

Farm to Table Buy Local

Food Coordination Program for Affordable Housing Communities

Program Goals

- Increase the amount of fresh, healthy and local food consumed;
- Assist residents to acquire and prepare fresh, healthy and local food;
- Increase awareness in the region of urban agriculture, sustainable agriculture and community and home gardens.

Measures of Success

- Residents participated in on-going food delivery, cooking club meals and community garden pot luck programs;
- Cooking Clubs were launched
- Curriculum is delivered - including bulk/batch cooking to provide ongoing meals to community members, food preservation and storage methods to enhance nutrition and storing healthy food to last all month long;
- Community gardens were organized on-site

Program Needs

Food Coordinators will be hired to implement the programs at each affordable housing facility.

Food Budget: Determined by # of units and access to food donations; must be reported monthly.

Equipment:

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| • cutting boards | • table or counter |
| • knives | • seating at tables for residents |
| • induction burner (if no stove) | • refrigeration |
| • pots | • chest freezer |
| • pans | • book shelf for on-site food pantry |

Resident equipment needs:

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| • food storage containers | • cup or glass |
| • plate | • cooking club members – equipment listed above |
| • silverware | |
| • napkin | |

Food Coordinator Role, these will take 6-12 months to implement:

Phase I – Manage Donations, provide tips & know-how

- Receive donations from 412 Food Rescue, food banks, other donors
- Coordinate with residents to take regular donations for themselves
- Provide suggestions about food preparation, food storage
- Access current equipment available on-site in community kitchen
- Process donated food for pick up/take out snacks & meals

Phase II – Increase Donations, offer nutrition & cooking classes

- Receive equipment donations from food banks, other donors (Goodwill?) for both community kitchen and individual residents
- Obtain additional food donations from sources in the community (places of worship, community gardens, on-site garden)
- Present cooking demonstrations such as knife skills, bulk/batch cooking, food preservation, food storage
- Coordinate with local experts to provide “how-to” programming for residents such as;
 - How to acquire & prepare fresh, healthy, local food
 - How to preserve & store healthy food to last all month long
 - How to grow healthy food
- Encourage residents to cook on-site
- Encourage residents to explore community or patio gardens

Phase III – Coordinate purchases, implement Cooking Clubs

- Coordinate with local retailers/farmers to set up deliveries or on-site farm market
- Shop for supplies - food supplies, equipment supplies (thrift stores); buy in bulk
- Provide resources necessary for residents to form independent, self-sustaining Cooking Clubs
- Provide resources necessary for residents to form community gardens
- Make community meals

Requirements: Clearances & Serv Save Certification; 3-5 years food service experience