A MOVEMENT. A MISSION. A CAUSE AFFECTING US ALL.

During the years 2008-2009 we witnessed incredible growth and awareness in the world wide sustainable food movement. Sustainable Food Center’s annual report reflects the coming change.

More than 49 million Americans (1 in 7) struggled to get enough to eat in 2008, the highest number in 14 years. And yet globally, the number of overweight people has surpassed those who are hungry. Sixty seven percent of Americans are overweight. In 2009, the number of obese Americans surpassed those who were merely overweight. Currently, 1 in 5 East Austin households live below the poverty level, the most significant factor contributing to food insecurity which results in both hunger and obesity among vulnerable children and families. Preventable chronic diseases, most linked to diet, account for $2 trillion in health care spending (obesity: $147 billion, diabetes: $116 billion).

There are complex considerations of politics, landscape, and policy which surround the future of our food system. Food is front and center in the public health arena, security of it is incredibly important, and the awareness that it is more fragile than we imagine... priceless. We are awed to be a part of the heightened awareness that sustainable food systems are now experiencing; it seems word has caught on that reliable, healthy food systems brought about for and by the people are a critical component to our human fabric. As with all critical aspects of our society, we must actively plan for the future of our food sources. We do this in order to ensure that future generations may prosper from our true and healthy harvest, all the way from farm to table.

Given the economic challenges and access barriers ahead of us, Sustainable Food Center is laser-focused on strengthening our local food system and improving access to healthy, affordable food. This report outlines the success of our 2008-2009 fiscal and program year as we embark on another year of amazing opportunities and real-world challenges to creating a healthy community. Join us, so that all of Central Texas can grow, share and prepare healthy, local food!

Kevin Leahy  Ronda Rutledge  Vince Ashwill
Past Board President  Executive Director  Board President

Mary Ardoin of Acadian Family Farm
GROW LOCAL

Grow Local, SFC’s flagship program, plants the seeds for a food-secure community by empowering children and adults to grow their own food. SFC serves as a consultant for existing gardens, organizes gatherings of community gardeners, hosts workshops on starting community gardens and provides liability insurance at garden sites.

SFC also provides support for 26 school gardens, from serving as a resource for teachers to soil sampling and breaking ground. Our new Center will provide the tools we need for our existing community gardening initiatives and allow us to provide more services in a permanent gathering place. The Grow Local program encourages a local food system that nourishes our environment, economy and the lives of individuals and families throughout Central Texas.

FARM DIRECT

The Farm Direct program demonstrates SFC’s core “seed to table” philosophy. By organizing weekly farmers’ markets, Farm Direct gives local growers direct access to urban residents seeking freshly-harvested produce. Through direct marketing projects like Farm to Cafeteria, Farm to Work and one of a handful of Farm to School initiatives in the state, Farm Direct connects local farmers with worksites, health agencies and schools to provide fresh produce and strengthen the local economy.

Farm Direct affects positive change in the Austin community by involving farmers and consumers in a broad effort to promote reliable and nutritious local food sources while helping to sustain the environment. In addition to being among the few farmers’ markets which accept food stamps and WIC vouchers, the Austin Farmers’ Market is the largest certified growers-only farmers’ market in the state of Texas.

THE HAPPY KITCHEN/ LA COCINA ALEGRE™

The Happy Kitchen/La Cocina Alegre™ is a nationally-recognized cooking and nutrition education program that fosters skills in food selection and preparation for those most at risk of developing diet-related conditions such as obesity and diabetes. The Happy Kitchen teaches families with limited resources to shop for and prepare nutritious, affordable meals.

“Heard” saw THK’s “Sugar in Soda” demonstration at church and said that it got him thinking. He made an appointment to see his doctor, was diagnosed with diabetes and has since lost 80 pounds. He told us, “I want you to know that demonstration saved my life!”

The Happy Kitchen provides individuals, families and institutions with the resources needed to make lasting dietary and behavioral changes, empowering at-risk communities to develop a culture of health and wellness. SFC is collaborating with breast cancer service providers to produce an innovative, groundbreaking nutrition education series in English and Spanish targeted at breast cancer survivors 4-6 weeks post-treatment.

There is great opportunity for additional future series tailored to populations with special dietary needs, and our new Sustainable Food Center will feature a testing and training facility designed to meet these challenges.
THE HAPPY KITCHEN/
LA COCINA ALEGRE™

In total, held 13 cooking class series (6 classes per series)
Total participants: 319, impacting 784 additional family members
Total graduates: 179
Total completed surveys: 173
11% African-American
69% Latino
18% Caucasian
1% Other
Total low-income adults: 187
Total low-income children: 173
Total cost (incurred by SFC) per participant: $150
$4,600: the average per capita health care expenditure in TX. Most costly health care conditions are heart disease, cancer and pulmonary conditions. Heart disease and cancer are the leading causes of death overall for Texans.
95% Use the nutrition facts label to make healthier food choices
88% Eat more fruits and vegetables
91% Choose more whole grain products
87% Choose lower-fat dairy products
88% Choose leaner sources of protein
85% Choose foods with less sodium
49% of participants hailed from the target zip codes of 78723, 78724 and 78753

THE HAPPY KITCHEN/
LA COCINA ALEGRE™

GROW LOCAL

Total Number of Clients Served: 4,717 (unduplicated)
Number of Children Served: 2,216 (unduplicated)

Over 1,596 low-income adult clients and 1,365 low-income children were served through the Spread the Harvest Program and Grow Local workshops and events.

Number of meal equivalents (garden fresh produce shared by gardeners; two meal equivalents fit into one plastic grocery store bag): 2,923

What a wonderful program! Because of SFC, I have been steadily eating my way through the season!
- Francesca Hernandez, Spread the Harvest participant in Q2 Survey

Number of workshops and trainings: 25
Number of presentations and community events: 35
Number of garden work days: 11

Along with SFC as a whole, Grow Local has developed and expanded its partnership with the City’s Parks and Recreation Department during 2008-2009 to create a streamlined process for building community gardens on parkland.

Grow Local offers the only basic organic gardening workshops in Spanish in Central Texas.

Number of Grow Local volunteers: 2,060, contributing 2,735 hours in total

In-kind contributions totaled $8,826 for the reporting period.

SFC Program Accomplishments
**Farm Direct Projects**

Farm to Institution added 2 new partner sites, for a total of 5 partners with 11 outlets
Farm to Work sites were added, 18 total with 5 primary farmers and 5 contributing farmers
- Totaled $325,000 in sales
- Conducted training for new sites and planned/held promotional events for two sites
- Oversaw expansion and testing of web-based ordering/payment tool
- Managed weekly ordering and delivery, tracking and reporting, and farmer reimbursements

Farm to School added 2 new sites, for a total of 4 partner schools

Number of Farm Direct volunteers: 2,574, contributing 3,210 hours in total

**Sprouting Healthy Kids**

Sprouting Healthy Kids combines the efforts of SFC’s three programs to increase direct access to nutritious food by empowering schoolchildren to grow their own food in school gardens and by incorporating local farm produce into the school cafeteria menu. Sprouting Healthy Kids also ensures that children have the knowledge and interest necessary to identify and choose nutritious food by implementing a food system curriculum, peer-facilitated interactive nutrition demonstrations and farm presentations in schools.

SFC works in the following schools, at which 75% of the student population qualify for free or reduced price lunch:
- Ann Richards School for Young Women Leaders, 332 enrolled
- Dobie Middle School, 570 enrolled
- Webb Middle School, 519 enrolled
- Garcia Middle School, 656 enrolled

Evaluation results from UT School of Public Health showed that students who were exposed to two or more components scored significantly higher on scales assessing these areas: Fruit and Vegetable Intake, Self-efficacy, and Knowledge; and lower on their Preference for Unhealthy Foods.
Austin Community Gardens (ACG) is founded as a project of the YWCA

Population of Austin metropolitan area: 585,051

Sustainable Food Center is founded, building on the history of the ACG

The Happy Kitchen/La Cocina Alegre™ program is named East Austin's "Best Social Service Program" by the Austin Chronicle. SFC also won this award in 1996 and 1997. SFC initiates a study entitled Access Denied. The study shows that low-income residents do not have East Austin access to fresh, healthy food.
You are doing a wonderful service, keeping a valuable part of our heritage and our future alive by encouraging small scale farming.” – Georgia Carr, Austin Farmers’ Market customer
Tom and Lynn Meredith have made SFC a partner in their vision for the vibrant east side by presenting a gift of land and infrastructure in their mixed-use space currently under development by their foundation, MFI.

The new Sustainable Food Center will be centrally located in East Austin, our target area of service, immediately adjacent to Capital MetroRail’s planned MLK station, just two stops from downtown. In addition, a connected bike route is planned next to the MLK Station, providing further access to our center and community garden. This space will serve as a destination point for families and individuals accessing services and participating in community activities.

Also housed at the site are PeopleFund, whose support for small businesses, affordable housing projects and training services is directly in line with SFC’s mission to help people find lasting solutions to life’s challenges, and nearby is a Foundation Communities housing site, which will provide numerous collaborative opportunities in the gardens and kitchen.

MFI’s mixed use building will also house a handful of locally owned retail outlets and restaurants—all of this just a quick walk from SFC’s large community garden, a large park with hike and bike trail, dog park, BMX and skate park, outdoor pavilion and water features. This exciting project is coming to fruition under the leadership of Tom and Lynn Meredith’s son, Will Meredith.
Condensed Audited Financial Information
July 1, 2008 - June 30, 2009

OPERATING REVENUE

<table>
<thead>
<tr>
<th>Source of Revenue and Support</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Foundation Grants</td>
<td>575,506</td>
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<td>State &amp; Local Contracts</td>
<td>84,265</td>
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<td>Contributions</td>
<td>97,170</td>
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<tr>
<td>Contributed Goods &amp; Services</td>
<td>141,082</td>
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<td>Program Service Fees</td>
<td>186,514</td>
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<tr>
<td>Fundraising Events &amp; Other Revenue</td>
<td>58,343</td>
</tr>
<tr>
<td><strong>Total Operating Revenue</strong></td>
<td><strong>1,142,880</strong></td>
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OPERATING EXPENSES AND CHANGES IN NET ASSETS

<table>
<thead>
<tr>
<th>Type of Expense</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>837,390</td>
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<tr>
<td>Farm Direct</td>
<td>418,708</td>
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<tr>
<td>Grow Local</td>
<td>212,469</td>
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<tr>
<td>The Happy Kitchen/La Cocina Alegre™</td>
<td>206,213</td>
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<td><strong>Total Program Services</strong></td>
<td><strong>837,390</strong></td>
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<tr>
<td>Fundraising</td>
<td>68,783</td>
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<td>Management &amp; General</td>
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<td><strong>Total Operating Expenses</strong></td>
<td><strong>979,382</strong></td>
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<td>Excess of Operating Revenue over Operating Expenses</td>
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<tr>
<td>Excess related to Unrestricted Funds</td>
<td>62,796</td>
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<tr>
<td>Excess related to Temporarily Restricted Funds</td>
<td>100,702</td>
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</tbody>
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Total Operating Revenue 1,142,880
Total Operating Expenses 979,382
Increase in Net Assets 163,498
Net Assets, Beginning of Fiscal Year 255,246
**Net Assets, End of Fiscal Year** 418,744

In fiscal year 08-09, Sustainable Food Center charged 7% for fundraising and 7.5% for management and general.

The full financial statements, audited by Gindler, Chappel, Morrison & Co., P.C. are available upon request by calling 512-236-0074 x 112, and on our website at sustainablefoodcenter.org.
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Jess Guffey, Grow Local Program Coordinator
Joy Casnovsky, The Happy Kitchen/La Cocina Alegre™ Program Director
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We are grateful to have Dick Clark Architecture as our partner in fostering a sustainable community. DCA is an award-winning international firm that has been a vital part of Austin’s design community for over 25 years. Located in Austin’s downtown Warehouse District, the firm has played a critical role in revitalizing the area, designing over a dozen projects within walking distance of its office.

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