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# Planning for Healthy Food and Beverage Access

Eva Ringstrom, University of Washington

with Branden Born, University of Washington  
and Kara Martin, Urban Food Link

# Factors affecting food access

Physical access/proximity  
Availability within stores  
Affordability  
Socio-economic status  
Cultural appropriateness



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# Policy can address

Community gardens  
Urban agriculture  
Farmers markets  
Healthy food retail  
Restaurants  
Transportation  
Governmental/institutional  
development



# Food Matrix Guide

You can consider this guide as a “menu” of food planning options. After assessing the characteristics of food access in your community, you can consult the matrix and its subsequent explanations for ideas of how to begin improving the availability of healthy food that best fit your community’s circumstances.



Gov't & Institutional Development - page 14	Healthy Food Retail page 18	Farmers Markets page 23
Pass a healthy food resolution	Ensure that small-scale healthy food retail has an appropriate zone and definition	Define and establish farmers markets as an approved land use
Create an interdepartmental team, or working group, or advisory committee on food issues	Designate grocery stores or food retail as an allowable activity in all/most zones Reduce/remove parking requirements for retail in priority areas	Allow markets on city-owned property
Include food access and health goals into the comprehensive plan or neighborhood plans	Allow or reduce barriers for mobile produce markets/carts Regulate mobile vending near public sites	Work with schools and other institutions to allow markets on school grounds
Include food systems goals in a climate action plan	Pass a resolution to identify grocery retail as an economic development strategy Require/encourage retailers to accept federal nutrition program benefits	Identify appropriate sites and ensure tenure for new markets (parks, street closures)
Include food access goals (e.g. proximity to food retail) in development checklists or health impact assessments	Offer density bonuses for new grocery retail Offer grants or loans	Streamline permitting process for small markets
Conduct a community food assessment	Expedite the permitting process for grocery development in priority areas	Enable/require purchasing via federal nutrition program benefits at farmers' markets
Work with or establish a food policy council	Require or encourage healthy food retail in or near multi-family housing Identify and/or assemble potential sites for new grocery	Encourage developers to dedicate space for farmers markets

Community Gardens page 26	Urban Agriculture page 29	Restaurants page 32	Transportation page 37
Define or clarify community garden land use	Define or clarify urban agricultural land uses and activities	Define/differentiate restaurant types	Consider transit accessibility to stores, based on both routes and time of day
Establish zone protections	Allow commercial sales of food produced on private land	Establish minimum fast food siting distances/buffers from public sites	Encourage transit-oriented development to include grocery stores
Establish open space protections	Provide building codes that allow for rooftop food gardens or greenhouses	Regulate mobile vending near public sites	Establish a walkability standard for access to retailers of fresh produce
Encourage and specify the use of vacant public and private land for community gardens	Provide incentives to developers who allocate space for food production and food enterprise	Design guidelines for chain restaurants	Improve pedestrian and bicycle connectivity to grocery stores
Assess suitable lands for community gardens	Define land use policy for privately and public maintained public spaces (e.g. street ROW and powerline corridor ROW)	Limit arterial access points for restaurants	
Include in Parks & Recreation Master plans	Consider food production and processing facilities in area-wide and neighborhood plans	Require conditional use permits for fast food or similar establishments	
Create a community garden level of service standard		Limit fast food or formula (chain) restaurants in certain zones	
Encourage in the design of public and private multi-family units		Moratorium or ban on fast food/drive-through service	Work with grocers to establish a supermarket shuttle
Establish or support a community garden program			

# The Food Landscape in Des Moines, Washington

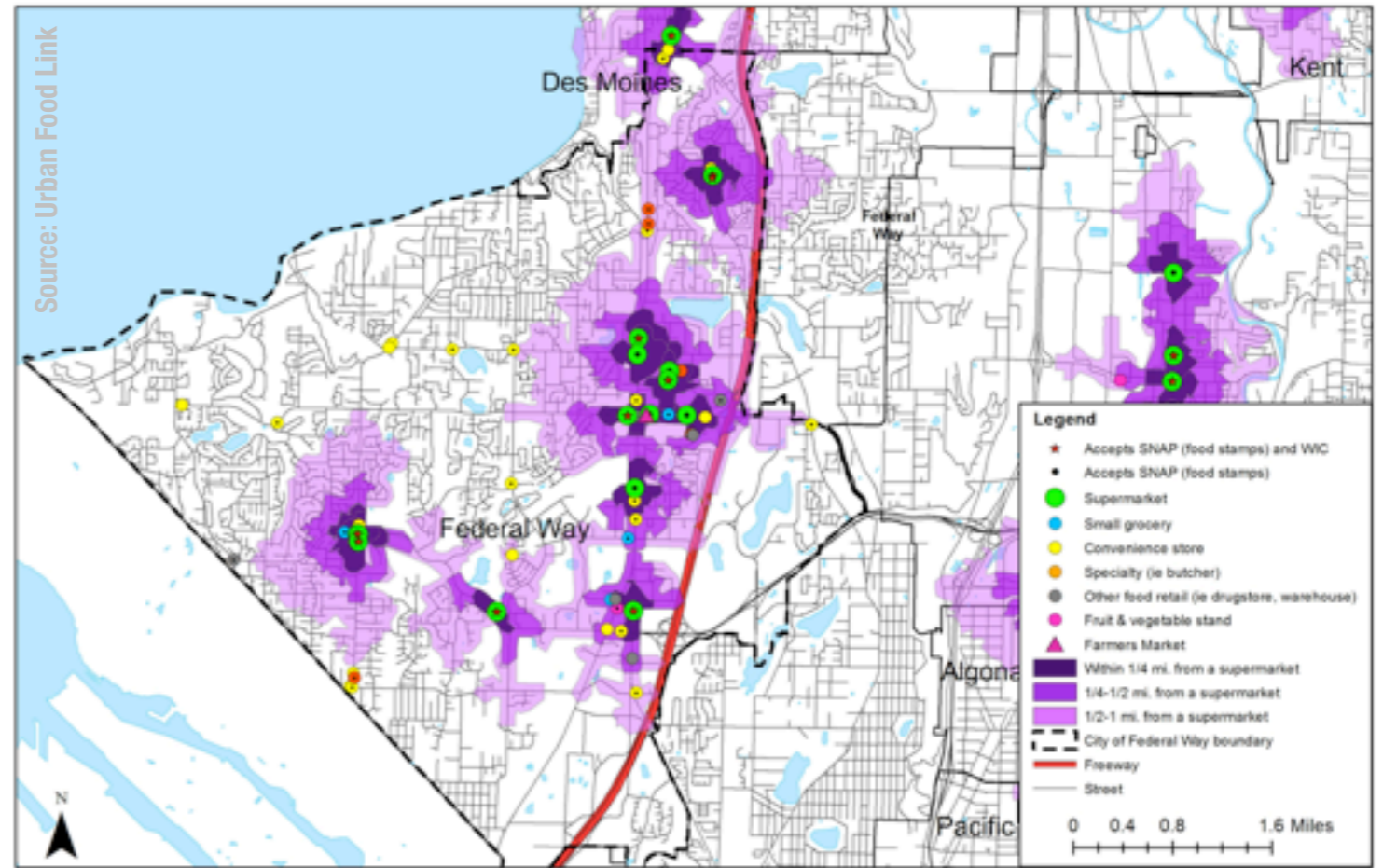
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Prepared by Kara E. Martin, Urban Food Link with Branden Born and Eva Ringstrom, Northwest Center for Livable Communities and Amalia Leighton, SvR Design



Connecting communities to healthy food.

## Proximity to Supermarkets in Federal Way, WA



Sources: Public Health- Seattle & King County, King County GIS Center, Washington State Dept. of Social and Health Services and Dept. of Health.

\*RFEI=

Fast food restaurants + Convenience stores

Supermarkets + Small Grocery stores + Fruit/vegetable stands + Farmers markets

ACTION 1

# ASSESS YOUR ENVIRONMENT

STAGE

LAYING THE GROUNDWORK



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ACTION 2

# DECIDE HOW TO FRAME IT

STAGE

LAYING THE GROUNDWORK

# URBAN AGRICULTURE

**KEYWORDS:** agriculture/agricultural, urban agriculture, farm/farming, aquaculture, animals (chicken, rooster, livestock, goats, bees, ducks), greenhouse

**LINKAGES:** home business or sales requirements (cottage laws); small retail development programs, loans or incentives; outdoor advertisement/sign/billboard regulations; green roofs; pesticide requirements (e.g., near schools and daycares, sign requirements for lawns post-application); pest management



## POLICY SCAN

**Keywords:** agriculture/agricultural, urban agriculture, farm/farming, aquaculture, animals (chicken, roosters, goats, livestock, bees), greenhouse

**Linkages:** home business or sales requirements (cottage laws); small retail development programs, loans, or incentives; outdoor advertisement/billboard regulations; green roofs; pesticide requirements (e.g. near schools and daycares, or sign requirements on lawns following application), pest management practices or regulations

## Notes

In conjunction with allowing or promoting urban agriculture, it is especially important to clarify the business license laws regarding the sale of produce from private land as well as the health and sanitation regulations regarding consumption and distribution of the produce.

The American Planning Association published a Planning Advisory Service report, *Urban Agriculture: Growing Healthy, Sustainable Places*, that was not yet available by the time of this writing. Key points on best practices for urban agriculture programs and policies will be summarized prior to this guide's final version.

ACTION 3

# SCAN EXISTING POLICIES

STAGE

LAYING THE GROUNDWORK



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**“Encourage the development of designated neighborhood centers so as many of the city's residents as possible are within approximately ½ mile of a grocery or convenience store and a transit stop. Such centers should be separated by at least ½ mile from existing or planned neighborhood commercial areas.”**

**Olympia, Washington (Policy LU 3.5)**

**“Encourage and support community gardens as important open space resources that build communities and provide a local food source.”**

**Berkeley, California (Policy OS-8)**

ACTION 4

# AMEND COMPREHENSIVE PLAN

STAGE

**POLICY CHANGE**





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LAND USE PROTECTIONS

LAND USE DESIGNATIONS

ACTIVITY AND USE DEFINITIONS

PERVERSE IMPACTS AND NEW PURPOSES

ACTION 5

# REFINE MUNICIPAL CODES

STAGE

POLICY CHANGE

**JOINT USE  
AGREEMENTS**

**INTERIM / VACANT  
LAND USE  
AGREEMENTS**



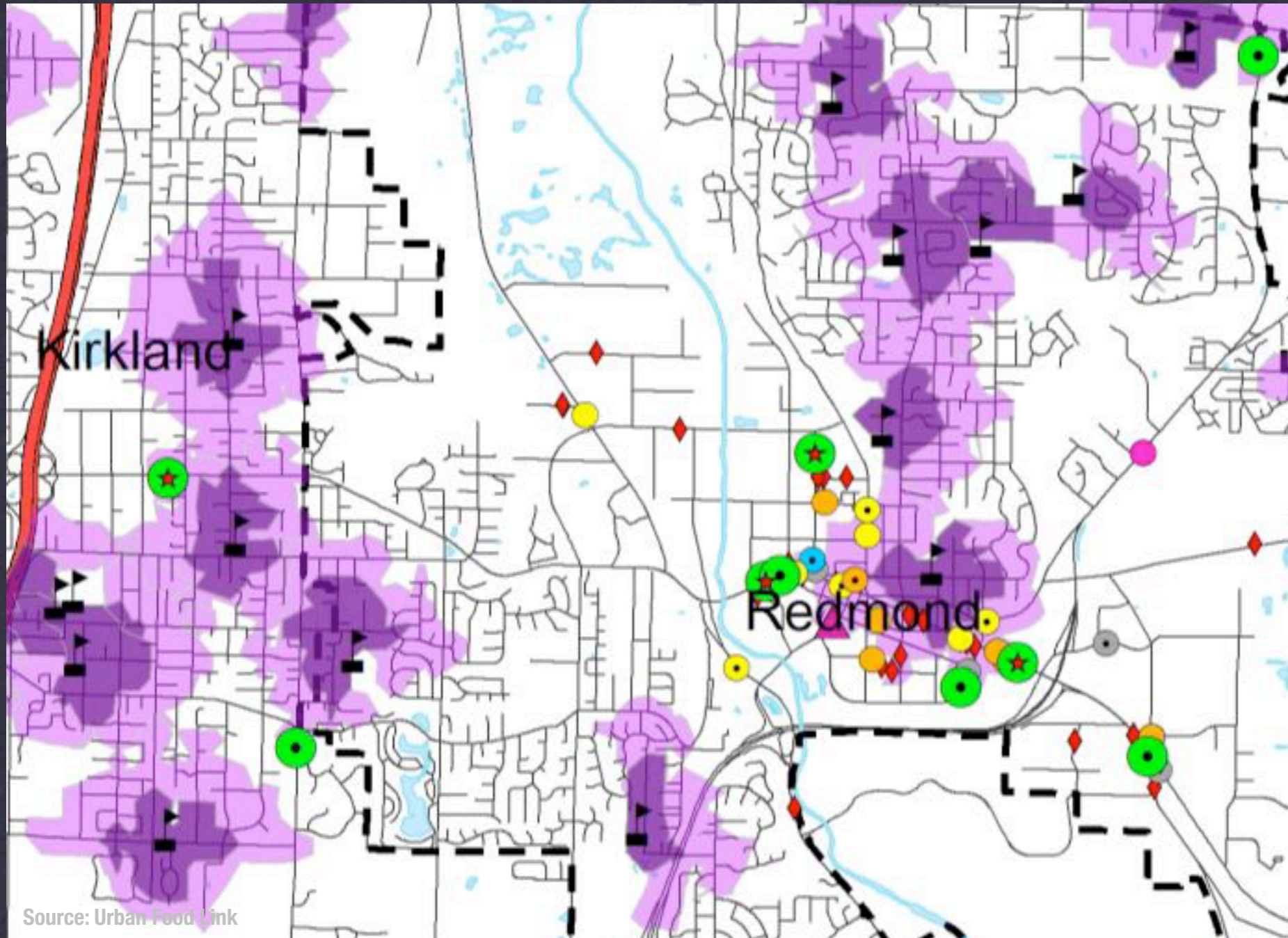
Source: Flickr user Alameda County Community Food Bank under a Creative Commons license

**ACTION 6**

# **ENACT OTHER AGREEMENTS**

**STAGE**

**POLICY CHANGE**



Source: Urban Food Link



ACTION 7

# BE PROACTIVE NEAR SCHOOLS

STAGE

**POLICY CHANGE**



# Stay in touch

**Eva Ringstrom**

[evaring@uw.edu](mailto:evaring@uw.edu)

**Kara Martin**

[kara@urbanfoodlink.com](mailto:kara@urbanfoodlink.com)

**Branden Born**

[bborn@uw.edu](mailto:bborn@uw.edu)

**Food Access Planning & Policy Guide**

<http://faculty.washington.edu/bborn/>

<http://www.healthykingcounty.org/forum/>  
(Land Use, Zoning & Planning category)

**Food Landscape Assessments**

<http://www.urbanfoodlink.com>  
(Publications link)