



Can You Dig It?

Building Up By Digging Down

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Project Activities

Project Summary:

The DCS Mission Group has partnered with the State Office of Minority Health in the Alabama Department of Public Health, Hurricane Baptist, and SOMA Church to construct two community gardens within the Holt Community. Holt Community lies just east of the University of Alabama and was greatly affected by the April 2011 tornadoes that struck the state.

The purpose of this project is to help address Alabama's significant food desert and food insecurity issues. Holt Community was selected by our group based on two reasons: Holt Community is classified by the AL Department of Health as a food desert, and Holt views community gardens as a feasible and sustainable solution to said problem.

Can You Dig It? Implementing the Community Gardens

Focus Groups

Focus groups will be held at both church locations to determine details of the gardens such as the exact number of beds, crops to be grown, and dates for the PLANT [Pure Learning And Nutritional Teaching] program. This ensures Holt Community is the voice guiding the creation of the community gardens.

Building Gardens

Two gardens will be built in the Holt Community at Hurricane Baptist and SOMA Church.

Nutrition Education

PLANT- Julia Sosa will be leading nutritional education and information programs addressing prepping and cooking with fresh produce.

Evidence of Need



Is Holt a food dessert?

Yes. Holt classifies as a food dessert. A majority of it's population lives more than a mile away from the nearest source of fresh, healthy, affordable food.

What problems are associated with food desserts?

Many people living in food deserts eat mostly fast, processed, or otherwise non-fresh foods simply because they are easier to get a hold of. Thus, one of the often cited problems associated with food deserts is that they often lead to poor diets which subsequently can lead to detrimental health outcomes.

Main Food Sources in Holt

Dollar General

Outcomes

Main Outcome

Reduce food insecurity in Holt Community.

How?

- Make fresh, affordable produce more accessible in the Holt Community through community gardens
- Engage members in Holt Community throughout the production process of fresh produce
- Provide nutritional educational and information through PLANT program



Sustainability

Sustainability Plan

- I. Routine Maintenance and Upkeep
 - To reach maximum potential and longevity the gardens must be kept up.
 - Leading up to the build, focus groups will be held to determine the best maintenance plan
 - Four months after the initial construction in spring, Blackburn Students will visit weekly to help maintain the gardens
- II. Materials Used
 - Cinder blocks will be used to construct the raised garden beds because they will not break down from the sun or rain.
- III. Long-Term Maintenance
 - Andrea Hayes will be working with various groups on campus and community partners to this plan.
 - Possible groups to give weekly aid are Green Bama and Eta Sigma Gamma

Bibliography

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