Laying Infrastructure for a Regional Food System
was born...
out of a demand for local food.
To eat healthy year round.
Recipes were shared
& tried.
Market Goers Reported Better Health.
Blood Pressures & Sugars Improved.
Since Nov. 2009
Healthy Food Hub Market Days
Twice a month
In our own neighborhood
Folks get more for less...year round
In the heart of Chicago’s Food Deserts
30 to 40 cents on every dollar builds a local food economy
Provides Our Farmers with Organic, Non GMO Seeds
Helping Hands at Harvest Time
Through the Practice of Community
We are Creating Social Capital
Invested Eaters in Chicago
Provide Demand
for Pembroke Farmers & Urban Gardeners
We are Laying a Template for a Regional Food System
Bio-Regional Food Foundation: Promotion, Training, Production, Aggregation & Distribution

Healthy Food Hub

Food Production

Food Aggregation, Processing, Packaging

Food Access & Distribution
Food Production

- Increasing rural farmers capacity to feed the region
- Rural/Urban Food Collaborations
Community Wealth Creation: Pembroke Community Forum

- Lorenzo R. Smith School
  Nov. 17, 2011

- 4 arms of the USDA:
  - FNS
  - RD
  - FSA
  - NRCS

- Residents shared a vision of Pembroke being a Sustainable Agriculture Center
Barriers to Increased Food Production in Pembroke

- Disinfranchised Community
- Unadequate Equipment
- Labor Needs
- Nutrient poor soil
- No irrigation
- Poor quality seeds
- Training

- Beginning Farmer & Rancher Grant:
  - RAFT-P: To train a new generation of African American Farmers

- Outreach to Disadvantaged Farmers
- RAAF-P
Resilience

- The ability of a system to:
  - re-establish itself in the face of shocks and disruption
Local Food System Components

- Local Buyers
- Local Growers
- Local Processing
- Local Distribution
A “Lean Mean Replicable Unit” with a core staff to provide oversight and volunteer training
Healthy Food Hubs established at schools, mosques, churches in communities with volunteers from PTA, church members, students
12 hour set up and break down
Keeps operating costs to a minimum so most of the $$$ goes toward food production & aggregation
Food Aggregation, Processing & Packaging in Pembroke Ill.

- Old Nestle Plant
- Wash
- Drying
- Packaging
- Canning
- Flash Freezing
- Community Kitchen
To hundreds of acres in Pembroke
1. Join the Healthy Food Hub $25 /yr
2. Place your order online, phone, email or fax
3. Pre-Pay on Distribution Days
4. Member Investment Pre Pay Plan
Member Pre-Pay Investment Plan
No risk
Keeps inventory consistent and broadens the variety available.
Monthly Shopping List customized to meet your food needs
Community Kitchen

- Fosters unlimited food entrepreneurship through creation of local products
- Reduces Food Waste
- Can provide food for food pantries and kitchens