



Donate

Contribute to the health and rehumanization of the incarcerated and homeless individuals and families we work with.

Here are examples of how your gift will impact those in need.

- \$6 to provide one gourmet meal to a homeless person
- \$28 / per penpal-guided course with a prison resident

Visit unconditionalfreedom.org to donate to make a gift.

The UNCONDITIONAL FREEDOM Team

Our work is guided by worldclass experts in the realm of rehabilitation, healing, contemplation, and ecology, including:

Kate Feign

Restorative Justice
Coordinator, Mendocino
County Jail



John D. Liu

Ecologist, filmmaker,
advisor to the United
Nations Decade on
Ecosystem Restoration
and featured in “Kiss the
Ground”

Jason Davis

Gang Specialist, Crisis
Counselor, Member of
the Harlem Crips



Learn more

VISIT: unconditionalfreedom.org

ASK: info@unconditionalfreedom.org

GIFT: unconditionalfreedom.org/donate

TALK: (833) 931-3680

UNCONDITIONAL FREEDOM.ORG

Donate to support critical rehumanization efforts among the homeless and in prisons.



UNCONDITIONAL FREEDOM engages in the work of rehumanization, restoring people and groups to dignity, seeing each of us as an essential element to a thriving society. Once reclaimed, we believe people naturally find the desire to contribute their unique gifts to society.

Through our work with the incarcerated, correctional officers, the homeless, and over 300 volunteers, thousands of lives have changed for the better.

Free Food

Delivering Love through Food



Nourishing Meals with Dignity:

Exquisite and healthy meals prepared by top chefs and served with dignity. Provided to those in need of a free meal. Creating a space to be nourished, seen and received.

Robust Partner Farm Network:

30+ partner farms and businesses donate their produce, grains, meat and other ingredients to our gourmet meals, creating a system where excess food gets to where it's needed

PROGRAM HIGHLIGHTS:

- Distributing food to those in need since 2002
- We will serve 20,000 meals in 2022
- Serving 350-550 meals a week in Harlem, New York, Ukiah, CA, and pop up locations across the country
- World renowned chefs design our menus and cook alongside volunteers
- Meal costs <\$5.86 /meal in partner network cities

Fill what is empty, empty what is full



HARLEM

The Harlem Free Food Chapter serves over 300 gourmet meals each week.

Wednesday pop-up breakfast burritos are served to 100 people weekly wrapped in donated Chipotle tortillas.

Free Food Friday offers a full-service sit-down meal at the Glendale Baptist Church to more than 200 people with cookies and desserts donated by Levain Bakery and LA Sweets.

UKIAH

The Ukiah Chapter serves a weekly meal at the Building Bridges facility in Ukiah to more than 100 people with organic produce grown on our farm and donated meats and cheeses.



The Prison Monastery Project: From Punishment to Penitence

A place where the incarcerated, because they are removed from the demands of society, can contemplate their actions with dignity and find a natural capacity for contribution.



Our Programs address:

The Incarcerated: The Art of Soulmaking: Writing, meditation, yoga and self inquiry practices to transform pain into creativity and purpose

Correctional Officers: Guards to Guardians: Providing tools to restore and retain officers' humanity working inside the prison system

The Earth Program: Healing the grounds outside the prison. Providing organic food-growing gardens and certification programs that teach regenerative agriculture

PROGRAM HIGHLIGHTS:

- 1300+ participants
- 100+ prison facilities
- 14 Mentor Correctional Officers
- 1000lbs organic produced at Mendocino County Jail

In the prison monastery, both individuals and the institution contribute to the community