

**Robinson, Tanya .2008.Applying the Socio-Ecological Model To Improving Fruit and Vegetable Intake Among Low-income African Americans. *Journal for Community Health*. 33:395-406.**

Analyzes the nutritional habits and health of African Americans, compared to the USDA guidelines for basic fruit and vegetable intake. Discusses the historical and cultural connections African Americans have had with food and health and how body image is uniquely viewed compared to other racial groups. The Socio-Ecological Model is a framework for looking holistically at health and the multiple levels of impact of a person's health.

**Schulz, Amy and Mary Northridge.2004.Social Determinants of Health: Implications for Environmental Health Promotion.Sage Publications.*Health Education and Behaviour* 31;455.**

Looks at how environmental, political, legal and historical mechanisms have systematically negatively impacted poorer neighbourhoods and negatively impacted the health of populations. Case studies of chronic stress, lead poisoning, diesel exhaust and unintentional injuries and how they affect one's nutritional health.

**Lawrence Frank, et al.Winter 2006.Many Pathways from Land-Use to Health. *Journal of The American Planning Association* Vol 72 No 1.**

Discusses the negative health effects of having separate land uses and how mixed-use developments can give more opportunity for physical exercise and easier access to healthful foods.

**Janis Zoellner et al. Summer 2012.Exploring Community Gardens in a Health Disparate Population;Findings from a Mixed Method Pilot Study.*Johns Hopkins University Press* vol 6;2.**

Study looking at the impacts of a community garden with at-risk youth and their families in Danville,VA. No conclusive evidence to show that the garden made youth eat more fruits and vegetables but the study did get community members interested in the garden.

**Okvat, Heather and Alex Zautra. 2011.Community Gardening; A Parsimonious Path to Individual;Community and Environmental Resilience.*Journal for Community Psychology* 47:374-387**

The historical context of gardening and how it has been a tool for bottom-up approaches to providing for the needs of lower-income neighbourhoods.

**Minkler. Community Based Participatory Research: a Strategy for Building Healthy Communities**

Defines Community Based Participatory Research (CBPR) and the benefits of utilizing this method of research. Also gives case studies where CBPR has been used.

**Campbell, Marcia Caton.2004. Building a Common Table: The Role for Planning in**

**Community Food Systems. *Journal for Planning Education and Research* 23;341.**

Looks at the conflicts of different entities within food systems and shows instances in which one group advocating for their rights can actually hurt other entities within the food system. Discusses the value of doing stakeholder analyses in order to lessen the conflicts. Discusses the various types of food systems: corporate, alternative, global vs. local.

**Los Angeles Food Policy Task Force for Los Angeles. 2010. *The Good Food for All Agenda: Creating A New Regional Food System for Los Angeles.***

Report gives recommendations for how LA County can provide food that is healthy, sustainable, fair and affordable. Discusses the current situation of LA's food system, how to promote a good food economy, build a market for good food, eliminate hunger in LA, ensure equal access to good food in underserved communities, grow food in our neighbourhoods and inspire and mobilize good food champions.

**Asman, Linda, et al.1993. *Seeds of Change: Strategies for Food Security for the Inner City. UCLA Urban Planning Department.***

Written after the LA Riots. Discusses opportunities for generating profits. Gives recommendations from a local to federal level on how to improve food security in inner city neighbourhoods. Some suggestions include creating a food policy council, working with supermarket chains to have a greater presence in inner city neighbourhoods, support farmers' markets from local to national level. Set up an inter-departmental working group to promote urban agriculture.

**Allen, Patricia, et al.2003. *Alternative Food initiatives in California: Local Efforts to Address Systemic Issues. Research Briefs, Center for Agroecology and Sustainable Food Systems.***

Report on the history of alternative food initiatives, their present state, and recommendations on how they can be strengthened. Discusses how AFIs have had conflicting interests even though their overall vision have been complementary.

**Dowler, Elizabeth and Martin Caraher. 2003. *Local Food Projects: The New Philanthropy? The Political Quarterly* 74; 57-65**

Discusses how some food project initiatives only address short term problems and quick fixes. Discusses how these initiatives can become long-term solutions, by looking at regional issues rather than individual habits.

**Regional Food Hub Subcommittee.2010. *Regional Food Hubs: Linking Producers to New Markets***

Discusses what a Food Hub is and how it can be beneficial to communities.

***Community Food Security Programs: What do they Look Like?* Food Security Coalition**

Examines community food security, which is the provision of healthy and culturally appropriate food for all, and increasing social justice. Looks at the wide range of food programs such as community gardens, farmers' markets, community supported agriculture, and gives suggestions on how these programs can work to be better providers of accessible and equitable food.

**Fisher, Andy and Maya Tauber. 2002. *A Guide to Community Food Projects*. Community Food Security Coalition.**

Discusses the federal grant program, Community Food Project, administered by the USDA, and how it's driving force is to financially support food programs that work in low-income areas.

*Alison, working backwards from end of PPD531:*

**Morland, Kimberly, et al. 2002. Neighborhood Characteristics Associated with the Location of Food Stores and Food Service Places. *American Journal of Preventive Medicine* 22 1:23-29.**

Study of healthy food availability using geocoding. Found 4 times more supermarkets in white neighborhoods compared to black, and 3 times more in wealthy versus poor neighborhoods. Concluded that we must look beyond individual choice to see that minority communities may not have equal access to the variety of healthy food choices available to non-minority and wealthy communities.

**Eisenhauer, Elizabeth. 2001. In *Poor Health: Supermarket Redlining and Urban Nutrition*. *GeoJournal*. 53 2:125-133.**

Reviews the changes in urban retail food availability and the impact on health. Outlines the history of urban food retailing as amenities changed in low-income urban neighborhoods. Particularly in the 1980s, fewer, bigger stores located outside cities. Also examines "supermarket redlining," critiquing large chains' disinclination to locate in cities. Changes in food availability are key to the changing social conditions of the urban poor and decline of urban health.

**Food Research and Action Center. 2008. *State of the States: 2008. A Profile of Food and Nutrition Programs Across the Nation*. Washington, D.C**

Food Research and Action Center's profile of food and nutrition programs across the country, including data on the extent of hunger and food insecurity and the use of nutrition programs for the United States as a whole and for each state individually.

**Shaffer, Amanda. 2002. *The Persistence of L.A.'s Grocery Store Gap: The Need for a New Food Policy and Approach to Market Development*. Center for Food and Justice.**

LA-specific report on the gap between number of supermarkets in low-income and inner city communities versus middle and upper income. Includes information on differentials in access by income and race, and how the gap affects price and quality, health impacts, and barriers to supermarket investment. Info on opportunities for investment is very compelling and specific to LA. There is a useful history, with a focus on pre- and post-1992 riots.

**Kaufman, Jerry and Martin Bailkey. 2000. Farming Inside Cities: Entrepreneurial Urban Agriculture in the United States. Lincoln Institute of Land Policy Working Paper**

The report investigates the nature and characteristics of for-market city farming, obstacles to such activities, and ways of overcoming these obstacles. There are useful case studies from across the country, including Crenshaw High School's Food from the Hood project.

**Anne Bellows, et al. 2003. Health Benefits of Urban Agriculture. Community Food Security Coalition.**

Outlines the benefits of urban agriculture with regard to nutrition, food security, exercise, mental health, and social and physical urban environments. Health professionals increasingly recognize the value of farm- and garden-scale urban agriculture. Growing food and non-food crops in and near cities contributes to healthy communities by engaging residents in work and recreation that improves individual and public well-being.

**Garrett, Steven and Gail Feenstra. Growing a Community Food System.**

Step-by-step guide to create and maintain successful community food system projects, including developing project resource, organizational infrastructure, and project evaluation. Article defines "community food system" as one in which sustainable food production, processing, distribution and consumption are integrated to enhance the environmental, economic, and social and nutritional health of a particular place.

Other Helpful Toolkits

**Community Food Security Assessment**

**Barbara Cohen, IQ Solutions Incorporated**

(from the Economic Research Service branch of the USDA published in 2002)

Completing this assessment can provide a snapshot of a community's food insecurity and provide the basis for goal setting and action planning to address issues of hunger and food insecurity.

This tool uses a combination of census data, retail locations and other quantitative information as well as qualitative focus group interviews to illustrate the relative food insecurity of a community.

The dimensions include:

1. Socioeconomic and demographic characteristics
2. Community food resources
  - a. Using indicators such as retail locations and federal food assistance program resources
3. Household food security
4. Food resource accessibility
  - a. Using indicators such as food resource locations and transportation options

5. Food availability and affordability
  - a. Evaluating if stores have basic items (fresh or frozen veggies, fresh meat, etc), how expensive the items are and how these prices compare to the national average
6. Community food production resources
  - a. Evaluating a range of producers from dairies to community gardens

Although the specific methods are dated, (using yellow pages or map quest) the parameters for assessing a community's food security, such as adequacy of supermarkets, are still relevant today.

Summary compiled by Sarah Dominguez

## **Know Your Farmer, Know Your Food (KYF) Compass**

United States Department of Agriculture

### **Purpose:**

To help local residents research and identify local food systems within their region. The KYF Compass map also helps residents identify local food grant projects in their area, food hubs within their community, food wholesalers, nearby Farmer's Markets, and local meat processors. The tool is very interactive, and allows for a local resident to quickly identify a new local food systems project or Farmer's Market very easily.

### **Relevance to Community Health Planning**

The KYF Compass can help fill a gap in communication and understand as to the ease of access to local, nutritious, fresh, and healthy food systems. A local resident can not only identify new access points to local food systems, but also can plan bus or train routes accordingly. The KYF Compass map also provides more information on several of the local food systems projects within the community, and can help local residents get involved through educating them on the initiatives each is currently organizing.

### **Limitations**

No address is provided for any of the Farmer's Markets, and Dates/Hours of Operation were also not included. This is crucial information in order to properly plan a trip to a Farmer's Market. It appears that the only additional information provided for each item identified on the map were projects actually funded by a Federal Agency.

Summary compiled by Peter Kroner