



2010 LOCAL FOOD GUIDE

CLEVELAND - CUYAHOGA COUNTY FOOD POLICY COALITION

2010 is the first year that the Cleveland-Cuyahoga County Food Policy Coalition (CCCFPC) has produced a Local Foods Guide for residents of Cuyahoga County. Facilitated and developed by the CCCFPC's Health and Nutrition Working Group, the guide is a compilation of local foods information and resources to assist in easily and successfully navigating the Northeast Ohio local foods scene. Whether it is connecting consumers to local farmers or informing them on innovative food policies unique to our region, the Local Foods Guide embodies the mission of the CCCFPC: "To promote a healthy,

equitable, and sustainable food system in the City of Cleveland and Cuyahoga County." Please visit our website,

<http://cccfoodpolicy.org>, for additional resources and for a PDF version of this guide.

FOOD FACT:

When we talk about servings of fruits and vegetables, we are

referring to:

- One cup of cooked or raw vegetables
- Two cups of leafy greens
- 1 small piece of fruit
- 1 cup of 100% fruit or vegetable juice
- 1 cup of fresh, frozen or canned fruit
- ½ cup of dried fruit



Photo by: Carolyn Hodges

Nutrition

When it comes to fruits and vegetables, it is easy to make excuses as to why we are not getting enough of these valuable foods into our diet:

"They cost too much!"

"There is no way I can get 5-9 servings of fruits and vegetables in my diet each day!"

These statements all have some truth, but do not have to be the deciding factor in whether or not we choose fruits and vegetables. Let's dispel some of the popular myths that surround these nutrient-rich, versatile foods so that we can buy more, eat more, and

Fruits and vegetables have it rough. We are living in a world where an entire hamburger can be purchased for \$1 (or lower) and entire meals can be purchased for under \$3. Financial challenges do make it difficult to eat the right foods.

Fortunately, Ohio's growing season provides many opportunities at farmers' markets, CSAs, and urban farms for consumers to get fresh, local food at lower prices. Plus, foods sourced locally are of a higher quality and will last longer than foods that are grown 1500 plus miles away and shipped to Northeast Ohio.

not have to be fresh: frozen fruits and vegetables, as well as canned fruits and vegetables, are packed with vitamins and minerals and are excellent substitutes in cooking.

Some consumers feel they need to buy more **organic** fruits and vegetables to stay healthy. Limited food dollars are better spent on improving the overall quality of the diet and not necessarily on organic food products. There is no conclusive evidence that organic foods are more nutritious than conventional foods. In other words, you will get just as much vitamin A from an organic carrot as you will from a conventional carrot!

Cost-Benefit of Fruits and Vegetables: Something to Consider:

Often, buying more fruits and vegetables is as easy as taking a look at your food budget and determining where you could buy less of other food items to afford more nutritious foods. Also, because we know fruits and vegetables play an important part in disease prevention and weight loss, we can look at buying fruits and vegetables as an investment in our health.

"There is no way I can get 5-9 servings of fruits and vegetables in my diet each day."

Asking people to eat 5-9 servings of fruits and vegetables each day can be very overwhelming—particularly if these foods are not a favorite choice. It is important to set small goals for ourselves and our families when eating more fruits and vegetables. If you are eating none of these foods,

going from zero to two servings each day is a great start.

Next, look at your meals and see where you could potentially add fruits and vegetables. Could you have a banana or berries with your cereal at breakfast? What about a small side salad with lunch or a cup of carrots or celery? Spaghetti, pizza, casseroles, and soups are good places to add vegetables at dinnertime. Sometimes, savvy cooks can even "sneak" vegetables into dishes at dinner so that picky children cannot taste hidden vegetables.

Color and variety are very important in buying and eating fruits and vegetables. Each color of fruits or vegetables provides different health benefits and a varying array of vitamins and minerals. Please visit <http://www.fruitsandveggiematter.gov/> for more information on colors, nutrient content, recipes, and storage and preparation instructions.

While it may be tempting to just not choose fruits or vegetables, telling yourself you are "saving money" or "it will be too hard to eat everything you need anyway," please remember: it doesn't have to be difficult, time-consuming, or costly. Northeast Ohio has many options that make healthy eating easy, fun to prepare, and low-cost.

*This piece was written by Lauren Melnick, a registered dietitian with The Ohio State University Extension.



Photo by: Carolyn Hodges

get healthy:

"They cost too much!"

Area grocery stores have weekly specials on fresh foods, and it is a good idea to check your store's circular for those deals. Also, the food does



Books on Local Food

Animal, Vegetable, Miracle: A Year of Food Life (Barbara Kingsolver)

Coming Home to Eat: The Pleasures and Politics of Local Foods (Gary Paul Nabhan)

Bringing it to the Table: On Farming and Food (Wendell Berry)

Edible Schoolyard: A Universal Idea (Alice Waters)

Slow Food Nation: Why Our Food Should be Good, Clean and Fair (Carlo Petrini)

Closing the Food Gap: Resetting the Table in the Land of Plenty (Mark Winne)

Remaking the North American Food System: Strategies for Sustainability (C. Clare Hinrichs and Thomas A. Lyson)

In Defense of Food (Michael Pollan)

The Omnivore's Dilemma (Michael Pollan)

Cookbooks and Guidebooks

- *Local Flavors: Cooking and Eating from America's Farmers' Markets* (Deborah Madison)
- *EatingWell in Season: A Farmers' Market Cookbook* (The Editors of EatingWell Magazine)
- *Fresh From the Farmers' Market: Year-Round Recipes for the Pick of the Crop* (Janet Kessel Fletcher)
- *Simply in Season: Recipes that Celebrate Fresh, Local Foods in the Spirit of More-with-Less* (Cathleen Hockman-Wert and Mary Beth Lind)
- *Cook Food: A Manualfeasto for Easy, Healthy, Local Eating* (Lisa Miya-Jervis)
- *From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce* (Madison Area CSA)
- *How to Store Your Garden Produce: The Key to Self-Sufficiency* (Piers Warren)
- *The Locavore's Handbook: The Busy Person's Guide to Eating Local on a Budget* (Leda Meredith and Sandor Ellix Katz)
- *Eat Where You Live* (Lou Bendrick)
- *Clean Food: A Seasonal Guide to Eating Close to the Source* (Terry Walters)

Get out your bookmark-

In making this guide we covered many topics related to local food. If you want to learn more about local food and what it means for your health, your kitchen, your family and your community, there are lots of great books available with more information. To the right is a list of some of our favorites.

FOOD FACT: Established in 2008, Gardening for Greenbacks is a grants program for urban farmers managed by the City of Cleveland's Department of Economic Development. For info., call 216-664-3622.

Canning & Preserving

Food preservation is making a big comeback thanks to a renewed interest in home gardening, a trend towards healthier eating, the local food movement, and a downturn in the economy. Food preservation is the process of treating or handling food to stop or greatly slow down the spoilage. Food preservation methods include freezing, drying, canning, pickling, curing and fermentation. "Last year we had to add a workshop in Cuyahoga County to handle the demand," says Marisa Warrix, Ohio State University Extension Educator, Family and Consumer Sciences, Cuyahoga County.

To schedule a workshop on canning and freezing, please contact Marisa Warrix at 216-429-8217 or warrix.1@osu.edu. In addition to offering canning workshops, extension offices have equipment to help home enthusiast check the gauges on pressure canners to determine if they are calibrated properly. A pressure canner is required for safely canning low- acid foods. Consumers may also e-mail or call with questions.

The National Center for Home Food Preservation is an additional source for current research-based recommendations for methods of home food preservation. The site includes:

- * instructions
- * videos
- * recipes

Please visit:

USDA Home Food Preservation Center
www.uga.edu/nchfp

&

OSU Extension, Cuyahoga County

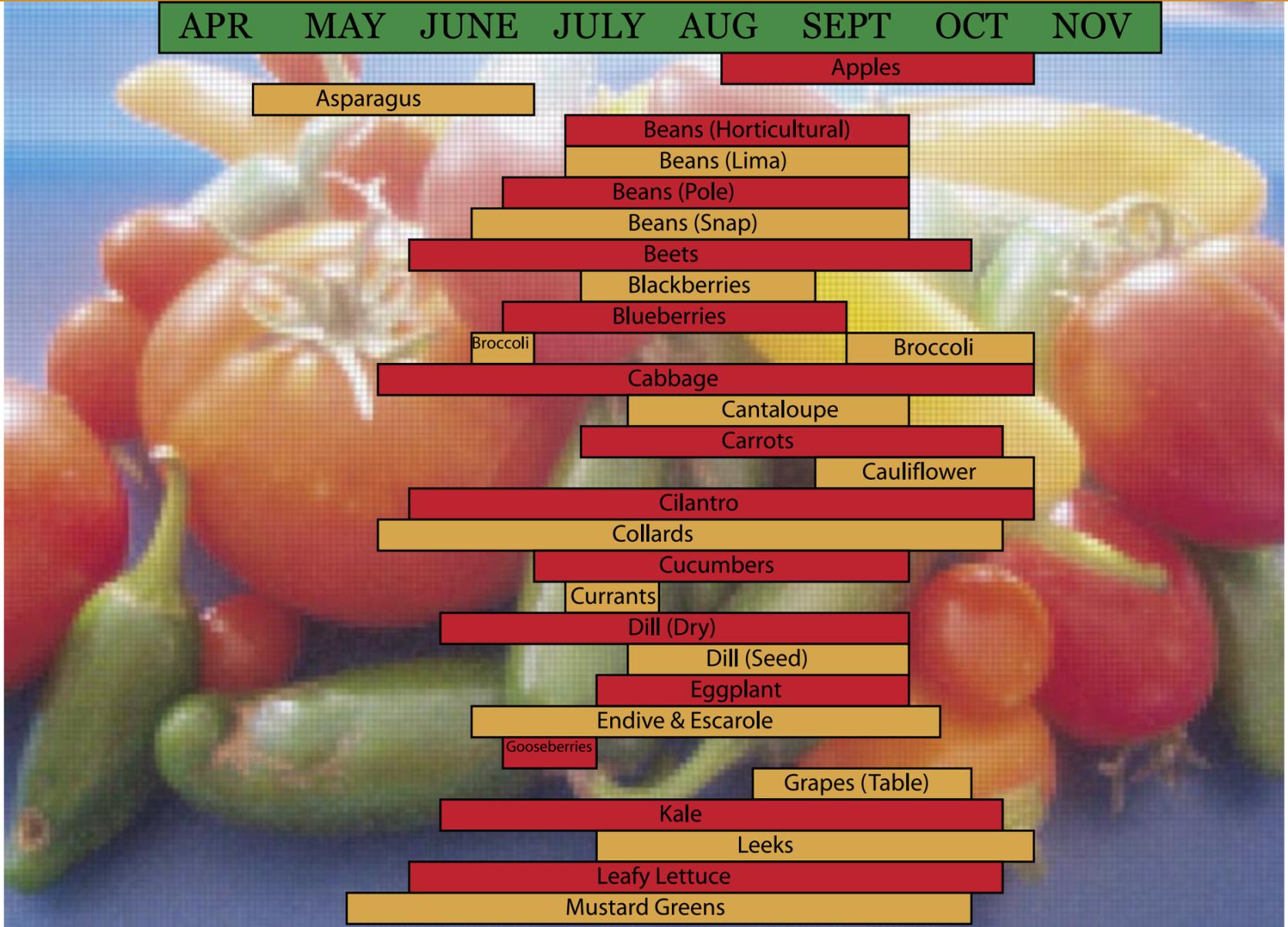
<http://cuyahoga.osu.edu>

for more information online.

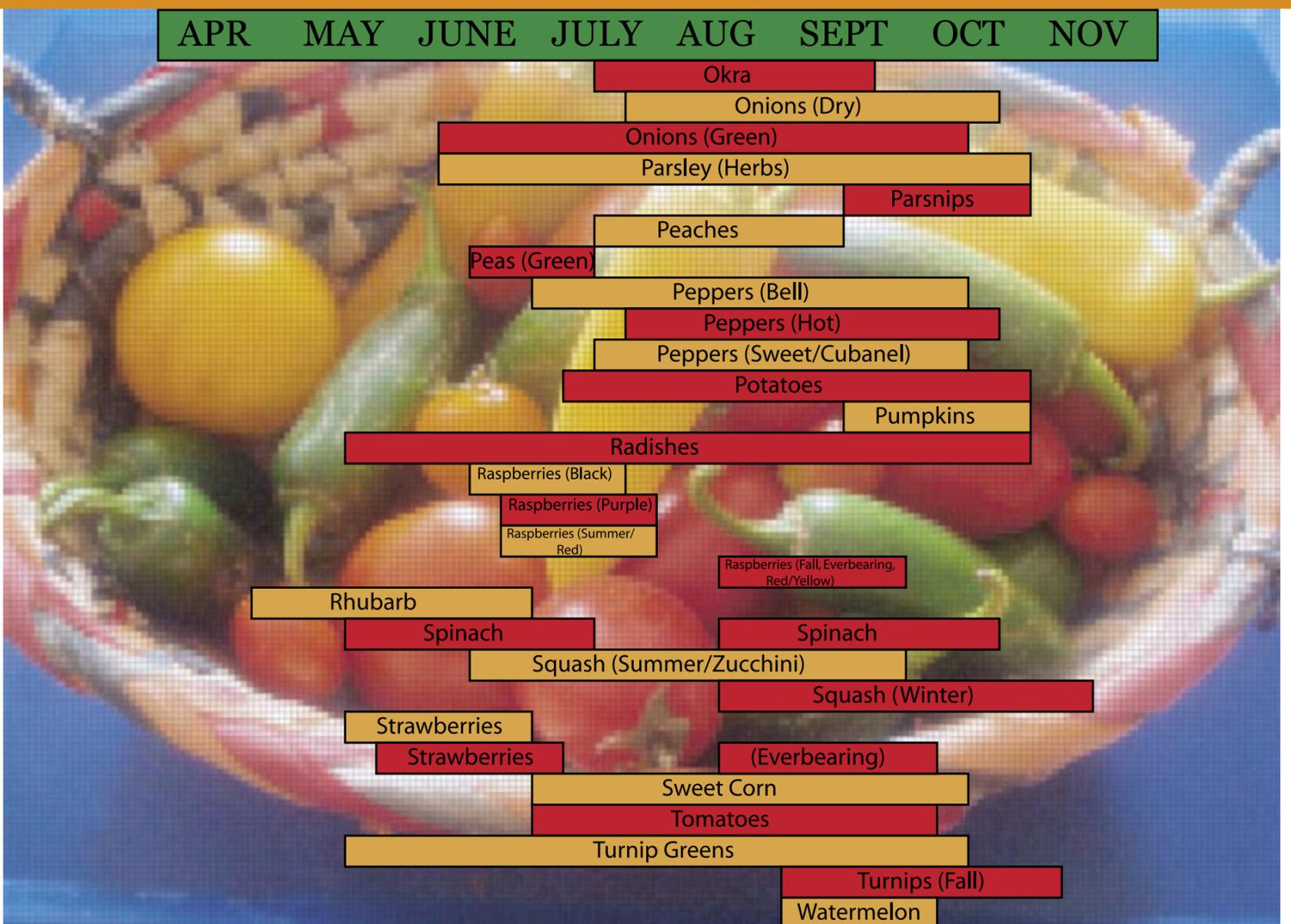
FOOD FACT: By rinsing the excess salt off of canned vegetables and choosing fruits canned in 100% juice, consumers eliminate excess salt and sugar.

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Ohio Fruit & Vegetable Harvest Guide



One of the best ways to support local food is to buy produce that can be easily grown within the climate of Northeast Ohio. An example of this would be eating more spinach and lettuce in the spring and purchasing tomatoes in the middle of summer when they are “in-season”. Buying foods in-season will go a long way toward supporting the farmers of our region that work to put food on our plates. Despite our region’s brutal winters, there are plenty of ways that we can eat within the season throughout the winter months. Foods such as potatoes, beets, squash, and cabbage can be stored or harvested in ways that keep them fresh throughout the winter. Cold-loving salad crops like lettuce, arugula, and spinach also do well in the winter if they are protected from the elements with a greenhouse or a hoop house (a low-cost unheated greenhouse that is covered with plastic). If you are interested in supporting local food, eating seasonal foods is a great way to start. Please check out the harvest schedule of some of the common crops grown in Ohio to see when you can pick them up at a nearby farmers’ market or farm stand.



Farmers' Markets

Often held outdoors in public spaces, farmers' markets bring together vendors that sell vegetables, fruit, meat, cheese, honey, bread and much more. Produce sold at farmers' markets is usually picked the day of the market. This process not only guarantees freshness, but also ensures that shoppers will get the tastiest product possible. In addition to improved quality, farmers' markets open up new relationships between consumers and producers. Food is sold close to where it is grown, many of the vendors that sell at farmers' markets are the farmers themselves! Giving buyers the opportunity to meet and build relationships with growers is one of the more unique aspects of farmers' markets. Increasing in popularity, more markets have popped up yearly in Northeast Ohio, including the recent addition of new farmers' markets in urban neighborhoods throughout Greater Cleveland. Take a look at the list below and find a market near you!

FOOD FACT:

Electronic Benefits Transfer (EBT) for Ohio Food Assistance recipients is accepted at a growing number of Cuyahoga County markets; including Tremont, Coit Road, Kamm's Corners, Downtown at Public Square, Warszawa, North Union at Cleveland Clinic, North Union at Cleveland State University and North Union at Lakewood. More markets are expected to obtain EBT access by the end of the season.



Photo by: Carolyn Hodges

DOWNTOWN

Burke Lakefront Airport Farmers' Market

501 N. Marginal Road, Cleveland
Thursdays 11:30am - 2:30pm
June 18 - Oct. 29
SV

Downtown Farmers' Market at Public Square

Northeast Quadrant of Public Square at Rockwell and W. Roadway, Cleveland
Fridays 11am - 2pm
July 9 - Oct. 30
W, SV, [EBT](#), RTA

EAST

Blue Pike Farm Market

900 E. 72nd St. btw St. Clair & I-90, Cleveland
Thursdays 4pm-7pm
June 11 - Oct. 30
(216) 373-9461 or
www.bluepikefarm.com
SV, RTA

Chagrin Falls Market: North Union Farmers' Market

N. Main St & N. Franklin St., Chagrin Falls
Sundays 10am - 1pm
June 6 - Oct. 24
(216) 751-7656 or
www.northunionfarmersmarket.org
SV

Cleveland Clinic: North Union Farmers' Market

E. 100 St. and Carnegie, Cleveland
Wednesdays 10:30am-2:30pm
June 2 - Oct. 6
(216) 751-7656 or
www.northunionfarmersmarket.org
W, SV, [EBT](#), RTA

Cleveland State University: North Union Farmers' Market

East 19th St. and Euclid Ave., Cleveland
Wednesdays 10:30am - 1:30pm
May 13- Oct. 2
(216) 751-7656 or
www.northunionfarmersmarket.org
W, SV, [EBT](#), RTA

Coit Road Farmers' Market

1500 Woodworth Rd., East Cleveland
Saturdays & Wednesdays
8am-1pm All Year round
Mondays 4pm-8pm
July - Oct.
(216) 249-5455 or
www.coitmarket.org
W, SV, [EBT](#), RTA

Euclid Community Farmers' Market

Shore Cultural Center
291 E. 222nd St., Euclid
Fridays 4pm-8pm
July 11 - Oct. 31
(216) 289-8656
SV, RTA

Indoor Winter Market at Shaker Square

13209 Shaker Square, Cleveland
Saturdays 9am-12pm
Jan 9 - Mar. 27
(216) 751-7656 or
www.northunionfarmersmarket.org
SV, RTA

Shaker Square Market: North Union Farmers' Market

13209 Shaker Square, Cleveland
Saturdays 8am-12pm
April 3 - Dec. 18
(216) 751-7656 or
www.northunionfarmersmarket.org
SV, RTA

Warszawa Farmers' Market

Kenyon Ave and East 65th St., Cleveland
Mondays 6pm- 8:30pm
June 7 - Oct. 25
[EBT](#), RTA

WEST

Crocker Park Market: North Union Farmers' Market

Crocker Park Blvd., Westlake
Saturdays 9am-1pm
April 10 - Nov. 20
(216) 751-7656 or
www.northunionfarmersmarket.org
SV

Gordon Square Farmers' Market

West 65th St. and West Clinton St., Cleveland
Saturdays 9am-1pm
July 5 - Oct. 25
(216) 233-8300 or
ward17farmersmarket@gmail.com
SV, RTA, WIC

Kamm's Corners Farmers' Market

W. 168th & Lorain Ave., Cleveland
Sundays 10am-2pm
June 7 -Oct. 25
(216) 252-6559 or
www.kammscorners.com/farmersmarket
W, SV, [EBT](#), RTA

Kamm's Corners Indoor Farmers' Market

Cretan Center 3853 West 168th St., Cleveland
Second Sunday of the Month
10am- 2pm
Nov.-May
(216) 526-3803 or
www.kammscorners.com/farmersmarket
W, SV, [EBT](#), RTA

Lakewood Farmers Market

Detroit Ave. and Warren Ave., Lakewood
Saturdays 9am-1pm
June through Oct.
(440)364-2295 or
<http://lakewoodfarmersmarket.blogspot.com>

Lakewood Market:

North Union Farmers' Market
15300 Detroit Ave., Lakewood
Wednesdays 10am-1pm
June 2 - Sept. 29
(216) 751-7656 or
www.northunionfarmersmarket.org
W, SV, [EBT](#), RTA

Tremont Farmers' Market

Lincoln Park: West 14th St. and Starkweather, Cleveland
Tuesdays 4:30pm-7:30pm
June 16 - Oct. 20
(216) 575-0920 or
www.tremontfarmersmarket.com
W, SV, [EBT](#), RTA

SOUTH

Sterns Homestead Farmers' Market

6975 Ridge Road, Parma
Saturdays 9am-1pm
June 19 - Oct. 30
(440) 882-6234 or
<http://stearnshomestead.com>

Strongsville Farmers' Market

Strongsville Town Commons
Pearl & Royalton Rd.,
Thursdays 2pm-6pm
Aug. 7 - Oct. 2
(440) 580-3276
SV, RTA and local market managers

Source: Local Food Cleveland:
www.localfoodcleveland.org/farmersmarkets and local market managers.

Year Round/Winter inclusive Market
W = WIC - Woman Infant Children's Farmers' Market Coupons
SV = Senior Farmers' Market Nutrition Program Coupons
[EBT](#) = Ohio Direction Card
RTA = Public transit accessible

FOOD FACT: The real price of fresh fruits and vegetables has risen 84% since 1980, while the real price of fats and oils has dropped 42%. (Source: U.S. Bureau of Labor Statistics, 2008)

Community Gardens



Ithaca Court Community Garden in Cleveland's Detroit- Shoreway neighborhood.

There are more than 250 community gardens in Cuyahoga County and over 4,000 residents dedicated to their care. These gardens are important community assets, providing neighbors with space to grow nutritious produce and strengthen social ties. Ohio State University Extension, Cuyahoga County (OSUE) provides this network of gardeners with the information and support necessary to create and maintain thriving, healthy people and places.

Summer Sprout is the community gardening program in the City of Cleveland. There are currently about 150 gardens in the program located in all corners of the City. The gardens are extremely diverse; ranging in size, atmosphere, and number/diversity of community partners involved. Gardens in the program are eligible to receive seeds, starter plants, soil tests, and soil, humus and lumber for raised beds if necessary, as well as research-based education from OSUE. If you would like to join or start a community garden please visit the OSUE website for the 2011 Summer Sprout Application at <http://cuyahoga.osu.edu>.

The Suburban Community Gardening Program of OSUE serves the municipalities in Cuyahoga County outside the City of Cleveland. With generous funding from the George Gund Foundation, OSUE partners with interested new community gardens in suburban cities, with a focus on cities that border the city of Cleveland, by providing technical assistance and education; in addition, first-year start-up materials and services are available by a competitive application process. Their goal is to increase access to fresh, healthy produce, foster community stewardship, and encourage intergenerational relationships by facilitating the establishment of sustainable community gardens. To date, the Suburban Program has helped to establish approximately 45 community gardens in 16 municipalities throughout Cuyahoga County.



Great Gardening Books:

- **Square Foot Garden** (Mel Bartholomew)
- **Carrots Love Tomatoes: Secrets of Companion Planting for Successful Gardening** (Louise Riotte)
- **Let It Rot! The Gardeners Guide to Composting** (Stu Campbell)
- **The Organic Gardener's Handbook of Natural Insect and Disease Control** (Barbara W. Ellis and Fern Marshall Bradley)

INNOVATION

Food Policy is **any decision made by a government agency, business, or organization which effects how food is produced, processed, distributed, purchased and protected.** For this reason, even slight changes in food policy can positively affect not only the way we eat and what we eat, but also our physical health and the culture surrounding food. You don't have to look any further than the school lunch room to see evidence of how food policy impacts our lives-- even from an early age.

Because of the hard work and advocacy of the Cleveland-Cuyahoga County Food Policy Coalition (CCCFPC), Cuyahoga County has become a leader in creating and implementing innovative food policy. The following are just a few examples of local legislation that has been driven by CCCFPC members and local government:

City of Cleveland: Restrictions on the Keeping of Farm Animals and Bees ("Chicken and Bees" legislation)

Legislation passed in February 2009 permits City of Cleveland residents the ability to keep chickens, bees and small livestock on their property. In an effort to promote sustainable practices of producing food, the "chicken and bees" legislation allows for City residents to have: up to six chickens or ducks per residential lot (must be housed in the backyard in a predator-proof coop setback several feet from a neighbors' property); up to two beehives on an average residential lot; and larger animals, such as goats, pigs, geese and sheep on one-acre lots.

City of Cleveland: Urban Garden District Zoning (UGDZ)

On June 30, 2007, the City of Cleveland passed legislation to create zoning for urban agriculture. The purpose of creating the UGDZ classification is to ensure that gardens have a level of protection from the potential of conventional development projects, such as housing and retail. The zoning classification also allows innovative accessory uses like hoopouses, composting toilets, farm stands and eases fencing restrictions. The UGDZ classification will help protect access to fresh produce and is the first zoning legislation of its kind in the nation.

City of Cleveland: Local Producer, Local Food Purchaser, and Local Sustainable Business Ordinance

FPC members worked with the Office of Cleveland Mayor Frank Jackson, Cleveland City Council, City of Cleveland Office of Sustainability and the Office of Equal Opportunity to create the Local Producer, Local Food Purchaser, and Local Sustainable Business Ordinance, which was passed by Cleveland City Council and signed into law by Mayor Jackson in

April 2010. This ordinance provides bid incentives for City of Cleveland contracts for local, sustainable businesses and businesses that purchase local foods. Under this ordinance, local foods are defined as those processed or grown within a 150 mile radius of Cleveland in Ohio. Vendors' proposals must include a commitment to procuring 20% of their food locally. This ordinance is the first local food purchasing policy using bid incentives in the U.S.

For more information on local policy, recommended websites include:

Green City, Blue Lake: www.gcbl.org

Local Food Cleveland: www.localfoodcleveland.org

City of Cleveland website: www.city.cleveland.oh.us

Cleveland-Cuyahoga County Food Policy Coalition: www.cccfoodpolicy.org

Urban Farms

Ohio is fortunate to have farmland that can contribute to our food needs. However, as we move away from the rural parts of our state and toward urban centers, the amount of usable land for farming decreases. With that said, there has been a small, yet powerful, movement to develop urban farms in many Ohio cities. Northeast Ohio's largest urban center, Cleveland, is a prime example of a municipality that has worked to develop agriculture in the city. The physical and political environment in Cleveland has been just right for this type of movement; the approximately 3,300 parcels of vacant land in the City limits, and the poor access to conventional fresh food that many Cleveland neighborhoods experience have both helped support the rapid growth of agriculture in Greater Cleveland. As entrepreneurs have turned to the land for new opportunities, the number of urban farms in Northeast Ohio will continue to grow each year. Below are the urban farms that were operational as of June 2010, but keep your eyes peeled since there will be more farms popping up this summer!

Bay Branch Farm

2027 Lark Street
Lakewood
Annabel Khouri
Eric Stoffer
<http://baybranchfarm.com>

Beyond Basil

Lakewood
Cindy Bischof-Steinbrick
216-529-9847
info@basilandbeyond.com

Blue Pike Farm

East 72nd St. and Saint Clair Ave.
Cleveland
Carl J. Skalak Jr.
216-881-4624 or 440-391-4624
blue.pike.farm@gmail.com

Central Roots

East 59th Street and Thackeray Avenue
Cleveland
Todd Alexander
Matt Pietro
Sarah Sampsell
330-283-5717

Clear Lake Farm

1227 Ansel Road
Cleveland
Michael and Veronica Walton
216-375-4410
mikewalton@neosolutionsnetwork.org

Devil's Backbone Market and Education Garden

West 138th Street and San Diego Ave.
Cleveland
Lynn Rodemann
<http://devilsbackbone.wordpress.com>

Dunham Market Garden

6709 Euclid Avenue
Cleveland
Jay Szabo
216-276-0540
dunhamgarden@gmail.com

EcoVillage Produce

1989 W. 58th Street
Cleveland
Barbara Strauss
216-961-1036
produce@ecovillageproduce.com

Esperanza Learning Farm*

2922 West 25th Street
Cleveland
216-721-1600
greencorps@cbgarden.org

Fairfax Learning Farm*

East 79th Street and Amos Avenue
Cleveland
216-721-1600
greencorps@cbgarden.org

Garden Boyz

East 35th Street and Cedar Avenue
East 76th Street and Cedar Avenue
Cleveland
Sharon Glaspie
216-241-5626 or 216-571-1266
sharon.glaspie@csauh.com

Gather 'round Farm/ Thymekeepers

3919 Lorain Avenue
Cleveland
gatherroundfarm@yahoo.com
<http://gatherroundfarm.webs.com>

Hooper Farm

2835 West 11th Street
Cleveland
Erich Hooper
216-861-5224
hooper.farm@yahoo.com

Lonnie Burten Learning Farm*

East 46th Street and Quincy Avenue
Cleveland
216-721-1600
greencorps@cbgarden.org

Ohio City Farm

West 24th Street and Bridge Avenue
Cleveland
216-781-3222
info@ohiocityfarm.com
www.ohiocityfarm.org

Old Husher's Farm

West 130th St. and Sprecher Rd.
Cleveland
Justin Husher
<http://thegardenlifeandtimesofjustinhusher.blogspot.com/>

Slavic Village Learning Farm*

East 54th Street and Fleet Avenue
Cleveland
216-721-1600
greencorps@cbgarden.org

Sprout City

1227 Ansel Rd
Cleveland
Michael and Veronica Walton
216-375-4410
mikewalton@neosolutionsnetwork.org

Stanard Farm

East 53rd Street and Stanard Avenue
Cleveland
Rich Hoban at Cuyahoga County Board of Developmental Disabilities
hoban.richard@cuyahogabdd.org

Tremont Urban Food Systems

Clark Avenue at West 16th Street
Merrick House
216-771-5077
tremont_urban_gardens@yahoo.com

If you have any additions or suggestions for our 2011 edition, please let us know. Contact us through our website at: <http://cccfoodpolicy.org/contact-us>



Matthew Pietro and Sarah Sampsell of Central Roots at Stanard Farm in Cleveland.

Urban Growth Farms

2049 West 48th Street
Cleveland
Virginia Houston
Peter McDermott
<http://urbangrowthfarms.com>

Yellow House Learning Farm*

1945 East 66th Street
Cleveland
216-721-1600
greencorps@cbgarden.org

* = Cleveland Botanical Garden
Green Corps Learning Farm
To find out where to buy Green Corps produce go to http://www.cbgarden.org/green_corps.html

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THANK YOU!

