

The Power of the Community Fridge

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Wheat Ridge Poultry & Meats

March 11, 2022



Community
supports local
businesses

local businesses
support
community

#SHOPSMALL #SHOPLOCAL



Since 2015, Wheat Ridge Poultry has:

- Delivered over 450 Christmas presents to neighborhood children
- Collected 976 books for local elementary schools and other child foundations
- Collected socks, school supplies & canned foods for Community Organizations
- Donated over 20 tons of inedible food to the tigers at the Downtown Denver Aquarium and other animal sanctuaries
- Donated more than 5,000 meals to local families



We believe the only
way to do business,
is by giving back

How food insecurity affects mental health

FOOD INSECURITY

Food Insecurity is the condition of not having access to sufficient food, or food of adequate quality to meet one's basic needs

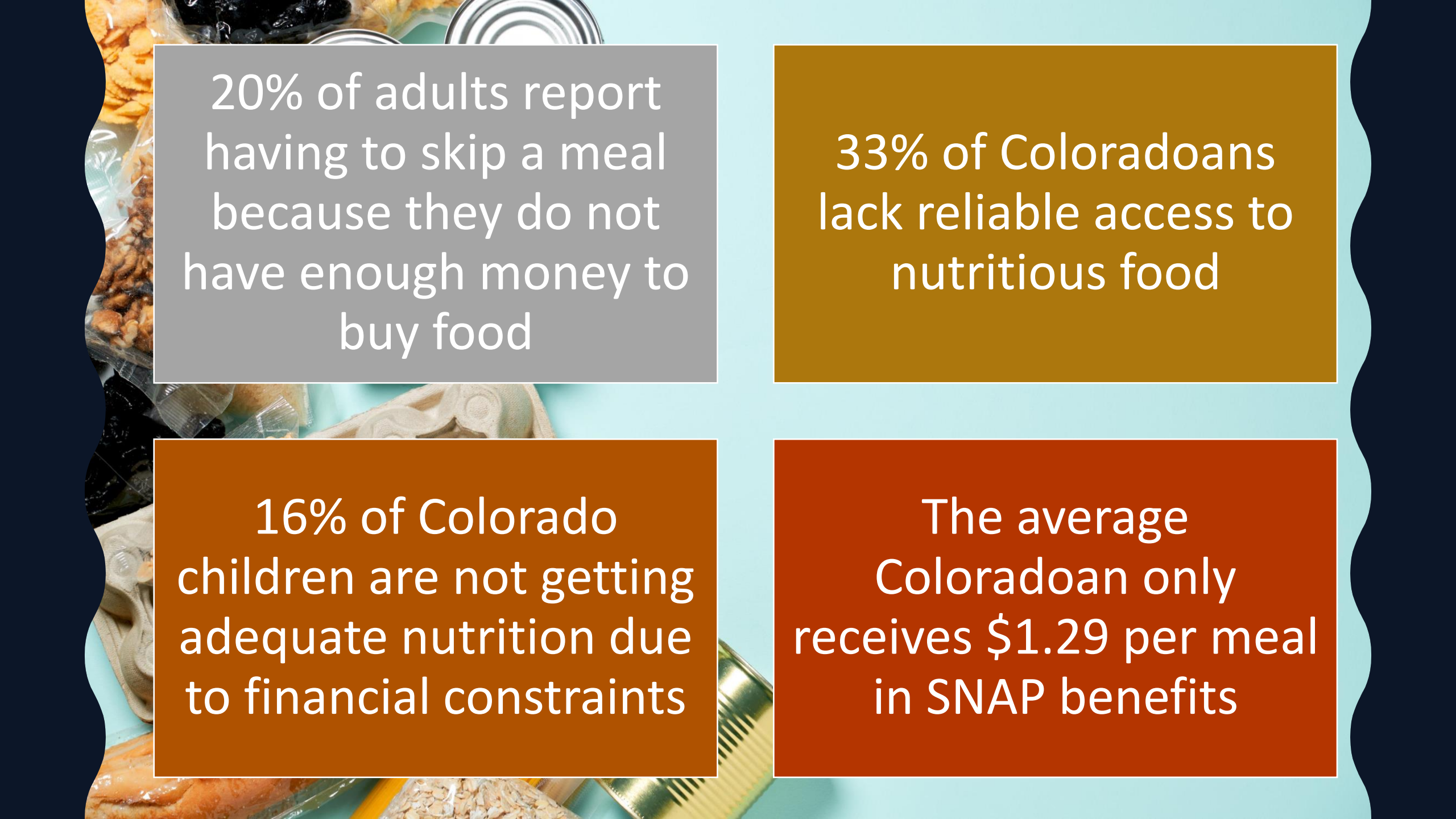
MENTAL HEALTH

Mental health is an important part of overall health and well-being.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.



20% of adults report
having to skip a meal
because they do not
have enough money to
buy food

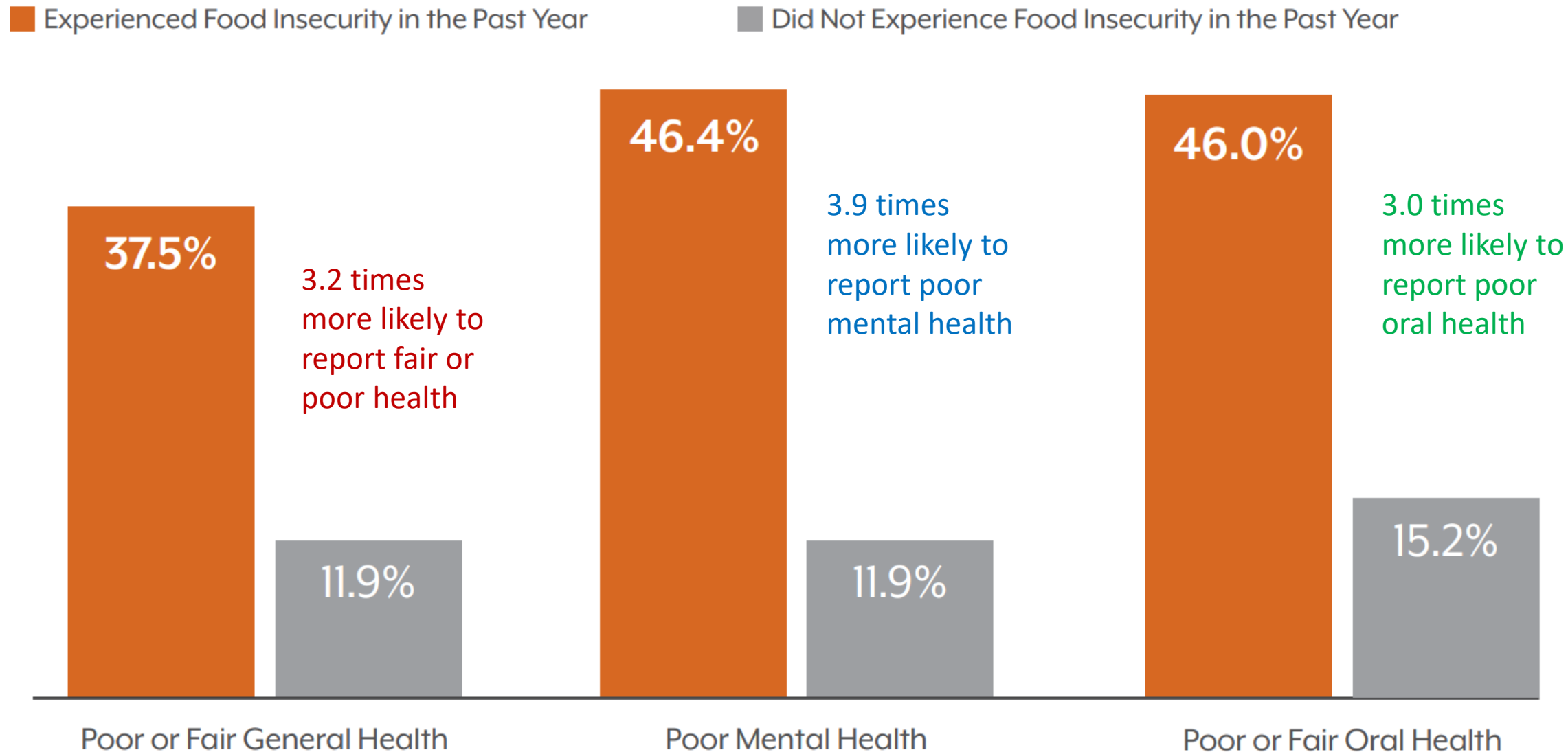
33% of Coloradoans
lack reliable access to
nutritious food

16% of Colorado
children are not getting
adequate nutrition due
to financial constraints

The average
Coloradoan only
receives \$1.29 per meal
in SNAP benefits

Figure 1. Coloradans Experiencing Food Insecurity Report Worse Health

Percentage of respondents who reported poor or fair health status by experiences of food insecurity, 2019



Note: Respondents who reported experiencing eight or more days of poor mental health in the past month were considered to have poor mental health.

Source: 2019 Colorado Health Access Survey



FOOD insecurity & physical health

Research shows Because healthier foods are more expensive and can be difficult to access, people facing food insecurity are at a higher rate of:

- Obesity
- High blood pressure
- Diabetes
- Cancer
- stroke
- Chronic illness
- academic problems
- Behavioral problems



Lack of food can lead to **increased levels of stress** and is a **primary contributor to common mental health disorders**.

Those facing food insecurity deal with:

- shame
- guilt
- alienation
- depression

In 2020, food insecurity

led to a 14% increase
in diagnosed mental
health disorders

led to increased
symptoms of adhd in
children & teens

Significantly increased
the risk of depression
and stress in men and
people older than 65

increased suicidal
symptoms in teens

Caused a 253% higher
risk of depression in
adults

caused a 257% higher
risk of anxiety



Wheat Ridge Poultry & Meats

March 13, 2020 · 🌐

We are fully stocked!

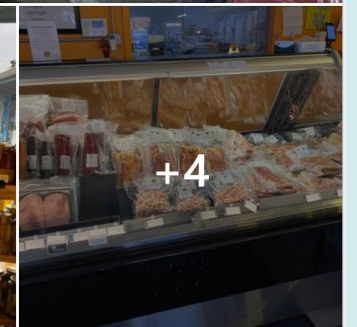
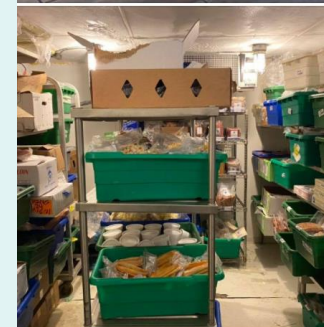
We have meat bundles for \$10

We have a friendly staff waiting for you!

We are Open 9 to 6 today and Saturday.

We are local!

[#shopsmall](#) [#fullystocked](#) [#supportlocal](#) [#wheatridge](#) [#edgewater](#)



Henrietta Hartgrave, Jessie Seastrom and 517 others

139 Comments 489 Shares



Like



Comment



Share



Golden

OULTRY & MEAT





OUR COMMUNITY FRIDGE

IS FULLY STOCKED!

- Grassroots response to food insecurity crisis
- Critical in neighborhoods where traditional forms of food assistance are difficult to access
- Help those who do not want to do a face-to-face transaction to receive food

Take What You Need,
Leave What You Don't



Awareness

- Inform community fridge is here
- Educate community & staff on food insecurity



Get Food In/Out

- Donations / Fundraising
- Make this project sustainable



Stigma

- Educating staff on ways to treat those using the fridge

oultry & Meats
ibeth McCarty · January 5 ·

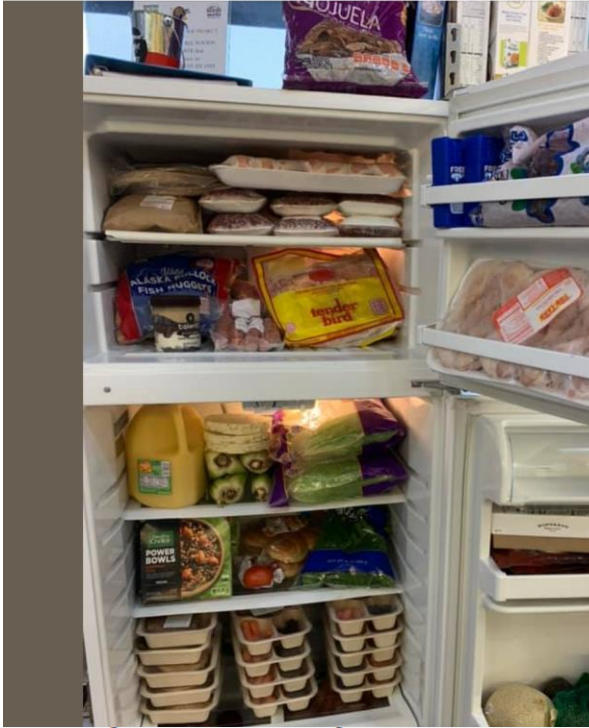
d our Community Fridge is fully stocked again! Come in and grab

eatridgecolorado #wheatridgeco #community #communityfridge
unitysupport #communityfirst #foodbank #foodbankoftherockies



Wheat Ridge Poultry & Meats
Published by Rob J Bobitsky · January 20 ·

Food pantry has been fully stocked



Becca Birkeland
Right on! This is why you are my go-to meat shop

Love Reply Hide 9w



Desiree Martinez Shaw
THIS is one of the reasons I drive across town as a loyal patron. I know there's some caring behind the scenes.

Love Reply Hide 9w



2 Comments 8 Shares

Love that you do this for your community! Thank you!

Like Reply Hide 5w

Where Do We Go From Here...



cooperative
market
supporting
local producers

Food not selling
or food that is
imperfect be
donated to
community fridge



Grant for 2
additional
fridges in
community

Food preservation & education
classes



POWER TO

Help end food waste & encourages neighbors to share food

Fight food insecurity

Fight stigmas involved with needing food

Ensure neighbors have access to healthy food

Helps people of all backgrounds living in the same community

Help alleviate stress that leads to mental health issues

Brings awareness to the food insecurity crisis