

Sam Polk

EVERYTABLE FOUNDER & CEO



Sam Polk is the CEO of Everytable, a social enterprise in Southern California dedicated to advancing food justice by offering fresh, scratch-cooked, and community-inspired meals that are accessible to all.

Growing up in LA, Sam was exposed to the city's stark inequalities while assisting his mother with homeless medical clinics in Skid Row. Years later, he recognized a critical issue: families in low-income neighborhoods were struggling to access healthy food. This led him to establish Groceryships, a nonprofit focused on addressing the intersection of poverty and obesity.

In 2013, Sam founded Feast (initially Groceryships) to combat food-related health issues in South LA, a community where the average income is \$13,000 annually, life expectancy is 10 years shorter than in wealthier areas, and rates of obesity and diabetes are alarmingly high. Feast provides nutrition education, cooking classes, free produce, and support groups to help family food providers make healthier choices.

However, Feast participants often mentioned that while fresh produce was valuable, they frequently had to buy food on the go due to demanding schedules. In South LA, their only options were typically fast food. Recognizing this gap, Sam launched Everytable, a business model designed to offer nutritious food in "food deserts" like South LA at prices competitive with fast food. The name Everytable reflects the company's mission to ensure everyone has access to healthy, affordable meals.

Before becoming a social entrepreneur, Sam was a hedge fund trader on Wall Street. His memoir, *For The Love of Money*, published in 2016, details his journey from Wall Street to his pursuit of a more meaningful career.
