

## **Session #16: Lighting Talks**

### **Ben Sommers: 16A—Exploring the Incubator Farm Model as Part of Local, Regional and National Food Systems**

Lansing Roots Program Manager, Greater Lansing Food Bank

- Greater Lansing Food Bank was established in 1981 as a short-term endeavor to increase food security during the recession but has continued and expanded to reach 7 counties and more than 140 agencies
- The Lansing Roots incubator farm provides training, infrastructure support, business plan development, and technical assistance to aspiring farmers
- The structure of the incubator farm allows it to improve both health and food sovereignty for its clients, 75% of which are low-income and 50% refugees

### **Tracy E. Thompson: 16B—Healthy Corner Stores**

Program Director, Child Health Alliance for Research in Michigan, Dept. of Epidemiology and Biostatistics, Michigan State University

- The Healthy Corner Store initiative, part of MSU's Project FIT, aimed to remove barriers for small community stores to provide healthy food
- Three stores were offered small capital investments (refrigerators, for example), nutrition education, sourcing, and marketing support to expand their offering of "healthy" foods
- Two of the three stores improved their Nutrition Environment Measures Survey (NEMS) score during the 18-month intervention and in the two years to follow
  - Note: the third store experienced a change in management and did not improve
- While this appears to be an effective model, a lack of sustained funding challenged continuation and expansion of the intervention

### **Aaron Egan: 16C—Making the Most of Your Incubator Kitchen**

Head Chef EMC and Kitchen Manager, Eastern Market Corporation

- Eastern Market remodeled and added a community kitchen two years ago, which now serves 13 businesses (11 active, 1 building independent location, 1 evaluating options)
- The greatest challenges to making the most of an incubator kitchen are time and space; while there is inadequate storage, half of the available time is not being used
- Possible solutions include pro-rating usage charges (increasing cost for peak hours, decreasing cost for undesirable hours) and re-balancing time and space (using more time but less space)

### **Diane Conners: 16D—10 Cents a Meal for School, Kids and Farms**

Senior Policy Specialist, Groundwork Center for Resilient Communities

- 10 Cents a Meal started with a pilot project in Traverse City, offering a 10 cent match for each served meal to purchase Michigan fruits and vegetables
- Investing in children and businesses, while showing great anecdotal success, this model made sense to legislators and was funded \$250,000 for expansion to 16 Michigan school districts
- Michigan is at the cutting edge with this program, as one of just four states offering funding for local procurement in schools

**Vivien McCurdy: 16E—Food as Medicine: A Community Approach**

Director for Food Safety and Nutrition, Kalamazoo Valley Community College

- As many of the top 10 leading causes of death are preventable with diet, exposing people to healthy foods and showing how to cook them has great potential for nutrition and health improvement
- The Medical Culinary Program is a hands-on education program led by a Registered Dietitian and chef, deconstructing nutrition recommendations and sharing cooking skills
- Working as a team is emphasized, with the program bringing together caretakers, case workers, chefs, educators, food hubs, local groceries, medical professionals, patients, therapists, and more

**Maria Cotter: 16F—Feeding the Future: Constructing Development and Testing of a Food Paradigm Scale**

Undergraduate Researcher, Food Science, Michigan State University College of Agriculture and Natural Resources

- Food value is the inherent qualities that a food holds, such as its health, social, and sustainable contexts
- Cotter and team developed and tested a food paradigm survey, narrowing in on 15 questions which best indicated an individual's perception of food value
- These 15 questions were broken into 4 contexts (flavor, health, sustainability, and source), of which health and sustainability showed the strongest positive correlation
- This survey will be further tested to determine if different groups of students have different food values, and might be used by chefs and marketers to match food offerings to target audience food values

**Nicole Chardoul : 16G—Roadmap to Reduce U.S. Food Waste Report**

Principal and Vice President, Resource Recycling Systems and , Chair, Washtenaw County Food Policy Council

- The United States spends \$218 billion per year on food which is never eaten, nearly 85% of which occurs in homes, stores, restaurants, and institutions
- 27 food waste solutions have been proposed, requiring an \$18 billion investment to achieve a 20% reduction

- Of the three solution categories, prevention and recovery are the most cost effective while recycling is the most scalable

**Mike Ripley: 16H—Risks vs. Benefits in Tribal Commercial Fish Harvest**

Environmental Coordinator, Inter-Tribal Fisheries and Assessment Program, Chippewa Ottawa Resource Authority (CORA)

- CORA includes 5 Native American tribes with a fishing tradition, who must balance this part of their food and culture with the health concerns of chemicals in fish
- Contaminants in fish have gone down since the 1970s, as billions of dollars have been spent on waterway clean-up
  - While PCBs can be reduced through cooking methods, mercury cannot
  - Through continued efforts, CORA hopes to have no warnings on Lake Michigan trout by 2020

**Amanda Maria Edmonds: 16I—Measuring Impact for Farmers Market Success**

Executive Director, Growing Hope and Mayor, City of Ypsilanti

- The Michigan Farmers Market Association has been instrumental to farmers' market expansion in the last 10 years, growing from less than 100 in 2001 to over 300 in 2016
- Better understanding markets and their impacts on access, place, and communities throughout the state will help us to move the needle for further success
- The current pilot project is bringing together vendor sales, visitor surveys, visitor count logs, vendor information, and demographics from rural markets across the state to determine how we can best measure market impact
  - Development of a front-end data tool will make information accessible and understandable to all audiences for widespread use in Michigan and across the country