

Farm-to-Table: Medicine for Body, Mind & Soul

At the heart of our community, every bite is a step toward a healthier, happier, and more connected life.



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The Power of Fresh Nutrition



Nutrient Density

Fresh, locally sourced produce retains more vitamins, minerals, and antioxidants than processed foods, directly supporting immune function and tissue repair.



Food as Medicine

Whole foods help manage heart disease, diabetes, arthritis, and hypertension, reducing medication dependence and improving quality of life.

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Cognitive Health & Memory Support

Brain-Boosting Foods

- Leafy greens rich in folate and vitamin K
- Berries packed with antioxidants
- Whole grains for steady glucose
- Healthy fats supporting neural function

These ingredients in scratch cooking have been shown to improve brain function and slow cognitive decline, helping residents stay mentally engaged.



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Digestive Wellness & Inflammation Control

Better Digestive Health

Fresh foods are naturally high in fiber and free from preservatives, supporting healthy digestion, regularity, and gut microbiome balance—all linked to better immunity and mental health.

Reduced Inflammation

Fresh herbs, spices, omega-3 rich fish, and vegetables help manage joint pain, stiffness, and inflammation-related issues common in older adults.

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Enhanced Taste Drives Better Nutrition

Made-from-scratch meals often taste better, encouraging residents to eat well and maintain a healthy weight, which is critical for strength, energy, and healing.

When food tastes exceptional, appetite naturally improves, leading to better nutritional intake and overall wellness outcomes.



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Building Community Through Food



Social Connection

Farm-to-table dining creates a sense of care and community, turning meals into enjoyable events and opportunities for social interaction.



Emotional Wellbeing

Shared meals combat loneliness and depression, fostering meaningful relationships and emotional support among residents.

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Personalized Care Through Scratch Cooking



Custom Preparation

Precise control over ingredients and cooking methods



Medical Diets

Accommodating allergies and dietary restrictions safely



Texture Modifications

Ensuring safety and satisfaction without sacrificing flavor

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Supporting Longevity & Healthy Aging



Cellular Protection

Antioxidants, phytonutrients, and balanced macronutrients in farm-to-table meals help reduce oxidative stress and promote cellular repair.

Longevity Benefits

These nutritional powerhouses support longer, healthier lives by addressing aging at the cellular level.

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Creating Purpose & Local Connection

01

Farm Partnerships

Connecting with local growers for freshest ingredients

02

Gardening Programs

Residents engage in growing their own herbs and vegetables

03

Cooking Demonstrations

Interactive sessions creating joy and mental stimulation

04

Community Visits

Farm tours strengthening local connections and purpose



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Every Bite Matters

Farm-to-table dining transforms senior living from simple sustenance to comprehensive wellness, nurturing body, mind, and community connections for healthier, happier aging.

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Evidence-Based Benefits

Proven pathways to better health

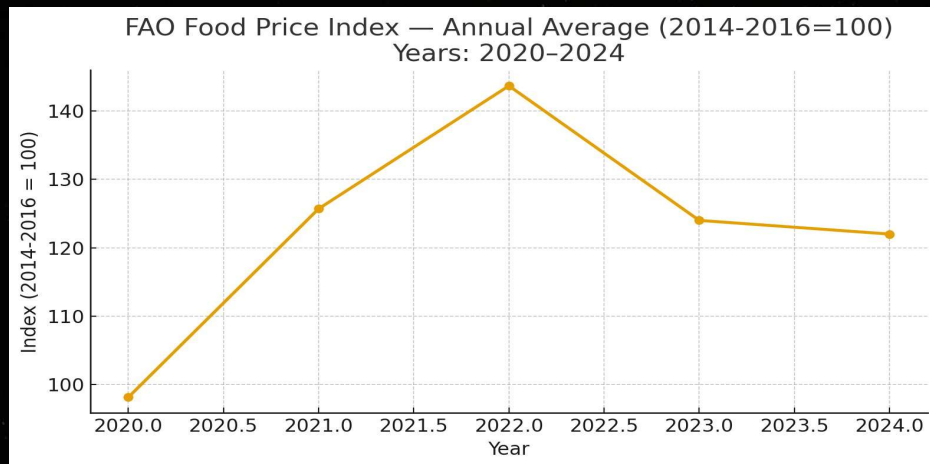
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Holistic Approach

Medicine for body, mind & soul

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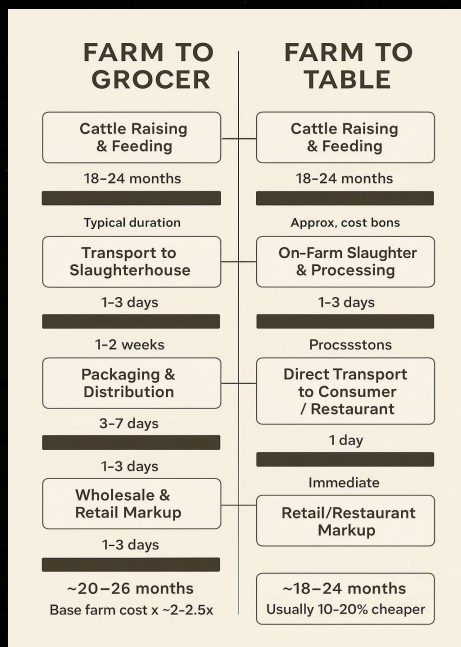
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- This graph from the Food Agricultural Organization shows the Food Price Index, which are based on a handful of commodity items
- Since 2020 with the peak being at 2022, we've seen the highest food prices at a rate of over 140% from 2020 & while those prices have decreased, we are still operating at a food cost that is greater than 120%
- Average senior living PPD for food cost range from \$7-10 PPD
 - We've been able to manage our farm-to-table movement with \$7.50 PPD for the last 4 years

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- **Strategic pre-planning**
 - Building the partnerships through trust & commitment
 - 18-months for beef/pigs
 - Seeds for growing
- **Cost control**
 - We work directly with the farmer vs directly with the grocer
 - What should cost us a few cents cost us a few dollars
 - Economically butchered for our communities
 - Menu creation which allows us to pivot to other options in our kitchen
 - Auction
 - Dos and don'ts
 - Be cautious of bidding wars with families vs grocers
 - Savings and excitement
- **Quality/Freshness**
 - We've cut out multiple stages of the middle-man process
 - What the farmer grows for us were taking
 - No lag time for produce, picked on Wednesday and in our community on Thursday

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The Mason Family
Three D Cattle



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The Yoder's Farm



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Operational Nuances of Farm-to-Table

- Managing the Food Menu Around Seasonally Fresh & Available
- Managing Waste
 - When you combine both plate waste and leftover bulk waste, the average senior living community see 25-40% of total prepared food ending up wasted
 - Knowing our residents, utilizing leftovers, & being creative with our personalized menus brings our waste down to less than 10%
- Controlling Cost
 - Little to no variation from our established cost throughout the course of 12 months, regardless of market changes
 - We utilize every allowable part of our beef & grade of produce
 - If we do not use it for our residents such as the: heart, liver & tongue, we give it to our team for their families to use, creating a cycle of positive retention
 - Our average hospitality employee has been with us for at least four years, which is double the industry average
- Community Ties & Resident Enjoyment
 - Partnering with farmers keeps dollars in the local economy and strengthens the “home-grown” brand identity
 - Farm-to-table allows us to provide purposeful activities of daily living for our residents

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