

# EEE Forum

*May 24<sup>th</sup> 2021*

# TOPICS



- Overview of our Work
- Food Systems, Food Security, and Imbalances
- Connections Between Ag & Food Security in COVID



# The Issue: Food Inequities

Primary challenges that our work aims to address:



**Compromised Nutrition**  
Economic insecurity and limited individual purchasing power leads to compromising on nutritious food.



**Poor Food Environments**  
Community food environments promote less nutritious, highly processed food.



**Food System Imbalance**  
Imbalance in the food system resulting from federal supports for certain commodities.



**Disconnection**  
Food system consolidation and lengthy supply chains create a disconnect between people and their food.





# Our Mission

**We believe universal access to healthy, nutritious food is a fundamental human right.**

Nourish Colorado is transforming Colorado's food system to ensure all Coloradans have equal and abundant access to nutritious foods from sustainable sources.

We pursue systemic change by engaging in state and federal policy advocacy, managing innovative programs, and developing community partnerships and grassroots networks to employ multiple-win strategies that rebalance the food system and create healthy food environments.





# Programs

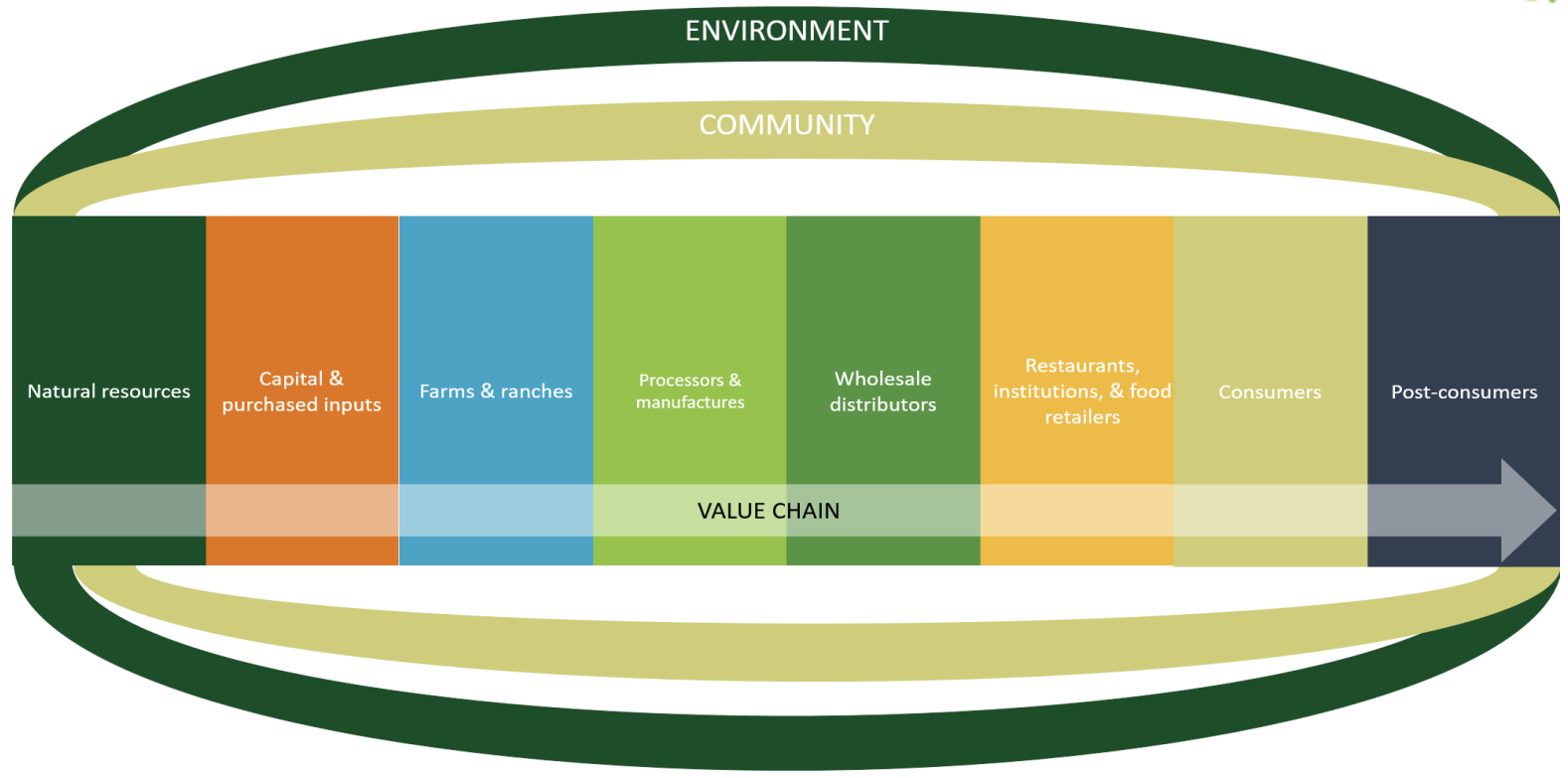
Nourish Colorado is focused on three primary areas to advance food equity in our state:

- Healthy Food **POLICY**
- Healthy Food in **INSTITUTIONS**
- Healthy Food **INCENTIVES**

All of our programs address one or more of these areas. We dedicate our time and resources to strategic programming that will have a positive impact on Coloradans and our communities now and into the future.



# The Food System



## Value Chain



# Food System Conundrums



“The food system—encompassing the production, processing, marketing, and purchase of food and the related consumer behaviours, resources and institutions—appears to be struggling to deliver nutritious and healthy diets in an equitable manner.”

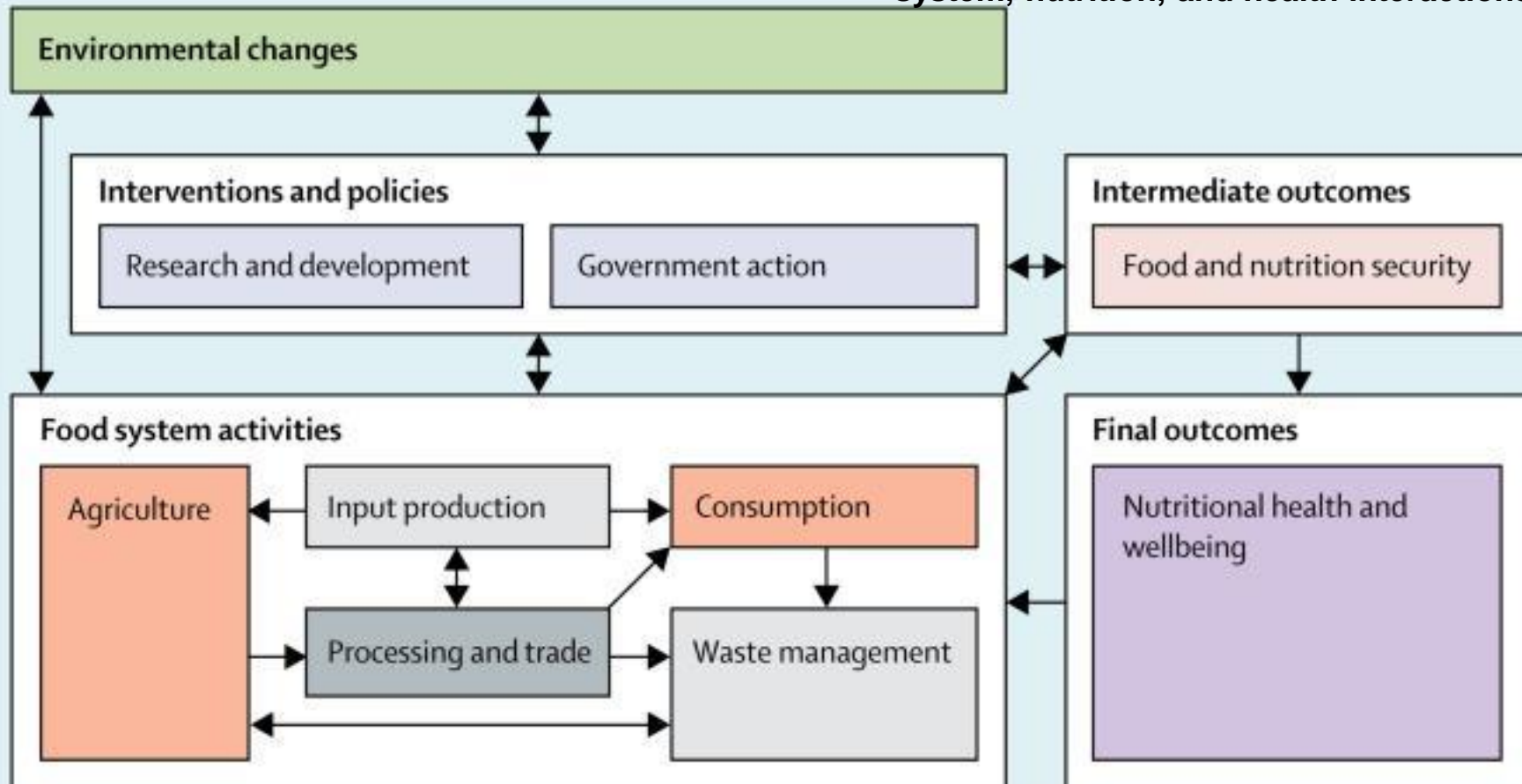


“Food is the single strongest lever to optimize human health and environmental sustainability on Earth.”



Socioeconomic and societal factors

Framework of environmental change, food system, nutrition, and health interactions





# Imbalanced Systems



- We produce over 3,500 kcal of food per person per day
- The average adult needs between 1,800 and 3,000 calories per day.
- 11-12% are food insecure.
- *In Colorado today, approx. 40% are experiencing food insecurity*
- 37% are obese; the estimated annual medical cost of obesity in the U.S. is \$147 billion.
- Only 1 in 10 adults eat the recommended number of servings F&V per day.
- Significant disparities across all indicators for communities experience low incomes and BIPOC individuals.



# Imbalanced Systems



- Small family farms (less than \$350,000 GCFI) account for 90% of all U.S. farms, 49% of farmland, and 22% of the value of production
- Women as principle operators make up 14% of all farms
- Over 90% of principle operators are white.
- Between 64-83% of farm workers are of “Hispanic Origin”



# Boulder Self-Sufficiency Standard

(CO Center on Law & Policy)



- Boulder County families need income more than three times the federal poverty level to make ends meet.
- A Boulder County family with one adult and one preschooler needs annual income of \$60,075 to make ends meet -- more than three times the federal benchmark of \$16,460 for a family of two.
- In Boulder County, a total of 27.3% of households fall under the standard.



# Boulder Self-Sufficiency Standard

(CO Center on Law & Policy)

## Boulder County



### Choose Family Makeup

Adults  ⓘ

Infants  ⓘ

Preschool  ⓘ

Schoolager  ⓘ

Teenager  ⓘ

**CALCULATE**

### Self Sufficiency Wage

Annual	\$78,926
Monthly	\$6,577
Hourly	\$37.37/hr

### Costs

Housing Costs	\$1,461
Child Care Costs	\$2,233
Food Costs	\$718
Transportation Costs	\$260
Health Care Costs	\$402
Miscellaneous Costs	\$507
Taxes	\$1,429

### Credits and Savings

Earned Income Tax Credit (-)	\$0
Child Care Tax Credit (-)	(\$100)
Child Tax Credit (-)	(\$333)



# Hunger on Campus

- CSU participated in the #RealCollege Survey in Jan 2020:
- 30 days prior to the survey, 32% of CSU students experienced low or very low levels of food security
- 38% of respondents cannot afford to eat balanced meals
- 35% worry about running out of food before they have money to buy more.





# Double Up Food Bucks

- SNAP incentive
- Provides \$1 for CO-grown produce for every \$1 in SNAP spent, up to \$20 each visit
- At farmers markets, farm stands, CSAs, corner stores, small retailers, and one large retailer
- Available at over 80 locations in over 30 counties



- [www.doubleupcolorado.org](http://www.doubleupcolorado.org)

# Double Up Results

- 2020: **\$403,000** to over **7000** households in over 30 counties
- **83%** of customers report buying more fruits and veggies, **84%** report eating more fruits and veggies, and **74%** report eating more fruits and veggies
- **65%** of farmers report selling more fruits and vegetables and **76%** agree the market is stronger with Double Up!

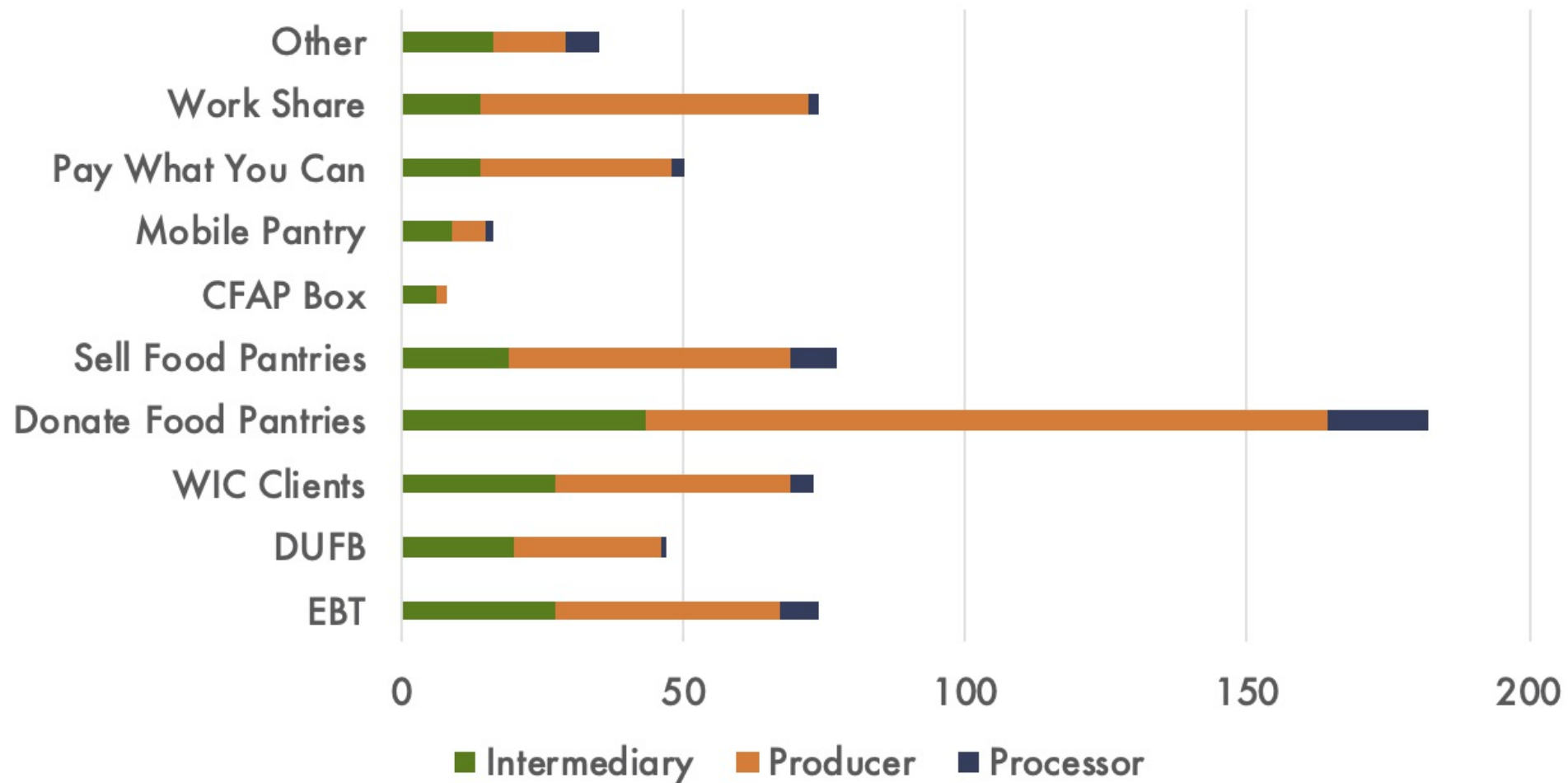


# CO Nutrition Incentive Program

- 2019: **\$190,000** of 513 CSA shares through 14 county programs
- 2020: **\$493,000** to nearly 1,200 households in 25 counties provided by **41 farmers and food hubs**
- **91%** of WIC increased food security; **84%** increased produce
- **81%** of older adults increased food security; **74%** increased produce
- Only 20% of Year One growers had previously participated in WIC, and **100%** of year one growers returned for the 2nd year. All reported an increase in financial stability.



# Respond & Rebuild Fund Round 3 Grantee Activities



# Respond & Rebuild Fund Grantees: Relationship to Local Economies



- Four out of five intermediaries described the value they provide to the local economy — ranging from responding to food waste and storage needs, to managing distribution, to employing locals, to general stabilization of the food chain.
- A number of processors believe that due to the fragility of the supply chain, focusing on local sales could be a more stable business model





# Testimonies



"The grant gave us breathing room to change our marketing to be more local, and the pandemic pushed the local population to embrace more fully local food. We lost restaurant markets, we shed (temporarily, we hope) on-farm educational programs, but we increased the diversity and number of local customers, both individuals and programs. Outside funding paved the way for meal programs to buy our food, for individuals to use SNAP and Double Up well beyond what we've seen previously, and for us to figure out how to break down bulk harvests into individual sales. We now know better who we feed, and we feel more appreciated and supported. We're more the farm we want to be."

- Thistle Whistle Farm



# Testimonies



*“We loved the weekly produce; how fresh it was and were able to come up with healthier meal options. This year they introduced eggs and potatoes; my son loves eggs so that helped us out a lot. I think this program is amazing not a lot of us can afford organic produce like this and it was nice to be able to enjoy what came each week. I hope in the future they continue this for other families. This year is our last year in the W.I.C. program and we could not be more thankful for the farmers and all their hard work to provide this for us.”*

-WIC participant

*“Mountain Roots Food Project is honored to be a partner organization with the Nourish WIC and Older Adult Produce Box Program. Through this initiative we have been able to provide locally sourced, sustainably raised fruits and veggies all summer long to those who need it most here in the Gunnison Valley. Not only does this program give a boost to households with need, it also allows us to provide support to local producers who have also been negatively affected by the current pandemic. A true win-win!”*

- Mountain Roots Food Project



# How can you get involved?

## Find Legislation and Session Information

- Colorado State Legislature
  - <http://leg.colorado.gov/>
- United States Congress
  - <https://www.congress.gov/>
- Who is your Legislator?
  - <https://leg.colorado.gov/find-my-legislator>
- Get our policy updates and follow our blog! <https://nourishcolorado.org/get-involved/>
- Join the Food Bill Action Team: [Food Bill Action Team Sign Up Form](#)
- Federal Bill Tracker here: <http://bit.ly/fedbilltrack> and our CO state bill tracker here: <http://bit.ly/CObilltrack>





**NOURISH**  
COLORADO   
Transforming Food Systems

|| **QUESTIONS?**

[wendy@nourishcolorado.org](mailto:wendy@nourishcolorado.org)