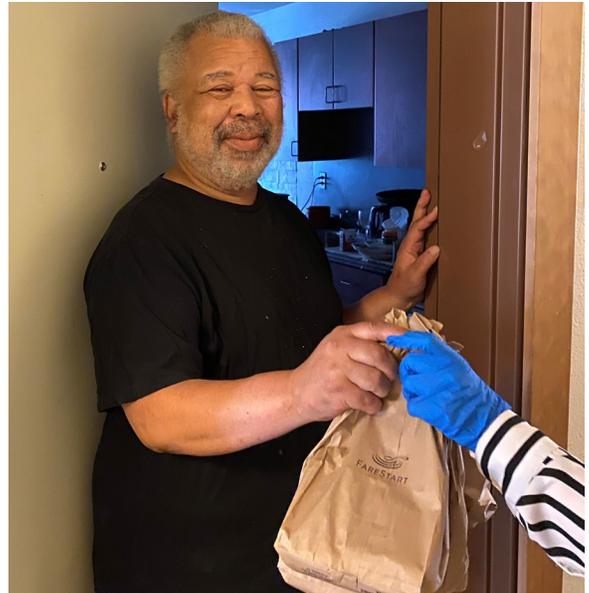




# A Nutritious Road to More Stable, Permanent Housing

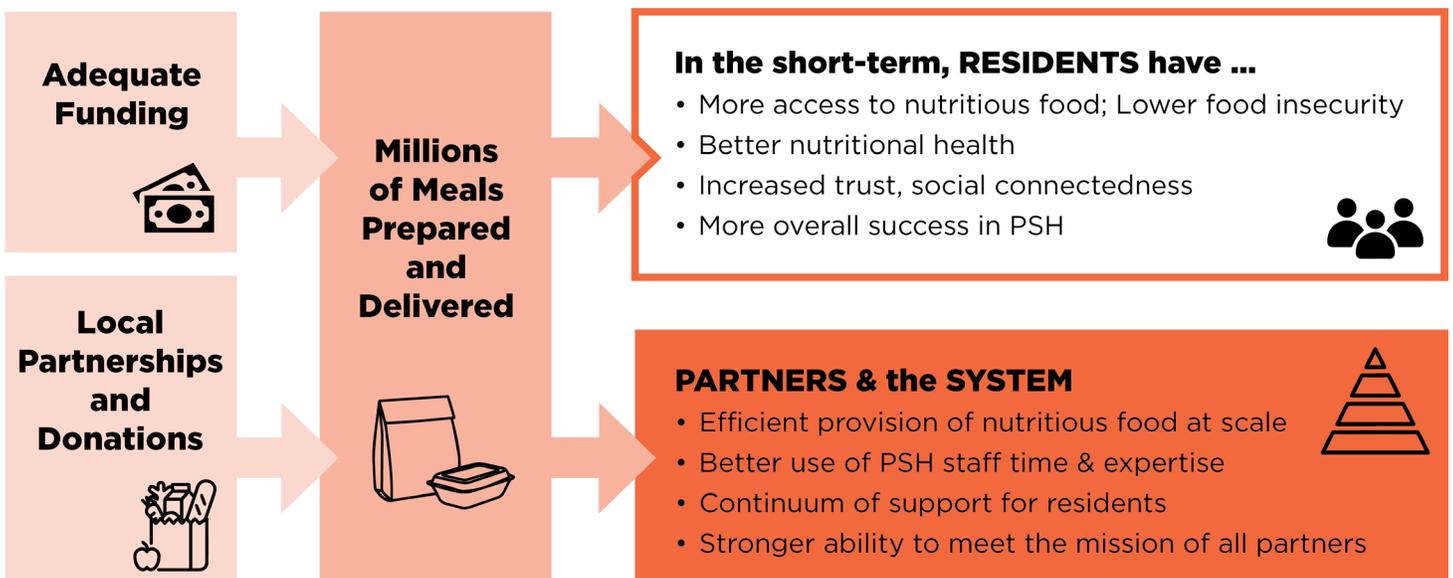
FareStart has worked to reduce food insecurity for over 30 years, providing millions of healthy, prepared meals to neighbors in need. In response to the COVID-19 pandemic, FareStart expanded its meal production to ensure Seattle area residents in permanent supportive housing (PSH) sites could safely access nutritious food. The PSH program has delivered millions of fresh meals since then, and residents and partners rely heavily on it to meet their daily needs.

The benefits of the meals extend beyond the COVID-19 pandemic. Since 2021, FareStart has worked with DESC, Plymouth Housing and The Center for Community Health and Evaluation (CCHE) to evaluate the impact of FareStart meals. CCHE interviewed program residents and frontline staff and researched similar programs. Results from the evaluation indicate prepared meals improve short-term outcomes for both residents and housing partners, and suggest potential longer-term, lasting outcomes that benefit the broader community.



## SHORT-TERM IMPACTS

**Results from the study indicate that the PSH meals program is improving short-term outcomes for both residents and housing partners.**



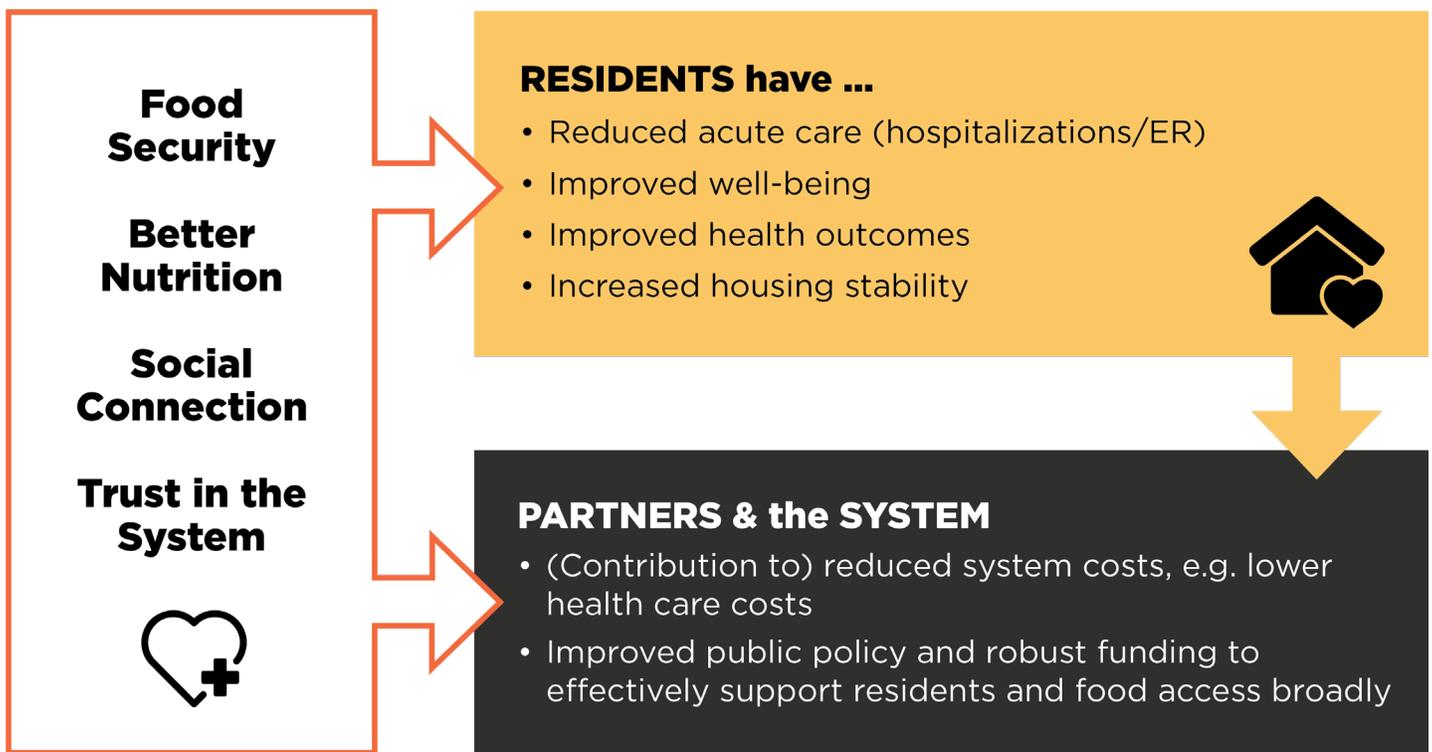
The well-balanced meals provide food security when physical access and/or preparation is difficult and resources are limited.

The meals have a profound effect on residents' sense of well-being, decreasing stress and food-related anxiety.

The nutritious, well-balanced food delivered to residents' homes facilitates healthier outcomes and stronger social connections.

## LONG-TERM IMPACTS

**These findings indicate the strong potential for broader long-term, positive outcomes such as improved health and well-being.\***



***“I need these meals because I have no alternative food sources.”***

***“The knowledge that food will be there for them is emotionally important, they can always rely on FareStart meals.”***

***“The food is healthy and makes me feel healthy. I like that it has protein and vegetables.”***

***“All of the residents have experienced food insecurity while they were homeless, and having prepared meals is huge in alleviating their fears. It helps them understand their housing situation is safe and permanent.”***



\*Potential outcomes demonstrated by similar programs with varying strength of evidence.

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