

GRANDMA LULU'S TABLE

A Plant-Based, Mobile, Flavorful
Solution for the Food Insecure



WHY PLANT-BASED?

01

Founded: January 9, 2020
IRS 501c3 Determination:
March 12, 2020
Number of Meals 2,496
Number of Volunteers: 160

@grandmalulustable



02

A healthy plant-based diet
is one of the most effective
ways to fight disease and
insure proper nutrients
to our bodies



Our Mission

Grandma Lulu's Table is organized exclusively for the purpose and goals of enhancing lives through the mobile distribution of nutritious, plant-based meals to hungry, homeless and food insecure individuals in San Diego and surrounding areas



BREAKFAST OUTREACH

After Identifying HUNGER, MALNUTRITION and ISOLATION as fundamental risks to humankind, Grandma Lulu's Table developed a creative solution of taking Free plant-based meals to people—especially children—in need.

Grandma LuLu's Table brings meals to underserved neighborhoods throughout San Diego County for monthly distributions on Saturday mornings from 8am to noon.

Volunteers also help us to distribute our healthy flavorful meals, organic vegetables along with basic recipes and wellness information.





Our meals are prepared under the oversight of a nutritionist, volunteer chefs, and culinary students. Displaying examples of food that not only tastes fantastic but is contrary to the fast-food options prevalent in these neighborhoods, our options won't exacerbate common medical sensitivities such as diabetes, hypertension, or obesity. Our program doesn't just feed families, we encourage people to make healthy lifestyle choices that are affordable and enjoyable.



While our meals are designed to be healthy, flavorful, and—perhaps most important—
inexpensive and easy to prepare. Through the experience of the meal and the exchange of
nutritional information, we are empowering better shoppers.

The food we provide our patrons will feed them for a day and the information we provide
will sustain them for a lifetime of healthy living on a budget.



WE ARE SERIOUS ABOUT HUNGER

Our founder has a Risk Management background, bringing a unique perspective to the issue of hunger. In Risk Management, companies and organizations reduce negative financial impacts by identifying, analyzing and mitigating dangers that arise through normal operations. She has also experienced food insecurity and isolation firsthand. From this lens, Grandma LuLu's Table acknowledges that **HUNGER, MALNUTRITION and ISOLATION** are fundamental risks to humankind.



Grandma LuLu's Table Receiving Community Heart Award