

A Holiday Message from President and Founder Nada Cory



SHINE YOUR LIGHT!

Dear Friends and Gardens of Hope Family,

The Holiday Season is upon us, and twinkling lights are everywhere. Our gardens are growing abundantly, and students and families are enjoying their time spent in fresh air, while tending to mere seedlings they planted not long ago. The fruits of our labor are manifesting beautifully in preparation for the first harvests in the New Year.

We, at the Joseph P Cory Foundation, are grateful for each one of you, for however you have participated with us this year, in person or in kind. Your enthusiasm and time spent are very valuable to us and appreciated beyond words. With anticipation, our advice has helped you in your own garden, and brought you much joy and many rewarding moments, as you communed with nature and each other.

To all our donors, a heartfelt thank you for your generosity and willingness to make JPCF your choice of philanthropy. *Together we are affecting many lives in profound ways* and planting seeds for a life of promise, filled with a new awareness of health and wellness.

To us, you all are our bright shining stars that fill our days with light, just like the twinkling lights of the holiday all around us. So go on and shine your light bright and steady! Open your hearts to receive our gift of gratitude that surrounds you!

Let us commit to a New Year, abounding with many new gardens, so that together we can continue to impact a healthy tomorrow!

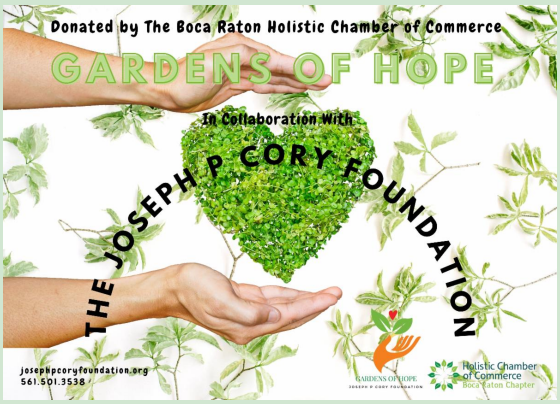
From the bottom of my heart, I am wishing you Happy Holidays and a very Happy, Healthy New Year!

Nada

DONATE TO EDUCATE

After school Gardens of Hope are Growing!







Tuesday, November 11th was election Day for our country, and for the Morikami Park elementary school, Delray Beach, Florida, it was a landslide victory! The Joseph P Cory Foundation elected their school, to be the first of two campuses to receive an "after-school" Garden of Hope. Our garden program, approved and recommended to district educators, implements the time spent by students remaining after the regular school day, until they are picked up to go home.

While the district has a highly acclaimed aftercare program, school gardens provide early exposure to fruits, vegetables and herbs, hands on nutrition education, and cultivates an early appreciation for healthy food. By increasing food literacy and availability/convenience of fruits and vegetables, we can reduce childhood obesity, once considered an adult limited issue.

The JPCF would like to thank their collaborative partner, the Boca Raton Holistic Chamber of Commerce, for answering this much needed call for community philanthropy. A fundraiser was created to adopt this school, plant, and sustain this garden, and impact these students in a significant way. Planting day was full of excitement and engagement. Even students who were merely walking through the school stopped to admire and inquire about this once vacant space, now full of life and



promise.

Find out how you can sponsor an after school Garden of Hope, and be a seed of change!

Morikami Park Photo link:



Hammock Pointe Elementary
Learning never tasted so good!
CLICK PHOTO FOR VIDEO



Holiday Zither Music
Click Here

Foundation Spotlight:
Meet Ana Fraga - In her own words...



“I’m Ana Fraga; born and raised in Brazil where I earned my bachelor’s degree in Nutritional Science from Federal University of Rio de Janeiro, and a bachelor’s degree in Business at FAU. I was fortunate to begin my career working with children in Brazil, and since then it has been my passion. Currently, I work as an Assistant Site Director at Morikami Park Elementary.

I am a strong believer that playing outdoors and learning from nature is not "play time" or "free time," but instead, a children's right and a necessity for their well-being. In other words, playing outside is a part of childhood pedagogy. Furthermore, the physical, social, cultural, affective, emotional, and cognitive aspects are being developed during this age which is why it is crucial for these skills to be amplified during childhood because it will accompany individuals throughout their lives.”

The Joseph P Cory Foundation would like to thank Ana for stepping up and requesting that her after school program, become the recipient of a Garden of Hope program. We knew she was a special applicant by her passion and experience and are thrilled to work with Ana and Morikami Park Elementary, growing healthy students, one seed at a time!

Making Holiday Decorations from the Garden



Whether you're trying to save a little money or you're tired of commercialization overtaking the holidays, making natural holiday decorations is a logical solution. Wreaths, floral arrangements, and even ornaments can be fashioned from materials in your backyard. So, this year, try holiday decorating with plants from your garden.





Chocolate Avocado Mousse
Click photo for recipe

A healthy holiday dessert! Join Nada and Lisa, as they make her special version!



"Snowflakes and Stars" Story



We Ho, Ho, *HOPE* you will donate this holiday. We have a *Secret Santa* who will match any donation, $ for $, received now until January 1st!

It's the end of the year, and many times we look for worthy charities to make a last donation. Please consider donating to our "SEED MONEY" fund, so we can continue to make a difference in the name of health and wellbeing, Happy Holidays from everyone at the Joseph P Cory Foundation!



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PLEASE consider US for your Holiday Giving.

The perfect stocking stuffer, we are compact and tax deductible!



Immediate Needs!

Thanks to our ongoing success, we have had an overwhelming request to start Gardens of Hope in more schools and the community.

At this time, please help us make their dreams a reality, and get these sites up and running during our optimum planting season: October/November.

Each Small Garden ($750) can serve 200+ students
$150 - Soil
$150 - Mulch
$150 - Seedlings and Seeds
$200 - In Person Classes/Education and Materials
$100 - Garden Tools and Ancillary Items



Volunteering is good for everyone!



Feel free to share this newsletter with colleagues and friends or upload to your social media!

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Email Us!

561.501.3538