

Food to Thrive

- Describe any food traditions you may have.
- Where do you shop for food or dine-out and why?
- What are your challenges to eating fresh, healthy, and nourishing foods?

Indian/Punjabi - North Indian foods: lentils, beans, fresh foods (bread), brown rice, paneer - Burtonsville/Briggs Chaney area: store used to have South Asian owners but now she has to travel farther

Also Costco and Aldi - need to go to a handful of stores to get what you need at a price you can afford. Cardamom is crazy expensive now.

Traditional Caribbean food for holidays - oxtail (very expensive right now). Asian influence for the holidays (like fish). Have a hard time to finding these things in area.

International foods in general and the international grocery stores. Plantains (breakfast, lunch, dinner); patties... sometimes only in the one small grocery store aisle. Recent pescatarian. Mushrooms. Farmers

Ghanaian spouse - lots of stews. Fruits and vegetables. Global Food has many of the foods they like.

likes Global market in area - wishes there was more competition though for fresh food. Lack of fresh items concerning.

Would like to know what other options for international foods are available.

Jamaican favorites: jerk, curry, carbs, rice and peas or starches with all meals

Some didn't like the options for Asian foods in the area.

From Cameroon - traditional foods like dry fish. can find at Global food but very expensive.

This part of the county has the highest food insecurity rate.

Sometimes some of the more affordable food options aren't as healthy. So there is access to fresh items, but may have to buy something else to feed the family.

Shops at local farmers market - for produce and in some instances for meat. Works directly with farmers.

there used to be a cameron's seafood in briggs chenev but I don't know that there is another shellfish option in the area

Would like a breakfast restaurant

although I'm Caribbean I would also like stores/specialty stores with different food. Ex - I love to make pasta but I can't find a Italian shop anywhere close. I have to go so far for fresh past

Apple food & Caribbean II in langely park are always by go-to stores when making big family meals.

Global Foods not inclusive for Caribbean food, goes to small places. Giant has some things but is last resort.

what local governments can do :standardized line item for grants for farm/food based production. Permit shared commercial spaces at institutional areas.

fresh fruits from the farmers market on Old Gunpowder RD

DTSS farmers market - does not represent community.

Need to support/bring in more Montgomery County farmers market.

There is not a big draw for restaurants.

Working with White Oak to bring farmers market there - could serve FBC area

Highlight Crossroads Farmers Market - small business incubator. Commercial kitchen.

What is the infrastructure that is needed? how do you build farm collaboratives?



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- What food products, services, gardens, or stores are needed in within close distance to your neighborhood?
- Do you feel the community serves your needs for cultural foods? Why or why not?
- Do you grow your own food? Why or why not?

If you have a lot of groceries, it can be a huge challenge. Route 29 in particular causes problems with accessibility to food sites.

New Manna site is a choice site (when not in pandemic lock-down). Different sections: produce, meat, bread, etc. People have more agency.

Need strategies for developing more choice markets, farmers markets. The plan area serves lots of people that live outside the plan area, and vice versa.

Access Report- it's a bit dated from 2016- but highlights food access challenges in Fairland specifically as being greater than in most other areas of the County.
<https://mocofoodcouncil.org/wp-content/uploads/2015/08/MoCo-F>

Look at HOA agreements with Montgomery County government - something we can explore

Have chickens with friends - garden together, have chickens, split produce and eggs.

Doing a gardening course at recreation. Expose people to where their food is comes from

Gardening classes after school - kids influence parents' buying choices

Take advantage of green spaces that would not be ordinarily used

Briggs Chaney - community garden. Nice to see family of color bringing their children and harvesting food.

Community garden - need more space

