

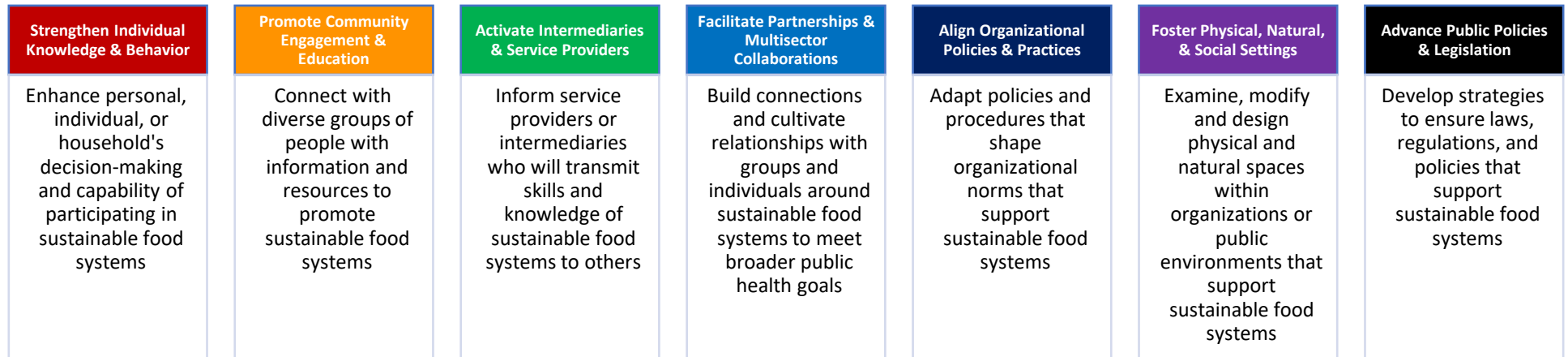
# I+PSE CONCEPTUAL FRAMEWORK FOR ACTION

## CROSS-CUTTING EXAMPLES THAT SUPPORT SUSTAINABLE, RESILIENT, AND HEALTHY FOOD AND WATER SYSTEMS

Adapted from Tagtow A, Herman D, Cunningham-Sabo L. Next generation solutions to address adaptive challenges in dietetic practice: The I+PSE Conceptual Framework for Action. *J Acad Nutr Diet.* (in review)


**What is I+PSE?** The Individual plus Policy, Systems, and Environment (I+PSE) Conceptual Framework for Action (known as the “Framework”) is a blueprint for dietetic practitioners to develop and implement multidimensional strategies using a systems orientation to achieve greater responsiveness to adaptive challenges and realize greater impacts. The seven action components provide the backbone for planning and implementing a continuum of strategies. The I+PSE Conceptual Framework for Action is highly adaptable and can be tailored to any nutrition or public health challenge as well as to any area of dietetic practice, including education and training, research, practice, and policy.




## I +PSE CONCEPTUAL FRAMEWORK FOR ACTION FOR SUSTAINABLE FOOD SYSTEMS






## I+PSE CONCEPTUAL FRAMEWORK FOR ACTION SUSTAINABLE FOOD SYSTEM EXAMPLES

Using two of the five entry points from the *Cultivating Sustainable Food and Water Systems: A Nutrition-Focused Framework for Action*, example strategies are provided for each of the seven components of the I+PSE Conceptual Framework for Action. These are not exhaustive lists but a sampling of strategies for consideration. A community assessment will also inform the best strategies for implementation.

I+PSE Conceptual Framework for Action Components	Cultivating Sustainable Food Systems Entry Points	
	#2. Improve Food, Nutrition, and Water Security <i>Example Strategies</i>	#5 Reduce Waste (food, water, other resources) <i>Example Strategies</i>
 <p><b>Strengthen Individual Knowledge &amp; Behavior</b></p> <p><i>Enhance personal, individual, or household's decision-making and capability of participating in or benefitting from sustainable food systems</i></p>	<p><b>Personal/Professional Development:</b></p> <ul style="list-style-type: none"> <li>✓ Examine household food security surveillance systems and healthy food access assessment for your community</li> <li>✓ Learn more about public water utilities, testing results, and percent of community on private wells</li> <li>✓ Host a presentation on the connections between food and water insecurity, social determinants of health, and structural racism</li> </ul> <p><b>Clients and Patients:</b></p> <ul style="list-style-type: none"> <li>✓ Assess household access to healthy food</li> <li>✓ Refer clients to food and nutrition assistance programs</li> <li>✓ Provide gardening education programs and distribute plants and seeds to SNAP and WIC clients</li> <li>✓ Promote increased consumption of fruits, vegetables and whole grains to benefit human and environmental health</li> <li>✓ Provide information to consumers on farmers' markets, CSAs and U-pick farms within the community</li> <li>✓ Encourage use of WIC fruit and vegetable cash value voucher, WIC Farmers' Market Nutrition Program and Senior Farmers' Market Nutrition Program coupons</li> <li>✓ Offer water tests (or referrals to sanitarians) to patients and clients who use private wells</li> </ul>	<p><b>Personal/Professional Development:</b></p> <ul style="list-style-type: none"> <li>✓ Take a food preservation course to learn how to can, freeze, dry, and store food safely</li> <li>✓ Learn more about home and municipal composting and recycling programs</li> <li>✓ Complete LEAN training courses</li> <li>✓ Learn more about the Bill Emerson Good Samaritan Act that shields donors of liability of donated food</li> </ul> <p><b>Clients and Patients:</b></p> <ul style="list-style-type: none"> <li>✓ Provide cooking education on how to cook with more parts of fresh produce and how to compost fruit and vegetable scraps</li> <li>✓ Educate others on how to read and interpret date labels on packages</li> <li>✓ Talk to clients about easy ways to safely store and process (freeze, can, dry) foods for longer shelf-life</li> <li>✓ Provide information on including healthy canned and frozen food options that are less perishable</li> <li>✓ Incorporate food safety messages into your nutrition education (e.g., when and how to remove affected portions of a product rather than discarding it completely)</li> <li>✓ Encourage others to participate in home and municipal composting and recycling programs</li> </ul>

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 <p><b>Promote Community Engagement &amp; Education</b></p> <p><i>Connect with diverse groups of people with information and resources on sustainable food systems</i></p>	<ul style="list-style-type: none"> <li>✓ Host a farmers' market at the hospital, school, or health department</li> <li>✓ Develop and implement community-wide programs aimed at healthy eating and local food access</li> <li>✓ Work with food pantries, grocers, farmers' market managers, Cooperative Extension, or community colleges to offer cooking demonstrations to consumers regarding preparation of whole foods</li> <li>✓ Work with the local public health department and hospital on a campaign to promote greater water consumption</li> <li>✓ Offer experiential learning opportunities to students to work in community-based organizations focus on hunger, healthy food access, and racial justice</li> </ul>	<ul style="list-style-type: none"> <li>✓ Promote the food safety and preservation courses offered by Cooperative Extension</li> <li>✓ Offer online classes on how to use the <a href="#">Food Keeper App</a></li> <li>✓ Identify local producers who may discard seconds or "uglies" and divert produce into the emergency food system or to incubator kitchens for processing</li> <li>✓ Integrate food loss and waste concepts into dietetic education curriculum</li> </ul>
 <p><b>Activate Intermediaries &amp; Service Providers</b></p> <p><i>Inform service providers or intermediaries who will transmit information and skills to others on sustainable food systems</i></p>	<ul style="list-style-type: none"> <li>✓ Work with Cooperative Extension to offer food safety and fresh produce handling training with food pantry staff and volunteers</li> <li>✓ Work with Master Gardeners or other gardening groups to train neighborhood associations or faith-based groups on creating and maintaining community gardens</li> <li>✓ Provide technical and marketing assistance to convenience store operators to encourage increased availability of fresh healthy foods</li> </ul>	<ul style="list-style-type: none"> <li>✓ Partner with local restaurants on ways to reduce food waste, and decrease water and energy usage (e.g., decrease portion sizes, offer condiments or sides if requested, tap versus bottled water, etc.)</li> </ul>
 <p><b>Facilitate Partnerships and Multisector Collaborations</b></p> <p><i>Build connections and cultivate relationships with groups and individuals on sustainable food systems to meet broader public health goals</i></p>	<ul style="list-style-type: none"> <li>✓ Form a county or regional coalition focused on addressing food and water security by increasing access to healthful foods and public water supplies</li> <li>✓ Work with agricultural partners to recruit and support beginning or transitioning farmers</li> <li>✓ Convene or join a food policy council that addresses agriculture, food, and nutrition issues using a health equity and racial justice lens</li> <li>✓ Encourage development of food-buying cooperatives to save households money by pooling resources</li> </ul>	<ul style="list-style-type: none"> <li>✓ Form a community food waste task force with players across the waste supply stream (e.g., waste collectors, sanitarians, commercial waste haulers, recyclers, policymakers, consumers) to develop a community waste reduction plan</li> <li>✓ Work with local civic groups (e.g., Boys and Girls Clubs, 4-H, American Legion) to glean fruit from trees in public parks and along causeways. The harvested fruit can be donated to a local food pantry</li> </ul>

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	<ul style="list-style-type: none"> <li>✓ Serve on a local water quality task force to address the linkages between on-farm conservation strategies and public and private water supplies</li> </ul>	
<div style="text-align: center;">  <p><b>Align Organizational Policies &amp; Practices</b></p> <p><i>Adapt policies and procedures that shape organizational norms on sustainable food systems</i></p> </div>	<p><b>Internal (within your organization):</b></p> <ul style="list-style-type: none"> <li>✓ Review your organization’s food procurement policies and adjust to align with the Federal Food Service Guidelines</li> <li>✓ Launch a food pharmacy/farmacy program within your clinic</li> <li>✓ Replace or install water bottle refilling stations</li> <li>✓ Form an interdepartmental community of practice to study the intersection of food security, health equity, and racial justice</li> </ul> <p><b>External (organizations within the community):</b></p> <ul style="list-style-type: none"> <li>✓ Support emergency feeding providers to implement food donation and procurement guidelines that align with MyPlate or Dietary Guidelines</li> <li>✓ Establish edible landscaping on city and county-owned property</li> <li>✓ Launch a community garden “delivery” program to deliver produce to senior, disabled, or rural residents who may lack transportation</li> <li>✓ Assess, develop, and adopt strategies to increase the purchase of fruits and vegetables at farmers’ markets by low-income households. For example: <ul style="list-style-type: none"> <li>○ Secure financial support to provide incentives for SNAP participants to purchase fruits and vegetables (e.g., <i>Double Up Bucks Program</i>)</li> <li>○ Use public-private partnerships to purchase wireless EBT devices</li> <li>○ Launch outreach initiatives targeted to farmers’ market managers, vendors, and low-income households</li> <li>○ Provide fruit and vegetable prescriptions to patients or clients</li> </ul> </li> </ul>	<p><b>Internal (within your organization):</b></p> <ul style="list-style-type: none"> <li>✓ Develop a policy to donate leftover food and beverages from meetings and events to a local food pantry or soup kitchen</li> <li>✓ Integrate a food waste tracking system (e.g., Leanpath) within food service operations to monitor food, water, and packaging waste</li> <li>✓ Adopt the <a href="#">EPA Food Recovery Hierarchy</a> to prevent and divert wasted food from your organization (translations are available)</li> </ul> <p><b>External (organizations within the community):</b></p> <ul style="list-style-type: none"> <li>✓ Encourage colleges, universities, and worksite cafeterias to provide trayless meal service</li> <li>✓ Develop a community campaign/competition highlighting ten ways cafeterias and commercial food service operations can reduce food waste</li> <li>✓ Grocery stores and food rescue</li> <li>✓ College cafeterias can package prepared meals from leftovers and make them available in the school food pantry</li> <li>✓ Develop a Food Waste Champion campaign that recognizes organizations and companies for significantly reducing their food waste and their use of water and energy</li> </ul>

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	<ul style="list-style-type: none"> <li>✓ Remove fast food outlets in schools and hospitals</li> <li>✓ Support school, workplace, and business policies that make healthy foods accessible at reasonable prices and set nutritional quality standards for food sold in vending machines</li> </ul>	
 <p><b>Foster Physical, Natural and Social Settings</b></p> <p><i>Examine, modify and design physical and natural spaces within organizations or public environments that support sustainable food systems</i></p>	<ul style="list-style-type: none"> <li>✓ Establish a food pantry in the student wellness center on campus</li> <li>✓ Connect food retail to the emergency food system to decrease food waste in landfills</li> <li>✓ Retrofit a recreation vehicle into a mobile food pantry to connect healthy food to areas that have lack of access to healthy food</li> <li>✓ Install a commercial kitchen in a food bank to process high volumes of fresh produce to be distributed to low-resource households</li> <li>✓ Increase availability and affordability of healthy food choices in worksite cafeterias</li> <li>✓ Assess the availability of water fountains or refillable water dispensers in schools, establish a plan to ensure greater access to water during school and extracurricular activities</li> </ul>	<ul style="list-style-type: none"> <li>✓ Establish a food and pollinator garden on the site of a hospital, care facility, or veterans home and use the fresh produce within dining services while composting fruit and vegetable scraps</li> <li>✓ Save water and reduce disposal fees by installing a food pulper, dehydrator, or liquifier in food service operations</li> <li>✓ Launch or support a local food waste recycling company that retrieves food waste from restaurants and private homes, converts it into organic compost, which is then distributed to local farms</li> <li>✓ Work with community leadership to explore the development of a biodigester which turns food waste and sewage into usable energy (it's just like human digestion!)</li> <li>✓ Install Energy Star appliances in commercial kitchens and food service operations</li> </ul>
 <p><b>Advance Public Policy &amp; Legislation</b></p> <p><i>Develop strategies to ensure laws, regulations, and policies that support sustainable food systems. These may be at local, county, state, or federal levels</i></p>	<ul style="list-style-type: none"> <li>✓ Create GIS maps of food deserts, access to healthy food retail, or access to food and nutrition assistance, farmers' markets, etc. to educate city and county governments the role planners have on linking neighborhoods to healthful food</li> <li>✓ Set nutrition standards, such as the <i>Dietary Guidelines for Americans</i>, for food provided through emergency food assistance programs</li> <li>✓ Support allowances and agreements for organizations to lease non-developable city or county-owned property for community gardens or urban farms</li> </ul>	<ul style="list-style-type: none"> <li>✓ Review existing public policies related to food waste at <a href="#">US Food Waste Policy Finder</a></li> <li>✓ Propose a local ordinance that all food service establishments (i.e., restaurants, cafeterias, grocery stores) over 5,000 square feet to separate all compostable materials from other waste</li> <li>✓ Ensure that your state offers a tax incentive for farmers to donate food to food banks and food pantries</li> <li>✓ Propose and organic waste ban that prohibit large entities (e.g., food processors, manufacturers, retailers) from sending it to landfills</li> </ul>

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	<ul style="list-style-type: none"> <li>✓ Inform policymakers on the benefits of municipal transportation policies that increase access to healthy food such as bus routes, pedestrian walkways and bike paths that connect to farmers' markets, food retail and food assistance programs</li> <li>✓ Provide incentives to healthy food vendors in lower income neighborhoods Educate on the availability and benefits of a tax credit for food producers to donate excess harvest to food banks or food pantries</li> <li>✓ Pass legislation to increase minimum wage to ensure families can earn a living wage and be economically sufficient</li> </ul>	<ul style="list-style-type: none"> <li>✓ Encourage local and state policymakers to make commitments to reduce food waste and install strategies to effectively divert food waste from landfills</li> </ul>