



HOW WE GREW IN 2021

22 FAMILIES

22 families participated from Fruit Valley and Lincoln Elementary schools.

7,925 POUNDS

7,925 lbs of organic, regionally grown food distributed.

465 DOZEN

465 dozen Animal Welfare Approved eggs shared.

\$32,284 DOLLARS

\$32,284 infused into our local food economy.

100% CHOICE

Every family was able to choose every item in their share, every week of the program.



1 to 2 schools



19 to 22 families



3 partner farms to 6 regional producers offering fish, meat, eggs, fruit, and grains



31 to 47 students



100% Spanish bilingual support at CSA pickup featuring culinary inspiration from a local chef

Our **families** reported eating more fresh fruits and vegetables, and feeling healthier due to their participation in Farm to Heart (F2H). Families also spent more time together planning and cooking meals.

Our **farmers** reported reduced food waste, increased farm viability, and a gratitude for the opportunity to support food justice work.

Our **supporters** reported being inspired by the strong partnerships, proud of the significant positive impact, and deeply committed to the success of the F2H Initiative.

WHAT'S AHEAD IN 2022

Increase **bilingual food system education** for our families

Build **new partnerships** to enhance offerings at CSA pick up, including fruit and vegetable taste testings hosted by Washington State University Nutrition Program

Plan for long-term **program sustainability** so that F2H is available to families in the years ahead

Expand our **F2H Farmer Network** to support the viability of more regional food producers

WHAT DOES FARM TO HEART MEAN TO OUR COMMUNITY?

"Because we are deeply committed to the futures of all our children, we commit to nourishing those living in underserved communities with nutritious, organic food and farmer role models. Thank you Farm to Heart team for allowing us to live our values."

-F2H Supporter

"I am very grateful."

-F2H CSA Member

"We opened our box together and would decide as a family what to make and then we would make it together. It became a family project on Wednesdays."

-F2H CSA Member

"Thank you so much for this deep reminder about the importance of the work that we do, together. I'm renewed by your passion for agriculture and community."

-F2H Farmer

"We didn't have to worry nearly as much on how we would make it through the week and if we would go to bed hungry."

-F2H CSA Member

"Whether the issue is restoring justice and equity, improving human health, or reconnecting communities--all are being impacted positively by the Farm to Heart initiative. It's changing the world one family and one farmer at a time, and I am a proud and committed supporter."

-F2H Volunteer

"My son is normally a picky eater but now he is trying more things."

-F2H CSA Member

"Two years ago April Joy Farm started purchasing fruit from our organic farm. This has been great for our farm stability. Now organic produce is available to families in need and I am able to maintain my employees with steady hours of work, which results in more predictable income for their families."

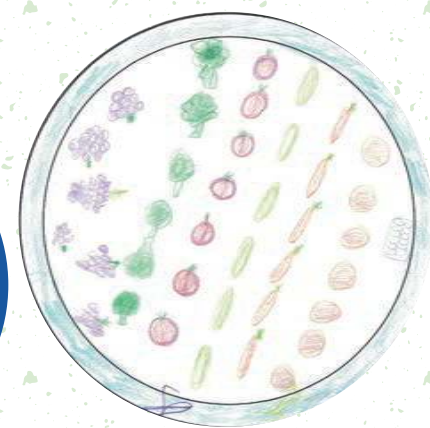
-F2H Farmer

"I know 100% of my donation is really making a difference, and not just for families, but for farmers too."

-F2H Supporter

"I love the program and feel really comfortable with the hospitality of the people involved. I am treated with respect and do not feel discriminated against."

-F2H CSA Member



Farm to Heart affects the whole family. We asked the children in participating families to draw their favorite F2H foods. The dinner plate drawings are a few of their responses.

The Farm to Heart Initiative is a partnership between April Joy Farm and the Family Community Resource Centers (FCRCs) of Lincoln and Fruit Valley Elementary Schools.

Learn more:

<https://www.apriljoyfarm.com/farm-to-heart-initiative>

