

## **E. Access to Fresh Food and Recreation**

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### **Background**

#### **Amy Hiller – School of design access to health foods**

Ms. Hiller is interested in physical fitness and recreation. Her research utilizes GIS technology to map areas of neighborhoods that need healthy food. She discussed the importance of design (designing playgrounds for kids to promote physical activity, safer sidewalks, etc)

#### **Allison – Food Trust non-profit organization in Philadelphia**

Supports supermarket development. Allison works with corner store owners to rethink what they are selling, They help owners improve their financing mechanisms to purchase food.

### **Summary**

#### **1. Build on the success of Today**

- **Healthy access to food**
- **Philabundance and SHARE (food programs of PA) ARAMARK**
- **We should focus on improving produce sold at corner stores, community hospitals, schools and other public places**
- **Community Gardens**
- **Soup kitchens**
- **Zoning and parking prevents farmers from opening up fresh market stands on the street**
- **There needs to be more healthy options in school lunches**

#### **2. Transportation Issues- getting to the healthy food. We recommended the “Freshy Bus”. We also talked about emergency food.**

#### **3.**

- **Emergence food governance directory – people should know when and where to get food. This should be updated on a regular basis.**
- **Older folks should teach younger kids how to cook. Also, economics of food should be considered, healthy food is not cheap.**
- **“Socialized recess” – helping kids play in a cooperative manner. Recess should fun, but it should also be a safe place for kids to play. People, such as Penn students, should volunteer in an effort to help make recess fun and to encourage kids to be physically active.**

Questions:

How can collaborations be improved?

How can we have measurable outcomes?

Could CHPI have measurable control?

*Who are the players in this area?*

- **KABOOM**  
<http://kaboom.org/>  
– organization mission to try to place a playground within walking distance to every child within America. Clearing house for applications for every school (google). Kaboom.org explains why play is important, both physically and psychologically. Help get volunteers to build a playground within
- **PUFFA**  
<http://www.phillyfoodandfitness.org/>  
Goal: To bring the Philadelphia community together by making it a healthier place to eat and play
- **Urban Nutrition Initiative (UNI)**  
<http://www.urbannutrition.org/>  
UNI programs aim to increase food and nutrition knowledge, increase the supply of healthy foods, and encourage and support active lifestyles.  
School based, nutrition education, agriculture

The Agatston Urban Nutrition Initiative (AUNI) is a university-community partnership based at the University of Pennsylvania that engages K-16+ learners in an active, real-world problem-solving curriculum that strives to improve community nutrition and wellness.

- **Food Trust**  
The Food Trust is a non-profit organization working to ensure that everyone has access to affordable, nutritious food. The Trust works to educate the public about good nutrition and to increase the availability of fresh food in neighborhoods throughout the region and the state. The Trust works with school districts, supermarket operators, corner store owners, public and private partners, and farmers to make fresh food and nutrition education available to everyone. More information about The Food Trust is available at [www.TheFoodTrust.org](http://www.TheFoodTrust.org)

**Concerns:**

- There is a great concern of how grants are administered. What is appropriate nutrition? The grant states that educators must be paid, however, the definition about what nutrition really is is extremely narrow. It is difficult to work with community, parents, students, etc. Also, there is a limited amount of resources. It is important to understand the role of nutrition.

Altarum (large firm involved)

- **Africom.**  
<http://www.africom-philly.org/>  
Immigrant nutrition. Feed kids corner store type food (low nutrition). Need more health outreach within the community
- **Philabundance and SHARE**  
Outdated. Does not contain information on what's culturally appropriate. Lack of information. They also need to provide a lot more food; the city must mobilize to help them get emergency food.  
-Resources, need to know what agencies distribute food, at what hours.
- **Camp St. Vincent**  
<http://www.campstvincent.org/>  
-Camp that provides safe and nurturing environment to poorest kids in area (Germantown). Provides a quality area for kids to play and to eat healthy food. Introduces kids to games like kickball. In addition to identifying a structural component, it is also important to consider a community involvement.

Scary thought - recreation facilities are now closing due to the state of the government.

### **Women Infants and Children (WIC)**

WIC food package. Changes in child nutrition act policy. First time WICK has been expanded since the 70's including fresh fruits, vegetables, and soy milk.

The State agency's income standard must be between 100 percent of the Federal poverty guidelines (issued each year by the Department of Health and Human Services), but cannot be more than 185% of the Federal poverty level.

Women's shopping at grocery stores, particularly corner stores, needs to change. Changes may mean that vendors need to increase fresh food, and offer a wider variety of nutritional food. Must consider both participants (consumer and supplier, in this case mothers and vendors) and the changes in access to food.

**Questions to ask vendor group:** Why are WIC vendors there? What benefit will they derive from their business? What effect will it have on community?

WIC is representative of all areas of Philly, very diverse. WIC varies from state-to-state. Vendors are interested because they want to increase the volume of their sales. Use their food stamps, but also make use of vouchers. Most vendors are there for business purposes. Some states allow you to use WIC only stores, Pennsylvania does not allow this. WIC member criteria: members must provide an address, they also must

provide an income level, and women must be nutritionally at risk. Must meet eligibility to get welfare, it's all federally funded.

School systems should be a force to provide health food and quality recreation centers.

Farmers market alliance – White Dog is part of PUFFA

Community Gardens / Philly orchard party – helping support people  
Horn and Cultural Society.

There are around 90 schools in the Philly area.

Kellogg has agreed to fund series of activities.

### **Programs/Gaps New Ideas**

CPHI advocate around a new plan deputy of sustained ability. There is a lot of potential barriers to be addressed if a large University is behind you supporting against certain issues. There are a lot of logistic issues surrounding vendors preventing them from selling healthy foods. Most law enforcers are not aware of contradictions that are going on. For example, they will tow the vendor's vehicle while they are trying to sell food.

School food operation needs to be revamped. Outside facilitator help bring around changes. Convening some sort of conference on school food would help. University might play a unique role to convince people changes need to be made.

How receptive are the schools? There is a lot of lip service, but not a lot of action surrounding this. They are afraid of this snowball effect.

The Mayor's Office of Community Service -\$40 million budget

Time league- can we organize info in some way?

Healthy food in hospitals, take out fast food chains.

ARA -

Farmed institutions – White Dog – developed a common market

Emergency food system- need a lot more fresh food.

Good Idea: Recycling food (all sandwiches left from lunch)

Transportation issues around food. Bag of apples are a lot heavier than a bag of chips. Trader Joe's is great, but far away from a lot of people. Many people do not have access to the various supermarkets in the surrounding area. Buses/trains should stop by supermarkets. "Freshy bus"

Young people need to learn how to cook and provide. Faith organizations could help with this. If people are not cooking anymore, they are not buying the food. Life skills education is very important. Culinary schools should go to schools to help teach classes. There needs to be some sort of coordinated mechanisms for people to gain knowledge about access to cooking schools.

SNAP – Food stamps SNAP/ed – education aspect of it

Insurance plays an important role. People who are enrolled in WIC or use food stamps need to be insured. Access to health insurance should be available to all WIC members. WIC has the potential to provide health insurance outreach and enrollment assistance to many of the low-income and uninsured families it supports. WIC programs are ideal partners for outreach programs and may be an effective gateway to health insurance.