

# 2016

Cass County

Food System Action  
Coalition

The Health and Food System Assessment is a compilation of various research data (Geographic Information Systems, Census Database, Extension, Community Health Needs Assessment, interviews and steering committee discussions). This report has been developed to showcase the existing conditions of the food system sectors (Production, Transformation, Distribution, Consumption + Access and Resource Management) and the various projects that fall within them.

Food and Health Systems involve many different facets of the community, and thus, this document compiles various research and understanding of each food system sector. The final report will

represent the community's interests and core values around food system development.

The following sections will include an abstract or overview of each section, interviews, discussion on each topic area, data-based research (quantitative and qualitative), and maps that will be used for decision making and determination of priority projects and programs for the coalition to continue to enhance the collective efforts of the community in regards to health and food systems.

## [HEALTH AND FOOD SYSTEM ASSESSMENT]

## Contents

Cass County Food System Action Coalition: .....	3
Purpose:.....	3
Mission: .....	3
Core Values: .....	3
PARTNERS: .....	3
Community Conclusions/Abstract of the report:.....	<b>Error! Bookmark not defined.</b>
About the assessment:.....	<b>Error! Bookmark not defined.</b>
Production: .....	4
Community Conclusions/ Abstract of the report:.....	5
Backyard Gardens.....	6
Faith Gardens.....	7
Corporate Gardens.....	8
Community Gardens .....	9
School Gardens.....	11
Public Edible Landscape .....	15
Incubator Farms:.....	16
Community Supported Agriculture.....	17
Urban Farms.....	19
Rural Farms.....	20
Transformation:.....	24
Community Conclusions/ Abstract of the report:.....	24
Processing Facilities .....	25
Mobile Processing Units .....	27
Distribution + Retail:.....	29
Restaurants:.....	30
Food Trucks.....	31
Farmers Markets.....	32
Public Markets .....	34
Grocery Stores.....	35
Food Boxes.....	37
Food Hubs .....	38
Auctions:.....	40

Cooperatives .....	40
Farm to School.....	46
Shared-use Kitchens .....	41
Food Access and Consumption:.....	42
Income:.....	43
IOWA YOUTH SURVEY 2015 .....	44
Local Food Coordinators and Coalitions:.....	46
Awareness Campaign: .....	49
Food Enterprise Centers.....	50
Education Centers.....	51
Food Banks:.....	52
Food System Policy Councils:.....	53
Waste Management .....	54
Food Recovery.....	55
References .....	56

## Cass County Food System Action Coalition:

### **PURPOSE:**

The Cass County Food System Action Coalition serves as a broad-based effort to help identify and connect relationships, communicate assets of local and regional food systems, and develop programs that improve the health, economy, and environmental sustainability of partners in the regional food system of Cass County.

### **MISSION:**

To work with diverse individuals, organizations and institutions to engage and foster community best practices for food system health, access and economic viability.

### **CORE VALUES:**

**Sustainability:** Food systems developed with sustainability in mind for all factors: social, environmental and economic aspects enhance the viability of local community, business growth and best practices.

**Transparency:** Food systems are complicated and affect many different pieces of the community. Through transparent and accurate information, education on the various food system practices will assist in decision-making.

**Inclusion:** Food is a basic need, and a food system rooted in inclusive participation enables all people to thrive; a foundation of respect and trust creates a climate for everyone to contribute to healthy, vibrant food system.

**Health:** Food is inherent to health in all issues. We have the creative and innovative power in our communities to make choices that will lead us to a healthier Cass County.

**Community:** Fostering relationships and engagement for practitioners and consumers in the food system to build trust and ownership in Cass County.

### **PARTNERS:**

Emily Kregel – Dietician at Cass County Health Systems; CCLFPC | CCC | Healthy Cass County: interested in setting up collective group rather than individual working groups

Gill Gillespie – Harrisdale Homestead and Wallace Center Rural Development grant: Want to promote local food infrastructure and social equality

Ardy Gillespie – interested in food systems development and sustainability and utilizing decision-making skills

Lavon Eblen – KJAN and Master Gardeners + Farmers Market: interested in food system development through community building and network education

Beth Olsen – Cass County Public Health: Community wellness + youth 4H programs

Chelsea Cousins – Montgomery County Extension- active in Griswold and south Cass County- Regional farmers markets: interested in promoting access for community wellness and community decision-making

Emily Paulsen – Co-owner of Brun Ko farms – south of Elk Horn

Gaylord Schelling – Chair of Cass County Board of Supervisors

Duane McFadden – Member of Cass County Board of Supervisors

Denise O'Brien – Owner of Rolling Acres Farm- Atlantic, IA – founder of WFAN

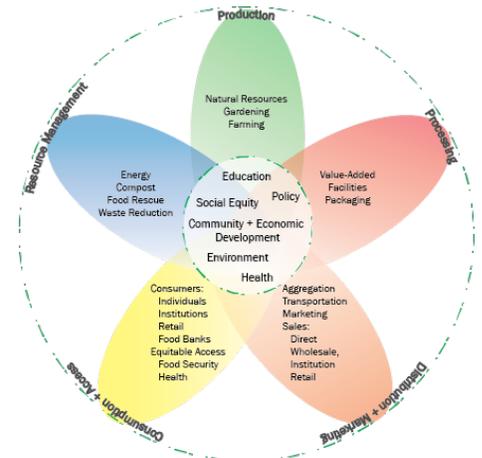
DeeAnn Schreiner – Food Service Director for Atlantic Community School District

Kate Olson. – ISU E&O Cass County Program Coordinator | CCLFPC | CTG grant | Rural Development grant: interest in connecting and collaborating for food system development

## ABOUT THE ASSESSMENT:

The food system assessment has been developed and arranged to follow the food system sectors:

- **Production:** Science, art, or occupation that involves cultivating land, raising crops, feeding, breeding or raising livestock
- **Processing:** Transformation of raw ingredients, physically or chemically, transforming into a value-added market
- **Distribution + Marketing:** Moving product from farm or processing site to consumer; including distribution and sales
- **Consumption + Access:** Opportunities for an individual to gain access to food in a physically safe, financially viable, and culturally competent way
- **Resource Management:** Efficient and effective deployment and allocation of community and business resources as it relates to land, water, soil, plants, food and created materials



Within each of the sectors, tactics are discussed that contribute to the overall sector.

- **Production:** Gardening, agricultural production (rural and urban agriculture), vertical farming, etc.
- **Transformation + Processing:** Value-Added processing, freezing, canning, butcher, etc.
- **Distribution + Marketing:** food hubs, food boxes, CSA's, market and branding, etc.
- **Consumption + Access:** grocery stores, food trucks, restaurants, food assistance programs, etc.
- **Resource Management:** conservation programs, food recovery, composting, etc.

Each tactic is discussed based on core community systems:

- **Economy:** Production, distribution or trade, and consumption of limited goods and services by different agents in a given geographical location
- **Education:** Networks of relationships among people working toward food system development; incorporation of education, culture and arts to achieve goals
- **Equity:** Ability to be equal in status, rights, and opportunities- specifically for food access, food production, and general ability to have equal opportunity for access to healthy living
- **Health:** Ability to be free from illness or injury with good mental and physical conditions: opportunity to connect to areas to promote healthy lifestyles
- **Environment (Natural and Built):** Natural assets including geology, soil, air, water, and living things: ecosystem services allowing for healthy, sustainable food production; Material, spatial and cultural product of human labor- combines physical elements and energy for living, working and playing

The assessment is formatted to give an in-depth analysis of individual projects and programs that exist within Dubuque County, and to allow for an assessment of the system as a whole. This assessment provides information to relay how systems that exist (economy, education, health, environment, policy) relate to one another within the food system. As you walk through the assessment, you'll find that the first page of each sector gives an overview followed by the analysis.

Where appropriate, maps are developed to give a visual demonstration of the information discussed.

## Production:

This section provides an overview of community projects, programs, businesses, etc. that involve the science, art, or occupation that involves cultivating land, raising crops, hunting, fishing, foraging or farming

## COMMUNITY CONCLUSIONS/ ABSTRACT OF THE REPORT:

-to include areas of focus moving forward

-Significant Findings:

-Write about next steps and “abstract” from discussion

## BACKYARD GARDENS

Backyard gardening allows for the integration of food plants with ornamental plants for an aesthetic setting. By incorporating both types of plants, a garden becomes productive as well as beautiful, leading to added health benefits, stress reduction, and personal financial stability. With the incorporation of fruits, vegetables, herbs and beautiful perennials and annuals, your space is sure to have practical and flavorful results.

There are numerous types of gardening that can be used at any scale from the backyard to the city streets. Gardening is a great way to introduce healthy, fresh plants into the family lifestyle at home as well as grow food for those in need. (Long, 2015, p. 6)

Public Input Sessions:

- Several individuals in Atlantic have gardens
- Anita: Kid and adult cooking classes
- Anita- Recipe sharing (online and in print) to help people learn how to use food and be creative

### *Data:*

Economy: **Individual savings, potential for increased home value** (Long, 2015, p. 6)

Education: **Master Gardener programs available; Grow 5 Atlantic Initiative**

Equity: **Opportunity to have better access to food** (Long, 2015, p. 6)

Health: **Safe food, exercise, gardens are shown to assist with stress reduction; children who eat homegrown fruits and vegetables eat twice the amount of these foods compared with kids who seldom get fresh fruits and vegetables** (Long, 2015, p. 6).

Cass County Community Health Improvement Plan:

#### **PROMOTE HEALTHY BEHAVIORS:**

**28% of county are obese, and 60% are obese or overweight**

**Less than 8% of population consume 5 or more servings of fruits and vegetables/day**

**Goal to partner with Healthy Cass County for increased consumption –**

**-decrease obese and overweight adults to 25% of population**

Environment: **Improved environment** (Long, 2015, p. 6).

## FAITH GARDENS

Faith-based gardens are similar to community gardens, with particular faith-based affiliations. Common motivations include feeding the hungry, building community, and creating multi-generational and cultural connections. Many gardens offer produce to their volunteers or congregation members in need, and several also donate produce to food pantries in the community.

These gardens typically are focused on creating therapeutic spaces for individuals to relax and contemplate life, allowing people to feel that they are part of something larger than themselves. Often, faith-based affiliations will connect with businesses outside of the church for participation and or training opportunities: refugee farming, high-school internships, Master Gardener volunteers, etc. (Long, 2015, p. 14)

**Community Conclusions: During the Decision Making Meeting, the coalition determined a project that will collaborate with faith based gardens for production and donation. There is currently a lack of partnership with faith-based organizations.**

Discussion from coalition meetings:

CURRENT LACK OF CONNECTIONS TO FAITH-BASED ORGANIZATIONS INTERESTED IN GARDENING

Public Input Sessions:

- Church land to use for community garden- family participates in one in DM- city provides water, church has land, families rent (given plots)
- David York- Methodist church- community garden; Steve Green

*Data:*

**Education: Educates and build awareness about hunger, training opportunities for gardening** (Long, 2015, p. 14)

**Equity: Helps promote food security, provides food for the hungry. A one-acre faith garden that donates to kitchens and pantries can help feed over 2000 families per year.** (Long, 2015, p. 14)

**Health: Therapeutic space can help relieve stress. Faith gardens create opportunities for volunteerism. Volunteering has been shown to develop community capacity and ownership in the community as well as increase social and relationship skills and benefit the mind.** (Long, 2015, p. 14)

**Environment: Environmental diversity and awareness, promotes therapeutic space** (Long, 2015, p. 14)

## CORPORATE GARDENS

Can assist and help establish healthy habits for employees and administration within a company and promote sustainable wellness for the community. Many corporate gardens allow for employees to take home product. Large corporations like PepsiCo to small town neighborhood businesses incorporate gardens for various reasons: lunchtime getaway, health benefits, or fashionable perks. Several employee wellness opportunities can occur: nutritional awareness, mental health, and physical health. Corporate gardens are options to give back to employees and improve quality of life. Gardens can take on many different looks like any community garden- rent for space, corporate giving gardens, or community space to grow and work together free of charge.

Public Input Sessions:

- Hy-Vee currently has gardening programs: potential to support local
- The hospital has a strong program- would they offer gardening opportunities
- YMCA- looking into garden potential
- ISU Extension and Outreach office could create an educational garden about local food

### *Data:*

Economy: Hy-Vee One Step Community Produce Garden- gives back to the community through donations of everyday foods to charitable causes. They also have grant awards for up to \$1,000 that must be received by February 1 (2016).

Education: promotion of nutritional, mental and physical health (Corporate Garden Coach, 2016)

Equity: Corporate gardens can assist in providing access to land for growing personal food

Health: Best practices on employee betterment programs – also identified opportunities for employees to get involved in wellness programs (city employees)

Assists in providing emotional and beneficial mental peace. Gardens have been shown to improve health by decreasing blood pressure, reducing hear rate, relieving muscle tension, decreasing patients' perception of pain, and improving mood. (Cass County Health System Foundation)

Natural Systems:

Maps (Built Environment)

CASS INCORPORATED- ENRICHMENT GARDEN

## COMMUNITY GARDENS

Community gardens create community and neighborhood capital. A community garden is a public space that can be a cross-section between public and private entities open to all, or for identified users. These spaces offer opportunities for families to grow their own food, leading to financial stability and healthy, fresh food options. Gardening has been shown to reduce stress and promote additional exercise through leisure activity.

Community gardens can be created in a vast amount of spaces and environments: rural and urban settings, vacant lots, pocket parks, and local business plots. (Long, 2015, p. 18)

**Community Conclusions:** During the decision making meeting, the coalition determined a priority project around public gardens. This may include increasing community garden access.

Public Input Sessions:

- Atlantic: Plots for access to gardens on city lots that are being mowed. Also for social activity
- Atlantic: Vegetable gardens! Either plant together or each rent a plot- need this
- Need more community gardens for public access to grow food (rent space)
- Community garden- shared care so less commitment
- Have more community gardens! Can we find people to run them?
- Like community garden idea especially with condominium & apartments having small, shady yards
- Communities where retired people no longer can maintain a garden: Have FFA boys & girls work to plant the land no longer being used & share part of the produce with land owners & then the kids market the extra @ Farmer Markets & learn marketing.
- Dry place- perhaps downtown: Possible free garden to sell or use by anyone who participates. I know the organizing is difficult.
- Atlantic- More community gardens for public access to grow food (rent space)
- Atlantic- downtown area: Idea: unoccupied stores tear down and garden- would need to be donated (Scout project, kids activity)
- Community garden- shared care so less commitment
- Have community gardens in ever town- retired people and kids

### *Data:*

**Economy:** Catalyst for neighborhood development and beautification (Long, 2015, p. 18)

**Education:** Have been shown to offer inter-generational and cross-cultural learning opportunities (Long, 2015, p. 18)

MASTER GARDENERS PROGRAM- ASSIST IN COMMUNITY GARDEN EDUCATION AND VOLUNTEER

**Equity:** Neighborhood and community gardens have been shown to be opportunities for self-reliance: access to more nutritious foods creates lower food budget costs (Long, 2015, p. 18).

**Health:** Promotes social interactions with neighbors and allows more self-reliance for food (Long, 2015, p. 18).

Environment: **Promotes additional recreation opportunities and green space improvement, and can minimize heat island effect** (Long, 2015, p. 18).

COMMUNITY GARDEN IN SUNNYSIDE AREA;

MASSENA;

CARSON

COMMUNITY GARDEN BY RIVER- HAS A WAITING LIST

## SCHOOL GARDENS

School gardens create unique learning opportunities for both students and teachers. Gardening can connect multiple disciplines: math, science, English, and nutrition. It can be used to teach children how to sustain themselves and care for and respect the earth. School gardens foster growth and knowledge about where food comes from and nourish healthy living habits.

School gardens can be incorporated as community garden spaces and provide inter-generational and cross-cultural learning opportunities. These spaces create aesthetically pleasing ways to learn about the environment, how to grow food, and how to create social connections and common ground.

School gardens show children that they are part of something bigger in their community and school system. This pride has the chance to grow in all ages from toddlers to high school students (Long, 2015, p. 10).

Community Conclusions: During the decision making meeting, the coalition determined a priority project based on school gardens and Farm to School programming. School gardens were listed several times in the survey and will allow for enhanced food system connections and awareness for youth in all areas of the county.

Discussion from coalition meetings:

INTEREST IN ADDITIONAL PARTNERSHIPS WITH SCHOOL- PRIMARILY FOR EDUCATION AND HEALTH BENEFITS; IS THERE AN OPPORTUNITY TO BRING BACK FARM TO SCHOOL PROGRAMS- AND LEARN FROM ATLANTIC OUTDOOR CLASSROOM

Public Input Sessions:

- CAM: School does an awesome job
- AMS: School garden would be cool
- Griswold: Would love to see more school gardens- cost is an issue
- Atlantic- Washington or HS: EOC (*Education Opportunity Center*) has used greenhouse- could use more often, expand or year round
- School Gardens: Expand to High School in Atlantic- use the food in the cafeteria or sell
- Incorporating all steps of food production into education- K-12 and college ... IWCC?

Interviews: Kate Olson

Potential for schools gardens-

-High School and Ag teacher interested-- greenhouse and horticulture program trying to expand

-CAM schools in Massena- have a great greenhouse and project: vegetable sales for fundraiser and tied into outdoor classroom (nature education) - Naturalist for the county into vermicomposting (middle school cafeteria) -- Cass County Conservation runs the outdoor classroom project

**Data:**

Economy:

Income eligibility for free and reduced price meals and free milk program in 2016 – used for schools, institutions and facilities participating in the National School Lunch Program (and Commodity School Program), School Breakfast Program, Special Milk Program for Children, Child and Adult Care Food Program, and the Summer Food Service Program. Annual adjustments occur through the National School Lunch Act. (Department of Agriculture, 2106)

INCOME ELIGIBILITY GUIDELINES

REDUCED PRICE MEALS 185% HOUSEHOLD NUMBER	ANNUAL	MONTHLY	TWICE/ MONTH	EVERY TWO WEEKS	WEEKLY
1	21,978	1,832	916	846	423
2	29,537	2,470	1,235	1,140	570
3	37,296	3,108	1,554	1,435	718
4	44,955	3,747	1,874	1,730	865
5	52,614	4,385	2,193	2,024	1,012
6	60,273	5,023	2,512	2,319	1,160
7	67,951	5,663	2,832	2,614	1,307
8	75,647	6,304	3,152	2,910	1,455

FREE MEALS- 130%-	ANNUAL	MONTHLY	TWICE/ MONTH	EVERY TWO WEEKS	WEEKLY
1	15,444	1,287	644	594	297
2	20,826	1,736	868	801	401
3	26,208	2,184	1,092	1,008	504
4	31,590	2,633	1,317	1,215	608
5	36,972	3,081	1,541	1,422	711
6	42,354	3,530	1,765	1,629	815
7	47,749	3,980	1,990	1,837	919
8	53,157	4,430	2,215	2,045	1,023

Education: School gardens provide numerous learning opportunities for children in schools, including learning about where food comes from. They also help develop responsibility and nurturing skills, as well as building pride in individuals. Evidence has shown that students who participate in school gardens score higher on standardized tests (Long, 2015, p. 10).

Equity: Assists in eliminating barriers for participants; ability to offer age and developmentally appropriate opportunities; plan activities that are sustainable for participants as well as managers of the site (Herder)

Health: Students participating in gardens at school are more willing to eat and grow product. Gardening promotes increased fruit and vegetable intake and willingness to taste fruits and vegetables: 98% of children enjoy tasting the new fruits and vegetables and 96% enjoy working in the garden (Long, 2015, p. 10)

IOWA YOUTH SURVEY 2015 (THE UNIVERSITY OF IOWA, 2015)  
YOUTH FRUIT CONSUMPTION

IN THE LAST 7 DAYS, HOW MANY TIMES DID YOU EAT FRUIT?	I DIDN'T EAT FRUIT	LESS THAN 1 TIME EACH DAY	1 TIME PER DAY	2 TIMES PER DAY	3 TIMES DAYS PER DAY	4 TIMES PER DAY	5 OR MORE TIMES EACH DAY
<b>6<sup>TH</sup> GRADE</b>	2%	9%	26%	28%	16%	9%	11%
<b>8<sup>TH</sup> GRADE</b>	2%	9%	25%	30%	27%	3%	4%
<b>11<sup>TH</sup> GRADE</b>	0%	9%	48%	35%	9%	0%	0%

YOUTH VEGETABLE CONSUMPTION

IN THE LAST 7 DAYS, HOW MANY TIMES DID YOU EAT GREEN SALAD, CARROTS, OR POTATOES OR ANY OTHER VEGETABLES- NOT INCLUDING FRENCH FRIES, FRIED POTATOES, OR POTATO CHIPS	I DIDN'T EAT VEGETABLES	LESS THAN 1 TIME EACH DAY	1 TIME PER DAY	2 TIMES PER DAY	3 TIMES DAYS PER DAY	4 TIMES PER DAY	5 OR MORE TIMES EACH DAY
<b>6<sup>TH</sup> GRADE</b>	4%	12%	24%	30%	19%	6%	5%
<b>8<sup>TH</sup> GRADE</b>	5%	9%	32%	36%	10%	3%	4%
<b>11<sup>TH</sup> GRADE</b>	0%	22%	39%	39%	0%	0%	0%

CHNA & HIP PRIORITY GOALS:

(Iowa Department of Public Health, n.d.) (CHNA & HIP, 2015) (Coder, 2015)

CASS COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN (HIP):

Promote Healthy Behaviors:

**Less than 25% of Cass County Residents will be obese**

- 28% of county are obese, and 60% are obese or overweight
- Less than 8% of the population consumes 5 or more servings of fruits and vegetables per day

Increase consumption of local foods through collaborative efforts:

**Continued resources for Healthy Cass County**

STRENGTHEN PUBLIC HEALTH INFRASTRUCTURE

**Promote public awareness of community health issues and resources**

CHILD FOOD INSECURITY 2013: (FEEDING AMERICA, 2015)

CHILD FOOD INSECURITY IN IOWA BY COUNTY IN 2013- UNITS- NUMBER OF INDIVIDUALS AND PERCENTAGE	FOOD INSECURITY RATE (FULL POPULATION)	CHILDREN UNDER 18 YEARS	CHILD FOOD INSECURITY RATE	ESTIMATED NUMBER FOOD INSECURE CHILDREN	LIKELY INCOME-ELIGIBLE FOR FEDERAL NUTRITION ASSISTANCE	NOT LIKELY INCOME-ELIGIBLE FOR FEDERAL NUTRITION ASSISTANCE
<b>CASS</b>	12.8%	3,151	20.4%	640	70%	30%
<b>STATE:</b>	12.6%		19.3%		59%	41%

Natural Systems: **School gardens can promote respect for the earth, and provide improvements to existing green space** (Long, 2015, p. 10).

Maps (Built Environment):

ATLANTIC OUTDOOR CLASSROOM: ERIC MILLER CONTACT

MASSENA- OUTDOOR CLASSROOM: LORA KANNING

## PUBLIC EDIBLE LANDSCAPE

Public, edible landscapes combine form and function to create practical and aesthetically pleasing environments in communities. The promotion of visible, edible spaces will build knowledge about where food comes from and how to grow it, as well as reconnect individuals with their food and nature. Edible landscapes build up the environment, increase diversity, and improve food security and horticulture therapy through a connection to nature. Edible landscapes are unique because they incorporate various forms of food such as fruit trees, berries, herbs, and vegetables with ornamentals. This inter-mixing allows for reduced pests, creative textures, and fun environments. Edible landscapes allow for nature to connect with the built environment through architecture, structure, materiality, and productive function (Long, 2015, p. 22).

Community Conclusions: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

- MANY OPPORTUNITIES FOR AREAS AROUND THE COUNTY TO INCLUDE PRODUCTION OF LOCAL FOODS AS AN AESTHETIC AMENITY: I.E. TRAILS AND PARKS, ISU EXTENSION OFFICE;
- PRODUCE IN THE PARK- YMCA GARDEN PROGRAM AND POTENTIAL EXPANSION WITHIN YMCA PROGRAMS

Public Input Sessions:

- Atlantic: Yes, that would be great- I could pick myself
- Atlantic- downtown area: Idea: unoccupied stores tear down and garden- would need to be donated (Scout project, kids activity)
- Love the idea of Edible Landscapes and Farm to School Chapters

Interview: Kate Olson

Based on the interest in the Master Gardener conversations from school leaders/ public input sessions, have ideas about community garden/ public edible landscape. It will be interesting to see what people think community gardens are-

Several different perspectives on gardens: i.e. renting plots, faith gardens that are cooperative and donated, and others want to share in work, harvest, etc.; or edible landscape that is all open

*Data:*

**Equity: Offers healthy food access within public realms of a city. Currently only 37% of households nationwide have gardens. By offering public access to foods it can improve food security and decrease miles traveled for fruits and vegetables (Long, 2015, p. 22).**

**Health: Can promote healthy behaviors and be utilized for horticulture therapy (Long, 2015, p. 22).**

**Natural Systems: Promotes aesthetics around the community and businesses; edible landscapes can cool heat islands, improve air quality and reduce stormwater runoff (Long, 2015, p. 22).**

Maps (Built Environment):

CASS COUNTY EXTENSION- EDIBLE DEMONSTRATION GARDEN  
GARDEN TOOL RENTAL PROGRAM-

### **INCUBATOR FARMS:**

Aim to assist new and beginning farmer entrepreneurs in establishing their own successful business. Incubator farms typically train on successful business tactics and provide resources and services that are typically expensive or difficult to come by for start-up entrepreneurs on their own. Many forms of incubator farms exist, but all rely on land-based areas for training, and include multiple-growers on site. Additionally, trainers and experts can be housed or consulted to teach various technical practices of farming.

## COMMUNITY SUPPORTED AGRICULTURE

Community Supported Agriculture (CSA) is a partnership between farmers and community members working together to create a local food system. This differs from direct marketing because members share in the risk of production, allowing for producers to concentrate on growing food and caring for the land. CSAs are a popular way to buy local, seasonal food directly from farmers. Consumers receive ultra-fresh and, often times, unique produce and recipes for cooking. It also allows for consumers to visit farms and learn about different growing styles. CSAs operate under a shared commitment to build a more local and equitable food system, where producers can focus on land stewardship and still maintain productive and profitable small farms; allowing for the highest ecological potential possible (Long, 2015, p. 26).

### Public Input Sessions:

- CSA's we have are both great! Have done both, would do either again- we travel more now, so FM fit our schedule better.
- More organic food access
- I would like to have a refrigerated place where growers could sell their extra from CSA's and Farmers Market that could supplement families' food by allowing families to pick up, say, \$10 worth of overripe products for free.
- Permaculture; I'm going to try seed Amaranth; I was going to plant filberts but don't care for the flavor; I'd love to have Chestnuts grown locally for sale but I don't have the room. Contact info: Larry Greufe 712-250-2529

### Interviews: Denise O'Brien

Founded WFAN; involved in Potawatomie county collaborators and Practical Farmers of Iowa  
Many different interests, including cost analysis of local food systems- how does this work compare to NE Iowa's collective work with large money input; also compare how much time vs. how much money is needed for local food systems

Is the local food movement a real effort to build community and economic vitality?

**Farm-To- School-** how to work with schools? We need strong support from community, parents, teachers, chefs, etc. Interested in Farm 2 School Nutrition and helping kids eat better

**CSA-** program has always been organic and always wholesale

- Greenhouse/ hoop house
- Turkeys/ chickens- family and local eggs
- Thanksgiving- 50 turkeys

Partner- Amber Mohr- Avoca, IA Fork Tail Farms- 3 acre homestead

- Thanksgiving- 30 turkeys
- Crops: peas, sweet potatoes, green beans- rest for family

### *Data:*

Economy: **CSA's promote local and regional production as well as local businesses. Direct economic benefit is seen- consumers can save up to 39% by purchasing from CSA vs. supermarkets, and the sale goes to a member in the community, with a high likelihood that those dollars will also stay within the community** (Long, 2015, p. 26).

### 2 FARMS MARKETED PRODUCTS THROUGH COMMUNITY SUPPORTED AGRICULTURE (CSA):

- ROLLING ACRES FARM: DENISE O'BRIEN AND LARRY HARRIS
- BRIDGEWATER FARM: DALE RAASH

Education: CSA's allow you to know how your food is grown and where it comes from. Many CSA's offer work-shares for hands-on educational experience (Long, 2015, p. 26).

Equity: Many CSA's offer work-shares for a discounted price if you assist in the growing/harvesting process (Long, 2015, p. 26).

Health: Community members who participate in CSA's have said they increased the variety of produce eaten and the quantity of vegetables eaten (Long, 2015, p. 26).

Natural Systems: CSA's are typically diverse operations, allowing for more natural environmental processes vs. mono-cropping (Long, 2015, p. 26).

Maps:

- ROLLING ACRES FARM: DENISE O'BRIEN AND LARRY HARRIS
- BRIDGEWATER FARM: DALE RAASH

## URBAN FARMS

Urban farms use urban land to maximize local food outputs and assist in meeting needs for local food production and community food security. This contributes to the safety, health, and diversity of environments, and also promotes economic growth by keeping local dollars within the community. Urban farming enhances the community by providing a sustainable food source within city limits, develops community capacity, and improves health through access to nutritious food and exercise opportunities. Farming in the city enhances the built environment through the incorporation of soft and open spaces and also benefits the air quality, bio-diversity, soil quality and overall enhancement of city aesthetics (Long, 2015, p. 30).

Community Conclusions: WRITE ABOUT NEXT STEPS AND “ABSTRACT” FROM DISCUSSION

Public Input Sessions:

- Atlantic- downtown area: Idea: unoccupied stores tear down and garden- would need to be donated (Scout project, kids activity)

Economy: Promotion of food-related jobs in an unexpected location: the middle of a city. With every \$1 invested in an urban farm or garden, \$6 are generated in worth of vegetables (Long, 2015, p. 30).

Education:

Equity: Improving the physical space in communities allows for the community parcels to be re-used and creates safe places for community members (Long, 2015, p. 30).

Health:

Natural Systems: Urban farms can assist in mitigating soil erosion in urban centers; they also assist in decreasing the carbon footprint by lowering the amount of miles traveled to market. Food-related emissions account for 21% of total emissions: consumer activity (traveling to grocery store/dining out) accounts for 46%- connecting to urban food systems reduce these percentages (Long, 2015, p. 30).

## RURAL FARMS

Rural farming is an integral part of the existing food system and directly impacts the affordability of our food. A strong agricultural economy is critical in creating a strong national and rural economy. Current programs exist to assist and support small and medium-sized farms to diversify and scale up in order to improve access to healthy food for consumers. The Farm Bill directly affects the opportunity to develop farming business and rural development as well as the availability and resources to source local and organic products. Rural, sustainable agriculture contributes vast amount of products into the local and regional food system with practices that are typically environmentally conscious, socially equitable, and humane to animals. Rural and sustainable farms are most often operating at a larger scale than urban settings and can thus provide larger quantities into the food system through various means of retail and wholesale marketing, aggregation, or direct sales (Long, 2015, p. 50).

Community Conclusions: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

IS THERE A WAY TO WORK WITH LOCAL RESTAURANTS, FOOD SERVICE, AND HOSPITALS TO KNOW THE AMOUNT SPENT ON LOCAL FOOD PURCHASES?

Public input sessions:

- Cass County & environment: Agriculture is an important part of the local economy & community – people should have opportunities to participate as producers & others in the community should understand what is produced & how.
- Local Fish Farm
- More organic food access
- High Tunnels, grants, David Young; Need non-traditional, USDA options (go through paper work, go through the steps)
- Consumer awareness of how food grows (effort, resourced needed)
- Permaculture; I’m going to try seed Amaranth; I was going to plant filberts but don’t care for the flavor; I’d love to have Chestnuts grown locally for sale but I don’t have the room. Contact info: Larry Greufe 712-250-2529

Interview: Armstrong Farm

The site has 400 acres- 5 80 acre spaces. Part of the area is dedicated to the donation garden plot: 40x80' - 1/4 in butterfly habitat and 3/4 vegetable production. Cindy Haynes from ISU manages program, there are 8-10 master gardeners involved. Volunteers help to manage, weigh and deliver product. They have had 1800 pounds donated. Every other day pick and all of products are donated (Anita, Atlantic, Griswold, Ann Wickham, and Atlantic Summer Meals).

There is also a Monarch Butterfly habitat area that has been developed as a research component. The rest of site includes corn- strips project, soy- strips project, and cattle: breeding project- genetic production- feed efficiency- electric bins (IACUC).

There is an existing green house in Atlantic- 24x40' or 24 x 36'. It had operated a maize heating system and corn burning.

The satellite site in Greenfield has organic vegetables/ oats and grapes, as well as sorghum.

**Data:**

Economy:

3 FARMS LISTED IN MARKET MAKER:

**McCurdy's Pumpkins**

**3 Bee Honey Farms**

**Purple Rooster Farm**

CENSUS DATA: (USDA, N.D.)

NUMBER OF FARMS AND AVERAGE SIZE: (USDA, 2012)

	2012				2007	
CENSUS OF AGRICULTURE 2012 -	NUMBER OF FARMS	AVERAGE FARM SIZE IN ACRES	MEDIAN SIZE OF FARM IN ACRES	TOTAL ACRES IN FARMS	NUMBER OF FARMS	AVERAGE FARM SIZE IN ACRES
FARMS OR ACRES	703	412	160	289,926	763	417
TOTAL FOR STATE:		350				331

NUMBER OF FARMS SMALLER THAN 50 ACRES: (USDA, 2012)

	2012			
CENSUS OF AGRICULTURE 2012	NUMBER OF FARMS: 1-9 ACRES	NUMBER OF FARMS 10-49 ACRES	NUMBER OF FARMS 50-179 ACRES	NUMBER OF FARMS 180-499 ACRES
FARMS	44	134	192	128

NEW JOBS: (IOWA STATE UNIVERSITY EXTENSION, N.D.)

REGIONAL ECONOMIC ACCOUNTS- UNITS NUMBER OF JOBS CLASSIFIED SIC OR NAICS	1980	2000	2010	2014	NUMBER OF JOBS LOST BETWEEN 1980-2014
NUMBER OF JOBS	1466	940	718	673	793

FARM BY VALUE OF SALES (USDA, 2012)

COUNTY SUMMARY HIGHLIGHTS- 2012	LESS THAN \$2500	\$2500-\$4,999	\$5,000-\$9,999	\$10,000-\$24,999	\$25,000-\$49,999	\$50,000-\$99,999	OVER \$100,000
FARMS	197	36	24	49	44	59	294

SELECTED PRACTICES (USDA , 2012)

COUNTY SUMMARY HIGHLIGHTS -2012- UNITS IN FARMS	RECEIVED IRRIGATION WATER FROM US BUREAU OF RECLAMATION	ALLEY CROPPING	BIOMASS FOR ENERGY	ROTATIONAL OR INTENSIVE GRAZING	DIRECT MARKET TO RETAIL	VALUE-ADDED	CSA	VEAL OR CALF	ON FARM PACKING FACILITY
FARMS	197		1	63	9	16	5	4	

LIVESTOCK AND POULTRY (USDA, 2015)

COUNTY SUMMARY HIGHLIGHTS: 2012 -UNITS FARMS	BEEF CATTLE	DAIRY CATTLE	HOGS + PIGS	SHEEP +LAMBS	GOATS	LAYERS	BROILERS	TURKEYS	MISC.: DUCKS, GEESE	BEEES
<b>FARMS</b>	239	4	17	36	14	16	6	2	4	6
<b>INVENTORY</b>					*322 TOTAL GOATS					
<b>1-9</b>	37	2	3 Inventory 1-24*	16 Inventory 1-24*		14 inventory 1-49*				
<b>10-19</b>	34									
<b>20-49</b>	82	1	1	17 *INVENTORY 25-99*						
<b>50-99</b>	50		1			1				
<b>100-199</b>	29		258	2 *INVENTORY 100-299*						
<b>200-499</b>	7		2							
<b>500 +</b>		1		1 *INVENTORY 300-999*						
<b>1000 +</b>			7			1	5 *1-1,999 sold* 1 *500,000 + sold)			

CROPS (USDA, 2015)

COUNTY SUMMARY HIGHLIGHTS: 2012 -	BARLEY FOR GRAIN	CORN FOR GRAIN	CORN FOR SILAGE	DRIED BEANS	FORAGE	OATS FOR GRAIN	SOYBEANS FOR BEANS	WHEAT FOR GRAIN
<b>FARMS</b>		388	52		257	20	355	4
<b>ACRES</b>		111,192	3,017		10,775	444	94,788	40

FRUITS & VEGETABLES (USDA, 2015)

COUNTY SUMMARY HIGHLIGHTS: 2012	VEGETABLES	ORCHARDS	FRUITS AND NUTS	BERRIES	FLORICULTURE
<b>FARMS</b>	4	1	1 - GRAPES	3	1
<b>ACRES</b>	21			1	

Equity:

PERCENTAGE OF PRINCIPAL FARM OPERATORS: (USDA, 2012)

CENSUS OF AGRICULTURE 2012 – UNITS IN NUMBER OF FARMS	FEMALE FULL OWNER	SPANISH, HISPANIC OR LATINO	AMERICAN INDIAN OR ALASKA NATIVE	ASIAN	BLACK OR AFRICAN AMERICAN	WHITE
FARMS	43	4			2	703
ACRES	5,872	82				289,926

(IOWA STATE UNIVERSITY EXTENSION, 2014)

POVERTY AND FOOD NEEDS: PRODUCTION / 1000 RESIDENTS	ACRES
CASS	2.0

Natural Systems: PRESERVES FAMILY AND NATURAL HERITAGE OF THE LAND (Long, 2015, p. 50).

ORGANIC ACRES (USDA, 2012)

COUNTY SUMMARY HIGHLIGHTS: 2012 – FARMS	USDA CERTIFIED ORGANIC FARMS	USDA ORGANIC PRODUCTION EXEMPT FROM CLASSIFICATION	FARMS WITH SALES FROM \$1,000-\$4,999	FARMS WITH SALES OVER \$5,000
FARMS	2	-	1	2

ADDITIVE STATISTICS: FERTILIZER AND CHEMICALS APPLIES (USDA, 2012)

COUNTY SUMMARY HIGHLIGHTS: 2012 – UNITS ACRES	COMMERCIAL FERTILIZER, LIME + SOIL	MANURE	CONTROL -INSECTS	WEEDS, GRASS, BRUSH	NEMATODES	DISEASES IN CROPS AND ORCHARDS	CHEMICALS USED TO CONTROL GROWTH: THIN FRUIT-RIPEN, ETC.
FARMS	432	132	172	441	17	55	2
ACRES	162,682	11,296	72,242	211,276	5,564	23,175	

## Transformation:

To include all community projects, businesses, etc. that involve transformation (processing, packaging, labeling and marketing) of food

## COMMUNITY CONCLUSIONS/ ABSTRACT OF THE REPORT:

--Write about next steps and "abstract" from discussion

-to include areas of focus moving forward

-Significant Findings:

-Discussion from coalition meetings:

## PROCESSING FACILITIES

Allow for raw food products to be physically or chemically altered into value-added forms. Processing facilities work with everything from produce to dairy to meat, and act out an array of activities, from mincing and emulsifying to cooking and preserving. This is a way for farmers to add value to their product, but can be a large investment to process individually and typically involves several forms of certifications or licenses. Over the past several decades, the US has had a rapid consolidation of its meat industry. In 2007, four companies controlled over 80% of the country's beef processing, and three controlled over 60% of the pork processing. Businesses are required to obtain a retail food license or food processing plant license to make or sell food to the public. Independent processing centers and slaughterhouses can help establish economic growth and opportunities for individual producers and farmers to access a means to process smaller quantities of product at a reasonable cost (Long, 2015, p. 54).

Community Conclusions: Write about next steps and "abstract" from discussion

Discussion from coalition meetings:

Public input sessions:

- SW Iowa: Ability to process ag products is a great value-adding aspect for local foods. This can enable small and medium scale producers to make a decent living. Also can enable using goods profitably.
- I would like to have a refrigerated place where growers could sell their extra from CSA's and Farmers Market that could supplement families' food by allowing families to pick up, say, \$10 worth of overripe products for free.

Interview: Kate Olson

There is consideration of a poultry processing site with Golden Hills. They have grant funding, project coordinator, etc. There have been a few road blocks and have not found processors that are interested in making the modifications to process poultry and make infrastructure improvement. It started because anyone who wanted to build or upgrade, didn't have the market base to keep the new organization consistently busy

*Data:*

**Economy:**

ATLANTIC MEAT LOCKER

HENNINGSSENS MEAT PROCESSING PLANT (ATLANTIC, IOWA)

ANITA PROCESSING INC

- Processing facilities assist in increasing product value and offer niche products. There are also opportunities for multiple scales of businesses and incubator opportunities.
- Typically there are limited slaughter and processing capacity in states, and this is a key barrier for meat and poultry, as well as value-added produce producers.
- The number of slaughter plants has decreased significantly in the past 10 years (Long, 2015, p. 54).

Education:

Equity:

Health:

Natural Systems:

Maps

## MOBILE PROCESSING UNITS

Mobile slaughter units (MSUs) go directly to farms and can generate creative, niche markets for both animal and produce. Since Mobile Processing Units go directly to farm or specific locations, they offer locally processed, locally raised products (Long, 2015, p. 54).

Community Conclusions: Write about next steps and “abstract” from discussion

Public input sessions:

- SW Iowa: Ability to process ag products is a great value-adding aspect for local foods. This can enable small and medium scale producers to make a decent living. Also can enable using goods profitably.

### *Data:*

Economy:

- Processing facilities assist in increasing product value and offer niche products. There are also opportunities for multiple scales of businesses and incubator opportunities.
- Typically there are limited slaughter and processing capacity in states, and this is a key barrier for meat and poultry, as well as value-added produce producers.
- The number of slaughter plants has decreased significantly in the past 10 years (Long, 2015, p. 54).

Education:

Several mobile processing units have opened across the county for poultry and red meat. (eXtension, 2016)

5 EXAMPLES FROM THE SITE INCLUDE:

-SIERRA FOOTHILLS (CA): ALL POULTRY | INSPECTION: PRODUCERS UNDER 20,000 BIRDS – OR 1,000 BIRD EXEMPTION | CAPACITY 100-125 BIRDS/ DAY | OWNED BY HIGH SIERRA RESOURCE CONSERVATION AND DEVELOPMENT COUNCIL

-KENTUCKY MOBILE POULTRY PROCESSING UNIT (KY) | SPECIES: POULTRY, AQUACULTURE, RABITS | STATE APPROVED INSPECTION | CAPACITY: 200-250 BIRDS | OWNED BY KENTUCKY STATE UNIVERSITY RESEARCH FARM

-ISLAND GROW MARTHA’S VINEYARD (MA): SPECIES: POULTRY | INSPECTION: PRODUCER OPERATES UNDER 20,000 BIRD EXEMPTION

-MASSACHUSETTS MOBILE POULTRY PROCESSING UNITS (MA): SPECIES: POULTRY | INSPECTION: STATE APPROVED- OPEN AIR; PRODUCERS REQUIRED TO HAVE STATE SLAUGHTER LICENSE | CAPACITY: UP TO 300 BIRDS | OWNED BY NEW ENGLAND SMALL FARM INSTITUTE

-NEW ENTRY SUSTAINABLE FARMING PROJECT, EASTERN MASSACHUSETTS: SPECIES: POULTRY |  
INSPECTION: STATE APPROVED, ENCLOSED BUT UNINSPECTED | CAPACITY: UP TO 400 BIRDS | OWNED  
BY NEW ENTRY SUSTAINABLE FARMING PROJECT

Equity:

Health:

Natural Systems:

Maps

## Distribution + Retail:

To include all community projects, businesses, etc. that involve distribution and retail (wholesaling, distribution, warehousing, transportation, restaurants, and retail markets) of food

Community Conclusions for entire sector: **Write about next steps and “abstract” from discussion**

Discussion from coalition meetings:

Maps (Built Environment):

## RESTAURANTS:

Increase the availability of local food benefits to producers, consumers and business owners. By connecting local foods to restaurants, it increases profits, provides customers with high quality products, and builds the infrastructure for effective local food shed. The demand for local food is rising as customers are embracing the need for increased local food options. The National Restaurants Association is noticing more interest in what people are eating and where it comes from, thus leading to increased purchases from local and regional producers. Customers are demanding locally sourced protein and produce, environmentally sustainable options, healthy meals, and many restaurants even have their own personalized gardens (Long, 2015, p. 46).

Community Conclusions: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

Public input sessions:

- I would like to see most local cafes and restaurants sell local produce in season & meats. This provides a great economic development opportunity to support local foods and to provide the highest quality ingredients.
- Redwood Lounge in Anita is an existing place that buys local when they can

### *Data:*

Economy:

Education:

Equity:

Health:

Natural Systems:

Maps (Built Environment) \*\*Map all businesses listed\*\*

DOWNTOWNER

SWEETJOY SHOP

WEITZELS

ATLANTIC HOSPITAL

REDWOOD

MAINSTREET MARKET ANITA

MJ'S GRISWOLD

## FOOD TRUCKS

Food trucks promote food access through creative ways-like restaurants on wheels; they also provide a strong cultural identity for the community. Food trucks offer unique ways of incorporating economic development into the food system through incorporation of mobile food vending for diverse backgrounds and cultural experiences. Food trucks offer a business model with relatively low start-up cost that assists persons with diverse backgrounds and socioeconomic status. They also offer opportunities to connect with local food production and community businesses as a means to offer exceptional food in unique locations around the city. City infrastructure lends itself in creative ways to promote food access through public easements, mobile truck parks, and city blocks. These ventures allow under-utilized space to connect residents and business owners alike to support local businesses.

Community Conclusions:: Write about next steps and “abstract” from discussion  
Discussion from coalition meetings:

Data:

Economy

THE AVERAGE FOOD TRUCK START-UP REQUIRES BETWEEN \$55,000-75,000: ABOUT \$200,000-400,000 LESS THAN BRICKS AND MORTAR.

- ECONOMIC DEVELOPMENT GENERATION: IN 2012 \$650 MILLION IN REVENUE WAS GENERATED FROM FOOD TRUCKS-APPROXIMATELY 1 PERCENT OF THE TOTAL U.S. RESTAURANT SALES. IT IS EXPECTED THAT BY 2017, FOOD TRUCKS WILL GENERATE 3-4 PERCENT OF THE REVENUE, OR ABOUT \$2.7 BILLION

## FARMERS MARKETS

Allow for food and businesses to expand retail opportunities through access to a market venue. The sales from farmers markets indirectly affect other industries such as manufacturing, transportation, agriculture, and professional services, leading to job creation in these sectors. Existing city space is re-used as a market for all individuals to socialize and purchase fresh and affordable products that reflect regional and community diversity. Social interactions are typically unavailable at regular grocery stores or retail locations; however, farmers markets bridge social gaps and create access to affordable, healthy food choices in urban and rural communities. Unique programs exist that also incorporate food assistance programs like Women Infants and Children (WIC), Family Nutrition Education Programs (FNEP) and Supplemental Nutrition Assistance Programs (SNAP) to further create equitable access to all individuals (Long, 2015, p. 34).

Community Conclusions: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

IS THERE A NEED FOR MORE PROMOTION OF THE FARMERS MARKETS/ ACCESS TO FARMERS MARKET? – DOUBLE UP BUCKS PROGRAMS/ FARMERS MARKET PROMOTION PROGRAM  
ATLANTIC- POTENTIAL FOR CHAMBER BUCKS TO BE USED TO GENERATE ADDITIONAL ACCESS FOR ALL FARMERS MARKETS

Public Input Sessions:

- Atlantic: We need more garden foods.
- Lewis, Griswold: More distribution, selling points
- Less expensive vendor fees at Produce in the Park
- Produce in the park- good, but don't need more
- Like Farmers Market better CSA
- Would like to see kids day at the market and an organized market for surrounding communities
- I would like to have a refrigerated place where growers could sell their extra from CSA's and Farmers Market that could supplement families' food by allowing families to pick up, say, \$10 worth of overripe products for free.

Economy:

- Atlantic: Produce in the park – Thursdays
- Atlantic Farmers Market: Tuesdays and Saturdays
- Anita Farmers Market: Mondays
- Griswold
- Massena: Hillside Harvest: Wednesdays

Education:

Produce in the Park- YMCA program

Existing programs and events at farmers markets

Educational programs and awareness through WJAN

Equity:

## USDA Grant for Farmers Markets in 2014-

Health:

Farmers Markets may be able to assist in increasing fruit and vegetable consumption- a CHNA & HIP Priority Goals:

(Iowa Department of Public Health, n.d.) (CHNA & HIP, 2015) (Coder, 2015)

PROMOTE HEALTHY BEHAVIORS:

Goal: less than 25% of Cass County Residents will be obese

- Less than 8% of population consume 5 or more servings of fruits and vegetables/day

Increase consumption of local foods through collaborative efforts

Continued resources for Healthy Cass County

STRENGTHEN PUBLIC HEALTH INFRASTRUCTURE:

Promote public awareness of community health issues and resources

Maps (Built Environment) -\*\*\*map all locations of Farmers Markets from Market Maker

## PUBLIC MARKETS

Public markets build grocers and retailers that benefit the local economy and deliver seasonal and assorted product, improve their carbon footprint and increase options for natural and organic production. The demand for local food is rising as grocery shoppers are embracing the need for increased local food options. Customers are demanding locally sourced protein and produce, environmentally sustainable options, and healthy meals. Offering retail products allows for an additional benefit of consumers being able to celebrate regional and cultural food from their home. The use of local foods is mutually beneficial among producers, consumers and business owners because it increases profits, provides customers with high quality products, and builds the infrastructure for an effective local food shed (Long, 2015, p. 38).

Community Conclusions: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

## GROCERY STORES

Stores come in many sizes and shapes and offer various specialties in regards to retail products. Smaller format stores include convenience stores, delicatessens, greengrocers, and health food stores. Within the local food realm, a common goal is also to enhance community economic development. In addition, customers are demanding locally sourced protein and produce, environmentally sustainable options, and healthy meals. Local grocers can assist in this movement by offering retail products that celebrate regional and cultural food. The use of local foods is mutually beneficial among producers, consumers and business owners because it increases profits, provides customers with high quality products, and builds the infrastructure for an effective local food shed.

Community Conclusions: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

Public input sessions:

- Rural towns: Having a local grocery store in small towns is important, especially for older people. Each town should have a set of core businesses.
- More organic food access

### *Data:*

Economy:

- HY-VEE
- FAREWAY
- MAINSTREET MARKET: ANITA

Education:

Equity:

WOMENT INFANTS AND CHILDREN (WIC)

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAMS (SNAP)

# SUPERMARKETS & GROCERY STORES: (IOWA STATE UNIVERSITY EXTENSION AND OUTREACH, MARCH, 2016)

RETAIL FOOD ESTABLISHMENTS	SUPERMARKETS	CONVENIENCE STORES	SPECIALTY FOOD STORES	WAREHOUSE CLUBS & SUPERCENTERS	INDIVIDUALS WITH LOW ACCESS TO GROCERY STORES	PERCENTAGE OF TOTAL POPULATION
CASS COUNTY	6	8	1	1	3,558	25.5%
STATE:					598,387	19.6%

**SUPERMARKETS:** A FULL LINE OF FRESH PRODUCE, FRESH MEAT AND POULTRY, DAIRY, DRY AND PACKAGED FOODS, AND CANNED AND FROZEN FOODS.

**CONVENIENCE STORES:** A LIMITED LINE OF PRODUCTS THAT GENERALLY INCLUDE MILK, BREAD, SODA, AND SNACKS. MAY BE CONNECTED TO A GASOLINE STATION. SPECIFICALLY USED FOR ACCESS TO LOW COST ITEMS: BREAD, EGGS, MILK.

**SPECIALTY FOOD STORES: NARROW LINE OF SPECIALTY PRODUCTS SUCH AS MEAT, FISH, FRUITS, AND VEGETABLES, BAKED GOODS, OR OTHER FOODS.**

**WAREHOUSE CLUBS AND SUPERCENTERS: A GENERAL LINE OF GROCERIES ALONG WITH OTHER TYPES OF MERCHANDISE INCLUDING APPAREL AND HOUSEHOLD GOODS.**

(USDA, N.D.)

IOWA WIC APPROVED VENDORS IN REGION: (IOWA WIC , 2013)

STORE NAME	PHYSICAL ADDRESS	CITY	ZIP	TYPE
FAREWAY STORE #940	301 POPLAR STREET	ATLANTIC	50022	RETAIL
HY-VEE FOOD STORE #1026	1630 EAST 7TH STREET	ATLANTIC	50022	RETAIL
WALMART SUPERCENTER #3394	1905 EAST 7TH STREET	ATLANTIC	50022	RETAIL
MAIN STREET MARKET OF ANITA	735 MAIN STREET PO BOX 395	ANITA	50020	RETAIL
MJ'S GROCERY	524 MAIN STREET PO BOX 183	GRISWOLD	51535	RETAIL
ECONOMY FOOD MARKET, LLC	105 MAIN STREET PO BOX 68	MASSENA	50853	RETAIL

THERE ARE 324 INFANTS AND CHILDREN, AND 120 WOMEN THAT PARTICIPATED IN WIC IN 2015. THE STATE HAD 76,532 INFANTS AND CHILDREN AND 32,219 WOMEN PARTICIPANTS. (IOWA STATE UNIVERSITY EXTENSION AND OUTREACH, MARCH, 2016)

Health:

Natural Systems:

Maps (Built Environment) \*\*\*Map grocery and Wic participation\*\*\*

## FOOD BOXES

Food Boxes aggregate products from producers or farmers (meat, vegetables, fruit, etc.) into a box that allows customers to have easy access to local and regional food. Boxes are typically offered on a weekly basis for customer. This type of program allows for community members of in all income levels to enjoy fresh, healthy, regionally-sourced products at a retail rate. Food Boxes generally are delivered and packaged for work-site pickups or drop-off sites within major cities. Many programs are set-up for online ordering with the choice of various boxes; newsletters or recipes are then received via email or with the box each week. Many programs also offer an opportunity to customize the box each week for an upcharge, which allows for customers to try new and unique options produced locally (Long, 2015, p. 62).

Community Conclusions: Write about next steps and “abstract” from discussion

### *Data:*

Economy:

Opportunity to build new business and source from multiple farmers within the region  
In 2007, nearly 3,000 farmers sold \$16.5 million of local products direct to consumer, compared to 2,455 farmers who sold \$11.6 million in products in 2002

Additional markets allow for job growth: A Leopold Center at Iowa State University evaluation found that 74 bulk food buyers that purchased \$8,934,126 of local food in 2012 also reported 36 new jobs related to food systems work (Long, 2015, p. 62).

Education:

Equity:

assists families to access fresh, healthy food in an economically friendly manner (Long, 2015, p. 62).

## FOOD HUBS

Food Hubs are a bridge between consumers, buyers, producers and food businesses. They provide a middle ground for the food system. This business or organization manages aggregation, distribution, and marketing of products that are primarily from local or regional producers. This fills a gap from the current distribution industry that distributes 80 percent of wholesale products from typically large-scale producers. In turn, Food Hubs provide an efficient service for local and regional food systems and enhance the ability to serve wholesale, regional and institutional demand. Food Hubs and Food Boxes create an opportunity to build economic sustainability for multiple agricultural programs in the food system, leading to a holistic and diverse distribution network (Long, 2015, p. 58).

Community Conclusions: Write about next steps and “abstract” from discussion

Public input sessions:

- SW Iowa: Marketing opportunities at direct market is limited in Cass County/ older rural areas. Efficient & cost effective distribution opportunities can enable expansion of local food production.

Interview: Ellen Walsh-Rosmann

FARM TABLE DELIVERY SERVICE: HARLAN, IA- SHELBY COUNTY (FARMTABLE PROCUREMENT & DELIVERY, N.D.):

Goal- to strengthen the local economy/ job growth/ farmer expansion  
Also owns a restaurant- local food/ breakfast and lunch in Harlan

Before starting Farm Table- grew veggies and sold wholesale; has been selling to others since November 2013;

In September 2014 got a kick starter program grant; in November-December (2015) looked for space; April 2015 received space from City of Harlan with walk in cooler and low paying rent  
-transition has been popular for home/ work separation and needed storage

### Farm Table Deliver Site Set-up

- Walk in cooler (dairy)
- Freezer
- Packing supplies- other needs/ supplies for sale: bulk seed/ soil
- Dry storage
- Walk in cooler for produce in the works
- In front- dock
- Washing station and packing station
- Office space/ Resource center- meeting space for farmers
- Would like to have processing kitchen  
-pre interest assessment starting in October 2016; Marketing and Food Systems Initiative grant application in October 2016

Currently work with Hy-Vee in Omaha and Ames; Des Moines- Amish Growers/ Blue Gates; All times- Lacewing/ Salama/ Lees Greens/ Story City Locker/ 7 Pines/ Grinnel Heritage/ Wallace House

### Operation

Full time- delivery/ warehouse manager \$17/ hr

Part time book keeper (8-10hours) - \$12/ hr  
Part time social media ((2-10 hours) - \$10/ hr  
Cold calls and Marketing (10-20 hours) - \$10/ hr

Business operations: farmers tell their price + add small margin – Caroline Krejci (ISU Faculty) conducting a study to assess margin

Ellen also still has a farm- sell eggs, garlic and sweet corn

*Data:*

Economy:

**Innovative business models that are financially viable: Annual revenue increases between 50-80 percent; and substantial increase number of producers supplying product (Long, 2015, p. 58).**

**Two Food Hubs in neighboring counties:**

LONE TREE FOODS: POTTAWATTAMIE COUNTY (LONE TREE FOODS, 2016)

WORKS WITH FARMERS + BUYERS IN EASTERN NEBRASKA AND WESTERN IOWA

FARM TABLE DELIVERY SERVICE: HARLAN, IA- SHELBY COUNTY (FARMTABLE PROCUREMENT & DELIVERY, N.D.)

Education:

Equity:

Health:

Natural Systems:

Maps (Built Environment):

## AUCTIONS:

Multiple business models exist for auctions- cooperative, individual sales, for-profit organizations, etc. They are established to allow for consumers to purchase from local/regional producers. The auction method offers a true supply and demand environment. Auctions can offer a variety of products depending on the organization and producers supply, many also offer choices like wholesale pricing.

## COOPERATIVES

Typically in the shape of a grocery store, market, or distribution hub, cooperatives are collectively-owned by workers and/or customers. The goal of being cooperatively owned is to bring the highest quality and best value to members of the business. Many cooperatives offer education opportunities to members, high quality product, member decision making and control, and support for their local communities.

## SHARED-USE KITCHENS

Enhance local and regional food businesses by offering commercial kitchens for public use. Shared-use kitchens have the opportunity to bridge a full range of issues in the local food system, including access to healthy foods. Shared-use kitchens provide comprehensive and diverse approaches to offering opportunities to create value-added product, and cook from a shared location to create a self-financed, sustainable business model. Many of these programs work hard to include shareholder loyalty by including options to purchase memberships or rent out space. This strategy builds a market base and assists in community capacity and financial sustainability. In addition, many shared-use kitchens also offer community support through processing food donations (Long, 2015, p. 66).

Community Conclusions: **Write about next steps and “abstract” from discussion**

Discussion from coalition meetings:

SWIFFI/ FARM TABLE DELIVERY AND SHELBY COUNTY ECONOMIC DEVELOPMENT ARE DOING A PRE-FEASIBILITY STUDY FOR THE OPPORTUNITY OF SHARED-USE KITCHEN @ FARM TABLE SITE; THERE MAY BE POTENTIAL TO COLLABORATE

Public input sessions:

- SW Iowa: Developing value-added products can provide income generation opportunities and diversify opportunities for local producers. The trick is to make them cost-effective or incubator businesses.

*Data:*

Economy:

**Have a broad public purpose. They celebrate regional culture through food and local business opportunities.**

**Operate as business incubators: operating under community health and safety standards for value-added products.**

Education:

**In addition, shared-use kitchens support the local food system; creating a space for both farmers, culinary providers, and entrepreneurs to develop holistic partnerships that support the local food system from start to finish**

Equity:

Health:

Natural Systems:

Maps (Built Environment):

## Food Access and Consumption:

To include all community projects, businesses, etc. that involve production (gleaning, food assistance, preparing, preserving, and awareness) of food.

Community Conclusions for entire sector: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

### *Data:*

Economy:

Education:

WOMENT INFANTS AND CHILDREN (WIC)

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAMS (SNAP)

4H + FFA PROGRAMS

Equity:

FOOD DESERTS

<http://www.icip.iastate.edu/special-reports/poverty>

Child Food Insecurity 2013: (Feeding America, 2015)

CHILD FOOD INSECURITY IN IOWA BY COUNTY IN 2013- UNITS- NUMBER OF INDIVIDUALS AND PERCENTAGE	FOOD INSECURITY RATE (FULL POPULATION)	CHILDREN UNDER 18 YEARS	CHILD FOOD INSECURITY RATE	ESTIMATED NUMBER FOOD INSECURE CHILDREN	LIKELY INCOME- ELIGIBLE FOR FEDERAL NUTRITION ASSISTANCE	NOT LIKELY INCOME- ELIGIBLE FOR FEDERAL NUTRITION ASSISTANCE
CASS	12.8%	3,151	20.4%	640	70%	30%
STATE::	12.6%		19.3%		59%	41%

Food Insecurity Rates 2014: (Feeding America, 2013) (Feeding America, 2014)

FOOD INSECURITY RATE	OVERALL FOOD INSECURITY RATE	FOOD INSECURE PEOPLE	% BELOW SNAP THRESHOLD OF 160% POVERTY	% BETWEEN 160-185% POVERTY	% ABOVE OTHER NUTRITION PROGRAM THRESHOLD OF 185% POVERTY	ADDITIONAL MONEY REQUIRED TO MEET FOOD NEEDS IN 2011	AVERAGE COST OF A MEAL
CASS 2013	12.8%	1,760	58%	9%	33%	\$788,000	\$2.53
CASS 2014	13.1%	1790	60%	5%	34%	\$832,000	\$2.63
STATE 2013	12.9%	395,620	53%	9%	38%	\$152,212,750	\$2.36
STATE 2014	12.4%	384,830	53%	5%	42%	\$177,919,000	\$2.62

**INCOME:**

Number of families in poverty (Iowa State University Extension, 2009-2013)

2009-2013 AMERICAN COMMUNITY SURVEY – UNITS NUMBER OF FAMILIES	BELOW 100% POVERTY	BELOW 150% OF POVERTY	BELOW 185% OR POVERTY
CASS	433	703	990

Percent of families and individuals in poverty: (Iowa State University , 2009-2013) (Iowa State University, 2013)

SMALL AREA INCOME AND POVERTY ESTIMATES (2013) – UNITS PERCENTAGE OF INDIVIDUALS BELOW POVERTY	ALL INDIVIDUALS BELOW POVERTY LEVEL	CHILDREN UNDER 18 YEARS	ALL FAMILIES UNDER BELOW POVERTY LEVEL	FAMILIES WITH RELATED CHILDREN BELOW POVERTY LEVEL
CASS	13.1%	18.7%	9.0	14.3
STATE::	12.6%	16.0%	8.1	13.9

Food Assistance Participation Levels (Iowa State University, 2016)

PROGRAM PARTICIPATION LEVELS IN CASS COUNTY	FOOD ASSISTANCE PROGRAM	FAMILY INVESTMENT PROGRAM	WIC	FREE OR REDUCED LUNCH
AVG. MONTHLY PARTICIPATION:	1858	87	324 (INFANTS/CHILDREN 120 WOMEN)	991 (FREE) 273 (REDUCED-PRICE)
PARTICIPANTS PER 1,000 POPULATION- FISCAL YEAR '15	138.2	6.5	33	ELIGIBLE ENROLLMENT: 44.6%

IOWA WIC INCOME GUIDELINES: (PROGRAM, 2015)

FAMILY SIZE	1	2	3	4	5	6	7	8
GROSS ANNUAL	\$21,775	\$29,471	\$37,167	\$44,863	\$52,559	\$60,225	\$67,951	\$75,647
GROSS MONTHLY	\$1,815	\$2,456	\$3,098	\$3,739	\$4,380	\$5,022	\$5,663	\$6,304
GROSS WEEKLY	\$419	\$567	\$715	\$863	\$1,011	\$1,159	\$1,307	\$1,455

Health:

IOWA YOUTH SURVEY 2015 (THE UNIVERSITY OF IOWA, 2015)

YOUTH FRUIT CONSUMPTION

IN THE LAST 7 DAYS, HOW MANY TIMES DID YOU EAT FRUIT?	I DIDN'T EAT FRUIT	LESS THAN 1 TIME EACH DAY	1 TIME PER DAY	2 TIMES PER DAY	3 TIMES DAYS PER DAY	4 TIMES PER DAY	5 OR MORE TIMES EACH DAY
6 <sup>TH</sup> GRADE	2%	9%	26%	28%	16%	9%	11%
8 <sup>TH</sup> GRADE	2%	9%	25%	30%	27%	3%	4%
11 <sup>TH</sup> GRADE	0%	9%	48%	35%	9%	0%	0%

YOUTH VEGETABLE CONSUMPTION

IN THE LAST 7 DAYS, HOW MANY TIMES DID YOU EAT GREEN SALAD, CARROTS, OR POTATOES OR ANY OTHER VEGETABLES- NOT INCLUDING FRENCH FRIES, FRIED POTATOES, OR POTATO CHIPS	I DIDN'T EAT VEGETABLES	LESS THAN 1 TIME EACH DAY	1 TIME PER DAY	2 TIMES PER DAY	3 TIMES DAYS PER DAY	4 TIMES PER DAY	5 OR MORE TIMES EACH DAY
<b>6<sup>TH</sup> GRADE</b>	4%	12%	24%	30%	19%	6%	5%
<b>8<sup>TH</sup> GRADE</b>	5%	9%	32%	36%	10%	3%	4%
<b>11<sup>TH</sup> GRADE</b>	0%	22%	39%	39%	0%	0%	0%

## FARM TO SCHOOL

Implementation for farm to school can include procurement from local farmers, education on agriculture, food, health and nutrition, and school gardening where kids have an opportunity to learn through hands-on experiences. The goal for farm to school is for children, producers and communities to be vibrant.

Community Conclusions: **Write about next steps and “abstract” from discussion**

Discussion from coalition meetings:

WE NEED TO BETTER UNDERSTAND KITCHEN RULES AROUND SCHOOL LUNCHES- WHAT DOES IT TAKE TO GET HEALTHIER, FRESH PRODUCE AND LOCAL FOODS INTO SCHOOLS?

Public Input Sessions:

- Atlantic MS & HS: Kids need to understand food production & valuable life skills
- Every school in Cass County & environment: F to S provides both marketing opportunities for local producers & educational opportunities for students to learn about the foods they eat.
- Farm to School: Expand this project- use food in the school system as possible
- Love the idea of Edible Landscapes and Farm to School Chapters
- Anita: Kid and adult cooking classes

Interviews with topic:

### *Data:*

Economy:

**Significant financial opportunity for producers and processors by opening door for institutional market; average 5 percent increase in income from farm to school sales for individual farmers**

Education:

**Provides kids access to nutritious, high quality local food so they are ready to learn- also enhances classroom education through hands on learning (Farm to School)**

Equity:

Health:

**Buying local reduces carbon footprint- school gardens and composting also create a healthier environment around the school community**

Natural Systems:

Maps (Built Environment):

## LOCAL FOOD COORDINATORS AND COALITIONS:

Many groups and organizations can play a role in initiating a local food system. However, experience suggests the most efficient way to build a sustainable and effective local food system is to have a person serve in a leadership role to orchestrate and coordinate its evolution. The creation of a resilient local food system requires the participation of many different community stakeholders: producers, consumers, institutions, businesses, and government agencies. Because of the number of participants with varied agendas, different geographic areas need to employ their own local food coordinators. Among the coordinators main responsibilities are to:

- bring participants together
- connect and create efficient working groups that succeed in reaching common goals, and
- raise community awareness, providing the foundation for a stable local food system. (Iowa State University Extension and Outreach, 2014)

Community Conclusions: Write about next steps and “abstract” from discussion

Public Input Sessions:

- Anita- Recipe sharing (online and in print) to help people learn how to use food and be creative

Discussion from coalition meetings:

Interviews: Kate Olson

Would like to get schools at the table, looking into Farm to School Site at the Atlantic School

-Superintendent in Atlantic interested

-garden space that exists at school that needs to be renovated or replaced:: existing space butterfly/ pollinator/ prairie-- install a compost-- garden space

-4 teachers interested

-High School and Ag teacher interested-- greenhouse and horticulture program trying to expand

-CAM schools in Messina- have a great greenhouse and project: vegetable sales for fundraiser and tied into outdoor classroom (nature education) - Naturalist for the county into vermicomposting (middle school cafeteria) -- Cass County Conservation runs the outdoor classroom project

Cass County Extension and Outreach has an AmeriCorps member (900 hours of time). They are considering a local foods person to help facilitate conversations and continue to leverage programs/ projects. The local foods coordinator could potentially work with Healthy Cass/ Public Health/ and local foods as a project coordinator. Kate doesn't believe that Cass County could support a full time local foods coordinator, and may make sense under the larger Healthy Cass County.

A board of supervisor outsourced public health to Unity Point in Des Moines-- (Unity Point manages home care/ hospice across the state- but haven't separated out the public health staff for county). Now public health person back in hospital system- Beth Olson is now the coordinator full time and the coordinator for healthy Cass County. Would it make sense for that person to have time in their schedule to be a project manager, and house local foods project?

Healthy Cass, Cass County Action Coalition still need to figure out who owns what project or who knows what information

Other options to have county to appoint a person to go to the food policy council, that is still in the first year of implementing improvement plan

***Data:***

Economy:

Education:

Equity:

Health:

Natural Systems:

Maps (Built Environment):

## AWARENESS CAMPAIGN:

Marketing campaigns build public support for a particular issue that an organization seeks to resolve or get behind. Typically, the campaign is a comprehensive effort between multiple partners and includes many different forms of outreach through organizations, public and social media, branding, and the overall mission of a particular group or organization. A campaign should speak to a targeted audience and seek out a particular action. Awareness campaigns have the opportunity to support community and organizational identity and assist in bringing visibility and attention to a specific cause. If used as a call to action, it can assist in behavior change and make significant strides for social behavior improvements (Long, 2015, p. 78).

Community Conclusions: **Write about next steps and “abstract” from discussion**

Discussion from coalition meetings:

Public Input Sessions:

- Fund it! Fees- somehow reduced! To help find a way to fund!
- 4-H Clubs/County-Wide: Produce as projects/exhibits
- All over: Education on value + pricing for local foods- not a garage sale
- Consumer awareness of how food grows (effort, resourced needed)

Interviews with topic:

*Data:*

Economy:

Education:

Equity:

Health:

Natural Systems:

Maps (Built Environment):

## FOOD ENTERPRISE CENTERS

Food Enterprise Centers build businesses through entrepreneurial investments in local food, approaching scaling up the food system through a self-financed, sustainably profitable model. Food enterprise centers are focused on positive cash flow, food, local ownership and local control. Many of these programs work hard to include shareholder loyalty by including options to buy into the company or provide memberships. This strategy provides a market base and assists in community capacity and financial sustainability. In addition to community support, businesses typically also devote time to give back to the community through good stewardship of the land, sustainable waste management, and affordable food programs (Long, 2015, p. 70).

## EDUCATION CENTERS

Agriculture education centers teach young and old alike about agricultural systems through hands-on experience. These centers can take on many perspectives from sustainable agriculture production, the history of agriculture, or philosophies and theories behind best management practices of production. Many centers offer learning labs, workshops, and many different types of opportunities to learn about types of food production and ways to integrate food production into life at home. Centers can also be housed via the web, and offer web-based tutorials, webinars, and literature for personal education. These centers serve as a warehouse of information on numerous types of food system, agriculture production, or general health and wellness research (Long, 2015, p. 74).

Community Conclusions:: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

Public Input Session:

- Atlantic: What to grow, how to cook, information + classes for lower income residents
- Food & preservation classes for kids- many not learning from parents
- Cooking demos with local foods

## FOOD BANKS:

Offer dry, cooled and freezer storage space for distribution to individuals. Many food banks serve partner agencies (pantries, soup kitchens, and shelters), organizations and individuals within a large region. Food within the food banks are donated from food drives, individual donations, retail donations and other sources. Food banks store and have direct service programs and partner agencies to give out food to individuals in need.

Community Conclusions:: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

Public Input Sessions:

- Atlantic- Separate from food banks, more access to free produce- many cannot afford- every couple of weeks
- Food pantry pick up at the end of Farmers’ Market
- Cumberland/Messena: There are folks who are hungry/lack access to food- community meals or pantry?
- Collect surplus – currently take to Open Door Mission

Interviews with topic:

Economy:

ATLANTIC FOOD PANTRY:

19 W. 4th

Atlantic, IA - 50022

712-243-2771

Hours of operation: Thursdays 1-3 pm

Amount of Food Provided: 2 weeks

Documentation Required: Proof of residence (Food Pantries, 2016)

OPEN DOOR MISSION IN ATLANTIC --

Education:

Equity:

Health:

Natural Systems:

Maps (Built Environment):

## FOOD SYSTEM POLICY COUNCILS:

Food Policy Councils bring together food activists, community members, urban and rural planners, and local, municipal and state governments as partners in creating local food initiatives. Food policy councils support communities in their efforts to rebuild, with existing community assets, local and regional food systems. This collaboration assists partners within various scales of communities to move forward in food system change through coordinated efforts for policy change. These coalitions of leaders give a voice to numerous, compassionate individuals and organizations within the community. Food policy councils defend and articulate the priorities of the community that inform local and regional policies to continue to enhance the opportunity for implementation of local food systems (Long, 2015, p. 82).

Community Conclusions: Write about next steps and “abstract” from discussion  
Discussion from coalition meetings:

Interviews with topic:

Economy:

CASS COUNTY LOCAL FOOD POLICY COUNCIL IOWA

**Mission:**

- Promote stable food systems
- Promote access to healthy, locally produced food
- Bring together organizations + individuals working in agriculture, community organizing, nutrition, health services, food retail, public policy, food services, school districts, etc. (Cass County Iowa Local Food, 2014)

Education:

Number of food policy councils nearly doubled from 111 councils in 2010 to 193 councils in 2012: representing and advocating for health, environmental sustainability, economic viability and socially just food systems (Long, 2015, p. 82).

Equity:

Health:

Natural Systems:

Maps (Built Environment):

## Waste Management

To include all community projects, businesses, etc. that involve production (recycling, reducing, recovering, reusing, composting) of food or other natural resources

Community Conclusions for entire sector: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

INTEREST IN LOOKING ALTERNATIVE FORMS OF AGRICULTURE OR WATER MANAGEMENT:  
ROADSIDE MANAGEMENT/ PRAIRIE RESOTRATION/ POLLINATOR HABITAT—OPPORTUNITY FOR  
AWARENESS ON VARIOUS PRACTICES FOR FARMERS

Interviews with topic:

Data:

Education:

## FOOD RECOVERY

Bridge between food waste and fighting hunger. Food recovery works to offer opportunities for individuals, organizations, and farmers to donate food that is not used rather than throwing it away. This can be done through gleaning programs at farms or supermarkets where non-sold goods are donated to food banks; or can be offered through new programs like phone applications where individuals and businesses can link up with food banks and food pantries for needed donations of food.

Community Conclusions:: Write about next steps and “abstract” from discussion

Discussion from coalition meetings:

Public Input Sessions:

- Atlantic- Separate from food banks, more access to free produce- many cannot afford- every couple of weeks
- Food pantry pick up at the end of Farmers’ Market
- Cumberland/Messena: There are folks who are hungry/lack access to food- community meals or pantry?
- Collect surplus – currently take to Open Door Mission

Interviews with topic:

Economy:

ATLANTIC FOOD PANTRY:

19 W. 4th

Atlantic, IA - 50022

712-243-2771

Hours of operation: Thursdays 1-3 pm

Amount of Food Provided: 2 weeks

Documentation Required: Proof of residence (Food Pantries, 2016)

GRISWOLD FOOD BANK

OPEN DOOR MISSION IN ATLANTIC --

Education:

Equity:

Health:

Natural Systems:

Maps (Built Environment):

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