

We Are What We Eat



The **Agriculture Supporting the Community (ASC)** program is a wonderful and wholesome organization which teaches participants how to live a healthier and happier life by raising **organically grown food** in their local area.

For many years, **Family Foundation Fund** has utilized this method of farming as one more way **to help nurture young men** whose father are absent from their lives and grow them into **strong, Christ-centered, mature leaders of tomorrow**. This excellent endeavor also helps to **reduce obesity** and provides **better health** for everyone in our community who avails themselves of it.

As you can imagine, many single parents (and married parents too) are **not able to afford** the expense of organically produced foods which cost much more than commercially grown commodities. In today's markets, foods that are produced without toxic herbicides and pesticides generally cost **two to three times more**. And the obstacle of getting to suburban centers where the healthier choices are available can be a challenge for many. Then,

after the logistical challenge of transportation has been overcome, the **cost of purchasing** organically produced foods is **often prohibitive**.

In contrast, the young men involved in our **Son Farm program**, in cooperation with ASC, help their whole family to **benefit greatly** by providing them with some of the tastiest, fresh produce money can buy! They also learn **valuable and practical skills** which will be a blessing to them for the rest of their lives.



As our sons learn organic farming at Son Farm, they are also **gleaning the importance of putting the right kinds of healthy food into their bodies**.

The High Price Of Obesity

Today, it is reported that **1 out of every 3 children is obese** and it disproportionately affects certain minority youth populations. Research confirms that **African-American** and **Mexican-American** adolescents ages 12-19 were more likely to be overweight, at 21 percent and 23 percent respectively, than non-Hispanic.

Being overweight during childhood and adolescence increases the risk of developing **many kinds of health problems** including: high cholesterol, hypertension, respiratory ailments, orthopedic problems, depression and childhood type-2 diabetes.

Family Foundation Fund sons, under the supervision of **experienced farmers and nutritionists**, learn the value of hard work and a healthy lifestyle for themselves and their families which benefit them in so many ways.



These lovely melons were grown at Son Farm

Stay Healthy, Eat Organically

Through ASC partnerships, single parent families are introduced to health and nutrition through the **“Get Healthy Stay Balanced Workshop”**. All participants who complete this multi-week course will be eligible to receive a **monthly allotment of organically grown fruits and produce** which is grown at the Family Foundation Fund's Son Farm by the young men who are enrolled in this very **worthwhile and beneficial program**.

Through the process of farming, the FFF sons learn **the value of hard work and sweat equity**. They also learn the value of a paycheck and the satisfaction of knowing they are helping their family and their community.

Your ASC sponsorship makes the Son Farm experience possible. Partnering with us allows our FFF sons to have life experiences that will help them **develop holistically**.

If you would like to learn more about our Son Farm or have an interest in volunteering to help, visit **FamilyFoundationFund.org**, email info@familyfoundationfund.org or call our office at **615-876-7170**.

ASC Partnership Opportunities

We invite you to join with us as an **ASC partner** which will help us to underwrite the cost of our Son Farm and **provide valuable internships** for the FFF sons who are part of the mentoring program. **Won't you say "Yes"** and be one of our partners?

[] Yes! Contact me about being one of your **ASC partners**.

[] I wish to help make our community healthier, happier and stronger the ASC way by **volunteering to help** on the Son Farm.

[] I would like to receive your **quarterly newsletter** to learn more about Son Farm and the other worthwhile Foundation programs.

[] Please have someone from the FFF office contact me about **the mentoring program** and other aspects of your ministry.

Name _____

Phone 1 _____

Phone 2 (optional) _____

Email _____

Address _____

City _____

State & Zip _____

*The Family Foundation Fund mentors young men whose fathers are absent from their lives and twice annually hosts Intentional Fatherhood workshops. Visit **IntentionalFatherhood.org** for more information.*

Family Foundation Fund

P.O. Bo 292724

Nashville, TN 37229

FamilyFoundationFund.org

info@familyfoundationfund.org

615-876-7170

"Restoring Fatherhood"

~ Proverbs 4:1-4 ~



FAMILY FOUNDATION FUND

Restoring Fatherhood

SON FARM & ASC PROGRAM



