METROCOG

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1)

To: Cass Clay Food Commission

From: Cass Clay Food Partners

Fargo-Moorhead Metropolitan Council of Governments (Metro COG)

Date: May 7, 2021

RE: Cass Clay Food Commission Agenda and Correspondence

34th Meeting of the Cass Clay Food Commission

May 12, 2021 10:30 am – 12:00 pm Location: Virtual Meeting –

https://us02web.zoom.us/j/86566884554?pwd=UUdVQmJFZ0gwQjBBVzdZK25iR1hWUT09

10:30 am	1.	 Welcome a. Approve Order & Contents of the Overall Agenda b. Review & Action on Minutes from March 10, 2021 (Attachment 1)
10:35 am	2.	Commission Check-In – Chair Mongeau
10:40 am	3.	Jurisdiction Spotlight: City of West Fargo – Dana Rieth, School Food Service Director, West Fargo Public Schools
10:50 am	4.	Incorporating Food Systems Language into Planning Documents Issue Brief and Snapshot – Genesis Pierre, Fargo Cass Public Health Dietetic Intern (Attachment 2a & 2b)
11:10 am	5.	Selling Local Food in our Region – Noelle Harden
11:40 am	6.	Public Comment Opportunity – Chair Mongeau
11:50 am	7.	Commission & Steering Committee Roundtable – Chair Mongeau
11:55 am	8.	Commission Action Steps
		a Next First Fridays – June 4 2021

a. Next First Fridays – June 4, 2021b. No July Commission Meeting

c. Next Commission Meeting - September 8, 2021

12:00 pm 9. Adjournment

Cass Clay Food Commission meetings are taped and rebroadcast on cable channel TV Fargo 56 each Friday at 11:00 am. People with disabilities who plan to attend this meeting and need special accommodations should contact Savanna Leach at Metro COG at 701.532.5100. Please contact us at least 48 hours before the meeting to give our staff adequate time to make arrangements. Meeting minutes are available on the Cass Clay Food Partners website at www.cassclayfoodpartners.org and Metro COG's website at www.fmmetrocog.org.

A PLANNING ORGANIZATION SERVING

FARGO, WEST FARGO, HORACE, CASS COUNTY, NORTH DAKOTA AND MOORHEAD, DILWORTH, CLAY COUNTY, MINNESOTA

Attachment 1

33rd Meeting of the Cass Clay Food Commission March 10, 2021 Virtual Meeting

Members Present:

Jenny Mongeau, Clay County Commission, Chair Jim Aasness, Dilworth City Council Arlette Preston, Fargo City Commission Deb White, City of Moorhead Duane Breitling, Cass County Commission Beth McConnon, At-Large Member Jeffrey Miller, At-Large Member Janice Tweet, At-Large Member Jeremiah Utecht, At-Large Member Jeff York, At-Large Member

Members Absent:

Chelsey Johnson, Horace City Council Mandy George, West Fargo City Commission

Others Present:

Jenna Kahly, Clay County Commission Kim Lipetzky, Fargo Cass Public Health Rory Beil, Clay County Public Health Rita Ussatis, NDSU Extension Noelle Harden, U of M Extension Mary Larson, NDSU – Community Health Sciences Specialization Timothy Hiller, Churches United Taylor Syvertson, Great Plains Food Bank Erika Franck Clay County Planning Deb Haugen, Cass Clay Food Partners Lynn Park, Hope and Joy Medicinal Garden Trent Wise, City of Moorhead Public Works Nola Storm, Growing Together Stan Wolf, Cass County Weed Control Clara Bowman, Prairie Roots Community Fund Don B., Public Citizen Adam Altenburg, Fargo-Moorhead Metropolitan Council of Governments

Chair Mongeau called the meeting to order at 10:30 AM.

1a. Approve Order and Contents of the Overall Agenda

A motion to approve the order and contents of the overall agenda was made by Ms. White and seconded by Mr. Breitling. The motion was voted on and unanimously approved.

1b. Review and Action on Minutes from January 13, 2021

A motion to approve the minutes for November was made by Ms. White and seconded by Mr. Utecht. The motion was voted on and unanimously approved.

2. Commission Check-In

Chair Mongeau stated that Commission members and the steering committee had an opportunity to provide updates on news or events happening in the community.

Chair Mongeau informed the Commission that the Clay County Comprehensive Plan was underway and that it was a project being completed with the assistance of Metro COG.

Ms. McConnon said that she participated in the First Friday on March 5, and was looking forward to attending more events in the future.

Ms. White noted that she had spoken to Moorhead City Manager Dan Mahli on whether a representative from the Food Commission should be added to the study review committee for the Moorhead Comprehensive Plan. She was told that the committee already had 20 members, and three of those members are connected to sustainability and resiliency, which the Food Commission currently collaborates with. She suggested that a member from the Food Commission could be added to a sustainability and resiliency focus group. Ms. White said she would leave the decision up to Chair Mongeau. Chair Mongeau thought that was a good idea, and suggested any interested Moorhead residents on the committee can get in touch with Ms. White.

Mr. Utecht said that the Red River Market has started to receive applications on the upcoming season, including applications from cottage food businesses. Chair Mongeau asked if there could be a quick update on the cottage food laws at the next Steering Committee meeting.

Mr. Breitling said that Cass County has been busy with the current open of the North Dakota legislative session.

Ms. Harden said that the steering committee is planning on releasing more information to food producers in regards to FAQs on cottage food laws for both Minnesota and North Dakota.

Ms. Tweet said that the Great Plains Food Bank is currently hiring for a number of positions.

Mr. Miller informed the Commission that NDSU Extension was still offering youth gardening grants to support youth gardening projects in North Dakota.

Ms. Preston said that the Fargo Sustainability and Resiliency Committee met for the first time and noted she would be interested to see how it continues.

Mr. Hiller said that the Dorothy Day Food Pantry is seeing an uptick in the number of people seeking supplemental food assistance.

Ms. Ussatis said that that North Dakota Junior Master Gardener Program was still seeking grant applications to provide hands-on activities to children and communities.

3. Jurisdiction Spotlight: City of Dilworth

Lynn Park introduced herself as the founder of the Hope and Joy Medicinal Garden. She stated that the mission of the garden is to educate communities on natural health alternatives and provide access to medicinal plants. She explained that the first community garden was planted at Birch Tree Park in Dilworth and that a couple trees were planted there last fall. She also mentioned that the group will be holding a soil amendments class and start to turn the soil for spring planting and would be holding a seed swap at Wild Terra on March 20.

Ms. Kahly asked if there was a wish list of plants that could be donated. Ms. Park said there is a list on the group's Facebook page. Chair Mongeau encouraged Ms. Park to call the Clay County Soil and Water Conservation District in regards to available grants.

4. Incorporating Food Systems Language into Planning Documents

Mr. Altenburg gave a presentation in regards to incorporating Food Systems language into planning documents, specifically, comprehensive plans, but also including other various types of planning documents.

5a. Fargo Boulevard Gardening Ordinance and Community Garden Resource Update

Ms. Lipetzky reminded the Commission of the temporary boulevard gardening ordinance approved by the Fargo City Commission in 2020. She explained that she had been working with other city departments to finalize the ordinance process and the procedures moving forward including: getting rid of the permit application process, plant height maximums, and raised bed allowances. She explained that once these details and stipulations are finalized, this will be brought forward the City Commission for approval of the ordinance.

Ms. White asked how this ordinance differs from the Moorhead ordinance. Ms. Lipetzky said the temporary ordinance adopted last year was essentially the same as Moorhead's ordinance but noted that the differences moving forward would be permit fees and plant height maximums.

Ms. Lipetzky also provided a community garden resource update with information on garden types (personal, community, and medicinal), website resources, and local agricultural support.

5b. Moorhead Edible Forest

Trent Wise presented information on the Edible Forest Project at MB Johnson Park in Moorhead. This project is being executed by the Ecosystems Work Group by the Moorhead Resiliency Task Group, and funded by a Bush Grant. The project would place a "food forest" of 100 trees/shrubs to comprise an orchard that will be available to the public. The group is hoping to have an Arbor Day event to commence planting. The Moorhead Forestry division will be responsible for maintenance of the orchard.

Ms. White said that there have been discussions in regards to more accessible, smaller food forests being placed more centrally located. Mr. Wise said that this is being discussed, but would not happen this year in tandem with the MB Johnson project. He noted that, through public input surveys, Romkey Park and Woodlawn Park could be potential orchards in the future, depending on funding.

5c. Cass County Pesticide Update and Additional Gardening Resources

Ms. Harden presented an update on pesticides being used in Cass County.

5d. Growing Together Update

Ms. Haugen introduced Ms. Storm, the recipient of the Fargo MLK Human Relations award for her work in fostering community relationships through the Growing Together Community Gardens. Ms. Storm gave an update on the Growing Together Community Garden, including dates for open gardens scheduled for this summer from May to September.

6. Public Comment Opportunity

Chair Mongeau informed the Commission that time would be allotted for public comments.

No comments were made.

7. Commission and Steering Committee Roundtable

Chair Mongeau asked for the Commission and the steering committee to share any additional updates.

Ms. Harden mentioned that an article written during the network's work during COVID was accepted and will be published by the Journal of AG Food Systems and Development, and would be shared with the Commission when it is available.

8. Commission Action Steps

Chair Mongeau stated that the next Commission meeting would be held on May 12. She also mentioned that the next First Fridays event would be held online on April 2 at 8:00 AM.

Chair Mongeau adjourned the meeting at 12:02 PM.

Incorporating Food Systems Language into Comprehensive Plans

Food systems planning is concerned with improving a community's food system. A food system is generally understood to be the chain of activities connecting food production, processing, distribution, consumption, and waste management. Food is a necessity a basic essential for everyday life, along with air, water, and shelter. Yet, only in recent years have food systems become a focus of serious professional planning interest.

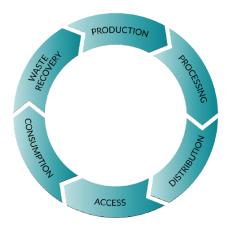
Food system activities take up a substantial amount of urban and regional land and represent important parts of community and regional economies. Access — or the lack thereof — to affordable, healthy food can have significant impacts on communities, and both hunger and obesity are nationwide public health concerns. The environmental impacts of food systems, from farming practices and food waste, as well as the energy and resources consumed by growing, harvesting, processing, and transporting our food are substantial.

A goal of food systems planning is to identify problem areas within a community and develop strategies to produce desirable food outcomes. The overall focus is to feed a population in a nutritious and sustainable way that also has a positive impact on the environment and health of a community. Below is each element of the food system defined:

- Production: Describes how food is converted from raw materials to a basic edible product. Production relates to the cultivation and harvesting of food products.
- Processing: The way in which basic products generated in production are made appropriate for human consumption, cooking, or storage. This stage is where basic products are converted into other food stuffs that are considered attractive and long-lasting.
- Distribution: How food is collected, stored in a warehouse, and allocated to places of sale such as retailers, restaurants, cafeterias, etc. This process logistically looks different depending on product and location of distribution.
- Access: Explains how individuals acquire resources, such as food and water, for overall health and well-being. This is related to sanitation, clean water, a nutritious diet, and healthcare. This process specifically has many impacts relating to transportation and location of stores.
- Consumption: When food is consumed by an individual.
- **Waste Recovery**: The process in which technology and techniques guide the recovery of food components and by-products, where they are recycled in a viable and efficient way.

Within these six elements of the food system, every area greatly impacts the outcomes in the other parts of the process. If there are issues found in one of the elements, it can cause concern and ineffective processes in another area. For example, if a food product is processed and put into packaging that is too

Simple Food System

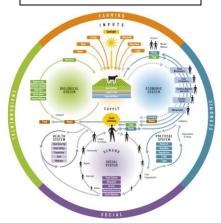


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large for the product size, it may cause less effective food distribution and excess waste. Thus, it is vital to take corrective actions so that the food system can work efficiently and effectively in its cycle for the most desirable outcomes in a community.

Apart from the influences each element of the food system has on one another, food systems also experience outside influences such as socioeconomic and environmental factors as seen in the "Complex Food System Diagram". These factors must be kept in mind as they will affect food products and are not always preventable because they are outside controlled systems. An example of this may be weather or overpopulation. Although these factors are inescapable, there are controls that can be put in place by creating guidance suggestions and back-up plans. These controls still allow food systems to operate, even in difficult and sometimes surprising situations.

Complex Food System



The Benefits of Food Systems Planning

Healthy, sustainable local and regional food systems bring economic, environmental, and social benefits to local communities. Planning for local food systems helps maintain and grow economic opportunities in the agricultural and food sectors through jobs and production on farms and in farm support businesses, food processing, food transport, food marketing, food distribution, food retail, and other food-related areas. Community food systems that stress local and regional food production and sales as well as ecologically friendly, sustainable farming practices reduce the amount of energy and resources needed for food production and distribution as well as the negative environmental impacts of agricultural production on land, water, and air. Planning to promote better access to and availability of healthy, fresh food impacts health at both the individual and community level, as does attention to community food security and equitable food access issues. Educating and engaging local residents in community food systems can improve health outcomes, increase social capital, strengthen sense of place and community character, and offer entrepreneurial opportunities.

Comprehensive Plans

The comprehensive plan is a document designed by a city, county, or other local unit of government to guide the future actions of a community. It presents a vision for the future, with long-range goals and objectives for different activities that affect local governments. This includes guidance on decisions impacting the community's physical, social, and economic development, as well as cooperative efforts with other governmental entities and issues of pressing concern. Most plans are written to provide direction for future activities over a 25-year period after plan adoption. However, it is best practice that plans are reviewed annually and updated every five to seven years when possible.

The elements of a comprehensive plan can vary from community to community. In most cases, plans consist of a study of existing conditions and a discussion of future trends, goals, and objectives. Land use patterns, housing conditions, population, roadways, and other infrastructure issues are usually principle elements that are studied.

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In some cases, educational facilities are reviewed along with recreational and other government facilities. Social service facilities may also be discussed. Comprehensive plans tend to deal with the land-use-related issues relevant to each of these topics.

Integrating Food Systems Planning into Comprehensive Plans

Local and regional planners have begun to work closely with public health officials, extension offices, and other professionals with food planning efforts, including the development of food system plans and the integration of food systems considerations into comprehensive plans. As part of these processes, planners are able to identify problems and opportunities related to the community food system; engage and educate community residents about these issues; establish food systems goals and objectives; develop strategies to implement these goals and objectives; and ultimately promote the long-term health and sustainability of the community.

The inclusion of food issues in a comprehensive plan helps connect food systems with land use, transportation, economic development, natural resources, health, and other elements of local policy and planning. When included in comprehensive plans, food is often addressed through the lens of community health and access to healthy food, but food systems can be linked to other plan areas, including land use, economic development, natural resources, and energy, among others.

According to the American Planning Association, the five areas that are most commonly addressed in comprehensive plans with regard to food systems are rural agriculture, food access and availability, urban agriculture, food retail, and food waste. Addressing these areas, along with a multitude of others, are ways a community can become more resourceful, improve the economy, and positively change health for individuals and the community at large.

Since the foundation of comprehensive growth plans is to improve community issues and foster positive changes, and work to strengthen the local food system aims to accomplish this as well, it is important for communities to consider incorporating food system language into their comprehensive plans to positively impact current and future residents.

Food System Specifics in Comprehensive Planning

Areas addressed in comprehensive planning are fairly broad. Nonetheless, when areas within the food system are looked at more closely, these plans can be much more specific as to how food system related topics are approached. Consider some of the following questions as they relate to food systems:

Rural Agriculture: Is there enough land allocated and preserved within a community to support local farming enterprises?

Food Access and Availability: Is public transportation available to people without vehicles to provide access to grocery stores?

Urban Agriculture: Does a city ordinances that support the operation of a community garden, boulevard gardens, or an urban farm?

Food Retail: Are healthier food options priced lower compared to unhealthy options at restaurants and grocery stores?

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Food Waste: Do local restaurants have access to a city/county-wide composting program to handle excess waste?

Comprehensive planning will coincide with a particular community's needs, resources available, and the support it receives by funders and community members, all of which can affect directions and priorities taken by a given community. Apart from the areas that are stated above, other food system related topic areas to look for in comprehensive plans are pollinators, housing, transportation, economic development, and food production. Something to note as one browses through comprehensive plans is that food system objectives are not always clearly laid out in one section titled "food systems". There are many issues related to the food system that may be included in larger sections such as land use, transportation, housing, and agriculture. Always be thorough in looking through all parts of a comprehensive plan to evaluate whether food systems are addressed.

Partners

A valuable part of implementing different actions related to the food system in comprehensive plans relies on support and cooperation of community organizations, community members, and donors. Whether it is a local organizations like public health, extension, and a metropolitan planning organization (Metro COG), or residents who want to physically or financially support local food system plans, everyone can play a helpful role in bringing change within a local food system. With support from partners, food systems work can be expanded by developing policies and programming that reinforces goals outlined by a community's comprehensive plan. A single organization or individual cannot accomplish every community goal, so it is vital for collaboration among partners to support efforts to positively change a community food system.

Conclusions

Addressing policy related to food systems is gaining momentum and positively affecting a myriad of health, food, waste, and economic outcomes. Working to strengthen all aspects of the local food systems is an integral part of community planning and a number of communities across the United States have embraced the concept. Efforts to create sustainable food systems are happening in Austin Texas, Qakland Michigan, Portland Oregon, Salt Lake City Utah, and Seattle Washington. Resources such as the Minnesota Food Charter, the American Planning Association, and the Chicago Metropolitan Agency for Planning offer guides for food systems related planning and provide many examples of how to include food system language into policies and comprehensive plans. As communities work to develop or update comprehensive plans, consider incorporating food system language and policy issues into the plan. Doing so offers the potential to positively change outcomes in the community now and in the future.

For more information, please contact Kim Lipetzky with the Fargo Cass Public Health Office at 701-241-8195 or klipetzky@fargond.gov

Issue Brief

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Food Systems Language in Comprehensive Plans

Cass-Clay Community Snapshot May 2021

Introduction

Food systems is a broad term used to describe the elements and processes of how food moves from farm to table. It is an extensive term that covers many topic areas between the time food is grown to how food waste is handled. As explained in the" Incorporating Food Systems Language into Comprehensive Plans Issue Brief", working to strengthen a local food system can have many implications in a community, both short and long term. It is important to address food systems planning in community comprehensive and growth plans as these plans play a significant role in guiding the future development of a community. Including food systems related language and actions in a comprehensive plan can help a community make strides to improve food access and sustainability.

Identifying food systems recommendations and strategies within a comprehensive plan can help guide partners in addressing community food related issues. Since the topic of food systems is broad, it can be addressed in an array of areas within a plan, including land use, transportation, economic vitality, and agriculture. Some plans also use more recognizable food systems terminology, such as community gardens, urban agriculture, and farmer's markets. When assessing a local plan for work in the area of food systems, it is important to look through each section of the plan to identify actions and recommendations aimed at strengthening the food system.

Below is a list of local comprehensive plans (in order of date completed/updated) and a brief summary of how and where food systems issues are addressed or included in each plan. A link to each plan is included, as well as the pages where food systems language can be found.

Cass-Clay Comprehensive Plans

Fargo Go2030 (2012)

https://download.fargond.gov/0/ go2030 comprehensive plan - final.pdf Healthy Food - p. 150-153

The Fargo Go2030 plan is the area's first to mention food in one of its guiding principles related to health. The Healthy Food section recommends the development of a regional food systems plan (the Metropolitan Food Systems Plan was completed the fall of 2013) and the formation of a food council or commission to address local food policy issues (the Cass Clay Food Commission was formed March 2015). The plan also calls for establishment of zoning codes and land use policy that supports local food production and urban agriculture activities, as well as farmer's markets and community gardening opportunities in neighborhoods. It also encourages transportation infrastructure that increases equitable access to healthy food and recommends incentives to strengthen food entrepreneurship.

Cass County Comprehensive and Transportation Plan (2018)

https://www.casscountynd.gov/home/showpublisheddocument?id=5324

Food Systems - p. 54-57, 134-135; Land Use - p. 69-84 including Emerging Land Use topics - p. 74 and opportunities - p. 82

The Cass County Comprehensive and Transportation Plan includes a complete Food Systems section addressing food production, processing, distribution, etc. The plan encourages working to assure

healthy food access in rural areas and partnering with the Cass Clay Food Partners to address food systems issues. The land use section addresses farmland preservation and agriculture as well as emerging issues such as animal feeding operations. The plan includes a number of implementation strategies related to incorporating the needs of urban agriculture and the local food supply into model ordinances as well as establishing and maintaining pollinator habitats.

Dilworth 2045 (2018)

https://www.cityofdilworth.com/vertical/sites/%7B9D58D3D1-B683-400A-88F4-CEAF0C059D1B%7D/uploads/DilworthCompPlan 2018 Final.pdf

Agriculture - p. 64; Community Gardens & Farmers Markets - p. 70; Local food support – p. 80

The Dilworth 2045 comprehensive plan addresses the importance of farmland preservation as well as support for community garden opportunities and maintaining a farmer's market. It includes a recommendation to support sustainability efforts and local food opportunities and encourages working with community members for ways to improve healthy food access and promote equity and health.

West Fargo 2.0 (2018)

https://www.westfargond.gov/DocumentCenter/View/2073/West-Fargo-20-Comprehensive-Plan Groceries & Dining - p. 38, 112; Farmer's Markets - p. 98; Community gardens - p. 136

The West Fargo 2.0 plan encourages recruitment of a variety of dining and grocery opportunities and to consider including these in mix-use walkable areas. The plan mentions support for the local Farmer's Market and recommends exploring opportunities for an indoor market venue in the off season. It also makes reference to small scale community gardens within one of its subarea studies.

Casselton 2045 (2019)

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Agriculture – p. 64; Community Gardens & access to fresh produce – p. 69; local food support – p. 95-95

The Casselton 2045 addresses farmland preservation as well as support for a potential community garden in the near future. The plan recommends the support of local and fresh food access opportunities, including encouraging local food retailers to offer more fresh and seasonal produce year-round.

Horace 2045 (2020)

http://cityofhorace.com/DocumentCenter/View/1093/Horace-2045-5-5-2020 Economic/Food related business – p. 123; Community Gardens & Pollinators – p. 125

The Horace 2045 comprehensive plan encourages partnering with the Cass Clay Food Partners to support food-related businesses and pursue activities that both improve healthy food access and advance economic development. The plan recommends the establishment and maintenance of community gardens, in addition to reviewing the management of locally owned public land and taking steps to establish and expand pollinator-friendly landscapes.

Onward Moorhead Comprehensive Plan (Currently being updated)

http://www.cityofmoorhead.com/home/showdocument?id=134 (2009 plan)

The City of Moorhead is in the process of revising their comprehensive plan which was last updated in 2009. Check out the latest information regarding the plan revision, including public input opportunities, on the city website at <a href="http://www.cityofmoorhead.com/departments/community-development/planning-zoning/long-range-planning/city-of-moorhead-comprehensive-plan-onward-moorhead/onward-moorhead-comprehensive-plan-onward-mo

Clay County Comprehensive Plan (Currently being updated)

http://www.fmmetrocog.org/application/files/5116/1047/0127/CPWhole 201404161018429873.pdf (2002 plan)

Clay County is in the process of revising their comprehensive plan which was last updated in 2002. Check out the latest information regarding the plan, including public input opportunities, on the FM Metro COG website at http://www.fmmetrocog.org/meetings-events/news/clay-county-comprehensive-plan-community-engagement

Other Planning Documents

In addition to comprehensive plans, local units of government around the country have begun to incorporate food access-related goals and policies into other long-range planning studies. These studies include sustainability plans, recreation plans, corridor studies, sub area analyses, emergency action plans, and other strategic community planning documents.

Fargo-Moorhead Greenway-Recreation Master Plan (2020)

http://www.fmmetrocog.org/FMGreenway (click on FM Greenway Master Plan Final Report) Urban Agriculture/Community Gardens - p. 5.7; Pollinators & Solar – p. 5.4 & 5.19

The FM Greenway-Recreation Master Plan addresses the opportunity to create activities along a 30-mile greenway intended to be used for year-round recreation and economic development. The plan includes a number of food systems related activities including the use of urban agriculture for the purpose of food production and community gardens along the greenway. Vegetation along the entire greenway will support pollinators with two areas adjacent to proposed solar farms having an increased emphasis on pollinator habitat creation.

Community Actions

Local governments can:

- Utilize data sets to identify/map out food desserts and areas within the community where food
 access issues exist so interventions can be targeted to address the needs of at risk areas within
 the community.
- Partner with the Cass Clay Food Partners to develop policy that supports a strong local food system.
- Consider funding a Food Systems Coordinator to work with community leaders and residents to identify and address local food system issues.

What can I do?

- Attend Cass Clay Food Commission meetings and First Friday events to stay abreast of local food system related planning activities.
- Participate in public input meetings when comprehensive and other growth plans are being developed to provide input and ideas on how to address local food systems issues.
- Become familiar with your local comprehensive plan and work with community partners, the Cass Clay Food Partners, and city leaders to implement plan recommendations.