



VITALITY's volunteers assist the local-food revolution, especially by growing food and healthy food access for low-income families.

VITALITY's yoga students alone provide over 1500 hours of volunteer labor in gardens and farmers' markets . . .

- at the Julie Hanser Garden in Walnut Hills, where over 1300 pounds of healthy, organic produce are grown for families to choose from at Mercy Neighborhood Ministries' weekly food pantry;
- at the Frederick Douglas School Garden in Walnut Hills, where neighborhood health & wellness coordinator Gary Dangel works with elementary school students in growing, harvesting, cooking, and sharing food grown right in the garden;
- at the Roselawn Our Harvest farmers' market stand where low-income, WIC-eligible families are provided four \$5 coupons to redeem at the Our Harvest stand staffed by VITALITY volunteers. Our Harvest, an incredible food co-op that grows produce just down the street from St. X, would not be able to staff these pop-up farmers' markets in low-income neighborhoods without VITALITY volunteers. Stephen Dienger, St. Xavier Class of 2004, is the lead-farmer at Our Harvest;
- at Tikkun Farm in Mt. Healthy where refugees have been provided land to grow food for themselves, their families, and for sale at farmers' markets — VITALITY's volunteers provide grunt-work assistance and also began free/donation-based ongoing weekly stress-relieving yoga classes at the farm this summer/fall!



For more information, visit vitalitycincinnati.org or contact VITALITY's co-founder & program director Brian Shircliff at 513.300.5174. Thanks for helping to grow the local, healthy/organic food revolution, especially among low-income friends and neighbors in Cincinnati & N Kentucky!

