

Feeding the Future

Mesa Harmony Garden exists primarily to grow food for Foodbank of Santa Barbara County. The Foodbank found the funds for our first 80 fruit trees, and we're committed to handing back as much fresh fruit as possible in return.

In recent years the Foodbank has focused on the link between diet and health by providing a variety of healthy food to the people they serve. The amount of produce distributed annually has increased from 1.7 million to 5.5 million pounds over five years. With one in four residents of SB county using their services each year, that's an important contribution to the health and wellbeing of our community. We're proud to be a part of that effort.

The Foodbank's ambitions extend beyond being a safety net for people struggling without the resources many of us take for granted. At a fundraiser on March 9th they unveiled their *Grow Your Own Way* initiative which aims to empower participants by helping them begin to grow some of their own food. This is an integral part of their *Feed the Future* program, promoting good nutrition to improve *food security* and a helping to create a more healthy future for our community.

It's axiomatic that social change happens when we start seeing things from a different perspective, and start to think differently about the world around us. The attitudes we learn in childhood exert the biggest influence on our lives, so the Foodbank is working with pregnant mothers and pre-schools, as well as older kids, to help instill an understanding of nutrition and practical skills for creating healthy, balanced diets. *Grow Your Own Way* will help adults to become active in meeting their own nutritional needs.

Mesa Harmony Garden is a practical demonstration that every empty space in the neighborhood can be seen as food waiting to happen. The more healthy and nutritious food we grow for ourselves, the more secure our own future well-being, and the more opportunities to share the surplus. If we share that lesson with enough people we can feel much more confident about feeding the future.

Volunteer days every 1st Saturday, 9am – 12:30
Join us in creating our neighborhood food forest on the Mesa
April 7th, May 5th, June 2nd, July 7th ...
Corner of Meigs Road and Dolores Drive.

For more information about the garden, and to join our email list, visit:
www.mesaharmonygarden.org

Please support our work by volunteering, or by sending donations (we're a 501(c)3 nonprofit) to:
Mesa Harmony Garden, c/o Holy Cross Church, 1740 Cliff Drive, Santa Barbara, CA 93109

