

FOR IMMEDIATE RELEASE

The Food Project Partners with Lynn Food and Fitness Alliance to Build a Better Food System in Lynn

January 10, 2017 -- Lynn, MA -- The Food Project is pleased to announce that they have formed a strategic partnership with the Lynn Food and Fitness Alliance (LFFA) to educate Lynn residents, and those who work in the city, about the issues facing the local food system. This new partnership will combine the efforts of The Food Project and the Lynn Food and Fitness Alliance's Food Systems Sub-Committee to create a more dynamic, coordinated effort to address issues and take action to improve the food system in Lynn.

"I see this as a fantastic example of a partnership between City Hall and a strong community partner;" said Alex Freedman, Director, Lynn Food and Fitness Alliance. "Together, the combined resources, community input, and municipal reach will yield a dynamic, participatory response to the needs of the local food system and improve community overall health."

The partnership has developed a three-part process that starts with The Food Project's *Food for Thought* program. *Food for Thought* is open to youth (over 14 years old) and adults who live or work in Lynn. This interactive experience is designed to introduce the concept of food justice and answer the question: "What is a food system?" Understanding where our food comes from is the first step in increasing access to fresh, local, healthy, affordable food. This youth-led session includes an activity preparing meals for donation, workshops on the effects of our food system on our health, the environment, and workers' rights, and a freshly prepared meal. The next *Food for Thought* date is Saturday, February 4.

Following *Food for Thought*, participants will be invited back to The Food Project in the spring to attend a *Food for Us* workshop and to gain in-depth knowledge about the local Lynn food system. *Food for Us* will include learning and discussion about food access in Lynn and an activity to model food availability in the city. After attending a *Food for Us* workshop, participants will be invited to serve on the Lynn Grows Steering Committee.

Headed by Lynn Food and Fitness Alliance, The Lynn Grows Steering Committee will be a diverse group of Lynn residents and city stakeholders who will develop goals and recommendations to improve the Lynn food system. These recommendations will be presented to the Director of Lynn's Public Health Division and to the Mayor's office for review and future implementation. The Food Project's North Shore Regional Director, John Wang, summed up this effort by saying; "We are very excited to partner with the LFFA to work with Lynn residents to develop strategies that will build a better food system that works for everyone in the city."

Make your voice heard and make an impact in Lynn! Join The Food Project and the Lynn Food and Fitness Alliance to help create a more equitable, secure food system that serves the interests and needs of all Lynn residents. [Register for a Food for Thought workshop today](#) or [contact Rae](#) with questions.

About The Food Project

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Since their founding in 1991, [The Food Project](#) has grown into a nationally-recognized non-profit organization that works at the intersection of youth, food, and community. For more than 25 years, The Food Project has brought youth and adults from diverse backgrounds together on their farms to produce healthy food for residents of the city and suburbs to build a local and sustainable food system. The organization believes that food is a unique vehicle for creating personal and social change. The Food Project aims to transform our food system into an equitable and inclusive model that is community-controlled and supports food justice for all.

About Lynn Food and Fitness Alliance

The [Lynn Food and Fitness Alliance](#) (LFFA) is program that works to identify, develop and implement policy and environmental changes to promote healthy eating and active living for all residents. Housed within the city's Public Health Division, and funded by [Mass in Motion](#), LFFA strives to be a comprehensive approach to build and support community-wide health and health equity through policy and systems change.

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