



# FAIRFAX Food Council

*healthy • accessible • affordable*

## COMMUNITY FOOD NEWS

*The latest news and updates from the Fairfax Food Council*

### IMPORTANT DATES

#### **URBAN AG MEETINGS**

No June Meeting

July 18 | 10:00 – 11:30 am

August 25 | 10:00 – 11:30 am

September 19 | 10:00 – 11:30 am

#### **FOOD ACCESS & LITERACY MEETINGS**

June 29 | 10:30 – 11:30 am

July 27 | 10:30 – 11:30 am

August 31 | 10:30 – 11:30 am

September 28 | 10:30 – 11:30 am

#### **FFC STEERING COMMITTEE MEETINGS**

July 28 | 4:00 pm

October 27 | 4:00 pm

**Want to attend?** All Fairfax Food Council meetings are open to the public. Anyone interested in learning more or getting engaged in supporting the food system in Fairfax is welcome to attend. Meetings are currently being held virtually, so please email [FairfaxFoodCouncil@fairfaxcounty.gov](mailto:FairfaxFoodCouncil@fairfaxcounty.gov) for more information and/or how to 'attend' a meeting.

## Summer 2022 News

*by Diane Charles, Project Manager, Fairfax Food Council*

### Real Food for Real Change

The Food Council looks forward to introducing the Real Food for Real Change Toolkit this Fall. This is a project resulting from a grant the Fairfax Food Council receives from the Virginia Foundation for Healthy Youth. The toolkit is designed for middle school students to learn about how their food choices affect their health and the health of our planet. It can be a supplemental tool for anyone working with middle school age students to increase their interest in consuming more fruits and vegetables and generally maintaining a healthy diet. It includes fun and interesting lessons, activities and investigations. The Food Council welcomes anyone working with middle schoolers in any capacity to check it out and explore implementing it into current programming being offered to this age group. The Toolkit has been designed for in-person or virtual gatherings.

Contact [diane.charles@fairfaxcounty.gov](mailto:diane.charles@fairfaxcounty.gov), Fairfax Food Council Project Manager, to learn more. Be on the lookout for its availability on the Food Council's website this fall.



real ♥ food  
4 real change  
WHAT YOU EAT MATTERS!

# FOOD COUNCIL HAPPENINGS

## Food Equity: Lifting Community Voice

The Fairfax Food Council, an active team of the Partnership for a Healthier Fairfax, led the May 12, 2022 educational session of the Partnership's Spring meeting. The session's theme was Food Equity: Lifting the Community Voice. The session brought together several speakers to reflect on the importance and impact of community voice in our food system; learn about innovative partnerships that are incorporating the community voice; and discover actionable steps to ensure community voice is woven into creative solutions.

Watch and listen to the compelling speakers: Fairfax Board of Supervisor's Member Rodney Lusk, One Fairfax's Dawn Hyman, community members Carla Claire and Helene Butler and Capital Area Food Bank's Adam LaRose. Each gave perspective on how community voice is a foundational part of striving towards equity – in our food system and throughout all parts of our community.

<https://www.fairfaxcounty.gov/food-council/>



## Congratulations to Cory Suter – Live Healthy Fairfax Award

The Partnership for a Healthier Fairfax program also included a presentation of the Live Healthy Fairfax Awards program, newly established this year. These awards recognized three community members whose commitment to health and wellness initiatives went “above and beyond” in the areas of Behavioral Health, Healthy Eating, and Healthy Environment and Active Living. Congratulations to Healthy Eating/Fairfax Food Council awardee, Cory Suter!

Read about his accomplishments. <https://www.fairfaxcounty.gov/health/three-community-health-champions-recognized-first-live-healthy-fairfax-awards>



*Representing the Healthy Eating Team/  
Fairfax Food Council*

**Congratulations to the Live Healthy Fairfax  
Award Winner Cory Suter**



# FOOD COUNCIL EVENTS

## Spring Urban Ag Workshops

The Food Council's Urban Agriculture Work Group organized and presented two educational workshops in the Spring that were offered on Zoom - to encourage and support community gardeners "Setting up a Garden in Zone 7" and "Simple Composting at Home". Each workshop was offered separately in English and Spanish. If you missed any of these or just want a refresher, they are available on the Food Council's home page - midway down. <https://www.fairfaxcounty.gov/food-council/>

Thanks go to the Virginia Cooperative Extension-Fairfax and Master Gardeners for providing all the technical support to offer these workshops and make them available online today.



## Urban Ag Field Trip to Arcadia

May's Urban Ag Work Group meeting was on-site at the Arcadia Center for Sustainable Food & Agriculture. Urban Ag Work Group Co-Chair Juan Pablo Echeverria, who is Arcadia's Outreach and Education Manager, provided a brief history of the property (Woodlawn Mansion), where Arcadia is located. Juan Pablo provided a guided tour of Arcadia's education garden space and the Dogue Farm. The tour included an opportunity for everyone to pick their own strawberries.



**Updated information for all of the Fairfax Food Council events can be found on our website:**  
<https://www.fairfaxcounty.gov/food-council/>



## EVENTS

### Fairfax Food Council and Emergency Food Strategy Team Prepare for the White House Conference on Hunger, Health, and Nutrition!

For the first time in 50 years, the White House will bring together food justice, nutrition, and health care advocates at a White House Conference on Hunger, Health and Nutrition. The Emergency Food Strategy Team and the Fairfax Food Council will share input for the White House Conference on Hunger, Health, and Nutrition. This input is being gathered through participation in a survey and feedback from a meeting held on June 29th. The survey will be open until July 5th. Be sure to share your input and perspective.

<https://www.surveymonkey.com/r/2NL2M52>

### SNAP Doubles at Farmers Markets

Double SNAP Benefits at the Fairfax County Farmers Markets! Supplemental Nutrition Assistance (SNAP) EBT cards can be used at select Fairfax County Farmers Markets. SNAP Benefits are matched so fruits and vegetables can be purchased for FREE!

Four Fairfax County Farmers Markets offer a SNAP Matching Program in which SNAP Benefits can be doubled. Thanks to partnerships with Virginia Fresh Match, FRESHFARM, Cornerstones, Arcadia, and Britepaths, EBT cards can be used at the McCutcheon/Mount Vernon, Annandale, Reston, and Lorton Farmers Markets. EBT cards are used for the desired amount and tokens are provided that are worth double that value.

Please visit <https://www.fairfaxcounty.gov/parks/farmersmarkets/snap> for more information on the SNAP Match program and a list of the four SNAP locations. For questions, please contact Farmers Market Coordinator, Caroline Hockenberry at [Caroline.Hockenberry@fairfaxcounty.gov](mailto:Caroline.Hockenberry@fairfaxcounty.gov)



The poster features the SNAP logo on the left and the Fairfax County Farmers Market logo on the right. The main text reads: "SNAP accepted at FCPA Farmers Markets". Below this, it states: "Supplemental Nutrition Assistance (SNAP) EBT cards can be used at select Fairfax County Farmers Markets. We DOUBLE SNAP benefits so you can purchase fruits & vegetables for FREE!". A table lists the locations, days, times, and dates for each market:

Location	Day	Time	Dates
Mount Vernon • Sherwood Regional Library	Wednesdays	8 a.m. - 12 p.m.	April 20 - December 21
Annandale • Mason District Park	Thursdays	8 a.m. - 12 p.m.	May 5 - November 3
Reston • Lake Anne Village Center	Saturdays	8 a.m. - 12 p.m.	April 30 - December 3
Lorton • VRE Parking Lot	Sundays	9 a.m. - 1 p.m.	May 1 - November 20

At the bottom, the website [www.fairfaxcounty.gov/parks/farmersmarkets/snap](https://www.fairfaxcounty.gov/parks/farmersmarkets/snap) is listed. Logos for partner organizations (Britepaths, Arcadia, Cornerstones) are shown at the bottom.

**Virginia Cooperative Extension-Fairfax County: Learning about Veggie Gardening from Home - Online - on Your Schedule:**

<https://www.youtube.com/channel/UC9JXD1NFz0nvHk-avE4qU-w/videos>

**Northern Virginia Master Gardening Learning Opportunities - Some Online and Some Onsite**

<https://fairfaxgardening.org/events-calendar/>

**Soil Testing is the Key!**

<https://fairfax.ext.vt.edu/>



VCE Fairfax County Master Gardener Volunteers will offer  
**Vegetable Garden Plant Clinics**  
 at Fairfax County Rental Garden Plot locations  
[www.fairfaxcounty.gov/parks/green-spring/plots](http://www.fairfaxcounty.gov/parks/green-spring/plots)

**2022 Locations**

<b>Pine Ridge Park</b> 3401 Woodburn Road Annandale, Va.	<b>Nottoway Park</b> 9537 Courthouse Road Vienna, Va.
<b>Baron Cameron Park</b> 11300 Baron Cameron Ave. Reston, Va.	<b>Grist Mill Park</b> 4320 Mt. Vernon Mem. Hwy. Alexandria, Va.
<b>Lewinsville Park</b> 1659 Chain Bridge Road McLean, Va.	<b>Franconia Park</b> 6432 Bowie Drive Springfield, Va.
<b>George Mason Park</b> , 9700 Braddock Road, Fairfax, Va.	

**Saturday Mornings, from 9 to 11:30 a.m.**  
**April 9, May 14, June 11, July 16, Aug. 20 and Sept. 17**  
**All six dates at all seven locations!**

Everyone is welcome. Masks available. Master Gardeners will answer gardening questions, give out soil sample kits, and offer free analyses of plant and pest problems. It is also an opportunity to see and learn about the Fairfax County Garden Plot Rental Program.

For more information call 703-324-8556  
 or email [FairfaxCommunityGardens@gmail.com](mailto:FairfaxCommunityGardens@gmail.com)



703-324-8727 TTY: Va. Relay 711

A Fairfax County, Va publication 12/21

## RESOURCES

### Identifying Resources and Gaps to Support Donations of School Supplies

FCPS is seeking information from local community and faith-based organizations, and houses of worship, on their involvement with donations of school supplies and/or backpacks to our schools and students. [This quick FCPS School Supply and Backpack Support Inventory form](#) will help them to see what is happening where, and to determine the gaps in support within our schools. Much of this effort has changed since the onset of the pandemic and the need exists to gather updated information.



### No Kid Hungry Information and Resources

No Kid Hungry's summer meals texting hotline has a new number. Starting this summer, families should text FOOD or COMIDA to **304-304** to find a site with meals for kids closest to them when school is out. [This toolkit](#) includes a range of ready-made promotional materials to help publicize summer meals. Use this resource to maximize the impact of outreach efforts in schools, faith communities, community organizations, online, and more!

Anticipating changes to summer meals program? Use this [resource](#) to help communicate program changes early and often to families. The toolkit provides sample language to include in letters to families, on flyers, and on social media. Drafted language for programs changing operations and ceasing operation are available in both English and Spanish. Check it out!

The [Pandemic EBT outreach toolkit](#) provides customizable outreach materials and messaging to help get the word out to families about Pandemic EBT (P-EBT) benefits available to support families with groceries when kids miss school due to COVID-19 and during the summer. Materials and messaging in Chinese (traditional & simplified), Tagalog, and Vietnamese coming soon.



## **FCPS webpage on Gun Violence Resources**

<https://www.fcps.edu/resources/student-safety-and-wellness/gun-violence-student-support-resources-and-fcps-safety>

## **Arlington County's Food Security and Access Study --- Urban Institute Lays Out Findings**

Check it out here: [Urban Institute Completes Arlington Food Security and Access Study - Official Website of Arlington County Virginia Government \(arlingtonva.us\)](#)



## **Virginia's Home Garden Vegetable Planting Guide: Recommended Planting Dates and Amounts to Plant**

Check out Virginia Cooperative Extension's Home Gardening Vegetable Planting Guide for detailed planting dates and information: [bit.ly/SPES426\\_331](https://bit.ly/SPES426_331) [#VCEresources](#) [#VaCoopExt](#)



## COMMUNITY STORIES

### Students Influence Healthy School Food in Real Food for Kids Culinary Challenge

A Tropical Stir Fry, BBQ Turkey Rice Bowl and a festively named Vegijita Wrapadilla were among the plant-based and plant-forward dishes created by FCPS students for the Real Food for Kids 2022 Culinary Challenge, a competition that puts students in the shoes of school nutrition professionals to create healthy, appealing, USDA-compliant school lunches, meeting stringent nutrition and cost guidelines. The Culinary Challenge, which celebrated its 10th year, draws students from the Greater D.C. Region to compete for a spot on the school menu and for recipes to be adapted by private industry. The months-long program is open to middle and high school students taking a Family and Consumer Sciences or Culinary Arts elective. Dishes are judged by a panel of professional chefs, food critics, school nutrition professionals and students. The winning dish – and others – are adapted by school districts and restaurants around the region.



This year's event, held March 3 at Hayfield Secondary School, was emceed by nutritionist and dietician Ellie Krieger.

Public tasting of the dishes was enthusiastic, with attendees naming Franklin Middle Schools' Wrapadilla the *Community Choice* favorite. Franklin, whose dish is to be adapted by FCPS, also took 2nd place in the judged competition. The Franklin team will recreate the recipe for FCPS school nutrition staff to begin the adaptation process from classroom to school kitchen

Herndon High School's Tropical Stir Fry took 3rd place and is being adapted for customers by Mighty Meals. The Wrapadilla and the winning dish, a Quinoa Crust Quiche made by students from Kenmore Middle School in Arlington, are being considered for adaptation by two area restaurants.

For more information on the Culinary Challenge and the work of Real Food for Kids please contact Mary Porter, [mporter@realfoodforkids.org](mailto:mporter@realfoodforkids.org).





## Britepaths Offers Access to Fresh Produce

Britepaths' staff and volunteers returned to the Annandale Farmers Market at Mason District Park on May 5th to assist community members who receive SNAP/EBT benefits to double their benefits to shop for fresh produce at the market. The Farmers Market opening ceremony was held with Fairfax County Mason District Supervisor Penny Gross.



*Fairfax Food Council Project Manager Diane Charles serves as a volunteer for Britepaths' SNAP at the Annandale Farmers Market program. She is helping a community member prepare to use her SNAP/EBT benefits at the market on opening day.*

Britepaths, Fairfax County Park Authority, Fairfax County Farmers Markets, FRESHFARM and LEAP are partnering to help neighbors enjoy fresh, healthy foods while supporting local producers. Britepaths will be at the Annandale Farmers Market each Thursday morning through November 4, and are seeking more volunteers to support this program. Everyone can help by sharing Fairfax County's SNAP Flyer that SNAP/EBT users may use and double their benefits at Annandale and three other Fairfax County markets. Learn more at: <https://www.fairfaxcounty.gov/parks/farmersmarkets/snap>.

Britepaths also sends Our Daily Veggies farmers market vouchers to clients to supplement the food support they provide with fresh produce and proteins from the Fairfax County Farmers Markets. There are 16 participating Our Daily Veggies vendors who will accept the vouchers this season. Learn more about Britepaths' SNAP at Annandale Market and Our Daily Veggies here: <https://britepaths.org/our-services/food-bridge/our-daily-veggies>.



## Frontier Kitchen Mentors Up and Coming Farmers Market Vendors

Northern Virginia's Farmers Market scene plays a pivotal role in providing community access to nutrient-dense, healthy food. This was especially true during the pandemic. However, people sometimes know little about the real story from where the food originates.

Farmers grow the produce, meats and eggs on their land. But all of the products—the jams, the breads, the meals, the sweets, the coffee and so much more—must be made in a way that ensures they are safe for consumers. Frontier Kitchen provides clean, certified space for local businesses to make delicious and safe foods by teaching new entrepreneurs to work with the highest food safety standards and professionalism.



Frontier Kitchen's mission is to create strong local companies, which includes having a place to sell. Working with Fairfax County Farmer's Market Managers is a valuable first step, but selling at a market successfully is a skill unto itself. To support Frontier Kitchen members and markets, they have created a virtual course to give guidance on how to successfully sell their products at a Farmers Market.

Frontier Kitchen members are industrious and conscientious about working with local foods. Thus, it is very common that their local food products are made with farmer's produce that is selling next to them. Next time when visiting a Farmer's Market, stop by and chat with the vendors. Their wares are not average grocery products; they are healthier --- and healthier for the community.

## Food Justice DMV: Responding Where the Need Surfaces

Food Justice DMV first received food requests as a sprinkle and then as a flood for the immigrants being bussed in from Texas. Every day a bus arrives in D.C. filled with 30-50 immigrants. Most arrive not knowing why they are here, having been treated as political pawns. They include mothers, fathers and hijos - holding on to each other after an arduous 34-hour bus trip from Texas. A mutual aid collective is helping with food, lodging and transportation if they want to go to another location. Many choose to stay in the area since they have no family in the U.S. They all need food.

Food Justice DMV began with deliveries of 600 pounds of arroz y frijoles plus fufu and formula. A recent request for 42 people living in only three Airbnbs, two located in Virginia, came to Food Justice DMV. The numbers alone are staggering, but the pleas for assistance, such as Christian's in Virginia, who arrived with nothing but the clothes on his back were gut wrenching:

*I have been here a week and not been able to get money for food and rent. Tengo dos hijos. Please help. I need food now. Por favor.*

The message was accompanied with a picture of a fridge with only dairy products. His hunger didn't align with Food Justice DMV's distribution schedule, so they delivered a customized list of food/comida that night and another delivery the next day. His relief and gratitude were palpable. Food Justice DMV delivers food justice monthly in a grocery bag to approximately 2,900 families who are undocumented in the DMV, including 75-100 familias weekly in Virginia. Join and support their work by volunteering! Contact Denise Woods 202 415 9757 text [denise@foodjusticedmv.org](mailto:denise@foodjusticedmv.org) with any questions. Gracias!



## Kingsley Garden II – A Growing Partnership

Ten families put trowels in new garden plots in June at the Kingsley Commons/Kingsley Park community, thanks to a group effort to build a second community garden in the neighborhood. The garden also includes picnic tables, a two-bin pallet composter, two tool sheds, three beds for the youth garden program, signs for identifying pest and beneficial insects, and – maybe most importantly – a sturdy fence.

Creating the garden was coordinated by Northern Virginia nonprofit Hands On Harvests. Project partners were the Fairfax Food Council's Urban Ag Work Group, property manager Alex Freeman, Virginia Cooperative Extension, Master Gardeners of Fairfax County, Eagle Scout candidate Max Hayden and Boy Scout Troop 1519, Girl Scout Troop 4914, the Northern Virginia Soil and Water Conservation District (NVSWCD), and Fairfax County Neighborhood and Community Services.

John Freeman, who owns the property, last year asked VCE and the Urban Ag Work Group to help revive a garden on the property that hadn't been used for several years. Nine gardeners grew abundantly in the summer of 2021, leading Mr. Freeman to pursue the building of a second garden. The Kingsley Commons second garden project is part of NVSWCD's effort to expand community gardens in food-insecure parts of the county.

Transurban's Virginia Express Lanes and Hands On Harvests also contributed financially to the creation of the second garden in the townhouse community, which is in Fairfax County near the intersection of Route 50 and I-495. The neighborhood consists of 500 units: 100 are public housing and the remaining 400 are a mix of Section 8 and fair market value housing.

The Master Gardeners and Hands on Harvests host biweekly evening workshops in the gardens to support the gardeners. Anyone interested in sharing their gardening expertise in a fun environment, please contact UAWG Co-chair Stacey Evers at [stacey.evers@handsonharvests.org](mailto:stacey.evers@handsonharvests.org).



## VOLUNTEER OPPORTUNITIES

### Northern Virginia Food Rescue

Northern Virginia Food Rescue is looking for volunteers to help keep food out of the landfill and get it to organizations serving the community!

Becoming a Food Rescue Hero is easy – just download the Northern Virginia Food Rescue app from the App Store or Google Play, create a profile, and then claim an available rescue. This is a great activity to do with older children who are home this summer!

Check out their website at [Northern Virginia Food Rescue](https://www.northernvirginiafoodrescue.org/) for more information on what they are doing in the Fairfax community!



### Hands On Harvests



Interested in helping Hands On Harvests boast access to fresh affordable food and reduce food waste? They are looking for volunteers to:

- \*Help in community gardens
- \*Transport farm gleanings to a food pantry
- \*Mentor volunteer growers (Master Gardeners receive service hours)
- \*Participate in their Grow A Row program by donating their extra garden produce

HOH is also seeking a volunteer to help with communications: newsletter, social media, and/or website. To find out more, visit:

[www.handsonharvests.org](http://www.handsonharvests.org)

## JOB OPENINGS

### Capital Area Food Bank - Partnership Coordinator

Helps onboard new partners, conducts site visits, and stays connected with the Capital Area Food Bank partner network. Learn more:

Job Information: [Partnership Coordinator, VA Region Job](https://www.capitalareafoodbank.org/careers/partnership-coordinator-va-region-job)



Good food today.  
Brighter futures  
tomorrow.

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## Local Food Hub – Executive Director

Local Food Hub is currently searching for a new Executive Director who shares their passion for local food systems and commitment to equity and racial justice. The Executive Director will guide Local Food Hub's impact and programming to advance equitable access to fresh food, independent farms, and fairness in farming. Additional information can be found at <https://www.localfoodhub.org/jobs/>

## Arcadia seeks a Community Farm Market & Outreach Coordinator

Arcadia Center for Sustainable Food and Agriculture received state funding as part of the Virginia Food Access Investment Fund grant to start a community farmers market at the Lee Community Center. One of the first steps is to hire a part-time Community Farm Market & Outreach Coordinator. This person will help set up and run the market as well as work on outreach to the community. Arcadia would like to hire from the community. Please share this job description below with any community members who may be interested.

<http://www.arcadiafood.org/jobs>



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This information is provided by the Fairfax Food Council.

[fairfaxcounty.gov/food-council](https://fairfaxcounty.gov/food-council)

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