



FREE COMMUNITY FOOD PROGRAM F.C.F.P.

This FCFP informational document will go in depth for each service provided, meal statistical information, the inspirational + educational blueprint from the Original Black Panther Party and will highlight the volunteer + organizational work it took to serve 17,000+ meals over the course of 4 consecutive summers.

This work would not be possible without the community. THANK YOU FOR YOUR SUPPORT!

-JENEISHA C. HARRIS FREE COMMUNITY FOOD PROGRAM FOUNDER/CONTINUING ORGANIZER

FREE SUMMER BREAKFAST

The Black Panther Party's Free Breakfast Program began in January 1969 at St. Augustine Church in Oakland, California.

From 1969 through the early 1970s, the Black Panthers' Free Breakfast for School Children Program fed thousands of underserved children. It was one of the 40+ social programs created by the Party and ultimately helped contribute to the existence of federal free breakfast programs today.

Churches were ideal spaces for food programs because they were community hubs that often had kitchens and could accommodate meal service.

Black Panther Party members and volunteers went to local grocery stores to accumulate donations, consulted with nutritionists on salubrious breakfast options for children, and prepared + served the food all free of charge.

School officials immediately reported results in kids who had free breakfast before school.

"The school principal came down and told us how different the children were," Ruth Beckford, a parishioner who helped with the program.

52 years later post program implementation, 1 in 7 people in the U.S. face hunger every year. The rates of hunger in children are even higher, with about 1 in 5 lacking proper access to food at some point during the year according to Feeding America.



WHY IS IT IMPORTANT FOR THIS PROGRAM TO EXIST?

Many children living in underserved areas depend on free (or reduced) breakfast and lunch provided by their specific school. When school concludes and summer begins, this means food may be limited depending on many factors that are rooted in poverty, lack of access and limited resources. Athlos Academies gives us the following facts pertaining to breakfast and academic performance + behavioral actions.

FOOD STATISTICS

01. Students who eat breakfast show improved attendance, behavior, and academic performance, as well as decreased tardiness.
02. Students who skip breakfast show increased errors and have slower memory recall.
03. Children who eat breakfast at school—closer to class and test-taking time—perform better on standardized tests than those who skip breakfast.
04. Students who eat breakfast the morning of a standardized test have significantly higher scores in spelling, reading, and math compared to those students who do not eat breakfast.
05. Student academic achievement increases, especially for math, when schools offer the School Breakfast Program
06. Children and adolescents who skip breakfast tend to have poorer nutrient intakes than those who eat breakfast. Eating breakfast regularly has been linked with greater intake of fiber, calcium, iron, vitamin C, and other vitamins and minerals, and lower intake of fat, cholesterol, and sodium.
07. School breakfast has been linked with fewer visits to the school nurse, particularly in the morning.
08. Children and adolescents experiencing hunger have lower math scores and lower grades.
09. Children who participate in school breakfast are more likely to consume fruit and milk at breakfast.
10. Children and adolescents who eat breakfast have more favorable weight-related outcomes (e.g., lower BMI, lower waist circumference, lesser likelihood of being chronically obese, decreased risk of obesity) in the short term and long term than those who skip breakfast.
11. Children who eat breakfast show improved cognitive function, attention, and memory

FCFP SERVING STATISTICS

Number of meals served + Locations



Summer 2019:

3600 meals

Nashville, Tennessee Mt.
Carmel Baptist Church



Summer 2021:

4000 meals

Nashville, Tennessee Mt.
Carmel Baptist Church
Summer Camp



Summer 2021:

6,400 meals

Nashville, Tennessee Mt.
Carmel Baptist Church
Summer Camp(4,800
meals)

+
St. Louis, Missouri Family
Services and Center
(1,600)



Summer 2022:

3,350 meals

Nashville, Tennessee
Nashville Freedom School
Summer Camp (1,750)

+
Memphis, Tennessee
(1,600) Charity's House
Resource Center



Total served between 2019-2022

**17, 350 + meals served
(Summer) 320 served
(Holiday Giveaways)**

Cities Served

Nashville, TN

Memphis, TN

St. Louis, Missouri



FCFP MENU

Waffles/Pancakes	01
Freshly cooked eggs	02
Bacon	03
Turkey Bacon	04
Vegetarian Meat Option	05
Tater Tots	06
Fresh Fruit	07
Juice/Water	08





FCFP VOLUNTEERS

This work would not be possible without the dedicated volunteers that devote their time, energy and spirits to the children of our community.

The next few pages will highlight their work, serving and their smiles.



SUMMER 2021: ST. LOUIS, MISSOURI

Family Services and Center



Number of children served

50+ children



Number of meals served

1,600



SUMMER 2021: ST. LOUIS, MISSOURI



SUMMER 2021: ST. LOUIS, MISSOURI

familycenter
... one family at a time



ST. LOUIS, MISSOURI





Community Holiday Dinners + Turkey Giveaway

During the holiday season, we will cook and serve meals for those in need with the Community Holiday Dinner service. In addition, we will give away free turkeys to those we serve. During a time when many have the pressure of the holiday season, my goal is to create a home-like space that is rooted in community, laughter, food and love. It is my belief that food is not a privilege and should not be treated as such. It is a necessity that is needed now more than ever given the current pandemic and holiday season.

2021: CITIES SERVED

Memphis, Tennessee: The Common Church

Nashville, Tennessee: Mt. Carmel Baptist Church + Oasis Center



MENU FOR BOTH CITIES

Ham	01
Yams	02
Greens	03
Macaroni	04
Bread Rolls	05
Dessert	06
Beverages	07

Number of people served:
250

2022 CITIES SERVED

Memphis, Tennessee: Juice Orange Mound

Memphis, Tennessee: The Check In

MENU FOR BOTH CITIES

Snack Packs for Juice Orange Mound (50)

Water	01
Chips	02
Banana	03
Apple	04
Granola bar	05
Peanut butter crackers	06

After School Lunches for The Check In

Ham or Turkey Sandwich	01
Chips	02
Juice	03
Apple or Banana	04
Cookies	05



Number of people served:

150

SUMMER 2022 PHOTOS









**IT IS EASIER TO BUILD
STRONG CHILDREN THAN
TO REPAIR BROKEN MEN)**

-Fredrick Douglass

In Solidarity,
Jeneisha C. Harris

Free Community Food Program Founder/Continuing Organizer