



Our Impact - Nutrition

The Jewish value of *Tikkun Olam* (“healing the world”) reminds us of our duty to care for the health of each person. Coastal Roots Farm’s mission to cultivate healthy, connected communities includes a commitment to a **healthier physical world** and a more nourished community made up of individuals who have **access** to the **nutrients** they need to live happy, healthy lives.

2014 to 2019 Quarter 2

1 in 7 people in San Diego County are hungry*



95,144

Pounds of organic produce **donated**



264,289

Servings of organic produce **donated**



113,613

Individuals reached via free food distribution programs

*San Diego Hunger Coalition

Over a six month period, we found that the 12,352 pounds of fresh produce we distributed to 8,155 individuals **provided each person the following percentage of their recommended daily value:**

62%
Fiber

98%
Folate

155%
Vit A

61%
Vit B-6

238%
Vit C

679%
Vit K

For details, read our “Healing the World One Nutrient at a Time” blog series at www.coastalrootsfarm.org/blog

