



## Holy Spirit Church

Communities of Courage and Compassion

St. Alban's Brentwood, St. George's Antioch, St. John's Clayton, St. Michael & All Angels, Concord

# Growing Hope: Food for Body & Soul

## A Regional Project of the Holy Spirit Church



Dear Friends:

Thanks for taking the time to check out our first Growing Hope newsletter! Here is some new information to bring you up to date!

Our fields and plots don't look like this yet - but we are excited to begin - and we can start very soon thanks to our friends at Episcopal Charities.

Enjoy!

Amanda+

The Rev. Amanda Rutherford May  
Co-Vicar, Holy Spirit Church



## Episcopal Charities Grant Awarded

We've just heard from Episcopal Charities that we have been awarded \$10,000 for this year for our Growing Hope Project. This was the recommendation of those in the Action Network from the Contra Costa Deanery - and we are grateful for all the support we received for our grant application.



But most importantly we appreciate Episcopal Charities supporting us in the initial year of our program. We look forward to partnering with other churches in the Deanery and with Episcopal Charities in serving those in our region who do not have enough food for themselves and their families.

## The First Planting of the Raised Beds & Boxes:

We're getting close to starting the first raised beds! We expect to have edible plots containing vegetables and herbs like: tomatoes, peppers, eggplant, squash, onions, rosemary, mint (under the hose bibs!), cucumbers, sunflowers, bush beans and more..... We also look forward to having at least one bed at each church filled with flowers that can be cut for the altar or for nosegays to take to those we are visiting.... It looks like the boxes will be about 8x12 feet..... And we will be watering carefully because of the drought.



"Secretary of Agriculture Tom Vilsack, said that **ONE** of every **TWO** kids in this country will be on food assistance at some point during their childhood." (from: [A Place at the Table](#), 2013)



## Hunger Statistics in Contra Costa County

Food Insecurity: the inability to consistently afford enough food

Source: California Food Policy Advocates (2012 statistics) [www.cfpa.net](http://www.cfpa.net)  
Population of Contra Costa County: **1,079,597** of whom 119,608 (**11%**) are living in poverty  
Children in Contra Costa County under 18: **258,554** of whom 38,333 (**15%**) are living in poverty  
Food Insecure Adults in low-income households: **107,000** (**53%**)

Individuals eligible for **CalFresh** (former food stamps): **118,074**  
**Participation: 58%** of those eligible are signed up  
Students eligible for free/reduced price **School Meals** (FRP) **65,598**  
**Participation: Lunch 81%, Breakfast 36%, Summer program 22%**

To learn more about hunger & food insecurity in the US  
read (book)/watch(movie)

## A Place at the Table

**JOIN OUR MAILING LIST!**



