



SAN ANTONIO FOOD BANK

Established 1980
5200 Old Highway 90 W
San Antonio, TX 78227

210.337.3663
www.safoodbank.org

OUR MISSION

To fight hunger in Southwest Texas through food distribution, programs, education, and advocacy.

Fighting Hunger ... Feeding Hope

San Antonio Food Bank Community Garden — *Growing and Nourishing our Community*

THE REALITY

Over 38 million Americans are food insecure. Of those 38 million, more than 13 million are children and 4 million are seniors. Last year, over 27 million people used a Food Bank for emergency food assistance.

USDA Economic Research Service, America's Second Harvest

The average rate of poverty in the San Antonio Food Bank's sixteen-county service area is 16.5%.

- 1 in 5 adults struggle with hunger and food insecurity.
- 1 in 4 children go to bed hungry each night.

The face of hunger could belong to anyone ... it could be your neighbor, your co-worker, or your child's friend. It could be you.

A UNIQUE SOLUTION TO HUNGER

- Will provide high quality produce to be used by San Antonio Food Bank programs, including the Community Kitchen, to feed the disadvantaged and food insecure
- Will have a sports court complete with available nutrition professionals and exercise specialist, to educate visitors on the health benefits of balancing diet and exercise
- Will have a large greenhouse capable of propagating unique crops and growing cold intolerant produce
- No pesticides and herbicides will be used to ensure only the healthiest food reaches the food insecure
- Will have a "built-in" distribution system...the San Antonio Food Bank itself; all produce can be promptly and efficiently distributed directly to those most in need

How YOU Can Help

- Volunteer working in the garden and/or educating visitors on gardening topics/techniques
- Donate tools, equipment, plants, or seeds
- Advocate for the food insecure by spreading the word about the San Antonio Food Bank's efforts to help those in need
- Make a monetary donation on-line at www.safoodbank.org
- Contact Kevin Boggs at 210.431.8345 or kboggs@safoodbank.org to find out more about the San Antonio Food Bank Community Garden and how you can get involved.

THE SAFB COMMUNITY GARDEN

The Community Garden is an exciting, new initiative of the Nutrition Education Program which will increase services and the quantity of food available to the San Antonio community and outlying counties by:

- Transforming five acres into a multi-functional community garden/farm, complete with greenhouse, education pavilion, and sports court
- Producing large quantities of fresh, quality fruits and vegetables for the food insecure
- Using the garden as a forum for nutrition education to encourage increased consumption of fruits and vegetables and increased exercise and physical activity for the prevention of overweight and obesity conditions
- Educating children about positive ways to improve the environment
- Increasing self-sufficiency through instruction of basic backyard food production techniques
- Promoting community service awareness by offering numerous volunteer opportunities in the garden
- Promoting a sense of community spirit and togetherness by bringing individuals from across sixteen counties to work towards one common goal...to assist the food insecure

The San Antonio Food Bank works with more than 375 human service agencies to help feed the hungry throughout sixteen counties in Southwest Texas. Working with local and national food donors to collect donations of fresh produce, non-perishable foods, dairy, frozen foods, and prepared foods, the San Antonio Food Bank's aim is to redistribute food from those that have it to those that need it.

Each week, 25,000 individuals receive emergency food assistance through the San Antonio Food Bank network of agencies and programs.

Since 2001, the SAFB has increased the amount of food made available to low-income families through its agencies and programs by 60%.

The goal of the Community Garden is to expand the current number of individuals assisted, and with your help, we can make that happen!