



[www.hopefromthebottomup.com](http://www.hopefromthebottomup.com)

## July 2023 Hope Newsletter

**Hope-Filled Organization:**

### **NATIONAL SUSTAINABLE AGRICULTURAL COALITION**

**Joke of the week.**

**What do you call a sad strawberry?**



**A blueberry!** 😊



The **National Sustainable Agriculture Coalition (NSAC)** is an alliance of grassroots organizations that advocates for federal policy reform to advance the sustainability of agriculture, food systems, natural resources, and rural communities.

NSAC's vision of agriculture is one where a safe, nutritious, ample, and affordable food supply is produced by a legion of family farmers who make a decent living pursuing their trade, while protecting the environment, and contributing to the strength and stability of their communities.

[NSAC member groups](https://sustainableagriculture.net/) advance common positions to support small and mid-size family farms, protect natural resources, promote healthy rural communities, and ensure access to healthy, nutritious foods by everyone. By bringing grassroots perspectives to the table normally dominated by big business, NSAC levels the playing field and gives voice to sustainable and organic farmers. To learn more about NSAC, click on this link:

<https://sustainableagriculture.net/>

## Story of Hope:

# The US has tons of leftover food. Upcycling turns would-be trash into ice cream and pizza.

*HAVEN DALEY Associated Press Jun 23, 2023 Updated Jun 23, 2023*

LOS GATOS, Calif. — At Tyler Malek's ice cream parlors, one cook's trash is another chef's frosty treat.

The head ice cream maker at the Portland, Oregon-based Salt & Straw uses the whey leftover from yogurt makers in upstate New York to make his lemon curd flavor. For chocolate barley milk, he mixes in the remnants of rice and grains from beer brewing to give it a light and creamy taste.

"Instead of calling this food waste, we need to call it wasted food and start decreasing how much wasting we're doing," Malek said.



*Founder Salt & Straw Ice Cream Tyler Malek scoops "Day-Old Bread Pudding" upcycled ice cream at the franchise's newest location in Los Gatos, Calif., on June 2 (Haven Daley, Associated Press)*

Malek's ice cream chain is among those at the forefront of the upcycling movement, the process of creating high-quality products from leftover food. Malek's shops from the Pacific Northwest to Miami now feature flavors like "Cacao Pulp & Chocolate Stracciatella Gelato," which is made from leftover cacao pulp from chocolate production that otherwise would have gone to waste.

It's a trend gaining ground as consumers spend more time reading packaging labels and menu ingredients to learn where their food comes from and how it affects the environment. More than 35 million tons of food are wasted every year in the U.S. — about 40% of the country's food production — costing the national economy more than \$200 billion, according to the Upcycled Food Association.

Upcycled food is becoming increasingly common in cake mixes and veggie chips at natural grocery stores. Ingredients include fruits and vegetables from farms nationwide that are perfectly edible but often rejected by

restaurants and grocery stores because of their shape or color, like white strawberries, wilted greens and ugly mushrooms.

The Upcycled Food Association, which will celebrate World Upcycling Day on Saturday, issues an official "Upcycling Certified" seal to qualifying products. These seals, which adorn the new Salt & Straw upcycled flavors, raise awareness with consumers that the company makes the food using such ingredients.

The association initially certified about 30 products in 2021 and now has 450 carrying the label.

"A lot of the food that is uneaten or thrown away in our supply chain is actually due to archaic cosmetic standards or sort of perceptions that what we think is edible or quality food," said Angie Crone, the association's chief executive. "So, this is a mark that you can see on the products wherever you go shopping, to be able to understand how that company is reducing food waste in their supply chain. To learn more click on this link: [The US has tons of leftover food. Upcycling turns would-be trash into ice cream and pizza. \(journaltimes.com\)](https://www.journaltimes.com/story/news/2022/01/14/upcycling-food-waste-ice-cream-pizza/7000000001/)

### Hope-Filled Organization



**Our Commitment:** Childhaven believes that every human has equal and infinite value. Through a healing-centered continuum of care, we focus on elevating relational health in all places where children live, learn, and play. We are honored to be a partner in the movement to address the epidemic of childhood trauma and adversity through relationship, partnership, and innovation.

**Our Mission:** Childhaven partners with parents and community to strengthen families, prevent childhood trauma, and prepare children for a lifetime of well-being.

**Our Vision:** ALL children are safe and healthy; thriving physically, socially, emotionally and educationally; well-nurtured by family and community.

**We are constructively dissatisfied with the status quo:** We challenge ourselves to constantly reflect and learn...to better ourselves and our community. We innovate and partner to prevent childhood trauma, improve systems, and contribute to safe, stable, and nurturing relationships and environments. We are committed to better serving more children, more families, and more communities. To learn more, click on this link:

<https://childhaven.org/childhaven-approach/>

Hope-Filled Organization:



## What Healing Looks Like: Meet the People Working Across Difference to Build Stronger Communities

by Alison Grubbs



*Photo Credit: The Village Square*

In May 2022, New Pluralists announced our first major investment – \$10 million to support local leaders, networks, and community groups who are addressing divisive forces in their neighborhoods, towns, and counties. We wanted to learn how healing happens when it reflects the unique histories, cultures, and desires of diverse communities.

We were overwhelmed by the response. We thought we'd get about 200 applications. We received 790 applications from organizations and community leaders across 49 states, Puerto Rico, and Washington, D.C. This grant opportunity was only open for a few months, and it was primarily shared word-of-mouth. In an era where Americans feel more divided than ever, this is a signal that can give us all tremendous hope. There is healing happening all around us, and people doing courageous work that warrants our support, attention, and investment.

Selecting from among so many stellar proposals wasn't easy. Our grant reviewers included our diverse funding partners and community leaders. The process taught us how differently we all see and approach this work. We landed on 32 projects that demonstrate the many issues communities are healing, and the ways healing happens – from addressing wounds after violence, to reckoning with race and the legacies of slavery, from using faith and spiritual traditions to deepen our bonds, to building trust between groups that are bitterly at odds. You'll see initiatives where people make art or launch new enterprises built on principles of freedom and inclusion, and ones that rethink how we govern and make decisions together. Other initiatives bring communities together across lines of difference to tackle shared challenges (e.g., housing, safety, and education). Some projects are small, focused on a single town or city; others are locally rooted work that is partnering with national projects. To read more and see a list and info about the 32 projects which received funding for their programs to bring people together, click on this link: [What Healing Looks Like: Meet the People Working Across Difference to Build Stronger Communities – New Pluralists](#)

**Hope-Filled Organization:**

**random acts**  
OF FLOWERS®



Random Acts of Flowers improves the emotional health and well-being of individuals in healthcare facilities by delivering recycled flowers, encouragement, and personal moments of kindness. We all benefit when we're kind and compassionate. The community becomes stronger, and people thrive. That's why we deliver thousands of beautiful bouquets of recycled flowers to those struggling with injury, illness, and the aging process every week in neighborhoods all over the country.

**Our vision as a flower charity is to inspire and nurture a culture of care and compassion.**

**We do that through our core values:**

**Fun:** Smiles are contagious. We find a little fun in everything we do.

**Passion:** Passion drives purpose. We know the impact of our mission is determined by the enthusiasm of our people.

**Accountability:** The meeting of responsibilities, relationships, and results. We honor our commitments and take ownership of our actions.

**Excellence:** Exceeding expectations is the expectation. We take pride in our high standards and strive for continuous improvement.

**Our History:** In July 2007, Random Acts of Flowers' founder, Larsen Jay, was in a near-fatal accident. He credits the outpouring of support he received in the form of daily visitors and dozens of floral arrangements while in the hospital as a key to providing the emotional lift and encouragement that helped him persevere through the multiple surgeries and challenging recovery process he faced.

When Larsen was able to leave his room, he noticed how many of his fellow patients did not have visitors or flowers – the very things that helped him so much in those early and difficult days.

The first "Random Act of Flowers" delivery was made moments later as Larsen re-purposed his flowers and delivered them from his wheelchair. The memories of how a simple gesture touched his fellow patients compelled Larsen to form Random Acts of Flowers in 2008.

To learn more about this organization click on this video: [Random Acts of Flowers 2018 Promo on Vimeo](#)

And click on this link to Random Acts of Flowers website: <https://randomactsofflowers.org/mission/>

# Faces of volunteers: They provide more than donations and shelter to migrants in Chicago. They give love

Story by Laura Rodríguez Presa, Nell Salzman, Chicago Tribune • Thursday, June 1, 2023



*Susie Moya, right, a licensed clinical social worker and mental health therapist, speaks with a migrant woman about a support group for women she offers in a Pilsen shelter on May 26, 2023. © E. Jason Wambsgans/Chicago Tribune/TNS*

CHICAGO -- The buses had just begun to arrive at Union Station that hot and sticky night in August when Ricky Flores heard from an activist friend that a group of asylum-seekers had nowhere to go.

Flores sped to the station in his black and red Rammer truck, with speakers blaring music, followed by friends in other trucks, all ready to help transport the migrants to the first shelter that the city had quickly assembled.

As they waited, they shared phone numbers, laughter and cigarettes with the migrants. And over a single puff, the group forgot the uncertainty of their future on their first night in Chicago after crossing several borders, mostly all the way from Venezuela.

Flores stood by their side until the migrants were picked up. And he is still by their side.

Flores is one of the countless Chicagoans who have stepped up since August 2022 to help the migrants, going beyond assisting them with basic needs such as shelter, food and clothes — also making them feel welcome. The volunteers have celebrated birthdays, organized cookouts, provided free therapy services, driven migrants to doctor appointments and job interviews and helped them access showers.



*Volunteer Ricky Flores, left, uses a rope to control the pinata as Sobrino Luciano, 8, attempts to hit it during a group birthday celebration in a temporary migrant shelter in Pilsen on May 21, 2023. © Armando L. Sanchez/Chicago Tribune/TNS*

To read more, click on this link: [Faces of volunteers: They provide more than donations and shelter to migrants in Chicago. They give love \(msn.com\)](https://www.msn.com/en-us/news/us/Faces-of-volunteers-They-provide-more-than-donations-and-shelter-to-migrants-in-Chicago-They-give-love)

## Remembering a Good Friend

A very good friend of mine, with whom I worked for over 25 years, recently died. He was a source of hope for me and many other people. He was generous with his time in helping me and many others to grow professionally. He served the communities and organizations he was actively part of giving his time and financial support. He was also an accomplished musician playing the violin in a symphony orchestra. And he did it all with a “quirky” sense of humor. Below is a lively, 6 ½ minute violin concerto which I am sure he played at various concerts over the years. Enjoy!



<https://www.bing.com/videos/riverview/relatedvideo?q=concerto+for+violin+and+orchestra+mendelssohn+3rd+movwement&mid=99E5A34DB5F3D73680E599E5A34DB5F3D73680E5>

## Share this Newsletter

If you find this Newsletter to be a positive contribution to promote Hope and positive changes for now and in the future, please forward this Newsletter to people you think would enjoy it and who may want to share their hopeful stories and programs for future Newsletters. They can sign up for the monthly Newsletters by doing the following:

The image is a promotional graphic for a newsletter. It features a background of several people's faces, some giving thumbs up. Overlaid on this is a semi-transparent orange box with white text. The text asks, "Would you like the Monthly Hope Newsletter sent to your inbox each month?". Below this, there is a list of four steps: "Click on the website link below", "Scroll down to the bottom of the page", "Enter your email", and "Click on Submit". At the bottom of the list, it says "You are subscribed". In the bottom right corner of the graphic, there is a logo for "HOPE FROM THE BOTTOM UP" which consists of the word "HOPE" in large letters above a graphic of hands of various colors reaching up, and the words "FROM THE BOTTOM UP" below it.

Hope From the Bottom Up website link: <https://hopefromthebottomup.com/>  
Or send me an email ([robert@robertbeezat.com](mailto:robert@robertbeezat.com)) with the name and email address of the person you think would be interested. I will then contact them.

**Thank You**