

NUTRINATAL

**NUTRITION & WELLNESS INITIATIVE FOR
PREGNANT AND POSTPARTUM MOTHERS**

WHY NUTRINATAL?

Because we want healthier moms and babies....period!
Healthier moms and babies equal healthier communities.

The best nutrition program for pregnant and postpartum mothers.

NUTRINATAL is a holistic and comprehensive maternal health nutrition program with the mission to combat the effects of structural and systemic racism on access to healthy nutrition, as well as food insecurities that disproportionately impact women of color.

In the United States, maternal morbidity and mortality rates are the highest among industrialized nations worldwide. Pregnant and postpartum women of color experience significant health disparities and poorer health outcomes.

Healthy food & nutrition support leads to better maternal health outcomes.

NUTRINATAL provides a full range of nutrition services including meal deliveries, cooking classes, lactation support, online resources, and much more. We believe that all moms and their babies deserve healthy nutrition and better health.

We encourage healthcare providers to join our NUTRINATAL network!

Contact us today to find out more about our initiative and how your clinic can be a participating provider.

SCAN OR VISIT

<https://linktr.ee/nutrinatal>

 @nutri.natal

 @nutri_natal

 nutrinatal.org



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NUTRINATAL

PROGRAM OVERVIEW

EARLY TRIMESTERS

WEEKS 1 - 26

- Weekly Nutri Box from our Greens & Things Farm Market
- Monthly Workshops & Hands-On Cooking Classes
- Monthly Meetings with Nutritionists & Dieticians
- Connections to Maternal Health Groups & Supportive Services

LATE TRIMESTER

WEEKS 27 - 42 +

- All Early Trimester Services
- Weekly Meal Prep Services
- Specialized Dietary Support
- Monthly Workshops & Discussions - Lactation Power Meals, Baby Food Prep Method
- NUTRINATAL Community - Support Groups, Discussions, etc.
- Pick Up or Delivery Services

POSTPARTUM

THREE MONTH AFTER BIRTH & ONGOING

- Continuing Trimester Services
- Weekly Meal Prep Services (Until Three Months After Birth)
- Connections to Local Maternity Pantries

ONGOING SERVICES

- NUTRINATAL Community
- Hands On & Virtual Workshops
- Vouchers & Discounts from Collective Fare & Participating partners

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501(c)3 non profit organization

@collectivefoodworks

@cfoodworks

access@collectivefoodworks.org

collectivefoodworks.org

Collective Food Works Inc.'s mission is to create, collaborate and sustain equitable initiatives surrounding community food systems, food security, workforce development, and the necessary changes needed toward food sovereignty. Our initiatives & programs focus on health, wellness, culinary arts, and sustainable agriculture. We aim to address food accessibility within communities, providing viable solutions for lasting change. Along with partner organization Collective Fare, a chef collaborative, catering, and food production company, Collective Food Works provides critical resources and tools to impact the future of food systems positively.

The pillars of our initiatives and programs are:

- Community Food Systems & Access
- Agriculture & Sustainability
- Health & Wellness Culinary Skills
- Education & Training for Workforce Opportunities

INITIATIVES & PROGRAMS

FOOD IS MEDICINE INITIATIVES

Creating access to healthy, nutritious, and delicious food to address food security & preventable chronic disease



LOCAL PRODUCE & FARM PRODUCTS, WEEKLY CSA MEAL BOX
VISIT OUR FARM STAND 154 CLINTON AVE, BKLYN, NYC
SATURDAYS 10 AM - 4 PM
ONLINE ORDERING FOR PICK UP & DELIVERY @

NUTRINATAL

MATERNAL NUTRITION & WELLNESS

- ACCESS TO MATERNAL SUPPORT & WELLNESS SERVICES
- FRESH FOOD DELIVERY
- MEAL PREP SUPPORT
- MONTHLY NUTRITION CLASSES & MORE!

LEARN MORE @ linktr.ee/nutrinatal

WORKFORCE + PATHWAYS INITIATIVES

Training & empowering the future leaders and innovators of the food service and hospitality industry so they can empower, support, and impact their own communities' food systems.

Culinary PREP

CULINARY & HOSPITALITY INTERNSHIP & TRAINING FOR SKILLS
DEVELOPMENT & INDUSTRY EXPOSURE
FOR AGES 16 - 25

COLLECTIVE COMMISSARY

FOOD SUSTANABILITY CAREER & WORKFORCE DEVELOPMENT

EAST BKLYN & SOMMERSET NJ

- FOOD & PRODUCT PRODUCTION & DEVELOPMENT
- AGRICULTURAL FOOD WASTE PROCESSING
- ENTREPRENEURSHIP INCUBATOR