

# FOOD FOR THE SOUL

AUGUST 2023 | ISSUE 2

## Gregory's *Fresh* Market

We Bring The Market To You

YOUR QUARTERLY UPDATE ON THE SENIORS AND VETERANS  
WE SERVE THROUGH ARIZONA'S MOBILE MARKET



Equitable Food



Honoring Our Veterans with  
Fry's and Volunteers



Southern California Coast  
Guard Auxiliary Volunteers

### OUR MISSION

To enrich lives by  
providing access to fresh  
produce through on-site  
farmers' markets and  
programs in health,  
nutrition, fitness, and  
education.

### Hello Summer

The need is great. Seniors and veterans continue to feel the effects of pandemic-induced food insecurity and are forced to choose between purchasing nutritious food or medication. In addition, the persistent heat wave makes it increasingly difficult for seniors and veterans to access fresh produce.

Gregory's Fresh Market (GFM) has transitioned from mobile market to pre-packed produce delivery in order to increase access to fruits and vegetables for those with limited mobility and income. In 2022, GFM delivered over 20,000 bags of fresh produce to seniors and veterans across the Valley. Our goal for 2023 is to increase this number by partnering with organizations passionate about combating food and health disparities.

Our Program ensures no senior or veteran goes to bed hungry, and your donations make our work possible. Thank you for supporting the mission of Diana Gregory Outreach Services.

~ Diana Gregory, CEO

Volunteer for Upcoming Events:

Veggies for Veterans

Tuesday, September 12, 2023

Tuesday, November 14, 2023

Tuesday, December 12, 2023

Carl T. Hayden VA Medical Center

SCAN ME  
to connect with  
Diana Gregory  
Outreach Services







Diana Gregory  
& VA Medical  
Director, Bryan  
Matthews



## Juneteenth Celebration at the Phoenix VA Clinic

Juneteenth is a holiday commemorating the end of slavery in the United States. It is celebrated on June 19<sup>th</sup> because on that day in 1865, Union Army General Gordon Granger rode into Galveston, Texas and proclaimed all enslaved African Americans were to be set free.

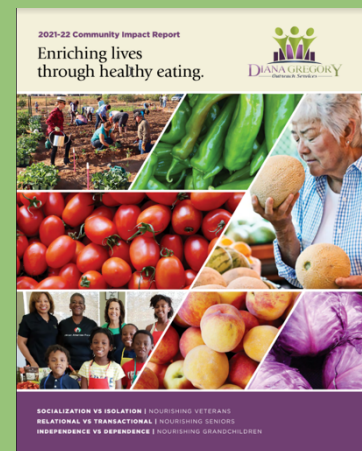
To commemorate the day, the Phoenix VA Clinic hosted its 2<sup>nd</sup> Annual Juneteenth Celebration. The event honored the contributions of Black people to American society and stressed the importance of combatting ongoing racial injustice.

Diana Gregory, Founder and CEO of Diana Gregory Outreach services and Gregory's Fresh Market, was honored at the event for the contributions she makes to vulnerable veterans throughout Arizona's communities. Her "Veggies for Veterans" Program provides Arizona veterans with access to fresh and healthy produce to combat life-debilitating health risks plaguing veterans.

## Summer Wellness

As the temperature continues to rise, it is important to adopt certain habits to maintain your health. The CDC has published the following [tips](#) to prevent chronic disease during the summer months:

- 1. Wear sunscreen and insect repellent.** Heat kills more than 600 people in the United States each year. Prevent heat-related illnesses like sunburns by wearing sunscreen, hats, and long sleeves when outside. The CDC also recommends staying out of the sun between 10 a.m. and 4 p.m. when UV rays are at their highest level. Wearing insect repellent will also prevent contracting viruses. Always apply sunscreen before insect repellent.
- 2. Drink water and avoid sugary or alcoholic drinks.** Increased sweating in the summer means we must be mindful about replenishing our losses. Proper hydration helps regulate body temperature, supports brain function and mood, and keeps our joints lubricated. Indicators of dehydration include dizziness, lightheadedness, dry mouth or lips, and infrequent urination.
- 3. Eat healthy foods.** Eating vegetables rich in minerals and moisture, like eggplants, help us rehydrate. Eating a variety of vegetables also boost your nutrient intake to support body functions and keep you energized.



### OUR IMPACT, TOGETHER!

Visit our website to learn more about how we've impacted more than 20,000 seniors and veterans through our outreach efforts.



Sustainability Matters

## Diana Gregory Outreach Services Receives \$110K Grant

The Local Initiative Support Corporation (LISC) and the Walmart Foundation have awarded Diana Gregory Outreach Services (DGOS) \$110,000 in a new initiative designed to expand access to healthy, affordable food in under-resourced and vulnerable communities.

The initiative, called the Equitable Food Access grant program, is the result of LISC and the Walmart Foundation's effort to fund community-based non-profits led by people of color.

"The Walmart.org Center for Racial Equity is committed to addressing disparities in health outcomes, and we know that access to nutritious foods is closely connected to health," said Naomi Gunnel, a director for the Center for Racial Equity. "The grant to LISC will help provide communities with more food and nutritious security."

The grant program is Walmart.org Center for Racial

Equity's response to the philanthropic gap facing organizations led by people of color. Although local organizations like DGOS are in the best position to tackle the social determinants of health that affect their communities, research shows Black-led nonprofits have unrestricted net assets that are 75 percent less than their counterparts. This grant program allows DGOS to make healthy food accessible and promotes economic development in black communities.

Since 2009, the mission of Diana Gregory Outreach Service has been to end food insecurity and malnutrition in senior and veteran communities throughout the Valley. By delivering fresh produce directly to the housing communities of those they serve, Diana Gregory and her team provide seniors and veterans with the opportunity to eat nutritious food. In addition, DGOS provides seniors and veterans with nutrition education and fitness classes to help them combat chronic illness.



Locally Grown Melons



Produce Ready to Be Distributed to Seniors



## Did You Know?

Arizona produces 12% of the nation's fruits and vegetables – third in the country – yet **one in every ten** Arizonans struggles with food insecurity. Food insecurity is the lack of consistent access to adequate food. Gregory's Fresh Market's delivery program helps combat food insecurity by bringing healthy produce directly to senior and veteran communities.



## Help us ensure that no senior or veteran goes to bed hungry.

*Take advantage of the AZ Tax Credit on your 2023 state taxes! Make your donation before April 15, 2024.*

The Arizona Charitable Tax Credit allows individuals to donate up to \$400 and couples to donate up to \$800 and receive the full amount back when filing Arizona State Taxes.

Charitable Tax Credits differ from tax deductions because they reduce the total Arizona state income tax you owe or increase the state income tax refund you receive, dollar-for-dollar when you file your taxes.

No itemization is needed to claim these credits. Just make a donation up to the \$400 or \$800 limits described above to DGOS, fill out the AZ form 321, include your receipt and receive your gift back dollar-for-dollar as a credit from the state! The Diana Gregory Outreach Service tax code is 21050.

Your funds will be used for direct program services for Seniors, Veterans and Grandparents Raising Grandchildren.

For more information, please consult a qualified tax advisor for personal tax advice related to your specific tax situation. Please visit the Arizona Department of Revenue for more information.

**Your Charitable Tax Credit dollars to Diana Gregory Outreach Services gives seniors and veterans a chance to be healthy.**

While hunger can impact anyone's health and well-being negatively, senior citizens are particularly vulnerable. According to the U.S. Department of Agriculture (USDA), it's not uncommon for older adults to go to bed hungry. Too many Arizonans living on fixed incomes (1 out of 7) go to bed hungry because they have to choose between paying for their medicine and buying food.



## Lookout for Our Refrigerated Van!



## Brain Workout

### Word Search

S U M M E R J K L G  
B H M L U G G F E V  
C S I O O K F A M K  
U H D P N C T K O F  
C T E I R S A N N R  
U Z S U E O O L S E  
M W E Z P J D O L S  
B X R I B V C U N H  
E X T N P J L Q C Z  
R Z H E T S U E R E

cucumber  
lemons  
fresh

produce  
summer

monsoon  
desert

local

### Word Scramble

OVDOACA \_\_\_\_\_  
UNERSCNSE \_\_\_\_\_  
HMIDU \_\_\_\_\_  
ESSOAN \_\_\_\_\_  
STICAPRO \_\_\_\_\_  
GATELNPG \_\_\_\_\_  
ISSUNNEH \_\_\_\_\_  
MAERKT \_\_\_\_\_

### TWO WAYS TO GIVE:

#### ONLINE

Make a donation by website.  
Select the donate button.

[dianagregory.com](http://dianagregory.com)

#### MAIL

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# THANK YOU