

HOPEBUILD

MARK YOUR CALANDAR

- Sweetheart Ball
February 12
- Volunteer Orientation
February 26
- CommUniversity begins this March!

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Seeds of Hope

VOLUME 1, ISSUE 1



WINTER 2011

Look Back at 2010!

HopeBUILD made great progress in 2010! Several volunteers, interns and staff expanded the agency's capabilities to target issues in nutrition, health, urban gardening, employment, and community stewardship!

Several K-6 St. Louis area students are receiving nutrition and gardening classes from HopeBUILD thanks to a 21st Century DESE grant in collaboration with Jamison Memorial Human Resource & Development Agency, OIC of the Midwest, St. John Community Improvement Corporation.

HopeBUILD's summer garden apprenticeship program provided nutrition education as well as life and job skills to many St. Louis area youth at the 25th Ward Community Gardens.



We had several fundraising efforts in 2010, including our end of the year bashes—the 4th Annual Harvest Luncheon on November, 20th and Breakfast with Santa on December 18th!



Look Ahead to 2011!

HopeBUILD has exciting endeavors on the rise in 2011! Our youth nutrition education curriculum is being revamped with state education standards and expanding to new schools this coming year.

Several new gardens are in development including the HopeBUILD International Garden of Peace at 4454 Labadie Avenue, which will foster health education, academic enrichment, hands-on job skills, cultural

awareness and tolerance, and community stewardship.

Also keep a look out for an expansion of the Intergenerational Neighborhood Garden of Hope at 4429 Labadie in Greater Ville.

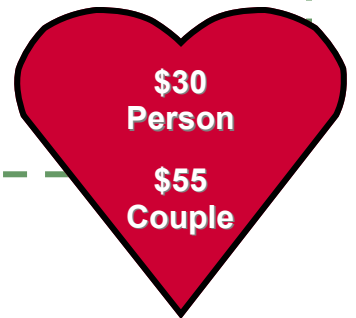
CommUniversity

HopeBUILD is excited to announce its inaugural CommUniversity workshop series! CommUniversity offers people a chance to learn something new about health, gardening, and community stewardship and meet others who share an interest!

Spring Semester begins this March with workshops on *Gardening on a Shoe String* and *Finding Resources to for Your Community Garden!* All workshops are free of charge, but any donation is helpful to defer cost of supplies and materials.

Become a CommUniversity Instructor! Teach your passion to the community. To learn about teaching or attending a CommUniversity class, please call 314-757-6063, or by emailing kerri@hopebuild.org.

*“May all be fed.
May all be healed.
May all be loved.”*
- John Robbins



SweetHeart Ball



Sweep your Sweetheart off their feet at The Sweetheart Ball on Saturday, February 12th at Ozzie's Restaurant at 1511 Washington Avenue.

What a great way to spend Valentine's Day with your Sweetheart, in addition to supporting a cause which will win your heart!

HopeBUILD has created the perfect fairytale evening filled with dancing, delicious drinks, dining, and delight!

The evening includes a silent auction, dinner, champagne toast, and plenty of high-energy music that will keep you on the dance floor!

If you would like to donate an auction item, become a sponsor, or donate your time as a volunteer, we'd love to hear from you!

For TICKETS or more info, contact 314-367-1100 or info@hopebuild.org.

TICKETS! \$30 per person
\$55 per couple



Volunteer Orientation

HopeBUILD will offer a new volunteer orientation on Saturday, February 26 at 3pm at the St. Louis Public Library -Cabanne Branch at 1106 Union Boulevard. Learn about our many garden and nutrition volunteer opportunities.

No prior experience is necessary. To attend the orientation, please register via kerri@hopebuild.org by Friday, February 25.



Food For Thought

In the tradition of New Years Resolutions, here's some food for thought for the beginning of 2011:

Take time for reflection.

Focus on thankfulness and the blessings we so often take for granted.

Too often we underestimate the power of touch, a smile, a kind word, a listening ear. Be slow to speak and swift to listen.

Take care of yourself and others.

Stay active, but don't get caught up in the frenzy of life.

Stretch, move, smile and laugh.

“Take time for reflection. Focus on thankfulness and blessings we so often take for granted.”

Healthy Winter Tips

In the winter, when activity levels often decrease and our metabolism increases due to cold weather, you may find yourself eating more. These factors make it ever more important to involve yourself in physical activities and eat not only a balanced diet, but a nutrient packed diet.

Eat a Balanced Diet

It's important to eat a balanced diet – consisting of protein, complex carbohydrates, and healthy fats – in order to get all the nutrients your body needs to function.

It is particularly important in the winter time to eat foods high in vitamins C, D, E, vitamin A, and essential fatty acids.

Proper nutrition can help regulate your body's core temperature and keep you warm while fueling your muscles. A drop in body temperature actually stimulates the appetite.

Early Spring Gardening Tips

Even under ideal storage conditions, some vegetable seeds have a fairly short life and probably will not be good one or two years after purchase. These include sweet corn, onion, okra, bean, and parsnip.

Don't start your vegetable plants indoors too early. Six

weeks ahead of the expected planting date is early enough for the fast-growth species such as cabbage. Eight weeks allows enough time for the slower-growing types such as peppers.

Early varieties of onions are most productive when grown from transplants (small plants)

or from sets (small, onion bulbs grown from seed the previous season). Direct seeding is satisfactory for growing green onions or for late varieties.

Finally remember, even the most experienced vegetable gardener will lose some plants every season.



724 N. Union Blvd
Suite 228
St. Louis, MO 63108
314-367-1100
www.hopebuild.org
info@hopebuild.org

HopeBUILD empowers underserved communities to lead healthy lifestyles and enrich neighborhoods through increased access to fresh foods, urban produce gardens, and nutrition education.

HopeBUILD believes all people should have the resources to make healthy decisions about food and act on them. In that spirit, we create environments where fresh produce is attainable and culturally acceptable.

HopeBUILD offers a holistic set of tools for individuals to navigate through their current food system and create strategies for success in maintaining healthy lifestyles.



Healthy References

Not all book or website information is of equal value. Only trust words from reliable sources. Remember to never diagnose yourself. When in doubt, see a doctor.

Book References:

Enter the Zone by Dr. Barry Sears
Diabetes Solution by Dr. Richard K. Bernstein
The Paleo Diet by Loren Cordain
The Primal Blueprint by Mark Sisson
The Food Revolution by John Robbins
Appetite for Reduction by Isa Chandra Moskowitz and Matthew Ruscigno

Website References:

<http://markdailyapple.com>
Healthy Living Blog
<http://www.mayoclinic.com>
General Health Information
<http://www.aicr.org>
New American Plate Guidelines
<http://www.health.com>
Health Magazine
<http://www.Healthcastle.com> Holiday tips, recipes.
<http://www.Prevention.com>
Healthy Recipes
<http://www.Webmd.com>
Healthy Diet Recommendations
<http://www.walkwithadoc.org>
<http://www.doyourheartgood.com>
<http://www.semo.state.ny.us/info/publicsafety/>