



Healthy Community Food System *(noun)* 1. a food-centered collaborative network integrating food production, processing, distribution and waste management that enhances the economy, environment, health and social fabric of a particular place.

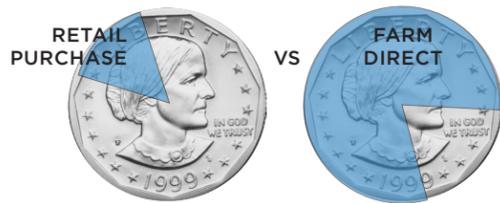
ECONOMY

Local

Supports Local Farmers

WHY? On average, only 15 cents of a dollar spent on food goes back to the farmer (Canning, USDA, 2011).

ACT: Buy farm direct - at a farmers' market, farm stand or through a CSA. You can even use your SNAP, WIC or Senior Farm-Direct coupons.



Invests in Food Infrastructure

WHY? In many communities, localized food supply chains have been lost.

ACT: Develop a food hub in which processing and distribution can be centralized.

Strengthens Local Economies

WHY? Every \$1 spent on local food adds an additional \$.86 to the local economy (Ecotrust, "The Impact of Seven Cents, 2007).

ACT: Buy locally first.

ENVIRONMENT

Sustainable

Protects Farmland

WHY? Between 1982 and 2007, more than 23 million acres have been lost to urban development (Farmland Trust, 2007).

ACT: Support land use policies that protect farmland. Find underused farmland through Friends of Family Farmers iFarm.

Wastes Less

WHY? The average meal travels 1,500 miles (Pirog, Van Pelt, et. al., Iowa State University, 2011). Community food systems can cut down these food miles.

ACT: Buy local foods. Compost food waste. Reuse and recycle.



Practices Crop Diversity

WHY? More than 90% of the crop varieties grown 100 years ago are no longer in commercial production or maintained in seed storage (Tuxill, World Watch, 2000).

ACT: Grow local seeds or save your own.

HEALTH

Nourishing



Home Grown

WHY? Gardening programs result in an increased preference for and consumption of fruits and vegetables (Langelotto and Gupta, Oregon State University, 2012).

ACT: Start a garden. Take a gardening class like Seed to Supper or Extension Master Gardeners.

Prioritizes Fresh

WHY? Obesity-related diseases and health problems account for 61% of healthcare costs in the United States. These costs exceed \$147 billion per year (Wexler, "The Economics of Overweight and Obesity, 2007).

ACT: Cook from scratch. Host cooking and nutrition education classes like Cooking Matters™.

Builds Community

WHY? A lack of social connection is a greater detriment to health than obesity, smoking and high blood pressure (House, Landis, and Umberson, Science, 1988).

ACT: Volunteer at a farmers market or food pantry. Share a meal with friends and family.

SOCIAL

Equitable

Healthy Food For All

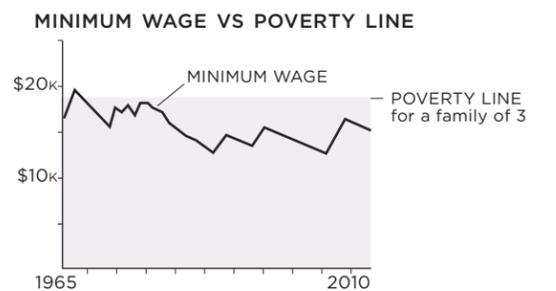
WHY? More than 7 million Americans live in a food desert (USDA Economic Research Service, 2009).

ACT: Seek local and healthy food. More demand leads to increased access. Donate fresh produce to the food bank.

Advocates Against Poverty

WHY? Nearly 15% of adults and 20% of children live in poverty (U.S. Census Bureau, 2013). More than half of food pantry households report at least one employed person at some point in the past year (Feeding America, 2014).

ACT: Tell your legislators that you want a strong social safety net, affordable housing and living wages.



Organized and Engaged

WHY? Communities know what is best for them. A community food system is more responsive to the needs and desires of its residents.

ACT: Organize a community organizing event like FEAST (Food Education and Agriculture Solutions Together).