

Buy Meals for People in Need Through Nourish Our Neighbors

Hope and Main's emergency food assistance program enlists local food businesses to prepare meals for community partners.

December 8, 2022

[Jamie Coelho](#)



Nourish Our Neighbors distributes meals to people in need. Photo by Rupert Whiteley.

During the holiday season, it's easy to get swept up in materialism. But if we all make a conscious effort to do some good in the coming weeks, we will all make the world a better place. An easy way to do that is to donate to [Nourish Our Neighbors](#) through Hope and Main. It's the nonprofit food incubator kitchen's emergency food assistance program that enlists local food businesses to prepare meals for community partners such as the Warren Housing Authority, Head Start or the Women's Resource Center. The local food businesses are paid

for their work and people who need a free, nutritious meal can gain food access easily.

Through public generosity, Hope and Main has distributed more than 50,000 meals to our neighbors in need. The way it works is small food businesses based at Hope and Main are paid to make meals that are then distributed to community-based partnering agencies. “These agencies can then provide a meal to an individual or family at the point of need, versus sending them to a food pantry or elsewhere. No questions asked,” according to Hope and Main. “Every gift of \$10 pays for a meal for a neighbor in need and goes a long way toward supporting economic empowerment for small, local food businesses.”

Do your part in helping to “[nourish our neighbors.](#)”