

Building Strong Families: The Role of Food Policy Councils

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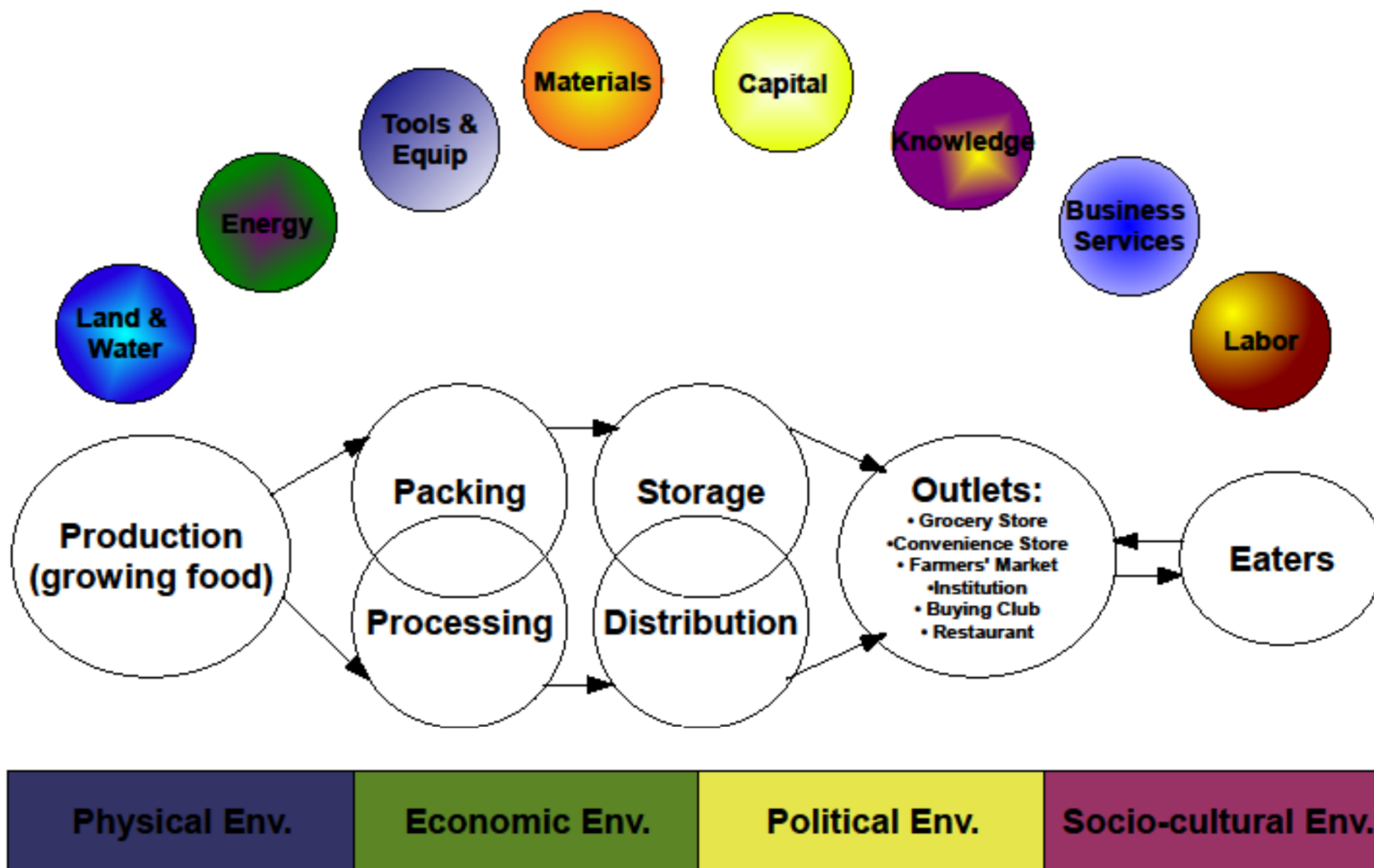
Food Policy Councils work with policymakers to create:

Access to healthy and affordable food, especially in lower income and tribal communities

Access to markets that provide fair prices to farmers

Access to decision makers and policy making forums

Food System Value Chain



Examples from New Mexico

- We begin our work in communities when invited.
- Health equity is at the core of our work – considering values, cultural norms, geography, socioeconomic issues, and barriers and solutions unique to the community and their issues.
- We consider relationship building and partnerships to be key to long-term solutions.



**Farm to Cafeteria:
Our Food Policy
Council example of
how we work
together for policy
change**



What's new about school lunch and why?

- **What:** New federal rules require more fruits, vegetables and grains
- **Why:** In New Mexico:
 - 22.6% of 3rd graders are obese
 - 38.6% of 3rd graders are over weight or obese
 - One in five children are food insecure
 - 340,000+ children attend NM schools

Healthy Kids, Healthy Economy

- **Goal:** Provide more New Mexico students with New Mexico grown produce.

- **Why:**



- Provides students with fresh wholesome fruits and vegetables & engaging nutrition education
 - Provides farmers with new income and improves the local economy
 - Help schools meet federal guidelines

Farm to Cafeteria Policies

- - State, local and tribal Farm to Cafeteria policy issues
- - Getting local food policy councils, other organizations, and policymakers involved
- - Connecting to federal policies that affect state and tribal Farm to Cafeteria issues

- Long-term Outcomes of Food Policy Council Work:

- Minimize “competitive” foods in the schools
- Minimize purchasing barriers for schools to buy local and fresh
- Increase fruits and vegetables through meals and snack programs
- Build public/private/policymaker partnerships to minimize costs and maximize use of infrastructure/transportation
- Encourage schools to focus on wellness policies
- Bring as many partners and resources to the table to support the effort and policy change

Farm to Cafeteria - Policies

Help everyone see the “win-win” in Farm to Cafeteria. Create a “positive” change!



Farm to Cafeteria

Farm to Cafeteria programs create a partnership between local farmers and institutions (schools, senior centers, hospitals, etc.) wherein everyone benefits...farmers get to grow and sell their produce locally; the community benefits from the dollars that are kept locally; and eaters benefit by eating fresh, great tasting nutritional local produce.

[Learn more >>](#)

Anticipate how others will benefit: grassroots, policymakers, public sector, private sector

Partners

- Health
- Agriculture
- Economics
- Education
- Environment
- Transportation
- Institutions

Sectors:

Private

Public

Policymakers

Corporate

Farm to Cafeteria Policy Partners

- Develop one-on-one relationships with policymakers and community members
- Create Events – in schools, on farms and NM Food and Farms Day at the legislature, legislative hearings, memorials
- Get local and state food policy councils involved with local and state policymakers
- Get your cities and counties involved through resolutions

Farm to Cafeteria – Program

On-farm quality management trainings, developed bid process with schools, advocated for state investment form NM grown fruits and vegetables for schools, developed unique aggregation and distribution partners with state commodities program and food banks



Partners: NM Coop Extension, NM Dept of Agriculture, NM Food & Nutrition Service, NM School Nutrition Association, & 23 Farmers
Sold: More than \$500,000 2012-14 to schools
250,000+ students benefit throughout NM
Melons, greens, tomatoes apples, cucumbers...



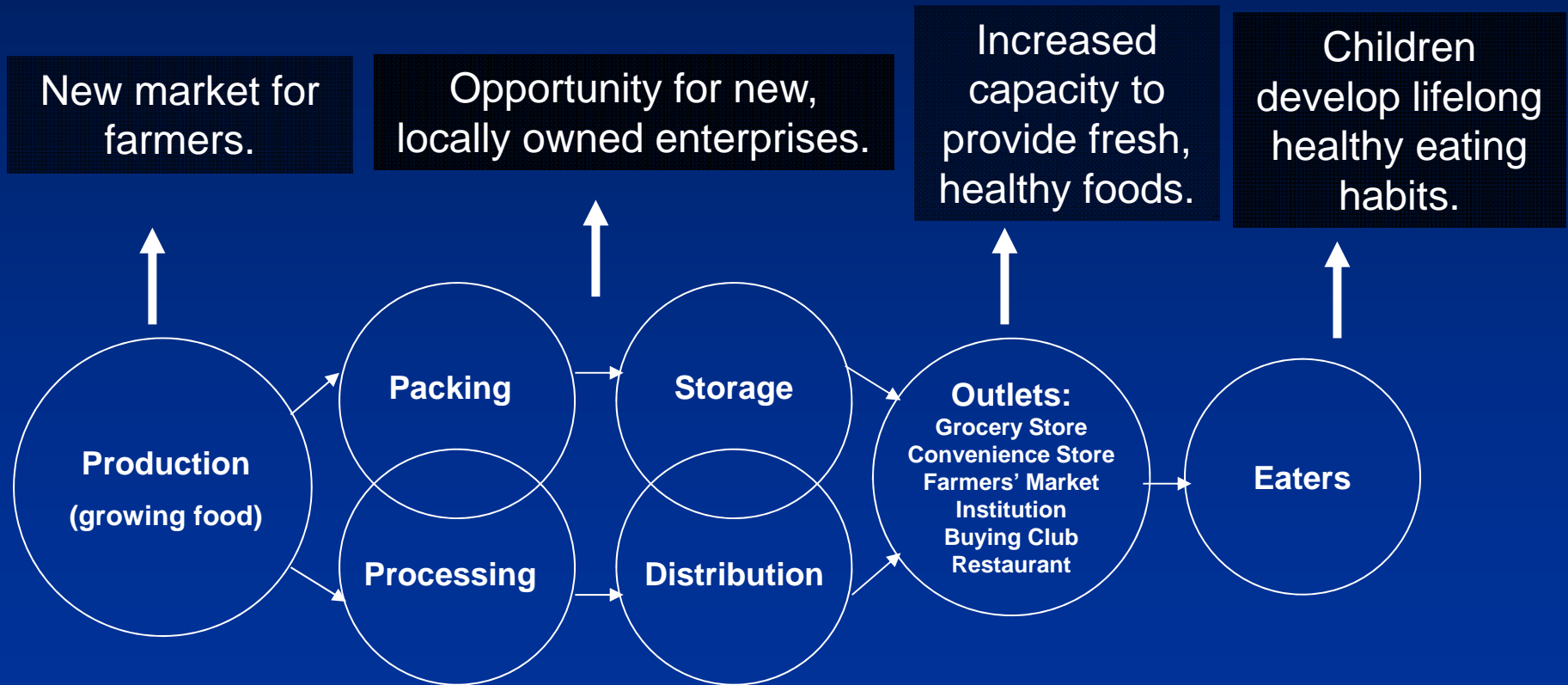
What else can we do in schools?

- School gardens
- Nutrition education
- Physical activity



Healthy Kids, Healthy Economy

Impact on NM food system:



For more information

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