



Agenda



Santa Fe City and County
Advisory Council on Food Policy
Thursday, June 7, 2012
9:00 to 10:30
Angel Depot Conference Room
1222 Siler Road, Santa Fe, NM

CITY CLERK'S OFFICE

DATE 5-15-12 TIME 10:41 am

SERVED BY Katherine Martinez

RECEIVED BY [Signature]

- A. CALL TO ORDER
- B. ROLL CALL
- C. APPROVAL OF AGENDA
- D. APPROVAL OF MINUTES – April 26, 2012
- E. COMMUNICATIONS FROM THE FLOOR
- F. PRESENTATIONS/TRAININGS
- G. STAFF COMMUNICATIONS
- H. INITIATIVES AND ACTIONS
 - 1. Executive Committee
 - a. Budget Update
 - b. Presentations and Trainings Criteria and Calendar
 - 2. Governance Committee
 - 3. Policy Committee
 - a. Assessment
 - b. Food Production and Land Use
 - c. Procurement
 - d. Education and Outreach
 - e. Federal
- I. ITEMS FROM THE CHAIR
- J. ITEMS FROM THE COUNCIL
- K. ADJOURNMENT

Next Meeting: June 28, 2012

NOTE: All meetings of the council are open to the public. Persons with disabilities in need of accommodations, contact the City Clerk's office at 955-6520, five (5) working days prior to meeting day.

SUMMARY OF ACTION
SANTA FE CITY/COUNTY
ADVISORY COUNCIL ON FOOD POLICY
Angel Depot Conference Room
June 7, 2012

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**MINUTES OF THE
SANTA FE CITY/COUNTY
ADVISORY COUNCIL ON FOOD POLICY
Angel Depot Conference Room
June 7, 2012**

A. CALL TO ORDER

A regular meeting of the Santa Fe City/County Advisory Council on Food Policy, was called to order by Sherry Hooper, Vice-Chair, on June 7, 2012, at approximately 9:00 a.m., in the Angel Depot Conference Room, 1122 Siler Road, Santa Fe, New Mexico.

B. ROLL CALL

MEMBERS PRESENT:

Sherry Hooper, Vice-Chair
Bianca Sopoci-Belknap
Tony McCarty
Susan Perry
Pamela Roy
Duncan Sill
Lynn Walters
Steve Warshawer

MEMBERS EXCUSED:

Katherine Mortimer, Chair
Maria Bustamante-Bernal
Steve Shepherd [resigned]
Mark Winne

STAFF PRESENT:

Rubina Cohen

OTHERS PRESENT

Marcus Grignon, AmeriCorps
Melessia Helberg, Stenographer

At the time the meeting was called to order, there was not a quorum of the membership in attendance. Vice-Chair Hooper called the meeting to order for the receiving of reports, and moved to Item G. Communications from Staff. A quorum was established with the arrival of Lynn Walters and Steve Warshawer.

G. STAFF COMMUNICATIONS

Rubina Cohen said she met with Pamela Roy and discussed the things the Council will be doing. She said they would like to take the Community Food Assessment and create something which is more digestible, smaller, which can be handed out to the community. She said they discussed that a 4-page report would be good to put before people, different grantors and such, noting she will be working on that.

Ms. Cohen said they will start holding meeting with the funders to give them an update on the work we've done so far. She said she will prepare a list of accomplishments. She said the Santa Fe Community Foundation requested a meeting to see how things are going.

Ms. Cohen said a new AmeriCorps intern will be coming on board, noting we have learned a lot from our experience with Marcus Grignon who will be helping us to develop the work plan, information and job description we need, to be prepared to hire this person, so we know exactly what we are asking them to do. She said this is a detailed process and a lot of paperwork is required, noting she will be working on this and starting as soon as possible.

Steve Warshawer arrived at the meeting

Ms. Cohen said Ms. Hooper, Mr. Winne and Ms. Roy wrote a report to the City about conducting a food plan, and there needs to be a discussion about how that differs from the community food assessment and they want to incorporate this as the next step to the Community Food Assessment. She said they will be meeting to talk about what that looks like, along with the communications and outreach that we want to do around the food assessment.

Ms. Cohen said she is working on Fire Hazard Preparedness, noting Ms. Hooper initiated that process.

H. INITIATIVES AND ACTIONS

1. EXECUTIVE COMMITTEE

a. BUDGET UPDATE

Pamela Roy said the Council will be getting an invoice to the City for the County contract, for Rubina's salary, commenting that we will use all of the funding.

Ms. Roy said she and Mr. Sill have been talking about working on the budget with the County moving into the new fiscal year.

Lynn Walters arrived at the meeting

Ms. Roy said a proposal was submitted to the City, but she hasn't heard back.

Ms. Hooper said there was an article in *The New Mexican* which indicated it was funded.

Ms. Roy said two grants were received, one from the McCune Charitable Foundation for \$7,500 and one from the Simon Foundation for \$5,000. She said the City and County funding is core to the Council. She said we need to think about how to spend our money next year, noting it will be a tight budget.

Ms. Roy said an application was submitted for a Santa Fe Community Foundation grant, but we were not funded. She said they are very interested in the work we are doing, but there were so many applications for funding.

Ms. Roy said the total income to date, including the balance forward from January 1, 2012, is \$23,995.68, and expenses to date are \$2,790.00, which includes an invoice from the City for the current contract.

C. APPROVAL OF THE AGENDA

MOTION: Pamela Roy moved, seconded by Tony McCarty, to approve the Agenda, as presented.

VOTE: The motion was approved unanimously on a voice vote.

D. APPROVAL OF MINUTES: APRIL 26, 2012

Mr. Sill noted the minutes for March were not approved.

Ms. Hooper said since it isn't on the agenda today, it can't be voted on, but she will put it on the next agenda.

The following corrections were made to the minutes:

Page 1 under Members Excused, show Duncan Sill as excused.

Page 2, paragraph 4, line 1, correct as follows: "...in terms of fruits and vegetables the diabetes epidemic."

MOTION: Lynn Walters moved, seconded by Susan Perry, to approve the minutes of the meeting of April 26, 2012, as amended.

VOTE: The motion was approved unanimously on a voice vote.

H. INITIATIVES AND ACTIONS
1. EXECUTIVE COMMITTEE

b. PRESENTATIONS AND TRAININGS CRITERIA AND CALENDAR

Ms. Hooper said the Chair keeps this on the agenda, and if you have items for the future, she will put them on the agenda.

2. GOVERNANCE COMMITTEE

Council Vacancy

Vice-Chair Hooper said she sent out information on Emigdio Ballon, and she has received an inquiry for more information. She said we can have a discussion and approve or not approve sending his name to the County as a recommendation to be appointed to the Council, or we can invite him to the next meeting so everyone would have the opportunity to talk with him and get to know him a little better.

Ms. Walters said, although she doesn't know him well, she believes he would be a wonderful addition, and would be in favor of meeting him.

Vice-Chair Hooper said the Chair, Ms. Cohen and herself interviewed him, and he is extremely interested in serving and eager to get started with the Council. He really likes the work that we are doing.

Ms. Roy said she received an email from Mr. Winne in response to this appointment. She said Emigdio said he works for and manages the farm at Tesuque Pueblo, and helped that farm to build a business through This Old Earth and such.

Ms. Cohen said Mr. Ballon is working to create a full food system as well as to help the economy of the pueblo around food. She said he invited us to come and see all the work they are doing, and we should take him up on the offer. She believes he would be a great addition to the Council as well.

Vice-Chair Hooper asked Mr. Winne's concern about this appointment.

Ms. Roy said it is because Mr. doesn't know him and what we sent out was the County information.

Vice-Chair Hooper said his resume was also sent out which was very articulate.

Ms. Roy said Mr. Winne may have gotten through only a portion of the information.

It was the consensus among the Committee to recommend Emigdio Ballon for appointment to the vacancy on the Food Policy Council.

Mr. Sill said he will need a letter of interest from Mr. Ballon, and an email from the Vice-Chair that there was a recommendation to appoint Mr. Ballon to the Council. He said it likely would be considered by the County Commissioners at the first meeting in July.

Vice-Chair Hooper said Steve Shepherd resigned, and a replacement is needed for that position. She said the person who took his place isn't interested in serving on the Council because of work load issues. She said he has recommended consideration of Martin Vigil to fill that vacancy. She asked Mr. Sill if he has spoken with Mr. Vigil and if he is interested.

Mr. Sill said yes, there is an expressed interest, and there is consensus on the management level that Mr. Vigil would be the appropriate person to fill that vacancy. He said his appointment is slated for approval at the June 12th County Commission meeting.

Board Manual

Ms. Cohen thanked Vice-Chair Hooper for putting the board manual together, noted Ann organized the material and put it in the binders, noting she put in a lot of hours in doing this.

Ms. Roy asked if the Council would be able to pay for a portion of Ann's time.

Vice-Chair Hooper said an invoice was submitted for materials.

Conflict of Interest Statement

Vice-Chair Hooper said they had concerns about conflict of interest and they put in the City's Code of Ethics and the County's Conflict of Interest statements. She said at the last meeting they discussed that the Council needs its own Conflict of Interest Statement and policy. She emailed that to the members, and will get that on the agenda for the next meeting so we can take action. She asked members to review that policy so it can be approved quickly at the next meeting. She asked members to let her know their suggestions for change.

Mr. Warshawer said he held this up at the last meeting by raising questions about language which appeared to differentiate between how conflict of interest works in non-profits and for-profits. He said unless there are other issues it should be a rubber stamp review. He thanked the Vice-Chair for the opportunity to provide this input, apologizing for the slow response.

3. POLICY COMMITTEE

a. ASSESSMENT

A copy of *Santa Fe Food Policy Council 2012 Interim Report: Community Food Assessment On Food Access Barriers to Vulnerable Populations in the City and County of Santa Fe*, is incorporated herewith to these minutes as Exhibit "1."

Marcus Grignon said the Report has been finalized, and they are obtaining input on the portion of the report where we go back to the community and speak with the different food pantries, as well as to set up community meetings. He said the first will be held at St. John's Methodist Church next week on June 19th, 2012, 6:00 p.m. to 7:00 p.m., in its gathering and another on June 19, 2012, at 5:00 p.m., at the Salvation Army. He said both meetings will run about an hour.

Ms. Cohen asked if he would like members of the Council to attend, and Mr. Grignon said yes.

Mr. Grignon reviewed the four policy recommendations for the City and County of Santa Fe as follows:

1. *Provide continued support in the construction of gardens and innovative ways to grow fresh, quality, local food for food assistance programs and senior centers, including on site. This will help to counter the rise in food prices that keeps many Santa Fe County residents from eating without affecting their health.*

Mr. Grignon said this is the process right now – where the Assessment is, where we are going and how to move forward. He said only one of the food providers said it is a good idea to develop gardens and greenhouses on site and they could do that – the Salvation Army. He noted the community farm does donate a lot of its fresh produce to the Santa Fe area, so that would be a good spot. He said the Salvation Army said its free space was at their retail and warehouse on Camino Carlos Rey. They said if they had someone to train the works they could sustain that area, so that might be a viable option to accept that offer and start production there so one food pantry would be sustained.

Mr. Grignon said some people said it would be difficult to do an onsite thing because they don't have the manpower to do it, but would do it if the City and County officials would help them to maintain it. Responding to Mr. Sill, Mr. Grignon said it would be a matter of developing staffing positions to help.

Mr. Sill said then the request would be for the City and County governments to fund staffing for that purpose, rather than the employees and County officials, and Mr. Grignon said yes.

2. *Create a one-stop application process for all food assistance programs located at the Food Stamp Office or other central location where vulnerable populations frequent, for all Santa Fe County residents to use.*

Mr. Grignon said some people thought that was a good idea. He met with Bienvenidos yesterday and they said food pantries rely heavily on the numbers, information, etc., and it would be hard to get statistics for the one-stop shop application process. He said if we were to develop such a system, it would be something where all food pantries could log in and put in their data and be able to get data back. He said this is something we need to look into as well.

4. *Allocate funds to provide Santa Fe County residents in need with vouchers to the farmers market as a way to gain more access to fresh, quality local food from our County farmers.*

Mr. Grignon said, with regard to food vouchers, Bienvenidos and the food pantries think it is a good idea. However, the Salvation Army has said if we were to develop farm-to-market vouchers, we might want to create a stop-gap, because both Bienvenidos and the Salvation Army said they have caught people selling food. He said this is upsetting because they're getting free food to sustain themselves, but they are selling it. He said we probably need to look at this.

A member of the Council agreed, saying, "That's news to us. The Salvation Army has never told us that."

Mr. Grignon said maybe it's not the food pantries dealing with the federal commodity program, but the ones which are off that program, because there is a long process to get food under the federal commodity program. He reiterated we need to look at this issue. He said this is a case where "a couple of bad sheep ruin it for everyone."

3. *Mandate senior centers have dietician training for staff to assist in designing menus and providing participants with meals that fulfill their health concerns.*

Mr. Grignon said they haven't received community input from the senior centers. He said he has built relationships with food pantries only, and not with the senior centers.

Vice-Chair Hooper said she likes mandating that a dietician come in and train the kitchen workers, because clinical dieticians are expensive and this seems to be more reasonable and cost effective, commenting she does not think this will happen.

Mr. Grignon said the four policy recommendations which have been recommended are not set in stone, and the "community input and everything else will all be sifted through and figured out what is the best policy approach for our community."

Ms. Walters said when the emails were going around, one thing she suggested was whatever is said about the Senior Centers, because that seems so separate, is that perhaps that be moved to be the last recommendation, because the other three seem much more similar in terms of grouping. She agrees that having a dietician on staff is not going to be a realistic possibility because of cost.

Ms. Walters asked if the issue is the dietician or if it is about using different kinds of food and cooking in combination. She said a dietician and a person who cooks and makes food taste good and healthy are very different things.

Mr. Grignon said what he read from the previous research is the dieticians be used to be able to cook meals that are in line with people's health emphasis, commenting Ms. Cohen can talk more about this.

Sorry. Too many people talking at the same time to transcribe

Ms. Perry said this is a policy issue in that the issue usually means situations. She said the idea isn't that people at Senior Centers would be getting specialize menus as in the hospital, but that basic healthy cooking practices which are good for people with diabetes, hypertension, etc., basically are universally certain kinds of things. She said it would be good to have someone to come in and teach people about how to purchase the correct things, and have access to it. She said they are teaching people how to use these fruits and vegetable when they come to pick them up. She said, policy-wise, it is the idea of a system which empowers people to make best use of healthy eating practices in these settings.

Ms. Cohen said these policy recommendations aren't set in stone, and the Council can tell us whether or not some of these make sense. She said, based on the Senior Center information, the research they did didn't say anything about mandating a dietician. She said one of things we talk about is that we need to come up with policies that are going to be game changes, and not "okay let's just educate people." She said we need game changing policies. She said it would be fabulous if funds were allocated toward having a dietician.

Unidentified said the research doesn't necessarily say a dietician, and we need to be more in line with what the research says as well as the policy recommendations. The research requests that they have more access to a dietician and not just the people who are cooking. The seniors wanted access to a dietician for their own information, on a regular basis. She said they did come in once a year and educate the seniors, but never sat with the cooks who are preparing the food. The other big thing that came out of that was the cooks always don't have the right to be advocates in that position, commenting there was an advocate in Eldorado who took this on personally. However, not all the cooks have the ability to be advocates without concern. She said the policy can be changed "to fit that more," but she likes the bigness of the idea.

Ms. Perry and Ms. Walters said they would be willing to work on this with Ms. Cohen. Ms. Perry said the problem both she and Ms. Walters were having "is the dietician as the teacher advocate," noting not all dieticians are clinically trained." It is a special person that can translate into those kinds of settings and provide education and empowering teaching on that level, with that there are certain universal kinds of things that really make sense. She said it could be "someone like that who might be a dietician."

Ms. Cohen agreed. She said in terms of being an advocate, they "need to advocate the menus that are coming out of the USDA which say they have to use canned green beans. The menus are very restricting and so the cooks then just kind of follow these menus, unless somebody like Cindy decides well I'm going to put in a garden and I'm going to actually get food from the garden and cook it for my seniors."

Ms. Cohen said a policy recommendation to implement would require some action, and then look at the bigger picture of how it could make a difference – what are the components needed.

Ms. Perry said one of the models we could look at is what is already happening with Farm to School and the gardens the schools are growing and bringing into the lunches. She said the model isn't perfect, but it is one we can look to.

Mr. Sill agrees with looking at the feasibility of these particular recommendations, but he has heartburn with mandates because of concerns of other issues of which we might not be aware. He said we need the resources to be able to make these recommendations, and without those he can't support it.

Ms. Roy said there is a way to rework this recommendation. She said Mr. Grignon said he was thinking of following up with some of the senior centers, and Mr. Grignon said he would do that.

Unidentified said this ties-well with our work with the City and County around local food procurement which would be a good place to engage this conversation. She said her question previously was how many people recommended certain things and it could have been only one person. She thinks there's a very sensible way to work with this and maintain the integrity of the senior centers as we move forward. She said we need to make a plan which would fit very well in the procurement plan and the food plan as we move forward.

Mr. McCarty said one of the things we agreed to, when we put the assessment report on our agenda, was to hear the assessment without discussion, just to "kind of let it wash over us," and then bring up the discussion at later meeting. He said we are never going to get through it if we keep interrupting and talking about it.

Vice-Chair Hooper asked Mr. Grignon if he has anything further.

Mr. Grignon said what came from the report was that freshness and price were the biggest issues. He said with regard to the Farmer's Market vouchers, out of 120 people, 84-85 said they would like to have Farmer's Market vouchers. .

Vice-Chair Hooper said, "You are amazing, outstanding and incredible for pulling all of this together." She thanked Christie on behalf of the Council for all of her work. She said it is exciting to see this report happen.

Vice-Chair Hooper said Mr. Grignon is going to be with us only another three months. She said he has taken the lions share of the work.

Ms. Cohen said she met with some of the food providers, but she plans on attending at least one of the community meetings. She said it is a good idea for at least two Council members to attend, because the Council will take ownership of the policy recommendations, and they need to "see your faces."

Mr. McCarty asked if Homegrown New Mexico been scheduled for a presentation.

Unidentified said she sent her an email about attending the July meeting, and she will follow up in this regard, commenting she is fairly sure she agreed.

Vice-Chair Hooper said, with regard to the next steps, there was talk about getting everybody together to start working on the food plan. She asked if there are more short term steps, other than the two community meetings. She asked Mr. Grignon if he needs anything else from the Committee.

Mr. Grignon said they are planning a community meal for the Salvation Army meeting, but they can't do a community meal for St. John's Methodist. He said it will cost \$200 to \$250 for that. He asked if approval is needed from the Council.

Sorry, too many people talking here at the same time to transcribe

Mr. Grignon said the \$250 estimate is from the Salvation Army because of the numbers expected to attend.

Ms. Cohen asked if we were going to pay the Farmer's Market or see if we can get donations for that, and asked if we need to budget more than that.

Mr. Grignon said he has a list of what currently is in crop, noting he just got it yesterday.

Ms. Cohen suggested budgeting \$500, then if we spend less it is good, commenting it isn't a whole meal. She said it is just a suggestion, but believes the \$250 is based on what Salvation Army spends and not on the Farmer's Market.

Unidentified said then it is your recommendation that the Policy Council give us the opportunity to spend up to whatever it would cost to \$500, and for us to be able to supply the items for that meal.

Responding to a question, Mr. McCarty said we don't have to vote on this, because it is in the budget.

Vice-Chair Hooper said it is included in the budget which has been approved.

Ms. Cohen said, to be clear, this is not in the budget, but it can be added to the budget.

Sorry, too many people talking here to transcribe

Ms. Cohen said she isn't disagreeing, but it was a brand new thing that came up.

Mr. Grignon said, with regard to the senior centers, they were adamant about getting youth to the senior centers because of all the knowledge seniors have about canning, gardening, farming and other things. He said he has linked with FACT and Girls, Inc., and such because they contributed to our report, so he is going to propose the idea to them. He said he can report further on this on June 28th. He said that might be a policy recommendation – collaboration between non-profits dealing with the youth.

Vice-Chair Hooper said the New Mexico Collaboration to End Hunger tried to match seniors and children to do things such as to garden together. She said it might be worth calling them, noting Christa Kelly is the new director, and they could share what they've been doing and give us some ideas. She said they have had good luck with it.

Unidentified suggested contacting the New Mexico County Extension Service here in Santa Fe, which does a lot of programs with some of the Pueblos and in the community, in teaching canning, for example, and bringing in multiple ages. She said they are doing a gardening project up in San Ildefonso with young people and adults there, so they might be a resource.

Mr. McCarty said, beyond the practical aspects of sharing knowledge through generations, he read this morning about the health benefits of programs which pair kids with the elders.

Unidentified said in the next steps, the idea of paring this down and more of the pamphlet idea, so we will need to be clear in our recommendations. She said we need to work on that in the next few weeks so we can begin to put that together in the appropriate format.

Vice-Chair Hooper asked the members to read the Assessment carefully, and send any information to Ms. Roy, Ms. Walters, Ms. Cohen and Mr. Grignon. She said at the next meeting we can have some discussion.

Ms. Walters said there are very specific approaches we can take to these recommendations, and we've already started to talk about some of those, and there are other things to add. She said if we aren't going to discuss this today, we can put some of the framework together in the interim.

Ms. Cohen said Mr. Grignon said that part of the policy could change, such as on-site gardens which might not work. She said that isn't a recommendation which we necessarily would move forward, and we need to look at information coming back from the community as well as the knowledge of people around the table. She asked if the application process is a recommendation at this point, because so many of the people rely on these statistics for grants. She said she believes the policy recommendations will change, and they should change based on feedback. She said the launch will have to wait until we are clear on what recommendations are moved forward.

Ms. Perry said she believes we can frame those initiatives in a way to be able to put the information out as things we are working on and looking forward to.

b. FOOD PRODUCTION AND LAND USE

Mr. Warshawer said there was an email sequence surrounding a proposed County investment in a private project. He said he would like to speak to that on the record. He said that was a difficult item with which to deal by email under an urgent timetable. He is grateful that Chair Mortimer jumped in and said let's do something about this. He said they met with the Santa Fe Farmers Market Institute and its attorney and that meeting impacted the timetable of the project. He said it didn't change anyone's opinion of the project, but the lengthy email that he wrote which got no response, other than several people saying if Sarah Noss asks for it we should approve it. He said they met and spent a number of hours on it, and some really useful follow up will come out of it which he hopes is educational to all of us.

Mr. Warshawer said, "I just want to say, with all due respect, that the fact that an esteemed colleague asks for something does not constitute reason to approve it without further consideration. And I think that was a serious potential flaw and I credit Katherine Mortimer with saying, 'If one person has a concern, we're not going to go forward with the recommendation from the Council, even though everybody else is saying Sarah wants it, let's just do it.' So as the person who was caught in the crossfire there, I think it was awkward for me and I'm glad that it didn't go down that way. And I think it was better for the County, better for the project and better for our long term goal in farmland and farm preservation that that all happened. And more will be learned, because a lot of good discussion ensued from concerns being followed up into actual discussions."

Ms. Cohen said she saw the email, and asked if Mr. Warshawer if he included suggested actions that he wanted to take.

Mr. Warshawer said he raised questions and Ms. Mortimer forwarded them to the Farmers Market Institute. The Farmers Market Institute forwarded them to their attorney. The attorney and the Institute considered the questions worth discussion and we met and discussed them further.

Ms. Cohen said when she looked at the email she thought it was fine for us to go ahead and support something like this, commenting she appreciates it when there is dissent because she doesn't always think of it from that perspective. She said when she saw his email, she didn't know what he was suggesting, although she did know he had questions. She is glad for the meeting.

Ms. Cohen said, "What I was hoping is that is there an opportunity in the future when something like that happens, for Katherine and you to say, this is what we suggest, let's have a meeting to better understand what's really going on. Or have Sarah send us another email. Like, I didn't see that."

Mr. Warshawer said he honestly didn't know what would happen, and it was excellent process that the Chair said in a case like this we have to do something and something happened. He said, "I appreciate that very much, that's mainly what I want noted here. And if it came to a vote by email, I would have said no, not under these conditions, but sent email was put forward as a venue. I was trying to use it for information and dialogue. I wasn't taking a position and would not without a lot of additional follow-up, so it was a learning process for me, from Katherine to say, well let's do something about this. In a way it's a loss to the whole Council that there wasn't some banter by email, because that was a way for other people to get information."

Ms. Cohn said she did respond, and there were two other responses as well.

Mr. Warshawer said all of the responses were, "If Sarah wants it we ought to support it. I didn't get any questions or comments that were of an exploratory nature or any acknowledge of the questions that I raised, except from Katherine by phone, which is fine. I'm just saying we should be cautious what we use email for, and in this leadership bailed out. "

Ms. Roy said she appreciates the Chair and Mr. Warshawer's focus on this issue, because there are times when email isn't the greatest way of responding to things.

Ms. Cohen said once Mr. Warshawer responded, she thought it was better to wait to see if this was a big enough issue. She said it seemed at first it was right to go ahead and support the request. She asked how it is helping the project and what is the position taken by the Food Policy Council.

Mr. Warshawer said it wasn't a Council position by any stretch, and the first point he made was whether the Council would take a position through an email system like this and the Chair said no and she wanted to understand more about this, and the best way to do it is to get the most actively engaged parties to sit down which we did. He doesn't know if there will be a follow-up request from the Institute. He doesn't know how the discussion would flow back. He said if education was needed to support taking a position, he questioned how we could take a position without doing that. He said his concerns were met. He said a secondary observation that the status of a colleague is not the driver of whether or not we approve it, and "I'm voicing a slight level of concern that that is what appeared to be going on this case, and that we need to be more diligent than that, because sometimes we're helping them in doing so."

Ms. Cohen asked if there is a position the Council needs to take on this, and asked him to share the additional information they got from that meeting.

Mr. Warshawer said, "At this point, we sparked other aspects of their process, and one of the things that I emphasized is that if public funding is being asked for, then much more transparency needs to be present than has been thus far. He said the Council could say we want more information on the status of this project and would like to know how the FMI is going to address transparency as it goes forward. We want to learn more about what they are going.

Ms. Walters suggested we ask the Farmers Market Institute to make a presentation to the Council.

Mr. Warshawer thinks they would be grateful to do that.

Mr. Sill would like to further discuss this and set some guidelines about how we develop transparency when it's appropriate, especially involving access to public funds and other needs.

Farm Bill

Vice-Chair Hooper said the farm bill is hearing up in a big way, and she believes the House behaved badly two weeks ago by adopting legislation which would cut food stamps by billion. She said the bill is now in the Senate for discussion and she can forward information. She said they are asking people to sign onto Senator Gillibrand's efforts to restore the cuts to the Supplemental Nutrition Assistance Program ["SNAP"], and oppose any amendments that would weaken hunger relief programs such as SNAP.

Vice-Chair Hooper said there was some talk that they didn't think the farm bill would be discussed before November, but it is being discussed, although she doesn't know whether they will take action before November. She said the real fear is that they will take action after November at a time when people don't care. She will send information to the Council, commenting a call to our U.S. Senators would be good.

Ms. Roy said we sent out a report last year on the farm bill, and asked if that would be helpful, noting some of them are around the rulemaking of the Child Nutrition Authorization and some of the marker bills we support which have sets of information and initiatives in them which could impact the Child Nutrition Authorization that has already passed. She said her request to the people working on this at the national level is to not open up any of those issues by proposing amendment to bills, noting the new nutrition rules go into effect for the coming school year. She said New Mexico's Congressional Delegation have focused on our priority issues that we have given them.

Vice-Chair Hooper said she will send information to the Council as she gets it.

Ms. Roy asked if it is helpful for this topic to be on our constant contact list, and is that the appropriate way to provide this information.

It was the consensus among the Council to continue to receive this information.

c. PROCUREMENT

Ms. Roy said Mr. Sill has been gracious to help with the City and County to work on building collaborations and the next steps.

Mr. Sill said the County is heading into the new fiscal year on July 1, 2012. He said they have been able to sit with Senior Services and the new County Health Director, to brief him on previous actions we were taking and what we are considering. He said they do want to find a way to work with several senior centers, and we might want to have a private stage we could launch sooner, rather than waiting for the whole gamut of things to work out. He did bring the new County Procurement Manager into this, so we may have to work initially just on the County side. He said with the departure of Councilor Rosemary Romero, there is no hand-off on that, and there might be a bit of a lag time to bring that part along. He said if they have a template and structure with which we work, it would make it easier for them to come on board at that time. He said there is going to be movement on that end, and we will fine tune which senior centers with which it would be appropriate to work. He spoke with Jenny Martinez in the AAA, and she has inserted language in the new agreements with the service providers in the next fiscal year, to allow flexibility for procurement to include local soft, fresh food, so long as it meets EID requirements.

Ms. Roy said they have made great progress, and they will have a committee meeting within the next month on this. She said they will follow-up with former Councilor Romero to see if there is a way for her to continue involvement.

Ms. Cohen said Councilor Wurzbarger was to take over on the City side, so she should be included in that.

Ms. Roy said Mr. Sill has been working with Shauna, Farm to Market on this, noting she is a holding pattern waiting for that meeting to happen so she can coordinate local produces at those centers when it is applicable to do so.

- d. EDUCATION AND OUTREACH
- e. FEDERAL

E. COMMUNICATIONS FROM THE FLOOR

There were no communications from the floor.

F. PRESENTATIONS/TRAININGS

There were no presentations/trainings.

I. ITEMS FROM THE CHAIR

There were no items from the Chair.

J. ITEMS FROM THE COUNCIL

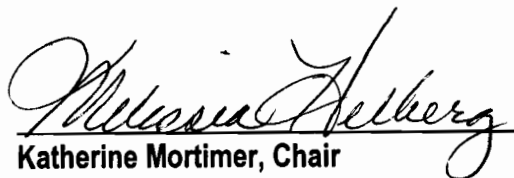
Ms. Roy thanked Vice-Chair Hooper for her opinion piece in the paper on hunger in the schools, which talked about the real food issues in schools. She thinks there's a real opportunity for us to follow up on that. She said we could do a press release around the work being done in Santa Fe in the schools, and she will work on that Ms. Cohen.

Ms. Roy said on June 26, 2012, the New Mexico Food Policy Council will be meeting, 10:00 to 11:30 a.m.

K. ADJOURNMENT

The next meeting of the Council will be on June 28, 2012 at 9:00 a.m.

There was no further business to come before the Council, and the meeting was adjourned at approximately 10:45 a.m.


Katherine Mortimer, Chair

Melessia Helberg, Stenographer



Santa Fe Food Policy Council

**2012 Interim Report:
Community Food Assessment
On Food Access Barriers to Vulnerable
Populations in the City and County of Santa Fe**

Abstract

The purpose of this Community Food Assessment (CFA) from the Santa Fe Food Policy Council is to provide policy makers with clear data on which to base food policy decisions. This interim report addresses food access needs and limitations for vulnerable populations in the City and County of Santa Fe.. The Assessment found that increasing affordability, freshness, quality, and training county employees that prepare food at senior centers, are the biggest priorities for removing barriers to food access in Santa Fe County.

Keywords: community food assessment, food security, hunger, obesity, economic impact, policy recommendations

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Introduction

Purpose of the Assessment

The purpose of this Community Food Assessment Interim Report (CFA) from the Santa Fe Food Policy Council is to provide policy makers with clear data on which to base food policy decisions. This Interim Report addresses food access needs and limitations for vulnerable populations in the City and County of Santa Fe. Subsequent analysis will be conducted to assess the capacity of the local food system to provide food to the local community.

Food Security

According to the US Department of Agriculture, New Mexico is 12th in the nation for food insecurity.¹ According to the Food and Agriculture Organization, “food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life. Food insecurity exists when people do not have adequate physical, social or economic access to food”.²

Hunger and Food Insecurity in New Mexico

Food insecurity is a multifaceted issue, with poverty being an undeniable determinant. Currently, food security and hunger data for New Mexico is not available by county. The most recent figures from the USDA Food Security Survey show that from 2008-2010 15.4% of New Mexicans had “low food security” as compared to a national rate of 14.6%. The rate of “very low food security” is 5.6%, the same as the national average.³

Distribution of Poverty as an Indicator of Food Insecurity in New Mexico

The 2010 US Census Small Area Income & Poverty Estimates show a poverty rate of 16.5% for Santa Fe County, higher than the national rate of 15.3%. According to the Census, counties in New Mexico range in terms of poverty rate, from a high in McKinley County of 32.6% to a low in Los Alamos County of 3.2%.⁴ Families whose income is at or below 130% of the poverty line are eligible to receive free school meals and families whose income falls between 130% and 185% are eligible to receive reduced-cost meals.⁵

Of 524,720 children residing in New Mexico, approximately one-in-five children are food insecure. During the 2011-2012 school year, New Mexico schools enrolled 337,225 children of which 228,238 (67.7%) are eligible for the federal free/reduced lunch program. In Santa Fe County 55.5% of enrolled children are eligible for free school meals

¹ Nord et al. (2010). *Household Food Security in the United States, 2009*.

² Food and Agriculture Organization of the United Nations (2011)

³ Nord et al. (2010). *Household Food Security in the United States, 2009*.

⁴ US Census Small Area Income & Poverty Estimates (2010)

⁵ Food and Nutrition Service. National School Lunch Program Fact Sheet (2011)

and 7.6% for reduced-price school meals,⁶ with a combined total of 63.1% eligible for federal/free/reduced lunch program, a rate that is slightly lower than the state average.

Obesity and Related Diseases

In addition to food insecurity, a consequence of limited access to fresh foods is obesity and other related diseases. Many people live in areas known as "food deserts" where supermarkets are not readily available to buy things like fresh fruits and vegetables.⁷ Many others, especially individuals with low-incomes and minorities, live in areas considered "food swamps," where there is a high density and variety of fast food restaurants and convenience stores selling large quantities of calorie-dense snack foods and sugar sweetened beverages.⁸ Living in an area with a high concentration of fast food restaurants is associated with eating more fast food⁹, which, in turn, is associated with obesity risk.

The 2012 report "The Weight of Our Children" from the New Mexico Department of Health shows that obesity is occurring at very young ages among children. Currently, 16.7% of New Mexico third graders are considered overweight and 21.9% are obese. One-in-three American Indian third grade students were obese in 2011 compared to one-in-five Hispanic and one-in-eight White, non-Hispanic third graders.¹⁰

These adverse statistics are not limited to children. In 2008, the Food Environment Atlas from the Office of Economic Research Service at the US Department of Agriculture found a 22.9% rate of adult obesity and a rate of 7.9% for adult diabetes. Obese children are more likely to become obese adults and suffer from chronic diseases, such as heart disease, certain cancers and diabetes.¹¹ If current health trends continue, the current generation of youth is poised to become the first generation with a lower life expectancy than the previous generation.¹²

Economic Impact

⁶ New Mexico Public Education Department. *Total Statewide Enrollment report for 2011-2012*. Santa Fe, New Mexico: Public Education Department, 2012.

⁷ Michele Ver Ploeg, Vince Breneman, Tracey Farrigan, et al. *Access to Affordable and Nutritious Food- Measuring and Understanding Food Deserts and Their Consequences: Report to Congress*. In: Economic Research Service, ed. Washington, DC: United States Department of Agriculture; 2009.

⁸ Moore LV, Roux AVD. Associations of neighborhood characteristics with the location and type of food stores. *Journal Information*. 2006;96(2).

⁹ Fielding JE, Simon PA. Food Deserts or Food Swamps?: Comment on "Fast Food Restaurants and Food Stores". *Arch Intern Med*. July 11, 2011;171(13):1171-1172.

¹⁰ New Mexico Department of Health. (2012). Office of Nutrition and Physical Activity. *The Weight of Our Children*. Santa Fe, New Mexico: Department of Health

¹¹ Dietz, W. (1998). Health Consequences of Obesity in Youth. *Pediatrics*, 101(3) Suppl: 518-525.

¹² New Mexico Department of Health. (2012). Office of Nutrition and Physical Activity. *The Weight of Our Children*. Santa Fe, New Mexico: Department of Health.

The cost of obesity and related diseases isn't limited to the waistlines of New Mexicans. The price of treatment of these conditions is considerable. For instance, it has been projected "at an average annual cost of more than \$1300 per case to treat diabetes and [at] an estimated 121,170 New Mexicans diagnosed with diabetes, the annual cost to New Mexico for diabetes treatment is well over the 2006 estimate of \$1.2 billion, which includes excess medical costs attributed to diabetes and loss of productivity."¹³

¹³ Behavioral Risk Factor Surveillance System (2009)

Summary of Policy Recommendations

From the qualitative and quantitative data gathered for the CFA, four policy recommendations for the City and County of Santa Fe are presented for consideration and support through legislation:

- 1) Develop innovative ways to grow fresh, quality, local food on site for food assistance programs and senior centers;
- 2) Create a one-stop application process for all food assistance programs;
- 3) Mandate senior centers have a dietician on staff;
- 4) Allocate funds to provide Santa Fe County residents in need with vouchers to farmers markets to improve access to fresh, local food grown by NM farmers.

Methodology

Based on a survey of existing data the target audiences for this assessment were seniors at the senior centers, food assistance program participants, food providers themselves, and County residents applying for food stamps.

Food Participants, Food Providers, Food Stamp Office Surveys

Surveys were administered to participants at 10 of the 44 food assistance programs in the County (See Food Access Map in Appendix A-1) and the county food stamp office as a way to reach low-income individuals in need of food access. Through the guidance of the Santa Fe Food Policy Council's Assessment Committee, we identified five food programs with high participation numbers to administer the survey. Also, the food programs that did not have high participation numbers we reached out to express interest in the survey and we included them in our data collection. We used incentives such as fruit and vegetables donated by the Food Depot to engage food assistance participants in completing a survey. The survey instrument is included in Appendix B-1 for English and the Spanish version in B-2.

A separate survey was distributed to all the 44 food providers in the county in an effort to understand the needs and experiences of the providers in addition to the recipients. We did outreach to all 44 food programs through phone calls, emails, and in person visits. Out of the 44 food programs, 15 completed the survey with their comments and concerns on the barriers to food access.

Senior Focus Groups

Out of nine senior centers across the city and county, five centers participated in focus groups. These senior centers include Edgewood, Rio En Medio, Chimayo, Santa Cruz, El Rancho and El Dorado. The senior centers spanned the county and represented the rural populations, those most likely to be living in food deserts. Each senior center serves lunch once a day except for the El Rancho center that provides lunch three days a week. The senior centers are a way for seniors in the community to access at least one meal a day. Other programs that seniors can access include: Meals on Wheels, The Commodity Box pick-up through the extension service and senior vouchers for the farmers market.

The focus groups inquired about food access, food production, food memories and food history as well as questions to gain an understanding of food behaviors amongst seniors. The summary of comments received during the focus groups is included in Appendix C-1 through C-5.

Results

Summary of Findings

Overall, the research indicates that access to fresh, quality food is a serious concern and very important for many residents of Santa Fe County who frequent food programs and for the seniors in our community. Another serious concern indicated by the residents and seniors is price for food; many residents who expressed a desire to eat healthier foods shared that they were unable to because higher quality food is more expensive.

The data from the focus groups at the senior centers also indicates that diet-related training for meal preparation at the senior centers is desired. It was indicated that not only would it improve the nutritional value of the meals being offered, but would meet the needs of residents with dietary restrictions related to obesity and diabetes.

Senior participants also articulated the need for an inter-generational link between the seniors and youth. They especially felt it was necessary to pass on their knowledge regarding food and farming. Specifically, besides growing food, they talked about things like canning and the preparation of foods. Most importantly they wanted to do this as means of creating more farmers to carry on the work of providing and growing fresh food for our community.

Residents applying for food stamps at the Income Support Services office who indicate freshness and price as very important were surveyed. Gaining perspectives from the residents that sign up for food stamps and frequent the numerous food programs throughout the City and County provided a logical method and population to approach for understanding the barriers to food access

In order to ascertain the needs of those that actually provide free food those in need and most vulnerable in our community, fifteen food providers from within the City and County were surveyed. These organizations indicated price and freshness as a serious barrier to alleviating hunger in the area.

Again and again, the aggregated data shows that the top barriers to food access from the perspective of the food assistance participants, food stamp recipients, seniors, and food providers in the City and County of Santa Fe is price and freshness

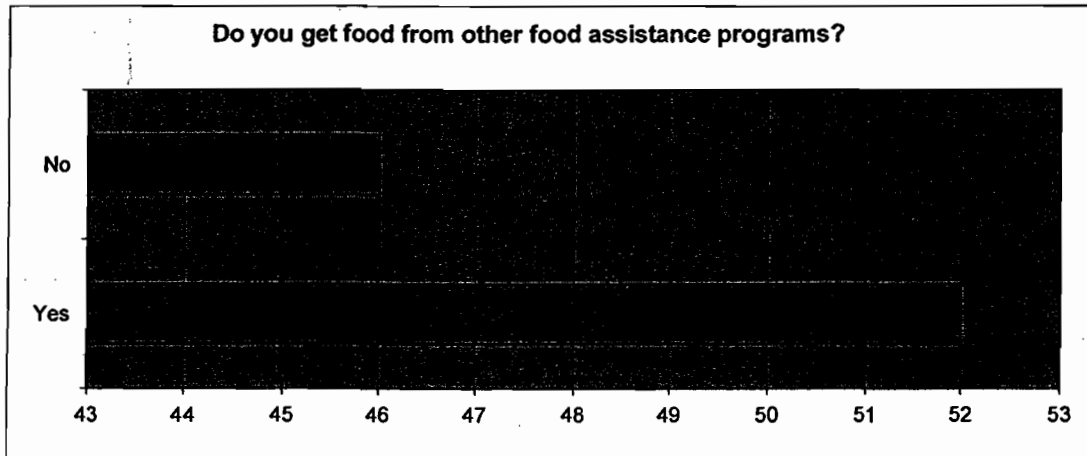
Food Pantry and Food Stamp Survey Results

Survey participants were asked to identify barriers to food access in Santa Fe County.* We had an opportunity to gain insight on the resources we suggested in the survey that would be most useful to residents' food access including access to transportation, resources to gardens, and vouchers to the farmers market. The feedback received through the surveys identifies a challenge to tackle head in order to bring fresh, affordable food to

* Refer to Appendix B-1 and B-2 to see a full version of food assistance program surveys.

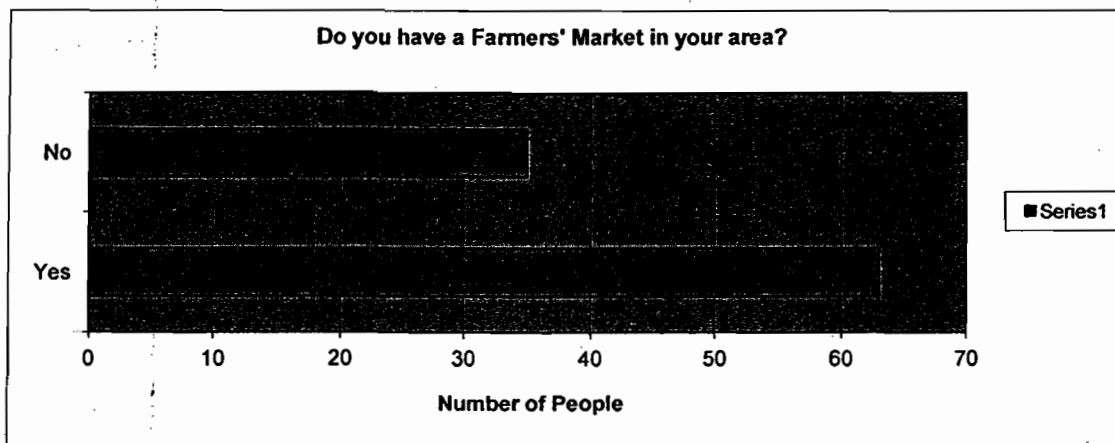
those with limited access in the City and County of Santa Fe.

Figure 1: Food assistance programs frequented by residents in Santa Fe County



In order to understand how participants utilize the food assistance programs throughout the City, participants were asked whether or not they receive their food from more than one food assistance program. Of the 120 residents surveyed at food pantries, 52 participants (43.3%) indicated that they got their food from more than one food assistance program [Figure 1]. This figure reveals that considerable number of food assistance recipients rely on many food providers for their food. If even one food assistance program closes, it could be detrimental to populations that rely on these services.

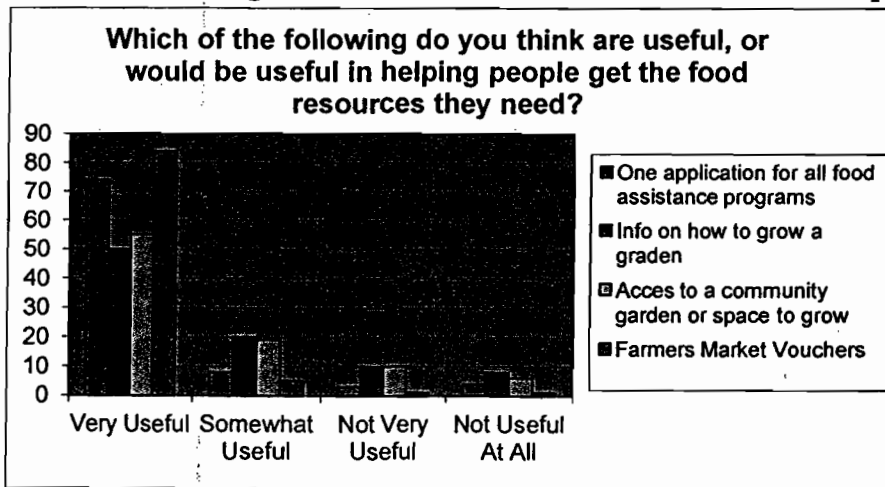
Figure 2: Participants are asked on their knowledge about the Farmers Market



Farmers' Market in the Area

Participants were asked to identify farmers' markets in the County to assess their level of awareness of market access [Figure 2]. Out of the 120 participants surveyed, 63 respondents (52.5%) knew of the farmers market in Santa Fe. When asked a follow up question if they buy their groceries at the farmers market, the majority of survey responses indicate that price was the biggest contributing factor to the inability of accessing locally grown fresh fruits and vegetables.

Figure 3: Perceived useful resources for Participants



Farmers Market Vouchers

Figure 3 indicates the resources or tools respondents found most useful in accessing locally grown fresh foods, and also addresses the concern around high prices for fresh foods. Over 80 of the 120 respondents indicated that vouchers to the farmers markets would be very useful.

A close second is the idea of having just one application for all food assistance programs. Of 120 survey participants, 74 wanted a streamlined approach to all food assistance programs in the Santa Fe area [Figure 3], saving time not only for participants but for the people who work at the food pantries as well.

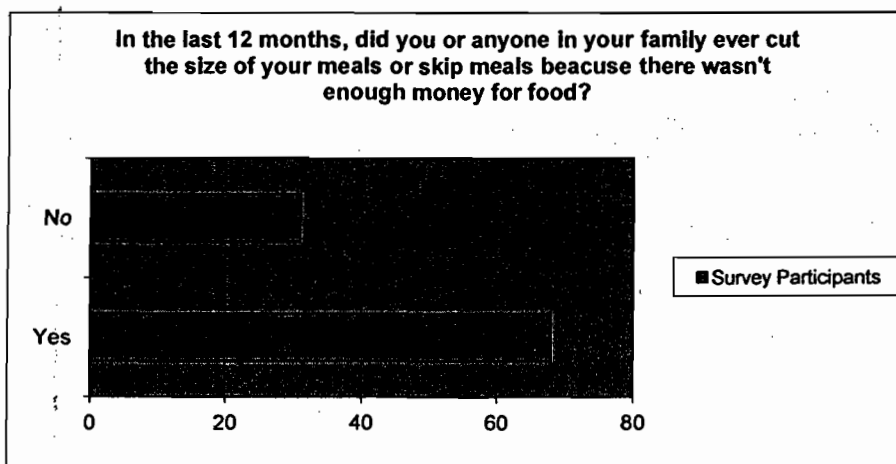
Finally, we learn that fifty-five survey participants (45.8%) want access to a community garden or space to grow fresh, healthy, and local food they need. Consequently, fifty survey participants (41.6%) want more information on how to grow a garden for their families and save money on food.

Skipping Meals due to Hunger

Price, freshness, and quality were identified as top. In addition, some of the most striking survey responses participants were about skipping meals. Figure 4 shows that out of 120 participants surveyed, 68 respondents (56.6%) reported having skipped meals in the past twelve months because there was not enough money. A follow up question revealed a

high frequency of skipping meals by those who have skipped meals in the last year; 31 of the 68 respondents (45.6%) stated meals were skipped every month.

Figure 4: Santa Fe County Residents Skipping Meals due to Hunger

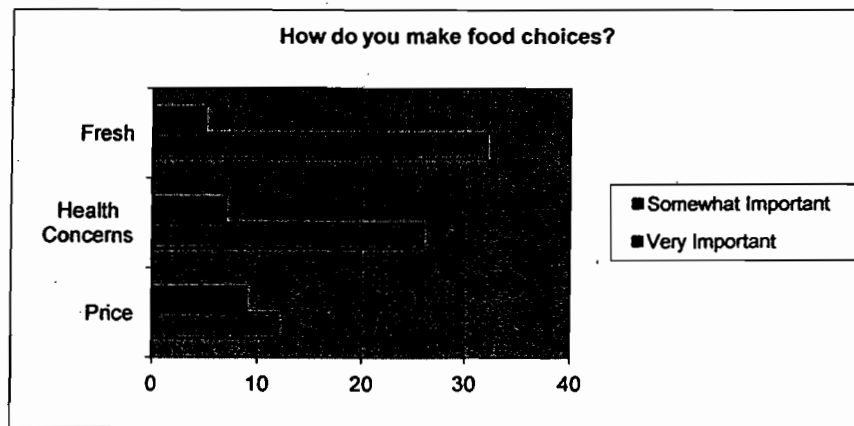


A personal account from the Food Stamp Office, a site where surveys were conducted, indicates the high prevalence of food insecurity in Santa Fe County. "I have five children and we never have enough food so most of the time we go without. I weigh 86 pounds because I skip meals to make sure my children are fed," an anonymous resident of Santa Fe County applying for Food Stamps indicated on her survey. Indeed, One of the most disturbing and extraordinary aspects of life in this very wealthy country is the persistence of hunger.

Food Stamp Recipient Food Choices

The surveys collected from the Food Stamp office were similar to the surveys collected at food assistance programs throughout the City and County of Santa Fe [Figure 5]. Out of the 40 participants we surveyed at the Food Stamp office, 32 responded that freshness is the most important factor when making food choices. 26 people reported that health concerns were taken into account when deciding on food. Price was not an issue for Food Stamp recipients as compared to food assistance participants. It is possible that food stamp recipients need not worry so much regarding prices with their food stamps that are provided by the federal government and amount to a couple hundred dollars, as compared to food assistance participants who do not receive the same benefits.

Figure 5: Food Stamp Office Recipients' Food Choices



Food Providers Survey Results

Surveyed food pantry and community kitchen participants gave valuable insight into the future necessary work of the Santa Fe Food Policy Council. The food providers, the people who feed Santa Fe County's residents in need, are some of the most dedicated individuals working towards making our County food secure. The value of their insight is tremendously important to the work of alleviating hunger.

Over the course of seven months, the Santa Fe Food Policy Council visited numerous food programs throughout the County and built relationships with the providers of each respective program. Surveys were distributed to 15 food programs in Santa Fe County in an effort to learn more about the operations of each program. In addition to the survey distribution to food assistance program participants, surveys were distributed to the food providers to hear their concerns on the barriers to food access.

Figure 6: Food Providers top choices when selecting food for their program

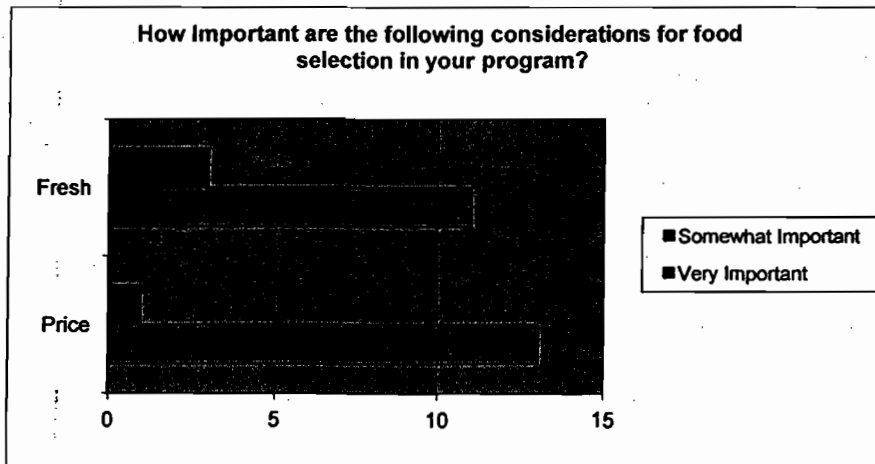


Figure 6 illustrates the priorities of food providers in securing food for their participants. Out of the 15 food assistance programs surveyed, 13 respondents (86.6%) said price is the most important factor in determining what food they hand out to their participants. Eleven food providers (73.3%) indicated that freshness is also important. Freshness and affordable price are available on a limited basis for the food assistance programs.

The survey was designed to allow food providers to explain the issues they face in providing food assistance in Santa Fe County. Fine Arts for Children & Teens, a non-profit organization based in Santa Fe, stated that they needed, “Easier access to fresh fruit and vegetables and cooperation from Santa Fe Public Schools to store food on site.” The engagement of the school district in the plans to enable Santa Fe County to be food secure by cutting the red tape to allow for community use of their kitchen operations and a place for storage of food would be very beneficial.

The Madrid Cultural Projects, a non-profit organization based in Madrid, gives their own account of the struggle to bring fresh food to their participants. “Our distribution is once a week, but we don’t always get fresh produce,” says Madrid Cultural Projects. “It is considered a score by our clients when we do.” The need for fresh produce and the demand by Santa Fe County residents speaks volumes on what is important. Madrid Cultural Projects goes on to state, “We need more cooking demonstration classes and gardening for our participants.”

Adelante, a program within the Santa Fe Public School District, provides education, community, and groceries to some of the most impoverished residents of Santa Fe County. A significant portion of the research process for this report was spent learning from the workers of Adelante about the barriers they face to food access for the people they serve. The information gathered provides ideas to use on a larger scale that encompasses all of Santa Fe County’s food assistance programs.

Adelante has identified a number of needs to address barriers to food access:

- Need restaurant cards for families in hotels who often cannot cook
- Not enough outreach with information on resources
- Not enough juice, milk, and eggs in grocery bags given out to participants
- Need more items in each bag at some of the programs we hold
- Need access to special needs foods that are free
- Need more grocery cards for agencies to provide when family has special needs

These points put forth by Adelante are universal compared to the many issues food providers brought up in their surveys on what is needed for Santa Fe County.

The complete summary of survey comments from food assistance programs is included in Appendix D-1.

Senior Center Focus Groups Results

The Senior Centers provided us an opportunity to gain perspective from an age group that has been living for 60 years or more. They have seen many historical events that defined our country. Through the focus groups and surveys distributed, personal accounts by the elders about the current state of our community were gathered.

Focus groups were conducted at Edgewood, Chimayo, El Dorado, Santa Cruz, and El Rancho Senior Centers where we had participants with different perspectives who engaged us in a conversation about their lives. A question on their memory of food was asked, which revealed how close the participants were to family members who worked the land for food and personal contact with food themselves.

The participants of the focus groups spoke of their memories of food and the decrease in people growing food from the land. Below are excerpts from three different focus groups:

“We had a victory garden in WWII. My mother had flowers and vegetable garden and every seed I planted came up and by the time I was eight, I [was] running the entire garden.”

– Participant One, Eldorado Focus Group

“I grew up on a farm in my youth in Mississippi. I loved going out in the garden and picking something and eating it right there, but we didn’t have insecticides like we do now. We didn’t think about poison being on there. It was just simply dirt. Shake it off and eat it. A Jersey cow for milk; I was raised on fresh milk and fresh eggs!”

– Participant Two, Edgewood Focus Group

“Well I used to farm when I was a kid. I used to help people farm. That too has changed. **People have found that it’s not as profitable as it is work. I mean they work too much to really profit off of it.** It was really

the older people that used to do that didn't have the good jobs and couldn't afford certain things. My grandmother fed her family and us off of her little garden, and her chickens and her cow for milk and so on. But it has changed dramatically because most of the places are being taken over by housing."

– Participant Three, Chimayo Focus Group

Focus group participants lived off the land when they were in their youth. Their families cared for the land and did not use insecticides; only local, organic food. The participants articulated that the future of humanity and our health depends on farming the land; eating fresh, local, healthy food for the betterment of our bodies.

The discussion then turned towards health concerns. Seniors had concerns about what they were eating as well as the price of food going up. Due to prices increasing, seniors frequented food assistance programs. They explained that the food they received wasn't always the most nutritious and healthy especially for those that were dealing with various health problems such as diabetes or high blood pressure. Also, because there is no money to buy the right foods, the seniors we spoke to said they settled for what was given to them by the food assistance programs. Below are excerpts that detail the issue of food access for seniors.

"Another thing is that a lot of seniors have problems with diabetes. And I'm hypo-glycemic. And there are menus when you have bread and pasta and cake and that's not good for a diabetic. I don't know how many are and how many aren't diabetics but I'm guessing that there are quite a few. What there are about 30-35 people and I bet if you surveyed at least 10-12 of them would be diabetic."

– Participant Four, Edgewood Focus Group

"I would say 80% of what's in that box has a lot of calories in it. It has carbohydrates, pastas, things like that and that's good for somebody who is very thin but when you grow older you don't need the carbs as much and you need more fresh vegetable and I can't stress that enough; Fresh vegetables and fruits. Once in a while you'll get some meat but not a whole lot. And that to me is a concern because I would like to have more. I wouldn't mind having a community garden but I live so far away from everybody but if we get this one started here... when you get to be our age it's a bit harder to get down on your knees to plant."

– Participant Two, Edgewood Focus Group

Senior Centers are not adequately equipped to care for their participants, as illustrated above. The menus frequently included sugar and starches breads, pasta, and cakes, which is unhealthy for diabetics. There needs to be an across the board approach to providing healthy food for our seniors. Eldorado has a cook that understands how to put together a menu that is both nutritious and healthy for everyone including diabetics. The Eldorado senior center could serve as a model and could educate other senior centers throughout

Santa Fe County.

The complete summary of comments from the senior center focus groups is included in Appendix C-1 through C-5.

Conclusion

Over the course of two years, information has been gathered within Santa Fe City and County. By going into seniors centers, food assistance programs, and the county Food Stamp office to learn about barriers to food access from residents and speaking to participants of these centers and programs, revealed a community in need. To the most vulnerable in our community, freshness, quality, and locally grown food is a need in Santa Fe. With the rising cost of food due to the rise in gas prices, the community must have solutions for dealing with hunger.

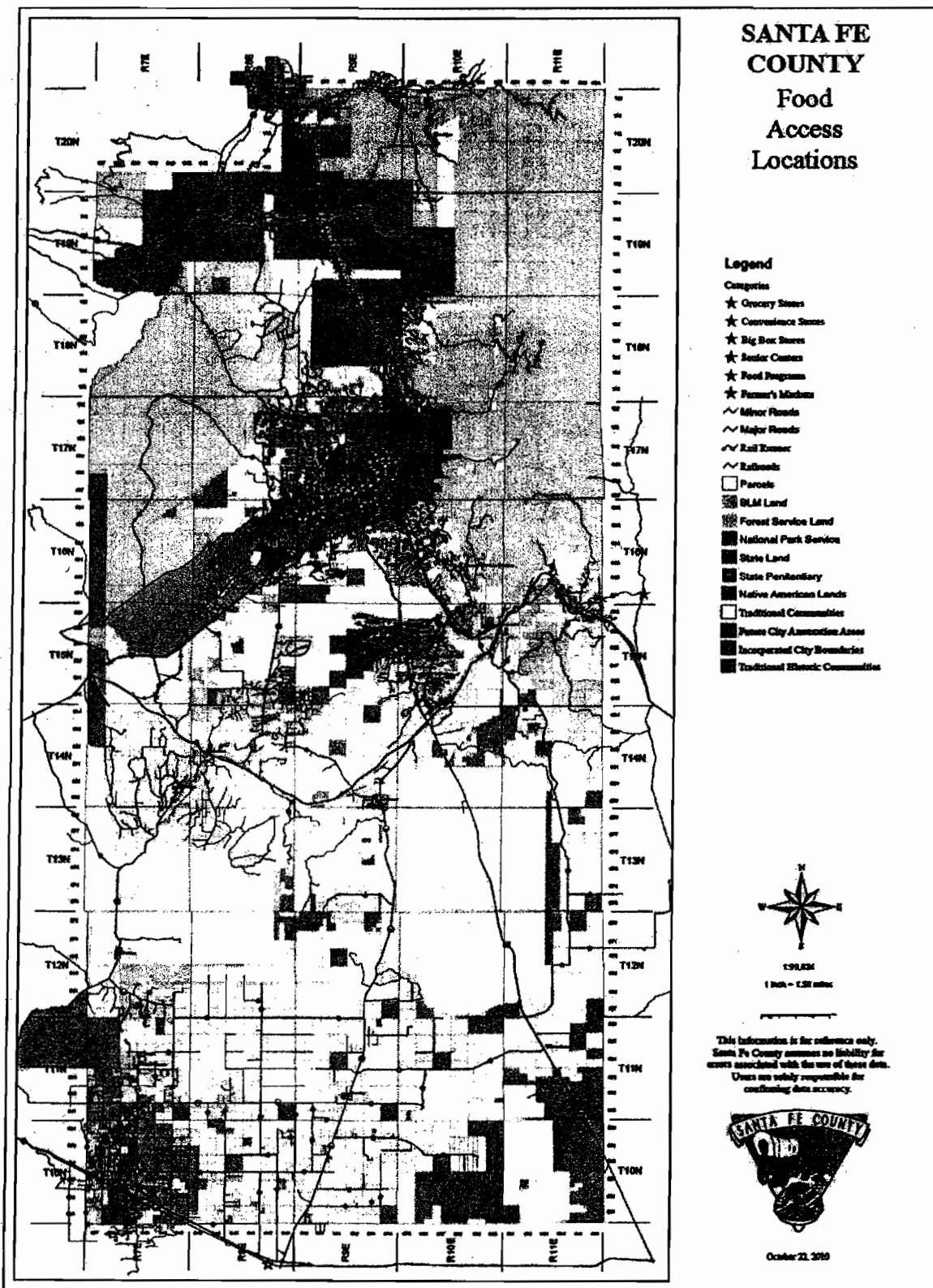
From the information and data gathered around food access and food needs, four policy recommendations for the City and County of Santa Fe are presented here for consideration and support through legislation:

- 1.) Provide continued support in the construction of gardens and innovative ways to grow fresh, quality, local food for food assistance programs and senior centers including on site. This will help to counter the rise in food prices that keeps many Santa Fe County residents from eating without affecting their health.
- 2.) Create a one-stop application process for all food assistance programs located at the Food Stamp Office or other central location where vulnerable populations frequent for all Santa Fe County residents to use. This will also give residents in need of food right away, while their food stamp applications are processed.
- 3.) Mandate senior centers have dietician training for staff to assist in designing menus and providing participants with meals that fulfill their health concerns.
- 4.) Allocate funds to provide Santa Fe County residents in need with vouchers to the farmers market as a way to gain more access to fresh, quality, local food from our county farmers.

References

- ¹ 2011 Food and Agriculture Organization of the United Nations
- ² Nord et al. (2009). *Household Food Security in the United States, 2008*.
- ³ 2010 US Census Small Area Income & Poverty Estimates
- ⁴ New Mexico Public Education Department. (2012) *Total Statewide Enrollment report for 2011-2012*. Santa Fe, New Mexico: Public Education Department.
- ⁵ New Mexico Department of Health. (2012). Office of Nutrition and Physical Activity. *The Weight of Our Children*. Santa Fe, New Mexico: Department of Health.
- ⁶ Dietz, W. (1998). Health Consequences of Obesity in Youth. *Pediatrics*, 101(3) Suppl: 518-525.
- ⁷ Freedman, DS et al. (2007). Cardiovascular Risk Factors and Excess Adiposity among Overweight Children and Adolescents: The Bogalusa Heart Study. *J. Pediatrics*, 150:12-17.
- ⁸ American Diabetes Cost Calculator
- ⁹ 2009 Behavioral Risk Factor Surveillance System
- ¹⁰ 2012 Food Research and Action Center

Appendix A-1: Food Access Map



Source: Santa Fe County, 2010

Appendix B-1: Food Assistance Participant Survey (English)

Helping to Bring Healthy/Local Food
For ALL Santa Feans!

Survey Form brought to you by the Santa Fe Food Policy Council
www.santafefoodpolicy.org

PURPOSE

- We are going to ask questions about: where you get food, food preferences, your relationship to food, resources available in the community, and food access.
- The information that you provide for us will be processed into a report called, "The Santa Fe City and County Food Assessment". This report will be used to educate local, state and federal representatives about barriers and needs regarding food in the community.
- Ultimately, the report is meant to assist your community in creating meaningful change to the current food system.

CONFIDENTIALITY

- Your name will not be shared with anyone
- The report will be a summary of findings from the group, not individuals.

WHO WE ARE

- The survey is supported by The Santa Fe City and County Food Policy Council and Earth Care.

CONTACT INFORMATION

- Earth Care Community Food Assessment Manager: Marcus Grignon
Phone: (505) 983-6896
6600 Valentine Way, Santa Fe, NM, 87507

Remember there are no wrong or right answers. Please, share only where you feel comfortable; this is about gathering information.

Instructions: Please circle your answers and write in the space provided where appropriate.

1. AGE a. 15-18 b. 18-34 c. 35-49 d. 50-64 e. 65-74 f. 75 years or older	2. ETHNICITY: _____
	3. GENDER: _____
	4. FOOD SERVICE SITE: _____
	5. SCHOOL/OCCUPATION: _____

2. How many times a week do you eat fresh fruits and vegetables?

- a. Every meal
- b. Once a day
- c. 2-3 times a week
- d. Once a week
- e. Less than once a week
- f. Never

3. What is the average distance you travel to the grocery store OR food assistance program?

- a. Less than 1mile
- b. 1-10 miles
- c. Greater than 10 miles

4. How many times a week, do you go to the grocery store?

- a. 5-7 times/ week
- b. 2-4 times/ week
- c. Once a week
- d. Never

5. How do you make food choices? Please circle the appropriate response for each reason.

PRICE:	Very Important	Somewhat important	Not Important
WHAT YOU ENJOY EATING:	Very Important	Somewhat important	Not Important
CONVENIENCE:	Very Important	Somewhat important	Not Important
FREE FOOD:	Very Important	Somewhat important	Not Important
FOOD FROM MY CULTURE:	Very Important	Somewhat important	Not Important
HEALTH CONCERNS	Very Important	Somewhat important	Not Important
FRESH:	Very Important	Somewhat important	Not Important
LOCAL:	Very Important	Somewhat important	Not Important

6. On average, how much do you spend on food a week?

- a. \$0-\$9
- b. \$10-\$49
- b. \$50-\$99
- c. \$100-\$199
- d. \$200 or more

7. How many people do you shop for?

- A. 0-1
- B. 2-4
- C. 5-6
- D. 6-7
- E. 8 or More
- F. N/A

8. In the last 12 months, did you or anyone in your family ever cut the size of my meals or skip meals because there wasn't enough money for food? NO YES

If YES, How often did this happen? Please circle your answer.

- a. Every month
- b. Some months but not all
- c. Only 1 or 2 months

9. In the past 12 months have you received a meal from a food program? NO YES

If YES, which community kitchen? _____

10. Do you get fresh fruits and vegetables from the food program/s? YES NO

If YES, How often do you get fruits and vegetables?

- a. Every food pick up
- b. Once and a while
- c. Never

11. Do you cook? NO YES If NO, Does someone in your home cook? YES NO

If YES, How many times a week?

- a. Everyday
- b. 2-3 times a week
- c. Once a week or less

12. If your food assistance program offered cooking classes would you take them?

YES NO

13. Do you have a diet related illness? NO YES

If YES, what illness?

- a. Diabetes
- b. Obesity
- c. High blood pressure
- d.

Other _____

14. Which of the following would you use to find out about nutrition? (Circle all that apply)

- a. Your doctor, physician, nurse, or therapist
- b. Work
- c. School
- d. Nutritionist
- e. Friends or family members
- f. Resources (books, magazines, internet, library, WIC, Cooking with Kids, Television, etc.)

g. Self-educated

15. Which of the following services would you use? Please Circle all that apply:

- a. Helping find information on nutrition and healthy eating
- b. Help finding information about government programs
- c. Help with reading, understanding, or filling out forms
- d. A "one-stop" application process for all food assistance programs
- e. Access to Transportation
- f. Access to Child Care
- g. Help with budgeting
- h. Help with finding information on how to grow a garden
- i. Access to a community garden or space to grow food
- j. Help finding recipes and information for preparing meals
- k. Vouchers to the Farmers Market
- l. More information about where you can use your EBT card. For example, Farmers Market
- m. Tips on getting the most for your money at the grocery store

16. What do you think are the biggest food issues in your community _____

Would you be interested in participating in a focus group? A focus group would give us a chance to have meaningful conversations about some of the questions in this survey.

NO YES

If YES: Please write your contact information:

Phone(if available): _____

Name: _____

Food service you frequent: _____

THANK YOU VERY MUCH for your participation in this survey!

Appendix B-2: Food Assistance Participant Survey (Spanish)

Ayudar a llevar comida Saludable para todos de Santa Fe

INTENCIÓN

- Vamos a preguntar sobre: donde usted compra su comida, sus preferencias de comida, su relación con la comida, recursos disponibles en la comunidad, y acceso a la comida.
- La información que provee será incorporada en un informe que se llamará "The Santa Fe City and County Food Assessment." Este informe será usado para educar representantes de la comunidad, del estado, y del gobierno federal, y también organizaciones locales de las barreras y necesidades respecto a la comida in nuestra comunidad.
- Al final, el propósito de este informe es para asistir la comunidad de Santa Fe crear un cambio significativo en la sistema de comida.

CONFIDENCIALIDAD

- No compartiremos su nombre con nadie.
- El informe será un resumen de conclusiones que tienen que ver col el grupo, no con los individuos.

QUIEN SOMOS

- La encuesta esta apoyada por el Consejo de la Política de Comida de la Ciudad y el Condado de Santa Fe y también por EarthCare.

DATOS

- El Consejo de la Política de Comida de la Ciudad y el Condado de Santa Fe:
Marcus Grignon
Teléfono: (505) 473-1004
618 B Paseo del Peralta, Santa Fe, NM, 87507

Recuerde que no hay respuestas correctas ni incorrectas. Por favor comparta solamente en casos en que siente cómodo.

Instrucciones: Porfavor circule sus respuestas y escriba en el espacio provisto cuando necesario

1. EDAD a. 15-18 b. 18-34 c. 35-49 d. 50-64 e. 65-74 f. 75 años o más	2. GRUPO ETNICO: _____ 3. SEXO: _____ 4. SITIO DE SERVICIO DE COMIDA : _____ 5. ESCUELA/OCUPACION: _____
---	---

2. Cuantos dias a la semana come usted frutas frescas y vegetales?

- a. En cada comida
- b. Una vez al dia
- c. 2-3 veces a la semana
- d. Una vez a la semana
- e. Menos de una vez a la semana
- f. Nunca

3. En promedio, cuanta distancia viaja usted a la tienda de comida o a su programa de asistencia de comida?

- a. Menos de 1 milla
- b. 1-10 millas
- c. Mas de 10 millas

4. Cuantas veces a la semana va usted a la tienda de comida?

- a. 5-7 veces a la semana
- b. 2-4 veces a la semana
- c. Una vez a la semana
- d. Nunca

5. Como hace decisiones sobre su comida? Porfavor circule la respuesta apropiada para cada pregunta.

Precio:	Muy Importante	Poco Importante	No es Importante
Lo que le gusta comer:	Muy Importante	Poco Importante	No es Importante
Conveniencia:	Muy Importante	Poco Importante	No es Importante
Si es gratis:	Muy Importante	Poco Importante	No es Importante
Comida de mi cultura:	Muy Importante	Poco Importante	No es Importante
Si es saludable:	Muy Importante	Poco Importante	No es Importante
Si es fresca:	Muy Importante	Poco Importante	No es Importante
Si es local:	Muy Importante	Poco Importante	No es Importante

6. En promedio, cuanto gasta en comida a la semana?

- a. \$0-\$9
- b. \$10-\$49
- b. \$50-\$99
- c. \$100-\$199
- d. \$200 o mas

7. Para cuantas personas hace usted las compras?

- A. 0-1
- B. 2-4
- C. 5-6
- D. 6-7
- E. 8 o mas
- F. N/A

8. Usted o alguien en su familia a, en los ultimos 12 meses, cortado las porciones de sus alimentos o se a quedado sin comer porque no habia suficiente dinero? SI / NO

Si su respuesta fue SI, Que tan seguido ocurrio esto?How often did this happen?

- d. Cada mes
- e. Uno que otro mes
- f. Solamente un o dos meses

9. A recibido usted en los ultimos 12 meses un alimento de parte de un programa de comida?

SI / NO

Si su respuesta fue SI, de donde recibio este alimento?

10. Recibe frutas frescas o vegetales de algun programa de comida?

SI / NO

Si su respuesta fue si, Que tan seguido recibe frutas y vegetales?

- a. Cada vez que ofrecen
- b. De vez en cuando
- c. Nunca

11. Usted cocina? SI / NO

Si su respuesta fue NO, Cocina alguien en su hogar? SI / NO

Si su respuesta fue SI, Cuantas veces a la semana?

- a. Todos los dias
- b. 2-3 veces a la semana
- c. Una vez a la semana o menos

12. Si su programa de comida ofrece clases de cocinar, las tomaria?

SI / NO

13. Tiene una enfermedad relacionada con su dieta? SI / NO

Si su respuesta fue SI, Cual es su enfermedad?

- a. Diabetes
- b. Obesidad
- c. Presion alta
- d.

Otra _____

14. Cual de los siguientes usaria para educarse sobre la nutricion? (Circule todas las respuestas que apliquen)

- a. Su doctor, enfermero, o terapeuta

- b. Trabajo
- c. Escuela
- d. Nutricionista
- e. Amigos o familia
- f. Recursos (libros, revistas, internet, WIC, Cooking with Kids, Television, etc.)
- g. Por su propia cuenta

15. Cuales de los siguientes servicios usaria usted? (Circule todas las respuestas que apliquen)

- a. Ayuda para encontrar informacion sobre la buena nutricion
- b. Ayuda para encontrar informacion sobre los programas del gobierno
- c. Ayuda para leer, comprender o a llenar formas
- d. Una aplicacion para todos los programas de asistencia
- e. Mas opciones para mejor acceso al transporte
- f. Acceso a Child Care
- g. Ayuda con su presupuesto
- h. Ayuda para encontrar informacion sobre como mantener un jardin/huerto
- i. Acceso a un jardin/huerto comunitario o un lugar en donde pueda cosechar comida
- j. Ayuda para encontrar recetas y informacion para como preparar alimentos
- k. Cupones para el Farmer Market
- l. Mas informacion sobre donde puede usar su tarjeta de EBT. Por ejemplo, el Farmers Market
- m. Tips sobre como conseguir mas por menos dinero en las tiendas de comida

16. Cuales problemas cree usted que son los mas grandes en su comunidad?

Estaria interesado/a en participar en un grupo de enfoque? Un grupo de enfoque le daria la oportunidad para tener conversaciones significativas sobre las preguntas en este cuestionario.

SI / NO

Si esta interesado/a, porfavor escriba su informacion

Telefono (si es disponible): _____

Nombre: _____

Programa de comida al que atiende: _____

MUCHAS GRACIAS por su participacion en este cuestionario!

Appendix B-3: Food Providers Survey

Helping to Bring Healthy/Local Food
For ALL Santa Feans!

Survey Form brought to you by the Santa Fe Food Policy Council
www.santafefoodpolicy.org

What are you doing?

- We are going to ask questions about: Your food program, where you receive your food for distribution, the availability of fresh fruit and vegetables, the opportunities you provide to your participants, and number of participants you see on a weekly basis, and your understanding of your participants' unmet needs.

How will my information be used?

- The information that you provide for us will be processed into a report called, "The Santa Fe City and County Food Assessment". This report will be used to educate local, state and federal representatives about barriers and needs regarding food in the community.

What is the outcome of the report?

- Ultimately, the report is meant to assist your community in creating meaningful change to the current food system.

CONFIDENTIALITY

- Your name will not be shared with anyone
- The report will be a summary of findings from the group, not individuals – though your agency will be named

WHO WE ARE

- The Santa Fe City and County Food Policy Council and Earth Care support the survey.

CONTACT INFORMATION

- The Santa Fe Food Policy Council: Marcus Grignon
Phone: (505) 473-1004
618 B Paseo de Peralta Santa Fe, NM 87501

Remember there are no wrong or right answers. All questions are optional.

Instructions: Please circle your answers and write in the space provided where appropriate.

FOOD SERVICE SITE: _____	
1. AVERAGE AGE OF PARTICIPANT	AVERAGE PARTICIPANTS SERVED

a. 15-18 b. 18-34 c. 35-49 d. 50-64 e. 65-74 f. 75 years or older ETHNICITY: _____ GENDER: _____	WEEKLY? A. 0-50 B. 51-100 C. 101-200 D. 201-500 E. 501-1000
---	--

2. How many times a week does your service provide fresh fruits and vegetables to participants?

- A. Once a day
- B. 2-3 times a week
- C. Once a week
- D. Less than once a week
- E. Never

3. Do you shop for food at a grocery store or other places that sell food to sustain your food program?

GROCERY STORE OTHER _____

4. Do you receive donated food?

YES From _____ NO

5 How important are the following considerations for food selection in your program:

PRICE:	Very Important	Somewhat important	Not Important
WHAT YOU ENJOY EATING:	Very Important	Somewhat important	Not Important
CONVENIENCE:	Very Important	Somewhat important	Not Important
FREE FOOD:	Very Important	Somewhat important	Not Important
FOOD FROM MY CULTURE:	Very Important	Somewhat important	Not Important
HEALTH CONCERNS	Very Important	Somewhat important	Not Important
FRESH:	Very Important	Somewhat important	Not Important
LOCAL:	Very Important	Somewhat important	Not Important

6. What would you say the biggest barrier(s) to better food quality are if any:

7. Approximately what percentage of your participants uses public transportation to travel to your food assistance program?

8. What is the average distance your participants travel to your food assistance program?
- a. Less than 1 mile
 - b. 1-10 miles
 - c. Greater than 10 miles
 - d. Don't know

9 Do you believe access is an issue for your participants? If yes, how so?

10. Approximately what percentage of your participants suffers from the following diet-related illness?

- a. Diabetes _____
- b. Obesity _____
- c. High blood pressure _____
- d. Other _____

11. What if any special services/programs/accommodations do you offer participants with diet-related illnesses?

12. Does your food assistance program offer cooking classes?

YES NO

13. Does your food assistance program offer nutritional and healthy information to participants?

YES NO

Please briefly describe all programs/resources offered

14. What additional programs/services would benefit your participants if any?

15. We value the insights of local Food Providers. Please share what you believe are the major food issues in the community, any suggestions you have to address them, or any other comments you have.

Would you be interested in participating in a focus group? A focus group would give us a chance to have meaningful conversations about some of the questions in this survey.

NO YES

If YES: Please write your contact information:

Phone (if available): _____

Name: _____

THANK YOU VERY MUCH for your participation in this survey!

Appendix C-1
Focus group Edgewood
May 24th, 2011
4 people all Female

Food Memory:

Participant One- I lived on a farm so I picked apples. She lived on 228 acres fruit and Dairy in mid-state NY. All family picked and we had help come in to help pick in the fall.

Participant Two- "I had been very short of money. I had a very limited amount of money for food. But I had enough to feed my two kids and I always made sure that they ate first and a lot of times I didn't get to eat. So, I wonder what kind of psychological thing it did to me." When I lived in Florida we lived in a trailer and it was basically surrounded by an orange grove. My kids loved to go out and pick the oranges. I liked it too but I usually sent them after it because they were so excited about it."

Participant Three- "My favorite food memory is the marvelous roast goose my Grandma used to make on Holidays." "When I was a young teenager my mother went to work and I had to take over the cooking. I had no clue but, my Grandma lived next door and so when I had a problem I would run next door and say, 'How do you do this Nanny'."

Participant Four- "We used to pick Wild black berries. Big huge ones. Bigger than the end of my thumb you can't even buy them that big anymore. They grew wild in Missouri on our farm."

*****Note: All connected to a farm or family member who farmed in their childhood.

Production:

Participant One- Garden, Cherries, Apples on 228 acres. Main crop was apples. Churned in a glass jar.

Participant Two- Grew up on a Farm when she was young in Mississippi. "I loved going out in the garden and picking something and eating it right there." "But we didn't have insecticides like we do now. We didn't think about poison being on there. It was just simply dirt. Shake it off and eat it." Jersey cow for milk. I was raised on fresh milk and fresh eggs!

Participant Three- Great Aunt where they would vacation in the summer time. Grape arbors. "I used to love to pick the grapes." Grab a cucumber and munch it (sound).

Participant Four- My Grandparents had a 200 acre farm. We had a garden. We had cows and pigs and horses.

Did all of you sell the products? Majority yes.

Participant Three- No. Her Aunt slept in the kitchen and rented the other rooms.

Do you grow food now?

Participant Two- "We try!"

Participant Three- "Not in the soil I've got, it's just clay."

Participant Four- Has an apple tree and grapes she is trying to get started. Always had fruit trees or something.

Participant One- "I need raised beds where I live because it's so rocky!"

Have you always grown food your whole life?

Participant One- "I have always wanted."

Participant Two- the center here has a garden outside of it.

Participant Three- "The only thing that I ever grew was grapes! Concord grapes."

Participant Four- I have always had fruit trees somewhere.

How often do you cook your own meals? Do you cook them or does somebody else prepare them for you?

Participant One- yes. I cook mine.

Participant Two- I cook mine. And my son and family lives with me. So I cook every night and weekends. I live too far from the grocery store. So I have to manage that. It took a while to get used to living that far out.

Participant Three- Yes. She prepares meals for herself.

Do you prepare your meals from scratch?

Participant Two- Yes.

Participant Three- I do very little cooking. "I live alone and I don't have a heck of an appetite." I use some frozen meals.

Typical Meal?

Participant Two- pot of chicken, quinoa, kale, or amaranth.

Participant Three- I don't remember. But when I do cook I make a small steak w/ a baked potato and a vegetable.

Participant Four- Spanish rice with fresh vegetables, meat and stuffed in a bell pepper. She freezes several portions for herself to microwave throughout the week. Crock pot with fresh green chilies, chuck steak and vegetables

Concerns about getting food that's affordable?

Participant Four- Well, I eat mostly on food boxes because I go to Bethel and then Woodsend and then I'm going to Valley View tomorrow. Then I go to the Farmers Market on Ubanks and Snowhide and they have a little sale so I either buy the sale item or I buy the fresh fruit and vegetables, to augment whatever I get."

"Another thing is that a lot of Seniors have problems with diabetes. And I'm hypo-glycemic. And there are menus when you have bread and pasta and cake and that's not good for a diabetic." "I don't know how many are and how many aren't diabetics but I'm guessing that there are quite a few. What there are about 30-35 people and I bet if you surveyed at least 10-12 of them would be diabetic."

Participant Three- "Yea, I would say so."

Participant Four- "So, they need to be considered. Have an alternate little thing for them. You know low-sugar."

Participant Three- I don't have any problem. My house is maybe 1 mile from Smiths and they have pretty good stuff. I keep quite a bit of fruit.

Participant Two- We get food boxes and things like that. I would say 80% of what's in that box has a lot of calories in it. It has carbohydrates, pastas, things like that and that's good for somebody who is very thin but when you grow older you don't need the carbs as much and you need more fresh vegetable and I can't stress that enough. Fresh vegetables and fruits. Once in a while you'll get some meat but not a whole lot. And that to me is a concern because I would like to have more. I wouldn't mind having a community garden but I live so far away from everybody but if we get this one started here...when you get to be our age it's a bit harder to get down on your knees to plant."

Participant One- Basically, what Participant Two said. We have food pantries here in Edgewood we go to. They give you frozen chickens or chicken patties. At the church we got some frozen peas last week but usually we get canned stuff.

Participant Two- I would prefer frozen if I can't get fresh. But that's also problematic. How do you transport it or keep it frozen?

Participant One- Well, I bring a cooler.

Estancia Commodity- Participant One- Canned stuff, cheese, sometimes fruit and then in a month or two they'll give us vouchers to go to the Edgewood farmers market. Juices, cereal...every month and they bring it to the center. You have to be 60 to get it.

Do you like the vouchers to the Farmers Market?

Participants One and Two- Oh yeah! You know we don't get that much organic stuff out here. "Even if you put Quinoa in the boxes for people to take home they won't know what to do with it."

Participant Two- "You can use food stamps at the Farmers Market also and I love that!"

Participant One- "Bill gets a book and I get a book and I buy at the Wild Life West, they set-up every Thursday, and I stretch out our vegetables because we only have the one meal at night because we go to the centers at noon."

Last Survey Questions: Concerns about Health in the Community and Recommendations

Participant Three- I don't know what to say. I've never thought about it before. "We used to make a meat, potato or macaroni, and a vegetable. No one sat around and talked about it being healthy or not."

MORE fruits and vegetables majority!

*Participant Four-*Less pasta and cake

Would like to see a community garden. They planted the garden....we'll see....County wants to have gardens for the Senior Centers. NEED PEOPLE TO COME HELP THEM. Lots of property and could raise all sorts of stuff.

More Local Products

There was only one nutrition class.

Appendix C-2

Focus Group El Rancho

June 6, 2011

14 people

Food Memory?

Favorite Food?

Participant One: " I like everything if its well prepared"/beans

Participant Two: We were raised on potatoes, beans and chile, eggs and onion for breakfast.

Participant Three: "It just depends on how its cooked" but we were raised the same way as well.

Participant Four: Mother worked and I had to prepare anything that she left for me to cook. Was the oldest child. Young teenager. "If I didn't come home and didn't cook there wouldn't have been any dinner."

Participant Five: Macaroni with tomatoes, fresh or sauce w/ chile and cheese.

Participant Six: Grandfather and aunt would butcher their own meat and the meat would dry up and then she made the most delicious stew with potatoes and onions. Then she would make, "chakewe", like a blue corn porridge, harder than Atole. Would like to teach the younger generation how to can meat and dry meat.

Participant Seven: Dry meat was her favorite and then beans and potatoes, rice and macaroni.

Do you get to eat dry meat still? No. (others still make Jerky)

Participant Eight: Parents had a big garden and would go out and pick whatever you wanted from the garden. And again beans, potatoes, chile.

Participant Nine: Beans, potatoes and chile. Empananitas, sweet ones with apples and still makes them every Sunday for breakfast.

Participant Ten: Lived on farm with cattle, pigs, chickens. They canned everything and a big garden. Canned meats with a broth and then cube the meat and preserve it.

"We still know how to do it but its too much work"

"And we're alone so for just one person its useless to do anything like that."

Participant Eleven: Beans, Chile and potatoes, meat. "Well I like everything"

Participant Twelve : Mother left when she was 10 years old and didn't know how to cook very well yet. She would go to her friend's house and eat the stew with meat, potatoes, tomatoes, chile and beans and macaroni.

Did anyone grow food in the past?

EVERYONE!! It was all organic vegetables and meat.

Who grows food now?

About 8 people are still growing food now. Mostly tomatoes and a few things.

Is there a Community Garden here?

NO

They work in their own individual gardens.

No community garden.

Participant Thirteen: Raised in Colorado and ate a lot of meat and fish. Grows her garden and fruit.

Participant Fourteen : beans. Family grew food but doesn't grow now.

Who grows their own food anymore?

Participant Six: Still cooking the way her grandmother taught her.

Participant Twelve : Prefers fresh foods from farmers market.

Access to fresh and frozen.

Dehydrated foods, squash, tomatoes, chiles, fruit.

"We all have big freezers."

Jams and Jellies

Mixed varieties of dishes of foods?

Yes and No

What are the challenges with canning and preserving?

"Now that we don't have any children at home, its not even worth it."

"The only thing that I save a lot of is Chile...Chile we do."

Participant Six: A lot harder to can with the big pots. She has all sizes. Trying to teach my son to handle that so he can help me.

Do any of your children know how to do this?

Participant Three: Mine does know how to.

Some yes and no answers

Any other challenges you have? Do you or do you not have enough food?

"We have plenty of food but we just don't have the energy to do it."

"We have all kinds of food but like I said I'm all by myself."

Participant Nine: "Your used to doing a lot of cooking and then all of a sudden your all by yourself and you don't know what to do."

"I only cook once a week."- "cook on weekends" a lot of agreements and then the meals are frozen for the week.

Cook on the weekends and then freeze it.

Do you have concerns about affordability?

Participant Twelve: Oh yeah! "Well every time you go to the store everything has gone higher and higher you know."In Santa Fe, Smiths otherwise Pojaque market.

Others? Where d you shop?

Albertsons, Walmart, Trader Joes or Sunflower market.

Participant Fourteen: " I don't buy any food." Doesn't buy any food. Goes out to eat and granddaughter cooks for him.

Does anyone eat out?

Oh yea! A lot. Some participants said five times a week that they would eat out.

Participant Thirteen: I like to cook for my kids who work and then they cook for me on the weekends. "Its like family time and we still carry the family tradition." "To me its important to keep that tradition with my children."

"I think that we all tend to do that though." Agreement.

Are there any specific costs that concern you?

Cost of meat, vegetables, "everything, everything." Coffee!

"We couldn't complain really because we have an abundance of food, you know, thank God."

Do you go to the Farmers Market?

Almost everyone goes to the Farmers Market seasonally.

They get Chile in Santa Fe and Albq/ Limitad. and freeze sacks of it. Red Chile they buy big bags of red chile pods, roast it, chop it and put it in the freezer. "It's a lot of work but we're eating healthy."

Connection to your food!

Is affordability a very big concern to you guys?

Participant Eleven: "Its not the affordability of it, you know we can buy it but, its just the idea that every time its just going up and up and up."

"We're not going to do without it, we're going to still buy it."

Is anyone on Food assistance, boxes?

There are quit a few diabetics here.

How many would you say?

"The majority of them."

6 people?

"She can only prepare what she gets, right."

"We do get a lot of pasta which I like and I shouldn't like it."

"We do get a lot of breads and stuff."

At home do you get a lot of those things? No, No unanimous.

"We do get a lot of good salads though."

"We don't want breaded stuff."

Do you have health concerns?

Grab bags, meals on wheels and they have a good cook.

Participant Four: But she can only prepare what she cooks.

A lot of bread and Pasta, 40-50% diabetic. All the meat is breaded and there isn't really any meat.

Needs:

Certified dietician. Have a workshop maybe with the cooks. Get more fresh foods and vegetables for the cook to prepare.

Its supposed to be based on a diabetic diet but what they say and what we get is not the same.(found it is actually based on portion size not sugar content necessarily.)"

Garden at the center? Many feel that the youth would vandalize the garden or water issues etc, would be barriers.

Participant One: "What if we started a garden at your place where there is water..."

Workshop to teach youth about canning and meat drying etc.

Participant One: "Even if we fill it out it ain't going to do no good." In reference to the survey.

Appendix C-3

Santa Cruz Focus Group Notes

June 13, 2011

6 People

Food Memory:

Participant One- "I used to eat a lot of fruits and vegetables when I was young because we grew up on a farm and that's what we had." I didn't like meat though. My parents had cattle and they used to kill all sorts of animals and I didn't like it so I didn't eat meat. From a place in northern New Mexico called Coyote.

Participant Two – “Well basically we ate Southwest foods. Enchiladas, beans, tortillas. That was then and then of course now we have a different change of foods.” We still eat them.

Participant Three- “ I was born into the depression and into the rationing of WWII. With that I grew up in a very tight Italian community and given that everybody had a garden either in front of the house or behind the house. And tomatoes and because Italian pasta and always tomato sauce and so on. Fresh vegetables to some degree always and they would be exchanged with the families. For example, if you didn’t have tomatoes but you had cucumbers there was always trade over the fence.” “YOU REALLY KNOW THE DIFFERENCE BETWEEN FRESH”.

The other thing is meat. Having grown up in an urban environment you buy your meat from the store. We’ve lived in northern New Mexico now for 45 years. “Fresh meat, meadow grown... Well, I guess there’s no word to really describe the difference. In other words, I now know what it means to have a chemically fed piece of meat versus fresh. Doesn’t matter with pig or sheep or cattle. Super difference. And now you can walk into Walmarks food counter and you can smell the difference.” *All in agreement!*

“I mean that’s saying the term fresh but what that means in terms of health...”

Participant Four- “There is the cattleman’s and sheep herders/ owners market. They have good meat compared to what you get from wherever it comes from. That needs to be built up and we need to buy it. Its here. Everything’s here, its just hovering.”

Participant Three- Talks about the Forest service and the pressures put on the local cattle and herders being able to graze their animals. “So to extend their market, the forest service in particular has to be dealt with in terms of listening to some other need.”

Participant Four- ~~Instead of listening to corporate needs, they need to listen to local needs.~~

Participant Three- We generally get to fruit and vegetables in these discussions but when you talk about meat or mutton it’s a thousand percent difference. Its here. You know its here!

Did anyone grow food in the past?

Participant One- Oh, yes my parents grew all the vegetables and fruit and everything.

Participant Two- Yea, well we had at least a couple of acres. Corn, Chile, and Alfalfa for the animals.

Participant Five- Apples. I still do that in a small little area, tomatoes, cucumbers, radishes....

Participant One- oh yea the tomatoes that are bought at the store...

Participant Five-have a different taste.

Participant One- “They don’t have a taste.”

Participant Two- So in that time there were pesticides but very low key. This man was saying today who knows what their putting in the food. If its poisoning us...

Participant Three- “Oh it is”

Participant Two- “I’m pretty sure it is.” But way back it was more harmless.

Participant Four- “ But what I understand is that when people pass away they are...because of what they eat they are so preserved.”

Participant Three- Tells story about high school friend who’s family are the morticians for the town. So 20 years later he runs into Bruno and he was still the town mortician. Ron asked if he notices any differences in handling the bodies? He said that he doesn’t have to use as much embalming fluid. He said Styrofoam cups, preservatives in food preserve the body longer. What he notices is that its literally in your system to that degree....

Who grows food today?

All grow something.

Participant Five- I still grow food but I don’t have water from the ditch anymore I just have city water and that’s contaminated too.

All agree. It has chemicals too. They would grow more food if they had better water resources. Children are not around to help anymore so they struggle to do the work and therefore either do not grow anything or grow very little.

(TAPE RECORDER CUT OFF.....NOTES TAKEN BY HAND.)

Affordability of food?

Big concern but an awareness that food prices everywhere are going up.

VERY LIMITED CHOICES....all shop at Walmart or farmers market when in season. There is one smaller grocer who sells Spanish foods.

AFFORDABILITY is an issue because most of them are on a fixed income and do not qualify for food stamps or Senior vouchers. What happens to the lower-middle class??? How could they qualify for food assistance or get senior vouchers for the farmers market?

Health concerns?

Yes!!! Diabetes and heart failure which requires low-salt diets.

Other concerns are with water and soil quality of local products.

Gap in generational knowledge and farming practices.

Appendix C-4

Chimayo Focus Group

July 29, 2011

5 people

Food memory/ Interaction with food/ or farming?

Participant One - Well I used to farm when I was a kid. I used to help people farm. That too has changed. "People have found that its not as profitable as it is work. I mean they work too much to really profit off of it." It was really the older people that used to do that didn't have the good jobs and couldn't afford certain things. My grandmother fed her family and us off of her little garden, and her chickens and her cow for milk and so on. But it has changed dramatically because most of the places, like she said are being taken over by housing.

Participant Two-I do plant but insects take care of it! Salsa! He makes his own salsa that he brings to the center.

Participant Five -"It has changed for us. Because our children live where we used to farm." Do you know of any programs on how to save farmland?

Participant Five - No not that I know of.

Participant Four - Well the planning and zoning people were trying to put through some codes or regulations that if you had a piece of land that was 4-5 acres that they recommended but they couldn't force you to do it, they wanted you to cluster the houses together and then leave the other part for agriculture. There has been some attempt on the part of the county to try to fill that idea and try to protect some of our better farmlands. To protect against people buying up land along the rivers and putting in trailer parks with no regard for that.

Participant One- In my opinion there are not a lot of people interested in going back to planting. They find it a lot easier to have a decent job and find it a lot easier to go and buy it instead of sweat like this guy does.

Participant Four - "The reason he does it is what's key. Maybe it's only of a certain generation. But its in your blood because you've done it all your life and your connected to it and you don't want to lose that connection." With me I grew up in the City and stuff and then I moved out here and I fell in love with the idea of growing stuff. As a selling point I don't know if this would work at all but... "for people of a certain age who have a taste memory of what things tasted like, of pure food, of garden food, from Grandma's garden and stuff. The difference in what things taste like. Where as we buy things now..like a piece of fruit ...like a Nectarine I bought yesterday and they taste like chalk, they had no flavor what so ever. And its true with the vegetables, its true with the meat, right down the line, its not the way it tasted when we were young. And trying to get back to that quality of something you put on

your table that tastes fabulous. Its an ethical that I think is worth aiming at. So you either pay a premium and go buy organic and stuff from a fancy store or you figure out some other way. That is what I get angry about. Healthy costs. For people of modest means who don't have that much money to put out for fancy food that's going to taste better and its going to be healthier because it doesn't have all these chemicals crammed into it.....(documentaries talk about meat)....How can we get back to just the way it was in a way that's affordable. That's what I wonder as a goal."

Participant Two - You still have to spray though. He has apples and believes that if you don't spray you don't get anything.

Participant Four - That's not true.

Participant Two - Well its true with mine. I used to spray and get big Chile plants and now I don't and when I go to thin the plants well, the insects have already helped with that. All the plants are dying or gone. If you don't do nothing, you don't get nothing. Period. " I plant tomatoes and I put the dust in there to keep the worms out, just the dust and their big tomatoes like that, but even those tomatoes you can't compare with the ones from Walmart because these tomatoes are good! Even though I sprayed them. Cucumbers the same." (store bought vs. fresh = discussion on quality.)

Participant One - Comments on trucking and picking things green before they are fully ripe.

Participants Five and Three - Grow tomatoes and herbs but they used to farm but now their kids have built homes where they used to grow food. She shops at Walmart and they go to the Pojaque to the supermarket where things seem fresher

Do you cook?

Participant Five - Still cooks in a crock pot and mostly Spanish food, New Mexican cuisine.

Participant One - Green Chile.

Participant Two - Beans and everything.

Participant Four - I learned from my mother she was of Jewish background but she loved Italian food and she worked with Italian people as a young woman. So she brought back a love for Italian food and taught us and so that's my favorite to cook. That's why I grow my tomatoes and I can my tomatoes and I never bought a can of tomatoes and 25 or 30 years. So when I make my sauces its out of the garden. It's a compulsion. Very weird.

Participant One - Enjoys cooking but she doesn't cook very much anymore. She attempt new things and feels adventurous. Likes beans and chiles but no need for cooking as much anymore unless there is a need in her palate for something. (She used to cook at the Senior Center years back.)

Participant Four - Said she had a magical touch.

Participant One - I won't feed anyone anything that I wouldn't eat myself. I like to play with herbs and spices. I'n a spice freak and fresh herbs if I had them all the time.

Is the affordability of food a concern?

Participant One - Well in this area, especially, I think it's a concern for people.

Participant Five - I think it is. Yea. Its crazy to go buy a Cantaloupe for \$5 versus a Cantaloupe for \$1 at Walmart or Albertsons. Its affordability I think.

Participant One - Well especially people in the northern part of the state I believe...I mean even I would not do that.

Participant Four - **And the food prices just continue to go up, up, up.**

Participant Five - **And we're all on limited income right now.**

Where do you end up shopping?

Participant Five - Pojaque, Walmart and sales. She'll buy a lot of her stuff on sale.

Do you go to the farmers market ever? Seniouir vouchers?

Participant Five - Yea, you have to be dirt poor to get vouchers.

Participant One - yeas that's another issue. But if I go into Santa Fe I go into a produce market on Cerrillos and St. Francis. If I go into Santa Fe.

Participant Three - I used to go. But I don't go no more because of the quality of their stuff.

Participant Three - You have to go to Sunflower when their on sale.

Participant One - There are times when I will visit a few small supermarkets here because the variety is not great so you have to sacrifice that. Now in the summer time the markets would be the best place to get fresh stuff but....

Do you go to the Farmers Market?

Participant Five - Very rarely.

Participant Three - Yea we hardly ever go.

Is it expensive?

Participant Five - The farmers market is expensive versus going where the sale is or shopping at Walmart or Albertsons. Where the sales are.

Participant One - If they consider it organic at the farmers market then anyone will be in trouble.

Participant Four- Walmart isn't even that cheap anymore. I'll go to Super Save and find things that are cheaper.

Participant Five - Even Walmart is getting expensive.

What about deals at the Farmers Market? Food Stamps?

Participant Five - **Who's on food stamps?**

Participant One - **Well, like she said you have to be dirt poor! And not own anything because if you own anything, a piece of land, or a car you won't be on any program like that.** (story about applying for food stamps when she was younger.) They wanted her to sell her car to be eligable for assistance when she had no money, two kids and nothing. They denied her in Espanola.

Senior lunch/ food?

NEEDS:

Participant Four - What can we do to improve the quality and the ingredients that go into the meals here? How feasible is that?

(discussion about a county employee and the Senior Center transition process/ access to Farm to School initiative through Farm to Table.)

What can they do during the transition?

Maybe in six months when its over then they could make suggestions?

What about bringing food in that is not USDA approved? Can they cook garden food in the kitchen for the seniors?

Participant Five -Used to get people to come in and talk to people but she hasn't seen it happen for a long time. It was run by HOME EXTENSION through the County.

Participant Four - Just the diabetes issue itself would be really worthwhile. Many of us are diabetic.

Participant One- Its something that should be done on a regular bases that's what these places are here for. Whats nice about this place is that everyone feels very comfortable.

How can the kitchen deal with expense? Training for cooks? Dietician?

Participant One - Also people have to know what they can eat and what they can not eat.

Educating oneself so you know what you can eat and be responsible. Up to the individual to school themselves and these classes would be helpful for people to do that.

Participant Four - Too many carbohydrates.

Participant Three- When I eat out I get sick because there are too many sugars, salt etc but when my wife cooks at home she knows what I can eat.

Participant Four- How do you get people used to healthier food? It took people a long time to get used to 2% milk.

Participant Five - Maybe we can see where the budget is at and then we can make some decisions with him.

Appendix C-5

El Dorado Focus Group

June 9, 2011

4 people

Food Memory?

Participant One: Memory of mother eating healthy. No white bread or pasta.

Participant Two: Grew up in the Philippines. Didn't have much food and there was no food waste! Lived during the Japanese interment. Recycling and composting and still doesn't let food go to waste. Never had a lot of candy. When the kids had to cook they would ask the butcher and he would tell them what to get. Doesn't like to cook anymore. Its because I'm lazy.

Participant Three: Eat the sauerkraut right out of the barrel before it could get home. I think our generation ate better than they do now because we ate in season and fresh or fermented. I don't drink soda still to this day. I think that people need to be educated that that stuff is not good for them.

Participant Four: I don't cook. Main meal was steak and potatoes and fed the steak to the dogs instead of the scraps.

Did you have gardens growing up?

Participant One: Victory garden in WWII. Mother had flowers and vegetable garden and every seed I planted came up and by the time I was 8 I running the entire garden.

Participant Two: We had a big garden and chickens and we would pick the beetles off the potatoes and a lot of butter and milk because her mom was from Michigan.

Participant Four: Prunedale, a lot of lettuce and beets and a cow that I milked but no garden

Participant Three: Grew up in NYC so no gardening but her family had a place in Pennsylvania with a big garden.

Do you grow a garden now?

Participant Three: Its difficult but, I have peppers and herbs. And we do not spray.

Participant Two: Has the beds for it but has not done anything this year.

Participant One: Tomatoes and herbs in and repairs for gophers.

Do you cook? What kinds of meals? (dinner)

Participant One: Fish twice a week and a fruit compot and salad.

Participant Two: Salad and if we don't have meat for lunch then I make baked beans or chicken.

A lot of soups. Stir Fry.

Participant Three: Fish she stries twice a week. Pork, Indian, Chinese and the meats and vegetables that go with it. I eat pasta twice a week. I got this far so I'm no going to worry about it now.

Participant Four: I don't cook I just eat.

Challenges with cooking?

Participant One: I taught my son how to cook and he would make meals for us when we were little. He now doesn't cook. He only eats sandwiches and cereal with yogurt. But he is by himself.

Participant Three: Being single and cooking for themselves is difficult.

Participant One: Meals on wheels to Galisteo or Lamy is life saving for people who don't cook or can't come for meals.

Get extra food from FOOD FOR SANTA FE. That food gets dispensed to people on meals on wheels.

Cost of food?

Participant One: I love to go to the Farmers Market and I always over buy.

Participant Three: They say its more expensive then the supermarket. It used to be the opposite.

Participant One: Cost going up and gas and needing to budget more.

Health Concerns?

Participant One: Our cook is aware of diabetes and obesity and other health problems. She does a very good job at making well balanced meals. We have a hoop house.

Participant Two: Our cook doesn't salt things too much and I have a friend who is a diabetic and it is up to him to take care of himself.

Appendix D-1

Food Providers Survey Comments

Below are the comments from our survey regarding questions 6 & 15.

6- "What would you say the biggest barriers to better food quality are if any?"

15- "we value the insights of local food providers. Please share what you believe are the major food issues in the community, any suggestions you have to address them or any other comments you have."

Southwest Care Center- Fresh Fruits and vegetables are the main issue. Most of our clients cannot afford to purchase these items.

Church of the Holy Faith- Lack of funds for purchase of food; we depend on the Food Depot and we serve what they have at the time.

Food for Santa Fe- Depending on the economy and if it is not good the number of clients increases. Presently we provide 900 clients with food bags every Thursday morning from 6am to when the bags run out or 9am. Every client who comes through gets a bag; every child gets two half pints of milk and a treat. If we had more money we could buy more food and either add items to the food bag or increase the number of bags we generate.

Madrid Cultural Projects- When we're mostly relying on the Santa Fe Food Depot, we can only take what they provide and quality fluctuates week to week. In the summers, we also get produce from local gardeners and we've started getting fresh eggs from people with chickens in Madrid. Also, other groceries from people wanting to help out. The biggest barrier to food access in our community is availability.

Los Amigos del Parque- We offer (often cooked, ex. beans) breakfast foods, especially breads and pastries and portable items like hard boiled eggs, roasted salted peanuts in the shell, fresh fruit, cheese, bottled water, packets of crackers, cookies, and nuts. Our all volunteer group offers a very limited amount of material assistance, especially winter clothes and a variety of advocacy and information services; again on an extremely limited basis. The biggest barrier to food access in our community is cost.

The Salvation Army- The biggest barriers to food access in our community is affordability.

Kitchen Angels- A pantry program open on weekends; pantry program where those served are able to choose from a list of available items. The biggest barrier to food access in our community is funding.

Adelante (SFPS) - We need restaurant cards for families living in hotels who often cannot cook. There is not enough outreach with information on resources in the community. Our food supply lacks enough milk, juice, and eggs for the children. We need more items in each bag at some of our programs. We need access to more special-needs foods, free of charge. We need grocery cards for agencies to provide when family has special needs. The biggest barrier to food access in our community is we need more fresh food on a constant basis.

Casa Milagro- The biggest barrier to food access in our community is the cost of good, quality produce and variety.

Fine Arts for Children and Teens of Santa Fe- Obviously access to the healthy stuff, but also education for families about what they are putting in their children's bodies-both about the food and about how to prepare it. The biggest barrier to food access in our community is cost; also choosing foods that program participants are willing to eat- often they prefer junk and we have to challenge them to try fresh veggies, etc.

St. John's The Baptist Community Kitchen- No comments at this time.

St. John's Methodist Bag & Hand- We look forward to receiving the results and reading the report the Santa Fe Food Policy Council has been working on.

Girls, Inc. - The biggest barrier to food access in our community is price and funding; as a non-profit, it is hard to buy fresh and keep costs down.

Church of Santa Fe- No comments at this time.

The Life Link Clubhouse and Wellness Center- We are fortunate to be able to provide healthy meals for our members and can do this because of The Food Depot. Our criteria to be a member of the Clubhouse and Wellness Center is to complete an intake at the Life Link, so I am most familiar with that population of people, but I know there are many homeless in Santa Fe and I do not know if they are getting what they need daily for food. They can access free lunches, but they need more than one meal a day. The biggest barrier to food access in our community is that we do well getting food from the Food Depot, but sometimes we would like more fresh vegetables and fruit.