FOOD FOR THOUGHT: SWEET CHARITY

Zoom in at noon to learn about food-related social justice.



FOOD SECURITY: Why Are My Neighbors Going Hungry?

Tues., 3.21.21 ~ noon

THOUGHT LEADERS

Wendy Gaynor, Director of Food Security, Chester County Food Bank Jodi Gauker, Executive Director, Lundale Farm

DISCUSSION / CHAT ROOM LEADERS

Viviann Schorle, Program Officer, Phoenixville Community Health Foundation Timmy Nelson, Retired Sr VP UPS; Volunteer & Board Member United Way ChesCo, Turks Head/ChesCo Hospital/Penn Medicine, WC Food Cupboard

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United Way of Chester County



United Way of Southern Chester County









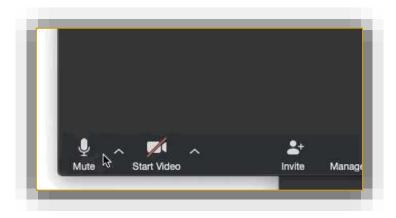


Food for Thought: Sweet Charity

Noon | Welcome & Overview 12:05 | Video 12:15 | Thought Leader Discussion, Q&A by 1:00 | Breakouts & Action Takeaways

Housekeeping Notes

- During the video streaming: mute yourself + turn off your zoom video to help ensure adequate bandwidth for high quality video streaming
- Immediately after the video streaming: unmute yourself + turn on your zoom video to encourage open dialogue







Food For Thought: Today's Topics

- 1. Many people find it hard to believe that in this land of plenty, people go hungry. Yet it's clear that food insecurity is an enduring issue.
 - What's the definition of food insecurity? Hunger?
 - Who is most at risk?
- 2. How many people in Chester County go hungry? Why? What are barriers to getting enough nutritious food to eat? How should we deal with the socio-economic issues surrounding food security?
- 3. How do the nonprofit, for-profit, and government sectors work together to address hunger and food insecurity?
 - What organizations partner in Chester County to address hunger & food insecurity?
 - How do you/your nonprofit help combat food insecurity?
- 4. How has COVID-19 affected food insecurity?
- 5. To combat food insecurity and relieve hunger in Chester County:
 - What do we need overall?
 - What is 1 takeaway message for each of us? What can each of us do to make an impact?





Intro Video



The rise in Americans' food insecurity – CBS Sunday Morning, 11/2020







Discussants



THOUGHT LEADERS

Wendy Gaynor

Director of Food Security Chester County Food Bank https://chestercountyfoodbank.org/

Jodi Gauker

Executive Director Lundale Farm https://lundalefarm.org/ LUNDALE & FARM







DISCUSSION / CHAT ROOM LEADERS

Viviann Schorle, Program Officer, Phoenixville Community Health Foundation

Timmy Nelson, Retired Sr VP UPS; Volunteer & Board Member UW ChesCo, WC Food Cupboard, Turks Head/ChesCo Hospital/Penn Med







Community FOUNDATION

Key Definitions



Food Insecurity

• A household that is without reliable access to a sufficient quantity of affordable, nutritious & culturally appropriate food at any given time

Hunger

- A personal, physical sensation of discomfort caused by insufficient food to meet basic nutritional needs for a sustained period
- Signs include hunger pangs, stomach growling, headache, grumpiness, shakiness, weakness, lack of energy, blood-sugar dips, light-headed feeling, problems focusing



FOOD INSECURITY







CHESTER COUNTY



- 7.1% of Chester County's population (35,000 people) live below the federal poverty level
- Many, many more families are food insecure due to the high cost of living in Chester County
- **8.4%** of Chester County's population (**43,000** people) are food insecure Source: Feeding America, a national anti-hunger organization
- Food insecurity is a complex issue, which is closely tied to poverty, income, health, & nutrition
- There are numerous reasons why families experience food insecurity, either for a few tight months or for years at a time:
 - unexpected unemployment
 - a sudden health crisis or disability
 - a struggle to make ends meet •



For more detail, check out CCFB's Community Food Security Assessment

https://chestercountyfoodbank.org/wp-content/uploads/2018/04/2018-Community-Food-Security-Assessment-Report.pdf





Who Partners with the CHESTER COUNTY FOOD BANK? 120 Hot Meal Sites & Food Provider Partners







https://chestercountyfoodbank.org/wpcontent/plugins/mdw-pdf-providers/htmltemplate/index.php

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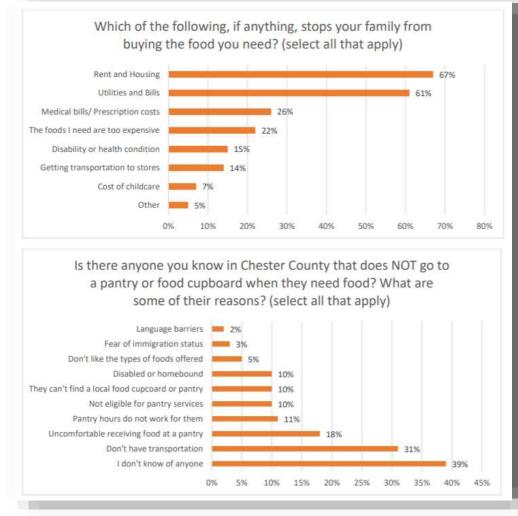
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Why Are Our Neighbors Hungry? What Barriers Exist? (Pre-COVID data)



https://chestercountyfoodbank.org/wp-content/uploads/2018/04/2018-Community-Food-Security-Assessment-Report.pdf



Chester Coun



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Fresh produce,

Why Are Our Neighbors Going Hungry? What Do They Need, Want, & Get?







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Lundale Farm is dedicated to enhancing land use through productivity. Our farmers add to the common good as they grow wholesome food for local residents, create honest work, utilize farming practices that improve soil, water and air quality, and encourage public access and education on their farms.

FARMING PRESERVATION

- Lease land to farmers to start or grow their business
- Consult with other land owners who want to lease their land for food production
- Manage other land owners' properties who are leasing land for food production
- Provide educational opportunities to our farmers, other local farmers, and the public about sustainable farming practices





How Does LUNDALE FARM Help Combat Food Insecurity? Farming Preservation



• French Creek Organic Cider Orchard

FCOCO is the new venture of Dale and Basel Frens, a father-son team with deep roots in apple growing. Before the trees were planted in 2018, they prepared the soil on Lundale's Lookout Fields through organic means, including cover crops and wildflowers to attract bees for fruit pollination. They have since planted over 2,200 apple trees. Their organic hard cider will be worth the wait!

Hurst Farmworks

Jason Hurst farms organically, growing grains that will be used in the feed rations of dairy cows on certified organic dairy farms in the region.

Ironstone Creamery

Ironstone Farm and Creamery is home for Farmers Kim and Natalie Albano. Ironstone's absolutely delicious bacon, sausage, pork chops, and roasts; grass-fed beef; and pastured chicken are available at the Swarthmore, Lansdale and Emmaus Farmers' Markets and through Ironstone's Meat CSA at 3500 Coventryville Road.

Kneehigh Farm

7-acre Kneehigh Farm is owned by Farmer Emma Cunniff. Now in its fifth year at Lundale Farm, Kneehigh produces over 100 varieties of chemical-free fresh vegetables, herbs, and flowers for its CSA (Community Supported Agriculture), the Swarthmore Farmers' Market, and local restaurants. Her farm store also stocks organic and sustainably raised micro greens, mushrooms, cheeses, and eggs from other like-minded local farmers.

Olszanowski Farm

Tom Olszanowski has been farming in Chester County with his family for decades. This season, he'll be growing soybeans that will be used in the feed for the pigs of Lundale's Pasture Song Farm, and other grains for local livestock feed.

Pasture Song Farm

Farmers Clara Osborne and Jeremy Dunphy produce forage-grazed pork and nutritious crops for their hogs on more than 45 acres of loamy, rolling land at Lundale Farm. Pasture Song primarily raises Berkshire and Berkshire-Cross pigs, known for their superior meat that is tender, succulent, darker in color, and heavily marbled. They also have pastured chicken available. Their meats are available at the Seven Stars Dairy farm store, Downingtown and Media Farmers Markets, and through their Meat CSA in partnership with Seven Stars Dairy.

True Leaf Microgreens

True Leaf moved to Lundale Farm in June 2013. Farmer Eric Franks grows unique varieties of micro greens year round. Chefs at fine restaurants across the Philadelphia region prize True Leaf's products for their exceptional freshness and flavor. New, Eric's greens can be purchased at Kimberton Whole Foods, Kneehigh Farm's stand, and through a contactless pick up in Phoenixville at The Culture Factory.

<u>Crow and Berry Land Management</u>

Farmer Austin Unruh designed, installed, and now manages a 3 acre riparian buffer along the creekside banks of the Beaver Run. The native trees and bushes will serve as a buffer to the stream, and the high-value perennial crops will allow him to start his farming enterprise.

• Eric's Bees keep the entire farm buzzing with busy pollinators.





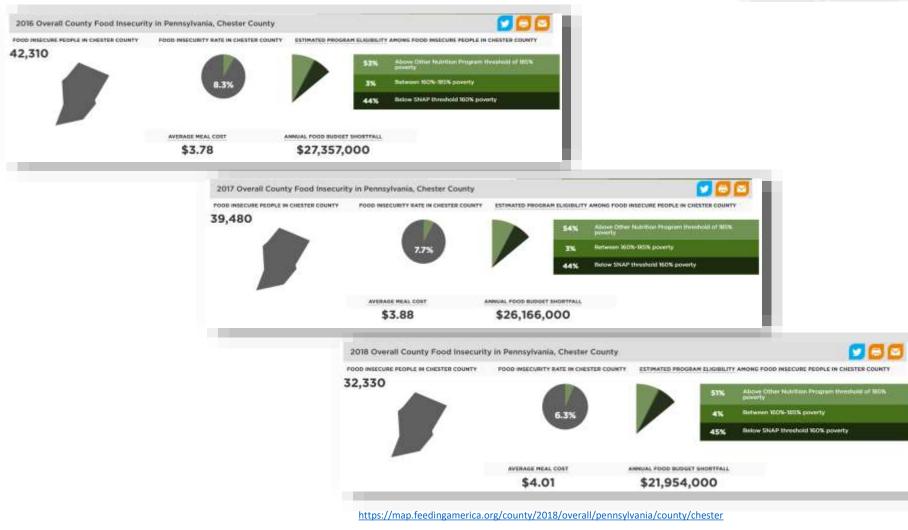
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How is COVID Impacting Food Insecurity & Hunger? (Pre-COVID Data)



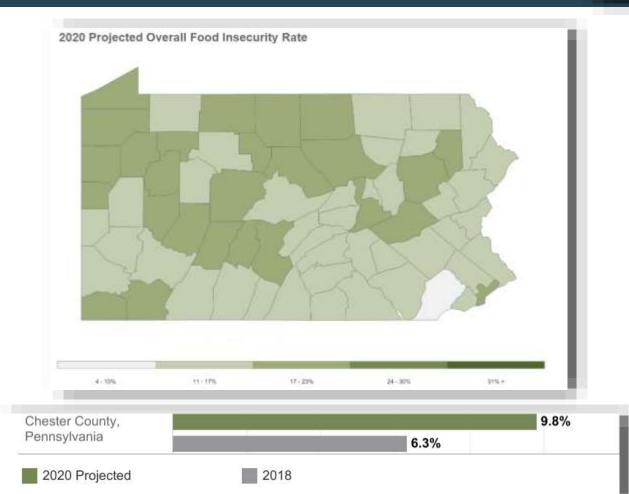






How is COVID Impacting Food Insecurity & Hunger?





https://www.feedingamericaaction.org/the-impact-of-coronavirus-on-food-insecurity/







- What's your wish list as Thought Leaders?
 If you could have whatever you wanted that would help combat food insecurity and relieve hunger in Chester County, what would be on your wish list?
- Who are you? What brought you to today's Food for Thought? What did you want to learn?
- What is 1 takeaway message for each of us?

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• What can each of us do to make an impact to combat food insecurity and relieve hunger?





Sweet Charity: Zoom in at Noon

Register: <u>chescocf.org/sweet-charity/</u>

GROWING & SOURCING LOCALLY:

Where Does My Food Come From?

Tuesday March 16 @ noon

THOUGHT LEADERS:

Terry Brett CEO, Kimberton Whole Foods

Peter Flynn Owner, Pete's Produce Farm

Emily Kovach Editor-in-Chief, PA Eats

SWEET CHARITY À LA COVID

Savor 4 mini-desserts from Carlino's Market in West Chester with the purchase of a Sweet Charity Golden Ticket.

Vote for your favorite dessert and join us on Zoom March 30 for the unveiling of the winner

CARLINO'S



CHESCOCF.ORG/ SWEETCHARITY Chocola Espress Crinkle Coo



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Cheesecake & Fresh Fruit Crostata





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Additional Resources

TITLE	SPEAKER	MINS	POSTED	DESCRIPTION
The rise in Americans' food insecurity	CBS Sunday Morning	7 mins	Nov-20	COVID-19 has deepened our nation's hunger crisis. Since the pandemic started, as many as 7 million people have enrolled in the federal government's food stamp program, and many are relying on food banks for the first time to feed their families. Correspondent Lee Cowan visits San Antonio, Texas, to find out how charitable organizations there are stepping up to feed the demand.
America's growing hunger crisis	ABC News	7 mins	Nov-21	Parents skip meals to feed their children, and food banks step up in hard- hit communities as Congress fails to provide new relief.
Throwaway nation: food waste and food insecurity	TED Talk - Katie Plohocky	12 mins	Mar-18	The United States throws away unbelievable amounts of food each year— and much of it never even reaches a dinner table. Katie Plohocky shares the story of how she started saving perfectly good food from this fate, and gives us insight on how we can do the same.
Hunger isn't a food issue. It's a logistical issue	TED Talk - Esther Ndichu Humanitarian advocate	12 mins	Sep-15	Most people presume that world hunger is caused by a lack of food. But Esther Ndichu, Humanitarian Supply Chain Director at UPS, argues that the real issue is logistics. She points out that farmers often struggle to get goods to market and that food often rots just miles from the neediest people. She explains that by fixing "the last mile" hunger can be solved in our lifetime.
<u>The Shocking Truth About Food</u> <u>Insecurity</u>	TED Talk - Clancy Cash Harrison Nutritionist, author, and social advocate	12 mins	Dec-16	20% of kids are plagued by food insecurity - they lack reliable access to nourishing food. As a nutritionist Clancy's mistake was assuming people had access to the quality food they needed. This resulted in their inability to provide healthy meals even after she taught them how. Clancy debunks some popular myths behind food insecurity, revealing the hidden causes - and actual solutions that are making a difference.
<u>Food Insecurity is a Public Health</u> <u>Concern</u>	TED Talk - Rayna Andrews	17 mins	Nov-16	Food insecurity is an urgent public health problem in the United States, affecting one in seven households. Andrews TEDx talk explores the landscape and impact of food insecurity in the United States and overlays it on the current health outcomes in Milwaukee County. This talk will offer a fresh approach to solving the problem of food insecurity; and how our communities can adopt a collective impact framework that addresses the root causes of household instability that leads to food insecurity.

