

JOY IS OUR HEALTH IMPERATIVE

20 23





In a world where health imperatives are often framed through medical and clinical concepts, Coalition Equity proudly declares that joy is our unique prescription for liberated health.

Joy is more than an emotion, it is the key to our collective health.

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A MESSAGE FROM THE CEO

“You wanna fly, you got to give up the shit that weighs you down.”

— Toni Morrison,
Song of Solomon

I learned a new word: heal. Well, I know the word, heal. However, I didn't know it stemmed from the root, *haelan*, which means 'the condition or state of being whole' with *heal* meaning "to make whole". In comparison, healing's nemesis is trauma, meaning 'a wound' caused by persistent aversive incidences, environments, or an acute experience that creates an emotional wound leaving our psyche, spirit, or soul un-whole. Learning the root of healing caused me to reflect on the ways our culture and social systems are inherently flawed, creating people, groups, and communities 'un-whole', wounded, and in need of healing.

The pain of hunger, violence, housing, financial, and water insecurity, inaccess to healthcare amongst so many other social issues creates deep psychological, emotional, and physical wounds or trauma.



These are fruits from flawed seeds, and sadly, within our American society, we place the burden of getting well from a toxic and unwell environment on the individual. We sensationalize ‘healing’ within an inherently abusive, oppressive, and violent culture on the person through inspirational social media memes, media, and cinema.

**We tell people to fight for their freedom in a world the conspires for their struggle.
We tell Black women to rest in a world that capitalizes from their stress-related diseases.
We tell youth to fight for their voice in a world that plots for their silence.**

I want a world that rejoices for our life. For our liberation. For our joy because our joy is the key to our sustained health: both individually, collectively, and economically. Joy is imperative for a world to be well.

Coalition Equity's mission is to be a bridge for access to establishing individual and collective living for full, authentic, sustained unapologetic, liberated wellness. We define this as joy and joy is our health imperative. We are driving joy through the dignified coordination of healthful nutrition and wellness services, building an ecosystem seeded in love, care, and racial justice.

We are on a mission; **joy is our mission.**

Dr. Leeja Carter
Founder & CEO



\$2.5M

CHFE has provided over \$2.5 million in support to local businesses.

284,880

Since 2020, CFHE has served 284,880 meals through our meal programs.



80+

CFHE's programs serve more than 80 cities/towns across New Jersey and Pennsylvania.

6

CFHE proudly serves our community through 6 programs all supporting the local economy, disrupting food apartheid, and increasing access to healthful nutrition and wellness services.

JOY IS ...

**Building community neighbor
by neighbor, meal by meal.**



Ron Bautista
Board Chair, Coalition Equity

"There's a saying in Spanish that represents how CFHE drives joy for our clients: "Barriga llena, corazon contento." Which means: "when your stomach is happy, your heart is happy."

**2,534
CLIENTS**

**284,880
MEALS**

**80+
CITIES/TOWNS**



“The food was great and very much appreciated. I was very grateful to be able to have received such a wonderful package. Thank you for your kindness.”

2023 Spread the Love Recipient

How does CFHE drive joy for our clients ?



“CFHE drives joy for our clients, literally, and figuratively with food. Further, we embody a culture and community of people all striving for a common goal, a humanistic goal, how can that not bring one joy? The coming together of unique and beautiful people striving for positive change is one of the most joyful things to take part in, because of the impact we are able to physically see, but also the idea that we are trying our best, despite the odds against us.”

Sanjiv Sunderram, Ujamaa Cafe Assistant Coordinator

How does CFHE drive joy for our clients ?

CFHE staff and restaurant affiliates define how we drive joy.

CFHE allows our community to share joy and special moments with their friends and family in front of a fresh daily hot meal.

Cafe Peanut is grateful to be part of this magical organization to bring daily joy to our community and friends.

2,534

Since 2020, CFHE has served over 2,500 individuals that include, children, families, seniors, justice impacted individuals, survivors of assault and violence, homeless, veterans, and people with disabilities.

Our The Hunger Project, Eating Better Together, Ujamaa Cafe, Ujamaa Well, and holiday special events are reshaping the delivery of food and health care to communities across the tristate.

CFHE drives joy for our clients by making each client feel appreciated, valued, looked after, and treated with dignity and respect.

CFHE ignites joy by aligning our mission, allowing us to grow our business while feeding those in need. Their support enables us to provide healthy foods, fostering joy by addressing food inequity and positively impacting the lives of many.

When I think of CFHE I think of a kind, loving organization that restores dignity in our most vulnerable moments - while joy might not always equate to dignity, this makes my heart swell, the idea of facilitating dignity when we are our most vulnerable

THE HUNGER PROJECT



“The program is a wonderful program! I feel this is a very important program especially for elderly and disabled persons like myself. It's important to my wellbeing and the wellbeing of others. This is what public money should be used for. This and meals for kids. I LOVE the overnight oats and miss them the most. Cafe Peanut really understood balanced meals. Another great restaurant provided wonderful meals, lots of salmon and shrimp.”

LB, 82, Hunger Project Client

JOY IS ...

In a world full of negativity, despair, and suffering, one must find the things that bring them joy and chase it.

Sanjiv Sunderram
Ujamaa Cafe -Assistant Coordinator

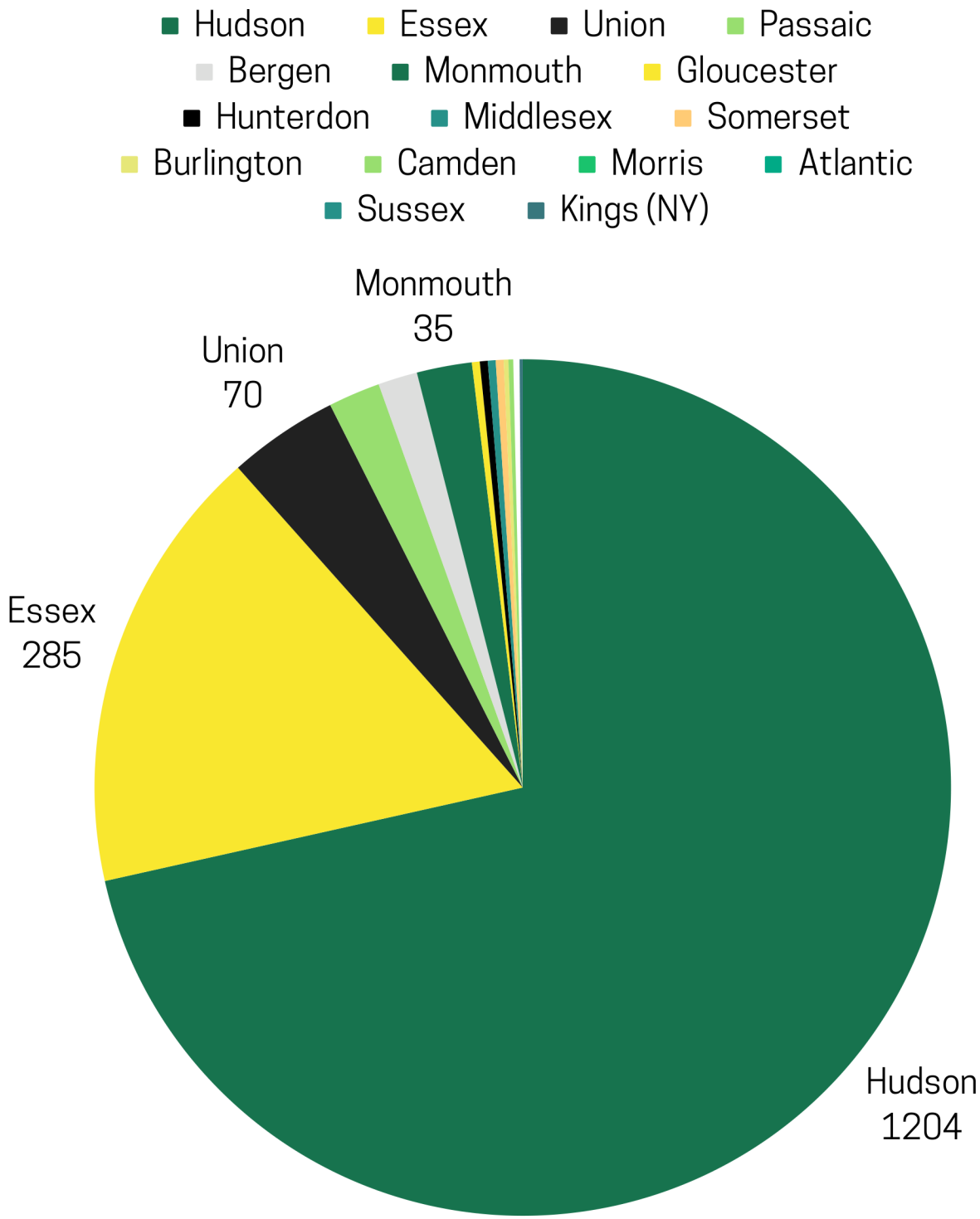


WHAT BRINGS ME JOY ?

"Many things bring me joy! Food, food is definitely a big one. My friends, family, and partner, are great sources of joy. Sports, whether that be watching my favorite sports teams, even losing can bring immense joy in the moments in between. Playing basketball, or even just shooting around in my driveway brings me immense joy and relief. Dancing and listening to music bring immense joy, music in general is healing and transportive."

WHERE WE SERVE Counties

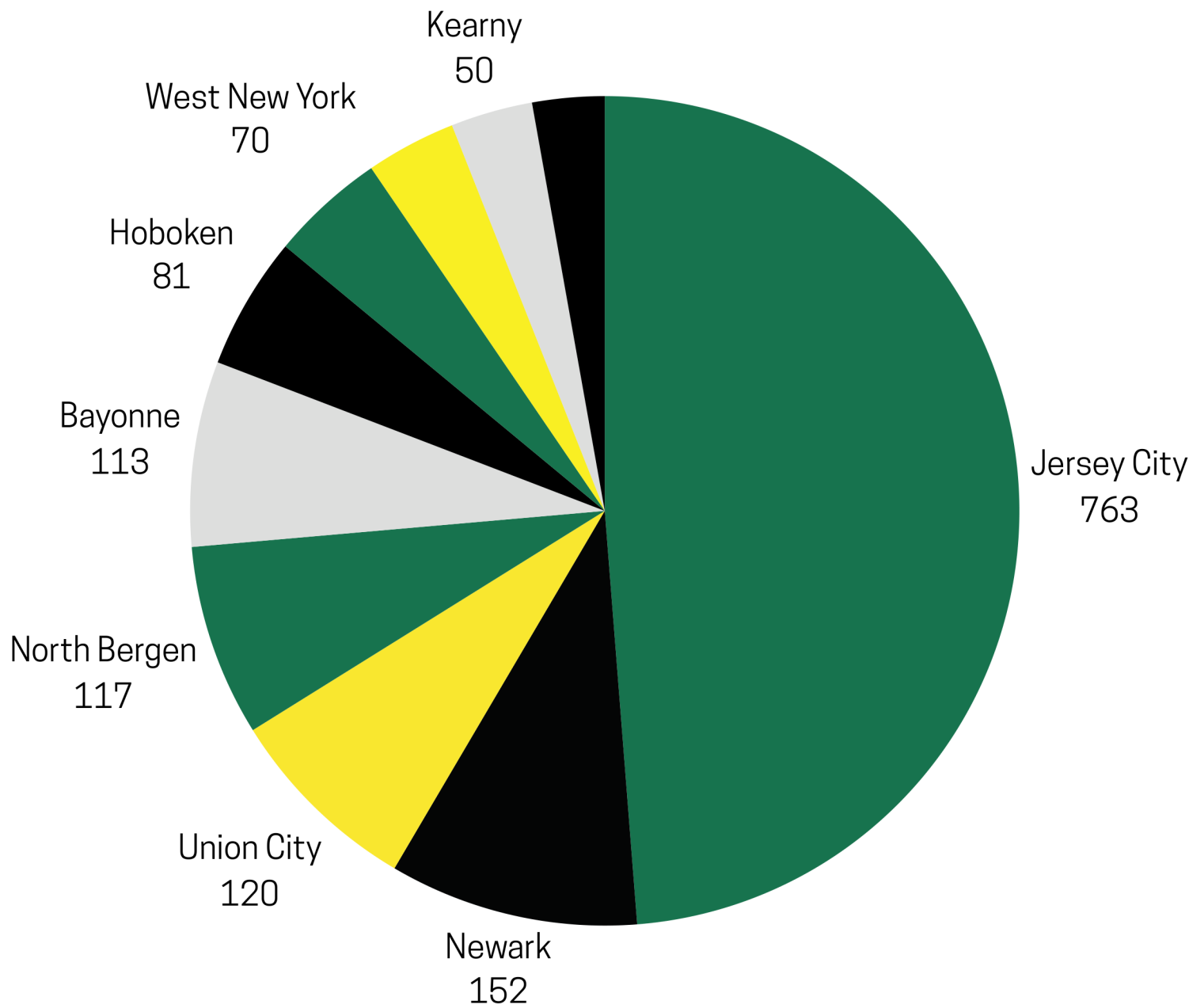
Did you know that CFHE’s home meal program has served clients as far north as New York City and as far south as Atlantic County New Jersey?



*Ujamaa Cafe and Ujamaa Well data is not included in county totals.

WHERE WE SERVE Cities

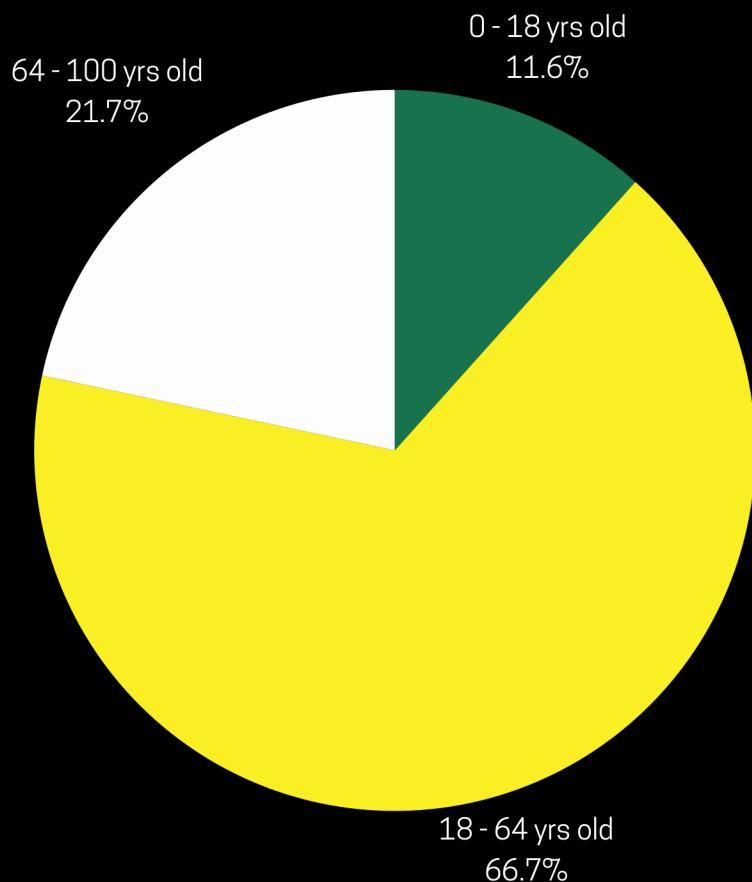
CFHE has served residents in more than 80 towns/cities across the tristate region through our programs. Below are the Top 10 Cities with participants served.



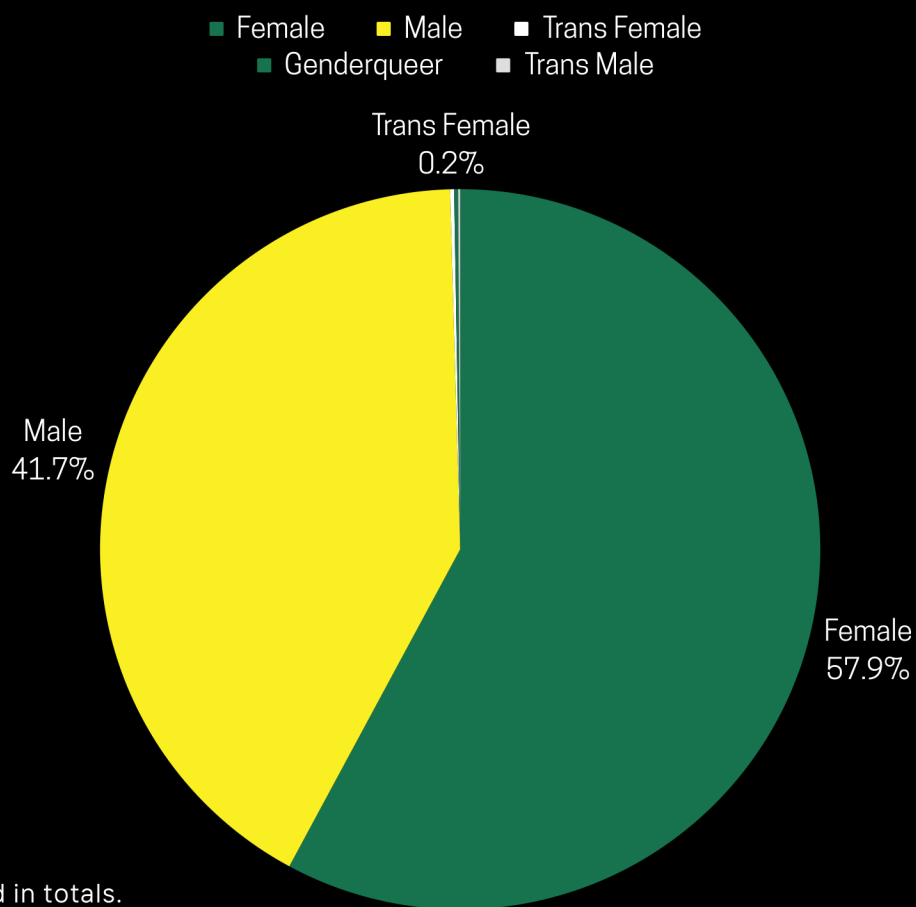
*Ujamaa Cafe and Ujamaa Well data is not included in city totals.

WHO WE SERVE

AGE



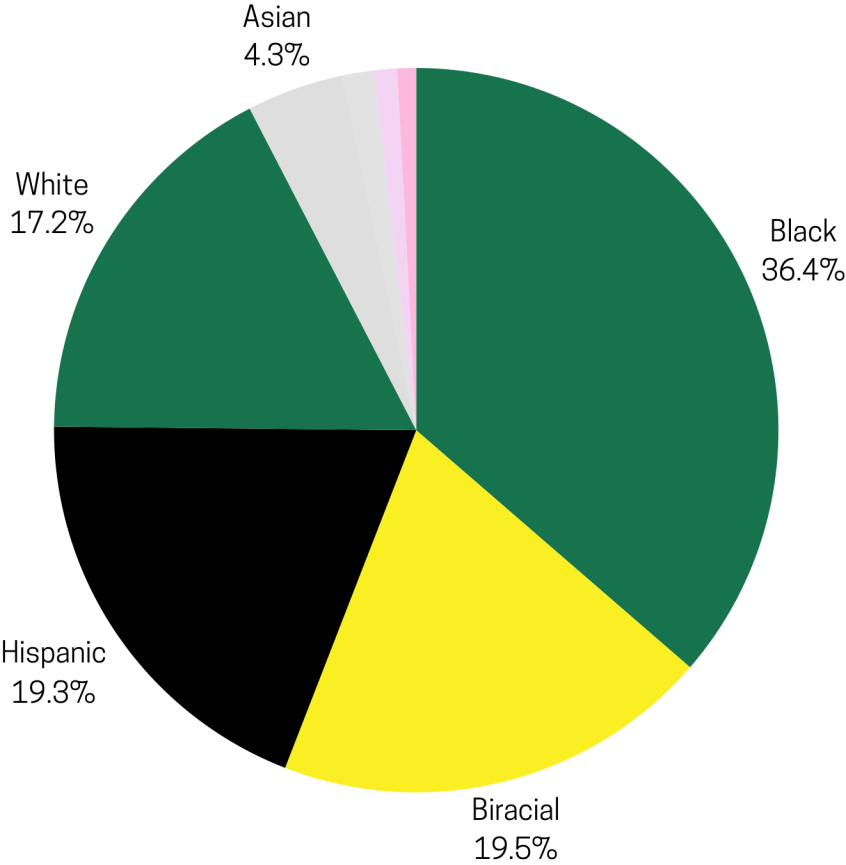
GENDER



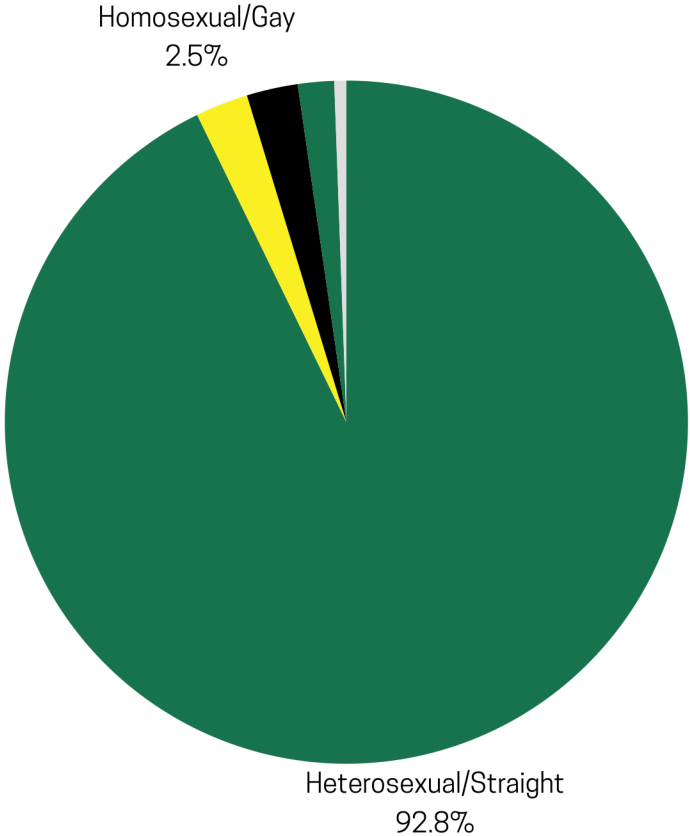
*Ujamaa Cafe and Ujamaa Well data is not included in totals.

WHO WE SERVE

RACE



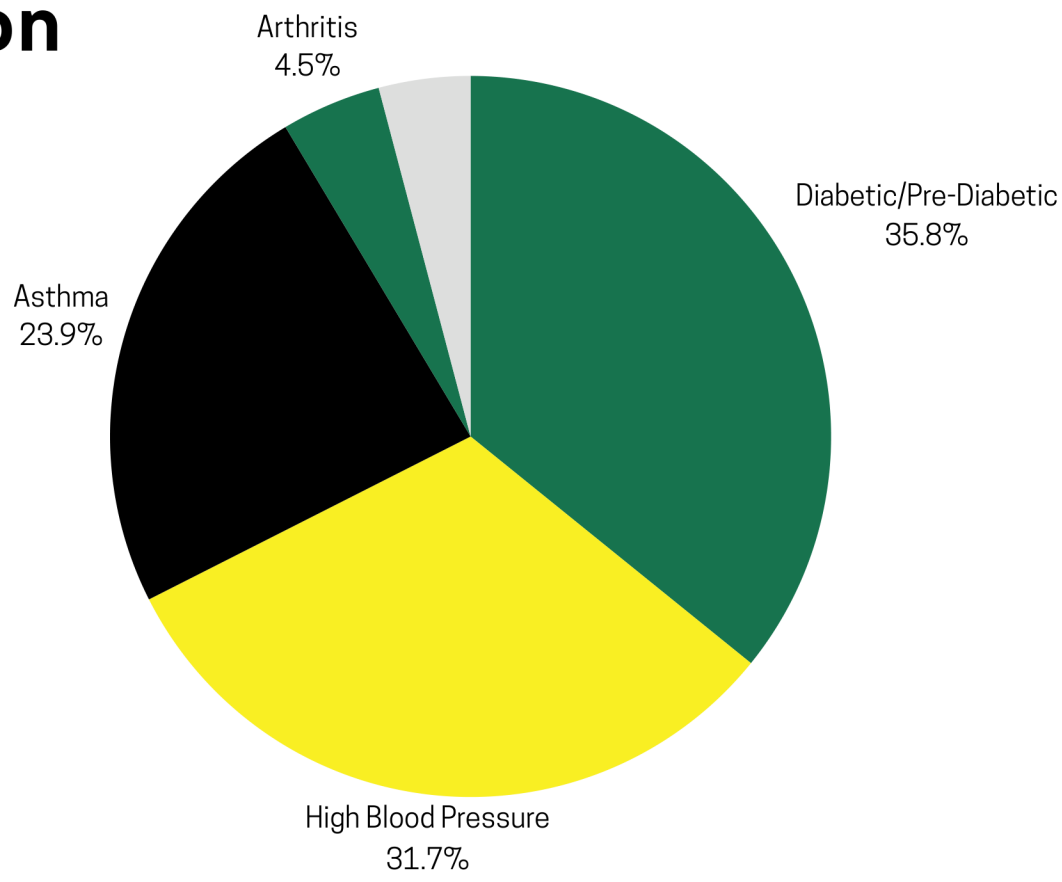
Sexual Orientation



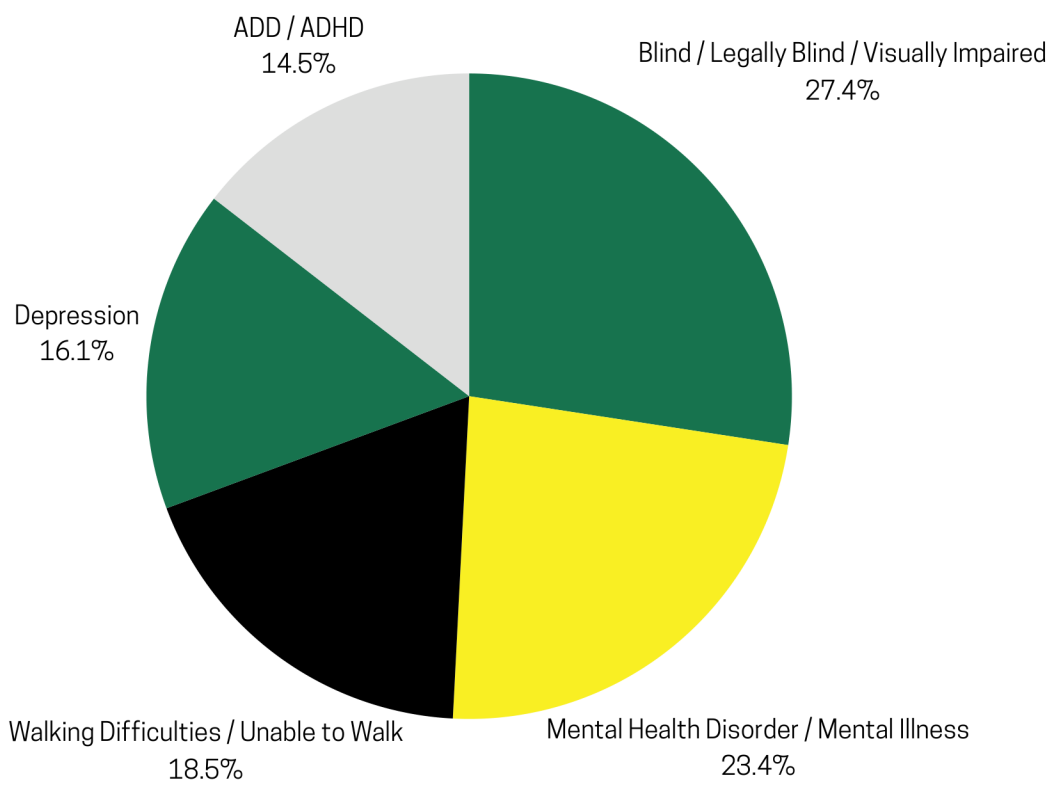
*Ujamaa Cafe and Ujamaa Well data is not included in totals.

HEALTH / MEDICAL STATUS

Most Common Pre-Existing Conditions



Disability



*Ujamaa Cafe and Ujamaa Well data is not included in totals.

JOY IS ...

to enrich and enhance the lives of others in tandem with mine, in every moment that is available, fostering an environment of respect, allowance, and appreciation for every living being!

Lisa Chambers
Hunger Project Coordinator



“My joy mission is to enrich and enhance the lives of others in tandem with mine, in every moment that is available, fostering an environment of respect, allowance, and appreciation for every living being!”

EATING BETTER TOGETHER

**50
FAMILIES**

**100%
SATISFACTION**

**20% INCREASE IN
MEDIA LITERACY**

93%

of households

worried that food would run out
before they got money to buy
more.

86%

of households

reported that within the past 12
months, the food bought didn't last
and they didn't have money to get
more.

Eating Better Together

Partnership with the Department of Health's Oral Hygiene Division to support families in learning about healthy, nutritious foods to support overall well-being by providing free exemplary meals to persons in need.

LEARN MORE: www.coalitionequity.org

JOY IS ...

**every moment of everyday that
we are fortunate to share with our
loved ones and our community.**

**Cafe Peanut, Ilir & Dee (Owners)
CFHE Restaurant Affiliate**



“Joy it’s a family surrounded around a table, sharing a meal and anecdotes from the day. Joy it’s a Christmas tree full of lightened lights and colorful ornaments. Joy it’s a phone call with an old friend and a cup of freshly brewed coffee. Joy is a morning sunshine and December frost on the window. Joy is a neighbor walking his dog with us and sharing a laugh. Joy is a dog welcoming us home. Joy is every moment of everyday that we are fortunate to share with our loved ones and our community.”



SPREAD THE LOVE 2023

**400
FAMILIES
SERVED**

**1600
MEALS**

**28
NJ TOWNS**

SPRING FLING 2023



**650
FAMILIES
SERVED**

**3500
MEALS**

**25+
NJ TOWNS**

LEAVES OF LOVE 2023



**65
FAMILIES
SERVED**

**195
MEALS**

**10
NJ TOWNS**



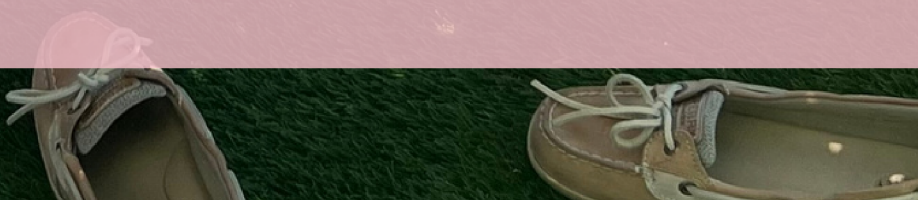
JOY IS ...

Joy is our collective exhale. It is our skin baking in the warm sun as we rest and dream with our only agenda being our collective happiness.

**Leeja Carter, Ph.D.
Founder & CEO, Coalition Equity**



“Joy is knowing you are cared for, you are loved, you are safe and protected, and that we are here together, striving for each other’s greatest and fullest potential. My joy mission is to be a gate opener for collective liberation. At the Coalition, we drive joy in health rooted in dignity, love, and care, where Ujamaa holds us accountable to our joy mission everyday reminding us that our struggles are intertwined and joy is a global mission not a solo operation.”





“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
221 Monticello Ave., Jersey City, NJ 07304



UJAMAA CAFE

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.



9127 meals served

Since 2022, the Ujamaa Cafe program across 7 locations, has provided 9127 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.



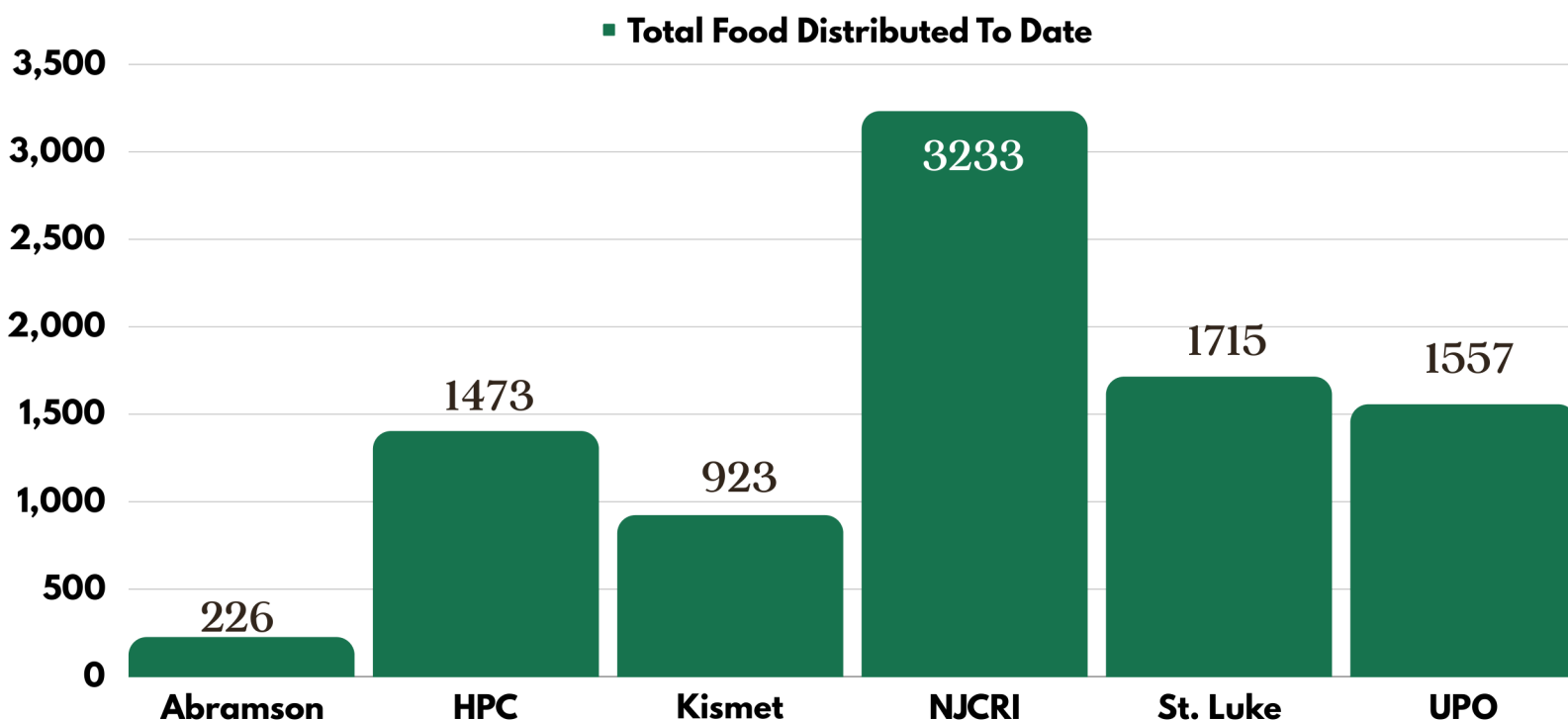
9 Ujamaa Cafe Affiliates

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.



Ujamaa Cafe Across 6 Sites

Since 2022, the Ujamaa Cafe community fridge program served 9127 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.

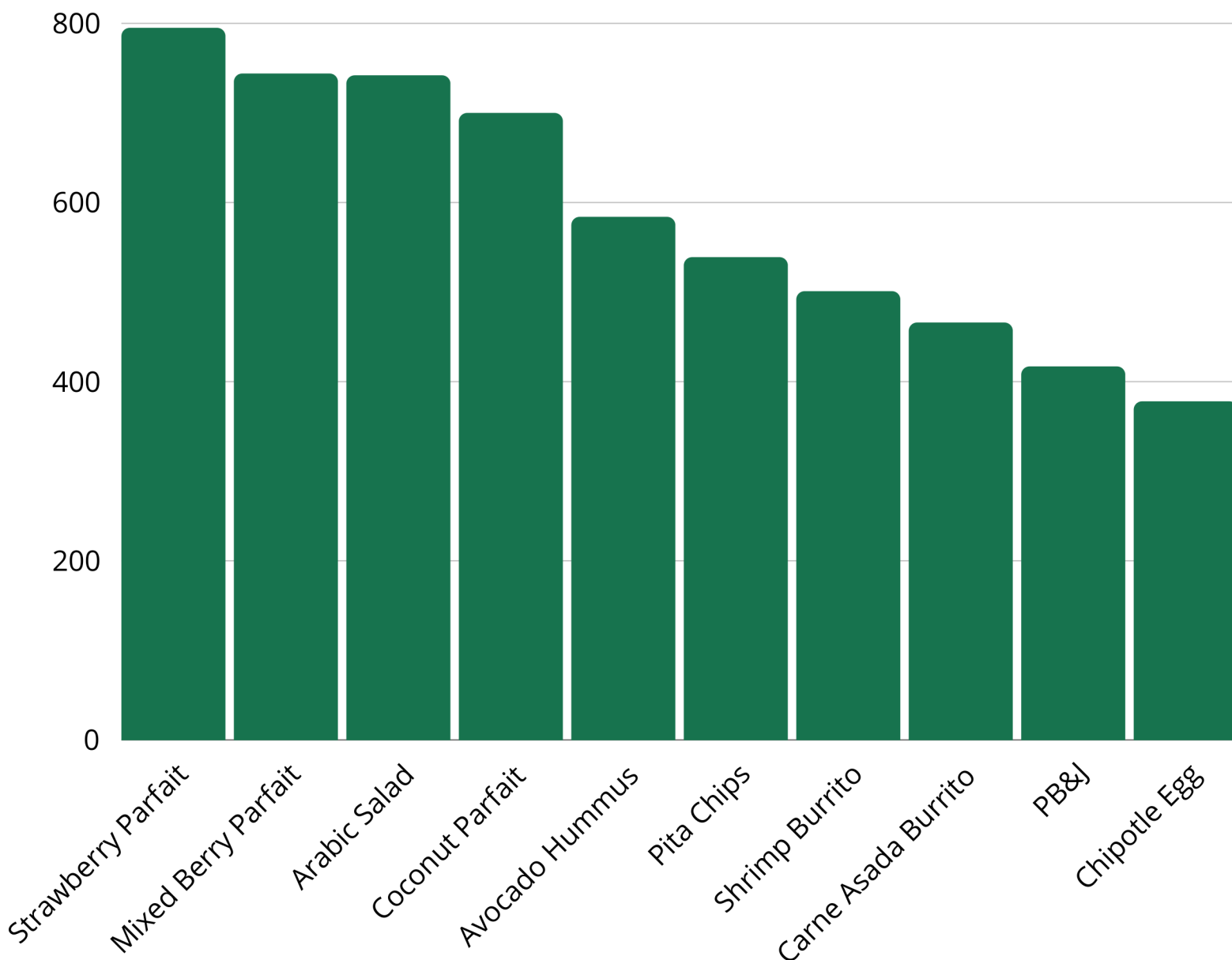




IT'S GIVING YUM.

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



JOY IS ...

spreading happiness through wholesome, allergen-free foods, nourishing and delighting individuals and families alike.

Garnish
CFHE Restaurant Affiliate



"Garnish's joy mission centers on spreading happiness through wholesome, allergen-free foods, nourishing and delighting individuals and families alike. Our joy color at Garnish embodies a vibrant, sunny yellow, reflecting the brightness, positivity, and optimism that our brand aims to convey."



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.

JOY IS ...

a world where we support
each in cultures of caring .

Nirupa Umapathy
CFHE Development Advisor

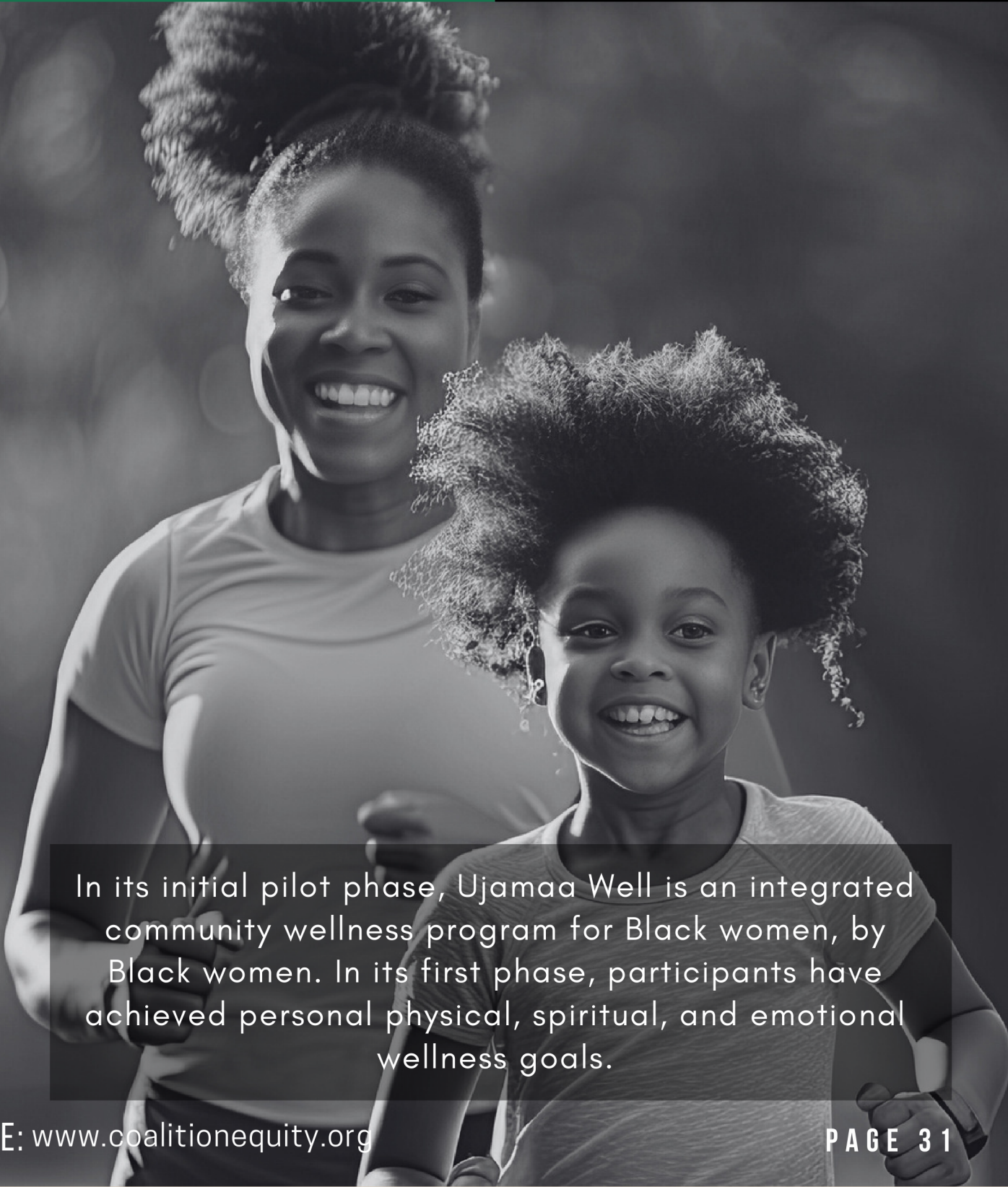
WHAT BRINGS ME JOY ?

“Engaging in a moment of connected conversation with self or another or in community - conversation goes beyond language, it is in food, it is in dance, in meditation.”

UJAMAA WELL

1,212,132


Steps taken by Ujamaa Well participants



In its initial pilot phase, Ujamaa Well is an integrated community wellness program for Black women, by Black women. In its first phase, participants have achieved personal physical, spiritual, and emotional wellness goals.

PARTNERS IN HEALTH: INSPIRA HEALTH

CFHE is proud to partner with Inspira's Food Farmacy to provide a diverse offering of healthful food options to pantry clients.



“At Inspira Food Farmacy, we are truly grateful for the products and services provided through the partnership with Coalition Equity. Our partnership helps support our mission of feeding our neighbors. The fast overnight shipping of the delicious overnight oats are enjoyed by our patients. We also appreciate the continued responsive support that you provide!”

TRUONG NGUYEN, RD
INSPIRA FOOD FARMACY



MEET THE TEAM

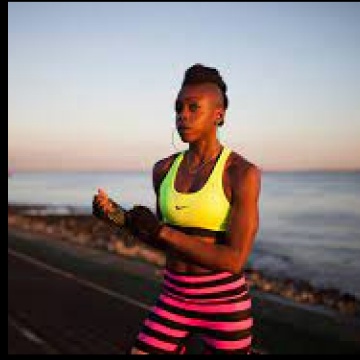
BOARD OF DIRECTORS



RON BAUTISTA
COMMUNITY ADVOCATE,
EDUCATOR, & BUSINESSMAN
MEMBER



EUGENE SPATZ
FOUNDER AND FORMER EXECUTIVE
DIRECTOR OF ON YOUR MARK
TREASURER



IFE OBI
OWNER, THE FIT IN
ACTING CHAIR



MARTEZ SMITH
EXECUTIVE DIRECTOR
KEEPING BALLROOM COMMUNITY
ALIVE NETWORK
MEMBER

CFHE STAFF & VOLUNTEERS



KEYANA SPIVEY, MS
CHIEF OF STAFF



NARCISE DESIL
WEBSITE DESIGNER



SANJIV SUNDERRAM
UJAMAA CAFE
ASSISTANT COORDINATOR



LISA CHAMBERS
HUNGER PROJECT
COORDINATOR



AMERIGO ROSSI, EDD, FACSM
RESEARCH & DEVELOPMENT



JEROME LOUISON
DATA SCIENTIST



MOUSTAFA GOUDA
UJAMAA CAFE ASSOCIATE



ISABELLE LEBOUTILLIER
UJAMAA CAFE ASSOCIATE



SAMONE WELLINGTON
INTERN, HUNGER PROJECT



NIRUPA UMAPATHY
DEVELOPMENT ADVISOR

MEET THE TEAM

RESTAURANT AFFILIATES



BRO-RITOS



IN GRATITUDE

As we stand at the culmination of another remarkable chapter in our journey, we are humbled and profoundly grateful for the unwavering support that has propelled Coalition for Food and Health Equity to new heights. In the pursuit of our mission to cultivate joy as a fundamental aspect of well-being, we have been fortified by the generosity, dedication and shared vision of our incredible community.

To our esteemed donors, your financial investment in our cause has been a lifeline, enabling us to innovate, expand, and extend our reach.

To our valued affiliates, you are the collaborative heartbeat of our organization. Your shared expertise, resources, and collaborative spirit have elevated our initiatives and fortified the foundations of our shared commitment to health and happiness.

To our cherished community supporters, your passion and commitment have amplified the impact of our programs reaching hearts and minds far beyond our expectations.

We extend our deepest gratitude to every individual and entity that has played a role in our shared journey. Thank you for being the architects of joy, the champions of health, and the driving force behind the CFHE movement.



#Joy is our Health Imperative



COALITION_EQUITY



COALITION EQUITY



Donate

