

# Urban Green Roofing - DC model

<http://www.dcgreenworks.org/>

<http://www.scribd.com/doc/19689086/Rooftop-Gardens>

Green Roofs for Healthy Cities <http://www.greenroofs.org/>

## **1 page outline (flip chart)**

### **Strategic context**

-help fight food problems in lower income communities by having residents provide food for themselves on their apartment roof.

-cooperative model

Apartment owners have agreed to upgrade their existing buildings to include roof top gardens. An investor and green construction crew are ready to move forward with the project. The final piece is to train the tenants and tenant managers on the vision of the project and to make sure they are board with maintaining and utilizing the rooftop garden. The end goal is to form a committee that will oversee the maintains and organization of activities.

Food Policy Training

Educating communities about food deserts and current solutions happening in DC

### **purpose/vision**

-educational training and incentives for maintaining roof top gardens/green roof on apartment buildings in low-income neighborhoods

- monetary incentive

    Groceries: have access to free fresh produce

    Rain water: used to water plants, and possible flush toilets

    Cost effective after first year, input costs go down, use compost instead of purchased fertilizer, can save seeds, and use harvested rain water

    Heating and cooling costs lowered because of the additional insulation the green roof provides

- environmental incentive

    local food - less processing, organic, low to no transportation

    reduce heating and cooling energy consumption

- health incentive (eating fresh produce)

- community incentive

    building a community around a common cooperative

- education incentive (learning about food, healthy recipes, educating youth)

### **How does transportation impact food consumption and choices**

**Relate this to larger community issue of food deserts/access challenges with food**

**Monetary incentive greater access to healthier food at affordable prices.**

**-Does transportation and cost affect what you buy to eat?**

### **learners and learning needs**

- Apartment building dwellers, those who have volunteered or come to training because they are interested. Those who join committee will have certain benefits and will hopefully spread by word of mouth to other tenants, so that the number of participants grows.

### **Skills**

### **Knowledge**

They take ownership of the project, become leaders in their community and apartment building

### **Attitudes**

Build a community around cooperation and food

### **1 page outline (flipchart)**

### **overall training design/strategy and 45 min slice to be depicted**

What are you eating? What do you want to eat?

Activity: experiment with produce and come up with a community cook book

Favorite foods, what ingredients are in those foods, why do you purchase the foods that you do?

Source of food (energy, money and pollution goes into bring food to grocery store)  
vs. source of food

[Green Roof Article in NYT](#)

[DC Green Roof Incentives](#)

Approach an apartment building community about creating a roof-top garden/green roof. Could be targeted towards lower income buildings

-incentives

-form committee to oversee project

### **Potential Food Budget Exercise - Katie**

-Setup: talk about food desert in DC, what is a food desert, do you live in one?

1. Have the residents spend 5 minutes writing a basic budget of their spending/ month

-budget should factor in time, grocery costs, transportation (especially to grocer stores and to work)

2. Have them assemble into small groups of 4 (2 car, 2 non-car) and discuss the amount of money they spend each month on food (not necessarily sharing the rest of their budget with their group mates) - split into groups based on transportation mode (car, bike, walking, public transit)

- a. In a month how often do you go to the grocery store?
- b. How much do you spend on groceries overall
- c. what types, pie chart (meat, dairy, fruits and veggies, and grains)
- d. how do you eat out? Percent fast food vs. sit down
- e. given your mode of transportation how long is an average shopping trip (round trip)?

Does transportation impact what you buy?

Rate in order what impacts what you buy, from greatest factor to least important factor:

Personal budet

transportation

Personal eating habits/preferences

Time

what could they do differently now that they are aware?

Talk about their eating habits, eating out, cooking at home, etc.

- b. Spend 10 minutes on this, each person sharing.
  - c. shopping habits - how often do you shop, how practical is it, etc.
  - d. does your access (transportation ) affect what you buy?
3. Reconvene as a group to share findings on food spending and diet (10 minutes)
4. Facilitator led discussion on how the residents' diet can change by participating in the roof-top garden co-op. Talk about the kinds of foods the residents will have access to and the costs to participate—money and time commitments. Also can talk about the additional programs like cooking classes that will be offered to members of the co-op. (15 minutes)
5. Questions? (5 minutes)

Community Mapping (Targeting Wards 4 and 7) <http://www.dchunger.org/pdf/grocerygap.pdf>

Defining food desert, represent where people live in relation to the grocery stores in there district

Time is money, have participants put a price to the amount of time and effort it takes them a week to have to purchase grocery's. Have this be included in their food budget

Demonstrate benefits of having a local rooftop cooperative where foods could be sourced at low price, and picked up at corner stores.