

Food for Thought: Groundwork for the King County Food & Fitness Initiative



A Report by the University of Washington
Department of Urban Design and Planning
Summer Studio 2008



food & fitness

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EXECUTIVE SUMMARY

In June 2008, the Leadership Council of the King County Food & Fitness Initiative (KCFFI) enlisted the help of the University of Washington's Department of Urban Design and Planning to assist the Initiative as it develops an action plan for the coming years. The University's Advanced Urban Planning Lab focused on this practical, real-world application by undertaking a nine-week interdisciplinary planning studio, aimed at collecting and analyzing data useful to the Initiative in this process.

The purpose of this nine-week process was to prepare an existing conditions report about the food environment and built environment of the Delridge and White Center neighborhoods in King County, Washington. This report is the result of that process. To accomplish this, the graduate students did the following:

- Gathered and analyzed existing information from local government agencies, nonprofits and other sources;
- Gathered and analyzed additional quantitative and qualitative information from community members at local events and through written surveys;
- Analyzed geographic data and prepared maps and tables that present this analysis;
- Identified areas for additional information collection and analysis;
- Identified lessons learned both about the process itself and about the communities.

Many topics discussed in this report have been discussed before by community members in both Delridge and White Center. The University worked with community members in Delridge in 2006 and in White Center in 2007, for example, to identify needs, concerns and interests for these neighborhoods. In these past planning efforts, community members identified the need for more connectivity to community resources and the need for a grocery store in Delridge. A great deal of information about community interests and needs is already available and should be considered as the KCFFI moves forward.

Introduction to the Report

Built Environment

This chapter presents observations and analysis of the physical environment in which people live, learn, play, and work. The report is based on data collected previously by the KCFFI assessment team. The analysis is also based on data collected by UW planning studio teams that completed survey and analysis work in the KCFFI focus

communities in 2006 and 2007. The chapter also includes analysis of physical and spatial components of human habitats prepared by the Urban Form Lab (UFL) at UW.

Community Food System Assessment

People need access to affordable, nutritious food to make healthy food choices. Students assessed the food environment in Delridge and White Center. Research methods included collection and analysis of data from state, county and city institutions and the U.S. Census as well as interviews with community leaders and local agencies. The food system assessment presented here includes six sections: Local Food Economy; Food Resources; Food Waste, Recycling and Composting; Transportation; and Social Capital. Each section provides a definition of the food system component, explains why it is important, presents the data, and shares where the community can learn more. The chapter concludes with suggestions for additional research and a description of how the document can be best utilized.

Additional Resources

The Appendices provide more in-depth information about each topic in this report, including extensive data tables, additional maps, copies of surveys and focus group questions, and other materials to supplement the report. Students also prepared a CD in addition to this written report. The CD contains electronic copies of the report, maps, data files, surveys, focus group information, and other resources. This information can be copied from the CD and modified for future use.

Community Profiles

The White Center neighborhood is in the unincorporated area of King County just south of Seattle, located between Seattle and the city of Burien (Figure 1 below). The population of the neighborhood is 20,975.¹ White Center includes approximately 3.67 square miles of unincorporated area in King County. Public Health - Seattle & King County identifies White Center as the area west of State Route 509 and north of Southwest Roxbury Street, north of Southwest 126th Street and extends west to 30th Avenue Southwest.

¹ White Center & Boulevard Park Community Data, Public Health Seattle King County, <http://www.metrokc.gov/health/datamaps/>, accessed July 14, 2008.

The Delridge neighborhood is located on the southern edge of Seattle and is adjacent to White Center. The greater Delridge area includes 36,585 residents.² The neighborhood boundary, as defined by the Delridge Neighborhoods Development Association (DNDA)³, is the area south of Southwest Spokane Street and the West Seattle Bridge, east of 35th Avenue Southwest, west of 1st Ave South and West Marginal Way, and north of Southwest Roxbury Street.

For the purposes of this report, the authors used the Health Planning Area (HPA) boundaries defined by Public Health - Seattle & King County. Much of the data available for this analysis and mapping can be more easily used with the HPA boundaries. The authors recognize, however, that the streets used to define neighborhood areas for the HPA may differ from the streets community members use to define their neighborhood boundaries.

² Visualize Delridge: Planning for the Future of the Neighborhood, University of Washington, Department of Urban Design and Planning, 2006, Appendix 5.2.

³ What is the Delridge Community?, Delridge Neighborhoods Development Association, <http://www.dnda.org/work/plan.html>, accessed August 17, 2008.



Figure 1: KCFI planning area.

COMMUNITY ENGAGEMENT AND THE UW PLANNING STUDIO PROCESS

A key component of W.K. Kellogg Foundation's Food and Fitness Initiative is to identify food and fitness related issues and develop useful recommendations through community engagement. To this end, graduate students from the Department of Urban Design and Planning at the University of Washington worked with KCFFI community partners to begin engaging community members in White Center and Delridge, who, ultimately, know what changes are needed on the ground to create healthy environments.

Through extensive in-depth research of existing data, community outreach efforts, and field data collection, the students were able to provide the initial assessment of current food systems and built environments in the KCFFI focus area that are outlined in the following chapters of this report. More importantly, students were able to lay the groundwork for targeted community actions that will aid the development of the KCFFI community action plan.

This section discusses the variety of community outreach and engagement activities conducted throughout summer 2008 and a summary of community feedback and recommendations gathered.

Community Engagement and Outreach Activities

Initial efforts were productive in gathering the assessments and existing conditions data of these two unique communities. That said, challenges of scheduling, language and cultural differences, as well as understanding of the purpose and value of the initiative's process by community residents and businesses, have slowed the timeline for completion of W.K. Kellogg Foundation deadlines and benchmarks.

Previous work in the community by UW planning studios in 2006 and 2007 centered on engaging residents directly and provided foundational understanding of the unique characteristics of the demographic diversity. The community engagement and outreach efforts were based on the following philosophies:

- broad coverage of various community groups and places
- qualitative information about issues and potential solutions
- focused discussions and group interaction
- community participatory research

1. Focus Groups

Focus groups allow interviewers to study people in a more natural setting than in a one-to-one interview setting. In combination with participant observation, they can be used to improve access to the various cultural and social groups in White Center and Delridge. Using the same set of questions at focus groups with different participants in different locations allows facilitators to compare results. Focus groups are also low in cost, one can get results relatively quickly, and they can increase the sample size of a report by talking with several people at once.

Our initial plan was to conduct two focus groups (one in Delridge and the other in White Center) to identify specific community concerns as they related to food and fitness. Successful implementation was hindered, however, by the number of additional community events scheduled at or near the times planned for the focus groups. The planning studio team has prepared focus group questions and moderator tips that can be used in the future to conduct focus groups (see Appendix to Food System Assessment chapter).

Future use of focus groups would benefit significantly from more foresight and planning to ensure efforts work more collaboratively with existing community events, meetings, and cultural organizations.

2. Café Rozella “Coffee Hours”

For eight consecutive weeks in July and August 2008, members of the studio team held informal community meetings at Café Rozella (9434 Delridge Way Southwest). The events were held on Thursday nights from 6:00-8:00 p.m. and were intended to provide an opportunity for White Center residents to meet in a casual, familiar setting. Topics of discussion included the nature of the initiative, the process of participating, feedback about the food environment and built environment, initiative efforts so far, and additional suggestions and comments. These “coffee hours” were advertised through local community blogs and printed flyers in local businesses.

Attendance to the sessions was casual, with less than a half a dozen people in total visiting. Despite low turnout, the comments received provided excellent glimpses to the nature of food and fitness in both neighborhoods. Some of the residents’ comments can be read below in the *Community Feedback* section.

3. Delridge and Jubilee Days

To take advantage of large captive audiences, we set-up booths at Delridge Days on May 31, and at Jubilee Days on July 19-20. Booths were staffed in cooperation with the Youngstown Cultural Arts Center in Delridge and the White Center Community Development Association. We used community maps with parks, recreation facilities, and food/grocery sites identified by name and location to gather data regarding frequency of use. We also used these maps in visits to local food banks (see *Interactive Poster Results* section below.)

4. Food Bank Outreach

Food banks and emergency services account for a percentage of the food consumption of any community with integrated social service systems. During the course of our outreach, we determined that contact with food bank clients was an important way to meet residents in the environments where they access the food systems.

We visited two food banks (one in White Center and one in West Seattle), bringing the aforementioned posters and community surveys, and had two very different experiences at each food bank. In White Center, we encountered language barriers that made communication with the majority of the food bank clients difficult, as for many English was not their primary language and we did not speak their native languages. Similarly, we could not distribute the surveys to them, as they were only available in English. Future visits to the White Center food bank would benefit from more collaboration with food bank staff to prepare materials in the many diverse languages spoken by their clients. We did receive several interesting comments from food bank staff concerning food baskets (see *Community Feedback* section.)

Language barriers were not an issue at the West Seattle food bank. We were thus able to engage in more dialogs with clients and staff. Further, existing food bank programs in West Seattle created an atmosphere more conducive to discussion. These programs are described below in the Community Feedback section, as well.

5. FEEST (Youngstown)

We visited the Food Education Empowerment and Sustainability Team (FEEST) program at the Youngstown Cultural Arts Center in Delridge three times throughout the summer. The first visit was during a FEEST community dinner on July 16, the purpose of which was to introduce the youth participants to the project and its goals, as well as to solicit interest in the August 8 Market Basket Survey.

Our second visit to FEEST was during the August 8 survey (described below), and the third visit was during another community dinner on August 13 to report back our findings from the market basket survey.

FEEST organizers and members were crucial to the completion of the Market Basket Survey, and will surely continue to be a resource for future community engagement projects in Delridge and White Center.

6. Community Survey at Tabling Events

To build on KCFFI data collection efforts initiated during Delridge Days in May 2008, we designed a short, nine question survey to gather basic information about residents' personal interaction with and opinions about their local food system and built environment. We distributed the survey to people who stopped by the KCFFI booth at Jubilee Days in July and during tabling events at the White Center and West Seattle Food Banks during general public food distribution hours. We offered a chance for survey participants to be entered in a drawing for a \$20 Safeway gift card. A total of 50 surveys were completed: 21 at Jubilee Days, 24 at the West Seattle Food Bank, and 5 at the White Center Food Bank. The very low number of completed surveys (5) collected at the White Center Food Bank may be due to a language barrier; food bank clients present on the tabling day were predominantly non-English speakers (languages included Vietnamese and Spanish). This indicates a need to have KCFFI outreach materials (and meetings) translated into languages spoken in the Initiative focus neighborhoods. The data we collected, though limited, is included here as a starting point for future research. Clients waiting at the West Seattle Food Bank approached us to get copies of the survey and were, overall, very interested to learn more about the Initiative. One student noted,

When I asked people to fill out the surveys, many of them seemed confused about the word 'nutrition.' When they asked me for an explanation, I simply asked them if they read the 'Nutrition Facts' labels on the foods they consume and how important are those labels to them. Also, I found it helpful to tell people that no personal information was collected and they did not have to fill out all questions if they did not want to, especially to those who weren't sure about filling out a survey...and yes, we need more clipboards [to accommodate the number of people approaching us to fill out a survey]!

Full survey results are in Figure 1 below, and the survey template is included in the Toolkit. Survey highlights:

- Asked, “how do you travel to do your shopping,” 61% answered “car,” followed by “walking” at 16% and “bus” at 12%.
- Price was mentioned by all three surveyed groups as a reason that people do not shop at the closest grocery store.
- “Food Bank,” as would be expected from the survey locations, followed “Grocery Store” as places people usually get their food among two groups, with “Farmers Market” in third place. No one from Jubilee Days indicated that they use a food bank.
- Those surveyed at one of the food banks were almost evenly split between apartments and houses, while 95% Jubilee Days attendees indicated that they lived in a house.

King County Food & Fitness Initiative Survey - Results

	West Seattle Food Bank (n=24)		Jubilee Days (n=21)		White Center Food Bank (n=5)		TOTAL	
	Yes	No	Yes	No	Yes	No	Yes	No
1. Do you do the grocery shopping for your household?	22	2	19	2	4	1	45	5
	92%	8%	91%	10%	80%	20%	90%	10%

	West Seattle Food Bank				Jubilee Days				White Center Food Bank				TOTAL			
	1-2	3-5	6-8	>8	1-2	3-5	6-8	>8	1-2	3-5	6-8	>8	1-2	3-5	6-8	>8
2. About how many bags of groceries do you usually have?	6	10	5	3	6	12	3	0	1	2	0	2	13	24	3	5
	25%	42%	21%	13%	29%	57%	14%	0	20%	40%	0	40%	26%	48%	6%	1%

	West Seattle Food Bank					Jubilee Days					White Center Food Bank					TOTAL				
	Car	Bus	Bike	Walk	Carpool	Car	Bus	Bike	Walk	Carpool	Car	Bus	Bike	Walk	Carpool	Car	Bus	Bike	Walk	Carpool
3. How do you travel to do your shopping?	18	6	1	2	1	19	1	4	7	1	4	1	0	2	1	41	8	4	11	3
	75%	25%	4%	8%	4%	90%	4%	19%	33%	4%	80%	20%	0	40%	20%	82%	16%	8%	22%	6%

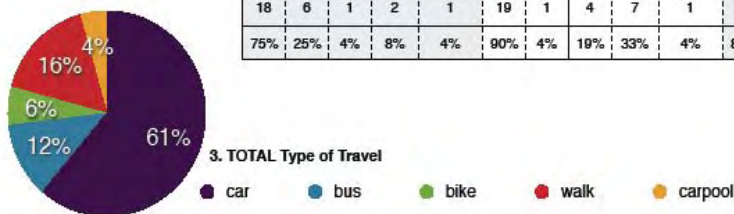


Figure 2: Community survey results.

7. Market Basket Survey

In early August 2008, Youngstown Cultural Center organized over 30 youth and adult residents to participate in a community-wide market basket survey.⁴ The survey was designed to evaluate affordability among the different convenience stores and grocery stores throughout the two neighborhoods. The survey was based on United States Department of Agriculture (USDA) “Thrifty Food Plan” which provides a grocery list to feed a four-person family for one week. Grocery stores in West Seattle that are outside the KCFFI focus area were included as they were identified by the community as stores at which residents purchased groceries in lieu of shopping in their own neighborhood. For example, through the *Where do you Shop?* tabling activity, Delridge residents commonly identified grocery stores in the Alaska Junction and Admiral District neighborhoods—therefore, these stores were included in the survey. See Figure 2 below for grocery store results.

Market Basket Survey – Grocery Store Results

Store	Location	Market Basket Cost	# of Missing Items
PCC	2749 California Ave	\$248.43	5
Thriftway	4201 SW Morgan	\$170.08	4
Safeway	2622 California Ave	\$166.98	1
Albertsons	16th Ave SW	\$165.06	5
QFC	2500 SW Barton	\$153.61	3
Trader Joe's	15868 1 st Ave S (Burien)	\$153.27	22
Metropolitan Market	2320 42 nd Ave SW	\$152.10	5
Albertsons	12725 1st Ave	\$141.62	2
Safeway	9620 28th Ave SW	\$135.64	4

Figure 3: Market basket survey, grocery store results.

The August 8 Market Basket Survey was the second survey conducted, the first having been conducted on May 24 for stores in Delridge. During the first survey, several youth were frequently questioned by store employees, and a handful of youth volunteer teams were asked to leave the store by managers.

⁴ A similar market basket survey was conducted in May 2008 with youth volunteers. Volunteers were unable, however, to collect price information from all stores because several were asked to leave the stores by owners and managers prior to completion. A second, more comprehensive survey was thus organized in August 2008, including surveys of stores in West Seattle and Burien, as well as the original stores visited in May.

To prevent this from happening again, letters were sent to the store managers one week prior to the second survey. Youth were also grouped into teams with at least one adult, under the assumption that store managers would be less likely to ask community volunteers to leave if there was an adult present.

The new approach proved to be a much more effective method of conducting the survey. Not only were adult/youth volunteers less likely to be confronted by grocery store employees, the pricing data and availability of items was more consistent across all grocery stores⁵.

Transportation was initially somewhat of a challenge when organizing the Market Basket Survey. FEEST organizers were concerned with the implications of having youth accompanying adult volunteers in their private vehicles, as safety is of utmost importance when youth organizing. Transportation via 12 passenger vans was thus setup by FEEST organizers and our group.

Interactive Poster Results

Two interactive posters were brought to Jubilee Days and to the food banks, on which were maps of Delridge, White Center and the immediately surrounding areas of West Seattle and north Burien. One poster asked community members to identify where they shopped for food, and mapped all previously identified grocery stores, mini-markets, ethnic food stores, etc. The other poster asked residents to identify places in their neighborhoods they went to “play,” or engage in physical activity, and mapped all previously identified parks and recreation facilities.

Results of the posters demonstrated the enhanced functioning knowledge of the neighborhoods residents have; several grocery stores, parks and recreation facilities were identified by community residents that we had not known about. Notably, the many residents did not associate “fitness” with sites such as community centers. Rather, they considered places of fitness with facilities such as the YMCA or 24 Hour Fitness. White Center residents commented there was limited availability of fitness facilities for physical activity.

⁵ This is likely due to the emphasis that community volunteers find the least expensive items, as well as the increased commitment from adults to finding hard to locate items.

We also noticed a grouping of activity, with regard to grocery shopping and physical activity, near the border between Delridge and White Center. Also, the majority of residents surveyed shop at the larger grocery stores, avoiding the smaller convenience stores and mini-markets.

Community Feedback

Gathering information directly from members of the Delridge and White Center neighborhoods was a priority for the project. People who live, work and play in the neighborhoods possess a functioning knowledge of their community that is essential. Much of the information we collected through our community outreach efforts would have been difficult, if not impossible, to gather otherwise.

The following summarizes many of the verbal and written comments we received from residents while visiting the two neighborhoods during Delridge Days, at visits to the food banks, at Jubilee Days in White Center and during conversations at Café Rozella. The comments are grouped into three broad categories – food quality and availability, transportation and movement, and food security.

1. Food Quality and Availability

Several community members expressed interest in the quality and availability of food. Interest in food quality at the grocery stores was particularly high. One visitor to Jubilee Days described the White Center Albertsons located on 16th Avenue Southwest as “the place where food goes to die.” Conversely, community members were impressed with the food quality of Trader Joe’s – residents at both Delridge Days and Jubilee Days expressed a desire to have the franchise in their neighborhood, with one resident claiming “We need Trader Joe’s,” while another shared that “A Trader Joe’s would be awesome!”

A White Center resident shared his satisfaction with the quality and availability of food in his neighborhood. He buys groceries at several places, traveling by car to Safeway for staples, and walking to two Mexican markets near Roxbury for vegetables and “excellent” meat. He shared that he is very committed to shopping at “the little guy.” While he was unsure of the presence of a farmers market in White Center, he would use it if he “knew more about it.”

Several residents shared that people frequently travel outside their neighborhoods for better food selection and affordability. One resident noted that Saar's, a grocery store in Burien, is increasingly pulling customers away from White Center due to its affordable prices. Another resident made similar comments about WinCo Foods in Federal Way, which is also known for lower prices. The Tukwila Trading Company, a grocery store that replaced Larry's Market in Tukwila, also received community praise for selling good produce and maintaining affordable prices.

A visitor to Café Rozella discussed, in great detail, her concern over the quality of foods provided to children in White Center. As the owner of a childcare facility in White Center, she was frustrated by restrictive food standards set by the USDA. She was particularly frustrated by mandates from the USDA that childcare facilities strictly adhere to a restrictive list of serviceable foods. She expressed problems with the heavily politicized process that determines what foods the USDA mandates as “healthy” and necessary for children (specifically mandated consumption of cow’s milk), as well as the policy that withholds funding food that does not appear on their list. She also discussed how she is further restricted from serving fresh, healthy and local food due the USDA mandating that childcare facilities publish food menus two weeks ahead of time. This is primarily because restrictions in availability of local produce, fluctuations in price and the limited shelf life of fresh foods which make purchasing menu items two weeks ahead of time virtually impossible. She ended her analysis of the USDA’s food policies governing childcare facilities with the following statement: “The USDA standards are bullshit.”

2. Transportation and Movement

Transportation is of significant importance to both neighborhoods, as is a concern over the ability/inability to walk, run or bicycle safely in the neighborhood.

A common transportation theme in Delridge was the lack of grocery stores within walking or bicycling distance. Several neighborhood residents at Delridge Days lamented this absence, with one stating, “Delridge needs a walkable/bikeable grocery store! Someone please help!” Another individual suggested the creation of a “Delridge Commons,” with a grocery store, at the Boren School.

Transportation safety was also referenced as a concern in both communities. A visitor to Café Rozella shared the need to improve safety near intersections, particularly the five-way intersection south of Café Rozella. He believes this intersection to be extremely dangerous and confusing, as it is not well marked and the fastest arterial traffic is closest to pedestrians.

He cited this as the number one thing he would improve in White Center. Another White Center resident at Jubilee Days shared the need for better lighting and benches on the sidewalks – this, he believed, would make a significant impact on public safety and encourage more local shopping and walking. Another White Center resident who lives north of QFC stated an enjoyment of jogging and walking with their baby stroller, yet finds the lack of curb cuts and designated crosswalks a barrier to doing so.

3. Food Security

Visits to the West Seattle and White Center Food Banks provided useful information about efforts to ensure food security. Staff members at each food bank were particularly helpful in describing the patterns and needs of those they served. In West Seattle, for example, a food bank employee discussed how important it is to stock a diverse assortment of foods, thus allowing their clients the option of product choice. Providing several options is critical, as it ensures clients get food they'll actually eat - this is why the majority of food banks across Seattle allow for product selection.

The employee elaborated that, to her knowledge, there is only one food bank in the Seattle area that does not allow people to select the food they receive. As a result, clients who frequent that food bank either exchange foods in the parking lot or throw them in the garbage can when they leave. To further maximize the usefulness of the products they distribute, the West Seattle Food Bank staff also provides cooking demonstrations to their clients. The demonstrations show how to create meals with products that they may be unfamiliar with, thus further minimizing the likelihood that food goes unused. The demonstrations emphasize preparation of quick, healthy and easy meals using affordable products such as canned goods and inexpensive produce.

An employee at the White Center Food Bank also provided interesting information concerning food security. This employee discussed how personal/family eating patterns largely dictated how long a client could stretch the items they receive. While the food is not meant to last very long (typically seven days), this employee has seen clients double the number of days it is meant to last through rationing. She also discussed how food banks have different times and days for food pick-up based upon the populations they are looking to serve. Seniors, for example, pick up at different times than mothers with children.

Lastly, a visitor to Café Rozella shared his appreciation for the availability of summer youth programs in White Center that his daughter can attend. His daughter is currently enrolled in the Salvation Army summer camp drop-in program, a free program that feeds the youth participants lunch and two snacks, in addition to sponsoring several field trips. Other days his daughter can attend the YMCA summer camp - also in the neighborhood - for \$7.50 a day.

Chapter One: Built Environment

The W.K. Kellogg Foundation Food & Fitness Initiative is about people working together to create vibrant communities where healthy eating and physical activity are convenient, affordable, and safe for all children and families. Collaboration and equity are at the core of this initiative. Food & Fitness is supporting long-lasting and sustainable change by investing in community-based solutions to transform local food and fitness environments. In addition to focusing on improving the policies, practices and systems that determine how food arrives on the community's table, the two-year community action plan will focus on how our communities are maintained and built.

This report presents observations about the built environment in which people live, learn, play and, work. The report is based on data collected previously by the KCFFI assessment team and UW planning studio teams which completed survey and analysis work in the KCFFI focus communities White Center and Delridge in 2006 and 2007.

Defined by the collaborating partners, **built environment** refers to:

community design—and the design of our communities does have an effect on our health and well-being. Healthy community design can benefit us all in very important ways. School design is one important way that the built environment may affect a child's health (Can a child safely walk to school?), another example is parks and green spaces (research increasingly suggests that children benefit from the opportunity to play outdoors where they can explore and enjoy natural environments).¹

The Urban Form Lab (UFL) at the University of Washington Department of Urban Design and Planning is just one of more than fifty collaborative partners identifying community trends impacting the two focus communities. The UFL research focuses on the physical and spatial components of human habitats. For the KCFFI, UFL has identified a number of categories related to the built environment and land use planning for analysis, including:

- Environment
- Road Network
- Bus & Transit System
- Building, Parcel and Property Information
 - Zoning
 - Vacant Land Availability

¹ www.kcffi.org

-
- Postal Zip Codes
 - Neighborhood Facilities
 - Public Parks
 - Public Spaces & Walkability
 - Schools & Walkability

While detailed geospatial analysis is forthcoming from UFL at a later stage of the KCFFI planning phase, this written narrative offers an overview of the community's built environment to inform the creation of the KCFFI Community Action Plan. It is a first draft –which the community partners can further develop into a more complete picture of neighborhood places and systems which together form the built environment. This narrative considers the built environment while a companion chapter considers food systems.

Delridge: A Bird's Eye View

The Delridge Neighborhoods Development Association (DNDA) defines the boundaries of the Delridge neighborhood as the land between 35th Avenue SW on the west, 1st Avenue South and West Marginal Way on the east, SW Spokane Street Street and the West Seattle Bridge on the north, and SW Roxbury Street on the south. A 2006 UW Planning Studio report, *Visualize Delridge*, notes:

Delridge is an ethnically diverse community; minority groups comprise about half the population. Incomes also vary extensively, with the average household income in Delridge just slightly lower than state and county figures. . . .Delridge is most strongly characterized by residential neighborhoods, but it is also home to a variety of large and small businesses. While single-family homes are most common, townhomes and apartment buildings also have a notable and growing presence. Amongst the homes and businesses is extensive green space, including unique natural amenities such as Longfellow Creek and the Legacy Trail. . . . A significant asset of the Delridge neighborhood is its extensive network of open space, trails and staircases. . . . The current housing market in Delridge is in a rapid state of transition, with older single-family homes and apartment buildings being demolished and replaced with townhouses and four-plexes. This transition is threatening the availability of rental units and producing new housing that is outside of the price range of the average Delridge resident. With the recent growth and development along Delridge Way, business owners and community members are increasingly optimistic about business growth.²

² *Visualize Delridge*, p 2-3.

A June 10, 2007 *Seattle Times* article describes how the neighborhood is changing with regard to housing type and affordability:

Delridge has long provided affordable housing in an overlooked, almost rural pocket of Seattle. Tucked in a forested valley between West Ridge, the city's highest point, and the Duwamish River, it's been home to shipbuilders, longshoremen and steelworkers, then waves of Asian, Latino and African immigrants. But that is changing as the area becomes more affluent. "People have discovered Delridge," said Ron Angeles, a Delridge native who works for the city's Department of Neighborhoods. . . . "The problem is all these new town houses are for sale, not for rent. There's no replacement housing for families," Martin said. And when you take away rental housing, "you take away some of the diversity that has made Delridge what it is," said neighborhood activist Pete Spalding. A community of dells and ridges, Delridge, with a population of more than 30,000, is actually a collection of neighborhoods such as Youngstown, Pigeon Point and Westwood. Whites are a minority in Delridge, where households tend to be larger and poorer than they are in Seattle as a whole. Delridge housing prices have nearly tripled in the last decade, and appreciated at a greater rate than citywide prices, according to a *Seattle Times* analysis. Household income in Delridge — while still below the citywide average — also increased at a greater rate than it has citywide. Rents, too, are climbing faster in Delridge than in the rest of Seattle. The average Delridge rent increased 14 percent over the past year compared with 5 percent citywide. . .

White Center: A Bird's Eye View

White Center, to the south of Delridge, is located in an unincorporated area in southwest King County. A 2007 UW Planning Studio report, *We Create White Center*, defines the physical boundary of the neighborhood as including the entire unincorporated area west of State Route 509 plus the area north of SW Roxbury Street, and the northern border of this area follows SW Henderson Street, from 4th Avenue SW to Delridge Way, continuing west as SW Barton Place, until it meets the neighborhood's western boundary at 30th Avenue SW. The report notes:

The population of White Center includes an extremely diverse working class, with people of color making up nearly 50% of the community. In addition, over a quarter of the residents in the area are people under the age of 18. This vibrant character and unique diversity is White Center's greatest asset, but the community faces substantial challenges as well. Income, employment, and education levels in

White Center are lower on average than those in the rest of King County, and crime and health problems tend to be higher than elsewhere in the county. Compounding these problems is the fact that White Center is an unincorporated area of King County and does not have the resources to address many of these issues. ...White Center is a neighborhood in transition due to inherent pressures from population growth, poverty, annexation discussions, and the threat of gentrification. Maintaining the diversity and character of the neighborhood in the midst of change will be a challenge, yet the community has clearly indicated that preserving the unique character of the neighborhood is vitally important.

Environment

White Center and Delridge have a noticeable open and green space system, parks are generally well managed and school playgrounds are up-to-standard with modern equipment. There are a well-managed system of trails and bike friendly side-streets, though signage and identified paths are often not marked. The tree canopy is well-kept and offers walkable shade in a majority of the community. Tree canopy replacement would be useful in the main commercial node of White Center and this has been presented in previous neighborhood plans and studio reports.

As shown on the map, a landfill site is located at the lower east side of Delridge neighborhood and north of White Center / Boulevard Park. Landfill sites, commonly known as "dumps," are defined by United States Environmental Protection Agency (US EPA) as "disposal sites for non-hazardous solid wastes spread in layers, compacted to the smallest practical volume, and covered by material applied at the end of each operating day."³ The residential proximity to hazardous waste sites can initiate medical observation for spikes in related diseases and illness found to be prevalent in affected areas. For example, what are the health risks in relation to residential proximity to hazardous waste sites? In 2007, as documented in a *United Church of Christ Toxic Wastes and Race at Twenty* report, African Americans and other people of color are more concentrated near hazardous wastes facilities today than two decades ago. People of color now make up 56 percent of the residents living in neighborhoods within two miles of the nation's commercial hazardous waste facilities; they comprise a whopping 69 percent in neighborhoods with clustered waste facilities.

The map also indicates that Delridge has a larger steep slope area than White Center, which may make walking and biking a challenge. Getting across the ridge separating the Youngstown/SSCC ridge and the rest of West Seattle by foot, bus or bike is difficult.

³ <http://www.epa.gov/OCEPATERMS/terms.html>

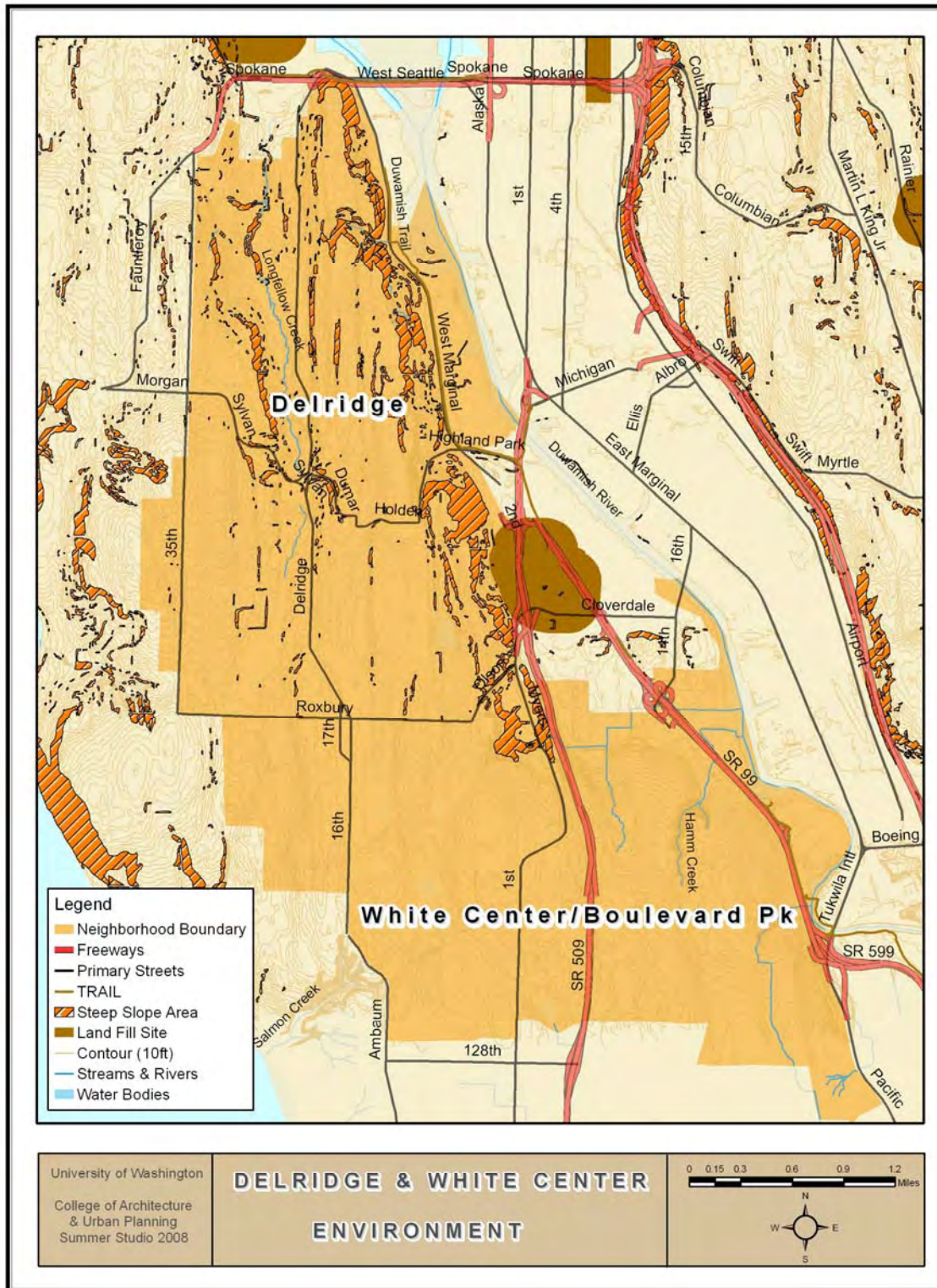


Figure 1: Delridge & White Center Environment

Road Network

State Highways SR 509 and SR 99 are in close proximity to the White Center neighborhood running along the edge of the neighborhoods. Both highways and the major north-south/east-west arterials provide direct accessibility to the I-5 and I-90 freeways.

The Duwamish Trail is a paved path along the eastern border of the West Seattle peninsula (a regional trail) runs through both Delridge and White Center and is owned and maintained by the City of Seattle. Longfellow Creek is a four mile long, north-south stream, located in West Seattle's Delridge and Westwood neighborhoods. The Legacy Trail brings pedestrians to Longfellow Creek and winds through public green spaces and streets, linking community resources. Another regional trail, Green River Trail, also runs through White Center and is owned and managed by the King County Parks and Recreation Department, though maintained by the City of Tukwila. These trails provide a significant amount of improved urban green-space walkability and should be kept protected and enhanced.

There appears to be more bike identified routes in the Delridge community than within White Center; however, this does not necessarily imply they are easily accessible, often-used routes, or good facilities for either of the neighborhoods.

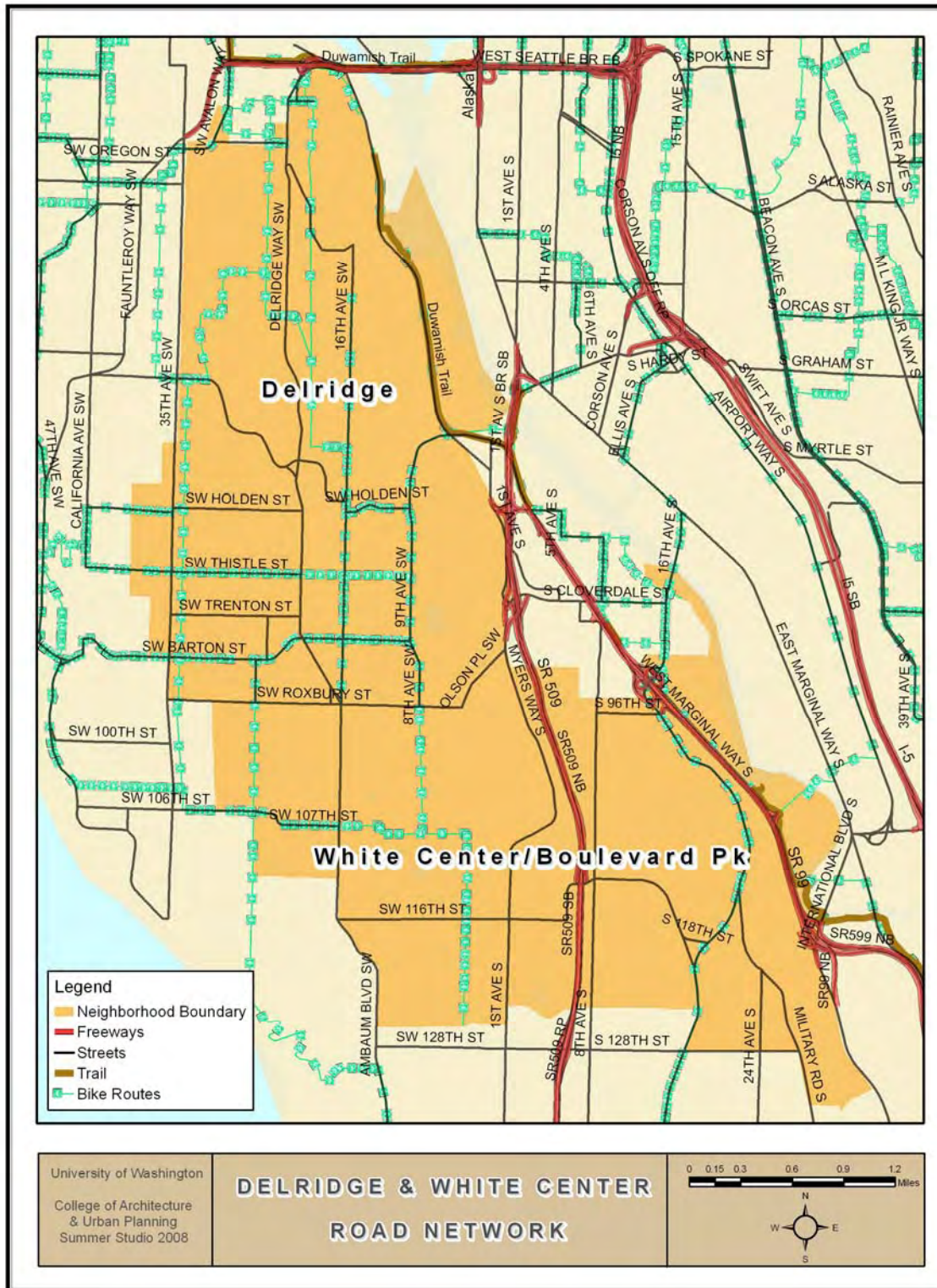


Figure 2: Delridge & White Center Road Network

Bus & Transit System

The bus and transit system of the two neighborhoods are well connected and provide a better north-south access than an east-west network, however most residential areas are within a ½ mile walk of stops and stations (though ¼ mile is the general threshold used). There are two “Park and Ride” lots located on SW Roxbury Street: Holy Family Church Park and Ride (23 parking spaces), and Sunrise Evangelical Free Church Park and Ride (10 parking spaces). Olson Place SW / Myers Way Park and Ride are also located between Delridge and White Center (98 parking spaces). Located north of Delridge under the West Seattle Bridge is SW Spokane Street Park and Ride (55 parking spaces). Finally, located in the heart of White Center is Beverly Park First Baptist Church Park and Ride (12 parking spaces). Increasing the number Park and Rides to more locations in Delridge and White Center may improve bus commuting and carpooling for the residents.

Counting bus stops on both sides of the road, using GIS data from WAGDA, there are 148 bus stops located in White Center and 186 bus stops in Delridge. However, this does not necessarily imply the transit system adequately serves these two neighborhoods. The map does not account for the frequency in which the buses run.

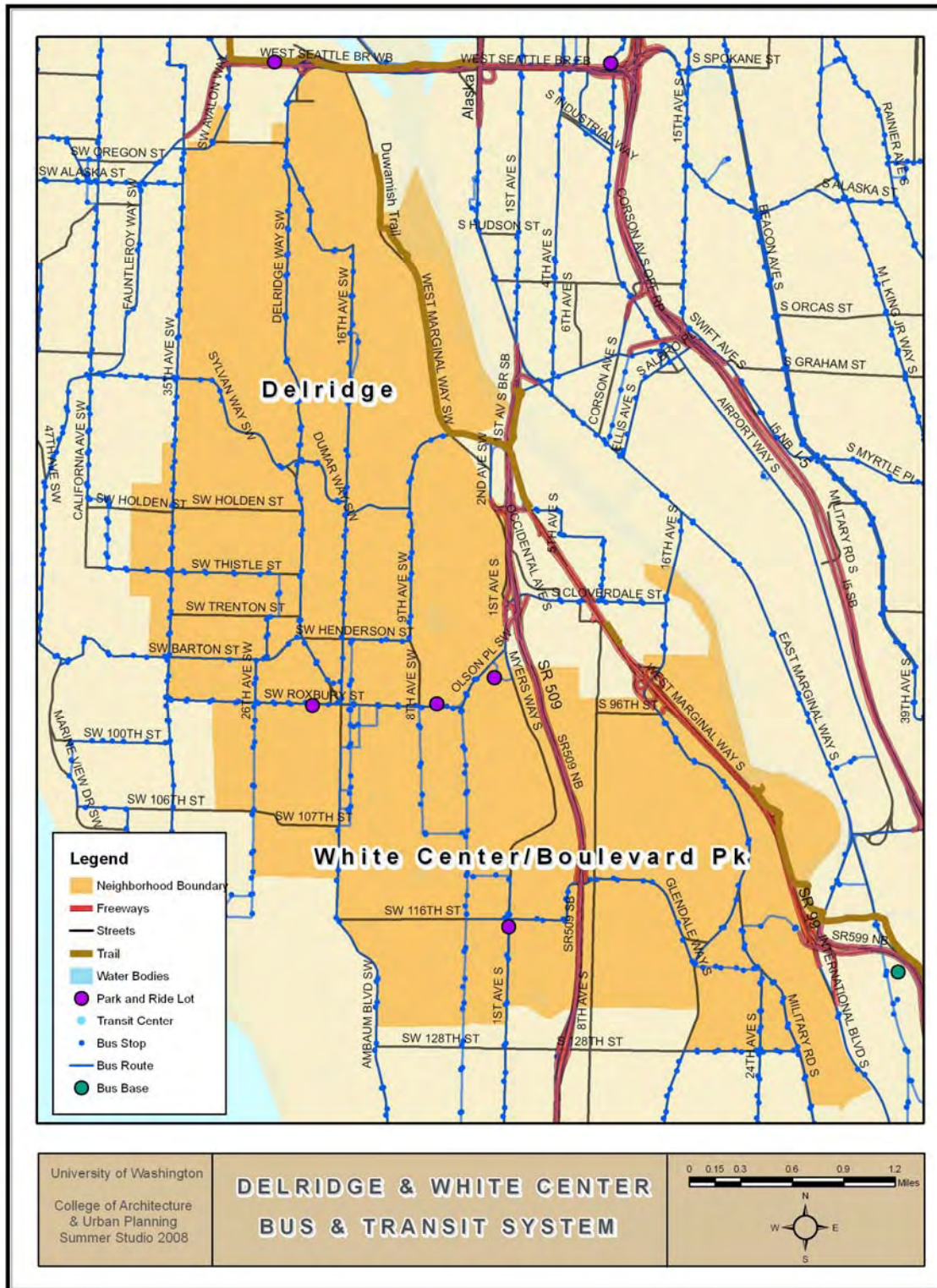


Figure 3: Delridge & White Center Bus and Transit System

Building, Parcel & Property Information

There are a total of 19,313 parcels and 35,880 buildings in Delridge and White Center identified through the use of community boundaries and classification of parcels by category. 1,676 of the parcels are vacant (see “Vacant Land Availability” maps), however most of the vacant parcels are zoned for single-family and multi-family housing. Vacant commercial lots may signal potential sites for grocery stores, P-Patches, parks or other economic development opportunities. The relatively large commercial vacant lot located northeast of the Delridge neighborhood is owned by South Seattle Community College, and the vacant commercial lots located north of White Center by SR 509 are all owned by the City of Seattle. The area zoned for neighborhood commercial on 16th Ave SW (see pink area on White Center zoning map) is one of the neighborhood’s more walkable neighborhoods.

*Please note that data for schools and fire stations in White Center is available and mapped, but data for historic landmarks was not available.

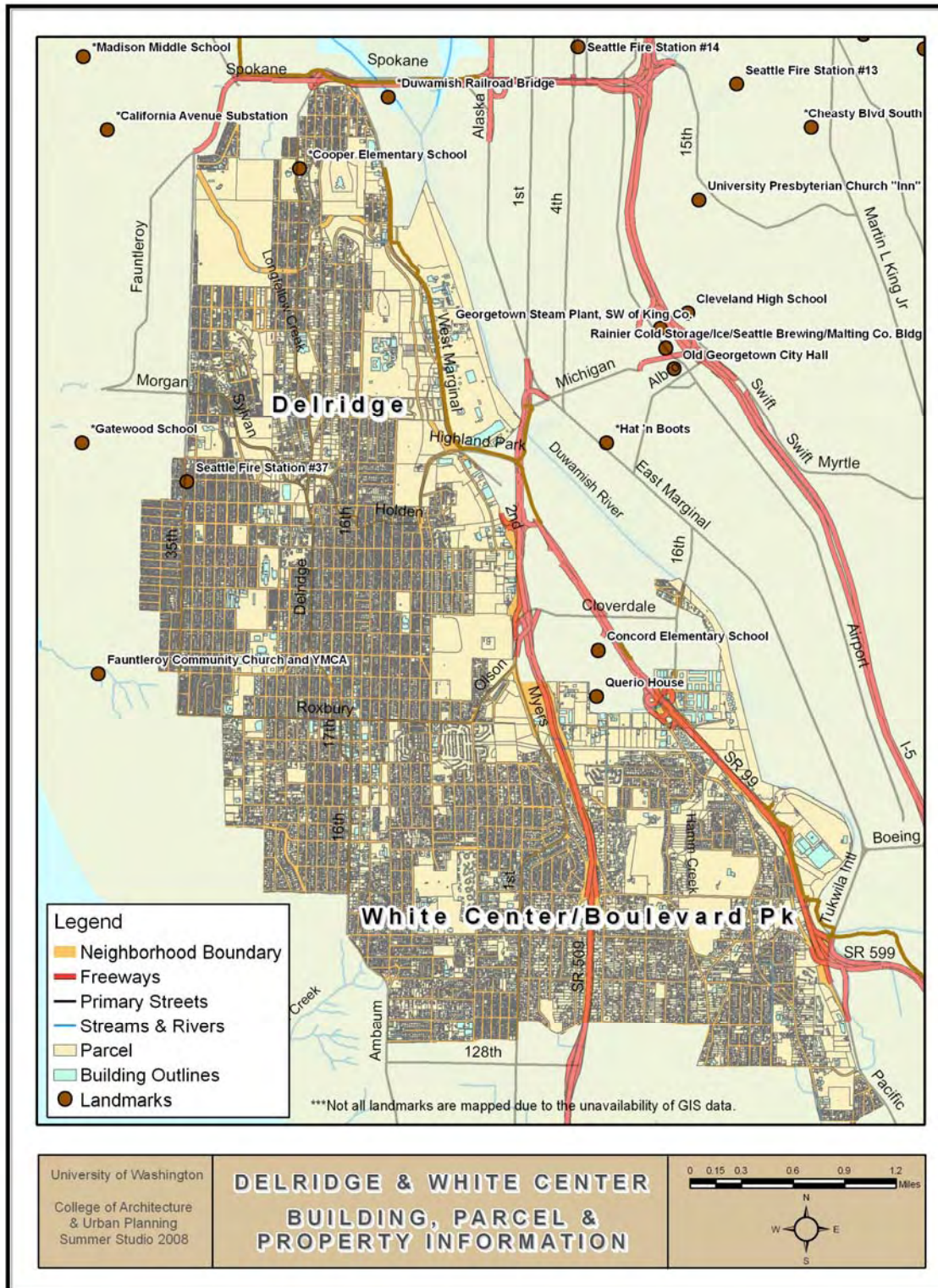


Figure 4: Delridge & White Center Building, Parcel and Property Information

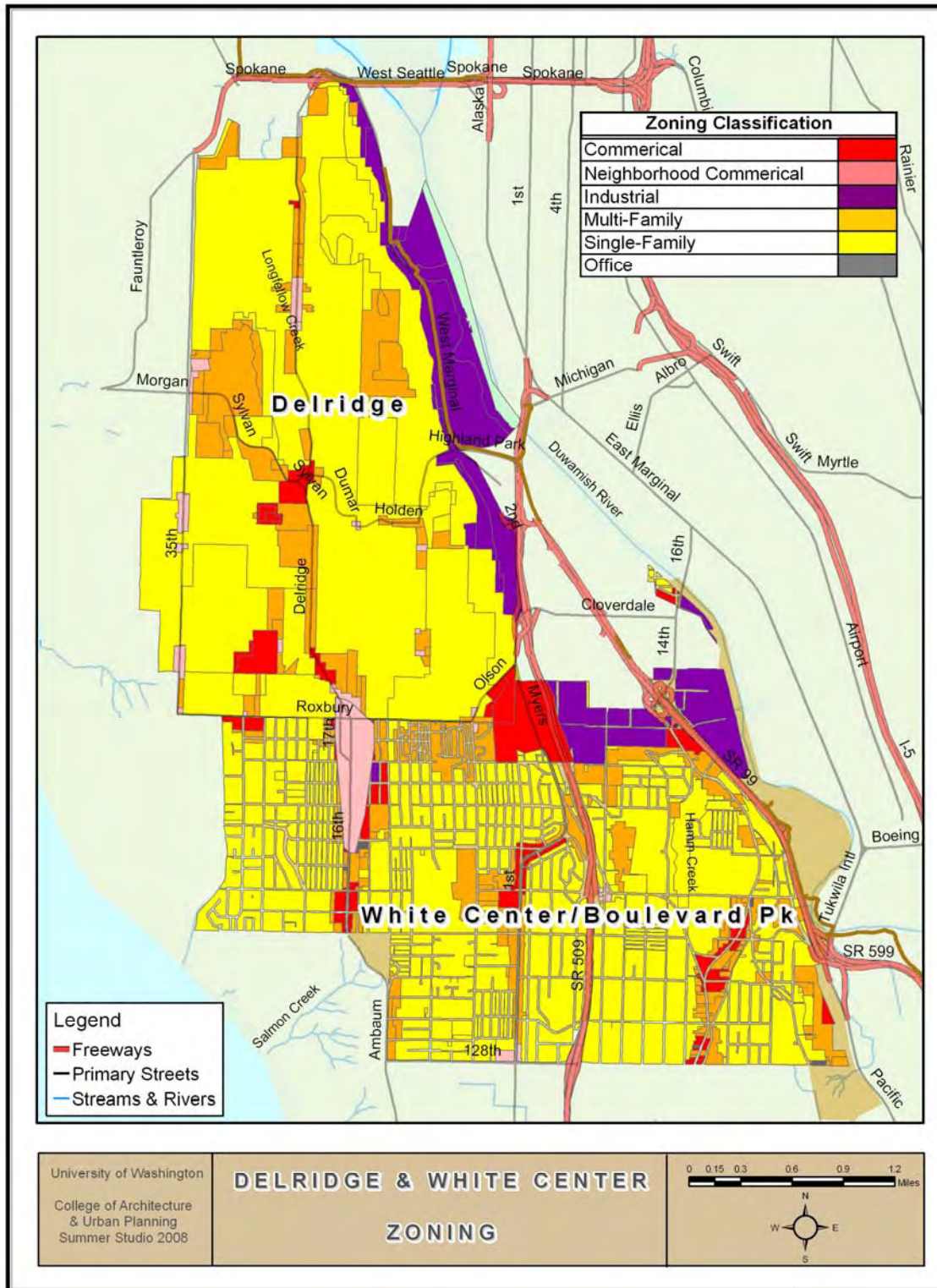


Figure 5: Delridge & White Center Zoning

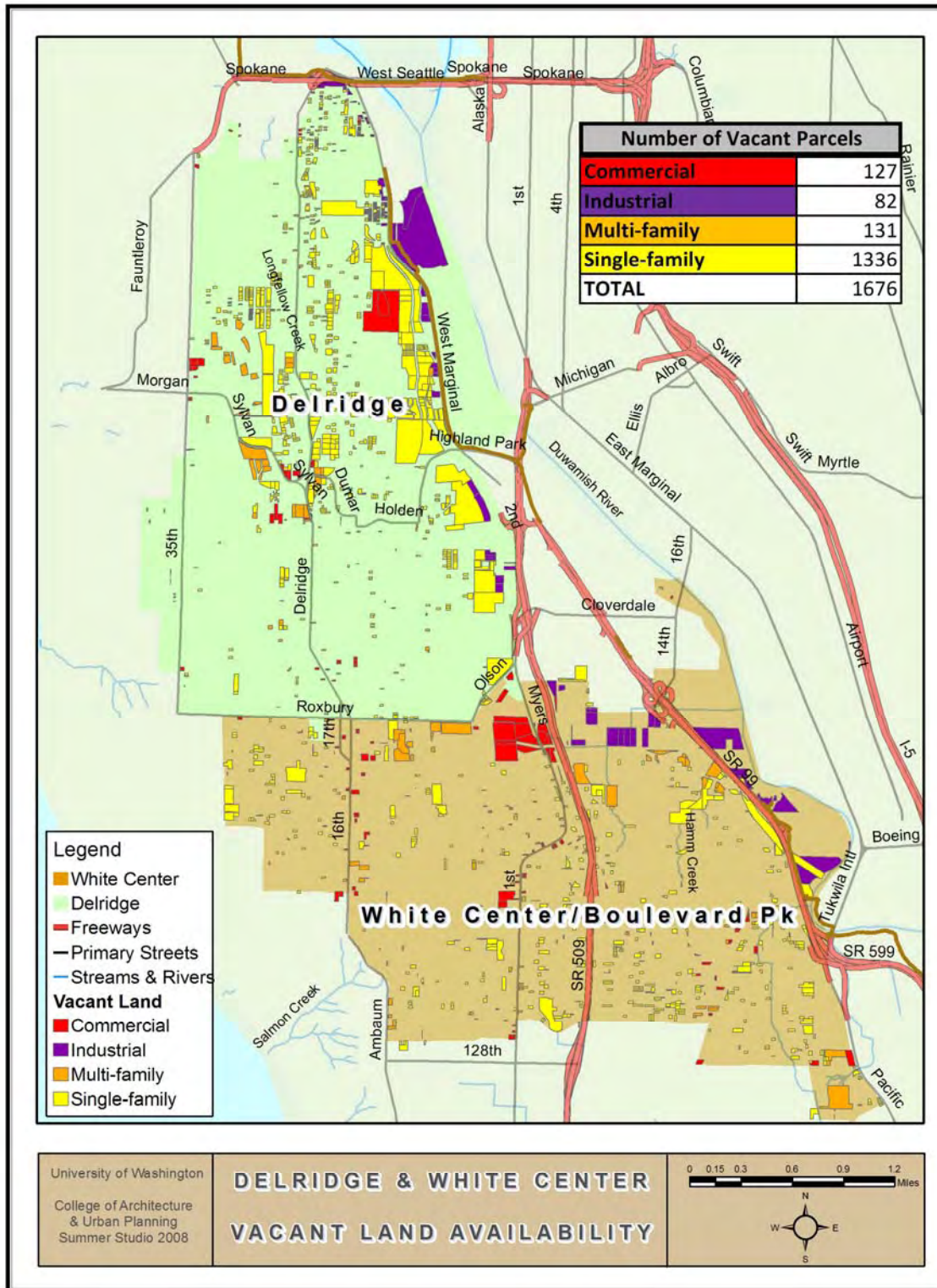


Figure 6: Delridge & White Center Vacant Land Availability

Postal Zip Codes

Delridge has three different zip codes: 98136, 98126, and 98134. White Center also has three different zip codes: 98146, 98108, and 98168. Agencies such as food banks often use zip codes to determine their area of service (for local food bank service areas please refer to the Food Systems chapter).

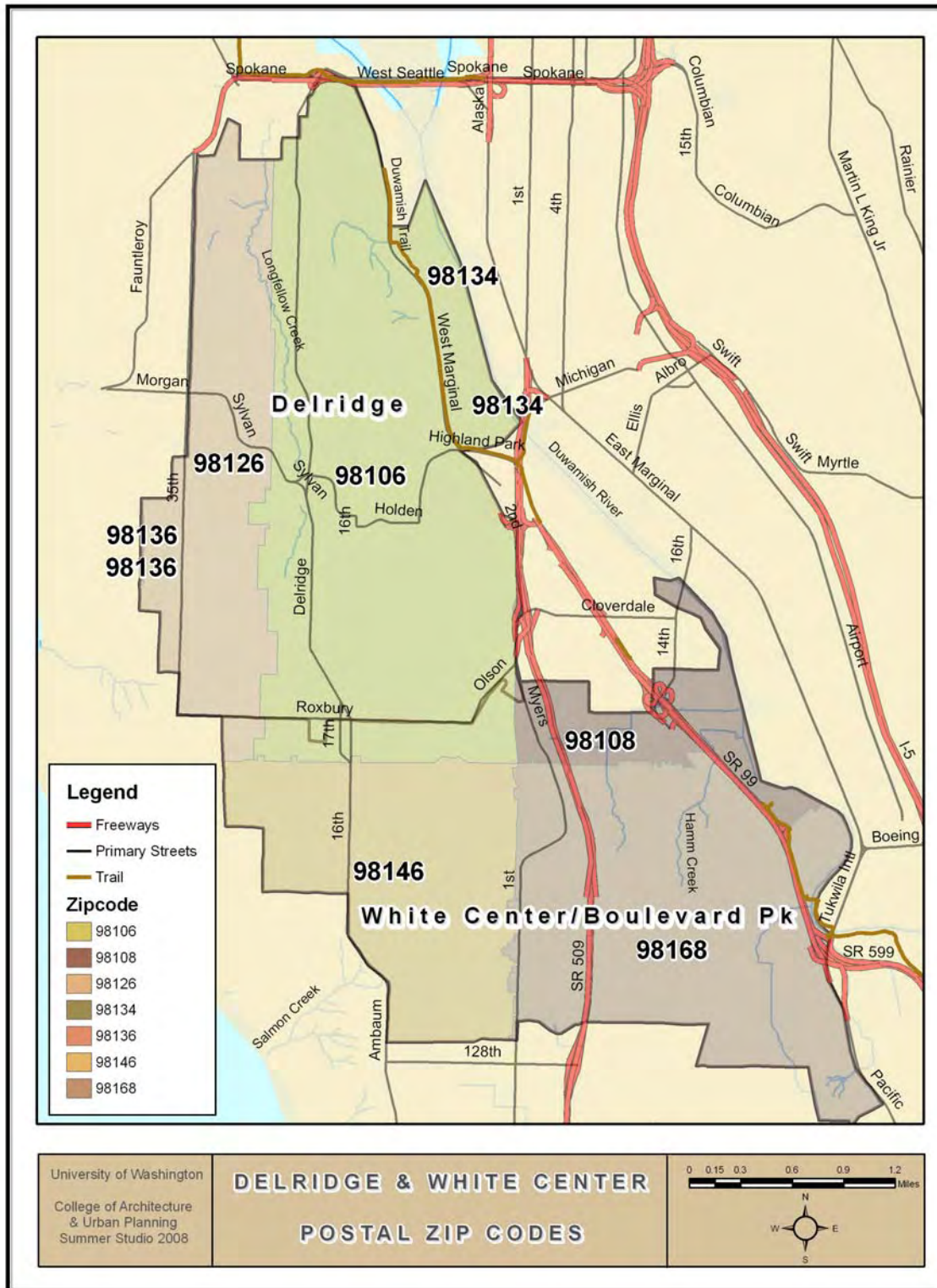


Figure 7: Delridge & White Center Postal Zip Codes

Neighborhood Facilities

The table provides an overview of neighborhood facilities in Delridge and White Center based on available GIS data:

Facility	Delridge	White Center
Park	6	14
P-Patch	7	3*
Playgrounds	8	NA**
Community Centers	3	NA
Theatres	1	NA
Churches	17	18
Swimming Pools	4	NA
Retirements Residences	2	3
Fire Stations	2	1
Libraries	3	1***
Schools	11	13
Police Stations	2	3
Hospitals	0	0
Public Health Clinic	0	1

* Data on community gardens in White Center are not available, this number reflects field observations.

** GIS data not available

*** Data gathered by field observation of King County Branch.

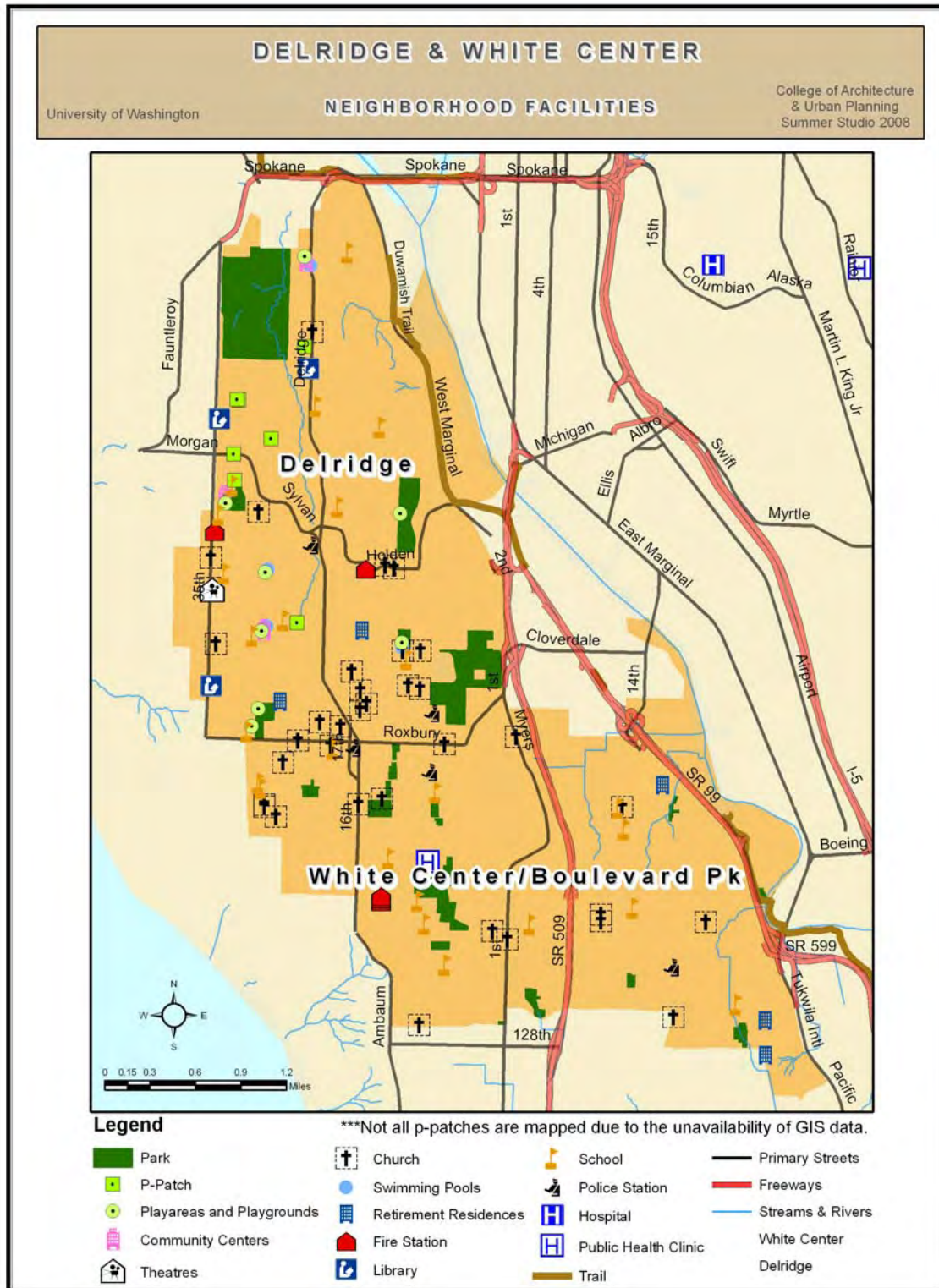


Figure 8: Delridge & White Center Neighborhood Facilities

Public Parks

Based on the GIS data obtained from the Washington State Geospatial Data Archive (WAGDA), there are six parks in Delridge and fourteen parks in White Center. There are a total of eight playareas and playgrounds in Delridge, and not one listed outside of schoolyards in available maps of White Center. Seven P-Patches (community gardens) are located in the Delridge neighborhood, two of which are currently under development, however more could be organized with community support based on responses in our community survey. Many residents stated that more gardens would be useful and help improve community relations.

***Please note there is limited data for White Center of the playareas, playgrounds and p-patches.

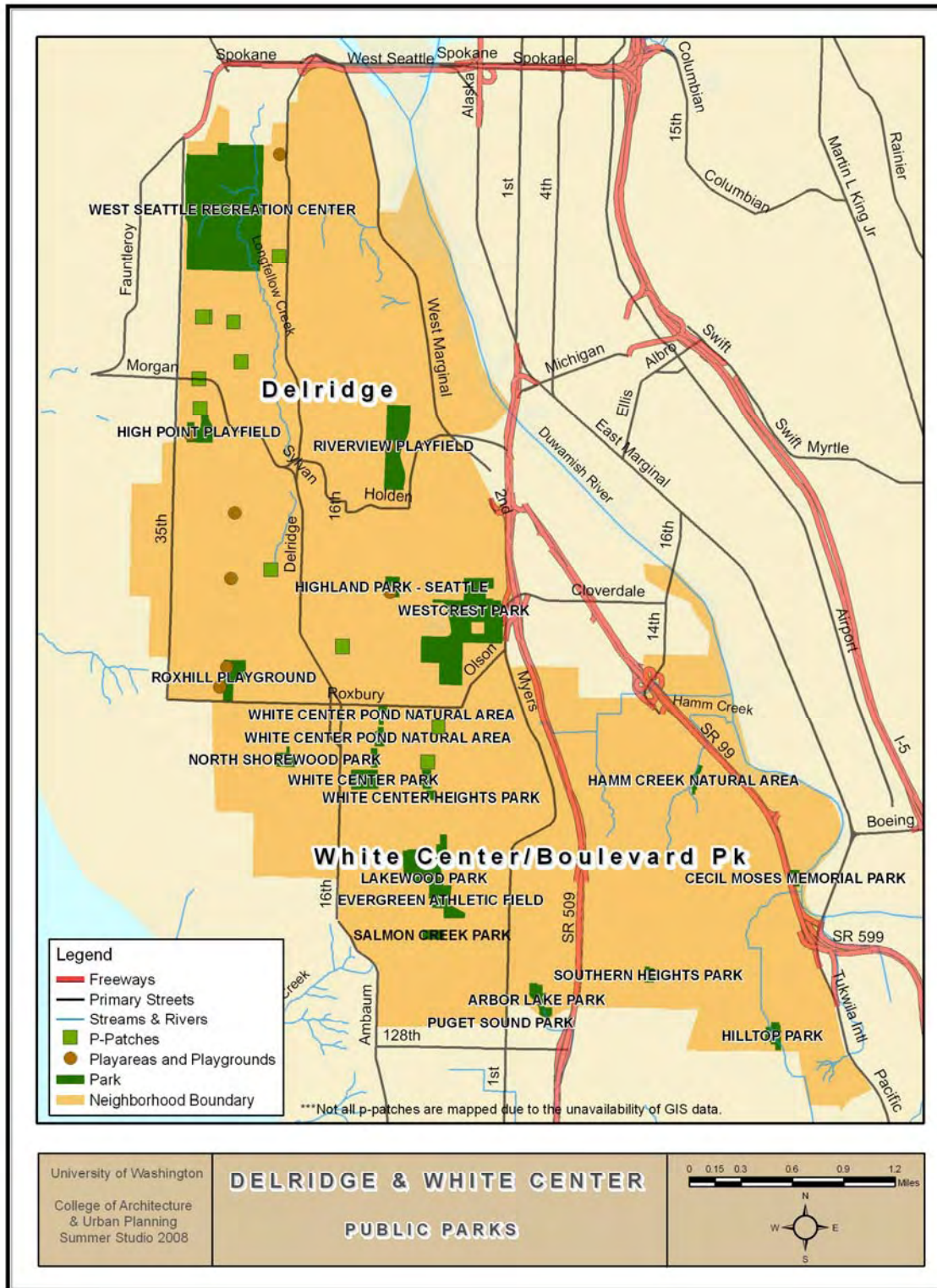


Figure 9: Delridge & White Center Public Parks

Public Spaces & Walkability

For the purposes of the following maps, we used walkability data from the Urban Form Lab (UFL) at UW. The UFL uses a collection of parcel-level information and other characteristics about neighborhoods, such as topography, destinations, and connectivity, to calculate walkability scores. The walkability score is about neighborhood-level walkability and does not reflect whether *individuals* are more or less likely to walk. Please see the Appendix for an explanation of the UFL methodology. Further research results and detailed explanations on the walkability methodology are forthcoming from UFL.

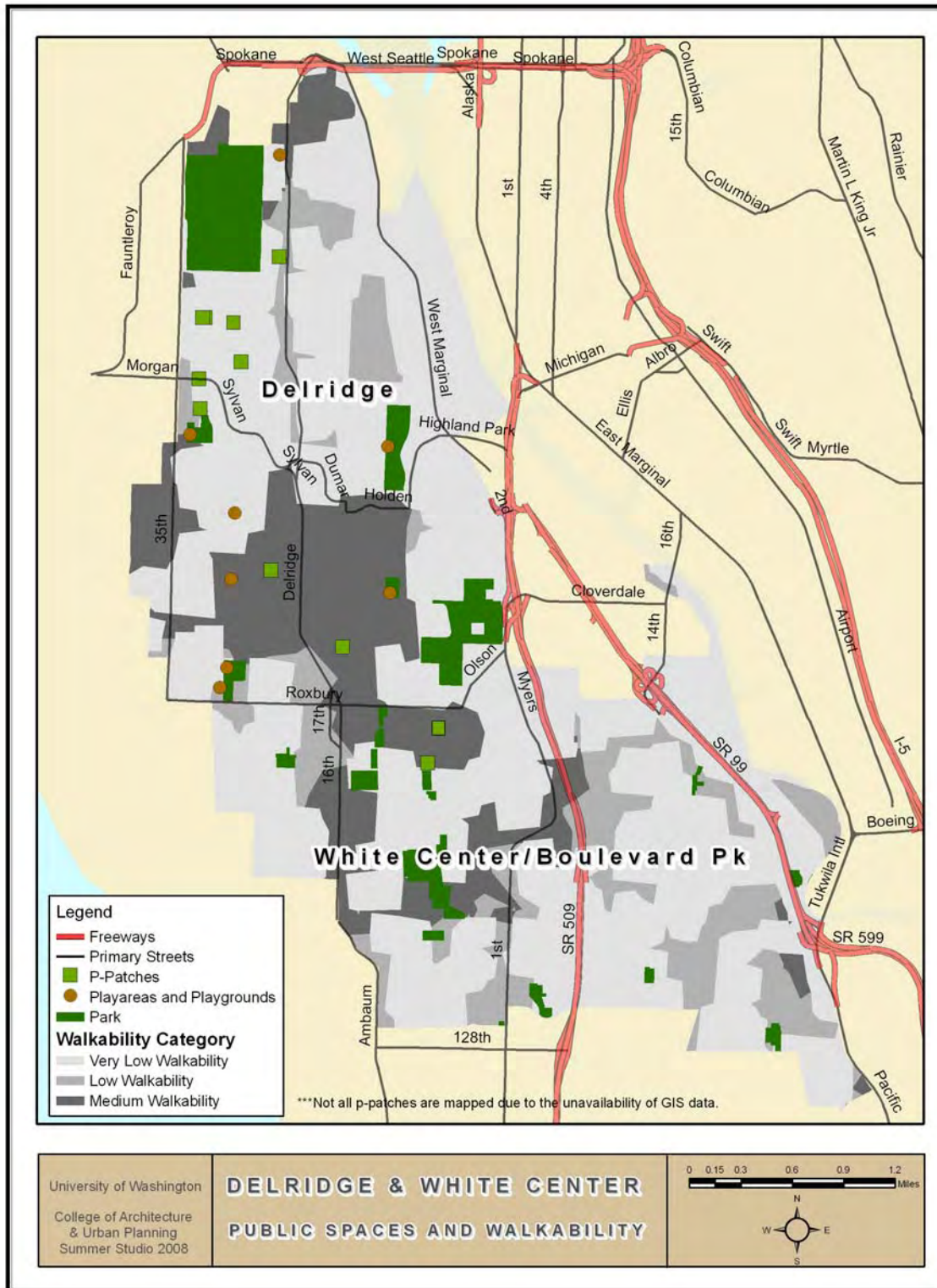


Figure 10: Delridge & White Center Public Spaces and Walkability

Schools & Walkability

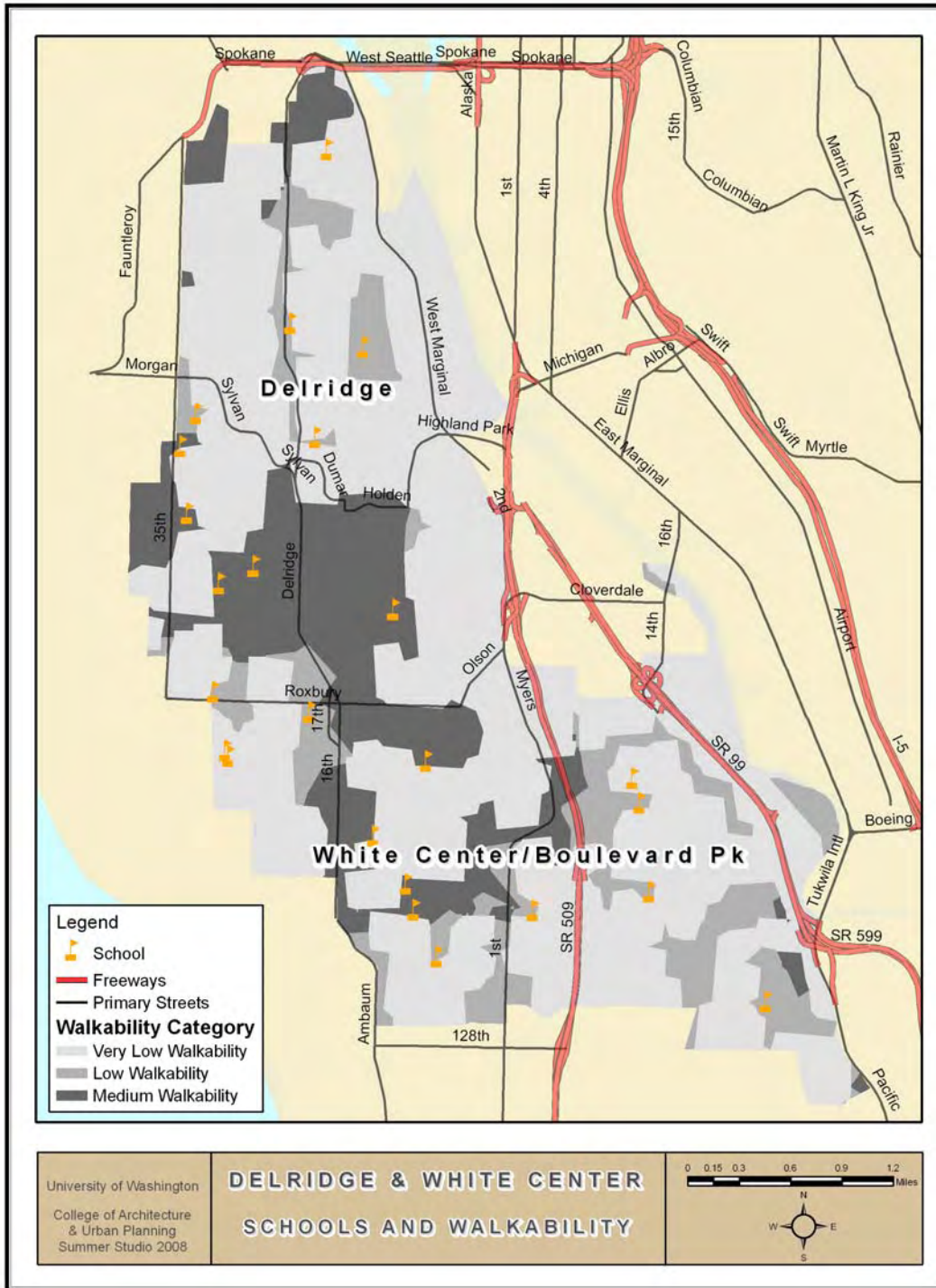


Figure 11: Delridge & White Center Schools and Walkability

Chapter Two: Community Food System Assessment

The places we live, learn, work, and play affect our health. The King County Food and Fitness Initiative (KCFFI) vision is “Creating vibrant communities that support access to locally grown, healthy, affordable food and safe and inviting places for physical activity and play—for everyone.”¹ People need access to affordable, nutritious food to make healthy food choices. This chapter presents a community food system assessment of the Delridge and White Center neighborhoods in King County, Washington.

Community assessments are “activities to systematically collect and disseminate information on selected community characteristics so that community leaders and agencies may devise appropriate strategies to improve their localities.”² The following report looks specifically at characteristics of the food system in Delridge and White Center for community leaders, community members and other stakeholders who will implement the Food and Fitness Initiative in the coming years. The *food system* refers to all the interconnected steps food travels from the farm to our dinner plates, including “growing, harvesting, processing (or transforming or changing), packaging, transporting, marketing, consuming and disposing of food and food packages. It also includes the inputs needed and outputs generated at each step.”³

Understanding the existing food system will enable youth, nonprofit organizations, other community members, businesses, and government representatives in Delridge and White Center to collaborate to influence policy and practice to achieve greater community food security. *Community food security* is “a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice.”⁴

This community food system assessment is based on quantitative and qualitative data and input from multiple sources (see Methodology). The chapter concludes with some observations about what is missing and next steps for further assessment of the food system in Delridge and White Center.

¹ King County Food and Fitness Initiative, King County Extension, <http://king.wsu.edu/foodandfarms/KCFFI.html>, accessed July 14, 2008.

² Kameshwari Pothukuchi Community Food Assessment: A First Step in Planning for Community Food Security *Journal of Planning Education and Research*, 2004; 23; 356

³ “A Primer on Community Food Systems: Linking Food, Nutrition and Agriculture,” Cornell University, <http://foodsyst.cce.cornell.edu/primer.html>, accessed August 14, 2008.

⁴ Mike Hamm and Anne Bellows, Community Food Security Coalition, n.d., http://foodsecurity.org/views_cfs_faq.html, accessed July 14, 2008.

Methodology

In spring 2008, a team of University of Washington graduate students began the initial assessment of Delridge and White Center. The work was guided by an extensive list of research questions designed to gain a clearer understanding of Delridge and White Center's food environments. Research methods included collection and analysis of data from state, county, and city institutions, and the U.S. Census as well as conducting interviews with community leaders and local agencies. This assessment is an ongoing effort and includes the participation from a wide range of community members. Through focus groups, community meetings, tabling events and surveys, the community will continually inform and affirm the assessment work presented.

The food system assessment presented in this document is categorized into six sections:

- Local Food Economy
- Food Resources
- Food Waste, Recycling and Composting
- Transportation
- Social Capital

Each section provides a definition of the food system component, explains why it is important, presents the data, and shares where the community can learn more.

Community Profiles

1. Socio-Economic Conditions

A profile of socio-economic and demographic conditions provides a general sense of what populations live in Delridge and White Center. Seattle and King County data was provided, when available, as a means of comparison. Data was extracted at the 2000 Census block group level and combined for each neighborhood (note: the Seattle/King County Health Department's health planning areas were used to determine the neighborhood boundary).

Delridge and White Center are diverse neighborhoods that are home to many racial and ethnic groups. The populations include an extremely diverse working class, with people of color making up nearly 50% of the community. In addition, White Center's recent immigrant status (i.e. residents entering U.S. from 1990 to March 2000) is 60% compared to the lower 50% in Delridge and the larger metropolitan area. Nearly 30% of Delridge

residents and 32% of White Center speak language other than English at home—approximately a ten percent increase from Seattle (22.5%) and King County (23.6%).

This vibrant character and unique diversity is the communities' greatest asset, but they faces substantial challenges as well. Income levels are lower on average than those in the rest of King County. Fourteen percent of families in Delridge lived below poverty level in 1999 and 12% in White Center—significantly higher than Seattle (7.1%) and King County (5.6%). Over 6% of households in the communities utilize public assistance—double the city and county-wide rates. Research has consistently established connections between food insecurity households and various socio-economic factors such as income, employment status, race and immigrant status. In order to assess how King County households associated with food insecurity indicators are distributed a “food security risk factors index” was developed using variables from 2000 Census data.⁵ This assessment reveals several high-risk areas in Delridge and White Center (see Figure 1 below).

Other factors that suggest the communities are food insecure are the number of food stamp recipients in the area and the increasing use of the local food banks. Figure 2 below shows that several are neighborhoods have a higher number of food stamp recipients compared to other areas in King County.

⁵ Seattle/King County Acting Food Policy Council. May 2008. *Mapping Food Insecurity and Access in Seattle and King County*.
http://king.wsu.edu/foodandfarms/documents/AFPCFoodAccessIssuePaperNo.4_000.pdf

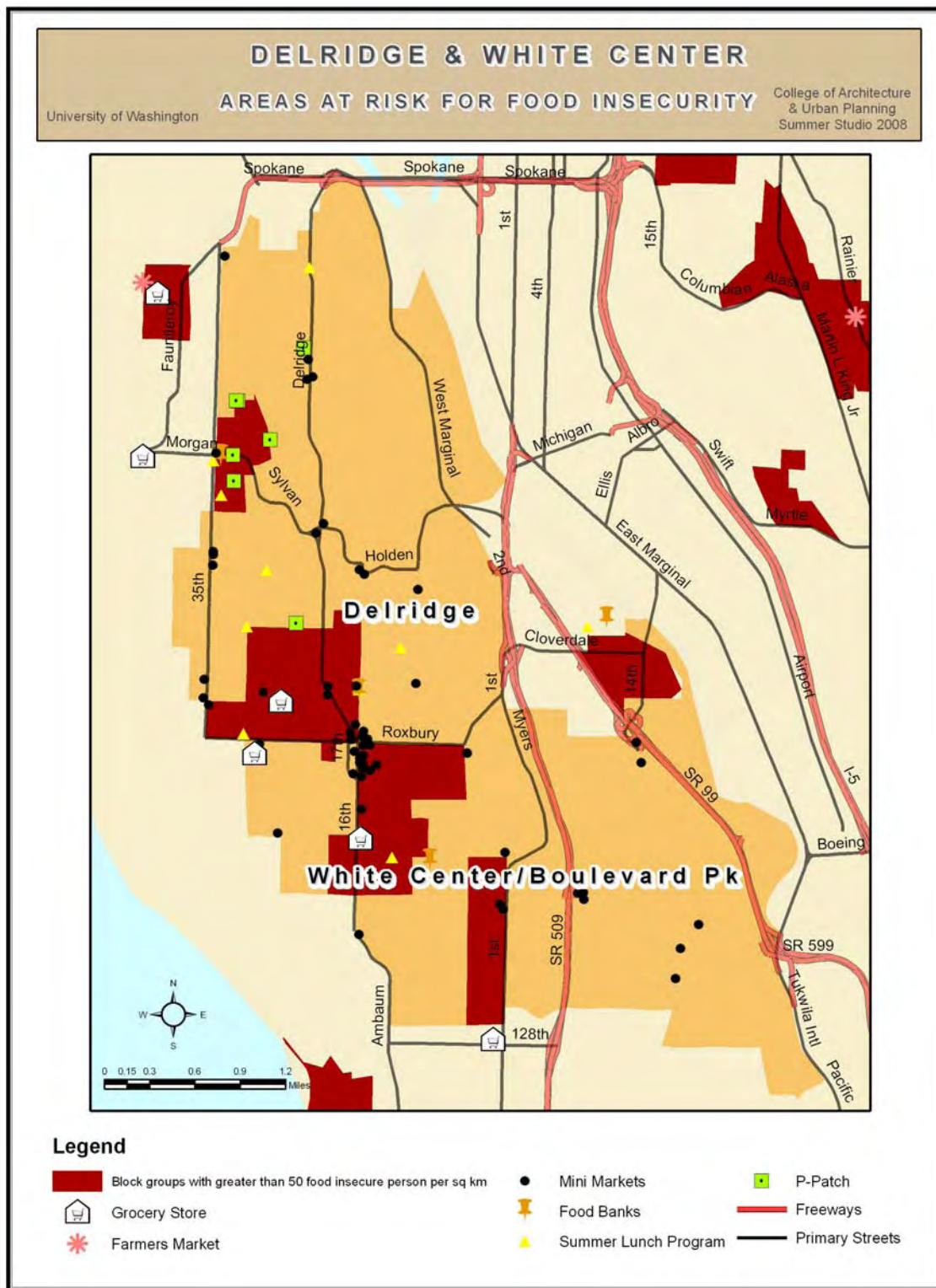


Figure 1: Areas at risk for food insecurity.

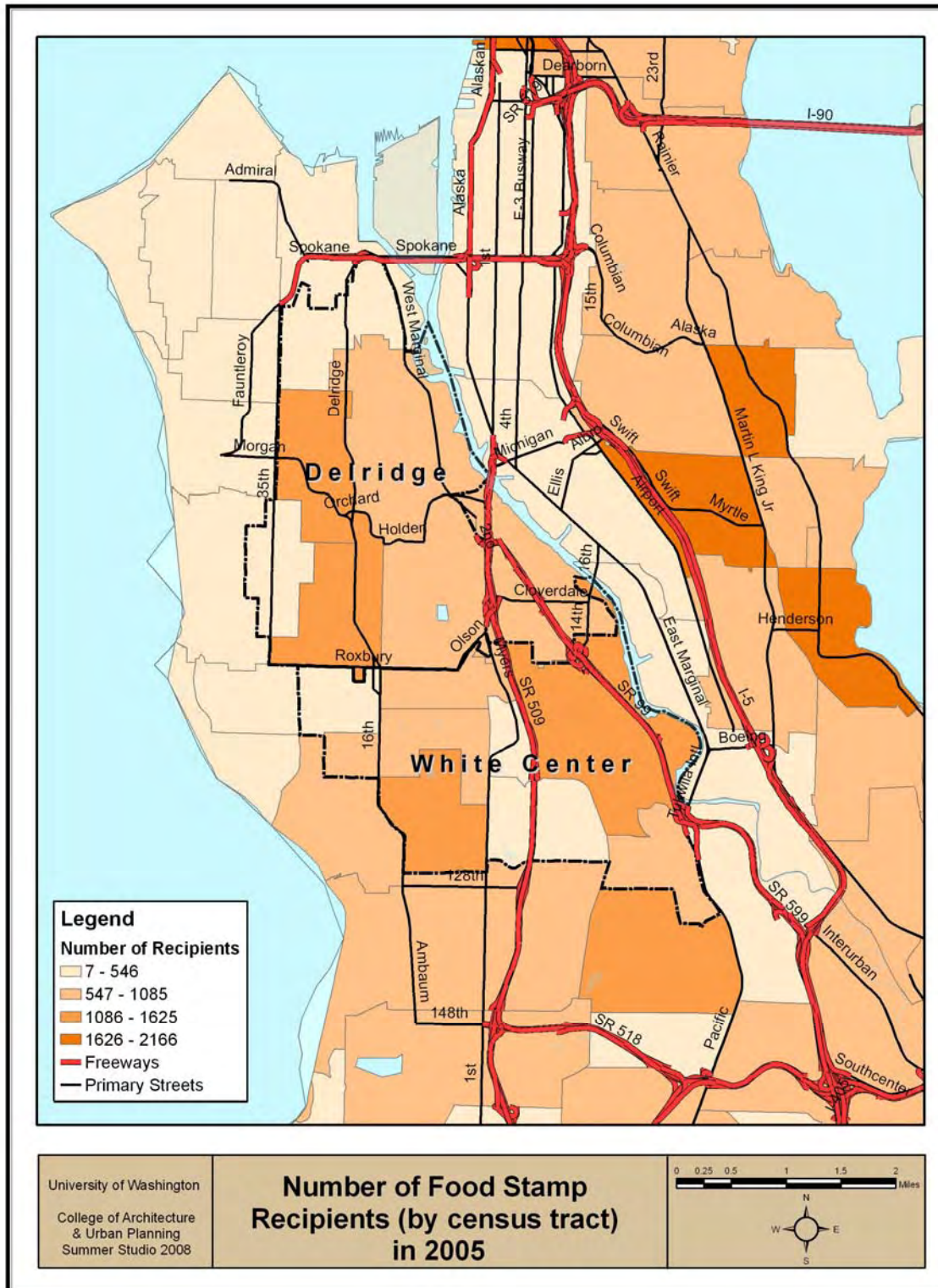
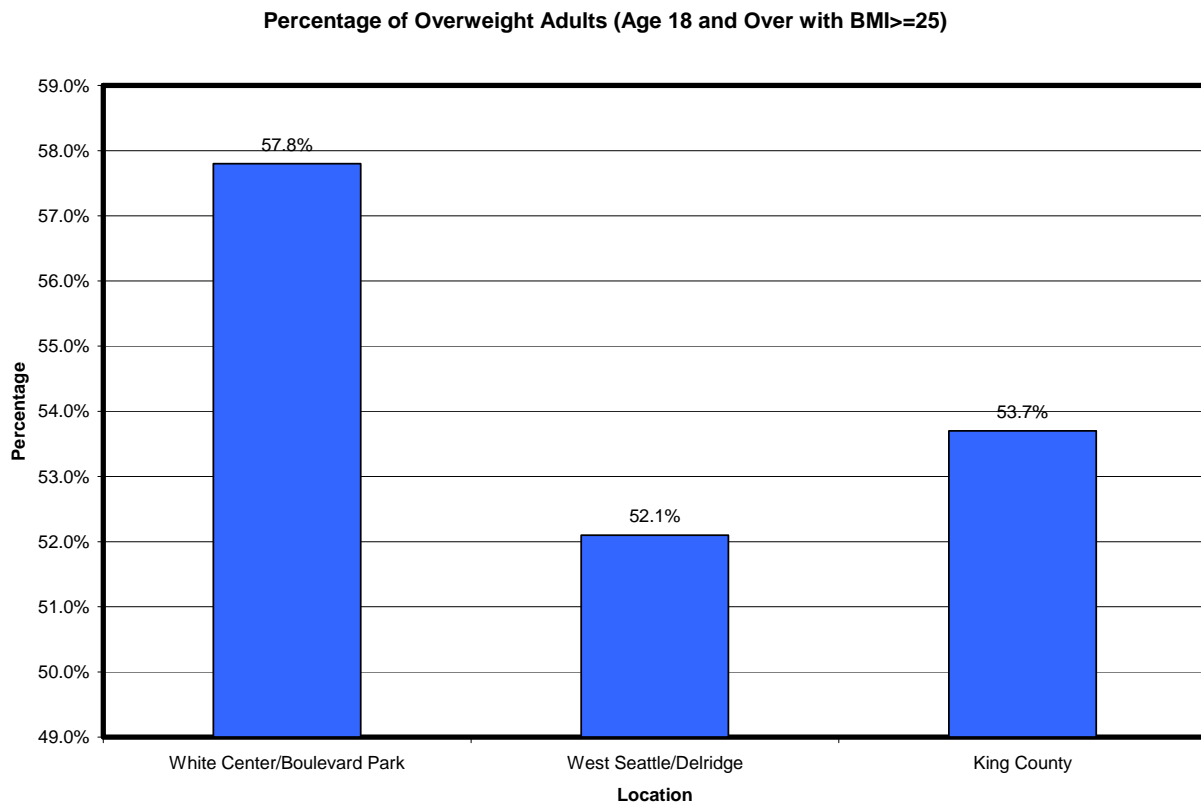


Figure 2: Number of food stamp recipients (by census tract) in 2005.

2. Health / Nutrition Conditions

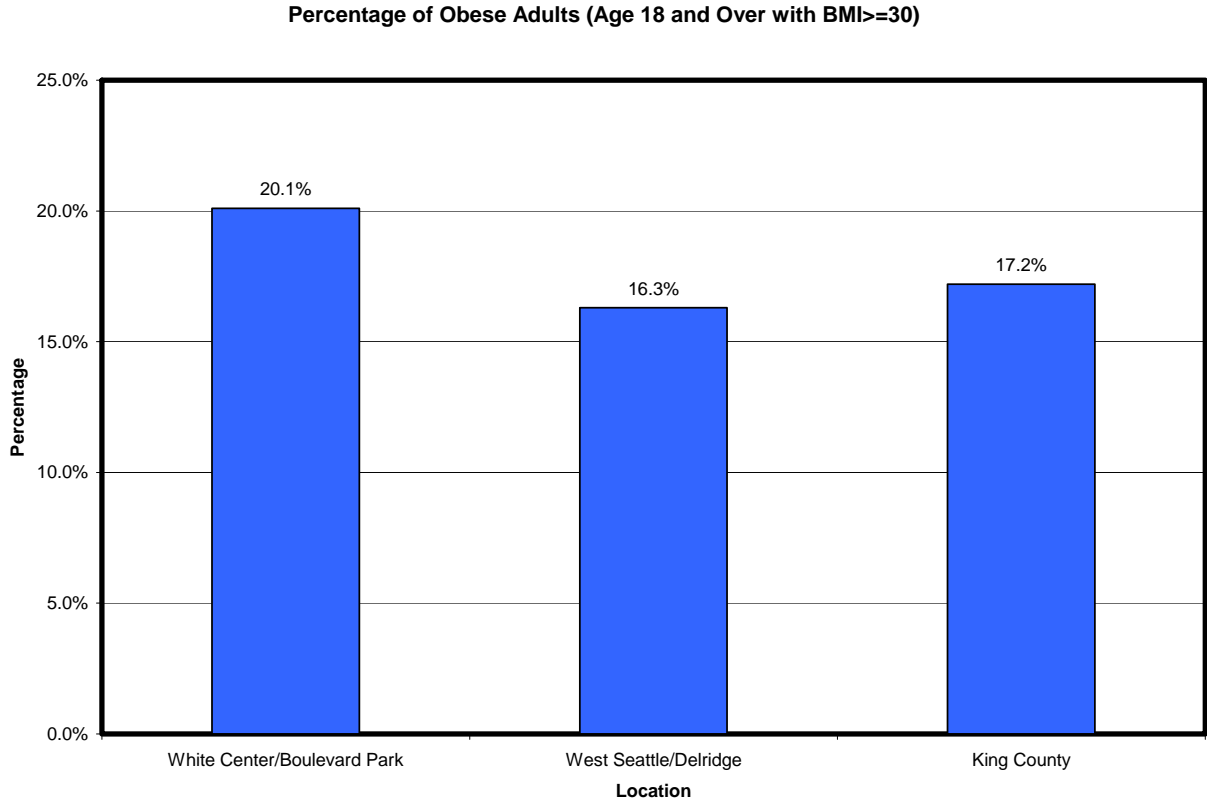
The Food and Fitness Initiative is about the role of places on health. Affordable, healthy food is essential to good health. Information about current health conditions in Delridge and White Center will help collaborators in this initiative understand the effect of existing levels of access to healthy food in the community. Public Health Seattle & King County (PHSKC) compiles community health indicators for several topics, including diet-related conditions such as diabetes and heart disease (see Appendix).

The tables below are examples of key indicators about weight and physical activity. Additional data are available in the Appendix.



Source: Community Health Indicators, Public Health Seattle & King County, <http://www.metrokc.gov/health/CHI/>, accessed July 15, 2008.

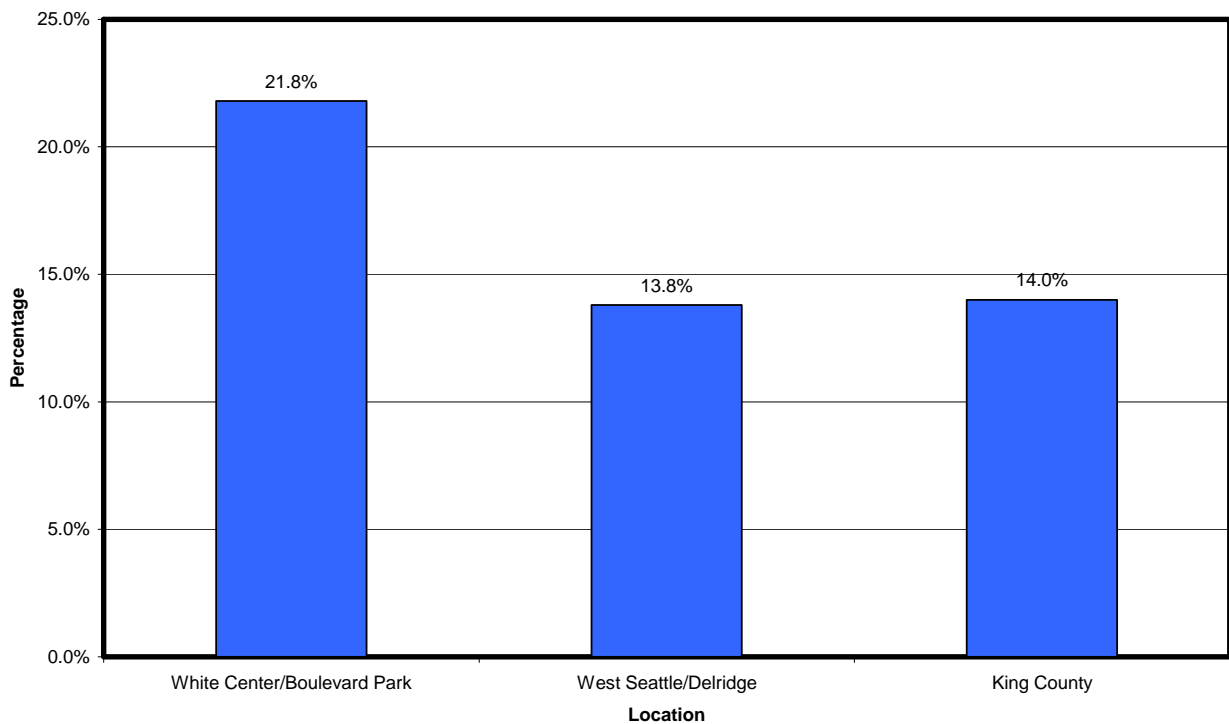
Figure 3: Percentage of overweight adults.



Source: Community Health Indicators, Public Health Seattle & King County, <http://www.metrokc.gov/health/CHI/>, accessed July 15, 2008.

Figure 4: Percentage of obese adults.

Percentage of Adults (18 and Over) Who Did Not Participate in Any Leisure Time Physical Activity in Last 30 Days



Source: Community Health Indicators, Public Health Seattle & King County, <http://www.metrokc.gov/health/CHI/>, accessed July 15, 2008.

Figure 5: Percentage of adults who have not participated in any leisure time physical activity in the last 30 days.

Students identified 36 community-based sources of health services, health-related information, education, outreach, and/or referral services to community members in Delridge and White Center (see Appendix). The target populations of these organizations vary: some are primarily for anyone under age 18, some are specifically for teens, while others for seniors. Some are school-based while others are community-based.

Additional research is needed to identify:

- Level of community awareness of organizations and services available.
- Level of use of these services.
- Accessibility of these organizations.

Most community indicator information is about adults. Additional research about the following would be useful:

- Number and percentage of overweight and obese children and youth.
- Physical activity levels among children and youth.

Local Food Economy

What it is

Local Food Economy deals with the availability of food grown, processed and distributed by businesses within a designated area. A region, city or neighborhood with a strong local food economy is one that supports local farmers, food processors and distributors by prioritizing the purchase of local foods over those grown or processed from outside of the local area, and through utilizing locally based distribution methods to supply food consumers.

Why it is important

Communities benefit from a strong local food economy in many ways. There are health-related benefits of consuming locally-based foods, as consumers have the opportunity to be better informed of the conditions under which locally-based foods are grown and processed than foods from hundreds or thousands of miles away. This allows them to make more informed decisions about what they choose to purchase. The local economy also benefits through the creation of relationships between the local food industry and consumers. These relationships have been found to promote economic reinvestment in communities, thus improving the overall vibrancy of the community as well as the health of those who reside within it.⁶

Production/Distribution

A table in the Appendix provides an analysis of food producers and distributors that are based in the Delridge and White Center communities, providing a snapshot of the local food economy. The information was gathered from the Washington State Department of Agriculture's Marketing and Business Services, and highlights the types of foods that these neighborhood-based companies source.

⁶ Sonntag, V. (2008) Why local linkages matter: findings from the local food economy study. Sustainable Seattle.

Regional Employment and Revenue

The following tables compare revenue, the number of establishments, and jobs that are linked to the regional food economy. The information is for the Seattle-Tacoma-Bellevue Metropolitan Area, and is based on data collected between 1997 and 2002. While at a scale larger than the neighborhood level, it is difficult to collect this type of information at a level smaller than the Seattle-Tacoma-Bellevue Metropolitan Area, as trends in production and processing at the neighborhood level are difficult to detect without access to specific and fairly comprehensive information from employers. While it's over five years old, the information is nevertheless the most current available – data from 2007 will be released in early 2009. Because of these limitations, these data should be analyzed as providing a general assessment of the importance of the regional food economy.

Processing/Distribution REVENUE		2002	1997
NAICS			
Code			
311	Manufacturing	3,175,087,000	2,975,480,000
4244	Grocery & related wholesalers	9,876,344,000	11,798,245,000
4245	Farm products raw materials		
	wholesalers	D	555,334,000
4248	Beer, wine	D	661,398,000
42512044	Grocery agents and brokers	D	NA
42512045	Farm product raw agents and		
	brokers	D	NA
42512048	beer, wine agent and broker	NA	NA
4842202	Ag products trucking (w/out storage)	9,363,000	8,188,000
4842302	Ag products trucking long distance	D	6,063,000
49312	Refrigerated warehousing	D	34,143,000
49313	Farm product warehousing	NA	NA
Total		\$13,060,794,000	\$16,038,851,000

Processing/Distribution ESTABLISHMENTS		2002	1997
NAICS			
Code 311	Manufacturing	330	339
4244	Grocery & related wholesalers	549	695
4245	Farm products raw materials wholesalers	10	23
4248	Beer, wine	36	44
42512044	Grocery agents and brokers	49	NA
42512045	Farm product raw agents and brokers	3	NA
42512048	Beer, wine agent and broker	NA	NA
4842202	Ag products trucking (w/out storage)	16	29
4842302	Ag products trucking long distance	15	20
49312	Refrigerated warehousing	17	15
49313	Farm product warehousing	NA	NA
Total		1,025	1,165

Processing/Distribution JOBS		2002	1997
NAICS			
Code 311	Manufacturing	14,313	13,701
4244	Grocery & related wholesalers	10,964	12,694
4245	Farm products raw materials wholesalers	(20-99)	238
4248	Beer, wine	(1000-2499)	1,769
42512044	Grocery agents and brokers	(500-999)	NA
42512045	Farm product raw agents and brokers	(20-99)	NA
42512048	Beer, wine agent and broker	NA	NA
4842202	Ag products trucking (w/out storage)	94	77
4842302	Ag products trucking long distance	(20-99)	42
49312	Refrigerated warehousing	(500-999)	498
49313	Farm product warehousing	NA	NA
	high	30,165	29,019
	low	27,431	

Figure 6: Processing and distribution information.

Additional research is needed to identify the following:

- Inefficiencies in the local food economy.
- Viable potential growth areas for food industry.
- Existing neighborhood-based programs promoting local food economies.

For more Information

Washington State Food and Agriculture International Marketing Department:

<http://impact.wsu.edu/Wasuppliers/>

Sound Food Report: http://faculty.washington.edu/bborn/Sound_Food_Report2.pdf

Food Resources

What it is

A key component to understanding the food environment in Delridge and White Center is look at food resource types and their locations. A basic definition of food resource is the places where people purchase or receive food to eat. Food resources include:

- **Food Retail:** businesses where people purchase groceries and prepared food, including supermarkets, convenience stores and restaurants; these are often the most common places people get their food
- **Charitable food programs:** agencies and organizations such as food banks and meal programs that distribute food to people unable to afford all their food needs
- **Local agriculture markets:** farmers markets and community supported agriculture (CSA) provide options to purchase locally grown food directly from the producers
- **Gardens:** in addition to families and individuals household gardens, community gardens also known as “P-Patches” provide another source of locally grown produce.

Why it is important

Examining food resources helps determine the overall adequacy of a community’s food environment. By focusing on the indicators of accessibility, affordability and availability one can begin to answer the following questions:

- What types of food resources are available?
- Where are the various food resources located?
- Are there any physical barriers that prevent individuals or families from accessing these food resources? If so, what are the barriers?
- Are the food options affordable to the community?
- Do existing food resources meet the community’s diverse cultural needs?
- Are food banks or meal programs available for those who cannot purchase all their food?
- Are opportunities available to purchase fresh and local produce?

Delridge and White Center have distinctly different food environments. Delridge notably has relatively fewer food retail options while White Center has numerous food retail sources and wider variety of food available within those places. The map below provides the locations and types of food resources that exist in the two communities. A description of each food resource types existing condition is described below.

Grocery Stores and Mini Markets

Through evaluating a list of businesses that have a King County health permit, 68 retail stores were identified as “grocery,” “meat/seafood” or “seating” (i.e. establishments with seating). Furthermore, field observations of larger store size and the extensive list of food items available revealed of the list 11 in the West Seattle area are considered as major grocery stores or supermarkets. Of the 11 stores, four stores are located within the KCFFI boundary. In addition, there are 59 smaller markets (based on smaller store size and a more limited availability of food items) such as mini markets, gas stations, convenience stores, ethnic/specialty stores, drugstores in White Center and Delridge.

Community Market Basket Survey

In early August 2008, Youngstown Cultural Center organized over 30 youth and adult residents to participate in a community-wide market basket survey.⁷ The survey was designed to evaluate affordability among the different convenience stores and grocery stores throughout the two neighborhoods. The survey was based on United States Department of Agriculture (USDA) “Thrifty Food Plan” which essentially provides a grocery list to feed a four-person family for one week. Grocery stores outside of the neighborhood boundaries but in West Seattle were included as they were identified by the community as stores in which residents purchased groceries in lieu of shopping in their own neighborhood. For example, through the *Where do you Shop?* tabling activity, Delridge residents commonly identified grocery stores in the Alaska Junction and Admiral District neighborhoods—therefore, these stores were included in the survey.

Volunteers surveyed 22 stores in total, nine of which were major grocery stores and the remaining 13 mini-marts. The results of the supermarket survey are listed below. Results from the mini-market survey can be found in the Appendices.

⁷ In May 2008 a market basket survey was conducted with youth volunteers. Volunteers were unable, however, to collect price information from all stores because several of them were asked to leave the stores by owners and managers prior to completion. A second, more comprehensive survey was thus organized, including surveys of stores in West Seattle and Burien, as well as the original stores visited in May.

August 2008 Grocery Store Market Basket Survey Results

Store	Location	Market Basket Cost	# of Missing Items
PCC	2749 California Ave	\$248.43	5
Thriftway	4201 SW Morgan	\$170.08	4
Safeway	2622 California Ave	\$166.98	1
Albertson's	16th Ave SW	\$165.06	5
QFC	2500 SW Barton	\$153.61	3
Trader Joe's	15868 1 st Ave S (Burien)	\$153.27	22
Metropolitan Market	2320 42 nd Ave SW	\$152.10	5
Albertson's	12725 1st Ave	\$141.62	2
Safeway	9620 28th Ave SW	\$135.64	4

Figure 7: August 2008 Grocery Store Market Basket Survey Results.

1. Farmers Markets

The closest farmers market in proximity to Delridge and White Center is the West Seattle Farmers Market located at the Alaska Junction (California Ave SW and SW Alaska). Managed by Neighborhood Farmers Market Alliance, the market is one of 12 Seattle farmers markets and one of 33 in King County. The West Seattle market was first established in 1999 and recently opened year-round on Sundays. In 2007, the market had an average of 1,141 customers each market day. Currently, the market supports a total of 136 vendors annually which cultivate approximately 4,791 acres of farmland.

The market hosts an average of nearly 30 vendors Sundays (10-2 p.m.) and includes a wide variety of products such as vegetables, fruits, cheese, meats, fish, and bread. All vendors are required to be local (i.e. from Washington State) and no food brokering (food must be sold directly from the farmer) is permitted. The average distance traveled from the farm to market is 78 miles (the longest distance is 300 miles). Five of the farmers also offer a CSA (community supported agriculture) option.

The market accepts several payment types: cash, USDA Senior and WIC Farmers Market Nutrition Program (FMNP) coupons, and food stamps (i.e. EBT cards). The market has seen a relatively low usage rate of food stamps as well as Senior and WIC vouchers.

Figure 8 below provides a comparison between the West Seattle and Columbia City farmers markets (operates Wednesday 4-7 p.m.). The Columbia City Farmers Market is

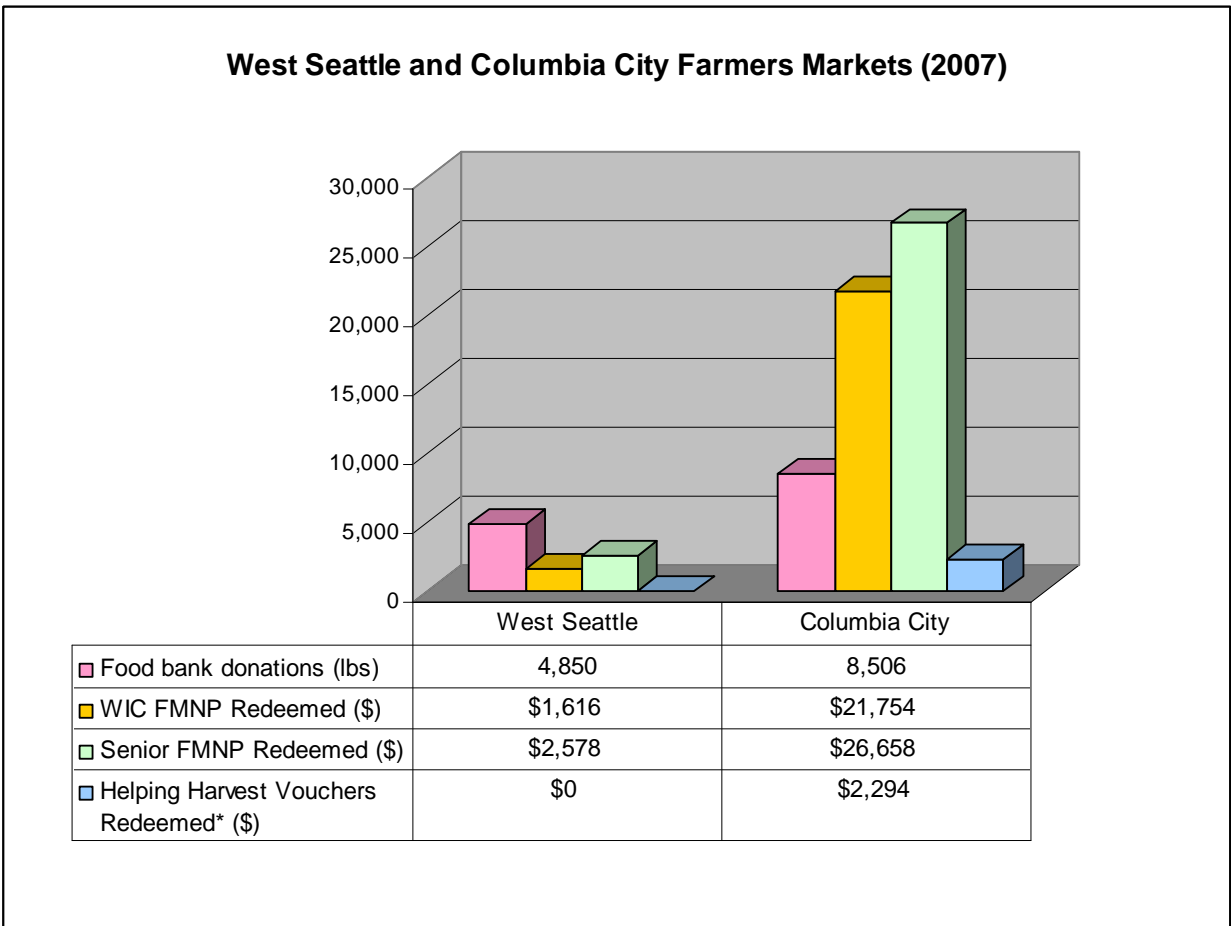
second closest market to Delridge and White Center and seen relative success in bringing low-income customers to the market. For example, the Columbia City market is a distribution site for WIC coupons and in 2007 had a redeem rate of \$21,754 (compared to \$1,616 at West Seattle).

TABLE A

	West Seattle		Columbia City	
	2006	2007	2006	2007
Number of weeks open	34	44	26	27
Number of shoppers	47,207	50,232	53,746	44,209
Average number of vendors	34	28	40	37

Source: Neighborhood Farmers Market Alliance

TABLE B



Source: Neighborhood Farmers Market Alliance

* A food bank in Columbia City distributes *Helping Harvest* vouchers to food bank clients.

Figure 8: Farmers markets.

2. Community Supported Agriculture (CSA)

Another food source for consumers in Delridge and White Center is community supported agriculture (CSA). CSA programs connect residents directly to farmers through a subscription program where residents pay farmers early in the year and later receive a monthly or weekly supply of fresh produce in the growing season. CSAs benefit local farmers who are able to finance their farm operation, remove the “middle man” in the food system, reduce food travel time and cost, and connect people directly to the food source. Another difference between CSAs and conventional food sources are that both the farmer and the subscriber share the benefits and risks of the farm.⁸

According to Puget Sound Fresh, a consumer education and local farm product branding organization, “Each CSA program is unique: some deliver their boxes to your home or a central pick-up location; some ask you to pick-up on the farm. Some offer extra add-ons, like eggs or flowers; some are produce-only. Some have installment payment plans; some require payment up-front at the start of the season.”⁹

These unique aspects of CSA farms make it important for consumers to understand the costs and benefits of particular CSA programs. [ADD MORE – refer to PS Fresh?] In addition, CSAs are only available during the growing season, which presents a challenge for consumers with limited access to fresh produce other times of year.

Students identified seven CSA drop-off sites in West Seattle in spring 2008, including one site in Delridge (see Appendix). The research found no sites in White Center. This information is likely to change as new CSA programs serve the area.

Additional research is needed to identify the following:

- CSA costs to subscribers
- The extent to which households in Delridge and White Center currently subscribe to CSA programs
- Interest in CSA among Delridge and White Center residents
- Current marketing by CSAs and potential opportunities to expand marketing of CSAs in Delridge and White Center

⁸ USDA Office of Community Development, Technote 20, Community Supported Agriculture, James Wilkinson, March 2001.

⁹ Community Supported Agriculture: CSA Directory 2008; Puget Sound Fresh,

3. Food Banks and Meal Programs

There are primarily three food banks that serve residents of White Center and/or Delridge. The West Seattle Food Bank is located on the edge Delridge, near High Point Housing Community, and Salvation Army Food Bank and White Center Food Bank are both located in White Center. In the past year, the food banks have served an increasing number of families and individuals. The food banks are largely dependent on food bank distributors such as Food Lifeline and Northwest Harvest for their food supplies; the remaining portion is received from local food drives and grocery stores and purchases when necessary. The food banks also provide other services such as cooking and gardening classes, daily senior lunches, and summer youth camp. Based on interviews with the food bank directors, the table below provides a more details on the food banks and their programming.

Local Food Bank Profiles

Organization	Service Area	# of People Served	Food Source	Additional Programming
Salvation Army White Center	98106, 98108 (South Park only), 98116, 98126, 98136, 98146, 98148, 98158, 98166, 98168, 98188 (partial), 98198 (partial)	April 2008- 4100 individuals and 2165 food boxes.	50% from Food Lifeline	Afterschool tutoring program includes snack for 30-35 youths. Day camp w/ summer free breakfast and lunch program (50-60 youths and open to neighborhood). Daily senior lunch meal program (65 seniors)
West Seattle Food Bank	98116, 98106, 98126, 98136 (W. Seattle area north of Roxbury St)	Jan-Apr 07: 1311 unduplicated households Jan-Apr 08: 1954 unduplicated households 2624 unduplicated for 2007	27% Food Lifeline, 18% NW Harvest, 10% purchased, remaining dropped off by community food drives and households	
White Center Food Bank	N-S boundaries:140th to Myrtle and W-E boundaries: HWY509-Puget Sound (White Center and parts of Burien and S. Seattle)	1500 duplicate households monthly (increase from 1100 last year). 4000 unduplicated annually	95% from Food Lifeline and Northwest Harvest; 5% from food drives; onsite bank, King County Emergency Feeding Program, Community Harvest of SW Seattle	Cooking demos w/ nutritionist; container gardening class
Providence Regina House	Mainly South Park Neighborhood	2007: over 8,900 food requests, 3200 unduplicated households; Currently serve 1050 unduplicate households monthly	50% Food Lifeline; 40% Northwest Harvest;10% private donations and food drives	Grocery-delivery service for Providence Elder program; cooking classes, seed info/distribution, and container gardening class (Lettuce Link)

Figure 9: Local food bank profiles.

Other programs that provide emergency food sources include the following:

- City of Seattle Summer Service Food Program provides (aka Summer Sack Program) breakfast, lunch, and snacks at various locations throughout the summer. A majority of the locations are “open” to all youth under the age of 18; other require enrollment into their summer program. There are currently 14 program sites serving Southwest Seattle.
- King County Emergency Feeding Program distributes prepared boxed meals to two distribution sites within the neighborhoods: Salvation Army White Center and Neighborhood House White Center;
- Meals on Wheels delivers hot meals to senior 60 years of age or older who are homebound due to illness or handicap and who are unable to prepare their own nutritious meals. In January through May of 2008, 116 households received meals in White Center and 61 in Delridge.

For more Information

Farmers Markets: Neighborhood Farmers Market Alliance,
www.seattlefarmersmarket.org

Puget Sound Fresh, www.pugetsoundfresh.org

USDA Food Stamps: 1-888-436-6392

Senior Farmers Market Nutrition Program Vouchers: 206-448-3110

WIC Farmers Market Nutrition Program Checks: 1-800-841-1410

CSA: Puget Sound Fresh, www.pugetsoundfresh.org

Food Waste, Recycling And Composting

Food disposal is an important part of the food system because “Food waste is a significant portion of the household, commercial, and institutional waste streams. Including food packaging, food wastes make up close to a third of the total waste that ends up in many city landfills.”¹⁰ According to King County, “Nearly 30% of what we throw away in our garbage is organic – and the average single-family household throws away about 45 pounds of food scraps and food-soiled paper every month. Items such as vegetable and fruit trimmings, meats, fish and poultry scraps and bones, plate scrapings, egg shells, coffee grounds, paper towels and napkins—even greasy pizza

¹⁰ The Food System – A Stranger to the Planning Field, K. Pothukuchi and J. Kaufman, JAPA, Spring 2000; 66, 2.

delivery boxes—all can be recycled in your yard waste cart.”¹¹ Collecting these food wastes is important because they can be used to create compost that can be added to soil to enrich the soil. Composting is the natural process of decomposition of organic materials, including food.

Both the City of Seattle and King County collect food waste for use in composting. Households in Delridge and White Center can subscribe for food waste collection (see Appendix).

Additional research is needed to identify:

- The extent to which community members in Delridge and White Center are aware of recycling and food waste collection services in their neighborhoods.
- The level of participation in such programs.
- Educational information about recycling, food waste collection and composting that community members may need.

For more information

Seattle Public Utilities: <http://www.seattle.gov/util/services/>

King County Solid Waste: <http://www.metrokc.gov/dnrp/swd/index.asp>

Transportation

What it is

Transportation, as it relates to food systems, deals with how people access their food. This includes the modes of transportation people use to get to their food sources, as well as the ease or difficulty associated with travel. All modes of transportation are factored into a food systems analysis (e.g. walking, bicycling, driving).

Why it is important

Transportation is essential in any food systems analysis. Obviously, increases in distance from food makes walking to food sources more difficult, and eventually necessitates the availability of cars or public transportation.

¹¹ Curbside food scrap collection, King County, <http://www.metrokc.gov/dnrp/swd/garbage-recycling/food-collection.asp>, accessed July 15, 2008.

Transportation can also dictate the frequency with which a person shops for food, which also impacts the types of food one might purchase (someone who shops once a month, for example, may be less inclined to purchase fresh and perishable foods than someone who shops weekly).

When discussing how transportation relates to a food system, the primary concern thus becomes how accessible food sources are for residents. Inaccessibility of food is the biggest threat to food security¹². Delridge and White Center - due to existing zoning, a neighborhood design that prioritizes automobile transit over non-motorized modes, the natural topography and the infrequent routes - are extremely inaccessible neighborhoods for those without motorized vehicles.

The following map highlights how accessible the neighborhoods are to pedestrians through an analysis of walkability.

¹² Karlinsky, L. (2005). Planning for food secure communities: a food assessment of Chinatown-International District. P. 26.

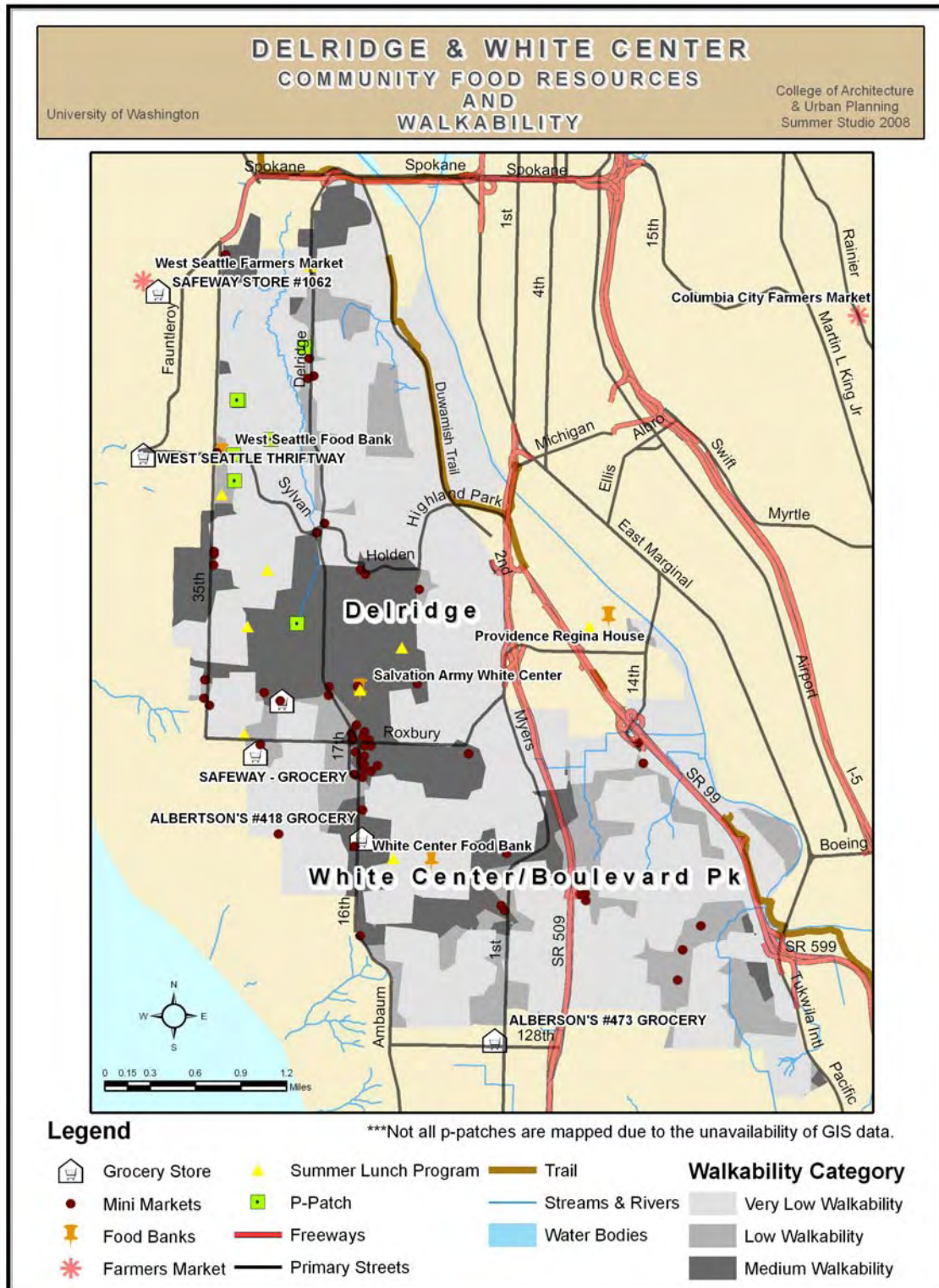


Figure 10: Community food resources and walkability.

Social Capital

What it is

Social Capital as defined in this report refers to any available food source that exists outside of established resources setup by community organizations, government-sponsored organizations, or similar agencies otherwise discussed. The food sources that would fall in the category of social capital are thus named because they draw solely upon the resources of community members. An example of such a food source would be an informal food-sharing system setup by community residents (e.g. food exchange, food bartering), or regular community dinners that are similarly run without the aid of an established agency.

Why it is important

Social Capital frequently represents community responses to shortcomings in the local food system. This is of particular importance in communities like Delridge and White Center, as national trends demonstrate the linkage between food insecurity and communities with similar class-based and ethnically diverse populations.¹³ Development of food sources that exist outside of formalized avenues provides yet another layer of food security for needy individuals that may not receive sufficient support otherwise.

1. Gardening and farming education

There are a variety of education programs and resources in the City of Seattle. Offered for a range of ages, incomes and cultures, programs types includes gardening classes, demonstration gardens, field trips, gardening hotlines, and online resources. Figure 11 below lists organizations that offer education opportunities and often collaborate with one another.

Gardening and farming education

Organization	Location	Description	Activities	Source
Community Harvest of Southwest Seattle	Southwest Seattle	Newly formed program that organizes classes and projects with community partners such as local food banks.	Community tree harvesting, container gardening classes and canning classes	Contact Aviva Firmin at aviva@duwamish.net

¹³ Karlinsky, *ibid.*

Lettuce Link	South Park (operates on Marra Farm and program of Solid Ground)	Lettuce Link is a creative emergency food and gardening program that provides fresh organic produce, vegetable seeds, plant starts, organic gardening supplies, assistance and information to low-income people throughout Seattle.	Hands-on gardening volunteer opportunity at <i>Giving Garden</i> , a one-acre garden in which produce is donated to Providence Regina Food Bank in South Park; food container classes in Spanish and English at local food banks; community fruit tree harvesting; assistance for P-Patches gardeners on how to grow extra food for food banks; nutrition and gardening classes for Concord Elementary; 4 hour nutrition and gardening class for elementary aged youth at South Park Community Center	www.solidground.org; Contact: Michelle Bates-Benetua, Lettuce Link Program Manager, at michelleb@solid-ground.org
Master Gardener/Composter Program	Main office is in Wallingford. Classes take place around King County. (managed by Seattle Tilth)	Master Composter/ Soil Builder learn to: build healthy soil with compost and mulch, grow natural gardens, understand your connection to climate change, assess your personal carbon footprint, reduce pesticide use and conserve water and protect water quality.	A 3-week training program beginning in March. Application process open to general public and requires \$150 deposit upon acceptance. Deposit refunded after completion of 40 hours of volunteer outreach (within 12 months). Opportunities for communities to work with master composter/gardener on community projects.	Contact Graham Golbuff, volunteer coordinator, at 206.633.0097 or grahamgolbuff@seattletilth.org
Seattle Central Community College	Capitol Hill	Sustainable Agriculture Education (SAGE) Program is currently under development	A certificate program	
Seattle Tilth	Main office is in Wallingford. Classes take place around King County.	Seattle Tilth's mission is to inspire and educate people to garden organically, conserve natural resources and support local food systems in order to cultivate a healthy urban environment and community.	Gardening workshops for different skills, age and income levels; online gardening resources and hotline; youth programming including field trips for school groups	www.seattletilth.org; Natural Lawn & Garden Hotline: 206.633.0224
Seattle Youth Garden Works	South Park (3/4 plotted at Marra Farm) and U-District (p-patch at University Heights)	Seattle Youth Garden Works empowers homeless and underserved youth through garden-based education and employment.	Hires and trains youth ages 14-21 for 3 month period; youth paid min. wage for 15 hrs/wk to manage garden and sell produce at farmers market	www.sygw.org

Figure 11: Gardening and farming education.

2. P-Patches

The City of Seattle's P-Patch community garden program offers residents opportunities to grow their own fresh, healthy food. Gardeners are responsible for maintaining their own plot. Twelve P-Patches are located in Delridge and three community gardens are in White Center (see Appendix.)¹⁴ A 2004 survey showed that 31% of P-Patch gardeners grew 50% or more of their produce in their P-Patch plot between April and October.¹⁵ In addition to being a source of healthy food, community gardens build community: "Urban agriculture in the United States has been enriched by the skills and technologies of immigrant populations, from Japanese market gardeners in California to Italian urban gardeners in the Northeast. In addition, many inner-city communities are rich in social and environmental capital even while they are poor in economic resources. The urban agriculture movement, if it is supported and expanded, can build on this existing, but hitherto neglected or undeveloped expertise, social relationships, and the urban landscape itself."¹⁶

For more information:

City of Seattle Community Gardens program,
<http://www.ci.seattle.wa.us/neighborhoods/ppatch/>

Additional research is needed to identify:

- Interest among residents for additional community gardening opportunities, particularly in White Center, which has few community gardens.
- Gardening education needs among residents in both neighborhoods who garden at a community garden or at home.

Conclusion

Analysis of Delridge and White Center food systems has demonstrated that there are still several topics unexplored in this report that would further assess the state of these

¹⁴ The White Center community gardens are not part of the City of Seattle P-Patch program.

¹⁵ The History of the P-Patch Program, City of Seattle, n.d.,
<http://www.seattle.gov/Neighborhoods/ppatch/history.htm>, accessed August 17, 2008.

¹⁶ Urban Agriculture and Community Food Security in the United States: Farming from the City Center to the Urban Fringe, Community Food Security Coalition, 2002; http://www.foodsecurity.org/urbanag.html#_ftnref2, accessed August 17, 2008.

neighborhoods. It is highly likely that information concerning these topics is readily available, but given time and topical constraints they were excluded from this report.

Foremost among these unexplored topics are the following:

- A detailed analysis of the CSA costs to subscribers
- Determining the extent to which households in Delridge and White Center currently subscribe to CSA programs
- Gauging interest in CSA among Delridge and White Center residents.
- Assessing the current marketing strategies employed by CSAs and exploring potential opportunities to expand marketing of CSAs in Delridge and White Center.
- Determining the extent to which community members in Delridge and White Center are aware of recycling and food waste collection services in their neighborhoods.
- Assessing the level of participation in such programs.
- Compiling educational information about recycling, food waste collection and composting that community members may need.
- Gauging the inefficiencies in the local food economy.
- Identifying viable potential growth areas for food industry.
- Identifying and assessing existing neighborhood-based programs promoting local food economies.
- Determining the level of community awareness of organizations and services available that promotes consumption of healthy foods.
- Assessing the level of use of organizations and services that promote healthy eating, as well as their accessibility.
- Determining number and percentage of overweight and obese children and youth.
- Gauging physical activity levels among children and youth.
- Determining interest among residents for additional community gardening opportunities, particularly in White Center, which has few community gardens.
- Assessing gardening education needs among residents in both neighborhoods who garden at a community garden or at home.
- Conducting a photo voice/walking survey of the physical conditions of the neighborhoods.
- Assessing healthy options are there at restaurants [given that 48% of every food dollar goes to prepared food or restaurant food] and connect restaurants with local, healthy food sources.
- Further use of the FEEST youth initiative to engage youth in community-based projects.
- Assessing the use of community centers as active spaces.
- Create a map of child care centers/day cares.
- Utilize existing research on P-Patches to determine what sites in Delridge could be converted to P-Patches.

-
- Use or modify existing community programs (e.g. Adopt a Stop) to encourage community participation in maintaining open, walkable spaces.
 - Identify and provide wayfinding for walking routes that may combine existing trails with other routes to offer people accessible, safe routes they are likely to use, both for recreation and for transportation to destinations.
 - Collect information about employers as sites where people can access healthy food.
 - Conduct sensitivity analysis of walkability data to determine what things could be added, changes or removed to create more walkable areas.
 - Learn from community members how considerations when shopping for food are similar or different from considerations when conducting market basket survey.

Next Steps

Further exploration of the potential areas for research is one “next step” that can be taken from this document. The true value in this report, however, lies in it’s usefulness to community members in identifying potential growth areas and changes in food-related issues. This document is best used as a continuation of past efforts to identify existing themes and conditions in the neighborhoods, and has been compiled with the expectation that it will generate dialog among community members about creative solutions to food and fitness.

We thus hope this report has provided enough background and validated research so community members can formulate innovative ideas to rally other community members and policymakers. One such example could be use of the market basket survey results to push for more competitive pricing in grocery stores. Another potential use could be creation of CSA’s to cover areas of high need in Delridge and White Center. It is evident that within Delridge and White Center are the skills, abilities, and cumulative desires to affect positive change around food and fitness.

Appendix to Community Food System Assessment

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Socio-Economic Conditions

Table 1: Age by Sex

	King County		Seattle		Delridge		White Center	
Total:	1,699,415		536,719		31,061		29,708	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
	Male		Male		Male		Male	
Total:	844,820	49.7%	265,751	49.5%	15,379	49.5%	15,013	50.5%
0-9 years	110,781	13.1%	25,392	9.6%	2,300	15.0%	2,313	15.4%
10-19 years	108,067	12.8%	23,615	8.9%	2,163	14.1%	2,129	14.2%
20-29 years	126,620	15.0%	53,021	20.0%	2,465	16.0%	2,348	15.6%
30-39 years	155,310	18.4%	56,332	21.2%	2,992	19.5%	2,650	17.7%
40-49 years	143,972	17.0%	43,632	16.4%	2,576	16.8%	2,267	15.1%
50-59 years	99,708	11.8%	30,064	11.3%	1,405	9.1%	1,622	10.8%
60-69 years	49,918	5.9%	14,740	5.5%	765	5.0%	870	5.8%
70-79 years	34,219	4.1%	12,029	4.5%	465	3.0%	562	3.7%
80 years and over	16,225	1.9%	6,926	2.6%	248	1.6%	252	1.7%
	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
	Female		Female		Female		Female	
Total:	854,595	50.3%	270,968	50.5%	15,682	50.5%	14,695	49.5%
0-9 years	104,966	12.3%	24,782	9.1%	2,286	14.6%	2,187	14.9%
10-19 years	102,866	12.0%	22,906	8.5%	1,989	12.7%	2,111	14.4%
20-29 years	123,549	14.5%	52,514	19.4%	2,500	15.9%	2,264	15.4%
30-39 years	148,742	17.4%	50,388	18.6%	2,948	18.8%	2,248	15.3%
40-49 years	144,808	16.9%	43,106	15.9%	2,470	15.8%	2,240	15.2%
50-59 years	101,516	11.9%	30,645	11.3%	1,528	9.7%	1,557	10.6%
60-69 years	53,149	6.2%	16,229	6.0%	808	5.2%	926	6.3%
70-79 years	46,025	5.4%	17,206	6.3%	666	4.2%	719	4.9%
80 years and over	28,974	3.4%	13,192	4.9%	487	3.1%	443	3.0%

Table 2: Household Size (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Family households:	419,959	59.07%	113,400	43.87%	7,105	58.58%	7,044	63.80%
2-person household	181,426	25.52%	56,366	21.81%	2,663	21.96%	2,559	23.18%
3-person household	96,970	13.64%	25,688	9.94%	1,675	13.81%	1,691	15.32%
4-person household	86,649	12.19%	18,865	7.30%	1,383	11.40%	1,358	12.30%
5-person household	34,649	4.87%	7,286	2.82%	685	5.65%	727	6.59%
6-person household	12,254	1.72%	2,857	1.11%	375	3.09%	360	3.26%
+7-person household	8,011	1.13%	2,338	0.90%	324	2.67%	349	3.16%
Nonfamily households:	290,957	40.93%	145,099	56.13%	5,024	41.42%	3,996	36.20%

1-person households	217,163	30.55%	105,542	40.83%	3,617	29.82%	3,010	27.26%
2-person household	58,908	8.29%	31,075	12.02%	1,161	9.57%	766	6.94%
3-person household	9,609	1.35%	5,281	2.04%	167	1.38%	140	1.27%
4-person household	3,269	0.46%	1,902	0.74%	50	0.41%	48	0.43%
5-person household	1,193	0.17%	744	0.29%	17	0.14%	20	0.18%
6-person household	431	0.06%	278	0.11%	5	0.04%	5	0.05%
+7-person household	384	0.05%	277	0.11%	7	0.06%	7	0.06%
Total	710,916	100%	258,499	100%	12,129	100%	11,040	100%

Table 3: Race (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Total:	1,737,034	100%	563,374	100%	31,116	100%	29,639	100%
White alone	1,315,507	76%	394,889	70%	16,172	52%	16,761	57%
Black or African American alone	93,875	5%	47,541	8%	3,582	12%	2,163	7%
American Indian and Alaska Native alone	15,922	1%	5,659	1%	531	2%	380	1%
Asian alone	187,745	11%	73,910	13%	6,577	21%	5,582	19%
Native Hawaiian & Other Pacific Islander alone	9,013	1%	2,804	0%	372	1%	504	2%
Some other race alone	44,473	3%	13,423	2%	2,087	7%	2,470	8%
Two or more races	70,499	4%	25,148	4%	1,795	6%	1,779	6%

Table 4: Household Income (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Less than \$10,000	45,534	6.40%	23,130	8.94%	1,274	10.44%	1,122	10.08%
\$10,000 to \$14,999	30,146	4.24%	14,422	5.58%	793	6.50%	682	6.13%
\$15,000 to \$19,999	30,575	4.30%	13,513	5.22%	808	6.62%	904	8.13%
\$20,000 to \$24,999	35,839	5.04%	15,515	6.00%	683	5.60%	725	6.52%
\$25,000 to \$29,999	37,726	5.30%	15,285	5.91%	682	5.59%	687	6.17%
\$30,000 to \$34,999	39,594	5.57%	16,413	6.35%	740	6.06%	741	6.66%
\$35,000 to \$39,999	38,518	5.42%	15,046	5.82%	803	6.58%	883	7.94%
\$40,000 to \$44,999	38,149	5.36%	14,010	5.42%	806	6.61%	749	6.73%
\$45,000 to \$49,999	34,557	4.86%	11,989	4.64%	689	5.65%	609	5.47%
\$50,000 to \$59,999	65,568	9.22%	22,366	8.65%	1,253	10.27%	1,084	9.74%
\$60,000 to \$74,999	84,980	11.95%	26,516	10.25%	1,408	11.54%	1,228	11.04%
\$75,000 to \$99,999	96,885	13.62%	29,387	11.36%	1,282	10.51%	1,057	9.50%
\$100,000 to \$124,999	53,855	7.57%	16,027	6.20%	538	4.41%	407	3.66%
\$125,000 to \$149,999	27,758	3.90%	8,386	3.24%	198	1.62%	152	1.37%
\$150,000 to \$199,999	24,479	3.44%	7,618	2.95%	187	1.53%	70	0.63%
\$200,000 or more	27,072	3.81%	9,012	3.48%	58	0.48%	26	0.23%
Total	711,235	100%	258,635	100%	12,202	100%	11,126	100%

Table 5: Household Income Characteristics (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Number of Households	711,235	100%	258,635	100%	12,202	100%	11,126	100%
With Supplemental Security Income (SSI)	21,426	3%	9,428	4%	686	5.62%	749	6.73%
With public assistance income	19,683	3%	7,638	3%	765	6.27%	768	6.90%
Median family income in 1999 (dollars)	66,035	(X)	62,195	(X)	42,228	(X)	38,538	(X)

Table 6: Employment Status (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
In labor force	974,767	70%	339,956	70%	17,072	71%	14,619	65%
Armed forces	1,977	0%	1,090	0%	21	0%	8	0%
Civilian labor force	972,790	70%	338,866	70%	17,051	71%	14,611	65%
Employed	929,205	67%	321,524	66%	15,952	67%	13,684	61%
Unemployed	43,585	3%	17,342	4%	1,099	5%	927	4%
Not in labor force	414,947	30%	145,214	30%	6,890	29%	7,997	35%
Population +16 years	1,389,714	100%	485,170	100%	23,962	100%	22,616	100%

Table 7: Immigrant Status (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Entered 1990 to Mar. 2000	131,848	49%	44,145	47%	3,799	50%	4,730	61%
Naturalized citizen	24,276	18%	9,311	21%	934	12%	904	12%
Not a citizen	107,572	6%	34,834	79%	2,865	38%	3,826	49%
Entered 1980 to 1989	65,728	25%	24,703	26%	2,362	31%	1,908	25%
Naturalized citizen	38,729	59%	14,427	58%	1,290	17%	942	12%
Not a citizen	26,999	41%	10,276	42%	1,072	14%	966	12%
Entered before 1980	70,709	26%	26,104	28%	1,479	19%	1,130	15%
Naturalized citizen	55,431	78%	20,596	79%	1,197	16%	816	11%
Not a citizen	15,278	22%	5,508	21%	282	4%	314	4%
Total population	1,737,034	100%	563,375	100%	7,640	100%	7,768	100%

Table 8: Language Spoken at Home by Household (2000 U.S. Census)

	Delridge		White Center	
	Number	Percent	Number	Percent
English	8,612	70.58%	7,567	68.01%
Spanish	899	7.37%	1,149	10.33%
Other Indo-European languages	509	4.17%	489	4.40%
Asian and Pacific Island languages	1,903	15.60%	1,639	14.73%
Other languages	279	2.29%	282	2.53%
Total	12,202	100%	11,126	100%

Table 9: Housing Characteristics (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Lacking complete plumbing facilities	3,662	0.5	1,983	0.8%	67	0.53%	115	1.01%
Lacking complete kitchen facilities	5,063	0.7	2,412	0.9%	67	0.53%	60	0.52%
Total		100%		100%	12,675	100%	11,434	100%

Table 10: Poverty Status by Family Type (2000 U.S. Census)

	Delridge		White Center	
Married-couple family:	300	30%	321	39%
<i>With related children under 18 years</i>	178	18%	241	29%
<i>No related children under 18 years</i>	122	12%	80	10%
Other family:	696	70%	510	61%
Male householder, no wife present	83	8%	65	8%
<i>With related children under 18 years</i>	71	7%	32	4%
<i>No related children under 18 years</i>	12	1%	33	4%
Female householder, no husband present	613	62%	445	54%
<i>With related children under 18 years</i>	582	58%	400	48%
<i>No related children under 18 years</i>	31	3%	45	5%

Community Health Indicators for Selected Conditions in Delridge and White Center

			White Center/Boulevard Park		W. Seattle/Delridge		King Co.
			Percent/Rate	Average Annual Count	Percent	Average Annual Count	Percent/Rate
Health Risk Factors	% Adult Smokers*	Current smoker: now smokes cigarettes ever day or some days	27.60%		19.7		16.4
	% Overweight* (age 18 and older)	BMI >=25	57.80%		52.1		53.7
	% Overweight children (grades 8, 10 and 12)		data not available	data not available	data not available	data not available	8.9
	% Obese* (age 18 and older)	BMI >=30	20.10%		16.3		17.2
	No Physical Activity* (age 18 and older)	Did not participate in any leisure time physical activity during the past 30 days	21.80%		13.8		14
Diet Related Disease	Colorectal Cancer Incidence*		60.45	15	43.0	10	46.7
	Colorectal Cancer Deaths*		22.3	5	20	4	15.9
	Breast Cancer Incidence*		148.9	20	159.8	22	189.4
	Breast Cancer Deaths*		17.9	2	27.1	4	23
	Heart Disease Deaths*		236.2	54	203.7	46	189.9
	Stroke Deaths*		82.3	18	54	12	58.6
	Diabetes Prevalence*		6.80%		5.10%		5.3
	Diabetes Deaths*		25.6	6	32.5	7	20.9
	Diabetes Related Deaths*		73.5	17	89.7	20	59.1
All data gathered by HPZ unless noted by * in which case the data was gathered by HPA and includes Delridge only not Delridge/West Seattle							
Rate: Deaths per 100,000 age adjusted to year 2000 US population							
<i>Incidence</i> refers to the number of new cases in a given time period.							
<i>Prevalence</i> refers to the number of individuals in a population with a particular disease at a particular time.							

Source: Community Health Indicators, Public Health Seattle & King County, <http://www.metrokc.gov/health/CHI/>, accessed July 15, 2008.

**Community-based Organizations that Provide Health Services
and/or Health-related Information in Delridge and White Center**

Program Name	Service Area	Purpose or Goals
Environmental Network Justice in Action	WC	To work with immigrant and refugee communities on environmental and other neighborhood concerns.
Health Care for the Homeless Network	WC and Delridge	Services designed to improve access to health care for homeless people, as well as address underlying health conditions. Community-based health programs provide on-site services at shelters, day centers and other locations where homeless people congregate. Services include medical respite, case management, access to medical and dental care, street outreach, management of chronic conditions, and training and technical assistance for health and housing organizations and agencies serving homeless people. A new component funded in 2007, the Housing Health Outreach Team (HHOT) is integrated within HCHN and provides health care linkages and support to formerly homeless people in permanent supportive housing. HHOT provides onsite nursing services as well as chemical dependency and mental health interventions. An array of proactive prevention activities designed to help assure that homeless shelters and day centers implement appropriate policies and procedures and operationalize effective practices for TB prevention and control—the ultimate goals of which are to prevent and reduce the spread of TB. The enhanced TB services also include a discharge planning function designed to help homeless TB patients secure and retain stable housing and other services they need to help increase stability.
White Center Public Health Center	WC	Services include: Adult and Child Immunizations, Application Workers, Childbirth Classes, Children with Special Health Care Needs, Family Planning/STD Clinic, Group Education (Pre-Natal, Mother/Baby, Toddler), Health Educators, Interpreter Services, Home Visits, Infant Case Management/Maternity Support Services, Nutrition Services OB Services Screening, Social Worker, Teen Clinic.
Roxbury Family Health Care	WC	9635 17th Ave. SW 98106.
West Seattle Teen Health Center	Delridge	3000 California Ave. SW 98116 School based health centers provides treatment for illnesses, sports physical exams, dental screening and referral, and confidential services, including sexuality and reproductive health services. Mental health counseling.
Madison Wellness Center	Delridge	3429 45th Ave. SW 98116 School based health centers provides treatment for illnesses, sports physical exams, dental screening and referral, and confidential services, including sexuality and reproductive health services. Mental health counseling.
High Point Medical Clinic	Delridge	6020 35th Ave. SW 98126 Primary care health services for men, women and children including: treatment of illness and minor injury; Well-baby and well-child care; Immunizations; Maternity Support Services; Midwifery & Women's Health Services; Social Work Services; Nutrition and Health Education; Diabetes Education Program; Asthma Education Program; Parenting Classes and WIC services; Pharmacy and Laboratory Services; Acupuncture; Mental health/Substance Abuse Counseling; Breast Feeding Education and Support.
High Point Dental Clinic	Delridge	High Point Dental Clinic provides dental services for children age 19 and younger. We accept a limited number of adult patients upon referral.

Sealth Teen Health Center	Delridge	2600 SW Thistle St. 98126. School based health centers provides treatment for illnesses, sports physical exams, dental screening and referral, and confidential services, including sexuality and reproductive health services. Mental health counseling.
Denny Wellness Center	Delridge	8402 30th Ave. SW 98126. School based health centers provides treatment for illnesses, sports physical exams, dental screening and referral, and confidential services, including sexuality and reproductive health services. Mental health counseling.
Infant Mortality Prevention	WC and Delridge	Community-based organizations provide outreach, education, referral to prenatal care, labor support, chemical dependency treatment, and basic needs (e.g., housing, food, clothing, transportation).
PeoplePoint	WC and Delridge	Outreach and intake workers are cross-trained to help people access multiple benefits including publicly-sponsored health insurance, child care, utility assistance, food assistance, and Earned Income Tax and other tax credits. Refers to other services including jobs and housing assistance.
Best Beginnings	WC and Delridge	Regular public health nurse home visits to provide support and coaching, and educate adolescents on pregnancy and child health and development. Links clients to services (e.g., health insurance, prenatal care, child care, public assistance, school, work, training and other basic needs [e.g., food, clothing, housing, baby supplies]).
HIV/AIDs Case Management	WC and Delridge	Case management services including ongoing assessment of needs, development of a comprehensive, individualized service plan, and linkages to primary care, prescription drugs, mental health, substance use treatment, dental care, health insurance, and housing.
Needle Exchange	WC	SW 100th and 14th Ave. SW
Methadone Vouchers	WC and Delridge	Vouchers for methadone treatment. Case management provided for assessment, service coordination, treatment oversight and linkages to services and resources. Helps clients obtain long-term financial support for their treatment.
Indoor Air Quality	WC and Delridge	Assessment, education, consultation and referrals; development and implementation of community strategies to address ventilation failures and other indoor air quality problems.
Community Based Oral Health	WC and Delridge	Screening and application of sealants on the teeth of 2nd and 3rd graders to prevent decay. Education, screening and referral to treatment services if dental disease or decay for high-risk children (English Language Learners, homeless, etc).
Youth Engagement Program	WC and Delridge	Youth outreach and engagement services and case management to link underserved or “high-risk” youth to treatment and to other needed services.
African American Elders Program	WC and Delridge	Health assessment, education, advocacy, and assistance with access to health services and independent living support.
School Based Health Services	WC and Delridge	SBHCs and school nursing services are provided for students at 14 designated schools as well as limited services made available to other schools. Students who are underachieving or who are “at risk” of dropping out of school will be identified to received focused support to improve their academic performance and school success. SBHS promote academic achievement by addressing health barriers to learning and health disparities. Health services include primary care, prevention and mental health services.

AARP Grandparent Information Center	WC	Offers referrals to local support groups for grandparents raising grand-children.
A.P.P.LE. Parenting- A Positive Parenting Learning Experience	WC	Parenting classes for parents of children 0-8, 11 week classes with parent educator for parents and preschool for children. Sponsored by South Seattle Community College. Classes are offered each quarter.
Baby and Me Classes (offered through A.P.P.L.E. Parenting)	WC	Weekly classes for parents and their infants (birth – 18 months. at White Center Public Health. Curriculum based class includes topics related to parent and baby bonding.
Bebe y Yo (offered through A.P.P.LE parenting)	WC	Weekly classes in Soanish for parents and their infants (birth – 18 months. at White Center Public Health. Curriculum based class includes topics related to parent and baby bonding.
Changes	WC	Support group for parents of out-of-control, at-risk or runaway adolescents for adult children.
Family Help Line	WC	Parent Information Line: Ex. 1. Talk with a listener about your parenting concerns, Ex. 2 English Only.
New Futures Only for families living in the following apartments:	WC	Bilingual programs for children and families including after school tutoring, preschool and parenting programs. Call for ESL Classes, Spanish Classes, emergency food and teen programs. Play and Learn group Fridays, 10-12 at Windsor Heights.
Administrative Office	WC	Mini Community Centers at 3 public housing sites
Arbor Heights	WC	4 components- After school program for elementary students and teens, offering: homework help. leadership development, activities and public service. Community development for housing communitiy, including evening events, barbaques, ESL classes, parenting classes, womens groups. Family advocacy and holistic social work offering referals to resources and family intervention.
Odessa Brown Children's Clinic	WC	Ongoing parent education classes for King County residents.
Parent Trust for WA Children	WC	Family Help Line provides supportive listening, information & referral for parenting and support groups.
Parenting Calendar	WC	Published quarterly; info on community classes & support groups.
Program for Early Parent Support (PEPS)	WC	Newborn and New parent parenting support groups
Southwest Youth and Family Services	WC	Offers parenting classes and information on parenting skills and child development. Classes in English and Spanish.
Washington P.A.V.E	WC	Provides training and support for parents of children with disabilities; information on education; lending library; military parent support. www. washingtonpave.org

Source: Interview with Jerry Degrieck, City of Seattle, conducted by Sara Coulter, 2008.

Food Waste Collection							
Jurisdiction	Service Type	Frequency		Cost per month/container			Restrictions
		Mar - Nov	Dec - Feb	35-gal	64-gal	96-gal	
City of Seattle	SF with Garbage Service	EOW	EOW				V
	SF w/o Garbage Service						
	Multifamily						
WM Unincorp.	SF with Garbage Service	W	EOW	\$8.40	\$ 9.30	\$10.20	
	SF w/o Garbage Service	W	EOW	\$9.50	\$10.40	\$11.30	
	Multifamily	NS	NS	NS	NS	NS	NS

SF = single family dwellings and multiplexes with 4 or fewer units

W = weekly collection

EOW = every other week collection

M = monthly collection

NS = no food collection service available

V = vegetative food waste only; no meat or cheese

WM - Waste Management

Sources: “Start or stop service,” City of Seattle, http://www.seattle.gov/util/Services/Yard/Yard_Waste_Collection/COS_003989.asp; King County, <http://wmnorthwest.com/skingcounty/index.html>, accessed July 15, 2008.

Farms with Community Supported Agriculture (CSA) Programs and Drop-Off Sites in West Seattle						
CSA	Neighborhood	Drop-Off Site Address	City	State	Zip	Type of Farm
Full Circle Farm	Delridge	SW Thistle St and 32nd Ave. SW	Seattle	WA		
Full Circle Farm	West Seattle	22nd Ave. SW and SW Andover St.	Seattle	WA		
Growing Washington's Local Choice Food Box	West Seattle			WA	98116	
Helsing Junction Farm	West Seattle	California Ave. and Atlantic		WA	98116	
Helsing Junction Farm	West Seattle	4141 California Ave. SW	Seattle	WA	98116	
Tiny's Organics	West Seattle	4408 Delridge Way SW	Seattle	WA	98106	Certified Organic
Willie Green's Organic Farm	West Seattle	no exact locations		WA	98116	

Source: Research by Sara Coulter, 2008.

Delridge and White Center Food Processors and Distributors

Company Name	Trade Areas	Products	Contact Address	Phone/Fax	E-mail/Web Site
2 Bear Ltd	National, International	Clams, Crab, Salmon, Sturgeon	10630 19th Ave South Suite 69 Seattle, WA 98168- 1713	206-439-8707 206-439-8633	2bear@bearcandy.com www.bearcandy.com
Acme Food Sales, Inc.	Regional	Artichoke, Baby Corn, Dungeness Crab, Jams, Jellies, Preserves, Marmalades, Mushrooms - Cultivated, Mussel, Oysters, Pickled Fruits & Vegetables, Shrimp, Albacore Tuna, Other Vegetables	PO Box 80525 Seattle, WA 98108- 0525	206-762-5150 206-762-8629	dedwards@acmefood.com www.acmefood.com
Da Vinci Gourmet, Ltd.	National, International	Chocolate & Chocolate Products, Chocolate Coated Products, Chocolate Covered Nuts, Confectionary Products, Espresso Beans, Sauces - Dessert, Syrups -Including Flavored	7224 1st Ave South Seattle, WA 98108	206-768-7401 206-764-3989	sgates@davincigourmet.c om www.davincigourmet.com
Food Services of America	State, Regional	See Website	4025 Delridge Way SW -Ste 300 Seattle, WA 98106- 1277	206-923-4601 206-923-4610	cathy_emerson@fsafood.c om www.fsafood.com
H & D International, Inc	National, International	Potato Flakes, Potatoes, Potatoes for French Fries, Potatoes for Hash Browns, Mixed Vegetables	5900 4th Ave South -Ste 205 Seattle, WA 98108	206-762-7298 206-762-7371	hdintl@earthlink.net

Intersea Fisheries West, Inc.	State, Regional, National, International	Black Cod (Sablefish), Ling Cod, Pacific Cod, Dungeness Crab, King Crab, Snow Crab, Flounder/Sole, Halibut, Pollock, Rock Fish, Roe Caviar, Farmed Salmon Wild Salmo, Shrimp, Squid/Calamari, Surimi & Analog Products	550 S Michigan St Seattle, WA 98108	206-285-5630 206-283-7627	Brian@interseafisheries.com www.intersea-seafood.com
Isernio Sausage Company	Regional	Sausage, Sausage Casing	5600 7th Ave South Seattle, WA 98108	206-762-6207 206-762-5259	fni@isernio.com www.isernio.com
La Panzanella, Inc.	State, Regional	Biscotti, Bread, Cakes, Cookies, Hazelnut Cookies, Crackers, Other Desserts, Bread Dough, Pizza Dough, Pastries, Pies & Tarts	612 South Alaska Street Seattle, WA 98108	206-903-0500 206-325-2284	antonio@lapanzanella.com www.lapanzanella.com
Northwest Real Foods	State, Regional, National	Nutrition Bars	309 S Cloverdale St -Ste C32 Seattle, WA 98108-4571	206-764-1754 206-764-5018	gerry@realfoodsco.com
Oversea Casing Co. LLC	State, Regional, National, International	Sausage Casing	601 S Nevada Seattle, WA 98108-1701	206-682-6845 206-382-0883	info@overseacasing.com www.overseacasing.com
Partners, A Tasteful Choice Co	National	Cookies, Crackers, Granola	115 S Brandon St Seattle, WA 98108	206-762-4123 206-762-8424	caraf@partnerscrackers.com www.partnerscrackers.com

Rosso Wholesale Nursery	State, Regional, National	Bamboo or Ornamental Grasses, Broadleaf Evergreens & Shrubs, Christmas Trees, Conifers, Flowers, Greens, Ornamentals, Groundcover Plants, Herbaceous Plants, Vegetables, Potted Plants or Bedding, Wetland & Aquatic Plants, Rose Plants -Buds & Stock, Shrubs, Deciduous Fruit or Nut Trees, Flowering Trees, Shade Trees	PO Box 80345 Seattle, WA 98108-0345	206-763-1888 206-762-2544	AnthonyRosso@msn.com
Sahale Snacks	International	Nuts	3411 S 120th Place, Suite 100 Seattle, WA 98168	206-624-7244 206-281-9966	Donna@Sahalesnacks.com www.sahalesnacks.com
Seacana, Inc. (La Mexicana)	Local	Tortillas	10020 14th Ave SW Seattle, WA 98146-3703	206-763-1488 206-768-1050	bill@lamexicana.com www.lamexicana.com
SK Food Group, Inc.	State, Regional, National	Prepared Dishes & Meals, Sandwiches & Related	4600 37th Avenue SW Seattle, WA 98126-2786	206-935-8100 206-935-5891	sklein@skfoodgroup.com skfoodgroup.com
Sun Luck, Inc.	Regional, International	Cultivated Mushrooms, Oriental Noodles, Pickled Fruits & Vegetables, Salad Dressing, Sauce Mixes, Dry Sauce, Hot Sauces, Oriental Sauces, Spices & Related Condiments, Tea, Tofu, Balsamic Vinegar, Herb, Wine	4601 6th Ave South Seattle, WA 98108	206-624-4011 206-624-0377	pelly@uwajimaya.com www.sunluckfoods.com
Sunfresh Foods, Inc.	State, Regional, International	Jams, Jellies, Preserves, Marmalades	125 S Kenyon Street Seattle, WA 98108	206-764-0940 206-764-0960	jam@sunfreshjam.com www.sunfreshjam.com
Uwajimaya, Inc.	State, Regional, National, International	Soy Oil, Oriental Noodles, Soy Sauce	4601 Sixth Ave S Seattle, WA 98108	206-624-3215 206-624-0377	misao@uwajimaya.com www.uwajimaya.com

<p>Amerifresh, Inc. (Seattle HQ)</p>	<p>State, Regional, National, International</p>	<p>Apples, Apricots, Artichoke, Asparagus, Green Beans, Beets, Bok Choy, Broccoli, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Sweet Cherries, Tart Cherries, Sweet Corn, Cucumbers, Eggplant, Garlic, Grapes - Vinifera, Herbs, Kiwi, Lettuce, Melons -Other, Mushrooms -Cultivated, Mushrooms -Wild, Nectarines, Onions - Storage, Onions -Walla Walla, Peaches, Pears, Pears -Asian, Green Peas, Snap Peas, Peppers -Bell, Plums/Prunes, Potatoes, Potatoes -for French Fries, Potatoes -Sweet, Pumpkin, Radishes, Shallots, Spinach, Sprouts, Squash, Tomatillo, Tomatoes, Turnips, Vegetables - Mixed, Watermelon, Zucchini</p>	<p>PO Box 34380 Seattle, WA 98106</p>	<p>206-933-4933 206-933-4922</p>	<p>greg_reinauer@amerifresh .com www.amerifresh.com</p>
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P-Patches

P-Patches in Delridge							
Property	Build date	Location	Owner*	Size (sq ft)	Size (acres)	# of plots	Avg Wait Time
Delridge	1974	5078 25th Ave SW	Seattle	10,600	0.24	40	6-8 mon.
Lincoln Park Annex (Solstice Park)	2004	7400 Fauntleroy Wy SW	Seattle	5,780	0.13	39	2 years
Longfellow Creek	2003	25th Ave SW/ SW Thistle	Seattle	4,100	0.09	38	1 year
Marra Farm	1997	4th Ave S / S Director St	Seattle	174,000	4.00	40	6 mon.
Oxbow	2004	6400 Corson Ave. SW	Seattle	3,564	0.08	28	9 mon.
High Point Youth Garden	2002	6760 34th Ave SW	SHA	800	0.02	6	NA
High Point- Juneau Community Garden	1998	32nd Ave SW / SW Juneau St	SHA	5,000	0.11	27	NA
High Point Market Garden	1999	32rd Ave SW / SW Juneau St	SHA	9,000	0.21	36	NA
High Point MacArthur Lane	2008	SW MacArthur Ln & SW Juneau St	SHA	NA	0.00	NA	NA
High Pont Commons Park	2008	31st Ave SW & SW Raymond St	SHA	NA	0.00	NA	NA
High Point Central Park	2008	SW Morgan St/ 32nd Ave SW	SHA	NA	NA	NA	NA
Unnamed	2008	High Point Drive S	SHA	NA	NA	NA	NA
Source: Washington State Geospatial Data Archive, 2007.							
*Seattle denotes City of Seattle and SHA denotes Seattle Housing Authority							
P-Patches in White Center							
Greenbridge Housing Community		9800 8th Ave SW					
White Center Elementary School		10015 6th Ave SW					
White Center Salvation Army		9050 16th Ave SW					

Gardening and Farming Education Opportunities

Organization	Location	Description	Activities	Source
Community Harvest of Southwest Seattle	Southwest Seattle	Newly formed program that organizes classes and projects with community partners such as local food banks.	Community tree harvesting, container gardening classes and canning classes	Contact Aviva Firmin at aviva@duwamish.net
Lettuce Link	South Park (operates on Marra Farm and program of Solid Ground)	Lettuce Link is a creative emergency food and gardening program that provides fresh organic produce, vegetable seeds, plant starts, organic gardening supplies, assistance and information to low-income people throughout Seattle.	Hands-on gardening volunteer opportunity at <i>Giving Garden</i> , a one-acre garden in which produce is donated to Providence Regina Food Bank in South Park; food container classes in Spanish and English at local food banks; community fruit tree harvesting; assistance for P-Patches gardeners on how to grow extra food for food banks; nutrition and gardening classes for Concord Elementary; 4 hour nutrition and gardening class for elementary aged youth at South Park Community Center	www.solidground.org ; Contact: Michelle Bates-Benetua, Lettuce Link Program Manager, at michelleb@solid-ground.org
Master Gardener/Composter Program	Main office is in Wallingford. Classes take place around King County. (managed by Seattle Tilth)	Master Composter/ Soil Builder learn to: build healthy soil with compost and mulch, grow natural gardens, understand your connection to climate change, assess your personal carbon footprint, reduce pesticide use and conserve water and protect water quality.	A 3-week training program beginning in March. Application process open to general public and requires \$150 deposit upon acceptance. Deposit refunded after completion of 40 hours of volunteer outreach (within 12 months). Opportunities for communities to work with master composter/gardener on community projects.	Contact Graham Golbuff, volunteer coordinator, at 206.633.0097 or grahamgolbuff@seattletilth.org

Seattle Central Community College	Capitol Hill	Sustainable Agriculture Education (SAGE) Program is currently under development	A certificate program	
Seattle Tilth	Main office is in Wallingford. Classes take place around King County.	Seattle Tilth's mission is to inspire and educate people to garden organically, conserve natural resources and support local food systems in order to cultivate a healthy urban environment and community.	Gardening workshops for different skills, age and income levels; online gardening resources and hotline; youth programming including field trips for school groups	www.seattletilth.org ; Natural Lawn & Garden Hotline: 206.633.0224
Seattle Youth Garden Works	South Park (3/4 plotted at Marra Farm) and U-District (p-patch at University Heights)	Seattle Youth Garden Works empowers homeless and underserved youth through garden-based education and employment.	Hires and trains youth ages 14-21 for a 3 month period; youth paid minimum wage for 15 hours/week to manage garden and sell produce at farmers market	www.sygw.org

KCFFI Focus Group Script

DRAFT

[INTRO AND GROUND RULES TIME: 5 MINUTES]

Script Introductory Statement... memorize as much as possible (*If everyone is not accounted for, begin 5 minutes late: 00 minutes Assistant moderator will need to keep track of time and provide moderator with a nonverbal cue if segment is running long*)

Suggested script: “Hello everyone. We’re about ready to get started. (*wait for people’s attention*)

First of all, thank you all for coming tonight. I know you all have different things you could be doing today/tonight and we really appreciate your taking the time to come out and talk to us. ***We would like to state that your participation is voluntary. You are not obligated in any way to talk and you are free to leave at any time during the meeting. We hope you will stay and share your opinions.***

I’ll start with **introductions**.

My name is _____ and I will moderate our discussion today.

The person sitting next to me is _____ who will assist and write a few notes to help me out tonight.

Sitting over there is _____. He / she will write down a *lot* of notes, but don’t mind him / her, he / she is mostly here to make sure we aren’t making any mistakes.

We are graduate students in the University of Washington’s Department of Urban Design and Planning, and we have partnered with the White Center Community Development Association and the Delridge Neighborhoods Development Association for the King County Food and Fitness Initiative.

The King County Food and Fitness Initiative is a national initiative of the W.K. Kellogg Foundation. It’s about people working together to create vibrant communities with equal access to affordable, healthy, locally-grown food, and safe, inviting places for physical activity and play.

Delridge and White Center together are one of the nine locations across the country chosen to be part of the Food and Fitness Initiative because we demonstrated a commitment to become models of community change. We are in the middle of a two-year grant to create an eight-year community action plan.

The nine Food and Fitness communities around the country are forming local collaboratives to improve the health and quality of life in their communities by transforming their food and fitness environments.

Our **goal** is to find out what you think about the food and fitness environment in your neighborhood. As part of the initiative, we want to engage community members who know what changes are needed to create healthy environments.

The information you provide will be used to develop the action plan.

The answers we receive for these questions will be neighborhood specific, not person specific. To further protect your confidentiality, your names will not be included in any of our notes or official reports. We hope that you'll feel comfortable enough to give us your most honest opinions.

Our conversation tonight will be about an hour and a half long. Because we won't be taking any breaks today, please feel free to leave and use the restroom at any time.

GROUND RULES

Here are the ground rules for our talk today:

1. First off, we are interested in everyone's opinion.
2. There are **no** right or wrong answers, we are not trying to reach agreement, we just want to know what you think and feel about the questions being asked.
3. We want to hear everyone, so please only speak one at a time so we are able to hear what you have to say.
4. Also, if any of you have cell phones if you could please turn off your ringers that would be greatly appreciated
5. Also, I should say that while we will be one a first name basis tonight, **no** names will be attached to your comments in our later reports, so everything said tonight is completely confidential.
6. Since we *are* running on a time budget, I might sometimes have to cut you off to go on to the next topic or another person. Please don't be offended, I am still very interested in what you have to say. We just have a set of topics we have to cover in a limited time and I have been asked to keep the conversation flowing. If I do have to cut you off, please just jot down a note on the paper provided and approach myself or one of the other group members afterwards. We would love to talk with you further on anything brought up today. You can also just give one of us a written note if you prefer.

-
7. Bathrooms are x (describe where they are). We have posted signs to get to them. Please use them at any time you need to. Also, feel free to get more refreshments at any time should you want them.
 8. Everything sound good to you all? Does anyone have questions before we get started?

ICEBREAKER

[TIME: 10 MINUTES]

(Assistant Moderator should hand out icebreaker cards).

We're going to start with an exercise to help everyone in the group get to know each-other. You're going to be introducing the person to your left. You have 3 minutes, so please make sure you leave time for the person on your right to get to know you. You will be finding out their full name and the name of their favorite park and favorite place to get food.

FOOD QUESTIONS

[TIME: 30 MINUTES]

As we said earlier, the food system includes the who, what, where, when, how, and why of our food as it travels from the farm to our dinner plate. The food system includes everything involved in keeping us fed: growing, harvesting, processing, packaging, transporting, marketing, eating and disposing of food.

The first few questions will be about the food system here in [Delridge or White Center.]

1. Are you able to maintain or improve a healthy diet with the food you can get here in your neighborhood?
 - a. Do you think you currently have a healthy diet?
2. Grocery stores and convenience stores are the most common places to get food – where else do you and your neighbors get food?
3. What challenges make it difficult to get healthy food?
 - a. Follow up – do you have a hard time getting to stores? Cultural or religious-specific foods? Are the stores here expensive? Does price prevent you from buying the foods you would like here in your neighborhood? What do you do? Do you go to other neighborhoods?
4. What are some changes the neighborhood could make to help you and the community eat and live healthier?

-
5. How important is it that your food is locally-grown or produced?
 - a. Follow-up - What would make you more likely to eat locally produced food?
 6. Are you interested in growing your own foods or preparing foods with others in the neighborhood?
 - a. Follow-up – What would make you more likely to grow your own food or prepare foods with others in your neighborhood?
 7. Several other food sources exist in Delridge and White Center such as food banks, the summer lunch program for kids, and the community supported agriculture programs that provide produce from local farms, and p-patches – do you think residents are aware of these programs? Why or why not?
 8. What is the most important thing you think about when you get groceries? When eating out?

FITNESS QUESTIONS

[TIME: 30 MINUTES]

Health and quality of life are also affected by our ability to be physically active in our neighborhoods. Lack of access to safe and convenient opportunities for physical activity and play results in poor quality of life and increased rates of heart disease, diabetes and obesity.

The next few questions will be about the physical environment in [Delridge/White Center]

1. In what ways can you be physically active in your neighborhood?
 - a. Follow up - Do you use the parks, recreational centers, gyms, pools, or walk around your neighborhood?
 - b. How easily can you get to these places?
 - c. How affordable are these places?
 - d. What sort of community activities in the parks and recreation centers would you be most likely to participate in?
2. What things make it difficult for you to be physically active in your neighborhood?
3. What makes it easy for you to be active in your neighborhood?
4. What changes would make it easier for you and your neighbors to be physically active in the neighborhood?

[TIME: 15 MINUTES FOR THESE THREE SECTIONS]

Serendipitous Questions (only if you have time)

If you have spontaneous questions you think are good, but not necessarily related to the topic on hand, write them down. If you have time at the end, use it. **Don't use it prematurely**, or it may take the conversation onto a different track; use the final 5 to 10 minutes on these serendipitous questions.

“I had this question come up earlier but I didn't want to stop the flow of conversation...”

Summarizing question:

(Assistant Moderator. gives a short oral summary of the key issues and potential solutions that emerged from the discussion. (After the summary the participants are asked,)

“Is this an adequate summary?”

****Final Questions** Definitely ask these:**

1. If you could wave a magic wand and have anything that would improve food access and fitness in your neighborhood, what would it be?
2. Have we missed anything? Is there another question you think we should be asking?

CLOSING SCRIPT:

Thank you all for coming and spending your time and energy on this process. We appreciate your input and have enjoyed listening to your perspectives. We will be here for a little while longer if any of you have further comments or questions. Alternatively, please feel free to submit written comments on the questionnaire form, or email us at abassok@u.washington.edu.

Thanks again and have a nice evening!

Focus Group Moderator Tips

When gesturing to call on a participant, do so with open, flat hands, rather than using a pointed finger. Finger pointing, even if done with a gentle tone of voice and kind words, carries an accusatory/unfriendly subtext.

Like this, or with the palm sideways



Not like this



Try not to stack questions. Though paired questions are good sometimes, do not group too many questions together at once, especially when trying to direct a discussion towards a certain end point. Participants will likely forget about one of the questions while answering another.

Don't be afraid of long pauses. Participants may be hesitant to respond at first, but given a moment or so of silence, it will become clear that you would like to hear from one of them, and you are likely to get an answer after a beat or two.

If someone is speaking too softly, and you want them to speak up, do not lean towards them (though it is generally one's natural instinct to do so). If you would like for someone to speak up, ask while taking a step or two away from them, maybe putting a hand behind your ear and standing taller.

Remember not to focus too much attention on one part of the room. It is often tempting to do so when you are getting good responsiveness from one set of participants. However, it is important to engage others as well, and doing so will help draw reticent attendees into the discussion.

Speak slowly. Take your time, and do not rush through instructions or questions. (Your sense of urgency may become contagious.) Possible exception: towards the end of a session, when time is short, you may need to speed up a bit.

Spell out the ground rules explicitly, emphasizing the openness of the forum. If initial comments are given with a distinct tone (negative, positive, detailed, general, etc), and you feel it might be beneficial to balance this out, in order to ensure expression of diverse opinion, don't be afraid to give an example of another type of (think of Brandon's example of the start to the focus group, where the first person gave an inordinate level of detail about what was good and bad about her neighborhood, and he stepped in to say "you can also just keep it general – for example, what's good and bad about my neighborhood is the café: it was good when we had it, but now it's gone, which is a symptom of the high-rent type development that seems to be taking over, which I think is bad in some cases".)

Mark time, and keep the agenda moving, when needed. If a conversation is taking a long time, and you need to move on soon for time considerations, don't be afraid to let the group know. This is easiest if done with a little advance notice. Simply spell out the direction the discussion needs to head, and the timeframe in which it should do so. For example, you can say something like: "We are getting close to the end of this segment of the discussion, so let's continue with this for another 4-5 minutes, then start going over the final 2 or three points we all agree on regarding"

The moderator/facilitator should write summary points on the board, and review with the participants, getting their confirmation that what is written down is correct.

Try to keep your responses to participant feedback evenly neutral. Nod, and signify that you hear what they are saying, but try to avoid agreeing too wholeheartedly, or disagreeing. You don't want to subtly encourage any particular viewpoint.

In question design, avoid dichotomous (yes/no) questions to elicit participant feedback, and avoid "why" questions. (See Chapter 4 of Focus Groups book for more information)

Market Basket Mini-Market Survey Results

	Delridge Food Mart	Heng Heng Supermarket	Lee's Produce	Super 24 Food Store	TyTy Market	White Center Chevron	Gas and Smoke Depot	Len's Veggie Corral	Rocky's Shell	Shorewood Grocery	Walgreens	White Center Mini Mart	Zip Market
Location:	5235 Delridge Way SW	9841 16th Ave SW	9435 Delridge Way SW	9051 35th Ave SW	9419 16th Ave SW	1520 SW 100th St	9001 Delridge Way	9811 15th Ave SW	7132 Delridge	10455 26th Ave SW	9456 16th Ave SW	1521 SW 98th St. D	10645 16th Ave SW
Survey Date:	08.07.08	08.07.08	08.07.08	08.07.08	08.07.08	08.07.08	05.23.08	05.23.08	05.23.08	05.23.08	05.23.08	05.23.08	05.23.08
Total Number of TFP Items:	23	39.49	29.59	33	23	7	18	17	18	4	15	7	22
Percentage:	28%	49%	37%	41%	28%	9%	22%	21%	22%	5%	19%	9%	27%
Fruit—fresh													
Apples, any variety (bagged or loose)													
Bananas													
Grapes (green or red)													
Melon (cantaloupe, honeydew, or watermelon)													
Oranges, any variety (bagged or loose)													
Total fresh fruit products:	1	5	5	0	1	0	0	1	1	0	0	0	0
Percentage	20%	100%	100%	0%	20%	0%	0%	20%	20%	0%	0%	0%	0%
Vegetables—fresh													
Carrots, unpeeled (bagged or loose)													
Celery, bunch													
Green pepper													
Lettuce, leaf (green or red)													
Onions, yellow (bagged or loose)													
Tomatoes (any variety)													
Potatoes, any variety													
Total fresh vegetables products:	0	7	7	1	1	0	0	5	0	0	0	0	0
Percentage	0%	100%	100%	14%	14%	0%	0%	71%	0%	0%	0%	0%	0%
Fruit, canned													
Oranges, mandarin (juice or light syrup)													
Peaches, any variety (light syrup)													
Total canned fruit:	0	1	2	1	1	1	0	1	2	0	1	1	1
Percentage	0%	50%	100%	50%	50%	50%	0%	50%	100%	0%	50%	50%	50%
Vegetables, canned													
Mushrooms, pieces													
Spaghetti sauce, any variety													
Tomato sauce, any variety													
Total canned vegetables products:	3	3	3	3	2	0	1	2	2	3	2	2	2
Percentage	100%	100%	100%	100%	67%	0%	33%	67%	67%	100%	67%	67%	67%
Frozen Fruits and Vegetables													
Orange juice, concentrate													
Broccoli, chopped													

Green beans—any variety													
Green peas—any variety													
French fries—any variety													
Total frozen fruit and vegetables products:	0	2	0	4	1	0	0	0	0	0	0	0	1
Percentage	0%	40%	0%	80%	20%	0%	0%	0%	0%	0%	0%	0%	20%
Breads, Cereals, and Other Grain Products, fresh													
Bread, white, enriched													
Bread, whole wheat													
Hamburger buns, enriched													
Rolls, dinner, enriched													
French or Italian Bread, enriched													
Bagels, plain, enriched													
Bread crumbs, plain													
Total fresh grain products:	2	5	1	2	0	1	2	0	2	0	2	0	1
Percentage	29%	71%	14%	29%	0%	14%	29%	0%	29%	0%	29%	0%	14%
Breads, Cereals, and Other Grain Products, dry													
Ready-to-eat cereal— corn flakes													
Ready-to-eat cereal— toasted oats													
Flour, white, all-purpose, enriched													
Macaroni, elbow-style, enriched													
Noodles, yolk-free, enriched													
Popcorn, microwave-unpopped													
Rice, white, long-grain, enriched													
Spaghetti, any variety, enriched													
Total dry grain products:	5	2	3	7	6	1	4	3	4	0	1	2	6
Percentage	71%	29%	37%	100%	86%	14%	57%	43%	57%	0%	14%	29%	86%
Dairy Products, fresh													
Milk, 1% lowfat													
Milk, whole													
Cheese, cheddar, any variety													
Cheese, cottage, any variety													
Cheese, mozzarella, whole													
Total fresh dairy products:	3	3	0	3	1	1	0	0	2	0	3	0	2
Percentage	60%	60%	0%	60%	20%	20%	0%	0%	40%	0%	60%	0%	40%
Dairy Products, canned													
Evaporated milk, any variety													
Total canned dairy products:	0	0	1	1	1	0	0	0	0	0	0	0	0
Percentage	0%	0%	100%	100%	100%	0%	0%	0%	0%	0%	0%	0%	0%
Meat and Meat Alternates, fresh													
Beef, ground, lean													
Chicken, fryer, cut-up or whole													
Chicken, thighs													

Turkey, ground													
Pork, ground													
Turkey ham (packaged luncheon meat)													
Eggs, grade A, large													
Total fresh meat products:	1	4	2	1	2	0	2	1	0	0	1	0	3
Percentage	14%	57%	29%	14%	29%	0%	29%	14%	0%	0%	14%	0%	43%
Meat and Meat Alternates, frozen & canned													
Fish, flounder or cod, frozen													
Tuna fish, chunk-style, water packed													
Beans, garbanzo (chick peas), canned													
Beans, kidney, canned													
Beans, baked, vegetarian													
Total frozen/canned meat products:	1	3	2	2	4	0	3	2	2	1	2	1	1
Percentage	20%	43%	29%	29%	57%	0%	43%	29%	29%	14%	29%	14%	14%
Fats and Oils													
Margarine, stick													
Shortening, vegetable													
Salad dressing, mayonnaise-type													
Vegetable oil, any type													
Total fats and oils products:	3	2	1	2	1	0	2	1	1	0	1	0	1
Percentage	60%	36%	14%	29%	14%	0%	29%	14%	14%	0%	14%	0%	14%
Sugars and Sweets													
Sugar, brown (dark or light)													
Sugar, powdered													
Sugar, white, granulated													
Jelly, grape													
Molasses, any type													
Pancake syrup, any type													
Chocolate chips, semi-sweet													
Fruit drink, refrigerated, any flavor													
Fudgesicles, ice milk													
Total sugar and sweets products:	4	2	3	6	2	3	4	1	2	0	2	1	4
Percentage	44%	29%	43%	86%	29%	43%	57%	14%	29%	0%	29%	14%	57%

USDA Community Food Security Assessment Toolkit

Food Store Survey Instrument

August 2008

Team Members: _____

Store Name: _____

Store Address: _____
(Street)

(City/Neighborhood) (ZIP Code)

Survey#: _____

Store Type: ___ Supermarket ___ Convenience ___ Small grocery

___ Large grocery ___ Gas/grocery ___ Ethnic/specialty

___ Other: _____

Directions:

Please complete the following table by walking through the store and recording the price and weight of the least expensive item for each food listed. The table includes the unit of measure that should be selected for each food. For example, potatoes are measured in pounds, eggs are measured by the dozen. It is important that the prices recorded are for the specific food item in the table with no substitutions. If a food item is unavailable on the day that you visit the store but is usually in stock, check with the manager for the normal price. If a food is never in stock, mark the pricing box with an NA (for Not Available). If a food is on sale, place an "S" next to the price.

Important Phone Numbers:

Torence (driver): 323-481-4468

Branden (driver): 206-718-5769

Don (store coordinator at Youngstown): 206-406-1325

Youngstown office: 206-935-2999

Food Item	Price (Lowest Cost)	Item Weight/Unit (Desired)	Item Weight/Unit (Actual)	Brand/Variety
Fruit—fresh				
Apples, any variety (bagged or loose)		Per lb		
Bananas		Per lb		
Grapes (green or red)		Per lb		
Melon (cantaloupe, honeydew, or watermelon)		Per lb		
Oranges, any variety (bagged or loose)		Per lb		
		Per lb		
Vegetables—fresh				
Carrots, unpeeled (bagged or loose)		1-lb bag		
Celery, bunch		Per lb		
Green pepper		Per lb		
Lettuce, leaf (green or red)		Per lb		
Onions, yellow (bagged or loose)		Per lb		
Tomatoes (any variety)		Per lb		
Potatoes, any variety		5-lb bag		
Fruit, canned				
Oranges, mandarin (juice or light syrup)		15-oz can		
Peaches, any variety (light syrup)		29-oz can		

Food Item	Price (Lowest Cost)	Item Weight/Unit (Desired)	Item Weight/Unit (Actual)	Brand/Variety
Vegetables, canned				
Mushrooms, pieces		4-oz can		
Spaghetti sauce, any variety		26-oz jar		
Tomato sauce, any variety		8-oz can		
Fruits and Vegetables, frozen				
Orange juice, concentrate		12-oz can		
Broccoli, chopped		16-oz bag		
Green beans—any variety		16-oz bag		
Green peas—any variety		16-oz bag		
French fries—any variety		32-oz bag		
Breads, Cereals, and Other Grain Products, fresh				
Bread, white, enriched		1-lb loaf		
Bread, whole wheat		24-oz loaf		
Hamburger buns, enriched		Package of 8		
Rolls, dinner, enriched French or Italian		Package of 12		
Bread, enriched		Per 1-lb loaf		
Bagels, plain, enriched		Package of 6		
Bread crumbs, plain		10-oz can		

Food Item	Price (Lowest Cost)	Item Weight/Unit (Desired)	Item Weight/Unit (Actual)	Brand/Variety
Breads, Cereals, and Other Grain Products, dry				
Ready-to-eat cereal— corn flakes		18-oz box		
Ready-to-eat cereal— toasted oats		20-oz box		
Flour, white, all- purpose, enriched		5-lb bag		
Macaroni, elbow-style, enriched		1-lb box		
Noodles, yolk-free, enriched		1-lb bag		
Popcorn, microwave, any variety (unpopped)		9 oz package		
Rice, white, long-grain, enriched		5-lb bag		
Spaghetti, any variety, enriched		1-lb box		
Dairy Products, fresh				
Milk, 1% lowfat		1 gal		
Milk, whole		1 gal		
Cheese, cheddar, any variety		Per lb		
Cheese, cottage, any variety		16-oz carton		
Cheese, mozzarella, whole		16-oz package		
Dairy Products, canned				
Evaporated milk, any variety		12-oz can		

Food Item	Price (Lowest Cost)	Item Weight/Unit (Desired)	Item Weight/Unit (Actual)	Brand/Variety
Meat and Meat Alternates, fresh				
Beef, ground, lean		Per lb		
Chicken, fryer, cut-up or whole		Per lb		
Chicken, thighs		Per lb		
Turkey, ground		Per lb		
Pork, ground		Per lb		
Turkey ham (packaged luncheon meat)		Per lb		
Eggs, grade A, large		1 doz		
Meat and Meat Alternates, frozen and canned				
Fish, flounder or cod, frozen		Per lb		
Tuna fish, chunk-style, water packed		6-oz can		
Beans, garbanzo (chick peas), canned		15-oz can		
Beans, kidney, canned		15.5-oz can		
Beans, baked, vegetarian		16-oz can		
Fats and Oils				
Margarine, stick		1-lb box		
Shortening, vegetable		3-lb can		
Salad dressing, mayonnaise-type		32-oz jar		
Vegetable oil, any type		48-oz bottle		

Food Item	Price (Lowest Cost)	Item Weight/Unit (Desired)	Item Weight/Unit (Actual)	Brand/Variety
Sugars and Sweets				
Sugar, brown (dark or light)		1-lb bag or box		
Sugar, powdered		1-lb bag		
Sugar, white, granulated		5-lb bag		
Jelly, grape		32-oz jar		
Molasses, any type		12-oz jar		
Pancake syrup, any type		24-oz bottle		
Chocolate chips, semi-sweet		12-oz package		
Fruit drink, refrigerated, any flavor		1 gal		
Fudgesicles, ice milk		Box of 12		

Letter to Food Stores



King County FOOD & FITNESS Initiative

www.kcffi.org

July 29, 2008

Dear local grocery/corner store,

On August 8th, youth volunteers accompanied by adults from the community will be conducting a market basket survey in Delridge and White Center to assess the types of food available throughout the community. This community-based effort is part of the *King County Food and Fitness Initiative* which strives to create a local collaborative to improve their communities' health and quality of life. Funded by the W.K. Kellogg Foundation, Delridge and White Center were the two communities awarded in King County for the initiative's 10-year focus.

As community members, we have been tasked with determining the availability of key food items in all grocery stores, convenience stores, mini-marts, and ethnic food stores these neighborhoods. We are asking for your assistance in completing this important task.

The survey usually takes anywhere from 10 – 30 minutes, depending upon the size of the store. The community volunteers work in pairs, with no more than two individuals visiting each store. This is purely to assess food availability and not an evaluation of your store or store policies. The community volunteers will not disrupt the normal flow of your business by speaking with customers and employees, and staff involvement will be kept to strict minimum.

There are two things that you could do for us to aid in this community project:

1. Grant us permission to visit your store. Please contact us by email or phone (see below) if you have any concerns before we conduct the survey. If we do not hear back from you, we look forward to seeing you on August 8th.
2. Meet with the community volunteer(s) for about 5 minutes before data collection to allow the surveyor to repeat the purpose of data collection.

We would like to reiterate the importance of this study to community, and the significance of your cooperation to ensuring accurate reporting of food availability in our neighborhoods.

If you have any questions, please feel free to contact Torence Powell at (323) 481-4468, or via e-mail at Torence.Powell@gmail.com. We thank you in advance for your cooperation.

Sincerely,

Delridge/White Center Community Members &
The King County Food and Fitness Initiative Community Assessment Team



Instructions for Data Collection

Begin your data collection by filling in the information requested on the cover page of the Food Store Survey form.

Food Availability

The food items on the survey instrument were selected to be representative of foods commonly eaten by low-income households and to meet Federal dietary guidelines and Food Guide Pyramid serving recommendations for a family of four (two adults aged 20 to 50 and two children aged 3 to 5 and 6 to 11) for 1 week. It is strongly recommended that no substitutions be made to the listed food items in order to maintain the integrity of the survey in terms of dietary recommendations, food groups, and the basic Thrifty Food Plan recipes that were used as a basis for the store survey list.

However, we recognize that each region or community may have specific food preferences and that certain items on the survey list may not be available in the community. Although these substitutions do not reflect official USDA dietary recommendations, they may, in some cases, allow the survey to better represent food access in special communities. If the decision is made to make substitutions, it is important that changes be consistent throughout the community (i.e., information on the same set of items must be collected from each store). To ensure this consistency, you should revise the list of food items in the survey instrument provided in the toolkit to reflect these substitutions.

The survey instrument includes the unit of measure that should be selected for each food item. For example, potatoes are measured in pounds, eggs are measured by the dozen, peaches are measured in a 29-ounce can. Package sizes were selected to approximate the quantity of each item needed to prepare the Thrifty Food Plan recipes on which the food list is based. Package sizes were also selected to provide consistency across store types in product selection. The purpose of this approach is to limit measured price difference due solely to differences in the package size of items offered for sale. Alternatively, a pricing methodology that selects the lowest priced item in a food category, without regard to package size, will often result in a comparison of small sizes of branded items in small food stores to large sizes and private-label or generic items in large supermarkets.

Missing Items

If an item is not available in the package size listed, you may substitute another size, but be sure to note the new package size on the survey instrument in the column titles “Item Weight/Unit (actual).” If it appears that the item is usually available but out of stock on the day of your visit, record the price of that item, but note that it was missing by putting the letter “m” next to the price. You may also find it useful to check the status of such items with the store manager.

If an item is not available at all, in any package size, and is not usually stocked by the store, record an “NA” in the column labeled “Price.”

List of Food Items and Possible Substitutions for Food Store Survey Instrument

Survey Food Item	Thrifty Food Plan Food Group	Suggested Substitute(s)
Fresh fruits and vegetables	Fruits and vegetables	Column1
Apples, any variety	Noncitrus fruits and juices	
Bananas	"	Plantains
Grapes (green/red)	"	
Melons (cantaloupe, honeydew, watermelon, other)	Citrus fruits, melons, berries, and juices	
Oranges, any variety	"	Grapefruit
Carrots	Dark green/deep yellow vegetables	
Celery	Other vegetables	
Green pepper	"	
Lettuce, looseleaf (green/red)	Dark green/deep yellow vegetables	Spinach: romaine lettuce, collard, mustard, turnip or beet greens; chard; bok choy1
Onions, yellow	Other vegetables	
Potatoes, any variety	Potato products	
Tomatoes, any variety	Other vegetables	
Canned fruits and vegetables	Fruits and vegetables	
Oranges, mandarin, juice or light syrup	Noncitrus fruits and juices	Pears, juice or light syrup
Mushrooms, pieces	Other vegetables	Mushrooms, whole
Spaghetti sauce	"	Salsa
Tomato sauce	"	Salsa
Frozen fruits and vegetables	Fruits and vegetables	
Orange juice, concentrate	Citrus fruits, melons, berries, and juices	Grapefruit juice concentrate
Broccoli, chopped	Dark green/deep yellow vegetables	Spinach, chopped; kale, chopped; collard, mustard, beet, turnip greens, chopped, frozen
Green beans, any variety	Other vegetables	Corn; okra; snow peas, frozen

List of Food Items and Possible Substitutions for Food Store Survey Instrument

Survey Food Item	Thrifty Food Plan Food Group	Suggested Substitute(s)
Bread, cereals, other grain products	Grains	Column1
Bread, white, enriched	Breads, yeast and quick	Flour tortillas, enriched; pita bread, white, enriched
Bread, whole wheat, enriched	"	Corn tortillas, enriched; whole-wheat pita bread, enriched
Hamburger buns, enriched	"	Flour tortillas, enriched; pita bread, enriched
Dinner rolls, enriched	"	Flour tortillas, enriched; pita bread, enriched
French or Italian-style bread, enriched	"	Flour tortillas, enriched; pita bread, enriched
Bagels, plain, enriched	"	English muffins, plain, enriched
Bread crumbs, plain	"	Bread crumbs, flavored
Ready-to-eat cereal, corn flakes	Breakfast cereals, cooked and ready to eat	Ready-to-eat cereal, bran flakes
Ready-to-eat cereal, toasted oats	"	
Macaroni, elbow style, enriched	Rice and pasta	Macaroni, any style, enriched; Asian-style noodles, enriched
Noodles, yolk-free, enriched	Rice and pasta	Macaroni, any style, enriched; Asian-style noodles, enriched
Popcorn, microwave, unpopped	Grain-based snacks and cookies	Regular popcorn
Rice, white, long grain, enriched	Rice and pasta	Rice, white, short grain, enriched
Spaghetti, any variety, enriched	"	Macaroni, any style, enriched; Asian-style noodles, enriched
Dairy products	Milk products	
Milk, 1% lowfat	Lower fat skim milk and lowfat yogurt	Milk, skim

List of Food Items and Possible Substitutions for Food Store Survey Instrument

Survey Food Item	Thrifty Food Plan Food Group	Suggested Substitute(s)
Cheese, cottage, lowfat	"	
Cheese, mozzarella, part skim, whole style, not shredded	"	Cheese, mozzarella, part skim, shredded
Evaporated whole milk	Whole milk, yogurt, and cream	Evaporated skim milk
Meat and meat alternatives, fresh	Meat/meat alternates	
Beef, ground, lean	Beef, pork, veal, lamb and game	Do not substitute regular ground beef ²
Chicken fryer, cutup or whole	Chicken, turkey, and game birds	Chicken, any style
Chicken, thighs, boneless, skinless	"	Chicken, any style, boneless style
Turkey, ground	"	Tofu, any style ³
Pork, ground	Beef, pork, veal, lamb and game	Beef, ground, lean ² ; tofu, any style
Turkey ham	Bacon, sausages, and luncheon meats	Tofu, any style
Meat and meat alternates, frozen or canned	Meat/meat alternates	
Fish, flounder or cod, frozen	Fish and fish products	Sole, whiting, catfish, bass, perch, croaker, walleye, grouper, haddock, pollock, monkfish, rockfish, snapper
Tuna fish, chunk style, water packed, canned	"	
Beans, garbanzo, chickpeas, canned	Dry beans, lentils, peas and nuts	Black beans, red beans, navy beans, canned
Beans, kidney, canned	"	Black beans; red beans, canned
Beans, baked, vegetarian, canned	"	Baked beans with pork, canned
Fats and oils	Other foods	

List of Food Items and Possible Substitutions for Food Store Survey Instrument

Survey Food Item	Thrifty Food Plan Food Group	Suggested Substitute(s)
Shortening, vegetable	"	
Salad dressing, mayonnaise type	"	Regular mayonnaise
Vegetable oil, any type	"	
Sugars and sweets	Other foods	
Sugar, brown (dark or light)		
Sugar, powdered	Sugars, sweets, and candies	
Sugar, white, granulated	"	Jelly or jam, any flavor
Jelly, grape	"	
Molasses, any type	"	
Pancake syrup, any type	"	
Chocolate chips, semi-sweet	"	
Fruit drink, refrigerated, any flavor	Fruit drinks, soft drinks and ades	
Fudgesicles, ice milk	"	Sherbert, any flavor; any other lowfat frozen dessert
Spices and condiments	Other foods	
Baking powder	Gravies, sauces, condiments, spices and salt	
Baking soda	"	
Chili powder	"	
Cinnamon	"	
Cumin	"	
Onion powder	"	
Garlic powder	"	
Italian herb seasoning	"	Any herb seasoning
Oregano	"	
Paprika	"	
Black pepper, ground	"	
Salt, any type	"	
Vanilla, any type	"	

List of Food Items and Possible Substitutions for Food Store Survey Instrument

Survey Food Item	Thrifty Food Plan Food Group	Suggested Substitute(s)
Soy sauce, reduced sodium	"	
Lemon juice, bottled	"	Lime juice, bottled
Gelatin, powdered, unflavored	"	
Chocolate drink mix, powdered	"	

¹ Do not substitute iceberg lettuce, which is considerably less nutrient dense than looseleaf lettuce or the suggested substitutes.

² Do not substitute regular ground beef because it has 35 percent more fat than lean ground beef.

³ Do not substitute lean or extra lean ground beef because they are more than twice as high in fat as ground turkey or tofu.

Food Pricing

When selecting and pricing items contained on the store shelves, always select the least expensive food item in the package size listed. To ensure that the item you're selecting is the least expensive, we recommend that you do the following:

- If an item is on sale, check to see if the sale price is the cheapest or if there is another item that is cheaper. Choose the least expensive item. If you choose the sale item, record an "S" beside the price.
- Always make sure that you look at generic or store brands in selecting the least expensive food item.
- If you come to a bulk food section, make sure you check the bulk per pound or per unit price to packaged foods found in other aisles, and select the least expensive.
- If unit pricing is available, always use the unit price code to select the cheapest food item in the appropriate package size.
- Record the price of the item based on the survey question. For example, if you are asked to record the price of a pound of green peppers and the store sells them by the piece, you will have to calculate how many green peppers are in a pound and then convert the "piece price" to that of a pound.

Closing Procedures

After the data have been collected, make sure that all food items for which you are responsible have been accounted for. In other words, check to ensure that all items are completed on the survey form. Checking off food items as you go along is a good way to make sure that you don't miss anything.

Community Survey Form

KING COUNTY FOOD AND FITNESS INITIATIVE SURVEY

1. Do you do the grocery shopping for your household?
YES NO
2. About how many bags of groceries do you usually have?
1-2 3-5 6-8 More than 8
3. How do you travel to do your food shopping?
Car Bus Bike Walk Carpool Other: _____
4. How important is NUTRITION to you when you are shopping?
Very important Important Somewhat important Not Important
5. How important is PRICE to you when you are shopping?
Very important Important Somewhat important Not Important
6. Which is more important to you when you are shopping?
Nutrition Price They are equally important
7. If you could shop at any grocery store in Seattle, without regard to transportation or price, which store would that be?

8. Do you shop at the grocery store that is closest to you?
YES NO
9. If not, why not? _____
(OVER)

KING COUNTY FOOD AND FITNESS INITIATIVE SURVEY

1. Do you do the grocery shopping for your household?
YES NO
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8. Do you shop at the grocery store that is closest to you?
YES NO
9. If not, why not? _____
(OVER)

If you would like to be entered in a drawing for a \$10 Safeway Gift Card, please provide your phone number:

10. Where do you usually get your food? (check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Supermarket | <input type="checkbox"/> P-Patch or Garden |
| <input type="checkbox"/> Convenience Store | <input type="checkbox"/> Family Friends |
| <input type="checkbox"/> Ethnic or Specialty Market | <input type="checkbox"/> Food Bank |
| <input type="checkbox"/> Farmer's Market | <input type="checkbox"/> Other: _____ |

11. If you had to use one word to describe the grocery stores in your neighborhood, what would that be?

12. If you could change one thing about the food resources in your neighborhood, what would that be?

13. How often do you use parks or other recreational spaces in your neighborhood?

14. What kind of housing do you live in? (Circle one)

Apartment House

15. What is your zip code?

COMMENTS WELCOME:

(OVER)

If you would like to be entered in a drawing for a \$10 Safeway Gift Card, please provide your phone number:

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- | | |
|---|--|
| <input type="checkbox"/> Supermarket | <input type="checkbox"/> P-Patch or Garden |
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Apartment House

15. What is your zip code?

COMMENTS WELCOME:

(OVER)

JOIN US THURSDAYS AT 6PM till 8PM @ CAFÉ ROZELLA



King County Food & Fitness Coffee Talk

University of Washington Urban Design & Planning Studio



Contact E-mail:
abassok@u.washington.edu

King County Food and Fitness Coffee Hour: We want to hear from YOU!

Please join us Thursday nights at 6:00 PM for eight weekly discussions starting June 26th, about food access, walking and bicycling routes, parks, and opportunities for physical activity in the Delridge and White Center neighborhoods.

The coffee hours will be held at Cafe Rozella every Thursday evening from 6:00 to 8:00 PM through August 14th.

We want to hear your opinions and insights about the current conditions in the neighborhoods, changes you would like to see made, and ideas about how to get it done. By the end of eight weeks, we'll be working with you to develop a set of criteria that can be used to prioritize your ideas.

Please Join Us and Make Your Voice Count!!

King County Food & Fitness Coffee Hour

WHAT: Weekly discussions about food access and opportunities for physical activity in the Delridge and White Center neighborhoods

WHERE: Cafe Rozella, 9434 Delridge Way SW

WHEN: Every Thursday, 6:00-8:00 p.m. until August 14th

WHY: Because the places we live, learn, work, and play affect our health!

Please join us!

For more information call 206.205.3186, e-mail abassok@u.washington.edu or visit www.kcffi.org



**King County FOOD &
FITNESS Initiative**

Sample Focus Group Flyer

July 31st @ Delridge Public Library



Delridge Community Focus Group

DELRIDGE COMMUNITY EVENT

JOIN US & TOGETHER WE CAN CREATE HEALTHIER COMMUNITIES.

**King County Food and Fitness Community Focus Group
July 31st 6:00 PM— 7:40 PM**

Please join the Delridge Neighborhood Development Association, community residents, and the King County Food & Fitness team, on July 31st, 2008 from 6pm—7:40pm at the Delridge Public Library located at 5423 Delridge Way S.W.. Food/drinks provided.

We want to hear your opinions and insights about the current conditions in your neighborhoods, changes you would like to see made, and ideas about how to get it done. Talk about your thoughts about food access, walking and bicycling routes, parks, and opportunities for physical activity in the Delridge neighborhood.

For further information please contact abassok@u.washington.edu, or stop by the DNDA office or call us at (206) 923-0917

Please Join Us and Make Your Voice Count!!



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**King County FOOD &
FITNESS Initiative**

Food for Thought event flyer

FOOD FOR THOUGHT

A COMMUNITY EXCURSION AND CELEBRATION!

INVESTIGATE LOCAL GROCERY STORES IN TEAMS
CELEBRATE COMMUNITY WITH A BBQ
AND LIVE MUSIC!



JOIN US AS WE INVESTIGATE LOCAL FOOD QUALITY AND PRICES AT
OUR NEIGHBORHOOD GROCERY STORES, THEN KICK BACK WITH A
BBQ & LIVE MUSIC PERFORMANCES!

AUGUST 8, 2008

MEET AT 3 PM

AT YOUNGSTOWN

CULTURAL ARTS CENTER

4408 DELRIDGE WAY SW

(METRO 120 & 125)

FOR MORE INFORMATION, EMAIL


HOLLISW@DNDA.ORG OR CALL (206) 935 2999

artist: DANIELLA HULME

Poster

The Places Where You LIVE LEARN WORK PLAY And How They Affect Your Health

FOOD



<p>BARTLETT DRUGS BERNIE & BOY'S MARKET BOULEVARD PARK CHEVRON CENTER ORIENTAL GROCERY CIGARETTE DEPOT COTTAGE GROVE MART COUNTRY DELI GROCERY DEL RIO FOOD STORE DELRIDGE ARCO AM/PM DELRIDGE FOOD MART DOMINIC'S EL PASO SUPERMARKET FIRST CHOICE ESPRESSO GASCO FOOD MART HEGGE ENTERPRISES INC HENG HENG SUPERMARKET HUNG LONG TRADING CO HUNG LONG TRADING CO JO JO'S FINE ESPRESSO JOHN'S CORNER DELI GROCER LEE'S PRODUCE LEN'S VEGGIE CORRAL CORP LUCKY 7 GROCERY MORNING STAR MINI MART NASEEM MINI MARKET</p>	<p>NEW ANKOR MARKET NEW GOLDEN VILLAGE MARKET OASIS TEXACO P & D TOP HAT MINI MART PAC WEST SEATTLE RAINBOW MINI-MART RITE AID ROCKY'S SHELL ROXBURY SHELL SEA MART SHOREWOOD GROCERY SOUTH SEATTLE MARKET SUPER 24 FOOD STORE SUPER DELI & MART TARGET TIENDA LATINA EL QUETZAL TITY MARKET WALGREENS WESTWOOD GAS & DELI WHITE CENTER CHEVRON WHITE CENTER INTL MKRT & DELI WHITE CENTER MARKET WHITE CENTER MINI MARKET ZIP MARKET</p>	<p>AQUAN SANTA RESTAURANT BARREL BENZ RESTAURANT & SPORTS LOUNGE BEST CORN BIRD ON A WIRE ESPRESSO BREWERY'S BAR & GRILL BUBBLES TEA & COFFEE BUCCY TERIYAKI CAFE ELEGANZA CAFE ROZELLA CALEZA EXPRESS CARNICERIA EL PAISANO CEMITAS POBLANAS CHINA BEST WOK DONG IRANSHI RESTAURANT EAT LOCAL EAT MARKET CAFE ELISA BAKERY FLAMINGO RESTAURANT FRONTSIDE GRIND GIANNON'S PIZZERIA GOLDEN HOUSE BAKERY & DELI HOTSPOT JAVA HUONG XUA DELI JAMBA JUICE JAVA EXPRESS JAVA JOINT JUMBO BUFFET KDS INC KFC/A&W</p>	<p>LOCKER ROOM TAVERN LOS BIONICOS LOVE TERIYAKI MAGIC LANES MARY'S BROILER MIC MURPHY'S MCDONALD'S MI BOHO DELI MR. ED'S CAFE NEW MOON NEW TERIYAKI WOK NHA HANG 88 RESTAURANT PACINO COFFEE PACINO HOTDOG CART PAPA MURPHY'S TAKE 'N BAKE PASTELERIA DEL CASTILLO PHO 54 PHO 99 PHO TAI RESTAURANT PHO THU THUY PHO WHITE CENTER PIZZA HUT PIZZA SOURCE POSITIVELY ESPRESSO RASCAL'S CASINO ROSTISERIA Y COCINA EL PAISANO ROXBURY LANES SALVADOREAN BAKERY & RESTAURANT SEAPORT FOOD MART</p>	<p>SEATTLE ROLL BAKERY SISTERS ESPRESSO INC SOGHA COFFEE & DELI STARBUCKS SUB SHOP SUBWAY SUBWAY SANDWICHES TACO BELL TACO DEL MAR TACO TIME TAM THANH CAFE NHA HANG 88 RESTAURANT TAQUERIA EL RINCON TAQUERIA GUAYMAS TAQUERIA LOS POTRILLOS TERIYAKI ZONE TOSHI'S TERIYAKI TRIANGLE PUB UNCLE BILL'S SPECIALTIES UNCLE BILL'S SPECIALTIES UNCLE HAL'S TUG TAVERN VATSANA THAI INC VIVA MEXICO WAINES WORLD WHITE CENTER DAIRY QUEEN WHITE CENTER EAGLES WHITE CENTER PIZZA & SPAGHETTI YOUNG'S RESTAURANT YUM YUM TERIYAKI</p>
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CITY OF SEATTLE SUMMER LUNCH PROGRAM (14 LOCATIONS)
NEIGHBORHOOD HOUSE
SALVATION ARMY
WEST SEATTLE FOOD BANK
WHITE CENTER FOOD BANK

FITNESS



24-HOUR FITNESS
ALL STAR FITNESS
ARBOR LAKE PARK
CECIL MOSES MEMORIAL PARK
DELRIDGE COMMUNITY CENTER
DELRIDGE PLAYFIELD
DELRIDGE WADING POOL
E.C. HUGHES PLAYGROUND
EVERGREEN ATHLETIC FIELD
GLENAIRES GOLF & COUNTRY CLUB
HAMM CREEK NATURAL AREA
HIGH POINT COMMUNITY CENTER
HIGH POINT PLAYFIELD
HIGHLAND PARK PLAYGROUND
HIGHLAND PARK WADING POOL
HILLTOP PARK
LAKEWOOD PARK
NORTH SHOREWOOD PARK
PUGET SOUND PARK
RAINIER GOLF & COUNTRY CLUB
RIVERVIEW PLAYFIELD
ROXHILL PARK
ROXHILL PLAYGROUND
SALMON CREEK PARK
SOUTHERN HEIGHTS PARK
SOUTHWEST BOYS & GIRLS CLUB
SOUTHWEST COMMUNITY CENTER & POOL
SOUTHWEST POOL
UNION GOSPEL RECREATION PLACE
WEST SEATTLE RECREATION CENTER
WESTCREST PARK
WHITE CENTER HEIGHTS PARK
WHITE CENTER PARK
WHITE CENTER FOND NATURAL AREA

HEALTH



A.P.P.L.E. PARENTING - A POSITIVE PARENTING LEARNING EXPERIENCE
AARP GRANDPARENT INFORMATION CENTER
AFRICAN AMERICAN ELDERS PROGRAM
ARBOR HEIGHTS
BABY AND ME (CLASSES OFFERED THROUGH A.P.P.L.E. PARENTING)
BEBE Y YO (OFFERED THROUGH A.P.P.L.E. PARENTING)
BEST BEGINNINGS
CHANGES
COMMUNITY BASED ORAL HEALTH
DENNY WELLNESS CENTER
ENVIRONMENTAL NETWORK JUSTICE IN ACTION
FAMILY HELP LINE
HEALTH CARE FOR THE HOMELESS NETWORK
HIGH POINT DENTAL CLINIC
HIGH POINT MEDICAL CLINIC
HIV/AIDS CASE MANAGEMENT
INFANT MORTALITY PREVENTION
MADISON WELLNESS CENTER
METHADONE VOUCHERS
NEEDLE EXCHANGE
NEW FUTURES
ODESSA BROWN CHILDREN'S CLINIC
PARENT TRUST FOR WA CHILDREN
PARENTING CALENDAR
PEOPLEPOINT
PROGRAM FOR EARLY PARENT SUPPORT (PEPS)
ROXBURY FAMILY HEALTH CARE
SCHOOL BASED HEALTH SERVICES
SEALTH TEEN HEALTH CENTER
SOUTHWEST YOUTH AND FAMILY SERVICES
WASHINGTON F.A.V.E
WEST SEATTLE TEEN HEALTH CENTER
WHITE CENTER PUBLIC HEALTH CENTER
YOUTH ENGAGEMENT PROGRAM

Food & fitness
A NATIONAL INITIATIVE OF THE
W.A. WELFARE FOUNDATION



Poster

WHERE DO YOU SHOP FOR FOOD?
WHERE DO YOU GET YOUR FOOD?
Show Us Where You Get Your Groceries...



Poster

WHERE DO YOU PLAY IN YOUR COMMUNITY?

Show Us Where You Play, Jump, Run, Swim...

