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Introductions
Introductions

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Introductions
• Learn how and why the *Food Access Planning Guide* was created
• Explore what the Guide does and how to use it
• Discuss case studies and take away specific examples from planners in St. Cloud and Fargo Moorhead
• Identify other food and planning resources available soon
Access to healthy foods is a question of equity.
Food Access Planning Guide
Who Is In “The Room” Today?

Please select the category that best describes your role.

- Planner
- Public Health Representative
- Citizen/Community Advocate
- Nonprofit
- University or Extension
- Elected/Appointed Official
- Health Care
- Funder/Foundation
- Food Producer
- Student
- Other:

Poll Question #1
Describe your comfort level with understanding how strategies to improve food environments could be included in a comprehensive plan.

✓ I’ve got this!
✓ I have a good general concept, but I need details.
✓ I am pretty fuzzy about how to do that.
✓ I am looking forward to all the help I can get!
Reliable access to safe, healthy, affordable food for all.

What is the Food Charter?
Creating comprehensive plans that build healthy food environments to promote community health and prosperity.

What is the Food Access Planning Guide?
Why do we need a Food Access Planning Guide?

**WHY WE’RE CONCERNED**
The cost of obesity and related chronic diseases is worrisome.

**HUNGER**
3.5M VISITS TO FOOD SHELVES
More than twice the number of Minnesotans visited food shelves in 2013 than 13 years ago.

20% OF FAMILIES WITH CHILDREN in Minnesota face hunger or food insecurity.

**ECONOMIC IMPACT**
$2.8B OBESITY-RELATED HEALTHCARE COSTS PER YEAR

$17B LOST PRODUCTIVITY
Lost productivity and absenteeism due to unhealthy workers/year.

**HEALTH**
60% OF DEATHS IN MINNESOTA ARE DIET-RELATED
The majority of deaths are from diet-related illness, like stroke, cancer, diabetes, and heart disease.

2:3 MINNESOTANS ARE OVERWEIGHT OR OBESE
Many low-income Minnesotans are obese with other diet-related problems, including 1 out of 3 young children.

**HEALTHY FOOD ACCESS**
MINNESOTA HAS FEWER SUPERMARKETS per capita than most states, ranking in the bottom third of states nationwide.

NEARLY 900K MN RESIDENTS including over 200,000 children, live in lower-income communities with insufficient grocery store access.
Thrive MSP 2040 explicitly addresses food-related issues in its discussions of outcomes.

When the Metropolitan Council adopted its current plan for the Twin Cities seven-county metropolitan area in 2014, it forged a new approach for regional planning in the 21st century. Thrive MSP 2040 lays out, in considerable detail, five desired outcomes (Stewardship, Prosperity, Equity, Livability, and Sustainability) and three guiding principles (Integration, Collaboration, and Accountability) that will shape planning decisions in the region for the next 30 years.

This approach sets a different tone for comprehensive planning, focusing on outcomes and principles gleaned from a community visioning process.
Planning in Greater Minnesota

HOW DO WE DO IT?
HEALTHY PLANNING CASE STUDIES

Communities across Minnesota are working in partnership to leave a legacy of health for future generations. Using the comprehensive planning processes and effective partnerships between units of government and community members, these efforts seek to create healthy food environments and support local economies that produce and provide these healthy foods. To help you think about what you can do, here are some examples of people who have put health, food, and equity at the center of comprehensive planning.
Comprehensive plans embody the values and priorities of local governments and establish the policy foundations for pursuing those priorities.

The Food Access Planning Guide provides planners and their partners with the resources and language they need to develop comprehensive plans that support access to healthy food.
2 sections
LEARN
HELPFUL RESOURCES and information to bridge the knowledge gap between planners and food advocates

ACT
SAMPLE LANGUAGE addressing numerous facets of healthy food access that communities can include in comprehensive plans and zoning codes
Planners
Community Advocates
Health Dept. Staff
Funders
Experts/Consultants
Elected Officials

WHO DOES WHAT?
There is no one way to organize a comprehensive plan or to include food access and equity language into a plan. We recommend four possible approaches.
1. **TYPICAL PLANNING ELEMENTS.** Use the most common planning chapters - housing, land use, transportation, economic development, etc - to address food access issues. This approach highlights the comprehensive nature of food access issues and may be a format most people are accustomed to.

2. **CREATE A NEW CHAPTER,** either in a new Food Access chapter or in a broader cross-cutting chapter focused on community health or sustainability. For jurisdictions in the Twin Cities metro area, the Metropolitan Council’s Local Planning Handbook suggests putting health-related and environmental policies in a chapter titled “Resilience,” which would be an appropriate home for healthy food access policies.

3. **VALUES BASED APPROACH.** Much like Thrive MSP 2040, a plan can be organized around a set of community values and principles as a means of building community consensus and having a mission- and vision-driven plan. In this case food access should be attributed to aligned values.

4. **USE A COMBINATION OF THESE OPTIONS.** Reference food-related policies within traditional comprehensive plan chapters, and create a stand-alone health or food chapter. We recommend this approach because it builds ownership across different departments of local government while also offering a dedicated plan section in which more food-specific detail is provided.

**HOW TO USE THE ICONS IN THIS SECTION**

Use the icons at the top of each topic section for guidance on which chapters may be a best fit. For example, farmland preservation policies could be located in the vision, land use, economic development, and/or implementation chapters.
Goal Statement
Use land use guidance and regulations to improve local households’ proximity to healthy food and support food-related businesses and activities.

Overview of the topic
Local government sets the parameters for how development occurs. The pattern, type, density, and characteristics of development are all heavily shaped by zoning ordinances and other local government regulations. Other sections of this Guide encourage review of local land use regulations for a number of purposes, such as to support a development pattern that reduces the distance between households and food stores, to encourage food businesses, to allow for food production activities, and to preserve farmland.

Examples:
- Clustering multifamily housing around areas well served by commercial goods and services, including food stores and transit
- Reconsidering the long-term wisdom and impacts of permanent elimination of agricultural lands

All of these actions bring food physically closer to households. These actions and policies result in a development pattern that is supportive of existing and potential transit, while preserving farmland and natural areas and improving environmental sustainability. This approach means there are enough taxpayers to support the cost of maintaining roads and utilities over the long run.
| POLICY I |
| [Local government] will support development patterns that preserve agricultural land, and decrease the distance between households and retail food options. |
  - Adopt policies that support infill development and redevelopment over greenfield development
  - Analyze existing retail patterns to determine where to locate new commercial areas
  - Encourage and zone for higher-density or mixed-use housing near transit lines and commercial areas
  - Consider minimum density requirements for new residential and mixed-use projects and other types of development
  - Employ an approach to planning processes that treats health equity, healthy food access, and food systems development as primary considerations when making major land use decisions such as zoning, transportation, and other policy choices

| POLICY II |
| [Local government] will review, and simplify or remove its regulation of food- and farm-related land uses, in order to improve the variety and availability of healthy food outlets. |
  - Review and update regulations governing backyard gardening, community gardens, and urban farming to foster an expansion of food production in the community
  - Review and update regulations governing food processing businesses—such as commercial kitchens, flash freezing businesses, and small scale home kitchen businesses—to increase business growth
  - Review and update regulations concerning food outlets, such as grocery stores, small food stores, farmers markets, seasonal food stands, and farm trucks to support growth in the types and number of food outlets throughout the community and their hours and locations

**Land Use Example**

- While development can be different in urban, suburban, and small town settings, increasing development intensity has similar benefits in terms of supporting retail, making more efficient use of public infrastructure, and saving farmland at the periphery of the developed area.
- Zones when laying out new developments, cities and counties may need to stand their ground—and be patient—in order to achieve the development patterns they want.
- Retail market analysis may be helpful in determining how close neighborhood commercial districts can be located to each other and still be healthy and viable, given the population size of an area.
CITY OF ST. CLOUD
MINNESOTA
Comprehensive Plan
CITY OF ST. CLOUD > COMPREHENSIVE PLAN, SUBAREA PLANS & CATALYST SITES

Adopted March 2016
Opportunities for Health

Research demonstrates that the health of populations is most closely determined by the socioeconomic conditions in which people live, including the distribution of income, goods, services, and opportunities within communities. Health is not determined by behavior changes and access to health care alone. Communities are created and enhanced by policies and systems that impact the physical and social environment.

The city should consider promoting a “Health in All Policies” framework with the goal of health equity. The city should take a community-based approach and work with local public health and healthcare providers, educational institutions, and wellness-based organizations to strengthen the community’s capacity to improve the quality of life for its residents. This includes promoting active lifestyles, access to healthy food, access to health care and social services, and access to other community health resources.

Health Campus Expansion

While the city and Centracare facilities and community health care providers, educational institutions, and wellness-based organizations are taking action to improve the community’s capacity to improve the quality of life for its residents, the city should promote active lifestyles, access to healthy food, access to health care and social services, and access to other community health resources.

Provided

The St. Cloud Healthcare sector is the largest employer in the city with more than 8,000 employees. The St. Cloud Veterans Administration Health Care System is the city’s largest employer, operating on the St. Cloud campus. In addition to these employees, Centracare Health serves as the area’s largest health insurer, and owns and operates the St. Cloud Hospital in the Kerkhoff-Miller Park neighborhood. As such, the city should consider promoting a “Health in All Policies” framework with the goal of health equity. The city should take a community-based approach and work with local public health and healthcare providers, educational institutions, and wellness-based organizations to strengthen the community’s capacity to improve the quality of life for its residents. This includes promoting active lifestyles, access to healthy food, access to health care and social services, and access to other community health resources.

Public Health

The City of St. Cloud is governed by laws, regulations, and policies. The city should consider promoting a “Health in All Policies” framework with the goal of health equity. The city should take a community-based approach and work with local public health and healthcare providers, educational institutions, and wellness-based organizations to strengthen the community’s capacity to improve the quality of life for its residents. This includes promoting active lifestyles, access to healthy food, access to health care and social services, and access to other community health resources.

Access to Food

Access to safe, affordable, healthy food is a critical component of community well-being. The city should support local food production and the emerging local food economy, and consider local access to systems for food when determining new development. Doing so will recognize the impact that a healthy food system has in creating a vibrant community that attracts and maintains its residents.
Integrating Food Access into Local Planning: Creation of the Cass-Clay Food Systems Advisory Commission

Adam Altenburg

Community & Transportation Analyst

Fargo-Moorhead Metropolitan Council of Governments
History of the Cass-Clay Food Systems Initiative and the National “Good Food Movement”

• Local efforts began in August 2010 with public health and extension services in Cass County, ND and Clay County, MN

• Sought to increase access to safe, nutritious, and affordable food for residents by strengthening all aspects of the local food system.

• Fargo Go2030 became the first comprehensive plan to address local, healthy food systems in May 2012
Metro COG and the Metropolitan Food Systems Plan

• Fargo-Moorhead Metropolitan Council of Governments (Metro COG) became involved in 2012

• Metropolitan Food Systems Plan completed in October 2013
  • Establishes a framework for understanding the local food system
  • Identifies strategies to improve the production, sale, distribution, and consumption of locally grown foods
  • Recommends policy considerations to strengthen all aspects of the local food system
  • Provides a framework to positively impact health, food security, economy, and environment
Issue Identification

- Fargo-Moorhead area has a growing and emerging local/good food movement
- Inefficiencies in the distribution systems for local foods
- Lack of support/recognition in local land use and zoning regulations to support urban agriculture
- Food insecurity is a concern for certain populations
- Emerging food deserts within the F-M area
Six Implementation Target Areas

• **Economic Development** - Support the expansion of local food production; expand the “market place”
• **Food Infrastructure** - Support the development of distribution and processing; support efficiencies
• **Food Access** - Increase the availability and affordability of safe and nutritious food, specifically local food
• **Outreach/Education** - Improve promotion and presentation of local foods; increase awareness
• **Urban Agriculture** - Support improvements in local food production within the urban context
• **Development of a Food Systems Advisory Commission** - Ensure real and meaningful progress towards the Metropolitan Food Systems Plan
Local Units of Government

Cass-Clay Food Systems Advisory Commission

Food Systems Coordinator

Cass-Clay Food Systems Initiative (Steering Committee)

Metro COG

Technical Tasks Force(s)
Formation of the Cass-Clay Food Systems Advisory Commission

- Recommendation from the Metropolitan Food Systems Plan
- Much of the prior work of the Cass-Clay Food Systems Initiative had been project focused
- In order to create more measurable, sustainable change, there is a need for government input and participation
- Other communities have created similar commissions (often called “Food Policy Councils”) to achieve similar objectives
Purpose of the Cass-Clay Food Systems Advisory Commission

• Formed through a Joint Powers Agreement between the City of Fargo and Clay County, MN in the fall of 2014
  • **Assess** the food system in the FM Metropolitan area with consideration of state and national trends and issues
  • **Educate** policy makers in all local jurisdictions on food systems issues
  • **Provide language** for policies and codes based on research
  • **Support community wellness** through various activities related to healthy food consumption
  • **Cultivate partnerships and foster collaborative communication** between local jurisdictions and other public and private partnerships
  • **Encourage inquiries** from local jurisdictions on food system issues
  • **Propose recommendations** on ways to improve the food system in the FM Metropolitan area
  • **Oversee the implementation** of the Metropolitan Food Systems Plan
Membership of the Cass-Clay Food Systems Advisory Commission

• The Commission consists of Members appointed by the following governing bodies:
  • City of Fargo
  • City of Moorhead
  • City of West Fargo
  • City of Dilworth
  • Cass County, ND
  • Clay County, MN

• Five At-large Members recommended by the Steering Committee and approved by a majority of Commission Members

• Ex-officio Membership granted to Fargo Cass Public Health, Clay County Public Health, Steering Committee, and Metro COG
Cass-Clay Food Systems Advisory Commission
Progress to Date

• First official meeting: March 2015
• Urban Agriculture was identified as a priority issue in the FM Metropolitan food system by the Steering Committee and the Commission
• In June 2015, an online community survey was conducted to prioritize urban agriculture issues; community gardens was identified as the most important issue to F-M area residents
• Four policy blueprints have been created, discussed, and voted for approval by the Commission:
  • Community Gardens
  • Urban Bees
  • Urban Chickens
  • Backyard Composting
Involvement and Public Engagement Activities

- The Commission and Steering Committee Members have been involved in the following activities:
  - Metro Food Access Network (MFAN)
  - APA Minnesota Convention
  - PartnerSHIP 4 Health
  - Regular meetings with area city/county planners
  - Minnesota Food Access Planning Guide
Future Activities of the Cass-Clay Food Systems Initiative and the Cass-Clay Food Systems Advisory Commission

• Promoting urban agriculture blueprint documents into actionable policies for the Fargo-Moorhead area

• Moving beyond urban agriculture to address other issues in the Metropolitan Food Systems Plan (food access and economic development)

• Integrating the work from the Minnesota Food Charter and the Food Access Planning Guide in future comprehensive plans
How do we use the Guide?

What other resources are available?
Food Access Planning Guide Event
Host Checklist
Key Messages
Sample Meeting Agenda
Facilitator’s Tip Sheet
Engagement Guide
Slides for Presentations

Sign up for a Food Access Planning Guide Toolkit at mnfoodcharter.com/planningguide and you’ll get a toolkit emailed to you!
“Like” the Minnesota Food Charter Facebook page
“Follow” the Minnesota Food Charter on Twitter
Head to mnfoodcharter.com and sign up for the quarterly enewsletter
While you’re there, share your story of how you’re using the Food Access Planning Guide

Anything else?
Working with Minnesota Local Governments to Increase Access to Healthy Food

Part I – The Basics: Minnesota Local Government Structure
Part II – Local Community Planning: Navigating the Connections Between Health and Local Planning Efforts

Recorded webinars available at:
http://www.publichealthlawcenter.org/webinars/archived
Working with Minnesota Local Governments to Increase Access to Healthy Food

Part IV: Equity and Engagement: Building Authentic Relationships

Date: July 18, 2016, noon – 1:30 pm

Registration link: www.publichealthlawcenter.org/webinars/Mnfoodaccess
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thank you!!