

Healthy Places by Design, North Kingstown, Rhode Island

Town of North Kingstown and West Bay Family YMCA

Healthy Foods

Guiding Principles

- . North Kingstown should have access to healthy food that is locally grown, fresh, affordable, easily accessible, and offers variety.
- . We believe that providing education about healthy foods will result in cultural changes to generate healthier minds, bodies and Communities.

Next Steps...

Farmers Market

- . Learn about the Whole Foods/Farmers Market model (Providence)
- . Get community preferences and list of priorities

Winter Crop Production

- . Identify if there are barriers to hoop houses and greenhouses
- . Identify suitable town property for hoop houses and/or greenhouses?
- . List required infrastructure to accommodate the structures.
- . Find out how many needed
- . Learn who wants to operate/manage

Mobile Food Market

- . Find out current and desired distribution points
- . Learn current process
- . Identify what is needed for expansion
- . Explore Providence Youth Services model for adding community engagement
- . Look at funding options

Community—Commercial Kitchen

- . Identify town-owned licensed and un-licensed commercial kitchens available for use
- . Identify private licensed and un-licensed commercial kitchens available for use
- . List who wants to use a kitchen for processing, when, how long, etc.
- . Find out expenses, issues and insurances/liabilities related to processing and education
- . List current cooking classes offered, how often, when, where and by whom
- . List who is available to teach cooking classes, how often, when and where
- . Conduct an analysis of who wants classes, what the goals of the classes should be, when/where and how to fund (free or if fee-based, what are favorable price points?)

Support New Farmers

- . List persons interested in the program and what type of farming they want
- . Identify town land that can support farming
- . List current farms interested in loaning/leasing land to new farmers
- . Identify equipment that can be loaned or leased

Support Community Gardens

- . List neighborhoods and housing complexes interested in community gardens, along with public opportunities for community gardens
- . List existing community gardens
- . Educate on the values/benefits of community gardens (food and horticultural)
- . Find successful models for community gardens



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