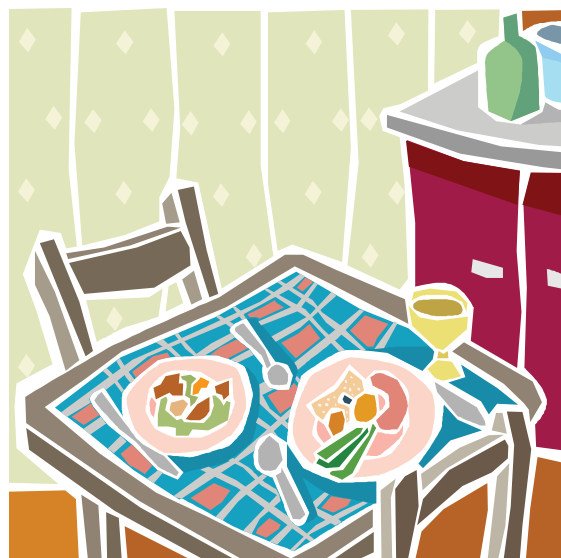


Everyone Eats!

*A Community Food Assessment for Areas of
North and Northeast Portland, Oregon*



Spring 2006 – Summer 2007

*Interfaith Food and Farms Partnership,
a project of Ecumenical Ministries of Oregon's
Interfaith Network for Earth Concerns*

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New Seasons Market
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*Publication Date
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Why a Community Food Assessment?

Community food assessments are a way to learn about the food issues in a particular area and engage residents in taking action to improve the food system.

Understanding Food Security

The long-term goal of our project is to enhance food security in north and northeast Portland. We define community food security as, “A condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice” (Hamm 2002). The food system includes all aspects of food production, distribution and consumption, from farm to table.

Community food assessments are a way to learn about the food issues in a particular area and engage residents in taking action to improve the food system. The intent of this food assessment was to empower residents to ask questions about resources, opportunities, and gaps with regard to food access in their neighborhoods. A successful food assessment is collaborative and participatory and prompts changes that enhance food justice and security. This means supporting family farmers, caring for the land, improving economic security, and ensuring that nutritious, culturally-appropriate food is available to people of all economic circumstances.

Assessments can take many different forms, focus on different aspects of the food system, and use a variety of methods. For our north and northeast Portland assessment, we primarily looked at how low-income residents get food for themselves and their families. We also researched interest in programs to increase access to locally-grown food and healthy food, and how congregations can support these efforts.

Food Security Concerns in North and Northeast Portland

The north and inner northeast neighborhoods of Portland are some of the most ethnically diverse in the city, and they have high rates of poverty and hunger. In the three main zip codes of our study (97211, 97217, 97218), over 15% of residents live below the federal poverty line, and 5% of households received public assistance income according to the 2000 US Census. With recent gentrification, however, there are now more higher-income individuals living in parts of

inner northeast Portland. Many former residents have been forced to move to areas in outer northeast and southeast Portland with lower rents and fewer social services. Nutrition and obesity are also serious issues for many residents. For instance, at least one in four eighth graders in Portland Public Schools are overweight or at risk, and this is a particular concern for low-income students. Six of the top eleven schools with the highest percentage of students receiving free or reduced school lunch are found within the three zip codes that are the main focus of this assessment.

A prior assessment of inner-north and northeast was conducted in 2003 by the Coalition for a Livable Future and other partners, including Ecumenical Ministries of Oregon’s Northeast Emergency Food Program (NEFP). We decided to conduct a new community food assessment of neighborhoods of north and northeast Portland with high poverty rates to further delineate barriers to food access. We also wanted to directly engage low-income residents in shaping the food assessment and in developing community food projects that improve food access. The 2003 assessment identified food access projects, and we hoped to learn if these were still considered important. We also wanted to determine the levels of interest in a few specific potential projects that could help connect low-income residents to fresh, local food, and to research how congregations could be involved. In addition, we wanted to provide information to assist the Food Access Subcommittee of the Portland Multnomah Food Policy Council in developing recommendations.

Ecumenical Ministries of Oregon & The Interfaith Food and Farms Partnership

This food assessment was coordinated by Ecumenical Ministries of Oregon (EMO). Founded in 1974, EMO is an association of 17 Christian denominations including Protestant, Catholic and Orthodox bodies across the state that work together for unity and justice. One of EMO’s core programs is the Interfaith Network for Earth Concerns (INEC), which connects, informs and empowers congregations to work for

justice and the care and renewal of the earth.

The Interfaith Food and Farms Partnership (IFFP) grew out of many years of work by INEC to link the faith community's longstanding anti-hunger work with economic justice and environmental sustainability. The mission of IFFP is to empower faith communities, farmers and neighborhoods to build urban-rural alliances and create innovative partnerships for just and sustainable food systems. In the fall of 2005, IFFP received several significant sources of funding and became a formal project.

IFFP began work in Benton County in 2006 with a community food assessment and a coupon program connecting local farmers, congregations, and low-income residents. In 2007, IFFP expanded the coupon program and also started a cooking club for food pantry clients and low-income individuals.

In Portland, after-services farm stands with refugee and immigrant farmers and two Community Supported Agriculture programs with subsidized shares for families with low incomes have been piloted at nine congregations. In addition to the north and northeast community food assessment, a mini-assessment in the Rockwood neighborhood of Gresham was conducted. Cooking classes for people with low-incomes were also piloted in 2008 as a follow-up to the assessment.



Members of Lincoln Street United Methodist Church meet their farmer Alex Velikoretskikh (second from right) of Great River Farm.



Northeast Emergency Food Program at Luther Memorial, a program of Ecumenical Ministries of Oregon, offers a "shopping style" food pantry.

The Northeast Emergency Food Program

The mission of NEFP is to meet "the urgent food needs of our north and northeast neighbors while working to develop community solutions to secure access to adequate, affordable, and healthy foods. Our work is grounded in the belief that nutritious food is a basic human need and a building block for a healthy life of possibility."

A program of Ecumenical Ministries of Oregon, NEFP provided services to over 1,200 people each month from its location on NE 19th and Killingsworth for over 20 years. In November 2007, it relocated to a larger space in the Cully Neighborhood at NE 72nd and Wygant.

NEFP was a primary partner for this community food assessment. One of our goals was to gather information and ideas from neighbors that utilize NEFP services to learn how to better meet their needs and involve them in improving food security.

The north and inner northeast neighborhoods of Portland are some of the most ethnically diverse in the city, and they have high rates of poverty and hunger.

About the Everyone Eats! Assessment

Members of the Leadership Team contributed valuable perspectives throughout the food assessment, and also had the opportunity to learn more about food issues in their communities.

History

The north and northeast community food assessment was launched in March 2006 with a training in the Arbor Lodge neighborhood led by the Oregon Food Bank. Representatives from congregations, grocery stores, and community groups attended and learned about how to conduct a food assessment. They also provided input on what they would like to see as the eventual results of a north and northeast food assessment (see Appendix A). Over the summer of 2006, five “dot surveys” were conducted by students in a Portland State University community health class at congregations, food pantries and bus stops. These surveys use a large, visual format to collect responses from many people in a short amount of time, and they helped to gather some initial information on residents’ interest in fresh, local food (see Appendix B). Two AmeriCorps members conducted a youth “photo voice” project at the Seeds of Harmony garden in the New Columbia community (see Appendix C). We also conducted interviews with leaders of various faith communities to learn about food resources and gauge interest in projects (see Appendix D).

A small grant from the Catholic Campaign for Human Development provided funds to hire a LINKS AmeriCorps member in November 2006 to coordinate the assessment. The grant also provided stipends to make it possible for people with low-incomes to help conduct the assessment. We decided to center the assessment on NEFP and its surrounding neighborhoods and zip codes: 97211 (Vernon and other inner-northeast neighborhoods), 97217 (Overlook, Kenton, etc.), and 97218 (Cully). Our research eventually extended into 97203 (St. Johns), 97220, and 97230 (outer-northeast Portland).

We also decided to prioritize creating a community empowerment process in which neighbors would engage in improving food access. Our first task was to develop a Leadership Team of low-income residents, including bilingual leaders, to serve as primary decision makers for the assessment. Over the winter and early spring, we met with congregations, built relationships with organizations, and hosted community events. At one event we

also collected data from a dot survey and a community conversation. Through these efforts, we recruited leaders from north and northeast Portland who understand food insecurity first hand. Eight diverse volunteers were involved over the course of the project, including natives of Somalia, Mexico, the Democratic Republic of Congo, and Russia.

The Everyone Eats! Leadership Team met throughout the spring for meals and conversation, and helped to develop an interview-style survey (see Appendix E). Each of the members brought a wide variety of experience and ideas to the project. They contributed valuable perspectives throughout the food assessment, and also had the opportunity to learn more about food issues in their communities.

Starting in mid-June, members of the Leadership Team and other volunteers administered one-on-one surveys at food pantries, grocery stores, their own congregations and apartment buildings, and various other locations in their communities. By the beginning of September the team had collected data from over 200 respondents in English, Spanish, Russian, and Somali. In August and September four focus group-style “community conversations” about food issues were conducted in three different languages. Finally, we compiled all of the information from the food assessment, reported our findings, and planned for ways to publicize and implement our recommendations.

Goals & Guiding Questions

The overarching goal of the project is to empower residents of north and northeast Portland to create a secure and sustainable local food system, with nutritious, culturally appropriate food for all. Our specific goals with the community food assessment were to:

- effectively involve low-income north and northeast residents in making decisions about the project, learning about food issues, and developing leadership skills;
- collect 200 surveys that reach residents regardless of English language ability;

- determine interest in projects that could help get more fresh, local food to low-income people through farm-to-congregation partnerships; and
- determine recommendations for food policy changes.

The guiding questions for our research were:

- What are the barriers to food access for low-income residents of north and northeast Portland?
- What projects would be most needed and effective for increasing access to fresh, healthy food in these neighborhoods?
- How can faith communities effectively participate in creating a more secure and just food system in north and northeast?

Activities & Methods

Our research has utilized a wide variety of methods, both formal and informal. All of these activities have informed our report and recommendations:

- Interviews with congregational leaders
- “Dot surveys”
- “Photo voice” project
- Feedback and ideas from the Everyone Eats! Leadership Team
- One-on-one surveys
- “Community conversations”

About the Neighborhoods

Zip code Demographics

We focused on three main zip codes: 97211, 97218, and 97217. Figure 1 (on the opposite page) is the most recent data available on these areas and three additional area codes in which respondents live (from U.S. Census 2000). Six of the top 11 schools with the highest percentage of students receiving free or reduced school lunch are found within the three zip codes that are the primary focus of this assessment. In Multnomah County, the unemployment rate in 2005 was 6.2% and the food stamp participation rate was at 81%. Census 2000 poverty statistics show Multnomah County with 12.7% of the population below the Federal Poverty Line (FPL). The median household income was \$41,278.

Map 1 in Appendix F shows poverty rates in north and northeast Portland, as well as some indicators for food access in these areas. The neighborhoods outlined in orange indicate poor access, defined as eight or more convenience stores within a half mile of the census block group, and no grocery store within a mile of the center of the block group.

Places to Get Food

Map 2 in Appendix F shows the concentration of convenience stores and access to grocery stores more clearly. Most of north and northeast has fairly good access to full service groceries. However, there are a few pockets of poor access, and the accessible stores may not be the type at which low-income residents prefer to shop.

Other neighborhood food resources are community gardens, farmers markets and emergency food sites. Map 3 in Appendix F shows the locations of community gardens and farmers' markets in north and northeast Portland. Map 4 shows emergency food sites. Most of these are located in and operated by congregations.

Survey Locations

Everyone Eats! leaders and volunteers conducted surveys at food pantries, grocery stores, parks, libraries, and many other locations throughout north and northeast Portland. The general

neighborhood groupings for our survey locations were: NEFP and the Vernon Neighborhood; King, Humboldt, Overlook and other inner-NE and North neighborhoods; New Columbia, the Tamarack Apartments, and St. Johns; Hacienda Community Development Corporation housing (includes Spanish-language surveys from the Cully Neighborhood); non-Spanish language surveys from the Cully Neighborhood and central NE to 82nd; Parkrose and other outer-NE neighborhoods; outer SE neighborhoods (mostly in Russian). Although some surveying occurred outside of north and northeast Portland, all respondents either live in north or northeast or get most of their food there.

NEFP Client Demographics

To provide a sense of the population served by NEFP and how it compares to our survey sample, we reviewed demographic information for clients from June-August 2007.

Northeast Emergency Food Program served a total of 4,512 individuals (1,528 households) during June, July and August of 2007. Roughly 30% of households were Caucasian and 30% were African-American. Eastern European, Hispanic and mixed race clients each made up about 10% of those served by NEFP.

Figure 2: Where Survey Respondents Live

<i>Where survey respondents live (Sample size: N=202)</i>	
97218	52 (26%)
97203	33 (16%)
97211	29 (14%)
97230	21 (10%)
97233	14 (7%)
97217	13 (6%)
97227	9 (4.5%)
97212	7 (3.5%)
All other/no response	24 (12%)

Figure 1: Poverty Statistics for Everyone Eats! Zip Codes

Zip Code	Individuals below FPL	Families below FPL	...with children under 18	...with children under 5	Median income	Households receiving public assistance	Female-headed households below FPL	...with children under 18	...with children under 5
97211	15%	11.5%	17.3%	21.5%	\$40,582	5.9%	27.8%	32%	44.7%
97217	14.3%	10.3%	17.5%	21%	\$38,442	4.9%	22%	34.1%	41.7%
97218	16.9%	12.3%	18.2%	18.7%	\$37,011	4.4%	28.5%	37%	38.3%
97203	20%	16%	23.5%	25.5%	\$35,266	43.1%	39.3%	48.5%	49.6%
97220	12.8%	8.9%	13.8%	21.9%	\$39,649	16.3%	20.6%	28.8%	38.6%
97230	11.2%	7.7%	13.2%	21.1%	\$41,262	21.7%	20.3%	28.8%	44.9%

Survey Respondent Demographics

Seven members of the Everyone Eats! Leadership Team collected the large majority of our 202 surveys. Two AmeriCorps members and two Oregon Health Sciences University volunteers through Hacienda CDC also collected some surveys. The surveys came primarily from places where we expected to reach low-income residents: food pantries, discount grocery stores, and the neighborhoods and congregations of our low-income leaders.

The survey had 23 questions, plus nine demographic questions (see Appendix E). Each survey took from 10 and 40 minutes to complete with each person. The surveyor asked questions of the participant and recorded his/her responses. We had written Spanish surveys, but for our Russian and Somali speakers, the surveyor was translating questions from the English version. This contributed to these surveys taking longer and may have affected consistency and how respondents understood and interpreted the questions.

After completing the survey, respondents received a gift card to a local grocery store. In some cases, we offered a choice between a \$5 Fred Meyer card, a \$10 gift certificate to Big City Produce, or a \$10 voucher redeemable at the Interstate Farmers' Market. In other cases, we had only one choice available. Altogether, we gave out 100 Fred Meyer cards, 50 WinCo cards, 28 Big City gift certificates, and 24 Farmers' Market vouchers to survey respondents.

We asked participants to voluntarily share some basic background information to help us better understand our survey population (Figures 2 and 3).

Figure 3: Selected Demographic Characteristics of Sample

Household size	Range: 1-9 Mean: 3.97
Household income	Under \$10,000: 87 (43%) \$10,000-24,999: 53 (26%) \$25,000-39,999: 25 (12%) \$40,000-54,999: 8 (4%) More than \$55,000: 2 (1%)
Gender	Male: 23% Female: 77%
Race/ethnicity	Black, African American: 67 (33%) Hispanic/Latino: 45 (22%) White, Non-Hispanic: 60 (30%) Multi-racial/ethnic: 9 (4.5%) American Indian/Alaska Native: 7 (3.5%) Asian: 3 (1.5%) Other: 7 (3.5%)
Native language:	Spanish: 48 (24%) Russian: 21 (10%) Somali: 19 (9%) English: 106 (52.5%) Other: 8 (4%)

Survey Results

Overall, our research indicates that access to food and especially to enough fresh, healthy food is a serious concern for many residents of north and northeast Portland.

Summary of Findings

Overall, our research indicates that access to food and especially to enough fresh, healthy food is a serious concern for many residents of north and northeast Portland. Neighbors are having difficulty stretching their food budget to the end of the month, and many travel long distances in order to shop at discount grocery stores and reach emergency food locations. A large majority of the people who participated in our survey are interested in one or more proposed projects that would help them to access more healthy food and incorporate more fresh, local food into their diets.

Getting Food: Stores & Transportation

We asked survey respondents about where they shop for food, how they get there, how satisfied they are with their choices, and whether transportation is ever a barrier to accessing food.

Although most north and northeast residents are within a half-mile of a full service grocery store, there are still a few pockets with poor access and high concentrations of convenience stores. Forty-five percent of our survey respondents were dissatisfied with the number of grocery stores in their neighborhood. Twenty five percent of those surveyed must invest thirty to ninety

Figure 4: How Long Respondents Travel to Get to the Grocery Store

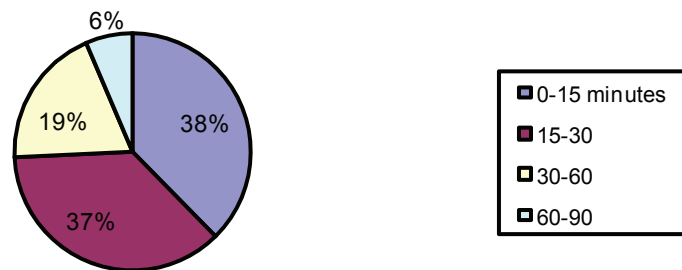
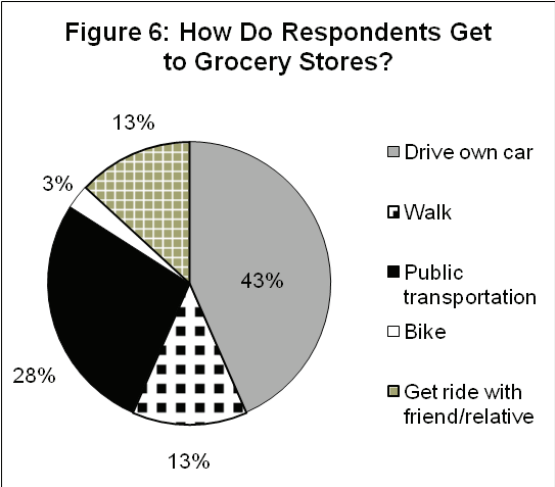


Figure 5: Where Do Respondents Get Most of Their Food?

Store	Number of People	Percentage of Respondents
WinCo	79	26%
Grocery Store (other or unnamed)	67	22%
Fred Meyer	47	15%
Safeway	37	12%
Food Pantry	26	9%
Other (restaurant, garden, unnamed)	11	4%
Albertsons	11	4%
Food4Less	8	3%
Convenience Store	5	2%
Big City Produce	5	2%
New Seasons	5	2%
Farmers Market	4	1%

minutes each way in order to reach the outlet where they shop most frequently (Figure 4). At least 26% shop most frequently at the WinCo Foods in outer northeast, including many respondents who live in St. Johns or inner north and northeast (Figure 5). Forty-three percent said that transportation sometimes makes it difficult for them to get groceries; about half of respondents did not generally have access to a car or use their own car for grocery shopping (Figure 6).



Food Security

One important result of the survey is that it revealed in a personal way the extent of food insecurity and hunger in north and northeast Portland.

Many neighbors are having difficulty stretching their food budget to the end of the month. Seventy-one percent of survey respondents said that they face this problem at least sometimes. When asked what they do in these months, responses ranged from accessing an emergency food box to simply eating less food and skipping meals. One Leadership Team member shared, “I was surprised to hear how many people said they sometimes go without food, how many of my neighbors are hungry.”

Thirty percent of survey respondents said that they don’t get enough unprocessed foods like fruits and vegetables.

Twenty-one percent don’t get enough of the foods that they are familiar with and used to cooking with. When asked what specific types of these familiar foods they don’t get enough

of, respondents named vegetables or fresh foods. Several respondents also named Cuban, Mexican, and African foods. We intended this question as a way of drawing out whether residents of north and northeast are able to access culturally appropriate food. Since many people responded with basic staples that do not seem to be culturally specific, we may have needed to word this question differently to more clearly convey our intended meaning. There was almost no statistically significant difference in how respondents answered this question based on ethnicity. However, the responses do indicate that a significant number of residents are not able to access enough of the basic foods that are important to them.

Program Participation

We were interested in learning about what programs for getting food respondents may have participated in before, and what they thought about them. For those we surveyed at NEFP, we were particularly interested in feedback on how that resource was meeting their needs and how it could improve.

Respondents provided generally positive feedback on their program experience. Most responses included “good” or “helpful,” with some respondents complaining of wait time and friendliness of staff at various programs.

About 80% said they would like more programs that provide food assistance. Top requests were Harvest Share, farmers’ markets or farmers’ market vouchers, and food pantries.

Figure 7: Programs Utilized by Respondents, Currently or in the Past

Program	Yes	No
WIC	42%	58%
Farmers Market vouchers	25%	75%
Oregon Trail/food stamps	75%	25%
Emergency food box	53%	47%
Food pantry	43%	57%
Gleaners groups	20%	80%
Harvest Share	27%	73%

One Leadership Team member shared, “I was surprised to hear how many people said they sometimes go without food, how many of my neighbors are hungry.”

— Leadership Team member

When asked to indicate all of their reasons for not shopping at farmers markets regularly, the most common answer was that respondents did not know about them.

Local Food: Gardening, Farmers' Markets, & Preservation

We asked respondents to share whether they have experience gardening or with food preservation, and if not whether they would be interested in learning. Our survey also tried to draw out people's ideas and associations with the concept of "locally grown food" and whether purchasing local food is important to them. We also asked about respondents' experience shopping at farmers' markets, and we tried to learn the reasons why they may not shop regularly at markets.

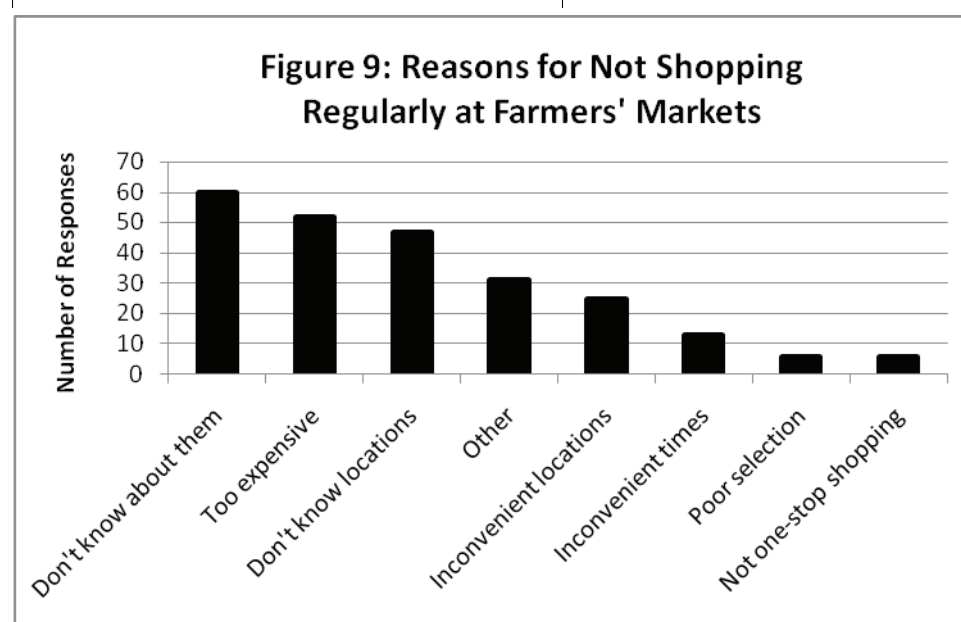
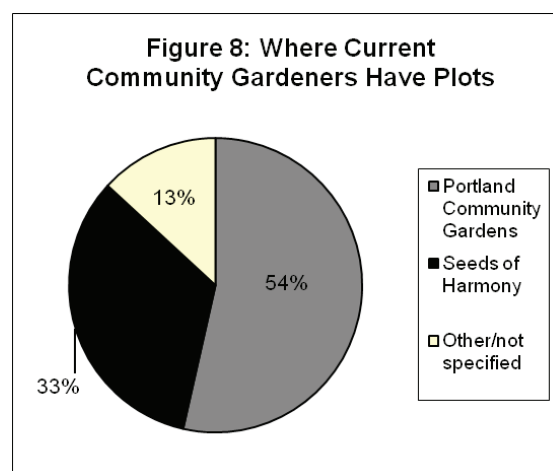
Twenty-three percent of respondents currently have a household garden or fruit trees/bushes. In addition to many apple trees and berry bushes, these also included gardens with zucchini, cucumbers, onions, peppers, tomatoes, greens, potatoes and herbs.

Thirteen percent of survey participants currently use a community garden, and another 29% would be interested in having a plot. Figure 8 shows where those currently gardening have plots.

Sixty-six percent of respondents said that they preserve food. However, of those who answered yes to this question and identified what they preserved, 66% said that they preserve meats and 90% identified their main method as freezing. We believe that many people were interpreting this question to include keeping foods such as meats stored in the freezer until time of use. Only a few people said they preserve fruits or vegetables or use methods like canning or smoking. Eighteen people (9% of respondents) expressed interest in learning to preserve.

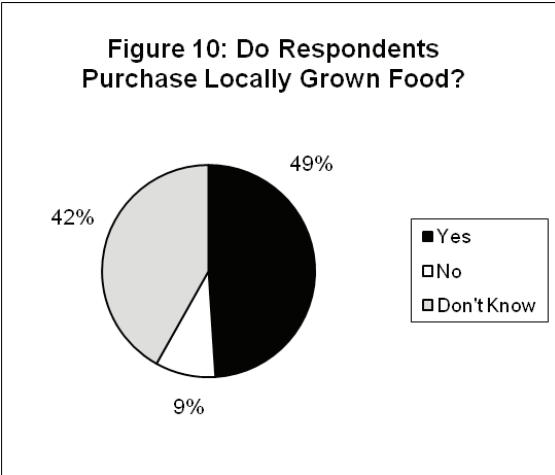
Just 12% of our respondents shop at farmers' markets at least monthly during the season, and over half never shop at them. When asked to indicate all of their reasons for not shopping at farmers markets regularly, the most common answer was that respondents did not know about them. Other reasons are included in Figure 9.

When asked if they had heard the phrase "locally grown food," the response was almost exactly split between yes and no. When asked what the phrase means to them, many said "fresh" or "grown in Oregon." Other responses included "food that I'm buying is fresher because it hasn't been shipped," "being connected to where your food comes from," and "supporting local



farmers and ecosystems.” One respondent said, “It means organic foods stores like New Seasons or stores only located in Oregon, California and Washington.”

We suggested one possible definition of locally grown as “food grown or produced within 100 miles of Portland.” Close to half of respondents said that they currently do buy locally grown food, and 42% said that they don’t know whether or not the food they purchase is locally grown (Figure 10). These responses indicate that residents are interested in locally grown food and willing to buy it, but it is difficult for them to do so because they lack information about where their food comes from and where to find it.



Program Interest & Ideas

In our survey, we wanted to learn whether residents would want to participate in four different potential programs for accessing fresh, local food. We asked survey respondents to rate their interest in: cooking clubs or nutrition classes where they could learn about cooking with local food; programs that would help them to start and maintain a produce garden; farmers’ market coupons; a free or discounted weekly box of produce from a local farm.

Respondents were most enthusiastic about a free or discounted weekly box of farm-direct produce (Figure 11). Almost 90% of respondents were very interested or somewhat interested in a project like this, and 83% said they were very or somewhat interested in coupons to use at farmers’ markets. Additionally, 68% of respondents were very or somewhat interested in a cooking club or nutrition classes, and 66% were very or somewhat interested in programs that would help them start or maintain a home produce garden.

An evaluation of the assessment conducted by Leslie Richards of OSU provides some insight into the relevance of ethnicity in regard to program interest. Her evaluation states,

“The results of the analysis ... highlight the importance of understanding diversity among the needs and desires of low-income individuals and families. Clearly a ‘one-size-fits-all’ approach to reducing food insecurity in low-income communities is likely to encounter difficulties. The strategy used by the IFFP team in collecting these data was productive in terms of obtaining a sample reflecting the diversity within the surveyed community, and identifying programs that are most likely to be successful with specific groups.”

Her conclusions based on ethnicity were as follows:

- Weekly discounted produce boxes are attractive to all groups
- Farmers’ Market coupons are attractive to most groups, but especially Hispanics
- Hispanics are most interested in starting a garden
- Hispanics are most interested in attending free cooking/nutrition classes
- Russians are least likely to be interested in free cooking/nutrition classes

Clearly a ‘one-size-fits-all’ approach to reducing food insecurity in low-income communities is likely to encounter difficulties.

Figure 11: Survey Respondents’ Interest in Programs to Help Access Fresh, Local Food

Level of Interest:	Very	Somewhat	Neutral	Not at all
Free or discounted weekly box of produce from a local farm	75.7%	13.9%	2.5%	6.9%
Farmers market coupons	67.8%	15.3%	6.9%	9.4%
Cooking clubs or nutrition classes to learn about cooking with local food	41.1%	27.2%	9.9%	21.3%
Programs that would help you to start and maintain a produce garden	41.6%	24.8%	12.9%	20.3%

We also asked an open-ended question to gather respondents' ideas about how to make it easier for people in their neighborhood to buy and eat healthy foods. Out of 174 respondents, 105 people answered that access could be improved by convenience/access issues: closer stores (41), with cheaper prices (39), that carry healthier foods (25). Additional answers were:

- More government programs/social services (27).
- Gardens or community gardens (20).
- Education: teach kids in school about healthy eating, teach people in the community why it's important to consume local and healthy food, nutrition classes, menu planning, budgeting, and teach cooking classes with quick, cheap, nutritious meals (16).
- Transportation (13).
- Community organizing: community kitchens, food shares (8).
- Farm stands or farmers markets (7), and
- More advertising/outreach (5).

Other answers included more money and higher minimum wage.

Recommendations & Next Steps

Recommendations: Faith Community Partnerships

The findings of our assessment, coupled with the insight we gained in the process, call for steps to be taken toward community food security. We suggest the following courses of action for faith communities (Faith Community Partnerships); policy makers, local government agencies, and interested citizens (Access to Healthy Food for All); and IFFP (Priorities for IFFP Projects). In a combined effort, we can move forward with our goal of empowering residents of north and northeast Portland to create a secure and sustainable local food system with nutritious, culturally appropriate food for all.

- Inventory congregational assets such as parking lots (for farm stands or other food distribution opportunities), kitchens (for cooking classes), or land (for community gardens).
- Make these assets available in strategic locations where the need is great, community interest is high, and there are opportunities for collaboration among social service agencies and other community-based organizations.
- Incorporate these programs for creating access to fresh, local food into existing congregational emergency food programs.
- Sponsor low-income families to receive subsidized shares of produce from a local farm as part of community supported agriculture (CSA).
- Engage and educate congregation members about local food, farm and hunger issues. Partner with existing organizations to create new channels for outreach on community food access, nutrition, and public health.
- To maximize volunteer resources and funds, establish joint congregational projects.
- Use the resources of IFFP to connect and organize neighborhood clusters of congregations addressing community food security.

Recommendations: Access to Healthy Food for All

- Increase communication and collaboration between local growers and emergency food providers to enhance access to fresh, nutritious foods for low-income clients. This could include connecting more small farms with Oregon Food Bank's Harvest Share or Farmers Ending Hunger programs.
- Support establishment of a community food center in north or northeast with a commercial kitchen and space for cooking classes, storage, canning, and micro-enterprise development.
- Address transportation issues related to isolation from grocery stores, particularly bulk discount stores and stores carrying fresh, affordable produce.
- Support the return of Multnomah County Extension Service by advocating to local residents and encouraging local government to reinstate funding.



Yua Lo , congregation partner in IFFP's farm-to-congregation project.

“It would help to have education on how to cook with local food and cook quick healthy meals, and on making foods kids will eat.”

—Survey
respondent

- Use insights and findings of the Everyone Eats! food assessment to inform the development of the Portland/Multnomah Food Policy Council’s Food Access Committee’s recommendations. Encourage the development of food assessment standards to allow for comparisons over time and among different neighborhoods. Integrate food access considerations into the revision of the Portland Plan. Secure the support of the Parks Bureau and City Council for the Portland Fruit Tree Project (to include edibles on the list of acceptable street trees for planting and maintenance).

Recommendations: Priorities for IFFP Projects in North and Northeast Portland

- Provide low cost or fully subsidized farm produce shares for low-income families.
- Provide low-income residents with coupons, in addition to WIC and Senior Farmers’ Market Coupons, redeemable at congregation farm stands and north and northeast farmers’ markets. Help publicize existing resources for accessing farmers’ market coupons through WIC and Senior Nutrition.

- Provide classes on cooking with local food and nutrition at NEFP; directly improve access to fresh food for participants. Identify other venues for cooking and nutrition classes in partnership with community-based organizations.
- Provide low-income families with gardening resources, such as seeds and starts, through NEFP. Familiarize low-income people with farmers’ markets and their ability to use EBT at those locations through field trips and meet-your-farmer events that are compatible with their housing and transportation constraints.
- Help publicize community garden plot availability and existing programs that help low-income residents start home gardens, such as Growing Gardens. Provide technical support to and organize resources of congregations interested in starting gardens that connect with low-income neighbors.
- Provide ongoing surveys and forums for community input into development and refinement of projects, and involve community residents in evaluation and implementation.

Other Research

Dot Surveys

PSU students conducted four dot surveys in the Spring of 2006 at the Rose Quarter Transit Center, NEFP, Ainsworth United Church of Christ (NE 30th & Ainsworth,) and PCC Cascade. These surveys asked passersby to respond to four questions by placing colored dots next to the answer that matched their response most closely. An EMO staff person and a volunteer also conducted a dot survey at the Alberta Co-op Grocery on NE 15th Ave. and Alberta using the same questions as those used in the class.

The following questions and answers were provided:

What would you like to see more of in your neighborhood?

Fresh local produce, farmers' markets, convenience stores, supermarkets, garden plots/ community gardens, free cooking classes, food co-ops, food pantries

What is the most important reason that keeps you from buying more locally grown food?

Cost, not sold where I shop, don't know where to find it, I do get all that I want

What are your top two priorities in making food choices?

Price, health/product quality, convenience, locally grown

Where do you regularly get the majority of your food besides supermarkets?

Convenience store, farmers' market, food co-op, food pantry

The surveys indicated that respondents from all survey locations would like more fresh produce available; the most popular answers to the first question were fresh local produce, farmers' markets, and garden plots/community gardens. Respondents at three out of four locations identified cost as the most important reason for not buying locally grown food. Respondents at all survey locations responded that price and health/product quality were their top two priorities when making food purchases. Besides supermarkets, respondents at two locations get most of their food from convenience stores; respondents at the third location get most of

their food from food pantries, and at the fourth location from farmers' markets.

Jefferson High Focus Group

Students from the same PSU class that conducted most of the dot surveys also led a small focus group with five students from Jefferson High School in May 2006. Discussion questions centered around the kinds of foods they eat, where they get food, their familiarity with farmers' markets and growing food, and interest in cooking or gardening classes. Participants also provided feedback on places to survey.

Our conversations indicated that the students like to eat a variety of foods. They primarily ate food from WinCo or Safeway, and very little from the school cafeteria. They did not eat a lot during the day, except for one male student who ate about five times a day. Most students said they like fruit, but there were mixed reviews on vegetables; most students said they liked carrots, broccoli and salad. Students would also like more variety at home. They would like to see healthier foods available such as foods with less fat, more fruit, better quality fruit, and healthier drinks. They seemed interested in trying farmers' markets, but needed to know when and where they take place. They were skeptical that the adults in their lives would try them, although they thought that the concept was a good one. Finally, students would like to learn how to cook and would take a class nearby. They suggested that adults might be more interested in a gardening class.

Redeemer/NEFP Conversation & Dot Survey

In March 2007 we held a community meal at Redeemer Lutheran Church, next door to NEFP. We saw this event as a way to recruit potential Leadership Team members and also start learning about our neighbors' concerns. We invited clients of NEFP through flyers and other outreach. The newly formed Sustainability Organizing Leadership (SOL) group at Redeemer volunteered to host this event, providing food and space. About 10 attendees participated in a dot survey and shared

They seemed interested in trying farmers' markets, but needed to know when and where they take place.

a meal together. They paired up for “relational meetings” where each person had a chance to share their thoughts in response to a topic while the other listened and asked questions. Our focus questions were, “Do you want to eat more fresh local food? What makes it hard? What would help you to get or eat more?” Finally, everyone shared their thoughts in a large group discussion.

New Columbia Photo Voice Project

This project, “Photographs You Can Chew On,” tells a story about youth in north Portland and their newfound relationship with a community garden.

For the two-week project, young people living in north Portland’s New Columbia Community used their community garden as a setting to document their connections to food, where it comes from and the cultural traditions that surround it. The photographs were on display throughout October 2006 at the Enterbeing Gallery on the corner of NE 16th and Alberta. An opening reception was held on Thursday, September 28, 2006. Several of the photographers attended and had a chance to speak about the project, their photographs, and what they learned. See Appendix C for more information.

“Community Conversations”

In addition to conducting surveys, our assessment team held focus groups, which we called “Community Food Conversations.” During these small and informal conversations, we sought the personal stories and ideas that emerge from having more time available than in the short interview-style surveys.

The focus groups created a more relaxed and informal environment in which people felt comfortable discussing personal experiences related to food access. The groups also provided leadership and facilitation opportunities for our Leadership Team members and engaged neighbors in conversation that could potentially lead to further involvement and action.

We chose three central locations in north and northeast for the events: the New Colombia Community Center in the Portsmouth



New Columbia resident working in community garden.

neighborhood, one of the Hacienda Community Development Corporation’s community centers in the Cully neighborhood, and Redeemer Lutheran Church next door to NEFP (old location) in the Vernon neighborhood. These were selected because they are close to residents of the main neighborhoods we surveyed.

All of our focus groups had one or two facilitators, a note taker, and someone providing childcare. We provided a meal for all the participants, as well as a gift card to a local grocery store to thank them for their time and participation. Providing food, gift cards, and childcare were all ways of making the food conversations accessible to low-income people.

Our goal was to involve four residents in each food conversation, which we reached at three out of the four groups. Our outreach methods included posting and distributing flyers at each location, calling people who had provided their contact information at the end of the survey, and having the Leadership Team call and invite people they knew. Personal connections and phone calls proved to be the most effective methods, which highlighted the importance of the Leadership Team and their connections to the communities we were surveying.

We also had a goal of making the groups accessible to non-English speaking participants. Therefore, two of our food conversations were held in English (New Columbia and NEFP), one in Spanish (Hacienda CDC) and one in Russian (NEFP).

In two of the focus groups, participants expressed strong concerns about the safety and quality of food available at pantries. One woman asked, “Why do stores wait until it’s almost expired and then give their food to the poor?” Another participant said, when referring to some of the boxed and canned goods available at emergency pantries, “It’s not real food.”

Other common concerns among the groups were issues of transportation, time, finances, and nutrition. One participant felt very frustrated by the amount of time spent at the food pantry; *“Putting [in] this time acquiring food takes time away from ever improving your situation. If you need to find a job and you’re hungry right now, you’d spend hours just trying to get food.”* At the conversation held in English with NEFP clients, we asked about their thoughts on the food pantry’s upcoming move. A couple of the participants lived in the immediate neighborhood, and expressed dismay and frustration at the idea of traveling by bus to the new location or even taking a shuttle provided by NEFP. “Already, you have to sign in, wait in line, wait to be called, show your ID and talk to someone, wait again for the box... A shuttle back and forth would add another hour to that at least.” Participants said they would be more likely to seek out the next closest emergency food site in the neighborhood.

Many participants spoke about the difficult food decisions they had to make based on their financial circumstances; *“It’s a shame that everything is based on money and not health and nutrition.”* Overall, people seemed to want to eat more fresh foods but felt constrained by money, time, and lack of information. We also talked with participants quite a bit about their favorite foods and food memories growing up. Some acknowledged that their favorite foods are not always the healthiest choices, and that cheaper, unhealthy foods are often the ones that they like and prefer.

At the conversation held in Spanish at Hacienda, residents focused on potential program ideas for getting more fresh food to people. Participants expressed particular interest in increasing the number of Harvest Shares or the amount of food available; *“At our neighborhood Harvest Share, lately there is less food and more people.”*

Community Forum

To conclude the food assessment we held an Everyone Eats! Community Forum in October 2007. The purposes of the forum were to follow-up with survey respondents who were interested in being involved with upcoming projects, announce the highlights of our report, and hear feedback from both the community residents that would benefit from our potential programs and community organizations that could help to implement the programs. Thirty people attended the dinner forum, which included dinner and refreshments. After highlights from the report were presented, participants were asked to divide into four groups based on the project in which they were most interested (free or discounted weekly box of produce from a local farm, cooking and nutrition classes, help start or maintain produce garden and farmers’ market coupons).

Those who were most interested in the free or discounted weekly box of produce from a local farm suggested that share sizes should be decided upon through dialogue between farmers, low-income neighbors, congregations, and community groups. This group’s main concern was how to make the program accessible to most people, and they felt having the drop-off at a church after Sunday services would be an effective system. Another suggestion was to arrange direct drop-offs to food service sites such as pantries or emergency food box sites.

Those most interested in the cooking and nutrition classes suggested that classes could be conducted in partnership with local high school cooking clubs, with students teaching or facilitating the class. This group also suggested that recipes for the classes include traditional meals with healthier ingredients substituting for less healthy options. Another suggestion was to have each class address a regional style of American cooking.

Those most interested in programs that would help start or maintain a produce garden suggested promoting and bringing resources to groups that are already addressing this idea. Participants suggested that new gardeners could be mentored by master gardeners or Oregon Tilth members, and that we can advertise these groups to neighborhood associations to garner

“Food is the cornerstone of life—it’s about being productive and effective. ... Everything else is moot if you don’t take care of that.”
—NEFP client

interest. We could also educate people about their option to buy seeds and plant starts with food stamps.

Finally, those most interested in farmers' market coupon programs suggested creating a how-to kit to enable other faith communities to replicate our program (which IFFP now has available on its Web page). This group suggested providing transportation or shuttles to farmers' markets or home delivery for those who are unable to travel. They also suggested having an information booth at farm stands to assist new coupon users, focusing the coupon program on kids (via WIC or food stamp offices), and including information about social services at farm stands for low-income families using coupons. In addition, they suggested learning about neighborhoods' favorite foods and having them available at the stands.

The feedback from this forum is informing the development of IFFP programs in north and northeast Portland. Idea sheets from the forum are listed in Appendix H.

Ideas from the Leadership Team

Through our meetings, conversations, brainstorming, and project evaluations, members of the Everyone Eats! Leadership Team provided ideas for the assessment. Their sense of their neighborhoods from past experience and from conducting the survey gave rise to unique suggestions and insights. Surveyors had heard much about the challenges of transportation and time spent accessing food. For instance, one leader heard a story from someone who tried to take their cart of groceries on the bus and was given a hard time by the driver.

Our leaders who were surveying in languages other than English shared some thoughts about the difficulty of accurately translating the ideas that we were trying to convey in our questions. Especially with recent immigrants, concepts and programs may have been unfamiliar. The leaders said that some of the people in poverty were very focused on meeting immediate, short-term needs and that it was difficult to draw out ideas on programs or visions for improvement.

Portland State University Social Marketing Research: Market Basket Survey

Three Portland State University undergraduates conducted a Market Basket Survey for IFFP as part of Debbie Kaufman's Social Marketing Research Capstone in the fall semester. The students visited five stores in four zip codes (97211, 97217, 97218, 97203) to compare prices and access to conventional and organic produce. Their research confirms that access to affordable fresh food is available through grocery stores (Albertson's, Safeway) and natural food stores (New Seasons), regardless of location. Organic foods at these stores are often, but not always, significantly more expensive than conventional foods. At convenience stores (Plaid Pantry, Quick Trip Mini Mart) fresh foods are not available; instead there are inexpensive canned, processed alternatives. While the data is not conclusive, it certainly suggests that fresh food is available in the neighborhoods of our assessment for those who shop at grocery stores (53%). It also indicates that families who obtain most of their food from convenience stores (2%) are not getting the whole, fresh foods that are central to a healthy diet. While natural food stores do provide fresh produce, they primarily carry organic products which might not be realistic purchases for low-income people.

In the spring semester, a new group of students conducted a follow-up food access comparison. They assessed access to fresh foods in two zip codes by comparing availability, varieties offered, and price of five produce items: strawberries, broccoli, Fuji apples, romaine lettuce, and carrots. They evaluated economically disparate neighborhoods (Lake Oswego and inner-northeast Portland) to demonstrate how income might influence access. The students compared both conventional and organic versions of each item at one farmers' market, Safeway, and New Seasons in each neighborhood on the same day. The students also investigated how stores market produce and make their produce selections.

Their assessment found that the variety and price of produce was roughly the same in both neighborhoods. Confirming the results of the previous project, organic produce was generally more expensive than conventional. Overall there was not a significant difference between prices

at New Seasons and Safeway. At New Seasons, organic carrots were less expensive in northeast Portland (97227) but all other items were identically priced. At Safeway, organic apples and organic lettuce were less expensive in northeast Portland (97227), while organic carrots and conventional broccoli were less expensive in Lake Oswego (97204). All other items were identically priced. Prices at the farmers' markets were more varied but averaged the same as the other two outlets. In terms of variety, the Lake Oswego Safeway had more variety of four items, less variety of one item, and the same varieties of three items compared to the northeast Safeway. The northeast New Seasons had more varieties of two items and the same varieties of all other items compared to the Lake Oswego New Seasons. The Interstate Farmers' Market had a greater variety than the market in Lake Oswego, though both had fewer than Safeway and New Seasons since it was early in the season (May).

The students' research revealed that New Seasons makes a considerable effort to educate its customers and to encourage them to learn about their food. Samples and menu suggestions were prevalent. Safeway made less of an effort to educate customers by providing preparation tips or menu suggestions. Safeway had fewer organic varieties offered than New Seasons, though according to New Seasons' produce manager, ninety percent of New Seasons produce is organic. Safeway has recently committed to the More Matters fruit and vegetable campaign and is currently upgrading all of its stores to a Lifestyle format which will increase its selection of organic and seasonal varieties. Produce managers at both stores reported that eighty to ninety percent of their inventory is the same at all of their respective stores. At New Seasons, all customer requests are honored unless there is a quantity limitation on the order. Safeway requires at least five written requests for an item before it can be ordered. Hence if Safeway customers are not educated about or encouraged to purchase organic or local produce, they are not likely to submit written requests for more to be carried.

The students also determined that, according to a 2002 report from UCLA's School of Medicine, families with low incomes spend nearly the same percentage of their income (18%) on fruits and vegetables. This goes against the

myth that people with low incomes are less interested in fruits and vegetables, or in keeping their families healthy. Not surprisingly, people with low incomes have less to spend on fruits and vegetables, though that they do find these purchases to be important. Since the students' report found minimal price differences between zip codes, it seems as though families with low incomes need the price of fruits and vegetables to decrease or their incomes to increase in order to buy enough for their families.

This goes against the myth that people with low incomes are less interested in fruits and vegetables, or in keeping their families healthy.

The Role of Faith Communities in Building Food Security

From seed to table, food is a profoundly spiritual and ethical concern. Communities of faith can play a vital role in creating a just and sustainable food system by demonstrating a commitment to local food and farmers and cultivating an understanding of food security issues. Congregations have the resources such as kitchens, land for gardens and people with food and farm expertise, as well as values, beliefs and traditions that help reconnect people with their food. However, few have fully tapped these resources.

North and northeast Portland is home to around 240 congregations. Many are small with 20 to 100 members. Many congregations are involved in hunger alleviation in some form such as hosting their own food pantry (about 20), contributing to NEFP or the Oregon Food Bank, providing food collection bins, participating in canned food drives or hosting a meal program. Awareness of community food security and the importance of buying locally and seasonally is growing in the Portland area. However, few communities of faith are providing education on these concerns or creating ministries to improve access to local food. We interviewed several congregations that expressed previous interest in learning more about local food and supporting related programs.

Congregation Interviews

Three congregations in north and northeast at which we interviewed leaders provide a snapshot of the potential for faith communities to expand their role in getting fresh, healthy food to those most in need. We spoke to representatives from Bridgeport United Church of Christ in outer NE Portland, St. Andrew Catholic Church on NE Alberta and 8th, and Northminster Presbyterian on N. Rosa Parks Way.

Bridgeport UCC: This church has upwards of 250 members, and hosts a food pantry and a community garden used by congregants. They have a system for donating produce from the garden to FISH Emergency Services, and a Social Justice & Witness Team that spearheads activism and education efforts. Members of the church would potentially be interested in getting

food from farmers or helping them to distribute food to low-income people. The congregation currently has a community garden from which neighbors with low incomes are welcome to eat. The excess produce from the garden is delivered to FISH and other emergency service sites. There are people who regularly shop at farmers' markets who might be interested in CSA subscriptions. Members are generally active and support programs if there is an interest, but logistics could be a challenge and the process may take a while.

St. Andrew Catholic Church: St. Andrew is a large and active church, with separate masses in Spanish and English. It hosts many programs including a school, and participates in a variety of direct service and social justice efforts. Food related programs include food boxes through St. Andrew Emergency Services, a monthly Community Basket program (like Harvest Share where the Oregon Food Bank delivers produce), Bales Food (donations from Thriftway) available at Sunday services, an annual Thanksgiving meal, and the Common Bond community garden used by low-income congregants.

Members of St. Andrew have shown some interest in and awareness of local food issues, and there are some farmers in the congregation. However, these farmers seem to already have too many market or store commitments. Past efforts at starting a local food project have moved slowly or faded. However, this church is very well-known and has a number of existing resources, including a highly visible location and a diverse membership. They have the potential for hosting projects if they can find members with enough time and energy to commit.

Since the interview, IFFP partnered St. Andrew and Redeemer Lutheran Church in a CSA with a local farmer. Members from both congregations have subsidized two shares for families in the neighborhood with low incomes.

Northminster Presbyterian: This church has about 50 members and hosts a variety of programs, including a newly launched health clinic in its basement. Members are mostly

Resource	Bridgeport	St. Andrew	Northminster
Kitchen	Yes	Yes, full commercial kitchen	Yes, small
Cold Storage	Yes, but usually full	Some	A little bit
Parking Lot Space	Yes	Yes, large area	Yes
Land for Community Garden	Existing garden	Existing garden	No
Indoor Meeting Space	Yes	Yes, number of small rooms	Yes
Event Space	Yes	Large gym with attached kitchen	Yes, Fellowship Hall

white with middle- to upper- incomes, and include a number of retirees. They have a strong relationship with their neighborhood and lots of connections to different organizations including the Good Samaritan Center food pantry in St. Johns. Northminster's past food-related efforts include a seed exchange (organized by a neighbor who grows herbs), an Arbor Lodge neighborhood garden exchange, nutrition classes, and a dinner of the Hmong Association of Oregon at which traditional food was served. The pastor expressed interest in finding ways to support the Interstate Farmers' Market, which is fairly close by.

One-hundred-and-five of the residents we surveyed (over half of respondents) in the assessment mentioned that they accessed a food pantry in north or northeast Portland, and the majority of these emergency food sites are faith-based.

We think that emergency food pantries could be an effective delivery system for local food to people with low-incomes because they are an existing means of providing food with which residents are familiar and comfortable. With food pantries we can be certain of reaching those most in need. Also, the success of Harvest Shares, where the Oregon Food Bank collects and delivers produce to emergency food sites (generally one day a month for each), have shown that clients are interested in getting more vegetables and fruits.

As one congregation leader agreed, "All of the existing food programs could serve as effective ways to get local food to low-income folks." Some challenges with providing local produce

through food pantries are the need to use perishable foods quickly, limited cold storage space, and limited opportunities to share information about and recipes for unfamiliar foods. However, because these food provision forums are already set up, it makes sense to take advantage of them in efforts to supply more local food to low-income populations.

Pilot Projects

Over the last two years, IFFP has partnered with at least 15 congregations in Portland and Corvallis to launch pilot farm-to-congregation projects. These projects provide some insights as to how congregations in north and northeast Portland might go about connecting with local farmers and helping to get more fresh, local food to low-income people.

Farm Stands

In the spring of 2007, IFFP partnered with five Portland-area congregations to bring weekly farm stands to the congregations after Sunday services. These stands offer affordable, locally-grown, fresh produce for congregations and market opportunities for local immigrant farmers. Congregations also offered locally grown flowers during the summer. The congregational farm stand project has three major goals: provide new markets for immigrant refugee farmers; raise awareness about local food and community food security within faith communities and encourage faith communities to directly support locally grown food; and increase access to fresh, local food for low-income people.

Three of the farm stands made significant efforts to target the goal of reaching low-

We think that emergency food pantries could be an effective delivery system for local food to people with low-incomes because they are an existing means of providing food with which residents are familiar and comfortable.

income people. Redeemer Lutheran Church in northeast Portland hosted a farm stand in a low-income neighborhood, next door to NEFP, and focused on advertising the stand to the neighborhood. First Presbyterian in downtown Portland implemented a “That’s My Farmer” Coupon Program (see below) to provide farm stand coupon books for low-income families or to purchase fresh food for a food pantry. Also, the Micah’s Village farm stand in outer-SE took leftover produce to a food bank.

In 2008, three congregations continued hosting farm stands. Two new CSAs were also created with subsidized shares for families with low incomes.

The congregational farm stand projects have been effective in beginning to raise awareness in the faith community about the importance of supporting local farmers and building justice and equity in the food system. They build relationships between faith communities and farmers, giving producers and consumers an opportunity to understand each other’s circumstances. The program has also started to facilitate low-income residents’ access to locally produced food, increasing consumption of fresh fruits and vegetables. Finally, it offers new economic opportunities to small immigrant farmers by expanding their customer base.

“That’s My Farmer” Coupon Program

IFFP has supported 10 Corvallis congregations in starting this program, modeled after existing efforts in Eugene. A coupon program was informally started in Portland at First Presbyterian Church in July 2007 on a much smaller scale. As in the Corvallis model, \$18 worth of coupons were sold to members of the congregation for \$20. The extra two dollars from each sale was used to purchase coupon books to benefit low-income people. The coupons were distributed through First Presbyterian’s food pantry at Julia West House or used to purchase food for the food pantry. All coupons were redeemable at the congregation’s farm stand. In this way, members of the congregation and low-income residents were given equal opportunity to access the fresh, locally-grown food available at the farm stand.

In 2007, 55 booklets were sold for a total of \$1100, with 10% contributing to subsidized vouchers for low income families. In addition,



In Portland, the first series of four-week classes was held in March at First Presbyterian Church in downtown Portland.

four full booklets (totaling \$80) were donated to Julia West House. Designed for the same reasons of education and relationship building as the farm stands, the coupon program further encourages low-income residents to participate in farmers’ markets and farm stands and increases consumption of fresh, locally-grown foods.

In 2008, coupons were distributed to participants in our cooking classes (see below), which improved redemption rates and forged a more sustainable relationship between the congregation, their farmer and the local low-income population.

“Grub Club” Cooking Classes

The “Grub Club” project began in Corvallis based on the results of the 2006 “From Our Own Soil” Benton County Community Food Assessment. Low-income families are invited (mainly through food pantries) to attend free classes about how to make simple meals from local foods. These two-hour classes are held once a week for four consecutive weeks. In 2007, a four week series was held once in the spring and again in the fall. Classes focus on easy ways of incorporating fresh, locally grown fruits and vegetables and other healthy foods into daily meals.

Participants cook in small groups with seasonal produce from local farms, including some brought directly to the kitchen by local farmers. Instructors teach participants what foods from food pantries can substitute for more expensive foods, and how to use inexpensive food as part of nutritious meals. Cooking supplies, recipes, groceries and childcare are provided, and participants can take leftovers and recipes home. In Corvallis, the OSU Extension Service taught the classes and provided resources about nutrition and health.

Cooking classes in Portland started in 2008. The first series of four-week classes was held in March at First Presbyterian Church in downtown Portland. The class was comprised of residents of Alder House, a single resident occupancy building, and Julia West House, a workshop program for homeless men and women which provides training and support to empower low-income and homeless residents of downtown Portland to alter their lives through positive action. Both Alder House and Julia West House are adjacent to and affiliated with First Presbyterian.

The courses were designed to teach students how to create nutritious meals with fresh, local produce and items that are usually included in emergency food boxes. All meals were made in the microwave, as this is the only means of cooking available to this population. Each student took home leftovers in provided reusable containers, as well as fresh produce. At the conclusion of the course each student received a “kitchen kit,” a reusable bag filled with spices, pasta, measuring cups, a portable cup, utensils, and a microwaveable pot.

In May, another four-week series was conducted at NEFP. These classes focused on fresh, family-friendly meals made with seasonal produce and items at NEFP. All guests at NEFP were invited to participate, and each week participants took home reusable bags filled with fresh herbs, produce, brown rice, pasta, baking mix, and several kitchen gadgets.

A final series focused on grilling with fresh vegetables was conducted at Woodlawn Community Garden in northeast Portland for the gardeners and surrounding community.

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Appendices

Appendix A: Compilation of responses from March 4, 2006 Community Food Assessment Workshop for N/NE Portland.

What outcomes would you like to see as a result of a community food assessment?

1. Supporting and Building Farms/Farmers/ Farmers Markets Farmers Market

More farms growing food for consumption in county.
Create Access to land, variety, and food.
Bring youth to farms to learn about locally-grown food.
CSA partnership with low-income communities.
Diversify farming systems locally – incentives to integrated farms & sell locally.
Increase number of local farmers.
Connect local farms to low-income communities while maintaining a level of sustainability for farmers.
More CSA awareness & membership.
City farmer gardener group to give feedback to food policy.
Farmer / congregation connections.
New direct market relationship for immigrant farmers with a cultural sharing / awareness component, especially with local congregations.
Increased access to land for growing produce.
More consumer support for farmers markets and CSA and direct sales.
Locally made / grown products.
A commitment on the part of faith community to support small local farmers.
Farmers market within parameters of elementary school radius.
Increased number of growers, processors and producers in area.

2. Emergency Food/Low Income

Assistance to homeless with meals, food vouchers, and food boxes.
Greater access to fresh organic food for low-income people.
Food banks within reasonable walking distance.
Delivery of local produce to elderly.
Convenient access to emergency food assistance.
Determine those without means to keep perishables.

3. Education and Awareness

Community funding, grants and how to write.
Everyone knows the food resources in their immediate neighborhood.
Setting up educational garden, growing.
Educate.
Churches open for cooking / nutrition classes.
Increased awareness of immigrant farmers in area / support.
More education / information about who are our local farmers producers more informed consumers.
Neighborhood nutrition & cooking workshop.
Increased knowledge of food system.
More understanding of community food needs among “public.”

4. Retail Access

Employ people within a local economic system.
Better access to fresh food that is affordable all year long.
More local food in established full-service grocery stores.
Food co-ops within each elementary school boundary lines.
Delivery or shuttle service to access local food markets with local products.
WIC access and more stores, policy changes to allow organic, etc.
Fresh produce for sale in convenience stores.
Free education on growing food.
Free education on preparing food.
Ongoing nutrition education classes in locations and times convenient to low-income people.
Need to understand population: high income vs. low income vs. homeless.
Map of existing food sources (berry bushes, fruit / nut trees, gardens) that offer free food.
Greater understanding of food systems and their connection to social justice and democracy.
Neighbors working with retailers to increase access.
Nutrition / cooking classes parents & children.
Increased consumption of fresh food.
More direct access to local and seasonable foods.

5. Gardens

Increase access to community gardens.
Community gardens in congregations.
Grow food.
Gardens – based / neighborhood accessible.
Rooftop gardens.
More people growing food in backyards.
Free community gardening workshops.
Garden based entrepreneurs.
More community gardens
Home and / or community gardens.
Local distribution / production community gardens.
Community gardens accessible.
Community gardens as neighborhood centers.
Backyard produce “harvest swaps”.
Use existing green spaces for growing food ... more gardens!
Sharing home-grown produce.
Increased opportunity to be involved in food production.

6. Community Kitchens/Processing

Congregation sponsored community kitchen.
All population in area, have access to means to cook.
Neighborhood kitchens.
Conduct assessment on old town – zero there.

7. Improve School Food

Fresh produce to families of James, John and Sitton schools – N Portland (over 20 Ethnic Groups at these schools).
Local farms & schools.
More schools with gardens and education programs with community and parent involvement.
More education & access to fresh food in our schools.
Nutrition and local food economy education in neighborhood schools.
School gardens.
Local food in neighborhood schools.
Improved quality of school food programs.
School gardens as part of curriculum (standard benchmark).
Farm to cafeteria: school, hospital, jails, and edible schoolyards.
Better food schools / institutions.

8. Community Building (This should be a by-product of all the activities above)

Community / congregation partnerships or community gardens / emergency food access.
Neighborhood association support & involvement in assessing food sources.
Potlucks... sharing food & culture.
Neighborhood cohesion & security.
Increased community cohesiveness.
How to engage community in participating in the CFA process.
Less hunger every day.
Neighborhood proud of farms / gardens, bakeries, dairies, other producers, and restaurants nearby.

Other

Conduct assessment in Old Town.

Appendix B: Dot Survey

Instructions: The following suggested four questions can be written on giant sheets of paper and hung on walls, windows, or easels in public places in order to collect some basic information. You can post them outdoors near a bus stop, indoors in the entryway of your congregation or organizational office, or anywhere else you are interested in polling passers-by. Write one question on each piece of paper and leave room next to each response for round stickers (the dots). Also, you might find it useful to keep a notebook or clipboard nearby so that people can write down the zip codes or neighborhoods in which they live. There are several advantages to this kind of survey: it's interactive; people often think it's intriguing and even fun; and the data are easy to tally and present back to your group.

Materials you will need: Four sheets of large paper, a package or two of round stickers, pen/clipboard/paper, a busy location, and a large vertical surface for hanging paper.

1. What would you like to see more of in your neighborhood?
 - Fresh, local produce
 - Convenience stores
 - Supermarkets
 - Garden plots/ community gardens
 - Free cooking classes
 - Food co-op
 - Food pantry
2. What is the biggest factor that keeps you from buying more locally-grown food?
 - Cost
 - Not sold where I shop
 - I do get all that I want
 - Don't know where to find it
3. What are your top two priorities when making food purchases?
 - Price
 - Health/product quality
 - Convenience
 - Locally grown
4. Besides supermarkets, where do you regularly get the majority of your food?
 - Convenience store
 - Farmers' market
 - Food co-op
 - Food pantry
 - Community supported agriculture (food box)

Optional: If you are conducting the survey at a congregation and are considering a farm to congregation partnership such as a CSA drop-off or after services farmers table, you may want to add a question about level of interest and/or convenient times and locations.

For more information or to share your results, contact Jenny Holmes at the EMO office at 503-221-1054 ext. 214.

Appendix C: Youth Photo Project Press Release, September 2006

Photographs You Can Chew On is the product of a two-week photography project designed for young people living in the New Columbia Community in north Portland to explore where their food comes from through the lens of a camera. The project was intended for workshop participants to explore where their food comes from, celebrate their cultural food traditions, and to contribute to the Ecumenical Ministries of Oregon (EMO) Food Assessment of North and Northeast Portland. The photographs will be on display for the month of October at the Enterbeing Gallery on the NE corner of 16th and Alberta. Join us for the opening on Thursday, September 28, 2006 from 6 to 10 p.m. at Enterbeing to learn more about local food sources in your community and about EMO's work to strengthen local food connections through a food assessment process.



Participants in photo project at community garden at New Columbia.

Appendix D: Tools for Community Food Assessments— Questionnaire for Congregational Leaders

Note: This may be filled out through a conversation of a committee, an interview or by a congregational leader. You may also want to use it simply as a conversation starter for your own benefit.

- 1) Does your congregation have a committee or team that works on social, community, or care of creation/environmental issues?
- 2) What programs does your congregation have for giving aid to low-income people?
- 3) Does your congregation collaborate with any emergency food organizations?
- 4) Do you have a food pantry or soup kitchen within your congregation?
- 5) Do you have regular meals, special food events, or food traditions at your congregation?
- 6) Do you think there are people in your congregation who would be interested in obtaining food from local farmers through your congregation, or partnering with farmers to help them distribute their food locally?
- 7) Would you have avenues for getting this locally grown food to low-income people?
- 8) What of the following resources does your congregation that might be available to a local food project?
 - Kitchen
 - Cold storage
 - Parking lot space
 - Land for community gardens
 - Indoor meeting space
 - Event space
- 9) Do you have a food exchange or distribution program (such as congregation members sharing homegrown produce)?
- 10) What do you see as the assets specific to your congregation that would help us accomplish such a partnership with local farmers?
- 11) What about challenges?
- 12) How would you describe the economic composition of your congregation?
- 13) How many members do you have in your congregation?
- 14) What can we do to foster collaboration between local congregations in taking on a local food project?

Please fill out and return to Interfaith Food and Farm Partnership, EMO, 0245 SW Bancroft, Suite B, Portland, OR 97239 or fax to 503-223-7007 or e-mail to lgifford@emoregon.org

Appendix E: Food Assessment Survey

Survey Location _____
Gift Card type & # _____

Time of Survey _____
Surveyor Name _____

Everyone Eats N/NE Community Food Survey

Hi, I'm _____, and I'm working with Ecumenical Ministries on the Everyone Eats! project in North & Northeast Portland. We're learning about how and where people get food for themselves and their families.

Surveyor: If it's obvious that the person you are surveying lives in N/NE (for instance, you know them or you are surveying them at their house) or if you are surveying at a food pantry, you don't need to ask these next questions:

Do you live in North or Northeast Portland?

- ☐ Yes (Proceed with survey)
- ☐ No Ask this question:

Do you get most of your groceries in N/NE or use a food pantry in N/NE?

- ☐ No (Say, "Thanks for your time. We're doing a survey just of people who live or get food in N/NE." Offer them a brochure if they are interested in the project.)
- ☐ Yes (Proceed with survey)

I have a survey that takes about 10-15 minutes. If you participate in this survey I would like to thank you with _____. Would you be willing to participate in this survey?

- ☐ Yes (Say, "Great! Let's get started.")
- ☐ No (Try to briefly explain why the survey is important using any of the points below, and if they are still not interested, thank them for their time)
 - Your answers will be anonymous and won't be identified with you by name.
 - We really want to learn about food issues from people who actually get their food in N/NE—they are the ones who know best what solutions might work.
 - There are no right or wrong answers. We'd love to have your opinions, but of course it's totally optional.

Where You Shop & Transportation

1. **Where do you get most of your food?** (for example, grocery store, food pantry, etc)

2. **How do you usually get to the grocery store?**

3. **On average, how long does it take you to get from your house to the grocery store that you go to most often?**

4. **Does transportation ever make it difficult for you to get your groceries?** Yes ☐ No ☐
If yes, what would make it easier for you to get your groceries? _____

5. **Are you satisfied with the number of grocery stores in your neighborhood?**
Yes ☐ No ☐
Why/why not? _____

Food Security

6. **Do you feel you are getting enough unprocessed foods, like fruits and vegetables, eggs, milk, whole grains?** Yes ☐ No ☐ If no, what are the biggest reasons? Any foods in particular? _____
7. **Do you get enough of the kinds of foods that you are familiar with or used to cooking with?** Yes ☐ No ☐ If no, what are the biggest reasons why not? Any foods in particular? _____
8. **Do you ever have a hard time stretching your food budget to the end of the month?**
Yes ☐ No ☐ If yes, what do you do in these months? _____

Programs

9. **I'm going to read a list of programs, and ask if you've ever participated in any of them:** *(If no to all, skip to #13.)*
- | | | |
|------------------------------|-----------------------------|---|
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | WIC (Women, Infant, Children) |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Farmers Market Vouchers |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Oregon Trail or other Food stamp programs |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Emergency Food Box sites |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Food pantry |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Gleaning Groups
<i>(people who collect extra and salvaged food from farms, gardens and groceries and share with the group half of what they gather.)</i> |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Harvest Share
<i>(An Oregon Food Bank program where produce collected from farmers & wholesale companies is made available to low-income people at no cost)</i> |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Any others? _____ |
10. **Would you like to see more programs that help you and your family get food?** *(For example, if more harvest shares were available, would you use them?)*
Yes ☐ No ☐ If yes, which one/s? _____
If no, why not? _____
11. **What has your experience with these programs been like?** _____

12. What would make the experience better for you? _____

Locally Grown

13. Does your household have a vegetable garden or fruit trees or bushes? Yes ☐ No ☐
If yes, please describe (small, large, # of trees) _____

14. Do you use a community garden? Yes ☐ No ☐
If yes, which one? _____
If no, why not? _____ Would you be interested? _____

15. Do you preserve food by canning, freezing, or smoking? Yes ☐ No ☐
If yes, what? _____ and how often? _____
If no, why not? _____ Would you like to learn? _____

16. Have you heard the phrase “locally-grown” food? Yes ☐ No ☐

17. What does it mean to you? _____

*Surveyors: please say, “There are lots of different meanings, but here’s the definition we’re using in this survey: **Food grown or produced within 100 miles of Portland.**” (If they have questions, provide example of “from the coast to the Dalles,” or show a map.)*

18. Do you buy locally grown foods? Yes ☐ No ☐ Don’t Know ☐
If yes, how often? _____

19. Do you ever shop at a Farmer’s Market? If so, how often? Which one? _____
☐ Weekly, during the season ☐ A few times per year ☐ Never
☐ Monthly, during the season ☐ Less than a few times per year ☐ Other _____

20. If you don’t shop regularly at Farmers Markets, what are the reasons why not?
(Leave open ended – you can prompt with possible answers and CHECK ALL THAT APPLY)

<input type="checkbox"/> Don’t know about them	<input type="checkbox"/> Inconvenient times	<input type="checkbox"/> Inconvenient to have to shop at more than one location
<input type="checkbox"/> Don’t know where they are	<input type="checkbox"/> Poor selection	
<input type="checkbox"/> Inconvenient locations	<input type="checkbox"/> Too expensive	<input type="checkbox"/> Other _____

21. I am going to read you a list of statements. I will show you a response card; please tell me which response most closely matches how you feel. (Check one box per statement).

“Would you be interested in free _____”

	Very interested	Somewhat interested	Neutral	Not at all interested
Cooking clubs or nutrition classes where you learn about cooking with local food?				
Programs that would help you start and maintain a produce garden?				
Farmers market coupons				
Free or discounted weekly box of produce from a local farm				

22. What do you think would make it easier for people in your neighborhood to be able to buy and eat healthy foods?

23. Is there anything else you would like to add?

The final questions ask for some background information—they are optional but would be very helpful to us. If they have questions or concerns, you can say, “These answers will only be used to describe survey respondents as a group. Information will not be used to describe you as an individual; you will never be identifiable.”

- Which zip code do you live in? _____
- Which neighborhood do you live in?(name or intersection) _____
- How many people live in your household? _____
- Is English your first language? Yes ☐ No ☐
If no, what is your native language? _____

I'm going to give you a response card for the rest of the questions. You can tell me the letter next to your answer, or you can say a specific answer.

5. How would you describe your race/ethnicity?

- ☐ **A** Asian ☐ **D** American Indian/Alaska Native ☐ **G** Multi-racial/ethnic
- ☐ **B** Black, African-American ☐ **E** White, Non-Hispanic ☐ **H** Other _____
- ☐ **C** Hispanic or Latino ☐ **F** Hawaiian/Pacific Islander

6. What is your age?

- ☐ **A** under 18 ☐ **D** 36 to 45 ☐ **G** 66 or older
- ☐ **B** 19 to 25 ☐ **E** 46 to 55
- ☐ **C** 26 to 35 ☐ **F** 56 to 65

7. What is the annual income in your household?

- ☐ **A** Under \$10,000 ☐ **C** \$25,000 – \$39,999 ☐ **E** More than \$55,000
- ☐ **B** \$10,000 – \$24,999 ☐ **D** \$40,000 – \$54,999

8. *(Surveyor, please note the sex/gender of the person being surveyed)* ☐ Male ☐ Female

9. The results of this survey may be used to develop programs or projects to address food issues in North and Northeast Portland, and we'll be holding an event in the fall to talk about the results. Do you want us to notify you with any updates?

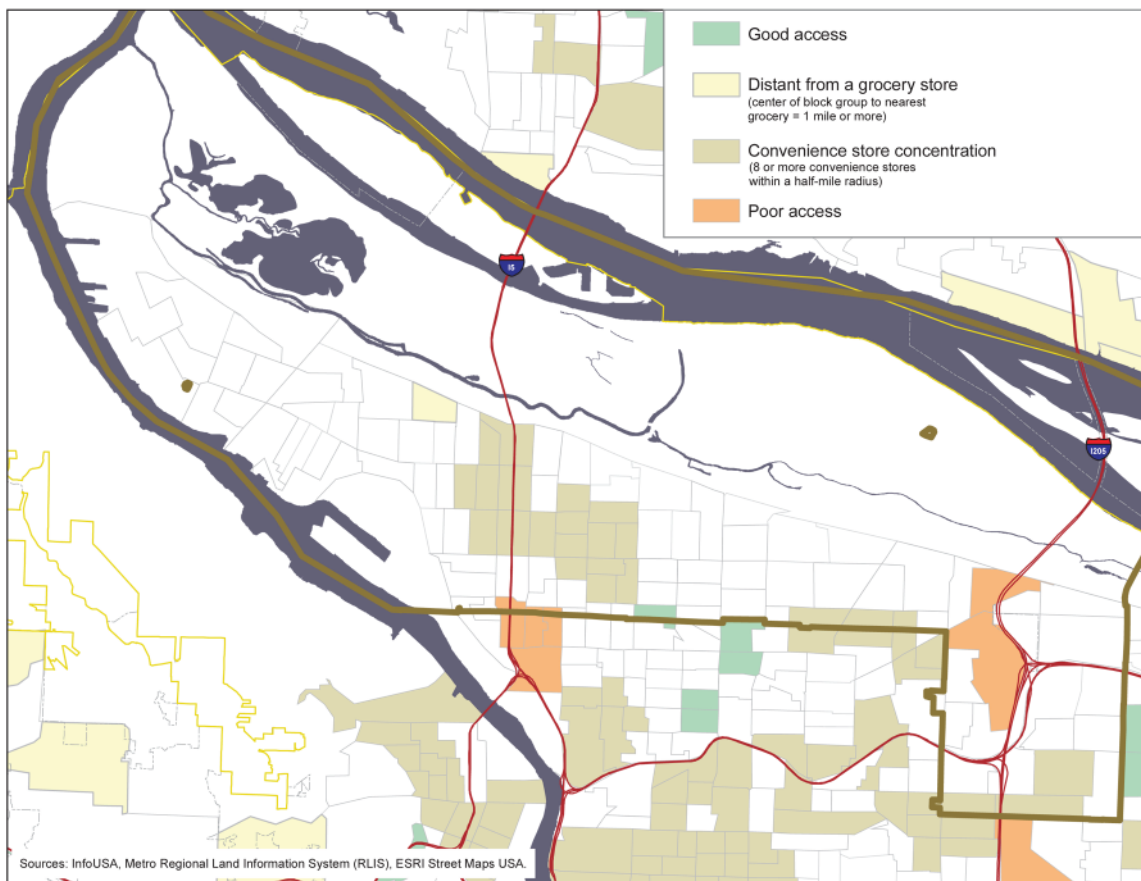
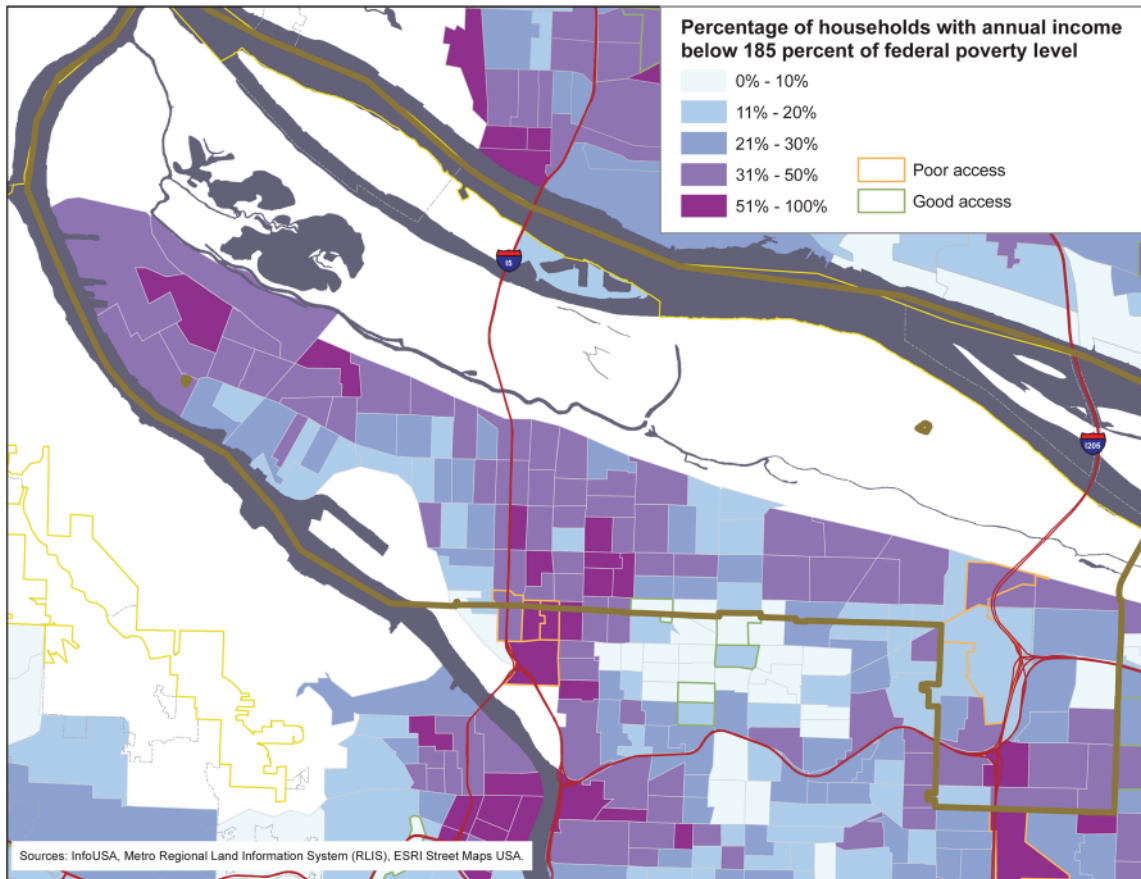
Name: _____

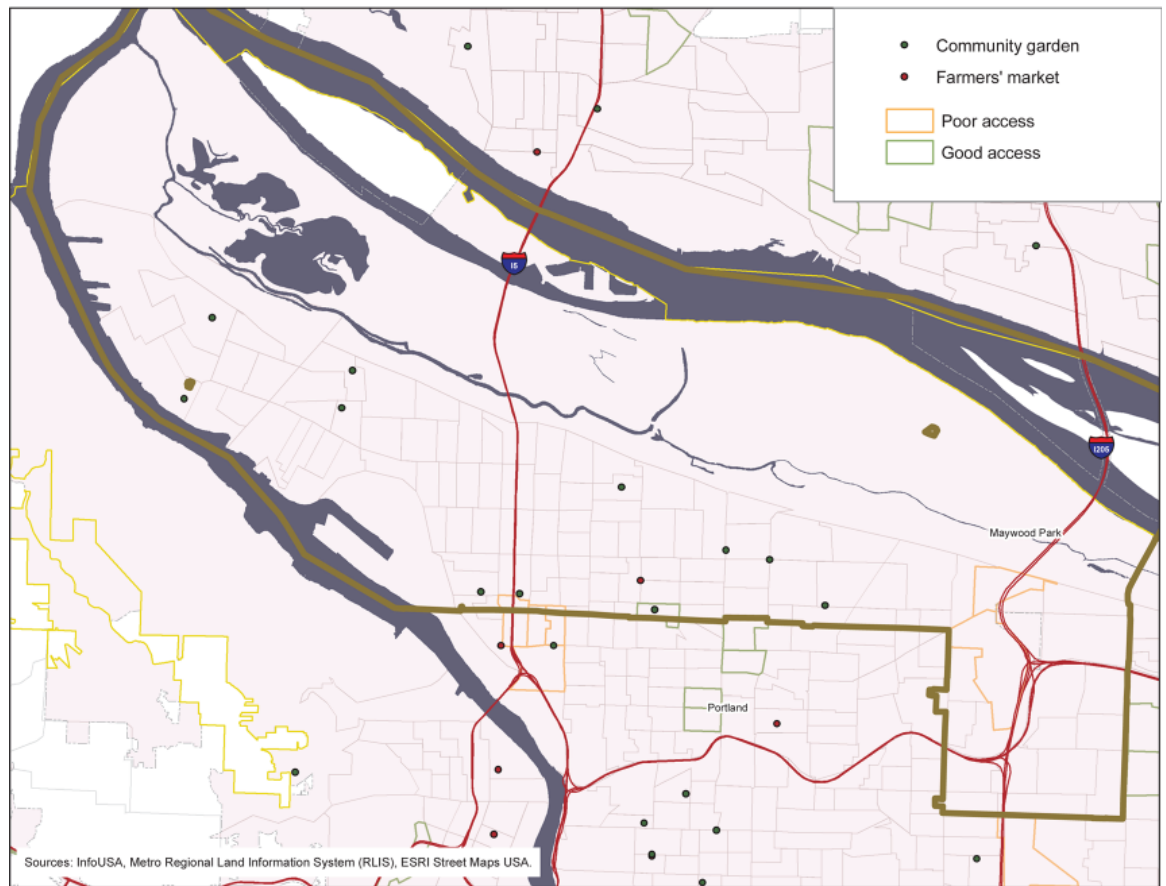
Street: _____ City/State/Zip: _____

Phone: _____ Email: _____

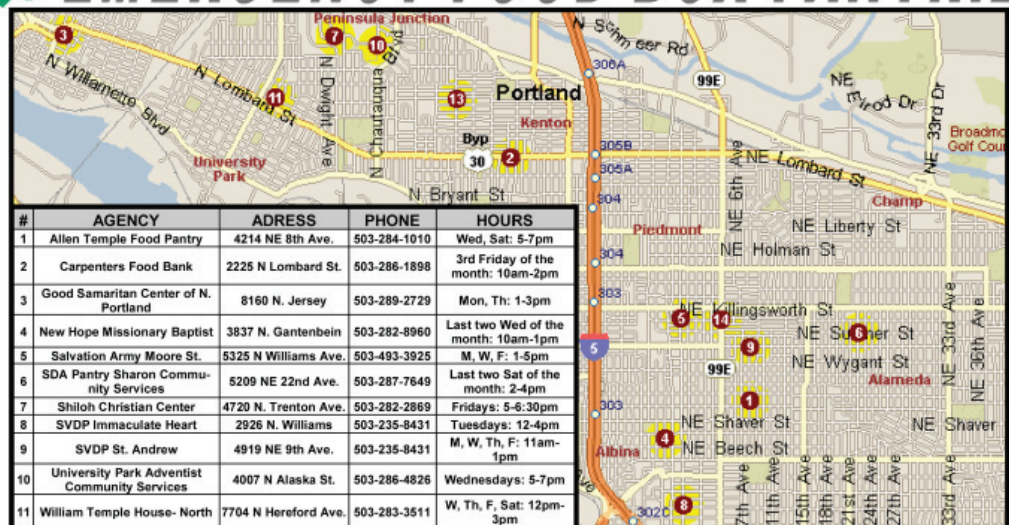
Thank you so much for participating in this survey! Here's your gift card. I appreciate your time.

Appendix F: Maps





EMERGENCY FOOD BOX PANTRIES



Other Free Food Resources in Your Area

#	AGENCY	ADDRESS	PHONE	HOURS
12	Grace Christian Fellowship	7325 N. Bank		4th Saturday: 11am-1pm
4	New Hope Missionary Baptist	3837 N. Gantenbein	503-282-8960	Last Wednesday: 10am-1pm
9	SVDP St. Andrew	806 NE Alberta	503-235-8431	4th Thursday: 3pm
10	U.P. Adventist Community Services	4007 N Alaska St.	503-286-4826	First Friday: 11am
13	Peninsula Open Bible Church	8225 N. Peninsula	503-289-3343	Third Friday: Noon-2pm
9	SVDP St. Andrew	806 NE Alberta	971-244-0356	First Thursday: 11am-1pm
14	Blazers Kids Cafe	5250 NE MLK Blvd.	503-282-8480	M-F 2:30pm-8pm
5	Salvation Army We Feed Kids	5325 N Williams Ave	503-493-3925	Everyday 5pm

Harvest Share
Harvest Share provides fresh produce to low income people at NO COST! (Please bring your own bags.)

Community Basket
Community Basket is a member based supplemental food program.

Kids Feeding Programs are where youth can receive meals at no cost.

For additional information and referrals, please contact Oregon Food Bank at 503-282-0555.

Everyone Eats!

Appendix G: Low-income Outreach and Event Materials

1. Call for Leadership Team

Everyone Eats! A Community Food Investigation for North & Northeast Portland

What are the best ways to make sure everyone in our neighborhoods has enough healthy food to eat, all the time? What food projects are out there now? (Gardens, pantries, classes...) What are the biggest problems? (Transportation, money, information...) Who is affected and who is involved in these issues? (Faith communities, farmers, you?)



We are neighbors working together to ask questions like these and see what we learn. At the end, we hope to decide on some projects for improving health and nutrition in our community. Join us!

We're forming a leadership team to make decisions and do research. This is a great opportunity to gain skills and confidence. If you're interested, contact Jocelyn at (503) 956-0672 or jocelynf@portlandstate.org.

Child care is available for meetings, and other assistance may be available for leaders. "Everyone Eats" is a project of the Interfaith Food & Farm Partnership (www.emoregon.org/INEC)

¡Todos Comen! Una Investigación de Alimento Comunitario en el Norte y Noreste de Portland

¿Cómo podemos asegurarnos que todos de nuestros vecinos tienen comida saludable y suficiente, todo el tiempo? ¿Cuáles tipos de proyectos existen ahora? (Jardines, bancos de alimentos, clases...) ¿Cuáles son los problemas más grande? (Transportación, dinero, información..) ¿A quién le toca, y quién participa en estos asuntos? (¿Iglesias, granjeros, usted?)

Nosotros somos vecinos trabajando juntos para preguntar y aprender. Al final, esperemos decidir en proyectos para mejorar la salud y nutrición en nuestra comunidad. ¡Vamanos!

Estamos creando un grupo de líderes para decidir e investigar. Este es una buena oportunidad para aumentar destrezas y confianza. Si le interesa, contacte con Jocelyn: (503) 956-0672 o jocelynf@portlandstate.org.

Podemos ofrecer cuida de niños durante reuniones, y otra ayuda es posible por líderes. "Todos Comen" es un proyecto del Interfaith Food & Farm Partnership (www.emoregon.org/INEC)

(www.emoregon.org/INEC)

2. Community Food Conversation

Everyone Eats! Invites you to a Community Food Conversation

Tuesday, August 21, 6- 7:30 p.m., Community Education Center, 4625 N. Trenton St.

What are the best ways to make sure everyone in our neighborhoods has enough healthy food to eat, all the time? What food projects are out there now? What are the biggest problems? Who is affected and who is involved in these issues? We are neighbors working together to ask questions like these and see what we learn. At the end, we hope to decide on some projects for improving health and nutrition in our community. Join us for a meal and conversation about these issues! Food and childcare will be provided. The first 15 participants will receive a \$10 gift card to Big City Produce.

For more information: Jocelyn Furbush (Everyone Eats) 503-956-0672, Alicia Blakely (New Columbia) 503-943-5649. "Everyone Eats" is a project of Ecumenical Ministries (www.emoregon.org/food_farms).

3. Community Meal for "Everyone Eats! Leaders

Community Meal for New "Everyone Eats!" Leaders, Saturday, May 31, 5-6:30 p.m.

Do you care about getting healthy, fresh food to the low-income folks in Northeast and North Portland like yourself who need it most? Come for a meal and conversation to learn about joining our Leadership Team. Team members will help decide how to investigate food needs in North and Northeast, and receive stipends for surveying your neighbors. At the meal you'll also have a chance to share your own thoughts about food needs in your community. Everyone is welcome to attend (children too!) The meal will be at: Redeemer Lutheran Church 5431 NE 20th Ave (on Killingsworth, right next door to the Northeast Emergency Food Program). For more information contact Jocelyn at (503) 956-0672 or jocelyn@portlandstate.org.

"Everyone Eats" is a project of the Interfaith Food & Farm Partnership (http://www.emoregon.org/food_farms.php)

4. "Everyone Eats!" Community Forum

<p>Interfaith Food & Farms Partnership invites you to share in our</p> <p>"Everyone Eats" Community Forum</p>  <p>For more information on IFFP, go to www.emoregon.org/food_farms.php.</p>	<p>Date: October 11, 2007</p> <p>Time: 6 to 8 p.m.</p> <p>Location: St. Andrew's Catholic Church Community Center, 806 NE Alberta Ave., Portland</p> <p>Come share a meal and hear the results of the Interfaith Food and Farm Partnership's (IFFP) North/Northeast Portland Community Food Assessment.</p> <p>Members of the leadership team will talk about their experiences surveying neighborhoods, and attendees will have a chance to give input on the next steps for projects to get more fresh, local food to people in need.</p> <p>Food and drinks will be served!</p> <p>Please contact Cristina Stella at (503) 221-1054 if you'd like to attend.</p>
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Appendix H: Everyone Eats Community Forum: Ideas for Implementing Recommendations from Food Assessment (October 11, 2007)

Weekly Box of Produce from a Local Farm

- Farms partner with public/low-income housing communities
- Talk to Sauvie Island Organics
- Have dialogue between farmers (PACSAC) and low-income neighbors, congregations, and community groups about share distributions
- How to make it accessible to most people? Deliver to churches- CSA Share. Grand & Shaver, Albina & Ainsworth, Alberta & Mallory, Mason & Shaver
- Problems: transportation, understanding CSA model, cash for subsidized CSA program
- Hire youth to run table
- Church members purchase shares with 20% added for low-income shares, would help distribute boxes to people
- Farms donating food directly to food give-away locations. Example: churches/mosques, Food Works

Cooking Clubs/Nutrition Classes

- OSU Extension (Prescott & 100, School of St. Rita)- Linn Steel/kitchen clubs, nutrition
- NEFP
- After school cooking clubs- student led or co-facilitated
- Cooking classes by region of country (South, North, Coastal)
- Traditional cooking with healthier options or less fat- substitute with healthier items

Start/Maintain a Garden

- Promote groups like Growing Gardens- get more resources to Growing Gardens
- Have master gardeners, Tilth members, and current gardeners be mentors for new growers; pass the word through neighborhood associations
- Grow open pollinated heirloom seed, plants so can save seeds
- Educate people about food stamps being used to buy seeds and plant starts

Farmers' Market Coupons

- Provide "how-to" kit for churches to copy current programs
- Solve transportation problem
- Have delivery for those who can't travel
- Shuttles from neighborhood to market
- Focus coupons on kids (via WIC or Food Stamp offices)
- Locate markets in the neighborhoods
- Have "how-to" booth/customer service staff to help new coupon users
- Learn and provide neighborhood "favorite foods"
- Anticipate need for multiple social services- this neighborhood has more needs than fresh veggies