City of Bloomington Sustainability Action Plan
Local Food and Agriculture Meeting 4

MaCie’ Moore
26 April 2018
Food Accessibility Recap

2301 South Milton Drive
Lucky’s Market (1 Mile): 20 minute Walk
Kroger (1.6 Miles): 20 minute Bus Ride; 32 Minute Walk
716 West Chambers Drive
Lucky’s Market (1.4 Miles): 28 Minute Walk; 25 minute bus Ride
Kroger (1.3 Miles): 26 Minute Walk; 14 Minute Bus Ride
Current Situation in Bloomington

- In 2017, the city of Bloomington’s Park and Recreation Department offered 9 classes with a total of 104 participants, this was a 40% decrease in the number of classes and a 53% decrease in the number of participants from the previous year.
- In the city of Bloomington, 86% of adults reported eating fewer than 5 fruits and vegetables per day.
- In the city of Bloomington, 64% of the population was considered either overweight or obese in 2013.
- The Monroe County Community School Corporation (MCCSC) offers an interactive tool, allowing students to view the nutritional value of the food being served at all MCCSC schools.
- In the city of Bloomington, there has been an increase in the amount of education surrounding urban agriculture and the food systems (IU Campus Farm at Hinkle Garton, Jackson Creek Middle School’s Legacy Garden Project, 4H programs, Indiana University’s Sustainable Food System Concentration Courses).
- According to the 2012 Ag Census, the number of farmers in Monroe county has decreased by 4% from 481 in 2007, to 462 in 2012.
- On a national level there has been a decline in the number and diversity of farmers in the U.S.
Health of Bloomington Residents

BMI Classification in 2013, Bloomington:
- Obese: 36%
- Overweight: 34%
- Not Overweight or Obese: 30%

Number of Fruits/Vegetables Consumed per day in 2013, Bloomington:
- Fewer than 1: 26%
- 1 to 2: 14%
- 3 to 4: 13%
- 5 or more: 47%

Source: CDC Behavioral Risk Factor Surveillance System 2013, AOS 2009-2013
## MCCSC Food and Nutrition Services

### April 2018 Menus

**Elementary**
- **Elementary Breakfast**
- **Elementary Lunch**

**Middle School**
- **Middle School Breakfast**
- **Middle School Lunch**

**High School**
- **ASE Lunch**
- **BHSS & BHSN Lunch**
- **High School Breakfast**

**Parent Newsletter**
- **SuperKids Nutrition Newsletter**
- **SuperKids Nutrition Tips**

**Harvest of the Month**
- **April - English**
- **April - Spanish**

### High School Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monti Crostini</td>
<td>Philly Cheese Steak Sandwich</td>
<td>Mini Turkey Corn Dog</td>
<td>Grilled Chicken Quesadilla</td>
<td>Sweet &amp; Sour Meatballs</td>
</tr>
<tr>
<td>Chili Dog</td>
<td>Seasoned &amp; Potato Wedges</td>
<td>Veggie Sub</td>
<td>Potato Wedges</td>
<td>Rice Pilaf</td>
</tr>
<tr>
<td>Potato Smiles</td>
<td>Steamed Carrots</td>
<td>Green Beans</td>
<td>Seasonal Fruit</td>
<td>Asian Blend Vegetables</td>
</tr>
<tr>
<td>Broccoli Cuts</td>
<td>Assorted Juice</td>
<td>Assorted Juice</td>
<td>Assorted Juice</td>
<td>Assorted Juice</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bean &amp; Cheese Burrito</th>
<th>Allergens</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 BURRITO</td>
<td><strong>Calories:</strong> 398 kcal</td>
</tr>
<tr>
<td><strong>Total Fat:</strong> 8 g</td>
<td><strong>Saturated Fat:</strong> 3 g</td>
</tr>
<tr>
<td><strong>Cholesterol:</strong> 15 mg</td>
<td><strong>Carbohydrates:</strong> 65 g</td>
</tr>
<tr>
<td><strong>Sodium:</strong> 450 mg</td>
<td><strong>Dietary Fiber:</strong> 12 g</td>
</tr>
<tr>
<td><strong>Protein:</strong> 20 g</td>
<td><strong>Vitamin A:</strong> 459 IU</td>
</tr>
<tr>
<td><strong>Vitamin C:</strong> 3 mg</td>
<td><strong>Daily Needs</strong></td>
</tr>
<tr>
<td><strong>Full Lunch:</strong> $9.90</td>
<td><strong>Reduced Lunch:</strong> $4.00</td>
</tr>
<tr>
<td><strong>Adult Lunch:</strong> $5.49</td>
<td><strong>Elementary Breakfast</strong></td>
</tr>
<tr>
<td><strong>Elementary Lunch</strong></td>
<td><strong>Elementary Lunch</strong></td>
</tr>
<tr>
<td><strong>Middle School Breakfast</strong></td>
<td><strong>Middle School Lunch</strong></td>
</tr>
<tr>
<td><strong>High School Breakfast</strong></td>
<td><strong>High School Lunch</strong></td>
</tr>
</tbody>
</table>

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**Daily Milk Choices**
- Chilled milk
- Boz Fat Free White
- Boz 1% White
- Boz Fat Free Chocolates
- Boz Lactose Free

**Daily Bread Choices**
- Bread Bar
- Rye Bread
- Whole Grain Bread
- Multigrain Bread
- Sourdough Whole Grain Bread
- Granola Bread

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**Grilled Chicken Quesadilla**
- Tender chicken
- Mixed veggies
- Cheese
- Salsa
- Avocado

**Sweet & Sour Meatballs**
- Rice Pilaf
- Green Beans
- Asian Blend Vegetables
- Seasonal Fruit
- Assorted Juices

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**Elementary Breakfast**
- Boz Fat Free White
- Boz 1% White
- Boz Fat Free Chocolates
- Boz Lactose Free

**Elementary Lunch**
- Boz Fat Free White
- Boz 1% White
- Boz Fat Free Chocolates
- Boz Lactose Free

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**Middle School Breakfast**
- Boz Fat Free White
- Boz 1% White
- Boz Fat Free Chocolates
- Boz Lactose Free

**Middle School Lunch**
- Boz Fat Free White
- Boz 1% White
- Boz Fat Free Chocolates
- Boz Lactose Free

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**High School Breakfast**
- Boz Fat Free White
- Boz 1% White
- Boz Fat Free Chocolates
- Boz Lactose Free

**High School Lunch**
- Boz Fat Free White
- Boz 1% White
- Boz Fat Free Chocolates
- Boz Lactose Free
Indiana school districts engaging and/or interested in farm to school

Richland-Bean Blossom school system serves nearly 3000 students in northwestern Monroe County, Indiana

Information provided by Indiana Department of Education's Farm to School Map
Indiana has seen a decrease in:

- The number of farms
- Total cropland
- Government payments
- Total income from farm related sources

Indiana has seen an increase in:

- Medium and large size farms
- The estimated market value of land and buildings per farm
- Total farm production expenses

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**Table 1. County Summary Highlights: 2007**

<table>
<thead>
<tr>
<th>Item</th>
<th>Indiana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farms</td>
<td>60,939</td>
</tr>
<tr>
<td>Land area</td>
<td>14,773,568 acres</td>
</tr>
<tr>
<td>Average size of farm</td>
<td>4.92 acres</td>
</tr>
<tr>
<td>Estimated market value of land and buildings</td>
<td>$888,889/acre</td>
</tr>
<tr>
<td>Estimated market value of machinery and equipment</td>
<td>$119,427/acre</td>
</tr>
</tbody>
</table>

**Table 1. County Summary Highlights: 2012**

<table>
<thead>
<tr>
<th>Item</th>
<th>Indiana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farms</td>
<td>73,966</td>
</tr>
<tr>
<td>Land area</td>
<td>14,773,568 acres</td>
</tr>
<tr>
<td>Average size of farm</td>
<td>4.92 acres</td>
</tr>
<tr>
<td>Estimated market value of land and buildings</td>
<td>$1,242,836/acre</td>
</tr>
<tr>
<td>Estimated market value of machinery and equipment</td>
<td>$1,008,000/acre</td>
</tr>
</tbody>
</table>

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**Food Utility and Food Stability**
Food Utility and Food Stability

Monroe County Ag Census

Monroe County has seen a decrease in:
- The number of farms
- Small size farms
- Government payments

Monroe County has seen an increase in:
- The average size of farms
- Farms of 1,000 acres or more
- Total cropland
- Total harvested cropland
- Market value of agricultural products sold
- The estimated market value of land and buildings per farm
- Total farm production expenses
Food Utility and Food Stability

Beginning Farmers and Ranchers At A Glance 2013

- There has been a national decline in beginner farmers and ranchers
  - only 14 percent of principal operators of beginning farms were under 35 years old
- Beginning farms are more likely to be general livestock farms and less likely to specialize in grains and row crops or dairy than established farms
- Off-farm income accounted for 83 percent of farm operator household cash income in 2011
  - Most farm families operating small farms have negative net farm income
Community Goals found in Bloomington Documents

Bloomington Comprehensive Plan

- Encourage partnerships with non-profits in Monroe County and adjacent communities to develop solutions to shared problems, provide social services, and leverage State and Federal Resources
- Collaborate with the Monroe County Community School Corporation (MCCSC) and private schools to integrate the use of school services, playing fields and facilities for public benefit, particularly for young people, families, and seniors
- Publicly support the continued high standards of local schools and help schools as feasible to obtain and maintain educational excellence
- Encourage job training programs for local business through Ivy Tech and other educational institutions
- Assess “Bloomington’s Food System: A First Look” and partner with the Bloomington Food Policy Council, other community organizations, residents, businesses, schools, and government agencies to implement the goals of the Bloomington Food Charter
- Enhance education about pollinators as a necessity for growing food, and encourage the use of pollinator-attracting native plants on private property
Community Goals found in Bloomington Documents

Bloomington Parks and Recreation Master Plan
• The Department shall continue to promote health and wellness through programs in partnership with healthcare providers such as Indiana University Health-Bloomington Hospital and Southern Indiana Physicians
• The Department shall continue its support of programs and events for Bloomington youth and reduce barriers to participation by ensuring financial aid is available so there are not barriers to quality programming for children from resourced challenged families and neighborhoods

Bloomington Food Charter
• Help make farming a viable vocational option by honoring farmers, providing opportunities for agricultural education, and removing barriers to land acquisition by new farmers
• Advocate for the access of all students in grades K-12 to education about the food system
• Foster a cultural environment that empowers residents to become food literate through participation in educational programs about growing and preparing food, nutrition, food safety, food economy, and the operation of the food system
Community Goals found in Bloomington Documents

Peak Oil Task Force

• Advocate for local food production and increase access to relevant information to support food production and processing
• Organize direct support by the city and other public agencies to address infrastructure needs for water supply, fertility collection and distribution, food processing, storage, and marketing
• Create specific forms of support for new farmers, including training, land access, low-cost start-up loans, and property tax abatements or land rent offsets
• Acquire and make available to local animal farmers at least two mobile abattoirs for safe and economic local processing of poultry and other meat animals
• Create a year-round food market for local produce and supplementary foods in every Natural Neighborhood district
• Establish region wide farm training programs at local institutions and train and deploy 10,000 new farmers in the region
• Design and build five million square feet of greenhouse space for year round growing of integrated aquaponics
• Create a local, publicly controlled seedbank and arboretum of food and useful plant species for propagation and sale within the region
Food Utility and Food Stability

Metrics Found in Bloomington Documents

Bloomington Comprehensive Plan
• Economic value of local food economy
• Obesity prevalence (estimated obesity rate)
• Demographic makeup of engagement participants
• Opportunity for community involvement (number of civic, social, religious, political, and business organizations per 10,000 people)
• Workforce retention, recruitment, and growth by sector
• Number of training programs matched to community job opportunities
• Percentage of eligible residents, by age, enrolled in training programs
• Employment/unemployment rates by sector

Bloomington Parks Master Plan
• No metrics

Bloomington Food Charter
• No metrics

Peak Oil Task Force
• No Metrics
Metrics Used in Other Cities

- Body Mass Index (BMI)
- Fruits and vegetable consumption
- Acres of land used for farming
- Citizen survey results
- Number of available development programs
Goals/ Metrics Recommended in STAR

Education, Arts & Community: Community Cohesion - Outcome 1: Community venues
Demonstrate that at least 75% of residents live within 1 mile of a community venue that is open to the public and offers free services and/or events for residents
   **Metric:** percentage of residents that live within 1 mile of a community venue

Health & Safety: Food Access & Nutrition – Outcome 1: Local Fresh Food
Demonstrate an increase over the past 3 years in the amount of fresh food produced through local urban agriculture
   **Metric:** Total acreage of public and private land devoted to urban agriculture, including rooftops.

Health & Safety: Food Access & Nutrition – Outcome 4: School Nutrition
Demonstrate an increase over the past 3 years in the food service sales of fresh fruits and vegetables in the largest public school district
   **Metric:** increase in the quantity of fresh fruits and vegetables purchased annually for sale in public schools.
Actions Used in Other Cities

- Creation of “What’s Possible? Campaign, allowing the city of Indianapolis to gather community feedback on what they desire to see in their schools - Indianapolis, IN
- Windy City Harvest Apprenticeship at Chicago’s Botanic Garden, a nine month program with classroom and hands-on certificate course in sustainable urban agriculture that is accredited by the Illinois Community College Board - Chicago, Illinois
- Meatless Mondays, a global movement that enables people to make positive changes in their diet by not eating meat one day a week. Movement has spread to U.S K-12 school cafeterias by schools highlighting meatless items and dishes available - Bellevue Union School District - CA, Public School 41 - NYC, Fairfield School District - CT
Actions Recommended in STAR

Education, Arts & Community: Community Cohesion
• Adopt neighborhood plans that guide future development, recommend strategies to create or preserve community venues, and address neighborhood-specific issues
• Partner with neighborhood associations, community organizations, and local service providers to identify and address neighborhood-specific needs
• Establish a department with staff assigned to work as liaisons with specific neighborhoods
• Provide capacity-building programs to enable community leaders and groups to self-organize, resolve issues, and cultivate leadership

Health & Safety: Food Access & Nutrition
• Demonstrate that the local public school district has adopted a model school wellness policy
• Establish a local or regional food policy council that includes health professionals, community organizations, schools, farmers, and/or related businesses
• Develop public outreach materials, classes, or workshops for residents to learn about food, nutrition, and gardening OR develop public outreach materials to promote food assistance programs
• Demonstrate that local schools or the public school district has received certification from the USDA HealthierUS Schools Challenge or an award from the Alliance for a Healthier Generation in the past 3 years
Thank You
Questions and Answers