

# UCOM COMMUNICATOR

Winter 2022



**Are you ready to plant seeds for  
a bountiful new year?**

You provide access to fresh, local, and nutritious produce year round at  
the Farm Stand!

# Planting Seeds and Sowing Love

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For local farmers, love means planting seeds and carefully tending them as they grow to become fresh fruits and vegetables that will provide vital nutrition to those in need.

Through UCOM's Farm Stand you provide your neighbors with local, fresh, and mostly organic produce grown by farmers around Kent County. We proudly partner with Michigan farms including Blackbird Farms, New City Farm, Peach Ridge Farms, Crisp Country Acres, Heidi's Farm Stand, Visser Family Farms, and many others.

Additionally, neighbors may purchase healthy staples like eggs, dried beans, and honey. The Farm Stand also offers delectable seasonal offerings like broccoli, cherry tomatoes, various greens, blueberries, and so many other options.

Thanks in part to our wonderful partner, The Heart of West Michigan United Way, families earning less than 300% of the federal poverty



level are able to purchase products at greatly reduced prices. The Farm Stand accepts cash, Bridge Cards/ EBT, Project Fresh, and in addition, offers Double Up Food Bucks for SNAP participants.

Availability and access to fresh produce play a critical role in health. Ensuring that costs for these foods remain low is vital so income and asset limited and constrained families have a ready source of fresh fruits and vegetables.

Want to show some love to your neighbors? You can support this program by buying fresh produce from the Farm Stand at full price. Funds raised by your purchases of crisp lettuce and crunchy carrots benefit our neighbors and ensure the long-term viability of this program.



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## Farm Stand hours are:

Mon-Wed	9:30 am - 4:30 pm
Thurs	10:00 am - 6:00 pm

# Neighbors Give Back

“Karla” is overjoyed by the amount and variety of fresh produce she gets from UCOM’s Healthy Choice pantry. “My children and I have tried so many new vegetables and love the healthier eating habits we’ve adopted shopping at UCOM.” She’s excited to share her experiences and recipes in an upcoming newsletter for and about our neighbors. This is just one example of how you impact others’ lives and allow them to pass these blessings on.

On a snowy day “Doug” stood quietly in our lobby. When we asked how we could help him he tearfully handed us a crisp \$100 bill. Doug lives on a limited SSD income. When his father passed away leaving him some money, he remembered the support he received years earlier from UCOM. “I just want to give back,” he told us.

Another neighbor who walks to UCOM in all kinds of weather



recently asked, “Is it possible to have donations deducted from my SSD check?” She is committed to helping others despite her circumstances.

Your support of UCOM neighbors helps them to change their lives for the better and allows them to pay it forward so benefits come full circle.

“Never doubt that a small group of thoughtful committed individuals can change the world. In fact, it’s the only thing that ever has.” (Margaret Mead)

Thank you for helping to change the world with your neighbors.



Get out for some fresh air and exercise to support UCOM and other organizations doing Good Food work in Kent County.

The annual Walk For Good Food kicks off on May 1st and runs through May 11th.

This year’s walk will have a live, in-person kick off on the 1st, leading into the 10 day walk-it-your-way event.

**Learn more by calling Access at 616-774-2175 or by visiting [accessofwestmichigan.org/walk](https://accessofwestmichigan.org/walk)**



# YOU CAN HELP!

1. Join our recurring donors in supporting UCOM each month!
2. Attend UCOM's Spring Virtual Event, Sowing the Seeds!
3. Donate sheets, blankets, and towels.
4. Spread the word about UCOM. Share this newsletter with a friend!
5. Volunteer! UCOM needs office volunteers, drivers, clothing pantry assistants, and more. Call Shawn - 616.241.4006

## SOWING THE SEEDS

A BOUNTIFUL HARVEST TOMMORROW  
DEPENDS ON THE SEEDS WE PLANT TODAY

APRIL  
28  
2022

7PM | THURSDAY  
FREE LIVE STREAMING EVENT

JOIN US FOR INSPIRING STORIES  
AND UPLIFTING ENTERTAINMENT!  
DETAILS TO COME AT [UCOMGR.ORG](http://UCOMGR.ORG)  
AND OUR FACEBOOK PAGE

VIRTUAL AUCTION  
APRIL 26TH-28TH



resources for living | hope for life