

Food for the Soul

Your monthly update on the Seniors and Veterans we serve Through Arizona's Mobile Farmers Market

Issue 1, October 2020



Veggies for Veterans Volunteer Opportunities

Thursday, September 24, 2020
Victory Place
850 East Jones Avenue
Phoenix, AZ 85040

Thursday October 22, 2020
Victory Place
850 East Jones Avenue
Phoenix, AZ 85040

Thursday November 19, 2020
Victory Place
850 East Jones Avenue
Phoenix, AZ 85040

Thursday December 17, 2020
Victory Place
850 East Jones Avenue
Phoenix, AZ 85040

Celebrating 10 Years

A little over ten years ago, Gregory's Fresh Market saw a need to provide seniors living in food desert areas with access to fresh produce. We got started in a Nissan pickup truck—one truck, five senior affordable/independent living buildings, five hundred seniors, and one volunteer.

We needed a produce supplier. I visited seven. On that seventh visit, Peddler's Son Produce & Provisions said "yes" to supporting our mission and that is how our first partnership began. Seven years later, when we needed another van, BHHS Legacy Foundation said "yes" to supporting our mission and providing a van.

Today, we serve over 8,000 seniors annually. But, there are over 100,000 seniors 65 and older that live below the poverty level in Maricopa County. We still have much work to do. With your support, we can serve more. We thank our sponsors, donors and volunteers.

Support our mission by donating to www.dianagregory.com/donate

Main Location: 1934 E Camelback Road, Suite 120-22 Phoenix, AZ 85016

Find us on Twitter @Gregory_Fresh and Instagram @gregorysfreshmarket

~Diana Gregory, CEO



Our Mission:

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

www.dianagregory.com



Combating Covid-19

How Gregory's Fresh Market abides by health and safety guidelines in order to continue serving Arizona Seniors and Veterans

The Arizona Department of Economic Security alone records more than 700,000 Arizonans currently reside in food deserts. Residents that reside in rural and urban areas with limited access to healthy produce largely rely on food delivery services for nourishment, and more specifically rely on food service organizations for economic food options.

Gregory's Fresh Market, a division of Diana Gregory Outreach

Services, is Arizona's mobile farmers market dedicated to ending hunger and malnutrition among the vulnerable populations in Arizona. We bring the produce directly to the housing facilities, and in doing so we provide independence for seniors and veterans who lack mobility and nutritious food options.

The social distancing and stay-at-home-orders resulting from the 2020 Coronavirus (COVID-19)

pandemic has left many of these vulnerable populations without the necessary services they require. For the time being, the CDC required health and safety measures have halted our fitness classes, nutrition education programs, and on-site farmers markets. However, these obstacles will not prevent us from serving our seniors and veterans.

Gregory's Fresh Market has reenvisioned our delivery model. Our team works each day to

"He who has health has hope; and he who has hope has everything."

—Thomas Carlyle

prepare individually packaged bags of produce while wearing food safe gloves and respiratory protection masks. By preparing the bags off-site and delivering to each housing office, the Gregory's Fresh Market team is able to limit contact with residents and decrease the chances of infecting susceptible individuals. Delivering the prepackaged

produce directly to senior and veteran communities also decreases their risk of infection from traveling on public transportation and shopping at the grocery store.

With the help of many wonderful sponsors, donors and volunteers, Gregory's Fresh Market it able to provide these fresh bags of produce to the seniors and veterans at no



cost. Improving our delivery system has limited the time Arizona's vulnerable communities go without necessary services, and allows Gregory's Fresh Market to continue working to enrich the lives of Arizona's seniors and veterans.

Spotlight: Angela Banks

Service Coordinator of Tanner Terrace Apartments in Glendale, AZ, Ms. Angela Banks has partnered with Gregory's Fresh Market for 8 years. Ms. Angela has been a dedicated advocate for the health and wellness of the residents under her care.



What does the role of Service Coordinator mean to you?

“For me, being a Service Coordinator represents servant-leadership. After closing my companies, I was blessed with the opportunity to become a Service Coordinator. This role and its functions have taught me how to serve others and develop purposeful leadership. In serving seniors and developing purposeful leadership, I have become a better person.

As Service Coordinator for Tanner Terrace, I was hired on August 15th, 2011. With this remarkable facility, on August 15th, 2020, I will have been here nine years.”

What does Health and Wellness mean to you?

“I believe health and wellness are connected to the whole person. A whole person consists of a mind, body, and spirit. Therefore for health and

wellness to make us whole, we have to connect health and wellness to our truth and determination for the greater good.”

How have your residents been coping with the necessary precautions our society is taking to slow the spread of the Corona Virus?

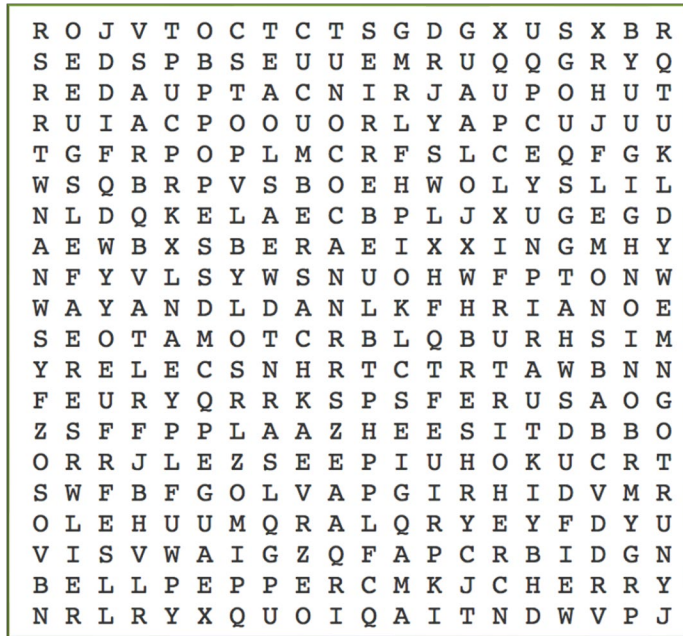
“Through the invaluable support of Gregory's Fresh Market and Family Tree HealthCare, on June 8th, 2020, our facility was blessed to provide up to 71 free COVID-19 screenings. Due to COVID-19 precautions, our senior population is considered a vulnerable population. For so many of them, they have not been able to get out, let alone have a regular visit with their doctor's office. Therefore, in many respects, the COVID-19 screenings were their only means of getting screened for the virus.

Along with getting screened for the virus, our residents were given instructions from the CDC in what to do if they were sick. After each of our residents was tested, Gregory's Fresh Market also provided them with a free produce bag. To reiterate due to COVID-19 precautions, many of our residents have had a difficult time getting to the grocery store. Therefore, their ability to receive free, fresh and nutritious produce is a blessing.”



Thank you for your dedicated service
Ms. Angela!

Brain Workout

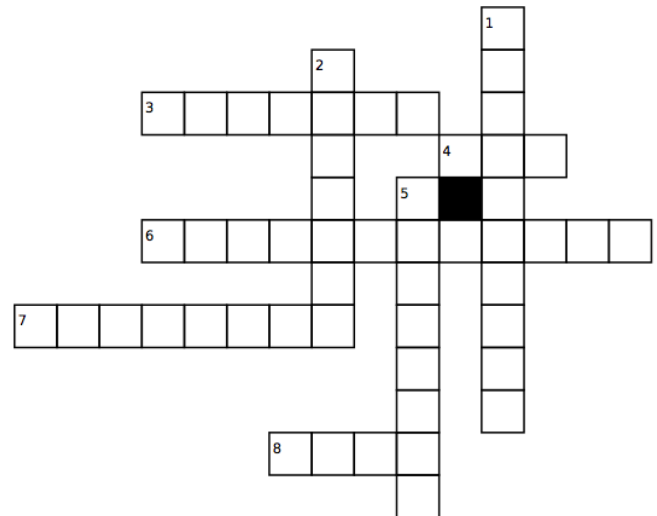


Down:

1. You should eat at least 5-7 servings of this fresh food everyday.
2. A vegetable that promotes good eye health and gets its orange color from vitamin A.
3. This vegetable consists of clusters of thick leaves forming a round globular shape.
4. Type of food that is considered both a protein and a vegetable.
5. Fruits are rich in his health benefiting property.
6. Fruits and vegetables provide your body with this type of phyto-chemical that boosts immunity and protects against cancer.
7. A type of food that is often considered a vegetable but is scientifically a fruit
8. Dry fruits are high in this mineral.

Across:

3. This vegetable consists of clusters of thick leaves forming a round globular shape.



- | | | |
|-------------|------------|--------------|
| Avocado | Cherry | Onion |
| Bell Pepper | Coconut | Pears |
| Blueberries | Cucumber | Red Apples |
| Broccoli | Grapefruit | Squash |
| Carrots | Grapes | Strawberries |
| Celery | Lemons | Tomatoes |

Update from the Farm:

We have a water tank! BHHS Legacy Foundation, an Arizona charitable organization whose philanthropic mission is to enhance the quality of life and health of those it serves, has gifted Gregory’s Fresh Market with a 2,500-gallon water tank.

The new water tank will double our crop for seniors and veterans, allowing our team to supply larger quantities of fresh, nutritious produce to those we serve.



Furthermore, the new water tank will ensure environmental sustainability by utilizing water from natural resources, like rain, without limiting water resources for others. Storing water in our new tank will also guarantee the crops have consistent access to fresh water during times when there may be water restriction or drought.

Thank you BHHS Legacy Foundation!

Monthly Memos

Gregory's Fresh Market is working hard to reduce food insecurity throughout the Valley. On 9/11, we wanted to honor and celebrate our Veterans. With the help of Fry's, over 200 bags of fresh fruits and vegetables were distributed to Veterans at the V.A Hospital.

Diana Gregory:

“We know how challenging it can be for residents living in food deserts -- rural and urban areas with limited access to healthy produce. Our delivery service eliminates potential food insecurity issues by bringing nutritious produce, free of cost, directly to these vulnerable communities while also promoting social distancing and limiting the risk of coronavirus infection for senior or veteran recipients. This delivery program has enabled Gregory's Fresh Market to expand our capacity, serve more seniors and veterans in over 60 independent living facilities and streamline our organization.” Since April 20th, over 4,000 bags have been distributed and Gregory's Fresh Market shows no signs of slowing down anytime soon!

Reminder to...**VOTE NOVEMBER 3rd!**

October 5th is the last day to register to vote!

October 23rd is the last day to request a mail in ballot!

Mail in your ballot by **October 27th** to make sure your vote counts!



Tax Credits!

EIN # 27-1030793

QCO Code: 21050

United Way Designated Number: 59973





Thanks For Helping Gregory's Fresh Market Combat Food Insecurity During The Pandemic.

AARP

Albertson's Safeway

American Heart Association

**African American Women's
Giving and Empowerment Circle**

APS

Arizona Complete Health

Arizona Community Foundation

Arizona Lottery

BHHS Legacy Foundation

**Blue Cross Blue Shield of
Arizona**

**Black Philanthropy Initiative
Carstens Family Funds**

**Dignity Health – St. Joseph's
Hospital and Medical Center**

Family Tree Health Care

Ibis Foundation of Arizona

**Kroger Foundation & Fry's
Food Stores**

Mission of Mercy Arizona

**Peddler's Son Produce &
Provisions**

Phoenix Rotary 100

**Rob & Melani Walton
Foundation**

SRP

**African American Cultural
Committee (AACC)**

State Farm

Sundt Foundation

Thunderbird Charities

**Virginia G. Piper Charitable
Trust**