Municipal Policies that Promote Access to Healthy Foods and Healthy Food Systems:
A Joint Webinar with the HEAL Cities & Towns Campaign

Food Systems Toolbox Webinar Series
Thursday August 8th, 2013
1-2p.m.
WELCOME!

Julie George

juliegeorge@livewellcolorado.org
Objectives

- Hear about recent policy and code changes from Colorado cities that strengthen local food economies and improve access to healthy foods for all residents
- Hear about how local policies can promote healthy behaviors
- Learn “how to” tips on implementing these changes in your community
- Find out how the HEAL Cities & Towns Campaign can assist leaders in strengthening healthy food access and the local food economy
Agenda

• Welcome!

• Presentations:
  – About HEAL Cities & Towns
  – Working Together: Aurora’s Internal Efforts to Achieve our HEAL Resolution Food Access Goals
  – Strengthening the Local Food Economy in Cortez: One Neighbor at a Time, One Policy at a Time
  – Local Food Production in Fort Collins: Aligning Regulations with our Community’s Comprehensive Plan

• Closing Thoughts

• Open Q&A
Today’s Presenters

Julie George
LiveWell Colorado: Director, HEAL Cities & Towns Campaign

Kirsten Sackett
City of Cortez: Director of Planning and Building

Elizabeth “Libby” Tart-Schoenfelder
AICP: Senior Planner II

Lindsay Ex
CDNS, City of Fort Collins: Senior Environmental Planner
HEAL Cities & Towns Campaign
Julie George

🌺 HEAL = Healthy Eating and Active Living

🌺 A partnership between LWC and CML

🌺 Funded through 3-year grant from CO Dept of Public Health & Environment
Why the Campaign?

- Engaging municipal officials in promoting HEAL through policy and environmental change

- HEAL in municipal policies = healthy options for residents

- Healthy communities = positive economic driver

- Focus on low- and no-cost solutions
Why “Policy”? 

- Policies are sustainable, long-term statements that set forth the city’s vision
- Programs are built around policies and come and go more frequently
Campaign Focus Areas

- Active Community
- Access to Healthy Food
- Healthy Workplace
## Campaign Levels

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<thead>
<tr>
<th>Level</th>
<th>Description</th>
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<tr>
<td><strong>EAGER</strong></td>
<td>Just starting out.</td>
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<tr>
<td><strong>ACTIVE</strong></td>
<td>Have already embraced HEAL policies before joining the Campaign. By joining the Campaign they pledge to do more.</td>
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<td><strong>FIT</strong></td>
<td>Have adopted a policy in each of the three Campaign policy areas after joining the Campaign.</td>
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<tr>
<td><strong>ELITE</strong></td>
<td>Fit Cities/Towns that adopt two additional policies, bringing total policy adoption to five.</td>
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Campaign Benefits

- Use of HEAL Cities & Towns logo
- Recognition on web site
- Free technical assistance and training
- Recognition at CML Regional Meetings
- Plaque to display in municipal building
- Media assistance
How to Join

-star City council adopts a resolution stating HEAL policy goals - gives direction for future policies that promote HEAL

* The Campaign provides assistance, training and networking
Working Together: Aurora’s Internal Efforts to Achieve our HEAL Resolution Food Access Goals

City of Aurora
Presenter: Libby Tart-Schoenfelder
August 8, 2013
Aurora’s Work on Community Gardens from 2010-Present

- 2010 – Planning Department and Aurora Water Receive an Increase in Calls/Walk-ins on Community Gardens

- Early to Mid-2011 – Development of a Community Garden Handbook with:
  - City Manager’s Office
  - Aurora Water
  - PDS
  - PROS
  - Neighborhood Services
  - Communications
Pre-2010
HEAL Resolution

- Introduced in 2013.
- Proposes an update to the Code with definitions for gardens, gardening and greenhouse uses. Also includes increasing urban agricultural initiatives, programs and projects.
- Item Introduced to a Council Committee in May 2013.
- Resolution Drafted and Presented to a Quality of Life Committee in July 2013.
- Study Session on August 12, 2013.
Late Spring 2013 – Convened an internal task force to evaluate what three key food systems issues to address with the HEAL Resolution.

Planning and Development Services, Aurora Water, Building, Neighborhood Services, and Parks, Recreation and Open Space make up the Task Force.

Met on June 26, 2013, and identified the three issues: Community Gardens, Greenhouses, and Urban Agriculture.
Community Gardens

Key Concerns:
• Definitions
• Accessory v. Principal
• Gardens as an Amenity
• Front Yard Standards

Spencer Garrett Community Garden (began in 2012 as a partnership with PROS and DUG)
11009 E. 17th Ave.
Greenhouses

Key Concerns:

• Accessory v. Principal
• Definitions
• Size Constraints
• Hoop Houses
• Aquaponics
• Temp v. Permanent

Aquaponics at the GrowHaus, a non-profit urban farm and education center
Credit: GrowHaus of Denver
Urban Agriculture

Key Issues:
• Definitions
• Size
• Locations

Delaney Farm at 170 South Chambers Road
Community Supported Agriculture
Next Steps

- Continue research of local codes and tour various Metro area food system sites through Summer 2013.
- Draft standards and seek public input from homeowners, commercial businesses, and non-profits in Early Fall 2013.
- Take the ordinance to Council Committee in Winter of 2013/2014.
For further information please contact:

Libby Tart-Schoenfelder, AICP
City of Aurora Planning and Development Services Department
303-739-7251 or etart@auroragov.org
Strengthening the Local Food Economy in Cortez:

One Neighbor at a Time, One Policy at a Time

Kirsten Sackett, Director of Planning and Building
970-565-7320
ksackett@cityofcortez.com
Cortez Facts & Figures

Population: Approximately 8,500
Estimated median household income in 2009: $37,548
Consists of 3,931.5 acres
Surrounded by Ag Land and Open Space

- Montezuma County consists of 1,304,895 acres
- 28% of the land is privately held
- 37.5% is Federal Land managed by the U.S. Forest Service, Bureau of Land Management, or the National Park Service
- 37.7 % Ute Mountain Ute Tribal Land
- 8% is held by the State of Colorado
Timeline of Food Policy Events in Cortez

- 2008 - Adopted Progressive Comprehensive Plan
- 2011
  - LiveWell Montezuma partners with City to begin work on food policy
  - Public approaches City about Community Garden proposal
- 2012 - Adopted Community Garden Ordinance
- 2013 - Adopted Backyard Chicken Ordinance
- 2013 - Cortez becomes a HEAL City
Goal 4.3: Create a genuine feeling of Community Pride.

**Ongoing Objective:**
To create and enhance a sense of Place and Community so that more residents are familiar with their neighbors and within walking distance from their parks, schools, and shopping centers and Cortez is recognized as a desirable destination.

Goal 4.4: Maintain The Rural Character Of The Community.

**Ongoing Objective:**
To preserve the rural, small-town atmosphere of Cortez.

**Ongoing Objective:**
To maintain an agricultural lifestyle and landscape and have agriculture recognized as an important base industry.

The Comp Plan Several associated Policies support the creation of policies regarding the consumption of locally grown foods, supporting the existing Farmer’s Market, enhancing the Buy Local programs, and supporting a “Farm to School” program,
2008 Comprehensive Plan: Natural Environment

**Goal 9.1:**
Maintain Natural Biodiversity And Critical Lands, And Preserve And Enhance The Natural Physical Environment Within The City

**Ongoing Objective:**
To mitigate the impacts of growth on valuable natural resources, including those resources that contribute to the economy and quality of life

**Ongoing Objective:**
To maintain a healthy urban landscape throughout the community

The Comp Plan contains several associated Policies supporting regulations for community gardens, rooftop gardens, the promotion of Urban Forestry, and working with CDOT to design low maintenance, vegetated medians, etc.
LiveWell Montezuma partners with City of Cortez

May 19 – 21, 2011:
City Staff & LiveWell Staff attend 2011 Food Policy Conference in Portland Oregon

December 2011:
Property owner in the Single-Family zoning district proposes a community garden on property, opens up dialogue for new conversations

April 2012:
City Council approves operation of “Cortez Community Garden” for the 2012 growing season while Staff and Commission conduct research for regulations

September 2012:
City Adopts Community Garden Ordinance

• Provides minimal regulations for the operation of Community Gardens
• New Definitions Added for Urban Agriculture, Home Garden, Community Garden, Greenhouse, Hoop House, & Cold Frame
• Schedule of Use Regulations ’s updated
• Community Gardens permitted in all zoning districts, except for Single-Family where a Conditional Use Permit is required
• Household Gardens permitted use in all zoning districts,
2012 - 2013: Process of Adopting Backyard Chicken Ordinance

April 2012:
Planning Commission requests Staff begin research on chicken regulations

Fall 2012:
Heart & Soul conducts surveys at Block Parties querying residents about chicken regulations

March 2013:
City Adopts Backyard Chicken Ordinance
• Limits property owners to 6 female hens, no roosters
• Chickens must be kept within enclosed rear yard
• Chickens must be kept in a clean and secure predator-resistant enclosure or henhouse.
• Enclosures must be kept 10 feet from property line
2013: City of Cortez joins the HEAL City Campaign

Highlights of HEAL Steps taken by City of Cortez:

- Built environment encourages physical activity through parks, trails, sidewalks, etc.
- City as a Partner in providing access to community sports
- Health goals and policies included in Comprehensive Plan
- Supporting efforts to create access to healthy food, including Community Garden and Backyard Chicken ordinances
- Support programs that utilize locally grown produce
- Support efforts of LiveWell Montezuma Food Task Force to create a Strategic Food Plan
- Promoting workplace wellness through Cortez Employee Wellness Program
- Providing employees no-cost lunch seminars with information on healthy lifestyle

{Becoming a HEAL City was a natural consequence of the previous work and efforts of engaged community members, City Staff, elected official and other non-profit entities}
How Did We Get Here?

Various Community Engagement Methods

Comprehensive Plan
- 12 separate topic specific meetings
- Draft Plan reviewed over 4 meetings
- Included City Council, P&Z, Staff & Public

Community Garden Ordinance
- Citizen Request at P&Z meeting
- Several drafts reviewed by P&Z
- Public Hearings with P&Z & City Council

Chicken Ordinance
- Surveys at 4 different H&S block parties
- Drafts reviewed by P&Z
- Public Hearing with P&Z & City Council
How Did We Get Here?

Collaboration

Engaged Citizens!
City of Cortez
Heart & Soul
LiveWell Montezuma
Montezuma County Health Department
CSU Extension
Farm to School and School to Farm
Montezuma Valley Farm Hub
Lessons Learned

What Worked

- Community Garden ordinance Driven by the public, not Staff
- Planning Commission and City Council involved in the discussions up front
- Elected officials were updated and apprised throughout process
- Ability to refer back to 2008 adopted Comp Plan policies
- Expanded Public Engagement
  - People feel part of the decision-making process
  - Created more public awareness of urban agriculture concepts
- Great Resources available - once you find them!
- Ability to Partner with other local entities working on food access/equity issues, specifically LiveWell Montezuma
- Attending Food Policy Conference

What Did Not Work (so well)

- Time-consuming to conduct research – unaware of LiveWell library & resources
- Limited Staff and limited time to prepare Staff reports, ordinances
- Expanded public outreach is time-consuming and does delay the process of adoption
Resources
Urban Agriculture / Community Gardens

- *Seeding the City: Land Use Policies to Promote Urban Agriculture*, National Policy and Legal Analysis Network, Public Health Law and Policy; phlpnet.org

- *Urban Agriculture – Community Gardening*, Municipal Research and Services Center of Washington;


- “Key Findings and an Rx for Healthy Place Making” from the Gardens for Growing Healthy Communities (GGHC) initiative; GGHC Conceptual Model

- Seattle Ordinance No. 12238

- CAM 244, Seattle Permits (pertaining to Urban Agriculture)
Resources
Backyard Chickens

- *Seeding the City: Land Use Policies to Promote Urban Agriculture*, National Policy and Legal Analysis Network, Public Health Law and Policy; phlpnet.org

- *Urban Chicken Laws and Ordinances* by HandcraftedCoops.com


- Town of Dolores Ordinance No. 504, Series 2011

- City of Moab Draft Ordinance #2009-01

Pertaining to Keeping of Hens
Strengthening the Local Food Economy in Cortez:
One Neighbor at a Time, One Policy at a Time

Kirsten Sackett, Director of Planning and Building
970-565-7320
ksackett@cityofcortez.com
Local Food Production in Fort Collins: Aligning Regulations with our Community’s Comprehensive Plan

Lindsay Ex, Senior Environmental Planner
970.224.6143
lex@fcgov.com
www.fcgov.com/urbanagriculture
City Plan Principles and Policies

• **Principle SW 3:**
  – ...encourage and support local food production...

• **Policy SW 3.1:**
  – Encourage Community Gardens and Markets

• **Principle LIV 42.2:**
  – Encourage agricultural uses

• **Principle ENV 4.5:**
  – Support Community Horticulture
What is the problem?

Zone Districts Allowing Urban Agriculture
- Public Open Lands
- River Conservation
- Urban Estate
- Residential Foothills
What is the problem?

Existing Urban Agricultural Land Uses

- Community Garden
- Market Garden
- Farmers’ Market
Project Goal

Ensure City regulations support the community’s desires in relation to urban agriculture practices both when and where appropriate.
How do we reach this goal?

In each phase:
• Public Dialogue,
• Staff Research, and
• Desired Outcomes
Phase 1: Understand

Public Dialogue:
• Project website
• Focus Groups
• Project Team
• Boards and Commissions

Staff Research:

Outcome:
Phase 1: Understand

Public Dialogue:
- Project website
- Focus Groups
- Project Team
- Boards and Commissions

Staff Research:
- Interviews of other communities
- Reviewed publications

Outcome:

Community Interviews:
- How long have you had urban agriculture codes?
  - Generally recent
- How extensive was the outreach?
  - Generally a lot
- Big surprises?
  - Level of support
- Who were the opponents?
  - Animals were an issue of concern, questions if this was really a problem
Phase 1: Understand

Public Dialogue:
- Project website
- Focus Groups
- Project Team
- Boards and Commissions

Staff Research:
- Interviews of other communities
- Reviewed publications

Outcome:
- Project summary
- Project goals

Strategies:
- Identify existing practices and barriers
- Determine what practices are acceptable and where they are appropriate
- Create a set of standards
- Develop continuous and iterative outreach
Phase 2: Develop, Test, and Refine

Public Dialogue:
- Online Survey
- Focus group
- Public Open House
- Boards and Commissions

Staff Research:

Outcome:

Online survey – 611 respondents
Focus group with local farmers
Public Open House – 97 attendees
Six City Boards and Commissions
Phase 2: Develop, Test, and Refine

Outcome:

Support for allowing urban gardens in more zones while addressing compatibility?

- Yes: 96.0%
- No: 4.0%

Concerns:
- General nuisances: traffic, noise, odor, parking
- Visual impacts
- Overregulation
- Use of fertilizers, herbicides, and pesticides
Phase 2: Develop, Test, and Refine

Public Dialogue:
- Online Survey
- Focus group
- Public Open House
- Boards and Commissions

Staff Research:

Outcome:

Allow farmers markets in more locations in the City?

- Yes: 93.9%
- No: 6.1%

Concerns:
- Increased noise, traffic and parking issues
- Overregulation of vendors
- Lack of enforcement
- Diluting the market
Phase 2: Develop, Test, and Refine

Public Dialogue:
- Online Survey
- Focus group
- Public Open House
- Boards and Commissions

Staff Research:

Outcome:

- Allow ducks?
- Scale poultry based on lot size?
- Allow goats?

Concerns:
- Increased nuisances (odor, noise, etc.)
- Lack of enforcement
- Animals at large
- Humane conditions for the animals
Phase 2: Develop, Test, and Refine

Public Dialogue:
- Online Survey
- Focus group
- Public Open House
- Boards and Commissions

Staff Research:
- Benchmark of proposed regulations to other communities

Outcome:

Benchmarked proposed regulations against:
- Locally: Steamboat Springs, Boulder County, Denver, Wheat Ridge
- Nationally: Austin, Portland, Seattle
Phase 2: Develop, Test, and Refine

Two Ordinances:

- **Land Use Code:**
  - Allowed urban agriculture in all zone districts
  - Standards focused on water conservation, noise, setbacks, and communication with neighbors
  - Allowed farmers markets in mixed-use zone districts

- **Municipal Code:**
  - Allowed ducks, scaled poultry based on lot size
  - Allowed two pygmy or dwarf goats per lot

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**Public Dialogue:**
- Online Survey
- Focus group
- Public Open House
- Boards and Commissions

**Staff Research:**
- Benchmark of proposed regulations to other communities

**Outcome:**
- Draft regulations
Phase 3: Adopt

Work Session with Council
• Unanimous support
• Support for broader concepts as well, e.g., hoop houses and year-round growing
Phase 3: Adopt

Public Dialogue:
• City Council
• Focus Group on health
• Boards and Commissions

Staff Research:
• Health issues
• Reviewed publications

Outcome:

What??

Nigerian dwarf goats (Photo: dreamersfarm.com)
Phase 3: Adopt

Public Dialogue:
• City Council
• Focus Group on health
• Boards and Commissions

Staff Research:
• Health issues
• Reviewed publications

Outcome:
• Adopted regulations
• Implementation Plan

Adopted on Second Reading
• Annual licensing for goats, including education and pre-inspection
• Q fever study with CSU
How did we reach our goal?

**Phase 1: Understand**
- **Public Dialogue:**
  - Project website
  - Focus Groups
  - Project Team
  - Boards and Commissions
- **Staff Research:**
  - Interviews of other communities
  - Reviewed publications
- **Outcome:**
  - Project summary
  - Project goals

**Phase 2: Develop, Test, and Refine**
- **Public Dialogue:**
  - Online Survey
  - Focus group
  - Public Open House
  - Boards and Commissions
- **Staff Research:**
  - Benchmark of proposed regulations to other communities
- **Outcome:**
  - Draft regulations
  - Project goals

**Phase 3: Adopt**
- **Public Dialogue:**
  - City Council
  - Focus Group on health
  - Boards and Commissions
- **Staff Research:**
  - Health issues
  - Reviewed publications
- **Outcome:**
  - Adopted regulations
  - Implementation Plan
Lessons Learned

1. Collaboration is key
   • Involve your health department early and often
   • Who will enforce your codes? Involve them as well!
   • For many planners, this is still a new topic – focus on listening
   • For collaborators, the City is your partner

2. Learn from others
   • See what others are doing, both inside and outside of your community, before drafting regulations

3. Food is a system
   • Include all parts of that system in your discussion
     – Consider how you will think strategically about food in the future: Local Food Cluster
   • Communicate about your long-term goals as well
     – Year-round growing, other animals
Thank you!

- Chamber of Commerce Legislative Affairs Committee
- Citizens and individuals who have helped to shape this effort
- City Boards and Commissions
- City Council
- City of Fort Collins and CanDo Staff Team
- Coalition for Activity and Nutrition to Defeat Obesity (CanDo)
- Colorado State University
- Farmers and producers who have contributed their time
- Fort Collins Housing Authority
- Gardens on Spring Creek
- Larimer County Humane Society and Department of Health
Local Food Production in Fort Collins: Aligning Regulations with our Community’s Comprehensive Plan

Lindsay Ex, Senior Environmental Planner
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Questions?
Speaker Contacts and Key Resources

Speaker Contacts
- Julie George – juliegeorge@livewellcolorado.org
- Kirsten Sackett - ksackett@cityofcortez.com
- Libby Tart-Schoenfelder - etart@auroragov.org
- Lindsay Ex - lex@fcgov.com

Resources Mentioned by Speakers
- HEAL Library: https://about.livewellcolorado.org/livewell-toolbox/heal-library
- Fort Collins Comprehensive Plan: www.fcgov.com/planfortcollins
- City of Fort Collins Urban Agriculture website: www.fcgov.com/urbanagriculture (links to survey results, project summary, etc.)
- See slides 38 and 39 for resources from Kirsten Sackett, City of Cortez
More Resources

Other Key Resources

- LWCO Food Systems Toolbox: [www.livewellcolorado.org/foodsystems](http://www.livewellcolorado.org/foodsystems)
- Healthy Food Access Portal: [www.healthyfoodaccess.org](http://www.healthyfoodaccess.org)
- SCOTie (database of municipal policies): [www.scotie.org](http://www.scotie.org)
- Change Lab Solutions: [www.changelabsolutions.org](http://www.changelabsolutions.org)
- NGFN City Food Sector Innovation and Investment Report: [www.ngfn.org](http://www.ngfn.org)
Thank you for joining us! Please join us for next month’s webinar:

Community Food System Assessments: Results, lessons learned, and model approaches from across Colorado

Thursday, Sept. 12th
1-2pm

Find out about future webinars on LiveWell’s new webinar page at http://livewellcolorado.org/livewell-commitment/research-and-publications/webinars