



For Immediate Release
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NONPROFIT ORGANIZATIONS IN EASTERN MASSACHUSETTS RECEIVE NUTRITION & HEALTHY LIVING GRANTS

Vela Foundation Provides \$225,750 to Outstanding Organizations

Boston, MA – The Vela Foundation recently awarded 21 grants totaling \$225,750 to nonprofit organizations in Eastern Massachusetts working to improve health through nutrition education and active living. Recipients range from grass roots organizations to established institutions in varied communities in Eastern Massachusetts.

The Vela Foundation’s funding program is a response to the continuing rise of nutrition-related health conditions including obesity, diabetes and heart disease. “Improved nutrition results in decreased illness and significant reduction of medical costs for the state of Massachusetts. But more importantly, it improves overall quality of life. The Vela Foundation is pleased to support the nonprofit organizations whose programs are devoted to fostering better lives through healthier habits.” said Bernadette Rehnert, Founding Trustee of the Vela Foundation.

Grants provided by the Vela Foundation will support and strengthen programs that provide healthy cooking instruction for children and adults, nutrition literacy courses, “prescriptions” for physical activity and fresh produce, and the distribution of nutrient-dense rescued foods.

The Vela Foundation’s grants include support of Community Servings’ expansion of its *Family Nutrition Education & Training Program*, Massachusetts General Hospital’s Revere-based pilot of the *Total Lifestyle Coaching* program, and nutrition literacy

programming at Paraclete, an after-school program located in South Boston. The Foundation has offered a matching grant to A Better Tomorrow Services, a community service organization located in Everett, MA that operates a highly utilized food pantry serving residents of Everett, Revere and surrounding communities. The Vela Foundation will match up to \$15,000 in funds raised by A Better Tomorrow Services for the purchase of a truck to transport foods to their food pantry.

Grants Awarded by the Vela Foundation - Spring, 2014:

A Better Tomorrow Services (Everett)	up to \$15,000
Appalachian Mountain Club (Boston)	\$15,000
Boys & Girls Club of Dorchester (Dorchester)	\$10,000
Cape Abilities (Hyannis)	\$15,000
Codman Square Health Center (Dorchester)	\$10,000 ,
Community Servings (Jamaica Plain)	\$25,000
Cooking Matters (Boston)	\$5,000
Dorchester Community Food Coop (Dorchester)	\$5,000
Haley House (Boston)	\$5,000
Healthworks Community Fitness (Dorchester)	\$15,000
Healthy Waltham (Waltham)	\$5,000
Jewish Family + Childrens' Services (Waltham)	\$5,000
Lovin' Spoonfuls (Boston)	\$15,000
Massachusetts General Hospital-Revere (Revere)	\$23,250
Mission Hill Health Movement (Roxbury)	\$5,000
Obesity Prevention Center for Children (Brockton)	up to \$10,000
The Paraclete (South Boston)	\$15,000
Partners for a Healthier Community (Fall River)	\$10,000
Self Esteem Boston (Jamaica Plain)	\$5,000
Sharing the Harvest (Dartmouth)	\$2,500
West End House Boys & Girls Club (Allston)	\$5,000

About the Vela Foundation:

The Vela Foundation is a private grantmaking foundation dedicated to promoting improved nutrition and wellness in eastern Massachusetts, with an emphasis on underserved communities. We support organizations whose missions include nutrition literacy and education, improved fitness and a concern for access to healthy foods. Preference is given to nutrition education programs with strong family engagement and programs working creatively to effect systemic change. The Foundation promotes collaboration among organizations and funders to meet shared goals. For more information, please visit www.velafoundation.org.