

# Community Food Security for Windham County

**\$2.6 billion leaves Vermont annually for  
out of state food.**

**“I don’t know why Windham County  
couldn’t feed itself.”**

Paul Harlow

**One of the Windham Regional Plan's vision statements is stewardship of the region and its resources so that future generations will enjoy:**

- a sound economy,
- a healthy environment,
- quality education, and
- effective health services.

A stronger focus on ***food security and the local food system*** delivers on this vision!

# Sound Economy

- Local farms and food related industry generate wealth in the local economy, while also providing long term economic stability.
- We are always going to need food, while factories and other industries rely on the whims of the market and frequently move away.
- Agritourism depends on a viable agricultural sector and can be improved on for the future with a model of small scale local and regional food systems.

# Healthy Environment

- Locally produced food is good for the environment, not only for climate change due to long distance shipping practices, but also from sustainable, small scale farming practices that build soil, preserve land, and keep water clean.
- Local farms and community gardens are great places to spend time outdoors.

# Quality Education

- Farm to school programs provide quality hands-on learning through farm visits, healthy snack programs and meal preparation and life-long learning about healthy food and community relationships.
- Farm to School programs also improve nutrition, thus reducing absenteeism and increasing childhood concentration and learning potential.

# Effective Health Services

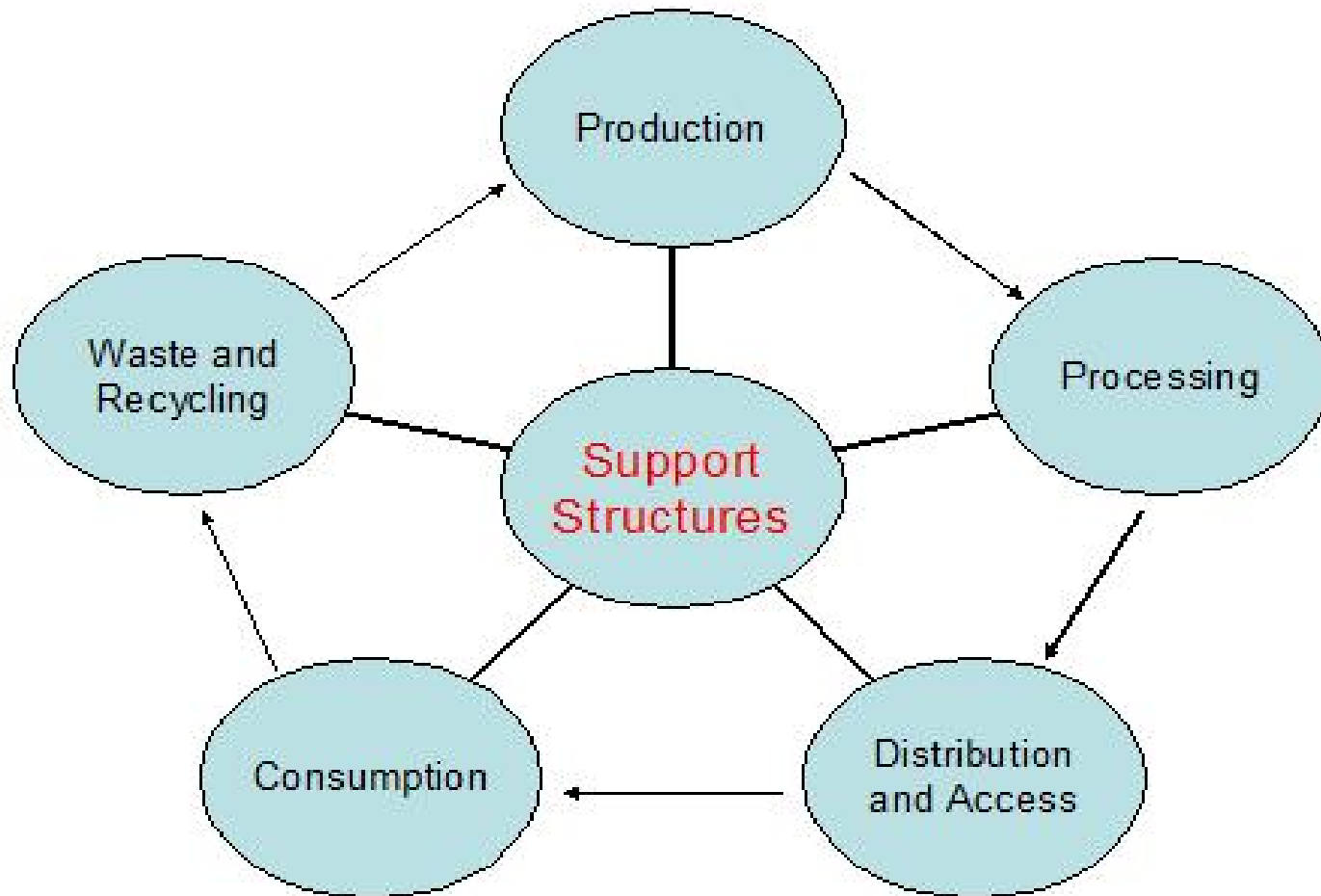
- Prevention is the key to effective health care services, thus reducing the burden on our overworked health care system.
- The national Center for Disease Control and Prevention (CDC) recommends healthy eating for chronic disease prevention.

# Community Food Security (CFS)

Loosely defined as:

increased access to locally produced food for all residents while supporting a sustainable local food system and community self-reliance.

# The Food System



# CFS Programs

- Farmers' Markets
- Community Supported Agriculture (CSAs)
- Farm to School Programs
- Community Gardens
- Youth Programs
- Community Economic Development
- Food Policy Councils
- Community Food Assessments

# **Rapid Community Food Assessment's main recommendations**

- Call a local food security meeting (Nov. 7th)
- Develop a Food Policy Council
- Conduct a Full-scale Community Food Security Assessment
- Increase infrastructure for local food production, distribution, processing, and storage
- Reconnecting to our food

# Windham Regional Commission and the Regional Plan

- The WRC consider food security for the area when writing their Regional Plan.
- This includes stronger language which is needed to protect vital agricultural land from development.
- The Community Food Security Project will familiarize itself with the Regional Plan and make suggestions to the WRC.

# Food Policy Councils (FPC)

- People come together in Food Policy Councils to figure out how to work together to improve the food system.
- FPCs generally have four functions:
  - To serve as a forum for discussing food system issues,
  - To foster coordination between sectors in the food system,
  - To evaluate and influence policy,
  - And launch or support programs and services that address local needs

- FPCs can be a way to identify and find solutions to:
  - protect valuable agricultural land,
  - stimulate community economic development,
  - develop creative ways to get young farmers on the land,
  - address transportation issues,
  - develop Farm to School programs,
  - reduce hunger and malnutrition and associated health care costs and problems, and
  - to build a greater sense of community.

# WRC and FPC cooperation

- The WRC can support FPCs that need planners.
- A FPC can support WRC with food system and food security research and analysis.
- The WRC could encourage towns to develop FPCs that would bring people together to work on improving the food system in a way that reflects the specific conditions in each town.
- The WRC could also encourage towns to conduct Community Food Assessments.

# Next Steps

Nov 7<sup>th</sup>

Community Food Security Forum

Please contact us with comments or  
questions...

Thank you!