

SALT LAKE CITY  
**COMMUNITY**  
**FOOD**  
**ASSESSMENT**  
FOOD SYSTEM ANALYSIS



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**Salt Lake City**  
**COMMUNITY**  
**FOOD ASSESSMENT**  
Food System Analysis



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## INTRODUCTION

Food is a fundamental human requirement of survival that deeply influences a variety of outcomes for individuals, communities, and the natural environment. Cultures and communities have long been, and continue to be structured around food development for reasons of general sustenance, celebration, social tradition, as well as economic development and security.



To help make relevant and practical decisions about Salt Lake City's future, the Mayor's Office and the Division of Sustainability began considering **how to look at challenges and opportunity for a more sustaining local food system**. Recognizing the need for more information about the current state of it's own food system, the City initiated a process to identify important information that could shed light on specific influences and impacts within the local food framework. In order to move forward with gaining

*From food assessment information, there is a basis for developing strategies to support local food enterprises, foster rural/urban links, and advancing food access more effectively.*



*A food assessment seeks to determine where gaps and barriers exist in the food system, and look for ways to develop a more sustainable food economy.*



greater knowledge about its entire food system, the Salt Lake City Division of Sustainability and the Food Policy Task Force decided to use a Community Food Assessment approach. By using the assessment, the City and Task Force members would have the means for understanding details about farming, food processing and distribution within Salt Lake City and the regional foodshed. Obtaining a clearer picture of community well being in relation to the ways in which City residents connect with food in their daily lives, along with discovering more about the local food economy and environmental linkages would be evaluated. When evaluated individually, and as an integrated whole, the Community Food Assessment elements provide baseline knowledge for informing future decisions about local food sustainability.

**A comprehensive approach to looking at local and regional food shed dynamics was very important to the success of the project**

and was achieved by gathering both **quantitative** and **qualitative** information about food within a 250 mile range surrounding Salt Lake City. Data examining food production, processing and distribution, food choice, health and urbanization, along with the input from a range of consumer and producer voices were equally important information sources for evaluating existing foodshed conditions.

From this food assessment information, there is an opportunity for Salt Lake City to develop strategies which support local food enterprises, foster rural/urban linkages, and advance food access more effectively. Sources that inform existing food conditions can also help guide recommendations for new ways of thinking about, supporting and developing a more robust local food system. The benefit of this integrated food assessment approach, which utilizes quantitative and qualitative information to examine the present, as well as inform the future, is that it can help Salt Lake City develop sound practices for addressing both the care and support of people along with the natural environment.

As Utah's most densely populated city, Salt Lake City has grown into an urban center that seeks to gain strength by creating a path toward supporting healthy, diverse, and successful big city living, that includes a future with transformative food planning and development. In thinking about how a new food system might emerge, thoughtful consideration must be given to the dynamics that have already impacted local food outcomes. **Population increases and expanding metropolitan development in Utah and Salt Lake City have constrained and diminished nearby land for growing food, while robust transportation networks provides the delivery routes for a wide selection of food choices being consumed at local tables.** A sense that shifts in food production and distribution, including global import and export dynamics, demand for greater variety in food choices, emerging methods of urban food production, and increases in the incidence of chronic diseases related to diet, are all strong indications that food production, consumption,



and nutrition are issues germane to Salt Lake City's local discussion on long-term community sustainability.

**Gaining a firm understanding of Salt Lake City's current food system is necessary to assist Salt Lake City and its Food Policy Task Force in creating strategic planning, policy and action steps to strengthen local urban agriculture.** Establishing meaningful priorities for the future by using information from the Community Food Assessment will aid Salt Lake City in working toward realistic goals for the future. This assessment will serve as foundational information from which collaborative planning and decision making for a resilient, sustainable local and regional food system can move forward.

### *What is a community food assessment?*

Assessing the current situation of Salt Lake City's food system is a vital first step in establishing the methods necessary to make the system sustainable.

**A community food assessment is a broad look at the food system, including everything from production to processing, sale, consumption, and waste recovery of food.** Where does our food come from? Is food available and affordable to the population? A food assessment seeks to determine where gaps and barriers exist in the food system, and look for ways to develop a more sustainable food economy.

In 2011, the city engaged a local consultant team to analyze aspects of the food system for Salt Lake City. The food system area (or "foodshed") included a 250 mile radius around Salt Lake City. The team was asked to perform public surveys and public outreach, as well as talk to local people who are connected to food production, processing, consumption, food waste, community health, and nutrition education.

**This community food assessment is a "snapshot in time" of Salt Lake City's food system.** It provides analysis of data and current policy, and supplies the Food Policy Task Force, the City, and the public with basic information about our food system, in order to make informed decisions about how we can work together to develop a more local, affordable, and sustainable food system.

### *What is Food Sustainability?*

**A sustainable system is one that meets the needs of the community without limiting the ability of future generations to do the same.** A sustainable food system is one that encourages

*The number of farmers markets and community supported agriculture programs indicate that demand for a local connection to food is on the rise.*





consumption of fresh, local food, encourages investment in local resources, and promotes long-term health and nutrition in the population. Our food system today depends on transportation of large quantities of food long distances, requiring consumption of vast amounts of finite energy resources. The population generally consumes large amounts of highly processed, unhealthy foods, resulting in growing numbers of diet-related conditions in all segments of the public.

Many forces affect our food system, including economic, environmental, social/cultural, and political systems. This food assessment seeks to determine how those systems are affecting food in our region, and develop policies that could be explored by Salt Lake City to create a more sustainable food network.

**Several current trends in Salt Lake City indicate that there is a growing interest in local food production.** The number of farmers markets and community supported agriculture programs indicate that demand for a local connection to food is on the rise. Concern with food provided at public schools continues to grow, and policies related to feeding at-risk populations continue to develop. Increased interest in gardening and at-home food production is seen across the city. The numbers of community gardens continue to grow, and more and more people are having an honest discussion about how we can build in more sustainable policies relating to our food system.

# COMMUNITY & HEALTH

Taking a look at where Salt Lake City stands as a community is a key element of this food assessment. Demographics, population trends, and forecasted changes in the community may influence policy choices that will affect the food system. Understanding current influences of food on health and nutrition will play a role in determining “where Salt Lake City goes from here.”

## Local History

One of Salt Lake City’s earliest demonstrations relating local people to their nearby food is represented in a discovered portion of a Fremont People’s Village, which dates to between 900 – 1300 CE. Unearthed during transit construction in July 1998, State archeologists excavated this site and discovered human and animal bones, pit houses, food, and pottery shards from this early inhabitant settlement.

What is known of the Fremont is that they were farmers who did not move around much. Because they tended to settle in one place, the Salt Lake City /Fremont site is important in representing what is most likely one of the city’s earliest known farming locations. **As permanent residents, these Fremont people oriented their time around food specific activities such as farming, taking wild vegetables, fishing, hunting, processing and cooking food.**

After the Fremont people, the first non-native explorers arrived in the Salt Lake Valley in the early 1800’s, and their arrival reflects the beginning of Salt Lake City’s distinct explorer and immigrant history. Of the first religious and explorers to the area, Spanish missionary Father Escalante found his way to the Salt Lake Valley in 1776. Jim Bridger, mountain man, trapper, explorer, guide and mediator is believed to be among the first white men to visit the Great Salt Lake



*As a utopian community, Salt Lake City's early Mormon leaders saw wisdom in consolidating the population in one area, while preserving farmland on the outskirts.*



*Early Salt Lake Valley farmlands.  
Source: Utah State Historical Society*

in 1824. In June of 1847, Jim Bridger had his first encounter with Mormon leader Brigham Young at Little Sandy River. **At this meeting Bridger gave Young an accurate geographical and environmental assessment of the Salt Lake Valley, and he is reported to warn of agricultural challenges in the area.** <sup>1</sup>

As with the Fremont People before them, the Mormons arrival in 1847 brought people who wished to settle in the area. Not surprisingly, a primary concern for Mormons was food sustainability for both individual and community survival and success. Indeed, in preparation for the arrival of the entire group, a Mormon advance party began to divert City Creek into a field for planting of potatoes before Brigham Young even reached the valley. Also, in preparation for building a new life and new community, the 1847 Mormon settlers carried seeds and grafts with them across the Midwestern plains which they began propagating immediately in the Salt Lake Valley.

Under the leadership of Brigham Young, the newly emerging Salt Lake City was laid out with in the "Plat of Zion" format characteristic of Mormon settlements in the eastern United States. With a keen purpose for community life, the city was directed to be laid out in regular grid, with "wards" organized around important public squares and with large plots and unusually wide streets. **In this new community, the large plots supported families, and squares played an important role as gathering places, mostly for public markets, livestock storage, and also for important religious gatherings.**

To build up and support food for families and the community, the original Salt Lake City plat was implemented by dividing large 10 acres blocks into eight parcels, with one family assigned to each parcel. These parcels allowed families to have plenty of space for growing food for family consumption.

**The community building philosophy of early Mormon leaders was strong, and because of this they saw wisdom in the idea of consolidating the new population in one area.** At this time, the majority of the "population center" was focused on Salt Lake City, and community members were expected to "live in the city". While the majority of people were living in the city, large farmland development was pushed outside the city limits, into what was called "The Big Field."<sup>2</sup> With it's traditional grid layout, a concentration of people and new development could be centered in the city, where the benefits

1. <http://historytogo.utah.gov/people/jamesbridger.html> Official government for Utah State History. Serving as a resources and research portal.

2 The Big Field , originally 1200 South Street, is now the area south of 900 South Street to 2100 South Street, Salt Lake City, Utah.



of city living could easily be found in places like community markets, exchanges, theatres, and opera houses, while larger scale community farming would remain on city edges, or was scattered across the state.

**Over time, cultural changes, the development of modern irrigation systems and transport altered the way Salt Lakers acquire food.** Since the completion of the continental railway system, to today's complex network of food transport which includes truck, rail, and ocean shipping, growers and consumers in the region expect to fulfill their food needs by accessing local producers along with food supplied from the far reaches of the globe.

Although today's Salt Lakers live in a world vastly different from the earliest native inhabitants, and of those who permanently settled the city, the need to eat remains for all people in Salt Lake. To know more about food for the City today, it is necessary to discover more about the emerging food system by answering questions about the present community, its cultures and health outcomes.

### Drivers of Change

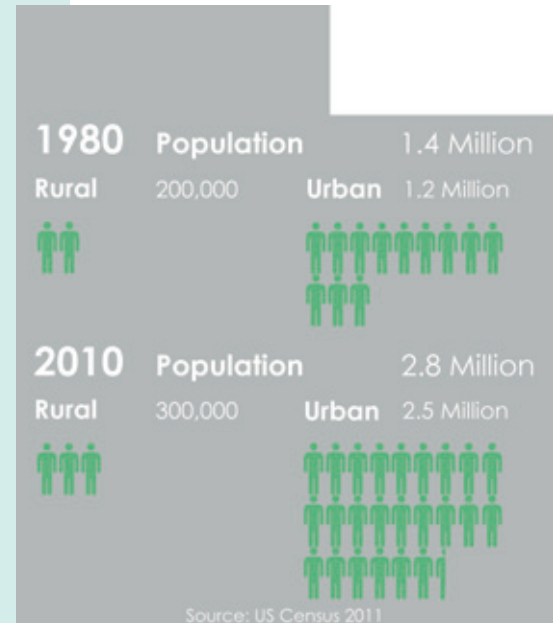
The 2012 USDA Economic Research Service has identified that Utah has a quickly growing population. The population has nearly doubled since 1980, when the population was 1.46 million. By 2010, that number had grown to 2.76 million. **This population growth has occurred statewide, but mostly in urban areas.** Between 1980 and 2010, the rural population has grown by 112,000 people while the urban areas of Utah have added nearly 1.2 million people. The median per capita income in Utah has fallen slightly from 2009 levels, from \$32,426 to \$31,584 in 2010. This 2.6% reduction in income is for the entire state, but when broken down further, rural populations have been affected more than the urban. Rural income fell 3.7%, from \$28,425 to \$27,373, while the urban income fell just 2.5% from \$32,916 to \$32,101. In general, urban Utahns are wealthier and fared better than rural Utahns in income loss.

Decline in Per Capita Income from 2008 to 2009



Source: USDA Economic Research Service

### Utah Population Growth 1980-2010



Source: USDA Economic Research Service, September 14, 2011



Source: US Census Bureau

Between 2000 and 2010, the county with the largest population increase by number was Utah County.



## Salt Lake City Demographics

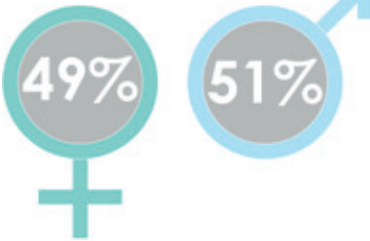


Source: US Census Bureau

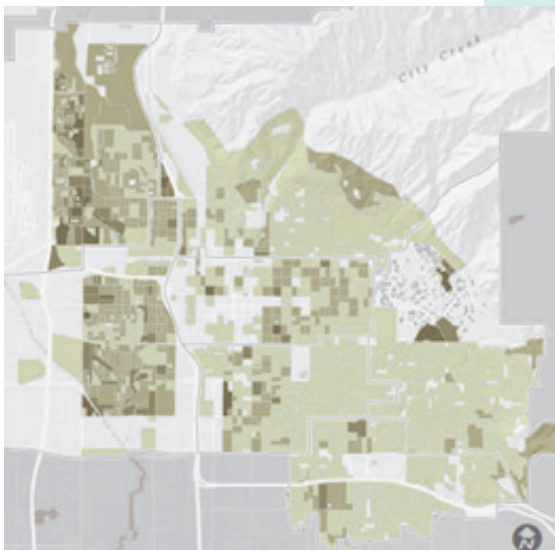


Salt Lake City  
Median Age  
2010

Source: 2010 Salt Lake City  
% of Population by Gender



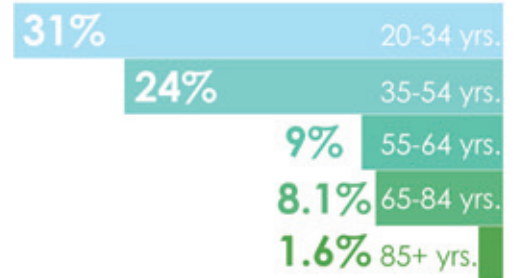
Source: US Census Bureau



Salt Lake City has a comparatively young population (average age 30.9 years old) although slightly older than the average for the state of Utah of 27 years old. A young population can suppress the per capita income of a community, but can also show larger than average household sizes, typical of the state of Utah.

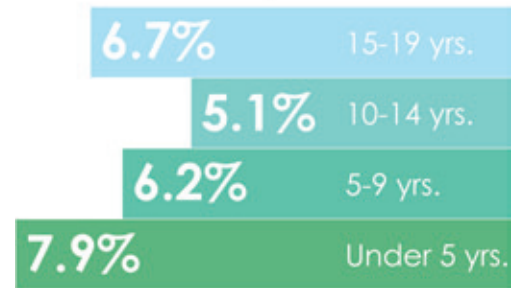
Salt Lake City is generally more ethnically diverse than the rest of the state. When it comes to food systems, a diverse population means more variety available to the larger community, and more demand for a range of food options. Salt Lake City can see this in its increasing availability of many different kinds of speciality markets and restaurants, which includes African, Asian, Halal, Hispanic, Kosher, American Indian, and Pacific Islander food establishments.

### Salt Lake City Adult Pop. 2010



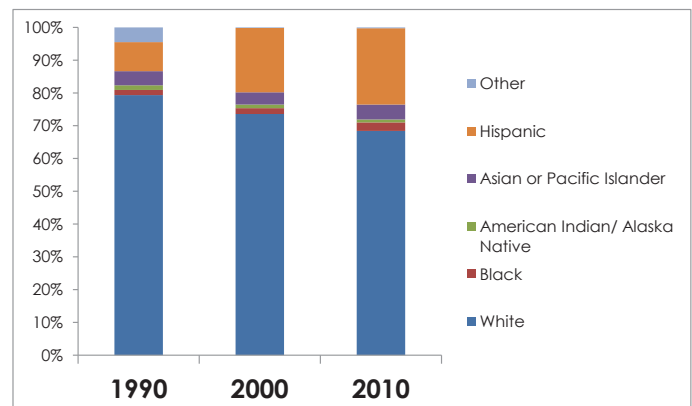
Source: US Census Bureau

### Salt Lake City Child Pop. 2010



Source: US Census Bureau

### Population by Race & Ethnicity: Salt Lake City, UT 1990-2010



Source: US Census Bureau Redistricting



## Diet Related Disease in Salt Lake City

**Food has a major impact on the health and well-being of a community.** Nationally, the consumption of industrially produced food is known to be causing serious health problems. The prevalence of diet related disease tells how food consumption is affecting the residents of Salt Lake City negatively, and can provide data on where to focus healthy food choice.

**There are numerous diet related diseases such as high blood pressure, diabetes, high cholesterol, and obesity. Salt Lake City fares better than the rest of the nation in many of these categories.** The Utah Department of Health gathers and monitors health statistics by zip code for the state, which follow and report on these key indicators of diet-related disease occurrences.

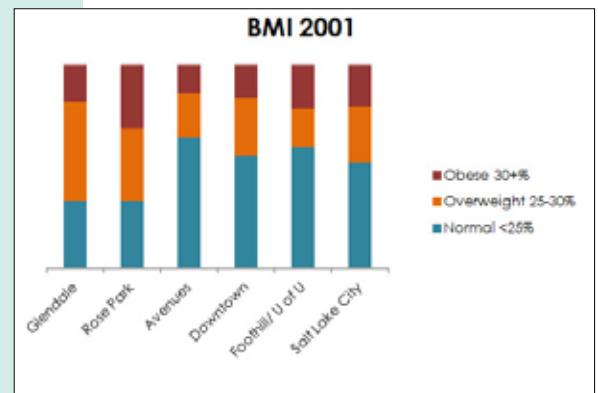
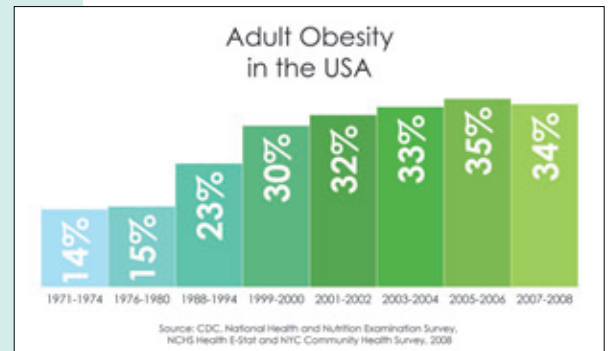
Based on Utah Department of Health data, as Salt Lake City becomes more ethnically diverse, rates of diet related disease is also growing. Lower-income neighborhoods have somewhat higher rates of diabetes and high cholesterol, which can impact the health of the community.

Body Mass Index (BMI) is a ratio of height and weight used as an indicator to monitor health generally. A BMI under 25 is considered "normal," with rates over 25 labeled "overweight" and a BMI of more than 30 classified as "obese."

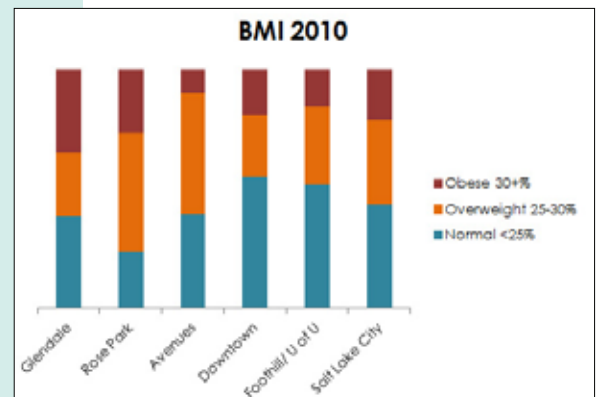
**As a whole, the "overweight" category of BMI (between 25 and 30) has grown across the city's neighborhoods in the last ten years.** The Rose Park and Avenues neighborhoods have seen the largest increases in this category.

**In 2010, 22.63% of Salt Lake City residents were classified obese. Compared to the national average of 35.7%, Salt Lake City is relatively healthy.** Salt Lake City's obesity rate is fairly consistent with other cities in Salt Lake County and the rest of Utah. There are differences in various areas of Salt Lake City. Glendale and Rose Park report the highest levels of obesity, while the Avenues and Foothill areas report the lowest levels of obesity.

In 2009, 30% of Salt Lake City residents said they had been told that their cholesterol was high. This number is much higher than 23.5% of Utah residents who report that they have been told their cholesterol is high.



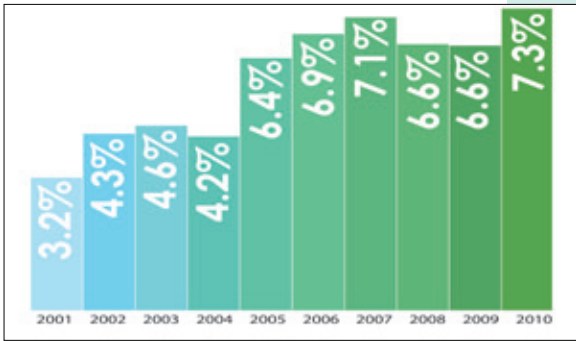
Source: Utah Dept. of Health 2010



Source: Utah Dept. of Health 2010



### Salt Lake City Diabetes Rates 2001-2010



Source: IBIS data

**SLC Public Survey:** Do you think that eating fruits and vegetables can help prevent illness, like diabetes, heart disease, and help you feel healthier?

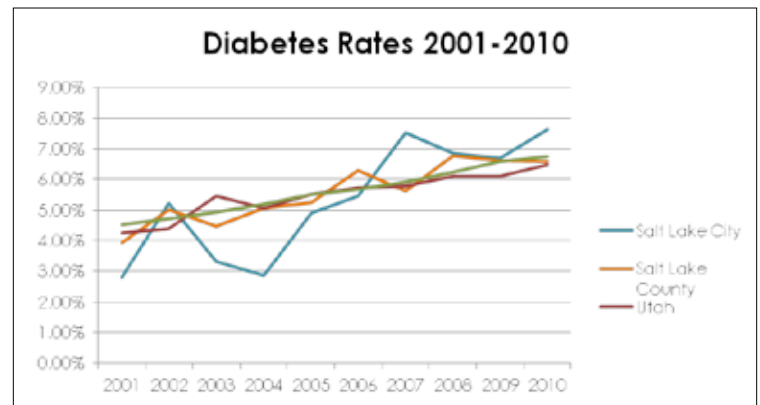


Source: SLC Community Food Assessment Survey, Feb-Sept 2012. N=435

**In 2009 Salt Lake City had a 25.78% rate of high blood pressure. When compared to the national average of 31%, Salt Lake City is relatively healthy.** Salt Lake's rate is slightly higher than the rates in Salt Lake County and Utah, but is within a two percent margin of error.

The health awareness of the city's population was part of the public survey that was conducted during the process of developing this assessment. When asked if they thought that fruit and vegetable consumption affected personal health, more than 90% of respondents indicated that they are "sure" they help, while 7% responded they "might" help (see chart to the left).

**In 2010 Salt Lake City had a slightly higher level of diabetes than the national average of 6.75%, with 7.3%.** These numbers were also higher than the county and Utah averages. **The national rate of diabetes has increased nearly 3% since 2001; however Salt Lake City's numbers have grown about 4%.** Diabetes rates are especially concerning, as they are indicative of unhealthy diets broadly in the population, and once diagnosed, affect you throughout your life. With the rates of increase over the last ten years, the city and its allied health agencies should confront this issue more aggressively.



Source: IBIS data





# PRODUCTION

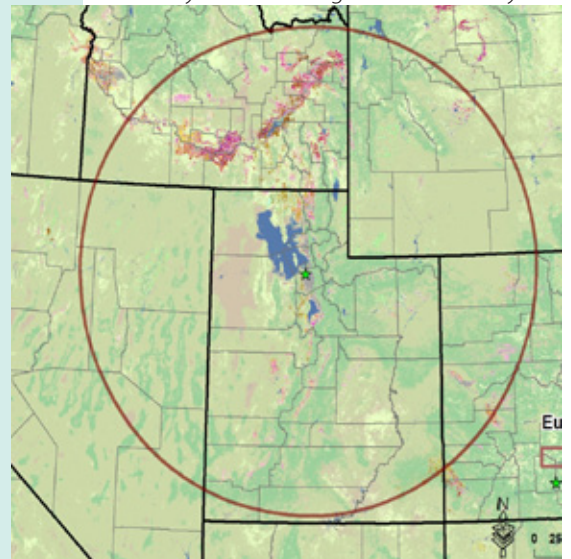


Understanding where the food for local people is produced is an important part of developing a more sustainable food system. Many factors affect where food comes from including market economics, energy costs, land values, land use policy, and population demographics. **For the purpose of this study, two demographic production ranges are considered, including production within a 250 mile radius of the city, along with a closer look at agricultural production within city limits.** Many prime farmland areas are found within 250 miles of the city, and understanding what is and isn't produced within the city limits tells a lot about community priorities and local markets.

## Agricultural Land Use Statistics

When considering the total number of farms within Salt Lake City's 250 miles foodshed area, Utah has the highest number of farms within the foodshed, with 16,600 farms. The select foodshed counties in Idaho have 13,694 farms. Selected counties in Colorado, Wyoming and Nevada have fewer farms with 6,250, 3,350, and 994 respectively. Utah has the most farming acreage, with 11,100,000 acres. In the surrounding counties of other states, Idaho and Wyoming top the list, with over 7,000,000 acres each. Nevada and Colorado have over 3,000,000 each. The average farm in Utah is 664 acres, selected counties of Idaho averages 567 acres, selected counties of Wyoming averages 2,148 acres, selected counties of Colorado averages 510 acres, selected counties of Nevada has the largest farms with 3,365 average acres per farm. Since 1978, there has been a slow and steady increase in the number of Utah farms, growing from 12,764 farms in 1978 to 16,700 farms in 2007. Despite the growth in number of farms, the percentage of land in farms has only grown a small percent from 19.9% in 1978 to 21.1% in 2007. **This means that the average farm size has shrunk from 820 acres in 1978 to 668 acres in 2007.**

Area of study: 250 mile range of Salt Lake City



Source: Carbaugh Associates

# 40,988

FARMS WITHIN 250 MILES

# 16,600

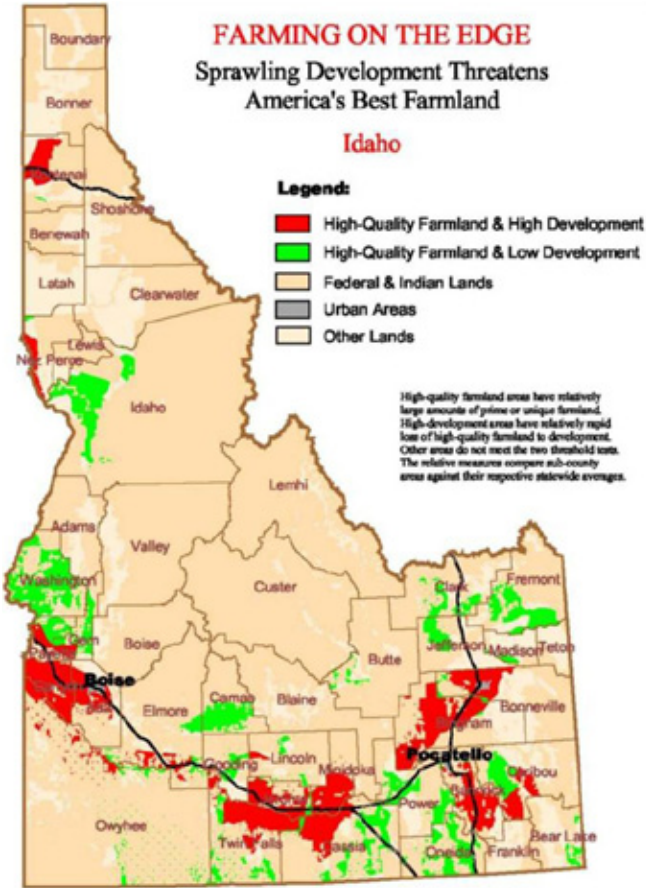
FARMS IN UTAH

SOURCE USDA

PRODUCTION



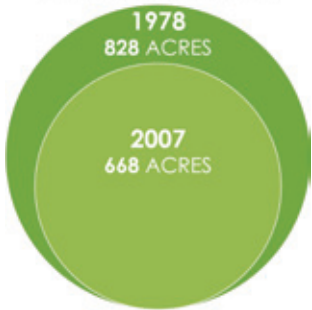
**FARMING ON THE EDGE**  
 Sprawling Development Threatens  
 America's Best Farmland



For farmers and local food consumers, the best, or prime agricultural land, is also prime developable land. Based on research and mapping from the American Farmland Trust's 'Farming on the Edge' it is clear that land in Utah and surrounding states are under the pressure of conflict between these two interests. The green areas indicate high quality farmland with low development pressure, while the red areas indicate high quality farmland under high development pressure. For Salt Lake City, and it's surrounding foodshed, consideration of a future regional food system will require multijurisdictional coordination in land use policies which directly address the relative scarcity of high quality farmland, and the need to establish more sustainable land use patterns supporting a sustainable food system.

Utah Farms Change in Size & Number 1978-2007

Average Utah Farm Size



Source: USDA Ag Census, 2007

Percent Decline in Average Utah Farm Size from 1978 to 2007



Source: 2007 National Resources Inventory

Number of Utah Farms



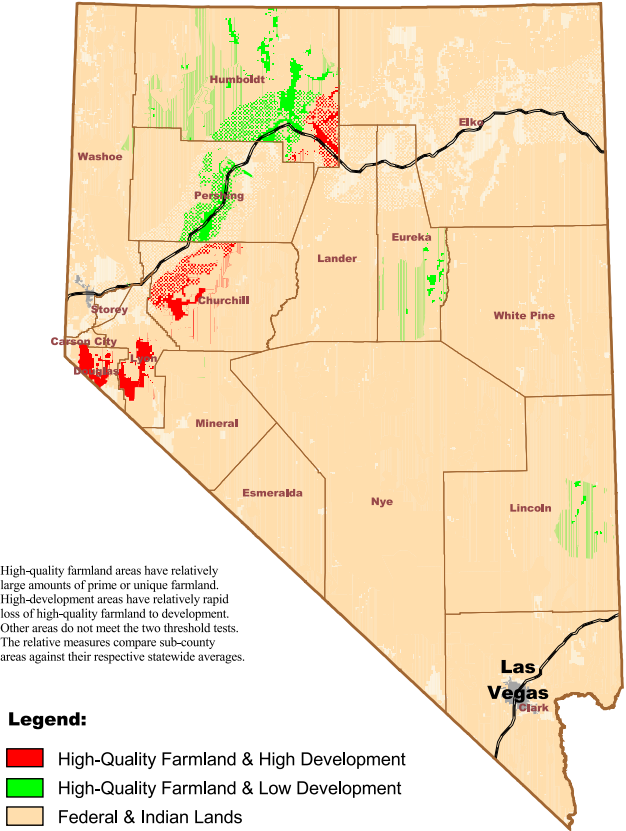
Source: USDA Ag Census, 2007

Increase in Number of Utah farms from 1978 to 2007



Source: 2007 National Resources Inventory

**Nevada**



High-quality farmland areas have relatively large amounts of prime or unique farmland. High-development areas have relatively rapid loss of high-quality farmland to development. Other areas do not meet the two threshold tests. The relative measures compare sub-county areas against their respective statewide averages.

**Legend:**

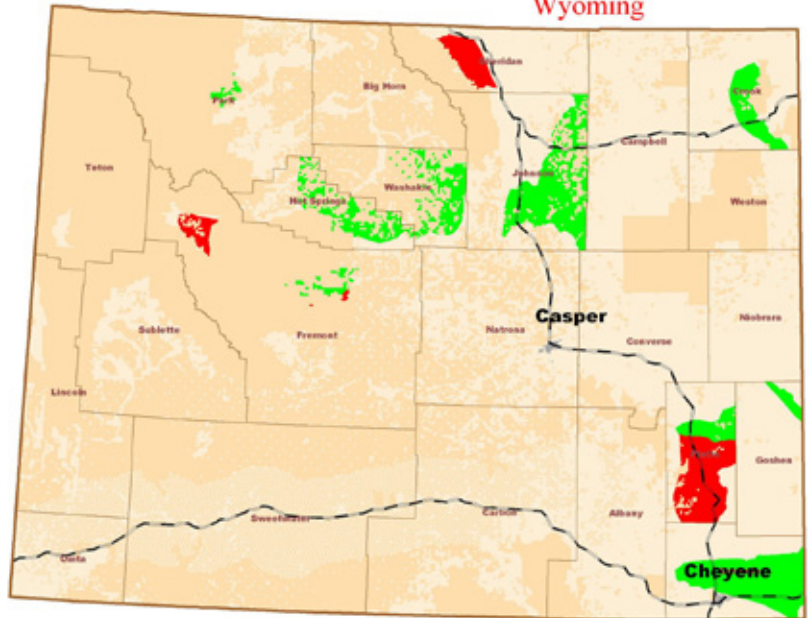
- High-Quality Farmland & High Development
- High-Quality Farmland & Low Development
- Federal & Indian Lands
- Urban Areas
- Other Lands



www.farmland.org



Wyoming

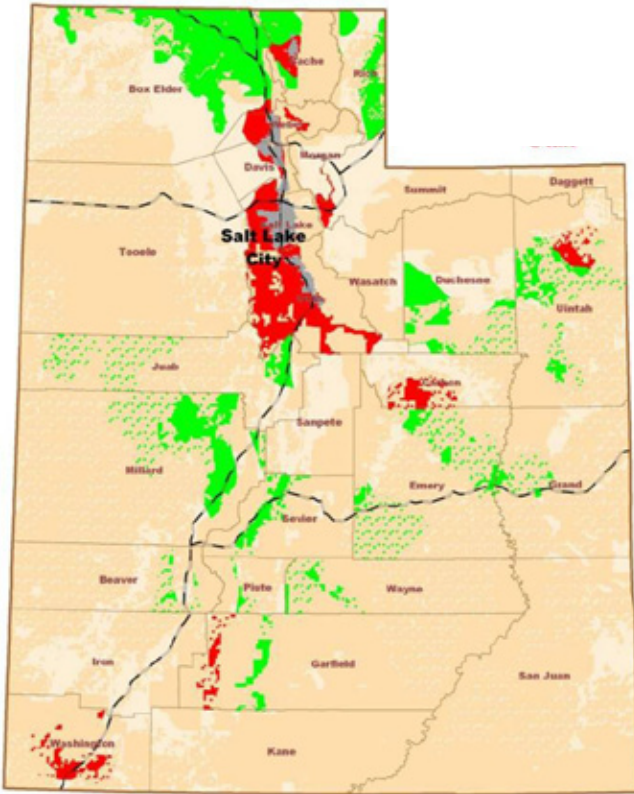


Legend:

- High-Quality Farmland & High Development
- High-Quality Farmland & Low Development
- Federal & Indian Lands
- Urban Areas
- Other Lands



Utah



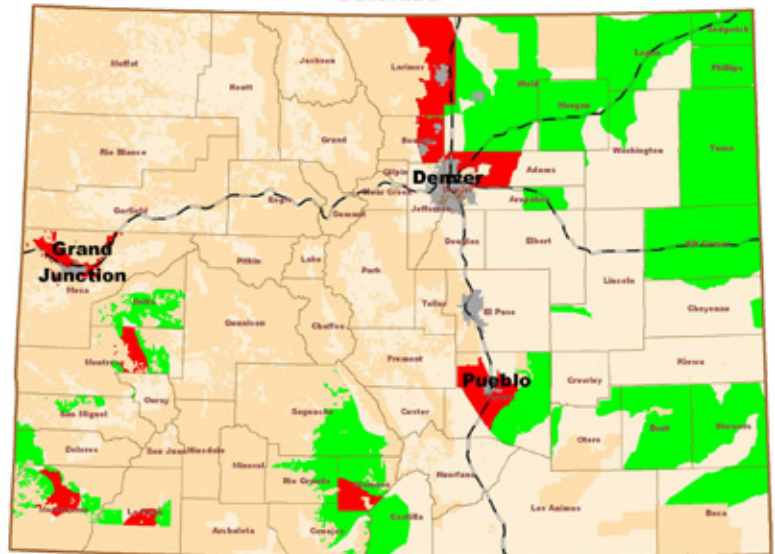
Legend:

- High-Quality Farmland & High Development
- High-Quality Farmland & Low Development
- Federal & Indian Lands
- Urban Areas
- Other Lands



0 20 Miles

Colorado

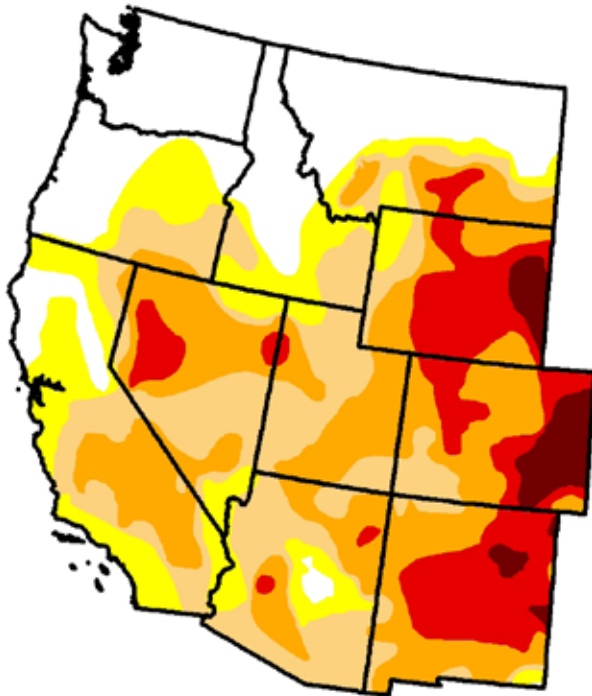


Legend:

- High-Quality Farmland & High Development
- High-Quality Farmland & Low Development
- Federal & Indian Lands
- Urban Areas
- Other Lands



- #1 Nevada
- #2 Utah
- #3 Wyoming



**US Drought Monitor**

Amid the worst drought conditions since the Dust Bowl, the Midwest and the Western United States, face the dilemma of how to satisfy the water needs of farmers, urban populations and business development. Drought conditions in the west, brought on by changes in climate, continuing population and economic development expansion are combining to dramatically impact water availability for farming in the Salt Lake City foodshed. In the west, where farming constitutes 1% of the economy yet takes 80% of the water, the impacts of water scarcity, and ongoing competition for water resources places the future of food production in direct conflict with other water users.

Intensity:

- D0 Abnormally Dry
- D1 Drought - Moderate
- D2 Drought - Severe
- D3 Drought - Extreme
- D4 Drought - Exceptional

Source: droughtmonitor.unl.edu

**Western Regional Watersheds**

The Salt Lake City foodshed falls within several western watersheds, including the Great Basin, the Upper Colorado, the Lower Colorado, and the Pacific Northwest. Farmers within the Salt Lake City foodshed area rely on all four of these watersheds to irrigate crops. Rivers in the west provide water to more than 20 million people and claims on rivers like the Colorado currently exceed the capacity to allocate enough water to all users. How watershed management for agricultural use is addressed will impact the food supply of the region and beyond. In order to maintain adequate food production, sufficient attention must be paid to water politics, developmental impacts, and the application of best practices for water resource management.



Source: USDA

**Utah Farms with Irrigation:**

2007: 12,492  
 2002: 11,587

**Utah Irrigated Farm Acres**

2007: 1,134,144 acres  
 2002: 1,091,011 acres

2002 -2007 +4% Increase in Acres of Utah Irrigated Farms

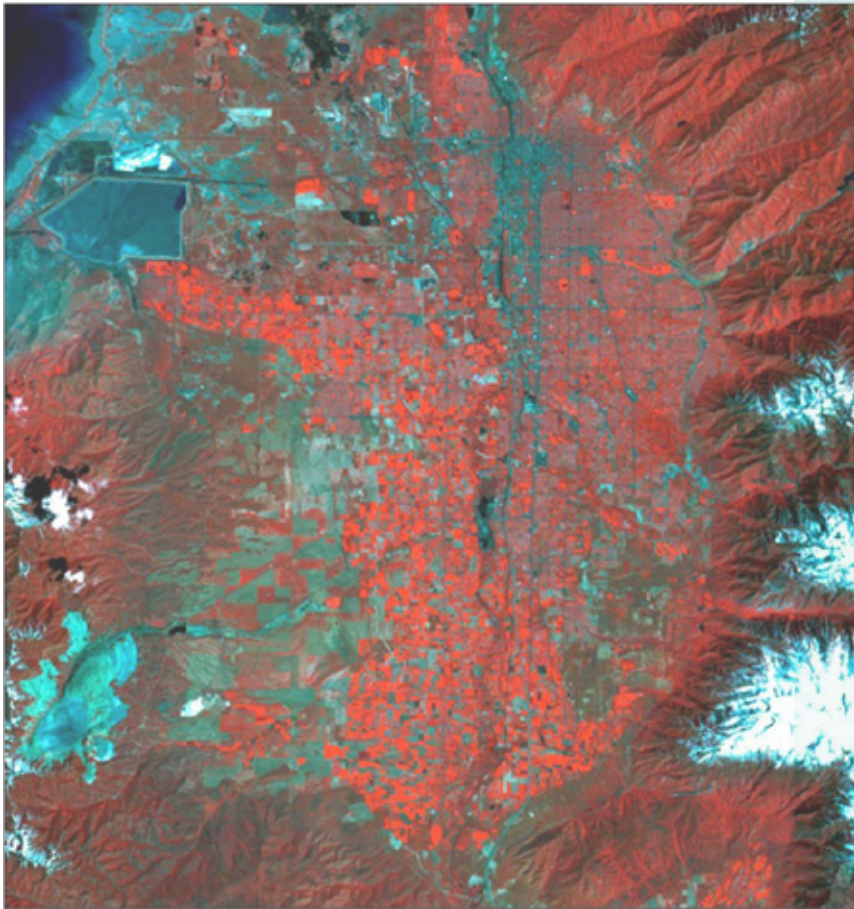
Source: US Ag Census, 2007



**Salt Lake County: May 22, 1973**

**Salt Lake County Land Use**

One of the major issues concerning the future of farming in Salt Lake County is land development. The Landsat maps from the Cooperative Extension show an aerial view of Salt Lake County surrounded by the mountains (north is up on the maps). Ag land, or vegetation, is bright red in the valley, less dense vegetation such as trees and landscaping in yards or in other development is a dull red. From 1973 to 2009 the difference in available ag land and open space is astounding – most of the bright red tracts are gone by 2009, overtaken by built development. Running the length of the valley is the north/south I-15 corridor and its accompanying development, which shows no red at all. On the top portion of the map, Salt Lake City has lost nearly all of its agricultural land. This trend is alarming for farming in Salt Lake County, as available land will become increasingly scarce and expensive if this continues.



**Landsat TM**

**Salt Lake County: July 16, 2009**



*Source:*  
*Charles W. Gay*  
*Associate Vice President*  
*for Cooperative Extension*



## UTAH LAND USE STATS

# 1,244

SQUARE MILES  
DEVELOPED LAND

# 4,321

SQUARE MILES  
AGRICULTURAL LAND

# 3.2 people

AVERAGE PER DEVELOPED ACRE

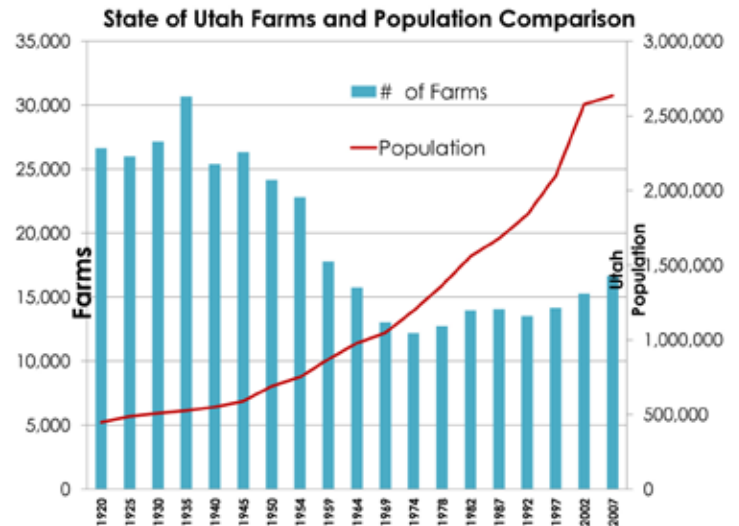
Source: US Census Bureau

## Utah Agriculture Land



Source: USDA Ag Census, 2007

Since 2002, the total number of farms in the state of Utah has risen, which had been preceded by a precipitous drop in that number. While the general population of the state continues to rise, the total number of farms has not risen correspondingly.



## What are the Characteristics of Food Producers?

Knowing the demographics of Utah's farmers helps develop an understanding of current occupational and individual operator trends. Utah's farmers are 88% male and 12% female, with only 38% of the principal farm operators reporting farming as their primary occupation. **One significant factor influencing this low number of farming as a primary occupation is that farming in Utah is not sufficient to financially support most operators and their families.** Often, farmers must turn to other jobs or income sources for additional benefits and insurance. Presently, seventy percent of principal farm operators live on the farm that they operate, with the other 30% living elsewhere. The average age of Utah's farmers as of the 2007 USDA Agriculture census was 57.4 years, increasing in average age by just over 2 years since 2002. This follows national trends, which show a rapidly aging demographic of farmers. **With a statewide general population average age of around 27 years old, the difference in general population age with the average age for farmers is an indicator that fewer young people are choosing to enter the farming sector. This is a concern for establishing a more sustainable food system.**

Utah organic farms have interesting demographic traits compared with all farms in Utah combined. The operator of an organic farm is 8% more likely to be a female compared to traditional farm operators. Organic farmers tend to be about 3 years younger than traditional



farmers, and organic farmers are 10% more likely to live on their farm. Also, an organic farmer is 13% more likely to consider farming as their primary occupation.

Utah's farmers tend to be owners of the land they farm, with 71% of all farms being fully owned by the principal operator(s), only 24% are part owners and 6% are tenants on the land they farm. An upward trend since 1997 is for more farmers to own the land they are farming. A substantial majority of Utah's farmers are also sole owners of their farm, at 81.5%. Other organizational structures that make up the mix of farms in Utah are: 5.5% family corporations, 10% partnerships and only 1% non-family corporations, with 3% under estate, trust or co-operative structure. Single owner operations are still the norm in Utah, as they have been in the past.

Ethnically, the demographics of farmers within the 250 mile demographic range is almost exclusively Caucasian, with more than 91% of farmers in the demographic foodshed listed as "Caucasian." Only 4% of the principal operators of farms in the demographic range are Hispanic, despite a higher percentage of Hispanic representation in the broader population.

**RACE OF FARMERS**  
IN THE 250 MILE STUDY AREA

**91%**  
CAUCASIAN

**4%**  
HISPANIC

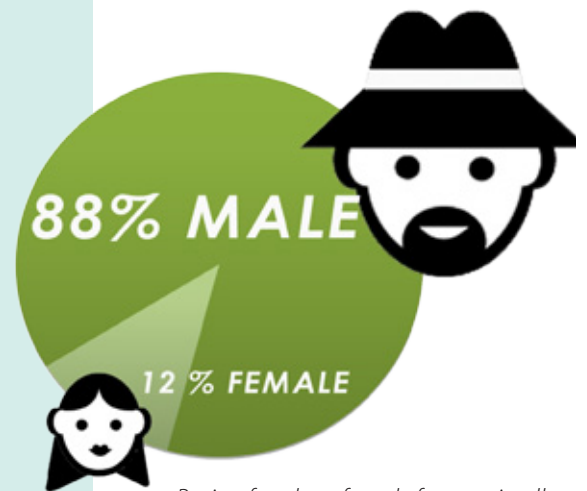
**4%**  
AMERICAN INDIAN/NATIVE AMERICAN

**1%**  
COMBINED ASIAN, AFRICAN/AMERICAN + OTHER

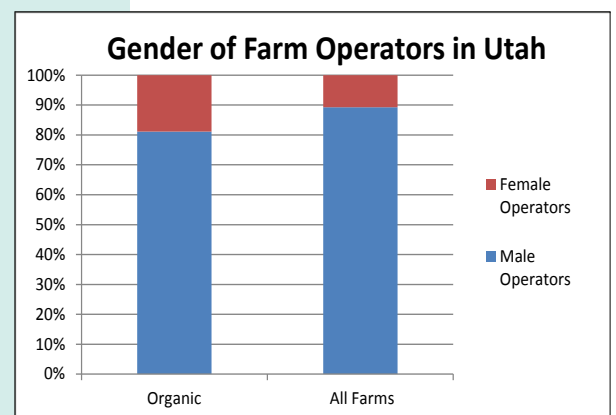
**57.4**

**YEARS OLD**

AVERAGE AGE OF FARMERS  
IN THE 250 MILE STUDY AREA



Ratio of male to female farmers in all counties within 250 mile range.  
US Agricultural Census 2007



Source: USDA Agricultural Census 2007

The operator of an organic farm is 8% more likely to be female compared to traditional operators.



FROM 1997 TO 2007  
 UTAH CERTIFIED ORGANIC OPERATIONS  
 INCREASED FROM

**3 to 46**



Source: USDA, Economic Research Service

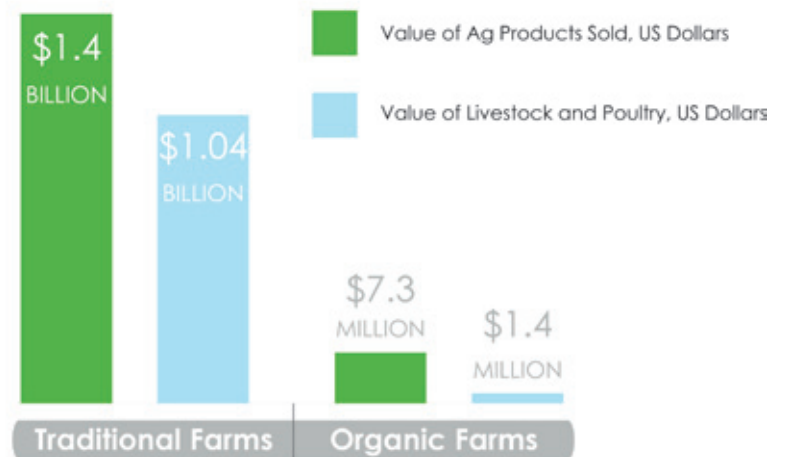
Utah's organic farming has risen in popularity since the 1990's. In 1997, Utah had just 3 certified organic operations, and in 2008 that number had grown to 46. Of all counties within Salt Lake City's foodshed Idaho currently has the most number of organic farms at 160, this is closely followed by Utah with 154. The included counties of Colorado also have a strong showing with 119, where Wyoming and Nevada lag behind with just 10 and 17 respectively. Idaho also leads with organic farmland acreage, with 90,772 acres. Again Utah is close behind with 86,084. Colorado has 6,627, Nevada has 1,965, and Wyoming has just 162 acres. When compared to the amount of overall farmland in the foodshed, organic farms make up a very small percentage of the overall farmland. There are 185,610 acres of organic farmland compared to 32,592,113 acres of traditional farmland. Of the 41,448 farms in the study area, organic farms make up just 460, which is about 1%. When comparing the total number of sales, organic farms in the study area, organic had \$7.3 million in sales where traditional farms had over \$1.4 billion in sales.

**Utah State Organic Agriculture**

	2006	2008	%
Crops (acres)	32,179	72,320	↑ 225%
Pasture and Rangeland (acres)	4,123	827	↓ 500%
Total Acres	36,302	73,147	↑ 201%

Source: USDA, Economic Research Service

**Utah Farm Sales 2010  
 Traditional v. Organic**



Source: 2011 Utah Department of Agriculture and Food Annual Report





## Utah Food Production

In 2010, over half of all cash receipts from Utah farmers came from just 3 different areas: Dairy (22%), Cattle and Calves (21.4%), and Hogs (13.7%). Utah's top ten commodities account for 90.3% of all cash receipts. The other commodities include: hay (10.8%), Greenhouse/nursery (7.4%), Turkeys (4.9%), Chicken Eggs (4.8), Wheat (2.6%), Sheep and lambs (1.7%), and Corn (0.8%). **For now, raising animals produces more money in sales than growing crops for Utah farmers.** Another interesting point is that Utah produces 9.4% of the nation's safflower sales, 7.5% of Wool sales, and 4.3% of sheep and lamb sales.

Utah's farm sales come mostly from traditional farms, not from organic operations. The total market value of agriculture products sold from traditional farms is \$1.408 billion, and organic farms total \$7.316 million. When you consider the average sales per farm, organic farms are not still behind but not as much as it originally seems: traditional farms average approximately \$85,000/farm and organic farms average \$54,000/farm.

While animal production is high in Utah, a wide variety of fruit and vegetables are grown in the Salt Lake City Food Shed:

ASPARAGUS	RADISHES
GREEN LIMA BEANS	RHUBARB
BEANS (SNAP)	SPINACH
BEETS	SWEET CORN
BROCCOLI	SQUASH (ALL)
HERBS	SWEET POTATOES
BRUSSELS SPROUTS	TOMAOTES
CABBAGE	TURNIPS
CANTALOUPE	WATERMELONS
CARROTS	APPLES
CAULIFLOWER	APRICOTS
CUCUMBER	CHERRIES (SWEET)
EGGPLANT	CHERRIES (TART)
GARLIC	GRAPES
HONEYDEW	NECTARINES
LETTUCE (HEAD)	PEACHES
LETTUCE (LEAF)	PEARS
LETTUCE (ROMAINE)	PLUMS
MUSTARD GREENS	ALMONDS
OKRA	HAZELNUTS
ONIONS (GREEN)	PECANS
PEAS (GREEN)	BLACKBERRIES
PEPPERS (BELL)	BLUEBERRIES
PEPPERS (NOT BELL)	RASPBERRIES
POTATOES	STRAWBERRIES
PUMPKINS	



# FARM FACTS: Agricultural Production within 250 miles of Salt Lake City

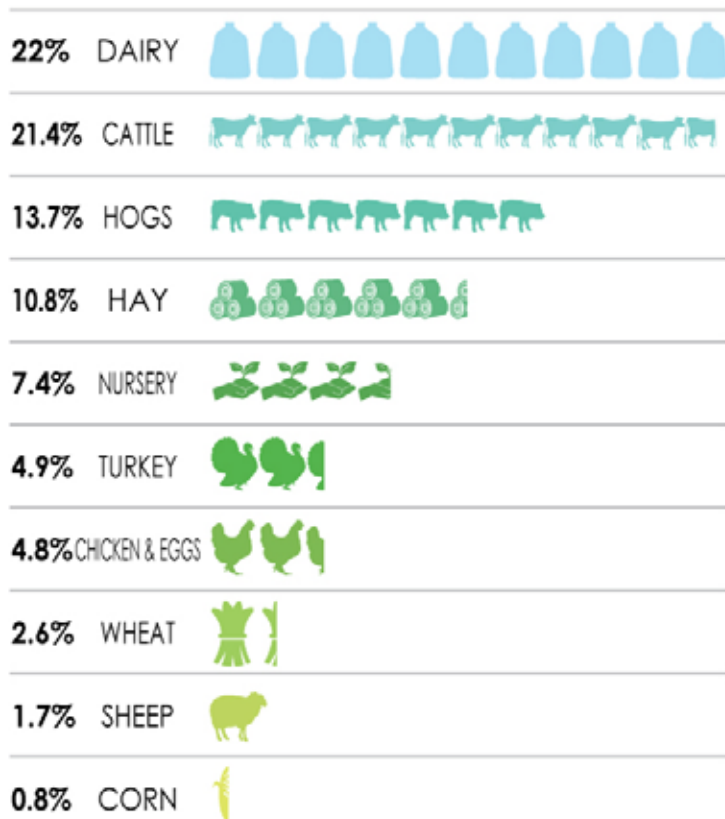
farm acres	average farm acreage	number of farms	farm cash receipts
CO 3,188,530 ACRES	CO 510 ACRES	NV 994 FARMS	NV \$186M
NV 3,344,805 ACRES		WY 3,350 FARMS	WY \$264M
WY 7,197,135 ACRES	ID 567 ACRES	CO 6,250 FARMS	CO \$278M
ID 7,767,603 ACRES	UT 668 ACRES		UT \$1.4B
	UT 11,094,700 ACRES	WY 2,148 ACRES	ID \$4.5B
UT 11,094,700 ACRES	NV 3,365 ACRES	ID 13,694 FARMS	

Source: USDA 2007 Ag. Census



## What is Produced in Utah?

Top 10 agricultural products expressed as percent of total agricultural sales in 2010

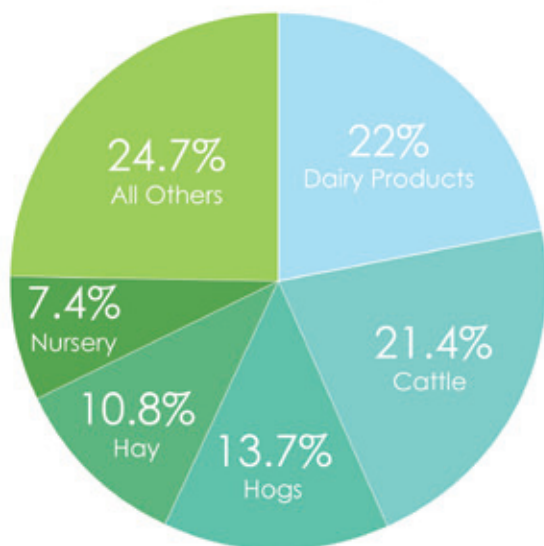


Source: USDA 2007 Ag. Census

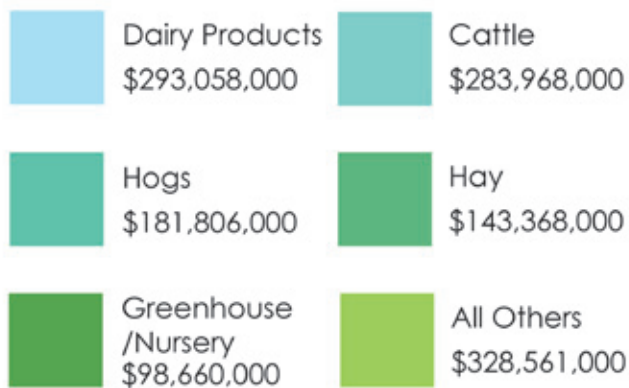
According to the 2007 USDA Ag Census, the selected parts of Idaho in our study of 250 miles from Salt Lake City, are by far the most lucrative out of all the areas studied. They have a high dollar value for crops sold and also have a massive cash value for livestock sold. These areas in Idaho produced over \$4.5 billion in crops and livestock. Utah comes next with just over \$1.4 billion, followed by selected parts of Colorado, with \$278 million, then selected parts of Wyoming with \$263 million. Selected parts of Nevada were the least lucrative, with just \$186 million in crops and livestock.

Please note that direct comparisons between totals for the states are skewed because all counties in Utah are considered in the study area, while only portions of the surrounding states were included in the study to reflect an approximate 250 mile radius to Salt Lake City. However, when another state has higher numbers for their select counties than all of Utah, it does make quite a statement.

## Utah Leading Cash Commodities 2010



Source: Economic Research Service/USDA, 2011



All Others:  
 Turkeys  
 Chicken Eggs  
 Wheat  
 Sheep and Lambs  
 Corn  
 Farm Chickens  
 Cherries  
 Barley  
 Safflower  
 Apples  
 Peaches  
 Wool  
 Honey  
 Aquaculture  
 Oats  
 Apricots



*Salt Lake City Area  
Community Gardens 2012*

*Gardens with Non-Profit Support*

Neighborhood House  
1050 West 500 South

Grateful Tomato  
800 South 600 East

Fairpark  
1037 West 300 North

People's Portable Garden  
900 South 200 West

4th East Garden  
553 South 400 East

Cannon Greens Community Garden  
778 West California Ave.

Sugar House Community Garden  
2225 South 900 East

Rosepark  
871 North 1525 West

Unity Gardens  
1300 South 900 West

*Self-organizing Gardens*

Episcopal Church, SLC

LDS Ward, SLC

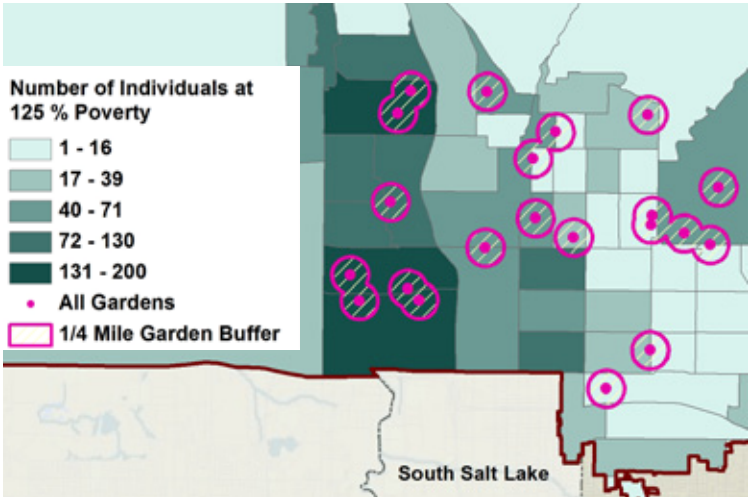
Private Property, Shared with Neighborhood

Private Property, Shared with Neighborhood

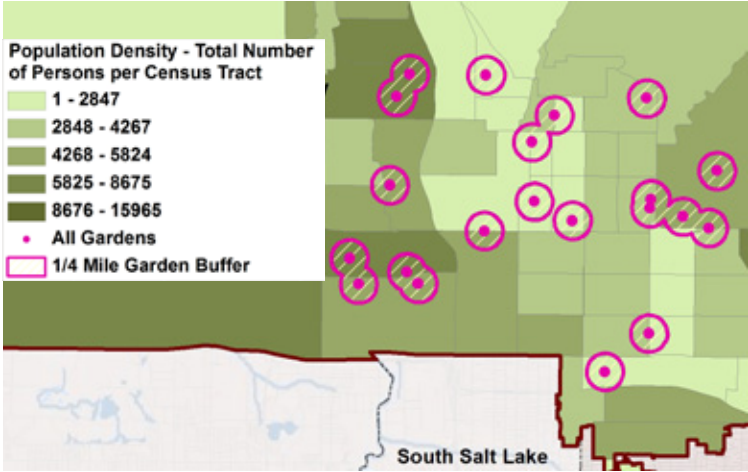
Unitarian Church, SLC

University of Utah Married Student Housing

Recent years have shown an increased interest in more food production both at home and in community gardens. The total number of community gardens has increased steadily over the last ten years, and the diversity of gardens has increased as well. More and more schools in the Salt Lake City area are establishing community gardens, providing educational space for their teachers and students, but often acting as a space where community members can have access to space for growing of fresh food.



Source: US Census Data



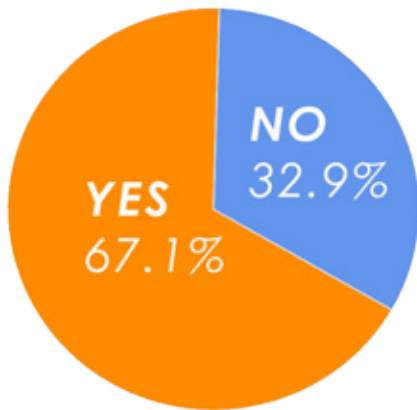
Source: US Census Data



Salt Lake City and Salt Lake County are both working to increase the number and accessibility to community garden space. Salt Lake County has begun to allow use of County owned land for community gardens. Salt Lake City has recently hired a “community garden liason” to provide support and management for community gardens in the city.

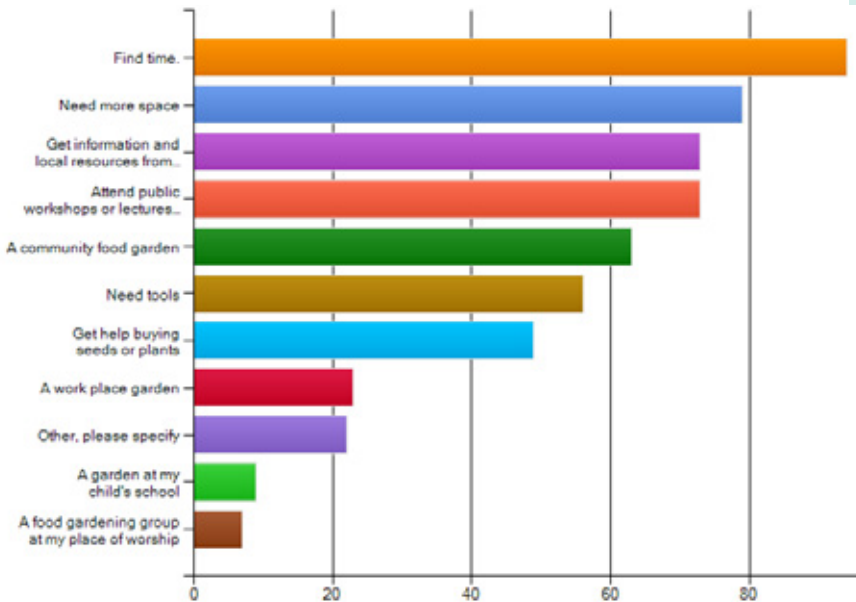
Wasatch Community Gardens, an established non-profit, is a resource for many gardeners, and provides education for new growers, as well as training for those interested in designing and building new community gardens. Interest in these programs has continued to grow each year.

**SLC Public Survey:** Do you grow any of your own food?



Source: SLC Community Food Assessment Survey. Feb-Sept 2012. N=435

**SLC Public Survey:** If you would like to start a food garden, what can help you get started this year?



Source: SLC Community Food Assessment Survey. Feb-Sept 2012. N=435

## Salt Lake City Area School Gardens

- Jackson Elementary  
750 West 200 North
- McGillis School  
668 South 1300 East
- Open Classroom  
134 D Street
- Riley Elementary  
1410 South 800 West
- Mountain View Elementary  
1380 South 1450 South
- Guadalupe  
340 South 1040 West
- Dual Immersion  
1155 South 1450 West
- Rowland Hall Lower  
720 South 1550 East
- Washington Elementary  
500 North 200 West





# PROCESSING & DISTRIBUTION



Once food has been produced, it needs to be brought to the marketplace. This processing and distribution portion of the food system is often invisible and behind the scenes to the consumer. To some extent all food needs to be processed before it reaches the table. Processing can start in the backyard, and can be as simple as rinsing a head of lettuce picked from a home garden. On a commercial scale processing may start in the field with washing, packing and storing, or it may be “value added food” that is locally made and improved for the customer through preparation and packaging. Value -added products add to local food diversity, help reduce energy impacts caused by bringing food from long distances, as well as increase enterprise and profit margins for local growers and businesses.

**For the consumer many factors contribute to food prices, including the distance a product has to travel, how and where it is processed, and the perceived nutritional value of the food.** In this regard, when working together, local producers and processors are able to capitalize on providing the freshest product while reducing transportation impacts and minimizing storage needs.

Distribution is how the food moves from the field and processing into the local food chain. Food that comes into, and is distributed in Salt Lake City’s local food network can come from far or near, and is moved through a variety of transportation routes. The majority of food consumed in Salt Lake City is grow in, and distributed from national and international locations, with a lesser amount coming from within the local food shed. Because locally consumed food comes from both distant and nearby places, food coming to the Salt Lake market may travel by train or plane, through seaport on container ships, by international, national or local trucking, as well as by private vehicle.

*To some extent all food needs to be processed before it reaches the table. Processing can start in the backyard, and can be as simple as rinsing a head of lettuce picked from a home garden.*



When considering the local food system, developing the local food producer–processor–distributor relationship ultimately increases the availability of local products in the marketplace, which can

help support and grow innovation, employment, and security in the community. This helps create a fair price for farmers and consumers which enables lower income and price sensitive groups like schools, hospitals, and charitable organizations, to partake in, and not be priced out of the local food movement.

## Utah Agricultural Trade With Canada and Mexico for 2011 in Actual Dollar Amounts

	Live Animals	Meat & Edible Meat Offal	Dairy Produce; Eggs, Honey, Edible Produce	Products of Animal Origin not Otherwise Specified	Fish and Crustaceans	Edible Vegetables and Certain Roots and Tubers	Edible Fruit and Nuts; Peel of Citrus Fruit or Melon
Canadian Imports	145,422,126	23,498,627	319,679	387,819	437,732	10,817,387	722,957
Canadian Exports	209,612	208,609	1,280,731	93,028	NA	439,354	696,663
Mexican Imports	NA	559,427	NA	NA	139,750	102,478	6,206,487
Mexican Exports	2,434,097	16,440,400	397,363	2,325,334	5,197	3,212	168,512

Research and Innovative Technology Administration: Bureau of transportation Statistics.

## Food From Afar

Since 1994 when NAFTA was implemented, Canada and Mexico have become the United States two largest export markets with exports to Mexico doubling in that time period. As of 2008 all tariffs and quotas on US exports to Canada and Mexico were eliminated, creating the world's largest free trade area encompassing more than 454 million people and \$17.2 trillion dollars worth of goods and services as of 2010.

The USDA estimated that U.S. farm and food exports to Mexico exceeded \$11.5 billion in 2007 -- the highest level ever under NAFTA. From 2001 to 2006, U.S. farm and food exports to Mexico climbed by \$3.6 billion to \$10.8 billion. U.S. exports of soybean meal, red meats, and poultry meat all set new records in 2006. <sup>1</sup>

And, according to the USDA, Foreign Agriculture Service, prior to NAFTA, U.S. agricultural products lost market share in Mexico as competition for the Mexican market increased. After NAFTA, this downward trend reversed. In 2007 alone, the United States supplied more than 72 percent of Mexico's total agricultural imports, which is due in part to the price advantage and preferential access that U.S. products enjoy because of NAFTA. For example, Mexico's imports of U.S. red meat and poultry have grown rapidly, exceeding pre-NAFTA levels and reaching the highest level ever in 2006. This is reflected in Utah's trade with Canada and Mexico.





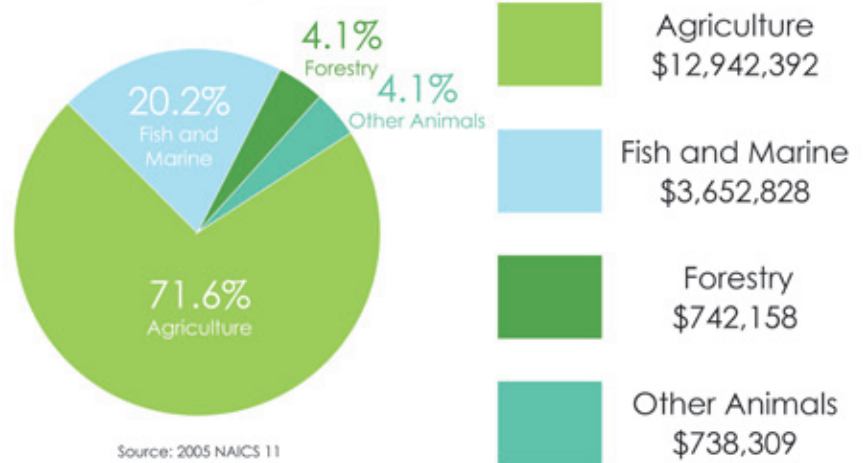
2010 Canada and Mexico were the top two purchasers of US exports with \$248.2 billion and \$163.3 billion respectively. U.S. exports of agricultural products to NAFTA countries totaled \$31.4 billion in 2010. Leading categories include: red meats, fresh/chilled/frozen (\$2.7 billion), coarse grains (\$2.2 billion), fresh fruit (\$1.9 billion), snack foods (excluding nuts) (\$1.8 billion), and fresh vegetables (\$1.7 billion). U.S. imports of agricultural products from NAFTA countries totaled \$29.8 billion in 2010. Leading categories include: fresh vegetables (\$4.6 billion), snack foods, (including chocolate) (\$4.0 billion), fresh fruit (excluding bananas) (\$2.4 billion), live animals (\$2.0 billion), and red meats, fresh/chilled/frozen (\$2.0 billion).<sup>2</sup>

According to the Utah 2011 Economic Report to the Governor, **"The two countries closest to Utah, Canada and Mexico, were Utah's second and ninth highest export destinations, respectively.** In contrast to the United Kingdom, where the vast majority of Utah exports were in the form of gold, Canada and Mexico imported a wider array of goods. In 2010, the largest categories of goods exported to Canada were primary metals (\$292.1 million), transportation equipment (\$191.5 million), and machinery (\$132.1 million). The largest categories of goods exported to Mexico were transportation equipment (\$96.2 million), chemicals (\$77.4 million), and minerals (\$58.7 million). From 2008 to 2009, total exports to Canada decreased 5.8% and total exports to Mexico increased 15.5%. From 2009 to 2010, total exports to Canada increased 24.1% and increased 63.3% to Mexico."<sup>3</sup>

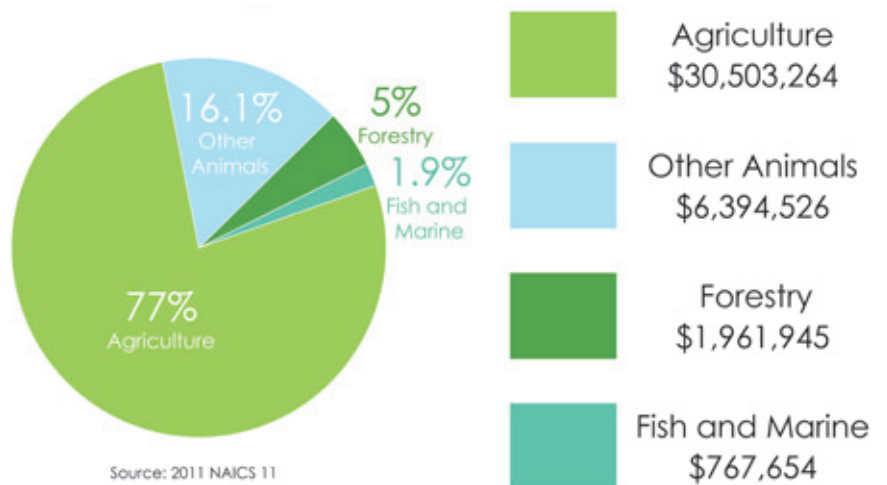
Although the 2009-2012 economic downturn has had detrimental effects on trade globally and within the NAFTA region, trade (imports and exports) for 2010 reached \$61.3 billion dollars. **Even accounting for this downturn, agricultural trade within NAFTA has more than tripled since 1994. Additionally, advantages for North American consumers include a wider diversity of products available throughout the year due to the warmer climate of Mexico.** These include but are not limited to

1. USDA Foreign Agricultural Service, Downloaded February 29, 2012 <http://www.fas.usda.gov/info/factsheets/NAFTA.asp>  
 2. Office of the United States Trade Representative, <http://www.ustr.gov/trade-agreements/free-trade-agreements/north-american-free-trade-agreement-nafta>  
 3. 2011 Economic Report to the Governor, p. 79

### 2005 Agriculture and Livestock Exports from Utah to the world.



### 2011 Agriculture and Livestock Exports from Utah to the world.



**Top five exports per state for the demographic range as well as their value in millions on dollars.**

*Utah*

Total Utah agricultural exports equals \$441 million. Utah's top five exports represent 79% of the total cash value of its agricultural exports.

1) Wheat/wheat products	\$144.8
2) Hides and skins	\$80.6
3) Live animals and meat	\$62.8
4) Feeds and fodders	\$37.6
5) Other	\$34.1
<i>Total exports:</i>	<b>\$441.0</b>



*Colorado*

Total Colorado agricultural exports equal \$1,492.3 million. Colorado's top five exports represent 80% of the total cash value of agricultural exports.

1) Wheat/wheat products	\$344.4
2) Live animals and meat	\$280.5
3) Feed grains and products	\$196.0
4) Feeds and fodders	\$165.9
5) Hides and skins	\$149.1
<i>Total exports:</i>	<b>\$1,492.3</b>

tomatoes and avocados. This has also allowed Mexican markets to expand their offerings of products such as peaches, pears, and apples from the US and Canada. While ongoing disputes still exist regarding trucking to and from the US and Mexico resulting in retaliatory tariffs from the Mexican Government, the net overall effect of NAFTA has resulted in increased trade within the region with a minimal effect on farm jobs in the US.<sup>4</sup>

While full implementation of NAFTA has been achieved in terms of trade, there were no mechanisms built into the agreement which provide for food safety or sanitation policies. Currently the interested parties are working together to set standards which can be agreed upon in order to realize the full potential of trade liberalization within the region in terms of agricultural trade. Thus, the future success of NAFTA is contingent upon outside policy matters such as border security and immigration. **With a total population increase of over 90 million people within the NAFTA region projected for the next 20 years, implementation of policies which ease the transfer of goods in a secure manner are crucial to ensuring that free markets remain in place for the benefit of Canada, Mexico and the United States.**

**Producers Processing and Regulatory Policy**

While it appears that current NAFTA policy lacks adequate sanitary food safety provisions, the US policy addressing food safety standards for national growers is applied more stringently. Through food and agricultural regulations at the federal, state and local levels, US producing, processing and distribution is regulated with the purpose of increasing food safety and value throughout the entire food chain. **For the well being of the entire community the City's residents, businesses and guests must have confidence that food grown, processed and/or distributed within Salt Lake City proceeds securely and safely.** As Utah's capital city, Salt Lake maintains the state's largest population and the state's largest daily workforce, so fulfilling the delivery of safe and nutritious food that supports and protects people, the local economy, as well as the environment is both a challenge and an opportunity for enhancing a dynamic farm-to-fork food system.

**Regardless of farm size or location, after growing, fresh, raw food must be processed, and the first opportunity for processing is attributed to where fresh produce is grown.** This type of processing takes place in the field, where a raw commodity is harvested, and then washed, cleaned, sorted, packed and cooled on site. Another on site raw commodity packing possibility is for fruit or vegetables to be picked, sorted, and sent immediately to a packing-

**DISTRIBUTION**



4. NAFTA at 17: Full Implementation Leads To Increased Trade and Integration, ERS/USDA, pps. 10, 19

house for cleaning and packing. Commonly, the intensity and method of processing that takes place in a growers field is often determined by the gross revenue of the producer.

For US small farmers making under \$500,000 gross revenue, selling direct to market, and within a 275 mile radius of the farm, whether they be backyard contracted SPIN growers, or growers on larger parcels, there are specific exemptions or “flexibility” from processing and distribution inspection under the US Food Modernization Act (USFMA). **According to the US Department of Health and Human Services, the majority of food grown by local farmers making under \$500,000 gross revenue is delivered directly to consumers, restaurants, and grocers and poses less of a risk of food borne illness or security to local customers.** (US Department of Health and Human Services)

When comparing the less rigorous safety and sanitation processing and distribution requirements of small farmers grossing less than \$500,000 and direct marketing over 50% of their product in state or within 275 miles of their farm (Tester Hagan Amendment of 2010) against larger growers, it is clear that regulatory requirements become more exacting for those above the maximum threshold. As reported by Utah’s local farmers, and consistent with regulatory standards of the Food Safety Modernization Act (USFSMA), the Tester Hagan Amendment affords small farmers relief from higher federal food safety requirements and a safe, secure, and financially feasible way for local farmers to bring fresh, local food to market. The key reasons cited for reducing federal regulatory oversight for small farms include 1) local farmers are physically close to their customer base and have closer ties and reputations with their customers and local communities; and 2) these small food growers are regulated by state agencies (i.e. Utah Department of Agriculture and Food) in conjunction with local agencies like county health departments.

## The Local Processing and Distribution Playing Field

Among farmers who were interviewed anonymously for this food assessment by the consultant team, the disparity in food processing and safety regulation between small revenue and larger grossing farmers brought up some concerns. For some of the larger revenue farmers interviewed who process in the field, USFMA’s more stringent regulations and inspections for processing, packing, and distribution translates into uneven responsibility and added business expense.

**As explained by Utah’s farmers, in order to meet food safety compliance, and get their product successfully into the food chain, higher grossing farmers must address food safety, sanitation and security** by becoming highly knowledgeable in understanding and managing product safety and food traceability, employee training on food safety compliance, water quality assurance, signage, limiting certain animals in the field, (including

## Idaho

Idaho’s agricultural exports equal \$1,565.7. Top five exports represent 92% of the total cash value of agricultural exports.

1) Vegetables and preparations	\$469.1
2) Feeds and fodders	\$389.2
3) Wheat/wheat products	\$299.6
4) Dairy products	\$208.2
5) Feed grains and products	\$80.5
<b>Total exports:</b>	<b>\$1,565.7</b>

## Nevada

Top five exports represent \$61.0 million dollars. Top five exports represent 98% of the total cash value of agricultural exports.

1) Seeds	\$26.5
2) Vegetables and preparations	\$19.9
3) Feeds and fodders	\$6.5
4) Other	\$3.4
5) Wheat/wheat products	\$3.4
<b>Total exports:</b>	<b>\$61.0</b>

## Wyoming

Wyoming agricultural exports equal \$128.3 million dollars. Top five exports represent 91% of the total cash value of agricultural exports.

1) Feeds and fodders	\$63.1
2) Seeds	\$17.2
3) Feed grains and products	\$14.3
4) Wheat/wheat products	\$12.3
5) Live animals and meat	\$9.8
<b>Total exports:</b>	<b>\$128.3</b>

September 13, 2012 [ers.usda.gov/data-products/state-fact/sheets.aspx](http://ers.usda.gov/data-products/state-fact/sheets.aspx)





*Local farmers are looking for more education on how to increase year-round growing, and business planning, as well as struggling to find ways to compete with consumer demand within Utah for ever lower prices.*

# 27

Salt Lake City  
Commercial  
Food Producers

dogs) maintaining strict records, and participating in programs like Safe Quality Food Approval (SQF), and Global G.A.P. (Global Good Agricultural Practice) and Hazardous Analysis Critical Control Point (HACCP). For small local farmers within the Community Food Assessment demographic range, the flexibility of complying with food safety standards that are different from larger revenue growers may provide relief from excessive or financially burdensome federal regulation. However, for small growers there may be a downside to remaining outside of the USFMA and third party verification system. When considering future business opportunities, if some local farmers are interested in expanding their business beyond direct delivery avenues such as CSA's, Farmers Market's or direct to store and restaurant channels, into the larger commercial distribution chain where expectations of safety are extremely high, there will be a need to become fully educated and compliant in the execution of USFMA, SQF, and Global G.A.P. and HACCP.

## **Salt Lake City Producers, Processors, and Distributors**

At the time of this assessment, an evaluation of Salt Lake City land use shows that large scale agricultural production has been reduced and confined to a small northwest section of the city limits. Along a short stretch road in the northwest quadrant, a handful of cattle ranchers are still able to graze cattle, goats and chickens, grow hay and other produce in green houses. Presently, the product raised in this area is not destined for local market and because of its low intensity agricultural output it could not currently fulfill even a minor portion of food demand for the community.

**With the exception of very limited area for large agricultural parcels in the northwest quadrant, the City's existing urban farming activity operates exclusively at the small or micro scale.**

These small or micro urban farms are largely worked by self - taught producers, who commonly use high intensity organic growing practices. The acreage required for this type of growing is often minimal, with some farms producing on plots as small as ½ acre, or using scattered plots in various locations through out the city. Most of Salt Lake City's urban farmers own at least a portion of their land, but when they find a need for more space, innovative land and resource sharing practices with local residents are proving profitable.

Among the smallest in scale for Salt Lake City's commercial producers, backyards have become fertile ground to launch a new brand of Community Supported Urban Agriculture (CSUA), using Small Plot Intensive, or SPIN farming. By contracting to use plots in backyards, urban growers in Salt Lake City are growing and selling produce on site for the resident, as well as having the possibility of harvesting surplus produce for direct delivery to other CSA customers.



**Presently, twenty-seven growers and ranchers have been identified as operating within Salt Lake City.** Because most farms within the city limits are small, and discretely scattered around various neighborhood locations, this total number of operators in the city may be incomplete. Producers identified within Salt Lake City limits were located through various methods including CSA postings, local magazines, farmers markets, internet, direct personal contact or reference by another grower.

A variety of crops are grown by Salt Lake's farming community and among the selection of food that is produced in the City **local farmers report success in growing a range of produce that includes, but it not limited to: micro-greens, tomatoes, carrots, squashes, beets, green beans, radishes, eggplant, cilantro, basil, rosemary, spinach, lettuce, broccoli, cauliflower, peas, and organic vegetables starts.**

Salt Lake City based growers are reporting high interest in maintaining fresh product excellence, and explain that time constraints, an inability to hire workers, lack of knowledge about how to start a value added business, along with the unavailability of commercial kitchens are influencing their decision making for not expanding into the value added arena.

All of the growers within the city limits' who participated in a phone survey for the CFA, reported that they all take their product directly to market, which include farmers markets, grocery stores, restaurants, and CSA's using their own cars or trucks. When asked about exporting to markets outside of the city limits, 99% of the Salt Lake City growers stated that all of their product stays within with City limits. Only one grower reported that they distribute about 1% of their crop outside of the city to a nearby ski resort.

## Concerns and Conflicts

When thinking about the next growing season, a low number of Utah farmers who participated in the survey expressed an intention of reducing their production in 2013. While this bodes well for the next growing season, concerns about barriers and challenges were also shared. **Approximately 50% of survey respondents who were interviewed stated that they are limited in expanding their operations due to land or water access, or the costs of acquiring more of each. The financial burden of acquiring and using more water was seen as a significant limitation to expanding production.**

The consulting team also heard that when farming is not the sole means of employment, time conflicts with the primary job, or increased job responsibility away from the farm are reasons why a small farm production and business may end up suffering. The

## Direct to Consumer CSA Distribution Locations Salt Lake City

### Local Harvest

455 W 1700 S  
1411 S Utah St.

### Adams Heirlooms

300 S 300 W

### BUG Farms

1411 S Utah St.  
2700 S 1800 E  
1300 E 700 S  
Research Park  
1700 S 1700 E  
2165 E 2100 S

### Bell Organic

350 E 800 S

### Borski Farms

1157 Sherman Ave  
82 Virginia St.

### Blue Springs

Sugar House Park  
363 L St

### East Farms

300 S 300 W

### Jacob's Cover Heritage Farm

224 S 200 W  
159 W 300 S  
1350 E 2100 S

### Johnson Family Farms

300 S 300 W

### Ranui Gardens

300 S 300 W

### Zoe's Garden

Granato's Downtown  
Sugarhouse Park  
2 N Medical Dr.

### Lau Family Farms

300 S 300 W



## SLC LOCAL PROCESSORS

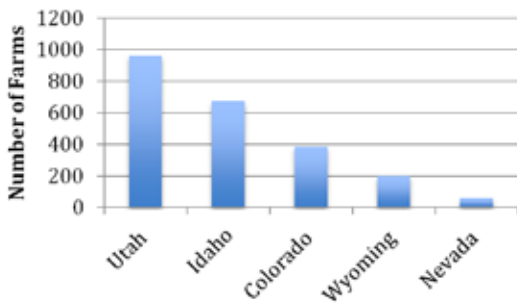


	#
BOTTLING PLANTS	7
FRUIT AND VEGETABLE CANNING	10
MEAT	7
CEREAL	1
SALSA/SAUCES	11
RAW FRUITS AND VEGETABLES	2
CANDY / SWEETS	26
PASTA AND PIZZA	4
PANCAKES, WAFFLES, SYURPS	1
NUTS	2
COMPLEX PROCESSORS	21
SIMPLE PROCESSORS	50
DAIRY	7
COTTAGE FOODS	7
BAKERIES	2
FISH PROCESSORS	5

**TOTAL 163**



### Number of Farms in SLC Foodshed Who Produced and Sold Value Added Commodities



Source: US Ag Census, 2007

inability of farming to provide “traditional benefits” such as health insurance and a retirement plan as a profession were cited as reasons why some farmers may work a second job in order to fill the benefits gap. Being able to leverage land for agricultural use is also becoming prohibitively difficult because of increased housing development. These types of underlying pressures and constraints were best summed up by one farmer who said,

*“I am losing some of my leased property to development this year. I am constantly under time and resource pressure which may lead to decreased production.”*

In thinking about business sustainability and growth, a potential lack of a strong customer base and the inability to advertise their product were seen as potential risks. Utah’s Own is seen as a bright spot in helping to create a positive image about both the value of local farming and Utah products.

## Supporting a Community Food Network

**Salt Lake City farmers are looking for new and innovative opportunities to expand their market reach.** Specific ideas from farmers about how to innovate include: extending the growing season by finding the means to build greenhouses, high-tunnel and hoop houses, participating in education to programs that emphasize year-round growing, education on farm business planning, and business expanding into value added products. The farmers said that what they needed most to succeed included:

- More workers
- A SLC based processing center, or commercial kitchen to aid in processing locally grown products into value added products
- Quick freeze units and cooling boxes
- Education on a variety of issues including: business management and planning, especially in the areas of licensing, taxes, and long-term planning. We found that people were open to either going to a traditional class setting, or webinar
- Grant writing assistance
- Education about how to grow year-round
- Infrastructure to increase year-round opportunities
- Helping with managing transportation cost

## Salt Lake City’s Local Processing

While there are a variety of local and national food processors in Salt Lake City, including facilities like raw food and meat processors along with various value added products, of the produce grown within the foodshed, very little of that raw food is actually being prepared as ready to use in Salt Lake City. Interviews with Salt Lake City based



farmers and processors, convey that no produce grown within Salt Lake City is being processed at City located commercial facilities.

Of the commercial processors located in Salt Lake City, there are only a handful of businesses who process raw goods, either meat or vegetable and this has led to facilities operating at, or near capacity levels. In speaking with facility operators, many were reluctant to share insights regarding their operations for security and propriety reasons, but for those who spoke with the consultant team, the following information was shared:

*-Raw vegetable and Meat processing facilities range in size from roughly 5,000-50,000 square feet.*

*Meat processors annually produce 52,000-7,000,000 pounds of raw product; Raw vegetable, value added producers did not provide any information about their output.*

*-The size of the facility also contributes to the number of employees on staff, ranging from 4-47 at a given facility.*

*-The majority of product for processing comes from supplies outside of the demographic area, but all of the respondents did report using at least "some local suppliers."*

### **Food Processing Capacity Limits**

**For local growers or foodies who are engaged in, or want to start a value added food line, the cost of leasing or purchasing a licensed commercial kitchen is beyond most often beyond their financial means.** To off set investment costs for value added food production, ideas such as renting a commercial processing space, a commercial restaurant kitchen, or using a church or school facility are sometimes considered as good options.

To understand more about the possibilities for expanding value added processing in Salt Lake City, commercial food processors within the City limits, and the Salt Lake City School District were asked, "In the future, would it be possible for a local small or medium local sized producer to be able to contract with your facility to process raw or value added product?"

Based on the responses of Salt Lake City commercial operators, the prospects of any opportunity for renting either of these types of facilities in Salt Lake are completely limited. Commercial processing facilities reported being heavily regulated, by the US Department of Agriculture, Food and Drug Administration, Salt Lake County Health Department, and the State Department of Agriculture, and companies hire third party inspectors to come in and ensure that they are within compliance as well.

In anonymous interviews, local processors shared detailed



*Public food safety concerns and potential business impacts along with security and food borne cross contamination were considered high consequences for any outside party to use local commercial processing facilities.*



*As an important element of urban agriculture, the City's household food gardening and in home food processing represents the smallest scale of agriculture and processing in Salt Lake City.*



information about capacity limitations, as well as regulations and standards for food safety and security. One meat processor reported that the USDA may come through his facility several times a day, and that letting somebody else use the machinery would compromise the safe food practices already put in place by their company. A raw vegetable processor who was interviewed with had similar concerns regarding the community health issues which could arise from an outside party using their facility.

Overall, these interviews show that public food safety concerns and potential business impacts along with security and food borne cross contamination were considered extremely high consequences for any outside party to use local commercial processing facilities.

When speaking with the Salt Lake City School District regarding opportunities for utilizing kitchens, several areas of limitation were stated. Regulation of uses, safety, staffing and liability insurance were red flags which prohibit sharing or renting school district kitchens. On most weekdays, the Salt Lake City School District is fully staffed and operating three large "pod kitchens" which prepare foods such as chili, soups and other cook and chill school breakfast and lunch food that is distributed to district schools. In addition to the 3 pod kitchens, each school has it's own kitchen where food that can be prepared and cooked within a 20 minutes timeframe. The District kitchens are working at full capacity, where regular staff prepare, cook and serve Monday through Friday from 5:30 a.m. to 3:00 p.m

The school district maintains strict rules about the use of it's facilities for public use, and is conscious about limiting the rental, or sharing of it's kitchen space for school or community special events and is purposeful about staying out of private sector enterprise.

Concerns for processing at School District kitchens include:

*As a matter of District policy, school space is not rented out on a long- term basis*

*School District policy directs that the rental times are available on a week- to- week basis*

*School uses always have priority over all others for kitchen facility use*

*Health code restrictions limit access*

*A school district kitchen manager always has to be present when a school kitchen is in operation.*

*Liability and insurance is for school district*

*Concern with not wanting to compete with existing or future commercial enterprise*

*Kitchen equipment was provided through federal funding with school use in mind*





## Salt Lake City: Home Grown Processing

Although Salt Lake City is the state's largest urban center, a unique carry over from the city's traditional past are small and moderate sized homes located on lots with large front and back yards. Even into the 21st century, a sizeable majority of residents still live in homes with medium and large sized backyards where they have adequate space to grow their own food. Regardless of whether home grown food is processed for a value added enterprise, or for family use, this type of food use serves to expand and strengthen Salt Lake City's community food system by increasing the availability of affordable, nutritious food.

### Cottage Food Businesses

For many emerging food entrepreneurs, the opportunity to start up a small, home food based business, commonly referred to as a cottage food business, proves to be just the right place and circumstance from which to develop and launch their very own unique product. For food processors who cannot, or do not want to invest in a commercial kitchen, establishing their food business in their primary residence, using their own home kitchen equipment provides an avenue for gaining entry into the market place by testing and ramping up their business from home.

A cottage food business owner has the opportunity to develop and process a wide variety of value added products in their home kitchen, and examples of non-potentially hazardous value added foods which can be prepared in a home food business include a variety of baked goods – (without cream, custard or meat fillings) jams, jellies, other spreads, hard boiled eggs, nut mixes, popcorn, mustards, pickles, candies teas, spices and dehydrated produce.

To get started, all cottage food businesses must be compliant understand and meet all State and local regulations. In addition to understanding what can be developed and processed in a residential kitchen, a cottage food business owner must understand to whom and where they can sell their product. Cottage food businesses can sell direct to consumers at places like farmers markets, roadside stands, in private homes and at non profit/charitable events.

Cottage food industry is regulated at the State level, and of the States within Salt Lake City's food shed, Utah, Colorado and Wyoming each have laws establishing rules and conditions for home food business enterprise. Food safety is paramount, and the necessary safe food rules for inspection, handling, processing and labeling of cottage food products are spelled out clearly for each State. Although varied in rigorousness, similar standards for each of these three States include requirements for business registration/naming, demonstrating food safety knowledge, and product labeling with nutritional content.



*The LDS Church supports a community processing kitchen which is available to City residents to preserve their own food for non commercial use.*



Additionally, Utah specific requirements stipulates that home food business owners to cook for themselves, disallows free roaming pets, keep samples for fourteen days, and requires that any recipe changes be approved by the Utah Department of Agriculture and Food.

Given ones ability to meet specific State standards, using ones home kitchen can be a great environment to kick-start, test and improve on a retail food product. In 2013, Salt Lake City has seven registered cottage food businesses in operation. In Salt Lake City, a particular challenge faced by successful cottage food producers becomes how to ramp up to the next business level when product demand out paces the capacity of the home kitchen.

For cottage food entrepreneur's who are growing, existing options for a next stage, business expansion is limited. Because of shared use constraints, Salt Lake City's cottage food businesses who need and want to expand will likely have to find a willing commercial restaurant kitchen, or locate the rare commercial processing facility who is willing to rent space. In Salt Lake City's food market, the possibility of renting restaurant space or a processing facility to grow a value added business will usually mean limiting one's own production hours to the primary owners non-operating hours. Frequently, the times when shared rentals are available may be late at night, or in the middle of the night. The other, more costly option is for expanding the value added business by buying or, leasing ones own commercial kitchen processing facility.

In Salt Lake City, a mid range step is needed for cottage business owners, and other food entrepreneurs to begin and grow their business in an environment that supports the greatest chance for developing and marketing a quality product with financial success. Steps can be taken to integrate emerging food businesses into an overall local food network where capacity building for unique local food enterprise is developed by forming linkages to local producers, and where appropriate food infrastructure grows opportunity for entry into the processing, production, and distribution market.

## **Processing for the Home**

As part of its traditional land use past, Salt Lake City's larger backyards were plotted with the intention of having families grow vegetable gardens and fruit trees to supplement them through the growing season, and for processing or 'canning' to help get through the next winter. Today, as in the past, there is an interest by some residents to grow family food for home processing. In addition to home kitchen canning, the Church of Jesus Christ of Latter-day Saints operates a community processing kitchen in Salt Lake City which is available for use by city residents to preserve their own food for non-commercial use.

## Conclusion

The challenge of building up a sustainable food system includes enhancing opportunity for local growers to increase production and to facilitate an appropriately scaled distribution and processing network that will benefit producers, distributors, processors, retailers and consumers. Based on this food assessment, small and medium growers within the Salt Lake foodshed value their profession, but are sometimes frustrated by a host of external constraints that are barriers to expanding the flow of local food within the community. Among the limitations to bringing more local food to Salt Lake City is the fact that small and medium sized regional growers face the demand of bringing their own product directly to market.

While direct to market, or grower-distributor may have some value for growers participating in farmers markets and CSA's, it is time consuming, energy intensive, is subject to the cost of vehicle and fuel costs, and lacks connection to retail outlets where most consumers make food purchases.

In Utah alone 80% of farms are family owned and are categorized as small or medium sized farms, and in the 250 mile food shed area, the total number of farms are also small and medium sized. Identifying ways to bring more local food to Salt Lake City customers is an important step in strengthening the food system. Strategic evaluation of the potential for scaling up a mid sized regional food distribution system that may increase business, transportation and environmental efficiencies, as well as improve the availability of local food by enhancing connections between growers and retailers.

In addition to the need for logistics evaluation and planning, there is a serious shortage of commercial processing space available for emerging or small to mid sized raw and value added entrepreneurs. Because existing facilities are at capacity, and kitchen sharing opportunities are limited, it appears that there is a significant amount of room to expand the food value chain in Salt Lake City by developing partnerships that support culinary incubators that can be used to create a wide range of interesting and appealing food.

To further facilitate access and growth of local products in the Salt Lake City marketplace, partnership building, additional facility improvements, like financing for cooling systems and technical/ educational business training in pricing, marketing, labeling, safe food handling, quality assurance and customer satisfaction will be needed to facilitate food system transformations.

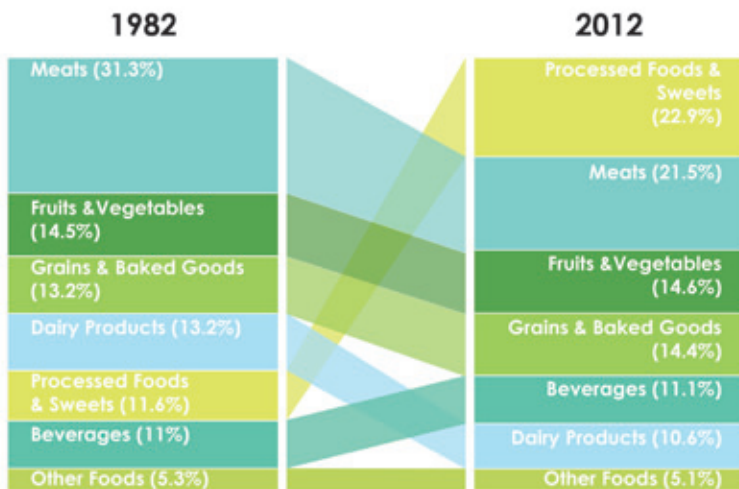




# CONSUMPTION



Breakdown of Money Spent on Groceries



Source: Bureau of Labor Statistics, Credit: Lam Thuy Vo / NPR

Across the United States, American food buying habits for certain types of food have changed dramatically in the 30 years between 1982 and 2001. In 1982, American expenditures for processed foods and sweets ranked fifth in purchases (11.6%) of grocery spending. In 2012, grocery spending for processed foods and sweets rose to number one, accounting for 22.9% of total grocery spending.

How and what is consumed can tell a lot about a local food system. On a daily basis, consumer food choices are influenced by many factors, which may include: taste, time, food affordability and availability, health, culture, and personal habits. In a single day, consumers are more than overwhelmed by food choices, planning, budgeting and nutrition to the extent that an average American consumer may make over 200 food decisions a day (Dietary Guidelines Advisory Committee, 2009)

To develop a more complete local food system, individual and community experiences are important to help construct an interesting food environment. Understanding overall consumer trends, along with insight into what Salt Lake consumers prefer, what they think about their local food market, and where they access food combine together to inform future possibilities for creating an integrated and robust community food environment.





Words used by SLC residents to describe "good and healthy food."

**What Places are Affordable?**

- Supermarkets
- Membership stores
- Chinese Market
- Neighborhood Store,
- Food on sale - Price comparisons
- Close to home.

**Where is Food Unaffordable?**

- Specialty Markets
- Farmers Markets
- Limited ability to take advantage of sales at various stores because transportation mode is walking, biking or transit only.

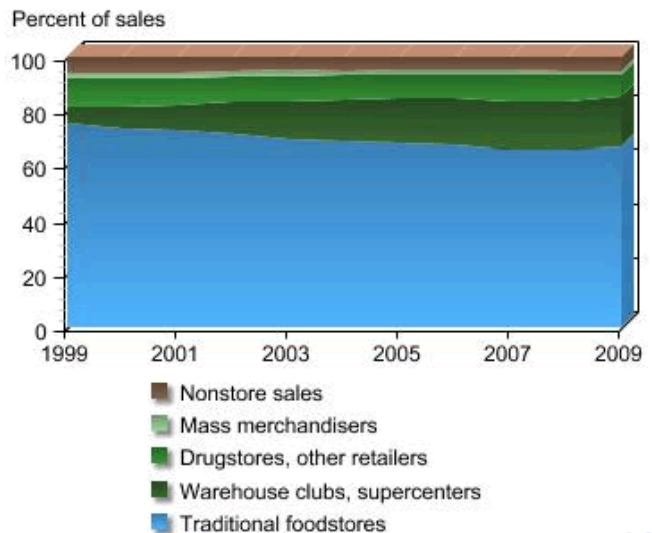
One way of discovering valuable ideas about local food is through community conversation and knowledge sharing. To learn more about Salt Lake City residents interest in their food culture, during the summer of 2012 residents were invited to join in a "Community Dialogue on Local Food Accessibility, Affordability, Health, and Local Opportunity." A total of three separate sessions were held, two at the Salt Lake City Main Library , and one at the Neighborworks Salt Lake Center. At these community meetings, residents shared their thoughts about the existing local food environment, as well as added their hopes and ambitions for how the city could develop a stronger, and more interesting local food system.

In addition to community meetings, a food assessment survey was offered to complete on line, in person at a local library, or in adult classroom's. This extensive survey offered valuable input and provided greater understanding of food values and consumption among Salt Lake City residents. The survey ran from February 2012 – September 2012.

**Consumer Food Sources**

Recent national analysis of consumer food at home purchases during the years from 1998-2006 show that consumers buy less healthful food at supercenters when compared to supermarket purchases. In places where there is a 1% increase in supercenter market share, there is also a statistically significant decrease in the purchase of healthy groceries (Volpe, Okrent, Halstay, American Journal of Agricultural Economics, 2013)

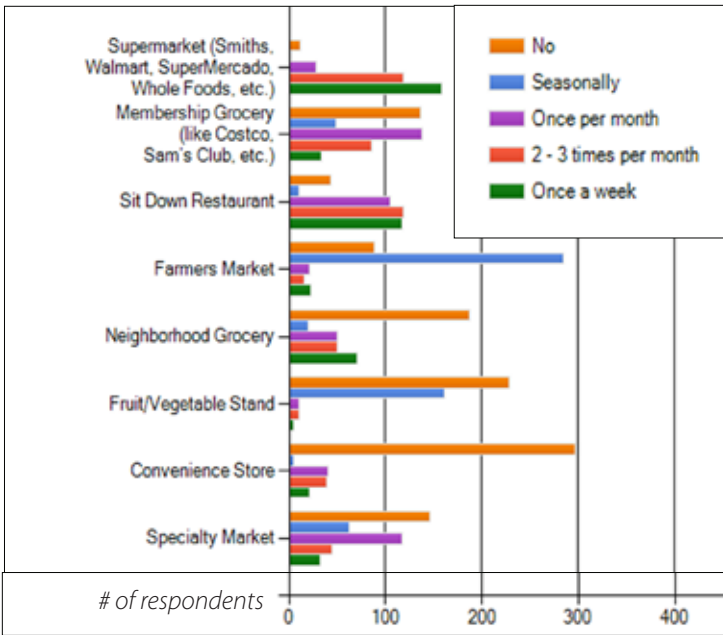
**Food-at-home sales by type of outlet, 1999-2009**  
The share of food sales has decreased at traditional foodstores and increased at nontraditional foodstores



Source: USDA, ERS, Food Expenditure Tables: Table 14.



**SLC Public Survey:** Do you currently get food from any of the following food sources? Check all that apply.



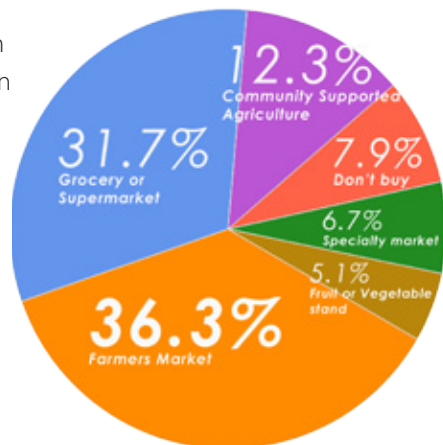
Source: SLC Community Food Assessment Survey. Feb-Sept 2012. N=435

Consumer information from the Salt Lake City Food Survey, taken by residents from February through September 2012, provides a snapshot of at-home purchasing outlet choices for the local community.

Local survey results show that a majority of Salt Lake respondents make frequent food purchases, weekly and two or more times per month. Consistent with national trends, food purchasing at non-traditional outlets is high, with 60% of Salt Lake survey respondents making at least once monthly purchases at nontraditional locations.

When asked about buying locally grown fruits and vegetables, slightly more than one-third (36%) made these purchases from farmers markets, another third (32%) from supermarkets. Much smaller percentage of purchases of fresh fruits and vegetables were made from CSA's (12%), Supercenters (7%) and fruit and vegetable stands (5%).

**SLC Public Survey:** Which location do you most often purchase **locally grown** fruits and vegetables?



Source: SLC Community Food Assessment Survey. Feb-Sept 2012. N=435

WHERE DO WE GET OUR FOOD?  
IN SALT LAKE CITY THERE ARE:



The top three locations for all produce purchases, regardless of production origin are first supermarkets, second farmers markets and third, with an equal share buying from neighborhood grocery stores and specialty food markets.



**SLC Public Survey:**  
What are the **top three** places where you shop for fresh produce?

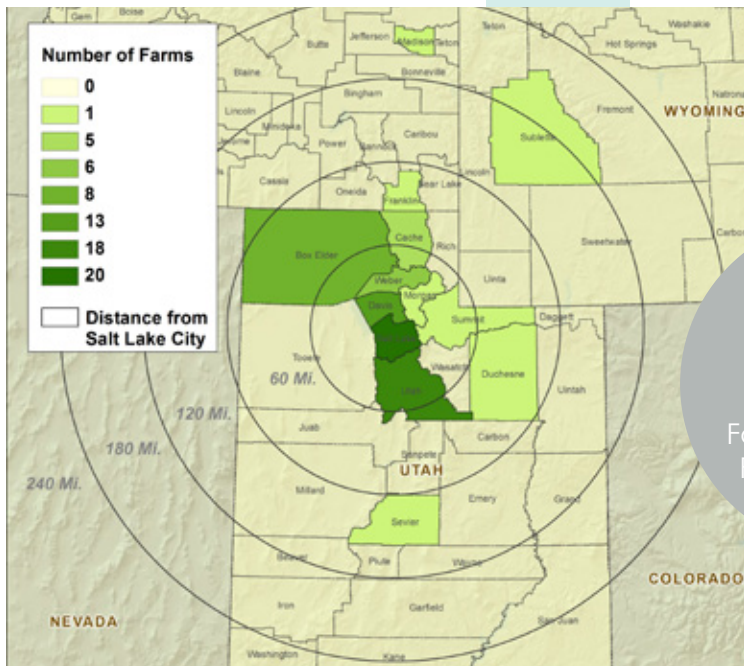
Because Salt Lake City has significant influence over the location of all types of food retail outlets within the city, in the future, it will be very important for Salt Lake City and its health agency partners to evaluate the relationship between food outlet type, food purchases and health outcomes for Salt Lake City neighborhood residents.

### Farmers Markets

Salt Lake City is home to an expanding farmer's market arena. The Downtown Farmers Market, Salt Lake City's first farmers market, opened in 1992. In 2012 there were a total of 8 markets throughout the city. These eight farmers markets draw on farmers who come from 14 different counties within the Salt Lake City food shed region (250 miles).

Source: SLC Community Food Assessment Survey, Feb-Sept 2012. N=435

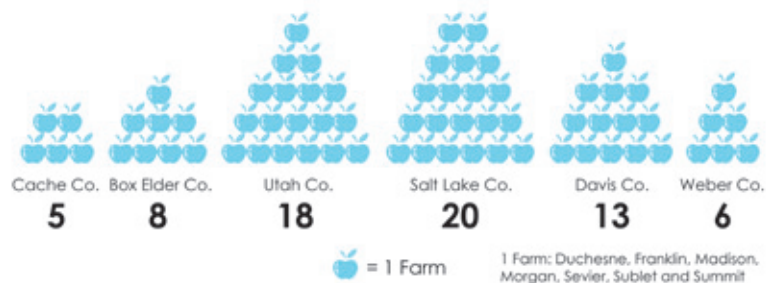
During the months from June to October, there are seven markets open, operating five days per week. In the winter, there is one market open several times during the season. The Downtown Market has several "pop-up" winter markets which operate at a different location each month. There are no farmers markets operating on either Mondays or Wednesdays.



**77**  
Farmers Selling at Farmers Market

Farm Counties of Origin Within SLC Foodshed (250 mi) Delivering to Farmers Markets in SLC Area (2012)

### Counties of Origin for Farms Delivering to Salt Lake City Farmers Markets 2012





*SLC Farmers Markets*

*Winter Market  
900 West North Temple*

*Sugar House Farmer's Market  
Sugar House Park, 84106*

*Campus Edible Gardens Market  
& University of Utah Farmer's Market  
Tanner Plaza at the Union 84112*

*SLC Downtown Farmer's Market  
Pioneer Park 84101*

*People's Market  
Int'l Peace Gardens 1000 S. 900 W.  
84114*

*Downtown Tuesday Farmer's  
Market 327 S 500 E, 84101*

*IRC Farmers Stand*

*Westminster College Farm Stand*

The consumer need for fresh and healthy food occurs at all income levels. While Salt Lake City has expanding farmers markets and CSAs, this map and the map on page 42 show that there are location gaps in this type fresh food access, especially in areas with moderate and higher levels of poverty.



*Location of SLC Farmers Markets 2012 with rate of persons at 125% of poverty level.*

Farmers Markets	# of farms attending	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>1. Peoples Market</b>	variable	X						
<b>2. Downtown Tuesdays Market</b>	13			X				
<b>3. University of Utah ( &amp; Edibles Stand)</b>	6					X		
<b>4. Westminster College Farm Stand</b>	1					X		
<b>5. Sugar House Farmers Market</b>	11						X	
<b>6. International Refugee Farmers Stand</b>	variable							X
<b>7. SLC Downtown Farmers Market</b>	87							X
<b>8. Winter Market (Utah State Fairpark)</b>	10							X

*Direct to Consumer CSA  
Distribution Locations  
Salt Lake City*

**Local Harvest**

455 W 1700 S  
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**Adams Heirlooms**

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**Johnson Family Farms**

300 S 300 W

**Ranui Gardens**

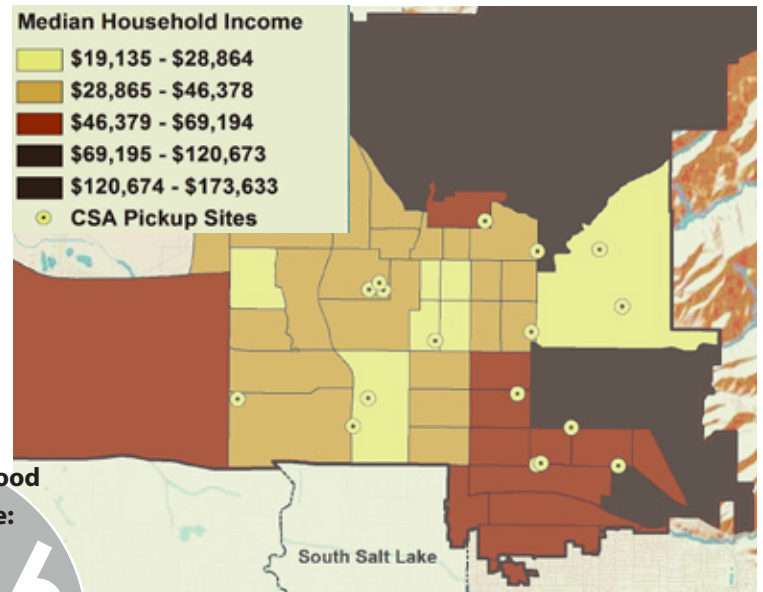
300 S 300 W

**Zoe's Garden**

Granato's Downtown  
Sugarhouse Park  
2 N Medical Dr.

**Lau Family Farms**

300 S 300 W



In SLC's 250 mile food shed, there were:  
**1,166**  
Farms Marketing through CSA's

CSA Pickup Sites with Median Household Income

**Number of Farms 2010  
Community Supported Agriculture**



Source: 2011 Utah Department of Agriculture and Food Annual Report

Community Support Agriculture (CSA's) provide consumers and farmers with a mutually beneficial direct to market relationship. Unlike large scale farms who produce one or two main crops, CSA farms grow a wide variety of crops that are generally available from May to October. By continuously planting throughout the growing season, CSA farmers grow and sell a delicious range of foods for their members.

**Community Supported Agriculture  
All 26 Co.**

Utah	17	Sanpete	2
Juab	11	Wasatch	2
Uintah	11	Beaver	1
Box Elder	8	Garfield	1
Cache	6	Kane	1
Iron	6	Morgan	1
Salt Lake	6	Piute	1
Summit	6	Rich	1
Sevier	5	San Juan	1
Weber	5	Tooele	1
Davis	4	Washington	1
Emery	4	Carbon	-
Grand	3	Daggett	-
Millard	3	Wayne	-
Duchesne	2		

While each CSA operates in its own way, a majority of them have pick-up locations around the city. A few CSA's provide produce choice for the consumer as to which food items they'd like for the week by providing options at the Downtown Farmers Market. Members pick up their weekly share at the farmers' food stand at the farmers' food stand at the market, allowing them to select the produce they want to purchase.

Source: 2011 Utah Department of Agriculture and Food Annual Report



## Traveling to Get Food

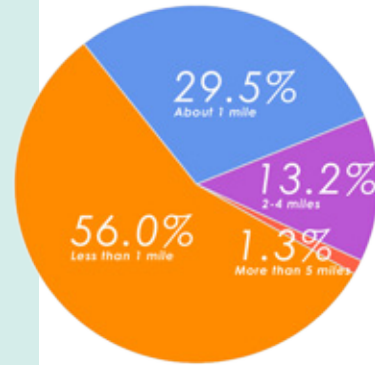
Transportation is one of many ways to evaluate food access in Salt Lake City. Access to supermarkets and the food that people want to buy may be complicated by mobility restrictions. In neighborhood areas that are underserved by supermarkets, or other fresh food opportunity, transportation barriers such as **low or no vehicle availability, inconvenient transit, the expense of taxi service and walking distance of greater than ¼ mile pose risk to healthy food opportunity.** Many individuals and families on a tight or limited budget may find the cost of paying for public transit or taxi service an expense that may mean reducing quantity or quality of food.

The adjacent map shows Salt Lake City household automobile ownership by census tract, as well as adjacent transit availability for each of the 16 supermarkets through out the city. The lighter colors point to areas of lower vehicle ownership and darker colors show areas of higher ownership. In the middle of the city, the downtown district has low auto ownership, and with ongoing bus and light rail changes, also has the highest concentration and frequency of transit service.

Salt Lake City has four neighborhoods with low supermarket access and lower income. Three of these neighborhoods, a section of Popular Grove (from 1-80 to 600 South between Redwood Road 900 West), West Capital Hill (in the area from the northern city boundary to North Temple, and 400 West to 200 West) and a part of the Ball Park Neighborhood (from 800 South to 1300 South, and State Street to 400 East) all have low vehicle ownership. **Despite the fact that significant transit investment has been made in Salt Lake City since 1999, residents in these neighborhoods may still be challenged by limited intra neighborhood transit service for supermarket shopping and transit cost.** Difficulties using transit in these areas may include, infrequent service limited hours of operation, and/or no service on weekends. An added difficulty, especially for those shopping for families, may be carrying grocery bags safely on and off buses.

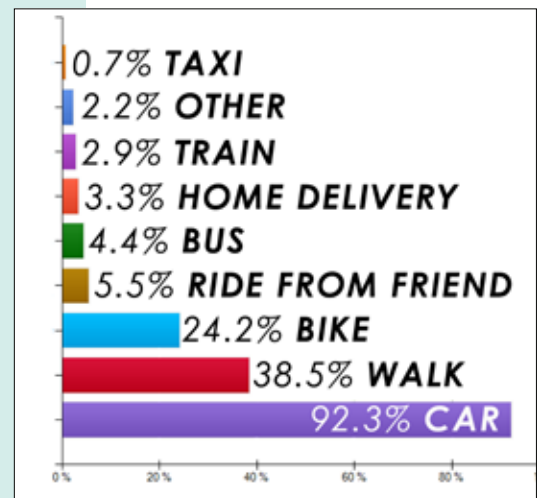
Policies that link planning to healthy food availability with transportation planning will be important to make sure that all residents have fair and complete food access. Coordinated efforts by multiple city departments and partners to develop strategies, incentives and opportunities for expanding fresh food venues in lower access, lower income and lower mobility access areas will help grow Salt Lake City residents have healthy food access, build community cultural connections. support neighborhood entrepreneurial opportunity.

**SLC Public Survey:** About how far is the one way distance to your nearest grocery store?

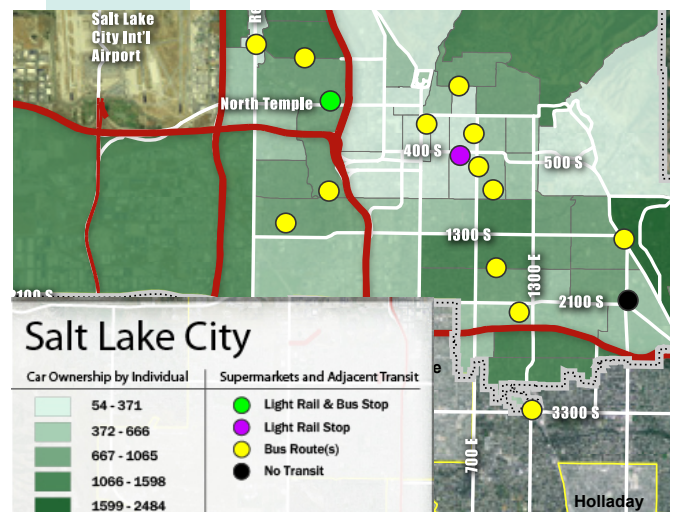


Source: SLC Community Food Assessment Survey. Feb-Sept 2012. N=435

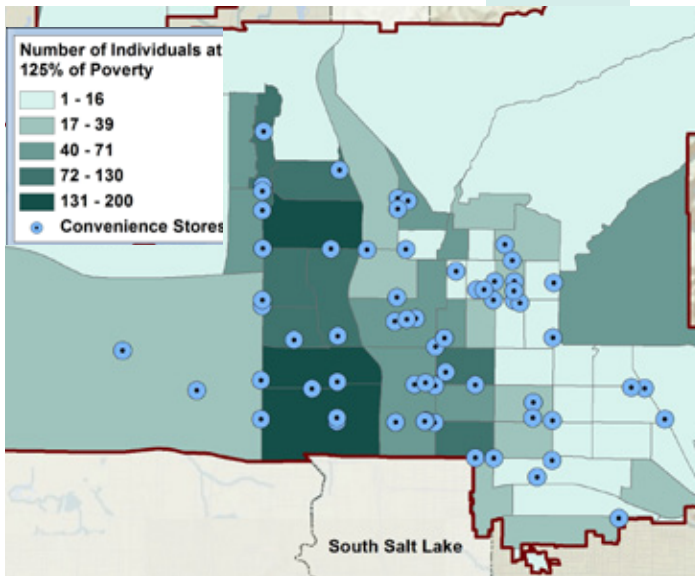
**SLC Public Survey:** What are the most common ways you travel to buy groceries? Check all that apply:



Source: SLC Community Food Assessment Survey. Feb-Sept 2012. N=435



## Snacking – Food On the Go



For all income groups in Salt Lake City, household food dollars spent on daily and weekly snacking may increasingly be redirecting food dollars toward spending and consumption on high calorie, low nutrient foods. In the 30 year period from 1978 -2008, the average number of snacks consumed per day by American adults doubled, with an increase from 59 to 90 percent. For all adults, those 60 and over consume the fewest total calories, including from overall food calories and from snacking. (USDA, ARS) **When compared with children from the late 1970's who consumed about one snack per day, children in 2012 consume almost three snacks a day. (USDA, ERS)**

Snacking during the day is associated with consuming more calories along with less of most nutrients. Frequently, the types of snacks both children and adults are choosing to eat are of poor nutritional quality that are high in calories, fat, sugar and salt. **In Salt Lake City, diet related health impacts are on the rise and future steps which encourage and guide the substitution of fruit or vegetable snacks for common high calorie low nutrient snack foods will help increase fruit and vegetable consumption, increase daily nutrition and support overall reduction of calories consumed.**

Twenty commonly consumed snack foods and 20 potential fruit and vegetable substitutes underlie this analysis

Snack food	Portion size, oz <sup>1</sup>	Calories per portion	Fruits and vegetables	Portion size oz <sup>1</sup>	Calories per portion
Chocolate candy	0.9	262	Apples	5.2	77
Cookies	1.0	123	Applesauce	4.6	100
Corn chips	1.0	140	Bananas	4.1	102
Crackers	0.9	114	Cantaloupe	3.5	33
Cupcakes	2.0	174	Fruit cocktail, canned*	4.4 (3.9)	71
Danish	2.6	271	Grapes	3.0	59
Donuts	2.1	235	Oranges, navel	3.8	53
Fruit rolls	0.8	82	Peaches, canned*	4.4 (3.8)	68
Graham crackers	0.9	102	Pineapple, canned*	4.4 (3.4)	75
Granola bars	1.1	119	Plums*	2.9 (2.3)	38
Ice cream	3.8	196	Raisins*	1.3 (0.9)	109
Muffins	3.3	309	Strawberries*	2.9 (2.3)	27
Pizza, frozen	3.3	252	Tangerines	4.8	72
Popsicles and bars	1 count	80	Watermelon	8.7	74
Potato chips	1.1	169	Broccoli florets, raw*	1.6 (1.1)	12
Pretzels	1.5	166	Carrots, baby*	2.3 (1.4)	22
Pudding	4.1	152	Celery*	2.1 (0.6)	10
Sandwich crackers	1.3	183	Red peppers*	2.6 (0.1)	23
Toaster pastries	2.7	299	Sweet potatoes, cooked*	3.5 (0.5)	90
Tortilla chips	1.2	161	Tomatoes, grape*	3.2 (1.5)	16

<sup>1</sup>Average amount consumed by children age 6-13 who reported consuming the food. For fruits and vegetables, portion size is the larger of the average amount consumed or 1/2 cup-equivalent.

\*Portion size is 1/2 cup-equivalent. (Numbers in parentheses are the average amount consumed.)

Source: USDA, Economic Research Service using data from the 2005-06 National Health and Nutrition Examination Survey (NHANES) for portion sizes and USDA's National Nutrient Database for Standard Reference, Release 24 for calories per portion.

If they are made available in a wide variety of venues through out the City, fruits and vegetable snacks can become appealing, healthful, and tasty food choices may help all of Salt Lake achieve 5 A Day success. The chart to the left shows how choosing to substitute 1.1 ounces of potato chips (109 calories) with 1/2 cup of strawberries, (27 calories), or grapes (58 calories) or carrots (22) significantly reduces calorie intake.

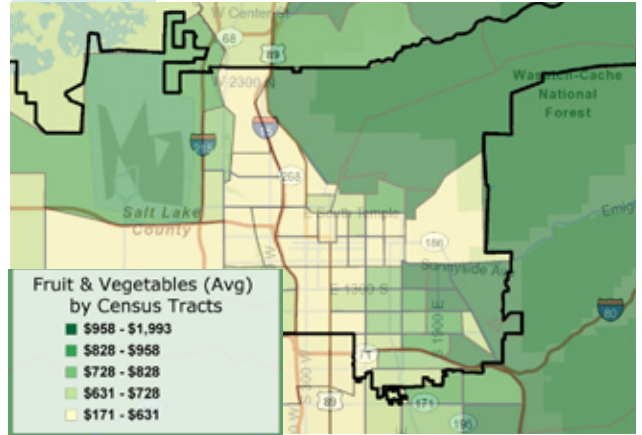


## Food at Home

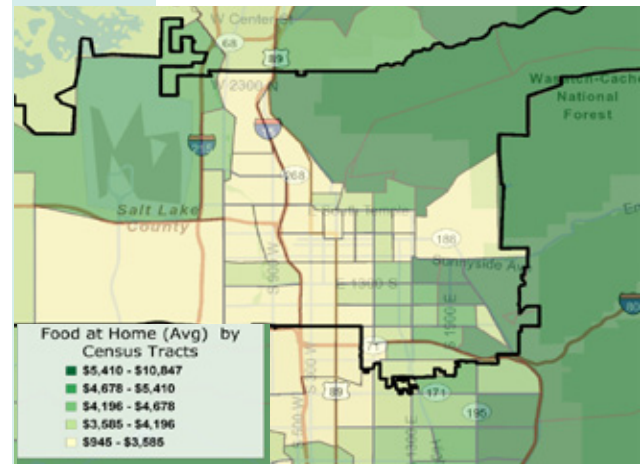
Overall food choice is influenced by many factors, but at both the national and Salt Lake City level, national data show taste is the biggest factor and health a less important factor when people consider when, how often and where they eat.

Although a healthy or poor diet can be purchased at various income levels, greater personal wealth affords the consumer an easier path to purchasing and consuming a broader range of food types, which includes a more diverse selection of fruit and vegetables. In areas where food at home spending is less, challenges with affordability may limit the range of healthy food, but not necessarily the overall healthfulness. The ability to spend more on food at home does not guarantee a more nutritious food selection. It may indicate healthful purchases, or it may indicate that a consumer has simply purchased more food, higher priced food, poor in nutrition foods, and/or may be wasting more food overall.

Across all income categories, at home food dollars is not translating into ideal fruit and vegetable consumption for individuals. By an overwhelming 92%, Salt Lake survey respondents said that food taste together with healthy choice guides their household food purchases. This response was followed by a trailing 21% who said food taste alone guide their household food purchases.

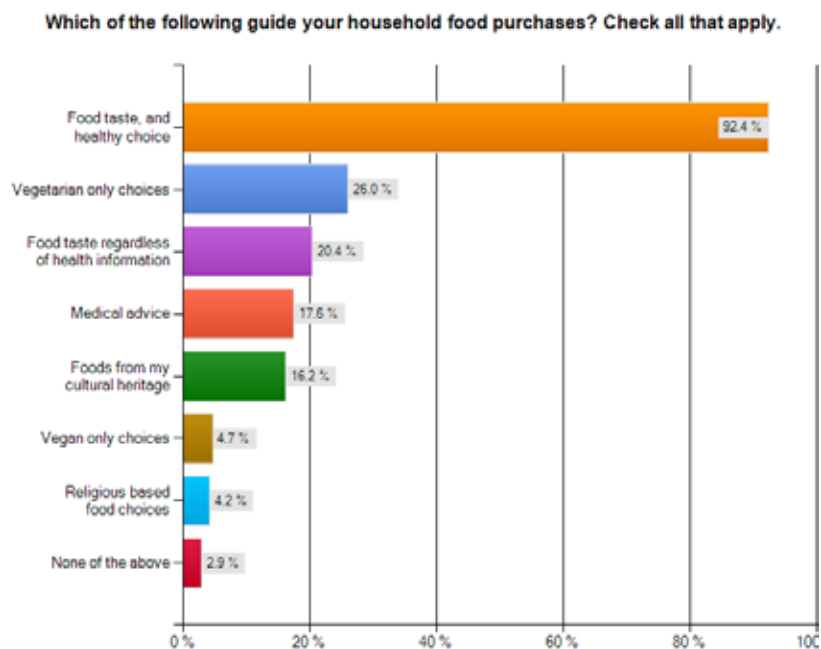


Fruit & Vegetable Spending at Home (Average) by Census Tract, 2010



Food at Home Spending (Average) by Census Tract, 2010

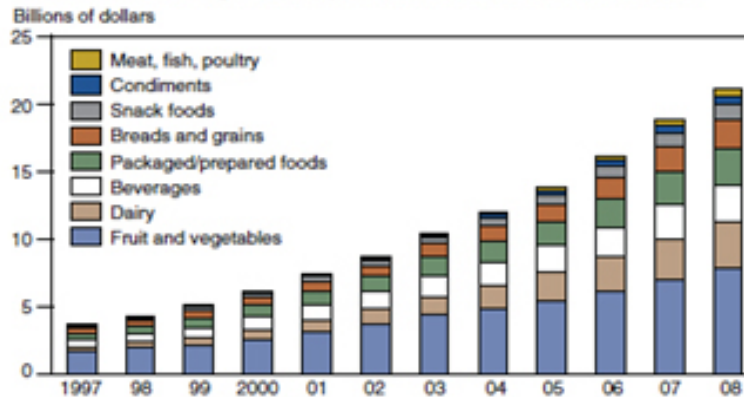
**SLC Public Survey:** Which of the following guide your household food purchase?



Source: SLC Community Food Assessment Survey, Feb-Sept 2012. N=435



**U.S. retail sales of organic food products increase from 1997 to 2008**



Source: Nutrition Business Journal, 2009.

Consumer attitudes about the purchase of local and organic food are another driver for food at home shopping. The demand for organic foods, especially fruits and vegetables, continues to grow nationwide and Salt Lake City has been identified as an area with high consumer demand for organic products. (USDA/ERS 2005) When buying this type of food, most often consumers buy local and organics in supermarkets, direct to consumer venues, or specialty stores. While meeting demand for these products will continue to be an important factor in enhancing the local retail market, for Salt Lake consumers with reduced buying power, the premium pricing of organic and locally grow foods may be beyond a realistic food at home budget.

**SLC Public Survey:** Which **local foods** do you purchase?



Source: SLC Community Food Assessment Survey. Feb-Sept 2012. N=435

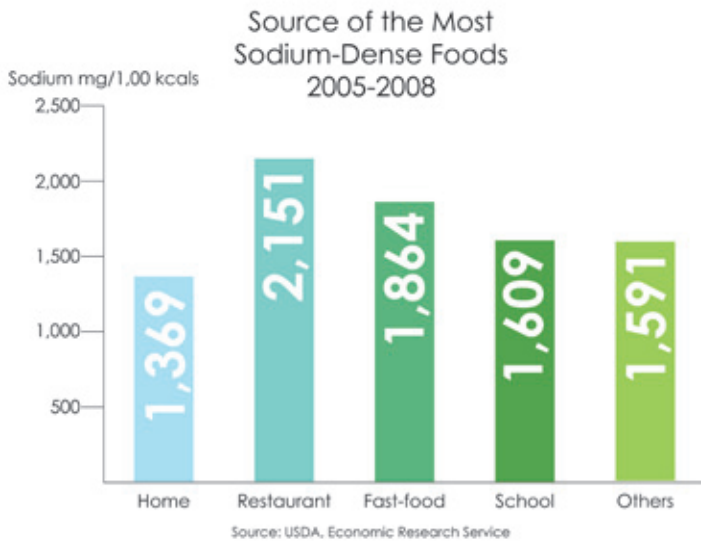
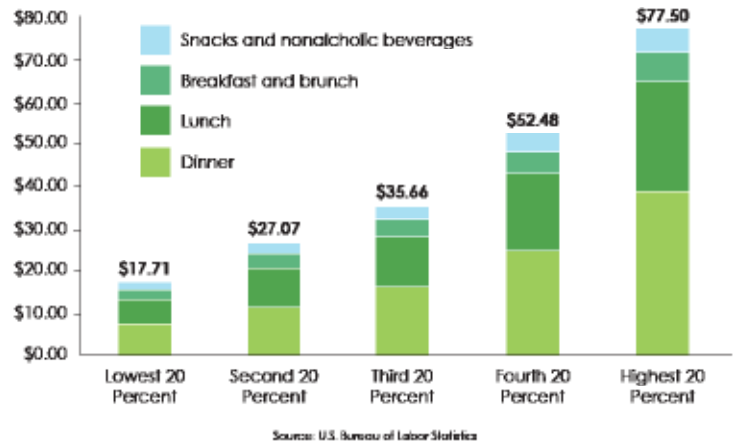
From the local survey, Salt Lake City residents are more likely to purchase local fruits and vegetables when compared to other local fresh products. Eggs, honey, rank closely together as second most preferred local products, with a majority of people stating that they buy local dairy as part of their food purchases.



## Food Away From Home

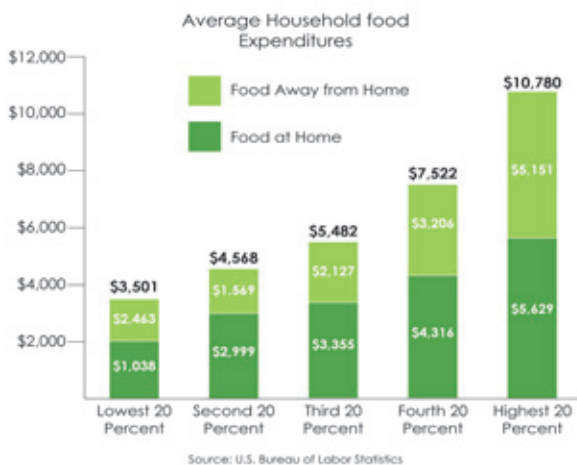
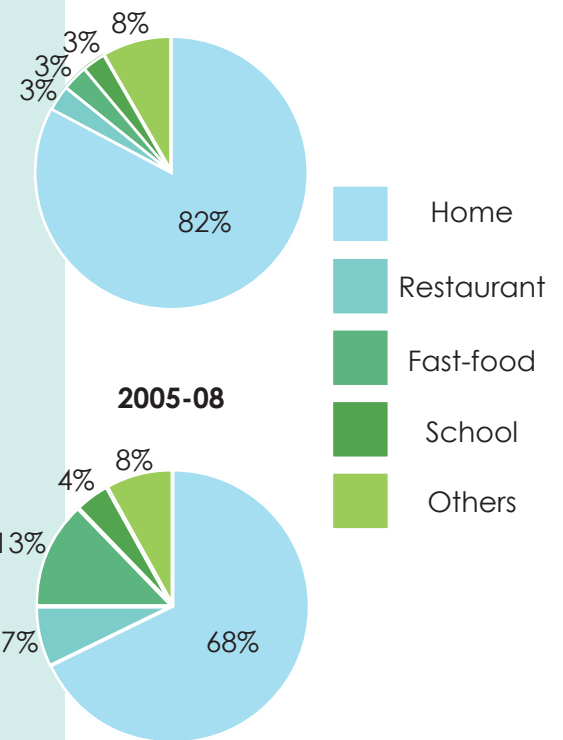
More Americans than ever enjoy meals away from home. Although food consumption away from home is on the rise, in 2009, the Bureau of Labor Statistics found that across all income groups, consumers still spend more on food at home than food away from home. For all income groups, eating dinner away from home accounted for the largest share of weekly food away from home, with lunch as the second highest eating out expenditure. For low to moderate income consumers, a higher percent -approximately 70% for low income consumers- of total food dollars available is spent on food at home, while high income consumers spend an almost equal amount between food at home and food away from home. (BLS 2009)

Average Weekly Expenditures of Household Income on Meals Away From Home, 2009



Food secure consumers may spend more money on food away from home, but that does not necessarily translate into better nutrition. Salt Lake consumers who eat away from home frequently are more likely to eat less fruits and vegetables, and are likely to eat food that is higher in both sodium and fat.

Food Away from Home (1977-78 and 2005-08)



Households earning a pretax income of \$93,784 or above spent more on average than the combined total spent by households in the first three income groups.

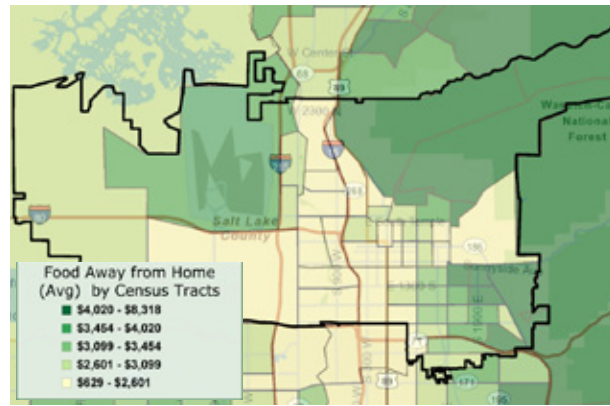


# 636

Salt Lake City  
Restaurants

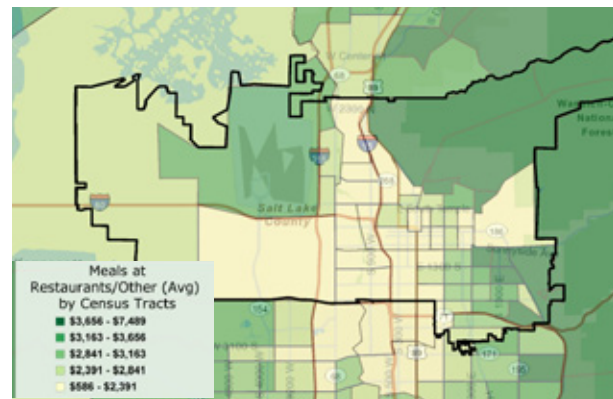
<b>Full Service Restaurants</b>	<b>243</b>
<b>Limited Service Restaurants</b>	<b>193</b>
<b>Snack Bar / Ice Cream</b>	<b>18</b>
<b>Cafeteria Buffet</b>	<b>7</b>
<b>Pizza</b>	<b>30</b>
<b>Prepared Food Shop</b>	<b>47</b>
<b>Tavern/Club</b>	<b>87</b>
<b>Bakery</b>	<b>11</b>

In October 2010, goods in a typical shopping basket, such as meats, vegetables and fruits, dairy products, and other items, varied in price. Potato chips, a favorite snack food for many people, were more expensive per pound than typical meal staples such as turkey, broccoli, bread, and chicken. Around the holidays, many Americans plan feasts that usually include a meat. Uncooked steak is more expensive than the combined price for ham and turkey, per pound.



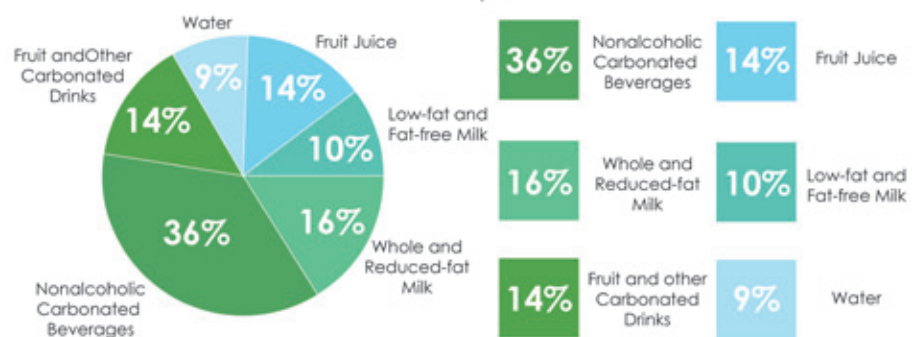
Food Away From Home Average Spending per Household by Census Tract (2010)

The amount Salt Lake City consumers spent on food away from home and restaurant dining is closely associated with national expenditures and is reflected in household income by census tract, where higher income consumers spend the greatest average dollars on food away from home.



Meals at Restaurants/Other (Average) by Census Tract 2010.

### National Expenditure Share on Food Groups, 2006



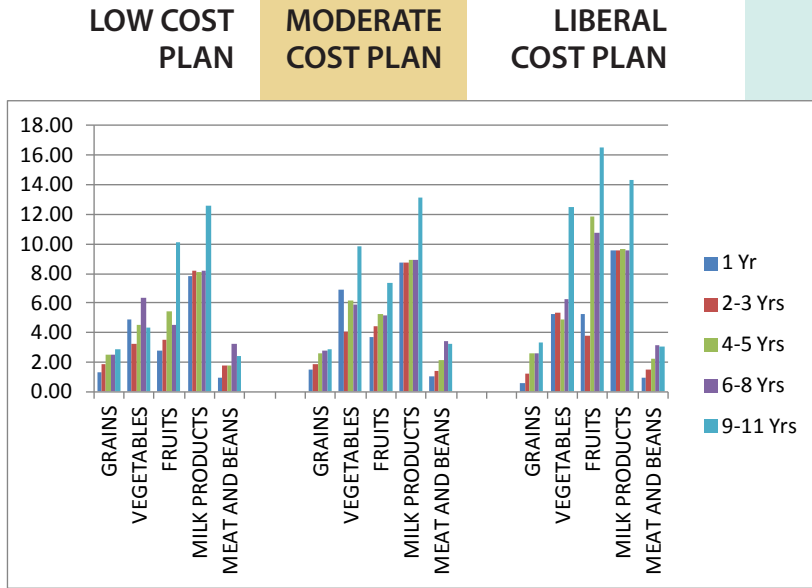
Source: USDA, Economic Research



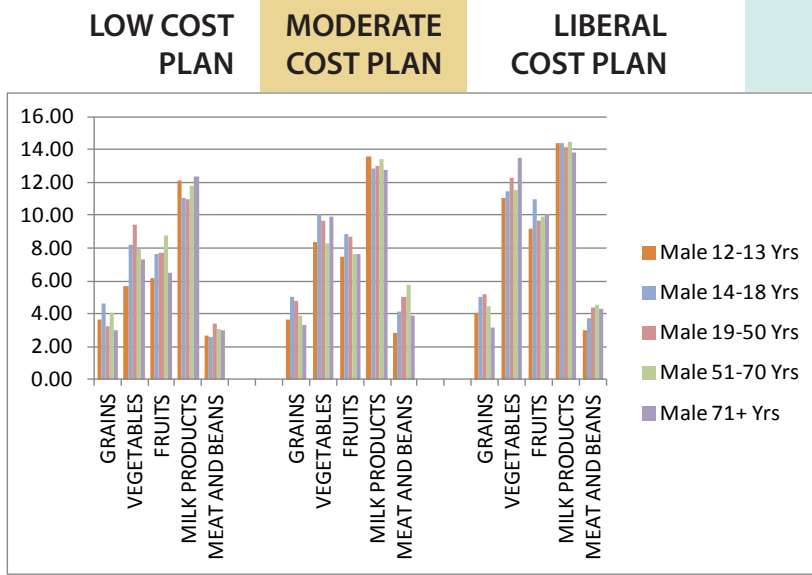


## The Average Household Food Basket

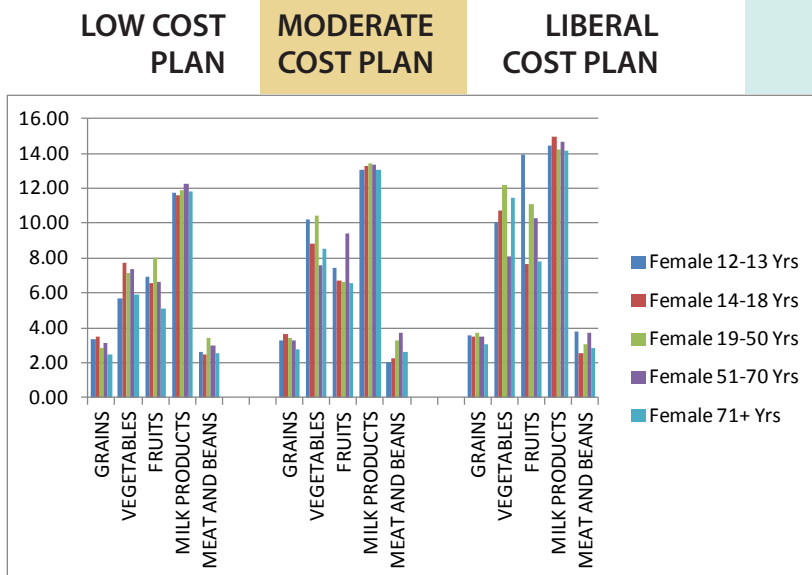
POUNDS OF FOOD PER WEEK



POUNDS OF FOOD PER WEEK



POUNDS OF FOOD PER WEEK



Since 1894, the US Department of Agriculture has gathered and published information on a nutritious, economical diet for average American male who engages in a moderate amount of activity. Currently, the USDA Household Food Basket includes four different meal plans, the Thrifty Plan, Low Cost Food Plan, Moderate Cost Food Plan and Liberal Plan to show important nutritional and economic food costs, and it is the basis for representing the average food basket for Salt Lake City residents. Each of these food plans is used to create a market basket of types and quantities of food for 15 different age/gender groups for children from 1-11 years old and for males and females from age 12 through mature adults at different spending capabilities. Tailored to meet the needs of Americans of different ages and genders, and income levels, the plans present a nutritious diets which include food from fruits and vegetables, grains, dairy, meats and beans, and other foods like fats and oils categories.

By modeling US nutritional standards, with the National Health and Nutrition Survey, (NHANES) and Neilsen Homescan food data, the food baskets are a close average representation of America's real eating patterns combined with healthy diets and cost considerations. Because average consumption of fruits and vegetable is below minimum dietary standards, and fats, added sugars and salt are above dietary standards, the food plans are adjusted to meet recommended consumption for these food groups. <sup>1</sup>

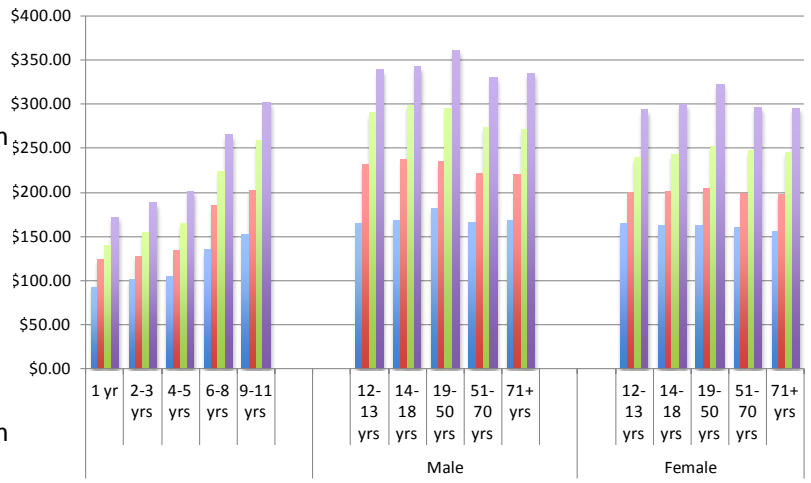
The food baskets and meal plans are designed as a guide to help people of various incomes realistically achieve healthful eating within a food spending budget. The Thrifty Food Plan serves as the



national standard for a minimal cost, nutritious diet and is used as the basis for food stamp allocation.

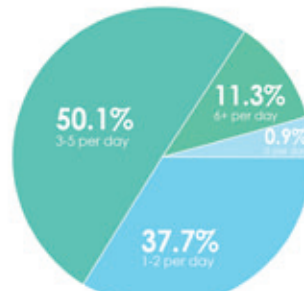
Food expenditures for bankrupt individuals are often formulated by bankruptcy courts using the Low Cost Food Plan, and many divorce courts use the Food Plans to set alimony payments. Another way the food plans are used is by the Department of Defense, who uses the values of the Liberal Food to determine the Basic Allowance for Subsistence for military members. Finally, the Low Cost, Moderate and Liberal Cost Food Plans are used by the USDA and States to set family child support guidelines and foster care payments. (United States Department of Agriculture, USDA and Center for Nutrition Policy and Promotion, CNPP)

- Thrifty Plan \$ Per Month
- Low Cost Plan \$ Per Month
- Moderate Cost Plan \$ Per Month
- Liberal Plan \$ Per Month

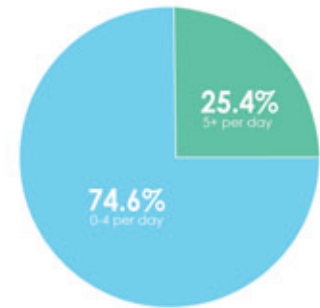


Monthly Cost, USDA Meal Plans by Age, Gender

**SLC Public Survey:** How many servings of fresh fruit and vegetables do you eat per day?



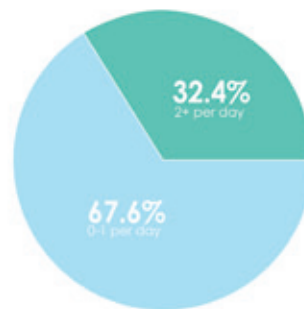
Salt Lake City Public Survey



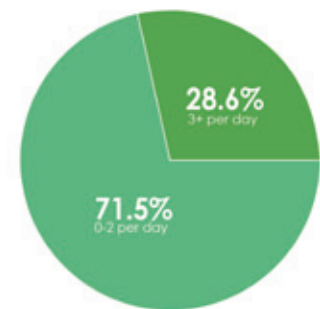
2010 Salt Lake City 5 a day

Source: IBIS and SLC Public Survey

### Salt Lake City Fruit and Vegetable Consumption



2010 SLC Fruit Consumption



2010 SLC Vegetable Consumption

Source: IBIS

### Low-fat Milk Cost vs. Soft Drinks for Some U.S. Cities, 2010



Source: USDA, Economic Research Service

1. The nutritional basis for each of the plans is based on a combined analysis of federal standards for Recommended Dietary Allowances (RDA), Adequate Intake (AI) Acceptable Macronutrient Distribution ranges (AMDR), Dietary Guidelines for Americans and the MyPyramid food intake recommendations. To determine the market baskets food quantity, nutrition and cost, actual food consumption and nutrition content of 58 food categories and 4,152 food types was obtained through the National Health and Nutrition Survey (NHANES) survey of food consumed by Americans combined with the Nielsen Homescan food price data base on food consumed.



To determine a rough estimate of the quantity of the recommended amount of fruits and vegetables needed to feed Salt Lake City residents in one year. Two separate sets of estimates were created with the first estimating the pounds of vegetables and fruits based on fruit and vegetable allocation for the Low Cost, Moderate Cost and Liberal Food Plan. These amounts are based on the gross 2012 American Community Survey Salt Lake City combined with and average moderate level of exercise per person. The second estimation is based on the 5 A Day Dietary Recommendation for Fruits (2) and Vegetables (3) for the adult population servings.

**5 A Day Servings for SLC  
Population 16 years and older  
(2010 Census, 148,273 pop)**

3 Servings of Vegetables per Day	162,803,754 servings/year
2 Servings of Fruit per Day	108,239,290 servings/year

	LOW COST PLAN	MODERATE COST PLAN	LIBERAL COST PLAN
Vegetables, LBS/week	7.28	8.95	10.88
Fruits, LBS/week	7.19	7.37	10.16



**Amount Vegetables Per Year**

**Low Cost Food Plan:** 72.8 Million Pounds Per Year

**Moderate Cost Food Plan:** 88,378,955 pounds per year, or 88.4 million pounds year

**Liberal Food Plan:** 106,647,278 pounds per year, or 107 million pounds per year

**Amount Fruit Per Year**

**Low Cost Food Plan:** 70,999,438 ~ 71 Million Pounds of Fruit Per Year

**Moderate Cost Food Plan:** 72,776,893 ~ 73 Million Pounds of Fruit Per Year

**Liberal Food Plan:** 100,327,440 ~ 1.3 Million Pounds of Fruit Per Year



## Community Dialogue -How Can Salt Lake City Improve the Food System?

## Conclusion

*Culinary Kitchen – for new culinary business opportunity and to expand the economy*

*Develop a food hub*

*Food education in all schools and the community*

*Chef's to Schools, School Gardens*

*Space and funding for more urban farms, including in neighborhoods*

*Support health and the economy by getting local food in hospitals, universities, Senior Centers, and local government*

*Create edible neighborhoods*

*Create opportunities to grow year round with green houses and hoop houses*

*Mayor Becker should have his own demonstration garden*

*Salt Lake City Mayor to help market and promote Salt Lake City farmers and local grocers*

*Parade of home gardens*

*Use vacant City land for gardens*

*Employee programs to eat local food*

*Help with planning and budgeting for healthy food*

*No sales tax on fresh fruits and vegetable*

*Water bill breaks for urban farmers and gardeners*

*Get more people into gardening*

*Improve air quality through local farming*

*Develop school food waste programs*

*Composting in every neighborhood*

*Provide funding for local farmers*

*Opportunity to buy direct from SLC farmers*

*"Neighborhood Calle de Comidas, where fruit trees line the streets"*

*Create a food system that works with the natural environment*

*Improve health by expanding community cultural traditions*

*More vegetarian food and fresh produce in the City*

There are many factors influencing the food choices that consumers consider healthful. Salt Lake City's best efforts at assuring access to tasty, variable, affordable, and healthy food, and support for a wide range of consumers will best be approached through efforts that support consumer choice in neighborhood areas throughout the entire city. Special attention should be given to creating plans and policies that support healthy, diverse food choices in lower access areas, as well as areas where people recreate and enjoy leisure activity.



# FOOD SECURITY



With 1 in 6 households in Utah struggling to afford enough food, food security is a serious issue across the state and in Salt Lake City. Local community nutrition is significantly impacted by food resources for sub-populations in the community. Several “at-risk” populations rely on the broader community for providing food at some point in their lives. Many community organizations exist with the primary purpose of providing food to various populations in Salt Lake City. How we support these organizations can influence the availability of food for large segments of the population.

Food support programs generally fall under two categories: 1) emergency food, and 2) food assistance. Emergency food programs provide temporary relief to a household in a crisis situation. Food assistance is a more long-term solution to households relying on social programs to provide food to eat. Salt Lake City is home to many food programs providing both emergency food and food assistance. Since the start of the 2008 Recession, food assistance demand has grown nationwide as well as in Utah. A major increase in the working poor relying on food assistance has been impacting all programs.

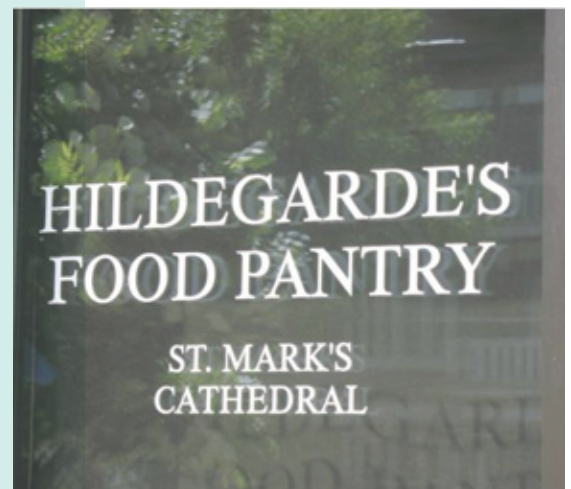
## Emergency Food Resources

**Catholic Community Services (CCS)** CCS operates the St. Vincent de Paul soup kitchen. Each month this program distributes thousands of sack lunches and other material goods directly from the rectory in Salt Lake City. In 2010 they served 224,916 meals.

**Salt Lake County Community Action Program** This program consists of emergency pantries around the valley. Persons in need of food can come to these pantries and get food items. Salt Lake City

# 1 in 6

HOUSEHOLDS IN UTAH STRUGGLE  
TO AFFORD ENOUGH FOOD TO EAT



*In Salt Lake City, the Church of Jesus Christ of Latter Day Saints (LDS Church) provides food assistance to over 150 people a day at Welfare Square.*



has one of the 5 distribution sites. In total the Community Action Plan helped 149,484 people in 2008.

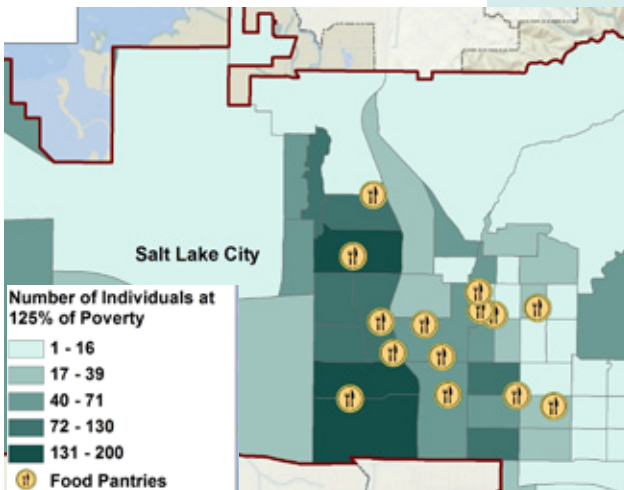
**Crossroads Urban Center** This local program has an emergency pantry located in Salt Lake City to help people get emergency food. **In 2010, Crossroads Urban Center helped 18,801 households totaling 40,410 people.**

**In Salt Lake City, the Church of Jesus Christ of Latter Day Saints (LDS Church) provides food assistance to over 150 people a day at Welfare Square.** Welfare Square is a modern facility located in Salt Lake City, composed of a 178-foot-tall grain elevator, a large storehouse, a bakery, a cannery, a milk-processing operation, a thrift store, and an employment center. In addition they feed 50-75 homeless people a day. The LDS Church also operate “Bishops Storehouses” around the world, where some 150 items are stocked and available to church members and others in need of food assistance. **The Bishop’s Storehouse in Salt Lake City helps approximately 100-200 people every day.**

**Food Assistance for Disaster Relief** This program provides emergency food to organizations such as the Red Cross in the event of a disaster such as an earthquake, hurricane, or wildfire. In 2011 the program helped 1 million people nationwide. The distribution frequently shifts because the program only helps areas where disasters have taken place.

## Federal Food Assistance Programs

**SNAP** This program is known in Utah as Food Stamps, but is known federally as The Supplemental Nutrition Assistance Program (SNAP). This is the largest program in the United States, with over 40 million participants who received some \$65 billion in assistance in 2010 alone. SNAP focuses on providing assistance to persons of all ages that are members of low income households. In Utah in 2010 there were some 283,971 participants in this program, yet that is **only 56% of eligible Utah participants**. In December 2011, There were 22,780 participants in Salt Lake City alone. Food Stamps provides people with a type of card that they can purchase items directly from grocers, with the aim that they can increase their purchasing power to obtain more nutritious food. This is a largely grocer distributed program. In 2010, 83% of the program was distributed directly through grocers and supermarkets. Recently, Food Stamps has also been available for usage at a growing number of local farmers markets. A longer discussion of local food stamp usage is located later in this chapter.



**WIC** The Women, Infants and Children or WIC program is aimed at providing nutrition to low income mothers and children up to age 5. It provides these families with vouchers and/or means to purchase approved nutrient rich food and formula directly from grocers and



supermarkets. WIC had over 9.17 million participants in 2010, with 2.15 million using the WIC program directly at farmers markets. There were 80,244 participants in the WIC program in Salt Lake County in January of 2012. WIC is not an entitlement program. It is funded by an annual congressional grant.

**NSLP** The National School Lunch Program (NSLP) is a federally supplemented program that allows school children to get food at school. Parents pay for their children to participate in the program, and where circumstances allow they may qualify for either a reduced lunch cost or a free lunch all together. This is a national program, with some 31 million daily participants in 2010. Salt Lake City had 26,380 students participate on a daily basis in 2011.

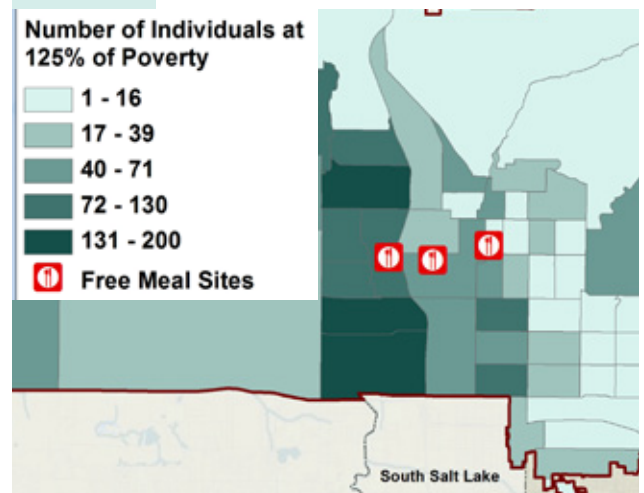
**SBP** The School Breakfast Program allows school aged children to get breakfast at school. While any child can participate, the program aims to support poor and low income students who might not get breakfast at home. It operates similar to the NSLP, where students can purchase breakfast, and qualifying students can get either reduced cost or free breakfast. IN 2010, there were 11.6 million students participating daily. In Salt Lake City there were nearly 1 million breakfasts served in 2010, with a daily average of 5,287 students served.

**SFSP** Summer Food Service Programs keep school cafeterias open year round to provide nutritious meals to students. The program operates similar to the NSLP, where students can pay for lunch, or if they qualify, pay a reduced rate or get a free lunch. In 2005, 2 million students participated in this program.

**Special Milk Program** This federal program provides reimbursements to schools and child care facilities for the milk they serve. The program targets children 19 and younger. Institutions may qualify for reimbursements of milk served if they do not participate in other school meal programs. This program has been steadily declining in the number of pints of milk it paid for since the peak in 1969 when the program covered 3 billion pints of milk. By contrast, in 2010, the program covered 72 million pints of milk. This is due in part to flat funding.

**Fresh Fruit and Vegetable Program** This federal program was aimed at providing a wide range of fresh fruit and vegetables to children eating meals at schools. This program began as a pilot in 2002 and has been gradually expanding every year. In the 2011/2012 school year, the program will give \$158 million in assistance to schools that participate. Utah's allotment was \$2,264,162 in assistance for this program in 2011. Currently there are 15 elementary schools in Salt Lake City that participate.

**Child and Adult Care Program (CACF)** This federal program



## Utah Food Bank: List of SLC Pantries

The Utah Food Bank solicits donations and provides food for pantries around the state. Several pantries supplied by the Utah Food Bank are located in Salt Lake City:

### Salvation Army SLC Pantry

679 S. Main Street

### House of Prayer

829 S. 200 W.

### Lutheran Social Services of Utah

4392 S 900 E

### St. Marks Hildegards

231 E. 100 S.

### Northwest C.A.P.

1300 W. 300 N.

### Reach of SLC

1235 W. California Avenue

### Utah AIDS Foundation

1408 S. 1100 E.

### Rescue Mission - SLC

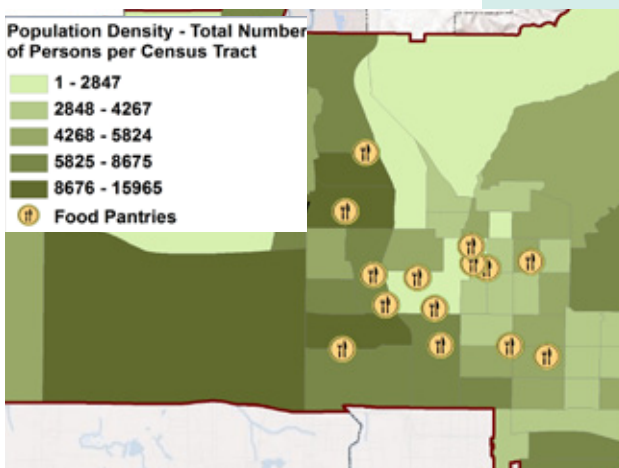
463 S. 400 W.

### Crossroads Urban Center

347 S. 400 E.

### St. Pauls Food Pantry

261 S S. 900 E.



provides reimbursement to child care and adult care facilities for providing nutritious meals. The program pays the cost of meals for 3.2 million children and 112,000 adults daily. Utah had 326 participating locations and served an average of 15,049 people a day.

**After School Snack Program (ASSP)** Provides children with USDA approved snacks to children at some 27,000 after school programs and child care facilities nationwide. In 2010 the program cost \$156 million. In 2011, Utah served 927,514 snacks in 135 locations.

**Commodity Supplemental Food Program (CSFP)** This program supplies nutrient rich food to mothers and children up to age 5 and also to seniors. The program is similar to WIC, but instead of giving a way to buy food, CSFP distributes food directly to participants. The program averaged 518,000 monthly users nationwide. Most of whom were low-income Seniors; only 21,000 of the participants were women, infants, and children.

**WIC Farmers Market Program** This program allows WIC users to purchase food directly from growers at farmers markets. This program did not include Utah in 2011.

## Local Participation in Food Assistance Programs

**Utah Food Bank for Seniors-** This service provides seniors with food delivered to their door from the Utah Food Bank. In Salt Lake County there are 2600 seniors receiving this service each month.

**Meals on Wheels** This program delivers prepared meals to homebound seniors. The program has one kitchen in Salt Lake County.

**Backpack Program** This program targets children that might not have access to regular meals over the weekend. The program gives children a backpack at the end of the school week filled with easy to open and prepare foods to help them last over the weekend. There were 600 children in Utah who relied on this program. Last year the program provided 17,864 backpacks to these children.

**Kids Café** This program provides an evening meal on weeknights for children in low income areas around Salt Lake County. These meals are served out of school cafeterias, community centers and after school programs. Approximately 1300 meals are served on weeknights.

**Salt Lake Senior Center Lunch Program-** This program provides seniors with lunch at senior centers. The program is administered by Salt Lake County. Salt Lake City has 5 participating senior centers.





## ***Food assistance programs available in Salt Lake City***

<b>Program</b>	<b>Description</b>	<b>Target Group</b>	<b>Range of Service</b>	<b>Number of locations</b>	<b>Number Served</b>	<b>Local Participants</b>
<b>National School Lunch Program NSLP</b>	Lunch and after school snacks in educational facilities	School-aged children	National	101,000	31 million daily (2010)	26,380 in Salt Lake City daily (2011)
<b>School Breakfast Program SBP</b>	Breakfast served in educational facilities	School-aged children	National	88,000	11.6 million daily (2010)	985,399 breakfasts in 2010 (daily average 5,287)
<b>Summer Food Service Programs SFSP</b>	Serves meals (mostly in schools) while school is out.	Low income school-aged children	National		2 million (summer 2005)	466,695 in 2010
<b>Women Infants &amp; Children WIC</b>	Voucher system	Child-bearing women and children up to age 5	National	8 in SL county/ 3 in SLC	9.17 million (2010)	80,244 in Salt Lake County in January 2012*
<b>LDS Church Welfare Prog.</b>	Church run food pantries	General population	International	138 storehouses worldwide		
<b>Catholic Community Services</b>	Soup Kitchens and food distribution	General population	Regional	3	224,916 meals (2010)	8,903
<b>Wasatch Community Gardens</b>	Gardens, backyard sharing	General population	Regional	7, 5 in Salt Lake City	Not Available	243 Gardeners in Salt Lake City
<b>Supplemental Nutrition Assistance Program SNAP</b>	Electronic bank transfer cards to pay for food	General population	National	Not Available	283,971 in Utah (2011)	22,780 in Dec 2011
<b>WIC Farmers Market Prog./ WIC Senior Farmers Market Prog.</b>	Voucher system redeemable at farmers markets	Child-bearing women and children up to age 5 / Low income adults who are 60+	National	0	*no presence in Utah in 2011	0
<b>Fresh Fruit and Vegetable Program</b>	Serve fresh produce in schools	School aged children	National	15 in SLC	\$2,264,162 2011/2012 school year.	8,970 students in Salt Lake School District
<b>Special Milk Program</b>	Milk distributed to schools that do not participate in the NSLP	School aged children	National	9 in Utah	72 million half pints of milk served in 2010	0 in Salt Lake School District 125,400 in Utah in 2010
<b>Child and Adult Care Program</b>	Provides reimbursements for day care facilities for meals served to enrolled persons	School aged children / impaired or 60+ adults	National	326 in Utah	3.2 million children daily 112,000 adults daily	15,049 daily participants in Utah

## ***Food assistance programs available in Salt Lake City***

<b>Program</b>	<b>Description</b>	<b>Target Group</b>	<b>Range of Service</b>	<b>Number of locations</b>	<b>Number Served</b>	<b>Local Participants</b>
<b>After School Snack Program</b>	Provides money for schools and child care facilities to serve snacks to kids	School aged children	National	27,000 nationally 135 in Utah	\$156 million in 2010	927,514 Snacks served in Utah in 2010
<b>Food Assistance for Disaster Relief</b>	Supplies relief organizations (such as the red cross) with food for emergency situations	General Population	National	*Not Available	1 million in 2011	*not available. This provides food for disasters and is highly irregular with distribution
<b>Salt Lake County Community Action Program</b>	Emergency food distribution centers	General population	County	1 in SLC, with 5 centers in SL county	149,484 in SL county (2008)	
<b>Utah Food Bank for Seniors</b>	Food Delivery	Seniors	State	n/a *delivery	2,600 in Salt Lake County	
<b>Crossroads Urban Center</b>	Pantry	General Population	County	1	18,801 households	40,410 people (2010)
<b>Meals on Wheels</b>	Food Delivery	Homebound Seniors 60+	County	1 kitchen for SL County		
<b>Salt Lake Senior Centers Lunch Program</b>	Provides lunch at senior centers	Seniors 60+	County	5 in SLC		
<b>Backpack Program</b>	Distributes food to children at school for weekend meals	School aged children	County	13 sites in school year, 5 in summer	17,864 meals annually for 600 Children	19,884 backpacks
<b>Kids Café</b>	Weeknight meals served at schools	School aged children	County	29 School Year Sites and 16 summer sites	222,837 meals served	
<b>Commodity Supplemental Food Program (CSFP)</b>	Similar to WIC but distributes food directly.	Child-bearing women and children up to age 5 / Low income seniors	National		518,000 monthly	
<b>Utahns Against Hunger</b>	Political advocacy for food assistance.	State lawmakers	State	1		



## Affordability and Household Food Security

The USDA defines food security as access by all people at all times to enough food for an active healthy life (USDA Community Food Security) Communities that are food secure, make certain that people can acquire food in socially acceptable ways, that all community members have food that is nutritional and safe.

The Salt Lake City Food Survey shows that the voluntary, self reporting survey participants were predominately a food secure group with 78% reporting that their household always has enough money to buy food. Households who occasionally lack money or foodstamps constituted 19% of responses, and 3% reported that their household often lacks money or foodstamps to buy food.

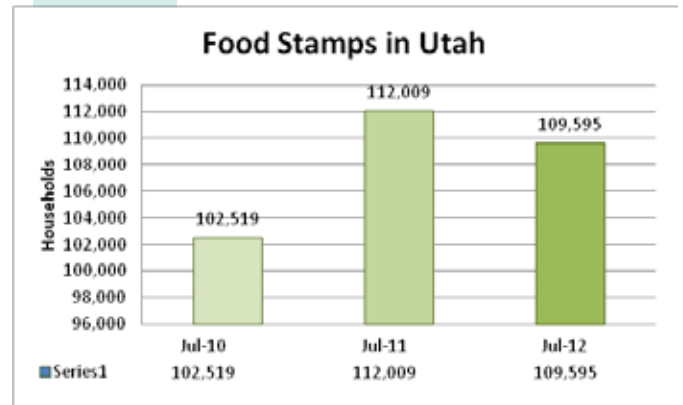
The USDA Center for Nutrition Policy and Promotion works in conjunction with other federal agencies in evaluating and publishing guides on four economic levels of healthy food baskets for Americans.

**Four official USDA meal plans represent a nutritious diet at four different cost levels. The plans include, the thrifty plan, the low – cost plan, moderate cost plan and liberal plan.** The Thrifty Food Plan (TFP) represents a market basket of varied and nutritionally sound foods from which food stamp allotments are determined. Within this economical meal plan, food basket options are grouped into selections which contain either breads, cereals and other grain products (tortilla's pasta, etc.) milk products, fruits and vegetables, (fresh, frozen and canned ), meats, fish and beans and other food items like spices, sugar, and baking goods.

**To understand more about food security a survey team conducted a confidential in-store price assessment among selected Salt Lake City supermarkets.** This study was carried out during the month of August 2012, and an in-store Thrifty Food Plan grocery shopping occurred October 2012. A total of 14 stores permitted the in store survey. The purpose of the study was aimed at finding out if low-income individuals or families in Salt Lake City, who are receiving full food stamp allotments are be able to afford a healthy food market basket.

### Meal Planning

Through a large consumer sampling process, coupled with nutrition advice, all of the USDA meal plans are designed to reflect a market basket of realistic food choices that people in the US population will eat at home. An important element of the four food plan market baskets is that they can be used as a helpful guide in purchasing healthy food at various income levels. For people on a low income, or a food stamp budget, the Thrifty Food Plan market basket is a useful resource for meal planning that assures a balanced, affordable diet. For the consumer, grocery shopping using the Thrifty Food



# 32,510

YEARLY AVERAGE FOOD STAMP RECIPIENTS  
SALT LAKE CITY HOUSEHOLDS (2012)

# \$297

AVERAGE FOOD STAMP ALLOCATION  
PER UTAH HOUSEHOLD (2012)

# \$668

MAXIMUM FAMILY OF FOUR MONTHLY  
FOOD STAMP ALLOCATION

# \$122

AVERAGE SINGLE ADULT MONTHLY  
FOOD STAMP ALLOCATION (2012)

# \$200

MAXIMUM SINGLE ADULT MONTHLY  
FOOD STAMP ALLOCATION (2012)

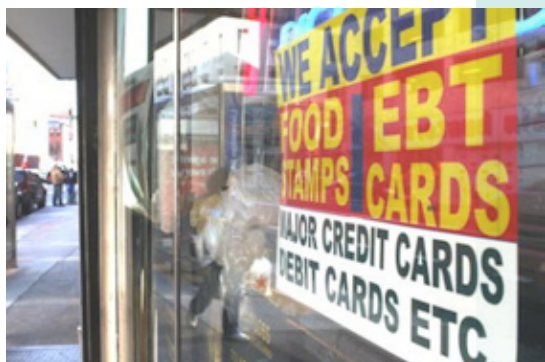


## HOUSEHOLDS USING FOODSTAMPS

	UTAH	SLC
Average household size	2.5	2
with Children (Age 17 or younger)	57%	39%
with Elderly (Ages 60 or older)	10%	14%
with a disabled member	22%	27%
headed by a single parent	32%	23%
with earned income	35%	26%
with unearned income	44%	43%

Source: Utah Dept of Workforce Services 2012

*For people on a low income, or a food stamp budget, the Thrifty Food Plan market basket is a useful resource for meal planning that assures a balanced, affordable diet.*



Plan assumes that all purchases are made at the most economical in store cost for each food choice.

**In Utah, the full food stamp allotment for an individual adult is \$200.00 per month, (- \$50.00 per week of groceries), and \$668.00, (- \$167.00 per week) for a family of four.** It is important to recognize that most individuals and families do not receive the maximum food stamp allotment if they earn any income. With even a small addition in household income, food stamp funding is reduced, and recipients must find other means to cover any food cost gap.

### Pricing Thrifty Food Plan Items

To better evaluate the buying power and healthy eating opportunity of the Thrifty Food Plan on a food stamp budget, an in store food audit of 14 Salt Lake City supermarkets was conducted through out the month of August 2012. The in-store survey evaluated and compared the price of a list of similar size and weight items, based on USDA Thrifty Food Plan food groups.

The Salt Lake City supermarket grocers assessment revealed that there were ten stores where some items were missing from the list. These items were scattered throughout the sampling of stores. These missing items would not seriously prevent a Thrifty Food Plan shopper from achieving menu selection success or absolutely compromise nutritional needs significantly; however, not having these items available could prove to be an additional challenge for budgeting and for food choice.

While all stores across the survey have a high frequency of food items, one item, **ground turkey, which is a lean meat choice, was found missing in four stores.** Ground pork and reduced sodium chicken bouillon cubes were found missing in three of the stores surveyed. These foods represent the highest number of missing items in the supermarkets, and indicate that overall, Salt Lake City food stamp recipients have access to a high level of thrifty food options.

Within the market basket, the cost of purchasing the entire fresh fruit category (bagged apples, bananas, grapes, melon and oranges) ranged from the most economical purchase at one store location of \$3.42, to the high end one store purchase of \$10.10, with an average of \$5.73.

The cost of purchasing the entire fresh vegetable market basket, which included bagged, unpeeled carrots, celery, green peppers, lettuce, onions, tomatoes and potatoes, ranged from a low price in

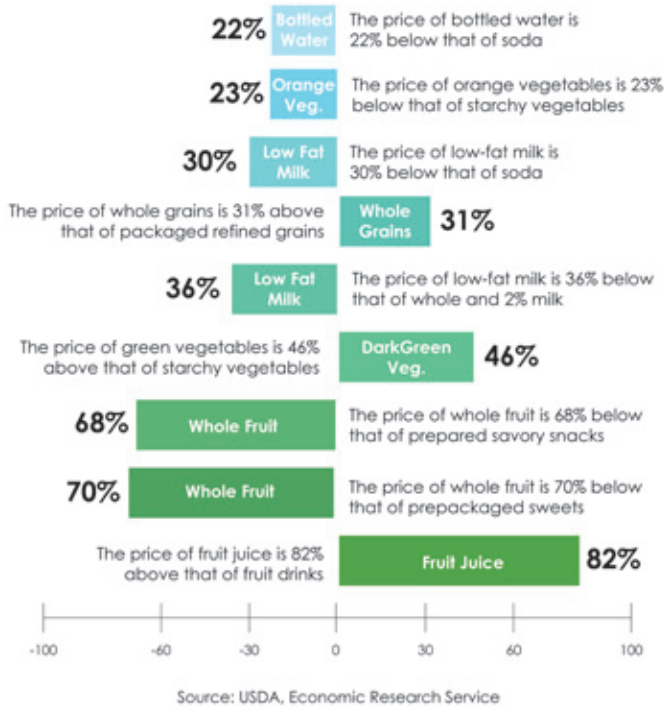


store cost of \$5.39 to the highest price location which cost \$11.72. The average price of the full fresh vegetable basket across all stores was \$6.66.

## Shopping the Thrifty Meal Plan

To gain a complete understanding of the possibility of purchasing healthy and tasty food on food stamp budget, a complete Thrifty Food market basket was planned and purchased for a family of four

### Comparative Products by Market Group, SLC 2006

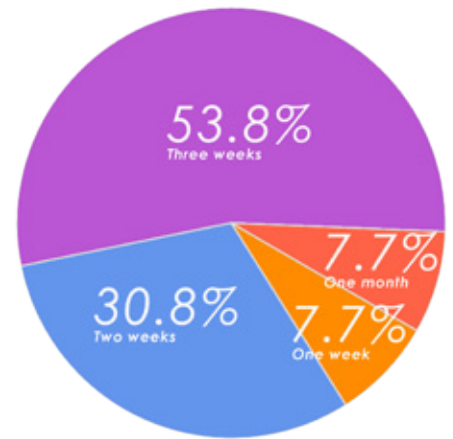


using the full food stamp allotment as the budgetary guideline by the consultant. A grocery store was selected using the criteria that it was centrally located within a neighborhood, is served by two bus routes, and is within ¼ mile of most residents in the census tract.

Using the USDA Thrifty and low cost meal plan as a guide, the total time for planning a “grocery list” (market basket) was 1.5 hours.

**Shopping from the thrifty meal plan list requires price checking every item, as well as evaluating low prices in conjunction with unit price for every purchase. A shopper who uses a thrifty plan must be skilled in their ability to shop for the most economical value based on weekly food planning, evaluation of cost, and unit price.** To reach greater success in budgeting, they should prepare a weekly menu informed by in-store specials. In today’s convenience oriented world, shopping for the Thrifty Meal Plan is a time intensive process that increases overall preparation and shopping time. Shopping for the Salt Lake Thrifty Food Plan took one

**SLC Public Survey:** For those receiving food stamps, about how long do your monthly food stamps take care of household food needs?



Source: SLC Community Food Assessment Survey, Feb-Sept 2012. N=435

*At this point in time, it was possible to shop for a variety of healthy foods, including a wide selection of fruits and vegetables, within the food stamp budget for a family of four.*



hour and 45 minutes.

The reward for using the meal plan resource guide to shop for value, flavor and nutrition, was being able to budget and shop within the food stamp weekly share for a family of four. **At this point in time, it was possible to shop for a variety of healthy foods, including a wide selection of fruits and vegetables, within the food stamp budget for a family of four.** The food purchased assumed planned meal preparation, very careful shopping, and at-home food preparation based on a weekly menu. The weekly menu was established using specific portions for each meal for each family member. **For individuals or family members who are physically active, the Thrifty Food Plan, which is informed by average activity, will most likely be insufficient in providing enough calories for a healthy and physically active lifestyle.**

# FOOD WASTE



At the “end” of the food system is found how much food we discard. We can classify our food waste into “consumable” and “non-consumable” waste. Consumable food is often donated by grocers or individuals to community food support organizations. Non-consumable waste often ends up in the landfill, but could be an un-tapped resource for production of compost for use by local producers.

## Consumable Food Waste

Consumable food waste is food waste that could still be used by others. The Utah Food Bank and others market their services broadly to the community to request donations of consumable food for distribution to those in need.

In addition, the Utah Food Bank (UFB) operates a “grocery rescue” program throughout the state of Utah. This program teams the UFB with local grocers who have consumable food that has either passed its “best by” date, or is otherwise no longer saleable. **Each week the UFB gathers donations from participating grocers, and delivers it immediately to local pantries** where it is distributed to individuals and families in need of assistance as soon as possible.

Since its beginnings in 2006, the program has grown each year in scale and in the number of participating stores. In 2012, the program will collect and distribute nearly four million pounds of perishable food in Salt Lake County alone. The chart below shows the growth of the program over the last five fiscal years.

*In 2012, the Utah Food Bank Grocery Rescue program will collect and distribute nearly four million pounds of perishable food in Salt Lake County alone.*



## Utah Food Bank Grocery Rescue Program

	2006	FY07	2007	FY08	2008	FY09	2009	FY10	2010	FY11	FY12
Total Pounds Collected	300,572	<b>613,262</b>	859,950	<b>1,146,921</b>	1,539,193	<b>1,695,765</b>	2,752,104	<b>7,775,847</b>	3,445,672	<b>8,878,530</b>	<b>11,879,947</b>
Participating Stores	14	21	17	25	57	70	66	66	66	67	78
Months	6	12	12	12	12	12	12	12	12	12	12
Average Donation per store per Month	3,578	2,434	4,215	3,823	2,250	2,445	3,475	4,224	4,351	4,070	4,157

Fiscal Year for the Utah Food Bank: July 1 - June 30

# ~33 Million

POUNDS OF FOOD DIVERTED FROM THE LANDFILL TO THE UTAH FOOD BANK THROUGH THE GROCERY RESCUE PROGRAM FROM 2006-2012.



*Year officially started in Utah: **2006***

*Retail stores participating in 2006: 14*

*Utah counties served: 1*

*Participating partner agencies: 0*

*Current Year: **2012***

*Total participating stores: 200*

*Utah counties served: 18*

*Participating partner agencies 21*

Life of the Program, 33,177,062 pounds of food diverted to the Utah Food Bank.





## Non-consumable Waste

In 2012, Salt Lake City completed a waste study to determine the quantity and ratio of waste items ending up in the land fill. Included in this analysis was the study of food waste ending up in the land fill. A sampling of 2011 waste revealed that **22.17% of waste was food. It is estimated that this equated 10,039 tons of food.**

In 2011, there was 45,294 tons of waste that was sent to the landfill. This number has dropped by nearly 10,000 tons from 2008 levels. With 2,332 tons of recycled waste, the levels of curbside recycling have fallen from the 3,382 tons in 2009. The levels of yard waste have grown dramatically from 1,190 tons in 2008 to 12,485 tons in 2011. This suggests that garbage levels have been roughly the same, but yard waste is being processed separately, rather than being included in regular trash disposal.

Recommendations for new city programs related to food waste, prepared by CalRecovery, Inc., 2454 Stanwell Drive Concord, California 94520:

### **Food Scraps Program (Curbside)**

**Sector: Residential**

**Stream: Food Scraps**

**Facility: None at this time**

**Description:** Nearly 200 communities in the United States divert food scraps from the landfill and the most common model is the addition of food scraps to an existing yard scraps program with automated weekly collection. Additionally, the largest material type by weight in Salt Lake City's residential waste stream is food scraps (approximately 20%). Under this program, residents are banned from disposing food scraps in the trash container (similar to current regulations for yard scraps/recyclables) and instead must source separate food scraps and put them in the yard scraps/organics container. Example Communities: Seattle WA, San Francisco CA

**How it would work in Salt Lake City:** The program requires no significant changes for City staff, and depending on where the materials are processed, it does not require any significant changes in the hauling practices. The program does require a behavior change on the part of residents and it would require that the existing compost facility changes its processing to accept food scraps or that a new facility be developed. In order to achieve the change in residential behavior, the City would first pass an ordinance barring the disposal of food scraps in the trash cart (similar to existing ordinance 9.08.030). This would be followed by outreach/education on the new program, including new sticker/decals for the organics carts. Some communities have included the purchase and delivery of small (2-3 gallon) kitchen containers for each household in the program



*A sampling of 2011 waste revealed that 22.17% of waste was food. It is estimated that this equated 10,039 tons of food.*



Source: Salt Lake City Waste Study, 2012



The **largest material type** by weight in Salt Lake City's residential waste stream is food scraps (approximately 20%).

deployment. SERA instead recommends making coupons for 'free' containers available for each household that must be redeemed at selected locations. This method of distribution cuts down on delivery costs and ensures that only people that want the small kitchen containers obtain them.

**Pitfalls/Barriers:** The current compost facility does not accept food-soiled paper. The common potential barriers to food scraps collection are:

- **Political issues:** *Getting decision-makers on-board with a food scraps diversion program and building support for the program among residents can be a challenge.*
- **Facility issues:** *The current facility does not accept food scraps. There may be permitting issues as well as processing issues that must be overcome in order to ensure that the collected materials are processed appropriately and in an environmentally acceptable manner.*
- **Pests/vectors:** *Concerns among generators and elected officials that the collection of food scraps will increase the number of problems with respect to pests and vectors are common. It is important to note that under the proposed program, no quantities of new materials are being generated or disposed. Currently, food scraps go into a cart and are put out at the curb for collection and transported to a landfill; under the new program, food scraps are put into a cart and are put out at the curb for collection and transported to a compost facility. The same materials are being placed into the same type of container and in the same location; they are just being delivered to a compost facility instead of buried in a landfill. So, while increased problems of pests and vectors may be a fear, it tends not to be an issue in operating programs assuming collection is as frequent as currently used for MSW.*
- **Potentially higher tipping fees:** *In 88% of the communities in the United States, with food scraps collection the tip fees for organics are lower than the tip fees for MSW8. However, there is the possibility that it will cost more for Salt Lake City to tip organics than it does to tip MSW, making the program more challenging economically.*
- **The "Yuck" factor:** *Residents can be reluctant to participate in the program because of perceived issues of odor, mess, etc. The best way to overcome these concerns is through an effective education campaign. Food scraps can be layered in the yard waste container with yard waste on top to reduce odor; kitchen containers can be lined with paper towels or bio-bags; dairy, where existing, can go down the garbage disposal to reduce odors; and meats can be wrapped in a paper bag or other compostable item before being set out for collection.*
- **Contamination:** *As with a successful curbside recycling program, education, outreach, and ongoing monitoring are*



*the keys to overcoming potential contamination issues. The largest contaminants in combined food scrap/yard waste streams are reported to be non-compostable plastic items (bags, dining ware, cups). Whether a community chooses to allow compostable bags in the stream depends on the processing site. Some communities actively promote compostable bags as a way to increase participation while others have banned all bags in the stream, compostable or not, due to challenges in processing.*

## **Commercial Food Scraps Pilot**

### **Sector: Commercial**

### **Stream: Food Scraps, Food-soiled paper**

### **Facility: None at this time**

**Description:** The modeled program targets a few partner establishments (restaurants/grocery stores/schools) to pilot a curbside food scraps collection and diversion program (food scraps are estimated to make up over one-fifth of the commercial waste collected in compactor routes in the city). Example Communities: Cambridge MA, Davis CA

**How it would work in Salt Lake City:** The City would first identify a partner hauler and then work with the hauler to find sufficient businesses to generate a full collection route's worth of clean, pre-consumer food scraps with 3 times per week collection. Ideally, the generators would be located near each other in order to minimize transportation costs. The City would provide a subsidy to the generator (or hauler) per cubic yard of food scraps collected so that food scrap collection is not more expensive than MSW collection. The City and partner hauler would also go to each business to conduct staff training and provide signs and indoor containers for the food scraps. Pre-consumer waste would be targeted in the pilot to reduce contamination in the stream. Collection would occur in multiple 64-gallon containers. Because this is a pilot, the program would be monitored closely throughout its duration to track the actual costs and impacts as well as barriers, tips, and changes for future programs.

**Pitfalls/Barriers:** As with the residential food scraps programs, the largest barrier at this time is that there is no local processing facility accepting food scraps. Assuming that this barrier is overcome, other typical barriers in commercial food scrap programs include the 'yuck' factor, contamination, and costs. The pilot program would be designed to overcome these barriers through education (yuck factor), staff training, only targeting pre-consumer food (contamination), and a City subsidy (cost).





# FOOD SUSTAINABILITY

This is an exciting time in Salt Lake City, where opportunities for both enhancing existing local food programming, and supporting dynamic change to create a more sustainable food system is promising. To advance this promise, Salt Lake City's Community Food Assessment provides a wealth of baseline foodshed information which will allow leaders in both the public and private arenas to move forward together in charting a well integrated local food network.

Planning, developing and implementing a robust integrated local food system in Salt Lake City will require a significant amount of sustainable urban planning along with skilled coordination and cooperation among a range of culturally and organizationally diverse groups, who will most certainly include growers, producers, distributors, emerging food businesses, community organizers, established non profits, local businesses and other government agencies.

Successfully building an accessible, affordable, healthy, delicious and interesting local food network will also be dependent on the willingness of interested groups to realistically understand, balance and integrate the positive attributes of the City's foodshed against its limitations. Taking steps along a stronger local community food pathway may mean that some internal and external adjustment, as well as development will be needed by people and organizations who are working to support of a more cohesive community food approach.



Based on information obtained from the Salt Lake City Community Food Assessment, the following practices are recommended as a starting point for moving toward a more sustainable food system.

## **1. Sustainable Urban Agriculture Planning and Good Food Planning Practices**

- A.** *Create an Urban Agriculture Plan for all scales including the Farm, District, Neighborhood and Site level. Integrate ecological practices and support clean air, water, and conservation and management of natural eco-system*
- B.** *Become a regional Urban Agriculture Center ([www.growingpower.com](http://www.growingpower.com))*
- C.** *Demonstrate and create policies supporting the application of specific urban farming techniques such as SPIN, aquaponics, solar greenhouse, rooftop gardens, green walls, high tunnels, and hoopouses.*
- D.** *Identify Urban Agriculture strategies for each Salt Lake City District and Neighborhoods*
- E.** *Increase the number of Sustainable Farmers. Partner with Salt Lake Community College and Horizonte School to create Sustainable Urban Agriculture or Small Farm Academy Certificate or Associates Degree. Coordinate with the develop Veterans to Farmers Program ([sandiegocitycollege.edu](http://sandiegocitycollege.edu))*
- F.** *Integrate Ecological Practices - Support urban agriculture smart water practices, with training and installation grants for drip irrigation, rain water harvesting and soil management practices*
- G.** *Support the use of integrated pest management and transitioning to organic agriculture for local growers*
- H.** *Preserve all existing agricultural land in Salt Lake City*
- I.** *Coordinate production planning with community growing and food organizations*
- J.** *Develop policies that coordinate's and integrates urban agriculture systems into new single and multi use housing developments*
- K.** *Develop policies for addressing health and impacts and the permitted location of convenience stores, supercenters and quick food restaurants*
- L.** *Include "Farm to Where You Are Programs" in all possible venues. Develop action steps for creating farm to institution (hospitals, universities, faith based communities, schools and recreation centers, government and non government worksites) Link other healthy lifestyle activities such as community gardening, Know Your Farmer, cooking or nutrition education with Farm to Where You Are Program. (<http://www.yale.edu/sustainablefood/food.html>) ([www.farmtocollege.org](http://www.farmtocollege.org)) (<http://www.healthobserveratory.org/library.cfm?refid+72927>)*
- M.** *Identify funding sources to support the expansion of existing Salt Lake City farms.*
- N.** *Create and maintain a central information clearinghouse for all production and processing resources. These may include USDA programs, SARE, Utah State University Extension, SL County Health Department and community level agricultural education, programs and events.*
- O.** *"Mayor's Report Card on Regionally Sourced Food" This would require engaging SLC businesses, NGO's, government etc. and setting up a reporting process to help track food sourcing. Could just be a voluntary on line effort or managed by City staff.*

## 2. Create a Food System Economic Strategy and Implementation Plan

- A.** Encourage increased production of specialty crops (fruits and vegetables) that are in demand by SLC foodservice provider, increase business potential.
- B.** Develop incentives and fund policies to address community sustainability in terms of new business opportunity, improved wages or benefits and work sharing programs
- C.** Through grants or micro loan programs, fund new equipment for local growers
- D.** Evaluate reduced water rates for licensed and insured food growers in Salt Lake City.
- E.** Evaluate and support the creation of a Culinary Incubator Kitchen business Incubator
- F.** Educational advancement for producers and processors. Coordinate and support USDA, SARE, Utah Department of Agriculture and Food, SLCounty Health Department and others to develop support and communicate education and training producers and processors ready to
- G.** Maintain a local food producer, processor, distributor, retailer resource educational and informational data base
- H.** Announce and assist producers with writing for USDA grant writing for equipment and training.
- I.** Coordinate efforts to develop agro-tourism programs in Salt Lake City and the region
- J.** In Salt Lake City's low access, low income areas, use loan funding, grants, partnering opportunities or new and innovative policy to support the use of affordable retail storefronts space for direct to market and value added products
- K.** Use electronic media to support and announce the Utah Department of Agriculture and Salt Lake County Extension Safe Food Handling knowledge building classes for small scale – direct to market famers.

## 3. Identify Next Steps for Evaluating and Pursuing a Regional Food Hub ([usda.gov](http://usda.gov)). Maximixe the Transportation Network to Increase Local Food and Reduce Energy and Pollution Consequences .

- A.** Assess various models for expanding the distribution chain and job creation potential. government, foundations, and private sector contributors.
- B.** Survey growers, distributors and retailers on how to coordinate and scale up specialty crop growers with local markets, including opportunities for co-ops or other innovative partnerships
- C.** Identify funding sources to support and develop a regional food hub, including federal and other
- D.** Based on assessment results, build capacity and identify potential sites for regional food hub.
- E.** For greater efficiency and a cleaner environment, develop a direct to market farmers and distributors transportation plan and guide for urban transportation options and best routing practices.

#### 4. Local food procurement policies

- A.** *Through the resource of the SLC Food Policy Task Force, convene a multi partner working group to evaluate and gather support for prioritizing procurement of regional food by local, county and state government.*
- B.** *Work in collaboration with Salt Lake City School District to assess ready to eat food needs, and facilitate production and procurement of Salt Lake City or Salt Lake County grown food.*

#### 5. Build the Salt Lake City Food Brand

- A.** *Develop and market the Salt Lake City “Real Food” or “Good Food” brand that identifies local growers and processors on the label. Food Policy Task Force convene dialogue with Visit Salt Lake, Vest Pocket Business Coalition and Local First, and other private enterprises to help build the brand.*
- B.** *Work with Utah’s Own to refine the Utah’s Own brand with a focus on Utah regional food*
- C.** *Work with and encourage Salt Lake City foodservice industry to purchase a minimum percentage of local food.*
- D.** *Mayor’s Office Green Business Certificate recognition certificate for food service, hotel, hospitals and other local businesses who evidence purchasing a minimum percentage of food grown within the Salt Lake City foodshed.*
- E.** *Collaborate to create a market outreach and branding campaign for CSA’s. (<http://www.cityfresh.org>) (<http://foodbankwma.org/farm/>)*
- F.** *If Utah State Health Department has licensing rights to the Fruits and Veggies-More Matters brand, Co-market fruits and vegetables with the Salt Lake brand and the Fruits and Veggies- More Matters brand. ([www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) or [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org))*

#### 6. Fresh and Healthy Food For All Communities – Improve Access to High Quality, Affordable Food.

- A.** *Actively support the increased participation in federal food stamp and Meals On Wheels*
- B.** *Increase efforts to supply and use fresh fruits and vegetables to emergency and food bank locations by creating partnerships with local growers to donate unmarketable, but nutritious agricultural food surplus. ([www.fbcmich.org](http://www.fbcmich.org))*
- C.** *To increase nutrition, social connection and reduce hunger, Create a “Salt Lake City, Cooking Matters” program on how to plan and lead an effective cooking demonstration while introducing key nutrition and food budgeting messages. ([www.cookingmatters.org](http://www.cookingmatters.org))*
- D.** *Bring urban transportation planners into discussions and create plans for offering frequent transit routes that offer access to healthy food locations. (<http://www.rwj.org/files/publications/other/communitydesignhealthyeating.pdf>)*



- E.** Promote and facilitate “Double EBT Coupon Day’s”
- F.** Partner to develop and message “Healthy Food Drives”
- G.** Educate about fresh foods at charitable food locations and with churches. Support the develop the installation of community gardens at all charitable food sites and houses of worship
- H.** Install Elder Community Gardens at Salt Lake City Senior Centers and Salt Lake City Senior Housing
- I.** Work with neighborhood food stores and supermarkets to adopt family friendly policies by limiting displays of unhealthy foods and displaying fresh fruits, vegetables and dairy.
- J.** Work with the SLC Food Policy Task Force on a Fresh Food Financing Initiative to provide grants, low interest loans, training and technical assistance to improve existing stores or establish new stores in low access areas (<http://www.thefoodtrust.org/php/programs.ffi.php>) (<http://www.thefoodtrust.org/php/programs/corner.store.campaign.php>) Incentives for Store Owners (<http://thepreventioninstitute.org/sa/enact/neighborhood/shopkeepers/php>)
- K.** Incentives and funding for Green Carts near or in parks and recreation facilities, or for establishing new Farmers Markets in low access/low income areas (<http://policylink.org>)
- L.** Focus attention on creating a complete sustainable neighborhood urban agriculture system in low income/low access areas. This will provide opportunity for emerging growers, employment, cultural and community connections, sharing of a wide range of healthy foods and integration of the natural environment with urban agriculture.

## **7. Promote and Lead Healthy, Tasty, Fresh Foods with Passion**

- A.** Feature various culturally and food diverse markets through out the City in weekly Council District e-news letters. Ask market owners/ managers to contribute a recipe or talk about a unique fresh food item in their store.
- B.** Create guidelines for balanced healthy eating at Salt Lake City meetings (<http://kaisersantarosa.org/cafeteria>) (<http://www.acsworkplacessolutions.com/documents/F251300Meeting%20Well%20Guide-u.pdf>)
- C.** Create and Promote the Mayor’s 5 A Day Challenge Program and Offer an Online One Week Meal Plan Around the 5 Day Challenge. ([www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov))
- D.** Establish an online Fruit and Vegetable Calculator (<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html>) Centers for Disease Control and Prevention
- E.** Plan, design and install Edible Demonstration Gardens at Salt Lake City Libraries and Washington Square. Locate “Fruit and Vegi” story boards in demonstration gardens ([goodlifegarden.ucdavis.edu](http://goodlifegarden.ucdavis.edu))
- F.** Workforce Health Promotion. Working with Salt Lake City businesses, develop, implement and track Garden Market – Healthy Work Sites <http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/index.htm> Center for Disease Control and

Prevention (<http://ww2.cdph.ca.gov/programs/cpns/Pages?WorksiteFitBusinessKit.aspx>)

- G.** Create Citywide guidelines for a “Plants on the Perimeter” Program that focuses on plantings that attract beneficial insects like bees and butterfly’s in parkstrips and around fruit and vegetable gardens
- H.** Educate on clean and healthy food and environment home gardening planting practices, which include locating planting away from areas where winter road salts, locations more impacted by in non point source pollutants, or with higher ground level air pollution. Emphasis on how to create healthy soils, and use no or less pesticides, drip irrigation for food gardens, and clean rain

water harvesting for home gardens

- I.** Educate and eliminate food maserators in homes, restaurants and institutional food service, focus on water quality and waste reduction.
- J.** Engage the private food industry sector and collegiate and professional athletic teams to to promote and adopt healthy eating, good food programs such as Chef to School, Adopt a School Salad Bar, Kids Nutrition-Be An All Star, and Produce Marketing Association (PMA) Fruits and Veg More Matters in school food, math and English education programs, JAM School Program [jamschoolprogram@healthetips.com](mailto:jamschoolprogram@healthetips.com)

## 8. Strengthen Organizational Capacity

- A.** Convene a Salt Lake City Food Policy Task Force annual retreat to establish priorities, and focus on goals, objectives and action for the Task Force as a whole and for each Task Force member.
- B.** Maximize the assets of the Food Policy Task Force members by identifying areas of strong interest and willingness to adopt and advance an action item.
- C.** Evaluate the emerging opportunities, the need to include for new faces at the table, potential needs, expectations and roles for advancing goals and objectives brought forth by the Community Food Assessment.

- D.** Plan for International Food Day today.
- E.** Engage with a wide range of groups to Hold a Healthy Food Drive: Start a local produce exchange table for congregation or community organizations, or hold a food drive and encourage donations of healthy food items. Teach others about preserving local food by organizing canning and preserving sessions at congregations, organization, or in homes of members. The National Center for Home Food Preservation has detailed information on canning and preserving at [www.uga.edu/nchfp](http://www.uga.edu/nchfp)

# APPENDIX

## KEY WEBSITES

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

Food Assesment [http://www.foodsecurity.org/cfa\\_home.html](http://www.foodsecurity.org/cfa_home.html)

<http://www.fns.usda.gov/fns/research.htm>

*Trade with Canda and Mexico: Research and Innovative Technology Administration: Bureau of transportation Statistics, Downloaded February 29, 2012* [http://www.bts.gov/programs/international/transborder/TBDR\\_QA.html](http://www.bts.gov/programs/international/transborder/TBDR_QA.html)

*Through GIO, you can ask government information librarians who are experts at finding information from government agencies of all levels.*

Policy <http://www.fns.usda.gov/ora/MENU/Published/Research/StudyandEval.htm>

Food Security Research <http://www.fns.usda.gov/ora/MENU/Published/FoodSecurity/FoodSecurity.htm>

## FOOD ATLAS

<http://maps.ers.usda.gov/FoodAtlas/foodenv5.aspx>

<http://www.ers.usda.gov/Emphases/Healthy/>

### Production-Distribution

[http://www.manta.com/mb\\_45\\_B61AF000\\_45/fruit\\_and\\_vegetable\\_markets/utah](http://www.manta.com/mb_45_B61AF000_45/fruit_and_vegetable_markets/utah) 70 Fruit-Vegetable+Produce Mkts. in Utah.

### Food Insecurity:

<http://www.foodsecurity.org/FPC/> The North American Food Policy Council

<http://www.ers.usda.gov/Briefing/FoodSecurity/readings.htm#statisticalhttp://hdl.handle.net/10113/32791>

<http://www.ers.usda.gov/Browse/view.aspx?subject=DietHealthSafety>

<http://www.ers.usda.gov/FoodAtlas/>

<http://maps.ers.usda.gov/FoodAtlas/>

Maps: Restaurants, Grocery Stores, Food Stores, Food Assistance, Food Eaten at Home,

<http://maps.ers.usda.gov/FoodAtlas/foodenv5.aspx>

<http://ers.usda.gov/foodatlas/documentation.htm>

## **FOOD EXPENDITURE**

[http://www.ers.usda.gov/Briefing/CPIFoodAndExpenditures/recommended\\_data.htm](http://www.ers.usda.gov/Briefing/CPIFoodAndExpenditures/recommended_data.htm)

<http://www.ers.usda.gov/Briefing/CPIFoodAndExpenditures/consumerpriceindex.htm>

<http://www.ers.usda.gov/Briefing/CPIFoodAndExpenditures/Data/cpiforecasts.htm>

<http://www.ers.usda.gov/Briefing/CPIFoodAndExpenditures/threetypesoffoodexpendituresseries.htm>

Search: 2007 Economic Census and Surveys

[http://factfinder.census.gov/servlet/DatasetMainPageServlet?\\_program=ECN&\\_submenuId=&\\_lang=en&](http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ECN&_submenuId=&_lang=en&)

## **BUREAU OF ECONOMIC ANALYSIS**

<http://www.bea.gov/iTable/iTable.cfm?reqid=70&step=1>

## **FOOD AND NUTRITION**

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=268&topic\\_id=1346&placement\\_default=0](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=268&topic_id=1346&placement_default=0)

<http://www.cdc.gov/nchs/nhanes/nhanes2001-2002/>

[nhanes01\\_02.htm](#)

## **WHAT WE EAT AT HOME**

[http://www.ars.usda.gov/main/site\\_main.htm?modecode=12-35-50-00](http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-50-00)

USDA\_ Agricultural Research Service\_ Research Development\_Surveys

<http://www.ars.usda.gov/is/pr/2004/040614.htm>

<http://www.ers.usda.gov/briefing/DietQuality/data/>

Dietary Survey Tutorial - <http://www.cdc.gov/nchs/tutorials/Dietary/index.htm>

[http://www.cdc.gov/nchs/nhanes/nhanes2009-2010/questexam09\\_10.htm](http://www.cdc.gov/nchs/nhanes/nhanes2009-2010/questexam09_10.htm)

<http://www.cdc.gov/nchs/surveys.htm>

<http://www.norc.org/Pages/default.aspx> = National Opinion Research Center

## **Best Practices**

<http://www.cityharvest.org/programs/food-and-fitness>

<http://www.cityharvest.org/hunger-in-nyc/research-reports>

## **Nutrition and Health**

<http://www.schools.utah.gov/cnp/Fresh-Fruit-and-Vegetable-Program.aspx>

2012.02.16 Utah Dept. of Education program

<http://ers.usda.gov/Briefing/DietQuality/DietaryPatterns.htm>

*Insidious Consumption* <http://ers.usda.gov/AmberWaves/June07/Features/Insidious.htm>

*Food Assistance Programs* <http://ers.usda.gov/Briefing/FoodNutritionAssistance/>

<http://ers.usda.gov/Browse/view.aspx?subject=FoodNutritionAssistance>

*Food Stamps* <http://www.census.gov/acs/www/>

[http://www.usda.gov/wps/portal/usda/usdahome?navid=FOOD\\_ASSISTANCE&parentnav=FOOD\\_NUTRITION&navtype=RT](http://www.usda.gov/wps/portal/usda/usdahome?navid=FOOD_ASSISTANCE&parentnav=FOOD_NUTRITION&navtype=RT)

### **Nutrition Education**

<http://www.snapretailerlocator.com/>

*Child Nutrition* <http://www.ers.usda.gov/Briefing/ChildNutrition/>

### **Food Availability**

<http://www.ers.usda.gov/Data/FoodConsumption/FoodAvailSpreadsheets.htm>

### **Farm Atlas By County**

<http://www.ers.usda.gov/Data/FarmProgramAtlas/>

### **Economics of Food Relocalization**

*The 25% Shift - Benefits of Food Localization for Northeast Ohio and How to Realize Them*

Study downloadable here: <http://www>.

[neofoodweb.org/resources/137](http://neofoodweb.org/resources/137)

### **BALLE leakage calculators**

[http://www.livingeconomies.org/leakage\\_calculators](http://www.livingeconomies.org/leakage_calculators)

*Studies That Support Local Living Economies (using leakage analyses)*

<http://www.livingeconomies.org/aboutus/research-and-studies/studies>

### **The 10% Campaign**

<http://www.ncsu.edu/project/nc10percent/index.php>

### **The Local Multiplier Effect poster**

<http://www.yesmagazine.org/issues/go-local/the-local-multiplier-effect>

*Plugging the Leaks - LM3 resources*

[http://www.pluggingtheleaks.org/resources/plm\\_lm3.htm](http://www.pluggingtheleaks.org/resources/plm_lm3.htm)

<http://www.proveandimprove.org/new/tools/localmultiplier3.php>

*USDA Programs Quick Reference Guide:* <http://www.usda.gov/documents/about-usda-quick-reference-guide.pdf>