

SNAP, WIC, and Nutrition Build Community Based Food Systems and Food Security

Turning community supported agriculture into agriculture-supported community would allow community food security to thrive within the local food movement (Ackerman-Leist 2013). Community food security targets the local population and strives to, “make healthy, fresh food available to individuals, organizations, businesses, and government entities (Ackerman-Leist 2013).”

The food justice movement is present in Austin with organizations like Urban Roots, which targets lower-income families and troubled teens. The Sustainable Food Center (SFC) has created Farmer’s Market Incentive Programs (FMIPs) through the Farmer’s Market Nutrition Program (FMNP) to increase local food access among nutrition assistance beneficiaries (Jeanie Donovan 2013). They have also targeted mobile vending, community-based farm stands and grocery stores to reach beyond the farmers market (Jeanie Donovan 2013).

New policy recommendations include increasing electronic transfer benefits (EBT) availability at local food retail locations and making it mandatory for all farm stands and farmers markets (Jeanie Donovan 2013). This will be one of the biggest challenges because out of seventeen farmer’s markets/food stands in Austin only six are EBT equipped. Additionally Supplemental Nutrition Assistance Program (SNAP)-enrolled and WIC (woman, infants, and children)

customers must be included in all the programs and locations in order for it to be the most effective (Jeanie Donovan 2013). However in order to be SNAP qualified one must apply to determine their eligibility and TBB (The Benefit Bank) assists our diverse population (Jeanie Donovan 2013). Installing EBT technology with the USDA's Food and Nutrition Service (FNS) program requires excess funding. Targeting public and private sources, available grants, annual reporting and reapplications can help sustain funding possibilities (Jeanie Donovan 2013).

Since other cities show the benefits of increased sales between SNAP customers as a result of FMIPs the SFC believes that this would be a successful program here. SFC doubles the value of SNAP, WIC, and FMNP benefits totaling up to \$20 per market per day through the Double Dollar Incentive Program (DDIP), but only for fruits and vegetables (Jeanie Donovan 2013). Consumers can save keep their incentives to use on other days as long as they use them by the end of the year.

By increasing the frequency of access for low-income consumers to obtain locally produced fruits and vegetables, the programs will redirect consumer spending to local agricultural producers (Jeanie Donovan 2013). This could also provide environmental opportunities like reducing food loss in conjunction with local composting programs and gleaning opportunities, as well as turning excess food into animal chow. It will decrease energy output by cutting transportation costs and minimizing distribution beyond a fifty mile radius. Direct market sales and relationship development between consumers and farmers will be socially beneficial. Additional education benefits will help individuals learn new life skills;

understand where their food comes from and empower better nutrition decisions.

Works Cited

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Jeanie Donovan, Amy Madore, Megan Randall, Kate Vickery. *Farmers Market Incentive Program*. Policy Recommendations for Austin, Texas, Austin: Lyndon B. Johnson School of Public Affairs, 2013.

Support these Organic Farms to Help Transform Our Foodshed

My bioregion has a lot of growth opportunities and has made great strides within our local foodshed. The biggest sustainable access that anyone can have in relation to their local foodshed is to grow their own produce, like the veggies we grew (shown above) from our organic garden! The **Sustainable Food Center** has been a key player in transforming our community. They have advocated change, helped impoverished communities have access to healthier food choices, provided resources and education, and launched necessary services. They are available at some of the Austin farmers markets in some impoverished areas and have potential growth opportunities to branch out to other

neighborhoods. The **Capital Area Food Bank** recovers a lot of food from many restaurants and farms and distributes it to poor communities throughout this region (Texas 2014).

There are several organic farms in Austin, some of which have been around for quite some time. **Tecolote** is an organic family farm a few miles from my home in Manor, which has been the longest CSA distributor in Texas (Kramer 2014). Their engagement in the food movement is through their contributions in living sustainably, local restaurant/co-op distribution, farmers markets in different counties, the slow food movement, and biointensive/sustainable/civic agriculture. These are some of the things I learned from this incredible farm by volunteering and working for them. As a CSA shareholder or farmers market shopper you will be pleased to have access to specialty smoked peppers from David's famous outdoor wood smoker and other unique heirloom varieties that are boom-tastic! Chat about your next dish at the market with Katie!

Green Gate is an organic family farm about ten miles from my house that focuses on civic/sustainable agriculture, CSA distributions, some restaurant wholesale, meat/honey/dairy shares on-site from other farms, host to a bee colony from an offsite beekeeper to share the pollination benefits, promote community development and education through their New Farm Institute (Flynn 2014). I've had the wonderful opportunity to work and volunteer for Green Gate! Learning from Farmer Chip and Farmer Erin is a unique and magical experience. Something that you don't want to miss! **Help support them in building their NFI infrastructure and site. Donate!**

These two farms are very similar, especially since they are strong family farms, yet their focus is somewhat different. While Tecolote focuses on their direct market reach through face to face networking, Green Gate focuses on educating the community on food ethics. Not to sound exhaustive, I'm trying to simplify. They both represent farm gate to food plate, instill historical character at their farms and equally share traction in their fields. Green Gate has integrated permaculture design at their farm sites and they are open to the public to learn, offer children's farm camp programs, and alternative educational curriculum opportunities to local schools. They are the only organic farm in Austin that focuses on this. Green Gate provides additional SNAP benefits from the government by doubling the voucher from \$10 to \$20 per day for produce when used on the farm (Banks, 2011).

There is a crucial demand in any city or town for people and children to have access to learning about where their food comes from. That ignites interest which can lead to change. Not all organizations who are involved in the foodshed allow others to learn from them through first hand experience. Although you can volunteer at several of the organic farms within this bioregion, that doesn't mean that people are begging to do so, especially if they don't care about the food movement or know why it's important.

Urban Roots in Austin is another organic farm with a civic/sustainable agricultural drive that teaches struggling teens a better way of living. This includes preparing food, field work, advocating change, and they team up with other local businesses to fundraise and raise community awareness for their mission. They stand out as leaders in their field in this arena and use

their community engagements at the market, SXSW and other festival exposure, farm dinners, CSA, and fundraising events to propel their grassroots movement. Urban Roots attacks food security issues by providing produce to poor communities. Support their social movement, community impact, and farm! They are the funnest farm to volunteer for! Volunteer!

Although not all of the local organic farms have a mindset to transform lives through educational opportunities teaching volunteers or community members, they do in their face to face interaction at farmers markets, website exposure, grassroots involvement and CSA distribution. The need for expanding **SNAP benefit** access at all the farms and providing mobile access to local, fresh foods in different impoverished neighborhoods is imperative to closing the gap between different populations who may be missing out on the local food system, necessary sustainable food transitions and food security.

For more information about volunteering at a local Austin or Manor farm please review my **Green Thumb-Texas Directory page**. Or talk to your local farmer at your nearest food hub! Building new relationships through Community Supported Agriculture is a great place to start! Find a local CSA farmshare near you!

Bibliography

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Urban Roots Promotes Growth through Volunteerism in the Austin Community

This morning I spent a few hours weeding tomato plants for a local nonprofit that supports the development of youth by teaching organic farming techniques as well as genuine life principles. Although the youth who work on the farm are scheduled on Saturdays it was a great way to meet people on an Organic Farm that I haven't volunteered at before. Truth be told it's been on my list of nonprofits to volunteer for quite some time. I was prompted to help out when I also thought it'd be mutually beneficial for LateBloom, Siduslink, and my own personal development too.

I must admit, what I love the most about volunteering on organic farms is learning what other people are doing, meeting new faces, sharing

ideas, reflecting on lessons in life, and if your lucky, getting some complimentary produce for your efforts at the end of your shift. This farm is just off 183 S; loop around the Balm exit and it's tucked back around some curves that eventually turn into Delwau Lane. The farm is on just a small plot of land with well established and maintained rows. Megan assisted volunteers; there were 8 by mid morning. She even held a t-shirt drawing for volunteers at the end of the shift which I think is just another fantastic way to give back even more! I had the pleasure of meeting a great gal originally from Vermont today who shared an equally fulfilling conversation with me right from the start. It's hard finding women to connect with who don't live states away so hopefully we will keep in touch!

If you are looking for a great way to meet others who share the same interests as you, volunteer on a local farm who invites volunteers. Urban Roots only asks for 3 hours on Tuesdays and Thursdays which isn't long at all. Urban Roots not only assists in the developmental and educational growth of urban youth in Austin but helps strengthen communities through their farm volunteerism program! I will definitely return. I had a wonderful time and experience. As an added bonus I was able to glean a few more peppers for canning tonight! Davin will be happy I can add a few more into his hot sauce too!

Thank you Urban Roots for a genuine experience.
Glad I volunteered my time and efforts. For more
information on how you can help Urban Roots thrive
check them out online at
<http://www.urbanrootsatx.org/> or Give to Urban
Roots by volunteering or donating.