

# Food for Your Heart

2025 Program Impact Report

## A Word From Our Executive Director

*“This year has been a testament to what we can accomplish together. We deepened our reach, strengthened community partnerships, and provided critical support to families when they needed it most. Your continued belief in our mission fuels our progress. Thank you for standing with us.”*

— Tanya Rodriguez-Hodges



### Food Distributed

**78.7k** lbs  
of fresh fruits  
and vegetables

**13.3k** lbs  
of meat  
and poultry

**8.5k** lbs  
of shelf-stable items  
and canned goods

**100,000**  
pounds of produce and  
goods distributed total

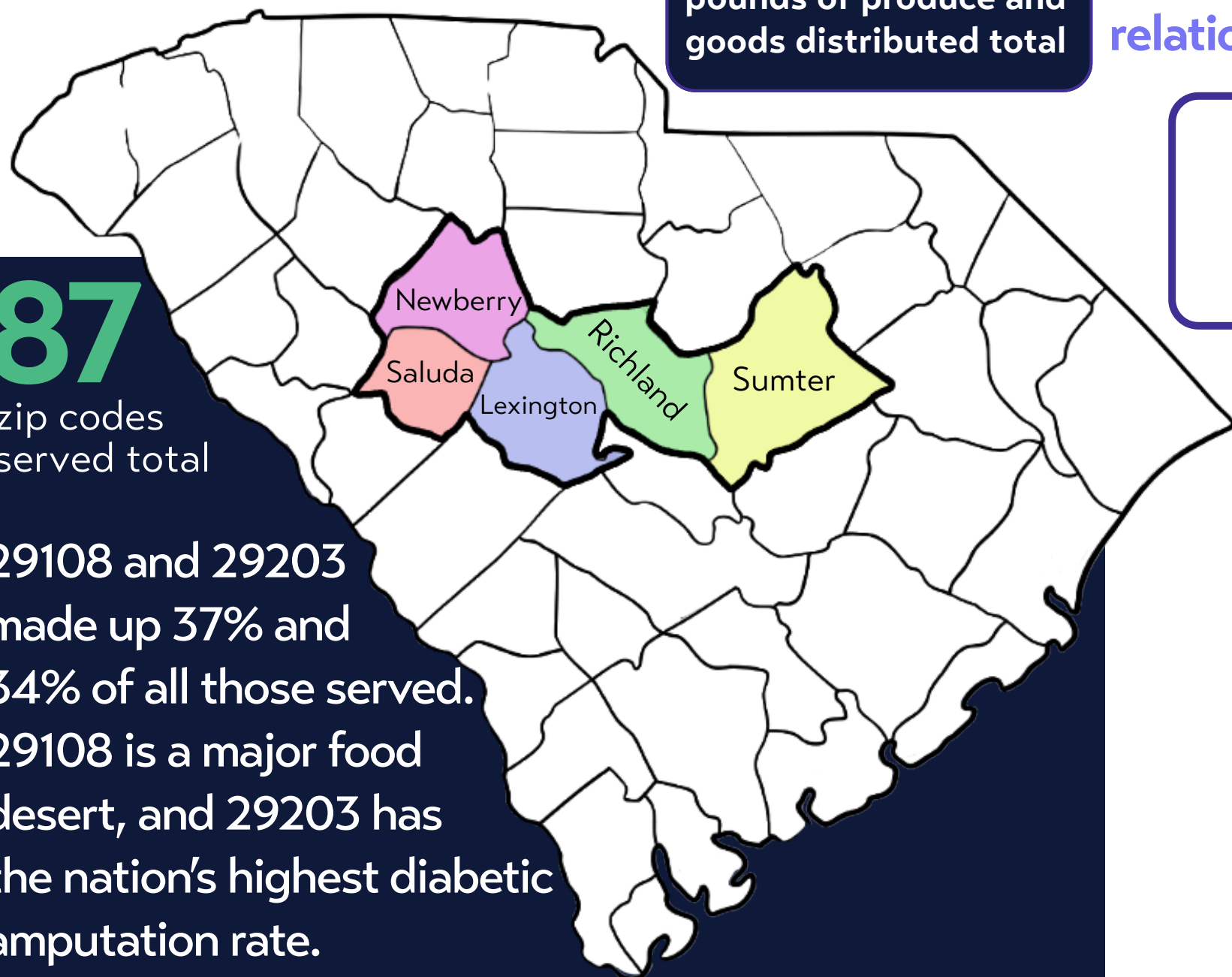
### The LCD Model

With our farmers' market distribution style, **clients make their own choices** just as they would in a grocery store. This **removes stigma, increases dignity, and greatly reduces food waste**. This allows people to select foods that match their needs and **allows us to build meaningful relationships with all of those we serve.**

**7,791** individuals served

## Key Highlights

- **848** volunteer hours
- **5** counties served
- **32%** increase in distribution to seniors
- **500** healthy recipes distributed
- **\$150** in grocery cost saved per client



**87**  
zip codes served total

29108 and 29203 made up 37% and 34% of all those served. 29108 is a major food desert, and 29203 has the nation's highest diabetic amputation rate.

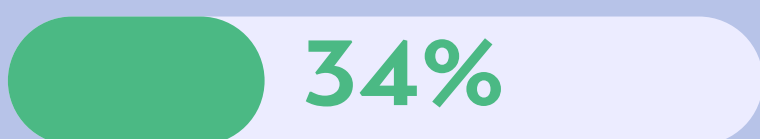


## Demographics at a Glance

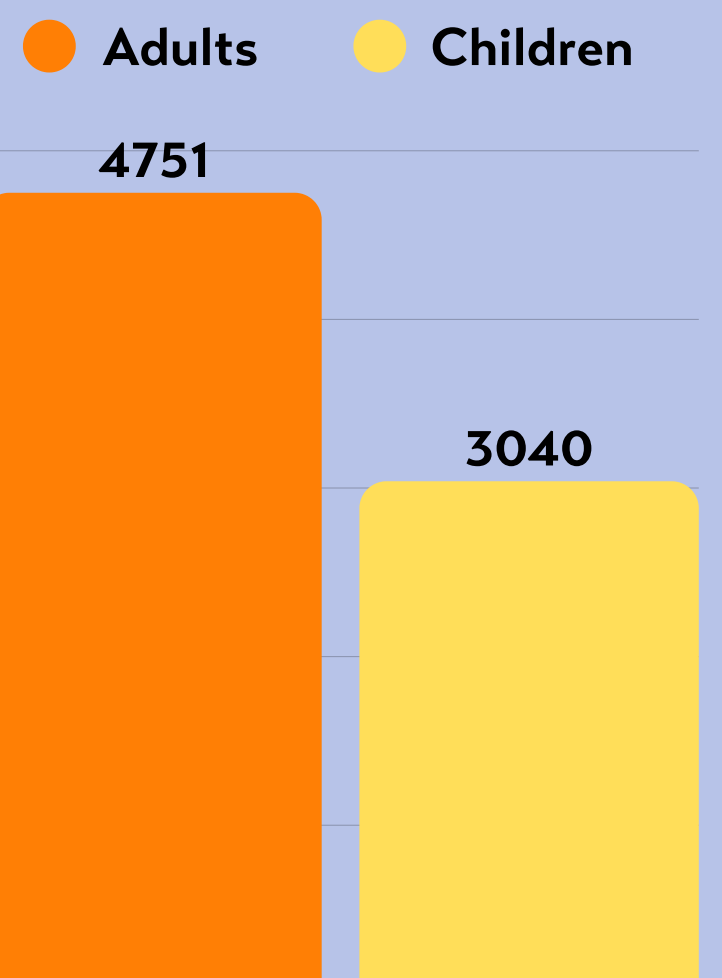
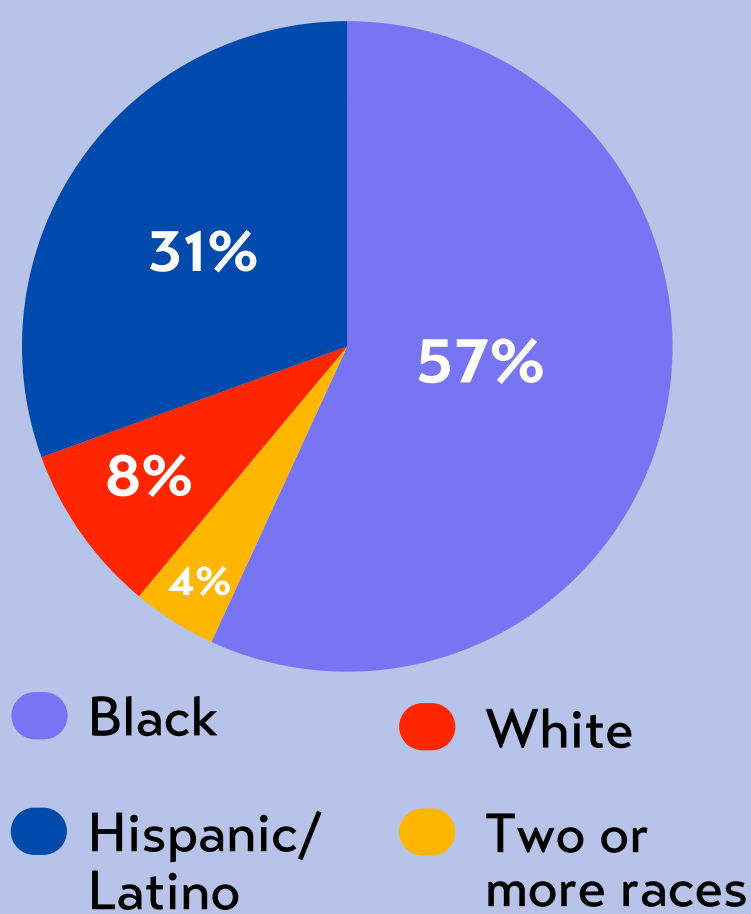
**Seniors**  
(60+ years old)



**Middle Adults**  
(40-59 years old)



**Young Adults**  
(18-39 years old)



# Impact Story

*LCD was a lifeline for my family during one of our toughest times. It wasn't just groceries to fill our fridge, it gave us the strength to keep going.*



## Partnerships & Collaborations



CENTRAL CAROLINA  
COMMUNITY FOUNDATION

