

Nutrition & Physical Activity State Plan

Montana Food System Council

Alison Harmon is the current Chair of the Montana Food System Council

Mission: The Montana Food System Council advances the growth of a sustainable and self-reliant statewide food system.

Vision: Montana's food system supports sustainable agriculture, provides affordable nutritious food for all Montanans, and is a source of community economic development.

Activities Relevant to State Plan to Prevent Obesity: The MFSC is working to link Montana communities with state government through communication and collaborations with partner organizations. We are working with partners to make farmers' markets more accessible, to encourage food processing infrastructure development, and to create a comprehensive mapping tool for Montana's Food System.

Services/Recipients: Food System Stakeholders in Montana: Eaters, producers, processors, retailers, distributors, emergency food providers, educators, and policy makers.

State Plan Settings: Food access/outlets; Farmers' Markets

CDC Behaviors:

- Increasing fruit & vegetable consumption by collaborating with partner organizations to increase accessibility to farmers' markets and local produce through emergency food suppliers.
- Decreasing consumption of energy dense foods (> 4 calories/gram) by encouraging the consumption of whole foods produced in Montana

Gaps and Concerns: Food deserts and the accessibility of Montana-grown whole foods to rural communities. A key barrier to achieving "Montana food for Montanans" is the lack of an adequate supply of diverse crops and inadequate processing infrastructure in the state (e.g. frozen vegetables).