LET'S TALK COMMUNITY FOOD SECURITY

A Participatory Research Report on Community Food Security in the Palouse Region

DECEMBER 2018

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[Logos of various partners]
Acknowledgments

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Lastly, along the path of Palouse Tables Project, new partnerships were formed. Our team looks forward to refining strategies and implementing projects together, as we all see what happens next.

Joseph Astorino, Ph.D.
Palouse Tables Project Director
Table of Contents

Cover and Introductory Materials ................................................................. 1
Acknowledgements ....................................................................................... 3
Table of Contents .......................................................................................... 4
Executive Summary ...................................................................................... 6
Introduction to the Palouse Tables Project .................................................... 7
Table 1: Needs Identified Through Focus Groups ........................................ 12

Methodology .................................................................................................. 13
FACT Team .................................................................................................. 13
Approach ...................................................................................................... 13
Table 2: Data Collection Techniques ............................................................ 14
Food Summit Launch Event ......................................................................... 14
Data Collection Techniques ......................................................................... 14

Community Characteristics of the Palouse .................................................. 15
Table 3: Whitman County Incorporated Communities ................................... 16

Age Matters to Community Food Systems ................................................... 18
Table 3: School Age Population and Food Insecurity ................................... 18
Figure 1: Age Distribution in Palouse Region ............................................. 18

Race and Ethnicity in the Palouse ................................................................. 20
Figure 2: Racial Compositions of Whitman and Latah County ................... 20
Table 5: Participation in Nutrition Education .............................................. 19

Economic Background ................................................................................. 19
Table 6: Poverty and ALICE Populations in the Palouse ............................... 19
Income and Poverty Information ................................................................. 20
Figure 3: Poverty Map of the Palouse ......................................................... 20
Figure 4: Housing and Transportation Cost Map ....................................... 20
Table 7: Food Insecurity in the Palouse ...................................................... 20
Figure 5: Food Insecurity in the Palouse ...................................................... 20

Household Food Security ............................................................................. 20
Social Determinants of Health and Food Systems ....................................... 21
Table 8: Palouse Retail Food Environment Index ....................................... 21
Table 9: Adults with Adequate Vegetable Consumption ........................... 21
Table 10: Uninsured Residents in the Palouse ............................................ 22

Community Food System Regenerative Processes ...................................... 23
Heritage Appreciation and Community Identity .......................................... 26
We need stories and skills .......................................................................... 26
In order to live our values and keep our families together ......................... 26
But the Palouse has changed since it was settled as an agricultural region... 26
We need diverse people to train community educators and all residents... 26
Just Imagine: ............................................................................................... 28
Inclusion and Connection ................................................................. 29
   We need to include everyone.......................................................... 30
   In order to feel connected and solve the problems together............ 30
   Just Imagine................................................................................ 30

Food System Education .................................................................... 31
   We need skills............................................................................... 31
   Table 11: Community Food Education Requested .................... 31
   In order to empower our communities............................................ 32
   to grow food............................................................................... 32
   and cook healthy meals............................................................... 32
   Just Imagine................................................................................ 32

Leadership and Community Engagement ....................................... 33
   We need comprehensive regional engagement............................ 33
   From all ages............................................................................... 33
   Becoming involved in current opportunities................................... 33
   While appreciating and listening to the wisdom......................... 33
   of committed leaders.................................................................... 34
   So that we can guarantee community resilience......................... 34
   Just Imagine................................................................................ 34

Communication and Coordination.................................................. 35
   Information and stories are needed to help communicate across the 
   food system............................................................................. 35
   In order to coordinate community food resources 
   with the needs of people............................................................. 36
   Through information designed to pay attention to 
   each community's uniqueness................................................... 36
   Just Imagine................................................................................ 36

Food System Processes Introduction: Food Production............... 38
   An abundant region................................................................. 42
   Table 12: Agriculture By the Numbers in the Palouse .............. 39
   Table 13: Nursery, Greenhouse, Floriculture, and Sod, Market Value 
   of Products Sold 2012 ............................................................. 39
   Table 14: Orchards, Fruit, Nuts, and Berries ................................. 39
   Still has needs........................................................................... 40
   Building upon an appreciation of what is working....................... 41
   Table 15: School Gardens........................................................... 44
   Allows us to set goals, and dream for the future......................... 44
   Table 16: Dream For Gardens...................................................... 44
   Just Imagine................................................................................ 45

Processing and Storage ................................................................... 46
   With so much food produced, we shouldn't have a problem........ 46
   But, we need everyone to work together...................................... 46
   To have local, healthy food processing for everyone.................... 47
   Stored for the future..................................................................... 47
   Table 17: Storage Needs for Food Security................................. 48
   Just Imagine................................................................................ 48

Transportation and Accessiblity ...................................................... 49
   Getting to food resources should be easy..................................... 49
   Figure 6: Households with No Vehicle....................................... 49
   ...within reasonable budgets, and on safe routes........................ 50
   Figure 7: Average Annual Miles Traveled Per Household............ 50
   ...while not losing connection to others...................................... 51
   Rural food deserts create systemic problems for the food system.... 51
   Figure 8: Food Deserts in the Palouse Region.............................. 51
   Causing shopping patterns that have their own high costs............ 52
   Table 18: Focus Group Data on Distance & Shopping Patterns...... 52
   And making emergency food access critical and necessary.......... 52
   Just Imagine................................................................................ 52
   Table 19: Distribution and Accessibility Needs for each Community 53

Selling, Sharing, and Buying Food ................................................. 54
   We can build upon our history of sharing.................................. 54
   And we have many programs working to share food already........ 55
   Table 20: Households Participating in SNAP by County, 2012-2016... 56
   Table 21: SNAP Participation by Community, 2015..................... 56
   But the emergency food system has become a patchwork of relief.... 56
   Where Does the Food Come From at Food Pantries.................... 57
   Table 22: Whitman County TEFAP............................................. 57
   Growing community roots.......................................................... 58
   Table 23: Pounds of Food From Second Harvest 2016,.  
   And spreading to new sites......................................................... 58
   Table 24: School and Youth Food Security Programs................. 59
   Table 25: School Food Needs....................................................... 59
   But not creating full accessibility................................................ 60
   Table 26: Community Food Security Indicators Grid.................. 60
   Table 27: Sample Week, Sample location to Show Gaps; 
   Summer Meal Sites, Pantries, Backpac........................................ 61
   Just Imagine................................................................................ 61

Consumption: Cooking and Eating Healthy Food....................... 62
   The Palouse knows food............................................................. 63
   But why is not everyone eating?................................................... 63
   Are ingredients affordable for everyone?................................... 63
   Figure 9: Map of Community Resources................................. 63
   And are healthy items available?............................................... 64
   Table 28: Meal Sites................................................................. 65
   We cook and serve community meals........................................ 66
   Table 29: Community and Commercial Kitchen Available........ 66
   Table 30: Meal Delivery Resources Available............................ 67
   Table 31: School Meal Program Regionally............................... 67
   While learning to eat healthy....................................................... 67
   Just Imagine................................................................................ 68

Food Recovery and Waster Reduction .......................................... 69
   All the areas of the food systems can reduce............................ 69
   Table 32: Food Waste Reduction Organizations and Programs...... 69
   But we need to work together..................................................... 70
   Figure 10: EPA Food Recovery Hierarchy................................. 70
   In order to address the problem through different ways............. 70
   Just Imagine................................................................................ 71

Regional Findings ....................................................................... 72
   Table 33: Strengths of Communities by Regenerative Categories . 72
   Table 34: Combined Data from Multiple Methods 
   by Regenerative Categories...................................................... 72

Clarity of Vision and Desired Outcomes ...................................... 73

Introduction to Strategies .............................................................. 73

Invitation to Join the Work ............................................................. 74

Social Media/Contact Information ................................................. 74

Endnotes ....................................................................................... 75

Appendices................................................................................... 76
EXECUTIVE SUMMARY

This project set out to comprehensively map the community food system of the Palouse—everything from local farmers to food pantries, from senior meals to school gardens. It was quickly realized that the scope of organizations involved in feeding the Palouse is broad and vast—partnerships are networked and spread over a wide geographical space. There is also a broad range of motivations for committing to transforming food systems towards ending food insecurity, but the project worked to discover the heart of these motivations. Palouse Tables Project brought clarity to the vision of a community that seamlessly connects health and food, in all of their dimensions.

With a shift in perception, it was found that the physical and social landscape of the region is woven into the food insecurity issues of the region. For example, food is not as accessible in the Palouse as it could be: a combination of food deserts, unaffordability, and unavailable items creates a complex problem. A range of household food insecurity was discovered locally, uncovering a lack of nutritious and culturally appropriate foods in some families, all the way to undernourishment in others. These situations lead to health issues and social isolation that seem intractable. Amidst all of these food access issues, a food waste problem has been brought to light locally—with solutions beginning to percolate out of coordinated partnerships.

Strong communities are also being built around learning about the food system—ending stigma simultaneously, through authentic connection. These educational opportunities can develop engaged communities and leaders, ready to take on the many initiatives, dreams, and projects flowing out of the Palouse Tables Project. These dreams, when analyzed regionally, show that food production is a top ranked topic. Another major issue is the food system links between growing food and food distribution. The lack of food processing and storage space demonstrates weakened capacity for community food system development. Lastly, the table is more than a metaphor in the food movement. Energy around community meals, kitchen networks, and healthy food consumption shows that the act of eating together is a coherent force for future community food system development.

Core community partners have committed to taking on two foundational strategies for regenerative community development: a shared staff position 100% focused on community food security coordination, as well as a cooperative mobile farm stand—sharing, selling, and educating across the region. This is big, and this is going to take everyone’s combined talents, new models of cooperation between organizational partners, and the patience to see changes over the long term. Transformation will require a new model of how this work fits together, while discovering how to connect personal actions to social change and vice versa. This has been exciting for everyone involved—and now YOU are invited to discover how you will regenerate!
INTRODUCTION TO THE PALOUSE TABLES PROJECT

Building on Strengths…

Appreciating the assets of the region was the cornerstone of The Palouse Tables Project assessment. Findings include that the heritage of agriculture and farm families, combined with small farmers being directly connected to the community is unique and deeply appreciated. Civic engagement allows for communities to respond and adapt to the specific and changing needs of individuals and communities, developing deeper connections between those in need in the process. Many communities also share the belief that food for youth should be accessible at all times, regardless of whether school is in session. The community also aspires to connect growers to all consumers, including food pantry clients.

The history of the region is built on effective cooperation, while new forms of coalition-building facilitate coordinated efforts in many areas of community development. We find that scale matters within this development: small projects lead to community ownership, self-reliance, and resilience.

People of all ages want to learn about food from growing to eating—and everything in between. This contributes to a local culture of cooking: at home, in school, and at restaurants, which is leading to a culinary regeneration in the Palouse. These changes are also connected to a movement deeply rooted in building a culture of health around food and eating, expanding our understanding of the agricultural context of nutrition, and impacting the hunger-relief system in transformative ways.

Residents of the region believe in resources using being utilized, but used well, with little to no waste. The community will work towards eliminating food waste when opportunities are available. People value self-reliance through growing food as a strategy to deal with inequality: access to a garden is nearly a right. Sharing and donating food are acts happening everywhere and are core to the culture of the Palouse, no matter how the local distribution system changes.

To develop a community…

Community regeneration is a foundational strategy for community food security. Community resiliency was and is only possible when people are at the center of the picture.

Food security systems are especially vulnerable to disintegration when community processes are not at capacity. Assessment research discovered numerous assets and vulnerabilities in community processes throughout individual towns and regions. Several communities have faced challenges that threatened community food security such as a cycle of food pantries shutting down and reopening, as well as lack of capacity to deal with changes in larger distribution systems. Many core community processes need support in some communities, especially those in the rural areas of the region. Despite the formation of numerous coalitions and food related organizations, we see a lack of incorporating community food security fully into policies and planning processes for many of the communities of the Palouse.

Based upon an appreciation of heritage, inclusive and connected communities bring the human element to the food system. This connection builds the capacity for education in all elements of food, a requirement for engagement and leadership in the food system regionally. Lastly, with these new processes in place, a more coordinated community food system approach can develop, with intentional communication as the “glue”.

Food system education is highest on the list of community processes that need to be developed to meet resident’s desires. Next is the dream for more communication and coordination of the food system. Although these are the highest priorities regionally, they are part of a larger system of change being proposed—one that strengthens the entire community food system.

And food system…

The Palouse is working towards connecting emergency food systems with community-based and local food system programs, all working together towards self-sufficiency and community resilience. By cooperating across sector and organizational boundaries, residents can develop food systems, while decreasing food insecurity and improving nutrition. The focus on wellbeing as an outcome directly ties to the need to address, as much as possible, the connections between community food security and the social determinants of health. The Palouse, due to its heritage and growing food movement, is uniquely positioned to address the role of the food system in the health of regional residents. All sectors have areas that are in need of regeneration to really commit to healthy community food systems. Palouse Tables Project created the regenerative model of community food security by integrating a range of strategies that address the holistic nature of the problem and potential solutions.
The highest ranking dream is for food production, or increasing the total amount of food grown locally. The second highest ranking dream is for distribution systems, or opportunities to share and sell food locally. Although these were the most desired for regeneration, we assessed the entire food system to fully understand the systemic nature of the problem.

Farm Security is food security on the Palouse. This project found that support is needed for small and new farmers in the Palouse, especially in Whitman County, despite the current abundance of commercial operators. Many institutions such as schools and food pantries also seek and need more connection to those farmers who are growing fresh produce, but scale and seasonality are difficult to align for many of these possible markets. For many areas, community gardening represents a way to move forward in growing food and bringing people together for systems change.

Lack of local or regional processing creates a weakness for community food security, in that the abundance of crops grown cannot be processed and stored into readily usable food items that can easily be distributed locally. Recent history shows that there is interest in more regional processing, but integration within food security projects may show a way forward. Rooted in inequality of access, the geography of the Palouse also leads to many communities not having affordable and healthy food available. In some cases, the issue is reliable transportation to food, while in others, the location of the food resources is most challenging. These access issues place a greater burden on the emergency food system that is already strained to due to a weakening social safety net.

Opening up new ways and locations for food access also continues the tradition of sharing and selling food locally, between neighbors. People want more intuitive ways of donating and accessing food, as seen in the emergence of little pantries, sharing shelves, and sharing corners throughout the region. This represents a very high need in the Palouse to address the root problem of distribution. There is also resiliency in the distribution sector, despite many vulnerabilities such as changes to the overall system and in some cases, being based on volunteers. An extensive array of programs, both governmental, and community-based, exist throughout the region to meet the needs of people where they are. A limitation of these programs is their emergency-based nature, although in many cases they have grown community roots and spread in new directions.

Residents imagine eating together as a real way to solidify the vision and values highlighted in this assessment. The region is gaining a reputation as a community that knows and likes good food. Despite this, there are residents who are regularly skipping meals, and there is still a lack of meal sites and programs, especially delivered meals for homebound populations in more rural communities. In order to guarantee healthy meals for all, groceries must be affordable and available, a concern of many people in the region. Lastly, many meal programs do exist in the region, but are not always coordinated with and communicated to those in need.

The last sector of the community food system explored here is food recovery and waste reduction. All areas of the food system currently produce waste, and in many ways this food is being redistributed through methods such as gleaning, rescue, and recovery systems. Better coordination, training, and streamlining of processes need to be developed though, in order to “scale-up” these actions. Strategies moving forward should work to address the many types of solutions that can address waste differently depending on where in the system it is being generated.

That meets everyone’s needs...

All existing research points to the fact that food insecurity is a common, yet serious problem on the Palouse—and has been for years. Many generations of people are affected—youth, university students, adults, and seniors. The problem is spread throughout the entire region, and is made worse when access to retail food options are limited. The geography of the region, with vast distances between communities can create issues for distribution, socialization, and coordination, requiring truly regional solutions. This study found a range of levels of food insecurity reported, from very low food security to marginal food security. We also see a range of responses to the situation that are affected by the location and social position of families within the community.

Although we see many people in need and receiving food assistance through all types of services, another troubling finding is the approximately one quarter of the population located in the income constrained category, falling above the federal poverty line, but below the survival budget. Some estimates place nearly 5000 people not qualifying for food assistance, but dealing with food insecurity in the region. Seen within the context of food access issues, and perceptions of unaffordable food, the situation can easily become a household budget and health crisis. Summer time is also identified as a period of intense need in the Palouse, with low food donations and less available food resources through school districts.

The key to moving forward will be to highlight top priority needs based on low service availability—within each area of the region. These “hot zones”, or vulnerability areas can be addressed through
breaking needs down into different geographic areas. Representatives from each of these areas can be empowered to best speak to the unique nature of the situation, while seeking support from regional organizations such as the food coalitions, and other food assistance programs.

Rooted in an appreciation of heritage and focusing on practical solutions, we are building capacity for community resilience and self-reliance. Those providing input for this report shared big dreams, as well as the desire to be active now, with small stepping stones in the right direction. Residents want to use resources well and design coordinated systems, where food is accessible, redistributed evenly, and food waste is minimized in all sectors of the food system. Needs should be met all year, at all times. Self-reliance, without isolation, makes it easier to share, cooperate for economic development, and achieve food security for everyone through inclusion in the community food system. The last missing piece is YOU! Where do you see your skills filling a need, or developing a dream, identified in Palouse Tables Project? Let us know, and let’s get started.

Rooted In Vision and Values

The Whitman County Food Coalition (WCFC) began to develop its vision towards making healthy food accessible to everyone in 2016, and its member organizations including the Council on Aging and Human Services (COAST), Backyard Harvest, Community Action Center, and the Center for Civic Engagement uncovered a foundational need for a food security assessment. The Coalition had the framework of a vision developed, but needed to have a better sense of where we are now—and therefore what must be done to achieve this vision. Palouse Tables Project came out of this need and was funded through the USDA Community Food Project grant, as well as a matching grant from the Innovia Foundation, and matching in-kind donations of our collaborative team’s time.

This project was based on values that include a belief that thriving farms, healthy food access, and empowered citizens can enhance each other, demonstrating the strategy of community food security. Another core value developed as part of this project came from the use of appreciative inquiry as a method used in community meetings to help uncover hidden assets in our region. The value of appreciation was central to how the FACT Team approached and collected information. Learning what people appreciate already about their communities is a generative process that can lead to planning strategies rooted in existing systems which already work.

Palouse Tables Project also included opportunities for citizens who traditionally are treated as beneficiaries of community food projects to participate in the planning process itself, bringing to life the value of empowerment. Low-income input was sought through representation on the collaborative team, participation in focus groups, targeted interviews, and invitations to community meetings. This aspect ensured that decisions and plans were developed with citizens who will benefit from this work, with the goal of moving towards full partnership in future projects.

A community’s values live long beyond individual projects. Therefore, Palouse Tables Project wanted to tap into broader regional values guaranteeing longevity regardless of the type of projects selected for development. At the Regional Food Summit event in 2018, community input was gathered, asking over 110 participants to share what values they bring to the food community. Scanning them over, values regarding equity can be seen through dimensions such as inclusion, advocacy, empowerment, and compassion. Community resiliency can be seen through various dimensions such as environmental, social and economic development. Self Reliance also comes through as a major cluster of values, as well as the expression of enjoyment, or fun in all this work.

Lastly, a core value was identified through the course of the data collection phase: pragmatism. Community members often solve problems in sensible, practical ways that are reality and present-based. This aspect needs to be incorporated into any project if it will be implemented regionally. The Palouse, as a region, values responding to specific needs, self-reliance, and community resilience. All of these are tied to the theory of change coming through with this project: regeneration.

First Whitman County Food Coalition Meeting, August 2016
Emergent Values From Data Collection

Regeneration
Pragmatism
Self Reliance
Community Resilience
Responsiveness

Core Values Emergent at Regional Food Summit 2018

Inclusiveness
Advocacy
Empowerment
Compassion
Environment
Education
Health
Social Connection
Agrarian & Economic Development
Self Reliance
Fun and Inspiration

Core Values of Palouse Tables Project FACT Team

- Healthy Food For All—**Fairness**
- Thriving Farms—**Go Local**
- Clients Inform Planning—**Empowerment**
- Positive Questions to Develop Accurate Picture of the Food System: **Focus on Strengths**

**You Belong!**

**Dignity**

**Sustainable Funding**

**Creating Job Opportunities**

**Networking to Keep Momentum**

**Changing Attitudes toward Food**

**Everyone has a full pantry**

**Synergy**

**Need more food at food banks in summer**

**Fun and Inspiration**
“I value a community being able to feed itself on a sustainable basis…and interpersonal connection based on relationships between individuals.”
—2018 Food Summit Participant

Participants have described a future when everyone’s pantry is full, gardens are thriving, farmer’s markets are developed, and people are celebrating their heritage through food preservation skills, cooking, and eating together. The FACT team used these descriptions, the specific dreams and adjectives used to describe them, as well as the rich assets already existing in the region to sculpt a vision of the future of food. This vision began to take shape within the analysis phase of the assessment, centering around the concept of “regeneration”, which describes a theory of change moving towards community wellbeing, but rooted in an appreciation of heritage. We believe the “table” has been set for regeneration in our region, working to improve community and household food security.

“Nourishing community nourishes our spirits. We need to take care of one another.”
—2018 Food Summit Participant

Communities and individuals can heal through connection between people and connection to the food system through lost and disappearing skills. Connecting to, and appreciating cultural heritage allows the wisdom of a region to become the foundation of its future food system. A regenerative community food system also looks systematically at what is working well, and what is healthy, and works to expand these aspects. New growth in these directions can help replace unhealthy systems and processes from the past. For example, historically, stigma systemically kept people from becoming involved and sharing their needs and assets, while in some cases it kept entire communities isolated. Every community and town in the Palouse is unique and can select activities that they want to include in this process, while also becoming more rooted in their own actual historical record as they move beyond food insecurity. Through this assessment, we found volunteers that are committed, but aging, and desire connection to younger generations. Multiple generations can connect through new and old versions of the same food activity such as gardening or cooking. Community identity can be regenerated through food systems recognizing the new cultural makeup of population who lives here, without forgetting this land and its history. Through regenerating leadership skills, a new era of community food security can be secured far into the future. The model demonstrates this comprehensive vision of regeneration.

Table 1: Needs Identified Through Focus Groups With Food Assistance Program Clients

<table>
<thead>
<tr>
<th>Regenerative Model Sections</th>
<th>Heritage and Identity</th>
<th>Inclusion and Connection</th>
<th>Food System Education</th>
<th>Community Engagement and Leadership</th>
<th>Coordination</th>
<th>Communication</th>
<th>Growing Food</th>
<th>Moving and Storing Food</th>
<th>Sharing and Selling Food</th>
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Focus Groups revealed areas of the regenerative model that clients of food programs describe are the most needed. These include coordination/communication and sharing/selling food. Also noted was food system education, growing food, and moving/storing food. Regionally, clients are seeking an integrated system.
METHODOLOGY

FACT Team

Our project was guided by the Food Assessment Coordination Team (FACT Team). This team was formed through early work at the Whitman County Food Coalition, seeking representation from sectors such as: emergency food assistance, congregate meals, extension, transportation, universities, AmeriCorps, private industry, concerned citizens, international community members, and low-income representatives. The FACT Team steered the launching of the assessment, assignment of roles, development of subcommittees, evaluation, communication, and partnership forming. Training opportunities included: leading focus groups, risk assessment, project management, logic models, community meeting design, and strategic planning. The team met once a month throughout the course of the assessment process. Members were also included in the Regional Food Summit opportunity, the community meeting design process, participatory analysis workshops, and the confirmation and distribution of results. Many of the FACT team previously were active in the Whitman County Food Coalition and/or the Palouse Clearwater Food Coalition, although several members became active as a result of this food assessment.

Approach

This assessment used the USDA’s “Community Food Security Assessment” Toolkit, written by Barbara Cohen. Research suggested needs vary between locations and between individuals within a location, therefore the FACT Team used Appreciative Inquiry methods to discover these unique features of each community as a basis for assessment and strategic planning.

Over the course of a year, a collaborative team initiated a community-based assessment and planning project in both Whitman and Latah Counties. FACT Team members developed a timeline based on all the tasks listed in the original planning grant, as well as brainstorming missing tasks, and breaking down complex tasks into manageable pieces and four natural phases: Planning and Background Work, Data Collection, Data Analysis, and Confirmation and Dissemination. First, the project was organized
and the logistics of the project were planned. Second, data were collected through interviews, focus groups, community meetings, and a retail store survey. Lastly, participatory analysis techniques were used to develop condensed results, which were shared with community stakeholders, and lastly disseminated widely. Each of these phases was marked with a milestone and mini-celebration pulling the entire team and community through the process smoothly.

**Palouse Tables Project Timeline**

Phase One: November 2017-January 2018, Project Initiation and Planning, FACT Team Organized

Milestone: Food Summit 2018 Launch

Phase Two: February 2018-July 2018, Data Collection: Interviews, Windshield Analysis, Focus Groups, Community Meetings

Milestone: Participatory Data Analysis Workshop

Phase Three: July 2018-September 2018, Analysis and Confirming of Results: Transcribing, Qualitative Coding, Dot Surveys, Drafting

Milestone: Tabling and Surveys at Community Fairs

Phase Four: October 2018-December 2018, Dissemination and Completion, Project Evaluation

Milestone: Community Celebration

**Table 2: Data Collection Techniques**

<table>
<thead>
<tr>
<th>Technique</th>
<th>Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Summit Launch</td>
<td>111</td>
</tr>
<tr>
<td>Interviews with Key Informants</td>
<td>20</td>
</tr>
<tr>
<td>and Windshield Observation</td>
<td></td>
</tr>
<tr>
<td>Focus Groups</td>
<td>5 individual events with 36 total people</td>
</tr>
<tr>
<td>Community Meetings</td>
<td>9 individual events with 107 total people</td>
</tr>
<tr>
<td>Retail Stores Survey</td>
<td>15 Retail Establishments</td>
</tr>
<tr>
<td>Community Partnerships Generated</td>
<td>10</td>
</tr>
</tbody>
</table>

**Food Summit Launch Event**

The project was invited to be launched at the regional Food Summit, with over 120 participants from 29 different communities attending this event. This involved fusing the goals of Palouse Tables Project with elements of the event including inviting regional champions for food access to give presentations during the event. The project also presented extensively on its goals, while inviting regional stakeholders to participate and spread the word about the project. Lastly, a series of roundtables was held at the end of the event to launch data collection using both appreciative inquiry to document what is working well in the region already, and focus groups on community food security to document key regional gaps and barriers.

**Data Collection Techniques**

The FACT Team held interviews with key informants during the early phase of the project, as well as hosting several windshield surveys of the region in order to meet stakeholders and document existing infrastructure. Focus groups were held in four locations throughout the region (both counties and urban/rural were represented). The topics discussed in these were: household food security, food accessibility, food availability, community food resources, and food affordability. The FACT Team then selected towns to host community meetings. We sampled from communities based around criteria such as distance, food desert status, current programs and projects, and personal networks. These meetings were set up in public venues, and included invitations to all sectors of the food system and beyond. We worked to gather key informants, existing and possible beneficiaries of food programs, and the widest possible group of community members into one space for a meal. This group was then led to reflect on what is working in their community in general, and then uncover what are the underlying factors that make these systems work well. Then, the group was led through a visioning process for the future of food in their community. They were encouraged to describe what this future could look, taste, smell, feel, and sound like. These questions elicited dreams for the future of community food that could be described and written down. Lastly, the group was led through the process of designing this future, through connecting to existing assets, brainstorming new partners, and arranging a sequence or cluster that makes the most sense for that unique community. To assess food availability and affordability, the FACT Team carried out a retail survey of communities in the region. This included travelling to grocery stores in both counties and documenting from the “Thrifty Food Plan” list of the USDA, the availability and price of key food items. These data were then compared and analyzed. Throughout this entire process, from Food Summit to data analysis, interested individuals and partners were engaged and documented. This mutual learning process let the FACT Team determine the roles these partners could play in both the assessment process and the projects being planned.
COMMUNITY CHARACTERISTICS OF THE PALOUSE

The Palouse is a cultural and geographic bioregion comprising Whitman County in Eastern Washington and Latah County in North Idaho, an area of 3,255 square miles with a population of 87,000. It is now characterized by rolling hills covered with wheat, peas, lentils, and other dryland crops, with wheat being the most iconic crop, dubbing the region the “wheat-belt” of the Inland Northwest. The cultural and economic hubs of the Palouse are the twin cities of Pullman, Washington (home of Washington State University), and Moscow, Idaho (home to the University of Idaho), which are separated by six miles of highway. Data from the 2015 American Community Survey places the populations of Pullman and Moscow at 32,816 and 25,060, respectively.

Outside of these cities and the Whitman County seat, Colfax (population 2,800), the towns on the Palouse are tiny, rural, and isolated. All have fewer than 1000 residents with an average population of about 400. Population density in Whitman County outside of Pullman is seven people per square mile and population density for all of Latah County is 35 people per square mile, according to 2015 CDC Community Health Status Indicators data. The issue of disconnection and isolation, both socially, culturally, historically, and geographically is tied to many of these communities. Currently, there are also 17 unincorporated areas within Whitman County, and 13 in Latah County, which face even greater disconnection from core social services and food accessibility.

Some rural counties, including Whitman and Latah, are gaining population. According to the United States Census Bureau Decennial Census, between 2000 and 2010 the population in the report area grew by 4,036 persons, a change of 9.91% for Whitman County. A significant positive or negative shift in total population over time impacts the utilization of community resources such as food assistance and healthcare providers. For Latah County, we saw a growth rate of 6.61%. While newer data is not available, studies are determining that rural areas in general are seeing a population growth trend after falling off between 2010 and 2016. Specifically agricultural areas are seeing similar growth rates, but are not generating new jobs that would coincide with these higher numbers of people. Rather, the growth is coming from those looking to retire or live lower budget lives. Looking at economic development as a result of this growth is central to food security and poverty, as it can help forecast potential changes in these issues. Research is mixed on the effect of population growth in rural areas; major findings include that incomes can raise, but mainly for lower prestige jobs.
<table>
<thead>
<tr>
<th>Community Name</th>
<th>Population (2010 Census)</th>
<th>Food Pantry</th>
<th>People in Households</th>
<th>Food Pantry Serves Average/Month</th>
<th>Grocery Store</th>
<th>Free and Reduced Lunch %</th>
<th>Poverty Rate/ Median Income* 2012-2-16 ACS</th>
<th>Food Desert Tract</th>
<th>Data Collection Tool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullman</td>
<td>29799</td>
<td>+</td>
<td>484</td>
<td>3</td>
<td></td>
<td>31%</td>
<td>40.8%/$27,831</td>
<td>Yes</td>
<td>Focus Group, Community Meeting</td>
</tr>
<tr>
<td>Colfax</td>
<td>2805</td>
<td>+</td>
<td>499 People</td>
<td>1</td>
<td>189</td>
<td>31.1%</td>
<td>17.8%/$45,769</td>
<td>No</td>
<td>Focus Group, Community Meeting</td>
</tr>
<tr>
<td>Palouse</td>
<td>998</td>
<td>+</td>
<td>51 People</td>
<td>1</td>
<td>52</td>
<td>31.3%</td>
<td>17.3%/$54,583</td>
<td>No</td>
<td>Community Meeting, Windshield</td>
</tr>
<tr>
<td>Garfield</td>
<td>828</td>
<td>+</td>
<td>115 People</td>
<td>0</td>
<td>60</td>
<td>54.5%</td>
<td>14.0%/$43,125</td>
<td>No</td>
<td>Windshield</td>
</tr>
<tr>
<td>Tekoa</td>
<td>778</td>
<td>Commodities</td>
<td>132 People</td>
<td>1</td>
<td>101</td>
<td>50.2%</td>
<td>7.9%/$47,708</td>
<td>Yes</td>
<td>Community Meeting, Windshield</td>
</tr>
<tr>
<td>Albion</td>
<td>579</td>
<td>+</td>
<td>90 People</td>
<td>0</td>
<td></td>
<td>65.8%</td>
<td>13.9%/$45,000</td>
<td>Yes</td>
<td>Windshield</td>
</tr>
<tr>
<td>Rosalia</td>
<td>550</td>
<td>+ and Commodities</td>
<td>84 People</td>
<td>1</td>
<td>127</td>
<td>33.5%</td>
<td>19.2%/$40,625</td>
<td>Yes</td>
<td>Focus Groups, Windshield</td>
</tr>
<tr>
<td>St. John</td>
<td>537</td>
<td>Commodities</td>
<td>42 People</td>
<td>1</td>
<td>52</td>
<td>10.2%</td>
<td>37.6%/$37,614</td>
<td>Yes</td>
<td>Windshield</td>
</tr>
<tr>
<td>Oakesdale</td>
<td>435</td>
<td>+</td>
<td>47 People</td>
<td>1</td>
<td></td>
<td>37.8%</td>
<td>11.3%/$50,781</td>
<td>No</td>
<td>Community Meeting, Windshield</td>
</tr>
<tr>
<td>Uniontown</td>
<td>333</td>
<td>Commodities</td>
<td>183 People</td>
<td>0</td>
<td></td>
<td>22.6%</td>
<td>8.0%/$64,375</td>
<td>No</td>
<td>Windshield</td>
</tr>
<tr>
<td>Colton</td>
<td>418</td>
<td>With Uniontown</td>
<td>With Uniontown</td>
<td>0</td>
<td>40</td>
<td>30.6%</td>
<td>1.9%/$58,750</td>
<td>No</td>
<td>Windshield</td>
</tr>
<tr>
<td>LaCrosse</td>
<td>313</td>
<td>+</td>
<td>310 People</td>
<td>0</td>
<td></td>
<td>58.1%</td>
<td>15.0%/$41,250</td>
<td>No</td>
<td>Windshield</td>
</tr>
<tr>
<td>Endicott</td>
<td>289</td>
<td>+</td>
<td>145 People</td>
<td>1</td>
<td>61</td>
<td>22.6%</td>
<td>20.0%/$31,250</td>
<td>Yes</td>
<td>Windshield</td>
</tr>
<tr>
<td>Malden</td>
<td>203</td>
<td>Commodities</td>
<td>215 People</td>
<td>0</td>
<td></td>
<td>22.2%</td>
<td>22.2%/$31,250</td>
<td>Yes</td>
<td>Windshield</td>
</tr>
<tr>
<td>Steptoe</td>
<td>180</td>
<td>No</td>
<td>X</td>
<td>0</td>
<td></td>
<td>19.2%</td>
<td>21.3%/$37,917</td>
<td>No</td>
<td>None</td>
</tr>
<tr>
<td>Farmington</td>
<td>146</td>
<td>No</td>
<td>X</td>
<td>0</td>
<td></td>
<td>2.9%</td>
<td>2.9%/$51,250</td>
<td>No</td>
<td>None</td>
</tr>
<tr>
<td>Lamont</td>
<td>70</td>
<td>No</td>
<td>X</td>
<td>0</td>
<td>16</td>
<td>48.5%</td>
<td>16.1%/$39,107</td>
<td>Yes</td>
<td>None</td>
</tr>
<tr>
<td>Moscow</td>
<td>23800</td>
<td>+</td>
<td>866-956 people</td>
<td>4</td>
<td>34.3%</td>
<td>29.9%</td>
<td>29.9%/$34,784</td>
<td>Yes</td>
<td>Focus Group, Community Meeting</td>
</tr>
<tr>
<td>Genesee</td>
<td>955</td>
<td>+</td>
<td>10-20 Families</td>
<td>1</td>
<td></td>
<td>22.6%</td>
<td>11.5%/$53,250</td>
<td>No</td>
<td>Community Meeting, Windshield</td>
</tr>
<tr>
<td>Troy</td>
<td>862</td>
<td>+</td>
<td>60 people, 30 households</td>
<td>1</td>
<td></td>
<td>35%</td>
<td>2.6%/$54,728</td>
<td>No</td>
<td>Windshield</td>
</tr>
<tr>
<td>Pottlatch</td>
<td>804</td>
<td>+</td>
<td>180-210 people</td>
<td>1</td>
<td></td>
<td>45%</td>
<td>21.3%/$37,788</td>
<td>No</td>
<td>Windshield</td>
</tr>
<tr>
<td>Juliaetta</td>
<td>579</td>
<td>+</td>
<td>N/A</td>
<td>0</td>
<td></td>
<td>37.8%</td>
<td>16.9%/$35,313</td>
<td>No</td>
<td>Community Meeting, windshelf</td>
</tr>
<tr>
<td>Deary</td>
<td>506</td>
<td>+</td>
<td>81 People</td>
<td>1</td>
<td></td>
<td>41.6%</td>
<td>1%/$46,736</td>
<td>No</td>
<td>Windshield</td>
</tr>
<tr>
<td>Kendrick</td>
<td>303</td>
<td>No</td>
<td>N/A</td>
<td>1</td>
<td></td>
<td>37.8%</td>
<td>17.3%/$46,964</td>
<td>No</td>
<td>Community Meeting, windshelf</td>
</tr>
<tr>
<td>Bovill</td>
<td>260</td>
<td>Mobile</td>
<td>72</td>
<td>0</td>
<td></td>
<td>41.6%</td>
<td>28.2%/$39,375</td>
<td>No</td>
<td>None</td>
</tr>
<tr>
<td>Onaway</td>
<td>187</td>
<td>No</td>
<td>N/A</td>
<td>0</td>
<td></td>
<td>23.8%</td>
<td>23.8%/$29,211</td>
<td>No</td>
<td>None</td>
</tr>
</tbody>
</table>
The bioregional boundary of the Palouse is a flexible boundary with many definitions. The FACT Team defined the scope of the study area as the both counties for general community information as well as focus group and community meeting sampling. For interviews with growers and other food production informants, we used the boundaries set by both farmer’s markets. We were also more liberal with our partner outreach boundaries, allowing a buffer around the county lines, but targeting potential partners as ones that are based in Whitman and Latah counties. For the Food Summit, we respected the regional scope of the Palouse Clearwater Food Coalition that sponsored the event. We also set a general policy that if people contacted us from outside of these boundaries for participation, we would include them. Political boundaries have been crossed before to develop collaborative work on airports and public hospitals, demonstrating the political will for regional planning. Projects that benefit both stakes such as economic development, tourism, and shared food security work can keep the traditions alive around agriculture and food in the region.
Age Matters to Community Food Systems

The age structure of a community matters to food security because everyone eats, yet people have different roles in the food system, as well as food needs throughout their lifetime. The ages of those in a community can also tell us much about the dynamics occurring that affect other aspects of community planning.

First, we see the average age of the farmers in this country rising, showing that age matters to food production. Age also matters to food choices and behavior, as well as the nutrition education that helps individuals make healthier choices. We also see a great deal of emphasis in this assessment placed on seniors and heritage skills: younger people want to better appreciate the skills of the elders that kept the food system of the past sustained.

Average Age of Farmer:
Whitman County 58.7 Latah County 59.9

Many of the programs for food assistance in our region are designed for specific age sectors of the community: from youth, to adults and families, to seniors. For example, in both counties, there are food programs for youth based out of the food services units meeting a need of 3408 total students eligible for these options.

Youth Receiving Food From Food Bank: 2971 in 2017, Community Action Center

“We have a beautiful farming community which we all adore. We want to honor that community while also protecting the natural spaces, rivers, forest that are left on the Palouse. Striking balance can be difficult. We are not Seattle and don’t intend to be. We should be proud of our natural heritage and environment and promote what is unique about our area!”
–2018 Food Summit Participant

Table 4: School age population and food insecurity

<table>
<thead>
<tr>
<th>County</th>
<th>Total Students</th>
<th>Number Eligible For Free and Reduced Meals</th>
<th>Percent Eligible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latah County</td>
<td>4,760</td>
<td>1,681</td>
<td>35.32%</td>
</tr>
<tr>
<td>Whitman County</td>
<td>4,809</td>
<td>1,727</td>
<td>35.91%</td>
</tr>
<tr>
<td>Total Region</td>
<td>9,569</td>
<td>3,408</td>
<td>Average: 35.62%</td>
</tr>
</tbody>
</table>

Nationally, rates of food insecurity for enrolled undergraduate and graduate students average from 14.1 to 58.8 percent, averaging at around 32.9%. Locally, studies at the University of Idaho placed food insecurity at around 31.8%, comparable to the national average.

Population Pyramid of Both Latah and Whitman County Available in Appendix

Figure 1: Age Distribution in Palouse Region
Economic Background

Growth in Whitman County7 industries centers around education and hospitals (both state and local government) and electrical equipment manufacturing. There is also a marked growth in restaurants and other eating places as an Industrial Cluster of 8%, but average earning per worker in 2017 dollars is only $16,714.8 The largest growing occupations include postsecondary teachers and office clerks. Also noted is the fifth largest growing occupation, that of combined food preparation and serving workers, including fast food, growing at 11%, and earning $10.86 per hour. Latah County centers around educational services, retail trade, and healthcare and social assistance.9 The quickest growing industries are educational services, Professional, Scientific and Technical Services, Accommodation and Food Services (13%), and government.10

Income and Poverty Information

The Palouse has a significant proportion of its population above the federal poverty line, but not making enough to meet the household survival budget. These households are in need of assistance but may not qualify for programs or feel that they should access them due to the high stigma. The programs themselves may not be accessible to the schedules of working families.

<table>
<thead>
<tr>
<th>Median Household Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whitman County:</td>
</tr>
<tr>
<td>Latah County:</td>
</tr>
</tbody>
</table>

The ALICE threshold was created as a more realistic alternative to the federal poverty line due to a need for a more realistic measure of household survival based on geographic distinctions and the need for easier adjustments based on inflation. The eligibility for programs using the federal poverty line also uses increased thresholds such as 180% or 200% of the income amount at the line anyway.

Table 6: Poverty and ALICE Populations in the Palouse

| ALICE Annual Household Survival Budget Whitman County, Single Adult: | $20,184 |
| ALICE Annual Household Survival Budget Latah County, Single Adult: | $17,352 |
| ALICE Population, Whitman County: | 24% 11 |
| ALICE Population, Latah County: | 25% 12 |

Poverty in Whitman County People: 12,246 Rate: 30.02%13

Poverty in Latah County People: 7,929 Rate: 22.44%14

Population Age 0-17 Below 200% of the Poverty Level

Latah County: 3231 Youth
Whitman County: 2818 Youth

Population Below 200% Poverty Level, Adult (Age 65+), ACS 2012-16

Latah County: 925 Seniors
Whitman County: 1089 Seniors
“I have to request time off from work to make it to a food pantry, and that cuts into my paycheck as well.”

Figure 3: Poverty Map of the Palouse

Figure 4: Housing and Transportation Cost Map

Household Food Security

Percent of Whitman County Households Feeling Concerned about having enough food at least one time in the last year in the household, 2015: 17.4% Community Needs Assessment, 2015

Table 7: Food Insecurity in the Palouse

<table>
<thead>
<tr>
<th></th>
<th>Whitman County</th>
<th>Latah County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Insecurity Rate</td>
<td>19.7%</td>
<td>17.5%</td>
</tr>
<tr>
<td>Individuals Food Insecure</td>
<td>9,370</td>
<td>6,750</td>
</tr>
<tr>
<td>above SNAP and other program eligibility;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>within eligibility</td>
<td>27%</td>
<td>36%</td>
</tr>
<tr>
<td>Food Insecure Children</td>
<td>22.9%</td>
<td>18.6%</td>
</tr>
<tr>
<td>Food Insecure Children not Eligible for Food Assistance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>for Whitman</td>
<td>22.9%</td>
<td></td>
</tr>
<tr>
<td>for Latah County</td>
<td></td>
<td>34%</td>
</tr>
</tbody>
</table>

Figure 5: Food Insecurity in the Palouse

The following quotes are examples of the range of food insecurity we see on the Palouse.

Very Low Food Security

I make sure she eats every meal every day but I might only have one meal to make sure there’s enough to get through the week or through the month because the hundred dollars we get in food stamps is gone in one grocery trip by the time I buy some ground beef and some chicken and some pork and maybe some vegetables. —Pullman Focus Group Participant

Pretty much I count everything I eat and I know exactly how many days until the….normally I just eat once a day and I count it out and that’s the only strategy I have and if I get extra extra hungry I’ll have like a can of vegetables or something. But I just, I count everything. —Pullman Focus Group Participant
Low Food Security

I didn't run out, but I didn't get the meals I wanted.
—Colfax Focus Group Participant

I use the food bank a lot, like I said I get $15 in food stamps. I am a single mother that lives on social security, and well that is a joke, my rent is 525 dollars and then, my power bill and everything else, there is very little cash, to buy food and I have no other option.

We try to buy enough meat so that we won't run out. I mean we have to put it in the freezer, but every month, we try to figure we get enough for the month. but that's the only thing we can do that way. Often we don't have enough money to buy vegetables so we rely on getting the cans from the food pantry.

Marginal Food Security

When you're poor especially long term, um, even when you have enough, you still worry.

Social Determinants of Health and Food Systems

Food environments that surround people's decisions are rooted in the larger food system itself. Some of the food environment issues commonly addressed include food deserts, greater exposure to unhealthy food marketing, and fewer opportunities for physical activity. The major diseases linked to food insecurity include fair or poor health status, obesity (primarily among women)\(^\text{17}\), overweight, hypertension, and diabetes. These associations are not necessarily causally linked, but rather are now being seen as outcomes of low-income status. Low income households often have less access to healthy foods, and when accessible, the cost can be perceived to be too high, or actually be too high for fitting within limited budgets.

Table 8: Palouse Retail Food Environment Index

<table>
<thead>
<tr>
<th></th>
<th>Whitman County</th>
<th>Latah County</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Food Outlet</td>
<td>0%</td>
<td>9.55%</td>
</tr>
<tr>
<td>No Healthy Food Outlet</td>
<td>23.34%</td>
<td>0%</td>
</tr>
<tr>
<td>Low Healthy Food Access</td>
<td>55.72%</td>
<td>0%</td>
</tr>
<tr>
<td>Moderate Healthy Food Access</td>
<td>20.94%</td>
<td>82.51%</td>
</tr>
<tr>
<td>High Healthy Food Access</td>
<td>0%</td>
<td>7.94%</td>
</tr>
</tbody>
</table>

Modified Retail Food Environmental Index Score by Tract, DNPAO 2011

Table 9: Adults with Adequate Vegetable Consumption

<table>
<thead>
<tr>
<th></th>
<th>Whitman</th>
<th>Latah</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of Adults with Adequate Vegetable Consumption Total Population</td>
<td>44.31%</td>
<td>42.15%</td>
</tr>
<tr>
<td>Percentage of Adults with Adequate Vegetable Consumption SNAP-Ed Population</td>
<td>38.27%</td>
<td>39.69%</td>
</tr>
</tbody>
</table>

“Access to healthy food is a right!”
—Food Summit Participant

Latah Obesity: Latah County, ID 26.7% (2012)
Whitman Obesity: Whitman County, WA 24.5% (2012)
Medicare Population, Hypertension
Whitman County: 43.08%
Latah County: ID 39.22%

“I take my neighbor in to the food bank to get food, and he is diabetic. He was recently hospitalized for diabetic related issues. Many of the foods he is offered are incredibly high in sugar.”—Focus Group Participant
The food insecure population is also more likely to be uninsured. Many small farmers in the community face struggles such as not having insurance also.

Table 10: Uninsured Residents in the Palouse

<table>
<thead>
<tr>
<th>Whitman County</th>
<th>Latah County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uninsured Individuals: 3,475</td>
<td>Uninsured Latah County: 3,150</td>
</tr>
<tr>
<td>7.35% of the population uninsured</td>
<td>8.2% of the population uninsured</td>
</tr>
</tbody>
</table>

The health-related costs of hunger and food insecurity are estimated to be $160 billion nationally per year. (FRAC ResearchWire: The Impact of Poverty, Food Insecurity, and Poor Nutrition on Health and Well-Being, December 2017)

In general, food assistance programs help improve health outcomes across all age groups. Leverage points for this health crisis known as hunger, include strengthening food assistance programs, emergency food programs, and nutrition education programs. Health care expenditures are lower for individuals participating in SNAP, especially among participants with hypertension and heart disease. Child nutrition programs such as WIC, school lunch and breakfast, among others are linked with positive impacts on mental health, healthy weight, and improved birth outcomes. Research also points out that increased access to food assistance among older adults has significant beneficial effect on health outcomes.

Many communities also want to focus on a culture of health, especially in defining the problem and the envisioning of outcomes. People described the value of “food as medicine” as key to community wellbeing, and using the local food system as inspiration and a starting point for practical action to move towards health. Dreams include vegetable prescription programs and a
renewed focus on healthy eating in all settings and sectors. There are numerous programs addressing the causes and working for better food access and therefore, health impacts across the region.

By including health and wellness as our new focus for food work we developed a new strategy for the Palouse: Community Food Security.

Community food security is an expansion of the concept of household food security. Whereas household food security is concerned with the ability to acquire food at the household level, community food security focuses on the underlying factors within a community that affect the quantity and quality of food available and its affordability or price relative to the sufficiency of financial resources available to acquire it. Approaching the problem from this expanded view opens the door for exploring the role the food system has in causing and alleviating food insecurity.

COMMUNITY FOOD SYSTEM REGENERATIVE PROCESSES

Community regeneration is a foundational strategy for community food security. Without human systems and processes in place, the food system would not operate. Food security systems are especially vulnerable to disintegration due to community processes not functioning. Through our research we discovered numerous assets and vulnerabilities in community processes throughout individual towns and regions. Several communities have faced challenges that threatened community food security such as food pantries shutting down and reopening, as well as a lack of capacity to deal with larger distribution systems. Community resiliency was and is only possible when people are at the center of the picture.

Based upon an appreciation of heritage, inclusive and connected communities bring the human element to the food system. This connection builds the capacity for education in all elements of food, a requirement for engagement and leadership in the food system regionally. Lastly, with these new processes in place, a more coordinated community food system approach can develop.

What is a community food system? There are elements of many food systems found in the Palouse: global, emergency, food assistance, and local. In this study and strategy report we refer to community food systems as the intersections of these systems within a bounded region—the Palouse. The key to this model is regenerative processes coordinated with food system sectors, which can lead to community wellness.
Regenerative Model of Community Food Security

- Growing Food
- Food System Education
- Community Engagement & Leadership
- Heritage Appreciation & Community Identity
- Communication & Coordination
- Inclusion & Connection
- Selling, Sharing & Buying Food
- Transporting & Storing Food
- Cooking & Eating Healthy Food
- Reduce Food Waste

Community Wellness
Connecting to cultural heritage connects us to history and the landscape of the Palouse agriculture and food system around us. Authentic connection to our past can develop community identity. This brings meaning to the current and historical farmscapes and infrastructure found throughout the region, including farming, processing, and distribution systems. There is also an agricultural heritage found within heirloom varieties of grain, vegetables, and livestock. People want to use previous times when more people were food secure in the past to design solutions to the problem now.

Food also has such a powerful role in community identity and connection, both historically and contemporarily, serving as the first step in bridging cultural differences while opening discussions and shared dreams and plans. Throughout much of our analysis, many people had stories to tell of festivals and foods tying back to the original settlers of the Palouse, specifically that of German-American. Simultaneously, there is a focus on the new cultures moving to the region from locations including African nations such as Nigeria and Kenya, as well as Bangladesh, Iran and other countries of the Middle East, among many, many others. Finally the discussion of becoming more aware and connected to tribal communities such as the Nez Perce, Coeur D'Alene, Palus, and other original inhabitants of these lands is ongoing in the region.

German, Russian, and Irish cultural heritage in the Palouse is still celebrated through many Oktoberfest, Sausage Festivals, and Saint Patrick’s Day events. Events such as the “Kraut-Route” in Endicott combined German foods with community events creating an identity for the community.

“Holidays you want to be able to give your family a Christmas dinner. Another example, I have to go buy cabbage because we have Saint Patrick’s Day and I want to be able to do corned beef and cabbage for my family. You know, it is tradition. You want to keep that alive for your family, but it’s really stinking hard.”

—Focus Group Participant
We need stories and skills....

There is a concern that skills are being lost across the span of the food system.

“We need to teach people how to grow and preserve seeds from year to year. This used to be taught from father to son, from mother to daughter. You learned how to do that at home and everybody in the community knew how to do it. Now nobody knows how to do it.” —Focus Group Participant

People still share stories representing a mix of skills and values. Food preservation is a heritage skill many people want. Community meals were celebrated all over, including harvest crew meals. There was less food waste in previous eras, as resourcefulness and planning were skills often emphasized.

In order to live our values and keep our families together...

Living your value system can make your heritage and identity come to life. Families are often isolated geographically, and multiple generations no longer live within the same region, let alone community, creating less opportunity for transmission of cultural skills and heritage. Community festivals and traditions keep the story going by bringing together families and food.

But the Palouse has changed since it was settled as an agricultural region...

Of course, and the food system has too! The need is to regenerate heritage skills in new forms. Think similar values in new structures such as self-reliance. Or new values in old structures such as the community resilience of communities in the past. Connecting to an inclusive heritage in the Palouse can bring together the many cultural traditions that make up the food system of the past and the present such as the international communities, the agricultural heritage, as well as the Native American groups regionally working to re-establish connection to their traditional food ways. There is a need for culturally appropriate foods across the food system. By appreciating heritage we can also build and sustain connections across culturally diverse food businesses opening in the region such as small grocers and catering companies who may share cultural roots with clients of the pantries. By connecting to the diverse heritage of the people of the Palouse, we develop a regional identity rooted in those who live here.

We need diverse people to train community educators and all residents...

As described earlier, seniors can face specific types of stigma and isolation within their communities, even though they are a valuable link to the past. We also have folks from diverse cultures with even more extensive food knowledge just waiting to be shared.
The last of 24 mills left in the Palouse, the Old Mill of Oakesdale is celebrated annually with a festival.

People in communities like Kendrick and Juliaetta remember that the communities were once famous for growing watermelons, as well as lawns filled with victory gardens. Many people remember every household and cafeteria making their own bread.

Communities can regenerate through appreciating heritage skills and rediscovering lost knowledge about the food system, developing an evolving community identity in the process.

Just Imagine:
- Heritage Kitchen Programming.
- Mobile services offering heritage skill training and social connection.
- Multiple generations learning together.
- Connecting to our own and other cultures through community events and festivals that appreciate and celebrate different types of food and bring joy.
- Trying new foods and being open to new ideas about food leading to creativity and community food security.
- Combining innovation with heritage, using new technologies to connect to our past.

Potential Partners Available in Appendix
We need to include everyone….

A common theme is the isolation that people in poverty often face, especially in rural areas. Previous research in the region has demonstrated that social connections are often missing in rural impoverished households, especially for newcomers.\(^\text{18}\) A potential cause of this isolation is the stigma that has come up as a core issue. There is a need for inclusion and connection throughout the entire region, demonstrated in the stories and feelings that the stigma of participating in food assistance brings. In this case, stigma is marking the underlying poverty that is associated with participating in food assistance.

“There is just such stigma around using those resources or the people who do use those resources, that we are leaching off the system and that we are not, contributing members of society. I am a working full time Mom, full time student, who is barely making ends meet. Don’t tell me that I am not trying to do my part, because I asked somebody for some help.” —Focus Group Participant, Pullman.

This stigma is reinforced through treatment, looks, and words, especially in public locations, which is often internalized by food assistance program participants. Focus group participants in larger areas of the region describe these situations:

You get up there and there’s a line behind us. I’m completely humiliated and embarrassed and I’m getting yelled at by a store employee because I didn’t pick the right type because they don’t have it.

Well it is actually at the grocery store, I had somebody say something to me about not being able to, why don’t you just buy your groceries like everybody else?
Systems at food assistance programs can reinforce or eliminate stigma, changing people’s feelings through dignified interactions:

“I am happy, and I appreciate that they set the food pantry up like you are shopping, instead of being handed a box. It helps, it makes you feel better. I just say thank you.”
—Colfax Focus Group Participant.

In order to feel connected and solve the problems together….

Communities can regenerate engagement after eliminating the stigma of food assistance, with food programs providing connections to the wider community. Some programs have worked to end stigma through involving clients in volunteer work. One pantry highlights that all volunteers also use the pantry—blurring the lines so much between social statuses that it becomes impossible to know who is who. Similarly, summer lunch programs in some communities have decided to serve all children free lunch, therefore easing the stigma associated with participating. Other pantry managers are described as leaders in this process, by being accessible and trying to meet specific food needs in the pantry.

“I felt a genuine connection; the future is in good hands.”
—Summer Meal Site Volunteer

Several pantries and food programs in the region have integrated clients of assistance programs seamlessly into operations as volunteers. A great example is The Backyard Harvest’s Community Orchard program, a volunteer-led effort to glean thousands of pounds of local fruit each year. Volunteers in this program share

“ If I could influence the community, I would try to break down the stigma that is around.”
—Food pantry and focus group participant

New processes and programs should work to end stigmatizing practices through working for inclusivity by emphasizing involvement, empowerment, and belonging. Beginning with language, organizations and individuals can begin to break down barriers that keep stigma alive. Connection also happens naturally in community food environments such as gardens, classrooms, and kitchens.

Just Imagine…

• Organizational self-reflection on first impressions and ways to decrease stigma.
• There is a future where there is no stigma related to needing food assistance, allowing for more successful outreach and promotion of services, as well as full participation.
• Community educational experiences and trainings that can better develop understandings of the food insecurity experience and challenge beliefs and stereotypes, including common coping behaviors uncovered locally and highlighted in this report.
• Opportunities for volunteering and education among client populations to allow for social connection between various social roles within community food security work.

Potential Partners Available in Appendix
FOOD SYSTEM EDUCATION

“Much of these are skills that our society as a whole has lost….We need to bring them back.”  
—Focus Group Participant

We need skills...

Many community members are disappointed about the loss of cooking education and other life skills within education. There is a need to design education around locally available products, including the grains and legumes available in abundance in the Palouse, in order to develop true community resilience. Many towns also describe garden projects in which the skills of harvesting are missing. Small homesteaders that open their land to U-Pick models often have consumers who no longer know how to properly harvest.

Table 11: Community Food Education Requested

<table>
<thead>
<tr>
<th></th>
<th>Life Skills</th>
<th>Food and Culture</th>
<th>Gardening</th>
<th>Food Storage</th>
<th>Food Management</th>
<th>Processing and Preserving</th>
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<th>Cooking</th>
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<td>X</td>
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<td>Oakesdale</td>
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<td>X</td>
<td>X</td>
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<td>Potlatch</td>
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<td></td>
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<tr>
<td>Juliaetta and Kendrick</td>
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<td></td>
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<td>X</td>
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<tr>
<td>Deary</td>
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<td>2</td>
<td>2</td>
<td>2</td>
<td>7</td>
<td>6</td>
</tr>
</tbody>
</table>
In order to empower our communities...

Deep-seated values such as empowerment and compassion found in the local food movement can be applied to food system education. Food systems programs are also spread throughout the region, geographically and organizationally. Current types of educational opportunities related to community food systems include: Academic, Vocational, & Life Skills. We discuss the life skills related opportunities here.

to grow food....

Gardening education is an asset and a dream of the Palouse region. Community meetings and interviews reveal a rich group of experienced gardeners across the region with skills that tap into both historical gardening movements such as Victory Gardens, as well as more modern forms such as hydroponics and aquaponics. There are several garden clubs (see appendix), as well as master garden representation. The Idaho Master Gardener program is run annually for all residents of the Palouse through the University of Idaho Extension office in Latah County. Programming includes operating garden programs, teaching classes, and running a plant diagnostic clinic for the community.

and cook healthy meals..

Specifically directed at the food insecure population, programs such as SNAP-Ed, feature nutrition, gardening and cooking demonstrations, and class series. The Moscow Food cooperative offers a full range of educational programming for their members and the larger public. Specifically, their “Healthy Eating on a Budget” features shopping, cooking, and budgeting tips for healthy eating. They also have the FED initiative, designed to demonstrate simple, accessible, and healthy recipes to consumers. Food preservation classes such as canning skills are also offered through extension programs. University students are also in need of life skills such as cooking; connecting to these opportunities is crucial for adult development. Reported findings of success often are linked to hands-on components of these programs, as well as the need to include multiple tastings of new foods.

Just Imagine....

Many of the skills described in this assessment are the foundation on which a new food systems education is envisioned. This form of education spans the entire cycle of food from growing to processing, distribution, and eating, as well as reducing food waste.

- Food systems train the trainer program.
- Community Educators: Trained volunteers to extend food education work.
- Training for educators for integration into school curricula.
- Building social connection through inclusive educational programming.
- A food system with educational entry points coordinated.
- Whole family education: All ages receiving food system skills
- A mobile education program.
- Education that matches the growing season during the summer.
- Cooking and meal-based nutrition education.
- Changing attitudes about food, openness to trying new foods.
- Empowerment through education.

Potential Partners Available in Appendix

“Schools are becoming sites for food security, Food Pantries are becoming sites for education”
Leadership regenerates community engagement while continuously coordinating and appreciating existing volunteers and projects.

**We need comprehensive regional engagement…**

More community involvement and volunteers are needed in many rural communities. There are gaps in community engagement due to geographical distances between hub organizations and the communities most in need. There are also gaps in civic engagement coordination for non-university students, as well as the need for direct service volunteers in the summer across the region.

**From all ages…**

Many communities express the need for youth empowerment and younger leadership across all aspects of the food system in the Palouse. People want to get involved—but they need more opportunities to learn about food insecurity and the needs of the food programs. Volunteers and managers are needed who can also train in advocacy and policy, seeing the bigger landscape of food security.

**Becoming involved in current opportunities…**

There is a legacy of civic engagement and volunteerism in the Palouse, offering opportunities to get involved at a direct service level.

**Center for Civic Engagement: Fresh Food Project**

In 2015-2016, the Fresh Food Project, based at the Center for Civic Engagement at WSU was selected as the featured program, and was awarded the Engaged Campus-Community Partnership Award in 2017. This project works to connect 18 different partners, managing over 1,900 volunteer hours with around 940 individuals. The project brought in around 6,500 pounds of food, while rescuing about 1000 pounds from becoming food waste.

Two Food Coalitions are active in the region with ways of becoming engaged with the systems causing food insecurity:

- Advocacy subcommittee of Whitman County Food Coalition
- Food Policy subcommittee of Palouse Clearwater Food Coalition
While appreciating and listening to the wisdom of committed leaders…

Community leadership already exists, we just need to tap into it. Previous research shows it will not work to train for new leadership styles or models. Pantry managers are an extremely valuable asset as rural leaders. Many of these individuals are longtime committed volunteers and can help the pantry adapt to changing conditions. Many communities also want to regenerate leadership, empowering community educators in the process. Others seek leadership to commit to raising funds through grants and events to sustain new projects, while moving from outreach to engagement: from working for the community to working with the community.

In 2017, a long-standing food pantry in Moscow, Idaho closed down. Serving around 1200 individuals a month, this closure was based around issues with distribution. People at community meetings pointed out that this pantry had lots of food, volunteers, and storage. The issue came about through changes in the regional distribution system and the demands it was making on volunteers. The same year, several Whitman County food pantries were at risk of closing due to a lack of volunteers willing to help with the pantries, as well as the long-standing location for distribution no longer being available. In this case, volunteer coordination to help with unloading and distribution was the main vulnerability. In both cases, changes are occurring and situations are improving through resilient community leadership.

So that we can guarantee community resilience.

“People accomplish goals they really believe in.” —Palouse Community Member

“While appreciating and listening to the wisdom of committed leaders…

Community leadership already exists, we just need to tap into it. Previous research shows it will not work to train for new leadership styles or models. Pantry managers are an extremely valuable asset as rural leaders. Many of these individuals are longtime committed volunteers and can help the pantry adapt to changing conditions. Many communities also want to regenerate leadership, empowering community educators in the process. Others seek leadership to commit to raising funds through grants and events to sustain new projects, while moving from outreach to engagement: from working for the community to working with the community.

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So that we can guarantee community resilience.
COMMUNICATION AND COORDINATION

“If there were a list of different resources that you could pick up when you went into the food pantry...that would be great.”
—Moscow Focus Group Participant

Regenerative communication connects people, develops understanding, and creates change.

“The aspect of living in my community that is most important to my quality of life would be open and honest communication.”
—Whitman County Needs Assessment Respondent, 2015

“We all have to find a solution together.”
—Interviewee in Saint John

Information and Stories are needed to help communicate across the food system...

A coordinated effort between programs, projects, and partners will regenerate the community food system. Currently clients, food program providers, and the general public need to experience connected resources. From qualification information to hours of operation, information needs to be more accessible. Communication about food insecurity is also needed, using more inclusive language to build understanding and empathy.
In order to coordinate community food resources with the needs of people...

Food programs often need to connect people from different places in the food system (farmers, pantries, meal sites). Coordination is also needed for efficient fund development, creation of systems and processes, needs assessments/evaluation, planning, volunteers, signage, and information management. Coordination can help adjust to changes, building resilient systems. Better coordinated communities can connect more easily to existing hubs of food activity such as the food coalitions of the region.

The mission of the Whitman County Food Coalition is: Working together to provide access to food for everyone in Whitman County.

“Cooperation is a value with many uses.”
—Veterans on the Farm Member

The Coalition has held monthly meetings in a shared space with diverse members including representatives from the following sectors: farmers, distributors, food pantries, summer meal programs, senior meals, AmeriCorps, citizens, food insecure population, gleaning programs, politicians, public health, economic development, youth organizations, education/school organizations, medical and health community, extension, academic departments, libraries, other regional food coalitions, and food waste reduction programs. There are three subcommittees: 1) Advocacy 2) Food Procurement and 3) Education.

The mission of the Palouse Clearwater Food Coalition is to improve community members’ access to locally grown food. The coalition was founded in 2011 with a regional target to outreach to Benewah, Latah, Nez Perce, Clearwater, Idaho, Whitman, Asotin & Garfield counties. Specific goals included strengthening the health and vibrancy of the Palouse-Clearwater Food System and increasing the production, distribution and consumption of locally grown food and agriculture products. Objectives to reach these goals include creating networking and collaboration spaces and events, coordinating a local lending network, hosting an annual regional food summit, developing policies, and leading the charge on major communication projects such as Food System Story Mapping and a local food blog.

Through information designed to pay attention to each community’s uniqueness...

“Community Events are where people talk.”
—Genesee Community Meeting Participant

Individualized communication mediums in each community are needed once all information is coordinated (bulletin board, phone tree, water bill, in person events, social media, website newsletter, flyers). Each piece of information needs to be regularly checked and updated, through each of these different mediums.

“One thing to improve would be advertising the hours of the food bank more, the advertising of the food bank is there, but the time it is open is not on there.”
—Colfax Focus Group Participant

Just Imagine…

- A communication and information hub for all community food projects and programs.
- Clearly developed strategies to communicate about programs that already exist that are being commonly requested or described as needs.
- A community food security coordinator(s) as a staff or volunteer position.
- Coordination between programs, pantries, and projects for cooperative delivery between food system sites (garden networks, kitchen networks, farm stands) respecting the uniqueness of each place.
- Mobile services, communicating and coordinating between many locations regionally.

Potential Partners Available in Appendix
Regenerative Model of Community Food Security

- Growing Food
- Community Engagement & Leadership
- Heritage Appreciation & Community Identity
- Communication & Coordination
- Inclusion & Connection
- Selling, Sharing & Buying Food
- Transporting & Storing Food
- Cooking & Eating Healthy Food
- Reduce Food Waste
- Food System Education

COMMUNITY WELLNESS
FOOD SYSTEM PROCESSES
INTRODUCTION:

A community food system is not built quickly or mechanically, but instead requires the human element spread over time. It evolves naturally from identifying and building on small successes—the areas that are working well. We see many of those on the Palouse—and are excited to help connect them up in new and exciting ways.

Community food security can only be established within a food system that is developed around people’s needs. The foundation for food production in this type of system is thriving farms and opportunities for all people and communities to grow a portion of their own food. Next, healthy food systems prioritize everything that happens between farm and fork: from processing, to transportation and storage, all with an eye towards geographical disparities such as food deserts. Community food security means all people can access food resources—from retail groceries, to local food, to food assistance and emergency food programs, regardless of their income, location, or age. Food security requires that food is affordable and readily available. Community food systems include opportunities to share meals together—such as through senior meal centers, community-oriented lunch programs, and summer meal sites. Finally, a healthy food system would have minimal waste, with systems designed to prevent, recover, and use food that would potentially end up as waste.
FOOD PRODUCTION

An abundant region….

2,200 Farms in Whitman and Latah County
—Agriculture Census 2012

Percent of Land in Vegetables, Melons, and/or Potatoes:
Whitman County 1%; 2.7% Latah County

In total, there are over 2,200 farms, covering over 1.6 million acres of land. The total value of crops grown in Latah and Whitman Counties averaged around 459 million dollars in one sample year (2012). The highest value items include grains, oilseed, and legume crops. Latah County has a more diversified crop production selection, including a 3:1 ratio of grains to livestock, with Whitman having a 72:1 grains to livestock ratio. In both counties, we see a very low percentage of farms growing vegetables, melons, or potatoes, with Whitman having about 1% of land in production for those crops, and Latah having 2.7%. Project participants identified food production as a significant factor associated with food insecurity; larger farms are organized through incentives to produce monocultures. The economic structures of the food system also reward larger farms over smaller ones.

Developing trends with implications for community food security include: farms growing larger and large percentages of farm acreage are being enrolled in the Conservation Reserve Program.20 There are also 82 farms in the Palouse that have origins tying back 100 years, with 48 of these being owned by the descendants of the original founders. Many organizations in the Palouse are also working toward building sustainable landscapes by joining environmental and economic objectives through alternative cropping systems and techniques.21 These include precision agriculture, conservation tillage, no-till, and direct seeding.

Table 12: Agriculture By the Numbers in the Palouse22

<table>
<thead>
<tr>
<th></th>
<th>Whitman</th>
<th>Latah</th>
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<tbody>
<tr>
<td>Total Farms</td>
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<td>1,053</td>
</tr>
<tr>
<td>Acres</td>
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</tr>
<tr>
<td>Value</td>
<td>$370,801,000</td>
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<td>Grains, Oilseed, Legume</td>
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<tr>
<td>Livestock</td>
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<tr>
<td>Veg, Melon, Potato</td>
<td>1%</td>
<td>2.7%</td>
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Whitman County Farms, 2012 Census of Agriculture
Latah County Farms, 2012 Census of Agriculture

Some farms have gone back to heritage varieties of grains that were originally grown on the Palouse. Combined with value-added processing such as with the production of flour and malts, these endeavors have begun the process of regenerating a local grains economy.

In addition to large scale agriculture, ag-related infrastructure and markets are tied to nurseries and greenhouses, and considerable quantities of fruits, nuts, and berries are sold in Latah County.

Table 13: Nursery, Greenhouse, Floriculture, and Sod, Market Value of Products Sold 201223

<table>
<thead>
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<th></th>
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<tr>
<td>Value</td>
<td>$122,000</td>
<td>$1,756,000</td>
</tr>
</tbody>
</table>

Many schools in the region already have greenhouses as part of school property, operated as part of 4H and FFA (Future Farmers of America) programming. These are most often used for educational and fundraising purposes such as plant sales. Many communities have expressed interest in community access to greenhouses, hoop houses, and hydroponics.

Table 14: Orchards, Fruit, Nuts, and Berries24

<table>
<thead>
<tr>
<th></th>
<th>Latah</th>
</tr>
</thead>
<tbody>
<tr>
<td>Value</td>
<td>$75,000</td>
</tr>
</tbody>
</table>

“Don’t be scared of trying new things.”—Genesee Nursery Owner
Livestock, Poultry, and Eggs

Livestock and poultry production are popular on the Palouse, with a variety of animals being raised for many uses. Beyond the market value of animal production, food security is supported through raising livestock. Connection to heritage appreciation is also established.

<table>
<thead>
<tr>
<th>Total number of farms with Livestock and Poultry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whitman: 269 Latah: 303</td>
</tr>
<tr>
<td>Total value of Livestock and Poultry</td>
</tr>
<tr>
<td>Whitman: 18,424 Latah: 4,792²⁵</td>
</tr>
</tbody>
</table>

“I know a lot of why we have meat is because we raise pigs so we always have minimum of 20 to 30 pounds of pork in the freezer. We have chickens so eggs, and occasionally the rare roasted chicken.”

—Rosalia Food Pantry Client and Focus Group Participant

Small Farms

Small farms play a critical role in thriving community food systems. We see farm size being more centrally distributed in Latah County, as compared to Whitman County, where 1,000+ acre farms are the largest grouping. The most common farm size in Latah County is 50-179 acres. In terms of diversity, although numbers are low for vegetables and fruits, direct-to-consumer marketing of such items has generated much interest in eating locally. A resurgence is also spilling over from this movement into locally produced and processed grains.

“Farmers are fiercely independent and don’t like to be told what to do. It’s up to us to make it happen.”
—Whitman County Small Farmer

Still has needs...

All these challenges and more are all part of a farmer’s life...

Farmers from farmers markets in Pullman and Moscow, as well as panels held during the project period expressed the following that all fall under the heading for Increased support for small farmers needed from ALL areas of the community.

- Community awareness of local growers’ needs and situations
- Support from other growers, including larger scale and non-organic
  - Grower-to-grower support
  - Community networks to trade skills and share specific needs
- Support for transfer of land between generations, general land and garden access
- Business support: taxes, financing, certifications, insurance, workers/labor
- Support in advertising and marketing
- Financial support for income and creative funding sources
  - Support from customers
Building upon an appreciation of what is working….

What’s Working:

- Agricultural heritage, heritage farms, homesteaders
- Rural Roots and farmer education programs such as Cultivating Success, including Farm Link programs for access to land
- WSU Organic and Sustainable Agriculture Program
- Support for direct market opportunities
- Many community members not traditionally included in food production are seeking entry into agriculture and horticulture, including international residents, people who are low-income, students, veterans, youth, seniors, students, and women.

“"I spent a lot of time destroying lives, I want to create something.”
—Vets on the Farm Participant, Food Summit 2018

In 2016, the Council on Aging and Human Services was able to establish purchasing relationships with seven growers across the region. Those growers - ranging from large farms (WSU Organics and Wilson Banner Ranch) to family farms (Runner Bean Ranch, Pioneer Produce at Kamiak Butte) and a few locals who grew for food banks on their own property - worked with 11 food pantries to deliver over 5,000 pounds of fresh, beautiful, locally grown produce to 1,800 individuals and 800 families in Whitman County. The owners of Runner Bean Ranch earned the “Fresh Results Award” from the Washington State Department of Agriculture, honoring individuals who went above and beyond in providing healthier food options through the emergency food system.

Dreams for small farmers include food system development that can diversify their market access. Financial sustainability of small farmers can be enhanced by:

- Efficient distribution systems for local foods
- Community owned markets
- Farm-to-School programming in every school in the region, connecting garden education, community gardens, and community kitchens.
- Adaptation of the Farm-to-School model for locally produced grains and legumes.

Seed Access

A seed library was started at the Colfax Main Branch of the Whitman County Library District, in 2016, to promote seed-saving, preserve heirloom, organic, and open-pollinated seed varieties, and offer collected seeds to the public.26 The Moscow Branch of the Latah County Library District also began a seed exchange library in 2018, and called it the Palouse Exchange a Seed (PEAS). Several food pantries often distribute seeds donated from nurseries and local gardeners and farmers. In the past, partnerships have facilitated educational demonstrations on seed starting and transplanting. SNAP (Supplemental Nutrition Assistance Program), the federal food assistance program that processes EBT (electronic benefits transfer) exchanges can also be used for seeds and plant starts at locations that participate in the program, including some retail stores and farmers markets.

Gleaning

Backyard Harvest demonstrates community food production at its best. Volunteer leaders coordinate community gleaning for fruit and vegetables that are not being harvested for current use. This produce is then redistributed to food access sites throughout the Palouse. Volunteer gleaners have an opportunity to connect to local food throughout the region, connecting growers, gardens, and homesteaders, while building community, and reducing food waste.
Volunteers also learn about the complexity of the food system and the systemic issues of food insecurity and poverty. Gleaned produce is then distributed through access points such as pantries, schools, senior centers, and meal sites.

“*The community garden is the first thing I looked for when moved into the town.*”
—Pullman Community Meeting Participant

**Land Access: Community Gardens**

The value of self-reliance also runs strong through the small, rural communities throughout the region, where growing your own food is put forward as a solution to food security. This was often debated in community meetings, because of the challenges of household self-reliance. Others claimed that “It is expensive to be self-reliant”, demonstrating the costs of supplies, water, and time. Community Gardens are located throughout the entire Palouse region.

Appendix C lists the location of these gardens in the Palouse.
“My first year at the community garden cost 35 dollars and I did not get 35 dollars’ worth of food out it...I had to buy the starts, and a few things here and there” —Pullman Focus Group Participant, SNAP and Pantry Participant

“We tried a garden last year and it failed. It’s hard work, it’s not easy.” —Focus Group Participant

“We probably saved, I want to say, between 50 and 75 a month just on produce, having a garden.” —Moscow Focus Group Participant and Pantry Client
Several communities already have school gardens, and others desire them. Some schools have integrated hydroponics and aquaponics into their school systems, as well as traditional outdoor in-ground gardens. One garden project, at Lincoln Middle School in Pullman School District, recently received funding to enhance an existing garden. Several schools in the Pullman School District engage garden clubs and incorporate raised planting beds and permanent greenhouses. Schools such as Rosalia, Colton, Tekoa, and Troy also have greenhouses, often connected to extra-curricular organizations.

**Table 15: School Gardens**

<table>
<thead>
<tr>
<th>School District</th>
<th>Garden Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullman School District</td>
<td>Lincoln Middle School, Several Elementary Schools</td>
</tr>
<tr>
<td>Rosalia School District</td>
<td>Hydroponics Garden</td>
</tr>
<tr>
<td>Kendrick Joint School District</td>
<td>Aquaponics</td>
</tr>
<tr>
<td>Tekoa School Garden</td>
<td>School Garden for District</td>
</tr>
</tbody>
</table>

Allows us to set goals, and dream for the future…

Dreams include programming tied to the gardens to engage multiple generations of people, and increasing access to fresh produce through larger scale community food growing, as well as teaching the values of self-reliance throughout the seasonal gardening process.

Goals expressed from small farmers currently selling at farmers markets in Moscow and Pullman are described in the tables below.

**Goals: From Growers at the Pullman Farmers Market**

<table>
<thead>
<tr>
<th>Category</th>
<th>Goal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operations</td>
<td>Expansion within environmental/economic limits</td>
</tr>
<tr>
<td>Economic and Financial</td>
<td>Retirement, buy farm, living wages, more sales</td>
</tr>
<tr>
<td>Social</td>
<td>Healthy and nutritious food and information, more affordable prices, give to needy</td>
</tr>
<tr>
<td>Community Identity</td>
<td>Establish farmer identity in community, use local grains in baked goods, expand the farmer to community connection programs such as Rural Roots.</td>
</tr>
</tbody>
</table>

**Goals: From Growers at the Moscow Farmers Market**

<table>
<thead>
<tr>
<th>Category</th>
<th>Goal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Economic</td>
<td>Entire family supported on farm income, save money, high quality product, economic sustainability, participate in more local markets</td>
</tr>
<tr>
<td>Social</td>
<td>Teach youth entrepreneurship and family involvement, family-friendly operations</td>
</tr>
<tr>
<td>Community and Environmental</td>
<td>No Spray/Organic Certification, create fun opportunities for harvest, care of pollinators and improved soil quality, connect people to food source location and reduce travel time for food, more accessible local food tastings, education on food and nutrition</td>
</tr>
</tbody>
</table>

**Table 16: Dreams For Gardens**

<table>
<thead>
<tr>
<th>Location</th>
<th>Desire for Gardens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endicott</td>
<td>Desire for garden</td>
</tr>
<tr>
<td>Oakesdale</td>
<td>Desire for hydroponics/Indoor garden</td>
</tr>
<tr>
<td>Tekoa</td>
<td>Desire for cooperative garden</td>
</tr>
<tr>
<td>Uniontown</td>
<td>Desire for fruit trees</td>
</tr>
<tr>
<td>Garfield</td>
<td>Desire for garden</td>
</tr>
<tr>
<td>LaCrosse</td>
<td>Desire for garden volunteers</td>
</tr>
</tbody>
</table>

Envisioning Edible Parks as a Hub to Community Food Production

A series of dreams came out of several community meetings held in Pullman, Moscow, and Oakesdale. These include Edible Forest Parks, a design rooted in innovative perennial approaches to food production. There also were ideas for edible paths and landscapes, as well as new techniques for urban agriculture such as hydroponics and green roofs. Food pantries and schools in the region have launched hydroponic growing operations, providing access to fresh leafy greens throughout the short Palouse growing season. Common dreams include working to integrate these initiatives into food security projects, as well as educational institutions.
Just imagine:

- Developing strategy to connect Palouse agriculture heritage to community food security initiatives.
- Developing contacts within Nez Perce and other Native American populations to build cooperative relations around food production and food security.
- Building stronger partnerships between small farm organizations and food assistance programs, sharing specific needs of small farms from this assessment, defining the role of food assistance programs in addressing needs of farmers.
- Expanding Farm to Food Pantry program.
- Utilizing seed libraries in food bank gardens and connecting seed resources to community gardens.
- Utilizing gleaning opportunities to build relationships between farm donors/suppliers and food banks.
- Empowering rural communities to establish gleaning opportunities themselves.
- Establishing garden network: Connect farmers to gardens, connect school gardens and community gardens, home gardeners, and garden educators.
- Supporting community gardens in towns where they are desired and support community gardens already established, but needing capacity developed.
- Connecting master gardeners and farmers to food security and school garden projects for mentorship and technical advice.
- Mini-grants to establish new gardens, Regenerate old gardens program launched.
- Developing multiple generation garden programs, create family friendly farm programs.
- Establishing farm incubator space.
- Fully sustained and integrated Farm-to-Food Pantry Program.
- Agritourism for sustainable economic development.
- Economic and financial sustainability of farms stabilized.

Potential Partners Available in Appendix
PROCESSING AND STORAGE

With so much food produced, we shouldn’t have a problem...

The previous section describes the extent of agricultural production in the region, yielding an abundance of grains, legumes, and meats—as well as a strong, fast-growing small farming cluster that produces a wide variety of fruits, vegetables, and value-added products, among more traditional crops and livestock systems. The Palouse is filled with homesteaders, permaculturists, gardeners, heritage growers, and innovative hydroponic and aquaponic developers. With so much food produced locally, the region should be food-secure at the community level. Many citizens have questioned the fairness and logic of the stark inequality in the Palouse food system, including the processing sector.

As described previously, the region has extensive storage and transportation infrastructure, but very little in terms of grain and legume processing facilities, other than seed processing equipment. The community of Oakesdale capitalized on that gap by preserving the last of twenty-four grain mills in the two counties, although its functional operations eventually moved to Moscow. Five meat processing facilities in Whitman and Latah County are listed on the Palouse Clearwater Food Coalition food system map. Many communities remember a time when every town had a mill and a butcher, core processing facilities that represented true community food security.

But, we need everyone to work together...

Earlier assessments that focused on the feasibility of food processing projects in the region determined that more development of local food production should be achieved before a facility focused on processing is built solely for economic outcomes. Rather, the recommendation was for a hybrid (physical and digital), nonprofit model integrating economic and community food system components. Clients of food assistance programs spoke of dreams related to healthy, shelf-stable foods processed locally. Preservation education, as well as preserving food at the community level would ensure the elimination of food waste, as well as providing for food security.
A hybrid nonprofit model can operate with an inclusive approach best suited to enable the food sector with broad, popular participation across the foodshed and a wide distribution of public and private goods which deliver value (broadly defined) to both the public and private sector actors.

—Latah County Food Innovation Resource Center, Feasibility Study, 2013

Tapping into heritage and local innovation, Community Action Center hosted a local grain grower to demonstrate how the wheat processing system operates at a small scale.

To have Local, healthy food processing for everyone….

Products Commonly Processed in the Region:
- Meats
- Beverage processing facilities: Breweries, Wineries, Cideries, Distilleries
- Coffee Roasters
- Kombucha & Juice Bars
- Cheese
- Honey

A coordinated "Kitchen Network" is developing a collaborative approach to mapping commercial and community kitchens in the Palouse and schedules tours to build relationships between kitchen managers and entrepreneurs. Dreams involve kitchen tours for the public, shared use policies, strategic development for new kitchen space so duplicated efforts are eliminated, and a common referral for entry into the kitchen rental process so that clients are matched with the most effective space for their needs.

Stored for the future…

Community food storage in the region is part of a larger system of storage, including large-scale commercial and local food systems. Storage quantity and type determine what, as well as how much, food can be stored around the Palouse. Every food pantry in the region has a unique distribution space, as well as differing quality and quantity of storage. The capacity includes moderate amounts of space for fresh proteins, dairy, and frozen foods. Such foods can come from USDA commodities, donations, and grocery rescue items. With fresh produce, some food pantries have secured space for Farm-to-Food Pantry produce, as well as for gleaned and locally gardened food.

The Palouse has a heritage of food storage, especially for dry goods. Tapping into that history could build interest and capacity for cold and freezer storage.
### Table 17: Storage Needs for Food Security

| Food Pantries: Endicott, LaCrosse, Oakesdale, Tekoa, Kendrick and Juliaetta | Dry Storage, Bigger space, Cold, Frozen Storage |
| School and University Food Pantries: Washington State University, University of Idaho, Kendrick and Juliaetta | Cold Storage, General Storage |
| Poverty on the Palouse Coordination Group for Food Security | Food Hub for storage, processing, and distribution; Cold Storage and Freezer Network |
| Growing Connections-Whitman Coordination before the Whitman County Food Coalition | Food Hub for storage for region. |

**Just Imagine:**
- Continued feasibility analysis of food processing capacity within integrated emergency and local food systems.
- Detailed assessment of complete cold storage chain within regional emergency food system and local food system to examine overlapping assets, needs, and dreams.
- Training by coalition members, pantry managers in large scale food storage, collaborate with retail grocers and cooperatives.
- Develop/Identify household scale food storage educational materials.
- Investigate shared use possibilities for food storage with other anchor organizations (schools, groceries, institutional cafeterias) and develop network for communication and coordination.

Potential Partners Available in Appendix
Getting to food resources should be easy…

One of the most important elements of food accessibility in rural regions is vehicle ownership due to the long distances between locations. On the Palouse, we find households with no motor vehicle, as shown on these maps of Whitman and Latah County. Areas of concern over accessibility within Whitman County include eastern Pullman, Colfax, and the east central section of the county, including the towns of Palouse, Garfield, and Oakesdale. Although less than 4.1% of the population lacks a vehicle, the overlap with food deserts (low access and low income), shows pockets of households with no car, which may only have access to food through public transportation and personal networks.

Figure 6: Households with No Vehicle

In Latah, we see a more concentrated area of concern, mainly the eastern portions of Moscow, Idaho.
Residents without personal transportation are limited as to where they can shop for food, access food pantries, or exchange food assistance benefits through programs such as SNAP. That is especially problematic when affordable or specific foods are not available.

With vehicle ownership comes the built-in costs for fuel, auto insurance, maintenance, and repair, among other expenses. If residents live in communities where community food resources are within short distances, walking becomes an option. For residents in communities far from community food resources like grocery stores, the distance can require up to a 30-50 minute commute, the gas costs, and the time spent traveling.

Safe Routes to School is a program in Moscow, Idaho leading the way to developing routes to healthy food at schools through education, ensuring sidewalk accessibility, bike route development, and partnerships with summer meal sites. Promoting these movements within each community could enhance transportation to community food resources.

People who feel there is a need for transportation to services in Whitman County 53.4% (Whitman County Needs Assessment Data 2015)

“The last week of the month, there’s no gasoline to go anywhere!”
—Rosalía Focus Group Participant

Annual vehicle miles traveled per household varies throughout the region, as demonstrated by figure below. Residents in the southwestern and southeastern regions of Whitman and Latah County drive over 24,000 miles per year on average. That figure decreases with proximity to population centers such as Pullman, Moscow, and Colfax.

**Figure 7: Average Annual Miles Traveled per Household**
The relatively long distances between communities in the Palouse region create challenges for social interaction and community development, which is made worse by economic decline:

“The big problem is lack of interaction, community and especially lack of transportation. It’s cheaper to live outside of town but then one has to travel for food because there is no stores, quality, or variety in the smaller outlying areas.”
—Quote from Food Summit Roundtable Discussion

These long distances keep community members residing there from experiencing much interaction with other people from the region, especially if they are low-income. The effects of social isolation on personal well-being are compounded when living in a low-food accessible community, or a food desert, as community food systems are further weakened.

Rural food deserts create systemic problems for the food system...

Whether community food resources are located within reasonable distances from low-income households determines if there is a problem with food accessibility in a community. Food accessibility is a potential problem with retail food outlets, farmers markets and other direct marketing points, and food cooperatives, as well as with food assistance programs and emergency food pantries. Each of these community food resources is needed to meet the spectrum of food security situations found in the Palouse, but they are unevenly distributed geographically. Food is more accessible in centers such as Pullman and Moscow, with farmers markets, food cooperatives, several grocery stores, and community gardens, while some rural communities do not even have grocery stores, increasing the need for transportation and the associated costs that come along with it. Some individuals point out a perceived lack of public transit throughout the region, making the divide even more unequal, as described in the previous section.

The aspects of food accessibility that determine whether a geographical zone is a food desert include access to retail food, as well as the numbers of people living in low-income households.

Food deserts are emblematic of high concern for food accessibility, including College Hill in north Pullman, with many university students. Combined with the recent findings of food insecurity on campuses, there is a concern for the way inaccessible food environments may be contributing to the problem. There is also a large area in the northern part of Whitman County that is a documented food desert, which includes Endicott, Lamont, Saint John, Pine City, Malden, Rosalia, and Tekoa. Latah County has less land within food desert areas, but does contain areas of concern within Moscow. Specifically, all but the northeastern section of Moscow city limits is considered to be a food desert. Unpublished accounts of student population food insecurity makes this finding even more concerning. In Pullman, the northern sections of the city are food deserts, as is the community of Albion to the north.

There are food access points within food deserts, just not those considered “full-service grocery stores.” One resident describes it:

“It’s like a convenience store and the fact that even if he completely filled it, he’s only got only so many people that can access it, so it has trouble expanding.

Another accessibility issue is that there are several communities with no grocery or retail store access, but do not have high percentages of low income households.

“Food access is not just an income issue—we need a grocery store and a place to eat meals out once in awhile, and a permanent location for our food pantry!”
—Uniontown resident

Several communities have intersecting issues with food affordability and accessibility. Because of the higher prices of food in their close by accessible retail stores, even low income residents will consider travelling far distances to access their groceries, calculating costs and benefits along the way.
Causing shopping patterns that have their own high costs…

“There’s a general store in town, but most people go to either Rosalia or Cheney for groceries. Most people will go to Spokane if they need anything else. People won’t drive very far. Reasons might include, cost, time, age and health of driver, quality of their car, or general safety.” — Malden Interview

Regardless of geography, lower income residents, especially food-insecure clients, often shop in distinctive ways. These trips are paced by food assistance benefits and food management strategies.

I usually go on one big trip one time a month, and then, if I have any food stamps left, I might do another small one. But… mainly just once.

I try to do once a month—one large trip, wipe out my food stamps and that usually consistent of me buying large packages of meat or things I can kind of split up to make over several meals, because I try to meal plan. So I will buy the big pack of meat and break it into um, 10 different meals and then I end up going probably at least once a week on top of that with my WIC checks for milk and bread.

Similarly, small towns throughout the region are often significant distances from food retail, farmers markets, and other food resources.

Table 18: Focus Group Data on Distance & Shopping Patterns

<table>
<thead>
<tr>
<th>Town</th>
<th>Shopping Locations Identified</th>
<th>Farthest Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullman</td>
<td>Lewiston-Wal-Mart, Grocery Outlet, Winco</td>
<td>34 miles</td>
</tr>
<tr>
<td>Moscow</td>
<td>Lewiston-Albertsons, Winco, Grocery Outlet, URM Grocery Outlet, Franz Bakery.</td>
<td>35 miles</td>
</tr>
<tr>
<td>Rosalia</td>
<td>Spokane-Sonnenbergs, Lewiston-Albertsons.</td>
<td>71.5 miles</td>
</tr>
<tr>
<td>Colfax</td>
<td>Pullman-Wal-Mart, Dollar Tree, Lewiston-URM Grocery Outlet</td>
<td>46.4 miles</td>
</tr>
</tbody>
</table>

And making emergency food access critical and necessary…

For many communities in food deserts, emergency food programs are lifelines. Without retail stores or SNAP retailers available, food pantries can become major sources of food for families. For communities without access to key emergency food resources, the problem of distance becomes a central barrier within households. Many residents are not able to access pantries at all times of the month either, making travel to central locations such as Colfax or Pullman necessary.

See appendix for Top Locations Attending Pullman Community Action Center Food Pantry (Sampled from 2004-2018)

Just Imagine:

- Gas/vehicle fuel assistance for those regions with high vehicle ownership, low food access and low incomes.
- Connecting current transport assistance better to needed locations with low vehicle ownership and low food access.
- Mobile services providing access to fresh and other foods and services.
- Healthy corner stores in food desert locations.

Potential Partners Available in Appendix
Table 19: Distribution and Accessibility Needs For Each Community; From Community Meeting Data

<table>
<thead>
<tr>
<th>Towns</th>
<th>Garden/Farm to School</th>
<th>Gleaning</th>
<th>Transport Support</th>
<th>Food Drive Support</th>
<th>Repack Program</th>
<th>Little Pantry and More Donation Sites</th>
<th>Shopping Model</th>
<th>Food Pantry Farm Stand</th>
<th>Farmers Market</th>
<th>Cooperative/Grocery Store</th>
<th>Healthy Grab and Go/ Vending</th>
<th>Summer Meal Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullman</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Palouse</td>
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<td>Tekoa</td>
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<td>Uniontown &amp; Colton</td>
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<td>LaCrosse</td>
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<tr>
<td>Endicott</td>
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<td>X</td>
<td>X</td>
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<td></td>
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<tr>
<td>Moscow</td>
<td>X</td>
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<td>X</td>
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<td>X</td>
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</table>
SELLING, SHARING, AND BUYING FOOD

We can build upon our history of sharing...

The region has a long history and heritage of sharing and food exchange. Fresh produce is often shared widely with neighbors, coworkers, and friends. Clients of the food pantries also are known for being the first to share with others:

I don't like seeing people, especially people with children, especially elderly people struggling. That just bothers me. —Moscow Food Bank Client

It’s the people who understand, and don’t have a lot to give who are willing to give what they’ve got. Making sure that those who are struggling are getting through the day.

Any of my friends that I hear that they need something, I am like the first one, I will give away anything, I am just a giver. That is just what I am.

The scale of the community allows for human connectedness; with many current pantry systems knowing individuals by name, as well as very specific needs. Current locations that enable this giving process at the person-to-person level include public locations such as thrift shops, post offices, and within online spaces such as Facebook groups.

Despite being deemed “food deserts”, some communities do not see gaps or weaknesses:

I grew up in Garfield and for a lot of the time I was there, there wasn’t a store. Inevitably, when cooking, we would discover that there was no more flour, or eggs, or milk or something. We would just call up a neighbor and go over there with our measuring cup, and sometime sooner or later probably return the favor. As cliche as it sounds, it was like we were all family.

This type of food access is based on social connections, which are also declining in many areas. Focusing on the assets that still exist for social connections will ensure that these sources for food can continue. There are many existing sites of socialization such as senior meals, annual picnics, and festivals that generate and maintain community. These should be used to develop more opportunities for social interaction, needed for isolated communities to develop small scale and connected distribution systems for food as well.
And we have many programs working to share food already...

The Palouse has numerous resources for community food already. Some of the resources identified and researched as part of this study include:

- food retailers
- farmers and community markets
- Basic Food/SNAP, SNAP Retailers and Fresh Bucks/Shop the Market
- WIC clinics and WIC Farmers Market Vouchers
- National School Breakfast and Lunch program sites, child care food programs, summer food programs
- Federal emergency assistance programs and distribution sites, mobile pantries, numerous informal food sharing locations, university and school district pantry and weekend food programs
- congregate meal sites, delivered meal programs, Senior Farmers Market vouchers, grocery and prepared food rescue and redistribution programs
- SNAP-Ed and other federal nutrition programs, as well as numerous nutrition, cooking, and gardening programs.

Appendix Available with Each Major Program’s Reach, Funding Source, and Sector

SNAP and Basic Food Education

SNAP is the supplemental nutrition assistance program, formerly known as food stamps. Participants enroll locally through the Department of Social and Human Services Office in Colfax, or the Department of Health and Welfare Office in Moscow and receive an Electronic Benefits Transfer (EBT) card for use at food retailers that accept SNAP. In Washington State, the program has been rebranded Basic Food, and there are Basic Food Educators to assist with enrollment procedures.

Both of the counties have under the average rate of per/10,000 people number of SNAP retailers;
Whitman County 21  Latah County 23

SNAP Retailers are located throughout the region and many different types of stores accept SNAP in the Palouse including cooperatives, grocery stores, farmers markets, and supermarkets. Within several food desert locations, there are food retailers that do accept SNAP as well (USDA, 2017). These communities include Pullman, Tekoa, Rosalia, St. John, and Endicott where community members who qualify for Basic Food can also shop at their local food retailer. On the Latah County side, the only community with a food desert is Moscow. However, they have several SNAP retailers that range from Farmers Markets to gas stations and convenience stores. The decision to enroll in this program can be a temporary solution for many residents, but the pros and cons are often weighed first:

Our family was on SNAP, WIC and energy assistance three years ago, but are now self-sufficient. I'm glad these services are around should we ever need them again.

SNAP at $18 a month, is not worth it, even with my wife who has a disability, because we recertify every 6 months. We gave it up; plus we had to travel too far to process paperwork
—Rosalia Focus Group Participant

There are also qualification issues, as some residents may not qualify for SNAP yet still find themselves without enough food. In previous research, the stigma of SNAP was analyzed to be higher than that of emergency food/food pantries. We heard one participant say something similar:

I am just saying no, I want to be responsible. I am not looking into SNAP, I am happy with taking care of myself with the food bank.
Research does show the effectiveness once enrolled in SNAP on some households. Participating in SNAP is associated with a 24% reduction in use of food pantries.

Gaps in programs such as SNAP and WIC within a food insecure household lead to the necessity for emergency food access. Research shows that SNAP benefits do not provide the nutrition recommended by federal dietary guidelines. Several clients pointed out the impact these gaps have, showing we need to fully understand the role of emergency food in alleviating hunger.

**Table 20: Households Participating in SNAP by County, 2012-2016**

<table>
<thead>
<tr>
<th>County</th>
<th>Percent with SNAP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whitman</td>
<td>11.6%</td>
</tr>
<tr>
<td>Washington State</td>
<td>17%</td>
</tr>
<tr>
<td>Latah</td>
<td>9.4%</td>
</tr>
<tr>
<td>Idaho</td>
<td>12%</td>
</tr>
<tr>
<td>National</td>
<td>15%</td>
</tr>
</tbody>
</table>

SNAP-Ed is the nutrition promotion and obesity prevention component of SNAP. Washington State uses a sub-contract and regional model, with Whitman County falling in Region 2, and the Washington State Department of Health serving as the implementing agency for the program. Community Action Center is a sub-contractor, administering youth and adult nutrition education, as well as policy, systems, and environment work. Projects funded through this mechanism include: Cooking Matters classes for Adults, youth gardening, nutrition, and cooking education, food bank gardens, food rescue and recovery, and healthy pantry and lunchroom projects. In Idaho, SNAP-Ed is braided with a program called EFNEP (Expanded Food and Nutrition Education Program) and branded as “Eat Smart Idaho”. Eat Smart Idaho is fully administered by the University of Idaho Extension.

Checks for core nutritious foods, as well as Farmers Market Vouchers are offered to women with young children through the WIC Program, administered through the Whitman County Public Health Department in Washington, and the Department of Health and Welfare and Latah County. Lactation support and one on one nutrition education is provided in two locations to Whitman County residents.

**Table 21: SNAP Participation by Community, 2015**

<table>
<thead>
<tr>
<th>Community</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullman</td>
<td>(748) 3%</td>
</tr>
<tr>
<td>Colfax</td>
<td>(186) 7%</td>
</tr>
<tr>
<td>Palouse</td>
<td>(37) 4%</td>
</tr>
<tr>
<td>Garfield</td>
<td>(36) 6%</td>
</tr>
<tr>
<td>Tekoa</td>
<td>(71) 9%</td>
</tr>
<tr>
<td>Albion</td>
<td>(41) 7%</td>
</tr>
<tr>
<td>Rosalia</td>
<td>(52) 10%</td>
</tr>
<tr>
<td>St. John</td>
<td>(41) 8%</td>
</tr>
<tr>
<td>Oakesdale</td>
<td>(37) 6%</td>
</tr>
<tr>
<td>Uniontown</td>
<td>(19) 7%</td>
</tr>
<tr>
<td>Colton</td>
<td>(15) 7%</td>
</tr>
<tr>
<td>LaCrosse</td>
<td>(35) 11%</td>
</tr>
<tr>
<td>Endicott</td>
<td>(34) 12%</td>
</tr>
<tr>
<td>Malden</td>
<td>(26) 14%</td>
</tr>
</tbody>
</table>

The percentage of children ever breastfed within the SNAP-Ed population Whitman County: 83%

**But the emergency food system has become a patchwork of relief…**

I eat pretty much probably 75% maybe 80% off my food is from food bank stuff. —Colfax Focus Group Participant and Pantry Client

Food pantries play a vital role in a system where the safety net has been weakened. The reliability of the distribution of food is now crucial due to this new role played by the emergency food system, but it is not designed to meet all people’s needs at all times.

The programs are great, but they either give you too much at a time where it goes bad, or they don’t give you enough and you’re starving. That’s the issue I think that a lot of us are finding.
Where Does the Food Come From at Food Pantries?

- **TEFAP The Emergency Food Assistance Program**

Whitman County TEFAP commodities come from Second Harvest, a food bank distribution center in Spokane. These were delivered to Council on Aging until 2017, at which point the distribution routes were altered to allow for direct delivery to the food pantry locations themselves.

**Table 22: Whitman County TEFAP**

<table>
<thead>
<tr>
<th>TEFAP Value annually 2016</th>
<th>$1 million dollars of food donated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total pounds</td>
<td>600,396</td>
</tr>
<tr>
<td>Fresh Produce</td>
<td>136,388 pounds</td>
</tr>
</tbody>
</table>

Commodities in Latah County are distributed through the Idaho Food Bank, and administered through the Community Action Partnership, both located in Lewiston, Idaho.

There also mobile food deliveries from the distribution food banks, Second Harvest and Idaho Food Bank themselves, distributed directly to communities, which in some communities becomes the only access point. It was reported that as of October 2018, Second Harvest no long has a mobile food delivery distribution route in Whitman County, although in 2016, Mobile Distribution was reported at 18,629 pounds. Within Latah County the Idaho Food Bank mobile food pantry stops at several locations in Latah County including Moscow, Potlatch, and Juliaetta.

Most of the food is donated, but is supplemented with purchased food to fill gaps or fill certain needs. Donated food comes in the form of food drives and fund drives which are sponsored by various organizations.

**EFAP Emergency Food Assistance Program**

EFAP is a program supporting administration, food, and general food pantry operations in Whitman County. This funding source is managed through the Council on Aging, with subcontractors throughout the region.

**CSFP Commodity Supplemental Food Program**

CSFP or “senior boxes” in Whitman County are distributed through the same systems as TEFAP, but are commodity foods boxed together for senior citizens. They also often include bulk cheese, and are often picked up by senior community housing coordinators, or delivered to homes.

**Grocery Rescue through Second Harvest and Pantry Partners**

Through Grocery Rescue, Second Harvest and partner agencies regularly pick up unmarketable but usable food (including fresh produce, dairy products and deli meats) from participating grocers. These food donations include inventory that is off-specification, mislabeled, near expiration or simply overstock. Food Rescues are also coordinated between food banks and participating stores that take nutritious food items that have been pulled from the shelves for being close to the date, but still safe to eat.

Food drives run by groups such student organizations, religious organization, and individuals, these are the main source of non-commodity food at the food pantries. There is a noted drop in this food supply during the summer months.

**Produce from Gleaning, Gardens, and Farmers Markets.**

Fresh food from these sources comes from local farmers, gleaning groups, and food pantry garden programs. Estimates of poundage from gleaning groups is at 325,000 pounds per year distributed at over 42 access points, with thousands of volunteers maintaining this unique distribution system.

**Prepared Food Rescue**

The WSU Dining Services are partnered with the Center for Civic Engagement and the Community Action Center (CAC) to rescue edible food from Dining Services and be repackaged at the CAC’s kitchen to be distributed at the Community Food Bank on-site at the CAC. This partnership began in 2016 as a pilot program, including a lunchroom audit and student education. Currently, the partnership has rescued and distributed thousands of pounds of food.
Growing community roots....

As shown earlier, there are many food pantries and commodity distribution locations. The spaces where food distribution occurs range from churches, to community centers, to libraries and town halls. Overhead is kept very low in many pantries due to their anchoring to other institutions. Some are also standalone, although often joined to other organizations. Lastly, some communities only have mobile service provided directly from food bank distribution centers.

Table 23: Pounds of Food From Second Harvest Fiscal Year Accountability Report 2016

<table>
<thead>
<tr>
<th>Pantry Location</th>
<th>2016 Pounds</th>
<th>2017 Pounds</th>
<th>2018 Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullman Community Action Center</td>
<td>90,967</td>
<td>114,155</td>
<td>105,227</td>
</tr>
<tr>
<td>Pullman Food Bank (Pullman Child Welfare)</td>
<td>49,801</td>
<td>66,154</td>
<td>78,379</td>
</tr>
<tr>
<td>Colfax</td>
<td>265,984</td>
<td>261,052</td>
<td>162,412</td>
</tr>
<tr>
<td>Palouse</td>
<td>1,051</td>
<td>4,418</td>
<td>11,906</td>
</tr>
<tr>
<td>Garfield</td>
<td>10,251</td>
<td>13,369</td>
<td>22,242</td>
</tr>
<tr>
<td>Tekoa</td>
<td>10,133</td>
<td>8,882</td>
<td>26,800</td>
</tr>
<tr>
<td>Rosalia</td>
<td>6,585</td>
<td>0</td>
<td>17,355 (Commodities) 4,629 (Food Pantry)</td>
</tr>
<tr>
<td>4,629 (Food Pantry)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saint John</td>
<td>23,990</td>
<td>21,965</td>
<td>20,527</td>
</tr>
<tr>
<td>Oakesdale</td>
<td>23,989</td>
<td>21,808</td>
<td>14,452</td>
</tr>
<tr>
<td>Colton/Uniontown</td>
<td>23,991</td>
<td>18,677</td>
<td>26,773</td>
</tr>
<tr>
<td>LaCrosse</td>
<td>24,046</td>
<td>8,930</td>
<td>24,353</td>
</tr>
<tr>
<td>Endicott</td>
<td>26,989</td>
<td>27,192</td>
<td>25,844</td>
</tr>
<tr>
<td>Malden</td>
<td>23,990</td>
<td>18,256</td>
<td>19,426</td>
</tr>
<tr>
<td>Second Harvest Mobile Food Bank</td>
<td>18,629</td>
<td>8,540</td>
<td>0</td>
</tr>
<tr>
<td>Albion</td>
<td>0</td>
<td>0</td>
<td>11,226</td>
</tr>
<tr>
<td>Second Harvest Bite2Go (Child Care Center/ECEAP)</td>
<td>0</td>
<td>0</td>
<td>1,860</td>
</tr>
</tbody>
</table>

Customer service models such as shopping models, box models, and hybrid versions of these two exist throughout the region. Shopping models include redesigning the distribution space to look like a small corner store with the items on shelves that the clients select from. Some pantries have rebranded their distribution times as “gives” making them more approachable through language. Both of these attempts have worked to lessen stigma throughout the human elements of the distribution systems in the region for emergency food. Several pantries have also worked to develop “healthy pantry programs” that include nutrition education, marketing, and signage within distribution spaces to emphasize health outcomes when making selections.

And spreading to new sites,

There are also non-traditional sites for distribution popping up throughout the entire region. Locations range from university student centers, schools, homeless shelters, libraries, and domestic violence shelter. Unlike standalone food pantries, these locations are setting aside shelves or cupboards within spaces used for women’s centers, classrooms, etc. for small scale food distribution. There are also “little free pantries” popping up in communities. Stocked completely by volunteers, emergency food can be accessed 24-7.

These emerging sites for food access demonstrate needs, values, and community food security in action. This local solution is uncovering a need in many communities for more accessible emergency food as a way to deal with food insecurity. The problem AND solutions related to food insecurity are also being extended deeper into the communities with these emerging solutions.

School and University Pantries

University students make up a large percentage of our population, both in Moscow and Pullman. Previous research has demonstrated the effect that off-campus students can have on measures of poverty, food access, and food security. Rather than adjust the numbers in the statistics, community food security projects could see
students as a potential strength, and also a high need. As described previously, both campuses have undertaken efforts to assess the student food insecurity rates and context. There are numerous food pantries on campus, as well as innovative programs to address these issues. Nationwide there is an upsurge in concern about campus food insecurity. Both universities in the Palouse have organized recently around food issues affecting their students, with recent survey results showing that around 33% of the University of Idaho students being classified as food insecure. A task force at Washington State University was energized recently and centered on several projects such as Cougs Feeding Cougs—a portal in which donations can be made at the end of the semester and the funds can be used to help students who have run out of money for their meal program. There are also access points for emergency food on WSU campus: 1) At the Women’s Center and 2) At the Student Administration Building (Lighty Hall). The University of Idaho has seven access points with a map for students to locate them. Information from key stakeholders and informants shows that there are several vulnerabilities on campus in terms of food security. These include: Graduate Students and their families, International Students and their families, new incoming students and transfers, minorities in general, including the LGBT student population. In terms of times of the year, students are vulnerable to hunger at the beginning of the semester when their financial aid award has not yet been received. There is also a period of time at the end of the semester when finances may be low, when food security is cited as an issue. Break periods (winter, spring) can be challenging for food insecure students, with emergency food locations not being available. Lastly, during the summer time many students are in the community for classes, or for research and teaching assistantships, but might not be paid or on continuous stipends. The summer is cited by key stakeholders as a period of most intense need.

“Until you work in these schools, you don’t know how difficult it is for kids to learn when faced with hunger.”
—Pullman School Pantry Program Leader

Based on observations and coordination with other hunger relief needs assessments, communities have organized themselves to cover critical gaps in the regional food security safety net all across the region. The response has been positive and comprehensive, and is spreading regionally.

**Table 24: School and Youth Food Security Programs**

<table>
<thead>
<tr>
<th>Community</th>
<th>Reach</th>
<th>Strengths/Existing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullman School District</td>
<td>205</td>
<td>Weekend Backpack</td>
</tr>
<tr>
<td>Elementary</td>
<td>168</td>
<td></td>
</tr>
<tr>
<td>Middle School</td>
<td>34</td>
<td>Weekend Backpack</td>
</tr>
<tr>
<td>High School</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Community Child Care Centers</td>
<td>38</td>
<td>Weekend Backpack</td>
</tr>
<tr>
<td>St. James Episcopal</td>
<td>41</td>
<td>Meal Program</td>
</tr>
<tr>
<td>YMCA Meal Program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Albion Pantry (Council on Aging)</td>
<td>108</td>
<td>Summer Meals</td>
</tr>
<tr>
<td>Juliaetta/Kendrick</td>
<td>Unknown</td>
<td>Weekend Pantry</td>
</tr>
<tr>
<td>Moscow</td>
<td>170</td>
<td>Summer Meals</td>
</tr>
<tr>
<td>School District</td>
<td>100</td>
<td>Summer Backpack</td>
</tr>
<tr>
<td>Weekend Food (St. Marks Episcopal)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Table 25: School Food Needs**

<table>
<thead>
<tr>
<th>Community</th>
<th>Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullman</td>
<td>Summer Meal Site</td>
</tr>
<tr>
<td>Oakesdale</td>
<td>Weekend Backpack</td>
</tr>
<tr>
<td>Rosalia</td>
<td>Snacks, Weekend Backpack</td>
</tr>
<tr>
<td>Palouse</td>
<td>Weekend, Summer Food</td>
</tr>
<tr>
<td>Juliaetta/Kendrick</td>
<td>School Pantry Storage</td>
</tr>
</tbody>
</table>
But not creating full accessibility…

**Table 26: Community Food Security Indicators Grid**

The following table lists the communities in the Palouse crossed with major food access options. Green represents programming currently existing, while red represents gaps. Gaps occurring include a few communities without pantries, as well as many without any form of mobile pantry program. Food retail is also not available in many communities, overlapping with the food desert status of several locations. Finally, there is coverage in some communities for meal sites and summer meal programs, but these options are not comprehensive throughout the region.

<table>
<thead>
<tr>
<th></th>
<th>Pantry or Commodities</th>
<th>Mobile Pantry</th>
<th>Retail Store</th>
<th>Food Desert</th>
<th>SNAP Retailer</th>
<th>Senior Meals</th>
<th>Summer Program</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pullman</strong></td>
<td></td>
<td></td>
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<tr>
<td>Colfax</td>
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<tr>
<td>Palouse</td>
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<tr>
<td>Garfield</td>
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<tr>
<td>Tekoa</td>
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</tr>
<tr>
<td>Albion</td>
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<tr>
<td>Rosalia</td>
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<tr>
<td>St. John</td>
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<tr>
<td>Oakesdale</td>
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<tr>
<td>Colton</td>
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<tr>
<td>LaCrosse</td>
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<tr>
<td>Endicott</td>
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<tr>
<td>Malden</td>
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<tr>
<td>Steptoe</td>
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<tr>
<td><strong>Moscow</strong></td>
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<tr>
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</tr>
<tr>
<td>Kendrick</td>
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</tr>
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<td>Bovill</td>
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<td>Onaway</td>
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</tr>
</tbody>
</table>

Another aspect of accessibility is the frequency of hours of operation for community food resources, including retail, local, and emergency related. Local food is available at weekly farmers markets throughout a relatively short growing season. There are winter markets available in both Moscow and Pullman, but there are gaps in access to local food across this season because processing is not readily scaled up locally. The majority of emergency food distribution sites allow access one time a month. Some of these provide more frequent available slots of time for this once a month access, while others only provide one chance to access emergency food.
Table 27: Sample Week, Sample location to Show Gaps; Summer Meal Sites, Pantries, Backpack

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moscow</td>
<td>Youth Meal</td>
<td>Youth Meal</td>
<td>Youth Meal</td>
<td>Youth Meal</td>
<td>Backpack</td>
<td>Backpack</td>
</tr>
<tr>
<td></td>
<td>Senior Meal</td>
<td>Food Pantry</td>
<td>Senior Meal</td>
<td>Meal</td>
<td>Community Meal</td>
<td>Community Meal</td>
</tr>
<tr>
<td></td>
<td>Food Pantry</td>
<td></td>
<td>Food Pantry</td>
<td>Food Pantry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pullman</td>
<td>Senior Meal</td>
<td>Community Meal</td>
<td>Food Pantry</td>
<td>Senior Meal</td>
<td>Food Pantry</td>
<td>Community Meal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meal</td>
<td></td>
<td>Meal</td>
<td>Food Pantry</td>
<td>Meal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Food Pantry</td>
<td></td>
<td>Senior Meal</td>
<td>Childcare Backpack</td>
<td>Backpack</td>
</tr>
<tr>
<td>Colfax</td>
<td>Food Pantry</td>
<td>Senior Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rosalia</td>
<td>Senior Meal</td>
<td>Food Pantry</td>
<td>Food Pantry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kendrick</td>
<td></td>
<td>Senior Meal</td>
<td></td>
<td>Food Pantry</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The most commonly found distribution needs regionally are garden/farm to school access, little pantry locations with more donation sites and cooperative/retail store outlets. Also often mentioned was transport support for food pantry volunteers, farmers markets in rural communities, and healthier vending/grab and go options in the more urban areas.

**Just Imagine…**

- Communication and ongoing accurate information with hours and eligibility, frequency, coordinated clear signage and digital accessibility.
- Consideration of adjusting frequencies of food pantry gives, as well as hours to better serve clients, after determining pantries’ current capacity and level of community engagement.
- Coordinated distribution process and schedule with Second Harvest and Idaho Food Bank, and other distributors external to region.
- Coordination between food programs, food procurement, and other programming within the region.
- More strongly integrated emergency food assistance and federal programs such as SNAP, and therefore analyze the collective outcomes, gaps and major vulnerabilities in the region.
- Support for programs that encourage interaction and community development within most rural areas of the region, and between communities faced with far distances and community isolation.
- Support for core functions at rural pantry locations such as food repack, shopping model options, transport, distribution of food supply to food pantry locations.
- New food access locations and models such as farm stands, mobile markets, and cooperatives.
- Mobile Services for Distribution based around existing little free pantries, and other sites of community food security.
- Development of Food Districts throughout region to facilitate local control of decision-making and needs assessment, evaluation, coalition participation, as well as distribution systems.
- Centralized Food Hub/Distribution Center for Regional Emergency and Local Food Procurement, Storage, Processing, and Distribution.

Potential Partners Available in Appendix
A regenerative food system would place emphasis on cooking and eating as important activities due to the many health benefits of eating a nutritious diet, as well as the effects of sharing meals together on mental and social wellbeing.

“It is not nutrition until you eat it.”
—School Lunch Program Employee

Although much nutrition education is based on evidence-based nutrition science, the reality is behavior around food is often much more complex than we realize. The many cultural elements to eating that are learned over time make it difficult and even unwise to try and change one single element of food behaviors. Within the food insecure population specifically, care must be taken to provide nutrition and cooking education that is inclusive, while not recreating stigmatizing attitudes. Our current culture of cooking and eating is contributing to the problem of food security: there is a perception that fewer people know how to cook, and the highly processed items readily available are often more affordable.
The Palouse knows food…

The Palouse region is rich with assets related to consumption of food: kitchens, meal sites, and education. Some of the assets identified in this assessment were the number of kitchen spaces already available for community food work. There is already a kitchen network in development, which contains not only kitchen locations, but the people and knowledge that come from establishing a kitchen in the community. Several community meetings established potential spaces that could be linked to community food systems including university demonstration, preparation, and test kitchens.

There are many people with existing food management skills useful in food insecure situations.

“One thing that I do do, is I’m the main person who cooks in our home. To make meals stretch, I use a lot of pastas and rice to mix in with things. Like I’ll take three pork chops and make a meal big enough to last 2 days using rice or pasta and I’ll make some sort of sauce out of whatever we have in the cabinet.” —Focus Group Participant

The region is also filled with people who know food: cooking, baking, preserving. These folks are in every community and town, waiting for opportunities to share their skills. They also should be provided opportunities for entrepreneurship and access to commercial kitchens, if desiring to create food related businesses.

“I’d be happy to show anybody how to make bread…and you have to make it all day long and bake because it disappears as fast as it comes out of the kitchen.” —Food Assistance Program Participant

The restaurants in the Palouse are very popular, and are listed as the number one item people enjoy in their community in a recent needs assessment. Residents eat a lot of their meals at restaurants.

What do you enjoy about your community?

| Restaurants | 32 Open-Ended Comments |

But why is not everyone eating?

Access addresses the need for meals themselves. Clients pointed out behaviors such as skipping meals due to not having financial resources. This foundational need is often addressed through emergency food access as described in the previous section, or participation in free community meals as described in the next section on assets. Although there are several community meal sites, some communities have expressed need for more frequency of these meals, delivery services, or more program locations. Beyond emergency food, we also include the identified need of access to cooking equipment in several communities in order for households to become self-reliant.

Are ingredients affordable for everyone?

In visioning for a food secure community, the role of retail food shopping is very important. If there is to be a time in the future when all people have access to nutritious food, we need to assess whether current non-emergency food supplies, or commercial food supplies, are readily available and affordable. A secure community food system makes available a wide variety of food items from retail food stores, as well as other access points such as farmers markets. A baseline of sufficient, healthy food should be located at all locations through the region. The price of these items is also crucial to assess, especially if determining if those in poverty and with low incomes can afford a healthy diet for their households.

There is a perception that food is more affordable in the larger cities within the more populated center of the Palouse. Certain foods may be affordable at stores throughout the region, but it was brought up that they might not be healthy choices. For example, produce was highlighted in focus group discussions as being unaffordable here. The cost of eating healthy meals is a burden for local working and middle income families, according to the participants. Lastly, even if a family can afford healthy foods, and does actually purchase them, they might not have the time or budget to prepare them into meals and actually consume them. To investigate these beliefs and perceptions, this assessment uses a food retail survey to systematically assess affordability and availability of commercial food for the population.

The Palouse region has many different types of venues to access commercial food.

Figure 9: Map of Community Food Resources

Appendix of SNAP Retailers available here:
“The store does accept food stamps but the prices, once you get farther away from town, are so much higher than it would be if you were able to go to Spokane so having a store here with a limited selection is kind of hard to begin with but with prices being higher you can’t even select anything that is healthy to eat.”
—Focus Group Participant

“I think Pullman is kind of in this bubble, but we don’t realize it. I was in Winco in Lewiston, because I happened to be down there, and groceries were a dollar to two dollars less expensive, than even Moscow.”
—Focus Group Participant

Appendix of SNAP Retailers available here

Affordability and availability of fresh produce in wintertime is an issue, especially in rural areas.

“I prefer to purchase locally, rather than someplace like Walmart, where the produce is half the size, twice the cost, and it has been in a freezer for several months before it has even made it to the store.”
—Focus Group Participant and Pantry Client

Another dimension not traditionally included in measures of food deserts includes accessibility of locally produced food. Access points include farmers markets, and the availability of programs such as Shop the Market and Fresh Bucks, which allow SNAP participants to redeem their benefits at Farmers Markets, as well as receive a financial incentive for doing so—for every $5.00 spent, a $2.00 bonus is received. There are currently only two permanent farmers markets in Pullman and Moscow although smaller, pop-up, and pilot markets have been piloted in communities such as Saint John and Colfax. There is also an online farmers market in the region called “Palouse Grown Market” available to purchase locally produced food and products from. Moscow has also been piloting a community market, which developed out of previous “Growers Markets” focused on entry-level growers and community development projects. The food cooperative in Moscow has developed strong strategies to build equitable processes such as the FLOWER program, to provide access to fresh, local, organic food within everyone’s reach to help reduce food insecurity. Many of the cooperative’s projects and program are focused on reducing hunger, and has even coalesced into discussion around their mission and ends statements. Clients of food programs appreciate and want to connect to local food, and even growers themselves:

Retail surveys were completed for several retailers across the region and included the Endicott Food Center, the Rosalia Market, Crossets in Oakesdale, McLeod's in Palouse, Rosauers in Colfax and Moscow, Winco in Moscow, Walmart in Pullman and Moscow, Safeway in Pullman and Moscow, Dissmore's IGA in Pullman, the Moscow Food Cooperative, Phil’s Family Foods in Kendrick, White Pine Foods in Deary, the Troy Market, and Floyd's Excellent Foods in Potlatch. Items sampled were based off the Thrifty Food Plan, a USDA metric where basic foods that would provide adequate nutrition, were recorded for availability and standardized price. The same items were accounted for across all the food retailers visited. Data suggests that prices in the Palouse region are higher than the national average for the Thrifty Food Plan market basket. There is also evidence that the cost of food is even higher in rural food deserts—within these settings, the average basket is $268.80, whereas the regional average is $248.84.

Results show that the average price of a market basket for a family of four in the Palouse is $248.84 per week.
The national average is $148.70.

And are healthy items available?

According to data from retail surveys, the average missing item rate for items from the Thrifty Food Plan for stores across the region is about 4.85%, or about 4 items out of 87. This rate is higher for stores located in regional food desert locations, at 5.58%. From focus group data, common themes of availability arise such as variety, freshness, and items for special dietary needs. Quotes below demonstrate these needs pulled from focus group participant quotes:

“You go to the store, and half the shelves are empty and like that first week, or Mom’s weekend, everything is wiped out.”

Variety...

“Between Rosauers and Walmart, Walmart carries more than Rosauers does. Different varieties of stuff. Rosauers doesn’t have the space to carry the amount of different food.”
“Right there, at the beginning of the semester when all the students, come in..I am trying to go to the grocery store and it is ridiculous, because they have wiped out the shelves..”

Fresh…

“The only choices for me here are pounds of sausage for 5 or 6 bucks, little chubs. They don’t sell fresh meat at all.”

“There’s absolutely no fresh meat at all, outside of hot dogs, you know and that’s not right - we have very limited choices for produce and the ones we do have are pretty pricey.”

“The store does get produce every week - but they don’t sell it because the prices are too high.”

“Spokane Produce does deliver every week but the prices are prohibitive and I understand the store has limited space and we are in the sticks.”

Special Diets…

“There’s nothing fresh and I also just want to say that there’s a really poor accessibility in Rosalia for special dietary needs.”

“Right now I’m on the gluten free, lactose free diet and there’s no accessibility for gluten free. There is lactose free milk down at some stores, you can find them, but the prices for things that are diabetic are really high.”

**Table 28: Meal Sites**

<table>
<thead>
<tr>
<th>Age target</th>
<th>Locations:</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Senior Meals</strong></td>
<td><strong>Seniors-Mobile</strong></td>
<td>COLFAX: 121 North Main Street every Wednesday at 12:00pm&lt;br&gt;PULLMAN: Pullman Senior Center every Monday and Friday at 11:45am&lt;br&gt;PALOUSE: Palouse Community Center every Wednesday at 12:00pm&lt;br&gt;LACROSSE: Lacrosse Cafe every 1st and 3rd Tuesday of the month at 12:00pm&lt;br&gt;OAKESDALE: Oakesdale High School every Wednesday at 12:30pm (closed during school breaks)&lt;br&gt;ROSALIA: United Methodist Church every Tuesday at 12:00pm</td>
</tr>
<tr>
<td><strong>Friendly Neighbors Senior Center Moscow</strong></td>
<td><strong>Seniors-Mobile, Homebound</strong></td>
<td>Meals can be arranged for home delivery.</td>
</tr>
<tr>
<td><strong>Potlatch Senior Center</strong></td>
<td><strong>Seniors</strong></td>
<td>Meal Site Only in “Rebekah Hall” - owned by the City Of Potlatch. Home delivered in Potlatch--Must have approval by Supervisor-In Lewiston - Julie Christiansen Tuesday and Friday 10:00 - 1:00, meal served at Noon</td>
</tr>
<tr>
<td><strong>Spudhill Senior Meal Site</strong></td>
<td><strong>Seniors</strong></td>
<td>Meal served at noon on Tuesdays for residents of Deary, Bovill, Troy and surrounding areas (closed on holidays and when site is booked for funeral dinners).</td>
</tr>
<tr>
<td><strong>PNW Halal Meats, Feed the Hungry Program</strong></td>
<td><strong>All</strong></td>
<td>Coordinated through Community Action Center, recipients can receive warm meals at the PNW store on Wednesdays and Sundays</td>
</tr>
<tr>
<td><strong>Food Not Bombs Community Meals</strong></td>
<td><strong>All</strong></td>
<td>With rescued groceries from retail stores around the region, this meal site includes distribution as well. Unitarian Church, Sundays 4:30 PM</td>
</tr>
<tr>
<td><strong>Albion Summer Lunch Program</strong></td>
<td><strong>Youth (1-18)</strong></td>
<td>11:00 AM to 12:00 PM, Monday-Thursday all summer. Albion Town Hall (310 F Street) downstairs in the kitchen.</td>
</tr>
<tr>
<td><strong>Moscow Summer Lunch Program</strong></td>
<td><strong>Youth</strong></td>
<td>11:30 a.m. to 12:30 p.m. on weekdays. Lena Whitmore Elementary School</td>
</tr>
</tbody>
</table>
We cook and serve community meals... 51

Once food is purchased, kitchens are used to prepare meals. Our region has existing commercial and community kitchens available for use.

Table 29: Community and Commercial Kitchens Available

<table>
<thead>
<tr>
<th>Location</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Council on Aging Community Kitchen</td>
<td>Certified Meal Site</td>
</tr>
<tr>
<td>Community Action Center</td>
<td>Certified Donation/Repack; Commercial in Process</td>
</tr>
<tr>
<td>Latah County Fairground</td>
<td>Commercial Kitchen in Development</td>
</tr>
<tr>
<td>Gladish Cultural and Community Center</td>
<td>3 Commercial Kitchens and Event Location</td>
</tr>
<tr>
<td>Dahmen Barn, Colton WA</td>
<td>Commercial Kitchen and Event Location</td>
</tr>
<tr>
<td>Palouse Community Center</td>
<td>Commercial Kitchen and Event Location</td>
</tr>
<tr>
<td>Uniontown Community Center</td>
<td>Commercial Kitchen and Event Location, Commodities Distribution</td>
</tr>
<tr>
<td>Albion City Hall and Food Pantry</td>
<td>Food Pantry Kitchen</td>
</tr>
</tbody>
</table>
Many of these kitchens have developed community meal events to offer prepared food for the food insecure community. Congregate Meals are targeted towards seniors, over 60, but are available to anyone. There are also delivered meal programs in both counties. Emerging Meal Programs are developing across the region as well from programs developed at PNW Halal Meats, Food Not Bombs, and Palouse Pediatrics.

Table 30: Meal Delivery Resources Available

<table>
<thead>
<tr>
<th>Location</th>
<th>Resource Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullman</td>
<td>Pullman Community Council on Aging</td>
</tr>
<tr>
<td>Colfax</td>
<td>Council on Aging and Human Services</td>
</tr>
<tr>
<td>Moscow</td>
<td>Friendly Neighbors Senior Citizens, Inc., Meal Delivery supported by Area Agency on Aging, Lewiston, Idaho.</td>
</tr>
</tbody>
</table>

School Meals and Summer Meals

Both counties have numerous school meal programs including free and reduced breakfasts and lunches in many of the school districts. These meals provide critical nutrition for the food insecure households in the region.

Table 31: School Meal Programs Regionally

<table>
<thead>
<tr>
<th>County</th>
<th>Total Students</th>
<th>Number Eligible For Free and Reduced Meals</th>
<th>Percent Eligible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latah County</td>
<td>4,760</td>
<td>1,681</td>
<td>35.32%</td>
</tr>
<tr>
<td>Whitman County</td>
<td>4,809</td>
<td>1,727</td>
<td>35.91%</td>
</tr>
<tr>
<td>Total Region</td>
<td>9,569</td>
<td>3,408</td>
<td>Average: 35.62%</td>
</tr>
</tbody>
</table>

The Albion Summer Lunch Program is a great example of summer meal program that works well for our region. Started by three volunteers in the summer of 2017, the Albion Summer Lunch program feeds lunch to an average of 32 children Monday-Thursday during the summer. It is set in the city of Albion, but all children up to 18 are invited from the surrounding communities. This lunch usually includes a main dish, fruit, and a treat. Healthy food is a focus. The social aspect of the program is also something to be noted.

While learning to eat healthy...

“Healthy Food costs time!” — Focus Group Participant

There is extensive nutrition education programming in the region due to programs such as SNAP-Ed and EFNEP for those wanting to build more skills in cooking, and especially nutrition and healthy eating. These are hosted at the Community Action Center and Eat Smart Idaho, out of University of Idaho Extension. Several of these programs have worked to develop food demonstrations at locations such as school cafeterias, food pantries, and even farmers markets. School culinary clubs have been started to introduce new foods and recipes within school districts, teaching how plants grow in order to make vegetables, fruits, and whole grains more appealing.

Although we do not have any official “Farm to School” programs, there is interest in elements of these programs becoming adapted to our region's specific needs. Several of the school meal programs have piloted local grains and legumes into recipes, as well as provided training in “culinary boot camps” that teach how to work with local and minimally processed foods for large cafeteria settings. Barriers to full farm to school programming includes a mismatched growing season for the small farmers who grow vegetables and fruits in the region, concern about the regulations and requirements for both growers and kitchen staff, and beliefs that the demand is not high enough from the student population to try new and differently prepared items.
Many types of education are needed throughout a variety of settings, including university campuses. Education on enhancing flavor, while staying on budget can be enhanced through cookbooks and recipes. Educating food distribution sites, including food pantries, on specific dietary needs is also a need. Lastly, creating opportunities for childcare during current educational programming can make these classes more accessible.

Going further, some communities with existing meal programs need more support and knowledge in order to reach full potential. Some of this support requested is more involvement from chefs and the general restaurant community, processing equipment and knowledge, development of an existing regional kitchen network, and the support needed to sustain all of the current meal programs.

**Just Imagine:**
- **Free community lunches, summer meal programs, and community restaurant programs.**
  These dreams included details such as all ages being included rather than just youth or seniors, two groups often targeted for meal sites. Summer is a particularly high need time, with four community meetings bringing up the need for free summer meals. Access to culturally diverse foods is also highlighted as a need in the Palouse, with restaurants serving as a key touchstone in that vision. Finally, many of these dreams were included under the concept of a soul kitchen. A soul kitchen is a community restaurant that goes beyond a traditional meal site by including guest volunteer rotating chefs, pay as you can system of funding, and a focus on neighborhood relationship building. Access dreams also include more food delivery programs for meals, specifically in the northern portion of Whitman County, an area with aging demographics.

- **A food culture nurturing a new kind of education that is more inclusive and based upon food systems and nutritional wellbeing.** Many of the dreams shared for cooking and eating included educational opportunities integrated into projects spanning all generations. For example, developing educational clubs and youth cooking programs at schools, and then graduating these students into “soul kitchens”, meal delivery programs such as Meals on Wheels, or community restaurants as volunteers. Education related to cooking and eating is dreamt to include: cooking meat, cooking pulses and legumes, healthy snacks, low waste cooking, meal education, and opportunities to try new foods.

- **An inclusive and supportive network of people opening more food-related businesses in the Palouse.** There are already examples of value-added products and eateries incubated through the local food system, but less so for the emergency food system. By being connected to the kitchen network, access to commercial kitchens can become more available to these potential entrepreneurs.

- **A focus on a culture of health.** People described the value of “food as medicine” as key to community wellbeing, and using the local food system as inspiration. Dreams include vegetable prescription programs, and a renewed focus on healthy eating in all settings and sectors.

Potential Partners Available in Appendix
FOOD RECOVERY AND WASTE REDUCTION

Food waste occurs throughout all the stages of the food system described already: growing, processing, storage, transportation, distribution, and consuming food. Several organizations already exist within Whitman and Latah County that work to reduce food waste throughout all these levels. These include Backyard Harvest, the Community Action Center, Food Not Bombs, Northwest Harvest, and Second Harvest. By examining the sectors represented, some gaps emerge. Specifically, processing is seen as a sector in need of organizations and programs to reduce waste.

All areas of the food system can reduce food waste...

Table 32: Food Waste Reduction Organizations and Programs

<table>
<thead>
<tr>
<th>Food Waste Reduction Organization</th>
<th>Sector</th>
<th>Food Waste Reduction Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backyard Harvest</td>
<td>Production</td>
<td>Food Rescue (Gleaning)</td>
</tr>
<tr>
<td>Community Action Center</td>
<td>Distribution</td>
<td>Food Rescue &amp; Redistribution</td>
</tr>
<tr>
<td>Food Not Bombs</td>
<td>Distribution and Consumption</td>
<td>Food Rescue &amp; Consumption</td>
</tr>
<tr>
<td>Northwest Harvest</td>
<td>Production and Distribution</td>
<td>Redistribution</td>
</tr>
<tr>
<td>Second Harvest</td>
<td>Production and Distribution</td>
<td>Redistribution</td>
</tr>
<tr>
<td>Washington State University Dining Halls</td>
<td>Consumption</td>
<td>Source Reduction</td>
</tr>
</tbody>
</table>
But we need to work together,

Though these food waste reduction programs exist within the Palouse, there is still a strong perception that food waste is an aspect of the food system that needs to be addressed. Out of 48 individuals who were surveyed in Pullman, 19 individuals or 39.6%, thought food waste needed the most attention when regenerating our food system.

The EPA has provided a Food Recovery Hierarchy Model to prioritize actions that prevent and divert food waste where the most preferred actions would divert the most waste (Figure below). The model is broken down into six hierarchy steps that include source reduction, feed hungry people, feed animals, industrial uses, composting, and landfill.

![Food Recovery Hierarchy](image)

**Figure 10: EPA Food Recovery Hierarchy prioritizes actions that reduce the most food waste**

in order to address the problem through different ways.

**Source Reduction**
- WSU’s dining hall efforts to reduce the volume of surplus food generated

**Feed Hungry People**
- Backyard Harvest
- Community Action Center’s Food Rescue Program
- Food Not Bombs
- Northwest Harvest, 2nd Harvest, and distribution sites across Whitman and Latah County

**Feed Animals**
- Informal pick up from food pantry patrons
- Interest by Communities and Community Members

**Industrial Uses**
- WSU has 7 anaerobic digestors in Washington State, several publications^{54}
- University of Idaho has conducted projects for anaerobic digestion and alternative uses for anaerobic digestion outputs.^{55}

**Composting**
- Washington State University has a commercial-scale compost facility which can compost 10,000 to 11,000 pounds of organic waste per month. Of what is composted, 1% is food waste, 50% is yard waste and animal bedding. The dining hall services produce 227 tons of compost a year, which is used as soil enrichment in campus green houses, research farms, and the landscaping.^{56}
- The Greek Housing system is currently participating in a composting pilot project between the compost facilities at WSU and Pullman Disposal Services (PDS). The Greek Housing has agreed to pay a small service fee for PDS to take their compost up to the WSU compost facility. That compost facility than charges PDS for using their compost. The results of this pilot project will be shared with the Solid Waste Advisory Committee (SWAC) a semester into the project.
- The University of Idaho has a compost facility within the Dairy Farms. Kitchen scraps are mixed in with the manure from the dairy farms. The inputs for composting are checked for contaminants such as plastic or anything not compostable.
- The Palouse-Clearwater Environmental Institute conducts a composting program. They collect compost from the Moscow Food Co-op and conduct the program at the educational scale.
- At the residential scale, currently, there is no city or county wide composting program for food scraps. Individuals who may be interested in composting need to do it on their own property. The Whitman County Landfill and Clearwater Composting only take yard waste to compost.
Just Imagine:

- Commercial and household kitchens training to work to reduce food waste through source reduction.
- Expanded and more efficient systems to redistribute food to food pantries and meal programs, both whole foods and prepared meals.
- Food past its consumable state being redirected to livestock and other animal feed through community designed systems.
- Industrial scale digestors turning food waste into usable energy.
- A Community Compost Program working to turn food waste into garden and farm amendments.
- Minimal additions to local and regional landfills from the Palouse food system.
Regional data can help understand trends across the Palouse. It also helps in strategic planning, specifically connecting regional strengths with expressed needs and dreams of each community. These data can also help connect communities to each other, either by showing similarities, or through creating links in a food system network.

In terms of strengths, data shows the top ranked items being engagement and leadership, heritage and identity, and sharing and selling food. These are aligned with the interviews and focus groups, as well as stories people tell about the Palouse: an engaged community with a history of sharing. The regional tables also show areas of high interest in Pullman for growing food, coordination/communication, food system education, and heritage appreciation/inclusion. In Moscow, we see the desire for heritage appreciation/inclusion as the highest ranking topic. In communities such as Rosalia and Troy, the topic of growing more food as the top ranked topic. Other communities such as Deary, express the dream of creating more opportunities for exchanging food, whether through sharing or selling. Genesee stands out in needing more community meals and emphasizing eating food within their community food system. Across the region, the highest ranking interest is growing food, with food system education being a second ranked topic. By building on the engagement of the Palouse, and drawing on the history and legacy of sharing, everyone can gain food system education and the ability for every community to grow local food that helps feed everyone.

Table 33: Strengths of Communities by Regenerative Categories

<table>
<thead>
<tr>
<th></th>
<th>Heritage and Identity</th>
<th>Inclusion and Connection</th>
<th>Education</th>
<th>Engagement and Leadership</th>
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Clarity of Vision and Desired Outcomes

Community visioning is an ongoing process. Early on, stakeholders from the region developed a vision for the Palouse centered on food access and healthy food for all. This inspiring vision became a mission for community food organizations, motivating much of the current ongoing work. The clarity of this vision was brought about through the Palouse Tables Project, and now is bringing into view the outcome of community wellbeing. The pieces are all here now to develop new projects rooted in values, directed by regenerative strategies, working towards a common goal of community wellness. Projects can use the regenerative model to develop shared metrics, moving the community closer towards measuring the collective impact of all of the work already being done.

By regenerating the community food system, the Palouse is moving towards community wellbeing through growing food locally, processing and storing healthier food options, and distributing food through new systems. Opening up new ways and locations for food also continues the tradition of sharing and selling food locally, between neighbors. Finally, the Palouse imagines eating together as a real way to solidify vision and values, through nourishment and celebration.

Rooted in an appreciation of heritage and focusing on practical solutions, we are building capacity for community resilience and self-reliance. Using resources well and designing coordinated systems, food waste is minimized in all sectors of the food system. Needs are met all year, at all times. Self-reliance, without isolation, makes it easier to share, cooperate for economic development, and achieve food security for everyone through inclusion in the community food system.

Just Imagine:

Collective impact metrics developed by the community to measure our own regeneration process.

Introduction to Strategies

Moving from the vision and values of regeneration to action requires developing overall strategies that cut across community structures and food sectors, as well as not being tied to specific projects with timelines. Rather, the strategies listed here give the community overall direction and clarity in establishing a foundation to implement transformative projects into the future.

- Break down report into blog posts and website content for more accessible dissemination
- Keep the energy developed out of the assessment alive through regular communication with participants interested in staying involved and dissemination of findings
- Work on communication messaging connecting expressed needs and existing assets/resources
- Do more of what is working, with small incremental projects based in existing programs
- Build these simple projects together through cooperation to more complex projects that overlap with core organization’s individual visions
- Develop multi-agency “Community Food Security Coordinator” staff position to implement collaborative program planning and projects
- Develop collaborative mobile services project that regularly travels a regional route providing food distribution, education, and food waste reduction services, while engaging and coordinating communities along the way
- Develop existing and potential partnerships that are aligned over vision and shared outcomes, begin with Appendix E (hyperlink) of possible partnerships.
- Develop public forums around sections of the report needing further research to create buy-in from researchers, while moving towards more clarity on issues of food security
- Develop training workshops based on the regenerative model and key findings from the assessment to extend the reach of the report and create “ambassadors” regionally
- Investigate food policy and advocacy needs coming out of the assessment’s findings and dreams and determine best approach for accomplishing these, such as coalitions, commissions, etc.
- Continually refine strategies and regenerative model using participatory methods such as crowd sourced “Story Maps” via Geographic Information Systems
- Refine process for continuous input from low income clients in future plans and projects/programs
- Use existing coordinating groups to host regular strategic planning meetings within and across organizations using findings from this assessment to continually refine and develop strategies:
  - Prioritize dreams listed in “Just Imagine” sections based on stakeholder feedback and then create long-term timelines for phasing in prioritized projects, share this process and its results across organizations
  - Host “refining the vision” sessions to connect projects to outcomes, while setting realistic goals
  - Develop renderings based on refined visions and outcomes
  - Create collaborative metrics for regenerative model outputs and outcomes
  - Develop coalition and multi-agency brochures of services, goals, and outcomes
  - Develop other coalition and multi-agency co-marketing materials
INVITATION TO JOIN THE WORK

How Can you Best Get Involved? If you are a member of an organization such as non-profit, school, or business, that wants to become involved, we would love to partner with you.

If you are interested in supporting the project’s implementation organizationally, or administratively, we have roles for you to play in this work.

- Volunteer Coordination and Communication
- Community Educator
- Donor or Funder

If you are an individual and volunteer service is what you can contribute at the present time, we suggest contacting our partner organizations and volunteering. There are many hands-on ready to go projects throughout the region on a one-time or ongoing basis. Some opportunities at a glance:

- Gardening for the food banks (preparing soil, planting, watering)
- Gleaning food from farms, gardens, and households
- Event organizing and facilitation
- Food distribution and grocery rescue
- Unloading distribution trucks
- Stocking Food Pantry shelves
- Driving people for appointments, errands, etc.
- Instructing in nutrition, cooking, gardening, etc.
- Leading an educational demonstration
- Recovering food to prevent food waste
- Cleaning, resetting, and maintaining community food spaces

You can also get involved in the advocacy and organizational structures that coordinate this regional food system!

- Join the Palouse Clearwater Food Coalition
- Join the Whitman County Food Coalition
- Participate in Poverty on the Palouse Forum
- Participate in the Pullman 2040, Food Security Sub-Committee

SOCIAL MEDIA/CONTACT INFORMATION

Contact us and ask questions, get involved, and join the fun!

volunteer@cacwhitman.org
Facebook: Palouse Tables Project
Endnotes

rural-counties-are-making-a-comeback-census-data-shows
2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3165046/
3. WSOP, 2015
4. Community Commons, Health Indicators Report: Latah County
   2015-16. Source geography: Address
6. Washington State University formed a hunger coalition and performed a
   survey of the student population. University of Idaho program in
   Movement Sciences performed research in 2017-2018 determining these
   results.
7. These data were only publically available for Whitman County.
8. Emsi Q4 2017 Dataset www.economicmodeling.com
   pdf
13. If adjusted for student population, Whitman County would drop 15% for
    2012-2016 rates.
14. If adjusted for student population, Latah County would drop 8.5% for 2012-
    2016 rates.
15. Feeding America: Map the Meal Gap Data: 2018
16. Feeding America: Map the Meal Gap Data: 2018
17. The statistical significance of the relationship between food insecurity and
   obesity is debatable, with mixed results.
    Insecurity and Hunger” Dissertation.
19. Allan, John and Don Dillman. Against All Odds: Rural Community in the
    Information Age. 1994
22. These data are from the 2012 Agricultural Census. The National
    Agricultural Statistics Service website provides county profiles for the
    latest census. The links for each profile are available here: https://www.nass.usda.
    gov/Publications/AgCensus/2012/Online_Resources/County_Profiles/
    AgCensus/2012/Online_Resources/County_Profiles/Idaho/cp16057.pdf
23. These data are from the 2012 Agricultural Census. The National
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    gov/Publications/AgCensus/2012/Online_Resources/County_Profiles/
    AgCensus/2012/Online_Resources/County_Profiles/Idaho/cp16057.pdf
24. These data are from the 2012 Agricultural Census. The National
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    AgCensus/2012/Online_Resources/County_Profiles/Idaho/cp16057.pdf
25. These data are from the 2012 Agricultural Census. The National
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    AgCensus/2012/Online_Resources/County_Profiles/Idaho/cp16057.pdf
26. To make the market basket, therefore it is difficult to make direct item-
    to-item comparisons. Research does demonstrate that the new market
    baskets were developed at the inflation-adjusted cost of the previous Thrifty
    Food Plan.
27. The Only Thing That Isn’t Sustainable...is the Farmer’: Social Sustainability
    and the Politics of Class Among Pacific Northwest Sustainable Farmers,”
    Rural Sociology 76: 375–393 is a great study of small farmer’s financial
    situation.
    html?appid=60e504889402405f4d0bdecdbd766e9
29. Palouse Clearwater Food Coalition is mapping facilities and businesses
    such as processors on a regional story map: http://www.pcffoodcoalition.
    org/food-system-story-maps/
    html?appid=60e504889402405f4d0bdecdbd766e9
31. https://sr2moscow.com/
32. https://imtribune.com/northwest/mobile-pantry-trucks-food-to-rural-
    html
33. The Moscow Food Cooperative opened a campus location to create more
    accessible options for the university population. The goal is to serve as a
    community space for gathering and enabling healthy choices.
34. Future work could examine the distances and frequencies of residents of
    the Palouse in terms of retail shopping.
35. FRAC ResearchWIRE 2018
36. Source: FRAC analysis of 5-year 2012-2016 American Community Survey
    data, in collaboration with Punam Ohri-Vachaspati, PhD, RD, Professor,
    Arizona State.
    PovertyStudyFinal.pdf
39. Table with Food Hours for all food pantries located here: Table
    with fresh food donation hours: http://schd.ws/hosted_files/
    continuumserviceconferen2017/98/Fresh%20Food%20Donation%20Guide%208.5x11.pdf
40. Some examples include the use of lists that allow people to mark what they
    want, shopping model during non-busy periods of distribution times.
42. “Food Insecurity on the University of Idaho Campus, Unpublished Slides,
    Rae Krick, Helen Brown”
43. https://www.uidaho.edu/current-studen%12 of U of I students are food
    insecure/student-involvement/volunteer/food-pantry
44. These data are not exhaustive, other towns may want these programs
    or have them. Focused research, including a more comprehensive
    inventory should be performed by key stakeholders of this subset of food
    programming.
    moscow/article_d7627be5-6e06-59a9-9af5-c0e45083eb8f.html
47. http://pgm.lcallygrown.net/
49. The market basket items used in this study were from the Community Food
    Security Assessment Toolkit of the USDA, published in 2002. The Thrifty
    Food Plan underwent changes in 2006, including changing the items
    making up the market basket, therefore it is difficult to make direct item-
    to-item comparisons. Research does demonstrate that the new market
    baskets were developed at the inflation-adjusted cost of the previous Thrifty
    Food Plan.
50. The market basket items used in this study were from the Community Food
    Security Assessment Toolkit of the USDA, published in 2002. The Thrifty
    Food Plan underwent changes in 2006, including changing the items
    making up the market basket, therefore it is difficult to make direct item-
    to-item comparisons. Research does demonstrate that the new market
    baskets were developed at the inflation-adjusted cost of the previous Thrifty
    Food Plan. See File: 2006TPReport hyperlinked
51. Palouse Clearwater Food Coalition is mapping commercial kitchens
    through GIS Storymaps: https://uidaho.maps.arcgis.com/apps/Shortlist/
    index.html?appid=60e504889402405f4d0bdecdbd766e9
52. Community Commons, Health Indicators Report: Latah County
    2015-16. Source geography: Address
    15/publications/em090e.pdf
    uidaho.edu/University%20of%20Idaho/engr/news/features/manure-into-
    money.aspx
57. https://datacenter.kidscount.org/data/tables/3300-applications-for-free-
    and-reduced-priced-meals?loc=49&lcount=5&detail=5/69474-6985/fal
    se/36,868,877,133,38,35,18,16,15/any/9827,6804
    data
59. https://datacenter.kidscount.org/data/tables/3300-applications-for-free-
    and-reduced-priced-meals?loc=49&lcount=5&detail=5/69474-6985/fal
    se/36,868,877,133,38,35,18,16,15/any/9827,6804
    data
APPENDICES

A. Regional Community List With Population

Population Pyramid of Both Latah and Whitman County

<table>
<thead>
<tr>
<th>Top Locations Attending Pullman Community Action Center Food Pantry (Sampled from 2004-2018)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colfax</td>
</tr>
<tr>
<td>Albion</td>
</tr>
<tr>
<td>Palouse</td>
</tr>
<tr>
<td>Garfield</td>
</tr>
<tr>
<td>St. John</td>
</tr>
<tr>
<td>Lacrosse</td>
</tr>
<tr>
<td>Endicott</td>
</tr>
<tr>
<td>Uniontown</td>
</tr>
<tr>
<td>Tekoa</td>
</tr>
<tr>
<td>Oakesdale</td>
</tr>
<tr>
<td>Rosalia</td>
</tr>
<tr>
<td>Farmington</td>
</tr>
<tr>
<td>Malden</td>
</tr>
<tr>
<td>Colton</td>
</tr>
<tr>
<td>Moscow</td>
</tr>
<tr>
<td>Hay</td>
</tr>
<tr>
<td>Steptoe</td>
</tr>
<tr>
<td>Thornton</td>
</tr>
</tbody>
</table>

B. Previous Assessments and Evaluation of Community Food Resources

Since 2012, the Leagues of Women Voters from Moscow and Pullman have produced studies of poverty in both Latah and Whitman Counties prioritizing food insecurity as major areas of concern. For Latah County, besides assessing the current landscape of hunger, the league’s report identified coordinated services, integration of emergency food and SNAP programs, summer meal sites through mobile services, and more affordable food items as strategies moving forward.1 In Whitman County, the league documented the available programs and began to assess the region’s accessibility issues such as food deserts, limited quantity and available pantry times and locations.2 This document was vital in documenting the needs, specifically the shared needs of many food assistance programs that currently existed. Later in 2013, Northwest Harvest, a regional food distributor, held focus groups with Whitman County being one of their focus areas. This report documented the specific needs of senior citizens in the region such as the struggle of living on fixed income, transportation, and advocates for protecting critical food programs that seniors in the county rely on.

In 2013, Community Action Center piloted an edible landscape program, which involved a formative evaluation including surveying a sample of residents living in low-income housing.

After taking nutrition education classes, students report:

| 1. Eating more fruits |
| 2. Drinking more low-fat milk |
| 3. Consuming less sugary beverages |
| 4. Increased access to healthier foods |
| 5. Preparing more meals at home with fresh produce |

Center for Civic Engagement: Fresh Food Project
In 2015-2016, the Fresh Food Project, based at the Center for Civic Engagement at WSU was selected as the featured program, and was awarded the Engaged Campus-Community Partnership Award in 2017. This project works to connect 18 different partners, managing over 1,900 volunteer hours with around 940 individuals. The project brought in around 6,500 pounds of food, while rescuing about 1000 pounds from becoming food waste.

Backyard Harvest: 10 Years in the Making
Backyard Harvest celebrated it’s ten year anniversary in 2018, and underwent a "Ripple Effects Mapping" evaluation process to determine the outcomes of its activities. The ripple effects that stood out were: support of programs such as the snack pantries, food coalitions, community gardens, youth programs, commercial farms, and nutrition education. Their leadership with Shop the Market is also noted. The organization is built upon developing simple solutions to complex problems, as well as building relationship and social connections. The effects of this organization on other communities is building, and other regions are using aspects of their programming as models.

Attachment Link to PDF File: Backyard Harvest Ripple Effects Map

Growing Connections: Farm to Food Pantry
In 2016, Northwest Harvest hosted a two part “Growing Connections: Farm to Food Bank” workshop series for Whitman County. The initial meeting was held at Pullman Community Action Center on April 5, 2016 and 26 people attended ranging from growers to pantry managers, as well as general community members. First, the process of envisioning an ideal “Farm to Food Pantry” model brought up themes of a core community that works to coordinate donations, communication, and funding. Fresh food would be grown in gardens, gleaned, and donated from farmers and from food drives. There was an image of centralized cooler space enabling a steady supply to be sent out at coordinated times to pantries. An education section could work to carry out food demonstrations, reduce waste, connect community kitchens, and teach food preservation skills. Barriers identified including engaging people in this work such as residents, volunteers, and staff. Funding, logistics, access to storage, and demand at the pantries were seen as major barriers as well. The strategies identified to overcome these barriers included communication, coordination, redesigned distribution systems, and the involvement of multiple

Community Action Center’s Nutrition Education Programs were evaluated in 2016-2017, looking for key impacts. For youth, based on the results from the surveys, students appear to have made improvements in their food consumption habits by eating more fruits, drinking more low-fat milk, and consuming fewer sugary beverages, students reported increases in the frequency that they wash their hands before eating and wash fruits and vegetables before consuming them. Finally, there was a larger trend of improvement in the confidence levels when it comes to using recipes. Overall, it seems that several students became more confident that they can follow directions given in a recipe. Since much of the class curriculum centers on students preparing healthy foods by following recipes, this improvement is a significant finding. An overall increase in confidence should translate to more students preparing healthy foods at home.

Several engagement projects, including participatory research through PhotoVoice at the Council on Aging and Human Services in Colfax, have been developed and completed in the Palouse region. In 2016, faculty and students distributed cameras and developed a regular schedule to discuss and analyze core themes related to pictures people were taking to tell the story of food access. Key themes identified were the desire for self-reliance through producing one's own food, support for people and organizations that are engaged in growing local, and the deep-seated need to participate in the bounty of the region from all people. Inclusivity for low-income people includes providing access to land and letting all people participate in growing food. There was a focus on health and environmental preservation, and the connection that food has to both of these desired outcomes.

Attachment/Link to a PDF File about PhotoVoice at the Council on Aging and Human Services in Colfax.

<table>
<thead>
<tr>
<th>Top 3 Fruits Desired</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
</tr>
<tr>
<td>Strawberries</td>
</tr>
<tr>
<td>Raspberries</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Top 3 Vegetables Desired</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
</tr>
<tr>
<td>Potatoes</td>
</tr>
<tr>
<td>Onions</td>
</tr>
</tbody>
</table>

Sample sizes for certain questions range from 34-36 respondents.

Results below show there is considerable interest in access to garden plots, as well as opportunities for volunteering. This project led to a food bank garden program, including hydroponics systems centered at the agency.
generations of people. Specific **trainings** were identified to help achieve the vision laid out. **Information gaps** were identified as well, which all became fed into the Palouse Tables Project Food Security Assessment design. Lastly, **goals** were developed, as well as **action steps** to reach these goals as a region. One of the most commonly mentioned goals was building relationships with farmers and growers in order to increase donations. The other was working to build more social connections and develop sharing networks through community development. Actions to reach goals most commonly mentioned included building relationship and developing communication.

**Themes Related to Training Needed for Regional Farm to Food Pantry**

<table>
<thead>
<tr>
<th>Sectors</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Production</td>
<td>Identifying needs that growers can fill, how to grow for food security needs</td>
</tr>
<tr>
<td>Coordination</td>
<td>How to work with growers; Networking,</td>
</tr>
<tr>
<td>Funding</td>
<td></td>
</tr>
<tr>
<td>Distribution</td>
<td>Logistics, Transport, Handling, Procurement</td>
</tr>
<tr>
<td>Food System Education</td>
<td>Policy/Regulation, Local system stakeholder identification</td>
</tr>
<tr>
<td>Inclusion and Connection</td>
<td>Enhance dignity of pantry clients, involving clients in process, break down barriers between roles</td>
</tr>
</tbody>
</table>

**Whitman County Food Coalition Formative Evaluation**

The work begun in April of that year was vital in pushing forward the framework and goals, requiring networking next. These workshops were critical in establishing the connections needed to bring together and then launch the Whitman County Food Coalition, which formed in July of 2016. Stakeholders began visioning and determining which partners to invite to the coalition meetings. It was also determined to begin an inquiry of stakeholders asking what they would need from a coalition. **New opportunities** to move forward included: contracting with growers in advance, system coordination and planning in advance, designing new fresh food distribution times, and partnering with school districts to include more education. **Top goals** for the program identified included the Palouse Tables Project Food Security Assessment in order to increase collaboration and communication and document the overall needs of the region, as well as to develop more grower relationships and streamline the contracting process.

**Food Summit 2018: A Capstone of Appreciation**

The Food Summit is an annual regional event used to showcase the local food system and encourage communication and collaboration between stakeholders. The early food summits (2012-2013) focused on responding to the Food Resource Innovation Center feasibility study that suggested there was not enough local food to support a regional food hub.\(^4\) Included was the perspective of farmers and producers, processors, online marketplaces, and the restaurant/culinary community. There was also an effort featured developing a Lewiston-based Food Hub that has since become an information hub for local food resources. In 2014-2015, the focus became health and nutrition, financing for local food, and entrepreneurship. In 2016, food access became central with indigenous foods, urban orchards, and efficient distribution systems. Lastly, 2017 brought the cultural and economic dimensions and impacts of the local food system to the forefront. The Palouse Clearwater Food Coalition invited the Whitman County Food Coalition to co-host the 2018 event, deciding to commit to food access as the central theme of the event.\(^5\)

5. [https://www.youtube.com/watch?v=7wuLYIO4d_tE&feature=youtu.be](https://www.youtube.com/watch?v=7wuLYIO4d_tE&feature=youtu.be)
C. Community Resource Supplemental Data

### Community Gardens

<table>
<thead>
<tr>
<th>Town</th>
<th>Garden</th>
<th>Address</th>
<th>Features</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moscow</td>
<td>Hamilton Community Garden</td>
<td>1724 E F Street (East side of Hamilton Indoor Recreation Center) Moscow, ID 83843</td>
<td>Garden Shed, Raised Beds, Picnic Structure, Plots</td>
<td>City of Moscow Run, Land owned by school district</td>
</tr>
<tr>
<td>Moscow</td>
<td>Moscow Community Garden</td>
<td>1050 West C St, Moscow, ID 83843 United States</td>
<td>Organic, Garden shed, shared tools, seed library</td>
<td>Emmanuel Lutheran Church Provides the land but garden is ran by a board</td>
</tr>
<tr>
<td>Troy</td>
<td>Troy Community Garden</td>
<td>106 E 6th St, Troy, ID 83871</td>
<td>Unknown</td>
<td>Unknown</td>
</tr>
<tr>
<td>Pullman</td>
<td>Pullman Community Garden at Koppel Farm</td>
<td>The corner of Derby and Pro Mall Blvd, Pullman, WA</td>
<td>Garden Shed, Greenhouse, Picnic Shelter</td>
<td>Board of Directors; Non-Profit Status</td>
</tr>
<tr>
<td>Pullman</td>
<td>Sunnyside Community Garden</td>
<td>147 SW Cedar St, Pullman, WA 99163</td>
<td>Communal Rototilling, Initial Weed Control, Water</td>
<td>City of Pullman</td>
</tr>
<tr>
<td>Colfax</td>
<td>Peace Lutheran Church Community Garden</td>
<td>309 N Lake St, Colfax, WA 99111</td>
<td>Raised Beds</td>
<td>Peace Lutheran Church</td>
</tr>
<tr>
<td>Albion</td>
<td>Albion Community Garden</td>
<td>Unknown</td>
<td>Fenced Area</td>
<td>City of Albion</td>
</tr>
<tr>
<td>Genesee</td>
<td>Genesee Community Garden</td>
<td>648 W Ash Ave, Genesee, ID 83832</td>
<td>Didn’t operate 2018 season</td>
<td>Genesee Lutheran Parish</td>
</tr>
<tr>
<td>Rosalia</td>
<td>Rosalia Community Garden</td>
<td>Unknown</td>
<td>Didn’t operate last two seasons</td>
<td>Unknown</td>
</tr>
</tbody>
</table>
## Retail Food Stores in Both Latah and Whitman Counties

<table>
<thead>
<tr>
<th>Food Retailer</th>
<th>Town</th>
<th>Address</th>
<th>Food Desert Status</th>
<th>Retail Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allan Family Farm</td>
<td>Pullman</td>
<td>2651 Old Moscow Rd</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Backyard Harvest Inc</td>
<td>Moscow</td>
<td>Friendship Square</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Backyard Harvest, Inc. (Pullman WA)</td>
<td>Pullman</td>
<td>240 Ne Kamiaken St</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>C &amp; L Lockers</td>
<td>Moscow</td>
<td>1695 Highway 95 N</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Carter Foods</td>
<td>LaCrosse</td>
<td>201 S Main St</td>
<td>No</td>
<td>1</td>
</tr>
<tr>
<td>Cogs Corner Mart No</td>
<td>Pullman</td>
<td>1960 NE Terre View Dr</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Bookie the Students Book Corp</td>
<td>Pullman</td>
<td>1500 NE Terrell Mall, Pullman</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Cenex Zip Trip No 16</td>
<td>Moscow</td>
<td>340 N Main St</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Cenex Zip Trip No 9</td>
<td>Moscow</td>
<td>1436 W Pullman Rd</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Corner Chevron</td>
<td>Colfax</td>
<td>Hwys 195 and 26, Colfax</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Corner Market Adams Mall</td>
<td>Pullman</td>
<td>600 NE Colorado St, Pullman</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Cougar Foodmart</td>
<td>Colfax</td>
<td>804 N Main, Colfax</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Crossroad's Food Market</td>
<td>Oakesdale</td>
<td>101 N First St</td>
<td>No</td>
<td>1</td>
</tr>
<tr>
<td>Crossroads Convenience Store</td>
<td>Deary</td>
<td>700 2nd Ave, Deary</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Dissmore's IGA</td>
<td>Pullman</td>
<td>1205 N Grand Ave</td>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>Dollar Tree 2724</td>
<td>Pullman</td>
<td>1670 S Grand Ave</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Dollar Tree 2860</td>
<td>Moscow</td>
<td>1430 S Blaine St</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Empire Foods</td>
<td>St. John</td>
<td>1 W Front St</td>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>Endicott Food Center</td>
<td>Endicott</td>
<td>301 D St</td>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>FLOYDS EXCELL FOODS</td>
<td>Potlatch</td>
<td>150 6th St</td>
<td>No</td>
<td>1</td>
</tr>
<tr>
<td>Four Star Supply Inc</td>
<td>Potlatch</td>
<td>120 6th st, Potlatch</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Four Star Supply Inc</td>
<td>Pullman</td>
<td>975 E Main, Pullman</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Genesee Food Center</td>
<td>Genesee</td>
<td>216 W Chestnut, Genesee</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Harvest Foods</td>
<td>Potlatch</td>
<td>150 6th street, Potlatch</td>
<td>No</td>
<td>1</td>
</tr>
<tr>
<td>Jin's Mart</td>
<td>Pullman</td>
<td>500 S Grand Ave, Pullman</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Juliaetta Market Car Wash</td>
<td>Juliaetta</td>
<td>1051 Main St</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Keasal's Rennie Chevron</td>
<td>Pullman</td>
<td>E 485 Main, Pullman</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>McLeod's Palouse Market</td>
<td>Palouse</td>
<td>215 E Main St</td>
<td>No</td>
<td>1</td>
</tr>
<tr>
<td>Moscow Food Cooperative</td>
<td>Moscow</td>
<td>121 E 5th St</td>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>PAPA MURPHYS ID-015</td>
<td>Moscow</td>
<td>524 W 3rd St</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>PAPA MURPHYS WA-126</td>
<td>Pullman</td>
<td>1475 S Grand Ave</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Phil's Family Foods</td>
<td>Kendrick</td>
<td>507 E Main St</td>
<td>No</td>
<td>1</td>
</tr>
<tr>
<td>Power Shop</td>
<td>Pullman</td>
<td>408 E Main St</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>RITE AID 5301</td>
<td>Pullman</td>
<td>1630 S Grand Ave</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>RITE AID 5421</td>
<td>Moscow</td>
<td>1810 W Pullman Rd</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>PNW Halal Meats LLC</td>
<td>Pullman</td>
<td>1045 N Grand Ave</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Rosalia Market</td>
<td>Rosalia</td>
<td>610 S Whitman Ave</td>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>Rosauers Supermarket 9</td>
<td>Moscow</td>
<td>411 N Main St</td>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>Rosauers Supermarket</td>
<td>Colfax</td>
<td>632 N Main St</td>
<td>No</td>
<td>1</td>
</tr>
<tr>
<td>S&amp;S Petroleum Inc 62160</td>
<td>Pullman</td>
<td>770 N Grand Ave</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>S&amp;S Petroleum Inc 62161</td>
<td>Moscow</td>
<td>802 Troy Rd</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Safeway Food and Drug</td>
<td>Moscow</td>
<td>1320 S Blaine St</td>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>Safeway Food and Drug</td>
<td>Pullman</td>
<td>430 SE Bishop Blvd</td>
<td>No</td>
<td>1</td>
</tr>
<tr>
<td>Stinker Stores</td>
<td>Moscow</td>
<td>1044 W Pullman Rd</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Sunset Mart</td>
<td>Moscow</td>
<td>1311 S Main St</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Sunset Mart 10</td>
<td>Troy</td>
<td>Highway 8</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Sunset Mart</td>
<td>Pullman</td>
<td>1455 SE Bishop Blvd</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Sunset Mart</td>
<td>Colfax</td>
<td>W 113 Walla Walla Hwy</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Store Name</td>
<td>City</td>
<td>Address</td>
<td>Open Status</td>
<td>Days/Hours</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>------------</td>
<td>----------------------</td>
<td>-------------</td>
<td>------------</td>
</tr>
<tr>
<td>Taj Grocery</td>
<td>Moscow</td>
<td>409 W 3rd St</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Tekoa Market</td>
<td>Tekoa</td>
<td>138 N CROSBY</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Tesoro</td>
<td>Moscow</td>
<td>802 Troy Rd</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>The Market</td>
<td>Pullman</td>
<td>1320 Cougar Way</td>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Third Street Market Place</td>
<td>Moscow</td>
<td>217 E 3rd St</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Troy Market</td>
<td>Troy</td>
<td>339 S MAIN ST</td>
<td>No</td>
<td>1</td>
</tr>
<tr>
<td>Walgreens</td>
<td>Moscow</td>
<td>414 N Main St</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Walmart SuperCenter 1870</td>
<td>Pullman</td>
<td>1690 SE Harvest Dr</td>
<td>No</td>
<td>1</td>
</tr>
<tr>
<td>Walmart SuperCenter 5869</td>
<td>Moscow</td>
<td>2470 W Pullman Rd</td>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>White Pine Foods</td>
<td>Deary</td>
<td>402 2nd Ave.</td>
<td>No</td>
<td>1</td>
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<tr>
<td>WinCo</td>
<td>Moscow</td>
<td>1700 W Pullman Rd</td>
<td>Yes</td>
<td>1</td>
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<tr>
<td>Wine Company of Moscow</td>
<td>Moscow</td>
<td>113 E 3rd Street</td>
<td>Yes</td>
<td>0</td>
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</tbody>
</table>

Attachment Link to PDF File: Food Resources in Whitman County Locations and Open Days/Hours
**LOCAL FOOD PROGRAMS**

- **FREE Summer Meal Programs at Schools or Backpack Programs** – Call your local schools to see what seasonal programs are available to students in your district.

- **Backyard Harvest Volunteer Gleaning Program** – Sign up to volunteer picking local fresh fruits and vegetables and take a percentage of what you pick home with you. More info at www.backyardharvest.org

- **The Moscow Co-Op FLOWER Program** – Sign up with your Quest EBT card at the information desk and receive 10% off of purchases.

**Did you know?**

For every $5 you spend with your Quest EBT Card at participating local farmers markets, you can receive $2 FREE in “Market Money”! This money can then be used to purchase local fruit and veggies, eggs, honey, meat, cheese, or seeds from the farmers market. Just head to the Backyard Harvest Info Booth before you shop to get started!

**PARTICIPATING LOCATIONS INCLUDE:**

- **Winter Market** at the 1912 Center on Main St. Select Saturdays, 10 am – 1 pm (Seasonal), Moscow

- **Moscow Farmers Market** on Main St. Select Saturdays, 8 am – 1 pm (Seasonal), Moscow

- **Tuesday Grower’s Market** at Tri-State Select Tuesdays, 4 PM-7 PM (Seasonal), Moscow

- **Pullman Farmers Market** at the Spot Shop Parking Lot Select Wednesdays, 3:30 – 6 pm (Seasonal), Pullman

**LOCAL FOOD PANTRIES**

- **MOSCOW FOOD BANK**
  - Open to all Tuesday-Friday 2 PM – 4 PM
  - 110 N. Polk St., Moscow
  - No limitations on number of visits.

- **UNIVERSITY OF IDAHO FOOD PANTRIES (7 LOCATIONS)** – all locations are open ONLY during campus business hours:
  - Student Support Services, Idaho Commons 306
  - Student Media, Third Floor of the Pitman Center
  - Diversity Center, TLC 224
  - Women’s Center, Memorial Gym 109
  - Counseling & Testing Center, First Floor on Forney Hall
  - Student Recreation Center, Main Foyer
  - Native American Student Center, 865 W. 7th Street

- **POTLATCH FOOD PANTRY**
  - Open the 2ND and 4TH Thursday of each month, 10 AM – 12 PM & 6 PM- 8 PM
  - 195 8th St., Potlatch

- **POTLATCH MOBILE PANTRY**
  - Open the 4th Thursday of the Month, 11 am – 1 pm
  - 325 Larch (Potlatch Presbyterian Church), Potlatch

- **TROY FOOD BANK**
  - Open every Wednesday, 4 PM-7 PM
  - 106 E 6th St., Troy
  - No limitations on number of visits.

- **ADVENTIST COMMUNITY SERVICES FOOD PANTRY**
  - Open Tuesdays & Thursdays 10 AM – 3 PM
  - 405 Main St., Deary

- **GENESEE FOOD BANK**
  - Open the 2nd and 4th Friday of each month, 10 am – 12 pm
  - 148 E. Ash St, Genesee
  - No limitations on number of visits

- **J-K GOOD SAMARITAN FOOD BANK**
  - Open Fridays, 1 pm – 3 pm
  - 214 State St, Juliaetta

- **JULIETTA MOBILE FOOD PANTRY**
  - Open 1st Tuesday of the month, 11 am – 1 pm
  - State HWY 3, Juliaetta

- **BOVILL MOBILE FOOD PANTRY**
  - Open the 1st Tuesday of the Month, 11:30 am -1:30 pm
  - Carolynn Park, Bovill

- **COMMUNITY FOOD BANK (Pullman)**
  - Open Wednesdays 10 am – 1 pm and Thursdays 4 pm – 6 pm
  - 350 SE Fairmont Rd, Pullman

- **PULLMAN FOOD BANK (**Pullman Residents Only**)
  - Open Saturdays, 9 am – 11 am
  - 108 NW Stadium Way, Pullman

- **LITTLE FREE PANTRY LOCATIONS:**
  - 1912 Center, 412 E. 3rd St., Moscow
  - First United Methodist Church, 322 E. 3rd St., Moscow
## Distribution Program Reach Information

<table>
<thead>
<tr>
<th>Town</th>
<th>Program</th>
<th>Organization</th>
<th>Reach</th>
<th>Funding</th>
<th>Sector</th>
</tr>
</thead>
<tbody>
<tr>
<td>TEFAP- The Emergency Food Assistance Program</td>
<td>Council on Aging and Second Harvest</td>
<td>600,396 Pounds distributed</td>
<td>USDA</td>
<td>Distribution</td>
<td></td>
</tr>
<tr>
<td>TEFAP- The Emergency Food Assistance Program &amp; EFAP Emergency Food Assistance Program</td>
<td>Idaho Food Bank and Community Action Partnership</td>
<td>Available only for total distribution area: In 2017, 16 million pounds of food, or 13,450 meals were distributed in Idaho facilities, Boise, Pocatello, and Lewiston, to over 200 community partners.</td>
<td>USDA</td>
<td>Distribution</td>
<td></td>
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<tr>
<td>Commodity Supplemental Food Program-Whitman</td>
<td>Community Action Center-Second Harvest</td>
<td>25 People</td>
<td>USDA</td>
<td>Distribution</td>
<td></td>
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<tr>
<td>Commodity Supplemental Food Program-Latah</td>
<td>Community Action Partnership</td>
<td>Unknown</td>
<td>USDA</td>
<td>Distribution</td>
<td></td>
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<tr>
<td>Farm to Food Pantry</td>
<td>Council on Aging</td>
<td>5000 Pounds</td>
<td>WSDA</td>
<td>Food Production</td>
<td></td>
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<tr>
<td>Community Orchard Program</td>
<td>Backyard Harvest</td>
<td>325,000 pounds from over 500 trees</td>
<td>Grants</td>
<td>Distribution</td>
<td></td>
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<tr>
<td>Shop the Market and Fresh Bucks</td>
<td>Backyard Harvest</td>
<td>3,300 EBT/SNAP transactions totaling over $57,000</td>
<td>Grants</td>
<td>Distribution</td>
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<tr>
<td>SNAP-Ed</td>
<td>Community Action Center &amp; Eat Smart Idaho Extension</td>
<td>176</td>
<td>Grants</td>
<td>Consumption/Education</td>
<td></td>
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<tr>
<td>Basic Food/SNAP</td>
<td>Department of Social and Human Services (WA)</td>
<td>1398</td>
<td>USDA</td>
<td>Distribution</td>
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<tr>
<td>SNAP</td>
<td>Department of Health and Welfare (ID)</td>
<td>1979</td>
<td>USDA</td>
<td>Distribution</td>
<td></td>
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<tr>
<td>WIC</td>
<td>Whitman County Health Department</td>
<td>575-Pullman 100-Colfax</td>
<td>USDA</td>
<td>Distribution</td>
<td></td>
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<tr>
<td>WIC</td>
<td>Latah County North Central District Health</td>
<td>Avg 24-30 families/wk, ~40-50 individuals (conservative estimate)</td>
<td>USDA</td>
<td>Distribution</td>
<td></td>
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<td>WIC Farmers Market Vouchers-WA</td>
<td>WCPH</td>
<td>175 check packets. $20 worth of FM checks in each.</td>
<td>USDA</td>
<td>Distribution</td>
<td></td>
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<tr>
<td>Seniors Farmers Market Vouchers-WA</td>
<td>COA</td>
<td>100 People/year</td>
<td>USDA</td>
<td>Distribution</td>
<td></td>
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<tr>
<td>Congregate/Senior Meals-WA</td>
<td>Council on Aging and r</td>
<td>Monthly: Colfax 217 Pullman 654 Palouse 118 Rosalia 82 Oakesdale 21 La Crosse 71</td>
<td>Unknown</td>
<td>Consumption</td>
<td></td>
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<tr>
<td>Congregate/Senior Meals-ID</td>
<td>Moscow Senior Center</td>
<td>50-70 seniors on a Thursday</td>
<td>Unknown</td>
<td>Consumption</td>
<td></td>
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<td>Congregate/Senior Meals-Latah</td>
<td>Other Senior Meals</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Consumption</td>
<td></td>
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<tr>
<td>Meals on Wheels-Pullman</td>
<td>Pullman Community Council on Aging</td>
<td>25 seniors (2017) 2458 meals (Seniors)</td>
<td>Unknown</td>
<td>Consumption</td>
<td></td>
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<tr>
<td>Meals on Wheels-Colfax</td>
<td>Colfax Council on Aging</td>
<td>328 meals a month</td>
<td>Unknown</td>
<td>Consumption</td>
<td></td>
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<tr>
<td>School Meal Program Applications</td>
<td>School Districts Whitman Latah</td>
<td>1517 34% 35%</td>
<td>USDA</td>
<td>Consumption</td>
<td></td>
</tr>
<tr>
<td>School Pantry Program</td>
<td>Pullman School District</td>
<td>205 Students</td>
<td>Formative</td>
<td>Distribution</td>
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## Meal Sites

<table>
<thead>
<tr>
<th>Meal Site</th>
<th>Age target</th>
<th>Locations:</th>
</tr>
</thead>
</table>
| **Senior Meals** | Seniors-Mobile | COLFAX: 121 North Main Street every Wednesday at 12:00pm  
PULLMAN: Pullman Senior Center every Monday and Friday at 11:45am  
PALOUSE: Palouse Community Center every Wednesday at 12:00pm  
LACROSSE: Lacrosse Cafe every 1st and 3rd Tuesday of the month at 12:00pm  
OAKESDALE: Oakesdale High School every Wednesday at 12:30pm (closed during school breaks)  
ROSALIA: United Methodist Church every Tuesday at 12:00pm  |
| Aged 60 and older, $4.25; Other community members $6.00. |
| **Friendly Neighbors** | Seniors-Mobile, Home-bound | Meals can be arranged for home delivery. |
| Portland, Portland  |
| Aged 60 and older, $5.00; Other community members $7.00. |
| **Potlatch Senior Center** | Seniors | Meal Site Only in “Rebekah Hall” - owned by the City Of Potlatch. Home delivered in Potlatch–Must have approval by Supervisor-In Lewiston - Julie Christiansen  
Tuesday and Friday 10:00 - 1:00, meal served at Noon  |
| Unknown |
| **Spudhill Senior Meal Site** | Seniors | Meal served at noon on Tuesdays for residents of Deary, Bovill, Troy and surrounding areas (closed on holidays and when site is booked for funeral dinners). |
| Unknown |
| **PNW Halal Meats, Feed the Hungry Program** | All | Coordinated through Community Action Center, recipients can receive warm meals at the PNW store on Wednesdays and Sundays  |
| Free |
| **Food Not Bombs Community Meals** | All | With rescued groceries from retail stores around the region, this meal site includes distribution as well. Unitarian Church, Sundays 4:30 PM  |
| Free |
| **Albion Summer Lunch Program** | Youth (1-18) | 11:00 AM to 12:00 PM, Monday-Thursday all summer. Albion Town Hall (310 F Street) downstairs in the kitchen.  |
| Free |
| **Moscow Summer Lunch Program** | Youth | 11:30 a.m. to 12:30 p.m. on weekdays. Lena Whitmore Elementary School  |
| Free |
D. Strategic Planning Materials

A. Heritage Appreciation and Community Identity Mind Map

B. Food Systems Mind Map

C. Network Model of Major Partners of 4 Core Community Food Organizations
E. Possible Partners

Possible Partners Heritage Appreciation and Community Identity
Whitman County Centennial Farms, Museums, Heritage Foundations, Historical Associations, Palouse Heritage Network, Palouse Colony Farm, Seed Banks and Libraries, Heritage Grain Growers, Businesses using heritage as a marketing technique, International Organizations, Tribal Associations, Coalitions, and Committees focused on food systems.

Possible Partners Inclusion & Connection

Possible Partners Food System Education
Education Sub-Committee of Whitman County Food Coalition, Washington State University and University of Idaho Extension, Moscow Food Cooperative, SNAP-Ed-Community Action Center and Eat Smart Idaho, Cultivating Success, WSU Organic Agriculture Certificate, University of Idaho Soil Stewards Program, Master Gardener Programs, School Districts, After School Programs, YMCA, Clubs.

Possible Partners Community Engagement and Leadership
Backyard Harvest and Albion Pantry Volunteer Programs, WSU-Center For Civic Engagement
University of Idaho Center for Volunteerism and Social Action, WA-ID Volunteer Center, Existing leadership and social groups in towns, Long-standing committed volunteers, Community Festivals/Fairs, Community days, Existing coalitions (including non-food coalitions)

Possible Partners Communication and Coordination
Palouse Clearwater Food Coalition StoryMaps, StoryCorps, and Local Food Blog, Web Designers affiliated with Partner Organizations, Grant writing Services, Town Gown Initiative, Chambers of Commerce, City of Pullman and Pullman 2040 Food Security Sub-Committee, City of Moscow, Poverty on the Palouse, Whitman County Food Coalition (Advocacy Sub-Committee),
Possible Partners Growing Food

Farmers of All Sizes and Styles, Granges, Farm Businesses and Cooperatives, Nurseries

Rural Roots, University of Idaho Extension, WSU College of Agriculture, Center for Sustaining Agriculture and Natural Resources (CSANR), Washington State University Food Systems Program, WSU Organic Agriculture Programs, University of Idaho Sustainable Food Systems Programs, 4H, Future Farmers of America, School Districts, Community Gardens, Garden Groups, Gardeners of the Palouse Online Network, Master Gardeners Program: WSU Master Gardener Program oversight through WSU Extension-Asotin County and University of Idaho Extension, Homestead Farms, Seed Libraries, Backyard Harvest Veterans on the Farm, Palouse Colony Farm, Palouse Heritage, Whitman County and Latah County Historical Societies, Food Bank Gardens, Farm to Food Pantry, Agritourism Partners

Tribal Farm and Food Organizations

Possible Partners Processing and Storing Food

Port of Whitman County, Homestead Ministries, FIRC Study Contacts, Local Processors (from Palouse Clearwater Food Coalition Story Maps)

Possible Partners Transporting and Food Accessibility

Backyard Harvest, Council on Aging and Human Services, Local Food Retailers/Grocers, Second Harvest, Idaho Food Bank, Northwest Harvest.

Possible Partners Sharing and Selling Food

Backyard Harvest, Council on Aging and Human Services, Local Food Retailers/Grocers, Farmers Markets, Moscow Food Cooperative, Pullman Good Food Cooperative, Prepared Food Retailers, Washington State Farmers Market Association, Food Pantries in both counties, Idaho Food Bank, Second Harvest, Community Action Center, Community Action Partnership in Latah County, Whitman County Food Coalition (Procurement Sub-Committee), and University Food Pantries.

Possible Partners Cooking and Eating Healthy Food

Pullman Regional Hospital, Gritman Medical Center, Eat Smart Idaho, Community Action Center, School Districts, Whitman County Food Coalition (Education Sub-Committee), Senior Centers, Senior Meals, Council on Aging, Local Dieticians/Nutritionists, restaurant chefs.

Possible Partners Food Recovery and Waste Reduction

Washington State University and University of Idaho anaerobic digestor project contacts, local farms with livestock, restaurants and university cafeterias, Department of Ecology, Food Not Bombs of the Palouse, Backyard Harvest, Community Action Center, Washington State University and University of Idaho composting facilities, local disposal services, landfills and composting services, Palouse Clearwater Environmental Institute, Moscow Food Cooperative, Greek Housing system.
F. Methodological Supplemental Information

Community Food Security Focus Group Discussions for Stakeholders

• Why do you think that household food security is a problem for so many individuals in our community? That is, how do you see the problem come about or manifest itself?
  • How do people cope with the problem?
• What are the contributing factors leading to the problem?
• What do you think are the biggest problems related to food security at the community level?
• Do you think that food is accessible? That is, are food stores and pantries within reasonable distance and can people get to these resources with available transportation?
• Do you think that food is affordable? Is there a wide enough variety of items to create healthy meals?
• Are there differences in different parts of the community and why do you think these exist?
• What else could be done to improve the community’s problems with food insecurity?
• Are alternative food sources easily accessible and used in the community, that is, other sources besides traditional retail and food banks? What are they? Who organizes them?
• What policies should be looked at in relation to food security issues?
• What local funding sources for community food security related activities exist?
• How can food related issues be included in the community planning process?

Community Food Security Focus Group Discussions for Focus Groups

Household Food Security Let’s start by thinking back to this past year. Give some thought to the times when you either didn’t have enough food for everyone in your home or worried about whether you would have enough food.

1. How many people would say that they either ran out or worried about running out of food during the past year?

2. I’m wondering about the frequency of these things happening. How many people would say that they either ran out or worried about running out of food every month? Did these things happen at specific times of the month? Or at certain times of the year?

3. How many people would say that they either ran out or worried about running out of food every month? Do these things happen at specific times of the month? Or at certain times of the year?

4. Do these events (running out of food or worrying about it) follow any pattern? That is, does something else happen regularly that causes you to run out of food or to worry about it? (Probe for: medical emergencies, large bills, helping family members with their needs, changes in job status)

5. I’m wondering about what you do if there isn’t enough food. Let’s start by discussing the things you might do to make the food you have last longer. What are some of these things? (Probe for: cut amounts of food, cut size of meals, skip meals, water down ingredients, eat cheaper foods like potatoes or pasta, serve less expensive foods, serve less nutritious foods because they are cheaper, serve children nutritious foods but eat less or less nutritious foods yourself)

6. People sometimes go to different places to get enough food to go around when they are running short of money. What types of places have you gone to for food and how often? (Probe for: food assistance programs, food pantry, soup kitchen, other “free” food resources). Which of these places works the best for you? Why? Do they each have a different role—do you go to them at different times or use them differently?

7. You also may have a less formal “help” network, that is, people you know who will lend you money, give you food, feed you, or let you buy on credit. Can you describe some of these networks? Do you ever provide this type of support for family members or friends?

8. What would you say is most important in helping you cope with times when food or food concerns are a major problem?

9. We’ve focused up to this point on household issues and strategies. Switch your thinking a bit to the community. What do you think the community (government, businesses, people) could do to make it easier for people to get enough food? Think about how they could work to make food accessible, available, and affordable.

Now, let’s start with some questions about food shopping:

1. There are many different types of stores you can shop at for food—large supermarkets, medium or small neighborhood grocery stores, warehouse stores, specialty stores (bakeries, butchers, fish markets), and gas station or convenience stores. I would like to find out about the types of stores used for the majority of your shopping. Use a printed list of food stores that all can see. This list should be developed beforehand to include all the stores in the area. Review the list with the group and categorize the stores into warehouse stores, large supermarkets, medium grocery stores, small grocery stores, and gas station or type stores. Let’s go through this list, and for each type of store, please raise your hand if it is the type of store you use to buy most of your household groceries? (Next to each store type, write down the number of people who use it for their shopping.)
2. Now let's now focus on the stores used by people for the majority of their food shopping. Why do you use these stores the most? (Go through each store type selected separately and probe for convenience, variety offered, cleanliness, safety, location, etc.)

3. How do you get to the store? Is transportation for shopping a problem? How long does it take you to get there?

4. How often do you do a big shopping for food (not counting trips for just a few items)? How many “fill-in” trips do you make (that is, trips for one or two small items)?

5. Now think about all the different types of stores that you shop at. Are you satisfied with the stores you use most frequently? (Probe for quality of food and service, location, cleanliness, food cost, and variety.)

6. Are there other stores that you would rather use but that you don't? Why not? (Probe for transportation difficulty, cost and variety of food, don't accept food stamps, or hours of operation.)

7. We are trying to understand why people shop the way they do. What influences the number of times you shop? (Probe for transportation, storage, availability of stores or food in the stores). There are several other places to get food for your household. I am curious to know how many of you use these resources and why or why not.

8. Let's start with home grown or produced food. How many of you grow your own food in a home garden or fish or hunt for your food? Why/why not?

9. How heavily do you rely on these foods in your regular food supply? At which times of the year?

10. Are there community gardens in your community? (Community gardens are gardens that are planned and maintained by community members.) How many of you grow food in a community garden? Why/why not?

11. How heavily do you rely on these foods in your regular food supply? At which times of the year?

12. Do you regularly get food at no cost from neighbors or others you know who grow or hunt their own food?

13. Are there farmers' markets in your community? Does anyone ever go to a farmers' market to buy food? Why/why not?

14. Are there food co-ops in your community? A food cooperative or co-op is an organization owned and controlled democratically by its members. It may be organized as a buyers club or a store where people who are not members may also shop. Does anyone ever use food co-ops? Why/why not?

15. Are there any community-supported agriculture programs in your community? Community supported agriculture (CSA) is a partnership between a farm and community members. Members support the farm by paying a set fee that is used to help pay for seeds, fertilizer, water, equipment maintenance, labor, etc. In return, the farm provides, to the best of its ability, a healthy supply of seasonal fresh produce throughout the growing season.

16. Does anyone belong to this program? Why or why not?

17. Now one last question. Imagine that you have the opportunity to do something in the community to help people have an easier time getting the types of foods that they want or need. What would you do? If no one makes suggestions, probe for the following:

   • Bring stores closer to our homes. • Try to get the foods we want available in the stores. • Establish and enforce standards of cleanliness for stores. • Provide public transportation to the large supermarkets. • Start a food co-op. • Start farmers’ markets in the community. • Create outreach programs for alternative resources. • Establish a community garden

Food Assistance

1. Let me start by asking you to list all the food assistance programs that you have participated in while living in this community. (Probe to be sure that all major programs are included: food stamps, WIC, school breakfast and lunch, and elderly meals. Accept the inclusion of emergency food programs such as pantries, food banks, soup kitchens, and daycare, after school, and summer program snacks and lunches.) Now I would like to ask you some questions about food assistance in general. At this point, let's focus on some specific Government-sponsored programs like food stamps, WIC, and school meals. Do not include food pantries, banks, soup kitchens, and other community-based emergency food programs.

2. How important are food assistance programs to your household? What makes them important?

3. What would you say are the best features of the food assistance programs you use? That is, what makes them really work for you? (Probe for staff attitude, location, easy access)

4. What are some problems you have had when using or trying to use the food assistance programs? Now I want to spend a little time focusing on specific programs:

   Let's think about the food stamp program.

5. What are the best features of this program?
6. What are some reasons why you may not be participating in the program or problems that you have with the program? (Probe for transportation problems, eligibility, lack of comfort using the food stamps, the application process, attitudes of food stamp office staff, didn't know about the program, etc.)

Now let's talk about the WIC program:

7. What are the best features of this program?

8. Why have you or family members not participated in WIC, or what problems have you encountered? (Probe for transportation problems, eligibility, lack of comfort using the WIC coupons, the application process, attitudes of WIC office staff, didn't know about the program, etc.)

Let's focus on school breakfast and lunch programs:

9. What are the best features of this program?

10. What problems have you had with these programs, or why haven't your children participated in them? (Probe for school not offering the program, eligibility, program costs too much, the application process, children embarrassed, children unwilling to eat the food, didn't know about the program, etc.)

What about meals programs for the elderly, like Meals on Wheels or congregate meal programs?

11. What are the best features of this program?

12. Are there reasons why you or elderly members of your family have decided not to participate in these programs? (Probe for no available program, didn't know about the program, don't like the food, food isn't appropriate for health needs, etc.)

I would like to shift the discussion to emergency food programs (soup kitchens and pantries).

13. Has anyone used emergency food providers in the community like (name the emergency food programs in your community)? (Food pantries, soup kitchens) Why or why not? (Probe for didn't need it, not comfortable getting free food, transportation, food quality, program environment, safety, hours of operation).

14. How much do you rely on emergency food providers for food assistance?

15. Would you seek help at emergency providers before applying for food assistance programs? Why or why not?

16. Now one last question. Imagine that you have been given the money and opportunity to do something in the community to help people use food assistance programs to the best degree possible. What would you do? If no one makes suggestions, probe for the following:

- Outreach or information programs
- Application assistance programs
- One application for all programs
- Change in hours of program operation
- Transportation improvements
- Training for professional staff on the programs and on the community's culture

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Community Food Security Focus Group
Discussions for Farmers Market and Growers

1. How are you involved with the local food system?

2. What are the major barriers to supporting the local food system?

3. What suggestions do you have to improve the local food system?

4. What goals do you have for your farm?

5. What channels do you use for selling? Restaurants, schools, food banks, grocery retail, hospitals, university?

6. What support do you have and what support do you need (policy, funding) to achieve your goals?