

# Everybody Eats

GardenShare Volume 15 Edition 2

April 2015

## GardenShare v. 2015!

With new leadership at both the Board of Directors and the staff levels, GardenShare has spent the first quarter of 2015 doing some planning work. That may sound boring, but it's really exciting! Establishing a clarified mission for the organization and setting a vision for who we are, who we want to be, and where we want to go has been both exciting and challenging! We hope that, as a GardenShare supporter, you share our excitement and passion!

Here is the new mission statement as approved by the Board of Directors in March 2015:

GardenShare's mission is to ***solve the problem of hunger in St. Lawrence County*** through policy advocacy work and by strengthening the food system to benefit all County residents.



And our vision for what St. Lawrence County can and should be like!

**Healthy Food** – The County has a vibrant, local food system where our food choices are healthy for us, for our communities, and for the environment.

**Healthy Farms** – Farmers are able to make a living that supports their families, contributing to a robust local economy.

**Everybody Eats** – Everyone in the County has access to enough nutritious and affordable food to sustain a healthy lifestyle. When food assistance is needed, whether from government or private sector programs, it is provided in dignified ways that respect both the receiver and the giver of assistance.



Gardenshare Board of Directors and staff gathered in January for a planning retreat.

## 2015 plans

GardenShare's core programs:

- Local Food Guide
- SNAP at the County's Farmers Markets
- Bonus Bucks to help low-income people access CSA farms
- North Country Food Day Youth Summit
- Community education on food system and hunger issues

Dreaming big, we'd like to:

- Establish a St. Lawrence County Food Policy Council
- Ensure that no child goes without healthy food by improving and maximizing school meals, summer food programs, and other programs for children
- Promote the County's Farmers Markets to SNAP recipients to maximize sales of local food

## Sowing Solutions

There is a buzz at and about GardenShare these days—and as I write this it's clearly too early to be bees in the garden!

So, why the buzz? It's about new energy created by returning to GardenShare's roots as an anti-hunger organization. But with the knowledge and understanding we have developed over the years about food system and food policy issues.

Donating surplus from our gardens is a good and right thing to do, but it won't solve the problem of hunger. Teaching low-income families to grow their own food is also a good and right thing to do, but neither will it solve the problem of hunger. Even the County's many food pantries and free will dinners can't solve the problem of hunger—their customers will be back next week or next month needing help again!

These efforts help ensure people have food to eat when they need it and GardenShare will continue to promote and support such work.

Going forward, we will focus our efforts on policy issues related to food, on maximizing the effectiveness of government food programs, and on building a fair, equitable and just food system that better serves all residents of St. Lawrence County.

To do this important work, we need your support—gifts of time, talent, and treasure! I hope we can build an army of people committed to the vision:

**Healthy Food  
Healthy Farms  
Everybody Eats**



Gloria McAdam

## Why is “Food Policy” important?

Government policies at the local, county, state, and federal level can do the following:

**Promote regional food production, processing and consumption -**

From federal policy that determines agriculture subsidies and food assistance benefits, to local policies about zoning, procurement, and health, policy plays a

huge role in the food on our tables.

**Ensure widespread access to adequate, affordable & nutritious foods**

- It's no use having plenty of food if people don't have access to it. When we talk about 'access,' we mean availability, affordability, and knowledge. Access for lower-income households is very much driven by policy around programs

like the Supplemental Nutrition Assistance Program (SNAP, formerly called Food Stamps), school meals, summer food for children, and other assistance programs.

**Build a stable base of locally owned farms that contribute to our economy.**

**Create jobs in local food and agriculture related businesses.**

## Why work on federal food programs?

In the 2012-13 school year, 8,092 students in St. Lawrence County could have eaten a free or reduced-price breakfast at school, but only 42% of them did. If we reached a reasonable goal of 70% of the children who are eligible actually getting this meal, it would



bring an additional \$168,565.62 in federal reimbursements into the county! More important, an additional 652 children would get a healthy breakfast every day of the school year!

Also, the Summer Food Service Program provides summer meals for children when school is out. Only 13% of the eligible children are getting these meals.. This program is also federally funded, would bring dollars into our communities, keep people employed in the summer, and feed kids in need!

# Get involved and make a difference

What makes GardenShare work?

People, of course! People who care about ending hunger and about healthy local food and who get involved in this important work.

You can help further the GardenShare mission in any of the following ways:

Educate yourself on food and hunger issues. GardenShare.org is a good place to start!

Find out what's happening in your schools. Are the kids who need

it getting free breakfast and lunch?

What about during the summer?

Get involved in your town to ensure children have enough to eat.

Invite a speaker from GardenShare to your club, organization, or congregation.



Volunteer your time for one of our existing committees—Finance, Development, or Outreach and Education.

Donate surplus from your own garden to a local food pantry or

community meal.

Volunteer to help organize one of GardenShare's fundraising events—annual dinner in June, Walk-a-thon in September, or Trivia Night in February.

Help us design and implement a program to connect SNAP recipients with the local farmers markets or CSA's.

Make a financial donation to support all of this important work!

Or, maybe you have some idea we have not yet considered. Tell us about it and help make it a reality!

*"I volunteer for GardenShare because I believe that good food...and access to it...is at the core of so much that is important in the lives of individuals, communities and ecosystems. GardenShare is important to me because we endeavor to build community, promote small and sustainable efforts, and also because I love to eat good food and want to share that joy with others." - Margaret Harloe*

## One way to help...Clip & Mail

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Check all that apply:

☐ Here's my tax-deductible donation to help further GardenShare's work to solve the problem of hunger : \$\_\_\_\_\_ (or go to [gardenshare.org](http://gardenshare.org) and click on donate to make a safe and secure donation with your credit card)

☐ I'm interested in volunteering with GardenShare. Tell me about the opportunities.

☐ My congregation or organization would like a speaker from GardenShare.



### Board of Directors

Sarah Bentley-Garfinkel, Maria Corse, Jan DeWaters, Lisa Hall, Anneke Larrance, Carol Pynchon, David Rice, Sanford Stauffer

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### Staff

Gloria McAdam, Executive Director  
Carlene Doane, Associate Director

•

### GardenShare

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[GardenShare.org](http://GardenShare.org)

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## CALENDAR

May—Look for your Local Food Guide in the mail and be sure to use it to shop local!

June 6—Look for GardenShare at the Dairy Princess Parade!

June 9—GardenShare Annual Fundraising Dinner at Jake's on the Water. Look for your invitation soon!

June 16-17—Local Food, Local Places workshop in Canton. More information will be available soon and all are welcome.

GardenShare  
PO Box 516  
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