



FOOD LITERACY ASSESSMENT REPORT

Montgomery County, Maryland

Naheed Ahmed, MA, MPH, Wendy Nevett Bazil, JD, Heather
Bruskin, MEd, Massa Cressall, MA, MS, G. Ali Hurtado, PhD, and
Catherine Nardi

The Montgomery County Food Council's Food Education
Working Group

Department of Family Science, School of Public Health,
University of Maryland, College Park

July 11, 2019

ACKNOWLEDGEMENTS

The Montgomery County Food Council thanks all of the people representing food education programs who took the time to speak with us, share data, and give invaluable insight into the landscape of food literacy programs in Montgomery County. This Food Literacy Assessment was a volunteer-driven project, and we are extremely grateful for the tremendous support provided by our Food Education Working Group volunteers. Special thanks go to Eleni Antzoulatos, Sheila Crye, Eileen Dykes, Taleen Ghazarian, Lisa Gonzalez, David Robert Lambert, Karina Lora, Shawn McIntosh, Tessa Mork, Michelle Nelson, Lindsey Parsons, and Joi Vogin, for their considerable contributions to this project.

We would also like to thank our funders for their support of the Food Council's food education initiatives: the Montgomery County Department of Health and Human Services, the Institute for Public Health Innovation through the Trinity Health Transforming Communities Initiative, the Montgomery County Council and the Office of the County Executive, the Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., the Healthcare Initiative Foundation, the Mead Family Foundation, and additional community supporters.



TABLE OF CONTENTS

Acknowledgements.....	2
Executive Summary.....	4
I. Introduction.....	8
II. Methods.....	9
A. Data Collection.....	9
B. Data Evaluation.....	10
III. Landscape Overview.....	11
A. Analysis of Table 1.....	11
B. Summary Data Analysis.....	15
C. Food Education Best Practices.....	20
D. Suggested Solutions to Food Education Challenges by Food Literacy Providers.....	21
IV. Next Steps for the Food Council.....	22
V. Recommendations for Further Inquiry.....	24
Appendix A: Food Literacy Programs in Montgomery County	25
Appendix B: Organizations at July 2018 Stakeholder Meeting.....	42

EXECUTIVE SUMMARY

The Montgomery County Food Council (Food Council) is proud to present this Food Literacy Assessment, which was conceived by its Food Education Working Group (FEdWG) to better understand the landscape of existing food literacy programs in Montgomery County, identify gaps in resources, as well as barriers to providing and/or accessing services. For the purposes of this assessment, food literacy encompasses gardening and agriculture, food safety, nutrition, cooking/shopping/preparing food, and waste avoidance, and is defined as:

- Understanding the story of one's food, from farm to table and back to the soil
- Having the access to education and resources that will empower Montgomery County residents to make informed choices that support their health, community, and environment
- Knowing how food is grown and produced, how to choose foods that promote health, and how to prepare food safely, economically and deliciously.

The FEdWG's overarching goal in completing this assessment was to identify food literacy gaps, better allocate existing resources and strengthen collaboration and resource sharing among providers, and advocate for an increase in and improvement of food education programs in the County.

Approach and Background

Data on the culinary, nutrition, gardening, and food safety education resources offered by food literacy providers were collected through a variety of sources in order to inform a robust and comprehensive view of the County's food literacy offerings. The data sources included are:

- An online survey (34 program respondents)
- Online research conducted by Food Council staff (13 programs)
- In-depth key informant interviews (8 program respondents: 5 non-profit organizations, 3 hospitals)
- A joint meeting of the FEdWG and Food Recovery and Access Working Group. This effort brought together food banks, faith-based organizations, garden education providers, culinary instructors, and hospital wellness representatives who provide food literacy programming (43 respondents).

The assessment findings suggest that Montgomery County currently offers 11 nutrition education programs, 10 culinary skills education programs, 17 agricultural/garden education programs, 1 nutrition science program, 1 food insecurity/hunger education program, 4 professional/paraprofessional programs, and 11 combination programs that cover more than one of the topics above.

EXECUTIVE SUMMARY, CONTINUED

Key Findings, Best Practices and Potential Solutions to Food Education Challenges:

Key findings from the data that were gathered using the sources above include:

- Food literacy programming in Montgomery County is varied in terms of topic, structure (format, schedule, frequency, duration), audience, and location.
- A variety of barriers, including funding, partnership, and client access challenges, inhibit the ability of some providers to offer more food literacy resources in the County. Providers believe that barriers such as transportation, language, culture, and fear of deportation among undocumented individuals within the immigrant community, inhibit some residents from accessing the available resources.
- Providers cited a variety of opportunities for improvement and expansion of the food literacy offerings in the County, such as providing more food education programming in key topic areas, such as diabetes education, and cooking with culturally appropriate foods.

A number of best practices were identified in the data that were gathered, including:

- Combining food education programming with healthy food assistance enables clients to apply what they learn about healthy eating to their dietary practices.
- Providing food education programming where the clients are located minimizes their transportation barriers.
- Conducting cooking demonstrations and providing healthy samples and refreshments at food education programs and food distribution sites provides a meaningful and convenient learning opportunity for clients.
- Engaging residents in food literacy discussions would enable food literacy providers to design programs that more effectively target residents' needs.
- Leveraging the interest of individuals who have received healthy eating education to share their knowledge with others in the community would expand the impact of food literacy programming in the County.
- Providing subsidies and other fee-reducing mechanisms enables food literacy programs to reach a wider variety of County residents.

Food literacy providers suggested a number of potential solutions to the food education challenges that they currently experience in their programming. These solutions include:

- Increase language accessibility of programming.
- Expand capacity of existing food literacy programs.
- Connect the community with existing resources.
- Offer food demonstrations with sampling of foods, and hands-on workshops and classes using basic food pantry ingredients at the site of food distribution.
- Implement food literacy programs or resources for distribution at community colleges, within Montgomery County Public Schools, and to residents waiting in line to receive food assistance.
- Conduct informal training sessions for other community members to engage in food literacy education (a "train the trainer" model).

EXECUTIVE SUMMARY, CONTINUED

Next Steps for the Food Council and its Partners:

The Food Council is the central convening organization of nonprofits, businesses, government agencies, and residents in order to improve the environmental, economic, social and nutritional health of Montgomery County, Maryland through the creation of a robust, sustainable, and equitable local food system. Within this capacity, the Food Council is uniquely poised to take actionable measures to address the findings above. Potential next steps include:

- **Collect further data and continue to research Montgomery County food literacy programs**, focusing on challenges and solutions, mapping program coverage areas in the county, total number of clients served for each program, and total number of service/program hours. This additional data collection will include detailed analyses of specific sub-areas of food literacy, including senior nutrition, hospital nutrition, and school nutrition.
- **Create a comprehensive Resource Guide that will list food literacy programs in the County**, providing information on general programming, location, target audience, and cost. The hope is that this Resource Guide will more effectively connect County residents who seek to improve their culinary skills and/or knowledge of nutrition, gardening and agriculture, and food safety with the local individuals and organizations that provide these services. The Food Council also intends to integrate these data into existing searchable maps and online directories, such as:
 - The Bainum Foundation's Food Learning Locator, which is an online resource for finding food-related education and job training programs and organizations in the greater Washington D.C. area; and
 - FoodStat, a publicly accessible, interactive food security data analysis tool managed by the County Statistician's Office that synthesizes more than 80 datasets on food insecurity and its causes in order to identify food access barriers and resources in our communities, determine priority zones of highest unmet need and potential service delivery gaps, and create collaborative, data-driven policies and priorities for investment.
- **Use these data to highlight where in the County there might be greater need for additional food literacy resources**, and how and where to allocate resources effectively, to engage in advocacy efforts for additional food literacy programs, to assist residents in connecting with providers, and to bring providers together to see where they might be able to help each other.
- **Leverage the Food Council's multiple mechanisms for continuing to gather stakeholder input on existing food education programs, and barriers and opportunities for sustaining and expanding these resources**. These mechanisms include site visits to food literacy programs in the County, the Food Education Working Group monthly meetings, and the Food Security Community Advisory Board meetings, which bring together a diverse group of Montgomery County residents who currently receive Food Stamps, WIC or other food or nutrition assistance benefits to help guide the Food Council's strategies to address food security in Montgomery County. The Food Council has already begun learning from the experiences of this existing group to gather input on the participants food literacy programming needs, and plans to continue to include the group in further information gathering and discussion on the topic of food literacy.

EXECUTIVE SUMMARY, CONTINUED

Next Steps for the Food Council and its Partners, Continued:

These findings represent an overview of food literacy programs and services in Montgomery County. The information gathered through the key informant interviews, online survey, independent research, and joint meeting indicates that there are a variety of food literacy programs and resources available to Montgomery County residents, but that there is a perceived need for improvement and expansion, particularly for more multilingual programming, improving accessibility to programs and resources, and more training opportunities. The Food Council hopes that this assessment will be a useful tool for County leadership, government agencies, and nonprofit organizations to explore ways to help facilitate bringing together organizations and individuals to create more opportunities for food literacy programming, and to expand upon existing programs.

I. INTRODUCTION

The Montgomery County Food Council (Food Council) is an independent nonprofit that serves as the central convening organization of nonprofits, businesses, government agencies, and residents in order to improve the environmental, economic, social and nutritional health of Montgomery County, Maryland through the creation of a robust, sustainable, and equitable local food system.

A primary goal of the Food Council's Food Education Working Group ("FEdWG", formerly the Food Literacy Working Group) is to increase County residents' access to education and resources related to healthy cooking, nutrition, gardens, and food safety. This assessment was conceived by the FEdWG to understand the landscape of existing programs in these areas in Montgomery County, identify gaps in resources, as well as barriers to providing and/or accessing services.

For the purposes of this assessment, food literacy is defined as: understanding the story of one's food, from farm to table and back to the soil, and having the access to education and resources that will empower Montgomery County residents to make informed choices that support their health, community, and environment. It is knowing how food is grown and produced, how to choose foods that promote health, and how to prepare food safely, economically and deliciously. Food literacy includes the following topics: gardening and agriculture, food safety, nutrition, cooking/shopping/preparing food, and waste avoidance.

The information in this assessment can be used to help close food literacy gaps, better allocate existing resources and strengthen collaboration and resource sharing among providers, and advocate for an increase in and improvement of food education programs in the County. This study should also be considered in addressing the recommendation for expanding food literacy capacity for years four and five of the Montgomery County Food Security Plan.



II. METHODS

A. DATA COLLECTION

Members of the FEdWG collected data on the culinary, nutrition, gardening, and food safety education resources offered by food literacy providers through an online survey. In addition, the FEdWG gathered more in-depth data in 5 key informant interviews during October and November 2017. Later, the FEdWG adapted the questions asked during the key informant interviews to create a specialized questionnaire for Montgomery County hospitals. These changes were made to better suit a written submission and based on lessons learned from the key informant interviews. Results were received from three of the County hospitals. Lastly, the FEdWG held a joint meeting with the Food Council's Food Recovery and Access Working Group (FRAWG) on July 12, 2018, during which, food assistance and food literacy stakeholders were able to discuss existing programs and challenges related to food literacy education.

The FEdWG disseminated the initial online survey to 115 organizations identified through the Food Council's network and additional research conducted by FEdWG members. A total of 40 organizations completed the online survey. Online survey participants included nonprofit, faith-based, academic institutions, as well as private businesses. Six survey respondents were removed from the analysis because (1) they do not offer relevant programs, or (2) their programs or resources did not serve Montgomery County. An additional thirteen organizations or programs were added to the report by Food Council staff. These organizations were asked only to provide the program name, program description, target audience, service area, program format, and program fees, and Food Council staff supplemented these details with publicly available information. The total number of organizations included came to 55 [see appendix A].

The members of the FEdWG identified five organizations as candidates for key informant interviews based on active relationships with the Working Group and because of their well-established food literacy programs in the County. All five organizations agreed to participate and were interviewed by teams of three members of the FEdWG and/or Food Council staff. Organizations interviewed were Manna Food Center (Manna), Crossroads Community Food Network (Crossroads), Expanded Food and Nutrition Education Program (EFNEP), Montgomery County Master Gardeners (Master Gardeners), and Capital Area Food Bank (CAFB). Main areas of inquiry included the geographic focus of their programs in Montgomery County, food literacy education programs offered, resources needed to continue food literacy education programs, and challenges associated with Montgomery County residents accessing food literacy programs. The interviewing groups took notes during the interviews. University of Maryland researchers analyzed these notes in Microsoft Excel for common themes. Notes are reported in the key informant interview findings. Additionally, three County hospitals - Suburban Hospital (Suburban), Adventist Healthcare (Adventist), and MedStar Montgomery Medical Center (MedStar) - responded to a streamlined version of the questionnaire based on the original key informant questions and were considered together with the five key informant organizations for the purposes of this report.

METHODS, CONTINUED

In July, 2018, the Food Council invited Montgomery County food assistance providers and other food literacy stakeholders to a joint meeting of the Food Council's Food Recovery and Access Working Group (FRAWG) and the FEdWG, to better understand the challenges that providers of food assistance face with regard to food literacy programming, their perceptions of the challenges recipients face, as well as proposed solutions. 43 stakeholder representatives attended; organizations represented included food banks, faith-based organizations, garden education providers, culinary instructors, and hospital wellness representatives. Data was gathered by Food Council staff, Food Council Members, and FEdWG and FRAWG members in small group discussions. Attendees also anonymously identified the types of food literacy programming (for example, gardening and agriculture, food safety, nutrition, cooking/shopping/preparing food, and waste avoidance) offered by their organizations selecting from a list provided by the FEdWG, and provided short comments on: (1) the types of challenges they face in providing food literacy resources to clients and (2) possible or desired solutions to those challenges [see Appendix B, for list of participants in this meeting].

On-line survey data were self-reported by organizations and/or obtained from publicly available sources, and may not be exhaustive. Some data were not verified and could be out of date. This may contribute to bias in the report findings. The Food Council shared results with key informant interview participants and provided them with an opportunity to update their information.

B. DATA EVALUATION

A team of researchers from the University of Maryland evaluated the data collected through the key informant interviews, online survey, hospital questionnaires, and independent Food Council staff research and compiled a summary report. Using this initial report and additional data and materials, including notes taken at the joint meeting and additional independent research, the Food Council staff and Wendy Nevett Bazil, co-chair of the FEdWG, have created this current version of the Food Literacy Assessment report.

5

Number of organizations identified as key informant organizations to interview.

115

Number of organizations to which the online survey was sent.

3

Number of County hospitals included in the report.

40

Total number of respondents to the online survey.

55

Total number of organizations included in the report.

43

Attendees of July 2018 meeting to gather input from food assistance providers and food literacy stakeholders.

III. LANDSCAPE OVERVIEW

This section presents the findings gathered by the online survey, the key informant interviews (including the responses from the county hospitals), the joint stakeholder meeting, and the resources researched and added by Food Council staff.

A. ANALYSIS OF TABLE 1

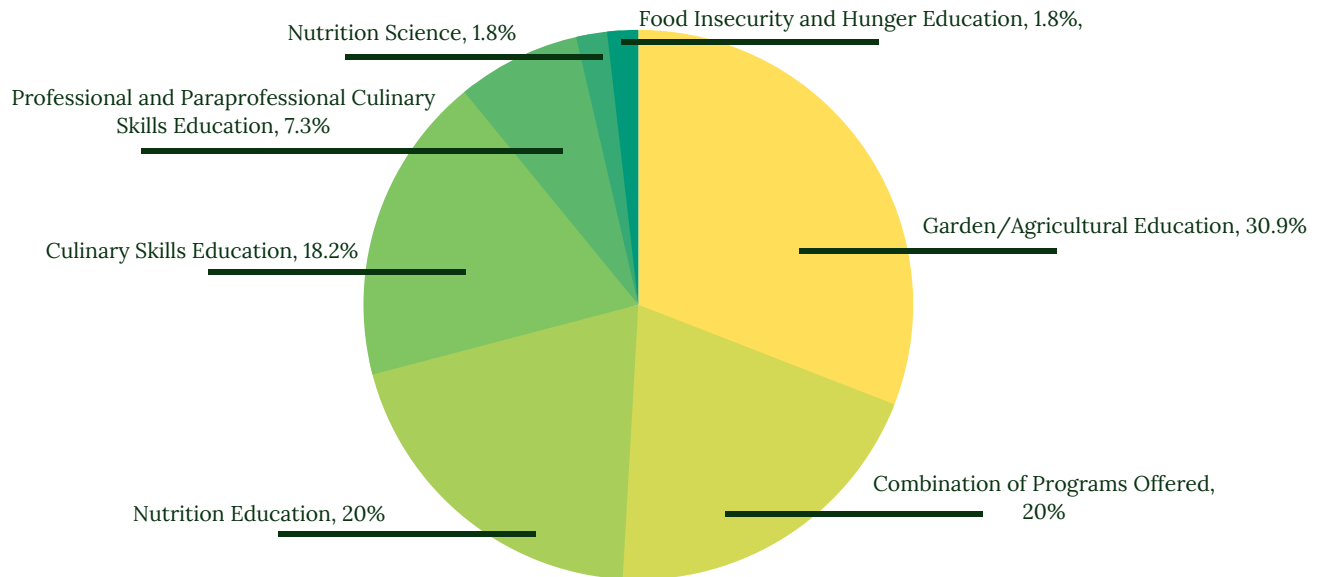
Table 1, below, summarizes the food literacy programs currently offered in Montgomery County in the following topical areas: nutrition education, culinary skills education, gardening/agricultural education, nutrition science, and food insecurity/hunger education, and highlights the target audiences, program format and program fees associated with these organizations. This information was gathered via the online survey, key informant responses, and additional research by Food Council staff. A full description of these data are included in Appendix A.

A review of the data in Table 1 below suggests several takeaways regarding the current food literacy programming landscape in Montgomery County:

- Some food education topic areas are predominantly taught by one type of organization (for instance, 9 of the 10 organizations teaching culinary skills are businesses), while other topic areas, such as nutrition education, agricultural/garden education, and the combination programs are taught by a variety of academic institutions, nonprofit organizations, medical institutions, government agencies, faith-based organizations, and for-profit businesses.
- Interestingly, organizations from all of the food literacy topic areas except culinary skills report offering free programs in addition to their fee-based programs. The availability of low and no cost programming across all food literacy topic areas except culinary skills increases the likelihood that Montgomery County residents across the entire socioeconomic spectrum may be able to afford and access food literacy resources. However, with regards to culinary skills training classes, our research does not disclose low and no cost classes taught by businesses, although our key informant interviews disclose that some nonprofits do offer free classes that incorporate limited culinary skills training. That said, even classes offered by the Montgomery County Recreation Department have a sizable fee and the amount that can be subsidized has a yearly cap that is not significant given the costs. Additional classes and low and no cost options could increase the number of residents receiving this training. More importantly, as reported in the key informant interviews, information about and improved access to such classes would help to increase the number of participants.

A variety of food education topic areas are offered by multiple organizations within the county. For instance, a proportionally large number of the responding organizations provide nutrition education (11), culinary skills education (10), agricultural/garden education (17), and combination programming (11).

Figure 1: Types of Food Literacy Programming Offered



In summary, a variety of food literacy programs are available in Montgomery County, but the programs' reach, availability and affordability is inconsistent. Without further research, including a needs assessment, it is not clear from these data whether some relevant garden, cooking, nutrition classes are underutilized by county residents, and if so, why. Furthermore, these results do not fully illustrate whether there are sufficient food literacy programs to meet residents' needs, or if there needs to be better connection between existing programs and residents.

Table 1: Organizations Offering Food Literacy Programs by Topic**Combination of Programs Offered**

Organization Type	Target Audience	Program Format	Program Fee
11 organizations: <ul style="list-style-type: none"> • 4 Government • 3 Medical • 4 Non-profit 	<ul style="list-style-type: none"> • Pre-school through graduate students • Adults • Seniors • Non-English speakers 	Classes, workshops, cooking demonstrations, farm tours, after school programs, and summer camps	Free and fee programs

Culinary Skills Education

Organization Type	Target Audience	Program Format	Program Fee
10 organizations: <ul style="list-style-type: none"> • 9 Business • 1 Government 	<ul style="list-style-type: none"> • Pre-school through graduate students • Adults • Seniors 	Classes, cooking demonstrations, market tours, and personal coaching	Free and fee programs

Food Insecurity/Hunger Education

Organization Type	Target Audience	Program Format	Program Fee
1 organization <ul style="list-style-type: none"> • 1 Non-profit 	<ul style="list-style-type: none"> • High School Students • Adults 	Free online curriculum	No charge

Table 1: Organizations Offering Food Literacy Programs by Topic (Continued)**Garden/Agricultural Education**

Organization Type	Target Audience	Program Format	Program Fee
17 organizations: <ul style="list-style-type: none"> • 2 Academic • 3 Business • 2 Government • 9 Non-profit • 1 Faith-based 	<ul style="list-style-type: none"> • Pre-school through graduate students • Adults • Seniors • Non-English speakers 	Classes, school field trips, workshops, and after school programs	Free and fee programs

Nutrition Education

Organization Type	Target Audience	Program Format	Program Fee
11 organizations: <ul style="list-style-type: none"> • 2 Academic • 3 Businesses • 1 Faith-based • 3 Government • 2 Medical 	<ul style="list-style-type: none"> • SNAP eligible youth and adults • Pre-school through graduate students • Parents • Seniors • Non-English speakers 	Workshops, classes, cooking demonstrations, online videos, and meal provision.	Free and fee programs

Nutrition Science

Organization Type	Target Audience	Program Format	Program Fee
1 organization <ul style="list-style-type: none"> • 1 Non-profit 	<ul style="list-style-type: none"> • K-8 • High School Students 	After School Program at Takoma Park Middle School.	No charge

Professional and Para-Professional Culinary Skills Education

Organization Type	Target Audience	Program Format	Program Fee
4 organizations: <ul style="list-style-type: none"> • 3 Academic • 1 Non-profit 	<ul style="list-style-type: none"> • High school and college students • Adults 	Classes, trainings, workshops	Free and fee programs

LANDSCAPE OVERVIEW, CONTINUED

B. Summary Data Analysis

Deeper analysis of the food literacy assessment data sources, including notes from the key informant interviews as well as the joint FEdWG/FRAWG food assistance providers meeting, reveals additional key themes regarding the food literacy landscape in Montgomery County: the range of food education resources offered, the best practices utilized by large food literacy providers, and the barriers providers face to delivering comprehensive, high quality food literacy resources to their clients.

1. Food literacy programming in Montgomery County is varied in terms of topic, structure (format, schedule, frequency, duration), audience, and location.

- **Varied Topics.** The wide range of food literacy topics offered in the County includes gardening/agriculture, cooking/preparation, nutrition (including for chronic disease management), dietary workshops, waste avoidance, food safety, healthy eating, and shopping.
- **Varied Schedules.** The schedules for these programs is varied, some offered as one-time events, others as a time limited class series, and school-based programs are scheduled with school staff.
- **Varied Formats.**
 - **Gardening:** The gardening programs take various formats, including hands on demonstrations, seminars, and contests.
 - **Example:** Master Gardeners has a demonstration garden it uses with clients, and it provides presentations and lectures, and sets up information tables at public locations.
 - **Cooking:** The cooking programs are sometimes combined with nutrition education, food safety education, and/or waste avoidance guidance. These programs are offered as classes, outreach events at public locations, cooking clubs and as guest lectures in classrooms.
 - **Example:** CAFB provides limited cooking demos for community partners that provide direct food education to families on how to use ingredients in healthy, affordable ways. Recipe cards and Food Coding brochures that aim to reduce food waste by providing clarification on food items with “best by,” “sell by,” “use by,” dating on them are used as an active learning tool on how to use the food that the organization provides. These resources are provided in English and Spanish. CAFB conducts nutrition education classes on behalf of CAFB Food Pantry Partners, as well as other community organizations, on topics such as Food Budgeting for Diabetes, Food Budgeting for Heart Health, Food Budgeting for Families, Food Budgeting for Senior Nutrition and Food Budgeting for College Students. CAFB currently offers partner-focused workshops in their training kitchen space to support food pantries’ work in the community, and they are developing curriculum for community-focused programming. CAFB also offers a Food Safety for Food Banks training module.
 - **Example:** Crossroads provides cooking demos at the weekly farm market, emphasizing culturally appropriate recipes that include the seasonal produce on sale that day.

- **Example:** Manna is integrating tips on how to avoid waste into cooking classes at apartment complexes and schools, including how to creatively use leftovers. They also plan to incorporate waste avoidance into their Manny (mobile kitchen) classes.
- *Nutrition Education:*
 - **Example:** Adventist provides nutrition and meal planning education to patients, as well as limited educational opportunities to the broader community.
 - **Example:** The Department of Recreation also offers a variety of classes for youth and adults in various locations throughout the County.
 - Examples of Department of Recreation Youth Programs:
 - The Department of Recreation summer camp programs are held at Department of Recreation buildings, parks and schools throughout the County. Offerings such as cooking and baking are offered for a variety of age groups during the summer months.
 - After-school and weekend cooking classes are also taught at Department of Recreation facilities.
 - Example of Department of Recreation Adult Programs:
 - Evening and weekend cooking classes are offered for adults. The Department of Recreation currently has full teaching kitchens at their Centers at White Oak, Ross Boddy, Holiday Park, and North Potomac. These classes are advertised in the Department of Recreation catalogues and on Active Montgomery, the Department's online portal.
- **Combined Content.** Some organizations offer cooking classes that integrate weight loss and chronic disease management education. Services offered include classes on weight loss, healthy eating, diabetes management, and nutrition counseling with a dietician. Community centers within hospitals offered the most comprehensive health and nutrition services.
 - **Example:** The Community Health and Wellness department at Suburban offers wellness classes and programs that focus on nutrition, weight loss/management and healthy cooking and eating.
- **Multilingual format.** Some organizations offer classes and/or resources in both English and Spanish.
 - **Example:** Crossroads offers some of their food literacy programming in English and Spanish.
 - **Example:** EFNEP currently provides their food literacy class series in Spanish and English. Participants have expressed an interest in French language classes, but this is not currently offered.
 - **Example:** Manna does not provide written food literacy written materials in any other languages, but their nutrition education classes are translated into Spanish. Manna also makes available ten translation headsets for adult classes, as well as an on-site translator.
- **Tailored content for specific audiences.** Some non-profit organizations focus their classes on parents and caregivers, or youth.
 - **Example:** Manna Food Center has introduced a new class, "Parenting the Picky Eater," which includes how to read nutrition labels and be aware of marketing deceptions. This program emphasizes how to make the healthiest food choices by reading package labels.
 - **Example:** EFNEP provides programming for eligible pregnant women, adult caregivers of children up to 18, as well as school age youth.
 - **Example:** Suburban offers a range of food education opportunities for patients and former patients.
 - **Example:** Medstar provides food education exclusively to its patients and staff.

- **Varied Service Areas:** The majority of organizations serve clients throughout Montgomery County, with a few also providing services outside of Montgomery County in neighboring counties and some focusing only on specific neighborhoods within Montgomery County.
 - **Example:** Manna serves the entire county, but areas where there are more people who have difficulty with self-sufficiency receive more concentrated efforts for food delivery: Germantown, Gaithersburg, Aspen Hill, Langley Park, and the Eastern Corridor adjacent to Prince George's County.
 - **Example:** Crossroads focuses specifically on the Takoma Park/Langley Crossroads community, working primarily within the 20912 zip code.
 - **Example:** Community Health and Empowerment through Education and Research (CHEER) is a community based nonprofit that exclusively serves the Takoma Park and the Long Branch areas of Silver Spring.
- **Demographic Focus:** Some organizations focus on specific, high-need demographic groups within Montgomery County.
 - **Example:** EFNEP focuses its programming on low income residents as defined by participation in a nutrition assistance program, including County, State and Federal programs. Participants are also eligible if they attend a Title One school, or live in a Title One School Community. Populations served include pregnant women, adult caregivers of children, and school age youth. 30% of their population has 6th grade reading level or below.
 - **Example:** Excel Beyond the Bell (EBB), a project of the Montgomery County Recreation Department, Montgomery County Public Schools (MCPS), and the Montgomery County Collaboration Council, offers an after-school program at County middle schools that exceed a threshold percentage of students receiving free and reduced price meals (FARMS). The Monday through Thursday program is free to all students at the eligible schools, and classes are available on a registration basis. Food literacy classes are often offered through this program. As of the 2018/2019 school year, EBB is available at eight County middle schools, and in Spring of 2019, all eight had a food literacy offering at least one day per week.
- **Varied Clientele:** The clients served by the organizations are varied, and include adults, adolescents, and children.
 - One organization provides school-based programs, so the majority of its clients are elementary school age children. Another organization, EFNEP, serves three major populations – all low income, defined by participation in a county, state or federal assistance program, or if they attend a Title One school or live in a Title One School Community.
 - Few organizations discussed demographic information regarding their clients, but the one organization that did said it serves a diverse community of African American, White, and Hispanic clients.

- **Varied Client Motivation:** The clients' motivations for pursuing food education programming are also varied. Interviewees perceived that their clients are motivated for various reasons to participate in food literacy programs, including weight loss, interest in gardening, desire to eat better, or manage a chronic illness. Some clients are referred to these programs, in particular the health focused programs, and school-based programs are mandatory for all students.



LANDSCAPE OVERVIEW, CONTINUED

2. A variety of barriers, including funding, partnership, and client access challenges, inhibit the ability of providers to offer food literacy resources in the County. Providers believe that barriers such as transportation, language, culture, and fear of deportation among undocumented individuals within the immigrant community, inhibit residents from accessing the available resources.

- **Funding and Personnel:** When asked to describe challenges organizations face in running their programs, most mentioned funding and personnel. Shortages in staffing have made it difficult for some organizations to continue programs. Some providers also cited that it can be challenging to find/secure kitchen spaces in the County to teach food safety and food preparation.
 - **Example:** Manna expressed that staff is consistently a limiting factor, tied to funding.
 - **Example:** Two of the three hospital participants mentioned the need for increased funding and staff in order to expand their food literacy education.
 - **Example:** Master Gardeners indicated that there is a need for another demonstration garden in southern Montgomery County, but there is no funding available to support this need.
- **Partnerships:** EFNEP reported challenges in partnering with other organizations that offer similar programming or serve the same population, both with regard to finding partners and making those partnerships successful, and surmounting challenges related to high staff turnover in organizations and partners. They have also expressed an interest in connecting with more partners, particularly those that serve pregnant mothers and babies.
- **Barriers Impacting Clients:** Challenges related to clients accessing organizational programs include transportation to reach program sites, language barriers among immigrant clients, literacy barriers, financial barriers, scarcity of culturally appropriate programming, scarcity of programs that target a variety of dietary restrictions, fear of deportation in the immigrant community, lack of cooking equipment and facilities, and need for child care.
 - **Example:** Adventist expressed that lack of awareness of programs, lack of time or competing priorities, transportation/accessibility, cultural and linguistic barriers have all been challenges.
 - **Example:** Manna cited language barriers, child care, and transportation as major barriers to service access.
 - **Example:** EFNEP mentioned that many of their clients are caregivers, who cannot easily leave home to attend programs.
 - **Example:** Crossroads indicated that some residents do not have reliable access to kitchens.
- **Cooking Demonstration Logistics:** Food assistance providers mentioned State and County obstacles to providing cooking demonstrations at the site of food distribution. There are food safety and/or fee requirements that are obstacles to them providing a cooking demonstration using the food that they are distributing.

LANDSCAPE OVERVIEW, CONTINUED

C. In analyzing these findings and key themes, the following food education best practices emerge:

- **Combining food education programming with healthy food assistance enables clients to apply what they learn about healthy eating to their dietary practices.**
 - **Example:** CHEER connects their diabetes education programming with fruit and vegetable distribution.
- **Providing food education programming where the clients are located minimizes their transportation barriers.**
 - **Examples:** Manna and Crossroads provide food education programming at schools, senior centers, and housing units. Manna makes use of its Mobile Kitchen & Pop-Up Pantry “Manny” to lead programs throughout the County.
- **Conducting cooking demonstrations and providing healthy samples and refreshments at food education programs and food distribution sites provides a meaningful and convenient learning opportunity for participants.**
 - **Example:** Participants in Manna’s “Manny” taste the recipes made during each hour-long class. Classes focus on cooking and eating foods that focus on meeting core nutrition standards such as more fruits, vegetables, whole grains, and plant-based or lean proteins.
- **Engaging residents in food literacy discussions would enable food literacy providers to design programs that more effectively target residents’ needs.**
 - **Example:** Manna convenes the “Breaking Bread” conversation series, which brings together Manna’s clients, Board members and a range of community supporters and decision makers to discuss the critical equity and policy issues that contribute to hunger in the community.
 - **Example:** The Food Council convenes a Food Security Community Advisory Board, which brings together a diverse group of Montgomery County residents who currently receive SNAP, WIC or other food or nutrition assistance benefits to help guide the Food Council’s strategies to address food security in Montgomery County.
- **Leveraging the interest of individuals who have received healthy eating education to share their knowledge with others in the community would expand the impact of food literacy programming in the County.**
 - **Example:** Graduates of CHEER’s Healthy Food Access Program have expressed interest in sharing their newly acquired healthy eating knowledge.
- **Providing subsidies and other fee-reducing mechanisms enables food literacy programs to reach a wider variety of County residents.**
 - **Example:** The Department of Recreation’s Rec Assist Fund subsidizes Department of Recreation class and camp fees for eligible residents.

LANDSCAPE OVERVIEW, CONTINUED

D. Solutions Suggested to Food Education Challenges by Food Literacy Providers

Solutions offered by providers to the challenges revealed in the key informant interviews and during the joint meeting include:

- **Increase Language Accessibility:**
 - Participants highlighted the need to offer programs in other languages and translate program materials, in particular for Hispanic populations.
 - Suburban expressed that there is a need to increase access to populations that are harder to reach due to language and access issues.
- **Integrate Food Literacy into Existing Programming:**
 - Several organizations talked about the need to offer integrated programs that cover multiple, related topics, so clients receive comprehensive services.
 - Adventist suggested incorporating food literacy education into other programs rather than as a stand-alone program. Community members often have competing priorities and limited time. Incorporating aspects of food literacy into other programs that may resonate more with individuals (e.g. diabetes management, heart disease education, etc.) may increase participation.
 - Participants suggested incorporating recipe cards, food storage, and/or food preparation tips into food distribution packages for food assistance clients.
 - To address the transportation barrier, some participants suggested having cooking classes at the food distribution sites.
- **Expand Capacity:** Joint meeting attendees discussed resources that would facilitate their organizations' ability to implement effective food education programming, such as:
 - Hiring multilingual cooking and nutrition education instructors.
 - Training staff members to provide food literacy information.
 - Increasing access to kitchen space.
- **Other:** Food assistance providers at the joint meeting also offered possible solutions to addressing the lack of food literacy programs and resources offered to residents, including:
 - Food demonstrations and hands-on workshops and classes using basic food pantry ingredients, offered at the site of food distribution.
 - Implementing food literacy programs or distributing resources at community colleges, within Montgomery County Public Schools (after-school programs, school wellness programs, in partnership with school PTAs), and to residents waiting in line to receive food assistance.
 - Individuals who lead the food literacy programs taught by food assistance providers could conduct informal training sessions for other community members engaged in food literacy (a "train the trainer" model).

IV. NEXT STEPS FOR THE FOOD COUNCIL

To build upon the findings of this assessment, the Food Council will continue data collection and research of Montgomery County food literacy programs, focusing on challenges and solutions, mapping program coverage areas in the county, total number of clients served for each program, and total number of service/program hours. This information can be collected through a variety of methods, including online surveys and in-person interviews with program staff.

The FEDWG will continue to convene partners to facilitate collaborations among organizations and individuals to expand existing and create new food literacy programming, and has already begun conducting detailed analyses of sub-areas of food literacy, including senior nutrition, hospital nutrition, and school nutrition.

In addition, the Food Council will continue learning from partners via site visits to food literacy programs in the County and in surrounding areas, the FEDWG monthly meetings, and the Food Security Community Advisory Board (FSCAB). The FSCAB brings together a diverse group of Montgomery County residents who currently receive Food Stamps, WIC or other food or nutrition assistance benefits to help guide and inform the Food Council's strategies to address food security in Montgomery County. The Food Council has already begun gathering input from this existing group on the participants' food literacy programming needs and plans to continue to include the group in further information gathering and discussion on the topic of food literacy.

Using the data gathered through the online survey and Food Council staff and volunteer research, the FEDWG plans to create a comprehensive Resource Guide that will list food literacy programs in the County and provide information on their general programming, location, target audience, and cost. The hope is that this Resource Guide will more effectively connect County residents who seek to improve their culinary skills and/or knowledge of nutrition, gardening and agriculture, and food safety with the local individuals and organizations that provide these services. The Food Council also intends to integrate these data into existing searchable maps and online directories, such as:

- The Bainum Foundation's Food Learning Locator, which is an online resource for finding food-related education and job training programs and organizations in the greater Washington D.C. area; and
- FoodStat, a publicly accessible, interactive food security data analysis tool managed by the County Statistician's Office that synthesizes more than 80 datasets on food insecurity and its causes in order to identify food access barriers and resources in our communities, determine priority zones of highest unmet need and potential service delivery gaps, and create collaborative, data-driven policies and priorities for investment.

Further, as a result of the findings in this assessment that organizations perceive current state and local health department regulations and fees inhibit them from providing useful food demonstrations at the site of food distribution, the Food Council's Policy Committee has started an investigation into state and local health department regulations and fees that govern sampling during food demonstrations. The inquiry will include an assessment of the current requirements, as well as a study of if and how these requirements could be streamlined to make it easier for food distribution sites and other food literacy providers to be able to offer on-site cooking demonstrations that could include sampling of the food prepared.

The Food Council hopes to use these data to highlight where in the County there might be a greater need for additional food literacy resources, and how and where to allocate resources effectively, to engage in advocacy efforts for additional food literacy programs, to assist residents in connecting with providers, and to bring providers together to see where they might be able to collaborate and share resources.



V. RECOMMENDATIONS FOR FURTHER INQUIRY

These findings represent an overview of food literacy programs and services in Montgomery County. The information gathered through the key informant interviews, online survey, independent research, and joint meeting indicate that there are a variety of food literacy programs and resources available to Montgomery County residents, but that there is a perceived need for improvement and expansion, particularly for more multilingual programming, improving accessibility to programs and resources, and more training opportunities. There are additional steps that could be taken to pursue some of the opportunities and recommendations raised by this assessment:

- **Conduct a community needs assessment to more fully understand where gaps in food literacy resources exist from residents' perspectives.** This phase of the assessment could include multilingual listening sessions, surveys, and/or town hall style meetings, allowing the Food Council to hear directly from County residents in a variety of locales around the County. Following these sessions, data on what is currently available and what needs food literacy providers perceive could be compared with needs data from residents.
- **Conduct further research on the specific barriers food insecure residents face in accessing food education resources.** For example, investigate the unique food education needs of residents without regular access to kitchens, including cooking or refrigeration space, or proper cooking equipment. This may significantly limit these residents' abilities to fully benefit from SNAP and WIC benefits and food assistance provided by food assistance providers. It appears that this topic has not yet been researched in the County, but it could have significant ramifications for the food literacy resource needs of the food insecure population.
- **Increase food education programs offered at County Department of Recreation and other commercial kitchens.** These licensed spaces could be used to deliver food literacy education or for communal cooking initiatives. With appropriate mission shift and/or public private partnerships, these could be more effective in helping with food literacy. Public and private partnerships could be leveraged to offer free and/or low cost cooking and healthier eating classes to the community, as the Collaboration Council has done with Excel Beyond the Bell.
- **Engage Montgomery County Public Schools in discussions to explore opportunities to enhance food literacy programming.** Discussions could focus on ways to enhance existing garden to table curricula, implementing/expanding composting programs in schools, incorporating more vegetarian meal options into school lunch menus, and providing education on how these enhancements would benefit student health.

APPENDIX A: FOOD LITERACY PROGRAMS IN MONTGOMERY COUNTY

APPENDIX A: FOOD LITERACY PROGRAMS IN MONTGOMERY COUNTY

This appendix includes 55 businesses and organizations that provide food literacy resources. 34 of the businesses or organizations listed below responded to the online survey. Each of the key informant organizations that were interviewed (Manna Food Center, Crossroads Community Food Network, Expanded Food and Nutrition Education Program (EFNEP), Capital Area Food Bank, and Montgomery County Master Gardeners) are also included, as well as the three hospitals that provided information on their programming. The information listed in this appendix for all other listed programs is publicly available and was researched and compiled by Food Council staff. Data was current at the time of collection and analysis. On-line survey data were self-reported by organizations and/or obtained from publicly available sources, and may not be exhaustive. Some data were not verified and could be out of date.

Combination of Programs Offered

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Adventist Hospital	Provides education around nutrition and healthy eating, through nutrition education and meal planning with dietitians for patients, cooking classes, diabetes self-management classes, health classes through the Long Branch Healthy Food Access Program.	Adults		Cooking classes, nutrition education classes	Cost varies.
Capital Area Food Bank	The food bank offers specialized educational opportunities to partner agencies and the general public to better meet the needs of the community. Limited cooking demos are offered for community partners to learn how to use ingredients in healthy, affordable ways. Agricultural and garden education is offered in an Urban Demonstration Garden.	All ages	DC Metro Area	Classes, cooking demos, workshops, simulation, trainings	No charge.
Community Health and Empowerment through Education and Research (CHEER)	CHEER provides weekly food distributions to low income adults with diabetes for 3 months. Participants receive nutrition education, cooking demonstrations, fitness opportunities, and personal support from a community health worker.	Adults, Non-English speakers	DC Metro Area	Workshop, Cooking Demo	No charge.

Combination of Programs Offered, Continued

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Crossroads Community Food Network	Provides a series of hands-on, culturally appropriate healthy eating lessons to students and parent groups at local schools; provides interactive demonstrations at the Crossroads Farmers Market and other community sites. ServSafe and other food safety training is provided through their Microenterprise Training Program for aspiring food entrepreneurs.	K-8, High School Students, College/Graduate Students, Adults, Seniors, Non English Speakers	20912	Regularly Scheduled/Recurring Classes, Workshops, After School Program, Cooking Demos	\$50-75 for ServSafe. Scholarships available.
Excel Beyond the Bell (EBB) (Middle School Level)	Students at EBB get access to recreational and social programs, academic support, nutritious and delicious meals, and bus transportation to get home. The EBB program is a partnership with Montgomery County Recreation, Montgomery County Public Schools, and the Montgomery County Collaboration Council for Children, Youth and Families.	EBB is offered at certain middle schools in the county that exceed a threshold percentage of students receiving free and reduced price meals (FARMS). Once the school qualifies to host EBB, all students within that school community may apply for the no cost classes.	Select Montgomery County Middle Schools: Col E. Brooke Lee, Montgomery Village, Loiderman, Neelsville, Argyle, Roberto Clemente, Forest Oak.	EBB programming is offered four days/week, from after school until 5:30pm. Cooking classes are offered once/week.	No charge.
Manna Food Center	Manna offers a variety of free workshops related to nutrition education to community residents, including: "Cooking Matters At The Store: Pop-Up Tours," "Habits to Hinder Diabetes and Chronic Disease," "Healthy Foods: Fact or Fiction?" and "Shocking Secrets About Sugar."	Preschool, K-8, Adults, Seniors, Non-English Speakers, low-income families	Montgomery County	Workshops	No charge.
MedStar Montgomery Hospital	Offers approximately eight Nutrition and Sustainability programs every year, ranging from classes to larger events.	Adults		Nutrition classes, educational events	No charge.

Combination of Programs Offered, Continued

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Montgomery County Department of Recreation	The Department of Recreation provides and partners on several food related programs. These programs might provide nutrition education or cooking skills. Some of these programs are hosted at MCPS schools, others are at parks or Recreation Department facilities. At the time of this survey, adult cooking classes are available as well as camps, cooking classes, and garden education programs for youth. The Recreation Department also provides an elementary school Out of School time program “Excel Beyond the Bell” modeled on the middle school program that it offers in conjunction with the Collaboration Council, at 6 County elementary schools. With additional County funding, this will be in 10 schools by winter of 2020. The Recreation Department also runs Rec Zone and Rec Extra programs in middle and high schools around the County, and includes a health/nutrition wellness component that often includes healthy eating and preparation of a healthy snack.	All Ages	Services are offered throughout Montgomery County. As of March 2018, the Department of Recreation has teaching kitchens in the following locations: White Oak, Ross Boddy, Holiday Park, and North Potomac. These kitchens are used primarily for adult cooking classes. There are gardens at the Damascus, Holiday Park, and Long Branch Recreation Centers that are used primarily for youth agriculture/garden education programming.	Cooking demos, nutrition education classes, summer camps.	Fees vary by class. Participants in these programs may qualify for “Rec Assist” which, once qualified (based on food stamps, Medicaid or Care for Kids eligibility), allows a resident to pay only 20% of an advertised class or camp fee.
Rockville Senior Center	One two-hour demonstration class is offered per quarter on a topic relevant to seniors, such as the pleasures of cooking for one.	Seniors who are members of the Rockville Senior Center		Demonstration with interactive elements followed by sampling of the foods prepared. Attendees take recipes home.	\$44 for a 2-hour class
Suburban Hospital	Suburban Hospital's Community Health and Wellness department offers wellness classes and programs that focus on nutrition, weight loss/management and healthy cooking and eating.	Adults	20814, 20815, 20817, 20850, 20851, 20852, 20853, 20854, 20874, 20877, 20878, 20895, 20902, 20906, and 20910	Cooking classes, nutrition counseling, seminar series	Cost varies.
Takoma Park Recreation Center	Takoma Park Rec Center offers healthy eating/ cooking demonstrations to Takoma Park residents and other community members at the Takoma Park Silver Spring Kitchen in collaboration with Crossroads Community Food Network.	All ages	Takoma Park	Cooking demos	No charge.

Culinary Skills Education

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
August Kitchen Company, LLC	Cooking classes and demonstrations that focus on teaching the basics of cooking good food properly, and the benefits of doing so.	High School Students, College/Graduate Students, Adults		Regularly Scheduled/Recurring Classes, Workshop, Cooking Demos	Program fees vary.
Cooking with Drew	Demystifying cooking skills and ingredients. The program's goal is to empower students so that they can make informed decisions about nutrition, seasonality, quality, and flavor when they shop and cook. 2-3 hour cooking classes, demo or participation, and market tours. Can be scheduled for private classes at client's home or place of business.	Adults		Cooking classes	Fee for programs.
Healthier Kitchen (HK) (Full disclosure: the owner of this business, Wendy Nevett Bazil, is a co-author of this report.)	HK provides culinary based coaching and instruction of home cooking skills, adaptations of recipes pursuant to medical advice, shopping and pantry advice, and avoidance of food waste. The instructor works with people with a variety of dietary choices and needs such as Kosher, vegetarian and vegan, low carbohydrate, low sodium, low fat, allergies, Paleo, etc. Classes are very vegetable forward. The instructor also works with youth.	5-8 Grade Students, High School Students, College/Graduate Students, Adults, Seniors	Montgomery County	Workshop, Cooking Demo, corporate wellness classes, one-to-one coaching, small groups	Fee for programs.
La Boulangerie	La Boulangerie (The French bakery) offers hands-on baking workshops in English and French to elementary students. The program emphasizes technical skills, and authentic culinary traditions. Students learn how to make the most healthy and delicious traditional French bread from wheat berries that they mill to obtain the most nutritious flour.	K-8	20012	Workshop	Fee for workshop.
Let's Cook@Casey	Let's Cook@Casey is a new series at the Casey Community Center in Gaithersburg designed to help you enhance your culinary chops.	Children ages 8-12, Adults		Workshop, cooking demo	Prices vary. One-time class fees typically \$25, camp fees typically \$250/week.

Culinary Skills Education, Continued

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Perfect Little Bites	In-home personalized cooking lessons.	College/Graduate Students, Adults, Seniors	Montgomery County	Regularly Scheduled/Recurring Class, Workshop, Cooking Demo	\$40-125 per person
Tailored Taste Personal Chef Service	Tailored Taste provides: traditional personal chef services (filling fridge and freezer at clients' homes), customized cooking classes, coaching for those interested in becoming personal chefs.	K-8, High School Students, College/Graduate Students, Adults, Seniors	All services provided in client homes	All services are customized.	\$270 and up.
The Six O'Clock Scramble	The Six O'Clock Scramble is an online meal planning service committed to helping busy people get quick, easy, and delicious meals on the table every night.	Adults		Workshop, Cooking Demos	\$1.44-\$3/week for meal planning service. Workshops and cooking demonstrations vary.
Tiny Chefs	The offered cooking events are a fun way for kids to flex their creative muscles, spend time working in peer groups, and best of all: a great way to introduce them to the joy of cooking and baking.	Preschool, K-8, Adults		Regularly Scheduled/Recurring Class, Workshop, Summer Camp, After School Program, Cooking Demo, Birthday Parties	\$50-\$350
Young Chefs, Inc.	Summer cooking camps, Saturday classes, days off from school programs, adult + child or youth classes, pre-college monthly supper clubs, adult skills dinners and adult gourmet night out classes.	K-8, High School Students, College/Graduate Students, Adults, Seniors		Regularly Scheduled/Recurring Class, Workshop, Summer Camp, After School Program, Cooking Demo	\$25/hour/participant

Food Insecurity/Hunger Education

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Maryland Hunger Solutions	In the Maryland Hunger Gap lesson plan, students will consider how to define hunger and food insecurity, explore interventions designed to improve food security, and take a stand on the merits of expanding universal school breakfast programs.	High School Students, Adults		Free online curriculum.	No charge.

Garden/Agriculture Education

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
4-H	4-H is a national, hands-on youth development program, highlighting volunteerism and leadership. 4-H participants generally belong to one or more 4-H clubs and pursue the projects and interests that interest them, while serving the community.	Children ages 8 – 18. 4-H Clover Program is available for children ages 5-7.		Children join various clubs based on their interest and the projects worked on. Detail such as list of County 4-H clubs, size of clubs, meeting frequency, etc. can be found online.	There is an annual enrollment fee of \$10 for each 4-H member. Local clubs may charge additional fees. Discounts are available, and an inability to pay dues will never be used to keep someone from joining 4-H.
Brookside Gardens	Brookside Gardens offers various events and programs for both children and adults. These programs and events are intended to educate attendees on gardening, nature, and sustainability.	All ages		Garden tours, horticultural classes, workshops, cooking demonstrations, art classes	Ranges from free- \$22 depending on the program/event and participant age
Charles Koiner Center for Urban Farming	The Charles Koiner Center for Urban Farming (CKC Farming) provides hands-on, science-based learning experiences for students at a local farm. They aim to inspire the next generation of local food innovators by having an inviting farm in the city that encourages exploration, creativity and shared purpose. Most visits to Koiner Farm are planned school field trips, but visitors can stop by and look around if they are interested in learning more about the program.	Preschool, K-8, High School Students, College/Graduate Students		School field trips.	No charge.

Garden/Agriculture Education, Continued

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Cultivate the City	Educate, Cultivate, Nourish: Farm to inspire others to pursue the joys of gardening in their own underutilized spaces. The farm partners with schools, universities, senior community centers, and commercial properties. Instructors share knowledge and proven methods with the communities served. The farm grows a wide variety of ornamental and edible plants, including herbs, vegetables, fruit, pollinators, edible flowers and exotic plants. By engaging with local communities, Cultivate the City is cultivating a network of urban farmers who are building a more secure future for DC. Cultivate the City believes that health starts with what people eat. They strive to make food accessible to all DC residents regardless of income or ward. Produce is grown utilizing organic methods, it can be found in CSA shares, community markets, restaurants, tea houses, and grocery stores.	Preschool, K-8, High School Students, College/Graduate Students, Adults, Seniors	20003, 20017	Workshops, Cooking Demos	Sliding scale fees for most classes, volunteering at sites allows for free instruction.
Future Farmers of America	Provides agricultural education to prepare students for successful careers and a lifetime of informed choices in the global agriculture, food, fiber and natural resources systems.	High School Students	Montgomery County based chapters include Damascus High School, Springbrook High School, Sherwood High School.	In-school/after-school programs	No charge.
Future Harvest CASA	Future Harvest CASA's mission is to provide education, networking, and advocacy to help build a sustainable Chesapeake foodshed, where food flows from farm and fishery to table in ways that strengthen farming and the regional food economy; protect our land, water, and air; and provide healthy, nutritious food that sustains the region's communities and cities.	Adults interested in farming		Beginner farmer training program, "Field School" events (workshop, discussions, etc).	Cost varies.
Institute for Local Self-Reliance (ILSR)	ILSR has a variety of initiatives, including Waste to Wealth, which specifically works to maximize recycling, reuse and composting for economic and environmental sustainability.	DMV area residents	DMV area	Community composting training, "Neighborhood Soil Rebuilders (NSR) Compost Training Program" (classroom instruction and field work), presentations, workshops.	Cost varies.

Garden/Agriculture Education, Continued

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Love & Carrots	Love & Carrots is DC's foremost urban farming and edible landscaping company. They design, install and maintain organic urban farms, vegetable gardens, and native landscapes across DC, MD, and VA. Through the garden care & coaching program they provide expert garden maintenance, guidance, and education in almost 150 gardens every year, helping connect people to their food and inspiring local food production and farming inside the beltway. Since it's inception in 2011, Love and Carrots has installed over 500 gardens and clients include residents, local restaurants, and community organizations throughout the DMV.	Adults, Families	DMV, Beltway	Regularly Scheduled/Recurring Class, Bi-weekly service or one-off sessions.	Program fees vary.
Maryland Agricultural Education Foundation	The Maryland Agricultural Education Foundation offers various programs to elementary-aged students intended to educate them on agriculture, food science, gardening, and other food literacy topics. The Mobile Science Program is offered to Maryland Elementary Schools for a week long period featuring a variety of lessons; the Ag in the Classroom summer camp is offered throughout Maryland and includes hands-on agriculture experiences for participating students; the Ag Literacy Program encourages elementary schoolers to read short books on agricultural topics.	Elementary School Students		The Mobile Science program visits Maryland Elementary Schools for a one week period, and offers lessons such as "The Science of Chocolate," "The Art of Making Cheese," and "Strawberry DNA." Ag in the Classroom is a week-long summer workshop that includes lesson, resources, field trips all related to agriculture and nutrition. The Ag Literacy program is open to all Maryland elementary schoolers; an agriculture-related book is selected by our committee and shared with elementary students.	Mobile Science: \$1800/school/week. Ag in the Classroom: \$225/week. Ag Literacy Program: \$10/book
Montgomery County Agricultural Fair	There are many competitions, including farm animals, locally grown produce, local honey, home canning products, baked goods, etc. For a complete listing, see the Fair Catalog online. From Monday through Saturday, there are culinary demonstrations from 10 a.m. to 9 p.m. In addition, there are contests to make refrigerator pickles, jams and jellies and homemade cheese. Visitors have the opportunity to milk a cow by hand. The 4-H Club exhibits farm and garden projects.	Montgomery County general public	Montgomery County	Hands-on activities, demonstrations, exhibits	\$10 admission tickets online; \$12 at the gate.

Garden/Agriculture Education, Continued

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Montgomery Countryside Alliance	MCA conducts in class and on farm education regarding local agriculture, food and natural resources. Land Link Montgomery program pairs acreage with farmers/agricultural businesses.	High School Students, Adults, Seniors	Montgomery County	Regularly Scheduled/Recurring Classes.	\$30 Land Link enrollment fee
Montgomery Parks	Food Matters Foodie Fridays is a summer speaker series that features story telling of farmers, educators, chefs, community organizer, and food lovers. During the summer, presentations are held that highlight why food matters and how it continues to impact residents of Montgomery County and the metropolitan region. Each session offers an opportunity to engage with experts of the regional food system and engage with community members. Foodie Fridays is a complement to the Trees Matter Symposium, Green Matters Symposium, and Nature Matters Speaker series from the Horticultural Forestry, and Environmental Education Division of Montgomery Parks.	Residents in Montgomery County and surrounding jurisdictions (Washington D.C., neighboring counties), typically 18+, but it is open to anyone impacted by or participating in the local food system.		Foodie Fridays is a 2 hour educational and networking block that occurs on the 4th Friday of summer months (July and August in 2019). Presenters are from the local food system including consumers, farmers, entrepreneurs, agricultural education experts, land trust specialists, small scale growers, nutritionists, and many more.	No charge.
Red Wiggler Community Farm	Red Wiggler is a sustainable farm where people with and without developmental disabilities come together to work, learn, and grow healthy food. Educational programs are offered to individuals, with approximately 30% being youth with developmental disabilities, and range from 45 minute basic tours to five hour long service learning visits. These programs are intended to help children learn about the process of growing healthy, sustainable food, while having hands-on experience lending a hand on the farm.	Youth and adults with and without developmental disabilities	Montgomery County	Basic farm tour (45 min), sensory exploration tour (1 hour), seed to harvest educational tour (1.5-2 hours), service learning visit (2-5 hours).	\$75-\$125

Garden/Agriculture Education, Continued

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Rocklands Farm	Field trips / farm tour - Immersive farm tour discovering where food comes from, how it comes to be food, those who cultivate it, how agriculture methods can bio-mimic & regenerate the environment, and why food choices matter. Leave encouraged, informed, and empowered with food choices. Summer Camp - Week-long day-camp exploring same content as field trips Spring chick rental - a one week, all inclusive, intimate experience with the preciousness of life, allowing for the joy of chick care, without the long term commitment.	K-8, High School Students, College/Graduate Students, Adults, Non-English Speakers, ESL (with translator)		Summer Camp, Weekday Field trip / tour (10am - 12pm)	\$10 per person for youth field trips (\$150 minimum) & \$20 per person for adult tours (\$200 minimum)
The Farm at Cedar Ridge	The farm is a little over a half-acre of vegetable and fruit crops, tended by the Cedar Ridge community and our partner volunteers. Each year the farm grows 1-2 tons of chemical-free food, which is given to local groups that serve the hungry and homeless. In addition to providing food to neighbors in need, the farm serves as a venue to raise awareness about the benefits of healthy eating, and issues related to food insecurity in Montgomery County.	All ages	Spencerville, MD	Hands-on organic gardening, raising awareness around local food security issues	No charge.
University of Maryland-Extension: Beginning Small Farm Workshop Program	Provides educational programs on fruit, vegetable and livestock production.	High School Students, College/Graduate Students, Adults, Seniors, Non English Speakers	Montgomery County	Regularly Scheduled/Recurring Class, Workshop, Farm Visits for trouble shooting growing issues.	Cost Recovery
University of Maryland Extension - Montgomery County Master Gardeners	Master Gardeners are trained volunteers of the University of Maryland Extension, who are dedicated to helping the citizens of Montgomery County, Maryland. Our mission is to support the University of Maryland Extension mission by educating residents about safe, effective and sustainable horticultural practices that build healthy gardens, landscapes and communities.	Preschool, K-8, High School Students, College/Graduate Students, Adults, Seniors, Non English Speakers	Maryland	Workshop, After School Program	Honorariums accepted

Nutrition Education

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
African American Health Program	The African American Health Program (AAHP) provides diabetes education and heart health classes, self-management counseling to manage diabetes and free health screenings. AAHP also disseminates information about diabetes and heart disease at events throughout Montgomery County, and recently launched DMeetings, a comprehensive course on diabetes management that gives the convenient support of AAHP's diabetes team. Topics covered include: healthy eating and exercise, blood glucose monitoring, diabetes medication, stress reduction, reducing your risk for complication.	African Americans 60 years and older.		Classes (in-person and online).	No charge.
Bethesda Medical Associates	Bethesda Medical Associates offers both individual and group medical nutrition therapy. The group learning is done through classes that are focused on different topics including diabetes, weight loss, cardiovascular disease and nutrition and vitality. One on one nutritional counseling is handled by a registered dietitian who specializes in weight loss, metabolic diseases, gastrointestinal diseases (IBS, IBD, Celiac's Disease) and sports nutrition.	College/Graduate Students, Adults, Seniors		Regularly scheduled/recurring classes.	Programs fees vary. Insurance accepted.
Expanded Food and Nutrition Education Program (EFNEP), University of Maryland Extension	Basic nutrition education taught in a series of workshops. Each workshop includes a lesson, food demonstration, and physical activity.	Low-income pregnant women, caregivers of children and school-aged youth; families often attend together.	Montgomery County and other jurisdictions in the state.	Direct teaching by community educators in English and Spanish.	No charge for eligible participants.
Food Supplement Nutrition Education (FSNE), Maryland SNAP-Ed, University of Maryland Extension	FSNE (Maryland SNAP-Ed) delivers nutrition education programs to SNAP-eligible audiences in Montgomery County, Maryland.	SNAP Eligible youth, adults, and families.		Direct and indirect nutrition education programs are offered to eligible public schools, childcare centers, community centers, food pantries, and farmer's markets.	No charge for eligible participants.

Nutrition Education, Continued

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Giant Food	Giant's goal is to be the neighborhood resource for health and wellness. Giant strives to improve the health of our communities by teaching customers how to fill their carts with nourishing food that improves their health and positively impacts the community perception of Giant as a healthy retailer. Giant Nutritionists are wellness ambassadors who spread the message of healthy eating through classes, store tours, community events, and individual consultations.	Preschool, K-8, High School Students, College/Graduate Students, Adults, Seniors		Regularly Scheduled/Recurring Class, Workshop, Cooking Demo	\$25 for a 1-hour consultation. Fee is refunded in the form of a Giant gift card upon completion of the appointment. Many classes and store tours are free of charge.
Happy Heart Health	Customized health coaching (in person or online); nutrition education; exercise guidance; personal training; cooking.	Preschool, K-8, High School Students, College/Graduate Students, Adults, Seniors	20850, 20878, 20814	Workshop, Summer Camp, After School Program, Cooking Demo, customized health coaching programs (one on one or online groups)	Depending on service, \$40-\$200 per hour/event.
Milk Lady Markets	Milk Lady Markets farmers markets are open Wednesdays, May through October, and feature sampling and cooking demonstrations that highlight the seasonal ingredients available at the market.	Preschool, K-8, High School Students, College/Graduate Students, Adults, Seniors, Non-English Speakers		Cooking Demos, goods sold by farmers	No charge.
Montgomery County Child Care Resource & Referral Center	Provide resources and support to child care providers.	Parents and caretakers of pre-school aged children.		Workshops	Classes range from \$20-\$60.
Saint Luke Lutheran Church	Church that also provides some nutrition education resources.	Adults, Seniors.		Cooking Demo	No charge.

Nutrition Education, Continued

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Senior Nutrition Program, Montgomery County Dept of Health and Human Services	The Program provides meals in congregate (group) settings where activities and services for seniors are available; nutrition education, screening & counseling are also available. The program also serves as a central contact for home delivered meals, referring seniors to Meals on Wheels that serve their addresses. Meals are nutritious and suitable for persons with diabetes, heart disease and hypertension because they meet federal standards that include each meal providing at least 1/3 of the recommended dietary allowances for older adults and complying with the Dietary Guidelines for Americans. Kosher, Chinese, Korean and Vietnamese meals and programming targeted to these ethnic groups are available at certain sites.	Seniors	Montgomery County	Daily lunch.	No charge. Voluntary donations accepted.
Total You Integrative Medicine Center	Offers group educational lectures and food demos using a combination of lecture and audience engagement to help make nutrition simple again.	K-8, High School Students, College/Graduate Students, Adults, Seniors		Workshop, Cooking Demo	\$85 - \$225 per consult.

Nutrition Science

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Real Food for Kids - Montgomery	Collaboration with school communities to elevate the quality and character of school food, develop and deliver programs that advance literacy in nutrition and health, and engage students, parents, and schools in building a culture of health that spreads to their homes and communities. Conducts community-building, training and educational activities.	K-8, High School Students	20912	One-time, after school class (not offered on an ongoing basis).	No charge.

Professional and Paraprofessional Culinary Skills Education

Program Name	Program Description	Target Audience	Service Area	Program Format	Program Fees
Hospitality Management Program through Montgomery County Public Schools	Students gain proficiency in culinary, work-based, and management skills using the ProStart Curriculum from the National Restaurant Association. Students learn to work with a variety of customers and be mentored by industry professionals during internship experiences.	High School Students	Thomas Edison High School, Albert Einstein High School, Gaithersburg High School, Sherwood High school, Springbrook High School, Watkins Mill High School.	Students in the program are required to take "Culinary Essentials/ProStart I," "International Culture and Cuisine/ProStart II," and "Internship, Human and Consumer Services, Hospitality and Tourism." These classes are taken in school, during the school day.	No charge.
Restaurant Management through Montgomery County Public Schools	Students study and practice food safety principles, professional food handling, and preparation techniques. Students participate in entrepreneurial ventures, and have the opportunity to earn ServSafe Food Protection Manager Certification. Certified by the American Culinary Federation.	High School Students	Thomas Edison High School ("Professional Restaurant Management/Culinary Arts"), Damascus High School, Paint Branch High School ("Restaurant Management and Culinary Arts"), Colonel Zadok Magruder High School ("Family and Consumer Sciences")	Students in the program are required to take "Professional Restaurant Management 1 A/B," "Professional Restaurant Management 2 A/B," and "Internship: Human and Consumer Services, Hospitality and Tourism." These classes are taken in school, during the school day.	No charge.
STEP Training	The organization's Culinary program offers free job training to unemployed or underemployed community members who want jobs with their partner employers. Through a 6-8 week program, STEP provides hands-on culinary classes, food safety, customer service, and English language for the kitchen, along with interview practice, resume building, and job placement assistance.	High School students, Adults, Non-English Speakers	Montgomery County	Regularly Scheduled/Recurring Class	No charge.
University of Maryland Eastern Shore [Culinary Skills, Hospitality & Tourism]	Hospitality and Tourism management program. Bachelors in Business. Courses for junior and senior full-time students.	College/Graduate Students		Regularly Scheduled/Recurring Class	Sliding payment scale, Scholarships available.

APPENDIX B: ORGANIZATIONS REPRESENTED AT JULY 2018 STAKEHOLDER MEETING

APPENDIX B

Organizations represented at July 2018 Stakeholder Meeting

Name of Organization	Organization Type
Capital Area Food Bank	Food Assistance Provider
Catholic Charities	Faith Community
CCI Health and Wellness Services	Medical
CHEER	Nonprofit
Christ Lutheran Church	Faith Community
City of Gaithersburg	Government
Community Action Agency	Government
Community Food Rescue	Food Assistance Provider
First African Methodist Episcopal Church Gaithersburg	Faith Community
Food Supplement Nutrition Education, University of Maryland	Academic
Gaithersburg HELP	Nonprofit
George Washington University	Academic
Giant Food	Business
Healthy Montgomery	Government
Institute for Public Health Innovation	Nonprofit
Interfaith Works	Faith Community
Luther Rice Memorial Church	Faith Community

Organizations represented at July 2018 Stakeholder Meeting, Continued

Name of Organization	Organization Type
Manna Food Center	Food Assistance Provider
Meals on Wheels of Central Maryland	Food Assistance Provider
Montgomery County Coalition for the Homeless	Nonprofit
Montgomery County Department of Health and Human Services	Government
Montgomery County Muslim Foundation	Nonprofit
Montgomery County Parks	Government
Montgomery County Public Schools	Government
Neighbors in Need	Nonprofit
Olney HELP	Nonprofit
Rainbow Community Development Center	Nonprofit
Rockville Senior Center	Government
Saint Luke Lutheran Church	Faith Community
Suburban Hospital	Medical