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Food for All in Clackamas County

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FULL HARVEST
· COMMUNITY PLANNING ·

FOOD FOR ALL

IN
CLACKAMAS COUNTY

FINAL REPORT

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Cover image credit: Water color illustration of a thriving farm. Wilson, Nick (n.d.) accessed May 15, 2023. https://ucscsciencenotes.com/feature/from-barren-plot-to-thriving-garden/

ACKNOWLEDGEMENTS

Thank You to Our Partners

Oregon State University Extension Service

CLACKAMAS COUNTY

Portland State UNIVERSITY

antfarm

EXECUTIVE SUMMARY

This project reflects a partnership between Portland State University's (PSU) Master in Urban Planning (MURP) program, Oregon State University (OSU) Extension Service, Clackamas County Public Health Division, and AntFarm. The overarching goal of this project was to address the Blueprint for a Healthy Clackamas County goal that all residents have access to affordable, culturally relevant healthy food. The Blueprint is a guiding document created by the Clackamas County Public Health Division with the intent of bringing community partners together to develop and work towards community health goals with an equity focus. The PSU team, Full Harvest Consulting (FHC), updated demographic, community characteristic, and health data from the past Blueprint and visualized the information through maps. FHC examined the underlying data methodology of the Blueprint, reviewed applicable literature, and refreshed the county data with a special lens on food security and food systems.

Clackamas County is socially and economically diverse across the urban and rural span of the county. The Blueprint divides the county into Health Equity Zones (HEZs) to better assess local community characteristics and needs. The Health Equity Zones follow school district boundaries. There are 10 total HEZs within Clackamas County; Canby, Colton, Estacada, Gladstone, Lake Oswego, Molalla River, North Clackamas, Oregon City, Oregon Trail, and West Linn-Wilsonville. The HEZ boundaries follow more social perceptions of community boundaries and are generally centered around the largest town in the area. This makes them useful from a community engagement perspective.

Executive Summary Cont.

However, because HEZs do not follow census tracts or zip code boundaries, data analysis at a local level is challenging. FHC recommends reconsidering HEZ boundaries or potentially redrawing them. Another key finding through the data analysis was that making county-wide generalizations resulted in the loss of more local stories and stories of sub populations. It also became clear that there is a need to develop rural frameworks for assessing community food needs as the urban frameworks are not as applicable and relevant. For instance, urban metrics often use time and distance to food resources to assess food access though rural communities like Molalla are car dependent so that context needs to be taken into consideration.

FHC first held a county-wide roundtable to convene food system leaders to focus on and discuss the goal of increasing access to healthy, culturally relevant food. This served as one of the first re-engagement efforts post pandemic around the Blueprint and helped identify community partners to conduct further local engagement with. The rural HEZ, Molalla River, was selected and piloted by FHC and OSU Extension Service because of its relatively high food insecurity and rural nature. There was the added bonus of partnering with AntFarm, a local nonprofit that serves youth and families through education, employment services, and social service support. They recently opened a new location in the Molalla Community and are working to establish themselves and identify community needs.

FHC, OSU Extension, and AntFarm hosted a Food System Visioning Workshop in Molalla featuring an open house style format with four activity stations. Over 35 community members primarily from the Latinx Community participated. The event was intended to better understand people's food stories along with identifying local challenges, opportunities, and strengths within the food system. Key themes that emerged were that healthy, culturally relevant food access is a priority, transportation is a key consideration for obtaining food, and the local food pantries need more support to offer more accessible services. As part of this work, it was helpful to compare official agency definitions and collect community definitions around key terms like "culture", "culturally relevant food", and "healthy food". The results showed rich, personal definitions that were not fully captured with more formal definitions.

Executive Summary Cont.

Many possible community solutions emerged from both events. The top five recommendations according to our evaluation framework are as follows :

- Establish a culturally specific food bank for the Latinx Community in Molalla
- Support carpooling or shuttles to food resources
- Convene a Latinx Saturday Market
- Further support school gardens with a special focus on culturally relevant foods
- Support immigrant communities in accessing their own garden and farm spaces

The implementation of recommendations was not covered in the FHC project, but that is where real community change can happen. This Molalla HEZ pilot effort served as a case study and further affirmed the need to center community voices and equity in the local food assessment and in developing community recommendations. FHC chose to create and pilot a community voices toolkit to obtain more nuanced, local data within each HEZ. This is intended to support engagement efforts and in understanding the local food story. OSU Extension Service intends to continue these efforts with community partners using the Community Voices Food Accessibility Toolkit within each of the remaining HEZs allowing the county to advance its Blueprint goal of improving access and availability of healthy, culturally relevant food for all.

A NOTE FROM OUR TEAM:
THIS REPORT IS LIVING DOCUMENT

This report is intended to be a living document that will be updated and revised periodically. OSU Extension Service will continue to lead these efforts to help bring in more data and community voices for the next Blueprint update and to carry out the Blueprint goals.

We also recognize that we are students and learners. Any and all mistakes and errors within this report are wholly ours, Full Harvest Consulting, and not our partners'.

MEET FULL HARVEST CONSULTING

JEAN DAHLQUIST, KATIE STRINGER, ALEXANDER SCOTT MORGAN, MARWA ZIDI, AND KIM HACK-DAVIDSON

GUIDING WITH EQUITY

Guiding Question for the Project

How can Clackamas County support thriving local foodsheds through full access to healthy, culturally preferred food for all community members, especially those who are most vulnerable?

Equity Statement

In alignment with the Blueprint, this project centers on efforts to increase equitable access to food that is culturally relevant. We recognize that there are disparate barriers and benefits related to identities and intersectionalities that have led to differing levels of privilege and life outcomes. Socioeconomic factors such as race, ethnicity, income level, age, housing status, and dis/ability have implications for health, educational opportunities, job prospects, intergenerational wealth, and overall quality of life.

This project seeks to address some of these systemic inequities by focusing on the most vulnerable populations within foodshed planning, Through our mapping efforts, we will examine distributional equity for these kinds of emergency food services and elevate those voices so their story is told directly and those ideas become part of our overall recommendations.

PROJECT BACKGROUND

OSU Extension Service and Clackamas County Public Health Division brought on the student team to help address the goal that all Clackamas County residents have access to affordable, culturally relevant healthy food. This goal comes from the Blueprint for a Healthy Clackamas County, a guiding document that brings together community partners to improve health outcomes in the county.

The pandemic impacted the community tremendously in terms of health outcomes and in social isolation and community disconnection. The community engagement efforts around the Blueprint were paused and this project was undertaken to help rebuild those connections. The county is the third largest by population in the state and spans urban to rural. The county uses health equity zones (HEZs) to better understand local community characteristics and needs. The Blueprint relies on community engagement to better understand these local issues related to health disparities and quality of life.

This project piloted local assessment and re-engagement efforts in the Molalla River HEZ. Oregon State University Extension Service, advised piloting this local data assessment and community engagement in Molalla, because of the higher levels of food insecurity and the rural nature of the HEZ. A toolkit was developed to replicate these community engagements for the remaining nine HEZs.

See the Community Voices Accessibility Toolkit in Appendix B

The Blueprint for a Healthy Clackamas County

Overview

The Blueprint for a Healthy Clackamas County (BHCC) is a guiding document created by the Clackamas County Health Public Division to help identify health goals, develop & report health metrics, bring organizations together around meeting health goals, and provide grant opportunities for relevant projects.. The BHCC serves as the county's Community Health Investment Plan (CHIP). It was first created in 2017 and last updated in 2020.

The county identified Health Equity Zones (HEZ) that align with the school district boundaries to help with more localized assessment and community engagement. There are 10 HEZs that span urban and rural communities.

Health Equity Zones

Canby
Colton
Estacada
Gladstone
Lake Oswego
Molalla River
North Clackamas
Oregon City
Oregon Trail
West Linn-Wilsonville

The BHCC is made up of five core sections:
- Access to Health Care & Human Services
- Culture of Health
- Healthy Behaviors
- COVID-19 Recovery & Resilience
- Systemic Racism & Racial Health Equity

The Culture of Health section has two goals, we focused on Goal 2:

1. All Clackamas County residents have affordable, stable, safe and accessible housing.

2. **All Clackamas County residents have access to affordable culturally acceptable healthy food.**

GOALS & TIMELINE

GOALS

- Address the Blueprint for a Healthy Clackamas County Culture of Health Goal 2, that all Clackamas County residents have access to affordable, culturally relevant healthy food
- Conduct data analysis on community demographics, community characteristics, and food security
- Support community re-engagement efforts post pandemic by hosting engagement events with food system stakeholders to share strengths, challenges, and opportunities
- Define key cultural terms- "culture", "culturally relevant food", and "healthy food" using a cultural lens and community help
- Summarize the data, identify gaps, and make recommendations
- Develop a toolkit focused on local communities to address food availability, access, and cultural relevance

PROJECT TIMELINE

Jan 2023
Project Initiation

Mar 2023
Data Update

May 2023
Molalla Engagement

Feb 2023
Existing Conditions

Apr 2023
Stakeholder Engagement

Jun 2023
Final Report & Toolkit
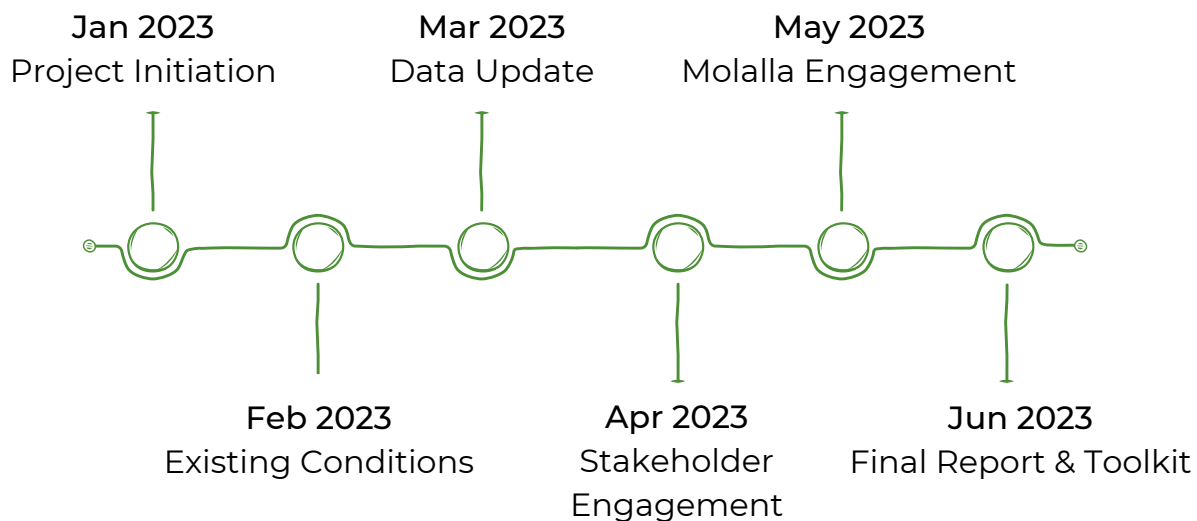
PREVIOUS LITERATURE AND PROJECT CONTEXT

Additional studies have been done within Clackamas County that address other areas of the food system, such as food production and distribution, an analysis of local food policy, and the effectiveness of local infrastructure for delivering food assistance programs. A prime example of these previous studies includes the Community Food Assessment for Clackamas County 2015, which contains extensive qualitative and quantitative data regarding food production and distribution within the county. These resources should be reviewed concurrently with this final report.
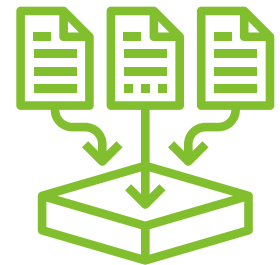
Food security studies are typically oriented to urban environments Such an environment revolves around food resources being no more than a quarter of a mile, or a 5 minute walk, from residents at risk and assume proximity is a good indicator of communities faring better. Given the economics of density, this is unfeasible in many HEZs within Clackamas County. The Rural Community Food and Physical Activity Environment Audit in Molalla (Molalla Audit) was conducted by Oregon State University between the years of 2013-2016. Using the standard quarter mile definition, the audit, using urban metrics, declared that less than 50% of Molalla residents have easy access to the most healthy food options.

The assessment of food access in Molalla fails to consider the rural context, where most residents own cars and may not shop at the nearest store. Studies show shoppers bypass the closest stores and shop at their preferred stores or those near their workplace. It's unclear if residents purchase their food locally or from other communities without community engagement events to gather data.

FOUNDATIONAL DOCUMENTS

Foundational documents that helped inform this project are shared here for quick reference.

Document	Lead Organization	Year	Description
Blueprint for a Healthy Clackamas County 2020-2023 Update	Clackamas County Health Public Division	2020	Identifies health goals, develops & reports health metrics for Clackamas County
The Prevention Research Center for Healthy Neighborhoods Freshlink Toolkit: Measuring Social Networks in Food Habits Data Collection Toolkit	Case Western Reserve University	2018	Toolkit details how to conduct a social network-based health intervention.
Community Health Assessment	Healthy Columbia Willamette Collaborative	2017	Relied heavily on community input to collect data and suggest strategies. for health equity
Molalla Audit	OSU Extension	2016	Participatory survey of all of the food and physical activity resources in Molalla
Community Food Assessment for Clackamas County	Oregon Food Bank	2015	Community-based data gathering process that assesses food needs and provides recommendations
Molalla Comprehensive Plan	City of Molalla	2014	Shares similar goals as Clackamas County Comprehenive Plan
The Community Food Security Assessment Toolkit published by the Food Assistance and Nutrition Research Program	Case Western Reserve University	2002	Toolkit of measurement tools for assessing various aspects of community food security
Clackamas County Comprehensive Plan	Clackamas County	2001	Guiding document for priorities, land use and zoning, outlines processes and community engagement

CLACKAMAS COUNTY DATA UPDATE

Figure 1: Farmer swathing wheat hay in Madras, OR. Oregon Farm Bureau (accessed 9 Apr 2023), https://oregonfb.org/agweek/

To create a roadmap for the future, we must first understand where we've been and where we are. Knowing the history and demographic makeup will help us best engage the community to develop recommendations to support thriving food systems.

This section will:

- Provide a high-level summary of key data findings
- Connect the historical background of Clackamas County within key documents
- Outline challenges and opportunities discovered in the Blueprint Data Update for Clackamas County
- Recommend potential data methodology improvements for future Blueprint updates

CLACKAMAS COUNTY OVERVIEW
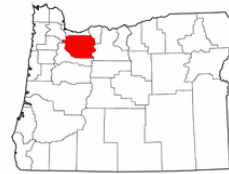
Clackamas County is abundant with natural resources featuring rich soils, forests, and riverways. The First People knew this well, and situated themselves along the Willamette and Clackamas Rivers to make use of the abundant fisheries and corridors for easy travel in the upland valleys and western slopes of the Cascade Mountains. For the most part, these First Peoples have been displaced and the current residents monetize this natural bounty through timber production, tourism, and agriculture. Timber and agriculture have traditionally been the backbone of the Clackamas County economy. A sizeable amount of agriculture land is used as Christmas tree farms. Despite recent employment shifts with county residents commuting to Salem and Portland, these industries still provide Clackamas County with employment today. Within the most recent Clackamas County Comprehensive Plan, increasing and bolstering food processing facilities is identified as one of the possible ways to increase county prosperity.

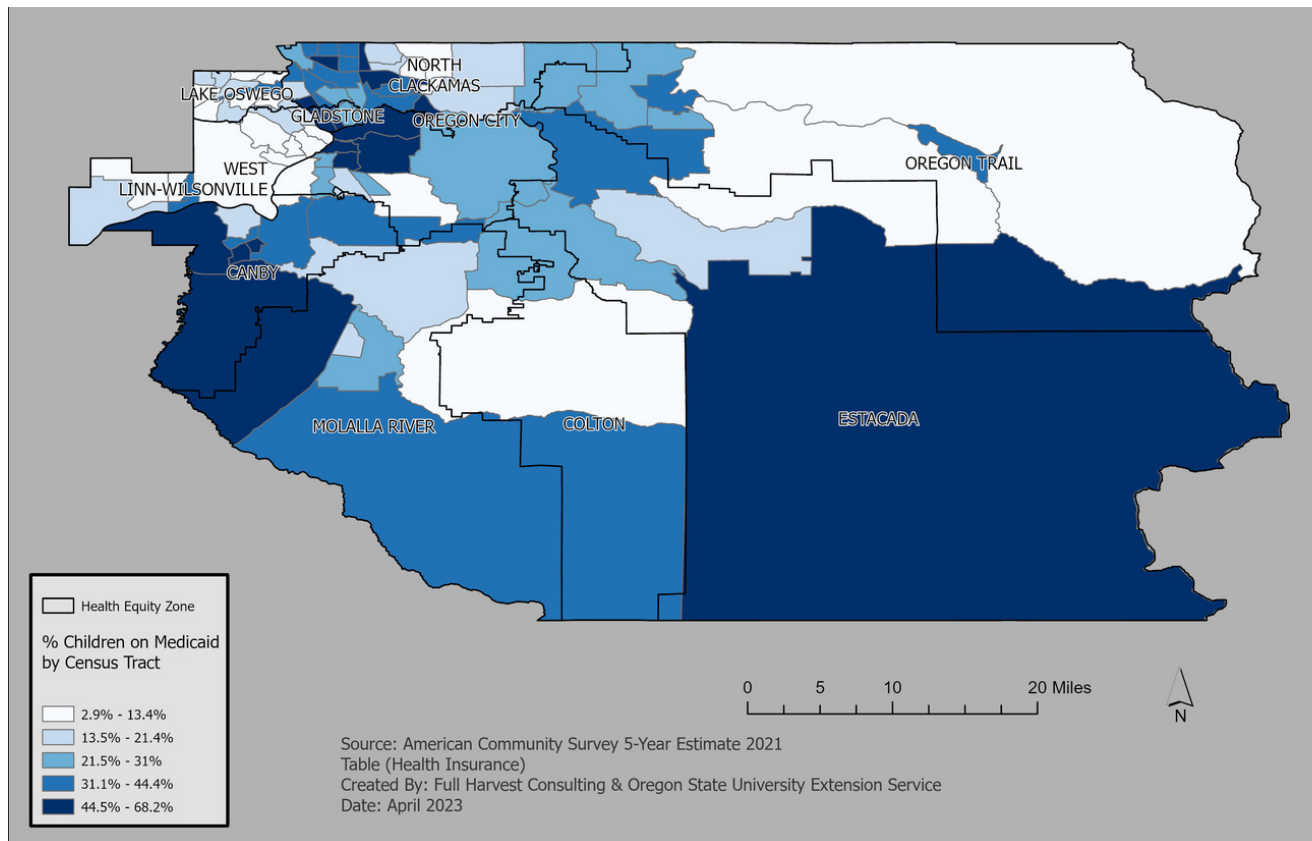## PERCENT CHILDREN ON MEDICAID 2021 BY CENSUS TRACT & HEZ

Figure 2: Percent of Children on Medicaid by Census Tract. 2021 American Community Survey 5-Year estimate (based on data from U.S. Census Bureau, accessed 12 Mar 2023).

The Blueprint for a Healthy Clackamas County (BHCC) was completed in 2017 and is scheduled for periodic updates. Instead of examining data on a county wide scale, the Clackamas County Public Health Division uses Health Equity Zones (HEZs) based on school district boundaries to discover local trends within the data (Figure 1). Pertinent data is readily available by census tract not school district boundary resulting in data challenges and potential limitations. Also, the vast majority of recommendations provided were county-wide, as opposed to HEZ specific. As mentioned before, this weighs findings towards population centers, and the result was that the Blueprint centered on telling the story of the predominantly white, wealthy population. The BHCC discussed the current struggles with affordable housing shortages.

CLACKAMAS OR: HEALTH EQUITY ZONES
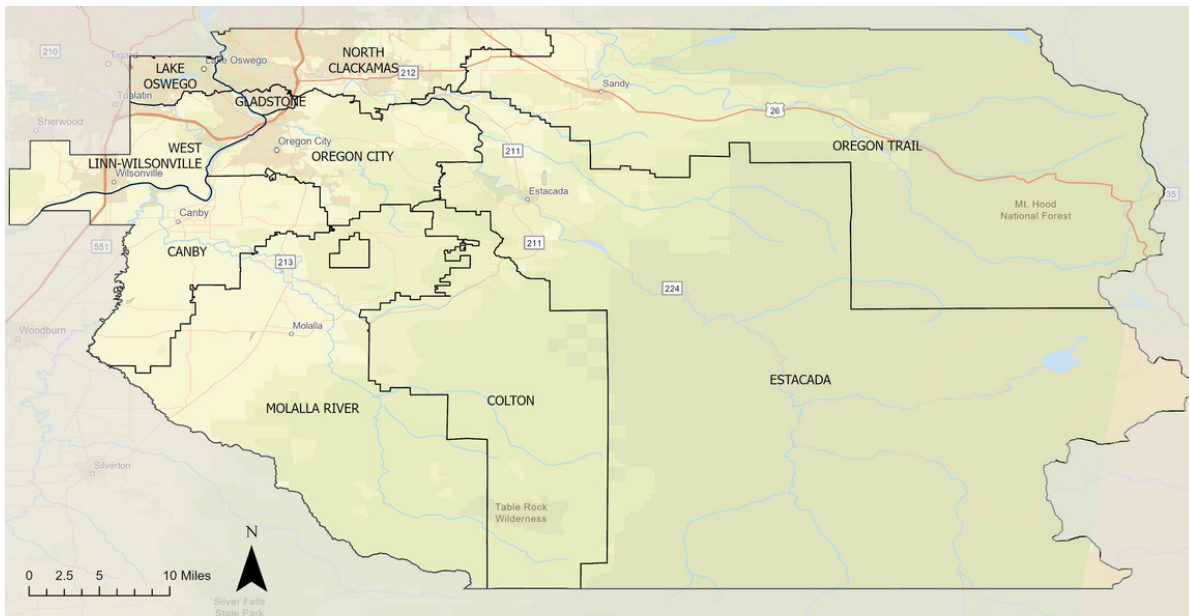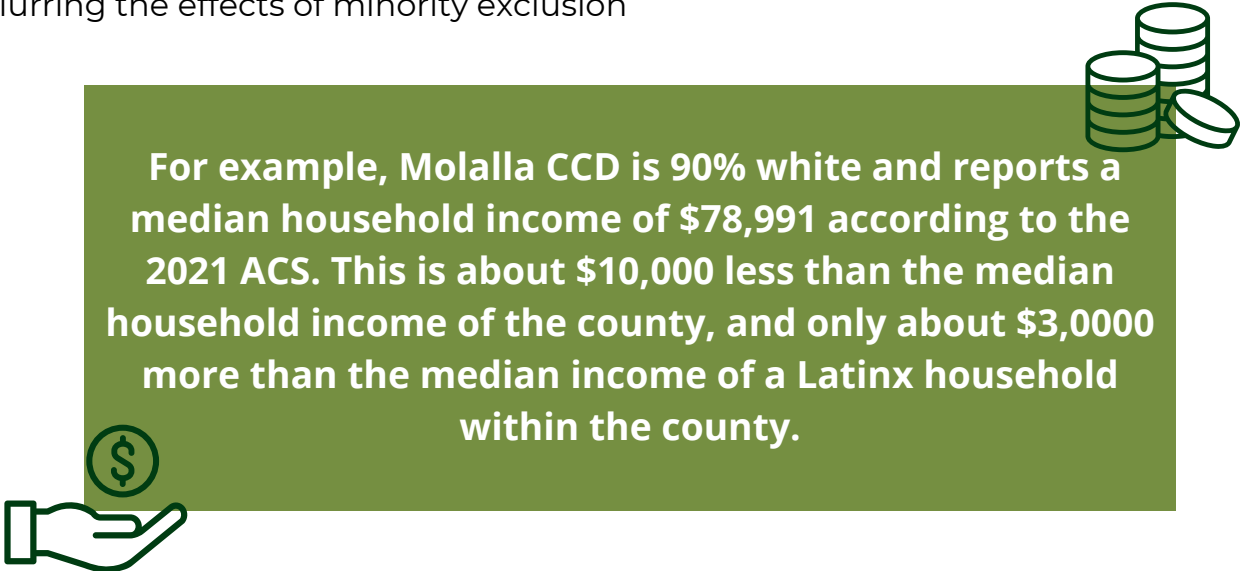
Figure 3: Clackamas County divided by HEZ. 2021 U.S. Census TIGER Shape Files accessed 11 Mar 2023).

Clackamas County is unique, with the urban rural contrast taking front and center. Data metrics align Clackamas County comparably with its sister counties of Washington and Multnomah, except in its large rural population (18.1%). Being a rural outlier affects the entire data set, making Clackamas appear to do less well when viewed through urban centric metrics, such as walkability, traffic volume, and availability of public transit. Density of resources per area is another urban centric metric, as resources are often allocated per population and not per square footage. A reduced density of resources within a rural area does not necessarily imply a lack of accessibility as it would more so in an urban context.

When it is considered that a population is divided on rural versus urban bounds, then certain delineations in the larger data sets begin to make sense. For example, median income does not follow the typical racial divide as one would expect nationally. Certain minorities within Clackamas County, such as Asians and Native Hawaiians, have a higher median income than the typical white household. The divide between white median income and Black/Latino, while present, is far less than the nation as a whole. On the surface, one could conclude that Clackamas is more equitable compared to national levels. This is a oversimplifying matters. Another, more likely possibility is that the urban centers are more racially diverse than the rural portions of the county and have higher wages. The lower paid, predominantly white areas such as the Census County Division (CCD) of Molalla, show that the rural urban divide is a key player here, blurring the effects of minority exclusion

For example, Molalla CCD is 90% white and reports a median household income of $78,991 according to the 2021 ACS. This is about $10,000 less than the median household income of the county, and only about $3,0000 more than the median income of a Latinx household within the county.

In summary, the data story highlights the shortcomings of quantitative data. While key findings of the data update, along with opportunities and threats, are tabulated below, there is even more to the story. For the urban areas of Clackamas County, census tract data should be utilized to further understand the hidden urban issues within the county. However, for the rural areas, the county should turn towards its most valuable resource: its people. Until more rural specific data sets are obtained, qualitative data, rural communities' expressed views and experiences and voices, need to be analyzed and heard to truly understand how Clackamas County can have the most prosperous, and equitable, future.

KEY FINDINGS FROM DATA UPDATE

Demographics

As a whole, Clackamas County is wealthier and whiter than both the state and the nation. This may be caused by the slightly higher median age in Clackamas, as workers within the 40-60 year age bracket are in the prime earning years of their careers.

The median income is growing, as between the years of 2010 and 2020, the median household income increased from $62,007 to $82,911, a growth rate of 34%. This is far greater than the national inflation rate of 19% during this time period.

Clackamas County has a much higher percentage of individuals identifying as two or more races and a higher population of European and Asian immigrants when compared to both the state and nationally.

A standout statistic within the county is the fertility rate. On average, the rate of women giving birth within the county is about 20% higher than the rate in Oregon. Additionally, these women fall predominantly into two age brackets: 20-24 years and 35-39 years. This raises the concern of a potentially high number of larger, young families, who are at higher risk of insecurity and poverty when compared to older, smaller families.

Housing

The percentage of owner occupied housing units valued at below 400K (10%) is vastly less than both the state and the nation. Populations who need to obtain housing below this threshold are vulnerable to displacement and gentrification.

Growing home prices yield housing insecurity, but only in certain urban census tracts. While housing insecurity exists in rural areas, it is unlikely to be the dominant stressor for a lower income family. Most of the persons experiencing homelessness in Clackamas are sheltered (55%), but relatively few have access to transitional housing (5%).

Transportation

Clackamas County is a car dependent county, with the vast majority of workers commuting alone via car. 26% of Clackamas County workers reported working from home, which is more than both Oregon and the nation as a whole.

Families without a car are predictably clustered in urban areas with some exceptions. Further investigation by census tract, especially in more rural census tracts, should be undertaken to determine whether this is a positive factor, more biking for example, or a negative factor, high number of families who need a car but do not have access to one.

Food Insecurity

Food insecurity has decreased for both children and adults since 2017. When looking at the overlay of food insecurity and household expenditure, the areas most likely to be food insecure include some specific urban census tracts as well as exurb tracts within the center of the county.

Black and Latinx community members in Clackamas County faced food insecurity at 3-4 times the amount as their white counterparts in 2020.

Health Outcomes and Risk Factors

Minority groups have similar or even higher life expectancies within Clackamas County when compared to white people. Child mortality rates were almost identical between white people and Latinx people. Data sets for other demographics were too small to be analyzed.

A possible gap in this analysis is that the population of Native Americans was too small to be obtained in many data sets. A data set that was obtainable was the 5 year ACS for 2021, which showcases that Native Americans face a much higher level of poverty in Clackamas County than their counterparts.

Health Outcomes, cont.

While rated superior or equal to the other tri-counties in many cumulative measures of health, Clackamas County ranks poorly in regards to the physical environment. This metric is composed of housing and transit data, including traffic volume, homeownership, severe housing cost burden, and broadband access.

It should be noted that though Clackamas County fares well in comparison to its peers, certain health factors such as morbidity have shown an increase. This increase correlates directly with the advent of COVID. Causation does not equal correlation, however statistics such as this may illustrate that community may be struggling to return better health habits or are still experiencing pandemic health impacts.

COUNTY DATA ANALYSIS RECOMMENDATIONS

Develop rural framework for analyzing food security

There is a need to develop a rural framework and analysis for assessing food security. Using food security definitions and assessments with urban models and metrics do not take into account rural characteristics, considerations, and needs.

Adjust HEZ boundaries to align with census tracts

There are challenges to conducting data analysis with the current HEZ boundaries which follow the school district boundaries. The general character and intention of the current HEZ can mostly be kept by realigning boundaries with census tract. This will allow for greater ease and level of data analysis.

Adjust HEZ boundaries to align with zip codes

The last Blueprint update contained thorough county-wide data, but limited HEZ specific data. Alternative to census tracts, we recommend aligning the HEZ boundaries to zip codes so the areas can be analyzed using ZIP Code Tabulation Areas (ZCTAs). This could provide for a more thorough local analysis with census and American Community Survey data.

HEZ PILOT: MOLALLA CASE STUDY
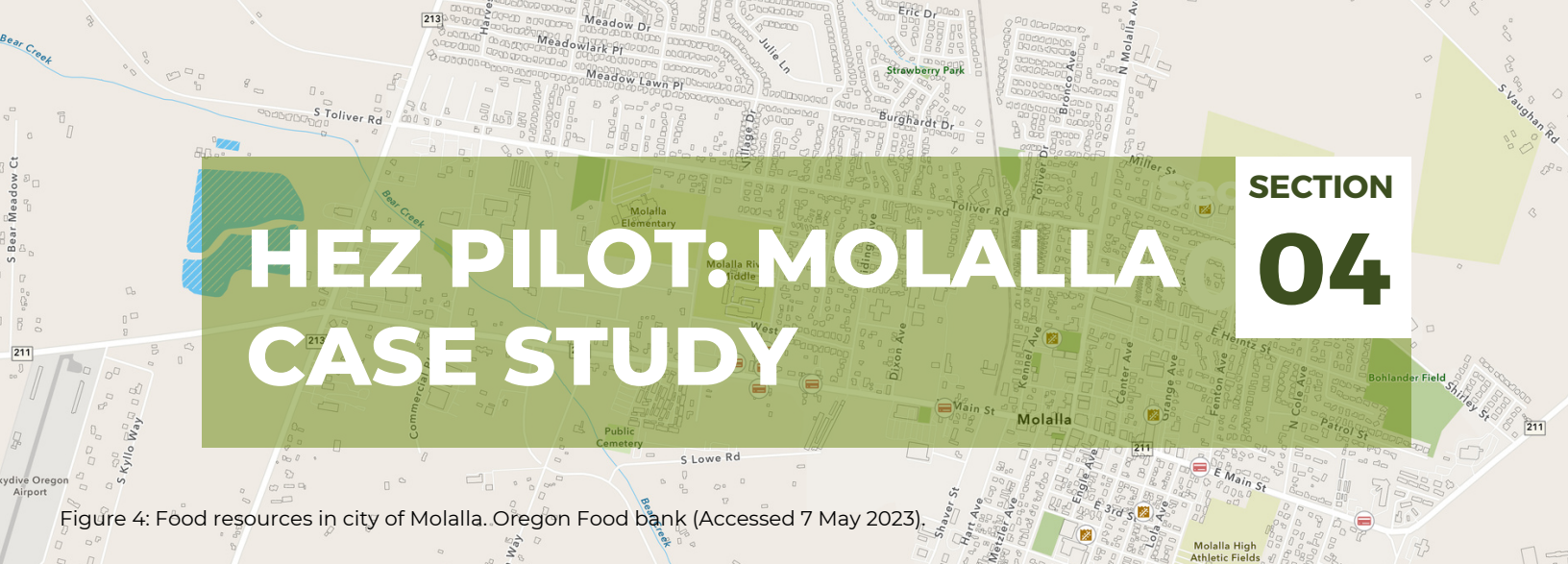
Figure 4: Food resources in city of Molalla. Oregon Food bank (Accessed 7 May 2023).

The HEZ of Molalla River was selected to pilot local data analysis and community engagement efforts in the city of Molalla by OSU Extension Service and FHC because of the higher levels of food insecurity in the community.

There was the added opportunity to partner with AntFarm, a local nonprofit that empowers youth and families, who recently opened a new office in Molalla.

AntFarm is currently developing relationships with the local community, especially the Latinx Community and is working to offer more social services, including helping to meet families' food needs.

CASE STUDY
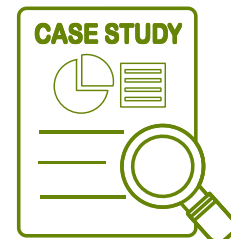
KEY DATA FINDINGS

7% LatinX Population   **13%** Seniors in Poverty

- **Population concentrated in Molalla**
- **Car-dependent and considered "super commuters"**
- **Safeway, Real Deal Grocery, and recently opened Grocery Outlet**

MOLALLA OVERVIEW

While the Molalla Census County Division is small (population of 14,423) and less diverse than Clackamas County as a whole, it possesses a vibrant Latinx culture that represents approximately 7% of the total population. Additionally, many members of this community are immigrants. 60% of the foreign born population of Molalla was born in Latin America, which is twice the rate of Clackamas County and 1.4 times that of Oregon. This culture faces many hurdles when it comes to accessing affordable, healthy, and culturally appropriate foods. Because of the vulnerability of this population, the FHC team leaned into targeting this population for community outreach.

Other vulnerable populations include younger mothers, between the ages of 20-24. These young mothers represent about 10% of the population, which is about double the rate which is about double the rate of both Clackamas and Oregon. Additionally, 13% of seniors in the Molalla CDC are experiencing poverty, which is about 1.5 times the rate within both Clackamas and Oregon. Geographically, the area immediately around the City of Molalla has some of the lowest incomes, most housing insecurity, and the longest commute times out of the entire HEZ. More outreach to these demographics and populations in the future should be conducted to better service the whole of the Molalla community.

Figure 5: Produce stand at Oregon City farmers market. OSU Extension (Accessed 10 Jun 2023).https://blogs.oregonstate.edu/extendingtheharvest/tag/farmers-market-fund/

MOLALLA EXISTING CONDITIONS ABBREVIATED

Demographics at a glance

The population of the Molalla HEZ is heavily concentrated within the city of Molalla and the area surrounding it. As compared to both Clackamas County and the nation as a whole, the Molalla Census County Division (Molalla CCD) is both whiter and younger. Molalla is overall poorer than Clackamas County and Oregon, but mainly due to the lack of wealthier individuals as opposed to the inclusion of individuals on the lower end of the economic spectrum. Only 4% of Molalla CDC residents make over $200k annually, which is one third of the rate in Clackamas County, and about half the rate of Oregon.13% of seniors in the Molalla CDC are experiencing poverty, which is about 1.5 times the rate within both Clackamas and Oregon. The lower income areas of the HEZ are in the area immediately around the city of Molalla, and the North Eastern most part of the HEZ.

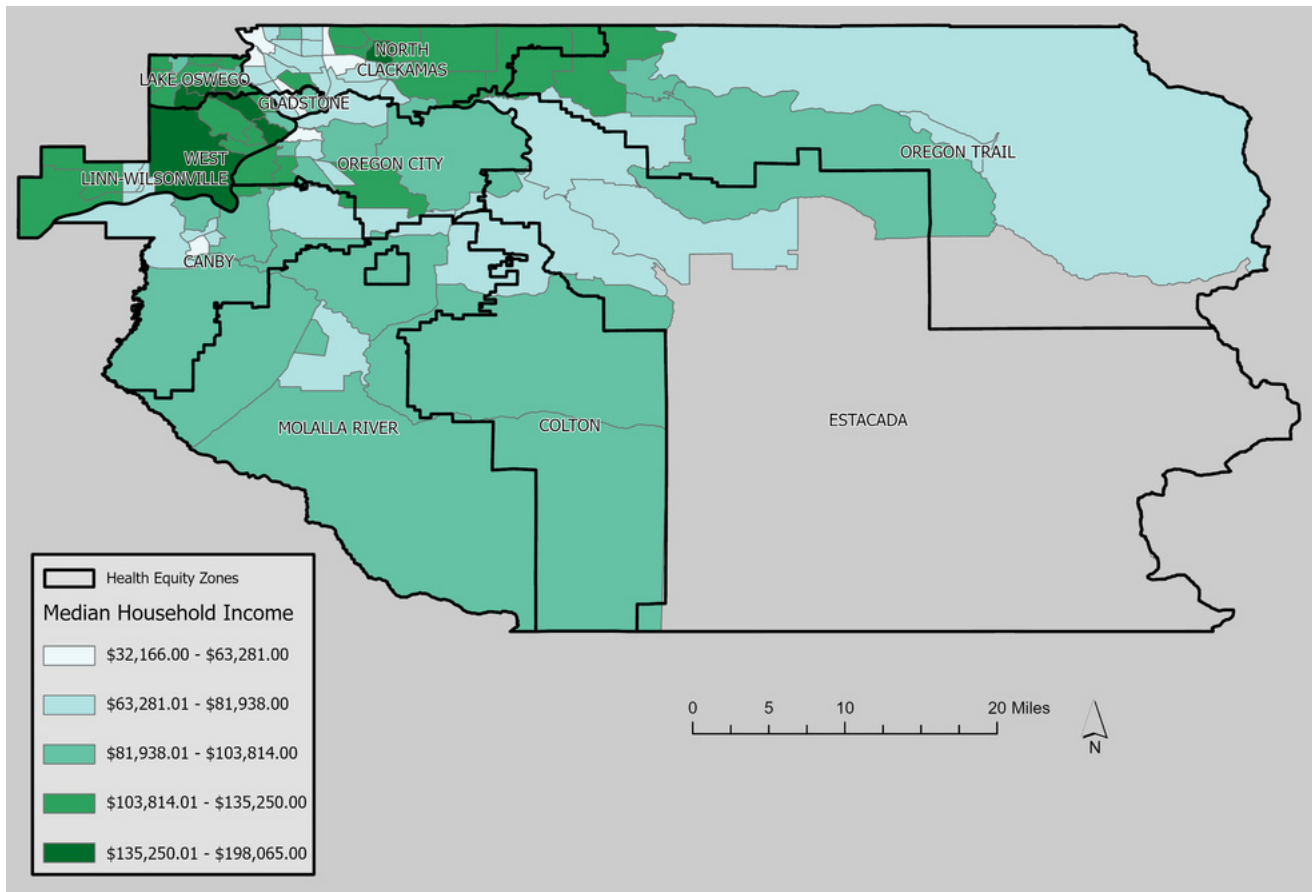## MEDIAN HOUSEHOLD INCOME 2021 BY CENSUS TRACT AND HEZ

Figure 6: Clackamas County Median Household Income by Census Tract and HEZ. 2021 U.S Census American Community Survey 5-Year Estimates (Accessed 12 Mar 2023).

While the Spanish speaking and Latinx population is relatively small, it is highly represented within the 4% foreign born population of Molalla. 60% of the foreign born population within the Molalla CCD was born in Latin America, which is twice the rate of Clackamas County and 1.4 times that of Oregon. White households make a median income almost twice that of Latinx Households. Younger mothers between the ages of 20-24 represent about 10%, and this is about double the rate of both Clackamas and Oregon. The population of the Molalla CCD has obtained lower levels of education compared to Clackamas County as a whole, with fewer residents possessing either a Bachelor's or a Postgraduate degree. Only 418 persons both work and live within Molalla City. About 3,500 persons commute out of Molalla to their jobs, while nearly 1,700 commute into the City from outlying area. The average travel time from home to work is 33 minutes.

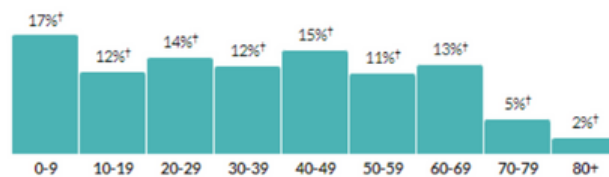## *Community Characteristics at a Glance*
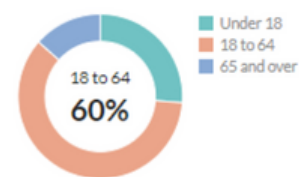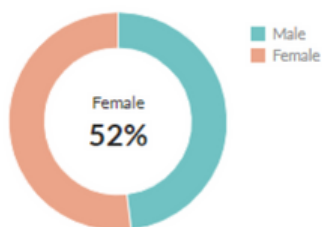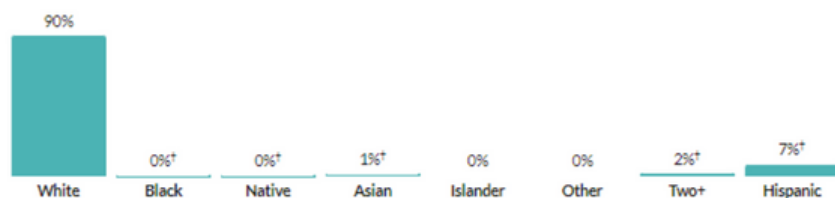
Figure 7: Molalla Demographics. U.S. Census Bureau; American Community Survey, 2021 American Community Survey 1-Year Estimates. Prepared by Census Reporter (accessed 15 Mar 2023).

Molalla Food System at a Glance

The population is highly concentrated within the city center (96%). The population outside this cluster is sparse. There are currently six food pantries or free meals sites in Molalla located at Bethel Congregational Church, Molalla Adult Community Center, Saint James Catholic Church, Foothills Community Church, Molalla Service Center, and Molalla Christian Church. Molalla has also gained a seasonal farmer's market where WIC benefits are accepted. Molalla has 11 fast-food restaurants. The census tract containing Molalla city is rated as higher in food insecure relative to other census tracts with a ranking of 4 out of 5, with five being the highest level of food insecurity. When considering the number of food resources within the Molalla city area as well as the predominance of car transportation, the food insecurity rating hints at inefficiencies in connecting resources with those in need as opposed to a lack of accessibility within the immediate area. The rural areas around the city itself particularly face accessibility issues.

Food Insecurity By Census Tract
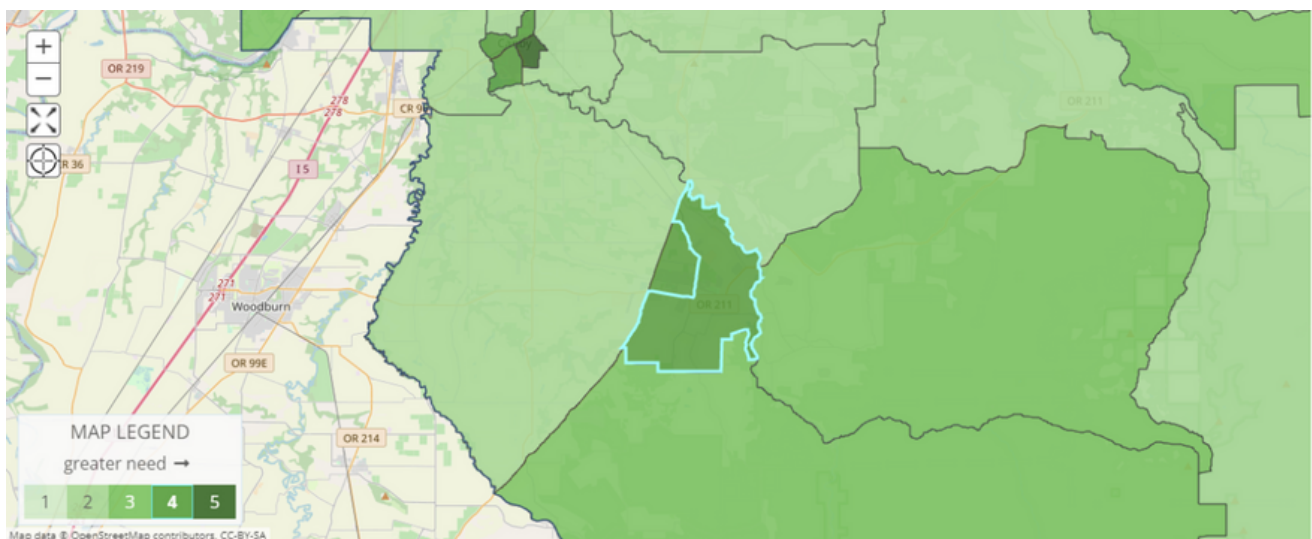
Figure 8: Molalla Food Insecurity by Census Tract. U.S. Census Bureau; American Community Survey, 2021 American Community Survey 1-Year Estimates. Prepared by Census Reporter (accessed 15 Mar 2023).

While data regarding food insecurity at this level of granularity is difficult to obtain, a food and physical activity environmental assessment (audit) was completed by GROW HKC of the Molalla area between the years of 2013 and 2016. A summary of this audit is below, and represents the most up to date data available on this subject. The FHC team was able to perform basic mapping of food resources and farmer's markets, and corroborates that most of the food resources within the community are located within the population center of the city of Molalla.

CLACKAMAS FOOD PANTRY LOCATIONS BY HEALTH EQUITY ZONES
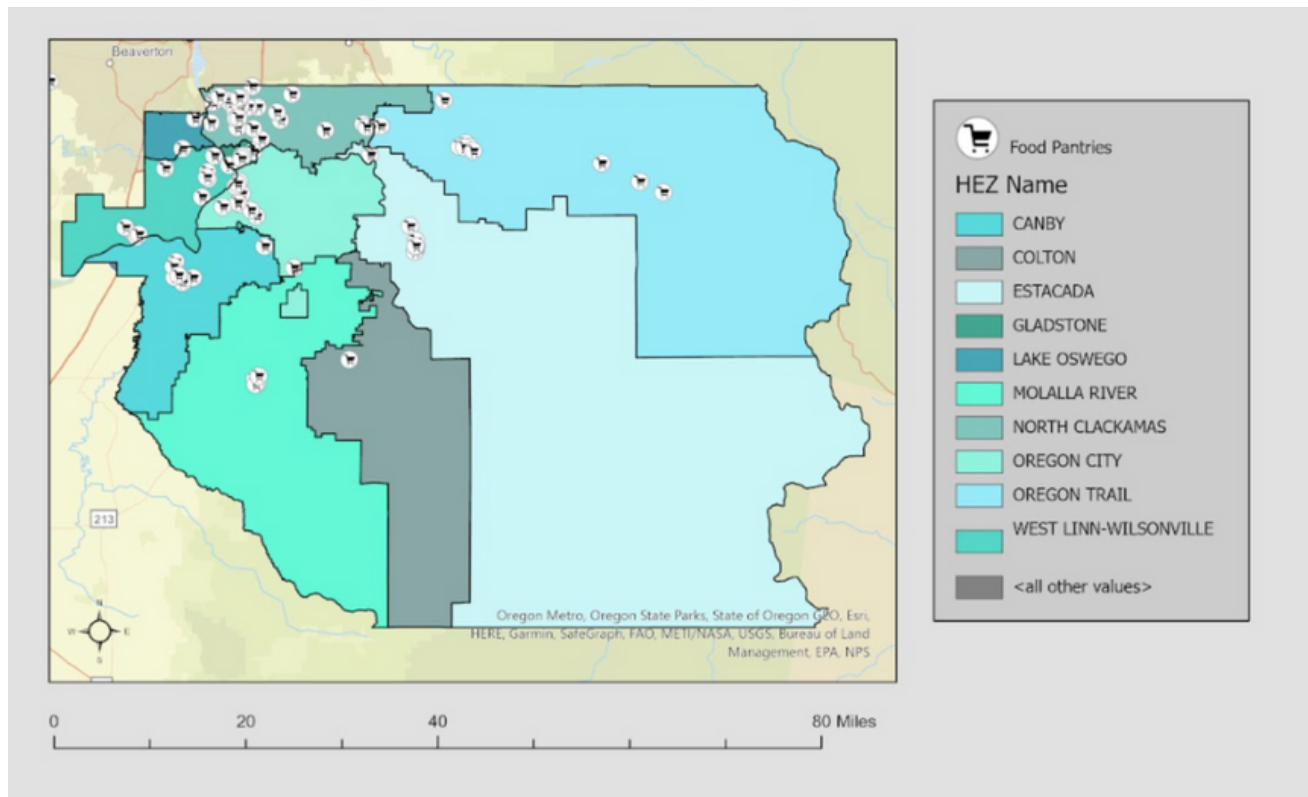
Figure 9: Clackamas County Food Pantry Locations by HEZ. Oregon Food Bank (based on data from U.S. Census Bureau, accessed 12 Mar 2023).

Molalla Audit Findings

The Molalla Audit represents a comprehensive, 3 year process from 2013-2016 that combines community involvement and mapping with GIS and other more formal sources of food source location/physical activity asset location mapping. The sponsor group, GROW HKC, focuses on improving health outcomes for rural communities, such as Molalla. Rural communities face unique health challenges that have led to a higher rate of childhood obesity when compared to urban areas. However, much of the environmental research into the determining factors of childhood obesity and other health indicators have focused on the urban environment.

A few items of context to keep in mind for the below, is that the city of Molalla is approximately 3 miles wide. This represents a walking time of 60 minutes, a driving time of about 6 minutes, and a transit time of about 30 minutes depending on the route. The study's key findings show that within the city limits, opportunities for food resources and physical activity are numerous for car owners, but not readily accessible if you define accessibility by a 5 to 10 minute walk.

Food assistance and farm stands are clustered predominantly within the city or along highway 213. Farm stands increased by two in between 2014 and 2016, and include things like fresh eggs, produce, veggies, and goats milk. The community garden within the city limits was closed between 2013 and 2016. This was formerly located in the Molalla Community Center. The community pool was also closed at the center during this time.

A variety of restaurants are present, including cafes, bakeries, Mexican, Chinese, and pub type restaurants. Molalla has 12 public parks within city limits and three outside of city limits with ample opportunities for boating, swimming, paved trail recreation, overnight camping, and picnic shelters.

COMMUNITY ENGAGEMENT

Full Harvest aimed to assess and understand the availability and accessibility of culturally relevant healthy food resources in Clackamas County. Full Harvest engaged with stakeholders from diverse backgrounds in the Clackamas County food system and community members in the Molalla River HEZ to capture local experiences and challenges regarding healthy food resources.

The community engagement efforts included two rounds of engagement. The first event was a roundtable discussion with community leaders and food providers from across Clackamas County held over a lunch hour via Zoom. The second engagement event directly engaged with community members in the Molalla River HEZ through an in-person community food system visioning workshop.

CLACKAMAS FOOD SYSTEM LEADERS ROUNDTABLE

Figure 10: Countryside in early autumn, Upsplash. (accessed 11 Jun 2023). https://unsplash.com/photos/HXdhWwZvm_o

Format: Virtual roundtable held over the lunch hour via Zoom on Thursday, April 6, 2023.

Agenda overview:

- Educational presentation by OSU Extension Services and FHC providing an overview of the Blueprint and data updates
- Both whole group and small group breakout discussions.

Purpose: Bring food system leaders together from across the county to focus on Blueprint Goal 2, help define key project terms through a cultural lens, discuss opportunities to generate solutions to address unmet community food needs, and help identify potential partners for local HEZ engagement.

20+ attendees

Organizations Participating in the Rountable

ROUNDTABLE DISCUSSION QUESTIONS

How do you define healthy foods? Culture? Culturally relevant foods?

What is happening within the Clackamas County food system to ensure availability to a variety of foods across the diversity of consumers to support healthy choices and cultural preferences?

What is happening within the Clackamas County food system to ensure easy access to a variety of foods across the diversity of consumers to support healthy choices and reflect cultural preferences?

What changes to policies, practices, and/or resource allocations would: Increase availability and access to a larger variety of foods that support health and consumer preferences for culturally relevant foods within each HEZ?

What changes to relationships would: Increase availability and access to a larger variety of foods that support health and consumer preferences for culturally relevant foods within each HEZ?
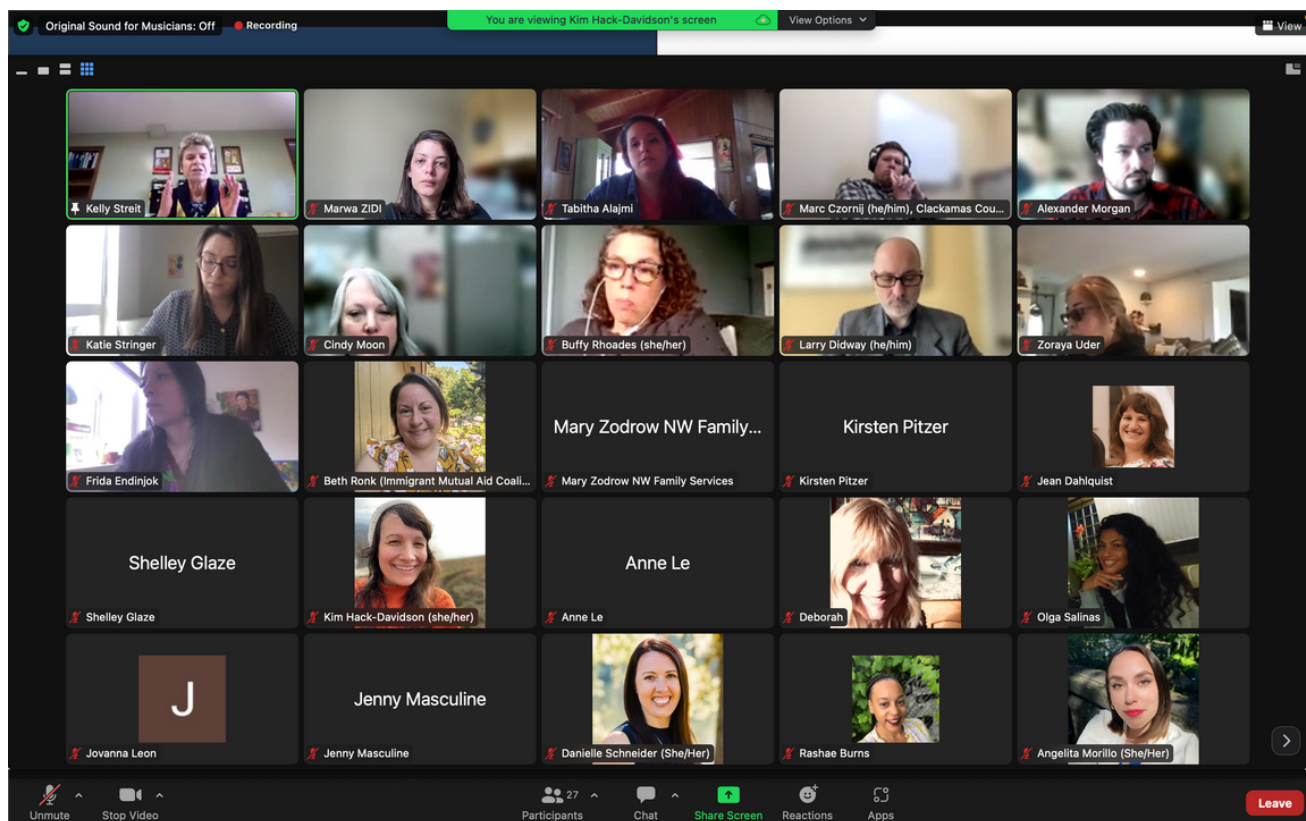
KEY THEMES FROM THE COUNTY-WIDE ROUNDTABLE

Cultural foods and spices are important to county residents and food system practioners

There is desire for more collaboration and partnership to support the Blueprints goals around food access & availability

Emergency food providers need more resources and capacity building supports to implement change

Nutrition education and garden education is seen as an important part of working towards community health goals

Many participants were from organizations that are interested and actively working towards providing more equitable services.

Transportation is a core consideration for food access as this rural county is car dependent

MOLALLA FOOD SYSTEM WORKSHOP

Format: In-person open house with Molalla community at the Molalla High School
Partnership: OSU Extension, AntFarm and PSU.
Purpose: Bring Molalla community members together to share their lived experience with engaging in the local food system – strengths, challenges, and opportunities to generate recommendations for improvement in support of the Blueprint Culture of Health Goal 2.
Attendees: 35+ community members, the majority of which represented the Hispanic/Latinx community.
Community Incentives: communal meal, culturally relevant food box to take home, childcare, and a $25 Ace Hardware gift card.

Open House at a Glance

35+ Attendees	**20** Staff
70 Comments	**33** Community Ideas

ACTIVITY STATIONS

- **MAP-IT (MOBILIZE, ASSESS, PLAN, IMPLEMENT, & TRACK)**

A community mapping activity was conducted to better understand the strengths and challenges associated with accessing affordable, culturally relevant, healthy food resources within the Molalla area. Two large maps were displayed, showing a close-in and further-out scale of the Molalla River School District for attendees to place dots on. Participants were asked to identify food resource sites that make it easy to access target foods and identify food resource sites that make it hard to target foods. Finally, attendees identified what they considered to be opportunity areas.

- **STORYTELLING**

To obtain more qualitative data about participants' food preferences, experiences and routines, a storytelling station was developed. Stories were recorded with video or audio equipment when possible. Otherwise, we spoke with participants and took detailed notes. Attendees were asked to describe their "food journey", meaning where and how they buy their food, how long it takes, and what they enjoy or would change about their journey.

- **IDEA HIVE**

An Idea Hive, or feedback wall, was created as an interactive way to promote community sharing, collect ideas, and understand community definitions better. Participants were asked to write their personal definitions of the key terms healthy, culture, and culturally relevant. They were also encouraged to share feedback and hopes for Molalla area to increase access to healthy, culturally relevant food.

- **"YOU ARE WHAT YOU EAT"**

As a light-hearted way to obtain data about participants' food preferences, community members were asked to color and label an outline of a person with the foods they eat the most often.
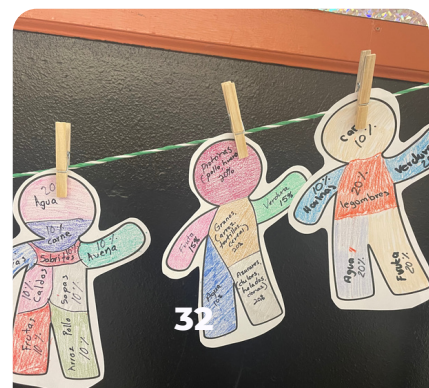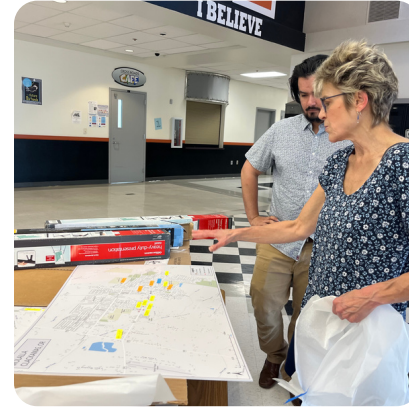
KEY THEMES FROM THE MOLALLA WORKSHOP

Culturally relevant and fresh foods is a priority within the Latinx Community, but there are many barriers to access

One of the most common pieces of feedback received during the event was in regards to the lack of culturally-relevant food in the Molalla area. Participants frequently mentioned that it is very difficult to find food relevant to Latinx people in Molalla grocery stores, food banks and public schools. The importance of fresh rather than canned foods to Latinx people was emphasized, and community members repeatedly stated that it is difficult to find fresh food at local food banks. A lack of Spanish-speaking staff at food banks in Molalla was frequently mentioned as a barrier to accessing food bank resources. AntFarm emerged as an excellent new resource for education about food and nutrition.

> **That the food would be more for Hispanic people, because they give a lot of cans- it would be more beans, vegetables, etc.**
> -Molalla Resident

Community members expressed strong grocery store preferences and would often travel outside of Molalla to reach more desirable grocery stores

The residents of Molalla indicated various food outlets such as the Grocery Outlet, Mega Foods, and Winco as significant sources of their food supply during the MAP-IT! activity. These outlets were praised for their diversity in offerings, cost-effectiveness, and the fresh produce that they provide. However, the latter is only available in Oregon City, posing a challenge for those without convenient transportation. Safeway, despite some criticism, was recognized for its selection of fruits and vegetables. Dollar Tree's affordable tomatoes, chili, and tostadas, as well as the Molalla Food Market's culturally appropriate food selection, were also praised. Several key grocery stores - Safeway, Fred Meyers Market, and Grocery Outlet Market - were identified as places that pose obstacles. A lack of culturally relevant foods, high prices, limited variety, and a prevalence of processed foods were the primary concerns.

> **Put in more grocery stores that have a diversity of food.**
> -Molalla Resident

KEY THEMES FROM THE MOLALLA WORKSHOP

Transportation is a key consideration when working to increased food access as Molalla

Through the MAP-IT! and storytelling exercises, it became clear that many families at the event commute from Molalla to a Winco in Oregon City to buy their groceries. Winco was said to be preferable due to the food being lower in price and more culturally relevant. The drive from Molalla to Oregon City takes around 30 minutes one way and many participants stated that they are one-car households. In addition, participants often mentioned that they or their spouse worked too late to drive to Winco on a weeknight. This was highlighted as a barrier to accessing healthy, culturally relevant food on a regular basis.

> "I would like to have a place where you can find cultural and fresh food and not that expensive. A place like Winco or Walmart."
> -Molalla Resident

Food costs were prohibitive to accessing food with additional barriers to access local food pantries

The rising cost of groceries was frequently mentioned as a barrier to accessing the food participants would prefer to eat. In particular, healthy and culturally relevant food was said to be very expensive in Molalla grocery stores. This was cited as a major reason why many participants drive to Winco in Oregon City on a regular basis. Limited hours at the food bank was also stated as a barrier to accessing food resources. Participants also mentioned that few grocery stores in Molalla accept food assistance programs such as WIC and SNAP.

> One of the problems is that many people don't go to the food banks because of the language. If a person that speaks Spanish was there, that would be good."
> -Molalla Resident

DEFINING KEY TERMS

"CULTURE", 'CULTURALLY RELEVANT FOOD", AND "HEALTHY FOOD"

Terms that were central to this project included 'culture', 'culturally relevant food', and 'healthy food'. While agency definitions are useful to have a common understanding, they miss out on the personal richness of community definitions and understandings. Here we compare community definitions from the county wide roundtable and the Molalla workshop with some agency definitions.

Culture	Culturally Relevant Food	Healthy Food
All the ways of life, including arts, foods, beliefs and institutions of a group of people or population, are passed down from generation to generation. - FDA	Safe and nutritious foods that meet the diverse tastes and needs of customers based on their cultural identity. -CDC	Must contain a meaningful amount of food and it must not contain more than certain upper limits for saturated fat, sodium, and added sugars -FDA
"Family, blood, color, music"	"Seasonal grocery/food stalls"	"A rainbow of colors"
"Culture in the kitchen is to prepare fresh food. Our foods have many spices and much love"	"Foods that are not easy to get in this country, especially fruits"	"Fresh food like fruits and vegetables, no processed food"
"The customs, beliefs, rituals and/or heritage shared by a group of people"	"Nourishing foods"	"Nutrient-dense, devoid of unhealthy fats, added sugars, and/or GMOs"
"What heritage and community you align with and grew up in"	"Foods that provide comfort/cultural familiarity"	"Too Expensive"

EVALUATING COMMUNITY IDEAS

Over 20 potential community solutions were generated from the community engagement events and from Full Harvest Consulting. To better assess and understand these, we developed an evaluation framework with 15 criteria. These criteria fall into three main categories: impact, equity, and feasibility. A numerical analysis was used where each potential solution is given a score (0-3) with 3 being the highest value. The higher a community solution scores the better it meets that criteria. Using the total values for each category, ideas are then ranked within each category. Highest priority alternatives achieve the highest total category score.

The values and measures provided have been identified from the Blueprint and the Clackamas County Comprehensive Plan. However, these values can be adapted to local jurisdictional needs. We suggest the county/local community review criteria and modify (and weight) as needed to even better reflect county/local community priorities. Numerical ranking can help set priorities, but these recommendations would ultimately need to go back to the community to determine what to pursue.

EVALUATION CRITERIA

The 15 criteria are listed within the categories of impact, equity, and feasibility alongside their underpinning questions. FHC scored the 19 solutions. In the future multiple organizational leaders and community members could help score and rank these ideas to help with prioritization. These initiatives could also be further characterized by whether they are short-term or long-term.

Impact	Equity	Feasibility
What level of impact will this have on the community? In what way(s) does this align with Blueprint Goal 2?	How does this idea support equity? What underserved, and marginalized populations will benefit?	How possible is this is this idea? What resources would it take to make it happen? Is there buy-in? Is it sustainable economically, socially, and ecologically?

Impact

- **Magnitude of impact**
- **Timeliness of impact**
- **Increases food accessibility**
- **Increases food security**
- **Improves healthy food habits**
- **Increases accessibility of culturally relevant foods**

Equity

- **Based on local community input**
- **Targeted towards Communities of Color**
- **Targeted towards underserved, marginalized communities**
- **Targeted towards children/youth**

Feasibility

- **Sustainability of initiative economically, socially, and ecologically**
- **Cost (monetary)**
  Lower cost scores higher
- **Cost (time)**
  Less time intensive scores higher
- **Political will**
- **Community will**

DEVELOPING CRITERIA *Example from Molalla Engagement*

CULTURALLY RELEVANT

	Cultural spice garden in high school with options for kids to take harvest home	Collaborate with local schools to bring in more Latinx foods	Supply more fresh, healthy, local food in Molalla public schools
IMPACT			
Magnitude of impact	3	2	2
Timeliness of impact	3	3	3
Increases food accessibility	3	2	2
Increases food security	3	2	3
Increases healthy food access/habits	2	2	3
Increases accessibility of culturally relevant foods	3	3	2
Equity			
Based on local community input	3	3	2
Targeted towards minority community	3	3	2
Targeted towards underprivileged community	2	1	2
Targeted towards children/ youth	2	1	1
Feasability			

Based on the input from the Molalla Visioning Workshop and the stakeholder's roundtable event, FHC compiled, categorized, and assessed all of the recommendations by relevant criteria.

EVALUATION CRITERIA

1 Low

2 Medium

3 High (Best Fulfilling)

Cost (Monetary) 1= High, Low=3

1 High (Best Fulfilling)

2 Medium

3 Low

Cost (Time) 1= High, Low=3

1 High (Best Fulfilling)

2 Medium

3 Low

This was done through a numerical analysis based on the following framework.

The graph on the top walks us through an evaluation of the sample recommendations. Each recommendation is given a score from (0-3) in the subcategories of Impact, Equity, and Feasibility, with 3 being the highest value.

Using the total values, recommendations are then ranked within each category. The highest priority alternatives achieve the highest total category score.

These values are not set in stone and can be adapted to local jurisdictions and changing needs of the community.

RECOMMENDATIONS

Figure 12: Child watering plants in a garden. OSU Extension (accessed 10 Jun 2023). https://www.mobilize.us/oregonfoodbank/event/438093/

Combining the knowledge gained from both the qualitative and quantitative data, the FHC team assembled a finalized list of 19 recommendations. Through the evaluation process, the team prioritized 5 recommendations in the categories of Policy and Planning, Emergency Food Network Recommendations, Youth Focused, and Culturally Relevant. A fifth category was identified, Economic/Community Development, but only one recommendation fell into. These recommendations are described briefly below, and in further detail within the Recommendation Section of this report

Recommendations are grouped on the page below by type, with the top rated recommendations from the above evaluation listed in bold. Further elaboration and case studies of similar projects are included for each top recommendation on the following pages of this report..

COMPILED RECOMMENDATIONS

Roundtable 🔵
Molalla 🟠
Full Harvest 🟢

Emergency Food Network

1. Establish a culturally specific food bank for the Latinx Community 🟠
2. Culturally approved spices or spice garden kits to be distributed in food boxes 🟠
3. Including culturally relevant recipes in food boxes 🔵
4. Fresh produce storage tips distributed in schools and in food boxes 🟢
5. Foodbank/pantry surveys to understand people's needs better 🔵
6. Hire Spanish Speaking staff at food pantries 🟠
7. Extend food bank hours to include evenings and weekends 🟠
8. Expand acceptance of food assistance at smaller retailers 🟠
9. Stock more fresh rather than canned or frozen foods at food banks 🟠

Policy & Planning

10. Carpooling and shuttles: supporting carpooling or shuttles to grocery stores, farmer's markets/stands, and food pantries 🟠
11. Clackamas County Food Action Plan: create a planning document to set and implement food goals 🔵
12. Join the Veggie Rx program to get access to fresh produce through medical providers 🔵

Culturally Relevant

13. Convene a Latinx Saturday Market 🟠
14. Support immigrant communities in farming and gardening by providing land, resources, and technical expertise 🟢
15. Support more First Foods Indigenous programs and projects 🟢

Youth Investment

16. Further support school gardens with a special focus on culturally relevant food 🔵 🟠
17. Collaborate with local schools to cook and serve more Latinx foods 🟠
18. Partner with local schools and nonprofits to host Hispanic food workshops for youth 🟠
19. Supply more fresh, healthy food in Molalla public schools 🟠

Recommendation Profiles

Carpooling and shuttles: supporting carpooling or shuttles to grocery stores, farmer's markets/stands, and food pantries

What: Carpooling coordination or shuttle from Molalla to the surrounding communities of Oregon City and Woodburn.

Why: Much of Clackamas County is rural and car-dependent. There are limited public transportation options or the ability to walk or bike to destinations like grocery stores or food pantries. We learned that seasonally it is common in Latinx families for one parent to need to use the family car to get to work, leaving the other parent and children carless. Low-income individuals may also not be able to afford cars, and elders may no longer be able to drive.

How: A local agency, like the city or county, or nonprofit funds and administers this program on a trial basis. There are similar programs happening in Clackamas County and across the country, but not yet in Molalla. The pandemic also saw companies like Lyft supporting transportation for essential needs like groceries.

Case Study: Oregon City Connector Shuttle

Figure 13: Oregon City Connector Shuttle, Oregon City Public Works (accessed 3 Jun 2023), https://www.orcity.org/publicworks/oregon-city-connector-shuttle.

Oregon City is pioneering a new weekday shuttle, servicing underserved portions of Oregon City. The shuttles are a free "deviated fixed route" service. Riders can call 24 hours in advance to make arrangements to be picked up within ¾ miles of a shuttle route. The funding utilized is the Statewide Transportation Improvement Fund from Keep Oregon Moving. A similar program could be created to fill in the public transportation gaps to Oregon City, i.e. to connect residents to the number 33 bus to Clackamas Community College and then from Clackamas Community College to Winco.

Recommendation Profiles

Establish a culturally specific food bank for the Latinx Community in Molalla

What: A food bank specifically tailored to the Latinx community within Molalla.

Why: Currently, not many staff members speak Spanish at existing food pantries in the area, and many of the options available are not culturally relevant to the Latinx community. There could also be more Latinx hubs to foster community and connection.

How: Many food pantries could adjust some of their practices to better serve the Latinx community, like having Spanish-speaking staff and volunteers and providing more culturally relevant food. AntFarm is considering opening a Latinx-specific food pantry as part of their services.

Case Study: Nuestra Gente Spanish-English Food Bank in Toledo, Ohio
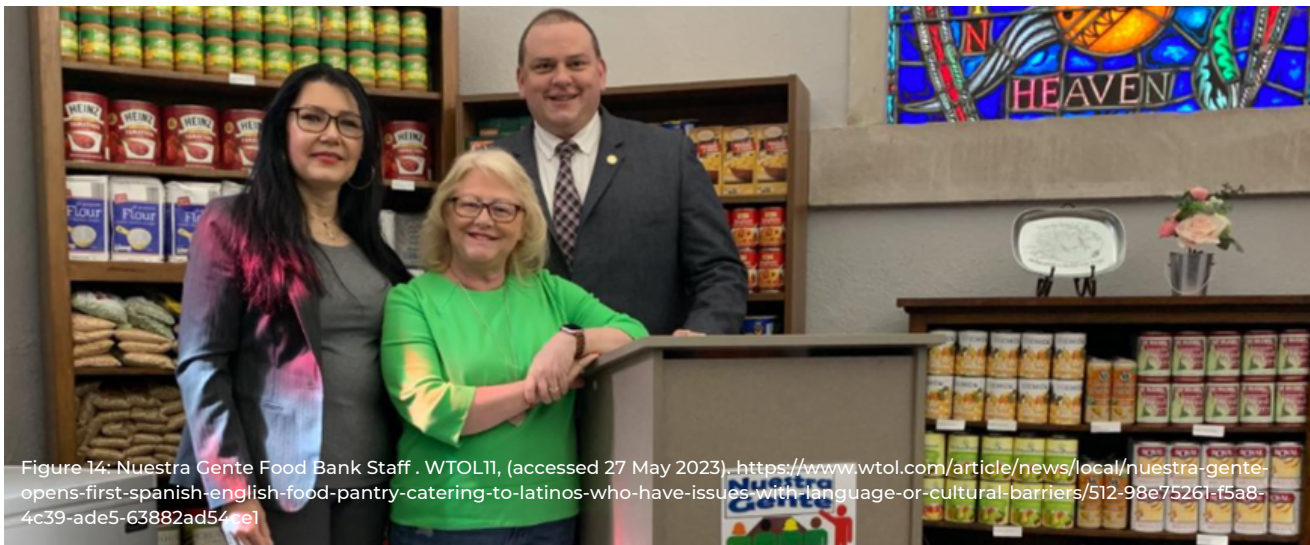
Figure 14: Nuestra Gente Food Bank Staff . WTOL11, (accessed 27 May 2023). https://www.wtol.com/article/news/local/nuestra-gente-opens-first-spanish-english-food-pantry-catering-to-latinos-who-have-issues-with-language-or-cultural-barriers/512-98e75261-f5a8-4c39-ade5-63882ad54ce1

The Nuestra Gente Spanish-English Food Bank in Toledo is a first of its kind food pantry for the city specifically designed to bridge the gap within the Latinx Community. All residents are welcome, but specific resources such as bilingual staff and a immigration status friendly approach are included. Nuestra Gente Community Projects, behind the movement, believes that food insecurity should not be an issue, no matter what language you speak

Recommendation Profiles

Convene a Latinx Saturday Market

What: Culturally specific food market designed to connect residents with culturally relevant healthy foods, as well as give local farmers and vendors an outlet for their wares. It can help the broader community celebrate its overall diversity as well.

Why: A Latinx Saturday Market would offer an avenue for entrepreneurs starting out their business endeavours featuring fresh produce, prepared food, plants, arts & crafts, and other goods & services. This could provide an outlet for cultural heritage and connection while bolstering the local economy and supporting Latinx families.

How: This idea could be piloted at the Molalla Farmer's Market by including several Latinx vendors. The Latinx Saturday Market could also start as a pop-up market to organize and garner support, funding, and vendors. This initiative would take local champions or an organization like AntFarm to support.

Case Study: El Mercadito, Madison Wisconsin

Figure 15: Vendors at El Mercadito, Centro Hispano (accessed 25 May 2023). https://www.wtol.com/article/news/local/nuestra-gente-opens-first-spanish-english-food-pantry-catering-to-latinos-who-have-issues-with-language-or-cultural-barriers/512-98e75261-f5a8-4c39-ade5-63882ad54ce1

El Mercadito is a farmer's market modeled on the street markets of Latin America. It brings together local products, produce, and traditional Latin America food and entertainment. It also accepts SNAP, WIC, and includes other wellness activities to promote health and wellness. The market's overall mission is to offer a welcoming place where local community members can share their cultural heritage and culinary traditions

Recommendation Profiles

Further support school gardens with a special focus on culturally relevant foods.

What: Broaden the impact of the local school community gardens by incorporating culturally relevant produce/spices and cultural education.

Why: Focusing on youth to support their connection to culture and healthy eating habits can have positive influences for a lifetime. Students can learn to grow and care for a garden, connect with their culture, and then share that food bank to their school for school lunches and also send home food with students.

How: Existing school gardens can be further supported to include culturally relevant vegetables, fruits, and herbs. With enough volunteers, technical support, and resources, these gardens could expand for greater production so produce can be sent to the cafeteria and home. OSU Extension supports school garden programs and other organizations like Growing Gardens do too. Partnerships will help make these multicultural gardens possible.

Case Study: Green Bay West High School's Multicultural Garden, Green Bay, Wisconsin

Figure 16: Green Bay West High School's Multicultural Garden, Wisconsin School Garden Initiative.(accessed 15 May 2023). https://www.communitygroundworks.org/sites/default/files/Story_Green_Bay_West.pdf.

30-40% of students at West High identify as Students of Color. Students and faculty worked together to brainstorm some of the major foods eaten in different cultural traditions, and created garden beds to represent each. Teacher Ben Grisby remarks: "We want students to know that these foods are not limited to these communities, but also give them a sense of which foods contribute most to the different diets." The garden is directly supported by the school's Diversity Club.

Recommendation Profiles

Support immigrant communities in farming and gardening by providing land, resources, and technical expertise.

What: Support immigrant communities in farming and gardening by providing land, resources, and technical expertise. This could also provide economic opportunities by providing land to farm on. By providing these supports, we can help to stimulate local economies and community development.

Why: Many immigrant communities and Black, Indigenous People of Color do not have access to land to grow food that connects with their heritage or can provide an economic opportunity for them. Sometimes the skills and knowledge of growing food is lost over generations, so this can provide a living laboratory to support people in learning these life skills.

How: There would need to be a partnership with an agency or organization that holds land, such as a park and recreation department, existing farm or community garden, college or university, or land trust. Land could also be donated, sold, or leased to community champions or a nonprofit partner.

Case Study: Outgrowing Hunger, Portland, Oregon

Outgrowing Hunger is a nonprofit that builds and operates community gardens and farms primarily for immigrants, refugees and people of color.

Figure 17: East Portland Neighborhood Garden, Outgrowing Hunger. (accessed 9 Jun 2023). https://www.communitygroundworks.org/sites/default/files/Story_Green _Bay_West.pdf.

The organization offers low barriers to entry by charging a modest plot fee which covers compost, tools, and water for the growing season. Membership is open to everyone with special attention to welcoming immigrants and refugees. This organization is funded by grants, with particular support from the city.

Project Limitations

This project was a considerable undertaking for a 5-month student project and we want to call out some additional project limitations. In addition, a major gap of the engagement portion of this project was the lack of connection with stakeholders on the economic and producer side of the food system such as farmers, distributors and food businesses. We reached out broadly to all these groups, but the people who attended the events shared their interest and needs, shaping the direction of our project and resulting in the themes and recommendations in the report. Along these same lines, due to the team's reliance on AntFarm for local outreach, the majority of participants in the Molalla Community Visioning Workshop were from the Latinx community. This provided a more in depth information gathering from this population. Future engagement efforts may try to reach additional community-based organizations to ensure even greater diversity of participant backgrounds.

CONCLUSION

This project aimed to assess progress on the Blueprint for a Healthy Clackamas County Culture of Health Goal 2, that all Clackamas County residents have access to affordable, culturally relevant healthy food. Although the Full Harvest team made preliminary conclusions through data analysis, the importance of testing the reality data findings through community engagement in all 10 HEZs. of Clackamas County cannot be stressed enough. This project piloted these efforts in the HEZ of Molalla, but replication in the remaining nine HEZs is critical to ensure a full analysis. The toolkit provided in Appendix B is intended to help guide community partners through this process.

Next Steps

Next steps for this endeavor will include OSU Extension Service conducting similar engagement efforts in the Estacada HEZ with Antfarm. It is also recommended that community partners prioritize replicating engagement efforts in an urban HEZ such as Oregon City or Gladstone to better compare rural and urban outcomes.

THANK YOU

FULL HARVEST
- COMMUNITY PLANNING -

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*Any photos included in this report without sources listed
were taken by Full Harvest Consulting

APPENDIX A- TECHNICAL MOLALLA EXISTING CONDITIONS

A note on the Molalla HEZ and data availability:

As noted earlier in the Existing Conditions, the Molalla HEZ does not align with census tract data. This makes analysis difficult, and data on the HEZ itself nonexistent without elaborate data mapping analysis. Thus, various approximations had to be used. As much of the population of the Molalla HEZ is clustered within the city and the area surrounding it, we utilized either the Molalla Census County Division (CCD) or the city as approximations. While census tract data can overlook certain populations within rural areas, this approach exacerbates this effect. Qualitative data will need to be relied on extensively in obtaining information regarding the rural areas surrounding the city of Molalla.

Basic Demographics

The Molalla CCD has a population of 14,423, and is 246.3 square miles. As compared to both Clackamas County and the nation as a whole, the area is both whiter and younger. 90% of the population is white, which is 10% higher than Clackamas County and 20% higher than Oregon. Especially striking is the number of children within the community, with 1.5 times the amount within the 0-9 age group when compared to both the county and state levels. Most residents in the area speak English only, with a small amount of Spanish (4%) for adults, and 1% of adults speaking an Indo-European language. Predominantly, the population is clustered within and around the city of Molalla, as can be seen in the map below.
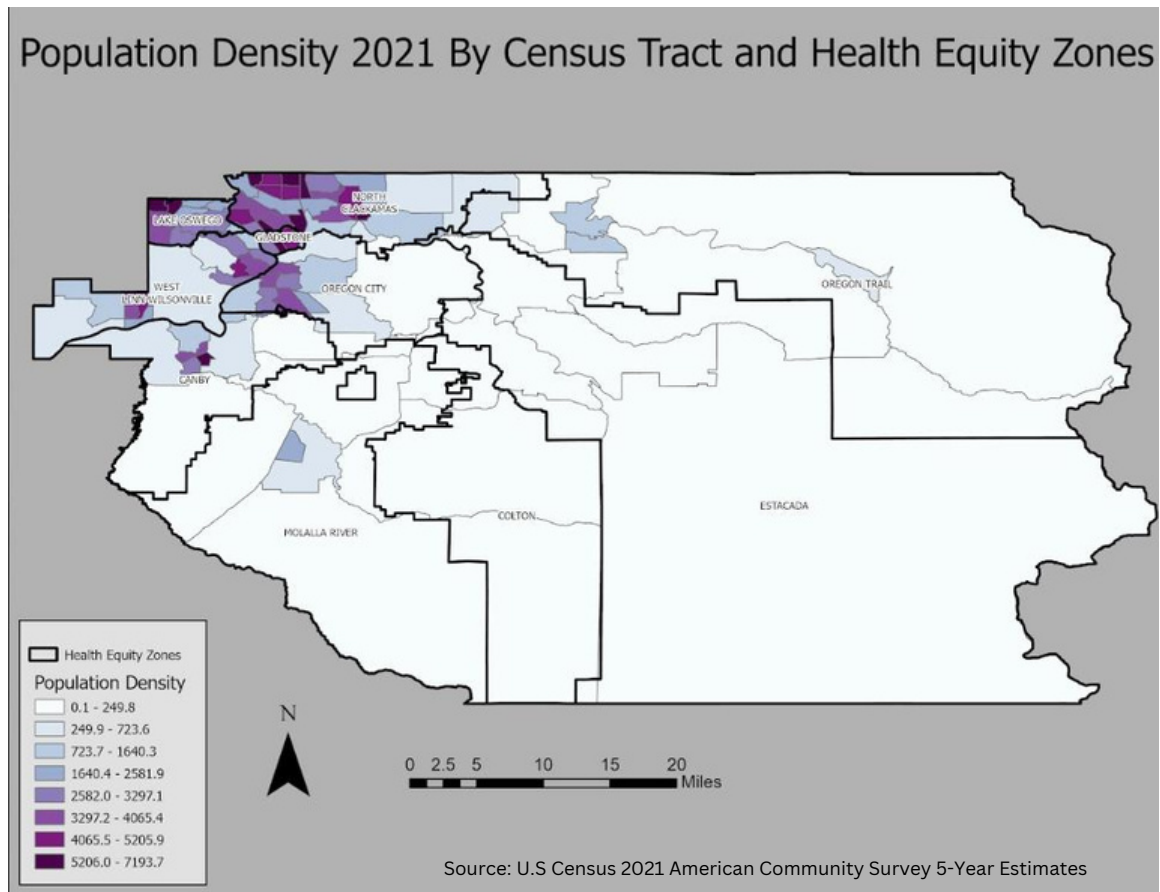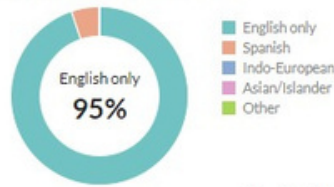

Figure 18: Clackamas County Population Density by Census Tract and HEZ. 2021 U.S Census American Community Survey 5-Year Estimates (Accessed 12 Mar 2023).
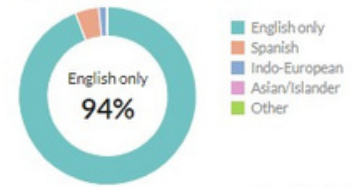
Language

N/A
Persons with language other than English spoken at home

Language at home, children 5-17

English only 95%

- English only
- Spanish
- Indo-European
- Asian/Islander
- Other

Show data / Embed

Language at home, adults 18+

English only 94%

- English only
- Spanish
- Indo-European
- Asian/Islander
- Other

Show data / Embed

Figure 19: Molalla language spoken at home, U.S. Census Bureau; American Community Survey, 2021 American Community Survey 1-Year Estimates. Prepared by Census Reporter (accessed 15 Mar 2023).

Income

$33,157
Per capita income

about three-quarters of the amount in Clackamas County: $45,140
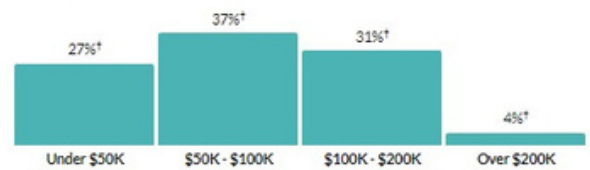
about 90 percent of the amount in Oregon: $37,816

$78,991
Median household income

about 90 percent of the amount in Clackamas County: $88,517

about 10 percent higher than the amount in Oregon: $70,084

Household income

- Under $50K: 27%†
- $50K - $100K: 37%†
- $100K - $200K: 31%†
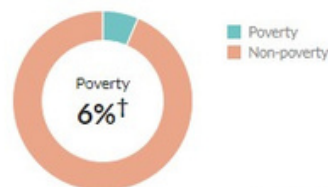- Over $200K: 4%†

Show data / Embed

Poverty

8%
Persons below poverty line

a little higher than the rate in Clackamas County: 7.5%

about two-thirds of the rate in Oregon: 12.1%

Children (Under 18)

Poverty 6%†

- Poverty
- Non-poverty

Show data / Embed

Seniors (65 and over)

Poverty 13%†

- Poverty
- Non-poverty
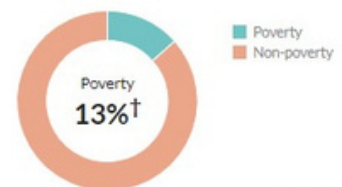
Show data / Embed

Figure 20: Molalla income and poverty rates, U.S. Census Bureau; American Community Survey, 2021 American Community Survey 1-Year Estimates. Prepared by Census Reporter (accessed 15 Mar 2023).

The population within the Molalla CDC is more poor on average than either Clackamas or Oregon, with a per capita income of $33,157 as opposed to $45,140 (Clackamas) or $37,816 (Oregon). However, the change in the median income is not due to those making less than 50k a year, but because the Molalla CCD lacks the wealthier individuals who make over $200K. Only 4% of Molalla CCD residents make over $200k annually, which is one third of the rate in Clackamas County, and about half the rate of Oregon. Children in the Molalla CCD fare about equally when compared to adults, but the rate of senior poverty is notably high. 13% of seniors in the Molalla CCD are experiencing poverty, which is about 1.5 times the rate within both Clackamas and Oregon. Additionally, as can be seen below, aside from a wealthier Native American population, minorities tend to have lower

Median Household Incomes within the area. White householders make a median income almost twice that of Latinx householders. The lower income areas of the HEZ are in the area immediately around the city of Molalla, and the North Eastern most part of the HEZ. Looking at data from Molalla city alone, the median income increased 39% between 2010 and 2020. This is larger than the Clackamas County's increase of 34%. Thus, the threat of gentrification is potentially larger within Molalla than Clackamas County as a whole.

Table 1. *Percentage Below Poverty Line of Persons Whom Poverty Status Has Been Determined, Clackamas vs. United States, 2021*

MEDIAN HOUSEHOLD INCOME BY RACE (IN 2021 INFLATION-ADJUSTED DOLLARS)	CLACKAMAS	MOLALLA CCD
Median household income (in 2021 Inflation-Adjusted Dollars)	$88,517	$78,991
White Alone Householder	$88,768	$81,492
Black or African American Alone	$67,679	N/A
American Indian and Alaska Native Alone / Householder	$86,136	$102,000
Asian Alone	$108,231	N/A
Native Hawaiian and Other Pacific Islanders Alone / Householder	$154,250	N/A
Some Other Race Alone / Householder	$64,576	$44,632
Two or more Races Householder	$83,352	$77,629
Hispanic or Latino Householder	$73,464	$44,7061
White Alone Householder, Not Hispanic or Latino	$89,321	$82,656

Figure 21: Women in Molalla who gave birth in the past year, by age group. U.S. Census Bureau; American Community Survey, 2021 American Community Survey 1-Year Estimates. Prepared by Census Reporter (accessed 15 Mar 2023).

The overall fertility rate in the Molalla CCD is about equal to that of Clackamas and Oregon. However, the demographics are strikingly different. Younger mothers between the ages of 20-24 represent about 10%, and this is about double the rate of both Clackamas and Oregon. The percentage of women having children within the 35-39 age bracket is slightly higher than both the county and the state.

Figure 22: Molalla educational attainment. U.S. Census Bureau; American Community Survey, 2021 American Community Survey 1-Year Estimates. Prepared by Census Reporter (accessed 15 Mar 2023).

Education within the Molalla CCD is clustered within the High School and Some College brackets. Less Molalla CCD residents have a Bachelor's (15% as compared to 25% in Clackamas and 22% in Oregon) or a post grad degree (4% as compared to 14% within Clackamas and 13% within Oregon). At 6%, non degree holders are represented about the same as within Clackamas County, but 3% less than Oregon.
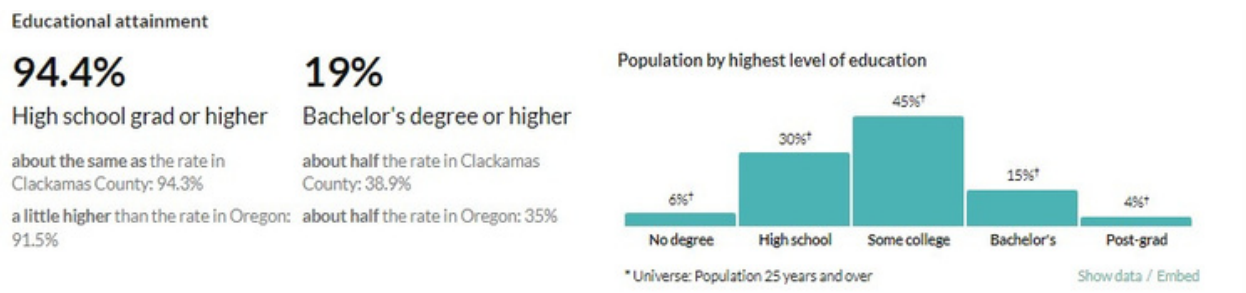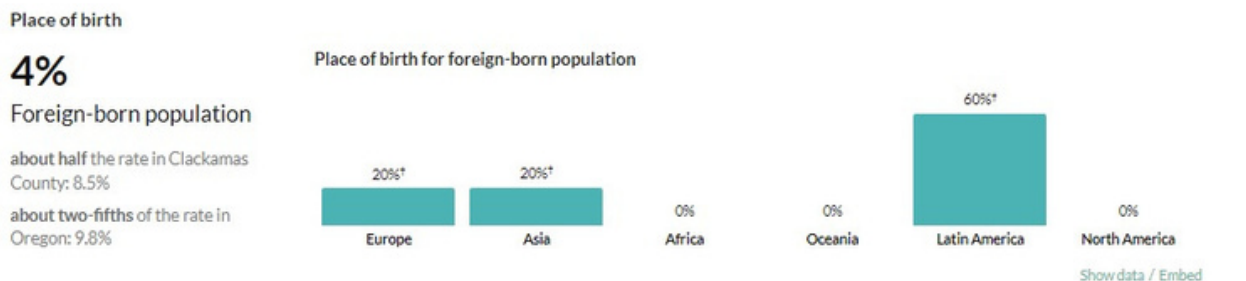

Figure 23: Molalla foreign-born population U.S. Census Bureau; American Community Survey, 2021 American Community Survey 1-Year Estimates. Prepared by Census Reporter (accessed 15 Mar 2023).

While the Spanish speaking and Hispanic population is small, it is highly represented within the 4% foreign born population of Molalla. 60% of the foreign born population within the Molalla CCD was born in Latin America, which is twice the rate of Clackamas County and 1.4 times that of Oregon. This hints at a potential seasonal/migrant farmworker community.

Housing and Homelessness:

- The vacancy rate in the Molalla CCD is only 4%, which indicates a housing shortage as anything 5% or below is considered low and developable by real estate standards.
- Molalla City itself has a vacancy rate of 0.4%, indicating a critical housing shortage, with a decrease in vacant units of 160 to 146 between the years of 2010 and 2020.
- Between 2010 and 2020, the population of Molalla City increased by 26% increase in total population, which is greater than Clackamas at 11.06% and Oregon's 10.77% during this time period. This population increase is likely straining the already tight housing market.
- Mirroring in part the mapping of median household income, mapping housing insecurity showcases that the residents immediately outside of the city of Molalla are the most at risk. In addition, the southern part of the HEZ shows a high amount of housing insecurity when compared to the rest of the HEZ.
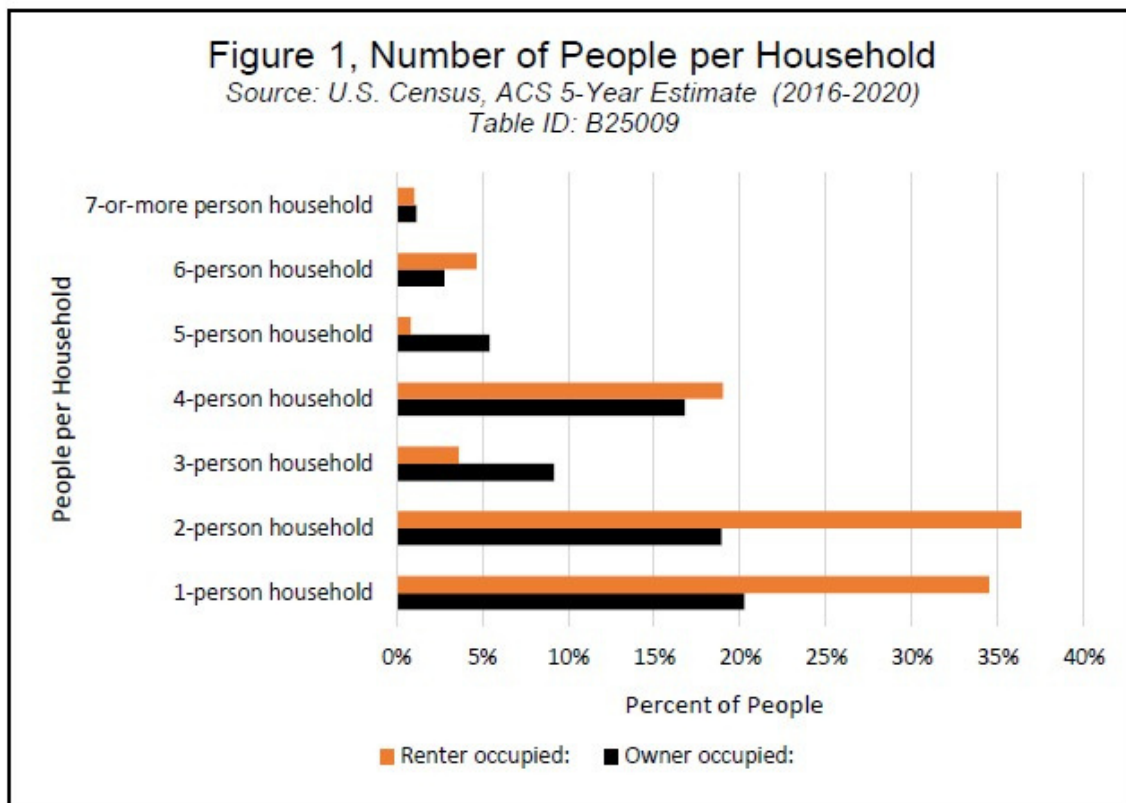
Figure 24: Number of People per Household 2016-2020. Molalla Housing Needs Analysis (based on data from U.S. Census Bureau, accessed 20 Mar 2023).

Mirroring in part the mapping of median household income, mapping housing insecurity showcases that the residents immediately outside of the city of Molalla are the most at risk. In addition, the southern part of the HEZ shows a high amount of housing insecurity when compared to the rest of the HEZ.
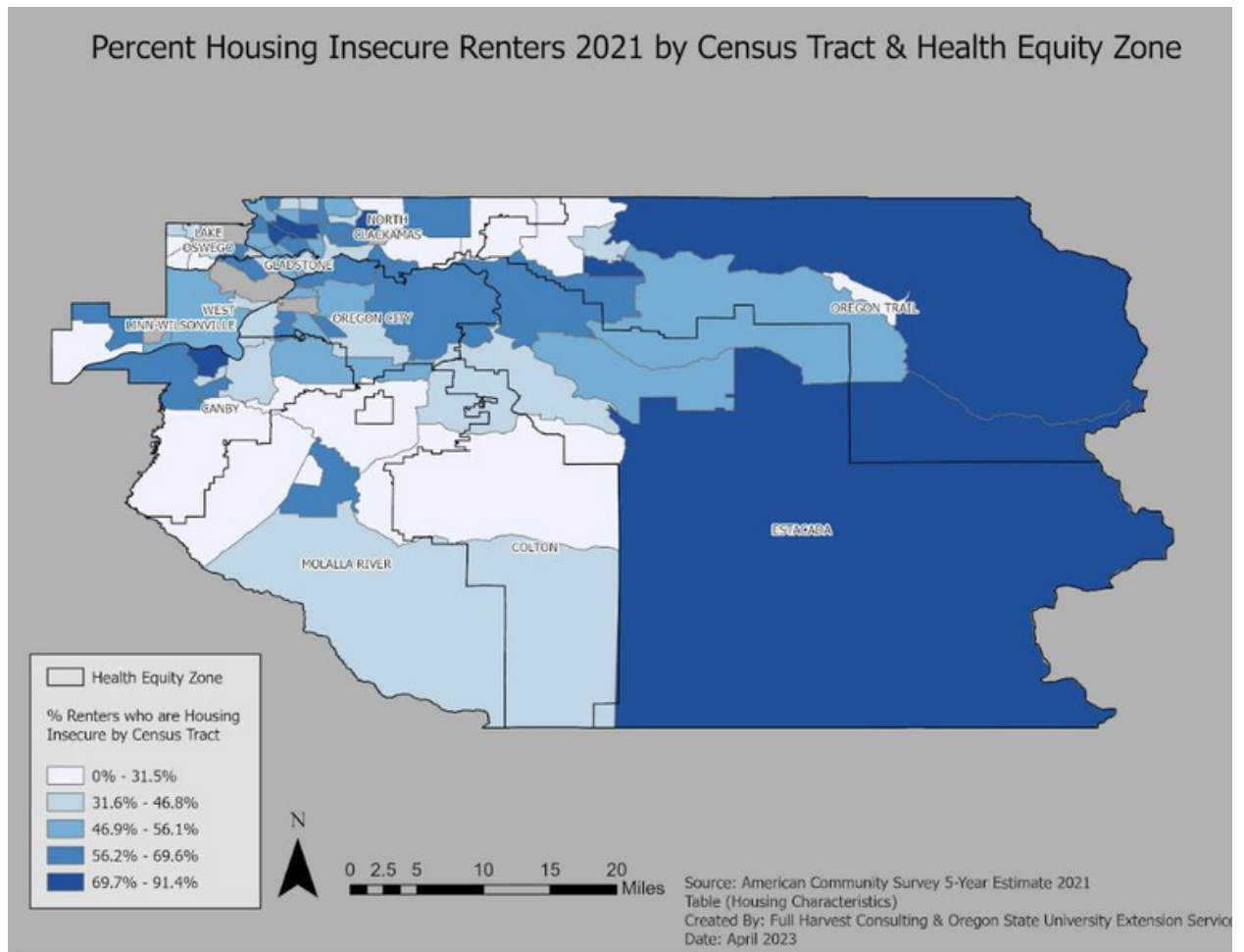
Figure 25: Clackamas County Housing Insecure Renters 2021. U.S Census American Community Survey 5-Year Estimates (Accessed 12 Mar 2023).

Molalla Transportation:

- Longer commute times and a higher rate or carpooling suggest carpooling programs, as opposed to public transportation, as a potential way of reducing vulnerable residents' costs.
- The proposed Molalla HNA showcases that only 418 persons both work and live within Molalla City. 3,518 persons commute out of Molalla to their jobs, while 1,673 commute into the City from outlying area. The average travel time from home to work is 33.3 minutes.
- Mirroring maps of median income, the areas immediately outside of Molalla city central experience the highest commute times of 30 to 59 minutes.
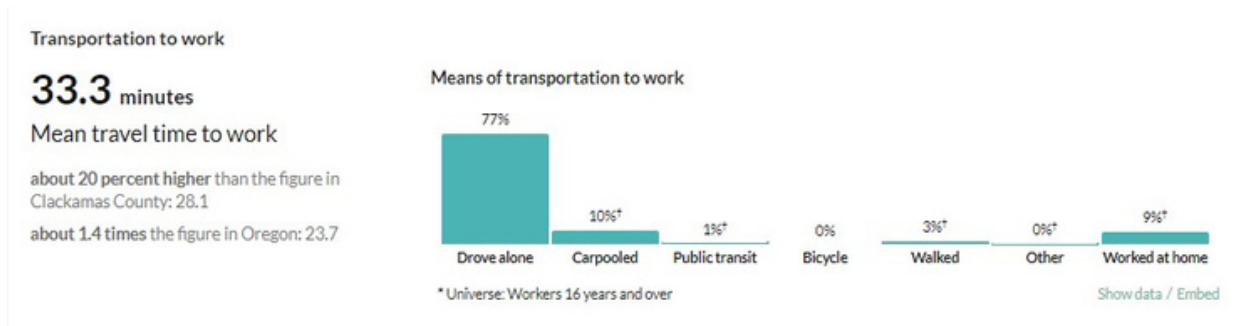
Figure 26: Molalla transportation to work. U.S. Census Bureau; American Community Survey, 2021 American Community Survey 1-Year Estimates. Prepared by Census Reporter (accessed 15 Mar 2023).

Transportation statistics within the Molalla CCD mirror that of Clackamas County and Oregon, with slightly less (about 2/3's) working from home and a higher rate of carpooling (10% in Molalla CCD as contrasted to 8% in Clackamas and 10% in Oregon). The average travel time to work is 33.3 minutes, which is 1.4 times the amount in Oregon but only 20% higher than Clackamas County as a whole. Most families have access to a car, with most alternative methods of transportation being used at and around the city of Molalla itself.
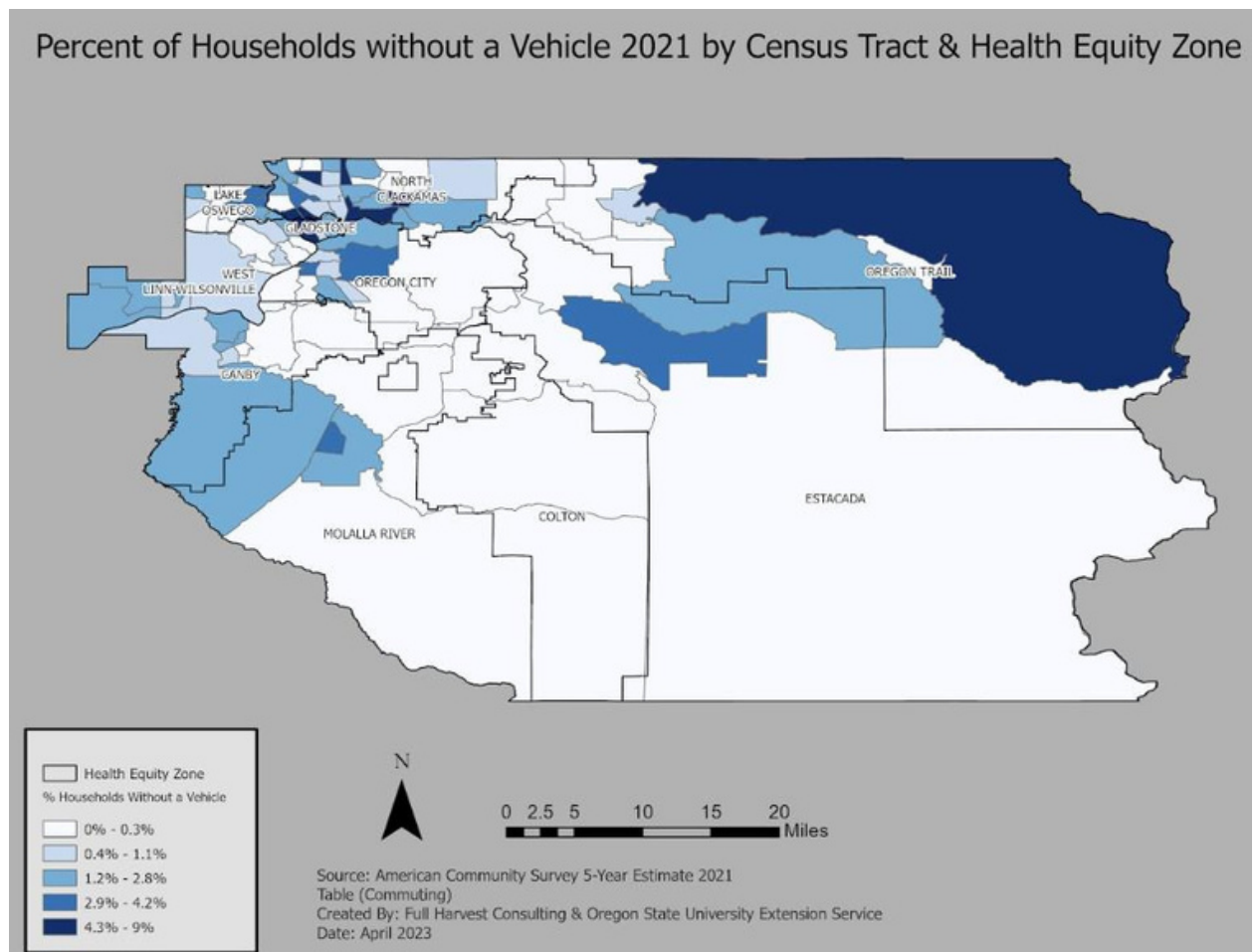
Figure 27: Households without a vehicle in Clackamas County, U.S Census American Community Survey 5-Year Estimates (Accessed 12 Mar 2023).

The longer commute time and lack of use of alternative methods is not surprising when one considers that most of the population of Molalla City, the population center of the Molalla CCD, works outside of their city. The proposed Molalla HNA showcases that only 418 persons both work and live within Molalla City. 3,518 persons commute out of Molalla to their jobs, while 1,673 commute into the City from outlying areas. Mirroring maps of median income, the areas immediately outside of Molalla city central experience the highest commute times of 30 to 59 minutes.
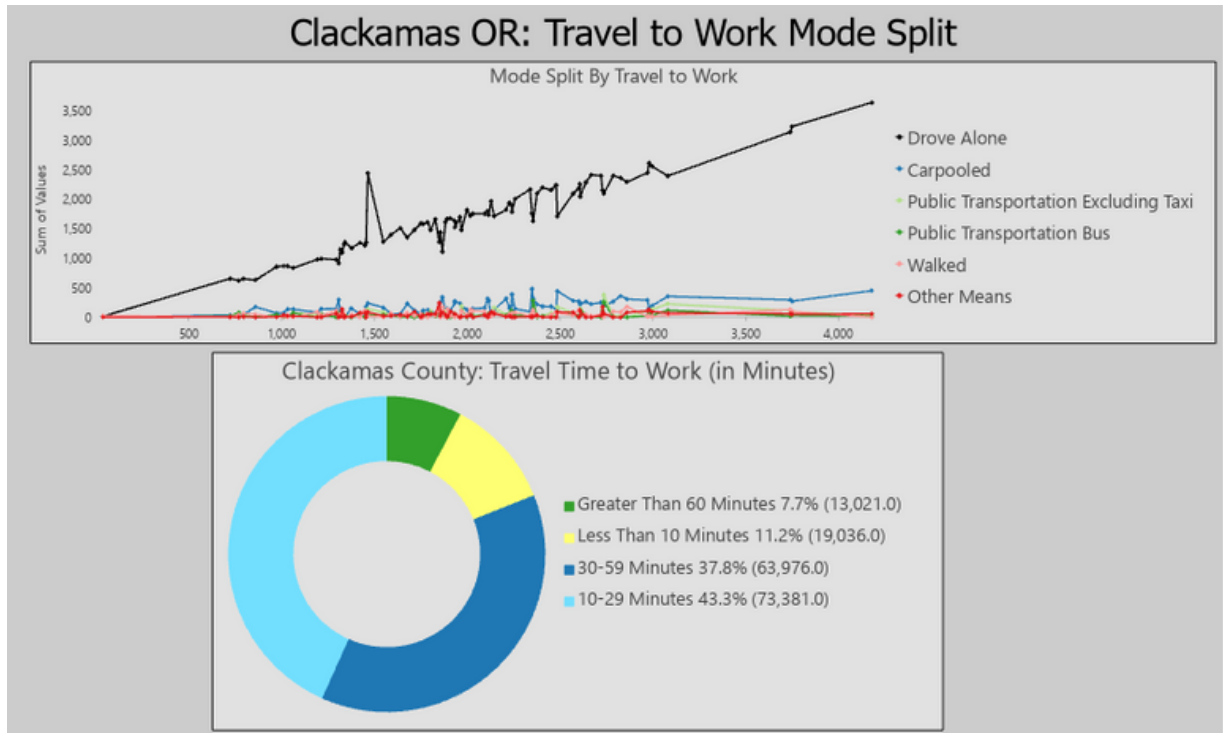

Figure 28: Clackamas travel to work mode split, U.S Census American Community Survey 5-Year Estimates (Accessed 12 Mar 2023).

Source: 2020 U.S Decennial Census (Accessed 12 Mar 2023).

Figure 29: Clackamas work commute times and SNAP access, 2020 U.S. Decennial Census (Accessed 12 Mar 2023).

APPENDIX B- COMMUNITY VOICES
FOOD ACCESSIBILITY TOOLKIT

COMMUNITY VOICES

FOOD ACCESSIBILITY TOOLKIT

TABLE OF CONTENTS

Cover image credit: Water color illustration of a thriving farm. Wilson, Nick (n.d.) accessed May 15, 2023. https://ucscsciencenotes.com/feature/from-barren-plot-to-thriving-garden/

PROJECT BACKGROUND AND GOALS

Background

According to the 2022 County Health Rankings, Clackamas County is the third healthiest county in Oregon. However, despite its diverse geography and economy, county-level data fails to capture the full picture of health disparities, social and economic challenges, and quality of life issues faced by various local communities. To address this, the Blueprint for a Healthy Clackamas County (BHCC) has divided the county into ten Health Equity Zones (HEZs). Although the quantitative data has some limitations even at a local level, BHCC has gathered more comprehensive insights from the community through qualitative research.Loca

Local Partnership

The student team of Full Harvest Consulting (FHC) was brought on board through a collaboration with Portland State University to outline the process of using narrative research to collect qualitative data, in support of Goal 2 of the BHCC: improve availability and ease access to affordable, culturally acceptable healthy food resources in Clackamas County. This Community Vo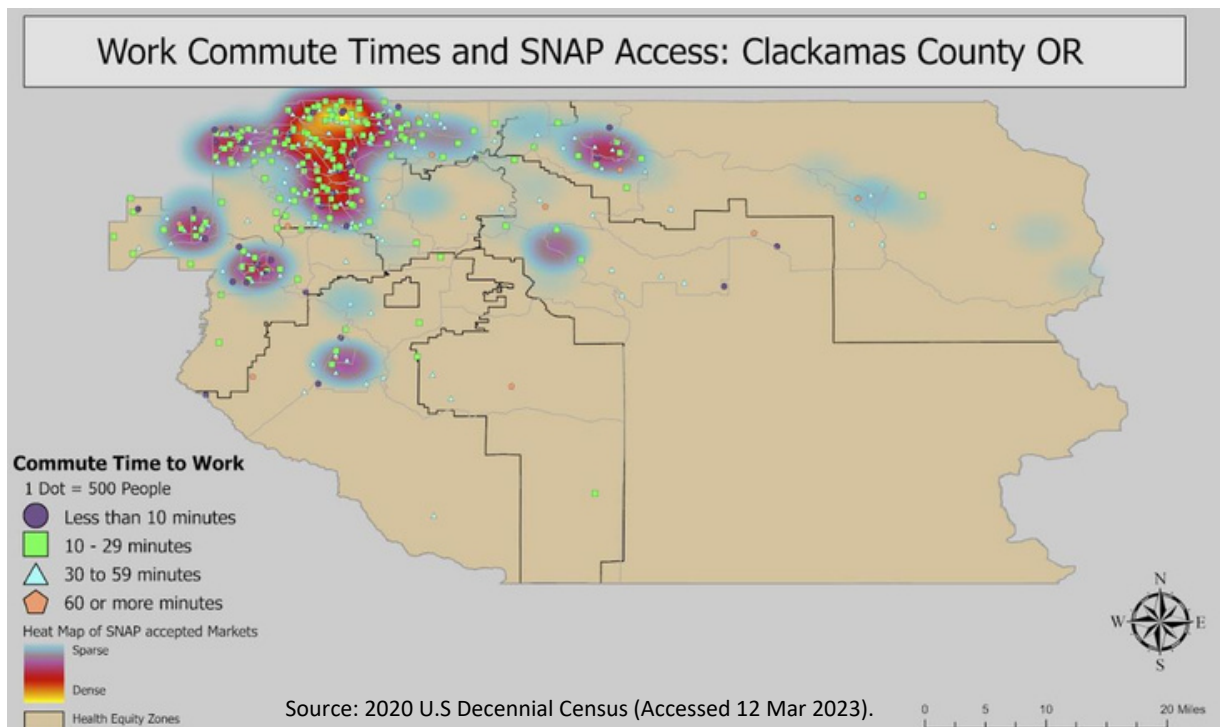ices Food Accessibility Toolkit is designed to provide this guidance and an outline for incorporating localized community voices into the BHCC. While it does provide some basic data analysis methodology, this data is either to exclusively inform the public outreach and/or at the direction of the community. To see a pilot of this toolkit, please see the FHC team Final Report document.

Purpose

The Food Accessibility Toolkit by Community Voices prioritizes the community's opinion in defining food accessibility and healthy eating. It identifies obstacles, understands preferences, and prioritizes needs by listening to their voices and experiences.

CLACKAMAS OR: HEALTH EQUITY ZONES
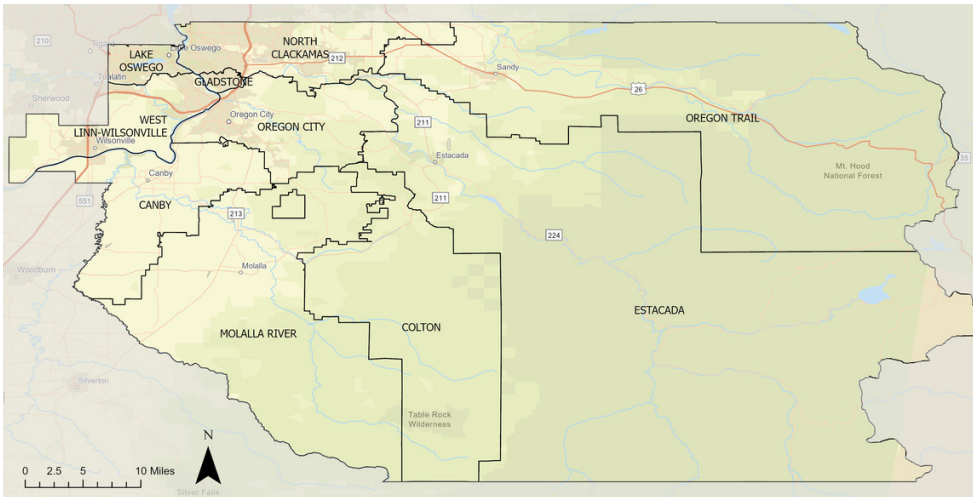
Molalla River HEZ Pilot

Results may vary when using this toolkit in different HEZs in Clackamas County, depending on local needs. Each community has unique priorities, such as food resources or preparation and storage. The Molalla River HEZ was selected as the pilot for this project, with the goal of replicating the methodology in the remaining nine HEZs. Customized solutions are needed for food accessibility and availability in each HEZ.

PROJECT GOALS

Address the Blueprint for a Healthy Clackamas County Culture of Health Goal 2: <u>All Clackamas County residents have access to affordable, culturally acceptable healthy food</u>

Conduct data analysis to empirically review and update relevant community health metrics analyzed by the previous Blueprint

Host community engagement events with food system stakeholders to share support, challenges, and opportunities

Summarize the data, identify gaps, and make recommendations

Develop a toolkit focused on local communities to address food availability, access, and cultural relevance.

TOOLKIT BACKGROUND

It's essential to acknowledge the absence of information regarding food accessibility and security in local HEZs. This Community Voices Food Accessibility Toolkit was created to address an information gap; community-centred assessment on food accessibility and food security within each HEZ. Additional studies have been done within Clackamas County that addresses other areas of the food system, such as food production and distribution, an analysis of local food policy, and the effectiveness of local infrastructure for delivering food assistance programs. These resources should be reviewed concurrently with this toolkit.

Given the goal of focusing community voices at the center of the Community Voices Food Accessibility Toolkit, the below foundational documents were heavily utilized:

- The Prevention Research Center for Healthy Neighborhoods Freshlink Toolkit: Measuring Social Networks in Food Habits Data Collection Toolkit (2014-2018)
- The Community Food Security Assessment Toolkit published by the Food Assistance and Nutrition Research Program (2015)

Based on these foundational documents, the FHC team devised a more accessible toolkit with a more streamlined approach to data exploration and community engagement with the following sections:
- Local Data Exploration
- Determining what data to examine
- Finding the data and mapping
- Identifying food resources and food security data
- Public Engagement
  - Identifying communities to engage
  - Understanding community dynamics
  - Hosting virtual roundtables
  - Hosting a community food systems visioning workshop
- Developing and evaluating your recommendations
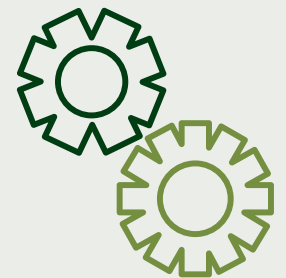
COMMUNITY VOICES FIRST METHODOLOGY

While many projects on food accessibility start with generally accepted definitions of food accessibility, healthy food, and food desserts, a community voices approach seeks to understand residents' food journeys, habits, and goals first. Once this information is obtained, researchers work with community members to address community identified barriers to culturally relevant, healthy foods.

Environment First Approach

Based on Urban Methodology
Accessibility defined by a 15 minute walk
Food resource mapping limited to community boundaries (ignoring resources outside boundaries whether residents utilize them or not)
Does not take into account geographic habits such as commuting route
Does not take into account family resource sharing

Community Voices First Approach

Methodology centered on residents' self describe experiences
Takes into account dominant forms of community transportation, community cooking habits/adaptations, and the economics of low density as well as high density areas
No defined geographic limits aside from what residents say is accessible or not
Creates community buy in and cohesion

Who can be helped by a Community Voices First Approach?

Henry commutes 45 minutes to work via car, and utilizes the food resources by his work. He's looking for increased options near his place of work,
increased affordability, as well as time saving tips for cooking fresh vegetables.

Julieta gets a ride to and from work from her brother. She has a grocery store within a 15 minute walk of her apartment, but feels unsafe taking public transit or walking by herself. She would appreciate a subsidized delivery service or delivered food box.

LOCAL DATA EXPLORATION

Determining what data to examine

The purpose of obtaining basic demographic information is to become familiar with the area of study and to better prepare for community engagement. For example, what questions should you ask at your community engagement event? Who should be invited, and should anyone be engaged through other avenues due to inequitable power structures? Additionally, knowing certain facts about the area of study may reveal potential solutions. However, data can be misleading, and correlation does not equal causation. Solutions must always be corroborated and validated by the community.

Below is a list of resources that are available to help any community member obtain enough information to perform basic analysis. All of these resources do not need to be utilized (as an example, mapping exercises can be problematic for those with limited resources).

DESCRIPTORS OF THE POPULATION

- EDUCATION
- HOUSING
- RACE
- LANGUAGES SPOKEN
- INCOME
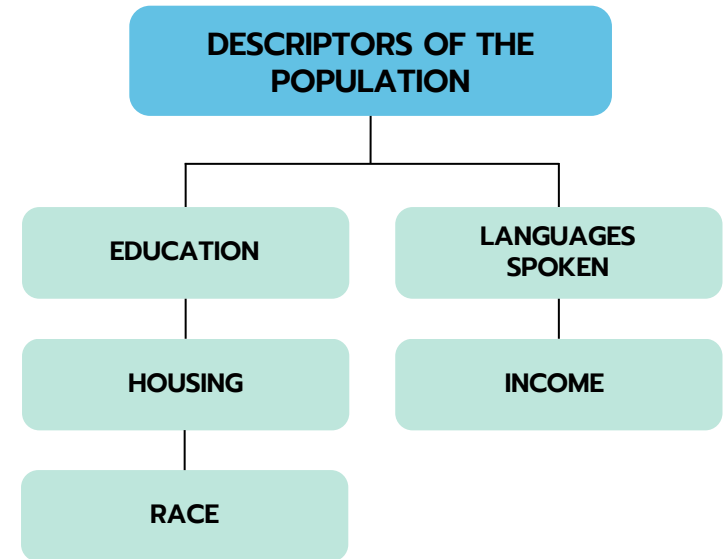
Utilize the case study as a guide, as well as the below suggestions on what to include:

FOOD ACCESS INDICATORS

- QUALITY OF FOOD RESOURCES
- DISTANCE AWAY FROM FOOD RESOURCES
- DOMINANT FORMS OF TRANSPORTATION

FOOD INSECURITY VULNERABILITY DATA TO MAP

- SNAP ELIGIBILITY
- HOUSEHOLD EXPENDITURES ON FOOD
- HOUSING INSECURITY
- UNEMPLOYMENT

DATA RESOURCES

Census Data	While census data can be obtained directly from various sources, Census Reporter compiles census data along commonly used geographies, such as census tracts, cities, and zip codes. Additionally, data is not only compiled but compared directly to state and national averages. Using Census Reporter, anyone with internet access can easily obtain information on median income, languages spoken, foreign-born population, racial distribution, housing costs, age distribution, and more. Extra attention should be paid to any statistic far outside the local or national norms.
Government Resources	Local Communities Housing Needs Analysis/Comprehensive Plan Depending on their currency, local jurisdictions have online planning documentation with detailed demographics and assessments of the area. A quick google search or a call to the local planning department office can supply anyone with these documents, which can be referenced extensively. Data from the Molalla Housing Needs Analysis was utilized for the Molalla case study.
Local News Search	Local news stories can connect data in a narrative that otherwise would not be apparent. For example, the Molalla Pioneer ran a story regarding the stress level of Molalla residents due to their large commuting times and relative lack of income. Internet searches can reveal local news sources, which can then be reviewed for relevant information.
Living wage and employment statistics/salaries	Job searching sites, U.S. Bureau of Labor and Statistics, clustermapping.us, livingwage.mit.edu, bestplaces.net/jobs Local area employment determines opportunities, salaries, and economic mobility and contributes to food security/insecurity. Additionally, residents may readily respond with their employment/job position but shy away from discussing a salary. Data from the provided resources, when compared to the living wage data, will give the researcher a more nuanced view of class divisions, potentially at-risk groups, and the ability of residents to obtain the resources to move out of food insecure situations.
Commuting Distribution	Bestplaces.net/transportation Fundamental to understanding where residents get their food is their commuting patterns to and from work. As previously discussed, employees will often purchase food and other necessities close to their place of employment as opposed to their residence. Bestplaces.net/transportation will showcase a commuting distribution for common geographies, comparing these geographies to state and sometimes national data.
Mapping	GIS mapping and census data can identify areas with food insecurity and limited access to nutritious food for those without access to a car. This knowledge can inform policies aimed at promoting healthier food choices, particularly in areas with lower incomes or higher housing costs. Maps created to visualize this information may include: Locational assessment of local risk, an assessment of food resource accessibility, locations of food pantries, SNAP-accepting resources, dominant mode of transportation/commuting habits, radius map of the population, and the time it takes to access food resources.

COMMUNITY ENGAGEMENT

Community engagement is key to validating data and recommendations. Freshlink uncovers habits, preferences, and challenges through open discussions and data gathering. Acknowledge biases with a positionality statement.

Focus areas for information gathering include:

Food procurement routines	• Imagine you are getting food for your household. What does that look like? How long does it take? How do you prepare, and how long does it take you? • List all places you typically go to get your food and how you get there • How do you decide what type of food to buy? • Tell me about a time you had a bad experience procuring food. What happened, and how did it affect you? What is the most challenging part of your food procurement routine?
Food preparation	• Food preparation routine • Why do you like certain foods? Why do you dislike certain foods? • Are there things you would like to make but don't? Why? • Where do you get your cooking ideas?
Food consumption (eating)	• Food eating routine • What foods do you eat most often? • What does it mean for you and your family to "eat right?"
Perceived risk	• Who is the most vulnerable to food insecurity in your community and why?

Goal-Setting

In order to ensure a successful engagement, it is crucial to establish clear goals. It is recommended that broad goals are defined for the overall engagement, while specific SMART goals should be created for each event. SMART goals must be Specific, Measurable, Achievable, Relevant, and Time-bound. It is important to note that each event should contribute to fulfilling the specific goals while aligning with the overarching goals.

As an example, the FHC team utilized the below for the overarching goals of the Molalla case study:

1. Engage with experts regarding the provision of culturally relevant food at the organizational level and illuminate opportunities and challenges for the Clackamas County foodshed as a whole.
2. Listen to the lived experiences of a diverse cross-section of residents in Molalla River HEZ surrounding their access to culturally preferred, healthy food.
3. Receive place-based input and solutions from community members for improved access to culturally preferred, healthy foods in their local area.

Coordinating Community Engagement with Local Partners

Collaborating with local community agencies and organizations early on is crucial for meaningful engagement. It's essential to share resources and staff capacity with these organizations, as they already have connections in the community. Our engagement events saw the majority of participants brought in by our community partners. For outreach during our pilot workshop in Molalla, FHC partnered with OSU Extension Service, Family & Community Health, and AntFarm. AntFarm had recently established an office in Molalla and was actively working to establish a presence in the community. To foster mutually beneficial exchanges and ensure that community solutions are implemented, identifying a local community-based organization that is invested in the engagement outcomes is ideal. In the absence of any community or agency partners, stakeholder mapping could assist with identifying potential partners.

Creating a Community Engagement Plan

The community engagement plan is the ultimate guide for engagement activities, including stakeholder mapping, outreach, communication, and event planning. Customization of events is necessary to ensure relevancy for specific groups and community members.

Community engagement plan elements:
- Goals for the engagement event(s)
- Relevant Stakeholders
- Overview (format, location, date)
- Stakeholders (who will be invited and why)
- Draft agenda (including timing, materials and roles)
- Consent process
- Equity considerations with particular attention to accessibility, language, cultural sensitivity, inclusivity and power dynamics
- Participation incentives
- Communication strategies
  - Specify outreach materials
  - Notification and Communication Timeline (see example)

Notification & Communication Timeline

1 Month Prior
- Send a personal email and ask for RSVPS
- Post information on OSU Extension WebPage
- Share Posts on Social Media

- 3 Weeks
Place Advertisment in Mollala Pioneer

-2 Weeks
Follow up with phone calls as needed

-1 Week
- Send reminder email
- Share posts on Social Media

-1 Day
Send a reminder email

Day of Event
- Send Thank you email and summary of the Workshop and link to the Survey
- Share Posts on Social Media

+1 Week
Send reminder email about the survey

+1 Month
Share final report as appropriate

Logistics and Preparation

The logistics and preparation for the outreach event(s) will vary greatly depending on the goals and populations targeted. This toolkit will provide an overview of organizing and implementing activities for the pilot Community Visioning Workshop in Molalla, but can and should be adapted based on local goals and logistics.

OSU EXTENSION SERVICE | CLACKAMAS COUNTY

Molalla Community Food System Workshop

Join us as we envision a Molalla where everyone has access to affordable, culturally relevant, healthy food!

SCAN QR CODE TO REGISTER

Date & Time
Wednesday, May 17th from 5:30-7:30 pm

Registration
Click here to register:
tinyurl.com/MolallaFood

Location
Molalla High School: 357 E Frances St, Molalla, OR, 97038

Hosts
OSU Extension Service-Clackamas County, Family & Community Health, and Portland State University, Urban Planning

Topic
Facilitated workshop and interactive activities. Share strengths, challenges and opportunities in the Molalla food system.

Questions?
Contact Kelly Streit: kelly.streit@oregonstate.edu

FOOD, SPANISH INTERPRETATION AND CHILDCARE PROVIDED

OSU prohibits discrimination in all its programs, services, activities, and materials. This publication will be made available in an accessible alternative format upon request. Please contact Kelly Streit: Kelly.Streit@oregonstate.edu, 503-750-2192

antfarm   Oregon State University

Outreach

Start local outreach at least 2 months before the event. Connect with community-based organizations for targeted populations. AntFarm was successful in reaching the Spanish-speaking Latinx community for the Molalla Community Visioning Workshop. Connect with multiple CBOs for diverse participants. Use various tools for broad outreach.

- Emails to stakeholders
- Personal phone calls to residents
- Posting physical flyers in high-traffic areas
- Press release to the local newspaper
- AntFarm conducted outreach to the Hispanic/Latinx community, mainly through door-knocking
- DHS promoted the event through their patient navigators, and WIC sent out a text message promoting the event to their clients with Molalla zip codes.

All outreach materials were translated into Spanish with the help of AntFarm. An example flyer for a Community Food Systems Visioning Workshop can be seen to the left.

Participation Incentives & Motivation to Participate

In order to encourage residents from all backgrounds to attend and engage in the workshop, it is important to offer some form of participation incentive. Priority should be given to reducing any barriers that may prevent equitable participation, such as providing childcare, food, and compensation. Additionally, hiring or partnering with interpreters can greatly facilitate the participation of residents who may not typically be engaged. Finally, letting participants know that their feedback will be taken into consideration and used to improve the community can be a great motivator.

Gift cards

Food boxes

Food and drinks

Childcare

Time/Location

The timing of the event can greatly impact the number of participants. Coordinating with local organizations and schools to plan the workshop date around what other events are occurring in the community is very important. If holding the workshop on a weeknight, holding the event after common working hours and allowing commute time is key. Always coordinate with local organizations to understand the best timing for the event. Hosting the workshop in a central location that is recognized by community members is also crucial. It is best to find a climate-controlled space with a large open area, ample tables and chairs. For the pilot workshop, the event was held in the Molalla High School which worked well logistically.

Group Size and Staffing

The potential number of participants at a community workshop can vary widely based on staff capacity. To solicit a robust amount of feedback and recommendations, 50 to 75 participants would be ideal. However, running a workshop with multiple activities occurring simultaneously and interpretation requires a large number of staff. At the Molalla workshop, there were a total of nearly 20 staff members from AntFarm, OSU Extension, and FHC providing a wide range of support at the event.

Roles

For a community visioning workshop with interpretation, the following roles would ideally be filled:
- Welcome Table: Sign participants in, handle consent forms/media releases, hand out gift cards (2-3 staff members)
- Activity Station Managers: Stand at each activity station and guide the process, answer questions (3-5 staff)
- Interpreters: Provide interpretation and help with trust-building (4+, ideally at least one per activity)
- Childcare: Solely focus on providing childcare during the event (2 or more)
- Miscellaneous: Provide general support with set up/tear down, serving food, handing out food boxes, answering questions (2 or more)

CULTURE OF HEALTH COMMUNITY VOICES TOOLKIT 2023

Agenda

A loose agenda for a Community Food Systems Visioning Workshop may include the following:

- Set-Up
- Allow ample time to set up activities, tables and chairs, arrange refreshments, etc.
- Welcome, orientation, mingle.
  - Greet community members, provide them with a name tag and ask them to sign in.
  - Encourage participants to mingle and get refreshments
- Activity Overview
  - Provide a brief overview of each activity station to the whole group, allowing time for interpretation.
- Engagement Activities
  - Facilitate activities and encourage participants to mix and mingle while visiting each station.
  - Descriptions of example activities are listed below
- Wrap Up and Debrief
  - Facilitate discussion summarizing feedback from participants, and have attendees share anything else they would like to
  - Take detailed notes of themes emerging from debrief discussion.
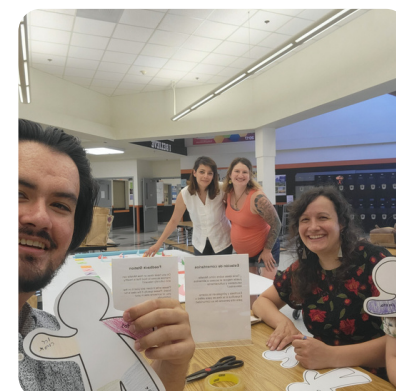
Activities

While the interactive activities can vary greatly depending on logistics and interests, all activities should aim to understand how community members' lived experiences reflect the Blueprint for a Healthy Clackamas County Culture of Health goal: "All Clackamas County residents have access to affordable, culturally relevant, healthy foods". Ideally, the activity stations would each attempt to solicit a different type of data and feedback from participants. The following activities were chosen for the Molalla Community Visioning Workshop due to their highly interactive nature and ability to gather various forms of information. These examples can be used at additional events or customized depending on the target audience.
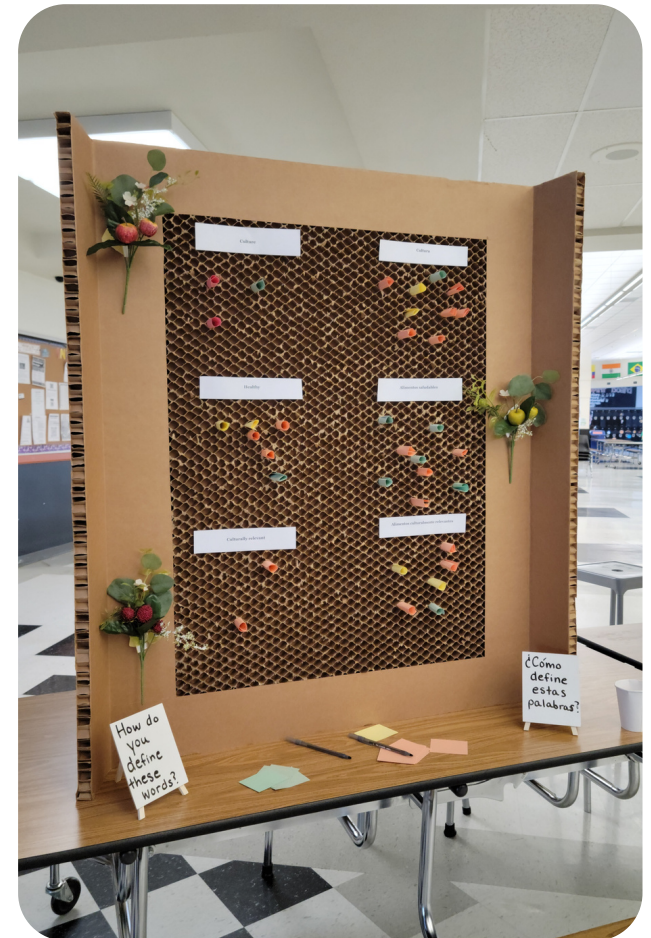
MAP-IT (MOBILIZE, ASSESS, PLAN, IMPLEMENT, TRACK)

- **Purpose**: To visually represent the strengths and challenges associated with accessing affordable, culturally relevant, healthy food resources within the Molalla area.
- **How it Works:** Display two large maps, showing a close-in and further-out scale of the local HEZ for attendees to place dots on. The map should already contain locations of food pantries, grocery stores, and farmer's markets.
- **Instructions/Prompts:**
  1. Map the local food environment:
     a. Place a green dot next to food resources that make it easy to access affordable, culturally relevant, healthy foods
     b. Place a red dot next to food resources that make it hard to access affordable, culturally relevant, healthy foods
     c. Share thoughts on sticky notes (2 colors) regarding "easy" and "hard" choices
     d. Encourage participants to add additional food resource sites to the maps and share thoughts on those as well
  2. Group discussion:
     a. Starting with the green dots, what is happening within the Molalla community food system to ensure easy access to a variety of culturally relevant, affordable foods? Share sticky note comments. Any additional thoughts/comments to share?
     b. Looking at the red dots, what is happening within the Molalla community food system that makes it hard to access a variety of culturally relevant foods? Share sticky note comments. Any additional thoughts/comments to share?

STORYTELLING BOOTH

- **Purpose**: Obtain qualitative data about participants' food preferences, experiences and routines through conversations.

- **How it Works:** Ask participants to share their stories, recording them with video or audio equipment when possible. Otherwise, speak with participants and take detailed notes. Provide individual paper maps where people can write ideas or use sticky notes.

- **Instructions/Prompts:**
Map Your Food Journey:
  - On your personal map, place a yellow dot where you currently live
  - Place green dots where you currently access your food
  - Place purple dots where you would like to access your food

- **Talk about your map on video!**
  - Describe your food journey (Imagine you are getting food for your household. What does that look like? How long does it take?)
  - What do you enjoy about your food journey? What do you wish was different?

IDEA HIVE (FEEDBACK WALL)

- **Purpose:** An interactive way to promote community sharing, collect ideas, and understand community definitions better.

- **How it Works:**
Display two poster boards, the first labelled with the key terms "healthy", "culture" and "culturally relevant". The second poster board should be reserved for community members to share feedback and hopes for local availability and access to healthy, culturally relevant food.

- **Instructions/Prompts:**
How do YOU define the following terms?
  - Healthy
  - Culture
  - Culturally relevant

Do you have ideas on how Molalla can improve access to food that is healthy and culturally relevant? Please write it down and place it on the board.

"YOU ARE WHAT YOU EAT" ACTIVITY

- **Purpose:** A light-hearted way to obtain data about participants' food preferences.
- **How it Works:** Ask community members to color and label an outline of a person with the foods they eat the most often.
- **Instructions/Prompts:**
- Color in your outline
  - How much of you is made up of french fries? What about salad? Perhaps you are 25% coffee? Fill in your own person and hang them up on the wall. Example: I am 30% coffee, 25% oatmeal, 15% veggies and the rest is bananas and peanut butter.
- Hang it up on the clothesline!
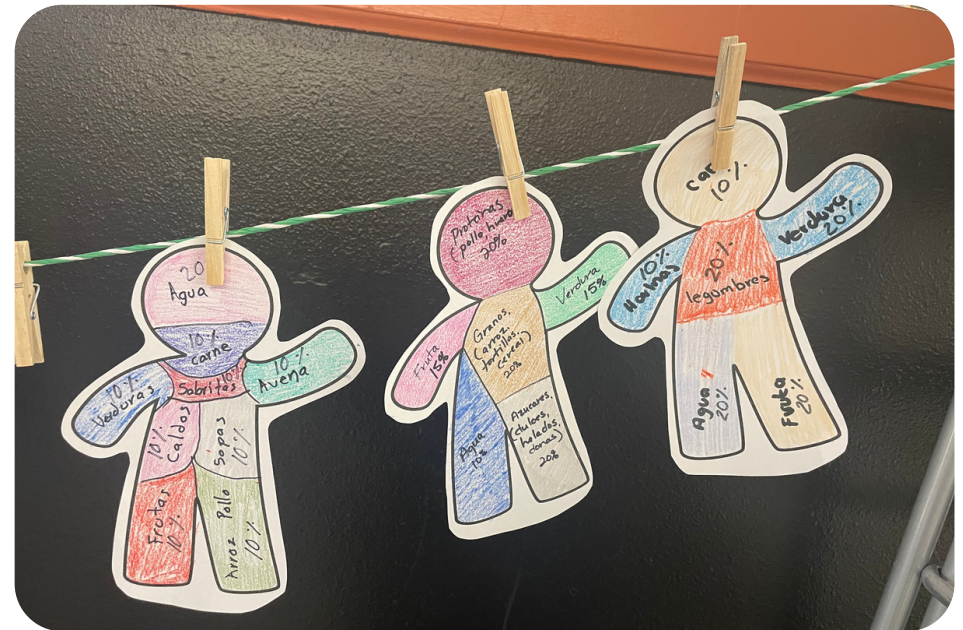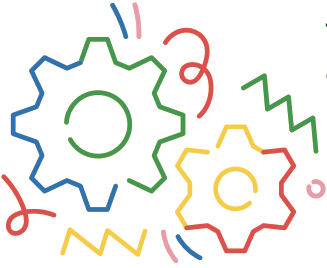
MAP-IT:

The MAP-IT activity provided a visual representation of the strengths and challenges of accessing affordable, culturally relevant, healthy food in the Molalla area. Key themes that could be extracted include:

- Locations of easy access to healthy foods.
- Areas facing challenges in accessing healthy food.
- The types of resources considered valuable or lacking in the community.
- Community suggestions for additional food resource sites.
- Frequency and quantity of certain types of food consumption.

Storytelling:

The storytelling activity helped collect qualitative data about participants' food preferences, experiences, and routines. Themes from this activity could include:

- Personal food acquisition habits and preferences.
- Existing challenges and enjoyment factors in their food journeys.
- Areas in the community where they access food and where they would prefer to.

Idea Hive:

Using the Idea Hive, event attendees defined terms such as "healthy", "culture", and "culturally relevant". They shared ideas on how to improve access to healthy and culturally relevant food in Molalla. The themes gathered could include:

- Community members' perceived definitions of "healthy," "culture," and "culturally relevant."
- Recommendations and insights on how to improve the local food system.

"You Are What You Eat":

The "You Are What You Eat" activity asked community members to color and label an outline of a person with the foods they consume most often. Themes from this activity could include:

- Community members' dietary patterns and food preferences.
- Frequency and quantity of certain types of food consumption.

ALTERNATIVE ENGAGEMENT EVENTS

As stated previously, the engagement event format and activities listed above are not the only way to meet the project's goal and meaningfully involve community members. Additional formats of engagement in a local HEZ could include:

- **Virtual or in-person roundtable with community members**
  - Description: Relatively small group discussion moderated by the facilitator
  - Purpose: Hear directly from community members about their lived experiences, generate solutions for improvement
- **Tabling at an event such as a Farmers Market or community event**
  - Description: Setting up a table at an event or high-traffic area
  - Purpose: Conduct engagement without organizing a separate event, discuss data updates, and qualitative receive feedback/recommendations
- **Distribute a survey**
  - Description: Design a survey and distribute it to community members with paper copies and/or online
  - Purpose: Receive more quantitative and qualitative data from a specific target population

INTERPRETING RESULTS OF ENGAGEMENT

The themes extracted from both rounds of engagement will provide valuable insights to inform the community's food system planning and interventions. The participatory nature of these activities ensures that the recommendations are grounded in lived experiences and preferences of the community members.

The following are potential themes that could be gathered from each of the example activities at the Molalla pilot workshop.

EVALUATING & PROVIDING RECOMMENDATIONS

DEVELOPING CRITERIA

Example from Molalla Engagement

Based on the input from the Molalla Visioning Workshop and the stakeholder's roundtable event, FHC compiled, categorized, and assessed all of the recommendations by relevant criteria.

EVALUATION CRITERIA

1 Low

2 Medium

3 High (Best Fulfilling)

Cost (Monetary) 1= High, Low=3

1 High (Best Fulfilling)

2 Medium

3 Low

Cost (Time) 1= High, Low=3

1 High (Best Fulfilling)

2 Medium

3 Low

MURP WORKSHOP FINAL PRESENTATION, 2023

CULTURALLY RELEVANT

	Cultural spice garden in high school with options for kids to take harvest home	Collaborate with local schools to bring in more Latinx foods	Supply more fresh, healthy, local food in Molalla public schools
IMPACT			
Magnitude of impact	3	2	2
Timeliness of impact	3	3	3
Increases food accessibility	3	2	2
Increases food security	3	2	3
Increases healthy food access/habits	2	2	3
Increases accessibility of culturally relevant foods	3	3	2
Equity			
Based on local community input	3	3	2
Targeted towards minority community	3	3	2
Targeted towards underprivileged community	2	1	2
Targeted towards children/ youth	2	1	1
Feasability			

This was done through a numerical analysis based on the following framework.

The graph on the top walks us through an evaluation of the sample recommendations. Each recommendation is given a score from (0-3) in the subcategories of Impact, Equity, and Feasibility, with 3 being the highest value.

Using the total values, recommendations are then ranked within each category. The highest priority alternatives achieve the highest total category score.

These values are not set in stone and can be adapted to local jurisdictions and changing needs of the community.

PROVIDING RECOMMENDATIONS

The recommendations should be ranked to assess which ones meet the desirable criteria the best. When generating recommendations, the evaluation framework detailed above is simply one way to assess. Certain criteria could also be weighted to further determine priorities. Community partners and agencies should make the determination of what recommendations will be pursued. These recommendations identified for further development can be shared back with the community to determine if those are indeed community priorities. Potential categories for the recommendations can be seen to the right.

When providing the highest ranking alternatives as recommendations, each recommendation requires the following additional information for implementation.

- **Determine impact and level of effort:** this can help determine priorities and can be further assessed through dialogue among agency staff and community partners.

- **Lead agency or community organization**: identify who has authority, interest, and capacity.

- **Plan**: detailing what this recommendation is, why it's important, and how to pursue and implement it.

- **Timeline for implementation**: identifying if it's a short term and long term and what the next steps would be with a projected timeline.

- **Sustainability**: assess if this recommendation is sustainable economically, socially, and ecologically

- **Cost and funding opportunities:** identify potential funding sources and what the expected costs would be including resources and staff time.

1. Policy & Planning

2. Emergency Food Network

3. Economic Development

4. Youth Investment

5. Culturally Relevant

CONCLUSION

Within this toolkit, basic guidance has been provided on local data collection, community engagement, evaluation, and providing recommendations. The goal was to create an easily replicable process that can be completed in each of Clackamas County's HEZs, and other jurisdictions if so desired. The recommendations generated can be incorporated into the Blueprint for a Healthy Clackamas County and implemented over time to work towards healthy, culturally responsive food systems. The implementation of recommendations is not covered within the toolkit, but this is where the real community change can happen. It cannot be emphasized enough that just as community voices are necessary in creating a vision and recommendations for change, they must be included in forging the path forward towards implementing the final recommendations. Replication of this toolkit within the Clackamas County HEZ's, as well as an equitable implementation process, will ensure that community voices from a diversity of backgrounds and local areas are heard and incorporated into the Blueprint for a Healthy Clackamas County.

> **We all have food stories, and we all have a stake in the future of our food system.**
>
> -MARK WINNE, FOOD SYSTEM POLICY ADVOCATE

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FULL HARVEST
- COMMUNITY PLANNING -

THANK YOU