

In the 2022 MAD calendar year a food nutrition and health community program has been incorporated to enable people and families to live happier, healthier lives. The food nutrition and health community program will give MAD the opportunity to give to families in need. Once a month the MAD foundation will give a "MADhealthBox" to 25 families in the southeast Georgia area (600 families per year).

Each box will contain different food options each month. With the food options sponsored by local grocery food chains and partnerships with local food pantries, the MAD staff (which includes certified chef(s) and nutritionist : Italia Vail & Khalil Smith) will design the following:

- demonstration videos that will be accessible through the MAD Youtube Channel**
 - healthy recipes that collaborate with the food options provided in the "MADhealthBox"**
 - gift cards and gifts that collaborate with programming (distribution via free raffles : Example 1st person to register for a "MADhealthBox" could win a free set of pots and pans)**
 - families will be able to pick up MADhealthBox at the "Downtown Brunswick First Friday Event" Unless there is a MAD community event that is taking place in that month. (April, June, October, December)**
- Food demonstrations will enable people and families to understand how to prepare and eat healthier, whole meals. We have learned through communicating with the community that most families are unaware of what healthy meals can be created by items that are within a reasonable budget.**

In the future we plan to either collaborate with a food truck or acquire a mobile food option. MAD can then offer participants the option of:

- pre-made vegan, vegetarian, or traditional meals**
- prepped ingredients for meals**
- hot meals for the entire family**

Other important facts:

***family size is based at 4 per family / 200 meals per month**

Budget per meal \$5 to \$7(4) /\$700 per month