UPDATE: NOV 2022

IMPROVING FOOD ACCESS IN SAN DIEGO COUNTY

Urban Food Equity
Center for Community Health
Altman Clinical and Translational Research Institute
University of California, San Diego
Overview

- UC San Diego ACTRI CCH
- About the Team
- Food Justice & Dimensions of Food Access
- Asset-based Approach
- Nutrition Pantry Program
- San Diego Urban Growers' Collaborative
- Live Well Community Market Program
- Summary
INVEST IN OUR COMMUNITY

EVERYONE DESERVES ACCESS TO HEALTHY FOODS
We support small grocery markets, urban farms, farmers' markets, food pantries, and community members in building an inclusive, equitable, and economically thriving local food landscape.

Urban Food Equity

Foodshed Small Farm Distro at Mt Hope Community Garden Southeastern San Diego, 2021
Elle Mari
Practitioner, researcher, advocate, collaborator, lifelong learner, all things food-oriented, first generation American and college graduate, mom, and partner.

- Joined UCSD CCH in 2014
- MSc. in Food Systems & Society in Oregon
- 15 yrs food access and health equity work in California
- 17+ yrs community engagement work

"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
Community Food Project Manager

- Organizer, advocate, mother, lifetime learner
- Backyard gardener
- Climate ambassador
- Food justice leader
- 10+ yrs community engagement experience
- Life-long San Diego resident
- Joined UCSD CCH in 2020

Lakisha McZeal

"Our lives begin to end the day we become silent about things that matter." - MLK
Community Food Project Coordinator

- Organizer, researcher, lifelong learner, advocate, partner, first-generation college graduate
- UCSD MPH ’23
- Alliance Healthcare Foundation Resident Leader
- UCSD Youth Advisory Council Alumni
- 10+ years community engagement

Nghi Dang

“Be the change you want to see in the world” - Mahatma Gandhi
"Food justice is the right of communities everywhere to produce, process, distribute, access, and eat good food regardless of race, class, gender, ethnicity, ability, religion, or community. [It] Includes: freedom from exploitation; ensures the rights of workers to fair labor practices; values-based: respect, empathy, pluralism, valuing knowledge; Racial justice: dismantling of racism and white privilege; [and] gender equity."

-Institute for Agriculture and Trade Policy, 2012

UC San Diego Youth Advisory Council
Center City Market Makeover in City Heights, 2019
Dimensions of Food Access

**Availability:**
Is the food supply physically here? Is what I want on the shelf?

**Accessibility:**
Where is the food grown, sold, or provided? Can I get there? Do they deliver?

**Affordability:**
How much does the food cost? Do I have enough money?

**Accommodation:**
Are my needs met here? Can I use SNAP EBT or WIC? Can I read the signs or speak to someone in my language?

**Acceptability:**
Is this quality food? Is this relevant to my culture, diet, health, values, and preferences?
What does "asset" mean?

What are examples of food assets in your neighborhood?
• 3 urban farms
• 3 engaged and active CBOs
• 25+ small food markets
• 6+ supermarkets
• Mobile farmers' market route stop in development
• Public food hall in development
• Affordable housing with community garden
• Supportive municipal government
• Supportive coalition of partners
• Strong civic engagement and resident leadership
• Diverse and multilingual resident base

Olivewood Gardens, Donation-based Farm Stand, 2021
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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*.
Again, very important to understand the disparities in City Heights but this doesn't tell us the full story.

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Asset-based Understanding of City Heights' Food Landscape

- 82 small retailers with staple foods
- 12 yro farmers' market and 3 pop-up farm stands
- New community farm retail hub
- 3 community gardens
- 5 urban farms/market gardens
- Many restaurants offering diverse delicious cuisine
- Multiple emerging women and refugee or immigrant owned food enterprises
- Active promotora and resident groups
BUILDING ON ASSETS: COMMUNITY MARKETS

Rema Halal Foods, El Cajon, 2017
UC San Diego Youth Advisory Council
Frutería Nayarit, Barrio Logan, 2022

Featured in upcoming film, *Fighting for Food Justice: San Diego Community Heroes*

New $8,000 energy efficient produce cooler and increased produce stocking.
Fresh Garden Market & Project New Village, 2017
BUILDING ON ASSETS: FOOD PANTRIES

This work is part of Live Well San Diego: Healthy Works and is implemented by UC San Diego Altman Clinical and Translational Research Institute, Center for Community Health. Funded by USDA SNAP, an equal opportunity provider and employer. This work supports Live Well San Diego, the County’s vision for a region that is Building Better Health, Living Safely, and Thriving. For more information, visit www.LiveWellSD.org. Visit www.CalFreshHealthyLiving.org for healthy tips.
Trauma-Informed Nutrition Security

Supporting food pantry operators with practical, client-centered strategies.

Working with food distributions across San Diego County, emphasizing client dignity, trauma-informed practices, and providing clients with culturally appropriate, nourishing options.

Fresh Fruit Swap, Fair @44 in City Heights
Building on Assets: Urban Farms

Cristina Juárez García, Farmer Co-Owner
Pixca Farm
Tijuana River Valley Regional Community Garden, 2021
San Diego Urban Growers' Collaborative

- Assess Supply, Skills, Assets, Needs
- Understand Demand & Provide Technical Assistance & Training
- Collaborate & Support Aggregation & Distribution
Bridging Resource Gaps & Building Infrastructure

Invested $125,000 in Walk-in Refrigeration Equipment in San Diego County Farms & Gardens

- WD Dickinson Farm, National City
- Wild Willow Farm, Tijuana River Valley, SD
- BCDI Community Roots Farm, Oceanside
- Solidarity Farm for Foodshed Small Farm Distro, Pauma Valley
- Pixca Farm, Tijuana River Valley, SD
- Project New Village, Mt Hope, SD
- Foodshed Hub, City Heights, SD
- Grow Eco Farm, Tijuana River Valley, SD
- Ranchito Milkway, Bonita
- Second Chance Youth Garden, Encanto, SD
- Quantum Microgreens, City Heights, SD
- Papa Joe Farm, Jamul
- Fred's Urban Farm, Spring Valley

Funded by the California Department of Food and Agriculture, Office of Farm to Fork
Project New Village
Good Food District
People Produce Mobile
Farmers' Market

Making Locally Grown Good Food Available to More Low-income Households in Communities of Color.

- Advising on development and launch of new mobile FM serving Greater Southeastern San Diego neighborhoods. Opened Sept 2022!

- Planning Southeastern food aggregation site in partnership with Foodshed Small Farm Distro to supply mobile FM.

- Providing operating capacity and infrastructure (e.g. cold storage) support to build and sustain Good Food District food justice agenda.

Ms. Diane Moss, Managing Director
Project New Village. Photo Credit: PNV
Chino Family Farm → Rancho Santa Fe

Community Roots Farm →
Cardiff, Carlsbad, Encinitas/
Leucadia, Oceanside, Solana
Beach

Foodshed Small Farm Distro →
Cardiff, Carlsbad, City Heights,
Encinitas, Hillcrest, Mission Hills,
Mt Hope, Normal Heights, North
Park(...)
Starting from an **asset-based perspective** allows us the ability to **build and grow meaningful community partnerships to be in authentic service to residents, farmers, small businesses, and other stakeholders in our local food system to improve access to good food**. An **equitable and resilient community food system** is needed, deserved, and within reach.

This work contributes to addressing significant population health disparities by deeply engaging with local stakeholders in our urban food settings in San Diego County.
Thank you for your time!
Be well.