

FREE COMMUNITY DINNER AND CAFÉ – JUNE 6, 2013

On June 6th, a Community Café and Conversation was held in the Newfield High School cafeteria. A free, locally-produced meal was served between 5:30 and 6:30pm, and was followed by a guided group discussion centered on the theme of “Nourishing our Children, Families and Community” until 8:00pm. We touched on issues surrounding food, health, agriculture, education, and access to nutrition, as well as your stories of success and struggle. Students, parents, employees and community members all participated. The following pictures are the brainstorming notes that were taken. To see a typed summary of the information gathered, go back to the website and choose “typed summary.”

The first set of notes address the question: What challenges do we face in nourishing our children, families, and community?

The second set of notes address the question: What can we do together to nourish our children, families, and community?

The third set of notes represent the *harvest* of our thinking: The action steps we want to take.

#2 Smp
What challenges does
community face?

FDA - Making local food producers
test for all nutritional substances -
Bill now in Congress. (may end local food
movement)

Small rural towns do not have access,
some do not have grocery stores.

Geared everything towards driving - now
with higher gas, can't get to stores
easily. 7-11's thriving

Education about nutrition.

Kids will take broccoli but throw away (eat the chips)

Fat, sugar + salt were scarce during evolution -
we crave them, so food industry capitalizing on it

Covered bridge - Newfield should have some attractiveness
start up costs.

Food - sense of community identity, local pride. (Quality - it's
a commitment) + it takes a community to raise a child. Foster.

Include students - identity - make the signs (with guidance)
Let kids initiate - start a club? - The students can generate.

Community is only as good as how it welcomes newcomers. Every
person is a resource. Welcoming committee.

#2 gap

Families and individuals spend income on other things rather than healthy food.

Media influences

Access to services, events because of small size

Limited options such as organic food.

Nurturing obstacles
Eat well when young to develop good habits.

Good, nutritious food for lower-income families

Motivation to eat healthy food.

Nutritional Knowledge

Affordable place to live, but people need affordable healthy food options and access.

#2 gap

What challenges does

#2 notes

1. Cost of food for family
(humans & animals)

horses, dogs, cattle, bunnies,
hay, special food & treats

2. Transportation (gasoline, maintenance of
vehicles, insurance, local
food limitations - two
stores. Farmer's Market?

3. Different tastes, Medical & Nutrition
issues! Choice is good but it
separates. Types of food.

4. Schedules - different work hours,
& inconsistent work hours,
teenagers (who crave privacy from
others at times, particularly siblings)

5. Locations in & outside of house.

#2 steps

Families
income
rather

Media infl.

very
itions
ial!!
me "normal", then organic.

#2 challenges face Gap

Time

what is nourishment

- time energy, sharing
- cellphone technology
- not enough money
- disconnected from good food
- world collapsing

challenge people w/ knowledge

- rural but not involved w/ rural things
- overemphasis on protein
- not exercise, too sedentary
- put up own food
- not have music, dancing.
- need space where art can happen
- conflicting styles of movement
- not have enough conversation, nourishing
- media ^{infiltrated} by fearful news.
- no too much to absorb

Bugs create a fear of ~~growing~~ Growing
People are afraid to ask questions
Price of organic food.
People feel organic is "special."

Chemically laced food is now more "normal," than organic.

#2 Challenges in Providing Nourishment

- Cost of purchasing desired / preferred organic food.
- cost of LOCAL/Regional food

#2 Challenges in Providing Nourishment

- Cost of purchasing desired / preferred Organic food.
- cost of LOCAL/Regional food
- Food as medicine - individual diets prevent large bulk purchases for cost savings.
- Cost of processed/junk food is exponentially less than fresh, whole, local food.
- World imports of food
- Corporate food
- Food storage & safety issues

grow their
own to
experienced
see

arden
rn, have help
next to grade
class

over her
come out

and supplier

doing/happening

media
technology separate
than than connects

#2

What challenges do you &/or your community face in providing nourishment?

- Big business processes high sugar/high salt.... foods
- cheaper to buy - imported/contaminated
Being a family - dinner brings you together.

- I am - lost that time, brought it back →
families get connected - kids take that w/ them

- lower income, motivation to spend & on
other things, rather than food

- lack of knowledge about good food,
nourishing food

- location - hard to get into Ithaca,
Covered Bridge is the only place, no where
to go grocery shopping - Ithaca has the

- Media - powerful - says what we should
have (not what we need) variety

- need nourishment, healthy first
media negative influence

Bugs create a fear of
People are afraid to
Price of organic food.
People feel organic is
Chemically based food

#2

- people might want to grow their own, need to know/learn how to
- field days, education, experienced people could show, teach, see
- I'd love that [^] tried a garden everything died - would love to learn, have help
- 3rd grade - plant in spring, ~~at~~ fall next ^{2nd grade} + class harvest
- get bus - bring people out - Nancy loves her garden would love to have people come out to her garden + talk there.
- Students help comm. w/ identity as food supplier
- food consciousness
- watch what - gov't regulations are doing/happening
- not enough music + dancing here
- sense of what's happening in our world / fear - media
- need space where art can happen ^{cell phone, technology separate rather than connects}
- live in rural area don't engage much in rural things
- conflicting styles of nourishment
- not enough conversation like this

#2

What can
you &/or

face in pro

- Big business processes for being a family
- cheaper to buy
- 15 min. least that time families get connected
- lower income, more other things, rather
- lack of knowledge nourishing
- location - hard to Covered Bridge is to go grocery store
- Media - powerful - have (not what)
- need nourishment, health
- media narrative involves

What can we
do together to
create a community
that nourishes its
families and children?

#3 What can we do?

Local farms

Community Lands to farm

Potted gardens

★ Communication landowner, education, Allergies

Start young

Affordable prices?

~~Protein~~ Meat!

Local beef, chicken venison

Education on meat substitute

Fishing ponds?

#3
spring summer food program
community provides food through
local farms or grants
teach children about community
resources
welcome newcomers into the

What

#3

Support Summer food program
community provide food through
local farms or grants

teach children about community
resources

welcome newcomers into the
community

encourage volunteerism in school
programs during the summer

better communication to community
on programs available

the
ere

Support local growing and farmers markets.
grow something.

Dancing and Music
More canvas like this
Possibly a smaller group for children

#3

- people might have fear of reaching out asking about growing - may have failed once - hard to reach out - if more people knew what they were doing - help each other

- ^{Newfield} Youth Bureau Rep - great programs bring them together - support / focus on ^{nourish souls of youth not in typical support programs youth who are (less) involved -}

^{has been} cut from the Newfield town budget
(^{County} match) program - minimum \$7000 - part time CCETC
no funding for next school year ^{rural youth services} after school...
* fall comm forum. re

- identify actual needs of what would take to feed town of Newfield, info from food pantry. see if local producers can help feed "our" community. ^{be able to} provide fresh produce

- School raise their own items for fund raisers - ^{local} "involve community" "healthy"

- find ways to coordinate efforts, more coord. be more effective
↑ awareness of what is there

• Linda Poppleton's School Garden

- w/ Newfield Rec Campers
- Rehab Library Gardens

- Students... field-days ^{field-trip days} to learn about gardening, etc.
Students involved in "making the community"
- master composter group
- farm tour... farm trail
- Coordination of efforts
- Learning how to coordinate efforts
- Awareness of what's going on, available to community.

• Removing barriers to what's available

• Remove stigma of free resources + services

• Changing sense that it might be awkward to go to an event like this

• move the idea that a dinner is "for the community" to "community"

out a
have
out -
they use
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them together
been
Cut from
County
(match) program
no funding for next
* fall comm for
- identify activities
town of Newfield
producers can help
- School raise their
PTA - other
- find ways to coordinate

Students involved

- master composter group
- farm tour... farm trail
- Coordination of efforts
 -
- Learning how to coordinate efforts
- Awareness of what's going on, available to community.
- Removing barriers to what's available
- Remove stigma of free resources + services
- Changing sense that it might be awkward to go to an event like this
- Move the idea that a dinner is "for those in need" to a "community event" that all can be part of.
- School + what students + how they learn

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town of Newf
producers can h
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#3

- identify food needs
 - food pantry statistics
- how could the school feed itself?
- What would it take to feed population of
Tah? Acres/person
- Identify models for inspiration + guidance
- Identifying + limiting waste
- Workshops - Student food production,
community
- Identifying health + safety regulations +
how to execute in compliance.
- Recruitment of volunteers
- School hire a farmer to grow/raise a product to
sell for school fund raisers.

of volunteers

aim to grow/raise a product to
help fund raisers.

#3

"Newfield
builds bridges"

Support local
businesses, eg

• Early
Bird
Farms

• Farmers
Market
at NFF

• Little Tree
Orchards

→ for local food means

~~Newfield~~

CCETC
Youth Services
restored to
Newfield
(requires matching
all through Foundation
mon. 7th)

Fall
Farm

• primary school
• business plan
• individual business

Gardening
buddies!

opt involved
in Newfield's new
comprehensive plan
to be
helping
the
community

The Harvest

- Do this once a month -
- wonderful evening, great start, do regularly - maybe not once a month
- conv. - great material, have sheet go round anything we can do to improve, have ongoing input
- tonight's theme "Nourishment" - good, liked it - broader than just food
- Cornerstone of what is important to many people
- food brings us together - everybody has to eat
- food "I like to eat" don't know how to grow
- "Healthy Land" - Environment - Newfield / beautiful nature / sustainance / protect it.
- Community food - cornerstone of family
- people who can't garden can compost - community compost day - bring a bucket take a bucket
- "Water" - advocate / learn ... more about what's going on
- piece of ground community owns to be a comm garden / plots / share
- Cambridge - Bridge Park - gazebo - beautiful - place

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How we

July

get

Base

things

Plan-

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- start,
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sheet go
improve,

- than
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any people
ly has to eat
to grow
id / beautiful

community compost
- bring a bucket
a bucket
what's going on in
arden / plots / share
plots

The Harvest
Issues about steepness of hillside by
Bridge Park - heart of Newfield / beautiful
- comm movie, music in the park
bring comm together

Comprehensive Plan - suggested action steps
many of these thoughts heard tonight
are in the Plan - Read it.

~~Approve~~ it / Implement it -
Interesting / great read important
town website / hard copies in library / town hall

July 2 Public hearing - ^{before} official adoption by town
get together create committees - get people involved
move on the action steps

Baseline for what town does - once in place then before
things happen - town board will have to review based on the
Plan - will help to get grant money

- Where are we going from here? What's the follow up?

- email of summary of this - digitally can pursue areas they
are interested in.

- This is happening internally tonight - Barn - Kaylee, the W12 that organized tonight
- can be a harvest - Not by accident it's happening now, Barn has the south side area
- can be a harvest - Not by accident it's happening now, Barn has the south side area

