

# Healthy Kids Healthy Communities

Building Healthier Tomorrows

A Healthy Kids New Mexico publication

Fall 2015



## Produce to People

Jicama, avocados, tomatoes, squash, mangoes. Low-income residents of a food-desert area in Clovis are now receiving fresh produce at no cost. Fresh produce that would otherwise go to waste.

**Produce to People** is a free farmer's market that recently emerged through a partnership between the Food Bank of Eastern New Mexico, Curry County's Cooperative Extension ICAN program, and Healthy Kids Curry County. The Food Bank receives commodity and perishable fresh produce on a monthly basis, but it's often too much food to go around. In strategizing a way to get the produce to people who need it, the idea of a free farmers' market was born.

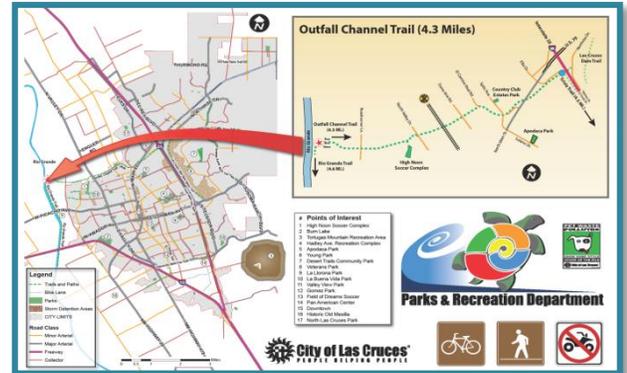


L: Residents choosing zucchini at the November Produce to People Market; R: ICAN nutrition educator Zandy Bunch providing fall soup tasting demo

*(Photos from Kristie Garcia, NMSU Associate Communications Specialist)*

The market was initially slated to occur every other month. But, since the need and demand has been so high, the Food Bank has set aside a day each month to hold the market. At the inaugural event in September, 2,400 pounds of fresh produce was distributed. In October, this number was up to 8,400 pounds! Over 200 families walked away with an average of 40 pounds of produce per family. Zandy Bunch, Curry's ICAN nutrition educator, provides cooking demonstrations at each monthly event and hands out recipes with featured produce to families that attend.

Based on these early successes, the Food Bank of Eastern New Mexico is looking forward to operating a year-round market. The event is advertised to community members via local newspapers, radio stations, flyers, and social media. Even the Farm Bureau is on board; employees come out and supplement the volunteer power to ensure Produce to People is able to continue providing fresh fruits and vegetables to low-income residents in Curry County on an ongoing and regular basis.



## The Evolution of the Built Environment: Las Cruces

When Healthy Kids Las Cruces started, there were 10 miles of trails and bike lanes across the city. If you happened to take a stroll or bicycle ride around Las Cruces today, you would have more than 30 miles of off-road trails and 70 miles of bike routes to choose from. You would also have access to wayfinding signage should you wish to locate yourself in relation to community points of interest, local parks, nearby roads, safe routes to school, and other trails in the city network.

Las Cruces' extensive trail system didn't spring up in a matter of months or years. Like many communities, Las Cruces had a vision for creating and increasing connectivity many years ago. It's taken time, money, and a little push from Healthy Kids Las Cruces (HKLC) for the trails to become reality. HKLC has worked hard to foster relationships among different sectors and organizations that never aligned their missions before, and HKLC has emphasized sustainable changes despite the investment upfront.

*"They are game-changing improvements to whatever we do. It's not worth our time, energy and resources to focus on band-aid improvements. The approach is so important and is the main reason why our program has been so successful,"* said Andy Hume, who is one of the founding members of Healthy Kids Las Cruces' built environment coalition and the downtown coordinator for the city's Community Development Department.

# A Quick Guide on How to Map Your Community

City planners have expertise in mapping the built environment, and many are happy to be involved when it comes to mapping trails in your community. But, did you know you can do this very easily using Google Maps? Below is a step-by-step tutorial to help you get started. To begin, you must have a Google account. If you don't, you can create one.

- 1) Log into your Google account and go to [maps.google.com](https://maps.google.com).
- 2) Click on **My Maps** (under **Menu**, three horizontal bars left of search bar).
- 3) Click on **Create Maps** (bottom of My Maps sidebar window) – this will take you to a new tab called Untitled Map.
- 4) Enter your zip code in the search window to zoom into your community.
- 5) Add a title to your map by clicking on **Untitled Map** and changing the name in the open dialogue box. You can also add a description here.
- 6) Next, add a layer. Click on **Untitled Layer** and enter a name such as **Places**. Add a second layer by clicking **Add Layer** in the gray bar. Name it **Trails**.
- 7) Make sure only your Places layer is checked. Click on **Add Marker** (located in toolbar under the search bar. The icon looks like a balloon).
- 8) Place your marker(s) on key locations of interest in your community (schools, parks) and name them accordingly.
- 9) To customize your new markers, hover your mouse over the paint can icon next to each marker in your Places layer. You can change the color and the shape. Other options appear by clicking on **More Icons**. You also have the option to add photos to your markers.
- 10) To create a walking route between your markers, click on **Draw Line** (located in toolbar under search bar) and **Add walking route**. This option uses the road system. It will also create a new map layer.
- 11) For trails that don't follow the road system, click **Add line or shape** and free hand your line. To make it curved, zoom in and put your points close together to create the curve. The new line will appear in the **Trails** layer you created in step 6. Name and customize your line by using the paint can (step 9). Click on your line to see the mileage. You also have the option to add photos.
- 12) **Base map** at the bottom of the sidebar window allows you to choose your view. Click on Satellite for topography (the road system is the default).
- 13) Click on **Share** (in the gray bar next to Add Layer). Here you have the option to share your map with your partners.
- 14) Play around and customize! Several of our HKHC communities have created simple easy-to-use maps using the steps above for planning purposes, to build connectivity, and to share progress with their community.

## Join us for our next HKHC Quarterly Gathering!

**When:** Tuesday January 19<sup>th</sup> – Thursday January 21<sup>st</sup>



**Where:** Santa Fe, location to be determined

## SNAP-Ed News:

As of October 1, 2015, the Obesity, Nutrition and Physical Activity Program officially began administering the \$3.6M SNAP-Ed program. To get the ball rolling, HKHC convened a regional meeting on October 21<sup>st</sup> in collaboration with Cooperative Extension to explore points of intersection and brainstorm how to implement obesity prevention strategies in SNAP-eligible schools and low-income communities across the state.