



## City of Seattle

Jenny A. Durkan, Mayor

Human Services Department

Catherine L. Lester, Director

**Date:** February 23, 2018

**To:** Sweetened Beverage Tax Community Advisory Board

**From:** Tanya Kim, Interim Division Director, Youth and Family Empowerment, Human Services Department (HSD)

**Subject:** Response to questions posed by the Community Advisory Board on February 15, 2018

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Please find below a list of the questions posed by the Sweetened Beverage Tax Community Advisory Board to Human Services Department staff during the presentation on February 15, 2018.

**Q1: How do you ensure that immigrants/refugees are getting the services they need?**

A1: For Farm to Table and Fresh Bucks to Go, we intentionally work with providers who reach immigrant and refugee populations. We also partner with the Associated Recreation Council (ARC), Boys and Girls Club of King County, Department of Education and Early Learning (DEEL) and YMCA of Greater Seattle, all of whom serve large numbers of children of color.

For food banks, we have quantitative data on the number of clients reached. Demographic data is limited because programs are deliberately low-barrier, which means we don't require clients to provide a lot of information in order to participate. We continue to work on strategies for gathering better demographic data without deterring community members from accessing those services.

For the Out-of-School Time (OST) Nutrition program, we have data about the children who come to both the open and closed meal sites. "Open sites" are in low-income areas, and are accessible to any child or youth; open sites do not require proof of eligibility. "Closed sites" are vetted through an application process to verify that the participating programs serve low-income populations, in accordance with Federal guidelines.

Across all our programs, HSD is increasing outreach with priority populations, including immigrant and refugee communities, in partnership with agencies. HSD's Youth and Family Empowerment Division employs a very diverse work force, and many staff come from the communities we serve. It's a priority and intention for us to hire people that reflect the community. Additionally, we have capacity for language and translation services.

HSD's data and evaluation team are also part of a citywide taskforce focused on improving data collection, while applying a Race and Social Justice lens. We welcome recommendations about people or agencies who may be able to help us improve our data collection and use.

**Q2a: If you give a family a bag of produce every other week [through Fresh Bucks to Go], how much impact will that make in the total dietary impact to that family? Will providing a bag of produce every**

**other week meaningfully change the number of servings of fruits and vegetables consumed by participating families?**

A2a. Families are provided with a bag of 16-servings of fruits and vegetables intended to last 2-3 days for a family of four. This totals up to 32 servings of fruits and vegetables per month. This may represent between 13.3% to 20% of a family's monthly intake of fruits and vegetables.

Additionally, Farm to Table and Fresh Bucks to Go are fully-integrated programs, meaning many sites run both programs and provide children cooking-based nutrition education and healthy snacks in the classrooms, while their families are provided with bags of produce to take home. There are multiple exposure points and skills-based learning opportunities woven into these interventions.

Produce supplied in the bags are purchased from local farms, with priority sourcing from farms operated by people of color, including immigrants and refugees, who can provide culturally relevant foods. This makes Fresh Bucks to Go and Farm to Table a win-win for the community.

A full evaluation of the Fresh Bucks to Go program was not completed during the pilot period that ended in 2017. However, based on qualitative evidence gathered through participant surveys—88% of families reported increasing their consumption of fruits and vegetables due to Fresh Bucks to Go—there is a strong indication this program does have a positive impact on families' consumption of healthy foods. Additional funding would be required to complete a health impact assessment of Fresh Bucks to Go. Please see [Appendix A](#) for the Fresh Bucks to Go participant survey summary. Please note this program was formerly called the Good Food Bag Program.

**Q2b: Is it better to give food subsidy vouchers in a more concentrated way?**

A2b. It is not within HSD's current expertise to offer a cost-benefit analysis of Fresh Bucks to Go versus food subsidy vouchers. We will work with OSE to analyze benefits and challenges of voucher and food bag programs.

**Q3: Are some Farm to Table programs in school-age settings? And are you in all Seattle preschools?**

A3: Yes, some sites serve school-aged children. Roughly 65% of participating programs are preschools, and 35% are before and/or after school programs that may serve older children. Farm to Table operates in 36 preschools and ECEAP programs. It is a voluntary program, so some preschool sites have chosen to opt out. Please see [Appendix B](#) for the Farm to Table site list.

**Q4: What is the geographic distribution of Farm to Table beneficiaries?**

A4: Sites are geographically dispersed across council districts. Preschool and child care sites are concentrated in SE Seattle. A map of the Farm to Table program sites is included in [Appendix C](#).

**Q5: What is the sustainability of this funding, especially for Farm to Table and Fresh Bucks to Go?**

A5: Farm to Table is currently supported by a small allocation of HSD general funds, roughly \$30,000. This is not enough to fully operate the program.

The Fresh Bucks to Go pilot had one year of funding in 2017 that has since expired.

Additional funding for both programs may be sought through philanthropic and other municipal sources, if SBT funds are not secured.

**Q6: Is Out-of-School Time Nutrition only for meals that are premade and distributed or can it support other types of food?**

A6: HSD's proposal allows for both options to be funded. We recognize that there are benefits to sites preparing their own meals, especially if there are ethnic and cultural considerations. We also recognize that some sites may have space and other capacity limitations to prepare meals and snacks on site.

For those sites, prepared meals from a credible, experienced food vendor may be the most viable option. HSD and United Way of King County have had preliminary conversations with Fare Start to partner in 2018. Fare Start's mission is to support individuals and families toward self-sufficiency. If a vending option is selected, contracts will be short-term for 2018; this funding will be included in the 2019 Food and Meals RFP so competitive applications can be considered.

**Q7: Aren't some of the Farm to Table bags also sourced from immigrant and refugee farmers and include culturally specific foods?**

A7: Produce in Fresh Bucks to Go bags, as well as on the Farm to Table website for institutional ordering, are sourced from local farms. Priority for vendor contracts is given to farms operated by people of color, including immigrants and refugees, who can provide culturally relevant foods difficult to find in other locations.

At the beginning of the program year, families are surveyed about which fruits and vegetables they'd like to receive in Fresh Bucks to Go bags. Cooks and preschool staff are also surveyed about the types of food they would like to see on the ordering website.

With a stable source of funding, children at participating programs will be able to prioritize their favorite foods so that farmers can plant crops according to preschool demand, supporting further sustainability.

**Q8: It sounds like the food banks have some discretion on how they can use funds, for example, on food or equipment. Would HSD include recommended priorities in the contracts? For example, ensuring food procurement is for healthy options and can accommodate people who don't have a place to cook.**

A8: HSD will partner with the SBT Community Advisory Board to prepare a list of best practice recommendations for use of these funds which would include healthy and culturally appropriate food purchasing.

**Q9: For Farm to Table, what programs are on the waitlist and how many dollars on average are available per site?**

A9. The Farm to Table waitlist can be found in [Appendix D](#). The average budget per program depends on how extensively programs take advantage of wrap-around services. Each site receives a \$750 food stipend, which they match with \$250 of their own funds. They also receive access to wrap-around services with contracted providers. At minimum, sites receive \$1,000 and at maximum, \$3000.

**Q10: Could we see the criteria you use for the RFP process and all the steps that go into the process?**

A10: The HSD Funding Process Manual is attached in [Appendix E](#).

**Q11: Are there nutrition guidelines and standards that you require the Out-of-School Time Nutrition program and food banks to follow to be eligible for use of City funds? Is it possible that any of these funds could be used to purchase SSBs?**

A11: Yes, the Out-of-School Time Nutrition does adhere to best practice guidelines for licensed programs. Please refer to the document provided by Public Health – Seattle & King County ([Appendix F](#)) for details.

Best practice recommendations are being developed for food banks. HSD welcomes a partnership with the SBT Community Advisory Board in the development of these recommendations, as mentioned in Answer 8.

City funds administered by HSD are not eligible to be used to purchase sugar sweetened beverages.

**Q12: CM Juarez had specific feelings about supporting food banks. Is your proposal responsive to that?**

A12: Yes, HSD is responding to Councilmember Juarez, while also responding to the needs of food banks across Seattle. We are working with Public Health – Seattle & King County on an evaluation of the effectiveness and efficiency of the food bank network and will use that data, and continued partnership with food banks and community outreach, to ensure that distribution of funds through HSD is fair, responsive to community need, and transparent to the community.

**Q13: Can you tell me more what it means to be a Farm to Table partner. What does it mean that WA State Dental Association is a partner?**

A13: The Washington State Dental Association (WSDA) was a partner in the early days of the Farm to Table program, at the time of Communities Putting Prevention to Work funding. WSDA contributed to an oral health education component of the program that has since been discontinued. This partnership is an example of opportunities that may be renewed with the program's expansion from a pilot to a permanent, full program.

**Q14: It's my understanding that overall summer meals participation has been on the decline, so what was the impact decision of focusing on year-round service rather than digging in on summer and trying to bring those numbers up?**

A14: Participation rates in Seattle's Summer Food Service Program have been stable over the past several years. HSD's decision to expand the program to year-round to offer out-of-school time meals and snacks was driven by feedback from community engagement. Community members expressed a need for OST meals and snacks to fill a gap in services. Additionally, when we surveyed community-based organizations under contract with HSD to provide after school services, they expressed a desire for after-school meals.

# Appendix A: Fresh Bucks to Go\* Participant Survey Summary

Fall 2017

**Question 3: Do you feel like your child(ren) are eating more servings of fruits and vegetables as a result of this program?**

- 67 total responses to question
- 8 Participants responded no
- 59 Participants responded yes
- 88.1% of participants responded yes

**Question 4: Do you feel like adults in your household are eating more servings of fruits and vegetables as a result of this program?**

- 68 total response to question
- 9 participants responded no
- 59 participants responded yes
- 86.8% of participants responded yes

**Question 5: Do you feel like your child(ren) has tried/tasted new fruits and vegetables as a result of this program?**

- 66 total response to question
- 6 participants responded no
- 60 participants responded yes
- 90.9% of participants responded yes

**Question 7: Please tell us whether the following statement was “often true, sometimes true, or never true” for your household: Within the past 12 months we worried whether our food would run out before we got any money to buy more.**

- 69 total response to question
- 7 participants responded “Don’t know, or refused”
- 37 participants responded “Never true”
- 16 participants responded with “Sometimes true”
- 9 participants responded “Often true”
- 36.2% of participants responded with “sometimes true” or “often true”

**Question 8: Please tell us whether the following statement was “often true, sometimes true, or never true” for your household: Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more.**

- 67 total response to question
- 6 participants responded “Don’t know, or refused”
- 46 participants responded “Never true”
- 15 participants responded with “Sometimes true”
- 2 participants responded “Often true”
- 25.4% of participants responded with “sometimes true” or “often true”

**Question 9: Please tell us whether the following statement was “often true, sometimes true, or never true” for your household: Within the past 12 months we found it hard to buy healthy foods like fresh fruits and vegetables.**

- 64 total response to question
- 2 participants responded “Don’t know, or refused”
- 29 participants responded "Never true"
- 24 participants responded with "Sometimes true"
- 9 participants responded "Often true"
- 51.6% of participants responded with "sometimes true" or "often true"

**Question 10: Is receiving your Good Food Bag from your preschool convenient?**

- 68 total response to question
- 0 participants responded no
- 68 participants responded yes
- 100% of participants responded yes

**Question 12: How often do you use the recipe/information cards provided inside the bags?**

- 65 total responses to question
- 9 participants responded "Most of the time"
- 15 participants responded "Never"
- 41 participants responded with "Sometimes"
- 76.9% of participants responded with "Most of the time" or "sometimes"

**Question 15: How would you rate your overall experience with the Good Food Bag program?**

- 67 total response to question
- 34 participants responded "Excellent"
- 27 participants responded "Good"
- 6 participants responded with "Okay"
- 0 participants responded "Bad"
- 50.7% of participants responded with "Excellent"

**Question 16: Is this program a good way of increasing access to healthy food in your community?**

- 66 total responses to question
- 0 participants responded no
- 66 participants responded yes
- 100% of participants responded yes

The survey can be viewed directly at: <https://www.surveymonkey.com/r/ZJ5YWWK>.

*\*formerly called the “Good Food Bag Program”*

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# Appendix B: Farm to Table Site List

## Preschool Sites

### ARC Preschool Sites

Bitter Lake Community Center  
Jefferson Community Center  
Meadowbrook Community Center  
Queen Anne Community Center

### ECEAP Sites

Causey's Learning Center at Martin Luther King Jr Center  
Causey's Learning Center Main  
El Centro de la Raza Jose Marti Child Development Center  
Primm ABC Preschool and Child Care Center  
Prospect Enrichment Preschool  
Refugee Women's Alliance (REWA)  
Refugee and Immigrant Family Center (RIFC)  
Southwest Early Learning Bilingual Preschool  
Tiny Tots Development Center  
Tiny Tots Development Center - Emerson  
Tiny Tots Development Center - Hutchinson  
Tiny Tots Development Center - Main  
Tiny Tots Development Center - Wing Luke  
Wee are the World-Right Start Child Care

### SPP and Step Ahead Sites

Chinese Information and Service Center  
Launch at Beacon Hill  
Launch at Rainier Community Center  
Launch at Highland Park  
Launch at Leschi  
Launch at Madrona  
Creative Kids  
Genesee Early Learning Center/Children's Home Society  
Hoa Mai  
Pinehurst  
Seed of Life at MLK  
Seed of Life Center for Early Learning and Preschool, LLC  
South Shore School

### YMCA Preschool

YMCA Concord Elementary School  
YMCA Dale Turner Child Development Center  
YMCA Dunlap Elementary Preschool  
YMCA West Seattle Preschool & Childcare  
YMCA STEM Preschool

## School Age Sites

### ARC School Age

Ballard Community Center  
Bitter Lake & Broadview Thompson Community Center  
Delridge Community Center  
High Point Community Center  
Jefferson Community Center  
John Muir Community Center  
Montlake @ McGilvra Elementary  
Northgate Community Center  
Queen Anne Community Center  
Rainier Beach Community Center  
Rainier Community Center  
South Park Community Center  
Van Asselt Community Center

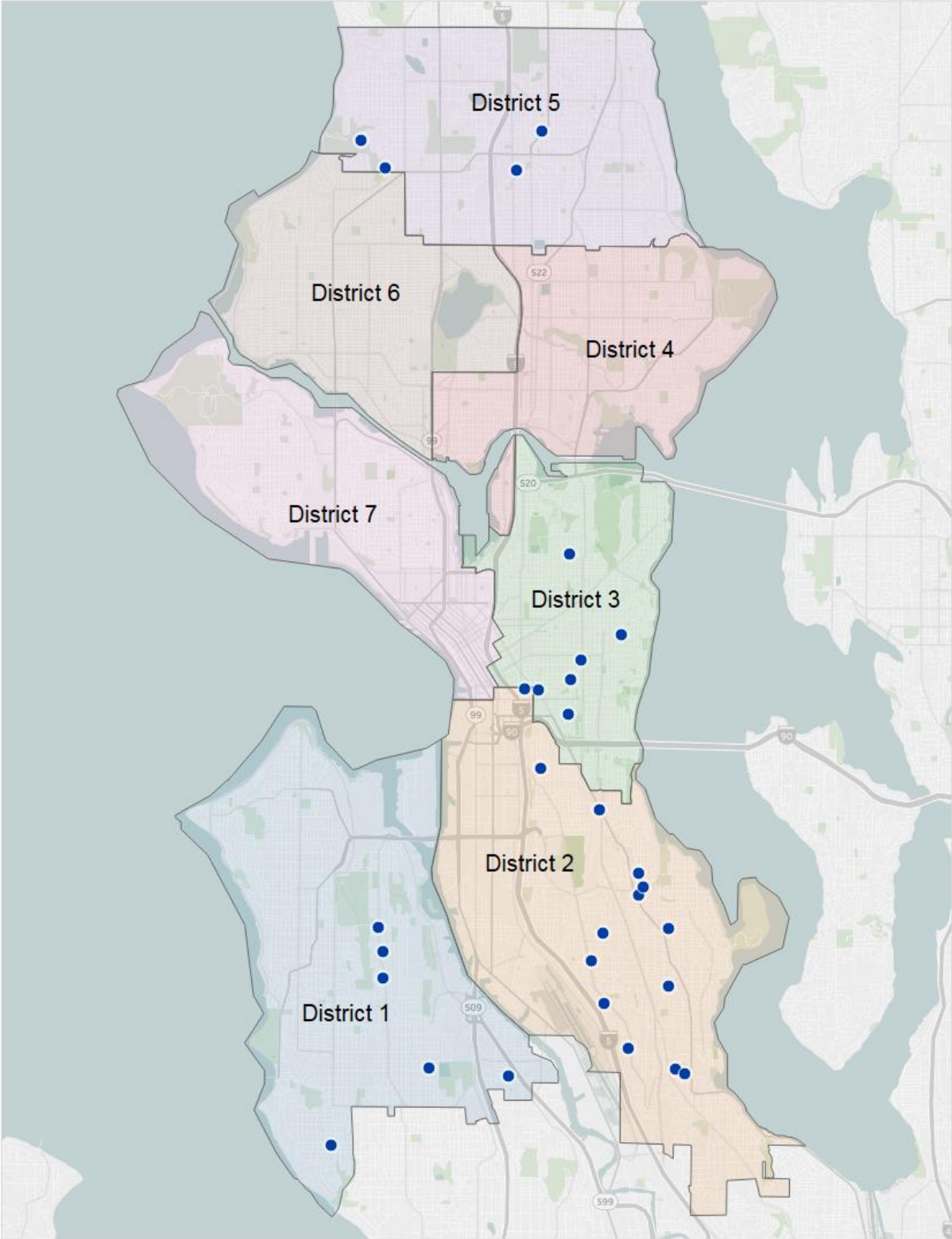
### YMCA School Age

BGCKC at Smilow Rainier Vista  
BGCKC North Seattle  
BGCKC Wallingford  
YMCA Concord Elementary School  
YMCA Jane Adams Middle School  
YMCA West Seattle Elementary  
YMCA Bailey Gatzert

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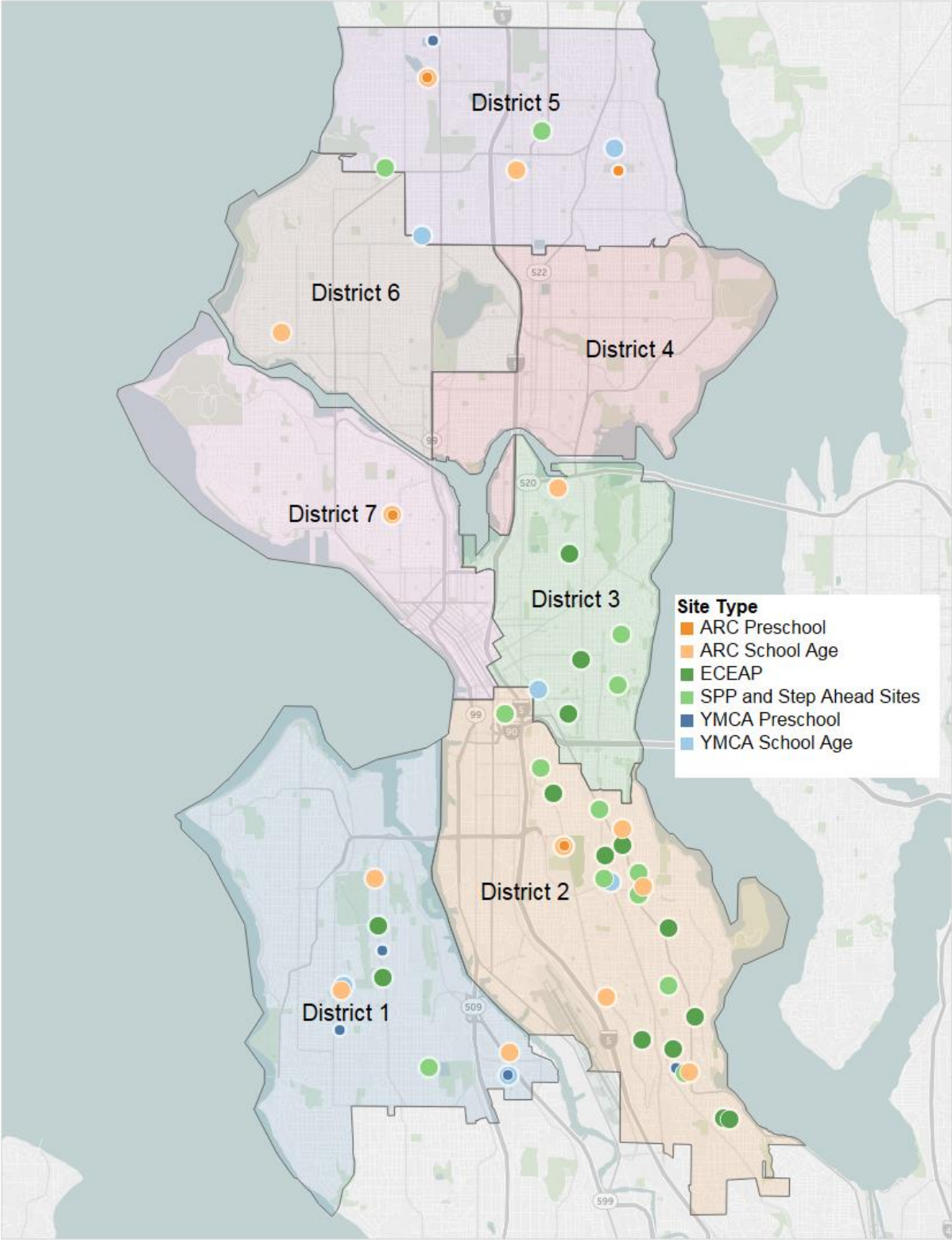
# Appendix C: Fresh Bucks to Go and Farm to Table Site Maps

## Fresh Bucks to Go Sites





Farm to Table Sites



## Appendix D: Farm to Table Waitlist

1. Adams Kids Company
2. North Beach Boys and Girls Club
3. Community Day Center for Children
4. CDSA Kimball – Jen Cooper
5. CDSA Sanislo – Jen Cooper
6. CDSA Montlake – Jen Cooper
7. Filipino Community Center
8. Phinney Ridge Lutheran
9. Graham Hill Kids Company
10. South Park Senior Center
11. North Seattle Youth Programs
12. UIAT Ina Maka Family Program
13. Neighborhood House New Holly
14. Neighborhood House Yesler Terrace
15. Neighborhood House Rainier Vista
16. Neighborhood House Early Head Start
17. Preschool Adventures
18. Andrea McGraw
19. Federal Way Boys & Girls Club - #'s 19 – 25
20. Renton/Skyway Boys & Girls Club
21. Southwest Boys & Girls Club
22. Rotary Boys & Girls Club
23. North Seattle Boys & Girls Club
24. Olympic Hills Boys & Girls Club
25. Northgate Boys & Girls Club
26. Pike Place Market Preschool
27. YMCA Thurgood Marshall

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## Appendix E: Seattle Human Services Department's Funding Process Manual *(please see email attachment)*

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## Appendix F: Seattle-King County Public Health linkage with interests in healthy nutrition guidelines, especially related to sugary drinks.

### **Q: What guidelines are going to be taught?**

Public health nurses, dietitians, and community health workers who provide child care health consultation, rely on several commonly accepted standards and best practice to guide their work. Education and guidance to providers would be focused around one or several of the following guidelines with regards to sugary drinks:

- *Caring for Our Children*<sup>1</sup> (CfOC) is the commonly accepted standards and best practice guidelines created and maintained by the American Academy of Pediatrics and the American Public Health Association. CfOC provides extensive nutrition and food service guidelines to support healthy development, covering such topics as meal and snack patterns, availability of drinking water, infant bottle preparation and feeding practices, and encouraging self-feeding by older infants and toddlers. In regards to sugar beverages specifically, the guidelines note that “Liquids with high sugar content have no place in a healthy diet and should be avoided. Continuous consumption of juice during the day has been associated with a decrease in appetite for other nutritious foods which can result in feeding problems and overweight.” Further, if juice is to be served, it should be 100% juice, limited to 4 oz per day, and only served to children over age 12 months.
  - CfOC also recommends that child care centers and homes should meet the requirements for meals of the child care component of the U.S. Department of Agriculture (USDA) Child and Adult Care Food Program.
- *USDA Child and Adult Care Food Program (CACFP)* is providing guidance, resources, best practices, and training for CACFP centers and day care homes to support them in providing healthy, balanced meals and snacks to the children and adults they serve. The program also provides access to resources and materials for healthy environments for children in care. CACFP standards maintain that pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- *NAP SACC (Nutrition and Physical Activity Self-Assessment for Child Care)* is an evidence-based program for improving the health of young children through better nutrition and physical activity in early care and education programs. The NAP SACC program contains a number of components including a self-assessment instrument, continuing education workshops, collaborative action planning and technical assistance materials, and an extensive resource manual which includes copy ready materials. The NAP SACC intervention was designed for implementation through an existing infrastructure of public health professionals, typically registered nurses and health educators, trained as NAP SACC Consultants. Evidence shows that child care centers participating in the NAP SACC program showed significant changes in nutrition standards and strengthen policies and practice. NAP SACC best practice is to only offer 100% fruit juice 2x per week or less.

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