



**Maricopa County
Public Health**



**SCHOOL OF
Geographical Sciences
& Urban Planning**
ARIZONA STATE UNIVERSITY

Arizona in



ACTION



HEALTHY LIFESTYLE PLAN

**GOODYEAR
AVONDALE
LITCHFIELD PARK**

DECEMBER, 2011

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A) BACKGROUND

A Healthy Lifestyle Plan Defined

A Healthy Lifestyle Plan is a vehicle that helps raise awareness and promote health-conscious decisions when implementing new policies regarding public health and wellbeing. Wellness involves choice and action, the choices you make each day, and the actions you take on those choices, can lead to a healthier lifestyle. Making positive choices in the areas of physical fitness, stress, work, relationships, and nutrition and then acting on those choices promotes a sense of accomplishment and well-being. A healthy lifestyle plan implements the framework to assist in living a healthier and more satisfying life.

One of the main components of a healthy lifestyle plan is a food policy plan. A food policy plan addresses the food issues that are present in many communities. Issues of access and availability of healthier food choices are experienced in many communities and a comprehensive food policy plan comingled into the healthy lifestyle helps reduce those issues. It's important to take a holistic approach when creating a food policy plan because a food policy plan can address all aspects of people's needs; psychological, physical and social that should be taken into account and seen as a whole.

An Active Lifestyle Assessment is designed to give you an idea how your current lifestyle may be affecting your health and well-being. The reports generated when you complete the assessment outline your personal risk for diseases such as Type II diabetes and cardiovascular disease, and provide you with health behavior targets you can set for yourself to reduce your risk and improve your health. We encourage you to use these reports as a starting point for conversations with your health professional, family members, local YMCA, or other health and well-being partner about changes you might make in lifestyle habits to improve your overall health.

Rationale For Preparing A Healthy Lifestyle Plan

Food Security

A community must identify ways to move from an unsustainable food system to one that promotes health, environmental sustainability, and a thriving economy. In 1996, the Food and Agriculture Organization of the United Nations wrote that "food security" occurs when food systems operate so that "all people, at all times, have physical and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for an active and healthy lifestyle."

Our Food System - A History Of Change

Food is one of our most basic needs. Throughout human history, the pursuit of food has driven our social, economic, and cultural development. The domestication of animals and the development of agriculture paved the way for the first settlements. Later it was the ability of farmers to move from subsistence to surplus production that allowed for specialization of labor and fueled the growth of civilizations around the world. Similarly, increased efficiency and consolidation of food production helped feed a rapidly growing population throughout the 20th Century. In the United States, the growth

of large scale, centralized food production and distribution coincided with the Industrial Revolution and supported mass urbanization and economic growth. Advances in agriculture through pesticides, synthetic fertilizers, mechanization, and public subsidies increased the efficiency and productivity of American farmers. As a result, from the 1930s to 2002, the portion of Americans employed in farming decreased from 24 percent to 1.5 percent. 1 Whereas in 1940, each farmer produced enough food to feed 11 people, by the 1990s each produced enough to feed 100 people. 2 The development of quick freezing and other preservation techniques allowed food to maintain nutritional value for longer periods and reduced product loss for both producers and retailers.

Government services like the Supplemental Nutrition Assistance Program, which started in 1939, offered a basic level of food access to all Americans, regardless of income. And after World War II, new highways helped transport goods from coast to coast, further supporting centralized food production. Food systems have changed throughout history to support the evolution and economic growth of societies.

Today we are once again confronted with the need for additional change to the food system. Our national food system evolved to support a rapidly growing population, and it has allowed us to feed more people than ever before. Yet, that evolution had unintended consequences. Our current system is characterized by high-energy usage and waste throughout all phases; an aging farming population; loss of farmland to development and degradation; and an obesity epidemic that threatens to reverse generations of public health progress.

Because of these challenges, the very system that is meant to sustain and nourish us imposes costs to our health, our economy, and our environment. However, just as the policies and technologies of the past created the food system we experience now, new policies and investments can encourage positive changes for the food system of future generations. This report outlines a plan for key legislative changes, public and private investments, infrastructure improvements, and partnerships to improve our food system.

Improving Environmental Sustainability

Our food system faces several environmental issues: loss of farmland, water pollution, high-energy usage, greenhouse gas emissions, and waste at every phase of the food chain. The gains in efficiency that were needed to feed a rapidly increasing population in past generations have contributed to problems that are now beginning to be internalized to the food system, affecting systemic security and raising the costs to farmers, processors, distributors, consumers, and tax payers.

Improving Public Health

As paradoxical as it seems to the problem of food insecurity, three of the five leading causes of mortality in the US can be linked to diet and are mostly preventable: heart disease, stroke, and diabetes. Each of these is strongly rooted in the problem of obesity. Over the past 20 years, obesity among children and adults has doubled and is now considered epidemic. The economic costs of these health problems are also considerable. Obesity-related medical expenditures are increasing each year.

Improving the Food Environment

The widespread rise in obesity has been attributed to changes in our food environment and eating habits. On average, we each consume 530 calories more each day than we did in 1970, with more than half of this increase in the form of added sugar, fats and oils.⁴² Over the past three decades, the kinds of meals we eat and where we eat them have also changed. We now eat more food away from home and consume more processed foods, which account for 82 to 92 percent of food sales in the United States.⁴³ Several factors likely contribute to our changing eating habits here and elsewhere across the nation: the higher price of healthy foods compared to unhealthy foods, shortages of healthy food retail in neighborhoods, an abundance of unhealthy food options, and a lack of knowledge or time to improve cooking and eating habits.

Many neighborhoods in the city are not healthy food environments. They are characterized by a relatively low concentration of fresh food retail and a higher concentration of fast food establishments, which has been linked to the prevalence of obesity in neighborhoods. These factors can be influenced through public policies like zoning, financial incentives, health regulations, infrastructure changes, and the types of meal programs and benefits offered to community members in need.

Food Policy Councils

The Role of a Food Policy Council

Food Policy Councils (FPCs) bring together stakeholders from diverse backgrounds to help examine a food system within a given community. The overall goal of Food Policy Council is not only to examine the food system but also make recommendations to improve it. Food Policy councils can be formed by state or city officials or other stakeholders. The success of councils has allowed the education an entire community by incorporating community gardens and farmers markets, creating or changing local policy, coordinating local food programs such as encouraging locals to purchase from local farms and restoring outdated food programs.



The image above illustrates the many functions that a Food Policy Council can serve within a community.

Function and Structure of Food Policy Councils

Councils generally have four functions:

- To serve as forums for discussing food issues
- To foster coordination between sectors in the food system
- To evaluate and influence policy
- To launch or encourage programs and services that address local needs.

Not all Food Policy Councils take on all four functions. However, these four functions are often integrated.

Challenges

There are a few key areas where many Food Policy Councils have encountered limitations. Many of these challenges offer those forming a new council with important lessons. These limitations can include:

1. Achieving and working with diverse membership and constituencies
2. Working in complex political climates
3. Designing an effective organizational structure
4. Obtaining adequate funding
5. Balancing focus between policy and program
6. Adequately evaluating a council's impact.

Funding

One of the most significant aspects to note about the funding sources for FPCs is that a large number of FPCs have no funding at all. Councils have overcome their funding limitations by providing volunteer positions. The volunteer positions allow for the councils to execute necessary duties while encouraging community participation. The largest funding source for state level FPCs is government. For county level FPCs, the largest funding source is individual donations, and for local level FPCs, the top-funding source is grants from private foundations.

Community Food Assessment

A Community Food Assessment is a comprehensive report of a community's food system. As stated by the provided definition it is the narrative for what is happening with food within a community.

What Kind of Information is Included in a CFA?

The type of information included in a CFA depends on how extensive the prepared report is. Demographics, Anti-hunger resources, public health, infrastructure/transit, community organizations, local food systems, and food desert analysis are a few topics that can be identified and discussed in an assessment. Below is a standard list of items included in CFAs:

- *Demographics*
- *Conventional Food Systems*
- *Food Desert Maps*
- *Land Use Inventory*



- *Policies*
- *Community Organizations*
- *Anti- Hunger Resources*
- *Infrastructure*
- *Case Studies/ Best Practices*

Basic Principles of Community Food Security

Listed below are basic principles of food security recognized within ideal food secure neighborhoods.

- Low Income Food Needs - Focuses on meeting the food needs of low-income areas
- Broad Goals - Addressing the problems that affect the food system of a community such as, community development, farmland preservation, sprawl, food production and distribution patterns
- Community Focus – Seeks to focus on building a community’s food resources
- Self-Reliance/ Empowerment – Emphasizes need to build individuals’ abilities to provide food for their food needs
- Local Agriculture – Focus on a growing or improving a communities local agricultural base
- Systems-oriented – Recognize that it crosses many boundaries and incorporate collaboration with multiple agencies

(--FoodSecurity.org)

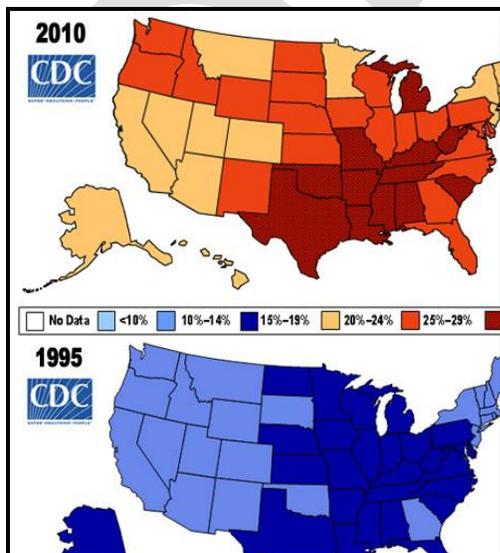
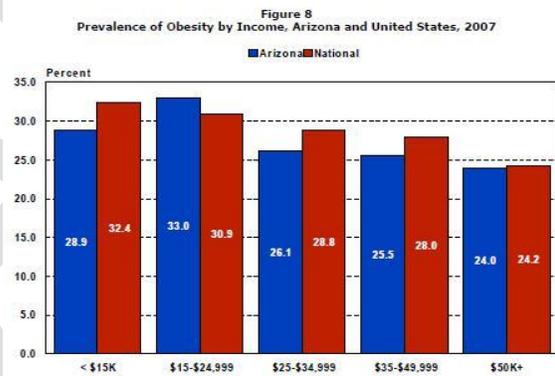
B) PROBLEMS AND ISSUES

Chronic Disease and the Built Environment

The increase in concern over the rising number of people overweight and obese in the United States and the cost associated with this health issue has brought about a new wave of thinking that this health phenomenon is some way facilitated and exacerbated by the built environment. Much of the attention paid to the issue is from the view that preventing future cost associated with the rise in poor health such as obesity and the diseases that are often associated with it, such as, increased risk for heart disease, diabetes and hyper tension. Some issues often thought to promote obesity and poor lifestyle choices are the ability of an individual or family to walk to destinations, the lack of vendors in certain areas or food deserts, lack of public transit to and from vendors, and the lack of place, creating an environment where there is no desire to walk and be active.

Obesity

The rise in obesity in the US has pushed rates to the level of about one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese (CDC, 2011). These figures have shown the steady increase in the overall rates of obesity in the US and the chronic diseases that are often correlated with it. The overall, trend in the US and in Arizona is that obesity rates are higher in poorer populations and decreases with the level of affluence as shown in the figure to the right (AZDHS, 2008). Arizona has a 24.3% rate of obesity and ranks relatively low in the US. Maricopa County has a 23% rate of obesity among



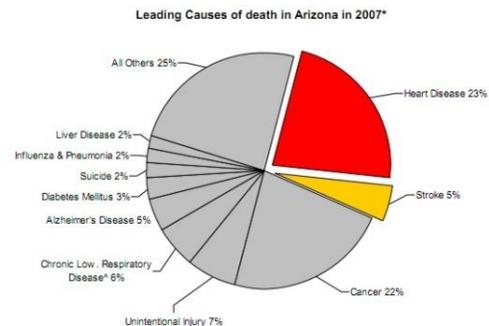
adults in 2008; this is up from below 21.9 % in 2005 (CDC, 2011).

The upwards trend is apparent, leading to discussions of cause and possible solutions. The CDC has extensive research on the subject and has interactive data displays available to the public demonstrating the overall trend showing yearly differences by state. This data has helped them and other agencies and individuals to consider obesity a greater threat to people in the US.

Much of this upwards trend is associated with changes in lifestyle. More people do not exercise regularly either as part of daily activities or as conscience recreation. Other contributor to this trend include shift in diet as people begin consuming more and more high calorie low nutrition food particularly children who are directly marketed to and targeted by unhealthy food.

Heart Disease

In Arizona, the range of 30 to 40% of total death is a result of heart-related illness and the most significant killer in Arizona, as shown in the image below (American Heart Association & American Stroke Association, 2008). The modifiable risks factors of such heart-related illness come from unhealthy lifestyle and living conditions. Individuals who do not participate in a physical activity, who are obese or overweight, or who tend to have unhealthy dieting such as fast-food and excessive alcohol drinking increase the possibility of heart-related illness.

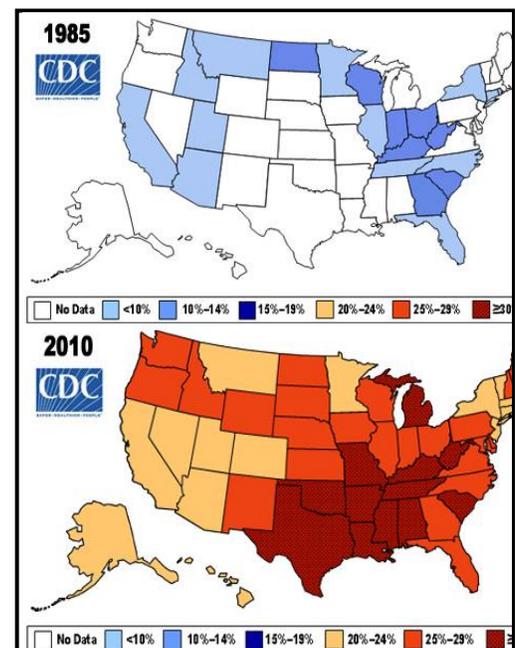


According to American Heart Association, more than 50% of adults do not participate in any physical activity; furthermore, about 65% of adults are either overweight or obese in Arizona (American Heart Association & American Stroke Association, 2008). As an individual has more number of modifiable risk factors, it causes an exponential increase in the possibility of developing heart-related illness (Arizona Department of Health Services, 2003). Such risk factors are things that anyone can control and reduce the potential of getting heart-related illness by starting from healthy lifestyle. Many of risk factors are inter-related to each other such as high blood pressure, high cholesterol, and obesity. Those factors come from unhealthy lifestyle and can be easily improved by slight change in daily lifestyle such as more physical activity and healthy dieting, this being where the built environment can help or hinder prevention and treatment.

Diabetes

Among the causes of diabetes are genetic or hereditary factors and the environment. Also, the rates of diabetes for each different race vary. For example, African Americans, Alaska Natives, American Indians, Asian Americans, Native Hawaiians, some Pacific Islander Americans, and Hispanic Americans are at increased risk among the many races in the United States (National Diabetes Fact Sheet, 2011). However, the link between obesity and diabetes leads to the belief that the changes in lifestyle have contributed to the increased rate in diabetes.

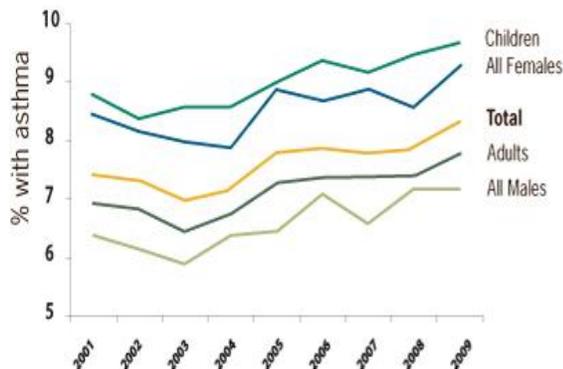
Diabetes is classed as a metabolism disorder. Metabolism refers to the way our bodies use digested food for energy and growth. The strong correlation between diabetes and obesity, however, means that in some cases the affects and onset of diabetes can be combated with improvements to lifestyles including changes to the environment. Diabetes is one of the leading causes of death and disability



in the U.S and diabetes is associated with long-term complications. Uncontrolled disease can lead to blindness, heart disease, stroke, kidney problems, amputations, and nerve damage (Diabetic Life).

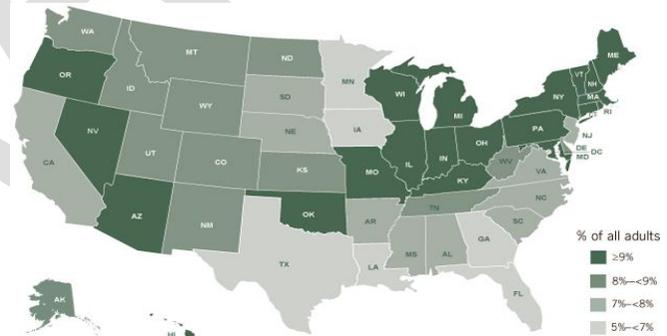
From the 2011 National Diabetes Fact Sheet, 25.8 million children and adults in the United States who are 8.3% of the population have diabetes. Specifically, the diabetes rate of people less than 20 years old is approximately 215,000, or 0.26% of this age group have diabetes or it is the same as 1 in every 400 children and adolescents has diabetes. Adults over 20 years old with diabetes is 25.6 million, or 11.3% of all people in this age group. It is estimated the number of new cases of diagnosed diabetes among people aged 20 years or older in the United States in 2010 in about 1.9 million people (National Diabetes Fact Sheet, 2011).

Asthma



The number of people diagnosed with asthma grew by 4.3 million from 2001 to 2009. From 2001 through 2009 asthma rates rose the most among black children, almost a 50% increase. Asthma was linked to 3,447 deaths (about 9 per day) in 2007. Asthma costs in the US grew from about \$53 billion in 2002 to about \$56 billion in 2007, about a 6% increase. Greater access to medical care is needed for the growing number of people with asthma. To the left is a chart showing the increase in asthma rates from 2001 to 2009 based on age and sex. Medical

expenses associated with asthma increased from \$48.6 billion in 2002 to \$50.1 billion in 2007. About 2 in 5 (40%) uninsured people with asthma could not afford their prescription medicines and about 1 in 9 (11%) insured people with asthma could not afford their prescription medicines. As shown in the figure to the right, rates of asthma in Arizona is greater than 9% in 2009 (CDC,2011). This is linked to the large amount of particulate pollutants, both from natural and built environments, which are exacerbated by the desert climate. The increase in asthma rates particularly in children affects the ability of people to live active lifestyles, potentially leading to increases in obesity and related diseases.



Role of the Built Environment

Walkability

One of the many causes of obesity, heart disease, and diabetes associated with the built environment is the walkability of the area or neighborhood in which people live. Many factors can be taken into consideration including, sidewalks and safety but in the scope of planning and issues that have become the forefront in planning for walkability are the availability of shade, the scale of projects in relation to pedestrians, and the connectivity not only of streets but also of attractions or destinations. Additionally, the built environments must be able to provide a means to combat the frequency of asthma through the creation of buffers between major roadways and pedestrians, also by decreasing the use of automobiles and the particulates they produce.

Connectivity

The first and most important aspect of walkability is the issue of lack of connectivity. Connectivity is crucial in promoting an active lifestyle not only to combat obesity but also to promote vitality in communities. The hierarchical design of many suburban neighborhoods creates a pattern that does not promote walking as the pedestrian must walk a distance greater than they would if it was a design that promotes connectivity such as a small grid. Another aspect of this is the need not only for the pedestrian to be connected with their destination but also for connectivity between destinations so that the pedestrian can accomplish the same task they would be able to in a car, with ease.

Shade

Shade is a part of walkability that aside from the obvious benefits of heat mitigation for pedestrians also has other benefits such as aesthetics. Some ways shade can be employed is through not only tree planting, but also through the use of canopies. This structural shade can be either stand alone shades or components of buildings and storefronts. Another way shade is being incorporated in design is through buildings themselves. Buildings lining streets and not separated by large parking lot expanses can, when oriented correctly provide shade during parts of the day therefore not only creating walkable environments but also inviting business and storefronts promoting economic gains.

Scale and Pedestrian Amenities

Another way that neighborhoods and communities can promote walkable environments and healthy communities is through the use of human scale in planning. If a resident is physically able to comfortably walk to the nearest grocery store but the walk takes an hour it makes the trip unfeasible. Arizona is a prime example of how scale can make a huge difference in how walkable an environment is. The Jeffersonian Grid design of the city makes all major arterials a mile apart and most commercial retail is located at the corners of major intersections or along these arterials. Aside from street scale in relation to pedestrian traffic a second issue is the emphasis that is placed on the automobile as store fronts are moved away from the street and sidewalks and a overly large parking lot, designed for peak hour use, separates the pedestrian from the store, discouraging walking as a means of running errands or incorporation into daily life.

Poor Public Transit

An issue very similar to the lack of connectivity is the lack of public transportation and the emphasis placed on automobile use. One of the ways that the lack of mobility and walkability meets the lack of healthy food is the lack of public transportation to and from grocery stores. An individual or family is much more likely to walk half a block to a convenience store than a mile and a half to a grocery store. If public transit were better geared to aid people in getting where they need to be on a daily basis more people would be willing to integrate basic exercise such as walking into their daily lives as oppose to having to set aside time to consciously workout for the sake of health or figure.

This is especially true in Phoenix where there is very little density and therefore, extremely difficult to provide public transit everywhere it is needed or wanted. In Phoenix transit lines are strictly located on main arterials or along major transit ways, as in the light rail route. More options need to be provided within neighborhoods and regions to get people to and from small destinations like a grocery store. An example of this is the Tempe Orbit system, where small buses travel through neighborhoods connecting them with ASU campus and amenities like the community center.

Automobile Dependence

The other problem with transit in relation to obesity is the overwhelming preference to the automobile in planning both in traffic planning and the planning of places and destinations. As an automobile society the emphasis has been placed on the accommodating these vehicles that are only used part of the time and sit idle for most. To achieve this parking lots have pushed store fronts away from the street and made it highly inaccessible for an individual without a car to enjoy the same luxuries as someone with a car. It has also created a blight leading up to stores and venues as a pedestrian or even an automobilist must traverse expanses of often heated asphalt to reach their destination.

In order to combat obesity planners need to harness a new way of thinking about the role of the automobile in the city, and how they can use better public transportation planning to encourage people to make walking a part of their everyday routine and not just a means of exercise. Ways of achieve this attrition of the automobile is the installation of bike lanes, creating pleasant sidewalks and moving storefronts up to the street where they will not only be more accessible to pedestrians and cyclist but also act as traffic calming.

Lack of Sense of Place

Sense of place is a concept that has been around since ancient cities. The notion that a person seeking to interact either with the environment as a walker or recreationist or socially with others is not new but it needs to be better incorporated into the built environment to promote healthier communities not only physically but also mentally, and socially. Creating place in the environment through functional parks, trails, and community buildings, is only the first step and arguably the easiest though only truly functional if they are accessible by all leading back to the argument of connectivity. These public spaces encourage recreation and social interaction crucial to maintaining a healthy weight, as not only exercise but also as fuel for mental stability through daily interactions with neighbors. This is especially true of children as they are able to develop necessary social skills and keep active a trait that is crucial to a healthy weight through adulthood.

Destinations

Destinations, however, are not the only part of a community that needs place. Equally crucial is the need for place making in the places that lead to destinations. To achieve this it is crucial for planners to ensure that the route people can take to destinations are not only a means to an end but also a way to embark on an enjoyable journey. It should be a journey where they can interact with neighbors and be visually and even engaging to hear. Engaging people in the route they take to destinations can be as simple as creating pathways through parks or as complex as creating a canalscapes in the desert. Making a place engaging is crucial to promoting daily activity but so is creating pathways through the environment that are stimulating as well.

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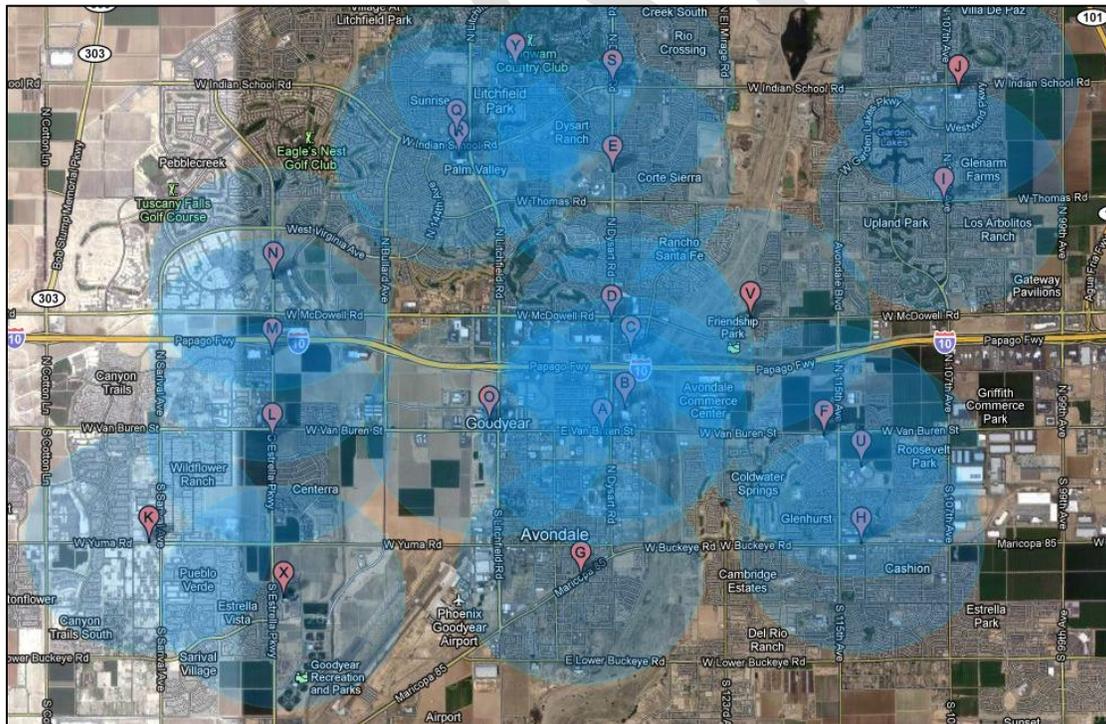
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Food Deserts

Definitions: *The HFFI(Healthy Food Financing Initiative) working group defines a food desert as a low-income census tract where a substantial number or share of residents has low access to a supermarket or large grocery store*
 --USDA

Food deserts are areas that lack access to affordable fruits, vegetables, whole grains, low-fat milk, and other foods that make up the full range of a healthy diet.
 --CDC

A food desert is an area that has low access to fresh fruits and vegetables and is not always located in a low-income area. Food deserts are plentiful because of sprawl, poor planning practices, and unconventional zoning ordinances. Normally food deserts are calculated and mapped using a mile radius.



Grocery stores and farmer's markets, located in Avondale, Goodyear or Litchfield Park, shown with a mile radius

Food West Valley

According to the USDA website, Goodyear is the only city that has a government acknowledged food desert. Both Litchfield Park and Avondale are recorded as not



The food desert in Goodyear is located between Western Avenue, Litchfield Road and Buckeye Road, as you can see in the figure below.

Deserts & the

the food desert tool on the USDA website, Goodyear is the only city that has a

Food desert located in Goodyear, AZ

food

and

having a food desert.

Why are Food Deserts an Issue?

To create a healthy environment in a community, it is imperative that members of the community have access to healthy lifestyle options, including fresh fruits and vegetables. A neighborhood cannot thrive when more than half of the local population does not have easy access to healthy food. When residents are more likely to find a fast food restaurant within a mile radius of their residence, it creates this phenomenon known as food deserts. It also presents an inconvenience for the people that live within an entirely car dependent area.

Walkability

WalkScore.com

WalkScore is the website that allows any person to input any location and receive a WalkScore complete with a map of nearby destinations. A walk score is a number between 1 and 100 that

measures the walkability of any address within a mile radius.

Walk Score	Description
90-100	Walker's Paradise
70-89	Very Walkable
50-69	Somewhat Walkable
25-49	Car-Dependent
0-24	Very Car-Dependent

Individuals living in a car-dependent neighborhood likely have little to no walkability in their environment. Webster, Merriam-Webster, walkable is an area capable or suitable for being walked. Walkability essentially adds to that definition by including places such as the proximity to public amenities, parks, retail and fast food), public education. Below is a WalkScore map view of the previously identified food desert



walkability of any address within a mile radius.

car-dependent neighborhood walkability in their environment. According to Merriam-Webster, walkable is an area capable or suitable for being walked. Walkability essentially adds to that definition by including proximity to public amenities, parks, retail and fast food), public education. Below is a WalkScore map view of the previously identified food desert

previously identified food desert displayed in a WalkScore map

The Walk Score map shows the previously identified food desert area and marks grocery stores, restaurants, parks, schools, and retail. A person living between Western Avenue and Main Street or

between Main Street and Lower Buckeye Road lives in a car-dependent area and has reasonably low access to fresh produce.

Below is a table showing the overall Walk Scores for Avondale, Goodyear and Litchfield Park. Keep in mind that scores range from 0 to 100 with 100 being a “walker’s paradise”.

	Avondale	Goodyear	Litchfield Park
Overall Walkscore	35	22	no data
% Residents with 70+ walkscore	3	2	no data
% Residents with at least 50 walkscore	22	14	no data
% Residents living in car- dependent areas	78	85	no data

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Community Gardens

According to the American Community Garden Association, a Community Garden is “Any piece of land gardened by a group of people.” Community Gardens can take the form of backyard, rooftop and balcony gardening in vacant lots and parks. In an urban setting, community gardens are a part of the open space network. Avondale serves as an example of a city with a community garden.

The Garden Patch is Avondale’s first community garden and it is located right behind the street of the Avondale Civic Center Library (11350 W. Civic Center Dr. Avondale, AZ 85323). The garden consists of communal and individual plots and members of the community garden cultivate the garden plots. A community garden serves as a place where a group of people, neighbors and the town can gather and socialize. A community garden can benefit a community in many ways including increasing social interaction, decreasing local municipal costs and promoting a healthy lifestyle.

Benefits of a Community Garden

There are many benefits that come with incorporating a community garden within a neighborhood. The benefits include:

- Promoting a healthy lifestyle
- Decrease of crime rate
- Revitalize vacant parcels of land
- Strengthen the local economy and

- Build social connections

Promoting A Healthy Lifestyle

Another benefit of community gardens includes encouraging local people to adopt a healthy lifestyle. Studies have shown that community gardeners and their children eat healthier diets than non community gardening families (Bremer et al, 2003 , p. 54). A community garden would enable the local neighborhood to have access to healthier food options that are rich in vitamins and nutrients versus the modern approach to foods, often high in calories and fat and low in essential vitamins and nutrients. Increasing a neighborhoods access to fresh and healthy food options would allow the community to have a healthier diet.

Community Gardens Aid in Decreasing Crime Rates

A garden could decrease the crime rate within a community because they could increase a sense of community and stewardship. A recent study found that compared to residents living near barren areas, those closer to green common spaces are more likely to use them and as a result more likely to interact with neighbors (Kuo et al, 1998, p.26). A community garden could serve as a place where the community can retreat and be able to socially engage with their neighbors. Encouraging neighbors to interact with one another could result in a decrease in crime rates because the overall activity level within the community would be greater.

The Role of Community Gardens and Vacant Parcels of Land

According to a study “Urban Vacant land in the U.S.” by Ann O.M Bowman and Michael A. Pagano, they reported that more than 1/5 of all land in American cities is classified as vacant. Many growing urban areas such as the city of Chicago are struggling to provide sufficient open green space for its growing population. Their solution has been to create community gardens in place of the growing amounts of vacant parcels of land. Community groups and organizations could potentially play an important role in utilizing these vacant parcels of land which are often times eyesores within a neighborhood and create vibrant community gardens.

Strengthening the Local Economy

A garden could also be beneficial for the local economy. Developing and maintaining a community garden is less expensive than creating park area because 80% of the costs required for parkland is in labor alone (Trust for Public Land, 2004). By creating a community garden, local municipalities could reduce the costs of public green space. Thus, community gardens would be self-sustaining entities and would require the maintenance of the local community versus the traditional approach to green space illustrated by public parks.

Building Social Connections

Community gardens create social connections because by bringing people together. People of all ages, religions and cultures can come together to participate in gardening and learn from one another. To create even more of a sense of community neighborhoods could unify an entire community by simply asking for the assistance of local schools, retailers and organizations in cultivating the garden plots. Also community gardens grounds could be used as a location for special events such as community block parties or festivals.



Farmer's Markets

Farmer's markets are local venues for local farmers and vendors to sell their products to the local consumers. Good Year and Litchfield Park both organize farmer's markets for their community. Good Year's Pebble Creek Farmer's Market at Tuscany Fall is located on 162222 Clubhouse Dr. in the parking lot west of Toscana Grill. The farmer's market meets every third Saturday of the month from 8am-Noon. Litchfield Park organizes a more frequent farmer's market that meets weekly. Wigwams Farmer's Market is located at Wigwam Golf Resort and Spa. The farmer's market meets every Sunday from 9am-1pm. Both of these cities are able to enhance their community by benefiting the local economy, promoting healthy lifestyles and encouraging sustainability.

Benefits of Farmer's Markets

Farmer's markets can result in many benefits to a community. The following are a few of the benefits:

- Promote a healthy lifestyle
- Strengthen the local economy and
- Encourage social interaction

Promoting a Healthy Lifestyle

Shopping at a farmer's market is beneficial for the health and environment for many reasons. Produce available at Farmers Markets is higher in nutritional value. According to a survey conducted by the Farmers Market Today magazine, more than 85% of farmer's market vendors traveled fewer than 50 miles to sell at their local farmers market in 2008. Since vendors traveled fewer miles, produce did not lose much nutritional value because less time elapsed from the time of harvest. Also because vendors did not travel as many miles there was also a decrease in the use of fuel and a decrease in the emissions of noxious chemicals through the transportation phase. Some other benefits to consider include the opportunity to interact in an outdoor environment and enjoy fresh air instead of being confined in doors.

Strengthening Local Economies

Farmers markets can be beneficial for local economies because they generate business and create jobs. In a case study of the state of Oklahoma, 21 farmers markets led to a gross increase of 113 jobs. The result of job creation strengthens the local economy. Farmers markets are also beneficial for the local economy because the money consumers spend at a farmers market is kept within the local community

versus the modern day approach of consumers investing their money in major grocery stores, resulting in a great portion of the money leaving the local community.

Encouraging Social Interaction

Farmers markets can encourage community organizing by encouraging social interaction amongst local people. They also help celebrate diversity amongst a community by allowing an exchange of culture through the exchange of food. This is a very important benefit particularly amongst rural and urban communities because it helps strengthen a community's sense of place.

City	Avondale	Goodyear	Litchfield Park
Community Gardens	Green Patch Garden	Garden de Paz	None
Farmers' Markets	The Avondale Farmers' Market	Estrella Lakeside Market, Goodyear City Market	Wigwam Farmers' Market
Grocery Stores	14 1 Grocery Store for every 3 sq. miles	10 1 Grocery Store for every 11 sq. miles	5 1 Grocery Store for every 1.5 sq. miles
Restaurants: Fast Food	30 1 for every .75 sq. mile	28 1 for every 4 sq. miles	5 1 every 1.5 sq. miles
Restaurants: Not Fast Food	62 1 for every 1.5 sq. mile	73 1 for every .6 sq. miles	17 5 for every 1 sq. mile

Direct Marketing

How Direct Marketing Affects Your Food Choice?

Ever wonder why children are much more attracted to junk food than to fruit and vegetables? This is no coincidence, there is a strategy used by sellers called Direct Marketing. With direct marketing sellers attempt to sell their products to people of a particular gender, age, or culture and they do it through advertisements and placing products in specific areas of the store.

For example; the majority of check-out isles of stores are surrounded by junk food, most advertising commercials of unhealthy foods are much more attractive than commercials dedicated to healthy foods. Also the majority of fast food restaurants pull children into eating unhealthy foods by providing toys in their kid's meals.

Direct marketing in stores and restaurants

At the majority of stores it is noticeable that the fresh fruit and vegetables are being placed out of the reach of young children while sweets and junk food are very accessible. This eliminates most of healthy choices for children. The majority of fast food restaurants appeal to parents because of the cheap dollar menu and it appeals children because with every kid's meal usually come included some sort of toy, doll, or game apparatus. Price is a big factor that marketers take into consideration when advertising for a specific group of people. For many low-income families fast food restaurants are more accessible than fruits and vegetables from a grocery sort of farmer market.



Image provided by
www.thefatproblem.com

What Can Be Done?

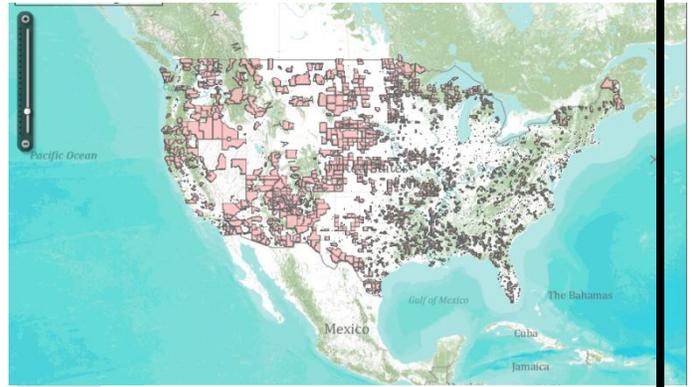
Direct marketing for unhealthy foods persuades adults and children to make unhealthy choices. In an article written by Amanda Gardner for the Health section of U.S. News, she claims that the American Academy of Pediatrics (AAP) has proposed to the Federal Communications Commission to get rid of fast foods and junk foods advertisements. According to a study done by the AAP, kids spend an average of seven hours per day watching television and navigating through the internet, which exposes the average child to 7,600 ads per year. By banning unhealthy foods advertisement it is estimated that child obesity will decrease by fifteen or twenty percent.

The United Kingdom has already taken action and has banned all advertisements for foods high in fat and sugar before 9pm. According to the article *Ban on Junk Food Ads Introduced* written for BBC News, in 2007 "junk food ads were banned during programs made to appeal to seven to nine-year-olds", and after December of 2008 those same ads were removed during programs that appeal to children and teens of age sixteen and younger. It may seem as if the media has control of what children want to eat, but it has been proven in the United Kingdom that the media can be controlled to promote healthier food choices to children and young adults.

Food Assistance and Nutrition Programs

There are many factors that contribute to the unhealthy lifestyles of many American and some of those can be addressed and fixed by implementing a Food Assistance Program. There are about 2.3 Americans that do not have access to fresh foods which makes fast and unhealthy foods their only choices (www.good.is).

Budgets of low-income families tend to make it difficult for these families to purchase fresh and healthy foods. According to the 2010 U.S. Census there are 46.2 million Americans that fall below the poverty line. There are also many Americans that are disabled or handicap that cannot leave their homes to go grocery shopping and cannot take their own nutrition choices.



Food deserts are represented in pink. Image provided by the United States Department of Agriculture (USDA).

Supplemental Nutrition Assistance Program (SNAP)

Topic Area	Food Stamp Program	
	Current	Proposed Redesign
Nutrition Focus	Increased calories	Improved diet quality. Support for U.S. Dietary Guidelines (fruits, vegetables, foods low in saturated fat, high fiber foods).
Allowable Foods	All food items sold in markets/food outlets participating in SNAP. No restrictions. Examples: energy-dense low-nutrient foods (e.g., potato chips, candy donuts).	The emphasis is on fruit, vegetables, low-fat dairy products, high-fiber (low-sugar) cereals, and whole grain products-food emphasized in the U.S. Dietary Guidelines.
Allowable Beverages	All nonalcoholic beverages including soft drinks, fruit punch, and other sweetened beverages.	Only those beverages meeting a predetermined nutrition standard (e.g., nonfat, 1%, and 2% milk; 100% orange juice).
Food/Beverages Excluded	Alcohol	Energy-dense (high-fat and/or high sugar) foods/beverages not meeting the U.S. Dietary Guidelines (e.g. soft drinks, cookies, cakes, french fries).
Food/Beverage List Determined By	Congress and Lobbyists for the Food Industry	Scientific panel of dietetics professionals, physicians, and public health researchers.
Goal	Sufficient calories	Meeting the U.S. Dietary Guidelines with improved health and reduced risk for obesity.

Table provided by the AZ SNAP Committee. http://azdhs.gov/documents/snap/snap_Policy_Paper.pdf

The Supplemental Nutrition Assistance Program, better known as the Food Stamps Program, provides low-income families with credit to purchase food. Arizona’s Supplemental Nutrition Assistance Program has implemented a nutritional criterion which allows those who are entitled to this assistance to choose from more healthy products.

In the fight against obesity, Arizona’s SNAP has also removed foods and drinks high in fat, sugars and salts. The state’s SNAP previously allowed all foods and drinks that were sold in participating markets including potato chips, candy, cakes, whole milks, soft drinks, and other low nutrient foods and drinks. With this new proposed nutrition assistance program the emphasis is now more on fruits, vegetables, high-fiber cereals, fruit juices, and low-fat dairy products. Arizona’s SNAP goal is to meet the U.S. dietary guidelines to improve public health by

providing access to healthy foods and promoting physical activity to reduce the risk of obesity and other chronic diseases that emerge from overweight.

WIC Farmers’ Market Nutrition Program

The WIC (Women, Infants, and Children) nutrition system also makes an effort to provide fresh foods to the low-income pregnant women and mothers of children of five years of age or younger. In 1992 the U.S. Congress established the Farmer’s Market Nutrition Program (FMNP) which provides locally grown fruits and vegetables to women and children that participate in the WIC program. Those WIC eligible women and children receive a group of coupons that can be used to purchase fresh fruit, vegetables, and herbs from farmers, farmers’ markets, and roadside stands. The FMNP also provides nutrition education through both non-profit and pro-profit organizations. These educational activities are arranged to encourage people improve their health through better diets, and healthy food cooking lessons.

National School Lunch Program

In 1946 President Harry Truman signed the National School Lunch Act which provided free and low cost nutritional balanced meals to children during their school lunches. Today that act continues to help many low income children that attend both public and nonprofit private schools, as well as residential child cares around the country. As of this day, the National School Lunch Program operates in more than 100,000 schools and residential child cares and feeds more than 31 million boys and girls 18 years of age or younger each day.

Schools participating in the National School Lunch Program must serve meals that provide a third of vitamins and proteins as recommended by the Dietary Guidelines for Americans. Following that same guidelines schools must limit their meals to foods with no more than 30 percent of calories that come from fat and no more than 10 percent of saturated fat per serving. Schools and child cares must meet these requirements that are imposed by the Federal Department of Agriculture Food and Nutrition Service agency but local schools make their own decisions on the specific foods that they serve.

Schools and child care facilities that participate in the National School Lunch Program benefit a lot from this program. For each meal and snack served; free, reduced-price, or full-price, schools receives a cash reimbursement. Not only do the participants receive money for serving healthy meals but they also receive foods from the United States Department of Agriculture (USDA) at a very low price and sometimes they also receive “bonus” foods from surplus agricultural stocks. The USDA Nutrition Team also provides trainings and assistance to school’s kitchen staff member and teach how to prepare healthy snacks and meals. The Nutrition Team has nutrition educational activities to help children the benefits of a healthy diet and an active life style.

Amount that participating school and child care get reimbursed for each meal served

Free Lunches	Reduced-Price Lunches	Paid Lunches
\$2.77	\$2.37	\$0.26
Free Snacks	Reduced-Price Snacks	Paid Snacks
\$0.76	\$0.38	\$0.07

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Nutrition Environment Measure Survey (NEMS)

There are varieties of different studies a city or community can conduct to collect data on their food environment. The Nutrition Environment Measure Survey (NEMS) is a study that measures a store’s

contents, documents “healthy food” sold, shelf space dedicated to “healthy food”, and in which forms they are sold. NEMS reports are very extensive and as a result are often conducted at the local level.

What does NEMS Measure?

NEMS focuses of surveying a community’s consumer nutrition environment, which includes information about pricing, promotion and placement of healthy food, the type and location of food outlets and the availability of healthy choices. The original aims of NEMS include:

- Developing measures of nutrition environments and surveying retail and food service outlets (stores and restaurants)
- Testing the inter-rater and test-retest reliability of NEMS instruments
- Examining samples and generalizing issues

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ACTIVE LIFESTYLE ASSESSMENT

Goodyear, Litchfield Park, and Avondale are three cities in the Phoenix metropolitan area that could use policy suggestions to improve their community health. All cities observed could use more policies concerning food access and availability and they have few policies concerning active living. Avondale is a city that has re-evaluated their general plan to achieve their goals of having a healthier community. The following sections and policies are pulled from the general plan that supports a healthy lifestyle. These policies and principles are to be seen as goals for the city that are to be achieved overtime.

Goodyear Healthy Lifestyle Policies

Land Use Element

- The city shall implement the recommendations in the adopted Parks, Trails and Open Space Master Plan to provide pedestrian and bicycle connections between educational, recreational, residential, commercial, and open space uses.
- The city shall actively pursue the incorporation of alternative modes of transportation (i.e., bicycling, mass transit, walking, electric golf carts, and Neighborhood Electric Vehicles (NEV)) to reduce the reliance on vehicles and foster a healthier active community.

Circulation Element

- The City shall implement the recommendations in the adopted Parks, Trails and Open Space Master Plan to provide pedestrian and bicycle connections between educational, recreational, residential, commercial, and open space uses.

- The City will implement bike lanes as identified by the adopted Parks, Trails, and Open space Plan.
- The city shall provide bike lanes for the safe operation of bicycles on all identified collector and arterial roadways when they are widened or newly built and, if possible, when they are repaved or reconstructed.
- The city shall implement the multi-use and equestrian trail system as identified by the adopted Parks, Trails, and Open Space Plan.
- The city shall continue to partner with the development community to design and implement trail improvements to link existing and proposed commercial, employment, educational, recreation, and open space facilities.

Open Space Element

- The City shall diversify its existing level of park acreage to meet the increasing diverse recreational facility needs (i.e., dog parks, skate parks, community parks, and sports complexes) of its residents.
- The city shall encourage strategically located neighborhood parks (and K-8 schools) within residential communities that are linked with trails.
The City shall utilize its adopted Parks, Trails, and Open Space Master Plan to ensure the connectivity of new existing neighborhoods.

Housing Element

- The city shall establish street tree theming on its parkways, major, and arterial roadways to establish gateways and connect residential neighborhoods.

Environmental Planning Element

- The city shall implement the parks, trails and open space master plan to encourage bicycle, pedestrian, and equestrian use.
- The city shall utilize its City Center and Village Center land use categories to facilitate mixed land uses and reduced vehicle trips
- The city shall link the city center with vehicular, transit, bicycle, and pedestrian modes that connect with the external (i.e., Bullard Wash) circulation networks.
- The city shall link the village centers with vehicular, transit, bicycle, and pedestrian modes of circulation

Avondale Healthy Lifestyle Policies

Vision Statement: A city of variety, vitality and values, whose citizens pursue an active role in molding a great place to live, work, and play, in a manner respectful of the City’s rich history, growing culture, and invaluable natural resources.

Principles of the Vision

- a great place to live, work, and play where people share the values of a healthy community and respect for individuals;
- a highly livable city which employs local benchmarks to measure its progress in areas such as housing, economic vitality, educational quality, environmental quality, and overall quality of life
- an environmentally-aware community that preserves, open space, natural features, protected habitats, parks and outdoor recreation

- a place focused on balancing its amazing views and unique community energy with the appropriate amenities and opportunities for livability and sustainability;
- a rich and vibrant arts and entertainment center celebrating the talents and culture of the people who live here

Guiding Principles

Neighborhoods as our Foundation: We commit to maintain our neighborhoods through development standards and revitalization decisions that create strong neighborhoods and promote our community.

Community Mobility: We emphasize development of a balanced, integrated multi-modal circulation system (streets, trails, sidewalks, bikeways, transit, light rail, and river corridors) that is efficient and safe, and which connects neighborhoods to jobs, schools, services, local attractions, and open space.

Healthy Community: We flourish as a community by caring about everyone's needs, supporting efforts to reach our full potential, fostering healthy and resilient individuals, and valuing our community's unique lifestyle and character.

Unique Lifestyle and Character: We emphasize our natural landscape setting that promotes growth and conservation, tourism, and outdoor recreation among the Estrella Mountains, Gila River, open space, and riparian areas. We embrace the beauty of the Sonoran Desert, natural surroundings and our contributions to the physical environment, and will provide pleasing public spaces by ensuring a variety of living, working, and leisure opportunities as fundamental elements to the community.

Land Use Theme

- Take alternative methods of transportation, including transit, bus, and walking into account when considering all proposals for development.
- Support higher density/urban land uses to support future transit and light rail.
- Continue to monitor the zoning and design requirements for Old Town to ensure these requirements are functioning optimally to create a visually interesting, active, and vibrant pedestrian oriented place.
- Encourage a mix of uses and amenities when master planning large developments, such as single-family residences, offices, educational institutions, shopping centers, trails, parks, community gardens, and recreational facilities, to encourage social interaction, and to create a large sense of community amongst residents.
- Coordinate connectivity opportunities with neighboring communities when creating pedestrian and non-motorized trail systems.
- Encourage mixed-use areas to be vertically integrated developments comprised of residential, retail, dining, office, and entertainment/recreational uses in order to promote pedestrian activity.

Economic Vitality Theme

- Promote local food production as an economic development opportunity to bring income and jobs to a local community as well as support a healthy lifestyle.
- Take advantage of tourism and eco-tourism amenities that support a healthy lifestyle to enhance the tax base of Avondale
- Recruit businesses that encourage pedestrian traffic into appropriate mixed-use areas and transit riders.
- Link efforts to protect local farmland with the development of diverse markets for local produce.
- Encourage projects that enhance the community through quality urban design.

- Inventory and prioritize infrastructure improvements according to project feasibility to increase the quality of life for the residents.

Neighborhoods Theme

- Encourage subdivision design, which promotes non-vehicular access to trails and transit routes/centers as a component of a healthy lifestyle.
- Ensure all new non-residential development is designed to actively engage and attract pedestrians and to provide residents the opportunity to lead a healthy lifestyle residing in the surrounding neighborhoods.
- Improve the physical connectivity between our existing neighborhoods as well as between our existing neighborhoods and nearby non-residential developments
- Determine and implement measures to overcome physical barriers which have historically limited interaction between residents in different parts of the city.
- Assist neighborhood groups to identify opportunities to provide a healthy lifestyle, such as better access to trails, land that can be used for community gardens, or block watch organization.

Sustainable Development Theme

- Encourage “walkable” communities, vertical development where appropriate, transit, and efficient land use patterns to minimize fuel consumption and energy usage.
- Encourage City employees to reduce vehicle trips by carpooling, biking, taking transit, and utilizing alternate work schedules.

Open Space Theme

- Retain Avondale’s commitment to becoming a “Healthy Lifestyle Community” through development of the Tres Rios Greenway Specific Plan.
- Establish Avondale as a “Healthy Community” by encouraging walkable neighborhoods, community gardens, urban agriculture, and other healthy lifestyle services.
- Link parks to open spaces, other community facilities, and each other through a citywide trail system.
- Actively work with public and private partners to develop the Tres rios Greenway Specific Plan as a recreational amenity, equestrian, and transportation facility.
- Link community parks to open spaces, other community facilities, and each other as a means to providing further physical activity for one’s well being.
- Retain Avondale’s commitment to becoming a “Healthy Lifestyle Community” through development of Tres Rios Greenway Specific Plan.
- Identify the recreation needs of the community
- Provide a range of parks and recreation facilities that are linked to one another and equitably distributed throughout the City.
- Establish Avondale as a “Healthy Community” by encouraging walkable neighborhoods, community gardens, urban agriculture, and other healthy lifestyle services.
- Link parks to open spaces, other community facilities, and each other through a Citywide trail system.

Community Mobility Theme

- Integrate bicycle transportation needs into ongoing and future planning.

- Create a plan of action to meet the requirements in order to be recognized as a bicycling friendly and healthy lifestyle community.
- Emphasize accessibility for pedestrians and bicyclists by providing direct and linked access internally as well as to adjacent residential and non-residential areas.
- Concentrate housing at greater densities within transit corridors and at transit stops to facilitate walkable neighborhoods that encourage healthy lifestyles.
- Determine which bicycling advocacy's rating program best fits with Avondale's existing conditions and future plans.
- Create a plan of action to meet the requirements in order to be recognized as a bicycling friendly and healthy lifestyle community.
- Emphasize accessibility for pedestrians and bicyclists by providing direct and linked access internally as well as to adjacent residential and non-residential areas.
- Explore the advantages of walkable/bikeable neighborhoods in lowering vehicle use and reducing harmful pollutants caused by vehicular traffic and the resulting benefits for the residents.

Community Facilities Theme

- Design new and retrofit existing facilities to provide on-site improvements that complement residents' healthy lifestyles.

Quality of Life Theme

- Respect the primacy of the sidewalks as the City's primary public space and as a key component of the Avondale Healthy Lifestyle Plan
- Link art and heritage sites as part of a healthy lifestyle plan to encourage residents and visitors to be active as well as learn about art heritage of the community
- Support national and state initiatives such as "Let's Move!" and "Kids at Hope City" that support health education amongst Avondale's youth
- Link arts and heritage sites as part of a Healthy Lifestyle Trails System to encourage residents and visitors to be active as well as learn about art and heritage of the community.

Litchfield Park Healthy Lifestyle Policies

Guiding Principles

- The city's small size provides a unique opportunity to free residents from dependence on another automobile in the household and to walk, bike or use an electric cart for the short trips that constitute approximately half of the trips from the typical household. For local travel, the pathway system design should be given priority in providing a convenient and safe local access between home, neighborhood shopping, and public facilities.
- The city is conscious of its environment and will take the necessary actions to improve and maintain its highly desirable physical living environment. Water, air, land, and noise are the key elements for maintaining the City's highly desirable physical living environment.
- Environmental impacts do not respect municipal boundaries. Nevertheless, local policy should support efforts to improve and achieve a wholesome, healthful environment. Maintaining efforts to protect the City's Water supply is paramount to keeping a safe living environment.
- Moreover, each new residential enclave should, in some fashion, have its own activity centers in the form of parks, schools, recreational facilities and/or retail clusters.

Objectives

- Develop City Policy that supports facilities and activities that preserve and enhance the Litchfield Park quality of life.
- Analyze the fiscal and physical benefits and other impacts of any future annexations.

Active Lifestyle Assessment

Health has become a focal point for many Americans living in communities across the country over the last couple of decades. With more of the population seeing dramatic increases of heart disease, diabetes and chronic obesity, more and more people are concentrating on their health. Clearly the first issues that come to mind are poor diet as well as lack of physical activity or exercise. Not too often do citizens of a particular community take into account the fact of their general environment playing pivotal role in their health. Overlooked factors such as housing demographics, land use patterns, transportation choices, or urban-designed neighborhoods playing a critical part in their active lifestyle which in turn has a direct effect on their health. The availability of bicycle paths, walking trails and connectivity of these trails throughout the communities we all live in can directly affect our everyday life

City	Community Trail System	Bike Trails/Lanes	Neighborhood Parks	Connectivity With Other Trails
Goodyear	No current trail system exists. Proposed multi use trails covering a majority of Goodyear. Along the Gila River and spanning residential areas.	Bike lanes are currently East side of the city running North/South under I-10. Bike lanes also circling the developed residential area South of the Gila River.	18 parks total. Many clustered not even a ¼ mile away from one another. Others widely dispersed causing no way of traveling to these parks without motorized vehicles.	Only proposed trail system linking several of the trails to one another throughout Goodyear.
Avondale	5 sets of trails. Durango channel trail corridor, Agua Fria trial corridor, Tres Rios Trial corridor, Roosevelt Irrigation district trial corridor, Estrella Mountain Regional Park trail corridor.	Small amount of bike lanes exist according to map located in general plan. These are short lanes focusing mainly on developed residential areas only.	10 parks total. Only 1 of thee is located south of the I-10 freeway. Seven of the 10 clustered within a 1.5 mile radius.	All trails connect to the trail surrounding the Agua Fria River trail on both sides of the river. This allows access to all the trails in the city of Avondale.
Litchfield Park	Has a circulation and pathways map. Future and existing pathways for future focus on the La Loma Campus north of Litchfield park.	No map of trails and bike lanes. Only proposed lanes and trails by the general plan for 2020.	No map of actual park locations exists.	No current map of trails existing now only plans for trails that are not connecting in Litchfield Park.

which in turn affects our active lifestyle.

No city has been so ideally planned that promoting a healthy active lifestyle has been laid out directly in front of every citizen's doorstep as they embark on their daily activities. Three cities with steady population growth on the West side of the Phoenix metro area are Goodyear, Avondale and Litchfield Park. These cities, like many others need to offer a more active, healthy lifestyle for residents. Included below is a matrix classifying each city with specific elements needed to create an active lifestyle. I then investigated each city taking a more detailed approach including what each city is lacking and what improvements should be made. With more options for creating an active lifestyle, residents could easily improve general health.

Trail System

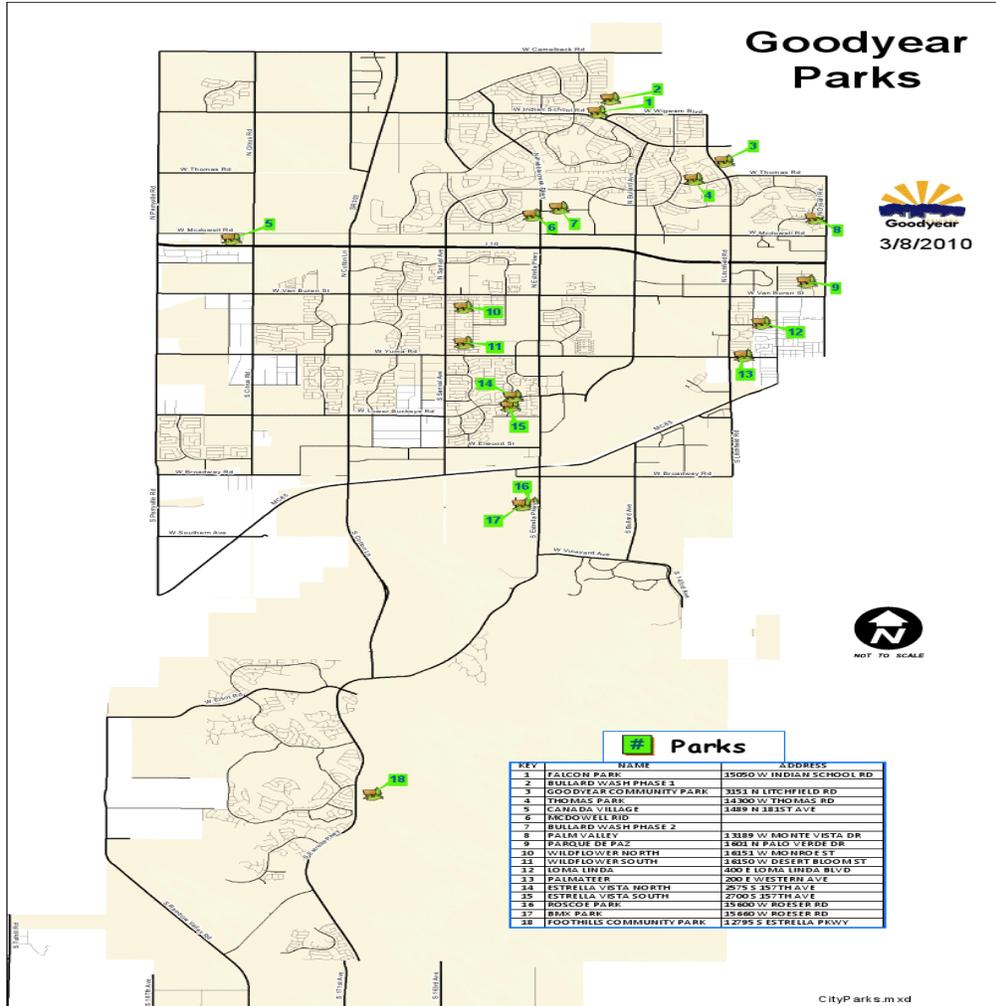
Goodyear currently is in the stages of implementing a trail system to accommodate and promote residents to enjoy alternate modes of transportation other than motor vehicle. Their General Plan has a proposed multi use trail system extending through a majority of Goodyear. The main trail is along the Gila River and branches off to other multi use trails along the perimeter of Goodyear.

Bike Lanes/Paths

While the bicycle lanes in Goodyear are mainly concentrated in the residential areas of the city, on the eastern portion of Goodyear there are clearly marked bicycle lanes running north and south underneath Interstate 10 and continuing to the residential neighborhoods. The bicycle lanes near the Gila River could eventually become connected with the proposed multi use trails running alongside this river.

Parks

The city of Goodyear had only small areas needing improvement within their neighborhood park system. While the city has 18 parks currently available to their citizens, these parks are often too closely clustered together. The parks are clustered sometimes not even a ¼ mile away from another one. This placement of such parks does not allow a non-motorized form of transportation to these parks for some of the residents who do not have a park in their square mile grid subdivision. Many citizens of Goodyear do not have a park directly near their home. People living on the Western side of Goodyear as well as South near Estrella Blvd are a part of these citizens directly affected by this location of parks.



Trail System

The city of Avondale excels in the area of its community trail system currently in use. With its five sets of trails that include bike lanes, pedestrian walking lanes as well as open spaces covering all directions of the city, Avondale reaches out to its citizens that enjoy the many uses trails have to offer. Promoting walking, biking, and skating Avondale encourages citizens to be active.

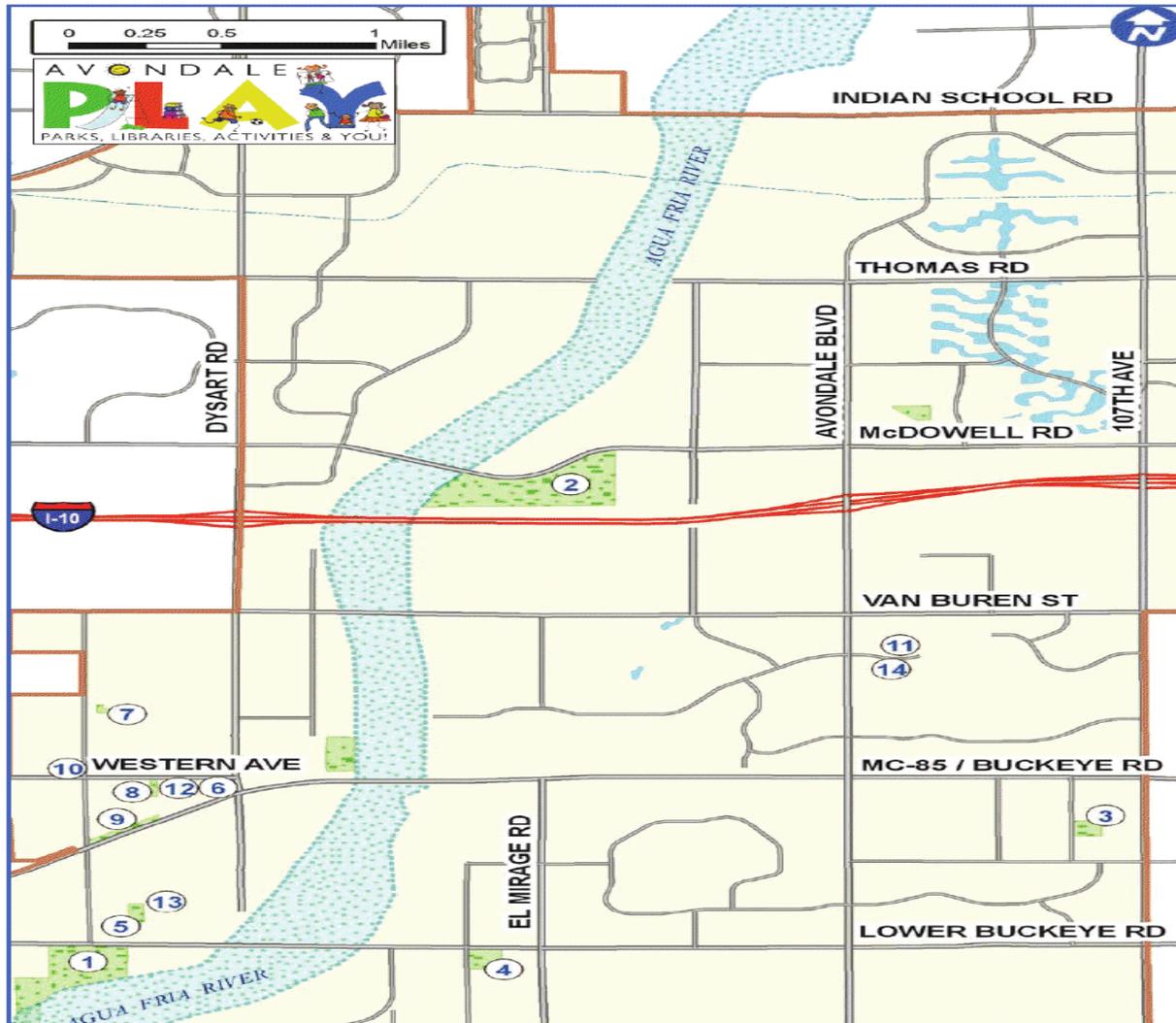
Bike Lanes/Paths

Avondale needs improvement on implementing a well defined bicycle path system for its bike enthusiasts. With Avondale having only a small amount of bicycle lanes currently being used mostly focusing around schools providing adequate space for students traveling on two wheels; these lanes are mainly used by students. Small sections of non connected bicycle lanes exist mainly in through the residential areas randomly through the community.

Parks

The city of Avondale has 10 total parks throughout the city and much like the other cities located on the west side of Phoenix, their location is poorly chosen. Of these 10 total parks, 9 are located south of the Interstate 10 freeway, leaving only 1 for residents living north of the freeway. Of these 9 parks located

on the south side, 7 are clustered within a 1.5 mile radius of one another. So the residents of Avondale have only 1 park if living on the north side and a travel distance greater than 2 miles if you do not live within these clustered parks. To promote a more active lifestyle, these residents need a shorter commute so their families can enjoy the city parks.



CITY PARKS

- ① Festival Fields
101 E. Lower Buckeye Rd.
- ② Friendship Park
12325 W. McDowell Rd.
- ③ Donnie Hale Park
10857 W. Pima St.
- ④ Las Ligas Park
12421 W. Lower Buckeye Rd.
- ⑤ Mountain View Park
201 E. Mountain View Dr.

- ⑥ Sernas Plaza
521 E. Western Ave.
- ⑦ Fred Campbell Park
101 E. Lawrence Blvd.
- ⑧ Dennis Deconcini Park
351 E. Western Ave.
- ⑨ Dessi Lorenz Park
202 E. Main St.
- ⑩ Doc Rhodes Park
104 W. Western Ave.

LIBRARIES

- ⑪ Avondale Civic Center Library
11350 W. Civic Center Dr.
- ⑫ Sam Garcia Western Avenue Library
495 E. Western Avenue

COMMUNITY CENTER

- ⑬ Avondale Community Center
1007 S. 3rd St.

AVONDALE CIVIC CENTER

- ⑭ City Hall & Amphitheater
11465 W. Civic Center Drive

Trail System

The city of Litchfield Park currently has no trail system connecting its various areas of the community. While the city has struggled implementing a trail system as of now, there are changes proposed in the

future to implement a community wide trail system. These proposed trail routes can be seen on the circulation and pathways map which is part of their general plan. This map shows small pathways that are simply routes on already existing streets that are tucked within neighborhood portions of Litchfield Park with a majority not even stretching over 1.5 miles in length.

Bike Lanes/Paths

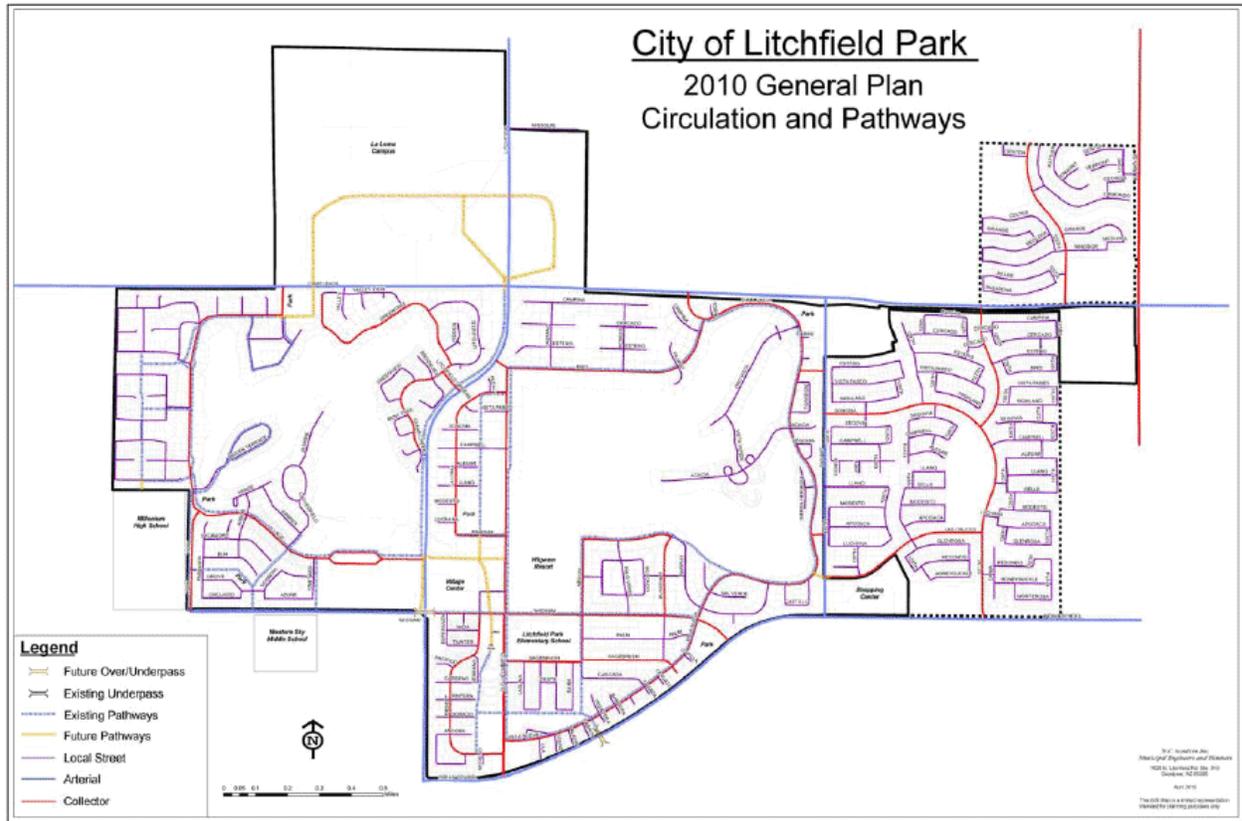
The same issue exists when describing their bicycle lane and trails map. Nothing is currently in place for Litchfield Park to promote bicycle use, only proposed designated bike lanes in the general plan for 2020. The proposed bike lanes will not only link the residential areas together but also directly move residents to public transportation areas such as bus stops, to multiple areas of the city.

Parks

Finding information on city parks is quite difficult. There is no map showing park locations and not even a list naming the parks anywhere on the city's web page. I had spoken to a representative of the Parks and Recreation department and was told a map indicating the city parks should be able to view around January 2012. This could be a beneficial factor in creating an active lifestyle for residents of Litchfield Park.

Conclusion

Looking at each individual cities web page I found documents that support the issues being outlined that are in need of improvement. Other cities did not offer certain maps needed for location of parks, bicycle trails which further indicated corrections on certain issues are needed. For example Goodyear has no map of a trail system anywhere on their web page. Goodyear also has a very limited amount of bike lanes connecting the residential areas of the community. The city of Avondale however, has plenty of extensive trails running across many parts of this growing suburb. Avondale does need improvement with their city parks and location of these. A positive factor the city of Avondale has is connectivity of their trails. The five trails they have all have connectivity to the arterial Agua Fria Rive Trail. The last city observed is Litchfield Park which due to its age, needs help to create this healthy lifestyle. There currently is no map of the parks located in the city and no map used to define current bike lanes. Like the other two cities mentioned, there is a proposal for new trails and bicycle lanes maps but these are part of the general plan proposed for the year 2020.



Local Farms

Another important aspect of promoting the importance of health other than an active lifestyle is a healthy diet. Providing healthy alternative foods without having to travel a great distance to receive these alternatives is another focus for leading a healthy, active lifestyle. Researching local farms within a ten mile radius of these cities is no easy task. However, I was able to locate four farms located within this radius along with two dairies. Many of these farms are small and little information is available to the general public online. Below is a list of these farms including a brief list of facts on the general statistics found regarding each farm. Including local fresh produce, dairy and grains into the diets of residents residing in these cities can make the easy and convenient choice of including a healthy diet into their lifestyle.

Greer Farms:

Located within 6 miles of Goodyear this local farm concentrates in efforts on growing potato products, but includes various vegetables as well as melons. The farm employs 75 and has annual sales of \$20-50 million.

Smart Dairy:

Small local dairy that is also within 6 miles of Goodyear. Smart Dairy currently has 4 employees and averages and less than \$500,000 in annual sales.

Crows Dairy:

Specializing in the art of goat's milk and cheeses as well as training classes for goat farms across the country.

Odom Farms:

Mainly crop growing and farming except cotton. Odom Farms is located less than 10 miles from Goodyear and has a staff currently of 25 with \$2 million in annual sales.

Abrams Farms

Miscellaneous crop farming located less than 10 miles from Goodyear. Abrams Farms only has 9 employees and has between \$1 and \$2 million in annual sales.

Duncan Family Farms:

Duncan Family Farms is the largest local farm in the West valley of Phoenix. Duncan Family Farms opened in 1985 with a few hundred acres of conventional produce. Eleven years later, the farm expanded into 2,500 acres of mostly organic crops who focuses on providing lettuces to processors who provide bagged salads to food stores across the country. Of all the local farms surrounding the western portion of the valley, Duncan Family Farms has made the largest strides on impacting the residents living within. The farm offers educational tours and establish small, seasonal produce stand at their farm site. With its dedication to the community, Duncan Family Farms has become one of the fastest growing agricultural-tourism sites in the country. This local farm is the pillar of farm to community involvement; if more local farms followed their standards perhaps residents across Arizona as well as the country could provide healthy produce to all its residents.

Complete Streets

Complete streets are street networks that are designed to accommodate a variety of transportation modes and users. According to the National Complete Streets Coalition, "complete streets are streets for everyone," and designed and operated with safety in mind (completestreets.org). Streets are to include multi-modal transportation such as bus, rail, vehicles, bicycles, and walking. Furthermore, complete streets are designed to service a multitude of users of various ages and abilities such as children, senior citizens, and people with disabilities. Implementing a complete streets policy requires transportation agencies to modify their approach to community transportation planning. Transportation engineers and planners must work in unison when designing and operating right of ways in order to allow safety and access for all users. There are many benefits to be gained by incorporating complete street fundamentals and policy elements to new and existing street networks.

Benefits of adopting a Complete Streets Policy include (completestreets.org):

1. Complete streets make economic sense
2. Complete streets improve safety
3. Complete streets encourage walking and bicycling
4. Complete streets can ease transportation woes
5. Complete streets help children, elderly, and the disabled
6. Complete streets are good of air quality

7. Complete streets make fiscal sense

According to the National Complete Streets Coalition, a complete streets policy identifies ten elements:

1. Sets a vision
2. Specifies all users
3. All projects (new and retrofit)
4. Exceptions
5. Creates a network
6. All agencies and all roads
7. Design criteria
8. Context-sensitive
9. Performance measures
10. Implementation

Currently, the Cities of Goodyear, Avondale, and Litchfield Park have not adopted a Complete Street Policy. Adopting a Complete Streets Policy is recommended for the contribution of a successful healthy policy plan.

Stakeholder Interviews

Interviews were conducted and concluded place during the project and concluded interviews with farmers and growers. It was a great experience interviewing the stakeholders and growers. They all had different outlooks about healthy lifestyle plan and also had many different concerns. The interview process investigated how stakeholders got involved and why. Healthy lifestyle plan can bring citizens of Goodyear, Avondale, and Litchfield Park and healthier way of living by supporting farmer markets and encouraging healthy living. We interviewed about five people and they had very good ideas but there were two people that stood out.



Rob, of Tonopah Robs Vegetable Farm was very interesting to interview because he is very passionate about healthy food. Rob spoke about his farm being very sincerely and had many ways about improving farmers markets. He was asked many different questions that needed to know for own research. Questions asked focused on rising costs, competition from other farmers, lack of assistance and the weather.(Appendix 1) His concerns were that the cost of his products and farming equipment has gone up and with the economy being down the affordability of farming is in doubt. One of his most important concerns is that the weather keeps changing and has not helped his farm because his produce could be damaged by the weather change. For example, his produce that has to be in produced in winter season the product can be damaged by rain. This costs him about \$85000 dollars a year by



losing

most of his crop. This is a large amount of money when his farm is only 5 acres.

What really interesting was that Rob sells produce at 4 farmers markets located around Phoenix. He is a real supporter of farmer markets and he is trying to expand his business. He has a chemical free farm, a CSA member and grows over 240 varieties of product. Rob also sells his product to larger commercial grocery stores like Whole Foods and Sprouts. We also asked him about larger farmer markets around town and how that affects him. He answer by saying and I quote “ larger farmer markets buy their product from smaller farms for a real low price and then sell it to other for an expensive amount and claim the product as their own”. We believe that he was really angry that other farmer markets don’t grow their own product and can just beat out his farmer market because they have more money.

Also created a survey during a meeting that Goodyear in Action held in Goodyear. The survey was in ranking form from 1 to 5 and the option that was chosen the most was food affordability. (Appendix 3) We kind of knew that food affordability was going to be the biggest issue and we need to see if this plan can cause prices to go down. The second option that people in the community were concerned with was accessibility to healthy food. We feel like that’s always going to be a problem unless people start concerning about their health and stop buying food from grocery stores that are full of chemicals that are not good for you body. Also a during the survey there was a comment box located at the bottom and Sharman Hickman she says “ that we should not limit fast food chains because some donate to a lot of charities to help out communities”. Fast food might not be healthy but if donations could help communities they should get supported. The survey was really helpful and gave us good insight on what issues we need to concentrate on.



Also we interviewed stakeholders and had several questions we needed to ask so we can have their concerns and why they are involved in this plan. The question that was answered broadly was if they feel that farmers’ markets should be more affordable to the buyer?(Appendix 2) They all answer yes but

the reason the prices are high and not affordable to the normal Joe is because farming equipment and crop is real expensive and hard to manage. This sounded real reasonable but we feel that if the economy does have a boost, food should be more affordable so everyone has the same healthy food as the wealthy do.

These are the people that were interviewed.

- Tonopah Robs Vegetable Farm
- Shirley Stremble
- David Schwake
- Sharman Hickman
- Patty Duncan

DRAFT

C) SELECTED FOOD POLICY PLANS

This section will describe the five case studies that involved cities nationwide that have developed and adopted a food policy plan. These cities have analyzed and implementing particular strategies in solving their local issues revolving health, food affordability, and availability.

Food Works – A Vision to Improve NYC’s Food System

CITY & TITLE OF PLAN	ORGANIZATION TYPE & MISSION	FUNDING SOURCES & ANNUAL BUDGET	COMMUNITY GARDENS	FARMERS’ MARKETS	NUTRITION PROGRAMS	OTHER ACTIVITIES/& PROGRAMS	POLICIES & PROJECTS
New York City Title: Food Works A Vision to Improve NYC’s Food System	The New York City Council Mission: The proposals focus on combating hunger and obesity to preserving regional farming and local food manufacturing to decreasing waste and energy usage	Funded by the City of New York and Federal Funding.	There are 600 community gardens throughout the five boroughs that have deep roots in the city’s history. Identify city-owned properties with land or roofs suitable for urban agriculture.	120 current farmers markets goal is to protect local farming and persuade new farmers in urban settings.	Strengthen the safety net of hunger and nutrition programs. SNAP and WIC programs to buy and promote healthy food	Build a commercial kitchen incubator for star-ups To grow individual businesses without having to finance for commercial kitchen and market their products.	Food Works A Vision to Improve NYC’s Food System contains 12 goals with different strategies to combat hunger and obesity.

The Foodworks Plan was created in order to build a better food system for the growing city in order to provide healthy, affordable food for all New Yorkers in a growing population. This will support local and regional economies and mitigating environmental impacts. These strategies will support regional farmers and urban growers, and ensure agricultural production remains an economically important part of their food system. It will improve health, eating habits, preserve and create more open space, and finally better protect the environment around New York City.

FOOD POLICY COUNCIL – The NYC Food Policy Council is comprised of the members of the New York City Council. The City Council is an autonomous group elected by the voters and in the case of Food Works, serves as the managing organization.

THE ORGANIZATION: Is an important component of New York City because it is the law making body of the city. It consists of 51 members with 51 different council districts.

CITY: New York City

TITLE OF PLAN: Food Works A Vision to Improve NYC’s Food System

DATE OF APPROVAL: November 22, 2010

IDENTIFY THE FUNDING SOURCES & ANNUAL BUDGET: Funding by the City of New York and Federal Funding

ORGANIZATION MISSION: The proposals focus on combating hunger and obesity to preserving regional farming and local food manufacturing to decreasing waste and energy usage.

POPULATIONS SERVED: All of New York City

GEOGRAPHICAL AREA SERVED: New York City region

ISSUES IDENTIFIED: agricultural production, environment, less fossil fuels through better food distribution, nutritional

IMPLEMENTATION STRATEGIES & ACTION STEPS:

Establish a Food Policy Council

Report on city food system data

WEBSITE LINK: http://council.nyc.gov/html/action_center/food.shtml

FUNDING SOURCES – Public and Private Funding.

Programs Administered

- 1) EBT Program
 - a) Electronic Benefits Transfer is an electronic system that allows a recipient to authorize transfer of their government benefits from a Federal account to a retailer account to pay for products received.
- 2) WIC Program
 - a) The Women, Infants, and Children Program helps pregnant women, infants, and children under five to supplement nutritious foods, give nutrition education and counseling at WIC clinics, and provide screening and referrals to other health, welfare and social services.
- 3) Fresh Program
 - a) The Food Retail Expansion to Support Health program provides zoning and financial incentives to promote the establishment and retention of neighborhood grocery stores in underserved communities throughout the five boroughs.
- 4) SNAP Program
 - a) The Supplemental Nutrition Assistance Program provides monthly benefits that help eligible low-income households buy the food they need for good health and daily needs.

Policies and Projects

A. Agricultural Production

- 1) Preserve and increase regional food production
 - a) Strengthen regional food supply channels.
 - i) Reorient federal farm subsidies to support healthy, sustainable food production.
 - ii) Improve the New York State Farmland Protection Fund.
 - iii) Encourage new farmers
 - iv) Build a permanent wholesale farmers market.
 - v) Expand and support farmers markets.
 - vi) Expand the electronic benefits transfer (EBT) program and acceptance of the Special supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits at farmers markets.
 - vii) Expand and support community supported agriculture (CSA).
 - b) Leverage the city's economic power to support regional producers.
 - i) Track and encourage regional food procurement.
 - ii) Support farmers in the upstate watersheds.

2) Increase Urban Food Production

- a) Better use existing space for urban food production.
 - i) Protect community gardens.
 - ii) Ensure urban farms are counted in the Census of Agriculture
 - iii) Create a searchable database of city-owned property.
 - iv) Identify city-owned properties with roofs suitable for urban agriculture.
 - v) Waive the Floor to Area Ratio (FAR) requirements and height restrictions for certain rooftop greenhouses.
 - vi) Change the state green roofs tax credit to encourage food-producing green roofs.
 - vii) Change water rates to encourage green roofs.
 - viii) Streamline the green roof permit application process.
- b) Restore food and horticultural knowledge.
 - i) Ensure garden education is available citywide.
 - ii) Support urban agriculture technology development.

B. Processing

1) Generate Growth and Employment in the food-manufacturing sector.

- a) Make affordable space available.
 - i) Build a commercial kitchen incubator for start-ups
 - ii) Develop new industrial space for food manufacturing businesses
 - iii) Revitalize New York City's market system through the new Yorkers 4 Markets initiative.
- b) Provide technical assistance to food manufacturers.
 - i) Create an online resource center for food manufacturers.
 - ii) Establish a workshops series to assist food manufacturers.

2) Increase regional products processed in and for NYC

- a) Facilitate urban-rural linkages.
 - i) Hold a regional food business-to-business (B2B) conference.

3) Reduce the environmental impact associated with food processing in New York City

- a) Help businesses reduce energy consumption.
 - i) Help food manufacturers access energy efficiency programs.

C. Distribution

Improve food distribution in New York City through infrastructure, enhancements, technological advances, alternative transportation, and integrated planning.

- a) Expand on the current vision for the Hunts Point Food Distribution Center to maximize its potential.
 - i) Redevelop the Hunts Point Produce Market.
 - ii) Increase rail service through the Hunts Point Distribution Center
 - iii) Transform the Hunts Point Distribution Center into a hub for citywide food system improvement strategies.
- b) Diversify and improve food transport.
 - i) Identify optimal distribution routes and modes for food distribution within the region and city.

D. Consumption

Create a healthier food environment.

- a) Expand fresh food retail in underserved areas of the city.
 - i) Aggressively market the FRESH program
 - ii) Support efforts to expand food co-operatives.
 - iii) Improve bodega infrastructure.
 - iv) Improve the Green Cart program by expanding the electronic benefits transfer (EBT) service.
- b) Better support food outlets that provide fresh and healthy foods.
 - i) Pilot a food retail workforce development program.
 - ii) Create neighborhood healthy food guides.
- c) Discourage unhealthy food consumption.
 - i) Discourage consumption of fast food.

Strengthen the safety net of hunger and nutrition programs.

- d) Improve federal food programs and remove local barriers to enrollment.
 - i) Strengthen the federal Child Nutrition Act to improve school meals.
 - ii) Improve the Supplemental Nutrition Assistance Program (SNAP).
 - iii) Increase federal benefit amounts to reflect higher costs of living.
 - iv) End finger imaging for SNAP applicants.
 - v) Continue SNAP outreach through agency data matches and grocery stores.
 - vi) Improve the WIC program.
 - vii) Enact federal legislative changes to the WIC program.
 - viii) Help WIC vendors by translating the vendor book into multiple languages.
 - ix) Mandate breakfast in the classroom for high-need schools.
 - x) Improve the summer meal program.
 - xi) Establish a process to make sure summer meal sites are identified earlier and outreach has begun in advance of summer recess.
 - i) Identify and expand on high-utilization sites.
 - ii) Produce a list of nearby summer meal sites for parents receiving SNAP or TANF with children.

Improve the nutrition of institutional meals.

- b) Expand the capacity of city agencies to cook whole foods for nutritious meals.
 - i) Agency kitchen capital investment and staff training.
 - ii) Expand salad bars in schools.

Increase quantity and quality of opportunities for food, nutrition and cooking knowledge.

- i) Maximize SNAP-Education funding.

E. Post-Consumption

- 1) Decrease the waste throughout the food system.
 - a) Improve the net environmental impact associated with food procured by city agencies and institutions.
 - i) Reduce packaging on food procured by city agencies.
 - ii) Identify alternatives to polystyrene foam in city food programs.
 - iii) Discourage bottled water consumption.
- 2) Increase resource recapture in the food system.
 - a) Increase residential, commercial, and governmental composting.

- i) Establish a voluntary household composting program.
- ii) Explore citywide composting of food waste.
- b) Increase recycling of waste related to food processing and packaging.
 - i) Encourage restaurant grease recycling.
 - ii) Increase citywide recycling of food-related packaging.

Chicago: The Food Systems Report

CITY & TITLE OF PLAN	ORGANIZATION TYPE & MISSION	FUNDING SOURCES & ANNUAL BUDGET	COMMUNITY GARDENS	FARMERS' MARKETS	NUTRITION PROGRAMS	CORNER STORE PROGRAM (Fresh Moves) Bus Program	TEEN PROGRAMS	OTHER ACTIVITIES/ & PROGRAMS	POLICIES & PROJECTS
Chicago Food advisory counsel	Our goal is to advocate for responsible policies improving access For Chicago residents to culturally appropriate, nutritionally sound, and affordable food that is grown through environmentally sustainable practices.	NON Profit and Some public and private funding	Growing Power & Park District Grant Park Garden Jackson Park Urban Garden	Farmers Markets The outdoor "Community market"	Eat Local, Live Healthy In 2007 the City of Chicago released the report Chicago: Eat Local, Live Healthy	Fresh Moves program	Department Of Children and Youth Services Organic Schools Project (OSP)	Jobs: Growing Home Alderman, Department of Workforce Development Growing Home is a Chicago-based organization that provides job training	The Illinois local organic task force

The Organization: The Chicago Food Policy Council is an all-volunteer organization composed of groups, individuals, and organizations.

Funding Sources: Funding sources consists of non profit and public

Applicable Programs:

Fresh moves program, Modified a CTA bus into a fresh produce store on wheels.

A bus, donated from the CTA Chicago Transit Authority. Fresh Moves partnered with Architecture for Humanity to transform the bus into a mobile produce market. They worked with volunteers at EPIC to put together their website. And now, they're working hard to bring the Lawndale community fresh, delicious, nutritious produce – and educating the public at large about how fun it can be to eat healthily.

Fresh Moves Food Bus

The city of Chicago had a study done on 2006 and it was found that there were many food deserts throughout the city. These food deserts locations were also linked to some of the least healthy communities of Chicago. After this study was revealed three Chicago residents got together to come up with an idea that will provide fresh fruits and vegetables to those communities that have little accessibility to healthy produce. The outcome of their brainstorming was *Fresh Moves: Mobile Produce Market* (freshmoves.com). This is a bus designed by Architecture for Humanity as a mobile produce market. This market on wheels takes fresh produce to the communities that do not have access to healthy foods, giving the residents of those neighborhoods the same produce options as those who have access to fresh produce.

- Organic School Project and Department of Children and Youth Services, bringing together children and healthy food choices.
- The Organic School Project reconnects school children to their food source through organic gardening, wellness education and healthy eating. We have encouraged healthy lifestyles for over 3,500 kids and thousands of families since our founding in 2005 and are continuing to improve the ways in which children interact with, think about and consume food.
- The Illinois Food, Farms, and Jobs Act of 2007 are a statewide initiative aimed at expanding and supporting a local food and farm system.
- The Illinois Food, Farm and Jobs Act of 2007 established the Illinois Local and Organic Food and Farm Task Force.

The Task Force was given the duty of developing a plan containing policy and funding recommendations for expanding and supporting a State local and organic food system and for assessing and overcoming obstacles to an increase in locally grown food and local organic food production. The Task Force will be working towards the preparation of a report, which will be submitted, to the General Assembly by September 30, 2008.



- In 2007 the City of Chicago released the report Chicago: Eat Local, Live Healthy. The report calls for a coordination of the local and regional food industry in ways that enhance public health and create food-related business opportunities
- Illinois Local and Organic Food and Farm Task Force

Policies and projects:

The Plan, among other matters, will include:

- Land preservation and acquisition opportunities for local and organic agriculture in rural, suburban, and urban areas;
- Identify farmer training and development, as necessary, by expanding training programs such as Farm Beginnings, incubator projects such as Prairie Crossing Farm, urban agriculture training programs, farmer-to-farmer learning opportunities, or other programs;
- Financial incentives, technical support, and training necessary to help Illinois farmers to transition to local, organic, and specialty crop production by minimizing their financial losses during the 3-year transition period required under USDA standards and to help with recordkeeping requirements;
- Identify strategies and funding needs to make fresh and affordable Illinois-grown foods more accessible, both in rural and urban communities, with an emphasis on creating new food outlets in communities that need them;
- Identify the financial and technical support necessary to build connections between landowners, farmers, buyers, and consumers;
- Identify the financial and technical support necessary to build a local food infrastructure of processing, storage, and distribution;
- Identify the financial and technical support necessary to develop new food and agriculture-related businesses for local food and organic food production and distribution, such as on-farm processing, micro-markets, incubator kitchens, and marketing and communications businesses.
- Identify the financial and technical support necessary to expand the development of farmers markets, roadside markets, and local grocery stores in underserved and underserved areas, as well as the creation of year-round public markets in Chicago and other large communities;
- Research, identify, and coordinate best practices and opportunities for the development of local food and organic food production;
- Identify opportunities to educate the public and producers about the benefits of local foods systems and about the development opportunities provided through this Act; and
- Identify legal impediments to local food and organic food production, and develop recommendations for a remedy.

Minneapolis Urban Agriculture Policy Plan: A Land Use and Development Plan

CITY & TITLE OF PLAN	ORGANIZATION TYPE & MISSION	FUNDING SOURCES & ANNUAL BUDGET	COMMUNITY GARDENS	FARMERS' MARKETS	NUTRITION PROGRAM	OTHER ACTIVITIES/& PROGRAMS	POLICIES & PROJECTS
Minneapolis, Urban Agriculture Policy Plan	Created as a subcomponent of the city's comprehensive plan, the Minneapolis plan for sustainable growth. The policy's mission is to improve the growth, processing, distribution, consumption, and waste management of healthy, locally grown foods within the city and surrounding region and be better supported by land uses. The governing organization was formed with the assistance of a steering committee and technical advisory committee.	Funded by a \$47 million dollar two year effort by the Statewide Health Improvement Program (SHIP) Minnesota Department of Health and Family Support grant of \$2.6 million dollars.	A new community garden specific land use application was developed for 18 city owned parcels.	Effort involves the cooperation of City regulatory services staff and farmers' market managers, and will evaluate and improve all farmers' market related ordinances. Additionally, launch Electronic Benefits Transfer (EBT) at the municipal and northeast farmers markets during 2010, making healthy food accessible to more residents. A short-term Market Bucks incentive program was also offered this summer to double the purchasing power of EBT users at the markets.	Strengthen the safety net of hunger and nutrition programs. SNAP and WIC programs to buy and promote healthy food	Sustainability Indicators for locally grown foods: City staff has developed the baseline data and maps for two of the potential targets related to food growing acres in the city and the location of food sources to residents. Proposed targets will need to go through a formal Council adoption process in the next round of sustainability target updates.	Food Works A Vision to Improve NYC's Food System contains 12 goals with different strategies to combat hunger and obesity.

The Minneapolis City Council adopted *The Homegrown Minneapolis Report* in June 2009. This report contained a variety of recommendations related to improving the growth, processing, distribution, consumption, and waste management of healthy, locally grown foods within the city.

FOOD POLICY COUNCIL :Minneapolis Food Policy Council
 CITY: Minneapolis, MN
 TITLE OF PLAN: Agriculture and Food Policy Plan
 DATE OF APPROVAL: April 15, 2011

IDENTIFY THE FUNDING SOURCES & ANNUAL BUDGET: ORGANIZATION MISSION: Funding was provided by the state, a \$47 million dollar two year effort by the Statewide Health Improvement Program (SHIP) and the Minnesota Department of Health and Family Support grant of \$2.6 million dollars.

POPULATIONS SERVED: Minneapolis and surrounding Regions

GEOGRAPHICAL AREA SERVED: Minneapolis and surrounding regions.

ISSUES IDENTIFIED: develop an overarching policy framework that establishes a city-wide vision and support for urban agriculture

IMPLEMENTATION STRATEGIES & ACTION STEPS:

Establish a Food Policy Council

WEBSITE LINK: http://www.ci.minneapolis.mn.us/cped/urban_ag_plan.asp

FUNDING SOURCES – Public Funding.

Minneapolis, Urban Agriculture Policy Plan. “A land use and development plan for a healthy and sustainable local food system.”

Organization Type & Mission: created as a subcomponent of the city’s comprehensive plan, the Minneapolis plan for sustainable growth. The policy’s mission is to improve the growth, processing, distribution, consumption, and waste management of healthy, locally grown foods within the city and surrounding region and be better supported by land uses. The governing organization was formed with the assistance of a steering committee and technical advisory committee.

Funding Sources and Annual Budget:

Funded by a \$47 million dollar two year effort by the Statewide Health Improvement Program (SHIP) and the Minnesota Department of Health and Family Support grant of \$2.6 million dollars.

Community Gardens:

A new community garden specific land use application was developed for 18 city owned parcels.

Farmers Markets:

This effort involves the cooperation of City regulatory services staff and farmers’ market managers, and will evaluate and improve all farmers’ market related ordinances. Additionally, the City helped launch Electronic Benefits Transfer (EBT) at the municipal and northeast farmers markets during 2010, making healthy food accessible to more residents. A short-term Market Bucks incentive program was also offered this summer to double the purchasing power of EBT users at the markets.

Sustainability Indicators for locally grown foods:

City staff has developed the baseline data and maps for two of the potential targets related to food growing acres in the city and the location of food sources to residents. Proposed targets will need to go through a formal Council adoption process in the next round of sustainability target updates.

Land Use and Zoning:

Amend the zoning code to better accommodate urban agriculture uses. Also, incorporate urban agriculture uses into long range planning efforts. Finally, encourage innovative design in new development.

COMMUNITY GARDEN PROGRAM

The 2010 Community Garden Pilot Program made 18 City owned parcels available for lease for community gardens. Five of the eighteen were leased. In 2011 this pilot program should be revisited and the following recommendations pursued:

- Advertise the parcels currently on the list one more time to the public.
- Before spring, reassess all parcels on the list to see if a) they are the most desirable for gardening and b) if more can be added in underserved areas.
- Consider selling some of the parcels on the list, depending on their long-term market desirability.
- Revisit the fee structure for CPED owned community garden leases.

MARKETING AND BRANDING

- Create universal signage (like the “P” for public Parking) to direct people to farmers’ markets.
- Further develop the Homegrown brand.

PARTNERSHIPS

- Create an organization or agency to serve the function of building partnerships between groups such as growers and processors and restaurants and compost creators and growers.
- Continue to work with the Minneapolis Park and Recreation Board, Minneapolis Public Schools, and Hennepin County to explore opportunities for urban agriculture.

LAND BANKING, LIABILITY, AND TAXES

- Explore a land bank option for community gardens and farmers’ markets to manage property and ensure permanency.
- Explore tax incentives and exemptions for growing.

HEALTH

- Continue to pursue efforts to make healthy local food available with the goal of insuring better public health for Minneapolis citizens.
- Further promote nutritional strategies and healthy eating.

DESIGN

- Provide education about creative integration of local food and new development and potentially link growers and designers. CPED would be partner in this work.
- Explore legislative change to make an exception for some building code requirements for rooftop growing.

COMPOSTING

- Study the potential for more coordinated composting. This effort would need to involve several City department including Public Works, CPED, and Regulatory Services and Emergency Preparedness.

Portland Food Systems Existing Conditions Report

CITY & TITLE OF PLAN	ORGANIZATION TYPE & MISSION	COMMUNITY GARDENS	FARMERS' MARKETS
Portland: Food Systems. Portland Plan-Background Report	City of Portland Bureau of Planning and Sustainability.	Yes- 35 Community Gardens	Yes-23 Farmers' Markets
Portland Multnomah Food Policy Council	Citizen-based advisory council to the city and county. Mission: "Bring together a diverse array of stakeholders to integrate the aspects of the food system in order to enhance the environmental, economic, social and nutritional health of the City of Portland and Multnomah County"		
Healthy Portland	Healthy Portland is a community based coalition program of the City of Portland, Health and Human Services department Purpose: "Improve the health and well being of folks who live and work in Portland."		

CITY: Portland

TITLE OF PLAN: Food Systems, Portland Multnomah Food Policy Council, Healthy Portland

DATE OF APPROVAL: N/A

POPULATIONS SERVED: City of Portland and Multnomah County

GEOGRAPHICAL AREA SERVED: Portland and Multnomah County

ISSUES IDENTIFIED: Food Systems: production, distribution, access, consumption, processing, and recycling. Components of an active and healthy lifestyle are also addressed.

PRIMARY PROGRAMS: Healthy Portland

IMPLEMENTATION STRATEGIES & ACTION STEPS:

WEBSITE LINK:

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

<http://www.portlandonline.com>

Portland Food Systems Plan

Although Portland does not have an implemented food policy plan, there is a food systems plan through the City of Portland Bureau of Planning and Sustainability. The systems plan states goals and possible solutions for achieving equal access to fresh and healthy foods as well as equal distribution of farmers markets and community gardens. The plan contains public feedback regarding ways in which Portland can achieve a healthy living environment and equal access to food resources.

The City of Portland is a great example of a community-oriented city that acknowledges and values the needs and wants of the general public. Portland has abundant grass-roots organizations and community coalitions that address community issues and seek solutions using a bottom-up approach.

Five barriers to access have been identified by the City of Portland:

1. Accessibility
2. Availability
3. Affordability

4. Awareness
5. Appropriateness

Areas of “top priority” for planners regarding food policy (APA survey of 192 members):

1. Planning for farmland preservation
2. Promoting food access through public transportation
3. Planning mixed-use developments to include food destinations
4. Include food issues in comprehensive plans and neighborhood plans
5. Using zoning codes to regulate food retail
6. Planning for farmers markets, urban agriculture and community gardens

The Portland Food Systems Existing Conditions Report represents the first attempt to characterize a wide range of food issues as part of the City’s comprehensive planning efforts. It includes a summary of what is currently known about Portland’s food system, conclusions from national studies about the impact and intersections between food, health and community design, and potential policy options the City could explore to support the food system” (p. 6, Portland Plan Background Report).

The Portland Multnomah Food Policy Council is a citizen-based advisory council to the city and county. The council oversees and addresses issues regarding food access, land use planning, and local food purchasing plans. Mission: “Bring together a diverse array of stakeholders to integrate the aspects of the food system (production, distribution, access, consumption, processing, and recycling) in order to enhance the environmental, economic, social and nutritional health of the City of Portland and Multnomah County”.

Healthy Portland is a program of the City of Portland, Health and Human Services department. The program is made up of people from schools, businesses, worksites, media, public makers, community groups and residents. Purpose: “Improve the health and well being of folks who live and work in Portland”. Healthy Portland promotes issues such as:

- Active communities
- Healthy nutrition
- Physical activity
- Workplace wellness
- Youth Involvement

DESCRIBE THE GOVERNING ORGANIZATION:

Portland Food Systems Existing Report: City of Portland Bureau of Planning and Sustainability.

Portland Multnomah Food Policy Council: City of Portland Bureau of Planning and Sustainability.

Healthy Portland: City of Portland Public Health Division, Health and Human Services.

The Good Food For All Agenda – Creating a New Regional Food System For Los Angeles

CITY & TITLE OF PLAN	ORGANIZATION TYPE & MISSION	FUNDING SOURCES & ANNUAL BUDGET	COMMUNITY GARDENS	FARMERS' MARKETS	NUTRITION PROGRAMS	POLICIES & PROJECTS
City of Los Angeles Title: The Good Food For All Agenda	Los Angeles Food Policy Task Force	City of Los Angeles Donations from LA Conservation Corps & Urban and Environmental Policy Institute	Currently, over 70 community gardens, at least 100 (throughout LAUSD) and as many as 500 school gardens, and 90 commercial food producing farms	Require full EBT and WIC participation at farmer's markets Increase acceptance of SNAP or WIC vouchers at farmers' markets 27 out of 123 farmers' markets in Los Angeles County	Supplemental Nutrition Assistance Program (SNAP) SNAP-ED to include school gardening and cooking programs	Establish a regional food policy council

The City of Los Angeles created their food policy plan in order to emphasize on the issues to find solutions to their problems of food affordability and availability to underserved communities around the city. This policy plan goes over the different strategies that are being implemented in order to provide healthy and efficient solutions towards creating healthier communities.

CITY: City of Los Angeles

TITLE OF PLAN: The Good Food For All Agenda- Creating a New Regional Food System for Los Angeles

DATE OF APPROVAL: July 2010

THE ORGANIZATION: Los Angeles Food Policy Task Force focused in creating a Good Food policy agenda for Los Angeles in November 2009. The Los Angeles Food Policy Council began in January 2011, created by Mayor Antonio Villaraigosa which focuses in catalyze implementation of the six priority action areas. The Food Policy Task Force is combined of funders and supporters from various businesses to incorporate feedback on various food policies and issues.

THE FUNDING SOURCES & ANNUAL BUDGET:

- Funded by the City of Los Angeles through the Fresh Food Access Program
- Donations from the Los Angeles Conservation Corps and the Urban and Environmental Policy Institute.

ORGANIZATION MISSION:

The Agenda seeks to increase access to Good Food for everyone, improve public health, create quality jobs and small food enterprise opportunities, increase equity in our communities, and improve environmental sustainability throughout the region.

GEOGRAPHICAL AREA SERVED: Los Angeles County

ISSUES IDENTIFIED:

- Expand healthy food to underserved communities.
- Advertise local food growing in neighborhoods.
- Limit fast food development near underserved communities.

IMPLEMENTATION STRATEGIES & ACTION STEPS: Establish a Regional Food Policy Council to strengthen the Good Food For All Agenda.

- Purpose of the Food Policy Council:
- Bring together diverse food system stakeholders to break down silos

- Share Information
- Inviting citizen participation in food system decision-making
- Jointly advocating for comprehensive food policy approaches; and
- Inspiring new collaborative project ideas and funding proposals.

WEBSITE LINK: <http://goodfoodla.org/>

L.A. Regional Food System Policy

Is there a governing group such as a food council? Is this group autonomous or appointed by a government agency?

1. The group was appointed by the Mayor of Los Angeles as was named as the Los Angeles Food Policy Task Force, which has presented the goal in establishing a Regional Food Policy Council.
2. Identify whether funding sources are public, private, or non-profit.
 - a. Local Government Funding
 - b. Foundation Funding
 - c. Federal Funding
3. List policies and projects
 - a. City Council enacted a new policy whereby city-sponsored events must donate surplus foods to the needy. (2010)
 - b. City Council unanimously approved plans to restrict new stand-alone fast food eateries from opening within a half-mile radius of another in South L.A., where 70% of current restaurants are fast food. (2010)

Priority Action Areas:

1. Promote a good food economy
 - a. Prioritize the development of a Regional Food Hub in Los Angeles
 - b. Develop a Food System Economic Development Strategy
 - c. Integrate food systems planning into existing City and County programs and local and regional planning documents.
2. Build a market for good food
 - a. Determine Good Food criteria and incorporate preference for Good Food in City and County procurement rules.
 - i. Develop city and county good food procurement policies and urge school districts to participate.
 - ii. Promote the brand and encourage restaurants and institutional foodservice providers to commit to purchasing a maximum percentage of Good Food.
 - b. Work with School Districts and Early Childcare Providers to improve the nutritional quality and availability of good food.
 - c. Encourage businesses and institutions to become Good Food leaders.
3. Eliminate hunger in LA
 - a. Increase the economic ability of low-income resident to purchase Good Food.
 - i. Increase enrollment in food stamp program
 - ii. Promote funding opportunities and technical assistance for farmers' markets
 - iii. Require full EBT and WIC participation at Farmers' Markets.
 - iv. Incorporate public health strategies into land use documents to limit stores unable to offer healthy food products in Healthy Food Zones.
 - b. Increase the affordability of Good Food.

- c. Strengthen the emergency food system.
4. Ensure equal access to good food in underserved communities
 - a. Expand healthy food access in underserved communities and communities of color to reduce health disparities and race and class inequities.
 - b. Improve quality of foods offered in current neighborhood food environments.
5. Grow good food in our neighborhoods
 - a. Support Residents' Efforts to grow and sell food.
 - i. Streamline permitting and public land leases for community gardens
 - ii. Expand joint-use agreements with school/community gardens.
6. Inspire and mobilize good food champions
 - a. Strengthen nutrition, food system, and food culture literacy.

Food Policy Plan Takeaways for Arizona

- Integrate into Long Range Planning by updating the General Plan.
- Provide opportunities for farmer's markets and community gardens particularly in underserved areas.
- Develop partnerships with local city staffs, elected officials, and appointed groups such as parks and recreation boards; School Districts; Maricopa County Department of Public Health.
- Further promote nutritional strategies and education for children and adults.
- Amend the zoning code to allow community gardens, farmers' markets, urban agriculture and place limitations on the number and location of fast food restaurants.
- Review city owned land inventories and consider selling or leasing parcels that are not desirable for development but for agriculture particularly in underserved areas.
- Provide education about creative integration of local food and new development and potentially link growers and designers.

D) Goals

Food Policy Goals

Our team and class gathered data and feedback from the Food Day Garden Party and were able to discern what the main concerns and wants of those attending were, based on number of similar topics. Some of the overarching themes included affordability/accessibility, and sustainability of the food system and the implementation of healthier option for use in daily life and activities. From these themes we were able to find areas where improvements could be made at different scales and through different organizational bodies including municipal, community and non-governmental organization, such as Arizona in Action.

1.) An adopted Healthy Lifestyle Plan

- Prepare an healthy lifestyle assessment including a land use inventory and facilities and amenities maps
- Establish a Healthy lifestyles committee that is responsible for implementation and management of the Healthy Lifestyle Plan

2.) Local school districts incorporate healthy Lifestyle education into the curriculum.

- Develop local nutrition programs in collaboration with school districts and local organizations
- Incorporate school and community gardens into teaching tools

3.) An adopted Complete Streets Policy Plan that provides healthier lifestyle options for residents

- Incorporate complete street design standards that provides for walkable/bikeable community.
- Design new neighborhoods and retrofit existing neighborhoods to provide pedestrian and bicyclist connectivity between neighborhoods and important destinations.

4.) Adopted Policies and regulations that promote a healthy lifestyle

- Update/ amend the general plan to incorporate policies that address food security and access to healthy food.
- Update/ amend the general Plan to incorporate policies that facilitate the opportunity for residents to choose a healthy lifestyle.
- Amend the zoning ordinance to address issues relating to providing access to, and a balance of, healthy food choices.
 - Limit the location of fast food establishments near schools
 - Limit drive through restaurants communitywide
 - Allow community gardens as permitted uses in zoning districts
 - Encourage the preservation of agricultural land

5.) Improve community resilience through strengthened local food networks.

- Promotes CSA's
- Provides economic incentives for farmers markets making them more accessible and affordable
- Ordinances developed for community gardens and other urban agriculture projects

6.) City infrastructure dedicated to promoting a safe and walkable environment.

- Encouraging high limitations on buildings

- Developments are scaled to pedestrians
- Sidewalks and shade structures

7.) Local transit options that encourage healthy lifestyle options.

- Create more public transit including neighborhood circulators that can link people to healthy lifestyle options
- Create bike and pedestrian paths with connectivity to one another and destinations
- Employ traffic calming in high pedestrian traffic areas to promote safety

8.) Local community gardens and farmers markets implemented to encourage social interaction, public education and awareness.

- Making farmers market regular and year round to encourage weekly routine
- Engage youth programs in community gardens and recreation projects
- Educating the community in how they can start private vegetable gardens for their individual health and food security
- Community gardens and other projects should aim to provide culturally relevant healthy food options
- Programs designed to promote community involvement and development

E) RECOMMENDATIONS/STRATEGIES

Community Food Assessment



Figure 1

Assessing a community's food is the first recommendation as it is the first step to identifying what a community is lacking in terms of healthy food options and affordability. This process reveals the food security of city or community and because these assessments tend to be extensive and have the potential to provide a 360 degree view of what is happening with the food. The USDA Economic Research Service provides a community food security toolkit that provides valuable information for assessing a community's needs.

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Food Deserts

Food Deserts & West Valley's Built Environment

Food deserts do not spontaneously appear, nor or they self created. The way a neighborhood is planned or constructed affects residents' accessibility to fresh produce. Trail connectivity, sidewalks, bicycle lanes, well-marked pedestrian crosswalks, and grocery store access points are just a few of the factors that affect a city's walkability and create favorable conditions for food deserts.

Recommendations for Alleviating Food Deserts

- Promote Farmers' Markets

- In promoting these types of markets, cities simultaneously support and promote local agriculture. Also encouraging the acceptance of the electronic benefits card (EBT) and WIC coupons helps the market reach a larger demographic.
- Promote Community Gardens
 - Community gardens provide affordable fresh produce to the community while encouraging social interaction and a healthy lifestyle. To get more out of a community garden one should consider pairing the gardens with food demonstrations, which not only promotes the garden but also teaches participant how to prepare healthy meals with the produce grown.
- Promote Healthy Food Retail
 - The attraction of retailer that stock healthy food is a complex venture that requires collaborative efforts of both community partners and the city. Promotion of healthy food selections and local food retail establishments help attract members of the community.
- Increase Access for Low-Income
 - A major problem in low-income food deserts is the lack of accessibility to fresh produce and healthy food options. Federal food assistance programs are important for increasing accessibility and increasing the number of locations that accept EBT and WIC both customers and farmers could benefit.
- Prioritize Health Goals in Redevelopment Areas
 - Redevelopment projects can include health goals for proposed developments by composing a general agency policy or on a project-by project basis.
- Zoning Ordinances
 - Zoning modifications have the power to change food-purchasing behavior on the retail side; cities can create zoning allowances as an incentive.
- Modify General Plan and Local Policies
 - Another great way to address a city's lack of access to fresh produce is to examine the general plan and policies.

(Healthy Cities Campaign)

Recommendations for Encouraging Produce Cart Vendors

A permit program created for the allowance of produce cart vendors is a simple way to increase access to fresh produce. National Policy & Legal Analysis Network (NPLAN) has created a model produce cart ordinance as a simple and cost efficient way for families to buy fresh produce. Rules and requirements for vending in addition to a range of incentives are the model ordinance set forth by NPLAN. Using this type of ordinance enables the local government to encourage vendors to sell in neighborhoods that lack accessibility to produce. A few of the incentives that NPLAN recommends include:

- Giving priority consideration to vendors applying for a permit
- Discount rates on permit fees
- Providing interested vendors with the access to small business loans with low interest rates
- Providing resources for small business counseling and technical assistance

More information and a copy of NPLAN's Model plan is provided at www.nplan.org

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Community Gardens: Recommendations to Consider

In order to have a successful community garden a city must consider the following. A city must first determine if there is a need for a community garden. One can determine if there is a need for a community garden by arranging to meet with stakeholders including neighbors, community organizations, tenants, gardening societies, horticulturalists and anyone else who is likely to be interested. Those interested in establishing the garden could start a committee that would be involved in all stages of planning for the community garden including construction, funding and communication. Once a need for a community garden has been established, one must then determine a site. A community could consult expert information for starting a community garden such as The United States Environmental Protection Agency's version "Steps to Create a Community Garden or Expand Urban Agriculture". When selecting an area to garden, there are a few site considerations you should take into account before you get too far into the planning process listed below:

- Sunlight Exposure
- Size and Dimension
- Traffic Patterns
- Ownership
- Location

Sunlight Exposure

Spending a day at your plot during sunny weather will help you map patterns of sunlight in the garden. This process will let you know which parts of your garden receive full sun (over 6 hours) or shade (less than 2-3 hours). The direction and timing of sunlight should be considered as well, because afternoon light and southern or western exposures will receive more intense levels of sunlight. Knowing the amounts and intensity of sunlight received will help you make decisions about which plants to place where.



Size and Dimension

It would be easy enough if all gardens were squares or rectangles, but some are not. To have the most detailed map possible, measure distances between existing buildings, trees and include these in your garden drawings.

Knowing the exact size of your garden will help you calculate it's square footage, so that you can figure out how big your plots will be, how many plants you can plant, and how much fertilizer or compost you will need.

Traffic Patterns

Even if you have a fully fenced lot for your

garden, you will still have to cope with the way people move across the site. A site that is located on an unfenced vacant lot may have long served as a shortcut for neighbors walking from place to place, and they may continue to walk through the site even after you have begun to garden it. Unless you plan to fence your garden, knowing traffic patterns can help you minimize damage from foot traffic or vandalism, and the pathways people use should be included on your initial garden map.

Ownership

Community gardens can be located in public or private parcels of land. Often times, cities are placing community gardens within local parks as an added recreational feature. The incentive of going the route of incorporating a community garden within a public area such as a park the economic stability. If a garden is located within a public parcel of land, the likeliness of the garden thriving for future generations skyrockets in comparison to having the garden located within a private parcel of land. Public parcels of land often times are a cumulative effort between a neighborhood, city or a group of stakeholders and due to this fact maintaining the garden for the long term is much more likely. If a garden is located within a private parcel of land one has to consider there are many significant financial obligations such as buying, renting or leasing the parcel, which can often times be costly and not feasible for long term needs.

Lot Location

The location of a community garden is perhaps the most important feature of the facility to consider. The location of the garden should also be visible to the local community because it could help attract additional locals to participate in tending after the grounds. Community gardens should be located nearby those who have made a commitment to tend after the grounds such as a local school, church or neighborhood. Those who have shown interest in tending after the garden could form a panel to discuss and ultimately select the best choice of a site location.

Farmers Markets: Recommendations to Consider

In order to establish a successful farmers market, a community must consider the following recommendations. The first step is to determine if there is a demand for a market. Once a need for a market has been established one has to determine a site location. Some considerations for the site include:

- Accessibility
- Site Size
- Parking

Accessibility

The most adequate site to consider is in a central location with plenty of through traffic, and that's easy to get to by all modes of transportation. The site could be located by a well known landmark or intersection or nearby offices or other businesses.

Site Size

One may want to consider finding a location that can accommodate the space needs for the number of vendors one will have or hope to grow to in the future. Also leaving space for shoppers to easily circulate through the market and stop and socialize with one another will make for a more comfortable

shopping experience. According to Cedar Park Farmers Market they calculate spacing needs as follows: “allow width for farmers’ trucks (18') + their canopy (10') + an isle (15') + canopy(10') + another isle (15') + canopy (10') + truck (18'). All of that is the width, times the number of 10' booths for my length to figure the square footage needed.”

Parking

If you expect many of your customers to be driving to the market, one must consider parking in the planning process. One must consider if there is sufficient parking available close by. Depending on the popularity of the farmers market, one must plan on a minimum of 500 spaces for a four-hour market that has 4,000-6,000 shoppers. Locations with nearby free parking may also better meet the needs of the community.

Food Policy Council Recommendations

There are several key recommendations that may help councils confront some of these challenges. When establishing Food Policy Council consider:

- Engage members across different sectors of the food system and from different socio-economic backgrounds and draw from a diverse, but organized base
- Establish priorities and agree on some kind of a strategic plan from the outset
- Establish clear structures for decision-making, communication and evaluation from the beginning
- Examine structural trade-offs between being within or independent of government, how the council is funded, and what issues the council chooses to prioritize
- Include elements of self-education (for members) and the public
- Diversify political and internal leadership support
- Evaluate and monitor the effects of the councils’ policies and/or activities

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Visit the following link to locate additional local farmers markets by Arizona county:
http://www.foodconnect.org/farmers_markets/locator.asp

Community Supported Agriculture: Recommendations

CSA's programs put farmers and people that seek farm-grown products together. Before recommendations can be given for CSA's one must look at programs that are already in place in Goodyear, Avondale and Litchfield Park. The table below contains names and information of CSA's that have drop off locations in Goodyear, Avondale, or Litchfield Park.

CSA	Name of CSA	Contact Information	# of Shares	Cost of Shares	Season
	Whole Earth CSA	Shyryn Joy 602/214-9502	75	\$25/week	October- July
	Duncan Family Farms	visit website: https://www.duncanfamilyfarmslocal.com/	n/a	\$17/week	Nov- April

This table shows that there are two CSA that have drop off locations within one of the three cities. While this is great for the communities there are a few recommendations below that could improve CSAs in these cities.

- Increase local awareness of CSAs by local promotion
- Meet with farms running the CSAs and discuss adding pick-up/drop-off locations



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Nutrition Environment Measure Survey (NEMS)

It is worthwhile to examine NEMS reports done in other cities to gain ideas for creating Goodyear, Avondale and Litchfield Park's very own report. Below is an outline of an NEMS survey recently conducted in Maryvale, Arizona.

Maryvale NEMS Survey

In September of 2011, the School of Sustainability at Arizona State University, Donald Kelly and Greenzona conducted a NEMS study for the city of Maryvale. This report looked at the food environment around three key community centers: Golden Gate Community Center, Rehoboth Community Development Life Center, and the Amigos Center of Wesley Community Center. The Report collected and analyzed data for these three neighborhoods by examining availability, accessibility, and affordability of food. There were four phases used to carry out the project. These phases included:

- Phase I: Research Method Selection
 - A NEMS tool designed to assess the availability and affordability of healthy food options in a given community. This tool was recently adapted by ASU researchers to better assess healthy food options within Latino neighborhoods, making the instruments a good fit for the predominantly Latino Maryvale.
- Phase II: Study Boundaries & Store Database
 - Local Food Working Group (LFWG) team identified three core study neighborhoods to scale the project to a size that was financially and physically manageable. Each region as comprised of a 1.5-mile radius centered around one of the three communities.
- Phase III: Training and Data Collection
 - An intensive two-day workshop was held with community members and the workshop was carried out in Spanish by the bilingual community trainers.
- Phase IV: NEMS Scoring & Data Analysis
 - The NEMS scoring rubric is as follows: Availability score ranged from 0 to +38. Affordability score ranged from -12 to +21 and the Quality score was assigned based on the percentage of fruits and vegetables that the raters considered to be of acceptable quality.

Maryvale NEMS: Key Findings



Figure 2 Community members rating a local grocery store. Photo provided by Maryvale CFA

- There were 101 food stores in the study area, however 54% of these were convenience stores and another 16% were dollar stores or pharmacy-type stores. There were only 13 grocery stores in the region.
- Accessibility to food outlets was fairly high. However, for many, grocery stores are beyond comfortable walking distance.

- Less than one-third of the stores carried any sort of fresh vegetable, or any healthy varieties of chicken, beef or cheese.
- Healthy options for beef, chicken and juice were more expensive than less healthy options in most stores

Recommendations

Maryvale’s NEMS process was effective in the way that it incorporated public involvement and produced an idea of what is happening to food within that community. Conducting a NEMS report is important to gain a snapshot of food distribution in a community. Listed below are some recommendations regarding the conduction of a NEMS report:

- Meet with cities that have already conducted NEMS reports of their own to gain insight
- Reviewing other best practices that are similar in population size
- Gather a team of researchers, community advocates and leaders that are interested in working on the report.
- Identifying a scope for the project

Works Cited

School of Sustainability, Arizona State University; Greenzona. (2011). *Maryvale Nutrition Environment Measures Survey*. Phoenix.

Zoning Summary

In order to promote healthy lifestyle plan through community gardens, farmer’s market, keeping of livestock, evaluation of city zoning ordinance and regulation becomes essential part to the success of implementation. The cities that the plan focuses on are Avondale, Goodyear, and Litchfield Park. Collecting information through emailing to planning and zoning division of each city, checking city’s website, and reviewing official and up to date zoning ordinance of each city is an important factor for evaluation and potential amendment of current zoning ordinance. The following is the summary of zoning ordinance regarding to community gardens, farmer’s market, and keeping of livestock:

City	Community Gardens	Zoning Permitted	Farmer’s Market	Zoning Permitted	Keeping of Livestock	Zoning Ordinance
Avondale	Yes.	One community garden at City Hall Complex. Currently, amending the ordinance for easier implementation.	Yes.	One Farmers’ market just opened at Avondale Friendship Park on November 5.	Permitted with conditions for rural residential districts and part of suburban residential district.	Livestock such as cattle and horse shall be allowed at a ratio of one animal per 21,780 square feet of lot area. Small livestock such as goats and sheep shall be allowed at a ratio of two animals per 21,780 square feet of lot area.
Goodyear	No, in the most residential district.	None.	Only when special permit is issued from City Clerk’s office.	None.	Yes, under AU districts (Agriculture/Urban).	Minimum of 15,000 square feet gross of fenced area per animal is required. Corrals shall not be located closer than 100 feet from any lot line.

Litchfield Park	No Email Response.		No Email Response.		Not Allowed.	Not Allowed.
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The City of Avondale is welcoming land use of both community gardens and farmer’s markets. Currently, the City is amending the ordinance and updating the General Plan since previous ones did not reflect specific standards for either land use. The intention of amending ordinance and the General Plan is to offer easier and achievable implementation of healthy lifestyle through adaptation of community gardens and farmer’s markets. The City of Avondale is willing to provide sustainable development and offer such condition to their communities and citizens.

The permission of livestock in the City of Avondale is issued for agricultural land use, and issued with conditions for rural residential districts (RR-43, RR-18) and part of suburban residential district (R1-35). Livestock such as cattle and horse shall be allowed at a ratio of one animal per 21,780 square feet of lot area under the zoning use of RR-43 and R1-35. Small livestock such as goats and sheep shall be allowed at a ratio of two animals per 21,780 square feet of lot area under the zoning use of RR-43 and R1-35. In the RR-18 district, all farm animals shall be contained on the property by an effective enclosure and shall not be allowed to run at large. As long as the property is maintained and does not contribute to public nuisance, keeping of livestock shall be permitted.

The City of Goodyear is not welcoming land use of both community gardens and farmer’s market in most cases. Community gardens cannot be implemented in the most residential district, and therefore, implementation of neighborhood garden in the City of Goodyear is unachievable and inaccessible to many residents at this moment. In order to achieve sustainable condition as well as success of healthy lifestyle plan, amending zoning ordinance and updating the General Plan are necessary.

The permission of livestock in the City of Goodyear is issued for agricultural district and agricultural preservation district, and issued with condition for agricultural/urban district. Both agricultural and agricultural preservation district are more of commercial intension to the land use rather than residential practice. Agricultural/urban district is a residential zoning use along with keeping livestock. A minimum of 15,000 square feet gross of fenced area per animal is required in agricultural/urban district, and uses shall conform to appropriate health standards. Corrals shall not be located closer than one hundred feet from any lot line, and shall be cleaned and waste material removal not less than two times each week.

The City of Litchfield Park has not responded email and no information found on city zoning ordinance nor the General Plan except the part they are not allowing any livestock within the city limit unless existing at the time of adoption of zoning regulation.

Recommendations

The primary purpose on supporting healthy lifestyle for residents and communities is to support local agriculture through community gardens, farmer’s market and keeping livestock for food purposes within a local community. It is to increase resiliency of local municipality and community in terms of protecting food security and improving the condition of food desert. Simultaneously, it provides healthier lifestyle through gardening activities and farmer’s market events that promote knowledge, increase education, and raise awareness to the issue of food.

In order to achieve sustainable healthy lifestyle and implement healthy lifestyle policy, amending local zoning law and regulation become an essential factor for easier and manageable implementation. It is highly encouraged and recommended for local municipality to take initiative to establish and promote community gardens and farmer’s market at available lots.

During the process of amending local zoning ordinance and regulation, including specific definition of animals has a potential to create a positive impact on local community regarding to the food issue. The City of Tucson, for example, is on the process of amending their local zoning ordinance intending to consider about providing specific definition of animals as well as limit the number of animals permitted by creating urban animal units in the zoning regulations for residential areas. University of Arizona prepared a policy addressing the importance of keeping animals locally and defining animals and limitation towards the number of animals. Following is the recommendation incorporated in the policy developed by University of Arizona:

1. Clearly define “animals” in the Tucson Land Use Code and Tucson City Code as follows:

Table 7: Definitions			
Animal			
Any fowl, reptile, amphibian or mammal, except human beings			
Large Animals		Small Animals	
Ratite Large, flightless birds, including emus and ostriches	Livestock Cattle, horses, oxen, donkeys, mules, llamas, and other similar animals	Small Farm Animals Sheep, goats, rabbits, rodents, and other similar animals	Fowl A bird that is used to produce meat or eggs, including, but not limited to chickens, ducks, turkeys, and peacocks

2. Limit the number of small farm animals permitted by creating Urban Animal Units (UAAUs) in the Land Use Code:

Animal	Units per animal
Chickens	.1
Ducks	.2
Turkeys or Geese	.4
Goat or Sheep	.5
Rabbits	.1
Rodents	.1

3. The number of UAAUs permitted in residential zones should be:

Zone	Description	UAAUs permitted
R-1	Low density single family	2
R-2	Medium density single and multiple family	1.5
R-3	High density residential and compatible uses	1

4. Examples of mixed-animal keeping under this scheme could include:

	Scenario1	Scenario2	Scenario3	Scenario4

R-1 (2 UAAUs)	20 chickens	10 chickens 2 goats	5 chickens 2 goats 1 turkey	3 chickens 2 goats 1 turkey 3 rabbits
R-2 (1.5 UAAUs)	15 chickens	10 chickens 1 goat	7 chickens 2 ducks 1 turkey	3 chickens 6 rabbits 3 ducks
R-3 (1 UAAU)	10 chickens	5 chickens 1 goat	2 chickens 1 turkey 2 ducks	2 goats

The City of Tempe recently amended the zoning code on the purpose of fostering and supporting sustainable practices through interim use and/or the adaptive reuse of open space and vacant lands with community gardens. A community garden is permitted in the agricultural district, yet the City amended and permitted a community garden, subject to approval of use permit, in all other residential districts and in all commercial, mixed-use and industrial districts.

The City of Tempe intends to achieve ideal sustainable condition through the support of local farming practices by the local residents. A community garden is one approach to foster active healthy living and to promote awareness and education on the food issue. Simultaneously, municipality gains benefits of improvements on food desert and increase the condition of resiliency against food security. The ideal condition of sustainability in the matter of food with multiple benefits can be achieved by promoting community gardens in diverse zoning districts with accessibility.

The City of Los Angeles, on the other hand, has a different approach to promote healthy lifestyle condition by making interim restrictions on the issuance of all permits related to the establishment of new fast food restaurants on commercial or industrial zoned properties. The problem inhabits especially in South Los Angeles that is a poor part of town. The current condition in especially South Los Angeles has approximately 45% of fast food restaurants and the total of 900 restaurants within 32 square miles of South Los Angeles. Thus, over 400 restaurants are fast food eateries and approximately 13 fast food restaurants are located every 1 square mile. Because of high concentration and dense environment of fast food restaurants in the community, South Los Angeles has the highest diabetes levels as well as obesity in the Los Angeles County. The moratorium was adopted by the Los Angeles City Council in 2008, and the interim restrictions on zoning have been extended since the first adoption was made.

The goal of this moratorium enacted by the City of Los Angeles is to reduce the health impacts from unhealthy fast food dieting and to improve acknowledgment of food desert in the community. The environment of South Los Angeles is certainly overwhelmed by the fast food restaurants and causing a less accessibility of healthy food. Without an enactment of moratorium, there would be potentially an increase of new establishment of fast food restaurants and negative impacts upon sustainability through unhealthy dieting. In order to resolve the issue of food desert as well as promoting healthy dieting, the approach of interim restrictions on new establish of fast food restaurants can be effective and reasonable to some communities.

Healthy Community Infrastructure

Encourage local municipalities to incorporate the Healthy Lifestyle Infrastructure Assessment Tool as a component of the development review process.

Cities experience problems due to poor city infrastructure that contributes to sprawl and low accessibility to resources. The needs for solutions to accommodate a healthier community are being presented. Solution for continuing development and promoting a safe and healthy infrastructure is by adopting THE HEALTHY LIFESTYLE INFRASTRUCTURE ASSESSMENT TOOL.

The Assessment Tool is essentially a score sheet that accumulates points based on a list of amenities and the distance of those amenities from the proposed development site. If a proposed development is brought to the city and does not score the minimum number of points required, in order for the developer to continue development on that specific parcel, that developer will be inquire a special impact fee. This special impact fee is not for preexisting infrastructure damage that development would

SCORING AMENITY	POINTS	ADDRESS	DISTANCES
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create because of more city usage, but this fee is for future healthy lifestyle infrastructure such as parks, open space, recreation facilities, trails, and bike paths the city will have to construct in order to provide for that specific development to be livable for future residents.

Bus Stop ¼ mile, 30 mins, 25 units/acre (7 pts)			
Bus Stop within ¼ mile, every 30 min. (6 pts.)			
Bus Stop within 1/3 mile, every 30 min. (5 pts)			
Bus Stop within 500' (4pts)			
Bus Stop within 1,500' (3pts)			
Public Park or Community Center ¼ mile (3pts)			
Public Park within ½ mile (2pts)			
Supermarket (25,000 sf) within ¼ mile (5pts)			
Supermarket (25,000 sf) within ½ mile (4pts)			
Supermarket (25,000 sf) within 1½ (3pts)			
Neighborhood Mkt (5,000 sf) within ¼ mile (4pts)			
Neighborhood Mkt (5,000 sf) within ½ mile (3pts)			
Famer's Market within ¼ mile (2pts)			
Famer's Market within ½ mile (1pts)			
Public School within ¼ mile (3pts)			
Public School within ½ mile (2pts)			
Senior Center or Services within ¼ mile (3pts)			
Senior Center or Services within ½ mile (2pts)			
Medical Clinic/ Hospital within ½ mile (3pts)			
Medical Clinic/ Hospital within 1 mile (2pts)			
Pharmacy within ½ mile (2pts)			
Pharmacy within ½ mile (1pt)			

The Assessment Tool will score on the distances to: transit: Bus stops and light-rail, park or community center, public library, supermarket, neighborhood market, famers market, public school, senior center or services, medical clinic or hospital, pharmacy, and available high-speed internet. All of these amenities will be in different distances in order to receive points and more points should be awarded the closer the parcel is to these amenities.

Healthy Lifestyle Assessment Amenity Score Sheet

Healthy Lifestyle Recommendations

Integrate health criteria into decision making, where appropriate, across multiple sectors.

Assessments and audits can be used to help decision makers evaluate project or policy choices to increase positive health outcomes and minimize adverse health outcomes and health inequities. Understanding all risks and impacts of municipal planning or investment decisions, including those that can affect health, will help ensure that land use and transportation investments are aligned with positive and equitable health outcomes. Communities can be designed to increase physical activity, decrease motor vehicle and pedestrian injuries and fatalities, improve air quality, and reduce greenhouse gas emissions. Locating schools, housing, nursing homes, and other key community resources away from high-pollution areas such as highways and factories can reduce hospitalizations due to heart attacks and respiratory disease. Providing affordable, accessible transportation options and safe and navigable streets helps people, especially older adults, people with disabilities, and those with low incomes, to live safely in their communities, reach essential destinations (e.g., grocery stores, schools, employment, health care, and public health services), and lead more rewarding and productive lives.

Enhance cross-sector collaboration in community planning and design to promote health and safety.

Coordinating efforts across sectors and governmental jurisdictions to prioritize needs and optimize investments can help foster livable, affordable, and healthy communities. Community measures that include health can be used to benchmark existing conditions, set performance targets, track and communicate progress toward achieving community outcomes, and increase accountability. Integrating diverse measures (e.g., health, transportation, economic, housing, public safety, education, land use, air quality) provides a more comprehensive assessment of community well-being.

- Adopt practices to increase physical activity and reduce pollution (e.g., workplace flexibility, rideshare and vanpool programs, park-and-ride incentives, travel demand management initiatives, and telecommuting options).
- Partner with state, tribal, local, and territorial governments, business leaders, and community-based organizations to conduct comprehensive community health needs assessments and develop community health improvement plans.
- Include training on assessing health impact within fields related to community planning and development (e.g., urban planning, architecture and design, transportation, civil engineering, agriculture) and encourage innovation in designing livable, sustainable communities.
- Implement policies and practices that promote healthy and safe environments (e.g., improving indoor air quality; addressing mold problems; reducing exposure to pesticides and lead; ensuring that drinking water sources are free from bacteria and other toxins; implementing and enforcing tobacco free policies).
- Use alternative transportation (e.g., biking, walking, public transportation, car and vanpooling).

Provide people with tools and information to make healthy choices.

Information needs to be available to people in ways that make it easy for them to make informed decisions about their health. Providing people with accurate information that is culturally and linguistically appropriate and matches their health literacy skills helps them search for and use health information and adopt healthy behaviors. For example, providing people with information about the risks and benefits of preventive health services can motivate them to seek preventive care. Providing people with information (e.g., nutrition information on menus and food product labels) can help

increase demand for healthy options and may influence supply, because companies are more likely to provide healthy options when they perceive consumer demand for such products.

Promote positive social interactions and support healthy decision making.

Interactions with family members, friends, and coworkers, involvement in community life, and cultural attitudes, norms, and expectations, have a profound effect on the choices people make and on their overall health. Enhanced social networks and social connectedness (e.g., through volunteer opportunities, transportation services, or workplace safety and health initiatives) can help encourage people to be physically active, reduce stress, eat healthier, and live independently. Mass media and social media can be used to help promote health and well-being. Individuals' decisions are influenced by how environments are designed and how choices are presented. Small changes to the environment in which people make decisions can support an individual's ability to make healthy choices. For example, making stairwells more attractive and safe increases their use and placing healthy options near cash registers can increase their likelihood of purchase.

Engage and empower people and communities to plan and implement prevention policies and programs.

Although policies and programs can make healthy options available, people still have the responsibility to make healthy choices. People are empowered when they have the knowledge, ability, resources, and motivation to identify and make healthy choices. When people are empowered, they are able to take an active role in improving their health, support their families and friends in making healthy choices, and lead community change. Providing people with tools and skills needed to plan and implement prevention policies and programs can help create and sustain community change. Effective public participation can help ensure that health equity and sustainability are considered in decision making (e.g., community planning, zoning, and land use decisions). Community coalitions can be effective in raising awareness and attention to a broad range of issues (e.g., alcohol and other substance abuse, teen pregnancy, cancer prevention and control) and implementing effective policies and programs.

Improve education and employment opportunities.

Without employment and education, people are often ill-equipped to make healthy choices. Education can lead to improved health by increasing health knowledge, enabling people to adopt healthier behaviors and make better-informed choices for themselves and their families. Employment that provides sufficient income allows people to obtain health coverage, medical care, healthy and safe neighborhoods and housing, healthy food, and other basic goods. Employment can also influence a range of social and psychological factors, including sense of control, social standing, and social support. Programs and policies to reduce high school dropout rates make advanced education more affordable, and promote job growth and quality can have a large impact on people's ability to make healthy choices.

Ensure a strategic focus on communities at greatest risk.

To effectively address health disparities, we should implement community-based approaches that promote healthy behaviors and prevent injury and disease among populations at greatest risk. The participation of community leaders, members, and organizations helps ensure that programs and policies align with local culture and are effective in addressing the health issues of greatest importance. Initiatives grounded in the unique historical and cultural contexts of communities are more likely to be accepted and sustained. Furthermore, ensuring that clinical, community, and workplace prevention

efforts consider language, culture, age, preferred and accessible communication channels, and health literacy skills increases people's use of information and adoption of healthy behaviors.

Support comprehensive tobacco free and other evidence-based tobacco control policies.

There is no safe level of secondhand smoke exposure. Smoke free and tobacco free policies improve indoor air quality, reduce negative health outcomes among nonsmokers, decrease cigarette consumption, and encourage smokers to quit. Comprehensive policies, that prohibit smoking or all forms of tobacco use, can be adopted by multiple settings such as workplaces, health care educational facilities, and multi-unit housing.

Expand use of tobacco cessation services.

More than 7 in 10 smokers want to quit.¹⁴² Tobacco cessation services, including counseling and medications, are effective in helping people quit using tobacco. The combined use of counseling and medications is more effective than either strategy alone. Clinicians can ask all adults about tobacco use and provide counseling and tobacco cessation medications as appropriate. Promoting quit lines and encouraging utilization of cessation benefits that are available through many health plans increases the use of tobacco cessation services.

Support state, tribal, local, and territorial implementation and enforcement of alcohol control policies.

States with more stringent alcohol control policies tend to have lower levels of binge drinking among adults and college students. Evidence-based policies that decrease excessive alcohol use and related harms include those that prohibit the sale of alcohol to minors and intoxicated persons; reduce days and hours of sale; and limit the number of places that legally sell alcohol. Laws addressing alcohol impaired driving – including 0.08 percent blood alcohol limits, zero tolerance for persons under age 21, and ignition interlock systems (i.e., devices that prevent vehicle operation when blood alcohol concentration is above a specified level) – have cut alcohol-related traffic deaths in half over the past 30 years. Current age 21 minimum legal drinking age laws are effective in reducing alcohol-related motor vehicle crashes and associated injuries and deaths. Adopting campus-based policies and practices (e.g., alcohol-free late-night student activities, restrictions of alcohol marketing to primarily underage audiences, supporting and enforcing the minimum legal drinking age) can reduce high-risk alcohol use among college students.

Create environments that empower young people not to drink or use other drugs.

Environments can create social conditions that help teens avoid underage and binge drinking, or use of other drugs. Exposure to alcohol marketing may increase the likelihood that young people will start drinking or drink more; therefore, reducing youth exposure to alcohol marketing can change attitudes toward drinking. Furthermore, exposing youth to counter-marketing, such as anti-drug media messages, may be effective. Furthermore, exposing youth to counter-marketing, such as anti-drug media messages, may be effective. For example, youth exposed to the National Anti-Drug Youth Media Campaign are less likely to begin marijuana use. Social environments that provide meaningful alternative youth activities, enhance family relationships, build self esteem, and dispel myths about drinking and other drug use can help youth make healthy decisions.

Reduce inappropriate access to and use of prescription drugs.

A comprehensive approach to address prescription drug abuse, driven primarily by abuse of prescription pain relievers (opioids), should focus on reducing abuse while ensuring legitimate access for pain management. Developing, linking, and encouraging use of prescription drug monitoring programs, coupled with implementation and enforcement of laws that reduce inappropriate access (e.g., laws to prohibit doctor shopping and “pill mill” pain clinics), can reduce misuse of prescription drugs. In addition, consumer and prescriber education about appropriate and safe medication use and disposal practices can help them manage prescription drugs safely.

Increase access to healthy and affordable foods in communities

Increasing access to healthy, affordable food options provides people with the opportunity to make healthy choices. Providing healthy foods in existing establishments, increasing the availability of full-service supermarkets and grocery stores, and supporting local and regional farm-to-table efforts (e.g., farmers markets, community gardens) have all been shown to increase access to healthy food. In addition, providing a greater variety of healthy options that are affordable can help increase consumption of healthy foods, as the price of healthy food choices is frequently more expensive (per calorie) than less healthy food options.

Implement organizational and programmatic nutrition standards and policies

Nutrition standards and policies (e.g., food procurement policies) that align with the Dietary Guidelines for Americans increase access to healthy food and beverages and limit access to less healthy foods. Such policies can be implemented in work sites, schools, early learning centers, institutional cafeterias/food service, hospitals, and living facilities for older adults, as well as within Federal and state-supported food services and programs. Such policies not only help people make healthier food choices, but over time will lead to a wider variety of healthier products from which to choose.

Improve nutritional quality of the food supply

Manufacturers and retailers (e.g., stores, restaurants) have a key role in producing and serving healthy food options. Processed and prepared foods, such as packaged, restaurant (both sit-down and fast food), and convenience foods often contain high amounts of calories, sodium, added sugars, and saturated and trans fat. Providing appropriate portion sizes helps people limit calorie intake, particularly when eating high-calorie foods.

Help people recognize and make healthy food and beverage choices.

People are better able to make healthy decisions when provided with the information and motivation to identify and make healthy choices. Easy-to-understand nutrition information at the point of purchase can help people make healthier food choices. Strengthening individuals’ ability to prepare and cook healthy foods at home can help them make healthy meals and improve their overall nutrition. Providing people with the knowledge and tools to balance their caloric intake and output can help them achieve and maintain a healthy weight. The media can support healthy decision making by promoting healthier food choices and limiting the marketing of unhealthy food to children.

Enhance food safety.

Proper food handling, preparation, and storage, as well as adoption of hand washing practices within commercial establishments and homes, help reduce contamination and prevent foodborne illness. Procedures to monitor, detect, and control contamination when it occurs are essential to protecting our nation's food supply.

Encourage community design and development that supports physical activity.

Sidewalks, adequate lighting, and traffic slowing devices (e.g., modern roundabouts) improve the walkability of communities and promote physical activity. Increasing access to public transportation helps people maintain active lifestyles. People are also more likely to use active modes of transportation (e.g., walking, biking) for their daily activities when homes, workplaces, stores, schools, health care facilities, and other community services are located within close proximity and neighborhoods are perceived as safe.

Promote and strengthen school and early learning policies and programs that increase physical activity.

Schools, early learning centers, and before- and after-school programs can all adopt standards, policies, and programs that support active lifestyles. Programs that increase the length or quality (i.e., time spent being active) of school-based physical education improve overall student activity levels and academic performance.

Facilitate access to safe, accessible, and affordable places for physical activity.

Safe, accessible, and affordable places for physical activity (e.g., parks, playgrounds, community centers, schools, fitness centers, trails, gardens) can increase activity levels. Ensuring availability of transportation and developing these places with universal design features facilitates access and use by people of all ages and functional abilities. Public areas that are well-lit and patrolled by law enforcement have been shown to make communities safer and increase use of these places for physical activity. Implementing joint use or after-hours agreements for school gymnasiums and community recreation centers increases the use of these facilities by community members. In addition, providing opportunities for older adults to participate in physical activity (e.g., low-cost fitness classes at community centers) promotes functional health, lowers the risk of falls, and improves cognitive function.

Support workplace policies and programs that increase physical activity.

Effective workplace programs and policies can reduce health risks and improve the quality of life for millions of U.S. workers. Workplace initiatives such as flextime policies, lunchtime walking groups, and access to fitness facilities, bicycle racks, walking paths, and changing facilities with showers can increase the number of employees who are physically active during the work day.

Assess physical activity levels and provide education, counseling, and referrals.

Health professionals in a variety of settings can provide education, counseling, and referrals to community resources to help people lead more active lifestyles. Programs that are tailored to individual interests and preferences can be more effective in increasing physical activity.

Recommendations for Early Childhood Obesity Prevention Policies.

The community and its built environment should promote physical activity for children from birth to age 5.

Health and education professionals providing guidance to parents of young children and those working with young children should be trained in ways to increase children's physical activity and decrease their sedentary behavior, and in how to counsel parents about their children's physical activity.

To ensure that child care facilities provide a variety of healthy foods and age-appropriate portion sizes in an environment that encourages children and staff to consume a healthy diet, child care regulatory agencies should require that all meals, snacks, and beverages served by early childhood programs be consistent with the Child and Adult Care Food Program (CACFP) meal patterns and that safe drinking water be available and accessible to the children.

Government agencies should promote access to affordable healthy foods for infants and young children from birth to age 5 in all neighborhoods, including those in low-income areas, by maximizing participation in federal nutrition assistance programs and increasing access to healthy foods at the community level.

Recommendations for Public Health in Climate Change.

Address the Impacts of Food Systems on Climate Change and Public Health.

Long distance transportation of food results in significant greenhouse gas emissions and reduced air quality. Food shipped over long distances decreases in nutritional quality.

Lack of affordable and readily available healthy food in low-income communities contributes to obesity-related chronic diseases such as diabetes, hypertension, and heart disease.

Federal food subsidies incentivize agricultural production systems that produce cheap food with low nutritional value.

Industrial food systems rely on fossil fuel based fertilizers, pesticides, and herbicides that both contribute significant amounts of greenhouse gas emissions and threaten farm worker and consumer health.

Beef production results in significant methane gas emissions, a powerful global warming gas, and meat consumption is a major contributor to cardiovascular disease.

Climate change may result in the spread of agricultural pests and diseases, thus threatening food security. Food-borne illnesses may also increase as a result of climate change.

Promote Healthy and Environmentally Sustainable Community Design

1. Repackaging public health data that provides scientific evidence to support a healthy community design and translating it into language that land use and climate change planners and decision makers can better use. For example, in the land use context, planning decisions are made to reflect subjective community values and aspirations, so highly technical and scientific findings about health outcomes are not likely to be as influential as if this same information were presented in a way that furthers and inspires the goals a community has for itself. While health-based information can be a persuasive tool to highlight how the built environment can improve health outcomes, it is most persuasive when presented in a way that makes it relevant to the context in which decisions are made.

2. Harnessing market-based or regulatory instruments to encourage the planning and building of healthy and sustainable projects. For example, financial supports – such as investment tax credits – help developers construct transit oriented developments and could be used to include other aspects of healthy design. A “sprawl fee” based on the transportation related carbon emissions of a project could be assessed to place a direct cost on the climate and health burden of exurban developments.

3. Requiring a comprehensive health analysis during land use, transportation, and climate change planning. This would provide an important avenue for public health professionals to evaluate the health implications during the decision making process and suggest changes at an early stage. It would also elevate the importance of public health with the hope of making it as relevant to the policy-making process as economic or infrastructure concerns.

Active Lifestyle Recommendations

Recommendation for Goodyear

- Make proposed multi use trails map a reality, connecting the families encouraging biking and walking.
- Incorporate more bike lanes continuing off of the current ones running North and South under interstate 10. Include the residential neighborhoods north of the Gila River also.
- Create city parks dispersed more widely for all residents. Include more than one park that is only available to residents living north of interstate 10.
- Connecting the use of proposed multi use trails with bike lanes and the park system stretching throughout Goodyear.

Recommendation for Avondale

- Extend the current bicycle lanes already in use.
- Use of bicycle lanes to incorporate more of the city, connectivity with lanes to shopping, arterial streets to encourage biking as another form of transportation
- Construction of more parks especially south of interstate 10 where only 1 exists. Dispersing of parks to more residents, avoid clustering of parks within 1.5 miles of one another.

Recommendation for Litchfield Park

- Complete proposed circulation of pathways as shown in general plan document.
- Issue a map of designated bicycle lanes and trails throughout the city.
- Create a map informing residents of location of city parks and bicycle friendly routes on how to get to these parks.
- Incorporate trails connecting the families of Litchfield Park and making a map of these trails available to residents via the web site.

Another important aspect of promoting the importance of health other than an active lifestyle is a healthy diet. Providing healthy alternative foods without having to travel a great distance to receive these alternatives is another focus for leading a healthy, active lifestyle. Researching local farms within a ten-mile radius of these cities is no easy task. However, I was able to locate four farms located within this radius along with two dairies. Many of these farms are small and little information is available to the general public online. Below is a list of these farms including a brief list of facts on the general statistics found regarding each farm. Including local fresh produce, dairy and grains into the diets of

residents residing in these cities can make the easy and convenient choice of including a healthy diet into their lifestyle.

Healthy Lifestyle General Plan Recommendations

Recommendation – Define parks to help identify what will suit the needs of the community.

Goodyear: The following is a list of definitions that concern types of parks and open spaces that are listed in the Goodyear general plan to help achieve an active community.

Active Open Space

Active open space is space that is set aside, dedicated, designated, or reserved for recreational facilities, and is typically improved to include some form of equipment, buildings, lakes and water features, built play areas, special use areas and performing arts facilities to accommodate recreational activities including baseball, basketball, soccer, golf (may not comprise more than 75 percent of the total open space requirements of the proposed development), boating, volleyball, skateboarding, horseshoes, etc. Subject to approval of final development plans, active open space may be utilized for the secondary purpose of satisfying storm water retention requirements. Active open space is designated for the following four park types in the City of Goodyear:

Mini-Park (MP)

5,445 Sq. Ft. to 1.0 Acre

A Mini-Park is an active open space area with special facilities for a limited or specific group. Typically one acre or less, (i.e., tot lots, senior parks) the size and amenities of each mini-park shall be based on the existing and planned build out of its service area, consistent with NRPA guidelines. Mini parks shall include a minimum of 5,500 square feet of space and serve 85 percent of the dwelling units within a ¼ mile walk (on public sidewalks or dedicated trails). A minimum of 75 percent of the area shall be dry (i.e., not used as detention). The City shall reserve the right to establish an “in-lieu” fee for the provision of mini-park facilities where practical difficulties exist.

Neighborhood Park (NP)

5.0 to 10.0 Acres

A Neighborhood Park is an active area programmed for recreation, sports fields and courts, playgrounds and picnicking. Co-location with a school site shall occur unless the City determines that such co-location would not be in the best interest of the City. The size and amenities contained in each neighborhood park shall be based on the existing or planned population to be served, consistent with NRPA location and site selection guidelines. Neighborhood parks shall range between 5.0 and 10.0 acres in size and serve 85 percent of the dwelling units within a 1/2-mile walk (on public sidewalks or dedicated trails). A minimum of 25 percent of the site area shall be dry (i.e., not used as detention). Neighborhood parks shall be provided in all Planned Area Developments (PAD) and in all non-PAD residential subdivisions with average lot sizes (i.e., more than 50 percent of the total number of lots) less than one acre. The City staff shall reserve the right to establish a passive use neighborhood park or request an “in-lieu” fee for the provision of proximate active neighborhood park facilities where practical difficulties exist.

Community Park (CP)

25.0 to 50.0 Acres

A Community Park is an area of diverse environmental quality. Community parks may include active and programmed recreation, sport fields and courts, playgrounds, golf courses, picnicking, sport complexes and swimming pools, recreational lakes and passive recreation activities. Joint use of on-site recreational facilities with high school campuses shall occur unless the City determines that such joint use would not be in the best interest of the City. The size and amenities contained within each community park shall be based on the existing or planned population to be served, consistent with NRPA location and site selection guidelines. Community parks shall range between 25.0 and 50.0 acres in size and serve 85 percent of the dwelling units within a 1.5-mile walk (on public sidewalks or dedicated trails). A minimum of 20 percent of the site area shall be dry (50 year event) (i.e., not used as detention). Community parks shall be provided to serve residential areas with slightly overlapping service area coverage. The City Council shall reserve the right to request an “in-lieu” fee for the provision of community park facilities for projects 4-16 included within the service area of the proposed community park, yet not within the specific location of the proposed park.

Large Urban Park/Sports Complex (LUP/SC)

50.0 to 100.0 acres

A Large Urban Park/Sports Complex is an extensive, heavily programmed facility of athletic fields and associated facilities that provide seasonal league and tournament play in soccer, baseball/softball, basketball, volleyball, tennis, etc. The size and amenities contained within a large urban park/sports complex shall be based on the desires of City residents, the build out population to be served, and be consistent with NRPA location and site selection guidelines. These amenities could include playgrounds, recreational lakes, performing arts venues and other recreational opportunities. Large urban parks/sports complexes shall range between 50.0 and 100.0 acres in size and serve 85 percent of the dwelling units within a 3.0-mile walk or bicycle ride (on public sidewalks or dedicated trails). A minimum of five percent of its site area shall be dry (i.e., not used as detention). The City staff shall reserve the right to establish a large urban park/sports complex within the proposed LUP/SC Park planning areas or request an “in-lieu” fee for the provision of such facilities. 4-17

Passive Open Space

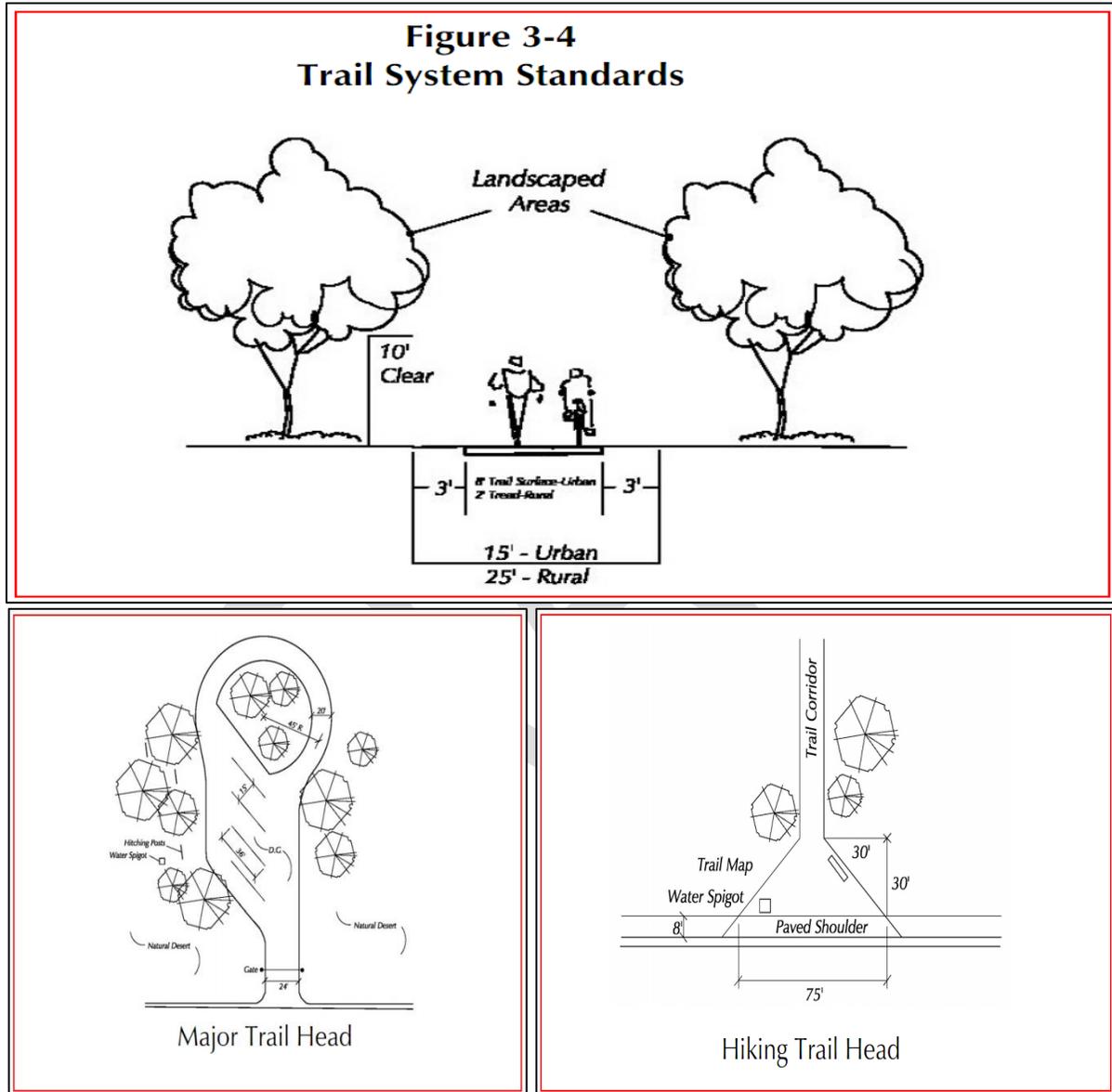
Passive open space is open space that has had minor, if any, improvements and is set aside, dedicated, designated or reserved for public or private use. Passive open space typically accommodates activities such as picnicking, hiking, bicycling, equestrian, walking, dog park or “off-leash” running areas, neighborhood electric vehicles, gardening, agriculture, aesthetics, etc. Passive open space includes trail corridors, linear pathways, plazas, greenbelts, buffers, landscaped parkways, peripheral landscape tracts, water or lake features, or other similar areas. Subject to City Council approval, passive open space may be utilized for a secondary purpose to satisfy storm water retention requirements. Passive open space may be provided on-site or off-site by new development to meet open space requirements, subject to City Council approval.

Natural Open Space

Natural Open Space is open space that is essentially unimproved in its natural state and set aside, dedicated, designated or reserved for public or private use. Minimal improvements are allowed in natural open space areas for trails, natural interpretive areas, and limited re-vegetation or landform alteration for trail maintenance, aesthetics, visual relief, environmental, public safety and/or emergency purposes so long as the areas disturbed are restored to their natural appearance. Natural open space areas shall not be used for improved drainage purposes. Natural open space includes hillsides, water

features, washes, riverbanks, desert lands, and other similar areas. Natural open space may be provided on-site or off-site by new development to meet open space requirements, subject to City Council approval.

Goodyear Trails: The following illustrations show standards for trails in Goodyear that could be adopted for other multi-use trails.



Urban Agriculture: The following contains model policies that are to be used in a comprehensive plan to promote Urban Agriculture. It is designed to suit the needs of an individual community. These model policies are from the online document *Seeding the City* associated with the National Policy & Legal Analysis Network to prevent child obesity.

Zoning

- *[The Planning Department/responsible entity]* will identify and eliminate any zoning, design, or other restrictions on home gardens and edible landscaping on residential properties, including *[single-family, multifamily, and residential mixed use]*.
- Adopt zoning regulations that establish community gardens as a permitted use in appropriate locations. Community gardens are compatible with the *[insert names (e.g., Residential, Multifamily, Mixed Use, Open Space, Industrial, Public Facility)]* land use designations shown on the *[Comprehensive Plan land use map]*.
- Adopt zoning regulations that establish urban farms as a conditional *[or permitted]* use in appropriate locations. Urban farms are compatible with the *[insert names (e.g., Commercial, Industrial)]* land use designations shown on the *[Comprehensive Plan land use map]*.
- Amend *[zoning and/or subdivision codes]* to encourage *[or require]* all new housing units *[or multifamily housing units]* to contain designated yard, rooftop, or other shared space for residents to garden.
- Amend *[zoning and/or building codes]* to encourage *[or require]* all *[or some, such as multifamily residential, commercial, institutional, or public]* new construction to incorporate green roofs and edible landscaping, and encourage the use of existing roof space for community gardening.

Urban Farms/ Community Gardens

In collaboration with relevant *[jurisdictional]* agencies as well as private and nonprofit stakeholders, develop an Urban Agriculture Plan for the *[jurisdiction]* that 1) identifies and inventories potential urban agriculture sites, 2) recommends policy and programmatic revisions as appropriate, and 3) sets forth specific actions to support and expand urban agriculture, including home gardens, community gardens, and urban farms.

- *[The Planning Department/responsible entity]* will identify existing and potential community garden sites on public property, including parks, recreation and senior centers, public easements and right-of-ways, and surplus property, and give high priority to community gardens in appropriate locations.
- *[The Planning Department/responsible entity]* will identify existing and potential urban farm sites within the community (including on private and public land), and remove regulatory barriers to developing urban farms where appropriate.
- *[The Planning Department/responsible entity]* will identify neighborhoods that are underserved by open space and healthy eating opportunities, including access to existing urban agriculture resources.
- Establish a standard for the creation and operation of one community garden of no less than *[one]* acre for every *[2,500]* households.
- Identify development incentives, grants, and other sources of funding for developing new urban agriculture sites.

- Prioritize the development of new urban agriculture sites in low-income and underserved neighborhoods.
- Designate a Community Gardening Coordinator within the [Parks and Recreation Department] to existing and assist in the creation of additional community gardens.
- The [Community Gardening Coordinator/local food policy council] will identify opportunities to increase for community gardens and urban farms through partnerships with other governmental agencies and private institutions, including school district(s), neighborhood groups, senior centers, businesses, and civic and gardening organizations.
- The [Community Gardening Coordinator], in collaboration with relevant partners, will develop a process to apply for and access public land for urban agriculture through long-term leases on City-owned land.
- The [jurisdiction] will seek to secure additional urban agriculture sites through long-term leases or mechanisms on land owned by nonprofit organizations and public or private institutions like universities, colleges, school districts, hospitals, and faith communities.
- The [jurisdiction] will seek to secure additional urban agriculture sites through long-term leases or mechanisms on land owned by nonprofit organizations and public or private institutions like universities, colleges, school districts, hospitals, and faith communities.
- The [Community Gardening Coordinator/local food policy council], in collaboration with relevant partners, identify additional regulatory or programmatic changes that could support the expansion of urban farms and community gardens as engines of local food system economic development and activity, such as establishing community kitchens, promoting shared use (or joint use) of school and community-based organizations' commercial kitchens, and conducting outreach on safe food-handling and sustainable-growing practices.

Education

- Provide community education regarding gardening, composting, or support a community-based organization to do so; prioritize classes in neighborhoods that lack access to healthy foods and/or green space

Food Security

- Encourage the use of vacant lots for community gardens
- Identify and inventory potential community garden/urban farm sites on existing parks, public easements and right-of-ways, and school sites
- Work with local transit agencies to ensure that bus routes provide service from underserved neighborhoods to healthy food retail outlets

Work with local food producers to provide options/incentives to protect agricultural land from urban development

Complete Streets Recommendations for a Healthy Lifestyles Policy

Getting Started

Following are actions that professionals can take and community advocates and residents can ask for.

- Conduct a Community Audit
 - Identify problem areas and needed improvements of walking and bicycling conditions. Look for reasons why bicyclist and pedestrians are not present. Review and assess as many streets as possible and identify barriers to walking and biking.
- Slow motor vehicle traffic
 - Encourage transportation agencies to limit motor vehicle speeds to levels compatible with adjacent land uses and with bicycling and walking. Reduce speeds and roadway widths in neighborhood and residential areas. The use of traffic-calming measures helps to control driver behavior and motor vehicle speed.
- Develop Safe Routes to School
 - A safe route to school plan establishes a safe bicycle and walking route for children who live within the vicinity of a school. In 2005, The Safe Routes to School Program was formally identified and exists under the SAFETEA-LU transportation legislation.
- Build more, better sidewalks
 - A continuous network of sidewalks that coordinates with land use is vital for encouraging more people to walk. A well-maintained network of sidewalks is especially important for those with disabilities. The Americans with Disabilities Act (ADA) sets guidelines and requires an accessible pedestrian route along all public rights-of-way.
- Make streets more bicycle friendly
 - A lack of adequate space for bicycling discourages people to ride their bikes. Transportation agencies should be encouraged to provide ample operating space for bicyclists.
- Build more trails
 - Trail facilities along natural corridors, canals, and parkways encourage physical, outdoor activity.

Policy priorities

Encourage local government to consider the health and equity impacts of transportation investments at the beginning of the decision-making process. Following are recommendations to assist policymakers and planners in achieving an effective policy program.

1. Prioritize investments in public transportation that connect housing and jobs as well as local services that improve access to healthy foods, medical care, and other basic services.
2. Prioritize investments in bicycle and pedestrian infrastructure to make walking and biking safer and more convenient.
3. Encourage equitable transit oriented development by creating incentives for integrated land use and transportation planning.
4. Create incentives and accountability measures to ensure that transportation plans account for their impacts on health, safety, and equity.
5. Give state, regional, and local government agencies and organizations more flexibility to move dollars among funding categories and to target spending to meet local needs.

6. Prioritize transportation investments in communities with high unemployment and poverty rates to stimulate economic growth and provide access to jobs.
7. Make sure that jobs and contracts created by federal transportation investments reach low-income people and communities of color.
8. Support policies and programs that increase access to healthy foods.
9. Give low-income neighborhoods greater access to public transportation funds.

Funding

There are several ways in which street improvements may be funded. Ultimately, funds are limited and fierce competition for them is a reality. Funding sources are available through:

1. Capital Improvements
2. Private Development
3. State and Local Funding for road projects
4. Federal Funding Programs
5. Local Revenue Sources

Works Cited

Active Transportation for America: The Case for Increased Federal Investment in Bicycling and Walking
(www.railstotrails.org)

Advocacy Advance
(www.bikeleague.org/resources/reports).

Bicycling and Walking in the United States, 2010 Benchmarking Report
(www.peoplepoweredmovement.org/benchmarking)

Dangerous by Design: Solving the Epidemic of Preventable Pedestrian Deaths (www.transact.org/pdfs/2009-11-09-dangerousbydesign.pdf)
(www.transact.org).

United States Research and Innovative Technology Administration Bureau of Transportation Statistics
(www.bts.gov/publications/transportation_statistics_annual_report)

National Complete Streets Coalition
(<http://www.completestreets.org/>)

Goals and Recommendations from the Food Day Garden Party

Our class gathered data and feedback from the Food Day Garden Party and were able to discern what the main concerns and wants of those attending were, based on number of similar topics. Some of the overarching themes included affordability/accessibility, and sustainability of the food system and the implementation of healthier option for use in daily life and activities. From these themes we were able to find areas where improvements could be made at different scales and through different

organizational bodies including municipal, community and non-governmental organization, such as Arizona in Action.

Food Infrastructure

- Include food and food waste issues in local land use, infrastructure, and comprehensive plans.
- Make programs and services available to assist diverse local food and food waste businesses.
- Ensure that locally and regionally-grown food is bought, marketed, and used by local institutions and businesses and associated food waste is eliminated and sustainably handled
- Develop, promote and enact state-wide incentives, funding, and regulations to support farmland preservation, sustainable agriculture, marketing and procuring Arizona grown food, and a variety of food delivery and food waste systems.

Food Education

- Make “local food” education programs, events, and networks available for general and targeted audiences.
- Promote healthy eating and fitness with local campaigns.
- Make the benefits of “local food” evident to local government officials, planners, Economists and other policy makers so they can prioritize this system in the respective fields
- Include food studies and activities at local academic institutions, at the elementary, secondary and post-secondary levels.
- Make available local lifelong learning programs and activities on cooking skills, fitness, and nutrition.
- Promote and enact statewide incentives, funding, and regulations that support local and regional food education priorities and programs that promote “local food.”
- Promote federal incentives, funding, and regulations that support local, regional, and state food education priorities.

Food Data & Indicators

- Collect local information on how and where local produce is sold, distributed, and processed including alternative delivery systems.
- Collect local information on land currently used for agriculture and land zoned for agricultural zones.
- Promote national incentives, funding, and regulations to support and respond to information collection and analysis issues and share information with other national and international organizations.

Recommendations for Marketing, Nutrition Programs, and Food Assistance Programs

Marketing

- Remove fast food and junk food advertisement from children TV programming and websites
- Integrate more persuasive healthy food advertisement
- Lower prices of fresh produce to give equal access to low-income families

Nutrition Programs

- WIC FMDP should provide more than thirty dollars to those eligible participants to purchase fresh produce from farmers and farmers' markets because fresh produce is usually more costly than unhealthy foods
- Families that participate in the SNAP should be able to pay with Food Stamps at Farmers' Markets
- No fast food restaurant should accept Food Stamps

Food Assistance Programs

- More grocery stores should provide a delivery system for those who cannot leave their homes because of a health issue
 - Safeway and Fresh and Easy provide this service, more grocery providers should
- Farmers should take fresh produce to different communities on wheels

DRAFT

E. HEALTHY EATING ACTIVE LIFESTYLE RESOURCES

Healthy Food Group Fact Sheets

Fact Sheets

- **Community Environmental Health Assessment in Peru**
[http://www.cdc.gov/nceh/ehs/Docs/Factsheets/Community Environmental Health Assessment in Peru.pdf](http://www.cdc.gov/nceh/ehs/Docs/Factsheets/Community_Environmental_Health_Assessment_in_Peru.pdf)
- **Designing and Building Healthy Places**
[http://www.cdc.gov/healthyplaces/factsheets/Designing and Building Healthy Places factsheet Final.pdf](http://www.cdc.gov/healthyplaces/factsheets/Designing_and_Building_Healthy_Places_factsheet_Final.pdf)
- **Working with elected officials to promote healthy land use planning and community design**
<http://www.planning.org/research/healthy/pdf/electedofficialsfactsheet.pdf>
- **Impact of the Built Environment on Health**
<http://www.cdc.gov/nceh/publications/factsheets/ImpactoftheBuiltEnvironmentonHealth.pdf>
- **Health Impact Assessment Fact Sheet**
[http://www.cdc.gov/healthyplaces/publications/Health Impact Assessment2.pdf](http://www.cdc.gov/healthyplaces/publications/Health_Impact_Assessment2.pdf)
- **Health Issues related to community design**
[http://www.cdc.gov/healthyplaces/factsheets/Health Issues Related to Community Design factsheet Final.pdf](http://www.cdc.gov/healthyplaces/factsheets/Health_Issues_Related_to_Community_Design_factsheet_Final.pdf)
- **Public health terms for planning and public health professionals**
<http://www.planning.org/research/healthy/pdf/jargonfactsheet.pdf>
- **Protocol for assessing community excellence in environmental health**
[http://www.cdc.gov/nceh/ehs/Docs/Factsheets/PACE EH CEHA.pdf](http://www.cdc.gov/nceh/ehs/Docs/Factsheets/PACE_EH_CEHA.pdf)
- **Zoning: Talking points**
[http://www.phlpnet.org/sites/phlpnet.org/files/PHLP Zoning 0.pdf](http://www.phlpnet.org/sites/phlpnet.org/files/PHLP_Zoning_0.pdf)
- **Tools for assessing health impacts of land use policies and programs**
[http://www.cdc.gov/healthyplaces/factsheets/Tools to Assess Health Impacts factsheet Final.pdf](http://www.cdc.gov/healthyplaces/factsheets/Tools_to_Assess_Health_Impacts_factsheet_Final.pdf)
- **Getting to grocery: Tools for attracting healthy food retail to underserved neighborhoods**
[http://www.phlpnet.org/system/files/Getting to Grocery FINAL 090909.pdf](http://www.phlpnet.org/system/files/Getting_to_Grocery_FINAL_090909.pdf)
- **Using Redevelopment to create Healthier Communities**
[http://www.phlpnet.org/sites/phlpnet.org/files/Redev factsheet FINAL web 090303.pdf](http://www.phlpnet.org/sites/phlpnet.org/files/Redev_factsheet_FINAL_web_090303.pdf)
- **Liability risks for after hours use of public school property: A 50 State survey. (AZ)**
[http://www.nplanonline.org/sites/phlpnet.org/files/AZ JointUse Final SP scs 20090311 revised 20111117.pdf](http://www.nplanonline.org/sites/phlpnet.org/files/AZ_JointUse_Final_SP_scs_20090311_revised_20111117.pdf)

- **50 State survey**
(Overview)http://www.nplanonline.org/sites/phlpnet.org/files/Overview_JointUse_Final_S_P_20100713.pdf
- **Funding Sources for Healthy Retail**
<http://www.phlpnet.org/sites/phlpnet.org/files/editor/FoodRetailPrograms.pdf>

Slideshows:

- **Pedestrian Policy 101: Designing for walk ability Part 1**
http://www.caldiabetes.org/content_display.cfm?contentID=1280
- **Pedestrian Policy: Part 2**
http://www.caldiabetes.org/content_display.cfm?contentID=1280

Resources

FPC Resolutions and Authorization

[State Food Policy Councils Authorized by State Governments](#) (Word attachment)
[Local Food Policy Councils Authorized by Local Governments](#)
[Comparison of Canadian Food Policy Councils](#) (Word attachment)

Sample resolutions for founding a food policy council:

[Burlington Food Council](#)
[Community Food and Agriculture Coalition](#) (pdf attachment)
[Connecticut Food Policy Council](#)
[Dane County Food Policy Council](#) (pdf attachment)
 Evanston Food Policy Council ([1](#), [2](#))
[Greater Grand Rapids Food Systems Council](#) (pdf attachment)
[Maine Food Policy Council](#) (Word attachment)
[New Mexico Food and Agriculture Policy Council](#) (Word attachment)
[New York State Council on Food Policy](#) (pdf attachment)
[Oakland Food Policy Council](#) (pdf) [+Word attachment](#)
[Ohio Food Policy Advisory Council](#) (pdf)
[Portland/Multnomah Food Policy Council](#)

Council-aided Legislation

The following are documents outlining legislation Councils have worked on or support under a variety of issues. If you would like to add a document, please email mark@foodsecurity.org.

[Community Food and Agriculture Coalition](#) (pdf)
[Greater Grand Rapids Food Systems Council](#) (pdf)
[Michigan Food Policy Council](#) (pdf)
 New Mexico Food and Agriculture Policy council ([1](#), [2](#); Word)
[Portland/Multnomah Food Policy Council](#)

RESOURCES: “How-to” Resources

Food Policy Councils: Lessons Learned

2009, produced by Food First and CFSC. Based on an in-depth survey of 48 Food Policy Councils, the authors found that despite dozens of successful case studies, Food Policy Councils tend to encounter similar challenges, challenges that can sometimes stymie progress, and must be countered with careful planning and evaluation. This report contains tips and case studies for successful councils, warns of common red flags, and includes ample resources for citizens and local governments who may be interested in establishing or helping run a Food Policy Council.

[How Food Policy Councils Operate and Are Organized](#) (pdf)

2005, produced by Southern SAWG. This chapter, excerpted from a handbook called *Food Security Begins at Home*, profiles five successful food policy councils in the U.S. to illustrate the many vital roles that such entities play in community food systems. The chapter compares the similarities and differences between community food coalitions and food policy councils, and provides lists of related publications and contact information for food policy councils in the U.S.

[Getting Food on the Table: An Action Guide to Local Food Policy](#)

Although written in 1999, this policy guide still offers advocates important information for Food Policy Councils on topics such as leadership, staffing and development (See Chapter 3.3, p.67-73). Also helpful to FPCs are the case studies of Food Policy Councils (see chapter 2) starting on page 29. The guide also includes advice from experienced food policy advocates, a resource guide and federal funding sources.

[Economic Development and Redevelopment: A Toolkit on Land Use & Health](#)

This toolkit, from the Land Use & Health Project, is a primer for how public health advocates and local government can stimulate the development of new food retail or expand food access in low-income neighborhoods.

[Counties and Local Food Systems: Ensuring Healthy Foods, Nurturing Healthy Children](#) (pdf)

This publication by the [National Association of Counties](#) Center for Sustainable Communities lists FPCs as one of four ways that county governments can support local food systems. It provides a case study of Dane County, WI.

Sample Budgets

Here are two anonymous sample budgets for start-up FPCs. These are labeled in terms of their population size. If you have a budget you would like posted here please email it to mark@foodsecurity.org.

[Sample Budget #1 City Population 500,000](#)

[Sample Budget #2 City Population 100,000](#)

Other Resources

[Integrating Open Space Technology and Dynamic Facilitation](#) (pdf file)

Article on how to use the facilitation processes of open space technology and dynamic facilitation to allow participants to use empathetic listening and team processing.

[What Counties Can Do About CAFOs](#)

This article describes several creative approaches to using local policy to battle CAFOs.

Food Safety and Liability Insurance: Emerging Issues for Farmers and Institutions

http://www.foodsecurity.org/pub/Food_Safety_and_Liability_Ins-EmergingIssues.pdf

The Activities and Impacts of Community Food Projects, 2005-2009

http://www.foodsecurity.org/pub/CPF_Activities_Impacts_2005-09.pdf

Real Food, Real Choice: Connecting SNAP Recipients with Farmers Markets

http://www.foodsecurity.org/pub/RealFoodRealChoice_SNAP_FarmersMarkets.pdf

Delivering More: Scaling Up Farm to School Programs

http://foodsecurity.org/pub/Delivering_More-Scaling_up_Farm_to_School.pdf

Food Policy Councils: Lessons

http://foodsecurity.org/pub/Food_Policy_Councils_Report.pdf

Whole Measures for Community Food Systems: Values-Based Planning and Evaluation

<http://foodsecurity.org/pub/WholeMeasuresCFS-web.pdf>

State Implementation of the New WIC Produce Package:

Opportunities and Barriers for WIC Clients to Use Their Benefits at Farmers' Markets

<http://foodsecurity.org/pub/WIC-FarmersMarketReport.pdf>

Building Community Food Security: Lessons Learned from Community Food Projects, 1999-2003

<http://www.foodsecurity.org/BuildingCommunityFoodSecurity.pdf>

Food and Agriculture Related Policies and Practices to Benefit Limited Resource Farmers

<http://www.foodsecurity.org/LRPreport.pdf>

Farm to Hospital: Supporting Local Agriculture and Improving Health Care

http://www.foodsecurity.org/uploads/F2H_Brochure-Nov08.pdf

Nuevos Mercados Para Su Cosecha (New Ways to Sell What You Grow)

<http://www.foodsecurity.org/NuevosMercados.pdf>

Federal Policy Advocacy Handbook, 2007 Edition

http://www.foodsecurity.org/FedPolicy2007_fnl.pdf

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

<http://www.foodsecurity.org/CFPdecadereport.pdf>

Health Benefits of Urban Agriculture

<http://www.foodsecurity.org/UAHealthArticle.pdf>

Building the Bridge: Linking Food Banking and Community Food Security

<http://www.foodsecurity.org/BuildingBridges.pdf>

NEW Third Edition!

Community Food Project Evaluation Handbook and the Community Food Project Evaluation Toolkit (which includes the TOOLS ONLY CD ROM)

By the National Research Center, Inc. with coordination by the CFSC Evaluation Program (CFP Handbook is 224 pages, CFP Toolkit is 291 pages and includes the Tools Only CD-ROM with 52 sample tools and worksheets for you to download and modify.)

The CFP Evaluation Handbook provides a comprehensive guide to developing and implementing outcome based program evaluation, specific to community food security projects. The CFP Evaluation Toolkit includes evaluation protocols and template surveys for program satisfaction, training and technical assistance, focus groups, farmers' markets, community gardens, community support agriculture projects, farm to school projects, coalitions and the Common Output Tracking Form.

\$22 to purchase the Handbook or the Toolkit + Tools Only CD-ROM individually - \$40 for all.

Order form: <http://www.foodsecurity.org/memberinfo.html#pubs>

For questions concerning these documents, please contact Jeanette Abi-Nader, CFSC Evaluation Program Manager at jeanette@foodsecurity.org.

Linking Farms with Schools: A Guide to Understanding Farm-to-School Programs for Schools, Farmers & Organizers

By Marion Kalb, Kristen Markley and Sara Tedeschi, 2004

Details the benefits, challenges, and strategies for success for building successful farm to school projects and includes case studies of innovative projects and an extensive resource list.

\$10 + shipping/handling

Order form: <http://www.foodsecurity.org/memberinfo.html#pubs>

Farmer Resource Guide: Managing Risk Through Sales to Educational Institutions

By Community Food Security Coalition and the Center for Food & Justice, Occidental College, 2004

An extensive compilation of resources that address the many different issues within farm to institutional purchasing projects, including how to approach food service directors, how to organize supply and distribution of the products, characteristics of different institutions, pricing issues, and several case studies of different types of farm to institution projects.

\$12 + shipping/handling

Order form: <http://www.foodsecurity.org/memberinfo.html#pubs>

Urban Agriculture and Community Food Security in the United States: Farming from the City Center To the Urban Fringe

<http://www.foodsecurity.org/PrimerCFSCUAC.pdf>

Weaving the Food Web: Community Food Security in California

<http://www.foodsecurity.org/CFSCguide-foodweb.pdf>

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

http://foodsecurity.org/pub/whats_cooking.pdf

A Guide to Community Food Projects

http://foodsecurity.org/pub/whats_cooking.pdf

The Healthy Farms, Food and Communities Act:

Policy Initiatives for the 2002 Farm Bill And the First Decade of the 21st Century

http://www.foodsecurity.org/cfsc_report.pdf

Healthy Farms, Healthy Kids:

Evaluating the Barriers and Opportunities for Farm-to-School Programs

<http://foodsecurity.org/pub/HealthyFarmsHealthyKids.pdf>

CFS: A Guide to Concept, Design, and Implementation

<http://www.foodsecurity.org/CFSguidebook1997.PDF>

Getting Food on the Table: An Action Guide to Local Food Policy

<http://www.foodsecurity.org/GettingFoodOnTheTable.pdf>

Hot Peppers & Parking Lot Peaches:

Evaluating Farmers' Markets In Low Income Communities

<http://www.foodsecurity.org/HotPeppersPeaches.pdf>

Homeward Bound:

Food-Related Transportation Strategies for Low Income and Transit Dependent Communities

<http://www.foodsecurity.org/homewardbound.pdf>

Seeds of Change: Strategies for Food Security for the Inner City

National Resources:

American Community Gardening Association, a national organization that provides support, networking and resources to community gardening groups

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

American Farmland Trust, a national non-profit organization working to slow and halt the loss of farmland

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

Center for Food and Justice, a project of the Urban and Environmental Policy Institute of Occidental College

<http://departments.oxy.edu/uepi/cfj/>

Center on Hunger and Poverty, part of the Heller School for Social Policy and Management of Brandeis University

Chef's Collaborative, a national coalition working to promote and support sustainable food service businesses

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

City Farmer News, for urban dwellers to grow on patches of land in backyards, community gardens, and rooftops.

<http://www.cityfarmer.org>

Community Food Security Coalition, a nation-wide coalition of organizations working to promote systems-oriented solutions to the nation's agricultural and food-related problems.

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

Food First Institute for Food and Development Policy, a non-profit member-supported think tank

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

Food Research and Action Center, a national anti-hunger public policy organization

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

Local Harvest: a searchable nation-wide local farm and food directory

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

State and Local Food Policy Councils: a project providing funding and guidance for those starting food policy councils through a partnership between Drake University Agricultural

Law Center and the USDA Risk Management Agency:

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

TargetHunger.com: a site that houses a wealth of anti-hunger resources, maintained by the Sacramento Hunger Commission

<http://www.targethunger.com>

United States Department of Agriculture (USDA):

<http://www.usda.gov/>

USDA Food and Nutrition Service: the sector of the USDA that administers national nutrition assistance programs (Food Stamp Program, WIC, National School Lunch Program, etc.)

<http://www.fns.usda.gov/fns/>

World Hunger Year: a national non-profit working to create community-based solutions to hunger and poverty

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

Selected Food Policy Council Success Stories

Connecticut Food Policy Council

The [Connecticut Food Policy Council](#) and its private partner organizations have addressed economic development, strengthening local agriculture, public health and obesity prevention, as well as hunger, through passing statutes that got soda machines out of schools, built support for funding to protect farmland, brought EBT machines to farmers markets, brought some order and coordination to the state's nutrition education campaigns, addressed the lack of livestock slaughtering and processing infrastructure, increased purchasing by state agencies and institutions of locally grown food, increased public transportation to supermarkets, made state funding available for the development of supermarkets, and prepared an official state road map that identifies over 300 farm-related locations where local food can be purchased. An effort that began at the Connecticut Food Policy Council became the [Working Lands Alliance](#), a separate organization with a goal to permanently protect 150,000 acres of the state's traditional farmlands.

Knoxville Food Policy Council

The [Knoxville Food Policy Council](#) has helped build support for a dedicated School Nutrition Education Supervisor position with Knox County Schools, developed a food monitoring system, improved access to full-service grocery via public transit, and worked with the city government to incorporate food impact assessments into planning and zoning decisions.

New Mexico Food and Agriculture Policy Council

The [New Mexico Food and Agriculture Policy Council](#) supported enactment of state farm to school policies that have gained the state's family farmers access to new markets – to the benefit of family agriculture.

Cleveland-Cuyahoga Food Policy Council

The [Cleveland-Cuyahoga Food Policy Council](#) sponsored a “Regional Food Congress” to foster better communication between organizations (government agencies and businesses, both urban and rural), established and beginning farmers, and food processors, consumers and businesses.

Seattle-King County Food Policy Council

The [Seattle-King County Food Policy Council](#) helped set up state infrastructure for farm to school programs, and provided infrastructure to get EBT in farmers markets. The group also worked with the City Council to draft and pass a Local Food Action Initiative, a resolution that created a framework for city departments to assess their impact on the food system. The Departments of Planning, Neighborhoods, Transportation, and the Seattle Public Utilities are all now working on addressing regulatory issues that affect access to food and food waste. The council also works closely with the city to set up a weekly food waste pick-up and composting program and reduce permitting fees for farmers markets and gardens on public lands.

Toronto Food Policy Council

The [Toronto Food Policy Council](#) designed Canada's first Food Access Grants Program, which directed funding for kitchen purchases in 180 schools and social agencies. The council also helped to develop a service listing local emergency food programs for people in need, which became the FoodLink Hotline. The Food Policy Council also founded the Rooftop Garden Resource Group to launch green roof research and promote a green roof industry in Canada, and helped initiate the City Hall Green Roof project in 1999.

Vancouver, BC Food Policy Key Initiatives

- » [Expanded Street Food Options](#)
- » [Backyard Hens](#)
- » [Vancouver Food Charter](#)
- » [Community Gardens](#)
- » [Hobby Beekeeping \(Urban Apiculture\) in Vancouver](#)
- » [Grow a Row, Share a Row](#)

EXPANDED STREET FOOD OPTIONS

City staff are working to expand the type and availability of street food in Vancouver. A pilot project was recently initiated that will bring 17 new vendors to locations around the city... and additional street food plans are currently being investigated. [Find out more >>>](#)
<http://vancouver.ca/commsvcs/socialplanning/initiatives/foodpolicy/projects/streetfood.htm>

BACKYARD HENS

In March 2009 City Council directed staff to prepare draft guidelines and recommendations that would enable residents to keep backyard hens. [Find out more >>>](#)
<http://vancouver.ca/commsvcs/socialplanning/initiatives/foodpolicy/projects/chickens.htm>

VANCOUVER FOOD CHARTER

On February 15, 2007, Mayor and Council unanimously adopted the Vancouver Food Charter. This is an important step forward on the path to a just and sustainable food system for the city and its residents. The Charter is an ambitious, forward-thinking document that promotes education, celebration and real projects for a healthy economy, a healthy ecology, and a healthy society. [Find out more >>>](#)
<http://vancouver.ca/commsvcs/socialplanning/initiatives/foodpolicy/policy/charter.htm>

GARDENS, GARDENS... AND MORE GARDENS

Vancouver has many community gardens located throughout the city - and more are being created each year. There are 74 gardens with approximately 3,260 garden plots total. This includes gardens located on City, Parks, School and private lands. [Find out more >>>](#)
<http://vancouver.ca/commsvcs/socialplanning/initiatives/foodpolicy/projects/gardens.htm>

HOBBY BEEKEEPING (URBAN APICULTURE) IN VANCOUVER

Urban hobby beekeeping provides increased biodiversity and pollination for plants in backyard, community and public gardens. Cities in Europe and North America (including several municipalities in the Greater Vancouver Regional District) support hobby beekeeping of honeybees within city limits. Through good management practices, hobby beekeeping is a safe and suitable activity for residential areas. Beekeepers in Vancouver must register with the BC Ministry of Agriculture and Lands. [Find out more >>>](#)

<http://vancouver.ca/commsvcs/socialplanning/initiatives/foodpolicy/projects/beekeeping.htm>

GROW A ROW, SHARE A ROW

The **Grow a Row, Share a Row** program invites local gardeners to grow an extra row of vegetables for the Greater Vancouver Food Bank Society and Neighborhood Houses in Vancouver. When you share your harvest through **Grow a Row, Share a Row**, you can support local programs, and help strengthen your community. [Find out more >>>](#)

<http://vancouver.ca/commsvcs/socialplanning/initiatives/foodpolicy/projects/GrowARow.htm>

Websites:

Maricopa County Department of Public Health; Health Assessment Reports:

<http://www.maricopa.gov/publichealth/Services/EPI/Reports/status.aspx>

CDC Healthy Community Website:

<http://www.cdc.gov/healthycommunitiesprogram/tools/change/downloads.htm>

Seattle.gov P-Patch Program:

<http://www.cityofseattle.net/neighborhoods/ppatch>

Portland Community Garden Program Website:

<http://www.portlandonline.com/parks>

Milwaukee Food Resources Website:

<http://www.wisconline.com/greenmap/milwaukee/sites/food>

Long Beach Organic Gardens Website:

<http://www.longbeachorganic.org>

South Austin Community Gardens Website:

<http://main.org/sacgarden>

Toronto Community Network Gardens Website:

<http://www.foodshare.net/garden04>

F APPENDIX

Appendix A. Healthy Lifestyle Plan Fact Sheets

- **Community Environmental Health Assessment in Peru**
[http://www.cdc.gov/nceh/ehs/Docs/Factsheets/Community Environmental Health Assessment in Peru.pdf](http://www.cdc.gov/nceh/ehs/Docs/Factsheets/Community_Environmental_Health_Assessment_in_Peru.pdf)
- **Designing and Building Healthy Places**
[http://www.cdc.gov/healthyplaces/factsheets/Designing and Building Healthy Places factsheet Final.pdf](http://www.cdc.gov/healthyplaces/factsheets/Designing_and_Building_Healthy_Places_factsheet_Final.pdf)
- **Working with elected officials to promote healthy land use planning and community design**
<http://www.planning.org/research/healthy/pdf/electedofficialsfactsheet.pdf>
- **Impact of the Built Environment on Health**
<http://www.cdc.gov/nceh/publications/factsheets/ImpactoftheBuiltEnvironmentonHealth.pdf>
- **Health Impact Assessment Fact Sheet**
[http://www.cdc.gov/healthyplaces/publications/Health Impact Assessment2.pdf](http://www.cdc.gov/healthyplaces/publications/Health_Impact_Assessment2.pdf)
- **Health Issues related to community design**
[http://www.cdc.gov/healthyplaces/factsheets/Health Issues Related to Community Design factsheet Final.pdf](http://www.cdc.gov/healthyplaces/factsheets/Health_Issues_Related_to_Community_Design_factsheet_Final.pdf)
- **Public health terms for planning and public health professionals**
<http://www.planning.org/research/healthy/pdf/jargonfactsheet.pdf>
- **Protocol for assessing community excellence in environmental health**
[http://www.cdc.gov/nceh/ehs/Docs/Factsheets/PACE EH CEHA.pdf](http://www.cdc.gov/nceh/ehs/Docs/Factsheets/PACE_EH_CEHA.pdf)
- **Zoning: Talking points**
[http://www.phlpnet.org/sites/phlpnet.org/files/PHLP Zoning 0.pdf](http://www.phlpnet.org/sites/phlpnet.org/files/PHLP_Zoning_0.pdf)
- **Tools for assessing health impacts of land use policies and programs**
[http://www.cdc.gov/healthyplaces/factsheets/Tools to Assess Health Impacts factsheet Final.pdf](http://www.cdc.gov/healthyplaces/factsheets/Tools_to_Assess_Health_Impacts_factsheet_Final.pdf)
- **Getting to grocery: Tools for attracting healthy food retail to underserved neighborhoods**
[http://www.phlpnet.org/system/files/Getting to Grocery FINAL 090909.pdf](http://www.phlpnet.org/system/files/Getting_to_Grocery_FINAL_090909.pdf)
- **Using Redevelopment to create Healthier Communities**
[http://www.phlpnet.org/sites/phlpnet.org/files/Redev factsheet FINAL web 090303.pdf](http://www.phlpnet.org/sites/phlpnet.org/files/Redev_factsheet_FINAL_web_090303.pdf)
- **Liability risks for after hours use of public school property: A 50 State survey. (AZ)**
http://www.nplanonline.org/sites/phlpnet.org/files/AZ_JointUse_Final_SP_scs_20090311_revised_20111117.pdf
- **50 State survey (Overview)**

http://www.nplanonline.org/sites/phlpnet.org/files/Overview_JointUse_Final_SP_2010_0713.pdf

- **Funding Sources for Healthy Retail**
<http://www.phlpnet.org/sites/phlpnet.org/files/editor/FoodRetailPrograms.pdf>
- **Transportation, Climate Change and Public Health**
<http://www.apha.org/NR/rdonlyres/C09561E4-CAF2-4917-A231-9207A4C1DB4E/0/ClimateChangeTranspFactSheet.pdf>

Slideshows:

- **Pedestrian Policy 101: Designing for walk ability Part 1**
http://www.caldiabetes.org/content_display.cfm?contentID=1280
- **Pedestrian Policy: Part 2**
http://www.caldiabetes.org/content_display.cfm?contentID=1280

Appendix B. Food Day Garden Party Notes - Participant Feedback

Topic: Walkability/Healthy Lifestyle?

- Urban setting
 - Sidewalks, stores, mixed-use
- Bike Trails
- Complete Streets
- Transform neighborhoods into zones
 - Zones are to have markets, stores, and amenities for residents. (Neighborhood developments are too big and should include mixed-use).
- Safety
 - Crossing guards for schools

Notes:

There is a lack of walking/pedestrian culture in Goodyear (not enough people out and about), which leads to a lack of incentive to walk to places.

What works?

- Shade structures
 - Bus stops
 - Playgrounds
 - Walking areas (i.e. tree-lined pathways, sidewalks, public spaces)
- Parks
 - Examples of successful parks
 - Indian Bend Wash
 - South Mountain Park
 - Gazebos, picnic tables, improved water fountains
- Pedestrian bridges

- Arizona weather
- Air -conditioned malls and other public facilities that open early for walking

Suggestions

- Open school gates early and close them later to promote group play/exercise
- Improve neighborhood conditions
 - Better sidewalks, safer environments
- A community garden promotes physical outdoor activity, education, and socialization.
- Community Zumba/Exercise classes
- Promote outdoor activity through formal and informal structures (open peoples mind to be more physically active).

Topic: Community Gardens

What Works?

- There is a general consensus that community gardens are very beneficial to communities
- Gardening programs in elementary schools
- TAP program (Darren Chapman, Doreen Pullock)

What Needs Improvement?

- Local produce circulation
- Accessibility to community gardens
- Education of community gardens
- Affordability
- Appropriateness of the produce selection for that particular community
- Community Outreach
- General Awareness
- Pairing community gardens with parks

What Can Be Added?

- Community garden network (to increase connectivity)
- Cooking lesson/demos
- More location for community gardens

Topic: Transportation

What Works

- Car
- Park and Ride

What Needs to Improve

- Aesthetics of Bus Stops
- Safety
- Increase Public Transit
 - More Bus Routes
 - Better Connectivity to Downtown for commuters
 - Expand Light rail

What should be Added

- Bike Lanes
- Bike Rental Program
- Streetcar
- Different Modes of Public Transportation

Topic: Availability and Accessibility Group

Working

- Stores going to neighborhoods
- Farmers markets- with mechanisms for affordability
- Community Gardens
- School programs- summer feedings
- Local small scale public transit like the Orbit
- Diversity

Not working

- Lack of transports
- Lack of grocery stores- culturally relevant food
- Too many fast food and convenience stores

Improvements

- Make healthy options available in “bad” stores
- Community involvement
- Remove barriers such as cost, and quality

Overall thoughts

- Farm to school program highly desirable but barriers (distribution, security) must be overcome
- Amenity score sheet is desirable to help developers and communities to promote healthy lifestyles

Nutrition Student Information

TOPIC: Sustainability Group

The group came up with three words that we thought were most important with the issue of sustainability of nutritious food supply.

- Education
- Infrastructure
- Policy

What works:

Local farmers markets, increased awareness on where these farmers’ markets are and small community organization that are the grassroots.

What doesn’t work:

Lack of education.

Large and small farms, with no MID sized farms. Large farmers are able to ship to larger hubs that distribute to large chain grocery stores. Small farm can produce enough to provide to local institutions or grocery stores.

Sending local produce out of state and not selling it locally

Farmers markets are not certified... no regulation on where the produce is actually farmed.

Phase two:

The topic seemed to be around the concern that there are no Food Hubs in Arizona. Small farms do not have a location where they can aggregate to be able to supply to large markets like local institutions.

Seems like several of these issues comes down to lack of state policy.

If you have any questions or anything else I can help with please let me know. I am doing a mentorship with Deb Robinson, who works at Maricopa county Department of Public Health and who was also one of the speakers tonight. I mention this because I have a feeling I might be involved or at least attend, the wrap up presentation you and your fellow urban planning students will be doing. So keep me in mind if you have any questions or need any assistance.

Topic: Nutrition/Education Group

Working

- Cooking events in schools
- Libraries as resources
- Targeting families and communities rather than individuals
- University involvement- fuel up to play 60

Not Working

- Prolific fast food without healthy choices
- Making active living effortless

Improve

- Improve the definition of healthy food/lifestyle
- AZ in Action become involved in existing events as well as AZ in Action specific events

General notes

- Begin at elementary level
- Community cooking tasting events
- Family oriented education
- Don't reinvent the wheel access the current knowledge & deficits
- Applicable education

Topic: Zoning and Public Policy

- Density in land use to prevent sprawl.
- Zoning for fast food (Area South on Watson a concern.)
- Concern of car dependency.

- More mixed-use development.
- Redeveloped areas and land for agriculture especially in underserved areas.
- Cannot afford organic foods, too expensive.
- Education of nutrition.
- Park and recreation access.
- Incentives for fresh food in underserved areas.
- Parent Education on nutrition
- Add more healthy choices at fast food restaurants.
- Promote new healthy choices with a walk etc.

APPENDIX C: INTERVIEW QUESTIONS – HEALTHY LIFESTYLE PLAN

We are ASU students in the School of Geographical Sciences and Urban Planning and we are collaborating with Arizona In ACTION and the Maricopa County Department of Public Health to prepare a Healthy Lifestyle Plan. This questionnaire is being sent to you as a stakeholder identified as participating in a Healthy Lifestyle Plan. As an element of the Healthy Lifestyle Plan it is important to identify issues and make recommendations for addressing those issues. As a stakeholder, we are hoping you will respond to the following questionnaire so we can get an understanding of your concerns as well as the potential opportunities for the future. As well, some of the stakeholders will be interviewed by phone.

1. From a farmer's perspective, how would you reassure communities should consume from a farmers market? Communities need to be more knowledgeable about farmers markets and by us putting our product out there they will come.
2. Do you believe that locally grown food should be more expensive than foods brought in from outside the community? Yes
3. Do you support schools providing nutrition programs to educate young children about healthy food? Yes
4. Do you believe that providing locally grown food contributes to community sustainability? Yes because its locally grown and less miles of traveling such as other markets that get their produce from other states
5. Do you think it's safer for people to consume locally grown food from a farmers' market rather than food from a general grocery store? Yes
6. Should there be incentives for locally grown healthy food to be sold in retail stores? Yes
7. Do you feel that farmers' markets should be more affordable to the buyer? Maybe but its to expensive to grow and competition has not been a problem so we can not lower our prices

8. Do you feel that a general grocery store has an advantage over farmers' markets?
 Absolutely they are more known then local farmer markets

Name_____ Phone_____

Healthy Lifestyle Plan Growers Survey

We are ASU students in the School of Geographical Sciences and Urban Planning and we are collaborating with Arizona In ACTION and the Maricopa County Department of Public Health to prepare a Healthy Lifestyle Plan. This survey is being sent to you as a grower identified as participating in Farmers' Markets in the West Valley. As an element of the Healthy Lifestyle Plan it is important to identify issues and make recommendations for addressing those issues. As a grower, we are hoping you will respond to the following survey so we can get an understanding of your concerns as well as the potential opportunities for the future. Please use the Other Comment section at the end of the survey is you have specific examples you would like to share.

Concerns for Agricultural Producers

Are any of the following topics a concern for your food production operation?

Concerns	No	Yes
Local and county regulations	-	
State and federal regulations	-	
Rising costs		-
Lack of assistance in the farming process		-
-My health	-	
Weather		-
Obtaining non-GMO seeds or other chemical-free products	-	
My age		-
Finding markets		-
Packaging/Processing my products	-	
Competition with other growers	-	
Isolation in my work		-

Having to give up my farm	-	
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Expansion

What are your concerns in expanding your food production operation?

Limiting factors that hinder expansion	No Concern	Concern
Harvest labor availability	-	
Land availability and or cost	-	
Weather		-
Transportation		-
Market outlets/connecting to buyers	-	
Equipment		-
Cooling		-
Irrigation	-	
Fees charged by the farmers market	-	
Costs associated with getting to farmers market		-
Business planning		-
Insect control	-	
Prices received		-
Credit availability	-	
Disease control		-
My volume is too small		-
Advertising/marketing	-	
Costs associated with packaging product		-
Other limiting factors hindering expansion*	-	
Access to markets	-	

*Lack of sufficient groundwater supply	-	
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Future Opportunities

Would you be interested in any of these future opportunities to improve your business?

Future Opportunities	No	Yes
A list of businesses interested in buying locally		-
Being included in a website which showcases agricultural endeavors in our region		-
Participating in a CSA	-	
Participating in a food cooperative	-	
Participating in an online growers network		-
Grants and subsidies		-
Attending workshops/courses related to food production		-
Publishing a grower directory	-	
A farm internship program		-
Participating in a growers coalition		-
Participating in institutional procurement		-
Having access to pick up or distribution points	-	
Coordinating market participation with other growers	-	
Seed banks		-
To work with other growers in planting coordination (to increase variety and quality while decreasing competition among growers)	-	
Participating in a bulk food buyer's club	-	
Having a courier service (to pick up and take your products to market)	-	
Assistance creating a website		-

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Other Comments:

Healthy Lifestyle Plan Growers Survey

We are ASU students in the School of Geographical Sciences and Urban Planning and we are collaborating with Arizona In ACTION and the Maricopa County Department of Public Health to prepare a Healthy Lifestyle Plan. This survey is being sent to you as a grower identified as participating in Farmers’ Markets in the West Valley. As an element of the Healthy Lifestyle Plan it is important to identify issues and make recommendations for addressing those issues. As a grower, we are hoping you will respond to the following survey so we can get an understanding of your concerns as well as the potential opportunities for the future. Please use the Other Comment section at the end of the survey if you have specific examples you would like to share.

Concerns for Agricultural Producers

Are any of the following topics a concern for your food production operation?

Concerns	No	Yes
Local and county regulations		1
State and federal regulations		1
Rising costs	1-	
Lack of assistance in the farming process	1	
Lack of assistance in the farming process	-	
My health		-
Weather		-
Obtaining non-GMO seeds or other chemical-free products	1	
My age		-
Finding markets		-
Packaging/Processing my products	-	
Competition with other growers	-	
Isolation in my work		-
Having to give up my farm	-	

Expansion

What are your concerns in expanding your food production operation?

Limiting factors that hinder expansion	No Concern	Concern
Harvest labor availability	-	
Land availability and or cost		-
Weather		-
Transportation	-	
Market outlets/connecting to buyers	-	
Equipment		-
Cooling		-
Irrigation	-	
Fees charged by the farmers market	-	
Costs associated with getting to farmers market		-
Business planning	1	
Insect control	1	
Prices received		-
Credit availability		-
Disease control		-
My volume is too small	-	
Advertising/marketing	-	
Costs associated with packaging product		-
Other limiting factors hindering expansion*		-
Access to markets	-	
*Lack of sufficient groundwater supply		-

Future Opportunities

Would you be interested in any of these future opportunities to improve your business?

Future Opportunities	No	Yes
A list of businesses interested in buying locally	-	
Being included in a website which showcases agricultural endeavors in our region		-
Participating in a CSA		-
Participating in a food cooperative	-	
Participating in an online growers network		-
Grants and subsidies		-
Attending workshops/courses related to food production		-
Publishing a grower directory	-	
A farm internship program	-	
Participating in a growers coalition		-
Participating in institutional procurement		-
Having access to pick up or distribution points		-

Coordinating market participation with other growers	-	
Seed banks		-
To work with other growers in planting coordination (to increase variety and quality while decreasing competition among growers)	-	
Participating in a bulk food buyer's club	-	
Having a courier service (to pick up and take your products to market)		-
Assistance creating a website		-

Other Comments:

APPENDIX D – CITY OF TEMPE ZONING ORDINANCE CITY OF TEMPE

SECTION 3-427 COMMUNITY GARDENS

A. Purpose. The purpose of this section is to foster and support sustainable practices through interim use and/or the adaptive re-use of open space and vacant lands with *community gardens*.

B. Applicability. A *community garden* is permitted in the AG, Agricultural District. A *community garden* is also permitted, subject to approval of a *use permit*, in all other Residential Districts and in all Commercial, Mixed-use and Industrial Districts. See procedures identified in Section 6-308, Use Permit.

C. Approval Criteria. In addition to the *use permit* approval criteria found in Section 6-308, the following factors shall be considered by the decision-making body, but not be limited to:

- 1) Compatibility with existing surroundings as it relates to the size of the community garden;
- 2) Adequate accessibility to the site and for public parking within the vicinity, which does not create a nuisance to the surrounding area or general public;
- 3) Evaluation of acceptable hours/days of operation, including outdoor retailing of produce; and
- 4) Evaluation of acceptable products sold on-site.

D. Operation Requirements. A *community garden* may be located on a vacant lot, within an enclosed building, or on a lot with other buildings and uses:

- 1) Buildings or structures, a maximum of two hundred (200) square feet in area and equal to or less than eight (8) feet in height, may be located in the required side or rear yard setbacks, subject to applicable building codes. Development plan review is not required.
- 2) Any building or structure, in excess of two hundred (200) square feet in building area or over eight (8) feet in height must comply with building setbacks and receive approval of a development plan review, pursuant to Section 6-306, including sites in all Residential Districts.
- 3) Any existing on-site retention shall be maintained or reconfigured in accordance with City Code requirements.
- 4) All equipment or materials, not in use, shall be stored within an enclosed structure or screened from street view.

- 5) Use of vehicular operated equipment, such as garden tillers or tractors, for initial establishment of the community garden is permissible and may only be used for on-going maintenance if approved through the use permit process. The use of motorized hand-operated equipment is permitted.
- 6) The community garden may display a maximum of one (1) sign, subject to review, as a part of the use permit. The sign shall be a maximum of eight (8) feet in height and a maximum of thirty-two (32) square feet in area, with no more than sixteen (16) square feet of information used for sponsor advertising. A sign permit is not required.
- 7) Chain link fence and other fencing materials, without barbed or razor wire, are permissible for the community garden. No lighting is required for the gate entrance. Outdoor retailing of products produced on the site is permitted as a part of the use permit.
- 8) Outdoor retailing of products produced on the site is permitted as a part of the use permit.
- 9) Proposed improvements on the site relating to other land use development including adding buildings, parking, lighting and driveways, shall conform to the standards of this Code, unless otherwise permitted by this section.

E. Discontinuance of use. If a *community garden* is no longer in operation or left fallow, the site shall be returned to its original form. If previously vacant, the site shall provide proper dust control mitigation. Any re-establishment of a community garden shall require processing and approval of a new *use permit*.