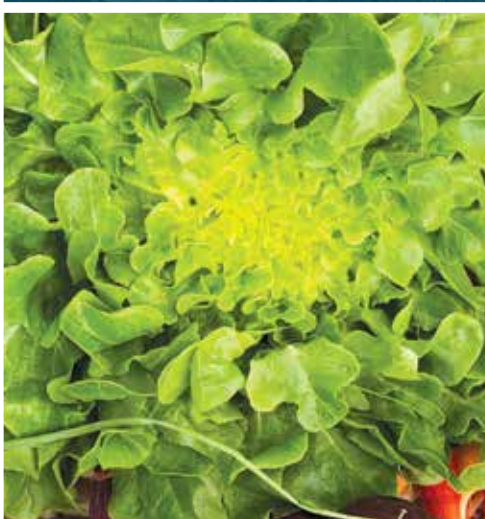




The
Farm
 Saint Joseph Mercy Health System
 2020 Annual Report



We're growing a healthy community by *empowering people* through food, education and relationships.





Core Values

As a team of individuals we live these core values with love:

We join everyone on their path to better health

We honor each person's unique experience and work for an antiracist future

We inspire joyful connections

We build and maintain fearless partnerships

We innovate passionately

We honor this land and its history, and are good stewards of land and resources

Vision

We live our mission by:

Producing delicious and nutritious food

Nourishing minds, bodies and spirits

Educating at the intersection of health, agriculture and sustainability

Cultivating purposeful relationships

Help us continue to grow by supporting The Farm with a gift of time or money.

See back cover for details.



Letter from Farm Director

It's been a challenging year to say the least. However, I continue to be amazed and inspired by the dedication of our health care workers, the power of healthy food and the resiliency of our species when we work together.

2020 was the Farm's tenth anniversary! Our big celebration will occur when it's safe to gather. We were proud to be part of the solution to the food insecurity crisis occurring alongside the COVID-19 pandemic. Despite challenges, we **fed 400 people per week** at the peak of the season, generated **\$200,000 in revenue for Michigan farms** and resumed construction of the Food Hub which is now fully funded.

Our COVID Food Assistance Program delivered Michigan produce and pantry staples to food insecure, homebound patients. Providers were thrilled to have an easy way to refer patients to healthy food. Patients were overjoyed to have safe access to it. We got this program running in under a month all due to the strength of our relationships with our partners at Food Gatherers, Hope Clinic, MSU Extension and our local farming community.

This year I send my gratitude to all of you who are working to make a positive difference. Whether helping pack food, staying home to keep people safe, standing up for racial justice or working on the frontlines, we are all doing our part. Thank you. I know we will emerge from the pandemic with stronger relationships, greater appreciation for natural resources and a resolve to ensure that everyone has fair access to healthy, affordable food.

Amanda Sweetman

2020 Highlights



EDUCATING

6 student interns contributed over **595 hours**



PRODUCING

11,472 deliveries / pickups of locally grown produce were made



NOURISHING

Started a clinical referral program with **121 participants** with over **1,134 deliveries**



CULTIVATING

7 St. Joe's staff returned to grow in our Staff Community Garden and **14 volunteers** contributed over **400 hours** to growing and packing produce

My internship at The Farm during a pandemic solidified my desire to feed people good food and equip them with the skills they need to sustain a nutritious lifestyle. Starting from the soil and ending with a home-cooked meal, I learned how sustainable food practices impact public health. Growing, distributing and subsidizing local food to community members improves food security, a worsening problem amidst this pandemic. It was empowering to teach people about food and nutrition and see them excited about healthy eating. I am grateful for the time I spent at The Farm getting my hands dirty and learning how community programs can serve the greater public.

Grace Lo, Dietetic Intern, 2020
University of Michigan, School of Public Health



Grace Lo,
Dietetic Intern

Educating at the intersection of health, agriculture and sustainability

Over the past seven years we have partnered with the Ypsilanti Public Schools to bring students to The Farm for field trips. We shifted our focus to feeding families and providing virtual education opportunities while our in-person education programs were on hold.

Nutrition Buddies, a new pilot program funded by the Michigan Health Endowment Fund, connects medical residents to adolescents experiencing food insecurity. Our partners in Lifestyle Medicine taught the residents and the youth about healthy eating and the value of food as medicine. The Farm provided free Farm Share memberships and were part of their virtual summer camp experience. We loved getting to know the **31 families** who participated.

We hosted six college interns from Washtenaw Community College, University of Michigan and Eastern Michigan University. Students learned about sustainable agriculture and how it impacts public health.

Eastern Michigan University Bright Futures, an afterschool program serving three economically challenged school districts, partnered with The Farm to create the Family Cooking Club. Bright Futures purchased local produce from The Farm and made 3,023 deliveries of fresh veggies and educational packets over 30 weeks. The program generated **\$44,990 in revenue for Michigan farms.**

By the Numbers



6
Student interns
over 595 hours



31
Youth attended
Nutrition Buddies
Virtual Summer Camp



16
Medical residents
received 24 weeks
of the Farm Share



Pam Baker, Bright Futures Instructor





Every Wednesday morning during the summer and fall of 2020 I would make a stop at the Farm to pick up a very generous donation of seasonal vegetables and bring them to the AIM clinic. **Veggie Wednesdays became so popular that many patients would make an extra effort to schedule their visits on Wednesday, just so they could take some greens home. We were sharing not only wonderful nutritious food with our patients, but also provided them hope and a much needed sense of normalcy during these difficult times.**

- Irina Burman, MD, Academic Internal Medicine (AIM) Clinic

Donated 6,320 lbs. of produce
 ~ reaching 4,943 patients and frontline health care workers ~

Producing delicious and nutritious food

By the Numbers



8,200
pounds of produce harvested



7,260
total produce boxes packed

Even with fewer volunteers, we produced over **8,000 pounds of food**, with 75% of that produce being donated to patients and health care workers. We also sent food to the Ypsi Area Online Market and to the Farm Share. **Over 6,000 pounds were donated** to our Produce-to-Patients program, frontline health care workers and the Collaborative Farm Share.

Our collaborative Farm Share program met its goals and expanded its reach! This program serves hospital staff, community members and families experiencing food insecurity. Providing education through our weekly newsletter, blog posts and cooking videos.

*The Farm Share is probably my favorite aspect of working at St. Joe's. We are able to use our resident meal stipend to get fresh, healthy produce throughout the year. I love the variety of fruits and vegetables that I receive every week and it is a joy to cook with so many different ingredients. **It is also wonderful to feel like a part of the community, support local farmers and be involved in a program that positively impacts the health and wellness of my coworkers and patients.***

- John Greco, medical resident



"My kids were so excited to see what was in the box each week which got them excited about eating the veggies! My son loved the fact that he got to make recipes during the cooking classes and share them with the family."

- Nutrition Buddies parent

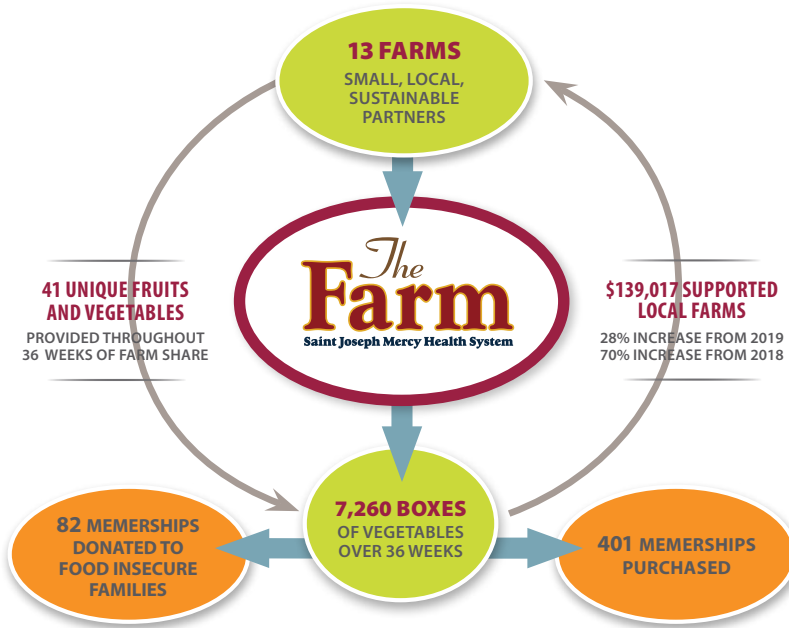
We have really enjoyed being a supplier for the St. Joe's farm share! The program has been financially meaningful to our farm and given us a great way to increase our ability to provide more of our locally grown produce to those who want it. Rick and everyone involved with the share have been great partners and our farm has benefitted greatly from our participation in the program.

- Fred Monroe, Monroe Family Organics



Collaborative Farm Share

In 2020, we almost doubled the amount of food distributed to families – **over 7,260 boxes of veggies went to Farm Share members.** We reached our goals by increasing access to high quality vegetables and fruits to food insecure families, provided economic support for local farms and positively impacted family life and health habits.



Impact on Farm Share Members: Survey Respondents

71% members stated it was a healthy distraction from stressful events	70% subsidized members stated it brought their family closer	75% members increased their intake of fruits and vegetables	87% members stated it sparked creativity in the kitchen preparing new recipes
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Your food has spoiled me! The stuff from the grocery store tastes like garbage after having this stuff!

- Tracie Johnson, member since 2019





Susan Green

I became very ill just before the COVID crisis began and with an immune disorder, I had to stay out of the store. I was so lucky to come across your food program! I was eating healthfully, but having the food straight from the farm, along with such quality and variety, was an amazing benefit. It helped me to continue to recover. At a time that I could not afford food and could not travel or go into a store to use my food stamps, I received the best gift that was possible; healthy, life-saving food and someone who delivered it straight to my door.

- Susan Green, COVID Food Assistance Program participant



Nourishing minds, bodies and spirits

We nearly doubled the amount of food donated in response to the increased food need in our community. New this year was the COVID Food Assistance program that delivered Michigan produce and pantry staples to patients who were food insecure and homebound. We expanded our Produce to Patients program to include frontline health care workers. Our Growing Compassion Garden brought the life-giving force of fresh flowers into the hospital.



*Above: Abigail McCleery making flower bouquets during the summer for patients and staff.
Right: Health care staff picking up farm produce and flowers during change of shift.*



By the Numbers



6

Clinical Partners



6,340 lbs.

Produce Donated
- up 46% -



\$27,186

Value of Donated
Produce



4,943

frontline health care
workers and patients
received produce

The opportunity to volunteer meant so much! After just moving to Ann Arbor, it was wonderful to find an organization and a group of people invested in connecting the community to fresh food! I loved being a part of this and hope to continue to be in the future.

- Maika Welenga, 2020 volunteer



Maika Welenga



Cultivating purposeful relationships

We are especially grateful to all of the individuals and organizations who stepped up to help us meet the need in our community this year. While the number of volunteer hours fell for safety reasons, the time we did have together was more meaningful. Thank you for your resilience, strength and commitment to our mission.

Farm Construction

The Food Hub will be open in June of 2021! Join us to celebrate this milestone when it's safe to gather.

The Accessible Hoop House is being re-energized thanks to a grant received from the Christopher & Dana Reeve Foundation – a new floor, new raised beds and a new layout. University of Michigan STAMPS students worked with Eisenhower Center staff, St. Joe's physical medicine and rehabilitation staff and The Farm crew to create a more inclusive gardening experience for people with disabilities.

By the Numbers



14 individual volunteers



395 volunteer hours



Food Hub under construction



Accessible Hoop House

Gratitude and Recognition

Volunteers

For sharing hands and hearts

Community Partners

Ozone House • Hope Clinic • Food Gatherers
Growing Hope • Eisenhower Center • MSU Extension
Packard Health • Jewish Family Services
We the People Opportunity Farm

Donors and Grantors

*A special thanks to the following supporters for making a commitment to The Farm at St. Joe's.**

\$30,000 and above

Children's Foundation

\$10,000 - \$29,999

Christopher & Dana Reeve Foundation
Mr. and Mrs. Steven W. Sarns

\$1,000 - \$9,999

Dr. Harry L. Anderson, III and Dr. Irina Klimova
DTE Energy Foundation
Mr. and Mrs. Richard N. Sarns • Dr. Tara Breslin

\$250 - \$999

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Dr. and Mrs. Robert M. Johnson
Mrs. Carol A. Tarnowsky
Dr. and Mrs. John E. Freitas
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Ms. Ellen Forsman • Ms. Jamie Haberichter
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In-Kind Gifts

KBK Garden Center • Mr. Eric Alessandri

**Recognizing support from January 1 – December 31, 2020*

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stjoeshealth.org

Get Involved and Join Us!

~ Visit any weekday, rain or shine ~

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