



*eat and live green*

## **Making a Difference in the Most Challenged Communities**

For over 20 years, From the Garden to the Table (FGTT) works as a non-profit, community-based prevention program, to create positive change and end the disproportionate incidence of asthma, heart disease, diabetes, obesity, and other health problems in low-income communities, especially communities of color. As African Americans coming from the urban inner cities of Chicago and Detroit, our mission is to educate, build skills, guide, and provide access to healthy options to transform lifestyle patterns handed down generation to generation. Critical skills and better access to healthier options are essential to provide the access and opportunities for a better future for low-income, inner city children, families, and adults.

FGTT program started with cooking and health education to teach youths how to shop and prepare fresher, healthier versions of familiar snacks and meals. The program expanded to include gardening, green building and cleaning, and physical development (with a focus on martial arts and Tai Chi). FGTT partnered with Oakland schools and Sur La Table to present parent health programs and created a nutrition handbook to take better eating practices home. In San Jose, FGTT coordinated tastings from organic food purveyors for 400 students and the district nutrition services department. In San Francisco, FGTT presented weekly classes for 100 middle school students, and developed a health and cooking book. FGTT partnered with Ghirardelli Square to create a cookbook and an event where children assisted celebrity chefs to prepare healthy recipe samples for 1,000 families. FGTT continues to grow to involve schools, families, and communities to create the support and community environment to nurture healthier practices.

In 2014-15, with funding from San Francisco Office of Workforce and Economic Development, Dignity Health Foundation, and Saint Francis Foundation, FGTT created a Green Mobile Health Education Kitchen (GMHEK). In partnership with San Francisco Recovery Theatre we have provided theatre and dinner events and cooking classes for residents of Single Room Occupancy hotels in the San Francisco Tenderloin.

Through the GMHEK Program, the FGTT and SFRT built strong and trusting relationships within the S.R.O. community; including hotel managers, administrators, and the residents. We gathered valuable input from the managers and residents about the barriers to reaching the residents and to creating access and capacity to healthy eating. FGTT now conducts health, cooking, and green living classes to prevent and reverse chronic disabling diseases. In addition to the health, cooking, and green healthy choice classes, the mobile kitchen showcases safer cooking for residents and families. The mobile kitchen includes energy efficient cooking systems that reduce risk of burns, fires, loss of life due to faulty equipment, and damage to residences. Many families and individuals in Tenderloin S.R.O. residents still battle substance abuse, mental health, or housing problems, the FGTT and SFRT Theater Productions assist those in need and enrich the city's culture one show at a time while saving one life at a time.