

ON COMMON GROUND | Finding Common Ground



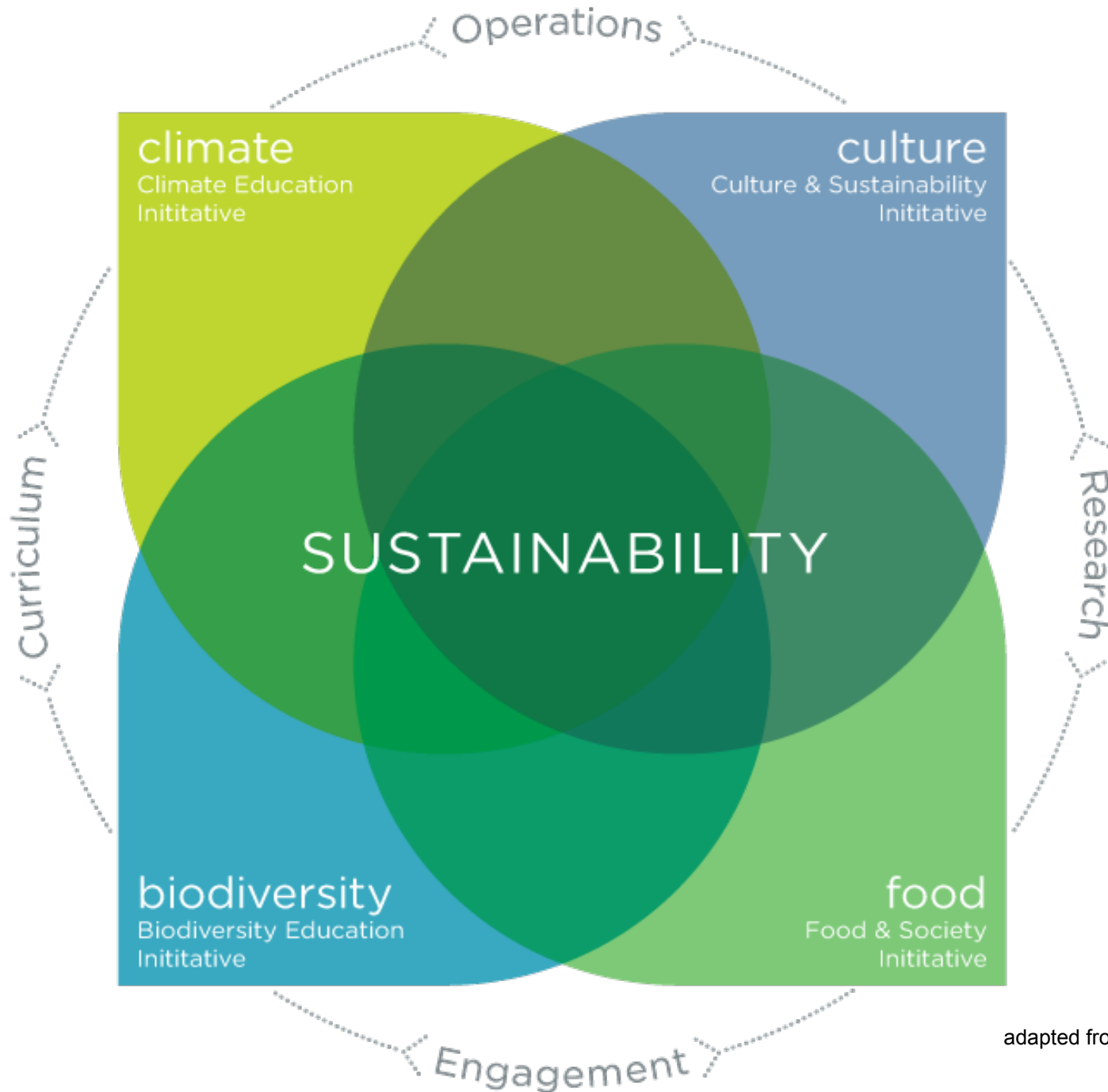
October 1, 2015 | Oldways Table



OLDWAYS FINDING COMMON GROUND

A SCIENTIFIC AND MEDIA CONFERENCE

Tom Kelly PhD University of New Hampshire



adapted from Kelly 2009

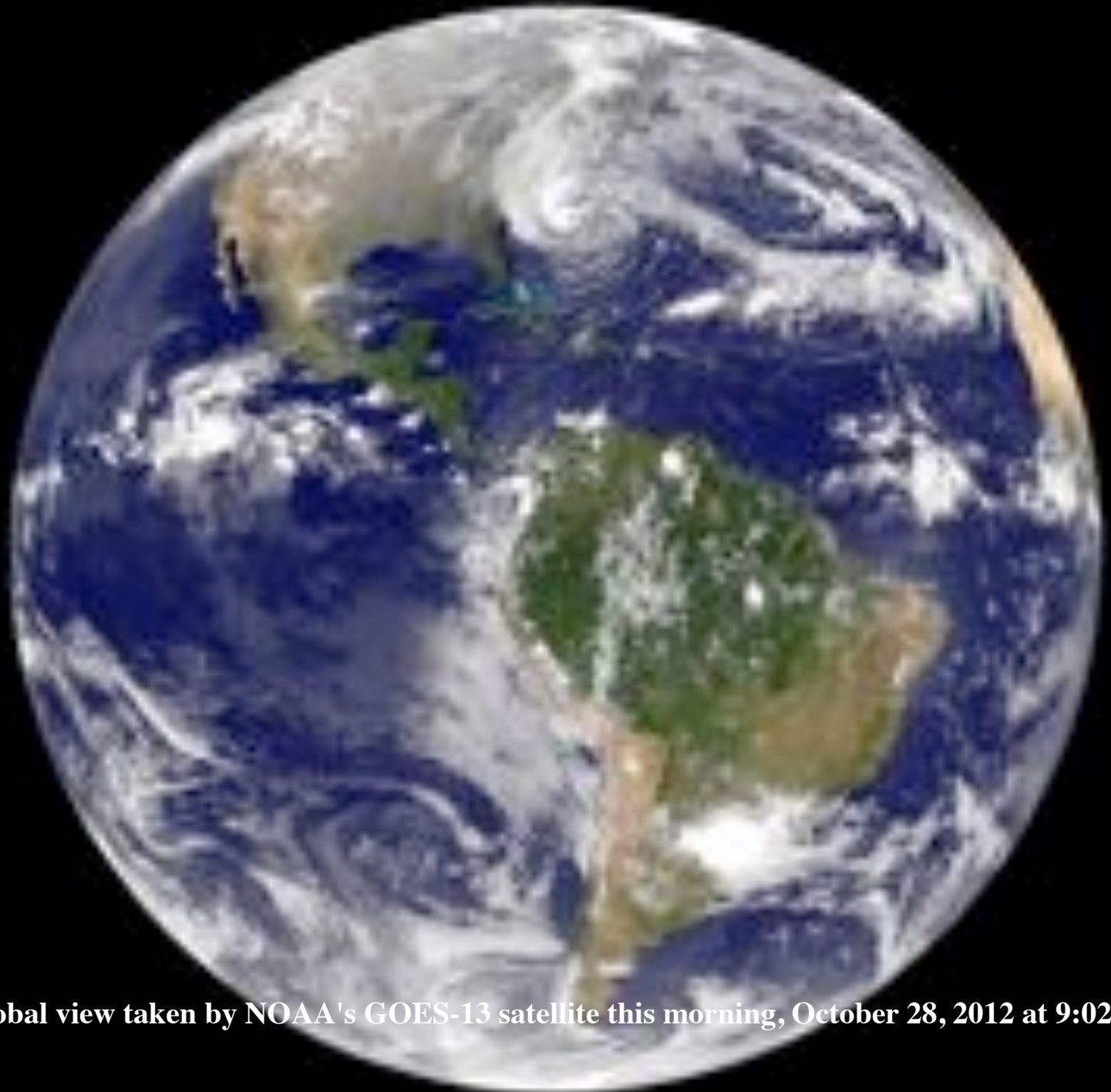
A New England Food Vision



- *Healthy Food for All*
- *Sustainable Farming and Fishing*
- *Thriving Communities*





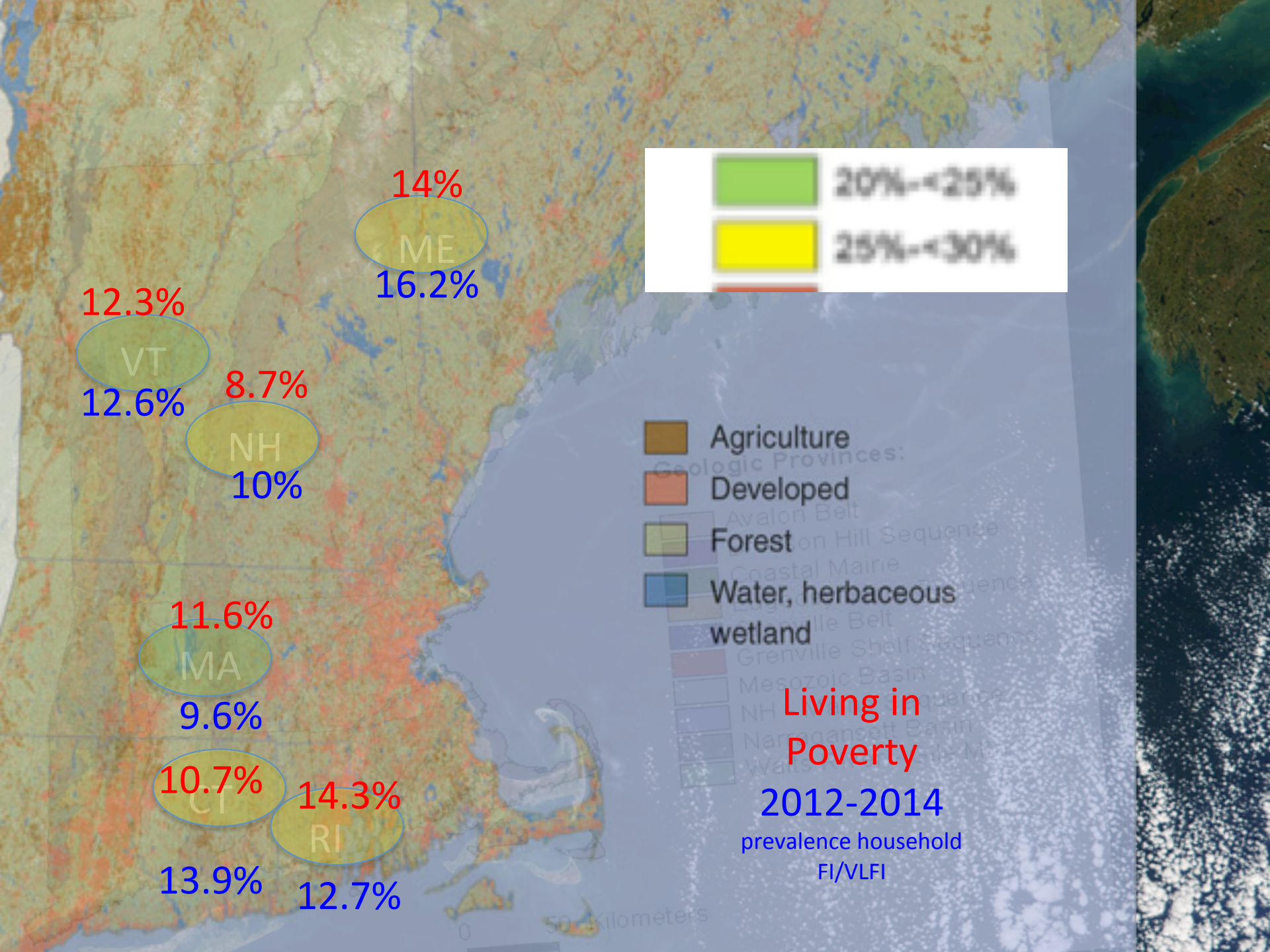


Global view taken by NOAA's GOES-13 satellite this morning, October 28, 2012 at 9:02AM EDT











ME

VT

NH

MA

CT

RI

*what can we do
better together as a
region than separately
as states and
communities?*



ME

VT

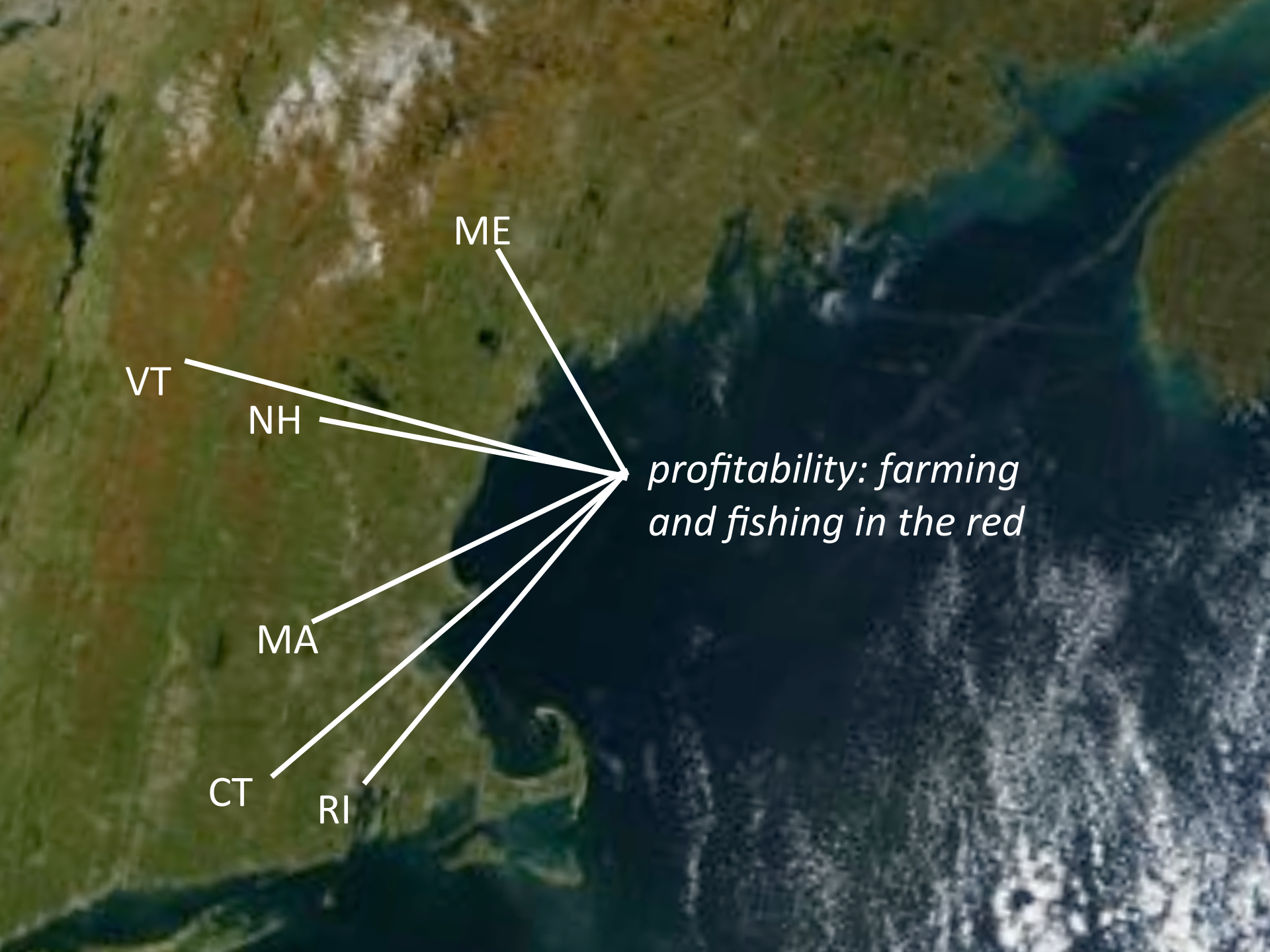
NH

MA

CT

RI

*exploding demand for
fresh, local, healthy food*



ME

VT

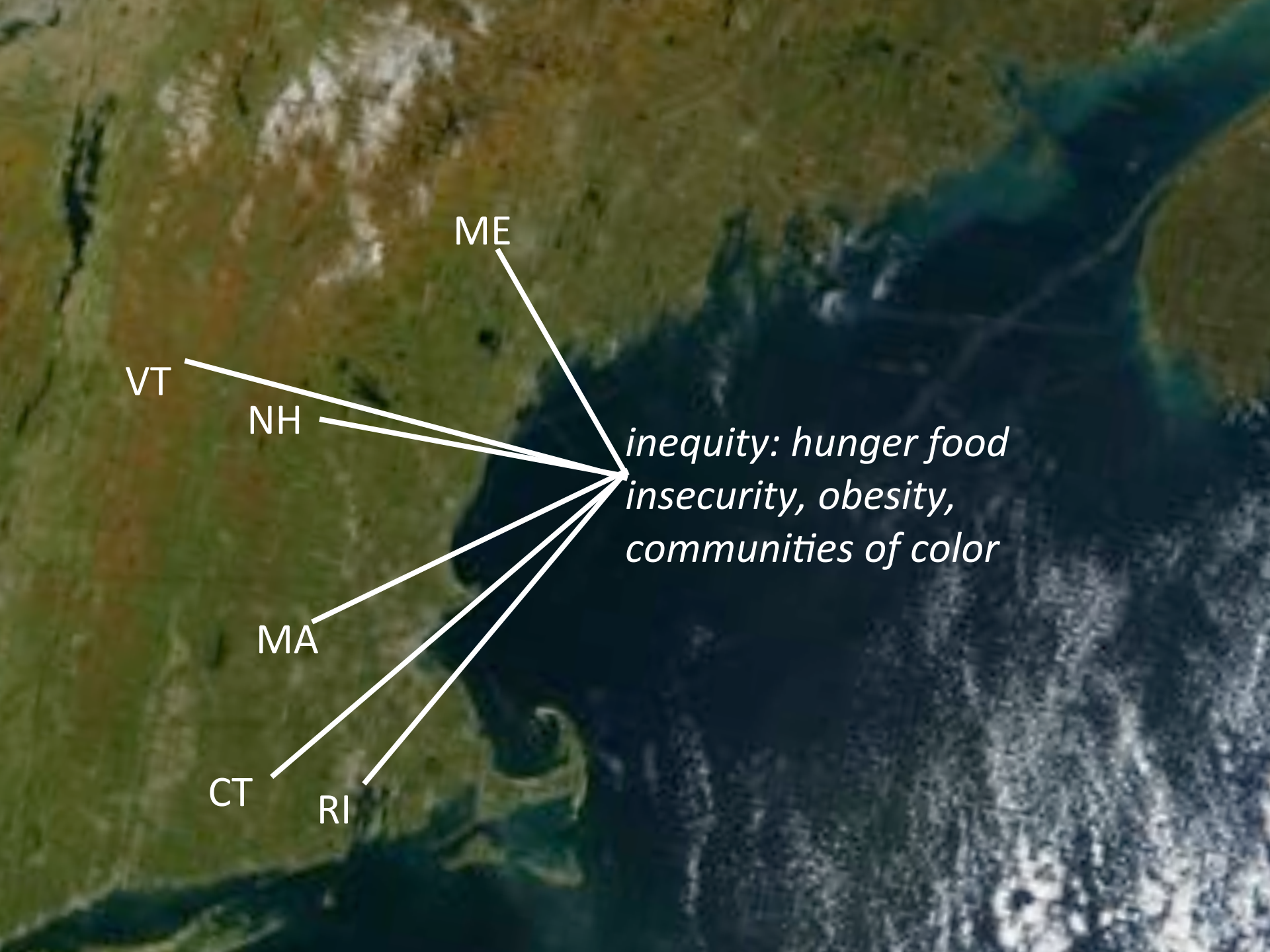
NH

MA

CT

RI

*profitability: farming
and fishing in the red*



ME

VT

NH

MA

CT

RI

*inequity: hunger food
insecurity, obesity,
communities of color*



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A NEW ENGLAND FOOD VISION

Transforming New England's Food System Together

Food Solutions New England (FSNE) is a regional, collaborative network organized around a single goal: to transform the New England food system into a resilient driver of healthy food, sustainable farming and fishing, and thriving communities.



A New England Food Vision



- *Healthy Food for All*
- *Sustainable Farming and Fishing*
- *Thriving Communities*

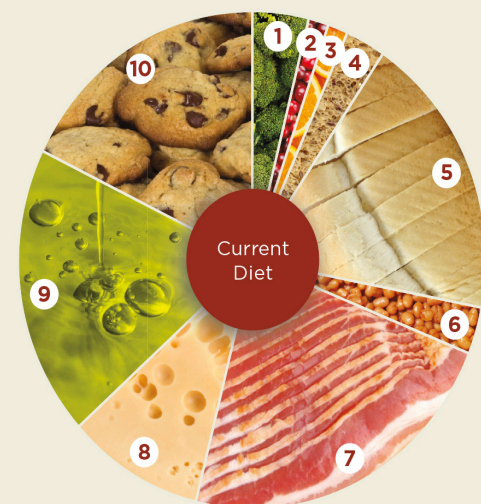




50 BY 60

A New England Food Vision

Conversations For Healthy Food
and Thriving Communities



	SERVINGS	CALORIC INTAKE
1 Vegetables (mix)	1.6 cups	4%
2 Fruit—cool climate	0.4 cup	1%
3 Fruit—warm climate	0.3 cup	1%
4 Whole grains	0.7 oz	3%
5 Refined grains	6.9 oz	18%
6 Protein-rich plants	0.6 oz	3%
7 Meat, fish, eggs	7.1 oz	23%
8 Dairy	1.5 cups-eq	10%
9 Added fats	2.2 oz	19%
10 Discretionary calories	500 cal	18%
<i>added sugar, alcohol, misc</i>		



	SERVINGS	CALORIC INTAKE
1 Vegetables (mix)	3 cups	7%
2 Fruit—cool climate	1 cup	4%
3 Fruit—warm climate	1 cup	5%
4 Whole grains	3.75 oz	11%
5 Refined grains	3.75 oz	15%
6 Protein-rich plants	1.6 oz	7%
7 Meat, fish, eggs	5.2 oz	15%
8 Dairy	1.5 cups-eq	9%
9 Added fats	1.1 oz	12%
10 Discretionary calories	350 cal	15%
<i>added sugar, alcohol, misc</i>		



	SERVINGS	CALORIC INTAKE
1 Vegetables (mix)	3 cups	7%
2 Fruit—cool climate	2 cups	8%
3 Fruit—warm climate	0 cups	0%
4 Whole grains	3.75 oz	11%
5 Refined grains	3.75 oz	15%
6 Protein-rich plants	2.6 oz	11%
7 Meat, fish, eggs	3.3 oz	9%
8 Dairy	1.5 cups-eq	9%
9 Added fats	1.4 oz	15%
10 Discretionary calories	335 cal	15%
<i>added sugar, alcohol, misc</i>		

Figure 6. Comparing Diet Patterns

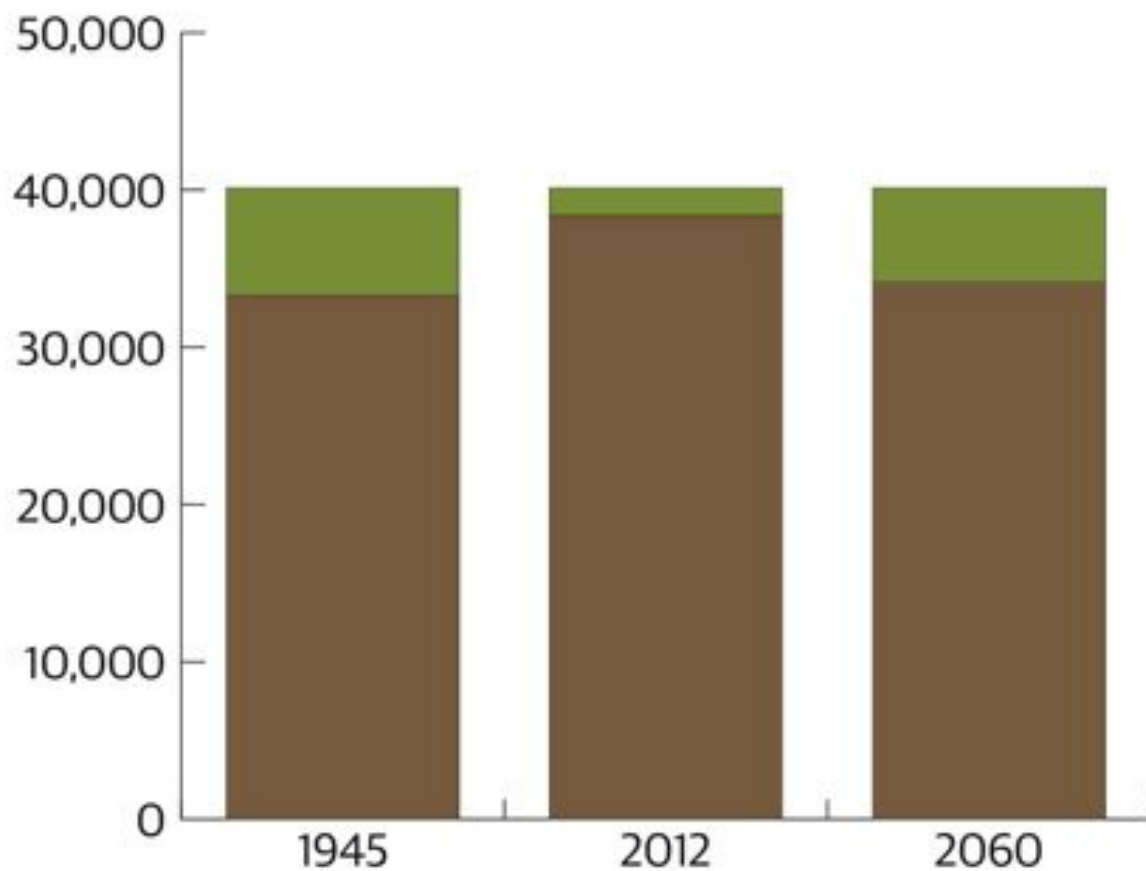
The **Current Diet table** is based on food availability and loss data. It

estimates the number of daily servings per person for food and beverage categories such as vegetables and fruits, amounting to 2,830 calories. The Omnivore's Delight pattern is informed by USDA MyPlate guidelines for a person consuming 2,300 calories, except that dairy consumption is lower, as recommended by Harvard's Healthy Eating Plate. The

Regional Reliance pattern also follows USDA guidelines but with more plant-based proteins, and regional fruit completely replaces imported fruit. The pie charts of each pattern depict the percentage of calories provided by the various food categories, and highlight the dramatic increase in nutrient-dense vegetables, fruits, whole grains, and protein-rich beans in the Omnivore's Delight and Regional Reliance diets alongside the corresponding decrease (but not disappearance) of meat, added fats, and discretionary calories.

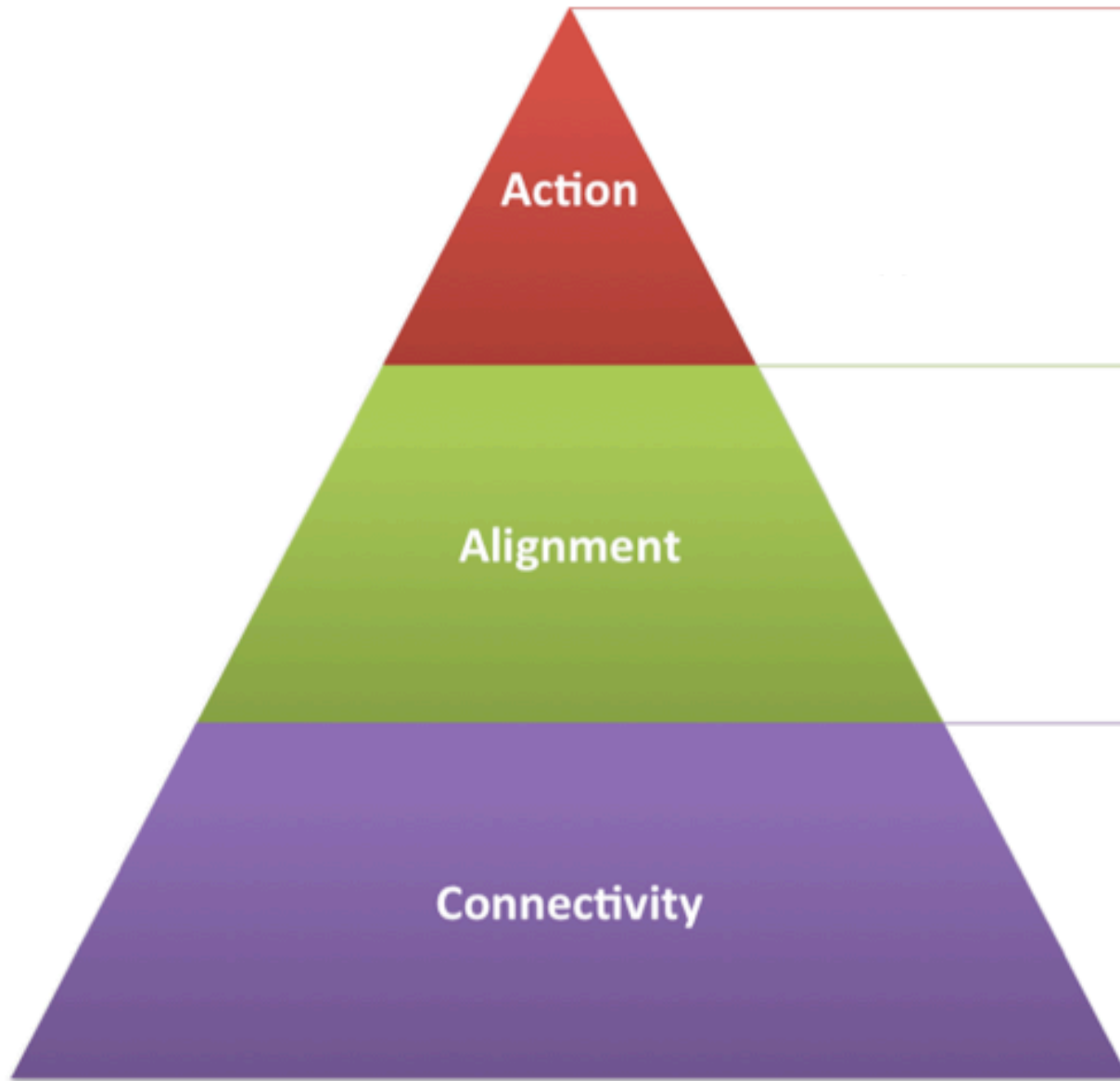
New England Farmland as a Percentage of Total Acreage

(thousands of acres)



On 6 million acres, we could grow:

- All of our vegetables: 500,000 acres
- Half of our fruit: 500,000 acres
- All of our dairy and beef (and lamb) mostly on grass: 4,500,000 acres (3,000,000 pasture)
- All of our pastured pork, poultry, and eggs, but mostly on imported feed grain
- That would leave about 500,000 acres for some portion of our grain (for people and animals), beans, and vegetable oil
- We also need a strong sustainable yield from our fisheries





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Marilyn Moore



Karin Spiller



Julius Kolawole

**FSNE Ambassadors:
Who Participates Matters**



ME

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Democratic Empowerment

Sustainable Economies

A New Narrative