

Healthy Eating

- **Goal 1:** Increase resources to identify and address food insecurity.
 - **Objective 1.1:** Develop a food equity report to inform decision makers and other stakeholders about factors contributing to food insecurity.

Priority Issue: Healthy Eating					
Goal 1		Increase resources to identify and address food insecurity. *			
Objective 1.1		Develop a food equity report to inform decision makers and other stakeholders about factors contributing to food insecurity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.1.A ✓	Analyze data to identify geographic areas and subpopulations with higher rates of food and insecurity and obesity.	01/2019 - 12/2019	Fairfax County Health Department (FCHD), Fairfax Food Council (FFC) Capital Area Food Bank (CAFB), Fairfax County Neighborhood & Community Services (NCS)	None identified	<ul style="list-style-type: none"> Utilized Fairfax County Youth Survey data to identify Hispanic and Black youth as subpopulations with higher proportions of food insecurity compared to their White counterparts. Used kindergarten BMI data to identify that a higher proportion of Hispanic children were overweight or obese than other subpopulations.
1.1.B 🔄	Gather input on food system needs from key stakeholders in priority areas.	01/2019 - 12/2023	FCHD, FFC, Fairfax County Area Agency on Aging (AAA), Commission on Aging (COA), Emergency Food Strategy Team (EFST), NCS and Food for Others (FFO)	Virginia Foundation for Healthy Youth (VFHY) \$60,000 07/2018 – 07/2020	<ul style="list-style-type: none"> Participated in the One Fairfax-led Richmond Highway Food Insecurity project just underway as the pandemic hit. It was put on hold until 2021; it will include the impact of the pandemic on food access and food insecurity in this part of the County. Began FFC strategic plan development through assessment input and one-on-one interviews. Participated in the development of the Emergency Food Strategy Team’s Food Assistance Response Plan. Continued work and progress on FFC strategic plan with revised mission, vision, added set of values and confirmed staying within health department
1.1.C 🔄	Produce a comprehensive report examining assets, barriers, and recommendations to address food insecurity and promote food equity.	01/2019 - 12/2023	FCHD, Fairfax Food Council (FFC)	None identified	<ul style="list-style-type: none"> Collected preliminary data, conducted initial meetings, and began developing a report. Evaluated bandwidth and ability to produce a comprehensive report and determined the first step is the development of a guiding document that identifies specific phases of such a report including funding.

Status Legend: ✓ Action Performed 🔄 Action In-Progress ⓧ Action Not Started

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- **Goal 1:** Increase resources to identify and address food insecurity.
 - **Objective 1.2:** Encourage and evaluate food insecurity screenings and food program referrals.

Priority Issue: Healthy Eating					
Goal 1		Increase resources to identify and address food insecurity. *			
Objective 1.2		Encourage and evaluate food insecurity screenings and food program referrals.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.2.A ✓	Promote screenings by medical practitioners and health and human service providers.	01/2019 - 12/2023	Fairfax County Health Department (FCHD), Fairfax Food Council (FFC) Arcadia Center for Sustainable Food and Agriculture (Arcadia), FFO, Inova Health System, NCS & Fairfax County Department of Family Services (DFS)	Northern Virginia Health Foundation Grant (Arcadia) \$75,000 01/2019 – 12/2019	<ul style="list-style-type: none"> Implemented food insecurity screenings at the FCHD Annandale District Office immunization clinic, FCHD Maternal and Child Health Home Visiting Program, and Neighborhood Health. Analyzed data from food insecurity screenings to assess barriers to food access and inform efforts to improve accessibility and utilization of food resources in the future.
1.2.B 🔄	Explore opportunities for a pilot food insecurity screening program for older adults.	01/2020 - 12/2023	NCS, AAA, COA, FFC and FCHD	None identified	<ul style="list-style-type: none"> AAA began exploration of a pilot food insecurity screening effort in tandem with county senior center sites. Fairfax Agency on Aging and County Business Analysts identified congregate nutrition participants who screened positive for food insecurity. Fairfax AAA plotted next steps that include working with this pool of participants to ask additional questions regarding food security, encourage maximum attendance at congregate nutrition sites, provide assistance for SNAP enrollment and link participants to resources. Follow-up with participants will happen in 6 months.
1.2.C ✓	Promote referral of individuals identified as food insecure to supplemental food programs.	01/2019 - 12/2023	FCHD, FFS, DFS, Fairfax County Public Schools (FCPS), Emergency Food Strategy Team (EFST), Neighborhood and Community Services Community Impact Unit	None identified	<ul style="list-style-type: none"> Provided referrals to any persons screened who were identified as food insecure. Created geographically tailored resource packets for the Annandale and South County areas that have local food resources and maps. Collaborated with NCS to hold weekly/bi-weekly meetings with nonprofit, faith, FCPS and community organizations who were meeting the food needs in Fairfax County. The effort included the County development of a GIS map that documents all locations offering food assistance. Participated in the EFST, comprised of county, nonprofit, faith, FCPS and community organizations meeting food needs in Fairfax County. Included development of GIS map of all food assistance locations. (more next page)
Status Legend: ✓ Action Performed 🔄 Action In-Progress ⓧ Action Not Started					
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Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.2.C ✓	Promote referral of individuals identified as food insecure to supplemental food programs.	01/2019 – 12/2023	Neighborhood & Community Services Impact Unit	\$7.5 million for FY22 – FY24	<p>(continued from previous page)</p> <ul style="list-style-type: none"> Food Access Program (FAP) provided \$7.5 million to nonprofit organizations and houses of worship to provide food assistance, support innovative models of direct food service delivery and infrastructure investments (FY22-24)
1.2.D ✓	Collect data on the use of food insecurity screenings, and food program referrals.	01/2019 – 12/2023	FCHD, FFC, NCS, NCS, AAA, COA, FFO & CAFB	None identified	<ul style="list-style-type: none"> Implemented a social needs screening at the FCHD Annandale District Office (Oct – Dec 2022) that included two food insecurity questions where 55.8% of those screened were identified as food insecure. Analyzed data of those identified as food insecure who were referred to food resources. At their 30-day follow-up, 62.2% had received food related services. Community Health Workers met with all the clients at the time of their screenings.

Healthy Eating

- **Goal 2:** Increase access to fresh and healthy foods for all.
 - **Objective 2.1:** Increase the amount of healthy food donations to food pantries and supplemental food assistance programs.

Priority Issue: Healthy Eating					
Goal 2		Increase access to fresh and healthy foods for all. *			
Objective 2.1		Increase the amount of healthy food donations to food pantries and supplemental food assistance programs.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.1.A	Educate donors to food pantries about the need for healthy, culturally appropriate, and allergy-sensitive food donations.	01/2019 - 12/2020	FFC, Nutrition Literacy Working Group (NLWG), Food Provider Network (FPN), FFO, Britepaths, Cornerstones, Virginia Cooperative Extension (VCE), Faith Communities in action (FCIA)	None identified	<ul style="list-style-type: none"> Revised Healthy Food Donation Guide. Promoted the Healthy Food Donation Guide through website and social media.
2.1.B	Develop a protocol for school lunch donations to pantries and other food programs.	01/2020 - 06/2022	FFC, Access Working Group (AWG), FCPS, FFO	None identified	<ul style="list-style-type: none"> The FCPS protocol that is used in schools for coordinating school lunch donations was acknowledged and highlighted. Identified a champion and program that is working in two elementary schools to be used as a model to share with other schools when schools reopen. Food rescue restarted at two collaborating schools by using a simple system for collecting left over food, while PTA parent volunteer to pick-up and deliver to Food for Others. AWG Task Force formed to develop a toolkit that will likely start with this simple approach that can be shared and promoted to other Fairfax schools. Published Care to Share Toolkit that provides guidance about starting up a food rescue program at Fairfax schools. Toolkit is on FFC website; outreach and promotion underway.
2.1.C	Maximize and expand gleaning programs which collect excess fresh foods to provide it to those in need.	01/2019 - 12/2020	FFC, FFO, NCS	None identified	<ul style="list-style-type: none"> Developed an active Gleaning Network. Produced an interactive gleaning map that documents farmers' markets being gleaned and organizations receiving the gleaning donations. Identified contacts for each organization for engagement of volunteers to help with the gleaning.
2.1.D	Promote healthy food selections for weekend bag programs and school pantries.	01/2019 - 06/2020	FFC, Britepaths, FFO	None identified	<ul style="list-style-type: none"> Communicated with all food coordinators to promote only healthy food donations. Eliminated unhealthy food from weekend bag programs and school pantries.
Status Legend:					
✓ Action Performed		🔄 Action In-Progress		⊘ Action Not Started	
Healthy Eating					

Healthy Eating

- **Goal 2:** Increase access to fresh and healthy foods for all.
 - **Objective 2.2:** Expand community and school garden opportunities targeting high-need geographic areas.

Priority Issue: Healthy Eating					
Goal 2		Increase access to fresh and healthy foods for all. *			
Objective 2.2		Expand community and school garden opportunities targeting high-need geographic areas.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.A	Promote zoning policy changes to allow for more community gardens.	01/2019 - 06/2019	FFC, Urban Agriculture Working Group (UAWG), FFC, AWG, Fairfax County Department of Planning and Zoning (DPZ), Northern Virginia Soil & Water Conservation District (SWCD), VCE, George Mason University (GMU)	VFHY Grant \$60,000 07/2018 – 07/2020	<ul style="list-style-type: none"> Agreed on proposed changes to Zoning Ordinance. Spoke at Planning Commission and Board of Supervisors' Public Hearings to express Food Council support. Supported the Zoning Ordinance amendment adopted by the County to change policy to allow for front yard edible gardens and more community gardens. Monitored success of changes and conducted informal interviews with local farmers and growers to determine next steps in policy advocacy.
2.2.B	Map existing gardens and identify opportunities for expansion.	01/2019 - 06/2020	FFC, UAWG, FCPS, FFO	VFHY Grant \$60,000 07/2018 - 07/2020	<ul style="list-style-type: none"> Identified, verified, and documented all existing community gardens. Worked with County Geographic Information System (GIS) to make an interactive map.
2.2.C	Develop targeted and replicable approaches for community engagement in sustainable garden development.	01/2019 - 12/2021	FFC, UAWG, VCE, SWCD, NCS, FCIA	VFHY Grant \$60,000 07/2018 - 07/2020	<ul style="list-style-type: none"> Planned and implemented seven educational gardening workshops with 183 attendees (2019). Planned and implemented four educational gardening workshops with 336 attendees. One workshop was in-person and three were virtual (2020). Produced three videos that provide specific guidance on steps to start a community garden and posted them on the FFC website. Planned and implemented eight educational gardening workshops (six virtual and 2 in person) with 372 attendees (2021). Continued to advise local park authority on how to create a new model of community garden that would better serve a food-insecure neighborhood. <p style="text-align: right;">(more next page)</p>

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Objective 2.2		Expand community and school garden opportunities targeting high-need geographic areas.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.C	Develop targeted and replicable approaches for community engagement in sustainable garden development.	01/2019 – 12/2021	FFC, UAWG, VCE, SWCD, NCS, FCIA	VFHY Grant \$60,000 07/2018 - 07/2020	<p>(cont'd from previous page)</p> <ul style="list-style-type: none"> Continued to advise the local park authority as they planned and implemented a new model of community garden. Planned and implemented 4 virtual workshops (2 in English; 2 in Spanish) with format of engaging local gardeners through their input and experience. One in-person workshop led by Arcadia at Rising Hope Mission Church on greenhouse gardening. Total of all workshops was 175 attendees (2022).
2.2.D	Explore sustainable garden management models that enable school garden programming maintenance, and support.	09/2020 – 06/2022	FFC UAWG, VCE, FCPS, FNS, Get2Green, Arcadia	None identified	<ul style="list-style-type: none"> Purchased and donated 130 packs of seeds, including cover crops, to 16 school gardens. Partnered with four FCPS schools with objective to turn learning gardens to production gardens. Assistance included providing seeds, educational materials about cover crops and providing continued gardening guidance. Grant writing assistance was provided to promote self-sustenance on needed resources. Partnered with VCE to assign master gardeners to advise faculty, provide workshops and guide staff and families with these school gardens. Arcadia hosted two teacher workshops on school garden topics that included 35 participants. FCPS Get2Green and FNS distributed 14,972 Grow at Home gardening kits with green bean seeds, soil, and educational booklet to broaden the students understanding of plants and healthy eating. Eliminated unhealthy food from weekend bag programs and school pantries. In 2022, purchased and donated 151 packs of seeds, including cover crops to 25 public schools (17 elementary, 4 middle, and 4 high schools). In 2022, continued partnerships with FCPS, providing seeds, educational materials, assistance in finding master gardeners/mentors to provide dedicated school support.

Healthy Eating

- **Goal 2:** Increase access to fresh and healthy foods for all.
 - **Objective 2.3:** Promote the use of supplemental food programs to increase access to fresh produce and other healthy foods.

Priority Issue: Healthy Eating					
Goal 2		Increase access to fresh and healthy foods for all. *			
Objective 2.3		Promote the use of supplemental food programs to increase access to fresh produce and other healthy foods.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.3.A 	Expand the use of the SNAP Fresh Match Program at farmers' market and explore additional matching program opportunities.	06/2019 - 12/2023	FFC, Fairfax County Park Authority (FCPA), Fairfax Department of Family Services, VCE, FreshFarm and Britepaths	Food Insecurity Nutrition Incentive Grant \$38,200 05/2018 – 04/2021	<ul style="list-style-type: none"> Developed a system for distribution of SNAP Match information and promotion. Conducted onsite, family-friendly activities to increase understanding of and participation in healthy food eating and preparation. Conducted SNAP cooking demonstrations at farmers' markets. Challenged to expand the use of SNAP Fresh Match at farmers markets during the pandemic. Ensured SNAP was accepted at the farmers markets during the pandemic once the farmers markets were able to open safely and within state rules. Added SNAP at Annandale Farmers Market In 2022, its full season of operation, SNAP at Annandale Farmers Market had 105 SNAP transactions representing 51 unique customers. There was \$3,013 in SNAP and \$2,992 in Match dollars were redeemed.
2.3.B 	Increase the number of children participating in the USDA Summer Meals Program.	06/2019 - 08/2023	FFC, FCPS, CAFB, No Kid Hungry Virginia	None identified	<ul style="list-style-type: none"> Promoted USDA Summer Meals Program. Participated in kick-off for the Summer Meals Program. Continued the Spring 2020 "Grab & Go" meals for children into the USDA Summer Meals Program

Healthy Eating

- **Goal 3:** Increase the consumption of healthy foods and beverages.
 - **Objective 3.1:** Implement evidence-based interventions to reduce obesity among high-risk groups.

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Goal 3		Increase the consumption of healthy foods and beverages.			
Objective 3.1		Implement evidence-based interventions to reduce obesity among high-risk groups.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.1.A	Research evidence-based interventions and inventory successful program models and approaches.	01/2021 - 12/2021	FFC, NLWG, VCE, GMU, FCHD, Inova	None identified	<ul style="list-style-type: none"> Not started
3.1.B	Engage targeted communities to implement selected interventions. *	01/2022 - 12/2022	FFC, NLWG, VCE, GMU, FCHD, Inova	None identified	<ul style="list-style-type: none"> Not started

Healthy Eating

- **Goal 3:** Increase the consumption of healthy foods and beverages.
 - **Objective 3.2:** Expand education and outreach to foster healthy eating.

Priority Issue: Healthy Eating					
Goal 3		Increase the consumption of healthy foods and beverages.			
Objective 3.2		Expand education and outreach to foster healthy eating.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.2.A	Develop and disseminate culturally appropriate messages and materials to promote consumption of fruits and vegetables and reduce consumption of sugar-sweetened beverages.	07/2020 - 12/2023	FCHD, FFC, Food Access & Literacy Work Group, FCPA – Healthy Strides Program, VCE, Inova, Giant Food, American Heart Association (AHA)	VFHY Grant \$30,000/ year July 1, 2020 – June 30, 2023	<ul style="list-style-type: none"> A Healthy Food Messaging Task Force (HFMTF) focused on youth was developed to promote consumption of fruits and vegetables. After Task Force review and learnings around youth, healthy eating and recent FCPS Youth Survey results on consumption of fruits and vegetables, 7th grade students are the target audience for this project. Focus groups were held with two FCPS 7th grade after-school programs to seek feedback on eating behaviors for developing message themes. HFMTF developed a Real Food for Real Change “toolkit” to be piloted with two FCPS after school programs for middle school-aged youth in early 2022. Inova implemented virtual Healthy Plate Club nutrition classes for youth and VCE’s Family Nutrition Program and taught virtual classes to limited-resource families on healthy food choices with limited resources. After piloting the Real Food for Real Change Toolkit in early 2022, final content to strengthen the link between a healthy planet and healthy eating was added and the toolkit was finalized for distribution and use by the community. In 2022, the Lorton Community Action Center (LCAC), in partnership with the Potomac Health Foundation and Good Shepherd Housing, provided in-person nutrition classes for adults and children in the new Lorton Community Center. In 2022, VCE’s Family Nutrition Program taught in-person classes to limited-resource families on healthy food choices with limited resources. In 2022, Inova implemented in-person (66 Fairfax County students) and virtual (272 students) Healthy Plate Club nutrition classes for youth.

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Goal 3		Increase the consumption of healthy foods and beverages.			
Objective 3.2		Expand education and outreach to foster healthy eating.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.2.B 	Leverage community gardening activities to reach the broader community and provide education on healthy behaviors.*	01/2021 - 12/2022	FFC, UAWG, Arcadia, VCE, FCPS, SWCD, Hands on Harvests, UAWG, FFC, VCD, Hands on Harvests, Arcadia, FFO	None identified	<ul style="list-style-type: none"> • UAWG, along with partners Arcadia, VCE, FCPS and SWCD, planned, designed, and coordinated volunteers to build eleven raised garden beds at Gum Springs Community Center, working with center staff & residents on plant selection and plantings. • UAWG, along with partners VCE and residents of Kingsley Commons apartments revitalized their community garden, through garden clean-up, fresh soil, and new plantings, enabling families to take on their own garden plots. • SWCD in partnership with UAWG, secured a grant through the National Association of Conservation Districts that enabled training, technical assistance, and support to eight new and existing community gardens in food insecure parts of Fairfax County. • The NVSWCD completed the grant project to expand or start community gardens in food insecure areas. Partners included Arcadia, Fairfax Master Gardeners, the Fairfax Food Council, Hands On Harvests and Virginia Cooperative Extension. Three gardens at community centers were expanded and two gardens were created. All were provided tools, equipment and on-site training. Also produced a 108-page guide to community gardens to be translated into Spanish and available online. • Hands on Harvests (HOH) led the creation of one of the NVSWCD gardens and manages that garden. HOH manages a second community garden and provides biweekly, bilingual on-site support in both gardens during the growing season. HOH also ran a youth gardening program at one of the sites that focused on growing, harvesting, preserving, making art for the garden, and coding to make moisture meters.

Healthy Eating

- **Goal 3:** Increase the consumption of healthy foods and beverages.
 - **Objective 3.3:** Implement policies and procedures that promote healthy eating.

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Goal 3		Increase the consumption of healthy foods and beverages.			
Objective 3.3		Implement policies and procedures that promote healthy eating.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.3.A	Develop and encourage adoption of model policies that require healthy options in vending machines and cafeterias.	01/2019 - 12/2023	FFC, FCPA – Healthy Strides program, AHA, VCE, FCIA	None identified	<ul style="list-style-type: none"> Surveyed users of new healthy option vending machines at recreation centers and expanded healthy offerings at the centers. Supported the Garden-to-Cafeteria Program of Alexandria City Public Schools (ACPS) by co-sponsoring a Garden-to-Cafeteria workshop.
3.3.B	Create and disseminate materials to support implementation of model policies.	06/2021 - 12/2023	FFC, FCPA – Healthy Strides Program, AHA, VCE, Giant Food, FCIA	None identified	<ul style="list-style-type: none"> Not Started

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