

**Food Justice Committee Meeting
September 5, 2018
Minutes**

In Attendance:

Lisa Backe, Howard Bilofsky, Eric Borgstrom, Nina Deats, Amelia Duffy-Tumasz (Chair), Flo Gelo, Brenda Hall-Busch, Mimi Kahn, Jeannine Kienzle, Seth Lerman, Rachel Milenbach, Lauren Todd, Shaline Webb

1. Approval Of The August 2018 Minutes

The minutes were approved.

2. Tour Of The Farm (Henry Got Crops)

Henry Got Crops Field Manager, Emma Dosch, led a very interesting tour of the Farm. Weavers Way Co-op has two farms – Henry Got Crops at Saul High School, and Mort Brooks Memorial Farm at Awbury Arboretum. Together, the two farms grow more than fifty different types of vegetables, as well as a variety of fruits, flowers and herbs on 6.5 acres.

We learned that the farm does not use any synthetic pesticides, herbicides, fungicides or fertilizers. We toured the fields of vegetables and flowers. We visited the compost area and learned how the farm takes advantage of local sources of compost, potting mix and mulch.

Produce from Henry Got Crops goes to various places: Saul High School cafeteria, Weavers Way Co-op, and the farm's CSA (Community Supported Agriculture). We went inside the farm stand to see where CSA shareholders pick up their weekly allotment, which happens May-November on Tuesdays and Fridays. Henry Got Crops Farm Market Manager, Lauren Todd, showed us around in the market and also explained how Philly Food Bucks work.

Henry Got Crops, however, is more than a CSA. It also provides educational opportunities for Saul High School students and, in fact, is located on the campus of W. B. Saul High School for Agricultural Sciences. Weavers Way staff manages the farm in collaboration with Saul students and teachers. Food Moxie provides farm education curriculum and hands-on farming experience.

For more information please see <http://www.weaversway.coop/henry-got-crops-csa>

3. Germantown Natural Health Fair Re-Cap (Eric)

Eric gave a re-cap of the Health Fair, highlighting what we accomplished and soliciting suggestions for next time. Please see attached sheet for Eric's summary.

4. Wild Oats Co-Op (Williamstown, MA), Model For Inclusion (Flo)

Flo shared information about a program she encountered this summer at the Wild Oats Co-op in Williamstown, MA. The program is called "Suspended Groceries" and was designed by Williams College students in 2014. Shoppers can "suspend" purchases they make for another shopper who may be in need of financial help. Shoppers do this by selecting items from the

“suspended grocery” list (bread, milk, eggs, potatoes, etc.) at the register when checking out and adding the cost to their own order. This process produces a coupon that is given to a local food assistance provider (such as a food pantry) to distribute. People who receive the coupon go to the market and select the items for which they have coupons. They bring the items to the cashier and pay with the coupon. Information about the program can be seen here <http://wildoats.coop/suspended-groceries/>

A discussion of the Wild Oats program sparked a lively discussion about general issues of inclusion, diversity, accessibility, and affordability at Weavers Way. Howard asked what exactly the goal of the Wild Oats program was. Rachel pointed out that regardless of a person having some of these coupons, a co-op environment might still feel unfamiliar, overwhelming and expensive. Discussion topics echoed those we had several months ago in the context of improving the Food For All program. We again talked about not just bringing people into the co-op but also making them feel welcome. There are many ways in which this can be done, for example having FFA buddies, something we discussed in the past. Shaline encouraged us to broaden our horizons and dig deeper into our hearts as we discuss solutions. She and others recommended bringing healthy food items to people in places that are accessible and familiar to them. Rachel mentioned looking at the history of WW in general as we pursue this subject.

Meeting attendees seemed enthusiastic to explore this topic in a way that could lead to positive changes. Eric recommended forming a task force to identify and act on ways to “re-launch, improve, expand and re-define the Food For All program within the larger context of the discussions about access, pricing, inclusion and diversity.” In a follow-up email after the meeting, he also reminded everyone that “we need to make sure we work closely with Jon, Bettina, Kirsten and Jeannine to make sure our strategies and actions are informed by, and are part of, WW’s larger vision and plans as we move forward.” Eric has asked people to get in touch with him if they want to be part of a task force that will meet within the next few weeks and then report back to the committee at our next meeting Oct. 3rd.

5. Announcement (Howard)

Nutrition Links will offer free classes and fun activities on how to eat better for less. The classes will take place at the Reading Terminal Market City Kitchen on six Mondays, September 17-October 22, 10 AM -12 PM or 1 PM -3 PM. People who participate in all six classes will receive a \$25 gift card for use at Reading Terminal Market. See the attached flyer for details.

NEXT MEETING

Wed. Oct. 3, 2018

6 PM

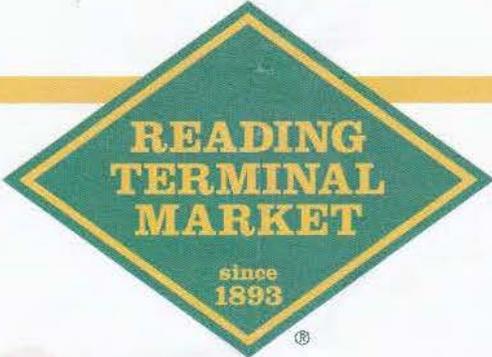
Location TBA

GERMANTOWN NATURAL HEALTH FAIR 2018

August 25, 2018

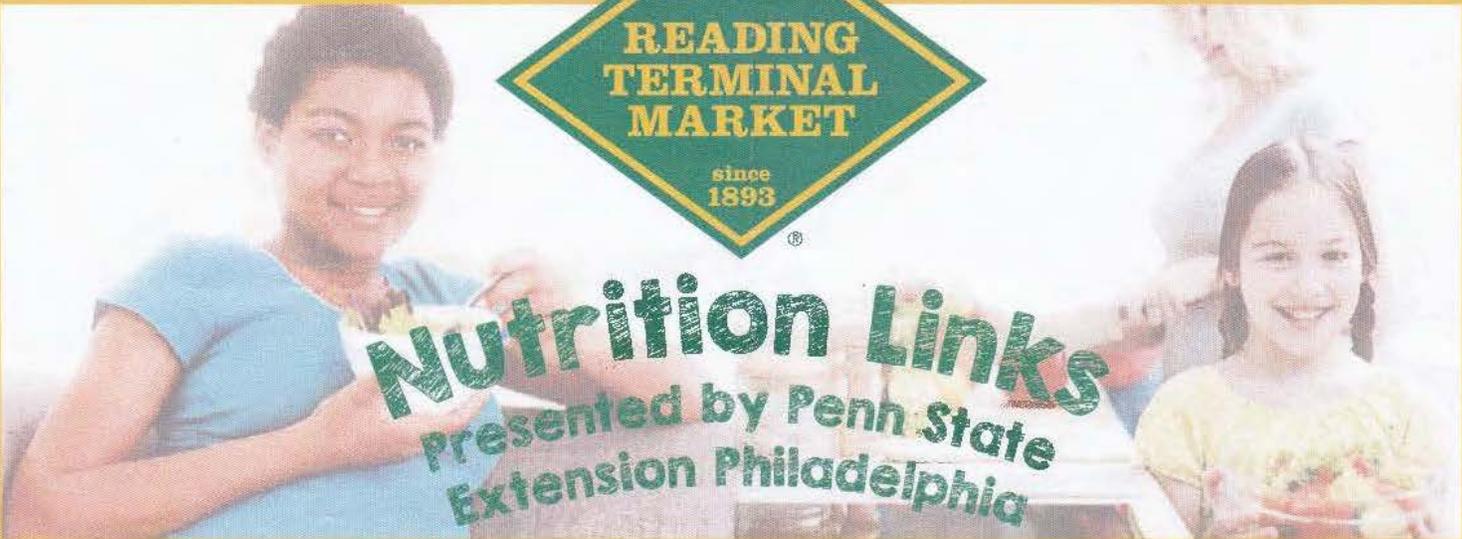
What We Did: We distributed 300 sample servings each of hummus, quinoa salad, and peanut butter, which we complemented with carrots, celery, and apples. We had approximately 20 WW staff, WW members, and FJC members to assist with distributing samples. Big time thanks to Jeannine for coordinating all the food and supplies, Caitlyn for brainstorming and grinding peanut butter, and Norman for transporting all of the tables, etc. Kentu and Jon were present all day at the Health Fair. We also had a large sign with public transportation information about how to reach the Co-op. We had someone conducting voter registration as well. We raised approximately \$1,000 for Philly Food Bucks. We had \$348 left over in Philly Food Bucks which was donated to HGC for distribution to the Saul H.S. students.

Suggestions for Next Time: We didn't have handouts of the directions to the Co-op. We still have communication challenges with the planning committee and the Health Center #9 Health Fair Committee versus FJC and Weavers Way. Proceeding with the hummus, quinoa salad, and PB was great; however, I would request having the food in smaller containers so that we can cool and store more easily. We should also probably do a better job of keeping PB separate at the prep tables. Without a grill, we had plenty of time for set up, and we had run out of samples by 4:00PM. I would advocate a shorter Health Fair.



**READING
TERMINAL
MARKET**

since
1893



Nutrition Links
Presented by Penn State
Extension Philadelphia

Teaching People How to Eat Better for Less!

Come for a series of FREE lessons with fun activities.

- Learn to eat healthy on a limited budget
- Learn to plan low-cost, fast and easy meals
- Learn to keep food safe to eat
- Sample new healthy foods
- Hands-on cooking skills

WHEN

All classes are on Mondays at
10 AM - 12 PM OR 1 PM - 3 PM

September 17 • September 24
October 1 • October 8
October 15 • October 22

WHERE

Reading Terminal Market
City Kitchen
1136 Arch Street
Philadelphia, PA 19107

If you participate in all 6 classes you will receive
a \$25 gift card to Reading Terminal Market

Who may attend this FREE class?

Parent or caregivers of a child 0-19 years
who qualify for:
Free or Reduced School Lunch
WIC
SNAP Benefits
Food Pantry Boxes/Bags
Pennsylvania Farmers Market Vouchers

To Register:

Call or Email
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