

COMMUNITY NUTRITION EDUCATION SERVICES, INC.

“PROMOTING SUSTAINABLE AGRICULTURE IN URBAN LOS ANGELES # 2

One of the on-going goals of Community Nutrition Education Services, Inc(CNESINC) is to educate urban consumers about food and agriculture sustainability issues. Below is a list opportunities that have been undertaken in order to provide credible education for these consumers.

Activities have included:

August 08- “Slow Food Nation” conference and exhibition - San Francisco (CA). It was breath taking to see the City Hall with growing produce on its front lawn. Ideas that were important to CNESINC were:

- (1) Teach community residents(including children) the values of place-based foods through gardening /composting projects, canning projects and recycling projects
- (2) Work through consumer groups with “public good/public benefit as a focal point

January 09- “GO Green Expo”-Los Angeles (CA). Ideas gained were : Inform consumers including youth of the systems to recycle, reuse and reduce product packaging; identification of reusable eco-friendly products; and availability of food preservation equipment.

March 09- Volunteer grower at local community garden in Los Angeles (CA). There have been first hand opportunities to plant, weed and water both the produce and medicinal herb gardens .The overall goal of the community garden is to promote healthy lifestyle choices by creating opportunities for neighborhood residents to grow fresh, organic fruits and vegetables and gain knowledge about sustainable food systems through hands on experiences. This volunteer effort continues throughout the 2009 growing season.

July 09-“Developing Sustainable Foodsheds to Enhance Food Access and Nutrition”, Oakland (CA). 131 leaders from across the nation gathered for just over two days in order to accelerate the nation’s development of sustainable foodsheds that offer fresh, healthy, regional and sustainable food to all people regardless of income level or location. Two important northern California Mayors (Oakland and San Francisco) focused on the issues of food security, foodsheds, and public-private partnerships to accelerate change. Specific topics were examined using three plenary panels and 12 case studies. Among the topics were: farm to school initiatives ; farmers’ markets innovations ; and the foodshed: language and conceptual frameworks to support their development.

The Summit was spearheaded by Rocfund.org. Please visit the web page, Twitter, ComFood, and Facebook for more details.

The results of these aforementioned educational opportunities have begun to be integrated into the nutrition education lessons: shopping at local farmers markets; growing vegetables in containers / yards ; and recycling and reusing containers/ packages following grocery shopping. We have also undertaken the publication of a subscription newsletter focused on nutrition, physical activity and food sustainability issues . The newsletters are available at our website (cnesinc.org).

See the original article Promoting Sustainable Agriculture in Urban Los Angeles in the Of Professional Interest section of Cnesinc.org.

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