

Visions for a Healthier Community

Clintonville Food Planning Group, Summer 2015 Report prepared by Local Matters



Local Matters

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ACKNOWLEDGEMENTS

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PROJECT SUMMARY

Through a partnership led by the City of Columbus, Franklin County Commissioners and Local Matters, (a Columbus nonprofit organization committed to improving healthy food access, education) two meetings were held in Clintonville with community organizations, stakeholders and residents to explore neighborhood-specific solutions and define potential next steps for improving access to healthy food and nutrition education in the area.

The Clintonville neighborhood of Columbus, Ohio has unique socioeconomic diversity given its proximity to local colleges and universities, outlying suburban areas and inner-city neighborhoods. Located north of The Ohio State University, the neighborhood has a population of over 30,000 residents and spans over 5 square miles. The neighborhood's residents are primarily Caucasian with less than 20% of its residents identified as racial and ethnic minorities. Although the residents are primarily middle class, Clintonville has an increasing number of low income residents in sections of the neighborhood and is home to the largest population of elderly in Franklin County. Thus, the varying needs of the population require comprehensive strategies to improve food education, access and nutrition.

With that in mind, the primary goals of the two-meeting community engagement process were:

- To collect, share and organize information on food-related neighborhood assets such as food education and food access identified by participants.
- To map points of healthy food access and education that illustrate gaps in access and opportunities for improvement based on community need.
- To engage individuals in generating visions of what they want and need in their community relative to food access, food production, and food education.
- To make recommendations for next steps according to the priorities identified by the neighborhood food planning process participants

This report provides information on the processes, data, and ideas for exploration shared during the community engagement process. It will assist participants in the development and implementation of local strategies that represent the community's collective vision for improving access that meets the specific needs of the Clintonville neighborhood of Columbus, Ohio. The information and planning gained in the Clintonville neighborhood will be combined with that of the Near East Side, Near South Side, West Side, Northland, Weinland Park, and Linden reports to help inform a Columbus-Franklin County Local Food Action Plan (expected completion Fall 2016). This plan will outline a comprehensive strategy to:

- Improve access to nutritious and affordable food, and education about healthy food.
- Increase the role of food in economic development.
- Prevent food-related waste.
- Enhance communication and coordination among existing food resources and agencies.



Local Matters has facilitated and organized the development of neighborhood food plans on the West, Near East and Near South sides of Columbus, Ohio and used similar strategies for community engagement and participation in the Clintonville geographic area. The first phase of the community engagement process for the *Columbus-Franklin County Local Food Action Plan* project in Clintonville was to identify participants that represented a true cross-section of the community. In addition to organizations and individuals who had previously been engaged in similar efforts, outreach efforts for participation in the meetings were expanded to include residents, business owners, community leaders and other stakeholders in the community. This approach provided a diverse mix of perspectives and ensured the community's collective voices were represented during the process.

MEETING 1: MAY 13, 2015 AT CLINTON HEIGHTS LUTHERAN CHURCH

The primary purpose of the first meeting was to engage community leaders, business owners, service providers and residents to identify ideas for improving the local food economy. The secondary purpose of the first meeting was to map food based assets – food access, food production and food education – including providers and locations in Clintonville and to brainstorm ideas for collective vision for improving access in the area.

During Meeting 1, participants were encouraged to consider their opinions about the importance of food during a group exercise called "Food Is...". Participants were split into three randomly assigned groups and asked to consider one of three topics – "food is life", "food is love" and "food is money". Groups then shared their perspectives in support of each statement, which allowed participants to explore the many different ways we view food and how differing individual opinions could be incorporated to support a collective idea. This activity brought everyone's perspective into the room and encouraged a robust exchange of stories.

The next step in the community engagement process included participant mapping of food-based assets: food access, food production and food-education providers and locations most frequented or known to meeting participants. Participants then brainstormed ideas for improving healthy food access in their community. Participants then discussed gaps in food access, education and resources, and explored opportunities for increased food access and food resource improvements that were further refined in Meeting 2.

Lessons learned/Observations

- Clintonville is commonly and inaccurately considered to not have issues with food access and hunger due to the perception of wealth of its residents. However, an increasing amount of residents are experiencing challenges with food access and security, particularly seniors and lower income residents.
- Participants noted the need for improved transportation (buses, bike paths, etc.) and the correlation between such improvements and increasing food access and security for its residents.

Significant Successes

Project Success	Factors That Supported Success
Identification of neighborhood-specific	Open dialogue format, discussion of unique
issues and challenges	community challenges
Identification of how current community	Participant Conversations (individuals sharing their
resources and assets can be used to build a	roles and experiences), Small group mapping
stronger food community	exercise

MEETING 2: JUNE 22, 2015 AT CLINTON HEIGHTS LUTHERAN CHURCH

The second meeting provided participants an opportunity to expand their exploration of possibilities for improving food access and how the group could work together to develop community specific suggestions and solutions. The top 6 ideas for improving food access, education, resources and opportunities were then further revised and condensed to 3 actionable items the group would like to explore for improving healthy food access and education in the Clintonville neighborhood:

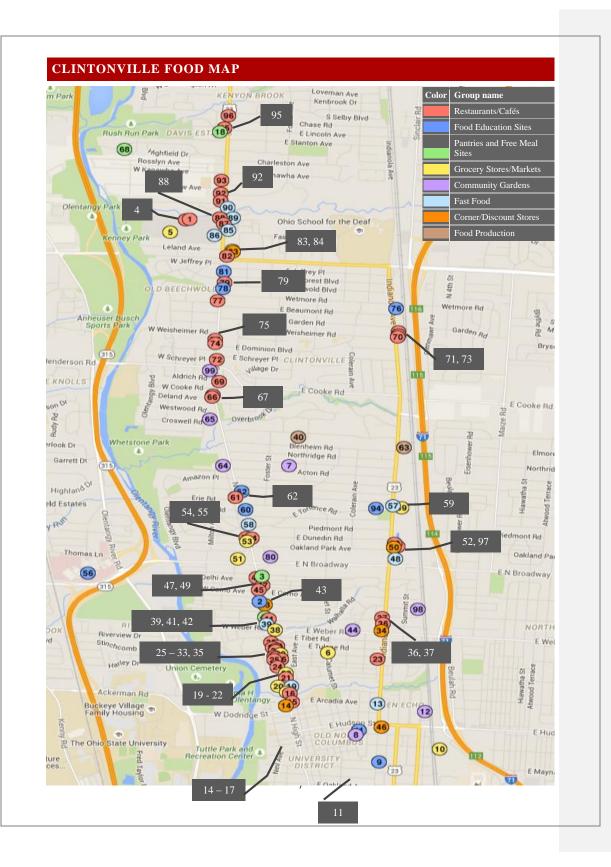
- Goal 1: Increase Food Production and Access
- Goal 2: Host community events that allow people to share knowledge and share food
- Goal 3: Improve the Local Food Economy

Lessons learned/Observations

- Participants are engaged in the community in many different ways. Scheduling conflicts resulted in a smaller group (8 people) attending the second meeting.
- Clintonville has some food education sites that offered paid education and few that offered free food education.
- Participants were particularly interested in the mapping process and shared various observations regarding the type and number of food resources and assets in Clintonville, including how this compared to other neighborhoods in which food planning meetings had already occurred (West, Near East and Near South Sides of Columbus, Ohio).
- Participants discussed the desire for the Clintonville Area Commission to establish a Health & Wellness Committee.
 Significant Successes

Project Success	Factors That Supported Success
Streamlining of top 6 visions to 3 goals	Open dialogue format, discussion of unique community challenges and best use of existing resources
Identification of how current community resources and assets can be used to build a stronger food community	Group conversation, small group visioning exercise provided participants with an opportunity to further explore the feasibility of their ideas

Food is love, "cooking for		Food is health,
family members brings joy and makes them happy".	Food is money, "good food costs money".	"organic/local vs. package processes = cheaper calories."
"I eat food everyday; that's where my interest with food starts".	"There's a lot of need in Clintonville – doesn't matter how good it looks, there is	"How do we make food available that falls into ou value system but is also eas and affordable to access fo
statts .	still a lot of need".	marginalized groups, colleg students, and Moms?"
"Community and knowledge are the basis of all success".	"[I envision] No hunger in Clintonville".	"I love potlucks. I'd like to see more potlucks in different neighborhoods".
"[There ne	eds to be]	
accessibility to for even	'good things'	
Ref.		



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8. Free Summer Lunches	
TAURANTS/CAFÉS	
. Bella Pizzeria 27.	Aladdin's Eatery
Buffalo Wild Wings 28.	Giorgio Italian Restaurant
5. ACRE 30.	Lineage Brewing
6. Tim Hortons 31.	La Patrona
1. O'Reilly's Pub 32.	Lavash Café
3. The Crest Gastropub 33.	Cup O' Joe Coffee House
4. Harvest Bar and Kitchen 35.	
5. Mama Mimi 36.	
6. Gatto's Pizza 37.	Pattycake Bakery Clintonville Pizza Primo
39.	Pattycake Bakery

- 41. Local Cantina
- 45. Whole World Natural Bakery and
- Restaurant
- 47. Cornerstone Deli & Café
- 49. Dough Mama Pie & Pastry
- 52. Wildflower Café
- 55. Global Gallery Coffee Shop
- 61. Smith's Restaurant and Deli
- 66. Northstar Café
- 67. Jeni's Splendid Ice Cream
- 69. Ying's Teahouse & Yum-Yum
- 70. Buckeye Asian Express
- 71. Beechwold Diner
- 72. The Wine Bistro
- 73. Portia's Café
- 74. Chipotle

- 75. Panera Bread
- 77. Pita Hut Grille
- 79. Mozart's
- 82. Tee Jave's Country Place
- 85. Noodles & Company
- 87. Zpizza
- 88. Bob Evans
- Raising Cane's Chicken Fingers 89.
- 90. Arby's/Taco Bell
- 91. Papa John's Pizza
- The Blue Pickle Pub 92
- 93. Iron Grill BBQ & Brew
- Villa Nova Ristorante 95
- Natalie's Coal Fired Pizza 96.
- 97. India Oak Grill
- Three Clintonville food trucks were also included in the mapping exercise Taste of Greece Gyros, Mya's Fried Chicken, and Burt's Seafood. The food trucks were not included on the food map due to the fact that they are mobile units that travel to different locations throughout the neighborhood. During the mapping exercise during Meeting 1 and the review of the map in Meeting 2, participants also discussed several new restaurants that were being built in the area. The following restaurants will be opening in the near future in the Clintonville neighborhood:
 - o 61Pho
 - 0 BibiBop
 - Fusian 0

- o Rusty Bucket Bareburger 0
- PARTICIPANT REFLECTIONS ON MAPPING
 - Given the density of the neighborhood, gaps between grocery stores as observed on the map are less of an issue given those that live in the middle of a gap are $\frac{1}{2}$ mile or less away from a grocery store. Participants suggested where gaps existed was due to the geography of the neighborhood, which includes limited space for large retail locations.
 - North Clintonville improvements are needed: 0
 - The number of lots available for garden plots in North Clintonville needs to be increased and existing lots need improvements.
 - More spaces are needed for community gardens, however there is a lack of lots available for sale.
 - "Pockets of need" exist in Clintonville There is a large population of apartment dwellers in Graceland and Broad Meadows and in the new housing developments in Clintonville (such as Olympic and High/N Broadway) who have a lot of need.
 - Space for Community Supported Agriculture (CSAs) to deliver food need to be identified.
 - Space and opportunities for food-based businesses are located on Indianola, however there are 0 currently few food businesses in that area.
 - Pantries & meals in Clintonville are located in lower-income areas of Clintonville (Broad Meadows 0 to the North and in South Clintonville near Old North Columbus) and are located mostly along the bus lines
 - Several existing locations could serve as new food education sites including: 0
 - Xenos Warehouse behind India Oak on Oakland Park
 - Community churches
 - There is a need for re-zoning of property to encourage food businesses throughout the community; new restaurants are seeking and building in areas that are already commercially zoned and establishing a restaurant location in a residential neighborhood is a challenge.

PLACES RESIDENTS ACCESS FOOD OUTSIDE OF THE NEIGHBORHOOD

*Distance calculated from the meeting location: Clinton Heights Lutheran Church (15 Clinton Heights Avenue Columbus, OH 43202).

GROCERY STORES

Green Bean Delivery (Grocery Delivery Service) 2935 E. 14th Avenue Columbus, OH 43219 Giant Eagle Market District 4.13 miles 3061 Kingsdale Center Columbus, OH 43221 Marc's 4.13 miles 1828 Henderson Road Columbus, OH 43220 Whole Foods 4.28 miles 1555 West Lane Avenue Columbus, OH 43221 Trader Joes 7.92 miles 6355 Sawmill Road Columbus, OH 43017

MARKETS

The Fresh Market 4.25 miles *1920 Henderson Road Columbus, OH* 43220 **North Market 7.92 miles** *59 Spruce Street Columbus, OH* 43215

VISIONS FOR A HEALTHIER FOOD COMMUNITY

Meetings 1 and 2 provided participants an opportunity to share ideas and discover similarities regarding a collective vision for improving food access, availability and education in their community. In Meeting 1, participants began the visioning process by individually preparing a list of ideas, which were then shared with the group. Of the ideas presented, several topics overlapped and revealed the key goals of the overall group. In Meeting 2, participants worked together to narrow their ideas down to three actionable goals for the future. The numbers in parentheses after each idea indicate the number of participants who shared related ideas during the group session. Sub-topics, which are featured below, represent specific, yet unique, supporting visions raised by participants. Visions appearing **in bold text** reflect the top 6 ideas based on participant responses.

Visions for Education

- 1. Cooking and home economics classes for children (4)
 - a. In schools
 - i. Courses that teach middle and high school students how the food system works, how to shop for groceries, gardening, cooking, food storage, and other life skills
 - ii. Food education coupled with etiquette and manners instruction
- 2. Communal facilities for learning/sharing (3)
 - a. A cooperative kitchen space for classes, education, public use low cost, open to all
- 2. Community food education and classes (3)
 - a. At the Clintonville Farmers' Market (2)
 - i. Herb use demos
 - ii. Standing demo using onsite produce with samples available
 - b. Whetstone Park farm and garden training, larger farm
- 3. Field trips/tours of farm/production facilities
- 4. A food history museum

Visions for Increased Access to Healthy Food

- 1. Community events that allow people to share food such as potlucks, dinner trades, happy hours and soup swaps (8)
 - a. Food trade area (like Dinin' Hall, a local restaurant in Columbus) dedicated space, safe, covered, advertised online, picnic tables

b. Egg Share - trade of chickens and/or eggs

2. Improvements to the Clintonville Farmers' Market (5)

- a. Permanent, year-round space (2)
- b. Expansion of market to include a Beechwold (North Clintonville) and Arcadia (South Clintonville) location
- c. Longer hours, including on the weekends and afternoons
- 3. A larger new and improved co-op combined with Farmers' Market
- 4. No hunger in Clintonville
- 5. Mobile markets (Broad Meadows area between Beechwold and Worthington)
- 6. A walkable, organic grocery store on Indianola north of GoodeMore community corner stores get people walking
- 7. More mid-priced, high quality restaurants
- 8. More local specialty shops cheese, bread, charcuterie, etc.

Visions for Production/Gardening

1. More community gardens (10)

- a. In public locations such as the library, Whetstone Park, Brevoort, Glen Echo River, Weber Bike Path (4)
 i. Plots for residents in Whetstone Park
- b. More gardens in schools (4)
 - i. Ohio School for the Deaf fruit tree orchard and garden (2)
- c. With more programming for people of all ages and better organization
- d. For production

2. More publicly accessible free food (10)

- a. Edible gardens similar to Seattle Food Forest (5)
- b. Fruit trees (3)
 - i. Fruit tree map (2)
- c. Edible rain gardens

3. Food processing/distribution facility in the neighborhood (6)

- a. connected with a culinary arts training or vocational program
- b. canning facility in warehouse space on Indianola
- 4. More home gardens (5)

a. Front yard gardens (3)

- i. Little Free Gardens in front yards
- b. Rooftop gardens
- c. At-home gardening help
- d. Gardening education in schools (4) Farm to Garden/Farm to School programs in schools (3)
- 5. Cold storage/flash freezing facility for locally grown fruits and vegetables (4)
- 6. More garden participation/education
- 7. Community-learning-oriented urban farm (possibly at the Ohio School for the Deaf) with a public cannery, public orchard
- 8. Water harvesting and irrigation
- 9. More utilization of resources from restaurants/groceries
- 10. Large community kitchen with food processing and classrooms for education
- 11. Greenhouse
- 12. Accessibility to "good things" for everyone, drying for CRC Food Pantry

Visions for Transportation

- Making Clintonville (as well as Columbus) more bicycle safe so it is easier to access food (4)

 Bikeshare, east to west movement/access transportation.
 - b. Designated bike lines connecting the city
- 2. Improvements to busing (2)

- a. Different bus lines
- b. Grocery carriers on COTA buses
- 3. Local trolley or street car down High Street (2)
- 4. Shuttles for transportation to interesting groceries (especially east west); creation of a "railroad corridor of

food"

Visions for Food Recovery

- 1. Municipal compost for residences
- 2. Community-learning-oriented urban farm maybe at the Ohio School for the Deaf with a community compost

Visions for Community Partnerships/Business Development

- 1. Increase funding opportunities (2)
 - a. Enlist the credit unions, especially Kemba
 - b. All new builds/developers must give 1% of their budget to edible gardens and fruit trees
- 2. Fewer fast food places
- 3. Fewer banks
- 4. Neighborhood people running businesses in their own areas
- 5. Ice cream truck style fresh foods food truck
- 6. Some sort of local certification for restaurants/businesses that tout local sources
- 7. Better connections with Linden better bus routes, shared groceries, murals, shared gardens

<u>Miscellaneous</u>

- 1. Water fountains/filling stations along High & Indianola at key points east to west
- 2. Child care
- 3. Opportunities for children to play outside
- 4. Dinner CSA (Community Supported Agriculture)
- 5. Operating CSA (Community Supported Agriculture) with paid staff
- 6. Local food available to the whole city
- 7. Community efforts that value elder/poor women/men "apartment grannies"
- 8. Windmill turbines on top of cell towers
- 9. Children cooking for parents

TOP 6 IDEAS FOR A HEALTHY COMMUNITY OF CHOICE

During Meeting 1, participants also explored the feasibility, affordability and popularity of the ideas presented. The top six ideas for exploration that emerged from Meeting 1 included:

#1 More community gardens (10)
#2 More publicly accessible free food (10)
#3 Community events that allow people to share food – such as potlucks, dinner trades, happy hours and soup swaps (8)
#4 Food processing/distribution facility in the neighborhood (6)
#5 Improvements to the Clintonville Farmers' Market (5)
#6 More home gardens (5)

FINAL PRIORITIES/GOALS FOR A HEALTHIER COMMUNITY

During Meeting 2, participants refined the top 6 visions list to 3 goals. Noting the complexities and longer timeline for achieving all five goals, the group chose to concentrate their efforts on shorter term, actionable goals that reflected the top 6 ideas. The top 6 ideas were combined as follows:



Goal 1: Increase Food Production and Access

- Increase the number of community gardens:
 - in residential areas.
 - o through the development of private property.
 - at the Ohio School for the Deaf. The property could house a greenhouse with a job training program partnership with Columbus State Community College's Chef Program and/or with Swainway Garden.
- Improve access by:
 - establishing a free food forest in the community.
 - establishing a "shepherd's corner" (a type of garden) that is partnered with local schools or the Clintonville-Beechwold Community Resource Center.
 - o establishing "healthy corner stores" and fruit and vegetable stands that accept SNAP benefits.
 - o operating a mini/shared CSA (community supported agriculture).
 - o conducting produce drops at senior centers
- Increase the number of home gardens:
 - o share starts/seeds.
 - o collect donations of garden products.
 - provide free seeds/compost/education; possibly use Whetstone Community Center as the location.
 - \circ $\,$ allow people to use SNAP benefits to purchase from or start home gardens.

Goal 2: Host community events that allow people to share knowledge and share food

- Bring the community together to share knowledge, which would also support all 3 goals identified "community and knowledge are the basis of all success!."
 - Getting to know neighbors has many benefits:
 - increases safety
 - encourages people to come out
 - encourages healthy living
 - increases knowledge
 - Food education can occur at the events, which would be held quarterly at different locations throughout the community – churches, recreation center, shelter house, etc.
 - Experts could be solicited to speak on various subjects; participants could attend free of charge and/or volunteer.
 - A list of about 10 ingredients could be provided and each food demonstration/dish
 - prepared would include one of the ingredients.

Goal 3: Improve the Local Food Economy

- Establish a community food hub a large facility attached to a permanent Farmers' Market that processes and/or warehouses food for storage. This would include freezers, shelves, and canning and produce equipment.
 - This could be expanded to include satellite facilities throughout Clintonville and mobile markets serving areas of need.
 - Community gardens could establish paid positions at the facility, which could also have lots available for rent.
 - Partnerships with Columbus City Schools, restaurants and grocery stores could provide an incentive for these entities to source locally because the facility would provide better processing and distribution than what is currently available.
 - The T. Marzetti Company could become a community partner and establish a Columbus Institute at the facility.

Participants were encouraged to begin brainstorming ways in which they can begin to move forward toward achieving the agreed upon goals. Building upon the success of previous activities on the west, near east and near south sides of Columbus, Ohio, the project management tool included in the section below – *Additional Resources and Information: Case Studies and Templates,* was provided as a tool for future work prior to the development and implementation of the *Columbus-Franklin County Local Food Action Plan* in 2016

NEXT STEPS

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As a result of the small group meetings, the participants expressed their desire to focus on two of the ideas presented. Future exploration of these ideas will be continued by community members, who will lead the efforts to bring the plans brought forth in the community meetings to fruition with continued engagement of food access working group members and other interested stakeholders..

The City of Columbus, Franklin County Commissioners and Local Matters will use the information contained in this report for continued engagement of participants in the development and implementation of local strategies that represent the community's collective vision for improving access that also meets the specific needs of the Clintonville neighborhood of Columbus, Ohio. The information and planning gained in the Clintonville neighborhood will be combined with that of the Near East Side, Near South Side, West Side, Northland, Weinland Park and Linden reports to help inform a Columbus-Franklin County Local Food Action Plan (expected completion Fall 2016). Additional information and updates will be provided online at www.local-matters.org

ADDITIONAL RESOURCES AND INFORMATION: CASE STUDIES AND TEMPLATES

CASE STUDY: THE STOP -

http://www.thestop.org/

The Stop strives to increase access to healthy food in a manner that maintains dignity, builds health and community, and challenges inequality.

The Stop has two locations: at our main office at 1884 Davenport Road we provide frontline services to our community, including a drop-in, food bank, perinatal program, community action program, bake ovens and markets, community cooking, community advocacy, sustainable food systems education and urban agriculture. The Stop's Green Barn, located in the Wychwood Barns at 601 Christie Street, is a sustainable food production and education centre that houses a state-of-the-art greenhouse, food systems education programs, a sheltered garden, our Global Roots Garden, community bake oven and compost demonstration centre.

CASE STUDY: URBAN FOOD FORESTRY-

http://urbanfoodforestry.org/initiatives/

Urban food forestry brings together elements of urban forestry, urban agriculture, edible landscaping, and agroforestry. It is an emerging form of urban food production that can be seen in the form of community urban orchards, urban food forests, edible parks, and other edible landscape features.

The main distinguishing features of urban food forestry from predominant forms of urban agriculture (such as allotment gardens) is a focus on utilizing public space and planting perennial crops. This results in more equitable access to fresh produce, particularly with the help of urban gleaning and fruit mapping projects. The design inspiration for urban orchards and food forests often draws from permaculture literature, agroecology research, and agroforestry practices.

The purpose of the website is to bring together knowledge and research on the topic of urban food forestry to assist municipalities, community leaders, and backyard enthusiasts.

TEMPLATES: PROJECT PLANNING TOOL

Project planning is a discipline for stating how to complete a project within a certain timeframe, usually with defined stages, and with designated resources. One tool for project Planning and management follows:

PROJECT PLANNING TOOL

Example - West Side (Franklinton & Hilltop)

Vision
We are a strongly connected and informed network of residents, organizations, places of worship, and businesses, strengthening access to healthy food and food education in Columbus' Westside Neighborhoods.
1 st Project Goal
Create safe and pleasant community gathering spaces around healthy food production, access and education.
Task 1
- Explore bringing a large-scale community grocer, co-op, or food hub with opportunities for education and business incubation to Franklinton and Hilltop.
Task 2 - Develop a healthy food communication network for the West Side, which includes information and resources about healthy food access, education, and production.
Planning your Project
Planning your Project
Identify the problem: What gap or barrier are you trying to address?
- Problem
- Barriers
List some reasons that you think this problem might exist.
What approach will you take to solving or mitigating this problem?
Project Goal:

Secondary goal:		
Project S	trategy:	
Desired	putcome(s):	
Key Play	ers:	
Projected	l timeline:	
Resource	es needed:	
ow will you kno	w if this project has been successful?	

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