



Libraries Improve Food Security: Food Now, Food Soon, Food Sustains

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www.cafoodfinder.com



California Food Insecurity Statistics and Information



4 Million Californians face hunger

1 in 10 Californians face hunger daily

1 in 7 children go to bed hungry

California produces \$21.7 Billion dollars worth of agricultural products, including dairy products, nuts, fruits, and more.

Quality of food depends on location, transportation, and cost. Often, the only reliable food is what can be found at the nearby mini-market.

The quality of food readily available in food swamps and food deserts result in lifelong health problems such as obesity, diabetes, and more.

Source: <https://www.feedingamerica.org/hunger-in-america/california>
<https://www.cdfa.ca.gov/Statistics/#:~:text=California's%20agricultural%20abundance%20includes%20more,Almonds%20%E2%80%94%20%245.62%20billion>

California Food Insecurity Statistics and Information



5.4 Californians face food insecurity

40% of low income Californians cannot afford enough food.

In 2012, 7 million Californians were eligible for CalFresh but 2.5 million did not participate. This is 63% participations rate.

California food insecurity rate is 20%.

Residents with no access to nearby supermarkets are 25%–43% less likely to have a healthy diet.

40% of Latinx and African Americans face food insecurity, 50% of Indigenous Peoples also face food insecurity.

Source: <https://www.cafoodbanks.org/hunger-data/>
<https://letsgethealthy.ca.gov/goals/creating-healthy-communities/increasing-access-to-healthy-food-outlets/>

What Are Our Goals?

- Improve access to quality, nutritious food in low income communities of color.
- Diminish reliance on over processed food that causes health problems in communities of color.
- Provide a comprehensive location of resources that is currently lacking.
- Provide education and tools to be vehicles of change for our communities' journey towards food justice and food sovereignty.

Libraries are to address systemic inequalities of our food systems and improve access to quality, nutritious food through resources, programming, and partnerships.



What Are Food Swamps, Food Deserts, and Food Mirages?

A food swamp is an area where an abundance of fast food, junk food outlets, convenience stores, and liquor stores outnumber healthy food options.

Food deserts are regions where people have limited access to healthful and affordable food. This may be due to having a low income or having to travel farther to find healthful food options.

Food mirages occur when healthy food is available, but it is too expensive for the neighborhood.



What is Food Apartheid?

Food apartheid is a human created system of inequality that perpetuates unequal access to resources based on race. Whereas deserts and swamps are naturally occurring, apartheid is intentional and continues to discriminate. Food apartheid is the continued lack of food access due to systemic racism. As a result, available food tends to be unhealthy, cheap in quality and price, and high in predatory marketing.

Source: <https://www.nrdc.org/experts/nina-sevilla/food-apartheid-racialized-access-healthy-affordable-food>

Supermarket Redlining

Redlining is the practice of disinvestment and obstruction that makes barriers for home ownership among communities of color. Supermarket redlining is the practice of major chain supermarkets' disinterest in building or keeping locations in low income areas and relocating existing stores to the suburbs. The remaining mini-marts, etc. have food available but the food quality is subpar for regular consumption.

Source: <https://moveforhunger.org/blog/redlining-and-food-justice-america#:~:text=Food%20deserts%20are%20also%20connected,out%20and%20relocating%20them%20to>

What is Food Justice?

Food Justice is communities exercising their right to grow, sell, and eat healthy food. Healthy food is fresh, nutritious, affordable, culturally-appropriate, and grown locally with care for the well-being of the land, workers, and animals. People practicing food justice leads to a strong local food system, self-reliant communities, and a healthy environment.

Three Pillars of Food Justice:

- Healthy Food for All
- Sustainable Food Systems
- Justice for Food Workers

Source: <https://www.hungercenter.org/wp-content/uploads/2015/07/Food-Justice-Defs-compilation.pdf>

What is Food Sovereignty?

Food Sovereignty is “the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.”

Source: <http://usfoodsovereigntyalliance.org/what-is-food-sovereignty/>

Why Should Libraries Address Food Insecurity



Many libraries provide “Lunch at the Library”, libraries should provide food to more people and for more than just summer.

Libraries are trusted by nearly every community.

Libraries are community hubs, access points, and accessible to all.

There are more public libraries than McDonalds in the United States!

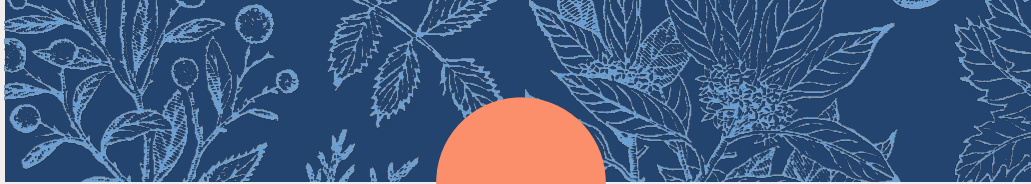
Libraries can partner with other organizations (food banks, etc.) to leverage community trust and locations in historically overlooked communities to be a hub for food distribution and education.

Libraries integrating food justice into library programming is in line with empowering patrons.

Libraries can leverage locations, partnerships, trust, education, and available resources to make advances towards food justice.

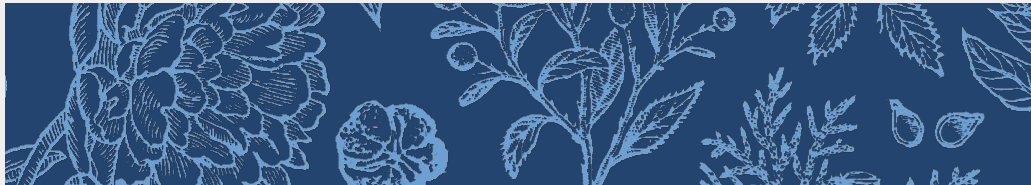
Intended End Product

The content on www.cafoodfinder.com is intended to work as an app for Californians to find healthy, quality food.



How Can Libraries Help?

Resources for Libraries at www.cafoodfinder.com

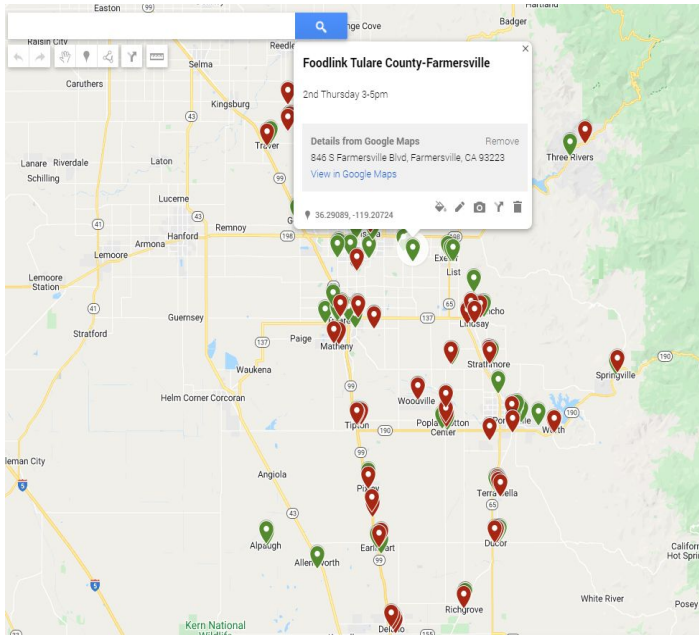




***“The war against hunger is
truly mankind’s war of
liberation.”***

John F. Kennedy

Food Now: Interactive Food Location Map



- Interactive map that shows food locations (food banks, farmer's markets, etc.) and their hours of availability.
- Map also shows transit routes along with arrival times.
- Information is crowdsourced among users to update locations and add new food sources.
- Link to [2-1-1](#), operated by the United Way, to find immediate assistance.

Food Soon: Farmers' Markets, Food Banks, and Public Assistance Information



Food Soon: Food Banks and Farmer's Markets



California Association of Food Banks

Connections to local food banks, information on the nation's largest anti-hunger program, CalFresh, Farm-to-Family program, and crisis response.

California Food Banks

California Department of Social Services site. A list of food banks organized by county. Information on USDA commodities assistance to qualified citizens.

Market Match

Farmer's markets that offer Market Match, that match customers EBT and CalFresh benefits to purchase fruits, vegetables, and more.

California Alliance of Farmers' Markets

Promotes direct farmer-consumer relationship. Has interactive map of farmer's markets and information on markets that accept EBT benefits.

Farmer's Markets that Accept WIC

Frequently updated list of farmer's markets that accept WIC benefits.

California Certified Farmers' Markets

A list of certified farmer's markets in California organized by county, along with hours of operation and organizer contact information.

Food Soon: Additional Resources



Community Supported Agriculture (CSA)

Subscription box option of fruit and vegetables sent directly from farmer to consumer. CalFresh and EBT options available.

Feeding Heroes

Connects local nonprofits in San Diego to improve food access for veterans and active duty military.

Food4Warriors

Improves food access for current and former military in San Diego with mobile food pantries and food drops.

Farmers' Markets and EBT

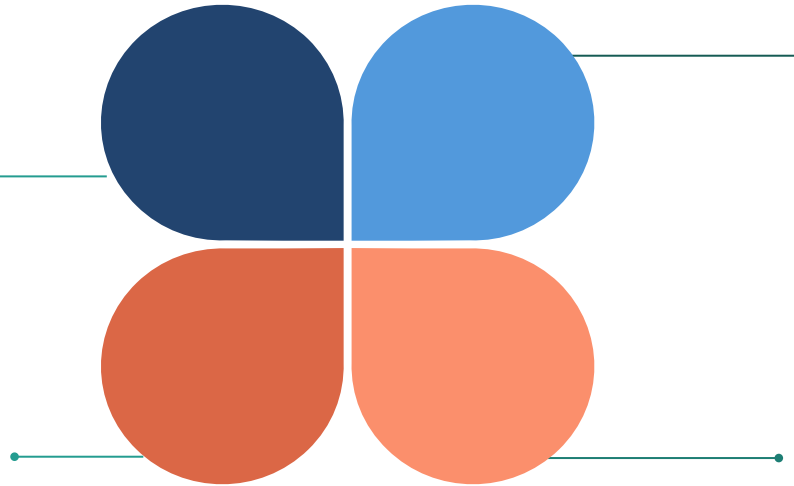
Does your local Farmers' Market take EBT? Here's how to get them to take benefits.

1. Apply to Participate

Each market must be approved by the USDA Food and Nutrition Service (FNS) to accept SNAP benefits. To apply, call (877) 823-4369 or apply at <https://www.fns.usda.gov/snap/apply-to-accept>

4. Sell Wares Direct from Farmer to Consumer

The farmers' market is now ready to sell produce to EBT benefits holders and providing a direct market link to quality food from farmer to consumer.



2. Approve Scrip

Farmers' Markets accept payment in form of scrip. EBT cardholders purchase scrip, which is used to buy CalFresh eligible items from farmers. Farmers are reimbursed by the market for the scrip they received. Scrip must be approved before participation. Visit <https://www.fns.usda.gov/snap/farmer-producer> for information.

3. Select Point of Sale (POS) System

Each farmers' market selects a POS to handle transactions: Wired POS or Wireless POS. Wired POS requires an outlet and is provided by the state to accept SNAP/CalFresh benefits. Wireless POS operates remotely, costs more and must be approved by CNSS.

Source: <https://www.ebtproject.ca.gov/Businesses/farmersMarket.html>

Physical and Online Stores That Take EBT

Additional locations that take EBT benefits (that you may not be aware of)

Buy Groceries Online with Delivery

Online sites that accept EBT include Amazon and Wal Mart, home delivery is included for orders over \$35 at Amazon.

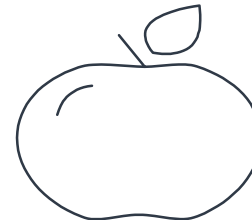


Home Delivery Through Instacart

Users can purchase groceries with EBT and have it delivered through Instacart, which takes EBT. Stores include Save Mart, Lucky, Sprouts, and more.

Order Online and Pickup

Order groceries online at stores including Vons, Albertsons, and Safeway for pickup.



<https://covid19.ca.gov/food-resources/>
<https://www.instacart.com/help/section/360009947632/360047289812>



***“If we can conquer space,
we can conquer
childhood hunger”***

Buzz Aldrin

Food Sustains: Library Programs for Home Gardening and Community Solutions to Food Access



Food Sustains: Library Programs to Address Food Insecurity



Vertical Farming

Educate patrons on how to maximize small spaces for vertical farming to grow fruit and vegetables.

Library Farm-to-Table

Helpful information for libraries to manage their own gardens such as rooftop gardens and more.

Community Gardens

A step-by-step guide on how to start a community garden. Community gardens enable community members to grow their own produce.

Bookmobile Food Distribution

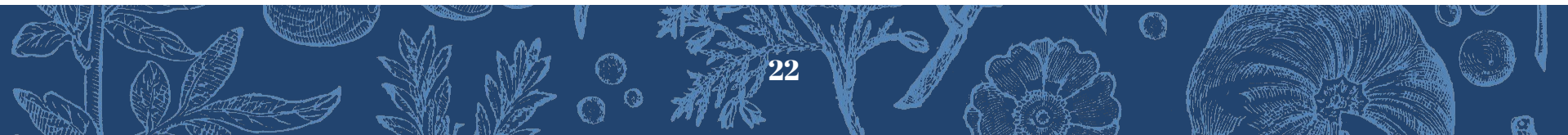
Ideas on using bookmobiles to distribute food to communities without quality food access.

Lending Seed Library

Libraries can help food insecurity by starting a lending seed library. Libraries loan seeds of all kinds for patrons to plant and grown their own food.

Lending Tool Library

Information on starting a lending tool library so patrons can borrow garden tools at no cost.



Food Sustains: Partner Organizations



Students for Eco-Education & Agriculture

Children can visit farms and see how produce is grown and cultivated. Seeag offers different types of educational and fun agricultural programs for children.

Master Gardeners

Operated by the University of California. Master Gardeners connects volunteer gardeners to California residents for home horticulture education.

National Gleaning Project

Nationwide resources for gleaning, food recovery, and food donations. Includes local organizations that work with food recovery.

California Farm to Fork

California Department that focuses on food distribution, aims to improve food access, and connect community organizations to farmers.

Lending Seed and Tool Library Startup Costs



Starting sample budget for a lending seed library, tool library, and social media marketing. Acquiring donated items such as seeds and tools will lower costs. Costs are meant for a small starting operation.

Seed Library-\$600

Lending Tool Library-\$5,000

·
Social Media Marketing-\$500
·



***“In this country that grows more food
than any other nation on this earth, it is
unthinkable that any child should go
hungry.”***

Sela Ward

Questions?



Thanks!



Any questions?

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