

Nutrition Policy

Vision

To expand access to nutrient-dense foods that support health, wellness, and disease prevention.

Values

- Nutritious foods help build and sustain healthy bodies and communities
- Equitable access to healthy food promotes overall public health
- Eating more whole foods and fewer processed foods supports better health
- Respect and support cultural diversity in food and nutrition traditions

Approach

- Provide nutritious foods — fresh fruits and vegetables, lean proteins, whole grains, low-fat dairy and minimally processed foods — to low-income families and seniors.
- Partner with healthcare organizations (such as NeighborHealth, Mass General Brigham, and Boston Public Health Commission) to deliver medically tailored or supportive groceries to patients living with chronic diseases.
- Increase access to fresh and shelf-stable nutritious foods for students and families at partner Boston public schools.
- Rely on the vital contributions of dedicated volunteers who help distribute food and strengthen community connections.
- Ground our work in practicality, community mobilization, and sustainable impact by building trusted partnerships and resilient programs that are realistic to implement, scalable, and community-centered.