VII. FOOD SYSTEMS GRAPHICS [F-14 - F-18]

This section includes graphics that Ken Dahlberg developed for various audiences. These were combined in a poster session given at the International Healthy Cities Conference, 1993. Most of the graphics have a separate file because of the memory required for each. Also, see the graphic at the end of section V.C.1. [F-11]

A. The graphic, ‘What are Food Systems,’ along with the text of the poster session in which it was used, “Local and Regional Food Systems: A Key to Healthy Cities” given at the International Healthy Cities Conference, San Francisco, December 1993. [F-14]

B. Other graphics used in the poster session that look at different level food systems.

1. Household Food Systems [F- 15]
2. Neighborhood Food Systems [F- 16]
3. Municipal Food Systems [F- 17]
4. Regional Food Systems [F- 18]
LOCAL AND REGIONAL FOOD SYSTEMS: A KEY TO HEALTHY CITIES

Kenneth A. Dahlberg, Dept. of Political Science
Western Michigan University, Kalamazoo, MI 49008

WHAT ARE LOCAL FOOD SYSTEMS?
WHAT DO THEY LOOK LIKE AT EACH LEVEL?

**Household Food Systems** [See graphic in F-16 ]

**Neighborhood Food Systems** [See graphic in F-17 ]

**Municipal Food Systems** [See graphic in F-18 ]

**Regional Food Systems** [See graphic in F-19 ]

WHY IS IT IMPORTANT TO MAKE THEM MORE SUSTAINABLE AND JUST?

- To provide food security for all local residents;
- To provide access to a variety of safe and nutritious food to all local residents;
- To provide local employment for farmers and food workers (typically 20%+ of a local economy);
- To provide a cushion of self-reliance against:
  - transport strikes;
  - major storms and disasters;
  - rising food prices from oligopolies;
  - rising fossil fuel prices and their multiplier effects.
- To create a biologically and culturally richer and healthier environment for ourselves and our grandchildren;
- To move from emergency hunger and feeding programs to hunger prevention programs.

HOW DO THEY FIT INTO HEALTHY CITIES?

- Both are based on the same goals of seeking to create more regenerative, sustainable, and just systems and societies.
- The cleaner air, water and soil systems needed for sustainable food systems benefit all populations, human and non-human.
- Healthier, safer, and nutritious food improves public health.
Greater knowledge of local foods and how they are produced safely is an important building block for better nutrition and diets.

Greater local self-reliance in food encourages local empowerment, equity and less stress.

Strengthening local food systems complements and enhances efforts to provide more green space in cities and to enhance rural landscapes.

HOW DO WE CREATE HEALTHIER LOCAL AND REGIONAL FOOD SYSTEMS?

- Grow more of our own food.
- Buy local food from farmers markets and u-picks.
- Encourage grocers, schools, and restaurants to use more local food.
- Support neighborhood programs for:
  - community gardens;
  - food pantries and soup kitchens;
  - community canning and nutrition programs;
  - community composting and recycling;
- Create or support city programs that promote:
  - farmers markets;
  - neighborhood empowerment and development;
  - farmland preservation;
  - local food processing;
  - local grocers, cafes, and restaurants.

*Consider Creating a FOOD POLICY COUNCIL to encourage and coordinate such efforts.

WHAT IS A FOOD POLICY COUNCIL?

It is a neighborhood, city, or county group that seeks to improve the local food system by:

- Coordinating and/or networking actions,
- Making policy recommendations,
- Organizing.
-Testifying and/or lobbying,

- Conducting or sponsoring policy research, and

- Doing many other creative things.

WHAT TYPES OF ISSUES DO THEY ADDRESS?

Production: promoting household & community gardens; seeking to preserve local farmers and farmland.

Processing: encouraging local food processors.

Distribution: promoting full use of available government programs (school breakfasts; food stamps; WIC, etc.);
- Coordinating emergency feeding systems (food pantries; soup kitchens, food banks, etc.);
- Ensuring availability of inner city supermarkets.
- Encouraging local farmers markets and promoting local produce.

Use: promoting healthy and nutritious meal preparation and the preservation of foods.

Recycling and composting: encouraging this throughout all phases of the food system.

Waste disposal: use creative approaches to minimize the wastes generated in each stage of the food system.
WHAT ARE SOME EXAMPLES?

Knoxville, Tennessee
St. Paul, Minnesota
Onondaga County, New York
Hartford, Connecticut
Toronto, Ontario