

2017 Tri-State Local Food Summit
Saturday February 11th 9:00 a.m. - 3:00 p.m.

9:00-9:15 – Welcome

Eric Anglada, Director of Ecological Programming, Sinsinawa Mound
Carolyn Scherf, Local Food Coordinator, ISU Extension & Outreach - Dubuque County

9:15-9:45 *Creating a Food Oasis in Dubuque's Food Desert Neighborhoods*

In 2016 Allison Mitchell, a Sociology student at the University of Dubuque partnered with Hideaway Gardens in Durango, IA to launch a pop-up food stand in two of Dubuque's food desert neighborhoods. Inspired by AmeriCorps members in the Cedar Falls area, and with support from a Sustainable Dubuque grant, Allison's weekly food stands aimed to reduce access and affordability barriers to fresh produce, and research the impact of community engagement on fruit and vegetable consumption.

9:45-10:30 - Food Labels: Fact, Fiction, and Debate

Andy Larson, Extension Educator, University of Illinois Extension
Are local foods safer? More nutritious? What does "Certified Organic" mean? What is a GMO and what are the effects of GMOs on agriculture? Explore science-based answers to these and other not-so-simple to answer questions about food with Andy Larson, Local Food Systems and Small Farms Educator at University of Illinois Extension.

10:30-11:00 Break with Exhibitors

11:00-12:00 Breakout Session #1

A. It Starts With A Handshake: Farm-To-Institution Purchasing Panel

Each year institutions in the tri-state area - including hospitals, gas stations, schools, grocery stores, and nursing homes spend hundreds of thousands of dollars on food. What impact is made when a portion of those dollars are spent on local food? What issues and opportunities are there in buying local, and what can be done to address barriers to large volume purchasing? Hear from area farmers and buyers about their experiences, and learn how partners in the Dubuque Eats Well Farm-to-Institution Project Team are working together to encourage local purchasing.

B. Understanding & Addressing Rural Hunger

Rates of food insecurity among rural households are generally higher than urban households. The irony is that many of these food-insecure households are in the very farm communities whose labor serves as the backbone to the agricultural economy. Learn more about the unique challenges rural communities face with regards to food security, and the creative ways community members are taking action to help. Featuring: Tom Nelson, Food Faith & Farming Network & Robin Stone, Founder, Manchester Share the Harvest

C. Screening of *Greenhorns Documentary Film*

"The Greenhorns documentary film explores the lives of America's young farming community – its spirit, practices, and needs. It is the filmmaker's hope that by broadcasting the stories and voices of these young farmers, we can build the case for those considering a career in agriculture – to embolden them, to entice them, and to recruit them into farming."

12:00-1:00 Local Lunch prepared by Sinsinawa Mound

1:00-2:00 Breakout # 2

A. Workplace C.S.A. (Community Supported Agriculture) & Local Food Box Programs

Are you interested in affordable, fresh-picked local produce? Vegetables delivered to you at work? Supporting local farmers and the local economy? Learn how families and workplaces in the tristate area are supporting local growers through CSA and Local Food Box delivery programs. A discussion with: Georgia Windhorst - Iowa Food Hub, Juli McGuire - Two Onion Farm (Belmont, WI), Jillian Varney – Small Family Farm (Viroqua, WI), and Gwen Hall Driscoll – Mercy Medical Center, Dubuque

B. It Starts with an Idea: Community Gardens & Donation Gardens

Today in America, millions of people from all walks of life struggle to get by because of underemployment, stagnant wages and rising costs of living. Learn about how poverty effects health in our community, and opportunities to get involved growing fresh, healthy fruits and vegetables for free meal sites and food pantries in the area. Featuring members of The Dubuque Community Garden Coalition, Laura Klavitter, Master Gardener Coordinator and Carolyn Scherf, Local Food Coordinator, Dubuque County ISU Extension & Outreach

C. Prison Gardens: Healthy Work for Today, Skills for Tomorrow

The American criminal justice system holds more than 2.3 million people in state and federal prisons, jails, and juvenile correctional facilities. Learn about the social benefits of gardening with offenders, and the opportunities for restoration, rehabilitation, and healing through gardening and healthy food. Featuring Alice Topaloff, ISU Extension Local Foods Team on the Mitchellville Women's Correctional Facility Garden and Scott Koepke, Johnson County GROW on his work with Johnson County Jail.

2:00-2:15 Break with Exhibitors

2:15-3:00 Keynote: Building a Food System that Works for Everyone – Ali Berlow

Ali Berlow is a food writer & activist born in Madison, WI who is committed to raising consciousness about the food we feed to our families. Her recent book, *The Food Activist Handbook: Big & Small Things You Can Do to Help Provide Fresh, Healthy Food to Your Community*, explores the questions of: What does a just, equitable and fair food system look, smell, and taste like? Who is included, who isn't and why? What is the relationship between social and environmental justice when it comes to every sandwich?

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