United Way Presentation
Totino's
America's Best Selling Frozen Pizza
THE ORIGINAL
Crisp Crust Party Pizza
Classic Pepperoni
KEEP FROZEN
COOK THOROUGHLY
NET WT. 10.2 OZ (289g)
Tiny Tots
Child Care
Later that night...
Three months later...
Rainier Valley EATS
GROW. SHARE. EAT.
How it all Connects

GROW (produce)

RECYCLE (compost)

SHARE (distribute)

EAT (cook)
RaVE by the Numbers
(in the first nine months)

- 64 nutrition education events including community dinners, cooking and gardening programs
- 889 people attended nutrition events
RaVE by the Numbers Continued

• 410 kids in 6 schools and recreation programs learned to cook at 40 nutrition education events

• 421 volunteers put in 2,100 hours at gardens, farm or in six community kitchen programs
Guiding Principles in RaVE

• Community members guide and lead the projects with technical assistance when needed, from the RaVE team.

• We meet people where they are at geographically, educationally and in terms of social norms.
Guiding Principles in RaVE

• All are welcome
• Programs are fun, joyful and uplifting. They are a great place to have a good time, meet new friends and eat delicious food.
Grow - Rainier Beach Urban Farm and Wetland
Eat - Kale Chips
Share – Good Food Boxes
Eat – Community Dinner
Why People Come to the Community Dinner

- Talk with new people: 76%
- Learn about healthy foods: 52%
- Free healthy dinner: 62%
Why Take the RaVE Approach?

Figure 3: Food security continuum (Kalina, 2003)

Stage 1
Short-term relief (efficiency)

Stage 2
Capacity building (transitional)

Stage 3
Redesign

Emergency / charitable food programs

Community kitchens & gardens

Food policy network

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Questions?