



# 2018 at FoodChain

## COOKING UP NEW OPPORTUNITIES

Dear Friend,

It's hard to believe but it was just over a year ago when we cut the ribbon on our Teaching & Processing Kitchen. Since then, we've celebrated the 5-year anniversary of our Farm, and we've endeavored to put the new Kitchen to work with a myriad of different fresh food initiatives. 2018 has been a year of tremendous growth at FoodChain!

With the Kitchen, we've been able to host dozens of different types of food education events. From our innovative youth cooking program, to open tasting days for families to sample seasonal produce, to ticketed events featuring meals by guest chefs, and even collaborative cooking classes for clients of partner nonprofits, it's been an extraordinarily busy calendar! In fact, in 2018 we've offered over 225 events in the Kitchen alone, averaging out to nearly five events every week of the year!

Of course, the real reason for this work is to link our community to fresh food. Visitors buzzing on the farm as they learn of the synergies of aquaponics, knives chopping rhythmically in the processing kitchen, and boisterous youth squealing over new tastes; all of these sounds overlay to form a rich harmony as people of all ages learn to connect with fresh ingredients and each other. It is music to my ears.

Thank you so much for your support of FoodChain over the last 7 years. We've come so very far, and yet our passion remains constant. After all, until all our neighbors have access to fresh, affordable food and can utilize its goodness for better health, vocational paths, and community resiliency, our work will not be complete!

Best,  
Becca Self

*P.S. SAVE THE DATE! FoodChain's 3rd annual FEAST is March 12th at Fasig Tipton. A one-of-a-kind night of food and fun featuring nationally acclaimed women chefs! Tickets \$125 on sale in January on Eventbrite!*

FOODCHAINLEX.ORG



foodchain

# IN THE KITCHEN

What have we been up to in the first full year of the Teaching & Processing Kitchen?

2821

## PEOPLE

Came through our kitchen to learn, cook and spend time together.



And made, served or enjoyed...

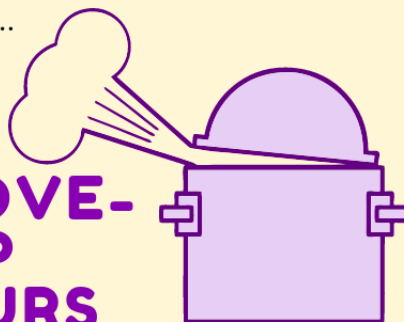
2590

## MEALS

All this work added up to...

3858

## STOVE-TOP HOURS



To help combat food waste, our kitchen has rescued...



## POUNDS OF LOCAL FOOD

10,010

While providing...

\$2013

## TO FARMERS

...in additional revenue!



# BURNERS BLAZING!

The impact of the first year in our Teaching & Processing Kitchen has been incredible. We've been able to expand our food education, particularly around youth. Partnering with our three closest elementary schools, we've hosted three 8-week sessions of cooking classes, coaching students through cooking techniques, nutritional basics, and produce seasonality. It's wonderful to see the students try new foods, and the pride they take in their creations is evident as they always ask to take leftovers home to share!

We've funneled thousands of pounds of locally-farmed, surplus produce through the commercial portion of the kitchen. With the help of volunteers and staff, it's chopped, pureed, dried and/or frozen to make a longer lasting, more convenient final product. Finally, these processed goods are used on site in our cooking classes and community meals, distributed to feeding agencies, and even sold to local restaurants!

Tying these efforts together, our Food Sector Job Training Program has trained 24 graduates in the basics of food safety and culinary skills. With the Plantory, we're growing this program to help neighbors gain employment in the growing food sector to not only stabilize their own lives with reliable income, but also to bolster our local food economy! We're so grateful to the many guest chefs and employers who've helped provide support and jobs to our participants!





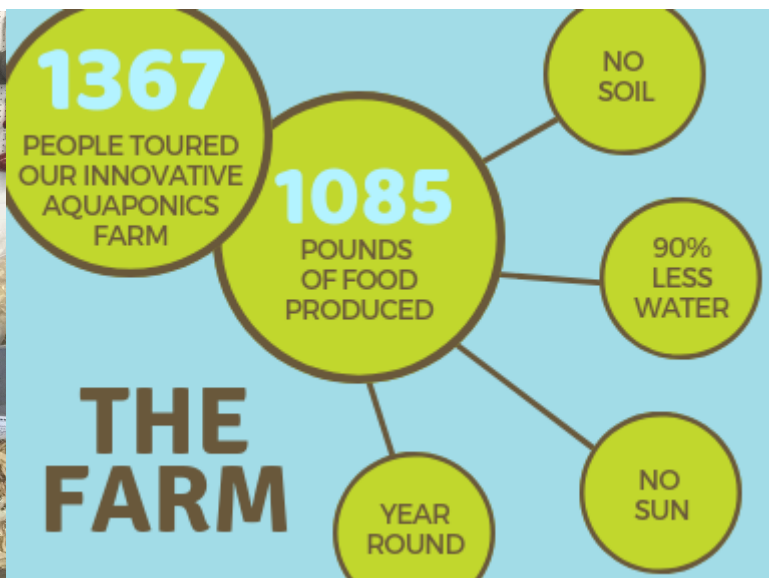
## GROWING FOOD AND COMMUNITY

The farm continues to thrive, producing new varieties of microgreens and different types of herbs. We've experimented with the operation of a Fish Hub, allowing us to process and market other KY farmer's fish to local restaurants. And we've grown the exposure of aquaponics by helping get 15 more teachers trained with their own classroom systems. Now 40 classrooms in Kentucky have aquaponics systems and complimentary lessons!

Meanwhile, we're working to grow our community connections, and we continue to host our monthly "Chat n Chow" dinners. These free events are an opportunity for neighbors to join us for a homecooked meal and get to know one another over shared, nutritious food. We're also hosting community cooking events where we can make dishes together or test and share recipes. Nothing brings people together like shared food!

*"I love coming to Chat n Chow. It's nice to have a warm meal with friends from the community."*

- Neighborhood resident





# What a year it's been!!

NONE OF THIS  
WOULD HAVE  
BEEN POSSIBLE  
WITHOUT THE  
AMAZING  
SUPPORT FROM  
FRIENDS LIKE  
YOU. THANK  
YOU!

**9107**  
PEOPLE  
REACHED

**9505**  
HOURS OF  
IMPACT

**5653**  
YOUTH  
TAUGHT

## WHAT'S IN STORE FOR FOODCHAIN IN 2019?

- \* Adding a marine shrimp system to our farm!
- \* Offering middle and high school cooking programs
- \* Procuring specialized equipment to create more dried and pureed produce
- \* Buying more seconds from local farmers
- \* Selling more processed food to area distributors
- \* Designing the future Store!

## JOIN US FOR A TOUR!

Offered most Saturdays at 1pm, come see what we're up to for yourself! Tickets can be purchased at our website or @ the door.

## JOIN THE FOODCHAIN FAMILY

### LEND A HAND

We would love your volunteer hands-on help with cooking classes, produce processing, farm work and more. There is always plenty to do for individuals and groups.

### FOLLOW LIKE SHARE

We have lots going on so follow on Facebook & Instagram and share us with your friends. Our emails are fun and informative, too! Sign up for email and snail mail at [foodchainlex.org](http://foodchainlex.org). When you are done reading this, pass it along to someone new!

### WISH UPON A LIST

You can help stock our kitchen. See the wish list on our website. And, donate your gently used kitchen items for our Neighborhood Kitchen "Help Yourself Shelf" so our neighbors can stock their own kitchens.

### PARTNER WITH US

We have a calendar full of programs, classes, outreach and events. Contact [Christina@foodchainlex.org](mailto:Christina@foodchainlex.org) or [Rebecca@foodchainlex.org](mailto:Rebecca@foodchainlex.org) so we can share all the ways your business can join us to sponsor and support our community to get more fresh food.

### OF COURSE, CASH IS ALWAYS GOOD!

That's what teens always say when Aunt Betty asks what they'd like for Christmas. But seriously, we can promise every penny you donate to FoodChain goes to serve over 30,000 urban youth and their families learn sustainable food production, wholesome meal planning and fresh local food preparation for a stronger community! Money well spent. If you agree, press DONATE on our website or mail a check.

THANK YOU FOR YOUR SUPPORT. WE APPRECIATE YOU!

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