



Increasing Access to Healthy Food



a Healthy Places by Design workshop



Workshop Facilitator: Katherine Brown, PhD
Southside Community Land Trust
Kathleen Gorman, PhD
URI Feinstein Center for a Hunger Free America
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Horsley Witten Group, Inc.

Healthy Places by Design is a project of the Rhode Island Department of Health, funded through a grant from The Centers for Disease Control under the American Recovery and Reinvestment Act of 2009, Pub. L. No. 111-5



ABOUT HEALTHY PLACES BY DESIGN

Healthy Places by Design seeks to strengthen local land use, transportation and urban design policies and ordinances that guide community decisions about the built environment in order to make those policies and ordinances, and ultimately the built environment, more supportive of physical activity and healthy eating. The project has three main components:

Healthy Communities Plan

A Healthy Communities Plan, developed with input from local municipalities, will provide a range of policies and strategies that local municipalities can include in Local Comprehensive Plan updates in order to improve community walkability, safety, recreation options, transportation choices, and access to healthy foods. When a municipality submits a Local Comprehensive Plan update to Statewide Planning for approval, the Department of Health will use the Healthy Communities Plan to evaluate how effectively the update supports physical activity and healthy eating.

Healthy Communities Project

The Department of Health has contracted with three municipalities, Pawtucket, North Kingstown and South Kingstown, who will each partner with one community-based organization to implement changes to local policies in support of physical activity and access to healthy foods. This component has two objectives: to implement policy change by improving municipalities' Comprehensive Plans and to improve the **built environment's effect on health**; and to build capacity for healthier communities by empowering community-based organizations to assess their environments and advocate for change .

- Municipal planners, planning board members and community organizations will attend training on a variety of topics, including the social determinants of health; Health Impact Assessments; the planning process, public participation and coalition building; designing for physical activity and food access; and implementing the Healthy Communities Plan strategies.
- Municipalities will be required to revise their Comprehensive Plans to align them with the Healthy Communities Plan. They may also revise Zoning Ordinances or create special plans, such as an Open Space or Pedestrian/Bicycle Master Plans, to support physical activity and improve access to healthy foods.
- Community-Based Organizations will assist the municipalities in completing Health Impact Assessments and facilitating the public participation process, and will also determine health-based policy priorities and develop an Action Plan for advocacy and consensus building in the community around the specific policies.

Healthy Communities Toolkit

The results from the municipal pilot projects will be used to create a Healthy Communities Toolkit for municipalities with resources for implementing the Healthy Communities Plan. The Toolkit will be available online for use by municipal planners.



GROW SMART RHODE ISLAND promotes sustainable economic growth that builds upon and strengthens Rhode island's exceptional quality of place. The organization, which represents a broad range of interests, engages Rhode Islanders in reducing unplanned growth and sprawl and achieving revitalized and walkable city and town centers, housing options and affordability, expanded transportation choices, a vital agricultural sector and responsible stewardship of natural resources.

To accomplish its goals, Grow Smart

- Publishes research analyzing the impacts of suburban sprawl and urban decay and evaluating the potential effectiveness of policies that have been used elsewhere to combat sprawl;
- Advocates for policies and programs to revitalize urban/town centers, promote compact growth, keep agricultural land in production and open space;
- Provides training workshops and conferences to increase municipal and state capacity to shape growth;
- Maintains an extensive website and publishes a monthly e-brief to increase public awareness about the negative impacts of unplanned, sprawling development.

If you would like to learn more about Grow Smart's work, sign up to receive our monthly e-brief, and link to Community Connections, an electronic calendar of conferences and workshops related to land-use and water resources, go to

www.growsmartri.org



Grow Smart Rhode Island and its allies formed the ***GROW SMART RI LAND-USE TRAINING COLLABORATIVE*** with the goal of increasing Rhode Island municipal and statewide capacity to deal with complex land-use issues and to shape growth to meet the community’s vision. Through the Collaborative, Grow Smart and more than 20 state agencies and non-profit organizations combine resources to deliver training on various land-use topics to municipal staff, councils, boards and commissions, citizens and citizen groups, for-profit and non-profit developers, planning and design professionals, engineering professionals, land-use attorneys and conservationists. Since 2001, the Collaborative has provided training to almost 2,400 Rhode Islanders.

As the leader of the Collaborative, Grow Smart Rhode Island:

- Secures funding for the Collaborative
- Manages program and materials development
- Schedules training programs and markets programs to appropriate audiences
- Manages record-keeping and budgeting, bookkeeping, consultant contracts, vendor relations

Partnering organizations do some or all of the following:

- Help to identify and prioritize program needs
- Contribute to the development of new programs and materials
- Provide staff to serve as presenters at different programs
- Help to publicize programs
- Provide funding support

<u>Training Collaborative Partners</u>	
American Planning Association/RI Chapter Aquidneck Island Planning Commission Blackstone River Valley National Heritage Corridor Commission Housing Network of Rhode Island HousingWorks RI Local Initiatives Support Corporation Narragansett Bay Research Reserve Partnership for Community Development RI Association of Conservation Commissions RI Builders Association RI Department of Environmental Management	RI Department of Health RI Department of Transportation RI Division of Planning/Statewide Planning Program RI Historical Preservation & Heritage Commission Rhode Island Housing RI Land Trust Council RI League of Cities & Towns RI Water Resources Board URI Coastal Resources Center/URI Sea Grant URI Cooperative Extension Program US Green Building Council – RI Chapter Washington County Regional Planning Council

Katherine Brown, PhD
Executive Director
Southside Community Land Trust

After founding an urban agriculture project in Omaha NE, Katherine was inspired by the immediate, far-reaching effects achieved when people gather together to grow food in the city. The experience compelled her to leave a two-decade career as a tenured professor in health policy and ethics (UC Berkeley and Creighton University) to promote urban agriculture as a potent agent for positive community and environmental health and economic change. She has published several seminal articles about urban agriculture and speaks widely on the subject. Katherine's PhD is from Columbia University in Socio-medical Sciences, specializing in public health policy and cultural anthropology.

Kathleen Gorman, PhD
Director
URI Feinstein Center for a Hunger Free America

Since receiving her PhD in Human Development from the University of Maryland, Kathleen's research has focused on how malnutrition, food insecurity and hunger affect children's development. A professorship in psychology at URI, she directs the URI Feinstein Center for a Hunger Free America. As the Center's director, she not only administers the Hunger Studies minor and advises students on research and service learning experiences in the community, but also manages the State of RI's SNAP Outreach Project and works with government and non-profit agencies to support policy initiatives to improve the quality of life for low-income families and children.

Nathan Kelly, AICP
Senior Planner
Horsley Witten Group, Inc.

A Senior Planner for the Horsley Witten Group, Inc. and director of the firm's Providence office, Nathan Kelly has provided professional planning and zoning services to over thirty New England municipalities. His work ranges from comprehensive zoning revision projects to affordable housing, rural land preservation and economic development studies. Many projects involve extensive public outreach, including charrettes, public forums and hearings. His Rhode Island work has received three awards from the state APA Chapter. A member of the RI and MA Chapters of the American Planning Association, he received his Masters in Urban and Environmental Policy from Tufts University.

Assess resources, challenges & opportunities

Identify future needs

Develop long-range goals & identify implementation strategies

Adopt LOCAL COMPREHENSIVE PLAN including vision, goals, implementation Strategies

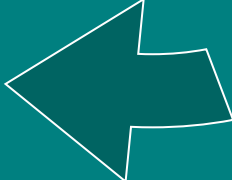
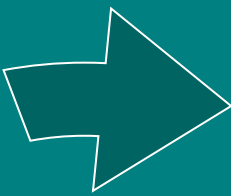
Implement plan through zoning land acquisition, capital improvements, etc.

Evaluate implementation progress

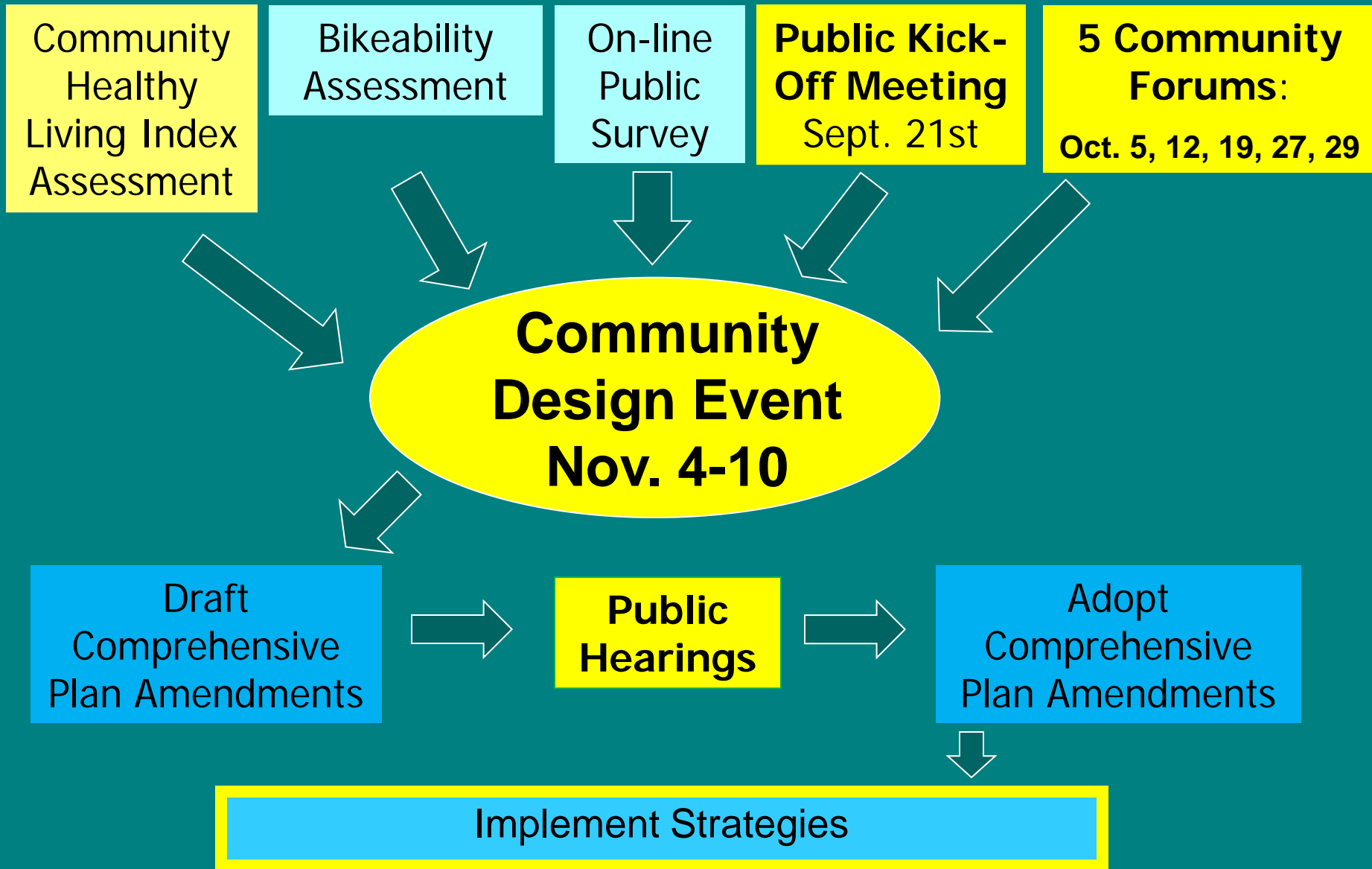
Establish a Community Vision

Reassess plan's ability to meet community's Needs and amend as necessary

The Community Land Use Planning Process in Rhode Island



Planning for a Healthier North Kingstown



Access to Healthy Food



A Healthy Places by Design Workshop



Introductions

- Kathleen Gorman, PhD
Director, URI Feinstein Center for a Hunger Free America
- Katherine Brown, PhD
Executive Director, Southside Community Land Trust
- Nathan Kelly, AICP
Senior Planner, Horsley Witten Group, Inc.

Workshop Objectives

- Influences that affect what we eat
- Impact of what we eat on physical health
- Food System
- What's happening in your community
- Community strategies to improve access to healthy foods
- Next steps, key allies, resources

What foods do you eat?

- What do you typically eat?
- Where does the food you eat come from?
- What influences what you eat? What your children eat?
- What are the challenges you face when shopping, planning or preparing meals?

What does Access to Healthy Food mean?

Food Security: access for all people at all times for enough food for an active and healthy life

Quality and quantity of food must be considered

Indicators: fruits and vegetables, sweetened beverages, fast food

What do we mean by access?

- For every consumer healthy food is
 - **Available** at locations that are easy to get to and open at convenient times
 - **Affordable**
 - **Culturally acceptable**

Why should communities be including access to healthy foods in their community plans?

Healthy people = healthy communities

- What we eat affects our health
- Large portions of the population, both adults and children, are not maintaining healthy diets
- Many people just aren't getting enough food every day due to limited resources

INFRASTRUCTURE

LAND AND WATER

PRODUCTION

RESOURCE
RECOVERY

PROCESSING

**FOOD
SYSTEM**

PUBLIC
POLICY

ECONOMY

CONSUMPTION

DISTRIBUTION

SALE

TECHNOLOGY

SOCIETY AND
CULTURE





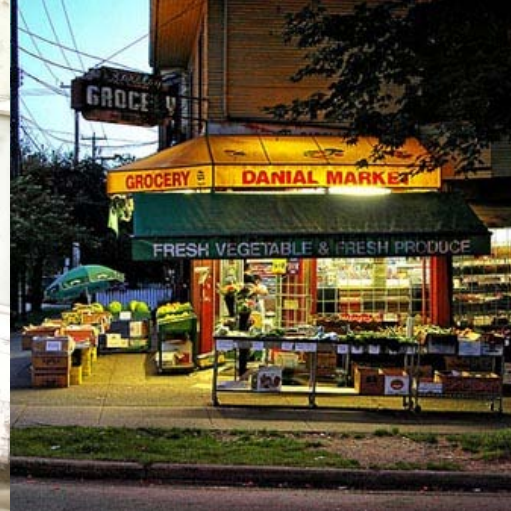
Food Production



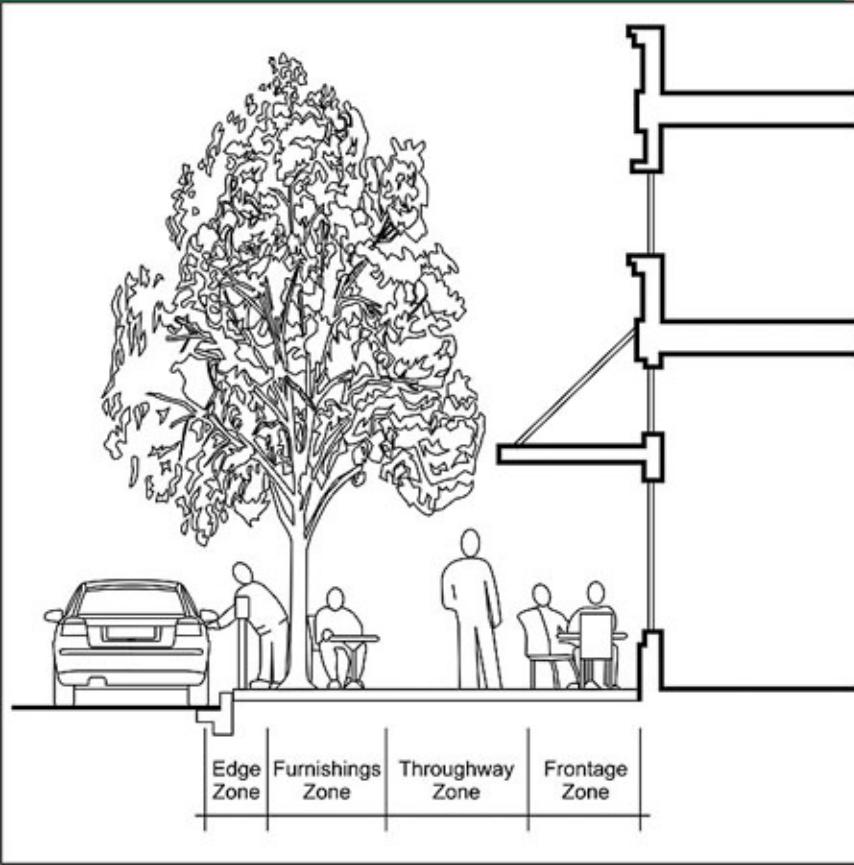
Food Processing



Food Outlets



Places to Eat





Distribution





Resource Recovery

ACCESS TO HEALTHY FOODS GLOSSARY

ACCESS The term “access” describes a food system’s effectiveness in meeting the needs of consumers. The different dimensions of access are:

Availability – are places where healthy food is offered located close to where people live and work? Can they be reached on foot or by public transportation? are they open at times that people have to shop, visit food pantries?

Affordability – is healthy food available at prices that fit within people’s budgets? Does a food retail outlet accept EBT?

Acceptability – Does the healthy food available fit with cultural tastes?

COMMUNITY FOOD SECURITY refers to a condition that exists when all sectors of the community’s food system inter-relate effectively to ensure that all residents have a high degree of self-reliance because they have access to safe, healthy, affordable and culturally-acceptable food

COMMUNITY GARDEN A community garden is any piece of land (publicly or privately held) that is cultivated by a group of people rather than a single family or individual. Unlike public parks and other green spaces maintained by local governments, community gardens are generally managed and controlled by a group of unpaid individuals or volunteers – usually the gardeners themselves. There are many variations on the theme of community gardening.

COMPOST A mixture of decayed or decaying plant or animal matter used to fertilize soil in gardens, landscaping, horticulture, and agriculture. Compost is usually made by gathering plant material, such as leaves, grass clippings, and vegetable peels, into a pile or bin and letting it decompose as a result of the action of aerobic bacteria, fungi, and other organisms. Compost can be rich in nutrients. The compost itself is beneficial for the land in many ways, including as a soil conditioner, a fertilizer, addition of vital humus or humic acids, and as a natural pesticide for soil. Compost can also be used to generate biogas through anaerobic digestion.

CONVENIENCE STORE a small store, often franchised, that offers a limited selection of food and household products and stays open for long hours at a convenient location. Convenience stores generally charge above-average prices compared to large supermarkets that generate large-volume sales.

EMERGENCY FOOD SYSTEM A network, run largely by private organizations with some Federal support, that plays an important role in feeding America’s low-income and needy populations. The network includes food pantries, emergency kitchens, and food banks. A USDA study showed that almost three-fourths of those served are food insecure. The majority of EFAS households, including two-thirds of food pantry clients and 45 percent of emergency kitchen clients, receive Federal food assistance. However, a substantial number of EFAS households do not receive food stamps, though they appear to be eligible for them.

FARM A business which grows food (including fruits, vegetables, livestock and aquaculture) and natural plant or animal fibers (including sod and nursery products) for commercial purposes.

FARMERS MARKET A market, often held outdoors in a public place at regular times, at which local farmers and fishermen sell fruit, vegetables, meat, seafood, locally processed foods and other farm products directly to consumers. (Note: this is a generic definition. Some municipal zoning ordinances in RI may contain specific definitions.)

FARMSTAND (SOMETIMES REFERRED TO AS ROADSIDE STAND) A seasonal or permanent building, booth or stall, located on a farm and used for the retail sale of fresh fruits, vegetables, flowers, herbs and other products raised on the farm. May also involve the sales of farm-processed food products and/or baked goods and home-made handicrafts. Municipal zoning ordinances differ widely as to allowable floor area, parking requirements and what may be sold (eg, unprocessed farm products only vs both unprocessed and processed farm products, allowing only produce raised on the farm vs some produce raised on nearby farms.)

FAST FOOD RESTAURANT a restaurant that specialises in providing a full 'meal' in a few minutes. Such meals often consist of a permutation of hamburger or chicken, French fries, and a soft drink or a milkshake. While a number of fast food restaurants now offer healthy meal choices, the term "fast food" is generally used as a short-hand description for meals that feature high calorie fried foods and pre-sweetened beverages and do not include fresh vegetables and fruits.

FOOD BANK A non-profit, charitable organization that distributes mostly donated food to a wide variety of agencies that in turn feed the hungry.

FOOD DESERTS A census tract where (1) the poverty rate is 20 percent or higher OR the median family income is 80 percent or less of the area's median family income; and (2) at least 33 percent of the census tract's population lives more than one mile from a supermarket or large grocery store ((for rural census tracts, the distance is more than 10 miles). (USDA Economic Research Service HFFI Initiative.)

FOOD PANTRY A site where which food is distributed to low-income and unemployed households to relieve situations of emergency and distress. Food pantries are often located in community centers or faith-based organizations.

FOOD INSECURITY Food insecurity means that at times during the year, a household is uncertain of having, or unable to acquire, enough food to meet the needs of all their members because they had insufficient money or other resources for food. Food-insecure households are subdivided into two categories. Those with low food security (or food insecurity without hunger) -- report reduced quality, variety, or desirability of diet but little or no indication of reduced food intake. Those with very low food security (Food insecurity with hunger) report multiple indications of disrupted eating patterns and reduced food intake.

14.5% of US households were food insecure at some time during 2010.

14.7% of Rhode Island households were food insecure at some time in 2010.

FOOD SECURITY Food security is defined by the US Department of Agriculture as having access at all times to enough food for an active, healthy life for all household members. The Community Food Security Coalition defines community food security as: "All persons in a community having access to culturally acceptable, nutritionally adequate food through local, non-emergency sources at all times."

FOOD SYSTEM The various activities and entities involved in moving food from farms and fishing boats to the consumer and in recycling unused food and food scraps. The food system is shaped by

FOOD CONSUMPTION (A COMPONENT OF FOOD SYSTEM) The activities involved in obtaining, preparing and eating foods.

FOOD PRODUCTION (A COMPONENT OF THE FOOD SYSTEM) Activities/enterprises associated with growing edible plants; raising livestock and poultry for meat, eggs and milk; cultivating farm-raised fish and shellfish; catching wild fish and shellfish

FOOD PROCESSING (A COMPONENT OF THE FOOD SYSTEM) Activities/enterprises associated with transforming raw plant and animal products into marketable forms suitable for direct human consumption or for use as ingredients. This transformation increases the value of the products.

FOOD DISTRIBUTION (A COMPONENT OF THE FOOD SYSTEM) Activities/enterprises associated with transporting and storing food products

FOOD RESOURCE RECOVERY/WASTE MANAGEMENT (A COMPONENT OF THE FOOD SYSTEM) The activities whereby discarded food materials are collected, sorted, processed and either used as food or converted into other materials and used in production of new products. Includes backyard composting, large-scale composting, edible food waste recovery, recycling, land filling.

FOOD SALES (A COMPONENT OF THE FOOD SYSTEM) Activities/enterprises associated with marketing food to consumers via supermarkets, grocery stores, farm stands, farmers markets, food pantries and all types of restaurants.

GROCERY STORE A store that sells food.

LOCAL COMPREHENSIVE PLAN (OFTEN CALLED THE “COMP PLAN”) In Rhode Island, the plan adopted by each municipality to guide the future development of a community. State law (RI 45-22.2) mandates that every municipality must adopt a local comprehensive plan.

LOCAL FOOD The term “local food” means different things to different people. One definition of “local” is that the product is being marketed or consumed in the state in which it was produced. Another is that the product is being marketed within a certain number of miles of its origin. The USDA defines that distance as less than 400 miles. In New England, the distance used is often considerably less than 400 miles.

MEAL SITES Locations where homeless children and families may go to receive a free meal, often located in churches and community centers. Also known as food kitchens.

ORDINANCE a law or regulation set forth and adopted a governmental authority (in Rhode Island, generally a municipality.)

OVERWEIGHT AND OBESITY Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height.

SUGAR SWEETENED BEVERAGES include soft drinks (soda or pop), fruit drinks, sports drinks, tea and coffee drinks, energy drinks, sweetened milk or milk alternatives, and any other beverages to which sugar, typically high fructose corn syrup or sucrose (table sugar), has been added. (From: *The CDC Guide to Strategies for Reducing the Consumption of Sugar-Sweetened Beverages.*)

SUPERMARKET a large self-service grocery store selling groceries and dairy products and household goods

URBAN AGRICULTURE is the growing, processing, and distribution of food and other products through intensive plant cultivation and animal husbandry in and around cities. It includes farming at the city’s edge in suburban greenbelts, vegetable plots in community gardens, and food production in vacant inner-city lots. Urban agriculture, which includes raising food both for commercial purposes and for home consumption, comprises fish farms, farm animals, municipal compost facilities, schoolyard gardens and greenhouses, restaurant-supported salad gardens, backyard orchards, rooftop gardens and beehives, window box gardens, and much more.

ZONING The division of a municipality by legislative regulation into areas, or zones, which specify allowable uses for real property and size restrictions for buildings within these areas.

FEDERAL FOOD ASSISTANCE PROGRAMS

EBT Electronic Benefit Transfer (EBT) is an electronic system that allows a recipient to authorize transfer of their government benefits from a Federal account to a retailer account to pay for products received. EBT has been implemented in all States since June of 2004. (USDA)

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) Formerly known as the Food Stamp Program, SNAP helps individuals and families buy food. Individuals and families qualify for SNAP benefits (food stamps) based on their income, resources, and the number of individuals in their household. The SNAP/Food Stamp eligibility has recently changed. Now, most individuals, couples and families may qualify if their income is less than 185 percent of the Federal Poverty Level (FPL). You do not need to be participating in other programs to receive SNAP benefits (food stamps). You can be unemployed or working, preparing for work, receiving a pension or homeless.

Foods that can be bought with SNAP include breads and cereals, fruits and vegetables, meats, fish and poultry, and dairy products, as well as seeds and plants that produce food for a household to eat. Households cannot buy beer, wine, liquor, cigarettes or tobacco, any nonfood items, vitamins and medicines, food that will be eaten in the store, or hot foods.

WIC A Federally funded program under the US Department of Agriculture that provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. WIC approved foods can include the following items: milk, cheese, beans or peanut butter, fruits/vegetables, eggs, whole grains (bread/tortilla/brown rice), juice, cereal, and baby foods. Formula and soy products are available based on a WIC participant's nutritional needs.

NATIONAL SCHOOL LUNCH PROGRAM A federally assisted meal program operating in over 101,000 public and non-profit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches, as well as snacks served in afterschool educational and enrichment programs for children through 18 years of age.

Generally, public or nonprofit private schools of high school grade or under and public or nonprofit private residential child care institutions may participate in the school lunch program. School lunches must meet the applicable recommendations of the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. Regulations also establish a standard for school lunches to provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories. School lunches must meet Federal nutrition requirements, but decisions about what specific foods to serve and how they are prepared are made by local school food authorities.

Any child at a participating school may purchase a meal through the National School Lunch Program. Children from families with incomes at or below 130 percent of the poverty level are eligible for free meals. Those with incomes between 130 percent and 185 percent of the poverty level are eligible for meals at reduced prices (not exceeding 40 cents.) Children from families with incomes over 185 percent of poverty pay full price, though their meals are still subsidized to some extent. Afterschool snacks are provided to children on the same income eligibility basis as school meals. However, programs that operate in areas where at least 50 percent of students are eligible for free or reduced-price meals may serve all their snacks for free.

SCHOOL BREAKFAST PROGRAM A federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It began as a pilot project in 1966, and was made permanent in 1975. The School Breakfast Program operates in the same manner as the National School Lunch Program.

CHILD AND ADULT CARE FOOD PROGRAM (CACFP) A program that provides nutritious meals and snacks to low-income children in day care programs. The program also provides

meals and snacks to 112,000 adults who receive care in nonresidential adult day care centers. CACFP also provides meals to children residing in emergency shelters, and snacks and suppers to youths participating in eligible afterschool care programs.

SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP) awards grants to States, United States Territories, and federally-recognized Indian tribal governments to provide low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture programs.

FRESH FOOD AND VEGETABLE PROGRAM