

GRuB

2006

End-of Year Report to the Community

# Our Staff

Blue Peetz, *Co-Director*

Kim Gaffi, *Co-Director*

Jackson Sillars, *Employment Program Director*

Emily Dietzman, *Farm Manager*

Anna Robinson, *Office & Outreach Coordinator*

Joellen Wilhelm, *Grants & Capital Campaign Coordinator*

Stephanie Snyder, *Kitchen Garden Project Coordinator, Americorps - '06/'07*

Pila Laronal, *One Neighborhood at a Time Project Coordinator*

Emily Hicks, *Kitchen Garden Project Coordinator, Americorps - '05/'06*

Kelly O'Neil, *Volunteer Coordinator & 2nd Year Youth Counselor, Americorps - '05/'06*

Allison McCoy, *1st Year Youth Counselor, Americorps - '05/'06*



# Our Board

Helena Meyer-Knapp, *President*

Nita Rinehart, *Vice President*

Jim Grant, *Treasurer*

Amy Calahan, *Secretary*

Crystal Ashley-Du Verglas, *New Board Member*

Jeff Bean, *Senior Board Member*

Adrienne Drewe, *Senior Board Member*

Jim Knowles, *New Board Member*

Carol Prevost, *Junior Board Member*

Alicia Seegers-Martinelli, *Returning Board Member*

Chris Wickham, *New Board Member*

Leslie Goldstein, *Outgoing Board Member*

Nasue Nishida, *Outgoing Board Member*

Ron Pagel, *Outgoing Board Member*

Brian Sims, *Outgoing Board Member*

Cathy Williams, *Outgoing Board Member*

# Our Mission

We're a grassroots non-profit organization located in Thurston & Mason Counties in Washington State. We dedicate ourselves to nourishing a strong community by empowering people and growing good food.

# Contents

Letter from the Co-Directors . . . . .	1
Cultivating Youth. . . . .	2
Kitchen Garden Project . . . . .	4
More 2006 Accomplishments . . . . .	6
Donor & Volunteer Thank-Yous . . . . .	8
What is Community Food Security? . . . . .	10

# Loving GRuB Supporters,

2006 marked the tenth-year anniversary of the GRuB Farm (formerly, the Sister Holly Garden) – a unique, beautiful space where hundreds of youth have developed as leaders while growing thousands of pounds of good food for our community. It was indeed a most fruitful year filled with huge accomplishments.

With the help of lead gifts from generous donors and regional foundations, as well as a timely loan, we secured the GRuB farm in our name. Thanks to the kindness of our farm neighbors, we expanded our farm’s production field to an additional acre. Finally, we secured a USDA Community Food Project grant to help us forge a new partnership with the Thurston County Food Bank, Left-Foot Organics, and the Gleaners Coalition; a partnership focused on a vision where all people in Thurston County have access to good food.

In this year’s End-of-Year Report, you’ll find details about these efforts along with a celebration of our 2006 youth programs and garden builds. We’d also like to acknowledge our internal work. For years now, GRuB has had a goal that someday our staff and board would truly reflect the cultural, economic, and racial diversity of our community. While diversity has been an underlying value, we struggled with finding next steps. In 2006, the staff and board embarked on our journey, by educating ourselves and others. (see page 6). Together the staff read *Dismantling Racism* by Joseph Barndt. Two staff members participated in a 2-day *Dismantling Racism Workshop* during the Community Food Security Coalition Conference, bringing back materials to share with the rest of the staff and board. In December, we partnered with our friends at The Food Project and hosted a regional training called “Building Multicultural Organizations”.

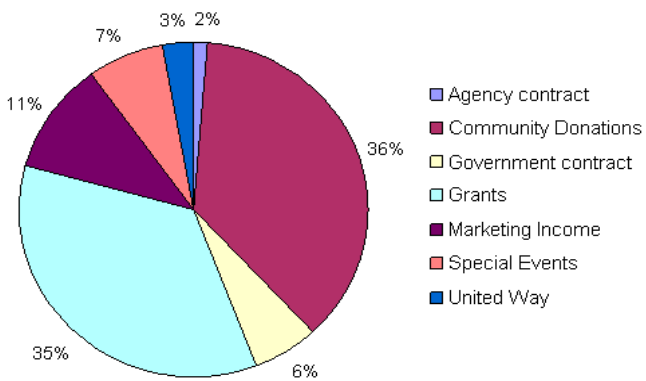
We now know that diversity is not enough. GRuB must do our work better. To become an anti-oppressive organization requires a new level of visionary leadership, one that is shared with the youth and gardeners with whom we partner. Our constituents (youth, low-income families, donors, partners) must be at the decision-making table. We must be organizing with others to fight the racism, classism, sexism, and other -isms that create and perpetuate the symptoms that GRuB’s programs are fighting i.e. poverty, hunger, malnutrition. Our staff and board are sobered and impassioned by the meaning and magnitude of this evolution. We know that investing in this work will make our community efforts more intentional, inclusive, and powerful. Will you join us? There is a place set at the table for you.

Much Love,  

Blue Peetz & Kim Gaffi  
Co-Directors

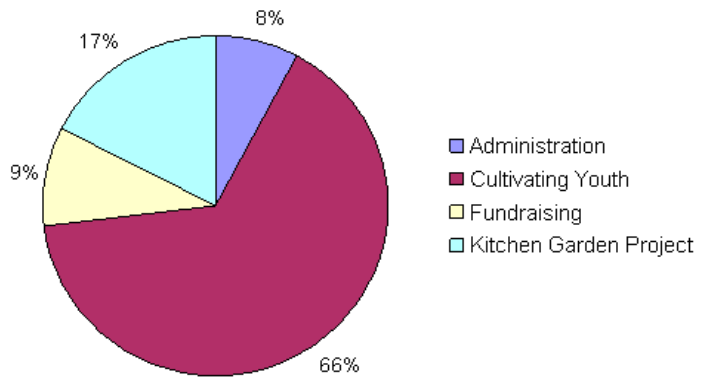
## 2006 Income

\$264,521



## 2006 Expenses

\$282,401



# Cultivating Youth

## Farming Land

Twenty-two amazing teenagers from low-income families worked at the GRuB farm in 2006, growing over 2,500 pounds of food for market, their families, and the Thurston County Food Bank. During the academic year, the crew got their hands dirty learning about over-wintering cover crops, basic soil physiology, biology, and chemistry concepts related to organic gardening.

This past spring, our youths' high standards and hard work made it possible for us to expand our farm by over an acre! This summer the youth launched our new neighborhood marketstand just a block from the farm, thanks to the Handy Pantry. Thank you as well to the many customers and well-wishers who made the stand a valuable revenue source for GRuB's work and a hands-on learning tool for marketing and business skills for our youth.

Youth also lent a hand at other local farms including Left Foot Organics, the WCC Food Bank Garden, and the Interbay P-Patch Community Garden in Seattle.



*"GRuB will give your child a variety of experiences. It's not just about digging around in the dirt. They learn how to problem*



## Farming Self

Youth worked just as hard on their own personal development as they did sweating on the farm. Crew-members engaged in team-building games throughout the fall and winter and in a day of intensive trust/team-building at the Bonney Lake Challenge Course. Through interactive workshops teens learned how to identify and eliminate 'tolerations' in their own lives, communicate non-violently, and build healthy relationships. Community volunteers improved our youths' nutrition by teaching them how to cook inexpensive and nutritious lunches.

*"Many people believe that a single person cannot change the world. I disagree strongly! I too believed this once, until I began working for GRuB. Because of this organization, I am assisting in altering people's lives in my community. GRuB helps support under-privileged families in building personal raised-bed gardens. We also donate fresh produce to the food bank. I believe this experience is helping me to change and improve my local community."*

– 2006 Cultivating Youth Crewmember

## Farming Community

*"I am acquiring a variety of [skills] while working at GRuB. Not only do we farm the land, we farm ourselves and the community. I am now capable of creating a flower bouquet, cooking a complete and nutritional meal for 20 people, and I know how to grow food to support myself and my family."*  
– 2006 Cultivating Youth Crewmember

GRuB youth fought hunger and malnutrition in our community this year, constructing a 12-bed school garden at Lydia Hawk Elementary in Olympia and doing an annual "spruce-up" at the community garden at Evergreen Vista, a low-income apartment complex. This April, GRuB hosted a two-day regional training entitled: Leading in Food Security Training (LIFT). Youth led workshops and shared their insight and experiences with over 30 participants. In addition, they worked with the Gleaners Coalition at Helsing Junction Farm & Bentley Farms to glean fresh, locally-grown food for the Thurston County Food Bank.



*solve, interact with the public and their co-workers, and develop faith in their ability to get the job done." - Parent*



From 2002 – 2006, 40% of our youth entered on track to graduate. Now, 83% have graduated from high school or earned their GED. This last year, 72% of our youth showed an improvement in self-esteem test scores.

*"Since I started working with GRuB I have learned to respect people, animals, food and myself. GRuB is an important experience because it shows me how to work, grow food and talk to the community. I really enjoyed meeting new people, gaining knowledge about farming and helping people who have less than me. I have come to respect people with their work habits even if they have disabilities. [To me] GRuB is a really awesome place that I feel safe and can just be myself."*

– 2006 Cultivating Youth Crewmember

# Kitchen Garden Project

## History

Founded by Rich Doss in 1993, the KGP has now given over 1,900 gardens to low-income families and neighborhoods. Each garden comes with 3 beds of rich soil, a pea trellis, vegetable seeds & starts, and a growing manual.

KGP backyard gardeners grow a significant portion of their families' vegetables, more than \$500 worth a season. This leads to increased nutrition, autonomy, and self-esteem.



## This Year

With the hard work of volunteers & GRuB teens, we built 74 free backyard gardens in Thurston & Mason counties. Our gardens fed over 300 low-income people (43% children)

27% of our total gardens served single mothers and 29% of our gardens served people with special needs

68% of our total gardens served clients who receive food stamp assistance and/or frequently utilize the food bank

92% of recipients reported eating more fresh vegetables each week thanks to their gardens.

87% reported giving food away to friends and neighbors

52% of recipients who also utilize the services of our local food bank, reported using the food bank less after receiving their garden

We also built 5 community gardens for local organizations serving seniors and children. Our partners included Save Our County's Kids (SOCK), Saratoga Springs Senior Community, and the Plymouth St. Senior Community.



*"We would like to express our gratitude and sincere thanks to everyone at GRuB for their awesome program and willingness to help us in growing our own raised-bed gardens! What a great idea it is to teach people in need to grow their own gardens! We were amazed at how much we could plant in just three beds!"*

— 2006 Kitchen Garden Project Recipient

"Washington's food insecurity and hunger rates improved somewhat last year, thanks to efforts to expand access to key anti-hunger programs such as food stamps and school meals. However, 95,000 Washington residents went hungry in 2005 despite the progress made and 272,000 were stretched so close to the edge financially that they couldn't be sure they'd have money to put food on the table every day."

- Hungry In Washington: 2006 Children's Alliance

Excerpt from:

# A Day in the Life...

## Mason County KGP Builds

By Maggie Philipsborn  
KGP 2006 Spring Intern

It is nine o'clock and the sun is out, but the cool of the morning has not dried out quite yet. My volunteer for the day arrives as I finish loading the wood for the morning build into the truck. Each day provides me with a new volunteer to talk with and get to know.



The first stop of the day is Brady's Nursery to pick up soil. The door chimes as I walk inside and am greeted with smiles, as they are always happy to see the GRuB truck pull in.

With the truck loaded with wood and soil, we drive about a half an hour outside of Shelton to our first build site. We pull into the driveway and are met by the glowing face of the woman we are giving the garden beds to, putting the last, fantastic, touches on clearing the area where the beds are to go. *"This is so exciting,"* she repeats as we unload the truck. *"I am so grateful for you guys".*

As we rake over the final bed, filled with fresh soil, she explains how they are very isolated living where they do. Her child, not accustomed to the commotion of other people, smiles, cries, and goes straight into the soil with his hands and mouth. (Mushroom compost never fails to attract children of all ages, and perhaps is as flavor-rich as it is nutrient-rich!) As we pack the truck up, she hugs us, making sure we really feel her when she says, *"I can't tell you how much I appreciate this."*

Another day of good work is done, and on the drive home the volunteer raves about their excitement of having gotten the chance to partake in such an awesome activity as this. I hear from the volunteer, and feel in my own way, how good they feel after giving people these garden beds, and how wonderful and grateful all of the garden recipients were.



I thank them for their help and willingness to volunteer, and they thank me right back. Most volunteers ask how to get a job doing work like this, but I explain that it isn't about money, and that the jobs don't readily exist, but that the volunteer opportunities are endless. Most volunteers I see again, either joining me on a build, or helping out at the GRuB farm.

"This garden has been such a blessing for SOCK and the youth we serve in Shelton. Many had never tasted the flavor of a fresh tomato or planted a seed and watched it grow. The youth Center Staff incorporated different garden vegetables into the free meals we serve weekly and encouraged kids to try vegetables they had never had before. The garden provided opportunities to talk about nutrition and the importance of organic stewardship of the earth and our own bodies. The garden provided opportunities to take kids outside, dig our hands into the earth and feel the pride of watching the veggies we planted grow! Now we are putting the garden to sleep and looking forward to a fresh start in the spring!"

- SOCK  
Youth Center,  
Mason County, WA

# More 2006 Accomplishments...

## Food Bank Growers

This past winter, GRuB organized a meeting of local garden groups, farms, & backyard gardeners to discuss the Thurston County Food Bank's need for more fresh produce and ways we can work together as growers to help meet this need. We now have over 14 groups and individuals committed to growing fresh produce for hungry folks.

As reported in an article in *The Olympian*, "*Farmers, backyard gardeners and groups across the county have begun planting seeds and tilling land in a unified effort to keep the Thurston County Food Bank's shelves stocked. Farm land that would normally lie fallow and surplus vegetables that would otherwise go to waste have found a new purpose.*"

Our collective includes the Kiwanis Food Bank Garden, Helsing Junction Farm, The Evergreen Organic Farm, Komachin Middle School, Olympia Community Gardens, Bentley Farms, The Gleaners Coalition, and several backyard gardeners.



## Doing Good Work Better

Knowing that our work is only as strong as the folks doing it, we invested in staff training and development this last year. In addition to the Dismantling Racism trainings mentioned in this report's cover letter, we also co-hosted a Leaders in Food System Training (LIFT) workshop with The Food Project from Boston, which focused on positive youth partnerships and organizational development.

Several staff and youth attended the "Bridging Borders" Community Food Security Coalition Conference in Vancouver, BC and two of our youth program alumni presented a workshop on the Kitchen Garden Project. Three more teens had life changing experiences at the Bioneers Conference in Marin County, hearing inspiring words from folks like Stephen Hawking, Amy Goodman, and Van Jones. Individual staff members sought out trainings & support in the areas of fundraising, financial management, sustainable agriculture, and organizational development.

In 2007, we'll be investing in leadership and management training to help GRuB continue to fulfill its potential in the community.





## We Secured The Farm!

In 2006 GRuB completed Phase I of our Capital Campaign, taking a big step toward preserving the 2 acres we've been farming for the past 10 years. This was a once in a lifetime opportunity, made possible through the generosity of the former owner, Linda Newcomb, several lead gifts, and a non-profit friendly loan from the Washington State Housing Finance Commission. This spring we'll begin fundraising for Phase II of our campaign which includes retiring our loan and breaking ground for our new Farmhouse.

In addition, we signed a 4 year lease agreement (\$1 per year!) with our neighbors, Darwin and Herta Delducco. By taking on the cultivation of this land we have effectively doubled our farm production capacity. We're now focusing on building an indoor educational facility to accommodate the needs of our growing youth programs and to move all our staff & programs to one site.

Thanks to a generous grant and amazing volunteer labor we constructed a large 30'x90' Hoop House and a new Propagation Greenhouse which will allow us to increase our winter production. We also had a new well pump installed and laid underground main lines for an irrigation system that runs throughout the farm. November introduced a new walk-in cooler to be used in our marketing programs.



## Education At The GRuB Farm

We had a great time hosting Elementary & Middle School field trips at The GRuB Farm this year. Groups from local schools had the opportunity to learn about GRuB and the work we do, take a tour of the farm, and get their hands dirty doing some real farm work!

225 elementary kids and 30 middle school students spent time at the farm this spring and fall. Our program included the active participation of students in Behavioral Health Resources' Youth Enhancement Program (YEP). These students build self-confidence and leadership skills through meaningful agricultural work.

*"I thought that your farm was awesome! I loved planting the squash. I also loved tasting the kale and plants. I think I will work at the farm when I'm 16." – Connor, 3rd grade*

*"Thank you for letting us help you plant and help the hungry. I enjoyed playing games and planting. I hope I get to visit the farm again." – Valerie, 3rd grade*



## Marketing & Production At The GRuB Farm

Thanks to the farm expansion, both our produce & flowers increased in quantity and diversity. We were able to provide food to area seniors for the first time through the spring Farmers Market program and the Marketstand was a hands down success in terms of positive community outreach, market expansion, and customer satisfaction.

*"This fall, I began to bring my youngest son with me to pick up our weekly [CSA] box...we would not even make it out of the pick-up kiosk before he had finished a pint of raspberries, and would be onto a bunch of carrots. Driving home we would talk about growing food, who grew the food we were eating, and the beauty of eating food grown by people you know. The night we ate fresh spinach when most of the nation wouldn't touch spinach with a 10-foot pole, illustrated for our whole family how lucky we felt to be part of GRuB. "*

- 2006 Vegetable CSA Member



# Our Donors (by first name, names in blue have a ongoing pledge with GRuB)

**FARMERS (\$1,000+)** Bayview Building Materials, Bradford Matthews, Brian Sims, Bryon Moore & Paula Faas, Cathy & Richard Williams, Charles & Carolyn Keck, Chehalis Tribe, City of Lacey, City of Olympia, City of Tumwater, Community For Interfaith Celebration, D.V. & Ida J. McEachern Charitable Trust, David & Linda Peetz, Darwin & Herta Delducco, **Dick & Jackie Wilhelm**, Edward K. & Lillian F. Bishop Foundation, Edwards Mother Earth Foundation, Eulalie Bloedel Schneider Foundation, Freas Foundation, Fred Meyer Foundation, Great Day Foundation, Great Western Supply, **The Knapp Meyer-Knapp Family**, Horizons Foundation, **Jeff & Kathy Bean: Olympia Supply**, Jennifer & Jim Grant, Joanna Arlow & Greg Lewis, Juliet & John Van Eenwyk, Kiwanis Club of Olympia, **Larry Eickstaedt & Joan Lynch**, Lassen Foundation, Laura Wiggans & Michael Moore, Lumbermens, Ludwick Family Foundation, Mary & Roger Dean, Medina Foundation, **Nita Rinehart**, Olympia Federal Savings, OneFamily, Peach Foundation, Rebecca Liebman & Charlie Stephens, Rotary Club of Olympia, Sally & John Warjone, Simpson Timber, Squaxin Island Tribe, Stars Foundation of Thurston County, Stephen Buxbaum & Joyce Kilmer, Tammy & Dan Williams, Temple Beth Hatfloh, The Community Foundation of South Puget Sound, The Discuren Foundation, The Mannix Canby Foundation, The Olympia Food Coop, United Way of Thurston County, Wendy Gerstel & Tom Badger



**CULTIVATORS (\$300+)** Amy Calahan, **Angie Grant**, **Barb Rohe & Willie Dickerson**, Barbara Gibson & Carol McKinley, **Barbara Temple**, Bark & Garden Center, Batdorf and Bronson Roasters, **Betty Livingstone and Lois Blank**, Bill Gaffi & Linda Macpherson, **Blue Peetz**, **Bob & Mary Wildenhaus**, Britt Nederhood, Colin Barricklow & Genine Bradwin Kirsop Farms, Crystal Ashley-Du Verglas, Dan Barker, **David & Lisa Smith**, **Deborah Bell**, Dr. Owen Reese, Ehrlich's Office Products, **Erin Majors and Zach Stewart-Glazer**, Fredrick Goldberg, **Gene Little**, Gloria and Leland Strait, Hawks Prairie Casino, **Heather Ringwood**, Jackson Sillars, Jim Haight, Joan Thomas, **Joellen & Dave Wilhelm**, Jonathan and Patricia Seib, Joyce T Ogden, Judy McNickle, Kar Feddersen-Lethe, Karen & George Bray, **Kim Gaffi**, Kohl Construction & Remodeling Inc, Ladyfest, **Laura and Peter Cannon-Robinson**, Laurie King, Leslie Goldstein & Craig Apperson, Lois Trapp, Lori Maurice, Market Centre Physical Therapy, Mary and Nick Dodge, **Matthew Reineck**, **Nancy & Joe Nishida**, **Nasue Nishida & Drew Wellner**, Robert Hull, **Robin Hunt & Mike Groesch**, Rotary Club of Lacey, **Rudy and Gail Martin**, Saltchuk Resources, Inc., San Francisco Street Bakery, Sara Holt & Paul Knox, Seed Corps, Senior Action Network, Shelton Quaker Group, St John's Episcopal Church, **Susan Sargent**, Taylor Shellfish, Teran Neller-moe, The Evergreen State College, **Toby & Jim Shulruff**, William and Karen Froman

**GROWERS (up to \$299)** Adrienne Basey, Adrienne Drewe, Albert & Flora Leisenring, Aletha Barnes, Alicia & Jason Seegers-Martinelli, Allen Poole, Allison Bren & Chris Herzog, Amy Harwood, Andrea Wheeler, Andrew Griffin, Andrew McLeod, Andy Buchman, Angel & Paul Przybylowicz, Ann Stewart, **Anna Robinson**, **Anna Schlecht & Sarah Vanucci**, Anne & Dennis Mills, Anne Weaver & Bobbie Hasselbring, Apollos Pizza and Pasta, Attorney General's Office - staff, Barbara & William Sims, Barbara Herman, Barbara Howard, Barbara Laforge, Barbara Silverstein, Barbara Williams, Barbie Hamblen, Bean & Gentry Attorneys at Law, Bernard Cole, Beta (Betty) Anderson, Beth Halpern, **Beth Lovelady**, Betty & Dick Curry, Betty Curneen, Bob and Bonnie Jacobs, Bobbie & Paul Moody, Brent & Becky Conklin, Bryan & Mary West, Capitol City Press, Carla Delducco, Carol Spink, Carole Miller, Caroline Manger, Carolyn & Dale Dietzman, Carolyn McIntyre, Carolyn Miyake & Eric Hull, Carolyn Prouty, Casual Gardener's Club, Charles & Barbara McCann, Charles & Margaret Evans, Charlie Ware and Karen Swift, Cheryl & Tony Wilson, Cheryl Hicks & Selden Hall, Cheryl Simrell King, Chez Cascadia, Chris Hawkins & Sayre Hodgson, Christ Lair, Christine Lavra, Claudia Minton, Clayton Majors, Coldwell Banker, Corinne Hansch & Matt Leon, Courtney Alcott, Craig & Renee Tedder, Dan Rubin & Callie Wilson, Dana & Roger Luedtke, Dana Costello, Dana Mock, Darleen Muhly, David & Kathleen Bellefeuille-Rice, David & Koko Chesanow, David Forrester & Kari Hansen, Dean & Sharon Foster, Debbie Lewis & Eric Bowman, Debbie Stewart, Debbie Tremel, Deborah Loomis, Deborah Stewart, Dee & Andy Saller, Denise & Will Graham, Diana Larsen-Mills & Kenneth Guza, Diana Lavrich, Dianne Ludwig, Don & Karen Guyot, Donna & Len Albert, Dorothy Gist, Dottie & Cork Hicks, Doug Johnson, Douglas Kilpatrick, Dumpster Values, Ed Hume Seeds, Edward and Nancy Thomas, Elaine Jewell, Elizabeth & Peter Sutch, **Elizabeth & Gordon Beck**, Elizabeth She', Elizabeth Welch, Emily Dietzman, Emily Lardner, Erin Simmons, Esther Baker, Eulalie Schneider, Evelia & Erik Thuesen, Event Pro, Frank & Brenda Owens, Frank A Sanborn, Frank & Sharon Maguire, Fungi Perfecti, LLC: Paul Stamets, Fusion: Fran Kersch, Gail Brown, Gail Johnson, Gary Wilburn, Giles Arendt, Gillies Malnarich, **Gita Moulton**, Gordon Yamaguchi DDS, Gwen Atkinson, Heather Grob & Marc Baldwin, Heather McPherson, Helen & Bob Tafejian, Helen & Earl



Peterson, Jack & Jean Young, Jack & Sage VanZandt, Jan Norman, Jane Wingfield, Janis Weiks, Jean Gowen, Jean MacGregor & Rob Cole, Jean Proffitt, **Jean Reynolds**, Jean Six, Jeanette M Turner, Jeannette Susor, Jeannie Chandler, Jeremy Hagquist, Jessica DuVall, Jessica Vavrus, Jill Gaffi, Jill Walsh, Jim & Laurie Knowles, Jim Groves, Jo Sullivan, Joan Hopper, Joan Schloz Wood, Joanne & Dave Schuett-Hames, Joanne Lee & Ron Cox, Joanne Thorton Curtz & Thad Curtz, John and Joann Terranova, Jolene Unsoeld, Jonnel Anderson & Duane Fagergren, Jora Lee, Judith & Robert Provasoli, Judy & Joe Bracken, Judy & John Cushing, Judy & Larry Miller, Judy Ehresmann, Judy Olmstead, Judy Petersen, Julie & Mike Robinson, Julie Grant & Lloyd Wright, Justin Howes, Kappa Alpha Theta Alumnae Club, Karen Brown, Karen Fraser & Tim Malone, Karen Messmer, Karen Ray, Karen Valenzuela, Karin & Gene Kraft, Kate Kasimor, Kate Vidales, Katherine King, **Katherine White**, Kathleen Houston & Christine Clishe, Kathleen Sandboe, Kathy & Bill Garrett, Kathy & Mike McCormick, Kathy Strauss & Lawrence Reeves, Katrinka Hibler & Nia Wellman, Kayana & Rich Hoagland, Keith C Cotton, Kelli Ehresmann,

Kelli Sanger, Ken & Nancy Anderson, Kevan Saunders, Kim Nichols, Kimberly Carlson & Larry Shatuck, Kiperts Korner Feed, Kirk Fredrickson, Krag Unsoeld & Louise Kaplan, Lance & Amy Winecka, Larry & Earlyse Swift, Larry Cannon, Larry Geri & Rachel Friedman, Lilly Love, Linda Andrews, [Linda Donaldson](#), Linda Graetz, Liz Hoenig, Liza Rognas, Llyn De Danaan (Patterson), Lois H North, Lois Willman & David Ouellette, Loren and Karen Grunenfelder, Lori Blewett & Arun Chandra, Lori Jo Drago, Lorie Peterson, Lydia Hawk Elementary, Lynn M Helbrecht, M.A. Majors & Deborah Corliss, Mac Willie, Marciann & Thomas Reineck, Marie & Patrick Williams, Marijo Loftis, Marilyn Campbell & Stephen Benowitz, Mark Foutch, Mark Hegg, Marlies Wierenga, Martha Savage, Martin & Pam Lovinger, Martin Flynn Public Affairs, Inc., Mary Ellen Psaltis, Matt Grant & Eileen Yoshina, Matthew & Kelli Samson, Maureen Hill, Maureen Tobin, Meconi's Italian Subs, Megan Beeby, Megan Priefer, Melanie Bennet, Melissa & Dan Phillips, Melissa Bokof & Ross Hemphill, Melissa Roy, Mercato Ristorante, Merritt & Marsha Tadano Long, Meyer Law Office, Michael Blum, Michael Hannam, Michael Hurley, Michelle & Jerry Heading, Mig Le Clerc, Mike & Anne Keith, Mike Englund & Linda Kiffer, Mike Murphy & Cheryl Duryea, Mike Wills & Dorothy C. Wilke, Milton H. Doumit Jr., Mimi & Don Williams, Molly Doyle, Molly Knox, Molly Oberbillig, Nalini Nadkarni & Jack Longino, Nance Jordan, Nancy Houck, Nancy Louise Sloss, Nancy & Wesley Strange, Nell Carlson, New Moon Cafe, Norma O'Neill, Oliver Reconstruction Inc, Olympia Bahai Fund, Olympia Credit Union, Olympic Outfitters, Orca Books, Oscar Soule, Pamela Darby, Pamela E Wilkins, Pat Kennedy & Bob Macleod, Pat Perry, Pat Spears, Patricia Starzyk, Paul Allen, [Paul Callison](#), Paul Knopf, Peggy Rudolph, [Peter Kardas & Lin Nelson](#), Phyllis Freitas, Priscilla & Thomas Terry, Rachel Smith & Kyle Flynn, Rainer Hasenstab, Ramblin Jack's, Randy & Chris Rahn, Raymond Price & Esme Ryan, Rebecca Stracener, Rhys Roth, Rich Gailey & Laurie Rogers, Rich Hoey & Stacey Waterman-Hoey, Richard & Juanita Green, Richard & Anne Kunkle, Richard & Elizabeth Hauser, Richard & Maria Doss, Richard D'Amato, Richard Ramsey & Gretchen Van Dusen, Richard Weiss, [Richard, Laurie, Theron, & Wyatt Guzoto](#), [Richie Pokaka'a](#), Rick McKinnon, Rita Alborn, Robert & Kathryn Wolf, Rosalie Repcik, Roxanna Winn, Roxanne & Wayne Lieb, Rubenstein's Contract Carpet, Russ Fox & Carolyn Dobbs, Sally & Sarah Sloat, Samuel Thoron, Sandra & Gary Worthington, Sandy Andretti, Sandy Dibernardo, Sarah & Ryan Hauge, Sarah Applegate, Sarah Bracken, Sarah J Buffington, Sequoia Miller & Ariel Goldberger, Sharon Ferguson, Shawn & Vida Hannon, Shawn Harris, Sherie Story, Shirley Mier-May, Shirley Wall Battan, Smitty Myers & Sandy Sandulo, Stanley & Luella Tinkovicz, Starr Knutson, Steve Lundin & Linda Bondurant, Susan Aurand, Susan Bogni & Donald Arima, Susan Christian, Susan Dimitroff, Susan Drummond, Susan E Cook, Susan Finkel, Susan McRae & Rodney Tharp, Susan Shankman, Susan Sycamore, Suzanne & Thomas Fell, Sylvia Price, Sylvie McGee & Sandy Hurod, T.J., Stephanie, & Quinn Johnson, Tami Holly, Tara Galuska, Ted Steege, Ted Sthay, Teresa Bergeson, Territorial Seed Company, [Terry Teale](#), The Alpine Experience, The Olympia Zen Center, Tim & Melanie Ransom, Tim & Nora Burke, Tim Gugerty, Ron Carvalho, & Gerry Gallinger, Tom & Toni Droscher, Tom Groenewal, Tom Howdeshell, Trula and David LeBleue, Tryna Norberg, Victoria Meadows & Chris Veblen, Vikki Poitra, Virginia Hessler, Walda M. Murray, Walter Dacon Wines, Washington State Employees Credit Union, Wendy Tanner, Wild Grace Arts, William M Eckroth, Wind Up Here, Woman Care PLLC, [Yuri Sagawa](#)

## Our Volunteers (by first name, names in blue are super-volunteers with GRuB)

Adam Shotswell, Adrian Prevost, [Adrienne Drewe](#), Aila Penny, Alex Webb, [Alicia Seegers-Martinelli](#), Allison McCoy & Brendan Hogan, [Amy Calahan](#), Amy Loonam, Andrew Krueger, Andrew Yankey, [Andy Asmus](#), Angie Grant, Ashley Bayle, Ava Arsaga, Barb Rohe & Willie Dickerson, Barbara Laforge, Barbara Temple, Bernie Meyer, Beth Lovelady, Betty & Dick Curry, Blake Butterman, [Bob & Mary Wildenhaus](#), Bobbie & Paul Moody, Branden Lopez, [Brian Sims](#), Briton Tenney, [Carol Prevost](#), Carole Watson, Carolyn Arnold, Catherine Grunenfelder, [Cathy Williams](#), Celeste Maris, Chad Markward, Chelsea Howe, Cheryl Waitkevich, [Chris Jackson](#), [Chris Wickham](#),



Clayton Majors, Colin Fissendea, Cory Barnes, [Crystal Ashley-Du Verglas](#), Darla & Adam Leigh, David & Linda Peetz, David Murphy, [Dianne Ludwig](#), Don & Karen Guyot, Dottie & Cork Hicks, Dylan Avagall, Elysia Holland, Emily Hicks & Nick York, Emma Erickson, Eric Richins, Erica Warren, [Erin Majors](#), Erin Stehr, Forest Scott, Garrett Oliver, Garrett Stilwell, Glen Buschmann, Heather Daley, Heidi Kirk, [Helena Meyer-Knapp](#), Ian Larson, Jack Bradford, James Duffy, Jan Spiller, Jeanne Lang, Jeb Thorton, Jef Ramsey & Barbara Collins, [Jeff & Kathy Bean](#), Jenn Campbell, Jenna Zechmann, Jennifer Barnes, Jeremy Winas, [Jim Grant](#), [Jim Knowles](#), Jimmie Bryant, Jill Gaffi, [Joan O'Connell](#), Joel Risteen, Joellen & Dave Wilhelm, John and Joann Terranova, John Bean, Jon Huey, Jordan Glander, Joslyn Trivett & Lucy Hemingway, Kandice Johnson, Karen Messmer, Kate Stratton, Katelin Miller, Katherine Hales, Kelly O'Neil, Keri Byers, Kimm Wiens, Kristina Cool, Laura Cannon-Robinson, Lawrence Sullivan, Leslie Goldstein, Linda Sok, Lindsay Ruhl, Lisa Cook, [Lynn Carter](#), Mackenzie Sims, Madeline Sharrow, Maggie Philipsborn, Maria Terry, Mariette Charvet, Marilyn & Ned Campbell, Mark Hopey, Matt Overfield, Mia Neidhardt, Michael Hannam, Michael Krutz, Mike Maria, Mike Mcclanahan, Molly Porter, Muhammad Ayub, Nancy James, [Nasue Nishida](#), Natalie Ullman, Nicole W Okada, Nima Moallen, [Nita Rinehart](#), Pat O'Neil, Pat Collins, Paul Martin, Randi Henn, [Raymond Perez Jr.](#), Reed Boysen, Reid Wilson, Ross Martin, Rylie Hauge, [Sarah Bracken](#), Sarah Butches, Sarah Curlee, Sean Maung, Sheila Smith-Westside Wellness, Silver Sattler, Stefan Sittler, Sylvia Price, T.J., Stephanie, & Quinn Johnson, Taryn Hammer, Tessa Bundy, Thuy Ly, [Todd Peterson](#), Tom Kalkware, Tryna Norberg, Vaughn Hack & Sachiko Miyagi-Hack, Vicki Faust, Will Saguil, [Zachary Stewart-Glazer](#)

...and all those who are in our hearts but not in our files, THANK YOU!!

# What Is Community Food Security?

Community food security is a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice.

- Mike Hamm and Anne Bellows

from "What is community food security" - [www.foodsecurity.org](http://www.foodsecurity.org)

## GRuB's Community Food Security Work

In response to the growing food insecurity in our community, GRuB is working in partnership with the Thurston County Food Bank, the Gleaners Coalition, and Left Foot Organics. Over the next three years our work, through the Growing Connections Community Food Project, will increase opportunities for youth employment, increase fresh produce available to low-income families, and increase the viability of local agriculture.

This project will focus on objectives that are specific to low-income youth, low-income individuals and families, and food bank clients. Our approach is to engage low-income people as community assets in meeting their own needs as well as the needs of others in our community. During this 3-year project GRuB will:

- A) build 3 community gardens and 60 backyard gardens in 3 food-insecure neighborhoods,
- B) engage 60 low-income youth in nutrition education and local food security work,
- C) expand the GRuB Farm's marketing through business planning and infrastructure improvements,
- D) participate in the emerging Hunger-Free Thurston County coalition

## What You Can Do To Support Community Food Security

**We Are What We Eat** - *eat* locally and regionally grown foods, *join* a Community Supported Agriculture (CSA) program, *shop* at farmers' markets and get to know farmers in your region

**Grow Your Own** - start a *home garden*, help others start gardens, *volunteer* at a local farm

**Feed the Hungry** - *volunteer* at a soup kitchen or food pantry, *donate* to programs that both feed the hungry and help them become more self-reliant, *grow* fresh produce and donate to the foodbank, *work* with local schools to improve meal programs

**Advocate and Educate** - *join* an organization working on food system issues, *learn* about the food system through newsletters, books, and websites, *talk* to your friends and co-workers about food and agriculture issues

Check-out these organizations where you can take the steps to: *eat, join, shop, home garden, volunteer, donate, grow, work, learn, talk:*

GRuB: [www.goodgrub.org](http://www.goodgrub.org)

Gleaners Coalition: [www.gleanerscoalition.org](http://www.gleanerscoalition.org)

Left Foot Organics: [www.leftfootorganics.org](http://www.leftfootorganics.org)

Thurston County Food Bank: [www.thurstoncountyfoodbank.org](http://www.thurstoncountyfoodbank.org)

Community Food Security Coalition: [www.foodsecurity.org](http://www.foodsecurity.org)

Farm to School: [www.farmtoschool.org](http://www.farmtoschool.org)

State Food Policy Councils: [www.statefoodpolicy.org](http://www.statefoodpolicy.org)



\*Adapted from the Community Food Security Coalition