
Food Deserts and Insecurity

— SSP Chiloquin 2020 —

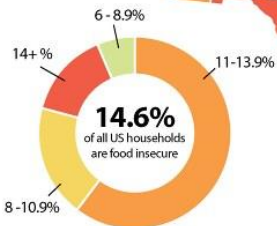
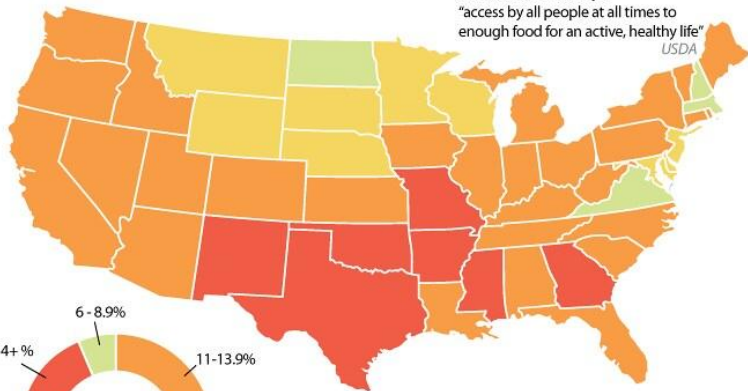
What is food insecurity?

- Lack of consistent access to enough **food** for an active, healthy life
 - Caused by lack of available financial resources for **food** at the household level.
- Substantial burden on society through increased health care and social costs.
 - People experiencing **food insecurity** often consume a nutrient-poor diet, which may contribute to the development of obesity, heart disease, hypertension, diabetes, and other chronic diseases
- Decreases the ability of countries to develop their agricultural markets and economies

Example Graphics

food insecurity in the US

what is food security?
 "access by all people at all times to enough food for an active, healthy life"
 USDA



states with the **highest rates** of food insecurity

Mississippi	17.9%
Texas	16.3%
Arkansas	15.9%

states with the **lowest rates** of food insecurity

North Dakota	6.9%
Massachusetts	8.3%
Virginia	8.6%

High Food Security

Households had no problems, or anxiety about, consistently accessing adequate food

Marginal Food Security

Households had problems or anxiety at times about accessing adequate food, but the quality, variety, and quantity of their food were not substantially reduced

Low Food Security

Households reduced the quality, variety, and desirability of their diets, but the quantity of food intake and normal eating patterns were not substantially disrupted

Very Low Food Security

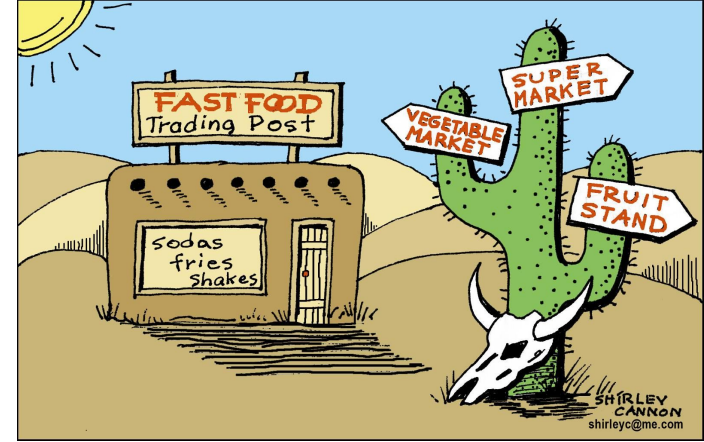
At times during the year, eating patterns of one or more household members were disrupted and food intake reduced because the household lacked money or other resources for food.

What is a food desert?

- Introduction Video

- Key Points:

- Can be rural areas or urban cities!
- Lack of access to fresh, healthy, affordable produce/other foods
- Mainly access to fast foods, frozen foods, items found in convenience stores...
- Lack of transportation and financial means leads to unhealthy food being a family's only option



How does this apply to Chiloquin?

- In Chiloquin and other surrounding towns, the Klamath, Modoc and Yahooskin Native American tribes reside
- This area used to have abundant fresh, healthy, locally available foods: salmon, deer, elk, acorns, mushrooms, and berries
- Colonization took away many of the opportunities to cultivate and collect fresh, healthy foods
- The area now has high rates of food insecurity, diabetes, obesity and depression
- Chiloquin is considered a food desert
 - Klamath Falls is about 45 minutes away, but lack of transportation prevents people from shopping there

Research from Oregon State University

- 1 Supplemental Nutrition Assistance Program (SNAP) authorized grocery store in city limits: Family Food Center
- 2 gardens:
 - 1 community-based
 - 1 at the elementary school
- Chiloquin's "Modified Retail Food Environmental Index" score is a 0.
 - This indicates a higher number of places that don't typically have healthy food and lower numbers of places that would typically have healthy food options



Possible Solutions?



- University of California, Berkeley pioneered a 5-year program from 2012-2018 for the Klamath basin to battle food insecurity!
- Program is sponsored by the U.S. Department of Agriculture and the National Institute of Food and Agriculture
- Program goal: build a sustainable regional food system in the Klamath Basin
 - Resulting in healthy communities, ecosystems, and economies among the tribes
- innovative, community-led solutions to enhance food security and food sovereignty

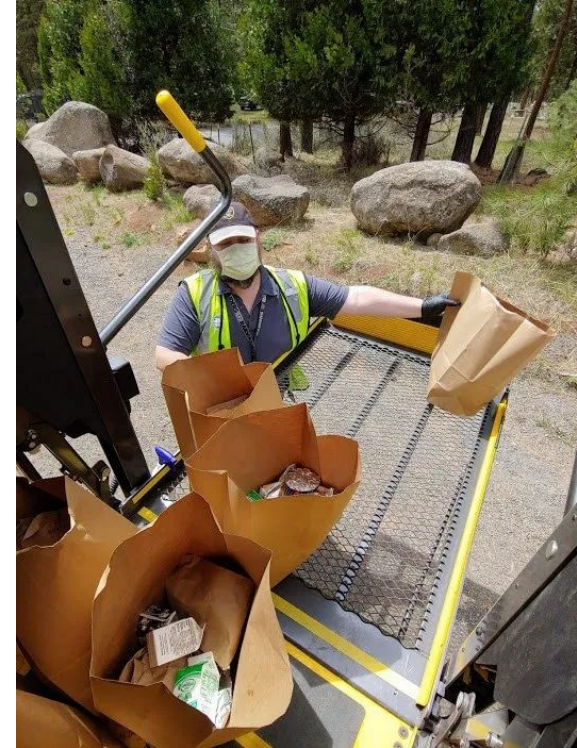
Outcomes of this Project

- 96% of participants reported increased knowledge of:
 - canning, grafting, bread baking, butchering, animal tracking, and drought strategies
 - Over 33% planned to implement what they learned
- 8 Master Gardeners were trained
- Provided jobs and training for 15 mostly Tribal staff in the region
 - Many continue to work in food-system related jobs
- Traditional land management: Tribal staff and community learned and applied traditional ecological practices



Possible Solutions?

- Klamath County School District has a very successful grab-and-go meal delivery program!
- Includes 12 meal sites in the Chiloquin area specifically
- For youth ages 1-18
- 3 free breakfasts and lunches on Tuesdays and Fridays
- Pandemic has had an impact on the local economy→ food services become more essential
- School district partners with the Klamath Hungry Child Coalition, Integral Youth Services and the Klamath-Lake Counties Food Bank



Group Discussion Time!

- 1) Have you seen any examples of food insecurity in your own community?
 - a) If so, have you seen any examples of programs assisting food insecurity in your community?
- 2) What is something new that you have learned today?
- 3) How do you think you could help and make a difference in your community regarding food insecurity?
 - a) Ex: What personal practices could you include in your daily life that help prevent food waste?

Opportunity to Serve!

- We will be writing notes/postcards to send to Chiloquin for the lunch program!
- The lunch program will give out our notes with their meals :)



Address

Chiloquin Lunch Program

140 S. 1st Ave.

Chiloquin, OR 97624

Thank you!

- Any questions?
 - Disclaimer: We may not have all the answers! Because none of us live in Chiloquin and are not members of the Klamath tribes, we strive to present valuable information to you all while maintaining that we are not speaking **for** the tribe in any way.
- Sources!
 - “Klamath County School District Grab and Go Meals Continue throughout Summer.” *Klamath Alerts*, 13 June 2020, klamathalerts.com/2020/06/13/klamath-county-school-district-grab-and-go-meals-continue-throughout-summer/.
 - “ENHANCING TRIBAL HEALTH AND FOOD SECURITY IN THE KLAMATH BASIN OF OREGON AND CALIFORNIA BY BUILDING A SUSTAINABLE REGIONAL FOOD SYSTEM.” *United States Department of Agriculture*, portal.nifa.usda.gov/web/crisprojectpages/0230374-enhancing-tribal-health-and-food-security-in-the-klamath-basin-of-oregon-and-california-by-building-a-sustainable-regional-food-system.html.