

2020

IMPROVING FOOD ACCESS IN SAN DIEGO



Elle Mari, M.Sc., Director

Urban Food Environments

Center for Community Health

University of California, San Diego

UC San Diego
SCHOOL OF MEDICINE

Center for
Community Health



Overview

Urban Food Environments

About the Team

UC San Diego CCH UFE

Food Access

Asset-based Approach

Neighborhood Lens: City Heights

UFE Projects

Summary

Elle Mari, M.Sc.

- Practitioner, researcher, advocate, collaborator, lifelong learner, all things food-oriented, first generation
- Director of UFE at UCSD CCH
- 6 yrs UCSD CCH
- Food Systems & Society Masters in Science
- 12 yrs food access and health equity
- 15 yrs community engagement (CHI, SAC, OAK, PDX, LA, SD)

Elle Mari

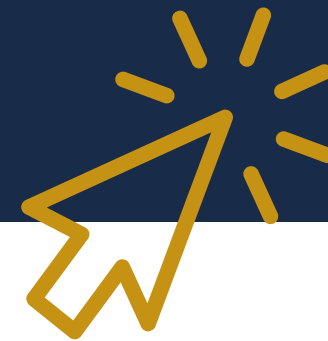


"In our work and in our living, we must recognize that difference is a reason for celebration and growth. rather than a reason for destruction." -Audre Lorde

Lizzy Cooper, MPH

- Organizer, partner, advocate, learner
- Community Food Project Manager at UCSD CCH
- Masters in Public Health
- Emerson Hunger Fellow, Rockwood Building Power Fellow
- 10+ yrs community engagement (SFO, BOS, SD, PDX, ABQ, D.C.)

Lizzy Cooper



"Hunger is not an issue of charity, it is an issue of justice" - Jacques Diouff



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Urban Food Environments

Improve Food Access by Building Upon Existing Neighborhood-Level Food Assets

Support **small grocery markets, urban farms, farmers' markets, food pantries, and community members** in building an **inclusive, equitable, and economically thriving local food landscape.**

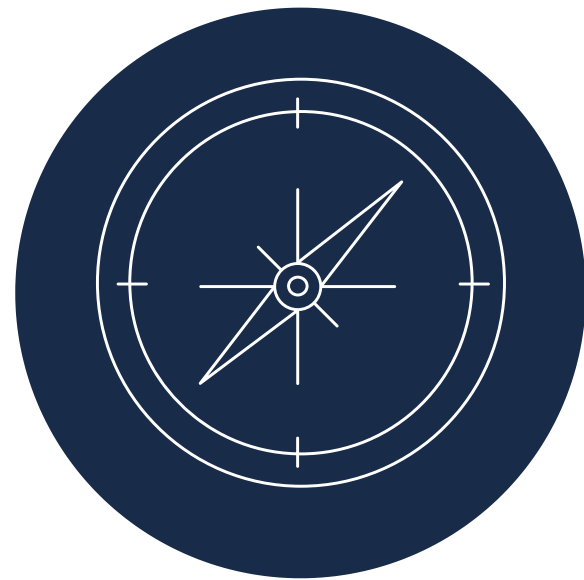
Center City Market, City Heights
UC San Diego Youth Advisory Council

Dimensions of Food Access



Availability:

Is the food supply there?



Accessibility:

Where is the food?
Can I get there easily?



Affordability:

How much does the food cost? Do I have enough \$?



Accommodation:

Are my needs met here? Can I use SNAP EBT?



Acceptability:

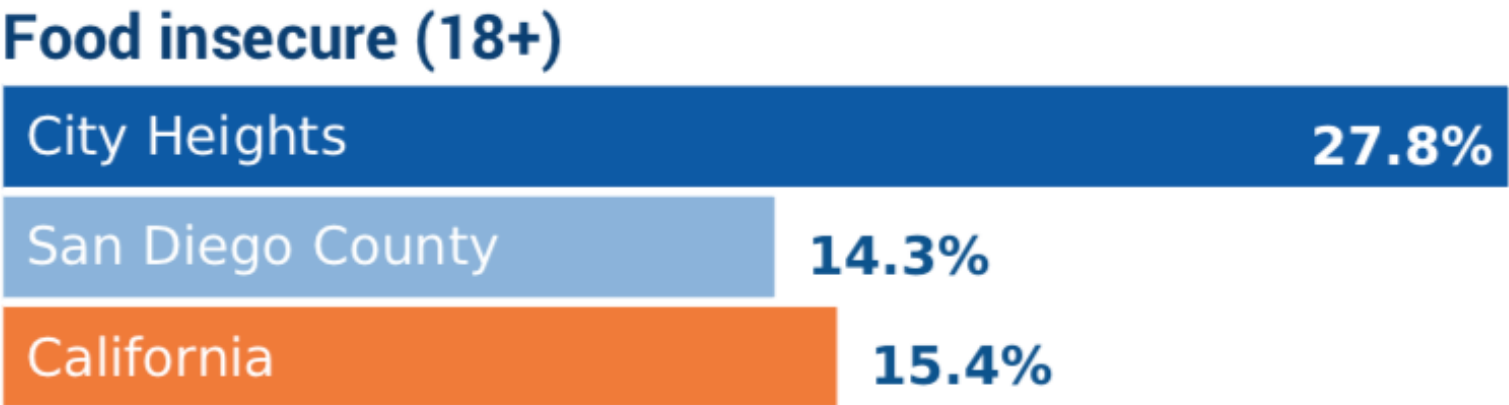
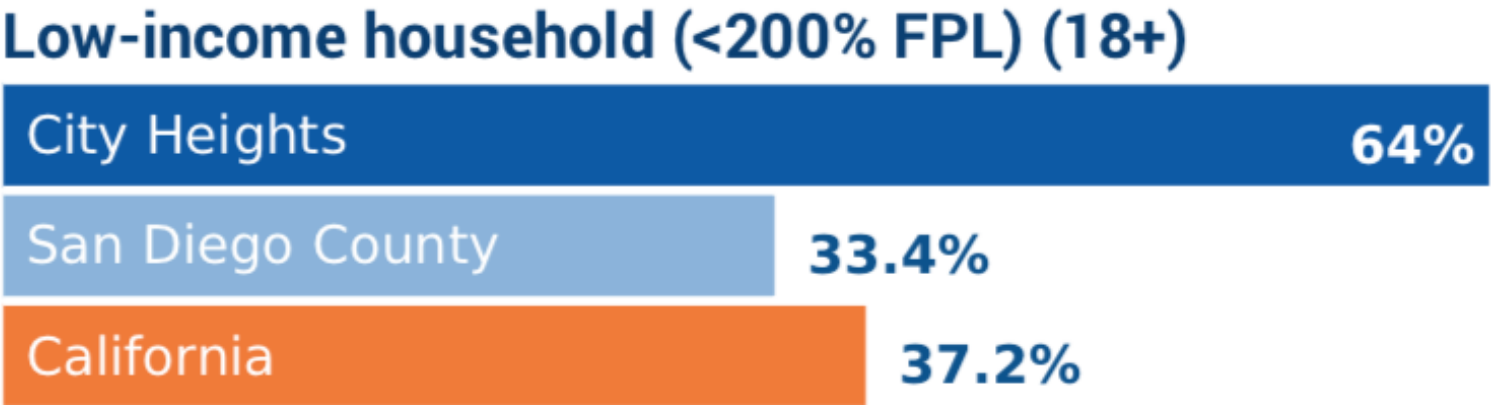
Is this quality food?
Is this relevant to my culture?

City Heights

Unique, densely populated, **culturally diverse** neighborhood, with over **30 languages** spoken, **numerous foodways**, low economic prosperity, **food insecurity**, and significant **health disparities** contributing to **poor health outcomes**.

African Caribbean Market, City Heights





^ Demographics are provided for adults ages 18+.

^^ Others include American Indian / Alaska Native, Native Hawaiian/ Pacific Islander, and two or more races.

† Denotes statistically unstable estimate (CV > 0.3).

Race/Ethnicity^	City Heights	San Diego County	California
African American	12.7	4.3	5.6
Asian	14.1	11.3	14.2
Latino	54.6	29.7	35.2
Non-Hispanic White	15.4	50.8	42.1
Other / 2 or more	3.1	3.9	2.9



Center City Market, City Heights
San Diego District 9 Council Office

Asset-based Understanding of City Heights' Food Landscape

82 **small retailers** with staple foods

12 yro **farmers' market**

3 **community gardens**

5 **urban farms/market gardens**

Many **restaurants** offering diverse delicious cuisine

Multiple emerging **women and refugee or immigrant owned food enterprises**, e.g., catering/cottage foods

Building on Assets



Rema Halal Foods, El Cajon
UC San Diego Youth Advisory Council



LIVE WELL
SAN DIEGO
COMMUNITY
MARKET
PROGRAM

COMMUNITY MARKETS

LIVE WELL COMMUNITY MARKET PROGRAM



AFRICAN CARIBBEAN MARKET



FRESH GARDEN MARKET



Building on Assets

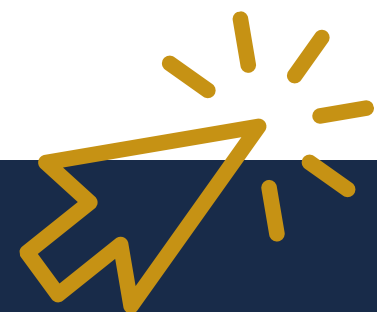


Triton Food Pantry, UC San Diego Campus



nutrition
pantry
program

FOOD PANTRIES



NUTRITION PANTRY PROGRAM

Trauma-Informed Nutrition Security

Supporting food pantry operators with practical, client-centered strategies that focus on health and dignity.

Working with 10 pantries across San Diego County, emphasizing COVID-19 prevention & safety during food distribution times.



Fresh Fruit Swap, Fair @44 in City Heights



Building on Assets



Tijuana River Valley Community Garden
1/4 Acre Farms
Resource Conservation District



URBAN AGRICULTURE

SAN DIEGO URBAN GROWERS' COLLABORATIVE



Urban Multi-Farm CSA --> Food Shed

SUPPLY, SKILLS,
ASSETS, NEEDS



DEMAND, TECHNICAL
ASSISTANCE,
TRAINING



COLLABORATION &
PILOT PROJECT



Building on Assets



Example Mobile Farmers' Market
Freshest Cargo from Fresh Approach
Bay Area



FARMERS' MARKETS

FRESH, LOCAL, & EQUITABLE (AND NOW, MOBILE!).

Project New Village Good Food District Mobile FM Launch



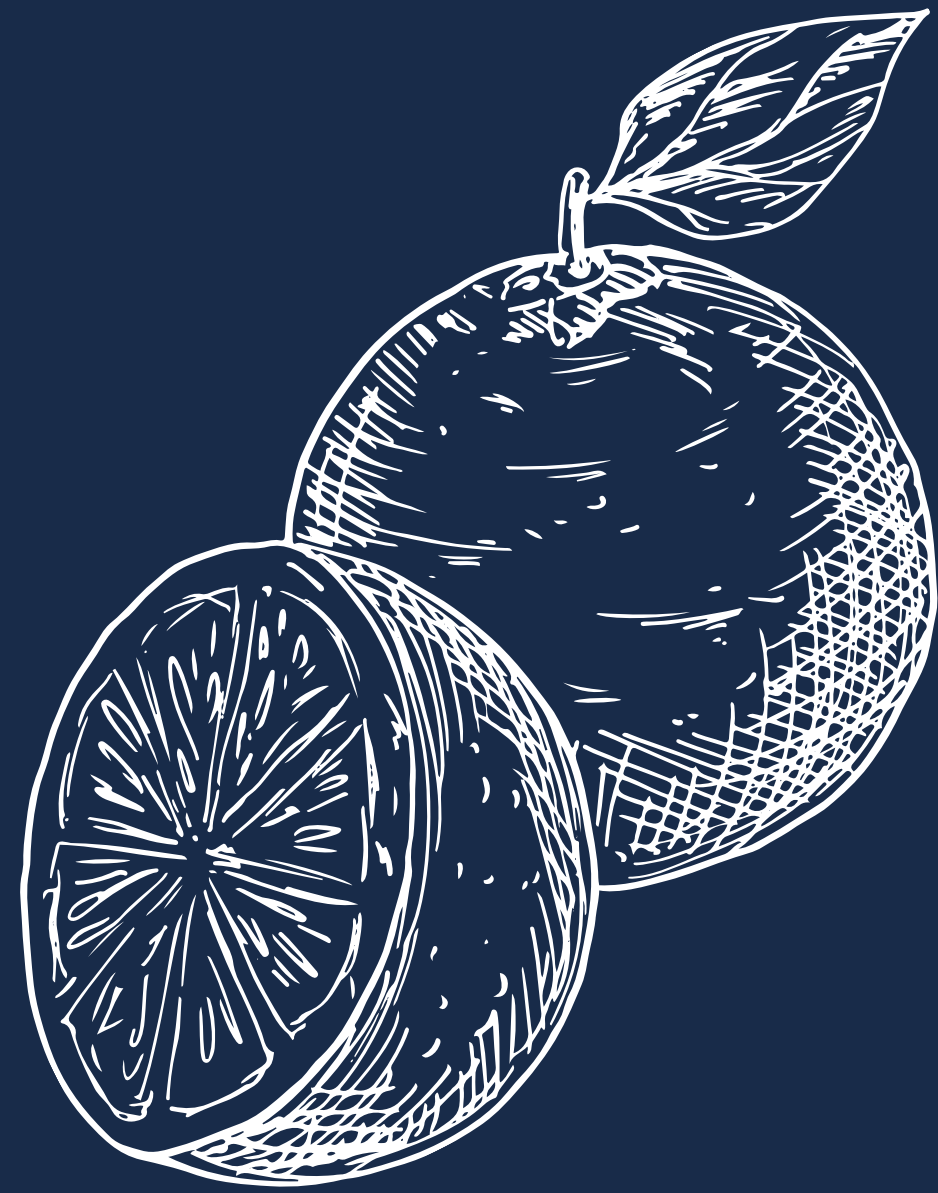
Making locally grown good food available to more low-income households in communities of color.



Ms. Diane Moss and Kamaal Martin of
Project New Village. Photo Credit: PNV

- Advising on development and launch of new mobile FM serving Greater Southeastern San Diego neighborhoods.
- Planning Southeastern food aggregation site in partnership with Food Shed Small Farm Distro to supply mobile FM truck.
- Providing operating capacity and infrastructure (e.g. cold storage) support to build and sustain Good Food District food justice agenda.





Summary

Starting from an **asset-based perspective** allows us the ability to **build and grow meaningful community partnerships to be in authentic service to residents, small businesses, and other stakeholders in our local food system.**

Food access has **multiple meanings.** What does the **particular group you're working with prioritize the most?**

We're here to help. Our UFE team has a wide breadth of experience and knowledge working on food access issues. **Please reach out.**

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Thank you for your time!
Be well.



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