



INTERNATIONAL
RESCUE
COMMITTEE



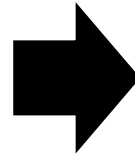
Refugees and Urban Agriculture: A Case Study of Food, Poverty and Self-Sufficiency in the United States

August 2016

IRC's Refugee Resettlement

Iraq, Syria...

Somalia, Congo...



Vietnam, Burma...

Welcome to America!





1 in 5 children in the U.S. worry about when they'll have their next meal.

14% of U.S. households are food insecure.





Yet, 31% of available food supply in the U.S. is uneaten.



Urban Agriculture



Community Gardens

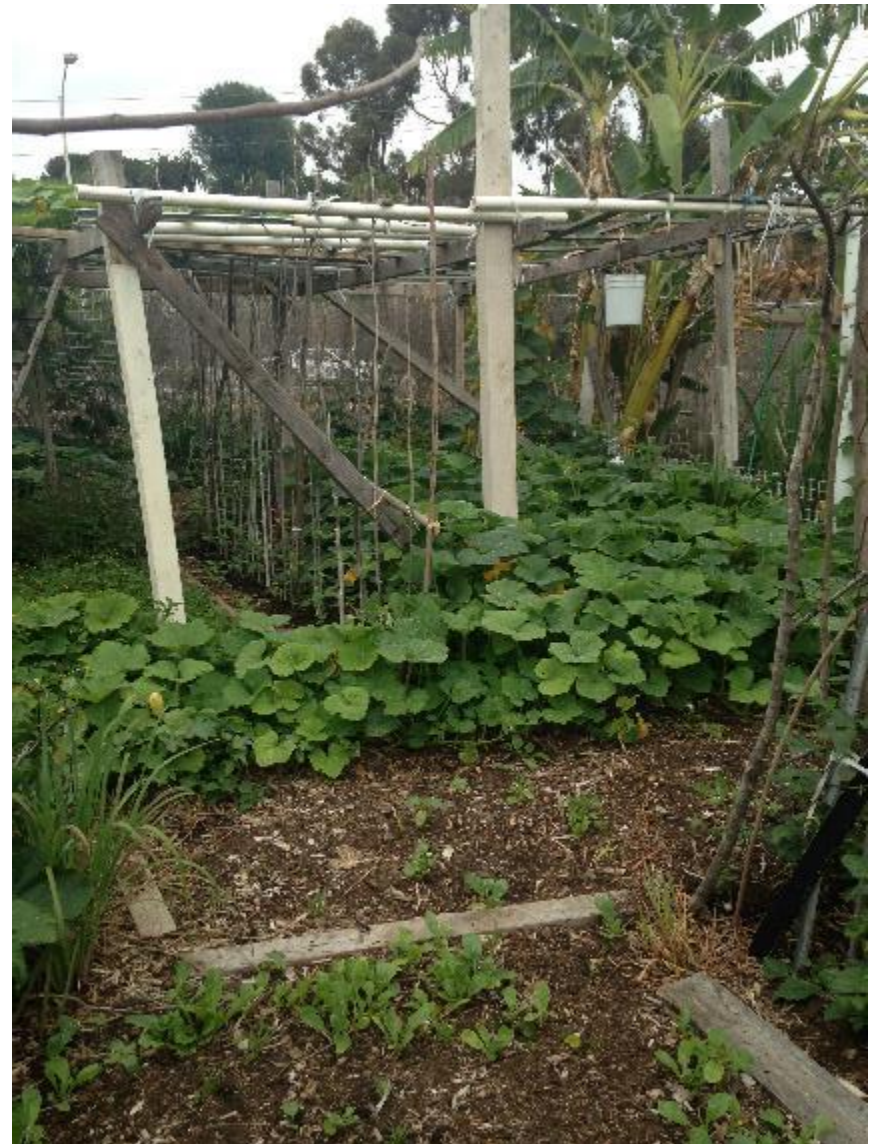
Two community gardens = 3 acres

146 growing plots (600 sq. ft. each) =

64,000+ pounds of high-quality fruits and vegetables per year!





















Improved Health Outcomes

1. Increase in vegetable consumption

- Better taste and flavor (TOP response)
- Knowing it is healthier, free of chemicals
- More fresh, lasts longer at home

2. Physical health improvements

- *“I have more energy now that I eat healthier”*
- *“No more bulging stomach”*
- *“When I am home, my body hurts. Not when I am working in the garden.”*
- Less diabetes medication

Emotional and Social Health



Saving Money

Gardeners save about \$80 a month in vegetable shopping expenses.



Farming Micro-Enterprises



“You do the growing, I’ll do the talking...”



Neighborhood Farmers' Markets

\$75-\$150 per farmers'
market day =
**~\$400/month in
household income**

Helping to make ends
meet

Avg. income required:
\$1200-1500/month



Leveraging Public Dollars

- \$29,636 *Fresh Fund* matches (2014)
- leveraged another \$30K in Calfresh, WIC and SSI dollars



**From ugly, dirty,
vacant lots....**



...a small green oasis!





But...



A hundred, little silver bullets...

Food for Thought

1. Cities can create community-friendly policies to increase short-term and long-term land access for urban agriculture
2. Pass a living wage ordinance
3. Sensible federal, state and local policies that strengthen local agriculture, especially specialty crops

Thank you!

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