

HAND, HEART + SOUL PROJECT





OUR MISSION

The Hand, Heart and Soul Project cultivates wellness in Clayton County through equitable access to nutrient dense foods, holistic education, and advocacy.

WHO WE ARE

Founded in 2018, The Hand, Heart, and Soul project does three main things:

- We provide children and families access to nutrient-dense foods
- We develop holistic health and wellness education programs
- We serve as expert ambassadors on local, state, and national platforms to make effective policy changes.





THE PROBLEM?

LIMITED ACCESS TO HEALTHY FOOD AND WELLNESS RESOURCES IN UNDERSERVED AREAS.



KARTER



Clayton Collective Community Garden







Grow It!





USDA & CACFP IN A SNAPSHOT





**Georgia Department of Human
Services** Human Resources

SNAP-Ed Implementing Agency



COMMUNITY CHAMPIONS MEETING



We are increasing the consumption of fruits & vegetables and promoting physical activity.

This institution is an equal opportunity provider.

- 👉 Date: Monday, March 17
- 👉 Time: 6:00 PM
- 👉 Location: JVO 127
Jonesboro Rd Suite 100,
Jonesboro, GA



We are developing a comprehensive program in Clayton County to access healthier food options.

This material was funded by USDA's Supplemental Nutrition Assistance Program SNAP.
This institution is an equal opportunity provider.

If you are a person with a disability and require any assistive devices, services, or other accommodations to participate in this activity, please contact us at grantsteam@handheartsoulproject.org during the business hours of 9:00 am to 4:00 pm at least five business days before the event to discuss accommodations.

HEALTH UPDATES

JUST KEEP MOVING
MORE VEGGIES, LESS MEAT

MAY MEETING IS VIRTUAL...
...AS WE CONTINUE PLANNING FOR SEPTEMBER 13TH GATHERING!

EXISTING PROGRAMS WE CAN PIGGYBACK OFF OF?

THIS SUMMER: PROMISING PROGRAMS AT PARKS & REC

MANY ISSUES TO ADDRESS THROUGH
POLICY SYSTEM ENVIRONMENT

COALS + IDEAS

ANYTHING CAN BE EXERCISE

CANNED AND FROZEN OFFERS CONVENIENCE - BUT IS IT AS NUTRITIOUS?

MESSAGE: HEALTHY EATING CAN BE *exciting!*

GROWING SOMETHING TOGETHER?

DEVELOP A GARDEN DIRECTORY?

COLLABORATING WITH CLAYTON COLLABORATIVE

JUNETENTH EVENT?

WATER ACCESS FOR HUMANS, NOT JUST DOGS

PRESENCE IN SCHOOLS? FARM 2 SCHOOL

COMMUNITY CHAMPIONS APRIL 21, 2025





OLDWAYS COOKING CLASSES



OLDWAYS
Silver Spoons
6 SESSION SENIORS COOKING CLASS

February 6-March 13
EVERY FRIDAY
10:30 am-12:30 pm

NO COST

SCAN ME

Arts SLATED!

LEARN FUN RECIPES, TIPS, AND EARN A VITAMIX BLENDER!
136 S Main Street Jonesboro, GA 30236

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If you are a person with a disability and require any special services, materials, or other accommodations to participate in this activity, please contact us at gsd@artsandculture.gov or call 800-455-7529. We cannot guarantee that we will be able to provide these services if you do not contact us at least 30 days before the event for discussion and accommodations.

rediscover goodness
OLDWAYS

HEART + SOUL + PURPOSE

peeled and minced (about
cherries
spoons chili oil
on coarse salt
inch ground black pepper

To bring a soulful
culinary journey to
your community,
scan:

er medium heat. Shake skillet to move
nuts around. Toast for 10 minutes. Set aside.
Place parsley and garlic in a large mixing
bowl. Add the dried cherries and pecans.
5. In the cooled rice, stir in 1 tablespoon chili oil.
Taste, and if spicy enough, stick with just the
1 tablespoon (heat will vary based on chilies
and black pepper.

from her
Dixie in
city



BEST INNOVATION - 2025

Incorporated Snap-ed programing into our United Way Learning Spaces experiences

- Learning Spaces is a pop-up preschool classroom that provides parents with early learning strategies that they can model at home.
- Provided nutrition-based activities that parents can replicate at home using our snap-ed guidance



Benefits for Children and Families

- Social interaction for children and families
- Quality formal preschool experiences
- Age appropriate play
- Healthy snacks
- Safe and nurturing environment
- Pertinent information on school readiness
- Coaching support while learning about being a child's first teacher
- Quality time with children
- Year-round schedule keeps children and family engaged.

What is Learning Spaces?

Learning Spaces is an early learning initiative designed for caregivers, childcare providers and children birth to five years old. Through collaboration with local libraries and early childhood professionals, it has been developed to be a preschool program in non-traditional spaces. The program raises awareness about the role of child's first teacher and provides meaningful engagement with caregivers.

JOIN 3 OUT OF 4 CLASSES

Reserve Your Families Spot! bit.ly/SZNUPNS





UNITY FARM STAND & MARKET



POLICY

HHSP lifts + elevates voices

Food Access + Insecurity



[Community Voices](#)



POLICY *and* PEOPLE

MAKING POLICY MAKE SENSE, FOR AND WITH OUR COMMUNITIES.



LED BY HON. VALENCIA STOVALL
HHSP SENIOR POLICY ADVISOR



SCAN ME

bit.ly/4a1odQM

ACTION ORIENTED SOLUTIONS FOR COMMUNITY CHANGE

VIRTUAL EVENT

Tuesday, March 19th

6:00 PM (EST)

MOBILIZING FOR FOOD ACCESS:
A CASE STUDY IN GRASSROOTS ORGANIZING

Join the conversation. Share your perspective.
Be a part of the change.



SNAP ADVOCACY DAY

Let your voice
be heard!

Where: Georgia State Capitol & Central
Presbyterian Church

When: Wednesday, February 4th | 9am

Register at bit.ly/SNAP2026



Potential Support (not confirmed)

Big Green Foundation

[The Big Green DAO](#)

[Delivering Garden Beds to DAO members.](#)

[As a member, HHSP would request beds for Jonesboro Community Garden if this is an option through land use agreement](#)





UNITED WAY OF GREATER ATLANTA

EVERY FRIDAY
10AM - 12PM

Jones's Place

780 Main St, Forest Park, GA 30297

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JOIN 3 OUT OF 4 CLASSES

Reserve Your Families Spot! bit.ly/3ZNUPNS



PRESENTS

Southern Roots

THE BELOVED TABLE

THURSDAY,
FEBRUARY 19



SCAN ME



ARTS CLAYTON
136 S MAIN ST
JONESBORO, GA

5:30PM DOORS OPEN
6:00PM START
MUST REGISTER IN ADVANCE

GATHER. EAT. CONNECT.

IN THE SPIRIT OF DR. MARTIN LUTHER KING JR.'S VISION OF THE BELOVED COMMUNITY, JOIN US FOR AN EVENING THAT EMPHASIZES **IALOGUE AND COLLABORATION**, SURROUNDED BY THE ARTWORK OF LOCAL ARTISTS.

TOGETHER, WE'LL SHARE STORIES, ENGAGE IN MEANINGFUL CONVERSATIONS, AND EXPLORE WHAT IT MEANS TO BUILD A COMMUNITY ROOTED IN LOVE AND UNDERSTANDING. ATTENDEES WILL ALSO LEARN ABOUT CALLS TO ACTION AND WAYS FOR INTENTIONAL ENGAGEMENT.



OLDWAYS Silver Spoons

SENIORS COOKING CLASS

March 31-April 16

Tues & Thurs
10:30 am-12:30 pm



SCAN ME

<https://bit.ly/3LWzfNQ>



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The Concept: HHSP Commons





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Garden
Land to GROW food
Store
Shared Office Space





The HOW:

Congressional Funds via Community Project Funding (supports building renovation and repurposing) or Community Development Block Grant (more practical and accessible)

Pipeline for additional funding... based on trends + building proposal + advocacy





The What:

- 1. Community Garden:
 - 0.5 acres of land to grow fresh produce, support local food initiatives,
 - Brings neighbors and residents together
 - Land use agreement
- 2. Multi-Use Facility:
 - Acquire a 2500+ sq. ft. office space that includes:
 - Includes private offices for leadership, staff and community organizations (non profit incubator).
 - At least one large community room for programs, events, and collaborative gatherings and other activities.
 - Smaller rooms for focused meetings and flexible uses.
 - Outdoor garden and event space
- 3. Commercial Kitchen:
 - Develop a fully equipped kitchen for community food preparation, nutrition programs,
 - and partnership opportunities with government, non profit, and other businesses.
- 4. Mobile Market Storage:
 - Secure storage for the mobile market unit and other necessary equipment.
- 5. Retail Market Potential:
 - Mobile market double as a sales point for our Unity Farm Stand and Mobile Market to expand food access
 - Can easily travel and serve City of Jonesboro residents at festivals and other events

The Why:



Why the City of Jonesboro + HHSP should partner on an HHSP Common

- Aligns with shared goals around community wellbeing, economic vitality, and equitable access to resources
- Leverages HHSP's proven work in nutrition, education, and community advocacy to activate a city-supported space
- Creates a centralized hub that reduces fragmentation across nonprofits and strengthens collaboration
- Positions Jonesboro as a leader in innovative, community-centered development in the region

The Why:



What the HHSP Commons would offer

- A nonprofit hub that provides **shared space, resources, and infrastructure for local organizations**
- A garden space that increases access to fresh, nutrient-dense foods and supports food sovereignty
- A community kitchen that enables nutrition education and classes
- An additional gathering space for events, civic engagement, cultural programming, and resident connection
- A no compete atmosphere where all are welcome. HHSP wishes to demonstrate a true “hub” where theory is put into practice.



The Why:

How it brings value to the community

- Expands access to healthy food, education, and economic opportunities in one accessible location (gathering spot!!!)
- Builds stronger relationships across residents, nonprofits, and local government
- Supports youth + families through holistic programming in health, wealth, nutrition, and education



The Why:

Why it is a driver of economic development

- Attracts investment and grants tied to food systems, health equity, and community development
- Reduces barriers for nonprofits by lowering operational costs through shared infrastructure



The Collab:

What the City of Jonesboro would offer

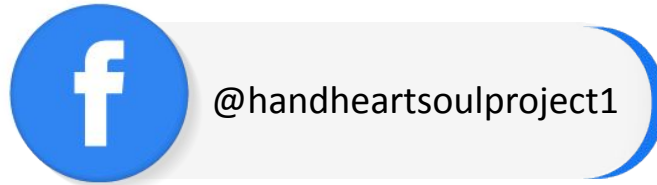
- Full up to code renovation of real estate: 124 North Main Street or another feasible property through block grant funding
 - a. HHSP met with legislative aides in DC recently who indicated that they would be willing to write a LOS, if needed for community projects.
- Minimum 5 year Land Use agreement with access to land Jonesboro Community Garden
 - a. HHSP would need to consult with our board and our legal team to work out details and HHSP counsel approval
- Use of real-estate at no cost through binding legal agreement
 - a. With HHSP board and HHSP counsel approval
- Monthly retainer to HHSP to support garden up-keep, programming, and community engagement and show the investment of non-profit organizations in Clayton





If you have come here to help me, *you are wasting your time.* But if you have come because your *liberation is bound up with mine,* then let us work together

Lilla Watson





— **THANK YOU** —