



Live Well

Crawford County



K-STATE
Research and Extension

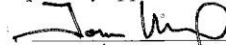
Martha Murphy
Wildcat Extension District
EFNEP Agent
Pittsburg, KS

**Eat Well becomes
the county Food
Policy Council on
January 3, 2014**

Proclamation

- WHEREAS The Crawford County Commission oversees the Crawford County Health Department; and
- WHEREAS Food system issues significantly affect the public health, land use, economy and quality of life of Crawford County citizens; and food related health concerns are prevalent in the county; and
- WHEREAS Food security is a necessity of life, recognized as a condition in which all community residents must be able to obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice; and
- WHEREAS Food and agricultural sectors are central to the economy of Crawford County and contribute significantly to the environmental and economic well-being of our region; and
- WHEREAS Creative solutions are being implemented throughout the county, including nutrition classes, targeted food drives, donations of farmer's market surplus to low-income families and gleaning activities; and
- WHEREAS Crawford County Health Department, Live Well Crawford County, Community Health Center of Southeast Kansas, Southeast Kansas Community Action Program, the K-State Extension Office and interested food producers and citizens of Crawford County have collaboratively organized, provided input around, and expressed support for the creation of a Crawford County Food System Advisory Council; and
- WHEREAS Over 100 school, city, county and state food policy councils exist throughout the United States and have been effective over the last 20 years in bringing together stakeholders from diverse food-related sectors to examine how food systems operate and to develop solutions to improve it; and

We, the members of the Board of County Commissioners of Crawford County, Kansas, acting as the Local Board of Health for Crawford County, Kansas, on behalf of its residents, do hereby proclaim support for Crawford County Eat Well, and designate them as the Crawford County Food System Advisory Council. Furthermore, the composition of the council will include three publicly appointed members, one on behalf of each Commissioner.


Tom Moody, Chairman
Board of County Commissioners


Bob Kmiec, Member
Board of County Commissioners


Carl Wood, Member
Board of County Commissioners

Dated this third day of January, 2014.

FEAST

CRAWFORD COUNTY

September 29, 2015

**Promoting Healthy Lifestyle
Choices Through
Education,
Motivation,
& Support for
all Generations**



Live Well
Crawford County

**Facilitated by
K-State Center for
Engagement and
Community
Development**



FEAST Planning Manual
Food * Education * Agriculture * Solutions * Together
Community Foods Organizing

www.oregonfoodbank.org

FEAST

Food, Education, Agriculture, Solutions Together



Welcome and Introductions (3:00 – 3:40 p.m.)

Jeremy Johnson, Eat Well Chair
Martha Murphy, Live Well Chair
Saloni Doshi, New Venture Advisors
Myles Alexander, K-State Center for Community Engagement

Panelist Presentations (3:40 – 4:50 p.m.)

CONSUMER: Vonnie Corsini, Food Cooperative
RETAIL GROCERY: Drew Rhodes, Ron's Supermarket
COMMODITY AGRICULTURE: Kirby Brunk, Brunk Farms
INSTITUTIONAL CONSUMERS: Suzanna Thyer, USD 250 Food Service Director
FARMER'S MARKET VENDOR: Jill Campbell, Pittsburg Farmer's Market Director
DISTRIBUTOR: Matt McDonald, Martinous Produce
CONSUMER: Marcee Binder, Wesley House, Food Pantry

Setting our priorities (5:00 – 5:30 p.m.)

Small group facilitators: Janis Goedeke,
Linda Timme, Becky Gray, Jay Byers,
Joanna Rhodes and Rebecca Adamson

Local Foods Meal (5:30–6:30 p.m.)

Big Cookie Bakery and Pittsburg Farmers Market

Developing an Action Plan (6:30 – 8:00 p.m.)

Small Group Work

Wrap up (8:00 -8:30 p.m.)

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



3:00 p.m. – 8:30 p.m.



TERMINOLOGY



Research Methodology

Research Components: Current Status

- Interviews
 - 12 interviews completed to date
 - 2-3 additional interviews to be conducted
- Secondary research
 - Preliminary, background local market research conducted
 - Targeted local market and national best practice research to be conducted after high potential enterprise ideas are solidified
- FEAST event input: Community discussion and ideation
- Recommendations: Prioritized list of enterprise ideas and initiatives, guidance on potential next steps for each



PANELISTS





Jay Byas

GROUP 6

- ACCESS TO FRESH SEAFOOD
- HEALTH BENEFITS OF IT
- EDUCATE "HOW TO BUY LOCAL"
- EDUCATE HOW TO PREPARE
- REDUCE COST OF LOCAL MEAT?
- WHY IS IT MORE EXPENSIVE THAN STORE MEAT?
- SEASON / EXPANSION & PRODUCTION SCALE
- EDUCATE PEOPLE TO KNOW ABOUT COMMUNICATION
- QUALITY OF FOOD / IMPORTANCE OF QUALITY
- COMMUNITY INVOLVED IN FARMERS MARKET FINANCING IN ADDITION TO CUSTOMERS
- MORE LOCAL FRUIT & VEG. PRODUCTION
- AFFORDABLE LOCAL FOOD
- ACCESSIBLE - NOT A WEALTH NICHE
- EDUCATE RELATIONSHIP TO QUALITY

7 HEALTH & QUALITY

5 PRODUCTION CAPABILITY

2 COST

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KITCHEN



PITTSBURGH
FARMERS' MARKET
11TH & BROADWAY

Facebook

SATURDAYS - 7:30 A.M. - NOON
WEDNESDAYS: AS AVAILABLE
APRIL 4TH - OCTOBER 31

PRODUCE | PLANTS | JAMS | HONEY
BAKED GOODS | MEATS | CRAFTS

FOR MORE INFORMATION, CONTACT:
JILL CAMPBELL AT 417-437-3564
OR KATHY FLOKA AT 629-232-1772

WWW.PITTSBURGFARMERSMARKET.ORG



Evening Meal

Diced Eggs
Eggs - Big Cookie Bakery
Garnish - Flora Fresh Produce
Lettuce - Flora Fresh Produce

Meatball
Ground Beef - Flora Fresh Produce
Bread Crumbs - Flora Fresh Produce
Tomato Sauce, Peppers, Eggs - Big Cookie Bakery
Cheese & Garlic - Linda's Garden Goods

Roasted Vegetables
Certs - Linda's Farm
Green Beans, Squash, Onions - Galey Gardens
Zucchini - Flora Fresh Produce
Pumpkin, Garlic - Linda's Garden Goods
Cherry Tomatoes - Sunshine Farms

Mashed Sweet Potatoes
Sweet Potatoes - Misty Morning Farms
Honey - Sunshine Locally Grown Produce

Fresh Bread - Flora Fresh Produce

Dessert

Canary Melon Sorbet with Strawberry Sauce,
Sugar Cookie
Canary Melon - Galey Gardens,
Flora Fresh Produce
Honey - Sunshine Locally Grown Produce
Strawberries - Misty Morning Farms
Sugar Cookie - Big Cookie Bakery





GROW PRODUCTION

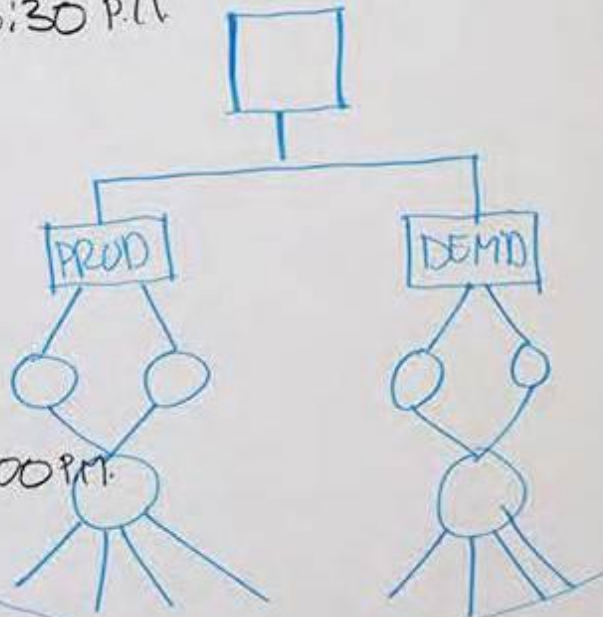
• INFRASTRUCTURE

- INCENTIVES
- BEHAVIOR CHANGE
- CHOICES

GROW DEMAND ALONG THE SUPPLY CHAIN

- EDUCATE
- RELATIONSHIPS
- HOME
- RESTAURANTS
- INSTITUTIONS
- BIG AG.
- SMALL AG.

6:30 P.M.



7:00 P.M.

8:00 P.M.

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Creating an Organizing Plan

FEAST Location _____ Date _____

Workgroup Category _____

🕒 Step One: Agree on a broad vision based on your category & the input on the sticky notes you have. Do not try to quantify or be too specific. See examples in your packet. *(15-20 minutes)*

🕒 Step Two: Who are your partners? *(15-20 minutes)*

- Use the accompanying worksheet to help you brainstorm all of the potential partners.
- Place an asterisk by anyone that is already involved in these activities.

🕒 Step Three: What information do you need? *(15-20 minutes)*

- Are there existing data sources that will be useful?

- What needs further investigation?

🕒 Step Four: Next Steps- *(10-15 minutes)*

- Who will take leadership for this group? (Please list the name & contact information)

- When will the group reconvene?

- Who will take responsibility for recruiting additional partners?
-





Priorities:

- **Worksite wellness programs and incentives**
- **Increasing agricultural production of consumable and healthy farm products**