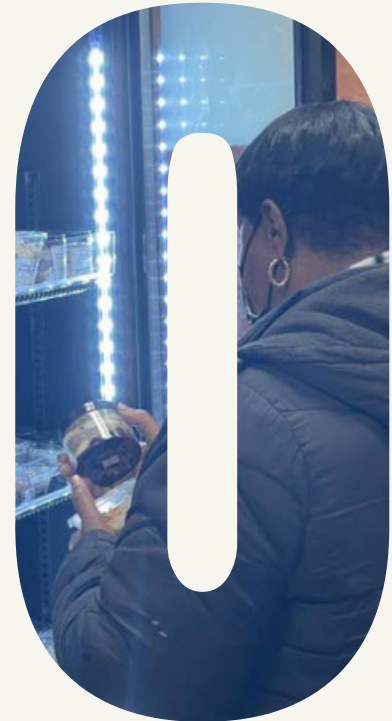


DIGNITY DEFINED: EMPOWERING COMMUNITY THROUGH THE UJAMAA CAFE





DEFINING DIGNITY

Food is a powerful bridge for care, empowerment, and connection. Through food, we learn cultures, the histories of civilizations and languages, we preserve culture, and build communities of care.

The Ujamaa Cafe and the accompanying community refrigerators were born out of a need to make healthy food accessible, in and with community, using technology as a key mechanism for customization for nutritional equity.

The state of hunger in America is a symptom of two ills: a system of poverty care impacting Black and brown communities the most and a disease care model that perpetuates the management of disease versus well-being. Both models affect the care, health, and thrival of low income communities of Color the most who report the highest rates of preventable chronic illness. Healthful nutrition that includes access to a healthy diet and care services in childhood through adulthood can intercept these rates; however, poverty, financial insecurity, and a host of intersecting factors impact nutritional and health equity.

The Ujamaa Cafe community refrigerators are a move for health. A move for nutritional equity. And a move for the dignified treatment of families and individuals residing in food and exercise apartheid communities requiring financial, political, and social reinvestment, advocacy, and justice due to being intentionally forgotten and marginalized.

Coalition Equity has proven that within these locations, there is a need and preference for healthier food options, wellness resources and information if only the help is provided in dignity and aligned with community values. The coalition doesn't change. We enhance, learn, and build a community of health together.

A special thank you to all our supporters, funders, community partners, affiliates, and dreamers who have lived and toiled in the work of Ujamaa with us. Our harvest is one that is reshaping food security advocacy , community, and health equity.

D r e a m i n g T o g e t h e r ,

Dr. Leeja Carter

Founder & CEO



DEFINITION OF TERMS

Language is powerful and is a tool for collective power and change. In reading Dignity Defined, we want to ensure readers' understanding of Ujamaa's impact is through the lens of community, care, and justice. The below terms is not exhaustive but provides an introduction to CFHE's and Ujamaa's work for common language and understanding.

NJEDA Block Group Food Desert Factor Score

A block group food desert factor score is a composite metric used to evaluate the presence of food deserts in a specific geographical area, typically at the block group level. It considers factors such as proximity to grocery stores, the availability of healthy food options, income levels, transportation access, and demographics, providing a quantitative measure of the likelihood that an area lacks adequate access to affordable and nutritious food.

Food Apartheid

Systemic and structural inequities in access to healthy, affordable, and culturally appropriate food, often resulting from historical and social injustices, disproportionately impacting marginalized communities.

Food Desert

A food desert is an area, typically urban or rural, where residents have limited access to affordable and nutritious food, often due to a lack of grocery stores or other sources of fresh and healthy food within a reasonable distance.

Food Preference

Food preference refers to an individual's liking or favoring of specific types of food, flavors, or culinary choices based on their personal taste, cultural background, dietary restrictions, or sensory preferences.

Food Security

Food security exists when all people, at all times, have physical and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

Low to Moderate Income %

The proportion of individuals or households within a given population whose earnings fall within a specific income range, usually below the area's median income but above the poverty line. This percentage helps assess economic disparities and eligibility for various assistance programs and social services.

Nutrition

Nutrition is the science and practice of consuming, absorbing, and utilizing the nutrients and substances found in food to maintain and improve health, growth, and overall well-being. It encompasses the study of the various components of food, their functions in the body, and how dietary choices impact human health.



UJAMAA CAFE HISTORY

Ujamaa Café was piloted in May 2022 with our first community partner location: the Hudson Pride Center in Jersey City, NJ. The Ujamaa Cafe was the first mobile health cafe to provide a diverse menu of grab-and-go meal, snack, and beverage options sourced from CFHE's local restaurant affiliates, including BIPOC, women, and immigrant-owned small businesses. From this seed, Ujamaa has since expanded. It now provides cashless, de-surveilled grab-and-go vending options with health forward, pre-made breakfast, lunch, snack, and beverage options that co-create liberatory health systems steeped in care, respect, trust, and reciprocity to transform health for all within the communities we serve.

Our refrigerators bring Ujamaa or "brotherhood" in Swahili, deeper into our communities to meet patrons directly where they are in a manner that aligns culturally, making food accessible and inclusive, increasing nutritional health and literacy. All Ujamaa refrigerators are located within a community agency that provides open access to our Ujamaa.

In addition, through partnerships with local small businesses, each Cafe supports the local small business economy through strategic partnerships with food businesses and entrepreneurs whose inventory we regularly stock in our Ujamaa Cafés.



CLOSING THE GAP.

Since its inception, the Ujamaa Cafe community refrigerator program has been the foremost innovation on community-driven and data informed food security and healthy equity delivery in the region through a community action and economic justice framework.



8733 meals served

Since 2022, the Ujamaa Cafe program across 7 locations, has provided 8733 healthy snacks and meals to patrons in New Jersey and Philadelphia.



7 Ujamaa locations served

Ujamaa Cafes are located in medical centers, community centers, food pantries, and youth organizations, including Hudson Pride Center, Kismet of Kings, North Jersey Community Research Initiative (NJCRI), Penn Presbyterian's Abramson Cancer Center, St. Luke CDC's Food and Clothing Center, and United Passaic Organization's community pantry sites.



41 diverse food options

41 diverse food options have been offered across the Ujamaa Cafe locations. Qualitative and quantitative data retrieved from user transactions and customer surveys informs Ujamaa Cafe restocking along with new product development.



8 Ujamaa Cafe Affiliates

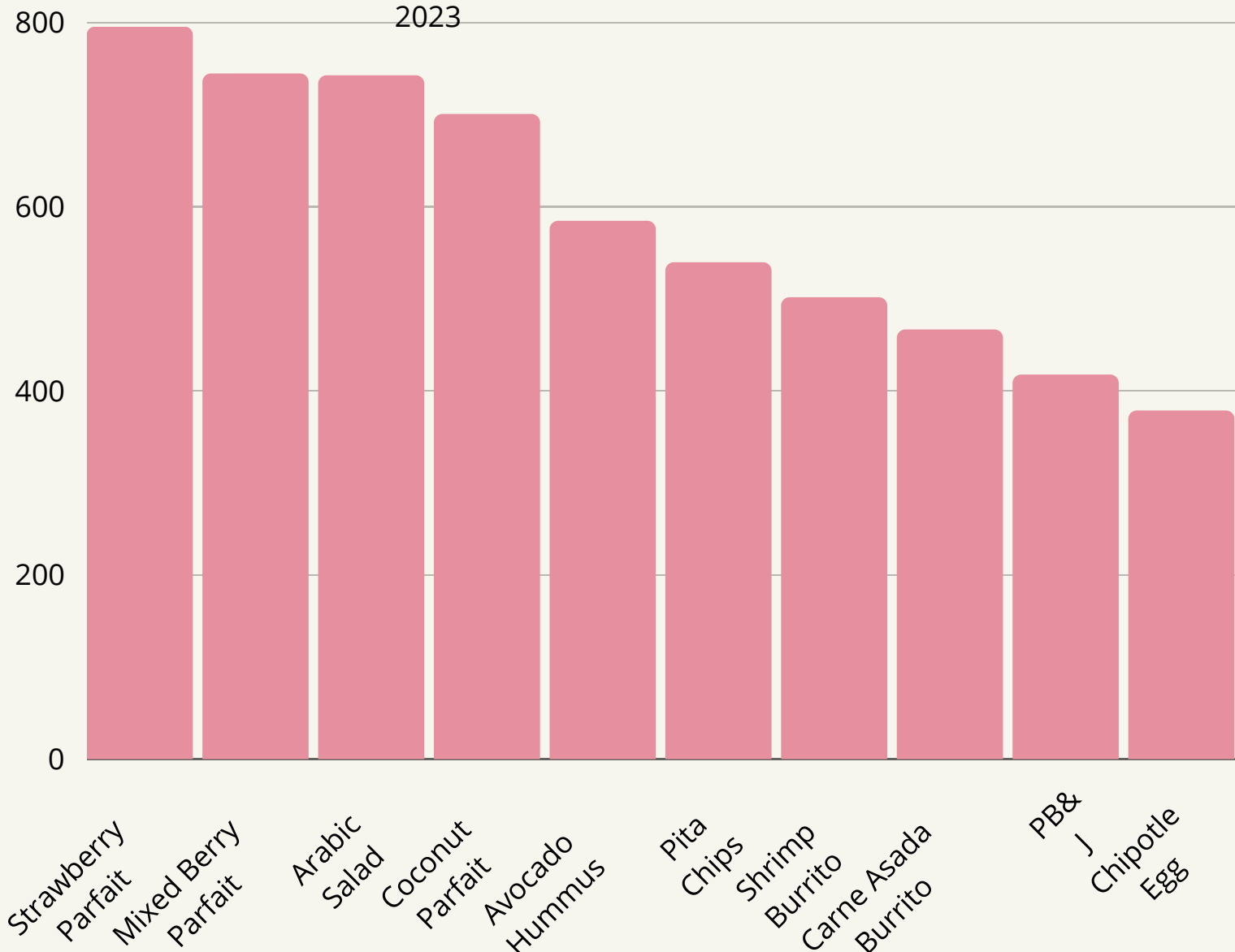
Coalition Equity partners with local food operators and restaurants whose healthy food items are shelved within one or more Ujamaa Cafe locations based on the cultural preferences and need of that Ujamaa Cafe site location.



IT'S GIVING YUM.

We put the yum in healthy. Since 2022, the Ujamaa Cafe program has provided a rotating menu of food items sourced from small businesses to close the gap on food insecurity, increase nutrition literacy while advancing the missions of local community partners. Informed by qualitative and quantitative data, improvements on food offerings are made to meet the healthy food preferences of the community.

■ Top 10 Ujamaa Cafe Items 2022 - 2023



Dignity Defined:

Empowering Lives through the Ujamaa Cafe™
Community Fridge Program



COALITION
FOR FOOD AND HEALTH
EQUITY

Ujamaa Cafe

Current Locations -New Jersey



Ujamaa @Hudson Pride Center

3000 John F. Kennedy Blvd, Suite 306
Jersey City, NJ 07306
201-963-4779



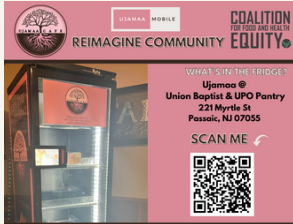
Ujamaa @NJCRI Newark's Pride Center

17D Academy St, Newark,
New Jersey, 07102
973) 483-3444



Ujamaa @ Union Baptist & UPO Pantry

221 Myrtle Ave
Passaic, New Jersey 07055
973-472-2478



Ujamaa @St. Lukes Food & Clothing Center

269 Fair St, Paterson
New Jersey 07501



Ujamaa @King of Kismets

221 Monticello Ave
Jersey City, NJ 07304



Ujamaa Cafe

Current Locations -Pennsylvania



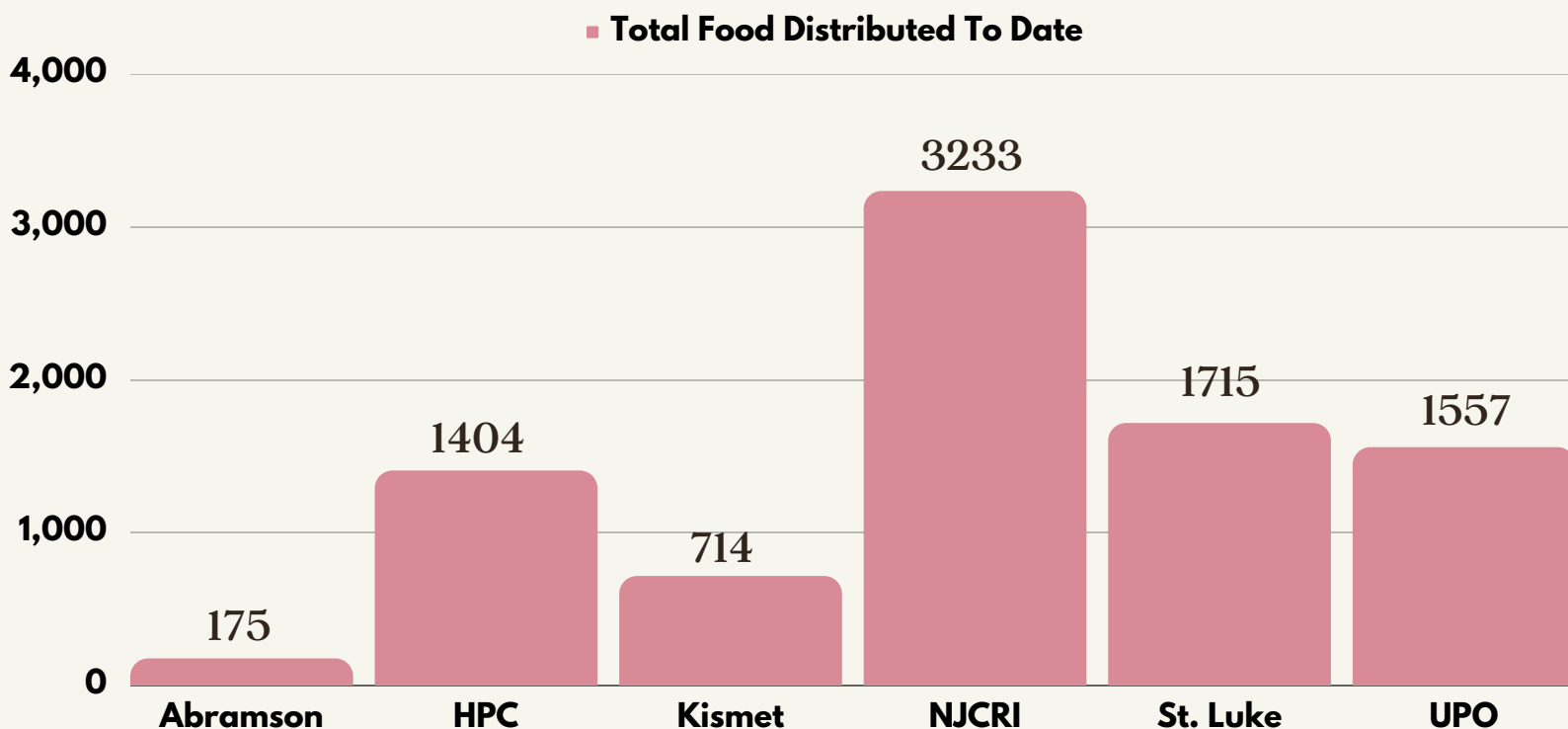
Ujamaa @Penn Medine's Abramson Cancer Center

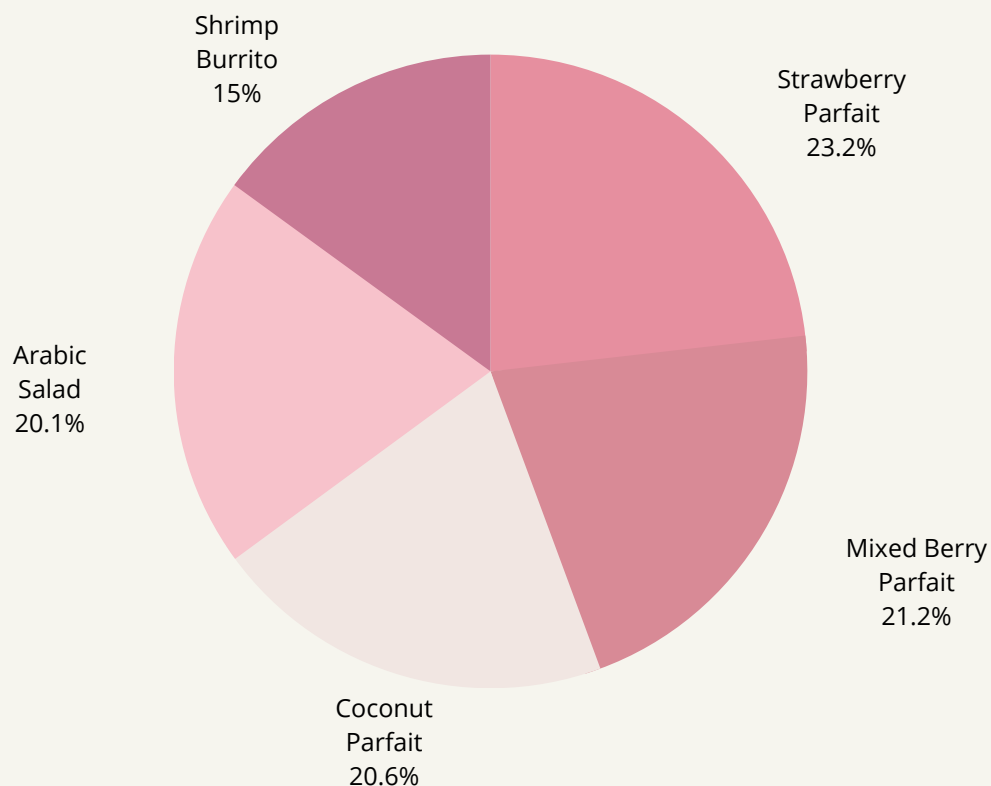
51 N. 39th Street Pavilion for
Advanced Care, First Floor,
Philadelphia, PA 19104



Ujamaa Cafe Across 6 Sites

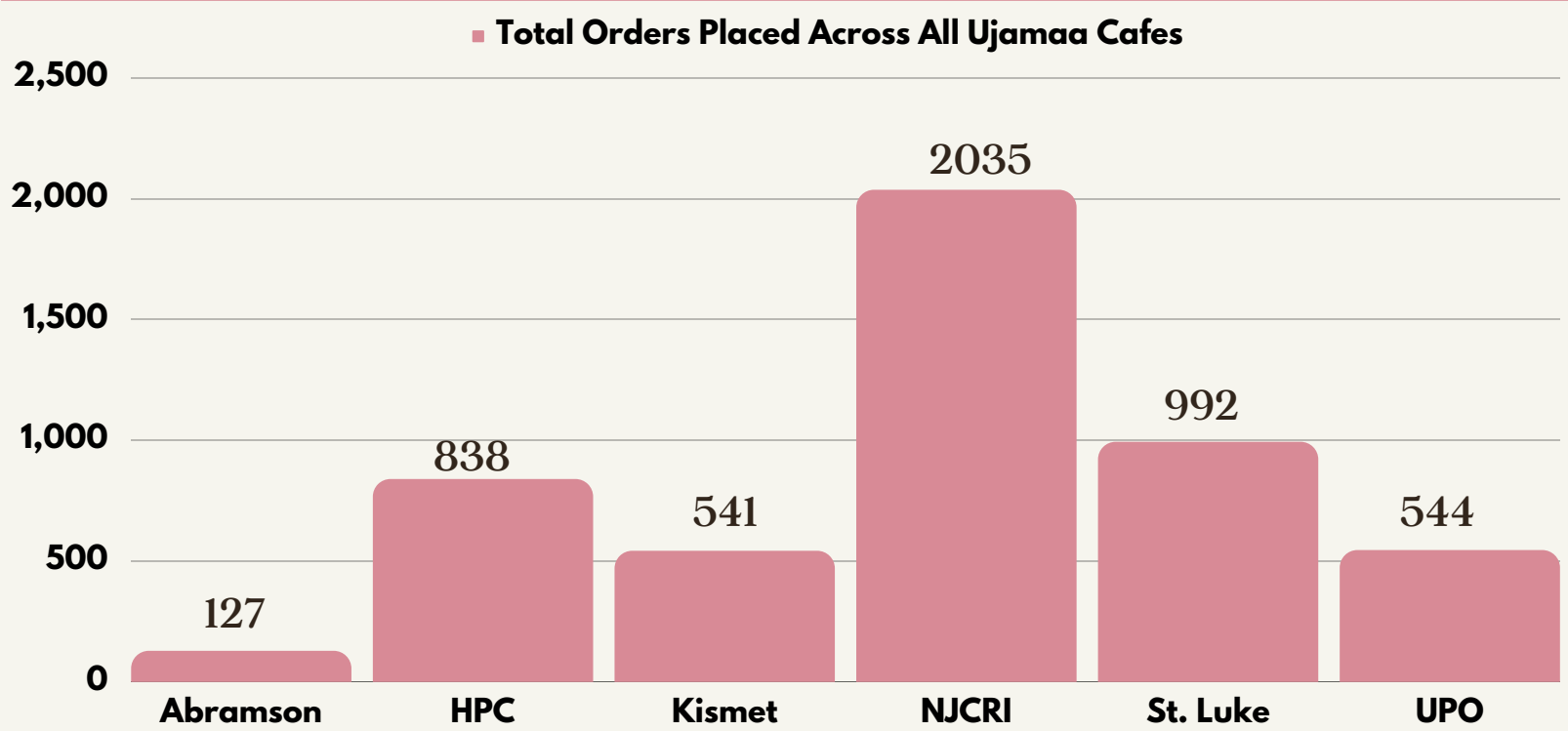
Since 2022, the Ujamaa Cafe community fridge program served 8798+ health-forward, premade meals and beverages from local restaurants to individuals residing in Jersey City, Passaic, Newark, and Paterson New Jersey along with Philadelphia, Pennsylvania.





Ujamaa Top 5's
Across all 6 Ujamaa Cafe locations between 2022 - 2023, the pie chart illustrates the most preferred food items.

5077 orders were placed through all fridges indicating a high degree of need and preference for fridge items.





Ujamaa Cafe at the Abramson Cancer Center

The Ujamaa Cafe™ at PPMC's Abramson Cancer Center provides free access to fresh, healthy, premade items to patients at the Abramson Cancer Center. The Ujamaa Cafe at Abramson Cancer Center focuses on plant-based shakes, snacks, and breakfast options with natural sweeteners.

Ujamaa Cafe at Abramson Cancer Center
51 N. 39th Street Pavilion for Advanced Care,
First Floor,
Philadelphia, PA 19104

Ujamaa Cafe at Abramson Cancer Center, Philadelphia, PA

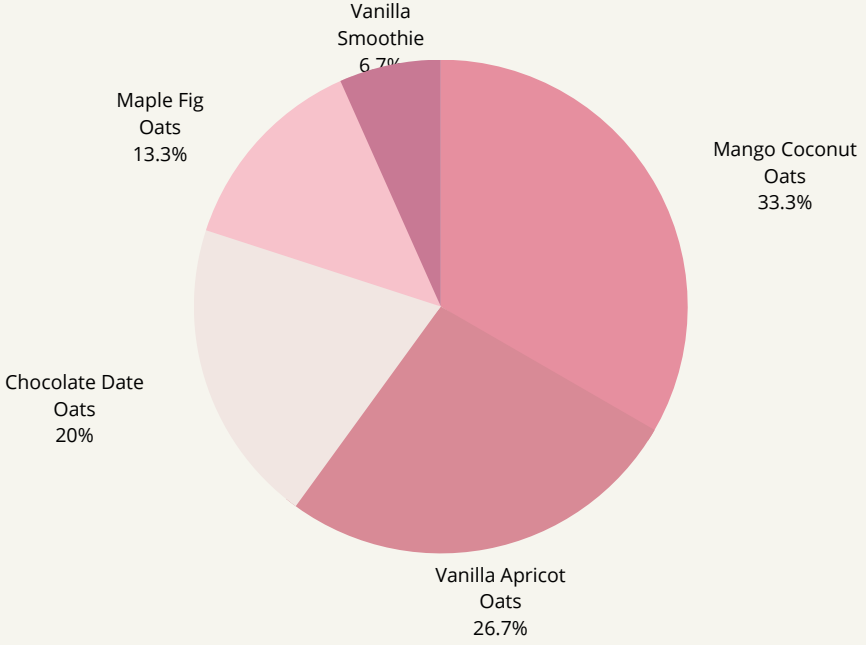


Date launched: June 2023
 NJEDA Food Desert Factor Score: N/A
 LMI%: 76.7

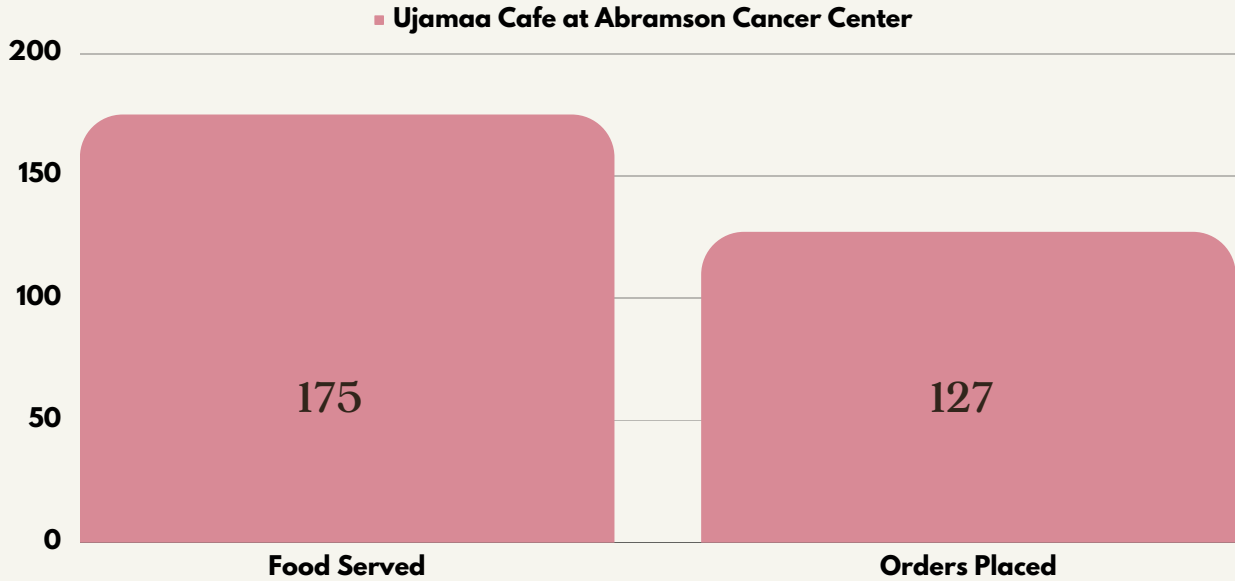
Abramson's Top 5's

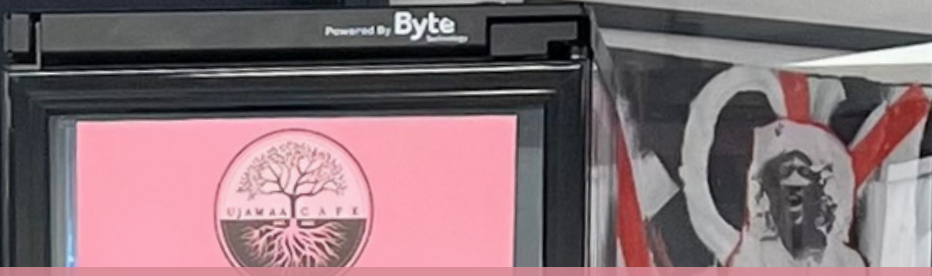


Vanilla Protein Smoothie
 Garnish



“We get real mangoes!”
 — Ujamaa Cafe Patron at Abramson





"Hudson Pride Center is truly grateful and honored to have a longstanding partnership with the Coalition for Food & Health Equity over the past few years. Having the Ujamaa Community Refrigerator in our brand new center home in Journal Square is a much needed free support service for so many LGBTQ+ community members in need of daily meals. The Ujamaa Refrigerator partnership solves decade old problems of not being able to provide consistent healthy meals to our members on a daily basis." Elizabeth Schedl , Executive Director

"In addition to this specific partnership, we at Hudson Pride have grown extremely close to the team at the Coalition for Food & Health Equity and have partnered on a large number of events to help bring free healthy meals to the LGBTQ+ community across Hudson County. With a similar mission in mind, to help as many people in need as possible, the Coalition for Food & Health Equity team has become part of the Hudson Pride family."

Elizabeth Schedl, Executive Director

Ujamaa Cafe at Hudson Pride Center Jersey City, NJ

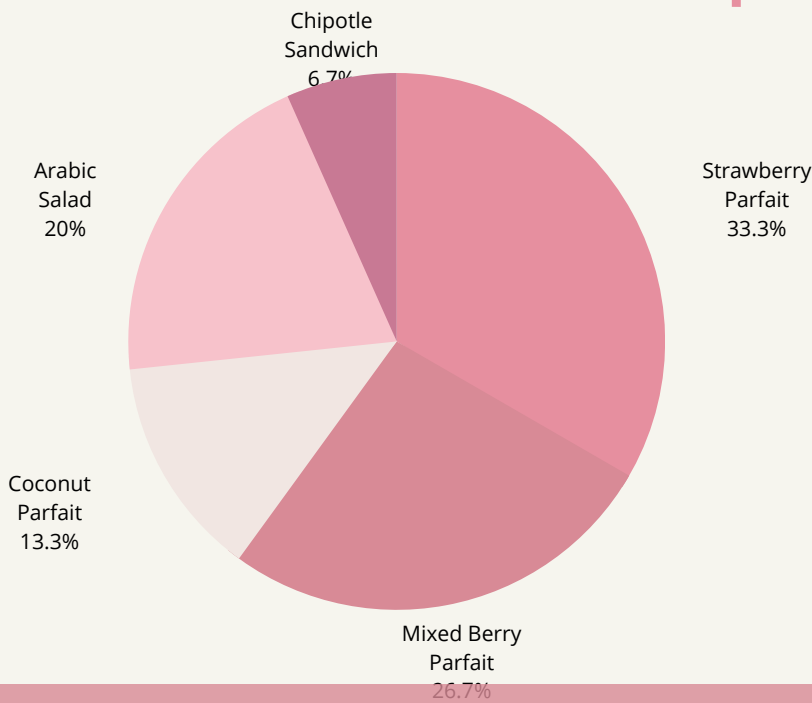


Date launched: May 2022

NJEDA Food Desert Factor Score: 52.6

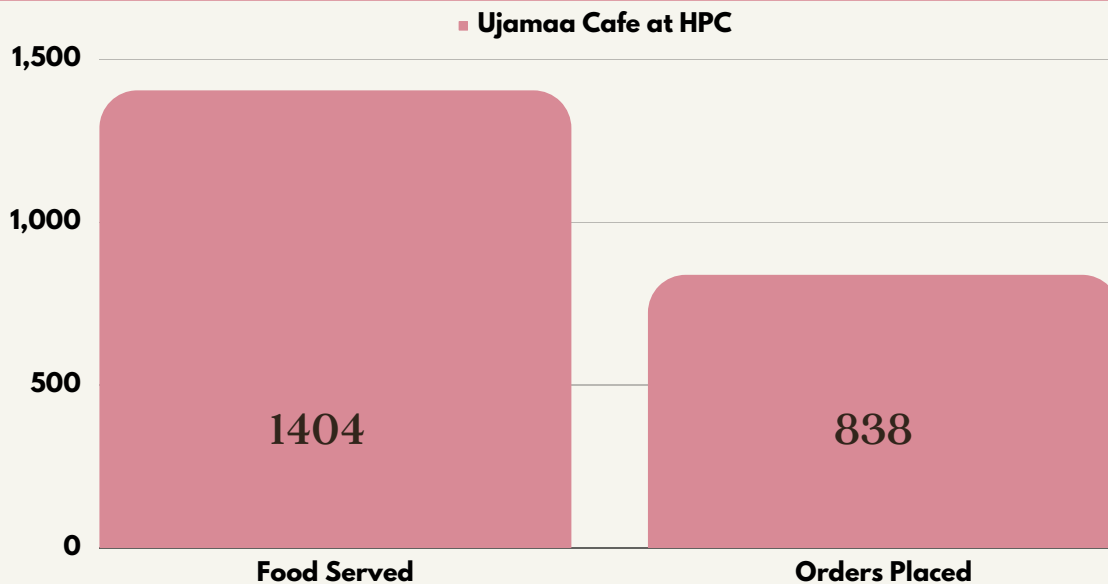
LMI%: 71.89

Hudson Pride Center's Top 5's



Mixed Berry Parfait
Cafe Peanut

The Ujamaa Cafe at Hudson Pride offers members free meals and snacks in a safe and affirming environment. The HPC family have a high preference for seasonal parfait flavors and breakfast items promoting the creation of seasonal parfaits and the Chipotle Egg Sandwich.





“Kismet of Kings and the Ujamaa fridge are like my food heroes! It's not just about meals; it feels like being part of a big, caring family that makes sure I get yummy food every day. I come to the program because of the [Ujamaa] fridge and it lets me focus on growing up and being [the best version of] myself, surrounded by awesome people who really, really care.”

Daniel Bel, Kismet of Kings

Ujamaa Cafe at the Kismet of Kings

Kismet of Kings is an afterschool program dedicated to empowering black and brown male students ages 11-18 years old from low-income and underserved neighborhoods.

Ujamaa Cafe at the Kismet of Kings
221 Monticello Ave., Jersey City, NJ 07304

Ujamaa Cafe at Kismet of Kings Jersey City, NJ

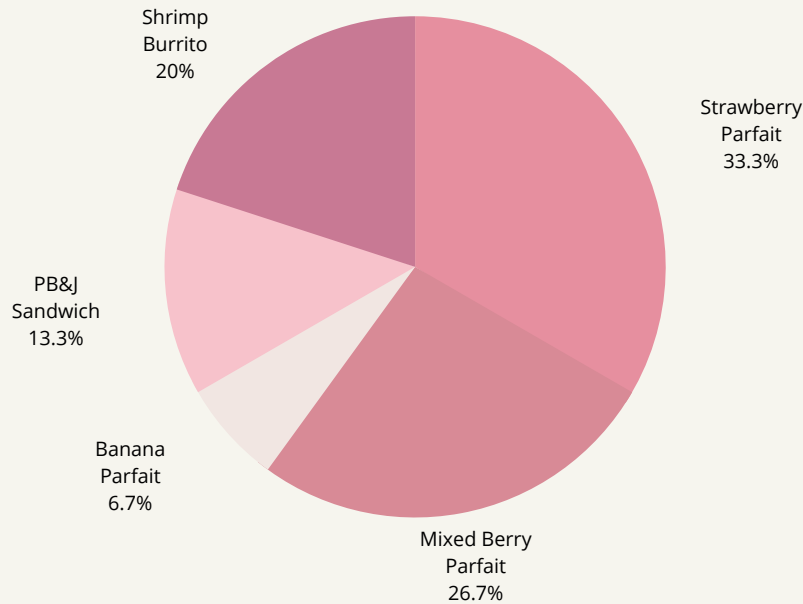


Date launched: April 2023

NJEDA Food Desert Factor Score: 52.2

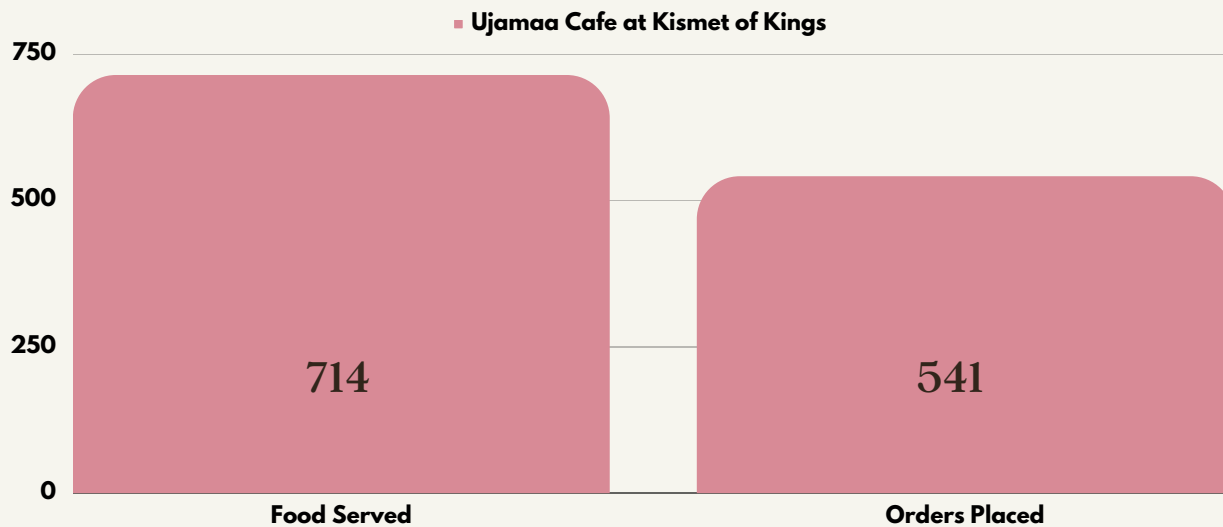
LMI%: 70.16

Kismet of King's Top 5's



**PB&J Sandwich
Cafe Peanut**

Kismet youth have been vocal about their nutritional needs and preferences. Youth's feedback resulted in the creation and addition of Grape PB&J sandwiches, better containering for all parfaits for increased granola crunch/freshness, and the Garnish chocolate oat milk.





Ujamaa Cafe at St. Luke Food Pantry
269 Fair St., Paterson NJ 07501



Ujamaa Cafe at St. Luke Food Pantry Paterson, NJ

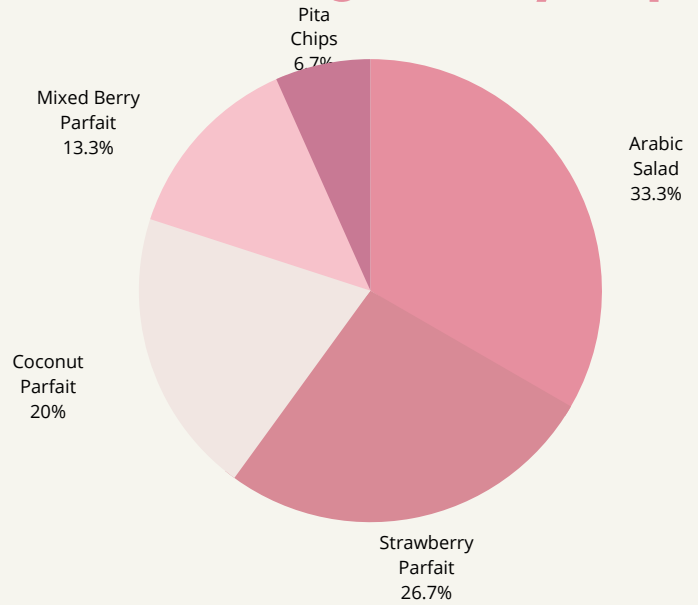


Date launched: December 2022
NJEDA Food Desert Factor Score: 74.3
LMI%: 96.04

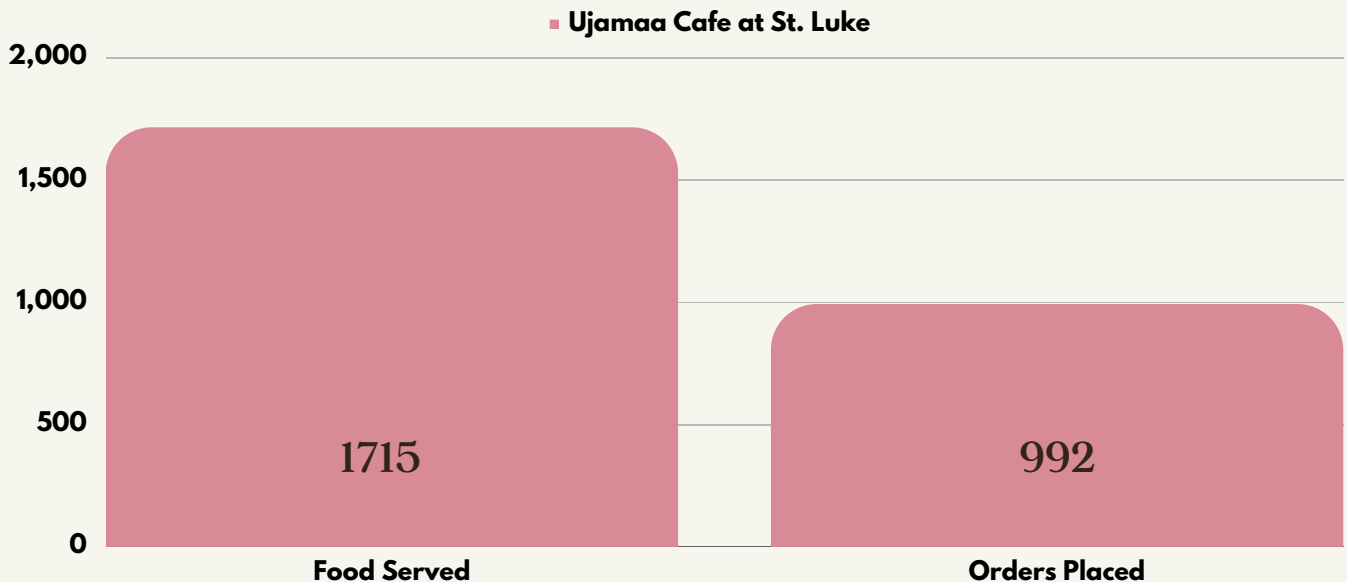
St. Luke Food and Clothing Pantry Top 5's



Arabic Salad
Pita Square



The Ujamaa Cafe in the St. Luke Food & Clothing Pantry provides pantry clients a diversity of food options to meet their cultural preferences and dietary needs. The Cafe's technology also provides additional information on traffic within the pantry and clients' dietary needs.

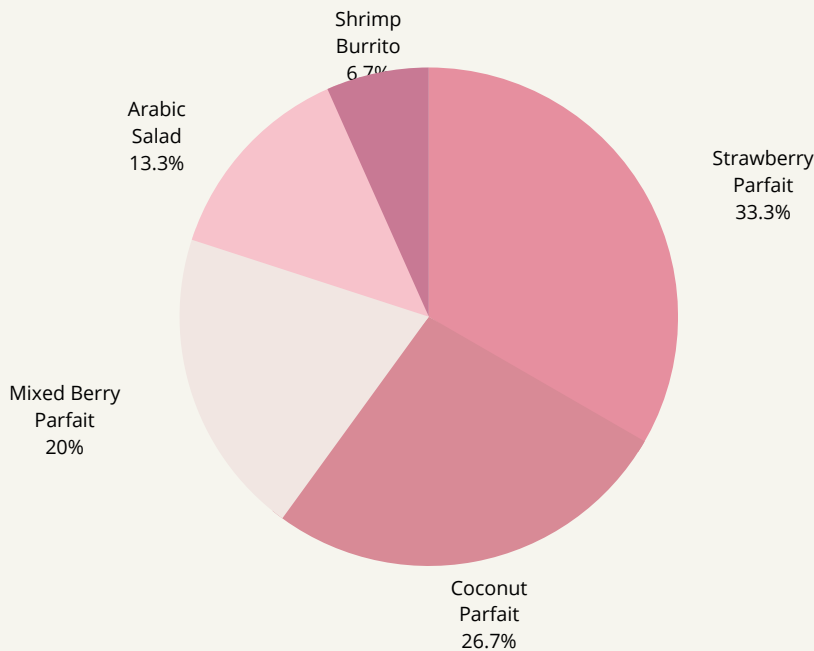


Ujamaa Cafe at New Jersey Community Research Initiative Newark, NJ



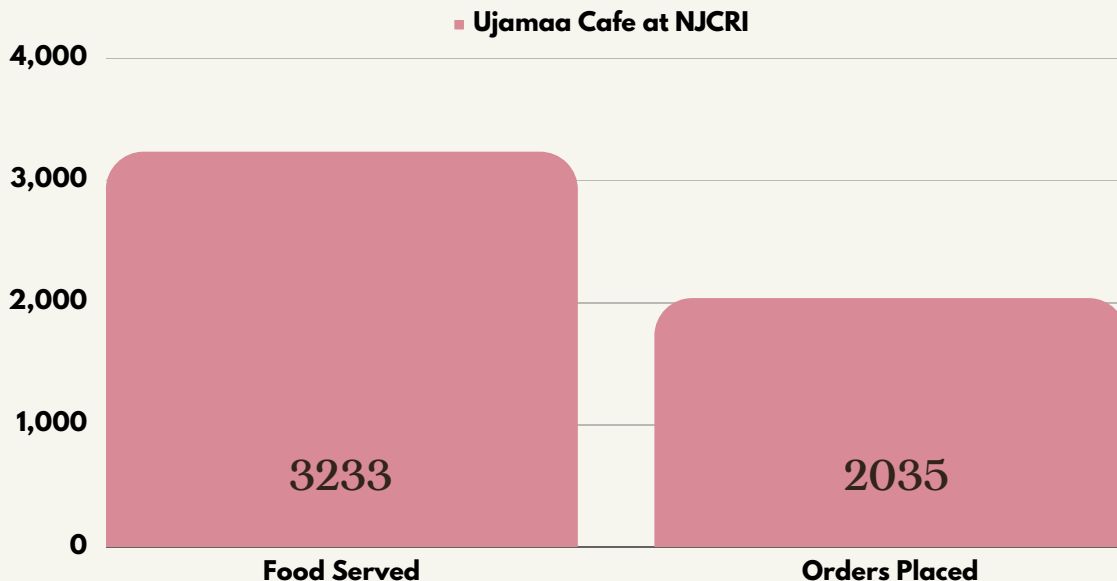
Date launched: September 2022
 NJEDA Food Desert Factor Score: 56.8
 LMI%: 57.89

NJCRI's Top 5's



Steak Burrito
BroRitos

The Ujamaa Cafe at NJCRI is located within NJCRI's Crossroad's Drop In Center. Crossroads serves as a sanctuary for displaced adults and individuals battling substance abuse, offering a safe space to shower, wash clothes, and enjoy a warm lunch or snack. Feedback from clients resulted in the creation of the pita chip!



Ujamaa Cafe at United Passaic Org. Passaic, NJ

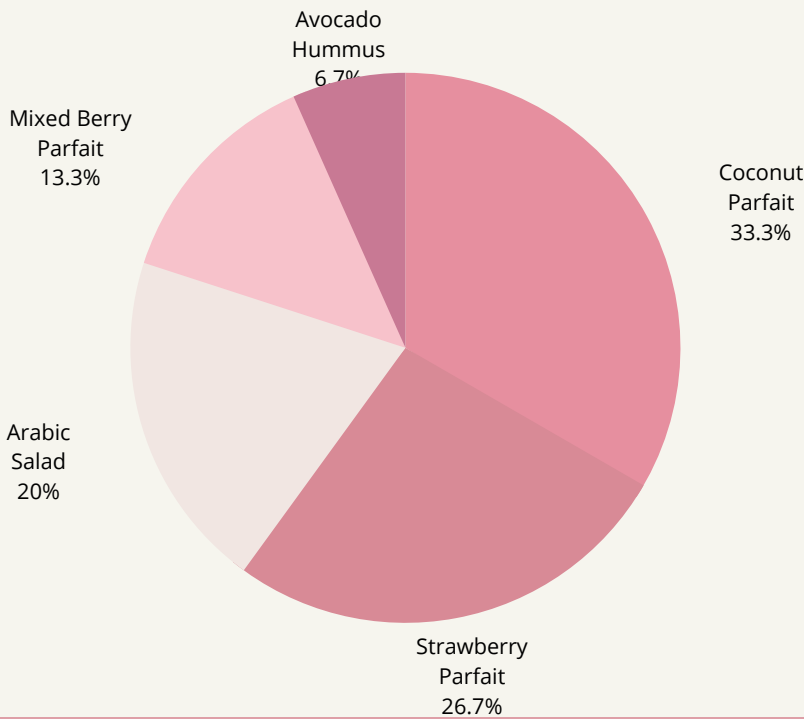


Date launched: May 2023

NJEDA Food Desert Factor Score: 60.9

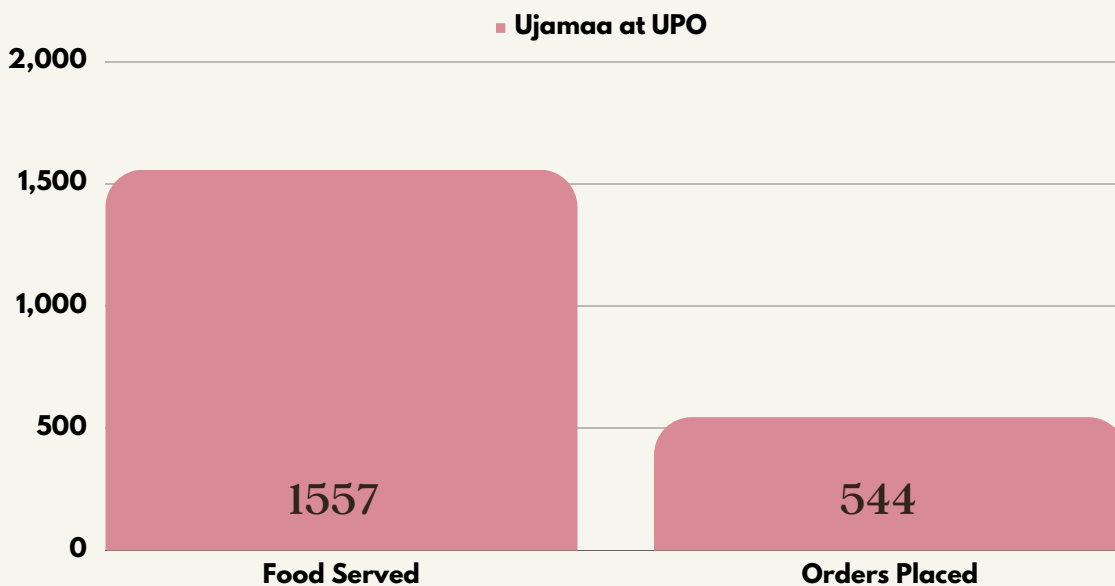
LMI%: 84.78

UPO's Top 5's



Chocolate Oat Milk Garnish

The Ujamaa Cafe at UPO's food pantries provides pantry clients a diversity of food options to meet their cultural preferences and dietary needs. The Cafe's technology also provides additional information on traffic within the pantry and clients' dietary needs.





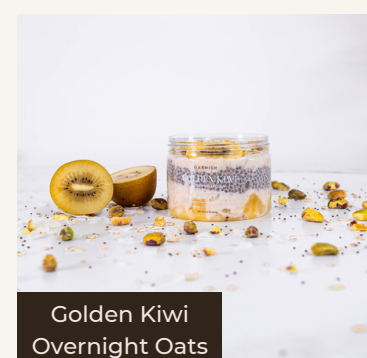
Our Current Menu Items



Mixed Berry Parfait



PB&J Sandwich



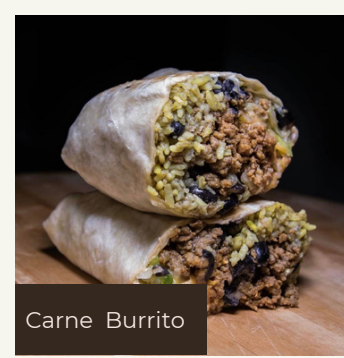
Golden Kiwi Overnight Oats



Avocado Hummus

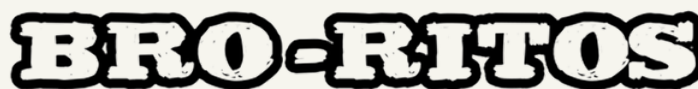


Arabic Salad



Carne Burrito

Our Ujamaa Affiliates



Menu Items

All To Go items are sourced from approved Ujamaa Program Affiliates. A mix of newly established and seasoned partners provide daily breakfast and lunch items offering a dynamic and delicious rotating menu.

CFHE has rigorous guidelines for becoming an affiliate making our meals a gold standard.

Dignity Defined:

Empowering Lives through the Ujamaa Cafe™

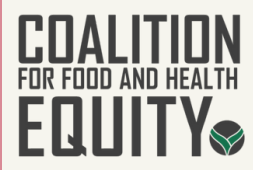


**COALITION
FOR FOOD AND HEALTH
EQUITY**



Dignity Defined:

Empowering Lives through the Ujamaa Cafe™



- BRO-RITOS**
- Bro-Rito/Bowl
 - Tacos
 - Quesadilla
 - 201-403-9440
 - Lettuce
 - Cheese
 - Salsa
 - Sour Cream
 - Hot Sauce
 - Peppers
 - Guac
 - Big Fella Bro!
 - Skkrimp Bro!
 - Suavemente Bro!
 - Chicken Chipotle Bro!
 - Beef Bro!
 - Sweet Peppers Bro!
 - Black Beans Bro!
 - Cactus Bro!
- Carde**
www.carde.com / @BroritosFT

**#DignityDefined
with
Ujamaa Cafe**



**Join the
Movement**

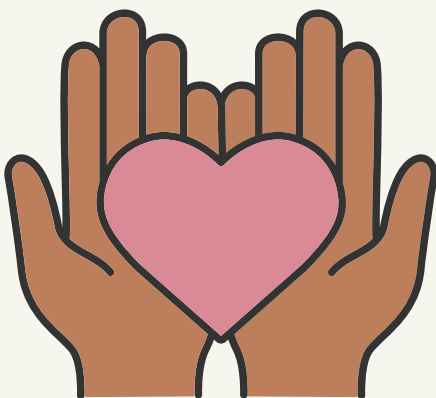
Learn More at

www.coalitionequity.org

Facebook: [CoalitionforFoodandHealthEquity](#)

Instagram: [Ujamaacafe](#)

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