



Live Well, Eat Well: Healthy Food Systems = Healthy Communities

The following summary is from our November 12, 2014, event with Sharon Thornberry of the Oregon Food Bank. During group brainstorming, we discussed assets in our community related to accessing healthy foods, needs in our communities and ideas for moving forward.

ASSETS

We (i.e. agencies in South Dakota) tell people about SNAP/WIC benefits	Land	Generous neighbors
Rural community	Active and generous organizations	Local food co-op
Farmers market	Desire to make an impact	BackPack Program
Community gardens	Master gardeners	Lunch is Served
Food pantry	Community Supported Agriculture	Friday food giveaway
Mobile food pantry	School teaching gardens	The Banquet
Food bank	Meals on Wheels	Collaborative opportunities
Chefs challenges	Urban chickens	Natural growing resources
Backyard gardens	Active Bread for the World	Free compost
Parks and Rec Department cooking classes	Hunting	Fishing
Bountiful Baskets	The Fruit Club	Raised bed gardens
Live Well Sioux Falls	Teaching students how to cook	Summer feeding (lunch) program
HyVee gardens/farmers market		

CHALLENGES

City policy for boulevards	Weather	High number of working mothers
Garden regulations	Understanding underlying causes	Transportation price
Landlord policy for gardens	Low wages	Bus policy for food
Lack of access financially and geographically for farmers market	Lack of support of education	Underutilization of WIC and SNAP farmers market coupons
Economic development issues	Get more raised bed gardens	Can't use school garden foods in the school lunch programs
Lack of cooking education	Food tax	Funding for summer school programs
No backbone organizations	Lack of garden education	Food access plan
Lack of funding	Myth of South Dakota eating healthy	Understanding that food is medicine

WHO NEEDS TO BE AT THE TABLE?

Health Organizations	Food providers (Retail, Restaurant, etc.)	Community developers
Diversity	School district faculty	Food editors
Media	Dietitians	Law/policy makers
Mental health	City planners	Correctional facilities
Garden centers (e.g. Home Depot)	Young leaders	Assisted living
Farmers	Old and young with disabilities	Philanthropists
Junior League	Clergy	Chefs' alliance
Fraternal organizations		

WHAT'S NEXT?

Observe/gather information on "Who's doing it well" - Johns Hopkins and their food system is a good place to start	Start the conversation	Involve large businesses (e.g. Hy-Vee, Walmart)
Narrow in and pick focus	Establish trust between Food Council and community members	Gather information on who's doing what and where
What does the community want to partake in?	Get involved with church groups	Take intentional inventory
Gather true definition of poverty		

IDEAS

Map the Meal Gap	Coordination of Families	Interior plant life, swimming pool gardens
Mobile markets	Summer food programs and Transportation	
Veteran's farming	Add a Row	
Seed to Supper	Photo Voice	