

## **Farms for Families**

**Mark Rehder** is Director of Farms for Families, a non-profit organization in Livingston and Park County dedicated to "building healthy communities by growing local food systems," making locally grown food more available.

Activities Relevant to State Plan to Prevent Obesity: Farms for Families involves children in community and school-based gardening, building children's interest in and taste for fresh vegetables.

Services/Recipients: Farms for Families serves budding produce growers with its Incubator Farm program, and small-scale poultry producers with a mobile processing unit. To facilitate more targeted activities and programs, the organization is conducting a Community Food Assessment for Park County to establish baseline indicators of how the food system is working and where residents eat and obtain their food. Children are engaged through community and school gardens, farm field trips and school access to local food production

State Plan Settings: Food access/outlets; Schools.

CDC Behaviors:

- Increasing fruit & vegetable consumption through increased fresh, local supply;
- Increasing physical activity and decreasing screen time by engaging children in outdoor gardening activities.

Gaps and Concerns: More recreation activities for children, Ag in the classroom, hoop houses at schools, farm to school year round, healthy eating habit programs, less sugar-based vending machines. Barriers include rules set up for large corporations that constrain small-scale producers; regulations that restrict schools' ability to access local foods; accessibility of junk food in schools.