


P1 - insta  
carosel

# What Deo does:





Run fresh food  
drives and  
deliver fresh  
foods to  
communities

QUESTIONS? EMAIL: [FIGHTINGFOODDESERTS@DEO.COM](mailto:FIGHTINGFOODDESERTS@DEO.COM)






Help  
communities  
with starting  
community  
gardens

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Inform people in  
food deserts  
about the  
importance of  
micro + macro  
nutrients

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# Contact us!

**OUR WEBSITE:**

**FIGHTINGFOODDESERT.ORG**

**ADDRESS:**

**1600 PENNSYLVANIA AVENUE  
NW, WASHINGTON, DC 20500**

P2- insta  
carousel

# Nutrition Our Number

## One Mission

Protein, Dairy  
& Healthy Fats



Vegetables  
& Fruits



Whole  
Grains

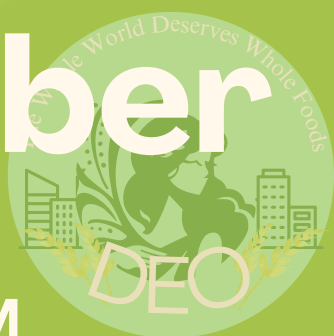


# Fresh Produce

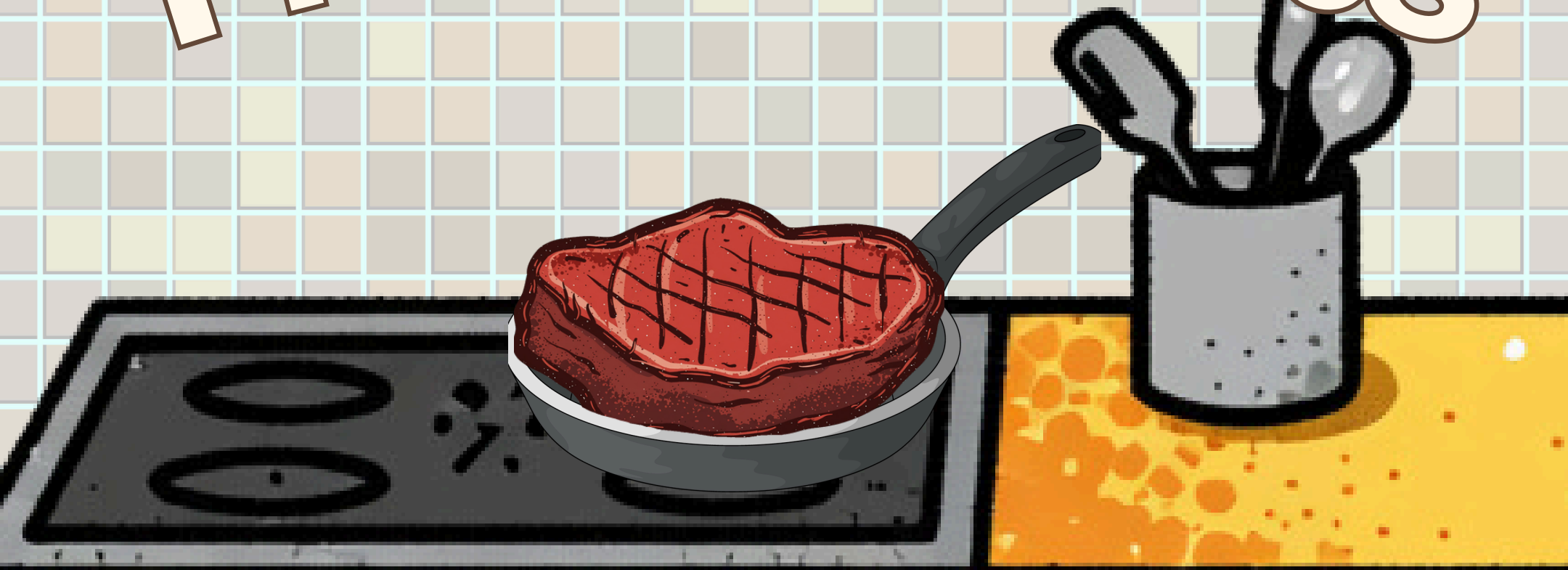


Daily *fresh* produce have of natural vitamins and fiber

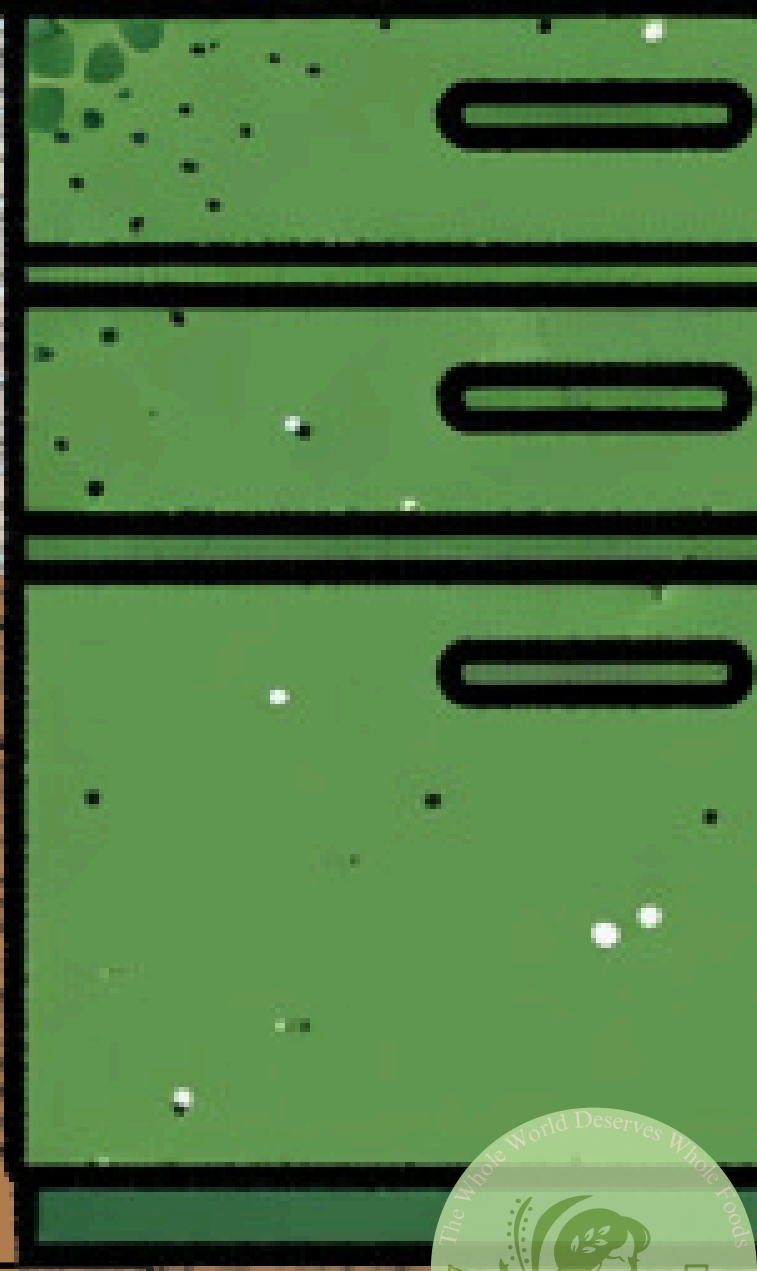
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# Fresh Meats



**Daily fresh meats vs. processed  
meat**  
**Processed meats in moderation**  
**Fresh meat is more nutritious +  
higher in vitamins**



# Healthy Grains



Whole grains and complex carbs allow for slower digestion and a more satiating meal

- Example: Sweet potato + mixed grain rice

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CAROSEL

# HOW TO START A COMMUNITY GARDEN: SIMPLIFIED



# STEP 1: FIND A GROUP OF LIKE-MINDED INDIVIDUALS



# STEP 2: FIND LAND WITH HEALTHY SOIL

## ASK THE QUESTIONS:

IS THIS SOIL HEALTHY?

IS IT CONSIDERED CRITICAL LAND?

# STEP 3: FUNDRAISE AND USE DEOS CG PACKAGE

**YOU MUST FUNDRAISE FOR OTHER SUPPLIES THAT YOU MAY WANT THAT ARE NOT INCLUDED IN DEO'S CG PACKAGE**



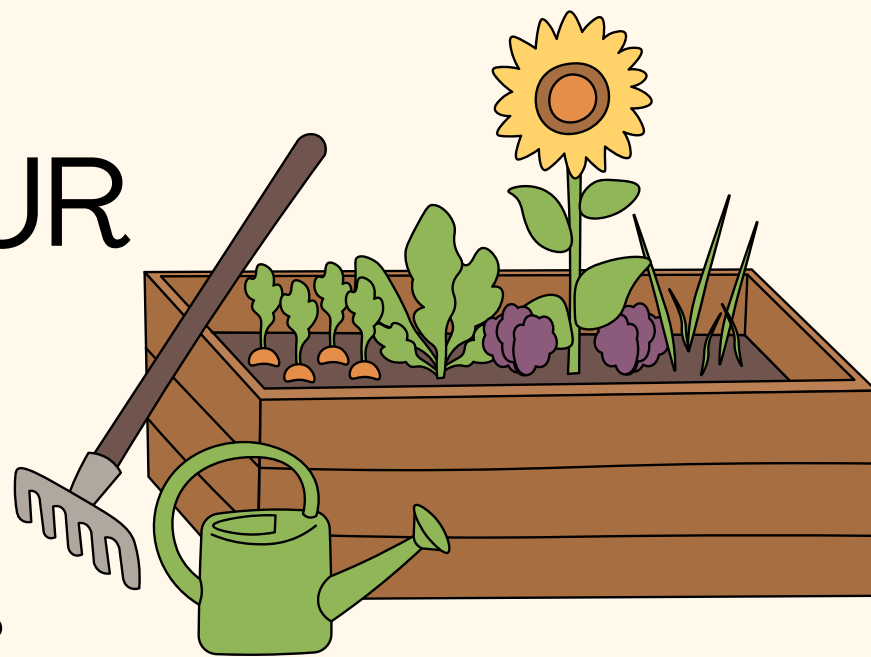
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# STEP 4: DESIGN YOUR GARDEN

## ASK THE QUESTIONS:

WHAT FRUITS+VEGETABLES WORK BEST FOR YOUR CLIMATE?  
WHAT PRODUCE IS BEST FOR YOUR SOIL?



# STEP 5: BUILD YOUR GARDEN

THIS COULD INCLUDE CREATING WOODEN OR TIN GARDENING BOXES OR PREPARING THE LAND



# STEP 5: BEGIN GARDENING!

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STORY

# The Whole World Deserves Whole Food

## **Help communities in food deserts by:**

- Donating fresh, perishable food items to food pantries in food desert areas
  - Ex.) LA county + South King county
- Use Deo's Free Starter Community Garden package to start a local community garden to grow fresh produce
- Open local farmers markets in disadvantaged areas
- Inform yourself + others on the importance of nutrition

