



Field to Food Program, a fresh food distribution program to home bound elders  
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The Center for Ageless Living continues to work on programs that reduce the isolation of aging and help elders maintain their health. With an advanced understanding of how good nutrition is critical to growing old in good health, the Center is committed to educating the community on healthy aging and creating a food distribution program for home bound elders. The Field to Food Program which started in 2008 as a food event, featuring food from within 100 mile radius of the Center, is now growing into a concept of how to reach isolated elders in their home with locally grown food products.

Valencia County is a strong community with many organizations and groups committed to positive change to improve all of our lives. This year through the efforts of the Valencia Network Organization and committed individuals, Community Garden Programs have sprung to life. The Valencia County Extension Service, Master Garden program and local growers have expressed interest in helping to reach home bound elders through food programs. The Meals on Wheels program is one way to reach home bound elders who could benefit from fresh, local grown produce.

The Concept: during the high production season create an avenue for the distribution of fresh produce to home bound elders that could benefit from fresh, locally, grown produce. Excessive fresh produce during the season from local growers, the community garden programs, master gardeners through the Extension Service, would have a distribution system that would enable their produce to reach elders.

The Center for Ageless Living through its Community Park Program is committed to the development of this program and is willing to commit administrative services to start and organize this program; however we need community help and support.

What are we seeking: Volunteers, Organizations and Business support

**1. Volunteers for:**

- a. Concept planning including; fundraising through grants and local venues, development of implementation policies and procedures
- b. Organizing produce supply and systems of distribution
- c. Creating distribution networks and facilitating food delivery
- d. Educating elders on nutrition for healthy aging and preparation of foods
- e. Creating a marketing and awareness program

**2. Organizations for:**

- a. Identifying local growers that are willing to donate excess produce to the program
- b. Identifying elders that could benefit from the Field to Food program
- c. Supporting the marketing and awareness of the program
- d. Sources of volunteers interested in helping with the program

**3. Businesses:**

- a. Financial support for the creation of the program
- b. Supporting the marketing and awareness of the program
- c. Sources of volunteers interested in helping with the program

This type of program exists in other states and is similar in concept to the New Mexico Farm to School program which is committed to local produce in the school meal program. We will be modeling some of our efforts from those programs and others.