

Ways to Make a Difference in Your Community

The Drexel Alumni Turkey Project has been committed to serving the Greater Philadelphia community for over five decades by providing turkeys to those experiencing hunger and food insecurity during the holiday season.

Thanks to the generous volunteer and philanthropic support of alumni and friends, the Turkey Project has expanded its reach over the last 50 years. What began as a small but mighty initiative has served more than 2,500 individuals and families annually, including Drexel students and patients at St. Christopher's Hospital for Children. We can now provide participants with a full meal, including turkey and non-perishable items. The continued impact made by the Turkey Project demonstrates the power of Drexel Dragons uniting in service of others.

This volunteer guide contains some valuable resources to help you stay actively involved in the fight against hunger and food insecurity. Whether you're sparking conversations, volunteering with local organizations, or taking steps to reduce food waste in your own life, we hope this information empowers you to make a meaningful impact.

Drexel Alumni would like to thank the [Lindy Center for Civic Engagement](#) and the [Center for Hunger-Free Communities](#) for making this guide possible. Additionally, gratitude is given to the [Drexel Food Lab](#) for providing us with ways to utilize food waste and the recipes you will find below.

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CRITICAL CONVERSATIONS

It might seem simple, but an important way that you can get involved and address hunger and food insecurity is by engaging in conversations with your friends and family, children included! It's never too early to become an advocate.

Below are a few articles and links designed to assist you in talking to your kids about hunger and encouraging them to get involved.

- ◆ doinggoodtogether.org/dgt-newsletter/food-insecurity-in-us
- ◆ feedingamerica.org/take-action/talk-about-hunger
- ◆ littlegreenthumbs.org/2018/04/17/hunger-and-food-security-local-and-global
- ◆ whconfhungerhealth.capsule.video

PHILADELPHIA-AREA ORGANIZATIONS

Broad Street Love provides stabilizing services to individuals experiencing deep poverty. We aim to meaningfully reduce the deep trauma and suffering caused by scarcity and break the cycle of hardship, hunger, and housing insecurity in Philadelphia. broadstreetlove.org

Everybody Eats Philly is a leader in the fight against hunger dedicated to increasing food security and building community. Their mission is to nourish hungry people and lead the community in the fight against hunger. everybodyeatsphilly.org

Fooding Forward connects the dots between people who have food that might often go to waste with those who need food. The organization works with food partners ranging from restaurants and hotels to corporations and farms, to reduce food waste and fight food insecurity simultaneously. foodingforward.com

Mama-Tee Community Fridge Project is a joint effort led by women of color. Their goal is to help those who are in need of food. Free food is a healthier alternative to seeking food out of garbage cans. Their motto is, "take some and leave some." The organization works with nonprofits, restaurants, grocery stores, and individuals by collecting and sharing food that may otherwise go to waste. mamateefridge.com

Manna provides medically tailored food and nutrition education to those with serious health conditions. mannapa.org

Northwest Mutual Aid Collective, Inc. is a food resource hub combating food insecurity and food waste by offering a hand-up and not a handout. They supply nutritious and healthy food to seniors, disabled residents, cancer patients and low-income families in the city's Northwest section. northwestmutualaidcollective.org

Philabundance works with over 350 community partners to distribute food in nine counties in Southeastern Pennsylvania and Southern New Jersey. They are a proud member of the Feeding America network and work to reduce food waste, increase access to nutritious meals, and tackle the root causes of hunger through programs like the Philabundance Community Kitchen. philabundance.org

Philly House, formerly known as the Sunday Breakfast Association, is the largest and longest-running shelter in Philadelphia. They provide a safe and clean refuge for those in need, along with meaningful engagement aimed at creating a long-term impact. Philly House offers a wide range of compassionate programs and services to serve the homeless, hungry, and hurting in the community. phillyhouse.org

Share Food delivers food to one million people in Philadelphia every month. sharefoodprogram.org

Sharing Excess, founded by **Evan Ehlers '19**, harnesses the power of college students and community members to distribute food surplus to a network of organizations and food banks in partnership with grocery stores, restaurants, and farmers. sharingexcess.com

Small Things works with local partners and community leaders to alleviate poverty by improving food security and collaborating to address other community needs. The organization believes that small things like packing a box, delivering a meal, or taking time to talk and get to know another person is how change happens. smallthingsphilly.org

Sunday Love Project focuses on feeding, clothing, and caring for the housing and food insecure while building a sense of community and belonging for those in need — all powered by love. sundaylove.org

The West Philadelphia Bunny Hop — established in response to the COVID-19 pandemic — is a community driven mutual aid network. Bunny Hop partners with the local community to distribute produce, prepared foods and other necessities every week. bunnyhoppnl.com

Additional Resources

“What is food insecurity? How Philly navigates hunger, food deserts, and access to good food.”

- *The Philadelphia Inquirer* inquirer.com/philly-tips/philadelphia-food-insecurity-resources.html

NATIONAL & INTERNATIONAL ORGANIZATIONS

Awareness Inc., founded by **Patrick Williams '04**, provides food and clothing to those in need from the Dallas/Fort Worth area. The organization was created to give low-income residents an opportunity to thrive. ourawareness.org

Coalition on Human Needs is an alliance of national organizations working together to promote public policies which address the needs of low-income and other vulnerable populations. Members include civil rights, religious, labor, and professional organizations, service providers and those concerned with the well being of children, women, the elderly, and people with disabilities. chn.org

Fair Food Network grows community health and wealth through food. While inequities limit many people's access to money, political momentum, and supportive networks, their work transforms how those essential resources flow through the food economy, building equity in communities across the country. fairfoodnetwork.org

Feeding America is the nation's largest domestic hunger-relief organization. Learn more about hunger, find a food bank in your area, and learn how you can become an advocate in your community. feedingamerica.org

Food Not Bombs is a volunteer-led movement recovering food that would otherwise be discarded. The organization provides free vegan and vegetarian meals to those facing hunger in more than 1,000 cities in 65 countries in protest to war, poverty, and destruction of the environment. foodnotbombs.net

Food Research & Action Center improves the nutrition, health, and well-being of people struggling against poverty-related hunger in the U.S. through advocacy, partnerships, and by advancing bold and equitable policy solutions. frac.org

Indigenous Food and Agriculture Initiative strives to enhance the health and wellness of tribal communities by advancing healthy food systems, diversified economic development, and cultural food traditions. indigenousfoodandag.com

Meals on Wheels is a national program that delivers meals to individuals at home who are unable to purchase or prepare their own meals. mealsonwheelsamerica.org

No Kid Hungry focuses on fighting childhood hunger in America. nokidhungry.org

World Central Kitchen is a not-for-profit non-governmental organization devoted to providing meals in the wake of natural disasters in the U.S. and abroad. wck.org

World Vision knows that one in eight people in developing countries do not have enough to eat. The organization partners with communities to address immediate food needs but also to assist in growing sustainable food to power the future. worldvision.org/our-work/hunger-food-security

RECIPES

[The Drexel Food Lab](#) believes that one significant way of addressing hunger and food insecurity is to reduce food waste in our own homes. 40 percent of all food in America is wasted while much of it is still perfectly viable for consumption. Drexel students developed recipes that utilize leftovers and potential food waste. **Full recipes can be found at the end of this guide.**

If you are interested in putting together a plan to reduce food waste in your own home, visit savethefood.com

MAKING AN IMPACT THROUGH DREXEL

Drexel University and its partners work toward eliminating hunger and food insecurity in a variety of ways. From the Food Lab's focus on sustainability to the Center for Hunger-Free Communities and its people-centered solutions to the challenges of hunger and economic insecurity, learn how you can address these issues by supporting Drexel.

[The Alumni Turkey Project](#) has served as the University's longest-running alumni tradition for over 50 years. Made possible by generous donors, all proceeds are used to provide holiday meals, complete with turkeys and non-perishable sides, to community organizations within the Greater Philadelphia area.
drexel.edu/alumni/stay-connected/events/turkey-project

[Center for Hunger-Free Communities](#) is a community-engaged research and advocacy center focused on developing innovative, empirically tested solutions to the challenges of hunger and economic insecurity.
drexel.edu/hunger-free-center

[The Drexel Food Lab](#), is a faculty-mentored interdisciplinary food product design and culinary innovation research lab solving real-world problems in sustainability, health promotion and access.
drexel.edu/cnhp/research/centers/foodbionutritioncore/Drexel-Food-Lab

[The Lindy Center for Civic Engagement](#) focuses around four interconnected concepts: community-based learning, student civic leadership, community partnerships, and volunteerism. The Lindy Center is part of Drexel University's role as a positive contributor to the quality of life in the region. They work to develop community partnerships so that every Drexel student will recognize the benefits of public service to their education, their career, and to society. drexel.edu/lindycenter

Drexel also understands that hunger and food insecurity deeply impact college students across the nation. The University is committed to helping provide healthy meals to students and reducing food insecurity among members of the community. Here are a few more ways you can make an impact:

Emergency Fund for Families at St. Christopher's Hospital for Children (SCHC)

SCHC has developed the Hunger-Free Healthcare Model via multiple innovative initiatives over the past five years in order to help combat food insecurity in the community. St. Christopher's Hospital for Children is situated in an area where children and families have experienced food insecurity. The Hunger-Free Healthcare model enables providers to SPEAC for children/families by:

- S—screening for food insecurity and other social determinants of health
- P—providing resources for families
- E—educating staff/providers/community
- A—advocating for patients and families
- C—caring for patients in traditional and innovative ways

Through the Emergency Fund for Families at St. Christopher's Hospital for Children, basic needs, including groceries, are given to patient families who live

in poverty and are particularly vulnerable to the health and economic effects of the coronavirus pandemic.

Mario's Market

As part of the Feed A Dragon program, the Mario's Market food pantry located in the Rush Building provides non-perishable and refrigerated food products to all students, staff, and faculty.

Student Emergency Fund

The Student Emergency Fund was established to support students who are in need of immediate financial assistance due to unexpected emergency expenses by providing one-time funding for expenses incurred due to temporary hardships such as accidents, illness, death of a family member, natural disasters, or loss of Co-op. giving.drexel.edu/stories/emergency-funding

Student Meal Swipe Donation Program

This program gives students with meal plans the opportunity to address food insecurity among their peers by donating unused meals to other students.

To learn more about ways to get involved and make a difference for our students, visit our website:

drexel.edu/studentlife/student-success/inclusive-communities/feed-a-dragon

LONG-TERM IMPACT ON FOOD INSECURITY

Most charitable organizations addressing hunger focus on the immediate needs of people experiencing food insecurity by offering emergency meals and food products directly to those who need them. However, to make a long-term impact and effectively eradicate food insecurity, action is necessary to address the root causes of food insecurity, which share many of the same root causes of poverty in general, including:

- ◆ Lack of access to living-wage employment
- ◆ Inconsistent access to healthy food in all neighborhoods
- ◆ Lack of individual savings for emergencies
- ◆ Increased cost of living including [housing](#), [childcare](#), [utilities](#), [healthcare](#), and other basic needs
- ◆ Increased food costs
- ◆ Inadequate public assistance benefits
- ◆ Barriers to applying for and receiving public assistance
- ◆ [Racism and discrimination](#)

The challenge in addressing food insecurity is that many of the root causes are highly interconnected and complicated. To support the long-term efforts in eradicating hunger, [major policy and cultural changes need to take place](#). In order to do this, political action is necessary. All citizens can support developing a food secure nation by learning more about the issue of food insecurity and potential solutions by contacting their political leaders to demand they push forward legislation to enact those necessary changes. Below is a summary of key topic areas that support food security.

To learn more, view this [comprehensive list of policies](#) to support food security and allow people and communities [directly impacted by food insecurity](#) to lead the conversation.

In order to address food insecurity long term, we must:

- ◆ Declare access to healthy food a [basic right](#)
 - ◆ Embrace food sovereignty and [strengthen local food systems](#) to increase access to healthy food and reduce costs
 - ◆ Implement [universal basic income](#)
 - ◆ Demand increased worker protections and benefits such as paid time off, [paid family leave](#), and [living wage income](#) at a city, state and national level
 - ◆ Implement [universal health care](#) and embrace a “[food as healing](#)” approach
 - ◆ Increase [Temporary Assistance for Needy Families \(TANF\)/welfare cash grant allotments](#) to meet cost of living increases
 - ◆ Exercise the right to vote, particularly for policies that support health and racial equity as well as economic justice
 - ◆ Eliminate policies that reinforce [the “cliff effect”](#) (families removed from public benefits as soon as they begin to develop small savings or receive a small boost in income), such as asset limits, and transition to a “sloped” approach to transition families off public assistance benefits
- ◆ Ensure access to affordable housing in the community and expand home ownership and foreclosure prevention programs for low-income families
 - ◆ Make higher education more affordable and address growing burden of [student loan debt](#)
 - ◆ Expand access to [free childcare](#) for all families
 - ◆ Address racism and discrimination in public services and employment
 - ◆ Implement [free, universal school meals](#) for all children
 - ◆ Reinstate the [child tax credit](#)
 - ◆ Reduce administrative burden and red tape to access public assistance programs such as TANF, SNAP, and WIC.
 - ◆ Improve nutrition assistance programs by increasing reimbursements to keep up with rising costs of food, expanding eligibility and implementing free school meals for all children

If you are interested in learning more about food sovereignty and local food systems, the Philadelphia Food Policy Advisory Council is a great place to start. The Council connects Philadelphians and our local government to create a more egalitarian food system where all people have the power to access, own and control our food, land, and labor. [phillyfpac.org](#)

DREXEL FOOD LAB RECIPES

CITRUS SALT



- ◆ 1/4 cup coarse sea salt
- ◆ 2 tablespoons citrus zest
- OR
- ◆ 2 tablespoons finely chopped herb stems (basil, parsley, cilantro)

Directions:

1. In a small bowl, mix zest or herb stems with the salt.
2. Spread the salt mixture on a plate and let it dry overnight.
3. Store the salt in an airtight glass container.
4. *Note: Citrus salt can be stored at room temp; however, the herb stem salt needs to go in the fridge because the stems hold more water. Both versions will last up to 6 months.*

STRAWBERRY TOP & APPLE CORE JAM



- ◆ 1 cup strawberry tops
- ◆ 3-6 apple cores (peels optional but recommended)
- ◆ 1 cup water
- ◆ 3/4 cup sugar
- ◆ 4 tablespoons lemon juice (about 2 lemons)
- ◆ 1/2 teaspoon salt
- ◆ 1 tablespoon chia seeds, (optional)

Directions:

1. In a medium saucepan, combine all the ingredients except for the chia seeds and stir everything together.
2. Heat on medium until the mixture begins to bubble.
3. Give it a good stir and reduce the heat to low.
4. Cook for 1 hour until the apple cores begin to break down.
5. Strain the mixture into a bowl.
6. Add chia seeds, if using.
7. Let cool before closing the lid. Store in the fridge for up to 1 month.

PICKLED WATERMELON RIND



- ◆ 4 cups sliced melon rind
- ◆ 1 1/2 cups champagne vinegar
- ◆ 2 1/4 cups water
- ◆ 1 1/4 cups sugar
- ◆ 1/3 cup salt
- ◆ 5 pieces of cloves
- ◆ 2 pieces of star anise

Directions:

1. Combine water, vinegar, sugar and salt in a pot.
2. Bring to a boil, while stirring occasionally.
3. Once mixture boils, pour brine over melon rind (packed tightly) in a heat safe container.
4. Add clove and star anise, cover and store in the fridge.