



food policy blueprint

January 2010





Our Mission

LiveWell Colorado strives to inspire and advance policy, environmental and lifestyle changes that promote health through the prevention and reduction of obesity.

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Introduction & Report Overview

LiveWell Colorado™

LiveWell Colorado™ (LWC) is an independent 501(c)(3) organization that was developed through the collaboration of two funding sponsors, The Colorado Health Foundation and Kaiser Permanente, and a state sponsor, the Colorado Department of Public Health and Environment. LWC aims to promote an environment where every Coloradoan has access to healthy foods and opportunities for physical activity in the places they live, work, learn and play. The Vision of LWC is that “all Coloradoans enjoy a lifestyle that includes healthy eating and active living. The state’s tradition of health and wellness is fully embraced by its residents.”

LWC will achieve its vision by working strategically with stakeholders in the following six goal areas:

- Advancing policy
- Reducing health disparities
- Building leadership and community capacity
- Reaching every Coloradan through a media campaign
- Maximizing funding for Colorado communities
- Promoting research and evaluation

LWC will advance these goals in multiple arenas, including food policy (the focus of this Blueprint), built environment, schools, worksites, and health care. LWC currently provides financial and technical assistance to 25 community initiatives across the state. These coalitions receive multi-year planning and implementation funds to advance healthy eating and active living policy and environmental changes in their communities. For more information on LiveWell Colorado, please visit our website www.livewellcolorado.org.

Why Food Policy?

Food and nutrition policy can help achieve LWC’s mission to “inspire and advance policy, environmental, and lifestyle changes that promote health through the reduction of obesity” by advancing healthy and resilient food systems throughout Colorado. We define a “food system” as a system that includes every process

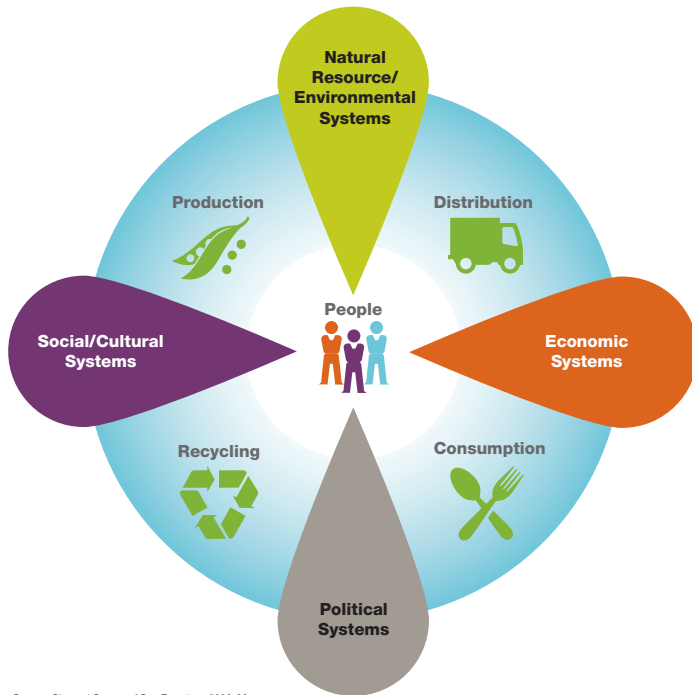
(and person) involved in feeding a community: growing, harvesting, packaging, transporting, marketing, selling, consuming and disposing of food and food packaging. This definition highlights the many interests involved with food – environmental, business, agriculture, public health, and more.

One of LWC’s primary goals is to improve nutrition, and specifically to increase fruit and vegetable consumption among all Coloradans. This goal provides an example of why it is critical to view access issues through a system lens. Take into account this summary from the National Sustainable Agriculture Coalition:

If all Americans were to eat according to the Dietary Guidelines for Americans, significant acres would need to be converted from corn and soybean production to fruit, vegetable, and dairy products. USDA’s Economic Research Service estimates that if you assume all supply was domestic and assume that Americans were to fully meet the recommendations for fruit it would require U.S. producers to more than double the annual harvest fruit acreage from 3.5 million to 7.6 million; to meet daily vegetable consumption guidelines, annual harvest acres of vegetables in the U.S. would need to increase by about 137 percent, from 6.5 million to 15.3 million.

Additionally, this would likely require or lead to more food processing facilities, expanded food distribution businesses, refined shelf space at grocery stores, possibly more public or farmers’ markets, and other changes in consumer behavior. While these may all be positive changes, they illustrate how integrated our food system is. Changes in one part of the food system affect other aspects. In order to achieve LWC’s vision and to promote optimal health for all Coloradans, a systems approach is required that examines not only what we eat and its nutritional value, but where our food comes from, the process it takes to get to our plates, and the social, environmental, and political forces that affect that process (see Diagram 1, page 2)

DIAGRAM 1 — A systems approach examines what we eat where our food comes from, the process it takes to get to our plates, and the social, environmental, and political forces that affect that process.



Source: City and County of San Francisco 2000-09

Focus on Access to Healthy Foods

LWC’s primary goals in this arena are to ensure **access to healthy foods** for all Coloradans, **nutritional competency**, and **behavior changes** to guarantee that this access translates into higher quality of life and better health outcomes for all. The focus of this Blueprint is specifically on access and policy efforts to strengthen access, which is not to undervalue the importance of understanding what constitutes a healthy diet, and ultimately, changing behavior based on what we know we should do. However, adequate access must exist to ensure the success of increasing nutritional competency and changing behavior. Therefore, while nutrition education, social marketing efforts, nutritional standards and other interventions are just as important in promoting healthy eating, the policy recommendations presented in this Blueprint will only reflect those relating to access.

Access to healthy foods is itself complex—it includes physical access (do I live close to a food store or have consistent transportation to reach one?); financial access (is the food affordable for me?); nutritional access (is enough food available to provide me

with a balanced, healthy diet?); and cultural access (is the food provided culturally relevant? Do I know what it is and how to cook it?). Improving access also requires “farm-to-fork” strategies that strengthen all of the systems that affect where people can access what foods, including where and how food is produced, processed and sold, and the programs in place to assist people in accessing food.

There are myriad funding, built environment, and policy approaches to address issues of access to healthy foods—encouraging full-service grocery stores, building community gardens, developing farmers markets, strengthening and expanding federal food assistance programs, improving food marketing, allowing technological infrastructure (e.g., EBTs at farmers markets), changing school food guidelines, integrating nutrition education into more projects, teaching about backyard gardens, and so much more—and all are important interventions.

The challenge facing LWC is to partner with others to help create an environment, through local, state and federal efforts, where all of these interventions are possible and communities have the direction and support to develop what is most appropriate from this rich menu. This requires knowledge of the evidence and the innovation base, strong state and community leadership, broad partnerships, and knowledge of communities’ unique needs.

Tools Included in this Blueprint

The intent for this Blueprint has always been to focus on “what needs to happen in the state,” rather than “what is LWC going to do?” To this end, the goal of this Blueprint is to provide LWC and other partner organizations with policy priorities for moving forward at the local, state and national levels. In many instances, LWC will play a supportive role to others’ leadership, and in other instances LWC may identify a gap and take a more leading implementation role. To reflect this intent, the tools that are Included in this Blueprint are:

- An inventory of who is doing what across the state that relates to improving access to healthy foods (a separate, searchable web-based database)
- Policy recommendations, organized by type of access point, that have emerged through surveys and interviews of stakeholders across the state

- 13 Criteria and a scoring system that can be applied to policy recommendations in order to prioritize recommendations relating to food access
- Detailed frameworks for each of the high-priority policy recommendations to move them forward at the local, state, and national levels
- A review of overarching implementation strategies that could advance all of the policy recommendations.

For the purposes of this Blueprint, we are defining “policy” very broadly. A policy can be legislative, regulatory, or simply visionary (e.g., an internal policy that guides an organization’s actions), and can be made at any level—neighborhood, local, county, state, federal, etc. While policy defines and drives the vision, a program implements the policy.

For a comprehensive review of the connections between food access and health, and what some of the issues concerning food access are in Colorado, please see The Colorado Health Foundation’s report on “Food Access in Colorado” available here: www.coloradohealth.org. For national research on the issues of access, see “Neighborhood Environments: Disparities in Access to Healthy Foods in the U.S.” in the January 2009 issue of the *American Journal of Preventive Medicine* as well as the complete inventory of research briefs at Healthy Eating Research, www.healthyeatingresearch.org. See Appendix A for References, Resources, & Recommended Readings.



Methods

This Blueprint has been developed with the input from literally hundreds of stakeholders from across the state.

Surveys

LWC distributed two surveys in August 2009, one targeted to state-level organizations and the other targeted to local/regional organizations (see Appendix B to see the survey instrument and Appendix C for a list of responding organizations). Close to 130 organizations responded to the surveys, including school district nutrition service directors, LiveWell Communities, local health departments, food security organizations, local food policy groups, and more. The surveys asked a number of questions about the effectiveness of various interventions to promote access to healthy food, what appear to be immediate and winnable policy opportunities, and what they would like to see advanced in Colorado. The surveys were identical save for questions asked of state organizations about the success of past and potential state legislation to promote food access.

Reports

Several national reports and research papers were referenced in the development of this Blueprint. The recommendations presented here reflect those put forth by the Centers for Disease Control and Prevention (CDC) in their 2009 “Recommended Community Strategies and Measurements to Prevent Obesity in the United States” and the Institute of Medicine’s 2009 “Local Government Actions to Prevent Childhood Obesity” as well as the Robert Wood Johnson Foundation’s Commission to Build a Healthier America 2009 Nutrition Recommendations. Please see Appendix A for a complete list of references, resources, and recommended readings.

Consultations

Multiple individuals and groups were consulted in the development and review of the policy recommendations presented in this Blueprint. Throughout the summer and fall of 2009, groups that provided input to this process and content included the Rocky Mountain Farmers Union, Colorado Department of Agriculture, Colorado Department of Public Health & Environment (COPAN and Nutrition Services), Operation Frontline,

Colorado Food Systems Policy Council Planning Committee, Western Dairy Association, city and county planners, Colorado Coalition to End Hunger, Colorado Food Banks, as well as multiple national food policy experts. Please see Appendix D for a detailed inventory of the organizations and people who provided guidance to this Blueprint.

Analysis & Prioritization

After assessing common themes across surveys, conversations, and the literature, over a dozen food policy recommendations were identified as promising to advance in Colorado. These potential recommendations were then brought to the Colorado Food Systems Policy Council Planning Committee for review and discussion. The group confirmed and refined this list of potential policy recommendations. The group also reviewed and refined a list of criteria (see Table 2 on page 8 and Appendix E) to use in order to rank and prioritize the proposed policy recommendations. The criteria were developed from LWC's Strategic Plan, key elements of access (proximity, cultural accessibility, etc.), as well as other elements such as political viability and cost of implementation.

The FSPC Planning Committee applied these criteria to each of 14 policy recommendations. The average scores across all responses determined which of the policy recommendations are put forth in this Blueprint. While many policy ideas discussed throughout this process are critical, this Blueprint includes detailed frameworks for moving forward with those policy ideas that, on average, received a score of 70 percent or higher.



State of the State

What We Have Learned

Primary Areas of Interest

The survey results revealed that organizations, both local and state, are undertaking a wide array of interventions to strengthen access to healthy foods. See Appendix F for a list of the most common responses to what organizations have engaged in, what they find to be effective, and efforts they would like to see advanced.

Comments in the surveys and individual and group conversations also reveal that organizations, particularly local or regional ones, have already adopted a systems perspective of their work. Community organizations are looking for ways to integrate local leadership into the food system, including expanding local economic development opportunities and local advocacy opportunities, such as building out local food policy groups.

There is also a good deal of interest in building relationships with local producers in all efforts to improve access. Providing more, healthy, Colorado foods is seen as a critical element to strengthening access. As shown in Appendix F, direct farm-to-consumer interventions were consistently ranked as being effective at improving access and behavior change.

Not surprisingly, schools are seen as playing a critical role in ensuring access to healthy foods. Schools are viewed as key community access sites for families and people of all ages. Several ideas were proposed concerning community meal programs, food pick-up sites and other interventions at schools all week long. It is also worth noting that school gardens were the only intervention listed in the survey where the respondents' response rate did not decrease when asked about the gardens' effectiveness for changing behavior versus improving access. In other words, school gardens are seen as being just as effective at ultimately changing behavior (increasing fruit and vegetable consumption) as at increasing access.

Primary Challenges

There were several consistent themes around what communities have found challenging to improve access to healthy foods as well. There continue to be concerns that once access is established, behavior changes little, and that the evidence base is scant in

terms of what types of access are most effective at encouraging behavior change. There seems to be a need for more guidance for communities, such as a primer on access to healthy foods and how to begin to think about the issues.

There also seem to be some concerns that efforts to improve school food environments have thus far been not as successful as would be hoped, or that the efforts that are required have not yet been attempted. There is also a sense that the state does not need more mandates, but a concerted effort to build-out initiatives with sustainable funding, leadership and accountability, and infrastructure.

There is also a strong perception that a significant barrier to community efforts are the many rules and regulations that impede food sharing, food gleaning programs, and the sale or donation from other small-scale food producers to individuals or organizations.

There are also significant concerns that a lack of state leadership to leverage federal resources and food assistance programs is a major barrier to all efforts to improve access. For example, with the lack of participation in the SNAP (formerly food stamps) program in the state, it is difficult to advance any other policy recommendations such as the development of a “fresh buck”-type program that provides additional SNAP benefits to participants for use at farmers’ markets.

Summary of Information Needs

In order to address some of the challenges and opportunities mentioned above, survey and other respondents identified several issues they would like to see explored to help guide their work. Information needs that were repeatedly mentioned include:

- Where is lack of food access an issue in Colorado, for whom, and why?
- What is our existing infrastructure to process and distribute Colorado products, and what are our opportunities for expanding that infrastructure to more efficiently move healthy Colorado foods to Colorado consumers?
- What are key questions communities can ask themselves when looking to improve food access? (I.e., what could communities examine in terms of assets, resources, and gaps, in order to develop the most relevant intervention?)

- What types of access interventions have worked in what types of communities across the country, and why?
- What interventions are most effective at also improving the choices and nutritional intake of consumers?

LiveWell Colorado’s Role & Contribution to Food Policy

Based on the learning summarized above, this Blueprint aims to identify where there are gaps in the field of food policy and where additional leadership is needed to advance priorities for the state. While we have made every effort to be comprehensive, there are, undoubtedly, existing efforts that we have missed, and this Blueprint will be updated on an as-needed and annual basis. A simple snapshot of state organizations that are currently involved with various aspects of promoting access to healthy food is presented in Table 1: State Level Gaps & Overlaps, October 2009, on page 6. While this table focuses only on state-level efforts and is likely still incomplete, the Colorado Access to Healthy Foods Inventory will be a searchable, web-based database on LWC’s website and will contain hundreds of more efforts, most notably, those of LiveWell Communities and other community initiatives.

While Table 1 provides a simple point-in-time view of where Colorado has many focused efforts and where we have not provided much leadership—*yet*—the surveys and conversations also provide some rich feedback about where LWC can provide needed leadership. Not surprisingly (as these map to LWC’s Strategic Plan), survey and other respondents repeatedly stressed four important roles for LWC:

- Develop a grassroots advocacy network to engage in local, state, and federal policy.
- Develop a comprehensive clearinghouse of initiatives, resources, funding, and research concerning food policy (being the “go-to resource” or “one-stop shopping”).
- Advance research and assessment to better understand issues of access and the connections between agriculture, food and health (and advocate for national institutions to conduct needed research when appropriate).
- Engage, educate, and train policy-makers about food policy.

For all of these, whether training advocates or policy makers or convening the latest research, there is a call for LWC to focus their efforts on the role our food system plays in other key aspects of our quality of life, such as economic development, community development, environmental protection, and human health.

Advancing this system's view of food policy will be a unique contribution of LWC's in the state. All of the types of food access listed in Table 1, have a role in guaranteeing consistent, affordable, culturally appropriate access to healthy foods for all Coloradans. LWC has the capacity to look at them comprehensively, and support communities who are working tirelessly to find locally relevant solutions to their unique issues of access.

Worth noting, as it is evident in the policy recommendations found later in this Blueprint, is a strong call for framing food systems work as local economic development or as enterprise

development. There is increasing focus nationally on promoting food enterprises, whether through Beginning Farmer programs, building more local food processing facilities, supporting more local food distributors, or developing more corner stores, markets, or grocery stores. All of these efforts can help to increase consistent access to healthy foods for people, *and* can develop new, locally-based job opportunities and potential increases in the local tax base. There is a need to focus on efforts that capitalize on local assets, supply needed skills, and build in not just access to foods, but a community's long-term ability to afford healthy food as well. The opportunity to frame access to healthy foods as economic development and to bring more economic development organizations into these efforts as primary partners will be a valuable contribution of LWC.

TABLE 1 — State Level Gaps & Overlaps, October 2009*

 Primary strategy of the organization  Organization supports this strategy

Agency Involved	Local Food Production & Processing (includes gardens, urban agriculture)	Nonprofit Food Assistance	Government Food-Assistance Programs	Healthy Food Retail	Schools	Restaurants/ Cafeterias	Worksites
LiveWell Colorado							
The Colorado Health Foundation							
Kaiser Permanente							
Colorado Coalition to End Hunger							
Colorado Center for Law & Policy							
Colorado Children's Campaign							
Rocky Mountain Farmers Union							
Colorado Farmers' Market Association							
Colorado Farm Bureau							
Western Dairy Association							
The Denver Foundation							
Colorado Legacy Foundation							
Colorado School Nutrition Association							
Operation Frontline							
Feeding Colorado (Food Banks)							
Colorado Dietetic Association							
Rocky Mtn. Food Industry Association							
Colorado Restaurant Association							
Colorado Department of Agriculture							
Colorado Department of Human Services							
CDPHE/COPAN							
Colorado Department of Education							
Department of Local Affairs							

*Please note that the Colorado Access to Healthy Food searchable, web-based inventory will be a much more comprehensive look at what is going on across the state and will capture LiveWell Community initiatives as well as other community initiatives that are addressing all of the above.

Summary of Policy Recommendations

The fourteen policy recommendations listed below were developed from the statewide survey, many conversations with individuals and groups, and a review of existing local, state, and national efforts to improve access to healthy foods. They are organized by type of access policy. The categories used here reflect the different chains in the food system—and highlight the need to advance “farm-to fork” policies that affect food production and processing, that affect the programs that help connect people to food, and that affect the places where people access food.

After much analysis and several discussions, these policy recommendations are the ones that were repeatedly, if informally, cited as priorities to advance in Colorado. From this list, the Food Systems Policy Planning Committee then applied 13 different criteria (See Table 2, as well as Appendix E) to each of these recommendations to come up with a more rigorous prioritization

of these ideas. While all ideas are seen as valuable to a statewide Blueprint and all of these and more will be addressed if and when the environment is right, the ones **highlighted in orange** are those that scored, on average, above 70 percent by the FSPC Planning Committee and provide a reflection of where we are at, in Colorado, right now. Each of the policy recommendations in orange has a detailed framework for advancing the recommendation in the following pages. For a list of how each idea ranked, see Appendix G.

Important to note is that some of these efforts already exist and simply require more statewide organization, technical assistance, legislative support, or funding, while others are fairly absent from all efforts. As is the growing national movement, communities and cities across Colorado are already initiating some of these efforts. These recommendations hopefully reflect

LOCAL FOOD PRODUCTION & PROCESSING

- Local land use policies that allow and incentivize food production, including home-based and community food production and urban agriculture.
- State-level food safety regulations to allow, encourage, and clarify home-based, small-scale, and other locally-based or direct-to-market food producers and processors.
- A policy to incentivize value-added processing of fruits and vegetables and other Colorado products, through on-farm processing, commercial kitchens, or elsewhere.
- Model procurement policies, technical assistance, and incentives for public venues (government buildings and government-run or regulated programs, recreation centers, parks, and child care facilities, etc.) that requires strong nutrition standards for all food and beverages sold on-site and incentivizes the purchase of Colorado foods.

NON-PROFIT FOOD ASSISTANCE

- Policy to establish statewide technical assistance to enable more partnerships between food assistance programs and local food production, such as direct-market farming, community gardens, and Community Supported Agriculture.

GOVERNMENT FOOD ASSISTANCE PROGRAMS

- Policy to leverage federal, state, and local resources to increase enrollment in and use of SNAP (formerly food stamps) benefits.
- Policy to increase the establishment of and use of Electronic Benefit Transfer at farmers’ markets across the state.
- Policy to guarantee the availability of the WIC and Seniors Farmers’ Market Nutrition Program to all counties.

HEALTHY FOOD RETAIL DEVELOPMENT

- State policy to establish a healthy food markets financing initiative with a funding and resource pool to support the economic development of healthy food retailers, including full-service grocers, mobile vendors, corner stores, and farmers’ markets and stands.
- Comprehensive transportation planning policy that is integrated with the locating of existing and future community food sites to guarantee reliable, consistent access to healthy food retail, including planning for walking, biking, buses, and other forms of transit.

SCHOOLS

- Policy to advance a statewide farm-to-school program that incentivizes and provides technical assistance for farm-to-school programs and includes school-producer networks.
- Policies to develop stronger nutritional standards for all foods and beverages sold at any time in the school.
- Policies to leverage more resources to increase participation in school breakfast and summer food programs to an agreed-upon target.
- Policies to improve school-neighborhood food environments through land use restrictions on fast food and convenience stores, incentives to healthy food retailers, and restrictions on advertising.

RESTAURANTS/CAFETERIAS

None prioritized at this time

WORKSITES

None prioritized at this time

all the good work already going on, while providing communities with the additional support and assistance needed to increase the effectiveness of their efforts. There are still, of course, important policies missing from this list. Notably absent are recommendations related directly to increasing food production and farmer development in Colorado. Such interventions are necessary to ensure adequate supplies of healthy food, and when needed,

LWC will support the many existing efforts in these arenas in the state already. Also missing are interventions related to food choices, such as nutritional standards, menu labeling, and other efforts that come into play in schools, worksites, retailers, and restaurants. As noted earlier, LWC and other organizations are and will continue to focus on such strategies, but they are not addressed in this Blueprint with its focus on issues of food access.

TABLE 2 — Criteria for Prioritizing Policy Recommendations**

Criteria (in no particular order)	RATING					
	Weak 1	2	3	4	Strong 5	N/A 0
Evidence-informed						
Reduces Health Disparities						
Partnerships in place						
Politically Feasible						
Cost to Implement						
Health Outcomes: Increases Physical Activity						
Health Outcomes: Increases Nutrition						
Importance						
Ease of Policy Implementation						
Potential impact on affordability						
Potential impact on physical access to foods						
Potential impact on cultural accessibility of food						
Potential to increase community leadership / definition of the policy strategy						
TOTAL POINTS POSSIBLE (5 x the # of categories that did not receive a 0)						
TOTAL POINTS EARNED						
TOTAL SCORE (As % of Total Possible Points)						

**Matrix utilized to prioritize policy recommendations. Please note that while many different criteria could be applied to policy recommendations that improve healthy eating, these criteria were developed as being most relevant to issues of food access.

Policy Priorities

Frameworks for Moving Forward

The next several pages include more detailed overviews and frameworks for each of the highlighted policy recommendations above. While these eight policy recommendations were prioritized in the fall of 2009, more recommendations can and will be added as needed. This Blueprint will be a fluid and flexible document that should and will reflect new research, emerging political opportunities, and funding possibilities. These frameworks are intended to be just that—frameworks for moving forward, while detailed, week by week work plans will need to be developed for each priority. In many cases, LWC will be a supporting

partner, following the lead and needs of other organizations' work plans.

For the purposes of this Blueprint, we are defining “policy” very broadly. A policy can be legislative, regulatory, or simply visionary (e.g., an internal policy that guides an organization's actions), and can be made at any level—neighborhood, local, county, state, federal, etc. While policy defines and drives the vision, a program implements the policy.

For a glossary of the many acronyms used in the following tables, please refer to the Appendix H: Glossary of Acronyms on page 39.



Policy Recommendation #1

Local land use policies that allow and incentivize food production, including home-based and community food production and urban agriculture.

Foundation

Planning for food systems has emerged as one of the most interesting and necessary new fields of work for planners in the 21st century. Following local leadership, national organizations have, in recent years, offered increasing professional development opportunities for those interested in integrating food systems into their local plans. Nationally, the American Planning Association has developed a policy guide and a detailed PAS Report on Planning for Food Systems and devoted its August Planning Journal edition entirely to the many issues that connect planning, food, and agriculture, as well as several sessions on food systems at recent conferences. Other organizations, such as New Partners for Smart Growth, are integrating food systems sessions into their conferences as well. The IOM¹ has issued a recommendation to provide more fruits and vegetables through a variety of settings, such as farmers' markets and stands, mobile markets, community gardens, and youth-focused gardens by modifying land use policies. The CDC² has also recommended that communities should improve the availability of mechanisms for purchasing foods from farms and suggests that communities measure this by the average number of farmers' market days per 10,000 residents. The CDC is also leading a nationwide sustainable agriculture task force that examines the connections between agricultural land preservation, food production, and health. In Colorado, the Rocky Mountain Land Use Institute has integrated food and agriculture into their Sustainable Community Development Code as well as several sessions on urban and rural food production into their annual conference. Cities and counties across the state, from La Plata to Denver, Boulder, and Larimer counties, are initiating efforts to amend their comprehensive plans and their zoning code to allow for more urban agriculture and food processing, back-yard/home-based food production, and more. Perhaps most importantly, there are myriad (too many to mention) local efforts emerging all across the state to develop new approaches to urban agriculture. Not only are community gardens and landscape (front-yard) gardening increasingly popular, but several initiatives have emerged to build

year-round urban farms and related businesses. Interest in promoting locally-based, smaller-scale food production can be found in rural, suburban and exurban communities. Whether it is raising food and animals in your yard, gardening a rooftop, or building a greenhouse or other food business, or processing the food you grow, local land use policies dictate what can and cannot happen.

Opportunity

While many resources exist to guide planners interested in incorporating food and agriculture-related issues, the time and resources for city or county planners to make changes to their plans and code are still very limited. Since the United States is far behind the needed production of fruits and vegetables to feed every American the daily recommended servings, there is also a significant need to become more creative about where and how we grow and produce fruits and vegetables to feed ourselves, meaning that plan policy and zoning code that allows for more local food production will be critical to meeting our nutritional needs. There is a significant opportunity to partner with the Rocky Mountain Land Use Institute, APA Colorado, and the Department of Local Affairs to enhance/expand model code that encourages small- to mid-scale food production and food processing, and to develop trainings and technical assistance for cities and counties that wish to adapt the codes to their communities. Additionally, advocacy efforts to engage and educate local policymakers about the economic development potential of planning for food systems will be critical to supporting successful local plan amendments. Colorado has the opportunity to emerge as a leader in how states approach planning for food production and access to healthy food. Recent research³ suggests that more than easy access to fast food or junk food, what affects health outcomes such as BMI, is the mix of land use, walkability, design, neighborhood vibrancy, safety, and proximity to healthy food resources. Colorado could establish a framework for planning in the state that encourages neighborhood design and development that promotes both physical activity and access to healthy food; e.g., incorporating measurements of food access into Complete Streets initiatives.

1 Local Government Action to Prevent Childhood Obesity, Institute of Medicine, September 2009

2 Recommended Community Strategies and Measurements to Prevent Obesity in the United States, Centers for Disease Control & Prevention, July 2009

3 "Neighborhood Food Environment and Walkability Predict Obesity in New York City", in Environmental Health Perspectives, March 2009

POLICY 1: LAND USE

	National Level	State Level	Local Level
Target	Legislative: 2012 Farm Bill	<ul style="list-style-type: none"> Legislative (e.g., integrating health into comprehensive plans); Regulatory 	Public & Regulatory Policy: City and County Planning Depts.
Research & Assessment Needs	—	What codes most prohibit and most advance local food production? (Cross-land use plan analysis)	—
Stakeholders (Leads & Critical Partners)	<ul style="list-style-type: none"> APA—www.planning.org Local Government Commission Planning for Healthy Communities 	<ul style="list-style-type: none"> APA Colorado Rocky Mountain Land Use Institute LiveWell Colorado Dept. Of Local Affairs 	<ul style="list-style-type: none"> Planning Departments; Mayors; CO Municipal League CO Counties Inc.; DRCOG; LiveWell Communities
Leadership Development (Advocacy & Training)	—	<ul style="list-style-type: none"> Activate LWC's Grassroots Advocacy Power Program (GAPP) State legislator trainings CME Trainings for planners 	<ul style="list-style-type: none"> Local policy-maker training; Training for economic development planners; Technical assistance to municipalities on implementing model codes
Existing Efforts	<ul style="list-style-type: none"> APA—www.planning.org/nationalcenters/health/food.htm CDC—www.cdc.gov/nutrition/index.html CFSC Urban Ag Committee www.foodsecurity.org/ua_home.html American Farmland Trust www.farmland.org 	—	<p>Current plan or zoning updates to integrate food systems:</p> <ul style="list-style-type: none"> City of Longmont; City of Durango/ La Plata County; Larimer County; Boulder County; Denver County Agriburbia: www.agriburbia.com Urban Ag/Aquaponics: Grow Your Own Meal (Longmont) www.growyourownmeal.org; Urban Organics (Denver)—www.denverpost.com/search/ci_13586527; FEED Denver—www.feedenver.com/
Resources	<ul style="list-style-type: none"> American Planning Association: PAS Report and Food Systems Planning Policy Guide—www.planning.org/nationalcenters/health/food.htm Planning for Healthy Communities (comprehensive inventory of a variety of documents connecting land use and food systems)—www.phlpnet.org/product_search/healthy%20planning/php?pt=All&pa=24&criteria 	RMLUI Sustainable Community Development Code —www.law.du.edu/index.php/mlui/sustainable-community-development-code	ENACT Database of Local Policies: www.preventioninstitute.org/sa/policies/
Funding Opportunities	USDA Funding Opportunities: www.usda.gov/wps/portal/knowyourfarmer?navtype=KYF&navid=KYF_GRANTS	<ul style="list-style-type: none"> Western SARE Grants—https://wsare.usu.edu/grants/ DOLA Heritage Grants—www.dola.state.co.us/dlg/osg/index.htm 	<ul style="list-style-type: none"> Community Food Projects www.foodsecurity.org/funding.html CDBG Grants; Street Improvement, Business Improvement, Brownfield, and Enterprise District Funds See also all HUD funding www.preventioninstitute.org/SA/enact/neighborhood/documents/community.grocerystores.tools.fundingsources.pdf

Policy Recommendation #2

Policy to establish statewide technical assistance to enable more partnerships between food assistance programs and local food production, such as direct market farming, community gardens, and Community Supported Agriculture.

Foundation

Creative ways to bring more fresh, local foods to food banks, food pantries, nutrition education programs, WIC clients, and others who lack consistent access to healthy foods are abundant in Colorado. The partnership between the Tri-County Health Department and Delaney Farms CSA to establish space for WIC clients has been touted as a model for other WIC programs across the state. Food banks already purchase what they can from local farmers' markets, and food pantries are devoting space to on-site gardens. Project Angel Heart, COMPA Ministries, Denver Rescue Mission Farm, The OUR Center, and more provide examples of how programs can integrate gardening, farming, and other direct contact with foods into their efforts to reduce poverty.

Opportunity

Currently, there is little sharing across the state of who is attempting what, and to what success (or challenge). There are also national models that have not yet been introduced to Colorado, such as "food bank farms" established solely for food banks as well as statewide food bank farm-share programs (akin to CSAs established solely for food banks) and increasingly popular partnerships with departments of corrections or halfway houses to build small farms that supply skills to inmates and affordable, healthy food to local food assistance programs. There are barriers, or the misconception that there are barriers, to what institutions can accept from backyard gardeners and small- to mid-size food producers. A complete assessment of statewide best/promising practices as well as a thorough examination of what is currently allowed and not allowed through "gleaning," donation, or other direct contributions are needed. From this, education and outreach as well as potential regulatory changes to enable more partnerships between non-profit food assistance programs and local foods will be needed. A statewide umbrella program could be established with sustainable funding or other incentives to enhance and add to existing efforts.



POLICY 2: NON-PROFIT FOOD ASSISTANCE

	National Level	State Level	Local Level
Target	Regulatory: USDA and FDA food safety regulations	<ul style="list-style-type: none"> Regulatory: Food bank & Food pantry Colorado Dept. of Agriculture 	<ul style="list-style-type: none"> Regulatory: Food pantry Public Policy: Health Departments
Research & Assessment Needs	—	<ul style="list-style-type: none"> Assess regulatory barriers: who can accept what “gleaned” food from home-based and small-scale producers; Compile best and promising practices from around the state 	<p>Asses best and promising practices:</p> <ul style="list-style-type: none"> What programs (across the country) have been most effective at connecting working, low-income families more directly with food sources? What are effective programs even if clients themselves cannot be directly involved in food production?
Stakeholders (Leads & Critical Partners)	—	<ul style="list-style-type: none"> LiveWell Colorado Colorado Coalition to End Hunger Operation Frontline Denver Foundation 	<ul style="list-style-type: none"> LiveWell Communities County Departments of Public Health Food pantries Denver Urban Gardens Churches & Ministries
Leadership Development (Advocacy & Training)	Advocate for food safety regulations that allow and encourage home-based and small-scale food production and sales	Community Guide on Food Sharing & Gleaning: potential partners & applicable rules and regulations	Trainings for health and social services departments: best practices on connecting clients with food production
Existing Efforts	—	—	<ul style="list-style-type: none"> COMPA Ministries—www.compa.org Delaney Farms/Tri-County Health Department partnership www.delaneycommunityfarm.blogspot.com/2008/06/wic-women-infant-children-colorado-aids.html Project Angel Heart www.projectangelheart.org Denver Rescue Mission— www.denverrescuemission.org/harvest.html; OUR Center Community Garden www.ourcenter.org
Resources	—	Oregon Hunger Relief Task Force www.oregonhunger.org/images/stories/documents/08act_summary_comp.web.pdf	—
Funding Opportunities	—	<ul style="list-style-type: none"> USDA Funding Inventory—www.usda.gov/wps/portal/knowyourfarmer?navtype=KYF&navid=KYF_GRANTS Packard Foundation www.packard.org/categoryDetails.aspx?RootCatID=4&CategoryID=252 	Denver Foundation www.denverfoundation.org

Policy Recommendation #3

Policy to leverage federal, state, and local resources to increase enrollment in and use of SNAP (formerly food stamps) benefits.

Foundation:

In 2009, The Colorado Anti-Hunger Network merged with the Colorado Food Bank Association to create the Colorado Coalition to End Hunger (CCEH). A new Board was seated and a new Executive Director was brought on board to lead the organization with renewed focus on policy and advocacy. With the backing of other organizations such as Kaiser Permanente and technical assistance from the Food Research and Action Center, CCEH will prioritize efforts to increase SNAP participation as well as participation in Summer Food Programs and School Breakfast Programs. The Colorado Center for Law & Policy has long made reform of the state's SNAP software, CBMS, a policy and advocacy priority of their organization. They and others have developed regional CBMS Task Forces to help counties develop front-end interventions to their software to ease the application and enrollment process. CCEH meets with the Governor and his staff on a regular basis to make sure ending hunger in Colorado is a priority. There is strong political and public will to address this problem with more immediacy, and the knowledge base that SNAP benefits have proven to be highly effective solution at addressing immediate issues of poor access to healthy food.

Opportunity:

Although the statistics change almost monthly, recent data suggests that Colorado is ranked #51st (behind Guam) (see FRAC, www.frac.org/data/) in terms of participation rates (the percent of eligible applicants currently enrolled in the program) in the SNAP (formerly food stamps) program. There are ample opportunities to partner with CCEH and others around federal advocacy (e.g., recent examples of increasing SNAP benefits through ARRA); to influence state policy (e.g., advocate for state legislation, if required, to build a sound outreach and implementation infrastructure in the state); and, to develop and disseminate local “primers” on why the lack of participation in SNAP is an important issue, and how community partners (including LiveWell Communities) can work with local social services to increase participation. Health and education organizations will also play important roles in advocating for federal policies that promote strong nutrition standards for the foods that are eligible through these programs.



POLICY 3: SNAP

	National Level	State Level	Local Level
Target	<ul style="list-style-type: none"> Legislative: Farm Bill 2012; Ongoing leverage of ARRA and other funds to increase enrollment 	Potential legislative action to build-out the needed infrastructure	Regulatory: County Social Services
Research & Assessment Needs	—	FRAC's state assessment to be released Dec 2009	<ul style="list-style-type: none"> What counties are implementing computer programs to streamline the application process? What is working well and what is not? What outreach support would help counties?
Stakeholders (Leads & Critical Partners)	<ul style="list-style-type: none"> USDA Food & Nutrition www.fns.usda.gov/fsp/ FRAC—www.frac.org Congressional Hunger Center www.hungercenter.org Share our Strength www.strength.org 	<ul style="list-style-type: none"> CO Coalition to End Hunger (CCEH) USDA Food & Nutrition Services Regional offices Kaiser Permanente; CO Dept. of Human Services CO Center on Law & Policy LiveWell Colorado 	<ul style="list-style-type: none"> County Social Services LiveWell Communities local advocacy groups Churches & ministries Food Policy Councils
Leadership Development (Advocacy & Training)	—	Activate LWC's Grassroots Advocacy Power Program (GAPP)	LWC Community outreach & advocacy trainings
Existing Efforts	<ul style="list-style-type: none"> FRAC—www.frac.org USDA—www.fns.usda.gov/fsp/ Congressional Hunger Center www.hungercenter.org 	<ul style="list-style-type: none"> CCEH: current policy focus on SNAP, school breakfast, and summer food programs CCLP: legal action to ensure compliance www.cclponline.org 	—
Resources	ARRA Funds— www.fns.usda.gov/fns/recovery/recovery-snap.htm	—	—
Funding Opportunities	—	—	<ul style="list-style-type: none"> Denver Foundation www.denverfoundation.org Daniels Fund www.danielsfund.org

Policy Recommendation #4

Policy to increase the establishment of and use of Electronic Benefit Transfer (EBT) at farmers' markets across the state.

Foundation

As elsewhere in the county, farmers' markets are increasingly looked to as critical sources of fresh, healthy food as well as drivers of community economic development and supportive of a community's culture. Products at farmer's markets are often perceived to be or are more expensive than similar products at full-service grocery stores, making farmers' markets often inaccessible to lower-income people. Changing this perception and this reality have long been priorities for Colorado producers as well as organizations such as the Colorado Farmers' Market Association (CFMA). The CFMA has already applied a Community Food Projects grant to establish EBTs at over 20 farmers' markets across the state, providing technical assistance and training to farmers' markets implementing EBT. With increasing interest in farmers' markets, recent efforts have also emerged to establish the CFMA as a sustainable and permanently staffed statewide organization. Also, the Colorado Department of Agriculture recently convened the Farmers' Market Working Group to ensure common definitions and regulations for farmers' markets. Nationally, the Community Food Security Coalition (CFSC) recently received grant funding from the W.K. Kellogg Foundation to study ways to increase the implementation and use of EBTs at markets across the country.

Opportunity

Increasing the number of farmers' markets with EBT is a clear priority of the CFMA, which will need to secure additional funding to manage this effort since markets typically do not have the capacity to initiate and manage the program on their own. To implement EBTs at all farmers' markets (the ultimate goal) also requires this to become a policy priority of the Department of Human Services (which administers the food assistance program) so that EBTs are used to their full capacity. Advocacy and trainings to support local implementation (since local DHS offices and local farmers' markets will be responsible for most of the management) will be critical, as will leveraging of national and local funding opportunities to bring more EBTs to more markets. Notably, there is a need for a broad campaign to examine issues of the locations of farmers' markets, the transportation options to markets, and technical assistance around the use of EBTs in order to connect more markets with lower-income populations in a way that is not overly burdensome on farmers or market managers themselves. These are issues that are high in CFMA's mission. This is an opportune time to work closely with state partners as well as the CFSC and perhaps provide a "pilot" of how one state can make a concerted, collaborative effort to bring EBTs to all farmers' markets, and provide the needed support to ensure that clients are accessing, buying, and consuming healthy foods once programs such as this are established.

POLICY 4: FARMERS' MARKETS HAVE EBT

	National Level	State Level	Local Level
Target	<ul style="list-style-type: none"> Regulatory: USDA Farm Bill 2012 advocacy 	<ul style="list-style-type: none"> Regulatory: Colorado Department of Human Services; Colorado Farmers' Market Association 	<ul style="list-style-type: none"> Regulatory: Farmers' Markets' policy County Department of Social Services' policy
Research & Assessment Needs	<ul style="list-style-type: none"> Potential to leverage funds and TA from existing Farm Bill programs Lessons learned from current CFSC research Lessons learned from on-going USDA research 	<ul style="list-style-type: none"> GIS mapping (where are FMs and EBTs) How are existing EBTs used? Current SNAP \$\$ output in Colorado? Barriers to participation Timeline: how long will expansion take? 	<ul style="list-style-type: none"> How are existing EBTs used? Current SNAP \$\$ output in Colorado? Barriers to participation
Stakeholders (Leads & Critical Partners)	<ul style="list-style-type: none"> Advocate for changes in USDA Advocate for more staff time from USDA Leverage existing USDA trainings 	Activate LWC's Grassroots Advocacy Power Program (GAPP)	<ul style="list-style-type: none"> Training for farmers' market managers on setting up EBTs and working with social services Training for food assistance program staff on administering the program
Leadership Development (Advocacy & Training)	Community Food Security Coalition	<ul style="list-style-type: none"> Colorado Farmers' Market Association Sen. Bennett's Office CO Dept. of Human Services CO Dept. of Agriculture Rocky Mountain Farmers Union SNAP Education LiveWell Colorado 	<ul style="list-style-type: none"> County Social Services Farmers' Markets CSU Ext SNAP Education LiveWell Communities
Existing Efforts	CFSC: national study of how to increase existence and use of EBTs at farmers' markets	CFMA: Applied Community Food Projects grant to establish EBTs at over 20 farmers' markets across the state, providing technical assistance and training to farmers' markets implementing EBT.	—
Resources	<ul style="list-style-type: none"> National inventories of markets www.fns.usda.gov/fsp/EBT/eat_farmers_marketstatus.htm www.farmersmarketstoday.com www.farmersmarketcoalition.org CFSC—www.foodsecurity.org 	<ul style="list-style-type: none"> CFMA—www.coloradofarmers.org CDA list of direct markets www.coloradoagriculture.com 	—
Funding Opportunities	<ul style="list-style-type: none"> W.K. Kellogg Foundation (on-going) Agricultural Marketing Service – Farmers' Market Promotion Program www.ams.usda.gov/AMSV1.0/fmpp 	<ul style="list-style-type: none"> Community Food Projects www.foodsecurity.org/funding.html USDA Funding Inventory—www.usda.gov/wps/portal/knowyourfarmer?navtype=KYF&navid=KYF_GRANTS 	<ul style="list-style-type: none"> TCHF: policy advocacy trainings, capital/equipment needs www.coloradohealth.org Denver Foundation www.denverfoundation.org Daniels Fund—www.danielsfund.org

Policy Recommendation #5

Policy to guarantee the availability of the WIC and Seniors Farmers' Market Nutrition Program to all counties.

Foundation

As elsewhere in the county, farmers' markets are increasingly looked to as important sources of fresh, healthy food as well as drivers of community economic development and supportive of a community's culture. Products at farmer's markets are often perceived to be or are more expensive than similar products at full-service grocery stores, making farmers' markets often inaccessible to lower-income people. Changing this perception and this reality have long been priorities for Colorado producers as well as organizations such as the Colorado Farmers' Market Association (CFMA) and Rocky Mountain Farmers Union. With increasing interest in farmers' markets, recent efforts have emerged to establish the CFMA as a sustainable and permanently staffed statewide organization and the Colorado Department of Agriculture recently initiated the Farmers' Market Working Group to identify markets' most pressing needs, and ensure common definitions and regulations for farmers' markets. Currently, five farmer's markets across the state have instituted a WIC farmers' market coupon program: Boulder County Farmers' Markets (Boulder and Longmont markets), Canon City Farmers' market, Telluride Farmers' Market, and Crested Butte Farmers' Market. There is no implementation of the Senior FMNP.

Opportunity

Currently, Colorado is one of only a handful of states not offering the WIC and Senior FMNP programs. These have demonstrated to be effective programs at increasing access to healthy foods for vulnerable populations in other states. Assessment of the existing 5 local models could help design a statewide program. The time has come to leverage the political will and leadership within the state to apply for federal funds to bring the programs to the state. Advocacy leadership will be needed, as well as financial support to guarantee that the on-going administration of the program can be handled by the Colorado Farmers' Market Association as well as relevant state and local agencies. Additional advocacy to support the WIC program so it is funded at its capacity can also be made through the 2010 Child Nutrition & WIC Reauthorization Act.



POLICY 5: FMNP

	National Level	State Level	Local Level
Target	Legislative: Advocacy for Child Nutrition Reauth. (CNR)	Regulatory: State agency (Colorado Dept. of Agriculture or CDPHE)	<ul style="list-style-type: none"> Regulatory: County Public Health Departments Farmers' Markets
Research & Assessment Needs	Is additional funding and TA expected from the USDA?	What needs to happen to allow a Colorado state agency to lead the application?	What has worked and not worked in communities implementing this on their own?
Stakeholders (Leads & Critical Partners)	<ul style="list-style-type: none"> USDA Food & Nutrition Service Community Food Security Coalition 	<ul style="list-style-type: none"> Colorado Farmers Market Association (CFMA); Sen. Bennett's Office Colorado Dept. of Agriculture; CDPHE; LiveWell Colorado 	<ul style="list-style-type: none"> Public Health Departments; Farmers' Markets; LiveWell Communities
Leadership Development (Advocacy & Training)	Activate LWC's Grassroots Advocacy Power Program (GAPP)	—	<ul style="list-style-type: none"> Training for local health departments on how to administer the program and supply vouchers; Trainings for farmers' market managers on working with WIC, potential ways to enhance the program, and how to accept vouchers.
Existing Efforts	<ul style="list-style-type: none"> 2009 WIC FMNP Grant State Levels by State—http://local/www.fns.usda.gov/wic/FMNP/FMNPgrantlevels.htm Senior FMNP Grant Levels by State www.fns.usda.gov/wic/SeniorFMNP/SFMNPgrantlevels.htm 	<ul style="list-style-type: none"> CDA Farmers' Market Working Group; CFMA—www.coloradofarmers.org 	<ul style="list-style-type: none"> Boulder County Farmers' Markets (Boulder and Longmont markets) Canon City Farmers' market Telluride Farmers' Market Crested Butte Farmers' Market
Resources	<ul style="list-style-type: none"> State Implementation of the New WIC Produce Package www.foodsecurity.org/pub/WIC-Farmers-MarketReport.pdf Current WIC FMNP Fact Sheet www.fns.usda.gov/wic/WIC-FMNP-Fact-Sheet.pdf Senior FMNP Fact Sheet www.fns.usda.gov/wic/SFMNP-Fact-Sheet.pdf 	—	—
Funding Opportunities	Federal allocations	<ul style="list-style-type: none"> Requires a state match; ARRA funds for state administration; USDA Community Food Projects www.foodsecurity.org/funding.html Compilation of USDA Grants www.usda.gov/wps/portal/knowyourfarmer?navtype=KYF&navid=KYF_GRANTS 	<ul style="list-style-type: none"> TCHF: policy advocacy trainings, capital/equipment needs www.coloradohealth.org Denver Foundation www.denverfoundation.org

Policy Recommendation #6

State policy to establish a healthy food markets financing initiative with funding and technical assistance resources that support the economic development of healthy food retailers, including full-service grocers, mobile vendors, corner stores, and farmers' markets and stands.

Foundation

There is leadership and evidence from both Colorado and at the national level that makes the case for promoting a healthy food retail financing initiative as a top priority in the state. Nationally, research and assessments by Healthy Eating Research, the USDA's Economic Research Service and others have examined limited access to nutritious food and concluded that proximity to full-service grocery stores is associated with more purchasing of fruits and vegetables. Both the CDC⁴ and the IOM⁵ have recommended the creation of incentive programs (e.g. tax credits, grant and loan programs, small business development programs,) to encourage supermarkets, small retailers, and other markets to locate in underserved areas and even suggest measurements (the number of full-service grocery stores per 10,000 residents within the three largest underserved census tracts of a city). Additionally, the IOM recommends providing incentives (financing for training, equipment, marketing, etc) to support small food retailers to provide healthier options. Several states, particularly Pennsylvania, New York, Illinois, and most comprehensively, Louisiana, have created a fresh food financing initiative through public-private partnerships and successful legislation. In Colorado, the Colorado Health Foundation has contracted with The Food Trust to assess grocery retail gaps across the state and help train communities about the process of attracting and securing supermarkets. Several research universities within the state have begun to examine specific issues of access, such as access to emergency food sites, as well as research on what "food baskets" (food offerings) are available in different neighborhoods and how prices for food vary across neighborhoods.

Opportunity

With several of the pieces already in place, this is an opportune time to further assess Coloradans' barriers and opportunities to accessing healthy foods on a consistent basis. With a comprehensive assessment of need and opportunity across the state, a healthy food retail initiative could then be developed that would allow communities to work with retailers of any type or size to address the unique access issues of their community. As expressed throughout the LWC food access survey and other interviews, communities across Colorado are interested in ways to attract and support not only supermarkets, but farmers' markets, healthy corner stores, fruit stands, and more small retailers that fit the lifestyles and demographics of their own community. Colorado could learn from the several states that have initiated similar initiatives already and develop the next model, one that is based on national evidence of what interventions best promote not only food access but healthy food consumption and community wealth, as well as on a sound assessment of Coloradans' needs and interests, and a model that supports the economic development of a broad spectrum of food enterprises. The initiative could be designed to increase local ownership of healthy food enterprises, and to achieve multiple objectives, by requiring applicants to provide incentives for retailers to locate in underserved areas, have EBT and be WIC certified, to devote a certain percentage of shelf space to fruits and vegetables, to provide skills and leadership training for local business owners and employees, and to partner with local producers as much as possible. Coordination of existing efforts in Colorado, assessment of community assets and needs, as well as legislative advocacy will be needed to advance this recommendation in a way prioritizes economic opportunities for socially and economically disadvantaged populations.

4 Recommended Community Strategies and Measurements to Prevent Obesity in the United States, Centers for Disease Control & Prevention, July 2009

5 Local Government Action to Prevent Childhood Obesity, Institute of Medicine, September 2009

POLICY 6: HEALTHY FOOD RETAIL

	National Level	State Level	Local Level
Target	<ul style="list-style-type: none"> Legislative and public policy advocacy to allocate more resources from USDA and HUD Legislative: Farm Bill 2012 	Legislative	Legislative and Local Public Policy
Research & Assessment Needs	<ul style="list-style-type: none"> What types of food retail provide healthy, affordable, culturally relevant food in what types of communities; What types of food retail promote behavior change (not just access) 	What are Coloradans' unique issues of access, where is access an issue, and for whom?	How can communities conduct local assessments of needs & assets (of labor, markets, businesses) to identify appropriate intervention for local economic development
Stakeholders (Leads & Critical Partners)	<ul style="list-style-type: none"> The Food Trust PolicyLink The Wallace Center (HUFED) Public Health Law & Policy Prevention Institute Community Food Security Coalition Healthy Corner Stores Network 	<ul style="list-style-type: none"> The Colorado Health Foundation LiveWell Colorado Office of International Trade & Economic Development Metro Denver EDC Dept. of Local Affairs Colorado Farmers' Market Association Colorado Coalition to End Hunger 	<ul style="list-style-type: none"> LiveWell Communities Economic Development Departments Chambers of Commerce Small Business Development Planning Departments Rural Development Councils Food Policy Councils
Leadership Development (Advocacy & Training)	—	<ul style="list-style-type: none"> Activate LWC's Grassroots Advocacy Power Program (GAPP) Policy-maker trainings on issues of access Forums with economic developers on healthy food enterprise development 	<ul style="list-style-type: none"> Healthy food retail policy planning "how-to" guides for communities; Food enterprise trainings for workers
Existing Efforts	Healthy Urban Food Enterprise Development Center (HUFED-Center)	State models include: <ul style="list-style-type: none"> New York Pennsylvania Louisiana Illinois www.thefoodtrust.org/php/programs/super.market.campaign.php	<ul style="list-style-type: none"> NE Denver Food Access Initiative Taking Neighborhood Health to Heart NE Denver Food Basket Research
Resources	<ul style="list-style-type: none"> USDA's Economic Research Service (ERS) Access to Affordable and Nutritious Food—Measuring and Understanding Food Deserts and Their Consequences: Report to Congress—www.ers.usda.gov/Publications/AP/AP036/ USDA ERS Food Purchase Study (forthcoming) to assess how location and offerings influence purchases. 	<ul style="list-style-type: none"> NCSL Access to Healthy Food www.ncsl.org/Default.aspx?TabId=14556 Public Health Law & Policy: Getting to Grocery, Tools for Attracting Healthy Food Retail to Underserved Neighborhoods—www.phpnet.org/healthy-planning/products/getting-to-grocery# 	ENACT Database of Local Policies www.preventioninstitute.org/sa/policies/
Funding Opportunities	National Convergence Partnership www.convergencepartnership.org	<ul style="list-style-type: none"> The Colorado Health Foundation www.coloradohealth.org Funding Sources for Healthy Food Retail www.preventioninstitute.org/SA/enact/neighborhood/documents/community.grocerystores.tools.fundingsources.pdf 	<ul style="list-style-type: none"> The Colorado Health Foundation www.coloradohealth.org Healthy Urban Food Enterprise Development Center (HUFED-Center) CDBG Grants Small Business Grants Denver Foundation www.denverfoundation.org

Policy Recommendation #7

Policy to advance a statewide farm-to-school program that incentivizes and provides technical assistance for farm to school and includes school-producer networks.

Foundation

Partnerships between local producers and school districts are of increasing interest to all parties involved, and farm to school is seen as an issue with strong local and national political will behind it. In addition to the interest of many stakeholders, there are increasing resources and support for farm to school programs nationally and locally every year. Nationally, as our legislators prepare to amend and pass the Child Nutrition & WIC Reauthorization Act, a Farm to School Collaborative has formed to request \$50million devoted to farm to school efforts. Under new leadership, the USDA is also devoting more staff, financial, and policy resources to initiatives such as “Know Your Farmer, Know Your Food” that aim to expand direct markets for local producers and have established technical assistance positions for states around efforts such as farm to school. Many states across the country have developed models for easing policy barriers to farm to school and creating permanent staff positions. In Colorado, several efforts are converging to support broad implementation of farm to school efforts as well. These include interest and leadership from Senator Bennet (who sits on the Agriculture Committee); the statewide surveys of both school districts and producers conducted by CSU and the Rocky Mountain Farmers Union Farm to School group to better understand barriers and opportunities; the efforts of The Colorado Health Foundation, Children’s Health Foundation, and some individual school districts to work with district nutrition staff to increase the training, materials, and equipment needed to prepare fresh foods; the prioritization of statewide farm

to school in the Colorado Food Systems Policy Council Vision Document; the existence of model initiatives (e.g., Durango School District 9-R’s efforts); increasing partnerships with the Colorado Department of Agriculture (e.g., expanding Harvest of the Month); and, the recent award of a three-year Specialty Crops Grant to the Center for Systems Integration to build out statewide regional farm-to-school infrastructure by developing model policies, and through partnerships with LiveWell Communities, to provide a template for how to engage communities. These many efforts provide a strong foundation of financial and technical leadership to launch a comprehensive statewide effort.

Opportunity

While there is increasing interest in farm to school, as well as new a constant stream of new resources, most school staff and farmers still lack the networks, infrastructure, and policy awareness to establish consistent market-based relationships with one another. Simple questions concerning how to contact a school or a farmer, what is acceptable to request, how to market to and communicate with each other, and understanding the complex world of school procurement, are common. Additional resources are needed to support the coordination of existing efforts across the state into one master action plan, and to further assess what regulations or other policies could be amended or developed to better enable farm to school efforts. Currently missing from existing efforts is advocacy from Colorado organizations at the federal level; state-level policy and advocacy leadership; and, guidance for communities on how to advocate for farm to school in their districts. Colorado could take cues from other states that have established permanent farm-to-school coordinators within state agencies through legislative action.

POLICY 7: FARM TO SCHOOL

	National Level	State Level	Local Level
Target	<ul style="list-style-type: none"> Legislative: Child Nutrition Reauth. (CNR) Advocacy to leverage USDA technical assistance & related initiatives 	<ul style="list-style-type: none"> Regulatory & Legislative 	<ul style="list-style-type: none"> Public & Internal Policy School Districts Producers Food Processors and Distributors
Research & Assessment Needs	—	<ul style="list-style-type: none"> What are the existing regulatory barriers? What is the potential for creating more incentives? Is legislation needed to make this easier? 	What food processing and distribution needs and opportunities exist to make it easier and more cost-effective for schools to source local foods?
Stakeholders (Leads & Critical Partners)	<ul style="list-style-type: none"> LiveWell Colorado HEAL Group Rocky Mountain Farmers Union; Colorado Health Foundation; Colorado Children’s Campaign; Sen. Bennet’s Office 	<ul style="list-style-type: none"> LiveWell Colorado COPAN Center for Systems Integration Rocky Mountain Farmers Union Colorado Farm Bureau Colorado Dept. of Agriculture 	<ul style="list-style-type: none"> School Districts Producers Center for Systems Integration LiveWell Communities Food Policy Councils
Leadership Development (Advocacy & Training)	Activate LWC’s Grassroots Advocacy Power Program (GAPP)	<ul style="list-style-type: none"> Activate GAPP LWC Community Advocacy Trainings: How to help connect schools and producers 	<ul style="list-style-type: none"> Marketing training and tips for producers Food preparation trainings for schools Integration of farm to school efforts in Food Policy Councils
Existing Efforts	<ul style="list-style-type: none"> National Farm to School Network www.farmtoschool.org See multiple state efforts to promote FtS through legislation www.foodsecurity.org 	<ul style="list-style-type: none"> Southwest Marketing Network, Regional Farm to School TA Provider www.swmarketingnetwork.org LiveWell Colorado, USDA & HHS Metro Denver Roundtable on School Procurement of Local Foods (Dec 2009) 	<ul style="list-style-type: none"> Individual districts Harvest of the Month School Food FOCUS The Lunchbox
Resources	<ul style="list-style-type: none"> Bearing Fruit: National Farm to School Evaluation NCSL LegiBrief—www.ncsl.org/Default.aspx?Tabid=17558 	<ul style="list-style-type: none"> LWC, CDE and CDA: Policy Primer on school procurement that encourages local products (pending) 	<ul style="list-style-type: none"> Talking points www.farmtoschool.org/aboutus.php
Funding Opportunities	CNR	<ul style="list-style-type: none"> TCHF (staff trainings, kitchen upgrades, food assessments) www.coloradohealth.org CDA (Specialty Crops Grants) School Food FOCUS (funding DPS) ARRA Funds Community Food Projects www.foodsecurity.org/funding.html 	—

Policy Recommendation #8

Policies to leverage more resources to increase participation in school breakfast and summer food programs to an agreed-upon target.

Foundation

In 2009, The Colorado Anti-Hunger Network strategically restructured with the Colorado Food Bank Association to create the Colorado Coalition to End Hunger. A new Board was seated and a new Executive Director was brought on board to lead the organization with renewed focus on policy and advocacy, as well as on-the-ground programming. With the backing of other organizations such as Kaiser Permanente and technical assistance from the Food Research and Action Center, CCEH will prioritize efforts to increase SNAP participation as well as participation in Summer Food Programs and School Breakfast Programs.



Opportunity

Similar to SNAP participation rates, Colorado's participation rates in both the summer food programs as well as school breakfast are abysmal. Colorado is consistently ranked in the bottom 10 states in the nation in terms of participation in these programs (see FRAC, www.frac.org/data/). While in an ideal world all children would receive healthy meals at home, reality dictates that we are very far from that goal for many reasons. These two programs have proven to be critical sources of access to healthy food for children and youth. Both these programs not only guarantee access to a healthy meal, but they also carry sound nutritional messages about the importance of three, well-rounded meals a day, every day. In the case of breakfast, the research is well-established that students who eat breakfast are not only healthier, but perform better in school. School breakfast has shown to be important for students of any income level, as many students skip breakfast at home. There are ample opportunities to partners with CCEH and others around federal advocacy (e.g., ensuring significant funding for school food through the Child Nutrition Reauthorization Act); state policy (e.g., engage and educate policy makers as advocates for these issues); and, to develop and disseminate local "primers" on why this is an issue, and how community partners (including LiveWell Communities) can work with schools to increase participation. Health and education organizations will also play important roles in advocating for state and local policies that promote national nutrition standards for the foods being provided through these programs.

POLICY 8: SCHOOL BREAKFAST & SUMMER FOOD PROGRAMS

	National Level	State Level	Local Level
Target	<ul style="list-style-type: none"> Legislative advocacy: 2010 Children Nutrition Reauth (CNR) & other proposed bills Advocacy to leverage TA and other resources: USDA and US Dept. of Ed 	—	<ul style="list-style-type: none"> School District Policy General public policy
Research & Assessment Needs	<ul style="list-style-type: none"> What bills that will be part of CNR are being proposed by various legislators? Which are critical to CO and should be a focus of our advocacy efforts? 	FRAC's state assessment to be released Dec 2009	<ul style="list-style-type: none"> Barriers to summer program participation? Barriers to offering breakfast? Current, local participation rates in existing breakfast and summer programs?
Stakeholders (Leads & Critical Partners)	<ul style="list-style-type: none"> USDA Food & Nutrition Services FRAC Congressional Hunger Center 	<ul style="list-style-type: none"> Colorado Coalition to End Hunger; Kaiser Permanente LiveWell Colorado Western Dairy Association Colorado Dept of Education CASE, CASB Colorado Legacy Foundation 	<ul style="list-style-type: none"> School districts LiveWell Communities City and county departments and offices (parks, recreation, etc)
Leadership Development (Advocacy & Training)	Activate LWC's Grassroots Advocacy Power Program (GAPP)	CCEH dissemination of models and promising practices for increasing participation in summer and breakfast programs	<ul style="list-style-type: none"> School district training: how to emphasize breakfast in your local wellness policy LiveWell Community trainings: how to identify and disseminate best practices and work with community partners to increase participation
Existing Efforts	<ul style="list-style-type: none"> H.R. 3705: Proposed legislation: the Expand School Meals Act would increase the number of children eligible for free school meals. S. 1737: Proposed legislation to increase the number of children eligible for free school meals, with a phased-in transition period, by raising the eligibility level to 172 percent of poverty guidelines by July 1, 2012. 	<ul style="list-style-type: none"> CCEH: current policy focus on SNAP, school breakfast, and summer food programs Western Dairy Association www.westerndairyassociation.org/schools/breakfast 	School District leaders (e.g., Pueblo 60, DPS, Canon City, Montezuma-Cortez, etc)
Resources	<ul style="list-style-type: none"> FRAC—www.frac.org/data USDA Summer Food Service www.fns.usda.gov/cnd/Summer www.summerfood.usda.gov/states/model_programs.html Congressional Hunger Center www.hungercenter.org 	—	—
Funding Opportunities	CNR	Western Dairy Association www.westerndairyassociation.org/schools/breakfast	<ul style="list-style-type: none"> Denver Foundation www.denverfoundation.org Daniels Fund www.danielsfund.org

Over-Arching Implementation Strategies

To Advance Healthy Food Access Policies

Throughout surveys, conversations, meetings, and the literature, several general implementation strategies were repeatedly mentioned. These overarching implementation strategies are seen as critical in advancing any and all of the policy recommendations, and therefore are not listed in the individual tables above. In many cases, some of these strategies need to be put in place before the policy recommendations can even be addressed.

Policy-Related Strategies

Support the Formal Establishment of a Colorado Food Systems Policy Council:

Food Policy Councils have emerged in cities, regions, and state all over the country. There has even been talk of developing a national council. Agencies such as the USDA and CDC are placing increasing emphasis (and resources) on the importance of having these advisory bodies in place to provide cross-sector dialogue, guidance, prioritization, and advocacy for food system-related issues. Colorado has a sound foundation in place, with a committed Food Systems Policy Council Planning Committee, and a well-received Vision Document with priority areas and membership needs already outlined. There are consistent calls for a statewide council from communities, regions, and state agencies. With so many state and local organizations looking to advance healthy food systems, there is an immediate need for a diverse advisory body that reflects the strengths and needs of Colorado's communities, and can provide guidance and advocacy leadership for many different efforts. Such a state entity would incorporate members from and work closely with local and regional policy councils and other local policy groups.

Education & Outreach Strategies

Policy Maker Trainings, Forums, and Community Conversations:

As a parallel effort to formalizing a policy council, current circumstances demand engaging policy-makers at the local, state and federal levels around issues of access to healthy foods across Colorado, the connections between food systems and economic development, our dire need to improve the enrollment in several



federal food assistance programs (for the state's economic benefit!), and the connections between agriculture, food, nutrition, and health. Community forums, white papers, private meetings, large-group trainings, tours and site visits, and other ideas should be employed to engage policy-makers in talking about the issues prevalent in their backyards and in the state as a whole. Such efforts to "grease the wheels" will be necessary if anything that emerges from this Blueprint or a state Food Systems Policy Council will be implemented.

Food Safety Myths & Facts: How small producers can meet and exceed current regulations:

While a policy to develop state-level regulations to allow more home-based and small-scale food production was not prioritized from the list of policy recommendations above, there have been repeated requests to have health-focused organizations such as LWC partner with agriculture organizations (e.g., Colorado Farmers' Market Association, Colorado Department of Agriculture) to promote education about food safety issues in Colorado. There is a need to clarify where responsibility lies for food safety, to clarify what small-scale producers can and cannot do and what regulations they must meet, and help producers better understand and engage in existing food safety processes, that may be perceived to be more restrictive than they are. This focus should be on the existing opportunities for home-based and small-scale producers to share and sell their products.

State-Level Integrated Gardening & Nutrition

Education Curriculum:

The desire to have a state nutrition education curriculum in place that includes gardens, the use of food from gardens, and the use of other local foods, was mentioned repeatedly in the survey and was stressed as a critical intervention by the FSPC Planning Committee. While there could be policy action taken with the Colorado Department of Education to establish a new curriculum, at this point the need seems mostly to be around collecting, developing, and sharing integrated nutrition curricula with schools around the state, and providing the needed technical assistance. This is considered to be an overarching strategy because student education about agriculture, food, and nutrition is a critical step in ensuring that all the access recommendations included here are successful in changing behavior.

Research & Evaluation Strategies

Advance a Statewide Assessment of our Food System Infrastructure:

One of the primary recommendations that emerged in the Vision Document for a Colorado Food Systems Policy Council was the development of a statewide food system assessment. Particularly, there is a need to better understand our food processing and distribution infrastructure to move healthy, Colorado products to Colorado consumers, especially those living in under-served areas. Assessing our current capacity, barriers to developing more food processing businesses, and where the need lies to most effectively connect Colorado products with schools, institutions, and individuals will help define the details of healthy food retail and farm-to-school projects.

Develop Access to Healthy Foods Indicators

In order to track the implementation and long-term effects of all of the policy recommendations included here, a comprehensive list of indicators, unique to Colorado and our communities, could be developed that could measure progress related to these policy interventions. Measurements already created by the CDC in “Recommended Community Strategies and Measurements to Prevent Obesity in the United States” could be integrated. An annual report card could be developed to assess how Colorado is faring in promoting access to healthy foods across all different

steps in the food system, from production to processing, distribution, and retail.

Leadership Development Strategies

Develop and Activate LiveWell GAPP (Grassroots Advocacy Power Program)

This is currently underway!

Develop Guidance Documents and Technical Assistance for Communities:

Given the complexity of food systems, the many elements of access to healthy foods, and the many players involved, simply beginning to think about how to comprehensively address these issues can be overwhelming and prohibit action. While there are many good ideas out there, there is currently no systematic, step-by-step guidance for a community that would assist it in beginning to think about how to address access issues. Community Food Assessments provide the soundest models and can often arm a community with information on how to move to action. However, what is missing is an overview of how to advance food systems efforts through a lens of community and economic development, including steps for assessing a community’s assets and gaps in terms of labor, skills, leadership, business and services, education, financing, and more. Such guidance could help communities explore the various ways to improve access (i.e., asking such questions as, Do we need a full-service grocery store? Do we need a community garden? Could we use a farmers’ market?) by assessing their unique assets and needs as well as the ultimate financial benefit to their community—e.g., where would most of the profit go? How would this benefit our labor pool?

Funding Strategies

Collaborate with National Advocacy Organizations & Other Convergence States to Fund National Policy Scan:

Similar to the community guidance mentioned above, it would be helpful to have a national policy scan of what types of access interventions have worked in what types of communities across the country. Such a scan should examine not just access, nutritional intake, and health outcomes, but could also include local economic development outcomes, community and leadership development, and other broader measures of return on investment.

Appendix A: References, Resources, & Recommended Reading

- “Creating healthy food and eating environments: policy and environmental approaches,” in Annual Review of Public Health, April 2008, Vol. 29
www.arjournals.annualreviews.org
- Community Food Security in United States Cities: A Survey of the Relevant Scientific Literature, Johns Hopkins Center for a Livable Future
www.jhsph.edu/clff/PDF_Files/FS_Literature%20Booklet.pdf
- Healthy Eating Research Briefs
www.healthyeatingresearch.org
- Leadership for Healthy Communities Action Strategies Toolkit
www.leadershipforhealthycommunities.org
- Local Government Action to Prevent Childhood Obesity, Institute of Medicine, September 2009
www.iom.edu/en/Reports/2009/ChildhoodObesityPreventionLocalGovernments.aspx
- National Convergence Partnership: Promising Strategies for Creating Healthy Eating & Active Living Environments
www.convergencepartnership.org/atf/cf/%7B245A9B44-6DED-4ABD-A392-AE583809E350%7D/CP_Promising%20Strategies_printed.pdf
- “Neighborhood Environments: Disparities in Access to Healthy Foods in the U.S.,” in the *American Journal of Preventive Medicine*, January 2009
[www.ajpm-online.net/article/S0749-3797\(08\)00838-6/abstract](http://www.ajpm-online.net/article/S0749-3797(08)00838-6/abstract)
- “Neighborhood Food Environment and Walkability Predict Obesity in New York City,” in *Environmental Health Perspectives*, March 2009
www.ehponline.org/docs/2008/11590/abstract.html
- Planning for Healthy Places Reports
www.phlpnet.org/product_search/healthy%20planning/php?pt=All&pa=24&criteria
- PolicyLink Reports & Resources
www.policylink.org/site/c.lkIXLbMNJrE/b.5136687/k.61DA/Healthy_Food_Retailing.htm
- Recommended Community Strategies and Measurements to Prevent Obesity in the United States, Centers for Disease Control & Prevention, July 2009
www.cdc.gov/mmwr/PDF/rr/rr5807.pdf
- RWJF Commission to Build a Healthier America—Nutrition Recommendations
www.commissiononhealth.org/Nutrition.aspx
- State Implementation of the New WIC Produce Package
www.foodsecurity.org/pub/WIC-FarmesMarketReport.pdf
- State Indicator Report on Fruits and Vegetables, 2009 and State Indicator Report on Fruits and Vegetables, 2009 National Action Guide, Centers for Disease Control & Prevention
www.fruitsandveggiesmatter.gov/health_professionals/statereport.html
- American Public Health Association Food & Environment Working Group
www.apha.org/membergroups/newsletters/sectionnewsletters/food/spring08/Food+and+Environment+Working+Group.htm
- American Dietetic Association Hunger & Environmental Nutrition Group
www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_dpg15_ENU_HTML.htm

Appendix B: Survey Instrument

LiveWell Colorado Food Policy Survey

(Survey was distributed via Survey Monkey)

Thank you for completing this survey of current food policy efforts in Colorado and providing us with recommendations for the future! Your assistance is much appreciated, and your contributions will help guide LWC's priority actions on how best to support you over the next several years.

Please complete this survey no later than Friday, August 28th, 2009.

Dear Colleague,

LiveWell Colorado (LWC) invites you to complete a survey of your food, nutrition, and agriculture policy efforts and interests. Your feedback and recommendations are much appreciated, and will help guide LWC's priority actions on how best to support you over the next several years.

Please complete this survey no later than **Friday, August 28th, 2009**.

Everyone who completes this survey by August 28th will have our eternal gratitude, the satisfaction of knowing you are helping to spread knowledge on how best to increase access to healthy foods for all Coloradans, **and** you will have the **chance to win an iPod Nano!** We will select a random winner on Monday August 31st!

There are some terms that are used in this survey that you might not be familiar with. You may find the Survey Glossary useful to you as you complete this survey.

[Please click here to take the survey!](#)

We would like as many stakeholders as possible to complete this survey, so please forward this email to your partners and any other interested organization!

About LiveWell Colorado

LiveWell Colorado (LWC) aims to promote an environment where every Coloradoan has access to healthy foods and opportunities for physical activity in the places they live, work, learn and play. The Vision of LWC is that "all Coloradoans enjoy a lifestyle that includes healthy eating and active living. The state's tradition of health and wellness is fully embraced by its residents."

LWC will achieve its vision by working strategically with stakeholders in the following six goal areas:

- Advancing policy
- Reducing health disparities
- Building leadership and community capacity
- Reaching every Coloradan through a media campaign
- Maximizing funding for Coloradoan communities
- Promoting research and evaluation
- About LWC's Food Policy Work

Over the summer and fall of 2009, LWC staff and consultants will create a "Food Policy Blueprint" to guide LWC's work around food and nutrition in the coming years. The Blueprint will identify early wins and build the foundation for broader success. Outcomes of the Blueprint will include an environmental scan (an inventory of who is working to improve access to healthy foods, by sector) and the identification of policy opportunities at the local, state, and federal level.

[Please click here to take the survey!](#)

Survey Questions

PART ONE: Contact Information

Contact Name: _____

Organization: _____

Address or Web URL: _____

Phone: _____

Email: _____

Organization Mission or Vision Statement:

What is your geographic focus (circle one)?

State Regional County City Other Local

Where (for all but state):

May we follow up with you if we have more detailed questions about your work? Yes No

PART TWO: State Policy Efforts

Please respond to the questions below if you consider your organization a statewide policy or advocacy organization.

1. Does your work include efforts to increase access to healthy foods in Colorado? Yes No
2. If yes, what would you say are your primary approaches (select all that apply):
 - Policy & Advocacy work
 - Environmental Changes/Infrastructure Development
 - Education & Outreach
 - Research & Assessment
 - Other

Survey Glossary

Some terms that may be useful to you as you complete this survey include:

Access to healthy food: We define “access” as having four critical components: physical access (“Do I live close to a healthy food retailer or do I have consistent, reliable transportation to reach them?”); financial access (“Is the food affordable for me?”); nutritional access (“Is there enough food available that could provide me with a well-rounded, balanced, healthy diet?”); and cultural access (“Is the food provided culturally relevant, and do I know what it is and how to cook it?”).

EBT: Electronic Benefit Transfer (EBT) is an electronic system that allows a recipient to authorize transfer of their government benefits from a federal account to a retailer account to pay for products received.

Effectiveness: The impact of an intervention on important outcomes, including potential negative effects, quality of life, and economic outcomes. “Effective” strategies can be developed from the evidence base (i.e., tested in research studies and shown to be effective) or strategies for which you are collecting any evidence (qualitative, quantitative, observational) to show that it is increasing knowledge or awareness, changing behavior, or other evidence that it’s “working” to help you meet your goals.

Farm-to-school: Farm-to-school programs look very different from school to school, state to state. Most often, however, they connect schools to local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities, and supporting local, small farmers.

Food Desert: A district (rural, urban, or suburban) with little or no access to foods needed to maintain a healthy diet. These areas may at times be “food swamps,” districts with an abundance of fast-food stores or convenience stores.

Food Policy Council: Food Policy Councils (FPCs) bring together stakeholders from diverse food-related sectors to examine how the food system is operating and to develop recommendations on how to improve it. FPCs may take many forms, but are typically either commissioned by state or local government, or predominately a grassroots effort.

Food System: The food system includes every process involved in feeding a community: growing, harvesting, packaging, transporting, marketing, selling, consuming and disposing of food and food packaging.

Healthy food: Food that can provide an individual with a balanced diet that meets national dietary guidelines and provides plenty of vegetables, fruits, whole grains, and healthy fats, like olive and canola oil, and protein, such as lean meats and legumes.

Local: For the purposes of this survey, we define local as your neighborhood or city.

Policy: A formally adopted plan to guide the decision-making and the action of government or of an organization. This could be a regulation, rule, law, or other policy adopted by a public or private organization.

Regional: For the purposes of this survey, we define regional as your county or group of surrounding counties.

SNAP: As of Oct. 1, 2008, Supplemental Nutrition Assistance Program (SNAP) became the new name for the Federal Food Stamp Program. Here in Colorado, it is referred to as the Food Assistance Program (FAP). SNAP helps low-income people and families buy the food they need for good health. You apply for benefits by completing a state application form. Benefits are provided on an electronic card that is used like an ATM card and is accepted at most grocery stores.

WIC: The Special Supplemental Nutrition Program for Women, Infants, and Children—better known as the WIC Program—serves to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

3. We would like to know about specific projects you have been involved in or are aware of that increase access to healthy foods. Please let us know about efforts you have been involved in, and also share your thoughts on other efforts from across the state and across the country, whether your organization has been involved or not.	Check those efforts with which your organization has been or is involved	Check actions which you think have been effective at increasing access to healthy foods	Check actions which you think have been effective at changing consumer behavior (e.g., those that led to increase F&V intake)	Check actions which have not demonstrated the results you had hoped to see	Check actions which you would like to be more involved in or see advanced in Colorado
Developing or supporting farmers' markets					
Developing or supporting community gardens					
Community Supported Agriculture (CSA) farm					
Community project to connect CSA shares with lower-income residents					
Improving school infrastructure or school policy to provide more healthful school foods					
Fresh Fruit & Vegetable Grant program					
School Garden (in which students participate and consume the food grown)					
Programs to focus on cultural or ethnic school food options					
Farm-to-School programs					
School or community greenhouse, aquaculture, or other season-extension project					
Farm-to-Restaurant programs					
EBT for SNAP clients at local farmers' markets					
Farmers' market vouchers for WIC clients					
Advocacy work to expand participation in and effectiveness of SNAP and WIC programs, or other Federal food assistance programs					
Expansion of fresh and nutritious foods provided through emergency food services (meal programs, food banks, food pantries, etc.)					
Enhanced transportation (through new routes or travel vouchers) to connect residents to sources of healthy food					
Improvements in a corner store or small food retailer to sell more fruits and vegetables and/or showcase more healthful foods more prominently					
Building a new grocery store in a previously under-served community					
Allowing or increasing mobile vendors or sidewalk vendors that sell nutritious products					
Policy or programs with ethnic food retailers to increase or showcase healthy food options					
Governmental institution purchasing policies for local and/or healthy foods					
Hospital purchasing policies for local and/or healthy foods					
Healthy cafeteria, vending or snack policies at worksites					
Land-use restrictions on fast food or other "junk" food outlets					
Land-use allowances for food production (e.g., city lands or rooftops used for community gardens or markets, etc)					
Land-use allowances for personal food production (e.g., allowing backyard chickens)					
Local or state food policy council or other food/nutrition advocacy group					
Other					
Other					
Other					

4. What do you think have been “wins” in the past 5 years in terms of state-level policy or legislation to improve access to healthy foods?

Why do you think it was successful? What were the outcomes?

5. What has been adopted that has not been so successful? Why not?

6. Thinking about what you would really like to see accomplished in Colorado, what policies, rules, or regulations at the state or Federal level impede efforts to increase access to healthy foods for all residents?

7. What policies, rules, or regulations at the state or Federal level have been very beneficial to your efforts to increase access to healthy foods for all residents?

8. What do you see as the most immediate and “winnable” opportunities in policy or regulation in Colorado to improve access to healthy foods across the state (e.g., policies to increase farm-to-school efforts; supermarket financing initiatives; changes to the SNAP program; land-use codes to restrict fast food, etc.)?

9. What do you see as the most promising opportunities in policy or regulation for effecting lasting change? In other words, what would you really like to see happen, whether you see it as an immediate opportunity or not?

10. In which of these opportunities in policy or regulation would you like to see LWC play a role? (E.g., creating, informing and engaging a statewide grassroots advocacy network; coordinating efforts of local and statewide organizations; taking the lead and/or offering a supporting role in lobbying for or introducing specific issues; serving as an informed and “go to” resource for elected officials and policy makers, etc.)

Thank you for taking our survey! We will have results compiled by mid-September 2009. Results will be disseminated in a variety ways—including a brief summary report on LWC’s website—and can be obtained by request via Wendy Peters Moschetti, and during discussion that will be part of the fall LWC webinar

Please remember to forward the survey link to any other organization you feel could complete this! For more information, please contact LWC’s food-policy consultant:

Wendy Peters Moschetti
WPM Consulting, LLC
(303) 819-2846
wendy@wpmconsulting.net

Appendix C: List of Survey Participants

LiveWell Colorado Survey Respondents: State & Local Organizations

- Center for Systems Integration
- Colorado State University
- Rocky Mountain Farmers Union Cooperative Development Center
- Department of Health and Behavioral Sciences, University of Colorado Denver
- The Colorado Health Foundation
- Colorado Children's Campaign
- Denver Environmental Health
- CCCD
- Summit Prevention Alliance
- intern
- Colorado Department of Public Health-COPAN
- Healthy Lifestyle La Plata
- City of Longmont
- Kaiser Permanente
- Colorado Department of Public Health & Environment
- Colorado Beef Council
- University of Colorado Denver-AMC
- Kaiser Permanente
- Colorado Foundation for Agriculture
- Colorado State University
- Berry Patch Farms
- American Heart Association
- Klein Buendel, Inc.
- St. Augustine Community Food Pantry
- Healthy Lifestyle LaPlata/Mercy Regional Medical Center
- LiveWell Weld County
- Food Bank of the Rockies
- Arvada Community Food Bank
- Aurora Planning Department
- Jefferson County Public Health
- Good Shepherd Presbyterian F.B.
- Boys & Girls Club
- House of Neighborly Service
- University of Colorado
- F.I.S.H. of Commerce City, Inc.
- Loveland Youth Gardeners
- Bent County Public Health
- Westminster UMC Food Bank
- Almost Home
- ACCESS Housing Inc.
- Aurora public schools
- Project Angel Heart
- City of Loveland
- Slow Food Denver
- Nourished Health Consulting
- St Vrain Valley
- Fish of Westminster Inc.
- Healthy Community Food Systems
- CDE
- VOICES Community Resource Center
- verypersonal*chef
- Commerce City Senior Program
- Weld Food Bank
- Have a Heart Project
- Community Health Services
- Goat Hill Community Group
- Thornton Senior Center
- The Denver Foundation
- The Senior Hub
- LiveWell Chaffee County
- Cornerstone Food Bank
- Adams County Food Distribution Program
- Healthy Lifestyle La Plata and Healthy Community Food Systems
- Colorado Coalition to End Hunger
- Food Bank of the Rockies
- Senior High Rise Food Bank
- Care and Share Food Bank
- Food Bank for Larimer County
- Larimer County
- Cherry Creek School District
- Healthier Communities Coalition of Larimer County
- B. F. Kitchen Elementary School
- Banner Health
- Sage Holistic Health
- McKee Medical Center, Banner Health
- Loveland Chamber of Commerce
- Larimer County Health Department
- Food Bank for Larimer County
- Foothills Gateway
- McKee Medical Center
- Poudre Valley Health System
- CanDo—Poudre Valley Health Systems
- SW Marketing Network & Healthy Community Food Systems
- Tri-County Health Department
- LiveWell Colorado Springs
- North Conejos School District
- Boulder County Food & Agriculture Policy Council
- LiveWell Longmont
- University of Colorado
- LiveWell Fountain
- Denver Urban Gardens
- Denver Public Health
- Cactus Hill Farm, Engineering
- Produce Denver
- Alamosa County Department of Human Services
- PSD/Strategic Nutrition
- Conejos County
- Durango School District 9-R
- Valley Food Co-op
- LiveWell Colorado
- Pueblo City Schools
- Front Range Food System Research Group
- KW Farms
- LiveWell Wheat Ridge
- Feed Denver: Urban Farms & Markets
- Alamosa community greenhouse
- Del Norte Director of the Southern Colorado Senior Nutrition Program
- Individual, volunteer with Denver Urban Gardens
- PVHS—CanDo
- Adams State College
- Teller County Public Health
- Jeffco PTA
- San Luis Valley Local Food Coalition
- Jefferson County School District
- Prowers County Public Health
- Mesa County Health Department
- School district Health Advisory Council chair
- LiveWell Alamosa Valley Wide Health Systems, Inc.

Appendix D: List of Other Participants & Advisors

Colorado Food Systems Policy Council Planning Committee

Members that Participated in Policy Review:

- Cindy Torres, Institute for Agriculture & Trade Policy Food and Society Policy Fellow/Colorado Farmers' Market Association
- Susann Mikkelson, Rocky Mountain Farmers Union Cooperative Development Center
- Lyn Kathlene, Center for Systems Integration
- Ruth Stemler, Operation Frontline/Colorado Coalition to End Hunger
- Leslie Levine, Colorado Physical Activity & Nutrition Program, Colorado Department of Public Health & Environment
- Patricia Daniluk, Colorado Department of Public Health & Environment
- Jim Miller, Colorado Department of Agriculture
- Jim Dyer, Southwest Marketing Network
- Crystal Korrey, Colorado Farm Bureau
- Dawn Thilmany McFadden, Colorado State University

Other Organizations That Reviewed & Discussed

Proposed Policy Recommendations:

- Western Dairy Association
- Rocky Mountain Farmers Union
- Colorado Department of Agriculture
- City & County Planners (including representatives from Boulder County, the City of Longmont, the City of Loveland, La Plata County, APA Colorado, and others)
- Colorado Coalition to End Hunger
- Shana Patterson, COPAN, Colorado Dietetic Association
- Denver Urban Gardens

National Advisors:

- Susan Roberts, Roberts Law Firm, LLC & Independent Food Policy Consultant
- Alan Hunt, Independent Food Policy Consultant
- Andy Fisher, Executive Director, Community Food Security Coalition

LiveWell Colorado Partner Organizations That Reviewed

Food Policy Blueprint:

- Colorado Physical Activity & Nutrition Program (COPAN)
- The Colorado Health Foundation
- Kaiser Permanente

Appendix E: Criteria to Prioritize Policy Recommendations & Corresponding Glossary

Criteria (in no particular order)	RATING						Notes/Special Circumstances
	Weak 1	2	3	4	Strong 5	N/A 0	
Evidence-informed							
Reduces Health Disparities							
Partnerships in place							
Politically Feasible							
Cost to Implement (1= most resource intensive; 5= least resource intensive)							
Health Outcomes: Increases Physical Activity							
Health Outcomes: Increases Nutrition							
Importance							
Ease of Policy Implementation							
Potential impact on affordability							
Potential impact on physical access to foods (1= most potential, 5 = least potential)							
Potential impact on cultural accessibility of food							
Potential to increase community leadership / definition of the policy strategy							
TOTAL POINTS POSSIBLE (For categories not receiving a zero, multiply the score by five)							
TOTAL POINTS EARNED							
TOTAL SCORE (Representing the percentage of total possible points)							

Policy Glossary

- **Evidence-informed**

Evidence that is either qualitative or quantitative (from a variety of sources, including research, politics, economics, and other policy ideas) is applied to the development of the policy.

- **Reduces health disparities**

Policy designed to reduce the number of people experiencing disproportionate burdens of disease, disability, and premature death that are related to gender, race or ethnicity, education or income, disability, geographic location, or sexual orientation.

- **Partnerships in place**

The necessary partnerships or coalitions to ensure passage and implementation of the policy exist.

- **Politically feasible**

The policy idea is politically feasible at the appropriate level (local, state, federal) or simply, to the best of your knowledge, winnable.

- **Cost to implement**

The degree to which implementation of the policy idea is resource intensive.

- **Health Outcomes: Increases physical activity**

The policy idea also has the potential to offer more opportunities for those affected by it to increase their physical activity.

- **Health Outcomes: Increases nutrition**

The policy idea has the potential to not only improve access to healthy foods, but to improve nutritional intake as well.

- **Importance**

The policy idea is currently absent from policy efforts, is innovative and promising, or fills some other gap in food policy efforts.

- **Ease of policy implementation**

The policy idea, after passage, carries the will and feasibility to implement (regardless of the cost involved).

- **Potential impact on affordability**

The policy idea has the potential to increase affordability of healthy foods for at least a portion of Colorado's population. Affordability is a critical component of access to healthy foods.

- **Potential impact on physical access to foods**

The policy idea has the potential to increase either physical proximity or consistent transportation to healthy foods for at least a portion of Colorado's population. Proximity is a critical component of access to healthy foods.

- **Potential impact on cultural accessibility of food**

The policy idea has the potential to increase cultural relevancy of healthy foods for at least a portion of Colorado's population. Cultural relevancy is a critical component of access to healthy foods.

- **Potential to increase community leadership/definition of the policy strategy**

The policy idea can be further defined and implemented with the leadership and strategy of the communities directly affected. (Versus a cookie-cutter policy recommendation that communities would be asked to adopt without local refinement).

Appendix F: Survey Findings

Top Responses from Local Survey

	PERCENTAGE OF RESPONDENTS		PERCENTAGE OF RESPONDENTS
<p>Check those efforts with which your organization has been or is involved:</p> <ul style="list-style-type: none"> Expansion of fresh and nutritious foods provided through emergency food services (meal programs, food banks, food pantries, etc.) Developing or supporting community gardens Improving school infrastructure or school policy to provide more healthful school foods Developing or supporting farmers' markets 	<p>50%</p> <p>46%</p> <p>45%</p> <p>40%</p>	<p>Check actions that have not demonstrated the results you had hoped to see:</p> <ul style="list-style-type: none"> Improving school infrastructure or school policy to provide more healthful school foods Healthy cafeteria, vending or snack policies at worksites Farm to School programs School or community greenhouse, aquaculture, or other season-extension project 	<p>12%</p> <p>10%</p> <p>10%</p> <p>10%</p>
<p>Check actions that you think have been effective at increasing access to healthy foods:</p> <ul style="list-style-type: none"> Developing or supporting community gardens Developing or supporting farmers' markets Improving school infrastructure or school policy to provide more healthful school foods Expansion of fresh and nutritious foods provided through emergency food services (meal programs, food banks, food pantries, etc.) Community Supported Agriculture (CSA) farm 	<p>56%</p> <p>46%</p> <p>40%</p> <p>38%</p> <p>38%</p>	<p>Check actions that you would like to be more involved in or see advanced in Colorado:</p> <ul style="list-style-type: none"> Community project to connect CSA shares with lower-income residents Enhanced transportation (through new routes or travel vouchers) to connect residents to sources of healthy food Governmental institution purchasing policies for local and/or healthy foods Fresh Fruit & Vegetable Grant program Improvements in a corner store or small food retailer to sell more fruits and vegetables and/or showcase more healthful foods more prominently Expansion of fresh and nutritious foods provided through emergency food services (meal programs, food banks, food pantries, etc.) Hospital purchasing policies for local and/or healthy foods Farm-to-school programs 	<p>43%</p> <p>43%</p> <p>40%</p> <p>37%</p> <p>37%</p> <p>37%</p> <p>37%</p> <p>36%</p>
<p>Check actions that you think have been effective at changing consumer behavior (e.g., led to increase F&V intake):</p> <ul style="list-style-type: none"> Developing or supporting community gardens Developing or supporting farmers' markets Improving school infrastructure or school policy to provide more healthful school foods School Garden (in which students participate and consume the food grown) 	<p>37%</p> <p>36%</p> <p>33%</p> <p>31%</p>		

Top Responses from State Survey

	OF 19 TOTAL RESPONDENTS		OF 19 TOTAL RESPONDENTS
<p>Check those efforts with which your organization has been or is involved:</p> <ul style="list-style-type: none"> Improving school infrastructure or school policy to provide more healthful school foods Developing or supporting community gardens Developing or supporting farmers' markets Local or state food policy council or other food/nutrition advocacy group 	<p>15</p> <p>13</p> <p>11</p> <p>11</p>	<p>Check actions that have not demonstrated the results you had hoped to see:</p> <ul style="list-style-type: none"> Improving school infrastructure or school policy to provide more healthful school foods Improvements in a corner store or small food retailer to sell more fruits and vegetables and/or showcase more healthful foods more prominently Farm to School programs Governmental institution purchasing policies for local and/or healthy foods Farm-to-Restaurant programs 	<p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p>
<p>Check actions that you think have been effective at increasing access to healthy foods:</p> <ul style="list-style-type: none"> Improving school infrastructure or school policy to provide more healthful school foods Developing or supporting farmers' markets School Garden (in which students participate and consume the food grown) Developing or supporting community gardens Farm-to-School programs 	<p>15</p> <p>14</p> <p>13</p> <p>13</p> <p>13</p>	<p>Check actions that you would like to be more involved in or see advanced in Colorado:</p> <ul style="list-style-type: none"> Land use allowances for food production (e.g., city lands or rooftops used for community gardens or markets, etc.) Improving school infrastructure or school policy to provide more healthful school foods School Garden (in which students participate and consume the food grown) Improvements in a corner store or small food retailer to sell more fruits and vegetables and/or showcase more healthful foods more prominently 	<p>14</p> <p>12</p> <p>12</p> <p>12</p>
<p>Check actions which you think have been effective at changing consumer behavior (e.g., led to increase F&V intake):</p> <ul style="list-style-type: none"> School Garden (in which students participate and consume the food grown) Improving school infrastructure or school policy to provide more healthful school foods Developing or supporting farmers' markets 	<p>13</p> <p>10</p> <p>10</p>		

Appendix G: Policy Recommendation Rankings & Average Overall Scores

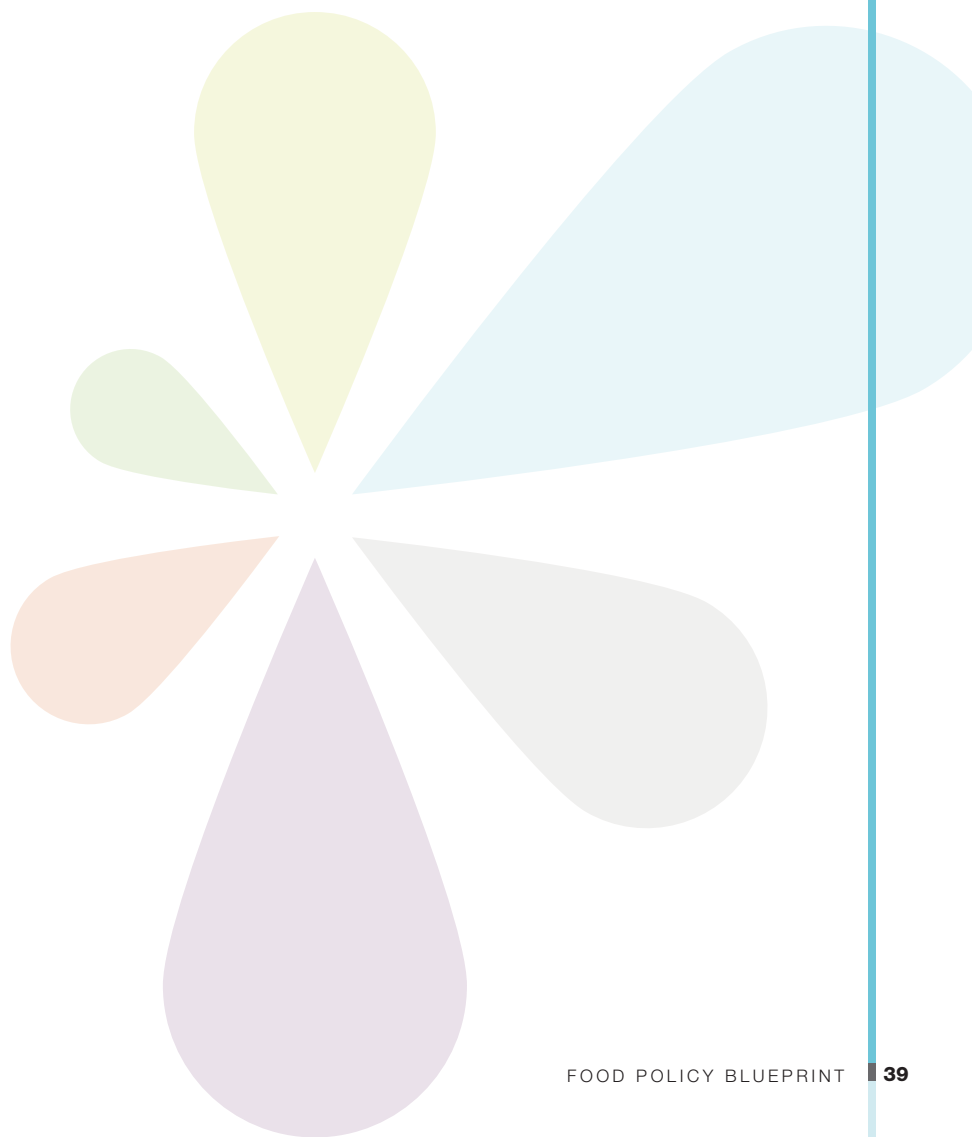
Note: The order and wording of the following have changed slightly after prioritization and collection of feedback.

Light blue highlight denotes a general priority of implementation

	VARIOUS SCORES BY FSPC PLANNING COMMITTEE MEMBERS										AVERAGE SCORE
Healthy Food Retail & Enterprise											
1. Healthy food markets financing initiative: creates a funding and resource pool to which entities can apply for assistance. Might include financing for start-up and/or renovation (tax benefits and/or grants and loans); technical and marketing assistance; and zoning amendments to encourage retailers of any kind (supermarket, corner store, mobile market, etc.) to locate in underserved areas, increase fresh fruit and vegetable access, entrepreneurial and market feasibility, and accept WIC and SNAP.	69	74	75	74	80	100	55	85	85		74
2. Integrated transportation planning with primary sites of food access in a community	57	45	72	69	80		46	68	62		56
Nonprofit Food Assistance											
3. Partnerships between food assistance programs and direct-market farming or gardening, such as Community Supported Agriculture, farmers' markets, etc.	63	79	73	82	80		74	79	89		74
Schools											
4. Farm to School: Development of a statewide program that incentivizes and provides technical assistance for farm to school and includes school-producer networks	57	83	73	88	60		58	77	74		71
5. Stronger state and federal nutritional standards for all foods and beverages sold at any time in the school	48	82	83	82	10	100	45	77	63		65
6. Integrated state-level school garden/nutrition education curriculum	52	79	77	77	100		65	71	52		68
7. Increased participation in school breakfast and summer food programs.	83	83	95	79	100	100	69	82	63		83
Direct Markets											
8. Procurement policies for all public venues (government offices, schools, etc.) that incentivize purchasing of Colorado foods and help build-out regional purchasing networks.	51	43	47	77	80		43	72	59		52
9. Incentives for value-added processing of fruits and vegetables and other Colorado products, including a statewide fund, tax exemptions/benefits, technical assistance, etc. (through on-farm, commercial kitchens, or elsewhere)	38	49	70	77	20		54	66	49		48
10. State-level food safety regulations to allow, encourage, and clarify home-based, small-scale, and other locally-based or direct-to-market food producers and processors	35	52	73	80	20		59	80			50
Gardens & Urban Agriculture											
11. Integration of food production into land use policies (e.g., allow rooftop food production, allow urban food processing, integrate community gardens into city/county parks and open spaces, etc.)	63	100	97	92	20		77	80	62		78
Government Food Assistance Programs											
12. Increased enrollment in and use of SNAP (formerly food stamps) benefits	75	74	92	85	60	100	77	75	57		76
13. Electronic Benefit Transfer at all farmers' markets	66	89	88	89	20		72	89	65		75
14. WIC and Seniors Farmers' Market Nutrition Program available to all counties	63	87	85	88	80		71	89	66		77
Restaurants/Cafeterias											
None prioritized at this time											
Worksites											
None prioritized at this time											

Appendix H: Glossary of Acronyms

ARRA	American Recovery and Reinvestment Act of 2009
CDA	Colorado Department of Agriculture
CDC	Centers for Disease Control & Prevention
CDE	Colorado Department of Education
CDHS	Colorado Department of Human Services
CDPHE	Colorado Department of Public Health & Environment
CFMA	Colorado Farmers' Market Association
CFSC	Community Food Security Coalition
CSU Ext	Colorado State University Cooperative Extension
EBT	Electronic Benefit Transfer
FMs	Farmers' Markets
GAPP	Grassroots Advocacy Power Program
IOM	Institute of Medicine
RMFU	Rocky Mountain Farmers Union
SNAP	Supplemental Nutrition Assistance Program (formerly food stamps)





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