



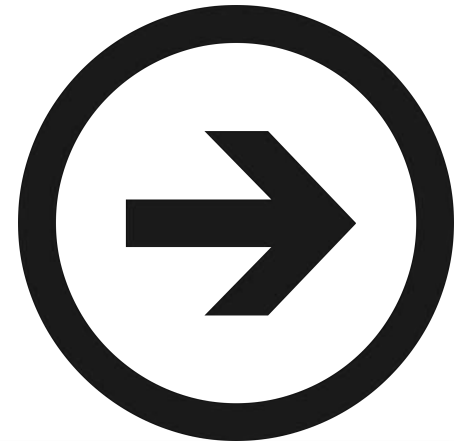
RUTGERS

# Healing Hunger by Teaching Teenagers

Kiersten V. Westley-Henson & Galadriel T. Thoman



- I. **Problem**
- II. Background
- III. Framework
- IV. Research
- V. Connections
- VI. Funders
- VII. Conclusion



# What Problems we are addressing...

- Tackling food insecurity in an innovative way
- Integrating the South Jersey community in an innovative way to tackle food insecurity
- Integrating at risk teens and special populations who want to learn the skill of gardening and addressing food security



**...how can we make a difference?**

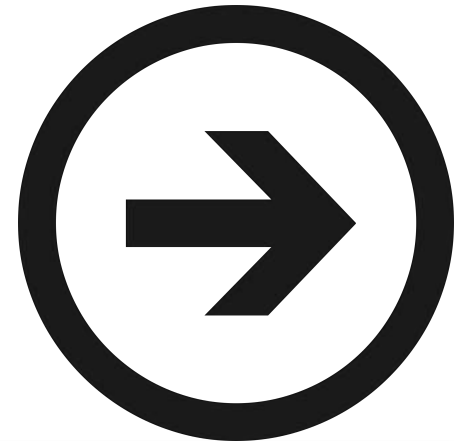


# How we want to address those problems

- Teaching teens and special populations about gardening, in return, lighting a passion and inspiration to become self sufficient. The fruits of their labor will be sold by donation in Camden City.
- In this process, the people involved will benefit from a skill, they benefit from secured jobs from their learned skill and the community will benefit in the long run.



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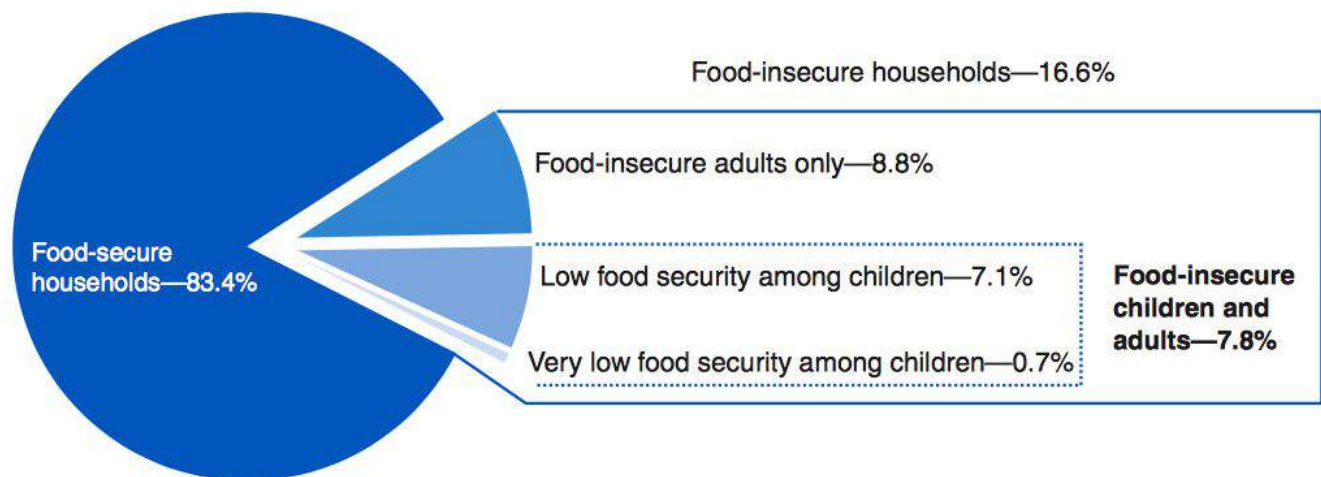


# WHAT IS A FOOD DESERT?

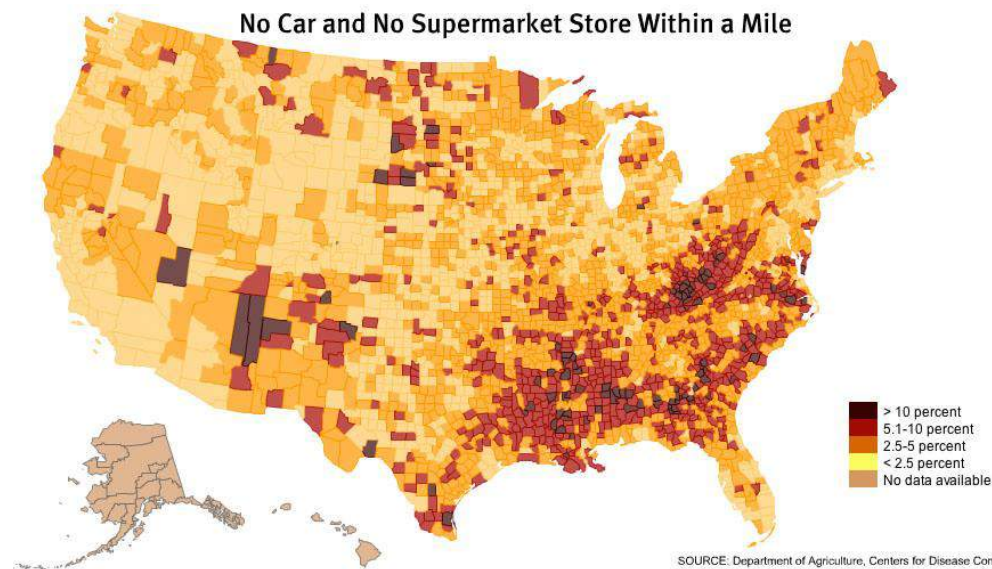
A food desert is an **urban or rural area** where the availability of **affordable, healthy, fresh food** is limited.



## U.S. households with children by food security status of adults and children, 2015



Source: USDA, Economic Research Service using data from U.S. Department of Commerce, U.S. Census Bureau, 2015 Current Population Survey Food Security Supplement.



SOURCE: Department of Agriculture, Centers for Disease Control

## Challenge 1

### Barriers for Access

- Distance
- Urban v.s. Rural
- Transportation
- Store Location
- Fresh Availability

## Challenge 2

### Price & Demand

- Bodegas & Liquor Stores
- Lower SES
- Historic Availability
- Inflation in lower income areas

## Challenge 3

### Health Implications

- Child development
- Overall health
- Obesity
- Longevity



HAD TO CHOOSE  
BETWEEN FOOD  
AND UTILITIES



HAD TO CHOOSE  
BETWEEN FOOD  
AND TRANSPORTATION



HAD TO CHOOSE  
BETWEEN FOOD  
AND MEDICAL CARE



HAD TO CHOOSE  
BETWEEN FOOD  
AND HOUSING



HAD TO CHOOSE  
BETWEEN FOOD  
AND EDUCATION



“One factor related to risky behaviors is the amount of time that adolescents are unsupervised’ (Cohen, 2002).



“Researchers have suggested that positive youth development (such as participating in extracurricular activities) is fundamental for the development of a nation of healthy, happy, competent, productive, and satisfying adults” (Cohen, 2002).

“Young people indicate that they would be willing to work for very low wages – lower than typical minimum wages in various sectors. And while they had big dreams of being lawyers and doctors, they were also willing to take any job that could give them experience or help them pay for university or college fees” (Patel et al. 2016).

“Giving jobs to young people is widely seen as an essential way to harness their energy towards constructive and peaceful purposes and discourage their recruitment for violence” (Izzi, 2013).

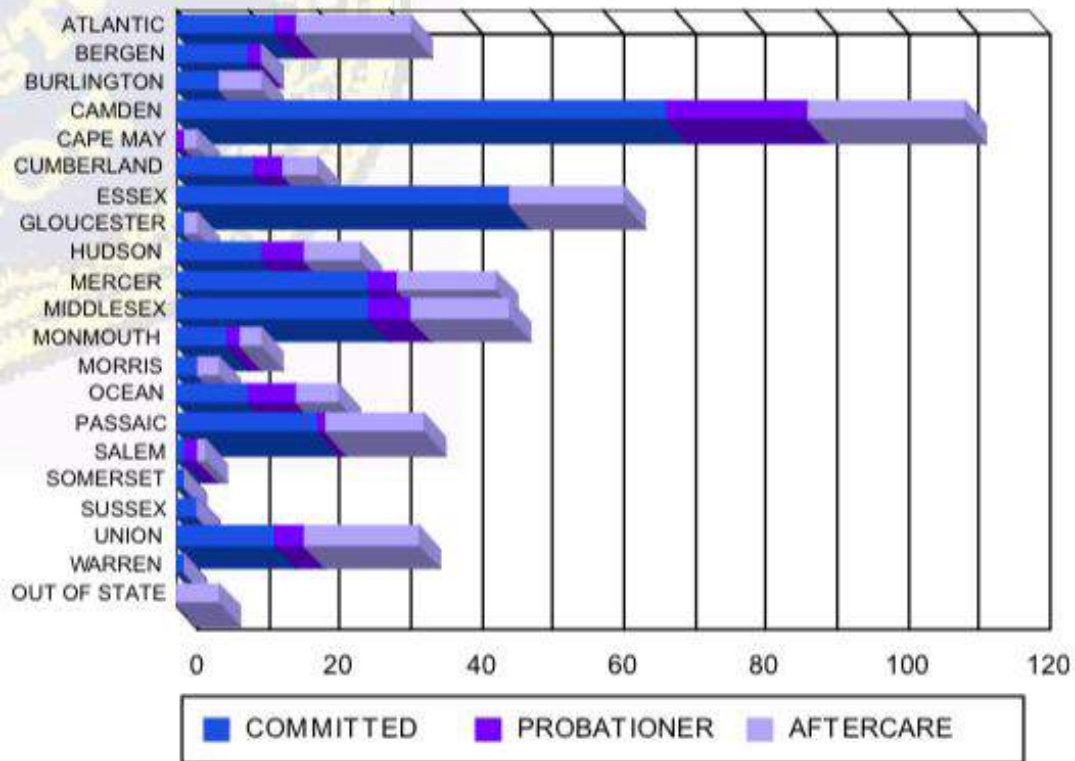
“Young people are often depicted as being lazy, sitting on the streets, or feeling entitled. They are often assumed to have high reservation wages, refusing to work for less money than they think they should receive” (Rankin & Roberts 2011).

“[in regard to communities]...no peace can be sustainable without jobs for young people” (Izzi, 2013).



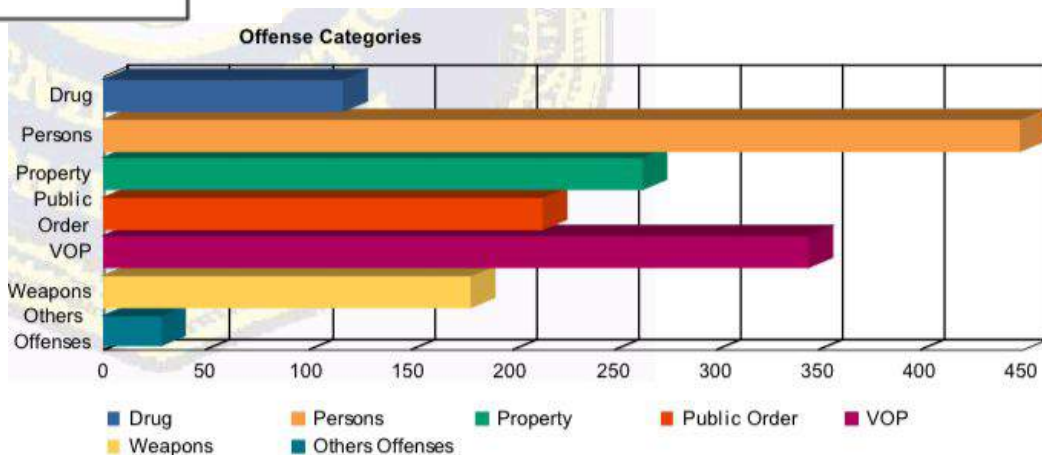
“Increasing opportunities for and promoting participation in supervised youth activities may reduce risk-taking behaviors” Kao & Salerno, (2014).

Count of Juveniles By Sentencing County



“High-quality local-level interventions that make an effort to understand the range of challenges facing young people and that support them to find work and stay optimistic are important and have been shown to smooth the transition to work for the youth” (Graham & DeLannoy, 2016).

# Juvenile Demographics & Statistics: 2017



# Bayside Prison

The dairy farm at Bayside is milking 49 cows that are producing between 300 and 350 gallons of milk a day

Started in 1977, the program is aimed at providing inmate with work opportunities to help reduce recidivism, but it's also self-sustaining

Stephen N. works at the prison in this program. He believes this type of a program would benefit the community and the teens involved.





**nj**  
•com

True Jersey.

# Roots to Reentry Philadelphia

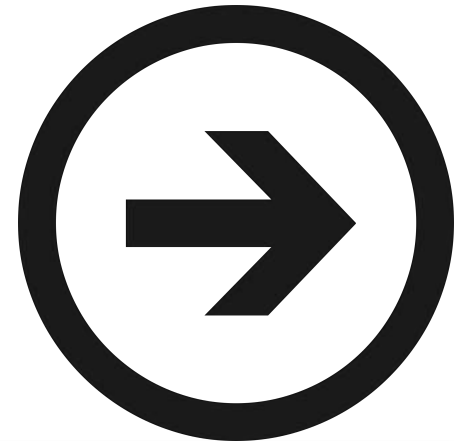
Roots to Re-Entry provides citizens transitioning back into their communities from the Philadelphia Prison System with the tools and support they need to obtain meaningful employment in the horticulture and landscape industries.

 **PHS** roots to re-entry  
A Job Training and Placement Program





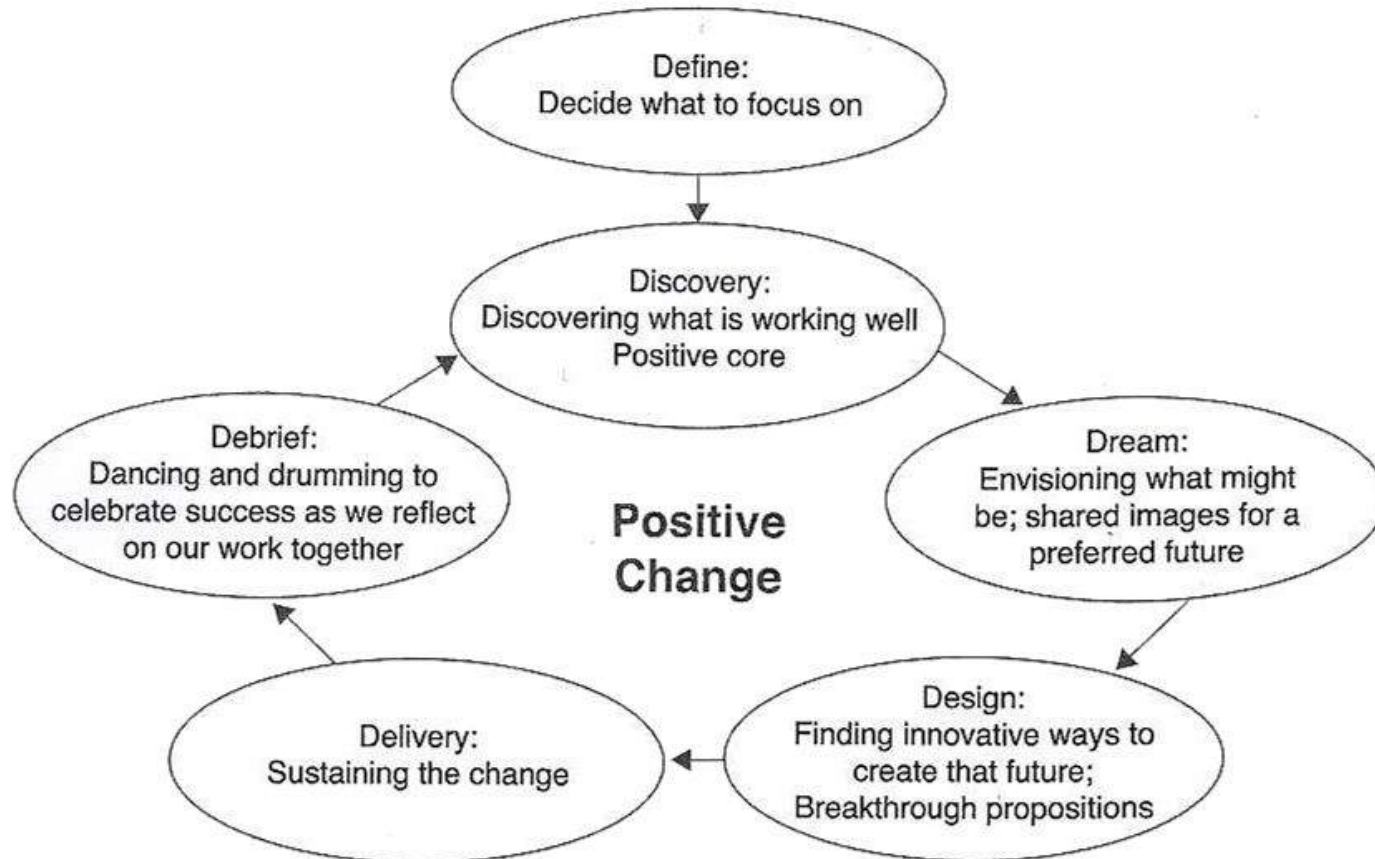
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# Process of Appreciative Inquiry

## The Process of Appreciative Inquiry



# Define

Focusing on bringing food into the community in a sustainable way while creating opportunities for troubled youth

# Discover

## *What Is Working Well Already*

In Camden County:

- 14 Food Pantries in Camden, NJ
- 68 Food Pantries in Camden area (including across the bridge via Patco)
- NJ Summer Food Program
- Food Bank of South Jersey
- NJ Department of Agriculture Farm to School Program
- Center for Environmental Transformation
- UrbanPromise Wellness Center

# Discover

## *What Is Working Well Already*

In the Nation:

- Sandusky County (Ohio) Jail Program
- Roots to Re-Entry
- GreenHouse
- Insight Garden Program
- The Garden Project
- Several At-Risk Youth Programs
  - Added Value (Brooklyn, NY)
  - Cedar Circle Farm (East Thetford, VT)
  - Chickasaw Nation Community Garden (Ada, OK)
  - The Youth Horticulture Project (Brattlesboro, VT)

# Dream

## *The Envisioning of What Will Be*

- Youth are more educated about nutrition and sustainability
- At-risk youth have marketable skills and have avenues for energy that might otherwise be directed towards activities that would get them in trouble
- Businesses in the area have tax incentives which brings more into the area and helps the economy
- Children are better fed, with more nutritional food, which helps with better cognition and better grades in school
- Excess produce from these programs work in conjunction with existing programs to lessen need in Camden

# Design

## *Planning processes that will work well*

- Establish connections with businesses who will provide support in exchange for incentives
- Establish connections with other forms of funding
- Establish connections with juvenile detention centers, group homes, and schools for troubled teens and other special-needs children
- Educate and guide these at-risk youth towards raising sustainable food gardens, greenhouses, and farms
- Distribute produce to at-need citizens in Camden City

# Social Capital Theory

- Education
  - Youth will be more educated and gain marketable skills, and therefore will gain social capital as they become adults in the community
  - Children and teens can teach other members of their family, which will in turn increase their social capital
  - Education leads to mentoring, internships and employment
- Health
  - A healthy community that works together builds the capital of all citizens in that community
- Community that builds social capital through unity can mobilize other communities around them, thereby furthering the development
- Relationships
  - Relationships that are established between all involved with create an atmosphere of solidarity, which builds and maintains social capital and will continue to benefit the recipients long into the future

# Functionalism

- Schools
- Detention Centers
- Group Homes
- Businesses
- Non-profits
- Healthcare



# Assets

Locations: Space for gardening provided by PAFACOM and Premiere Behavioral Supports

Support: People who are knowledgeable to teach that are excited to donate their time for our project

Empowerment: Small businesses who want to hire and give back to the community

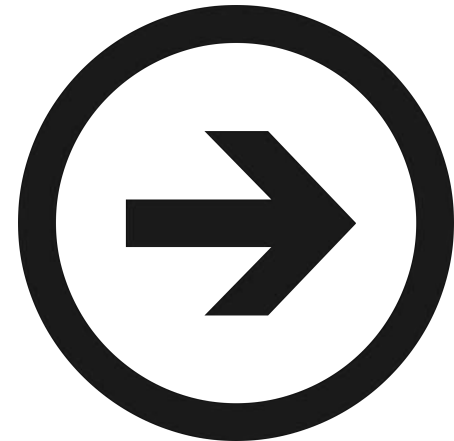


# The outcomes from a garden like this include:

- Locally-grown food
- Increasing care for the land and civic engagement
- People coming together around common goals and shared work
- Teens empowered by the tending and cultivation process
- Creating places of beauty
- Assisting the residents of Camden
- Increasing the number of teens available for specific jobs



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# Methodology



- Survey
- SWOT Analysis
- Interviews
- Scouting out Locations



## According to our survey...

- Most Camden City residents did not have the **time** to grow their own vegetables
- Most Camden City residents did not think they could **keep plants alive** due to their busy schedules
- Most Camden City residents **did not know where to start** if they wanted to grow their own edible garden



INTERNAL FACTORS

Food for Camden, local business partners, ability to complete planting and harvesting efficiently, we will have a good reputation with customers, access to home grown top-quality produce, and strong brand awareness within the community

(+) S

Man power, security (in regards to working in the detention center), location within Camden so residents can access, time for transportation of the produce

W (-)

EXTERNAL FACTORS

Opportunities for teens, local events collaborations, we are filling a need for food access or entering a location where no other comparable grocery markets currently exist

(+) O

Crops may fail, people may not donate, weather, updated farm technology, regulations within the city, regulations in growing areas, other markets in area, property loss

T (-)







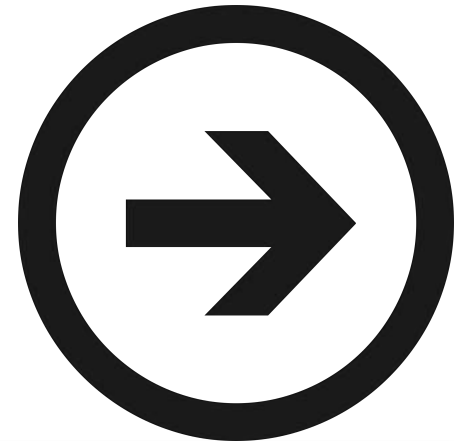
# PREMIERE BEHAVIORAL SUPPORTS

*"Achieving Success Through Support"*





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- ❖ Possible Local Connections
  - Premiere Behavioral Support
  - PAFACOM
  - Verchio Market
  - Tomasello Winery
  - Plagido's Winery
  - Puglia's Produce
  - Berlin Rental
- ❖ Possible Connections
  - Camden Children's Garden
  - Duffield's Farm Market



# Starter Harvest List



- **Tomato:** 13 pounds per plant each season
- **Cucumber:** 14 cucumbers per plant each season
- **Lettuce:** 18 pounds per plant each season (one of the most rapidly growing plants)
- **Spinach:** 7 pounds per plant each season
- **Brussels Sprouts:** 5 pounds per 10ft row each season

\* season means the end result at the end of the season after multiple pickings on the plant

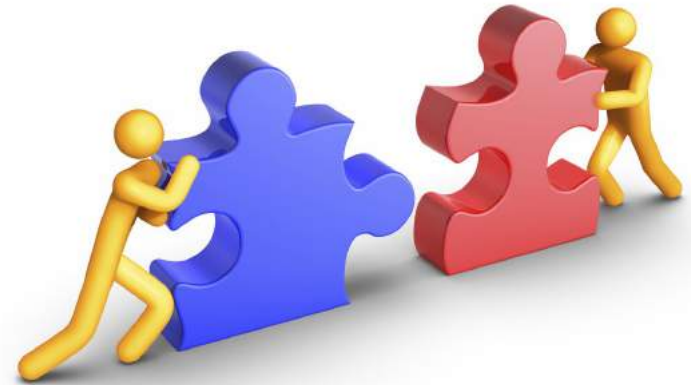
In the gardening process, students will be involved in the initial planning and design, preparation of the land, planting the seedlings, and cultivating the gardens. This includes designing the space and choosing what's planted where.



# How we will get the plants/seeds

Working directly with  
Produce Markets and  
farmers in the growing and  
cultivation of healthy plants

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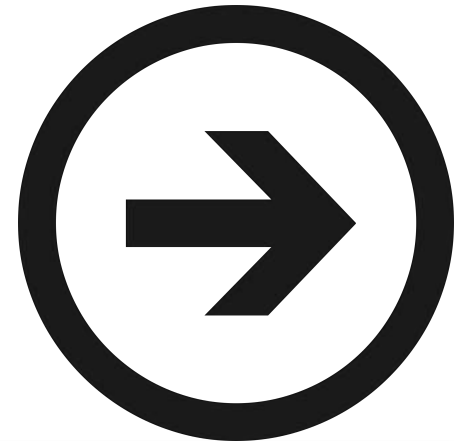
We will also run a 'seed drive' working on donations of seeds, contacting schools such as Our Lady of Hope, Delsea Regional, Our Lady of Mercy, St. Mary's Church and local churches

\*my connections with the schools and church community

- Fr. Kevin Mohan
- Sr. Rita DeFlavia
- Sr. Paula Randow



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# What our partners will bring to the table

Verchio Market: Seeds, education and post-intervention jobs to youth

Tomasello Winery: Education, Transportation and post-intervention jobs to youth

Premiere Behavioral Support- Land, education and post-intervention jobs to youth

PAFACOM- Land, education and post-intervention jobs to youth

Plagido's Winery: Post intervention jobs to youth

Puglia's Produce: Seeds, education and post-intervention jobs to youth

Berlin Rental: Transportation & equipment set up

*"I would like to get them [students in his class] involved in a project like this... a project like this would give them a healthy outlet and the tools for a better future [because of] structure"*

-Teacher at Burlington County Special Services





TOPICS

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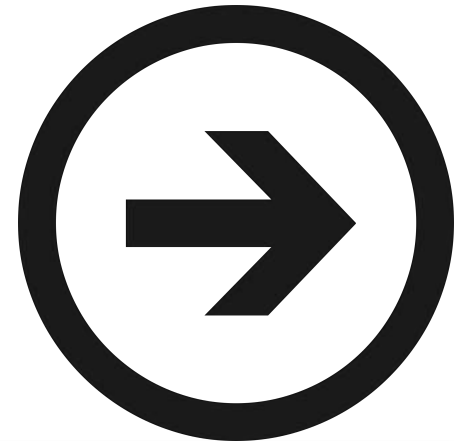
## Community Food Projects (CFP) Competitive Grants Program

**Program:** [Community Food Projects Competitive Grant Program \(CFPCGP\)](#) | [Sustainable Development Programs](#) | [Sustainable Agriculture Program](#) | [Markets, Trade & Policy](#)

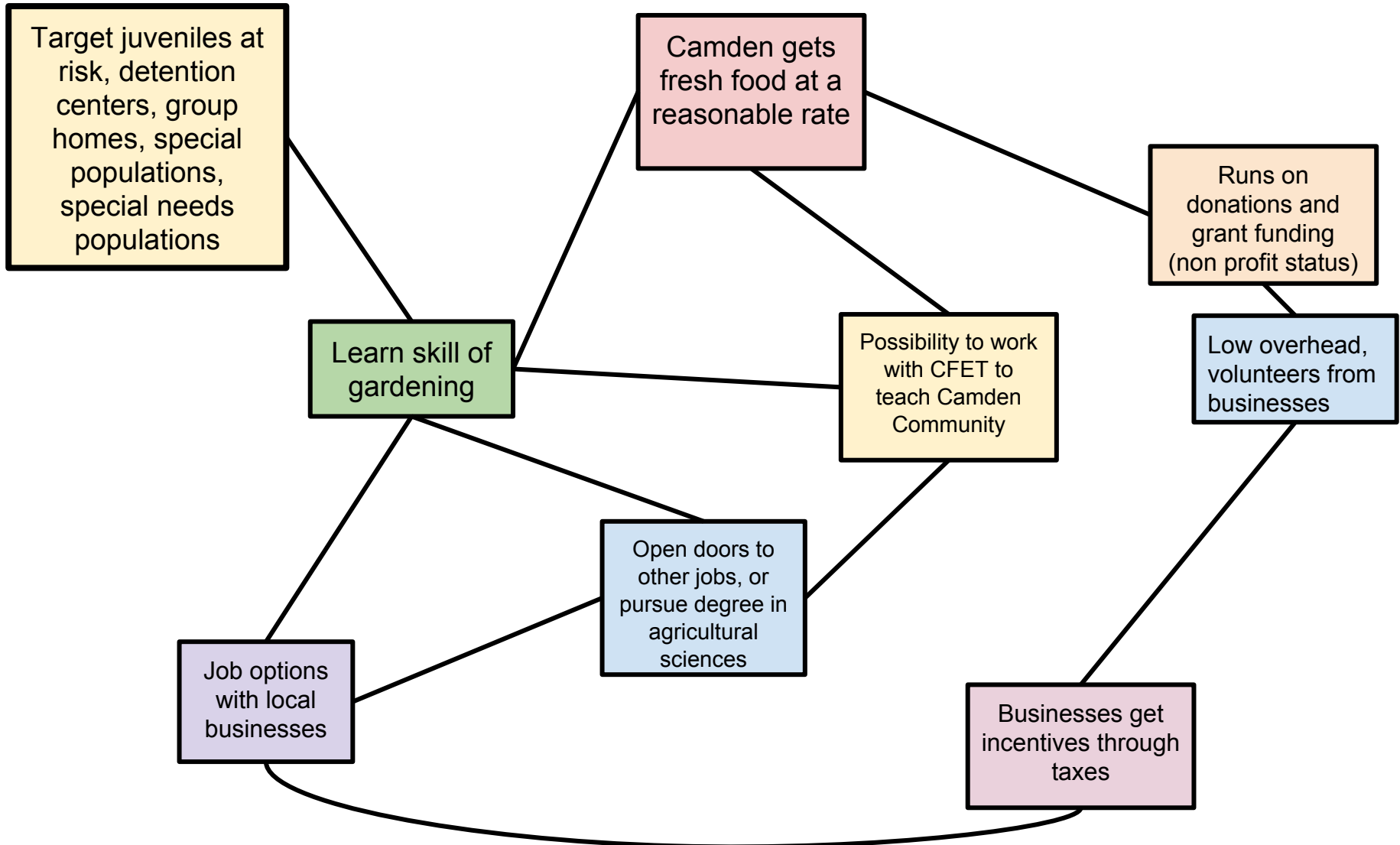
In FY 2018, NIFA's CFP intends to solicit applications and fund two types of grants. The types are entitled (1) Community Food Projects (CFP) and (2) Planning Projects (PP). The primary goals of the CFP are to: Meet the food needs of low-income individuals through food distribution, community outreach to assist in participation in Federally assisted nutrition programs, or improving access to food as part of a comprehensive service; Increase the self-reliance of communities in providing for the food needs of the communities; Promote comprehensive responses to local food access, farm, and nutrition issues; and Meet specific state, local or neighborhood food and agricultural needs including needs relating to: Equipment necessary for the efficient operation of a project; Planning for long-term solutions; or The creation of innovative marketing activities that mutually benefit agricultural producers and low-income consumers.



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# In Conclusion



Unlike traditional youth employment projects, this intervention has a threefold objective: education, creating jobs for special populations & increasing access to fresh produce for the people in Camden City.



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