



## Healing Ourselves, The Land, And the Community

MOVA works to promote Food Security by coordinating a food production and distribution network in South-Central Missouri. We help farmers reach food markets by forming food-hubs and cooperatives for Farmer Veterans and select community growers.

Food Security is also obtained by insuring food is grown or raised in a conscientious manner; using NO harmful chemical fertilizers, pesticides or herbicides. This provides cleaner, safer food for our families and communities and insures future food production by keeping the region and Earth cleaner and chemical-free.

### Our Mission

- Help growers establish organic or natural agriculture practices through awareness and education.
- Connect farmers with food-hub cooperatives in their region to move food from the farm to the table; whether this is at markets, restaurants, or shops.
- Help our local communities and schools with food-production mentoring and/or supplying sources for fresh, locally-grown foods.
- Provide beneficial information to participating growers pertaining to grants, marketing, advertising, production, and more.
- Help area participants link-up with one another for assistance on projects and offer support.

**Who can participate?** We realizes the need to tie-in to, and help support, our communities. Therefore, up to 60% of the farmers, ranchers and participants in our group have no military affiliation. As well, we work with rural schools to help them supplement their cafeterias with more nutritious-rich, fresh foods, and assist in local community gardening projects.

If you're a conscientious food producer needing to sell your products, contact us...

If you're a Veteran with the desire to support/secure our food supply, contact us...

If you want to make a difference in your community, contact us...

### Get Involved!

Our organization is always looking for volunteers and employees to help create a more sustainable, secure food network. We strive diligently to expand our helping hand and are in need of Area Coordinators, School Mentors, and Community Outreach Directors. As well, we sometimes need members in the CV core group to plan, organize, and conduct meetings and events, and to search for and coordinate with consumer markets.

**For more information call:  
Or email:**

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