

PANTRY: DETAILED RESIDENT FOOD EMPOWERMENT LEVERAGE POINTS LIST

Upstream leverage points: Policies, laws, or regulations that improve community conditions, creating system-wide change

- 1.Brand locally produced or processed food from Flint to raise support for a local food economy and community empowerment
- 2.Create stronger policies for gardening and urban agriculture that avoid racial inequities and empower grassroots community leaders to engage the community in participating in production or sourcing local produce
- 3.Shift funding away from white-led organizations to center equity, improve outcomes, and expand the reach of who is getting served by non-profits (consider Flint level examples)
- 4.Create accountability for retailers to help bring the community to a high quality of life by offering affordable, convenient, nutritious choices
- 5.Food produced in surrounding counties and processed in Flint
- 6.Alleviating the economic and time burden which the Flint Water Crisis placed on Flint families (and disproportionately low income families) by providing clean and safe water for drinking and food preparation to all households

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Midstream leverage points: Barriers that need to be addressed in order for the system to evolve; and/or support individual needs

1. Create communal greenhouses with volunteers or paid positions that would distribute produce to the community
2. Create educational and support systems to prepare people, school age to adult, for careers in the food system that will increase quality of life and community empowerment through meaningful employment
3. Deepen community and social connections to enable mutual aid such as distributing and sharing food
4. Establish a network or organization that connects food system actors, represents the community, and conducts equitable decision-making
5. Increase number of and access to larger grocery stores to improve access to nutritious and affordable foods, and to lower transportation barriers
6. Increase the number of local food businesses through mechanisms like grants, lowering cost barriers, or support programs to help people start businesses, get licenses, scale up, etc.
7. Increase the number of smaller, high-quality, locally owned grocery stores in Flint to increase availability, community empowerment, and nutritious foods
8. Lower barriers for starting local food businesses, especially for immigrants which would also increase the availability of culturally relevant foods
9. Through education build an understanding in the community of local food production and the benefits to increase use of local foods, build community, and increase quality of life
10. Reform school lunches and summer youth program food to increase dietary options, nutritious options, and culturally appropriate foods, as well as teaching children how to eat healthy
11. Increase food access within neighborhoods by building grocery stores, having mobile markets, or emergency sector food deliveries or neighborhood distributions. Vacant land could be used for food retailers
12. Increase the number of (smaller) grocery stores in Flint to increase the accessibility of culturally appropriate foods, lower transportation barriers and improve convenience and accessibility
13. Increase the number of grocery stores, mobile markets, or streamlined neighborhood distributions to bring food into neighborhoods and improve food access. Vacant buildings could be used for food retailers.
14. Increase the number of local farmers by providing education and support, needed to catch up with the demand for local food
15. Vacant, available land could be turned into growing spaces or food retail spaces to increase food availability, deepen understanding of the food system, and engage youths

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Downstream leverage points: Addresses individual needs and crisis management

1. Create a cooperative grocery store to increase community empowerment, and increase access to high quality, affordable food
2. Create a farmers market run by local farmers to strengthen a local food economy rather than business people
3. Create a platform of communication and collaboration between Flint community gardens to introduce community members to the produce available, distribute produce, and educate people on recipes and cooking
4. Establish a community farm on the north end to increase availability and accessibility of produce
5. Expand resources for local growers to hire and train others to become producers
6. Incorporate local input to grocery store stock to have what people want
7. Increase education and resources to support entrepreneurs and locally owned food retail
8. Increase funding and resources, such as grants and education, to support home gardeners and/or neighborhood gardens that can produce food and be shared with neighbors
9. Increase the number of local producers who are growing at a larger scale to reach certain markets and keep up with demand
10. Provide budget training and rewards for purchasing nutritious food to build self-esteem and a self-sufficient mindset
11. Create compassionate programs for people who need help such as getting job training or managing addiction
12. Ensure fair and equitable food prices throughout Flint by increasing access to affordable grocery stores or stopping price gouging
13. Establish small farmers markets within neighborhoods
14. Increase the use of established hoop houses and collaborate to distribute more local produce and improve food access
15. Increase the use of established hoop houses to improve food access