

# CSU Extension Local Food Systems

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Enjoy the 42nd edition of the CSU Extension Local Food Systems newsletter. This newsletter is designed to give you up-to-date news and information from around the state and our own CSU Extension organization. Feel free to send in any events and news from your organization and from partners so that we may share them with our readers through this newsletter!

Please forward this newsletter to anyone with an interest in local food systems and CSU's programs in this area, and tell them they are welcome to contact us so we can add them to our mailing list. The Food Systems work team for CSU Extension is committed to building a stronger network of those who work on systems-based issues. The distribution of this newsletter is one way to build that network.

To assist our readers in finding information, events and programs we may have presented in the past, old issues are archived at: <http://www.ext.colostate.edu/cis/localfood.html>.

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## **FRUIT & VEGETABLE PRESCRIPTION PROGRAM LAUNCHES IN NEW YORK CITY PUBLIC HOSPITALS**

Two new initiatives were launched to expand New Yorkers' access to farmers market produce and to increase healthy eating. The Fruit and Vegetable Prescription Program is a pilot program at New York City's Lincoln Medical Center in the Bronx and Harlem Hospital Center in Manhattan. Under this program a doctor and nutritionist assess the health and nutritional habits of patients and families at risk for obesity and provide "prescriptions" to consume more fruits and vegetables.

The "Come See What's Cookin', Kids" program is also bringing food based nutrition education to kids at four City farmers markets. Additionally, New York City, which has the largest municipal farmers market SNAP incentive program in the nation, is making fruits and vegetables more affordable than ever by expanding the Health Bucks program – which provides \$2 coupons for fresh produce at farmers markets. This year, Health Bucks will make more than \$560,000 worth of fruits and vegetables available to low-income New Yorkers, an increase of 32 percent over the previous season.

Read more at <http://www.nyc.gov/html/hhc/html/pressroom/press-release-20130724-fruit-vegetable-prescription.shtml>.

## **FOOD POLICY NETWORKS**

The Center for a Livable Future's new project, Food Policy Networks (FPN), will improve the food-related health, sustainability, and resilience of communities through food policy support, using the Center's experience, strengths and institutional resources to: (1) increase food policy networks, (2) build policy development capacity, (3) develop and use research to inform policymaking or policy change, and (4) deliver outreach services that enable citizens and stakeholders to influence their food systems through better public policy and improved use of federal, state and local resources.

In Colorado, new councils and coalitions are emerging every year. Please visit the Colorado Food Systems Advisory Council website at:

<http://www.cofoodscouncil.org/regional-and-local-food-systems-coalitions.html> for a current list, contact information, and an overview of mission, strategies, and activities of these groups. If you are interested in starting and sustaining your own coalition - see more at LiveWell Colorado <http://livewellcolorado.org/healthy-policy/food-systems-toolbox/food-and-agriculture-coalitions>.

## **HEALTHY INCENTIVES PILOT PROGRAM**

An investment of 15 cents per person per day can result in a 25% increase in their consumption of fresh fruits and vegetables, according to results from the U.S. Department of Agriculture's Healthy Incentives Pilot program. Agriculture Secretary Tom Vilsack discussed the two-year pilot program,

saying that arbitrary cuts to the Supplemental Nutrition Assistance Program (food stamps) will not improve the health of Americans and will actually hurt retailers and growers.

Vilsack said 92% of the people receiving SNAP benefits are elderly, disabled, children or workers who don't make enough money to make ends meet. He said an arbitrary \$20 billion cut in food programs will not gain approval in the Senate or from the president because it will mean 2 million to 3 million people who truly need assistance won't get it.

See more at: <http://www.thepacker.com/fruit-vegetable-ewsletter/packer-daily/Vilsack-says-healthy-eating-incentives-benefit-public-industry-216788861.html#sthash.Uf1KesQ7.dpuf>.

## MYPLATE KIDS PLACE WEBSITE UNVEILED

The U.S. Department of Agriculture has unveiled a new destination for kids exploring healthy eating. MyPlate Kids Place, is a website designed for children ages 8 to 12, according to a news release from the USDA's Center for Nutrition Policy and Promotion. The site also can help parents and teachers make better food choices and features games, recipes, tips, activity sheets and links to the ChooseMyPlate.gov website.

See more at: <http://www.thepacker.com/fruit-vegetable-news/USDA-unveils-new-healthy-eating-website-for-kids-219328221.html#sthash.7P7o25jl.dpuf>.

## STATEWIDE FRESH FOOD FUND LAUNCHES

Looking to boost access to fresh foods, a statewide Colorado group has launched a \$7.1 million financing initiative to encourage grocers to offer affordable, healthy foods in underserved areas. Backed by the Colorado Health Foundation, the initiative includes the Colorado Fresh Food Financing Fund (CO4F) and the Colorado Housing and Finance Authority. It may grow as other funders join.

"The fund is designed to improve access to healthy and affordable food and is a critical step in achieving the Foundation's vision of making Colorado the healthiest state in the nation," Kelly Dunkin, vice president of philanthropy for the Colorado Health Foundation, said in a statement. "Without access to healthy food, a nutritious diet and healthy lifestyle are out of reach for families that live in 'food deserts' across Colorado. Without supermarkets and other fresh food retailers, communities are missing key components of healthy living and economic growth."

The initiative has four goals: 1) improve retail access to healthy food, 2) provide grocery stores with financing that will promote better food access, 3) partner with local governments when possible, and 4) encourage economic development in low- and moderate-income neighborhoods.

The Colorado Housing and Finance Authority will administer the fund and manage the grants and loans. The CO4F will be overseen by a volunteer advisory board. More information is available at: <http://www.coloradohealth.org/yellow.aspx?id=6248>.

## MONTEZUMA COMMUNITY FOOD REPORT

The Montezuma Community Food Task Force has worked for more than 2 years to compile this

report. The primary objective was to assess the local food economy and facilitate creation and adoption of a strategic, local food plan for Montezuma County.

With input from consumers and producers, the Task Force represents much of the community in the report, posted here:

<http://www.ext.colostate.edu/colofood/lwm-comm-report.pdf>.

## LOCO FOOD DISTRIBUTION TRADESHOW

Inviting all chefs, grocers, restaurant managers, institutional buyers and other wholesale purchasers from around the Front Range:

Tuesday October 15  
8:30am – 12noon  
Mile High Station  
I-25 & Colfax in Denver

Past trade shows have provided a great opportunity for buyers to get to know local food companies and their products....and for local food companies to showcase their products to a wide variety of buyers (restaurants, retailers, and other institutional buyers).

Find detail on vendor registration, sponsorships, and more at

[www.LoCoFoodDistribution.com/tradeshow](http://www.LoCoFoodDistribution.com/tradeshow) or contact the Fort Collins office at 970-493-FOOD (3663).

## COLORADO MARKETMAKER

Colorado MarketMaker (CMM) is a constantly updated database of food industry marketing and business data. Remember that you can use CMM to search among the more than 26,000 Colorado food and agritourism businesses listed. These include 119 farmers' markets, 85 wineries, and 193 agritourism businesses.

One of the newest businesses to register in CMM is Stranahan's Colorado Whiskey. Learn more about Stranahan's at: <http://www.stranahans.com/>. Stranahan's Colorado Whiskey is the first Colorado-born whiskey. Stranahan's is dedicated to making the smoothest, most distinctively-flavored whiskey on the market using hand-crafted distilling techniques and Colorado's finest natural ingredients.

## CONFERENCE: ENHANCING FOOD SECURITY AND RURAL VIABILITY THROUGH INNOVATIVE FOOD SYSTEM PRACTICES & OPPORTUNITIES

The Northeast Regional Center for Rural Development (<http://aese.psu.edu/nercrd>) is holding a regional Conference in the "What Works Series," scheduled for May 13-15, in downtown Baltimore.

The theme of the 2014 conference is "Enhancing food security and rural viability through innovative food system practices and opportunities — improving the connections between producers and consumers." Dr. Kathleen Liang of the University of Vermont is the lead organizer for this event, which will be held jointly with the National Value Added Agriculture Conference.

Information on conference registration, hotel reservation, program, transportation, and other services will be available on both websites soon. Please visit <http://www.agmrc.org/national-value-added-agriculture-conference/> for details about this conference series.

## CONFERENCE: 7TH NATIONAL FARM TO CAFETERIA

The National Farm to Cafeteria Conference: Powering Up (<http://farmtocafeteriaconference.org/7/>) will convene a diverse group of stakeholders from across the farm to cafeteria movement—more than 1,000 food service professionals, farmers, educators, youth leaders, policy makers, state/federal agency professionals, public health professionals and others—working to source local food for institutional cafeterias and foster a culture of food and agricultural literacy across America.

Make plans to be in Austin April 15-18, 2014, for four days of inspiring field trips, workshops, speakers and networking. The conference is hosted by the National Farm to School Network.

## CONFERENCE: NATIONAL FARM VIABILITY

The Vermont Farm Viability Program is hosting a two-day gathering in Middlebury, Vermont, from September 25-27. This conference is geared towards professionals in the fields of farm and food business planning, financial planning, agricultural financing, farmland conservation, agricultural market development, and food hub management. The conference is an opportunity to network and learn from other professionals, develop new knowledge and skills, and visit farms and value-added processing facilities.

Registration is now open for the conference. Visit <http://www.farmviabilityconference.com/> for more information.

## WEBINAR: LOCAL FOOD & LOCAL GOVERNMENT

Walk into a grocery store or a restaurant and you're likely to see the word "local" displayed on shelves and menus. Consumers are more interested than ever in healthy eating, knowing the origins of their food, and providing support for the local economy and nearby farmers, and local governments influence positive community health outcomes and encourage community engagement by facilitating this growing segment of the economy.

In this September 11 webinar, local food and government experts will discuss the following topics:

- How food connects much of what we do in leading, governing, engaging, and supporting our communities;
- Our complex food system and the forces that influence it; and
- Food-related health and economic issues important to local governments.

This is the first in a series of webinars about local food systems. Future webinars will address local food policy councils, land use policies, food entrepreneurs, and more. To register online and for more program details, visit [www.sog.unc.edu/node/3676](http://www.sog.unc.edu/node/3676).

## WEBINAR: MOBILE SLAUGHTER UNITS: REPORTS FROM THE FIELD AND FUTURE DIRECTIONS

Inspected mobile slaughter units for red meat species have been in operation for more than a decade. On September 10, pioneers in mobile slaughter will talk about their experiences and ideas for the future on a webinar, scheduled for 1pm Eastern (11 am Mountain). Speakers include Terrie BadHand and Pati Martinson, Taos County Economic Development Corporation Mobile Matanza (NM); Dan O'Brien, Wild Idea Buffalo (SD); and Mike Callicrate, Ranch Foods Direct (CO).

All NMPAN webinars are free and open to the public. For more information, visit <https://learn.extension.org/events/1199>.

## WEBINAR: FARMERS' MARKETS IN LOW-INCOME COMMUNITIES: STRATEGIES & BEST PRACTICES (*coming soon!*)

Across the country healthy food stakeholders are working to support farmers' markets that increase access to healthy foods in low-income communities.

This webinar, planned for Thursday, August 29 12:00pm MST, will discuss how incentive programs, retail strategies and policies are changing how consumers shop at farmers' markets in their neighborhoods. Experts will share best practices and lessons learned from the field about how to implement programs to promote the sale of healthy food at these retail outlets.

Speakers include: Mukethe Kawinzi (Project Coordinator, The Food Trust); Oran Hesterman (President/CEO, Fair Food Network); Jennifer O'Brien (Executive Director, Farmers Market Coalition).

Register here: <https://cc.readytalk.com/cc/s/registrations/new?cid=92x1nnwzpf4o>.

## ECONOMIC IMPACTS OF LOCAL FOOD WEBINAR

To address the current state and future direction of economic analysis with regard to local and regional food systems, the Michigan State University Center for Regional Food Systems (CRFS) and the Union of Concerned Scientists' (UCS) Food & Environment Program convened a meeting of a group of economists and local food researchers in early 2013.

The group examined how economic analyses of local and regional food systems are currently conducted and discussed considerations for future studies.

A two-page brief summarizing the discussion from this meeting, including a synopsis of the meeting outcomes, is now available. In addition, participants weighed in with a wide range of comments and questions on economic impact studies of local and regional food commerce and each of these questions was addressed. Both the summary and the recorded webinar can be accessed here: <http://foodsystems.msu.edu/resources/>.

## SEMINAR: ESSENTIALS OF DISTILLING OILS, HYDROSOLS, AND VALUE ADDED PRODUCTS

The Lavender Association of Western Colorado, through a specialty crop grant from the Colorado Department of Agriculture and generous support by CSU Extension, is hosting an educational seminar, “Essentials of Distilling: Oils, Hydrosols and Value Added Products” to be held October 26 and 27 in Grand Junction, Colorado.

This conference will feature:

- workshops on creating products with essential oils and hydrosols;
- live distillations using several types and sizes of distillers;
- how to distill for commercial as well as medicinal products;
- how to distill for hydrosols as the product, not the by-product of essential oil distillation; and
- the latest updates on our specialty crop grant progress.

For more information, please visit their website at [www.coloradolavender.org](http://www.coloradolavender.org), or contact Kathy Kimbrough at [kkimbro49@yahoo.com](mailto:kkimbro49@yahoo.com) or (970) 255-1312.

## RESOURCES AND ADDITIONAL INFORMATION

Don't forget! Colorado State University Extension Food Systems and Agricultural Policy Resources:

- [Consumer Resources](#)
- [Producer Resources](#)
- [Linking Producers to Restaurants, Workplaces and Other Institutions](#)
- [Linking Producers to Schools - Networks, Directories and Guides](#)
- [Community Assessments and Toolkits](#)
- [Calculators and Databases](#)
- [Policy Articles, Resources and Case Studies](#)
- [Research and Other Resources](#)

To add your ideas and news, contact [Ashley Colpaart](#).

To subscribe and unsubscribe to this newsletter, contact [Martha Sullins](#).