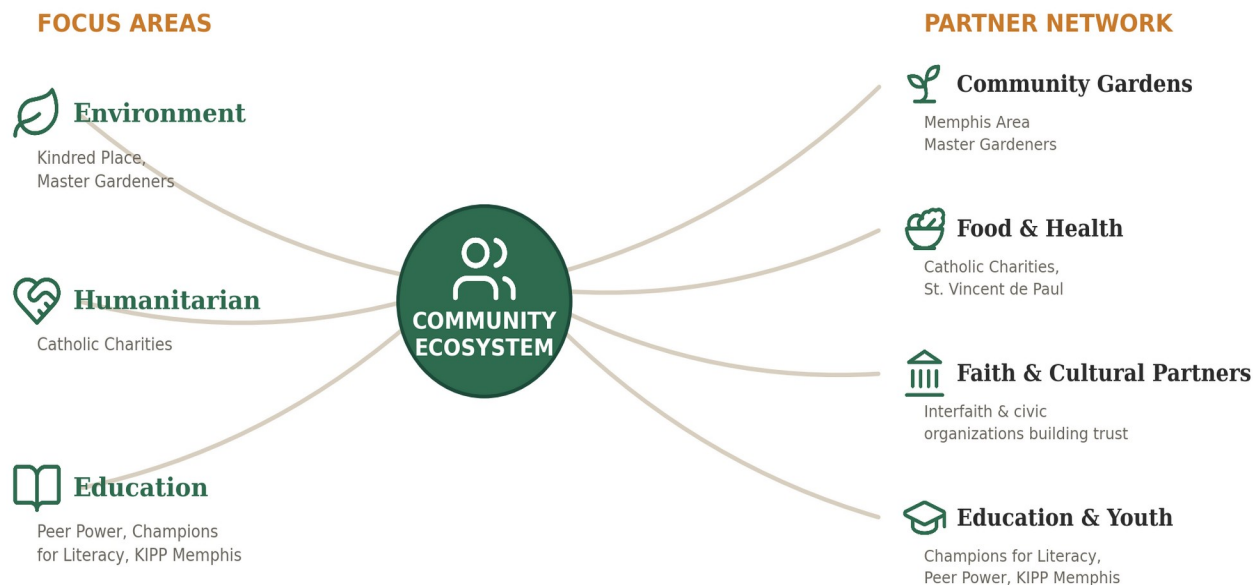


Grow. Deliver. Educate.

How the Well-Being Centers Initiative turns community resources into lasting outcomes.



THE WELL-BEING CHAIN — FROM SUSTAINABLE SEEDS TO RESILIENT FAMILIES



1 Grow

Cultivating Resources

Community-hosted garden and greenhouse projects turn unused land into local food production — reducing food deserts across Memphis neighborhoods.

Hosted growing projects at partner sites, including Kindred Place

Directly reduces food deserts in underserved areas

Volunteer-powered and locally rooted

Programs to improve mental wellbeing with Kindred Place, Catholic Charities of West TN, and American Academy of Yoga and Meditation (AAYAM)



2 Deliver

Distributing Support

What's grown doesn't stay on the shelf. ICFGM ensures every output reaches the community it was grown for.

Ensures output is distributed directly into the community with partners like Catholic Charities of West Tennessee (CCWTN)

Hands-on benefits reach the individual — youth and adult alike

Built on trusted local partner relationships



3 Educate

Building Better Outcomes

The final step turns access into lasting health — building better physical and mental wellbeing outcomes for the whole family.

Mental health support through yoga developed by AAYAM

Physical wellbeing through better nutrition with Champions for Literacy, School Seed Foundation, and Peer Power Foundation

Better health & general wellbeing outcomes for youth and adults

“From sustainable seeds to resilient families — each step in the model is connected.”

Concept adapted from ICFGM's 2030 planning workshop · ICFGM Well-Being Centers Initiative