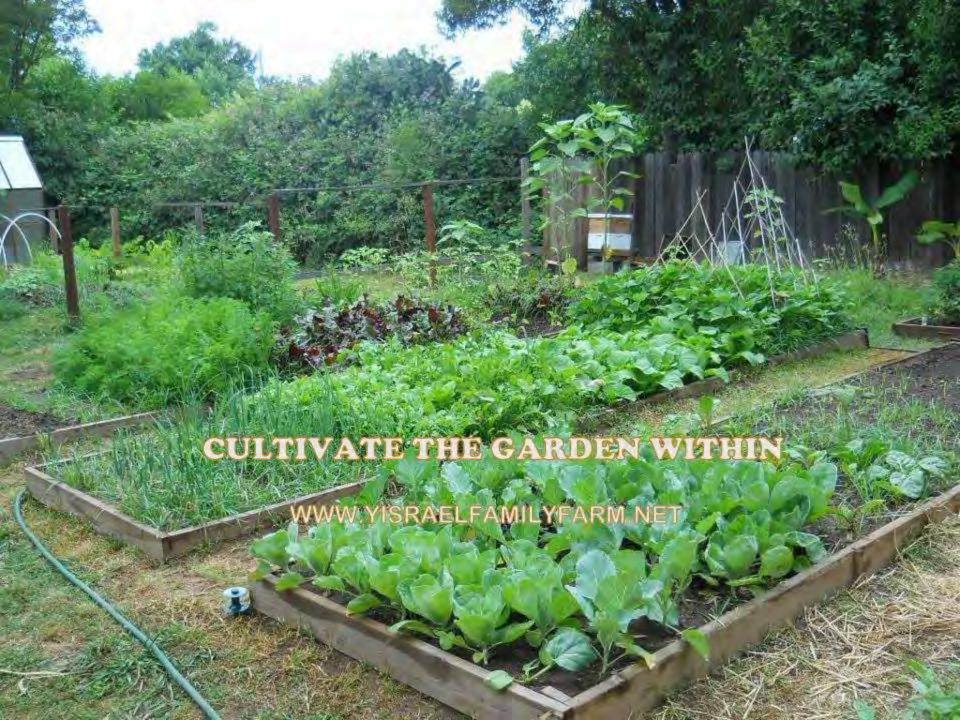


- Family Health Problems
- Started Growing Food in 2007
- Switch to Plant-Based Diet
- Work More or Grow Food











THE YISRAEL FAMILY URBAN FARM



- Sustainability and Stewardship 2015
- Edible Sacramento March 2016
- SNR September 2016
- Comstock's Magazine Sept 2017















WHAT WE DO...



4,000 lbs of food last year



Organic, non-GMO



Composting



We do everything by hand



Soap Making



HOW WE ARE #TRANSFORMINGTHEHOODFOR GOOD



Volunteer days and farm tours



South Oak Park Harvest Group



Project GOOD!



Educational Workshops



Urban Roots Garden Builds



Politics













THE 6 COMPONENTS OF **HEALTH**

SPONSORED BY MakeMe™

PHYSICAL

How well your body functions

- · Eating well and balanced
- · Being active and exercising
- Avoiding drugs and alcohol
 - · Sleeping and being well-rested

SOCIAL

How well you get on with others

- · Relationships with family, friends, and others you're in contact with
- Ability to communicate
- Expressing needs to others
 - Recycling Conserving energy
 - · Being aware of limits of Earth's natural resources
 - Enjoying and appreciating nature
 - Creating nurturing and perceptive environments

How you interact with nature ENVIRONMENTAL

MENTAL

How good you feel about yourself

- Self-esteem and confidence
- · Coping with stress and emotions
- Working productively



EMOTIONAL

How well you feel emotionally and psychologically



and relaxing

- Feeling secure with emotions
 - Expressing emotions constructively
 - Ability to understand emotions to move forward
- Maintaining morals

Being at peace

- · Reflecting on meaning of events and life
- Practicing compassion and forgiveness with others

How you live with a purpose SPIRITUAL



