



***Our project reinvents
the term “affordable
food” to mean
nutritious, fresh,
health-sustaining
food.***

Lisa Oliver-King,
Executive Director
Our Kitchen Table



Some OKT team members and collaborative partners gather after the DIY Greenhouse, Coldframes & Hoophouse Workshop.



*Our Kitchen Table is a
non-profit, grassroots
community activist
organization working for
environmental justice
and food security
in Grand Rapids area
urban communities.*

In Garfield Park Lodge
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*These photos courtesy of the W K Kellogg Foundation.



*Working to improve
health and environment through
education, organizing and advocacy.*



Growing justice . . .

The Food Diversity Project

The Food Diversity Project has included a food summit, food justice convenings, food garden tours and educational workshops including urban foraging; soil remediation; do-it-yourself greenhouse and hoop house construction; identifying urban fruit and nut trees; seed saving; and planting starter plants from seed.

At the Southeast Area Farmers' Market



Founded in 2003 as a call to action, OKT promotes social justice and serves as a vehicle that empowers our neighbors to improve their health and environment. Building a viable,

neighborhood-based, resident-led advocacy group is fundamental to achieving this mission.

OKT specifically mobilizes low-income women so that they can build capacity by utilizing an adapted version of a community transformation model.

Learning begins with an understanding and analysis of the root causes of oppression and its manifestations in our daily lives.

Elements of oppression include structural barriers, race and gender bias and disparities in wealth and power.

The Food Diversity Project recruits and enrolls community residents, particularly those who are single-woman heads of household and the primary caregivers for young children at risk for diet related illnesses, e.g. childhood obesity, lead poisoning, diabetes and asthma. We also work with the unemployed, underemployed and otherwise income-challenged.

OKT works with individuals and families in urban neighborhoods to improve access to a greater variety of healthy foods for less cost through hands-on growing and cooking workshops, the Southeast Area Farmers' Market and a yard food gardening program focused on container gardens.

We grow organic starter food plants and provide soil, containers, soil testing and garden coaches. This "garden posse" works alongside inexperienced urban gardeners so they can find greater success growing a wider variety of produce. OKT also provides starter plants and support to school, neighborhood and agency community gardens.



Tending starter plants in the greenhouse.



Recruiting gardeners

Grow a Food Garden!

Do you ever want to grow a food garden?

OKT is currently recruiting food gardeners for the 2014 growing season. If you:

- Live within our four target neighborhoods (SECA, Baxter, Eastown or Garfield Park);
- Are pregnant or have children under age six,
- Have economic challenges or
- Have health challenges you can address by growing food.

Our Kitchen Table has the resources you need! OKT offers educational workshops, soil testing, gardening tools, starter food plants, garden coaches and compost—all at no cost to qualified gardeners!