

FALLBROOK CALIFORNIA

FALLBROOK ART CENTER – CAFÉ DES ARTISTES

By: Amy L. Prusinski
MPH 784 Creating Sustainable Environmental Futures

Bringing healthy eating
and sustainability to a
rural California Café



ABOUT FALLBROOK, CA



- Population of roughly 33,000 people
 - Poverty rate in Fallbrook, CA is 5.1% higher than the national average
 - Rural town known for agriculture
 - Almost all farming in Fallbrook is mixed crop
 - The only commercially available animal product sourced in Fallbrook is eggs
 - Politically conservative
 - Strong emphasis on community
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ABOUT FALLBROOK ART CENTER

- Local non-profit art gallery
- Supports local artists and the community
- Hosts a small café with limited afternoon hours
 - The café includes European inspired menus with rich foods
 - Each menu includes multiple meat and seafood options
 - Alcohol is served with each menu
 - Sources SOME of its produce locally
 - I am a weekly patron of this establishment





PROPOSAL ONE- LOCAL LUNCHES

LUNCH MENU BASED AROUND LOCAL PRODUCE

- Each day the lunch menu will be based on locally sourced food items.
 - Café Des Artistes already has relationships with local farm businesses by sourcing some of their produce locally.
 - The proposed action would increase the amount of locally sourced produce by featuring a menu of only locally produced food items.
 - Since animal agriculture is not available in Fallbrook, this would require a creative primarily plant-based menu that could include produce, mushrooms, and eggs.
 - Fallbrook is home to 13 wineries which could be paired for this menu.
 - Sourcing local produce reduces potential for food spoilage during transit and greenhouse gasses emitted during production and transportation of food.
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PROPOSAL TWO- FOOD WASTE

WORKING WITH THE FALLBROOK FOOD PANTRY AND COMMUNITY GARDEN



- Fallbrook has a large population living in poverty which is being addressed by:
 - Fallbrook Food pantry which provides nutritious grocery boxes to locals
 - Community garden which allows individuals, families and groups to reserve garden plots for free
 - Donating unused produce at the end of the week to the food pantry reduces food waste
 - Café Des Artistes is only open half of the week which means unused produce will be left in refrigerators untouched for 3 days increasing chances of spoilage.
 - Donating foods before the long storage period increases the likelihood it will be eaten instead of thrown away
 - Food donations reduces the amount of food that will enter the landfill and result in methane production
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PROPOSALTWO- FOOD WASTE CONTINUED

WORKING WITH THE FALLBROOK FOOD PANTRY AND COMMUNITY GARDEN



- Donating produce scraps to the community garden to create compost:
 - All restaurants create food waste from produce.
 - Donating produce scraps to create compost reduces the reliance on synthetic fertilizers used in the community garden.
 - Donating produce scraps to the community garden reduces food waste in land fills.
 - Food waste in landfills results in the production of the greenhouse gas methane due to anerobic decomposition.
 - Open Air composting reduces methane emissions by introducing oxygen which prevents anerobic decomposition.
 - Open Air composting also increases carbon sequestration by the soil trapping it from entering the atmosphere.
 - Community gardening increases produce intake by those who participate.

PUTTING IT TOGETHER

- The results of these two proposed changes are:
 - Reducing the amount of meat and animal products served during lunch to promote a healthier diet and more sustainable food sources
 - Promoting food sovereignty by strengthening the food systems in Fallbrook
 - Increasing food security for local families by donating produce to the local food pantry
 - Increasing vegetable intake by promoting community gardening
 - Reducing transportation related greenhouse gas emissions by sourcing local produce
 - Reducing methane producing food waste through donation of food and food scraps
 - Decreasing methane production by promoting open air composting
 - Minimally increasing CO₂ sequestration by promoting the use of open-air compost in gardens. Soil & growing increase CO₂ uptake up to 8.1%
 - Reducing nitrous oxide produced by fertilizer by reducing the dependency on fertilizers with compost
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