



University of New Hampshire

New Hampshire Center for a Food Secure Future

Strategic Plan 2006

Building Sustainable Food Communities

Introduction

In 1979, Maynard C. Heckel, then Director and Associate Dean of UNH Cooperative Extension, introduced a report containing recommendations for New Hampshire food policy that addressed statewide issues of food insecurity and loss of food production capacity.¹ The report, the result of significant internal and external stakeholder participation, detailed a visionary strategy for addressing these issues. Unfortunately, the action that has followed has yet to meet many of the challenges outlined in this report. The New Hampshire Center for a Food Secure Future proposes to address these challenges, and others identified since the 1979 report was issued, as detailed in this strategic plan. The plan is comprised of:

- I. A background section outlining the planning process;
- II. A discussion of food security;
- III. A review and analysis of the strengths, weaknesses, opportunities and threats identified through this process;
- IV. A description of the Center;
- V. And the Center structure, evaluation and funding.



Maintaining and increasing small farms in the state is critical to creating a food secure future for New Hampshire.

¹ New Hampshire Food Policy Committee. "Recommendations for a New Hampshire Food Policy." University of New Hampshire Cooperative Extension, May 1979.

I. Background

The University of New Hampshire Office of Research and Public Service Discretionary Fund granted funding for the New Hampshire Center for a Food Secure Future (NHCFSF) strategic planning process in the summer of 2005. The process was initiated to investigate the roles and responsibilities of the Center. The goal was to develop an innovative resource for the state—a Center that will coordinate and integrate diverse resources that support multiple disciplines and societal sectors to improve the integrity of the entire food system, from production through processing, distribution and sales, to access, nutrition and health outcomes.

A subcommittee made up of principal investigators from the University of New Hampshire Office of Sustainability, Cooperative Extension and the Department of Animal and Nutritional Sciences, as well as external partners from government and non-profit agencies including the New Hampshire Food Bank and the New Hampshire Department of Agriculture, met in July to identify key stakeholders to be invited to participate on the full committee (Appendix A-1). The scope of work for a strategic planning consultant was developed at this time. Between July and August 2005, invitations were extended to potential committee members, and a strategic planning consultant and a graduate research assistant were hired. Meetings of the full strategic planning committee (Appendix A-2) were held once per month from September 2005 through February 2006. During these meetings, the committee conducted a SWOT (strengths, weaknesses, opportunities and threats) analysis (described in detail below), which laid the groundwork for a draft vision and mission for the center as well as the development of a process for soliciting external stakeholder input. To supplement this planning process, the committee also oversaw research into the current status of food security in New Hampshire in the form of a white paper, the results of which are incorporated into this plan (Appendix B-5).

In February 2006, a wide range of key stakeholders ranging from farmers to dieticians to grocers were invited to participate in regional input meetings throughout the state, held between March and May 2006 (Appendix B-1). Input from these meetings was summarized and is represented throughout this strategic plan. The committee continued to meet during this time to analyze input gathered and to draft the strategic plan.

All participants of the regional input meetings, as well as other stakeholders, were invited to a statewide caucus in June 2006 in Concord (Appendix C). The purpose of the caucus was to share the findings gathered at the regional input meetings and to solicit remaining stakeholder input. In July 2006, the strategic planning committee met to finalize the strategic plan for submission to the UNH Office of Research and Public Service in August 2006. In September 2006, a formal Advisory Council for the Center will be established.

II. About Food Security

According to the United States Department of Agriculture (USDA), community food security is prevention-oriented, and “supports the development and enhancement of sustainable, community-based strategies to improve access of low-income households to healthful nutritious food supplies, to increase the self-reliance of communities in providing for their own food needs, and to promote comprehensive responses to local food, farm, and nutrition issues.”² The strategic planning committee extended this definition to include households of all income levels.

A supplementary white paper created as a part of this planning process assessed New Hampshire food security under the broad categories of food production, the food environment and health and nutrition (Appendix B-5). While this research revealed significant gaps in data, evidence suggests that New Hampshire is experiencing many economic and environmental pressures that weaken food security. Despite current efforts to counter this trend, the vulnerability of the New Hampshire food system continues to increase.

Food Production: Agriculture, Aquaculture and Fisheries

Based on an analysis of agricultural and fisheries data, New Hampshire food production may account for the smallest percentage of the state’s food supply in recent history. It is currently unknown what percentage of the food consumed within New Hampshire is produced within the state and what percentage is imported. However, available statistics show

² Economic Research Service. “Food security in the United States: Community food security.” Briefing Room. November 19, 2004. United States Department of Agriculture. April 8, 2005
<http://www.ers.usda.gov/Briefing/FoodSecurity/community/>

that the land, farmers and required infrastructure to support greater food self-reliance are not keeping pace with the growing population, which increased by 14.9% from 1990 to 2002.³ In agriculture;

- The total number of New Hampshire farms decreased 14%, from 3,928 in 1997 to 3,363 in 2002.⁴
- The number of head of dairy cows went down 10% from 1997 through 2002 (and 25% since 1990).⁵
- Apple harvest went down 23 percent, or 12 million pounds between 1992 and 1997.⁶
- Between 1992 to 1997, floriculture increased by a 79%, likely replacing food crop production.⁷

Fisheries in New Hampshire also appear to be declining;

- New Hampshire Landings of many commercial fish species have decreased in the last five years.
- Nationally, over fishing is occurring in 50% of the commercial stocks targeted for restoration efforts over the past ten years.⁸
- Eelgrass beds in the Great Bay, some of which are in New Hampshire, appear to be declining. (Eelgrass provides critical habitat for juvenile fish species).
- Oyster populations in the Great Bay have suffered a serious decline in recent years with both oysters and clams suffering significantly from disease.⁹

Counter to these food production trends, direct marketing of food has been increasing, providing alternative avenues for farmers to receive an equitable price for their goods and to keep food dollars within the local community. For example:

- The number of farmer's markets in the state increased from 29 in 2001 to 54 in 2005.¹⁰
- Over 200 of the 550+ K-12 schools in New Hampshire are currently participating in the NH Farm to School Program, which is linking NH schools with NH-grown products
- There are currently over 40 restaurants and over 100 farms participating in the farm to restaurant program.
- Several farms have begun on-site processing of dairy and other products.

The Food Environment

The food environment encompasses everything that connects farms to communities and households throughout the state, including processing, distributing, warehousing, marketing, sales and access, as well as our values, attitudes and choices about food. Each step in the food cycle affects the final availability, cost and quality of food, which in turn impacts community and household food security as well as community sustainability. While a comprehensive analysis has not been done, major trends show changes in the New Hampshire food environment that could increase our vulnerability to disruptions in the food supply.

³ United States Census 2002

⁴ "Northeast Farms to Food, Understanding Our Region's food System, Update October 2004," Northeast Sustainable Agriculture Working Group and University of New Hampshire Office of Sustainability Programs. 2002 and 2004

⁵ United States Department of Agriculture NASS Quickfacts, http://www.nass.usda.gov/Census_of_Agriculture/index.asp

⁶ "Agricultural Trends in New Hampshire; a Labor Market Information Report," November 2003, Economic and Labor Market Information Bureau of the New Hampshire Employment Security.

⁷ "Impact of Agriculture on New Hampshire's Economy 2002," New Hampshire Department of Agriculture. http://agriculture.nh.gov/topics/new_hampshire_agricultur.htm

⁸ A. Rosenberg, J.H. Swasey & M. Bowman: "Rebuilding U.S. Fisheries: Progress and Problems," *Frontiers in Ecology and the Environment* (2006).

⁹ Trowbridge, Phil, "The New Hampshire Estuaries Project, Environmental Indicator Report: Shellfish," New Hampshire Department of Environmental Services, 2005.

¹⁰ Jack Potter, Personal Communication, February 2006.

- Nationwide, fewer companies own more of the facilities where food is processed, warehoused, distributed and sold.
- In New Hampshire, the number of independent grocery stores has decreased in recent years.
- The New Hampshire Grocers Association estimates that only 55% of the grocery stores in the New Hampshire accept local produce while 90% of the food products sold in New Hampshire grocery stores are imported from out of state. ¹¹

Because the majority of the food consumed in the state is imported, New Hampshire is vulnerable to major disruptions in this system, such as national disasters, increasing energy costs, disruption in transportation routes and bioterrorism.

Health and Nutrition

Inadequate food consumption and hunger can lead to nutrition and health problems for adults and children. The traditional definition of food insecurity refers to individuals who do not have enough to eat because they do not have enough money for, or ready access to, food. Food insecure individuals are more likely to become ill and have nutrient deficiencies. Additionally, in response to food insecurity, many households make food choices primarily to stave off hunger, first reducing the nutritional quality of the food they consume, then the quantity. This results from the high cost per calorie of nutrient rich foods like fruits and vegetables compared to the low-cost per calorie of chips and snack foods.

- In New Hampshire, 57% of residents are overweight or obese.
- Obesity rates have risen in the last 15 years from 11.1% in 1990 to 22% in 2004. ¹² Obesity has been linked to an increased risk of heart disease, hypertension, Type 2 diabetes, some forms of cancer, gall bladder disease, sleep apnea, and stroke.¹³
- Five of the top ten leading causes of death in New Hampshire are nutritionally related and include heart disease, cancer, stroke, chronic respiratory disease, and diabetes. ¹⁴
- The number of low weight births in New Hampshire increased between 1993 and 2000 from 40.4 per 1000 single births to 45, with the highest rates among the poorest demographic. (Low birth weight in children is one indicator that has been partially linked to poor nutrition and inadequate weight gain during pregnancy.)

Over the long term, inadequate nutrition has been linked to chronic health conditions such as diabetes, hypertension and cardiovascular disease.¹⁵ Under-nutrition has been related to numerous problems in school age children including the inability to concentrate, lower achievement test scores and lower grades.¹⁶ These impacts can be life-long as they lead to missed educational and social opportunities.

Poverty and hunger are pressing issues in the New Hampshire.

- From 2002 to 2004, an average of 6.4% of the population suffered from hunger (about 82,400 people). ¹⁷
- 7.7% of residents lived below the federal poverty guidelines in 2003. (\$18,850 for a family of 4)¹⁸

¹¹ John Dumais, New Hampshire Grocers Association, Personal Communication, January 2006.

¹² United Health Foundation, America's Health: State Health Rankings – 2004 Edition, January 23, 2006 <http://www.unitedhealthfoundation.org/shr2004/states/NewHampshire.html>.

¹³ Center for Disease Control, Website on Obesity and Overweight, <http://www.cdc.gov/nccdphp/dnpa/obesity/consequences.htm>, January 31, 2006.

¹⁴ "Leading Causes of Death of New Hampshire Residents, 1999-2001," April 2005, NH DHHS, Division of Public Health Services- Health Statistics and Data Management.

¹⁵ IBID 12

¹⁶ IBID 12

¹⁷ Mark Nord, Margaret Andrews, and Steven Carlson, Economic Research Report No. (ERR11) 65 pp, October 2005

¹⁸ "Hungry in New Hampshire," UNH Cooperative Extension. <http://extension.unh.edu/News/HungryNH.htm>

- 20% of adults and 22% of children were classified as low income. ¹⁹
- Food Stamp usage by individuals increased about 44% from 2001 to 2005. ²⁰
- The New Hampshire Food Bank—the only statewide food bank—increased its distribution to the 10 counties it serves from approximately 2.65 million pounds of food in 2003 to approximately 3.65 million pounds in 2004.

Despite these trends, the lack of integrated data (beyond enrollment figures in the national food programs) undermines efforts to comprehensively assess individual, household, and community food security and nutritional status. Although reports indicate increasing demands on food pantries and emergency food assistance programs, much of the need remains undocumented. Likewise, reports of successful interventions also remain difficult to find and are assumed to be under-reported.

The groups, agencies and organizations addressing food system issues are currently fragmented, focusing on specific areas such as hunger or agriculture. However, the problems of hunger and food insecurity in the state and region have been linked to concerns over escalating obesity rates, urban sprawl, and the challenges of improving food choices in an increasingly concentrated and global food system. This systemic perspective reveals the fundamental roles of local and regional agriculture and related food distribution and marketing in sustaining healthy communities. There is a growing scholarly and practitioner consensus that building vibrant local and regional food economies is essential to enhancing community food security, nutrition and public health.



Improving food choices requires education, not only about healthy food choices, but also about food preparation.

¹⁹ National Center for Children and Poverty, www.nccp.org, January 2006.

²⁰ Luppold, Deborah, Personal Communication, January 31, 2006.

III. SWOT Analysis

The NHCFSF strategic planning committee conducted an initial SWOT analysis to brainstorm key issues aiding and hindering food security in New Hampshire. Next, the committee conducted regional meetings across the state to continue to collect input from a wide range of stakeholders. (Appendix B-2). The following tables summarize the key points made during the initial brainstorming and the regional meetings. Comments made numerous times are bolded and listed first for emphasis.

TABLE 1: SWOT ANALYSIS AND STAKEHOLDER INPUT

STRENGTHS
<ul style="list-style-type: none"> • Increasing interest of New Hampshire residents in health and nutrition, and local and organic food • The increasing costs of energy, especially for oil and gas, may make local foods more competitive with imported food • Numerous existing and emerging programs in the state addressing various aspects of the food system as a force for food security • • Surviving tradition of small farms and direct marketing and owner run local business across New Hampshire • Many diverse organizations dedicated to maintaining and advancing New Hampshire agriculture • UNH expertise in land agriculture and offshore aquaculture technologies • Great soil and water for dairy and meat production through grazing • New Hampshire is a small state with strong New England ties • Existing UNH Cooperative Extension services • Emerging programs in Farm to School, Farm to Restaurant and Buy Local. • Other existing programs – USDA, food stamps etc. • Increase in farmers markets in recent years • Proximity of New Hampshire to large, urban markets • UNH food and society initiatives • Active nutrition resources in the state • Existing network local hunger organizations (pantries, soup kitchens, etc.) • Strong network among the faith-based community
WEAKNESSES
<ul style="list-style-type: none"> • New Hampshire's climate and its short growing season • Consumer expectation and demand for year round food from around the world combined with a culture of cheap, convenient processed food • A lack of general knowledge about where food origin and production • Inadequate funding for existing public programs and the fragmentation of these programs • The increasing cost of land and the loss of agriculture to housing development • • Increased property value/ cost of land. • Current state and federal policies discourage aquaculture production • Limited land and resource base • An overall decrease in farms • Current zoning policies • The need for New Hampshire to import a high percentage of food and fuel • No existing central food policy coordination or leadership • Lack of processing and storage facilities in New Hampshire. • Inadequate funding for existing programs • A strong "can't do" attitude overly present in some institutions • Public food illiteracy • Current fragmentation of the food system • The diet craze versus healthy eating and living • The lack of a distribution system for small producers • Limited food processing and agriculture business infrastructure • Lack of communication between local agriculture and retail business • Increasing time pressure on people and families and the convenience of cheap processed food. • Competing demands on scarce family resources • No central place to go for information

OPPORTUNITIES

- Education of consumers, the general public and those working on various aspects of the food system
- Forging connections between groups working on various aspects of food security
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- Increasing cost of energy
- Potential for public – private collaboration
- Potential to increase local and regional aquaculture production
- Cropland is currently under-utilized but harbors great potential for grass farming
- The increasing interest in small scale and alternative agriculture
- Potential to utilize surplus food
- Direct marketing is growing in New Hampshire
- Progressive private sector partners
- Students at UNH, PSU, etc, involved in research, volunteer efforts, service, etc.
- There are existing working partnerships with non governmental organizations.
- The growth of the land trust model
- Nearness and access to strong markets for healthy food production
- Potential to provide reliable data and resources
- Potential for policy advocacy
- Opportunity to encourage cross-curricular/ agency communication and collaboration
- Opportunity to bring producers and consumers together
- Opportunity to encourage communities to develop sustainable comprehensive food system strategic plans
- Potential for the Center to serve as a united voice for food security

THREATS

- Current global food system as a threat to New Hampshire food security
- Current policies of cheap food
- Existing land development as potential threats
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- Future energy shortages
- Farm Bill distortion
- Small business and farm regulation
- Agricultural bioterrorism
- Lack of vision
- Low wages
- Lack of affordable housing
- Coastal development is causing degradation of water quality
- NH property tax system
- Perceived costs associated with local food sources
- Perception that no problem currently exists
- Water security
- Decline in fisheries and fish habitat

IV. Conclusions from SWOT Analysis

The original SWOT analysis, combined with input from the regional meetings, reveal extensive vulnerability to the human and ecological resources that are fundamental to ensuring a food secure future. New Hampshire appears to be at a systemic threshold. It is clear both from existing data and stakeholder input that there is an urgent need for coordinated, comprehensive action linking agriculture, the food environment and health and nutrition. This need forms the foundation of the plan for the New Hampshire Center for a Food Secure Future outlined in Section V.



Farmers' markets are on the rise in New Hampshire, a positive trend for a food secure future.

V. Description of the Center

MISSION

The Center for a Food Secure Future will advance a renaissance of New Hampshire food culture from farm to table, promoting food systems that support sound nutrition and healthy sustainable communities.

VISION

By promoting comprehensive, systemic approaches linking local and regional food, farm and nutrition issues, the New Hampshire Center for a Food Secure Future will improve the integrity of the entire food system. The Center will:

1. Educate stakeholders in our food community about the interconnected aspects of food security and develop communication strategies that provide this education.
2. Advance local, state and national policies that promote a food secure future.
3. Serve as a clearinghouse for dependable data and resources on topics related to food security.
4. Conduct independent research, education and training on food security.
5. Create linkages and provide networks for those working on the fragmented aspects of food security to come together under a common mission.

GOALS AND ACTION STEPS

The goals and action items for the Center have been divided into organizational goals and programmatic goals. The organization goals involve the internal functioning of the Center, while the programmatic goals reflect the implementation of the Center vision.

ORGANIZATIONAL GOALS

GOAL	ACTION STEP	COMPLETION DATE	PERSON RESPONSIBLE
1. Finalize strategic plan	a. Incorporate input from June Caucus	June 2006	Office of Sustainability (OS) Staff and NHCFSF Strategic Planning Committee
	b. Complete strategic plan and post on website	July 2006	OS Staff and Strategic Planning Committee
	c. Use completed plan to apply for grant funding	On-going	OS Staff
2. Form Advisory Council for the Center	a. Establish criteria for member participation	July 2006	NHCFSF Strategic Planning Committee
	b. Invite active participants of current strategic planning committee to join Advisory Council	July 2006	NHCFSF Strategic Planning Committee
	c. Identify areas which are under represented	July 2006	NHCFSF Strategic Planning Committee
	d. Invite additional committee members from under-represented groups	July 2006	NHCFSF Strategic Planning Committee
	e. Determine monthly meeting schedule	July 2006	NHCFSF Advisory Council
	f. Establish committee bi-laws	August- September 2006	NHCFSF Advisory Council
	g. Create an itemized budget for the Center	August-December 2006	NHCFSF Advisory Council
3. Initiate grant writing for Center funding	a. Identify and research grant opportunities	On-going	OS staff and Advisory Council
	b. Apply for funding for the Center operations and for specific goals.	On-going	OS Staff

4. Gather information for internal database and begin website development	a. Identify sources of data, begin list of resources, reports and people	July – December 2006	OS Staff and Advisory Council
	b. Determine format for the website and which information to initially include	July – December 2006	OS Staff and Advisory Council
	c. Create draft website for review	December 2006	OS Staff

PROGRAMATIC GOALS

GOAL	VISION # ACCOMPLISHED	ACTION STEP	COMPLETION DATE	PERSON RESPONSIBLE
1. Create a website that serves as a clearinghouse of information and a way to connect across disciplines	1,2,3 and 5	a. Determine format for website at monthly Advisory Council meeting	August 2006	OS Staff and Advisory Council
		b. Gather data for web clearinghouse: Reports and research, contact names of individuals and organizations involved in different areas of food security, a calendar of food security related events in the region, etc.	July – November 2006	OS Staff and Advisory Council
		c. Put together draft site for review and refinement by the advisory committee	December 2006	OS Staff
		d. Revise draft and open website to the public	December - January 2007	OS Staff
		e. Outreach to inform stakeholders and public of this resource	January 2007	Advisory Council and OS Staff

2. Issue vital signs report on the status of food security in New Hampshire	1,2 and 4	a. Use data from white paper to create public report on current status of food security in New Hampshire	July 2006– January 2007	OS Staff
		b. Research quantifiable indicators of food security that can be measured on an annual basis.	To be determined by grant funding	To be determined by grant funding
		c. Create a database of relevant indicators.		
		d. Analyze data to quantify indicators.		
		e. Summarize results and write report.		
		f. Publish vital signs report.		
		g. Distribute vital signs report, issue press release, post on website, hold regional meeting to discuss (Use report card to create a common understanding of food security issues in the state.)		
		h. Continue to research, analyze data and issue report on an annual basis.		

3. Hold an annual meeting of stakeholders	1,2 and 5	a. Invite stakeholders to an annual meeting b. Encourage networking and information sharing through presentations and social opportunities. c. Conduct survey of participants	To be determined	To be determined
4. Conduct a media campaign with simple message supported by all stakeholders to educate all groups.	1 and 5	a. Identify key message (i.e. Buy local).	Depends upon grant funding	Depends upon grant funding
		b. Collaborate with stakeholders to achieve endorsement		
		c. Work with media, NH grocers, NH restaurateurs, State and federal agencies, private group, etc. to disseminate message.		
5. Review current university programs and identify opportunities for engagement and connection	1 and 5	To be determined	On-going	OS Staff and Advisory Council

STRUCTURE

The strategic planning process for the Center was initiated to bring together the many individuals, groups, and organizations working on disparate aspects of food security and organize them for a common goal. This work is, by its nature, decentralized and at times virtual. Through education, communication, networking, and specific undertakings including the vital signs report and website, the Center hopes that individuals will change the way they work to benefit the larger context of community food security.

Initial Center activities will be directed by the Advisory Council and will be housed at the Office of Sustainability and managed by several part-time staff that will coordinate the advisory committee, begin initial data collection and apply for grant funding for specific Center goals. The Advisory Council will always include representatives from the UNH Office of Sustainability, UNH Extension and UNH Department of Animal and Nutritional Sciences. Depending upon funding received and committee members' involved, future activities may take place at the numerous partner locations throughout the state. The Center structure will evolve over time as directed by funding and input from the Advisory Council.

VI. Evaluation and Assessment

Numerous measures will be employed to evaluate the success of the Center. The performance of the Center will be evaluated by the following:

- Each year the Advisory Council will review the Center's goals and action steps and evaluate progress and accomplishments.
- Program success will be determined by funding achievement.
- The Center will be evaluated by the strength of the stakeholder participation both at annual meetings and through active participation in Center efforts throughout the year.
- Surveys will be distributed annually to stakeholders to obtain feedback on Center performance and direction.

The New Hampshire food system will be evaluated on a regular basis through the vital signs report and survey responses.

VII. Funding

In addition to the substantial in kind donations by members of the committee and stakeholders, the Office of Sustainability at UNH will fund part-time staff to initiate grant applications to fund goals and programmatic activities of the Center and will coordinate logistics of the Advisory Council meetings. Future staff and activities will be funded through grants received and other funding opportunities.

VIII. Appendix

- A. Committee Members
 - 1. Planning Committee members
 - 2. Strategic Planning Committee members
- B. Information from Regional Meetings
 - 1. Invitation
 - 2. Stakeholders Invited to Regional Input Meetings & Caucus
 - 3. Regional Meeting Agenda
 - 4. Regional Meeting Outline
 - 5. Food Security in New Hampshire White Paper
 - 6. Regional Meeting Participant Questions for SWOT Analysis
- C. Information from June 1st Caucus
 - 1. Invitation
 - 2. Participant Survey
- D. Regional Input Meeting & Caucus Participants

Appendix A-1

Planning Committee Members

Juli Brussell, UNH Cooperative Extension
Joanne Burke, UNH Dept. of Animal & Nutritional Sciences
Helen Costello, UNH Cooperative Extension
Elisabeth Farrell, UNH Office of Sustainability
Melanie Gosselin, NH Food Bank
Tom Kelly, UNH Office of Sustainability
Mike Sciabarrasi, UNH Cooperative Extension

Appendix A-2

Strategic Planning Committee

Celina Adams, Timberland
Nancy Berliner, Rural Development Consultant
Lynda Brushett, Niche Marketing
Juli Brussell, UNH Cooperative Extension
Joanne Burke, UNH Dept. of Animal & Nutritional Sciences
Tyra Byers, UNH Office of Sustainability
John Carroll, UNH Dept. of Natural Resources
Helen Costello, UNH Cooperative Extension
Rick DeMark, North Country Resource Conservation & Development Council
Ann Driscoll, Ann Driscoll Training & Development (Committee Facilitator)
Elisabeth Farrell, UNH Office of Sustainability
Tony Geraci, Con-Val Food Service
Melanie Gosselin, NH Food Bank
Tom Kelly, UNH Office of Sustainability
Rick MacDonald, UNH Hospitality Services
Gail McWilliam Jellie, NH Dept. of Agriculture, Markets & Food
Deb Miller, NH Surplus Distribution
Mike Sciabarrasi, UNH Cooperative Extension
Kristina Stefanski, Stop & Shop Supermarket Company, LLC
David Small, Stop & Shop Supermarket Company, LLC
Cheri White/Elaine VanDyke, NH Dept. of Education

Appendix B-1

University of New Hampshire
Office of Sustainability
107 Nesmith Hall
131 Main St.
Durham, NH 03824

Dear Colleague,

We would like to invite you to join us in a very important initiative to **support a food secure future for New Hampshire**. A food secure future for New Hampshire is one that:

- Promotes comprehensive responses to local food, farm and nutrition issues;
- Increases the self-reliance of communities in providing for their own food needs;
- Supports developing and enhancing sustainable, community-based strategies to improve access to food.

We will be holding five **Regional Input Meetings** throughout the state this winter and spring. The purpose of these meetings is to identify the role of and priorities for the **New Hampshire Center for a Food Secure Future (NHCFSF)**, a new collaborative effort of UNH and statewide partners.

Your input will inform the development of the strategic plan for the **New Hampshire Center for a Food Secure Future**.

Enclosed please find background information on this project, as well as regional meeting agendas, dates and locations. If you have further questions, please do not hesitate to contact Elisabeth Farrell, Program Coordinator, El.Farrell@unh.edu or 862-5040. For general information on food security, please visit <http://www.foodsecurity.org>.

You have been identified as a vital stakeholder and your input is critical to making this an effective process. If you cannot attend but would like to send a colleague in your place, please feel free to do so. **Please RSVP to Elisabeth Farrell at the above phone number or email as soon as possible and no later than February 20th for program planning.** If you are not sure of your calendar yet but would like to provide a tentative commitment, just let us know.

We hope you will join us!

Your sponsors,

Appendix B-2

Stakeholders Invited to Regional Input Meetings

- Legislators—State legislature
- Legislators—Congress
- Executive Council
- Land Conservation Groups
 - Society for the Protection of NH Forests
 - Audubon Society of NH
 - The Nature Conservancy of NH
 - Natural Resources Conservation Service
 - NH Association of Conservation Districts
 - Trust for Public Land—NH
 - American Farmland Trust
 - County Conservation Districts
 - State Conservation Committee
- Strafford Regional Planning Commission
- Fishery and Aquaculture Groups
 - Sea Grant and Marine Resources—UNHCE
 - Cooperative Extension, Water Resources
 - Cooperative Extension, Forestry
 - NH Aquaculture Association
 - UNH Professors
- Agricultural Interests
 - NH House of Representatives House Agricultural Committee
 - Senate Committee on Agriculture
 - State Agricultural Advisory Board
 - Farm Service Agency
 - First Pioneer Farm Credit
 - Yankee Farm Credit
 - USDA/NH Farm Service Agency
 - County Farm Service Agencies
 - NH Beekeepers Association
 - NH Maple Producers
 - NH Dairy Goat Association
 - NH Game Farmers Association
 - NH Pork Producers Council
 - NH Poultry Growers Association
 - NH Sheep and Wool Growers Association
 - NH State Grange
 - Granite State Dairy Promotion
 - Small Dairy Project
 - Beginner Farmers of NH
 - NH Farm Museum
 - Cooperative Extension
 - Thompson School
 - Farms/farmers
- Food Retail
 - NH Grocer's Association
 - Associated Grocers
 - Stop and Shop
 - Hannaford
 - Shaw's Supermarket
 - DeMoulas Market Basket
 - Durham Marketplace
 - Hanover Co-op

- NH Stories
- Restaurants/Chefs/Institutional Food Service
 - American Culinary Federation Professional Chefs of NH
 - Atlantic Culinary Academy
 - Thompson School
 - Oyster River Cooperative
 - Phillips Exeter Academy
 - SAU 7
 - Josiah Bartlett School
 - Saunders Wholesale Fruit and Produce
 - Dartmouth Hitchcock Hospital
 - Portsmouth Hospital
 - Frisbee Memorial Hospital
 - UNH Dining Services
 - Keene State Dining Services
 - Plymouth State University Dining Services
 - Dartmouth College Dining Services
 - Southern NH University Dining Services
 - NH State Prison for Men
 - NH State Prison for Women
 - NH Farm to School Program
 - School Nutrition Association of NH
 - White Mountain Regional School District Culinary Arts Program
- Health and Nutrition
 - Nutrition professionals and dieticians
 - Child Health Services
 - NH School Nutrition Association
 - Manchester Community Health Center
 - Nashua Community Health Center
 - North Country Health Consortium
 - AARP
 - UNH Cooperative Extension Nutrition Connections
 - NH Healthy Schools Initiative
 - Southern NH Services
 - Meals on Wheels
 - Community Action Program
 - Family Resource Center
 - Foundation for Healthy Communities
 - Anthem Blue Cross/Blue Shield
 - Endowment for Health
 - Foundation for Healthy Communities
 - Concord Hospital
 - Center for Health Promotion
 - Southern NH Regional Medical Center
 - Weeks Medical Center
 - St. Joseph's Hospital
 - American Heart Association
- Community, Rural and Economic Development and Advocacy
 - North Country RC&D Council
 - Southern NH RC&D Council
 - Vital Communities
 - NH Children's Alliance Network
 - Women's Rural Entrepreneurial Network
 - NH Charitable Foundation
 - Plymouth Renewable Energy Initiative
 - Rural Development State & County Offices
 - Rural Housing Office
 - Ag in the Classroom

- Granite State FFA Association
- LCHIP
- NE Agricultural Statistics Service
- NH Agricultural Teachers Association
- NH Rural Development Council
- NH Advocacy Center
- Faith-based
 - NH Catholic Charities
 - NH Council of Churches
 - Community Church of Durham
 - UNH Campus Ministry
- State Agencies
 - Division of Family Assistance
 - 5-a-day Program
 - Dept. of Employment Security
 - Dept. of Education
 - Bureau of Elderly and Adult Services—Nutrition
 - Woman Infant and Children Supplemental Food Program
 - Food Stamp Program
 - Medical Society
 - Public Health Association
 - Dental Association
 - Dept. of Environmental Services
 - Dept. of Agriculture
 - Bureau of Food Protection
 - DES—Waste Management Division
 - Dept. of Health and Human Services

Appendix B-3

NH Center for a Food Secure Future Regional Input Meetings Agenda

Afternoon Meetings:

- 1:45 p.m. Check in and refreshments
- 2:00 p.m. Welcome and overview of project and meeting
- 2:20 p.m. Break into small groups for facilitated discussion
- 3:45 p.m. Reconvene entire group for wrap up discussion; Q & A
- 4:30 p.m. Adjourn

Evening Meetings:

- 5:45 p.m. Check in and refreshments
- 6:00 p.m. Welcome and overview of project and meeting
- 6:20 p.m. Break into small groups for facilitated discussion
- 7:45 p.m. Reconvene entire group for wrap up discussion; Q & A
- 8:30 p.m. Adjourn

Appendix B-4

New Hampshire Center for a Food Secure Future

Regional Input Meetings

Meeting Outline

Audience

Five regional meetings will be held. Participants will be targeted to represent for-profit, non-profit, public agency, policy-making, and municipal sectors from each region. Locations are:

- 1) Laconia
- 2) Shelburne
- 3) Lebanon
- 4) Durham
- 5) Keene

We will convene a statewide caucus in Plymouth following the five regional meetings, where an analysis of the findings from the regional meetings will be presented for discussion. Participants from the regional meetings will be invited as well as other interested stakeholders.

Process

We will provide regional meeting participants with materials to read prior to their meeting. They will also be given a specific set of relevant data related to the questions below.

1. 1979 NH Food Policy report
2. Updated data on the status of food security and nutrition in NH

Groups will be asked to address the following questions:

1. What are the forces for & against a food secure future in your community (from farming to the food environment to health and nutrition issues)?
2. What could the Center do to strengthen forces for and eliminate or reduce forces against a food secure future in your community?
3. What could you do to help advance a food secure future?
4. How could the Center help you be more effective doing your part to advance a food secure future?
5. From your perspective is there anything else you want to add regarding "farm", "environment", or "health & nutrition outcomes"?
6. What did your group identify as the top three priorities for the Center?

Next Step

We will compile the results of the five meetings and caucus into one strategic planning document that will be distributed to participants.

Anticipated Outcomes

1. Stakeholders prioritize and advocate for the importance of assuring a food secure future.
2. Input gathered from stakeholders informs a clear and comprehensive strategic plan for the NHCFS.
3. Diverse stakeholders recognize ways in which they can collaborate to strengthen programmatic goals.

Appendix B-5

Food Security in New Hampshire

A food secure future for New Hampshire is one that:

- Promotes comprehensive responses to local food, farm and nutrition issues;
- Increases the self-reliance of communities in providing for their own food needs from local production;
- Supports the development and enhancement of sustainable, community-based strategies to improve food access.

Current Status of Food Security in New Hampshire

Agriculture in New Hampshire:

Evidence suggests that New Hampshire agriculture may account for the smallest percentage of the state's food supply in its history. Available statistics show that the land, farmers, and required infrastructure to support greater self-reliance are not keeping pace with the growing population:

- New Hampshire's population has increased by more than 11% since 1990.
- The number of dairy farms in New Hampshire decreased 25% over this same period.
- Apple harvests have also gone down by 12 million pounds from 1992 to 1997.
- New Hampshire farmers are getting older, from an average age of 53.6 in 1997 to 54.1 in 2002.
- Ornamental horticulture is one of the fastest growing segments of New Hampshire agriculture, likely replacing food crops, and providing more than half of the state's agricultural revenue. Floriculture crops increased 79% from 1992 to 1997.

However, more recent trends suggest that a new form of diversified food agriculture is taking root in New Hampshire that could point the way to a more food secure future.

- The number of farms has increased 13 percent since 1997.
- The total land in agricultural production has gone up while the average size of New Hampshire farms has gone down.
- There were 53 farmers markets in the state in 2005 up from 50 in 2002.
- In 2005 there were 22 Community Supported Agriculture groups listed on the NH Department of Agriculture website and 86 farm stands.
- The total value of direct-marketed farm goods (through farmers markets and roadside stands, etc) increased 7.2% between 1997 and 2002.

A recent working group report for the Maine Food Policy Council suggests a goal of 80 percent local production of Maine food calories by 2020. A similar goal of increasing local production in New Hampshire would help further food security within the state.

Food Environment:

The food environment encompasses everything that connects farms to communities and households throughout the state including processing, distributing, warehousing, marketing, sales and access as well as our values, attitudes and choices about food. Each step in the food cycle affects the final availability, cost and quality of food, which in turn impacts community and household food security as well as community sustainability. While a comprehensive analysis has not been done, major trends show changes in the New Hampshire food environment that could increase our vulnerability to disruptions in the food supply:

- Fewer companies own more of the facilities where food is processed, warehoused, distributed and sold.
- The number of independent grocery stores in the state has decreased in recent years.
- It is estimated that only 55% of the grocery stores in the New Hampshire accept local produce.
- It is also estimated that 90% of the food products sold in New Hampshire grocery stores are imported from out of the State.

The New Hampshire food supply is a part of the global industrial food system, an agricultural system that has emerged during the last 50 years as a result of vertical and horizontal integration of corporations involved in food and agriculture, the globalization of production and consumption, and an increase in synthetic farm inputs and factory style animal husbandry, where large numbers of animals are confined in tight quarters with little access to sunlight. New Hampshire currently imports the majority of the food consumed in the state leaving it vulnerable to major disruptions in this system. Potential problems include:

- Disruption of the transportation system, including bridges, railroads, and highways, by either natural or man-made occurrences as most food imports are brought thousands of miles from other states and countries.
- Natural disasters such as Hurricane Katrina.
- Disease events such as mad cow (BSE) or avian influenza.
- Global disruptions in the supply of petroleum and increasing fuel costs.
- Increasing cost of energy, including oil and gas.

Health and Nutrition

Inadequate food consumption and hunger can lead to nutrition and health problems for adults and children. Food insecure individuals (who do not have enough to eat because they do not have enough money for food) are more likely to become ill and have nutrient and vitamin deficiencies. Additionally, in response to food insecurity many households make food choices primarily to stave off hunger, first reducing the nutritional quality of the food they consume, then the quantity.

- High calorie, nutrient poor foods such as chips and burgers cost less per calorie than nutrient rich fruits, vegetables and lean meats.
- 57% of New Hampshire residents are overweight or obese.
- Obesity rates have risen in the last 15 years from 11.1% in 1990 to 22% in 2004.
- The number of low weight births in New Hampshire increased between 1993 and 2000 from 40.4 per 1000 single births to 45, with the highest rates among the poorest demographic.
- Six of the ten leading causes of death in the U.S. are dietary-related.

Current data show that poverty and hunger are already pressing issues in New Hampshire:

- 6.4 % of the N.H. population suffered from hunger (about 82,400 people) from 2002 to 2004.
- 7.7% of New Hampshire residents lived below the federal poverty guidelines in 2003; 20% of adults and 22% of children were classified as low income.
- Food Stamp usage by individuals increased about 44% from 2001 to 2005.
- The New Hampshire Food Bank increased its distribution to the 10 counties it services from approximately 2.65 million pounds of food in 2003 to approximately 3.65 million pounds in 2004.

The groups, agencies and organizations addressing food system issues are currently fragmented focusing on specific areas such as hunger or agriculture. Solving food security issues requires that groups cross-disciplinary boundaries and create solutions that address the entire food system from agricultural producer to consumer.

Data Gaps:

Our understanding of the current state of food security, nutrition status and the potential benefits of increasing self reliance in New Hampshire is hampered by our lack of data. Some examples include:

- ? The percentage of New Hampshire's food supply which is imported.
- ? Average distance products travel to the state (data from studies in other states suggest 1500-2000 mile averages).
- ? Days of food supply warehoused within the state.
- ? Water quality and its impact on resident health.
- ? The impact of nutrition education interventions on health status of children and adults.
- ? The percentage of dollars that New Hampshire citizens spend on food that stays within the state to support community development.
- ? The agricultural potential of the state's communities.

- ? The market potential of local institutional purchasing by schools, colleges and universities, hospitals , restaurants and retail grocers to support local agriculture.
- ? The nutritional benefits of increasing access to locally grown and processed food for New Hampshire Citizens.

There is growing scholarly and practitioner consensus that building vibrant local and regional food economies is essential to enhancing food security, public health and community development. Creating a deeper understanding of the food system by bringing all elements into focus and making data and information available will allow for a more comprehensive approach to advancing a food secure future for New Hampshire. The goal is to ensure that New Hampshire residents have access to healthy, high quality foods at affordable prices by preserving agricultural resources, enhancing local processing, promoting direct marketing and encouraging healthy food choices. An added benefit is that by building greater food security, we reduce our vulnerability to major disruptions in a time of crisis.

Appendix C-1

University of New Hampshire
Office of Sustainability
107 Nesmith Hall
131 Main St.
Durham, NH 03824

Dear Colleague,

We would like to invite you to join us for a statewide caucus on the New Hampshire Center for a Food Secure Future, where an analysis of the findings from five regional input meetings, held throughout the state March through May of 2006, will be presented for discussion.

WHAT: Statewide Caucus on the New Hampshire Center for a Food Secure Future

WHEN: Thursday, June 1st, 2006, 1-4 p.m.

WHERE: NH Audubon, Concord (directions are enclosed)

Refreshments will be provided.

The purpose of these regional meetings was to identify the role and priorities of the New Hampshire Center for a Food Secure Future and inform the development of a strategic plan for the center. The caucus will provide another opportunity for your input into the strategic plan for the Center. It will also allow you to hear what your colleagues from across the state believe are critical priorities for the Center to address.

If you have questions, please do not hesitate to contact Elisabeth Farrell, Program Coordinator, El.Farrell@unh.edu or 862-5040. For general information on food security, please visit <http://www.foodsecurity.org>. Please RSVP to Elisabeth Farrell at the above phone number or email as soon as possible and no later than May 25th. If you cannot attend but would like to send a colleague in your place, please feel free to do so.

We hope you will join us!

Your sponsors,

Appendix C-2

NH Center for a Food Secure Future

June 1st, 2006 Caucus

Rate the priorities identified for the center:	Highest	High	Medium	Low
Education & Communications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Networking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Information Clearinghouse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Research	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Policy Development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rate the center's organizational goals:				
Website	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Annual Report Card	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Annual Meeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Media Campaign	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How could the center best encourage collaboration among stakeholders?				
Annual Summit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Website Links	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshops	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listserv	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What are the best ways to communicate with stakeholders?	Best	Good	Fair	Poor
Website	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E-mail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Newsletter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Annual Summit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Did you attend a regional input meeting?	Yes	No			
If yes, which meeting did you attend?	Laconia	Shelburne	Lebanon	Durham	Keene

If yes, please evaluate this planning process. For example, did the process effectively solicit your input and ideas? How has the process affected your view of food, agriculture and nutrition issues?

Additional Comments: