



Seattle Women and Food Access

Learning from Women in Delridge

Seattle Women's Commission
with Seattle City Councilmember Mike O'Brien and
the Office of Sustainability and Environment

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Project Partners

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Executive Summary

Food access persists as a significant issue for low-income women in Seattle. In 2011, a community member from Delridge approached a Commissioner with the Seattle Women's Commission (SWC) and shared her personal struggle with accessing healthy food in her neighborhood. Namely, she was grappling to find a way to bring a month's worth of Women Infant and Children (WIC) benefits – several heavy bags of groceries with a month's worth of dairy, formula, and other healthy food— home on public transportation with her children in tow. After this moving testimony, the SWC undertook this research project and reached out to Seattle City Councilmember Mike O'Brien and the Seattle Office of Sustainability and Environment to explore opportunities to partner and collaborate on research.

Women throughout this City, but especially in Delridge, face geographic, transportation, cultural, and economic barriers to finding healthy food for themselves and their families. Delridge is a neighborhood defined by a vibrant and diverse community of families and youth, great assets like the South Seattle Community College, parks and open spaces, and cultural resources, but does not have any grocery stores along the four-mile corridor, transit service is limited, and the neighborhood itself is framed on the East and West by two tall ridges making it hard to walk or bike to and from the neighborhood.

This is not news for Seattle policymakers and advocacy organizations; countless studies and a myriad of programs have been implemented throughout Seattle neighborhoods. The Seattle City Council has adopted the Food Action Plan, which outlines strategies to improve existing policies and recommendations for the council to explore new approaches to address food access in Seattle. However, as community members have stated, these commitments and policies have not yet reached all food insecure households, nor were focused specifically on how women struggle to access healthy food in the City and how their unique needs could be addressed. The Seattle Women and Food Access research project determines additional barriers and prioritizes solutions to food access with low-income women and will inform how the City crafts and implements new policies for the Delridge neighborhood, with the potential of impacting other neighborhoods throughout the City.

Project Goals

The primary goal of this research project is to refine a specific, actionable 2014-2015 food access work plan for the Seattle Women's Commission, Seattle City Council, and the Food Action Plan Inter Departmental Team (including representative from the Office of Sustainability and Environment, Department of Planning and Development, Human Services Department, and other City agencies) based on the expertise of impacted low-income women in Delridge area impacted by food access issues. This project also seeks to apply the experiences of low-income women and the barriers they face to prioritize and delve deeper into food policies and interventions in Delridge.

Through 57 surveys and three focus-groups with a total of 40 women and youth in Delridge organized with community partners, the research team facilitated a conversation about where women get healthy food, how they get there, and the challenges they see and experience. Finally, through a voting exercise women prioritized the solutions and recommendations that would make it easier to get healthy food home.

Top Priorities for Women in Delridge

1. **Community Economic Opportunity:** In a City that is quickly becoming less affordable for working families, higher costs of housing and transportation have left little income for food and federal, and state supplemental food programs have been cut significantly impacting low-income women. According to residents, better jobs and lower food prices could help mitigate and remove barriers to accessing healthy food. Participants

defined 'Community Economic Opportunity' as good jobs at a wide-range of skill-levels in or near the community for current residents; affordable high quality and organic produce; opportunities to build social capital through learning about growing and cooking healthy food; and potential for developing healthy food income-generating opportunities in like a farm or community kitchen. Participants specified that better economic opportunities would increase access to healthy food for the neighborhood, but wanted to ensure that future economic development would not displace current residents.

2. **Improved Transportation Options:** At two workshops, participants prioritized increasing the frequency of buses in Delridge, including the King County METRO operated 120, 128, and 50 especially at night. Greater frequency would reduce crowded bus conditions, which can make women, young people and other marginalized groups feel vulnerable and/or uncomfortable. There was some agreement that riding public transportation was unsafe. Participants felt that the buses brought riders to healthy food, but that the inconvenience of bringing dependents and heavy grocery items prevented participants from using public transportation for grocery shopping trips. Only youth felt that the cost of the bus was prohibitive, though few participants overall used public transit for grocery trips.
3. **Permanent Affordable Healthy Food Retail:** Some participants believed a cooperative model would best suit the needs of the community. A cooperative grocery along the Delridge corridor is currently in development, set to open in August 2014 located centrally along the corridor. Other participants were less specific about the type of store, but indicated the importance of local ownership and that the best location would be near Home Depot or the Delridge Library.

Conclusion and Recommendations

The Seattle Women's Commission proposes that the City of Seattle explore the following recommendations to increase access to healthy food for women in Delridge.

Community Planning:

- Explore the development of a Food Hub in Delridge through the Department of Planning and Development's neighborhood planning process. The primary focus of Food Hubs across the nation is to aggregate locally or regionally produced fruits and vegetables from small and medium sized farms. Though Delridge is not a neighborhood that is centrally located for regional food distribution, a food hub in Delridge could take a hyper local approach. For instance, the Delridge Food Hub could house: a farmer's market with Fresh Bucks and Farmer's Market Nutrition Program capacity¹; support Delridge residents who want to sell excess produce to neighbors; provide central food processing facilities for local producers; create opportunities for income generation and entrepreneurship; develop community social capital; and encourage healthy income-generating activities for women in Delridge. For more information about Food Hubs, see the Case Study on the Rainier Beach Food Innovation District, on page 26.
 - Identify opportunities to develop an income-generating farm in Delridge for local residents in conjunction with the food hub.
 - Identify existing food processing businesses along the Delridge corridor. Include local food processors in visioning for the food hub.

¹ The Fresh Bucks Program doubles farmer's market purchases for food stamp recipients up to \$10.00— for \$20 total spending—at Seattle farmer's markets. The Farmer's Market Nutrition Program helps Women, Infant, and Children program (WIC) beneficiaries access the farmers market. Enrollment in the program requires an additional application process for WIC beneficiaries.

- According to women residents, this type of healthy food hub and job center should be located at the Orchard node of the Delridge corridor.
- Increase spending through the Department of Neighborhoods matching grant program, specifically for community food projects, through either of the following ways:
 - A framework for food matching grants that mirrors the technology specific matching grants from the Department of Information Technology. This type of grant funding specific to food access could support local initiatives and organizations throughout the City working in this field.
 - Bolster language specific to community food projects in existing matching grant guidelines and increase outreach to organizations that focus on food and health in limited food access neighborhoods.
- Identify strategies to partner with landholding City departments to expand the Market Garden program, which provides opportunities for p-patch growers to sell their produce at a local farm stand with Supplemental Nutrition Assistance Program (SNAP) and Fresh Bucks capacity. The only market gardens in operation in the City are located on Seattle Housing Authority properties since income-generating activities are not allowed on Parks Department property, where many P-Patches are located. A market garden in Delridge could provide supplemental incomes to residents who are garden inclined and partially fill the demand for fresh produce during the growing months.
- Support the Seattle Human Services Department 2014 Food and Meals Request for Investment with additional funding to provide innovative interventions and solutions to programs to promote food security with hungry households.
- Identify additional opportunities to scale up or replicate successful community based, non-profit, or City operated food access programs working locally or in other parts of the City.
- Support the creation of diverse employment opportunities for adult and youth residents of Delridge through strategies with the Office of Economic Development and the Department of Planning and Development projects and planning efforts.
 - Partner with South Seattle Community College to identify workforce development and small business development opportunities for women in Delridge.
 - Work with new multi-family property owners and developers along Delridge Way to provide opportunities for community tenants in ground floor commercial space.
 - The Orchard and Brandon nodes along Delridge Way are both prime sites for commercial or office development, complementing existing development patterns.
- Support the siting of a permanent affordable grocery store or permanent produce market—like MacPherson’s in Beacon Hill— through land-use planning and strategic partnerships with retailers, Delridge Grocery Co-op members, and local businesses.
 - Consider a density bonus for developers who incorporate healthy food retail in commercial space
 - Consider parking reductions for developers who incorporate healthy food retail in commercial space
 - Consider expedited review for healthy food retail in Delridge
 - Determine any additional needs from the Delridge Grocery Co-op
- Regardless of the reality of a Delridge appropriate food hub, support the development of an affordable farmer’s market in Delridge to serve residents from the surrounding community. Successful farmer’s markets

in mixed-income communities are equipped to accept SNAP and Women, Infant, and Children program (WIC) benefits and are often collaborations with local community organizations.²

- Participants identified two preferable locations for a farmer's market: The Home Depot parking lot (or nearby) or at the Boren School, near the intersection with Brandon.

Transportation

- Support the prevention of Metro's bus cuts which would have severe impacts for two bus lines in Delridge. Currently, East/West bus service is limited and the plans for route modifications and deletion would eliminate the portion of the 128 bus, which runs from the central part of the Delridge Corridor to the West Seattle Food Bank and the 50 bus, which connects passengers from the Northern part of Delridge to the Veteran's Affairs Hospital in Beacon Hill and to the California Junction in West Seattle along Genesee.
- Increase frequency of daytime routes for the 50 bus, which currently only runs every 30 minutes. Increase the frequency of other buses in Delridge, especially at night. Bus ridership in Delridge is not confined to commute hours, leading to overcrowding on buses and stranded passengers if they miss a connection.
- Support the development of a Low-Income fare, ensuring that youth also benefit from reduced transit prices. Recent plans approved by the King County Council would lower fare prices for individuals making 200 percent of the Federal Poverty level to \$1.25 until 2015 when fare would increase to \$1.50. There is no plan to reduce pricing for youth, but the Council did vote to maintain current youth fares at \$1.25.³ According to our workshops with youth, this fare is still inaccessible. The Seattle Women's Commission supports the recommendation to explore a further reduced price for youth.
- Expand the display of real time bus arrival information in the Delridge area similar to the physical displays at all Rapid Bus stops and throughout the downtown core.

Women Infant and Children (WIC) and Supplemental Nutrition Assistance Program (SNAP)

- Advocate for the restoration of Federal and State cuts to supplemental food programs through the Seattle City Council's state legislative agenda.
- Support the expansion of the Fresh Bucks program. With recent cuts to federal and state benefits, local benefits are as important as ever. A new potential farmer's market in Delridge and ongoing publicity for the program will also increase participation.
- Support existing efforts to update WIC vouchers to a card-based system, which would increase WIC recipients' ability to spread purchases over entire month and make it easier for recipients to access benefit at the farmer's market.

Women and Food Access in Other Seattle Neighborhoods

Limits to accessing healthy food are unique to each neighborhood in Seattle. Similar research should be executed to determine the best strategies for improvement in additional neighborhoods. Therefore, we also recommend the following regarding future research projects related to this issue:

² Project for Public Space and Columbia University (2013) "Farmers Markets as a Strategy to Improve Access to Healthy Food for Low-Income Families and Communities." Robert Wood Johnson Foundation. Accessed from: <http://www.pps.org/reference/farmers-markets-as-a-strategy-to-improve-access-to-healthy-food-for-low-income-families-and-communities/>

³ King County Metro. "Metro Fares Update" Accessed from: http://www.kingcounty.gov/council/news/2014/February/Metro_fares.aspx

- Fund qualitative research in other limited food access neighborhoods dedicated to elevating the voices of communities who aren't traditionally included in food policy conversations.
- Develop strategic partnerships between community organizations, City commissions, City departments, and elected officials to successfully execute qualitative research in the future.

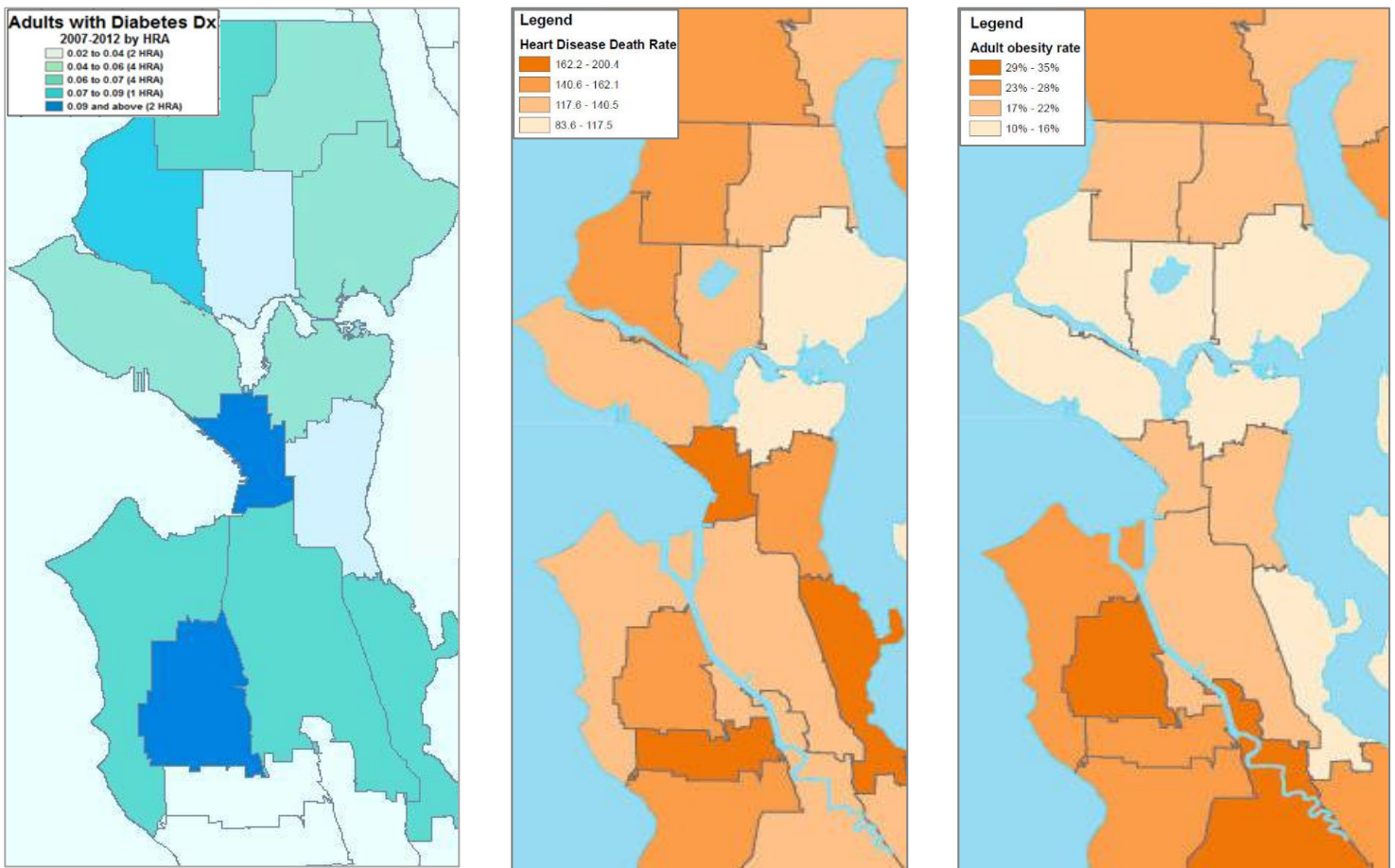
Recommendations for Community Members

- Participate in the upcoming neighborhood planning process with the Department of Planning and Development.
- Join forces with local efforts to improve access to healthy food in the neighborhood.
 - Build a coalition of neighbors and community organizations committed to creating a shared vision of food access, especially in the context of economic opportunity.
- Work across neighborhoods to learn about community coalitions working to improve access to healthy food in their neighborhoods.

About the Project

Healthy food access persists as a significant challenge for low-income women in Seattle. In 2011, a community member from Delridge approached a Commissioner with the Seattle Women’s Commission (SWC) and shared her personal struggle with accessing healthy food. Namely, she was grappling to find a way to bring a month’s worth of Women Infant and Children (WIC) benefits – several heavy bags of groceries with a month’s worth of dairy, formula, and other healthy food— home on public transportation with her children in tow. After this moving testimony, the SWC undertook this research project and reached out to Seattle City Councilmember Mike O’Brien and the Seattle Office of Sustainability and Environment for support and collaboration.

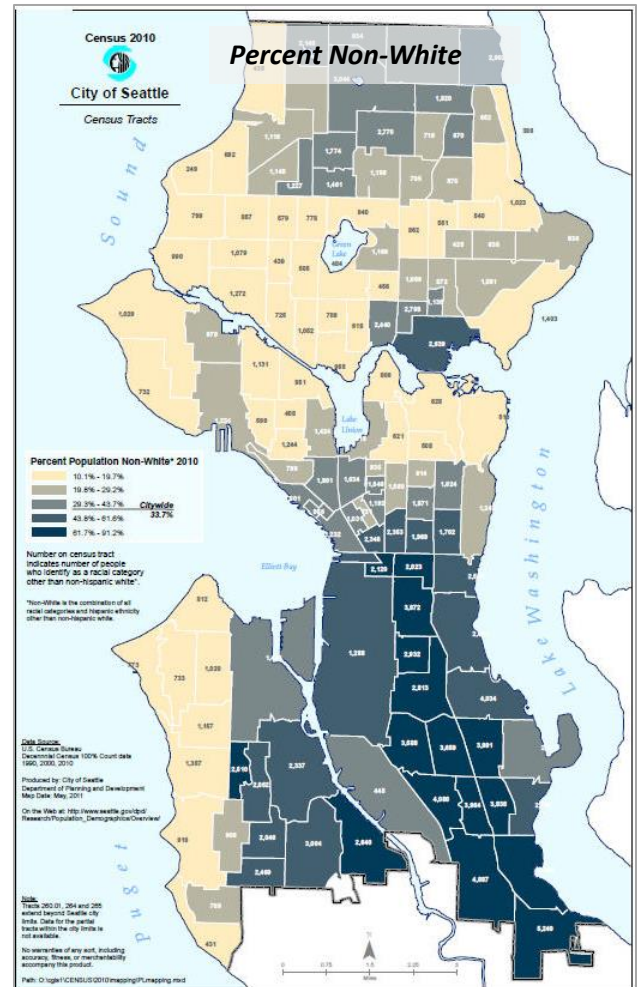
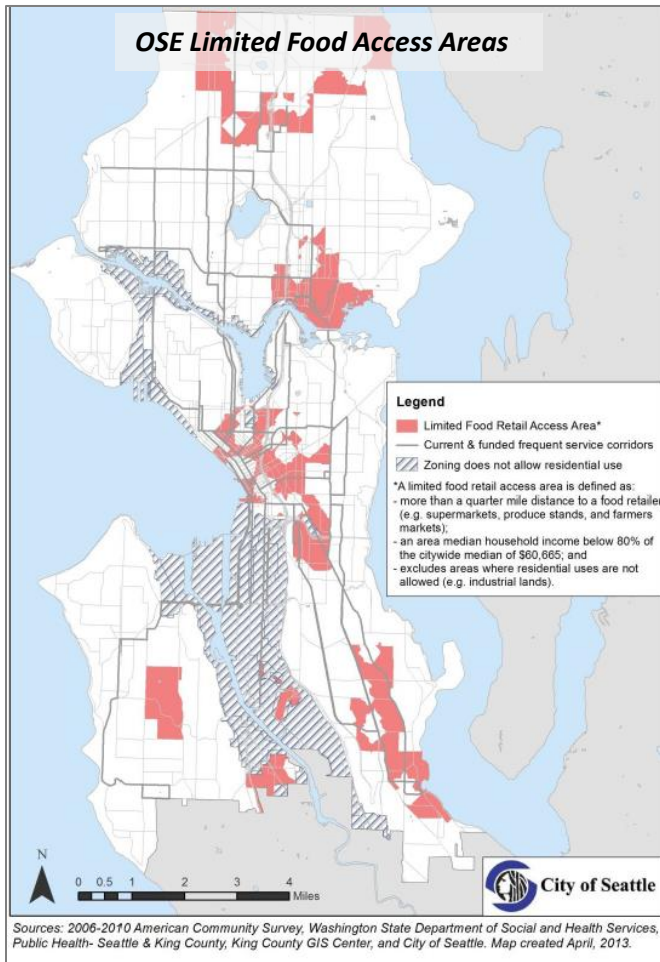
Barriers to food access are defined by economic, transportation, geographic, topographic, and cultural factors and can lead to increased instances of diet-related health outcomes such as diabetes⁴, heart disease, and obesity. A Public Health- Seattle and King County mapping project shows that in several neighborhoods—Delridge, Rainier Valley, Rainier Beach, Downtown, and the Central District—a high percentage of residents face negative health outcomes and low life expectancy.⁵



⁴ Public Health- Seattle and King County (2012) “BRFSS Results” Retrieved from: personal correspondence with Jess Chow, Seattle Human Services Department.

⁵ Public Health- Seattle and King County (2010) “King County Community Healthy Indicators.” Retrieved from: <http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

These neighborhoods correlate strongly with the Seattle Office of Sustainability and Environment’s (OSE) *Limited Food Retail Access Areas*, defined by census tracts with median incomes below 80 percent of the Area Median Income (AMI) more than ¼ mile from a food retail location.⁶ The following map on the right demonstrates that non-white census tracts and census tracts with high levels of diversity also correlate with neighborhoods with negative health outcomes and limited food access.⁷ Together, these maps show that race, income, and proximity factors all strongly correlate with negative health outcomes in Seattle.



The implications of these maps are not news for Seattle policymakers and advocacy organizations; countless studies and a myriad of programs have been implemented throughout Seattle neighborhoods. The Seattle City Council has adopted the Food Action Plan, which outlines strategies to improve existing policies, programs and recommendations for the Seattle City Council to explore new approaches to address food access in Seattle. The Fresh Bucks Program doubles farmer’s market purchases for food stamp recipients up to \$10.00— for \$20 total spending—at Seattle farmer’s markets. The City Council approved \$150,000 of City funds for the Fresh Bucks program in 2013, which the Office of Sustainability and Environment will match the City’s investment with \$140,000 of private funds. Furthermore, Puget Sound Regional Council has an entire advisory body dedicated to

⁶ Office of Sustainability and Environment (2013) “Mapping Food Access in the City of Seattle” Urban Food Link. Retrieved from: <http://www.urbanfoodlink.com/wp/wp-content/uploads/2013/10/City-of-Seattle-Food-Access-MappingFINAL.pdf>

⁷ Department of Planning and Development (2010) “Non-White Population.” City of Seattle. Retrieved from: <http://www.seattle.gov/dpd/cityplanning/populationdemographics/geographicfilesmaps/2010census/default.htm>

regional food policy. Lastly, the Seattle Human Services Department invests several million dollars in programs to improve food security and increase access to healthy foods for vulnerable populations, including the Farm to Table program which helps senior meal and childcare programs purchase affordable fresh produce from local farms. However, as community members have stated, these commitments and policies have not reached all food insecure households. The Seattle Women and Food Access research project will determine additional barriers and prioritize solutions to food access incorporating the voices of low-income women, serving to inform how the City crafts and implements new policies for the Delridge neighborhood, with the potential of impacting other neighborhoods throughout the City.

Research Goals

Primary goals of the Seattle Women and Food Access research project include:

1. Refine a specific, actionable 2014-2015 food access work plan for the Seattle Women’s Commission, CM Mike O’Brien, and the Food Action Plan Inter Departmental Team based on the expertise of impacted low-income women in Delridge.
2. Apply the experiences of low-income women and the barriers they face to prioritize and delve deeper into food policies and interventions in Delridge. Elevate the voices of low-income women in food policy recommendations in a specific geographic area. Determine what solutions resonate with low-income women and develop detailed policy recommendations that benefit them.
3. Develop a qualitative methodology that project partners and community organizations can replicate in other neighborhoods around accessing healthy foods. We believe that these issues are not unique to Delridge, and can be a catalyst for understanding and developing creative solutions to food access issues throughout the City.

The focus on women in Seattle derives from several key factors. The original testimony which launched this project was given by a female resident with WIC benefits from Delridge. More obviously, the mission of the Seattle Women’s Commission is to effectively identify and recommend policy, legislation, programs, and budget items concerning women in Seattle. We also chose to focus on women given the reality that women still occupy household management roles in our society and play a critical role in “meeting the food and nutrition needs of their families.”⁸ Research shows that when women control finances, more resources go towards household food security and child nutrition than income controlled by men. Lastly, women’s voices are still often lacking in policy discussions, particularly women of color, low-income women, and immigrants and refugees. The Seattle Women’s Commission seeks to elevate the voices of all women, particularly marginalized women. We feel that the recommendations generated by women will have the most effective impact on increasing food access for women and their families.

Project Partners

Food Empowerment, Education, and Sustainability Team (FEEST): a student-led afterschool-cooking program at Chief Sealth High School, Evergreen High School, and NOVA High school in Seattle and replicated across the country. Students describe their work with FEEST as: “improvisational cooking in the kitchen where we prepare a delicious and healthy meal. Then we eat together family-style while learning more about food and its impact on ourselves and our communities.”⁹ Though not all participants identify as women, many of the youth affiliated with FEEST shop and cook for their households making the partnership a natural fit. In addition, the SWC is interested in elevating the voices of youth and bringing youth perspectives into the conversation.

⁸Quisumbing, Agnes R., Lynn R. Brown, Hilary Sims Feldstein, Lawrence Haddad, and Cristine Peña (1995) “Women: The Key to Food Security.” International Food Policy Research Institute, Washington, D.C.

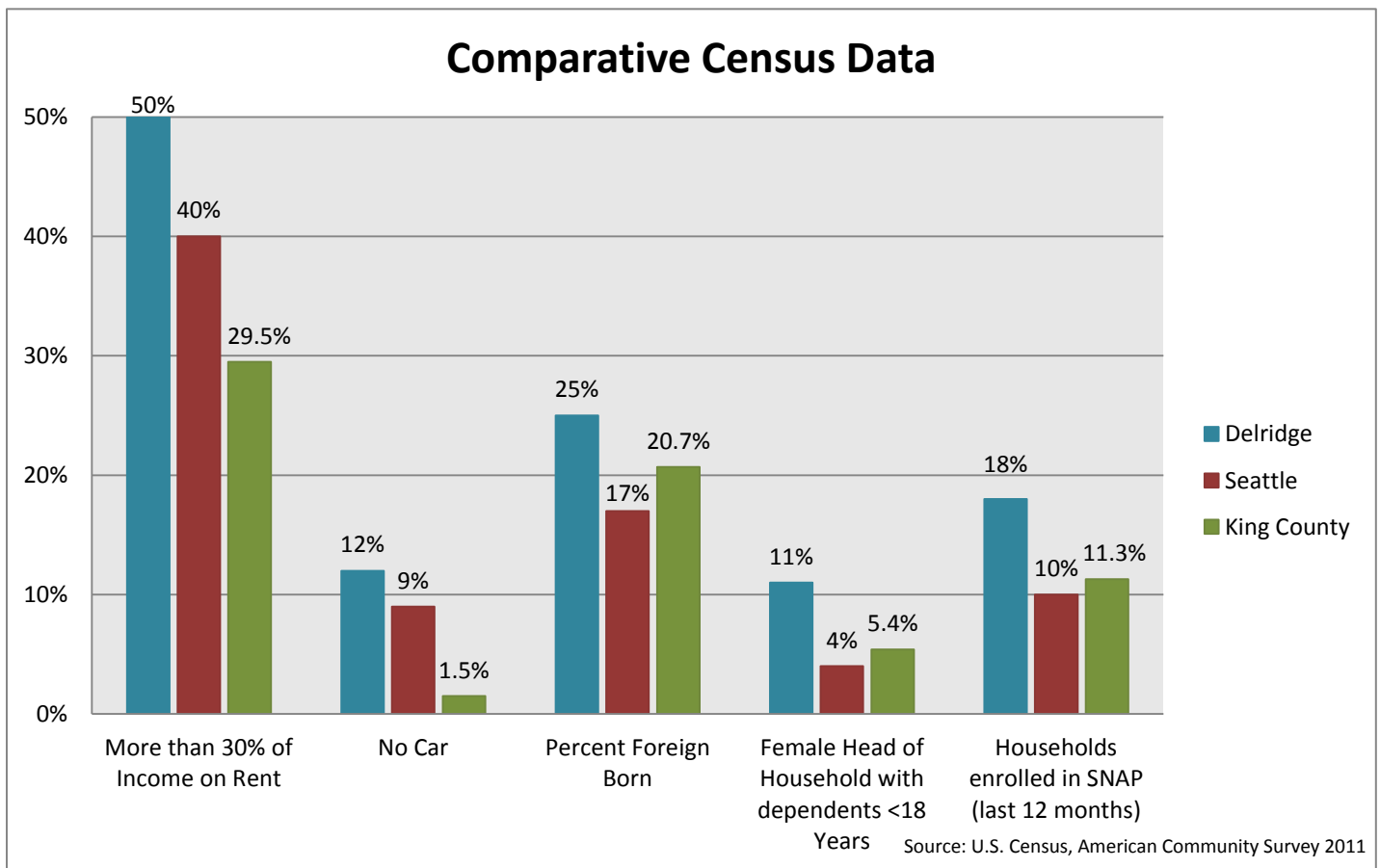
⁹ FEEST (2014) “About FEEST.” Accessed from: www.feestseattle.wordpress.org

Delridge Neighborhood Development Association (DNDA): Since 1996, DNDA has brought together Delridge neighbors, other non-profits, the business community and local government to build community, preserve affordable housing, and assist with community projects. DNDA currently operates the Youngstown Cultural Arts Center, which incubates and inspires arts participants, art-makers, and organizations to engage in civic dialogue and meaningful community transformation.

West Seattle Food Bank (WSFB): serves residents in West Seattle, including Delridge, and is committed to providing food security and community connections to neighbors in need. In the last year, the WSFB had nearly 38,000 visits from a diverse community of families and individuals.

Why Delridge?

We decided to work in Delridge for several important reasons. The food access maps from OSE show that Delridge is a *Limited Food Retail Access Area* and previous attempts to improve the food access landscape were terminated early. Delridge is a neighborhood defined by a vibrant and diverse community of families and youth with great assets such as the South Seattle Community College, libraries, and community centers; parks and open spaces; and rich cultural resources. This incredible community infrastructure and investment makes the barriers to healthy food access even more prominent. Delridge lacks any sort of full service grocery store along the four-mile corridor, transit service is limited, and the neighborhood itself is framed on the East and West by two tall ridges making it hard to walk or bike to and from the neighborhood. Inaccessibility of healthy food has led to increased instances of adult obesity, diabetes, and heart disease in Delridge compared to the rest of the City.



According to the 2011 American Community Survey three-year estimates, the Delridge neighborhood is a predominately single-family residential neighborhood located in the Southwest quadrant of Seattle.

Approximately 38,300 people reside in Delridge, where the average household size is 2.4. Nearly half of housing units are renter-occupied and nearly 50 percent of all renter households pay more than a third of their income on rent, or are severely rent burdened compared to only 40 percent of renter households Seattle-wide. In terms of car ownership, 12 percent of all households have no vehicles compared to 9 percent City-wide and only 1.5 percent for the county.

Delridge has an immigrant-rich community with 25 percent of all residents born outside the U.S., whereas the foreign born population is only 17 percent for the City of Seattle. Female-headed households with children less than 18 years of age make up 11 percent of all households in Delridge, compared to 4 percent citywide. Additionally, 18 percent of all households participate in the food stamps/SNAP program in the last 12 months in comparison with only 10 percent for Seattle and 11 percent for the county.¹⁰ This census data alludes to the additional challenges faced by Delridge residents.

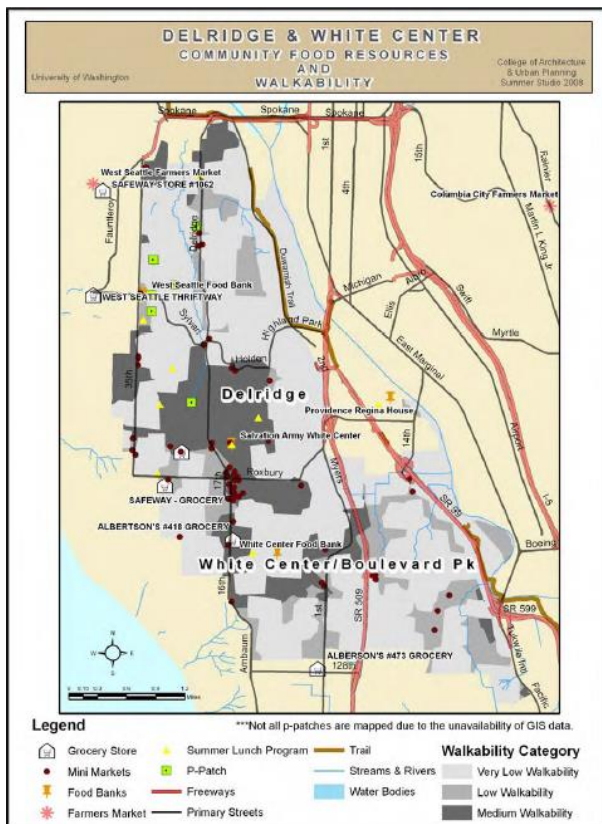
Summary of Previous Research and Programming

Delridge was previously at the center of food access research and programming in Seattle. In conducting this new research we wanted to leverage existing research and avoid duplication of past efforts. Below is a summary of previous research and programming.

In 2009, the W.K. Kellogg Foundation awarded a grant to a coalition of community organizations to fund the King County Food and Fitness Initiative (KCFI), which brought together community and City partners in the

Delridge/White Center neighborhood to address the impacts of living in a geographically isolated “food desert” with limited walkability. Preliminary research included surveys with residents, a walkability analysis, and food system analysis. Through surveys, researchers found that respondents usually travel with three to five full grocery bags back from the store; most respondents (82 percent) drove to the store; and although grocery stores like QFC, Albertsons, and Safeway are physically accessible they are too expensive or the quality of produce is poor, according to respondents. The walkability analysis shows that the southern half of Delridge is more walkable than the northern half of the neighborhood. Food access points, open space, green space, and other services or activities are concentrated in the more walkable half of the neighborhood.¹¹

Additionally, University of Washington students performed an airline and network analysis to show average distances from an average household or school to healthy food. Through this analysis, they also built statistical models of walkability for the neighborhoods. On average, households and schools were much closer to fast food and convenience stores than to full service



Source: Food for Thought: Groundwork for the King County Food & Fitness Initiative. University of Washington, 2008

¹⁰ US Census Bureau (2011) “American Community Survey” Accessed from: <http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml>

¹¹ University of Washington Department of Urban Design and Planning Summer Studio. “Food for Thought: Groundwork for the King County Food & Fitness Initiative.” University of Washington, 2008. Accessed from: <http://courses.washington.edu/studio67/kcffi/Food for Thought Draft 08212008.pdf>

grocery or traditional restaurants. The report also demonstrates that 64 percent of land area in Delridge and White Center has very-low walkability.¹² When funding unexpectedly ran out, focus on the neighborhood declined and internal capacity to continue the work slowed.

Concurrent to the KCFFI, Public Health-Seattle and King County was awarded a grant from the Centers for Disease Control through the Communities Putting Prevention to Work (CPPW) program, which funded the Healthy Foods Here (HFH) pilot project. The HFH pilot sought to change negative health outcomes and increase access to healthy food through small business development strategies in South and SE Seattle. Through this pilot project, a coalition of City and county agencies worked with 47 corner stores, convenience stores, and neighborhood markets to connect them to produce suppliers, to modify their store layout to highlight healthy foods, and provided technical assistance to store owners. The strategy aimed to help food retailers successfully sell healthful food to increase access and demand for consumption of healthy foods. Two pilot stores were located in Delridge and two in High Point. Nearly four years since the completion of the project, the High Point stores including a Walgreens, have been more successful selling fresh produce long term.¹³



Source: Healthy Foods Here: Recommendations for Future Programming

High Point, a historic public housing development, recently utilized HOPE VI funds to redevelop into a mixed income community. Perched just above Delridge, this development faces similar barriers to healthy food access. In a survey by the Seattle Housing Authority, residents revealed that over 32 percent identified as Black and ethnically Somali, 22 percent as White, and 17 percent as Asian Pacific Islander. More than half of High Point's residents are enrolled in SNAP benefits and 35 percent are enrolled in WIC. In an attempt to determine the likelihood that residents would buy healthy food from *Healthy Food Here* participating stores, the survey found that resident participants were much more likely to shop at the Walgreens than at South Seattle Market, the neighborhood corner store. Participants would be more likely to shop at South Seattle Market *if* they offered more fresh fruits and vegetables, if there were less criminal activity, and if the stores were cleaner.¹⁴

Historically, full-service grocery stores are hesitant to site in low-income neighborhoods. Branden Born and Alon Bassock wrote an article for the *Journal of Urbanism* proposing an innovative store model. According to Born and Bassock the store that would best reflect the challenges of Delridge should be a satellite of "a large regional retail grocery chain with a local outlet (Albertsons, Safeway, etc.) to capture the economy of scale and receive deliveries directly from another, larger store. The larger store would function as a distribution center for the smaller satellite store, eliminating the need for many deliveries from individual suppliers or wholesalers. Further, the satellite

¹² University of Washington Urban Form Lab. "Benchmarking Access to Food Sources and Physical Activity Facilities" University of Washington. August, 2008. Accessed from: http://s3.amazonaws.com/zanran_storage/king.wsu.edu/ContentPages/466882006.pdf

¹³ Public Health- Seattle and King County. "Healthy Foods Here: Recommendations for Future Programming." Urban Food Link, 2012. Accessed from: <http://www.urbanfoodlink.com/wp/wp-content/uploads/2013/03/HFH-Recommendations-for-Future-Programming-Single-page.pdf>

¹⁴ Seattle Housing Authority (2010) "Results from the High Point Healthy Food Survey." Accessed from personal correspondence with Joyce Tseng.

store would provide pickup service for orders placed in-store or made online, drawing from the larger store’s inventory in order to supplement the small number of [items] available onsite.”¹⁵

The Urban Indian Health Institute performed an analysis of barriers to healthy food access for American Indian and Alaska Native populations in Seattle. The survey found that Delridge and Rainier Beach have a high American Indian and Alaska Native population compared with other Seattle neighborhoods. The project then defined the food access landscape and found that in Delridge and Rainier Beach, produce markets, full-service grocery stores, and supermarkets were more likely to carry fresh fruits and vegetables than convenience stores, but that convenience stores were much more prevalent than their healthier counterparts. Most stores accepted SNAP but only 13 percent of the 81 stores surveyed accepted WIC. The study also found that there are no farmer’s markets in either neighborhood.¹⁶

In addition to past research and programming, Delridge has a wealth of innovative food projects currently underway. The Delridge Grocery Co-op, a member-owned consumer food co-op, is set to open in August 2014 in the ground floor retail space of the new Downtown Emergency Services Center supportive housing complex, Cottage Grove Apartments, on Delridge Way. Additionally, the Little Red Hen Project works with Delridge neighbors to grow organic produce in their backyards and teaches residents how to cook what they grow through mentorship. FEEST, one of our research partners, is a student-led afterschool cooking program at Chief Sealth High School, Evergreen High School, and NOVA High School.

Through our assessment of previous research, we determined that our research goals and methodology do not replicate previous attempts to address barriers to food access, but rather build upon them.

Food Access in Delridge

In spite of having no grocery options in the Delridge corridor, residents must and do shop for groceries in nearby areas. When shopping in the surrounding neighborhoods, residents have several options listed below.

Table 1: Food Retail Locations in West Seattle, White Center, and Delridge.

Permanent Food Retail	Food Bank	Farmer’s Market	Community Gardens
QFC: Westwood Village and California Junction	West Seattle Food Bank	West Seattle farmer’s market: California Junction	High Point P-Patches (3) and Market Garden
Safeway: Westwood Village and North Admiral	White Center Food Bank	Burien farmer’s market	Delridge P-Patch
Target: Westwood Village			Longfellow Creek P-Patch
Thriftway: Morgan Junction			Westcrest P-Patch
Trader Joes: California Junction			Barton Street P-Patch
PCC: North Admiral			
Metropolitan Market: North Admiral			
Ethnic Markets: White Center			
Super Saver Foods: White Center			

¹⁵Born, Branden and Alon Bassock (July 2009) “Beyond Bodegas: affordable groceries through an Innovative Store Format.” Journal of Journalism. Vol. 2, No. 2.

¹⁶ Urban Indian Health Institute (March 2011) “Healthy and Affordable Food Resources” Seattle Indian Health Board. Accessed From: <http://www.uihi.org/resources/uihi-project-briefs/>

Of the food retail locations listed in Table 1, none are located along the Delridge corridor. The closest shopping area is Westwood Village, which houses a QFC, a Target, and has a Safeway nearby, and is located at the southern tip of Delridge. The 120 bus travels along Delridge and stops near the shopping area, but for residents who live in the hills flanking Delridge Way, getting to the bus stop can be challenging. Shopping for groceries at the California Junction or North Admiral neighborhoods is extremely challenging for residents in Delridge; though only a mile and a half away from the northern part of the corridor, residents have to take two buses (up to a 45-minute trip each way). It can be faster to take the bus from Delridge to downtown, and then take the Rapid C Bus from downtown to California Junction. In terms of organic food options the PCC, Metropolitan Market, and the farmer’s market are all located in the California Junction area. Residents also have to take two buses to get the West Seattle Food Bank, the 120 and the 128, and under Metro’s proposed bus cuts and revisions the latter will no longer bring residents of Delridge to the Food Bank. Residents can spend SNAP benefits at all of these locations, including the market garden farms stands.

WIC

The Women, Infant, and Children program subsidizes and supplements purchases that are necessary for pre and post-partum women, infants, and children, such as dairy, whole grains, protein, and fresh fruits and vegetables. WIC recipients receive up to three checks per month, and each check must be used completely in one shopping trip and can only be accessed at a grocery store. WIC participants can shop at the farmer’s market if they enroll in the Farmer’s Market Nutrition Program, but the number of farmer’s markets and vendors that participate in this program is limited due to intense training involved with processing WIC checks. These limitations reduce WIC beneficiaries’ ability to control where they buy their groceries and how often they buy them. Additionally, the WIC program limits the type of product (for instance participants cannot purchase organic eggs or juices) and sometimes even the brand of product.¹⁷ Depending on the income of participants and the number of young children in the family, WIC checks can cover an ample portion of a family’s grocery list. Since the checks can only be redeemed three times, hauling WIC purchases without a car can be quite difficult, as the Seattle Women’s Commission learned back in 2011 from the female Delridge resident who shared her testimony.

In addition to grocery shopping, the WIC program offers health examinations and consultations at three locations on West Seattle, shown in Table 2, none of which are very accessible for women living along the Delridge corridor without a car.

Table 2: WIC Center Locations in West Seattle

WIC Center Locations	
West Seattle/ High Point	Neighborcare Highpoint Medical and Dental Clinic
White Center	White Center Public Health Center
South Park	SeaMar Community Health Center

Methodology

The research team, composed of commissioners from the Seattle Women’s Commission, representatives of Seattle Councilmember Mike O’Brien’s office, and the Office of Sustainability and Environment, took a qualitative research approach to this project and included a review of existing research and programs (summarized above)

¹⁷ Washington State Department of Health (2013) “WIC Shopping Guide.” Accessed from: <http://www.doh.wa.gov/YouandYourFamily/WIC/WICFoods.aspx#guide>

and interviews with leaders in the field which led to a refined scope of research: prioritizing actionable recommendations regarding food access with women in Delridge. Execution of the research included a series of workshops or focus groups and a survey at the West Seattle Food Bank.

Data Collection Method

The primary data collection occurred through a series of three workshops in Delridge and adjacent communities in partnership with local community organizations who directly and peripherally work on food security and access issues. Workshops consisted of an hour and a half agenda, including: community mapping of assets, mobility, and barriers to healthy food access followed by a prioritization activity in which participants voted for topical solutions that best address their challenges accessing healthy food for them and their families. Through the voting and prioritization activity facilitators worked with participant to define specific actions that the City should take for each topic.



Photo Credit: Seattle Women's Commission

Outreach for the workshops differed with each community partner. We planned our workshop with the Food Empowerment and Education Sustainability Team (FEEST) at Chief Sealth International High School during a regular meeting time. Instead of cooking, which students usually engage in, youth participants joined our workshop while volunteers cooked their communal dinner. In contrast, for the workshop held in partnership with the Delridge Neighborhood Development Association (DNDA) we developed a multi-lingual invitation to distribute to residents of DNDA's affordable housing developments in the area, neighboring service organizations, and programs hosted in the Youngstown Cultural Arts Center. Attendance at the workshop was limited due to lack of one-on-one contact with participants before the workshop. Finally, outreach for the West Seattle Food Bank (WSFB) workshop included the development and translation of a survey administered to female clients at three different normal food bank distribution times in the two weeks preceding the workshop.¹⁸ The survey consisted of four multiple-choice, 'select all that apply' questions. The survey served both as an outreach and a data collection tool. The workshop with the WSFB was held in the hour and half before distribution began when food bank clients were already at the food bank, thus increasing attendance. We provided translation, snacks, and childcare at workshops with both DNDA and the West Seattle Food Bank.

Data Review

Survey responses were analyzed in Excel using basic count and percentage functions. Since each respondent selected multiple answers for each questions, percentages are expressed as percent of responses, not respondents. Survey responses are also presented in the 'Findings' section of the report. Data from workshops was collected from both the mapping and prioritization activities, sorted thematically, and summarized in the 'Findings' section of this report.

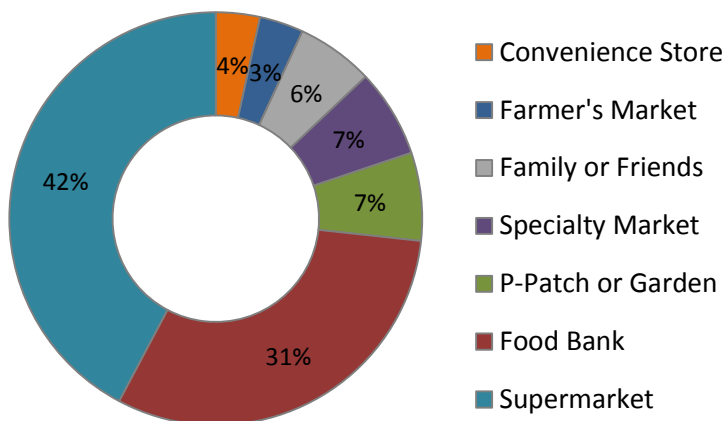
¹⁸ West Seattle Food Bank distribution occurs on Tuesday morning for seniors, Wednesday afternoons, and Thursday mornings.

Findings

Survey

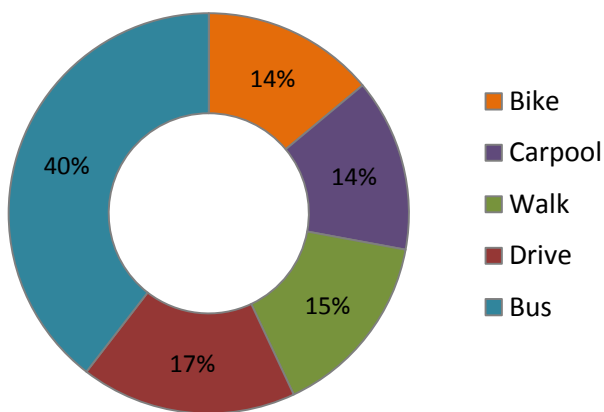
The research team administered 57 surveys with female food bank clients over a two-week period leading up to the workshop. The surveys were taken in six languages: English, Spanish, Vietnamese, Khmer, Amharic, and Somali. When asked where they get their healthy food, participants were most likely to go to the grocery store and the food bank, but less likely to shop at the convenience store or the farmer’s market.

Where Do You Shop?



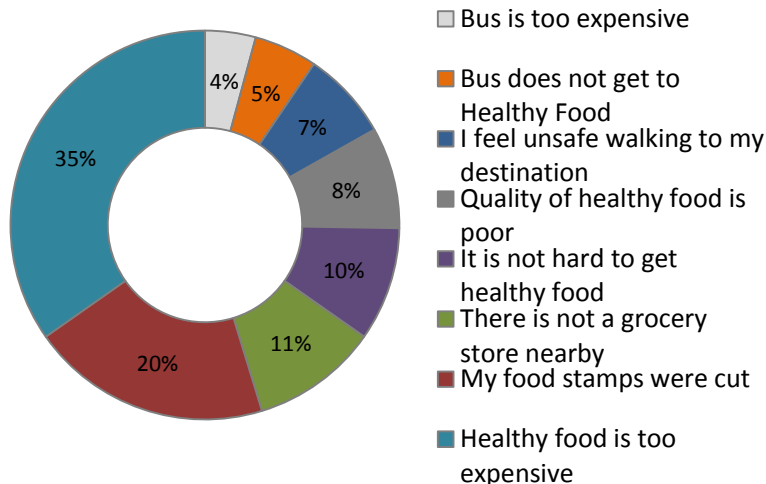
The most common mode of transportation for food bank clients was the bus, with 46 percent of responses, followed by driving (20 percent). Walking, carpooling with a friend or family member, or biking were less likely forms of transportation.

Mode of Transportation

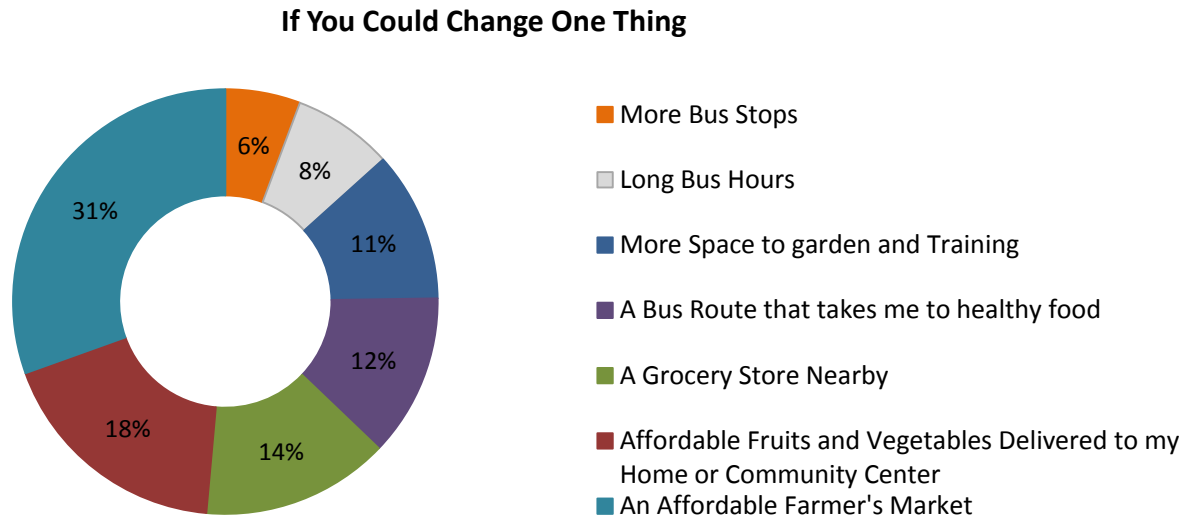


When asked whether it was hard to get healthy food for themselves or their families verbally, most respondents said ‘no.’ But, when probed further most respondents stated that the cost of healthy food was a major barrier (35 percent of responses), exacerbated by recent cuts to federal and state subsidies (20 percent of responses). Only 11 percent of responses indicated that the distance to the grocery store limited access to healthy food. Respondents did not believe that the cost of the bus or limited transit service in the area impeded access to healthy food (less than 5 percent each). Ten percent of responses stated that it is not, in fact, hard to get healthy food.

Is it Hard to Get Healthy Food?



Nearly one third (31 percent) of responses specified that an affordable farmer’s market would make it easier to access healthy food. Survey responses showed that the next most important solutions are affordable produce delivery to homes or central locations (18 percent), a grocery store nearby (14 percent), a bus route directed toward healthy food (12 percent), more space and training to garden (11 percent), longer bus hours (8 percent), and more bus stops (6 percent).



Survey findings indicate that respondents believe that cost and economic factors are the most significant barriers to accessing healthy food. Access to healthy food in Delridge and West Seattle, according to survey respondents, could improve with the siting of an affordable farmer’s market in the neighborhood.

Workshops

The purpose of the community workshops was to engage women in Delridge to prioritize policy solutions to complex food access barriers and issues. In order to make it easier for women to attend the workshops, facilitators held the workshops in central locations, and during convenient hours. Additionally they provided healthy snacks, childcare and additional incentives, such as a \$10 gift card to Safeway. In total, over 40 women and youth participated one of three workshops throughout late January and early February 2014.

Since each workshop brought together participants from different ethnic and racial backgrounds, diverse language capacities, and a range of incomes facilitators wanted to ensure all participants were operating with shared definitions of healthy and access. During the workshop, facilitators asked participants how they would define each term personally. Although participants came from different backgrounds, definitions were similar.

- *Healthy/ Healthy:* Balanced diet and exercise; feeling good about yourself regardless of size; colorful food; safe social and physical environment; a balance between fruits, vegetables and protein; not too much meat; whole; real; and conducive to life.
- *Accessible:* Easy to get to; available; affordable.

Building a shared definition helped participants engage meaningfully throughout the workshop.

Mapping Results

In small groups, workshop participants answered the following questions by drawing and writing on large maps of Delridge: 1) where do you get healthy food? 2) How do you get there? 3) Is food shopping part of another trip? 4) Where do you go for healthy prepared meals? 5) Where do you spend time in your neighborhood? 6) Are there places you avoid or feel unsafe? 7) What are you most proud of in your neighborhood? And 8) Do you grow your own food? If so, where?

Food Empowerment Education and Sustainability Team (FEEST)



At the FEEST workshop, youth broke out into three groups based on where youth lived. One group primarily lived the Northern section of Delridge, one group in the central and Southern section of the Delridge corridor, and the last group living South of Delridge. Youth in all groups stated that they shopped at many different retail locations including more traditional grocery stores like the QFC in the Westwood Village development and the adjacent Safeway. Additionally, students and their families shopped in the ethnic and ‘Asian’ markets in White Center along 16th Ave SW and even traveled to Seattle’s International District to shop, specifically at Viet Wah Market at 12th and Jackson. Many students stated that their families shopped at discount and bulk stores like Grocery Outlet, Costco, and Target. Few students and their families shopped at upscale grocery stores in the California Junction neighborhood to the NW of Delridge, like Metropolitan Market. Students reflected that they preferred to support locally owned business and the local economy.

In terms of transportation, students stated that their families usually drove to the grocery store, but if they were shopping for their families they usually walked and some took the bus. Perceptions of public transit varied among students. Some did not take the bus to shop because it is hard to carry groceries on the bus, while others felt that their personal safety was compromised on the bus, and some thought the bus was too expensive for youth.

Youth indicated that outside of school, they spent most of their time at local community centers and libraries including the Southwest Community Center for the women-only swim, the Delridge Community Center and Skate Park, and High Point and Delridge Public Libraries. Other students spent time at the South Center mall, Alki Beach, California Street, Downtown Seattle, the Boulevard Park neighborhood, and Tukwila. Youth were proud of their schools, parks, community centers, and community-minded events.

Second, an income-generating urban farm in the heart of Delridge OR more opportunities for existing gardeners to sell their produce to neighbors (similar to the produce stands operated by Department of Neighborhoods). Though this type of economic activity would not meet all of the employment needs of the community, it would be the beginning of a food centered green economy based in Delridge.

2. Second to more economic opportunity, participants voted to improve transportation options in the neighborhood. At two workshops, participants voted to increase the frequency of buses in Delridge, including the King County METRO operated 120, 128, and 50 especially at night. Greater frequency would reduce crowded bus conditions, which can make women, young people and other marginalized groups feel vulnerable and/or uncomfortable. There was some agreement that riding public transportation was unsafe. Participants felt that the buses brought riders to healthy food, but that the inconvenience of bringing dependents and heavy grocery items prevented participants from using public transportation for grocery shopping trips. Only youth felt that the cost of the bus was prohibitive, though few participants overall used public transit for grocery trips. Very few participants mentioned walking or biking in Delridge, and despite limited active transportation infrastructure did not have recommendations for improvement. Walking and cycling in Delridge are limited by topography (hills and creeks), poor East-West connectivity, and concerns for personal safety from cars and perceptions of crime.
3. The third most important recommendation, according to participants, was to build permanent healthy food retail in the neighborhood. Specifics varied; for example, some participants believed a cooperative model would best suit the needs of the community. A cooperative grocery store along the Delridge corridor is currently in development, set to open in August 2014 at the intersection of Delridge Way and Juneau (centrally located along the corridor). Other participants were less specific about the type of store, but made it clear that it was important to have local ownership of the store and believed that the best location would be the Home Depot shopping center at the intersection of Orchard and Delridge Way or near the Delridge Public Library along Delridge Way at Brandon.

Conclusion and Recommendations

In conclusion, women in Delridge have prioritized improving community economic opportunity in their neighborhood as the top solution to limited healthy food access, with improved transit, and a permanent grocery store close behind. Findings mirror a slew of recent studies and reports determining that economic barriers are more indicative of poor health outcomes and less fresh fruit and vegetable consumption than proximity barriers. Outcomes from the Seattle Women and Food Access research project resemble recent findings from a study published in the *Journal of Health Affairs* (2014), which found that interventions to increase physical access to healthy food, through the development of a full-service grocery store, did not significantly impact reported fruit and vegetable intake.²⁰ In 2013, Adam Dresnowski from the University of Washington found that rates of obesity in low-income communities in Seattle are more closely associated with income than proximity to a grocery store.²¹ The 2013 evaluation of the Fresh Bucks program and the Got Green Women in the Green Economy report both state that cost is the most significant barrier to buying healthy food.^{22, 23} These studies reinforce the priority to increase community economic opportunity in Delridge as a means to increase access to healthy food. Priorities identified through this research emphasize that limited access food access is not a challenge the City can address in isolation. Our findings parallel policy conversations in the City about housing affordability and good jobs.

The Seattle Women's Commission proposes that the City of Seattle explore the following recommendations to increase access to healthy food for women in Delridge.

Community Planning:

- Explore the development of a Food Hub in Delridge through the Department of Planning and Development's neighborhood planning process. The primary focus of Food Hubs across the nation is to aggregate locally or regionally produced fruits and vegetables from small and medium sized farms. Though Delridge is not a neighborhood that is centrally located for regional food distribution, a food hub in Delridge could take a hyper local approach. For instance, the Delridge Food Hub could house: a farmer's market with Fresh Bucks and Farmer's Market Nutrition Program capacity; support Delridge residents who want to sell excess produce to neighbors; provide central food processing facilities for local producers; create opportunities for income generation and entrepreneurship; develop community social capital; and encourage healthy income-generating activities for women in Delridge. For more information about Food Hubs, see the Case Study on the Rainier Beach Food Innovation District,



²⁰ Steven Cummins, Ellen Flint and Stephen A. Matthews (2013) "New Neighborhood Grocery Store Increased Awareness Of Food Access But Did Not Alter Dietary Habits Or Obesity" *Journal of Health Affairs*, 33, no.2 Access From: <http://content.healthaffairs.org/content/33/2/283.full>

²¹ Dresnowski, Adam, AV Moudon, J Jiao, A Aggarwal, H Charreire, and B Chaix. (2014) "Food environment and socioeconomic status influence obesity rates in Seattle and in Paris." *International Journal of Obesity*. 38(2).

²² Washington State Farmers Market Association (2014) "Fresh Bucks 2013– WSFMA Program Final Evaluation" Accessed From: http://www.wafarmersmarkets.com/foodaccess/2013-FreshBucksProjectReport_OSE.pdf

²³ Got Green (2012) "Women in Green Economy" Access from: http://gotgreenseattle.org/wp-content/uploads/2012/04/GotGreen_WitGE_Report_09-2011-1.jpg

below. The following bullets outline potential opportunities to begin a conversation about a Delridge appropriate food hub:

- Identify opportunities to develop an income-generating farm in Delridge for local residents in conjunction with the food hub.
- Identify existing food processing businesses along the Delridge corridor. Include local food processors in visioning for the food hub.
- According to women residents, this type of healthy food hub and job center should be located at the Orchard node of the Delridge corridor

Case Study Rainier Beach Food Innovation District

Rainier Beach Food Innovation District is a vision of a hub for local farms, small healthy food businesses, and other community resources, located in the transit district at the Rainier Beach LINK light rail station. The district will house a site for small and medium-sized local farms to aggregate their produce and collectively sell to larger consumers like hospitals, schools, and the City and central processing facilities for all farmers. The vision includes culturally relevant healthy food retail from local producers sold through a permanent farmer's market, food banks, a community kitchen with culinary instruction, and training for green jobs. While the vision for the food hub includes food retail, the primary focus will be to centralize processing and distribution and grow the number of green jobs in the area. The Rainier Beach Urban Farm and Wetlands, a community farm run by Seattle Tilth near the site, will participate in food hub activities. The Rainier Beach Food Innovations District came out of conversations between a coalition of community activists and city planners in the Rainier Beach neighborhood planning process. A similar process is scheduled to take place in Delridge throughout 2014, giving local residents an opportunity to create a shared food and economic vision for the neighborhood. If a Delridge appropriate food hub is feasible and desired by the community, planners and residents can look to the Rainier Beach Food Innovation district process for guidance and support.

- Increase spending through the Department of Neighborhoods matching grant program specifically for community food projects through either of the following ways:
 - A framework for food matching grants that mirrors the technology specific matching grants from the Department of Information Technology. This type of grant funding specific to food access could support local initiatives and organizations throughout the City working in this field.
 - Bolster language specific to community food projects in existing matching grant guidelines and increase outreach to organizations that focus on food and health in limited food access neighborhoods
- Identify strategies to partner with landholding City departments to expand the Market Garden program, which provides opportunities for p-patch growers to sell their produce at a local farm stand with SNAP and Fresh Bucks capacity. The only market gardens in operation in the City are located on Seattle Housing Authority properties since income-generating activities are not allowed on Parks Department property, where many P-Patches are located. A market garden in Delridge could provide supplemental incomes to residents who are garden inclined and partially fill the demand for fresh produce during the growing months.
- Support the Seattle Human Services Department 2014 Food and Meals Request for Investment with additional funding to provide innovative interventions and solutions to programs to promote food security with hungry households.
- Identify additional opportunities to scale up or replicate successful community based, non-profit, or City operated food access programs working locally or in other parts of the City.

- Support the creation of diverse employment opportunities for adult and youth residents of Delridge through strategies with the Office of Economic Development and the Department of Planning and Development.
 - The Orchard and Brandon nodes along Delridge Way are both prime sites for commercial or office development, complementing existing development patterns.
 - Partner with South Seattle Community College to identify workforce development and small business development opportunities for women in Delridge.
 - Work with new multi-family property owners and developers along Delridge Way to provide opportunities for community tenants in ground floor commercial space.
- Support the siting of a permanent affordable grocery store or permanent produce market—like MacPherson’s in Beacon Hill— through land-use planning and strategic partnerships with retailers, Delridge Grocery Co-op members, and local businesses.
 - Consider a density bonus for developers who incorporate healthy food retail in commercial space
 - Consider parking reductions for developers who incorporate healthy food retail in commercial space
 - Consider expedited review for healthy food retail in Delridge
 - Determine any additional needs from the Delridge Grocery Co-op
- Regardless of the reality of a Delridge appropriate food hub, support the development of an affordable farmer’s market in Delridge to serve residents from the surrounding community. Successful farmer’s markets in mixed-income communities are equipped to accept SNAP and WIC benefits and are often collaborations with local community organizations.²⁴
 - Participants identified two preferable locations for a farmer’s market: The Home Depot parking lot (or nearby) or at the Boren School, near the intersection with Brandon.

²⁴ Project for Public Space and Columbia University (2013) “Farmers Markets as a Strategy to Improve Access to Healthy Food for Low-Income Families and Communities.” Robert Wood Johnson Foundation. Accessed from: <http://www.pps.org/reference/farmers-markets-as-a-strategy-to-improve-access-to-healthy-food-for-low-income-families-and-communities/>

Case Study: Clean Greens

Clean Greens is an African American-owned, non-profit with two farm stand locations, a community supported agriculture (CSA) program and central drop-off locations, a recently opened café in the Central District, and a farm in Duvall, WA.

Clean Greens is dedicated to:

- Growing affordable and culturally relevant produce for residents in the Central District
- Building understanding and appreciation for local and sustainable agriculture
- Giving central district residents access to farm land, tools, mentor and resources
- Providing opportunities for young people to learn about growing food and ecological systems
- Creating green jobs and farming apprenticeships for African American and central City residents

Currently, Clean Greens serves about 50 families in Capital Hill and the Central District through their CSA program and give away a number of CSA boxes throughout the growing season. The Clean Greens Farm is run by a farm manager and volunteers. During harvest at Clean Greens hires at least three other seasonal employees. Aside from growing produce for the farm stand, CSA, and now the G.R.E.A.N. House Café, the farm serves as an educational tool for youth and community members- Clean Greens runs a shuttle between their office in the Central District and the Farm in Duvall. There are currently five employees at the G.R.E.A.N. House Coffee and Café, and the organization hopes to hire at least one more.

For more information about Clean Greens, visit: <http://www.cleangreensfarm.com/>

Clean Greens provides economic development and increased food access for central district residents, which if replicated could meet the needs and priorities to increase community economic opportunity for Delridge residents. Community run and controlled businesses like Clean Greens create food sovereignty and control of the neighborhood food system in communities that are neglected by traditional food retail. One way to address the food and economic of Delridge would be to work with Clean Greens to open a farm stand and CSA drop-off point in the neighborhood. Alternatively, Delridge residents and food activists could launch a Delridge-centric Clean Greens model, with the support and technical assistance of the organization.

Transportation

- Support the prevention of Metro's bus cuts. Current East/West bus service is limited and plans for route modification and deletion would eliminate the portion of the 128 bus, which runs from the central part of the Delridge Corridor to the West Seattle Food Bank and the 50 bus, which connects passengers from the Northern part of Delridge to Beacon Hill and the California Junction in West Seattle along Genesee.
- Increase frequency of daytime routes for the 50 bus, which currently only runs every 30 minutes. Increase the frequency of other buses in Delridge, especially at night. Bus ridership in Delridge is not confined to commute hours, leading to overcrowding on buses and stranded passengers if they miss a connection.
- Support the development of a low-income fare, ensuring that youth also benefit from reduced transit prices. Recent plans approved by the King County Council would lower fare prices for individuals making 200 percent of the Federal Poverty level to \$1.25 until 2015 when fare would increase to \$1.50. There is no plan to reduce pricing for youth- but the Council did vote to maintain current youth fares at \$1.25.²⁵ The Seattle Women's Commission supports the recommendation to explore a reduced price for youth.
- Expand the display of real time bus arrival information in Delridge.

²⁵ King County Metro. "Metro Fares Update" Accessed from:
http://www.kingcounty.gov/council/news/2014/February/Metro_fares.aspx

Women Infant and Children (WIC) and Supplemental Nutrition Assistance Program (SNAP)

- Advocate for the restoration of Federal and State cuts to supplemental food programs through the Seattle City Council's state legislative agenda.
- Support the expansion of the Fresh Bucks program. With recent cuts to federal and state benefits, local benefits are as important as ever. A new potential farmer's market in Delridge and ongoing publicity for the program will also increase participation.
- Support existing efforts to update WIC vouchers to card-based system, which would increase WIC recipients' ability to spread purchases over entire month and make it easier for recipients to access benefit at the farmer's market.

Case Study: Fresh Bucks

In 2012, the City of Seattle launched the Fresh Bucks program which supports the "consumption of more fruits and vegetables by low-income recipients of Supplemental Nutrition Assistance Program (SNAP) benefits." SNAP participants can double their assistance, up to \$10, when redeemed at Seattle farmer's markets through the Fresh Bucks program. Fresh Bucks is "a joint collaboration among the Seattle Office of Sustainability & Environment, the Washington State Farmer's Market Association and Seattle's farmer's markets. Fresh Bucks has also been generously supported by Chase Bank and the Seattle Foundation."²¹ In 2013, the Fresh Bucks program operated in all 17 Seattle farmer's markets from July through the end of the October. An expansion of the program, with additional funding commitments from the City Council and Chase Bank, will extend the season from May 2014 through the end of December.²⁶

Findings from the most recent program evaluation determine that cost is the most significant barrier to healthy food access for Fresh Bucks Participants. Shoppers indicated that they bought more fruits and vegetables than they usually would and that the program made a difference in their family's' diets. In 2013, Fresh Bucks brought new shoppers to the market; 44 percent of SNAP participants had never used their assistance at the farmer's market. The evaluation also shares that the Fresh Bucks program helped local consumers invest over \$110,000 in the local economy. Farmers indicated that they sold more fruits and vegetables with the addition of Fresh Bucks and that it was easy to participate.¹⁸

From conversations during the Women and Food Access workshops, we learned that very few participants knew of the Fresh Bucks program. This suggests that the expansion of the program paired with the opening of a new farmer's market in Delridge could increase participation in Fresh Bucks and simultaneously increase support for the local food economy. Participants suggested two locations for a farmer's market in Delridge- near the Home Depot at the Orchard node or at the Boren School located at the Brandon node. Several participants, who had visited the Columbia City farmer's market, suggested that a market with a similar focus on culturally relevant food and affordable pricing would best serve the Delridge Community.

²⁶ Seattle Office of Sustainability and Environment (2014) "Fresh Bucks." City of Seattle. Accessed from: <http://www.seattle.gov/environment/food/fresh-bucks>

Women and Food Access in Other Seattle Neighborhoods

- Limits to accessing healthy food are unique to each neighborhood in Seattle. Similar research should be executed to determine the best strategies for improvement in additional neighborhoods.
 - Fund qualitative research in other limited food access neighborhoods dedicated to elevating the voices of communities who aren't traditionally included in food policy conversations.
 - Develop strategic partnerships between community organizations, City commissions, City departments, and elected officials to successfully execute qualitative research in the future.

Recommendations for Community Members

- Participate in the upcoming neighborhood planning process with the Department of Planning and Development.
- Join forces with local efforts to improve access to healthy food in the neighborhood.
 - Build a coalition of neighbors and community organizations committed to creating a shared vision of food access, especially in the context of economic opportunity.
- Work across neighborhoods to learn about community coalitions working to improve access to healthy food in their neighborhoods.

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Accessed From: http://www.wafarmersmarkets.com/foodaccess/2013-FreshBucksProjectReport_OSE.pdf

Healthy Food Access for Women: Community Workshop

The City of Seattle wants to hear your ideas about how to make it easier to eat healthy food in Delridge- come share your experiences. Through this workshop you will decide the best ways to improve healthy food access in your neighborhood

- Where: Youngstown Cultural Arts Center, 4408 Delridge Way SW, Room 103
- When: January 28, 2014 6:00-7:30 pm
- We will provide: Dinner, Childcare, and Translation

For information contact Giulia Pasciuto:

Giulia.pasciuto@seattle.gov (206) 684-8800

With Councilmember Mike O'Brien, Seattle Women's Commission, Office of Sustainability and Environment, and the Delridge Neighborhood Development Association

Mua hoặc Nhận Thực Phẩm Bổ Dưỡng dành cho Phụ Nữ

Thành Phố Seattle muốn được nghe ý kiến của quý vị về cách làm thế nào để tạo sự dễ dàng trong việc mua hoặc nhận những thực phẩm bổ dưỡng- hãy đến chia sẻ những kinh nghiệm và khó khăn của quý vị. Qua buổi hội thảo này quý vị sẽ quyết định những cách hữu ích nhất để cải thiện cách mua hoặc nhận thực phẩm bổ dưỡng trong khu phố của quý vị.

- Địa Điểm: Trung Tâm Youngstown Cultural Arts, 4408 Delridge Way SW, Phòng 103
- Ngày Giờ: Ngày 28 tháng Giêng, 2014 từ 6 giờ đến 7 giờ 30 tối
- Chúng tôi sẽ có: Bữa Ăn Tối, Dịch Vụ Giữ Trẻ, và xe đưa đón

M để biết thêm chi tiết xin liên lạc với: Giulia Pasciuto

Giulia.pasciuto@seattle.gov (206) 684-8800

Với Ủy Viên Hội Đồng Mike O'Brien, Ủy Ban Phụ Nữ Seattle, Văn Phòng Ổn Định và Môi Sinh của Seattle, và Hội Phát Triển Khu Phố Delridge.

ការទទួលបានអាហារដែលមានជីវជាតិល្អសំរាប់ស្ត្រីទាំងអស់

ក្រុង Seattle ចង់ដឹងនូវរបាយការណ៍របស់អ្នក ពីរបៀបដែលធ្វើឱ្យមានការងាយស្រួលក្នុងការទទួលបានអាហារដែលមានជីវជាតិល្អ - សូមអញ្ជើញមកធ្វើការចែករំលែកពីបទពិសោធន៍និងទម្ងន់នានារបស់អ្នក។ តាមរយៈសិក្ខាសាលានេះ អ្នកនឹងធ្វើការសម្រេចចិត្តដោយដ៏ប្រសើររបស់អ្នកដើម្បីឱ្យទទួលបាននូវអាហារដែលមានជីវជាតិល្អកាន់តែប្រសើរនៅក្នុងមូលដ្ឋានរបស់អ្នក។

- កន្លែងណា: Youngstown Cultural Arts Center, 4408 Delridge Way SW, បន្ទប់លេខ 103
- ពេលណា: ថ្ងៃទី 28 ខែមករា ឆ្នាំ 2014 ម៉ោង 6:00-7:30 ល្ងាច
- យើងនឹងផ្តល់ជូន: អាហារពេលល្ងាច ការមើលថែក្មេង និងការបកប្រែភាសា

សំរាប់ព័ត៌មានច្រើនថែមទៀត សូមទាក់ទង: Giulia Pasciuto




តាមអ៊ីមែល Giulia.pasciuto@seattle.gov ឬលេខទូរស័ព្ទ (206) 684-8800

ជួយជាមួយក្រុមប្រឹក្សា លោក Mike O'Brien, បំរើការងារនៅ Seattle Women's Commission, Seattle Office of Sustainability and Environment, និង Delridge Neighborhood Development Association ។



Acceso de las Mujeres a los Alimentos Saludables

La Ciudad de Seattle (City of Seattle) desea escuchar sus ideas sobre cómo hacer que obtener alimentos saludables sea más fácil... venga y comparta sus experiencias y desafíos. A través de este taller usted determinará las maneras óptimas de mejorar el acceso a los alimentos saludables en su vecindario.




-  **Dónde:** Youngstown Cultural Arts Center, 4408 Delridge Way SW, Sala 103
-  **Cuándo:** 28 de Enero de 2014, 6:00-7:30 p.m.
-  **Proporcionaremos:** Cena, cuidado de niños y traducción

Para más información, póngase en contacto con: Giulia Pasciuto
Giulia.pasciuto@seattle.gov (206) 684-8800

Junto con el concejal Mike O'Brien, Seattle Women's Commission (Comisión de mujeres de Seattle), Seattle Office of Sustainability and Environment (Oficina de sostenibilidad y ambiente de Seattle), y Delridge Neighborhood Development Association (Asociación para el desarrollo del vecindario Delridge).

ጤናማ ምግቦችን ለሌቶች ማቅረብ

የ City of Seattle ጤናማ ምግብ ማግኘት እንዴት ማቅለል እንደሚቻል አስመልክቶ የአርስዎን ሀሳቦች መስማት ይፈልጋል - ይምጡና የአርስዎን ልምዶችንና የሚበግሩ አጋጣሚዎችን ያካፍሉን። በዚህ ወርክሾፕ ወቅት፣ በሰፈርዎ ውስጥ ጤናማ ምግብ የሚገኙባቸውን መንገዶች የተሻሉት መንገዶች የትኞቹ እንደሆኑ ይወስኑ።




-  **የት፤** Youngstown Cultural Arts Center፣ 4408 Delridge Way SW፣ Room 103
-  **መቼ፤** ጃንዋሪ 28, 2014 6:00-7:30 pm
-  **እኛ እነዚህን አቅርቦት እንቆያለን፤** እራት፣ መዋለ ሕጻናትና ማስተርጎም

ተጨማሪ መረጃ ከፈለጉ፣ ከ: Giulia Pasciuto
Giulia.pasciuto@seattle.gov (206) 684-8800 ይገናኙ።

ከምክር ቤት አባል Mike O'Brien፣ Seattle Women's Commission፣ Seattle Office of Sustainability and Environment፣ እና Delridge Neighborhood Development Association ።

Cunto Caafimaad leh oo Haweenka loogu Talagalay

Magaalada Seattle waxay rabtaa inay maqasho fikradihiina kusaabsan sida loo sahalayo si aad u heshaan cunto caafimaad leh - kaalaya oo nala wadaaga waayo-aragnimadiina iyo loolamada. Siminaarkan waxaad go'aansan doontaan qaababka ugu fiican si aad u horumarisaan u helista cunto caafimaad leh xaafaddiina.

-  **Goobta:** Youngstown Cultural Arts Center, 4408 Delridge Way SW, Room 103
-  **Goorta:** Janaayo 28, 2014 6:00-7:30 gd
-  **Waxaanu bixin doonaa:** Cashada, Daryeelka ilme, iyo tarjumaad

Macluumaad dheeraad ah fadaln la xidhiidh: Giulia Pasciuto
Giulia.pasciuto@seattle.gov (206) 684-8800

Ee Xubin Goleed Mike O'Brien, Guddida Haweenka Seattle, Xafiiska Seattle ee Waarista iyo Bey'adda, iyo Ururka Horumarinta Xaafadda Delridge.



ጤና ይስጥልኝ፣ እኔ ጁልያ እባላለሁኝ። በ City of Seattle ውስጥ ያሉ ሴቶች ጤናማ ምግብ ምኑን ያህል ሊያገኙ እንደሚችሉ አስመልክቶ ምርምር እያካሄድኩኝ ነው። ጥቂት ጥያቄዎች ብጠይቅዎ ምን ይመስልዎታል።

1. ምግብዎን ከየት ነው የሚያገኙት (በሚመለከትዎ ሁሉ ላይ ምልክት ያድርጉ)

- a. ሱፐርማርኬት
- b. ኮንቪንያንስ ስቶር
- c. ከልዩ ብሔር (Ethnic) ወይም ልዩ የገበያ ቦታ
- d. የፋርመርስ ማርኬት
- e. ፒ-ፓች (P-patch) ወይም የጓሮ አታክልት ቦታ
- f. ቤተሰብ ወይም ጓደኞች
- g. የምክብ ባንክ

2. እዚያ እንዴት ይሄዳሉ?

- a. አውቶቡስ
- b. ይነዳሉ
- c. በእግር
- d. በብስክሌት
- e. በመኪና ሰው ይወስድዎታል

3. ለእርስዎና ለቤተሰብዎ ጤናማ ምግብ ማግኘት ከባድ ነው ብለው ያስባሉ ወይ?

- a. አዎ፣ ምክንያቱም አውቶቡሲ ጤናማ ምግብ ወዳለበት ቦታ አትሄድም
- b. አዎ፣ ምክንያቱም የአውቶቡስ ትኬት በጣም ውድ ነው
- c. አዎ፣ ምክንያቱም የእርሻ ምርቶች በጣም ውድ ናቸው
- d. አዎ፣ ምክንያቱም በአካባቢያችን የግሮሰሪ ሱቅ የለም
- e. አዎ፣ ምክንያቱም የፍራፍሬና የጎመን ዓይነት ኳሊቲው በጣም ዝቅተኛ ነው
- f. አዎ፣ ምክንያቱም ወደ ሱቅ/የምግብ ባንክ ስሄድ ለደህንነቴ እሰጋለሁኝ
- g. አዎ፣ ምክንያቱም የፉድ ስታምፔ ተቆረጠብኝ
- h. አይ

4. በሚኖሩበት ሰፈር አካባቢ ጤናማ ምግብ መግኘት የሚችሉበትን መንገዶች ለማሻሻል እንዲቻል የሚቀይሩት አንድ ነገር ቢኖር፣ ይን ይቀይሩ ነበር?

- a. ወደ ጤናማ ምግብ ሊወስደኝ የሚችል የአውቶቡስ መስመር
- b. ተጨማሪ የአውቶቡስ ማቆምያዎች
- c. ረዘም ያለ የአውቶቡስ ሰዓቶች
- d. በአካባቢ የግሮሰሪ ሱቅ መኖር
- e. ረከስ ባለ ዋጋ ምርቶችን የሚሸጥ የፋርመርስ ማርኬት
- f. ለጓሮ አትክልት ተጨማሪ ቦታና የጓሮ አትክልት እንክብካቤን አስመልክቶ ስልጠና
- g. በተመጣጠነ ዋጋ የሚሸጡ ፍራ ፍሬዎችና ጎመኖች ወደ ቤቴ ወይም የማህበራዊ ማእከል እንዲመጣልን ማድረግ

ተጨማሪ መረጃ ካለን እርስዎን ማግኘት እንችላለን ወይ?

ስም፤ የስልክ ቁጥር፤ ኢሜይል፤



Survey: Somali

Nabadeey, magacaygu waa Giulia waxaan samaynayaa cilmi-baadhis kusaabsan helista cunto caafimaad leh ee haweenka Magaalada Seattle. Waxaan iswaydiinayaa haddii aan dhawr su'aalood ku waydiin karo.

1. Halkaa aad badanka ka hesho cuntadaada (sax wuxuu khuseeya oo dhan)

- a. Subarmarketka
- b. Wax-walba-hayaha
- c. Suuq qoomiyadeed ama gaar ah
- d. Suuqa beeroolaha
- e. P-patch ama beerta
- f. Qoys ama asxaab
- g. Bangiga cuntada

2. Sideed halkaas ku tagtaa?

- a. Bas
- b. Baabuur
- c. Socod
- d. Baaskiil
- e. Baabuur wadaag

3. Ma u malaynaysaa inay adag tahay inaad hesho cunto caafimaad leh adiga iyo qoyskaaga?

- a. Haa, sababtoo ah basku ma aado cuntada caafimaadka leh
- b. Haa, sababtoo ah basku waa qaali
- c. Haa, sababtoo ah waxsoosaarka darayga ah waa qaali
- d. Haa, sababtoo ah ma jiro tukaan ii dhaw
- e. Haa, sababtoo ah tayada midhaha iyo khudaartu waa liidataa
- f. Haa, sababtoo ah waxaan dareemayaa ammaan darro u lugaynta tukaanka / bankiga cuntada
- g. Haa, sababtoo ah tikidhada cuntada waa la jaray
- h. Maya

4. Haddii aad beddeli karto hal shay si aad u horumariso u helista cunto caafimaad leh xaafadda, maxaad beddeli lahayd?

- a. Dariiq oo i geeya cunto caafimaad leh
- b. Meelo badan oo basku joogsado
- c. Saacadaha badan ee baska
- d. Tukaan ii dhaw
- e. Suuq beeroole oo la awoodi karo
- f. Barxad badan oo la siiyo beerta iyo tabobarka beero falashada
- g. Midho iyo khudaar la awoodi karo oo la geeyo gurigayga ama xarunta beesha

Ma kaala soo xidhiidhi karnaa macluumaad dheeraad ah?

Magaca:

Taleefanka:



Survey: Spanish

Hola, me llamo Giulia y estoy investigando el acceso que las mujeres de la ciudad de Seattle tienen a los alimentos saludables. ¿Me permite hacerle algunas preguntas?

1. ¿Dónde obtiene habitualmente sus alimentos? (Marque todo lo que corresponda)

- a. Supermercado
- b. Tienda de abarrotes
- c. Mercado de productos étnicos
- d. Mercado de productos agrícolas
- e. Huerta (*P-patch*) o jardín de vegetales
- f. Familia o amigos
- g. Banco de alimentos

2. ¿Cómo llega hasta allí?

- a. En autobús
- b. Conduciendo
- c. Caminando
- d. En bicicleta
- e. Compartiendo el viaje en automóvil (*Carpool*)

3. ¿Considera que es difícil obtener alimentos saludables para usted o su familia?

- a. Sí, porque el autobús no llega hasta donde hay alimentos saludables
- b. Sí, porque el autobús es demasiado caro
- c. Sí, porque los productos frescos son demasiado caros
- d. Sí, porque no hay una tienda de comestibles cerca
- e. Sí, porque la calidad de las frutas y los vegetales es mala
- f. Sí, porque no me siento segura caminando hasta la tienda/el banco de alimentos
- g. Sí, porque ya no recibo cupones para alimentos
- h. No

4. Si pudiera cambiar una cosa para mejorar el acceso a los alimentos saludables en este vecindario, ¿qué cambiaría?

- a. Que haya un recorrido de autobús que me lleve hasta los alimentos saludables
- b. Que haya más paradas de autobús
- c. Que los autobuses tengan un horario más prolongado
- d. Que haya una tienda de comestibles cerca
- e. Que haya un mercado de productos agrícolas con precios accesibles
- f. Que haya más espacio para cultivar jardines y capacitación en jardinería
- g. Que se entreguen a domicilio a mi hogar o centro comunitario frutas y verduras a precios accesibles

¿Nos permite que nos comuniquemos con usted para darle más información?

Nombre:

Teléfono:

Correo electrónico:



Survey: Vietnamese

Chào quý vị, tôi tên là Giulia và tôi đang thực hiện một số nghiên cứu trong việc mua hoặc nhận những thực phẩm bổ dưỡng dành cho phụ nữ của Thành Phố Seattle. Tôi mong rằng quý vị có thể cho tôi hỏi một vài câu hỏi.

1. Quý vị thường hay mua thực phẩm ở đâu (đánh dấu tất cả những câu thích hợp)

- a. Ở chợ
- b. Tiệm tạp hóa (convenience store)
- c. Chợ của riêng từng dân tộc (ethnic market) hoặc chợ đặc biệt
- d. Chợ nông sản
- e. P-patch hoặc ở vườn
- f. Gia đình hoặc bạn bè
- g. Nơi cấp phát thực phẩm (food bank)

2. Quý vị đến đó bằng gì?

- a. Xe Bus
- b. Lái Xe
- c. Đi Bộ
- d. Đi Xe Đạp
- e. Đi Xe Chung (carpool)

3. Quý vị có nghĩ đây là một việc khó khăn để quý vị đến mua hoặc nhận những thực phẩm bổ dưỡng cho quý vị hoặc gia đình của quý vị không?

- a. Có, bởi vì xe bus không đi đến chỗ có thực phẩm bổ dưỡng
- b. Có, bởi vì tiền đi xe bus quá tốn kém
- c. Có, bởi vì rau quả tươi quá đắt
- d. Có, bởi vì gần nhà không có tiệm thực phẩm nào
- e. Có, bởi vì phẩm chất của trái cây và rau quả không được tươi ngon
- f. Có, bởi vì tôi không cảm thấy an toàn khi đi bộ đến tiệm/ nơi cấp phát thực phẩm
- g. Có, bởi vì tiền food stamp của tôi đã bị cắt
- h. Không

4. Nếu quý vị có thể làm một thay đổi để cải thiện việc mua hoặc nhận thực phẩm bổ dưỡng trong khu phố này của quý vị, quý vị muốn thay đổi điều gì?

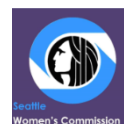
- a. Nên thay đổi đường xe bus đưa tôi đến chỗ có thực phẩm bổ dưỡng
- b. Thêm trạm xe bus
- c. Xe bus chạy nhiều giờ hơn
- d. Có tiệm thực phẩm gần nhà
- e. Chợ nông sản giá rẻ
- f. Thêm chỗ trong khu vườn cộng đồng và thêm lớp huấn luyện làm vườn
- g. Có trái cây và rau quả giá rẻ đưa đến nhà của tôi hoặc trung tâm cộng đồng

Chúng tôi có thể liên lạc với quý vị để cho biết thêm tin tức không?

Tên:

Điện Thoại:

Email:



សូមជំរាបសួរ ខ្ញុំឈ្មោះហៅថា Giulia ហើយខ្ញុំនឹងធ្វើការស្រាវជ្រាវអំពីការទទួលបានម្ហូបអាហារដែលមានជីវជាតិសំរាប់ប្រៀបធៀបក្នុងក្រុង Seattle។
ខ្ញុំចង់ដឹងថាខ្ញុំអាចស្នើសុំណូវពីរបៀបណាបានឬទេ។

1. ជាទូទៅ អ្នកទទួលបានម្ហូបអាហាររបស់អ្នកនៅកន្លែងណា (ចូរគូររង្វង់យកន័យណាដែលត្រូវ)

- a. ហាងទំនិញធំ (Supermarket)
- b. ហាងទំនិញងាយស្រួល(Convenience store)
- c. ផ្សារជនជាតិភាគតិចឬផ្សារពិសេស
- d. ផ្សារកសិករ
- e. សួនបន្លែរងតូចៗ
- f. គ្រួសារ ឬមិត្តសំឡាញ់
- g. ឃ្នាំងអំណោយម្ហូបអាហារ

2. តើអ្នកធ្វើដំណើរទៅទីនោះដោយរបៀបណា?

- a. រថយន្តក្រុង
- b. បើករថយន្ត
- c. ដើរ
- d. ជិះកង់
- e. ជិះរថយន្តរមគ្គុ

3. តើអ្នកគិតថា គឺមានការពិបាកក្នុងការទទួលបានម្ហូបអាហារដែលមានជីវជាតិសំរាប់អ្នកនិងគ្រួសារអ្នកឬទេ?

- a. បាទឬចា, ពីព្រោះរថយន្តក្រុងមិនទៅកន្លែងម្ហូបអាហារដែលមានជីវជាតិឡើយ
- b. បាទឬចា, ពីព្រោះរថយន្តក្រុងគឺថ្លៃពេក
- c. បាទឬចា, ពីព្រោះអាហារដែលយកមកថ្លើៗគឺថ្លៃពេក
- d. បាទឬចា, ពីព្រោះគ្មានហាងគ្រឿងទេសលក់ម្ហូបអាហារនៅជិតទេ
- e. បាទឬចា, ពីព្រោះគុណភាពផ្លែឈើនិងបន្លែមិនសូវមានគុណភាពល្អ
- f. បាទឬចា, ពីព្រោះខ្ញុំមានអារម្មណ៍ថាគ្មានសុវត្ថិភាពក្នុងការដើរចេញទៅហាងលក់ទំនិញ / ឃ្នាំងអំណោយម្ហូបអាហារ
- g. បាទឬចា, ពីព្រោះជំនួយហ្នូតស្តែមបានកាត់ផ្តាច់
- h. ទេ

4. ប្រសិនបើអ្នកផ្លាស់ប្តូររបស់ម្យ៉ាងដើម្បីធ្វើឲ្យមានភាពងាយស្រួលក្នុងការទទួលបានម្ហូបអាហារដែលមានជីវជាតិល្អនៅក្នុងមូលដ្ឋាននេះ

តើអ្វីដែលអ្នកគួរធ្វើការផ្លាស់ប្តូរ?

- a. ផ្លូវរថយន្តក្រុងដែលដឹកខ្ញុំទៅកន្លែងទទួលបានម្ហូបអាហារដែលមានជីវជាតិល្អ

- b. កន្លែងឈប់រថយន្តក្រុងមានច្រើន
- c. ជិះរថយន្តក្រុងច្រើនម៉ោង
- d. មានហាងគ្រឿងទេសលក់ម្ហូបអាហារនៅជិត
- e. ផ្សារកសិករមានតំលៃថោកល្មម
- f. មានកន្លែងសួនដាំបន្លែច្រើននិងមានការហ្វឹកហ្វឺនពីរបៀបដាំបន្លែ
- g. មានផ្លូវឈើនិងបន្លែថែកតាមដល់ផ្ទះខ្ញុំឬមជ្ឈមណ្ឌលសហគមន៍

តើយើងអាចទាក់ទងអ្នកសំរាប់ទទួលបានព័ត៌មានច្រើនទៀតបានឬទេ?

ឈ្មោះ៖

ទូរស័ព្ទ៖

អ៊ីមែល៖



Survey: English

Hi, my name is Giulia and I'm doing some research about healthy food access for women for the City of Seattle. I was wondering if I could ask you a few questions.

1. Where do you usually get your food (check all that apply)

- a. Supermarket
- b. Convenience store
- c. Ethnic or specialty market
- d. Farmer's market
- e. P-patch or garden
- f. Family or friends
- g. Food bank

2. How do you get there?

- a. Bus
- b. Drive
- c. Walk
- d. Bike
- e. Carpool

3. Do you think that it is hard to get healthy food for you or your family?

- a. Yes, because the bus does not go to healthy food
- b. Yes, because the bus is too expensive
- c. Yes, because fresh produce it is too expensive
- d. Yes, because there is not a grocery store nearby
- e. Yes, because the quality of the fruits and vegetables is poor
- f. Yes, because I feel unsafe walking to the store/ food bank
- g. Yes, because my food stamps were cut
- h. No

4. If you could change one thing to improve access to healthy food in this neighborhood, what would you change?

- a. A bus route that takes me to healthy food
- b. More bus stops
- c. Longer bus hours
- d. A grocery store nearby
- e. An affordable farmer's market
- f. More space to garden and gardening training
- g. Affordable fruits and vegetables delivered to my home or community center

Would you be interested in participating in a workshop on February 5th to help the city of Seattle make policies to increase access to healthy food in this neighborhood? Yes No

May we contact you with more information?

Name:

Phone:

Email:



Women and Food Access Workshop Agenda

Time	Item	Script	Facilitator
6:00	<ul style="list-style-type: none"> Welcome/ introduction 		
6:05	<ul style="list-style-type: none"> Ice-Breaker 	Can we go around the room and say our name, how long you have lived in the neighborhood, and your favorite fruit or vegetable?	
6:15	<ul style="list-style-type: none"> Ground rules 	<p>I want to make sure we have a few rules:</p> <ol style="list-style-type: none"> 1. Be good listeners 2. Respect the speaker- don't interrupt 3. We want to make sure everybody has an opportunity to speak- so if you feel like you're talking a lot step back to let someone new speak and if you haven't spoken, you have something important to add so don't hesitate to say it. 	
	<ul style="list-style-type: none"> Definitions <ul style="list-style-type: none"> ○ What is cultural food ○ What is healthy ○ WIC and EBT What is access: 	<p>I want to take a minute to define a couple of terms we'll be using tonight,</p> <ul style="list-style-type: none"> • Cultural Food: foods that we experience in our own cultures. Could be raw ingredients or prepared dishes. These are foods that we eat in our cultures and families and are sometimes hard to find in a chain grocery store. • Healthy: looks different for everyone, but eating a balanced diet and exercise are a part of health for everyone. What does healthy food look like for you? • WIC and EBT: two public benefits provided from the federal government and issued by the state of Washington to help individuals, families, and parents with small children purchase food, make sure families can get enough food. • Access: physical (distance, lack of transportation options, topography), economic, cultural. 	
6:20	Mapping (30 Minutes)	We're going to jump right into things; we want to break out into 3 smaller groups for a mapping exercise where we'll figure out where we all go to get healthy food and what the barriers are.	
	<p>Activity: Break out into groups of 8-10 (or smaller depending on full group size) with a large map, ask the following questions:</p>	<p>Questions to ask:</p> <ul style="list-style-type: none"> • Where do you get your groceries? • How do you get there (Route and Mode)? • When you get food is it part of another trip? <ul style="list-style-type: none"> ○ If so, where are you going? • Where do you go to get a prepared meal? How do you get there? • Where do you gather/ spend the most time? • Are there places you avoid? Where? • What are you most proud of in your neighborhood? • Do you grow food, where? Does somebody you know grow food and share with you? • Is any of this different at night? 	
	Reflection:	<ol style="list-style-type: none"> 1. Reflection Questions <ul style="list-style-type: none"> • Is it hard to access healthy food? Why? • What are the Barriers? (guiding ideas) <ul style="list-style-type: none"> ○ Language barriers ○ Cultural foods barriers ○ Hard to use WIC and EBT supplements 	

		<ul style="list-style-type: none"> ○ Transportation barriers ○ Cost Barriers 	
6:50	5 minute Break		
7:00	<p>Prioritization (30 Minutes)</p> <p>a. Participants get 2 stickers and vote for their top 2</p> <p>b. Break out into groups by top vote earner(s). Depending on size of group, could be 1-2 groups</p>	<ol style="list-style-type: none"> 1. Define recommendation topics: <ol style="list-style-type: none"> a. Transportation: Would better transportation make it easier, more bus stops, longer bus hours, a van that only went to the grocery store? b. Economic: Would better jobs in our community make it easier to get healthy food? Would more affordable organic produce be a good option? Should we have a farm in Delridge where we purchase fresh fruits and vegetables? c. Delivery: Would getting your groceries delivered to your home or a library/ community center make it easier to get to healthy foods? Would you participate even if you couldn't touch, smell, or feel the produce? d. Market/ Grocery: Is the solution to open a full-service grocery store in Delridge, invest our time in a market co-op, or have a farmers market in Delridge that accepts WIC and EBT? e. Gardens: Do we want to grow our own food in Delridge? Do we need to learn more about gardening in the PNW? f. Other : Anything that we missed? 2. Guiding Questions: <ol style="list-style-type: none"> c. Which recommendations would increase your access to healthy food? d. Which improvement is most important to you? 2. In small groups, delve into topic with specific recommendation questions. 	
7:30	Thank you and report back		

Better Transportation

A. Better bus service

- a. Do you take the bus to get groceries? Which bus?
- b. What kind of changes to public transportation would make it easier for you to get healthy food?
 - i. If the bus came more often?
 - ii. If the bus came more often at night?
 - iii. If the bus had more stops along Delridge Way
 - 1. If the bus had more stops off Delridge Way
 - iv. If the bus were cheaper
 - v. If the bus went to _____?

B. Expand and Subsidize Car Sharing

- a. If there was access to a car or several cars shared by the entire neighborhood (pay per mile) would you use it?
 - i. Why or why not?

C. Grocery Shuttle

- a. Would it be convenient to have a bus that picked you up in a central location (or several stops on Delridge Way) and went directly to the grocery store?
 - i. Which stores
 - ii. Where should it stop?

D. Better pedestrian infrastructure

- a. Do you walk to the bus? Do you walk to get groceries?
 - i. Is it steep, dark, do you feel safe?
 - ii. Where, specifically, should sidewalks be improved?

E. Slower car traffic along Delridge Way

- a. Do you feel unsafe walking in Delridge because cars move too quickly?
- b. Do you wish there were more crosswalks? If so, where?

Community Gardening

A. Farm stands

- a. Is it important that you are able to access fresh vegetables and fruits from your neighbors? Why or why not?
- b. Would you be more likely to buy fresh vegetables from a farm stand or the grocery store if they were the same price and could process EBT and WIC benefits?

B. More space to garden close to your home

- a. Would you be interested in gardening close to your home? Why or why not?
- b. Where?

C. Learn about growing food in Seattle- climate, soils, etc.

- a. Would you be interested in learning how to grow vegetables and fruits that grow well in Seattle climate and soils? What does that look like for you? After work hours? With meal and childcare? Intergenerational?

D. School gardens

- a. Does your child have access to a garden in her/his school?
 - i. If no, do you think they should?
 - ii. Do you think it should go directly into the school food or that kids should be able to take fresh produce home?

Community Economic Opportunity

A. Better jobs for our community

- a. Do you feel like the biggest challenge in accessing healthy foods for you or someone you know is the cost of groceries?
- b. Do you think that better quality jobs would increase access to healthy foods?
- c. What would the impact of better paying good jobs be in this community?

B. Access to high quality, local, organic at more affordable prices

- a. Expand the number of retailers that accept WIC and EBT: Are there stores that have what you need but don't accept your benefit?
- b. Is 'organic' important to you or your family? Why?
 - i. Do you have access to organic fruits and vegetables?
 - ii. What challenges do you have accessing organic?
- c. Is food grown locally important to you? Why?
 - i. Do you have access to 'locally' grown fruits and vegetables?
 - ii. What challenges do you have accessing

C. Community Kitchen to share knowledge, learn from each other.

- a. Would you like to know more about cooking and preparing healthy meals?
- b. Do you think you would benefit from learning about how other cultures prepare healthy food?
- c. Do you think this would be a good way to build a greater sense of community around food?

D. Farm in Delridge

- a. If there was an urban farm in Delridge, would you buy fruits and vegetable from them?
 - i. Why or why not?
- b. Would you, your kids, your parents, your neighbors be interested in a job as a farmer?
- c. Where would the best place for a farm in the neighborhood?

Grocery Store

A. Grocery store

- a. Is having a grocery store the most important 'fix' for you? Why?
 - i. What are the benefits of a full service grocery store for you?
- b. Are there different benefits of having a smaller neighborhood grocery store?
- c. Would you be interested in being part of a grocery co-op?
 - i. "Simply put, a cooperative is a business owned and managed by its members. The structure is to pool resources to satisfy a common need while providing goods and services as economically and efficiently as possible. As locally owned businesses, co-ops are committed to the people they serve and the communities in which they live. Owners can have a voice in what is sold to them, as well as in the overall organization of their particular co-op. Owners get the most buying power for their money and the money stays in the community, contributing to its economic strength." Delridge Produce Co-op
 - ii. This means being part of a group of 'owners' that share decision making and volunteer in the store

B. Healthy restaurant

- a. Do you ever eat prepared food with your family? Where?
- b. Do you wish there were more healthy prepared food options in Delridge? What? Where?

C. Farmers Market with WIC and EBT benefits

- a. Do you go to the Farmers Market: Which one? Why? Or why not?
- b. Do you wish you could go to the farmers market?
- c. If there were a farmer's market in Delridge, where should it be?

D. Expand the number of stores that accept WIC and EBT in Delridge:

- a. Are there stores that are convenient and provide the food you need but don't accept your benefit?

Mobile Food and Delivery

A. Community Supported Agriculture model

- a. Would it be helpful to have your fresh fruits and vegetables delivered to your home? Or another central location? Where?
- b. Would it matter if you had no choice of what was in your grocery bag?
- c. Would it be ok if you had a choice of what you didn't want in the bag?
- d. Is it important to you for your fruits and vegetables to come from local farms and be organic?

B. Conventional Grocery Delivery

- a. Would it be convenient if the local grocery store delivered to your home?
- b. Would it be ok if you could choose the item but not touch, feel, or smell it?
- c. Would you be able to order online?
- d. Would you be able to order with your cell phone?
- e. What grocery would you want delivery from?

C. Grocery delivery like Amazon Fresh

- a. Would you feel comfortable ordering groceries online from an online retailer (no store)?
 - i. Would you be able to order online? Or through a cell phone (texting)?
 - ii. Would you go to a library to order?
- b. Would you want them to deliver to your home or a central community location?

D. Healthy prepared food truck

- a. Would you be interested in having a food truck with healthy inexpensive meals?
 - i. Is there already one? Where does it stop?
- b. What kind of food should they sell?
- c. Where should it be stationed?

E. Healthy Grocery Truck

- a. Would you be interested in having a grocery truck with healthy groceries?
 - i. Is there already one? Where does it stop?
- b. What kind of food should they sell? Where should it go?

Other

Food Access for Women in Seattle: Delridge Priorities

SEATTLE WOMEN'S COMMISSION
WITH
COUNCIL MEMBER MIKE O'BRIEN
FEBRUARY 24, 2014

GIULIA PASCIUTO | RESEARCH AIDE, SEATTLE WOMEN AND FOOD ACCESS
MICHELE FRIX | COMMISSIONER, SEATTLE WOMEN'S COMMISSION
ESTHER HANDY | LEGISLATIVE AIDE, CM MIKE O'BRIEN

Roadmap

- What is 'Food Access'?
- Mapping health outcomes and 'limited food access areas'
- Past City efforts
- Why focus on Delridge?
- Research plan
- Findings
- Recommendations

Defining Food Access

1

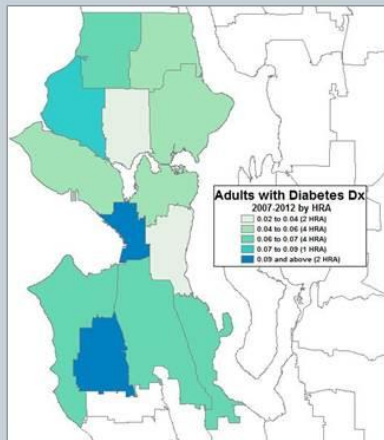
- Impact on Health
 - Obesity, Diabetes, Heart Disease
 - Physical and social determinants of Health
- Physical Access
 - Location and Mobility
- Financial Access
 - Cost vs. Quality, Organic, Local
- Education
 - Nutrition and Preparation
- Cultural Access
 - Relevance and Social Norms



Health Outcomes in Seattle

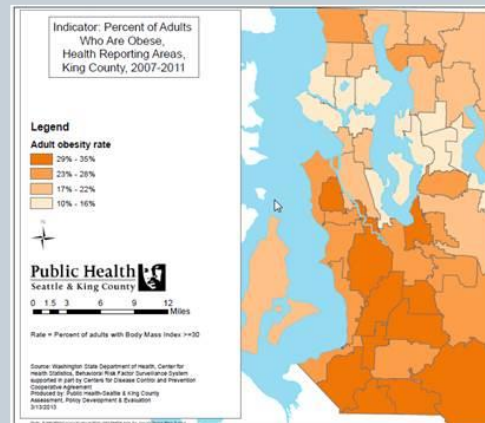
2

Rates of Adult Diabetes



Source: WA State Department of Health (Behavioral Risk Factor Surveillance Survey data)

Adult Obesity

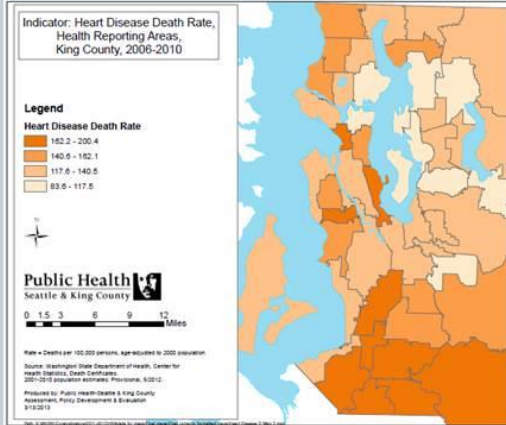


Source: Seattle King County Public Health

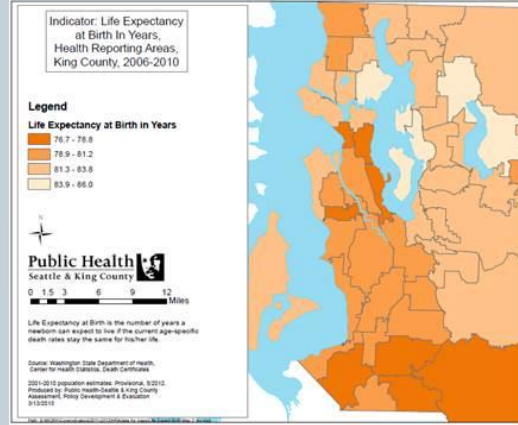
Health Outcomes in Seattle

3

Heart Disease



Life Expectancy

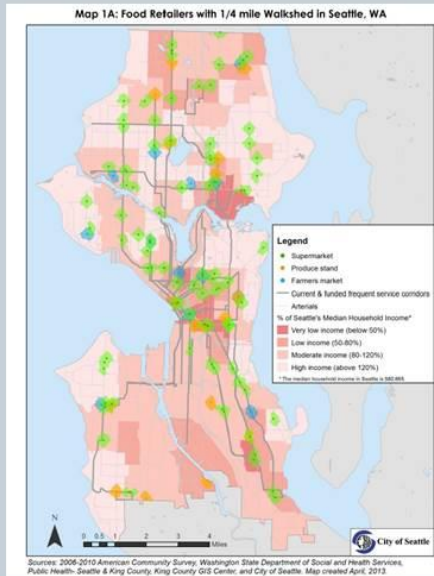


Source: Seattle King County Public Health

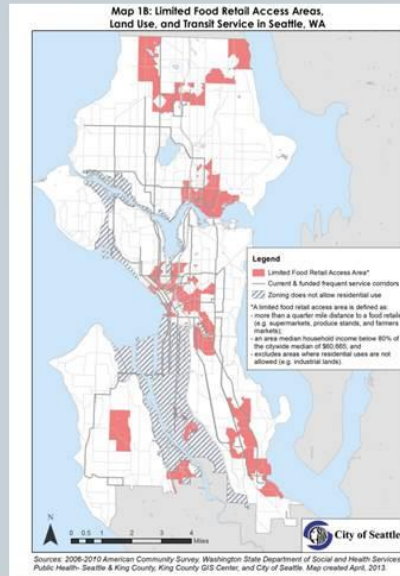
Food Access in Seattle

4

Location of Stores + Income



Limited Food Access Areas



Source: Seattle Office of Sustainability and Environment

Addressing Food Access

5

Policies and Programs

- Fresh Bucks: nutrition incentive program enable more low- income people to access affordable, healthy food at Seattle Farmer's Markets
- Farm to Table Program: Healthy meals for child care and senior meal sites
- Healthy Food Here Pilot: Corner Store Conversion Program (inactive)
- Farmers Market Nutrition Program vouchers to seniors and WIC recipients
- Seattle Parks Good Food Program: urban food systems and gardening education to children, adults, teens, and seniors
- Food Action Plan: Seattle City Council

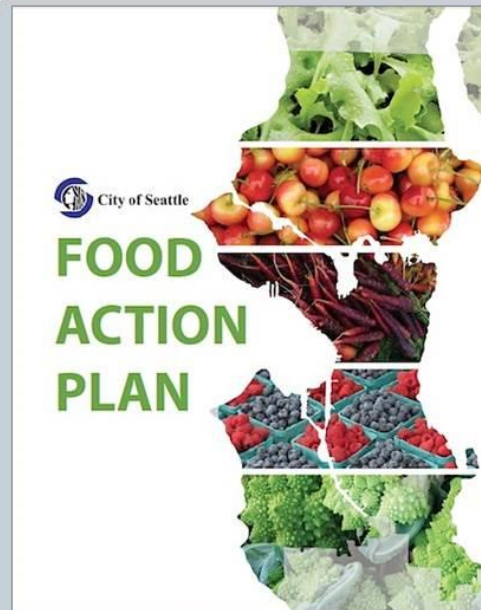


Photo Source: City of Seattle Food Action Plan

Why Delridge?

6

- Previous programs and research
 - Framework for food access conversation has been developed
 - Cut Short
- Unique neighborhood
 - Culturally diverse
 - Topographic challenges, geographically isolated
- Existing infrastructure investments
 - Schools: K-12 and Community College
 - Libraries and Community Centers
 - Parks and Green space

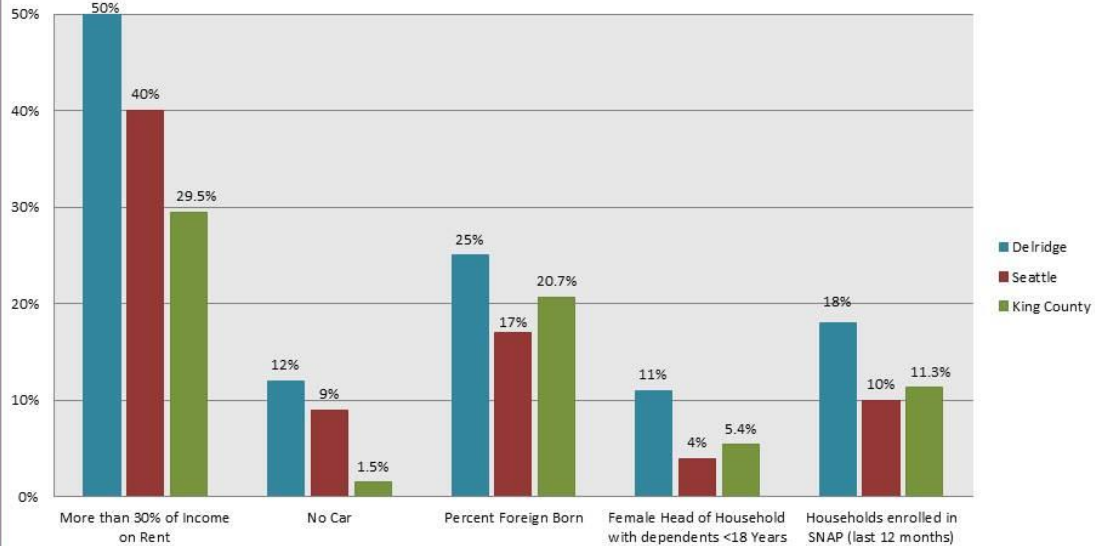


Photo Source: Seattle Women and Food Access Project

Why Delridge?

6

Comparative Census Data



Source: U.S. Census, American Community Survey 2011

Research Plan

7

Description: Refine a specific, actionable 2014-2015 work plan for the Seattle Women’s Commission, Seattle City Council, and the Food Interdepartmental Team based on the expertise of women impacted by food inaccessibility

- Elevate the voices of low-income women and the actual barriers they face to prioritize and delve deeper into food policies and interventions for the city

Research:

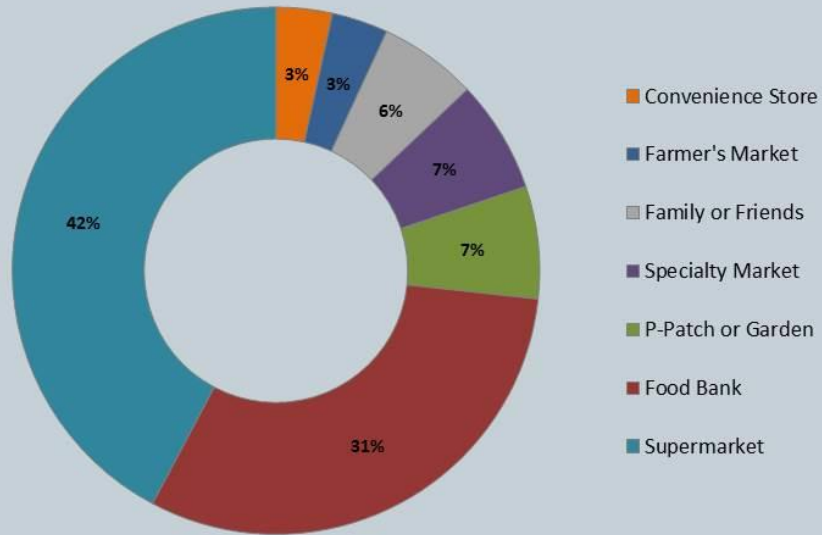
- Talk to key informants: researchers and project leaders
- Survey: information collection and outreach (57 surveys)
- Focus groups with community partners
 - Mapping, discussing barriers, and prioritizing geographic specific solutions

Project Partners:

- FEEST
- Delridge Neighborhood Development Association
- West Seattle Food Bank

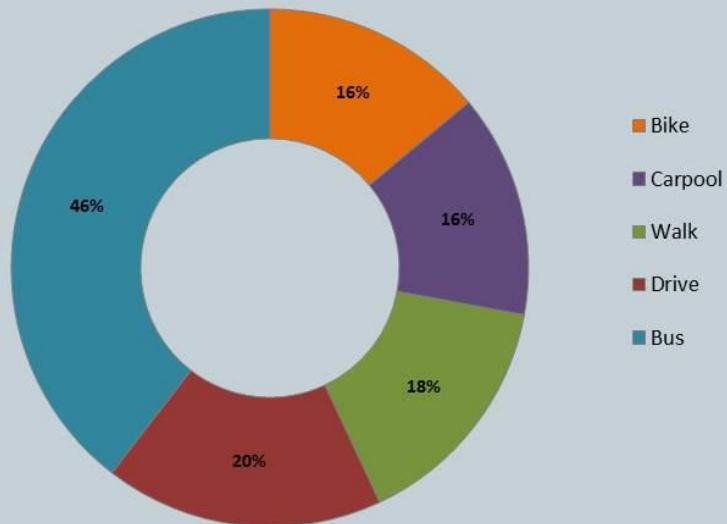
Where Do You Get Healthy Food?

8



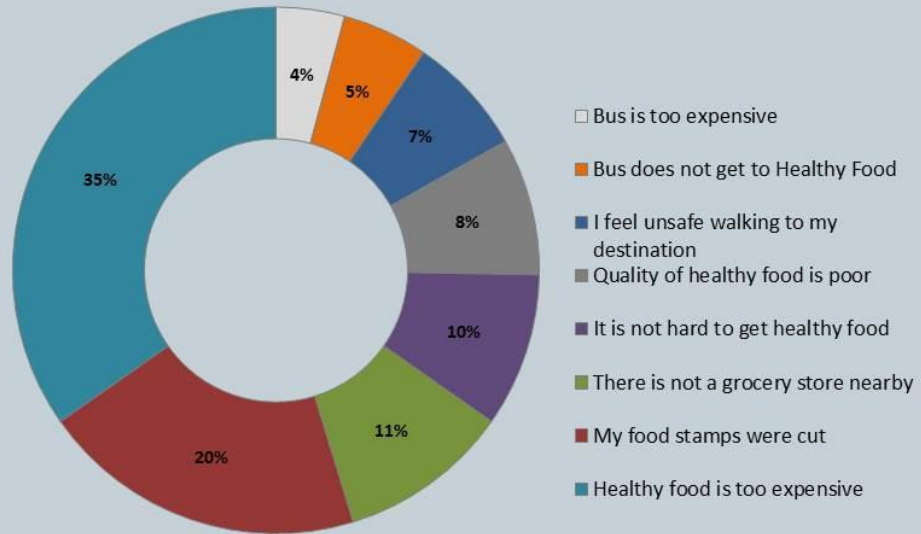
How Do You Get There?

9



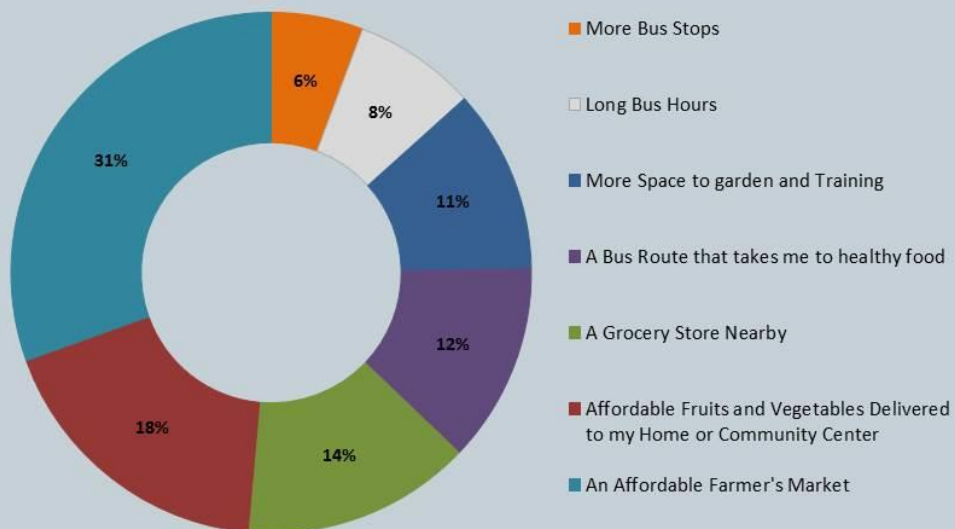
Is it Hard to Get Healthy Food?

10



If You Could Change One Thing to Improve Access to Healthy Food?

11





Findings: Top Priorities

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1. **Community Economic Opportunity**
 - Affordable Farmer's Market that accepts EBT and WIC
 - Delridge appropriate 'Food Hub' with income generating urban agriculture and aggregation site for Delridge/ WS Gardeners
2. **Improved Transportation**
 - Increase frequency, especially at night
 - Real-time bus information
3. **Permanent Food Retail**
 - Support existing efforts to start a food co-op in Delridge
 - Explore alternative food retail

Recommendations

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Community Planning

- Explore the development of a Food Hub in Delridge
 - Income generating activities
 - Social capital/ entrepreneurship
- Neighborhood Matching Funds for food systems work
- Identify strategies to expand the Market Garden program
- Support the Seattle Human Services Department 2014 Food and Meals Request for Investment
- Identify opportunities to scale up existing programs
 - Community-based and city program successes
- Support job creation for Delridge residents
 - Wide range of educational backgrounds and skills
 - Focus on youth
- Support the siting of an affordable grocery store
 - Through land-use planning
 - And strategic partnerships with retailers

Transportation

- Support the prevention of Metro's proposed bus cuts
 - Cuts severely limit East/West Travel to and from Delridge
 - Review/ prevent revisions to lines 50 and 128
- Support a Low-Income fare
 - Reduced youth fare
- Increase frequency of buses
 - Especially at night

SNAP/ WIC

- Support the restoration of Federal and State cuts to supplemental food programs (SNAP/WIC)
 - Include in State legislative agenda
- Support the expansion of the Fresh Bucks Program
 - And expand program for WIC recipients/ Farmers Market Nutrition Program
- Support existing efforts to update WIC vouchers to card-based system
 - Increase WIC recipients' ability to spread purchases over entire month.
 - Make it easier to access Fresh Bucks and FMNP

Next Steps

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- DPD: Delridge Neighborhood Planning
- HSD: 2014 Food and Meals RFI
- Metro funding decisions

Thank You

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FOR MORE INFORMATION, PLEASE CONTACT:
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(206) 684-8800

Case Study: Clean Greens

16

Black owned non-profit with two farm stand locations, a community supported agriculture program, a café in the Central District, and a farm in Duvall, WA.

- Grows affordable and culturally relevant produce for residents in the Central district
- Builds understanding and appreciation for local and sustainable agriculture
- Gives central district residents access to farm land, tools, mentor and resources.
- Opportunities for young people to learn about growing food and ecological systems.
- Create green jobs and farming apprenticeships for African American and central city residents.



Case Study: 2013 Fresh Bucks

17

- Cost is most significant barrier to healthy food access
 - Shoppers indicated that they bought more fruits and vegetables than they usually would and that the program made a difference in families' diets.
- Expanded to all Seattle farmers markets
 - Significant investment from city in 2014 budget
- Over \$110,000 invested in local economy
 - Farmers indicated that they sold more fruits and vegetables with the addition of Fresh Bucks
 - Easy to participate
- Fresh Bucks brings new shoppers to the market
 - 44% of participants had never used EBT at farmers market



Case Study: Rainier Food Innovation District

17



- Hub for small healthy food businesses and other community resources
- Focus on cultural relevance
- Community kitchen
- Culinary training
- Local food aggregation
 - Farmers market/food bank
- Job training
- 30,000- 50,000 sq. ft.
 - TOD

Photo: Department of Neighborhoods and Seattle Tilth