



**Building Strong Families for Kentucky:**

# **The Role of Food Policy Councils**

**Kentucky Family Impact Seminars**

A project of the School of Human Environmental Sciences,  
Kentucky Cooperative Extension Service and the College of Agriculture,  
Food and Environment at the University of Kentucky

***February 2015***







## 2<sup>nd</sup> Annual Kentucky Family Impact Seminar Briefing Report

# Building Strong Families for Kentucky: The Role of Food Policy Councils

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Food and Environment at the University of Kentucky

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# Welcome



This year's seminar focuses on the role of food policy councils. Food policy councils examine food systems for the purpose of developing policy recommendations at the state and local level. In particular, food policy councils can address food system issues such as improving food access or eliminating food insecurity, significant issues currently facing Kentuckians. This briefing report provides further information about the function and structure of a food policy council. With this knowledge, policymakers can be more cognizant of issues concerning food policy councils and better determine whether the state's involvement with a council would be beneficial to the needs of Kentucky.

On behalf of the University of Kentucky School of Human Environmental Sciences (HES), I would like to welcome you to the 2<sup>nd</sup> Annual Kentucky Family Impact Seminar. Our mission is to improve the quality of life for Kentucky citizens through rigorous academic programs, innovative research, and community engagement. We annually host the Kentucky Family Impact Seminar to present legislators with current and unbiased research on various issues that affect families. We hope that this information will later be used in making policy decisions and will encourage policymakers to examine the impact policy decisions have on families.

In closing, the School of HES, in partnership with the Department of Family and Consumer Sciences Extension, would like to thank our legislative supporters, Sen. Paul Hornback and Rep. Tom McKee. Their endorsement of the Family Impact Seminars is testament to the importance of evidenced-based policy decision-making.

We look forward to working toward our mission to improve the quality of life for individuals and families through these seminars. It is my sincere hope that you will use them as an educational tool as you move forward in your work concerning Kentucky families and that you will continue to support our efforts with your attendance at future seminars.

Thank you,

Ann Vail, Ph.D.

Director

University of Kentucky

School of Human Environmental Sciences



## Purpose and Presenters

**B**uilding Strong Families for Kentucky: The Role of Food Policy Councils, is the topic of the 2<sup>nd</sup> Annual Kentucky Family Impact Seminar, hosted by the University of Kentucky. The Kentucky Family Impact Seminars provide objective, current, and solution-oriented family issues research to state legislators and their aides, governor's office staff, legislative service agency staff, and state agency officials. The research presented at the seminars is objective and nonpartisan and does not lobby for specific policy positions. Seminar participants discuss policy options and identify common ground where it exists. These seminars connect research with state policy and bring a family perspective to policymaking.

For audio recordings and PowerPoints of speaker presentations, please visit our website at [HES.UKY.EDU/FIS](http://HES.UKY.EDU/FIS)

The 2<sup>nd</sup> Annual Kentucky Family Impact Seminar features the following speakers:

**Gail Feenstra, Ph.D.**

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# Acknowledgements

The Coordinating Committee for the 2<sup>nd</sup> Annual Kentucky Family Impact Seminar acknowledges the support of the many individuals and organizations whose work made the seminar possible.

Sen. Paul Hornback, Co-Chair of the 2015 Interim Joint Committee on Agriculture

Rep. Tom McKee, Co-Chair of the 2015 Interim Joint Committee on Agriculture

## **The leadership at the University of Kentucky:**

Eli Capiluto	President
Nancy Cox	Dean, College of Agriculture, Food and Environment
Jimmy Henning	Associate Dean for Extension and Director, Cooperative Extension Service
Ann Vail	Director, School of Human Environmental Sciences and Assistant Director of Family and Consumer Sciences Extension
Drew Graham	Senior Assistant Dean and Director of Advancement, College of Agriculture, Food and Environment

Members of the School of Human Environmental Sciences: Jewell Brady, Jan Childers, Brian Fitzpatrick, Donna Hancock, Kim Henken, Rusty Manseau, Rose Runyons, Jonathan Stanley and Darlene Tipton.

We would also like to gratefully acknowledge the financial support of the University of Kentucky:

School of Human Environmental Sciences  
Kentucky Cooperative Extension Service  
College of Agriculture, Food and Environment



# The Family Impact Guide For Policymakers

## Viewing Policies Through the Family Impact Lens

*Most policymakers would not think of passing a bill without asking, "What's the economic impact?"*

*This guide encourages policymakers to ask, "What is the impact of this policy on families?" "Would involving families result in more effective and efficient policies?"*

**W**hen economic questions arise, economists are routinely consulted for economic data and forecasts. When family questions arise, policymakers can turn to family scientists for data and forecasts to make evidence-informed decisions. The Family Impact Seminars developed this guide to highlight the importance of family impact and to bring the family impact lens to policy decisions.

### WHY FAMILY IMPACT IS IMPORTANT TO POLICYMAKERS

Families are the most humane and economical way known for raising the next generation. Families financially support their members, and care for those who cannot always care for themselves—the elderly, frail, ill, and disabled. Yet families can be harmed by stressful conditions—the inability to find a job, afford health insurance, secure quality child care, and send their kids to good schools. Innovative policymakers use research evidence to invest in family policies and programs that work, and to cut those that don't. Keeping the family foundation strong today pays off tomorrow. Families are a cornerstone for raising responsible children who become caring, committed contributors in a strong democracy, and competent workers in a sound economy.<sup>1</sup>

In polls, state legislative leaders endorsed families as a sure-fire vote winner.<sup>2</sup> Except for two weeks, family-oriented words appeared every week Congress was in

session for over a decade; these mentions of *family* cut across gender and political party.<sup>3</sup> The symbol of *family* appeals to common values that rise above politics and hold the potential to provide common ground. However, family considerations are not systematically addressed in the normal routines of policymaking.

### HOW THE FAMILY IMPACT LENS HAS BENEFITED POLICY DECISIONS

- In one Midwestern state, using the family impact lens revealed differences in program eligibility depending upon marital status. For example, seniors were less apt to be eligible for the state's prescription drug program if they were married than if they were unmarried but living together.
- In a rigorous cost-benefit analysis of 571 criminal justice programs, those most cost-beneficial in reducing future crime were targeted at juveniles. Of these, the five most cost-beneficial rehabilitation programs and the single most cost-beneficial prevention program were family-focused approaches.<sup>4</sup>
- For youth substance use prevention, programs that changed family dynamics were found to be, on average, over nine times more effective than programs that focused only on youth.<sup>5</sup>

### QUESTIONS POLICYMAKERS CAN ASK TO BRING THE FAMILY IMPACT LENS TO POLICY DECISIONS:

- How are families affected by the issue?
- In what ways, if any, do families contribute to the issue?
- Would involving families result in more effective policies and programs?

## HOW POLICYMAKERS CAN EXAMINE FAMILY IMPACTS OF POLICY DECISIONS

Nearly all policy decisions have some effect on family life. Some decisions affect families directly (e.g., child support or long-term care), and some indirectly (e.g., corrections or jobs). The family impact discussion starters below can help policymakers figure out what those family impacts are and how family considerations can be taken into account, particularly as policies are being developed.

### FAMILY IMPACT DISCUSSION STARTERS

How will the policy, program, or practice:

- support rather than substitute for family members' responsibilities to one another?
- reinforce family members' commitment to each other and to the stability of the family unit?
- recognize the power and persistence of family ties, and promote healthy couple, marital, and parental relationships?
- acknowledge and respect the diversity of family life (e.g., different cultural, ethnic, racial, and religious backgrounds; various geographic locations and socioeconomic statuses; families with members who have special needs; and families at different stages of the life cycle)?
- engage and work in partnership with families?

### ASK FOR A FULL FAMILY IMPACT ANALYSIS

Some issues warrant a full family impact analysis to more deeply examine the intended and unintended consequences of policies on family well-being. To conduct an analysis, use the expertise of (1) family scientists who understand families and (2) policy analysts who understand the specifics of the issue.

- Family scientists in your state can be found at <http://www.familyimpactseminars.org>
- Policy analysts can be found on your staff, in the legislature's nonpartisan service agencies, at university policy schools, etc.

### APPLY THE RESULTS

Viewing issues through the family impact lens rarely results in overwhelming support for or opposition to a policy or program. Instead, it can identify how specific family types and particular family functions are affected. These results raise considerations that policymakers can use to make policy decisions that strengthen the many contributions families make for the benefit of their members and the good of society.

### ADDITIONAL RESOURCES

Several family impact tools and procedures are available on the website of the Family Impact Institute at <http://www.familyimpactseminars.org>

<sup>1</sup> Bogenschneider, K., & Corbett, T. J. (2010). Family policy: Becoming a field of inquiry and subfield of social policy [Family policy decade review]. *Journal of Marriage and Family*, 72, 783-803.

<sup>2</sup> State Legislative Leaders Foundation. (1995). *State legislative leaders: Keys to effective legislation for children and families*. Centerville, MA: Author.

<sup>3</sup> Strach, P. (2007). *All in the family: The private roots of American public policy*. Stanford, CA: Stanford University Press.

<sup>4</sup> Aos, S., Miller, M., & Drake, E. (2006). *Evidenced-based public policy options to reduce future prison construction, criminal justice costs, and crime rates*. Olympia: WA State Inst. for Public Policy.

<sup>5</sup> Kumpfer, K. L. (1993, September). *Strengthening America's families: Promising parenting strategies for delinquency prevention—User's guide* (U.S. Department of Justice Publication No. NCJ140781). Washington, DC: Office of Juvenile Justice and Delinquency Prevention.

\*This guide was adapted with permission from Karen Bogenschneider, Family Policy Specialist, WU-Extension



## Executive Summary

**K**entucky is faced with difficult challenges in addressing the state of its citizens' health. According to *The State of Obesity: Better Policies for a Healthier America 2014* report, Kentucky now ranks 5th among states with the highest rates of adult obesity. Since 2004, obesity rates have jumped from 25.3% to an alarming 33.2%. Obesity-related diseases such as hypertension and diabetes are highly prevalent among Kentuckians. In light of these statistics, the need for policy change to create a healthier food system is more important than ever.

A food system refers to the infrastructure to which all activities related to food are involved, from food cultivation on farms to the disposal of food waste. A food system is comprised of five main sectors: agricultural production, processing, distribution, retail, and waste management. Gaps in our food system create health issues, such as the lack of inspectors needed to ensure food safety or unequal access to nutritious foods in low-income areas. Food system issues such as these are interrelated, but agencies often treat them as isolated problems.

At this year's Kentucky Family Impact Seminar, four national experts will present information on utilizing food policy councils to holistically address food system issues. Food policy councils consist of stakeholders invested in the food system (e.g. citizens, educators, farmers, policymakers, etc.). These stakeholders work together to create and advocate policies that will help build a healthier, sustainable food system.

Dr. Gail Feenstra, deputy director of the University of California's Sustainable Agricultural Research and Education Program, will start the seminar by

### Regional Food System Diagram

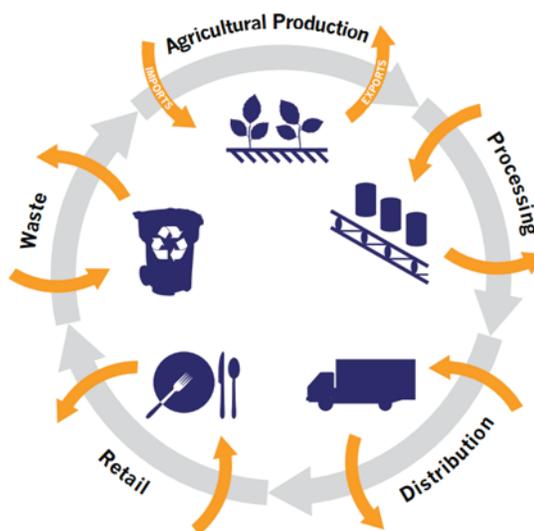


Diagram by Carsten Rodin

Source: Spur 2013 Locally Nourished Report

presenting information about the importance of understanding how local and regional food systems function in order to identify areas of improvement. Areas of improvement are identified through the use of foodshed assessments to gather data about trends found in the food system. Assessments are particularly useful in defining how different sectors of local or regional food systems interact and can be used to develop policy or regulation changes that would best improve food programs, businesses, individuals, and communities.

Following Dr. Feenstra's presentation, Mark Winne, senior advisor at the Johns Hopkins University Center for a Livable Future, will provide an overview of food policy councils. Mr. Winne will describe the purpose of a council, its organizational structure, policies that can be addressed by councils, and challenges councils have faced along the way. Next, Pam

Roy, executive director of Farm to Table and co-founder of the New Mexico Food and Agriculture Policy Council, will provide valuable information about the development of New Mexico's state food policy council, along with examples of current council activities.

To wrap up the presentations, Dr. Janet Mullins, associate extension professor in the Department of Dietetics and Human Nutrition at the University of Kentucky, will tie together information about food policy councils introduced by the three previous presenters by discussing its relevance to Kentucky. Dr. Mullins will end her presentation by examining work previously conducted by the Community Farm Alliance in gauging the climate for formation of Kentucky's own food policy council.

Summaries of each presentation are provided in this briefing report. Additionally, summaries of key articles related to food policy councils are shared as recommended reading. The first article, *Creating Space for Sustainable Food Systems: Lessons from the Field*, provides suggestions for creating and sustaining successful food systems based on the work of the Dr. Gail Feenstra of University of California's Sustainable Agricultural Research and Education Program. Dr. Feenstra's article also discusses the need for developing space dedicated to activities revolving around social, political, economic, and intellectual issues. These spaces were identified as important components in assisting communities to grow successful food system projects.

The next summary highlights basic points from *Good Laws, Good Food: Putting State*

*Food Policy to Work for Our Communities*.

The original document serves as an excellent resource for state food policy councils and anyone interested in learning how to change the food system through policy advocacy. This toolkit provides information clarifying the realms of federal and state jurisdiction over policy areas so that councils may be better equipped to propose legislation within their state's authority. Further, the toolkit provides guidance and policy recommendations that may be helpful to states that are advocating for food system change.

The final summary, *Building a Grassroots Driven Food Policy Network in Kentucky*, captures main points from a report chronicling the Community Farm Alliance's work to develop a grassroots-based collaborative approach to state food policy. The report covers the group's planning process and also shares findings from key informant interviews and listening sessions conducted to answer the critical question: "What do the stakeholders, gatekeepers, farmers, and community residents of Kentucky want from a Food Policy Network?"

The 2014 Kentucky Family Impact Seminar provides research-based information through a series of presentations by national experts on The Role of Food Policy Councils. Please keep in mind the seminar does not advocate for any position. Rather, it is intended to be a resource that provides policymakers with valuable information on how specified issues are impacting families in the Commonwealth.



# Gail Feenstra, Ph.D.

Deputy Director

University of California, Davis

Sustainable Agriculture Research and Education Program

Agricultural Sustainability Institute

## **BIOGRAPHICAL SKETCH**

Dr. Gail Feenstra is the deputy director of the Sustainable Agriculture Research and Education Program (SAREP), a program of the Agricultural Sustainability Institute (ASI), University of California, Davis. SAREP's Food Systems Program encourages the development of regional food systems that link farmers, consumers, and communities. Dr. Feenstra's research and outreach has focused on farm-to-school and farm-to-institution evaluation in California and nationally; regional food system distribution; and values-based supply chains. She also works with Cooperative Extension and community groups on food system assessments and local food policies. She has a doctorate in nutrition education with an emphasis in public health from Teachers College, Columbia University.



# Local and Regional Food Systems: Opportunities for Community Engagement and Policy

**Presenter:** Gail Feenstra, Ph.D.

**Date:** February 03, 2015

## INTRODUCTION

**E**ngaging a grassroots, democratic process is an important foundation for creating a strong, sustainable and equitable food and agricultural system. Regional and state policymakers are part of that process. Opportunities abound for supporting the food system we all want to see, from farm to fork. The key is to invest in policy coordination.

## FOOD SYSTEM ASSESSMENTS

Foodshed assessments are systematic, comprehensive analyses that provide quantitative data about trends in the food system from farm to fork. These assessments can help communities and policymakers learn more about what is going on in their food systems. They are place-based, involve/engage diverse community groups, gather data across sectors, and look at how food system sectors might interact. Typical goals might include better health and well-being of all residents; ag stewardship of the environmental resource base; and thriving communities and sustainable economic growth. Visiting different parts of the food system together provides tangible stories for policymakers about innovative programs. The assessments conclude with a synthesis of what we learned across food system sectors. These reports can be used to support policy priorities and food policy councils.

## EXAMPLES OF FOOD POLICIES IN CALIFORNIA

Communitywide food and health policies, such as the Good Food Purchasing Pledge developed by the LA Food Policy Council, leverage the purchasing power of the city's largest institutions. Land-use policies such as AB

551, California's new urban ag (UA) property tax incentive, allow city governments to designate certain areas as UA incentive zones. Landowners who commit their land to agricultural uses for at least five years get a reduction in their property taxes. Farmers market policies, such as AB 1871, will effectively provide funding for farmers market enforcement by increasing farmer fees to the state.

## DO POLICIES MAKE A DIFFERENCE?

Yes, for better health, nutrition, and economic development for our communities. For example:

- San Diego saw a significant decrease in consumption of sugary drinks in children, due to a policy to ban soda in schools.
- In three Northern California school districts that made a commitment to local procurement policies, local purchasing, produce consumption, and sales to local farmers increased.

## REFLECTIONS: POLICYMAKERS CAN CREATE SPACES IN THE FOOD SYSTEM

- Economic spaces: Making it easier to develop new food businesses
- Environmental spaces: Ensuring farmland is available
- Social spaces: Interacting so that all are respected and have a voice in the food system
- Political spaces: Creating new policies that support more accessible, transparent rules, or that provide financial incentives for more-resilient food system initiatives

We need diversity, imagination, and democratic participation to move to a food system that engages all of us in building a sustainable future.



# Mark Winne, M.S.

Senior Advisor

Food Policy Networks Project

Johns Hopkins University Center for a Livable Future

## BIOGRAPHICAL SKETCH

From 1979 to 2003, Mark Winne was the executive director of the Hartford Food System, a Connecticut nonprofit food organization dedicated to finding solutions to the food insecurity problems of the Greater Hartford area. He is the cofounder of the Community Food Security Coalition, a former Kellogg Foundation Food and Society Fellow, and is currently a senior advisor at the Johns Hopkins University Center for a Livable Future. Through his own firm, Mark Winne Associates, Mark speaks, trains, and writes on topics related to community food systems, food policy, and food security. He is the author of two books, *Closing the Food Gap: Resetting the Table in the Land of Plenty*, and *Food Rebels, Guerrilla Gardeners, and Smart Cookin' Mamas*. Both books are published by Beacon Press.



# Food Policy Councils

**Presenter:** Mark Winne, M.S.

**Date:** February 03, 2015

In the last three years, the number of local, state, and tribal food policy councils has grown from 111 to more than 200. While the formation and growth in food policy groups is, in part, a response to the expansion of a larger food movement that is dedicated to regionalism, sustainability, and justice, it also represents a strong desire to engage the nonfederal food and agriculture policymaking apparatus to improve the overall performance and equity of local, state, and national food systems.

Food policy organizations have been responsible for developing and changing a number of local and state policies. They have had an impact in a number of ways, including securing better access to healthy and affordable food, increasing procurement of locally produced food by public institutions, and protecting and enhancing food-producing resources extending from urban farms to regional farmland.

According to the 2,000 U.S. municipalities that responded to a Michigan State University survey (*Local Government Support for Food System Development, 2013*), an average of 3.6 food system policies per city or county have been developed. These include permitting of farmers markets, allowances for green roofs and composting, and ordinances governing mobile markets.

The MSU survey reported that even indirect activity like the development of a local comprehensive development plan that includes food-related issues gives communities a road map to a stronger, regionalized food system. The survey noted that cities and counties that had a food policy council (FPC) had a significantly higher number of food policies than places that did not.

To support the development of local and state food policy and food policy councils, the Johns Hopkins Center for a Livable Future established the Food Policy Networks project in 2013 ([www.foodpolicynetworks.org](http://www.foodpolicynetworks.org)). The project gathers

and disseminates food policy-related information and resources (currently more than 600 separate items are available in its database), promotes communications and networking between food policy organizations, and provides training to develop the capacity of food policy organizations.

Food policy councils have emerged rapidly over the past 10 years. FPCs cover many types of jurisdictions and assume different organizational forms. Approximately 20 states have food policy councils, some of which are established by state statutes, others by executive order, and some with no formal connection to state government. The same organizational variation exists at the local level, where almost 200 additional councils are organized in city, county, joint city/county, and occasionally, regional jurisdictions. While government participation in the development and operation of food policy councils is critical, leadership and management have often come from one or more nonprofit organizations that may serve as the council's "backbone organization."

Since FPCs address the depth and breadth of food system concerns, their membership comes from a variety of sources including public agencies, cooperative extension, academia, nonprofit organizations, farms, gardens, health organizations and institutions, the for-profit food sector, faith communities, and the community at large.

Though FPCs have proved effective at influencing food and agriculture policy, educating policymakers and the public about food issues, and coordinating multiple food system sectors, they do need a strong vision and effective leadership, good internal and external communication, and a sound sense of organizational development. Staffing and funding for FPCs has become more common, and is often proving necessary for FPCs to carry on effective work.



# Pamela Roy

Executive Director, Farm to Table

Founder, New Mexico Food and Agriculture Policy Council

## **BIOGRAPHICAL SKETCH**

A native of Santa Fe, Pam Roy is the executive director of Farm to Table, a New Mexico-based organization that works on local and regional food and farm systems issues; food, health and agriculture policy; health equity and healthy food access in underserved communities; Farm to School initiatives and current National Farm to School Network regional lead agency; and farmers market development. She is founder and coordinator of the New Mexico Food and Agriculture Policy Council, serves on the Santa Fe Food Policy Council, is the Rocky Mountain Farmers Union government representative for New Mexico, and works with national organizations on federal policy. Roy has more than 25 years of policy and organizational development experience and has worked internationally.



# Farm to Table: The New Mexico Food and Agriculture Policy Council Initiatives

**Presenter:** Pamela Roy

**Date:** February 03, 2015

**F**arm to Table takes a comprehensive approach to ensure that public policies that impact the New Mexico food and farming system are developed and implemented in ways that promote the health of children, individuals, and families as well as the economic well-being of our communities. This includes several different strategies for legislative engagement including development of policy councils and community, administrative, and legislative advocacy.

## Legislative Engagement—Our Impact

### **POLICY COUNCILS AND PUBLIC POLICY**

One method for public policy and legislative engagement that has proved effective in New Mexico and across the country is the establishment of food policy councils. Because none of our federal, state, or local governments have “departments of food,” food system issues are the purview of various agencies. Food policy councils are often convened, in part to facilitate collaboration and coordination among the different governmental entities whose policies and health/economic development programs impact the food and agriculture system, and between agency representatives and other food system stakeholders such as community organizations, agricultural producers, health representatives, and food programs.

In 2002 the New Mexico Food and Agriculture Policy Council was established by Farm to Table in partnership with the New Mexico Department of Agriculture, Family Nutrition Bureau, the New Mexico Human Services Department, the New Mexico Farmers Marketing Association, New Mexico School Nutrition Association, the Community Food Security Coalition, and NMSU Cooperative Extension and other groups. Since then the council has researched policy issues and worked with

state and federal policymakers on key priorities. Farm to Table, a New Mexico nonprofit, continues to coordinate the food policy council. The results of this collaboration have been significant.

In addition to working with policymakers at the state and federal levels, Farm to Table and the New Mexico Food and Agriculture Policy Council have focused on food as a way to increase accessibility to affordable, nutritious, and culturally significant food through food retail, schools, and other institutions, farmers markets, and more. In addition, this work has focused on increasing linkages to state and federal programs that will benefit the health and economic stability of New Mexico families and communities. Research has focused on community food and health assessments.

### **BUILDING RELATIONSHIPS AND PARTNERSHIP**

Farm to Table has worked closely with policymakers, organizations, and agency representatives at local, state, and federal levels to maximize the impact of supportive laws and to help develop policies and rules that can be enacted at the administrative level.

*Continued on page 14*

*Continued from page 13*

For example, in 2006 the New Mexico policy council partnered with policymakers to pass legislation that created administrative rules to restrict competitive food sales at New Mexico elementary through high schools. The policy council worked with the legislators, the executive branch, the departments of Education, Health, and Human Services, Action for Healthy Kids, the New Mexico Pediatric Society, and the New Mexico School Nutrition Association to create these changes. It then worked at the federal level in 2010 to pass similar rules in the Child Nutrition Reauthorization. At the same time, we developed an initiative called “Healthy Kids — Healthy Economies” that links New Mexican-grown fresh fruits and vegetables to school meals and school foodservice directors, to policy requirements, and to developing and linking nutrition education and experiential learning initiatives statewide while aligning them with school wellness plans.

Further, we worked with key legislators to appropriate \$85,000 state funds that helped the New Mexico Department of Health to obtain \$580,000 in federal funds for WIC and Senior Farmers’ Market Nutrition Programs, providing more than 25,000 seniors and low-income families with access to fresh, local produce as well as putting all that money into farmers’ pockets.

A major ongoing focus has been healthy, affordable food access, partnering with key legislators to develop the New Mexico Food Gap Task Force, which created local, tribal, state and federal recommendations. In all of these efforts, the most important aspect has been building lifelong relationships with our legislators, organizations, and community work.

#### **OUR IMPACT—RURAL LEADERSHIP DEVELOPMENT**

Given that rural communities encounter

opportunities and challenges with respect to the food system that are different from urban communities, a comprehensive approach to civic engagement must focus on empowering rural leaders to bring their perspectives to food system discussions.

Engaging rural communities is more complicated than soliciting involvement from their urban counterparts for several reasons. First, New Mexico is a geographically large state, and many of our rural communities are a three hour or more drive away from the state capital, making it a challenge for rural community members to participate in the state legislative process. The large distances also make it difficult for government representatives to reach out to remote areas, particularly at a time when state budget cuts have limited travel allocations for agency representatives.

Second, many of New Mexico’s rural communities still lack easy access to the Internet, which has become the primary method of communication for many organizations and government entities. Third, few rural communities have sufficient resources to support paid staff for community organizations, signifying that those involved in civic engagement activities are doing so in their free time.

Our work in this arena is closely tied with our work in community-directed development. We have provided advocacy training to many of the communities we have worked with, have invited their participation in the statewide policy council, and have included policy council development in our technical assistance package to several communities. Identifying and addressing policy issues that impact food system development.

As more and more families, businesses, nonprofit organizations, policymakers and governmental agencies recognize the important link between food and health

and between local agriculture and rural economic development, the need for this kind of coordination and the opportunity for successful advocacy is growing. New and expanded funding for policy councils at the state and local levels would ensure that these issues are being addressed in a systemic manner and that those who are most impacted by food, nutrition, and agriculture policy understand the issues at hand and are empowered to present their perspectives to policymakers and agency representatives.

Our goal over the next three years is to help other communities and groups develop food policy councils and to provide capacity building, advocacy training, and coordination and shared learning experiences between local and state policymakers and food policy councils.

Specific commitments have been made to emerging groups in Bernalillo, Dona Ana, Grant, Hidalgo region, Santa Fe, Rio Arriba, Taos and McKinley counties. The goal is to invite other interested communities to the table. In addition, we will continue to

build our state food and agriculture policy efforts by working with our policymakers and communities to develop policies and programs that will support permanent access to affordable, nutritious, and culturally appropriate foods as well as seek policies that support economic programs and initiatives to improve the health and wealth of New Mexicans. To accomplish this work we will continue to expand our reach to work with a broader range of groups, agencies, and local food policy councils.

We continue to build partnerships with policymakers, organizations, and agencies focused on children's health and their communities and press for full coordination of programs and funding to improve children's health, their environment, and their community's ability to provide accessible healthy, affordable foods. In addition, our work will focus on a more comprehensive approach to food and agriculture systems policy, including infrastructure, and water and land use initiatives.

## Timeline of Accomplishments New Mexico Food and Agriculture Policy Council

**2002** Creation of New Mexico Food and Agriculture Policy Council (NMFAPC) and New Mexico Farm to School Program

**2006** New Mexico becomes one of the first states to take action in support of children's health by minimizing junk food in schools

**2007** \$85,000 in recurring state funding secured for the purchase of New Mexico-grown fresh fruits and vegetables for school meals for 12 schools that serve 6,000 students in the Albuquerque school district.

\$150,000 in recurring state funding obtained to promote the development of farmers markets.

**2008** NMFAPC's lead role in regional advocacy for increased federal funding and inclusion of Southwest states in the Senior Farmers' Market Nutrition Program results in approximately \$300,000 in annual federal funding and \$200,000 in annual supplemental state funding.

*Continued on page 16*

*Continued from page 15*

**2008** \$162,000 in recurring state funds secured to supplement federal funding for the WIC Farmers' Market Nutrition Program.

State funding is secured to establish and support two tribal extension agents to serve the Navajo Nation.

Federal Farm Bill advocacy helps create the Healthy Urban (and Rural) Food Development program, "geographic preference to allow school food service to make special bids for local foods and significantly increase funding for the Fresh Fruit/Vegetable Snack Program, which brought \$5.5 million over 5 years to New Mexico schools.

Advocated for \$40 million Farm to School Program and improved federal school meal nutrition standards in the Child Nutrition Reauthorization of 2010. Provided testimony to federal agencies on the Healthy Food Financing Initiative.

Governor-appointed New Mexico Food Gap Task Force presents its findings to the governor to improve healthy food access and promote food-based economic development.

**2009-2010** Helped form the Santa Fe City and County Food Policy Council and Grant County Food Policy Council. Continue to advocate for an increase in state funds for fresh fruits and vegetables for schools and an amendment to the New Mexico Local Economic Development Act to include rural food retail.

**2011** Developed and advocated for local food procurement state legislation passed by New Mexico legislature and vetoed by the governor. Continue to work on issue at local and state levels. Advocated for the In-State Business Preference Act, passed during the New Mexico special 2011 session. The act supports support local food, agriculture, and other New Mexico businesses.

**2012** Secured New Mexico School Food Delivery Funds, \$600,000 recurring.

**2013** Funding secured for New Mexico-grown produce for school meals: \$100,000; Secured \$85,000 for farmers markets and \$600,000 for Navajo Nation water well for 938-acre Red Willow Farm that serves 100 families.

**2012-14** Advocated for specific Farm Bill programs and appropriations. Continued to follow up with congressional leadership and agencies.

**2014** Secured funding for New Mexico-grown produce for school meals: \$240,000 recurring.

## ONGOING ADVOCACY

- Advise policymakers and local and state organizations on improving New Mexico's procurement code to support local food purchases.
- Work with national groups to include federal funding for the Farm to School Grant Program and an increase in school meal reimbursement.
- Provide advice on the development of a federal Healthy Food Finance Initiative.
- To support of the New Mexico Food Gap Task Force recommendations, coordinate a policy campaign targeted at amending the state's Local Economic Development Act to include rural grocery stores and food outlets and entities appropriate for funding assistance to increase economic activity and access to affordable healthy foods.
- Work with national and regional groups to focus on and advocate for federal programs that could expand access to affordable food in rural, tribal, and underserved communities.
- Ongoing advocacy on a federal Farm Bill that supports local producers and consumers.

## New Mexico Food and Agriculture Policy Council

### *Supporting Local Food and Farm Issues*

The New Mexico Food and Agriculture Policy Council is a democratically based organization, composed of a variety of groups and individuals working on issues arising from the food and agriculture systems. The Policy Council encourages representations from agriculture, health, human and social services, food and farm related businesses and organizations, environment, education, economics, nutrition, transportation, and legal. These include, but are not limited to, regional associations, land and water organizations, agriculture commodity organizations, small-scale food industries and distributors, local farmers markets, grocers, cooperatives, restaurants, schools, recipients of food and agricultural programs and consumers.



The Policy Council performs its work and activities in a collaborative manner. It brings forward to the public eye a discussion of these issues for more comprehensive examination. It educates and informs the public, those directly affected by food and agriculture programs, and public and legislative decision-makers about selected policy issues. These issues are openly arrived at by deliberations of its members. It advocates for these policy issues in a variety of forums and develops and disseminates viable policy recommendations and alternatives.



### Issue Areas

**Health and Food Security:** Work with state and local agencies, organizations, and foundations on health equity issues including food security through affordable, nutritious and culturally relevant food and nutrition programs and policies. Focus on policies that affect the health of New Mexicans including school wellness polices, school and senior meal programs, food safety, and access to physical activities. Work on health and food security legislation at local, state, and federal levels.

**Agriculture:** Support formal education programs for farmers (including new farmers) in collaboration with New Mexico's educational institutions. Research and share methods to strengthen New Mexico's farming economy through improved access to capital and federal programs for farmers, ranchers, and small business entrepreneurs. Align policies with food safety, infrastructure, and water needs as they relate to food and farming issues.

**Tribal Initiatives:** Focus on the health and well-being of our Native American communities.

**Federal Issues:** Prioritize and support federal programs that benefit New Mexico's citizens and

institutions. Focus on the Farm Bill and Child Nutrition reauthorization.

### **Vision:**

- Focus on key food and agriculture policy issues and opportunities that are affected by government and legislation.
- Address top policy issues as priorities when set forth by the Council.
- Strengthen advocacy among agencies, organization, individuals and communities for New Mexico food and agriculture

### **Purposes:**

- Broaden the discussion of issues to examine more comprehensively the food and agriculture systems and how federal, state, and local government and public bodies shape the food system.
- Create a forum by which people and the public in conjunction with institutions involved in food and agricultural systems, including government, can meet to learn more about what each one does and consider how their actions impact other parts of the systems.
- Focus on food access, production, distribution, and consumption issues.
- Advocate for selected food and agricultural policy issues in various forums and venues.
- Strive to balance a safe, nutritious, affordable, and adequate food supply for all New Mexicans that will prevent food insecurity and hunger.
- Strive for fair food and agricultural systems that support the needs of producers and consumers economically, culturally, environmentally and socially.



### **Goals:**

- Develop, coordinate and implement food system policies by linking health, economic development, social and environmental impacts with food access, farming, ranching, urban, and urban issues.
- Review and comment on proposed legislation and regulations that have an impact on food and agricultural systems and their security.
- Make recommendations to the executive, legislative, and local branches of government on food and agriculture policy.
- Support the development of local markets for agricultural products such as school meal programs and farmers markets by emphasizing the importance of New Mexico's food production, and enable local purchasing of New Mexico's farmers' produce and products as a way to increase the agricultural economy.
- Educate the public about food and agricultural systems programs and policies based upon facts and reliable reports and analyses.
- Promote the viability of local farming and ranching and the retention and recruitment of

small farmers and ranchers in New Mexico.

- Be aware of and work to prevent food insecurity for families and children in New Mexico.
- Develop and support greater access for New Mexicans who are in need of nutritious foods at reasonable prices, in both rural and urban communities, and to be sensitive to cultural and traditional food preferences.
- Educate about and promote stewardship and conservation of land, water and resources.

The NM Food and Agriculture Policy Council is made up of organizations, agencies, and individuals who represent agriculture, health, human and social services, food-related businesses and organizations, environment, education, economics, nutrition, transportation, and legal. These include, but are not limited to, regional associations, land and water organizations, agriculture commodity organizations, small-scale food industries and distributors, local farmers markets, grocers, cooperatives, restaurants, schools, recipients of food and agricultural programs and consumers.



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# Janet Mullins, Ph.D., R.D., L.D.

Food and Nutrition Extension Specialist  
Associate Extension Professor  
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Department of Dietetics and Human Nutrition

## **BIOGRAPHICAL SKETCH**

Dr. Janet Mullins is a registered dietitian and holds a doctorate in nutrition and food science from Kansas State University. Dr. Mullins joined the University of Kentucky College of Agriculture in 1997 as a food and nutrition extension specialist with an academic appointment as an associate extension professor in the Department of Dietetics and Human Nutrition.

Dr. Mullins works to translate research into consumer programs that promote healthy eating. She has an interest in evaluating current approaches to promotion of a healthy weight and program development using a multi-disciplinary approach and socioecological model. As an active member of the Partnership for a Fit Kentucky, she collaborates with the Kentucky Department for Public Health to facilitate environmental and policy changes that reduce risk of obesity. She works to strengthen local food systems and access to healthy foods. As a participant in Universities Fighting World Hunger, she works on campus and with other colleges and universities to incorporate hunger advocacy into academic and outreach programs. Dr. Mullins serves on the USDA Evaluation Subcommittee for Nutrition and Health. In 2003-04 she served as president of the Kentucky Dietetic Association and as public policy coordinator in 2009-11.



# The Power of Policy: Food, Families, Farms, and Communities

**Presenter:** Janet Mullins, Ph.D., R.D.

**Date:** February 03, 2015

**D**ecisions are made about food everyday. These decisions have implications for the health of the people who will eat the food, the economics of the people who produced the food, and the environment in which we all live. A person could decide to have a breakfast of locally produced eggs and bread, or a bowl of cereal and milk. A school foodservice director could order canned apple slices from a commercial food distributor, or they could choose to buy Kentucky fresh apples and allocate resources toward local salaries instead of toward convenience foods and shipping.

A Kentucky Food Policy Council could bring together a representative group of stakeholders to craft a vision and goals to reshape our food system. Aligning federal and state food policies to promote the well-being of people, a healthy economy, and a viable environment is a powerful approach to food system change. A state food policy council, with a clear vision and well-crafted goals, could help reshape food systems to improve health, economies, and environments in the Commonwealth.

Community Farm Alliance received a USDA NIFA Community Food Project Planning Grant to conduct a broad, democratic exploration of forming a food policy council in Kentucky. This work resulted in a 2014 report (Building a Grassroots Driven Food Policy Network in Kentucky) that can be accessed here:

<http://cfaky.org/test/wp-content/uploads/2014/08/CFA-CFP-Final-Report-82914.pdf>

**The conversation about food is too important to leave off the table.**



# Creating Space for Sustainable Food Systems: Lessons From the Field

By Gail Feenstra, Ph.D.

The original article can be accessed at:

<http://bit.ly/1sV1AVB>

**Note:** If you are unable to access the full document using the link provided, please contact Nelda Moore at [nmoore@uky.edu](mailto:nmoore@uky.edu) for assistance.

## SUMMARY

Sustainable food systems provide communities an opportunity to obtain locally and regionally produced foods. They also provide a means of food security and a supply of nutritious foods for communities that may not have direct access to an adequate and healthy food supply. Alternate food systems connect communities to their agricultural resources and encourage relationships between all groups in the food system, in particular farmers and the recipients of their products.

The traditionally dominant food system has, according to Gail Feenstra of the University of California Sustainable Agriculture Research Education Program (SAREP), “an incredibly efficient manner by at least one criterion of efficiency.” She further states that, “people have become disconnected from the sources of their sustenance – the land, the people who grow and harvest their food and fiber, and from the taste and quality of food itself.”

Establishing sustainable community food systems can be challenging and maintaining them even more so. According to Feenstra, SAREP has provided funding, support, and guidance to sustainable food systems throughout California, through a competitive grant program, staff research, technical assistance, and outreach with six goals. SAREP’s definition of community food system includes the following: “A collaborative effort to build more locally based, self-reliant food.” However, given a few considerations in planning for their longevity and success, a community food system forum was held to gain insight from the most successful community project leaders about outcomes and lessons learned. Stories shared from the group were analyzed along with other SAREP documents and a common theme to “create space” for the community food system was identified.

The idea of space was a recurring theme from community leaders. Specifically, four types of space were deemed

necessary for establishing and maintaining sustainable food systems.

### 1. **Social space: Creating social capital**

This includes physical places, such as farmers markets or community gardens, where “diverse people can gather to talk, share concerns and views, plan and problem-solve, question, argue and come to agreement.”

### 2. **Political space: Policymaking**

“Creating political space and policies can help food systems pilot projects or models that institutionalize their efforts in the community, stabilizing activities, and allowing them to mature.”

### 3. **Intellectual space: Collaboration and clarity**

Bringing together various “disciplines and community perspectives” to create, clarify, and share the vision for a sustainable food system within the framework of the community.

### 4. **Economic space: Funding**

Outside funding is essential to the start-up of community food systems. Success is noted by the recirculation of local capital.

Public participation, partnerships, and principles are three concepts that are important to community food system projects. The public needs to be empowered to make decisions. Participants in community projects often represent marginalized groups, such as small-scale organic producers or low-income residents. Partnerships with outside organizations provide community members with access to individuals who have the skills vital to ongoing project development. Alliances must be made between diverse groups of people and a commitment must be made to the integrity of the sustainable community food system.



# Good Laws, Good Food: Putting State Food Policy to Work for Our Communities

By

**The Harvard Law School Food Law and Policy Clinic  
In Partnership with Mark Winne Associates**

The original article can be accessed at:

<http://www.markwinne.com/wp-content/uploads/2012/09/food-toolkit-2012.pdf>

**Note:** If you are unable to access the full document using the link provided, please contact Nelda Moore at [nmoore@uky.edu](mailto:nmoore@uky.edu) for assistance.

## SUMMARY

This document is a toolkit that can be used by state food policy councils and/or interested individuals who want to better understand the legal concepts involved with state food systems and learn more about main policy areas that impact the food system. Each section in the toolkit discusses a topic that may be of interest to state food policy councils. While summaries of each topic are discussed, please refer to the original document for more in-depth information.

## SECTION 1: GENERAL LEGAL SETTING

Food policy councils must be able to distinguish between state and federal authority in order to make policy changes that best impact the state's food system. This section gives basic information about the structure and legal authority of state government and the types of policies that can be enacted from the state level.

Federal authority over areas concerning food policy is primarily related to regulation of interstate commerce, ability to tax, and defining provisions of funds given to states. Outside of the federal government's authority to govern as defined by the Constitution, states have the authority to enact laws and regulations affecting the health and well-being of their residents. However, when state food policy councils propose new legislation, it is important to know that the federal government has preemptive authority in certain areas as stated in the Constitution. Councils should not propose legislation that would be preempted by a federal statute. In addition to understanding federal and state authority, it is also important for state food policy councils to understand the legislative and regulation process and monitoring systems. State food policy councils should become familiar with state government agencies that are relevant

to the council's food policy goals and seek to partner with those agencies.

After state food policy councils have a firm understanding of the legislative system, they can take steps to assess the state's food policy environment. Gaining an overall picture of which agencies work well together and identifying agencies or contacts that are interested in food policy can support the council's efforts. A state food system assessment is also necessary to help the council identify gaps or improvements needed in the system and to determine what types of policies may address those issues.

## SECTION II: FOOD SYSTEM INFRASTRUCTURE

This section describes the five sectors of the food system involved in the process of farm to table: production, processing, aggregation and distribution, retail, and food waste. Suggestions on how to improve the efficiency of the food system infrastructure through policy change are provided.

(1) Production - Food production can be a risky business from a financial standpoint. Food policy councils may focus on policies that promote economic support or financial feasibility to decrease the amount of risk involved. Policies that provide economic support to farmers in turn grow the farming community and increase the amount of crops available to consumers. Food policy councils can advocate increased support of food production through:

- *Federal Funding.* Federal funds to support agriculture and food production are available through the Farm Bill. The Specialty Crop Block Grant Program, under the Farm Bill, allows organizations and businesses to apply for block grants to fund projects involving specialty crops (i.e., fruits and vegetables, tree nuts, dried fruits,

*Continued on page 24*

*Continued from page 23*

and horticulture and nursery crops). Councils can review the state's policy for applying and awarding these grants and spread awareness of available grants to farmers.

- *Tax incentives.* State food policy councils can advocate for state tax incentive programs to promote specialty crop production, sustainable farming, and local purchasing. Some incentive ideas include reduced tax rates for certain incomes or transactions, tax credits or rebates for certain reasons regarding food and agriculture, or tax deductions based on business or production expenses.
- *Loans.* State loan programs could incentivize food production or be used for environmental purposes beneficial to production. Incentives provided to farmers may encourage production of certain crops that would otherwise not be grown.
- *Farmer Training Programs.* Training programs designed to assist farmers in areas such as environment and sustainability improvement, risk management, and entrepreneurship can bolster agricultural production.

(2) Processing - This branch of the food system refers to any activities that change a raw agricultural product into a different product (e.g., dairy processing or grain milling) and cottage food operations such as baked goods or other foods made in home kitchens. Food policy councils can support food processing through policies that fund local processing facilities or improve cottage food laws.

(3) Aggregation and Distribution - Aggregation and distribution deal with the logistics of getting food products to different markets. Aggregators act as "food hubs" to coordinate the distribution of products to wider markets or for other services such as product storage, branding/marketing, and food safety. Food policy councils can support aggregation and distribution infrastructure by identifying existing local and regional food hubs, collaborating with food hubs to improve service and reach, and seeking funding or regulation changes that allow food hubs to operate to capacity. When local or regional food hubs do not exist, councils can work with stakeholders to create them.

(4) Retail - Retail refers to the point of purchase where food items are obtained. Common points of purchase include restaurants, school cafeterias, and grocery stores. Councils can work to increase food retail opportunities in their state and encourage local businesses to buy and sell local food. Doing so provides more opportunities to increase the overall local food system.

(5) Food Waste Management - Food waste has increased in recent years. Food policy councils can improve food waste infrastructure by finding ways to reduce waste (e.g. increasing markets, improving donation laws) or by advocating for policies that promote the use of food waste, such as composting. Composting takes food that is no longer safe for human consumption and transforms it into decomposed organic matter that can be used as a fertilizer for crops. Councils can advocate for community and government support to collect compost materials by identifying the benefits to farmers and identifying successful composting programs in other states. Councils can also work to reduce restrictions on types of foods that can be composted, push for laws that require composting methods under certain conditions, and rally for government and private sector financial support for composting initiatives.

### **SECTION III: LAND USE AND PLANNING**

While the state government's role in land use and planning varies by state, each state is granted the power to regulate its own use of land. State food policy councils should review existing statewide land use plans or programs to see if strong protection of farmlands is included. Councils can identify whether programs are in place to provide farmland preservation and whether these programs have preservation goals in place. Techniques to preserve farmland so that more land can be allocated for food production are discussed in more detail in the original document.

### **SECTION IV: FOOD ASSISTANCE PROGRAMS**

Food policy councils can have significant impact by improving access to food assistance programs. Food assistance programs are federally funded programs that provide food and nutrition education to eligible populations. Examples are the Supplemental Nutrition Assistance Program (SNAP) and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Councils can work to eliminate barriers to enrollment so that all those qualified to participate in these programs are enrolled. Barriers can be eliminated through food program assistance outreach, increasing program awareness, and distributing program applications. Food policy councils should advocate for policies that increase participation in food assistance programs like SNAP, which promote the purchase of healthy foods. Using these benefits to purchase nutritious items at farmers markets, farm roadside stands, and other local stores also positively impacts the state's economy.

## **SECTION V: CONSUMER ACCESS AND CONSUMER DEMAND**

Another factor in improving access to healthy food is having food retailers in the community who sell healthy items and having public transportation to those retailers. These factors can be a challenge in low-income and rural areas. To increase consumer access to healthy foods, food policy councils can:

- Educate retailers about available funding or promote ways in which states can provide additional funding to support increasing the permanent healthy food retail establishments in areas with lack of access
- Expand farmers markets within the state
- Advocate for legislation or programs that facilitate community gardens
- Support the use of mobile vending units to sell healthy foods in areas with access issues
- Improve transportation to healthy food retailers by developing mass public transit

Policy related to food labeling, taxes, and bans can increase demand for healthy foods. Better nutrition labeling provides consumers with important information about their food choices. Food policy councils can look into menu labeling laws not covered by federal mandate. Higher taxes on junk food have been used in some states to deter consumers from making those types of food purchases. Food policy councils should investigate whether their state has existing legislation taxing junk food or sugary beverages. The demand for healthy foods can also be increased by instituting bans on certain foods or on items that contain a specific ingredient. One example is New York City's ban on sweetened drinks sold in 16-ounce or larger sizes.

## **SECTION VI: FARM TO INSTITUTION**

Farm to institution refers to programs in which local farms provide food products to large institutions that feed large numbers of people, such as schools, prisons, or hospitals. The relationship between local farmers and large institutions is beneficial because it increases access to healthy, fresh produce; creates a direct relationship between farmers and institutions without a middleman; keeps economic activity local; and promotes agricultural livelihood. Food policy councils can advocate for the increased purchase of local nutritious products by supporting farm to institution in their state and by pushing laws that require businesses to prefer local food purchases.

## **SECTION VII: SCHOOL FOOD AND EDUCATION**

Schools can make a major impact on the health and wellness of youth by teaching them the importance of nutrition and how to make healthy choices. There are many ways food policy councils can help create healthier school environments. They can encourage states to establish higher nutritional standards for the food options available to students in cafeterias and vending machines. Councils can support requiring schools to develop wellness policies that address plans for nutrition education, physical education, and school nutritional guidelines. Council members can identify parties responsible for developing school curriculum and encourage the addition of information on food and nutrition. Schools are an ideal place to begin educating students about the benefits of healthy lifestyle choices. They should not be overlooked by food policy councils.

## **VIII: FOOD SAFETY AND PROCESSING**

On the federal level, the U.S. Food and Drug Administration (FDA) and U.S. Department of Agriculture (USDA) oversee most areas of food safety. The FDA regulates processed foods, seafood, and food additives and the USDA is responsible for regulating fresh produce, livestock, poultry, and egg production. The Food Safety Modernization Act (FSMA), passed in 2011, increases federal regulatory power over agricultural producers of fruits and vegetables and facilities involved with manufacturing, processing, packing, or storing food products. While FSMA affected large-scale operations, provisions were included to exempt small-scale processors and facilities from the new safety standards. Food policy councils can enhance food systems by educating themselves about the new regulation changes and then educating small-scale producers and consumers about the exemptions. Councils could also encourage states to publish an easy-to-understand guide that outlines the new requirements or encourage states to hold workshops to explain FSMA compliance.

The federal government primarily oversees food safety, but states share in regulatory responsibilities and have complete jurisdiction over small-scale agricultural production and processing businesses as well as farmers markets, direct farm sales, and restaurants. Food policy councils can insist that the state provide an easy-to-read food safety compliance guide for small businesses or hold training sessions to educate individuals on how regulations may apply to them.



# Building a Grassroots Driven Food Policy Network in Kentucky

By  
**Community Farm Alliance and Wildflower Consulting**

The original article can be accessed at:

<http://cfaky.org/test/wp-content/uploads/2014/08/CFA-CFP-Final-Report-82914.pdf>

**Note:** If you are unable to access the full document using the link provided, please contact Nelda Moore at [nmoore@uky.edu](mailto:nmoore@uky.edu) for assistance.

## SUMMARY

Kentucky

- Ranks 45th in the U.S. for overall health
- 67% of adults are overweight
- 10% of the population has diabetes
- Nearly 1 in 4 children lack consistent access to sufficient food for a healthy, active lifestyle
- Kentucky’s Appalachian region includes 24 of the 100 poorest counties in the country, as measured by median household income.
- Community Farm Alliance (CFA) and its partners successfully submitted a proposal for building a grassroots-driven food collaborative in Kentucky.
- CFA has worked since 1985 on local and regional food system development in rural, urban, and mountain communities.
- Currently CFA and its partners represent 15 local and regional food policy collaboratives including among others, state/local government agents, elected officials, farmers, low-income individuals, philanthropic and nonprofit organizations, and university health care providers.

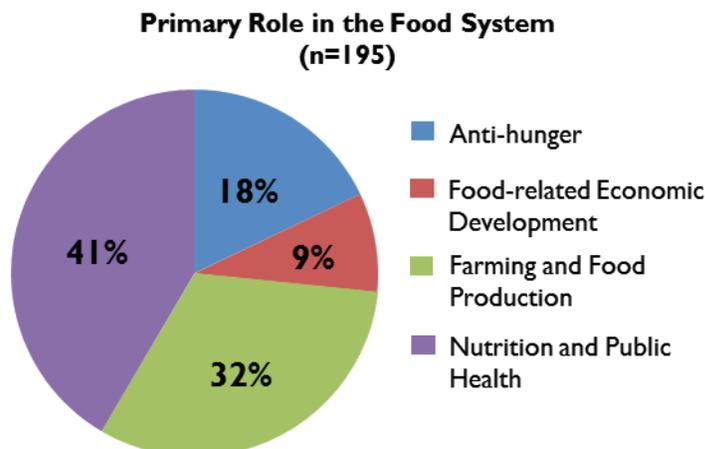
Wildflower Consulting and CFA conducted a feasibility survey for a potential statewide food policy council (FPC). Feedback was collected from 208 stakeholders representing various sectors of the food system (See Figure 1). They live in 87 zip codes across Kentucky.

“In theory I think a statewide Council would be better because state policy affects all areas. But work with local councils to understand specific issues in their area or region. You saw this with the smoking.”

## THE FEASIBILITY STUDY FOUND:

### Structure and Leadership

1. There is a need for a public/private partnership
  - 73% supported nongovernment leadership of the food policy council
  - 23% supported government leadership
  - 4% supported other leadership



**Figure 1** illustrates the percentage of respondents by role in the food system.

## Roles and Activities

1. Participants suggested that a statewide FPC serve as a networking body for local activities and groups to effectively collaborate.
2. In all, participants agreed that the FPC should have a variety of roles, including:
  - Create programs to address gaps
  - Monitor and serve as a watchdog over government agencies
  - Focus on incubating growers/farmers
  - Conduct research. "Collecting data is essential."
  - Serve as a vehicle for democratic participation, especially for farmers and low-income people

## COMMUNICATION AND OUTREACH

1. Promote direct versus indirect involvement
2. Encourage participation from low-income populations
3. Use clear communication about the purpose, mission, and vision of the food policy council
4. Kentucky Food Policy Network
5. Participants must be personally committed to the issues

6. Work groups allow participants to spend their time and energy on what they care about the most while helping facilitators/organizers direct their outreach programs.
7. Increase the capacity of local/regional food policy groups
8. Ensure the viability and sustainability of regional/local groups through investments in human capital. This will facilitate and provide community outreach assistance, which in turn will increase grassroots participation by farmers and low-income individuals

## RECOMMENDATIONS FOR BROADER FOOD SYSTEM CHANGE

1. Broaden engagement strategies with stakeholders, residents, farmers, and leaders in the food movement
2. Nonprofit organizations, policymakers, businesses, and other stakeholders should ensure that diverse voices are included in leadership positions and more accurately define the issues.
3. Evaluate the existing state food system to identify opportunities and challenges that can influence the state food system.

### *Case Study Example: Food Studies Make it Personal*



*Keith Watson shares the story of how the loss of his family's farm changed their eating habits and dramatically from fresh foods to heavily processed, which ultimately resulted in poor health outcomes.*

*University-Glasgow shared their stories at the First Annual Kentucky Food Policy Summit. By making the abstract concept of "food policy" a personal issue, the students were empowered to take action and inspire others. A few of the students have since joined the KY Food Policy Summit leadership team and are developing food security projects in Glasgow. The leadership team would like to continue the food stories project as part of a long-term Communications and Outreach plan so that more people can share their personal experiences with food system injustices, and to better inform legislators.*



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