



2024 Healthy Living Conference - City of Hope

GROWING HOPE GARDENS

Carolyn Day, Founder & Executive Director
Eleuterio Navarro, Farm & Gardens Coordinator

SUMMARY

Our mission is to implement and grow regenerative, organic food garden beds in homeless shelters, service centers, affordable and bridge housing facilities. The gardens function as a place for healing, skill training, food growing and community building.

Residents of low income, affordable housing communities and/or homeless shelters often have limited access to natural fresh fruits, vegetables, and herbs.

Greater accessibility to nutritional food positively affects their overall physical and mental health, and each garden site provides dignified work opportunities for the residents.

FUN FACTS

- Target population: **Low income residents from underserved and traditionally marginalized communities**
- **Onsite Resident Food Gardens** are supported with our bi-monthly **micro workshop /maintenance visits**
- **Community-wide Planting & Harvesting & Garden-to-Plate educational & engagement events**
- **Empowering Residents** to tend to their own food growing spaces under a **Communal Model**
- **Onsite food growing available to 3150 low income residents**

WHAT DID WE DO?

ACTIVITIES

1. Hosted bi-monthly resident food growing micro-workshops/maintenance visits at our in 16 food growing communities
2. Hosted 6 resident community garden events with planting, harvesting, produce donations and nutritional garden-to-plate food preparation and sharing workshops
3. We hosted a TWO food growing tabling workshops at the local library and HopeWalk engaging with 350 families
2. Trained 5 youths from the LA LGBTQ 300hrs, paid work training program
3. Planted 18 000 seedlings
4. We distributed 48,500 pounds of fresh produce
5. Hosted our first Farm event "Spring Strawberry Festival" with 50 families participating
6. Engaged with 3 new housing partners to create more resident food growing spaces and programing

EVALUATIONS

- Used the City of Hope metrics & evaluations grant workshop knowledge to launch & create 2 QR linked pre & post activities surveys. This became the start of us better understanding and capturing our mission's metrics.
- This inspired us to begin to work closely with *Project Evident*, to help us fine tune actionable data and evidence, we can create stronger, more meaningful, more equitable outcomes for communities



ACKNOWLEDGEMENTS: We would like to thank the CITY OF HOPE and our other funders at the American Ag Credit, the Saint Johns Foundation and the Big Green Dao for their continued support



FINAL THOUGHTS

"We live in a time when healing for our Earth's health and our fellow human's hearts is urgent. I truly believe that urban gardens provide essential opportunities to connect with nature and each other and build communities. I see the garden as a great equalizer where everyone is welcome to plant, water and share and harvest." - Carolyn Day