



A RURAL IDEAL: FEEDING OUR COMMUNITIES FIRST

STEP BACK IN TIME FOOD MARKET

Luray, KS

Alice Hill



A Strategy for Small,
Agricultural
Communities

WHAT IS IT?

A return to locally sourced, processed, stored, and consumed PEOPLE food raised sustainably for year-round availability - scaled to fit the demographics of a specified area.

Owned and managed by a city/county/nonprofit to assure equitable utilization and continuum of operation.

Established via grants and private investment.



SEASON LONG PRODUCTION AND DISTRIBUTION CAPABILITIES...



- ...via a fully licensed processing kitchen to utilize seasonal produce, meats, eggs, and grains for: ready-to-use, frozen, canned and pickled items plus baked goods to supply 95% of needed food items year-round.
- Storage facilities to include freezers, cold storage, and secure stockpiling.



WHERE SHOULD WE DO THIS?

Towns without easy access to a full-service grocery store.

Truly rural communities with populations under 1000.

Repurposed historic buildings/abandoned schools/community centers.



WHY SHOULD WE DO THIS?

To retain food dollars, regain food security, improve community wellness, revitalize small towns, encourage youth retention, and stimulate entrepreneurs.

\$4104.00 spent on food/person/year

<https://balancingeverything.com/average-food-cost-per-month>

92% of fruits & vegetables purchased in Kansas are imported from other states/countries

Kansas Rural Center



WHO WILL BENEFIT?

GROWERS: Multi-generational area farms, returning descendants, newly interested town youth, interns actively invited from outside the community.

CONSUMERS: Everyone within a specified community, all ages, all economic levels.

COMMUNITIES: Increased self-reliance and retention of wealth. PRIDE OF PLACE will return. Social connections will be strengthened.



HOW CAN WE DO IT?

STRATEGIC PLANNING within a specified community. *The overall concept is replicable.*

SCALING PRODUCTION to the identified community's consumer base via systematic methods.

Utilize sustainable, holistic, and responsible practices to improve human health, animal welfare, soil fertility, and pride in production.

Seek out solar, wind, and other renewable energy sources. Minimize waste and use of plastics.



GENERAL GUIDELINES FOR PLANNING

Figures are based on approximate
averages

Family size is based on 2.9 people

Luray's 4 townships = 100 families

VEGETABLES/FRUITS: **1 grower per 10 families**

PORK: Average person eats 45#/year
carcass produces 144#
one carcass feeds 3.2 people/year
one carcass feeds 1.10 families/year
average 8 per litter X 2 litters when raised humanely
16 pigs per sow/year

RESULT: **One sow feeds 15 families/year**

FRYERS: Avg. person eats 60#/year
Avg. chicken weighs 4#
Need 15+ chickens per person

RESULT: **Need 43+ chickens per family/year**

TURKEYS: Avg. turkey weighs 30#
Avg. person eats 16#/year

RESULT: **Need 1+ turkey per family**

BEEF: Average person eats 60#/year
carcass produces 784#
one steer feeds 13 people/year

RESULT: **One steer feeds 4.5 families/year**

DAIRY: Avg. family uses 2 ½ gallons per week
Avg. cow gives 50 gallons per week
Calf needs 7 gallons per week = app. 40 gallons remaining
Additional for butter, yogurts, cheeses, ice cream
One cow can supply 16 families with liquid milk (consider dry times for cows
and production highs/lows)

RESULT: **One milk cow for every 10 families**







QUESTIONS?