

MAKING A DIFFERENCE



Grand Challenges

K-State Research and Extension develops and delivers practical, research-based solutions to challenges faced by all Kansans, which includes the grand challenges:

- Global Food Systems
- Water
- Health
- Community Vitality
- Developing Tomorrow's Leaders

Find more stories like this and more at :
www.ksu.edu/solutions

K-State Research & Extension
Shawnee County
1740 SW Western Ave.
Topeka, KS 66604
(785) 232-0062
shawnee.ksu.edu



K-STATE
Research and Extension

Grand Challenge: Global Food Systems, Health & Water

Title: Grant and Donation Funded Accessible Raised Bed Program Launches

Why is this issue important?

According to the Shawnee County Community Food System Assessment conducted by Heartland Healthy Neighborhoods; "In 2014, an estimated 15% of Shawnee County households struggled just to get enough food for everyone in the home, a condition referred to as 'food insecurity.'" According to the USDA, households with a family member with a disability are more likely to have food security issues and those issues are more likely to be severe.



How did Extension address this issue?

The Shawnee County Extension Master Gardener Demonstration Community Garden is working to address that issue with one of the only accessible community garden in Topeka. This spring, Shawnee County Extension Master Gardeners have partnered with two local organizations, Breakthrough House Clubhouse and Valeo, to bring community members into the garden to learn and grow! Breakthrough House Clubhouse and Valeo members are working with our Extension Master Gardeners to grow food while also learning good horticultural practices.

The accessible raised beds, accessible path and parking material, water spigot and other materials for this program were possible thanks to The National Center on Health, Physical Activity and Disability Accelerating Disability, Inclusion Microgrant, the Seed-Money grant the Blue Cross and Blue Shield grant and material and labor donations from Lowe's and CSM.



What was the impact?

Approximately five to ten people with disabilities from Breakthrough House Clubhouse and one from Valeo are actively participating in the program. The Breakthrough House Clubhouse will give the produce they grow to other clubhouse members with disabilities to prepare in the clubhouse kitchen. Breakthrough House Clubhouse reports they serve an average of 400 meals weekly. Both photos show volunteers and participants working in the Demonstration Community Garden.

- <https://www.ers.usda.gov/amber-waves/2013/may/disability-is-an-important-risk-factor-for-food-insecurity>.
- <https://publichealthlawcenter.org/sites/default/files/Food-Assessment-Shawnee-County-KS.pdf>