

THIRD MEAL IMPACT REPORT

SPRING - SUMMER 2020



THIRD MEAL

PROJECT

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AT A GLANCE

MISSION

The Third Meal mission is to empower hungry communities by providing hot meals and fresh produce boxes with an end goal of educating families on how to prepare fresh and healthy meals in the home.

VISION

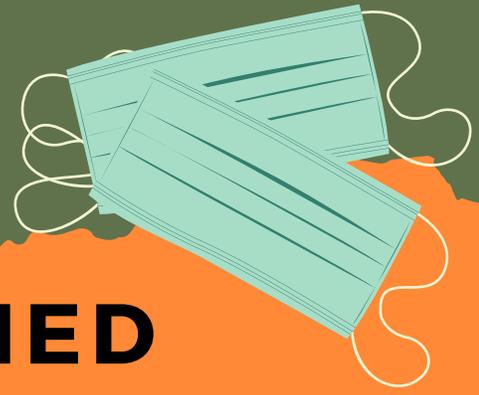
We envision a world made up of fed and sustainable communities and will achieve this vision by 1) providing hot meals to families in need and 2) hosting educational cooking demonstrations with the end goal of improving our community's palette and reframing how good food looks and tastes.

BACKGROUND

Since March 2020, The Third Meal Project has been providing freshly prepared grab and go dinners, snack boxes, and produce boxes to families in need. Since then, we have received donation dollars and goods, increased our social presence, and best of all, formed new partnerships to further our mission. One of our most noteworthy partnerships, the Pittsburgh Gateways Corporation, has resulted in the Third Meal being planted in the Energy Innovation Kitchen to maximize our impact. We currently provide food resources to The Hill District, Beltzhoover, The Northside, and East Liberty. In this report, you will find data that explains our reach since this program has launched.

In this report, you will find an overview of our progress with an emphasis on our two week “power program”, sponsored by Super Bakery and housed in the Energy Innovation Center’s Commercial Kitchen. In our two week power program, we had the opportunity to produce 5,000 meals to over 600 families in 14 days. Our meals were delivered to families, unemployed and underemployed individuals, youth, homeless, and elderly populations, ranging geographically from the north, to the east, west, and south sides of Pittsburgh.

OUR APPROACH



COVID-19 INFORMED PRACTICES

Since the beginning of the shutdown, the essential workers that make up the Third Meal Project have pledged to stand with our community and serve as we face the challenges and inconveniences that the COVID-19 (coronavirus) pandemic has presented. We will continue to be a resource to our community while supplies last. Our team has closely followed the advice from the Allegheny County Department of Human Services and the City of Pittsburgh and will continue to provide updates as information becomes available. We will increase the frequency of cleaning and sanitizing throughout the facilities and take recommended extra precautions to prevent the spread of any communicable disease.

We would like to thank the Pittsburgh Police Department, Omega Psi Phi Fraternity, Inc., and Aaron Donald for their unwavering support of our program by donating masks, gloves, shoe coverings, and hand sanitizer to our staff and volunteers. Our donations have been so generous, we have even been able to provide masks and gloves to some of our meal recipients to promote safe and healthy practices in their lives as well, in addition to our hot meals and produce boxes.

TARGET AUDIENCE

As we became more aware of the gap in food resources that COVID-19 has revealed, we identified specific target audiences and worked with our community partners to center these populations and receive our meals:

PA
Unemployment
Rate

April 2019
4.1%

April 2020
15.1%

June 2020
13.1%

~265.5% increase
by April 2020



Families (Primary
Target Audience)



Homeless (Secondary
Target Audience)



Unemployed and
Underemployed Individuals
(Primary Target Audience)



Elderly
(Secondary Target Audience)

PROJECT RESULTS

Let's take a birds' eye view at our impact

25,495

meals donated since March 2020

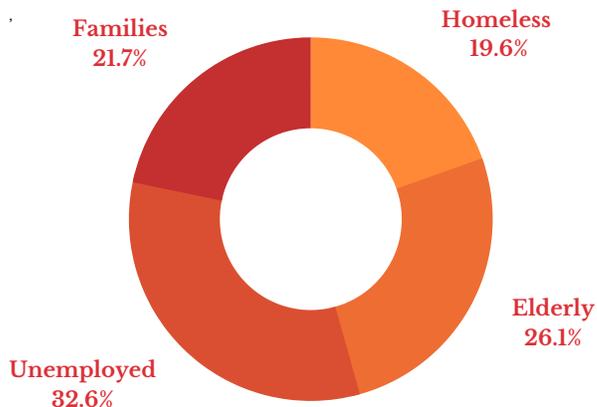
5,600

snack produce boxes donated since May 2020

180K

dollars donated

Who are receiving meals?



What are they saying?

“The seniors. And families I served are very grateful and looks forward to receiving the fresh fruit and veggies because some of them cannot get out.”

-Ms. Donna, Community Partner,
Baptist Temple Church

PROJECT RESULTS

2-Week Pilot Program Sponsored by Super Bakery

5,000

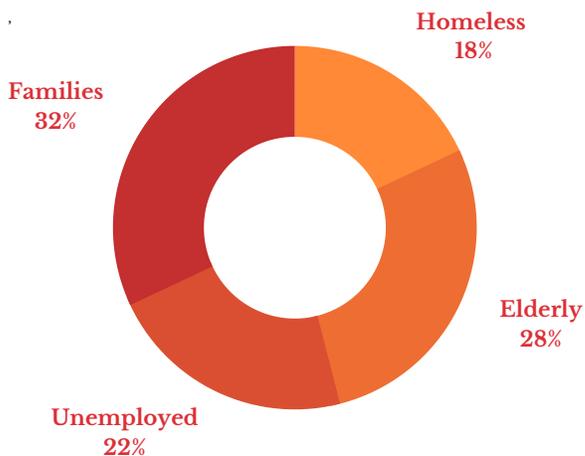
meals sent out in a two week timeframe

20

NEIGHBORHOODS SERVED

Including Homewood, Hill District, East Liberty, Wilkinsburg, Beltzhoover and more!

Who are receiving meals?



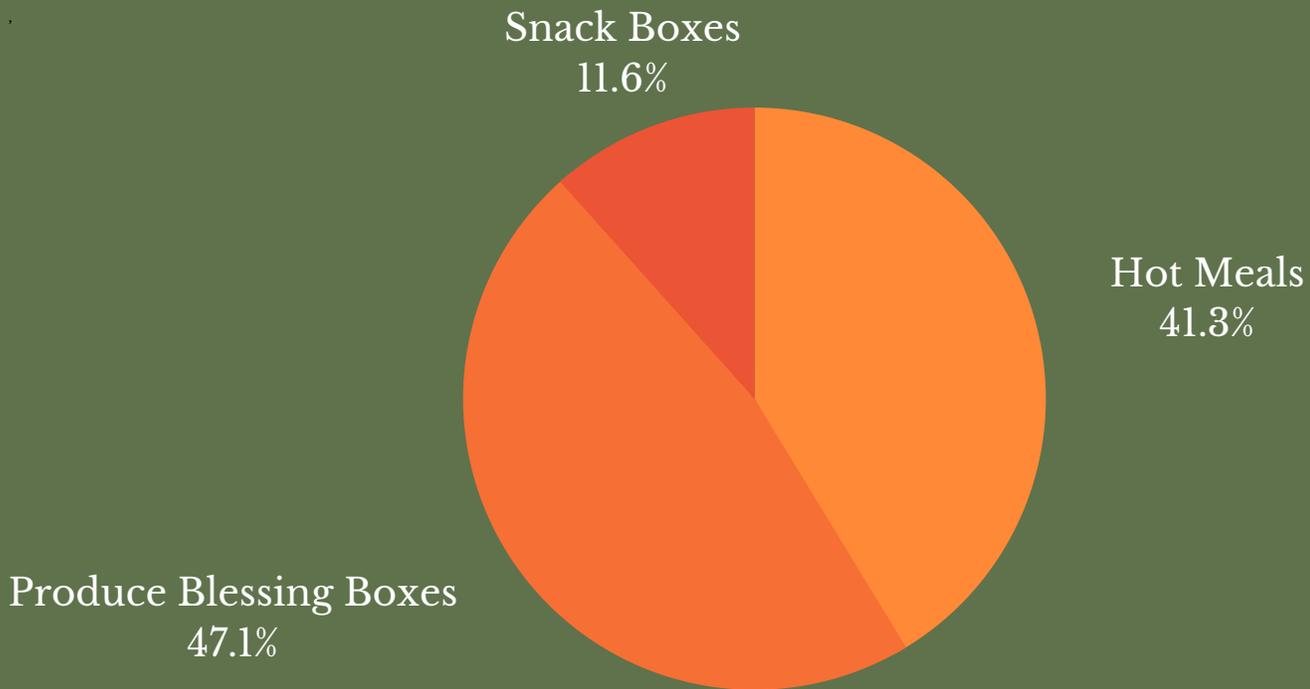
What are they saying?

“The project is great. The people love the food”

Antoine Bailey, Community Health Organizer, Neighborhood Resilience Project

PROJECT RESULTS

Types of meals received

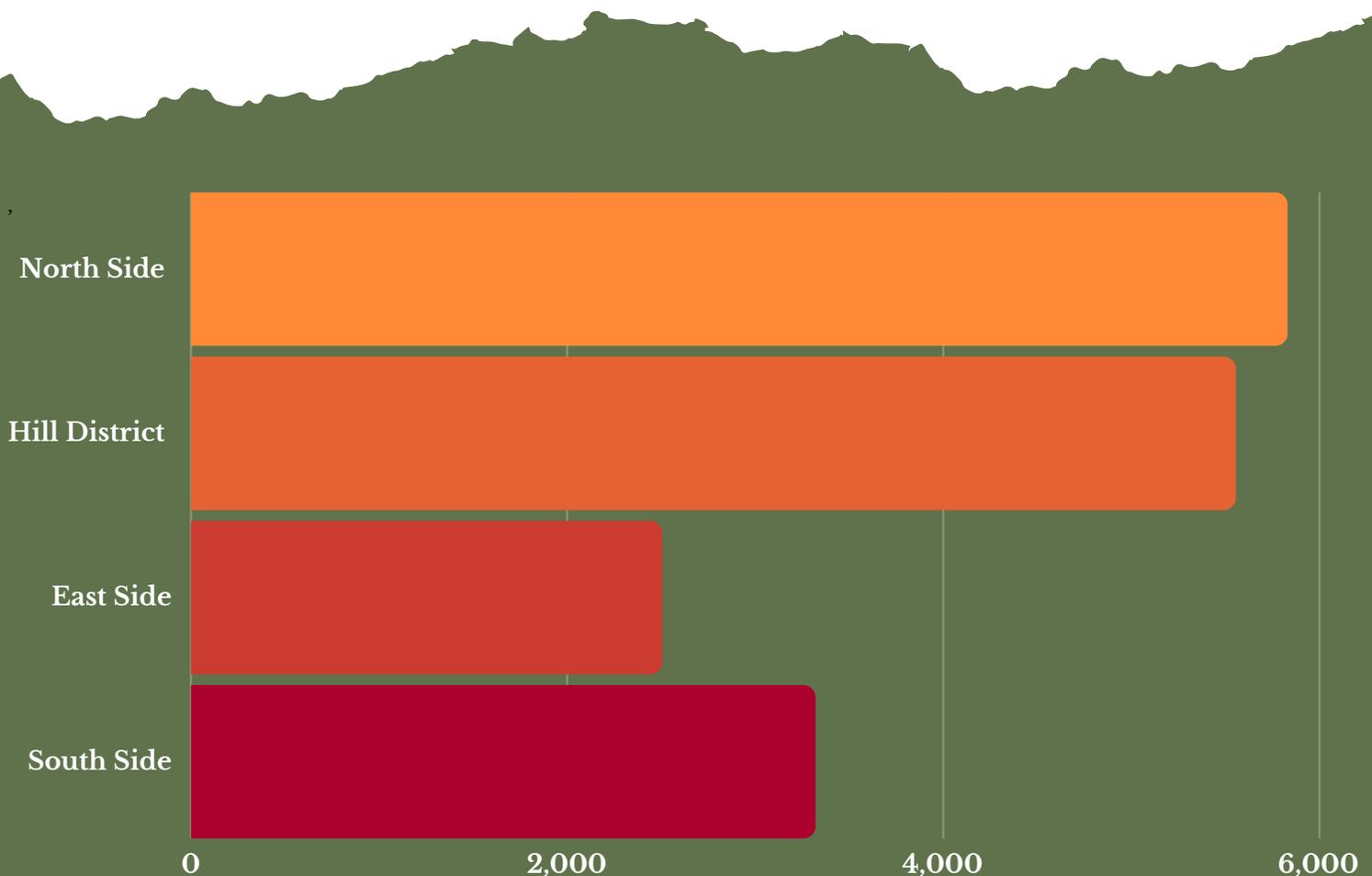


We were able to provide various types of meal items to our Third Meal recipients as a result of the grant funds and food donations we received. Food donations include but are not limited to dry food snack boxes, fresh produce boxes, and hot meals. Our produce boxes, which have become a favorite, typically include quality household staples such as apples, oranges, potatoes, onions, and zucchini, and our hot meals always include a fresh protein, one portion of vegetables, and a piece of fruit.



PROJECT RESULTS

Neighborhoods Served



The Third Meal has allowed us the opportunity to feed families and individuals in nearly every neighborhood of Pittsburgh. Our meals have traveled from Fineview and Perry Hilltop, to Homewood, East Liberty, Stanton Heights, Brookline, and Beltzhoover, and at times, past city limits into Wilkinsburg and Monroeville. This would not be possible without the help of our community partners who oftentimes, delivered our meals themselves, sometimes 200 at a time! Looking ahead, we plan to continue empowering these neighborhoods with the produce blessing boxes and adding a cooking channel component to teach our recipients how to cook fresh and healthy meals at home.

OUR PARTNERS



ENERGY INNOVATION CENTER



MANCHESTER
Citizens Corporation



ΩΨΦ
OMEGA PSI PHI



United Way of Pennsylvania



WWW.JAKEWHEATLEY.COM
Paid for by Citizens for Jake Wheatley



Pittsburgh Gateways
a business accelerator





LOOKING AHEAD

The impact that we have been able to make with the Third Meal Project is truly one of a kind, and we look forward to continuing this work. In the event that the state of PA should retreat back into shutdown, we want to ensure that we do not miss an opportunity to continue feeding our local families and more importantly, our students whose educations will continue be affected. We are currently seeking more funding to be able to extend and scale this Third Meal project through the end of 2020.

In the event that we funded enough to extend, we will have the opportunity to continue to provide jobs for our essential workers, virtual food education resources, and expand our produce box program to include recipes and extend our reach to contribute solutions to the food access Issues our students are likely to experience this Fall.



Project Analysis

The Third Meal program is unique because it includes fresh, restaurant quality meals to unemployed and underemployed populations on a weekly basis. But the resources to create these meals are likely to be costly and the actual meals' shelf life is limited. Moving forward, we are looking to market our produce boxes with cooking classes and recipes, and create a plan for students who will engage in virtual learning this fall. Ultimately empowering our community to prepare these same hot meals at home.



**"WE'RE ABOUT TO
CHANGE THE WORLD;
AND WE'RE STARTING BY
CHANGING OUR PLATES"**


Claudy Pierre

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