

Food to Families

In partnership with the West Oakland Health Center, the Foods to Families (F2F) program provides health & wellness workshops, cooking demos, and group experiences for community families. Currently, this program is primarily serving pregnant mothers and their families who receive services through the Women Infants & Children and Comprehensive Perinatal Services Program at the West Oakland Health Center. Through an integrated curriculum, mothers gain expertise and share resources to build the health of their families and communities.

In addition to regular classes, expecting mothers also receive healthy food 'prescriptions' which can be redeemed at any Healthy Neighborhood Store Alliance partner to incentivize healthy eating in their daily lives, complementing the F2F curriculum.



Food to Families also works to create a network of support among participants to sustain the program's impact. Recently, Mandela Marketplace oversaw the creation of a cookbook created and published by "senior moms", a dedicated cohort of F2F mothers. Named "Mommas Kitchen Stove", the mothers are incredibly proud of their accomplishment and eager to share the cookbook with their friends and families. To continue the momentum, we have also partnered with Leah's Pantry and IHeartMomma to enhance the health, health knowledge, and social capital components of the senior moms group. Beginning August 22nd, the moms will convene for group exercise classes and hands-on cooking and nutrition workshops and will use their newly learned skills to facilitate three F2F classes for newly recruited participants in the Fall.

The Food to Families program was born out of The Building Blocks Collaborative (BBC) which is a partnership of multi-sector community organizations in Alameda County. The BBC works in unison to develop a blueprint to improve community conditions to support the well-being of our children, starting from the earliest stages of life. Underpinning the BBC's work is a theoretical framework called the Life Course Perspective.

Food to Families classes include free transportation, child care, and snacks!

