

SEPT 3RD, 2020

1:00-2:00PM

VIA ZOOM

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 **LIVE WELL  
SAN DIEGO**

**COMMUNITY  
MARKET  
PROGRAM**

# COVID-19 SUPPORT

## LIVE WELL COMMUNITY MARKET PROGRAM

**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

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## COVID-19 SUPPORT FOR PARTICIPATING LWCMP OPERATORS

- About Workshop Facilitator: Elle Mari
- Live Well Community Market Program
- Introductions
- COVID-19 Safe Shopping: What Your Customers Should Know
- Social Distancing & Sanitation Protocol: What Your Customers Expect of You
- Share out
- LWCMP Resources
- Financial Resources & Business Support





## Elle Mari, M.Sc.

- Director of Urban Food Environments at UCSD CCH
- Based in City Heights
- Focus on health equity & food access
- 12+ yrs experience working to build food + neighborhood solutions
- Worked with 20+ small markets in last 5 years
- Child of immigrants; strong value held in diversity of cultural food traditions and fair access to good food for all

# 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*





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[ucsdcommunityhealth.org](https://ucsdcommunityhealth.org)





# Urban Food Environments

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

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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



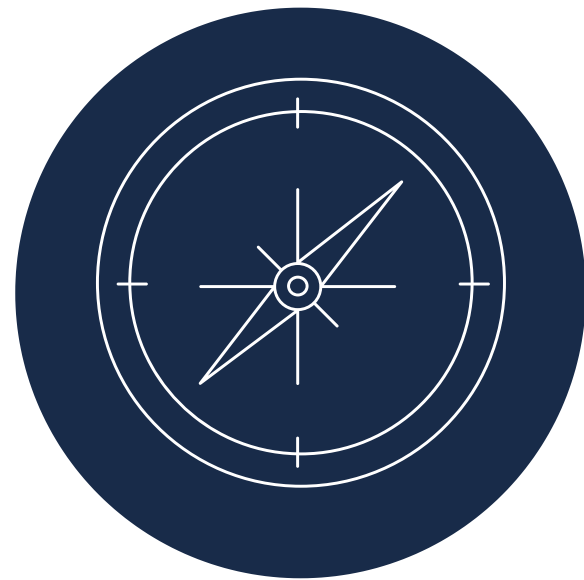
# Dimensions of Food Access

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## **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?



Funded project of the County of San Diego Health & Human Services Agency. This work supports Live Well San Diego, the County's vision for a region that is Building Better Health, Living Safely, and Thriving. For CalFresh information, call 2-1-1. Funded by the USDA SNAP, an equal opportunity provider and employer. Visit [www.calfreshhealthyliving.org](http://www.calfreshhealthyliving.org) for healthy tips.

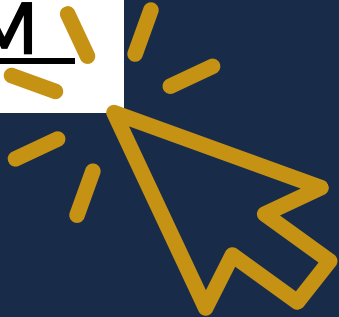


Rema Halal Foods, El Cajon, 2017  
UC San Diego Youth Advisory Council



# COMMUNITY MARKETS

LIVE WELL COMMUNITY MARKET PROGRAM





# Three Levels of Participation

We provide a unique set of services and resources available at each level of the program. Everything is free to you as a public benefit designated to improve healthy food options in low-income and/or otherwise high-need neighborhoods.



PROUD TO BE A

**PARTNER**

LEVEL 1

[livewellsd.org](http://livewellsd.org)



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PROUD TO BE A

**PARTNER**

LEVEL 2

[livewellsd.org](http://livewellsd.org)



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PROUD TO BE A

**PARTNER**

LEVEL 3

[livewellsd.org](http://livewellsd.org)



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# Introductions

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YOUR NAME

NAME OF YOUR  
MARKET/STORE

CITY AND  
NEIGHBORHOOD  
YOUR BUSINESS IS IN





# Product Availability

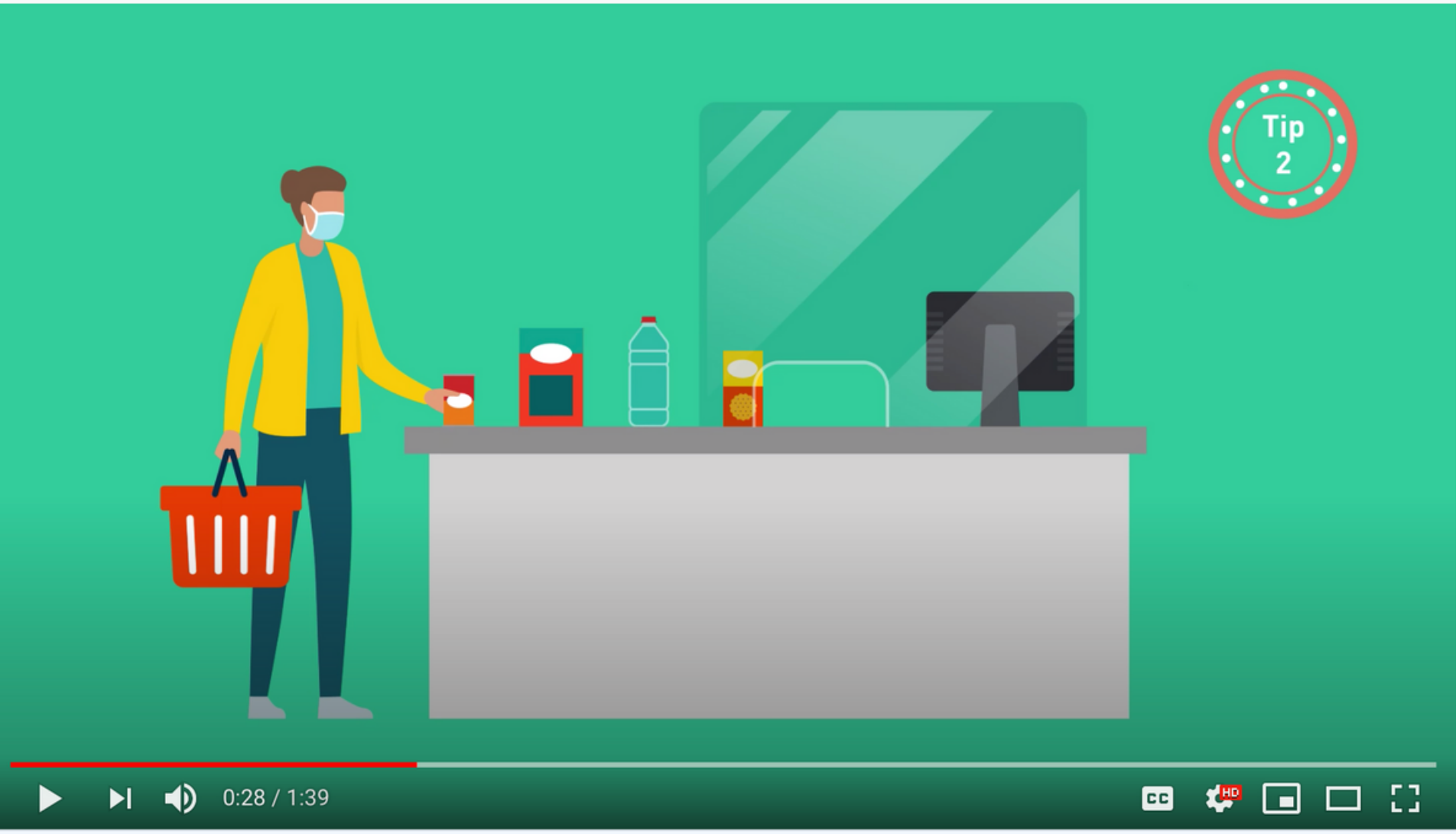
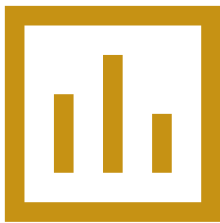


# HOW'S YOUR INVENTORY?

Rice stocked at Center City Market in City Heights



# What Your Customers Should Know



Source: U.S. Food and Drug Administration

# COVID-19 SAFE GROCERY SHOPPING

12 TIPS FOR GROCERY SHOPPING DURING THE  
PANDEMIC





**What Your  
Customers  
Expect of You**

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**SOCIAL  
DISTANCING  
&  
SANITATION  
PROTOCOL**

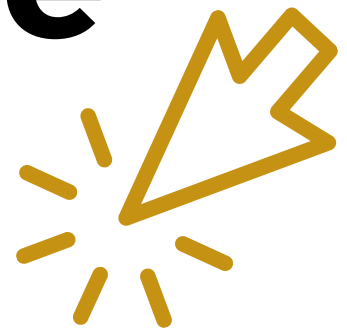
[SEE THE COUNTY'S FORM HERE](#)







# Resources to Print, Post, & Share



Useful fact sheets & flyers in multiple languages here

HELP PREVENT THE SPREAD OF COVID-19

**Eat healthy  
foods and drink  
plenty of fluids.**



COUNTY OF SAN DIEGO  
**HHSA**  
HEALTH AND HUMAN SERVICES AGENCY

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## FACE SHIELDS BEST PRACTICES



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### Best Practices for using Face Shields when interacting with individuals with hearing loss or disabilities

Face coverings should be worn by employees who are interacting with the public at businesses.

When interacting with a person who may need access to important facial cues, properly place the face shield on your face after washing or sanitizing your hands.

Remove your facial covering and continue to maintain physical distancing during your interaction.

After the interaction, place your facial covering back on your face.

Once you have put on your facial covering, remove the face shield and wash or sanitize your hands.



## FACE COVERING REQUIRED CUBREBOCAS REQUERIDO



**We are following County of San Diego  
public health guidelines and requiring face  
coverings at this establishment.**

**Estamos siguiendo los reglamentos de salud  
pública del Condado de San Diego y requiriendo  
cubrebocas en este establecimiento.**

For latest updates, visit:  
Para actualizaciones, visite:  
[www.coronavirus-sd.com](http://www.coronavirus-sd.com)



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## GIÚP NGĂN CHẶN SỰ LẦY LAN CỦA CHỨNG VI-RÚT CORONA MỚI (COVID-19)



COVID-19 là một  
bệnh về đường hô  
hấp do một loại vi-rút  
corona mới gây ra.

**Các triệu chứng bao gồm  
ho, sốt và khó thở.**

**Các triệu chứng gồm:**  
Sốt hoặc Ớn lạnh

Ho  
Khó Thở  
Mệt mỏi  
Đau nhức mình  
Sổ mũi  
Nghẹt mũi  
Đau đầu  
Đau họng  
Mối mất vị giác khứu giác

Xem trang [CDC.gov/coronavirus](http://CDC.gov/coronavirus)  
để có danh sách các triệu chứng.

Nếu có thắc mắc, hãy nói  
chuyện với y bác sĩ chăm  
sóc sức khỏe của quý vị  
hoặc gọi 2-1-1

Để có thông tin cập nhật mới nhất, hãy xem trang:  
[www.coronavirus-sd.com](http://www.coronavirus-sd.com)



Rửa tay hoặc sử dụng  
chất khử trùng tay  
t thường xuyên.



Tránh dùng chung đồ  
dùng cá nhân.



Tránh chạm vào mắt,  
miệng và mũi bằng tay  
không rửa sạch.



Che miệng khi ho hoặc  
hắt hơi bằng khăn giấy,  
sau đó vứt vào thùng  
rác và rửa tay.



Ở nhà và giữ khoảng  
cách với những người  
khác trong nhà nếu  
quý vị bị bệnh.



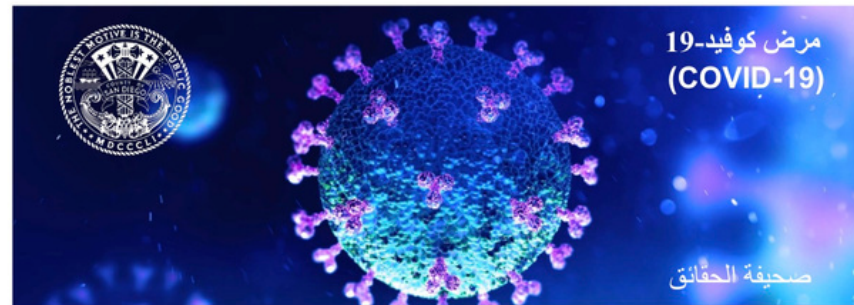
Duy trì khoảng cách ít  
nhất 6 feet giữa quý vị  
và những người khác.



Sử dụng đồ che mặt  
nếu quý vị rời khỏi nhà  
của mình.



Làm sạch và khử trùng  
các bề mặt vật dụng  
trong nhà thường xuyên.



مرض كوفيد-19  
(COVID-19)

صحيفة الحقائق

ما هو مرض فيروس كورونا 2019 (COVID-19)?

إن كوفيد-19 هو فيروس كورونا جديد لم يتم اكتشافه من قبل في البشر. فيروسات كورونا هي فئة من الفيروسات الموجودة عادة في الحيوانات، ولكن بعضها يمكن أن يتطور ويصيب البشر. يمكن أن تصيب فيروسات كورونا الأنف أو الجيوب الأنفية أو أعلى الحلق. تم تحديد هذا الفيروس المحدد من مجموعة فيروسات كورونا لأول مرة على أنه سبب تفشي أمراض الجهاز التنفسي في ووهان بالصين في ديسمبر 2019 وتم تسميته رسميًا باسم كوفيد-19 في 11 فبراير 2020 من قبل منظمة الصحة العالمية (WHO).

ما هي أعراض مرض كوفيد-19?

قد لا يعاني الأشخاص المصابون بمرض كوفيد-19 من أي أعراض أو قد تظهر عليهم أعراض خفيفة أو مرض شديد. قد تشمل أعراض مرض كوفيد-19:

- حمى أو قشعريرة
- سعال
- صعوبة في التنفس
- إسهال
- فقدان مستجد للتذوق أو الشم
- آلام في الجسم
- سيلان الأنف
- احتقان
- صداع
- التهاب الحلق

قد تظهر الأعراض بعد 2-14 يومًا من التعرض. تفصل زيارة الموقع الإلكتروني [CDC.gov/coronavirus](http://CDC.gov/coronavirus) للحصول على قائمة كاملة بالأعراض والتصل بطبيبك إذا كنت تعاني من أي أعراض.

ما هي مخاطر مرض كوفيد-19?

يستند الخطر إلى التعرض للفيروس ومجموعة متنوعة من العوامل التي قد تختلف، بما في ذلك المجتمع الذي تعيش فيه والأماكن التي قمت بزيارتها والتعاملات التي قمت بها ومجال عملك. قد تصاب أي شخص بمرض كوفيد-19. وقد تراجعت أعراض المرض في الأشخاص المصابين بالفيروس من عدم وجود أعراض إلى مرض خفيف أو مرض شديد وحدوث وفاة. تشمل المجموعات الأكثر عرضة للإصابة بأعراض شديدة لمرض كوفيد-19 في حالة الإصابة:

- الأشخاص بعمر 65 سنة فما فوق
- الأشخاص الذين يعيشون في دار للمسنين أو دار رعاية طويلة الأمد
- الأشخاص من جميع الأعمار الذين يعانون من حالات طبية مسبقة خطيرة، خاصة إذا كانت حالتهم الطبية غير مستقرة عليها بشكل جيد.



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# LIVE WELL COMMUNITY MARKET PROGRAM RESOURCES

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# Grants & Loans

## LISC Neighborhood Business Grants



Applications for the LISC Neighborhood Business Grants are now OPEN! We encourage any San Diego small businesses who have been impacted by the COVID-19 crisis to apply. [\[...\]](#)

## City Heights Business Relief Fund



The economic impact of COVID-19 has been catastrophic for small businesses. Diverse communities such as City Heights have especially been hit hard, and many small businesses owned by people of color have had challenges accessing limited Federal, State, and City relief funds [\[...\]](#)

# FINANCIAL RESOURCES

[SEE A LIST OF GRANTS & LOANS HERE](#)





# Free Online Training & 1:1 Business Advice

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[HOME](#) [ABOUT](#) [SERVICES](#) [SUCCESS STORIES](#) [LOCATIONS](#) [CONTACT](#) [COVID-19](#)

## Adapting Your Business to the New Covid-19 Environment



# BUSINESS HELP

SAN DIEGO & IMPERIAL SMALL BUSINESS  
DEVELOPMENT CENTER





**ELLE MARI**

4305 University Ave Suite 525  
San Diego, CA 92105

**EMAIL ADDRESS**

emari@ucsd.edu

**WEBSITE**

[ucsdcommunityhealth.org](https://ucsdcommunityhealth.org)



Thank you for your time!  
Be well.



Center City Market, City Heights, 2019  
UC San Diego Youth Advisory Council

**UC San Diego**  
SCHOOL OF MEDICINE

**Center for  
Community Health**