to the meals they receive from Nourish Up.

