

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

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

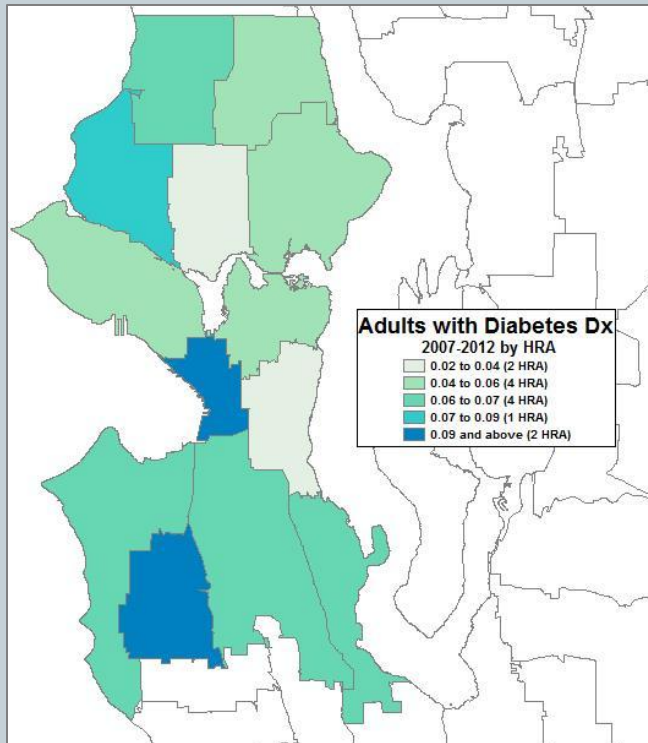
- Impact on Health
 - Obesity, Diabetes, Heart Disease
 - Physical Determinants of Health
- Physical Access
 - Location and Mobility
- Financial Access
 - Cost vs. Quality, Organic, Local
- Education
 - Nutrition and Preparation
- Cultural Access
 - Relevance and Social Norms



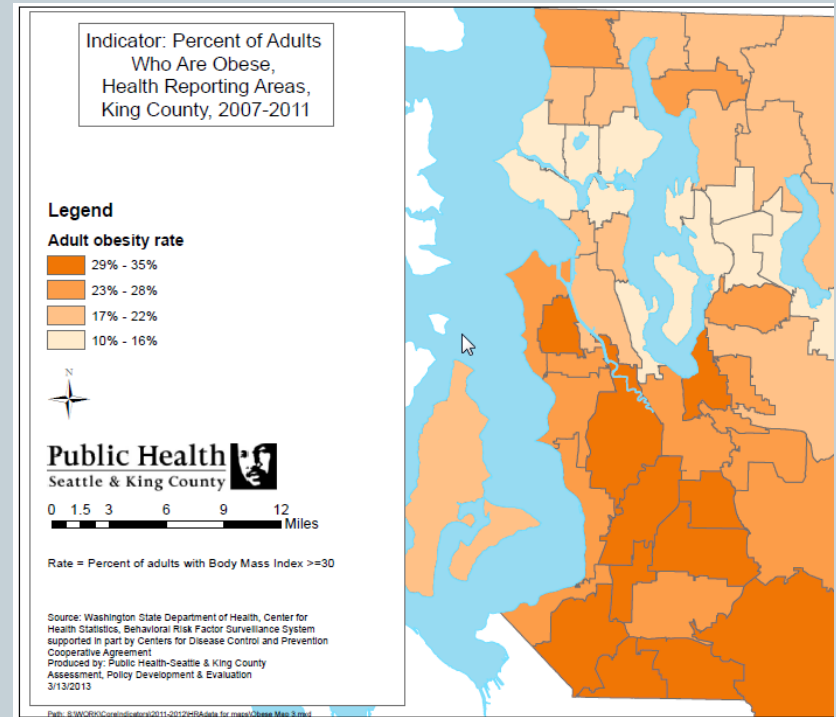
Health Outcomes in Seattle

2

Rates of Adult Diabetes



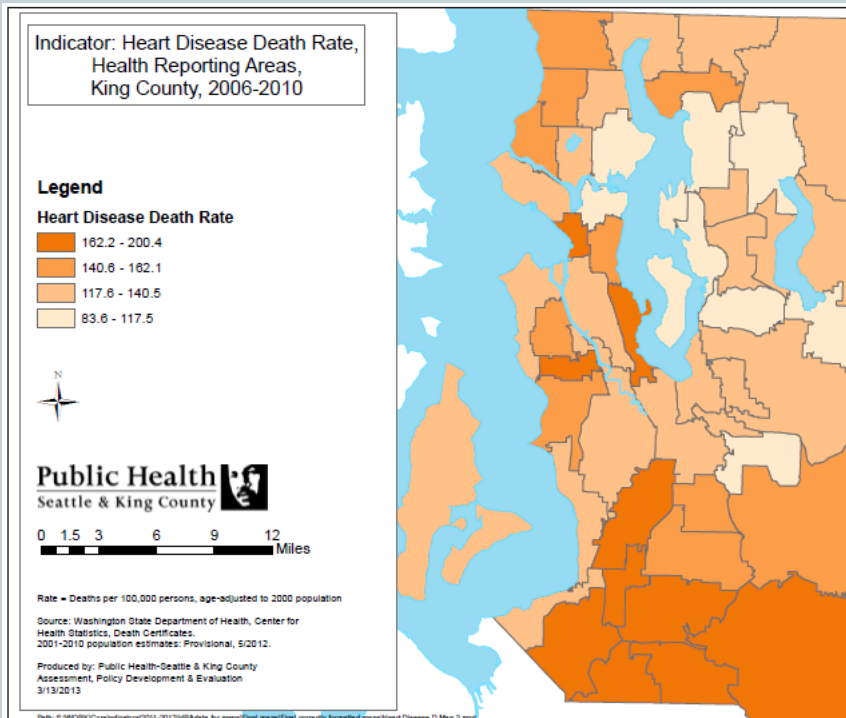
Adult Obesity



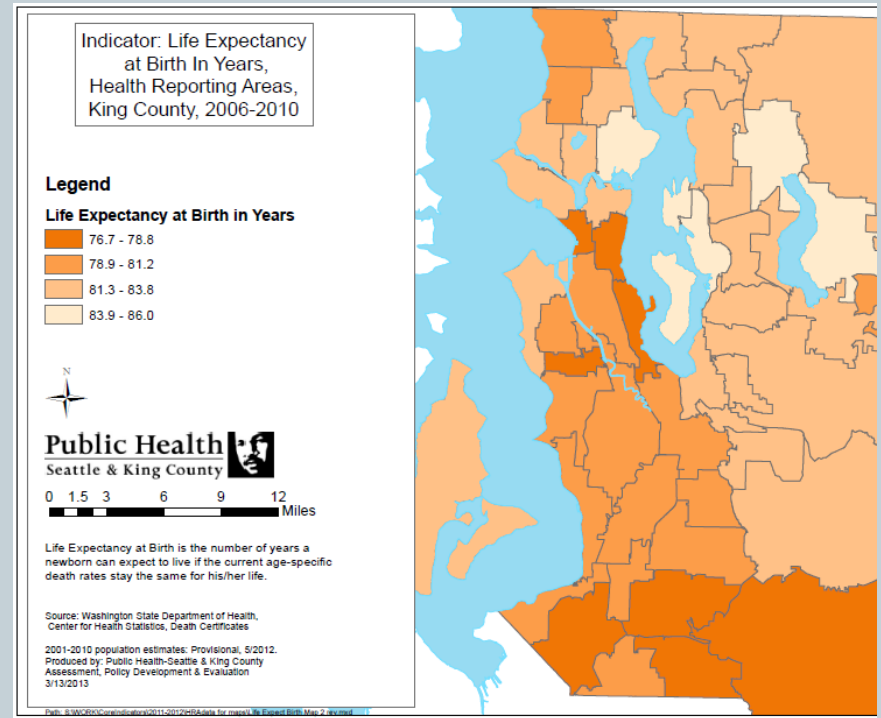
Health Outcomes in Seattle

3

Heart Disease



Life Expectancy

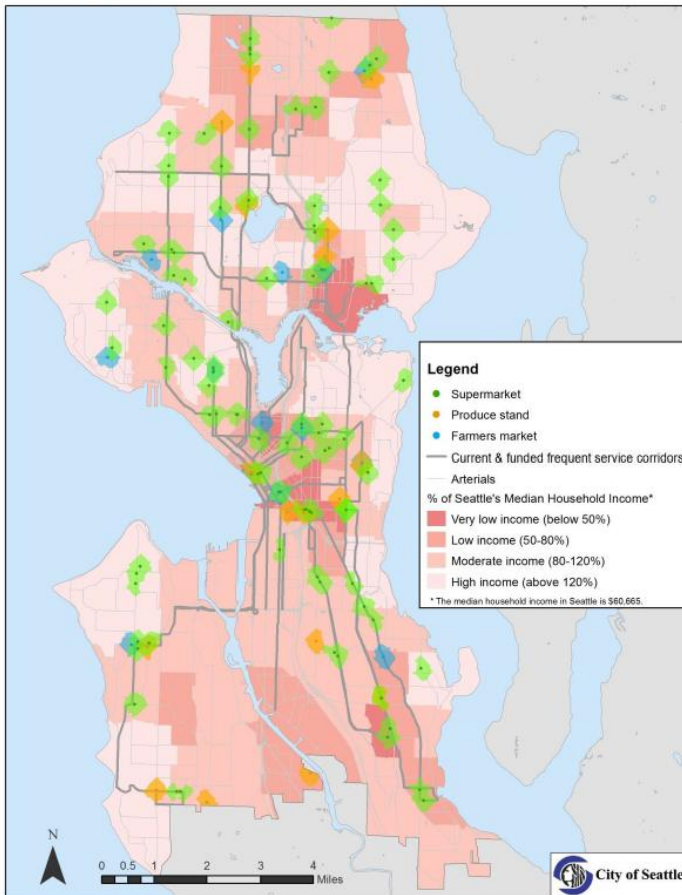


Food Access in Seattle

4

Location of Stores + Income

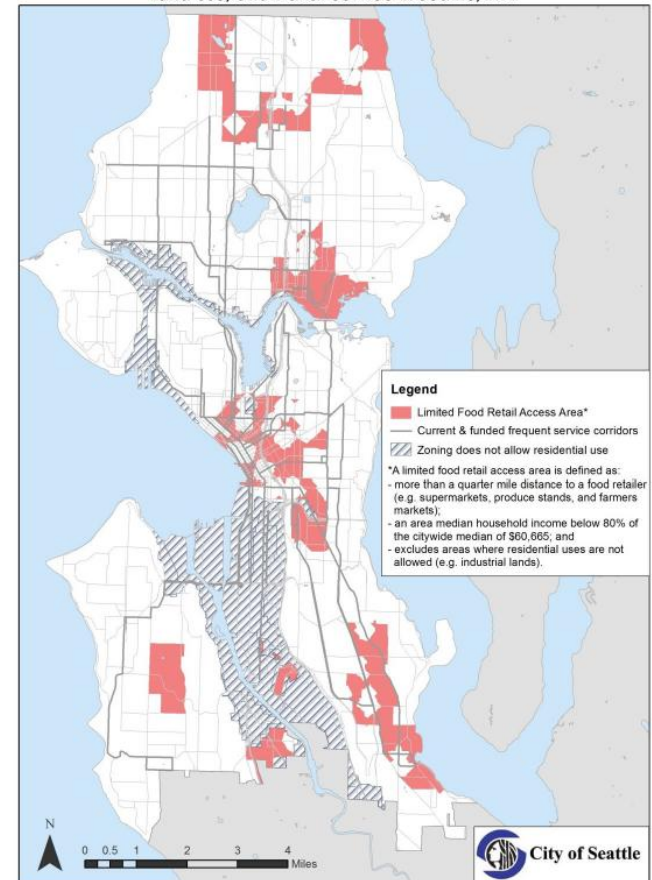
Map 1A: Food Retailers with 1/4 mile Walkshed in Seattle, WA



Sources: 2006-2010 American Community Survey, Washington State Department of Social and Health Services, Public Health- Seattle & King County, King County GIS Center, and City of Seattle. Map created April, 2013.

Limited Food Access Areas

Map 1B: Limited Food Retail Access Areas, Land Use, and Transit Service in Seattle, WA



Sources: 2006-2010 American Community Survey, Washington State Department of Social and Health Services, Public Health- Seattle & King County, King County GIS Center, and City of Seattle. Map created April, 2013.

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

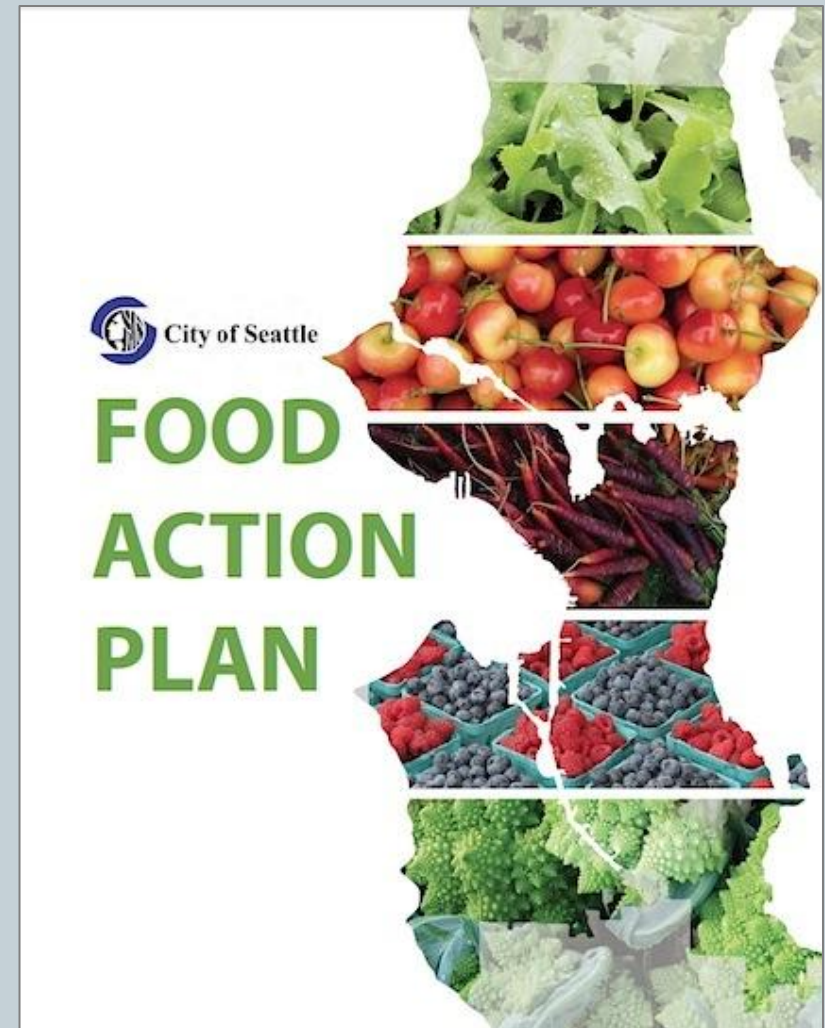


Photo Source: City of Seattle Food Action Plan

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





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:

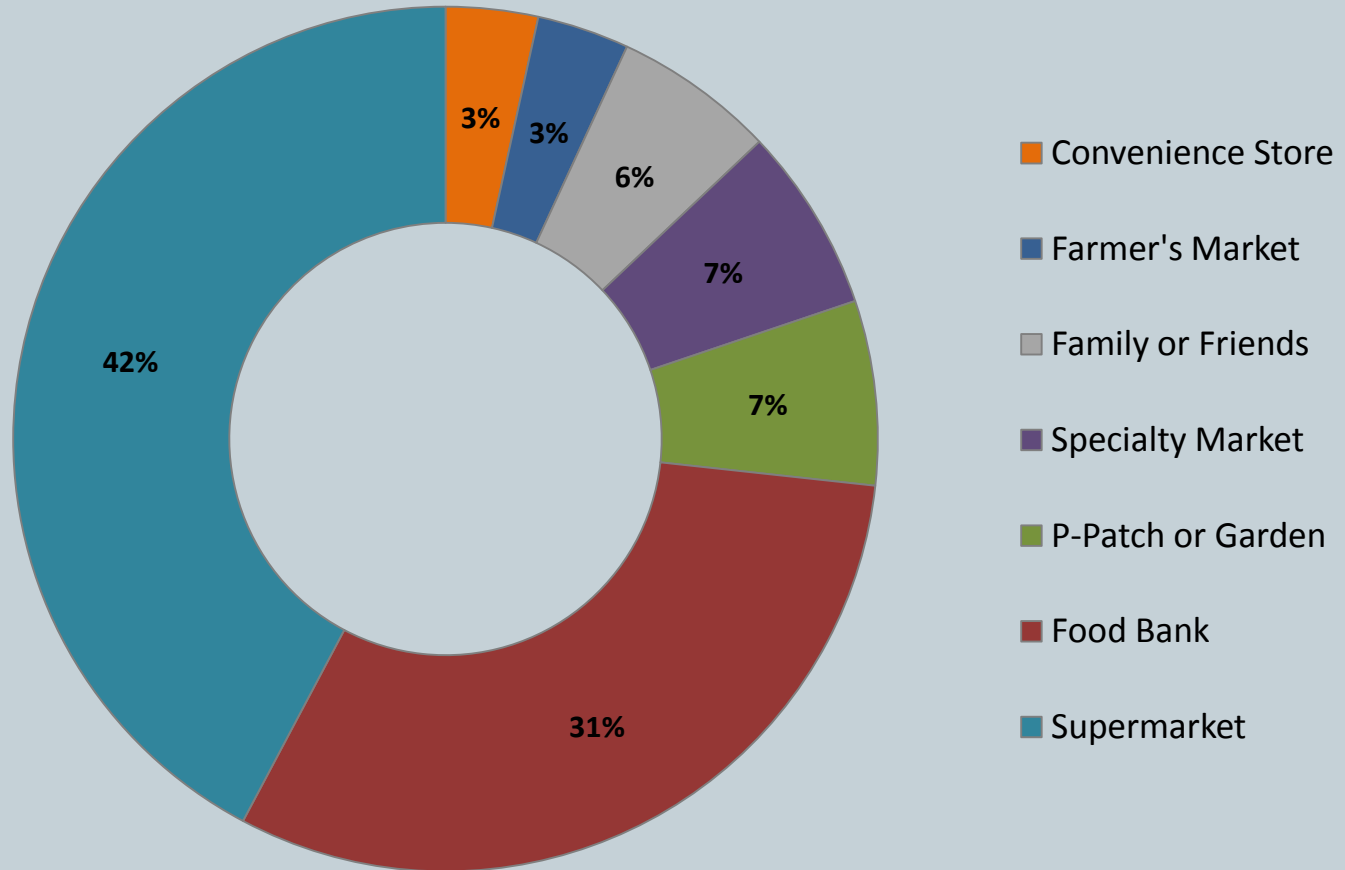
- Talk to key informants: researchers and project leaders
- Survey: information collection and outreach (57 surveys)
- Focus groups with community partners
 - Mapping, discussing barriers, and prioritizing geography specific solutions

Project Partners:

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

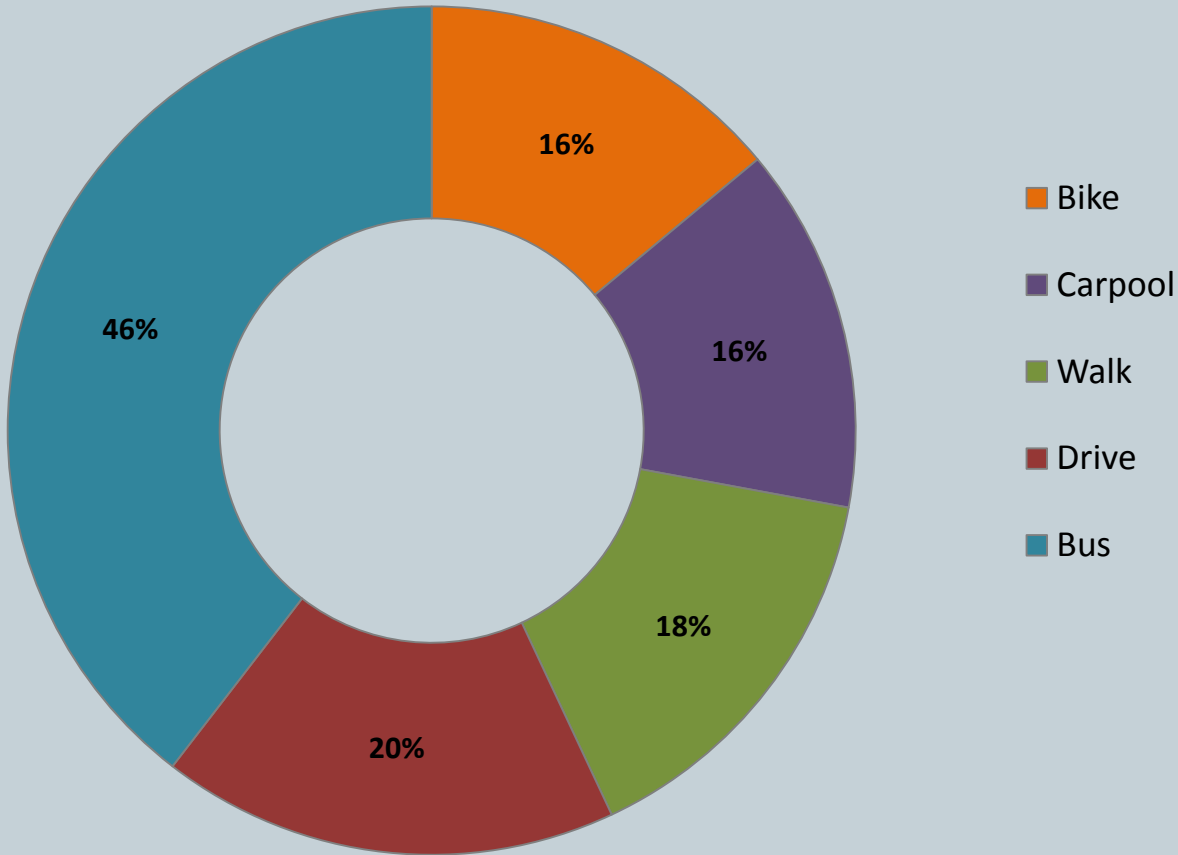
Where Do You Get Healthy Food?

8



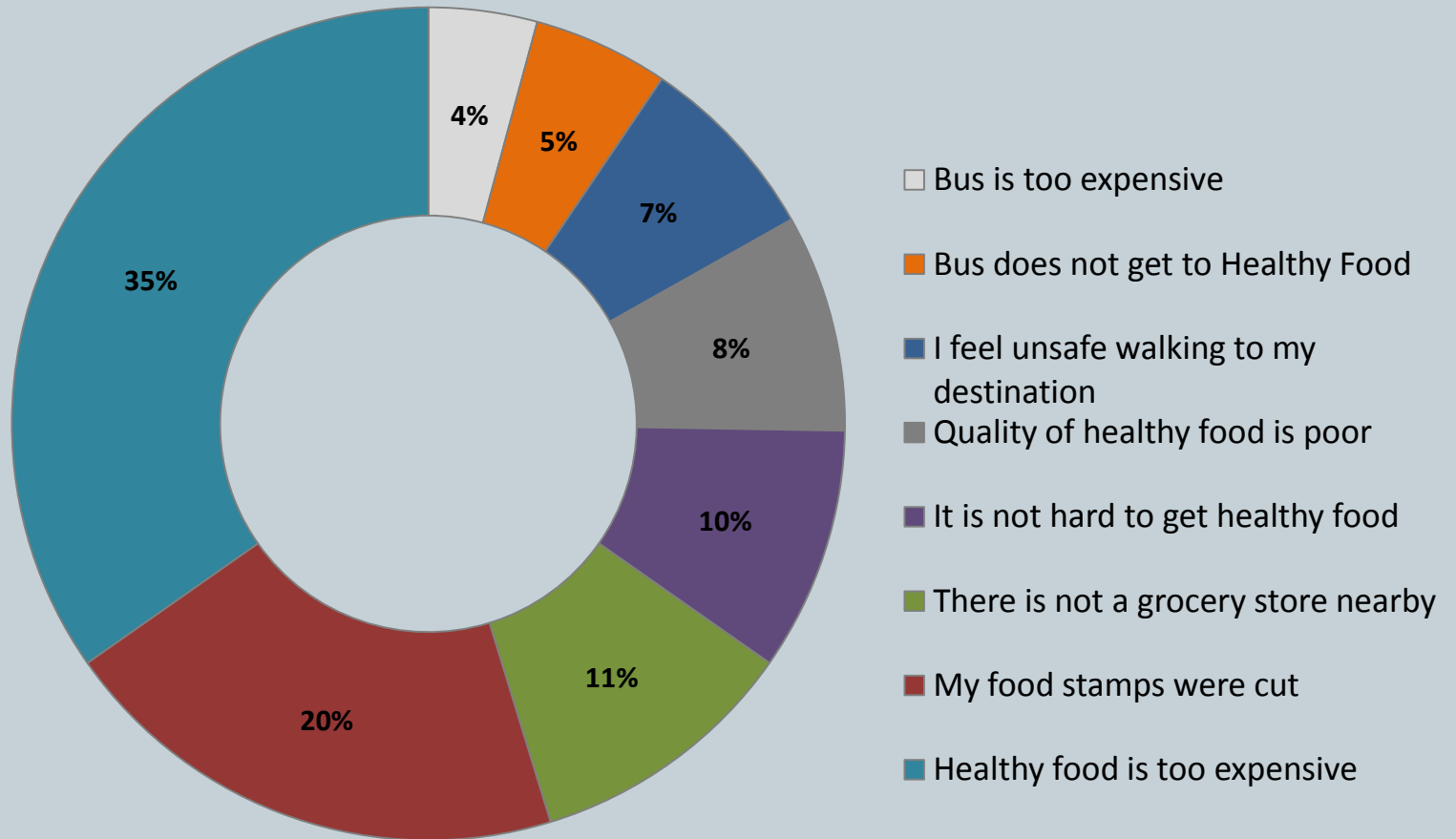
How Do You Get There?

9



Is it Hard to Get Healthy Food?

10







Findings: Top Priorities

13

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

14

Community Planning

- Explore the development of a Food Hub in Delridge
 - Existing growers in Delridge
 - Farmers market with capacity for Fresh Bucks
 - Income generating activities
 - Social capital/ entrepreneurship
 - Neighborhood Matching Funds for food systems work
- Identify opportunities to scale up existing programs
 - Local and citywide 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 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

15

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

Thank You

15

FOR MORE INFORMATION, PLEASE CONTACT:

GIULIA.PASCIUTO@SEATTLE.GOV

(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