



**Black Food Sovereignty Coalition &
The Grandma's Hands Program**
Elevating Black Food Sovereignty



Grandma's Hands

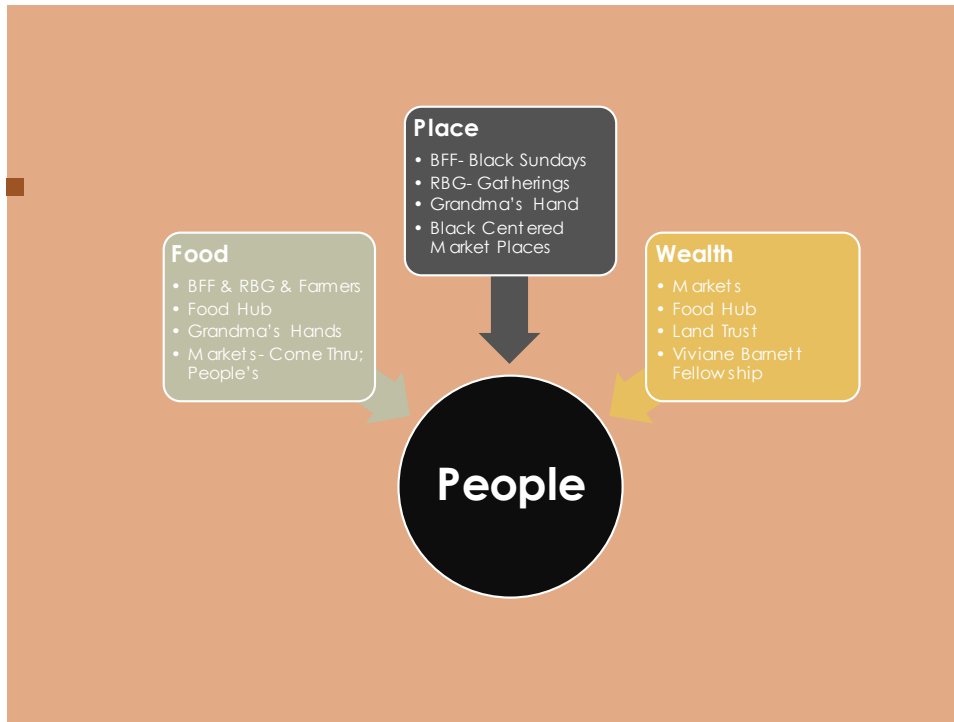
"Grandma's hands, they keep on calling to me"

Passing on Black Cultural Food
Traditions to Future Generations



MISSION

- **FOOD** (PRODUCTION AND CONSUMPTION)
- **PLACE** (BLACK AND/OR AFRICAN IDENTIFIED SPACES)
- **MONEY** (ECONOMIC DEVELOPMENT)



Community Partner Connections and Support from Allies and Accomplices





Our Mission

Grandma's Hands is a collaborative, community engagement initiative designed around food traditions

- Facilitate Black community engagement
- Reconnect to culturally grounded natural foods and agricultural practices
- Exposure to economic benefits of food production.

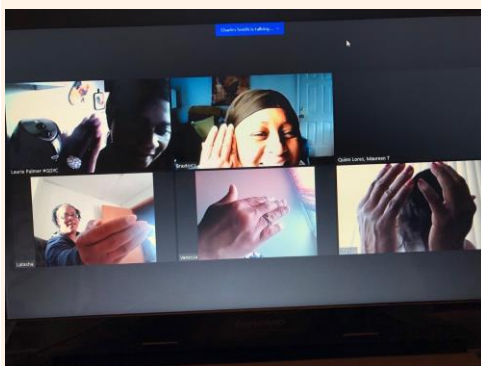




Core Values

Transforming isolation and scarcity into connection and abundance through engagement, collective work and responsibility, and cooperative economics.

Grandma's Hands Events



- | | |
|-------|---|
| Learn | Learn a recipe tradition from a local Black "Grandma" |
| Taste | Taste produce from local Black Farmers |
| Enjoy | Enjoy a meal with family and community |
| Share | Share cooking traditions with the next generation |
| Meet | Meet other community members |

Grandma's Hands Year 1 Summary

874 People Served

258 Families Served

44 different vegetables and fruits introduced
9 Grandmas cooking demonstration videos

Over 90% of all respondents agreed:

- Introduced to new foods
- Intend to eat more of them
- Increased knowledge of available foods
- Met new people
- Made connections with others
- Increased social network



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Our Contributors

Grandmas Planning Team



- | | |
|------------------|------------------|
| Vanessa Chambers | Laurie Palmer |
| Mildred Braxton | Arthur Shaver |
| Marchane Lawson | Shantae Johnson |
| Rhonda Combs | Latasha Carter |
| Martha Lewis | Shaderra Stevens |
| Mary Frison | |

- Chuck Smith - Project Coordinator
Vanessa Chambers - Associate Coordinator

Partners



Oregon State University
Extension Service



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