



# The Future is Bright



## Congratulations to Four of Our Recent Discretionary Grant Recipients!

### Philadelphia Bicycle Coalition Youth Cycling Program (BCYC)

BCYC supports youth on and off the bike and is part of the solution to providing safe and cost-free opportunities for youth to engage in regular physical activity, develop leadership skills, and foster positive peer and adult relationships.

### Cradle of Hope (COH)

COH helps single mothers and children who are experiencing homelessness through education, housing, life skills classes, and surrounding moms with a support system that continues long after they move on.

### Kendrick Gymnastics

Kendrick Gymnastics is Philadelphia's first non-profit gymnastics team, offering affordable gymnastics opportunities for children and youth. Serving primarily Northwest Philadelphia, Kendrick offers recreational classes, competitive teams, and summer camps.

### Horizons at Greene Street Friends

Horizons is a tuition-free, academic enrichment summer program serving public school students from the Germantown neighborhood in Philadelphia. Horizon's goal is to advance equitable learning opportunities for students through STEM, nutrition education, and an emphasis on family involvement.

## Winter 2025

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## A Letter From Our Executive Director

Happy New Year - I hope 2025 has started well for you!

Foundation for Health Equity is starting off the year with much excitement! As you likely have noticed, this year is our 20th anniversary. We hope you will save the evening of May 15th to join us, our community partners, and neighbors in celebration and anticipation. Our next newsletter will be a special edition looking back at the last 20 years, honoring past leadership, and hearing from our community partners.

Also coming up this year is a new nursing scholarship. More details will be posted to the website so if you know anyone in the field and in our NW Philadelphia area, please tell them to keep an eye out.

As we look forward to all that 2025 holds, we are hopeful. Our community partners are hard at work supporting our neighbors and we are in a unique position to support that work. All donations to the Foundation go to services for vulnerable neighbors. Our ultimate goal this year is to deepen these partnerships and to provide support to those organizations in ways that are meaningful to them. Just like every human is unique, the needs of each partner are unique (beyond funding - everyone needs funding to function) so we spend time getting to know the organizations and seek creative ways to resolve the needs. We will share more about this process this year while continuing to promote the work of our community partners.

**THANK YOU!!** It is only because of our donors that we are able to do all we do. I hope you enjoy this newsletter and the beginning of a new year celebrating the past and building for the future!



Bethany Flood, MNO, LSW  
Executive Director



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### Staff & Board List

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## Save the Date! May 15th, 2025

## F4HE celebrates 20 years!

Join us the evening of May 15th as we celebrate Foundation for Health Equity's 20 years of community support and look forward to the future! For two decades we have had the honor to serve our community, grow with our partners, and achieve significant milestones. This momentous occasion would not have been possible without the support of donors, board members, and dedicated community partners - that's you!! We would be honored to have you join us as we commemorate this special moment. Further details will be out soon so keep an eye out for your invitation!







# Fighting Food Insecurity With Free, Dignified, Near Zero-waste Meals

By Matthew Stebbins

Double Trellis Executive Director/Community Chef



Double Trellis Food Initiative began in response to the needs of Philadelphians in the landmark summer and fall of 2020. In the first year of the COVID-19 pandemic, following protests against the murders of George Floyd and Walter Wallace Jr, the co-founders of what would become Double Trellis Food Initiative (DTFI) met with the community leaders for the encampments of houseless individuals in Philadelphia. What began as an effort to provide food for protesters pivoted to serving the unhoused in the areas where demonstrations were taking place. DTFI founder, Matthew Stebbins, who is a former fine dining chef and has past lived experience with housing insecurity and substance abuse disorder, began working with community members to organize preparation and service of fresh, dignified meals and grocery distribution.

Today, the mission at Double Trellis Food Initiative is to provide free, dignified, near-zero-waste meals for Philadelphians experiencing food insecurity and to provide paid culinary training for young adults who have been involved in the criminal justice system.

Since beginning our operation in June of 2020, we have provided over 125,000 free and dignified meals to Philadelphians across 14 zip codes. In 2024, we cooked over 55,000 meals alone. Our holistic approach begins

by providing meals that are both culturally relevant and grounded in human dignity. Meals are designed to nourish those we serve, both nutritionally and emotionally, and are selected to be simultaneously healthy, recognizable, and hearty. We offer nutritious meals that are creative but familiar and focus on large portions and foods that can sustain an individual who may not know when they'll eat again.

In 2024, we launched our workforce development program to expand our meals program into long-term solutions to poverty and food insecurity. In partnership with YEAH Philly, we recruit young people who have been previously incarcerated and train them for long-term, stable culinary industry employment. We have chosen to focus on this population due to their significant barriers to employment and severe risk of lifelong violence, addiction, homelessness, and/or ongoing incarceration.

These two interconnected programs address food insecurity in both the short- and long-term. Our meals, created by community chefs and workforce trainees, address hunger today, and our trainees are equipped to avoid food insecurity throughout their lives via stable employment. All of this supports our vision of a city where all people are nourished and live healthy, joyful lives of abundance.



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Return Service Requested

**Interested in making a  
difference by volunteering  
a few times a year?**

**F4HE may have just the  
opportunity for you!**

## Join F4HE as a site visit volunteer!

- Are you a NW Philly community member?
- Are you interested in being a part of grant-making?
- Are you interested in learning more about local organizations that serve our community?

**Yes! Fantastic! Please reach out to Abby Wochele  
at Abby @F4HE.org for details!**

