



## Program Overview: HarvestHub

“Bringing Nourishment, Sharing Hope”

The HarvestHub Program is a comprehensive initiative of Milford Advocacy for the Homeless (MAH) dedicated to addressing food insecurity and promoting holistic well-being within the community. By providing nutritious meals and access to a variety of food options, HarvestHub ensures that individuals and families in need receive consistent nourishment while offering guidance and support to improve overall health and stability.

This program reflects MAH’s guiding principles:

- **Passion** – Fueled with the desire to make a difference
- **Service** – Sharing resources and support
- **Humanity** – Treating everyone with dignity and respect
- **Impact** – Join us to make a difference today

### Program Goals:

- Provide consistent access to nutritious meals for individuals and families facing food insecurity
- Promote healthy eating habits and holistic well-being
- Connect neighbors with additional community resources and support
- Gather feedback and data to continually improve food distribution and quality

### Core Activities:

- Distributing balanced meals and groceries to individuals and families in need
- Partnering with local food banks, pantries, and donors to secure quality food items
- Monitoring nutritional value and diversity of meals to meet health needs
- Engaging with participants to assess satisfaction and provide guidance on healthy eating

### Target Population:

- Individuals and families experiencing food insecurity

- Neighbors facing financial hardship or barriers to regular access to nutritious food
- People seeking support to improve dietary health and stability

**Program Outcomes:**

- Immediate relief from hunger and food insecurity
- Improved nutrition and overall well-being
- Strengthened connection to community resources and support networks
- Increased dignity, self-worth, and hope among recipients