

Cultivate Idaho Community Food Security and Food Systems Training



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Overview for facilitator:

The Cultivate Idaho Community Food Security and Food Systems training is designed to be utilized by community groups with a serious and expressed interest in participating in the Cultivate Idaho Initiative. The Initiative is a project of the Idaho Hunger Relief Task Force, a statewide task force meant to work as a collaboration of public and private representatives from many different sectors in the state, working together to alleviate hunger in Idaho through support of programs and policies. This training is meant to serve a dual purpose in its use as a part of the Initiative: 1) to establish a connection and begin the formation of a relationship between the community group and the Cultivate Idaho Network, a statewide group of stakeholders assembled to act in an advisory capacity to help facilitate the Initiative, as well as the Idaho Hunger Relief Task Force, and 2) to provide a comprehensive framework of knowledge and information through an interactive and collaborative process, which participants can then take to their broader community as it works toward tangible and sustainable solutions. This guide exists to accompany the training presentation and to provide more background and context to the training slides. This guide also offers the facilitator some flexibility to include or omit any additional information found in this guide as he or she sees fit, based on the audience and participants.

Role of facilitator:

In this role, you will be both presenting information as well as facilitating the group activities and discussion. As the trainer, the most important role that you have is creating a space for the participants to fully benefit from information presented and the discussions that should ensue from the training. The information provided in the training is important, but so is the conversation that we hope to spark amongst community members in attendance. Providing just a little bit of information can go a long way when a group has the space to process openly and communally, and having an outside individual in that role is often the most effective way to do so.

Introductions

- What is the Cultivate Idaho Network?
- Who is here today?
 - Name
 - Sector
 - Role in the community
 - Why are you interested in the Cultivate Idaho Initiative for your community?
 - What do you hope to get from the training?

Introductions:

It will be helpful to know ahead of time who will be attending the training and what sector they represent so you can adjust the content of the training to meet the needs of your audience. Having everyone begin by answering introduction questions sets the expectation that the training is interactive and requires participation by all attendees. It will also be helpful to have participants identify their sector as well as their role in the community as the questions will likely yield vastly different and possibly very insightful answers. For example, a county commissioner may be a part of the group, and would readily identify as an elected official representing the government sector. This is probably how the rest of the participants will know her as well. But when it comes to her *role* in the community she may identify herself as mother, member of a congregation, little league coach and food bank volunteer. This serves as a tool to open the discussion of who makes up a community and the roles, formal and informal, that individuals play within the community. Furthermore, it is a good idea for you and the participants to get a feel for where the group is. If everyone is on the same page more or less from the start then the rest of the training may proceed differently than if participants learn that their neighbor has come for a completely different reason. This may give you a sense of what to expect in group discussions to come and allow you, as a facilitator of those discussions, to adjust your approach accordingly.

Overview of the training

- Goals of Training
- Overview of Cultivate Idaho Initiative
- Community Food Security
- Community Food Systems
 - Activity: mapping community food system
- BREAK
- Community Capital Assessment
 - Activity: identifying community capital
- Review
 - Activity: defining community
- Next steps and Conclusion

Overview:

There should be 3 hours allowed for the entire training, from start to finish. There is one 15-minute break built in to the middle of the training where participants can walk around, get a snack, use the restroom etc... The length of the training will vary with the number of participants and the amount of active conversation and discussion that comes from the presentation. It is important to build respect with the group by showing that you value their time. Here is a basic breakdown of how the timing of the training should go so that you can manage your time. Again, these are rough guidelines and the flow will be different for every group. There is some time built in for transitions and extra discussion.

- 10-20 minutes (depending on size of the group)→Introductions
- 5 minutes→ Overview of training
- 5 minutes→ Goals of training
- 10 minutes→Overview of Cultivate Idaho
- 30 minutes→ Community Food Security
- 15 minutes→ Community Food Systems:
- 15 minutes→ Activity + Discussion
- 15 minutes→ Break
- 10 minutes→ Community Capital Assessment
- 15 minutes→ Activity + Discussion
- 5 minutes→ Review
- 15 minutes☐ Activity and discussion
- 10 minutes☐ Next steps and Conclusion
- 175-185 minutes

Goals of the Training

1. **INTRODUCE** Cultivate Idaho Process
2. **INCREASE** knowledge of food systems and food security
3. **BUILD** capacity within community
4. **DEFINE** 'community food system'
5. **IDENTIFY** community assets
6. **DEFINE** scope of community project

Learning Goals of the Training:

- Introduce Cultivate Idaho Process and start to build relationship with Cultivate Idaho Network
- Increase overall knowledge of food systems and food security to shift understanding from hunger relief to food security, which will allow for more substantial and relevant outcomes
- Build capacity within the community and facilitate opportunities for collaboration and networking amongst community members from different sectors to ensure diverse sector representation
 - Who is missing? Who needs to be represented? Who should be on the core group?
 - Define local food system; including identifying which sectors/ individuals in their own community play what role in food system to be able to make an informed decision of
 - Begin to identify Community Capital Framework and community assets
 - Define 'community,' ie: *scope* of community's project
 - Who and what will your Cultivate Idaho initiative include?

Overview of Cultivate Idaho Initiative

- The Cultivate Idaho Initiative is a **10-month process** that includes monthly meetings, visioning, sector interviews, reporting, goal setting, organizing for a community event, attending the event, and next step implementation meetings.



Overview of Cultivate Idaho Initiative:

In the appendix you will find handouts entitled “What is the Cultivate Idaho Initiative?” “Cultivate Idaho Timeline,” and “What is the Cultivate Idaho Network?” that you have the option to distribute to participants.

The Cultivate Idaho Initiative is a 10-month process that includes monthly meetings, visioning, sector interviews, reporting, goal setting, organizing for a community event, attending the event, and next step implementation meetings.

The Program:

The *Cultivate Idaho Initiative* looks beyond emergency assistance and explores local food systems, economic development, community support systems, and civic engagement for sustainable solutions to build a food secure and thriving community.

The *Cultivate Idaho Initiative* seeks to identify new strategies to create prosperity and food security where community members live, work, learn, play, and grow older. Private and public efforts must collaborate to *assess* community strengths and challenges, and *engage* community members to *plan* and *implement* local solutions. Critical indicators include: local food systems; transportation and mobility; health and human services; emergency support; housing; financial responsibility; workforce and employment; civic engagement and volunteer opportunities; and lifelong learning for all community members.

This Initiative will:

- *Help your community organize around food security issues*
- *Perform a community food security assessment*
- *Help put together a community organizing event*
- *Make next steps towards implementing a Cultivate Idaho Plan*

Community Benefits:

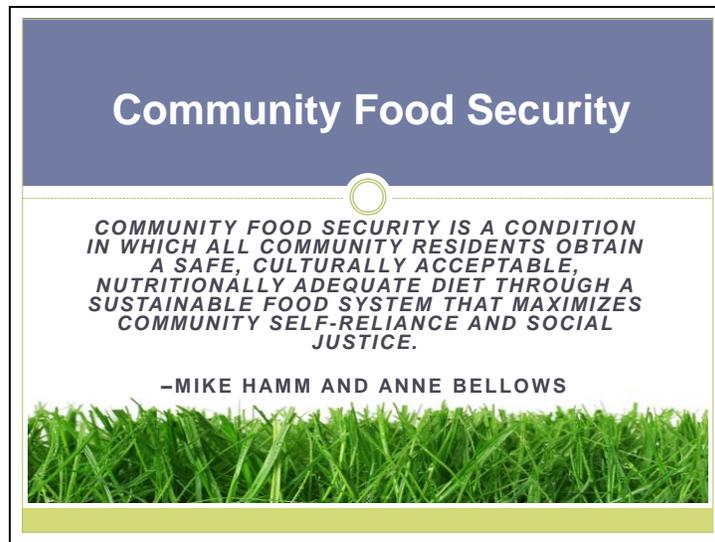
- *Increase a community’s capacity to identify strengths and gaps in the local food system*
- *Learn to negotiate a coordinated and focused approach to improving food security*
- *Prepare a community and providers to secure additional funding for implementation.*



Cultivate Idaho Toolkit

The toolkit is an interactive replication tool designed to help communities navigate the Cultivate Idaho Initiative from start to finish. It is split into 7 modules, which lead communities through the process over a period of 10 months and walk them through each step of the process, from planning, to assessment to implementation. Each module corresponds to one phase of the process, and has supplemental handouts that provide additional resources such as sample meeting agendas, community facilitation skill-building tools and information on accessing additional information to aid in the process.

Because of the holistic and process-oriented nature of the initiative, the toolkit must be utilized in its entirety for best results, without skipping past or omitting any of the modules. Each module provides information, skills and resources that are fundamental building blocks for the subsequent modules. The supplemental handouts may be used in a number of different ways, including as references for the facilitator, handouts at community meetings, instructional materials for core group trainings and more. Communities have flexibility to utilize the toolkit in a way that is the most beneficial for their specific purpose.



Community Food Security:

This will be the first section introducing and discussing new concepts, so it will be important to introduce it as such and ensure that there are no other questions about what you have already covered before you begin. It is likely that the concept of food security is a new one for the majority of participants, and it is a major principle of the Cultivate Idaho Initiative, which is why so much care is taken to explain it. The following slides discuss the difference between hunger and food insecurity, factors that make a community food secure, examples of community food security projects and more.

Hunger vs. Food Insecurity	
Hunger	Food Insecurity
→ an individual-level physiological or physical condition that may result from food insecurity	→ a household-level economic and social condition of limited or uncertain access to adequate food
Source: USDA ERS 2012	

Hunger vs. Food Insecurity:

A major part of understanding community food security is first understanding the difference between hunger and food insecurity.

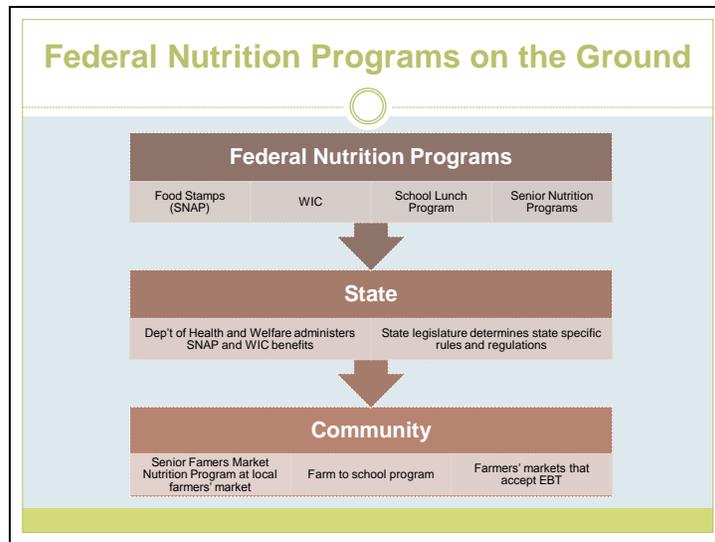
Hunger:

Everyone has experienced the physical sensation of hunger in their lives. It is the feeling that comes before a meal time that is normally alleviated by eating food. If prolonged, hunger can lead to weakness, illness, poor performance etc... Hunger is a potential consequence of food insecurity.

Food Insecurity:

Food insecurity refers to a condition of limited or uncertain access to food that is adequate, nutritious and culturally appropriate. The USDA measures food insecurity in households with indicators such as with what frequency they were worried about where their next meal was coming from, how often they skipped meals altogether because of lack of access or resources, could not afford a balanced meal and more. More information is available at <http://www.ers.usda.gov>.

By acknowledging the differences between these conditions, we can begin to look beyond providing temporary relief to individuals *already* in crisis to see the social and economic factors that lead households to rely on emergency services. This allows for the possibility of change at a systemic level which allows for self sufficiency and sustainable changes.



Federal Nutrition Programs on the Ground:

Federal Nutrition programs such as Food Stamps (SNAP), WIC, School Lunch Programs and Senior Nutrition Programs play an important role in increasing food security in the lives of individuals. With the current economic situation, more people are receiving unemployment benefits or are working multiple jobs to try and support their families. Hard working families and individuals are finding themselves more and more at risk of food insecurity. These programs exist as a safety net for struggling households to ensure that people are able to have their basic needs met until they are able to meet their needs without assistance. The state is responsible for administering these benefits and determining specific rules and regulations. On the ground at the local level, there are many ways that communities can utilize these programs to increase their overall community food security, which in turns leads to economic development, financial stability and overall healthy and thriving communities.

Some examples of these programs at work at the local level are:

Senior farmers markets nutrition programs → States can apply for grants for low-income senior citizens, a demographic that consistently experiences higher than average levels of food insecurity, to exchange farmers’ market coupons for fresh, nutritious and locally produced food items

Farm to school programs → USDA funds efforts to connect locally produced food to school cafeterias in communities all over the US

Food stamps benefits at Farmers’ Markets → The USDA offers an option for local farmers’ markets to become licensed to accept SNAP benefits at farmers markets, providing low income SNAP recipients to utilize their benefits to improve access to nutritious local produce, in turn supporting small farmers and local agriculture

Food Security is not just about food!

Food secure families and individuals have:

- Sufficient income to buy healthy, affordable and culturally appropriate food
- Access to federal nutrition programs
- Affordable housing with a kitchen
- Reliable transportation to grocery stores
- Access to stores and markets that carry affordable and nutritious food
- Knowledge of other resources in community

Food security is not just about food:

In contrast with hunger, food security is not just about food. As discussed before, a major part of food security is *access* to food. Families that are food secure are not those who consistently rely on trips to food pantries for the majority of their household's groceries. A truly food secure household is one that does not have to worry about how or where its meals are coming from or if they will be well rounded and culturally appropriate.

A basic component of this is ensuring that the household has sufficient income to purchase food that is healthy and affordable, and if a household's income is not enough to ensure this, they should have access to and knowledge of how to apply for federal nutrition assistance benefits.

Affordable housing is imperative to food security as it is nearly impossible to store or prepare food without the proper facilities. If families are forced to pay a large percentage of their income on their housing, they will have fewer resources to be able to purchase food. Likewise, if one is experiencing homelessness it is only practical to buy food that is already prepared, which is more expensive and also likely to be more processed and less healthy.

Transportation is another important factor in ensuring food security, and one that is particularly relevant in rural communities like many here in Idaho, where there is limited, if any, public transportation and stores may be a great distance away from one's home. If one has limited access to affordable and reliable transportation, they might resort to shopping at a smaller corner store or market where variety is limited and prices are higher and an already limited income can buy even less.

Finally, people experiencing food insecurity can benefit greatly from resources that exist in nearly every community such as food banks and homeless shelters to help in times of crisis, but often times this information regarding services is hard to find and not easily accessible.

What does community food security look like?

- Full cupboards = food security !
- Diverse coalition of sectors working together to 'fill the cupboards'
- What is in your community's 'cupboards'?



What does community food security look like?

Just as full cupboards and access to nutritious, affordable and culturally appropriate food, increases a family's likelihood of being food secure, the same is true of a community. Community food security is achieved when the community's 'cupboard' is full. Achieving community food security requires a diverse coalition of sectors within a community, including government, commerce, emergency food, agriculture, education etc...

According to the Community Food Security Coalition, there are 6 basic principles of community food security and they are (communityfoodsecurity.org) :

- *Systems Oriented* → involving different sectors from the community to increase food security at different levels
- *Local Agriculture* → acknowledging the importance of a strong local agricultural base in ensuring community food security, including fair prices and markets for local farmers that translates to fair wages for laborers, farmland protection and stronger ties between the greater community and its agriculture sector
- *Low income food needs* → reducing hunger, improving health of low income community members
- *Broad Goals* → addressing issues that are relevant to many different parts of the development and health of the community as a whole
- *Community Focus* → finding ways for the community to meet its own needs and build on its pre established strengths
- *Self-reliance/ Empowerment* → focusing on ways to involve the community members in all parts of community food security, and celebrating assets rather than dwelling on deficiencies

What does it mean to fill your community's cupboards?

- Job creation, employment and living wages
- Civic engagement
- Sustainable agriculture
- Education
- Access to safe, nutritious, culturally appropriate food (transportation, etc...)
- Access to emergency food and federal nutrition programs

What does it mean to fill your community's cupboards?

The Cultivate Idaho Initiative seeks to lead your community through the process of working toward achieving community food security. In this initiative, you will look *beyond* emergency food to find sustainable ways to fill your community's cupboards.

This means involving stakeholders from diverse sectors—agriculture, business, emergency food, education, cultural groups etc...—to take a holistic and sustainable approach to 'filling the cupboards,' or ensuring that your community can feed its community members in a way that is equitable and fair, as well as beneficial to the healthy growth and development of the community as a whole. Food secure communities are thriving and flourishing communities.

We will discuss some ways to do this in the next slides.

Responses to Hunger and Food Insecurity	
Hunger Relief Response	Food Security Response
<ul style="list-style-type: none"> • Food pantries, food drives, food banks • Meets immediate need • First response 	<ul style="list-style-type: none"> • School gardens, farmers' markets, food hub • Seeks to identify root causes • Sustainable solutions

Responses to hunger and food insecurity:

Just as the issues of hunger and food insecurity are themselves so different, so too are the responses. Perhaps the response that is most familiar is the traditional charitable response by churches, food banks, school food pantries. Emergency food is important because it can help meet the immediate needs of hungry individuals. Emergency food does not address food insecurity because, while it serves as a band aid, it is likely that the same individuals will be hungry again in the future (food insecure!). On the other hand, community food security responses look beyond emergency food in an attempt to identify the root causes of the issue. In doing so, the response becomes more about creating sustainable, programs such as community gardens, farm to school programs, local food hubs, farmers' market nutrition programs etc..., all of which not only increase food security for those experiencing hunger, but also benefit the greater community as well.



Examples of community food security project and benefits:

Now we will examine a specific community food security issue that a community might face. The example we will use is the issue of inadequate knowledge of and access to nutritious food and fresh produce. What might be a response to this issue?



Example of a community food security response:

One possible example of a community food security project that would respond to the issue of access to/ knowledge of nutritious food is the creation of a community garden. A community garden may take many shapes, but most basically it is a place that is communally created and cared for where food is grown. Community gardens may involve reclaiming unused land within a community and may be associated with a school, church or other community organization.

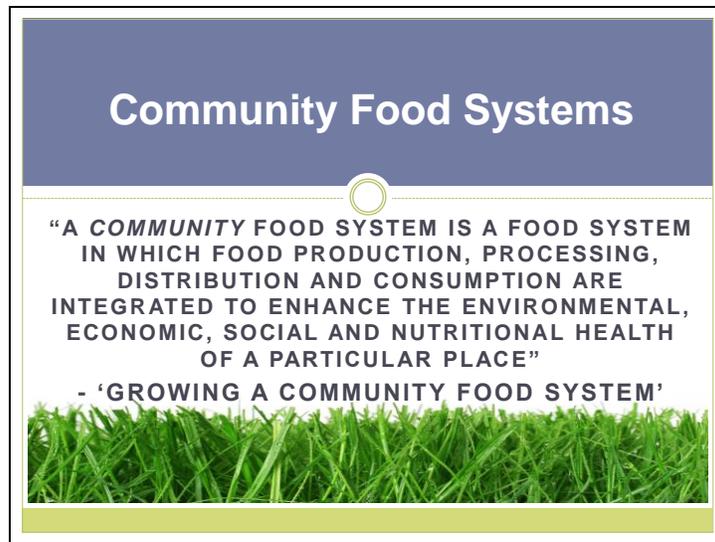
Example of CFS Benefits

- Creates an opportunity for community members to come together
- Participants and the broader community get the opportunity to learn about preparing, planting and growing food
- Gardeners may be able to sell their food to a market or donate it

Example of community food security response's benefits:

Let us examine the benefits of this response. First of all, everyone participating in the community garden is given the opportunity to gain both access to and knowledge of fresh produce. Community members work together to create the shared community space, and gardeners may be able to sell their produce to markets or donate to a local food pantry or directly to low income individuals.

What other potential benefits could you see in this example?



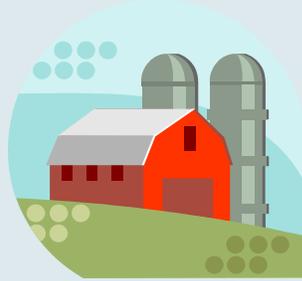
Community food system:

“A *community* food system is a food system in which food production, processing, distribution and consumption are integrated to enhance the environmental, economic, social and nutritional health of a particular place...by including the word ‘community’ there is an emphasis on strengthening existing (or developing new) relationships between all components of the food system. This reflects a prescriptive approach to building a food system, one that holds sustainability – economic, environmental and social – as a long-term goal toward which a community strives.”

-‘Growing a Community food system’

Conventional Food Systems

- A food system is a way to describe the entire story of our food
- May involve shipping products between states or countries
- Focused on efficiency, mass production, widespread distribution and trade
- Ex: Potatoes



Conventional food system:

A food system is a way to describe the entire process of how food gets from the ground to the table and back to the ground. In our food system, food is grown all over the world and then packed, processed, shipped and traded. The main goal of the food system is to mass produce food efficiently for widespread distribution and trade. For example, Idaho grows a great deal of potatoes. Idaho potatoes are sold here in Idaho, but they are also shipped all over the world.

Community Food System

- All sectors, individuals & processes that get food from the ground to the plate
- Focused on strengthening/building relationships between components of local food system, within a community
- Strives for food security, proximity, self-reliance and sustainability, rather than mass production/distribution
- Ex: Local Food hub



Community food system:

Like the conventional food system, a community food system describes the process of the food that we eat, but it seeks to have as many parts of the process as possible occur locally, regionally or within a community. Rather than being focused on mass production and efficiency, community food systems are focused on strengthening and building relationships between components of the local food system within a community. A local food system strives for food security, proximity, self-reliance and sustainability.

How do you see the community food system part of the conventional food system?



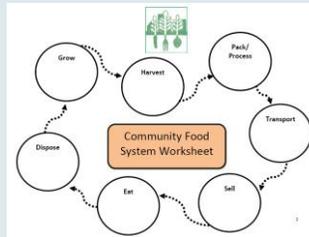
Community Food System:

This chart shows the different parts of a community food system. The basics phases are:

- Growing
- Harvesting
- Packing and processing
- Transporting
- Selling
- Eating
- Disposing

At least a small part of each one of these steps occurs within most communities. Rural communities in particular have a unique opportunity to participate in more parts because of the strong agriculture base. This chart gives an opportunity to evaluate the ways that the community already is, or could possibly, localize the different parts of the process.

Activity: Mapping your community food system



- Categorize the major sectors of the community by which part of food system they fall into
- Each circle should have at least 1 sector listed in it
- Remember to think beyond the more obvious and visible parts of the food system

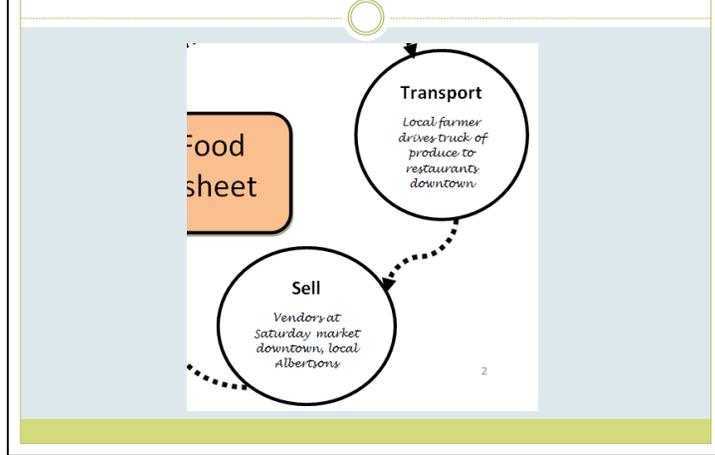
Mapping your community food system:

This activity should take about 15 minutes, including discussion time. Here are the instructions:

- Review the Community Food System on page 1
- On the worksheet version, fill in the circles with the individuals or sectors from your community fulfill each stage of the process
- Reflect on the discussion questions listed below and take notes in the additional space provided
- Discuss your findings with the group

There is an example on the next slide.

Example



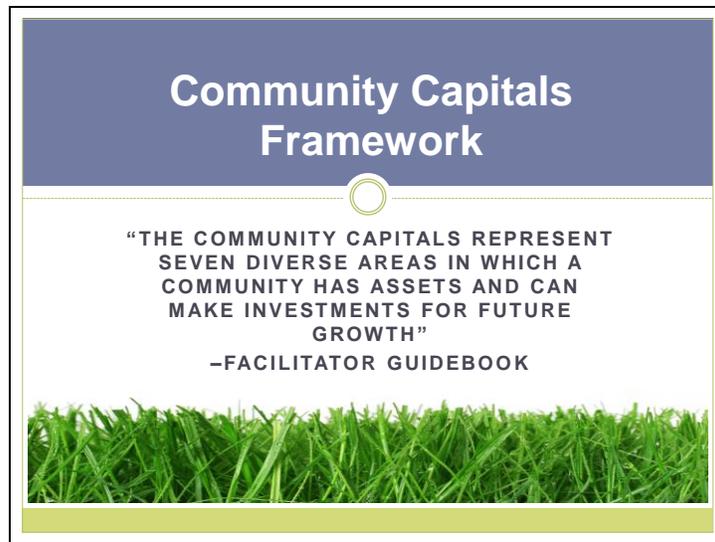
Group Discussion Questions

1. Share some of your findings with the group
2. What surprised you?
3. Did this exercise alter the way you think about your local/ community food system? How?
4. What are some components of your food system that are unique to your community?
5. What are some ways that you can engage key stakeholders from all of these sectors in your community process? What do you see as some potential benefits to this? Challenges?

Group discussion questions:

Provide a space for the group to share their findings amongst themselves. The conversation may take off on its own, but as the facilitator, try to ensure that the group stays on topic. You may want to ask some leading questions like the ones listed below to help keep the conversation flowing in the right direction.

- Share some of your findings with the group
- What surprised you?
- Did this exercise alter the way you think about your local/ community food system? How?
- What are some components of your food system that are unique to your community?
- What are some ways that you can engage key stakeholders from all of these sectors in your community process? What do you see as some potential benefits to this? Challenges?



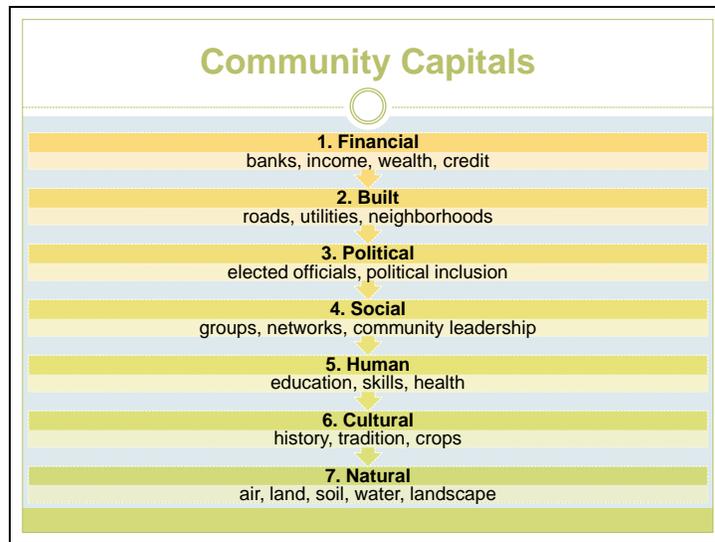
Community Capitals Framework:

In this section, the group will begin to identify the areas of strength in the community using an established community organizing model.



Community Capitals Framework:

The community capitals framework is a community organizing model by Flora, and Fey (2003) which identifies areas that a community has assets, or strengths. It states that these assets can be invested to increase the capital of the community. Communities can then invest these capitals to specifically impact community food security. What are the assets of your community capitals?



Community Capitals:

The seven community capitals of Flora and Fey’s Model are:

- Financial- banks, income, wealth, credit
- Built- roads, neighborhoods, utilities
- Political- elected officials, political inclusion
- Social- groups, networks, community leadership
- Human- education, skills, health
- Cultural- history, tradition, crops
- Natural- air, land, soil, water, landscape

The common areas that people may think of when thinking of community assets are financial or built capital, but this model displays an array of other areas that assets exist in communities. Particularly in rural communities looking at issues of food security, natural capital is also very important. The goal of this model is to utilize these assets in order to ensure human, environmental and economic health.

Investing Community Capitals



How Investment in the Seven Capitals May Impact Community Food Systems

Natural capital investments – Preserving, restoring, enhancing, and conserving environmental features in the community food system effort.

Cultural capital investments – Sharing cultural identities (heritage, history, ethnicity, etc.) to drive CFS effort.

Human capital investments – Work expertise, education, or physical ability contributed to CFS effort.

Social capital investments – Risks taken to express differences of opinion, organizations involved, involving youth, public participation input, organizational link with nonlocal involvement, actions linking community to the outside, local and nonlocal organizations involved, organizational representative on decision-making board, number of different groups on board.

Political capital investments – Political support, relationship presence, and nature of relationship between CFS board and local, county, state, federal, tribal, and regional governments.

Financial capital investments – Type of materials contributed to CFS effort, presence and sources of both local and external financial support, mechanisms used for leveraging financial support.

Built capital investments – Infrastructure used for CFS efforts.

Source: Facilitator's Guidebook

Investing Community Capitals:

This slides gives more detailed information and examples as to how to communities may invest their community capitals toward the goal of increased community food security.



Community Capitals Framework:

This sheet shows the 7 community capitals. At this point, there may be questions about this model. It is up to you at the facilitator to decide how in depth you want to go with assets and capitals. If the group seems on track, you may want to talk more about ways that they think they can understand how to invest the capital, or you may decide to simply use this as a time for community members to begin by simply identifying their assets.

Activity: Mapping your Community Capital Framework

Community Capitals Framework Worksheet

1. Complete the Community Capitals Framework worksheet with your community assets
2. Include the sectors that fall under each community capital
3. Remember that the outcomes of all of these capitals are human, economic and environmental health and prosperity

Mapping your community capital framework:

Now the group will complete the worksheet found in the appendix entitled “Mapping your Community Capital Framework.” This activity should take 15 minutes—5-10 minutes of individual work and 5-10 minutes of group discussions. Participants should take time to reflect individually on these different areas of potential assets in their community. They should also try and think of specific sectors or individuals that fall into each category, as this will be useful in the formation of the core group.

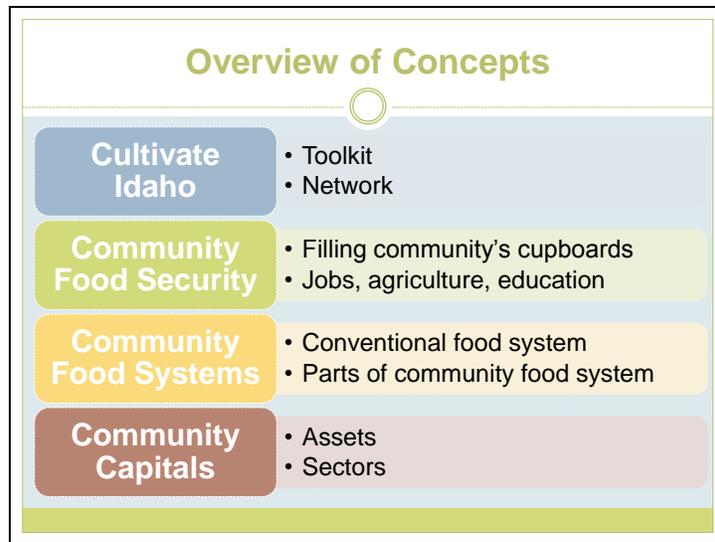
What assets do you see in your community?

What are some ways in which you might invest in these different areas to achieve community food security?



Review:

Take about five minutes to review the information and concepts that you have already covered as a group. This is a good time to answer any questions that the group might have or clarify any points that you feel necessary. This is also a good time to take the temperature of the group and try to accommodate any challenges that may have arisen.



Overview of concepts:

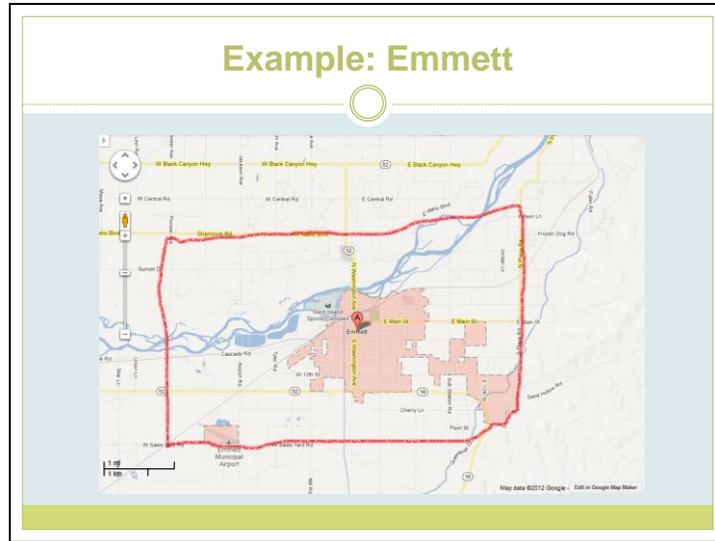
It is up to you as the facilitator how you want to present this review section but make sure and touch on the 4 main sections: Cultivate Idaho, Community Food Security, Community Food Systems and Community Capitals. You may find that one or two sections will need more review, but you should not need to spend more than 5 minutes on this section.

Activity: Defining your Community

On the map provided, mark where you see the physical boundaries of your community to be. Remember to think about this activity in the context of the work you've done so far on community food systems and assets in this training, and think about the scope of your Cultivate Idaho process

Defining your community:

In this activity, the group will work to define their community. It will be up to you as the facilitator to come prepared with the maps, printed from a site such as Google Maps. The area included in the map should include the area of the town or county plus outlying areas.



Emmett example:

This is an example of the map activity. Each participant will have his or her own map to complete, as well as the themes to consider. Then they will come back together and share their maps with the group to compare and contrast the different definitions of community. See the next slide for more guidance on facilitating this discussion.

Group Discussion

- Consider both geographical/ physical boundaries, as well as other elements that make your community, such as your different community capitals and assets
 - **Physical boundaries:** city limits, roads, rivers, neighborhoods, neighboring communities/ towns
 - **Non-physical boundaries:** school district, farms and outlying producers, community leadership, size and demographics of target population, community capitals, other components as identified in food system activity
- Share your findings with the group

Group Discussion Questions for defining community activity:

Have participants consider both geographical/ physical boundaries, as well as other elements that make your community, such as different community capitals and assets.

Physical boundaries: city limits, roads, rivers, neighborhoods, neighboring communities/ towns

Non-physical boundaries: school district, farms and outlying producers, community leadership, size and demographics of target population, community capitals, other components as identified in food system activity

Share findings with the group.

Next Steps

- TAKE THIS INFORMATION INTO YOUR COMMUNITY PROCESS!
- YOU ARE NOW READY TO MOVE ONTO MODULE 2 OF THE TOOLKIT, IN WHICH YOU WILL BEGIN TO FORM YOUR CORE GROUP
- REMEMBER TO UTILIZE THE NETWORK AS AN ONGOING RESOURCE
- EVALUATION OF TRAINING



Timeline of Cultivate Idaho Initiative

Month 1 Organize core group/coalition and attend the first core group meeting.	Month 6 Attend the sixth core group meeting and plan details for the community organizing event. Also promote and recruit for the event.
Month 2 Attend the second core group meeting and create a vision for your community.	Month 7 Attend the community organizing event.
Month 3 Data collection and attend the third core group meeting.	Month 8 Celebrate the success of your community organizing event at the first follow up core group meeting. Also take time to evaluate the event.
Month 4 Perform community assessment interviews and attend the fourth core group meeting where assessment information will be analyzed.	Month 9 Attend the second follow-up meeting where you will discuss next steps and identify resources needed to implement the next steps.
Month 5 Perform 'homework' to prioritize the top food security issues in your community. These issues will be identified and discussed in the fifth core group meeting.	Month 10 Attend the third follow-up meeting where you will discuss next steps and identify resources needed to implement the next steps.

Timeline of Cultivate Idaho Initiative:

Here is an overview of the timeline of Cultivate Idaho once a community begins the process. The next step will be to watch Module 2, which you may choose to do at this point in the training if you feel that it would be useful to the group. To access the modules, go to www.idahohunger.org/cultivate_idaho.html, click the link that says "Log in here!" and enter the password Food4all.

Make sure to provide contact information for the group to easily stay in contact with someone from the network.

References

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- Jensen, Jennifer. "Local and Regional Food Systems for Rural Futures". *Working paper no. 1*. RUPRI Rural Futures Lab. Rural Policy Research Center. Nov 2010.
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Cultivate Idaho Food Security Training

What is the training?

This comprehensive 3 hour orientation training is a basic introduction to the concept of community food security and community food systems. It includes a number of interactive activities that walk groups through discussions to identify the scope of the community within the project, mapping the community food system, and beginning to identify assets within the community. Module 1 of the Cultivate Idaho Initiative toolkit is covered in the training as part of the introduction to the Initiative. At the end of the training, communities will be ready to move onto module 2 of the toolkit, where they will form a core group and go through the visioning process.

Who is the training for?

This 3 hour training was designed to be utilized by communities with an expressed interest in taking part in the Cultivate Idaho Initiative, although there may be other groups who will find it to be of use. The training is intended to be used by a group of community members who have contacted the Cultivate Idaho Network and discussed their interest in the Initiative.

The goals of the training are:

- to introduce the Cultivate Idaho Initiative
- to increase overall knowledge of food systems and food security to shift understanding from hunger relief to food security
- to build capacity within the community and facilitate opportunities for collaboration and networking amongst community members from different sectors to ensure diverse sector representation
- to define 'community,' ie: *scope* of community's project Define local food system; including identifying which sectors/ individuals in their own community play what role in food system to be able to make an informed decision of
- to begin to identify Community Capital Framework and community assets

For more information, please contact us at info@idahohunger.org



The Cultivate Idaho Initiative

Community food security is a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice.

--Mike Hamm and Anne Bellows

The Program:

The *Cultivate Idaho Initiative* looks beyond emergency assistance and explores local food systems, economic development, community support systems, and civic engagement for sustainable solutions to build a food secure and thriving community.

The *Cultivate Idaho Initiative* seeks to identify new strategies to create prosperity and food security where community members live, work, learn, play, and grow older. Private and public efforts must collaborate to *assess* community strengths and challenges, and *engage* community members to *plan* and *implement* local solutions. Critical indicators include: local food systems; transportation and mobility; health and human services; emergency support; housing; financial responsibility; workforce and employment; civic engagement and volunteer opportunities; and lifelong learning for all community members.

This Initiative will:

- *Help your community organize around food security issues*
- *Perform a community food security assessment*
- *Help put together a community organizing event*
- *Make next steps towards implementing a Cultivate Idaho Plan*

Community Benefits:

- *Increase a community's capacity to identify strengths and gaps in the local food system*
- *Learn to negotiate a coordinated and focused approach to improving food security*
- *Prepare a community and providers to secure additional funding for implementation*

The Network:

The *Cultivate Idaho Network* assists communities in completing the Initiative. The Network functions as a resource to communities in following the process of the Initiative. The Network does not lead communities in the process, but rather provides assistance and experience to communities that are interested in being involved with the Cultivate Idaho Initiative. The Network is comprised of representatives from sectors including; economic development, elected officials, hunger relief, food system planning, community services, agriculture, and communities that have successfully completed the Cultivate Idaho.



Overview of the Cultivate Idaho Toolkit

➤ **What is The Toolkit?**

The toolkit is an interactive replication tool designed to help communities navigate a Cultivate Idaho Initiative from start to finish. It is split into 7 modules, which lead communities through the process over a period of 10 months and walk them through each step of the process, from planning, to assessment to implementation. Each module corresponds to one phase of the process, and has supplemental handouts that provide additional resources such as sample meeting agendas, community facilitation skill-building tools and information on accessing additional information to aid in the process. The 7 modules of the toolkit are as follows:

Module 1 – Is Your Community Ready?

Module 2 – Establishing a Core Group

Module 3 – The Community Visioning Process

Module 4 – Community Assessment – Data Gathering

Module 5 – Community Assessment – Interviews and Report

Module 6 – Organizing the Community

Module 7 – Next Steps – Implementation

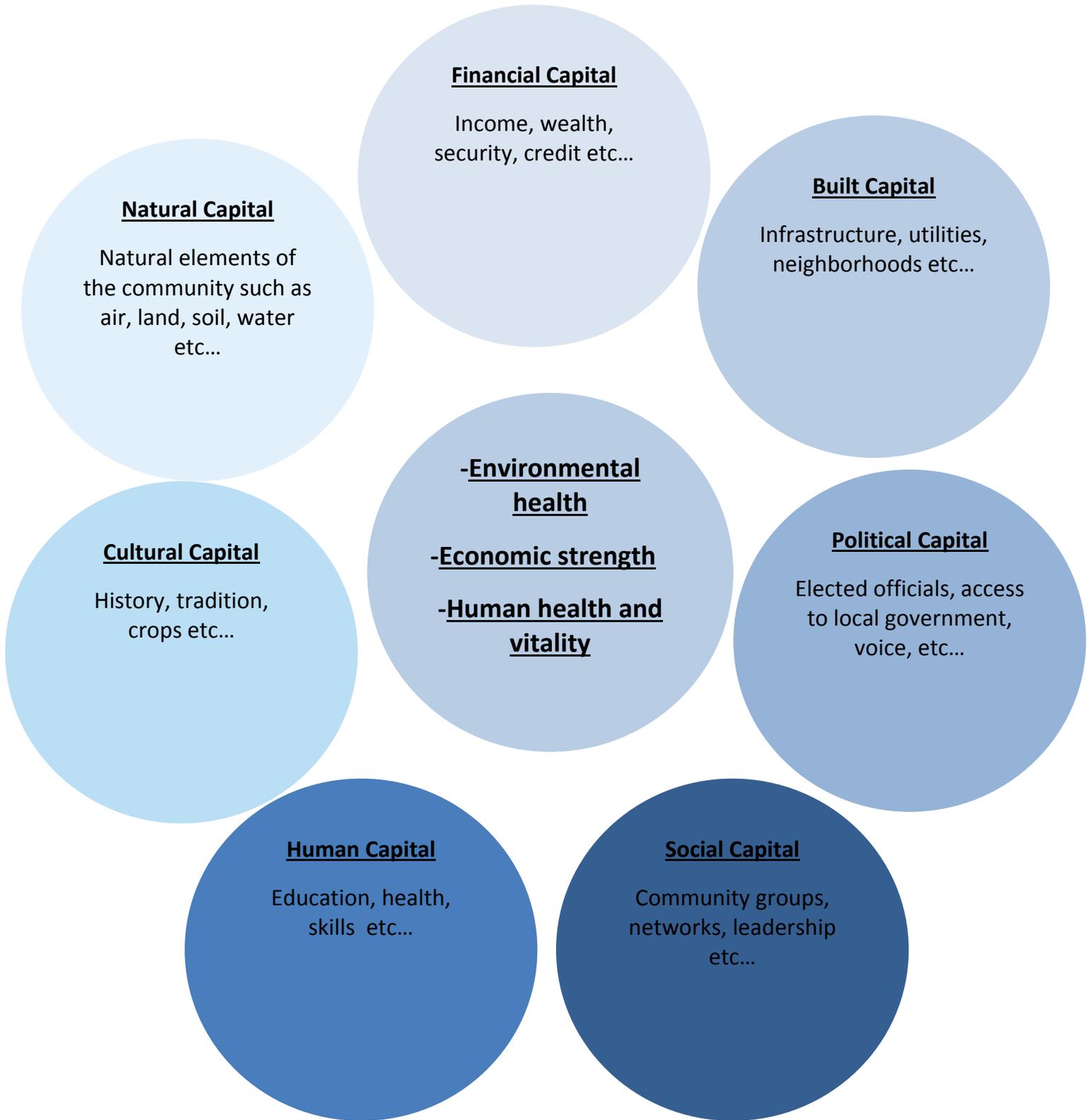
➤ **How to use The Toolkit?**

Because of the holistic and process-oriented nature of the initiative, the toolkit must be utilized in its entirety for best results, without skipping past or omitting any of the modules. Each module provides information, skills and resources that are fundamental building blocks for the subsequent modules. The supplemental handouts may be used in a number of different ways, including as references for the facilitator, handouts at community meetings, instructional materials for core group trainings and more. Communities have flexibility to utilize the toolkit in a way that is the most beneficial for their specific purpose. The Network is also a resource that can be utilized by communities for additional support.

➤ **Who is The Toolkit for?**

The toolkit should be utilized by individuals or groups that have determined that their communities are ready to participate in the initiative. It can be used as a tool for the facilitator, liaison and/or core group. Again, communities that decide to engage in the process have the autonomy to decide how best to utilize this tool based on their unique needs and dynamics.

Community Capitals Framework



Community Capitals Framework- Worksheet

