

Village of Menands Improving Food Access

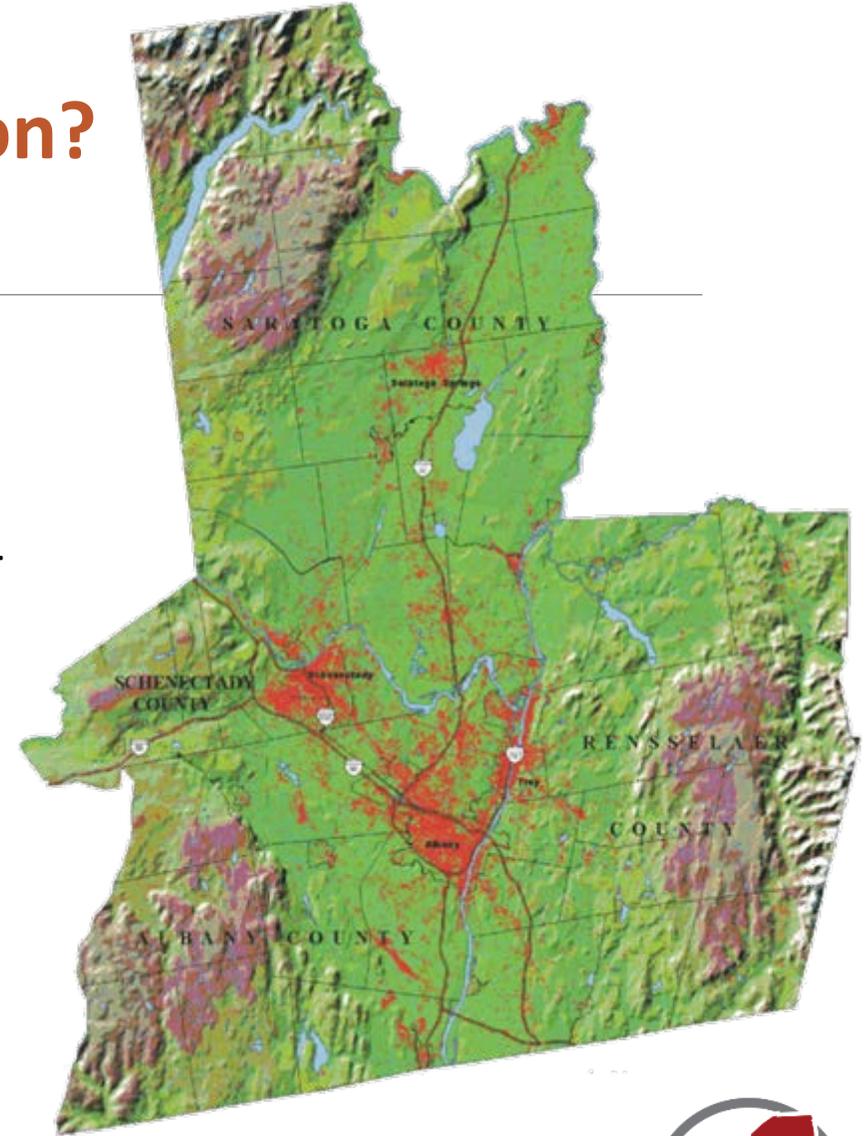


Committee Meeting
February 20, 2020



What is the Capital District Regional Planning Commission?

- Founded in 1967 by Albany, Rensselaer, Saratoga, and Schenectady Counties.
- Supports regional initiatives, planning and information-sharing, training for local officials
- Provides a forum for regional communication and intermunicipal collaboration
- Builds regional capacity
- Fosters partnerships and open dialogue on regional challenges and opportunities.





Regional Analytics & Mapping: CDRPC translates regional data into useful information through GIS mapping and detailed data analysis.



Water Quality: CDRPC works collaboratively with agencies, communities and partners to protect clean water and reduce pollution.



Economic Development: CDRPC leads and supports economic development activities working with federal and state agencies, other regional partners.



Sustainable Communities: CDRPC encourages a regional perspective and works with communities on planning, lands use, water quality, and clean energy.



Human Services: CDRPC administers the four-county Capital Region Juvenile Secure Detention Facility.



2019 CDRPC/CDTC Technical Assistance Program

Village of Menands

Food Access Best Practices and Feasibility

Project Summary: Provide data on current access to healthy food, provide information on methods of healthy food provision (i.e. farmers market, veggie mobile, etc.) and participate in village committee meeting to identify options to increase food accessibility.

Task 1: Meet with established Village of Menands Food Committee.

Meeting to develop a deeper understanding of the food access issue. Committee input considered to include representatives from Capital Roots, Village of Menands, Menands Regional Farmers Market, Albany County Legislature representative, and planner from Chazen Companies-currently engaged in developing the Village's Comprehensive Plan.

Task 2: Frame issue and identify analysis or research that may be appropriate related to potentially addressing issue.

Work with Committee to define specific issue and desired work product. Identify what types of food access models are of interest (e.g. grocery store attraction strategy, not-for profit food store/cooperative, community gardens, indoor and/or outdoor retail farmers market creation). Definition of these desired models will inform work within Tasks 3 and 4. Effort also understood to provide resonance with Comprehensive Plan work underway and what may be expected to be completed within the larger planning effort.

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Village of Menands
Food Access Best Practices and Feasibility

Task 3: Review existing reports, analysis and activities related to recognized issue to date.

CDRPC will work to review existing mapping and data compiled related to the project. Sources may include SUNY Albany Comprehensive Plan related work products, Route 32 Linkage Study (CDTC, 2011) and the Broadway Transportation Access and Land Use Improvement Study. Limited additional mapping or data compilation and analysis may be completed as necessary.

Task 4: Compile recommendations that may provide strategies, potential partners, or activities designed to provide greater accessibility to food in short to long-term timeframes.

Tailored recommendations will be constructed with the guidance and input of the Village of Menands' Food Committee. Coordination with Comprehensive Plan activities and recommendations will be prioritized.

Tonight's Meeting Goals

- Review most relevant existing conditions in Menands.
- Consider Findings and Conceptual Recommendations
- Discuss Conceptual Recommendations, Feasibility and Potential Implementation
- Review potential additions/revisions and completion of Final Report.

Menands at a Glance

Population (estimate 2017): 3,977

Median Household Income: \$65,297

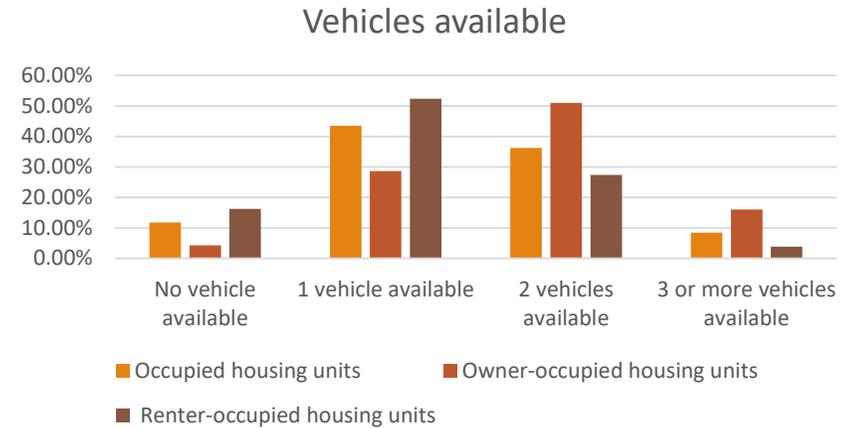
Poverty Rate: 14.6%

**Central location within the Capital Region,
proximate to Albany, Troy and major transportation corridors.**

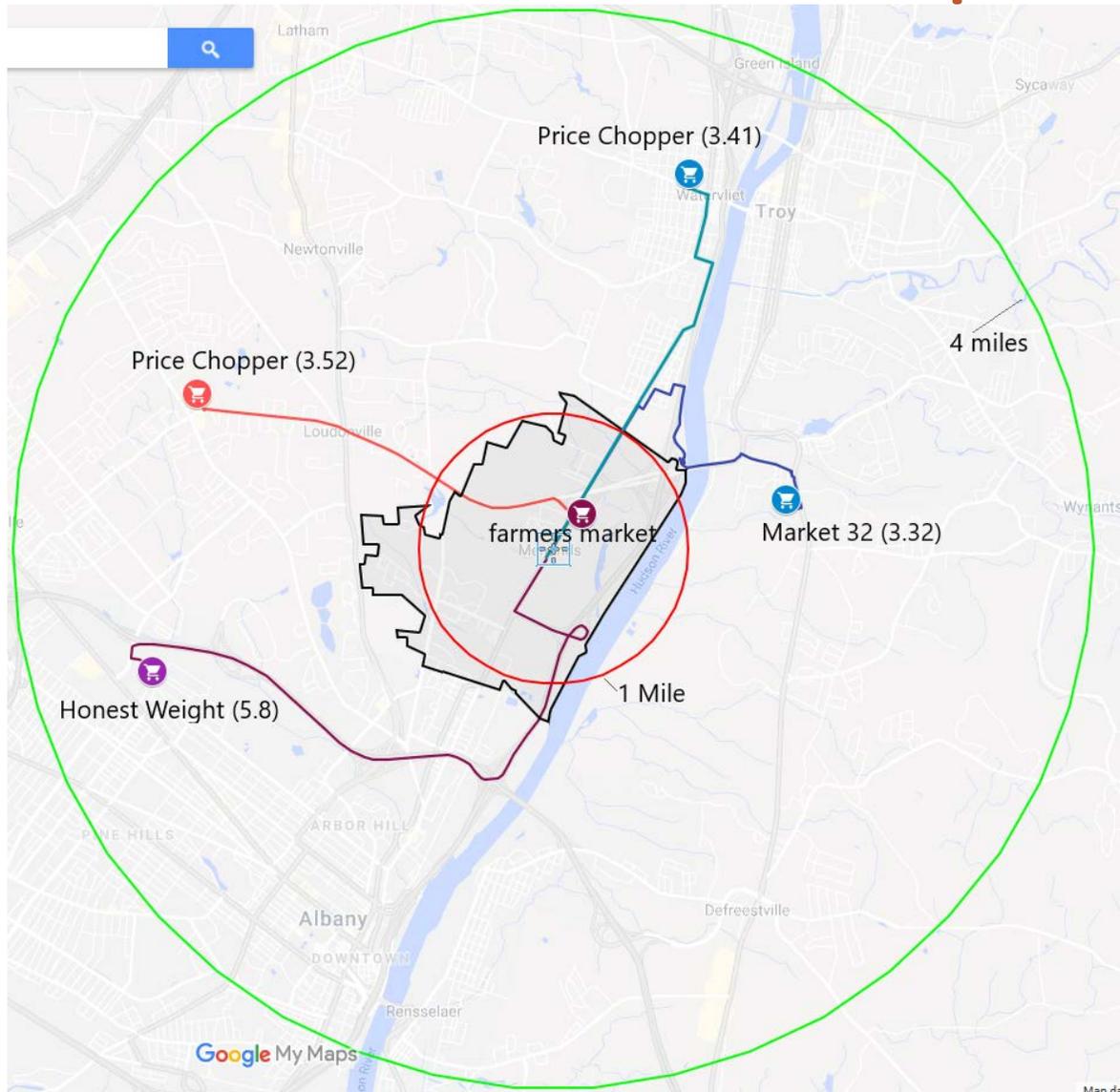
Vast majority of households have 1 or more cars.

**However, 11.8% do not own a car, 16% of rental
households do not own a car.**

Source: American Fact Finder



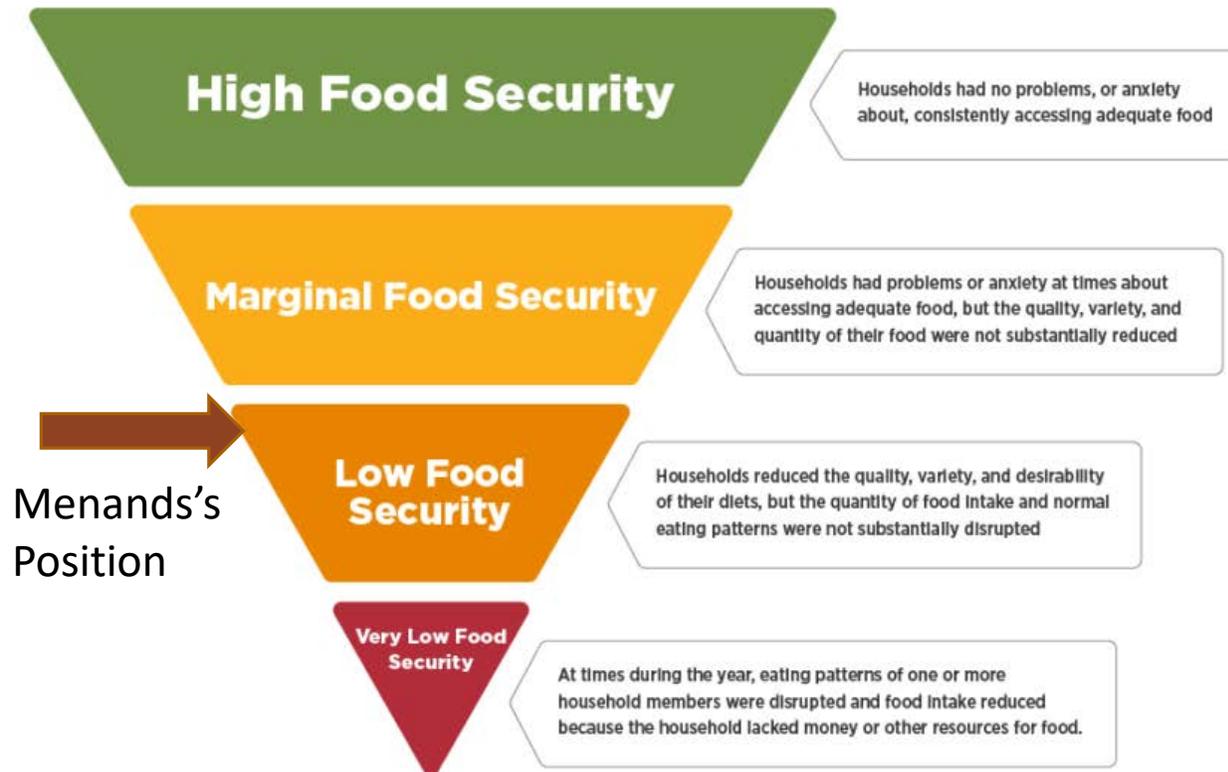
Food Access Map- Driving Distances



Apart from the wholesale farmer's market, Menands does not have a food outlet that provides a full range of fresh/ healthy retail food options within 1 mile from the village's center.

However, at least 4 full service grocery stores are within a 4 mile radius of Menands.

Measuring Menands' Food Access

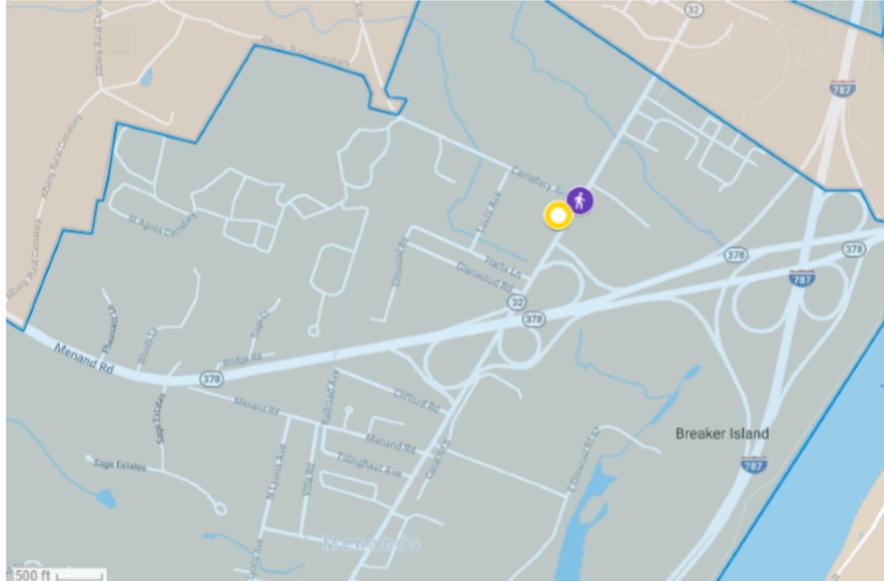


According to the USDA's Economic Research Service, Low access to a healthy food retail outlet is defined as more than 1 mile from a supermarket or large grocery store in urban areas and as more than 10 miles from a supermarket or large grocery store in rural area. This makes the village a low food access/security area.

Source:
https://www.ers.usda.gov/webdocs/DataFiles/80591/archived_documentation.pdf?v=41332

Source: Adapted from the USDA Economic Research Service.

Measuring Menands' Food Access



Closest Full Healthy Food Outlet:
 Watervliet Price Chopper, 2.7 miles (to the North), bus transit is available.

The Capital District Regional Farmers Market, a wholesale farmers market is located in Menands but does not sell retail food.

Map Key

- Limited Healthy Food Access
- ✗ Poor Healthy Food Access
- ✓ Full Healthy Food Access
- Retail Outlet Not Surveyed
- Food Pantry
- ✕ Meal Program
- Community Garden
- Shelter
- High Priority Census Tract
- Medium Priority Census Tract
- Street Corners for Synthesis

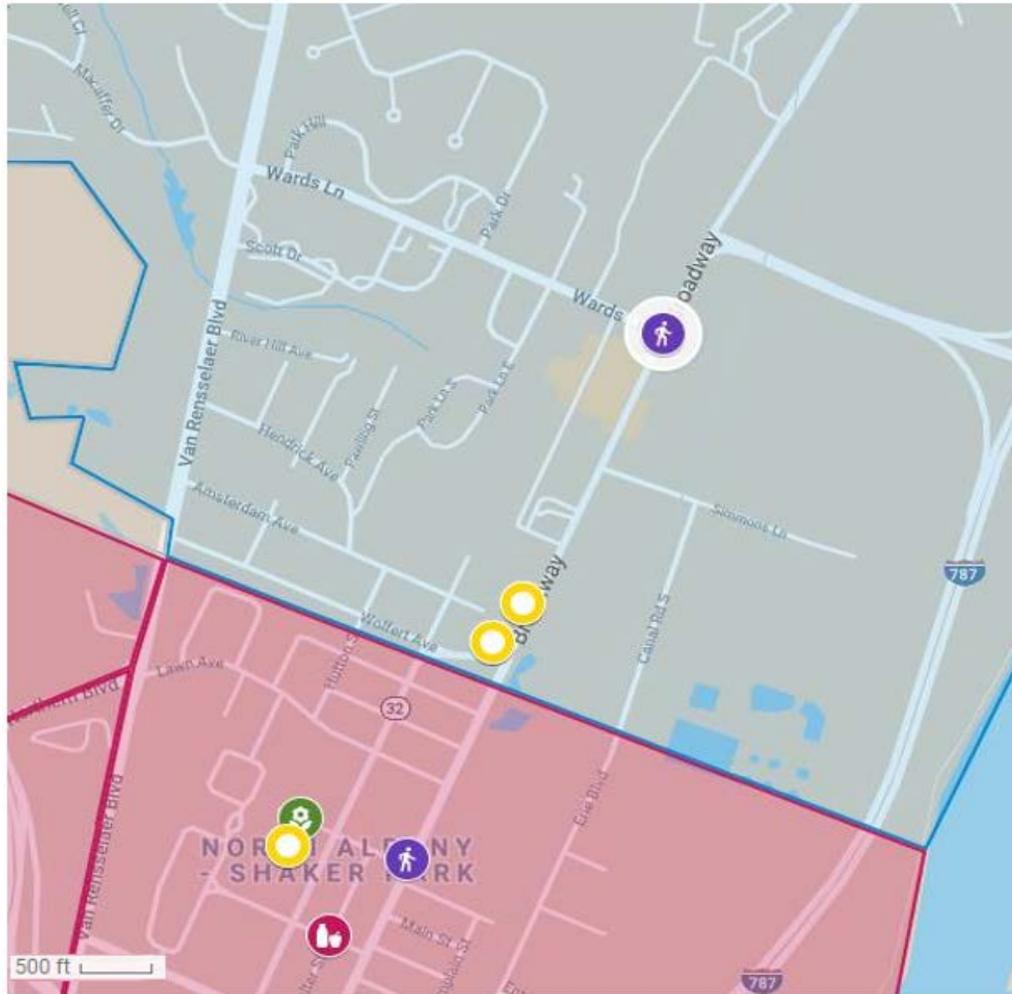


Healthy Food Availability & Affordability in:

Menands (North), NY

Number of Retail Outlets within one mile	Total	Full	Limited	Poor	Not Surveyed
Retail Food Outlets	1	-	1	-	-
TRADITIONAL RETAIL OUTLETS					
Supermarket	-	-	-	-	-
Big-Box	-	-	-	-	-
SMALL-SCALE RETAIL OUTLETS					
Specialty, Ethnic, Independent	-	-	-	-	-
Convenience Store	-	-	-	-	-
Pharmacy	1	-	1	-	-
ALTERNATIVE RETAIL OUTLETS					
Farmers Market or Stand	-	-	-	-	-
Veggie Mobile® Stop	-	-	-	-	-

Measuring Menands' Food Access



 **Closest Full Healthy Food Outlet:**
Watervliet Price Chopper, 4.8 miles (to the North), bus transit is available.



Healthy Food Availability
& Affordability in:

Menands
(South), NY

Number of Retail Outlets within one mile	Total	Full	Limited	Poor	Not Surveyed
Retail Food Outlets	2	-	2	-	-
TRADITIONAL RETAIL OUTLETS					
Supermarket	-	-	-	-	-
Big-Box	1	-	1	-	-
SMALL-SCALE RETAIL OUTLETS					
Specialty, Ethnic, Independent	-	-	-	-	-
Convenience Store	1	-	1	-	-
Pharmacy	-	-	-	-	-
ALTERNATIVE RETAIL OUTLETS					
Farmers Market or Stand	-	-	-	-	-
Veggie Mobile® Stop	-	-	-	-	-

Map Key

Retail Food Outlets

-  Limited Healthy Food Access
-  Poor Healthy Food Access
-  Full Healthy Food Access

Other Community Food Resources

-  Food Pantry
-  Meal Program
-  Community Garden
-  Shelter
-  High Priority Census Tract
-  Medium Priority Census Tract
-  Street Corners for Synthesis

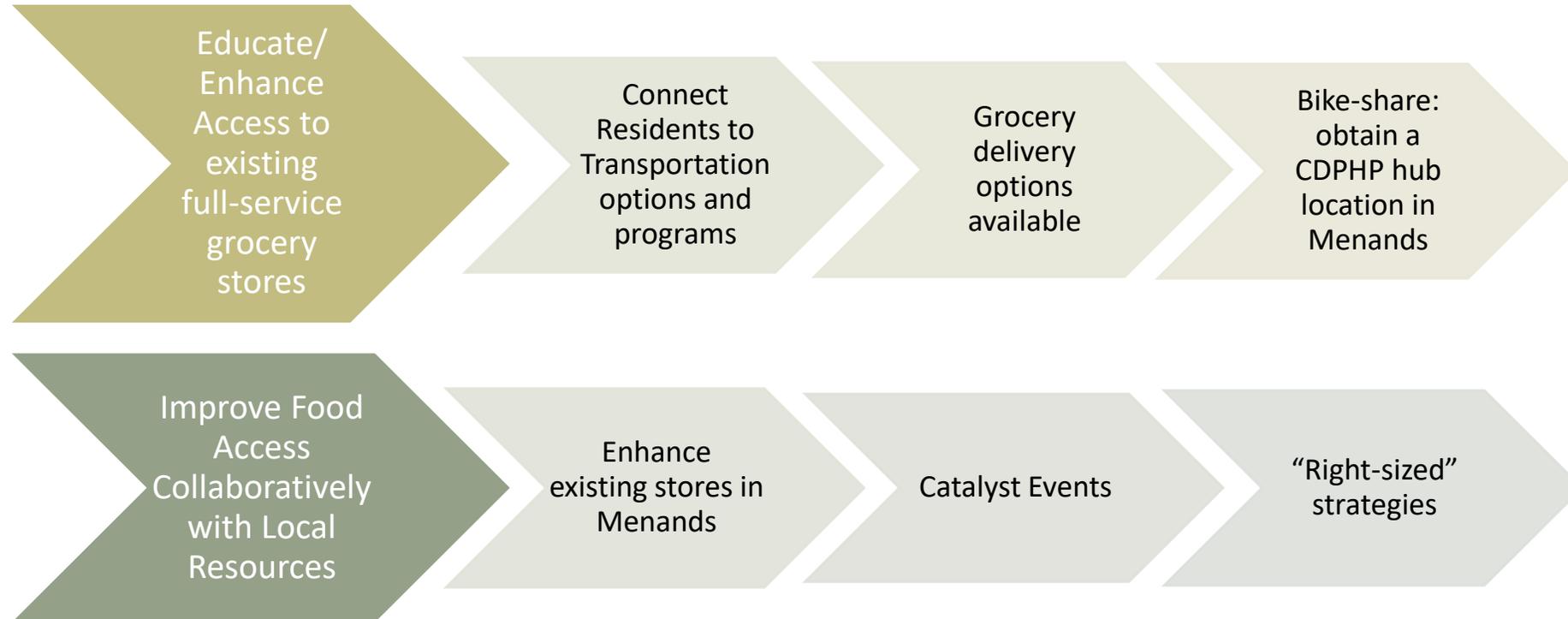
Strategic Focus of Technical Assistance (based on Advisory Committee input)

1. Educate and Better Connect Menands to full-service Grocery stores outside of the Village Boundaries.

2. Improve Food Access collaboratively using local resources.

Emphasize Catalyst projects or activities that can lead to further collaboration and other continued efforts.

Strategic Focus of Food Accessibility Technical Assistance



Strategy: Educate/ Enhance Access to existing full-service grocery stores

Existing Transportation Options- Provide information to public on options:

Transit

Bike Routes

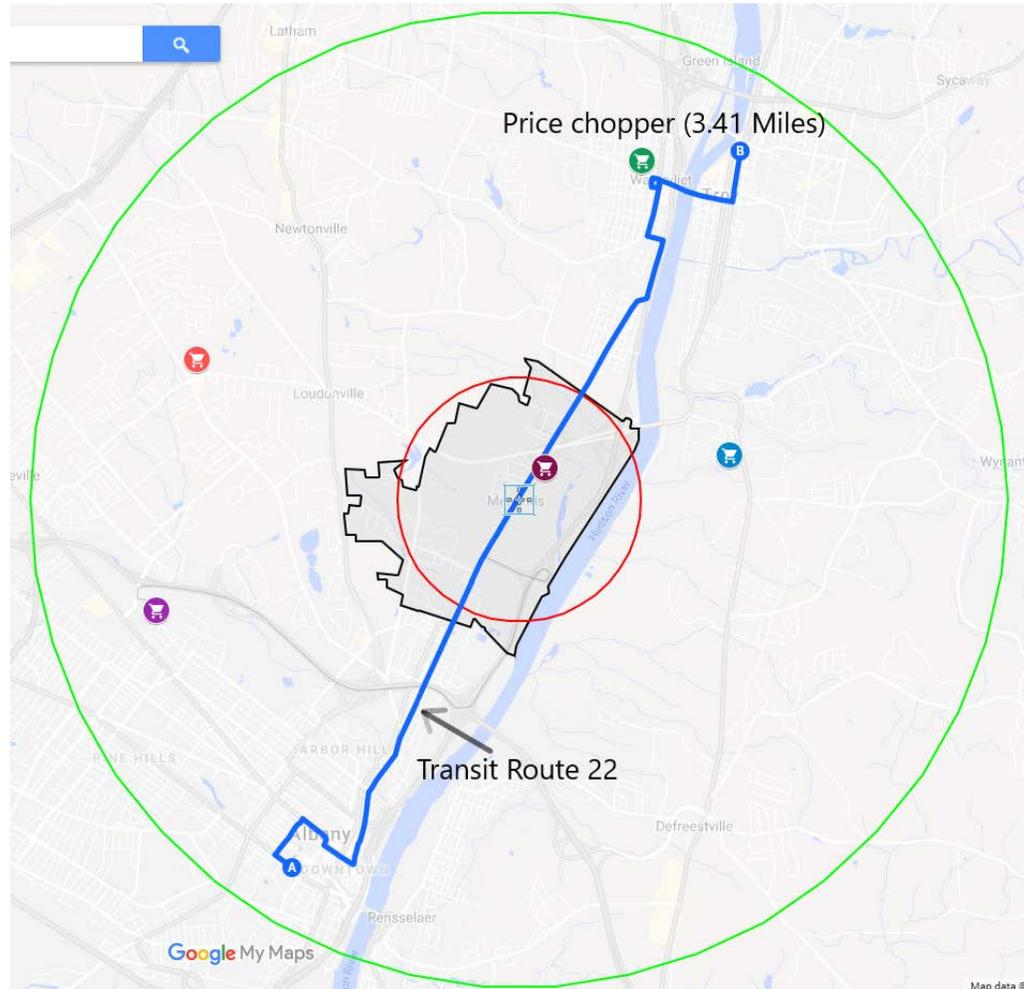
Focused programs for Elderly/ Low-income/ Disabilities

Uber/Lyft- Rideshare

Waze Carpool



Food Access Map- Transit connection



CDTA Bus Route 22- most utilized route in Menands operates from the downtown Albany to downtown Troy, connecting Menands.

CDTA Bus Route 22 CDTA bus rider trips into and out of Menands:

- 730 average daily trips • 266,000 yearly trips
- Service highly frequent, local pick up every 13 minutes in Menands.

This service connects Menands to the Price Chopper in Watervliet-3.4 Miles from Menands.

The upcoming BRT route along Menands is confirmed, Two stops will be placed in Menands, one at Riverview Center and another is at Route 378.

Source: <https://villageofmenands.com/mayors-message-june/>

Specially Eligible Transportation Services

- (Low-income, Disabled and Senior citizens)

Access Transit Services

(No Fee/ Contributions encouraged)

- a) Albany County residents 60+ who do not own a car or have other means of transportation and are not Medicaid recipients; Medicaid recipients can go for shopping once a week.
- b) Provides local rides to adult day programs, doctor, pharmacy, congregate meals and groceries.

The Umbrella of the Capital District

(Annual fee and Hourly fee)

Membership organization for people 55+ or who have a disability. Volunteers and paid staff transport you in your car to reach appointments, grocery shopping, etc. Must own your own car.

CDTA / CDTA ride star

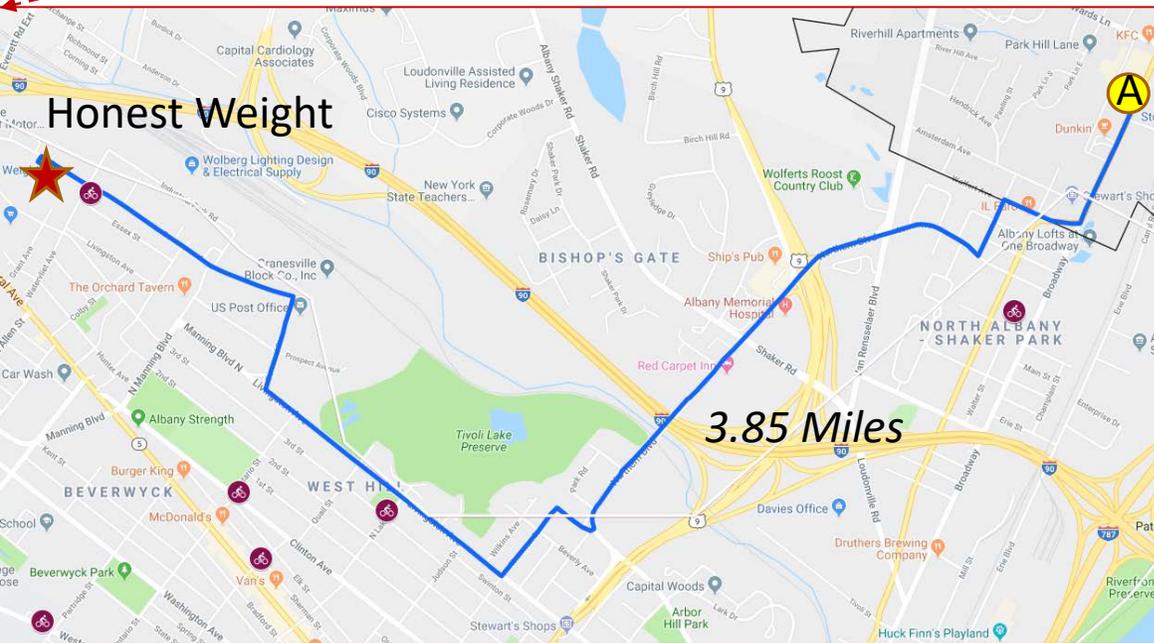
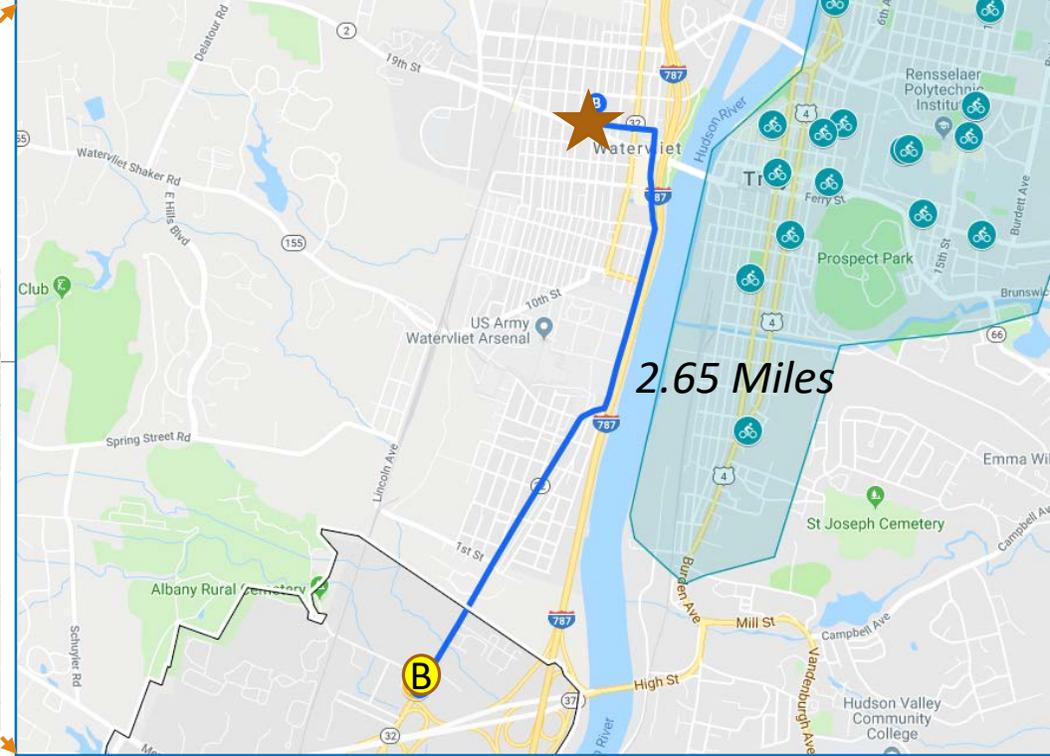
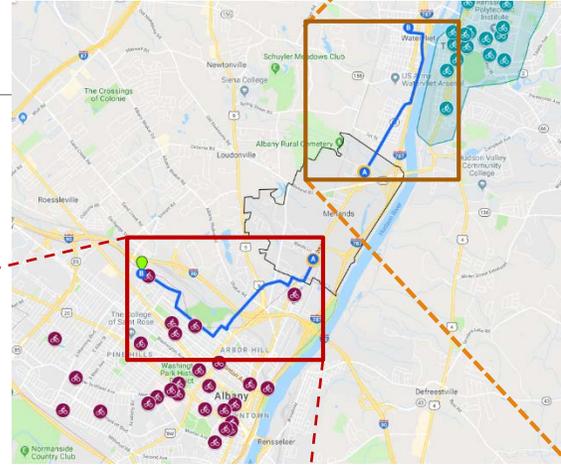
(\$2.50 by cash or Star card)

- a) No restrictions. Half Fare Navigator ID needed to be eligible for half fare (CDTA)
- b) People who because of a disability or impairment are unable to use the regular fixed route buses. Complementary paratransit within 3/4 mile of a fixed CDTA route.

DAV Volunteer Transportation Network for veterans (No fee)

- a) Albany and Schenectady County veterans.

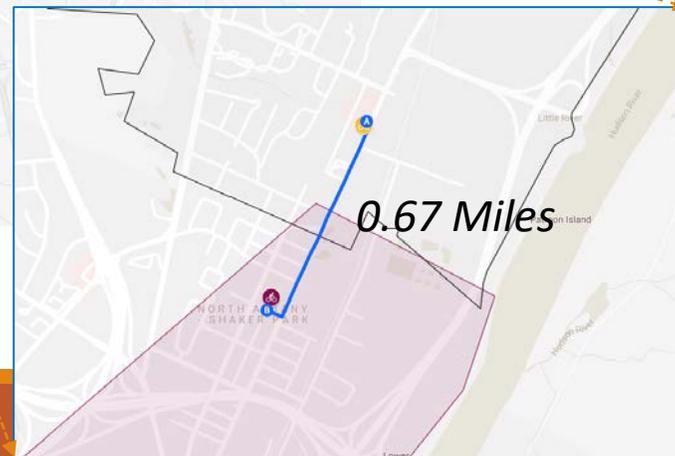
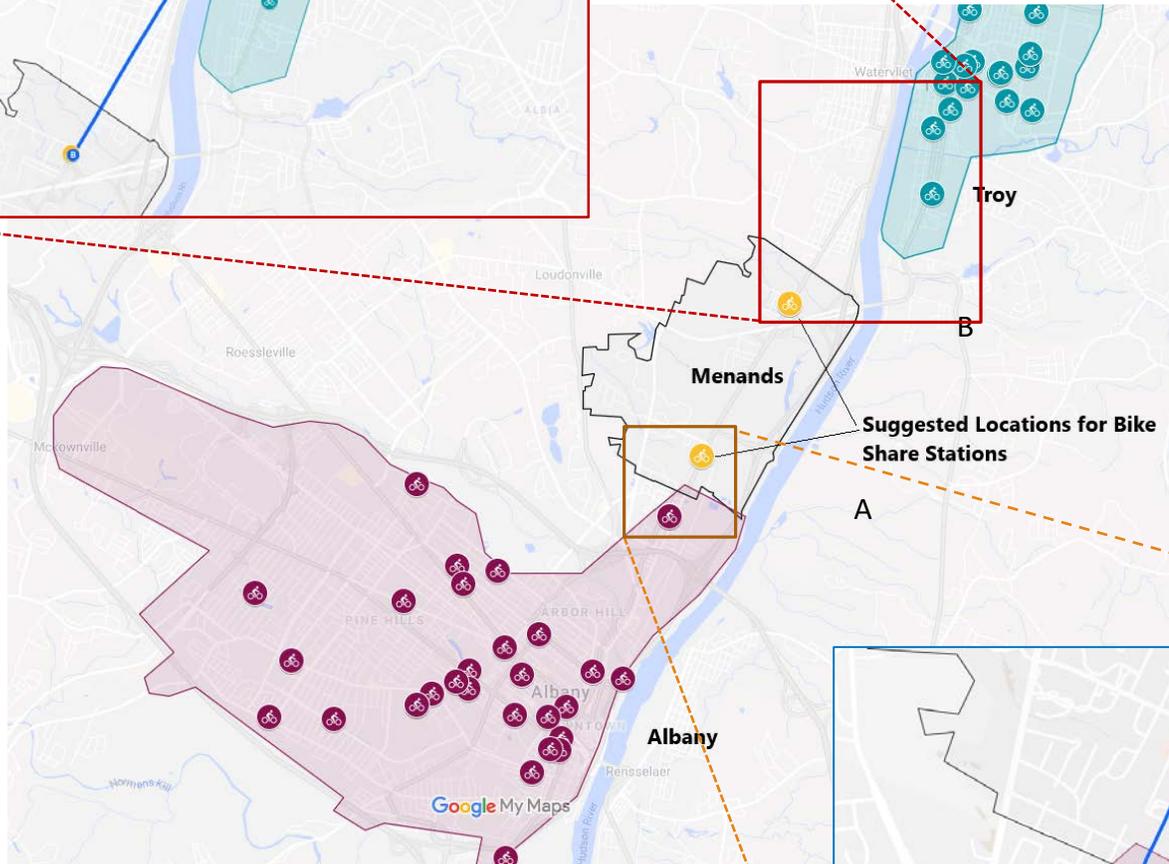
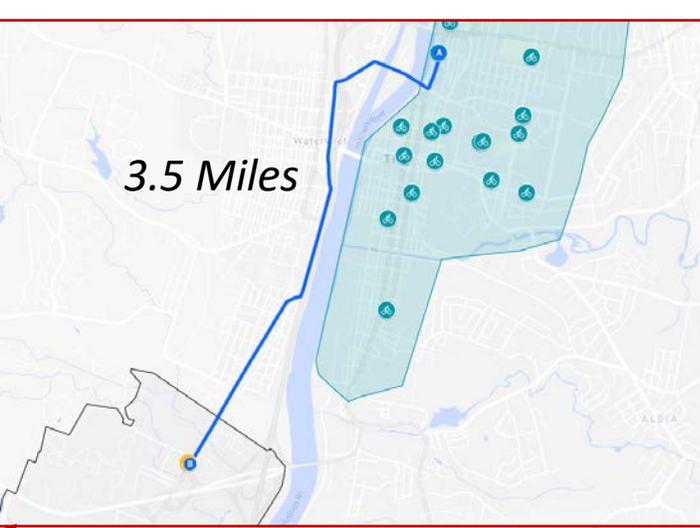
Bike Routes to the nearest super markets



The distance from Point A to Honest Weight is 3.85 miles. On average this bike ride would take 25 minutes to reach the store at Watervliet Ave, Albany.

The distance from Point B to Price Chopper in Watervliet is 2.65 Miles and on average would take 20 minutes to reach by bike.

Improve Access to Existing Stores- Bike Share



The nearest Bike share location is at North Ferry St. and Broadway in Albany which is 1.3 Miles from Menands.

The Bike share location at Troy is 2.6 miles from Menands.

The first of the suggested location A is located .65 Miles from the nearest bike share station in Broadway, Albany.

The second suggested location B is located from 3.5 Miles from the nearest bike share location in Troy.

Food Delivery Options from Full Service Grocery Stores

Instacart- deliveries from Market 32, Market Bistro, Aldi, CVS Pharmacy, Sam's Club, Petco, BJ's, Shoprite, The Fresh Market, Price Chopper, Restaurant Depot.

Walmart- from stores.

Shipt- delivery from CVS Pharmacy, Petco and Target.



Strategy: Improve Food Access Collaboratively with Local Resources

Existing Food Outlets in Menands:

- Rite Aid- retail
- Stewarts- retail
- Capital District Regional Market- Wholesale and Seasonal
- Istanbul International Market- Ethnic Food Store
- Adventure in Food Trading- Specialty wholesale



“Right-sized” Collaborative Activities with Existing Resources

Community gardens

- One way to increase the availability of fresh produce, such as fruits and vegetables, is to create and grow community gardens. Host at Village offices or local school? Scale-able and low cost.

Capital District Regional Market- Potential to host events at market grounds.

Create a retail farmer’s market at site- may require leadership and hosting by Village or separate entity.

Offer local produce and products within local retail establishments and institutions- For example, wholesale produce used by local schools for meal preparation. Successful examples of this around region, many grant funded.



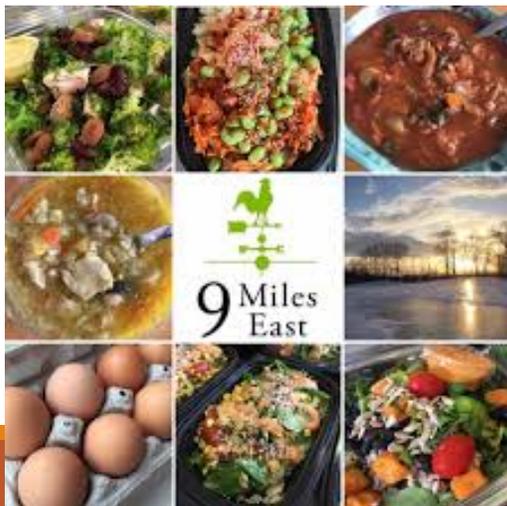


Catalyst Activities-
Festivals, pop up dinners, farm to table tastings..
highlight local, fresh produce, ethnic foods.



Bulk or Prepared Food Pick-Up and Delivery

- Connect Residents to existing opportunities for Community Sponsored Agriculture Options such as Black Horse Farms at Menands Wholesale Market.
- Wholesale scaled for individual households-potential bulk product packaged and sold. Potential as an initial step connecting wholesale sellers with resident retail market.
- Create new opportunities: At home delivery of produce and local products, or prepared foods.
- *“9 Miles East Farm is a diversified farm and food business focused on expanding the market for local food by serving customers whose needs are not met by the current food establishment.”*



Future Village of Menands activities to support further food accessibility

Menands can pursue activities that both improve healthy food access and advance community and economic development.

1. Review and refine ordinances to allow for new food, beverage, and farm-related enterprises.
2. Highlight a community or region's food culture as a community branding strategy.
3. Support agritourism efforts as a means of enhancing income streams for small farmers and producers.
4. Purchase healthy foods from local food businesses when catering events, meetings, and other gatherings.
5. Review local ordinances to ensure that they don't unduly restrict sidewalk and rooftop dining.
6. Reinforce the existing food committee with a strong focus on improving the food economy.

Conduct a food assessment of the community.



Form an action plan with a timeline and specified objectives, goals, and strategies.



Support existing initiatives in your community with training and partnerships



Monitor new programs or activities.



Communicate successes, positive changes, and best practices to organizations, businesses, and the greater community to further encourage healthy changes.



Evaluate activities to measure impact.

Discussion and Next Steps

Feedback on Findings, Recommendations.

Potential Approaches identified- anything missed?

Final Report Draft shared with committee.

Newsletter template created for Village's use.

