

# EAT WELL KINGSTON 2024



**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



## ENGAGEMENT

**18**

Community-based organizations

**129**

Listserv members

**48**

Unique meeting attendees

## OUR STRATEGIC APPROACH

### 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

### 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

# WHAT WE DID THIS YEAR



Eat Well

## Accountability to Our Values

**4** Community Meals Hosted at Free or Low Cost Locations

**7** Community Meetings Hosted

**3** Special Guest Presenters

**194**

Email Listserv Usage

**2**

Membership & Feedback Surveys Conducted

**2**

Working Groups Convened for Special Projects

All projects and presentations are now on Live Well Kingston's website!



“ Really love the light that Eat Well shines on the amazing wealth of \*general food things\* that are going on. ”  
Eat Well Member Survey Feedback

## A Vision of Healthy Eating

In addition to launching 2 new programs: **Kingston Eats** (veggie/fruit of the month) and **Kingston Cooks** (free cooking workshops + meals), we hosted our **second annual farm-to-institution training** from The Teaching Kitchen at Lenox Hill Neighborhood House.



## A Vision of Food Security

**2** **Policies Supported:** Good Food NY Bill & Feeding NYS Priorities

**3** **Food Policy Bites:** Farm Bill, Food Retail Tax Incentives, SNAP



## Mission: A Local, Resilient Food System

**18** How to store produce posters designed to reduce food waste

**1** City of Kingston Food System Plan drafted

[www.LiveWellKingston.org](http://www.LiveWellKingston.org)

