



Community F*E*A*S*T

Frequently Asked Questions

What does F*E*A*S*T* stand for?

Food * Education * Agriculture * Solutions * Together

What is a Community FEAST?

A FEAST event is an opportunity for participants to engage in an informed and facilitated discussion about Food, Education and Agriculture in their community and begin to work towards Solutions Together that will help build a healthier, more equitable and resilient local food system.

How many people attend these events?

Attendance has varied from a dozen to over 50 people. Groups 35 and under are ideal as long as you have a broad representation from your food systems community.

How do we get started?

A local steering committee of 5-10 people meets with a Community FEAST facilitator to work through the Planning Guide which is included in this packet.

How long is the event?

The actual event can take from 4-6 hours depending on how much work your community has already done in setting priorities for your food system.

What happens during a FEAST?

The essential sections include:

- ☉ The Local Picture: Community members tell the story of your local food system.
- ☉ An Introduction to Community Food Systems Organizing and Language
- ☉ Setting your food system priorities (if your community has not already done so)
- ☉ Creating a Community Foods Organizing Plan to address the priorities identified
- ☉ Participants are provided with resources and tools to inform their organizing plan.

What is the cost?

At this time there is no cost for the services of the facilitator or the participant packets. Each community is responsible for publicity, a local meal and the space for the event. Some communities charge for the lunch and others have found sponsors for the event.

How has Community FEAST benefitted other communities?

Look for the “Community FEAST Feedback” document later in this packet, which lists benefits in the words of past participants and community organizers.

How do we know our community is ready for a FEAST?

- ☉ Is there a buzz about local food?
- ☉ Is there a desire to improve the quality of food available to low income residents, seniors and youth?
- ☉ Are local farmers searching for new marketing opportunities locally and regionally?
- ☉ Are individual, community and school gardens popping up everywhere?
- ☉ Are people seeking to participate in or organize nutrition education or food preservation classes?
- ☉ Is there a feeling that the voice of local agriculture is not being heard?
- ☉ Are you concerned that local food system players are not really talking to each other?

If you answered yes to any of these questions, then your community is probably ready for a FEAST!

For more information contact:
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Community FEAST Planning Guide

Date _____

Location _____

Event Space _____

(This space should accommodate everyone at tables and be large enough to break out into small workgroups comfortably.)

Local Coordinator _____

Phone _____ Email _____

Local Coordinator _____

Phone _____ Email _____

PR Coordinator _____

Phone _____ Email _____

Local Food Lunch & Refreshments

Caterer _____

Local Food Sourcing _____

Phone _____ Email _____

Local Panel Participants

<i>Agriculture</i> _____
Phone _____ Email _____
Retail _____
Phone _____ Email _____

<i>Anti-Hunger / Low Income</i> _____
Phone _____ Email _____
Other _____
Phone _____ Email _____

Youth Participation/Gardens	
Phone _____	Email _____
Retail _____	
Phone _____	Email _____

Retail / Food Service	
Phone _____	Email _____
Other _____	
Phone _____	Email _____

Follow-Up Coordination

Coordinator _____

Phone _____ Email _____

When: _____

Key Things to Remember:

- ☉ Community Food Organizing (CFO) always highlights a community’s resources and assets as well as its needs.
- ☉ The act of doing an assessment is an organizing tool.
- ☉ CFO must include the grassroots of a community.
- ☉ CFO is done *with* communities, not *to* them.
- ☉ It’s about the conversation!!!!

Planning Tips:

- ☉ Feature LOCAL Food & Farms
- ☉ FEASTs should be planned with a local steering committee and reflect local realities.
- ☉ Plan for evaluation.
- ☉ This is both short-term and long-term work. Results may not be instant.
- ☉ Remember, this is a celebration!!!

Community FEAST*

A Community Foods Organizing Workshop

February 20, 2010

8:30 AM – 3:00 PM

Local Foods Meal <cost> - to pre-register call <number> or email <email address>

Lebanon Community Hospital

A Community FEAST Workshop is a way to:

- Build community
- Strengthen existing projects
- Launch new projects with community support and involvement.
- Identify community food needs, resources and opportunities
- Improve community health and nutrition
- Support our local food and agriculture economy

At the Community FEAST Workshop you will:

- Learn about local food and farming
- Share knowledge and concerns
- Identify what we want, create a plan, and begin taking action for change

We will address issues such as:

- Hunger and nutrition
- Access to local food
- Local agriculture and food production
- Youth opportunities

Presenter:

Sharon Thornberry, Community Resource Developer, Oregon Food Bank

***FEAST: Food – Education – Agriculture – Solutions – Together**



Sample Agenda
Community FEAST
A Community Foods Organizing Workshop
Samaritan Lebanon Community Hospital
February 20, 2010

8:30 AM – Registration

9:00 AM – Introductions and Agenda Review

Welcome and intro

Participant introductions

Review intended workshop outcomes:

By the end of this session, you will have:

- An understanding of the scope and history of CFS work in Central and East Linn County
- Gained a basic understanding of Community Foods Organizing and the language of community food systems
- Identified initial goals for an organizing plan in the defined area
- Developed initial steps in an organizing plans
- Identified potential partners for the plan
- Outlined next steps, who will do them and when

9:30 AM – The Local Picture

- Rural Community Health – Nancy Kirks, Samaritan Lebanon Community Hospital
- Youth Garden Initiatives – Sheryl Casteen, Planting Seeds of Change
- Rural Retail Picture – Pete Boucot and Jan Neilson
- Low Income Food Needs – Bob Hartsock, Manna Meal, Sweet Home United Methodist Church
- Local Agriculture Picture- Carla Green & Mike Pollen, Sweet Home Farms

10:30 AM – Introduction to Community Food Systems and Organizing

- Brief Overview: The language of community food systems
- Oregon Efforts – What’s happening out there?
- Questions/Wrap-up
- Resources and Assessment Methods

11:30 AM – What is Your Food Systems Vision?

What is your Food System vision?

What would you want to see change in our county or area as a result of developing a community foods organizing plan and implementing the results?

Noon - Lunch

12:45 PM – Create a Broad Vision

1:00 PM – Creating An Organizing Plan

Using the worksheets in your packet, each group will work together to create an initial organizing plan.

2:00 PM – Report Back to Large Group

2:30 PM – Next steps and Wrap-up

Schedule follow up, set timelines and designate key leadership
Evaluation

SAMPLE

Language of Community Foods Organizing

What is a Food System?

Sum of all activities required to make food available to people.

Food System Elements:

- Production
- Processing
- Distribution
- Consumption
- Waste

A **sustainable** food system integrates elements to enhance environmental, economic, social and nutritional health for all.

What is Community Foods Organizing?

Community Foods Organizing is the process of bringing together a variety of stakeholders to reshape a local food system that is more responsive to the needs and assets of a community. The goal of that organizing will promote a healthier community; respect, promote and celebrate the culture of that community as well as seek to improve its economic well being.

- Sharon Thornberry

What is Community Food Security?

Community Food Security is a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice.

- Mike Hamm and Anne Bellows

What is a Community Food Assessment?

A Community Food Assessment is a collaborative and participatory process that systematically examines a broad range of community food issues and assets, so as to inform change actions to make the community more food secure

Community FEAST Feedback

“I felt that the ‘FEAST’ was the event that energized and activated people in Clatsop County to take action on the important issues surrounding a food system. Since the FEAST I have seen great leaders, and great ideas emerge to direct the food system coalition. The FEAST revitalized not just conversation, but enacted a vision filled with goals and proactive action.”

*Marlin Martin, Food Program Developer
CCA Regional Food Bank*

“I think that the FEAST workshop inspired many of us to collaborate with one another on issues we are passionate about. We developed a larger community base with resources to actually get things done. We are getting things done since that workshop. I feel the workshop was managed very well and am looking forward to the follow up sessions.”

*Jan, Jan and Larry Neilson
Fraga Farm Goat Cheese*

“There is no more important work than this – feeding the soil and feeding ourselves from it. I am so grateful for the Community FEAST workshops. I was inspired to find more ways to participate in schools, community, and neighborhood. The network being built via this effort is a source of strength and comfort.”

*Dawn Jensen Nobile
Nutrition Therapist, Albany*

“I was impressed with the number of farmers in the Sweet Home area. More importantly, we had a chance to talk to the Sweet Home school superintendent about utilizing the high school cafeteria ‘prepared but not served food.’ Our added day, Tuesday, is now mostly food we have received from the school. We send home take-outs of any foods that are not served at the ‘manna’ meal.”

*Bob Hartsock
Manna Meal, Sweet Home United Methodist Church*

“I thought the workshop was well organized and a chance to hear about what is going on in the community. I think ground work that has been started by this meeting is important for what in store for us in the future. I think that the need will continue to grow after this year for more support for families from organizations and grower groups that can work together to support each other and the community.

”I am looking forward to the next meeting.”

*Jim Calkin
Heavenly Harvest Farms, Corvallis*

“The FEAST was an important step in our organizing work in Wheeler County. It helped to build and mobilize local leadership. Here are a few quotes from the evaluations in Wheeler and Gilliam.”

‘This was a great networking event. The workshop also gave me confidence to try to change our culture of food at Hancock [Field Station].’

‘[The FEAST was] very worthwhile. It provided information and gave one much to think about and things to consider and explore further.’

‘Thank you for your time and caring!’

*Katie Weaver, RARE
CAPECO, Pendleton*

“This is an inspirational gathering. It has generated many ideas for me to consider in my work, and that seem to support a recently co-authored bill on "economic gardening," which has to do with nurturing and cultivating more business and entrepreneurial activities at the local community level.”

Bob Jenson, (R), Dist. 58, Pendleton

"I'm really impressed to see and hear so much interest now blossoming in our area. Even though I've been trying to make a go of alternative and diversified farming practices for years now, I've felt somewhat alone and uncertain in that effort. Now I see that there may be opportunities I hadn't thought of, because of all the input and excitement around local healthy food, from community members."

Eric Nelson

“I feel that the FEAST’s are a great resource for getting a broad picture of a local food system. Having the FEAST at the beginning of my term gave me an early direction for what needs to be accomplished in Clatsop County. There were a few primary concerns that arose at the FEAST (food coalition, distribution, processor), and many secondary concerns (land use, grange redevelopment), in which gave me a broad understanding of the current food system in Clatsop County. Finding out many of the primary and secondary concerns in Clatsop County has also given me focus for my first six months.

“Overall, the two FEASTs I have been a part of, including playing a heavy role in one, have been extremely successful in opening the conversation among rural voices. I often refer back to Clatsop County’s FEAST when discussing our local food system, and I feel a FEAST should be used as a springboard for future discussions involving food systems, however it is only one piece of a larger assessment, and should not be solely relied upon for information and ideas of the local food system.”

*John Dean, RARE
CCA Regional Food Bank*