

BREAKING EVERY FOOD CHAIN

KELLI LITTLEJOHN AND HOLLY DAVENPORT



Transformation Proposition

What are you offering the community?

Our program promotes Food is Medicine by offering inclusive, intergenerational activities in gardening, nutrition, and wellness, breaking down stigma and health barriers for all, regardless of income or insurance, to foster holistic community health.



Problem

Why is this needed?

African American communities in Collinwood, and East Cleveland face significant health disparities, including high rates of obesity and diabetes, stemming from systemic inequities, food insecurity, and a lack of culturally relevant health education and intergenerational engagement needed for lasting community wellness and empowerment.

IMPACT FOR NUTRITION EQUITY

What's happening with this work in the next 6-12 months?

- Conduct baseline and follow-up assessments for 90% of participants.
- Achieve a 10% reduction in average blood pressure or BMI.
- Refer 50% of high-risk participants to care management.
- Perform mental health screenings for 100% at intake.
- Follow up on emotional well-being at 6 and 12 months.
- Conduct lab tests (CBC, CMP, A1C) for all at 3, 6, and 12 months.
- Monitor metabolic health and chronic disease risks..

- Enroll 150 participants in the produce program.
- Distribute 20 pounds of produce monthly per participant.
- Host monthly nutrition workshops for 80% of participants.
- Increase nutrition knowledge scores by 25%.
- Provide a culturally tailored nutrition guide to all.
- Conduct monthly cooking demos by That Brown Girl Spice.
- Offer hands-on food growing education for 80% of participants.

Collaborators

Who else will work with you to bring this to life?

- Greater Cleveland Food Bank
- Dove Legacy Health. LLC
- That Brown Girl Spice, LLC
- Collinwood Cobras, Inc
- Camryn Averie Foundation
- New Hope Fellowship Church
- Northeast Ohio Black Health Coalition (NEOBHC)



Holly Davenport

Holly is a culinary professional focused on scratch-based healthy cuisine since 2018. As an AmeriCorps Vista Member at the Greater Cleveland Food Bank, she manages the demo kitchen and develops market recipes. A graduate of the Neighborhood Leadership Development Program (NLDP) and the Neighborhood Leadership Institute (NLI), Holly is dedicated to community empowerment.

As the founder of Dear Brown Girl, in partnership with the Collinwood Cobra cheerleaders, she mentors girls of color ages 7-14 and has prepared over 10,000 meals for the Cobras since 2018. Through her catering company, That Brown Girl Spice, she fosters community through cultural gatherings. Her next initiative is launching a "Produce for Prescription" program to promote healthy choices in an African-American community via the REACH Fellowship.


How Can You Get Involved?

- Volunteer your time and skills
- Make a monetary donation
- Provide in-kind donations
- Spread the word online
- Host a community fundraiser
- Organize a donation drive
- Share our story with others
- Partner with local organizations



Dr. Kelli Littlejohn

Dr. Kelli Littlejohn, DNP, CNP, is the CEO and Medical Director of Dove Legacy Health and co-founder of the Camryn Averie Foundation, supporting families facing grief and mental health challenges. With over 15 years of healthcare experience, she began as a registered nurse in long-term care, rehab, and hospice before advancing into acute care specialties and becoming Assistant Nurse Manager at the Cleveland VA. As a Certified Nurse Practitioner, she has served in internal medicine and geriatrics across acute and long-term care settings. Dr. Littlejohn teaches in Cleveland State University's Master's Program and was honored with the "Excellence in Scholarship and Service Award." She is dedicated to reducing health disparities through her produce prescription program for underserved patients.

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