

Student Title: Magee, Tim OL 201 Assignment 3
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Magee Example Project OL 201 Assignment 3
Online Learning: OL 201 Designing and Funding Non Profit Programs
Center for Sustainable Development: <http://www.csd-i.org/>

Use this Document as your template for your assignment.

Assignment 3. Will your theory of a solution work?

I focused on finding scientific papers on the following three of my activities to see if they had shown evidence of solving my project's challenge. I searched through Google and Google Scholar. Although I have noted several scientific papers for each activity, the homework assignment only asks you to find one paper per activity.

Note: I discovered many more resources than listed below which aren't necessarily relevant for this assignment but are extremely useful for community gardening. I've compiled them on a sheet that you can download from the download documents page entitled "[OL 201 Online Resources for Food Banks.](#)"

Activity 1: Community Garden Program

I used Google and Google Scholar.

My first attempt used the following phrase: "food banks and community gardens" without much success. I had better success with these:

Keywords: can urban gardens help the poor; can urban gardens help food banks; community gardens for nutrition

1. Culturing community development, neighborhood open space, and civic agriculture: The case of Latino community gardens in New York City; Laura Saldivar-tanaka, Marianne E. Krasny
<http://link.springer.com/article/10.1007/s10460-003-1248-9>

In addition to being sites for production of conventional and ethnic vegetables and herbs, the gardens host numerous social, educational, and cultural events. The gardens can also be viewed as unique "participatory landscapes" that combine aspects of all three movements, as well as provide a connection between immigrants and their cultural heritage.

2. Food Insecurity and Participation in Community Food Programs among Low-income Toronto Families; Sharon I. Kirkpatrick, PhD, RD, Valerie Tarasuk, PhD
<http://journal.cpha.ca/index.php/cjph/article/download/1771/1955>

Only one in five families used food banks in the past 12 months and the odds of use were higher among food-insecure families. One third of families participated in children's food programs but participation was not associated with household food security. One in 20 families used a community kitchen, and participation in community gardens was even lower.

3. Accessing food resources: Rural and urban patterns of giving and getting food; Lois Wright Morton, Ella Annette Bitto, Mary Jane Oakland, Mary Sand
<http://link.springer.com/article/10.1007/s10460-007-9095-8>

Further, 58% of the low-income rural group had access to garden produce while only 23% of the low-income urban group reported access. In a rural random sample of the whole population in the two high poverty counties access to garden produce increased chances of attaining recommended vegetable and fruit servings controlling for income, education, and age. Access to a garden also significantly increased the variety of fruits and vegetables in diets.

4. Impact of Garden-Based Youth Nutrition Intervention Programs: A Review. Ramona Robinson-O'Brien, PhD, RD, Mary Story, PhD, RD, 9. Stephanie Heim, MPH

Findings from this review suggest that garden-based nutrition intervention programs may have the potential to promote increased fruit and vegetable intake among youth and increased willingness to taste fruits and vegetables among younger children; however, empirical evidence in this area is relatively scant. Therefore, there is a need for well-designed, evidenced-based, peer-reviewed studies to determine program effectiveness and impact.

<https://food-hub.org/files/resources/GardenBasedNutritionStudy.pdf>

5. Fruit and Vegetable Intake among Urban Community Gardeners. Katherine Alaimo, PhD, Elizabeth Packnett, MPH, Richard A. Miles, BS, Daniel J. Kruger, PhD

Fruit and vegetable intake was measured using questionnaire items from the Behavioral Risk Factor Surveillance System. Household participation in a community garden was assessed by asking the respondent if he or she, or any member of the household, had participated in a community garden project in the last year.

Adults with a household member who participated in a community garden consumed fruits and vegetables 1.4 more times per day than those who did not participate, and they were 3.5 times more likely to consume fruits and vegetables at least 5 times daily. Conclusions and Implications: Household participation in a community garden may improve fruit and vegetable intake among urban adults.

http://mail.communitygarden.org.au/pipermail/executive_communitygarden.org.au/attachments/20100826/9032767e/attachment-0002.pdf

Summary Paragraph:

These studies show that aside from providing nutritional fruits and vegetables community gardens played an important role in providing social, educational, and cultural value; they could also provide value in a connection between immigrants and cultural heritage. Several of the studies showed that people with plots in community gardens had increased consumption of fruits and vegetables—and that these programs could improve nutrition in children. However, even though there are large numbers of food insecure families, only 1 in 20 families used a community kitchen, and participation in community gardens was even lower. Also, empirical evidence in this area is relatively scant. Therefore, there is a need for well-designed, evidenced-based, peer-reviewed studies to determine program effectiveness and impact.

In conclusion, the study seem to show that community gardens could have a positive impact on nutrition for the urban poor, but that there are relatively few scientific studies that demonstrate this. Based upon this, I'm going to continue to pursue the community garden program in my project, continue to look for scientific data, but I'm also going to consider contacting a local agricultural University (Cal Poly Pomona) to see if they might want to consider co-writing a grant proposal for doing an impact study.

Activity 2:**Farm Gleaning Program**

Key words: "Food Banks" and Farm Gleaning

In Google Scholar I found:

1. Estimating and Addressing America's Food Losses. Linda Scott Kantor, Kathryn Lipton, Alden Manchester, and Victor Oliveira
Once surplus food has been "recovered" or prevented from going to waste, volunteers pick up and deliver the food to groups that serve the needy, either directly through neighborhood charitable organizations, such as food pantries and soup kitchens, or indirectly through food banks. In addition to providing additional quantities of food to hungry people, food recovery efforts can also provide food banks with the ability to offer clients more variety and nutrients in their diets by adding fiber-rich fresh fruits and vegetables and grain products to the typical offerings of non perish-able canned and boxed goods.
http://webarchives.cdlib.org/wayback.public/UERS_ag_1/20110903004334/http://ers.usda.gov/Publications/FoodReview/Jan1997/Jan97a.pdf

2. Wasted: How America Is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill. Dana Gunders
California recently passed a bill allowing growers to receive a tax credit for donations of excess produce to state food banks, joining Arizona, Oregon, and Colorado.

The Farm to Family program in California recovers more than 120 million pounds of produce per year from farms and packers for distribution to food banks.³⁴In 2010 this program recovered more than 17 million pounds of potatoes alone. Instead of relying on volunteers, the California Association of Food Banks Farm to Family program has pioneered an approach it calls concurrent picking, whereby workers harvest unmarketable produce alongside the marketable grades. The program covers the costs of additional labor, handling, packaging, refrigeration, and transport. In the end, food banks receive fresh produce at a greatly reduced rate and growers are able to deduct the charitable donation of the produce from their taxes. Workers and growers have been thrilled with the program; the challenge to date has been that even at only \$.10 to \$.15 per pound, only 6 of the 41 member food banks have been able to afford the produce.³⁵This model also has the potential to serve secondary markets such as discount stores, after-school snack programs, or other low-budget outlets.

Many food banks have had to significantly invest in transportation infrastructure to successfully transition to handling greater quantities of perishable food donations. Unfortunately, some food recovery organizations are often staffed by volunteers and do not have the resources necessary to provide this consistency.

http://www.nrdc.org/food/files/wasted-food-IP.pdf?mkt_tok=3RkMMJWWfF9wsRonuqjPZKXonjHpfsX56%2BwoXaS1IMI%2F0ER3fOvrPUfGjI4ATMphI%2FqLAzICFpZo2FFUH%2BGbbIFU8g%3D%3D

3. Field Gleaning as a Tool for Addressing Food Security at the Local Level: Case Study. Anne Hoisington, Sue N. Butkus, Steven Garrett, Kathy Beerman

During the 1997 season, ~50 gleaners participated in the Pierce County Expanded Food and Nutrition Education Program Gleaning Project; 29 participated in an intensive 4-week study to track use of produce by gleaners. Onsite weighing of gleaned produce revealed that of the 110,000 pounds gleaned by these 50 gleaners from Pierce County farms and orchards during 1997, 85,000 pounds (77%) were donated to local emergency food programs.

<http://www.sciencedirect.com/science/article/pii/S1499404606600092>

Summary Paragraph:

The studies show the huge quantity of food which is lost every year in the United States and Canada through agricultural harvesting systems—and that there are programs for providing food gleaned from farm fields for food banks. For example, in one study, onsite weighing of gleaned produce revealed that of the 110,000 pounds gleaned by 50 gleaners from Pierce County, Washington farms and orchards during 1997, 85,000 pounds (77%) were donated to local emergency food programs. In addition to providing additional quantities of food to hungry people, food recovery efforts can also provide food banks with the ability to offer clients more variety and nutrients in their diets by adding fiber-rich fresh fruits and vegetables and grain products to the typical offerings of non perish-able canned and boxed goods.

However, food banks may have to invest significantly in transportation infrastructure to successfully transition to handling greater quantities of perishable food donations. Unfortunately, some food recovery organizations are often staffed by volunteers and do not have the resources necessary to provide this consistently.

In conclusion, I decided to exclude the farm field gleaning program for my project—and I think that this was a good decision. It seems like there is a fair amount of sophisticated coordination and transportation infrastructure investment for food banks. I think that this would be a perfect follow-up project after the other programs in my project has been developed

Activity 3: Restaurant and Grocery Store Surplus Food Donation Program

Key Words: "Food Banks" and Restaurant and Grocery Store Donations

1. Waste not, want not: Feeding the Hungry and Reducing Solid Waste Through Food Recovery. USDA.

http://www.sustainablecitiesinstitute.org/Documents/SCI/Report_Guide/Guide%20-%20Food%20Recovery%20Program%20SF.pdf

Case Studies of Food Recovery Programs

This study shows case studies for number of successful programs—and also gives solid ideas on how to make food recovery programs work.

2. Characteristics of Mid-Atlantic Food Banks and Food Rescue Organizations. Andrew Youn, Michael Ollinger and Linda Scott Kantor

http://webarchives.cdlib.org/wayback.public/UERS_ag_1/20110903162350/http://ers.usda.gov/publications/foodreview/jan1999/frjan99h.pdf

Most Food Donated to Mid-Atlantic Food Recovery Organizations Came From the Food Industry. 1: Farm gleaning 7% food drives, 14% manufacturing, 18% Wholesale, 18% Second Harvest, 18% Retail.

Summary Paragraph:

These two studies show how traditional food banks can take advantage of donations of food from restaurants and grocery stores—and provide a number of examples of programs and that had been successful—and how they did it.

In conclusion, from reading these two studies, this seems like a successful, approachable program for my project for the food bank to take on. It appears from the second study that 50% of food provided to food banks comes from food recovery programs.



Facebook Posting.

1 "Liked" the CSDi Facebook page.

2. I then posted a link to the course and wrote and posted this:

Do any of you have resources that could help me in the development of my project on expanding food bank services through community gardens, and restaurant and grocery store food donations—including links to websites or scientific papers that would help me find intervention activities that I could use in my project, or links to sites where I can download how-to field guides or manuals on implementing these activities with my community?