

# Food & Community Indicators

## An Introduction

This set of indicators was developed with combined input from Food & Fitness grantees, the evaluation team, the technical assistance team, and the W.K. Kellogg Foundation. The indicators are intended to be used as guideposts to measure and track the progress of work over the short, intermediate, and long term.

Indicators for the following focus areas have been developed and are included in this packet:

- Early Food
- School Food
- Community Food
- Active Living/Built Environment
- Youth Engagement (Can also be found in Appendix 1 in the Food & Fitness special issue article titled *How Food & Fitness Community Partnerships Successfully Engaged Youth*)

The concept of “**Good Food**” is at the core of the Food & Community program, and the term is used throughout the indicators. Good Food should ideally be **locally sourced** as much as possible. WKKF defines Good Food as:

- **Healthy**—promotes the physical, mental and spiritual well-being of individuals, families and communities.
- **Green**—produced in a manner which maintains or improves the quality of land, water, air and other ecological factors.
- **Fair**—minimizes the chance that anyone along the production line was exploited for its creation.
- **Affordable**—priced so that people of all socioeconomic backgrounds are able to purchase it and have access to it.

We also recognize that you may have your own working definition of what Good Food means for your organization.

# Early Food Indicators

Outcome

Equitable food systems

	Short Term	Intermediate	Long Term
<b>Conditions Indicators</b>	<ul style="list-style-type: none"> <li>• % of early care and education (ECE) centers and family child care (FCC) that have direct relationships with farmers or local food venders and are developing school gardens</li> <li>• Engagement among students, parents, center personnel, and community partners to develop farm to early care food efforts</li> </ul>	<ul style="list-style-type: none"> <li>• Pilot projects in place in a subset of early care and education (ECE) centers and family child care (FCC) that increase availability of locally sourced foods as part of the school meals program.</li> <li>• ECE and FCC food service whether self operated or through a food management company or independent food purchasers has established relationships with local entities such as farmers and vendors or food hubs, that facilitate aggregation, processing and distribution of locally sourced foods</li> <li>• Approved policies that reinforce <i>Child and Adult Care Food Program (CACFP)</i> nutrition standards and establish a goal for local procurement for food in early care settings</li> <li>• Connections with the existing infrastructure of the National Farm to School Network to bring best practices to early care providers with particular emphasis on care in homes, faith-based and community care centers</li> </ul>	<ul style="list-style-type: none"> <li>• Comprehensive farm to early care and education (ECE) centers and family child care (FCC) serving vulnerable children to link home, classroom, local farm, gardens, and community efforts</li> <li>• % of early care and education (ECE) centers and family child care (FCC) foods procured through local farmers and producers # meals served that include Good Food</li> <li>• # meals served that include Good Food</li> <li>• Farm to early care included in trainings and professional development for early care providers</li> <li>• Recognition in an award system representing CACFP, as well as incorporation for incentives for local and regional sourcing for Highest Honors Healthier Child and Adult Care Food Program Award (which is operational in some states, and in WY, does indicate preference for local and seasonal foods)</li> </ul>
<b>Child Level Indicators</b>	<ul style="list-style-type: none"> <li>• Increased exposure to Good Food</li> <li>• Changed relationships with Good Food</li> </ul>	<ul style="list-style-type: none"> <li>• Increased consumption of Good Food</li> </ul>	<ul style="list-style-type: none"> <li>• Improved health status</li> </ul>

# School Food Indicators

<b>Outcome</b>	Equitable food systems
----------------	------------------------

	Short Term	Intermediate	Long Term
<b>Conditions Indicators</b>	<ul style="list-style-type: none"> <li>• % of school buildings have direct relationships with farmers and are developing school gardens</li> <li>• Efforts develop relationships among students, parents, school personnel, and community partners to develop farm to school and school food efforts</li> </ul>	<ul style="list-style-type: none"> <li>• Pilot projects in place in a subset of schools that increase availability of locally sourced foods as part of the school meals program</li> <li>• % of schools that have developed school gardens as part of the curriculum</li> <li>• School food service/food management company have established relationships with local entities that facilitate aggregation, processing and distribution of locally sourced foods</li> <li>• Approved policies that reinforce USDA school food nutrition standards and establish a goal for local procurement for school meals and support farm to school components</li> <li>• Recipient of Bronze or Silver USDA School Challenge Award</li> </ul>	<ul style="list-style-type: none"> <li>• Comprehensive farm to school efforts in schools with over 50% of students participating in free or reduced lunch programs (linked home, classroom, cafeteria, gardens, and community efforts)</li> <li>• % of school foods procured through local producers and farmers</li> <li>• # school meals served that include Good Food</li> <li>• Recipient of Gold USDA School Challenge Award</li> <li>• Nondiscretionary budget supports farm to school components</li> </ul>
<b>Child Level Indicators</b>	<ul style="list-style-type: none"> <li>• Increased exposure to Good Food</li> <li>• Changed relationships with Good Food</li> </ul>	<ul style="list-style-type: none"> <li>• Increased consumption of Good Food</li> </ul>	<ul style="list-style-type: none"> <li>• Improved health status</li> </ul>

# Community Food Indicators

Outcome

Equitable food systems

	Short Term	Intermediate	Long Term
<b>Conditions Indicators</b>	<ul style="list-style-type: none"> <li>• Food system leadership reflective of the community most impacted with inequity in access and availability of Good Food</li> <li>• Engaged process to support community self determination of a healthy food system</li> <li>• Aligned relationships of community and technical partners</li> <li>• Assessment and mapping of current food systems</li> </ul>	<ul style="list-style-type: none"> <li>• Pilot project in place that facilitates access to Good Food in low income neighborhoods</li> <li>• Technical assistance and coaching support available for food business and entrepreneurship</li> <li>• Financing available for food business and entrepreneurship</li> <li>• Aligned relationships among food producers, aggregators, distributors, retailers, purchasers, and community partners</li> <li>• Approved policies and market charges that support the procurement of healthy, fresh foods anchor institutions (child care centers, K-12 schools, hospitals, universities, retail/grocers, employers, and government)</li> <li>• Repurpose public sector funds/WIC/SNAP for healthy food incentives</li> </ul>	<ul style="list-style-type: none"> <li>• Every resident in local neighborhoods has access to Good Food within less than a mile of the residence (includes home and community gardens, farmers markets, mobile, markets, and retail)</li> <li>• Cluster of financially sustainable business in the local/regional area that link the demand and supply of Good Food and facilitate affordable prices</li> <li>• % of food procured in the community is locally/regionally sourced</li> <li>• #of jobs are held by residents reflective of the communities most impacted and are sustained in the local food economic sector</li> </ul>
<b>Child Level Indicators</b>	<ul style="list-style-type: none"> <li>• Increased exposure to Good Food</li> <li>• Changed relationships to Good Food</li> </ul>	<ul style="list-style-type: none"> <li>• Increased consumption of Good Food</li> </ul>	<ul style="list-style-type: none"> <li>• Improved health status</li> </ul>

# Active Living/Built Environment Indicators

**Outcome** Equitable changes in schools and neighborhoods that create opportunities for physical activity

	Short Term	Intermediate	Long Term
<b>Schools</b>			
<b>Conditions Indicators</b>	<ul style="list-style-type: none"> <li>• % of schools that have direct relationships with decision-makers (e.g. school board members, school superintendent)</li> <li>• Development of Safe Routes to Schools programs – written plan in place</li> <li>• Relationships developed among students, parents, school personnel, and community partners toward active living/built environment efforts</li> <li>• Pilot projects underway (#) to increase physical activity before, during and after-school</li> <li>• Professional development and training for physical education teachers</li> </ul>	<ul style="list-style-type: none"> <li>• Increased # bike racks available at schools</li> <li>• Increased hours of physical activity in the school day</li> <li>• Increased hours of physical activity in school programs outside of the school day</li> <li>• Safe Routes to Schools guidelines adopted</li> <li>• Adoption of new school wellness policy</li> <li>• Allocation of budget toward physical activity infrastructure at schools</li> <li>• Increase in playground equipment to facilitate activity</li> <li>• Increased time for structured active recess</li> </ul>	<ul style="list-style-type: none"> <li>• Safe Routes to Schools guidelines implemented</li> <li>• Implementation of new school wellness policy</li> </ul>
<b>Child Level Indicators</b>	<ul style="list-style-type: none"> <li>• Increased exposure to physical activity opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• Increased engagement in physical activity</li> <li>• Increased #/% of students walking or biking to school</li> <li>• Increased # of walking school buses</li> <li>• Increased # students going outside for physical activity during recess</li> <li>• Increased # opportunities for indoor activity in inclement weather</li> <li>• Decreased screen time</li> </ul>	<ul style="list-style-type: none"> <li>• Improved health status</li> <li>• Improved grades</li> <li>• Increased variety of sources for physical activity</li> </ul>

## Active Living/Built Environment Indicators, continued

	Short Term	Intermediate	Long Term
<b>Communities</b>			
<b>Conditions Indicators</b>	<ul style="list-style-type: none"> <li>• Municipal planning leadership reflective of the community</li> <li>• Process in place to support community self-determination of street system that will balance auto, pedestrian and bicycle movement</li> <li>• Existing relationships between community and technical partners</li> <li>• Existing relationships among community residents, municipal planners and policy makers and community partners</li> <li>• Assessment and mapping of built environment systems completed</li> <li>• Technical assistance, coaching support, and financing available for built environment improvements</li> </ul>	<ul style="list-style-type: none"> <li>• Approved policies (#) that enhance existing and future infrastructure to support active living</li> <li>• Allocation of public sector funds that connect open spaces, parks and trails into a system</li> <li>• Increased %/acreage of land or open space available for physical activity</li> <li>• Increased total miles (#/%) designated shared-use paths and bike lanes relative to total street miles</li> <li>• Increase # joint use agreements or expanded access to community centers</li> <li>• Increase # greenway agreements</li> <li>• Increased # bike racks available in community</li> <li>• Adoption of complete streets policy</li> <li>• Pilot project in place that facilitates balanced auto, pedestrian and bicycle movement in low income neighborhoods</li> </ul>	<ul style="list-style-type: none"> <li>• Citywide complete streets guidelines integrated into existing and/or future community redesign</li> <li>• Active transportation included in local budget</li> </ul>
<b>Child Level Indicators</b>	<ul style="list-style-type: none"> <li>• Increased exposure to physical activity opportunities in the community</li> </ul>	<ul style="list-style-type: none"> <li>• Increased mobility options</li> <li>• # children utilizing recreation facilities/parks</li> </ul>	<ul style="list-style-type: none"> <li>• Improved health status</li> <li>• Increased variety of sources for physical activity</li> </ul>