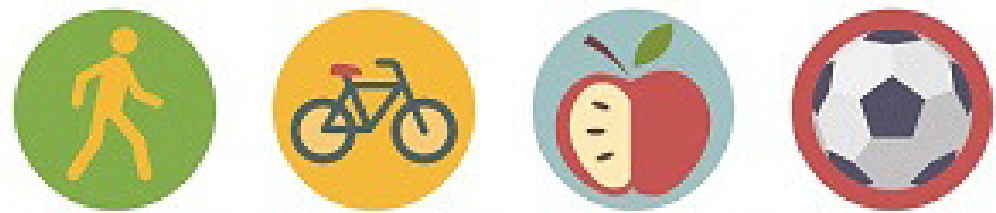


Live Well



K I N G S T O N

# EAT WELL KINGSTON

**Live Well Kingston Commission**

2024 Focus Team Report

April 17, 2024



Eat Well



# EAT WELL

**Vision-** Everyone is **food secure** and **healthy eating** is the norm in our city

**Mission-** To unite the City of Kingston in developing and sustaining a **locally based, resilient food system** for all

**Values-** Inclusion, Resiliency, Community, Environment, Participation and Empowerment



<https://livewellkingston.org/focus-teams/eat-well/>



# RECAPPING

## 2023



### Education & Networking

Hosted 6 meetings, including 4 presentations:

- The Teaching Kitchen
- SNAP-Ed FVRx
- YMCA Youth Farm Project
- Hudson Valley Research Lab



### Fostered Collaboration

- The Teaching Kitchen hosted a training in May 2023 for CHSC and other community organizations at Seasoned Delicious
- Connected SNAP-Ed FVRx with Heal Well team to partner at Earth Fair May 2023
- Initiated two subgroups:
  - Food Mitigation Working Group
  - Culinary nutrition education programming (Kingston Cooks)



# RECAPPING

## 2023



### Communication

- Listserv remained active!
- Live Well Kingston e-newsletter feature: [March 2023 \(NNM & our local food system\)](#)



### Leadership changes

Said goodbye to our longtime Eat Well chair, Katie Sheehan Lopez, and began recruitment for a new chair!



#### What Does It Mean to “Eat Well?”

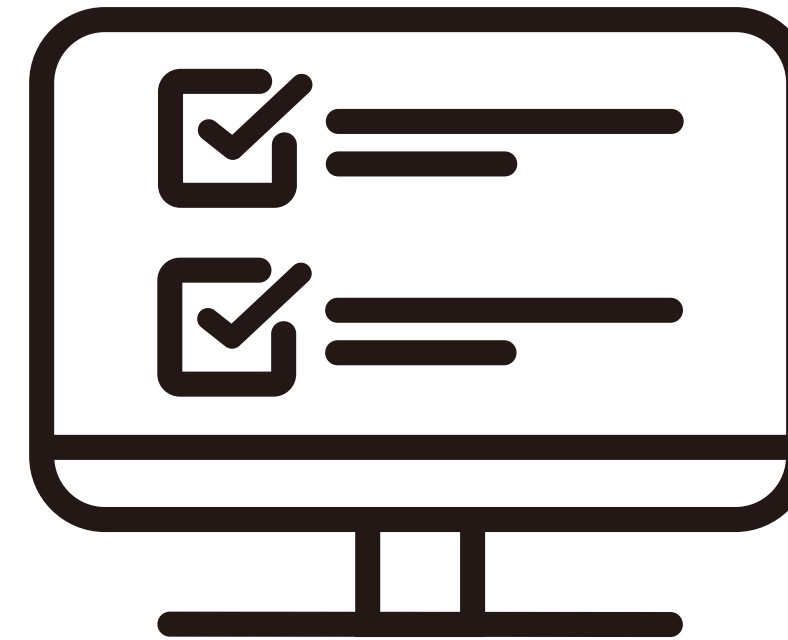
To ask someone how to “eat well” would result in getting many different answers. For some, eating well is just about the macro and micronutrients of the food, such as how much protein, vitamins and minerals a food has. For others, eating well also means food that is reflective of their culture, their family, and their values. One suggestion for many people is to choose foods that are not only healthy for the individual but also healthy for our planet. This March, as we celebrate [National Nutrition Month](#), we consider this year’s theme to “Fuel for the Future” by...

# RECAPPING

## 2023

### 2023 End of Year Survey.

- To learn more about members
- To ask for feedback in best achieving vision and mission
- Keep a growth mindset and identify ways to increase equitable access and participation



### Quick Survey Summary

- 5 responses
- People like seeing each other and learning about the great work being done!
- Participation in Eat Well is not diverse and representative of the community, particularly the food insecure people we make decisions for
- Members are connecting to systems beyond just nutritious food- looking at the food system as a whole and other necessary resources to reduce food insecurity



# LOOKING AHEAD

## 2024

### ACCOUNTABILITY TO OUR VALUES

**Goal 1:** Reduce silos and foster a community of collaboration and partnership in healthy eating and food access

### A VISION OF HEALTHY EATING

**Goal 2:** Develop a Teaching Kitchen at the Andy Murphy Neighborhood Center

**Goal 3:** Encourage a culture of healthy eating, food fun, and increased veggie & fruit consumption in Kingston

### A VISION OF FOOD SECURITY

**Goal 4:** Increase support of healthy eating and nutritious food access through policy change

### MISSION: A LOCAL, RESILIENT FOOD SYSTEM

**Goal 5:** Develop a plan to create a resilient local food system that increases access to nutritious foods

**Goal 6:** Support the reduction of food waste at emergency food providers

# LOOKING AHEAD

## 2024

**Goal 1:** Reduce silos and foster a community of collaboration and partnership in healthy eating and food access



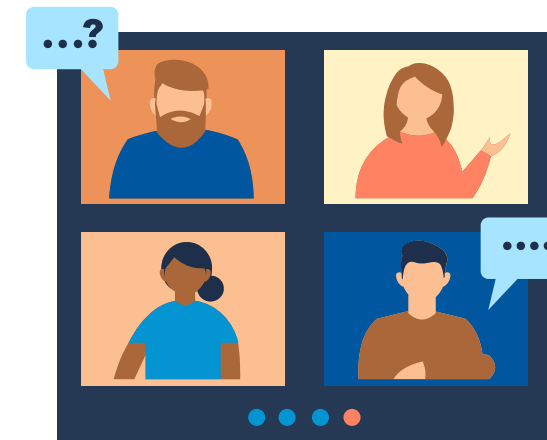
### Bimonthly presenter meetings

- **February 2024-** NYS Medicaid 1115 Waiver updates
- **April 2024-** Center for Good Food Purchasing
- Presentations will be put on [Live Well Kingston](#)



### In-Community Meals

- Host an Eat Well “meeting” over a meal every other month at a no cost or low cost location
- **March 2024-** First meal at People’s Place Community Cafe!



### Identify Collaborative Opps

- Bimonthly networking
- Continue to support existing and emerging working groups and/or subcommittees



### Communications

- Continue to encourage use of listserv
- Annual food system feature in Live Well Kingston e-newsletter

# LOOKING AHEAD

## 2024

**Goal 2:** Develop a Teaching Kitchen at the Andy Murphy Neighborhood Center



### Community Cooking Workshops

- Continue to develop a series of FREE community cooking workshops
- Guided by Workshop Guidelines & Guiding Principles
- Kingston Eats crossover- 4 workshops highlighting veggie/fruit of the month
- MVP Health Care x Institute for Family Health 3-workshop series



### Community Partner Training

- Use the kitchen to host culinary nutrition trainings for organizations and institutions
- **April 2024-** The Teaching Kitchen led a workshop for 7 people representing 5 organizations



### Community Input & Feedback

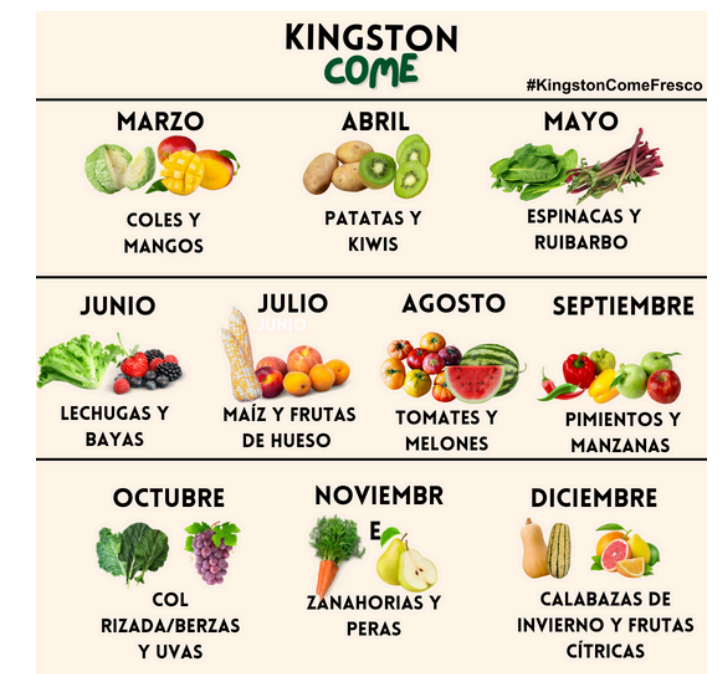
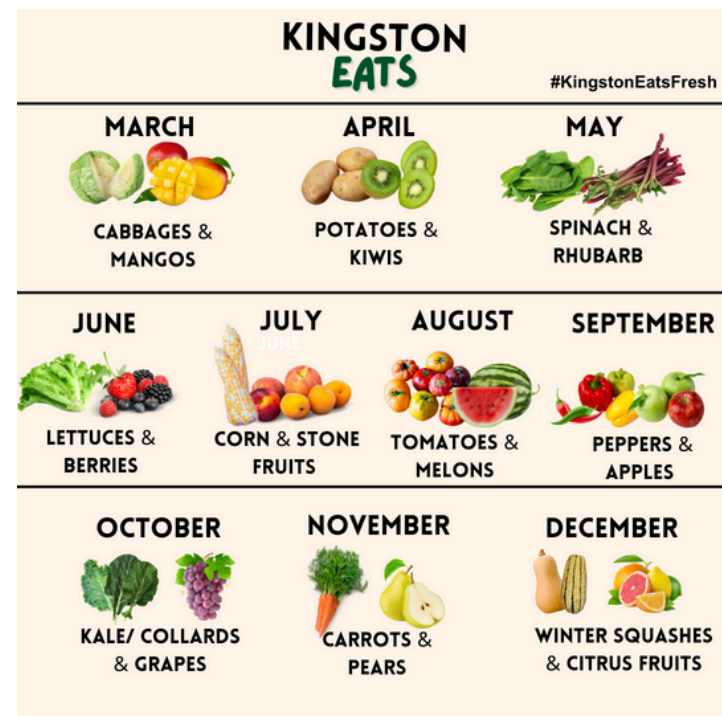
- **April 2024-** Invited Place Corps to prepare their daily lunch and have a conversation
- Convene the Culinary Nutrition programming subcommittee, as necessary



# LOOKING AHEAD

## 2024

**Goal 3:** Encourage a culture of healthy eating, food fun, and increased veggie & fruit consumption in Kingston



### Community Partnerships

- Schools, daycares, food pantries, community cafes, restaurants, etc
- Local farmers
- Appearing on menus citywide
- Stocked on pantry shelves
- Grown in school gardens!

### Community Activities

- School and daycare taste-testings
- Farmers' market tabling
- Community cooking workshops (collaboration with **Kingston Cooks**- Goal 2)
- And more!

### Media Tour

- Radio Kingston- The Black Meta
- Radio Kingston- Let's Talk, Kingston- live in the Community Kitchen!
- Healthy Ulster Radio

# LOOKING AHEAD

## 2024

**Goal 4:** Increase support of healthy eating and nutritious food access through policy change

- Through the **Creating Healthy Schools and Communities** grant, the City of Kingston updated its Healthy Vending Guidelines in 2023 to include **values-based procurement standards**, implementing them in 2024.
- This goal is in progress. It may include any education, advocacy, and/or letters of support Eat Well will ask the Commission to sign and submit.
- This goal may also be informed by the recommendations from the **Food System Plan** (Goal 5).





# LOOKING AHEAD

## 2024

**Goal 5:** Develop a plan to create a resilient local food system that increases access to nutritious foods

The City of Kingston is developing a **Food System Plan** that will provide a guide for the City to take meaningful, impactful, and sustainable action towards strengthening our local food system with a focus on improving food security and equitable access to nutritious foods.



### Food Flow Understanding

- Where is our food coming from and where does it go?



### Community Engagement

- Town Halls
- Collaborative Workshops
- Curated Focus Groups
- Event Tabling



### Policy/Program Analysis & Recommendations

- Highlighting successful practices from other cities
- What good can we amplify or expand?
- What can we do differently or new?



### Actionable Plan

- Short, medium, and long-term
- Primarily for the City, and also in collaboration with community partners

# LOOKING AHEAD

## 2024

**Goal 6:** Support the reduction of food waste at emergency food providers

- This goal identifies and reports out on the work of the Food Waste Mitigation Working Group, a collaboration between:
  - City of Kingston
  - Hudson Valley Farm Hub
  - Cornell Cooperative Extension
  - FeedHV (Hudson Valley Agribusiness Development Corporation)
- The objective is to support food access partners with proper food storage knowledge and resources





# AN OPPORTUNITY

## For Assessment & Reflection

The Better Food Policy Fund is supporting food policy councils in completing the Food Policy Council Self-Assessment Tool (FPC-SAT).

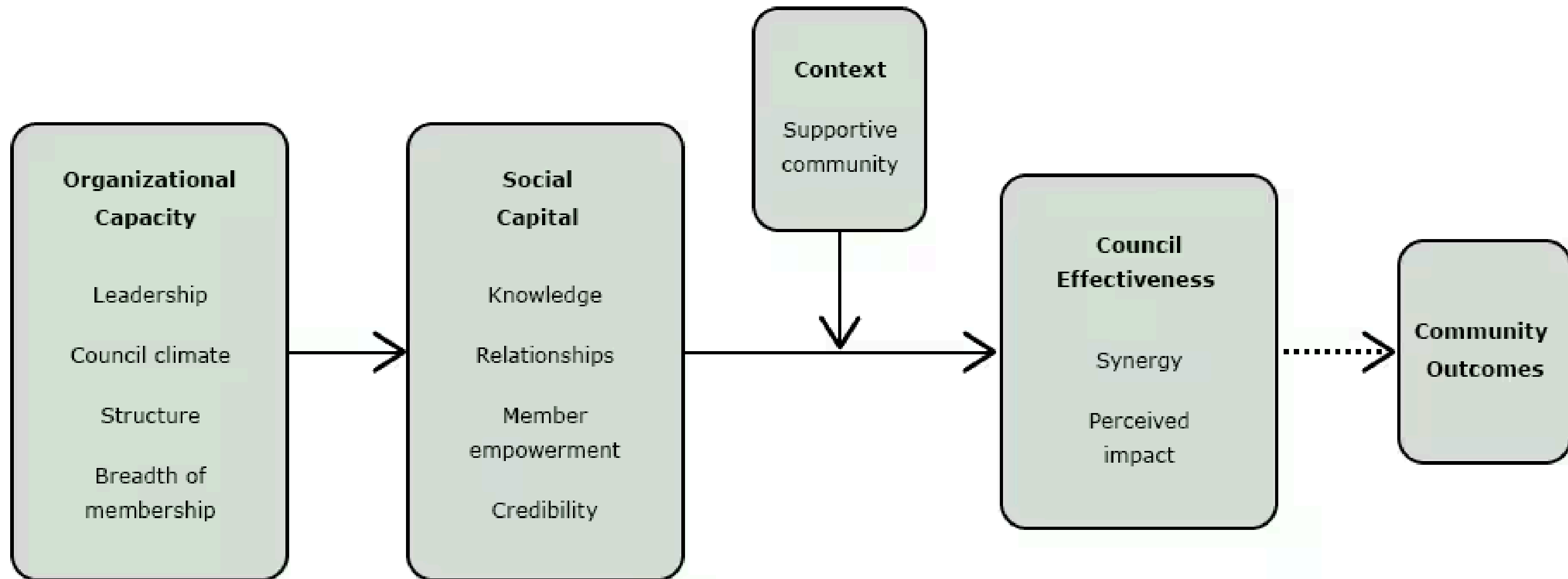


Figure 1. Food Policy Council Framework. Source: Allen NE, Javdani S, Lehrner AL, Walden AL. "Changing the text": modeling council capacity to produce institutionalized change. Am J Community Psychol 2012;49(3-4):317-31. [A [text description of this figure](#) is also available]