

A Food System Review: First Steps in Initiating a Community Food Assessment for Latah County

Professional Master's Project Report
Bioregional Planning and Community Design, University of Idaho

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EXECUTIVE SUMMARY

This report is a description of a Master's Professional Project for the Bioregional Planning and Community Design Program at the University of Idaho. The project is a body of work prepared for the Palouse Food Action Coalition (PFAC) of Moscow, Idaho that explores the food system of Latah County and advises PFAC in how to create a space for the stakeholders of the region to collaborate efforts, communicate needs and connect with one another in a formalized manner so that they can fulfill their mission to build a more healthy and sustainable food system in Latah County.

INTRODUCTION

PROJECT BACKGROUND

Internship with the Palouse Food Action Coalition

In late summer of 2011, I applied, and was hired for a position through the University of Idaho's Office of Community Partnerships that called for a student to work as an intern for the Palouse Food Action Coalition (PFAC). PFAC is an informal community-based group comprised of individuals who have an interest in food issues or who are currently working in the local community, primarily in Moscow on local food issues. PFAC provides a forum for communication between these individuals and groups, so that ideally, efforts can be coordinated to be the most effective at increasing the production and consumption of local foods and increasing food security in Moscow and the surrounding communities.

Sustainable food system- A collaborative network that integrates sustainable food production, processing, distribution, consumption, and waste management in order to enhance the environmental, economic, and social health of a particular place,

Most recently, PFAC identified a need for a comprehensive review of the local food system, specifically, a community food assessment, that would identify gaps and needs in the local community. For the duration of the fall semester of 2011, the intern would complete the preliminary research for a community food assessment for Latah County. The community food assessment would identify agricultural production and consumption patterns, local direct marketing resources, public access to healthy, fresh foods, and the flow of

Community Food Assessment-A participatory and collaborative process that examines a broad range of food-related issues and assets in order to improve the community's food system,

locally grown food through the food system. The assessment would assist groups working on food issues in Latah County to identify gaps in the food system and inform local policy to support access to healthy, local foods and to support diverse crop production in the region.

My internship supervisor, Cinda Williams, and I, determined as a result of my research, that the completion of a community food assessment would be unreasonable and unfeasible considering the time and resources given for such a project. Instead, I would complete a background report that would identify the steps and resources needed to complete such an assessment. I presented my work in November to the Palouse Food Action Coalition and provided a complete report document

to the group (see Appendix for report and PowerPoint presentation from November PFAC meeting).

PROJECT DESCRIPTION

The internship report offered several recommendations for PFAC based the research findings. Internship recommendations included:

- Identify funding sources and apply for grants
- Form a Food Policy Council, or similar formalized group
- Stages for community food assessment process

In order to realize some of the recommendations made to PFAC, it appeared that follow-up would be required. Considering my interest in food systems and in the success of PFAC, I decided, with the consent of PFAC, to continue the work of the internship project as my Master's professional project. Beyond the internship deliverables and the recommendations listed above, it was determined that my Master's Project deliverables were to include:

Food Policy Council- A group of stakeholders and representatives from all sectors of the food system whose aim is to propose and identify opportunities and strategies to improve their local food system.

- A Latah County Food Background Report that identifies issues and opportunities in the Latah County food system and provides a snapshot of the current state of the food system.
- A Stakeholder List, or Palouse Food Resource Guide, that provides the names and functions of organizations, businesses, and producers related to food production, consumption and distribution in Latah County.
- An outline of the steps required for forming a Food Policy Council, or similar group, and the interest in local government involvement in a collaborative planning group forum.
- Development of a mission statement for PFAC
- Deliverables (see Appendix)

Latah County Food Background Report
Palouse Food Resource Guide

Community Food Assessment Review
Food Systems Projects Grants Information

PROJECT PURPOSE

The Palouse Food Action Coalition is an informal group of individuals working on individual food projects in Moscow and throughout the Palouse region. PFAC struggles with inconsistent meeting attendance, and therefore the momentum to work on any shared project or the ability to create a solid purpose for the group. The outcomes of this professional project are designed to help PFAC overcome these barriers to fulfilling their mission and objectives by providing them with information about the food system and by outlining steps for becoming a more formalized group that can work toward a sustainable food system.

In order to work toward a sustainable food system, PFAC identified a few basic needs that helped me to create the parameters and purpose for the project. These needs included defining a solid purpose for the group and an understanding of the level of food security in Latah County. Put another way, PFAC wanted answers to questions, “who are we and what do we want to do?” and “why is developing a community food assessment important for Latah County?”

To answer the first question, “who are we and what do we want to do?” three members of PFAC and I created a mission statement and objectives for the group. These were presented to other members of PFAC at a later meeting, adopted by a majority vote by the group, and it was agreed that the statements would be revisited in one year. The mission statement and objectives are as follows:

Food Security- assured access at all times to enough food for an active, healthy life, with no need to use emergency food sources or other extraordinary coping behaviors to meet basic food needs₁₃

“The mission of the Palouse Food Action Coalition (PFAC) is to strengthen the health and vibrancy of the Palouse Food System and increase the production, distribution, and consumption of locally grown food and agriculture products.”

PFAC does this by:

- *Fostering communication and collaboration between individuals, businesses and organizations working in the food and agriculture sector*
- *Developing and sharing information about model projects, programs and funding revenue services*
- *Providing feedback and insight to private and public entrepreneurs exploring programs and enterprise development*
- *Identify and address barriers to food production, processing and access*
- *Assess capacity and potential of food production, infrastructure and access*

To answer the second question, “why is developing a community food assessment important for Latah County?” I investigated the level of food security in the county. Understanding the level of food security in Latah County allowed for an opportunity to demonstrate why food systems improvement projects are important and necessary to the county. Food security indicators may include poverty rates, resident proximity to food stores, the number of residents who use emergency food sources, community levels of obesity and diabetes, food prices in a community, or access to and the availability of fresh, produce for low income residents of a community¹¹. (See Appendix for Latah County food security information in the Background Report).

METHODS

Interviews

In order to determine the level of local government interest in collaborative food systems planning, interviews were conducted with Latah county staff and city staff and officials. A total of seven interviews were completed. Each individual interviewed was asked two main questions:

1. Are you working on any food systems related projects within your work capacity?
2. Would you be interested in working on community food policy issues at a collaborative planning level?

Literature Review

A review of food systems planning literature and food systems in the context of bioregionalism was also conducted.

LITERATURE REVIEW

The purpose of the literature review is primarily for academic purposes, for me, as a student of bioregional planning to understand why food systems planning and improving the sustainability of the food system is relevant to my academic and career interests, and relevant to society. In order to develop this background information, I reviewed literature that discusses bioregionalism's relevance to food systems planning, the planner's role in the food system, and food policy councils.

Bioregionalism and Food Systems Planning

Bioregionalism is a fundamental and foundational theory supporting food systems planning. Its tenets and themes support the purpose for this project and for food systems planning. An aspect of the bioregional approach to planning calls for a readjustment of our global food system toward one that is supportive of small, organic and community supported local agriculture. Robert Thayer, in his book *Life Place: Bioregional Thought and Practice*, discusses the importance of a local foodshed that is controlled and directed by local community members. A bioregional approach to community planning is concerned with the impact conventional agriculture has on energy consumption, land use, the environment, transportation costs, community health, and the disintegration of human's connection with the land and where food comes from. As emphasized by Thayer and even by the traditional roles of planners, the planner has a role in all of these food system related aspects of a bioregional life place. As a student of bioregional planning and through this project, I connected bioregionalism to planning through a food systems lens.

Planners' Role in the Food System

There is an increasing awareness of planners' roles in food systems planning⁶, which is partly evidenced by both the Idaho Chapter of the American Planning Association (APA) 2011 state conference and the 2012 National APA conference focuses on food system issues. Primarily through land use regulations and ordinances, planners hold the capacity to remove barriers for the development of food systems projects⁷, such as community gardens, and the ability to help residents determine the kind of development they want to enter into their communities, such as certain kinds of food stores. Experienced planners hold the spatial, regulatory and political knowledge about a

community and the skills to maneuver both physical and political barriers to food systems projects. Generally, planners are equipped with the skills to understand community dynamics and are in an ideal position to inform food policy decisions¹¹ due to their positions as links between local government and the public.

In these ways, planners can become vital participants in the future of a community's food system. Finding a place for the kind of influence planners can provide is part of the purpose of this project. In order to create the space for the kind of influence planners can offer to help shape the food system, I made the recommendation to PFAC that a food policy council should be formed. A food policy council would allow for local planners to have the opportunity, in a formal manner, to be that institutionalized link between the public and local government decision makers.

Food Policy Councils

Food Policy Councils are a collaborative, coordinating group of individuals from the five food sectors (production, processing, distribution, consumption, and waste management) who work to improve food security at a community, county or state level. Among many possibilities, food policy councils can function as a research group that informs policy and guides food policy decisions, or they can be a project-based group that defines one project in a community and works toward accomplishing that project.

Food Policy Councils are cited in much of the food systems literature as a collaborative way to address local food issues. The Community Food Security Coalition recommends the formation of a food policy council to address food security, the U.S. Center for Disease Control (CDC) cites food policy councils as a way to address community nutrition problems and combat obesity and diabetes², and the American Planning Association advocates for the formation of food policy councils to combat piecemeal food policy in communities.⁶

Food policy councils are a relatively new concept in the United States. As a response to cuts in social welfare programs and the subsequent increasing awareness of food access issues in the late 1980s, food policy councils began to develop⁴ to attempt to address the issues that arose.

The Three C's of FPCs
Coordinate -
Collaborate - Connect

Like any collaborative effort, and due to their relatively new presence on the food security scene, the effectiveness of groups such as these is debated. But there have been documented successes of food policy councils, largely in the form of projects that address food access in communities. These projects include community food assessments, creating urban agriculture guidelines to recommend to planners, re-routing bus lines to run by healthy food markets, or offering support for policy₄ that take place at higher levels of government, such as nutrition labeling. Food policy councils have the potential to affect state and national food policy debates, and again, they bring food policy into the mainstream policy discussion through the involvement of local government₄.

RESULTS

Interviews

Interviews were conducted with Latah County planners and economic development staff, four city mayors, and city community development staff. The purpose of the interviews was to determine the level of local government interest in being part of a food policy council and to simply measure the local government awareness of the food system. The results of these interviews are included in the Latah County Food Background Report to give PFAC an idea of who to approach for participation in a food policy council.

The individuals interviewed were asked two main questions: are you working on any food systems related projects within your work capacity, and would you be interested in working on community food policy issues at a collaborative, county planning level?

In general, interviewees were not working on any food specific projects within their work capacities, with the exception of one city mayor (the mayor of the largest city in the county) who is working to address food access issues through a task force that focuses on alleviating poverty in the region. Based on the interviewee responses, those individuals working in the community development department and planning department were indeed working on food related projects indirectly within their work capacities, but not acknowledging them as pieces of the food system. Interviewees' involvement in land use regulations and policies within the county and the cities, are in some facets, food systems policy work, so indirectly, these individuals are working on food system issues.

Two mayors of the small to medium-sized towns in Latah County were largely uninvolved in, and in one case, unaware of food related projects in their communities. Community gardens, farmers markets or food banks, were all the results of efforts of individual community members.

The answers to the second question, “would you be interested in working on community food policy issues at a collaborative, county planning level,” were largely the same with two exceptions. The majority of the responses, particularly at the planning department and the community development department, expressed an interest in being involved in specific food related discussions. Two individuals were hesitant to agree, deciding to attend a meeting or two of a food policy council to determine if the issues discussed were relevant to their communities.

Discussion

These responses show that there is a general lack of awareness of the food system and how local government can affect food policy. A food policy council could remedy this by integrating the decision-makers of the county into what is currently being done at a grassroots level, and for developing a long-term vision for the food system.

Also, the general lack of awareness of the food system demonstrates a divergence in values between individuals throughout the county. Some community leaders are unaware of a food security problem in their communities because of the appearance of an abundance of food availability. The *type* of food available is the issue, however. The availability fresh and nutritious food at an affordable price is not prevalent throughout the county, but as some leaders see it, there is food, so there is no problem. This difference in perception could be a barrier to forming a food policy council or integrating the participation of some individuals in the county.

One other interesting issue was raised during the interview sessions that is relevant to the formation of a food policy council and the overall involvement of local government in the food system. This is the question of who holds the influence to affect local food policy. In a region like Latah County, a largely agricultural county dominated by industrial agriculture production, it was suggested that the influence to affect food related policy is held by the producers or large-scale conventional farmers in the county. Because they contribute in huge ways to the economy of the county, they are influential in affecting local government decisions. This information will likely make finding conventional agriculture producers a seat at the collaborative planning table a priority for the food policy council.

Recommendations

Based on the findings of my research, I developed three recommendations to PFAC for next steps.

1. Form a Food Policy Council

Based on the findings of my research, I recommend to PFAC that they move toward forming a formalized and organized group, whether that is in the form of a food policy council or a similarly organized group. As previously stated, a formalized group will institutionalize food issues in local policy and can create a space to prioritize projects and identify needs. With representation from all five food sectors, a group like a food policy council can create a long-term comprehensive vision and plan for the Latah County Food System. This group will be a forum for information and resource sharing and to gain a better understanding of how each sector operates in the food system.

2. Identify Funding Opportunities and Begin Partner Identification

In order to complete a community food assessment, PFAC will need to identify a funding source and apply for funding. With the grants information I provided to them, they are now aware of what they qualify for and when they can apply for funding that supports community food systems projects.

If PFAC should choose to form a food policy council, they should begin to identify potential partners. This may include brainstorming a list of people who might be interested and effective in such a group, drafting a formal letter of request for participation to send to interested individuals, advertise the food policy council and let the public know the purpose for the group in order to gain community support, and determine what might be discussed at the first meeting of the food policy council.

3. Begin a Community Food Assessment

This will require mapping out a plan and timeline for the project and identifying leaders and partners to begin the process. Using the information in both the Community Food Assessment Review Report and the Latah County Food Background Report, PFAC knows where to begin and how to approach the project. Also, the community food assessment could be used as a flagship project for the food policy council in their early stages of development.

FINAL THOUGHTS

PFAC is at a turning point in their development as an organization. They have the information to shift their influence on the local food system by forming a food policy council, by completing a community food assessment, or by simply formalizing their group to become more effective in meeting their goals and objectives and improving their local food system.

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APPENDIX (Documents in zip file)

Latah County Food Background Report

Palouse Food Resource Guide

Community Food Assessment Review

Food Systems Projects Grants Information

Final Professional Project Presentation, May 2012

Internship Final Presentation, November 2011



LATAH COUNTY FOOD BACKGROUND REPORT

Kate Mankoff



Spring 2012

LATAH COUNTY FOOD BACKGROUND REPORT



This Food System Background Report was prepared for the Palouse Food Action Coalition (PFAC) to provide background information about the Latah County Food System. Used in conjunction with local knowledge and other informational materials (Palouse Food Resource Guide, Community Food Assessment Review and the Food Systems Grants Information), the background information contained in this document is intended to aid PFAC in the formulation of goals, objectives, and prioritization of projects.

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EXISTING CONDITIONS



This section provides a snapshot of the current agricultural, local food and food security conditions in Latah County. The data in this section is primarily from the Economic Research Service (ERS), the National Agriculture Statistics Service (NASS) and the Food Environment Atlas of the USDA.

AGRICULTURE PRODUCTION IN LATAH COUNTY

Current agriculture data is from the 2007 Census of Agriculture. The census is conducted every five years, with an upcoming census beginning in December of this year. More up to date agriculture data will be available in early 2013.

See Appendix for list of data that exists

LOCAL FOOD

Latah County and the surrounding region have a vibrant local food scene. The demand for locally produced foods is growing across the country, national direct to consumer sales seeing a 120% increase from 1997 to 2007⁸. Direct marketing or farm-to-consumer sales is a growing segment of the local food movement, as 6% of farms in the U.S. sell directly to consumers. “Local food” however, is not a clearly defined concept. The USDA defines a locally produced food or agricultural product as “less than 400 miles from its origin, or within the State in which it is produced⁸”

The table below shows local food statistics for Latah County.

Number of farms with direct sales (2007)	71
Percent of farms with direct sales (2007)	6.4 %
Number of farmers’ markets (2009)	3
Number of farmers’ markets (2010)	7
Percent change between 2009 and 2010 in farmers’ markets	133%
Farmers’ markets/1000 population (2009)	.078852
Number of vegetable acres harvested (2007)	9
Vegetable acres harvested/1000 population (2007)	.25
Farm to School programs (2009)	0

Source: Economic Research Service, Food Environment Atlas⁷

See Palouse Food Resource Guide in Appendix for a list of local producers and direct marketing outlets.

FOOD SECURITY

Achieving food security for Latah County and the surrounding region is a goal of the Palouse Food Action Coalition's. Food security means ensuring the availability and accessibility of nutritious foods for everyone in a community no matter socioeconomic status. The Food Environment Atlas⁷ developed by the USDA's Economic Research Service (ERS) provides food security information for counties and states in the U.S.

Food security indicators in the Atlas are organized into 13 topics. Indicators include⁷:

- Access and proximity to grocery stores
- Availability of food stores
- Availability of restaurants
- Expenditures on food at restaurants
- Food Assistance
- Food at home
- Food insecurity
- Food prices
- Food taxes
- Health
- Local foods
- Physical activity levels and outlets
- Socioeconomic characteristics

Food Security- "Assured access at all times to enough food for an active, healthy life, with no need to use emergency food sources or other extraordinary coping behaviors to meet basic food needs³"

FACTS ABOUT LATAH COUNTY FOOD SECURITY

(See Food Environment Atlas for complete data set)⁷

ACCESS AND PROXIMITY

Percentage of low-income households more than a mile from a store in 2006- 17.6%

AVAILABILITY

SNAP- Authorized stores in 2009- 21

WIC-Authorized stores in 2009- 5

Fast Food Restaurants in 2008- 29

Full Service Restaurants in 2008- 24

FOOD ASSISTANCE

Average monthly SNAP participants in 2010- 194,033

Percent of students eligible for free-lunch in 2008- 16.7%

HEALTH

Adult diabetes rate in 2008- 6.7 %

Adult Obesity rate in 2008- 24%

Low income preschool obesity rate in 2009- 9.8%

LOCAL FOODS

Percent of farms with direct sales in 2007-	6.4%
Number of farmers markets in 2010-	7
Number of vegetable acres harvested in 2007-	9
Farm to School Programs in 2009-	0

SOCIOECONOMIC

Poverty Rate in 2008-	20.7 %
Median household income in 2008-	41,250

Knowing the levels of food security in the region can help PFAC or other groups working on improving food security identify and prioritize needs and opportunities, and to gain a better understanding of some of the barriers to equitable access to healthy food.

DATA TO COLLECT

In order to capture a more complete view of the food system, food production and consumption data may need to be collected. Some of the data available is outdated and could be updated through producer surveys, shopper surveys, and grocery store surveys.

LATAH COUNTY FOOD POLICY



This section addresses current policy in place that references, in some way, regulations that affect food issues in the county. This information will help inform the feasibility of some food systems projects and help with the identification of policy research focuses and policy improvements to create an environment friendly to systemic and institutionalized food system change.

Latah County Comprehensive Plan

The Latah County Comprehensive Plan is the guiding policy document for the county and determines land use regulations and ordinances that affect food access and availability in the county. The following are policies pulled directly from the 2010 Latah County Comprehensive Plan's Economic Development Element goals and policies:

- “Encourage local and regional food self sufficiency”
- “To foster agriculture and forestry and their supporting activities and businesses”

- “Encourage agricultural and forestry diversification and experimentation, and ‘value-added’ industries⁴”

Land Use Ordinances

Rural Residential Zones, Section 3.02

Permitted Uses:

- “Orchards, commercial fruit and vegetable gardening, plant nurseries and related horticultural operations, not including any processing or year round sales facilities related to the primary use of the property.”
- “Animal husbandry not to exceed 10 animal units, not including the uses permitted under Section 3.02.02.3 of this ordinance.”
- “Processing and year round sales facilities for orchards and nurseries not to exceed 1,600 square feet in size (conditional use)⁵”

There are industrial agriculture ordinances included in the land use regulations, see the Latah County Land Use Ordinances for details.

City Ordinances and Land Use Regulations

The cities and towns in Latah County depend heavily on agriculture for economic prosperity, and the high level of value they place on the infrastructure to support this industry is reflected in their land use regulations and zoning ordinances. There are, however, few specific regulations dedicated to small scale agriculture and direct marketing policies, or policies that specifically support or do not support other forms of food production and processing other than industrial, conventional agriculture.

See town websites for information specific land use and zoning regulations:

Moscow, Kendrick/Julietta, Troy, Bovill, Genessee, Deary, Potlatch, Onaway

Examples of City and County Food-Specific Policy

Other communities and counties have integrated food systems-specific policies into their long term planning documents. Examples of these policies include:

- Toronto, Ontario set a goal of purchasing 50% or all food for city facilities and operation from local sources
- Utica, New York established a program that authorizes the use of vacant public lots for community gardens
- The city of Richmond, California includes in their 2009 General Plan: “Community Health and wellness element defines goals for promoting healthy lifestyles, e.g., access to community gardens, identifies a broad spectrum of community assets, i.e., urban produce stands and farmers markets, that promote healthy food choices; and further defines the connections between urban agriculture food security, social cohesion, sustainability, and economic development.”

- Bothell, Washington “permits crop production with on-site sales in all zoning districts and animal keeping in all residential zoning districts, subject to development standards.”³

IDENTIFIED NEEDS



There are many fantastic food systems projects happening all over Latah County and the Palouse that focus on improving the health and sustainability of the local food system. The Palouse Food Action Coalition came together initially to coordinate these efforts and share resources; however, this collaboration has proved to be a challenging endeavor. The following two Identified Needs are suggestions to address the difficulty of coordination.

Formulation of Visions and Goals for Future of the Food System

Suggested Method: FOOD POLICY COUNCIL

Taking a Systemic, Coordinated Approach to Food System Change

Food Policy Councils are a collaborative, coordinating group of individuals from the five food sectors (production, processing, distribution, consumption, and waste management) who work to improve food security at a community, county or state level. Among many possibilities, food policy councils can function as a research group that informs policy and guides food policy decisions, or they can be a project-based group that defines one project in a community and works toward accomplishing that project.

Food Policy Councils are cited in much of the food systems literature as a way to collaboratively address local food issues. The Community Food Security Coalition recommends the formation of a food policy council to address food security, the U.S. Center for Disease Control (CDC) cites food policy councils as a way to address community nutrition problems and combat obesity and diabetes¹, and the American Planning Association advocates for the formation of food policy councils to combat piecemeal food policy in communities.³

Food policy councils are a relatively new concept in the United States. As a response to cuts in social welfare programs and the subsequent increasing awareness of food access issues in the late 1980s, food policy councils began to develop² to attempt to address the issues that arose.

The Three C's of FPCs
Coordinate -
Collaborate - Connect

Like any collaborative effort, and due to their relatively new presence on the food security scene, the effectiveness of groups such as these is debated. But there have been documented successes of food policy councils, largely in the form of projects that address food access in communities. These projects include community food assessments, creating urban agriculture guidelines to recommend to planners, re-routing bus lines to run by healthy food markets, or offering support for policy² that take place at

higher levels of government, such as nutrition labeling. Food policy councils have the potential to affect state and national food policy debates, and again, they bring food policy into the mainstream policy discussion through the involvement of local government².

Forming a Food Policy Council Suggested Steps

1. Develop purpose and goals for FPC
2. Advertise the formation of the FPC to the public
3. Identify potential partners or members
4. Draft letter of Request for Participation
5. Schedule first meeting
6. Reevaluate FPC goals and objectives and determine if all interests are represented
7. Create subcommittees if desired
8. Draft an agreement for how the group is to function, designate chairs or co-chairs
9. Decide on project or issue to focus efforts
10. Coordinate, Collaborate and Connect!

In-Depth Study of the Food System

Suggested Method: Community Food Assessment

A Collaborative Approach to Gathering Data and Information About the Food System

The Community Food Security Coalition defines a community food assessment as a “*collaborative process that examines a broad range of food-related issues and resources in order to improve the local food system.*”

Community food assessments are useful for identifying needs in the food system, they assist with creating a long-term plan for the food system and prioritization of projects, and they build community engagement in the food system. Assessments create increased public awareness of food availability and access issues, and of local food production capacity for the community. Community food assessments are opportunities for residents to connect with their food system, filling that gap between people and where their food come from.

The *Community Food Assessment Toolkit* by the USDA is an excellent resource for how to conduct an assessment. The *Toolkit* offers assistance with data collection, survey design, beginning steps for conducting an assessment, and how to put the information collected for the assessment to use in the community. Also, refer to the Community Food Assessment Review and Grants for Food Systems Projects documents for additional information about how to conduct a community food assessment.

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7. United States Department of Agriculture: Food Environment Atlas. (2010). Latah County data set. Retrieved from <http://www.ers.usda.gov/foodatlas/>.
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REFERENCES

Multnomah Food Report: Multnomah Food Initiative Background Report

http://multfood.org/files/PDFs/MultFoodReport_WebVersion.pdf

Portland Plan Food Systems Background Report

<http://www.portlandonline.com/portlandplan/index.cfm?a=273154&c=51427>

Community Food Assessment Toolkit, USDA

<http://www.ers.usda.gov/publications/efan02013/efan02013.pdf>

Local Food Systems: Concepts, Impacts and Issues

<http://www.ers.usda.gov/Publications/ERR97/ERR97.pdf>

APPENDIX

Palouse Food Resource Guide

Community Food Assessment Review

Food Systems Project Grants Information

Existing Data List

FOOD RESOURCE GUIDE

Latah County and Palouse Region

This guide offers a comprehensive list of organizations, businesses and programs involved in the food system of Latah County and Palouse region. The Guide lists primarily local and organic agricultural pursuits of the local producer, consumer, and distributor, but provides some information regarding conventional agriculture.

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Sustainable Agriculture and Gardening

Moscow Community Garden Hamilton Community Garden

F St.

Moscow, Idaho 83843

Troy Community Garden

Troy Horizons

Affinity Farm

810 Empire Lane

Moscow, Idaho 83843

(208) 892-9000

Contact Russell Poe and Kelly Kingsland

Certified naturally grown seasonal vegetables

Grey Duck Garlic, LLC

3151 Parvin Rd.

Colfax, Washington 99111

(509) 595-3288

www.greyduckgarlic.com

Contact Jane Fluegel and Susan Fluegel

Certified organic hardneck garlic

Idaho Herbs

Moscow, Idaho 83843

(208) 596-4353

www.idahoherbs.com

Contact Dr. Linda Kingsbury

Organic wild crafted herbs and flowers

MaryJanes Farm

1000 Wild Iris Lane

Moscow, Idaho 83843

(208) 882-6819

www.maryjanesfarm.org

Contact MaryJane Butters and Brian Ogle

Certified organic fruits and vegetables

Mellifera Farm

1151 Burnt Ridge Rd.

Troy, Idaho 83871

(509) 432-3066

Contact Steve Sheppard and Erin O'Rourke

Bees and honey

Orchard Farm

2351 Orchard Avenue

Moscow, Idaho 83843

(208) 892-0655

www.orchardfarmsoap.com

Contact Kate and Brad Jaekel

Fruits and vegetables, no pesticides or herbicides;

soaps, lotions, balms.

TGIYak (Thank God It's Yak)

4319 Thornton Rd.

Orofino, Idaho 83544

(208) 435-4446

www.tgiyak.com

Contact Debi & Jerry Bordini

Seasonal vegetables

Two Ravens Herbals, LLC

205 Cedar Hollow Lane

Kooskia, Idaho 83539

(208) 926-7833

www.tworavensherbals.com

Contact James and Meryl Flocchini

Seed collecting, fruits and garlic, medicinal herbs and oils

Wild Canyon Organics

49377 Joesph Creek Rd.

Asotin, WA 99402

(509) 243-4532

Contact Diane and Karl Magden

USDA certified organic vegetables and culinary and medicinal herbs

Wawawai Canyon Vineyard and Winery

Moffett's Organics

12552 Wawawai Rd.

Colton, WA 99113

(509) 332-7313

www.wawawaicanyon.com

Contact David and Stacia Moffett

Commercial vineyard and winery

Omache Farm

Pullman, WA

Jason and Margaret Parsley

Vegetables and homespun yarns

Wilson Banner Ranch

16397 Highway 12
 Clarkston, WA 99403
<http://www.wilsonbannerranch.com/>
 (509) 758-2665
bannerranch@hotmail.com
 Grows diverse crops and orchard, U-Pick,
 Farmer's Markets and Farm-fresh eggs.

Ravencroft Farms

4689 Hwy 95 N
 Moscow, Idaho 83843
 (208) 882-3616
 Debi and Dave Smith & Tony Smith

Genessee Valley Daoist Hermitage

PO Box 9224
 Moscow, Idaho 83843
 (208) 285-0123
daoisthermitage@gmail.com
 Sustainable agriculture

Local Meat, Livestock & Dairy**C&L Meat Locker**

1695 Hwy. 95 North
 Moscow, Idaho 83843
 (208) 882-3396
cl.locker@gmail.com
 Offers cold storage space and meat
 Processing/slaughtering

Ann's Farm

1060 Wallen Road
 Moscow, Idaho 83843
 (208) 88305548
 Contact Ann Bowes
 Lamb and Sheep

Eaton Natural Beef

11601 Wawawai Canyon Rd.
 Colton, Washington 99113
 (208) 883-3536
www.eatonbeef.com
 Contact Nikki and Joe Eaton

Hillside Gardens

Potlatch, Idaho
 Dan and Rita Howard
 Vegetables, fruit, flowers

Deep Roots Farm & Design

225 Henley Street
 Moscow, Idaho 83843
 (208) 301-4538
 Urban farm, fresh produce and herbs

Living Soil Microfarms

Moscow and Genessee, Idaho
www.livingsoilmicrofarms.com
 Garlic

Harvard Honey Bees

Princeton, Idaho
 (208)- 875-2388
 Contact Jason Esca

Palouse Organics

1189 Eid Road
 Moscow, Idaho 83843
 (208) 310-2469
 Contact LaVon and Grace Wagler
 Grassfed natural beef producer

Palouse Prairie Farms

1051 Pleasant Hill Rd.
 Troy, Idaho 83871
 (208) 835-4246
 Contact Jen Elliot and Chance Chacon
 Grassfed beef, lamb, and turkey producer.

Palouse Natural Beef

(208) 874-3246
Palouseorganics@gmail.com
 Contact Matt Gaither
www.palousenaturalbeef.com

Skaar Ranches

2750 Lindend Rd.

Grassfed beef producer

Maple K Farms

1102 Kammerzell Rd.

Colfax, Washington 99111

(509) 397-4589

www.maplehighlands.com

Contact Tom and Cheryl Kammerzell

Grassfed Highland beef producer

Three Sisters Eggery

1055 S. Avon Rd.

Deary, Idaho 83823

(347) 602-0600

mountainlichen@yahoo.com

Contact Erin O'Rourke

Pasture raised broilers in fall, eggs year round.

Tourmaline Farms LLC

Watts Rd. PO Box 107

Deary, Idaho 83823

(208) 877-1700

www.tourmalinefarms.com

Contact Kyle Bujnicki

Organic eggs, organic chicken and turkey,
grassfed beef

Zakarison Partnership

8992 SR 27

Pullman, Washington 99163

(509) 595-3585

Contact Eric Zakarison and Sheryl Hagen-
Zakarison

Organics chicken, turkey, lamb, eggs

Little Bear Dairy

Troy, Idaho

Raw cow and goat milk and cheese

Available at the Moscow Food Co-op

Kendrick, Idaho 83537

(208) 289-2432

Contact Sarah Skaar

Natural grassfed feeder cattle, goats, eggs.

Skylines Farm

4551 Highway 6

Harvard, Idaho 83834

(208) 875-8747

www.skylinesfarm.com

Contact Melissa Lines

Organic, grassfed sheep producer

SpringSong Farm

3110 Darby Rd.

Moscow, Idaho 83843

(208) 892-2270

Contact Janice Willard and Eric Nilsson

Grassfed Corriedale Sheep and Boer-cross goat

TGIYak (Thank God It's Yak)

4319 Thornton Rd.

Orofino, Idaho 83544

(208) 435-4446

www.tgiyak.com

Contact Debi & Jerry Bordini

Tibetan yaks, chicken, eggs

Turnbow Flat Farm

2701 Ickes Road

Palouse, Washington 99161

(509) 878-1758

Grass fed beef, pastured pork, natural lamb

Agriculture and Gardening Education

Palouse-Clearwater Environmental Institute

1040 Rodeo Drive
Moscow, Idaho 83843
(208) 882-1444
www.pcei.org
Serves both Moscow and Pullman areas

University of Idaho Soil Stewards

Plant Science Research Farm
Plant Science Road
Moscow, Idaho 83843
(208) 885-9245
www.cals.uidaho.edu
Contact soilstewards@uidaho.edu
Open June-November
Various organic crops and flowers

University of Idaho Extension

Sustainable Agriculture in Idaho
Latah County Courthouse
522 S. Adams Room 208
Moscow, Idaho 83843
Contact Cinda Williams
cindaw@uidaho.edu
(208) 883-2267

Master Gardener

Offered by Extension
Contact Rachel Rausch
208-883-2267
rtausch@latah.id.us

Washington State University Organic Farm

Pullman, Washington
Contact Farm Manager, Brad Jaeckel
jaeckel@wsu.edu

Farm to School and College Program

Troy Elementary School

School Garden
Troy, Idaho
<http://www.sde.idaho.gov/site/cnp/schoolgarden/Troy/>

Food and Agriculture Government Programs

Idaho State Department of Agriculture

E. 333 Palouse River Drive Room 101

Moscow, ID 83843

111 N. Washington STE #4

Moscow, Idaho 83843

Organic certification and marketing assistance

Natural Resources Conservation Service (NRCS)

1848 S. Mountain View Road, Ste. 3

Moscow, ID 83843

(208) 882-4960, ext. 110

Contact Bob Tribelhorn, Area Conservationist

Bob.Tribelhorn.id.usda.gov

Land Preservation

Palouse-Clearwater Environmental Institute

1040 Rodeo Drive

Moscow, Idaho 83843

(208) 882-1444

www.pcei.org

Serves both Moscow and Pullman areas

Palouse Land Trust

PO Box 856

Moscow, Idaho 83843

(208) 669-0722

www.palouselandtrust.org

Contact info@palouselandtrust.org

Marketing and Business Development

2 Degrees Northwest

Contact Lorie Higgins
Moscow, Idaho
(208) 882-4870
Promotes food-based economic development, art, and handmade goods

Gladish Commercial Kitchen

115 NW State Street, Suite 101
Pullman, WA 99163
(509) 595-5150
www.gladishcommercialkitchen.com
Provides catering service, daily lunches (no dine-in) and commercial kitchen space for rent.
Contact gladishcommercialkitchen@gmail.com

Moscow Farmer's Market

Friendship Square
4th and Main Street
May-October
Saturdays 8-12 pm
Contact Kathleen Burns
(208) 883-7036

Tuesday Grower's Market

Moscow Food Co-op, Parking lot
5th and Washington
May-October
Tuesdays 4:30-6:30 pm
Contact Britt Heisel
(208) 892-1817
growersmarket@moscowfood.coop

Clarkston Farmers Market

5th and Sycamore
Clarkston, Washington
(509) 780-1799
Saturdays 8am-12pm
June-September
Contact Doug Renggli

Grangeville Farmers Market

Main and State St. on Heritage Square
Grangeville, Idaho
(208) 983-1569
Saturday 8am-12pm
June-October
www.grangevillegefarmersmarket.org
Contact Julie Graham-Worthington

Kooskia/Kamiah Farmers Market

Milepost 68, Hwy. 12
Kamiah, Idaho
(208) 935-7922
Saturdays 9am-1pm
May-October
Contact Connie Miller

Lewiston Farmers Market

D St. parking lot
(208) 790-1148
Wednesday 3:30-7pm
June-September
Contact Sascha Albrecht

Potlatch Farmers Market

Junction Lumber Hwy 95
Potlatch, Idaho
(208) 875-01021
Saturdays and Sunday 8am-12pm
May-October

Pullman Fresh Farm Market

The Old Post Office
245 Paradise Avenue
Pullman, WA
(509) 334-3565
Wednesdays 3-6pm
3rd week in May-end of October
Contact Tammy Lewis

Rural Roots

P.O. Box 8925
Moscow, Idaho 83843
(208)-883-3462
rrinquiry@ruralroots.org

Culinary Education and Professional Development

Moscow Food Co-op

121 E. 5th

Moscow, Idaho

www.moscowfood.coop

(208) 882-8537

Lectures and workshops vary, see website for calendar of events.

Anti-Hunger Services/Emergency Food

Bovill Food Bank
405 Fourth Avenue
Bovill, Idaho
(208) 826-3247
By appointment only

Genesee Food Bank
West Walnut
Genesee, Idaho
(208) 285-1195
By appointment only

Troy Food Bank
106 E 6th St.
Troy, Idaho 83871
(208) 835-4357
Open Wednesday 4-6 pm

Idaho Food Bank
3600 E. Main Street
Lewiston, Idaho 83501
(208) 746-2288
Regional Distributor and Network Support

Deary Food Bank (Adventist Community Services)
405 Main St
Deary, Idaho 83823
(208) 877-7414
Open Tuesdays & Thursdays 10am-3 pm

Trinity Moscow Food Pantry
Trinity Baptist Church
711 Fairview Drive
Moscow, Idaho 83843
(208) 882.2015
Tuesdays 4-7 pm

The Hope Center
1212 W Pullman Rd.
Moscow, Idaho 83843
(208) 882-4144

Advocacy and Human Services

Poverty on the Palouse
City of Moscow Project
City Hall
Moscow, Idaho

Backyard Harvest
PO Box 9783
Moscow, Idaho 83843
(208) 669-2259
www.backyardharvest.org
Provides SNAP benefits for markets

Palouse Cares
www.palousecares.org

Nutrition Education

Wellness and Diabetes Education Classes
Gritman Medical Center
Moscow, Idaho
Free
1st Tuesday of every month
4-5 pm
www.gritman.org
(208) 883-6341

Diabetes Education Group
Pullman Regional Hospital
Free
2nd Monday of every month
7-8:30 pm
www.pullmanregional.org
(509) 336-7543

Extension Nutrition Program
University of Idaho Extension
District I
www.agls.uidaho.edu
(208) 885-6872
Contact Kristen Hansen
khansen@uidaho.edu

Wednesdays 1-4 pm

Moscow Food Bank

618 E. First St.
Moscow, Idaho 83843
(208) 882-4813
Tuesday-Friday 2-4 pm

Potlatch Food Bank

195 6th St. Room 102
Potlatch, Idaho 83855
(208) 875-0385
Tuesdays 10 - 11 & 6 - 8 pm

Pullman Food Bank

1125 Nye Street
Pullman, Washington 99163
(509) 338-0801
Serves Pullman residents only.

\$5 SNAP Bonus Days

Moscow Food Co-op
First Tuesdays of the month
Moscow, Idaho

Community Action Center Food Bank

350 SE Fairmont Rd.
Pullman, Washington 99163
(509) 334-9147
Open Mondays 9- 11 am, Wednesdays 4-6 pm,
Thursdays 9-11 am

University Ag Groups

University of Idaho

Moscow, Idaho

<http://www.uidaho.edu/cals/hands-onexperience/clubs>

Collegiate Farm Bureau

Collegiate 4-H

Collegiate FFA

Dairy Club

Food and Nutrition Club

National Agricultural Marketing Association

Student Idaho Cattle Association

Soil Stewards

Washington State University

Pullman, Washington

<http://academic.cahnrs.wsu.edu/clubs.html>

Ag Education Club

Agricultural and Technology Management

Collegiate Young Farmers Association

Cooperative University Dairy Students

Cougar Cattle Feeders

Crop and Soil Science Club

Dairy Club

Horticulture Club

Collegiate Farm Bureau

Sustainability Club

Viticulture and Enology

Growers Associations

Latah County Grain Producers Association

District 1

607 W. Hazel

Genesee, Idaho 83832

(208) 285-1564

Contact Ryan Herman

mherman@moscow.com

Dry Pea and Lentil Commission

2780 W Pullman Road

Moscow, ID 83843

Shepherd's Grain

Karl Kupers

(509) 710-7091

Sustainable agriculture support and flour products

ClearWater Direct Seeders

Grocery Stores (Latah County)

Rosauers

N 411 Main
Moscow, ID, 83843

Safeway

1320 S Blaine St
Moscow, ID, 83843

Moscow Food Co-op

121 E 5th St
Moscow, ID 83843

WinCo Foods

1700 West Pullman Road
Moscow, ID 83843

Genessee Food Center

216 W Chestnut St
Genessee, ID 83832

Harvest Foods

150 6th St
Potlatch, ID 83855

Juliaetta Market

1051 Highway 3
Juliaetta, ID 83535

Troy Market

339 South Main Street
Troy, Idaho

White Pine Foods

402 2nd Avenue
Deary, ID

Institutional Buyers (Latah County)

U of I

Campus Dining
Moscow, Idaho 83844
Contact: Pat Clelland, General Manager
(208) 885-6070
patrickc@uidaho.edu

Good Samaritan

640 N. Eisenhower St.
Moscow, Idaho 83843
(208) 882-6560
Contact Deb Jansen, Dietary Manager

Gritman Medical Center

700 South Main Street
Moscow, Idaho 83843
Catering (208) 669-0467

Latah County Jail

Basement of Latah County Courthouse
Moscow, Idaho
(208) 882-2216

Eating Locally in Latah: A Guide to Dining Out and Purchasing Prepared Foods

Local is defined here as Idaho and eastern Washington

Moscow Farmer's Market

Friendship Square
4th and Main Street
May-October
Saturdays 8-12pm

Moscow Food Co-op

121 E. 5th
Moscow, Idaho 83843
www.moscowfood.coop
(208) 882-8537
Salad bar, hot food and other prepared foods

Panhandle Artisan Bakery

630 N. Almon St. #110
Moscow, Idaho 83843
(208) 882-5999
www.panhandlebread.com

Sage Baking Company

111 Montgomery Street
Uniontown, Washington 99179
(509) 559-3716

Nectar

105 W. 6th Street
Moscow, Idaho 83843
(208) 882-5914
Closed Sundays

Bloom

403 South Main Street
Moscow, Idaho 83843
(209) 882-4279

Bucer's Coffeehouse Pub

201 South Main Street
Moscow, Idaho 83843
(208) 882-5216

One World Café

Corner of 6th and Main
Moscow, Idaho 83843
(208) 883-3537

Sangria

2124 West Pullman Road
Moscow, Idaho 83843
(208) 882-2693

Sticky Fingers Ice Cream

Troy, Idaho
Sold at Moscow Food Co-op and Tuesday Growers Market

Fast Foodie

Moscow, Idaho 83843
(208) 310-0915
Contact Julia Parker
juliafastfoodie@gmail.com
By appointment.

The Green Frog

100 East Main Street
Palouse, WA 99161
(509) 878-1490

Acknowledgments

This guide is modeled loosely on the Missoula County Community Food Assessment Resource Guide. Thank you to the Rural Roots Local Food Guide, 2009-2010 for baseline information on local producers. Thank you to Donna Mills for her knowledge and contribution.

Community Food Assessment Review

Prepared by Kate Mankoff for the Palouse Food Action Coalition (P-FAC)

November 2011

This report is an overview of three community food assessments from three different regions in the western United States: Missoula County, Montana, the Columbia River Gorge, Oregon, and La Plata County, Colorado.

The purpose of this report is to review the three assessments and draw ideas from each to determine the most appropriate approach for completing a community food assessment for the Palouse region.

Each assessment has been reviewed separately. The analysis of these assessments includes:

(1) an introduction to each assessment, (2) the purpose of the assessment, (3) a description of how the assessment is organized, (4) suggestions for how these assessments may or may not be useful for a Palouse region assessment, and (5) resources that may be useful for a Palouse assessment and that were cited in each report are included at the end of each assessment review.

A list of websites that may be useful in conducting a community food assessment is included at the end of this document.

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Missoula County Community Food Assessment	2
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Missoula County Community Food Assessment

The Missoula County Community Food Assessment report was prepared in 2003 and 2004 by a number of University of Montana students working under the guidance and expertise of two University of Montana faculty professors, Neva Hassanein and Maxine Jacobs. A steering committee comprised of local stakeholders was formed to advise the process, identify specific questions, and develop recommendations based on the research findings.

Project Purpose

“To inform change actions to make the community more food secure.”¹

Organization

The Missoula County CFA is organized into three sections, each focusing on a specific aspect of the Missoula County food system.

Our Foodshed in Focus: Missoula County Food and Agriculture by the Numbers

This section provides an overview of the current food system (2002 data) and how it has changed over time. Using secondary data from a variety of sources, it includes identified patterns and trends in the local food system, predicted explanation and justification for the patterns, and appendices with the raw data.

The section is divided into seven chapters:

1. Demographic
2. Agricultural Resource Base
 - Number and size of farms, farmer characteristics, organic farms, farmland conservation
3. Agricultural-related environmental impacts
 - Groundwater pollution, irrigated acres, fertilizer use
4. Economic productivity in agriculture and food distribution
 - Farms engaged in direct marketing, retail sales, wholesalers, etc.
5. Employment in farming and food-related businesses
6. Food consumption
 - Food expenditures
7. Food security and access
 - Income, food stamps programs, school lunch programs, food banks, etc.

Data are represented in charts, tables, graphs and in narrative form.

¹ Pothukucki, K. , Joseph H., Burton, H. and Fisher, A. (2002) *What’s cooking in your food system? A guide to community food assessment* (p.11) Venice, CA: Community Food Security Coalition. Taken from Missoula County Community Food Assessment.

Grow, Eat, and Know: A Resource Guide to Food and Farming in Missoula County

This section lists resources available in Missoula County pertaining to farming and food assistance. Each group or program has a short description of its purpose or mission, history and contact information. The groups and programs are organized into twelve sections:

<i>Section Name</i>	<i>Example</i>
Sustainable Agriculture and Gardening	Alternative Energy Resources Organization
Food and Agriculture Government Programs	Missoula Conservation District
Land Preservation	Five Valleys Land Trust
Agriculture and Gardening Education	Lewis and Clark Elementary School
Nutrition Education	Coordinated Approach to Children’s Health
Eating Support Groups	Overeaters Anonymous
Farm to School and College Programs	Farm to College Program, University of Montana
Culinary Education and Professional Development	Culinary Art Certificate, University of Montana
Diner’s Guide to Local and Organic Food	Restaurants and stores that support and offer local and/or organic food
Marketing and Business Development	Missoula Area Economic Development Corp.
Advocacy and Human Services	Boys and Girls Club of Missoula County
Anti-Hunger Services	Missoula Food Bank

Food Matters: Farm Viability and Food Consumption in Missoula County

This section is comprised of primary data compiled to answer two main questions developed by the steering committee.

1. What is needed for viable and sustainable, commercial food production in Missoula County? What are the existing assets and barriers to creating a more viable and sustainable production system?
2. What concerns do Missoula County residents of various income levels have about food (including quality, access, transportation to food outlets, cost, eating behaviors and choices), and what do they perceive as the County’s food-related assets?²

² “Food Matters: Farm Viability and Food Consumption in Missoula County.” (2004). Missoula County Community Food Assessment.

Food Matters is organized into three parts:

1. Exploring the Viability of Farming and Ranching- to answer question 1
Methods: Producer survey, interviews and focus groups
2. Food Consumption: Issues and Assets- to answer question 2
Methods: Consumer Survey and focus groups
3. Food for Thought and Action- to provide recommendations for the future of the Missoula County food system
Includes identification of dominant themes from the Food Consumption Survey and the low-income consumer focus groups

Assessing the Assessment

The Missoula County Community Food Assessment is an extensive report that utilized over 20 research students to gather and interpret data, conduct interviews and surveys, and compile into a comprehensive and thorough document. The study sought to capture the current state of agriculture in the county and beyond in order to understand food security issues among its population.

The *Foodshed in Focus* section used 2002 data and the *Food Matters* section used data researchers collected in 2004, providing more up to date information for the assessment. Collecting data over time may have allowed for researchers to detect patterns and change in the food system.

Also, researchers used in-depth interviews and surveys to enrich statistical data and to gain direct insight from producers and consumers in Missoula County. Using a variety of approaches to data collection (surveys, focus groups and interviews) allowed for a deeper understanding of the food system, and as a result more relevant and useful recommendations could be developed by the steering committee for the future of the Missoula County food system.

Here and There

The Missoula County CFA may be used as a guide for the creation of our own CFA because of similarities between demographics and agriculture in the two regions. Both areas are experiencing a rise in small farms and an interest in local food production and consumption. A significant low-income population and a need to address access and availability of healthy food characterize both regions.

The Missoula County CFA also utilized student researchers from the University of Montana, and as a region with two major universities, our assessment may also benefit from the knowledge and labor of students from the University of Idaho or Washington State University (?) in order to develop a similarly detailed and extensive report.

Useful Tools and References Used

Sustainable Agriculture Research and Education Program (SAREP)
University of California- Davis.

- Researchers used SAREP templates for food systems analysis and referenced county reports developed by SAREP
- <http://www.sarep.ucdavis.edu/cdpp/foodsystems/countystudies.htm>

What's Cooking in Your Food System? A Guide to Community Food Assessment (2002)

Kami Pothukuchi, Hugh Joseph, Hannah Burton and Andy Fischer

Community Food Security Coalition

U.S. Census Reports

Columbia River Gorge Community Food Assessment

The Columbia River Gorge Community Food Assessment, the 2010 edition, was prepared by the Gorge Grown Food Network, Wy'East Resource Conservation and Development, and Klickitat Health Department.

The report focuses on a five county region, Klickitat and Skamania Counties in Washington state, and Hood River, Wasco and Sherman Counties in Oregon. Funding for the project came from a USDA community food projects program. The preparers also relied on a large number of local partners. A significant portion of the agricultural data for this assessment was collected and analyzed by Ken Meter, a food systems economic analysis specialist from the Crossroads Resource Center.

Project Purpose

The purpose identified for the project is “to identify both resources and needs in the community surrounding food security, agriculture and health to ultimately improve access to locally grown food, especially for people with low to moderate incomes.”³

The primary focus of the research for the assessment is directed at producers who sell through the direct market process.

³ Columbia River Gorge Community Food Assessment

Organization

The assessment is organized into five chapters, each focusing on a specific aspect of the Columbia River Gorge food system. All chapters end with a summary of recommendations based on the research findings.

Chapter 1: **Introduction to CFAs, Methodology and Project Goals**

Chapter 2: **Growing Food: Farms, Ranches and Local Markets for Local Produce**

Chapter 2 examines agriculture in each county separately, looking at farm size, the primary crops grown, how much land within the county is in production, direct to consumer sales, where the food produced in the Gorge goes, and the potential markets for farm to school/institution programs. The assessment also briefly examines migrant and seasonal farm workers.

Chapter 3: **Accessing Food: Food Security, Emergency Food and Shopping**

Chapter 3 discusses county demographics, and based on survey results, information about where residents shop for food or where they get their food, what they buy, barriers to getting the food they need (including distances they drive to shop or whether or not shopping at a farmers market is feasible).

This chapter also includes results from a grocery store survey in which all convenience and grocery stores in the region were surveyed. The USDA's Thrifty Food Plan (TFP) was the basis for the survey.

Chapter three also looks at food security rates in the region, including emergency food options (including local produce available in food pantries and banks), farm direct sales and SNAP, meals on wheels, and gleaning.

Chapter 4: **Food Skills: Cooking, Nutrition and Gardening**

Chapter 4 provides an overview of how many families in the region prepare their own food, why they do or do not prepare food at home, where families can get help with learning to cook and preserve food, how much of the local diet consists of fruits and vegetables (including a focus on fresh foods eaten by children), food and nutrition education opportunities and an assessment of home and community gardens in the region.

Chapter 5: **Conclusion and Summary of Action Recommendations**

Appendices: **Surveys and Resources**

The methods used for research include:

- Consumer surveys

- Producer surveys- distributed at producer focus groups and through random telephone surveying
- Supermarket surveys
- Interviews with key local stakeholders
- Focus groups with producers, low-income residents, healthcare professionals and local community members

Assessing the Assessment

The Columbia River Gorge Community Food Assessment is heavy in data analysis, largely due to the efforts of Ken Meter. This focus on data, trends and modeling provides strong justification for change in the regional food system.

Additionally, the inclusion of a supermarket survey was essential in showing opportunities for local food distribution. This report also gave special attention to the integration of local foods into schools and other institutions, and included an inventory of school and community gardens in the region.

Keeping with the participatory spirit of CFA's, this assessment relied heavily on the work of volunteers, some of which were low-income community members who were granted a stipend through the TANF (Temporary Assistance for Needy Families) program. The researchers also utilized county planning departments for maps and information instead of relying solely on federal and state data sources, further including local community members and resources in the CFA process.

Here and There

This CFA may be a valuable reference because their assessment covers multiple counties and does a thorough job of synthesizing the county information and creating recommendations for the entire region.

Also, similarly relevant to our region, the Food Security chapter of the Gorge CFA addresses in considerable detail the TFP and SNAP programs and their affordability for low-income residents in the region, and how a more integrated local food economy could in fact be more cost effective for these residents. As a region with a large population of low-income, rural residents, an investigation into our region's use of these federal measures and programs may be useful as well.

This report only briefly addresses central or shared manufacturing and processing units and opportunities, a subject that has been identified as being of importance to members of the P-FAC and something that would likely need to be explored in our regional assessment.

This CFA also did not interview or survey local institutions, such as hospitals or community colleges, a sector that may be valuable to explore for our CFA.

Useful Tools and References Used

Gorge Grown Food Network
www.gorgegrown.com

Supplemental Nutrition Assistance Program (SNAP)

USDA's Economic Research Service (ERS) Food Store Survey Instrument

USDA's Thrifty Food Plan (TFP)

La Plata County Community Food Assessment

The La Plata County Community Food Assessment was developed by The Growing Partners, a collaborative group of five organizations in the La Plata county region that is dedicated to local foods.

The Growing Partners received a USDA Community Food Projects Program grant for one year to complete this assessment. The project began in the fall of 2005 and was completed and presented to the residents of La Plata County at a community forum and at a local foods conference in February 2007.

The scope of the assessment includes the far southwestern Colorado county of La Plata in the Four Corners region, which includes the mid-sized city of Durango (population 16,887).

Project Purpose

The mission of the La Plata County Community Food Assessment was to “implement a sustainable local food program that reaches all incomes, ages, and cultures and seeks a culturally-rich approach to food security among a tri-ethnic and low-income population in Southwest Colorado.”⁴

Organization

The Assessment focuses on four specific areas: food production, school food programs, food security and community food projects. The document is organized accordingly into eight chapters:

Chapter 1: **Introduction**
 Includes the background information for The Growing Partners and reviews the assessment methodology

Chapter 2: **A Profile of La Plata County**

⁴ La Plata County Community Food Assessment

This chapter looks at cultural and socio-economic demographics, and Livable Wage Estimates. Chapter 2 also includes an environmental profile of the area, including land cover, climate and water resources.

Chapter 3: **A Regional Profile of Agriculture**
Chapter 3 reviews the history of agriculture in La Plata County and compares production rates in 1954 to those reported in 2002, showing the potential for what can be grown again in the region. The chapter also examines the current political agricultural atmosphere, legislation, and how this affects farming and farmers in the region.
This chapter also includes identified challenges to the future of agriculture and a profile of 4 entrepreneurs in agriculture in the region.

Chapter 4: **A Profile of Food Resources and Food Projects**
Chapter 4 reviews the food resources available in the region, e.g., existing food banks, soup kitchens, food stamps, and non-profits that provide food resources and assistance to community members.
Also included are menus from local businesses that sell or prepare local foods with a list of the local items and where they come from. To illustrate the minimal cost difference, a list of local foods and their prices is compared with the price of these items from outside the region.
The chapter includes a Harvest Calendar illustrating the growing season for local produce, and a list of seasonal game and herbs that can be grown in the region.

Chapter 5: **A Profile of the Local School Food System: The Case for Farm-to-School**
As a result of surveys distributed to youth and people working in education throughout the region, three focus groups were identified: youth, food services administrators, and school administrators. Based on the findings from these three groups, chapter 4 examines attitudes, school demographics, meal programs, menus, off-campus lunch locations (hot spots such as Taco Bell and Subway) for high school students, school wellness policies required by law, school garden descriptions, and nutrition and agricultural education programs extended to students through local farms.

Chapter 6: **Health and Nutrition in La Plata County**
Chapter 6 includes data that seeks to understand the population-specific nutrition needs of the La Plata County local population.
The chapter includes interviews with nutrition and health experts about nutritional education and discusses the identified significance of understanding and integrating traditional foods into the food system.

Chapter 7: **Food Security in La Plata County**
To measure food security in the region, consumers, producers, distributors, and resource organizations such as schools, restaurants, stores, farmers' markets,

etc. were surveyed and interviewed. A food forum was also held in one community in the county in which attendants were asked what food security meant to them.

This chapter also included information regarding isolation, cultural food security and the Native American population, food security and seniors, horticulture therapy, food security and the low-income population, and food security and people with disabilities.

Chapter 8: **Conclusions of a Yearlong Community Food Assessment**

Chapter 8 provides an overview of the findings, identifies themes, and discusses the dissemination of the information compiled in the report.

Assessing the Assessment

The assessment includes a fair number of geographical maps, and an asset map illustrating the connections and opportunities in the food system. This was useful in gaining a visual understanding of the landscape and the opportunities it affords.

This assessment was a highly participatory process that included not only surveys and interviews tailored to 13 different groups, but also two community forums were held in which the public was informed about the CFA project's purpose and process and given the opportunity to provide community feedback regarding the focus for the CFA.

Here and there

Like our area, La Plata County Report experiences a short growing season. The writers of this report includes climate information with growing season information and land cover and ground and surface water resources and limitations. Water is also important in the Palouse region and it may be useful to include information about aquifers and surface water availability for the Palouse region assessment.

The food security chapter includes a section on isolation and the lack of food production. A P-FAC member as a concern for our region identified isolation. What happens if the trucking system that brings all of our food from other states breaks down or if weather prevents our food from making it into the region? What do we do? This information may inform the community of the fragility of our food system.

The La Plata assessment places a significant emphasis on the cultural aspects of their food system. The Growing Partners held a meeting with the Southern Ute Tribal Council to inform them of the process and areas of interest for the tribe. Inclusion of the Nez Perce tribe would be important for the Palouse region project should a quad-county approach be taken.

This assessment also discusses the political climate around agriculture in the country. With the 2012 Farm Bill release, this may be useful to examine in the Palouse region assessment.

Useful Tools and References

Local county tax assessor's office

USDA Community Food Projects Grant Program (CFPCGP)

Natural Resource Conservation Service (NRCS)

USDA Dietary Guidelines

USDA Commodities and The Emergency Food Assistance Program (TEFAP)

Useful Websites

www.food-hub.org

- Information sharing center for the northwest
- Guidelines for doing farm-to-school and farm-to-hospital needs assessments
- Member directory for producers, distributors, sellers

www.treasurevalleyfoodcoalition.org

- Non-profit in the Treasure Valley- Boise, Idaho
- Working on a community food assessment
- Working to support sustainable agriculture in the Treasure Valley

www.lanefood.org

- Non-profit in Lane County, Oregon
- Connects local farmers and consumers-promotes sustainable agriculture
- Resources
- No community food assessment

www.bluemountainstation.com

- Eco-friendly food park
- Food processing and food tourism for artisan food producers
- Film series- Local foods as economic development
- Value-added agriculture

www.growmontana.ncat.org

- Economic development policies directed at local food system
- Coalition to connect
- Food security programs and policies

www.crcworks.org

Finding Food in Farm Country- A rural economic study by Ken Meter and Jon Rosales

2012 Community Food Projects Competitive Grant Program
USDA
National Institute of Food and Agriculture (NIFA)

Application Deadline: November 17, 2011

This Grant supports the following project areas:

(1) The development of Community Food Projects with a one-time infusion of federal dollars to make such projects self-sustaining

(2) Planning Projects to assess the food security needs and plan long-term solutions to help ensure food security in communities

(3) Projects that provides Training and Capacity Building on a nationwide basis to entities interested in developing new Community Food Projects or assisting current grantees and others to effectively operate their food security projects

Overview of Planning Projects

The purpose of a Planning Project (PP) is to complete a plan toward the improvement of community food security in keeping with the primary goals of the CFPCGP. PPs are to focus on a defined community and describe in detail the activities and outcomes of the planning project. Preference will be given to PPs designed to plan for:

- (i) Connections between two or more sectors of the food system;
- (ii) The development of entrepreneurial projects;
- (iii) Innovative connections between the for-profit and nonprofit food sectors; and/or
- (iv) Long-term activities and multi-system, interagency approaches with collaborations from multiple stakeholders that build the long-term capacity of communities to address the food and agricultural problems of the community, such as food policy councils and food planning associations.

Examples of PP projects include, but are not limited to, **community food assessments**, coordination of collaboration development, GIS analysis, food sovereignty study, and farm-to institution exploration. All projects must involve low-income participants.

Planning Project Requirements

Maximum amount that can be requested: \$25,000

Award period cannot exceed 3 years

Eligibility

(1) Applicants must be a **non-profit or private institution**

The institution must have experience in:

- Community food work, particularly concerning small and medium-size farms, including the provision of food to people in low income communities and the development of new markets in low-income communities for agricultural producers **OR**
- Job training and business development activities for food-related activities in low-income communities **AND**

The institution must be able to demonstrate:

- Competency to implement a project, provide fiscal accountability, collect data, and prepare reports and other necessary documentation **AND**
- A willingness to share information with researchers, evaluators, practitioners, and other interested parties, including a plan for dissemination of results.

Project awards are encouraged to **seek and create partnerships with public or private, nonprofit or for-profit entities, including links with academic institutions (including minority-serving colleges and universities), and/or other appropriate professionals, community-based organizations, and local government entities.**

Matching Funds

Applicants **MUST** provide **matching on a dollar-for-dollar basis** for all federal funds awarded.

Project Proposal Evaluation

The evaluation of PP proposals by expert reviewers will be based on the following criteria, listed in priority order of importance:

1. How well the proposed project assists applicants, eligible entities, and others in understanding the primary goals of the CFPCGP which are to:
 - A. (a) **Meet the food needs of low-income people**
(b) **Increase the self-reliance of low-income communities in providing for their own food needs**
(c) **Promote comprehensive responses to local food, farm, and nutrition issues OR**
 - B. Meet specific State, local, or neighborhood food and agriculture needs for
 - (a) Infrastructure improvement and development
 - (b) **Planning for long-term solutions;** or
 - (c) **The creation of innovative marketing activities that mutually benefit agricultural producers and low-income consumers;**
2. **How significant are the low-income food security issues are that will be addressed by the proposed project;** is there an informative description of the community, its characteristics, assets,

and needs; **How specifically will the community named in this description benefit from the proposed project?**

3. The **appropriateness of the goals, objectives and outcomes of the project and how these will be achieved to invest in building the capacity of the applicant and its partners in food security efforts and policies.** Proposed project activities should be designed to address one or more of the following outcomes, which will be given equal weight:

- (a) Developing linkages between **two or more sectors of the food system**
- (b) Supporting the development of entrepreneurial activities
- (c) Developing innovative linkages between the for-profit and nonprofit food sectors
- (d) Encouraging long-term planning activities and multi-system, interagency approaches

4. The **relevance of the organization's experience that are involved in the proposed project,** including the applicant entity, and the type and extent of support that other organizations will be providing. Applicant organizations should **demonstrate a history of commitment to and direct involvement in food security projects in low-income communities** or in communities with low-income groups, as well as success in outreach to low-income participants. The **qualifications of staff involved with the proposed project and/or organizational leadership should reflect the expertise necessary** to carry out the proposed activities or similar types of activities. Experience in and connections with the community will be considered as important as academic or professional credentials in this regard.

5. The timeline for accomplishing project goals, objectives and outcomes is realistic and achievable.

Other Information

Relevant definitions for the purposes of the grant:

Community Food Assessment is a collaborative and participatory process that systematically examines a broad range of community food issues and assets, so as to inform change actions to make the community more food secure.

Food policy council means a representative, multi-stakeholder, inter-agency body at the state, regional, or local level that is sanctioned by a government entity to address a broad range of food, nutrition, or agriculture issues in a manner that is comprehensive and self-sustaining and mutually benefits agricultural producers and low-income consumers.

Recommendations for Next Steps

Based on the requirements for this grant, I recommend that the following need to occur:

1. The establishment of a food policy council with non-profit status to fill role as grant applicant.
2. Potential partners need to be identified and approached.
Potential partners could include:
 - University of Idaho
 - City of Moscow
 - Moscow Food Co-op
 - Moscow Food Bank
 - Moscow Community Food Pantry
 - Latah County
 - Rural Roots
 - Backyard Harvest
3. Timeline for completing grant application
4. Identify opportunities for matching funds

Resource

See a [successful grant proposal](http://www.foodsecurity.org): Toledo Food Assessment and Planning Project at www.foodsecurity.org