

## **Workshop: Increasing Community Participation in Food Systems Projects**

Speakers: Navina Khanna and Kate Casale

- A belief that food systems work need to rely on the development of a supportive community

- Exercise to share the way community is involved/ Obstacles in that involvement

### Ways to engage

- Ways to engage parents of students
- Multi-sector approach, reaching out by getting lists of friends and contacts from those already involved; and then you reach out to them
- Impact assessment of current educational tactics.
- Uses surveys.
- Free nutrition education training program for teachers, engage school communities and personnel, notify of change in neighborhoods
- Community based nutrition programs in schools, farmers markets and fairs
- Referred to teachers, who refer to parents- train the trainer models. Offering resources; food or money for involvement
- Food and effective story telling. Getting teens involved, mobile market. constraints
- Having forums
- Bringing good food to corner stores.
- Having communities plan for the worst

### Obstacles

- Working with USDA
- Intimidation of food products and access to healthy foods
- Bureaucracy
- Economic
- Getting people to think beyond just the food.
- The thought that there is no community, lack of community awareness
- How to effectively utilize the time that people give
- USDA guidelines
- Buy-In, people are concerned but they don't commit and follow through
- Not integrated resources between communities
- Teachers resistant to teaching nutrition because of time.
- Engaging parents to be the agents

- Activity to see the stratification of: Who the organization serves, Who works for the organization, and Who heads the organization

### - Discussion

- Huge gap in what's important in Farmers Markets, trouble because people in the community are not running the organization, the organizational structure was completely racist
- A lot of energy goes into working around upper echelon structuring

- Levels of Participation
  - **Information**
    - Fliers
    - Calendars
    - Door to Door
  - **Consultation**
    - Resident Councils/ Advisory Groups
    - Surveys
  - **Deciding Together**
    - Focus Groups
    - Community Board
    - Empowerment Forums
  - **Acting Together**
    - Mini Grants
    - Focus Groups
    - Setting Priorities
    - Employment
    - Mentoring
  - **Supporting independent community interests**
    - Mini grants and Scholarships
    - Providing Resources
    - Grant Writing
    - Technical Assistance Based on Community Voices interests
- Buy-In: Getting everyone Involved
  - Teachers don't buy in, they are constrained by time and money
  - Monetary Buy-in: paying youth to be involved
  - Incentives for merchants to carry fresh produce: Refrigeration units, press, cooking demonstrations
  - Getting people to realize how food is relative to the other aspects to their life
  - Bend over backwards to meet parents time needs
- How to work with those who Fund you
  - Don't take their judgments on what you are doing
- Take Home Ideas
  - Story Telling: remembering the story of Food
  - Example of that is Poetry in the Kitchen
- Obstacles about Eating Healthy
  - Not Having access
  - Getting healthy food into stores, and how to get people to accept it
  - Poor Communities have been socialized to live unhealthful
  - How to help people to be receptive to a message
  - Language Barriers
    - translation into another language, using pictures
  - How to engage community around and issue

poverty

- People identify communities with lacking resources; stay in cycle of
- create peer groups for people to learn from each other
- Concept of making a space for people to come together with community organizations/support/ resources, let them discuss with other organization and observe
- Motivation is a key to success
- Self worth impacts ability to make change in life