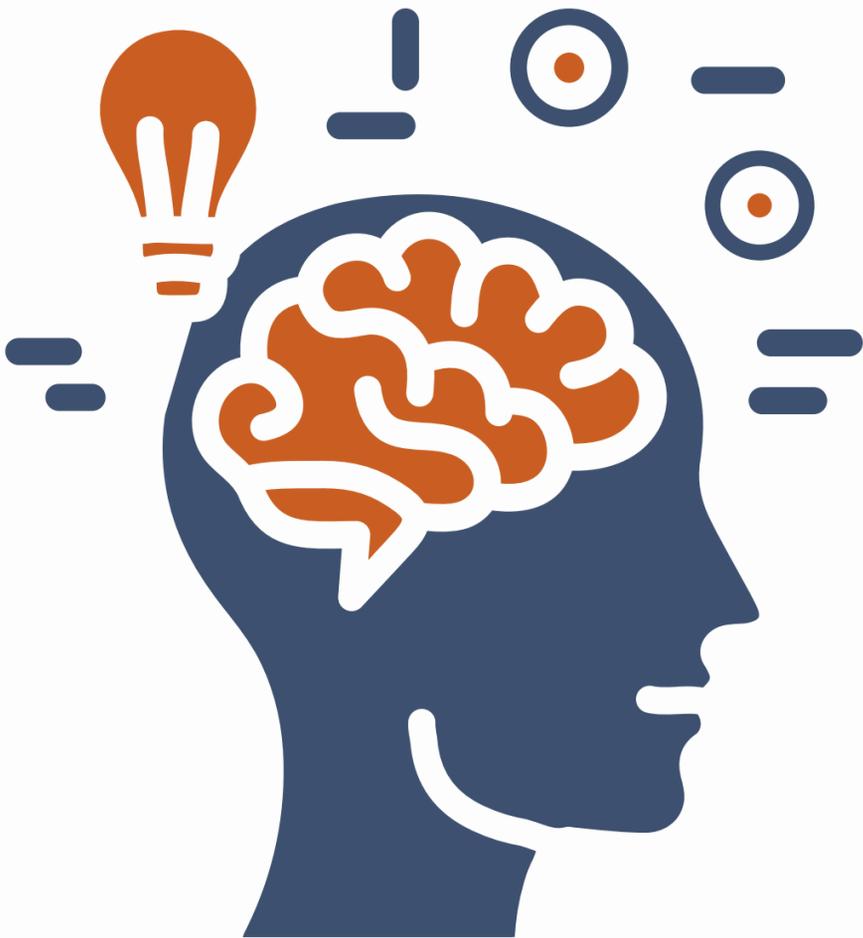




Nourishing Hope

Food Pathways as a Strategy for Regulation, Agency, and Collective Hope

Featuring community leaders from Port Angeles Food Bank, Clallam Resilience Project, and Protein for All



Why Food Is a Hope Strategy

Irregular access to food disrupts:

- Emotional regulation
- Focus and decision-making
- Motivation and willpower
- Engagement and participation
- Trust

When barriers to food decrease:

- ↓ Barriers to Food Access
- ↑ Regulation
- ↑ Willpower & Agency

“Real, nutritious food, especially protein, supports the brain’s ability to regulate stress and sustain effort.”

What We Learned from the Hope Community of Practice

Pathways Can Be Re-Routed

When delivery systems changed, Port Angeles Food Bank launched a Mobile Market to meet people where they were.

Barriers included:

- Shifts in funding
- Transportation gaps
- Increased demand
- Volunteer shortages

Instead of stopping, they gathered feedback, engaged partners, and redesigned their delivery approach.

Blocked pathways are an invitation to innovate.

Humans Are Pathways

Communities shared practical examples:

- Mobile markets
- Protein distribution
- [PB&J Ministries](#)
- [Community Loaves and Bread](#)
- Buy Nothing groups
- [Little Free Pantry](#)
- Youth assembling food packages
- School and community gardens
- Church meal delivery
- Rapid food drives during SNAP disruptions
- Staff taking families grocery shopping

“Hope grows when communities act as villagers.”



Food Through the Science of Hope Lens

GOALS

- Stable foundations
- Trusted relationships
- Strong belonging
- Resilient communities

PATHWAYS

- Food access programs
- Partnerships
- Delivery models
- Grassroots efforts

AGENCY

When basic needs are met and the body is nourished, people can regulate emotions, sustain focus, and move toward goals.

“Nutritious food strengthens both pathways and willpower (agency).”

Practical Pathways for Agencies & Organizations

<p>Immediate Actions (30–60 Days)</p>	<ul style="list-style-type: none"> • Offer protein or snacks in service spaces • Share local food bank and meal resources • Connect families to WIC, TANF, and school meals • Share neighborhood food-sharing networks • Provide grocery gift cards when possible 	<p>Improves regulation and signals dignity</p>
<p>Partnership Pathways</p>	<ul style="list-style-type: none"> • Partner with food banks or mobile markets • Coordinate food drives or community loaves • Engage grocery stores to reduce food waste • Support youth-led food assembly • Invite food partners into strategic planning 	<p>Builds collective agency and shared responsibility</p>
<p>Systems-Level Integration</p>	<ul style="list-style-type: none"> • Include food stability in strategic plans • Launch a Protein for All model • Track early signs of impact: <ul style="list-style-type: none"> ◦ Engagement ◦ Participation ◦ Regulation ◦ Trust • Identify blocked pathways and map reroutes 	<p>Strengthens long-term hope</p>

Reflection Questions

- Where does lack of regular meals show up in our work with families, and how might it be affecting regulation, engagement, or follow-through?
- What existing food pathways (partners, programs, community efforts) are we underutilizing, and where are gaps we need to re-route?
- What is one concrete action we will take in the next 60 days to strengthen food access as a hope strategy?

Learn More & Resources

- December Hope CoP [Recording](#)
- February Protein for All [Recording](#)
- [Protein for All](#)- Optimizing Brains & Bodies
- [FYJP Protein for All](#)
- [Collective Hope Research](#)
- [Feeding America](#) Food Bank Locator



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Webpage:
[Hope Community of Practice](#)



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