

# BUILDing a Healthier Pasadena

The BUILD Project will launch a new food system in north Pasadena that is healthy, sustainable, affordable, accessible, and community-supported. We envision all north Pasadena residents at a healthy weight and free of obesity-related health issues. See how we're BUILDing a Healthier Pasadena.



## Community Supported Agriculture Campus (CSA)

The BUILD Partnership will include the first ever Community Supported Agriculture (CSA) campus in north Pasadena. The CSA will be a small scale indoor farm using the latest in indoor agriculture technologies to grow and sell healthy foods locally.



## Production

### Job Training Classroom

Students can use the tools and space in the CSA to learn valuable job skills for careers in hydroponics, agricultural management and culinary arts. The classroom is great place to teach about gardening and nutrition for younger students, too.



### Healthy Corner Store Network

Convenience stores throughout Pasadena have pledged to retrofit their stores to carry more healthy and fresh foods like dairy, fruits and vegetables.



### Brighter Bites

Elementary school students and families are getting their homework of fresh foods and vegetables distributed through the Brighter Bites Program.



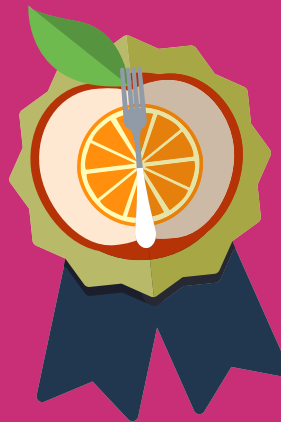
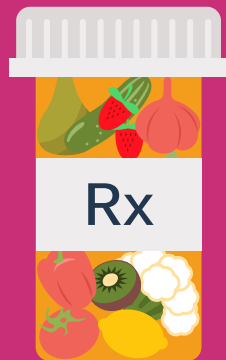
## Distribution

### Healthy Dining Matters

Menus at local Pasadena restaurants have had a checkup and will be working to offer healthier options that are easy to find on their menus.

## Prescription for Fruits and Vegetables Policy

Local healthcare partners will be writing patients a prescription for fruits and vegetables as a way to combat diet-related health issues. Patients can fill their prescriptions for free at on-site "Food FARMacies," BUILD distribution partners, and the CSA.



## Consumption

### Food Scholarships

"Food Insecure" students will receive scholarships for healthy foods to keep their minds and bodies fueled for learning. Scholarships are filled at free mobile food pantries, BUILD distribution partners, and the CSA.

The BUILD Project is supported by the following partners:



Support for this project was provided by a grant from the BUILD Health Challenge, a national awards program funded by the Advisory Board Company, the de Beaumont Foundation, the Colorado Health Foundation, the Kresge Foundation, and the Robert Wood Johnson Foundation.



# How to get Involved

Launching a new healthy, sustainable, affordable, and accessible food system in north Pasadena will take **everyone's help**. That's why the Harris County BUILD Health Partnership was formed – to bring together all of the people and groups who want to work to make healthy food accessible to all.



## Community Members

You can guide the project by signing-up as a BUILD Community Trustee and participate directly in BUILD activities. Tell us what it's like to get healthy food in your neighborhood by being a BUILD Storyteller.

## Community Groups & Churches

Join one of the BUILD work teams to help implement programs. Host a BUILD Town Hall to spread the word. Share information with your members, and adopt policies that support healthy habits.

## Corner Stores

Join the Pasadena Healthy Corner Store Network and get support for offering healthy food options right in the store, including fresh produce.

## Community Investors

The new food system will help grow economic and business opportunity in north Pasadena. Follow Indoor Harvest™ on social media for updates on the Community Located Agricultural Research Area ("CLARA") component of BUILD.

## Educators & Students

Elementary/middle schools can use our planned classroom to teach gardening, cooking, and nutrition. Technical schools and secondary institutions can use it for job training in hydroponics, agricultural management, and culinary arts.

## Restaurants

Join the Pasadena Healthy Dining Matters Program and get support for creating healthy menu items and making ingredient selection and preparation healthier overall.

## Health Care Providers

Join BUILD's Prescription for Fruits and Vegetables program in which providers prescribe fresh produce to patients. Then, work with our area's food bank to set up a "Food FARMacy."

## Urban & Rural Farmers

Farmers can join our Urban Farmer Exchange Program to learn and share techniques. We also embrace dialogue with other urban/rural farms about working together to transform public lands into places where people can access fresh, affordable, healthy food.

Visit  
[www.healthylivingmatters.net/BUILD](http://www.healthylivingmatters.net/BUILD)  
 to sign-up

The BUILD Project is supported by the following partners:



Support for this project was provided by a grant from the BUILD Health Challenge, a national awards program funded by the Advisory Board Company, the de Beaumont Foundation, the Colorado Health Foundation, the Kresge Foundation, and the Robert Wood Johnson Foundation.

