



COMMUNITY FOOD SECURITY *news*

A COMMUNITY FOOD SECURITY COALITION PUBLICATION ■ SPRING 2007

CFSC LAUNCHES FARM BILL PROPOSAL

By Mark Winne, CFSC

The ship is launched and the sails are set. All hands are needed on deck if we're going to redress the many imbalances that make up our country's existing farm and food policies. On January 22nd at the National Press Club in Washington, DC, the partner organizations that comprise the Farm and Food Policy Project (FFPP) "launched" their *Seeking Balance in U.S. Farm and Food Policy*. The document, which includes major contributions from the Community Food Security Coalition, made it clear that "what we want from our food system and what our national food and farm policies deliver are increasingly out of balance."

Seeking Balance, which has been endorsed by over 400 organizations, presents a comprehensive set of new policy proposals that are aimed at reducing hunger and soaring obesity rates; promoting entrepreneurship and economic development in farm and rural communities; encouraging local food production; providing incentives for more environmentally-friendly farming practices; and reducing barriers for youth, women, and people of color to entering farming. The document can be obtained online at <http://www.farmandfoodproject.org>.



Some of the speakers at the *Seeking Balance* media event. From left to right, Ralph Grossi, Ferd Hoefner, Linda Berlin, and Allen Hance. Photo: Paul Queeck.

(See *FARM BILL* on pg. 12)

An Introduction to Land Use Planning for Food System Advocates

By Raquel Bournbonesque, CFSC, Andy Fisher, CFSC, and Hannah Laurison, Public Health Law Program

What makes Portland different from Phoenix? Manhattan from Mexico City? London from Los Angeles? The answer lies in the myriad details that shape the urban environment and make cities compact or sprawling, conducive to pedestrians or to automobiles, livable or an ecological disaster. Land use policies shape such basic elements as the width of sidewalks and streets, the size of lots, and the distribution of single family homes, apartments, farming, and commercial districts. And land use regulations have impacts far beyond the aesthetics or ecology of a place.

Urban planners are gaining an awareness of the connections between land use and residents' health. For example, the classic suburban design discourages people from getting out of their cars and onto their bicycles or into their sneakers. Land use regulations also can affect the way food is produced, distributed, and consumed, which in turn can have major impacts on the health of consumers, communities, and landscapes.

Land use planning and policies largely occur at the local government level. Typically, communities have planning or community development departments that oversee land use policy. Unfortunately, planning decisions that influence the food system often are made in an uncoordinated fashion, without an understanding of their impacts on the food security of residents, especially those in lower-resource neighborhoods. Land use policies can contribute to cities losing farmland on the urban edge, make it difficult or impossible for grocery stores to locate in underserved areas, or allow the concentration of fast food outlets in certain neighborhoods. These impacts can reduce access to healthy foods, contribute to rising rates of obesity and diet-related disease, and diminish the quality of life for residents. Alternatively, more coordinated food systems planning can help to keep family farmers on the land, create jobs, support the local economy, and ensure that everyone has access to quality food.

(See *LAND USE* on pg. 6)

FOR MORE INFORMATION

Spring 2007

Community Food Security News is a publication of the Community Food Security Coalition. CFSC is a non-profit 501(c)(3), North American organization dedicated to building strong, sustainable, local and regional food systems that ensure access to affordable, nutritious, and culturally appropriate food for all people at all times. The Coalition achieves its goals through a blend of training, networking, and advocacy to support the efforts of grassroots groups to create effective solutions from the ground up. We provide a variety of training and technical assistance programs; support the development of farm to cafeteria initiatives; advocate for federal policies to support community food security initiatives; organize an annual conference; and provide networking and educational resources.

Community food security can be defined as a condition in which all community residents obtain a safe, culturally appropriate, nutritionally sound diet through an economically and environmentally sustainable food system that promotes community self-reliance and social justice. (Based on a definition by Mike Hamm and Anne Bellows)

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Letter from the President

Food appears in our supermarkets and often little thought is given to how it is grown, who grows it, and who harvests it. In the U.S., the harvesters are often migrant and seasonal farmworkers who live and labor in conditions that deny their dignity and assault their humanity. One of my all-time heroes is César Chávez, who spent thirty-one years leading the farmworker struggle for justice. That struggle became known as *la causa*, and César Chávez became the first Mexican-American leader to receive widespread national recognition.

Through his struggles, César came to understand that poverty is neither natural nor inevitable, much less the fault of the poor themselves, but rather the result of injustice. He learned that migrant and seasonal farmworkers are poor because political and economic decisions create an array of social institutions and arrangements that deliberately exclude, marginalize, and exploit them. He recognized that the agribusiness system in this nation devalues both the farmworker and the small farmer who actually works on the land. He envisioned an economic system in which the worth and needs of human beings are given priority over profit margins and return on investment. Cesar died in 1993 and yet migrant workers and new immigrants who work the land continue to face the same issues. Some have finally acquired ownership of



*Lydia Villanueva,
President of the
Board of CFSC*

small plots of land and are working to leave a legacy that will make life easier for their children.

In 1994, our organization, called C.A.S.A. del Llano, (Communities Assuring a Sustainable Agriculture) initiated an outreach effort to work with Hispanic limited resource land owners in Hereford, TX, to provide education and training programs in sustainable agriculture. Although many residents own five to 10 acres of land, hardly any own a tractor, nor can they afford conventional farm equipment. Due to lack of water wells and nutrient-poor soils, small-scale farming is risky. Yet from these conditions, the farm families construct lives of joy, beauty, and harmony. Firmly grounded on their ranchitos, parents teach their children about a rural culture inherited from Mexico and the U.S., a tapestry woven from customs, traditions, unique garden plants, and livestock husbandry. While many in the U.S. think of huge house with a two-car garage and a white picket fence as the ultimate "American dream," these farm families view owning and living on a parcel of land as a greater accomplishment. Their efforts are not isolated; many other groups are working towards creating communities that can become part of the food system, both on local and national levels.

(See **LETTER** on pg. 5)

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Bringing it All Together in America's Dairyland

By Raquel Bournbonesque, CFSC

It just takes one look at its new Comprehensive Plan to see that Madison, Wisconsin was successful. Madison's Plan, which will provide a roadmap for future development, includes some of the strongest, most visionary food system planning language yet. It begs the question, what makes Madison unique? "The proximity... to agricultural land is what gives Madison its sense of what it is," says Martin Bailkey, an urban planner with the Dane County Food Council. He observes that Madison sees itself as a progressive, modern city that doesn't want to forget that it's also the "Capital of America's Dairyland," as noted on the Wisconsin license plate.

Madison, a medium sized city of 200,000, proudly hosts the nation's largest producer-only farmers' market with 300 vendors. "We are a very food-friendly city," affirms Mark Olinger, Director of City Planning and Development. "Because we, like many other places, are gobbling up agricultural land, we have a number of goals, policies, and activities in place that address this in an integrated way," says Olinger. While Madison is expected to continue to grow, it plans on growing inward and strategically outward, with careful redevelopment within older neighborhoods and with new high-density, mixed-use neighborhoods at the urban edge.

Madison recently did a complete revision its Comprehensive Plan, which calls for the City "to maintain existing agricultural operations in the City and encourage new, smaller farming operations such as Community Supported Agriculture Farms." The Plan also has the City identify areas on the periphery suitable for long-term preservation for diverse agricultural enterprises and open space.



Kids' Garden participants proudly display produce they harvested at Troy Gardens.

The Comprehensive Plan also contains a variety of food system planning measures related to food retail, community gardening, farmers' markets, small-scale farming, and food policy councils. The fact that these issues are addressed in a comprehensive and integrated fashion sets Madison apart from other American cities. For example, the Plan details support for community gardens in a number of ways, stating that the City will "protect existing community gardens in the City and establish additional areas for new community gardens;" consider using City surplus property and parkland to expand gardening opportunities; establish permanent community gardens on City land; extend leases on City-owned property to five years; and "strive to create one community garden site for every 2,000 households in the City." The Plan identifies as a permanent land use Troy Gardens, 26 acres of open space that includes a

large community garden, a kids' garden, handicapped accessible gardens, and an organic urban farm. The City approved the entire 31-acre site as a Planned Unit Development, a special designation that recognizes the open space and the adjacent five acres of housing as one integrated development.

Madison planners also seek to improve the connections between the surrounding rural economy and urban food processors and consumers. The Plan states that the City will coordinate with Dane County "to educate farmers with operations in the City about incentive programs that will help them continue farming or to sell their land to farmers with interest in smaller-scale agricultural operations." It also calls for the City of Madison to promote the sale of food grown in Dane County, and to support the County's efforts to promote and develop direct marketing alternatives for agricultural products.

(See DAIRYLAND on pg. 14)

All of the articles for the land use theme portion of this issue (pages 3-9) are adapted from material originally developed for the Food Security Learning Center. Additional case studies, resources, and action ideas can be found there at <http://www.worldhungeryear.org/fslc> (click on Land Use Planning on left side).

Chicago's Food Deserts

By Andy Fisher, CFSC

When the independent grocery store Edmar's went out of business on Chicago's Near Northwest side, they put their land up for bid. Dominick's supermarket chain came in with the highest bid, but wanted to place a restriction on future use of the land in case they decided to close the store. This *restrictive covenant* would prohibit the land from being used by other grocery stores for decades to come. This practice can reduce access to healthy foods, as well as contribute to blighted neighborhoods by keeping large retail parcels vacant.

Alderman Manny Flores of the First Ward, whose district houses this market, learned of this practice and decided to introduce legislation that would limit the ability of grocery stores and drugstores to implement such covenants. The First Ward is an economically and ethnically mixed district, with large communities of Ukrainians, Latinos, and Koreans, among others. Alderman Flores joined forces with Alderwoman Marge Laurino, whose 39th Ward residents also were frustrated with limited access to fresh groceries due to a restrictive covenant that Dominick's had placed on a former store location.

The ordinance's initial hearing before a joint committee on zoning and economic development showed that this practice was widespread across the city. The first draft of the ordinance included a complete ban on such land use covenants. However, due to opposition from the Chamber of Commerce and the Illinois Retail Merchants Association, it was altered to allow grocery and drug stores to place temporary covenants on stores if

they were relocating within the same community. It also exempted stores smaller than 7500 square feet and covenants before May 11, 2005, and allowed for hardship exemptions. The ordinance was passed unanimously in September 2005.

community and public health agency representatives. It has identified recommendations to enhance food access in Chicago, and held an expo for grocers and developers to catalyze new development. The Planning Department also is working with developers and grocers to find new sites for supermarkets.

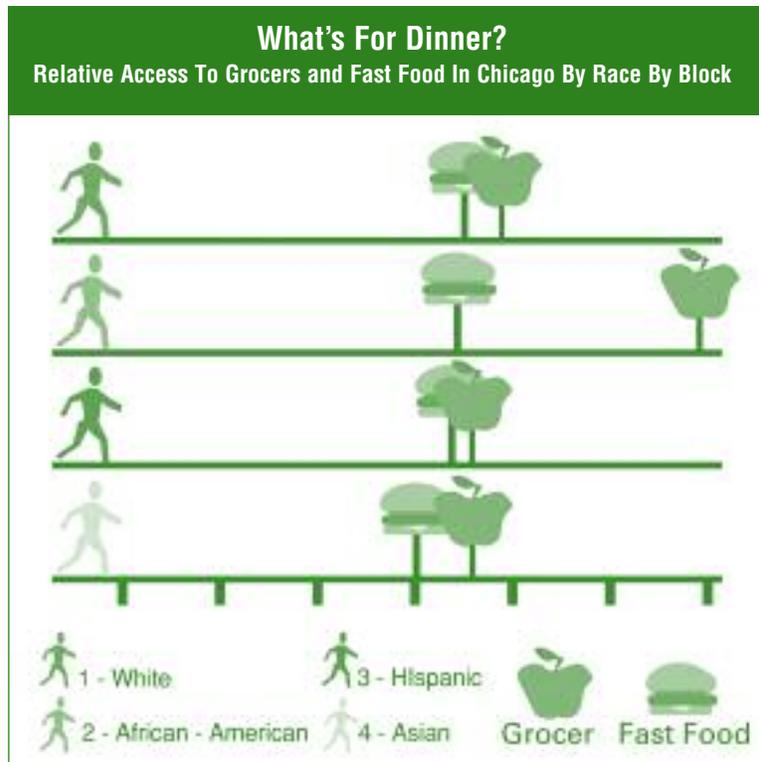
Grocery stores continue to be a hot topic in Chicago. This is due in part to the recent release of La Salle Bank-funded study by Mari Gallagher, *Examining the Impact of Food Deserts on Public Health in Chicago*, which demonstrates the connections between diet-related diseases and poor food access. Also, in a related effort, the city council passed an ordinance to mandate that big box retailers pay their employees a living wage and health benefits. However, Mayor Daley vetoed this bill, his first veto in 17 years in office.

Researchers such as Mari Gallagher and activists such as LaDonna Redmond, President of Institute for Community Resource Development, will be instrumental in continuing to keep this issue on the front burner in Chicago. Redmond is seeking to develop a public-private partnership to provide loans and investment capital for new stores to locate in Chicago's food deserts, based on a model in Pennsylvania. To move this issue forward, Redmond notes, "we need the policy infrastructure."

For more information, see:

www.marigallagher.com

www.flores1stward.com



Author and copyright Mari Gallagher, 2006. Research sponsored by LaSalle Bank.

Fortunately, Alderman Flores has had many allies on this issue. Researcher Mari Gallagher authored the *Chain Reaction* study on food deserts (communities with poor access to healthy food) in July 2005. Staffs from the Metropolitan Planning Council, Chicago State University, and the Institute for Community Resource Development have all played instrumental roles in supporting increased food access.

It is still too early to see any direct impacts on supermarket siting or food access due to this ordinance. The City continues to address this issue through a Planning Department task force that includes with grocers, researchers, and

Limiting Fast Food Through an Innovative Zoning Ordinance

By Raquel Bournbonesque, CFSC

With obesity rates at an all-time high, fast food—typically high in fat, salt, and sugar—is being targeted as a major contributing factor in the obesity epidemic. While food system advocates and public health officials work to make healthy food more readily accessible, limiting access to unhealthy food remains an ongoing challenge. Communities across the U.S. have been strategizing about how to restrict fast food restaurants, particularly in low-income neighborhoods and near schools.

In the summer of 2002, the small Northern California university town of Arcata identified an innovative way to prevent more formula restaurants from opening within the city. In May of that year, the Arcata City Council voted four to one to enact a zoning ordinance that capped the number of formula restaurants within the jurisdiction at nine (the existing number). This essentially barred a formula restaurant from locating within the city unless it replaced another formula restaurant at the same location. The measure became law in July 2002.

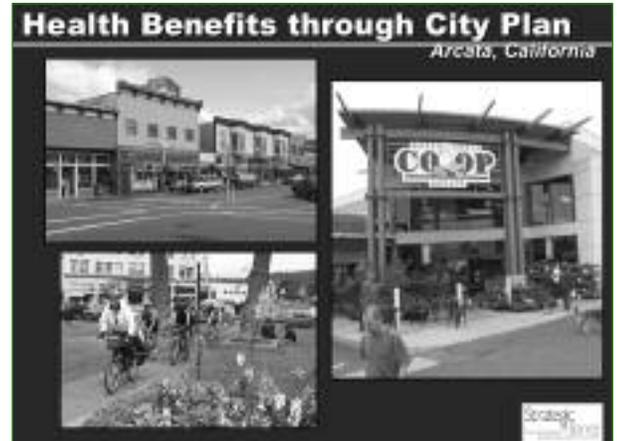
“High school students were a large part of the effort to curb formula restaurants in Arcata,” said Mike Mullen, Senior Planner with the City of Arcata, who staffed the effort. “A number of high school students came out to the public hearings and spoke about being concerned about the proliferation of fast food.” Not only were students involved in the public hearing process, but one also participated in the subcommittee that created the ordinance. The entire process took about a year, starting in 2001 when members of the City's Democracy and Corporations Committee began researching a ban of formula restaurants from Arcata's downtown area. They quickly formed a Formula Restaurant Subcommittee and conducted research, including reviewing ordinances from other jurisdictions. The subcommittee included such diverse members as a student, a natural resource specialist, and a business owner.

As the subcommittee researched the issue, they found that Arcata had a remarkably strong economic sector of bars and restaurants which were “in excess” according to Mullen. Therefore, this ordinance could not be construed as hurting a weak industry. No restaurants would be put out of business, and when one went out of business another could open. Mullen also noted that Arcata has lots of small, independent, restaurants spread throughout the community, including in low-income areas.

The policy process included holding four public hearings on the issue. About 75% of Arcata residents who spoke at the hearings voiced support for the ordinance. Proponents noted the need to protect Arcata's unique character from the cookie-cutter development that had spread throughout the country. Many also spoke about the importance of supporting locally owned businesses and keeping money in the local economy. The opposition included local franchise owners, until they realized that this ordinance meant they had cornered the formula restaurant market in Arcata. However, a National Restaurant Association representative did testify against the ordinance.

Arcata's ordinance goes beyond what many other fast food-related ordinances have done. Most aim to limit fast food by restricting formula restaurants in particular areas such as an historic district. Other ordinances simply ban drive-thrus as a deterrent because they account for about 30% of a restaurant's sales. Arcata's original strategy was to simply ban formula restaurants downtown, but in the end they decided to pursue a city-wide cap because of the clear benefits. This ensured that all areas of the city were equally regulated.

To read the language of the the ordinance, go to: <http://www.jashford.com/Pages/ArcataOrd1333.pdf>



LETTER (continued from page 2)

The need to continue to struggle for better programs that can help farm families, immigrants, and urban and rural communities involved in growing their own food is vital, especially in this year with the Farm Bill and with the newly-elected Congress. The vision that Cesar Chávez and many others have worked

for must not be forgotten. We must find ways to include their struggles in the new Farm Bill policies.

We should not forget all the contributions that immigrants make, in culture, science, our economy, and many other areas. It is a common misperception that immigrants are “stealing our jobs.” But economics is a little more complicated, and evidence

suggests that immigrants may be having a net **positive** impact on the wages of US workers. See <http://www.nber.org/papers/w12497> for a summary of this research, published by the National Bureau of Economic Research. (Credit for this last paragraph goes to CFSC's Outreach and Diversity Committee.)

LAND USE (continued from page 1)

Food Security Learning Center

A hub of information and action

www.worldhungeryear.org/fslc

Revised and Updated for 2007

- New material on food justice, farm to cafeteria, farmers' markets, and much more
- A new, in-depth look at Land Use Planning
- Policy & advocacy around the 2007 Farm Bill

First launched in 2002, the FSLC is a project of WHY, with collaboration from CFSC and support from the Community Food Projects Competitive Grant Program of USDA CSREES.



Photo by Renee C. Byer

Until now, food system planning has fallen outside the scope of most planning departments. Planners have generally seen the food system as the territory of the private sector, functioning well without public policy intervention. However, advocates recognize the problems with the current food system, and are exploring land use policies as a tool for change. Because land use is central to food production and distribution, land use planning can be a powerful tool for creating healthier food environments. Just as public health officials have acknowledged the built environment's contribution to the obesity epidemic and have promoted pedestrian- and bike-friendly policies, food system advocates are beginning to engage local governments to set policies that support community-based food systems as a means to create more healthy, sustainable, and democratic communities.

Recently, a few cities have begun to develop land use policies to improve their local food system. Chicago, Madison, and Arcata (CA) are among these. Some are adding community food security objectives to

their Comprehensive Plans. Others are looking at ways to increase access to fresh and affordable foods in underserved areas. Still others are implementing zoning policies to protect vulnerable community garden spaces, or to limit the spread of fast food outlets. The two main land use strategies are the Comprehensive Plan and Zoning.

Using the Comprehensive Plan to Address Food System Issues

A Comprehensive Plan (also known as a "general plan") is a policy document that provides a roadmap for future development. It includes goals, policies, and activities that guide the long-term physical development of the city or county. It also give municipalities limited legal protection if a land use decision is challenged in court. Comprehensive Plans have different legal significance in different states. Some require them and require that zoning be consistent with the Plan; others allow communities to adopt them but don't require them; and still other states don't use Comprehensive Plans, instead relying on zoning and other land use tools.

The Comprehensive Plan is usually divided into various "elements," like chapters, focused on particular subjects. Some states mandate that Plans include certain elements, such as housing, transportation, and land use. Information about the Plan is generally available on the city's website or from the planning department, which also should be able to provide information about how the public can participate in revising the Plan.

The Comprehensive Plan typically covers a 20- to 30-year time period,

although it may be updated more frequently, such as every five to 10 years. Some jurisdictions also allow for amendments between official revisions. The revision process provides an important opportunity for the community to prioritize its goals and vision, and can be a very fruitful way to improve local food system policies. One strategy for shaping the Comprehensive Plan is to work with your colleagues and local officials to draft, adopt, and implement new goals and policies within existing elements of the plan. Here are some common elements, with brief descriptions of the potential connections to community food security:

- **Land use** Accommodate public structures such as farmers' and public markets to serve as direct sales outlets for local producers. Retain industrial land for local businesses critical to the food system. Regulate undesirable land uses such as fast food drive-thrus. Affect the location of supermarkets and community gardens.
- **Open space:** Accommodate urban agriculture and community gardens and promote farmland preservation.
- **Housing:** Incorporate community gardens into the design of multi-family units and as central gathering places within larger neighborhoods.
- **Transportation/circulation:** Improve roads to make them safe for pedestrians and bicyclists; connect public transit to major retail areas; and create pedestrian-centered commercial corridors.
- **Conservation:** Compost green waste (such as food scraps and yard trimmings) and use gray water for urban agriculture and community gardens.
- **Noise:** Absorb noise pollution through green space such as community gardens and urban farms.
- **Safety:** Form closer-knit communities through community gardens and farmers' and public

markets.

■ **Jobs and economic**

development: Pursue an industrial land use development and retention policy that identifies land for local food processors, distributors, and other entrepreneurial uses.

A second strategy is to create a new element specifically focusing on the food system. However, this is less common because it can be more politically difficult, and may be met with resistance due to budget restraints. Also, while this increases the visibility of the food system in the Plan, it may result in less integration with other elements.

Examples of food system provisions included in Comprehensive Plans include:

- Encourage and **support community gardens** as important open space resources that build communities and provide a local food source, particularly in high density neighborhoods where there is little private space suitable for gardening (Open Space and Recreation Element, Berkeley, CA General Plan).
- **Establish community gardening** as a desired use, with specific guidelines for one garden within walking distance of every 2,500 residents (Urban Villages Element, Seattle Comprehensive Plan)
- **Adopt a policy** to allow for closure of streets to provide urban parks in which gardens can be incorporated, where there is broad community and local support and where legally permissible (Open Space Conservation and Recreation Element, Oakland, CA Comprehensive Plan)
- **Educate farmers** with operations in the city about incentive programs that will help them

continue farming or to sell their land to farmers with interest in smaller-scale agricultural operations such as Community Supported Agriculture (Natural and Agricultural Resources Element, Madison, WI Comprehensive Plan)

- **Protect agricultural lands** by maintaining parcels large enough to sustain agricultural production, preventing conversion to non-agricultural uses (Natural Systems & Agriculture Element, Marin County, CA General Plan)
- Set a goal to maintain a low unemployment rate and promote **diversification of the local economy.** Support existing businesses and industries and the establishment of locally owned, managed, or controlled small businesses (Economy Element, Corvallis, OR Comprehensive Plan).

It is important to remember that policies are only as good as their implementation. A city or county may have visionary food systems language in their Comprehensive Plan but no programs to implement it. Therefore, it is imperative to continue to advocate at the government level to ensure that these issues are addressed. This may include creating a resolution in support of these goals or addressing the zoning code.

Economic Development and Redevelopment: A Toolkit on Land Use and Health

This toolkit is for nutrition and other public health advocates who want to work with local government to stimulate the development of new food retail or to expand food access in low-income neighborhoods. It provides a thorough introduction to the economic development and redevelopment tools available, their use, and how to effectively participate in decisions about their use.

The Land Use and Health project also provides trainings and technical assistance on these issues (in many cases free of charge for groups in CA).

You can download a free toolkit, sign up for their newsletter, and find more information at <http://www.healthypartners.org>.

Using Zoning Laws to Address Food System Issues

Zoning divides a jurisdiction into areas and identifies allowable uses within those areas. Examples of uses include single- or multi-family residential, neighborhood commercial, light industrial, and agricultural. Zoning regulations also establish development standards that regulate lot size, density, open space, parking, and other factors. Through public hearings, existing zoning regulations can be amended to attract desired—and restrict less desired—land use to promote community-based food systems. Zoning laws must be rationally related to a legitimate governmental purpose, must not deprive property owners of economically viable use of their land, and in some states, must be consistent with the jurisdiction's Comprehensive Plan.

There are two ways in which zoning laws can be amended:

- **rezoning** - which reclassifies zoning for a specific property, for example, changing it from residential to neighborhood commercial;
- **zoning text amendment** - which changes how properties within a zone can be used, such as allowing a community garden within a specific residential area or in all areas zoned as residential throughout the jurisdiction.

LAND USE (continues on page 8)

Average Body Mass Index (Obesity) by Zip Code

- High BMI
- Average BMI
- Low BMI
- Excluded



This map shows a striking clustering pattern in rates of obesity. Obesity and health are tied together, and many factors influence both: genetics, eating habits, culture, income, education, and race. This study showed that grocery store locations also were a statistically significant factor: the farther the grocery store, the higher the obesity rate.

Author and copyright Mari Gallagher, 2006. Research sponsored by LaSalle Bank.

The strength of using zoning amendments is that they allow for long-term changes to the physical environment and are backed by law. In order to gain maximum support, proposed regulatory language should clearly establish links between zoning changes and the benefits to public health and safety. Also, advocates should remain engaged with the political process to ensure that amendments are implemented with their original intent.

Various types of zoning controls can be employed to support local food systems. One key example is the **Interim Control Ordinance (ICO)**, a temporary measure to prohibit building permits from being issued for a specific use until permanent land use regulations are adopted. For example, new fast food drive-thrus may not be allowed in a specific area until community design controls are implemented that outline building requirements to maintain the historical character of a community. Another is the **Conditional Use Permit**

(CUP), which allows for certain use of a particular property only after a public hearing. For example, an urban farm may be permitted in an area that previously only allowed multi-family units, as long as a farm was previously established as eligible for Conditional Use Permits.

Zoning ordinances also can be used to promote mixed-use development to ensure the cohesion of a local food system. Mixed-use is the combination of residential, retail, office, schools, or other uses in the same building or on the same block. Growth is focused into areas

where infrastructure for additional residents already exists. To support a local food system, mixed-use

development may allow multi-family residential, neighborhood commercial (public markets), small-scale food processors, and community gardening. This can enable residents to grow some of their own food and supplement it from a public market, both within walking distance of their home.

The planning commission, a body of usually appointed community members, oversees hearings on Conditional Use Permits and other land use regulatory and policy changes. The local elected body—such as a City Council or County Board of Supervisors—has the final say on land use policy decisions.

Note: parts of this article are based on material in General Plans and Zoning: A Toolkit on Land Use and Health. We are grateful to the Land Use and Health Project for sharing that material. For more information, contact Hannab Laurison at blaurison@phi.org.

Land Use Planning: International Dimensions

By Peter Mann, *World Hunger Year*

I was sharing with a friend a recent book describing a Planet of Slums. As he traveled through Asia, he emailed back that it is also a “planet of malls.” Slums and malls: not exactly land use planning at its best. Happily, there are other examples of constructive planning responding to the many crises of 21st century cities.

Land use planning has multiple international dimensions. An immediate aspect is providing food for 21st century cities. As cities expand, so do the food needs of urban families, posing a challenge primarily to urban and peri-urban agriculture. The work of building community food security and food sovereignty is part of developing sustainable and regenerative alternatives to the unsustainability of long-distance food and agricultural systems. To achieve that task we need the vision and technical skills of land use planners.

Some of the resources available to assess food-related land use challenges include: World Health Organization, Healthy Cities and Communities Program:

<http://www.euro.who.int/healthy-cities>

City Farmer: <http://www.cityfarmer.org>

Resource Centres on Urban Agriculture & Food Security (RUAF):

<http://www.ruaf.org>

UN Food and Agriculture Organization, Food for the Cities Program:

<http://www.fao.org/fcit/index.asp>

Land Use Links and Resources

Active Living By Design

<http://www.activelivingbydesign.org>

A national program funded by the Robert Wood Johnson Foundation. Includes case studies, community partnership profiles, and resources.

American Community Gardening Association

<http://www.communitygarden.org/advocacy.php>

The primary website for community gardening in the U.S. and Canada. Includes various examples, tips, and policy studies.

American Farmland Trust

<http://www.farmland.org>

A clearinghouse of information about farmland protection and stewardship.

Healthy Community Design Legislation Database

http://www.ncsl.org/programs/enviro_n/healthycommunity/healthycommunity_bills.cfm

Searchable database of state legislation that includes topics like smart growth, farmers' markets, nutrition, and agriculture.

Strategic Alliance ENACT Local Policy Database

<http://www.preventioninstitute.org/sa/policies/index.php>

An online resource of local policies that can improve opportunities for healthy eating and physical activity.

Project for Public Spaces

<http://www.pps.org>

Focuses on creating and sustaining public places that build communities. Includes extensive information on farmers' markets and public markets.

The Public Health Law Program's Land Use and Health project

<http://www.healthyplanning.org/>

Includes free toolkit on land use and health, Healthy Planning newsletter, and other resources.

State Legislators Learn About Food System Firsthand Through Site Visits

By Kai Siedenburg, CFSC

Imagine groups of state legislators touring local farms, eating lunch from a school salad bar, visiting a successful Asian grocery store in a low-income area, and observing a food policy council meeting. Thanks to the National Conference of State Legislatures (NCSL), all these and other food system education activities took place in 2006. NCSL partnered with CFSC and local hosts to organize three, two-day site visits for state legislators and legislative staff, with at least four states represented at each visit. (NCSL is the preeminent, bipartisan organization dedicated to serving the nation's state legislators and their staffs.)

The purpose of the site visits was to educate participants about programs and state policies that can foster sustainable community food systems and enhance access to healthy foods, especially in low-income communities. The 125 participants included state legislators, legislative staff, local officials, university and extension staff, and community groups. The project was funded by a Community Food Projects (CFP) grant and also included a half-day policy short course at CFSC's Vancouver conference.

Each site visit included a mix of brief presentations, discussion, and visits to local farms, schools, grocery stores, and/or other projects. Local organizers played a key role in lining up speakers, field trips, and wonderful local food for meals. The site visit themes, locations, and participating states were as follows:



James Johnson-Piatt of The Food Trust describes a food retail improvement project at First Oriental Market in Philadelphia. Photo: Leslie Levine

- Farm to school: Seattle in May, with participants from Montana, Kentucky, Mississippi, and Washington.
- Food policy councils: Hartford in June, with participants from Vermont, New York, Maine, Massachusetts, and Connecticut.
- Food retail: Philadelphia in September, with participants from New Mexico, Michigan, Louisiana, and Pennsylvania.

All three site visits focused on improving access to healthy foods in food insecure communities, and highlighted successful projects as well as the role of state policy. Each visit closed with legislators and staff sharing their ideas for translating what they learned into action in their states, and NCSL and CFSC are continuing to provide support with these follow-up actions.

More information about the site visits and related activities and resources can be found at <http://www.ncsl.org/programs/health/publichealth/foodaccess>.

New Orleans, A City Slowly on the Mend

By Lisa Mohr, New Orleans Food & Farm Network

NEW ORLEANS, November, 2006— More than a year after the largest natural disaster in United States history ravaged southeast Louisiana and the Gulf Coast, signs of healing and recovery are becoming visible in an area that largely remains in physical ruin. For the region's handful of community food security groups dedicated to assuring that fresh and nutritious food is available in every neighborhood, the task is just beginning.

One group that hit the ground running right after the storm was the **New Orleans Food & Farm Network (NOFFN)**. Within weeks of Hurricanes Katrina and Rita, NOFFN staff members, who themselves were displaced, had returned to the city to assess the damage and seek ways to begin rebuilding the food system. The first step was to identify where food was located.

"We created the NOLA Food Map Project to show returning residents in the devastated neighborhoods where to find emergency kitchens, emergency food distribution sites,

grocery stores, farmer's markets, restaurants," explained Executive Director Marilyn Yank. Once the initial maps were completed, they were distributed free of charge to local faith-based groups, non-profits, neighborhood associations, community planners and local government offices. "Our on-going task is to continually update the maps as the city continues to heal and grow."

While the NOFFN members worked behind the scenes, one of the first visible harbingers of a city on the mend was the **Crescent City Farmer's Market**. "We re-opened the Tuesday morning Uptown market in mid-November, 2005," said Darlene Wolnik, associate director of Market Umbrella.org, which oversees the weekly year-round markets that are currently held in two locations." Once we felt that was securely underway, we re-opened the Saturday market in March, 2006 which is held in the downtown Warehouse District. This has always been a smaller, more intimate setting and it has been somewhat slower to come fully onboard."

Wolnik acknowledges that the visibility of fresh and locally grown produce has done a lot to help soothe the psyches of storm-weary residents. "Farmer's markets are a physical manifestation of a healthy community. They can be a beacon, a shining light that illuminates what is important about food, culture and community."

New Orleans' numerous community gardens, the most direct and hands-on means of assuring access to nutritious food, were literally washed away by the floodwaters of Katrina. "We won't see community gardens (in the near future)," Wolnik believes. "We will see that concept, however, taking place in schoolyards as part of a school curriculum."

A bright spot in New Orleans is a new cutting edge educational gardening program. **Edible Schoolyard New Orleans**, the only program of its kind outside of Berkeley, California, was brought to fruition by Dr. Tony Recasner, principal of Samuel J. Green Charter School. "Dr. Recasner is a visionary," said Donna Cavato, director of the program. "He believes in learned experience, hands-on learning. This is not just a extra-curricular gardening program. It is part of the science, math and language arts curriculum."

Green Elementary is a general enrollment elementary school with mostly low-income kids, Cavato explained, 99 percent who are African American. The students have begun planting lettuce and herbs and should be able to harvest their crops in spring of 2007. "The produce will be used in school lunches. Meanwhile, students have started keeping food journals that will focus on healthy eating habits that can be shared with their families. We are so excited about this program. It is a perfect fit."

Another New Orleans bright spot is **The Porch**, a grassroots neighbor-



The Tuesday Uptown Crescent City Farmer's Market was one of the first harbingers of a city on the mend. Photo: Lisa Mohr

hood organization in the largely residential Seventh Ward that has included food production as part of its overall mission. “We are in the midst of creating an herb garden that will have specific chefs as regular clientele,” said organizer Dan Etheridge. “Any excess will be sold at the farmer’s markets. Children and adults alike will be helping with the propagation and delivery of the produce. It’ll be a real neighborhood project.”

Despite some upward trends, overall food access is far from where it should be. “Food security in New Orleans means grocery stores,” said Darlene Wolnik. “No neighborhood in New Orleans is food secure. Most everyone has to travel to find food. We currently have Mom and Pop restaurants and small franchised convenience stores. What food is available is expensive and non-nutritious. The only light shining on this situation is that it does at least support local business owners,” she added.

The New Orleans Food & Farm Network (NOFFN) is working to

rebuild and strengthen community food justice in the Crescent City. Their activities include:

- Grow New Orleans, a network of local food security groups and food justice advocates.
- Neighborhood Food Talk, a community food assessment and story project linking youth and elders.
- Dig This! one of many community building and training programs.
- NOLA Food Map, mapping the cities food sources.
- Growing Urban Farmers, an initiative to bring urban agriculture into the city.
- NOFFN Advisory Board, a national network of community food security experts.

To support NOFFN, please visit their website at www.noffn.org

Up into the 1960s, New Orleans was a food secure city. “New Orleans had 32 public markets. The city was built around them and the streetcar lines were designed to run between them. People would shop for fresh food every day and most everyone had a backyard garden; even if it was nothing more than mirlitons (a popular type of squash) growing along a fence line. People in this city who are 35 and over remember it.”

It possibly could serve as a blueprint for a new food secure city.

“Food is not on any rebuilding city planners radar,” Wolnik said. “They are looking at parks, bicycle paths, green spaces, but food is not a priority. We need to insert questions about food into every rebuilding conversation.”

Regionally, southern Louisiana has radically changed in its food requirements since August, 2005, according to the state’s largest food bank. “We are currently serving 170 non-profits spread across southern Louisiana, hitting the 23 parishes that were affected by Hurricanes Katrina and Rita,” explained Natalie Jayroe, Executive Director and CEO of **Second Harvest Food Bank of Greater New Orleans and Acadiana**. “We are seeing more than 75,000 people access our services and many of them are people who are seeking help for the first time in their lives.”

With fewer non-profits working on emergency food needs, and a greater number of those in need, southern Louisiana has “a dire problem, horribly impacting seniors and children,” Jayroe explained. “Many local residents who



Dan Etheridge and Ed Buckner, organizers of The Porch, look over the sunflowers they planted to cleanse the soil in their Seventh Ward garden. Photo: Lisa Mohr

have returned are finding themselves in a desperate situation, due to the skyrocketing cost of living—higher rents, higher electric bills. And to top it all off, we here at Second Harvest are in danger of losing our federal commodities because of lower state population. Future federal dollars may not be there.”

Food accessibility is an important problem that is just beginning to be resolved, Darlene Wolnik said. “Food issues are on phase one and we need to resolve them in the right way. There is no place like New Orleans anywhere else in the country. We need to grow yet retain the European flair of our food system—farmer’s markets, public markets, backyard gardening, with the goal of fresh nutritious food in every neighborhood. It’s what made New Orleans the place that it was and can be again.”

FARM BILL (continued from page 1)

Linda Berlin from the University of Vermont represented CFSC and the FFPP's *Healthy Food and Communities Work Group* that designed the document's health and local food system initiatives. At the January 22nd press conference she said that, "the first measure of a healthy food system and responsible society is its capacity to provide for the nutritional needs of all its members. With 35 million hungry or food insecure Americans and over 60 percent of our citizens either overweight or obese, our public policies are failing to act responsibly."

Also attending the press conference was CFSC Executive Director Andy Fisher, who said, "Childhood obesity rates are climbing dramatically and threaten to make the life span of this generation of children the first in our nation's history to be shorter than that of their parents." Obesity, which according to the Institute of Medicine is extracting an annual cost of between \$98 and \$117 billion annually from Americans, will be a major influence on this Farm Bill. The Bush Administration's Farm Bill proposal (announced by USDA Secretary Mike Johanns on January 31st) includes billions of dollars in requested spending for fruits and vegetables, most of which is targeted for USDA child nutrition programs.

While the inclusion of health concerns in this Farm Bill represents a milestone in U.S. food and farm policy, the CFSC's policy work over the next several months will be focused on making sure those policies benefit the nation's most vulnerable communities and local and regional farmers. In a companion document to *Seeking Balance* called *Healthy Food and Communities Initiatives*, CFSC and dozens of partner organizations laid out numerous specific legislative proposals that will increase access by underserved communities to sources of healthy and affordable food. The proposals also include programs to assist limited resource farmers to increase production and marketing

Healthy Food and Communities Initiatives for the 2007 Farm Bill

Expand the size and scope of the USDA Community Food Projects (CFP) Competitive Grants Program to \$60.5 million annually in mandatory spending.

- Allocate \$15 million for CFP as currently structured, and additional funding within CFP for the following purposes:
- Add \$10 million for institutional food service projects to invest in infrastructure and planning to procure local food by school districts and others.
- Add \$10 million to provide seed grants for new and/or expanded retail food outlets in underserved areas.
- Add \$10 million to support metropolitan, urban and peri-urban food production.
- Add \$7 million for technical assistance and evaluation assistance.
- Add \$5 million for food policy councils and food system networks.
- Add \$3 million for creating linkages between emergency food providers and other local food system sectors.
- Re-authorize funding of \$500,000 for the Food Security Learning Center.

Provide access to healthy, locally produced food in underserved urban and rural markets.

- Authorize \$45 million in annual mandatory funding for regional planning and technical assistance to develop transportation and processing infrastructure that will enable limited resource and socially disadvantaged family farmers to distribute food to underserved markets and local institutions.
- Supply \$5 million to support the Electronic Benefits Transfer (EBT) system at farmers' markets.
- Allow for geographic preferences and increased flexibility for school and institutional procurement of local and regional foods.
- Allow flexibility and geographic preferences in Dept. of Defense Fresh Program purchase of local products.

Work with partners to expand and improve existing programs that promote healthy food consumption.

- Increase annual funding for the Farmers' Market Promotion Program.
- Increase funding for the Farmers' Market Nutrition Programs and authorize FMNP farmers' markets to be certified for WIC fruit and vegetable vendor status.
- Broaden and streamline food stamp eligibility for legal immigrants.
- Increase food stamp benefits to provide increased potential to purchase healthy foods by recipients.
- Provide clear support for community food security applications of Food Stamp Nutrition Education (FSNE) and Expanded Food and Nutrition Education Program (EFNEP) funds.
- Increase the entitlement for the Emergency Food Assistance Program for food, storage, and distribution.
- Expand the Fresh Fruit and Vegetable Pilot Program to all 50 states.
- Expand research and technical assistance resources for urban agriculture.
- Provide funds for research of challenges and solutions for healthy food access through retail markets in underserved low-income areas.

capabilities for local and regional markets, and to expand and broaden existing programs such as the Farmers' Market Nutrition Program (see sidebar for specific *Initiative* proposals).

As it has done in the past, CFSC will focus its attention on the highly successful Community Food Projects Competitive Grant Program (CFP). Originally developed by CFSC and first authorized in the 1996 Farm Bill, CFP has earned a reputation as a dynamic and adaptable force within the changing circumstances of community food needs. Over the course of 10 years, CFP has distributed almost \$40 million in grants to 243 community food projects in 45 states. CFSC has called for a dramatic expansion in the size and scope of CFP, which if enacted would make \$60.5 million available annually for both existing CFP purposes and substantially new ones such as food store development in underserved communities.

CFSC members are urged to follow the progress of these and related Farm Bill initiatives and to actively participate in securing their passage. Engaging other people in your organizations and communities, letting your members of Congress know that you and others support the proposals of *Seeking the Balance and Healthy Food and Communities Initiative*, and enlisting the support of your media with letters-to-the-editor and op-eds will make the difference between progress and stagnation. There will be no better opportunity than this year to alter the direction of our current farm and food policy. Please lend a hand.

For updates and more information, see the Policy Program page on the CFSC website:
<http://www.foodsecurity.org/policy.html>.

New and Recommended Resources

Working Together: A Toolkit For Cooperative Efforts, Networks and Coalitions

Created by the Institute for Conservation Leadership for leaders and activists working with multiple organizations. Provides useful ideas, models, and practices in key areas such as group development, organizational structures, and working cooperatively. Available for \$35.00 from ICL at <http://www.icl.org/toolkits/campaigns-coalitions.php>

Tools for Participation

A collection of ready-to-use tools for participatory process, created for each phase of community food assessments or community organizing around food system issues. Also includes background information on how to design and use participatory processes. Available in hard copy form only from the National Catholic Rural Life Conference for \$7.00. Call Darlene Limoges at 515-270-2634 or email Carol Smith at nclrcrs@mchsi.com.

How to Talk Food Systems

This CD offers a collection of key documents from the FrameWorks Institute's research on how Americans view the food system. It includes the original research, messaging suggestions, and sample documents. Available free of charge from the W. K. Kellogg Foundation at <http://www.wkkf.org/default.aspx?tabid=102&CID=4&CatID=4&ItemID=5000239&NID=20&LanguageID=0>

School Community Food Assessment

A school wellness support toolkit that utilizes a cutting-edge public health technique known as 'Photovoice,' which employs photography to document the reality of school food to gain consensus for change. It was developed by FamilyCook Productions and is available for free at <http://www.familycookproductions.com>.

Measures of Health

This values-based planning and evaluation tool was developed by the Center for Whole Communities to encourage integrated, whole thinking, community focused evaluation. MOH provides a framework for describing and measuring healthy relationships between land and people. Available free of charge from <http://www.measuresofhealth.net>

New Resources From CFSC

Healthy Food, Healthy Communities: A Decade of Community Food Projects in Action

The Community Food Projects Competitive Grants Program has helped many communities strengthen their local food systems and improve food security over the past ten years. This attractive guide tells the story of this highly successful program and the projects it has funded. Available free of charge (both electronic and print versions) from CFSC at <http://www.foodsecurity.org/pubs.html>.

North American Food Policy Council Webpage

This new webpage include an extensive list of state and local Food Policy Councils (FPCs), links to many FPC documents, a resource list, and a calendar of FPC-related meetings: <http://www.foodsecurity.org/FPC>

New Board Members



Tera Couchman is the Associate Director of Village Gardens, a Janus Youth Program in Portland, Oregon where she has worked for the past eight years. Village Gardens empowers people of all ages who live in public housing to become leaders, unite their communities, grow healthy food, and develop skills to provide for their families. She seeks to use her privilege as a white professional partner to help leverage resources into food insecure communities and to protect the authority of community members to lead the work that affects their lives. Tera grew up on small farms in rural Northern Idaho and Southern Oregon.



Anna Lappé is a national bestselling author and public speaker about food, sustainability, and social change. Co-author of Hope's Edge: *The Next Diet for a Small Planet and Grub: Ideas for an Urban Organic Kitchen*, Anna has appeared on dozens of radio and television programs and is a co-host of The Endless Feast, a 13-part series airing on PBS. With her mother, Frances Moore Lappé, Anna co-founded the Small Planet Institute and the Small Planet Fund, which supports core grantees in five countries. Anna was a national Food & Society Policy Fellow from 2004-2006. She lives in Brooklyn, New York.

New Staff



Aleta Dunne is a Los Angeles native and CFSC's new Office Manager. She lives in central LA at an art gallery/studio space, where she helped coordinate a show featuring over 30 local artists in June '06. Last fall, she returned to school to complete her Senior Thesis in Communication through Lewis & Clark College in Portland, OR. Her interests in vegetarian cooking, sustainable living, and public health brought her to the California Food and Justice Coalition (CFJC) for a six-month internship in 2006. Her time there reinforced her desire to get involved in the Community Food Security movement and she looks forward to supporting it through her work at CFSC.

DAIRYLAND (continued from page 3)

The Plan supports local food retail in a number of ways, including:

- building on existing initiatives, such as local farmers' markets and the Central Agricultural Food Facility, to strengthen the capacity of the regional food network;
- supporting the County effort to maintain areas for food production that serve local markets, such as Community Supported Agriculture (CSA) farms,
- enhancing neighborhood commerce and retail capacity, especially in older neighborhoods;

- using zoning, low-interest loans, grants, and land acquisition to maintain a small business presence and viability in high priority areas.

Madison's Plan also supports Dane County's efforts to establish and maintain a Food Council to coordinate issues and policies relating to locally grown foods.

In large part, the Comprehensive Plan includes extensive food systems planning because of an enlightened mayor and planning director, as well as a citizenry that has valued locally grown food, farmers' markets, community gardens, and local

economic development for decades. Faculty and students at the University of Wisconsin, one of the nation's leading sustainable agriculture research centers, also have provided a key source of support for these initiatives through research, advocacy, and community-based programs.

The Madison Comprehensive Plan is a stellar example of how cities can develop an integrated food system vision that will serve as a blueprint for food and agriculture related issues. It is available to read online at <http://www.madisonplan.org>

WHAT IS THE COMMUNITY FOOD SECURITY COALITION?

The CFSC is a national network of organizations forging new ground in developing innovative approaches to food and farm needs for communities across America. Started in 1994, it is at the forefront of building a national movement around community food security.

WHY SHOULD I BECOME A MEMBER?

Becoming a member is a way to strengthen your connection to the Coalition and other related organizations and individuals across the country. Your membership helps build a dynamic national movement, and provides important support for innovative CFS initiatives. Membership also comes with certain benefits: a subscription to the quarterly CFS News newsletter, voting privileges (for organizations), and discounts on Coalition publications.

MEMBERSHIP CATEGORIES:

Please join at the organization member level. By doing so, it demonstrates your organization's commitment and lends us greater political strength.

- \$35 Individuals
- \$50 Small organizations, with less than \$100,000 budget
- \$100 Large organizations, with more than \$100,000 budget
- \$500 Individual life time membership
- \$_____ Low income individuals, students, or seniors (sliding scale—\$1-\$25)

PUBLICATIONS AND OTHER MERCHANDISE:

- \$12 Healthy Farms, Healthy Kids: Evaluating the Barriers and Opportunities, for Farm to School Programs. 2001.
- \$15 Full Color, original artwork, T-shirts. (100% organic cotton shirt) – Circle one: S, M, L, XL
- \$10 Feeding Young Minds, 2005.
- \$30 Seeds of Change: Strategies for Food Security for the Inner City. 1993.
- \$18 What's Cooking: A Guide to Community Food Assessments. 2002.
- \$40 Evaluation Toolkit and Handbook. 2006.
- \$10 Linking Farms with Schools. 2004.

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From Cafeterias to Capitol Hill: Growing Healthy Kids, Farms and Communities

Shortly after this issue goes to press, about 400 leaders from across the country will gather in Baltimore on March 16th-19th for the combined National Farm to Cafeteria Conference and Farm Bill briefing and advocacy day. The opening keynote speaker will be Dr. Roberta Sonnino, who is expected to inspire attendees with her account of school meals in Rome and provide a vision of how school meals in the U.S. might be transformed.

Two days of farm to cafeteria workshops will follow, including information for both newcomers and veterans, with sessions for farmers, food service directors, and community organizers. Seventy to eighty scholarships are being provided to limited resource farmers, youth, and community advocates, through funding provided by USDA Risk Management Agency, the Jessie Smith Noyes Foundation, the Solidago Foundation, Farm Aid, and private donors.

On March 18th, the conference focus will shift to the 2007 Farm Bill. The day will begin with panels providing an overview of the Farm Bill, the policy platform of CFSC and its partners, and its potential impact in both urban and rural communities. Throughout the rest of the day, workshops will delve into Farm Bill and related policies in greater detail, and affinity groups will meet to develop advocacy strategies and messages to deliver the next day on Capitol Hill. Sunday's dinner at Johns Hopkins University will feature many locally grown ingredients and is expected to be a culinary highlight. The Executive Chef, Michael Gueiss, has taken a strong leadership role in developing a new farm to college program that highlights local, seasonal foods.

On March 19th, conference participants will have the opportunity to visit with elected representatives and educate legislators about issues related to the 2007 Farm Bill. The attendees will have the chance to be part of history in helping to redesign the Farm Bill to benefit our children, our communities, and our environment. The conference will be capped off that evening with a reception on Capitol Hill celebrating the 10th anniversary of the Community Food Projects Program.

CFSC also will host a membership meeting in fall of 2007 focused on organizational issues, and will return to its regular annual conference format in fall of 2008.

For more information on the Baltimore conference, including the complete program, go to <http://www.foodsecurity.org/2007conf>.