



# Elijah's Promise – Access to Food, Dental Care, and Literacy

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**Healthy People 2020:  
Nutrition and Weight Status  
Oral Health**

## Elijah's Promise Timeline

- Elijah's Promise was established in 1989 when three local churches (St. John's Episcopal, Emanuel Lutheran, and Christ Episcopal of New Brunswick) joined together to start a small soup kitchen.
- In 1997 Elijah's Promise created a culinary arts training program called *Promise Culinary School*. The professional curriculum has been taught to hundreds of students.
- In 1998, Elijah's Promise started a catering business, with the help of the *Promise Culinary* students to provide healthy meals to children in New Brunswick the *Meals on Wheels* program.
- In 2009 Elijah's Promise co-founded *A Better World Cafe*. This café brings delicious, sustainable food to the area. Complimentary meals or volunteering time can substitute in exchange for fresh meals.



## Making a Difference

- **GOAL:** To promote healthy, nutritious, and affordable food sources for all.

### Methods

- The student interns worked with the Elijah's Promise on several initiatives: In the Soup Kitchen they helped provide free, nourishing meals.
- They developed recipe cards for the opening of *A Better World Bakery*. These recipes encourage shopping on a budget by utilizing seasonal produce in multiple ways.
- Since Elijah's Promise supports drinking more water and limiting salt intake (by not providing it), the student interns designed posters to educate the New Brunswick population on the benefits of water and why to avoid excess salt.

- **GOAL:** To connect uninsured individuals to dental resources.

### Methods

- The student interns organized a dental workshop at Elijah's Promise Soup kitchen to inform patrons of free dental care options.
- They provided free dental supplies and created/distributed information on proper dental care.
- They informed patrons of facilities that offer free or reduced price dental care in New Brunswick area.

- **GOAL:** To provide free literature for those who do not have ready access to it

### Methods

- The student interns organized a book drive, partnering with Rutgers School of Public Health, to collect books.
- Distributed books at Elijah's Promise Soup Kitchen between lunch and dinner service to patrons waiting to be served.

## The Future of Elijah's Promise

- Fall 2014 - *A Better World Bakery* will be open for business. This bakery will not only help support the soup kitchen but will also offer a way for the *Promise Culinary* students to sell baked goods.

## Bridging the Gap Values

From participating in this experience, the student interns reaffirmed the belief that public health is an important way to help shape the world and provide a better, sustainable future. Everyone should have the right to access to nutritious food, basic health and dental care, education, and a safe, affordable place to live.

This is public health! We are the future of public health!

