



Definition of Terms Used in Regional Food Assessment

The Piedmont Triad Regional Food Council (PTRFC) is currently working with Carolina Creative Works & Community Food Lab to conduct a comprehensive regional food system assessment centered on building equity for the twelve counties in the Piedmont Triad. The assessment will collect and analyze data on regional food production, infrastructure, and markets, as well as community health and development.

Definitions Used in Engagement Meetings

- **Food Consumption** - The total amount of food available for eating in a household
- **Food Desert** - A geographic area in which it is difficult to buy affordable or good quality fresh foods within any given point within the neighborhood
- **Food Insecurity** - being unable to find or afford enough food on a regular basis that you and your family enjoy eating
- **Food Access** - a household's ability to get and buy enough nutritious food (includes transportation access, availability of items, income, and other factors)
- **Production** - usually, agricultural production of crops or the production of foods for consumption (sometimes called value-added)
- **Harvesting** - the process of gathering crops that have been planted
- **Processing** - The physical, chemical, and biological changing of agricultural products in order to keep them fresh for future use
- **Packing** - The method by which food grown or processed on farms is physically covered and protected to be transported to stores
- **Transporting** - To take or carry goods from one place to another
- **Marketing** - The action or business of promoting and selling any product or service
- **Food supply chain** - Everything involved between production (creating food) and consumption (eating food); includes processing, storing, packing, distributing, and selling food items
- **Food system assets** - Anything that serves your neighborhood or community, such as gardens, shared kitchens, food pantries, etc.
- **Community garden** - Formal, managed small plots of land that are shared by community members and rotated seasonally
- **Urban gardening** - Typically smaller garden and farm activities taking place within city neighborhoods in metro areas
- **Micro-farming or Micro-gardening** - Small community-based "leftover" plots of land, including backyards, parking areas, undeveloped parcels (usually under 0.5 acres) on which food is grown



Other Terms Used During This Process

Food Insecurity	The state of being when one does not have reliable access to a sufficient quantity of affordable, nutritious food at the household level.
Food access	The ability for a household to obtain high-quality food. Typically depends on the access a person has to stores with these foods; areas with low access are often referred to as “food deserts” or “food swamps.”
Equity	Equity is just and fair inclusion into a society in which all can participate, prosper, and reach their full potential.”
Public health	Consideration of the overall health of a population within a given area. This impacts government intervention, based on what may be best for the population. When analyzing public health in terms of food systems, this is typically seen through food access.
Food supply chain	All of the steps that are involved in getting food to a household. This includes the distribution of food through growth, transportation, and eventual transition to individuals.
Community food assets	Neighborhood-level assets that serve a specific portion of a given population; some examples include community gardens, neighborhood food pantries, food banks, or school gardens.
Micro-gardening	Informal but intensive farming on a small, personal level within containers on personal property. Usually done in a space efficient, and sustainable way.
Community gardening	More formal, structured gardening efforts that allow more members of an area to participate. It is a single plot of land that can be utilized by individuals or groups looking to grow their own food, or provide food for an organization.
Urban gardening	Typically done by people living together in a densely populated area. As people are searching for healthier foods with less access, urban gardening serves as a way for someone to grow their own food.
Mid-scale farming	Form of producing livestock or crops on medium-sized farms, and typically selling within regional distribution systems. Tend to be in the earlier stages of producing, and vary in types of produce grown.
Micro-farming	Often done on the urban and suburban level, and are sometimes created in rural regions, on a smaller scale.
Small-scale farming	Form of producing livestock and crops on a smaller piece of land. This usually consists of intensive labor without much advanced technology. It is usually a sustainable practice and increases food access for households.