



Carleton

Northfield as a Living Lab: Community-Wide Food Recovery Expansion

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Carleton College



If you have come
to help me you are
wasting your time.
But if you have
come because your
liberation is bound
up with mine, then
let us work together.

ABORIGINAL
ACTIVISTS
GROUP
QUEENSLAND, 1970s

Carleton's Food Recovery Network Chapter Timeline

2014

Carleton Food Recovery Network (FRN) Chapter Formed

2016

Carleton FRN collects over **8,700 pounds** of food from two dining halls

2017

Carleton FRN volunteers log over **1,200 hours**

2018

Carleton partners with the Northfield Community Action Center and the City of Northfield to submit a **\$58,000** MPCA grant for

Carleton FRN volunteers add retail food rescue to their volunteer duties and has quickly transported over **19,000**

2019

Refrigeration infrastructure installed at the Community Action Center food shelf

Carleton College



Supershelf/Food Shelf



Anika Rychner
Program Director
Community Action Center
of Northfield



Community Action Center
OF NORTHFIELD



SuperShelf

▶ PILOT

TRANSFORMING
FOOD SHELVES
TO BRING GOOD
FOOD FOR ALL

EVALUATING A BEHAVIORAL ECONOMICS APPROACH TO IMPROVE THE SELECTION OF HEALTHY FOOD AMONG FOOD SHELF CLIENTS

INTRODUCTION



In 2015, an estimated **12.7% of U.S. households** experienced food insecurity.

An estimated **46.5 million individuals** rely on charitable food assistance like food shelves.



Food shelf clients are concerned about:

- Poor dietary quality
- High chronic disease rates
- Range and quality of food offered

Food shelves face both supply and demand issues.

STUDY AIM

- **Aim:** Evaluate the impact of a behavioral economic intervention in two food shelves on the nutritional quality of food selected by clients.
- **Primary Research Question:** Will the intervention lead to change in HEI scores for food selected by clients? (See right for HEI explanation)
- **Hypothesis:** On average, HEI-2010 scores of foods selected by clients will be higher after the intervention.

THE HEALTHY EATING INDEX (HEI)



The HEI is a scoring measure that assesses diet quality of specific foods based on the *Dietary Guidelines for Americans*. It has a scoring maximum of 100 points; 100 being the highest diet quality and 0 being the lowest.

THE INTERVENTION



SUPERSHELF TRANSFORMS FOOD SHELVES, CREATING WELCOMING ENVIRONMENTS FOR COMMUNITIES TO ACCESS APPEALING, HEALTHY FOOD.

6 STEPS TO SUPERSHELF SYSTEMS CHANGE



EVALUATION STUDY DESIGN



Pre/post comparison in two intervention food shelves

- We compared data from 71 clients before and 70 clients after the intervention.
- We measured change in inventory in the two intervention food shelves as well as two control food shelves.



520 Lafayette Road North
St. Paul, MN 55155-4194

Greater Minnesota recycling and composting application

**Environmental Assistance (EA) Grant Program
FY 2018-19**

4. Eligible and ineligible projects

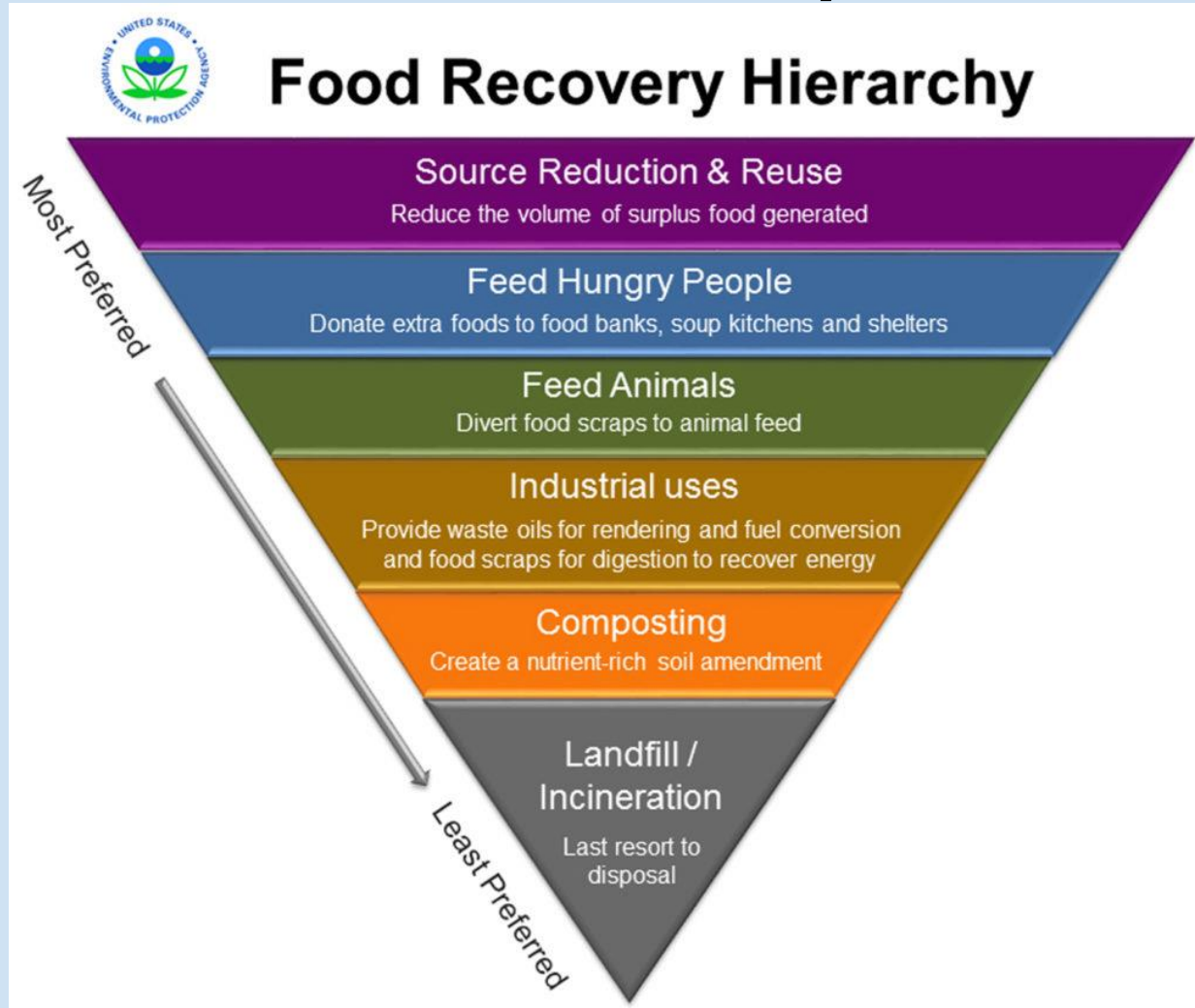
There are a number of best practices a community can implement that result in greater collection of recyclable materials. Implementation of proven best practices can improve recycling program efficiency and effectiveness.

Funding will be awarded for projects that focus on increasing recycling and/or organics collection processing.

Some examples of best practices include:

- Increase collection of recyclables (e.g., implementation of a countywide curbside program, increasing frequency of collection, or collection of new materials).
- Transition to single-sort recycling collection.
- Establish or expand curbside, drop-site, or processing capacity of source-separated organic materials (SSOM).
- Establish or expand food rescue or food-to-livestock programs.
- Development or expansion of programs for hard to recycle and bulky materials, including, but not limited to, mattresses, car seats, concrete, shingles, electronic waste, etc.).
- Any other project that will expand or improve recycling or composting programs in greater Minnesota.

EPA Hierarchy



City of Northfield



Ben Martig

City Administrator
City of Northfield



Model



Project







Unexpected Benefits

Organic Egg Recovery

Frozen Meat

Frozens Recovered Soups

Lessons learned

Data gathering changed

Keeping your eye out for opportunities, tell people what you are doing!

Stay flexible as your project evolves

Questions?

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