

### COMMUNITY PARTNER



Get Fresh Daily is a mission-driven organization that promotes well-being and health education through culturally relevant events that focus on the surrounding Black community. Get Fresh Daily provides low cost produce boxes to underserved populations and empowers individuals to live healthier lives. The garden at Get Fresh Daily, The Freedom Greens + Garden, provides a space for the community to unwind, connect with others, and learn about healthy living. More information about Get Fresh Daily can be found at: <https://www.getfreshdaily.org/>.

### BACKGROUND/CONTEXT

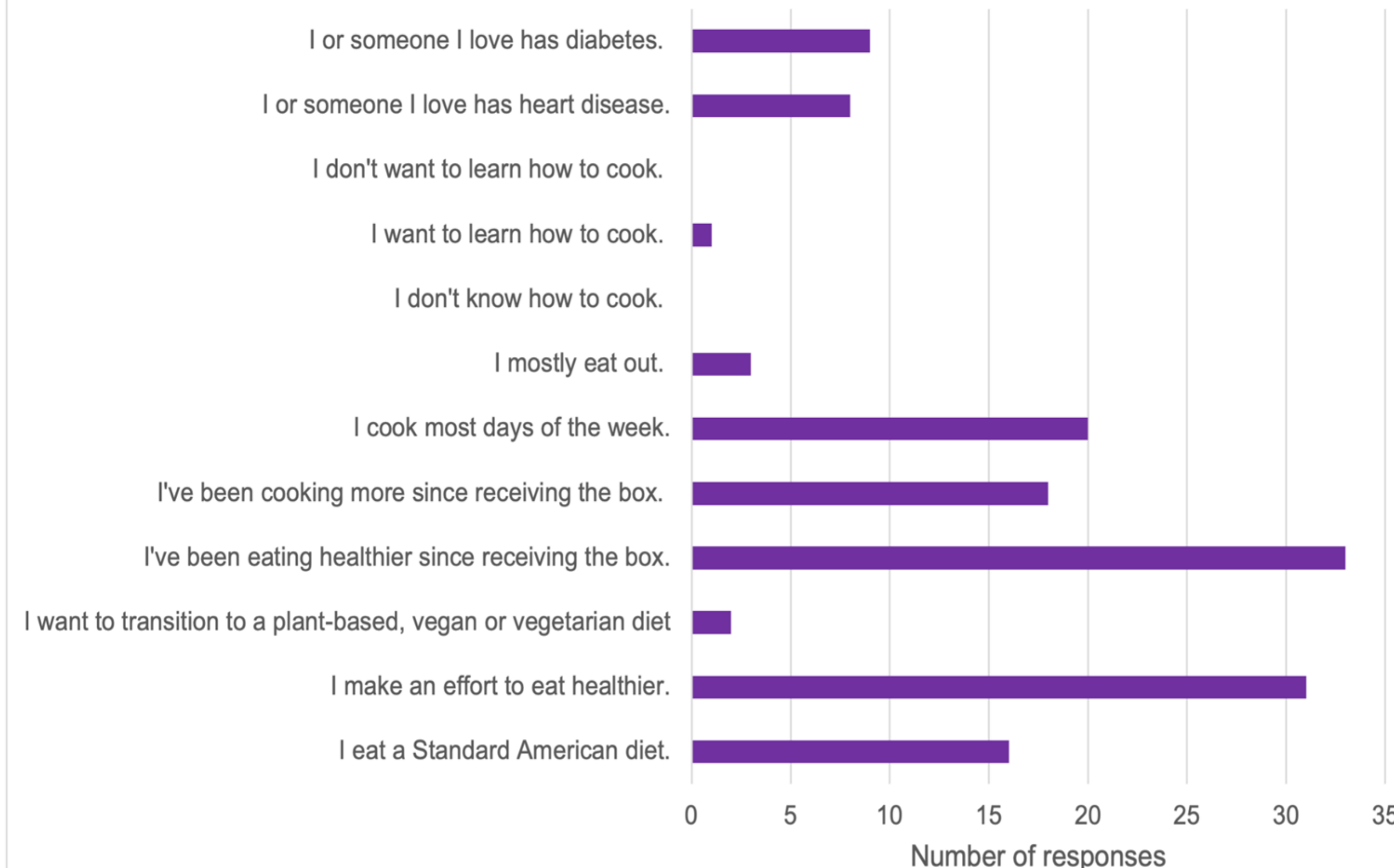
Racial and ethnic minorities, including Black individuals, are up to two times more likely to experience chronic diseases (such as cardiovascular disease, Type 2 diabetes and obesity), compared to their white counterparts.<sup>1,2</sup> However, access to healthier and plant-based foods can help mitigate these elevated risks for developing chronic diseases, and Get Fresh Daily helps to bridge this gap.<sup>3</sup>

### TEAM'S EXPERIENCE

- Consolidated GFD recipes from the past three years
- Wrote and organized produce write-ups
- Created and disseminated surveys to long-standing produce customers
- Developed charts to compare survey data
- Mapped a bike crawl to nearby gardens
- Helped tend to the garden
- Plan activities for children in summer camp

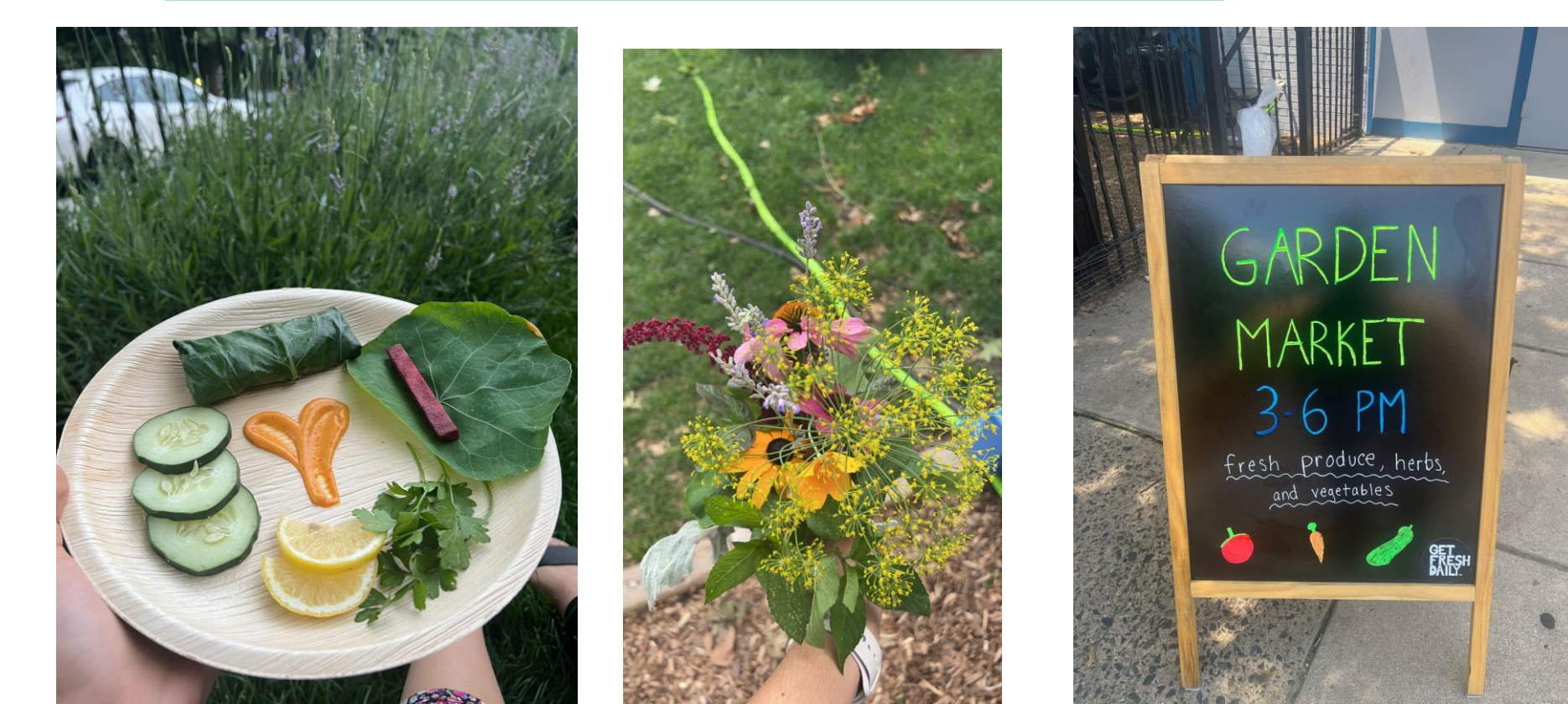


Please share your feedback around eating and cooking.



### ACCOMPLISHMENTS/ CHALLENGES/ JOYS

- Compiling survey data and witnessing the impacts of GFD
- Engaging with community members
- Visiting and mapping gardens on Garden Bike Tour



### REFLECTION

- BTG CHIP has emphasized the importance of professionalism and teamwork, which has helped the interns to thrive.
- BTG CHIP has also taught valuable information about the surrounding community and how to better serve them through inclusivity and kindness, while emphasizing the importance of giving back to and learning about your community.
- Through listening to the community members' experiences, we were able to see how a simple item like a produce box can drastically change someone's life for the better and make a lasting impact.
- We were also able to learn about what it means to be culturally aware and inclusive, as Get Fresh Daily aims to center its mission around Jamaican/Caribbean culture and foods, based on the surrounding community's roots.
- By being directly involved in and being inclusive of the community, Get Fresh Daily is thus able to achieve and surpass its purpose as a valuable resource and safe space.
- We had the fortunate opportunity to be able to witness this firsthand and begin to explore how they would be able to apply these lessons to their own lives and careers going forward.

<sup>1</sup> Price, J. H., Khubchandani, J., McKinney, M., & Braun, R. (2013). Racial/ethnic disparities in chronic diseases of youths and access to health care in the United States. *BioMed research international*, 2013, 787616. <https://doi.org/10.1155/2013/787616>

<sup>2</sup> Satia J. A. (2009). Diet-related disparities: understanding the problem and accelerating solutions. *Journal of the American Dietetic Association*, 109(4), 610–615. <https://doi.org/10.1016/j.jada.2008.12.019>

<sup>3</sup> Ojo O. (2019). Nutrition and Chronic Conditions. *Nutrients*, 11(2), 459. <https://doi.org/10.3390/nu11020459>