



# Community Food Councils as Vessels for Coordinated Food System Change

MAINE NETWORK OF COMMUNITY FOOD COUNCILS

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# WHAT IS A FOOD COUNCIL?

A community-based coalition that helps promote more resilient food systems. Councils build connections across stakeholders to improve health, food access, natural resource protection, economic development and production agriculture.



# WHAT IS MNCFC?

A statewide network of ten Community Food Councils. The mission of the Maine Network of Community Food Councils is to increase the capacity of local level food systems efforts through collaboration, coordination and resource sharing, resulting in sustainable, sovereign food systems across the state of Maine.

## COLLABORATION

Monthly Meetings  
Listserv  
Annual Summit

## COORDINATION

Policy and Advocacy  
Food Charters  
Shared Measurement  
Work Group Formation

## RESOURCE SHARING

Shared Gifting  
Innovation Fund  
How-to resources and models soon to be publicly available on our website.



# **MAINE'S FOOD COUNCILS**

REPRESENT OVER 200 TOWNS IN  
ANDROSCOGGIN, CUMBERLAND, FRANKLIN,  
KENNEBEC, LINCOLN, OXFORD, PENOBSCOT  
SAGadahoc, AND WASHINGTON COUNTIES.

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**Bangor Area Food Council**

**Cumberland County Food Security  
Council**

**Community Food Matters  
(Southern Oxford County)**

**Franklin County Area Food Council**

**Good Food Council of Lewiston-Auburn**

**Healthy Waterville Action Team**

**Local Food Connection  
(Northern Oxford County)**

**Merrymeeting Food Council  
(Greater Bath Brunswick Area)**

**Portland Food Council**

**Washington County Food Council**



# Why are councils important?



## EDUCATION & COMMUNITY

- Film series
- Art Shows
- Conferences
- Forums
- Community Meals
- Training



## PARTNERSHIP BUILDING

- Schools
- Retailers
- Non-profits
- Land Trusts
- Fisherman, Farmers
- Healthcare
- Service Providers



## PROJECT DEVELOPMENT

- Gleaning
- Community Health Assessments
- Local Food Charters
- Farmland Preservation
- Farm to School
- Senior Farm Share



## REPLICATION & REPORTING

- Racial Wealth Gap
- Learning Simulation
- Local Food Charters
- Support of Fisheries
- Maine Food Atlas
- Resource Guides
- Policy and Advocacy





**SAVE THE DATE**

**THE CHANGING  
LANDSCAPE OF  
MAINE'S FARMS AND  
FOOD SYSTEMS**

*the Annual Summit of the*  
MAINE NETWORK OF  
COMMUNITY FOOD COUNCILS  
[www.mainefoodcouncils.net](http://www.mainefoodcouncils.net)

APRIL 26TH, 2019  
9AM-4:15 PM

HUTCHINSON  
CENTER, BELFAST  
MAINE

**Please join us for  
MNCFC's 2019 Summit**

**April 26, 2019  
Hutchinson Center, Belfast, ME**

**Sliding scale registration  
[mainefoodcouncils.net](http://mainefoodcouncils.net)**

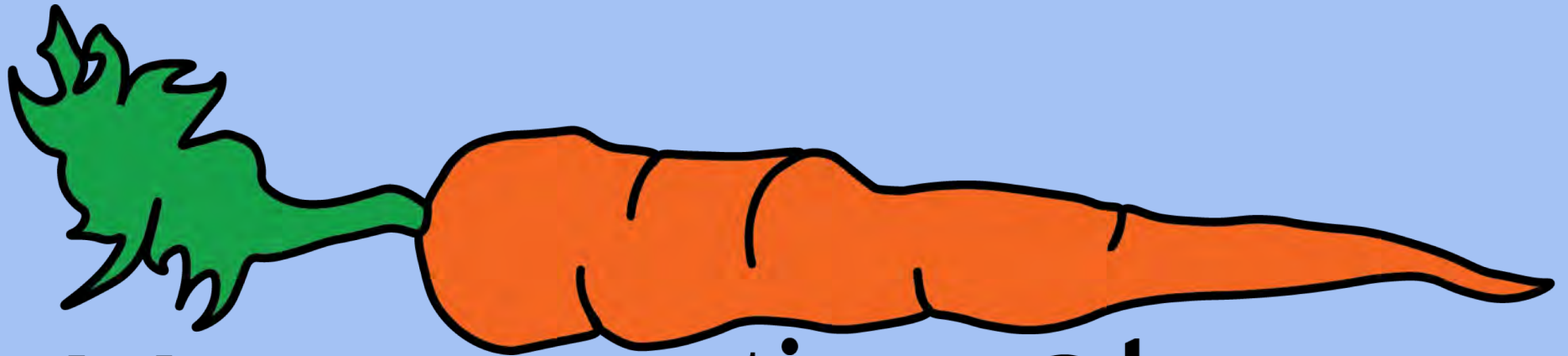


The logo features a stylized white bowl containing two red apples with green leaves, positioned between the words 'FOOD' and 'COUNCILS'.

# MAINE NETWORK OF COMMUNITY FOOD COUNCILS

The background of the slide is a photograph of various fresh vegetables, including corn cobs, carrots, and purple onions, which are slightly blurred and overlaid with a semi-transparent green filter.

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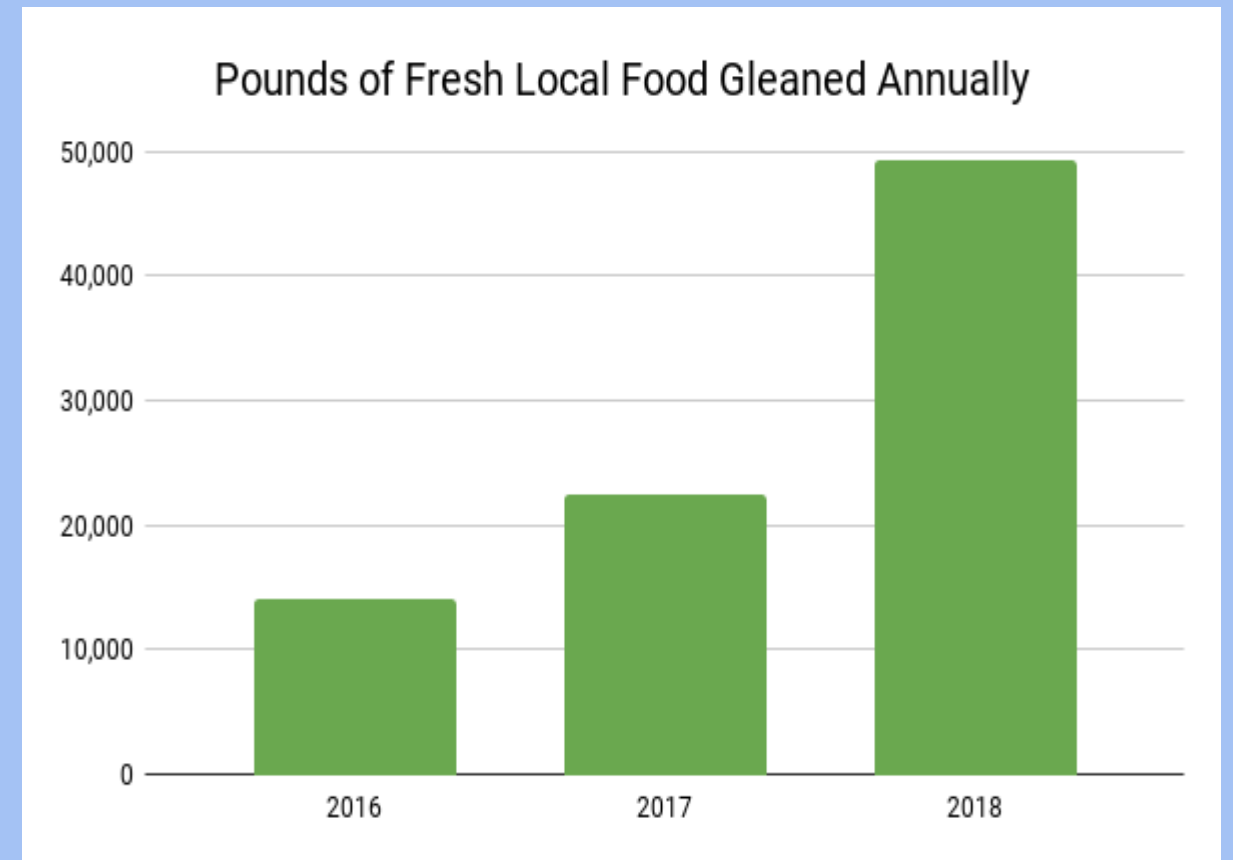
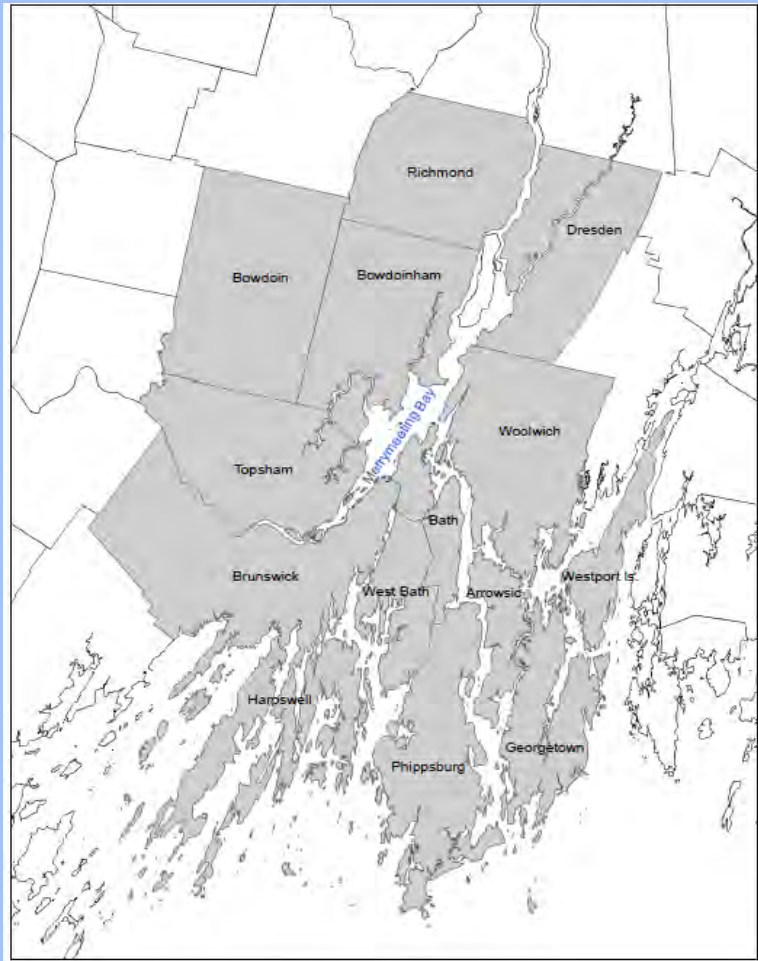


# Merrymeeting Gleaners





# History and Service Area



# Volunteers

## 2018 Volunteer Data

# Volunteer Hours

# Staff Hours (gleaning) 240

# Hours Gleaning

# Hours Distribution

# Volunteers





# Maine Gleaning Network

- Participate in the Maine Gleaning Network - a forum for sharing ideas and best practices
- Annual statewide gleaning events
- Assistance to emerging gleaning organizations



# Types of Gleaning

- Weekly gleaning at several farms and farmers markets
- “Pop-up” gleaning at various farms
  - Summer/Fall Gleaning
  - Winter/Spring Gleaning
- Structure - Coordinator, Team Leaders, Gleaners





# Cold Storage

- Partnership with Maritime Apartments in Bath
- Cold Storage Trailer and Cold Storage Room
- Provides flexibility for recipients with limited hours and no refrigeration



# Farm Partners

- Applewald Farm
- Crystal Spring Farm
- Fairwinds Farm
- Goranson Farm
- Meadow Brook Farm
- Patchwork Farm
- Pleasant Pond Orchard
- Rocky Ridge Orchard
- Growing to Give at Scatter Good
- Six River Farm
- Spears Farm
- Tarbox Farm
- Whatley Farm



# Recipient Organizations

- MCHPP
- Bath Soup Kitchen/Bath Food Pantry
- Bath YMCA
- UCC Neighborhood Cafe
- Bowdoinham Food Pantry
- Richmond Food Pantry
- Help Yourself Shelf
- Harpswell Community Garden
- Bath Area Backpack Program
- Freeport Community Services Food Pantry
- Bath WIC
- Bath Head Start
- Brunswick Housing
- Maine SNAP-Ed
- Georgetown Town Office
- People Plus
- Maritime Apartments
- Washington House
- Bath Housing
- Huse School Apartments
- RSU1 Backpack Programs
- Oasis Free Clinic
- Amistad Peer Learning Community
- Creekside Village Apartments
- Pejepscot Head Start
- Meals on Wheels
- Phippsburg Elementary
- Salvation Army
- SMCC Food Pantry
- Tedford Housing
- Therapia
- Woolwich Central School

# 2018 Successful Pilot Projects



Sharing Table



Processing Gleaned Produce



# Produce Information Cards



## Parsnip

**Tastes like:** Mix between carrots and potatoes

**How do I store it:** Wrap in plastic; store up to 2 week in fridge, longer if kept in root cellar

**How do I eat it:** Remove hearty leaves and stems to sauté or bake in oven.

**Raw:** Shave them thin and add to salads.

**Cooked:** Dice and sauté or add to soups or stews. Roast with garlic, olive oil, salt and pepper at 450 degrees F until tender. Bake and mash them.

(Pictured: Parsnip)



## Roasted Parsnips and Carrots

**Serves 6**  
**Serving Size:** ½ cup  
**Prep time:** 30 mins

### Ingredients

- ¾ pound parsnips, peeled
- ¾ pound carrots, peeled
- 1 Tablespoon olive oil or vegetable oil
- 1/8 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon black pepper

### Directions

1. Preheat oven to 400 degrees F.
2. Cut the peeled parsnips and carrots into uniform pieces
3. Place cut parsnips and carrots into a large bowl. Add the vegetable oil and stir to coat the carrots and parsnips.
4. In a small bowl stir together the salt, garlic powder and black pepper. Add to the carrots and parsnips and stir until the vegetables are well coated with seasonings.
5. Place vegetables in a single layer on large baking sheet being careful not to overcrowd the pan. Lining the baking sheet with foil or baking parchment will help with clean-up.
6. Roast in the preheated oven for 20-30 minutes, stirring the vegetables half way through the time. The carrots and parsnips should be caramelized to a medium brown and blistered.
7. Refrigerate leftovers within 2 hours.

Recipe adapted from [www.foodhero.org](http://www.foodhero.org)

# 2019 Goals

- Over 85,000 lbs. gleaned and more to come
- Expand Volunteer Base and Recipients
- Develop and distribute veggie info cards
- Replicate Sharing Table in several communities
- Continue processing gleaned produce - self-sustaining







# Thank You!

For more information:

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[www.facebook.com/MMGleaners](http://www.facebook.com/MMGleaners)



# The Racial Wealth Gap

## LEARNING SIMULATION

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Presented by Cumberland County Food Security Council





# Who is CCFSC?

First meeting in 2011, **Cumberland County Food Security Council** is a collaboration of organizations committed to food security in our communities. We believe that enough healthy food for everyone is, not only a right, but, achievable. Our primary shared goal is to solve hunger.

Together and separately, Council members work each day to create more food secure communities. We strategize to make the most impact with our shared knowledge and resources. We work to expand the circle so it includes those marginalized by a failing economy. We know that individual efforts will not lead to sustainable change. We are stronger and more effective working together in community.



**CUMBERLAND COUNTY**



**FOOD SECURITY COUNCIL**

# Who is BFW?

**Bread for the World** is a collective Christian voice urging elected officials in Washington, DC to end hunger and poverty at home and abroad, by changing policies, programs, and conditions that allow hunger and poverty to persist. BFW believes it is important to address the root causes of hunger and poverty, racial inequality being one of them.





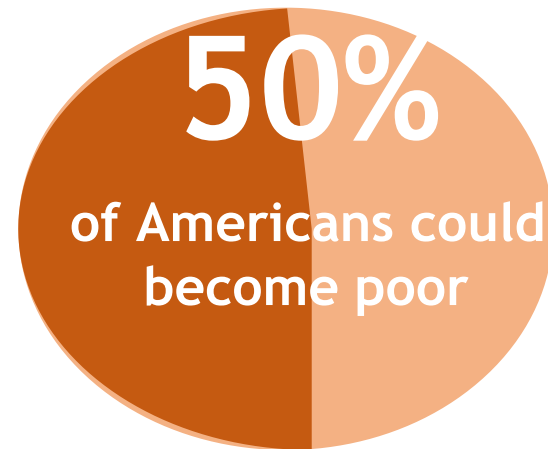
# What's the Scope?

Today, more than 41 million Americans face hunger.

Over **40.6 million people** live below the poverty line.

½ of American households

would face poverty if someone lost a job or got sick.



# What's the Scope?

People of color are more likely to face all three:

- They are TWICE as likely to:
  - Experience ***hunger***
  - Live ***below the poverty line***
  - Be one paycheck away from ***becoming poor***



# What's the Scope?

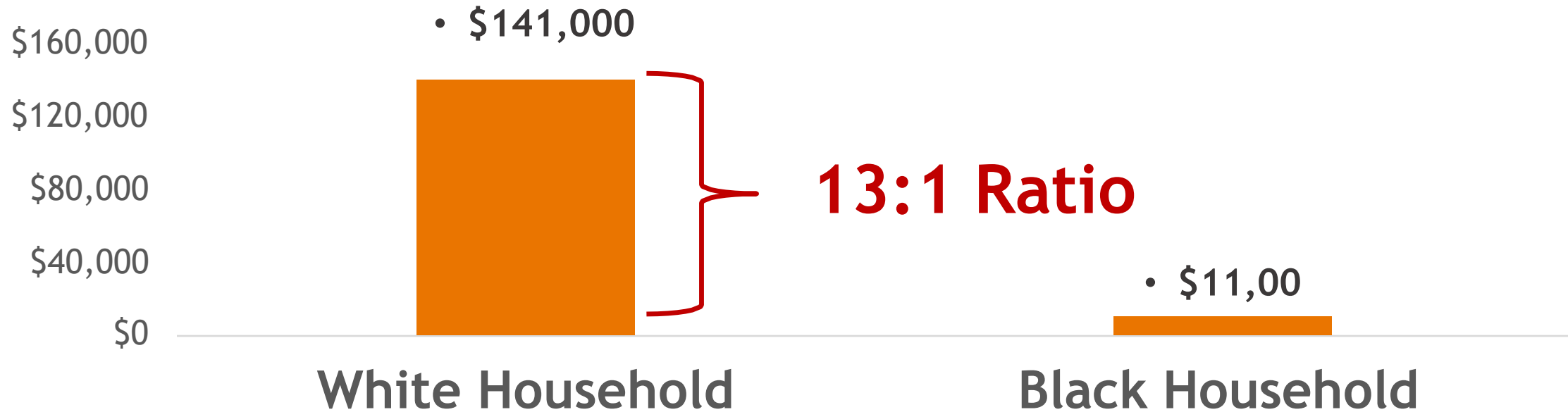
## BUT WHY??

**The Racial Wealth  
and Income Divide!**

# The Racial Wealth Gap

## Median Net Worth

(In 2013 Dollars)

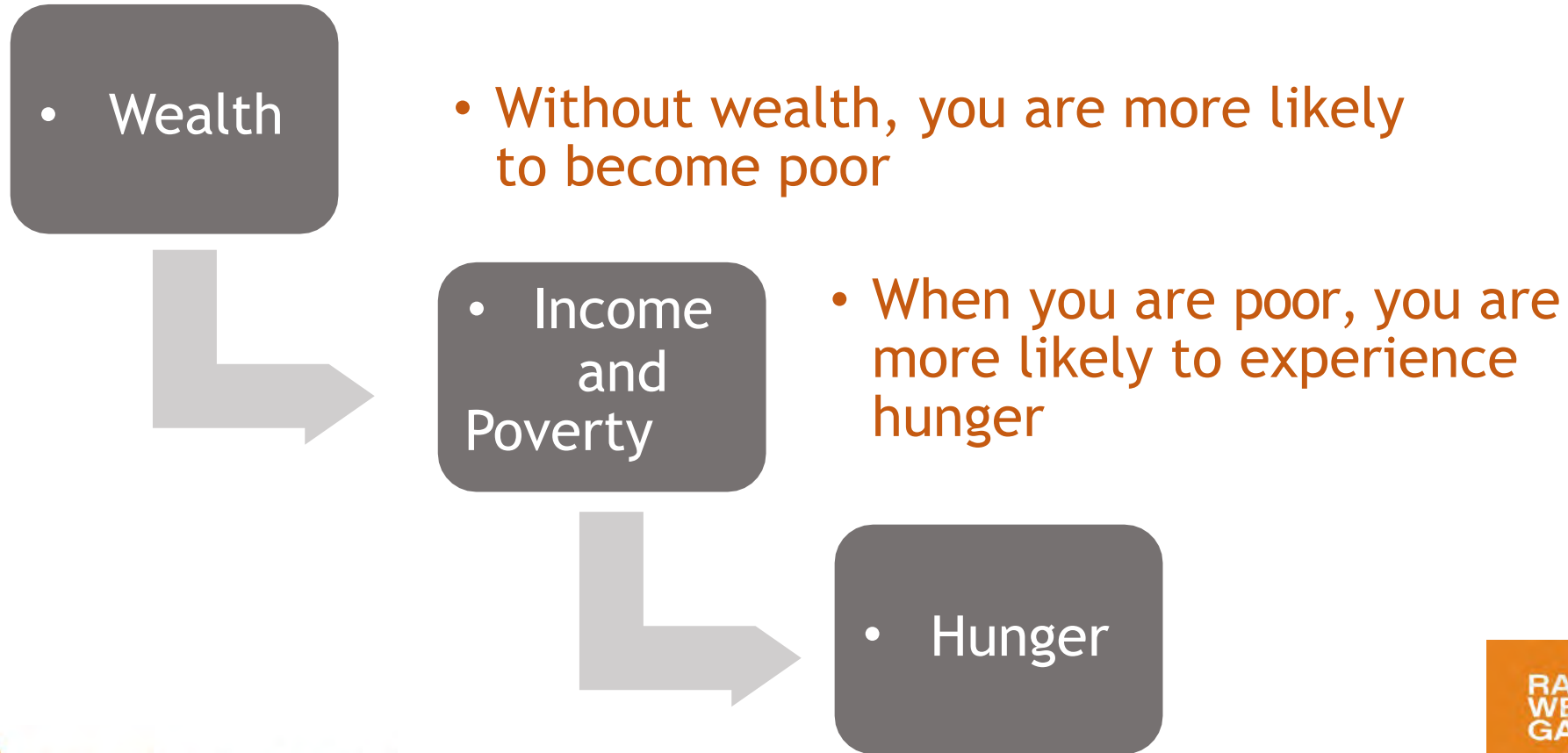


Source: <http://www.pewresearch.org/fact-tank/2014/12/12/racial-wealth-gaps-great-recession/>





# Why This Simulation?



# Simulation Goals

***Gain a better understanding of the racial wealth, income, and hunger gap, so that we can.....***

- Understand why racial equity is important to address structural inequality
- Discuss racial equity within our organizations, and/or communities
- Incorporate a racial equity lens into our daily work, life, policies, practices, advocacy, etc.
- Feel more comfortable explaining the importance of applying a racial equity lens when working to end hunger or poverty or achieve goals in other issue areas.





# Racial Wealth Gap Learning Simulation

**Want to access the simulation?**

**Go to [bread.org/simulation](https://bread.org/simulation)**

*Let's stay in contact! Feel free to email at  
[jhanna@ccfoodsecurity.org](mailto:jhanna@ccfoodsecurity.org)*





COMMUNITY  
FOOD  
MATTERS

# CFM Goals

- Create community-wide access to healthy food
- Research, develop, and promote regenerative organic practices (permaculture)
- Increase local production and distribution on all scales





# EDIBLE MAIN STREET

**Pick a little. Leave a lot.**

FMI: Visit CEBE or call 739-2101











































# FOOTHILLS FOOD FESTIVAL



## CELEBRATING LOCAL FOOD

SATURDAY • AUGUST 12 • NORWAY





# FARMERS' MARKET

— Connecting Farm to Table —





# ABUNDANT FOOD



— Delicious & Healthy —





Mid Ridge Farm  
Casco ME





# NON-PROFITS

— Making It Happen —









COMPOST  
PLASTIC

TIN CANS  
ALUMINUM

CARDBOARD  
GLASS

DAPER  
REDEEMABLES  
(15¢ & 15¢ BOTTLES & CANS)

LET IT ROT!

COMPOST IT

— Closed Loop —

PLANT BEANS  
AI > LETTUCE  
TO BRING HOME





# LIVE MUSIC

— Local Bands —





## Food Charter Forum

Help Answer this Question:

**Why does Community Food Matter?**