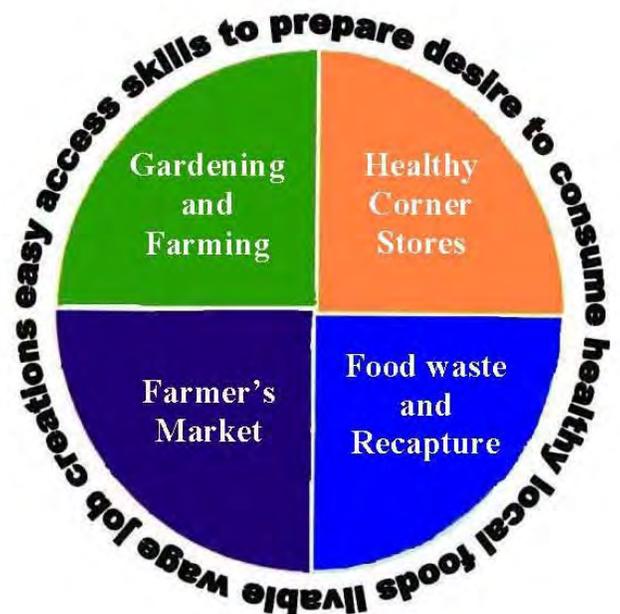


# Bridgeport, CT



# Food Action Plan



MAY 2015



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# Acknowledgements

*The Food Policy Council would like to sincerely thank all of these individuals and the organizations and communities they represent for their input into this Food Action plan.*

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# Acknowledgements

## **Bridgeport Food Policy Council:**

The **Bridgeport Food Policy Council (BFPC)** is a volunteer advisory council of the city of Bridgeport. The Council addresses issues concerning our local and regional food systems and their connection to individuals, communities, businesses, the environment and local government.



## **Food Policy Council Members:**

- Audrey Barr- Food Advocate
- Christina B. Smith- Director of Central Grants
- Christine Straftstrom- Attorney
- David Kooris- Director of OPED
- Esperina Baptiste- Director of Ralphola Taylor Center
- Fred Kaskowitz- Chef, Restaurant Owner
- Ginnie Rae-Clay – Deputy Director of OPED
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# Bridgeport Food Policy Council

The City of Bridgeport Food Policy Council (BFPC) is a voluntary advisory council of Bridgeport. BFPC is working to integrate all agencies of the city in a common effort to improve the availability of safe and nutritious food at reasonable prices for all residents, particularly those in need. BFPC addresses issues concerning our local and regional food systems and their connection to individuals, communities, businesses, the environment and local government.

## OUR MISSION

**Every Bridgeport resident has easy access to, skills to prepare, and desire to consume healthy, mostly local foods. Bridgeport food access is driven by Bridgeport residents and opportunities for livable wage job creation.**

## Bridgeport Food Policy Council Membership

### Community Members

Margot Reynolds, Chair  
Christine Stafstrom, Vice Chair  
Audrey Barr, Secretary  
Esperina Baptiste-Stubblefield  
Fred Kaskowitz

### City of Bridgeport Officials –ex-officio members

Christina B. Smith, Central Grants Director  
Kristin duBay Horton, Director of Health and Human Services  
David Kooris, Office of Planning and Economic Development Director

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*The Bridgeport Food Policy Council sincerely thanks all of the individuals, organizations and communities that contributed to the creation of the Food Policy Council and to the writing of this Food Action Plan. Their names are listed at the end of this report*

## Bridgeport Food Action Plan

The Bridgeport Food Action Plan is the foundation for developing action priorities for the BFPC. This plan focuses on obesity and access to healthy food among community members and the organizations that are working to address these issues. Food access is a small part of the food system that ranges from food production to food waste, but is so important that BFPC chose this topic as the first to examine. This report maps out what is happening now and sets priorities to achieve the BFPC mission. The BFPC works as coordinating and resource body to support the work of the many organizations that address healthy food in the city. The Food Action Plan identifies the needs, services and gaps in the city, and BFPC will use this information to coordinate the numerous agencies addressing healthy eating and to provide a resource for their work. BFPC has used the information from this plan to create a framework for its sub-committees that are organized to match the city's needs.

The Food Action Plan begins with a brief history of the establishment the BFPC, which demonstrates the extent of community interest and effort that has been devoted to making the food system in Bridgeport better. The second section is an assessment of the impact of the food system on Bridgeport residents based upon research and evaluations done by numerous community partners. The report ends with the Bridgeport Resource Inventory, which is an assessment of community resources that are in place now, and incorporates these into the priorities for the BFPC and a logic model which lays out the structure the BFPC is trying to build to achieve its goal. The following picture details what the BFPC is trying to accomplish and its core components.



## Background & History



The City of Bridgeport has a stated commitment to ensuring that healthy food is accessible for all city residents.

Efforts to support this commitment began in 2008 as a partnership between the Bridgeport Department of Health and Social Services (BDHSS) and Southern Connecticut State University's (SCSU) Department of Public Health as they began working to understand and address the concerns of East End Residents, which is a neighborhood in the state's longest running food desert. This effort, funded by a grant from the Boston Public Health Commission, worked to understand the needs of this neighborhood through a lens of social justice.

Bridgeport REACH 2020 worked to achieve health equity by erasing racism on Bridgeport's East End. Exploratory discussions with the community, conducted as part of this initiative, revealed that concern surrounding lack of access to healthy foods was a key issue voiced by community members. White papers were written by SCSU to aid community members in advocating for access to healthy foods (Attachment A). When Wholesome Wave approached the City of Bridgeport in 2009 to discuss how to improve healthy food access by increasing farmers' markets in the City, Bridgeport DHSS was eager to partner in the effort.

The farmers' markets are supported by grants from the State Department of Health, United Way of Coastal Fairfield County, and the US Department of Agriculture.

The community health assessment conducted in Bridgeport in 2010 (CARES: Community Allied to Reach health Equity) employed community members and young people to assess health concerns of Bridgeport residents. The report showed that obesity was rampant in the city and these findings in turn contribute to community assessment in the Food Action Plan. This assessment was fueled by the REACH coalition who applied for an ACHIEVE Grant from the CT DPH in 2010 to address obesity in Bridgeport. The group – which included REACH coalition members but expanded to include other champions such as a cardiologist, East End NRZ members, and others – utilized the Centers for Disease Control's CHANGE Tool to assess Bridgeport's readiness to adopt changes to reduce obesity. They prioritized the establishment of a Food Policy Council in Bridgeport and brought 4 City Council Members to an ACHIEVE training on the work and role of Food Policy Councils. An ordinance was drafted and passed by the



Bridgeport City Council which formally established a Food Policy Council in November 2012. (Attachment B)

Simultaneously the Bridgeport DHSS was working with members of the Primary Care Action Group (PCAG) to set

community priorities based on the results of the CARES survey. This group formed the Coalition to End Obesity in Bridgeport and Stratford in July 2011. Task forces - Healthy Eating, Physical Activity, and Support Systems - continue to meet monthly to collaboratively plan activities and coordinate efforts. This group expanded to also include Fairfield, Trumbull/Monroe, and Easton in the fall of 2011. In the fall of 2013 the group expanded to New Haven and the two



coalitions collaborated to join forces on activities.

PCAG and Get Healthy CT worked together to conduct a

community health needs assessment in 2012-13 and to develop a community health improvement plan. (One page summary - Attachment C.) The plan includes four main priorities for Greater Bridgeport: Obesity, Chronic Disease, Access to Health Care, and Access to Mental Health and Substance Abuse Services. Each of these has a committee assigned to it which meets monthly to collaborate on activities. One example is Know Your Numbers; conducted in February 2014, which offered BMI, cholesterol, blood glucose, and blood pressure screenings in soup kitchens, and churches throughout Bridgeport. There are regular updates from this group on the work of BFPC, and the City Health Director who serves on the BFPC and chairs the Get Healthy CT Coalition in Bridgeport provides a link between the work of the two groups.

The BFPC convened in Sept 2013 and began meeting monthly following that

and as part of their activities elected a chair, Vice Chair and Secretary of the group. The group partnered with Bridgeport's Hunger Action Network (Council of Churches Greater Bridgeport) to host a community conversation in October of 2013. This event – the first for the BFPC–provided an opportunity for community members to voice their concerns about the food system in the city.

This was the first of three events held in October, December 2013 and February 2014 that formalized the priorities for this Food Action Plan.



The minutes from these meetings (Attachment D) form the basis for the four formal priorities of the Food Policy Council:

- 1. Increase gardening in the community for low cost access to fresh produce.**
- 2. Increase access to healthy foods through the adoption of healthier corner stores.**
- 3. Increase access to fresh produce through farmers' markets and mobile markets.**
- 4. Improve access to healthy foods for hungry individuals by improving capture of foods from the waste stream.**

Subcommittees have been formed to address the first three priorities, and in March 2014 a fourth committee was formed to develop a formal Food Action Plan. The group met weekly for several

months to develop an overall plan for improving access to healthy foods for the City of Bridgeport, resulting in the model, presented in this report, which guides their vision. This plan was reviewed, with opportunity for community input during National Public Health Week in April 2014. This final report was edited and a one page version of the main tenets was handed out at Food Day in 2014. This summary is included as Attachment E.

This Food Action Plan was then adopted by the BFPC on April 16, 2014. The City is enormously grateful to all those individuals who gave their time and energy to the plan's development and to those who will guide its implementation. The BFPC will use it to guide their progress on achieving their priorities.



## **Bridgeport’s Food Action Plan – Sources of Information for the Community Assessment**

The community healthy food assessment is the foundation for understanding the food environment and its impact for Bridgeport residents. The Food Action Plan created by the BFPC is based upon community collaboration with several organizations. They have collected information about food access, health and related topics using a variety of methods.

These reports give a detailed picture of the status of healthy food in Bridgeport, painting a picture of the struggles to place healthy food on the table in communities and amongst families where food insecurity is a daily reality. BFPC reviewed these reports to identify key themes and to determine the need for additional data.

Whenever possible, BFPC looked to identify unique concerns of different subgroups. The themes raised here guide the overall analysis of Bridgeport’s food system, and are the foundation of the BFPC Food Action Plan. The following table describes the information that was evaluated to write the Food Action Plan.

<b>PCAG and Get Healthy CT (2009)</b>
This community health assessment focused on the needs and concerns of community members related to food access. The assessment was based upon reports collected for other purposes in Bridgeport over the past 5 years.
<b>REACH &amp; ACHIEVE (2008-2011)</b>
These coalitions worked on food access on the East End and in the city as a whole. These reports used CARES data and a survey of 225 corner stores about the availability of fresh produce, whole grain products, skim or reduced fat milk, and 100% fruit juices. (Attachment A).
<b>CARES (2010-11)</b>
BDHSS conducted an in person and random digit dial survey of more than 1600 individuals throughout Bridgeport. This is the largest single survey of Bridgeport residents, with oversampling in two low income neighborhoods so there is statistically meaningful data not only of the city as a whole but also of Bridgeport’s East Side and East End. (Attachment F: CARES Executive Summary).
<b>Greater Bridgeport Community Health Needs Assessment and Community Health Improvement Plan (2013)</b>
A range of health concerns in Greater Bridgeport were described utilizing through survey work, focus groups and key informant surveys, and secondary data A total of 1300 people participated in the survey with 242 from Bridgeport. The full report can be found on the hospital website <a href="http://www.bridgeporthospital.org/aboutus/CHNA/default.aspx">http://www.bridgeporthospital.org/aboutus/CHNA/default.aspx</a>
<b>BDHSS and SCSU (2013-14)</b>
Collaborated on a survey on lead poisoning, food security and barriers to food access. This survey of 250 residents was given out at community events and farmers markets, and adapted for use in the focus groups (described below).
<b>BDHSS Healthy Corner Store Study (2014)</b>
To understand barriers to accessing healthy foods, particularly for the development of healthy corner stores, 73 East End residents participated in focus groups and/or surveys in the spring of 2014.

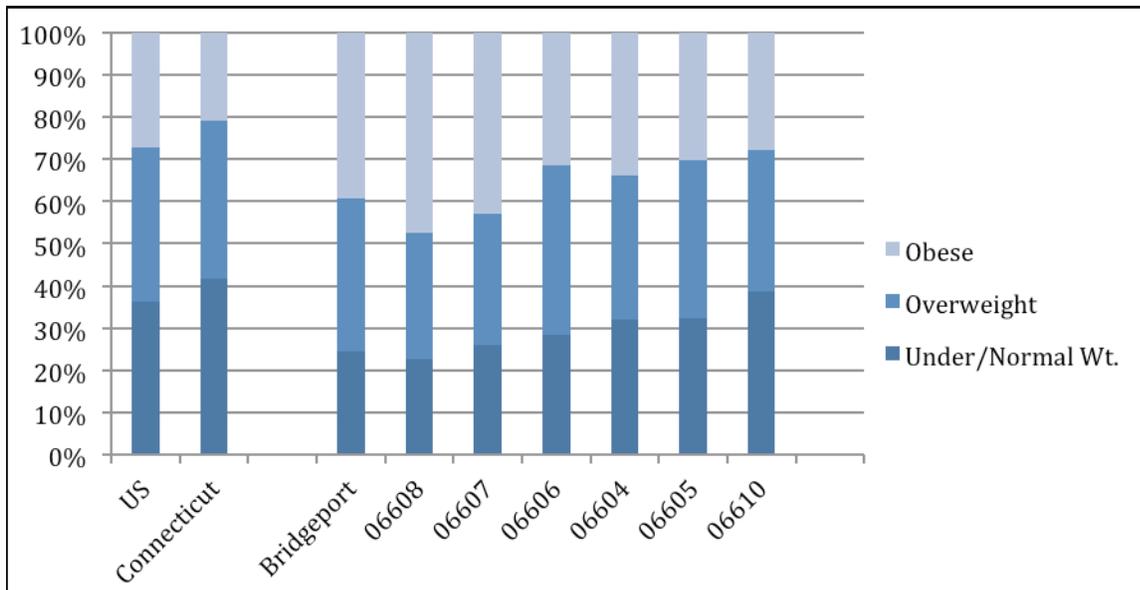
## Findings from Community Assessments

### Obesity and Overweight

**Residents in Bridgeport are more likely to be obese than the rest of Connecticut and of some surrounding communities. There are disparities in obesity and overweight within the city. Some neighborhoods in Bridgeport have a greater proportion of obese residents. Excess weight is more common among Hispanics, those living below the poverty line and having less than a high school education.**

The CARES survey collected BMI data, and found that 37% of respondents were obese and another 34% were overweight. (20% of respondents did not provide their height and/or weight so their BMI could not be calculated.) Compared to the state, similar proportions are overweight, but rates of obesity are almost double Connecticut's rate of 21%, and greater than the national rate of 27%. (Figure1)

**Figure 1 - BMI Comparisons - Bridgeport, CT and US**



Source: CARES

The risk of being overweight or obese varies in Bridgeport neighborhoods. The highest prevalence is in zip code 06607 and 06608, and the lowest prevalence in zip code 06610. Certain groups are more likely to have an elevated BMI: Hispanics, those with less than a 12<sup>th</sup> grade education, those who reported food insecurity, and those with low vegetable consumption.

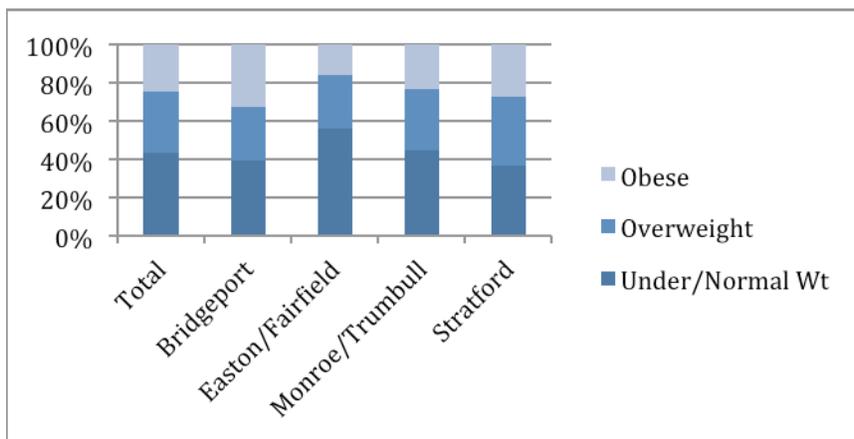
Differences in BMI in neighborhoods may be due to differences in their residents. The zip codes with the largest percentage of overweight and obese residents (06607 and 06608) are also the ones with the highest percentage of residents with the 3 most important risk factors: living below the poverty line, having less than a high school education, and being Hispanic. On the other hand, in zip code 06610 where there are the fewest obese and overweight residents, there are also fewer residents who are poor and more of them have a high school education. This neighborhood is somewhere in the middle in its percentage of Hispanics.

However, when each of these risk categories (poverty, education, and ethnicity) is looked at by zip code, the rates of obesity/overweight are even higher within the risk categories. For example, if you consider only residents of 06608, those living below the poverty level were still more likely to be overweight or obese.

This finding of disparities of obesity and overweight formed the core of the focus for many of the Health Department’s efforts in Bridgeport’s East End, which has the longest standing food desert in CT (35 years without a full service grocer) and is rated the most obese neighborhood in the city of Bridgeport.

Place matters in terms of obesity not only within Bridgeport but in the entire Greater Bridgeport region. Obesity rates among CHNA participants were highest in Bridgeport and Stratford and much lower in the surrounding suburbs. (Figure 2.)

**Figure 2 – BMI Comparisons – Bridgeport and neighboring communities**



Source: CHNA

**Food Insecurity**

**Food insecurity means that a person or family lacks consistent source of funds to purchase food. Many Bridgeport residents experience food insecurity. In some neighborhoods two-thirds of residents are food insecure. Blacks and white residents are more likely to be food secure than Hispanics. Those 65 and older are more likely to be food secure than younger people.**

The United States Department of Agriculture defines food security as "...access by all people at all times to enough food for an active, healthy life." Food insecurity is defined as not enough food to fully meet basic needs at all times due to lack of financial resources (End Hunger CT). Those who are food insecure have a reduced quality of diet and in the most extreme situations; have to disrupt their eating patterns due to limited resources.

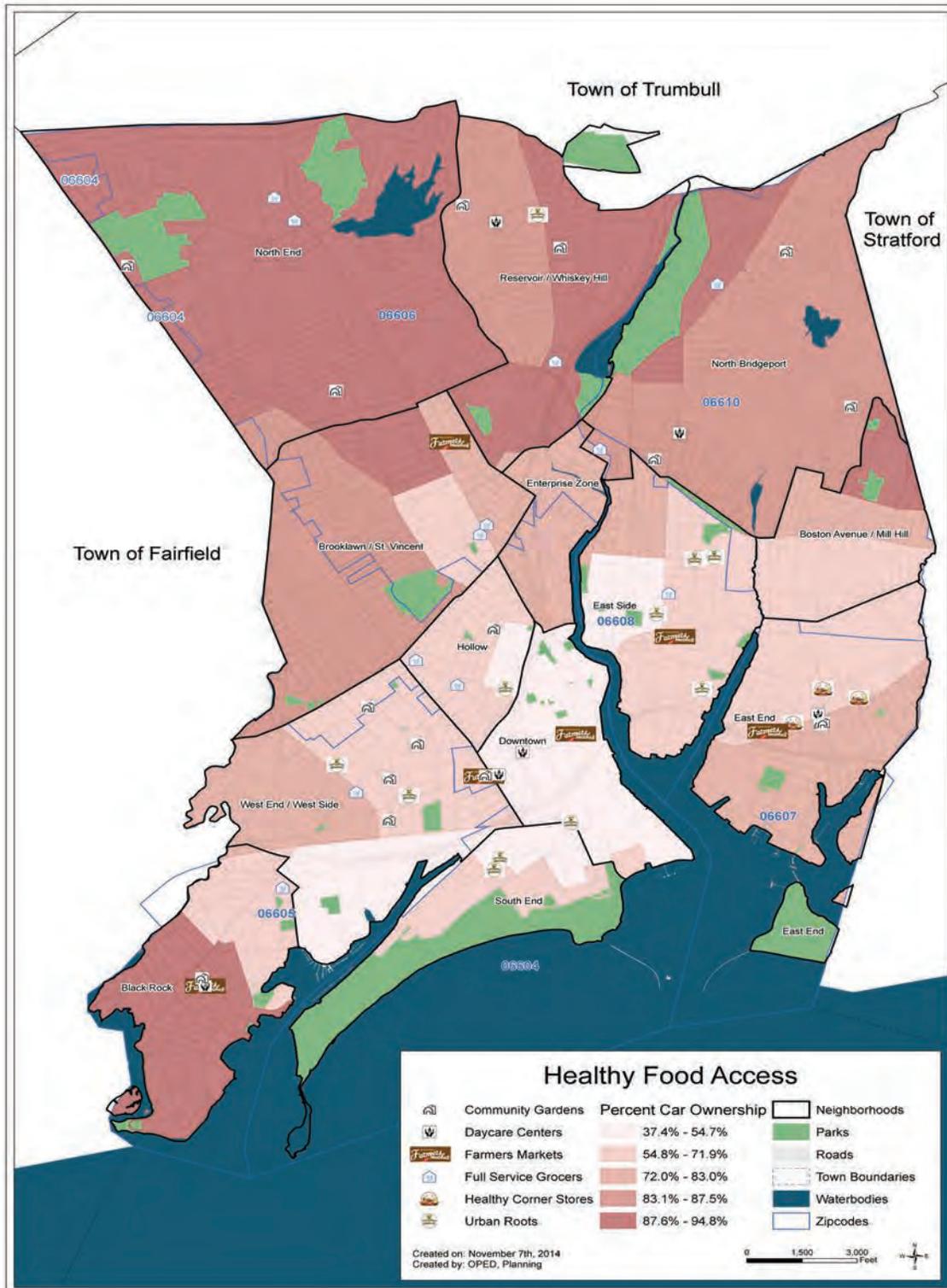
A survey of 226 Bridgeport residents found that half had food security, with 15% having low security and 35% having very low security. Very low food insecurity was most common in zip code of 06604 with nearly half (47.9%), followed by neighborhoods 06605 and 06608. (Table 2)

Zip Code (N)	High	Low	Very Low
06604 (48)	37.5%	14.6%	47.9%
06605 (31)	35.5%	19.4%	45.2%
06606 (49)	75.5%	6.1%	18.4%
06607 (34)	55.9%	14.7%	29.4%
06608 (23)	34.8%	26.1%	39.1%
06610 (41)	48.8%	17.1%	34.1%
TOTAL	50.0%	15.0%	35.0%



**The Food Environment and Weight Residents in some neighborhoods do not have easy access to full service grocery stores, and rely on corner stores for food purchases.**

The food environment may also contribute to the number of overweight and obese individuals. As noted above the East End neighborhood is without a grocery store, therefore many residents rely on corner stores for food purchases. A review of the number of grocery stores and corner stores by zip code showed that the East End, with a high prevalence of obesity, has no grocery store and the second highest ratio of corner stores to residents. It should be noted that the only neighborhood with more corner stores per household is zip code 06608, which is the city center. People without cars are more likely to rely on corner stores for their food purchases. In the East End, nearly one-quarter of households do not have a car, suggesting that it is difficult for many of them to easily get to a grocery store. The map on the following page details the types of grocery stores available by percentage of households with access to cars. This data suggests that in many neighborhoods without full service grocers cars are uncommon.





Food security differs not only by neighborhood but by race, age and family type.

**Table 3: Food Security by Race and Hispanic Ethnicity**

Group	High	Low	Very Low
White	57.1%	0%	42.9%
Black	56.0%	13.6%	30.4%
Hispanic	37.3%	19.6%	43.1%
Other	40.7%	25.9%	33.3%
Total	50.0%	15.5%	35.0%

**Table 4: Food Security by Age Range**

Age	High	Low	Very Low
18-25	48%	4%	48%
26-45(102)	52%	16%	32%
46-64(79)	44%	18%	38%
65+(17)	71%	12%	17%

As noted above, living near a grocery store may be associated with a healthier diet, and an examination of this data shows that shopping at a grocery store is also associated with food security. Six in ten of regular shoppers (daily or weekly) at grocery stores have food security, while for those who shop at grocery stores less frequently four in ten have food security. The difference is not so great when corner stores are examined. Among those who shop regularly at

corner stores, four in ten are food secure, while for those who shop at corner stores less frequently five in ten have high food security.

**Table 5: Food Security & Shopping Frequency**

How often shop at...	High	Low	Very Low
...grocery store			
Daily or weekly(135)	60%	16%	24%
Less Frequently(77)	39%	10%	51%
...corner store			
Daily or weekly(58)	41%	12%	47%
Less Frequently(101)	55%	12%	33%

To better understand food consumption particularly in long standing food deserts the Bridgeport Dept of Health and Social Services conducted focus groups and surveys among city residents in Bridgeport’s East End and East Side. Focus groups were conducted at a daycare center, a parent meeting at Harding High School, a Senior Center, and surveys were

conducted at a community center. This more qualitative data was analyzed as part of the planning for the Healthy



Corner Store Initiative, which began in the Spring of 2014. The results of these efforts were combined with the survey data taken at farmer’s markets, community events, and health education seminars to determine an overall picture of access to food. The results are summarized below.

**Price is the most important reason for choosing where to shop**

**Pricing affects food choices one of the survey participants noted that “one pineapple cost \$3; while a pack of 6 fruit cups cost a \$1, the choice is obvious, and you would choose the cheapest.”**

Among focus group and survey participants many, 41.37% individuals stated that they eat fruits and vegetables at home. However they were

**Selection of products and**

**Most of the participants agreed that store appearance determines where they go to grocery shop**



All of the participants in the focus groups noted that a stores appearance, cleanliness, sales and products determine where they go to shop. One woman noted that Tyson chicken nuggets are exclusively sold at Stop N Shop so she goes there to get them along with other items.

The most popular corner store mentioned on the East End does stock some produce – it is also relatively well lit, clean, and well organized. This seems to affect willingness to shop in local stores and should be considered as the “healthy corner store makeovers” are conducted.

**Despite needing to travel out of the neighborhood, people rely on grocery stores for most of their purchases**

concerned about the quality of the fruits and vegetables and food spoilage. 64% eats 1-2 serving, while 27% percent eats 3-5 servings (65); 63% eats 1-2 servings of vegetables per day 27% eats 3-5 servings (66); 88% reported physical activity on regular basis.

**Food Insecurity-**

70% of the participants stated that they do not receive WIC, Food Stamps, Senior Vouchers, or Farmers’ Market Vouchers. 28% report receiving WIC or Food Stamps.

**store appearance matter as well.**

**Customers are willing to travel long distances – even without their own car to get the best prices on items.**

“I usually go to Stop &Shop on Main Street, and Price Rite which is right next to it. Both stores are on the other side of town, unfortunately we do not have a grocery store near us.” Several neighborhoods in Bridgeport do not have healthy food options available to the community (Food Desert). “The majority of the participants shop for groceries at Shop Rite, Stop & Shop, Wal-Mart, and C-Town. Moreover, a few mentioned their favorite place to shop is Target and Wal-Mart, because of their coupons. When asked “How do you choose which store to shop at?” the group stated prices, quality of the product, cleanliness and appearance are major factors in choosing which grocery store to shop. Moreover, they also stated that good prices will overrule poor appearance and upkeep.

**Customers are willing to travel long distances – even without their own car to get the best prices on items.**

Some mentioned their favorite place to shop is Target and Wal-Mart, because of their coupons. When asked “How do you choose which store to shop at?” the group stated prices, quality of the product, cleanliness and appearance are major factors in choosing which grocery store to shop. Moreover, they also stated that good prices will overrule poor appearance and upkeep. Participants favorite corner stores are Oasis and A&G variety, both located on the East End side of Bridgeport. Most of the participants do not like shopping at corner stores because they look dirty and have too many young kids hanging outside. A few mentioned shopping every day at the corner stores, for milk, bread, hot sandwiches, chips, snacks, junk food, tea and coffee. 57% of the participants mentioned that they would buy produce if the corner store sells it. The high price of produce is also an issue; individuals compared buying a fruit cup (\$1) over one pineapple (\$3).



**Few people know about and use farmers’ markets or community gardens, but they are interested in learning more about them**

As for Farmers Market and community gardens, the majority of the participants (58%) were not aware of the Bridgeport farmers markets, however a few mentioned their favorite farmers market is the downtown Bridgeport market. A few people who shop and worked at the community garden mentioned liking the prices, atmosphere, and like to volunteer. Price is the denominating factor that comes into play for all three focus groups, when it comes to grocery shopping.

“I usually go once a week depending on the sale and if I need anything, but the thing is, I have to go to the other side of town. “ Individuals spoke about shopping at several grocery stores outside their area because they not have access to grocery stores. There is clearly a correlation between pricing and living in a food desert area.

**Even in neighborhoods with Farmers Markets few people knew about them or shopped there.**

Only 6 people have been to a farmers market in Bridgeport, and most of them only once or twice. The doubling program is one of the things that attract some of them. Individuals picked their favorite market being the downtown market, and also advised us to advertise the markets by sending mail from the City of Bridgeport. Participants mentioned that main attraction to a farmers market is that it accepts federal nutrition benefits, like WIC and senior vouchers.

**When asked about visiting a community garden, one participant asked “where is that located?”**



Residents seem largely unaware of community gardens even those that they walk or drive by every day. The daycare center sits directly across from a community garden and no one in that focus group had ever known about it or how to access is. However, individuals were interested in volunteering; not only to get produce, but to water and plant as well. A few people who had worked at a community garden mentioned liking the

atmosphere and the opportunity to volunteer.

### **Food pantries are a well-used source of food but they offer limited products**

#### **Food Pantry**

“We like going to the food pantry, however the lines are too long.”, When asked if the food was adequate, individuals stated that the food was decent, and that the pantries gave away items such as boxed macaroni and cheese pasta noodles, poultry, potatoes, and onions. 78 % never been to a food pantry (36 out of 46).

### **People would be willing to shop more frequently at corner stores if more products were sold there**

#### **Corner Stores are an important resource for snacks and other necessities – but not seen as a place where all of the family grocery shopping gets done.**

“Soda.” “Steak and cheese sandwiches” and “junk food” were key words associated with unhealthy products that individuals purchase at the corner stores. Along with chips and high caloric snacks. However 38% of the participants have never shopped at a corner store (20 out of 52).

### **Consumption of fresh fruits and vegetables was seen as difficult due to high prices. Still both in the CARES data and in the more recent survey work individuals do try to eat the recommended daily servings with good outcomes**

The 2010 CARES Report found that servings of vegetables had an inverse relationship with obesity/overweight. There were 4 answer choices for vegetable consumption ranging from “none” to “6 or more.” Those who answered none had the highest rate of obesity/overweight at 77%; those who answered 6 or more had the lowest at 61%, and the choices in between followed a step-wise pattern.

The survey also explored the reasons people gave for not usually buying fresh vegetables. Looking at the subgroup who was overweight/obese and who ate 2 or fewer servings of vegetables (n=631): the responses they gave to that question were almost exactly the same as the bigger group. “Too expensive” was the biggest reason (28%), followed by “spoil before we eat them,” (11%), and “quality not good” (9%).

In 2010 CARES found that only 20% of parents report their children eating more than 3 servings of vegetables daily.

## **Resource Inventory**

The Food Action Plan subcommittee felt that this plan should include an inventory of existing programs in Bridgeport that address access to healthy foods. The lack of a clear place where this sort of inventory is available was discussed at each of the three community conversations held by the Food Policy Council in 2013-14. To this end, the Food Action Plan subcommittee determined that a matrix that compared available and recommended services, rather than a simple list, would be most useful. The team used the Centers for Disease Control and Prevention's Strategies for Obesity Prevention<sup>1</sup> to identify recommended strategies for local governments and communities to address obesity through food and physical activity. The 10 strategies that are directed to food are used as a guide as to what should be happening here in Bridgeport. The ten strategies are as follows:

1. Increase availability of healthier food and beverage choices in public service venues.
2. Improve availability of affordable healthier food and beverage choices in public service venues.
3. Improve geographic availability of supermarkets in underserved areas.
4. Provide incentives to food retailers to locate in and/or offer healthier food and beverage choices in underserved areas.

5. Improve availability of mechanisms for purchasing foods from farms.
6. Provide incentives for the production, distributions and procurement of foods from local farms.
7. Restrict availability of less healthy foods and beverages in public service venues.
8. Institute smaller portion size options in public service venues.
9. Discourage consumption of sugar-sweetened beverages.
10. Increase support for breastfeeding.

At this time, we have not gauged how well existing programs and policies are addressing these strategies, but through the prioritization undertaken at the community meetings it seems that more work is needed in the four priority areas of Food Policy Council. The chart below lists the Food Policy Council's priorities on the left and aligns them with the CDC's strategies. On the right are the programs being implemented currently in Bridgeport with a brief description of their work. You will find a list of contact people for these programs in Attachment G.



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[http://www.cdc.gov/obesity/downloads/community\\_strategies\\_guide.pdf](http://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf)

# 1. Increase availability of healthier food and beverage choices in public service venues.

## **Connecticut No Kid Hungry Campaign**

Increase participation in programs such as Summer Food Service Program, and Child and Adult Care Food Program's Afterschool Meal Program



## **Bridgeport Board of Education:**

**Nutrition Center**  
Provide healthy nutritious meals to students in accordance with national and state guidelines. Promote healthy

eating habits and provide a wide range of options to fit the diverse cultural backgrounds of the student population. Initiated local food pilot in three high schools and \*\*\* middle schools in 2013-14 with support of AmeriCorps Volunteer.

## **Get Healthy CT**

Increase funding to address the Greater Bridgeport Regional issues Implement the Healthy Eating Pledge developed by Get Healthy CT Increase food access by eliminating barriers to healthy eating barriers

# 2. Improve availability of affordable healthier food and beverage choices in public service venues.

## **Connecticut Department of Public Health**

Implement policy enforcement for state and national regulations

## **Greater Bridgeport Council of Churches**

Provide affordable access to food through food pantries, soup kitchens, and community suppliers

## **City of Bridgeport Department of Health and Social Services Environmental Program**

Currently assessing local ordinances to improve healthy food options in local areas.

# 3. Improve geographic availability of supermarkets in underserved areas.

## **Bridgeport Neighborhood Trust**

Bring a grocery store to the East End. Planning to break ground in late September 2014 for mixed-use building that housing a grocery store and provide residential living space.

## **City of Bridgeport Office of Planning and Economic Development**

Support development of new supermarkets by working bringing together city officials and business owners.

## **East End Neighborhood Revitalization Zone**

Organize community members and represent their neighborhood in

campaigning city officials for food justice through better food retail establishments.

**REACH/ACHIEVE Coalitions**

Provide research and education to community members and leaders to support advocacy for access to healthy food in underserved neighborhoods

**4.** Provide incentives to food retailers to locate in and/or offer healthier food and beverage choices in underserved areas.

**Bridgeport Department of Health and Social Services and Food Policy Council**

Address barriers to retailing healthy foods through the Healthy Corner Store Initiative - starting with the highest needs community.

**Wholesome Wave**

Provide technical assistance and facilitate network of local farmers' markets in order to assure all community members have access to fresh produce

**CT Dept of Agriculture**

Provides Farmers Market Vouchers to Seniors, Veterans, and WIC clients to ensure access to farmers markets for low-income individuals.

**5.** Improve availability of mechanisms for purchasing foods from farms through farmers' markets, farm stands, farm-to-school and other initiatives.

**Farmers Market Collaborative: Wholesome Wave, Black Rock Farmers Market, United Congregational Church Urban Outreach, BDHSS, Downtown Special services District**

**Green Village Initiative**

Sponsors and organizes city farmer markets in neighborhoods to increase access to healthier foods. Collaborates to address and eliminate barriers to fresh fruit and vegetables.

**6.** Provide incentives for the production, distribution, and procurement of foods from local farms.

**Green Village Initiative & Urban Roots Bridgeport**

Grow an urban organic farming system from seed to pantry. Use gardens as nourishment and other community benefits for Bpt residents.



**DSSD Wholesome Wave Get Healthy CT WIC**

Establishes a working partnership with local farmers and farmers' market owners.



## 7. Restrict availability of less healthy foods and beverages in public service venues.

### Bridgeport Board of Education

All Bridgeport school meals and beverage selections comply with the Richard B. Russell National School Lunch Act and the State of Connecticut Child Nutrition Regulations.

Increase food access through school meals, while emphasizing proper nutrition and healthy eating. Established and operates 60 summer feeding sites.

Offer snacks made of whole grains and high in fiber. All food and beverages sold in school vending machines, school stores, school sponsored stores, or school sponsored events during the school day shall follow the State of Connecticut general statutes.

## 8. Institute smaller portion size options in public service venues.

### Bridgeport Board of Education Food & Nutrition Services

Students will be offered single-serving portion size or portions

### St. Vincent Hospital Bridgeport Hospital

The Food and Nutrition Department offers room service for all patients able to participate in the meal program; assistance will be provided, if needed.

Menu selections are based upon a diet prescribed by the doctor according to nutritional guidelines. Registered Dietitians are available for consultation for room service meal planning and diet consultation for non-patients.

### Get Healthy CT

Influencing state and local policy that relates to healthy eating and physical activity.



## 9. Limit advertisements of less healthy foods and beverages.

### Bridgeport Environmental Health Department

Review licensures to determine opportunities for ordinance change.

WIC and SNAP.

# 10. Discourage consumption of sugar-sweetened beverages.

## **Southwest Community Health Center**

Serves to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritional assessment and education, referrals to health care, and nutritious foods to supplement diets.

## **Get Healthy CT: Healthy Eating Task Force**

Educates the community about how to eat healthy and be physically active, using national, evidenced-based materials.

Provides directories of local programs and resources that can help people eat healthy and be physically active.

## **Bridgeport Board of Education Food & Nutrition Services**

Adheres to and upholds healthier beverage options in vending machines

## **Optimus Health Care**

### **Southwest Community Health Center**

Provides illness and disease prevention health education as a way to living longer lives.

## **Connecticut Department of Public Health**

Implements policy enforcement for state and national regulations on

## **Cooking Matters**



## **AmeriCorps Food Corp Volunteer**

Provide community workshops led by nutrition volunteers to teach families how to prepare and cook healthy and affordable meals



## **Logic Model Development**

The Food Action Plan Working Group spent a lot of time deliberating the best way to organize its ideas. The following principles, the logo on the left, and the goal that sits atop each page of the logic model define the core tenets of this plan.

**Goal: Every Bridgeport resident has easy access to, skills to prepare, and desire to consume healthy, mostly local, foods. Bridgeport food access is driven by Bridgeport residents and opportunities for livable wage job creation for Bridgeport residents.**

While the group was made up largely of providers, they reached out to residents and members of the neighborhood revitalization zones in food desert areas to take part in this work. The group felt strongly that no activities should be undertaken that were not driven by community need and desire.

The group also felt deeply concerned that education and community norm change around healthy eating needed to be a core tenet of this work and should be integrated in to each of the sections rather than separated out.

Finally the group felt strongly that poverty needed to be addressed as core to the work and that the development of livable wage jobs for Bridgeport residents needed to be a key component to any initiative under this plan

# Attachment A

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## REACH White Papers

### Food Action Plan





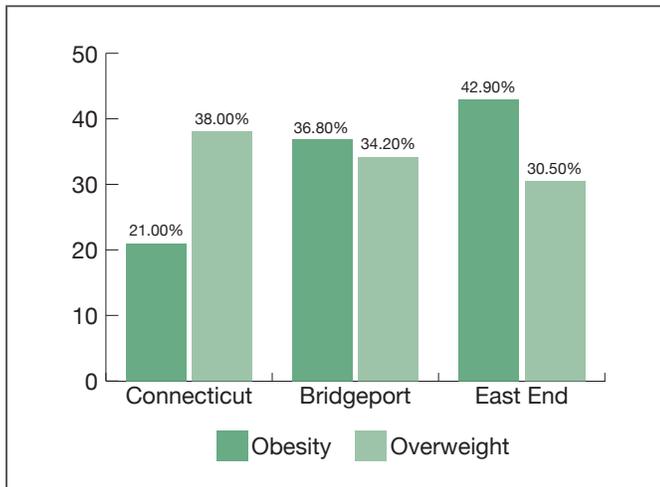
# IMPROVING FOOD ACCESS ON THE EAST END OF BRIDGEPORT

By Albertina Baptista



## What is the issue?

Being overweight or obese is the single greatest health problem in the United States. This problem gets worse every day. Obesity means having too much fat on your body. African Americans/Blacks are more likely to be obese than people of other races. Sadly, being overweight or obese leads to health problems such as cancer, diabetes, heart disease and high blood pressure.



The graph above shows that the prevalence of obesity on the East End is greater than the City of Bridgeport or the State of Connecticut.

- » 43% of East End residents are obese
- » 37% of Bridgeport residents are obese
- » 21% of the State of Connecticut are obese

## How does this problem happen?

Obesity is related to a person's genes, eating too much of the wrong foods, or lack of exercise. But, it is also linked to the neighborhood where you live. In poor neighborhoods like the East End it can be difficult to get nutritious quality food. There haven't been any supermarkets in this poor African American neighborhood since 1981. While this neighborhood has numerous corner stores most do not sell skim milk, lowfat milk, or fresh or frozen vegetables and fruits. In fact, none of the stores surveyed carry skim milk and only 25% carry both 1% and 2% lowfat milk.

## Why don't grocery stores operate in the East End?

There are probably many reasons for this, such as fear of being in the neighborhood which comes from racism or businesses do not think they can make money. So, getting healthy food is a problem on the East End and it is making a difference in the health of the people who live here.

Because people in this neighborhood don't have access to fresh fruits and vegetables their health is poor. Since East End residents don't have healthy foods to eat, they are forced to make poor food choices which can lead to high rates of diseases and death.

## What do the corner stores on the East End sell?

### The Good

- » 92% carry at least 2 healthy cereals
- » 75% sell 100% fruit juice
- » 67% sell fresh fruits
- » Of the vegetables observed, 90% looked fresh

### The Bad

- » Cigarettes are the single most selling item
- » Of the 8 different fresh vegetables looked for, only 8% of the stores carried them
- » 100% sold fried chips and only 30% sold baked chips
- » 100% of stores carry sugary cereals

Transportation and cost are two huge issues for residents on the East End to get to the nearest supermarket to buy healthier foods. Taxi cab rides are expensive and carrying bags of food on a bus is not only difficult, but also takes a lot of time.



- » A cab ride one way to Price Rite or Compare to buy food is \$12-\$13 dollars
- » A bus ride is 80 minutes roundtrip and the cost is \$3.50 for the fare
- » Nearest supermarket is four miles away

## Important facts about the East End Neighborhood

- » No supermarket in their neighborhood for 30 years
- » 22 corner stores with poor food choices
- » Fresh fruits and vegetables are not sold in corner stores

## How are you affected?

A lot of people living on the East End are sick because they have diseases like diabetes, high blood pressure and heart disease. Bad eating habits are where these diseases start. If these diseases are not controlled by eating healthy foods and exercising, they can cause death. Without healthy foods to eat, East End residents can't—and won't—get better.

- » The East End had a 120% higher obesity rate compared to the rest of the city
- » 43% of East End residents were obese compared to 36% of residents from all other areas of the city
- » Compared to the rest of the city, more people on the East End went to the hospital more than once for diabetes
- » 20% of East End residents had high blood pressure

Based on information from Bridgeport CARES

## What can you the residents of the East End do?

There are many things you can do to help fight obesity and not having access to healthy food in the East End. The people that can help make these changes are community leaders, politicians, corner store owners, public health advocates and you, the residents of the East End. Talk to people who make positive changes. Below are some ideas on how you can become part of the solution.

### In your home...

- » Ask for fruits and vegetables at your corner stores
- » Serve skim milk or 2% milk to your families
- » Eat 6 servings of fruits and vegetables

» **89% of stores surveyed said their main reason for *not* selling fresh fruits or vegetables is because they are concerned about spoilage. Because of this, it is important to communicate that you *would* buy these items from them.**

Based on information from Bridgeport REACH  
2020 Bodega survey

### In the East End community...

- » Get involved with local advocacy groups such as REACH 2020 to support efforts to bring grocery stores to the neighborhood
- » Ask small store owners to have healthier deli choices (not always fried foods)

- » Participate in community gardens so East End residents can grow their own healthy food.

### In the City of Bridgeport...

- » Contact Councilman Andre F. Baker Jr. at (203) 334-3876 or email him at Andre.Baker@bridgeportct.gov
- » Contact Councilman James Holloway at (203) 332-7559 or email him at James.Holloway@bridgeportct.gov
- » Contact State Representative Charles "Don" Clemons Jr. at 1-800-842-8267 or email him at Charles.Clemons@cga.ct.gov
- » Contact State Senator Ed Gomes at 1-800-842-1420 or email him at www.Senator.Gomes@cga.ct.gov
- » Contact Economic Development, and Planning and Zoning to get them to move forward with bringing a grocery store to the East End.
- » Encourage the Planning and Zoning Commission that food markets should be part of improving the neighborhood and set aside land not being used for a full service supermarket.
- » Share this information with other East End residents.

### What resources are needed?

- » Tax breaks to anyone who builds a supermarket in the neighborhood
- » Government money and loans to help grocery store owners turn their stores into healthier ones
- » Government money to have retailers who offer fresh foods to move into the community

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## What do we hope the environment will look like when the solutions are implemented?

We hope that once changes are made in the East End neighborhood that it will be a place where those of you who live there can have a variety of places to buy healthy foods for your families. Once this happens, it will help improve the health of the whole community.

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# Food Deserts In the City of Bridgeport

By Bianca A. Molina



## Food Deserts, What are they?

According to Market Makeovers, a food desert is defined as a term that describes geographical areas where mainstream grocery stores are either totally absent or inaccessible to low-income shoppers. It typically affects urban environments where minority and low-socioeconomic communities exist. Food deserts are, in other words, the shortage or absence of full service supermarkets. The local corner stores have a tendency to carry an abundance of unhealthy foods, sugary drinks, and a large selection of junk food snacks. Due to the lack of accessible, healthy, and affordable foods the communities are more prone to increased rates of obesity and chronic diseases such as diabetes.

**Where are the food deserts in Bridgeport?** There are 3 known food deserts; Downtown, the East End, and the area around Trumbull Gardens. According to the USDA, at least 33% of the U.S population resides more than one mile from a grocery store. Unfortunately, these areas in Bridgeport are defined as food deserts because they lack a local supermarket. The neighboring corner stores in these areas

***“There are 3 known food deserts in Bridgeport: Downtown, the East End, and the area around Trumbull Gardens.”***

lack healthy food and drink options that a supermarket would normally supply. This creates a barrier for people to that do not have access to cars or their own form of transportation to shop for healthy food and drinks. Residents of the city either have to walk, take the city bus, or pay for a cab simply to shop at a supermarket that supplies fresh fruits and vegetables. Keep in mind that the methods of walking or taking the bus limits the amount of food one can carry back home. If someone desperately needs healthy food and decided to pay for cab fare, they may not have enough money to buy the essentials of healthy fresh food that they in fact need.

## Food Deserts in Bridgeport

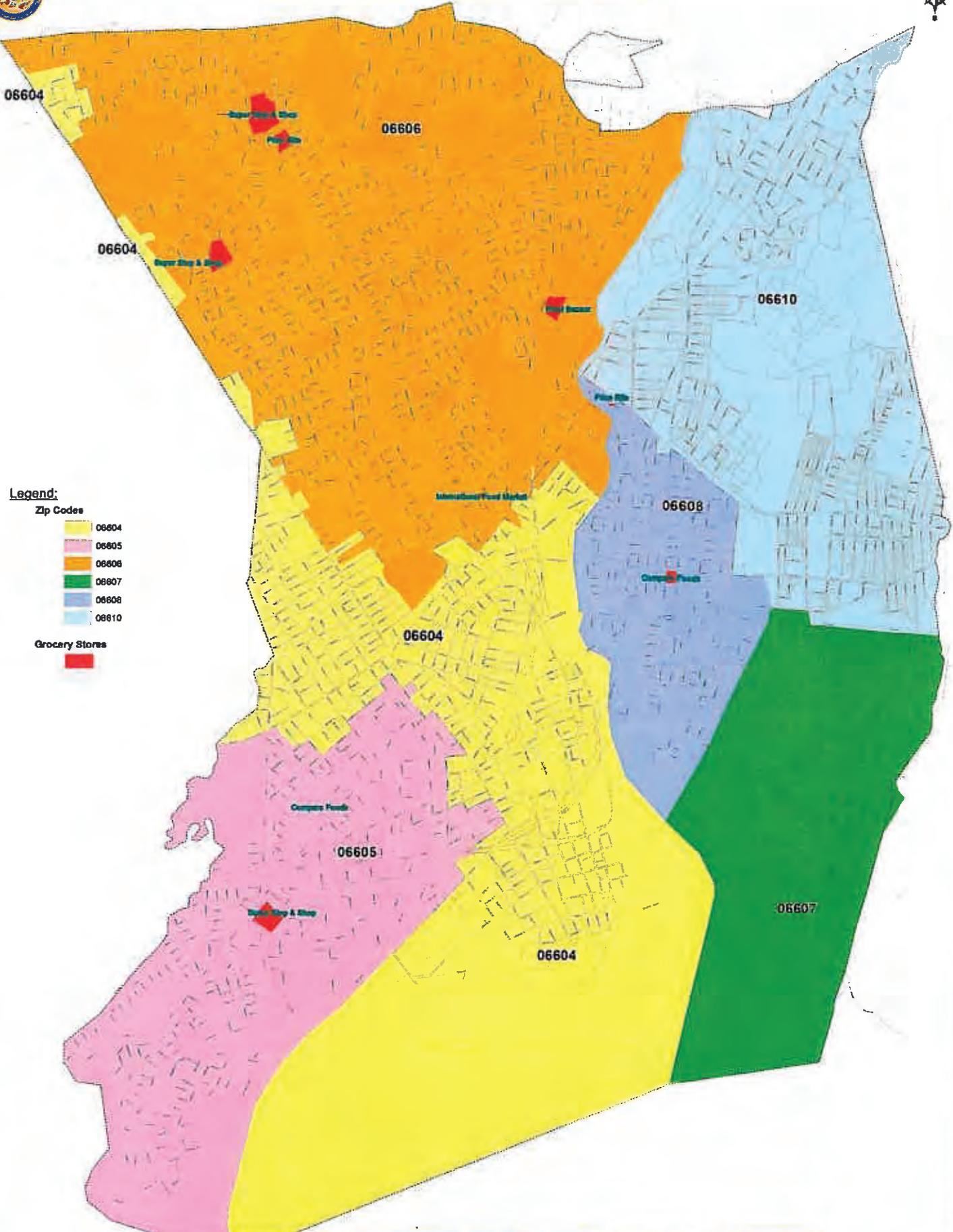
In a study conducted by Bridgeport REACH 2020, only 10 corner stores out of the 225 total that were surveyed indicated that they carry fresh vegetables, fruits, and skim milk. This does not include the 8 major grocery stores in the city, making for 18 stores in the city of Bridgeport that carry all three. With a large population of about 145,000 people living in the city, the need for more grocery stores and corner stores to carry healthy food and drink options are essential.

***“...only 10 stores out of the 225 total that were surveyed indicated that they carry fresh vegetables, fruits, and skim milk.”***

**The following zip-coded map shows the 8 full service grocery stores in red marking throughout the City of Bridgeport. There are obvious food deserts in the areas of 06604 (Downtown), 06607 (East End), and 06610(Trumbull Gardens).**



# City of Bridgeport Zip Codes Map



**Legend:**

**Zip Codes**

- 06604
- 06605
- 06606
- 06607
- 06608
- 06610

**Grocery Stores**



## How do Food Deserts affect Community Health?

A healthy community largely depends on proper nutrition and healthy food access for children and adults. Having proper nutrition, lowers a person's risk of heart disease, type 2 diabetes, obesity, and helps to maintain a healthy lifestyle. Eating fresh fruits, vegetables, whole grains, and dairy products, reduces one's risk for chronic illnesses and cancers. The benefits of having affordable, local, and fresh fruits and vegetables are endless in the role of one's health. Without any local supermarkets or corner stores to supply the community with

***"Having proper nutrition, lowers a person's risk of heart disease, type 2 diabetes, obesity, and helps to maintain a healthy lifestyle."***

fresh produce, the people of the community are the ones who suffer and live to endure the sometimes life-threatening consequences.

- ❖ ***The highest health concern in Bridgeport is Diabetes which affects 33% of the population.***
- ❖ ***Closely following as a risk factor, is 29% that are reported as being overweight.***
- ❖ ***Adults in Bridgeport have nearly double the rates of asthma, diabetes, and obesity as adults statewide.***

*Statistics from Bridgeport CARES*

## What's preventing Fresh Produce?

Local corner stores are packed with shelves of a variety of chips, candy, and different sodas to choose from but lack the nutritious and healthy essential foods that their community needs. In the survey, when questioned, majority of the store owners stated that the reason they do not carry fresh fruits and vegetables is because they are concerned about spoilage and the extra requirement for additional refrigeration. The survey also determined that the most important factor in which store owners determine what they sell in their store is what the customer ask for, followed by what their suppliers carry. If customers ask for fresh fruits and vegetables, the store owners will then make room for more refrigeration. This would help to reduce spoilage.

ACHIEVE Coalition is working with the East End NRZ to try and get healthy foods into corner stores throughout Bridgeport. Please contact the ACHIEVE Coalition (203-367-4432) for more information.

## How can we make sure Healthy Foods are Accessible to every Bridgeport neighborhood?

There is a variety of ways to assure that healthy food can be accessible to the residents of every neighborhood in Bridgeport. This includes methods of advocacy by residents and public health workers, policies by local and state government, and involves direct changes from the store owners and possible new vendors.

*The Apple Pushers* is a film written and directed by Mary Mazzio that follows immigrant street vendors throughout the streets of New York to supply fresh fruits and vegetables to neighborhood that suffer from food deserts. In the city of Bridgeport, we currently do not have any food vendors with pushcarts that carry fresh fruits or vegetables. This film shows that the method of having pushcart vendors with healthy and fresh food helps to improve the health and nutrition of the residential and local customers as well as the vendors themselves by making a living. Furthermore, this film highlights the challenges of providing healthy food in food deserts and creates ideas that can be used for our community in Bridgeport.

The development of a food policy council for the City of Bridgeport will allow city, community, and agency professionals to come together to discuss and implement ideas on how to improve food access for every community in Bridgeport while in collaboration with other food policy councils. They will work for policy level solutions (for example: allowing pushcarts or requiring the sale of healthy foods at every corner store).

### **Steps to a Healthy Bridgeport:**

- 1. Develop a food policy council (collaborative of city, community and agency representation focused on addressing food access, education, and programming.**
- 2. Change/Enforce licensing to limit advertising on unhealthy foods and regulate product placement within stores.**
- 3. Support for Corner Stores to sell fresh fruits and vegetables and other healthy foods (skim milk, whole grain bread, healthy cereal)**
- 4. Street vendor pushcarts or mobile markets to provide daily fresh fruits and vegetables to the food desert areas.**
- 5. Full service grocery store in all food deserts in the City of Bridgeport.**

*Based on ACHIEVE, East End NRZ and REACH Coalition Ideas and concepts*

**What can residents of Bridgeport community do?** In order to close the gap on food deserts in the city of Bridgeport, residents need to speak up and advocate for healthier food options at their local corner stores. Since one of the major concerns for store owners is that the fresh produce will spoil, customers need to let them know that they want fresh fruits and vegetables and would be willing to purchase them at an affordable price if they begin to stock them. The solution to eradicating food deserts in Bridgeport is not a quick-fix but with time, advocacy, and persistence, the gaps can be closed.

***“...customers need to let them know that they want fresh fruits and vegetables and would be willing to purchase them...”***

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# **Attachment B**

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## **Food Policy Council Ordinance**

Food Action Plan



Amendments to the Municipal Code of Ordinances, amend to add new Chapter 2.123 Bridgeport Food Policy Council.

**Report  
of  
Committee  
on  
Ordinances**

Submitted: October 1, 2012

Tabled by City Council on: October 1, 2012

Tabled by City Council and Referred back to Committee on:

October 15, 2012

December 3, 2012 (OFF THE FLOOR)

Adopted: \_\_\_\_\_

Attest: \_\_\_\_\_

*Fleeta C. Hudson*

City Clerk

Approved \_\_\_\_\_

\_\_\_\_\_  
Mayor



# City of Bridgeport, Connecticut

*To the City Council of the City of Bridgeport.*

The Committee on **Ordinances** begs leave to report; and recommends for adoption the following resolution:

**140-11**

**WHEREAS**, certain areas of the City of Bridgeport have been identified as a “food desert”; and

**WHEREAS**, a disparity exists in the distribution and consumption of wholesome food; and

**WHEREAS**, to promote health through access and availability of wholesome food; Now, Therefore, be it

**Resolved**, that a Food Policy Council be established through the Ordinance Committee.

**BE IT ORDAINED:** By the City Council of the City of Bridgeport that the Bridgeport Municipal Code of Ordinances is hereby amended to include the following new Chapter 2.123 – Bridgeport Food Policy Council.

**NEW:**

**Chapter 2.123 BRIDGEPORT FOOD POLICY COUNCIL**

**Sections:**

**2.123.010 Created.**

**2.123.020 Purpose.**

**2.123.030 Membership.**

**2.123.040 Goals of Food Policy Council.**

**2.123.050 Powers and Duties of the Food Policy Council.**



Report of Committee on Ordinances  
140-11

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**Sec. 2.123.010 - Created.**

There is hereby created a Bridgeport Food Policy Council (council).

**Sec. 2.123.020. - Purpose.**

- (a) There shall be a council to improve the availability of food to persons in need within the city, and to advise city agencies who relate to this work.
- (b) The purpose of the council shall be to integrate all agencies of the city in a common effort to improve the availability of safe and nutritious food at reasonable prices for all residents, particularly those in need. The goals to be accomplished by the policy are:
- (1) To improve the availability of healthy fresh food for all city residents;
  - (2) To improve food distribution channels into and within the city of Bridgeport; and
  - (3) To generate growth and employment in the food sector; and
  - (4) To support regional farmers, strengthen regional linkages and increase urban food production; and
  - (5) To seize opportunities to reduce and recapture waste in the food stream.
- (c) The policy shall be implemented by the city as follows:
- (1) *Transportation.* In planning, providing, coordinating and regulating transportation within the city, city agencies shall make the facilitation of transportation of food to distribution points and ready access to a reasonable food supply a principal part of any such action.
  - (2) *Direct service.* City agencies and employees providing food or the financial means of obtaining food shall plan, execute and evaluate such programs and actions in order to achieve maximum efficiency in providing food and to assure that such programs are reaching the residents in need of them.
  - (3) *Land use.* City agencies and employees in determining the use to be made of city parks, school yards, rights-of-way, surplus properties and redevelopment parcels shall give special consideration to the benefit of using such sites, at least in part, for food production, processing and distribution. The city, on a regional level, shall act to preserve farmland for truck farming which will serve as a nearby source of fresh fruit, vegetables, eggs and milk. All such city actions shall be undertaken in a manner consistent with the city's Master Plan and subject to the jurisdiction and authority of the city's land use agencies, boards and commissions.



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140-11

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- (4) *Lobbying and advocacy.* The city in its presentations before state and federal legislatures, state and regional agencies and anti-hunger organizations shall stress the need for programs and actions which will improve the opportunities of city residents to obtain adequate diets. Such programs and actions shall include maintenance of the state and regional agricultural infrastructure.
- (5) *Referrals to social services.* City social service workers shall be especially diligent in referring persons in need of available sources of food best suited for their needs.
- (6) *Education.* The city in providing a wide range of educational opportunities for children and adults shall emphasize the importance of a sound diet for the family and provide courses in the production, selection, purchase, preparation and preservation of food, along with other city priorities such as creation of employment opportunities and increasing the local tax base.
- (7) *Business development.* The city in its work of developing new businesses and expanding existing businesses shall consider the benefits of those food-related businesses improving access to affordable and nutritional food, along with other city priorities such as creation of employment opportunities and increasing the local tax base.
- (8) *Direct and indirect purchase of food.* The city government, in its role as a major food purchaser from local outlets, and administrator of food assistance programs, shall consider that its purchasing decisions can affect the viability of producers and vendors, and shall consider such impact in making purchasing decisions. In so doing, the city government shall operate in accordance with all local public purchasing requirements and all federal and state competitive procurement requirements.
- (9) *Support of private efforts.* The city in providing funding as authorized by law for private efforts to assist people in obtaining food and in communicating with organizations engaged in such private efforts shall encourage and promote such efforts.
- (10) *Monitoring and communicating data.* The city shall continuously collect data on the extent and nature of public food programs and hunger in the city and shall annually issue a report with findings and recommendations to the food policy council.
- (11) *Administration.* The health director shall seek ways of improving the means of providing persons in need with wholesome food and diets and shall work with the food policy council to combat hunger in attaining its goals.
- (12) *Intergovernmental cooperation.* All departments are encouraged to cooperate with the operation of the food policy council in the city in the performance of duties. The health department shall provide clerical support to the food policy council as needed.



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140-11

-4-

**Sec. 2.123.030 - Membership.**

The food policy council shall consist of nine (9) members. Three of the members shall be the city's Chief Administrative Officer (CAO), the city's Director of Planning and Economic Development (OPED) and the city's Health Director, each of whom shall serve in an ex officio capacity as full voting members, and who may designate a member of their staff to serve as an alternate. The remaining six (6) members shall serve for three-year terms without compensation and be appointed by the mayor, with the approval of the City Council, with two (2) of such members appointed for terms of one (1) year, two (2) for terms of two (2) years and two (2) for terms of three (3) years. The six mayoral appointees shall have experience and or interest in food production, distribution and or quality, particularly in urban settings. The food policy council shall convene regular monthly meetings, and shall convene such other special meetings as the Council's business warrants. A quorum shall consist of five (5) members. The City Council President shall appoint a Council Member to serve as City Council liaison to the food policy council.

**Sec. 2.123.040 - Goals of Food Policy Council.**

The goals of the food policy council shall be as follows:

- (1) To reduce hunger as an obstacle to a happy, healthy productive life in the city;
- (2) To assist in creation of city policies to encourage a wide variety of safe and nutritious food being available for all city residents and visitors;
- (3) To assist in creation of city policies to encourage that access to food for all, so that access is not limited by economic status, location or other factors beyond a resident's control;
- (4) To assist in creation of city policies encouraging and fostering the availability of food throughout the city at prices approximating the level for greater Bridgeport.

**Sec. 2.123.050 - Powers and duties of the food policy council.**

The powers and duties of the food policy council shall be as follows:

- (1) Explore new means for the city government to improve food economy and the availability, accessibility and quality of food and to assist the city government in the coordination of its efforts;
- (2) Collect and monitor data pertaining to the nutrition status of city residents;

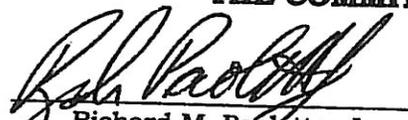


Report of Committee on Ordinances  
140-11

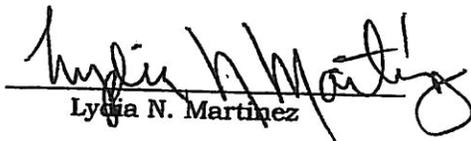
-5-

- 3) Seek and obtain community input on food economy and the availability, accessibility and quality of food to persons in need within the city;
- 4) Obtain updated statistical information and other data from city agencies relating to hunger in the city and programs in existence and being planned to reduce hunger and improve the obtaining of nutritious food by residents in need;
- 5) Observe and analyze the existing administration of city food distribution programs; and
- 6) Recommend to the city administration adoption of new programs and improvement to (or elimination of) existing programs as appropriate.
- 7) Submit an annual report on or before October 1 to the city council with copies to the mayor summarizing the progress made in achieving each of the goals set forth in sub-section 2.123.040.

Respectfully submitted,  
**THE COMMITTEE ON ORDINANCES**

  
Richard M. Paoletto, Jr.  
Co-Chair

\_\_\_\_\_  
Warren Blunt  
Co-Chair

  
Lydia N. Martinez

\_\_\_\_\_  
Robert P. Curwen, Sr.

\_\_\_\_\_  
Howard Austin, Sr.

\_\_\_\_\_  
Martin C. McCarthy

  
Richard Bonney

City Council Date: December 3, 2012 (OFF THE FLOOR)

# Attachment C

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## CHIP One Page Summary

Food Action Plan



## PCAG Participants

AmeriCares Free Clinic of Bridgeport  
Bridgeport Child Advocacy Coalition  
    Bridgeport Hospital  
City of Bridgeport Department of Health and  
    Social Services  
Connecticut Department of Mental Health and  
    Addiction Services  
Connecticut Department of Social Services  
    Easton Health Department  
    Fairfield Health Department  
Greater Bridgeport Medical Association  
    Optimus Healthcare  
    Southwest Community Health Center  
Southwestern Area Health Education Center  
    Stratford Health Department  
Trumbull/Monroe Health District  
St. Vincent's Medical Center

## Vision

To work together as a coalition to identify, prioritize, and measurably improve the health of our community, through healthcare prevention, education, and services

## Mission

To improve the health of the community



Six towns included in this plan are:  
Bridgeport, Easton, Fairfield,, Monroe, Stratford and  
Trumbull

### For additional information, please contact:

**Bridgeport:** Kristin duBay Horton,  
[kristin.dubay\\_horton@bridgeport.ct.gov](mailto:kristin.dubay_horton@bridgeport.ct.gov)  
**Easton:** Dr. Christopher Michos,  
[polly@eastonct.gov](mailto:polly@eastonct.gov)  
**Fairfield:** Sands Cleary,  
[scleary@town.fairfield.ct.us](mailto:scleary@town.fairfield.ct.us)  
**Monroe/Trumbull:** Patrice Sujik,  
[psujik@trmbd.org](mailto:psujik@trmbd.org)  
**Stratford :** Andrea Boissevain,  
[aboissevain@townofstratford.com](mailto:aboissevain@townofstratford.com)

To review the full Community Health Needs Assessment and Community Health Improvement Plan report visit:  
<http://www.stvincents.org/community-wellness/community-benefit>



**Health Resources in Action**  
Advancing Public Health and Medical Research

# Community Health Improvement Plan: Greater Bridgeport

From 2012 to 2013, the *Primary Care Action Group (PCAG)*, a coalition of hospitals, departments of public health, federally qualified health centers, and numerous community and non-profit organizations, conducted a comprehensive health assessment of residents in the Greater Bridgeport community. From the results of this assessment, PCAG identified four pressing health priorities and developed a Community Health Improvement Plan (CHIP) to improve health outcomes in the Bridgeport community.

Priority Areas	Current Health Indicators	Strategic Objectives
<p><b>1) <u>Cardiovascular Disease and Diabetes</u></b></p> <p><u>Goal:</u> Reduce the incidence, progression and burden of cardiovascular disease (CVD) and diabetes (DM) in the Greater Bridgeport Region.</p>	<p><b>1 in 25</b> Fairfield County residents has had a heart attack or stroke</p> <p><b>1 in 20</b> Fairfield County residents has been diagnosed with diabetes</p>	<p>By 2016,</p> <p>a) decrease by 2% the number of repeat emergency room visits for complications of cardiovascular disease and diabetes.</p> <p>b) establish/expand a network of navigators/advocates to provide knowledge of and a link to community resources available for persons at risk of or diagnosed with CVD and DM.</p> <p>c) increase by 10% the number of people screened each year in high risk communities to identify those at risk for CVD and DM and provide linkages to services.</p>
<p><b>2) <u>Obesity (healthy eating and physical activity)</u></b></p> <p><u>Goal:</u> Reduce and prevent obesity by creating environments that promote healthy eating and active living in the Greater Bridgeport Region.</p>	<p>Almost <b>6 in 10</b> adults are overweight or obese</p> <p><b>1 in 4</b> children and adolescents are overweight or obese</p> <p><b>1 in 4</b> people did not participate in any leisure time physical activity in the past month</p> <p>Only <b>1 in 3</b> people consumed the recommended five servings of fruits and vegetables daily</p>	<p>By 2016,</p> <p>a) increase by 2% the number of adults and children who consume 5 or more servings of fruits and vegetables per day.</p> <p>b) increase by 2% the number of adults engaged in moderate physical activity for at least 30 minutes a day for 5 days a week.</p> <p>c) increase by 2% the number of children engaged in moderate physical activity for at least 60 minutes a day for 5 days a week.</p>
<p><b>3) <u>Mental Health and Substance Abuse</u></b></p> <p><u>Goal:</u> Increase the understanding of mental health and substance abuse as public health issues in order to achieve equal access to prevention and treatment in the Greater Bridgeport Region.</p>	<p>Prevalence of mental illness in adults ranged from <b>17.7%</b> - <b>26.5%</b> in the six target communities</p> <p>Attempted suicide rate of high school youth is <b>twice</b> the national average</p> <p><b>1 in 10</b> adults participated in binge drinking behavior in the last 30 days</p> <p><b>1 in 4</b> people currently smoke in the city of Bridgeport</p>	<p>By 2014,</p> <p>a) develop a plan that meets the mental health and substance abuse needs of the community.</p> <p>By 2015,</p> <p>b) implement the newly developed mental health and substance abuse needs plan in the community.</p> <p>c) identify and/or create up to three health education initiatives that address the mental health and substance abuse health needs of the community.</p>
<p><b>4) <u>Access to Health Care</u></b></p> <p><u>Goal:</u> Improve access to quality health care for all individuals living in the Greater Bridgeport Region.</p>	<p><b>1 in 20</b> people in the Greater Bridgeport community do not have health insurance</p> <p><b>6 in 10</b> people experience one or more barriers in accessing adequate health care</p>	<p>By 2016,</p> <p>a) increase by 2% the number of individuals who identify as having a primary care medical home.</p> <p>b) increase by 2% the percentage of people with comprehensive insurance.</p> <p>c) increase by 2% the percentage of people who have access to specialty care.</p> <p>d) increase by 2% the number of people who identify themselves as having a dental home.</p>

# **Attachment D**

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## **Participant List & Minutes, Community Conversations on Hunger**

Food Action Plan



## **FOOD SYSTEM SUMMIT MINUTES**

### **February 10<sup>th</sup> 2014, Catholic Center**

The Food System Summit started at 9:45 a.m. Names and contact information for attendees is attachment 1,

Kristin Dubay-Horton the Health Director for the City of Bridgeport, did the welcome and gave a brief overview of the meeting.

Maggie Reynolds introduced the members of the Food Policy Council and introduced the structure for the day. Those Food Policy Council members present included:

Maggie Reynolds – Chair,  
Christine Stafstrom – Co-Chair,  
Audrey Barr – Secretary,  
Alanna Kabel,  
Krsitin duBay Horton, and  
David Kooris

Four Breakout Groups groups were formed according to interest in the topics generated for the meeting from the two previous community conversations. Individuals were allowed to join the group that best met their interest. The four groups included:

1. Lessons learned from implementing farmer's markets – how can we work better together? What happens when farmer's markets are expensive? How to break the cost barrier and build sustainable retail models?
2. Reduction and recapture of Food Waste in Bridgeport
3. Buying Local and Going Green– how can small businesses feature local produce and what are the benefits
4. Community Gardens

Each group had a facilitator with guidelines and questions that were asked to members among the group. The questions to be answered in each group were:

"How do we make the healthy, local choice the easy choice for all parts of the Bridgeport Food System?" in order to:

- share/celebrate the good things that are already happening in Bridgeport within this topic;
- identify barriers/challenges to achieving this goal;
- identify opportunities for us to work together under this goal.

"What can the FPC do to support this effort?" during the report back section of the day.

The Mayor offered thanks to the group for coming together and awarded several past and present city council members and community members for their work on launching the Food Policy Council.

The following is a summary of their recommendations for the Food Policy Council.

1. **Lessons learned from implementing farmer's markets – how can we work better together? What happens when farmer's markets are expensive? How to break the cost barrier and build sustainable retail models?**
  - A few lessons learned from implementing farmer's markets: consumers were concerned about the prices, the people who purchased from the market were not from the area, and the farmers were concerned about lowering their prices which result to being a deficit.
  - We can work better together by hiring a farmers market coordinator for the City of Bridgeport, who will inform the markets about market spacing, pricing, community outreach, transportation and also centralize the knowledge.
  - The farmers market being too expensive for some people will always be a barrier, however the City of Bridgeport provides a few incentives that can help the citizens of Bridgeport with their farmers market purchases. Incentives such as SNAP, Senior Vouchers, and WIC cards are accepted at the market.
  - The best way to break the cost barrier and build sustainable retail models is continuously educate the citizens of Bridgeport on the benefits on shopping at the farmers market, which is to have delicious fresh fruits and vegetables that are anti-oxidants and phytonutrients; Also hand-picked by the farmer and locally grown.
  - The best way to break the cost barrier and build sustainable model is by exploring CSA opportunities (especially winter CSA). Engage in community conversations and education, such as produce storage, preparation, and price/value. Policy change involving bringing back home economics to students in secondary schools.
  
2. **Reduction and recapture of food waste in Bridgeport**
  - Start an initiative in one neighborhood (ex. a food desert like the East Side) to test how all of these ideas could come together
    - ID food donors (grocery stores, restaurants, farms, gardeners)
      - Help Community Plates expand to gleaning local produce from farms
      - Conduct outreach to licensed businesses that could donate excess food
    - Recruit volunteers to help glean produce (e.g. at GVI's farm)
    - ID drop off site for Community Plates
    - Recruit volunteers to drop off donated food
    - Raise awareness among community members about where to pick up donated food
      - Develop a central website that tells where food access points are for picking up donated food in Bridgeport
      - Cooking Matters could help spread the word to their program participants
  - Send out city-wide communications to share updates on these initiatives and host events to bring people together

- Bring publicity to these initiatives by sharing good stories with the newspaper
- Set city-wide goals on reducing food waste, connecting with food recovery efforts, composting + recycling, etc. and track institutions' progress toward those goals
  - Help facilitate connections: e.g. GVI could collect schools/hospitals food scraps to compost (already starting small scale, could use more food scraps)
    - Able to sell compost for income or recirculate with community gardens
- Recruit volunteers for Community Plates, GVI, other organizations
  - Connect with Council of Churches
  - Connect with area schools/universities like SCSU
- Map opportunities/gaps for food waste across Bridgeport institutions and businesses
  - Ex. schools always have excess milk
- Mayor Finch interested in seeing city brownfields be used to grow local food

### 3. Buying local and Going Green- how can small business feature local produce and what are the benefits.

- Increasing access to local produce ---
- Corner stores need to be made more attractive – so that we change what people see when they go in – perhaps we can change city ordinances so they can sell healthy foods on the street outside- like NY and New Haven. It would change the look of the neighborhood to see vegetables rather than lottery signs and beer ads outside the corner stores.
- Transportation from farm to inner city is a major issue
  - Work on developing a co-op so all the farms can transport to one location where people can shop and stores/restaurants can pick up produce wholesale at one location.
  - Support a new small business where a person buys a used refrigerated truck and goes to pick up produce from farms and deliver it to the restaurants and small grocers – with low up-charge.
- Cannot bring the produce into food desert neighborhoods without education for community on how to be locators (eating seasonal, local produce)
  - Provide recipe cards in corner stores for how to cook locally available produce
  - Ask local chefs to do short video recipes and create a YouTube channel where people could view them and learn to cook it at home
  - Coordinate with SNAP education providers
  - Coordinate with other local educators (Cooking Matters)
  - Educate the kids and they can educate the parents
- Look at the Mercado Farmer's Market in Hartford as a year round market option
- Consider ways to bring the cost down of healthy foods in corner stores so apples can compete with chips!
- Use transportation to bring foods that are inexpensive (seasons end tomatoes – produce that would be plowed under) to get that food to the needy!

### 4. Community Gardens

Spoke about their challenges which include the scarcity of land and resources, having a hard time finding individuals to manage the community gardens; lack of information sharing, lack of appropriate producer, having difficulties sustaining the involvement of the community; lack of water access and inventory tracking. The group recommended several solutions to the FPC:

- City-wide consortium of community gardens
- Libraries as resources – tap into seed program at Fairfield Public Library
- Utilize social infrastructure, ex. NRZ
- Schools and conservation corps as community educators on gardens
- Mobile resources
- Backyard gardens
- Community engagement at every level
- Community garden toolkit
  - Build community capital
  - Promote extended resources
  - Provide recipe cards

Lunch, networking and conversation followed. Food had been provided by Bullard Havens Technical School who utilize local produce. All food available after the Summit was transported to community kitchens and events for use later that day.

Attachment 1: Summit Attendee List

Name	Organization	Contact info	Volunteered to serve on future committees
Shiu-Yu Kettering	CT DPH	<a href="mailto:Shiu-yu.kettering@ct.gov">Shiu-yu.kettering@ct.gov</a>	✓
Irina Lisker	CT DPH	<a href="mailto:Ilisker@ct.gov">Ilisker@ct.gov</a>	✓
Luigi Sartori	UCONN SPH	<a href="mailto:I_sartori@hotmail.com">I_sartori@hotmail.com</a>	✓
Brianna Trudell	Get Healthy CT	<a href="mailto:trudell.bri@optonline.net">trudell.bri@optonline.net</a>	x
Monique Bosch	GVI	<a href="mailto:moniqueb@optonline.net">moniqueb@optonline.net</a>	
Bill Scholl	Bpt Hosp. Food	<a href="http://SWSCHO@BPTHosp.org">SWSCHO@BPTHosp.org</a>	x
Melody Merola		<a href="http://outreach@goldenhill.org">outreach@goldenhill.org</a>	
Nancy Coriati	Fairfield PL	<a href="mailto:ncoriaty@FPLCT.ORG">ncoriaty@FPLCT.ORG</a>	x
Richard Paoletto	BHDSS	<a href="mailto:richard.paoletto@bridgeportct.gov">richard.paoletto@bridgeportct.gov</a>	x
Kristin duBay Horton	BHDSS/ FPC	<a href="mailto:Kristin.dubay_horton@bridgeportct.gov">Kristin.dubay_horton@bridgeportct.gov</a>	x
Peggy Gallup	SCSU Public Health School	<a href="mailto:gallupj@southernct.edu">gallupj@southernct.edu</a>	x
Eleanor McCormick	United Cong Church	<a href="mailto:eleano.mccormick@ucbridgeport.net">eleano.mccormick@ucbridgeport.net</a>	x
Maura O'malley	Food and nutrition	<a href="mailto:momalley@bridgeportct.edu">momalley@bridgeportct.edu</a>	x
Carmen Rodriguez	BHDSS	<a href="mailto:carmen.rodriguez@bridgeportct.gov">carmen.rodriguez@bridgeportct.gov</a>	x
Michelle Margo	Black Rock Farmers Market	<a href="mailto:michellemargo@gmail.com">michellemargo@gmail.com</a>	x
Albertina Baptista	BHDSS	<a href="mailto:Albertina.Baptista@bridgeportct.ed">Albertina.Baptista@bridgeportct.ed</a>	
Lea Johnson	Wholesome wave	<a href="mailto:leah@wholesomewave.org">leah@wholesomewave.org</a>	x
Patti Papp	Sport hill farm	<a href="mailto:farmgal596@gmail.com">farmgal596@gmail.com</a>	x
Audrey Barr	FPC	<a href="mailto:ambarr00@yahoo.com">ambarr00@yahoo.com</a>	x
Alanna Kabel	FPC	<a href="mailto:alanna.kabel@bridgeport.gov">alanna.kabel@bridgeport.gov</a>	
David Kooris	FPC	<a href="mailto:David.Kooris@bridgeportct.gov">David.Kooris@bridgeportct.gov</a>	
Margot Reynolds	FPC/Wholesome Wave	<a href="mailto:Maggie@wholesomewave.org">Maggie@wholesomewave.org</a>	
Iris Molina	Bpt Soc. Serv.	<a href="mailto:iris.molina@bridgeportct.gov">iris.molina@bridgeportct.gov</a>	x
Robert Tota	Americorps/Get Healthy CT	<a href="mailto:Rtota@aol.com">Rtota@aol.com</a>	
Christina Stafstrom	FPC	<a href="mailto:christinestafstrom@gmail.com">christinestafstrom@gmail.com</a>	
Marilyn Moore	WPCT	<a href="mailto:marilynmoore@aol.com">marilynmoore@aol.com</a>	
Julio Reinoso	B-Green. GVI, Friends of Library	<a href="mailto:jpreino@yahoo.com">jpreino@yahoo.com</a>	x
Tom Hauser	Community plates	<a href="mailto:tom@communityplates.org">tom@communityplates.org</a>	x

Laura Maleski	Bpt soc. Serv.	<a href="mailto:Bss.intern1@bridgeportct.gov">Bss.intern1@bridgeportct.gov</a>	X
Jermaine Williams	Bpt soc. Serv.	<a href="mailto:Bss.intern2@bridgeportct.gov">Bss.intern2@bridgeportct.gov</a>	X
Madison Wierzel	Food Corps	<a href="mailto:foodcorps@wholesomewave.org">foodcorps@wholesomewave.org</a>	
Tom Velle		<a href="mailto:Sr0349mgr@wakesern.com">Sr0349mgr@wakesern.com</a>	
Davey Ives	City of Bpt	<a href="mailto:Davey.ives@bridgeportct.gov">Davey.ives@bridgeportct.gov</a>	X
Marcia Maillard	CT DPH	<a href="mailto:Marcia.maillard@ct.gov">Marcia.maillard@ct.gov</a>	X
Madison Wierzel	Food corps	<a href="mailto:Madison.wierzel@foodcorps.org">Madison.wierzel@foodcorps.org</a>	X
Nelson Ccarelli	Cecarelli farm	No email provided	
Lisa Schmitt	Cooking matters	<a href="mailto:cmlliaschmitt@gmail.com">cmlliaschmitt@gmail.com</a>	X
Peter Gorman	Chef	<a href="mailto:chefpetergorman@gmail.com">chefpetergorman@gmail.com</a>	X
Alison Tighe	Bridgeport hospital	<a href="mailto:zatigh@bpthosp.org">zatigh@bpthosp.org</a>	X
Christina Smith	Bpt Central Grants Office	<a href="mailto:Christinab.smith@bridgeportct.gov">Christinab.smith@bridgeportct.gov</a>	
Michelle McCabe	Council of churches	<a href="mailto:michellemccabe@ccgh.org">michellemccabe@ccgh.org</a>	X
Chris Molyneux	Parallel post	<a href="mailto:Christopher.molyneux@marriott.com">Christopher.molyneux@marriott.com</a>	X
Angie Staltaro	City of Bpt	<a href="mailto:angie.staltaro@bridgeportct.gov">angie.staltaro@bridgeportct.gov</a>	X
Steve Hladun	City of Bpt – parks	<a href="mailto:Steve.hladun@bridgeportct.gov">Steve.hladun@bridgeportct.gov</a>	X
Jessica Mahon	End Hunger CT	<a href="mailto:Jessica.mahon116@gmail.com">Jessica.mahon116@gmail.com</a>	X
Karyn Leito	Black Rock Farmer's Market	<a href="mailto:kleito@mac.com">kleito@mac.com</a>	X
Veronica Swah	Uconn 4-H	<a href="mailto:Ct4hbridgeport@gmail.com">Ct4hbridgeport@gmail.com</a>	X
Joyce Hooks		No email – 203-296-4834	
Lydia Martinez	City council	<a href="mailto:Mariahernandez1962@gmail.com">Mariahernandez1962@gmail.com</a>	
Maria Hernandez		No email provided	
L. Echevarria	Optimus health care	No email provided	
Lindsey Greene-Upshaw	Yale New Haven Health	<a href="mailto:Lindsey.greene-upshaw@ynhh.org">Lindsey.greene-upshaw@ynhh.org</a>	
		Not in attendance – but have expressed interest in staying engaged	
Fred Kaskowitz	FPC	<a href="mailto:Fkaskowitz@aol.com">Fkaskowitz@aol.com</a>	
Doran Wright	PT Partners Grace United	<a href="mailto:doranwright@gmail.com">doranwright@gmail.com</a>	
Frank Basler		<a href="mailto:Frank.basler@gmail.com">Frank.basler@gmail.com</a>	
Esperina Baptiste	FPC/Ralphola Taylor CC	<a href="mailto:embaptisa@sbcglobal.net">embaptisa@sbcglobal.net</a>	

# **Attachment E**

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## **One Page Food Action Plan Summary**

Food Action Plan





Bridgeport's Food Policy Council launches its Food Action Plan – October 23, 2014

Bridgeport's Food Action plan focuses on access to healthy food for all of Bridgeport's residents. It will be available online as a complete document including background on how it was developed over years of collaboration, an assessment and inventory.

<http://www.bridgeportct.gov/Food-Policy-Council>



**Who?**

Core partners include the Bridgeport Farmers Market Collaborative, Wholesome Wave, Get Healthy CT, United Way of Coastal Fairfield County, Greater Bridgeport Council of Churches, PT Partners, Cooking Matters, Southern CT State University, The Witness Project, many Bridgeport city offices and dozens of community members who have spent time in community meetings and planning sessions.



**What?**

This background work and discussion formed the four focus areas of the plan:



1. Increase gardening in the community for low cost access to fresh produce.
2. Increase access to healthy foods through the adoption of healthier corner stores.
3. Increase access to fresh produce through farmer's markets and other retail.
4. Improve access to healthy foods for hungry individuals working with the non-profit feeding programs.

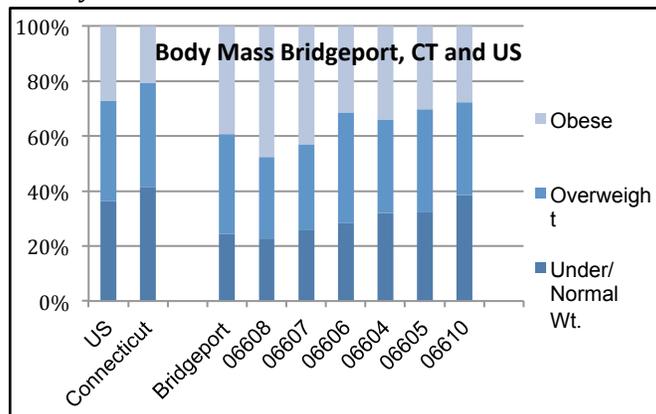


**When? Where?**

The Food Policy Council meets on the third Wednesday of each month from 6-7:30pm at the Margaret Morton Government Center. Its four subcommittees are seeking new members and meet monthly. Contact the Food Policy Council coordinator to get their meeting schedules:(203) 576-7680 or at [Bridgeport.FoodPolicyCouncil@bridgeportct.gov](mailto:Bridgeport.FoodPolicyCouncil@bridgeportct.gov).

**Why?**

Bridgeport faces numerous health disparities – complicated by lack of healthy food access and its outcomes. In 2011 the CARES survey found that more than half of Bridgeport adults were overweight or obese – and that almost 20% of adults ran out of food each month and higher among parents and the elderly.



**Bridgeport Food Policy Council Mission Statement**

*Together we will ensure easy access, skills to prepare and desire to consume healthy local foods and in doing so to create livable wage jobs for Bridgeport residents.*

Please take the time to learn what the Bridgeport Food Policy Council is trying to do and get involved!

Maggie Reynolds, Bridgeport Food Policy Chair  
Christina Stafstrom, Bridgeport Food Policy Council Vice-Chair





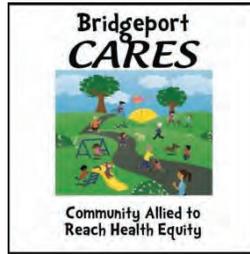
# Attachment F

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## CARES Executive Summary

### Food Action Plan





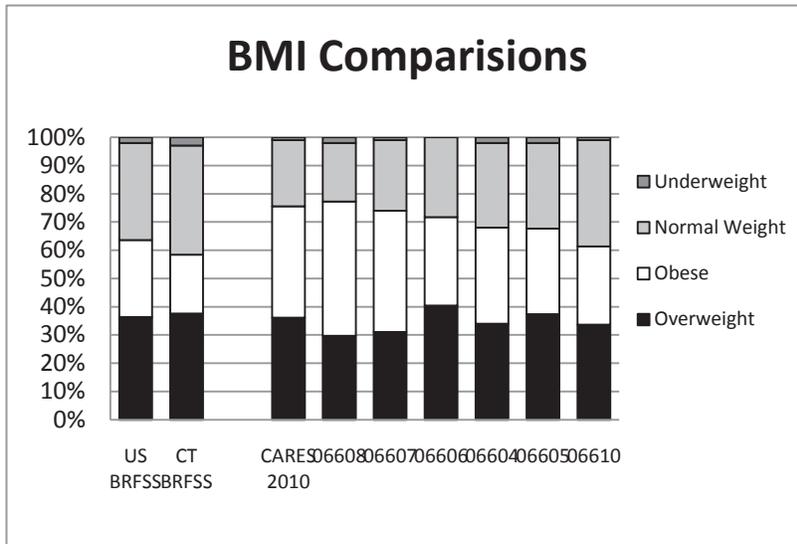
## Bridgeport CARES Overview and Executive Summary

The Bridgeport Community Allied to Reach Health Equity (CARES) began work in the Spring of 2010 when the Bridgeport Department of Health and Social Services undertook a review of the survey and findings from the 2005 Bridgeport Health Improvement Partnership's Survey, together with area health and social service providers. duBay Horton Associates, an area consulting firm who aided in the analysis and dissemination of the 2005 BHIP Community Health Assessment Survey, assisted in the development of the CARES survey as well. The revised and expanded survey tool that was used for the present CARES survey is shown in Appendix A.

Bridgeport CARES was more than a survey, as it sought to engage Bridgeport young people and residents in the process. Thirty surveyors were recruited from area teen parenting programs, local high schools, and the Workplace Youthworks program which provides summer work opportunities to young people involved with the juvenile justice system, DCF, or other at-risk groups. The surveyors were supervised by 5 field captains who were also members of the Bridgeport community. Prior to the work being approved by Bridgeport's city council, the surveyors received training on health equity, survey methods, and performed community service projects working in area soup kitchens, reclaiming a neglected community garden site and bringing produce to the soup kitchen, and having educational sessions and activities to understand the importance of having a bank account, entrepreneurship, and other life skills.

The surveys were conducted in September and October 2010. Teams alternated work in the field (going door to door) with conducting phone surveys using a random digit dial methodology. Surveys were conducted in both English and Spanish. It was decided that the survey should oversample neighborhoods that had been undersampled in previous efforts; specifically the project sought adequate sample sizes from the East End and East Side neighborhoods. Surveys were conducted in Trumbull Gardens, Marina Village, and PT Barnum housing projects with collaboration from the Bridgeport Housing Authority. Surveys were also conducted at community events (e.g. Trunk or Treat at Dunbar School, Basketball Tournament at Cardinal Sheehan Center as examples.) As the data collection proceeded, the characteristics of respondents were continuously monitored, and efforts were made to adjust the surveys population when necessary, to make the final sample as representative of the city as possible. This was accomplished with success; while overall the sampling method was not random but rather convenience, the resulting demographics are close to that of the city as a whole, and represent the East End and East Side Neighborhoods.

The same group who had been engaged in the survey design participated in the survey analysis. Three meetings were held to review survey results and to provide input into the analysis and outcomes. Given the enormous density of the available information the group recommended the development of "fact sheets" on topics of interest to particular groups. Fact sheets were developed on: Obesity, Hispanic ethnicity, Chronic disease: Diabetes and Asthma, Lead testing, Issues related to children, Homelessness, Smoking, and Food insecurity. A larger report with details on results and crosstabs on each question will be made available. Highlights from some of these areas include:



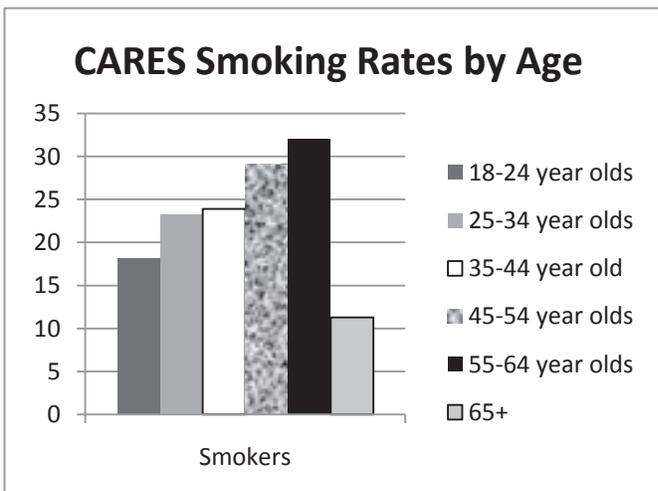
**Obesity:** There was a relatively large percentage of people (19%) who did not share their height and/or weight information, and for whom therefore BMI could not be calculated. Among those who did provide height and weight information, overall, 37% were obese and another 34% were overweight. Those groups at elevated risk included: residents living below poverty level, Hispanics, those with less than a 12<sup>th</sup> grade education, those who reported food insecurity, those with low vegetable consumption, and those living in certain zip

codes. There may be an independent association with being overweight and living in zip codes 06607 and 06608; further investigation will examine this relationship. Rates of being overweight are similar to statewide averages from the Behavioral Risk Factor Surveillance Survey, but rates of obesity are almost double Connecticut's overall rate of 21%.

**Hispanics:** The Hispanic population in Bridgeport increased from 32% to 40% between 2000 to 2010; in the CARES sample 34% were Hispanic. 63% of Hispanic respondents spoke both English and Spanish, 23% spoke Spanish only, 13% spoke English only. Hispanic respondents were more likely to have lower levels of education and lower incomes, compared to non-Hispanic respondents. They were also more likely to rent versus own, to have been homeless in the last year, to have been food insecure, to lack health insurance, to have had trouble paying for medications, and to feel unsafe in their neighborhood. Hispanics were also more likely than their Black or White counterparts to report having thought a lot about their race/ethnicity, and to have had

	Hispanics	Blacks	Whites
<i>n</i>	572	752	313
<b>Physical symptoms due to race</b>			
Never/ once a year	75%	77%	88%
One a week/ month	16%	12%	7%
Once an hour/ constantly	8%	8%	3%
<b>Physical symptoms due economic circumstances</b>			
Never/ once a year	44%	50%	58%
One a week/ month	21%	23%	19%
Once an hour/ constantly	32%	25%	22%

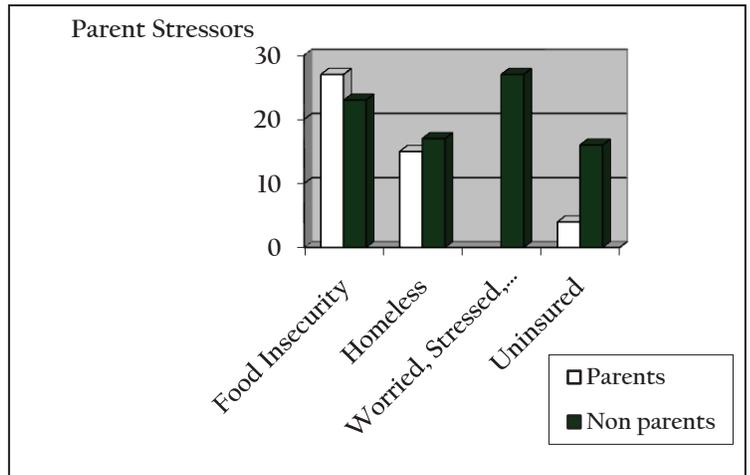
physical symptoms due to their treatment based on race.



**Smoking:** Overall, 465 respondents (27% of sample) smoked. Groups at elevated risk included: men, those below the poverty level, Blacks/African Americans, those with less than a 12<sup>th</sup> grade education, those who were unemployed, and those who had no health insurance. Almost exactly half of smokers had tried to quit in the last year. Those who had tried to quit smoking had higher levels of income and education, compared to those who

hadn't tried. The CARES survey found the highest rate of smoking among middle aged participants (32% for those 55-64 years), while rates among younger respondents were relatively low (18% for those 18-24 years). This stands in contrast to the findings of the Connecticut Adult Tobacco Survey which found the highest rates of smoking among adults in Connecticut to be among 18-34 year olds<sup>1</sup>. The 2008 Search Institute Survey of Bridgeport High School students found the rates of smoking to be about 9% for students in 10<sup>th</sup>-12<sup>th</sup> grade three years ago<sup>2</sup>.

**Children:** While there was good news with regard to children receiving routine medical care and immunizations (85%) two thirds of parents report that children watch more than two hours of television daily. Parents were also more likely than non-parents to be food insecure, with 27% of parents reporting running out of food or money to buy food in the past month compared to 21% of non-parents. 38% of parents in our survey reported having times in the past year when their family had no place to live. Despite the fact that parents overwhelmingly reported believing that reading to children daily is important, fewer than one quarter of households with children under 6 reported reading to their children for at least 20 minutes/day. Older, male, White, and higher income parents were all relatively more likely to read to their children.



**Lead Poisoning:** Compared to the state as a whole, Bridgeport consistently has higher rates of screening for lead poisoning for children under 6 years of age (47% vs. 28% in 2008), and also higher rates of elevated blood lead levels among those screened<sup>3</sup>. This is important given the age of housing stock in Bridgeport. In our sample, 63% of households with children under the age of 6 reported that the child had been tested. Connecticut mandates that children on Medicaid be tested for lead; accordingly, rates of screening were higher among children on Medicaid (our sample 67% versus 52%). Those more likely to get tested included: Hispanics, those living below poverty level, those whose parents have an educational level of 11<sup>th</sup> grade or less, and those who used a community health center as their primary health provider. Less likely to get tested included those whose primary care provider was a private doctor, a walk-in clinic, or the ER, White children, and children who didn't have health insurance.

**Neighborhood Concerns:** There were many issues which were not easily collapsible – for purposes of this report we have joined them in a discussion of neighborhood or community concerns. These data include details on homelessness, neighborhood characteristics, top health concerns by neighborhood, top items that make a neighborhood a good place to live. Generally Bridgeport residents (84%) feel safe walking in their own neighborhoods during the day. While the rates fall slightly lower at night (63%) most residents do have a sense of security. Many issues showed neighborhood differences – particularly homelessness, obesity and food insecurity.

**Homelessness:** Homelessness in the CARES sample was defined by answering “yes” or “sometimes” to the statement: “There have been times in the past year when my family has had no place to live”. Overall, 285 or 17% of respondents answered positively to that question. One-third of respondents who had been homeless had children. In terms of age, gender, and race, the homeless population was similar to the overall survey

<sup>1</sup> [http://www.ct.gov/dph/lib/dph/hems/tobacco/pdf/a\\_quick\\_look\\_at\\_smoking\\_in\\_ct.pdf](http://www.ct.gov/dph/lib/dph/hems/tobacco/pdf/a_quick_look_at_smoking_in_ct.pdf)

<sup>2</sup> Search Institute, 2006. *Developmental Assets: A Profile of Your Youth for Bridgeport Public Schools*

<sup>3</sup> CT DPH, Childhood Lead Poisoning in Connecticut, Surveillance Reports for 2006, 2007 and 2008.

population, though males and respondents of Hispanic ethnicity were somewhat over-represented. Nearly half (47%) were employed, and 70% had at least a 12<sup>th</sup> grade education. While the prevalences of alcohol and substance use, mental illness, and having experienced violence were each low among the homeless, those factors raised the *risk* of being homeless. In other words, among those who reported mental illness, substance use, and/or violence, the rates of homelessness were much higher.

*How did our sample compare to Bridgeport residents as a whole?*

Below is a summary of how the demographics of our sample compared to the demographics of Bridgeport as a whole. It is important to remember that 06607 and 06608 were oversampled to ensure that the groups in those neighborhoods were adequately represented. This also meant that because those neighborhoods were more racially diverse, our overall sample was more racially diverse than the city as a whole. Our sample also differed from the greater Bridgeport population in terms of age, gender, and socio-economic status.

The differences in population composition should be kept in mind when interpreting the results; characteristics such as ethnicity, age, and socio-economic status clearly affect health outcomes and concerns. Appendix B shows the percentages for each demographic, that the summary below is based on.

<b>Demographic</b>	
Age	
Middle ages 35-64 years	Over-represented
Younger (18-34) and Older (65 and older)	Under-represented
Gender	
Women	Over-represented
Men	Under-represented
Race/Ethnicity	
Black/AA	Over-represented
White	Under-represented
Hispanic	(neither)
Education	
12th grade or GED	Over-represented
College 4 or more	Under-represented
<12 <sup>th</sup> grade, College 1-3 yrs	(neither)
Income	
< \$20,000, range \$20,000 to < \$50,000	Over-represented
≥ \$50,000	Under-represented
Zip Code	
06607, 06608	Over-represented
06605, 06606, 06610	Under-represented
06604	(neither)

# **Attachment G**

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## **Resource Inventory Program Contact List**

Food Action Plan



# What Is Going On In Bridgeport To Address Food Access?

## Bridgeport Neighborhood Trust (BNT)

MAIN GOALS	<p>“Strengthen communities by embracing a comprehensive revitalization approach through advocacy, education, investment and technical support.”</p> <ul style="list-style-type: none"> <li>• Build, renovate quality and affordable housing for low and moderate income families</li> <li>• Creating healthier homes by addressing i.e. lead removal through outreach and education</li> <li>• Provides homeownership counseling</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• Owns 61 apartments in Bridgeport</li> <li>• Found an acre site on Stratford Ave., between Bishop and Freeman, on the East End for 4 story mixed-use building that will host a grocery store and provide residential living space             <ul style="list-style-type: none"> <li>○ Retail space to accommodate an 8,000 sq. ft. grocery store and farmers’ market</li> <li>○ Proposing variance to Zoning Board of Appeals on Aug.13, 2013</li> <li>○ Currently searching for an operator and plans to be in the ground around September 2014</li> </ul> </li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• City Departments:             <ul style="list-style-type: none"> <li>○ Office of Planning &amp; Economic Development (OPED)</li> <li>○ Housing &amp; Community Development</li> </ul> </li> <li>• NRZs (mostly South, East End)</li> </ul>
TARGET AUDIENCE	Bridgeport community, mostly low to moderate income families
PRIMARY CONTACT	<p>Elizabeth Torres, Executive Director          (203) 332-7977  <a href="mailto:elizabeth@bntweb.org">elizabeth@bntweb.org</a></p>
LOCATION	<p>240 Fairfield Ave.          3rd Floor          Bridgeport, CT 06604</p>
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Project planned on Stratford Ave. will help alleviate food access issues by providing a grocery store in a food desert</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li>• <b>City of Bridgeport</b> <ul style="list-style-type: none"> <li>○ Provide assistance in finding an operator for the mixed-use project on the East End</li> </ul> </li> </ul>

Source: [http://www.bntweb.org/about/about\\_bnt.html](http://www.bntweb.org/about/about_bnt.html)

### Bridgeport Nutrition Center

MAIN GOALS	<ul style="list-style-type: none"> <li>• Provide healthy, nutritious meals to students in accordance with national and state guidelines</li> <li>• Promote healthy eating habits and provide a wide range of options to fit the diverse cultural backgrounds of the student population</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• Received End Hunger CT! grant to run a Summer 2013 pilot program at summer feeding sites to increase nutritional value of food distributed</li> <li>• Established around 60 summer feeding sites</li> <li>• GVI gardens provides heads of lettuce to Bpt high schools</li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• Green Village Initiative (GVI)</li> <li>• End Hunger CT</li> <li>• Food Bank in New Haven</li> <li>• FoodCorps</li> <li>• Bridgeport Health Department</li> <li>• <a href="#">Board of Education</a></li> </ul>
TARGET AUDIENCE	Students in Bridgeport public schools
PRIMARY CONTACT	Maura O'Malley, Director of Food & Nutrition Services (203) 275-1201 <a href="mailto:momalley@bridgeportedu.net">momalley@bridgeportedu.net</a>
LOCATION	Thomas E. Carroll Nutrition Center 113 Federal St Bridgeport, CT 06606
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Increase <b>food access</b> through school meals, while emphasizing proper nutrition and healthy eating</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li>• <b>Wholesome Wave:</b> <ul style="list-style-type: none"> <li>○ As stated in the Bridgeport School's <a href="#">Wellness Policy</a>, "Whenever possible, students will be offered locally grown, seasonal fresh fruits and vegetables". WW can discuss options to connect the Nutrition Center with farmers that are interested in providing food to Bpt schools</li> <li>○ Encourage farmers to reach out to Maura, who would be interested in incorporating more local foods into school meals</li> <li>○ Have FoodCorps member act as a liaison between the Nutrition Center and WW to share resources and extend services when possible</li> </ul> </li> <li>• <b>City of Bridgeport:</b> <ul style="list-style-type: none"> <li>○ Work with Health Department to adapt Wellness Policy based on available funding and other City health initiatives</li> <li>○ Remove purchasing constraints that may impede local food purchases within the bidding process or present</li> </ul> </li> </ul>

	<p>policy changes to Food &amp; Nutrition Services (FNS) for more flexibility in food purchasing</p> <ul style="list-style-type: none"> <li>○ Help secure funding for the proper infrastructure in school kitchens to cook fresh food</li> <li>○ Adopt a similar form of the <a href="#">Healthy Food Certification Program</a> into City vending machines as outlined by CT State Department of Education. Bridgeport schools have already been increasingly active in this program.</li> </ul>
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Source:

<http://www.bridgeportedu.com/nutrition/docs/BpsWellnessPolicy.pdf> <http://www.bridgeportedu.com/nutrition/>

### Connecticut No Kid Hungry Campaign

MAIN GOALS	<ul style="list-style-type: none"> <li>• End childhood hunger in CT by year 2015</li> <li>• In first year (2011), focus was directed towards increased participation in programs such as Summer Food Service Program (SFSP) and Child and Adult Care Food Program's (CACFP) Afterschool Meal Program</li> <li>• Strategies to increase participation in food programs include outreach, education, start-up grants, marketing plans and collaborations with similar goal-oriented groups (i.e. Summer Nutrition Program)</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• <a href="#">Summer 2012 Results</a></li> <li>• <a href="#">Summer 2013 Campaign Efforts</a></li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• Share Our Strength</li> <li>• End Hunger Connecticut!</li> </ul> <p>(These two organizations came together to create CT NKH)</p>
TARGET AUDIENCE	CT children and their families
PRIMARY CONTACT	Dawn Crayco, Deputy Director End Hunger CT (860) 560-2100 ext. 303
LOCATION	Hartford, CT
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Improve <b>access</b> to public and private programs (i.e. SNAP, WIC, School Breakfast Programs) that provide food to families and their children who are eligible</li> <li>• Strengthen community infrastructure and systems for getting <b>healthy</b> food to children</li> <li>• Improve families' knowledge about available programs, healthy food choices and how to get the most from limited resources</li> </ul>

<p>FUTURE OPPORTUNITIES OR RECOMMENDATIONS</p>	<ul style="list-style-type: none"> <li>• <b>Wholesome Wave:</b> <ul style="list-style-type: none"> <li>○ Connect local farmers with the efforts of this statewide NKH campaign</li> <li>○ Suggest to CT NKH that they can increase participation by introducing DVCP when they are reaching out to SNAP and WIC participants.</li> <li>○ Address summer needs with farmers markets by using market locations as summer feeding sites               <ul style="list-style-type: none"> <li>▪ Work with the City around rules and regulations that pertain to this</li> </ul> </li> </ul> </li>   <li>• <b>City of Bridgeport:</b> <ul style="list-style-type: none"> <li>○ Identify and notify the Nutrition Center on convenient meeting locations as <b>accessible summer meal sites</b> (farm stands, schools, YMCA, parks) to increase summer meal program participation and work with Zoning, when necessary, to make this possible</li> <li>○ Establish relationship to see how local foods can be incorporated in the NKH five year plan of ending childhood hunger</li> <li>○ Determine how much funding has been diverted to Bridgeport from this program and how much is needed to serve the needs of this city</li> <li>○ Tap into the <a href="#">Best Practices resource</a> compiled by No Kid Hungry that offers guides, toolkits, videos, etc. to increase participation in food and nutrition programs</li> </ul> </li> </ul>
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Source: <http://bestpractices.nokidhungry.org/nkh-campaigns/connecticut>

### Cooking Matters

<p>MAIN GOALS</p>	<ul style="list-style-type: none"> <li>• End childhood hunger in America, particularly in communities with less resources, to promote healthy eating and cooking</li> </ul>
<p>STATUS</p>	<ul style="list-style-type: none"> <li>• Provide community workshops led by nutrition volunteers to teach families how to prepare and cook healthy and affordable meals</li> </ul>
<p>WORKS WITH</p>	<ul style="list-style-type: none"> <li>• Nationally sponsored by ConAgra Foods ® and Walmart</li> <li>• Program in CT Health Network Foundation</li> <li>• City's Department of Health and Social Services</li> <li>• Wholesome Wave</li> </ul>
<p>TARGET AUDIENCE</p>	<ul style="list-style-type: none"> <li>• Children in America from underinvested communities, families with significant food budgets-typically SNAP participants and/or those that receive free or reduced school lunches.</li> </ul>

PRIMARY CONTACT	<p style="text-align: center;">Lisa Schmitt (203) 331-6583  <a href="mailto:cmlisaschmitt@gmail.com">cmlisaschmitt@gmail.com</a></p>
LOCATION	<p style="text-align: center;">752 E Main St          Bridgeport, CT 06608</p>
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Similar mentality of serving under resourced families in terms of food access and is a local community program that strives to work closely with the City to <b>improve health and affordability of food</b> in the area.</li>   <li>• Looking towards a sustainable future in terms of a take home lesson that families are able to apply the rest of their life. Families continue to build upon the knowledge they gain after these courses to teach their children how they can prepare healthy foods within their budget.</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<p>The program provides 7 signature 6-week courses that target different audiences and age groups to teach healthy food preparation and cooking in the kitchen (i.e. Cooking Matters for Adults, Cooking Matters for Teens, Cooking Matters for Families).</p> <ul style="list-style-type: none"> <li>• <b>Wholesome Wave:</b> <ul style="list-style-type: none"> <li>○ An opportunity for WW and Cooking Matters to work together in providing informative workshops that are well attended and effective by collaborating on outreach and combining lessons on food preparation and food purchase.</li> <li>○ Cooking Matters is often looking for volunteers to lead a course. All coursework is already put together, they simply need someone to step in and guide the classes through the curriculum. Wavers can lead courses and strengthen relationship with this organization.</li> <li>○ WW could partner with Cooking Matters to integrate food from a local provider/farmer into the courses and distribute information about farm stands to maintain updates and reminders of fruit and vegetable access</li> <li>○ Courses can be a good location to discuss DVCP and reach out to SNAP and WIC participants (or those eligible). Courses could be an opportunity to simulate how to participate in DVCP--a lesson from food purchase to final meal.</li> </ul> </li> </ul>

Source: <http://cookingmatters.org/>

**Heroes Village**

MAIN GOALS	<ul style="list-style-type: none"> <li>• Address East End food desert by providing a hydroponic greenhouse that will produce 80,000 lbs of produce for sale and also contribute to future meals served at community center</li> <li>• Use the Urban Agriculture Center to produce jobs and subsidized food for local residents--particularly veterans and their families</li> <li>• Maintain a sustainable system within the greenhouse that provides nutrients to plants with recycled water and uses no pesticides</li> <li>• Model the success of hydroponic greenhouses for future food production in America</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• Expecting to build 5 more Urban Agriculture Centers in CT over next 3 years</li> <li>• Will build a community center to “train greenhouse workers, offer agriculture courses for the community and show local schoolchildren the benefits of sustainable agriculture”</li> <li>• Plan to start a farmers’ market from the greenhouse produce</li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• Patriot Hills of New York</li> <li>• State Governor Malloy and CT Department of Economic &amp; Community Development (DECD) helped secure \$1 million for brownfield remediation</li> </ul>
TARGET AUDIENCE	Veterans and their families
PRIMARY CONTACT	Antonio St. Lorenzo, CEO (347) 497-2444 info@heroesvillages.com
LOCATION	East End NYC
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Healthy, fresh food access</li> <li>• Serving in food desert areas to help build healthy families with quality food provisions</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li>• <b>Wholesome Wave</b> <ul style="list-style-type: none"> <li>○ Introduce DVCP in Heroes Village future farmers’ market</li> </ul> </li> <li>• <b>City of Bridgeport</b> <ul style="list-style-type: none"> <li>○ Get East End NRZ involved and apprised throughout the development stages of Heroes Village to gain community support</li> <li>○ Have OPED reach out to Heroes Village to share Storefront Improvement Grant possibilities to help sustain this effort</li> <li>○ Consider selling their produce at the East End Farmer’s Market to keep the market going</li> </ul> </li> </ul>

Source: <http://heroesvillages.com/>

**MetroCrops**

MAIN GOALS	<ul style="list-style-type: none"> <li>• To grow and sell salad greens through the use of LED lighting technology and hydroponic expertise</li> <li>• Address conventional farming limitations with a scientific approach that enhances product quality, produces jobs and sustains growth through a climate controlled environment</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• Founded in 2010 to try and develop the technology appropriate for urban, high-density, indoor gardening from a scientific approach</li> <li>• Completed USDA grant to lease space from UConn lab</li> <li>• Currently, looking to lease a space in Bpt to sell to Fairfield and Bridgeport consumers</li> <li>• Future interest in nutrition incentive programs at their “market”</li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• Bridgeport Rescue Mission</li> <li>• High Mowing Organic Seeds (customer relationship)</li> <li>• University of Connecticut (leasing lab space)</li> <li>• Financial support:             <ul style="list-style-type: none"> <li>○ CT Innovations</li> <li>○ CT Department of Economic and Community Development (DECD)</li> <li>○ USDA</li> </ul> </li> </ul>
TARGET AUDIENCE	Fairfield and Bridgeport residents, possibility to expand nationwide and start Urban High Density Indoor (UHDI) farms elsewhere
PRIMARY CONTACT	Steve Domyan <a href="mailto:steve@metrocrops.com">steve@metrocrops.com</a> (203) 642-4016
LOCATION	Norwalk, CT University of Connecticut (laboratories) Bridgeport, CT (future location)
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Sustaining food supply into the winter seasons, expanding food access throughout the year</li> <li>• Improving food access with high quality, fresh and local items</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li>• <b>Wholesome Wave</b> <ul style="list-style-type: none"> <li>○ Connect with Steve to provide expertise on markets and look for potential to expand DVCP to MetroCrops market</li> <li>○ Bring MetroCrops to WW markets</li> <li>○ Consider potential to launch winter markets with other indoor farming initiatives</li> </ul> </li> <li>• <b>City of Bridgeport</b> <ul style="list-style-type: none"> <li>○ Offer vacant buildings, particularly in food desert areas, for MetroCrops to position their indoor, urban farm</li> <li>○ Incorporate MetroCrops into existing City farmers’ markets</li> <li>○ Assist MetroCrops in sustaining a strong relationship</li> </ul> </li> </ul>

	with USDA to keep Bridgeport in the conversation
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Source: <http://metro crops.com/>

***"Should this project [MetroCrops] succeed in proving the concept of growing in such conditions, the food system near metro areas in the northeast could change the landscape of food security forever."***  
*---USDA committee member*

**East End Farmer's Market**

INVOLVED PARTIES	<ul style="list-style-type: none"> <li>• Greater Bridgeport Community Enterprises, Inc.</li> <li>• Department of Health &amp; Social Services</li> <li>• East End NRZ</li> </ul>
PRIMARY CONTACT	<p style="text-align: center;">Adrienne Farrar Houel, CEO and President  Greater Bridgeport Community Enterprises, Inc.  The Green Team  (203) 212-3860  <a href="mailto:houel@greenteambpt.com">houel@greenteambpt.com</a></p>
LOCATION	<p style="text-align: center;">East End  985 Stratford Ave</p>
TIME	<p style="text-align: center;">Sundays 10a-3p</p>

**East Side Farmer's Market**

INVOLVED PARTIES	<ul style="list-style-type: none"> <li>• Wholesome Wave</li> <li>• Department of Health and Social Services</li> </ul>
PRIMARY CONTACT	<p style="text-align: center;">Leah Johnson, Wholesome Wave Associate  (203) 226-1112 <a href="mailto:leah@wholesomewave.org">leah@wholesomewave.org</a></p>
LOCATIONS	<p style="text-align: center;">East Side  752 E. Main St</p>
TIME	<p style="text-align: center;">Wednesdays 10a-2p</p>

### Downtown Farm Fresh

INVOLVED PARTIES	Downtown Special Services
PRIMARY CONTACT	Michael Moore, President and CEO (203) 335-3800 ext. 106 <a href="mailto:moore@brbc.org">moore@brbc.org</a>
LOCATION	Downtown on McLevy Green
TIME	Thursdays 11a-4p Last Thursdays 11a-6p First Saturdays 11a-4p

### St. Vincent's Farm Stand

INVOLVED PARTIES	Wholesome Wave
PRIMARY CONTACT	Leah Johnson, Wholesome Wave Associate (203) 226-1112 <a href="mailto:leah@wholesomewave.org">leah@wholesomewave.org</a>
LOCATIONS	2800 Main St.
TIME	Wednesdays 10a-2p

### Farmers' Market Incentive Programs

MAIN GOALS	<ul style="list-style-type: none"> <li>• Increase access to fresh, healthy and local food by making it more affordable</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• Active at all farmers' markets in Bridgeport</li> <li>• Doubling capacity up to \$6, \$12 value</li> </ul>
INVOLVED PARTIES	<ul style="list-style-type: none"> <li>• Wholesome Wave</li> <li>• Department of Health &amp; Social Services</li> <li>• Downtown Special Services District</li> <li>• Greater Bridgeport Community Enterprise</li> </ul>
TARGET AUDIENCE	<p>Following participants at farmers' markets:</p> <ul style="list-style-type: none"> <li>• SNAP</li> <li>• WIC and Senior Farmers' Market Nutrition Program (FMNP)</li> <li>• WIC Cash Value Voucher (CVV) and Fruit and Vegetable Voucher (FVV)</li> </ul>
PRIMARY CONTACT	Wholesome Wave

LOCATION	All Bpt Farmers' Markets
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**FoodCorps**

MAIN GOALS	<ul style="list-style-type: none"> <li>• Molding healthy relationships with children and food so they value their food choices and better understand the impacts of healthy eating</li> <li>• Build and tend school gardens</li> <li>• Bring high-quality local food into public school cafeterias</li> <li>• Teach kids about what healthy food is and where it comes from</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• First Bpt FoodCorps member, Amy Kleinman) started in August 2012</li> <li>• New FoodCorps member in Bridgeport next service year (September 2013-July 2014)</li> <li>• 12 new members in CT</li> <li>• Worked primarily with grades 2 through 8 in 4 to 5 Bpt schools</li> <li>• Developing common core curriculum extending from garden to cafeteria</li> <li>• Food Day at Barnum School on Oct 20, 2012</li> <li>• 3 Day Market run by children to sell produce they grew at Barnum School</li> <li>• 2 Farm field trips paid for by CT Ag Education Foundation <ul style="list-style-type: none"> <li>○ SportHill Farm on the East End</li> <li>○ Common Ground Urban Farm in New Haven</li> </ul> </li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• Bridgeport Nutrition Center</li> <li>• Wholesome Wave</li> <li>• Cooking Matters</li> <li>• Ag in the Classroom (State Partner)</li> <li>• End Hunger CT!</li> <li>• Groundwork Bpt</li> <li>• BuildOn</li> <li>• 4-H</li> <li>• P.A.C.</li> <li>• Lighthouse</li> <li>• Sustainable Food Systems</li> <li>• CT Department of Ag</li> <li>• CitySeed</li> <li>• Fuel Up to Play 60</li> <li>• Dunk the Junk</li> <li>• Park City Schools and Community Alliance</li> </ul>
TARGET AUDIENCE	Children and community members in Bpt
PRIMARY CONTACT	<p style="text-align: center;">Madison Wierzel  <a href="mailto:madison.wierzel@foodcorps.org">madison.wierzel@foodcorps.org</a>  (member from September 2013-July 2014)</p>

	<p>Amy Kleinman  <a href="mailto:alkleinma@gmail.com">alkleinma@gmail.com</a>  (member from August 2012-August 2013)</p>
LOCATION	<ul style="list-style-type: none"> <li>Bpt Schools</li> <li>Wholesome Wave 855 Main St. Suite 910 Bridgeport, CT 06604</li> <li>Thomas E. Carroll Nutrition Center 113 Federal St. Bridgeport, CT 06066</li> </ul>
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>Education on nutrition and bring awareness on health through gardens and education</li> <li>Involvement with local farmers to promote local foods</li> <li>Providing an introduction to farmers' markets and building a culture around visiting these markets</li> <li>Helps to promote farm stands and bring that produce to the schools</li> <li>Building partnerships in Bpt that connect food-related groups</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li><b>Wholesome Wave:</b> <ul style="list-style-type: none"> <li>Have FoodCorps member communicate with Food Policy Council member (Maggie) to share food challenges that can be addressed with policy change</li> <li>Connect FoodCorps member with a Food Policy Council member that is familiar with the school food system, if available, to represent school food needs. Also, consider forming a sub food working group to address school food specifically. They can model the one in New Haven.</li> </ul> </li> </ul>

Source: <https://foodcorps.org/>

### Food Pantries

### Get Healthy CT

MAIN GOALS	<ul style="list-style-type: none"> <li>Eliminate obesity through the collaboration of key community players to remove barriers to healthy eating and physical activity</li> <li>Increase funding to address the Greater Bridgeport Regional issues</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>Working on refining the Community Health Improvement Plan (CHIP)</li> <li>Step It Up Campaign</li> <li>Developed the <a href="#">Healthy Eating Pledge</a> and <a href="#">Physical Activity Pledge</a></li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>Breaks off into 3 main task forces:</li> </ul>

	<ul style="list-style-type: none"> <li>○ Healthy Eating Task Force</li> <li>○ Physical Activity Task Force</li> <li>○ Support Systems Task Force</li> <li>• Bpt Hospital</li> <li>• St. Vincent's Medical Center</li> <li>• Wholesome Wave</li> <li>• Bpt Community Land Trust</li> <li>• Bpt Board of Education Food &amp; Nutrition Services</li> <li>• Bpt Neighborhood Trust</li> <li>• Greater Bridgeport Transit</li> <li>• <a href="#">Complete Member Organizations List</a></li> </ul>
TARGET AUDIENCE	CT residents
PRIMARY CONTACT	<ul style="list-style-type: none"> <li>• Lyn Salsgiver (203) 384-3289 or 3946 <a href="mailto:Carolyn.Salsgiver@bpthosp.org">Carolyn.Salsgiver@bpthosp.org</a></li> <li>• Bill Hoey <a href="mailto:Bill.hoey@stvincents.org">Bill.hoey@stvincents.org</a></li> <li>• Bob Tota (Community Leader, Support Systems Task Force) (203) 556-2793 <a href="mailto:rtota@aol.com">rtota@aol.com</a></li> <li>• General E-mail <a href="mailto:gethealthyct@gmail.com">gethealthyct@gmail.com</a></li> </ul>
LOCATION	<ul style="list-style-type: none"> <li>• Frequently meets at Bpt Hospital or St. Vincent's but meeting location may vary</li> </ul>
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Increasing food access by eliminating healthy eating barriers</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li>• <b>Wholesome Wave</b> <ul style="list-style-type: none"> <li>○ Incorporate the Healthy Eating Pledge and Physical Activity Pledge into the Work Wellness Program that is being developed</li> <li>○ Consider having a table for Get Healthy CT at farmers' markets when new campaigns start or educational programs are created</li> </ul> </li> <li>• <b>City of Bridgeport:</b> <ul style="list-style-type: none"> <li>○ Share current resources and CHIP with the Food Policy Council</li> <li>○ Encourage City Departments sign the Healthy Eating Pledge and the Physical Activity Pledge</li> <li>○ Serve as potential partner to Food Policy Council as source of information for priority areas and what requires policy change</li> </ul> </li> </ul>

Source:[www.gethealthyct.org](http://www.gethealthyct.org)

**Greater Bridgeport Community Enterprises, Inc. (GBCE)**

MAIN GOALS	<ul style="list-style-type: none"> <li>• Create jobs in the green sector and promote sustainable living</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• East End Farmers' Market-through mgmt., controller, does the administrative work,</li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• <b>City of Bridgeport:</b> <ul style="list-style-type: none"> <li>○ Office of Planning &amp; Economic Development (OPED)</li> <li>○ Housing &amp; Community Development</li> <li>○ City Attorney</li> <li>○ Neighborhood Revitalization Zones (NRZs)</li> <li>○ Purchasing Department</li> <li>○ Health Department</li> <li>○ Small &amp; Minority Business Resource Office</li> </ul> </li> <li>• Downtown Special Services District (DSSD)</li> <li>• Wholesome Wave</li> <li>• Bridgeport Neighborhood Trust (BNT)</li> <li>• Action for Bridgeport Community Development, Inc. (ABCD)</li> <li>• HUD Neighborhood Stabilization Program (NSP)</li> <li>• Bridgeport Hospital</li> <li>• Optimus Health Care</li> <li>• Southwest Community Health Center, Inc.</li> </ul>
TARGET AUDIENCE	<ul style="list-style-type: none"> <li>• Low and moderate income residents in Bridgeport</li> <li>• Veterans</li> </ul>
PRIMARY CONTACT	<p>Adrienne Farrar Houel, President &amp; CEO          (203) 212-3860  <a href="mailto:houl@greenteambpt.com">houl@greenteambpt.com</a></p>
LOCATION	<p>570 Barnum Avenue          Bridgeport, CT 06608</p>
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Support the East End farmers' market and all markets in Bridgeport as part of the solution to eliminate low food access areas in Bridgeport</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li>• <b>Wholesome Wave:</b> <ul style="list-style-type: none"> <li>○ Collaborate with GBCE on nutrition education and promotion at farmers' markets</li> <li>○ Look for support from GBCE if FVRx is incorporated into Bridgeport clinics and hospitals, as they have expressed interest in supporting the program</li> </ul> </li> <li>• <b>City of Bridgeport:</b> <ul style="list-style-type: none"> <li>○ Work with GBCE to create jobs around farmers' market that will enhance community engagement</li> <li>○ Connect GBCE with Food Policy Council when addressing food waste reduction</li> </ul> </li> </ul>

**Green Village Initiative (GVI)**

MAIN GOALS	<ul style="list-style-type: none"> <li>• Sustainable and community-based projects focused on local food and education to empower local communities</li> <li>• Ultimate goal is for local change to influence wider systemic change</li> <li>• Collaborate across nonprofits to move forward on local food, water/power/garbage initiatives</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• Started 14 Bridgeport School Gardens</li> <li>• Opened 1st Bridgeport Urban Garden this Summer (2013): Reservoir Community Farm               <ul style="list-style-type: none"> <li>○ 1469 Reservoir Ave Bridgeport, CT 06606</li> </ul> </li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• Bpt Neighborhood Studio</li> <li>• Bpt Neighborhood Trust</li> <li>• Bpt Public Library</li> <li>• Bpt Public Schools</li> <li>• Groundwork Bridgeport</li> </ul>
TARGET AUDIENCE	<ul style="list-style-type: none"> <li>• Local, under-resourced communities in CT</li> </ul>
PRIMARY CONTACT	<ul style="list-style-type: none"> <li>• Monique Bosch, Co-founder of GVI <a href="mailto:moniqueb@optonline.net">moniqueb@optonline.net</a> (203) 858-8829</li> <li>• Carmela Lacobucci (contact for Reservoir Community Farm) <a href="mailto:ci@mainstreetresources.com">ci@mainstreetresources.com</a> (203) 227-5320</li> <li>• Julio Renoso (contact for Reservoir Community Farm) (203) 338-8146 <a href="mailto:jpreino@yahoo.com">jpreino@yahoo.com</a></li> </ul>
LOCATION	<p>1 Morningside Dr North Building B Westport, CT 06880</p>
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Focused on local and community-based efforts to address food access (i.e. community/school gardens)</li> <li>• Addressing the needs of under-resourced communities</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li>• <b>Wholesome Wave:</b> <ul style="list-style-type: none"> <li>○ Connect with Monique for the potential to carry out DVCP at Reservoir Community Farms</li> <li>○ Get in touch with their farmer to see if there is interest to contribute produce to WW farm stands</li> </ul> </li> <li>• <b>City of Bridgeport:</b> <ul style="list-style-type: none"> <li>○ Have gardens inspected before, during and after installation for lead contamination and other potentially harmful risks</li> <li>○ Reach out to GVI to help communicate where the greatest needs are in Bpt and how their funding can best support the various neighborhoods and their</li> </ul> </li> </ul>

	unique differences
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Source: <http://gogvi.org>

***“More than 21 million kids rely on free and reduced lunches while just over 3 million get summer meals.”***

Source: No Kid Hungry 2011 Annual Report

**Let’s Move Campaign**

MAIN GOALS	Let’s Move Childhood Obesity Task Force identifies these 5 areas of focus: <ul style="list-style-type: none"> <li>• Creating a healthy start for children</li> <li>• Empowering parents and caregivers</li> <li>• Providing healthy food in schools</li> <li>• Improving access to healthy, affordable foods</li> <li>• Increasing physical activity</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• Let’s Move is carried out by the parties identified below, which support various programs through Let’s Move together</li> <li>• Programs: <ul style="list-style-type: none"> <li>○ National Dance Day-July 27</li> <li>○ Step It Up: encouraging individuals to take stairs</li> </ul> </li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• Physical Activity Task Force</li> <li>• Healthy Eating Task Force</li> <li>• Bpt Hospital or St. Vincent’s (?)</li> <li>• Bpt Health Department</li> </ul>
TARGET AUDIENCE	America’s children and their families
PRIMARY CONTACT	<ul style="list-style-type: none"> <li>• Get Healthy CT</li> <li>• Bpt Health Department</li> </ul>
LOCATION	No set location
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Improving <b>access</b> to healthy, affordable foods</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li>• <b>Wholesome Wave</b> <ul style="list-style-type: none"> <li>○ Get involved in Let’s Move events and invite farmers to any events to sell healthy options</li> </ul> </li> <li>• <b>City of Bridgeport</b> <ul style="list-style-type: none"> <li>○ Apply for funding under the Healthy Food Financing Initiative (HFFI) (built upon the foundation of the Let’s Move campaign) in cooperation with community-based food initiatives to create a formidable program that would attract grant approval and best address food insecurity in</li> </ul> </li> </ul>

	Bpt (i.e. Healthy Corner Store Initiative, nutrition incentive support)
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Source: <http://www.letsmovebridgeportct.gov/about/>

### Neighborhood Revitalization Zones (NRZ)

MAIN GOALS	<ul style="list-style-type: none"> <li>• Establish a process that encourages development of neighborhoods with the involvement of residents, businesses and local government <ul style="list-style-type: none"> <li>○ Process: <ul style="list-style-type: none"> <li>▪ Stakeholder groups (includes residents, non-profits, faith-based orgs) identify priorities and needs of the neighborhood and request City Council approval to become NRZs</li> <li>▪ After approval, the NRZ is “eligible to borrow state money to purchase blighted properties or offer low-interest loans to qualifying businesses for facade improvements”</li> <li>▪ Plans are drafted and put into action after review by City Council</li> </ul> </li> </ul> </li> <li>• Makes plans to improve neighborhoods by restoring buildings, proposing park areas, incorporate local businesses that draw community closer (i.e. youth activities), establish street cleanup efforts, improve waterfront public access, etc.</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• <a href="#">Neighborhood Revitalization Plans</a></li> <li>• Generally, all NRZs meet monthly</li> <li>• Priority List re-evaluated on an annual basis to manage project preference and support</li> <li>• NRZ board members decide priorities and a vote of 51% is needed to validate projects <ul style="list-style-type: none"> <li>○ Board members comprised of residents, local business owners, faith-based organizations, local non-profits, etc.</li> <li>○ Board members are voted by NRZ members every 2 years</li> </ul> </li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• City Council</li> <li>• Neighborhood residents, organizations, businesses, non-profits, faith-based groups</li> <li>• State agencies</li> <li>• Various City Departments, mainly Health Department</li> </ul>
TARGET AUDIENCE	<ul style="list-style-type: none"> <li>• Neighborhood residents within the revitalization zones</li> </ul>
PRIMARY CONTACT	<p>Deborah Thomas-Sims, Neighborhoods Coordinator/Director of Neighborhood Revitalization (203) 576-2344 <a href="mailto:Deborah.Thomas-Sims@bridgeportct.gov">Deborah.Thomas-Sims@bridgeportct.gov</a></p>
LOCATION	<p>City Annex 999 Broad St</p>

	Bridgeport, CT 06604
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Encourage businesses in neighborhoods--potential to plan grocery stores, farm stands and more</li> <li>• Serving the needs of different neighborhoods in Bridgeport--including <b>food desert areas</b> (i.e. East End NRZ)</li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li>• <b>Wholesome Wave:</b> <ul style="list-style-type: none"> <li>○ Have a WW member sit on an NRZ Planning Committee to provide input on farmers' market needs and areas for improvement</li> <li>○ If location of WW is a barrier to sitting on the Committee, suggest WW serve as a subcommittee that helps guide the NRZ Planning process by issuing recommendations and presenting relevant reports (i.e. DVCP data)</li> </ul> </li> <li>• <b>City of Bridgeport</b> <ul style="list-style-type: none"> <li>○ City employees need to reach out to community members through NRZ Board Members who have established trust among Bridgeport residents and gather accurate input on City projects</li> <li>○ Ensure East End gets a grocer providing fruits and vegetables before allowing grocers to start in other neighborhoods where there is less of an urgency</li> <li>○ Increase communication to community members to establish clear reasoning and basis for projects and build better community support</li> </ul> </li> </ul>

Source: [www.bridgeportct.gov](http://www.bridgeportct.gov)

### Primary Care Action Group (PCAG)

MAIN GOALS	<ul style="list-style-type: none"> <li>• Leads, through funding and management, a Community Health Assessment (CHA) that identifies regional health needs and a Community Health Improvement Plan (CHIP) used to designate health priorities, goals and strategies unique to specific areas</li> <li>• Collaborate and coordinate with organizations, institutions and community groups to understand the current health status of a community, in order to better implement strategic plans to address health issues in the Greater Bridgeport Region (Bridgeport, Stratford, Fairfield, Trumbull, Monroe and Easton)</li> <li>• "Identify community strengths, resources and gaps in services in order to help the PCAG members set programming, funding and policy priorities"</li> <li>• Improve health of specified communities</li> </ul>
STATUS	Regular monthly Tuesday meetings at 8:30a at St. Vincent Hospital in Bpt
WORKS WITH	<ul style="list-style-type: none"> <li>• Healthy Eating Task Force</li> <li>• Physical Activity Task Force</li> </ul>

	<ul style="list-style-type: none"> <li>• Support Systems Task Force</li> <li>• Bridgeport Health &amp; Social Services Department</li> </ul>
TARGET AUDIENCE	Greater Bridgeport Area residents
PRIMARY CONTACTS	<ul style="list-style-type: none"> <li>• Kristin duBay-Horton (City Health Dpt) <a href="mailto:kristin.dubay_horton@bridgeportct.gov">kristin.dubay_horton@bridgeportct.gov</a> (203) 610-1740</li> <li>• Albertina Baptista (City Health Dpt) <a href="mailto:albertina.baptista@bridgeportct.gov">albertina.baptista@bridgeportct.gov</a> (203) 337-2343</li> <li>• Lyn Salsgiver (Bpt Hospital) <a href="mailto:Carolyn.Salsgiver@bpthosp.org">Carolyn.Salsgiver@bpthosp.org</a> 203-384-3289 or 3946</li> </ul>
LOCATION	<ul style="list-style-type: none"> <li>• Greater Bridgeport Area, meetings at St. Vincent's Hospital</li> </ul>
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Overall health concern: <ul style="list-style-type: none"> <li>○ CHIP's Priority Area 1 is Cardiovascular Disease &amp; Diabetes which can be reduced with increased consumption of fruits and vegetables in regular diet</li> <li>○ CHIP's Priority Area 2 is Obesity which considers "Access to Healthy Food"</li> </ul> </li> </ul>
FUTURE OPPORTUNITIES OR RECOMMENDATIONS	<ul style="list-style-type: none"> <li>• <b>PCAG/Get Healthy CT:</b> <ul style="list-style-type: none"> <li>○ CHIP's Priority Area 1: Cardiovascular Disease &amp; Diabetes <i>Strategy 1.1.3, Action Step: "Target key facilities by offering education programs."</i> <ul style="list-style-type: none"> <li>■ See if Wholesome Wave's educational FVRx program can fit under this action step and communicate with lead person(s) and organization(s) to solidify educational materials or approach</li> <li>■ Suggest healthcare providers participate in FVRx, such as Dr. Judy &amp; Dr. Rosa, identified as Lead Persons under Strategy 1.1.2</li> </ul> </li> <li>○ CHIP's Priority Area 2: Obesity (Physical Activity and Access to Healthy Food) <i>Strategy 2.1.1, Action Step: "Evaluate use of WIC and SNAP to ensure that coupons are used for healthy options. And provide education about what health foods are."</i> <ul style="list-style-type: none"> <li>■ Education on health foods can be strengthened through education on nutrition incentive programs to motivate behavior change (i.e. increase purchases of fruits and vegetables)</li> </ul> </li> <li><i>Strategy 2.1.4</i> <ul style="list-style-type: none"> <li>■ FoodCorps members are involved with the school-based gardens and they can report back on progress</li> </ul> </li> </ul> </li> </ul>

	<p><i>Priority 2 desires to “reduce and prevent obesity by creating environments that promote healthy eating and active living in the Greater Bridgeport Region</i></p> <ul style="list-style-type: none"> <li>“ The act of “creating environments” will rely on various City Departments (i.e. Health, Zoning, Transportation, Sustainability, Planning &amp; Economic Development, Parks &amp; Recreation) so these Departments need to be incorporated in CHIP</li> <li>“ In the process of creating environments suitable for healthy living, these places can also be utilized to increase community activity by including farmers markets/stands at these locations or strategize parks, open space improvements around already established farmers’ markets</li> </ul>
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Source: Greater Bridgeport, CT Community Health Assessment April 2013

**Urban Roots Bridgeport (formerly Bridgeport Community Land Trust)**

MAIN GOALS	<ul style="list-style-type: none"> <li>• Establish network of neighborhood gardens to grow an urban organic farming system from seed to pantry</li> <li>• Use gardens as nourishment and other community benefits for Bpt residents</li> <li>• Provide education and promotion on nutrition, gardening and community building</li> <li>• Coordinate volunteers for maintenance of gardens</li> </ul>
STATUS	<ul style="list-style-type: none"> <li>• Founded in 2011</li> <li>• <a href="#">14 Community Gardens in Bridgeport</a></li> <li>• Has distributed garden produce, informally, to individuals, local churches and organizations</li> <li>• Looking into assembling prototype to collect rainwater for sustainable irrigation in September</li> </ul>
WORKS WITH	<ul style="list-style-type: none"> <li>• City Departments: <ul style="list-style-type: none"> <li>○ Parks &amp; Recreation</li> <li>○ Central Grants</li> <li>○ OPED</li> <li>○ Mayor’s Office</li> </ul> </li> <li>• Other community groups</li> </ul>
TARGET AUDIENCE	<ul style="list-style-type: none"> <li>• Bridgeport residents without access to fresh, healthy food</li> </ul>
PRIMARY CONTACT	Barbara Kelly, President <a href="mailto:bridgeportcommunitylandtrust@gmail.com">bridgeportcommunitylandtrust@gmail.com</a>
LOCATION	881 Lafayette Blvd Bridgeport, Connecticut 06604
OVERLAPPING GOALS & VISION	<ul style="list-style-type: none"> <li>• Increasing affordability and garden culture to address food access</li> </ul>

	<ul style="list-style-type: none"> <li>• Emphasis on education and how nutrition factors into healthy eating</li> </ul>
<p>FUTURE OPPORTUNITIES OR RECOMMENDATIONS</p>	<ul style="list-style-type: none"> <li>• <b>City of Bridgeport:</b> <ul style="list-style-type: none"> <li>○ Invite Urban Roots to Mayor's events to teach gardening skills and introduce public to the community gardens</li> <li>○ Share updates on vacant land that is suitable for community gardening</li> <li>○ Provide expertise on lead inspections before garden placement</li> </ul> </li> </ul>

Source: <https://www.facebook.com/urbanrootsbridgeport/>,  
<http://urbanrootsbridgeport.blogspot.com/>