

Building Sustainable Food Security through Community Development Strategies

Closing the Hunger Gap 2017

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www.foodbanksbc.org

OVERVIEW OF WORKSHOP

1. Why did we need to change the way we worked?

Spotlight on:

2. The work in Tucson: “Community Conversation”

Spotlight on:

3. The work in Santa Barbara: “Alma Cena Sana”

4. General Lessons and Strategies to be drawn from both Experiences

5. Small Group Work – where are we? What project could we work on together and pitch for support?



1. Why did we need to change the way we worked?



- Community expectations have changed - desire for healthy food and skills around it



- Different needs of different cultural and geographical communities



- Realistic need to meet community where they are and work with them as partners not clients



- Increasing need to view food as the first stage of wider community development - use food to draw people in



- Uncertain funding means these type of programs are sustainable long-term



- Funders want to see long-term impact in people's lives, not just numbers served or quantity of food.



1. Why do **YOU** think we need to change the way we work?



Closing the Hunger Gap 2017: From Charity to Solidarity





COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA

Community Conversation

A tool to strengthen community wellness



1

Strengthen
existing
community ties

2

Facilitate new
collaboration
efforts

3

Support
community
driven
initiatives

Purpose



Scoping

out the existing assets and current
community work



Analyzing

and learning community assets and
challenges



Organizing

a date, time, and place to hold the
Community Conversation



Facilitating

a Community Conversation about
community challenges, vision and action
planning



Supporting

Ongoing efforts that result from action planning



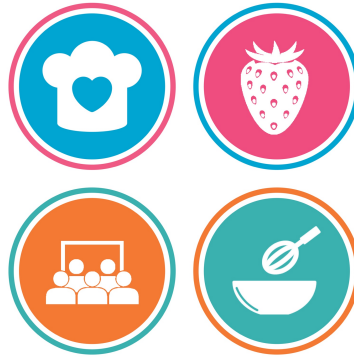
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ALMA CENA SANA
COMMUNITY FOOD CENTER

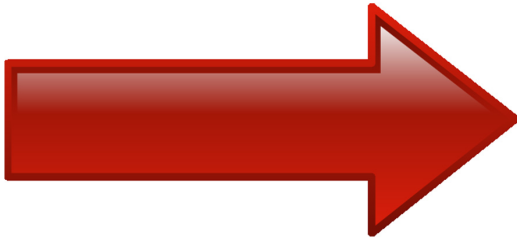




"charity"



**"community
engagement"**



"charity"

ONE DIRECTION

- I give to you - you receive and are grateful.
- Volunteers come from outside to do good then leave



"community engagement"

CIRCLE OF MUTUAL + EQUAL BENEFIT

- The community is empowered and supported to help itself.
- Volunteers come from the micro community and remain in it.

What's for Dinner?     Week of: _____

Monday Main Course _____ Side _____ Side _____ Notes _____	Tuesday Main Course _____ Side _____ Side _____ Notes _____	Wednesday Main Course _____ Side _____ Side _____ Notes _____
Thursday Main Course _____ Side _____ Side _____ Notes _____	Friday Main Course _____ Side _____ Side _____ Notes _____	Saturday Main Course _____ Side _____ Side _____ Notes _____
Sunday Main Course _____ Side _____ Side _____ Notes _____	Shopping List	



PLAN

BUDGET

SHOP

FOOD LITERACY

PREPARE

STORE





feed the future

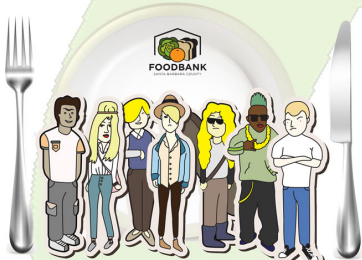
Feed the Future is an integrated and sequential series of programs run by the Foodbank and designed to foster nutritional independence and the desire to build healthy communities in children, from the womb to high school graduation.

HEALTHY MOTHERS, HEALTHY BABIES



PRE-NATAL NUTRITION PROGRAM

1. A lifetime of good nutrition begins with your mother. By working with expectant mothers, they not only improve the health of themselves and baby, but they can train with us to become nutritional leaders in their communities. Congratulations!



NUTRITIONAL INDEPENDENCE

8. This is where we put it all together! We make sure our young adults can budget, shop and cook for a lifetime of nutritional independence.

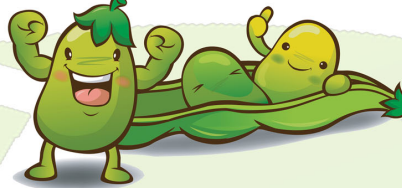


Free Healthy Lunch for Kids!
Gratis: un almuerzo saludable para los niños!
Brought to you by the community leadership of caring Santa Barbara County citizens volunteering through the FoodBank.

7. Kids are often hungry in the summer with no free school meals. Their brains and bodies still need to keep growing, so volunteers prepare and serve healthy lunches and provide games and food literacy training.



FLIP



Food Literacy In Preschool

2. Food preferences are decided by preschool. Our community volunteers are there to introduce fresh produce through tasting games and activities. And there's even a bag of produce for the family.



This is
how we
will

feed the future

bring about the rise of food literacy
and the end of childhood hunger
in a single generation



grow your own way
la comida crece en casa



6. Children learn how to grow their own food wherever they can - plastic bucket or simple raised bed. They also learn not to give up when they don't succeed the first time! How's that for a life skill?



Kid's Farmers Market



Mercado de Niños Granjeros

3. We bring a farmers' market to low-income afterschool programs, providing fresh produce for the children as well as a cooking lesson into how to make all those icky vegetables delicious. They go home with both food and skills, which can begin powerful family transformation.



Your Healthy School Pantry

4. Local schools become a focus for ending hunger and celebrating health and good nutrition. The whole family is involved in improving their food literacy and food security.



TEENS LOVE COOKING

5. Middle school kids come together to get serious about cooking - the planning, the preparation and the execution. This intensive course ends with our young chefs cooking a meal for all their families.



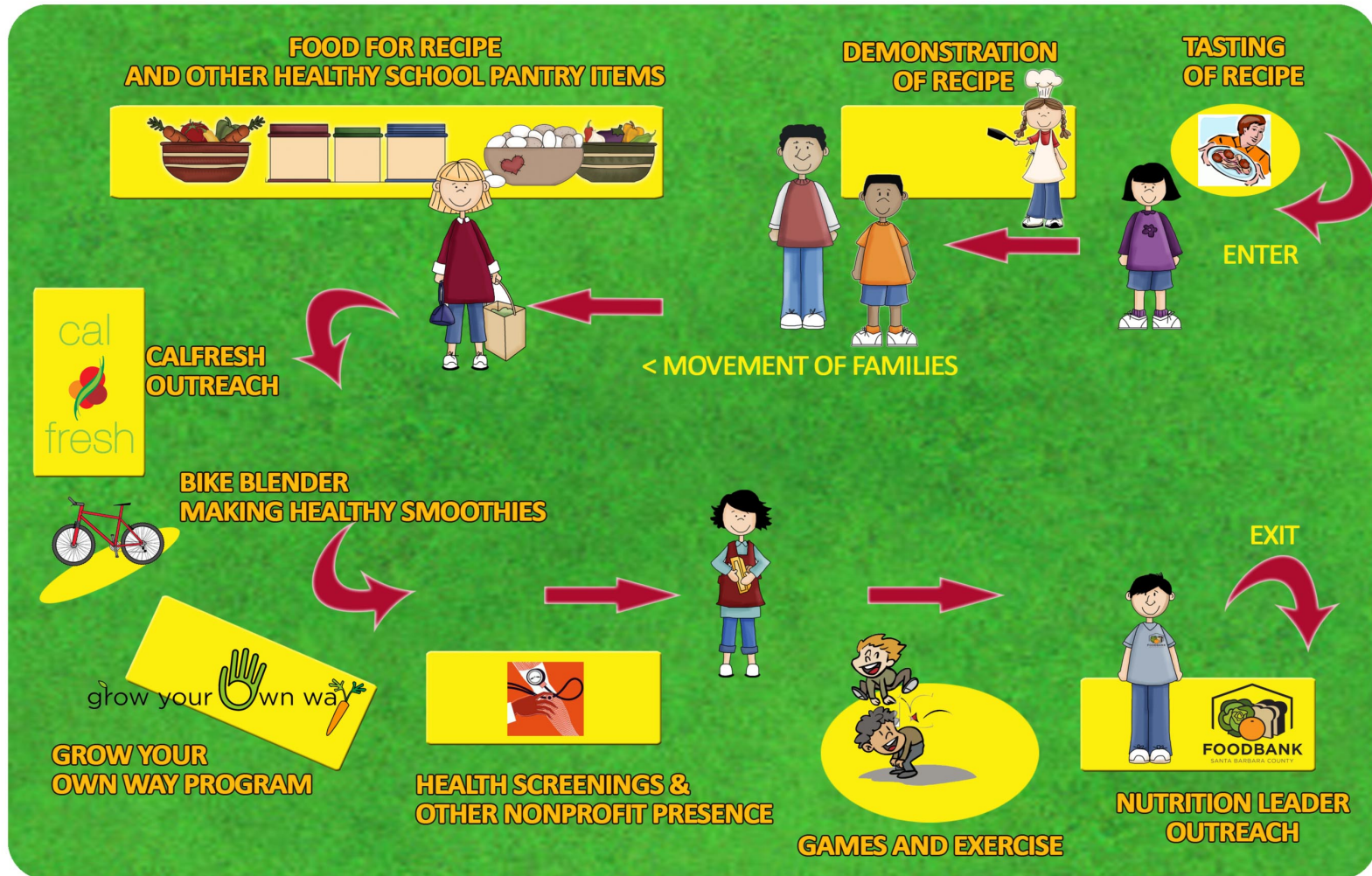
Your Healthy School Pantry



NATIONAL WINNER FOR
BEST CHILDHOOD
NUTRITION PROGRAM

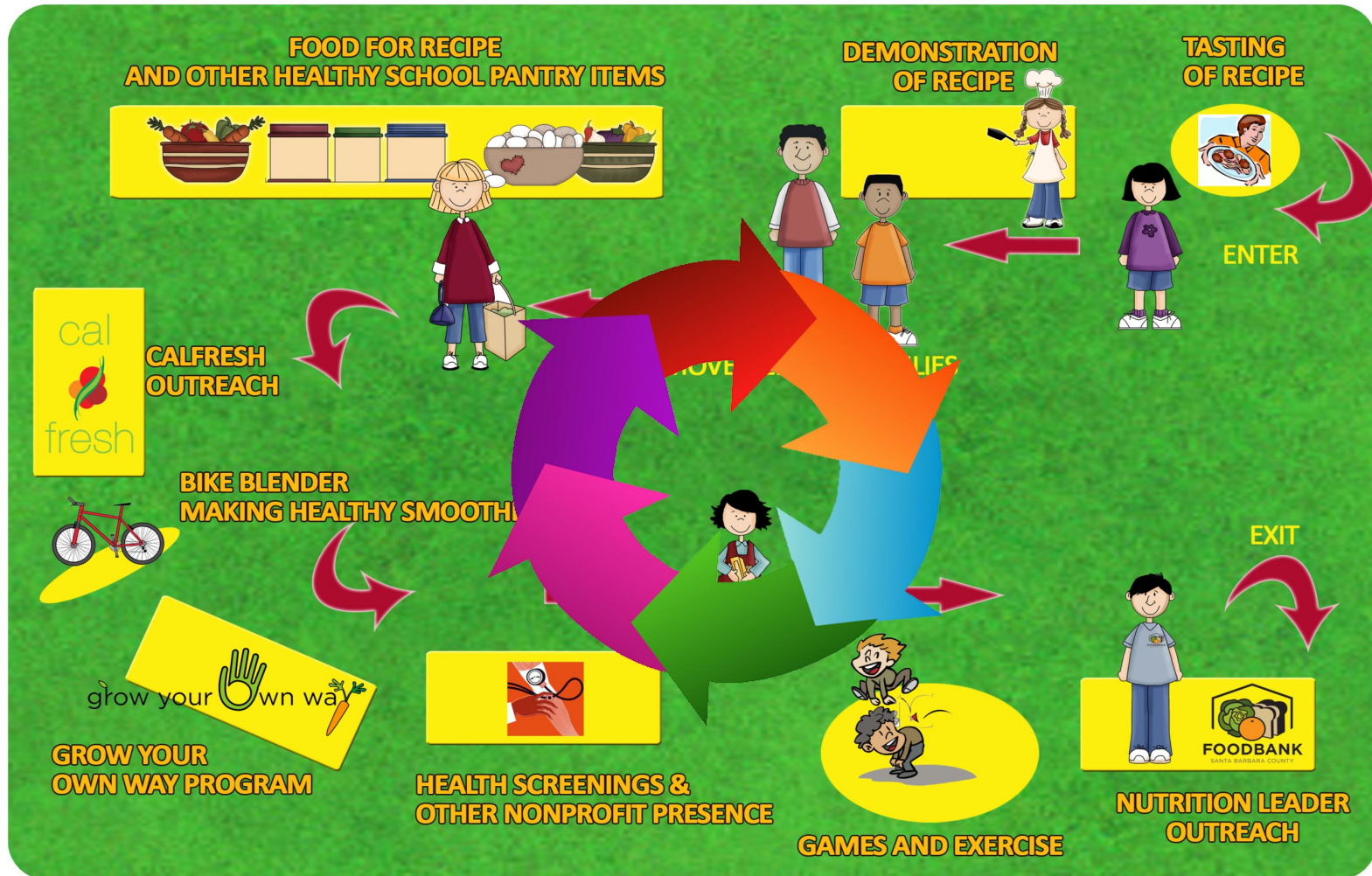
"community engagement"

Good Fun, Good Food and a healthy future...



"community engagement"

Good Fun, Good Food and a healthy future...



HEALTHY SCHOOL PANTRY -
TRAFFIC FLOW VIEW OF THE FAMILY EXPERIENCE





DIABETES IMPACT GROUP





**NUTRITION
ADVOCATES**

FOODBANK HEALTHY NEIGHBORHOODS

The next stage in the Foodbank's approach to solving hunger and poor nutritional health

**Builds on tried
Foodbank
innovations by
empowering
local people to
build healthy
neighborhoods
together**



**HEALTHY
NEIGHBORHOODS**



2016 FINAL REPORT

SANTA BARBARA COUNTY FOOD ACTION PLAN

For healthy people, a healthy economy, and a healthy environment



SANTA BARBARA COUNTY FOOD ACTION PLAN

For healthy people, a healthy economy, and a healthy environment

Fundable Foodbank Strategies Built into Priority Goals Of Plan

INVEST IN OUR HEALTH AND WELLNESS



PRIORITY
GOAL

6

Support the development of neighborhood networks of volunteers to provide peer-to-peer education and empowerment to food insecure community members to improve their health.

GOAL

8

Integrate food literacy into all school campus cultures—including in-school and out-of-school programs—throughout Santa Barbara County.

GOAL

9

Establish “Food as Medicine” programs that promote health through better nutrition.

INVEST IN OUR COMMUNITY



PRIORITY
GOAL

10

Establish Community Food Access Centers that serve as place-based, food-centric neighborhood revitalization efforts, and which unite multiple functions (including education) in one or nearby locations.

GOAL

11

Increase affordability and accessibility to healthy, safe, environmentally-sound, locally grown food for all residents of Santa Barbara County.



Support Us Now

Stay Connected

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Food as a Tool

The Stop uses food as a tool to build healthier, more connected, and more self-determined communities.

[Learn More](#)

NATIONAL BESTSELLER

The **STOP**



How the Fight
for **Good Food**
Transformed
a **Community**
and Inspired
a **Movement**



NICK SAUL *and*
ANDREA CURTIS



"*The Stop* is an inspiring true story about how a low-income neighbourhood used good food to take charge of its community—it's a great lesson for all of us."

JAMIE OLIVER



ALMA CENA SANA COMMUNITY FOOD CENTER

***Learn Together
Cook Together
Eat Together
Be healthy!***



El Camino Community Center
W Laurel Ave & N I St, Lompoc
Wednesdays / Miercoles beginning 5/24 - 3-5PM

***Almacena para la comunidad – Clases de cocina y nutrición
Exámenes de salud - Educación de diabetes - Actividades para niños
Zumba, yoga y bienestar***

***Food Pantry – Nutrition Classes – Health Screenings – Kid's Activities
Zumba & Yoga Classes – Diabetes Education – Wellness Workshops***



***Aprendamos Juntos
Cocinemos Juntos
Comamos Juntos
Seamos Saludables!***



Foodbank opens new Lompoc community center



Willis Jacobson wjacobson@leecentralcoastnews.com May 24, 2017





ALMA CENA SANA
COMMUNITY FOOD CENTER



4. General Lessons and Strategies to be drawn from both Experiences



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SANTA BARBARA COUNTY



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- *It can't be a success unless it comes out of an honest and open community conversation.*



FOODBANK
SANTA BARBARA COUNTY



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Community Conversation



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- *Success will involve giving up some control (and credit)*
- *The funding strategy needs to assume that this will be a long-term commitment to build trust and the level of community ownership*

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- *Find a way to measure the impact of what you are doing, for the funders and your own course correction*
- *Keep up a steady stream of publicity and social media awareness.*



SMALL GROUP WORK – What are the opportunities in your community?

Get into groups of 5

Part One – Speed Dating Introductions

Spend 1 minute each sharing who you are and the opportunity you see your area



Part One – Speed Introductions

Information you could share includes:

- What kind of initiatives are most needed in one of your service areas?
- What is the existing situation or activity that you could build around?
- Who are the community partners you could work with locally?
- Are there other local funders who might be interested in this different approach?



Part Two– Pitch a Project

Come up together with a short pitch for a new community development program (10 mins)

- Utilize ground rules included in the tip sheet
- Each group has 1.30 to pitch their project



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Good Luck with your projects!

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