



OUR **KITCHEN** TABLE



Growing Justice

Food Diversity Project

2014/2015 Annual Report



W.K.
KELLOGG
FOUNDATION

OUR KITCHEN TABLE



Our Kitchen Table works for justice in our community to improve health and environment through education, organizing and advocacy.



Food Gardening in Neighborhood



In 2014 and 2015, OKT residential gardeners harvested approximately 5,000 pounds of fruits, vegetables, herbs and edible flowers.

Through a partnership with Blandford Farm, OKT grows thousands of organic food starter plants starting in February each year. OKT gives away the plants at no charge. They produce healthy food in a variety of Grand Rapids area food gardens.

Household Food Gardens

- OKT worked with families growing household food gardens.
- OKT provided organic food starter plants, good soil and containers. First year growers grew in buckets. Second-year growers received raised beds.
- Each household completed garden education and food justice classes.
- OKT's biochemist tested soil in each family's yard for toxins (lead and arsenic are common).
- OKT food garden coach made regular visits to each household to share growing tips, monitor progress, apply organic fertilizers and pest controls and introduce additional seeds and plants for the fall growing season. They also instructed on how to prepare and preserve produce and transition herbs indoors for the winter.

Community Gardens

OKT provided free organic starter food plants to Thomas Street Neighborhood Garden, Oakdale Community Garden, Garfield Park Community Garden and others.

Agency Gardens

OKT provided free organic starter food plants to the Kent County Juvenile Detention Facility, Kent County Health Department's WIC Garden and a home for elderly resident

School Food Gardens

OKT provided organic starter food plants and garden coach consultations to Grand Rapids Public Schools (Martin Luther King Leadership Academy and G R Ford Academic Center) and Canaanland Preschool food gardens. OKT staff led a variety of healthy eating events with students and parents.



Right top and bottom: OKT residential container gardens.



Southeast Area Farmers' Market

The Southeast Area Farmers' market is the only neighborhood-based and women-of-color led farmers' market providing income-challenged residents access to fresh produce on Grand Rapids' southeast side. In 2014 and 2015, OKT managed the Market in two locations: Gerald R Ford Academic Center and Garfield Park.

Many community partners supported the market with activities, information and workshops, e.g. healthcare providers, urban foragers, local chefs, Grand Rapids Police and Fire Departments and Grand Rapids Public Schools. Cooking demos and free recipe cards introduced easy, inexpensive ways to include in-season produce in the family diet.

The market participated in SNAP, Double Up Food Bucks, WIC, Senior Project Fresh and coupon programs: Kent County Health Department, St. Mary's Browning Claytor Health Center and Kids Food Basket.



The Market's Collective Bulk Food Purchase Group gives patrons opportunity to buy healthy, whole foods all year 'round —with food assistance dollars.

- In 2014, 1,074 community members supported the market sites. In 2015, OKT reached 1,138 patrons.
- 90% of the market vendors were women of color, residential yard food growers and residents of Grand Rapids' southeast neighborhoods.
- More than half of market revenues were

BROWNING CLAYTOR HEALTH CENTER

Prescription For Health!

A COMMUNITY-BASED INITIATIVE OF ST. MARY'S HEALTH

Shop South East Area Farmers Market and give your meals that Michigan-fresh flavor!

Fridays, 3 to 7 p.m. at Garfield Park, Burton Street and Madison Ave. SE through the last Friday in August.

Saturdays, 11 a.m. to 3 p.m. at Gerald R Ford Academic Center, Madison Ave. just south of Franklin St. SE. until first Saturday in November

- ☒ Fruits
- ☒ Vegetables
- ☒ Herbs
- ☒ Edible Flowers

\$10 value

Redeemable for \$10 worth of Michigan produce at South East Area Farmers Markets - Market runs until November 2014

Both market sites feature fresh, local produce and warmly welcome SNAP/EBT, Double Up Food Bucks and WIC & Sr. ProjectFresh as well as cash and debit cards.

Clinician Signature _____

SOUTH EAST AREA FARMERS' MARKET



Prescriptions for Health.

Family fun and fresh produce at the Southeast Area Farmers' Market.



Healthy Eating Strategies



In 2014 and 2015, OKT presented information to more than 1,300 community women and parents via educational and gardening activities

Grand Rapids Public Schools: Healthy Snack Programming

OKT reached 315 parents of students enrolled at Grand Rapids Academic Center, Ellington Academic Center and Canaan Land Daycare Center via parent-led moms' meet-ups and community partner meetings and school based gatherings.

Grand Rapids Public Schools PALs (Parent Action Leaders) enthusiastically attended four OKT planning and design activities for school food gardens. These gardens provided the students with healthy snacks they grew themselves.

Using the produce grown, OKT's cooking coach taught students how to make 18 different health snacks to share with their families, other students and school staff.

With Area Agencies

OKT cooking coaches facilitated highly successful *Healthy Eating* educational series for income-challenged area residents in conjunction with **Molina Healthcare, Spectrum Health Healthier Communities Programa Puente, Family Network Pantry, LINC, The Literacy Center.** Sessions were offered in both English and Spanish. During each session,

OKT staff led lively discussions on choosing and preparing healthy foods that included a custom four-page journal handout, cooking demo and sampling. Participants were thrilled to take home large quantities of fresh produce that OKT purchased from its farmers' market vendors specifically for them.



Sharing healthy eating strategies with The Literacy Center of West Michigan, Weston Apartments and The Family Network Pantry.



Impacting Policy

OKT's "Just Food Dollars" campaign encourages those who are food-insecure and able to apply for government food assistance to apply; signs up people for Double Up Food Bucks; and seeks to remove the stigma attached to receiving public food assistance dollars.

on the progress and impacts of the Farm Bill through community workshops, our website, Facebook posts and at the Southeast Area Farmer's Market.

2010 Affordable Care Act

OKT participated in educational programs sharing information about state funded health insurance plans, supplemental approaches to health maintenance and Medicaid expansion.

- *Media's Impact on What We Eat, community dialogue.*

Food Safety

Modernization


Some provisions this legislation very well bankrupt and sustainable produced by family and small organic farmers.

- *Food Politics & the Food Justice Movement: Moving Forward* Act of four-week series. Offered in November. could local food
- *Food Justice Primer*, 2-hour class offered twice to growers and at-request to community partners.

INTERNATIONAL

OKT promoted the 25 2014 March

May

 OKT raised awareness about key public policy issues impacting our target neighborhoods.

Policy Education Series

Offered in 2014 and 2015, *Food Politics and the Food Justice Movement: Moving Forward* offered a four-week class series investigating the current food system and food policy, food justice responses around the country and what a West Michigan food justice and food and sovereignty movement could look like.

Food Justice Primer, a scaled down, two-hour food justice presentation, was offered throughout the year to community, OKT growers and collaborative agency partners.

Lead contamination in residential yard areas

OKT's collaborative partner, Clinton Boyd, PhD., continued to provide soil testing for its home growers and market vendors, raising awareness about lead contamination, remediation strategies and composting food waste to produce a safer growing medium. Based on OKT's analysis, public funding for lead remediation should not only focus on inside the home, but should also address soil contamination to better protect children and gardening families.

MICHIGAN

HB 4265 and HB 4266 Yard Waste Bill

NATIONAL

The 2012 Farm Bill

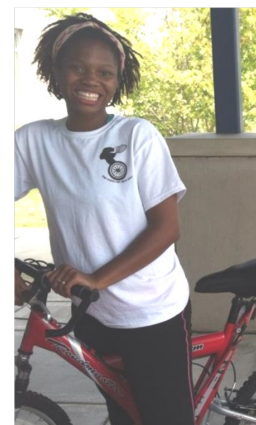
The Farm Bill has funded nutritional programs including the Supplemental Nutrition Assistance Program (SNAP) and fresh food markets in urban communities. OKT shared information



The fall 2015 food justice series included participants from community, ACCESS of West Michigan, A. Phillip Randolph Institute, Grand Rapids Food Co-op Initiative and Calvin college students.



Engaging Community



In 2014 and 2015, OKT reached more than 350 people through healthy food cooking demos.

Women of Color Convenings, held quarterly in 2014 and 2015

- Eco-chef Bryant Terry presented a cooking demo and dialogue on food justice facilitated by Lila Cabbil, president emeritus of the Rosa Parks Institute.
- *Food Justice*, facilitated by Lila Cabbil.
- Bike to Market Day. OKT, She Rides Her Own Way and GRAAHI collaborated on a community bike ride.
- *Media's Impact on What We Eat*, community dialogue.
- Series of community dialogues on food justice facilitated by Lisa Oliver-King at Brown Hutchison Ministries

Food Gardening Classes

Developed for OKT yard gardeners, these classes were each offered twice annually and open to the public at no charge.

- *How to Plan Your Food Garden 1*
- *How to Plan Your Food Garden 2*
- *Composting & Vermiculture*
- *How to Save Seeds*

Food Reality Tours

- April, Earth Day Spring Tree Foraging Tour
- August, Easttown Food Garden Walking Tour
- September, Urban Foodscapes Bike Tour

Cook, Eat & Talk

Once a month, from April through November, OKT cooking coach, Toni Scott, shared practical, easy, nutritious recipes using in-season foods growing in our yard gardeners' container gardens and more. Participants learned how to make everything from frittata with fresh veggies and root veggie patties to grilled fruit and canned applesauce.

Film Screening, *Soul Food Junkies*

Urban Orchards

Co-sponsored Friends of Grand Rapids Parks Urban Forest Project planting events through the assistance of OKT urban forester, Laura Casaletto as well as promotional and financial support.

ACCESS of West Michigan Hunger Walk

OKT recruited walkers for this annual May fundraiser that supports local food pantries as well as the Southeast Area Farmers' Market.

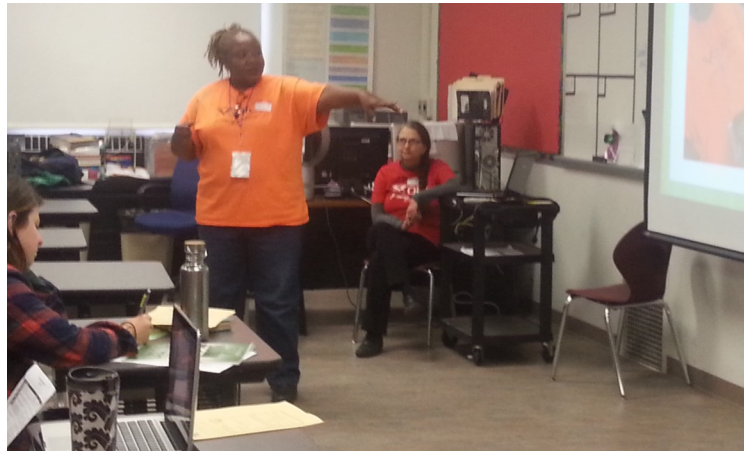


L to R: Lottie Spady, staff; Lila Cabbil; Anita Moore, board; Yvonne Woodard, SEAFM vendor; Toni Scott, cooking coach; Bryant Terry; Tamika Foster, board; Regina Davis, Lisa Oliver-King & Stelle Sloodmaker, staff.



Propagating Our Model

Presenting, National Black Urban Growers Convention in Detroit.



Media

Print

OKT submitted Southeast Area Farmers' Market columns to the *Grand Rapids Times* weekly. *The Grand Rapids Press* ran two feature stories submitted to its Sunday *Health* section.

Original Publications.

Food Justice Series: Nine zines explaining what food justice is and covering the intersection of food justice and women of color, the Farm Bill, farm workers, climate change, farmers' markets, public health, dental health and GMOs.

Healthy Eating curricula: OKT created custom, four-page sets of bi-lingual educational journal pages for Healthy Eating classes conducted in partnership with Molina Healthcare, Spectrum Health Programa Puente, Grand Rapids Public Schools, LINC and Family Network Pantry. In addition, OKT continued to create numerous educational hand-outs on food growing, healthy snacks and healthy food preparation and recipes.

Online

- *The Rapidian* ran several stories about OKT programs and activities, including an audio interview with OKT urban forester, Laura Casaletto.
- The OKT Facebook page has 651 likes; the Southeast Area Farmers' Market, 209 likes.
- OKTjustice.org, in 2014 and 2015, had 30,000+ views and 76 followers

Radio & TV

- WYCE taped and regularly aired PSAs about OKT and the Southeast Area Farmers' Market.
- WYCE 88.1 FM Catalyst Radio, featured guest.
- WOTV's *Where You Live*
- WGVU Morning Show.
- GRTV taped PSAs about OKT for regular airing.
- FOX 17 interviewed OKT about the Paid Sick-leave campaign.
- Michigan Radio "The Next New Idea."

Partnerships

- Kent County Health Department and Greater Grand Rapids Food Systems Council continued to partner in the Southeast Area Farmers' Market.
- Biochemist Dr. Clinton Boyd taught garden planning and composting classes, performed soil testing at our yard gardeners' homes and educated community members about the importance of testing soil for toxins.
- OKT taught garden education classes at Baxter Community Center in 2014 and participated in its *Strawberry Jamboree* in 2014 and 2015; Baxter helped publicize OK events.
- OKT built new relationships with Salvation Army's Teen Parent program, Inner City Community Advocates and Kent County Juvenile Detention Center, where our garden coach, Kelsey Hakim, planted and maintained a food garden with incarcerated youth.



Board member Anita Moore at IGE's Peace Festival



Tabling at Calvin College EJ event



On WOTV's *Where You Live*

2014 Budget



Total Yr. 3 WK Kellogg Foundation award: \$147,737.00

Personnel, Executive Director

Total \$40,000.00

Contractual, Community Women/
Peer Educators, External Consultants

Total \$93,800.00

Supplies and Materials

Total \$7,675.78

Seeds and Plants

Yard/Demo Garden Supplies

Food Prep Workshops

Training Materials/Toolkits

Environmental Intervention Supplies

Photos

Irrigation Systems

Soil Amendments

Displays/Exhibits

Greenhouse Supplies

Garden Tools

Food Tours

Food Growing Workshops

Farmer Market Supplies

Building materials

Transportation Expenses

Other Items

Total \$6,261.22

Travel

Facilitator Stipends

Soil Result Fees

Presentation Supplies/Materials

Farmer's Market Certifications

Refreshments

Printing

Capacity Building Activities

Financial Management Fees

Neighborhood Activities

Books

Postage/Mailings

Residential Incentives

Education Materials/Toolkits

Art Supplies

Office Supplies

Training Facility Rentals

Total Expenses \$147,737.00



Local produce at the Market.



Earth Day Foraging Tour.



Home & Garden Show exhibit. Sprouting lentils with The Literacy Center.



OKT yard food garden.



OKT school food garden.



Greens at the market.



Edible flowers, too!

Team

- Lisa Oliver King, Executive Director
- Marcia Carothers, Cooking Coach
- Laura Casaletto, Urban Forester
- Andrew Davis, SEAFM Transporter
- Regina Davis, Event Coordinator
- Christina Flier, SEAFM Mgr.
- Alynn Guerra, Garden & Cooking Coach
- Toni Scott, Cooking Coach
- Stelle Sloomaker, Communications Mgr.
- Yvonne Woodard, SEAFM Support

Community Advisory Team Members

- Tamika Foster
- Darlene Gibbons
- Janice Hilliard
- Fonda Kingsley
- Anita Moore
- Laura "Micky" Parks

Collaborative Partners

- Clinton Boyd, PhD Biochemist
- Building Movement Project
- Grand Rapids African American Health Institute (GRAAHI)
- Greater Grand Rapids Food Systems Council
- Kent County Health Department
- Christina Mello, PhD, Consulting Anthropologist
- Rosa Parks Institute
- Baxter Community Center

Supporters

- ACCESS West Michigan
- Brett Colley
- Community Advancement
- Eastown Neighborhood Assn.
- Garfield Park Neighborhood Assn.
- Grand Rapids Fire Department
- Grand Rapids Police Department
- Grand Rapids Public Schools
- The Grand Rapids Times
- LINC
- Logan St. Com. Garden
- Madison Square CRC
- Michigan Blood
- Gordie Moeller
- Red Project
- Sherman Street Church
- Smallville Farms
- Urban Forest Project
- The Williams Group



Toni Scott, Lottie Spady



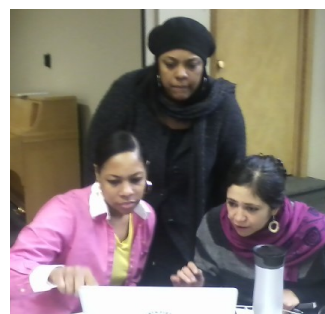
Toni Scott & Lottie Spady



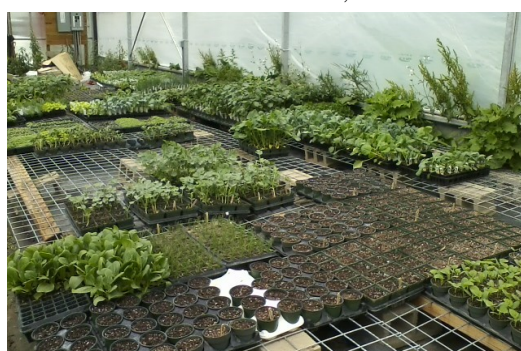
Stelle Sloomaker, Yvonne Woodard & Lisa Oliver-King



Christina Flier



Isis Love, Marcia Carothers, Tamika Foster, Regina Davis, Alynn Guerra & Fonda Kingsley



Kelsie Hakim, Blandford Farm greenhouse, Blandford Farmer, Aaron Snippe & Laura Casaletto



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