



HEARTSIDE GLEANING



Our Mission

To empower Heartside and surrounding communities to become healthier through increased access to healthy food and nutrition education.

**Good Food.
Cultivating Community.**

Our Impact

In 2021, Heartside Gleaning recovered **25,120 pounds of excess fresh produce** and **distributed a total of 117,947 servings** to the Grand Rapids community in all programs.

Our Why

“...It comes just when I need it, right when my Bridge Card is running out. It’s amazing! I love making my smoothies. Sometimes I’ll stick a veggie in them. It’s fun to make soups or casseroles. Last time I got corn on the cob and it was like a little bit of summer in this cold weather. I just love it. Thank you.” - Paula

“I loooove the vegetables. They are fresh...And, it really helps me because I’m a diabetic. Every week there’s something different in the box...**I count down the time until it comes. Thank you.”** - Edna



2021 Produce Donors

1st Micro Greenery
Abuelo's Farm
Barry Patch
Better Place Farm
Blandford Nature Center
Bob Alt Farm
Boetsma Produce
Brickyard Farms LLC
Cool Beans! Farm, LLC
D&L Laughlin Family Farm
Dykstra Farm

Full Hollow Farm
Green Acre
Green Wagon Farm
Hollow Bee
Martin's Sugarbush & Produce
Melody Bee Farms
Meza Farm
Nyblad Orchards
Paw Print Gardens
Platte Family Farm
Rainbow Farms

Rakowski Family Farm
Rasch Orchards
Stillwind
S&S Lamb
Strick Farm
Third Leaf Farm
Tortoise & Hare Farm
Turtle Island Farm
Visser Farms
Wells Orchards
Z Farm

2021 Volunteer Impact

103
VOLUNTEERS

2,226
HOURS

\$63,530
VALUE OF
VOLUNTEER TIME

“I want to support the Roosevelt community where my business is located. I also like the Heartside Gleaning Community. I enjoy getting out of my office and being with other volunteers.”

- Scott Hardy (Pictured)





Highlighting Good Food Boxes

Our delivery program of Good Food Boxes was designed for individuals who face added barriers to accessing fresh food. Originally intended to reach the elderly and individuals with limited mobility, it has now expanded to include low-income families and those with special dietary needs such as diabetes or heart disease. Each good food box includes hand selected, high quality fresh fruits and vegetables. **In 2021, we prepared and distributed over 3000 boxes reaching over 200 households, many to families severely impacted by Covid-19.**

Good Food Boxes are carefully planned to provide a mix of nutrients that can be used to make delicious meals, as well as fruits for snacking. Each box provides 5-10 vegetables and 3-4 fruits, depending on recipient preferences and their household size. The boxes vary in weight from 8 pounds for a single person household to 25 pounds for a household of 5+ persons.

A typical large box in July consists of food purchased almost exclusively from local farmers at the Fulton Street Farmer Market and includes items such as:

| | | |
|----------------------|-----------------------|--------------------------|
| 1 pound of asparagus | 1 pound of kale | 3 large red onions |
| 1 cabbage | 6 oranges | 6 ears of sweet corn |
| 1 pound of cucumbers | 1 ½ pounds of peaches | 2 summer squash |
| 1 pound of grapes | 5 poblano peppers | 2 pounds of yellow beans |

In each box is an educational handout in English or Spanish, detailing one item in the box, what it is, its nutrition highlights, how to store, prepare and eat it to maintain its nutritional value along with a selection of healthy recipes easily prepared with a minimum of ingredients. A sample from our asparagus handout says:

Cleaning and preparation techniques

Fresh asparagus is easy to clean and prepare. Because fresh Michigan asparagus grows in sandy soil it can require careful cleaning to remove sand. Start by rinsing fresh asparagus under cold water and remove woody, tough ends by cutting off the bottom 1-2 inches of each stalk or by snapping the end off with your hands. If the rinsed asparagus feels gritty, use a sharp knife to gently remove the small triangle scale-like leaves on the stalk up to the tips. Then soak the stalks in cold water for five minutes to remove sand from the tips, swishing the stalks around occasionally to loosen any remaining sand. Repeat as necessary. Asparagus can be steamed, sautéed, roasted, grilled, cooked in the microwave and added to soups, stews, casseroles or salads.



New Program: Partnering with Puertas Abiertas

In 2022, we began a partnership with Mercy Health Saint Mary's: **to provide Good Food Boxes to fifty women attending the Puertas Abiertas program in Roosevelt Park.**

The Puertas Abiertas program serves Latinas and their families to support healthy, safe and satisfying lives free of domestic violence, sexual assaults and trafficking. Our aim in providing our Good Food Boxes is to decrease food insecurity, improve nutritional self-efficacy and improve nutritional intake in these women and their families. **Food insecurity is a major problem for these families, with 44% sharing they run out of food before they have money to purchase more.** The Good Food Boxes not only provide a nutritional food option, but more food overall: "I can mix vegetables with my food so that makes more food"

"[Good Food Boxes] help me a lot because then I can eat a variety of fruits and vegetables"

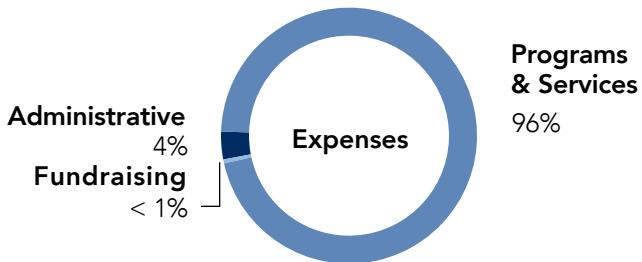
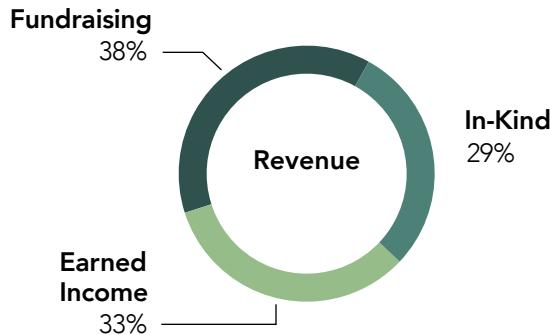
In each box, we include nutrition education materials on storage and preparation to ensure recipients do not face barriers even after obtaining the produce. This added information supported the women's nutritional self-efficacy, with 70% stating they could plan a meal or snack with a fruit or vegetable, and 87% feeling they could eat a fruit or vegetable as a snack or add a vegetable to a casserole/stew. The women agree the Good Food Boxes increased their household's fruit and vegetable intake.

"Good Food Boxes has helped our clients understand the importance of healthy eating and providing an alternative to their traditional meals. Our families are grateful for this program and look forward to every other week to receive their box. Sometimes, the fruit and vegetables are all that the family eats during the week. Covid 19 has had a tremendously negative impact on the families we serve. The Puertas Abiertas organization is looking forward to continuing working with the Good Food Boxes program"

- Executive Director/Founder of Puertas Abiertas, Andrea Inostroza

2021 Snapshot

Financials



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Lisa Sisson (Chair), GVSU (Retired)
Debbie Lown (Vice-Chair), GVSU (Retired)
Rori Weston (Secretary), Pack Elephant
Bruce Barresi, Community Member
Suzan Couzens, Degage Ministries (Retired)

Daniel Drent, Community Member
Dana Eardley, Fulton Street Farmers Market
Kelly Glas, Flat River Outreach Ministries
Kristin Moretto, Community Member
Tommie Wallace, Community Member

Thank you!

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| | |
|--|------------------------------------|
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Bridge Street Market/Meijer
Downtown Grand Rapids, Inc.
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Mercy Health Saint Mary's
Mercantile Bank of Michigan
St. Luke's Lutheran Church, ELCA
Trinity Lutheran Church

Community Partners

Community Food Club
Dwelling Place
First United Methodist Church
Fulton Street Farmers Market
God's Kitchen
Hispanic Center of West Michigan
LaGrave Avenue Christian Reformed Church
National Kidney Foundation of Michigan
The Other Way Ministries
The Potter's House
Ransom Towers



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