

Growing justice . . .



Food Diversity Project 2012 Annual Report

Working for justice in our community to improve health and environment
through education, organizing and advocacy.

OKTjustice.org



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Dear Supporters,

This year's annual report is a culmination of activities completed for the purpose of building our connections to each other as well as the land. It is an especially important theme as Our Kitchen Table deepens its connection to the community at-large, and develops a worldview perspective around food justice and sovereignty.

Our Kitchen Table is a broad-based community driven membership organization that develops popular education activities and action research. We develop lay educators and movement leaders from grassroots and scholar-activist backgrounds, bringing them together on the basis of equity and equality to raise awareness and build a bottom-up movement for social, food and environmental justice.

Due to the initial funding investment provided by the W K Kellogg foundation, Our Kitchen Table has begun to document a set of evidence-based best practices of how community women can improve health and wellness by addressing nutritional and environmental health disparities through a healthy neighborhood food system. Information learned and documented will be used to help children, their families, and the neighborhoods gain a better understanding of the local food system and create strategies for neighborhood-based sustainable action.

Our Kitchen Table has been successful in developing a transformational model that features the following components: a community outreach strategy to identify and recruit women with children as program participants; life skills enhancements for program participants; education around values of equity and justice related to food and environmental; linkages between food, environment, and health outcomes; and identifying opportunities for civic engagement. Our Kitchen Table seeks to continue to build on the model's successes.

Thank you for all your support. We enjoyed learning our lessons with you during the 2011-2012 session and we are looking forward to sharing more and "growing" justice.

With warm regards,

The OKT Team

A grass-roots, nonprofit organization serving the communities of greater Grand Rapids, Our Kitchen Table (OKT) seeks to promote social justice and serve as a vehicle that empowers our neighbors so that they can improve their health and environment, and the health and environment of their children, through information, community organizing and advocacy.



Food Diversity Project

2012 Annual Report

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GROWING HEALTHY FAMILIES Neighborhood-based Food Gardens

Project Year 02 marked the second year that Our Kitchen Table (OKT) directly supported Grand Rapids families in meeting their food needs with healthy and sustainable food options. By growing a total of 10,000 food plant seedlings, OKT provided real, sustainable food to targeted communities that vitally need greater access to healthy choices.

OKT distributed 81 “Grub Boxes” that each included 48 food plants to gardens that served low-income growers. This included public schools, shelters housing women and children, the Kent County Health Department’s WIC program, health clinics servicing families in need and families residing in the Eastown, SECA/Southtown, Baxter and Garfield Park neighborhoods. OKT targets these neighborhoods because of their limited access to fresh foods and high incidence of asthma and lead poisoning. Seedlings were also given to collaborative partners, community advisory leadership circles and peer educators.

OKT recruited 21 gardeners to establish home-based food gardens grown in containers, i.e. five ten-gallon buckets. More than 80% of the recruited gardeners successfully grew gardens. Each garden produced between 45-65 pounds of produce—625 pounds total between June and September. Each individual gardener was also encouraged to create a *Wellness Portfolio* to reflect on their diets, food cost, food resources and food selections.

GROWING HEALTHY EXAMPLES Food Demonstration Sites

OKT established food garden demonstration sites, i.e. food gardens, at Baxter Community Center, Logan Street Garden, Martin Luther King Leadership Academy and Gerald R. Ford Middle School. OKT demonstration sites educated more than 57 individuals about food self-reliance and food security. In addition to valuable information, OKT also provided neighborhood residents and families with food harvested from the food garden demonstration sites.

OKT interacted with more than 651 community residents, providing at least introductory information about urban food growing/food self-reliance, food security, healthy and nutritional neighborhood food systems, and environmental contaminants in food gardens via the various education activities hosted throughout Year 02.

GROWING AT HOME Meeting Families’ Food Needs

In 2012, OKT had seven home growers. Families were very excited about their gardens and were not discouraged by the challenges they faced, such as pests and wild animals (e.g., deer, rabbits) eating some of the produce. The children in the homes were also excited about the gardens—so excited that parents reported that children sometimes picked the produce as a snack before it was at the peak of ripeness to eat. OKT created “The Garden Posse,” comprised of community members who provide gardening advice to home growers in target areas. The Garden Posse visits home growers weekly.

Although the number of home growers was low, OKT organized several activities and events that raised the capacity of local residents to meet their food needs. In summary, in addition to assisting the seven home growers with their gardens, OKT organized and managed a farmers’ market at two sites. The markets were equipped to accept food subsidies (e.g., Bridge card, Double-Up Food Bucks).





In addition, OKT facilitated workshops on soil-testing, composting, starting plants from seeds and urban foraging as a strategy to assist families with being successful food growers and sustaining themselves after the three-year grant period.

GROWING HEALTHY CHILDREN Collaborating with Neighborhood Schools

In Year 02, OKT entered into partnerships with two Grand Rapids Public schools to initiate food growing and food sharing. At the Gerald R. Ford Middle school, OKT implemented raised garden beds. Constructed from wood and filled with organic soil, the raised beds kept plants and garden activities away from contact with lead contaminated soil. OKT also hosted the Southeast Area Farmers' market at the school during the summer months. A relationship was established with the school librarian and nurse. OKT's two food garden education classes reached 100% of the students.

OKT helped Gerald R. Ford Middle school establish a school-based food growing initiative and food education activities. This helped the school earn the Gold Distinction Award in the USDA Healthier US School Challenge. The school also received a letter from First Lady Michelle Obama recognizing and commending their commitment to health.

A second school site, Martin Luther King Leadership Academy staff approached OKT about teaching parents and students how to grow food at the school and potentially at students' homes. In partnership with a teacher, Andrew Ipple, and his classroom, OKT revitalized the school's rooftop garden and grew more than 75 pounds of produce. In July 2012, OKT hosted a food sharing event at the school where students and their families were able to fill a produce bag with vegetables, fruits and herbs. Thirty-one families created and took home produce bags.

GROWING SAFELY Addressing Environmental Health Hazards

OKT has encouraged land use research to determine whether residents' yards are at high risk for lead or arsenic contamination. The absence of lead-based paint on the current building site is not in itself evidence that the soil is free of lead contamination. The house may have been remediated for lead, but not the surrounding soil. In addition, soil may have been contaminated by a source that is no longer on the property (e.g., an old building that was demolished).

Researching historical land use maps archived at the local public library may also reveal that the soil has also been contaminated with arsenic, as many of the project's target neighborhoods are in areas that were once farm orchards. Pesticides used for pest management on these orchards contained lead and arsenic. Any case of contaminated soil provides an opportunity to teach residents how composting and certain native plants can be used to remediate or manage the lead and arsenic contamination onsite, thereby minimizing the risk of exposure.

This places the environmental health story into a whole-systems approach to food, health and well-being. The combination of the land use research and the soil testing data will allow the community residents and urban gardeners to speak authoritatively on the issue of lead and arsenic contamination, thereby strengthening their ability to advocate for stronger environmental health remediation strategies and policy initiatives.



GROWING POTENTIAL

Soil Testing and Remediation

OKT continued to provide soil testing and information on best practices for soil testing to home growers. OKT utilized rigorous standards of soil testing to best identify potential environmental health hazards. OKT’s high standards prompted other local agricultural groups to improve their soil testing practices. Groups now seek out OKT’s assistance to integrate rigorous soil testing into their urban agricultural initiatives.

In addition, OKT educated and raised awareness about public policy that directly affected the environmental safety of their communities. These educational strategies provided opportunities to discuss how public funding geared toward environmental remediation, like lead poisoning remediation, has traditionally supported remediation activities primarily inside the home. After analyzing the policy, OKT remained steadfast in advocating public funds to support soil testing and composting (activities outside of the home) for vulnerable families who are urban food growers. OKT defines vulnerable families as being income challenged, pregnant, having children under age six or have family members with health challenges such as childhood diabetes, obesity, asthma or lead poisoning.

Remediation strategies and the practice of composting food waste can increase the nutritional content of the soil and ultimately the produce grown in the soil.

In response to OKT’s education efforts, one parent in the targeted community requested that her soil be tested for lead. OKT tested the soil and found that the lead level in the soil reached 10,000 parts per million (ppm). According to *Greening of Detroit** standards followed by OKT, parents should prevent children from playing near soil that exceeds 400 ppm, and anything over 1,000 ppm is considered a significant environmental health hazard for children and adults alike.

**There are currently no federal regulatory thresholds for what constitutes safe levels of lead in soil for purposes of gardening.*

OKT provided information and guidance to help the resident take action by:

- Getting her child tested for lead poisoning.
- Sharing the findings of the soil samples with her neighbors, particularly those with young children.
- Learning about local efforts and public funding support addressing lead contamination (i.e. Get the Lead Out and the City of Grand Rapids – Community Planning Department which manages the lead remediation program).
- Educating her neighbors about historical land use practices in their neighborhood.
- Sharing information with her neighbors on how to vet contractors stating who uses lead safe practices when remodeling interiors and/or exteriors.
- Recommendations made: Do not touch, grow in or track in soil; use container gardens.





GROWING COMMUNITY The Southeast Area Farmers' Market

OKT managed the Southeast Area Farmers' Market (SEAFM) at two community sites, Garfield Park and Gerald R. Ford Middle School (a Grand Rapids public school). More than 635 community residents attended each site and more than half of those who attended received education about access to healthy and nutritious food within the current neighborhood food system. Peer-led community educational dialogues occurred during interactions with residents.

SEAFM became a key site for community engagement and potential recruitment of urban gardeners. OKT team members again reported that in addition to providing fresh produce to local residents, the market became a community meeting place, especially the Gerald R. Ford Middle School location. Ninety-one percent of the students enrolled at Gerald R. Ford were enrolled in the school-based free or reduced lunch program. OKT and the SEAFM provided these students, and their families, healthy food options to eat when they aren't in school.

The success that OKT has had serving the community at SEAFM prompted the local Michigan Association of United Ways to make the market a satellite site for registering vulnerable families in the Michigan Benefits Access and Michigan Bridges programs. OKT team members received training from United Way and the Department of Human Services, and are now able to help families enroll and navigate the programs' benefits system.

During face-to-face interactions with community residents at the SEAFM, more than 1,000 individuals were provided with introductory knowledge about

health management as it relates to addressing diet-related illnesses, food self-reliance and food security. More in-depth education is needed.

At SEAFM, attendees were educated about food growing/food self-reliance, food security, health management and benefits from healthy and nutritious foods. Education occurred during verbal interactions with OKT peer educators and vendors. At the school site, healthy cooking demonstrations and outdoor food gardening education sessions were conducted; healthy recipe cards were distributed.

In Project Year 02, Our Kitchen Table:

- Led 3 food garden/environmental education workshops with Baxter Community Center.
- Led 11 food garden/environmental educational workshops teaching best practices for urban food growing.
- Hosted 4 "Preserving the Harvest"
- canning and freezing classes.
- Created and led an Urban Foraging class.
- Created and led a Bicycle Tour of Fruit and Nut Trees.
- Created and led a Wine making class.

OUR KITCHEN TABLE

2012 Community Calendar

Fun, Free Community Food Events

- **Tues. Aug. 21: Eastown Food Garden Walking Tour**
6-8 p.m. Meet at Eastown Community Assn., 415 Ethel SE
- **Sat. Sept. 22: Bicycle Tour of Fruit and Nut Trees**
3-5 p.m. Meet at Garfield Park, Madison & Burton SE
- **October: DIY Greenhouse & Hoophouse Workshop**
Date & Location TBA.
- **November: Healthier Holiday Cookie Bake-in.**
Date & Location TBA.

GROWING A HEALTHY FUTURE Resident Engagement

OKT focuses on the relationship between social justice, the environment and food systems. OKT's work around the environment and the food system has been multi-faceted, as demonstrated throughout this report. OKT's success stems directly from the ability to organize, mobilize and engage community residents. Project Year 03 is ripe with the opportunity to grow beyond past success and empower residents to become stronger advocates for their families and health.

GROWING AWARENESS Policy Impacts on Neighborhoods

In Year 02, OKT raised awareness about three key public policy issues that have direct impact on families who reside in our target neighborhoods.

The 2012 Farm Bill

Information about the status of the 2012 Farm Bill was regularly provided to community residents in a variety of settings including the following: in several OKT community workshops, through website and Facebook posts and at the Southeast Area Farmer's Market, which is managed by OKT in partnership with the Kent County Health Department and the Greater Grand Rapids Food System Council.

Information provided countered the popular notion that the Farm Bill relates only to subsidies for farmers and

preserving farmland. Seventy-three percent of the Farm Bill supports nutritional programs such as the Supplemental Nutrition Assistance Program (SNAP), formerly known as the food stamps program, and additional supports for local, fresh food markets, especially in urban communities.

Michigan HB4265/HB4266 Yard Waste Bill

OKT monitored Michigan House Bill HB4265 and HB4266 Yard Waste Bill. OKT posted regular updates on its website. Unfortunately, these bills were passed. They overturn previous environmentally friendly legislation efforts that required yard waste to be composted rather than added to the burgeoning amount of wastes already overflowing Michigan's landfills.

OKT also focused on new backyard composting laws being considered by the City of Grand Rapids. These may create new opportunities for local growers to compost in ways that can reduce cost and facilitate growing among noncommercial growers.

2010 Affordable Care Act

OKT raised awareness about the impact of the 2010 Affordable Care Act on women's issues, particularly those who are uninsured with young children. A part of OKT community education efforts, participants were educated around state funded health insurance plans, supplemental approaches to health maintenance, and promoted healthy nutrition.





GROWING CAPACITY

In addition to the previous 14 community women that were trained to be peer educators in 2011, an additional four women were trained and increased their capacity to serve as peer educators. A total of five peer educators facilitated peer-led workshops related to educating residents about food self-reliance, food security, the current makeup of the food distribution system in targeted neighborhoods and growing healthy and nutritious foods. In addition to facilitating workshops, these educators also participated in informational interviews about healthy food and OKT community activities via radio and written communications.

Peer educators also hosted informational booths, food sharing activities and conducted neighborhood outreach initiatives. In addition to training community women to become peer educators, OKT trained a student intern in greenhouse management and operations. This young woman learned about food production produced in the greenhouse, container gardens and at the school sites. OKT, in partnership with Steepletown Ministries, trained and employed a high-school-aged male intern to help with planting building garden beds and assist at the SEAFM.

OKT interacted with more than 651 community residents, providing at least introductory information about urban food growing and food self-reliance, food security, healthy and nutritional neighborhood food systems, and environmental contaminants in food gardens via the various food garden and environmental education activities during Year 02, including:

- Nine collaborative partners facilitated training sessions on food and the environment, infrastructure- and team-building, health maintenance and environmental health disparities.
- Twenty-eight community members were trained.
- Three formal training sessions related to the SNAP program, farmers' market management, food garden tour/reality tour and community organizing

were provided to community women by state and national partners.

- Peer educators facilitated seven training sessions related to greenhouse and container growing, food garden coaching, food garden design and composting.

OKT hosted a community *Reality Food Garden Tour* in a targeted neighborhood. A total of 17 community members attended. During the tour, community members received education about the neighborhood food system, food self-reliance, foraging, and legacy issues associated with environmental contamination in food gardens and how to safely address these hazards. Of the seventeen attendees, seven were children. This was the first time three African American households from the neighborhood with children under age six years participated in the tour. These households had attended other OKT food education activities. In fact, one household shared a story that their children drinks "green" smoothies because it was a recipe demonstrated and shared at an OKT event.

OKT hosted a Food Justice learning circle with well-known vegan chef Bryant Terry. An engaging and enriching dialogue occurred between Mr. Terry and 11 neighborhood residents in a circle format. An additional 13 community representatives observed and learned about food justice, environmental racism, food sovereignty and the commons.



GROWING COLLABORATION
Local Field Partners

In December 2010, OKT held their first meeting with collaborative partners to officially launch 2011 and discuss goals. Attending were Linda Campbell, a collaborator from the Building Movement Project, two farmers from Vandalia Gardens Urban Farm, an African American nurse, as well as representatives from the Greater Grand Rapids Food System, the Grand Rapids Institute for Information Democracy and the Kent County Health Department. OKT has met with collaborative partners individually throughout the grant period and held three group meetings.

OKT has been working with biochemist, Dr. Clinton Boyd, to educate community members about the importance of testing soil for toxins as well as for nutrient levels. Collaboration with Dr. Boyd can be described as very successful. He and OKT organized a hands-on workshop on soil testing.

In addition, Dr. Boyd has visited home growers to test their soil. After results from the soil tests were complete, Dr. Boyd, along with an OKT representative, returned to growers' homes to discuss the results.

OKT has established a collaborative partner group including representatives who are local and national practitioners. The makeup of the collaborative group represents the following field partners: Grand Rapids Food Policy Council, Kent County Health Department, a social justice group, and a biochemist. New partnerships have been formed with a dietician and the

Grand Rapids African American Health Institute. The collaborative partners met three times during Project Year 02 to discuss project progress, successes and challenges. Partners were also informed via consistent email communications.

A more formal collaborative partnership was formed with the Baxter Community Center during Project Year 02, which is located in one of the targeted neighborhoods. The partnership resulted in OKT planting another demonstration garden among its food gardens during Project Year 02, and conducting educational activities with neighborhood residents.

OKT assisted the community center with hosting its first-time food garden education series. OKT's greenhouse coordinator and lead garden coach facilitated the first three food gardening education classes on behalf of the community center. Also, the produce grown in the Baxter food garden was shared with the Baxter constituents and residents.

Collaborative partner, Jeff Smith, led OKT staff, partners and constituents through three sessions of Food Justice education courses. Smith also helped facilitate two of OKT's Preserving the Harvest workshops (canning dill and tomatoes).

Other collaborative partners include anthropologist Inez Adams PhD, evaluator, and Lila Cabbil, president emeritus of the Rosa Parks Institute, team building consultant.



PLANTING THE SEEDS FOR GROWTH

OKT has been featured in several Grand Rapids newsletters and newspapers, including *The Grand Rapids Press*, *Women's Lifestyle*, *Rapid Growth*, *Revue West Michigan*, *Food for Thought*, *The Review* and *Lifestyles* and in an ongoing weekly column for *The Grand Rapids Times*.

OKT has fostered interest and partnerships in the professional community and presents in public forums on local and national levels.

OKT's Communication Coordinator, Stelle Sloomaker, drafted and distributed regular press releases/PSAs and calendar announcements about OKT and SEAFM events to local radio stations, electronic calendars, Social and print media outlets. This peer educator also maintained a website and blog featuring OKT events, policy issues and food justice issues on the OKT website, www.OKTjustice.org. During Year 02, the website tallied 10,738 visits and posted 130 articles and announcements.

LOCAL PRESENTATIONS, TOURS AND TRAININGS

Healthy Kids, Educated Kids, and Secure Families. Grand Valley State University's Dorothy Johnson Center. Developing Statewide Evaluation Measures for Racial Equity. December 2011- present.

Grand Rapids Grantee and Stakeholder Convening – "Communities in Action: Standing Up for Grand Rapids' Most Vulnerable Children," the Goei Center, Grand Rapids, MI, 19 – 20 March 2012.

Jeff Smith, director, Grand Rapids Institute for Information Democracy, taught two, four-week sessions of Food Justice Training for OKT clients, collaborative partners, community leadership circle and staff, October-November 2011, and May-June 2012.

Bicycle Tour of Fruit and Nut Trees, with peer educator, Laura Casaletto, 11 October 2011.

Roni Van Buren, Non-Profit Eco Fair, the Social Responsibility Committee of the Sustainable Business Work Group. 14 November 2011.

Lisa Oliver-King, spoke to Calvin College students of *Urban Agriculture: Ideas and Designs for the New Food Revolution*. 18 January 2012.

Lisa Oliver-King, *Presenter*, Calvin College's Vegan Fest - Wake Up Weekend: Animals! Awareness! Advocacy!, 21 January 2012.

Lisa Oliver-King and team members – Food Justice Dialogue and Learning Circle with Vegan Chef Bryant Terry, 21 January 2012.

Beverly Weathersby and Leslie Huffman, Food Garden Education sessions - a part of the Baxter Community Center's Food Growing Activities, February – April 2012.

Beverly Weathersby (*OKT Rep*) and Jennifer Bongiorno (*Facilitator*) Trellis Gardening, May 2012.

Lisa Oliver-King, *Presenter*, Plantings in an Urban Setting with Warm Crops, City of Grand Rapids, Garfield Park, 10 June 2012.

Yvonne Woodard and Christy Mello, *Informational Booth*, Win by Losing Health Fair, Blue Cross Blue Shield, 12 October 2011.

Lisa Oliver-King, *Participant*, Calvin College's Vegan Fest - Wake Up Weekend: Animals! Awareness! Advocacy! January 19 – 21 2012.

OKT Team members, *Information Booth* and Lisa Oliver-King, *Presenter*, Cultivating Change – WM Food Showcase, Home and Garden Show, DeVos Center, 1 – 4 March 2012.

OKT, *Information Booth*, at WMEAC's screening of "Dirt- The Movie," 7 March 2012.

OKT Staff, *Attendee*, West Michigan Women & Agriculture and disseminated relevant information about the history of farmers' markets in the area via OKTjustice.org in April 2012.

Lisa Oliver-King, *Informational Booth*, Knotty Cocktails, Grand Rapids Community Foundation, 19 April 2012.

Benefits Access and Bridges Navigation Training, MI Association of United Ways, 11 July 2012.



INTERNATIONAL PRESENTATIONS, NATIONAL PRESENTATIONS AND ABSTRACT SUBMISSIONS

Inez Adams (*Panel Presenter*), Lisa Oliver-King, Christina Mello, and Our Kitchen Table Leadership Circle. Planting in Deserts: Social Justice and Gardening in Grand Rapids, Michigan. Annual Meeting of the American Anthropological Association, Montreal, 19 November 2011.

Lisa Oliver-King and Inez Adams, *Learnshop Facilitators*. Give a Man a Tomato and He'll Eat Until the Grant Runs Out; Teach a Man to Grow and He'll Eat Forever: Sustainable Gardening in Western Michigan. Great Lakes Bioneers Detroit Conference, Detroit, 16 October 2011.

Lisa Oliver-King and Inez Adams, *Panel Discussants*. Dive! Screening and Panel Discussion Addressing Hunger and Food Waste in West Michigan. Grand Valley State University, Grand Rapids, 17 October 2011.

Lisa Oliver-King, *Presenter*. Addressing Food System Inclusion in Detroit and Other Michigan Locales. 2011 Community School Gardener Networking Meeting. Detroit, 5 November 2011.

Lisa Oliver-King, *Presenter*. Food Matters: Pilot Trainings: Clinical Education and Advocacy Program. Grand Valley Medical Education Partners in affiliation with Michigan State University College of Human Medicine. Ecology Center. Spectrum Health. Grand Rapids, MI, 12 November 2011.

Inez Adams, *Panel Presenter*. Yard Histories: Land Use Research, Soil-Testing, and Healthy Gardening in Western Michigan, New York, NY, 26 February 2012.

Inez Adams, *Panel Presenter*. A Market and a Pear Tree: Redefining the Food System, Global Gateways and Local Connections: Cities, Agriculture, and the Future of Food Systems, 2012. Annual Meetings & Conference of the Agriculture, Food, and Human Values Society (AFHVS), Association for the Study of Food and Society (ASFS), & Society for Anthropology of Food and Nutrition (SAFN), New York University, New York, NY, 21 June 2012.

MEDIA AND PUBLICATIONS

Christy Mello, PhD candidate and Inez Adams, PhD, *Writer – Manuscript Development*, "Growing Food and Environmental Justice: A Capacity Building Model, "Environmental Justice and Healthy Communities," of Special Issue of the Environmental Justice Journal, February 2012.

Roni VanBuren, 40-minute live radio interview on Food Justice, Public Reality Radio, 95.3 FM, 24 April 2012.

OKT featured in W.K. Kellogg Foundation's online publication, Michigan Nightlight, June 2012.

OKT featured in Michigan State University's *Michigan Extension* online newsletter, August 2012.

Lisa Oliver-King and Roni Van Buren, *Participants*, A Peoples Assembly on Radical Sustainability in Grand Rapids, 21 April 2012.

Yvonne Woodard, *Participants*, ACCESS Hunger Walk, 5 May 2012.

Lisa Oliver-King, *Presenter*, Eco Expo, City High and Middle School, 18 May 2012.

Chaka Holley, *Information Booth*, Celebrate Diversity Expo, Blue Cross Blue Shield, 14 August 2012.

Chaka Holley, *Information Booth*, Body & Soul and the Blues Community Challenges' Celebration and Awards Ceremony, Blue Cross Blue Shield, 25 August 2012.

Yvonne Woodard, *Information Booth*, Soul of the City, 31 August 31 2012.

Chaka Holley, *Information Booth*, Win by Losing Health Fair, Blue Cross Blue Shield, 11 September 2012.

Rachel McKay and Chaka Holley, *Information Booth and Tours of Roof top food garden*, Open House at Martin Luther King School, 11 September 2012.

Yvonne Woodard, *Information Booth*, Open House at Gerald R. Food Middle school, 14 September 2012.

Lisa Oliver-King, *Selected Candidate*, Food + Justice = Democracy, Institute for Agriculture and Trade Policy Minneapolis, MN, 24-26 September 2012.

Lisa Oliver-King, *Attendee*, 2012 Michigan Green Health Care Conference, Michigan Department of Environmental Quality, Eastern MI University, Ann Arbor, MI, 11-12 September 2012.

OKT staff tabled as part of the children's Peace Festival held within the annual Eastown Street Fair, 15 September 2012.

Stelle Sloomaker, *Panel Discussant*, Beware of the Dandelions: Connecting Grassroots Communities in Detroit and Grand Rapids with Invincible as part of ArtPrize, 22 September 2012.

Chaka Holley, *Informational Booth*, Rhythm Run and Walk, Grand Rapids African American Health Institute, 6 October 2012.

OKT peer educators, Grand Rapids Urban Forestry Committee meetings, February and July and OKT hosted Tree Mapping Workshop with arborist Lee Mueller, 4 October 2012.

CAPACITY BUILDING ACTIVITIES

Lisa Oliver-King, *Selected Candidate*. Achieving the Promise of Community-Engaged Health Disparities Research: A National Community Partner Forum in Boston, 6 and 7 December 2011.

Partnership Development Process for the Southeast Area Farmers Market, facilitated by Lila Cabbil, Grand Rapids, MI, October 2011 – March 2012.

Roni Van Buren, Afiya Orara, *Attendees*, Michigan Farmer's Market Association - Certification as farmers' market managers. A third, Stelle Sloomaker, finished full certification as a farmers' market manager bringing the number of OKT fully certified staff to four, Lansing MI, January – March 2012.

Roni Van Buren, *Attendee*, Consumer Health Advocacy Training, Alliance for Health, Kroc Center, 13 March 2012.

Roni Van Buren, Yvonne Woodard, Chaka Holley, Lisa Oliver-King, *Trainees*, Farm Bill Education and Community Engagement training, 10th April 2012.

Roni Van Buren, *Conference Attendee*, BALLE - Business Alliance for Local Living Economies, 12 April 2012.

Lisa Oliver-King, *Attendee*, Health Equity Forum, Kent County Health Department, Kent ISD Conference Center, 17 May 2012.

Roni Van Buren, *Participant*, What Matters to You, Policy Summit, UAW, 19 May 2012.

Lisa Oliver-King, Roni Van Buren, Christy Mello, Yvonne Woodard, *Attendee*, Women's Health Breakfast – 2010 Affordable Care Act, Grand Rapids African American Health Institute, 12 June 2012.

Lisa Oliver-King, Sheri Munsell, Roni Van Buren, Yvonne Woodard, *Participants*, Bundle Benefit Training – Michigan Benefits Access and Bridges Navigation Training, Michigan Association of United Ways, 11 July 2012.

Lisa Oliver-King, *Attendee*, 2012 Michigan Green Health Care Conference, Michigan Department of Environmental Quality, Eastern Michigan University, Ann Arbor, MI, 11-12 September 2012.

Lisa Oliver-King, *Selected Candidate*, Food + Justice = Democracy, Institute for Agriculture and Trade Policy Minneapolis, MN, 24-26 September 2012.



CAPACITY BUILDING ACTIVITIES, CONT.

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Lisa Oliver-King, *Attendee*, 2012 Michigan Green Health Care Conference, Michigan Department of Environmental Quality, Eastern Michigan University, Ann Arbor, MI, 11-12 September 2012.

Lisa Oliver-King, *Selected Candidate*, Food + Justice = Democracy, Institute for Agriculture and Trade Policy Minneapolis, MN, 24-26 September 2012.

**GROWING FROM EXPERIENCE
Project Year 03 Plans**

- Explore ways to recruit more home growers such as revisiting the role of the farmers’ market and our partnerships with local schools as being a recruitment strategy. The food provision portion of this grant focuses on home growing. It appears a school-based farmers’ market setting may be an ideal site for recruiting urban home growers. It is also possible that the farmers’ market will be a central location for hosting food, environmental and public policy workshops.

- Securing a few additional vendors specifically for the purpose of increasing the diversification of the foods available at the markets.

- Maintain and establish additional demonstration food garden sites for the purpose of creating environmental learning labs.

Based on OKT’s 2011 and 02 activities, OKT will be successful in its goal of developing a Healthy Food demonstration site. Again, while no site has been identified, the activities that were organized and the resources that were implemented in the community demonstrate that OKT and its family partners have the organizational skills to implement such a project and meet the expected outcomes.



2012 Team

Lisa Oliver King, Executive Director
 Stelle Sloomaker, Communications
 Roni VanBuren, Community Liaison
 Yvonne Woodard, Market Liaison
 Beverly Weathersby, Garden Coach
 Sheri Munsell, Peer Educator
 Chaka Holly, Peer educator
 Rachel McKay, Peer educator
 Lesia Woodard, Greenhouse Intern
 Leslie Huffman, Consulting Farmer
 Cornelius Williams, Consulting Farmer
 Michael Monday, SEAFM Transporter
 Community Advisory Members:
 • Darlene Gibbons
 • Tamika Foster
 • Laura "Micky" Parks

Collaborative Partners

Linda Campbell, Building Movement Project
 Lila Cabbil, Undoing Racism
 Shannon Wilson, Grand Rapid African American Health Institute (GRAAHI)
 Michael Mason, Nutritionist
 Jeff Smith, Grand Rapids Institute for Information Democracy (GRID)
 Jill Meyer, Kent County Health Dept.
 Cynthia Price, Greater Grand Rapids Food Systems Council (GGRFSC)
 Clinton Boyd, PhD Biochemist
 Inez Adams, PhD, Consulting Anthropologist/Evaluator
 Christy Mello, MA, Consulting Anthropologist

Supporters

LINC
 Jennifer Bongiorno
 Laura Casaletto, tree educator
 Josh McBryde, bicycle tour guide
 Urban Forest Project
 Michelle Jackson, Smallville Farms
 Baxter Community Center
 Dave Molesta, Molesta Greenhouses
 Eastown Neighborhood Association
 Gerald R Ford Middle School
 The Grand Rapids Times
 Madison Square Christian Reformed Church
 Martin Luther King Leadership Academy
 Sherman Street Church
 Steepletown Center



Budget

Total Yr. OWK Kellogg Foundation award 2 - \$147,737.00

Personnel, *Executive Director*

Total \$40,000.00

Contractual, *Community Women/
Peer Educators, External Consultants*

Total \$93,800.00

Supplies and Materials

*Seeds and Plants
Training Materials/Toolkits
Irrigation Systems
Greenhouse Supplies
Food Growing Workshops
Transportation Expenses*

*Yard/Demo Garden Supplies
Environmental Intervention Supplies
Soil Amendments
Garden Tools
Farmer Market Supplies*

Total \$7,675.78
*Food Prep Workshops
Photos
Displays/Exhibits
Food Tours
Building materials*

Other Items

*Travel
Presentation Supplies/Materials
Printing
Neighborhood Activities
Residential Incentives
Office Supplies*

*Facilitator Stipends
Farmer's Market Certifications
Capacity Building Activities
Books
Education Materials/Toolkits
Training Facility Rentals*

Total \$6,261.22
*Soil Result Fees
Refreshments
Financial Management Fees
Postage/Mailings
Art Supplies*

Total Expenses \$147,737.00



Our Kitchen Table
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