

# GRuB

*A community-based nonprofit growing healthy food, people & community since 2001*



# GRuB's Mission



- **GRuB inspires positive personal & community change by bringing people together around food & agriculture.**
  - We partner with youth, families with low-incomes & veterans to create empowering individual & community food solutions
  - We offer tools & trainings to build a just & sustainable food system





# GRuB's Goals & Priorities



## ■ 2 Organizational Priorities -

- To involve and transform the role of our program's stakeholders in the organization in order to share more access to and responsibility for this work.
- To partner with other groups and organizations to spread and evolve the impact of GRuB's work.

## ■ 5 Strategic Goals -

- GRuB School, Youth Work & Pollination
- Community Food Solutions Initiative
- GRuB in the Food Movement
- Cultivating Community & Leaders
- GRuB's Strong Bones



# + GRuB School, Summer Camps & Field Trips



- GRuB offers a 7-week summer employment training program to youth who thrive when doing relevant work in our community
- GRuB partners with local school districts to enroll these students in a part-time, 3-credit academic year program
- Each spring, students in GRuB school participate in VGP garden builds, speak publicly at City Council meetings & host hundreds of younger kids at the GRuB farm for educational field trips







# GRuB School Gets Results



- **GRuB has worked with nearly 450 high school youth with disproportionately high ACEs since we began this work in 1996**
- **Since we started the GRuB School model in 2011, here's our impact:**
  - Only **39%** of students have entered our program on-track to graduate; upon completion **88%** have graduated or earned their GED and **66%** moved on to college
  - The average science GPA of a GRuB School student increased from **1.20** to **2.69** - a **124%** increase!!!
  - Our students also reported increased Locus of Control, effective leadership, communication skills, self-esteem & self-confidence
- ***"GRuB School impacted my communication, organization, and problem-solving skills in a positive way that my family, friends and community have noticed and appreciate." - Lilly, GRuB School student***







# Youth Program Pollination & Expansion



- GRuB provides technical assistance & training to support other communities in launching GRuB-like youth development programs. We just hosted 14 educators from throughout the NW (and California!) for our annual GRuB Youth Development Institute!
- The first academic year of the Tumwater FRESH program is winding down as the second full growing season ramps up. FRESH is a partnership between the City of Tumwater, Tumwater School District & GRuB
- Tend, Gather & Grow wild food & medicine curriculum is underway







# Community Food Solutions



- **GRuB's Kitchen Garden Project** was founded in **1993** and since then has built nearly **3,000** free gardens in the South Sound
- **GRuB offers low-cost community workshops** to help people build skills to grow, prepare & preserve healthy food on a budget
- **In 2015, GRuB launched the Victory Farmers program** to engage transitioning veterans in community





# The Victory Garden Project

- In 2017, we will fold the Kitchen Garden Project & Victory Farmer programs together to honor the legacy of veteran leadership within these programs.
- This spring, we build ~ 50 “victory” gardens with low-income families, many of whom are single parent households; This year, 18 of these gardens are in Oly
- These gardens increase families’ access to fresh produce, have positive health impacts, and are a joyful place for families to connect & grow together
- More than half of our VGP partners have children in the household, and nearly one third have elders in the household, too







# GRuB's Victory Farm

- **In 2015, a team of veterans known as GRuB's Victory Farmers stewarded a ½ acre urban garden in East Olympia, where they grew more than 2,000 pounds of food that fed local veterans, hungry families & the neighborhood.**
- **We lost our lease on the farm in are currently raising funds to hire a veteran "Lead Victory Farmer" to lead the charge to launch a new farm. We are in conversation with the Thurston County Food Bank regarding a partnership in Lacey.**
- **Since 2014, more than 250 veterans have connected with GRuB in an integrated effort to prevent veteran suicide, support veteran integration & nourish our community!**
- **This year, we will distribute 10+ veteran-grown CSA shares to veterans through partnerships with Drexel House & the Veteran Hub in Lacey. We host monthly peer support council sessions at the Veterans Hub.**





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# Cultivating Community & Leaders



- In 2014, we began taking some of the best pieces of our youth model & offering practical multi-cultural communication workshops to GRuB's partners, gardeners, veterans, youth families & more
- We've now hosted 9 trainings to more than 160 individuals, including 22 veterans





# GRuB in the Food Movement



- **2 acre urban farm with nature trail in West Olympia**
- **CSA share, market stand, and more**
  - **Low-income senior shares in partnership with Senior Services of South Sound**
  - **WIC parent shares**
  - **Youth shares for interns & GRuB School students**
- **South Sound Food System Network & Thurston Thrives**
  - **Local food culture campaign kicks off in June**
  - **South Sound Food Summit - October 20 & 21 at SPSCC**





# Connect with Good GRuB this year!

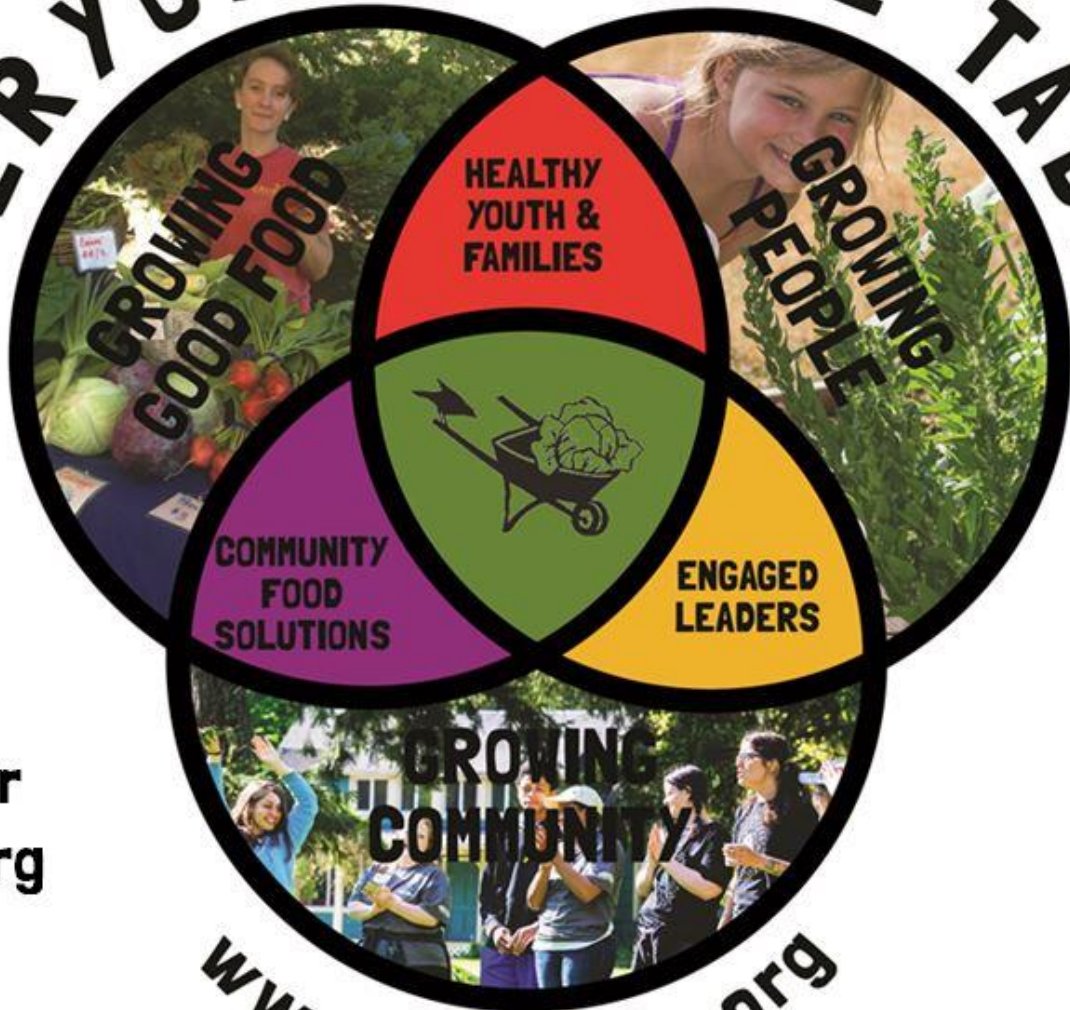


- **Want a garden? Purchase a F.I.G. (Food Investment Garden) from GRuB to get some help building your garden, complete with soil, seeds, and a growing guide and know that your partnership with GRuB will have positive health impacts on your family, while also subsidizing a free garden for a food insecure family! Now that's a win-win!**
- **Join us for a workshop to sharpen your good grub skills! Learn more at [goodgrub.org/events](http://goodgrub.org/events) (Wild Rose workshop tomorrow at 6PM at GRuB!)**
- **Be our guest at GRuBuation and celebrate the enormous accomplishments of our youth crew with a light meal & farm tours**
- **Become a volunteer! We love volunteers & we wouldn't be GRuB without "u"! Check out [goodgrub.org/volunteer](http://goodgrub.org/volunteer) for more info**
  - **Our next open volunteer day on the farm in Saturday June 10<sup>th</sup>!**





# EVERYONE AT THE TABLE



**QUESTIONS?**

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