

CREATING OPPORTUNITIES
FOR THE COMMUNITY BY
BUILDING A HEALTHY FOOD
NETWORK.



CREANDO OPORTUNIDADES PARA
LA COMUNIDAD CONSTRUYENDO
UNA RED DE ALIMENTACIÓN
SALUDABLE.

**WINDHAM COMMUNITY FOOD ACTION FORUM
THURSDAY, MARCH 26, 2015, 6:30-8:30 PM
COVENANT SOUP KITCHEN**

I. INTRODUCTIONS.

WHAT IS THE WINDHAM COMMUNITY FOOD NETWORK?
HOW DOES THE ACTION FORUM FIT INTO THIS PROCESS?

- COMMUNITY DIALOGUES
- ACTION FORUM
- PROJECT PLANNING (WORKING GROUPS)
- PROJECT IMPLEMENTATION
- CELEBRATION!

II. DIRECTIONS FOR ACTION.

YOU WILL SPEND A FEW MINUTES LEARNING ABOUT EACH OF THE "DIRECTIONS FOR ACTION" THAT WERE GENERATED BY THE COMMUNITY DIALOGUES.

III. ESTABLISH WORKING GROUPS.

CHOOSE THE "DIRECTION FOR ACTION" THAT BEST REFLECTS YOUR STRENGTHS AND INTERESTS. THIS WILL BECOME YOUR "WORKING GROUP".

IN YOUR GROUP, RESPOND TO THE FOLLOWING QUESTIONS:

- *Who are you? Why did you come this evening?*
- *Why did you choose this direction for action: what change would you like to see for this community?*
- *Look at the list of ideas for this direction for action - are there any that you would like to add?*

AT THE NEXT MEETING, YOUR WORKING GROUP WILL CHOOSE A PROJECT TO FOCUS ON. TO PREPARE, THINK ABOUT THE IDEAS PROPOSED HERE TONIGHT. WHICH ONES, IN YOUR VIEW, ARE:

- THE **EASIEST** OR MOST **REALISTIC** TO IMPLEMENT?
- THE MOST **IMPORTANT** TO IMPLEMENT?

PLEASE COME PREPARED WITH YOUR TOP THREE CHOICES.

OUR NEXT MEETING: TIME/DATE/PLACE: _____

ROADMAP FOR WORKING GROUPS. OVER THE NEXT FEW MONTHS, YOU WILL PARTICIPATE IN A WORKING GROUP THAT WILL MEET THREE TIMES.

MEETING 1: IDENTIFY A PROJECT. PRIORITIZE AND CHOOSE A FOCUS/PROJECT FOR YOUR WORKING GROUP; IDENTIFY NECESSARY RESOURCES, PARTNERS AND ALLIES TO SUPPORT THE PROJECT; INVITE NEW PARTNERS TO SUPPORT THE PLANNING PROCESS.

MEETING 2: DEVELOP A WORKPLAN. STATE: GOALS, TIMELINE, RESOURCES, MILESTONES (HOW TO MEASURE PROGRESS).

MEETING 3: FLESH OUT THE WORKPLAN. CREATE A TO-DO LIST; DELEGATE TASKS; CREATE A BUDGET TO SUBMIT TO THE NETWORK CORE AND SUPPORTERS.

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“DIRECTIONS FOR ACTION” FROM THE COMMUNITY DIALOGUES

COMMUNITY BUILDING

- bartering and sharing: recipes, veggies, garden space, knowledge and expertise, rides, bicycles
- community integration: community events and meals that are inclusive and diverse
- community spaces: develop or re-purpose (via community events) so they are integrated and accessible
- collaboration building: creating more connections and collaborations across organizations, developing organizations, churches and youth groups as hubs

EDUCATION

- community workshops about: nutrition, food budgeting, gardening, food preservation, seeds, permits and licenses to become a food producer or provider
- use media for nutrition and cooking education: nutrition/cooking articles in newspaper circulars, on billboards, local access cooking show
- promote healthy eating throughout the community through tastings, tabling, and healthier food available at community gatherings and sporting events

SUPPORT LOCAL PRODUCTION/CONSUMPTION:

- build and support home and community gardens: expand community gardens; help residents to build gardens; create a public edible landscape; garden sharing; create a “garden brigade” to help with local growing spaces, gleanings at local farms
- support the Willimantic Farmers’ Market: provide education and events at the market, such as tastings or recipe swaps; provide incentives for SNAP recipients to purchase at the Farmers’ Market; more public transit to the FM; extend the hours of the market; move the market to Jillson Square; create mobile market or food truck; farmers connected with social service agencies
- support for local farmers: connecting farmers to local merchants, restaurants and institutions; assist farmers to sell or transport surplus; help local farms to write grants; advocate for subsidies for small farms; process local food at CLICK, have cheaper/subsidized CSAs for community members (surplus, unwashed veggies), connecting farmers with a local, reliable labor force

COMMUNICATION:

- translation: in stores and public places and at community events; of literature, resources, flyers and pamphlets, and media shows
- social media: to network groups and promote local events and resources
- mass media: for publicity and also education (local cooking/nutrition show, health/nutrition newsletter for schools and in the coupon circular,...)
- outreach at community events: local food kiosk at Third Thursday and other events

FOOD ACCESS:

- double value benefits for SNAP recipients at the farmers’ market and area food stores
- car sharing or grocery delivery assistance for residents with limited mobility
- translation for grocery stores, coupons, farmers’ market, and local food organizations
- more mobile food trucks/food markets
- improve school food; create liaison between farmers and school district food service departments
- more storage for fresh food for food assistance providers

COMMUNITY HEALTH:

- healthier food available at social gatherings, sporting events, and in vending machines in public places
- programs to support healthy food access for residents with mental and physical illnesses or disabilities
- healthy ads on billboards
- town policies/restrictions for fast food restaurants
- nutritionists in food stores
- more healthy food programs in DSS