



INSPIRING STORIES, EMPOWERING COMMUNITY

Spring 2018

COMMUNITY IMPACT

Healthy Food for All

Building Community Health, Food Equity & Farm Viability

Single-parent families from Tompkins County will receive **weekly bushels** of fresh produce this summer in a program that will offer culinary support for parents pressed for time to cook.

Healthy Food for All, a nonprofit that makes **fresh produce accessible** to low-income families, will provide partial and full subsidies for single parents who want to receive shares from a community-supported agriculture (CSA) program at one of ten local farms in Tompkins County. The CSA typically cost \$600 for the season.

While the nonprofit has provided CSA shares to low-income families for more than a decade, the program will feature **a new service for single parents with young children: a trained chef who will help the parents turn their share of fruits and vegetables into nutritious meals by offering food-prep assistance as well as free cooking classes**, said Liz Karabinakis, director of Healthy Food for All.



Healthy Food for All began developing a program for single parents in 2016, after Karabinakis attended a gathering on women and poverty, organized by

Community Foundation of Tompkins County's Women's Fund. At the gathering, Karabinakis said she was struck by the dire needs of single mothers with young children.

A Tompkins County Community Health Assessment presented at the meeting showed that 100% of single-mother families with children under age 5 live in poverty in the City of Ithaca and in the Town of Groton. The overall poverty rate for single women with children under 5 in Tompkins County is 58%.

"After hearing the statistics and the stories of the women, I felt compelled to do something," Karabinakis said. "I made a pledge on behalf of Healthy Food for All farmers that we would provide food-insecure single-parent families with a CSA share of fresh produce for whatever price they could afford."

Karabinakis said she would not have created the program for single-parent families if she had not attended Community Foundation's gathering on women and poverty. **"The Community Foundation's support extends well beyond their financial programs and grants,"** she said. **"They play a much greater role in supporting our community, and this is one example."**

~ From interview with Sherrie Negrea

Learn More Online: In addition to financial resources, Community Foundation is truly an intersection of cross-cultural, cross-sector engagement building stronger communities.



Thank You to Our Volunteers

Serving on grant review teams, committee and board service, community engagement and so much more. Photo: Stacey Murphy and Elsa Hyde



Summer Reading: Libraries ROCK

Library Grant Cycle: over \$160,000 of grants, supporting youth programming throughout the libraries of the Finger Lakes Library System.



Community Education and Events

Family philanthropy, across the generations. Photo: Joyce and Joan Lawrence, Judy Hoffman, Ruth Rothchild

You can get involved with your Community Foundation, call us, or visit www.cftompkins.org



By The Numbers (3/31/2018)

Assets: \$18.6 Million

\$ 12.1 Million Endowed Funds

\$ 6.5 Million Non-Endowed Funds

Fund Types (112 Funds)

7 Community Impact Funds

11 Field of Interest Funds

30 Agency and Designated Funds

64 Donor Advised Funds



2018 Library Review Team

2018 Grant Cycles (\$ Granted)

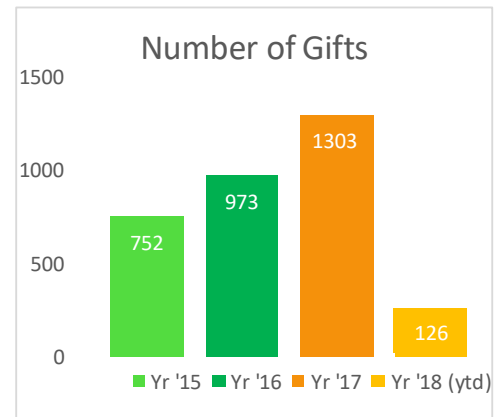
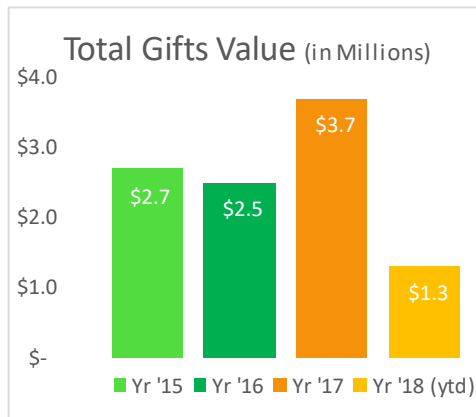
\$ 162,304

Library Grant Cycle



FUN raising at Cornell University, MBA students hold annual spring Charity Auction raising funds for Johnson Impact Fund.

Community Foundation enables everyone to be a philanthropist



Community Connections

Chemung Canal Trust Company, corporate sponsor and HEROES Circle member. Sandie Grooms and the local Ithaca team volunteered for the Backpack Program at the Food Bank of the Southern Tier. Thank you to our business community for your partnership in philanthropy!

Community Investments

In our 18th year, through donors provided over \$13 million in 3,300 awards and counting. Community Foundation is a leading public grantmaker in Tompkins County.

