

# Community Servings

Service Learning Final Presentation

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# Introduction to Service Site



- Provides medically tailored meals (MTMs) to “chronically and critically ill individuals and their families”
- Since their founding in 1990, have provided more than 10 million MTMs to clients across MA
- Can accommodate 15 different diet types, including diabetic, cardiac, renal, mild, vegetarian, and youth wellness
- In addition to MTMs, has a “teaching kitchen”
  - Teaches both people in need of MTMs and people seeking job education
- Participation in research to support ideas of food as medicine

# Disciplines & Perspectives

## Evelyn - Health Science & Psychology

- Dual focus- science of the disease itself, as well as the impacts of social determinants
- Healthy food as a vital factor in healthcare
- How to reduce hospital/ER visits by addressing non-clinical health factors

## Zach - Chemical Engineering

- Food processing industry
- Positives - sterilization, vacuum packaging; minimizing food-borne illnesses
- Negatives - extrusion cooking; making food easier to digest and addictive

# Disciplines & Perspectives

## Michelle - Biochemistry and Data Science

- Biochemistry perspective on issue: how nutrients from various foods can impact disease progression on a molecular level
- Data Science perspective on issue: can use AI to tailor nutritional guidelines

## How Our Disciplines Are Connected

- Our three fields show different parts of nutrition/food industry
  - Biochemistry and Data Science - development
  - Chemical Engineering - manufacturing
  - Health Science and Psychology - delivery to people
- Having these perspectives allow for improving community health
  - Better understanding of healthy and nutritious food because of the intersection of our disciplines

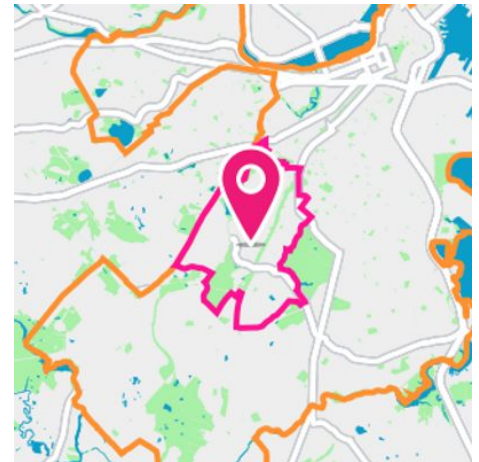
# Community Analysis

C.S. located in Boston's Jamaica Plain neighborhood

- The "two JPs" reflect the gap between the experiences of the lower socioeconomic status areas and affluent areas of Jamaica Plain
- High crime rates
  - Associated with worse health outcomes, such as higher blood pressure and rates of cardiovascular disease
- Lots of green spaces and parks
- Community centers and cultural events
- Accessible public transportation

What factors create the need for an organization like Community Servings?

- Financial Strain of Healthcare
- Health Literacy
- Unemployment



# Community Analysis

## Assets

- Large building in JP with teaching & volunteer kitchens, garden
- 98 paid employees, including volunteer coordinator
- Donors- include big companies such as Amazon and CVS
- Community Partners for referrals and food itself- several area hospitals, local farms
- NIH grants

## Constraints

- Increasing demand for services
- Volunteer Turnover
  - Many volunteers college students or part of mission trips, ie not permanent Boston residents
- Only open weekdays
- Currently only serves MA and RI
- Perishable resources and human error



# Interventions

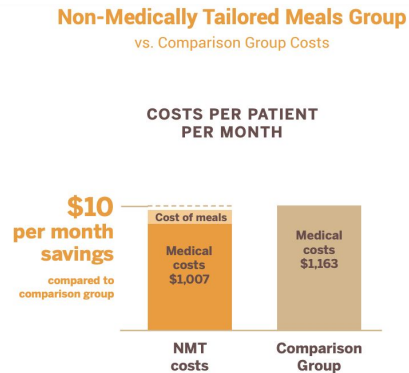
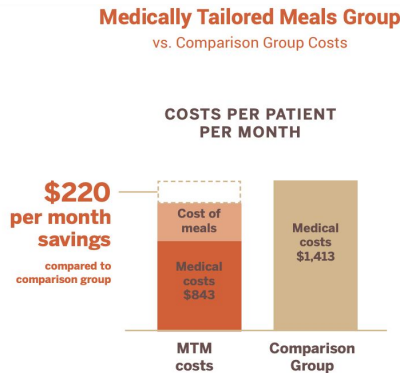


- 3 Sections of Kitchen
  - Meal packaging - portioning and packaging into meal trays
  - Production - chopping, peeling, and cutting
  - Soup/bag packing - portioning of side dishes, desserts, and soups; packaging meals into bags and boxes ready for delivery
  - Miscellaneous tasks - preparing for events, loading delivery trucks
- Goals
  - Understanding the scale of operation
    - New Mansfield location
    - Delivery as far as western MA and RI
  - Learning about different diets
    - 15 offered including general wellness, common allergies, and medical conditions such as diabetes or cardiac health

# Impact of Service

- Data Collection
  - Community Servings publications
  - Client Satisfaction Survey
    - Evaluates client need
    - General satisfaction
    - Favorite meals

- Additional Data Collection (hypothetical)
  - # of clients throughout the years
  - # of clients on each meal plan
  - # of clients in specific neighborhoods
- Especially relevant considering Mansfield expansion





# Sustainability

- Volunteer Engagement
  - College students in service learning courses
  - College students who continue with their service site after course is over
  - Various local groups/companies
  - People who are retired and looking for ways to give back
- Community Outreach and Marketing
  - Make sure that people who need this service know about it
  - Make sure that people looking to volunteer somewhere know about this organization
- Government Funding and Donations
  - 501(c)(3) nonprofit → receives funding from the government
  - Accepts donations
  - Need to have the funds to operate
  - Money for food, packing materials, and paying staff
- Minimizing Waste
  - Volunteers try not to waste food, even though accidents and spillages can happen

# Conclusion

- **Community Servings values and mission**
  - Values: community, connection, inclusion, and nourishment
  - Mission statement: everyone has access to nutritious food as a right
- **Volunteering services at Community Servings**
  - Food production and packing
- **Community Servings Assets and Constraints**
  - Large building with teaching & volunteer kitchens, a garden, 98 paid employees, including volunteer coordinator, donations from big companies, community partners with companies and universities
  - Increasing demand for services, high volunteer turnover, only open weekdays, currently only serves MA and RI
- **Impact of Community Servings on Jamaica Plain**
  - Potential place of employment
  - Addressing lack of access to a reliable food source
- **Sustainability factors of Community Servings**
  - Volunteer Engagement, Community Outreach and Marketing, Government Funding and Donations, and Minimizing Waste

Thank You for  
Listening!

Any questions?

