

Sam Polk
President, Everytable
November 2, 2022

[5:00 pm] Pam

Welcome to [#EquityChat](#) sponsored by [@CollegeFutures](#) w/your [@equityavengers](#) [@DrPamLuster](#) [@IamKeithCurry](#) & [@DrTammeil](#). Our guest is [@SamPolk](#), co-founder/CEO [@foreverytable](#), tackling [#FoodInsecurity](#) by making healthy food affordable & accessible. Welcome Sam! Join by RT,comment,like

[5:05 pm] Tammeil

Q1 @SamPolk As you engage in equity-focused work, what is your walk-up song or anthem? @DrPamLuster @IamKeithCurry @CollegeFutures #EquityAvengers

[Sam Polk @SamPolk · 15m](#)

Replying to [@DrTammeil @DrPamLuster and 2 others](#)

Haha! Mmmmm.....California Love, Tupac. Gotta represent my hometown LA.

[@DrTammeil](#)

Replying to [@SamPolk @DrPamLuster and 2 others](#)

Bless you, Sam Polk! California Love, all day. Throwing Dubs for Oaktown too!

[Dr. Keith Curry #EquityAvengers #RealCollegePrez](#)

[@IamKeithCurry · 2m](#)

Q2 @SamPolk We've previously asked guests for their non-resume introduction, but we want to know what is something you want people to know about you that you haven't shared? [@DrPamLuster @DrTammeil @CollegeFutures #EquityChat #EquityAvengers](#)

Replying to [@IamKeithCurry @DrPamLuster and 2 others](#)

Hmmm...let's see...my favorite book of all time is Billy Budd by Herman Melville, and I love it so (middle) named my son after the name of my favorite character.

[5:18 pm] Pam

Q3 @SamPolk Can you share more about "food deserts" and their impact on #foodinsecurities? How does this impact us as educators and the students we serve? @DrTammeil @IamKeithCurry @CollegeFutures #EquityChat #EquityAvengers

Replying to [@DrPamLuster @DrTammeil and 2 others](#)

1) Oh wow...where to even start? Basically, for me the key idea is that healthy food is a human right and shouldn't be a luxury product. But the truth is, so many communities primarily have access to food through fast food and convenience stores...

[Sam Polk @SamPolk · 4m](#)

Replying to [@SamPolk @DrPamLuster and 3 others](#)

2) ...and if you are not eating healthy food, you are hurting your physical health, your mental health, childhood development, etc. And it's not just underserved communities...in basically every neighborhood, junk food is less expensive than fast food. That's what we're solving.

[5:25 pm] Tammeil

Q4 @SamPolk What would you say are the “Big E” and “Small E” goals to achieve equity? As Co-Founder & CEO @foreverytable, what is your role in achieving these goals? @DrPamLuster @Iamkeithcurry @CollegeFutures #EquityChat #EquityAvengers

Replying to [@DrTammeil @foreverytable and 3 others](#)

1) The way I think about this is “Small E” might address the symptoms, whereas “Big E” addresses the root. So for us, the “Small E” is that we run a Pay-it-Forward Program at every store, which means that people who don't have enough money to afford a meal can walk into a...

Replying to [@DrTammeil @foreverytable and 3 others](#)

2) ... store, walk to our Pay-it-Forward wall, and grab a post-it note that someone else had purchased (or paid it forward) so that they can eat a meal. It's a great program that ensures that everyone, including people experiencing homelessness, can find a meal at Everytable...

Replying to [@DrTammeil @foreverytable and 3 others](#)

3) But for the “Big E” we are squarely targeting the racial wealth gap. When we began to look at franchising, we quickly saw that franchising, like so many industries, is available to folks with capital. But in the communities we work in, there are a ton of talented...

Replying to [@DrTammeil @foreverytable and 3 others](#)

4) ... entrepreneurs with little capital. So we've raised capital from our philanthropic partners including Annenberg, WKCF, Dignity Health, Kroger Foundation, to source capital that we can lend to these entrepreneurs so they can start their own Everytable franchise. Our ...

Replying to [@DrTammeil @foreverytable and 3 others](#)

5) vision is that Everytable has more than 30,000 stores, each owned by an entrepreneur who otherwise wouldn't have the opportunity.

[5:32 pm] Keith

Q5 @SamPolk Tell us more about your work with @foreverytable and @FeastForAll. What projects are you most proud of and what new projects are you most looking forward to?@DrPamLuster @DrTammeil @CollegeFutures #EquityChat #EquityAvengers

Replying to [@Iamkeithcurry @foreverytable and 4 others](#)

1) Two things – first is the social equity franchise model I previously mentioned. And second is the work our team did to feed seniors and food insecure college students around LA during ...

Replying to [@Iamkeithcurry @foreverytable and 4 others](#)

2) ... the pandemic and even now. There is a ton of food insecurity amongst seniors, and we're proud to partner with the City of Los Angeles and the City Council to provide fresh meals to

those in need.

[5:39 pm] Pam

Q6 @SamPolk You recently presented at the #WHConfHungerHealth. What are your thoughts on the Administration's National Strategy on Hunger, Nutrition, & Health. How is @foreverytable supporting these efforts? @DrTammeil @IamKeithCurry @CollegeFutures #EquityChat #EquityAvengers

Replying to [@DrPamLuster @foreverytable and 3 others](#)

1) My big takeaway is that a ton of progress has been made in alleviating hunger (although plenty more to do!), very little progress has been made in nutrition and health. And the reason is that...

Replying to [@DrPamLuster @foreverytable and 3 others](#)

2) ...no one (except, ahem, us) has figured out a solution to make healthy food all the things the modern consumer demands – affordable, convenient, and easy to prepare. Until healthy food is...

Replying to [@DrPamLuster @foreverytable and 3 others](#)

3) ...less expensive than fast food, easier to prepare than kraft mac and cheese, and easy to grab and go, health outcomes won't change....

[5:46pm] Tammeil

Q7 @SamPolk To do this work, we must continue learning and partnering with others. Who/what is informing your practice? Who do you recommend we follow, and what are you learning from them? @DrPamLuster @IamKeithCurry @CollegeFutures #EquityChat #EquityAvengers

[5:53 pm] Keith

Q8 @SamPolk To end tonight's #EquityChat, what advice would you give to other equity practitioners? @DrPamLuster @DrTammeil @CollegeFutures #EquityAvengers

Replying to [@IamKeithCurry @DrPamLuster and 2 others](#)

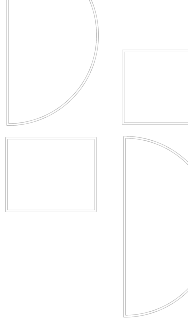
1) ...I guess my big advice is to let go of the mindset of charity and giving, and instead focus on removing the structural barriers to success, and unlocking people's natural desire to lift themselves up and do something great. We've all got that drive, and so the goal is to ...

Replying to [@IamKeithCurry @DrPamLuster and 2 others](#)

2) ... make sure the opportunity is available to everyone.

[6:00 pm] Pam

TY so much [@SamPolk](#) for sharing your work [@everytable](#) w/us tonight, systems of food power to the people! We are joined next wk [#EquityChat @CollegeFutures](#) by [@freddyshegog](#)



Founder/CEO [#TheMessageLLC](#)! Don't miss it! [@Iamkeithcurry](#) [@DrTammeil](#) [@DrPamLuster](#) [@equityavengers](#) OUT!

