

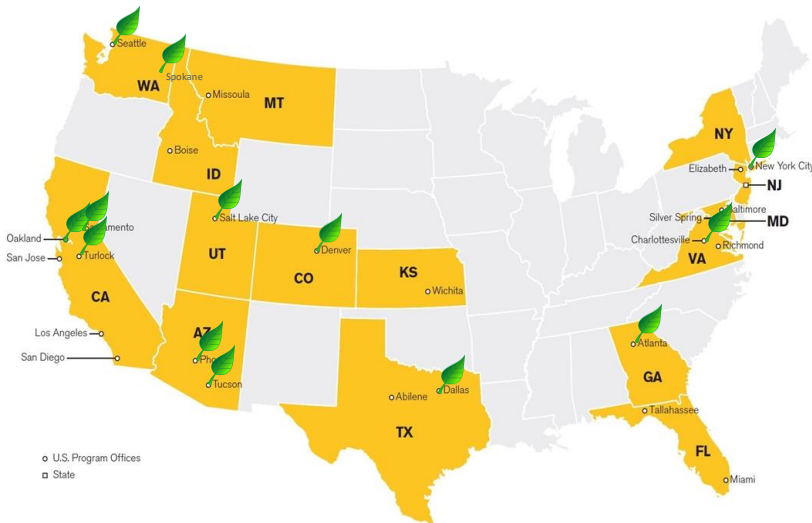


IRC's New Roots Program: *Growing Good from the Ground Up*

November 2022

Who We Are

International Rescue Committee's New Roots food and agriculture program emerged from the strong farming and food cultures of refugees and other new Americans. Programs develop gardens, urban farms, and markets in 66 sites across 13 U.S. cities from Sacramento to New York. New Roots currently reaches over 8,400 people through innovative and strengths-based approaches that grow into long lasting changes for refugees and their communities.



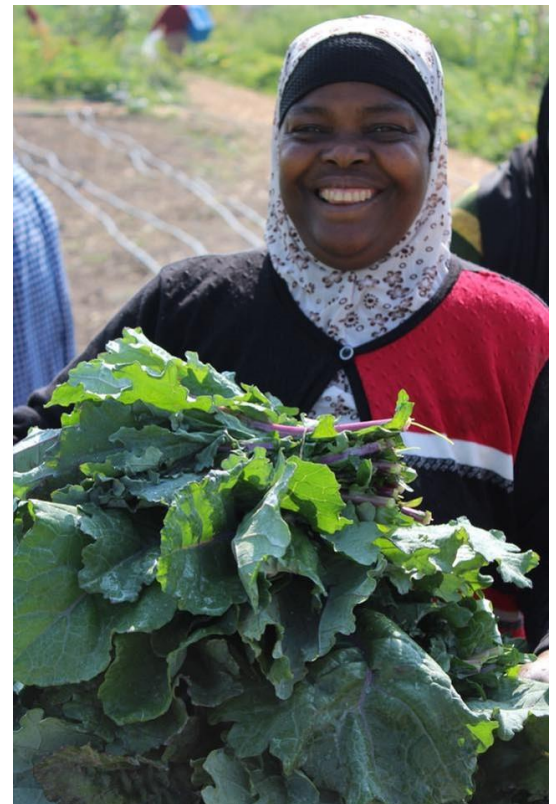
IRC has active New Roots programs across 13 locations.

What We Do

What began as an opportunity for people to reconnect with their heritage has blossomed into activities that produce healthy food, support grassroots leaders, build livelihoods, and strengthen communities.

Growing Community Food Security:

All New Roots initiatives help refugees and other new Americans access land, tools and training to grow healthy food and nourish their families. Growers interested in income generation can receive support and technical assistance through farm business training and marketing support. New Roots programs also manage community markets which support these producers while creating healthy and culturally familiar food outlets in new American communities.



“I don’t have to buy vegetables for six months out of the year because [of the] land and seeds.”

Farmer from Bhutan living in Dallas

Creating Welcoming and Nurturing Community Spaces:

Beyond food production, New Roots gardens, farms, and markets also add safe and engaging places that promote mental and physical wellbeing and a sense of place. Community events and open hours provide opportunities for new Americans to connect with their neighbors and reverse the isolating effects of cultural differences and language barriers.



Cultivating New Skills:

New Americans who may have had limited employment or educational experience benefit from learning environments that are tailored to their needs and bolstered by a supportive cohort of peers. Farm-based training programs improve transferrable skills and rebuild livelihoods through hands-on practice, links to professional contacts, and gainful employment opportunities.

Building Young Leaders:

New Roots youth programs use food as a medium to study a variety of academic and real-world topics, build meaningful social connections, and develop leadership and critical thinking skills. Programs engage youth in food production, culinary activities, and paid internships that stretch student understanding of the world and position them as agents of change in their lives, in their families, and in their broader communities.



"The IRC not only helped me with my school work but encouraged me to try new things. I learned the importance of community involvement and gained valuable skills."

Youth Food Justice Participant from Burma living in Atlanta