

WASTELESS

• 2020 HAMILTON COUNTY RECYCLING AND SOLID WASTE DISTRICT AWARDS •

**IN THIS SPECIAL
2020 EDITION**

Local nonprofit grows from feeding 20 families a week to feeding 300 families a week.

A new sustainability certification is now available to workplaces in Hamilton County.

Digging into a composting workshop, the local diversion network grows.

**A
CELEBRATION
OF TODAY'S
SUSTAINABILITY
CHAMPIONS
THROUGHOUT
HAMILTON
COUNTY**



Save the Food Award

TIKKUN FARM

By | Jenny Lohmann

This year's Save the Food award honors Tikkun Farm in Mt. Healthy. Owned by Mary Laymon and Greg York, they are continually building upon their nonprofit's mission of healing people, repairing community, and restoring creation. They do so in a multitude of ways, such as donating land for refugees to garden; providing meals and cooking skills to the community; being a home for rescued farm animals; and creating compost to turn back into the land thus providing more nourishment for people and animals.



The pandemic has changed the way Tikkun Farm accomplishes its mission. From having taught cooking skills on-site borrowing the La Soupe concept "Cincinnati Gives a Crock", Tikkun offered a cooking skills class with donated perishable items not utilized at a local pantry. Saving the surplus food from going bad, a volunteer chef taught participants the skills needed to create nutritious meals. While prepping and cooking, the participants also learned about dealing with toxic stress and strategies to reduce trauma resulting in each participant not just building kitchen skills but coping mechanisms to nurture the whole person.



No longer able to safely meet in groups, Tikkun sought other avenues to help people. Beginning in March, volunteers took the surplus food and prepared the ingredients for crock pot meals to be delivered to those in the community who would benefit from the





support. What began in the spring as serving 20 families has today grown into a weekly program feeding over 300, since the end of June. Of course, it couldn't happen without increased food donations and volunteers.

The Farm now accepts donations of surplus food from a plethora of organizations and has an open air market two days a week for families to choose groceries to supplement their needs. In the process, they have been able to acquire a refrigerator and are building a permanent structure to augment food storage and market necessities. The amount of food being rescued and utilized by Tikkun has grown from about 245 pounds to over 10,000 pounds a week and also provides food to a variety of places including homeless shelters and after school programs. Knowing that some of their families have four legged friends, SPCA has a mobile market set

up on some of the market days.

Donated foods include many perishable items such as produce and bread. If these items are no longer fresh enough for humans, they will then be fed to the animals and if not fit for animals, will then be used to make compost. This food web cycle keeps food out of the landfill and personifies Tikkun Farm: we are all connected, dependent on one another, and on earth's creatures and resources.

The future of the farm holds other exciting initiatives including vermicomposting to feed their soil; inviting neighbors to compost their food scraps; teaching Mt. Healthy School District students about the land, as well as the importance of caring for oneself, your neighbor, and the earth. Thank you to Tikkun Farm for their continual creation of positive impacts and valuing all resources.