

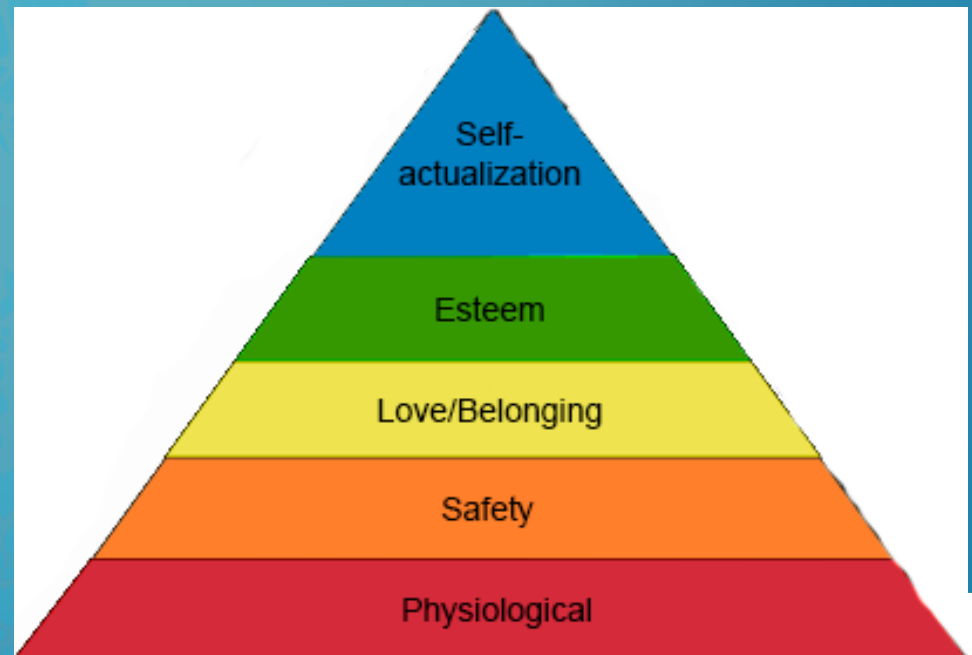
**intersection**



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# Health and Resilience

- How do we prepare ourselves for climate change and strengthen our ability to “bounce back”?
- How can planners begin to think about people’s basic daily needs:
  - Food
  - Water
  - Air
  - Shelter
  - Safety, security, and well-being
  - Social networks



How  
often  
do  
you...



Go to the doctor?

Go to a park?

Go to your job?

Eat a meal or snack?

Visit with friends or family?

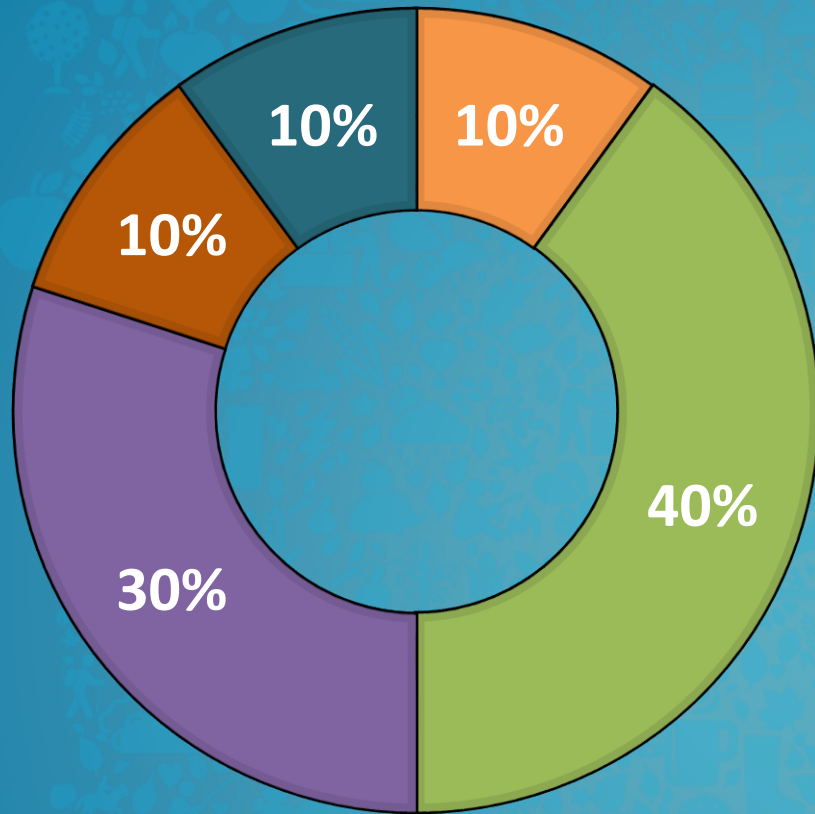
Sleep in your house?

Go to school? Or use your  
education?

what IS health?



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- Genes & Biology
- Social & Economic
- Health Behaviors
- Clinical Care
- Physical Environment

# factors that determine health

# Built Environment Impact on Health



# planning & food



Economic  
Development  
Land Use/zoning  
Water,  
Environment  
Open space

Transportation  
Economic  
Development  
Land Use/zoning

Transportation  
Economic  
Development  
Land Use/zoning  
Urban design  
Finance  
Community  
Development

Resiliency:  
Organics  
recycling

The Council supports preserving agricultural land to protect the agricultural economy in the region, provide opportunities for farmers, and promote local food production and processing (p. 29, 109, 167, 171, 173).

Encourage policies and investments that improve access to safe and healthy food (p.55).

Recognize opportunities for urban agriculture and small scale food production (p. 144).

Protect existing agricultural land for local food production and processing to reduce distance-to-market travel emissions (p.62) and preserve soil and water quality (p. 109, 120, 161).

# THRIVE2040

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## improving food access



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Reliable  
access to  
safe, healthy,  
affordable  
food for all

What is the Food Charter?







Creating comprehensive plans that build healthy food environments to promote community health and prosperity

What is the Food Access Planning Guide?

## LEARN

HELPFUL RESOURCES and information to bridge the knowledge gap between planners and food advocates

## ACT

SAMPLE LANGUAGE addressing numerous facets of healthy food access that communities can include in comprehensive plans and zoning codes

### HOW TO USE THE FOOD ACCESS PLANNING GUIDE

The well-being of residents is vital to the long-term sustainability and prosperity of communities. Regions thrive when residents can be active and healthy. That's why we need policies and plans that create environments where the healthy choice is the easy choice for all.

#### THE GUIDE CONTAINS TWO PARTS:

#### LEARN

HELPFUL RESOURCES and information to bridge the knowledge gap between planners and food advocates

#### ACT

SAMPLE LANGUAGE addressing numerous facets of healthy food access that communities can include in comprehensive plans and zoning codes

#### THE GUIDE IS OFFERED AS AN OPEN RESOURCE AND AN IDEA MENU

Note that the information in this guide, while extensive, is not exhaustive. There are many other strategies a local or regional unit of government can use to improve access to healthy foods.

##### OPEN RESOURCE

Any content in this Guide may be used without citing the source. Use the suggested language verbatim, or adapt it in any way to fit a local context.

##### IDEA MENU

The Guide offers an extensive range of policies and potential implementation strategies. Focus on the policy areas that make sense for your community.

open resource;  
idea menu



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- 1 **TYPICAL PLANNING ELEMENTS.** Use the most common planning chapters - housing, land use, transportation, economic development, etc - to address food access issues. This approach highlights the comprehensive nature of food access issues and may be a format most people are accustomed to.
- 2 **CREATE A NEW CHAPTER,** either in a new Food Access chapter or in a broader cross-cutting chapter focused on community health or sustainability. For jurisdictions in the Twin Cities metro area, the Metropolitan Council's Local Planning Handbook suggests putting health-related and environmental policies in a chapter titled "Resilience," which would be an appropriate home for healthy food access policies.

- 3 **VALUES BASED APPROACH.** Much like Thrive MSP 2040, a plan can be organized around a set of community values and principles as a means of building community consensus and having a mission- and vision-driven plan. In this case food access should be attributed to aligned values.
- 4 **USE A COMBINATION OF THESE OPTIONS.** Reference food-related policies within traditional comprehensive plan chapters, and create a stand-alone health or food chapter. We recommend this approach because it builds ownership across different departments of local government while also offering a dedicated plan section in which more food-specific detail is provided.

# 4 options

## HOW TO USE THE ICONS IN THIS SECTION

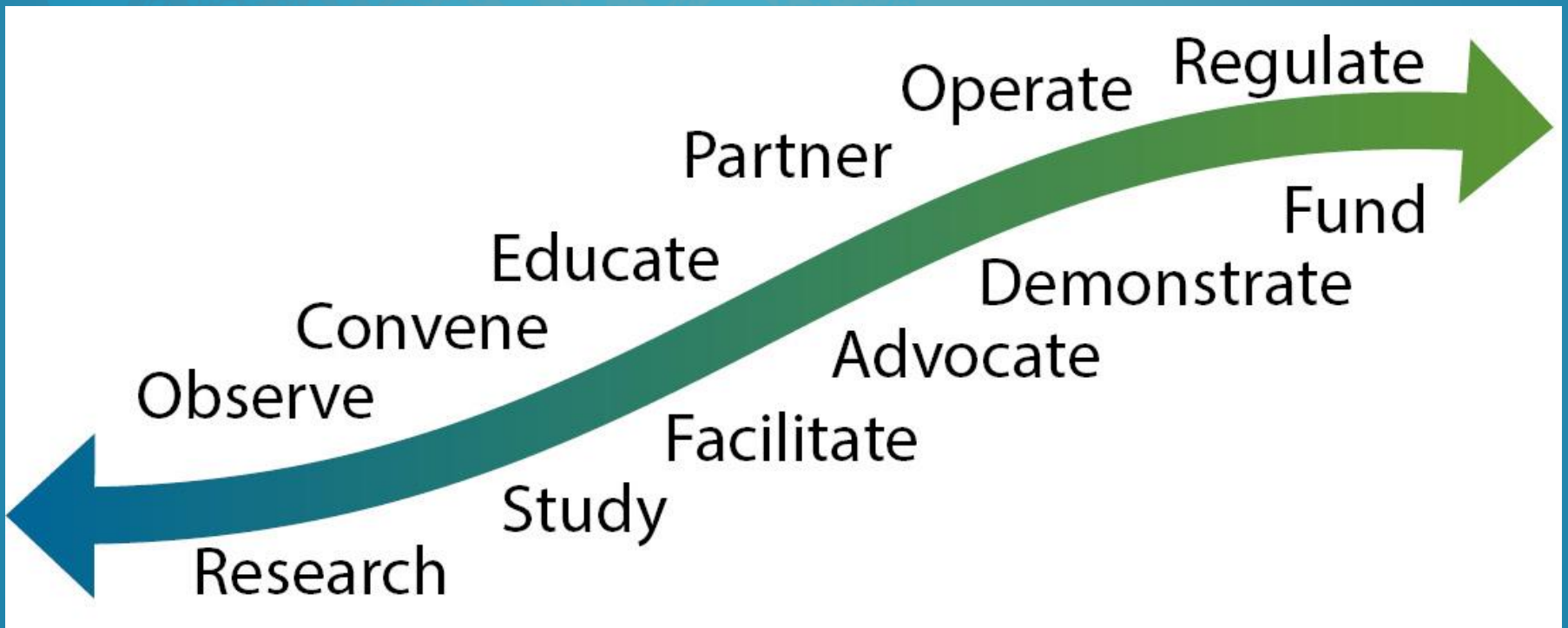


Use the icons at the top of each topic section for guidance on which chapters may be a best fit. For example, farmland preservation policies could be located in the vision, land use, economic development, and/or implementation chapters.

- VISION
- HOUSING
- LAND USE
- ENVIRONMENT
- TRANSPORTATION
- ECONOMIC DEVELOPMENT
- WATER + UTILITIES
- IMPLEMENTATION
- PARKS + TRAILS

# Roles will vary

Roles will vary for each jurisdiction, and for each stakeholder



# Roles will vary

What are examples that health could play on this spectrum?



# Metro Healthy Comp Plan Workgroup

A metro-wide peer-learning group designed for planners to get and share resources and best practices on comprehensive planning

## Purpose:

- Provide a forum for discussion
- Create learning and networking opportunities
- Explore ways to reframe health within today's context
- Explore and explore how to engage stakeholders in this important work



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- One-on-one consultation
- Group presentations
- Assistance with community engagement planning and networking with community groups
- Sample plan language to increase food access, targeted to your specific priorities and needs
- A library of resources targeted to other areas of the “health in all policies” framework
- Examples of other cities’ efforts

## what we can offer

Do you know if your most recent plan (2030 plan) addressed health? If so, how was it addressed and in what sections?

How could your 2040 comprehensive plan better address health, and equity? What do you hope will be different from last time?

What is needed to make your 2040 plan a *living document* that is relevant, useful and that is regularly used in transparent decision-making?

What are opportunities, what are barriers?

**for discussion with your team...**



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## MINNESOTA FOOD CHARTER RELEASES FOOD ACCESS PLANNING GUIDE

The new Food Access Planning Guide is a powerful tool for healthy food advocates and planners to include healthy food-related policy in comprehensive plans. [Get your copy here.](#)

[www.mnfoodcharter.com/planningguide](http://www.mnfoodcharter.com/planningguide)



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