

Food Systems Planning for Health and Sustainability

VT UAP 5424 Module Syllabus

INFORMATION

School	Virginia Tech
Department	Urban Affairs and Planning (open to other departments)
Course Number	UAP-5424
Instructors	Kimberley Hodgson, MURP, MS, RD Manager, Planning & Community Health Research Center American Planning Association khodgson@planning.org
Dates/Times	Friday, April 3 (5pm-9pm) Saturday, April 4 (9am-5pm)
Location	Friday, April 3 <ul style="list-style-type: none">5pm-9pm – Alexandria Center, 1021 Prince St, Floor 3, Alexandria, VA, http://www.nvc.vt.edu/uap/ Saturday, April 4 <ul style="list-style-type: none">9am to 12:30pm – Potomac Vegetable Farms, 9627 Leesburg Pike, Vienna, VA, 703-759-2119, http://www.potomacvegetablefarms.com/1:30pm to 3pm – 13th Street Community Park & Garden, 13th and C Streets, SE, Washington, DC, http://www.13thstreetgarden.org/3pm to 5pm – American Planning Association, 1776 Massachusetts Ave, NW, Suite 400, Washington, DC, http://www.planning.org/

DESCRIPTION

Current planning reform advocates for smart growth—economically sound, environmentally responsible, and health supportive growth—however, few planners consider the impact of the food system on the overall public, environmental, and economic health of their communities. The purpose of this module is to provide planning students with a basic understanding of the food system and a brief exploration of how planners can transform the food system to create healthy, sustainable communities. Topics covered in the module will range from health disparities, climate change and healthy store retail to urban agriculture policy and farm to school programs. This short course will include an evening lecture, two field trips, and in-class discussion:

Friday Lecture

The lecture will provide an overview of food systems and food systems planning: health disparities, food security and food access, and planning-related solutions. To prepare for this lecture, please read pages 1-26 and 91-100 of Raja S, Born B, and Kozlowski Russell J. *A Planners Guide to Community and Regional Food Planning: Transforming Food Environments, Facilitating Healthy Eating*. October 2008. American Planning Association. Planning Advisory Service Report Number 554.

Saturday Field Trip #1 – Potomac Vegetable Farms

Hiu and Hana Newcomb, owners and managers of Potomac Vegetable Farms, will take the class on a tour of their 10 acre “ecoganic” farm, one of two family-run and managed farms in Northern Virginia, and provide the class with an overview of farmland preservation and local food production, distribution and marketing techniques. The Newcombs grow and sell a variety of fruits, vegetables, herbs and flowers and sell these produces at their roadside stand, at many farmers markets in the DC area, and through one of the largest community supported agriculture programs in the area. Please wear appropriate clothing (jeans, sneakers or boots, etc.) and bring a packed lunch. The cost of this field trip is \$5 cash per person.

To prepare for this field trip, please read the American Farmland Trust’s Farmland Protection Toolbox Fact Sheets (http://www.farmlandinfo.org/documents/27761/FS_Toolbox_10-02.pdf), briefly review the Potomac Vegetable Farms website (<http://www.potomacvegetablefarms.com/>), and come prepared to ask the Newcombs 2-3 questions.

Saturday Field Trip #2 – 13th Street Community Park & Garden

The 13th Street Community Park & Garden (13P&G) is located at the corner of 13th and C Streets, SE in Washington’s Capitol Hill neighborhood on the former site of an empty lot owned by the D.C. Housing Authority (DCHA). In 2007, a group of interested neighbors worked closely with DCHA’s Executive

Director, Mike Kelly, and Ward 6 Councilmember, Tommy Wells, to transform this lot into a better use – a community park and garden. Colleen Garibaldi, head of the 13P&G design team, and Jeff Seltzer, 13P&G nonprofit board member, have generously agreed to present their park and garden project to the class on site at the 13th Street Park & Community Garden.

To prepare for this field trip, please review the 13th Street Community Park & Garden website (<http://www.13thstreetgarden.org/>) and come prepared to ask Colleen and Jeff 2-3 questions.

Note: For carpool information from the Alexandria Center to Potomac Vegetable Farms and from Potomac Vegetable Farms to 13th Street Community Park & Garden on Saturday, please contact Kimberley Hodgson at khodgson@planning.org.