



# LOCAL FOODS TOWN HALL

**OCTOBER 18, 2023**

**11am - 12pm**

**K-STATE**  
Research and Extension

Local Food Systems

**REGISTER TODAY!**

<https://ksre-learn.com/local-food-town-hall-oct>

# Welcome Poll:

- Have you attended a quarterly Local Food Town Hall in the past?
  - Yes, more than one time
  - Yes, one other time
  - No, this is my first
  - I'm not sure

# Today's Agenda:

- Lightning Presentations:
  - Supporting a Zero Hunger World – Dr. Alicia Powers, Auburn University
  - Relationships between Food Insecurity and Consumption of Fruits and Vegetables among Kansas Adults – Jeremy Goering, MPH, Kansas Dept. of Health & Environment
  - Community Resilience Hub – Sabrina do Rosario, Kansas Wesleyan University
  - Food Security Scholars – Adelaide Easter, Kansas State University
- RFSP Grant Project Updates – Rebecca McMahon
  - Community Roundtables
  - Fellows Program
- Mountain Plains Crunch Off
- Discussion & Announcements of Local Food Systems efforts in Kansas
- Evaluation



AUBURN  
UNIVERSITY

HUNGER SOLUTIONS  
INSTITUTE

# Supporting a Zero Hunger World

Alicia Powers, PhD | College of Human Sciences

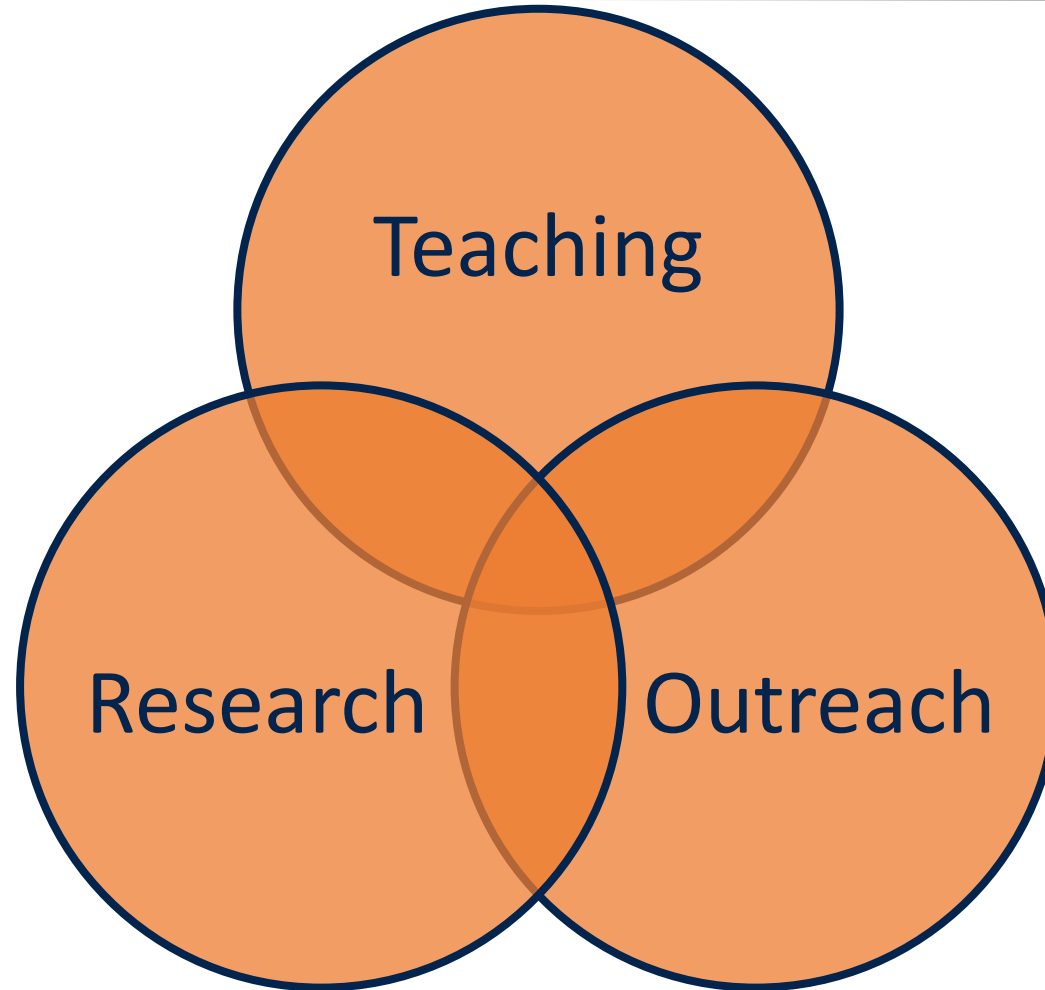
# Hunger Solutions Institute

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*Leverages collective efforts  
of post secondary education institutions  
to promote development, adoption, and advancement  
of innovative, best practices  
to address food and nutrition security*

# Hunger Solutions Institute

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# Hunger Solutions Institute - Teaching

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## Undergraduate

- Minor
- Hunger: Causes, Consequences, and Responses
- Hunger Studies Capstone
- Independent Courses
- Fellows and Internships

## Graduate

- Certificate (inactive)
- Society and Health
- Independent Courses
- Assistantships (Teaching and Research) and Internships
- Dissertations and Theses

# Research

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Hunger and Food Access

*SNAP Incentives*

Hunger and Higher Ed

*Prevalence*

*Campus Food Resources and Culture*

Hunger and Food Systems

*Supply Chain*

*Rural Supports*

*Food Retail*

Hunger and Health

*Food is Medicine*



# Service Outreach

**END  
CHILD  
HUNGER**



**DOUBLE UP  
FOOD BUCKS™  
ALABAMA**



**BUY \$1  
FRUITS & VEGGIES  
WITH SNAP/EBT**

**GET \$1  
FREE FRUITS & VEGGIES**

Visit a participating site, buy \$1 fresh fruits and veggies with your SNAP/EBT card, and get \$1 free Double Up Food Bucks to buy even more Alabama grown fresh fruits and veggies!

**+ADD MILK!**  
Healthy Fluid Milk Incentive

**HAVE SNAP/EBT?**

**BUY \$1 SKIM & 1% MILK,  
GET MORE SNAP ITEMS**



  +ADD MILK! IS MANAGED BY THE HUNGER SOLUTIONS INSTITUTE. THIS MATERIAL IS BASED UPON WORK THAT IS SUPPORTED BY THE FOOD AND NUTRITION SERVICE, U.S. DEPARTMENT OF AGRICULTURE.

# Service Outreach



PRESIDENTS UNITED  
TO SOLVE **HUNGER**

**HUNGER FREE  
HIGHER ED**





AUBURN  
UNIVERSITY

HUNGER SOLUTIONS  
INSTITUTE

Alicia Powers, PhD

Managing Director | [arp0042@auburn.edu](mailto:arp0042@auburn.edu)



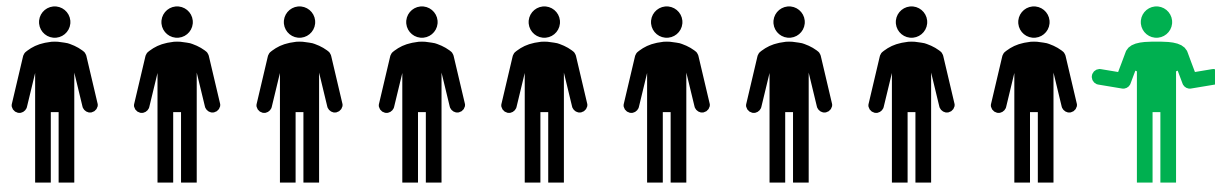
# Relationships between Food Insecurity and Consumption of Fruits and Vegetables among Kansas Adults

Jeremy Goering, MPH | October 8, 2023



# Background Information

- Food Insecurity
  - **9.7%** of Kansans were food insecure in 2020
  - That amounts to **281,520** individuals
- Only 1 in 10 American adults achieves USDA recommended levels of fruit and vegetable intake



- Food insecurity has been shown to be associated with **decreased** fruit and vegetable consumption

Source: Feeding America, 2020; Hanson & Connor, 2014; Turnbull et al., 2021; Lee et al., 2022

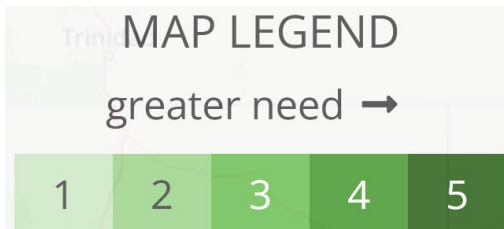
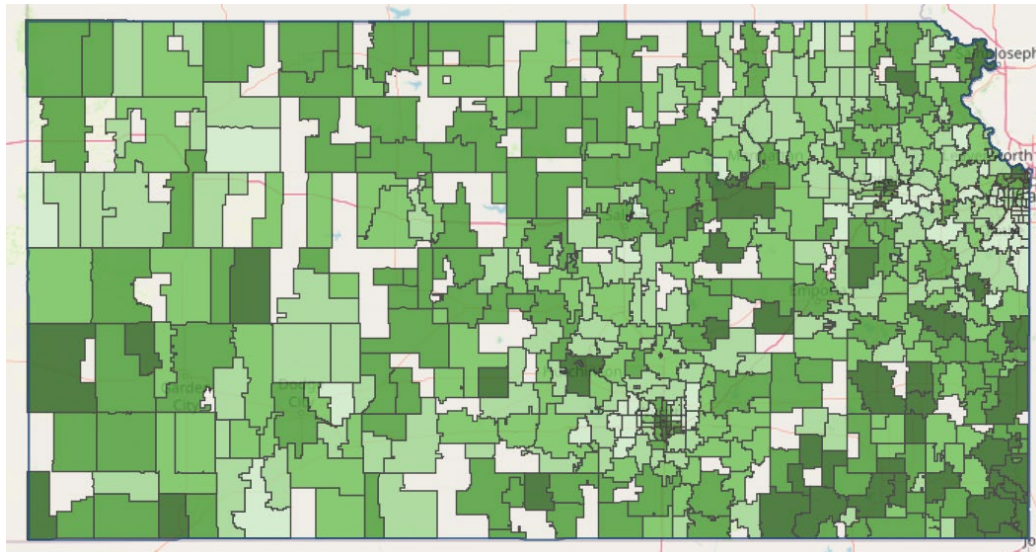
# Study Questions



- Are sociodemographic factors such as race and ethnicity, age, income, and educational attainment associated with food insecurity?
- Is there an association between food insecurity and consumption of fruits and vegetables among Kansas adults?

# Distribution of Food Insecurity by Race/Ethnicity

## Food Insecurity Index



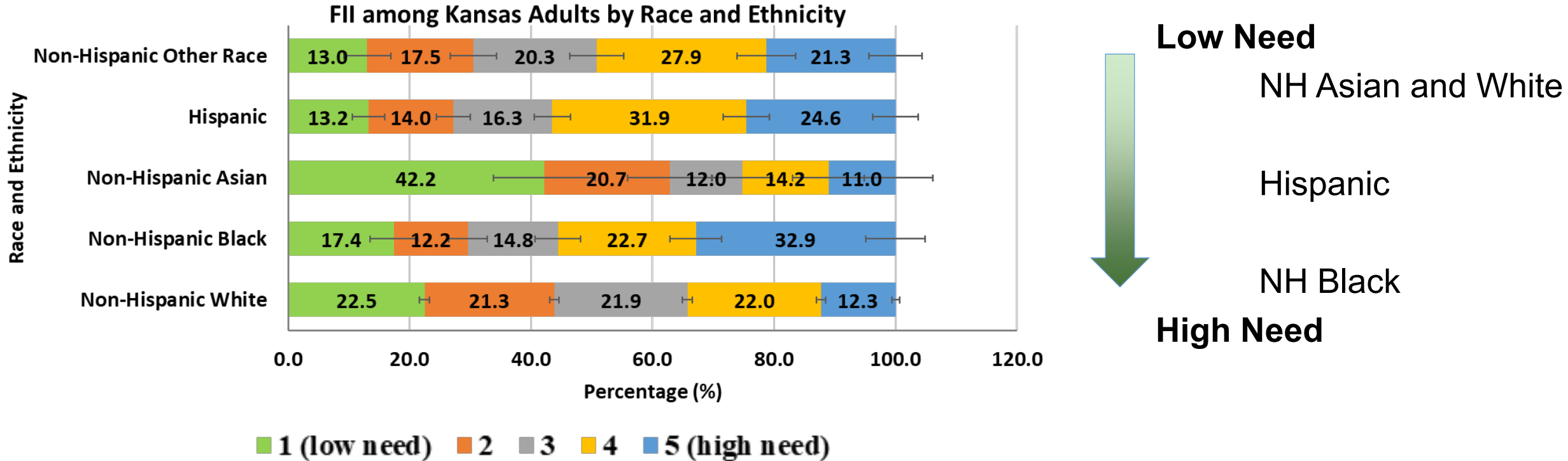
## Dietary Behaviors



Source: Conduent Healthy Communities Institute, 2021; Centers for Disease Control and Prevention, 2022

*To protect and improve the health and environment of all Kansans*

# Distribution of Food Insecurity by Race and Ethnicity



Rao-Scott Chi-Square  $p < 0.0001$



# Odds Ratios: Fruits and Vegetables

BRFSS Dietary Behaviors	OR	95% CI
<b>Consume Vegetables &lt;1 Time/Day</b>		
1 (lowest need)	Reference	
2	1.12	(0.94, 1.33)
3	1.14	(0.96, 1.36)
4	1.19	(1.00, 1.41)
5 (highest need)	1.35	(1.11, 1.64)
<b>Consume Fruit &lt;1 Time/Day</b>		
1 (lowest need)	Reference	
2	1.13	(1.00, 1.29)
3	1.15	(1.01, 1.31)
4	1.36	(1.20, 1.54)
5 (highest need)	1.26	(1.08, 1.46)
<b>Consume Combined Fruit/Vegetables &lt;1 Time/Day</b>		
1 (lowest need)	Reference	
2	1.12	(0.90, 1.38)
3	1.15	(0.92, 1.43)
4	1.25	(1.02, 1.54)
5 (highest need)	1.32	(1.05, 1.66)

Individuals living in food insecure ZIP codes consume healthy fruits and vegetables **less** frequently.



# Odds Ratios: Fruits and Vegetables

BRFSS Dietary Behaviors	OR	95% CI
<b>Consume Green Vegetables &lt;1 Time/Day</b>		
1 (lowest need)	Reference	
2	1.23	(1.05, 1.44)
3	1.25	(1.07, 1.45)
4	1.35	(1.16, 1.58)
5 (highest need)	1.49	(1.23, 1.81)
<b>Consume Fried Potatoes (French Fries, Home Fries, Hash Browns) &lt;1 Time/Day</b>		
1 (lowest need)	Reference	
2	0.62	(0.44, 0.88)
3	0.58	(0.41, 0.81)
4	0.45	(0.32, 0.62)
5 (highest need)	0.40	(0.28, 0.58)

- Consume leafy green vegetables **less** frequently
- Consume fried potatoes **more** frequently

# Special Thanks

- Shannon Metz, MPH
- Steven Corbett, MA, PhD
- Babalola Faseru, MD, MPH



**Jeremy Goering**

Epidemiologist

Jeremy.Goering@ks.gov

# References

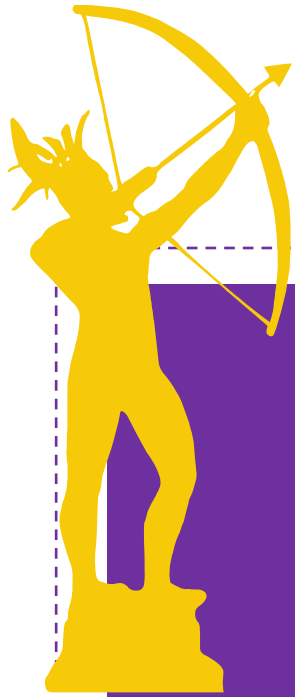
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# Community Resilience Hub

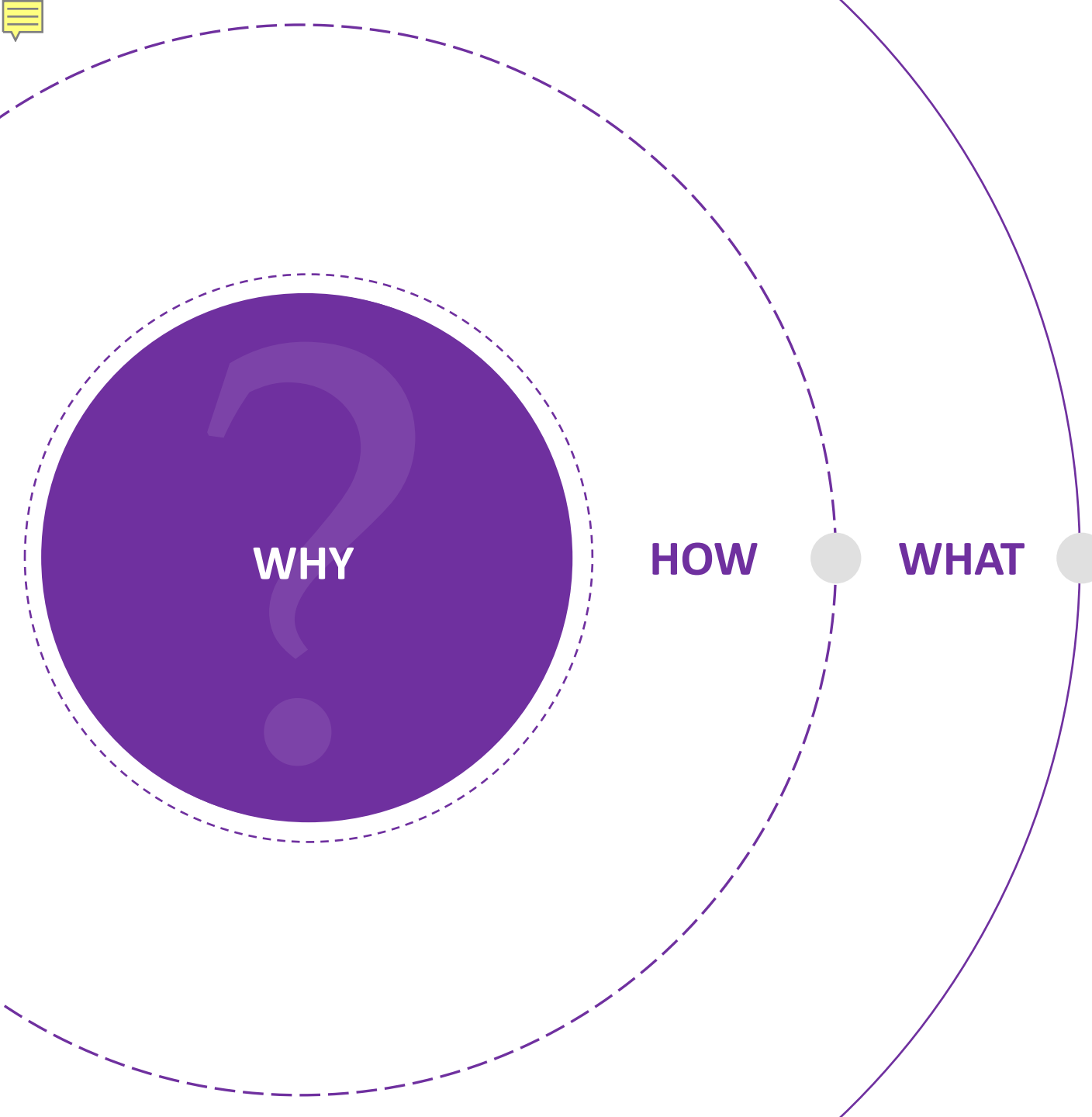
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Kansas Wesleyan University



A place where change agents come together to engage urgent social issues through **education**, individual and collective **action**, and **advocacy**, working together to nurture local and global **RESILIENCE**.

VISION



# Sinek's Golden Circle Value Proposition





WHY

HOW

WHAT

- Framework & Place to build Resilience
- Opportunities for local prosperity
- Triple bottom line
- Justice, healing, regeneration



# Community Resilience Hub

PEOPLE MIND <sup>26</sup>



COMMUNITY PLANET



WHY

HOW

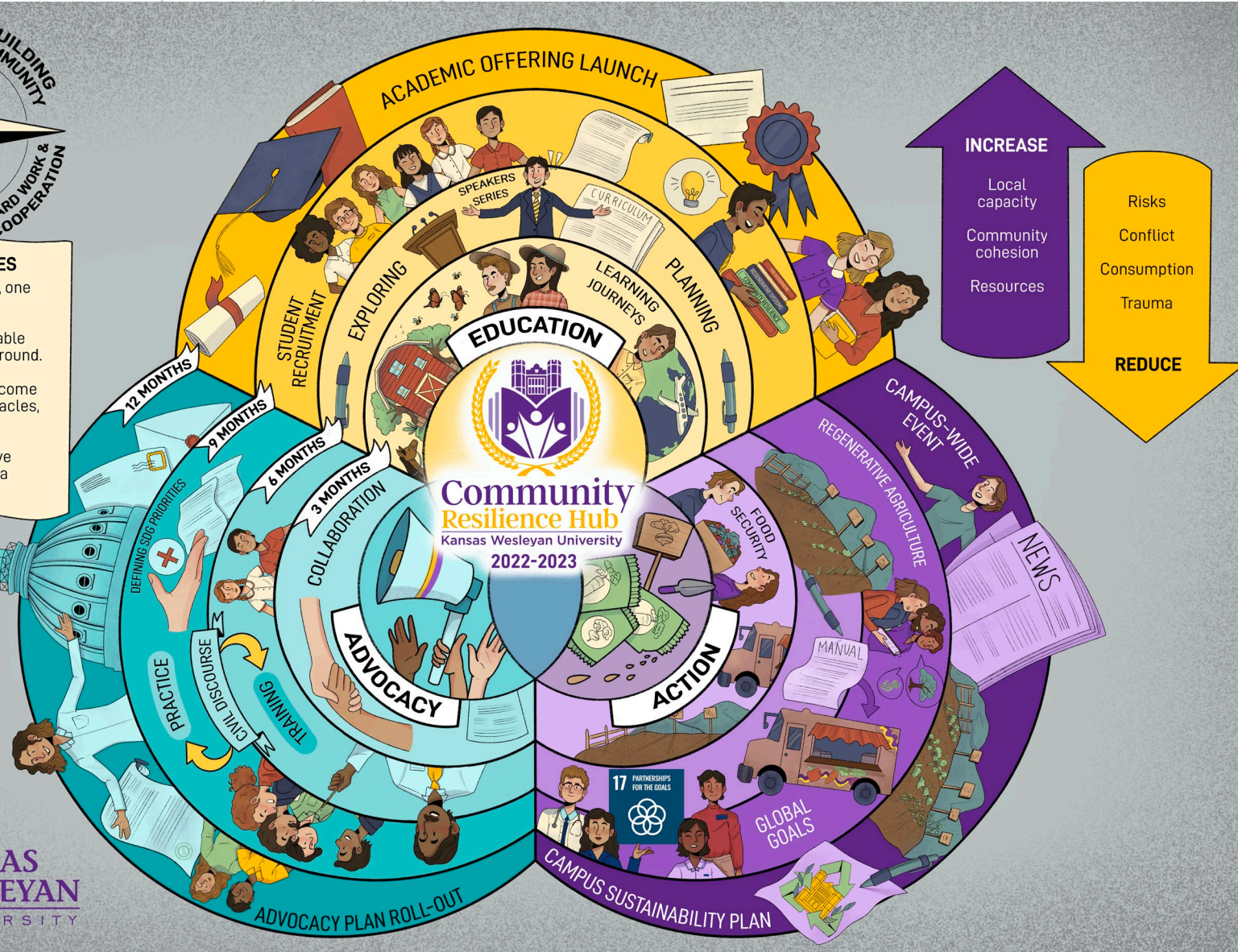
WHAT

- New, innovative academic offerings
- Food security
- Campus scan
- Civil discourse



**CRH PRINCIPLES**

- We value each other, one and all.
- We show up at the table and seek common ground.
- We engage and overcome challenges and obstacles, together.
- We consume less, live more abundantly as a community.





# AT THE CENTER: COMMUNITY RESILIENCE HUB STRATEGY <sup>79</sup>



## PRINCIPLES

- We Value Each Other, One and All
- We Show Up at the Table and Seek Common Ground
- We Engage and Overcome Challenges and Obstacles, Together
- We Consume Less, Live More Abundantly as a Community

## WE VALUE

Respecting Diversity, Building  
Community, Positive Peace,  
Hard Work & Cooperation

OUR

Community

“There are no experts...

When we come together, we say that we put our minds on the table. That way, if you have knowledge that I can use, I can borrow it. And if I have knowledge that you can use, you can borrow it.

We always have something to learn.”

*Iroquois Cultural Principle*

# Food Security Scholars

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ADELAIDE EASTER

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# MISSION

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“Empowering scholars by fostering curiosity and community to make progress toward a food secure world.”

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# FOOD INSECURITY

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40%

OF K-STATE  
STUDENTS ARE  
FOOD INSECURE



# HISTORY

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- Created in 2020 by students
- The first Cohort was in 2021
  - First Cohort: January - December 2021
  - Second Cohort: August 2021 - May 2022
  - Third Cohort: August 2022 - May 2023
  - Fourth Cohort: Now!



# STRUCTURE OF SALT

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## Student Advisory Leadership Team

Director of Curriculum

Director of Stakeholders  
& Public Relations

Director of Engagement

Director of Membership  
& Alumni

Director of Research  
& Development

Advisors

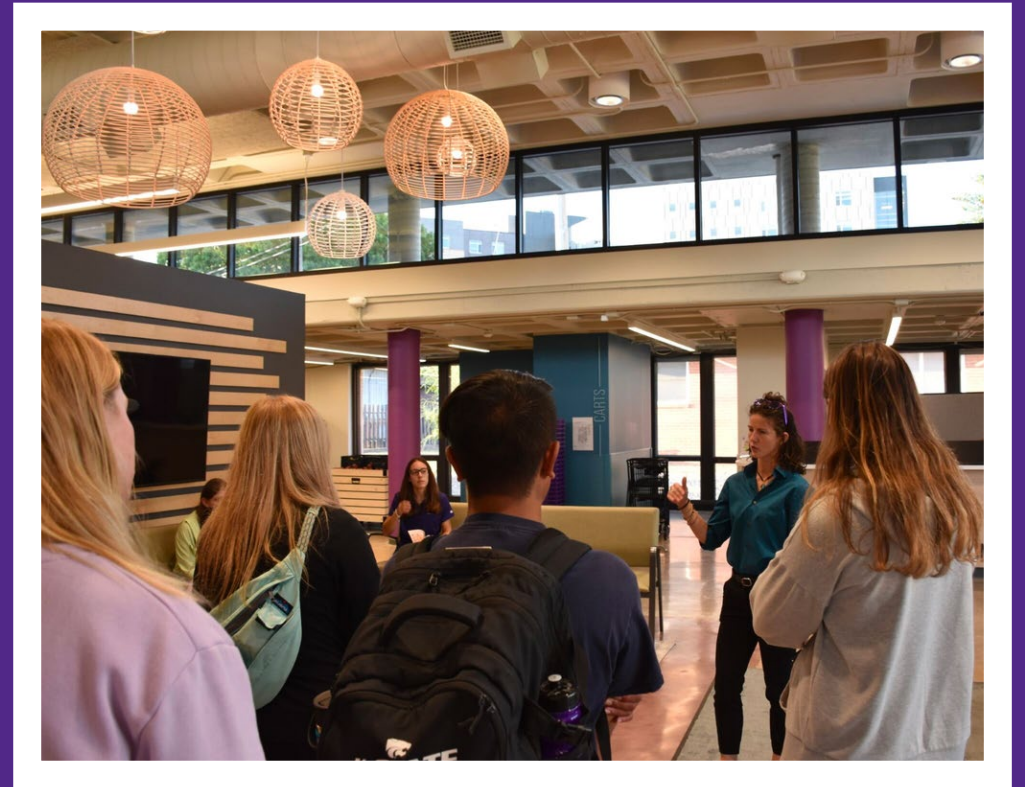
# SCHOLARS DEMOGRAPHICS

We now have our most diverse cohort of scholars!

- 10 undergraduate students and 5 graduate
- 4 international students
- 6 men and 9 women

Majors Represented:

- Agricultural Economics
- Agronomy
- Dietetics
- Entomology
- Food Science
- Horticulture
- Leadership
- Medical Microbiology
- Political Science
- Public Health
- Social Work



# PHASE 1

- Intro & Why
  - Grocery Store Simulation
  - Local Stakeholder Field Trip
  - Global Food Insecurity
5. Fellowship Meal
  - 5.5 World Food Prize Showing
  6. International Stakeholder Reception
  7. Advocacy
  8. Phase 1 Capstone

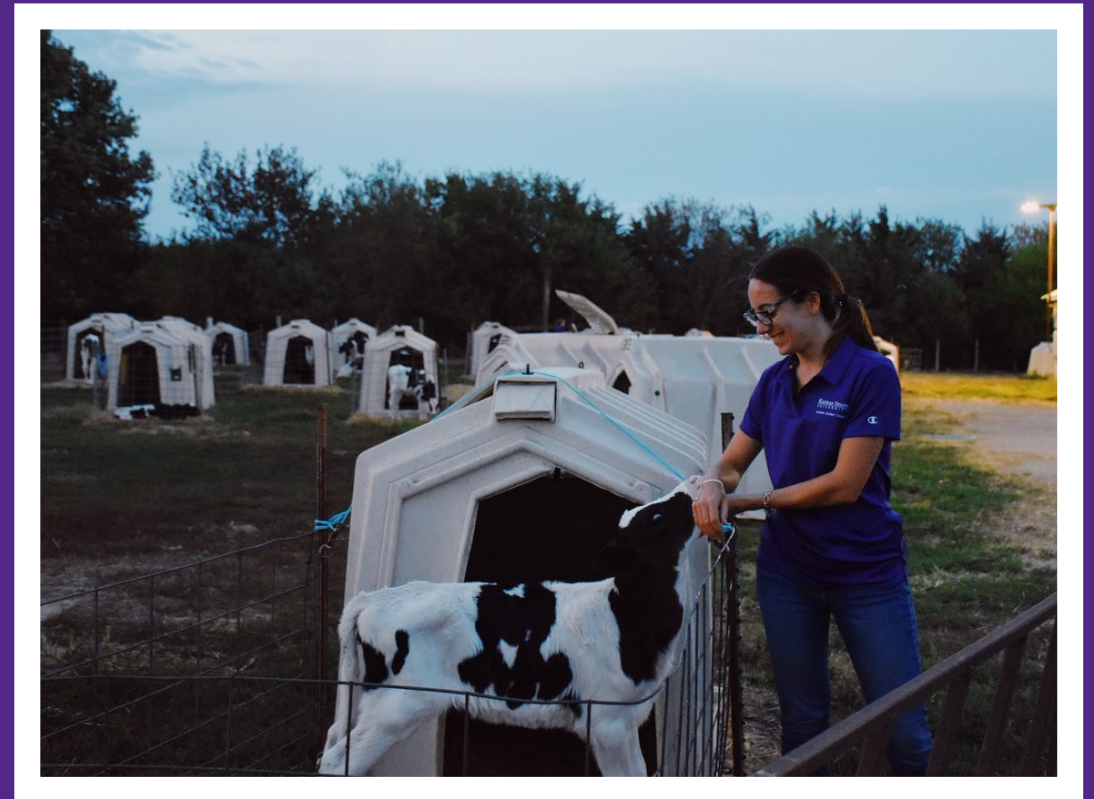
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# PHASE 2

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- Mentors
  - We place scholars with mentors in the Global Food System related to the career they are interested in.
- Placements
  - We create placements for scholars that give opportunity for service and applied learning.
    - Previous placements included Flint Hills Bread Basket, Food & Farm Council, Piccalilli Farm
- Research
  - We are now creating a research component to Phase 2!
- Sessions



# TAKEAWAYS

- We are a group of students working to promote food security in the global food system
- We are looking for mentors who are working in some way in this system
- We are looking for partners in the Manhattan area to host scholars for placements
- Do you have any research ideas for the scholars?

40





# Questions?



Contact Information:  
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Adelaide Easter  
[adeaster41@ksu.edu](mailto:adeaster41@ksu.edu)

Follow us on Instagram:  
[@fss\\_ksu](https://www.instagram.com/fss_ksu)

# Questions for our speakers?

# Regional Food System Partnership Grant Updates

- Community Roundtables
- Local Food Fellows Program
- <https://www.ksre.k-state.edu/kansaslocalfoods/>

# K-STATE

Research and Extension

## Local Food Systems

# COMMUNITY

# Roundtable



[ksre-learn.com/local-foods-roundtable](https://ksre-learn.com/local-foods-roundtable)

- Dodge City - November 2nd, 2:30-4 p.m.
- Clay Center - November 6th, 6-7:30 p.m.
- Topeka - November 10th, 1:30-3:00 p.m.
- Quinter - November 13th, 11:30 a.m.-1 p.m.
- Colby - November 13th, 6-7:30 p.m.
- Salina - November 14th, 3-4:30 p.m.
- Wichita - November 15th, 1-3 p.m.
- Hutchinson - November 16th, 6-7:30 p.m.
- Ottawa - November 20th, 6-7:30 p.m.
- Olathe - November 21st, 6-7:30 p.m.
- Pittsburg - November 29th, 6-7:30 p.m.
- Virtual – December 5<sup>th</sup>, 12 p.m. and 7 p.m.
- Virtual – December 7, 12 p.m. and 7 p.m.
- Liberal - TBD, January or February 2024



More details available at:  
[ksre-learn.com/local-foods-roundtable](https://ksre-learn.com/local-foods-roundtable)

# Local Food Fellows Program

- Final round of project applications for 2024 fellows are due November 30<sup>th</sup>!
- You can resubmit if you were not selected in a previous round.
- Be sure to focus on the community need and partnerships involved.
- Be sure to talk about how the fellow will help increase the capacity of the food system in your area, including increased access to education, resources, or technical support.
- Think about how the project can be evaluated and show impact.
- Make sure it is reasonable to accomplish in 320 hours!

# Crunch off!



# Discussion and Updates

# Next Town Hall: Wednesday, January 24<sup>th</sup> at 11 a.m.



Register at: <https://jan2024localfoodtownhall.eventbrite.com>

Notes & Recordings of all Town Halls can be found at:

<https://www.k-state.edu/kansaslocalfoods>



# Closing Poll:

- Did you learn something new today?
  - Yes
  - No
- Which topics were valuable to you today?
  - Supporting a Zero Hunger World – Dr. Alicia Powers, Auburn University
  - Relationships between Food Insecurity and Consumption of Fruits and Vegetables among Kansas Adults – Jeremy Goering, MPH, Kansas Dept. of Health & Environment
  - Community Resilience Hub – Sabrina do Rosario, Kansas Wesleyan University
  - Food Security Scholars – Adelaide Easter, Kansas State University
  - RFSP Grant Updates
  - Discussion and Other Updates/Announcements

# Closing Poll:

- How many people will you share something with from today's town hall?
  - None
  - 1
  - 2-5
  - 6 or more
- Do you have suggestions for speakers or topics at our next Town Hall?
  - Yes (please submit suggestions in the chat)
  - No