

Improving Food Access

Clark, Kirsten. 2014 Smoketown mobile mart first season winds down. The Courier Journal, November 12.

<http://www.courier-journal.com/story/news/local/centralwest/2014/11/07/smoketown-%20%20%20%20mobile-mart-first-season-winds/18650791/> (1 page)

This article provides information about the Thorobred Nutrition Kitchen, an initiative from Kentucky State University's College of Agriculture. In partnership with YouthBuild, the Thorobred Nutrition Kitchen provides fresh produce to the Smoketown neighborhood, a designated food desert. While supply will determine if the mobile market will remain open year round, the Thorobred Nutrition Kitchen intends to expand into additional stops including Beecher Terrace and Portland neighborhoods next season.

Community Farm Alliance. 2007 Bridging the Divide: Growing Self-Sufficiency in our Food Supply. Community Food Assessment: A Regional Approach for Food Systems in Louisville, Kentucky. West Louisville Food Group.

<http://louisville.edu/cepm/westlou/west-louisville-general/cfa-community-food-assessment-2007/> (52 pages)

The Community Farm Alliance's Community Food Assessment report functions in two ways. It is both a critical analysis of Louisville's food economy, and it also provides a vision of future food security for residents of all local communities. The authors address the issue of food inequality in West Louisville and make suggestions for viable solutions to the problem through collaborative efforts and democratic decision-making within the community. The goal is to create a local food economy within this under-served community that responds to and capitalizes on community assets. The report posits that a local/ regional food economy will create a symbiotic relationship between urban residents and rural farmers by allowing Kentuckians to consume most of their food from local farms, thereby enabling Kentucky family farmers to make an adequate living. The authors of the document track the progress of a yearlong citizen-led initiative whose goals were to document survey findings, gather census data, compare prices of USDA food pyramid requirement foods, and map food access in West Louisville. The findings include the average population of Louisville's West End food desert areas (77,000 people), the median income of the population (46.5% of the regional average), unemployment rates (over double the regional average), and poverty rates (42% or nearly three times the regional rate). The report concludes with a series of recommendations for local policy makers to help establish an equitable food community that boasts responsible citizens as the facilitators for sustainable change, such as mobile markets, community kitchens, and local food stores owned by local residents.

2008 Corner Store Program Possibilities in Louisville Emerson National Hunger Fellowship. Hunger-Free Community Report for Community Farm Alliance.

<http://www.hungercenter.org/wp-content/uploads/2011/06/Corner-Store-Program-Possibilities-Bowman.pdf> (18 pages)

Produced as a follow-up to the 2007 Community Farm Alliance's *Bridging the Divide: Growing Self-Sufficiency in our Food Supply* report and analysis, Bowman's investigative document introduces itself as part of the struggle to create a Locally Integrated Food Economy (L.I.F.E.) in Louisville. The Emerson Fellow addresses the unavailability of food in areas that suffer from "gaping holes" in terms of scarcity of healthy foods throughout local lower-income areas. Since many consumers are forced to shop for food at "convenience-style" stores, the author suggests that corner markets incorporate healthy alternatives into their selections. Bowman outlines the reasons the Louisville urban communities are in dire need of diversifying food options in corner or "convenience" stores. Bowman cites facts regarding the scarcity of supermarkets in urban areas, residents' lack of or limited mobility/transportation options, quality of local urban markets, and price inflation. He indicates that to move the initiative past the pilot stages, the customer must be given greater "intellectual credit" and the systemic or "generic" approach must be abandoned in favor of a more store- or community-specific starting point. Bowman is confident that with practical and precise attention, the program will succeed in providing healthy, affordable options to those who most need them.

Currie, Donya. 2011 KY Program Brings Produce to Some Louisville Corner Stores. Nation's Health 41(6):13. (1 page)

Journalist Donya Currie focuses on the Healthy In A Hurry Corner Store project, a CDC grant-funded initiative administered by the partnership between the YMCA of Greater Louisville and the Center for Health Equity. Currie describes how Healthy In A Hurry stores provide fresh produce to residents living in 'food deserts' throughout Louisville, and she notes a 2009 study conducted by the University of Louisville's School of Public Health which reveals that 97% of Corner Store customers purchased more vegetables than they had previously, as a result of the increased availability of fresh foods. The Healthy Corner Store Initiative functions as part of the Mayor's Healthy Hometown Movement and assists storeowners with meeting various infrastructural and organizational needs, such as refrigeration units, advertisements, and produce managers. As of October 2014, seven Healthy In A Hurry stores operate in areas that have been deemed food insecure (located primarily in the West End of Louisville).

Downs, Jere. 2014 "Farmer Finds Niche Serving Louisville Food Deserts. The Courier Journal, March 10. (1,497 words)

<http://www.courier-journal.com/story/news/local/2014/03/10/farmer-finds-niche-serving-louisville-food-deserts/6263407/>

Written by a Courier-Journal staff writer, this article focuses on Andre Barbour and the success he has achieved by selling his produce through Fresh Stops. Fresh Stops are places that provide fresh food to those who might otherwise not be able to access it and are mostly located in Louisville's food deserts. Barbour's farm is one of only 437 African-American owned farms in Kentucky. The article touches upon other local organizations related to community food security and locally-supported agriculture. The article emphasizes a topic that normally receives scant media coverage: an African-American farmer growing food which is then later sold to mostly African-American consumers. The information in this article is useful to anyone interested in survival strategies of independent farmers in modern society, or the relationships between local farmers and customers and the distribution of their produce.

Jones, Natasacha Ryan. 2010 Building Bonds and Promoting Healthy Choices: Farmers' and Vendors' Relationships with African American Consumers. Masters Thesis, Department of Communication, University of Louisville. (53 pages).

Written by University of Louisville Master's student Natasacha Jones, this thesis explores the relationships of farmers and vendors with African American consumers in Louisville's farmers' markets, Fresh Stops and Healthy in a Hurry Corner Stores. This interview-based study demonstrated the positive attitude most consumers held toward local, healthy food vendors and growers, and the sense of community established through these efforts. Readers will find the themes influencing consumer choices informative, and learn how building stable relationships between vendor and consumer can improve these choices and maintain access to local, healthy foods. The interpretation of interviewee responses offered by the author is enlightening, and the author provides suggestions for future researchers to explore the topic more.

Montgomery, Paxton and Tiffany Robinson and Brian Van Hoose. 2009 Healthy Corner Store Initiative: An Evaluation. University of Louisville School of Public Health and Information Sciences.

http://www.healthykidshealthycommunities.org/sites/default/files/Louisville_Corner%20Store%20Report%202009MPH.pdf (29 pages)

Researchers from the UofL School of Public Health evaluated the Center for Health Equity's Healthy Corner Store Initiative, which aims to make fresh foods accessible in 'food deserts' throughout Louisville. The researchers assessed the implementation of the initiative at the Dollar Plus store in Smoketown, a neighborhood where 50% of residents have yearly incomes below the poverty line. Of the 34 survey respondents who reported buying fresh food from Dollar Plus

(and other stores), 94% claimed to purchase more fruit and 97 % reported purchasing more vegetables since the Dollar Plus initiated the sale of the produce. The researchers gave some recommendations to increase the effectiveness of the project. The first recommendation was to do a better job of informing neighborhood residents about the items for sale. The second was to more effectively train storeowners in the proper methods for produce management and storage. The study included the interview guide and survey in the appendix as tools for researchers to conduct more assessments of local food justice initiatives similar to the Health In A Hurry Corner Store project.

New Roots. ND. Internal Fresh Stops Manual. New Roots. (1-10).

http://www.newrootsproduce.org/uploads/5/3/0/5/5305291/fresh_stop_manual.pdf (10 pages)

The Internal Fresh Stops Manual was published by the New Roots organization in Louisville, Kentucky. This manual serves as an essential resource for people and organizations whose goal is to create a new Fresh Stop location, or to simply improve upon/update the way in which their current Fresh Stop operates. Specifics are given on how to find a farmer who will provide food for the Fresh Stop, as well as a timeline that can be given to the farmer to help them in their planning. Outside communication is not the only suggestion the manual gives. It also explains how to best operate the Fresh Stop in the days leading up to the produce pickup from farmers. The manual gives example worksheets of how New Roots chooses to organize their produce.

Economics of the Louisville Food System

Baker, J. Duffy. "Investing in Our Food System: Challenges and Opportunities." Louisville Barn Raising. January 1, 2013.

http://www.louisvillebarnraising.com/uploads/2/3/4/3/23433308/14_investing_in_our_food_system.pdf. (3 pages)

J. Duffy Baker, Jr., Louisville Division Manager of Commercial Banking, recommends merging efforts between the commercial and agriculture sectors to stimulate the local economy via the food system. Baker presents examples of creative financing mechanisms, such as the Iroquois Valley Farms Initiative, which would provide incentives to farmers to work towards sustainable practices through investment leasing if such an initiative were brought to Kentucky. The Nutrition Capital Network facilitates partnerships between growing companies in the health-care industry and corporate, banking, angel, and venture investors. Baker cites Asheville, NC and Louisville, KY to illustrate city government and financial partnership to improve the food system through local programs.

Burke, Danny. 2010 Making the Leap to West Louisville: EBT at Grasshoppers Distribution. Report prepared for Community Farm Alliance, Louisville, February. (35 pages)

This is an interesting report prepared for the Community Farm Alliance. It makes the case for increased acceptance of EBT cards (SNAP, formerly food stamps) at Grasshoppers Distribution, a farm-to-consumer distributor. Burke argues that if Grasshoppers were to accept EBT cards, it could better serve individuals in West Louisville, a notorious food desert. Although Grasshoppers Distribution permanently closed in December of 2013, this piece provides a strong argument for wider acceptance of government entitlements at small distributors of local produce, e.g., CSAs. He points to the success of New Roots' Fresh Stops, which successfully accept SNAP. Burke concludes by restating the importance of increasing West Louisville's access to healthy produce.

Downs, Jere, and Shafer, Sheldon S. 2014 Food Hub 'Job-Generating Machine' for West End. The Courier-Journal, September 19

<http://www.courier-journal.com/story/news/local/2014/09/18/west-end-parcel-become-louisville-food-hub/15828353/> (4 pages)

This article describes a project currently in the works to construct a "local food hub" in Louisville's West End. The project developer, Seed Capital Kentucky, has secured a 24-acre vacant lot, where they plan to build several facilities including a local food distribution warehouse, a juicing facility, an industrial food processor and a 2-acre demonstration farm. The article suggests that this project may be more critical in revitalizing the West End than the Wal-Mart store which is also currently under development, as the food hub will create ~270 construction jobs and ~250 permanent jobs.

Geronemus, Kate and the Congressional Hunger Center. 2010 The State of Food: A Snapshot of Food Access in Louisville Mayor's Healthy Hometown Movement Food in Neighborhoods Committee Report.

<http://hungercenter.wpengine.netdna-cdn.com/wp-content/uploads/2011/06/The-State-of-Food-Geronemus.pdf> (31 pages)

The author, an Emerson Fellow, offers a thorough view of food access in the Louisville Metro community. She begins by asking why food matters and then explains the importance of food in peoples' lives. Geronemus explains that there are disparities in the ways people buy, prepare, and access food. The author says that Louisville is working to

“deconstruct” the “complex web of cause and effect” that occurs between farm, supermarket, and consumer. She discusses several local food initiatives and their missions to positively impact our local food environment. The author goes on to detail the citizen’s role in the movement, and provides a statistical breakdown of food disparities within our community. She offers several sources of information regarding research on local food initiatives, as well as maps showing food deserts, and the locations of farmers’ markets. The author gives a detailed analysis of our emergency food system and explains the impact it has on those in need. Geronemus concludes with suggestions for viable solutions to our food crisis including new zoning ordinances that would prevent food “swamps” near public schools, revise the standard of school lunches to include fresh fruits and vegetables, and create a local Food Policy council. She gives a comprehensive description of her “vision for tomorrow,” including accessible and affordable nutritious foods in all areas of the city, coordinated educational programs and social marketing campaigns for healthier food choices, and collaborative efforts of organizations to improve the local food system. Finally, the author makes a bid for the community to get involved in making Louisville a city where all residents have access to healthy foods.

Jennings, Josh. 2011 Building Louisville’s Food Policy Council Mayor’s Healthy Hometown Movement. (17 pages)

Jennings wrote this report to explain the establishment of the Metro Food Policy Council in 2011. He begins by asking, “What is a food policy council?” After an introduction mentioning obesity, food access, choices, and the local food system, the Community Health Specialist cites that the need for an effective FPC in the Louisville area is important for ensuring that long-term, sustainable, inclusive policies are created locally to establish a healthy and vibrant food system. The FPCs are made up of participants who think strategically about identifying and proposing innovative solutions to improve public health, spurring local economic development, and making food systems more socially just and environmentally sustainable. He explains that the Louisville FPC was the result of a \$7.9 million grant awarded to the Department of Public Health and Wellness, the collaboration of organizations such as Food in Neighborhoods Committee and Community Farm Alliance, and the support of Mayor Jerry Abramson. Jennings’s report includes organizational charts for recommendations of how the Food Policy Advisory Council would be structured within Metro Government, detailed lists of all policy and advisory actors, pie-chart data of the breakdown of members of the FPAC by district, gender, race/ethnicity, and stakeholder groups, and an itemization of notable milestones. Finally, the report includes a copy of the signed executive order creating the Louisville/Jefferson County FPAC.

2012 The Louisville Local Food Demand Analysis. Karp Resources. Seed Capital Kentucky and Louisville Metro.

http://louisvilleky.gov/sites/default/files/economic_development/local_foods/demandstudyfullreportjan2013.pdf (64 pages)

This analysis lays out the quantitative and qualitative dimensions of the demand for local food in Louisville. Primarily, this report demonstrates a dramatic increase in the demand for local food, suggesting that current demand is not being met by current supply. Among one of the analysis's three scenarios regarding how to meet this growing and unmet demand is suggested a farm-to-food processing facility. The authors argue that the center would be useful not only for serving individual consumers, but also posit that local commercial enterprises would be more likely to use local food if the supply was sufficient and consistent enough to meet demand. Other suggestions include "more tools for more food" which concerns infrastructure and other technical support, as well as increasing the availability of healthy, local food options in already-existing retail outlets.

Lammers, Braden. 2014 New Crowdfunding Platform Launches in Louisville. Louisville Business First, June 19.

<http://www.bizjournals.com/louisville/news/2014/06/19/new-crowdfunding-platform-launches-in-louisville.html?page=all> (2 pages)

This article highlights the arrival of Kiva Zip, a micro-lending site recently launched in Louisville. The site requires borrowers to be endorsed by a trustee. Seed Capital Kentucky will serve in this capacity for borrowers looking to secure loans for agricultural-related expenses. While Kiva Zip will lend to a variety of businesses, Seed Capital will primarily act as a trustee for borrowers that have the potential to grow the local food economy, according to Caroline Heine, Seed Capital's project director. Kiva Zip loans are interest free with a 36-month payback period and a 6-month grace period.

Zawacki, Theresa. 2014 Louisville Metro Government's Local Food Initiatives Economic Growth and Innovation. (12 pages)

The author has created a presentation-style report that outlines the various efforts currently in place in the Louisville area. Her focus for the report follows the themes of regionalism (or local rather than national or governmental projects), economic development (including the sustained, concentrated actions of both policy makers and communities that promote a higher standard of living and better economic health of the local area), and quality of life/quality of place (improving not just the lives of the people, but also the environments in which they dwell). Zawacki, the Senior Policy Advisor to Louisville Forward, begins her presentation with a birds-eye view of the various local

food initiatives and then provides a map and data of regional farms and their crops. She addresses the Farm-to-Table movement and looks at a local food demand survey which indicates a distinct willingness among all consumers to spend more of their allotted food budget to purchase local foods, and that they are willing to do so in order to support the local economy and farmers, and for the quality and freshness of the produce. Her survey includes color-coded maps of food access which include food swamps as well as food deserts, both of which indicate an alarming underserved population in Louisville's densest regions. Finally Zawacki addresses the question of how to proceed with food security, equality, and justice issues in the Greater Metro area, and suggests potential initiatives and strategies for a more dynamic food community.

Kentucky Food Economy

Downs, Jere. 2014 Slow Money Movement Links Local Farmers, Investors. The Courier Journal, June 19: 1-3.

<http://www.usatoday.com/story/money/business/2014/06/19/slow-money-movement-links-local-farmers-investors/11003671/>

This article outlines how investors and small, local farming enterprises have attained funding despite the economic incentives given to large corporate ownership while leaving small farmers to fend for themselves. Slow Money, is a recent movement where investors are turning their attention and their money toward local markets instead of to national or multinational companies that are arguably a safer bet. Smaller businesses, which generally operate on slim margins, face much more instability and by the nature of their size are looked on less favorably especially in the eyes of lenders. The Slow Money movement aims to level the playing field between small-scale and large-scale farmers in order to supply the demand for locally grown food and goods in a more efficient way. By giving small farmers who have not yet accumulated enough capital to buy expensive machinery or equipment a loan, they are giving the farmers the chance they need to expand their business and compete with the larger players in the Kentucky food industry.

Futamura, Taro. 2007 Made in Kentucky : The Meaning of “Local” Food Products in Kentucky’s Farmers’ Markets. The Japanese Journal of American Studies 18: 209–227.

<http://sv121.wadax.ne.jp/~jaas-gr-jp/jjas/PDF/2007/No.18-209.pdf>
(19 pages)

This survey of local food production in Kentucky set out to document the way that Kentucky agriculture has shifted since declining use of its major agricultural product, tobacco, led to reduced demand. The response was to raise alternative agricultural

products such as produce and meats and sell them in conjunction with Community Supported Agriculture or to participate in farmer's markets instead of selling on the wholesale market, which has contributed to Kentucky's burgeoning local market. Many other studies and reports have detailed this change but have neglected to define what kind of food products are being grown and where as well as how foods are branded as "locally produced" in Kentucky. The Kentucky Proud label shows up at nearly every local food establishment and it gives local food the sort of visibility and distinctiveness it needs to catch the eyes of the consumers dutifully looking for it.

Gustafson, Alison, Jay W. Christian, Sarah Lewis, Kate Moore, and Stephanie Jilcott. 2013 Food venue choice, consumer food environment, but not food venue availability within daily travel patterns are associated with dietary intake among adults, Lexington Kentucky 2011. Nutrition Journal 12, no. 1: 17:1-12. (13 Pages)

Gustafson et al conducted a study of food consumption habits of Lexington, KY residents of high socioeconomic status. Participants were asked to name a primary and secondary food venue, the type of venue (i.e. supermarket, supercenter, specialty stores, etc.), and the frequency at which they shopped there. The study also called for them to wear a GPS device that logged their daily food activities, which recorded their traveling and purchasing habits over three different days of the week. The findings showed that there was not a significant association between space and food venue availability, as individuals traveled to venues that only met their needs or preferences regardless of nutritional benefit. Seventy-six percent of participants shopped primarily at a supermarket, and consumed an average of seven fruits and eight vegetables per day. Gustafson et al conclude that the report does not show that living closer to a particular food venue leads to shopping at that venue, but propose conducting further research with a larger sample size of individuals varying in socioeconomic status.

Kentucky Nutrition Education Programs (KYNEP). 2013 Annual Report. Lexington: University of Kentucky College of Agriculture, Food, and Environment, Cooperative Extension Service

<http://fcs-hes.ca.uky.edu/files/nep-profile-4-page-2013.pdf>(4 pages)

This is a short informational bulletin from the Cooperative Extension Service. It gives a brief description of the Kentucky Nutrition Education Programs, which teach people how to make healthier food choices, as well as skills such as gardening and food preservation. The program in Kentucky is carried out through University of Kentucky's Cooperative Extension Service, and encompasses the USDA's Expanded Food and Nutrition Education Program and the Supplemental Nutrition Assistance Program. Infographics provide information about health and economic impacts of food insecurity in Kentucky,

as well as statistics on the 3,046 adults and 232,192 children who benefited from NEP programs in 2013 and the ways in which the program has affected their lives.

Kentucky Agricultural Development Board and Kentucky Agricultural Finance Corporation. 2012 Annual Report Fiscal Year 2012. Governor's Office of Agricultural Policy.

http://agpolicy.ky.gov/SiteCollectionDocuments/annual-report_FY2012_LowRes.pdf (24 pages)

This report details the Kentucky Agriculture Development Fund's top priorities. The primary purpose of this fund is to provide Kentucky farmers with access to capital through loans. Investments in the form of loans to farmers are broken down into various programs such as beginning farmers or agricultural processing. Additionally, the report presents investments in local food initiatives such as farmers' markets and the Governor's Garden program. The report breaks down loan initiatives by participating county. In FY 12, the Fund invested \$22 million in various state, regional, and local projects and programs.

Meehan, Mary. 2012 Lexington Church's Produce Program Shares With Those Most in Need. Lexington Herald Leader, July 30. 659 words.

In this article, Meehan describes a Fresh Stop in Lexington, Kentucky that was started by Julia Hofmeister in 2009. She defines a Fresh Stop as "a community supported agriculture program with a charitable twist," (Meehan 2012). Similar to those in Louisville, this Fresh Stop in Lexington provides produce to individuals weekly throughout the summer growing season. Meehan states that 25% of the Fresh Stop participants live in 'food deserts' and thus only pay around \$10 for their share. The other 75% pay slightly more to cover the difference. Sixty-six families currently participate in this program, many of whom are referred by Habitat for Humanity and Kentucky Refugee Ministries. This demonstrates the need in the community for this type of program and it also highlights the importance of non-profit organizations working together. Hofmeister made an interesting point about the fluctuating participation in this program, noting that many families who get their weekly produce share simply don't know how to prepare the food. Perhaps there is a need in the community for classes on healthy food preparation. This article would be helpful for those wishing to compare the efficacy of the Lexington Fresh Stop program and the Louisville Fresh Stop program. What factors are affecting Lexington's dwindling Fresh Stop participation? What factors have contributed to the Louisville Fresh Stop program's success? This article may help answer these questions. It might also be helpful for those simply wishing to learn more about the different ways to run a Fresh Stop.

McQueen, Sarah. 2011 Predictors of Food Bank Usage among those with Low Food Security: Analysis of the Current Population Survey Food Supplement Data. University of Kentucky, MPA/MOO Capstone Projects. (28 pages)

McQueen extracted data from the Current Population Survey (CPS) regarding food security in order to use it in this study to compare the demographics of people who frequented food banks with those who did not. This was done in order to show potential predictors of food bank usage. McQueen gives some background information regarding what food security in the past looked like. She then explains the CPS data she collected in her survey. The majority of the households responded saying that they have *enough* food available but not always the kind or quality of food desired. 5% responded by saying they often do not have enough food to eat. She found that income levels and homeownership (or lack thereof) appeared to be strong indicators of food bank usage. This could be a useful source for anyone looking to understand and “predict” food bank users or the users of any other emergency food service, and to identify possible methods for assisting folks to reduce the likelihood that these people who have to resort to an emergency food support program.

Tanaka, Keiko, and Patrick H. Mooney. 2010 Public Scholarship and Community Engagement in Building Community Food Security: The Case of the University of Kentucky. *Rural Sociology* 75.4:560-583. (25 pages)

Sociologists Tanaka and Mooney detail their ongoing project to teach University of Kentucky students about the local agro-food system through a project called the Lexington Community Food Assessment. Over the course of six years, a total of eighty students, ranging from freshmen to Ph.D. candidates, conducted fieldwork and engaged with the Lexington community, taking a sociological approach to researching food access as a social problem. The authors outline each phase of the project, which included gathering data on food desert locations, conducting interviews at food retailers, and composing individual research proposals.

Williamson, Sara, Timothy Woods, and Wuyang Hu. 2009 The Kentucky Food Consumer: An Insight into Our Perceptions and Behaviors in Relationship to Food Purchasing and Consumption. Lexington. Report.

http://www2.ca.uky.edu/cmsspubsclass/files/swilliamson/tim/pubs/2009-13_kyconsumer.pdf

The goal of this survey is to collect and compile food data in Kentucky in order to streamline the production and distribution of local foods in an attempt to localize consumption in the state. Several of these surveys have been completed and their results have been published, as the consumer survey has been adapted to various productive sectors within food production in Kentucky such as bourbon and fresh produce. The present survey report includes: demographics, food behavior data, vegetable and other product consumption patterns. The report also includes data on individual farmers' market participation as well as food production and education practices. The ultimate objective is to coalesce pertinent information such as demographics and consumption patterns in order to target areas of the local food market that are needed and desired by citizens. The reports also serve communities in identifying points of weakness in the local food system that can be addressed at the community level.

Woods, Tim, Matt Ernst, and Jeffrey Herrington. 2006 Kentucky Restaurant Produce Buyer Survey. Lexington: Department of Agricultural Economics, University of Kentucky.

http://www.uky.edu/Ag/AgriculturalEconomics/pubs/ext_other/2006Restaurant.pdf. (9 pages)

Researched and written by students in the Department of Agricultural Economics at the University of Kentucky, this short work provides the results of a survey conducted among Kentucky restaurant chefs and owners regarding locally sourced products. The results indicate that many Kentucky restaurants are interested in featuring locally grown produce on their menus, and list the specific products they would like to acquire and serve. Included in this study are the barriers restaurant owners experience when trying to buy from local growers. The obstacles mentioned could help growers cater the production of their products to demand. Kentucky farmers and growers would benefit from the information provided by this survey for refining the production, marketing, and distribution of their products to local restaurants.

Woods, Timothy, Hileman, Miranda, and Yang, Bruce (Shang-Ho). 2013 "Impact of the 'Farms to Food Banks' Produce Sourcing Project" UK Cooperative Extension Service Report. University of Kentucky Department of Agricultural Economics.

www2.ca.uky.edu/cmsspubsclass/files/tawoods/F2FB%20report%20final.pdf (10 pages)

The authors seek to gauge the effectiveness of the Kentucky Association of Food Banks' "Farms to Food Banks" program in allowing poorer Kentuckians access to fresh produce. This project also aimed to increase awareness of fresh foods among food bank users. Research was conducted through individual interviews with customers at one of three

food banks which serve nine food pantries across the state. Results indicated that people going to food banks were happy to have better access to fresh fruits and vegetables, and that many would like to see an even greater selection in the future. Cost was the most common reason people gave for not having previously made healthier food choices. The study shows that overcoming this barrier (cost) can increase the intake of fresh produce among low-income consumers. This report highlights the major barriers for low-income people in regards to acquiring fresh produce, and gives statistics showing the impact of the “Farm to Food Banks” program on public awareness and knowledge of fresh produce. It also gives suggestions for future food projects and policies: cooking classes, exploring the use of food banks in the long-term and their effects on eating habits, etc. This report would be useful to anyone wishing to study the influence of food programs on the eating habits and awareness levels of those who utilize them.

Community Agriculture Initiatives/Schoolyard Gardens

Bruno, Justin Dean. 2013 Breaking the Fast Food Chain: Introducing Urban Agriculture To Foster Healthy Eating Habits In America. Master’s Thesis, Landscape Architecture, University of Tennessee, Knoxville. 66 pages.

Using the California neighborhood in Louisville, KY as a case study, Bruno explores various strategies to weave urban agriculture into the fabric of a particular neighborhood. He chooses the California neighborhood for a number of reasons: It is a food desert and has a high incidence of diet-related health problems. Its residents are dealing with unemployment and poverty. Bruno also mentions the importance of the inclusion of children in urban greening initiatives. He ultimately proposes a design that he hopes will serve as a prototype for future urban farms. He suggests California Park as a place to foster experiential learning, promote community engagement, and to provide organic, local food to community residents. Because this thesis was used to attain a degree in Landscape architecture, Bruno pays particular attention to the design and allotment of land for this multipurpose urban farm and incorporates sustainable practices into its design. For example, he suggests the inclusion of a meeting place in the middle of the farm in order to foster a sense of community. This communal space could be converted into a farmer’s market on the weekends. This source provides a particularly useful template for urban agriculture and the author also demonstrates how this template can be modified to meet the unique needs of a particular community.

City Solutions Center. 2010 Schoolyards as Resources for Learning and Communities: A Design Handbook for Kentucky Schoolyards. Report, August. Louisville: Center for Environmental Policy and Management, University of Louisville, pp1-47.

<http://louisville.edu/cepm/publications/files/schoolyards-as-resources-for-learning-and->

[communities-a-design-handbook-for-kentucky-schools/view](#). (48 pages)

The City Solutions Center (CSC) offers a guidebook for the development of schoolyards designed to facilitate experiential, community-based learning projects. Two examples include the West Marion Elementary School in Loretto and the Providence Montessori School in Lexington. Both schools built outdoor classrooms as part of their broader goal of cultivating a sense of interconnectedness with the earth and community members. The CSC's handbook focuses on the potential design features of schoolyards, including gateways, greenhouses, gardens, native plants, trees, worktables, public art installations, and various teaching tools such as sampling tubes, rain gauges, and worm bins. In order for schoolyards to meet the needs of all community members, the CSC promotes a participatory learning process that entails community-based collaborative decision-making, creative problem-solving, honesty, and transparency.

City Solutions Center. 2010 Cane Run Elementary Schoolyard Project. Report. Louisville: City Solutions Center, University of Louisville.

<http://www.udstudio.org/index.php/projects/citysolutionscenter/130-cane-run-elementary-schoolyard-project> (35 pages)

This report describes a project completed by the City Solutions Center and Jefferson County Public Schools whose aim was to develop gardens and encourage environmental science education at Cane Run Elementary in Louisville's south end. The main goal of the project was to build more attractive outdoor spaces that could serve as learning opportunities for new environmental science curricula; the project was also developed to serve as a model. Contextual information on the history of the Shively neighborhood and the elementary school is given to explain the need for the elementary school gardens project, and how it is also part of the broader goals of implementing overall neighborhood improvement. Participants included the CSC, local residents, teachers at Cane Run Elementary, and other concerned parties, all of whom worked together to build and develop the gardens from the ground up.

City Solutions Center. 2009 Portland Elementary Schoolyard Project. Report. Louisville: City Solutions Center, University of Louisville.

<http://www.udstudio.org/index.php/projects%20citysolutionscenter/129-portland-elementaryschoolyard-project> (39 pages)

This report describes a project completed by the City Solutions Center and Jefferson County Public Schools to redevelop gardens and revamp environmental science education at an underserved school in Louisville's West End. The project was also

designed to serve as a model for other elementary school garden programs in Louisville. Contextual information on the history of the Portland neighborhood and the elementary school illustrates the deep history and the need for community engagement. The private sector and a broad group of engaged community members, including many parents, came together to plan the new gardens and curricula.

Grossman, Robin Oxnard. 2000 A Comparison of the Characteristics of Gardeners, Their Motivations for Gardening and Management Practices of Blackacre Community Garden and Limerick Community Garden in Jefferson County, Kentucky. M.S. Thesis, Environmental Education, Policy, & Management Interdisciplinary Studies, University of Louisville. (98 pages)

In his study of the motivations of community gardeners at two sites in Louisville (Blackacre and Limerick), Grossman found that 47 of the 49 gardeners at the two sites were white, and the majority of the gardeners were over age 61 and had more than 15 years of gardening experience. Survey respondents did not regard food security as an important motivation for their gardening activities; instead, respondents said that the two garden sites provided several quality-of-life benefits, which ranged from building social relationships to staying physically active by working with the soil and plants. Grossman briefly mentions that respondents engaged in gardening as a hobby rather than as a strategy to meet economic needs. Grossman suggests that future research on community gardens in Louisville should seek to better understand how and why community members participate at garden sites throughout the city.

Hashim, Nadra. 2014 Reversing Food Desertification: Examining Urban Farming in Louisville, Chicago and Detroit. Local Environment: The International Journal of Justice and Sustainability 1(1):1-26. 26 pages.

Hashim examines two strategies to combat the growing problem of obesity and the related issue of food desertification: urban gardening and a trans-fat ban. Hashim argues that in cities such as Louisville, Chicago, and Detroit, where the trans-fat ban has thus far shown little improvement of health outcomes, urban farming is a better candidate. She uses Louisville as a case study because its urban gardening scene is relatively young. While assessing the current status of urban agriculture, she examines the impact of race on food access. She finds that large grocery store chains and even farmers who sell their produce at farmer's markets, see these neighborhoods as financially risky. She envisions urban gardening as a practical solution to reverse food desertification in these areas. This article would be useful for those seeking a comparative analysis of urban gardening strategies in Louisville, Chicago, and Detroit.

Louisville Department of Economic Growth and Innovation Community Gardens in Louisville: A Start-up Guide

http://www.louisvilleky.gov/sites/default/files/economic_development/local_foods/communitygardenguidefinalsmall.pdf (45 pages)

Funded by a grant from the Mayor's Healthy Hometown Movement and the CDC, this guide provides comprehensive information for anyone interested in starting a community garden. In addition to providing information on logistical issues (permits, location, soil quality, garden design and funding), the guide also offers insights into gaining community interest and support and highlights the benefits of a community garden using the Parkland Community Garden as an example. A thorough appendix at the end of the guide provides information for a wide variety of issues relating to community gardens, including how to take soil samples for testing, plans for various garden layouts, legal code and regulations, a sample gardener agreement and additional resources listing contact information for relevant organizations and government offices. This guide does a fantastic job of combining a wealth of sources and information related to community gardens into one convenient document.

Turner, Allison H. 2009 Urban Agriculture and Soil Contamination: An Introduction to Urban Gardening. Practice Guide 25. Louisville: University of Louisville Department of Sociology, Center for Environmental Policy and Management, Environmental Finance Center: Serving EPA Region 4.

<http://louisville.edu/cepm/publications/practice-guides/pdf/25.-urban-agriculture-and-soil-contamination-an-introduction-to-urban-gardening/view>. (20 pages)

Written by Allison Turner, a former graduate research assistant at the University of Louisville's Center for Environmental Policy and Management, this practice guide serves to familiarize readers on the contaminants and pollutants in produce gardens. Although short, this work provides a good starting place for those learning about different pollutants in soil, and describes how to go about testing soil in Louisville and Kentucky as a whole, collecting samples and mediating the problem of polluted soil. Briefly discussed are the different types of soil mediation methods and their relative benefits within the scope of urban agriculture. Although this guide is limited to a basic overview of soil contamination and doesn't go into many specifics, it serves well as to acquaint readers with the topic and includes a number of useful links to outside websites.

Appalachia/Rural Kentucky

Cooke, David; Berea College. 2010 Grow Appalachia Program. Berea College. (1 page)

<http://www.berea.edu/appalachian-center/grow-appalachia/>

This source is the result of the efforts of John DeJoria (founder of Grow Appalachia), Tommy Callahan and the Berea College garden program. Together, these folks were able to create a model that aims to alleviate food insecurity in rural communities by providing access to gardening knowledge. In rural Appalachia there are many people who have very limited access to high-quality fresh produce. There is also a generational loss of gardening, cooking and food preservation knowledge and skills. Additionally, many Appalachians have developed health problems in connection with the lack of said access and knowledge. The goal of the project is to provide these services in order to create healthy local food options, increase self-esteem through agency, and enhance the sense of community through a rediscovery of Appalachian heritage. This source could be useful for other rural areas struggling with similar issues.

Gustafson, Alison A., Sarah Lewis, Corey Wilson and Stephanie Jilcott-Pitts. 2012 Validation of food store environment secondary data source and the role of neighborhood deprivation in Appalachia, Kentucky. BMC Public Health 12(1):688. (12 pages)

The authors explore the validity of a secondary data source, InfoUSA, which is widely used for the characterization of the retail food environment in rural areas. They found that InfoUSA was extremely sensitive towards traditional food outlets, such as supermarkets and supercenters, but less sensitive towards nontraditional food outlets, such as dollar stores and farmers' markets. InfoUSA is used to define the food environment on a macro-level and to classify the access and availability of food stores within neighborhoods. However, the lack of reliability found in this study points out the need for conducting direct observation or "ground-truthing" when analyzing food access and availability in rural areas. Additionally, the authors found that neighborhood deprivation is directly correlated with the presence of certain store types, especially those underrepresented in secondary data sources, which may or may not sell healthy food items. Thus, to improve analysis of rural food environments, direct observation or ground-truthing is necessary to validate secondary data sources, and that those underrepresented store types are better determiners of neighborhood deprivation.

Jenkins-Howard, S. Brooke, Laura Stephenson, and Mark Mains. 2013 Cooperative Extension Nutrition Education Program: Outreach to Southeastern Kentucky Families in Poverty. PRISM: A Journal of Regional Engagement 2(2):117-132. (18 pages)

This article explores the impact of the Expanded Food and Nutrition Education Program outreach (EFNEP) on local families in a high-poverty Appalachian region of Kentucky, and compares their findings to state and national impact data. The authors found that EFNEP participants, when compared to non-EFNEP participants of similar economic status, showed improved patterns of healthy eating and consumption patterns that corresponded to dietary guidelines for all food groups. They also determined that EFNEP participants expanded the variety of basic food groups they consumed; these results were consistent at national, state, and district levels. The authors also found that many EFNEP participants added fruits and vegetables to their diet by cultivating outdoor or container gardens at home. The EFNEP was also effective in improving education about nutrition and food preparation based on individuals' entrance and exit results, a major purpose of the program. This study, showing the efficacy of the program, provides an introduction to the implications of appropriate outreach strategies in Appalachian Kentucky.

Swanson, Mark, Nancy E. Schoenberg, Rian Davis, Sherry Wright and Kay Dollarhide. 2013 Perception of Healthy Eating and Influences on the Food Choices of Appalachian Youth. *Journal of Nutrition, Education and Behavior*. 45(2):147-153. (11 pages)

This study addresses the disparities in the geographic distribution of overweight and obese folks, of whom high rates are seen in Appalachian Kentucky. The authors used eleven focus groups of participants aged 8 to 17 to learn about their dietary choices. Participants expressed confidence in their own knowledge about healthy versus unhealthy food, and said that taste preference, sensory cues, convenience, and costs influenced their food selection. The participants said that social influences were especially important for future designs of healthy eating programs, as current programs did not address social influences adequately. The authors also noted variation by age and gender, for example: males tended to focus on nutritional benefits, while females focused more on cost, convenience and sensory cues. The youngest age group focused on nutrition facts and knowledge, the middle age group on taste preferences, and the oldest age group on social influences. Additionally, the authors noted that no participants mentioned traditional Appalachian food practices. Overall, these results may provide insight into how to better educate adolescents on healthy eating behaviors, and ways to help put those behaviors into practice.

Quandt, Sara A., Arcury, Thomas A., McDonald, Juliana, Bell, Ronny A., Vitolins Mara Z. 1999 Hunger and Food Security among Older Adults in a Rural Community. *Journal of Applied Gerontology*. 58(1):28-34 (20 pages)

http://www.geo.mtu.edu/~asmayer/rural_sustain/food_security/Food%20Module%20Reading%202.pdf

The authors examine the problem of food insecurity as one which is prevalent among elderly populations, specifically in the Appalachian region of Kentucky. Their purpose was “to contribute to the existing body of food insecurity studies by examining food insecurity in rural, multiethnic communities using a multi-method approach.” This research team collected the data by conducting structured questionnaires, face-to-face interviews, and also made use of the data from previously conducted surveys by other researchers. The data they collected suggests that the elderly in this region do not have access to nutritious food. Seventeen out of 145 people reported experiencing food insecurity. This article could be helpful to someone who is trying to implement a food security program aimed at helping people in the Appalachian region. This study was done in 1999, but food security among the elderly remains a pressing issue in Appalachia.

Farmers’ Markets

Flaccavento, Anthony. "Is Local Food Affordable for Ordinary Folks? Comparison of Farmers Markets and Supermarkets in Nineteen Communities in the Southeast." SCALE, Inc. November 1, 2011.

<http://www.ruralscale.com/resources/downloads/farmers-market-study.pdf>. (4 pages)

In regards to some criticisms of farmers’ markets as being “elitist,” in 2011, SCALE, Inc. conducted a study of twenty-four farmers’ markets throughout six states in Appalachia and the Southeastern United States. The findings showed that farmers’ markets closely compete with mainstream supermarkets, and this was demonstrated in their slightly lower prices comparative to that of the supermarkets. The majority of produce was less expensive at farmers’ markets than at mainstream supermarkets.

Harrison, Hannah Virginia. 2013 From farmer to market: The rhetorical construction of farmers in the local food movement. Masters Thesis. University of Louisville: UMI Dissertations Publishing. (91 pages)

This thesis is composed of two parts. First, the author deconstructs images and ideas regarding farmers, farming, and food movements in works by authors such as Michael Pollan and Wendell Berry. Second, the author examines the rhetoric used at a farmers’ market and two farm-to-table restaurants in Louisville. Harrison focuses on *The Omnivore’s Dilemma*, *The Memory of Old Jack*, *Fast Food Nation*, and other books in her analysis of the imagery and identity of the farmer in food movements. She expands upon the theory by demonstrating how farmers are represented in the language, space, and physical objects found at these three locations.

Hayden, Callie Ann. 2013 Analyzing Healthy, Local Food Systems: A Case Study of Owensboro, Kentucky. Masters Thesis, College of Agriculture, University of Kentucky. (92 pages).

This study provided insight into the local food system in Owensboro, Kentucky. Though this study was specific to Owensboro, the author does a great job of outlining how to understand and analyze a community food system. Hayden makes reference to several other cities in Kentucky, including Louisville, which she feels are leading the state in terms of the local food movement. The author provides a questionnaire used to survey participants at local farmers' markets and other local food distribution sites. The questionnaire allows readers to understand exactly how Hayden learned about the specifics of the Owensboro local food movement. Hayden not only discusses how to strengthen the local food movement in a given community, but also acknowledges the challenges involved with promoting this social and food movement.

Holcomb-Kreiner, Stephanie M. 2012 Explaining benefit utilization variability in FMNP in Kentucky: an application of Pierre Bourdieu's theory. Ph.D. Dissertation, Department of Sociology, University of Kentucky. (278 pages)

This paper explores the variable and often low benefit utilization of the Farmers' Market Nutrition Program (FMNP) and the Senior Farmers' Market Nutrition Program (SFMNP) in Kentucky. The author uses the theoretical framework of Pierre Bourdieu to do so, and places emphasis on cultural capital being an important factor in determining benefit utilization. Drawing upon Bourdieu's theory, the author argues that FMNP and SFMNP have variable utilization because those programs require participants to enter a realm of food acquisition to which they are not accustomed, as opposed to other federal assistance programs such as SNAP and WIC. The author further explains the lower utilization of FMNP compared to SFMNP: SFMNP participants had greater knowledge and skills about fresh food preparation, and thus, a substantially different cultural capital than the FMNP participants. Regionally, the amount of past experience in a certain realm also appears to impact redemption rates of both FMNP and SFMNP. The author provided policy recommendations to increase fresh fruit and vegetable consumption by improving FMNP and SFMNP benefit utilization in Kentucky. Their recommendations include:

1. Increase opportunities for program participants to shop at farmers' markets;
2. Leverage social capital and local histories to increase other forms of capital in which participants are deficient;
3. Implement efforts to increase cultural transmission of fresh fruit and vegetable preparation and consumption throughout broader segments of society.

Specifically, the author calls for local agencies to implement and expand recipe distribution to participants, increase the number and types of reminders regarding FMNP and SFMNP coupons, and to collaborate with one another. This author's approach could prove particularly valuable to those interested in increasing the use of FMNP and SFMNP.

Markowitz, Lisa. 2010 Expanding Access and Alternatives: Building Farmers' Markets in Low-Income Communities. Food & Foodways: History & Culture of Human Nourishment 18(1/2):66-80. (15 pages)

University of Louisville professor Dr. Lisa Markowitz focuses on the extent to which fresh foods from local farmers are made available and accessible to the most economically vulnerable populations in Louisville, KY. She characterizes farmers' markets as being central in the civic efforts to re-localize agrifood systems as well as being places that engender a wider public awareness of food and farming. Her account traces the federal policies that community-based activists work to effectively implement, and she suggests that policy-makers and activists from other cities ought to focus on the process of creating successful farmers' markets in low-income neighborhoods in order to institute more equitable local food economies.

Ryan, Brittany. 2013 Overcoming Barriers to Local Food Access: A Case Study. M.A. Dissertation, Institute for Citizenship and Social Responsibility, Western Kentucky University. (85 pages)

This paper is a case study on the barriers that exist for low-income populations in regards to obtaining local, whole, unprocessed foods from a farmers' market in Bowling Green, Kentucky. The author focused on the city's Community Farmers' Market where she used surveys to collect data by interviewing individuals who received FMNP or SNAP benefits. Obstacles to obtaining healthy, local foods included: lack of reliable public transportation, particularly for the elderly, students, and low-income populations; location of the market; limited time, both that of the shoppers and the hours during which the market is open; price, with the general perception being that shopping at farmers' markets is prohibitively expensive; and lack of knowledge about food and nutrition. The author proposes potential solutions to overcoming many of these obstacles, including the acceptance of SNAP and FMNP benefits to overcome price concerns, the introduction of a mobile market and the use of volunteer shoppers for the elderly to overcome transportation and location problems. Increased access to CSA programs could also be effective in regards to time frame difficulties. Finally, she suggests the use of publications to help increase patrons' food knowledge and overcome education gaps.

Schmitz, Elizabeth Ann. 2010 Farmers' Markets in Kentucky: A Geospatial, Statistical, and Cultural Analysis. Masters Thesis, Department of Geography and Geology, Western Kentucky University. (150 pages).

Schmitz examines the primary factors causing the growth of farmers' markets in Kentucky and seeks to understand what exactly this growth can tell us. Schmitz feels that this growth of farmers' markets indicates an emerging alternative food network in Kentucky, and shows a shift towards localization of the food supply. She found that

farmers' markets are more common in highly populated areas, while only 50% of small rural counties have farmers' markets. Schmitz recognized that the growth in farmers' markets across the state was supported or influenced by several factors, including: state funding for markets, shifting consumer response to food safety, education, and median household income.

2012 Growing a Farmer's Market in Your Neighborhood: Recommendations for Success. Practice Guide 29. Louisville: University of Louisville Department of Sociology, Center for Environmental Policy and Management, Environmental Finance Center: Serving EPA Region 4.

<http://louisville.edu/cepm/publications/practice-guides/pdf/29.-growing-a-farmers-market-in-your-neighborhood-recommendations-for-success/view>. (20 pages)

Written by Allison Smith and Daniel Weinstein, former graduate research assistants from the University of Louisville's Center for Environmental Policy and Management, this practice guide serves as a starting point for those interested in opening a farmer's market. Although short, this guide provides a good deal of information on the what, why, and how of farmer's markets. Especially helpful are the tips from case studies that provide the avid entrepreneur with ways to enhance the atmosphere, community, and products of farmer's markets. From establishing, running, managing, and marketing, this guide suggests what to do and what not to do in a farmer's market to be successful. This guide is a bit limited in that it serves as a familiarizing piece and is not comprehensive, but it provides numerous links to resources about funding a farmer's market in Kentucky.

Woods, Timothy. 2010 Kentucky Farmers' Market Association: Technology and Food Safety Project. University of Kentucky Cooperative Extension Service Report. University of Kentucky Department of Agricultural Economics.

www.uky.edu/Ag/CCD/AEC_2011-2_FMdebitbt.pdf(40 pages)

This report investigates the use of electronic exchange technology (debit cards, SNAP benefits/EBT) at farmers' markets in the state, and focuses especially on rural areas. The report also focuses on the effects of giving out product samples on subsequent sales and customer interest at the farmers' markets. The study of EBT/debit included five different farmers' markets which were using electronic exchange technology, along with a control group which featured farmers' markets that were similar in size and location. A number of different surveys were used. One survey was for market patrons, one for market vendors, and one for documenting sales progress throughout the year at different markets. This study did not find that there was any significant benefit for the vendors by being equipped to handle EBT and debit transactions. The authors say that the use of debit

cards at farmers' markets may become more widespread in the future, as there is a high rate of usage among younger people. However, they did find that customers had positive reactions to cooking demonstrations and the invitation to sample products before purchase, information which could be helpful for the further development of farmers' markets.

Environment/Sustainability

Dasgupta, Siddhartha, Wynne, Forrest, Caporelli, Angela, Meyer, Lee.
Processing and Marketing Aquaculture Products on a Small Scale. Kentucky State University: KSU Aquaculture Program of Distinction

<http://ksuaquaculture.org/Pubs.htm/Process%20&%20Market.pdf> (97 pages)

This publication is geared towards filling in the gap that exists between large-scale and small-scale aquaponics, sectors which are both experiencing growth. Aquaponics systems can grow fresh food indoors or outdoors and incorporates the use of fish and water to grow plants sustainably in a closed system. One main problem this publication addresses is the fact that large-scale aquaponics equipment is not designed for small-scale prototypes. Consequently, some mechanisms are not compatible with small-scale systems and locating compatible equipment can present a challenge. The article also goes into detail in its description of the proper waste removal procedures and laws. It speaks about small-scale economics, gives an equipment list, as well as examples of models that have already been tested. The article gives the same information about large-scale projects. This article could be useful for those who wish to create a personal aquaponics system.

Dittmer, Allan E. 2013 Sustain: A Journal of Environmental and Sustainability Issues
The Kentucky Institute for the Environment and Sustainable Development

See special issue on Local Foods: Issue 27 (Fall/Winter 2013)

<http://louisville.edu/kiesd/sustain-magazine/>

This biannual magazine, produced by The Kentucky Institute for the Environment and Sustainable Development at the University of Louisville, provides a forum for interdisciplinary research, applied scholarly analysis, and public policy as pertaining to environmental and sustainable development issues at local, state, national, and international levels. The magazine gives an up-to-date look at what is going on in terms of sustainability in our local community. The articles are broad and diverse, and cover a range of topics from environmental justice to renewable energy sources, from pollution prevention to responsible land use, and from local food systems to the future of sustainability both locally and abroad. It is available for free on-line and in paper upon request at the link above.

Rakocy, James E.; Masser, Michael P.; Losordo, Thomas M. 2006 Recirculating Aquaculture Tank Production Systems: Aquaponics - Integrating Fish and Plant Culture. Southern Regional Aquaculture Center.

<http://ces3.ca.uky.edu/westkentuckyaquaculture/Data/Recirculating%20Aquaculture%20Tank%20Production%20Systems/SRAC%20454%20Recirculating%20Aquaculture%20.pdf> (16 pages)

The authors provide an in-depth, detailed, and technical model of how to create a closed aquaponics system. They explain how to clean the system, components of plant growth, necessary construction materials, and various approaches to system design. This could be extremely useful for someone wanting to create an aquaponics system from scratch. This would be particularly valuable for a community activist with existing knowledge about aquaponics who needs detailed information to help them realize their own projects.

Spencer, Robert. 2008 In-vessel option for on-site food waste composting. BioCycle: 35-38. (4 Pages)

Some factories and universities have begun to manage waste in a different way. In 1990, Bernie Beers and John Willis used their thirty-year experience in the Texas agriculture supply field to form BW Organics (BWO). BWO produced a rotary drum originally designed for composting manure and other animal by-products at poultry, dairy, and hog farms. However, many facilities throughout the world, such as colleges and factories, now use BWO drums to compost food waste. Notably it is used by the Toyota factory in Georgetown, KY, which employs over ten thousand people and features six cafeterias. In 1995, the factory was designated a zero-landfill facility, and set a goal to divert shipping of 95% of waste from landfills, instead converting the waste into energy. They repurposed materials to make recycling bins, and used BWO rotary drum vessels for composting. Cafeteria waste is composted for on-site gardens which are planted with vegetables, trees, and decorative flowers.

Food and Health

Courtney, Anita. 2012 Shaping Kentucky's Future: A Community Guide to Reducing Obesity – Local Success Stories. Kentucky Department for Public Health.

<http://www.healthy-ky.org/sites/default/files/SKF.pdf> (48 pages)

The author, a Public Health Nutrition Consultant, highlights the overall obesity rates throughout the state of Kentucky. She focuses on the specific efforts and successes of various programs initiated statewide whose aims are to help local citizens make better nutritional choices and engage in more physical activity. The author asserts that obesity has become the most serious threat to the health of Kentuckians, as the state ranks third in national childhood obesity rates and sixth in adult obesity. Courtney challenges every

reader to go out into the community with the goal of affecting changes that will make healthy eating and regular physical activity the “easy choice.” Some of Courtney’s ideas included: encouraging policy changes, supporting environmental initiatives like parks and sidewalks, and getting involved in grassroots movements to bring healthy foods to needy neighborhoods. The author claims that the efforts of each individual community highlighted in the report were successful because they created sustainable, long-term change. In the appendix, the Nutrition Consultant provides printable “Action Worksheets” which are intended to assist in the formulation of new programs and initiatives to improve the health and wellness of Kentuckians. The author concludes the report with a list of the “Eight Elements of Successful Policy,” which was adapted from Public Health Law and Policy, a nonprofit organization.

Healthy Kids, Healthy Communities. 2012 RWJF Progress Report- Healthy Kids, Healthy Communities. Report.

Nationwide: <http://www.healthykidshealthycommunities.org/resources/healthy-kids-healthy-communities-progress-report>.

Louisville case study [url:http://www.healthykidshealthycommunities.org/communities/louisville-ky](http://www.healthykidshealthycommunities.org/communities/louisville-ky). (National report 21 pages; Louisville case study 3 pages)

The report details the progress of the Healthy Kids, Healthy Communities initiative, part of a national program funded by the Robert Wood Johnson Foundation. The goal of the project was to address the ‘obesity epidemic’ in 49 target communities, through the implementation of comprehensive community-based strategies. Louisville, KY was one of those communities, and although not explicitly described in the progress report, a summary of the Louisville case study is provided on the Healthy Kids, Healthy Communities webpage. Working with the Mayor’s Healthy Hometown committee and local residents, HCHK undertook a number of initiatives whose goals were to lower obesity rates and increase access to fresh foods. Examples of these initiatives included road diets, Healthy in a Hurry stores, and re-zoning to allow urban gardening.

Pratt, Katie. (2014) Cooking class teaches low-income families about nutrition. University of Kentucky School of Human Environmental Sciences

<http://hes.ca.uky.edu/news-story/cooking-class-teaches-low-income-families-about-nutrition>(2 pages)

This article, from the Summer 2014 news bulletin issued by UK’s School of Human Environmental Sciences, discusses cooking classes offered in Oldham County through the Cooperative Extension Service and the Expanded Food and Nutrition Education Program, in conjunction with Dare to Care food bank. Pratt describes how the extension

classes are aimed towards helping lower-income people improve their nutritional choices and food-preparation skills.

Smith, Patrick and Margaret Pennington, Lisa Crabtree, and Robert Illback. 2011 Louisville Metro Health Equity Report: The Social Determinants of Health in Louisville Metro Neighborhoods Metro Department of Public Health and Wellness' Center for Health Equity. (76 pages)

The group of authors, made up of community planners and evaluation researchers who also hold advanced degrees in social work and psychology, provide an analysis that addresses the “Social Determinants of Health” (SDOH) in the greater Louisville Metro community. The primary objective of the report is to promote a community-wide understanding of the root causes of health inequalities in Louisville Metro. It also hopes to serve as an impetus for the discussion of neighborhood conditions that contribute to varying degrees of health throughout Louisville. The goal is to move the discussions beyond individual choice-making into the underlying community environmental factors that perpetuate poor citizen health. The authors use the report to counter the common (mis)perception that individual behavior is the primary determinant of health, which presumes that some individuals choose to be unhealthy. Rather, they state, the real SDOHs are access to proven health protective resources like clean air, healthy food, recreational space, opportunities for high-quality education, living wage employment, and decent housing – all of which are highly dependent on the neighborhood in which one lives. The authors cite social inequalities and structural racism as primary factors that influence the Social Determinants of Health and that real change in the overall health of Louisville’s at-risk communities depends on an embrace of a “health in all policies approach” to providing opportunities for better health through effective policy.