

18 Reasons is a nonprofit that increases **food security** through the power of home cooking. Our programs are centered on **equity** and **belonging**.

18 Reasons offers both free and paid **hands-on cooking classes** that welcome all community members. We celebrate home cooks and home cooking from around the world.



Instagram @18reasons — Website: 18reasons.org



Free Community Programs

- **Cooking Matters:** Free, six-week series of hands-on cooking and nutrition classes for low-income adults, kids, teens, and families, offered in partnership with 80+ organizations each year
- **Nourishing Pregnancy:** Free program offering up to 16 weeks of home-delivered groceries and online cooking, nutrition, prenatal, and postpartum health classes for Black and Latine birthing parents and their families
- **Food as Medicine:** Free program offering up to 38 weeks of home-delivered groceries and online cooking and nutrition classes, paid for by Medi-Cal through CalAIM, for Medi-Cal patients with type 2 diabetes in Contra Costa

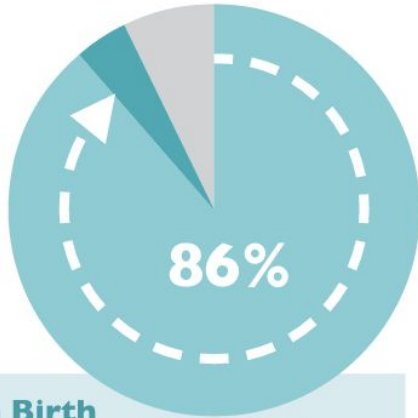
Community Programs Impact

77% of graduates eat more fruits and vegetables

60% of graduates drink fewer sugar-sweetened beverages

99% of graduates would recommend our programs to a friend

The average graduate reports a 14% decrease in food insecurity



Full-Term Birth

Full term birth more likely for Whites (**93%**) than Black/African Americans (**86%**).²



Food insecurity among pregnant women in San Francisco¹

26.5% among Latinx women

19.5% among Black/African American women

6.6% among Asian and Pacific Islander women

Almost no White women in San Francisco report food insecurity during pregnancy.

San Francisco Health Improvement Partnership



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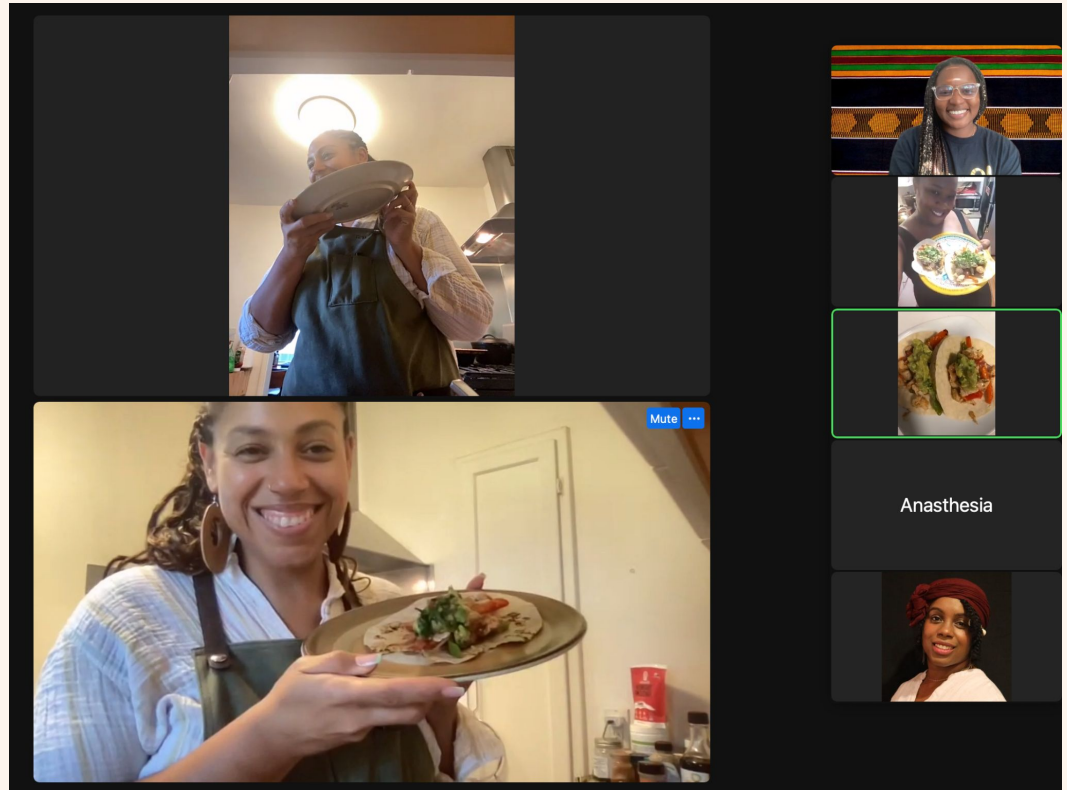
Nourishing Pregnancy



The goal of Nourishing Pregnancy is to increase **food security and social support during pregnancy**, and to support **healthy birth outcomes** for both parent and baby.

Parents enroll for **four months**, from the second trimester or pregnancy through the “fourth trimester” postpartum.





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Food Security:
weekly home
deliveries of
healthy
ingredients

Social support:
racially/ethnically
concordant groups
of participants and
teachers



Education:
weekly Zoom
classes teach
cooking,
nutrition, and
parent
education



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Nourishing Pregnancy Impact



Number of people served since 2021	450
Number of pounds of food distributed since 2021	195,500 pounds
Quantitative outcomes	<p>91% reported birthing babies at term</p> <p>25% of participants had a previous preterm birth; none had a preterm birth while enrolled in Nourishing Pregnancy</p> <p>14% increase in food security</p>
Qualitative outcomes	Increase in cooking confidence and social support



Nourishing Pregnancy Impact: Social Support



“I love how we're a community of Black women being able to be open with each other. We're able to feel comfortable around each other and express how our pregnancies are going and if we're tired, if we're getting enough sleep or having breastfeeding issues. I felt I was a part of a community, and I love that, and I was honored.” — Black-identified program graduate

“So just for them to even make this program for us... They took the time out to make everybody cared for and feel important and feel like they have help. There's always somebody there to help somebody. I like that program and they did a really good job.” — Black-identified program graduate



SDDT Budget: \$500,000 Total

70% staff costs

22% program costs (food and guest instructors, including promotoras, doulas, and prenatal and postpartum experts)

8% administrative costs



What's Next?

Community Based Organizations

May not know how to connect with providers or receive referrals

May not know how to reach patients eligible for services

Depend on unstable funding to deliver services



Patients

May not know what services they are eligible for

May not know about community-based programs

Providers

May not know about community-based programs

May not know how to/have time to connect patients with services

2024-2029 Goals: PSE Activities

- Work with healthcare providers to streamline CalAIM referral process
- Advocate for a longer CalAIM referral period (up to one year)
- Advocate for food and nutrition security to be a permanent component of Medi-Cal ([AB 1975](#))
- Advocate for Medi-Cal managed care plans (San Francisco Health Plan, Anthem, and Kaiser) to partner with local CBOs and businesses and to have an explicit policy about working with local CBOs and businesses
- Strengthen relationships with other community-based organizations and agencies serving pregnant Black people (SisterWeb, SFDPH's Abundant Birth project, Homeless Prenatal Program, Black Infant Health, Solid Start at ZSFGH, UCSF's Black Women's Health Initiative)



2024-2029 Goals: PSE Impact

- Increased food security rates during pregnancy for Black & Latine birthers
- Decreased impact of diet-sensitive pregnancy complications like gestational diabetes and preeclampsia
- Decreased rates of preterm birth and low birth weight
- Increased awareness among healthcare providers of CalAIM food programs and how to prescribe them
- Increased participation in CalAIM food programs
- CalAIM food supports available for at least twelve months
- Food support is a permanent element of Medi-Cal



How can you help?

Connect us with community-based organizations who would like to refer participants to Nourishing Pregnancy

Help us advocate for CalAIM expansion in San Francisco

Connect us with funders who would be excited to invest in our work

Refer Black and Latine pregnant people to the program

Make a personal donation to 18 Reasons

Refer:



Donate:



Sarah Nelson, Executive Director
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