

Making A Difference Foundation's
Front Door

Fresh

Meal Delivery Program

A healthy meal program focusing on serving members of Pierce and King Counties who are pre-diabetic or diabetic with 12 recipes developed for the program along with directions, a nutrition facts table, and all food ingredients, delivered right to participants' doors.

* *Successes* →

In partnership with WSU Snap-Ed Extension, we created 12 diabetes-friendly recipes delivered over the 12-week program. There were a total of 248 participants, 26 men, 157 women, and 13 nonidentified, across all ages, from 21 to 84. Across all recipes, the mean approval/satisfaction was 55%+. Of the participants, 52.5% identified as white, 9.18% identified as Black, 5.61% identified as Asian, and 21% were nondisclosed.

* *Challenges* →

included sourcing the ingredients in a timely and cost-effective manner. One solution was to purchase spices in bulk prior to the start of the program. In addition, MADF formed partnerships with various store managers so that in the future, when MADF hosts this program or a similar program, we will be able to source the ingredients smoothly. Another challenge was a lack of volunteers during some weeks. A solution to that is to have the sign-up section on Volunteer Up for specific programs like these weeks ahead and actively recruit volunteers through social media.

* *Conclusion* →

Front Door Fresh Meals Program was a success. Some participants have called to share their concerns about eating diabetic-friendly meals once the program ends. We learned how diverse our community is and not everyone eats the same due to cultural and health reasons. Not only did MADF receive overwhelming participation requests, but some of the clients even made phone calls throughout the program to ensure they were still going to receive more meal kits. Diabetic-friendly meals are a necessity, and MADF hopes to host this program and similar programs in the future to continue serving the community and ensuring they are able to accommodate the needs of as many individuals as possible.

* *Thank you* →

to Coordinated Care for being a funding partner for this program. It is through partnerships such as this, as well as with Washington State University Pierce County Extension's SNAP-Ed Nutrition Education and DoorDash that we can serve those most in need in our community!

More Information: 253-212-2778



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*Fresh***Participant Testimonials and Results**

- * One client said, "I am very grateful for this program. It's been challenging for me to cook since my husband died. This made me get up and cook."
- * Another client said, "I truly enjoyed the meals. The recipes were easy to follow as well."
- * Another shared, "Easy recipe to follow - I have never had menudo before. Thank you so much for including me in this pilot program. It has been a tremendous help. My thanks and gratitude to Aazan, Richard, and Eloise's Food Bank for helping me - a disabled senior citizen battling several health issues."
- * One of the other clients wrote, "I must tell you first of all, if it wasn't for your program I would not have eaten at all. I feel very blessed to have had the opportunity to participate. God Bless you, your staff and ALL of the volunteers who make this special food resource available. I hope you each are rewarded with something special over the coming months. Thank you Aazan, for ALL you do!"
- * Another client wrote, "My A1C went from 11.9 to 5.1 in party from the new ideas and recipes because of this program."
- * Another client said, "My A1C is down by 2 points, the meal plans gave me ideas for other diabetic meals."
- * Another client shared, ". I believe the program helped quite a bit because I was able to eat healthier meal options than I normally would have and learned new recipes. My A1c levels are improving and I plan to continue trying those recipes and making substitutions where I can in other recipes."

