

COMMUNITY MARKET OF EAST ALABAMA

Key Academic Constructs

This class was centered around how to properly educate and advocate for health in our communities. The main core constructs we have learned so far that directly correlate to the Community Markets mission is the topic of Food Insecurity/Hunger and the Social Determinants of Health. Community Market's mission is to increase access to healthy food to those in need and to serve in a way that improves self-efficacy and empowerment for a strong community. This directly connects with class constructs such as Health Promotion as well. Health Promotion focuses on improving health and reducing inequalities, and Community Markets signifies both of these vital traits.

Civic Responsibility

The Community Market runs completely off of volunteers. Volunteers assist the shoppers, perform administrative tasks, and overall keep everything organized and running. With the help of the volunteers, the Community Market is able to send out more than 3,000 pounds of food in a single day to various members of the community in need.



Personal and Professional Growth

Our time at the Community Market has been one of both professional and personal growth. We have had the opportunity to learn how to do office work such as answering phones, making appointments, and filing documents. We also have had the opportunity to have conversations with many of the shoppers. They have told us how thankful they are for the Community Market and how it has changed their lives. At first, we were unsure of how to navigate talking to the customers and staff, but we have learned that everyone there is so kind and loves having us there. We have been reminded through our time volunteering that we are very blessed people and food security is something that we will not take for granted. Our experience here will be a great preparation for working with the community in our future careers.

Reflection of Service Work

Our time spent serving at the Community Market has taught us so much about food insecurity in the Lee County area. Resources such as the Community Market act as a supplementary program for individuals who may be facing food insecurity to some extent. Not everyone who enters the Community Market will have the same story, yet this program acts universally to help and encourage them. Our proposal objectives would be put in place to increase the people that could be reached as well as the resources available to them.



Sources and Evidence

We used a variety of sources so that we could understand the Community Market on a deeper level. We had a personal interview and have gotten to know the Community Market director, Cindy Duff so much better through our service learning. She gave us resources such as magazine articles and handouts about the Community Market and the people they serve. She also exemplifies the mission of the Community Market personally and has shown us the humility and the service that the volunteers and staff at Community Market show up with every single day.



Don't Forget the Fruit

Add bananas, peaches, or strawberries to your cereal or yogurt.



What is the Community Market of East Alabama?

The Community Market of East Alabama is a grocery store style market that allows for people in need to come shop five times a year. They get their food from the East Alabama Food Bank and from donations. The customers can take home up to 100 pounds of food each time depending on the number of people in their family.

Proposal Objectives

Throughout our proposal, we hope to accomplish three main points:

1. Funding for a new building and coolers
2. An increase in nutrition education for all shoppers
3. Increase fundraising so full-time staff can be acquired