

H.O.P. Youth Development Activities

Afrikan-Centered Educational Website and Information Portal
Black Youth Development Institute and Weekend Academy

The Website and Information Portal is designed to provide a comprehensive internet location for the dissemination of an Afrikan-centered perspective on Black history and culture.

The Black Youth Development Institute serves to provide a series of workshops, seminars and presentations to help adults, educators and service providers who seek effective methods for providing Afrikan-centered methods and strategies to better reach, engage and retain youth in afterschool and community-based program activities.

The Weekend Academy is designed for youth, ages 6 – 18, and utilizes an Afrikan-centered youth development curriculum concentrating on Afrikan-centered History, Computer Education and basic skills development in English, Mathematics and Science. Students also engage in activities such as Rites of Passage, Afrikan Drumming and Dancing, Basketball, Cooking and more. Guest speakers as well as field trips are also included.

The Help Ourselves Project (H.O.P.) is a domestic United States 501(c)3 and Ghanaian-chartered NGO created to facilitate the development of Afrikan-centered political, economic, educational and social institutions to uplift our people, our consciousness and our land. Our mission is to educate Black youth, families and communities for the purpose of self-empowerment and self-determination.

In order for this to happen Black people must have knowledge of ourselves, because it is essential for us to appreciate and understand our culture and the contributions that people of Afrikan descent have made to the world. Having insight into our past, we can make a positive impact on the future.

| am because we are and because we are, | am!

The Help Ourselves Project



c/o Know Thyself Bookstore and Cultural Center

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Programs and Services of the Help Ourselves Project

The Help Ourselves Project is a non-profit organization based in Philadelphia, Pennsylvania that has been in existence since 1992. Since its inception, H.O.P. has evolved to spearhead a number of community-based initiatives ranging from the food distribution project in the Delaware Valley region to running a Saturday School program for neighborhood children to providing non-perishable food items, computers, books and other educational items to the Kuntu Village in Ghana, West Africa.



The **Black Farmers Food Distribution Project** is an initiative of the Help Ourselves Project that educates our community about self-help and community development strategies and creates economic, social & networking systems with and between people of Afrikan descent.

Several years ago, H.O.P. began our collaboration with Black farmers and the cooperative extension programs of Historically Black Colleges and Universities to initiate a food-buying club to achieve the following goals and objectives:

- Expand our distribution infrastructure to serve as a viable market outlet for food products and other goods and services.
- Promote the perpetuation of Black farmers and the distribution of healthy, fair-priced foods to individuals, organizations and institutions within our communities.
- Bridge the gap between Black farmers and consumers and promote healthy eating and dietary practices within our community as means to diminish poor health and nutrition.

The **H.O.P. Food Buying Club** provides communities with the opportunity to purchase nutritious food directly from Black farmers. Through our food-buying program, our people learn the importance of creating economic opportunities for themselves with the vision of this project moving worldwide. Currently we are expanding our distribution infrastructure in order to serve our community and bring quality food, Black products and other goods and services and we need your support in renovating our facility.

Dig Your Hands In the Earth...

CHILDREN PLAY WITH DIRT (Arrested Development)

As part of the BFFD Project, our **Children Play With Dirt Campaign** centers on providing trips, tours and educational linkages between Black farmers and children raised in urban areas to expose youth and adults to the activities of farming and agriculture. "Visitors" will get to observe farm operations, learn about the farm to table process and assist farmers with any tasks that will help make operations more efficient (building fences, cold frames, or refurbishing necessary storage areas).



The Alhambra Organic Farm in Atco, NJ - This Solar Powered Organic Farm is owned and operated by a Black farmer named Charles Glenn-El. The children had an opportunity to get samples of fresh vegetables, learn how solar powered energy works, see deer tracks, and see composting in action.

