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**THE ALBION COMMUNITY FRIDGE**

**END OF SUMMER REPORT**

### **FURSCA SUMMER 2021**

**By Caitlyn-Rae Arendse**

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# **A. Introduction to The Albion Community Fridge**

This past summer, I worked with Professor Vicki Baker to research and plan for a Spring 2022 Opening of ‘The Albion Community Fridge’. The goals of this incredible project was to feed the homeless and underprivileged families of Albion in a safe and efficient way that allows them to survive during such challenging times. The project involves two primary aspects: (1) Budgeting for community needs and (2) Establishing “The Albion Community Fridge” to both support the community and to provide Ford Institute and other Albion College Students volunteer opportunities to fill the fridge and distribute food. This proposed research-practice project provides an excellent opportunity for our students to show appreciation and gratitude for the Albion Community, and understand the importance of helping others. We also wanted to determine an opening date for the fridge, which we decided would be **Spring 2022**.

# **B. Results/Summary**

As we researched the fridge this summer, we achieved our results/goals and were able to truly connect to several community members. We were able to learn more about the dangers of food insecurity.

The following is our full Summer 2021 timeline and achieved results for the Fridge:

# ***TIMELINE, SUMMER 2021 FURSCA PROJECT***

# **Prior to Start of Project: May 26th, 2021**

* RELEASE OF WEBSITE, BLOG :<https://thealbioncommunityfridge.weebly.com/>
* **FACEBOOK POST**

**So excited to share a little bit more about my upcoming FURSCA project, The Albion Community Fridge, with Professor Vicki Baker!**

**Visit the link below to see updates, pictures and learn more about the community fridge coming to Albion soon!**

[**https://thealbioncommunityfridge.weebly.com/**](https://thealbioncommunityfridge.weebly.com/)

# **Week One, Week of 05/31**

* MONDAY:
	+ Intense Background Readings of following texts,
		- “Give Some, Take Some: How the Community Fridge Fights Food Insecurity“<https://www.eater.com/2020/6/17/21291849/community-fridges-food-insecurity-coronavirus-covid-19-impact>
		- “Socio-economic and Environmental Impact of Homelessness in Olympia, Washington” <https://www.co.pierce.wa.us/DocumentCenter/View/44599/Impacts-of-Homelessness-in-Olympia>
		- “The Detroit Community Fridge is Supplying Fresh Produce to Locals” <https://www.hourdetroit.com/eats-food/the-detroit-community-fridge-is-supplying-fresh-produce-to-locals/>
* TUESDAY:
	+ Intense Background Readings of following,
		- “Give Some, Take Some: How the Community Fridge Fights Food Insecurity“<https://www.eater.com/2020/6/17/21291849/community-fridges-food-insecurity-coronavirus-covid-19-impact>
		- “Socio-economic and Environmental Impact of Homelessness in Olympia, Washington” <https://www.co.pierce.wa.us/DocumentCenter/View/44599/Impacts-of-Homelessness-in-Olympia>
		- “The Detroit Community Fridge is Supplying Fresh Produce to Locals” <https://www.hourdetroit.com/eats-food/the-detroit-community-fridge-is-supplying-fresh-produce-to-locals/>
* WEDNESDAY:
	+ Intense Background Readings of following,
		- “Give Some, Take Some: How the Community Fridge Fights Food Insecurity“<https://www.eater.com/2020/6/17/21291849/community-fridges-food-insecurity-coronavirus-covid-19-impact>
		- “Socio-economic and Environmental Impact of Homelessness in Olympia, Washington” <https://www.co.pierce.wa.us/DocumentCenter/View/44599/Impacts-of-Homelessness-in-Olympia>
		- “The Detroit Community Fridge is Supplying Fresh Produce to Locals” <https://www.hourdetroit.com/eats-food/the-detroit-community-fridge-is-supplying-fresh-produce-to-locals/>
* THURSDAY:
	+ Intense Background Readings of following,
		- “Give Some, Take Some: How the Community Fridge Fights Food Insecurity“<https://www.eater.com/2020/6/17/21291849/community-fridges-food-insecurity-coronavirus-covid-19-impact>
		- “Socio-economic and Environmental Impact of Homelessness in Olympia, Washington” <https://www.co.pierce.wa.us/DocumentCenter/View/44599/Impacts-of-Homelessness-in-Olympia>
		- “The Detroit Community Fridge is Supplying Fresh Produce to Locals” <https://www.hourdetroit.com/eats-food/the-detroit-community-fridge-is-supplying-fresh-produce-to-locals/>
* FRIDAY:
	+ Meet with Prophetess Brown and compile meeting notes
		- Share all annotations and plans
		- Share webpage
		- Ask for further resources
		- Take notes
* SATURDAY:
	+ FURTHER BACKGROUND READING
		- “2019 Calhoun County Community Health Needs Assessment” <http://www.micalhoun.org/content/sites/calhoun/BC_Community_Foundation/Calhoun_County_2019_CHNA_Report_Final.pdf>
		- “Feasibility Analysis: Starting a Food Bank System”<https://www.foodbanking.org/wp-content/uploads/2017/05/GFN_Tool_Kit_-_Feasibility_Analysis.pdf>
		- “Foodbank of South Central Michigan, Annual Report 2017” <https://smfoodbank.org/wp-content/uploads/2019/09/All-Pages-2018-reduced-size.pdf>
* SUNDAY:
	+ FURSCA FURTHER BACKGROUND READING
		- “2019 Calhoun County Community Health Needs Assessment” <http://www.micalhoun.org/content/sites/calhoun/BC_Community_Foundation/Calhoun_County_2019_CHNA_Report_Final.pdf>
		- “Feasibility Analysis: Starting a Food Bank System”<https://www.foodbanking.org/wp-content/uploads/2017/05/GFN_Tool_Kit_-_Feasibility_Analysis.pdf>
		- “Foodbank of South Central Michigan, Annual Report 2017” <https://smfoodbank.org/wp-content/uploads/2019/09/All-Pages-2018-reduced-size.pdf>

**Week Two, Week of 06/07**

* Take Monday-Wednesday as well for finishing up paper annotations, then place them on the FURSCA FRIDGE DOC.
* TUESDAY AND WEDNESDAY:
	+ Compile list of Community Leaders in Albion, Email Vicki
* THURSDAY AND FRIDAY: **Begin meeting with community leaders and partners focused on food insecurity. Sample questions are below:**
	+ What is the best way to communicate with families impacted by food insecurity / the homeless population in Albion?
	+ How can we find and collect needed appropriate resources (financial and food/nutritional resources)?
	+ Are you aware of other food insecurity community partners in town?
	+ Where can we place the fridge in order to provide a safe, secure and nearby location for all Albion students?
	+ What key considerations do we need to account for to support long-term sustainability for the community fridge?
* SATURDAY AND SUNDAY: Fully update Vicki and Website.

**Week Three:**

* Monday-Sunday: In collaboration with proposed Community Leaders, use this week to find an appropriate place to have the fridge, [ADD] Feasibility Studies
	+ We have to wait until I am on campus to order the fridge, but we have looked into several options (see below).
	+ [ADD TO TIMELINE] Feasibility Studies
		- Feasibility Study: Steps to Assessing Food Pantries
			* Assessment Phase
				+ 'Assessment of Environmental Issues in the surrounding community, for ex. who, what, and why are individuals in our community hungry?
			* Planning Phase
				+ 'Planning' who will support and fund the pantry. for. ex, how can we involve community leaders, civil society in order to be more inclusive and increase diversity interactions within the community.
			* Capitalization Phase
				+ 'Capitalizing' appropriate representatives of the project solicit identified funding sources to generate the financial resources necessary to capitalize the start-up of the food bank system.
			* Implementation Phase
				+ 'Implemented' process allows the full Pantry Business Plan to launch, including facility and fleet preparations, staff hiring and training, volunteer program definition, public relations and media engagement, initial procedures for service delivery and product donor engagement, etc. It is important that serious consideration be given to the selection of staff.
			* Adjustment Phase
				+ 'Adjusting' to the processes for the pantry should have 3, 6, and 9 month anniversaries, where assessments of the feasibility and operations should be taken.

**STEPS CONNECTED TO FRIDGE:**

1. Assessment Phase
	1. I can use the time I set aside this week to meet with Community Leaders, and ask about our environment, and how we can connect to improve diversity and inclusion in relation to our fridge.
2. Planning Phase
	1. This ties into the Assessment Phase, but we need to meet with Albion City Officials too, and I think the best way is to fill out a **funding request!**
3. Capitalization Phase
	1. This is important, and I believe we've already sorted out the budgeting in our Proposal, but eventually, when we start to collect food, we will need to make an official budget sheet (I'll create this **on Monday)**.
4. Implementation Phase
	1. PR is an important part of this equation, and we are already heavily into this, as we have several leaders who are willing to advertise, including the website as well.
5. Adjustment Phase
	1. An exciting process, but how can we make a sheet that helps us understand and update the fridge.
		1. The best thing to do here is to look at things like 'back bar checks', when I worked at AMC, we would fill out back-bar checks to make sure that the grills and other kitchen items were stocked and properly cleaned, perhaps this is what we should do.
	* Fridges (Within our Budget) to Purchase:
* Order/Purchase the fridge using budget.

ACF POSSIBLE Fridges: (**BUDGET**): **$480.00**

* TOP CHOICE: <https://www.ebay.com/itm/313565209421?hash=item4901f1634d:g:FPEAAOSwUndgxyE9>
* <https://www.wayfair.com/appliances/pdp/danby-apartment-size-22-top-freezer-73-cu-ft-refrigerator-cbfx1090.html>
* [RCA 7.5 cu. ft. Refrigerator with Top Freezer in Stainless Look-RFR725 - The Home Depot](https://www.homedepot.com/p/RCA-7-5-cu-ft-Refrigerator-with-Top-Freezer-in-Stainless-Look-RFR725/305635421?mtc=Shopping-VF-F_D29A-B-D29A-29_13_REFRIGERATION-Multi-NA-Feed-PLA-2153902-WF-MinorAppl&cm_mmc=Shopping-VF-F_D29A-B-D29A-29_13_REFRIGERATION-Multi-NA-Feed-PLA-2153902-WF-MinorAppl-71700000037742692-58700004177786458-92700034552686858&gclid=6567a42c75e51acaec52c4e077c0cc0b&gclsrc=3p.ds&msclkid=6567a42c75e51acaec52c4e077c0cc0b)
* [Side By side Refrigerator / fridge freezer Frigidaire fully functioning | eBay](https://www.ebay.com/itm/154492161976?hash=item23f8734fb8:g:FxEAAOSwC1xgsbVP)
* <https://www.ebay.com/itm/144079254316?hash=item218bcaf32c:g:95oAAOSwbBVgy48C>
* <https://www.ebay.com/itm/133787018274?hash=item1f2653e422:g:muoAAOSwXwhgo-Dy>
* <https://www.ebay.com/itm/224489766036?hash=item3444a1fc94:g:ORMAAOSwEsVgvpyc>
* <https://www.ebay.com/itm/224489956142?hash=item3444a4e32e:g:6BUAAOSwmC9fbO5W>

**Week Four:**

* Monday-Friday: Research further into budgeting and feasibility models, [ADD] Talk to Community Leaders
	+ **Sample Community Leader Questionnaire:**
		- What is the best way to communicate with families impacted by food insecurity / the homeless population in Albion?
		- How can we find and collect needed appropriate resources (financial and food/nutritional resources)?
		- Are you aware of other food insecurity community partners in town?
		- Where can we place the fridge in order to provide a safe, secure and nearby location for all Albion students?
		- What key considerations do we need to account for to support long-term sustainability for the community fridge?

* Documentation of Questionnaire:
	+ <https://docs.google.com/document/d/1prmoRlLkBC0xyXpAQQ9u6GOTkHCTPe1XqqDs8B4iJxo/edit?usp=sharing>
	+ Monday:
		- Meeting with Patrick McLean, Update Website
			* Pre-Sent the Community Leaders Questionnaire posed.
	+ Tuesday:
		- Feasibility Studies
	+ Wednesday:
		- Feasibility Studies, continued
	+ Thursday
		- Feasibility Studies Continued
	+ Friday
		- FURSCA Presentation : Begin
		- Meeting with Eddie Visco @ 12 PM
			* Link to Meeting Above.
* Saturday:
	+ Creation of document:
		- [*“Feasibility Analysis: Starting a Food Bank System”*](https://docs.google.com/document/u/1/d/1qFaH26fMM99GITYRtL6Pfz3dorUoDH2t39OOrdC7zcc/edit) *and Other Food Bank Systems..* Food Data Analysis Data
	+ In-Depth Reading of [How To Start Your Own Community Fridge](https://medium.com/the-interlude/how-to-start-your-own-community-fridge-537767b4e4d7#:~:text=The%20inclusion%20of%20the%20whole%20community%20is%20the,coordinate%20regular%20pick%20up%20times%20to%20collect%20donations.)
		- Key Thoughts on How to manage the fridge:
			* Once the fridge is plugged in, allow 24 hours for it to cool before stocking with food.
			* All food in the fridge should be clearly labeled with expiration dates and regular cleaning of the fridge should be coordinated by team members.
			* Aditi Varshneya, another organizer with The Uptown Fridge, suggests starting with a Google Spreadsheet that displays who can take care of specific duties on what dates and times.
				+ It’s also important to appoint one or two people to oversee monetary donations, which community members typically contribute via Venmo.
			* Make your *fridge visible*. Use bright colors and encouraging messages to communicate to anyone passing by that the food inside is free and available to everyone.
			* Make c**onnections with bakeries, grocery stores, restaurants, corner stores, and food pantries** in the area and offer to coordinate regular pick up times to collect donations.
* Sunday:
	+ Continue further data analysis from existi. data sets (see Week One Mon-Fri)
	+ Vicki Meeting:
		- Fridge Locations:
			* Albion Community Foundation - Contact from Eddie
			* Harrington Elementary - outside
			* Akaaia Ridley- West Side
		- Community Leaders:
			* Students Farm, Director of Student Farm
			* Governmental Structures: EDC and Treasurer's Office, ARC
			* Dr. Johnson - CAPITALIZE ON FRIDGE PLACEMENT
				+ Goal of Fridge
				+ Lessons From Past Feasibility
				+ Placement of Fridge
	+ **FURSCA Presentation Advice** - 12 MIN
	+ Goals for FURSCA Project
		- What motivates you to pursue this project?
		- Why in Albion?
	+ Project Tasks and Deliverables
		- Overall/completed to date
			* Community Leader Interviews/Meetings - summary of key takeaways
			* Readings - summary of key takeaways from those
			* Show visual of website
	+ Key Next Steps/ Decisions that need to be made
		- Future Interviews (list with who)
		- Organizations that can be possible partners
		- Placement of Fridge
			* Note stakeholders who you have engaged to support a data informed decision about placement

**Week Five: 06/28**

Monday:

* Finish FURSCA Thursday Presentation
	+ [FURSCA ARENDSE FINAL PRESENTATION](https://docs.google.com/presentation/d/1bpe0Be0Vb_6nSlxdGc0aXp5MDyi68NhIk_aadi9xvCQ/edit?usp=sharing)
	+ Ask Vicki to edit.
	+ Set Up Presentation Video Cam.
* Send Vicki Previous Budget used in Proposal!

Tuesday:

* **Focus on Budget draft preparation -** [**ACF OFFICIAL MONTHLY BUDGET**](https://docs.google.com/spreadsheets/d/1OwUCfUNs-vI5sYodL6Dlh6LzAod_aO2zmzhwzCdU_KY/edit?usp=sharing)
	+ Refer to Fridge List
	+ Contact Prophetess Carol for future pantry needs
* Draft Fridge “Donate Food” poster

Wednesday:

* **Focus on Budget draft preparation -**cont. from Tuesday
* Create QR Code for Online Donation Sheet

Thursday:

* [**FURSCA PRESENTATION**](https://drive.google.com/file/d/1KFDJKVCbPGX4eZ-4zzTpiGqJf4XQfYne/view?usp=sharing) **DATE -** [**Course: FURSCA (albion.edu)**](https://courses.albion.edu/course/view.php?id=7157)
	+ Mention the following:
		- Food Apartheid
		- Elizabeth Barrios and Dr. Johnson Future Interviews
* ***FURSCA presentation questions***
* Feasibility study results - findings and how that informs current and future efforts
* Plans to reach out to community members to reach out to learn about precinct needs (e.g., city council, non-community leaders)
* Long-term plan for the Fridge - what will it look like, who will manage it, etc
* Best Practice and Methodology Research - [**Link to PANTRY ITEM CHECKLIST**](https://drive.google.com/file/d/1QF2mfrcv-ELmy7ojgBotMreP0b2BMlaN/view?usp=sharing)
* **Continue Budget Draft Preparation**

Friday:

* Continue Budget Draft Preparation
* **READ THIS PANTRY TOOL KIT:** [Microsoft Word - Financial Toolkit for Food Pantries 2018 FINAL (catalystnonprofit.com)](https://www.catalystnonprofit.com/wp-content/uploads/2018/11/financial_toolkit_for_food_pantries_2018_final.pdf)

Saturday-Sunday:

* Best Practice and Methodology Research
* Continue Budget Draft Preparation
* \*\*Continue to support online fridges and look through their Instagram accounts: collect inspiration.

**Week Six: 07/05/2021**

* Monday-Tuesday :
	+ Fridge Instagram Search:
		- Looking at ways Fridges NATIONWIDE are set up, making bookmarks and saving them for next week!
* Wednesday:
	+ Meeting with Vicki
		- Emphasis on meeting with **Dr. J. Next Week! - JULY 16TH**
			* Ask where Fridge is located.
* Thursday - Friday :
	+ Fridge Instagram Search:
		- Looking at ways Fridges NATIONWIDE are set up, making bookmarks and saving them for next week!
* Saturday :
	+ Feasibility Study Day: [Microsoft Word - Financial Toolkit for Food Pantries 2018 FINAL (catalystnonprofit.com](https://www.catalystnonprofit.com/wp-content/uploads/2018/11/financial_toolkit_for_food_pantries_2018_final.pdf)
* Sunday:
	+ Feasibility Study Day: [Microsoft Word - Financial Toolkit for Food Pantries](https://www.catalystnonprofit.com/wp-content/uploads/2018/11/financial_toolkit_for_food_pantries_2018_final.pdf)

In addition to the above goals, I also created a webpage that was mentioned towards the beginning of the timeline, titled “<https://thealbioncommunityfridge.weebly.com/>”.

The webpage is pictured above and I was so grateful to be able to construct a weekly blog on the website as well, where I detailed my week-to-week experiences while working on the fridge.

I was also able to perform feasibility analyses and interview community leaders about any concerns about the future of the fridge!

Here is my food feasibility analysis:

1. Assessment Phase
	1. Who is Hungry?
		1. Our **Community Members in Albion**
			1. The fridges fight issues deeply ingrained into American society, like
				1. food insecurity,
				2. food waste, and
				3. food apartheid — the systemic inaccessibility of affordable, healthy food options that disproportionately affects black and brown communities.
		2. Children and Students at our local schools in Albion
		3. Our Albion College Students
	2. Why are they hungry?
		1. Perhaps a lack of funding from community for food
		2. **Low Socioeconomic status** due to lack of education/job experience.
		3. Transportation Issues.
2. Planning Phase
	1. **Supporting And Funding Partners for Food and Finances:**
		1. Treasurer’s Office of Albion College
			1. Inquire about possible donations to be given.
		2. Albion College
		3. Past Alumni - Including: Samantha Camerana and Friends
		4. Donors and Donations through Fundraising
		5. Read up on [Mutual Aid](https://www.vice.com/en/article/y3mkjv/what-is-mutual-aid-and-how-can-it-help-with-coronavirus) Efforts in Town
3. Capitalization Phase
	1. **Top Leaders in Albion we need to focus on:**
		1. Dr. Matthew Johnson
		2. Pastor Carol Brown
		3. Eddie Visco
		4. Patrick McLean
		5. Albion Governmental Leaders
4. Implementation Phase
	1. Volunteers Needed:
		1. How many hours daily will we operate the fridge?
		2. How many volunteers will facilitate the fridge?
			1. How often will these volunteers need to be at the fridge?
		3. Recruit volunteers through media amplification
	2. Emphasis on Social Media Amplification
		1. Need to make sure that the fridge builds support on Social Media.
5. Adjustment Phase
	1. Creation of an essential, ‘back bar’ check of the feasibility and cleanliness of the fridge.

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# In conclusion to these samples of data from my research, I did truly learn more about the importance of analyses of food banks in order to learn more about fridges.

# **C. Conclusions**

The Albion Community Fridge will change the way that food is distributed in Albion, MI. I know my conclusions on food feasibility and the fridge’s community reach will change in the Spring, but I am so happy I was able to meet and work with Vicki this summer for foundational knowledge on the background of the fridge.

I am planning on presenting this at the 2022 Elkin Isaac Presentation Day and my thesis will be completed as well. I am excited to meet with more community members and hear their stories.

I believe the Albion Community Fridge on how to truly be a public servant to such a beautiful and diverse community. I knew how detailed my work would get, but I had no idea how many people it could help or how connected we could possibly see the college students and the families in need of food get once students are able to volunteer.

I can’t wait till this Spring!