2018 Upstate Institute Summer Field School Fellowship in the Adirondacks

**Title:** Keeseville Farmacy: Good Health Begins at the Table  
**Community Partner:** ADK Action

Research on an innovative local foods project in Keeseville, NY that connects low-income consumers with produce, for a student interested in social science research, agriculture and community development.

**Project Description:**
The community of Keeseville, NY suffers from high levels of diabetes and heart disease, and many residents live below the poverty line. There is currently no grocery store in the community. To address both issues, ADK Action has partnered with the owner of Keeseville Pharmacy in downtown Keeseville to transform a portion of the pharmacy space into a small grocery. The “Farmacy” project aims to provide residents with access to fresh, local food while allowing local farmers to access a new market. The Farmacy project has been profiled in a number of media outlets:

https://adkaction.org/Farmacy  
https://mountainlake.org/tag/farmacy/  

In order to reach the intended audience for the project, ADKAction aims to increase outreach to residents who receive Supplemental Nutrition Assistance Program (SNAP) benefits to help them become familiar with the Farmacy’s offerings, learn how to shop for healthy ingredients, and cook from scratch at home. The Fellow will help ADK Action work with partners to develop a simple yet effective means of reaching local SNAP recipients to offer enrollment in a program that will include shopping assistance, farm tours, and cooking classes. The proposed research will help develop a model for mixed-use local food retail that may be replicated in other Upstate communities, many of which suffer from a lack of access to fresh food. This innovative model may help address food access issues in a meaningful way.

In order to ensure that the project has a meaningful impact and is replicable in other communities, ADK Action will ask the Fellow to help develop effective means of interacting with the community the project will benefit. By connecting with SNAP recipients to learn how to best help them to include farm fresh foods in their diets, the Fellow's research will help the Farmacy become a viable model.

**About the Community Partner:**
ADK Action is a 501(c)(3) nonprofit that creates projects to address unmet needs, promote vibrant communities, and preserve the character of the Adirondacks. ADK Action seeks to create projects that improve the quality of life in Adirondack communities while preserving the character of the region. By supporting small, local farmers who use sustainable practices, this project preserves the pristine environment for which the Adirondack region is known. By making local healthy food more accessible year-round, especially by low-income residents, ADK Action has the chance to improve quality of life.

**Required Skills:**
The right candidate for this Fellowship will have critical-thinking skills, be comfortable talking to people from many different backgrounds, and have an interest in agriculture, health, and food justice. Proficiency in Microsoft Word, Excel, and PowerPoint are necessary, as well as the ability to communicate clearly and effectively through email. The Fellow can expect to learn how to work with partner organizations to develop appropriate outreach mechanisms. The Fellow will have the ability to form relationships with local farmers and a local food hub, providing valuable insights into how a local food system operates. The Fellow will also learn survey creation and project management skills, such as developing a work plan and submitting progress updates. The Fellow will attend the organizations Annual Meeting and give a final report to the Board of Directors, providing the opportunity to learn about the governance of a non-profit.

**Logistics:**
This is a full-time paid research position (35 hours per week) to last approximately 10 weeks, conducted under the joint supervision of the Upstate Institute and ADK Action at the organization’s Keeseville office, which is within walking distance to the Farmacy. In Keeseville, the Fellow will be supervised by Executive Director Brittany Christenson. Shared office space will be offered to the Fellow, but the Fellow will need to provide a laptop computer. Field School Fellows receive a research stipend of $4500. The cost of transportation will be covered by the Upstate Institute, but a Fellow will need a U.S. drivers’ license to complete this work. Housing will also be provided and paid for by the Upstate Institute. The Farmacy Field School Fellow will also have the opportunity to participate in a community of young farmers, artisans, and other entrepreneurs. Access to shopping in Plattsburgh, NY and Burlington, VT are a plus, and it is notable that there are significant recreation opportunities in the area. Rock climbing, hiking, swimming, paddling, biking, Frisbee golf, and more are all available with 10 minutes of the office. For a Fellow over 21 years of age, a local farm brewery serves as a great hub of social life for young people in the community.