

F.R.I.

Food Redistribution Initiative

U.S. Department of Agriculture

An estimated 25.9 million tons of food produced for sale and consumption are discarded on an annual basis

Disposal costs over \$1 billion/year

Fresh fruits and vegetables account for 1/2 of this food loss

Why the waste?

Insect infestations

Mold

Deterioration

Blemished

Slightly Bruised

Unappealing



How to combat this food loss

Food Recovery

Field gleaning

Wholesale produce salvage

Perishable food rescue

Non-perishable food donations

Liability for Donations

42 USC § 1791 - Bill Emerson Good Samaritan Food Donation Act

26 USC § 170 - Charitable, etc., contributions and gifts

Some perspective

A 5% recovery rate can feed 4,000,000 additional Americans and can save \$50 million in disposal costs!!



Major Food Recovery Program

National Food-Rescue Network, "Foodchain"

Partnership with Second Harvest, Nation's largest domestic hunger relief charity

140 food rescue programs

Pick up, re-process and donate food

Distributes more than 150,000,000 pounds of

St. Joseph County, Indiana

However, food donations are **not** enough...

Federal funding for housing, utilities and food have shrunk **\$207,171** (2010) to **\$134,969** (2011). This is a 34% decrease.

Food providers have reduced food portions

32% of pantries and 16% of kitchens currently turning away clients due to lack of food.

How can we help?

Our proposal:

Build a community partnership between the South Bend Farmers Market and the Food Bank of Northern Indiana to facilitate produce donation in exchange for tax deductions so that fresh fruits and vegetables may be redistributed into the homes of South Bend's underserved

Why Farmer's Market?

Growing market, netting \$1.2 bil annually

Over 51% of goods are fruits and veggies

Most are imported - short shelf life

Hassle to transport goods back and forth

Usually used for compost

Most participate in WIC, SNAP

("A study of emerging trends," 2002)

USDA Food Recovery and Gleaning Initiative

South Bend Farmers Market



*Welcome
to the Market*
ESTABLISHED 1924



South Bend Farmers Market

Established in 1924, hosts 23 produce vendors

Participates in WIC, SNAP

Sells yummy produce:

Fruits: apples, blueberries, peaches,
cantaloupe, pears, watermelon

Vegetables: zucchini, mushrooms, carrots,
cauliflower, lettuce, beans, tomatoes,
squash, kohlrabi

Our Journey

September:

Pitched our idea to Management Office at Farmer's Market and Mr. Lee, Executive Director of Food Bank

October:

Held numerous conversations with Farmer's Market to persuade management to allow us to interview vendors

"Solicitation" to vendors is prohibited at Market

November:

Given approval for interviews

Interviewed 5 produce vendors and distributed our pamphlets explaining the F.R.I.

What We Learned From Interviews

All produce that can be donated are already being donated to the Catholic Worker House and Catholic Relief Services

They donate without compensation

- Don't want to deal with paperwork

- Happy knowing produce isn't going to waste

- More convenient to donate the leftovers

However, also encountered some interesting opposition to our project

Opposition From One Vendor

(Not currently donating)

While SNAP is a great concept, doesn't work in reality

People don't use food stamps wisely

Don't buy produce they don't know how to cook

If he donates to food pantry, would donate produce that doesn't get sold and likely the more unusual ones

People won't take it if they don't like it or don't know how to cook it

For donating to soup kitchens, believes that even if veggies are cooked up, they are picky eaters and won't eat it if unrecognizable

Our New and Improved Goal

Food Recovery -----> Nutrition for the Poor

We are designing a pamphlet that contains easy recipes for more unusual vegetables, e.g. kohlrabi, brussel sprouts, cauliflower, squash

We will distribute these pamphlets to the Farmer's Market, Purple Porch and other markets with the hope that it will promote more nutritional dieting among the poor

A Mother's Struggle with Eating Healthy

<http://www.youtube.com/watch?v=EgNoyVWuYz4>

Nutrition and Poverty

According to WHO-nutrition is:

the intake of food, considered in relation to the body's dietary needs. Good nutrition – an adequate, well balanced diet combined with regular physical activity – is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity ("Nutrition" 2012).

SNAP

Eligible Food Items

Households **CAN** use SNAP benefits to buy:

- Foods for the household to eat, such as:
 - breads and cereals;
 - fruits and vegetables;
 - meats, fish and poultry; and
 - dairy products.
- Seeds and plants which produce food for the household to eat.

("Eligible Food Items," 2012)

SNAP cont.

Interestingly enough...

"Junk Food" & Luxury Items

The Food and Nutrition Act of 2008 (the Act) defines eligible food as any food or food product for home consumption and also includes seeds and plants which produce food for consumption by SNAP households. The Act precludes the following items from being purchased with SNAP benefits: alcoholic beverages, tobacco products, hot food and any food sold for on-premises consumption. Nonfood items such as pet foods, soaps, paper products, medicines and vitamins, household supplies, grooming items, and cosmetics, also are ineligible for purchase with SNAP benefits.

- Soft drinks, candy, cookies, snack crackers, and ice cream are food items and are therefore eligible items
- Seafood, steak, and bakery cakes are also food items and are therefore eligible items

Since the current definition of food is a specific part of the Act, any change to this definition would require action by a member of Congress. Several times in the history of SNAP, Congress had considered placing limits on the types of food that could be purchased with program benefits. However, they concluded that designating foods as luxury or non-nutritious would be administratively costly and burdensome. Further detailed information about the challenges of restricting the use of SNAP benefits can be found here:

("Eligible Food Items," 2012)

Indiana and SNAP

As of August 2012 there were 922,382 people in Indiana currently participating in SNAP.

Since August 2011 there has been a 3.1% increase in the number of people using SNAP in the state of Indiana.

Food Bank food

Because of the decrease in federal funding, the Food Bank must accept all donations that may be high in:

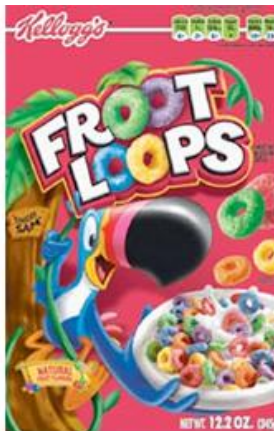
Glucose

Sodium

Calories

Food Bank food

The most commonly donated foods are:



Farmers Market

Accepts SNAP benefits, but many obscure and less frequently used fruits and vegetables.

Farmers are concerned that low income families will not purchase or pick up if donated because lack of knowledge about the produce.

Bang for Your Buck

Who does not want to eat healthy as well as cheaply?

By providing recipe pamphlets to the Farmers Market as well as food pantries which receive produce donations, the gap between eating inexpensively and healthy is now able to be bridged.

Kohlrabi Salad

- 1 head kohlrabi (\$1)
- 1/2 apple (<\$.25)
- 2 tbsp white wine vinegar
- 2 tbsp sesame oil
- salt and pepper to taste



Health benefits:

- Good source of vitamin C (1/2 cup=70%)
- May prevent cancer
- Low in sodium and calories
- No fat or cholesterol

Fruit Tart

- 1 sheet puff pastry
- 1 Granny Smith apple (<\$.50)
- 1 tbsp lemon juice
- Your favorite jam



Nutrition:

- 183 calories, 6g fat

Apples:

- Good source of fiber
- No sodium, low fat
- Good source of vitamin C
- Antioxidants may decrease risk of heart disease

Butternut Squash

- 1 medium butternut squash (\$2 for large)
- 3/4 cup vegetable broth
- 2 tsp soy sauce
- 1 tbsp maple syrup



Health benefits:

- Low in fat
- High fiber, vitamin C, potassium, folate, vitamin B6
- May decrease risk of heart disease
- Antioxidants may have anti-inflammatory effects

Article Website

<http://www.ampleharvest.org/>

Works Cited

- Nutrition*. (2012). Retrieved from <http://www.who.int/topics/nutrition/en/>
- Eligible Food Items*. (2012, January 16). Retrieved from <http://www.fns.usda.gov/snap/retailers/eligible.htm>
- Kohlrabi Nutrition Information*. (2009, December 1). Retrieved from <http://www.livestrong.com/article/41901-kohlrabi-nutrition-information/>
- Kohlrabi Salad*. (2010, August 4). Retrieved from <http://www.sassyradish.com/2010/08/kohlrabi-salad/>
- Fruit Tart*. (2012). Retrieved from <http://www.foodnetwork.com/recipes/alton-brown/fruit-tart-recipe/index.html>
- Nutritional Benefits of Eating Apples*. (2011, July 7). Retrieved from <http://www.livestrong.com/article/487224-nutritional-benefits-of-eating-apples>
- Sweet and Salty Butternut Squash*. (2012). Retrieved from <http://vegetarian.about.com/od/maindishentreerecipes/r/butternuteasy.htm>
- Power Foods: Butternut Squash*. (2008). Retrieved from <http://www.wholeliving.com/134734/power-foods-butternut-squash>
- Snap: Number of person's participating*. (2012, November 9). Retrieved from <http://www.fns.usda.gov/pd/29snapcurrpp.htm>
- USDA (1999). *Waste Not, Want Not: Feeding the Hungry and Reducing Solid Waste through Food Recovery*, 1-26.
- Kantor, L, Lipton, K., Manchester, A. (1997). *Estimating and Addressing America's Food Losses*, 1-12.
- Payne, T (2002). *US Farmer's Markets - A Study of Emerging Trends*, USDA, 1-9.