

REPORT

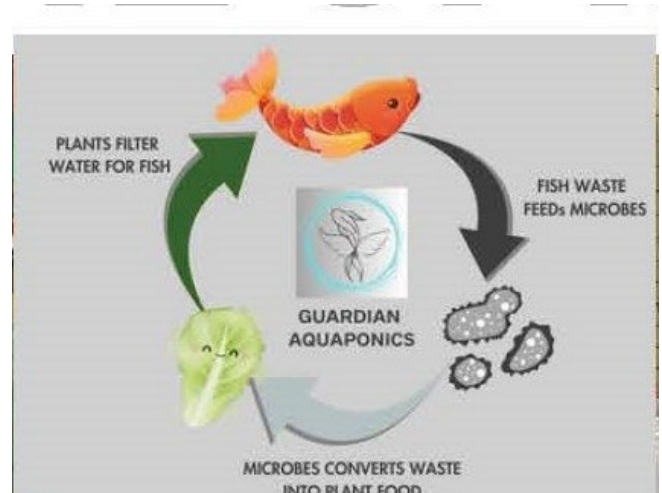
One Fish, Two Fish, Me Fish, You Fish: An Innovative Intergenerational Aquaponics Program

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Arise Veteran Foundation, Guardian Aquaponics and a St. Louis County Public High School have come together to create an innovative intergenerational (Senior, Veteran, and Youth) interactive aquaponics program. The project aims to spark child interest in aquaculture learning, supporting Aging population socialization and growing aquatic animals and organic produce to then support local food pantries or area stores. This program would support, healthy organic food production small scale, educate children earlier on why growing fish in controlled environments is needed, keep the aging population involved, and teach the public about alternate ways of sustainable food resource.

Collaborators:

- Arise Veteran Foundation brings its experience in supporting veterans and their families.
- Guardian Aquaponics would provide program oversight, activity creation, and curriculum for aquaponics and touring for the general public
- Washington University Student Researchers



Objectives:

- To create an intergenerational program related to aquaculture and sustainable farming practices
- Engage the Aging Veterans and local Senior Living Residents socially.
- Research the best practices to establish the earliest age to introduce different fish as food sources and grow more organic vegetables.

Methodology:

- Use the local Senior Living Facility as the growing area for the aquaponics system and activity center to teach the courses. Grow Fish and Produce. Give away produce to the community in need

- Promote catch and release by having fishing contests run by Guardian Aquaponics Quarterly
- Promote to the general public the importance of sustainable aquaponic systems-Aquaculture stats and
- Create a sustainable and environmentally friendly environment.
- Promote nutrition and healthier food choices for the young and old
- Create opportunities for the public to grow more independently organic and utilize 90% water savings, than traditional farming
- Bolster great awareness of our food systems needing more support and innovation

Expected Outcomes:

- Increased socialization for children and the Aging Population.
- Increased knowledge about various aquaculture
- Increased awareness of sustainable food source systems

We believe that this project has the potential to make a significant impact on the environment, local agriculture, and the lives of veterans. We look forward to working together to make this project a success.

The Project Responsibilities

Arise - Will provide project some project oversight job training and budgeting management

Guardian Aquaponics – Implement and manage the aquaponic system, develop schedule and project manage ongoing courses and maintenance upkeep.

Washington University – Wash U Students will provide clear data on the 4 types of



produce and fish grown in the systems and types of plants grown and rates and quality flavor were liked by the various age groups. Research will be done on the availability of fish processing businesses and the distance for that. Kitchen availability in the region how many fish can be grown in these systems and how fast for each species to market.

With food insecurity rising in our communities, greater division in our culture, Annemarie was motivated by a personal loss due to malnutrition. She is using Guardian Aquaponics as a vehicle to educate the public. Her belief is that sustainable farming can help mitigate the problem for food deserts and create new channel for social interactions. Aquaponics is a tool to unite us all. Getting the youth interested in CEA Agriculture will gain access for more to have quality produce. There will be more socialization generationally, and hopefully slow down the aging process and mental health issues of our time. Outside of the box thinking, will help us all GROW!
Aquaponics is a vehicle to HELP OUR LAND, OUR PEOPLE and OUR SPIRITS!



**COLLABORATION
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AQUATICS**