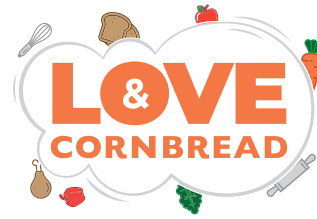


# Top 5 Questions About



## Q: What's your mission?

Love & Cornbread is a 501(c)(3) committed to increasing food equity in Baltimore City. We cook from scratch and serve with love, driven by the belief that there should not be two classes of food: one we serve to friends and family and one we serve to those in need. We all deserve delicious, healthy food made with care from the best ingredients. We focus our programs on the Penn North neighborhood as we find that the deeper our relationships in the community, the greater the relevance and impact of our programs.

## Q: What exactly does Love & Cornbread do?

We serve 15,000 meals each year and have developed multiple programs in response to direct feedback from the community we serve:

- Since August 2020, we have served fresh, homemade meals every Saturday at noon outside the Phase II barbershop in Penn North. We have not missed a single week of service in four years.
- In July 2023, we began providing weekly meal delivery to elders in Penn North Plaza Apartments at the request of one of our community leaders.
- In September 2024, we launched Golden Gatherings, a monthly lunch and activity program for Penn North elders in partnership with Simmons Baptist Church, again at the request of the community.
- In October 2024, we debuted Power UP! meals for sale to after-school programs in Baltimore City. These kid-approved meals are made from hearty, whole foods, and delivered ready-to-eat. Popular entrees include barbecued chicken drumsticks and spaghetti with homemade meat sauce. All revenue derived from Power UP! Meals goes to underwrite our outreach programs in Penn North.

## Q: What else does Love & Cornbread do to promote public health?

It's impossible to serve in Penn North and not be aware of the enormous public health crisis in the area. Since we have built trust with our regular Saturday guests over the years, they regularly ask us for help with specific

health concerns. Based on their requests, we now offer naloxone to reverse opioid overdose and save lives, xylazine test strips to test the drug supply for dangerous substances, condoms, new Bombas socks, personal hygiene and comfort items, and wound care kits. Love & Cornbread became a certified Overdose Response Prevention program with the State of Maryland in 2023. We are committed to harm reduction and are grateful for our partners at the city and state level who educate and support us.

## Q: How is Love & Cornbread funded?

Love & Cornbread has been fortunate to receive grants from T. Rowe Price Foundation, the West Baltimore Renaissance Foundation, Civic Works, and the State of Maryland Department of Health. We also raise funds through events and individual solicitation. In 2025, we plan to expand our Power UP! Meals program so that we can generate more of our own income and build a sustainable future for the organization. Love & Cornbread reduces costs by receiving more than 1,500 lbs of free produce each week from non-profit farms and distributors, such as So What Else Helps?, First Fruits Farm, and Rock Rose Food Justice Project.

## Q: Why cornbread?

The name Love & Cornbread is meant to evoke hospitality and homeyness. Early on, we discovered that offering delicious, high-quality food made from scratch was a powerful way to show love to people who often feel forgotten by our city. When we say, "I made this for you - I hope you like it!," we are saying, "I see you. You matter." We chose cornbread as our symbol because cornbread isn't your entree or your dessert; it's that little something extra the cook whipped up for you, just because. Cornbread is a little square of love.

## Join us!

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