



Pacific Northwest Region Advances Relationship with Bellingham-based Nonprofit to Improve Family Nutrition



Hannah Colwell | Pacific NW Regional Office Seattle, WA

Hannah works in the Pacific Northwest Regional Office where she **manages and advances community relationships**. She sees firsthand how the region's nonprofit partners are deeply involved with **cultivating change** around the issues that impact the community the most. "By aligning our company with these partners, we are showing that these issues are important to us because they are impacting our staff, as well as our customers," explains Hannah. The region **champions** Common Thread's seed-to-table education approach and has invited the nonprofit to be a recipient of several giving programs including a 5% Day and Bag Donations. This is Common Threads' third Community First Grant. Hannah and her fellow Team Members look forward to continuing to **amplifying the farm's impact** on the Bellingham community.

Common Threads Farm commonthreadsfarm.org

Common Threads' mission is to connect kids and—by extension— their families with healthy food. The organization runs school-based gardening, cooking and after-school programs, plus after-school, summer and spring break programs at low-income apartment complexes and community centers. With its third Community First Grant, Common Threads will **support cooking classes and community meals** for Bellingham Public School families, and are transitioning **from processed foods to healthier, scratch-cooked meals**. The nonprofit is extending the experience by **giving families opportunities** to experience the new school meals and helping them prepare similar delicious, nutritious affordable recipes that are easy to **replicate at home**.



Whole Foods Market Team Members can nominate a local nonprofit increasing access to fresh, healthy food or nutrition education for a \$5,000 grant.

WholeCitiesFoundation.org



Pacific Northwest Region Partnership Aims to Advance Access to Fresh, Locally Grown Produce



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Hannah has been with Whole Foods Market for two years and finds it important to work for a company that supports her **local community**. She is a manager on the region's **Community Engagement** and Events Team, which supports organizations with missions involving healthy food access, community food systems and food's role in health and wellness. "Our **local partners** are actively working to make our community a **better place**," Hannah explains. Farmer Frog has been a **long-time community partner** of the Pacific Northwest Region and offers programming that supports access to fresh produce and healthy eating education. Hannah and her team look forward to **continuing to help** advance the nonprofit's mission. This is the organization's third Community First Grant.

Farmer Frog farmerfrog.org

Farmer Frog understands that when children and families grow food for themselves, they sow the **seeds of positive living**. So, they create **small scale food-growing spaces** in urban and suburban locations and at schools where the community can learn about food growing, harvesting, processing, preserving and healthy eating. The organization also **restores wildlife habitat** around their growing sites, showcases easy solutions to attracting beneficial pollinators, and educates participants on resource conservation. Farmer Frog is hoping to add another hoop house, which will help them **grow food year-round**, provide access to fresh produce regardless of the weather and also serve as a covered classroom. Whole Cities Foundation celebrates Farmer Frog's dedication to creating lasting change through education and is proud to support their work.



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Pacific Northwest Region Partners with Food and Farm Alliance to Foster a Sustainable Food System



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As the region's Community Engagement and Events Marketing Manager, Hannah understands **the benefits of serving** Central Oregon. "Community service allows participants to see firsthand which actions and decisions can impact citizens and **make real differences**," Hannah explains. "It is also beneficial to both those receiving help as well as the ones providing the service—it allows for the development of **empathy and understanding**." This is the second Community First Grant the region has secured on behalf of the High Desert Food and Farm Alliance. The region has also incorporated the nonprofit into other giving programs like the 5% Day and Bag Donation Programs. Hannah's goal is to contribute to the nonprofit's mission of **starting a cycle of healthy lifestyles** throughout the community.

High Desert Food & Farm Alliance hdffa.org

Fueled by the belief that that local food should be **accessible to everyone**, High Desert Food & Farm Alliance's mission is to support a healthy and **thriving food and farm network** in Central Oregon through education, collaboration and inclusivity. Its core programs include: **cooking classes** for food insecure individuals and families; **agricultural support** for local farmers and ranchers; a **produce-prescription program** for residents experiencing diet-related diseases and food insecurity; and a **fresh food donation program**. Each of these programs helps to broaden access to fresh, healthy food with an emphasis on **inclusivity and equity**. The Community First Grant from Whole Cities Foundation will support continued food system analysis, partnership strengthening, and sustainable programmatic growth for their food access programs.



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