



DeKalb County Community Gardens:

“This is a strawberry?”

How School and Community Gardens Provide a
Gateway to Healthy Living

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Spring 2014



Average American will eat
75,000 meals or 200,000 pounds
Of food in their lifetime.....

Shouldn't it be the healthiest and
Best quality food possible for all?



Food Insecurity and DeKalb County

- **13,920** or 13.4% Residents are facing food insecurity
- 5,986 are ineligible for public benefits
- **4,560 or 19.7% children** facing food insecurity.
- Nearly 2,189 of these children are not eligible for free/reduced price lunch because their family income is too high

\$ The cost of HEALTHY EATING \$

\$3.00 =



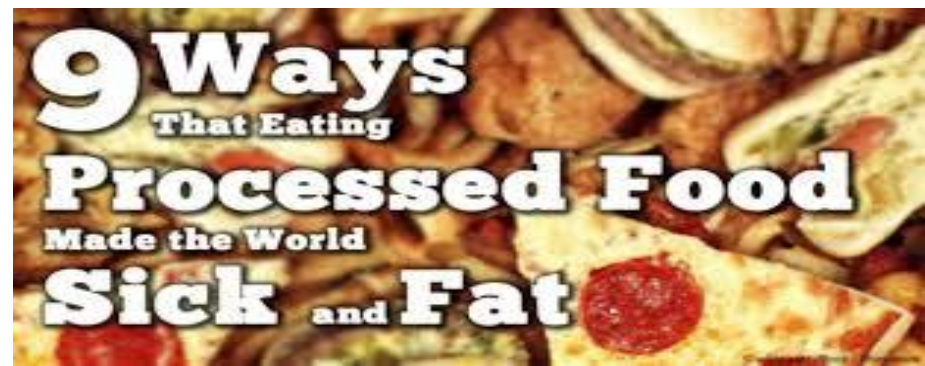
312 CALORIES



3,767 CALORIES

Health Risk Data for DeKalb County

- Obesity Rate 23.5%
- Diabetes Rate 5% & 1 in 4 of residents have pre-diabetic conditions
- High Blood Pressure 19.3%
- No Exercise 20.4%
- Few Fruits or Vegetables 79.4%





What We Are Doing In DeKalb County To Close the Food Gap



What Is Happening In DeKalb County to Close the Food Gap?

- DeKalb County Community Gardens
- Local Food Security Council
- DeKalb County Food Hub and Processing Center
- DeKalb County Farms to Schools
- DeKalb County Food Pantries
- DeKalb County Community Meal Sites

DeKalb County Community Gardens Today

- Nearly 40 garden sites County Wide (14 schools and 25 community sites)
- Over 200 5' by 10' raised garden beds
- Over 15 Acres of Food Growing Area
- 2013 DCCG donated over 16,000 pounds of food up from 2,500 pounds in 2012.
- DCCG has developed over 60 community partnerships & sponsors; including businesses, organizations, agencies, and municipalities.
- Over 300 volunteers during the 2013 growing season.

































Gardens at Day Care Centers



09/21/2013





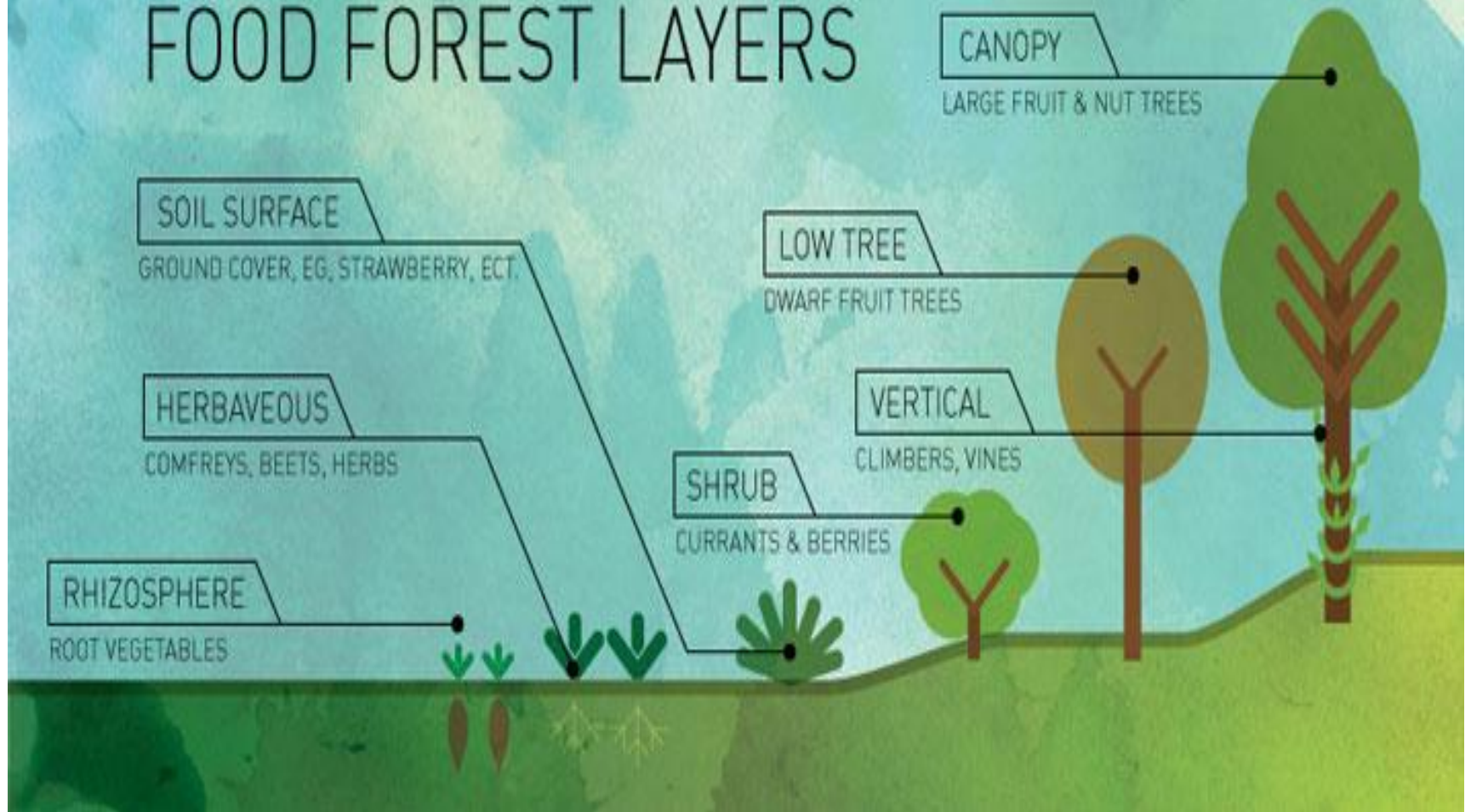


DCCG is sponsoring community seed libraries or seed banks in partnership with the Sycamore and DeKalb Public libraries

Plans for the Future

- Community Orchard
- Food Forest Garden
- Community Harvest Shares
- Box of Hope Vegetables Program
- Communiversity Gardens on campus
- Regional Food Hub and Processing Center
- A farm and natural farming center

FOOD FOREST LAYERS





Steps To a Successful Community Garden

- Organize First and Early
- Form a Planning or Steering Committee
- Identify Mission and Goals
- Identify Resources
- Identify Sponsors
- Select a Site
- Prepare site and Create a Design
- Develop Rules and Guidelines
- Plan for regular communication
- Celebrate success

Live Healthy DeKalb County

- Healthy Food and Beverage
- CATCH Program in the schools
- Culinary Instructor with the local health system...tasting, recipes



Kishwaukee YMCA

- Gardens at the Y
- Parents and kids involved together
- Volunteer Days
- Kids Health Days
- Summer Day Camp
- Roller Derby Team—Barb Wire Betties
- After School Programs in the Schools



Bringing growers into the school to do seed starting.

Public Libraries

- Seed Libraries
- Workshops on seed saving, basic gardening, etc
- Gardens at the library.
- Hands-on activities
- Stories in the garden

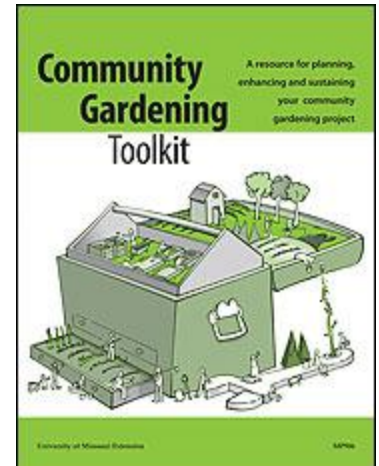


Resources

- American Community Gardening Association
- Four Seasons Gardening: *Ten Steps to Successful Community Gardening* U of Illinois Extension
- Community Gardening Toolkit University of Missouri Extension

Other Resources

- American Community Garden Association
<https://communitygarden.org/>
- University of Missouri Extension







Contact Information

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