

URBAN ROOTS Brings Fresh Produce to Manos

One of the best things about being a nonprofit in Austin is the collaboration among the many organizations who are all working to make Central Texas a better place to live. Urban Roots of YouthLaunch is one program that is putting the fruits of their labor (literally) to good use with the help of partner nonprofits like Manos. Urban Roots is a youth development program that uses sustainable agriculture as a means to effect lasting change for young people and to nourish East Austin residents who have limited access to healthy foods. Participating youth grow thousands of pounds of food on 3.5 acres and donate roughly 40% of their crop to hunger relief efforts.

This year, Manos was happy to be a distributor of Urban Roots' fresh produce. Their produce has been a wonderful addition to

our food pantry as we are rarely able provide fresh fruits and vegetables to our clients. Most donations that Manos receives are non-perishable items that include canned and dried goods. Plus, Urban Roots' donations reach our food pantry soon after they are harvested when they are most nutritious. Thanks to Urban Roots, more than 100 families and individuals have already received butternut squash, romaine lettuce, cilantro, and other varieties of fresh foods through our food pantry. We are thankful for yet another great partner organization in our community.



CALENDAR

JUNE 1

Austin Marathon & Half-Marathon Registration Opens
Summer Classes Start

JULY 26-30

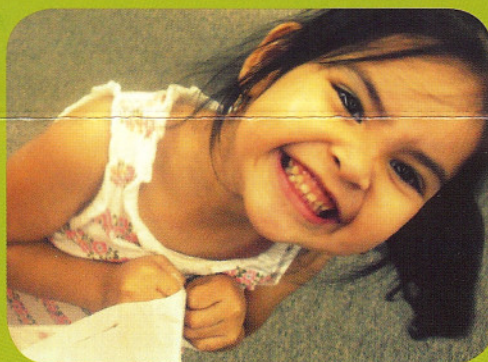
Sorting Week for Back-to-School

AUGUST 2-13

Back-to-School

BACK-TO-SCHOOL

Just when you think it's over, it has only just begun! School may be ending, but at Manos, we are shifting into high gear and getting ready for Back-to-School. Each year during our Back-to-School program, Manos provides more and more children with the tools to inspire a successful school year, and this year is no different. In 2009, Manos de Cristo served more than 1,000 families from 59 zip codes in and around Austin. This year, our goal is to serve 2,200 children entering grades PK-5th! **To do this we need your help.**



We all know how intimidating the beginning of the school year can be, and, for low-income children, beginning school can be even more daunting. Manos started the Back-to-School program to give children the basic tools they need

in the classroom, to develop positive experiences at the beginning of school, and to promote academic success among children in need.

We know how important it is to create an

atmosphere of encouragement, dignity, and respect for children. You can help us make all this happen by volunteering or making a contribution to support the children in our community. To volunteer contact Judy Cárdenas at outreach@manosdecristo.org or call 477-7454 Ext. 106.

During the first two weeks of August, we will provide children living in poverty with one backpack, a complete set of grade appropriate school supplies, and two changes of clothing, including socks and underwear.

I WANT TO HELP

Help children be prepared for school by supporting the Back-to-School program!

- \$20 can provide school supplies for four children
- \$45 can prepare one child for school
- \$90 can prepare two children for school
- \$225 can prepare five children for school

Send your donation to Manos de Cristo at 4911 Harmon Ave., Austin, TX 78751

CREDITS

ABOUT

Manos de Cristo empowers low-income individuals with a loving hand of assistance and welcomes all regardless of age, gender, race, or religious preference. Inspired by the Christian ideals of service and compassion, Manos promotes dignity and self-reliance by providing essential oral care, furthering educational development, and meeting basic needs with food and clothing.

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