Together Toward a Sustainable Future

Community Care Programs

From source to table connecting urban and rural communities by a regenerative food web designed to meet the demands of food water and climate.

Like the New Deal Programs that put our grandparents’ generation to work in the 1930’s, this set of Community Care Programs sustain an economy designed to set communities on a path to success.

These complimentary programs ensure the effective operations of the food web. From source to table, this energy management system for food and water generates vibrant local sustainable economies organized to cultivate health and well-being.

URL: justfoodandwater.org/s/Headwaters-Resiliency-Program.pdf
Proposed Programs

LANDSCAPE RESTORATION  1
FARM TRANSFORMATION  2
THRIVE-SUSTENANCE FARMING  3
LEARNING - REGENERATIVE CULTIVATION  4
POLLINATOR LANDSCAPES  5
EDIBLE LANDSCAPES  6
NEIGHBORHOOD COMMONS  7
KITCHEN  8
DELIVERY SYSTEM  10
CLIMATE EMERGENCY & RECOVERY  11
Landscape Restoration

Description

Restore health to landscapes to build community capacity to manage energy regeneratively.
Register landscapes and water systems.
Assign a care team to initiate a 3-5 year restoration program designed to revive soil health as well as diverse locally adapted plants and trees. The restored ecosystem will provide a landscape for cultivation, grazing and foraging and supporting pollinators and wildlife.

Lead

Coordinates all activities to achieve the restoration program including evaluations and communication conducted by the Care Team and coordinate with the care team assigned to edible landscapes (fruits and nuts) and landscape restoration and maintenance.

Assistant

Works collaboratively with the Lead to manage the tasks of the care team.

Specialists

Botanist and Biologist

Provides year-round calendar of care for the trees, plants and pollinators registered in the landscapes identified for restoration: evaluations, prescriptions for care, documentation and research coordination.

Team Members

Responsible for plantings, taking soil samples, tracking growth and working in collaboration with the leaders.

Research Team Members

Work collaboratively with the Care Team to conduct research on changes to soil composition (including water, microbes) and additions of edible plants throughout the 3-5 year cycle, document and communicate local ecological knowledge captured throughout the process within the team and the wider web.

Capacity Creation Team Members

Work in concert with the Care Team to identify and create new sites or expanding capacity of current sites (urban and rural restoration landscapes).
**Farm Transformation**

**Description**

For farms currently operating for the industrial system, the Farm Transformation Program provides a path to participate as members of the regenerative food web economy as a source for locally adapted food. To achieve this goal, farm sites will be enrolled in a combination of complimentary Community Care Programs and work to revive the health of the farm’s ecosystem, document the transformation and participate in a program to learn regenerative cultivation and management.

The three-part transformation process will begin with Landscape Restoration and Pollinator Landscape Programs (see program outlines). Part I will overlap with Part II as the farm team participates in the Learning program for regenerative cultivation and management. (see program outline) Part III will overlap with Part I and II as the farm site is reshaped to support regenerative food cultivation and management.

- Part I: Landscape Restoration, Pollinator Landscapes
- Part II: Learning-Regenerative cultivation and management
- Part III: Edible Landscapes, Delivery and In the Kitchen
- Resources as needed to build and operate all-season greenhouses, on site housing for farm employees, storage facilities, preservation operations, research on site

Members of the farm team include:

**Lead Farm Transformation Manager**
Coordinates all activities, evaluations, communication and research conducted on the farm and coordinates farm team with all other web teams and programs

**Assistant Farm Organizer I**
Works collaboratively with the Lead to manage the tasks of the Farm team

**Assistant Farm Organizer 2**
Works collaboratively with the Lead to manage the tasks of the Farm team

**Members of the teams from the Community Care Programs (Part I, II, III)**

**Site assistants**
Work collaboratively with Lead and Assistants and all other teams to implement the farm transformation programs
Thrive-Sustenance Farming

Description

For farms currently cultivating locally adapted food sources (fruits, vegetables, pasture raised meats and eggs, grains, nuts, fungi, etc) the Thrive program provides a path to participate as members of the regenerative food web economy.

The purpose of this program is to provide a variety of resources to ensure that current and future producers can operate effectively, build capacity for cultivation and delivery of food sources within the food web economy.

To achieve these goals, the Thrive Program offers farmers a set of Community Care Programs and resources to operate 365 days a year.

Thrive Program includes:

- Pollinator and Edible Landscapes and Landscape restoration (as needed)
- Kitchen (farm based)
- Learning (regenerative cultivation and management)
- Delivery System and Research participation
- Resources as needed to build and operate all-season greenhouses, on site housing for farm employees, storage facilities, preservation operations,

Members of the farm team include:

**Lead Farm Manager**
Coordinates all activities, evaluations, communication and research conducted on the farm and coordinates farm team with all other web teams and programs

**Assistant Farm Organizer I**
Works collaboratively with the Lead to manage the tasks of the Farm team

**Assistant Farm Organizer 2**
Works collaboratively with the Lead to manage the tasks of the Farm team

**Members of the teams from the Community Care Programs listed above**

**Site assistants**
Work collaboratively with Lead and Assistants and all other teams to implement the farm transformation programs
Learning - Regenerative cultivation

Learners enrolled in the program for regenerative cultivation will acquire a combination of skills and knowledge needed to work effectively in a regenerative farm ecosystem (urban or rural) including the source to table delivery system and transition from learner to apprentice to new farmer upon completion of the program. Members of the regenerative cultivation team include:

**Lead Instructors**
Coordinates all aspects of the learning programs working collaboratively with team members to ensure that the program is conducted effectively, meets objectives and provides learners with tools they need to be successful.

**Assistant instructors**
Works collaboratively with the Lead to manage the learning program.

**Learning Support Team**
Includes team members serving on site to manage the farm, conduct research, provide delivery, food preservation and emergency response and recovery services. This team provides comprehensive training to learners in their areas of service.

**Farm Apprentice Program-Farmer guides**
Learners will be paired with farmers as paid apprentices to continue their learning on site. Farmers serving as guides will be paid for the service they provide. They will supply apprentices with accommodations and board. Income and benefits will be provided by the funds for Community Care Program (Learning-Regenerative Cultivation).

**Apprentice to New Farmer Program-Guides**
Upon completing of apprenticeship program, learners will be offered a set of tools for acquiring land and financing for participating as members of the regenerative food web as farmers and programs to regenerate health and diversity of local landscapes. Guides will work collaboratively with farmers to ensure that they have the tools they need and assist with ongoing evaluation of system’s operations from source to table.
Pollinator Landscapes

Description

Manage the edible landscapes (cultivated and wild) located in the food web.

Register trees, plants and beehives.

Assign a care team to operate a year-round management system designed to ensure the health of the ecosystems document research, and coordinate planting, harvesting and delivery programs effectively.

Note: Registration on private land is voluntary.

Lead

Coordinates all activities, evaluations and communication conducted by the Care Team and coordinate with the care team assigned to pollinator landscapes and coordinates with teams assigned to edible landscapes and landscape restoration.

Assistant

Works collaboratively with the Lead to manage the tasks of the care team.

Specialists

Bee-Keeper-Apiarist
Provides year-round calendar of care for bees and hives registered in the neighborhood’s landscape: (see description for role of botanist).

Preservation and Culinary Team Members

Responsible for preserving honey for future use and preparing for use (immediate).

Research Team Members

Responsible for preserving honey for future use and preparing for use (immediate).

Capacity Creation Team Members

Work in concert with the Care Team to identify and create new sites or expanding capacity of current sites (urban and rural pollinator landscapes).
Edible Landscapes

Description
Manage the edible landscapes (cultivated and wild) located in the food web.
Register trees and plants producing fruits and nuts.
Assign a care team to operate a year-round management system designed to ensure the health of the plants, document research, and coordinate planting, harvesting and delivery programs effectively.

Note: Registration on private land is voluntary.

Lead
Coordinates all activities, evaluations and communication conducted by the Care Team and coordinate with the care team assigned to pollinators/landscapes and landscape restoration and maintenance.

Assistant
Works collaboratively with the Lead to manage the tasks care team.

Specialists
Botanist
Provides year-round calendar of care for the trees and plants registered in the edible landscape: evaluations, prescriptions for care, documentation and harvest.

Team Members
Deployed to sort, harvest, document and deliver sources to sites for purchase, preservation, serving, storage, compost and emergency planning.

Preservation and Culinary Team Members
Responsible for preserving (drying, canning, fermenting, pickling) for future use and preparing for use (immediate).

Research Team Members
Work collaboratively with the Care Team to track, document and communicate local ecological knowledge captured throughout the process within the team and the wider web.

Capacity Creation Team Members
Work in concert with the Care Team to identify and create new sites or expanding capacity of current sites (urban and rural edible landscapes).
Neighborhood Commons

The Neighborhood Commons serves as a primary resource in the source to table regenerative food web system. In urban and rural landscapes, the Commons is designed to deliver multiple services and cultivate a culture of caring. The Commons features a delivery site for food sources, gathering space, a greenhouse and garden as well daycare for young children. Their signature greenhouses provide vital seed, plant and food production as well as opportunities for learning, research and celebration. Members of the Commons Team include:

Commons Director
Directs the overall operations of the site coordinating with the various team members and the directors of the Community Care Programs delivering services to the site

Site Manager and Assistant Managers
Work collaboratively with the Director to manage day to day operations of the site and Community Care Programs operating at the Commons

Communications Manager and Assistant Manager
Manages communications for the site and assists Director and Site managers with communications campaigns including reports from the greenhouse and kitchen

Community Organizer and assistants
Community organizer facilitates events and programs designed to cultivate community connection through learning and celebration. Coordinates with all other teams.

Greenhouse Team (managers and staff)
Directs operations of the greenhouse 365 days guided by the strategic plan for the greenhouse production and research. Coordinates with Community Care Programs (Kitchen, farm-learning, delivery, pollinator, edible landscapes), staff at other greenhouses, and local schools (k-post-secondary) to meet resiliency planning objectives. Offers learning space to public with guided and self-guided tours and classes for all ages.

Childcare Team
Provides daily childcare services for young children

Kitchen and Delivery Programs (see In the Kitchen and Delivery Programs)
Kitchen

Description

Establish kitchens located in neighborhoods designed and staffed to provide for daily and ongoing needs.

Operate kitchens year-round in a system designed to preserve foods in a timely manner, provide learning opportunities, engage in research and deliver sources of prepared foods.

Lead

Coordinates all activities, evaluations and communication conducted by the Kitchen Team and coordinates with all other web teams (farms, gardens, wild landscapes, learning centers, delivery, research, emergency and recovery).

Assistant

Works collaboratively with the Lead to manage the tasks of the Kitchen team.

Specialists

Chefs, Bakers, Preservationists

Provide 365-day service preparing all sources of food for daily use as well preservation including designing menus and using practices that eliminate waste and utilize reusable container. Participate in evaluations and documentation to inform practices and delivery of food source to table.

Team Members

Team members staff the market for prepared and fresh or preserved foods available on site and at additional sites served by the kitchen. Manage the food sources with packaging and management designed to eliminate waste and provide reliable daily food sources. Coordinate with preservation sites and emergency prep and recovery sites as well as local businesses, schools and community facilities.

Preservation and Culinary Team Members

Responsible for preserving (drying, canning, fermenting, pickling) for future use and preparing for use (immediate).
Research Team Members

Work collaboratively with the Kitchen Teams to track, evaluate document and communicate knowledge captured in daily operations and long term.

Capacity Creation Team Members

Work collaboratively with the Kitchen Teams to track, evaluate document and communicate knowledge captured in daily operations and long term.
Delivery System

Description
Manage food from source to table with a delivery system located in neighborhoods designed to
designed and staffed to serve all of the sites effectively on a daily basis.
Assign delivery teams a set of sites and tasks.

Lead
Coordinates all activities, evaluations and communication conducted by the Delivery Team and
coordinates with all other web teams (farms, gardens, wild landscapes, learning centers,
storage, research, emergency and recovery).

Assistant
Works collaboratively with the Lead to manage the tasks of the Delivery team.

Specialists
Storage Site Manager
Manages the storage and delivery site and coordinates communications and daily inventories
of all goods providing timely information and services to meet the community needs and goals.

Reusable Containers Services (RCS) Manager
Manages all components of the source to table system for using reusable containers providing
an effective feedback loop to track the manufacture, use, and delivery of reusable containers.
Coordinate with all sites (farms, gardens, kitchens, emergency prep and recovery, businesses,
schools and community facilities, restaurants).

Team Members
Working as directed by the managers, responsible for all operations of the sites and services
preserving and participating in evaluations and documentation to ensure effective services.

Research Team Members
Work collaboratively with the Delivery and RCS teams to track, evaluate, document and
communicate knowledge captured in daily operations and long term.

Capacity Creation Team Members
Work collaboratively with the Delivery and RCS teams to track, evaluate, document and
communicate knowledge captured in daily operations and long term.
Climate Emergency & Recovery

Description
In order to manage the demands of climate, every community needs a comprehensive approach to preparing and recovering from emergencies. To be successful:

1. Resources and services must be generated from sustainable sources, maintained effectively, staffed by professionally trained city/county employees and available universally.

2. Community members need to be informed, receive training and be able to participate effectively in planning and participating in the program.

3. Designed to be fully funded as a part of every community’s resiliency program and cultivate neighborhood collaboration within urban areas and between urban and rural communities.

Features of the program include but are not limited to providing:

Daily Necessities available in neighborhood
- Food and Water sources:
  - Portable, accessible sources (decentralized to provide access).

- Communication Services
  - Charging stations for mobile phones, batteries, broad communication and notification.

- Energy Sources:
  - Generators, solar-powered lamps and lights, heat and cooling, replacement batteries.

- Transportation Sources
  - Adapted to the types of emergencies (flooding, tornado, etc).

Medical Resources and Services
- Personnel and medical equipment and medications and delivery system.

Clothing
- Toiletries and supplies for baby and childcare

Evacuation Sites/Communities
- Partnership communities identified as part of a long term economic strategy for managing common needs in advance (Network of Sister Cities and Counties).

Shelters and Recovery Resources
- Equipped to provide comprehensive services for daily necessities including sufficient staff capable of meeting needs. Recovery plans outlined in advance of emergencies.