

Our Vision: We strive to build a healthy community by providing delicious and nutritious food in a respectful and dignified manner to anyone who walks through the door and wants to contribute to our community. We envision that the quality of the food and the comfortable atmosphere will draw people from all walks of life and entice them to become involved. Volunteers will feel satisfied by their experience on many levels because the café is a vehicle that positively impacts our community environmentally, economically, and socially. The right to good health is one of our primary goals Harmony café will address. Another goal of the café will be to educate and stimulate the community as to a healthier food choice, food waste, local food movements and green environment, leading everyone to make informed food decisions relating to specific health needs and portions sizes, thereby contributing to a healthier lifestyle and a reduction of food waste in Harmony Café and our community.

Encouraging Healthy Eating We will serve only nutritious meals based upon a suggested donation. All guests will receive a meal, regardless of means. We encourage volunteering for exchange for meals. The café will rely heavily on volunteers to cut cost and to give a hand up approach, not a handout. Letting the customers choose their portion size, control portion sizes doesn't just reduce waste – it also prevents overeating. In addition to the smaller portions, the community café will serve, fresh, seasonal produce. Main force is on plant-based meals.

Wellness Education: The café will incorporate our wellness program: Feast program. It will go hand in hand with our meals. Students can pay it forward by volunteering at the café for exchange for education and weekly meals. For more information about our wellness program, look under the tab, Feast program.

Nutrition security: means all Americans have consistent access to the safe, healthy, affordable foods essential to optimal health and well-being. Nutrition security builds on food security by focusing on how the quality of our diets can help reduce diet-related diseases. It also emphasizes equity and tackling long-standing health disparities.

Reducing Food Waste. The goals of reducing [food waste](#) go hand in hand with the café model. The amount of food that gets thrown away in a typical restaurant “could likely feed the same number of people that ordered it.” Since customers in a community café can choose their own portions, they’re less likely to have leftover food to discard. The café will also use what is in season and create meals around that food that will reduce waste and cost.

Supporting Local Farmers. Community cafes get as much of their food as possible from local farmers. They focus particularly on foods that are sustainably produced, from [organic foods](#) to and Fair-Trade coffee.

Promoting Community. A community café is more than just a restaurant – it’s also a gathering place where people from all walks of life can meet and talk over a meal. Many community cafes make a point of providing a single large table where single people or small groups can sit down with others, including people from other social or economic classes who might never cross paths with them anywhere else. **Many people are lacking social support and connections.** If you’re looking to live a long and healthy life, start surrounding yourself with good friends. A study from [Bingham Young University](#) found that people with social relationships live 50 percent longer than people who are more socially isolated. Friends can not only help you deal with stress and act as a buffer to its effects, but they can also encourage you to take better care of yourself.

Social support groups can impact and influence your attitudes and behaviors. If your social group tends to value exercising or eating nutritious foods, you will likely be affected by these views and actions

WILL YOU JOIN US TO MAKE THIS CAFÉ A REALITY? WE NEED YOUR HELP, IT TAKES A VILLAGE.