

**Coalition For A Livable Future
Food Policy Working Group**

**Neighborhood Food Network
Report
North/Northeast Portland
Community Food Security Project**



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Executive Summary

The Neighborhood Food Network (NFN) is a project of the Coalition for a Livable Future-Food Policy Working Group. Thanks to funding from the City of Portland- Bureau of Housing and Community Development, the project is coordinated in partnership with staff from Oregon Food Bank, Growing Gardens, and Ecumenical Ministries of Oregon-Northeast Emergency Food Program. The goal of the NFN project is to involve low and moderate-income neighbors in shaping a community in which everyone has access to nutritious, affordable food and no one remains/is hungry. This project utilizes unconventional survey methods such as participatory and visual surveys and GIS mapping techniques. The NFN is based on the premise that collectively, our low-income neighbors are in the best position to identify and describe their own specific food access issues and needs.

The target neighborhoods for this project are located in North & Northeast Portland and include Arbor Lodge, Boise, Elliot, Humboldt, King, Piedmont, Sabin, Vernon, and Woodlawn. The surveys were conducted at sites within this area that serve low-income people.

The survey component of this project integrates pictures, diagrams, and maps in place of words and food security jargon. Low-income people are often excluded from decision-making processes due to language barriers and literacy issues. This project attempts to break down these barriers by using surveys, which could be universally understood with basic pictures. Additionally, the use of diagrams and colorful graphics creates a visual medium for 'seeing' our community. The surveys were designed to address the questions of where neighbors currently get their food, what challenges neighbors experience in obtaining nutritionally adequate and desirable diets, and what changes neighbors would like to see in the community.



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This project generated information on the following topics:

- **Food Access:**

60% of respondents stated that they 'usually' access food from full-service grocery stores; 29% responded as 'usually' going elsewhere (wholesale markets such as Winco) to access food.

- **Barriers to Accessing Nutritious Foods:**

Lack of money and transportation are the most significant barriers to accessing nutritious foods. Specifically, lack of money for protein items was rated the biggest barrier.

- **Future Projects:**

There is a strong interest in projects that could address the need for better quality and more affordable food products in the neighborhood. The survey results also demonstrate the need for education about and/or improvements to existing resources. Further research needed!

- **Food dollars:**

Participants responded that 29% of their shopping dollars go towards protein items.

- **Informal discussion:**

When people were provided a relaxed and informal environment to speak openly, we were able to gain an informed perspective on everyday issues regarding food access, day care, rent, etc.

Additionally, the NFN created two resources that have been distributed to emergency food sites in the survey neighborhoods:

- A large and laminated food resource map of the survey area.
- The Neighborhood Food Guide- a brochure that includes food assistance information and a map of local emergency food resources.

This is the beginning of a process that shows promise for engaging limited resource residents in exploring food access needs. The organizations involved will continue to disseminate the results of this project and explore partnerships to continue food assessment efforts and take on future projects that have been identified by neighbors in this community.

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Neighborhood Food Network Community Food Security Project Findings and Report

Report submitted by: Eric Sopkin, Oregon Food Bank (OFB); Dawn Burgardt, Growing Gardens; Jennifer Core, Ecumenical Ministries of Oregon (EMO) NE Emergency Food Program; Jill Fuglister, Coalition For a Livable Future (CLF).

Introduction

Who we are: Coalition for a Livable Future (CLF) is a coalition of 60 community organizations working together to address growth and development challenges facing the three-county Portland metropolitan area. CLF includes highly respected and effective organizations such as 1000 Friends of Oregon, The Audubon Society of Portland, The Community Development Network, Oregon Food Bank, Urban League of Portland, Ecumenical Ministries of Oregon, Citizens for Sensible Transportation, Growing Gardens and many others. Since 1998, the Coalition has been actively working to integrate food sustainability and food security issues within our other regional planning efforts.

The Food Policy Working Group, a sub-group of the Coalition, focuses solely on food issues as they relate to development and growth in our community. The working group considers land use issues, sustainability, local farms and low-income food needs.

Thanks to funding from the City of Portland's Bureau of Housing and Community Development, the project was coordinated in partnership with staff from Ecumenical Ministries of Oregon's NE Emergency Food Program, Oregon Food Bank and Growing Gardens. NE Emergency Food Program meets the urgent food needs of N/NE neighbors while working toward community-based solutions to secure adequate access to fresh, healthy and affordable food for all. Oregon Food Bank is the coordinating agency for a statewide network of 781 private non-profit sites providing food to hungry people throughout Oregon and Clark County, WA. Growing Gardens promotes food security through vegetable gardening and education with low-income children and adults in Portland.

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What we set out to do: The goal of the N/NE Community Food Security Project was to involve low- and moderate-income neighbors in shaping a community in which everyone has access to nutritious, affordable food and no one remains/is hungry. The project was a pilot project utilizing unconventional methods designed to:

- identify and cultivate existing food resources,
- map these resources using an asset based approach to community development, and
- identify appropriate and beneficial community driven projects to increase the food security of our N/NE neighbors. Community food security is defined by the US Action Plan on Food Security as: “When all people at all times have physical and economic access to sufficient food to meet their dietary needs for a productive and healthy life.”

It should be noted that this community food assessment was not conducted by scientists, but by community members and service providers interested in making a difference in their communities. The goal was to involve limited resource neighbors in a process to explore food access visions and barriers.

Our project outlined 3 specific objectives:

1) Community Involvement: To work with 200 qualifying (low to moderate income) community members who are currently accessing supplemental or emergency food sources at four North/Northeast community service sites, to identify:

- a.) Where neighbors currently get their food (i.e. grocery store, corner store, prepared food, emergency food banks, gardening, barter, produce markets)
- b.) What challenges neighbors experience in obtaining nutritionally adequate and desirable diets.
- c.) What neighbors would like to see change in the community (i.e. additional grocery store, more or improved restaurants, additional gardening opportunities or easier access to supplemental food.)?

2) Community Outreach: To create and distribute a map of existing food resources specifically in N/NE Portland.

3) Project Development: To prioritize projects for creating food security in N/NE Portland based on criteria established by limited resource neighbors.

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Objective 1. Community Involvement	<p>A. Conduct interactive surveys with individuals and families at two Oregon Food Bank partner sites and at the NE Emergency Food Program.</p> <p>B. Conduct at least three focus groups to gain more detailed input on the needs and wants of community members and to prioritize future projects.</p> <p>C. Involve community members in identifying strengths and resources</p>
Objective 2. Community Outreach	<p>A. Identify resources for food in N/NE Portland using assets-based mapping techniques.</p> <p>B. Develop outreach materials for low-income people based on findings.</p> <p>C. Distribute materials to at least 450 low-income people.</p> <p>B. Publicize findings in local media.</p>
Objective 3. Project Development	<p>A. To create a coalition of community residents and leaders to participate in the development of N/NE food security projects.</p> <p>B. Present results to Coalition for a Livable Future membership, to project participants and to stakeholders involved in the N/NE Interstate Urban Renewal process.</p> <p>C. Develop timeline, identify funding sources and key partners to implement future priority projects.</p>

Why and how we did the project: Oregon's low-income families are struggling to keep food on the table. According to the 1999 USDA Report of Food Security, Oregon is the hungriest and the sixth most food insecure state in the U.S. During fiscal year 2000-2001, 652,000 people ate food from an emergency food box in Oregon and Clark County, Washington. Two hundred, sixty-seven thousand, or 41%, of those people were children. Portland's recent high unemployment trend has disproportionately affected the working class who is most vulnerable to lay-offs. As a result, emergency food services have seen dramatic increases in the demand for food and services.

Frequently, responses to domestic hunger tend to focus on state and federal policy change and increased charity. However, with community wide increases in housing costs and a diminishing job market, long-term community-based solutions must be identified. The N/NE Community Food Security Project was based on the premise that collectively our neighbors have the expertise, leadership and resources to identify and follow through with neighborhood based projects to address specific food access issues.

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The coordinating agencies, Oregon Food Bank, EMO's Northeast Emergency Food Program and Growing Gardens work in the community daily with families who are struggling to meet their most basic human needs. The work of these organizations and their staff is to meet immediate food needs, educate the community regarding nutritious and resourceful food practices, and raise awareness of the unmet needs in our community.

This project was primarily based on the model from Sustain, the Alliance for Better Food and Farming, described in the 2000 publication Reaching the Parts. . . Community Mapping: Working Together to Tackle Social Exclusion and Food Poverty. Conducted in the United Kingdom, this project developed a participatory survey model, which was designed to encourage input from those most often excluded from the mainstream decision-making process. The project and methods include a variety of visual and innovative techniques- such as maps, diagrams, and drawings used to invite interest and participation in shaping the way a community can look, feel and function.

We began by hiring a part-time Project Coordinator to coordinate the activities of the project. Tasks included recruiting volunteers, conducting surveys, organizing focus groups, tracking data collection, designing outreach materials, developing a map of resources and making community connections. In recruiting for this position, we specifically looked for an individual who was connected to the community and interested in developing organizing skills. We advertised the position in several neighborhood newspapers, mailed announcements to local churches and listed the position at neighborhood educational facilities.

Objective 1: Community Involvement

The survey component of the N/NE Community Food Security Project integrated pictures, diagrams and maps in place of words and food security jargon. The idea was to break down language barriers and overcome literacy issues for people who are most often excluded from decision-making processes by using surveys, which could be universally understood with basic pictures. Additionally, the use of diagrams and pictures created a visual medium for “seeing” our community. The surveys were designed to reflect the three primary project questions.

We formed a Project Advisory Council made up of different community leaders in the social work field to assist with developing the content of the surveys. We held one meeting to gather input from the Advisory Council on survey content and design. Their input during this session was then incorporated into the final survey designs. (*See attachment H*)

We recruited local artists from Community Nonprofit Resource Group (CNRG)– an e-mail based networking group for young nonprofit and public sector professionals. Elyce Hues and Alison Farrell, two community-minded artists, generously volunteered their time and incredible talents to help design a bright, inviting, and easily understood survey. The process was mindful and slightly grueling due to challenges depicting ideas artistically rather than with

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words. However, after much discussion, the volunteer artists created remarkably inviting and useful surveys. (See attachments B, C, and D)

The surveys were conducted at six sites: 1) EMO's **Northeast Emergency Food Program** is a neighborhood food resource for families in crisis, providing a five-day supply of nutritiously balanced foods. 2) **Life Center** is a service agency providing certain basic needs to individuals and families throughout our community who are in a critical need, while honoring each individual's dignity by providing opportunities for self-enhancement of his/her own personal situation. 3) **St. Andrew's Catholic Parish Community Basket Site** is a member run supplemental food program coordinated by the Oregon Food Bank. 4) **State of Oregon Adult and Family Services** Albina Branch is where low-income individuals apply for assistance from the State. 5) **Albina Early Head Start** parent meeting is where low-income parents meet about their children's education. 6) **Provider Resource Organization** is a family day-care providers network.

In addition to soliciting individual survey responses, we organized two focus groups. One was located at Redeemer Lutheran Church and the other at an Albina Early Head Start parent meeting. The focus groups provided opportunities for a small group of neighbors to discuss issues of food in relation to community needs. In addition to responding to each of the three primary surveys, participants were asked to provide information about their typical food spending habits. Responses were collected through an interactive bean survey in which each lima bean represented \$1. Participants were asked what percentage of \$40 would they spend on the following categories: snacks, produce, canned goods, dry goods, milk & dairy, and bread. On the backside of the Bean Survey was a set of purchase preference questions used to establish the correlation between consumer preference and spending habits. (See attachments F and G) Following the Bean Survey, participants engaged in an informal question and answer session on some basic food related issues. Some of the questions included were: "What kinds of foods do you need to go outside of your neighborhood for?"; "What do you do if you don't have enough money for food?"; and "How do you stretch your food dollars?"

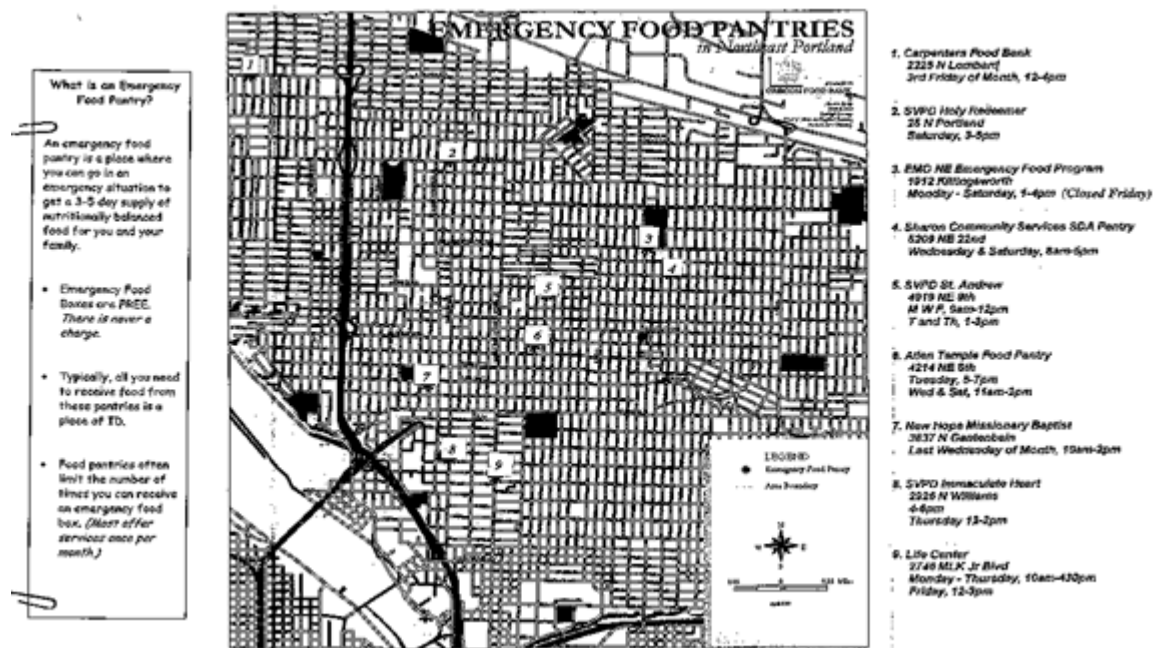
Objective 2: Community Outreach

Data Collection: The Project Coordinator canvassed the targeted geographic study area to identify all food-related sites. The target area boundaries were from N. Interstate and N. Lombard to NE Broadway to NE 7th to NE Freemont to NE 33rd and then back up to NE Lombard. The data collected included addresses for all full-service grocery stores, local markets, community garden spaces, social service sites providing food, and restaurants. The Coordinator also collected additional data on the average costs of certain food staples from grocery stores. Although food prices were collected with the intention of providing comparison information in regard to availability and prices throughout the neighborhood, challenges related to data comparability prevented use of this data for this project.

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Mapping, materials development, and distribution: Using GIS mapping technology, we mapped neighborhood food resources identified in our data collection process. One map was created for the Neighborhood Food Guide- a brochure designed to reach the community about this project- that includes food assistance information and a map with local emergency food resources. (See attachment J) The Neighborhood Food Guide is being distributed to 450 low-income people through the emergency food box agencies in the target area. Another laminated version of the map was created for posting at all nine emergency food box pantries in the project study area. The information presented on the map will help low-income residents of the community learn about additional, local food resources that are available to them.

Radcliffe Dacanay, Portland State University Urban Planning Department, donated the GIS mapping work and maps. He used this experience to meet internship requirements for students in this program. (See attachment G)



Objective 3: Project Development

The results of this project will be presented to Coalition for a Livable Future Food Policy Working Group, the CLF membership and other interested parties, such as the Portland/Multnomah Food Policy Council, Community Food Matters, and Portland Development Commission.

We were unable to accomplish the task of developing timelines and identifying funding sources to implement future projects. Our hope is that another organization or related project will be able to use the results of this project to address the neighborhood ideas for future projects.

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Survey Results

One hundred and seventy-three low-income community participants were surveyed at seven different locations over the course of four months. Participants were asked to respond to four survey components: a general **demographics survey** (*attachment A*); **two interactive tactile surveys** (*attachments B & C*); and a **community needs/future projects survey** (*attachment D*).

Demographic Survey (*attachment A*)

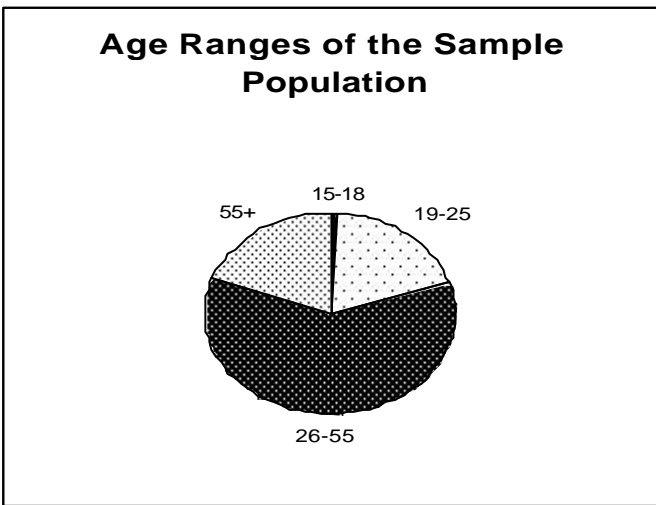
The purpose of the Demographic Survey was to ensure a relative sampling of the target audience. Responses were collected from each of the target neighborhoods. The majority of participants surveyed were between the ages of 26 and 55, almost half were African American, income levels ranged from well under Federal poverty guidelines to moderate, and the average household size was 3.87.

Neighborhood:

The specific neighborhoods in our study area included Arbor Lodge, Boise, Elliot, Humboldt, King, Piedmont, Sabin, Vernon, and Woodlawn. According to the demographic survey results, responses were collected from community members residing in all of the aforementioned areas.

Age: Below is the breakout of the age groups sampled. As we expected, the majority of respondents were between the ages of 26-55.

Age	%
15-18	1%
19-25	19%
26-55	60%
55+	19%
No Answer	1%
Total	100%

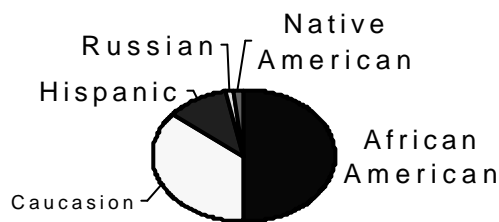


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Ethnicity: We surveyed a higher percentage of African American's and a lower percentage of Caucasians as compared to the general population of the area according to the 2000 Census. This is probably a reflection of a higher poverty rate among African Americans versus Caucasian's in the area.

Ethnicity	%	2000 Census (N/NE)
African American	49%	23%
Asian	0%	4%
Caucasian	35%	59%
Hispanic	11%	6%
Russian	1%	0%
Native American	2%	2%
Other	1%	1%
No Answer/2 or more	1%	5%
Total	100%	100%

Ethnicity of Sample Population



Monthly Income: Income data was collected for all participants on a voluntary basis. At the end of the demographic survey, we asked participants to check a box to indicate if they would be interested in being contacted regarding future projects. The percentages of participant's monthly income are compared to what percentage of those groups checked said box. We can conclude by this that those in most need, financially, are most willing to participate in projects that would better their community.

Income	%	Future Projects
\$0-\$700	27%	63%
\$701-\$900	10%	20%
\$901-\$1300	19%	32%
\$1301-\$2000	13%	31%
\$2001-	22%	41%
No Answer	9%	67%

* 44% of all respondents checked the box that asked if they would be interested in being contacted for future projects.

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Household Size: The average household size of survey participants was 3.87 people.

Houshold Size	%
1	14%
2	17%
3	16%
4	14%
5	14%
6	11%
7	9%
8+	5%
Ave. HH Size	3.87

Food Access Survey (attachment B)

The purpose of this survey was to identify individuals' food access practices. Each participant was provided with three pins of different colors, which correlated to where they get food "usually" (red), "sometimes" (yellow), and as a "last resort" (blue). We listed seven choices, which included: full service grocery stores(1), emergency food box pantries, restaurants, convenience stores, gardens, supplemental programs such as Community Basket(2) and Harvest Share(3), and "elsewhere"(4). Participants made three choices (one for each colored pin) and pushed each of the three colored pins into the corkboard next to their selections.

Results:

Options	Usually	Sometimes	Last Resort
Full Service Market (Safeway)	102 (60%)	62 (38.5%)	6 (3.8%)
Restaurant	3 (1.8%)	11 (6.8%)	33 (20.6%)
Corner Store	2 (1.2%)	9 (5.6%)	25 (15.6%)
EFB (Church)	9 (5.3%)	26 (16.1%)	23 (14.4%)
Gardens	0 (0%)	7 (4.3%)	32 (20%)
Harvest Share/Community Basket	5 (2.9%)	19 (11.8%)	20 (12.5%)
Elsewhere	49 (28.8%)	27 (16.8%)	21 (13.1%)
Total:	170	161	160

1. A full-service grocery refers to large-scale supermarkets.

2. Community Basket is an Oregon Food Bank membership based supplemental food program.

3. Harvest Share is an Oregon Food Bank monthly program providing free fresh produce.

4. The "elsewhere" category referred to full wholesale grocery chains outside of the area, such as Costco or Winco.

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Barriers Survey (attachment C)

The purpose of this survey was to identify what barriers are preventing people from getting nutritious foods. We separated the food groups into the following categories: grains and starches, fruits and vegetables, dairy, meat/fish/eggs, and ethnic. We separated the potential barriers into the following categories: money, time, transportation, distance, preference, and cooking skills/necessary equipment.

Results:

Barriers	Grains	Fruits & Veggies	Dairy	Meat	Ethnic	Total
Money (\$)	70	69	54	111	29	333
Time	23	16	14	14	13	80
Transportation	40	17	19	29	12	117
Distance	14	5	14	23	7	63
Preferences	3	10	7	8	6	34
Cooking Skills/Equipment	6	2	2	8	4	22

Future Projects Survey (attachment D)

A primary objective of this project was to identify future projects for improving food access for low- and moderate-income residents in North/Northeast Portland based not upon the assumptions of service providers about what is needed, but instead upon the needs identified by community residents. The results were compiled and sorted into the following categories:

Ideas for Future Projects

Transportation

- (2) Transportation for seniors
- (2) Home delivery
- Free delivery of free food
- Transportation: Regularly scheduled shuttle service to stores
- More stores closer to homes
- Winco in neighborhood
- Farmers markets closer

Money

- (3) Good grocery store with affordable produce/dairy/meat
- (2) More employment
- Higher Wages

Education

- (4) Cooking Classes (1 vote for bi-lingual)
- (4) Budgeting classes: Bulk foods, money stretching, etc.
- (2) Nutrition class
- Educate public on buying locally
- Educate on services available

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Ideas for Future Projects (Cont.)

Local Access

(6) Better quality products at neighborhood grocery stores

Issues

(5) More gardens

(2) Less salty foods for seniors at Community Basket

More Harvest Shares

Consistent days and times for Emergency Food Banks, Community Basket, Harvest Share, etc.

Updates on programs (Days and times)

Consistent quality of produce at all Harvest Share sites

More stores to accept food stamps

More local cheap restaurants

Advertise Harvest Share/Community Basket

Food guidelines should be based on net, not gross

Web page with services available

Distribute excess food to low-income housing units

Farmers market coupons earlier in season

Open stand markets

More black owned stores

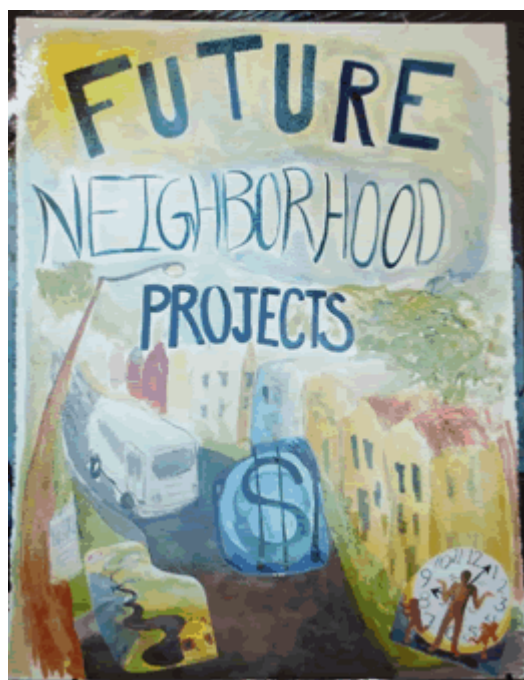
Other Ideas

(2) Safe Streets program

(2) Community Potluck dinners

Child Care

Community Meetings



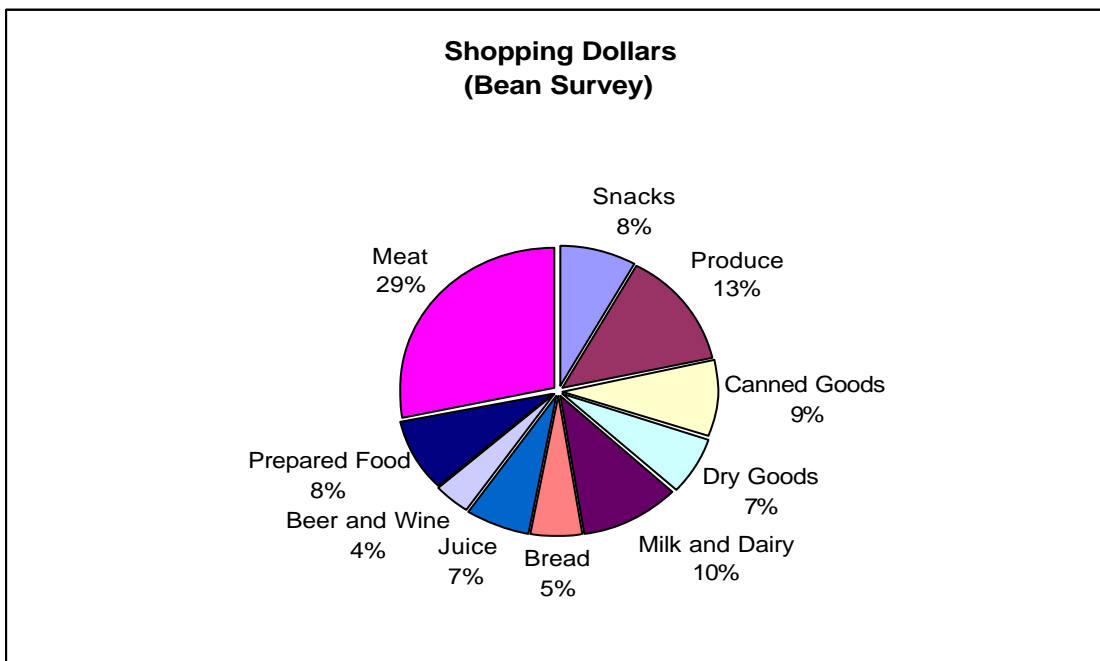
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Focus Group Results

Bean Survey (*attachment E*)

In two different focus groups, 34 participants were asked to fill out the Bean Survey in order to get a better understanding of shopping habits. Participants were given 40 beans to place on a pie chart with the listed categories. The question was, “If each bean represents \$1 and you went to the store right now with \$40, on which categories would you spend them?”

Categories	34 Surveys	%
Snacks	\$109	8.0%
Produce	\$180	13.3%
Canned Goods	\$121	8.9%
Dry Goods	\$91	6.7%
Milk and Dairy	\$142	10.5%
Bread	\$73	5.4%
Juice	\$93	6.9%
Beer and Wine	\$50	3.7%
Prepared Food	\$111	8.2%
Meat	\$386	28.5%
	\$1,356	100%



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Focus Group Questions

During one of the focus groups, five individuals were invited to participate in an informal question and answer discussion of their buying habits. The goal was to provide a comfortable space for participants to speak openly regarding their individual situations. The opportunity to discuss these anecdotal questions was only available during one of the two focus groups.

1. What kinds of foods do you need to go outside of your neighborhood to get?

Canned Chicken

Small bags of white beans

Canned tomatoes

Ethnic items-bread

Mashed potatoes

Raspberries

2. What do you do if you do not have enough money for food?

Borrow from friends/family

Plan ahead

Keep supplies of dry foods

Comparison Shop

3. Would you attend a free nutrition and cooking education class in your community?

3-yes

2-no

4. If shuttles to markets were available, would you use them?

2-yes

3-no

5. How do you stretch your food dollar?

Plan a week in advance

Costco

Coupons

Buy bulk

6. Do you grow food in a garden?

1-yes

3-no

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Interpretation of Project Results

The results of the surveys and focus groups are all presented in detail on the previous pages. The GIS map is presented as attachment G. In this section we will interpret the data collected, as well as discuss some of the rich anecdotal information gleaned from respondents.

The Food Access Survey showed a large percentage of people, 60%, stating they “usually” accessed food from full-service grocery stores as part of their food resources. Interestingly, just under 29% responded as “usually” going “elsewhere” to access food rather than the local full-service grocery store. Through general conversations with these respondents, it was made clear that buying power is felt to be much better at wholesale markets, like Winco, even though it was out of the area.

The Barriers Survey results indicate that money and transportation are the most significant barriers to accessing nutritious foods. While transportation was a significant barrier, participants did not identify distance from home as being a significant concern. Specifically, money for protein items such as meat, fish, and eggs was rated the biggest barrier. The Bean Survey conducted at two different focus groups also demonstrated that people spend much of their grocery funds on protein items. According to that survey, participants responded that 29% of their shopping dollars goes towards such products.

The Future Projects Survey results demonstrate a strong interest in future projects that could address the need for better quality and more affordable food products in the neighborhood. The survey results also demonstrate the need for education about and/or improvements to existing resources. For instance, Safeway maintains a shuttle service for seniors to its stores and the St. Vincent De Paul conferences in the area deliver emergency food boxes to people unable to get to a local pantry. However, many respondents recommended that transportation for seniors and delivering food be considered for future projects. Participants also identified gardens, nutrition education classes and budgeting classes as ideas for future projects, even though there are a variety of resources for these services in the area.

To understand better what future projects to pursue, we recommend further research to answer the following questions: To what degree are existing retailers serving the population with affordable, quality food? What opportunities are there for existing retailers to improve food affordability and quality? Are the existing transportation, gardening, and nutrition education and budgeting programs adequate for the community’s needs? What are the barriers people face in accessing existing resources? How can information be disseminated effectively to this population regarding many of these issues?

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GIS Mapping Results

The GIS mapping coupled with survey results, showed a concern over a lack of wholesale supermarket stores that are able to provide bulk food at low costs. In addition to this finding, the mapping effort identified many culturally specific stores in the study area, demonstrating that access to ethnic foods does not appear to be a major issue for the target area.

Focus Group Interpretations

Focus Groups were found to be one of the most useful parts of this project. When people were provided a relaxed and informal environment to speak openly, we were able to gain a good perspective on everyday issues regarding food access, day care, rent, etc. Unfortunately, our group only conducted two Focus Group sessions, and as a result we were unable to gather enough usable data for this report. We would suggest that future projects take the time to conduct more interviews on this level and find ways to incorporate information into viable data.

Project Challenges

Time and leadership/ownership continued to surface as challenges to the project. Despite efforts to hire a qualified community leader to take on the role of *Project Coordinator*, the three project partner staff members were compelled to take on more responsibility than had been initially expected of supervisory staff. Our hiring philosophy was to not only gain insights into community needs and solutions from neighbors, but also to provide an employment opportunity for a community leader interested in developing organizing skills. In the future, we would recommend specifically and realistically evaluating the role, applicable skills and time commitment of the Project Coordinator position. The strain that our own oversight put on the partner staff could have been avoided by considering, precisely, what skills and experience were necessary to manage a project of this magnitude. Using computer skills as an example, knowledge of Excel, Publisher and Word was essential. In addition, successful volunteer recruitment and coordination experience would have benefited the project immensely.

Despite extensive efforts to avoid barriers to the survey experience and information collection, the survey design remained too complicated. Each survey required explanation, which minimized our original intention to eliminate language barriers. Because an explanation was necessary, there were also inconsistencies due to various partner staff styles in clarification. In addition, the logistics of transporting and carrying the oversized surveys proved to be cumbersome. The use of pins was also difficult when children were present.

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So, What Should Come Next?

To build upon this research effort, a logical next step would be to identify community members' skills, assets, and capacities through capacity-focused development. Then by creating an action plan for implementing desired projects, food access challenges identified through our research could be addressed. The 1993 publication by Kretzmann and McKnight entitled Building Communities from the Inside Out-A Path Towards Finding and Mobilizing a Community's Assets, lays out this approach clearly. Through the use of fine tuned surveys, or capacity inventories, it is possible to distinguish the specific skills and talents needed to accomplish the projects we were able to identify. This step, along with some community organizing and development of resources, needs to happen before successful implementation of targeted projects could take place.

Other future happenings:

- Dissemination of the results of this pilot project
- Communication with survey participants interested in the results
- Exploration of partnerships to continue the food assessment efforts.

Suggestions; If We Could Do This Project All Over Again, We Would. . .

1. Recruit a coordinator for the Project with the following specific skills:
 - A. Computer skills (specific to the project)
 - B. Survey experience; design and implementation
 - C. Community organizing and leadership skills
2. Establish a GIS consultant/volunteer/potential hire early on in the project. Someone with expertise in GIS should help develop the resource survey from the beginning of the project to advise on proper data collection and formatting. Options include hiring someone with these skills on a contract basis or partnering with a College or University class for student credit.
3. Simplify the survey design (i.e. eliminate language barriers)
4. Increase the opportunities for data collection and focus groups.
5. Consider the value of creating a Neighborhood Assessment rather than focus on limited resource audience only.
6. Establish a pool of community volunteers at the beginning of the project to conduct the survey, based on a script to maintain integrity and consistency.
7. Clearly define time, commitment, role and responsibilities of partner staff members.
8. Maintain thorough communication with other local groups working with food and other development issues. Ideally, this project would be a portion of a larger movement to secure food access in our community through a network of viable projects.
9. Gather more quotes and pictures as documentation for the process.

Neighborhood Food Network Report

What We Are Most Proud Of..

This project represents an innovative attempt to involve low to moderate income residents of NE Portland in an assessment of their food resources and vision for food access. Traditionally, this is an audience that is often excluded from community involvement and planning efforts. Through this effort, we learned:

1. Low and moderate income residents of NE Portland have strong concerns regarding food access.
2. Visual surveys are useful tools and can yield useful results.
3. Colorful survey tools that are interactive attract people's attention.
4. This is the beginning of a process and method that shows promise for engaging limited resource residents in exploring food access needs.
5. GIS Mapping can be used to create usable and informative maps.
6. Using a collaborative approach leverages available resources and involves more of the community.



Neighborhood Food Network Report

This project truly was a collaborative effort! We would like to thank all of the folks who contributed:

Coalition for a Livable Future- Food Policy Working Group participants:

Tori Kjer, Growing Gardens
Rachel Agoglia, Oregon Food Bank
Hannah Burton
Jill Fuglister, Coalition For a Livable Future
Debra Lippoldt, Coalition For a Livable Future- Board of Directors
Pedro Ferbel, People's Food Cooperative
Lee Lancaster, Food Front Cooperative
Janet Hammer, Portland State Community/Community Food Matters
Will Newman, Oregon Sustainable Agriculture Land Trust
Jenny Holmes, EMO- Inter-faith Network for Earth Concerns
David Yudkin, Hot Lips Pizza
Erica Frenay, Friends of Zenger Farm

Advisory Council participants:

Jim Wood (State of Oregon)
Star Waters (Neighborhood Health, Inc.)
Steyn Pearson (Alberta Cooperative Grocery)
Hugh Gray (Big City Produce)
Robyn Harris (Albina Early Head Start)
Abdul Mejidi (PCC Workforce Network)
Jean Stewart (New Hope/Hope House)
Susan Gartner (EMO- Community Food Security Project)

Project Coordinators:

Pamela Jimenez
Nancy Smith.

Volunteer Artists:

Alison Farrell
Elise Hues

Neighborhood Food Network Report

Citations

Building Communities from the Inside Out- a Path Towards Finding a Community's Assets.

Kretzmann and McKnight, Center for Urban Affairs and Policy Research, Evanston, IL, 1993.

Prevalence of Food Insecurity and Hunger. by State. 1996-1998. Bickel, Jemison, and Nord, USDA, September 1999.

Reaching the Parts...Community Mapping: Working together to Tackle Social Exclusion and Food Poverty. Sustain - the Alliance for Better Food and Farming, Oxfam, U.K., 2000.

<http://www.sustainweb.org/index.asp>

Neighborhood Food Network Report

Attachment Listing

- A Demographics Survey**
- B Food Access Survey**
- C Barriers Survey**
- D Future Projects Sign**
- E Bean Survey**
- F Bean Survey (Backside)**
- G GIS Map**
- H Advisory Council Flyer**
- I Project Coordinator Job Description**
- J Neighborhood Food Guide**



OPTIONAL

Neighborhood Food Network

Name: _____

Date: _____

Address: _____

City: _____

AGE: *(Please Circle)*

15-18

19-25

26-55

55+

ETHNICITY: *(Please Circle)*

African American

Asian (Pacific Islander)

Caucasian

Hispanic

Russian (Eastern European)

Other _____

MONTHLY INCOME:

(Please Circle)

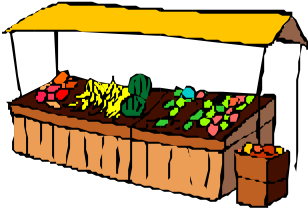
\$0-\$700

\$701-\$900

\$901-\$1,300

\$1,301-\$2,000

\$2,001-



OF PEOPLE IN HOUSEHOLD: *(Please Circle)*

1	5
2	6
3	7
4	8+

NEIGHBORHOOD *(Please Circle)*

Arbor Lodge	Piedmont
Boise	Sabin
Elliot	Vernon
Humboldt	Woodlawn
King	OTHER: _____

Yes, I would like to be contacted in the future about projects in my community.

**My home phone number is _____.*

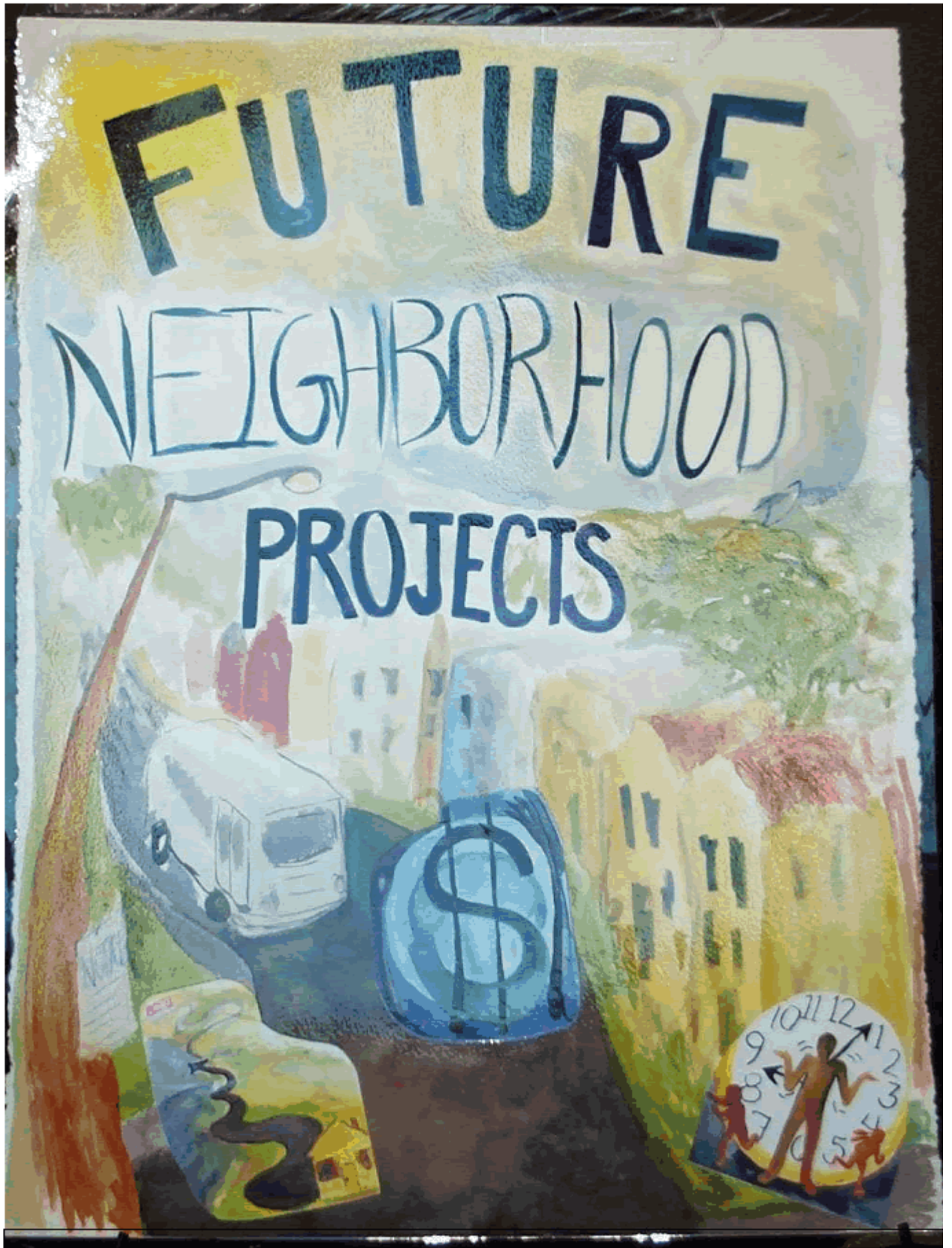
Attachment A



Attachment B



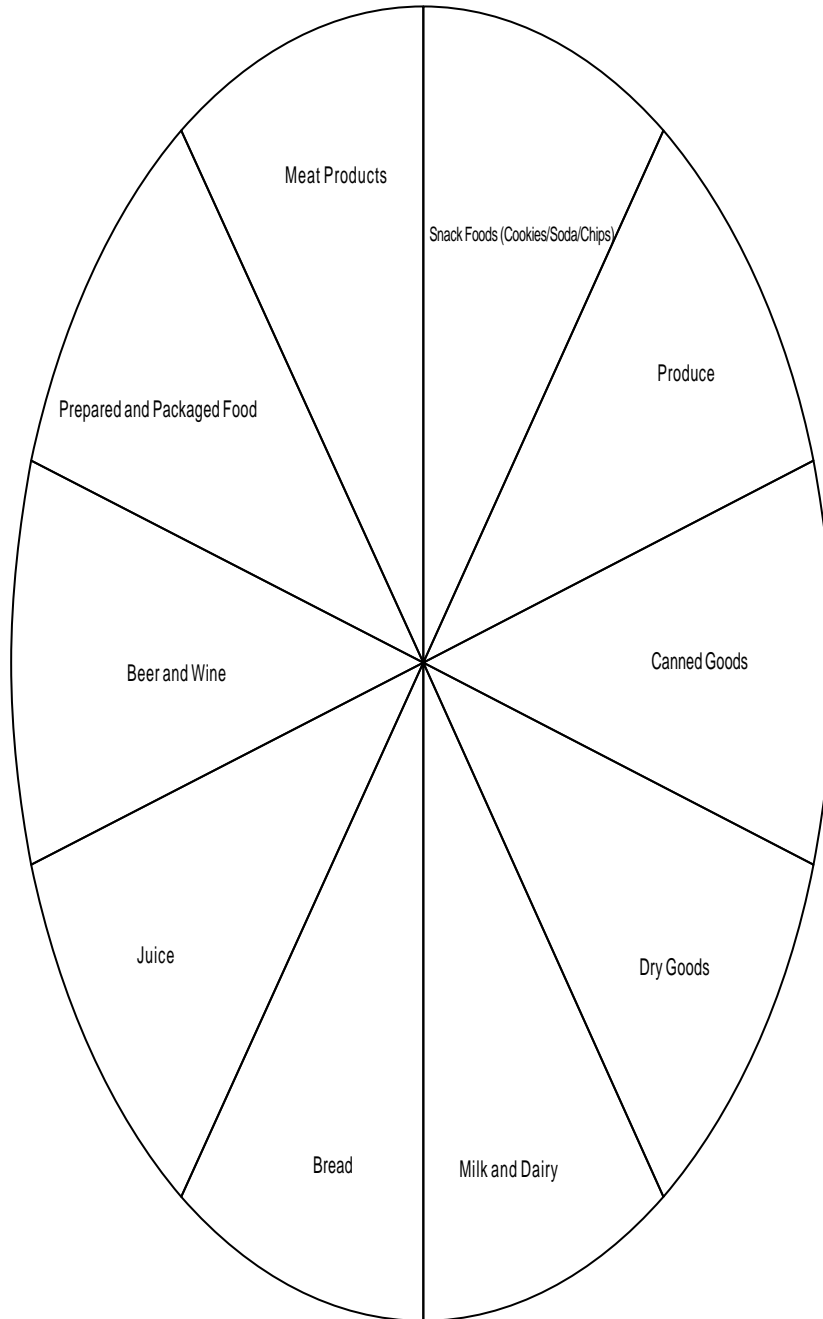
Attachment C



Attachment D

Where my money goes for food.

1 bean = \$1.00

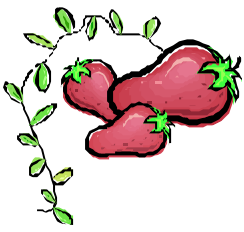


**You have \$40.00 to spend at the grocery store.
Place the amount of beans you typically spend
on each category on a shopping trip.**

Attachment E

<p>Please place an "X" under the correct expression for each item.</p> <p>Do you like the item? Are you unsure or indifferent? Or do you not like the item?</p>			
Snack Foods (Cookies/Soda/Chips)			
Produce			
Canned Goods			
Dry Goods			
Milk and Dairy			
Bread			
Juice			
Beer and Wine			
Prepared and Packaged Food			
Meat Products			





Neighborhood



Food Network

Food plays an important role in the relationships between our families, friends and communities. The Neighborhood Food Network is bringing people together to talk about food and our community.



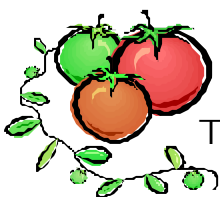
What assets does our community currently possess?

What type of resources would you like to see in our neighborhoods?

How can we improve our access to local food resources?

The Neighborhood Food Network, a project of The Coalition for a Livable Future with Ecumenical Ministries of Oregon's Northeast Emergency Food Program, Growing Gardens, & The Oregon Food Bank, is a community project intended to gather information from N/NE residents, grocers and restaurants regarding our community food resources in an effort to advocate for and develop community-based projects to improve access to local food resources.

All neighbors, business owners and service providers are encouraged to help identify our community assets by participating in various discussions at N/NE community locations, serving as an advisory member or sharing your struggles in accessing affordable food that is good for you.



To get involved call Tori Kjer at Growing Gardens (503)284-8420.



Attachment H

Neighborhood Food Network Project Coordinator Position Description

Title: Project Coordinator

Supervisor: Representatives from the Neighborhood Food Network Committee

Location: Growing Gardens' office and various locations in North and Northeast Portland

Summary of Position: The Neighborhood Food Network Project is a partnership between Ecumenical Ministries of Oregon, Growing Gardens and The Oregon Food Bank. Position is contract part-time 10 hours per week. Salary is \$15.00 hour. Total length of position is 9 months. Coordinator will involve low and moderate income community members to identify where they get their food, the challenges they experience in getting it, and what changes they would like to make in the neighborhood in relation to food. Project involves working with community members and volunteers in a combination of outreach efforts at emergency and supplemental food sites and small group discussions with low and moderate income community members.

Essential Responsibilities:

1. Conduct hands-on surveys with individuals and families at emergency and supplemental food sites.
2. Conduct 3 focus groups.
3. Develop outreach materials.
4. Record and track project related data as needed.
5. Develop map of community food resources.
6. Work closely with neighborhood associations, community groups, and individuals to implement survey.
7. Coordinate and supervise volunteers.

Preferred Qualifications:

1. Excellent organizational skills.
2. Strong interpersonal communication skills.
3. Willingness to work a flexible schedule, including some weekends and evenings.
4. Creative problem-solving abilities.
5. Sensitivity to and understanding of the experiences of low income people.
6. Knowledge of North and Northeast Portland.
7. Ability to work with a diverse group of people.
8. Experience conducting surveys and focus groups.

Contact: Tori Kjer, Program Coordinator, 284-8420 or: tori@growing-gardens.org

WEB SITES OF INTEREST

www.oregonhelp.org - This website allows you and your family to see what state and federal programs you are eligible for. The information is confidential and free of charge.

www.leg.state.or.us/findleg/tryfindset.htm - Do you know who your legislators are? This website will let you know according to your home address.

www.thebeehive.org - This is a great site for general information on important issues like money, health, and employment.

www.worksystems.org - This site will help out with your employment and training needs.

Organizations:

- www.oregonfoodbank.org
- www.growing-gardens.org
- www.oregon.org
- www.dfuture.org



211231623663 7663 2117631

A program sponsored by Coalition For A Livable Future's Food Policy Working Group. Grant money provided by Bureau of Housing and Development.

Neighborhood Food Guide for N/NE Portland

Partnership of Oregon Food Bank, EMB, and Growing Gardens



Emergency Food Assistance
 888-263-2822 or 1-800-277-2422

FOOD ASSISTANCE & MUCH MORE!!!

GARDENING: Are you interested in home or community gardening? If so, there are some wonderful organizations that can help.

- Growing Gardens (EO 3) 284-8420
- Portland Community Gardens (EO 3) 823-1612



Harvest Share provides *free* fresh produce once a month at various locations. Community Basket is a member-run, supplemental food program for low-income families and individuals. Call OFB at EO 3-282-0555 for more information.



OTHER RESOURCES

1-800-SAFENET (1-800-723-3638)

SafeNet can help you find health care and other services. Call for information on Food Stamps, WIC (Women, Infants and Children), Oregon Health Plan, mental health services, immunizations, and other health concerns.

2002 OR Senior Farmer's Market Nutrition Program

Low-income seniors are provided with \$80 worth of coupons to use at farmer's markets and participating farm stands. (For information on participation call 1-866-299-3882 or for info on local markets and stands call EO 3-872-6600.)

OREGON FOOD BANK (503-282-0555)

For information on emergency food assistance, meal sites, gleaning opportunities, and other supplemental food programs.

What is an Emergency Food Pantry?

An emergency food pantry is a place where you can go in an emergency situation to get a 3-5 day supply of nutritionally balanced food for you and your family.

- Emergency Food Boxes are FREE. There is never a charge.
- Typically, all you need to receive food from these pantries is a piece of ID.
- Food pantries often limit the number of times you can receive an emergency food box. (Most offer services once per month.)



1. Carpenters Food Bank
2225 N Lombard
3rd Friday of Month, 12-4pm
2. SVPD Holy Redeemer
25 N Portland
Saturday, 3-5pm
3. EMO NE Emergency Food Program
1912 Killingsworth
Monday - Saturday, 1-4pm (Closed Friday)
4. Sharon Community Services SDA Pantry
5209 NE 22nd
Wednesday & Saturday, 8am-5pm
5. SVPD St. Andrew
4919 NE 9th
M W F, 9am-12pm
T and Th, 1-3pm
6. Allen Temple Food Pantry
4214 NE 8th
Tuesday, 5-7pm
Wed & Sat, 11am-2pm
7. New Hope Missionary Baptist
3837 N Gantenbein
Last Wednesday of Month, 10am-2pm
8. SVPD Immaculate Heart
2926 N Williams
4-6pm
Thursday 12-2pm
9. Life Center
2746 MLK Jr Blvd
Monday - Thursday, 10am-4:30pm
Friday, 12-3pm