



# THE NASHVILLE FOOD PROJECT

## COMMUNITY MEALS PROSPECTIVE PARTNER INFORMATION

The Nashville Food Project works with a variety of mission-aligned partners to support people facing barriers to accessing nutritious foods in our community, including after school programs, ESL classes, emergency shelters and more. By offering quality food support on a sliding scale basis to other nonprofits and community groups, this food helps create opportunities for our partners to focus energy and resources on their unique missions.

### **Our Approach**

We have two kitchens in the Nations neighborhood of West Nashville, where we use garden-grown, recovered, donated, and purchased ingredients to prepare and cook nutritious made-from-scratch meals, prioritizing what is in season as much as possible.

### ***What can you expect from our meals?***



#### **High-Quality Nutrition**

We cook made-from-scratch meals that taste good and are good for you! This includes a balance of the major food components: protein, vegetables, whole grains, and fruit. Our meals feature a variety of whole, minimally processed ingredients and limit added sugars, sodium and saturated fat.



#### **Sustainably Sourced Ingredients**

Currently 40% of all food produced in our country is thrown away. We collect excess produce and other perishables from local farms and grocers to provide fresh ingredients for our meals while also reducing waste. Our meals change with the season, highlighting fresh produce from local producers as well as our own gardens. When something is in season or we've received a big donation, you'll see it used in creative ways in many of our meals!



#### **Introducing New Foods**

We're firm believers that trying new foods can help add more nutrients to your diet and introduce you to foods from different cultures! It's especially important for kids to have multiple opportunities to try a new food in different ways before it can become a familiar favorite.

#### **Set Menus**

We offer one set menu for each meal type with a weekly rotation of different produce, grains and proteins, including at least one vegetarian meal and up to one meal containing pork. Because of our commitment to seasonal and recovered foods, we have limited capacity to create tailored meals for each partner.

## Meal Types

Our focus is family-style, hot meals designed to serve a crowd. Family-style meals can either be delivered cold to reheat in an oven or hot, ready-to-serve. We also provide cold, ready-to-eat meals and individually packaged microwavable meal options on a more limited basis.



### Bulk Hot Meal

Protein  
Grain  
Vegetable Side or Salad  
Fruit Side



### Cold, Ready-to-Eat Bulk Meal

Protein  
Snack mix or Vegetable Side  
Fruit Side  
Grain



### Cold to Reheat Individual Meal

Protein  
Vegetable Side  
Starch or Grain

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## Delivery

The majority of our meals are delivered cold to be reheated at your site. Delivery sites must provide reliable access to the facility or have a person available to receive all food deliveries during a designated 2-hour delivery window Monday through Friday (9:00 am - 3:30 pm). Hot, ready-to-serve meal options are currently available for lunch or afterschool meal times only, and sites must designate a 1 hour maximum meal service window between 11:00-1:00 for lunch or 2:30-4:30 for afterschool. We also offer pick-up from our kitchen in West Nashville (5904 California Avenue) Monday through Friday (9:00 am - 3:30 pm).

## Federal Nutrition Programs

The Nashville Food Project acts as both a sponsor and a meal vendor through the Children and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP). Meals that meet federal nutrition guidelines are provided to all participants free of charge at CACFP and SFSP at eligible sites.

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## Contact

Interested in learning more? Visit [thenashvillefoodproject.org/become-a-meal-partner](https://thenashvillefoodproject.org/become-a-meal-partner)