



Justin Fast

Senior Consultant

Position with Firm

2017–present **Senior Consultant.** Conducts research and analysis on a wide variety of topics, including food systems, sustainability, healthy aging, adverse childhood experiences (ACEs), and chronic disease prevention. Leads focus groups and performs data and analysis and visualization using Tableau. Designs and conducts local and large-scale program evaluations. Facilitates strategic planning and provides strategic counsel for partnerships, committees, and coalitions.

Previous Professional Experience

2014–present **Pastor (Ordained Elder), East Michigan Conference of the Free Methodist Church–USA,** Lansing, Michigan.

2012–2017 **Social Initiatives Specialist, Michigan Fitness Foundation,** Lansing, Michigan. Served on a managerial team administering SNAP Nutrition Education (SNAP-Ed) and Food Insecurity Nutrition Incentive (FINI) programming statewide. Led foundation strategy for policy, systems, and environmental change to improve the diets, health, and social capital of households facing hunger. Performed needs assessments. Designed and implemented programs, wrote grants, managed contracts, and fulfilled various operations and administrative duties. Represented the foundation in statewide food systems and health collaboratives.

2010–2012 **Outreach and Advocacy Manager, Food Bank Council of Michigan,** Lansing, Michigan. Designed and managed Michigan’s first food bank network SNAP Outreach program, which enrolled 3,526 households for federal nutrition assistance and generated \$11.9 million in new community economic activity statewide. Coordinated grassroots and grassroots advocacy surrounding the Healthy, Hunger-Free Kids Act of 2010 and the 2012 Farm Bill. Led grant-writing efforts.

Education Michigan State University, BA in Social Relations and Policy with a focus in Religious Politics
Green Mountain College, MS in Sustainable Food Systems

Professional Associations and Collaboratives

- Member of the Society for Nutrition Education and Behavior, Division of Sustainable Food Systems, 2012 to present; chair 2015–2016; chair elect 2014–2015
- Member of the Michigan Association for Evaluation, 2012 to present
- Co-chair of the Healthy Kids Healthy Michigan Healthy Food Access Policy Action Team, 2015 to 2017
- Member of the Michigan Good Food Charter Steering Committee, 2012 to 2017
- Member of the Michigan No Kid Hungry Steering Committee, 2012
- Member of the Michigan Food Policy Council Access Task Force, 2012

Professional Certifications and Certificates

- Collaborative Institutional Training Initiative, Social and Behavioral Responsible Conduct of Research
- National Restaurant Association Educational Foundation, ServSafe Food Protection Manager
- Leadership that Works, Coaching/Facilitation for Community Transformation

Publications and Presentations

- “Moving from Surveillance to Action: Using ACEs Data as a Catalyst to Build Capacity in Michigan.” May 23, 2019. Panelist with J. Spicer and P. Meadows. MI ACE Initiative Conference, Lansing, MI.
- “Insuring More for Michigan: The Insurance Industry’s Contribution to Michigan’s Economy.” April 10, 2019. With M. Gibson and L. Fournier.
- “Key Findings from the Emergency Food, Gardening, and Nutrition Education Report.” July 17, 2017. Presenter, Michigan Good Food Charter Steering Committee Meeting. East Lansing, MI.
- “Healthy Kids Healthy Michigan’s Healthy Food Access Policy Action Team priorities.” May 10, 2017. Presenter, Michigan Commission of Agriculture and Rural Development, Lansing, MI.
- “Empowering and Equipping Emergency Food Recipients to Increase Fruit and Vegetable Consumption,” with J. Stevens. February 3, 2017. Co-presenter, Gleaners Community Food Bank, Detroit, MI.
- “Beyond Sweet Charity: Opportunities and Barriers to Systemic Improvements in Fruit and Vegetable Access Among Current Emergency Food Recipients,” with M. Scott and M. Subramain. 2017. Accepted for publication in the *Journal of Hunger and Environmental Nutrition*.
- “Developing and Promoting Sustainable Dietary Guidance,” with H. Joseph, J. L. Wilkins. August 3, 2016. Session Moderator, SNEB Annual Conference, San Diego, CA.
- “SNAP-Ed Evaluation Framework Interpretive Guide: Food Security,” with D. Perales. 2016.

- "To Satisfy the Hungry with Good Things: Food, Faith, and Our Future." October 27, 2015. Keynote; Inaugural Food and Faith Series Event, St. Andrew's Episcopal Church and Access of West Michigan, Grand Rapids, MI.
- "Map to Healthy Living: Bringing Data to Life," with M. K. Scott, S. R. Cullen, and M. LaFleche. 2014. *Journal of the Academy of Nutrition and Dietetics* 114 (9): A72.
- "Hunger Justice." June 20, 2014. Panelist, Southern MI Conference, Free Methodist Church, USA Annual Conference. Spring Arbor, MI.
- Nutrition Education with Low-Income Audiences at Farmers Markets and Food Banks," with S. Cullen. April 2014, Co-presenter, PA Nutrition Education Network Annual Conference, Lancaster, PA.
- "Nutrition Education with Low-Income Audiences at Farmers Markets and Food Banks," with K. Chung and S. R. Cullen. August 2013. Society for Nutrition Education and Behavior Annual Conference, Portland, OR.
- "We Can Move Congress." June 10, 2013. Speaker, A Place at the Table Bread for the World National Gathering, Washington, D.C.

Volunteer Experience

- Co-founder and Ministry Lead, *Feeding Hope Garden*, Lansing MI, 2015–2018
- Board Member, Central Free Methodist Church, 2013–2017
- Delegate to Annual Conference, *Central Free Methodist Church*. 2015–2016

Honors and Awards

- Re:Generate Fellow, *Wake Forest University School of Divinity*, Winston-Salem, NC, 2015
- Hunger Justice Leader, Bread for the World, Washington, D.C., 2012