

Report Table of Contents

Introduction	2
Food Policy Workgroup Report Summary	2
Background	5
Community Food Assessment – Detailed Results	9
Production	9
Processing and Distribution	14
Access	17
Consumption	20
Waste/Composting	23
References	24
Appendix A: Principles of a Sustainable Food System.....	26
Appendix B: Modified SWOT Analysis	27
Appendix C: York County Food Distribution Map	32

Acknowledgement

The Food Availability Task Force (FATF) convened a Food Policy Workgroup to develop recommendations that support and strengthen the local food system. The following members participated in one or more meetings held between November 2012 and March 2013.

Joe Anne Ward-Cottrell

WellSpan Community Health & Wellness (co-chair)

Rob Wood, Spoutwood Farm Center (co-chair)

Mark Czapp

Spring Grove Area School District

Steve Ferguson

WellSpan York Hospital

Jan Fry

Penn State Extension Master Gardener

Kenetha Hansen

York Economic Alliance

Barbara Kovacs

The City of York - Bureau of Health

Rory Kraft

York College of Pennsylvania

Willa Lefever

Sonnewald Natural Foods

Bryan Lovett

Weis Markets

Bruce Manns

Penn State Extension Master Gardener

Liberty Gardens

Becky May

Community Progress Council

Patricia McCandless

York County Agricultural Land Preservation Program

Scott McCracken, MD

York County Medical Society

Dave Miller

Miller Plant Farm

Dru Peters

Sunnyside Farms

York County Buy Fresh Buy Local Chapter

Kris Pollick

Catholic Harvest Food Pantry

Eileen Reavey

Sustainability Club - York College of Pennsylvania

Terri Rentzel

Penn Extension - Nutrition Links

Robin Rohrbaugh

Healthy York County Coalition (prior to March 2013)

Bette Saubel

Saubel's Market

Tom Smith

Keep York County Beautiful

Penn State Extension

Wade Smith

Pocono Produce Company

Jim Switzenberg

John Wright Restaurant

Shaun Underkoffler

The City of York - Bureau of Health

Edquina Washington

The City of York - Mayor's office

Stephanie (Landsman) Voight, WellSpan Health, provided additional support to the assessment process by compiling data for review by the workgroup. The FATF thanks the following guests for their participation in workgroup meetings: Rep. Kevin Schreiber, City of York (formerly); Felicia Dell, York Planning Commission; and Kathy Gaskin, Healthy Adams County.

Introduction

The Food Availability Task Force is a group of professionals, organizations and community members dedicated to improving the access that our friends, family and community members have to affordable and healthy foods. We believe that improved access to food and engaged community members will have a strong impact on the health of York County; and we believe that the cost of not addressing the issue would be devastating.

The Food Availability Task Force has dedicated time and energy to understanding the complexities of the York County community and food resources. Task Force projects include creation and maintenance of the York Urban Garden Association (YUGA) website, promotion of community gardens, and promotion of the *AmpleHarvest.org Campaign* to increase donations of produce to local food pantries.

Food Availability Task Force

Vision:

A healthier York sustained by partnerships and opportunities that empower people to make affordable and healthier food choices.

Mission:

The Food Availability Task Force fosters progressive initiatives that create community change, establish strategic partnerships and educate York residents about accessing and consuming nutritious foods.

In November 2012, the Food Availability Task Force convened additional representatives from the community to form a Food Policy Workgroup. The role of the workgroup was to conduct a community food assessment and propose recommendations that address community needs and strengthen the York County food system.

This report includes a definition of a healthy sustainable local food system, a brief overview of food system planning strategies, selected data reviewed during the community food assessment, case study highlights, and the Food Policy Workgroup's recommendations.

Food Policy Workgroup Report Summary

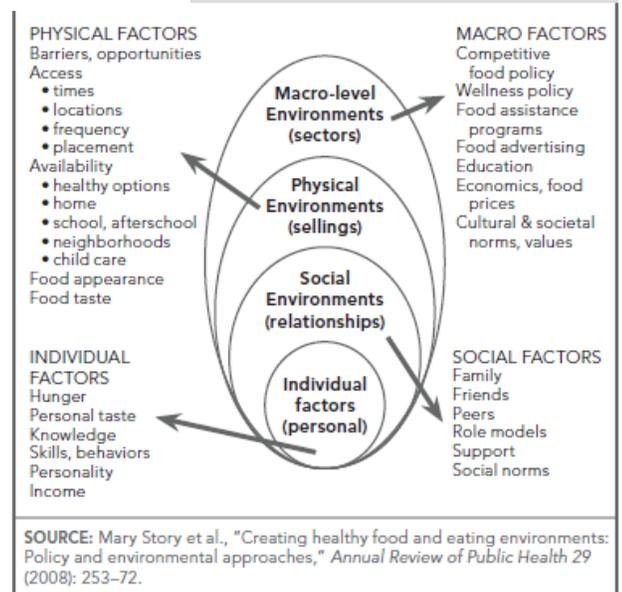
The Food Policy Workgroup met to complete a community food assessment and propose recommendations intended to strengthen the six sectors of a local food system – production, processing, distribution, access, consumption and resource/waste recovery. A community food assessment is a collaborative process that examines a broad-range of food related issues and resources in order to influence the supply, quality, price, production, distribution, and/or consumption of food. A food assessment begins to lay community ground work on food system change that promotes food security; a situation in which all people have access to food that is safe, nutritious, affordable, and culturally appropriate.

During this strategic planning process, workgroup members analyzed local food system data; completed a modified SWOT (strengths, weaknesses, opportunities and threats) exercise; met with key stakeholders; reviewed the York County Economic Development Plan, and; studied related national recommendations and model programs.

Recommendations made by the Food Policy Workgroup take into consideration the interconnectedness of the food system and reflect the socio-ecological model of health promotion, as depicted in Figure 1. The socio-ecological model provides a useful framework for better understanding the multiple factors and barriers that impact dietary behaviors, and therefore can provide guidance for developing appropriate and effective intervention strategies.

Figure 1:

Socioecological Model of Dietary Behavior



Recommendations

The Food Policy Workgroup agreed on three overarching recommendations as described below. The “Community Food Assessment – Detailed Results” section of the report provides additional information to support these recommendations as well as suggested actions.

Recommendation #1: The Food Policy Workgroup recommends that individuals, businesses, community groups and governmental agencies in York County collaborate to implement the strategies listed below.

Recommended Strategies:

- Support and expand home, community, and urban gardens; and promote urban farming
- Support existing farmers and encourage new farmers
- Explore opportunities to establish a food hub and/or processing center
- Explore opportunities for sourcing and distribution of local products in the marketplace
- Increase the availability of local farm fresh products at retail locations and other settings
- Encourage recipients of state and federally funded nutrition assistance programs to purchase local, farm-fresh fruits and vegetables
- Increase availability of fresh produce from emergency food programs
- Expand and promote “Farm-to-Institution” programs in schools, colleges, hospitals, the workplace, and other institutional settings
- Create healthy food zoning requirements and incentives
- Develop a marketing campaign to encourage healthy eating, with a preference for fruits & vegetables
- Enhance and support skill-based programs that promote healthy eating and increase exposure to farm-fresh produce.
- Explore opportunities to improve community composting efforts

This list is not in priority order and it does not represent all potential efforts to support a local food system. The Food Policy Workgroup believes the recommended strategies and suggested actions compliment the current York County Economic Development Plan and have the potential for leveraging local assets to support a socially, economically, and ecologically sustainable food system that promotes the current and future health of individuals, communities and the natural environment.

Recommendation #2: The Food Policy Workgroup recommends developing a new county-wide collaborative - the York County Food Alliance – to leverage community resources in support of a socially, economically, and ecologically sustainable local food system.

Proposed Functions of the York County Food Alliance:

- Convene meetings that engage diverse stakeholders
- Cultivate partnerships among the six sectors of the local food system
- Research and analyze existing conditions of York County’s food system
- Strategize solutions that have a wide applicability to the food system
- Develop programs that address gaps in the county’s food system
- Advocate for policy change to improve the county’s food system and promote health
- Communicate information about the county’s food system
- Collaborate when appropriate with regional food system organizations/projects

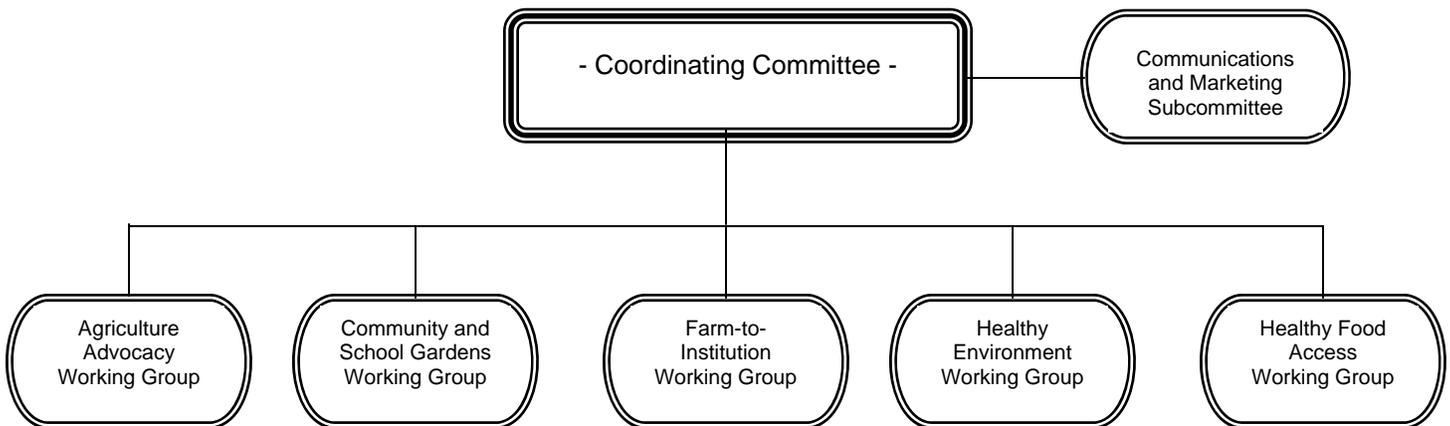
Recommendation #3

The Food Policy Workgroup recommends that the proposed York County Food Alliance seek letters of endorsement from the York County Commissioners, the Mayor of the City of York, the Mayor of Hanover, and the York County Planning Commission.

Proposed York County Food Alliance Structure

The Food Policy Workgroup recommends that the proposed **York County Food Alliance** act as a county-wide grassroots initiative. Since funds will be needed to support collaborative projects, it is also recommended that the **York County Food Alliance** investigate options for securing non-profit status. One viable option is to pursue an affiliation with a non-profit (501C-3) organization with a similar mission that is willing to act as a “fiscal sponsor.”

“Membership” in the proposed **York County Food Alliance** will be informal. Meetings will be held twice a year and will be open to the public. A Coordinating Committee will provide leadership for the **York County Food Alliance**, and recruit a Marketing and Communications Subcommittee. Working Groups will be formed under the “umbrella” of the **York County Food Alliance** to address key strategies for strengthening the local food system.



The information that follows includes additional details regarding the proposed Coordinating Committee representation and Working Groups.

Coordinating Committee

The Food Policy Workgroup recommends that the Coordinating Committee meet quarterly and include a chairperson, chairs from each Working Group, and additional representatives from business, government, community agencies and the general public in order to assure representation from:

- Agriculture/Agritourism
- Food Industry – including processing
- Economic Development
- Government/Planning
- Emergency Food Assistance/Planning
- Schools/Colleges
- Natural Resources
- Nutrition and Public Health
- Consumer

Proposed responsibilities of the Coordinating Committee include

- Creating a vision and mission for the York County Food Alliance;
- Leading, advising, marketing and promoting the Alliance;
- Overseeing policy, direction, fundraising, and strategic planning and evaluation;
- Developing effective outreach, building meaningful relationships and forwarding partnerships and dialogue within York County and larger food policy community;
- Providing financial management, including adoption and oversight of the annual budget;
- Assuring that the Alliance is organized for effective work and action, including recruitment for Coordinating Committee, subcommittees and leadership succession;
- Leading discussions and making recommendations based on each member’s experience and vantage point in the community: and
- Being alert to community concerns that can be addressed by the Alliance mission, objectives, and programs.

Working Groups

Working Groups will foster partnerships, develop projects and advocate for policies that support identified priorities. Community groups, governmental agencies, businesses and individuals will be invited to participate in work groups. Organizations participating in Working Groups will share common goals, while retaining and promoting their own individual organization's mission and activities.

Proposed Working Groups, target audiences and focus areas are outlined below.

<u>Working Group</u>	<u>Target Audience(s)</u>	<u>Focus Area(s)</u>
Agriculture Advocacy:	- farmers	- farmer training and support - incubator farms - exploring opportunities for - farmer co-ops and food hubs
Community and School Gardens:	- general community - employees - school children - at-risk populations	- education and support for community, workplace and/or school gardens - explore barriers & opportunities for urban grazing/farming - explore opportunities to create a garden program for at-risk populations
Farm-to-Institution:	- school children - general community - employees	- encourage purchase of local food by institutional cafeteria managers - explore barriers & promote resources - support Farm to School activities - explore opportunity for farm-to-work programs, including_CSA deliveries
Healthy Food Environment:	- general public - community/employees	- research/promote food zoning policies - promote sample workplace policies - restaurant initiatives - corner store initiatives at-risk populations
Healthy Food Access:	- at-risk populations	- promote availability of fresh produce at food pantries - support/enhance SNAP/EBT, SNAPGarden and PA Farmers Market Nutrition Programs (SFMNP) - explore collaborations to create "healthy food hubs" - research need for additional summer

Background

Food Related Health Issues

The *Dietary Guidelines for Americans, 2010* recognizes that a poor diet is associated with the leading causes of illness and death in the United States and is a contributing factor to the epidemic of overweight and obesity affecting all segments of our society.¹ York County, like many other communities in Pennsylvania and nationwide, is plagued by chronic diseases that negatively impact our community members' quality of life and productivity. Results of the 2012 Community Health Needs Assessment, conducted by the Healthy York County Coalition in collaboration with community partners, indicate that the number of York County residents with chronic conditions is increasing. Many York County community members suffer from factors contributing to the development of heart disease, including high cholesterol (39%), high blood pressure (34%) and diabetes

Health of York County Residents
• 65% are overweight/ obese
• 39% have high cholesterol
• 34% have high blood pressure
• 9% are diabetic

(9%). The most noteworthy results from the Community Health Needs Assessment are the high rate of overweight/obesity (65%) and the low rates of vegetable consumption (3%).²

There is also a strong correlation between diet-related chronic conditions and food insecurity. Individuals who do not have access to healthy foods are more likely to develop chronic diseases than those with healthier diets.

Food Insecurity

Food insecurity refers to consistent food deprivation throughout the year that is associated with a lack of money and other resources. The 2012 Community Health Needs Assessment examined factors associated with food insecurity, finding that 18% of York County respondents reported being stressed about paying for food in the past 12 months and 39% reported having one or more economic hardship in the past 12 months.²

With steadily increasing poverty and unemployment rates (the York County poverty and unemployment rates are estimated to be around 6% and 8%, respectively), more and more community members are facing financial and health challenges. The picture seems particularly bleak for those residents in York City; 37% of York City residents are living in poverty and 50% of children under the age of 18 in York City are living in poverty.² York County continues to grow at a rate greater than the rest of Pennsylvania and the United States. As the York County population becomes older, more diverse and increases in size, food insecurity is expected to be a growing concern.

Food Insecurity
Food insecurity is limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

York County residents participate in numerous federally/state funded programs designed to reduce food insecurity and improve health and well-being, including the Supplemental Nutrition Assistance Program (SNAP); the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and; the National School Lunch program. The following is a brief description of these programs and participation rates for York County.

SNAP, formerly the Food Stamp Program, is the nation's largest domestic food and nutrition assistance program for low-income Americans. York County is part of Congressional District 19 (along with Adams County), where 13,613 households are receiving SNAP aid.³ This equates to nearly 5% of our Congressional District; 53.8% of these households have one or more children in the household who are under the age of 18 years.³ As of 2010, there were 277 SNAP-authorized locations in York County, including farm stands at farmer's markets. While SNAP aid is rarely meant to cover all of a family's food needs in a month, most families participating in the program for six months or more report improved food security.⁴ SNAP allows families to more easily set aside a portion of their resources for food and to prioritize a healthier, more consistent diet without compromising as much on other financial obligations.

Enrollment in Programs to Reduce Food Insecurity

SNAP: 13,613 households
(includes Adams Co.).

WIC : 6,760 residents

Free/reduced cost school lunches:
35.3% of school children

WIC provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. WIC is administered in York County by Community Progress Council. As of March 2012, 6,760 York County residents were receiving assistance in the form of food vouchers from WIC - these vouchers are redeemable at any of the 49 approved grocery stores (including corner stores and Walmart) in York County. Of the 6,760 families receiving WIC assistance, 5% also report receiving unemployment compensation, 61% report being on medical assistance and 49% report also receiving SNAP assistance.⁵

The federally funded National School Lunch Program helps to minimize food insecurity for children at-risk by assuring that all children have access to lunch. All public and most non-profit private schools in York County receive federal subsidies for their participation in the National School Lunch program. Approximately 35% of children enrolled in schools throughout York County receive free or reduced lunches through the National School Lunch Program.⁶ The York City schools enrollment in free and reduced lunch is at 87.8%, more than double the York County percentage.

Local Food Systems

In response to inadequacies of the food system, such as the dwindling farmer population, communities lacking access to affordable healthy food, and rising obesity rates, the American Dietetic Association, American Nurses Association, American Planning Association, and American Public Health Association met in June 2010 to initiate a collaborative process to develop a set of shared food system principles.

The following definition and principles are a result of this process and have been collectively endorsed by these organizations. Detailed descriptions of these principles may be found in Appendix A.

A healthy, sustainable food system emphasizes, strengthens, and makes viable the interdependent and inseparable relationship between individual sectors of the food system (from production to waste disposal) and characteristics of the system:

- *health-promoting*
- *sustainable*
- *resilient*
- *diverse*
- *fair, and*
- *economically balanced and transparent*⁷

The relationship between the sectors of the food system and human health and social equity, environmental health and economic vitality of a community is clearly depicted in Figure 3. This interconnectedness has led many state, county and city planning departments to engage in a comprehensive food system planning process. The American Planning Association describes community food systems planning as a collaborative planning process that includes development and implementation of local and regional land-use, economic development, public health, transportation, and environmental programs and policies.

Food systems planning typically address the following areas:

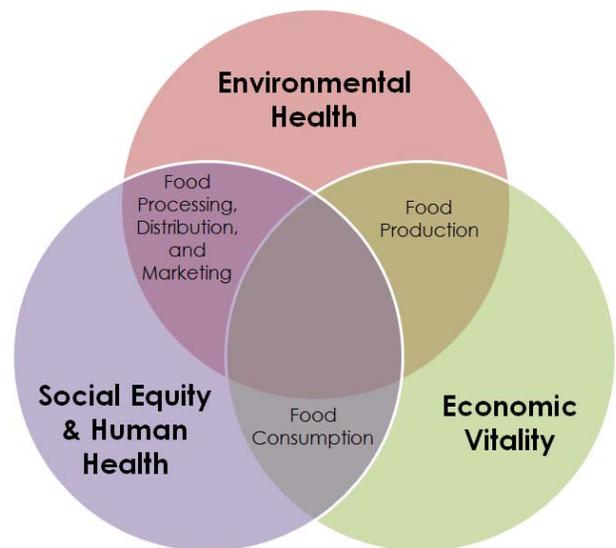
- **Land based:** agriculture, farmland preservation, zoning, urban agriculture, design
- **Environment:** water, soil, natural resources, energy, biodiversity, waste
- **Economy:** distribution, processing, retail, jobs, investment, globalization
- **Education:** consumer, academic, youth
- **Policy:** government and institutional operations and funding that affect food systems
- **Social justice:** food access, community food security, hunger, labor
- **Health:** diet, disease, personal habits, cultural habits,
- **Food cultures:** ethnic traditions, farmers markets, regional identity, history, culinary and cooking skills⁸

Figure 2: Sustainable Local Food System



Source: www.sustainablecitiesinstitute.org

Figure 3: Healthy Food Systems

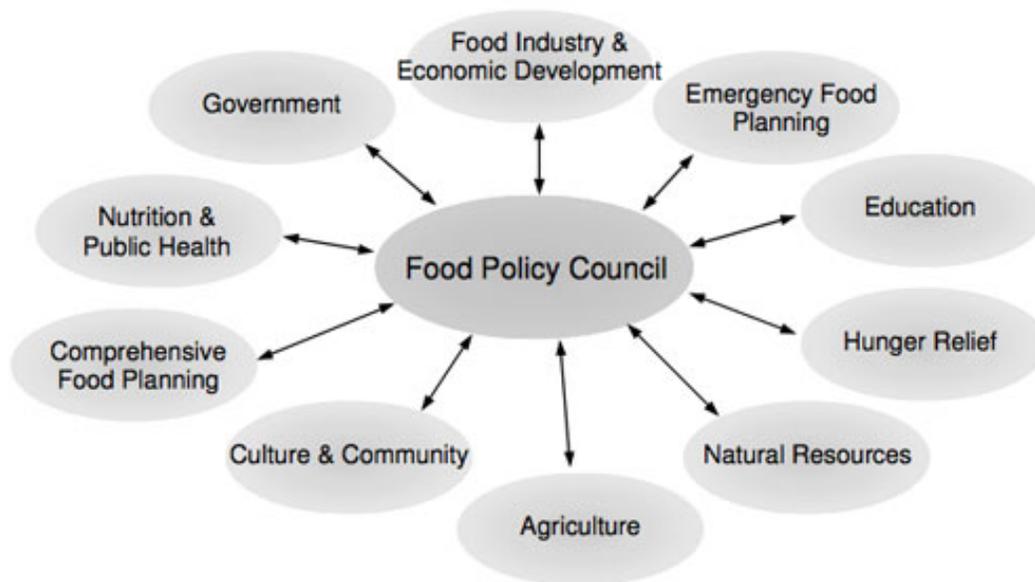


Source: www.foodsecuritynews.com

Food Policy Councils

Food Policy Councils use a community-based approach to improve food systems, spur local economic development and make food systems more environmentally sustainable and socially just. As Figure 4 illustrates, a Food Policy Council bring together diverse stakeholders to collaboratively solve problems and, in doing so, ensure that community-based food system policies and programs reinforce each other.

Figure 4: Food Policy Council Diagram



Source: www.fpclanecounty.org/overview

Food Policy Councils typically consist of a group of stakeholders from sectors of the food system, and include anti-hunger and food justice advocates, educators, nonprofit organizations, concerned citizens, and government officials. Instead of many organizations and community groups working separately on isolated food system issues, Food Policy Councils create an opportunity for discussion and strategy development among these various interests, and create an arena for studying the food system as a whole.⁹ While Food Policy Councils vary in name, structure and affiliation, most engage in a variety of short and long term goals that include partnerships, policies and programs.

The first Food Policy Council started in 1982 in Knoxville, Tennessee. Since then Food Policy Councils have been established at state, local and regional levels across the country. Most of these organizations were created at the request of community groups that identified policy barriers to their work, and pushed for a Food Policy Council to create a context to better facilitate their activities. Some have remarkable success stories. Others have failed, disbanded, or spun-off into other service and non-profit organizations. As of May 2012, there were 193 active Food Policy Councils in North America.¹⁰

Food Policy Councils in our region include those in Adams County, PA; Philadelphia, PA; Pittsburgh, PA and Baltimore, MD. Within the past year the Tri-County Regional Planning Commission, serving Dauphin, Cumberland and Perry counties, also completed a preliminary report on their regional food system. The planning commission shared this report in a public forum to guide discussion about the merits of forming an independent Food Policy Council to advance planning efforts in the region.

Community Food Assessment – Detailed Results

Introduction

This section of the report includes a summary of the York County food system, promising strategies for improving the local food system and detailed recommendations from the Food Policy Workgroup. Assessment results are presented by individual sectors of the food system and are based on an analysis of available local food system data; a modified SWOT (strengths, weaknesses, opportunities and threats) exercise performed the Food Policy Workgroup; input from key stakeholders, and; a review of related national recommendations and model programs.

Results from the modified SWOT exercise can be found in Appendix B.



Production

Traditional Farming

Fertile soil, adequate rainfall and long summers have helped make Pennsylvania a leader in agriculture. York County ranks second in the state in terms of the number of farms, with 2,370 in 2007. The total harvestable acreage in the county is 192,000 and the average farm size is 123 acres.¹¹

<p>Production Farms - Incubator farm programs - Urban farms Community, School, Workplace & Home gardens "Plant-a-Row" programs</p>

Agricultural diversity has long been a hallmark of York County farming, with small-scale cannery crops, orchard products and poultry farming playing a prominent role in our agricultural history. After World War II, agriculture in this region shifted to more specialized, capital intensive and larger scale farming. This shift was accompanied by a rapid loss of small to mid-sized farms and a greater reliance on off-farm income.

Today, the majority of farmland in York County is used for hay and feed crops. However, the growing numbers of small to mid-sized farms throughout the county produce a variety of crops, including apples, sweet corn, and strawberries, as well as livestock and animal products like chickens, beef, milk and eggs.

In 2007, 344 farms in York County sold products directly to individuals for human consumption, with a total value of \$4,010,000.¹² The market values of farm products sold at direct markets and for further processing are listed in Tables 1 and 2.

	Quantity	State Rank
MARKET VALUE OF AGRICULTURAL PRODUCTS SOLD (\$ amount)		
Total value of agricultural products sold	212,634,000	7
Value of crops including nursery and greenhouse	100,168,000	4
Value of livestock, poultry, and their products	112,465,000	7
VALUE OF SALES BY COMMODITY GROUP (\$ amount)		
Vegetables, melons, potatoes, and sweet potatoes	3,648,000	9
Fruits, tree nuts, and berries	13,088,000	3
Poultry and eggs	40,221,000	9
Cattle and calves	17,125,000	8
Milk and other dairy products from cows	37,774,000	14
Hogs and pigs	12,579,000	6
Sheep, goats, and their products	423,000	4
Corn for grain	88,448,000	2
Wheat for grain, all	21,219,000	1
TOP LIVESTOCK INVENTORY ITEMS (number)		
Layers	815,031	7
Turkeys	572,634	2
Broilers and other meat-type chickens	474,163	13
Cattle and calves	45,589	8
Hogs and Pigs	185,068	

Source: 2007 Census of Agriculture Data

PRODUCT	HARVESTED		HARVESTED FOR PROCESSING		HARVESTED FOR FRESH MARKET	
	Farms	Acres	Farms	Acres	Farms	Acres
York County Total	220	2,176	39	874	204	1,303
Asparagus	23	15			23	15
Beans, Green, Lima	6	3			6	3
Beans, Snap	62	830	16	734	48	95
Beets	6	2			6	2
Broccoli	8	7			8	7
Cabbage	9	12			9	12
Cantaloupes	26	30			26	30
Cucumbers & Pickles	16	10			16	10
Lettuces (all)	5	11			5	11
Onions, Dry	5	3			5	3
Peas, Green	6	2			6	2
Peppers, Bell	59	19	2	(D)	59	
Potatoes	57	185	4	(D)	57	(D)
Pumpkins	59	179	7	11	59	168
Spinach	7	15			7	15
Squash, summer	15	(D)	1	(D)	14	11
Squash, winter	6	(D)	2	(D)	4	2
Sweet Corn	131	586	8	10	131	576
Sweet Potatoes	6	4			6	4
Tomatoes (in the open)	94	82	2	(D)	93	(D)
Turnips	9	2	1	(D)	9	(D)
Watermelon	16	20			16	20

Source: 2007 Census of Agriculture

In 2007, 220 farms harvested a variety of vegetables and melons from 2,176 acres of York County farmland.¹² As represented in Table 2, snap beans, sweet corn, potatoes and pumpkins are top vegetable crops for York County farmers. In addition to direct sales at fresh markets, 39 farms harvest crops for processing. Fresh fruit is also produced on 119 farms, with orchards spanning a total of 1,406 acres throughout York County. Local orchards produce a variety of fruit, as shown in Table 3, with apples and peaches a local favorite.

PRODUCT	FARMS (number)	ACRES
Apples	80	607
Cherries - sweet	24	40
Cherries - tart	16	12
Grapes	25	118
Nectarines	18	58
Peaches	44	445
Pears	31	76
Plums & Prunes	20	(D)

Source: 2007 Census of Agriculture

Clearly small farmers and farm workers make a valuable contribution to the local food supply and have the potential to fuel the local economy. Many York County restaurant

owners and institutional cafeteria managers have expressed growing interest in supporting local farmers and providing their customers with farm-fresh products. However farmers with small scale farm operations may be challenged to meet increased demands for high volume, consistent quality, timely deliveries, and out of season produce requests. Even farmers with successful businesses in York County may find it difficult to cultivate new customers and scale up production, as much of their time is spent off-farm selling at local and regional markets.

To succeed in today's agricultural marketplace, the USDA urges small farmers to investigate alternative crops and technologies, cooperative farming and marketing options, and value-added processing.¹³ With regards to crop production, season extension techniques like cold frames, plastic mulches, floating row covers, low tunnels, and high tunnels are widely recognized as tools to allow small farmers to grow earlier, later, and higher-quality produce. High tunnels or hoop houses, which are essentially unheated greenhouses, are now thought to be an integral part of local food production systems in many parts of the United States. They aid fruit and vegetable crop production by extending the growing season, providing protection from the wind, storms, and cold weather, and result in a more-stable production system.

Farmers have access to a variety of state funded programs designed to help Pennsylvania agricultural businesses succeed. Local expertise, resources and partnerships offer York County farmers additional support needed to expand their role in the local food system. Below is a partial list of assets and opportunities available to farmers and those interested in pursuing a career in farming.

- Vegetable transplants: The Miller Plant Farm has been selling vegetable and melon transplants to home gardeners and commercial farmers since 1928. Currently the Miller family manages the farm and garden center consisting of 29 greenhouses which add up to about 62,000 sq. ft. of covered, heated growing space. In addition to sales, the Miller Plant Farm staff routinely assists area farmers with variety selection and scheduling of crops to insure steady supply during the growing season. They have also been a long time cooperater with The Pennsylvania State University Horticultural Research and Development.
- Farmer education: Penn State Extension offers online resources and workshops for farmers on a wide range of topics, including sustainable farming practices, commercial fruit and vegetable production, and raising livestock.
- Incubator farms: The Horn Farm Center for Agricultural Education is a non-profit organization dedicated to providing new local farmers with the resources (infrastructure, equipment, marketing network, and prime land leased at a reasonable rate) to foster independent small-scale farm operations on available farmland. The Horn Farm Center is creating an incubator farm "tool-kit" while participating as only one of 111 projects in the Tufts University National Incubator Farm Training Initiative. The Horn Farm staff and volunteers also host a variety of workshops for farmers and backyard gardeners.
- Small-scale farming techniques: Sunnyside Farm is the first farm to raise poultry and receive certification from the Food Alliance, the most experienced sustainable agriculture certifier in the United States. In 2012 Homer Walden and his wife Dru Peters were recognized with the Governors Award for Environmental Excellence for their work to reduce emissions by only using people and animal power on their property. Walden leads hands-on workshops on innovative small scale farming techniques, including movable chicken pens and season extenders. Peters participated in a *Know Your Farmer Compass* media event at the White House last spring and consults with federal agencies on efforts to protect the Chesapeake Bay.

Community Gardens and Urban Farms

On a smaller scale, individuals also play a role in a local food system by producing fruits and vegetables in their backyards, in community gardens, and on urban farms. In fact, community gardens have remained a proud tradition in the U.S. after the success of the Victory Gardens during the World Wars. The American Community Gardening Association defines a community garden as “any piece of land gardened by a group of people.”¹⁴ With this definition in mind, community gardens include those built on plots within a neighborhood as well as those built on the property of community institutions such as schools, colleges, hospitals and prisons. Community gardens have been shown to provide a wide array of benefits to individuals and communities as shown in Table 4.

Community gardens located in an urban setting that are designed for demonstration purposes and/or for the purpose of income-raising are typically referred to as urban farms. Urban farms often include a variety of practices, including animal husbandry, bee keeping, aquaculture, agroforestry, and composting. Through community collaborations, urban farms have been created in cities all across America to increase access to low-cost produce and opportunities for employment. The *Real Food Farm*, located in northeast Baltimore, is one example of a community-based non-profit urban farm.¹⁵ *Real Food Farm is Civic Works’* innovative urban agricultural enterprise engaged in growing fresh produce on six acres of land in Clifton Park. The group broke ground in October 2009, and currently manages hoop houses, garden crops, an herb garden, orchards, bee hives, compost bins and a mobile farmer’s market. Urban farms in other cities have also been successful in raising chickens, goats and tilapia.

Table 4 Benefits of Community Gardens	
•	Improves the quality of life for people in the garden
•	Provides a catalyst for neighborhood and community development
•	Stimulates Social Interaction
•	Encourages Self-Reliance
•	Beautifies Neighborhoods
•	Produces Nutritious Food
•	Reduces Family Food Budgets
•	Conserves Resources
•	Creates opportunity for recreation, exercise, therapy, and education
•	Reduces Crime
•	Preserves Green Space
•	Creates income opportunities and economic development
•	Reduces city heat from streets and parking lots
•	Provides opportunities for intergenerational and cross-cultural connections

Source: www.communitygarden.org

Table 5 Community Garden List York Urban Garden Association(YUGA)	
Municipality	Garden Name
Hopewell	Grace United Methodist Church
Spring Garden	Liberty Community Garden
Windsor	God's Garden
York	York Friends Meeting
York	Garden of Hope
York	United Way Community Garden
York	God's Garden
York	4-H Community Garden
York	Unitarian Universalist Congregation of York

Source:www.yorkurbangarden.org

While zoning regulations and expenses pose barriers to more formalized urban farm projects in York County, community and school gardens are growing in numbers. Based on the community gardens registered on the York Urban Garden Association (YUGA) website¹⁶ and listed in Table 5, most community gardens are located in the City of York. Community gardens affiliated with churches tend to donate all of the harvest to local food pantries. The York City Redevelopment Authority has been instrumental in making vacant lots and greenspace available for community gardens. The York City Bureau of Health has also been supportive of community gardens, managing a garden on the grounds of United Way and providing community groups with funds for start-up costs. The Food Availability Task Force (FATF) maintains the YUGA website as an online resource and opportunity for local community gardeners to network and share photos of their gardens. Members of the FATF community garden subcommittee also promote community gardening through the local newspaper and offer “how-to” presentations to interested community groups. Subcommittee members include representation from Penn State Extension Master Gardeners, Spoutwood Farm, York City Bureau of Health, the York County Keep Beautiful program, the YMCA of York, and local gardening enthusiasts.

At a national level there is a great deal of support for school gardens as part of an overarching Farm to School initiative. School gardens provide students with a connection to their food and a cost effective source of produce for taste tasting activities. Children exposed to a school garden-based education

curriculum have reported greater fruit and vegetable consumption, regardless of efforts to improve the availability of local foods at the schools.¹⁷ A small number of school gardens are located throughout York County and serve a variety of purposes. For the past five years students at Northern York County High School have grown vegetables in their school garden for taste test activities in the cafeteria. During the 2012 school year raised bed gardens were added to all Northern York County School District schools (K-12) and for farm-to-school activities that use core curriculum (literacy, math, reading, science and social studies) to teach students about food production, health and nutrition. Recently schools, churches and a host of community organizations and individuals worked together to launch the Hope Street Garden & Learning Lab. This new non-profit outdoor facility is located in the Salem Square area of the City of York and will be shared by all city schools.

Recommendations

The Food Policy Workgroup recognizes the wealth of assets in York County and encourages farmers and community groups to pursue innovative growing techniques and collaborative ventures that will increase the production of food in York County. Specific strategies and suggested activities are listed below.

Support and expand home, community, and urban gardens; and promote urban farming

Suggested actions:

- Advocate for updated policies/zoning that support land use for gardening/grazing in urban areas
- Advocate for policies/zoning that allow use of county land and school property for gardens
- Promote / increase establishment of backyard and community gardens
- Establish volunteer resources and market the opportunities
- Provide basic gardening, composting and food preparation education
- Collaborate with and promote existing Penn State Extension programs for gardeners
- Explore opportunities and funding sources for urban farms

Support existing farmers and encourage new farmers

Suggested actions:

- Utilize the facilities and resources of the Horn Farm Center for Agricultural Education to conduct local training for farmers
- Collaborate with and promote existing Penn State Extension programs for farmers
- Connect available land and farmers
- Collaborate with the Horn Farm Center for Agricultural Education to develop and promote model incubator farm initiatives
- Develop internships on farms
- Foster mentorships of apprentices or field experience participants
- Increase educational opportunities for young people in farming

Processing and Distribution

Processing
Canning/freezing operations
Fresh-cut produce enterprises
Meat processors
Dairies, cheese makers, bakeries, etc.
Community commercial kitchens
Processing Hubs

Distribution
Storage / Warehouses
Transportation systems
Wholesale distribution companies
Food Hubs
Grower co-ops
Regional Food Banks

With 2,300 food processing companies located in Pennsylvania, the state's food industry accounts for \$32 billion in shipments annually and ranks fourth in the nation in value added, behind Ohio, Georgia and Wisconsin. In 2011, Pennsylvania ranked first nationally in mushroom and commercial plant production; and second nationally in bakery and tortilla manufacturing and animal food manufacturing.¹⁸

York County is home to a wide variety of small to large scale food processing and manufacturing companies. The quantity and variety of snack foods manufactured locally and sold both regionally and internationally has led York County to be recognized as the "snack food capital of the world." Hanover Foods Corporation is the only large scale produce processing company that specializes in frozen, canned and fresh vegetables. Milk is processed and sold locally by a number of small and large scale dairies. Rutter's, the largest dairy, began selling milk from the family farm in 1921 and now processes milk from 30 area dairy farmers at their York bottling plant. York County residents also have access to other milk products, grains, breads, meats, poultry, and fruits processed and/or manufactured in York County. A list of selected food processing and food manufacturing companies in York County is included in Table 6.

Bakery (bread, rolls, etc)	Hartman's Bakery Schmidt Baking Company Stroehman Bakeries
Dairies	Rutter's Perrydale Dairy
Grain Mills	Con-Agra
Meat Processors	Bennie's Eberly Poultry Godfrey Brothers Neidermyer Poultry
Produce Processing	Hanover Foods Corporation
Snack Foods (including cookies)	Bickel's Snack Foods Frito Lay Martin's Potato Chips Revonoh Pretzels Snyder's – Lance Stauffer Biscuit Co. Wege Pretzel Co. Utz Quality Foods Inc.

YorKitchen is a unique asset to the local agricultural community. It is a shared commercial incubator kitchen managed by the York Economic Alliance and located within the Central Market House in the City of York. Product diversity contributes considerably to a farm's economic performance. YorKitchen reduces barriers associated with start up costs and allows local farmers the ability to create value-added products like pies, jams and cider.

Value Added Products
Value-added describes what happens when you take a basic product and increase the value of that product (and usually also the price) by adding extras in the manufacturing process, or by tacking on extra products and/or services.

Numerous broadline wholesale distributors and produce distributors assure that food is available to York County restaurants, healthcare facilities, schools, and other businesses. York County is the home to Ettlne Foods, an employee owned broadline food distributor, serving and industry customers throughout six states. The Ettlne facility is 104,000 square feet, housing 8500 products with access to over 100,000 items. Their product mix includes poultry, beef, pork, specialty meats, seafood, dairy products, groceries, canned foods, frozen items and fresh produce. Ettlne offers produce from virtually all over the world according to season, including produce grown locally. Other prominent produce distributors include Kegel's Produce and Scheid Produce, both Lancaster county-based companies. Transportation and distribution of food throughout York County is aided by a sophisticated transportation network with over 3,788 miles of roads, major interstates, two Class I railroads, and easy access to commercial airports and seaports.

Food storage and distribution facilities in York County range from small locally owned cold storage lockers to international leaders in the food industry. Three of the more prominent distributors in the county are Associated Wholesaler's (AWI), Americold and United Natural Foods Inc (UNFI). A distribution center for AWI is located in central York County, providing perishable and nonperishable food to local super-centers, grocery stores, and convenience centers. Americold, a global leader in temperature-controlled warehousing and transportation to the food industry, operates two facilities in York County. UNFI is the leading independent national distributor of natural, organic and specialty foods and related products.

Innovative Strategies

As demand for local farm products increases, the challenge becomes how to get those products from the farm to restaurants, schools, hospitals and grocers. The USDA recommends that the small farmer investigate alternative crops, cooperative farming and marketing, and value-added processing to compete in today's agriculture. A comprehensive review of local food systems in the U.S. identified the following barriers to and strategies for expanding the local food market:

- Challenges to local purchasing for hospitals and schools include large volumes needed; efficiencies required for ordering, delivery, and billing; contract requirements with existing vendors; lack of staff skills in preparing fresh foods; and lack of administrative support.
- Producers can move higher volumes of local food along the supply chain by using an intermediary to pack, distribute, or ship local products to consumers through traditional supermarket channels, restaurants or institutions.
- Both growers and buyers express a need for more midscale food processing to improve efficiencies in institutional food preparation.¹⁷

The regional food hub concept is growing as a key mechanism for creating large, consistent, reliable supplies of mostly locally or regionally produced foods. The National Food Hub Collaboration defines a regional food hub as...

*a business or organization that actively manages the aggregation, distribution, and marketing of source-identified food products primarily from local and regional producers to strengthen their ability to satisfy wholesale, retail, and institutional demand.*¹⁹

Regional food hubs typically provide a variety of services in an effort to produce economic, social and environmental impacts within their community as depicted in Table 7. Food hubs typically work on the demand side by coordinating efforts with other distributors, processors, wholesale buyers, and consumers. Food hubs can also play an important role on the supply side, assisting producers in areas such as sustainable practices, production planning, season extension, packaging, branding, certification and food safety. Regional food hubs have proven to:

- increase market access for local and regional producers;
- complement and add considerable value to the current food distribution centers, and;
- have significant economic, social, and environmental impacts within their communities.

Vermont's Intervale Food Hub is an example of a highly successful regional food hub. The non-profit food hub located in Burlington, Vermont delivers produce to local restaurants and individuals enrolled in a workplace based Consumer Supported Agriculture (CSA) program. The business grew from \$93,000 in gross revenue in 2008 to an expected \$400,000 by the end of 2011. Intervale is currently implementing plans to expand its warehouse facility to accommodate this market, with the expectation of surpassing \$1 million in sales by 2015.¹⁹

Table 7 Regional Food Hubs
Services/Activities Offered by Regional Food Hubs
<u>Operational Services</u> Aggregation Distribution Brokering Branding and promotion Packaging Light processing
<u>Producer Services</u> Linking producers and buyers Transportation, on-farm pick-up Production and post-harvest handling training Business management services Value-added product development Food safety and good agriculture practices (GAP) training Liability insurance
<u>Community/Environmental Services</u> Promotion of "buy local" benefits Distributing to nearby food desserts Food bank donations Youth and community employment Opportunities SNAP redemption Health screenings, cooking demonstrations Transportation for consumers Recycling and composting programs.

Source: USDA Regional Food Hub Resource Guide

As Farm-to-School programs gain momentum in the U.S., many school food service directors are looking for ways to take full advantage of in-season prices by preserving locally grown fruits and vegetables. In Minnesota, where two-thirds of the state's K-12 students attend school in districts that are participating in Farm-to-School programs, the Institute for Agriculture and Trade Policy (IATP) reviewed potential avenues for freezing locally and regionally grown produce. Modestly sized approaches for freezing produce include:

- freezing on-site in school kitchens during the summer months;
- mobile produce processing that travels from farm to farm;
- multi-use facilities and small freezing ventures/incubators, and
- co-pack relationships with existing freezing companies.²⁰

The IATP found that, during the 2011 school year, seven (7) Minnesota school districts froze vegetables in their own school kitchens. Twelve (12) different kinds of produce were frozen. The most common were winter squash and zucchini. A few schools were able to freeze enough cabbage, squash, onions and green peppers to serve throughout the school year.

Recommendations

The Food Policy Workgroup recognizes that light processing and/or freezing of produce, food hubs, and grower co-ops are examples of innovative strategies with the potential for increasing availability of farm fresh produce to York County residents and boosting the local economy. Farmers, school food service directors, and other community stakeholders are encouraged to consider the following strategies and actions.

Explore opportunities to establish a food hub and/or processing centers

Suggested actions:

- Advocate for policies that allow the sale of value-added products
- Collaborate with Penn State Extension to develop and promote "value-added" workshops
- Research gleaning projects to support local emergency food programs
- Explore opportunities for processing local products for schools
- Discuss opportunities for creating a local brand

Explore opportunities for sourcing and distribution of local products

Suggested actions:

- Support and promote direct distribution to the marketplace
- Encourage grower co-ops
- Encourage sourcing of local products by wholesale distributors

Access

Grocery stores, super-centers/club stores, convenience stores and specialized food stores provide York County residents with access to a wide variety of food products. During the summer months, many grocery stores in York County sell produce advertised as “locally grown.” However, there is no consensus on the definition of “local” in terms of distance between production and consumption. According to the definition adopted in 2008 by the U.S. Congress, the total distance that a product can be transported and still be considered a “*locally or regionally produced agricultural food product*” is less than 400 miles from its origin, or within the state in which it was produced.¹⁷ Contractual policies are often a barrier for “direct-to-retail” sales from local farmers to the “chain” grocery stores in York County. Independent grocery stores and specialty stores owned by local residents are more apt to source products directly from York County farmers and food processors.

Access

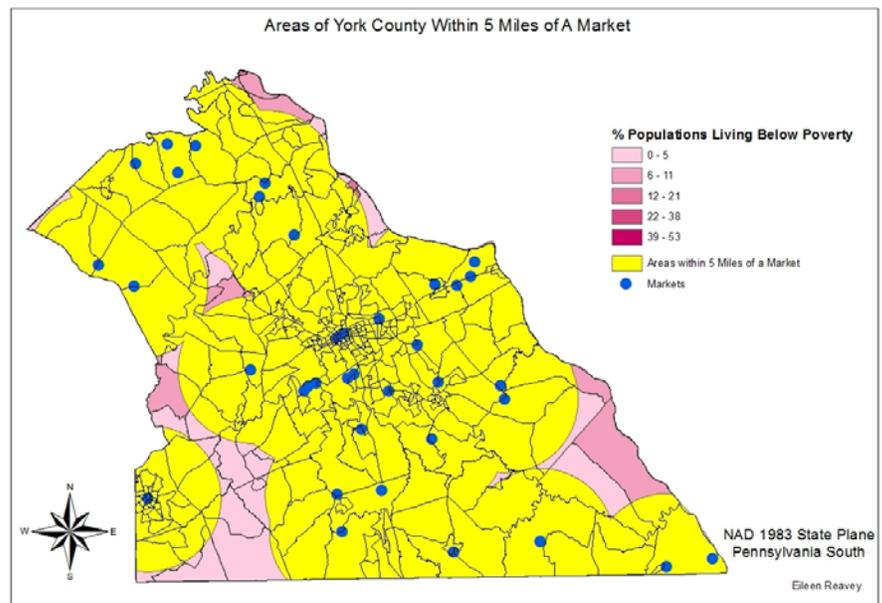
Locations where food products are available for purchase and/or distribution: grocery stores, convenience stores, farmer’s markets, farm stands, consumer supported agriculture, food co-ops, food hubs food pantries and “gleaning” programs

Table 8 Grocery Stores, Convenience Stores and Specialized Food Stores ¹ (2009)			
Grocery stores	Super-centers & club stores	Convenience stores	Specialized food stores
66	7	131	38

Source: Nielsen Market Data

“Direct-to-consumer” sales of products grown/raised on local farms makes up a small but fast-growing segment of food sales in York County. Being able to quickly and directly market and sell to the consumer gives farmers important income opportunities without the added costs of shipping, storage and inventory control. While not comprehensive, the *Buy Fresh Buy Local® York County 2013 Local Food Guide* provides a reliable assessment of “direct-to-consumer” venues, including butcher shops, “pop-up” roadside stands, farmer’s markets, and an array of farm-based businesses. The map featured in Figure 5 was created using listings in the *Buy Fresh Buy Local® York County 2012 Local Food Guide*²¹ to illustrate that “farm/market/farm stands” are well distributed throughout the county.

Figure 5: Map of Markets in York County



Source: Buy Fresh Buy Local® York County 2012 Local Food Guide

As indicated in Table 9 there are 35 separate farm-based markets, farmer-owned stands and roadside stands listed in the local food guide. The farm markets are retail outlets located on farms owned and operated by a local farmer. In addition, there are 11 farmers’ markets in the county, many open year-round. Farmers’ markets are established areas for several farmers/growers and other merchants to rent space on a recurring basis. Farmers’ markets have become a point for social gatherings for many families and friends in York County, with special features that include live music, cooking demonstrations, and/or educational programs.

Table 9 Buy Fresh Buy Local® York County 2012 Local Food Guide Listings				
Farm Markets, Farm Stands, & Roadside Stands	Farmers’ Markets	Pick-Your-Own Farms	CSA Farms	Butchers
35	10	15	11	5

Source:
Buy Fresh Buy Local® York County 2012 Local Food Guide

Consumer supported agriculture (CSA) options are becoming increasingly popular in York County. A CSA requires an annual or quarterly fee and allows consumers to pick up “shares” of the farmer’s harvest on a weekly basis. The 11 CSA’s listed in the food guide vary by season, cost, and products, with offerings that include vegetables, fruit, eggs, meat and/or bakery products.

Data collected during the community food assessment suggests that there is adequate access to food in York County. However, the availability of affordable healthy food options is greatly influenced by a combination of factors, including place of residence, location of retail outlets and available transportation. A report from the Robert Wood Johnson Foundation’s York County Health Rankings & Roadmaps states that 10% of York County residents have limited access to healthy foods; meaning, 10% of our residents live in poverty and are at least one mile from the nearest grocery store.²²

While the prevalence of convenience stores in York County makes them a handy alternative to grocery stores for many low-income residents, convenience stores typically charge a premium for foods such as milk, produce and whole grain products. Many of the county’s convenience stores include the “corner stores” located within the City of York. Feedback from York City residents and community stakeholders indicate that “corner stores” tend to stock high calorie snack and convenience foods rather than fruits, vegetables and other healthy options.

Churches, community groups, civic groups and other non-profit organizations in York County oversee emergency food distribution programs for low-income residents, usually through a “food pantry.” While many of these organizations accept donations of food from the community, most depend heavily on distributions of food from the Central Pennsylvania Food Bank and/or The York Food Bank – both supported by the Emergency Food Assistance Program (TEFAP) and the State Food Purchase Program (SFPP). Roughly 30 York County food pantries were funded during the 2009-2010 year by the State Food Purchase Program. Allocated funds were used to provide food assistance to 42,821 households.²³ Many of the individuals living in these households received food assistance on more than one occasion. In addition, these numbers represent approximately 30% of the York County pantries distributing food, and therefore this number can likely be at least doubled to most accurately demonstrate the number of York County residents receiving food assistance. Based on a list of sites that accepted food from the York County Food Bank in 2011, emergency food programs are well distributed throughout the county, with the highest concentrations in the City of York and Hanover (see Appendix C).

Donations of food to local food pantries tend to include non-perishable items that are high in sugars, fat and salt. To help combat hunger and improve access to farm fresh fruits and vegetables, the Food Availability Task Force (FATF) encourages local backyard/community gardeners to donate excess produce to local food pantries. The FATF promotes the AmpleHarvest.org Campaign locally, encouraging community members to search the website for a food pantry that will accept produce. There are currently more than 12 food pantries in the York County area registered with AmpleHarvest.org.

Promising Strategies

Communities attempting to reduce barriers and increase access to farm-fresh produce have found success through unconventional outlets. Promising strategies include the “healthy food hub” concept, improving healthy food options at corner stores, and “farm-to-work” initiatives. Below are highlights from selected examples.

- Farmers’ markets found in Hershey, Pennsylvania and in Baltimore, Maryland are examples of “healthy food hubs” created to improve access to healthy local food and establish opportunities for community wellness partnerships. In both communities the markets receive sponsorship and include farm stands, health screenings, healthy eating information and/or demonstrations.
- The *Baltimore Healthy Stores* project²⁴ successfully bridged the gap between supply and demand of healthy food options in two supermarkets and seven corner stores in East Baltimore. The project included store owner training, on-site education/promotions and wholesale coupons to offset the increased costs of new products.
- “Farm-to-work” initiatives address “time” as a barrier to purchasing healthy food options and should include a variety of workplace-based options, including “pop-up” farmers’ markets, mobile produce trucks and CSAs. The Texas Department of State Health Services (DSHS) developed a “Farm to Work” CSA project, with farm-fresh baskets of produce delivered to several of the department’s agencies throughout the state. The DSHS created and promoted a “Farm to Work”

tool-kit²⁵ for other employers in the state when they discovered that the program was a win-win situation for everyone involved - employees, the worksite, and the local farmer. Locally, the Lancaster County Buy Fresh Buy Local ® chapter and Lancaster General Hospital are piloting a “farm to work” project with five separate businesses and CSA’s located in Lancaster and York counties.

Recommendations

Despite financial and policy barriers, the Food Policy Workgroup believes that existing resources and strong collaborative relationships in York County can be successfully leveraged to strengthen the “Access” sector of the local food system. Based on successful initiatives in other communities, the Food Policy Workgroup recommends that the York community engage in the following strategies/actions to assist in making fruits, vegetables and other healthy food options more accessible to all York County residents.

Increase the availability of local farm fresh products at retail locations and other settings

Suggested actions:

- Support collaborations to develop “healthy food hubs” in underserved communities
- Encourage local grocers and “superstores” to purchase from local/regional farms
- Explore opportunities for farmer’s market and CSA deliveries at the workplace
- Research the feasibility of creating “corner store” initiatives in urban settings
- Advocate for healthy food retail when developing general community initiatives and making land use plans

Encourage recipients of state and federally funded nutrition assistance programs to purchase local, farm-fresh fruits and vegetables

Suggested actions:

- Support collaborations and incentive programs that entice SNAP shoppers to patronize farmer’s markets
- Advocate for use of SNAP/EBT benefits to purchase food-producing plants and seeds (SNAPGarden.org)
- Develop a marketing strategy to increase redemption of produce vouchers distributed to WIC recipients through the Pennsylvania Farmers Market Nutrition Program (FMNP)

Increase availability of fresh produce from emergency food programs

Suggested actions:

- Create and support a www.AmpleHarvest.org Campaign that encourages donations of excess produce from home growers and small farms to food pantries
- Promote policies that support the acquisition of fresh produce
- Create programs to train staff on proper transport, storage, handling and preparation of fresh produce
- Support collaborative efforts to provide hands-on nutrition education about fruits and vegetables; and safe handling practices

Consumption

By definition, a healthy, sustainable food system is health-promoting and takes into consideration the public health impacts of the food consumed in a community. With this guiding principle in mind, the Food Policy Workgroup examined findings from the York County Community Health Needs Assessment factors that influence our food preferences, policies and practices of the places where we eat, and relevant case studies.

Consumption
Food consumed in homes, restaurants, institutions (child care, schools, hospitals, and businesses), senior centers, "soup kitchens," community suppers, and fairs/festivals

It is widely recognized that the American diet is deficient in fruits and vegetables, and includes too many food choices that are high in fat, sugar and salt – factors associated with the development of obesity, heart disease, stroke, diabetes and some cancers. However considering the abundance of fruits and vegetables available in York County, it is striking to learn that only 3% of York County adults eat the recommended amount of vegetables daily.² National research indicates that roughly 80% of all the fruit and vegetables consumed in the U.S. are eaten in the home.²⁶ While it is difficult to determine exactly how much comes from home gardens and farmers' markets, the bulk of year-round purchases of fruits and vegetables is typically from grocery stores, club stores and super-centers. Based on Nielsen Market Research Analysis of consumer spending patterns at grocery stores, the 2011 annual average expense per York County household for fruits and vegetables was approximately \$691. An analysis of this same research indicates that fruit and vegetable purchases accounted for only 1.33% of all household spending in 2011.²⁷

Only 3% of
York County
residents eat
the
recommended
amount of
vegetables

The Food Policy Workgroup acknowledged that food purchasing and eating patterns are greatly affected by a wide variety of factors, including preferences, knowledge, cooking skills, social norms, cultural traditions, cost and available choices. An overabundance of snack food choices from factories located in York County has influenced taste preferences and created a social norm that recognizes these foods as "everyday" choices rather than treats. Many community members are accustomed to eating a "meat and potatoes" type meal, an influence of the Pennsylvania Dutch heritage of this region. Residents also enjoy a tradition of socializing while eating at a host of church suppers, fundraiser events and community festivals that typically feature "comfort foods."

Food preferences are also influenced by available food choices when eating out. In York County 55% of all restaurants are fast food restaurants, making unhealthy meals readily available to the community.² While many of the larger fast food and chain restaurants are adding healthier options to the menu, many other locally owned eateries in York County are slower to make these changes.

Schools, businesses, and community organizations in York County are working to promote healthy eating habits and locally grown/raised farm products by providing educational programs, teaching cooking and food budgeting skills, promoting the benefits of fruits and vegetables, and changing the policies and practices of the places we eat in an effort to make the "healthy choice the easy choice." Examples include the following.

- Penn State Extension staff partner with community agencies like the Salvation Army, Community Progress Council, local food pantries and churches to offer skill-based cooking/nutrition education classes to low-income adults.
- As a result of the Healthy, Hunger-Free Kids Act of 2010, local school food service programs are improving the nutritional quality of breakfast and lunch menu items. Students are now offered twice the amount of fruits and vegetables than in previous years. A small number of school districts have purchased fruit from York County farmers, and are collaborating with the York County Buy Fresh Buy Local chapter to explore opportunities to expand local purchases in the future.
- WellSpan Community Health has partnered with schools, farmer's markets and local businesses to implement the *Market Basket of the Month* program. This initiative aims to increase knowledge and preference for fruits and vegetables and includes monthly newsletters, school resources and promotional signage.

- York College of Pennsylvania recently became a Food Recovery Network chapter. Student volunteers pick up surplus perishable prepared food from the campus cafeteria and delivery it to Catholic Harvest Food Pantry.
- Through the Eat Play Breathe York (EPBY) initiative, government officials, community agencies and businesses are evaluating policies and practices in an effort to support healthy eating practices in the City of York. Measures include the development of model policies for the workplace and child care. EPBY also supports the environmental and infrastructure improvements to support these changes
- WellSpan Health recently initiated the *Eating Well Matters* employee wellness initiative that included changes in cafeteria offerings at all three hospital cafeterias. Menu items are now served in “right size” portions and are labeled using a “stoplight” theme to identify items by levels of fat, sugar and salt. Changes in prices support the healthier choices, with discounted prices for “Go” and “Think” choices, and increased prices for the “Stop” items.

Programs and services in York County also provide group meals and fruit and vegetable vouchers for low-income residents. Children are able to eat free lunches while attending summer programs funded by the Summer Food Service Program. This federally funded program is designed to provide a meal that meets national nutrition guidelines to children in areas with significant concentrations of low-income children 18 years old and under. Currently one site in Hanover and 20 within the City of York are approved for this program.²⁸ Churches and community agencies throughout York County provide families with emergency meals in group settings. For those programs supported by the State Food Purchase Program, a total of 201,643 meals were served to families during the 2011-2012 fiscal year.²⁹ Both the Senior Farmers' Market Nutrition Program (SFMNP) and the WIC Farmers' Market Nutrition Program (FMNP) provide participants with vouchers redeemable at local farmer's markets for locally grown fruits and vegetables. In 2011 the Area Agency on Aging issued 709,453 vouchers to local seniors, with a redemption rate of 90.78%. In the same year the Community Progress Council distributed 18,400 vouchers to parents of young children eligible for WIC, but only saw a redemption rate of 58.22%.³⁰

Promising Approaches

Schools, colleges, hospitals and other institutions throughout the U.S. are starting to think seriously about the health, economic and environmental impacts of the food purchased and served in their cafeterias. Nationally more than 450 hospital food services have committed to implementing strategies to improve their hospital food and beverage environments by signing the Health Care Without Harm's Healthy Food in Health Care Pledge.³¹ In addition, health care organizations are deepening their role in the local food system by creating on-site vegetable gardens that provide food for both the their cafeterias and local food pantries.

Farm to School programs have been recognized as both an evidence based intervention for obesity³² and an important component for strengthening the local food system. Farm to School connects schools and early child care settings with local food producers with the objectives of serving local, healthy food in school cafeterias; improving student nutrition; providing agriculture, health and nutrition education opportunities; and supporting local and regional farmers. The National Farm to School Network reports that the benefits of these programs include:

- fruit and vegetable consumptions increases of +0.99 to +1.33 servings per day;
- increased knowledge regarding gardening, agriculture, healthy food and food seasonality;

Table 10 Group Meal Services (meals provided using State Food Purchase Program funding)	
Providers included: ACCESS-York, Bell Family Shelter, ACCESS-Still Waters, Hanover Area Council of Churches PAL, and Our Daily Bread	
Meals Provided:	201,643
FY 11-12 State Food Purchase Program Unduplicated individuals/ households	
Total Households:	12,560
Unduplicated Children Age 0-18:	13,454
Unduplicated Adult Age 19-59:	19,164
Unduplicated Seniors Age 60+:	2,890
Total Unduplicated Individuals:	35,508
Total Units of Service Provided (duplicated) Number of Visits by Age Group	
Total Households	56,604
duplicated Children Age 0-18:	57,651
duplicated Adult Age 19-59	83,740
duplicated Seniors 60+	19,017
Total duplicated individuals:	160,408
<i>Source: State Food Purchase Program (bulk purchase)/ Emergency</i>	

Source: York County Human Services Department

- improved willingness to try new and healthy food – choosing healthier options in the cafeteria and at home;
- increased meal participation from 3% to 16% (average +9%);
- local sourcing of all produce purchases in season up to 50%;
- average 5% increase in participating farmers' income, and;
- \$2.16 economic activity generated for every \$1 spent.³³

The Champions for Change network in California has also been cited as an evidence based social marketing strategy to help families make healthy changes in their kitchens, homes, schools, and neighborhoods.³² Key to their social marketing strategy was implementation of *Harvest of the Month*, a fruit and vegetable promotion program designed to motivate and empower students and family members to increase consumption and enjoyment of a variety of colorful fruits and vegetables. The Harvest of the Month program has been duplicated in numerous states using funds from the SNAP-Ed program. The WellSpan Market Basket of the Month program is a variation of this initiative.

Recommendations

The Food Policy Workgroup suggests that the York County community build on current strengths, develop new collaborations and prioritize future projects/actions that support the following strategies.

Expand and promote “Farm-to-Institution” programs in schools, colleges, hospitals, the workplace and other institutional settings

Suggested actions:

- Advocate for policies to ensure access to local/regional products
- Support the sale of locally grown/raised products by fostering relationships between farmers and institutional cafeteria managers / restaurant owners
- Explore barriers and provide support to farmers and cafeteria / restaurant staff seeking to initiate or expand efforts
- Support and encourage efforts to establish sustainable business partners
- Promote resources and training to support farm to institution efforts (safe farming practices, purchasing guidelines, culinary skills, recipe selection, etc.)
- Support Farm-to-School efforts, including: 1) purchase of local foods; 2) networking and trainings for school staff and farmers; 3) school gardens; 4) taste test activities; 5) “Chef in School” initiatives, and; 6) curriculum-based education
- Research the need for establishing summer feeding programs for school age children that offer farm-fresh produce

Create healthy food zoning requirements and incentives

Suggested strategies:

- Advocate for policies that restrict advertising of unhealthy foods near schools
- Advocate to update zoning with limits on number of fast food restaurants
- Develop a restaurant recognition program that encourages restaurants to post nutrition guidelines and offer healthy options (serve farm-fresh/local)
- Advocate for healthy food environment policies related to cafeteria menus, meeting menus and vending machines
- Provide resources and training on how to select healthy options for the workplace

Develop a marketing campaign to encourage healthy eating, with a preference for fruits & vegetables.

Suggested strategies

- Create consistent community-wide messages based upon national recommendations and campaigns
- Explore opportunities for collaboration with existing local marketing campaigns, including, but not limited to the current WellSpan Health *Market Basket of the Month* initiative and the *Eat, Play, Breathe* campaign sponsored by the YMCA of York
- Support and promote the York County Buy Fresh Buy Local® chapter's efforts to link consumers with local farm products
- Explore opportunities for developing a regional media

Enhance and support skill-based programs that promote healthy eating and increase exposure to farm-fresh produce

Suggested strategies:

- Collaborate with and promote existing Penn State Extension programs that provide skills for improving nutrition, stretching limited resources and increasing exposure to farm-fresh produce.
- Develop collaborative partnerships that incentivize the Penn State Extension *Nutrition Links* program (serving recipients of food assistance programs)
- Collaborate with culinary arts programs to create sustainable community initiatives
- Explore opportunities for creating a county-wide Spoutwood Teen Chefs program
- Explore opportunity to produce a local food and gardening TV show - using local free media and expertise (local chefs, culinary arts students, master gardeners and farmers)

Waste/Composting

The York County Solid Waste Authority (YCSWA) is responsible for providing environmentally responsible, efficient and economic management of all municipal solid waste generated in York County. The YCSWA does not collect garbage, but instead works with a “team” of hauling services to manage solid waste. The Authority facilitates responsible solid waste management through an integrated strategy that emphasizes waste reduction, reuse, recycling and resource recovery.

While backyard and community gardeners engage in composting, there are currently no formal composting programs/businesses in York County.

<p>Waste/Composting On-farm nutrient management Restaurants and Institutions Solid Waste Composting Companies</p>
--

Recommendation

The Food Policy Workgroup felt that “Waste/Composting” is the weakest sector of our local food system - and encourage a group of stakeholders to:

Explore opportunities to improve community composting efforts

References

1. United States Department of Agriculture. "Dietary Guidelines for Americans, 2010." Dietary Guidelines for Americans. <http://www.cnpp.usda.gov/dietaryguidelines.htm>.
2. Healthy York County Coalition and Healthy Adams County Community Health Assessment Data, Winter 2011-2012. Prepared by Center for Opinion Research, Franklin and Marshall College, December 2011.
3. United States Department of Agriculture. (September 2011). USDA Characteristics of SNAP Households; Pennsylvania Congressional District 19. Retrieved April 10, 2012 from <http://www.fns.usda.gov/pd/snapmain.htm>.
4. United States Department of Agriculture. "Measuring the Effect of SNAP Participation on Food Security – Summary." Food and Nutrition Services. www.fns.usda.gov/measuring-effect-snap-participation-food-security-august-2013.
5. The Special Supplemental Nutrition Program for Women, Infants, and Children. Original source of data: email correspondence between WIC Program - Community Progress Council, Inc. and Community Health Improvement via Nutrition Education Coordinator.
6. Building Data Report (Lunches Only) For October 2011 Children Eligible. *Pennsylvania Department of Education, Division of Food and Nutrition*. Retrieved April 11, 2012 from http://www.portal.state.pa.us/portal/server.pt/community/national_school_lunch/7487.
7. American Planning Association. "Principles of a Healthy, Sustainable Food System." <https://www.planning.org/nationalcenters/health/foodprinciples.htm>.
8. American Planning Association. "Food Systems Planning" (PAS Quicknotes No. 24). <http://www.planning.org/pas/quicknotes/pdf/QN24.pdf>.
9. American Planning Association. "Food Policy Councils: Helping local, regional, and state governments address food system challenges." <http://www.planning.org/nationalcenters/health/briefingpapers/pdf/foodcouncils.pdf>
10. Mark Winne. "Food Policy Councils: A Look Back at 2012." Mark Winne Associates. <http://www.markwinne.com/?s=food+policy+councils%3A+a+look+back+at+2012&submit.x=10&submit.y=11&submit=Go>
11. Pennsylvania Department of Community and Economic Development. "Pennsylvania Agribusiness." Feb 21 2013.
12. United States Department of Agriculture. *2007 Census Volume 1, Chapter 2: County Level Data*. Retrieved from http://www.agcensus.usda.gov/Publications/2007/Full_Report/Volume_1,_Chapter_2_County_Level/Pennsylvania/
13. United States Department of Agriculture. "A Time to Act: A Report of the USDA National Commission on Small Farms." Jan 1998. National Institute of Food and Nutrition. http://www.csrees.usda.gov/nea/ag_systems/pdfs/time_to_act_1998.pdf.
14. American Community gardening Association. <http://www.communitygarden.org/learn/>.
15. Real Food Farm. www.realfoodfarm.org.
16. York Urban Garden Association. www.yorkurbangarden.org.
17. United States Department of Agriculture. "Local Food Systems: Concepts, Impacts, and Issues." May 2010. Economic Research Service. <http://www.ers.usda.gov/publications/err-economic-research-report/err97.aspx#.Utw6zNlo6t8>
18. United States Census Bureau. US Department of Commerce. *State & County QuickFacts*. Retrieved November 20, 2012 from <http://quickfacts.census.gov/qfd/states/42/42001.html>
19. United States Department of Agriculture. "Agricultural Marketing Service. Regional Food Hub Resource Guide." April 2012. Agricultural Marketing Service. <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5097957>.
20. Cerkenkamp, JoAnne, Lynn Mader, and Madeline Kastler. "Frozen Local: Strategies for Freezing Locally Grown Produce for the K-12 Marketplace." December 2012. Institute for Agriculture and Trade Policy. http://www.iatp.org/files/2012_12_11_FreezingReport_JB_web.pdf
21. York County Buy Fresh Buy Local Chapter. *Buy Fresh Buy Local Food Guide*, 2012. Available online at: <http://buyfreshbuylocalyork.com/>
22. County Health Rankings & Roadmaps. (2012) *Robert Wood Johnson Foundation. York County Data*. Retrieved April 11, 2012 from <http://www.countyhealthrankings.org>

23. Pennsylvania Department of Agriculture. "2010 SFPP Annual Report". Bureau of Food Distribution. Available online at:
http://www.agriculture.state.pa.us/portal/server.pt/gateway/PTARGS_0_2_24476_10297_0_43/AgWebsite/Files/Publications/SFPP%202010%20Annual%20Report%20DRAFT1.pdf
24. Johns Hopkins Center for Livable Future. "Baltimore Healthy Stores: Results and Implications." Johns Hopkins Bloomberg School of Public Health.
http://www.jhsph.edu/sebin/u/f/baltimorehealthy_results.pdf
25. Texas Department of State Health Services. "Farm to Work Toolkit."
www.dshs.state.tx.us/obesity/pdf/f2wtoolkit1008.pdf
26. Produce for Better Health Foundation. "Fruit + Veggie Connection." Fall 2013, Issue 1.
http://www.pbhfoundation.org/pdfs/pub_sec/F_V_Connection_Issue1_FINALWEB.pdf
27. The Nielsen Company. Original source of data: email correspondence between Office of Health Equity, PA Department of Health and York City Bureau of Health.
28. Summer Food Service Program. Original data: email correspondence between Pennsylvania Department of Education | Bureau of Budget and Fiscal Management and WellSpan Community Health Improvement Health Educator.
29. York County Human Services Department. Original source of data: email correspondence between Assistant Director of York County Human Services Department and Community Health Improvement Community Health Specialist. July 26, 2012.
30. The Special Supplemental Nutrition Program for Women, Infants, and Children. Original source of data: email correspondence between WIC Program - Community Progress Council, Inc. and Community Health Improvement via Nutrition Education Coordinator.
31. Health Care Without Harm. "Healthy Food Pledge." Issues Healthy Food Systems.
<http://www.healthyfoodinhealthcare.org/pledge.php>
32. United States Department of Agriculture, The Center TRT and the National Collaborative on Childhood Research. "SNAP-Ed Strategies and Interventions: An Obesity Prevention Toolkit for States Evidence-based Policy and Environmental Change in Child Care, School, Community, and Family Settings." July 24, 2013. Available online at: <http://snap.nal.usda.gov/snap/SNAP-EdInterventionsToolkit.pdf>
33. The National Farm to School Network. "The Benefits of Farm to School." Available online at: http://www.farmtoschool.org/files/publications_514.pdf

Appendix A: Principles of a Sustainable Food System

PRINCIPLES OF A HEALTHY, SUSTAINABLE FOOD SYSTEM

In June 2010, the American Dietetic Association, American Nurses Association, American Planning Association, and American Public Health Association initiated a collaborative process to develop a set of shared food system principles. The following principles are a result of this process and have been collectively endorsed by these organizations.

We support socially, economically, and ecologically sustainable food systems that promote health – the current and future health of individuals, communities, and the natural environment.

A healthy, sustainable food system is:

HEALTH-PROMOTING

- Supports the physical and mental health of all farmers, workers and eaters
- Accounts for the public health impacts across the entire lifecycle of how food is produced, processed, packaged, labeled, distributed, marketed, consumed and disposed

SUSTAINABLE

- Conserves, protects, and regenerates natural resources, landscapes and biodiversity
- Meets our current food and nutrition needs without compromising the ability of the system to meet the needs of future generations

RESILIENT

- Thrives in the face of challenges, such as unpredictable climate, increased pest resistance, and declining, increasingly expensive water and energy supplies

DIVERSE IN

- Size and scale—includes a diverse range of food production, transformation, distribution, marketing, consumption, and disposal practices, occurring at diverse scales, from local and regional, to national and global
- Geography—considers geographic differences in natural resources, climate, customs, and heritage
- Culture—appreciates and supports a diversity of cultures, socio-demographics, and lifestyles
- Choice—provides a variety of health-promoting food choices for all

FAIR

- Supports fair and just communities and conditions for all farmers, workers and eaters
- Provides equitable physical access to affordable food that is health promoting and culturally appropriate

ECONOMICALLY BALANCED

- Provides economic opportunities that are balanced across geographic regions of the country and at different scales of activity, from local to global, for a diverse range of food system stakeholders
- Affords farmers and workers in all sectors of the system a living wage

TRANSPARENT

- Provides opportunities for farmers, workers and eaters to gain the knowledge necessary to understand how food is produced, transformed, distributed, marketed, consumed and disposed
- Empowers farmers, workers and eaters to actively participate in decision-making in all sectors of the system

A healthy, sustainable food system emphasizes, strengthens, and makes visible the interdependent and inseparable relationships between individual sectors (from production to waste disposal) and characteristics (health-promoting, sustainable, resilient, diverse, fair, economically balanced, and transparent) of the system.



These principles should not be construed as endorsement by any organization of any specific policy or policies. The collaborative process was led by a Food Systems and Public Health Conference Work Team funded by the W.K. Kellogg Foundation.

Appendix B: Modified SWOT Analysis

<p>Production: Farms, - Incubator farms - Community & school gardens - Home gardens - “Plant-a-Row” programs</p>	
<p>Strengths/Assets</p> <p><u>Land/climate:</u> -Fertile soil -Adequate climate & rainfall -Preserved farmland -Available land for community gardens: including county & school property</p> <p><u>Farming community:</u> -Diverse agricultural community - Cooperative growers - Knowledge of techniques - Risk takers – no-till, tillage radish, tunnels -Nostalgic acceptance of farming in York Co.</p> <p><u>Community resources:</u> -Financing institutions that support farms -Penn Extension (including Master Gardener program) -Horn Farm – incubator farms -York Fair to showcase farming -Access to youth - 4-H, FFA -Community task forces w/ related mission -Local sources for planting: Landreth Seed Co & Miller Plant Farm - York County Beekeepers</p> <p><u>Sourcing:</u> -Local distribution available for crops produced: farmer’s markets, CSA’s</p>	<p>Barriers (Weaknesses/Threats)</p> <p>City /county zoning Regulations/ordinances (county & school properties) Conflicts w/ land use Minimal tolerance towards urban & community gardens</p> <p>Respect / lack of for dignity of farming Profitability & fluctuating markets Dwindling labor force Start- up / maintenance costs and taxes Real estate values</p> <p>Schools have competing priorities which pose barriers to nutrition education, cooking classes, farm to school education and school gardens</p>
<p>Opportunities</p>	
<p>Advocate for protective zoning to promote urban/community gardening and farming Local partnerships - obtain donations to assist with urban garden projects Connect urban farming with current “Smart Growth,” “Keep York County Beautiful” and other sustainability efforts Create a “win-win” collaboration – opportunities for new farmers/incubator farms to sell produce at urban locations (markets, community agencies, etc) Collaboration with Horn Farm & Penn Extension for farmer education and growth of incubator farm program Collaboration between community groups to create community and school gardens (farmers, Master Gardeners, cooking classes, etc) Partner with agencies/organizations in York County to implement a marketing initiative, encouraging backyard/community gardeners and small farms to donate excess produce to food pantries (using AmpleHarvest.org as a tool) Share lessons learned from the PSU Master Gardener test plots at John Rudy Park with local gardeners and farmers</p>	

Processing: Dairies, canneries, breweries, etc. – Community Kitchens – Food hubs (value added/processing)	
Strengths/Assets	Barriers (Weaknesses/Threats)
Food manufacturing plants in the county Available kitchens: (YorkKitchen, schools, Churches, Salvation Army) Entrepreneurism Education facilities/personnel available Tradition: storage & preservation, and commerce Diversity/variety of foods PennState Extension expertise/training: value added products, food hubs, etc	Cost Desire for individualism Regulations/safety issues
Opportunities	
Preserve nutrition Group projects using available kitchens to: - create a “brand” label – locally produced food processed in local food processing “hub” and sold to local cafeterias and/or /restaurants - provide an opportunity for schools to purchase local produce in the summer and preserve for the school months - glean local produce from farms and/or food from grocery stores and processing for distribution to food banks, soup kitchens, etc. - job creation Decentralized institutional decisions	

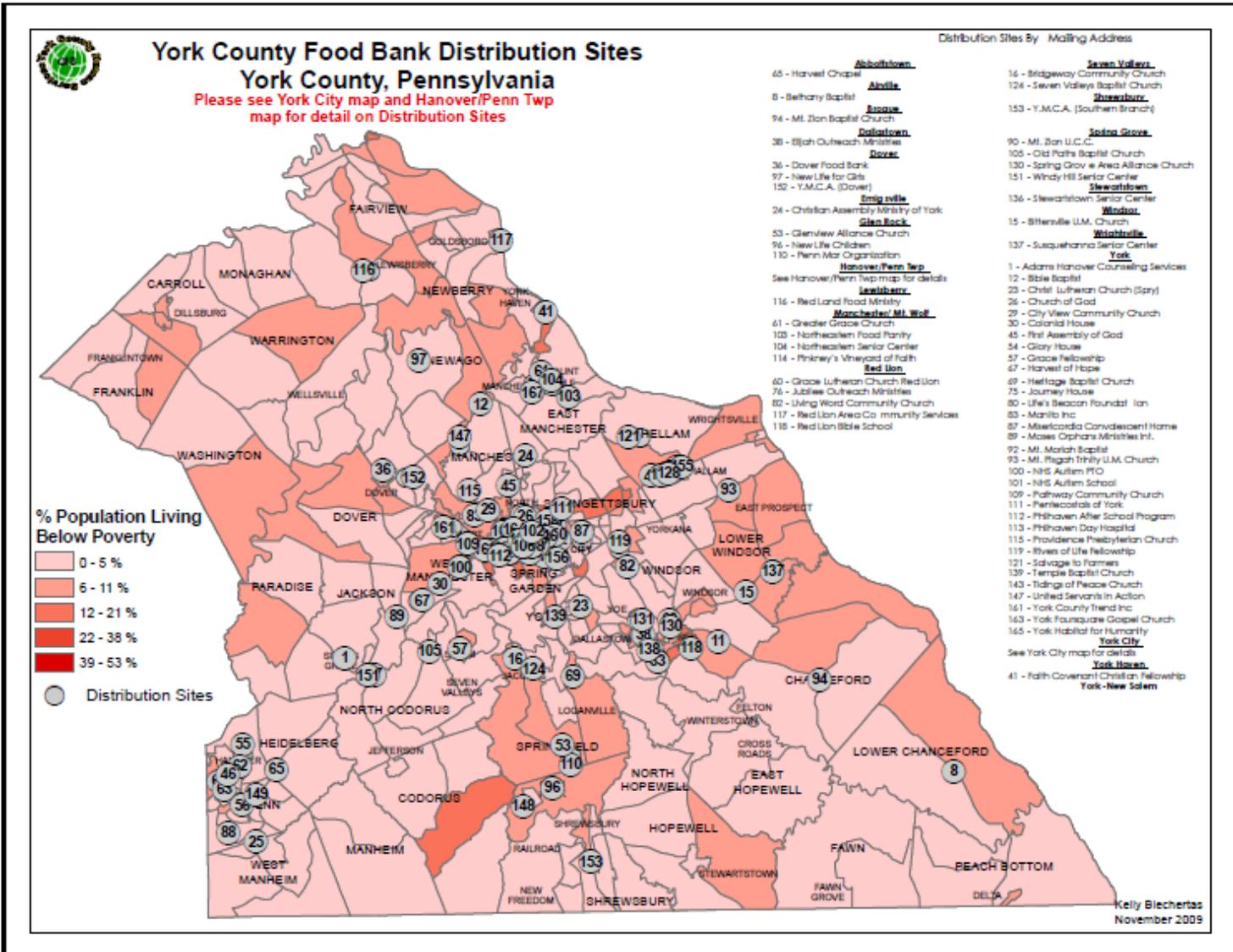
Distribution: Wholesale distribution – Food Hubs (shipping) – Grower co-ops – Food Banks	
Strengths/Assets	Barriers (Weaknesses/Threats)
Ettlline – local, employee owned distributor Farmer’s markets to connect farmer to buyer Buy Fresh Buy Local – advertise direct distribution York County Food Bank Local farmers produce fresh produce – which is needed by local schools in order to meet new federal nutrition guidelines	Costs Lack of distribution hub/network for local farmers Lack of community awareness Habits
Opportunities	
Creating a distribution network Increasing diversity of distributors Encourage Ettlline to source from local farmers – to meet needs of local schools and institutions Encourage larger institutional buyers (York Hospital, YCP, York City schools) to buy locally Create a food hub that distributes produce from local farmers to local institutional kitchens (including schools) and restaurants (like Lancaster Farm Fresh) Connect local food with existing grocery stores	

Access: Grocery stores – Farmer’s markets, Farm stands, CSA’s – Co-op programs – Gleaning programs – Food pantries	
Strengths/Assets	Barriers (Weaknesses/Threats)
<p>Food available within close proximity to people – options include:</p> <ul style="list-style-type: none"> - restaurants - grocery stores, corner stores, & convenience stores - year-round farmer’s markets, seasonal markets & road-side stands - many food pantries (30+ are county supported) and soup kitchens <p>Farmers markets in York City include ability to process SNAP/EBT cards</p> <p>Existing federal resources: SNAP/EBT, SNAPgarden.org</p> <p>Existing community gardens</p> <p>Gleaning (to some extent and/or opportunity)</p> <p>Strong relationships/collaborative programming with agencies serving low-income: Head Start, Family First, neighborhood groups</p> <p>Hospitals and colleges available to provide staff/volunteers for targeted interventions</p> <p>Funding now available (private/grants/fed)</p>	<p>Hot dog vendors downtown (York City)</p> <p>In York City – easy access to cornerstones (that stock few healthy food options)</p> <p>Current donations to food pantries tend to be highly processed (high salt) and rarely include fresh produce</p> <p>School food service directors w/ limited staff lack time to work on grants</p> <p>Difficulties in getting local farm products into larger grocery chains - they require such large quantities that often a local farmer can’t keep up with their demands; and some require specialized certifications (GAP)</p> <p>Zoning requirements too difficult - should be made simple and straightforward for vendors seeking to sell goods in York City</p> <p>Lack of funding or need for assistance with grant writing process</p>
Opportunities	
<p>Strengthen York Buy Fresh Buy Local – connecting people to local foods (promote at workplace, etc)</p> <p>Collaborate with Head Start for:</p> <ul style="list-style-type: none"> -Farm to Preschool education -Local produce served to children and/or used for taste test opportunities -CSA’s program (using SNAP dollars) <p>Encourage corner stores to carry fruits & veggies – possibly supplied by small community gardeners</p> <p>Develop a comprehensive gleaning-processing program – (for example a Campus Kitchen project at York College or similar program at Salvation Army)</p> <p>Healthy World Café (York City) could have a “market stand” during their meals</p> <p>Supply food pantries from community gardens – promoting AmpleHarvest.org</p> <p>Encourage food pantries to accept and distribute fresh produce – and to register with www.AmpleHarvest.org</p> <p>Encourage CSA and/or support development of urban farm CSA - that accepts SNAP benefits</p> <p>Collaboration between farmers’ markets and hospitals/health services for a “healthy food hub” (health message where fruits & veggies available) that serves the needs of low-income</p>	

Consumption: Homes, restaurants, Institutions (schools, hospitals, businesses), Community suppers, Soup kitchens Fairs & festivals	
Strengths/Assets	Barriers (Weaknesses/Threats)
<p>We all eat!</p> <p>New federal requirements for school meals – increased amount of fruits & veggies needed by schools</p> <p>WellSpan hospitals now serving “right-size” portions/promoting low-fat choices</p> <p>Spoutwood Farm training site for Teen Battle Chef program (cooking skills class)</p> <p>Local culinary schools – possible volunteers for school and community programs</p> <p>Many grocery stores (including Weis and Giant) offer educational activities/grocery store tours</p> <p>Penn State Extension programs: -<i>Master Preserver</i> training program -<i>Wellness Volunteer</i> -<i>Dining With Diabetes</i> -<i>Nutrition Links</i></p> <p>Wide variety of community groups prepare and serve congregate meals</p> <p>Hospitals and colleges available to provide staff/volunteers</p>	<p>Individual preference for high fat, high sugar foods</p> <p>Attitudes/habits influenced by the fact that we live in the “snack capital of the world”</p> <p>Breakdown of the family unit and family meals</p> <p>Belief that we have bigger issues than food</p> <p>Cultural differences – “food is love”</p> <p>55% of restaurants are fast food – have strict supply chain guidelines</p> <p>Locally owned restaurants not required to post nutrition information and often have limited healthy options</p> <p>School food service directors often have limited staff & lack time to work expand farm to school efforts and write grants</p> <p>Difficulties in getting local farm products into larger grocery chains - they require such large quantities that often a local farmer can’t keep up with their demands; and some require specialized certifications (GAP)</p>
Opportunities	
<p>Expand the WellSpan Health <i>Market Basket of the Month</i> initiative – to address preference for fruits & vegetables</p> <p>Support Buy Fresh Buy Local efforts to connect locally grown farm products to individuals, restaurants and institutions (education regarding the benefits and assistance in locating sources)</p> <p>Partner with local culinary students and/or Penn State Wellness volunteer program to support school efforts to conduct taste testing/demos</p> <p>Provide <i>Farm for Preschool</i> training and support to Head Start staff</p> <p>Use changes in WellSpan hospital cafeterias as a model for other institutional cafeterias and/or restaurants</p> <p>Educate community groups (church/fire dept) to improve health of “community suppers”</p> <p>Collaboration to create community and school gardens (farmers, Master Gardeners, cooking classes, etc)</p> <p>Seek sponsorship (local businesses) to expand the Teen Battle Chef program county-wide</p> <p>Partner with locally owned eateries to create and market healthy options</p>	

Resource/Waste Recovery:	
On-farm nutrient management, Restaurants & institutions, Solid waste companies, Composting companies	
Strengths/Assets	Barriers (Weaknesses/Threats)
<p>Available waste from:</p> <ul style="list-style-type: none"> -restaurants -schools -institutional cafeterias (hospitals, colleges) -community/back yard gardens <p>Plenty of trees – plenty of leaves!</p> <p>Small/mid-sized farms – want composting materials</p> <p>PennState Extension education available</p>	<p>Start up costs</p> <p>Resistance to change</p>
Opportunities	
<p>Encourage locally owned waste company (Penn Waste) to develop a composting program</p> <p>Re-direct leaves that are currently collected into a composting program</p> <p>Connect local farmers with sources of composting materials</p> <p>Use local assets to create a program similar to Dickenson College – including links with institutional cafeterias for waste recovery (seek grant funding)</p> <p>Encourage community garden / urban farm to create demonstration composting project</p>	

Appendix C: York County Food Bank Distribution Map



*“York County spends
\$900 million annually on
food...*

*only **5%** of these dollars
goes to York County
farmers”*

Warren Evans, President
Horn Farm Center

Note:

This report was written by Joe Anne Ward-Cottrell, MPH, WellSpan Community Health and Wellness
For additional information, call 851-3231 or email at: mwardcottrell@wellspan.org

Copies are available for download at: www.yorkcountyfoodalliance.com