Letting Your Chard Down

Feeding Hungry Tigers With Communal Farming

A program at Riverside City College Urban Farm and presented by Stephanie Fowler
About the RCC Urban Farm

- Started in 2012 with a collaboration of students and faculty
- Supported by campus and community members through volunteering and donations
- Mission: to make healthy, sustainable food available through practice and education
Food Insecurity

● 45% of college students in the U.S. are food insecure
● 38-59% of CA community college students are food insecure
● 40% do not eat a single serving of fruits or veggies per day
● Components of food security:
  ○ availability
  ○ access
  ○ consumption
The Feeding Hungry Tigers Program

- Communal farming & sustainable practices
  - intensive planting
  - companion planting
  - multiple-cropping
  - organic pest management
  - composting
  - water efficiency
The Feeding Hungry Tigers Program

- Garden mentors & interns
  - lead volunteers during workdays
  - general maintenance of the farm
  - data collection
  - distribute produce at the market giveaway
The Feeding Hungry Tigers Program

- Volunteering
  - 3 volunteer days a week
  - harvest & giveaway

- Opportunities for both on- and off-campus groups and individuals
  - La Casa
  - Elhoist club
  - Ujima
  - Catholic Student Fellowship
Data

- 2018-2019 RCC Student enrollment ○ 18,547
- Volunteer ○ 4,347 hours logged since 2017
- Harvest ○ 4,738 lbs of produce distributed since 2017
Cost

- Grants
- Donations
- Internships
- Federal Work Study
- Volunteering
Impact

- Food access, improving food security, increased veggie consumption, food and health literacy
- Contributing to nutritional self-reliance
- Increased awareness of sustainability issues
- Building community in a safe and healthy space