

BANPAC/BARNN Food Security Forum

Co-sponsored by California Food Policy Advocates and UC Division of Agriculture and Natural Resources

Oakland Asian Cultural Center

12.07.06

Opening Statements

-Memorial- Forum dedicated to Sally Brother

Bay Area Region Nutrition Network

-Speaker: Joe Pricket

-Overview

- The network: The Bay Area Region Nutrition Network is one of the 11 regional networks in California

- Mission: Enabling low income Californians to eat healthfully and exercise regularly

- About: Designed to cross borders, spans all groups in Bay Area

- Maximize Local Impact: Made to empower all local groups

- Mobilizing Community Action: Helping local groups reach out to communities

- Reaching out with the 5 a Day: Reaching out to the local schools and communities

- Key Program Objectives: Looking to increase the level of food security for all age groups and all categories across the Bay Area

- Physical Activity: Core component for everything that they do

- Key Channels: Schools, after school programs, flea markets, farmers markets, community organizations

-Speaker: Navina Khanna (Cooperative Extension)

- Welcome and reminder about the state of the systemic crisis, even here in the Bay Area

- Run down of the agenda and possibilities

- Thank You's

-Speaker: Janet Leader (BANPAC)

- Thanks to co-sponsors who extend BANPAC/BARNN's ability to present information beyond USDA limitations

- New cycle of mini grants have been sent to USDA; waiting their approval this month

- Will inform membership when and if new grants will be awarded; if so, RFA will probably be in September, 2007

- Reminder about election for new members of Leadership Council

- California Food Policy Advocacy Group

- Speaker: George

- The Price is Not Right: A Game to Highlight the Need to Build a Healthy Food System

- Grapes: 2.67lbs \$6.65; Too many House Holds can't afford those grapes.

- UCLA Study 2.9 million adults in California are Food Insecure (Those grapes were 1 hour work at CA minimum wage)
- Need to get minimum wage up in CA so people can afford those grapes
- Bell Peppers: 1lb \$2.76
 - RAND Study: Number one predictor of obesity in kids is the higher cost of fruits and vegetables
- 2 Boxes Mac and Cheeze: \$1.49
 - Economic Choices: Biggest barrier to eating healthy food is cost
- Melon and Head of Lettuce: \$3.99
- How we can make healthy foods more available:
 - EBT cards; if EBT is spent on Fresh Foods people get money put back on their cards
 - Connect Health Care: Medical? Like a Obesity prevention programs
 - Improve Health and Nutrition in Schools

- City of Berkeley Health Department

- Speaker: Joy Moore

- Introduction: Our society makes mistakes based on our flawed value systems
- Berkeley is one of the only cities in California that has its own Health Department: allows city to be on the cutting edge
- Berkeley Health Department Study: people who are economically challenged (flat land area) have a reduced chance of living a long and healthy life in comparison to those who live in the hills
- BHD created a Health Outreach Program within the communities
- Farm Fresh Choice: Buys organic produce, like a community CSA, order in advance from farmers at farmers market, and set up stands at after school programs using young adults to run them
- Started a Universal Health Care program
- Giving out information at PTA, schools systems, community meetings:
 - Take home message: Be more Active, Eat more veggies and fruits, drink more water, sleep 8-10 hours, brush your teeth
- BHD is now taking a Holistic Approach integrating all systems
- Nutrition Program at Berkeley High: Started a garden, cooking lessons
- Members of BAMPAC: but try not to duplicate
- One on One approach: the Web doesn't get to a lot of the population
- Supporting the Democrats on the Farm Bill restructuring

- Full Belly Farm

- Judith Redmond

- Big CSA for Bay Area
- 250 acre Organic farm in Capay Valley
- Farmers are interested in Food Security, Nutrition, and Health
- There is plenty of food being grown in the world for everyone to eat, it's the problem with the distribution
- 3 Examples on the Progress of Policy

- 1999 Food Security Action Plan
 - Sustainable ag, Welfare to Work, Trade Liberalization, Community Food Security Program grant Funding
- 150 million Dollar Gates/ Rockefeller Initiative for Africa
 - Bringing the Green Revolution to Africa
 - Major Problems with this: displaces traditional crops, and uses huge
- UC Agroecology Program Study
 - CSA and Farmers markets won't address core food security issues
- Hunger and Malnutrition are interrelated world wide
- Ken Meter; Crossroads research Centers
 - Farmers spend more than they make
 - Consumers spend more on out of state produce; California is a Net Food Importer
- Buy Fresh Buy Local: Increase the Local food Dollar
- Need to Increase the community integration : CSAs, Churches, Schools etc.

- Alameda County Food Bank

- Speaker: Allison Pratt

- ACFB since 1985, passes 1million lbs of food per year, through 300 different community organizations
- Food Banks used to be the last resort: now they are a mainstay
- Each week the serve 40,000 unduplicated people: Yearly 500,000 unduplicated
- No longer distributes soda, quarterly 2.5 million lbs of fresh produce
- Expanding methods of distribution: giving food to kids on Friday afternoons
- Hunger in Alameda County continues to increase
- Universal problems; rising cost of living, stagnant wages
- Food Stamp Outreach programming
- Cash Aid advocacy focusing on seniors and disabled
- Allowance of EBT cards at Farmers Markets

Questions for Panel

- How do you answer critics that say 'raising the minimum wage' will increase all of the cost of living?
 - Joy : We live in a greedy country, we need to re-evaluate our values, that's always been the argument and it's never been true
 - Judith: We live in a place where food is cheap. We feel that minimum wager raise is huge because both people that work on farms and low income people should be able to afford good food
- What do you think about food stamps in Farmers Markets?
 - George: Farmers Markets should have more fruits and veggies and we need to promote EBT more heavily
- What would happen if demand for fruits and veggies went up? Do you think there has been an increase in the cost of fruits and veggies?
 - Judith: If people buy food that fresh they are going to get a lot more for their money. So in some ways that might not be the right question. The food industry has changed dramatically in the last decade. There

has been a tremendous amount of consolidation. So as fuel cost and labor costs rise, so does the price of food. (She extends an invitation to come out to the farm to see the amount of labor)

- George: Advocates say that we should be willing to pay more, but we have to address the low income communities
 - Joy: Historically food prices have been suppressed and we've never had to pay the true cost of food. Lets be honest about our values. How do we make it more available? We need to bring the food production process back to the community. She disagrees with the statement because food looks expensive because we suppress other costs by outsourcing.
 - Judith: The money in fresh fruits and veggies is not going to the farmer
- Do you have opinions on the problem with our loss of topsoil?
 - Judith: Agricultural resources are being diminished all of the states and all over the world, we don't value land, water or soil. We need education from an early. We need to promote locally based food systems, because people will only value resources if they are connected.
 - Where does the food for the Food Bank come from?
 - Alison: We deal with a lot of excess food, things that are going bad. Most of it is not local. Much of it is from California, and if not it's usually from the Western United States
 - What about the amount of Trauma that has happened in these communities, that has deterred people from being self sufficiency? It will take a lot of consistency, and years and years of hard work. The Change will happen it just might take a long time. We need to honor what communities have gone through.