

Excited to print your own pack of Complete Communities trading cards? Check out the tips below for the best results!

- Notice that page 2 is a sheet of trading card backs. Print page 2 on the back of each page of terms.
- When printing on both sides, check your printer's settings to identify the best method.
- For double-sided printing, select the long edge binding option in your print dialogue.
- Notice the hash marks located at all four corners of each card. Cut along these lines when cutting a sheet into individual cards.

Have fun! We would love to hear how you are using our cards. Tag us on Twitter and Facebook to let us know, and visit our website to find more trading cards and strategies to make your community complete!



**Complete
Communities**



**Complete
Communities**



**Complete
Communities**



**Complete
Communities**



**Complete
Communities**



**Complete
Communities**





COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

A USDA program that provides low-income seniors with packages of nutritious food meant to supplement their diets.

SOURCE: U.S. DEPARTMENT OF AGRICULTURE
PHOTO: PRESTON KERES, U.S. DEPARTMENT OF AGRICULTURE



COMMUNITY GARDEN

Communally shared plots of land used to grow vegetables that are traditionally either freely available to community members or donated to a local charitable organization.

PHOTO: DELAWARE CENTER FOR HORTICULTURE



COMMUNITY SUPPORTED AGRICULTURE (CSA)

A form of produce sale through which people purchase shares of produce at the beginning of the growing season and receive a regular supply of produce from local farmers as the season progresses.

SOURCE: JOHN LAMBETH

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE



DELAWARE DEPARTMENT OF AGRICULTURE (DDA)

The state agency that works to "sustain and promote the viability of food, fiber, and agricultural industries in Delaware."

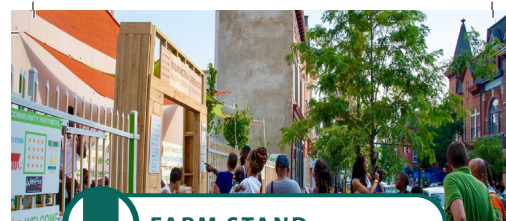
SOURCE: DDA
PHOTO: BRUCE BURKE



ELECTRONIC BENEFITS TRANSFER (EBT)

The form of payment used in the Supplemental Nutrition Assistance Program (SNAP). Benefits are generally housed on a card that can then be used to pay for qualified food items at locations that accept EBT.

SOURCE: U.S. DEPARTMENT OF AGRICULTURE (USDA)
PHOTO: USDA SNAP-ED PHOTO GALLERY



FARM STAND

Often operated by farmers themselves or local nonprofits, farm stands operate as independent businesses that sell locally grown produce and produce-based dishes.

PHOTO: JASON AVILES, WILMINGTON PLACEMAKERS

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE



FARMERS' MARKET

A partnership between multiple farmers who typically gather at a particular location once or twice per week to sell their produce to the public.



FOOD DESERT

A geographic area in which there is limited or nonexistent access to supermarkets or other sources of affordable, nutritious food with respect to the given area's transportation options.

PHOTO: SEATTLE MAGAZINE



FOOD ENVIRONMENT

Factors in a community that impact when, how, and from where residents obtain food, such as types, locations, and prices of food retailers and availability of food access and nutrition programs.

PHOTO: PRESTON KERES, U.S. DEPARTMENT OF AGRICULTURE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE



FOOD HUB

An organization that supports local farming by collecting produce from local farms and redistributing the produce to local retailers such as supermarkets, restaurants, and produce carts.

PHOTO: ADELE PAYMAN



FOOD SWAMP

A geographic area in which unhealthy retailers like fast food restaurants and unhealthy convenience stores are more accessible and numerous than healthy food retailers.

PHOTO: CHRISTOPHER FLOWERS



FULL-LINE FOOD RETAILER

A food retailer, often called a grocery store or supermarket, that sells a complete range of typical food ingredients including meats, fruits, vegetables, grains, and dairy.

PHOTO: ROB MAXWELL

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE



HEALTH IMPACT ASSESSMENT

A process that uses many data sources and methods to determine the potential effects of a proposed policy, plan, program, or project on the health of a population.

SOURCE: NATIONAL RESEARCH COUNCIL OF THE NATIONAL ACADEMIES IMPROVING HEALTH IN THE UNITED STATES



HEALTHY COMMUNITY

Places that engage diverse stakeholders, and consider health and equity, in decisions about how communities are planned, designed, and built.

SOURCE: ROBERT WOOD JOHNSON FOUNDATION
PHOTO: CAN-DO PLAYGROUND WILMINGTON



ON-FARM MARKETS

Small businesses operated by farmers who sell their produce on the same plot of land they use to farm.

PHOTO: U.S. DEPARTMENT OF AGRICULTURE SNAP-ED PHOTO GALLERY

Complete Communities

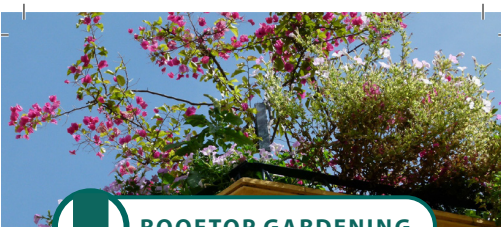
COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE



ROOFTOP GARDENING

A type of urban agriculture in which plants are grown on the top of a building for food, temperature control, hydrological, architectural, wildlife habitat, or recreation purposes.



RURAL LAND MANAGEMENT

The process of managing the use and development of rural land for the purposes of agriculture, reforestation, and reducing the impacts of sprawl.



SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)

A joint federal-state food assistance program for low-income seniors that provides coupons to buy fruits and vegetables at participating farmers' markets, farm stands, and community supported agriculture programs.

SOURCE: U.S. DEPARTMENT OF AGRICULTURE

Complete Communities

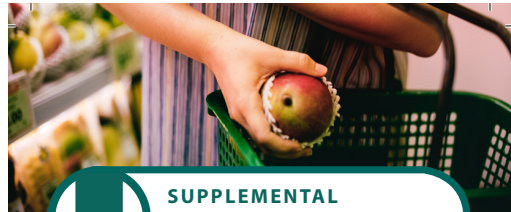
COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

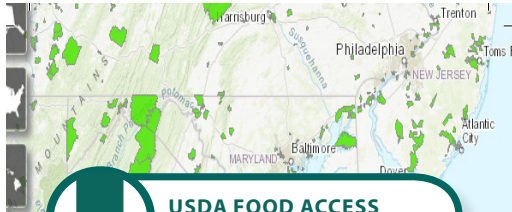
COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Formerly known as the food stamps program, SNAP is the broadest nationwide food assistance program and operates through the use of electronic benefits transfer (EBT).


SOURCE: U.S. DEPARTMENT OF AGRICULTURE



USDA FOOD ACCESS RESEARCH ATLAS

A USDA tool that allows users to view and map food access data in as much detail as the census tract level.

SOURCE: U.S. DEPARTMENT OF AGRICULTURE (USDA)
PHOTO: USDA FOOD ACCESS RESEARCH ATLAS



UNITED STATES DEPARTMENT OF AGRICULTURE (USDA)

The federal agency that addresses "food, agriculture, natural resources, rural development, nutrition, and related issues based on public policy, the best available science, and effective management."

SOURCE: U.S. DEPARTMENT OF AGRICULTURE (USDA)
PHOTO: USDA

Complete Communities


COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities


COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE



URBAN AGRICULTURE

The use of plots of land in cities or towns to grow fruits and vegetables with the intent to sell the produce.

PHOTO: WEST SIDE GROWS



WOMAN, INFANTS, AND CHILDREN PROGRAM (WIC)

A joint federal-state program that assists low-income women, infants, and children "by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care."

SOURCE: U.S. DEPARTMENT OF AGRICULTURE (USDA)
PHOTO: USDA WIC IMAGE GALLERY

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE

Complete Communities

COMPLETECOMMUNITIESDE.ORG
/COMPLETECOMMUNITIESDE
@COMPCOMMUNITYDE