City Sprouts: The Effects of a Community Urban Farm on Food Insecurity

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What is Food Insecurity?

“Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways” – Andersen (1990)
Food Insecurity in Nebraska

In Nebraska, 233,350 people are struggling with hunger - and of them 85,970 are children.

1 in 8 people struggles with hunger.

1 in 6 children struggles with hunger.

People facing hunger in Nebraska are estimated to report needing $115,937,000 more per year to meet their food needs.

The average cost of a meal in Nebraska is $2.77. Data from Feeding America’s Map the Meal Gap 2015 study. Learn more >
Urban Agriculture

• Definition: “Wide range of agricultural ventures within city limits”
  ○ Community gardens, school gardens, entrepreneurial gardens

• Barriers to urban agriculture
  ○ Land for these urban farms are often used for other resources
    ■ Solution: intense community resistance and significant investments
Integrations
Public Policy

- Legislative Support for Urban Agriculture
  - Victory Garden movement during WWII
  - Temporary support for the Urban Gardening Program
  - Community Food Act

- More support is needed
  - Increased funding
  - Increase access to certified kitchens
  - Policies on the quality of food served in programs
  - Increase food security
Cross-Cultural Psychology

- Common connection beyond culture
  - Basic necessities that nourish and develop the human body
  - Environmental issues exist in every part of the world regardless of culture
  - Solutions from one culture can also be applicable to another
    - Such as hydroponics and systems of irrigation

- Limitations
  - Not much attention is paid to cross-cultural psychology
  - Not enough resources/funding and too much corporate competition for places that provide healthier options for living
Through what means does an organization like City Sprouts create an environment that not only creates healthy relationships with the youth but also educate them on how to live a life with sustainable foods and what they can do to make a communal change?
Data Gathering & Analysis
The North Campus

- Education Center
  - Aquaponics
  - Little Free Library & Pantry
- Decatur Urban Farm
- Community Garden
  - Chicken Coop
  - Community garden plots
City Sprouts South

- Internships
- Classes
- Free Farm
City Sprouts Programs

● Little Sprouts
  ○ Age 3 - 7

● Garden-to-Table (G2T)
  ○ Middle Schools

● Truck Farm Omaha (TFO)
  ○ https://vimeo.com/41803193

● CommuniTEA and COFFEE
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<tr>
<th>MAY</th>
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<th>Details</th>
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<tbody>
<tr>
<td>3</td>
<td>Backyard Chickens Workshop // Taller de pollos</td>
<td>Thurs 18:00 · 49 guests</td>
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<td>5</td>
<td>Mother's Day Make &amp; Take Tea Party</td>
<td>Sat 15:00 · 79 guests</td>
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<td>9</td>
<td>Focus on Growing Tomatoes</td>
<td>Wed 18:00 · 38 guests</td>
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<td>10</td>
<td>Seed Saving 101 Workshop // Taller del ahorro</td>
<td>Thurs 18:00 · 33 guests</td>
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<td>16</td>
<td>Summer Planting Workshop</td>
<td>Wed 18:00 · 67 guests</td>
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<td>Lilac Happy Hour - Omaha Gives!</td>
<td>Wed 16:00 · 43 guests</td>
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<td>24</td>
<td>Natural Weed and Pest Control Workshop // Taller de control de malezas</td>
<td>Thurs 18:00 · 62 guests</td>
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<td>26</td>
<td>Spring Fling!</td>
<td>Sat 17:00 · 27 guests</td>
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<td>31</td>
<td>Exploring the Papio-Missouri Watershed</td>
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<td>Making Tinctures</td>
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<td>Making Tinctures Workshop // Taller: Fabricando tinturas</td>
<td>Thurs 18:00 · 102 guests</td>
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<td>Canning Jams and Jellies</td>
<td>Sat 13:00 · 95 guests</td>
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<td>Canning Jams and Jellies</td>
<td>Wed 18:00 · 76 guests</td>
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<td>Summer Solstice</td>
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<td>Building a Solar Dehydrator Workshop // Taller de construir un deshidratador solar</td>
<td>Thurs 18:00 · 56 guests</td>
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Personal Involvement
Our First Visit
Our Second Visit
Our Third Visit
Earth Day

Elmwood Park
At April 21
WWW.EARTHDAYOMAHA.ORG

Tiffany Web and Monae Web, 6, right, check out a demonstration on urban chicken farming during Saturday's event. The day included activities for children as well as for adults.
Our Fourth Visit
Diverse Human Identities & Cultures
Populations Served

● Youth
  ○ Programs: Little Sprouts, Garden-to-Table, Food Truck Omaha
  ○ Paid Summer Internship (Age 15 – 20)

● Adults and Families
  ○ Free Workshops
  ○ CommuniTEA and COFFEE

● Community
  ○ Partnerships
North Omaha Demographics

Educational Attainment (%)

Median household income in 2016:
North Omaha: $41,793
Omaha: $52,672

Average household size:
North Omaha: 5.7 people
Omaha: 2.5 people

Percentage of married-couple families (among all households):
Here: 35.1%
Omaha: 41.6%

Percentage of married-couple families with children (among all households):
North Omaha: 20.5%
Omaha: 27.2%

Percentage of single-mother households (among all households):
North Omaha: 20.1%
Omaha: 9.3%
Alternative Solutions
Public Policy

- Problem: Omaha is one of the largest lead superfund sites
  - 2003 – 27 sq. mile region in Omaha added to the National Priorities list for lead contamination
- Lead can be transferred from the soil to the produce
- City Sprouts partnered with UNL students
  - Measured lead content in the community garden
    - Results: concentration of lead was below action limit
  - Lead hyperaccumulating plants can reduce the uptake of lead in certain vegetables
- City Sprouts and other organizations can partner together to create new policies regarding urban agriculture
Other Solutions

- Target food for direct consumption
  - Rather than animal feed and non-food uses
- Reduce food waste
- Farm vertically with use of hydroponics
  - Singapore - Sustenir Agriculture
  - “Utilising 4 sq ft of space, an indoor climate-controlled cultivator (akin to a wine fridge) is capable of growing up to 50 kg of pesticide-free vegetables and herbs in a year”
Questions???


City Sprouts Omaha Retrieved April 06, 2018, from http://www.omahasprouts.org/about


Ursch, B. (2017, October 5). It's not just plants that thrive: City Sprouts interns tend to crops, earning and learning all summer. Omaha World Herald.