



BUILDING A HEALTHY FOOD SYSTEM FOR ALL


LOCAL FOOD PANEL PRESENTED BY



**HOW CAN WE SHIFT TOWARDS A FOOD SYSTEM THAT MAKES
HEALTHY & SUSTAINABLE EATING ACCESSIBLE TO EVERYONE?**



Chandler Rosenberg
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The image is a composite of two photographs. The left half shows a close-up of a clear plastic water bottle, with its ridged texture and the water inside visible. The right half shows a group of polar bears in a landfill, surrounded by various pieces of trash like cardboard boxes, plastic bottles, and metal debris. The text is centered over the image, bridging the two halves.

Every time you have to go out of your way to choose the option that is less damaging to the planet, we are reminded of the systemic issues that must be transformed.

JESSICA FANZO, PhD

Can Fixing Dinner Fix the Planet?



JOHNS HOPKINS
WAVELENGTHS

“The opportunities for equitable, healthy, and sustainable food systems are substantial but **will require that high-quality science be translated into policy faster than ever before.**”

- **Jessica Fanzo, PhD, Director of the Global Food Ethics and Policy Program at Johns Hopkins University**



BP 
@BP_plc

The first step to reducing your emissions is to know where you stand. Find out your [#carbonfootprint](#) with our new calculator & share your pledge today!



Andrew Henderson
@andrwhenderson

i pledge not to spill 4.9 million barrels of oil into the gulf of mexico

THE POWER *of the* PLATE

The Case for Regenerative Organic Agriculture
in Improving Human Health



AUTHORED BY:

Jeff Moyer, Scott Stoll, M.D., Zoe Schaeffer,
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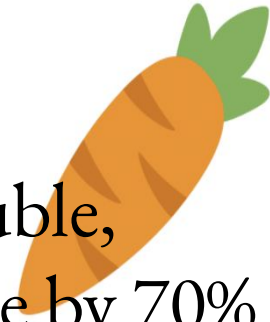


The increased industrialization of our food system has led to **environmental degradation** and **epidemic levels of lifestyle-related diseases**.

A holistic analysis of the connection between soil health, diet, and human health, **this paper outlines clear steps forward to begin improving the health of people around the world**. Developed in partnership with medical professionals and **The Plantrician Project**.



Fruit supplies need to double,
Vegetables need to increase by 70%



2-3% of Americans eat
recommended daily
fruits/vegetables

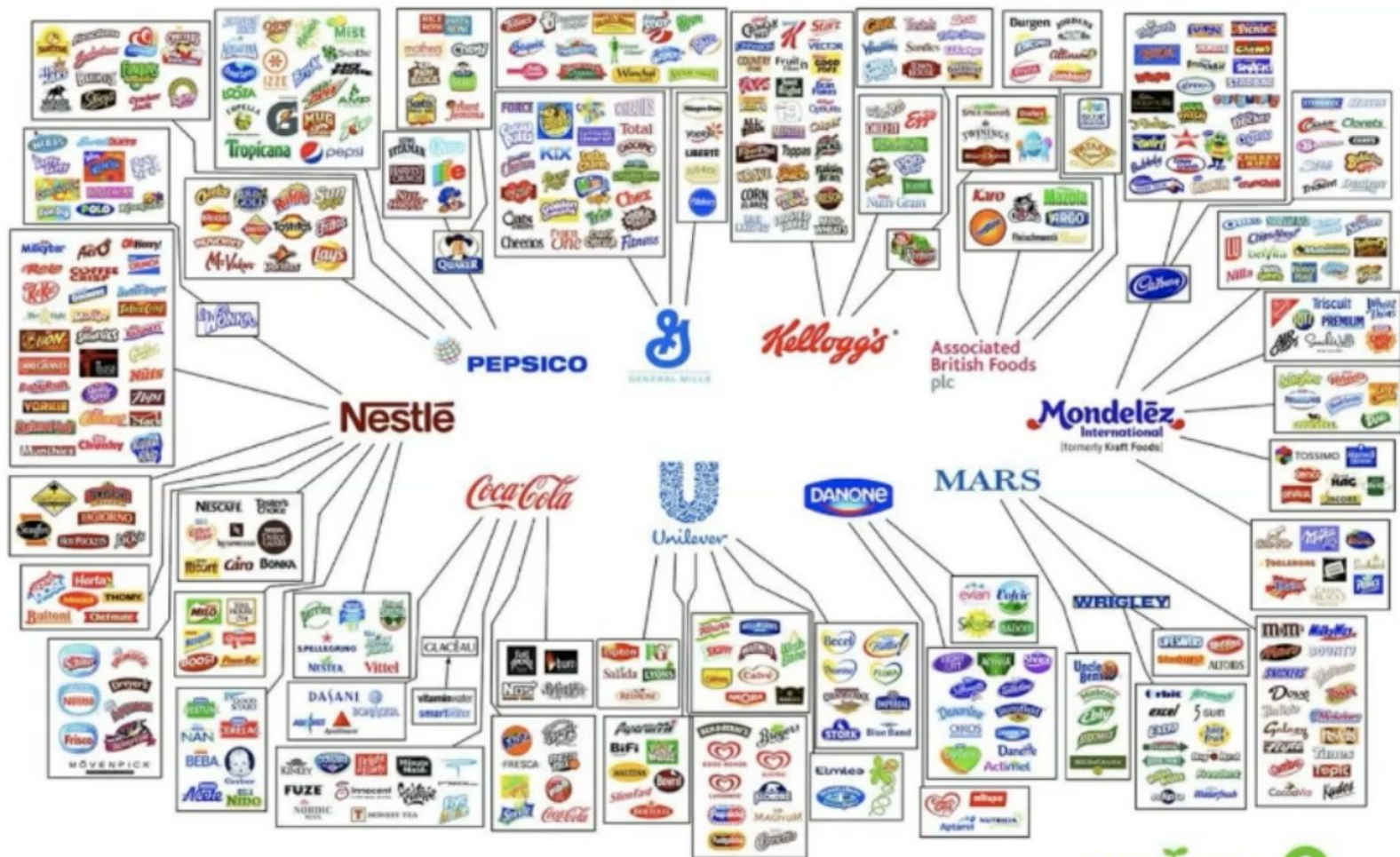
2-3% of land in the US growing
fruits/vegetables

“If Americans were to actually go ahead and jump into consuming the amount of fruits and vegetables recommended, we’d be hard-pressed to meet that demand.”

WE’RE NOT GROWING WHAT WE SHOULD BE EATING!

- Sonny Ramaswamy, Director of the USDA’s National Institute for Food and Agriculture (2012-2018)







2020 - Plant Based Food Relief Project



2020 - Plant Based Food Relief Project

1200 Grocery Kits

2 weeks of food for family of 4

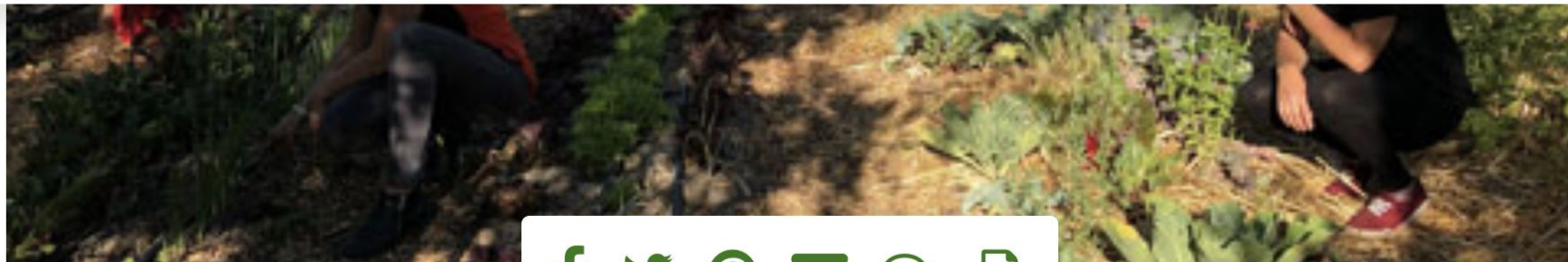
Donated through partnerships with
Catholic Community Services, Joyce
Hansen Food Pantry, Islamic Society of Salt
Lake, International Rescue Committee











220 shares

Plant-Based Utah Program Promotes Access to Healthy Food

By [Chandler Rosenberg](#) | April 27, 2021

The following is an article from a [Community Grant](#) recipient.

2021 - Backyard Gardens with the Village Cooperative



ROSE PARK/FAIRPARK NEIGHBORS

**HELP US FEED
OUR COMMUNITY!**

**WE ARE LOOKING TO START ANOTHER
URBAN FARM IN YOUR BACKYARD!**

MUST HAVE:

- at least 1500ft² of yard space
- access to water
- willingness to accommodate volunteers in your yard throughout the season

**1/3 OF HARVEST WILL SUPPORT
OUR CSA PROGRAM**

**1/3 WILL BE DISTRIBUTED VIA
WEEKLY FREE FARM STAND
FOR THE NEIGHBORHOOD**

1/3 GOES TO VOLUNTEERS

We'll do the work and you'll get free produce all season long while helping to create a healthier, more resilient local food system.

EMAIL DARINMANN515@GMAIL.COM IF YOU'RE INTERESTED!







2 Plant Based Certificates
per year through Center for
Nutrition Studies and
eCornell

Working to get an elective
on the curriculum



JOIN US IN THE GARDEN THIS SPRING!



*WE NEED YOUR HELP
PREPPING EXISTING
GARDENS & INSTALLING
2 NEW GARDENS*



*SATURDAYS,
AM & PM SHIFTS:*

*MARCH 26TH
APRIL 2ND
APRIL 16TH*

*1/3 OF HARVEST DONATED TO VOLUNTEERS,
1/3 DONATED TO FAMILIES IN NEED*



6 Total Backyard farms since 2021

Provided veggies to 4000 people/month in 2022 through free farm stand + partnership with Comunidades Unidas



3 Pillars:

Education

Policy Advocacy

Community Building

Why these advocates want to make Utahns think about the food they eat

The Utah Food Coalition is trying to network small farmers with everyday people to consider how food systems work.



(Chandler Rosenberg | Utah Food Coalition) Kristen Kropp, owner of B.U.G. (Backyard Urban Gardens) Farms in Salt Lake City's Glendale neighborhood, leads a farm tour at Utah Food Coalition's first farmer skill-share/potluck.

By Stefene Russell | July 18, 2022, 7:00 a.m. | Updated: 9:37 a.m.

Utah Food Coalition Newsletter

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Winter, Welcome In

Mobile Moon Co-Op will weather the winter with "Community Supported Herbalism," winter markets begin, BUG Farms needs help, + events and news.

UTAH FOOD COALITION    



Alfalfa in a Southern Utah field. Photo by Chandler Rosenberg.

[New](#) [Top](#)



September in Utah: What is Seasonal Food?

Fall is near, and the food is ... kind of changing. Plus, a food justice film festival and our call to preserve what's left of agricultural zoning in...

UTAH FOOD COALITION AND ERIN MOORE

SEP 1    



(Hot!) August in Utah: What is Seasonal Food?

Watering a Sea of Alfalfa

Utah agriculture's dependence on alfalfa farming is bleeding our water and soil health dry —to disentangle our food system, markets, farmers, and consumers must all know the stakes.



Utah Food Coalition
Apr 7

 1



Food Skills Workshop Series

food skills

Slam Ranch

Learn basic food preservation methods with Scott and Sarah at their farm. In this 4-hour, hands-on skillshare, you will learn about lacto-fermentation, pressure canning, water bath canning, & dehydrating/drying veggies.



Slam Ranch is an independent, cooperative living & sustenance farming residence in West Salt Lake



Sun. Sept. 4th
2:00pm-6:00pm
@ Slam Ranch
Glendale, SLC
\$15



Address will be sent upon sign-up

please sign up via link in bio or use this link
[shorturl.at/dILQ5](https://www.surveymonkey.com/r/YJ573NZ)

presented by
Animalia and Utah Food Coalition

food skills

a series of classes to help us reconnect to how and what we eat

Fungal Focus

Get introduced to the fundamental roles fungi play within ecological systems the cultural, culinary, and medicinal roles of mushrooms how to work with and grow mushrooms



At home grow kits will be available for purchase!



Tues. April 19th
6:00pm
@ Han's Kombucha
370 W. Aspen Ave, SLC
FREE

please sign up via link in bio or use this link
<https://www.surveymonkey.com/r/YJ573NZ>

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food skills

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DRUPEFRUIT

Learn about the history of shrubs and how to make one using your own food waste Learn how (and why) to make a shrub soda and vinaigrette using a DRUPEFRUIT shrub Understand the health benefits and history of vinegar



A variety of DRUPEFRUIT shrubs will be available for purchase!



Tues. May 3rd
6:00pm
@ Central 9th Market
161 W. 900 S., SLC
FREE

please sign up via link in bio or use this link
<https://www.surveymonkey.com/r/YHHRTGD>

presented by
Animalia and Utah Food Coalition





Bimonthly Local Food Forum



What we've found:

- We're not growing enough food to source locally at scale
- We desperately need local/regional supply chain infrastructure
- People are eager to connect and work together to solve our food system challenges

Monthly Small Farmer Skillshare/Potlucks



Films on Food at Farms



films on food
AT FARMS 

Free Screening of *Food for the Rest of Us*
Wednesday, September 28th, 6:30 pm
Roots Charter High School
RSVP at tinyurl.com/2ejc54rd

 Slow Food[®] UTAH  UTAH FOOD COALITION  PLANT BASED UTAH  UTAH FILM CENTER  ROOTS CHARTER HIGH SCHOOL



Living Soils Summit 2023

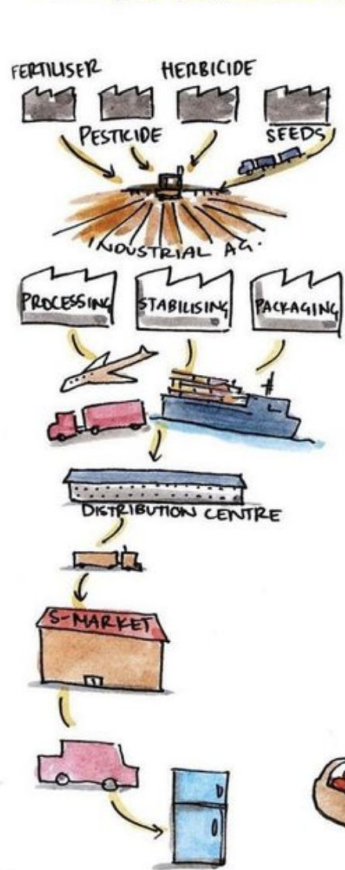


COMMUNITY-LED SOIL SUMMIT SURVEY

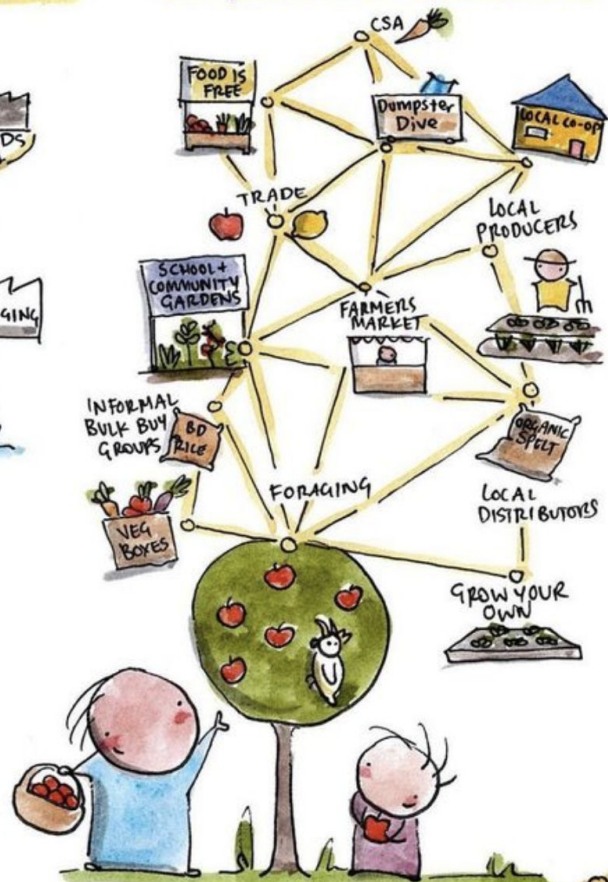
WE NEED YOUR INPUT!




A FRAGILE FOOD SYSTEM



A (OUR) RESILIENT FOOD SYSTEM



@brenna_quinlan 



4TH ANNUAL PLANT BASED NUTRITION SYMPOSIUM

BUILDING A HEALTHY FOOD SYSTEM FOR ALL:
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Sara Patterson,
Farmer, Founder
of Red Acre Farm

4TH ANNUAL PLANT BASED NUTRITION SYMPOSIUM

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Katie Nelson
Director of the Green
Urban Lunch Box

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Jeanette Padilla,
Founder of the
Food Justice Coalition