



**NOURISH
L.A.**

FOOD DISTRIBUTION

L.A. Kitchen believes that a “balanced diet” is when all people have access to healthy meals.

L.A. Kitchen will distribute fresh, nutritious meals, snacks and food products to social service agencies that serve Los Angeles’ most vulnerable populations, and we will prioritize support to programs that serve aging residents.

This is driven by the fact that the number of older adults in Los Angeles County is expected to double in less than two decades. Currently, 312,000 seniors in Los Angeles County and 1.8 million statewide cannot make it on their own financially. Throughout the region, service delivery programs are struggling to support this population shift, but few are prepared to meet the growing demand for better food and nutrition.

Many of this new generation are also expected to suffer from chronic conditions that could be reversed or prevented by a healthy lifestyle. L.A. Kitchen will work with nutritional and culinary experts to create a wide variety of culturally diverse menu options aimed at mitigating many of the diseases associated with diet and aging.

In addition, L.A. Kitchen’s food products will also be made available to after-school programs, addiction treatment centers, and programs that empower the homeless.

In 2012, more than 49 million people struggled with hunger nationwide. More than 1.9 million people struggled with hunger in Los Angeles County.

Approximately 25% of Los Angeles’ older adults had diabetes, 22% were classified as obese, and 18% lived with cardiovascular disease.

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revealing the power of food