



## **Community Development Studio Food in the Trenton Community**

**Spring 2005**

970:511:2: 50522  
CSB 243 Lab, 1:10 – 3:50

### **Instructors**

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Office Hours:	Tues 10:00-12:00	Wed 1:30-4:30; Fri 1:30-4:30

### **Purposes of Course**

- (1) Learn about community development
- (2) Provide applied research assistance to a community-based organization
- (3) Develop a community food system report for Trenton

### **Project Description**

We will be working with Isles. Inc., a community development corporation, in Trenton. Created in 1981, Isles has become a leader in the community development movement. Isles' citywide scope and broad approach to community development sets it apart from other community based organizations. Among its many programmatic areas, Isles addresses environmental improvement, neighborhood planning, regional organizing,

housing development, and community gardens. Community gardening, the organization's first program, was intended to improve community food security by making good food more accessible. Today, Isles has forty-three gardens, engages youth through urban ecology, exercise, nutrition, and educational programs; it also tackles brownfield redevelopment, and develops strategies to otherwise improve community health especially around lead and asthma. Isles is concerned about community access to healthy food in Trenton.

Isles' staff asked for our assistance to develop a report about access to healthy food in Trenton. Isles will use the report to better understand food availability and consumption in Trenton. The organization will also use the report to work for change to improve the delivery of healthy, affordable food to all Trenton residents.

To create the report, we will:

- Determine the extent of hunger in Trenton
  - Gather Census data on income, school lunch and breakfast usage, and public food assistance use
  - Conduct focus groups to understand resident perceptions of hunger
- Explore what people know about food and how they behave
  - Do people have time to shop and cook?
  - What do people want to eat?
  - Do people know how to cook? Are there cooking classes in Trenton?
  - Identify where people get food
- Can people access the food that they want?
  - How does the cost of food differ from the suburbs?
  - What sorts of food are available?
  - Conduct a food store survey
- Document the food delivery system in Trenton
  - Map food distribution networks
  - How does food get to Trenton consumers?
  - Where are the decisions made about what food reaches consumers? What choices are available to shopkeepers?
  - Could access to quality food be improved?
- Identify and map the points of food delivery
  - Where are the supermarkets, small stores (bodegas), restaurants, food pantries, soup kitchens, community gardens, emergency food providers, public/private schools, and farmers markets?
- Document the public food assistance system
  - How do WIC, USDA food vouchers, and Food Stamps work?

- Map stores that accept WIC and USDA food vouchers and food stamp acceptance locations
- What food options do people have with this assistance?
- Why aren't more people who qualify for these programs using them?

**Time Line**

<i>Date</i>	<i>Topic</i>	<i>Deliverable</i>
January 18	Overview	
January 25	Meet the Client	Form Research Teams
February 1	Community Food Assessment	
February 8	Community Food Security	
February 15	Public Food Assistance Programs	
February 22	Food Distribution	
March 1	Project Work	
March 8	Project Work	
March 15	Spring Break	
March 22	Mid-semester Meeting with Isles	First Draft Reports
March 29	Project Work	
April 1	Tour Rutgers CSA, Share our Project with Urban Ecology students	
April 5	Polish Reports and Start Presentation	Second Draft Report First Draft Presentation
April 12	Complete Reports and Polish Presentation	Final Draft Report Draft Presentation
April 19	Dry Run Through	Final Report Final Presentation
April 26	Presentation to EJB Community	Practice and dry run
May 3	Final Presentation	In Trenton at Isles

**Course Materials, Resources, and Information**

*Course Pack*

Available at Pequod Copy on Somerset Street

*Course Websites*

Information and Resources <http://policy.rutgers.edu/food>

Document Sharing <http://www.rutgersonline.edu>

*Server*

Common/511S05

- GIS files
- PDF documents

*Course Listserv*

[Foodstudio\\_05@rams.rutgers.edu](mailto:Foodstudio_05@rams.rutgers.edu)

If you are not automatically added to the listserv or want to use a different email address, please send a note to [knewman@rci.rutgers.edu](mailto:knewman@rci.rutgers.edu)

*Listservs that may be of interest to you...*

Commfood-L (community food security coalition listserv)

<https://elist.tufts.edu/wws/info/comfood>

**Grading**

20% Class Participation

20% Draft Work Products & Field Notes

50% Final Work Products

10% Presentation

## January 18. Studio Overview

*Introductions and interests—yours, ours*

*Expectations—yours, ours*

*Project Overview*

*Background on Isles, Community Food Planning, and Trenton*

Isles Literature packets (distributed in class)

Isles Interactive Mapping Website

<http://map2.gismap.us/isles>

Cohen, Barbara. 2002. *Community Food Security Assessment Toolkit*. Report prepared by IQ Solutions for the Economic Research Service Food Assistance and Nutrition Program. United States Department of Agriculture.

<http://www.ers.usda.gov/publications/efan02013/>

Caton Campbell, Marcia. "Building a Common Table: The Role for Planning in Community Food Systems." Special Issue: Planning for Community Food Systems. *Journal of Planning Education and Research*. Summer 2004. 23-4

Clancy, Kate. "Potential Contributions of Planning to Community Food Systems." Special Issue: Planning for Community Food Systems. *Journal of Planning Education and Research*. Summer 2004. 23-4

*Films: The Story of Isles; Dust Does Not Discriminate*. Trenton: Isles.

## January 25. Visit and Tour of Isles and Trenton

*Meet in Trenton at Isles, meet Isles staff, discuss the project and tour Isles and Trenton (bring your cameras and notepads!)*

Isles' website. <http://www.isles.org>

Slocum, Rachel. 2004. "Anti-racist practice in the work of Community Food Organizations." Submitted to *Antipode* December. (course pack)

*Access Denied*. Sustainable Food Center. Austin, TX.

<http://www.sustainablefoodcenter.org/publications.asp>

Dowler, Elizabeth and Martin Caraher. 2003. "Local Food Projects: The New Philanthropy?" *The Political Quarterly* 57-65.

Allen, Patricia, Michael Goodman, Margaret FitzSimmons, and Keith Warner. 2003. "Alternative Food Initiatives in California: Local Efforts Address Systemic Issues." Source?

### Additional Resources

Tauber, Maya and Andy Fisher. 2002. *A Guide to Community Food Projects*. Community Food Security Coalition. <http://www.foodsecurity.org/pubs.html#books>

*Urban Agriculture and Community Food Security in the United States: Farming from the City Center to the Urban Fringe*. A Primer Prepared by the Community Food Security Coalition's North American Urban Agriculture Committee. October. 2003. <http://www.foodsecurity.org/pubs.html#books>

*Weaving the Food Web*. Community Food Security in California. Community Food Security Coalition and California Community Food Security Network. 2002. <http://www.foodsecurity.org/pubs.html#books>

Garrett, Steven and Gail Feenstra. 1999. *Growing A Community Food System*. Community Ventures: Partnerships in Education and Research. Western Regional Extension Publication in Cooperation with the U.S. Department of Agriculture, Washington State University. WREP0135. <http://cru.cahe.wsu.edu/CEPublications/wrep0135/wrep0135abstract.htm>

Hunger Action Network of New York State. (no date). *Growing a Healthy New York: Innovative Food Projects that End Hunger and Strengthen Communities*. <http://www.hungeractionnys.org/>

*Work product: Form Research Teams*

## **February 1. Community Food Assessment**

*Speaker: Ralph Coolman, Urban Ecology, Rutgers University*

Pothukuchi, Kameshwari. "Community Food Assessment: A First Step in Planning for Community Food Security." Special Issue: Planning for Community Food Systems. *Journal of Planning Education and Research*. Summer 2004. 23 4-

Siedenburg, Kai and Kami Pothukuchi. Eds. 2002. "What's Cooking in Your Food System? A Guide to Community Food Assessment." Venice, CA: Community Food Security Coalition. <http://www.foodsecurity.org/pubs.html#books>

## Recommended Resources: Assessment Examples

### Community Food Security Coalition

[http://www.foodsecurity.org/cfa\\_outsideca.html](http://www.foodsecurity.org/cfa_outsideca.html)

- Links to Assessments
- Links to Resources for Doing Assessments

### Detroit

- Pothukuchi, Kami. 2003. *The Detroit Food System: A Handbook for Community Planners*. Detroit: Wayne State University.
- Pothukuchi, Kami and Joan Bickes. 2001. *Hortaliza! Youth Nutrition Garden Demonstration Project in Southwest Detroit: A Report on Benefits, Potential and Challenges*. Detroit: Wayne State University.

### Hartford

- <http://www.hartfordfood.org/>

### Los Angeles

- Ashman, Linda. 1993. *Seeds of Change: Strategies for Food Security for the Inner City*. Venice: UCLA Urban Planning Department. (from KN)

### Madison, Wisconsin

- Stevens, Mark R. and Samina Raja. 2001. "What's Eating You About What You Eat? A Survey of Madison Residents' Likes and Concerns." For the Madison Food System Project. Madison Food System Project Working Paper Series MFSP-WPS-05. <http://www.wisc.edu/urpl/mfsp/>

### Milwaukee

- Varela, Olmedo. 1996. "Socio-spatial Relationships and Food Programs in Milwaukee's Food System." Milwaukee: Center for Urban Initiatives and Research. (from KN)
- Johnson, Karl, Stephen Percy, and Edward Wagner. 1996. Comparative Study of Food Pricing and Availability in Milwaukee. Report Prepared for the Food System Assessment Project. The Hunger Task Force. Milwaukee: Center for Urban Initiatives and Research. University of Wisconsin Milwaukee. (from KN)

- Varela, Olmedo, Karl Johnson, and Stephen Percy. 1998. Food Insecurity in Milwaukee: A Qualitative Study of Food Pantry and Meal Program Users. Report Prepared for the Food System Assessment Project. The Hunger Task Force. Milwaukee: Center for Urban Initiatives and Research. University of Wisconsin Milwaukee. (from KN)

#### New York City

- Who Feeds the Hungry? Mapping New York City's Emergency Food Providers. New York: The New York City Food Bank.  
<http://www.foodbanknyc.org/go/programs-and-resources/research/index.htm>

#### Portland, Oregon

- Ecumenical Ministries of Oregon. 2001. *Portland's Bounty: A Guide to Eating Locally and Seasonally in the Greater Portland and Vancouver Areas*. 2<sup>nd</sup> Edition. Portland, OR: Interfaith Network for Earth Concerns. (from KN)

*Work product: Research teams identify research questions and methodological tools to answer research questions*

### **February 8. Community Food Security**

*Speaker: Anne Bellows, Research Associate, Food Policy Institute (3pm)*

#### Special Issue of *Progressive Planner* (Course Pack)

Allen, Patricia, Margaret FitzSimmons, Michael Goodman, and Keith Warner. 2003. "Shifting Plates in the Agrifood Landscape: The Tectonics of Alternative Agrifood Initiatives in California." *Journal of Rural Studies* 19:61-75.

Hamm, Michael and Anne Bellows. 2003. "Community Food Security and Nutrition Educators." *Society for Nutrition Education*. 35 1: 37-43.

Bellows, Anne C. and Michael W. Hamm. 2003. "International Effects on And Inspiration for Community Food Security Policies and Practices in the USA." *Critical Public Health* 13 2:107-123.

Eisenhauer, E. 2001. "In Poor Health: Supermarket Redlining and Urban Nutrition." *GeoJournal*. 53 2:125-133. (course pack)



## Recommended Resources

### *Grocery Store Survey Studies*

Morland, Kimberly, Steve Wing, Ana Diez Roux, and Charles Poole. 2002. "Neighborhood Characteristics Associated with the Location of Food Stores and Food Service Places." *American Journal of Preventive Medicine* 22 1:23-29.

Shaffer, Amanda. 2002. *The Persistence of L.A.'s Grocery Store Gap: The Need for a New Food Policy and Approach to Market Development*. Center for Food and Justice. <http://www.departments.oxu.edu/uepi/cfj/>

Sloane, David et al. 2003. "Improving Nutritional Resources Environment for Healthy Living through Community-based Participatory Research." *Journal of General Internal Medicine*. 18:568-575.

### *Other*

Curtis, K. and S. McClellan. 1995. "Falling through the Safety Net: Poverty, Food Assistance and Shopping Constraints in an American City." *Urban Anthropology*. 24 1-2: 93-135. (course pack)

Lang, Tim. 1999. "Food Policy for the 21<sup>st</sup> Century: Can it Be Both Radical and Reasonable?" in Mustafa Koc, Rod MacRae, Luc J.A. Mougeot, and Jennifer Welsh. *For Hunger-proof Cities: Sustainable Urban Food Systems*. Toronto, Canada: International Development Research Centre.

Nord, Mark, Margaret Andrews, and Steven Carlson. 2004. *Households Food Security in the United States, 2003*. Washington, DC: Economic Research Service, United States Department of Agriculture. Food Assistance and Nutrition Research Report No. (FANRR42) 69 p. October. <http://www.ers.usda.gov/briefing/Foodsecurity/>

U.S. Bureau of the Census. Food Security Module  
<http://www.bls.census.gov/cps/foodsecu/foodsecu.htm>

U.S. Conference of Mayors. 2002. *A Status Report on Hunger and Homelessness in America's Cities*. Washington, DC: US Conference of Mayors.  
<http://www.mayors.org.uscm/hungersurvey/2002/onlinereport/hungerandhomelessreport2002.pdf>

## **February 15. Food Distribution**

*Speaker: Rick Vanvranken, Atlantic County Agricultural Agent (1:10)*

Food Distribution Team Leads Class

Angelo, Robert et al. 2004. *Economic Impact of New Jersey's Supermarket Industry*. Department of Labor Studies and Employment Relations. School of Management and Labor Relations. New Brunswick. October.  
[www.smlr.rutgers.edu/faculty/122500D\\_BookR.pdf](http://www.smlr.rutgers.edu/faculty/122500D_BookR.pdf)

Dugger, Celia. 2004. "Supermarket Giants Crush Central American Farmers." *The New York Times*. Nytimes.com December 28.

### Resources

Food Bank of New Jersey  
<http://www.njfoodbank.org/>

Mercer Street Friends Food Cooperative  
Food warehouse in Lawrence provides emergency food distribution  
<http://www.mercerfriends.org/home.asp?uri=1000&frst=1000>

Economic Census  
<http://www.census.gov>

## **February 22. Public Food Assistance Programs**

*Speaker: Phyllis Stoolmacher, Director, Mercer Street Friends*

*Food Assistance Team Leads Class*

Food Research and Action Center. 2004. *State of the States: 2004. A Profile of Food and Nutrition Programs Across the Nation*. Washington, D.C. <http://www.frac.org>

Fox, Mary Kay, William Hamilton, and Biing-Hwan Lin. 2004. *Effects of Food Assistance and Nutrition Programs on Nutrition and Health*. Economic Research Service,

United States Department of Agriculture.  
<http://www.ers.usda.gov/publications/fanrr19%2D3/>

McManus, Katherine and Paula Johnson. 2004. Study on Roxbury food stamp costs.

### Recommended Resources

Food Research and Action Center  
[http://www.frac.org/html/federal\\_food\\_programs/federal\\_index.html](http://www.frac.org/html/federal_food_programs/federal_index.html)

- Reports on WIC, Food Stamps, School lunch and breakfast

Federal Food Assistance Program Information  
<http://www.fns.usda.gov>

- Food stamps, WIC, USDA Farmers' Market coupons, Child Nutrition Programs

Rutgers University. Food Stamp Nutrition Education Program  
<http://www.Rutgers.njfsnep.org>

State of New Jersey. Child Nutrition Programs  
<http://www.state.nj.us/agriculture/markets/childnutrition.htm>

### **March 1. Health and Nutrition**

“Obesity in the 21<sup>st</sup> Century.” 2003. V111 n13. *Environmental Health Perspectives*. A684-685.

Morland, Kimberly, Steve Wing, and Ana Diez Roux. 2002. “The Contextual Effect of the Local Food Environment on Residents’ Diets: The Atherosclerosis Risk in Communities Study.” *American Journal of Public Health* 92 11:1761-1767.

Cutler, David, Edward Glaeser, Jesse Shapiro. 2003. “Why Have Americans Become More Obese?” NBER Working Paper Series. Cambridge: National Bureau of Economic Research. <http://www.nber.org/papers/w9446>

### **March 8. Project Work**

CUPR style guide  
Norm’s grammar sheet 101

Basic how to for graphic design.  
<http://graphicdesign.about.com/library/weekly/aa012700a.htm?once=true&>

**March 15. SPRING BREAK**

**March 22. Mid-Semester Meeting with Isles Staff**

Review progress and address any questions, problems, etc

*First draft reports – materials for Isles staff to review*

**March 29. Project Work**

**April 1. Tour Rutgers CSA**

**April 5. Polish Reports and Start Presentation**

*Second draft reports*

*First draft presentation*

**April 12. Complete Reports and Polish Presentation**

*Final draft reports*

*Draft presentation*

**April 19. Dry Run Through**

*Final report*

*Final presentation*

**April 26. Presentation to Bloustein Community**

*Practice and dry run for constructive criticism from Bloustein community*

**May 3. Final Presentation**

*Final Presentation in Trenton*

## Additional Resources

### Literature

Allen, Patricia et al. 2003. "Alternative Food Initiatives in California: Local Efforts to Address Systemic Issues." Center for Agroecology Sustainable Food Systems. Research Briefs. University of California, Santa Cruz.

Allen, Patricia, Margaret FitzSimmons, Michael Goodman, and Keith Warner. 2003. "Shifting Plates in the Agrifood Landscape: The Tectonics of Agrifood Initiatives in California." *Journal of Rural Studies* 19:61-75.

Ashman, K. et al. 1993. *Seeds of Change: Strategies for Food Security for the Inner City*. University of California Graduate School of Architecture and Urban Planning.

Clifton, Kelly. "Mobility Strategies and Food Shopping for Low Income Families: A Case Study." Special Issue: Planning for Community Food Systems. *Journal of Planning Education and Research*. Summer 2004. 23 4

Curtis, K. and S. McClellan. 1995. "Falling through the Safety Net: Poverty, Food Assistance and Shopping Constraints in an American City." *Urban Anthropology*. 24 1-2: 93-135.

Dahlberg. 1999. "Promoting Sustainable Local Food Systems in the United States." In M. Koc et al. Eds. *For Hunger-Proof Cities: Sustainable Urban Food Systems*. International Development Research Centre. Canada.

Dunkley, Bill, Amy Helling, and David Sawicki. "Accessibility versus Scale: Examining the Tradeoffs in Grocery Stores." Special Issue: Planning for Community Food Systems. *Journal of Planning Education and Research*. Summer 2004. 23 4

Eisenhauer, E. 2001. "In Poor Health: Supermarket Redlining and Urban Nutrition." *GeoJournal*. 53 2:125-133.

Food and Planning. *Winter 2004 Issue of Progressive Planning*. The Magazine of Planners Network.

Hammer, Janet. "Community Food Systems and Planning Curricula" Special Issue: Planning for Community Food Systems. *Journal of Planning Education and Research*. Summer 2004. 23 4

Lamiell, Patricia. 2004. "Study Finds 'Big Box' Grocers Threaten N.J. Supermarkets." *Rutgers Focus*. December 6. p7

Poppendieck, Janet. 1998. *Sweet Charity? Emergency Food and the End of Entitlement*. New York: Viking.

Pothukuchi, Kameshwari and Jerome Kaufman. 1999. "Placing the Food System on the Urban Agenda: The Role of Municipal Institutions in Food Systems Planning." *Agriculture and Human Values* 16, 2:213-224.

Siedenburg, Kai and Kami Pothukuchi. Eds. 2002. "What's Cooking in Your Food System? A Guide to Community Food Assessment." Venice, CA: Community Food Security Coalition.

Wekerle, Gerda. "Food Justice Movements: Policy, Planning, and Networks." Special Issue: Planning for Community Food Systems. *Journal of Planning Education and Research*. Summer 2004. 23 4

### Organizations and Websites

#### *Just Food*

- [www.justfood.org](http://www.justfood.org)
- NYC area food system website

#### Green Guerillas

- [www.greenguerillas.org](http://www.greenguerillas.org)
- NYC community gardening website resources

#### The Food Trust

- [www.TheFoodTrust.org](http://www.TheFoodTrust.org)
- Philadelphia

#### Community Food Security Coalition

- [www.foodsecurity.org](http://www.foodsecurity.org)
- National organization
- Great publications
- Fabulous links

#### Food Share

- <http://www.foodshare.net/index.htm>

#### Center for Budget and Policy Priorities

- [www.cbpp.org](http://www.cbpp.org)
- excellent reports on food stamp programs, school lunch, and other state food assistance programs

Food Research and Action Center

- [www.frac.org](http://www.frac.org)
- data on food stamp use, childhood nutrition, and food insecurity
- Excellent reports on state use of federal food assistance programs

NJ Department of Agriculture

- Community Farmers Markets  
<http://www.state.nj.us/jerseyfresh/searches/urban.htm>

Added Value (Red Hook)

<http://www.added-value.org>

B-Healthy

<http://www.b-healthy.org>

East New York Farms

Community Food Resource Center, NY

<http://www.cfrnyc.org>