

Eat Well Focus Team Action Plan 2025

Vision- Everyone is food secure and healthy eating is the norm in our city

Mission- To unite the City of Kingston in developing and sustaining a locally based, resilient food system for all

Values- Inclusion, Resiliency, Community, Environment, Participation and Empowerment



Goal #1	Objective	Strategies	Tactics	Status
Foster a collaborative, supportive network of food security and healthy eating stakeholders focused on Kingston	85% of Eat Well members surveyed agree that participation in the focus team helps them reduce silos	1.a: Host educational and networking meetings	<ul style="list-style-type: none"> Recruit presenters from local, statewide, and national agencies working on food and nutrition Host meetings in-person at partner locations, when possible, including with Grow Well at a community garden Offer networking opportunities with member agencies about upcoming programming and potential funding Build in regular feedback loops through annual Eat Well participation survey 	<ul style="list-style-type: none"> February 11, 2025- KCS D Food Service + Farm to School April 8, 2025: Joint meeting with Grow Well June 10, 2025: Ulster County Food System + Food System Plan August 12, 2025: Food Access Update + 2026 Planning October 14, 2025: HV SCN + 2026 Action Plan & Policy Platform August- 2026 Planning Survey (n=7)
	Increase meeting attendance on average by 25%	1.b: Convene working groups and/or subcommittees as needed	<ul style="list-style-type: none"> List working groups/subcommittees on EWK page Food Waste Mitigation Working Group Culinary Nutrition Subcommittee 	<ul style="list-style-type: none"> Updated website to include the Action Plan and information about subcommittees Food Waste Mitigation Working Group has concluded following the printing of the posters Policy Subcommittee continues to meet (see dates & details under Goal #2)
		1.c. Consider identifying other ways that community can be engaged with EWK outside of attending meetings	<ul style="list-style-type: none"> Create non-hierarchical tiered model of engagement with very clear expectations and more formal roles and responsibilities Increase diversity of representation by using 2024 surveys to identify voices not represented 	<ul style="list-style-type: none"> <i>Still a work in progress (WIP)- no members volunteered to join this working group (as a part of Goal #3)</i>
	If/when possible, increase Listserv open rate (CCE)	1.c: Utilize a multimodal communications approach to	<ul style="list-style-type: none"> Use email listserv to share information Post on LWK social media channels 	<ul style="list-style-type: none"> H&W January 2025 newsletter- Eat Well 2024 recap Food Policy Bites March 2025- Urban Ag

	Increase engagement with Eat Well features in H&W e-newsletter (Constant Contact)	sharing resources and information	<ul style="list-style-type: none"> Write an Eat Well feature annually for LWK quarterly newsletter Go on local radio, pitch to local media Quarterly Food Policy Bites 	<ul style="list-style-type: none"> H&W March 2025 newsletter- NNM H&W May 2025 Newsletter- NAHPC recap, promoted policy subcommittee Food Policy Bites June 2025- How to Research Food Policy Radio: I Want What She Has (6.23.25) The Black Meta (7.8.25)
	Launch by EOY!	1.d: Develop a permanent, publicly accessible Eat Well Kingston Resource Hub	<ul style="list-style-type: none"> Catalogue major themes for current resource sharing: webinars, events, reports, websites, funding opps Identify appropriate platforms per category: Slack channel, Google Keep Board, Google Sheet of reports 	<ul style="list-style-type: none"> Launched in September! Google Drive Eat Well Resource Hub
Goal #2	Objective	Strategies	Tactics	Status
Increase support of healthy eating and nutritious food access through policy change	Identify 1 currently proposed legislation or desired legislation to educate and advocate for with local or state legislative officials	2.a: Connect directly with policymakers	<ul style="list-style-type: none"> Write letters of support Invite legislators to Eat Well meeting Schedule meeting at legislator's office Attend advocacy days 	<ul style="list-style-type: none"> Invited Senator Hinchey and Assemblymember Shrestha's offices to the August 2025 meeting- both declined
		2.b: Connect and communicate with other CBOs working on similar advocacy	<ul style="list-style-type: none"> Create a list of invested stakeholders Invite stakeholders to Eat Well meetings, if they do not already attend Convene a working group, as appropriate (See Goal #1, Strategy #1.b) Attend other community meetings 	Policy Subcommittee met: <ul style="list-style-type: none"> March 27, 2025 May 16, 2025 June 26, 2025- invited staff from Feeding NYS
		2.c: Educate Eat Well Kingston members about the policy	<ul style="list-style-type: none"> Invite guest speakers on the topic (see Goal #1, Strategy #1.a) Share information through communication channels (see Goal #1, Strategies #1.c & 1.d) 	Continue to release quarterly Food Policy Bites
		2.d: Support other policies ad hoc	<ul style="list-style-type: none"> Write letters of support Share information through communication channels (see Goal #1, Strategies #1.c & 1.d) 	<ul style="list-style-type: none"> May 28, 2025- Live Well Kingston Commission submitted a Letter of Education re: SNAP and SNAP-Ed to Common Council

				<ul style="list-style-type: none"> ● July 1, 2025- Common Council passed Resolution 107 of 2025 ● July 3, 2025- Shared update social ● August 15, 2025- Live Well Kingston Commission signed onto FRAC Letter of Support to Congress to fully fund WIC
Goal #3	Objective	Strategies	Tactics	Status
Provide clarity on Eat Well's role within the Kingston Food System	Convene 1 working group to action the 3 strategies and associated tactics	3.a: Reflection on Eat Well's Mission & Vision	<ul style="list-style-type: none"> ● Work collaboratively with the Live Well Kingston Commission as a part of its 2025 year of reflection and planning 	<ul style="list-style-type: none"> ● <i>Still a work in progress (WIP)- no members volunteered to join this working group</i> ● Released a planning survey in August 2025 to update Eat Well Kingston's mission and collect input on goals- 7 responses ● Updated Mission
		3.b: Review and action plan for the Food System Plan	<ul style="list-style-type: none"> ● Review the CoK Food System Plan ● Identify ways Plan might overlap with Eat Well or might be separate from Eat Well's Vision 	<ul style="list-style-type: none"> ● Food Systems Plan final draft public meeting was held 12/3/2025
		3.c: Gain a clearer, more detail understanding of nutrition, food security, and food systems actors in Kingston	<ul style="list-style-type: none"> ● Leveraging data from the stakeholder collection from the FSP, create a landscape analysis ● Identify coalitions/groups (example: UCFSAN) who are working on similar strategies to support rather than duplicate work 	<ul style="list-style-type: none"> ● <i>Still a work in progress (WIP)- no members volunteered to join this working group</i>
Goal #4	Objective	Strategies	Tactics	Status
Encourage a culture of healthy eating, food fun, and culinary curiosity in the city of Kingston		4.a: Support the Kingston Eats Harvest of the Month Campaign	<ul style="list-style-type: none"> ● Create Kingston Eats Ambassador program ● Re-launch the Kingston Eats Passport ● Ramp up partner support ● Identify and leverage Eat Well partnerships ● Collaborate with Grow Well, as appropriate 	<ul style="list-style-type: none"> ● Printed Kingston Eats Harvest of the Month posters ● Continue to email partners and post on social media monthly ● <i>Kingston Eats Ambassador program on hold due to lack of capacity and identifying an appropriate partner</i> ● <i>Kingston Eats Passport on hold due to lack of capacity</i>

		4.b: Expand the Kingston Cooks program	<ul style="list-style-type: none">● Identify partners for 8 cooking workshops● Quarterly workshops themed around the Kingston Eats Harvest of the month● Finalize Kingston Cooks program toolkit and Kitchen Manual● Collaborate with Grow Well, as appropriate	<ul style="list-style-type: none">● Hosted February 20 (KE), April 24 (KE), May 8, June 18 (KE), and August 7 (KE x Grow Well collab) workshops● TBS: 3 additional workshops
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