Community Food Councils as Vessels for Coordinated Food System Change

MAINE NETWORK OF COMMUNITY FOOD COUNCILS

Bri Bowman, Coordinator
mainefoodcouncils@gmail.com
www.mainefoodcouncils.net
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.

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

Please join us for MNCFC's 2019 Summit

April 26, 2019
Hutchinson Center, Belfast, ME

Sliding scale registration mainefoodcouncils.net
Bri Bowman, Coordinator
mainefoodcouncils@gmail.com
www.mainefoodcouncils.net
History and Service Area

[Map of service area]

Pounds of Fresh Local Food Gleaned Annually

- 2016: [Value]
- 2017: [Value]
- 2018: [Value]
Volunteers

2018 Volunteer Data

# Volunteer Hours 1249
# Staff Hours (gleaning) 240
# Hours Gleaning 1210
# Hours Distribution 243
# Volunteers 87
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 weeks 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.

(recipe: Parsnip)

**Roasted Parsnips and Carrots**

Serves 8
Serving Size: 1/4 cup
Prep time: 20 mins

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, black pepper and cumin. 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. Line the baking sheet with foil or baking parchment will help with cleanup.
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.

Ingredients

- 3/4 pound parsnips, peeled
- 3/4 pound carrots, peeled
- 1 Tablespoon olive oil or vegetable oil
- 1/8 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon black pepper

(recipe adapted from 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:

Kelly Davis, Coordinator
merrymeetinggleaners@gmail.com

www.facebook.com/MMGleaners
The Racial Wealth Gap

LEARNING SIMULATION

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.
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)

White Household
- $141,000

Black Household
- $11,000

13:1 Ratio

Source: http://www.pewresearch.org/fact-tank/2014/12/12/racial-wealth-gaps-great-recession/
Why This Simulation?

• Wealth

  • Without wealth, you are more likely to become poor

• Income and Poverty

  • When you are poor, you are more likely to experience hunger

• Hunger
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.
Want to access the simulation?

Go to bread.org/simulation

Let’s stay in contact! Feel free to email at 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
NON-PROFITS

— Making It Happen —
LIVE MUSIC
— Local Bands —
Help Answer this Question:

Why does Community Food Matter?