



A note from Rebecca

This past winter, I met Joyce, a woman who lives in Smithtown in a tiny rental home with her extended family. She came to FoodChain for our monthly Chat n' Chow, where we serve a free home-cooked meal and invite our neighbors to get to know each other at a common table. Joyce doesn't have much and appreciated the warm meal, but she was also eager to share. She told me how she'd seen the area change, how she'd grown up in rural Clark County, and how her mother had managed to seemingly make food out of nothing to feed her 5 children. Her eyes were shining as she explained how they'd make potato candy for the holidays. Later, when she left with a plate of food for her ailing brother, she promised she'd teach me her candy recipe when the FoodChain kitchen was open. Joyce hasn't missed a monthly meal since.

Everyday, your support makes stories like Joyce's possible.

Heading into 2017, FoodChain has some very big plans. Doubling our square footage with the Teaching & Processing Kitchen will exponentially grow our impact. More cooking classes, more community meals, and much much more fresh food. All of which requires more funding.

Our goal is to raise \$20,000 by the end of 2016. If we raise that amount, we'll be able to offer programming to 180 more students and bring fresh food access to nearly 1500 of our neighbors. But we need your help to get there.

Would you be willing to make a special year-end donation of \$50, \$100 or whatever you can afford to help us meet our goal?

Your support will make a real, lasting impact in the lives of our neighbors who want more fresh food in this community. And it will allow us to bring more Joyces around the table of wholesome food.

Thank you for your continued support and friendship.

With gratitude,

Rebecca Self

Rebecca Self
Executive Director, FoodChain



5 Ways to Support FoodChain!

1. Donate

FoodChain is unique in that it covers 30% of its current expenses through our farm revenue. However, we need your help with the remaining 70% to continue our current educational outreach AND to provide resources and equipment for the Education and Processing Kitchen and Neighborhood Green Grocery! Please consider us in your year-end tax-deductible giving.

2. Volunteer

We could use your help with farm operations, educational outreach, and fundraising. No matter your interests, we will find meaningful and impactful activities for you on any schedule! Contact Rebecca at rebecca@foodchainlex.org to learn more.

3. Spread the word

Like us on social media (FoodChainLex) and tell your friends about us! Also you can sign up for monthly email updates on our website: www.foodchainlex.org!

4. Come check us out!

If you haven't seen us lately, come stop by! We do public tours every Saturday at 1pm and schedule private tours at other times. We've been hard at work and want to share it with you!

What have we been up to this year?



Cook. Eat. Grow. Program

A huge development for our educational programming this year was our BRAND NEW cooking series, **Cook. Eat. Grow.** This summer, with an amazing UK graduate student, we piloted the program with a 7-week session where 11 local elementary school students learned kitchen safety, knife skills, healthy dietary guidelines, meal planning, and, of course, cooking food! Students also met and talked with 5 local chefs!! This fall we continued the program with a 6-week after-school session at our closest 3 local elementary schools! Focusing on seasonal, fresh ingredients, our 44 students had a blast making delicious recipes like pumpkin pancakes and beet hummus!!

Classroom Aquaponics Program

With the help of a grant from Toyota and our first-ever PAID intern, we dramatically grew our Classroom Aquaponics Program. We installed 10-gallon aquaponics systems in **12 local schools** this year! We also created lesson plans for teachers to incorporate the scientific principles of aquaponics into their regular required science standards. All together, since the start of the program in 2015, we've installed 21 systems (with 2 more already requested for next year) in schools throughout Fayette County. That means more than a third of all FCPS students are attending schools growing food with aquaponics!



Microgreens & Shoots CSA

This year FoodChain increased our farm impact by providing our first direct to consumer products through a totally unique CSA experience! Since April we have had three 8-week sessions offering shares of sunflower and pea shoots, as well as a changing variety of microgreen. With each share of shoots, we send out recipe ideas and nutrition information in order to increase awareness about the health benefits of microgreens and how to incorporate them into daily life! We have loved getting to know our “shareholders” and the feedback they’ve offered. Coming in spring of 2017 we’ll be offering the next session and this time we’ll be offering lettuce too!



What's happening with the Teaching & Processing Kitchen?



We spent the bulk of the year raising funds and awareness about our plans to expand with a Teaching & Processing Kitchen. This kitchen will allow us to expand our educational outreach, offering youth and family cooking classes with fresh Kentucky ingredients. Plus, it will serve as a light-processing facility, transforming locally grown surplus produce into convenient, longer-lasting, and affordable products. This will give us the venue to train a new workforce for the developing local food economy. We had fun making a video explaining our vision, which we used to launch a crowdfunding campaign. With the support of more than 120 donors, along with major gifts from both the Knight Foundation and the Kenan Charitable Trust, we're ending the year with the funding secured for the renovation of the space! In fact, we've already completed demolition and now are on the hunt for some of commercial equipment. Got any leads? Let us know!