

---

# Champ's Cupboard

Impact Report // 2024-2025

# Our Story

## Laying the Foundation

Food insecurity—when families can't afford enough nutritious food—harms children's physical and mental health. To help address this, Dr. Cristin Fritz and a multidisciplinary team created a system at Monroe Carell Jr. Children's Hospital at Vanderbilt to routinely screen hospitalized families for food insecurity and connect them with resources. Families identified receive food resource guides at discharge and, if they choose, support from inpatient resource specialists during their stay.

## Building Partnerships in the Community

Even with this progress, many families still lacked access to long-term nutrition support. To close this gap—and in line with Vanderbilt University Medical Center's (VUMC) 2022 Community Health Needs Assessment and national and state standards—a coalition of hospital leaders and community partners, including Second Harvest Food Bank of Middle Tennessee, The Nashville Food Project, and the Tennessee Justice Center, joined forces to create a stronger solution.



## A Lasting Solution: Champ's Cupboard



With guidance from a strategic planning group, the team decided to launch an onsite Food Resource Navigation Hub – now known as **Champ's Cupboard** - inside the Family Resource Center at Monroe Carell. Champ's Cupboard serves as a central access point for families to connect with food resources during their hospital visit, helping to improve nutrition security and, ultimately, children's health.

# Our Families

Families and caregiver are at the heart of Champ's Cupboard. Here's what they have had to say about the program:\*

"It was nice, I've never had anyone offer a free meal to us, especially in the hospital"

"The meal got us through when we needed it"

"It gave us food we didn't have because we were struggling"

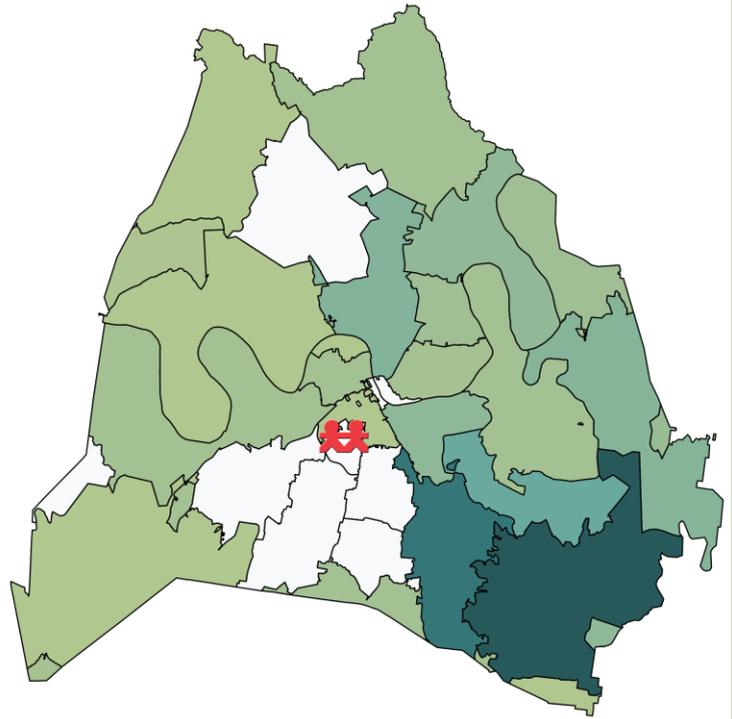
"We were able to focus on our child instead of trying to cook a meal"

"It gave us something to eat for the night and for that, we are grateful"

"It was very good. We had food to eat right when we got home from a long hospital stay"

\*Collected from follow-up surveys conducted among families served by Champ's Cupboard

Figure. Map of families in Davidson County eligible for Champ's Cupboard. Darker areas show more families.



\*Most of our families with food insecurity reside in Northern or Southeastern Nashville—areas facing disproportionate food insecurity.

# Our Team

The Champ's Cupboard team is our backbone. Dedicated individuals from all across the hospital bring unique perspectives to ensure families receive the meals and resources they need.

"I am grateful to be intricately connected with other healthcare providers that see the role food insecurity plays in health and are working proactively at the intersection of so many disciplines to create an innovative, holistic, and collaborative approach to the complex problem that is food insecurity. It is an honor and a privilege to do this work and to collaborate with so many esteemed professionals bringing unique perspectives to solve complex issues."

- Marie Holzer, MSW



Picture. Brianna Lillwitz and Alyssa Rohan, Family Resource Center staff, with fresh produce.

48% English-speaking families

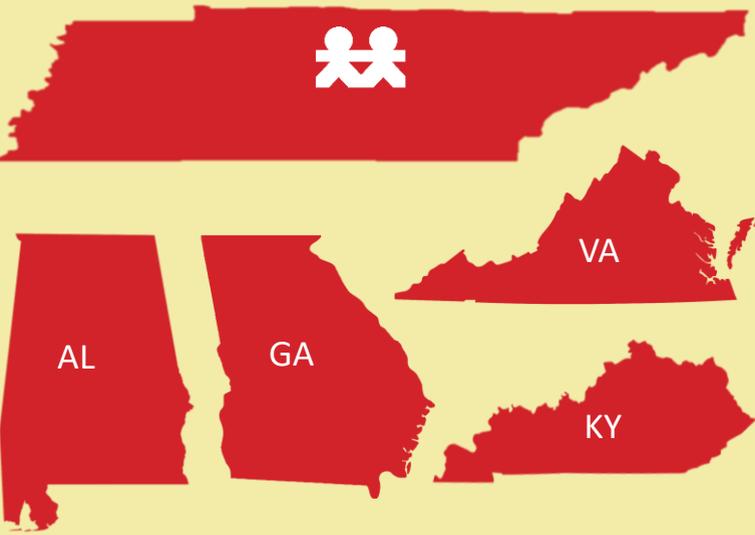
“Being able to care for my daughter without hesitation”



49% Spanish-speaking families

“Toda la comida que venía fue muy necesaria”

235 meals distributed to families residing across 5 states



4.4/5



Family Satisfaction Rating

4.4/5



Program Acceptability Rating



98%

Found the meal they received helpful

“Made it so there was one less thing to worry about when arriving home”

1 in 2

Families introduced to a new food



66% discovered a new food resource



87%

Increased satisfaction with their hospital admission



95%

Support continuing the program

Most common barriers for accessing community resources



Transportation



Stable Housing



Childcare



Food Availability

\*All data collected from follow-up surveys conducted among families served by Champ’s Cupboard

# New Initiatives Planned for Champ's Cupboard



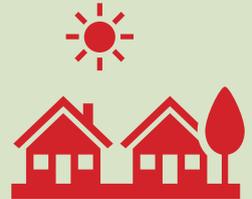
Piloting provision of fresh produce to families through partnership with local farms during the growing season

Expanding support to families cared for in other areas of Monroe Carell such as the Emergency Department



Expanding the types of foods we offer to better support families with specific dietary needs and cultural preferences

Expanding efforts to help families identify and apply for community resources that address their ongoing needs.



## Thank You to Our Entire Team!

### VUMC Collaborators

- Department of Pediatrics Faculty (Hospital Medicine, Intensive Care, Primary Care)
- Acute Care Nursing
- Social Work
- Family Resource Center
- Family Affairs
- Nutrition Services
- Dietetic Internship Program
- Office of Community Health & Engagement
- Rooted Community Health
- Vanderbilt University School of Medicine
- Vanderbilt Educational Garden Initiative
- Informatics teams

### Community Partners

- Second Harvest Food Bank of Middle TN
- Nashville Food Project
- Tennessee Justice Center

### Sponsors

- Lee Company
- Bank of America
- Department of Pediatrics

### Important Resources



Want to get involved with the work we do through Champ's Cupboard?

Scan or contact us at [ChampsCupboard@vumc.org](mailto:ChampsCupboard@vumc.org)



Wondering what resources may be available for your community?

Scan to for resource and learn about the work of our community partners