

COMMUNITY FOOD TABLE INITIATIVE

A CALL TO ACTION FOR THERAPISTS AND PROVIDERS

Across our communities, families are facing growing food insecurity and as providers and therapists, you have the power to do something small that creates a lasting impact. This holiday season (and beyond), we are inviting local therapy practices, clinics, and community offices to join the **Community Food Table Project**, a simple, heart-centered way to support families right where we are.

What Is a Community Food Table?

A Community Food Table is a small, visible space in your office where anyone can take what they need or leave what they can. It's a quiet act of compassion that builds connection and dignity within our shared spaces.

How to Set Up Your Table

- 1. Choose a Spot:** Find a small area in your waiting room, hallway, or staff space — ideally where families naturally pass by.
- 2. Add a Table or Shelf:** Use what you have, a side table, cart, or small shelf. Add a sign such as: "Community Food Table: Take what you need, leave what you can."
- 3. Stock with Essentials:** Start with non-perishable, easy-to-grab items like cereal, granola bars, peanut butter, pasta, rice, canned goods, formula, baby food, diapers, or wipes.
- 4. Provide Bags:** Add paper or reusable bags so people can discreetly take what they need.
- 5. Spread the Word:** Share a quick post or flyer in your office, on social media, or in your professional network. Encourage others to start one too!
- 6. Keep It Going:** Restock weekly or invite staff, clients, or community partners to contribute. Make it part of your clinic's culture of care.

Optional: Add a Community Wishlist You can also create a wishlist for families, especially for children and adults with brand-specific safe foods. Many individuals and families rely on very specific items to meet their nutritional, sensory, or medical needs. This wishlist ensures that everyone, regardless of income, can have dignified access to their safe foods and the care they deserve.

Why it Matters

Therapists see firsthand how stress, financial hardship, and food insecurity impact mental health and development. By setting up a food table, you're creating an immediate, tangible form of support that communicates: **"You are seen. You are cared for. You belong here."**

Together, small actions across many offices can create a ripple of change in our community. We can make compassion visible, one food table at a time.

If you start a community food table, please share a photo or message so we can highlight and celebrate your impact

Thank you to Rachel Conrad, MA, CCC-SLP, Family Centered PFD Research Consortium Chair for creating this resource!

IT'S NOT PICKY EATING

An initiative of  feeding matters