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

Lisa Oliver-King, Executive Director
Our Kitchen Table

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

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

*These photos courtesy of the W K Kellogg Foundation.

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

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.

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.