Food Access in Kings County

Presented by the KPFP HEAL Workgoup
What is Food Access?

Definition:
✓ Access to healthy food means having a variety of affordable, good quality, healthy food within one’s community. Healthy food primarily refer to fresh fruits and vegetables, with frozen, dried, and canned vegetables as viable alternatives.

Components:
✓ **Proximity:** The distance residents have to travel to reach outlets that sell healthy foods can impact the amount of healthy food they purchase. Travel costs (including both the time spent traveling and the cost of driving a private vehicle or taking public transportation) can increase the real cost of healthy food and keep people from purchasing it.

✓ **Variety:** Access to a variety of healthy food choices is another important part of food access. Variety ensures sufficient choice – beyond a single option or two – and supports a healthy diet.

✓ **Quality:** Accessible, healthy food should also be of good quality.

✓ **Affordability:** Accessible food needs to be affordable. This includes both an affordable sticker price as well as the ability to use nutrition program benefits (e.g. CalFresh or WIC) in addition to cash.

Source: California Department of Food & Agriculture (2012). Improving Food Access in California: Report to the California Legislature
Why is Access to Fresh, Healthy, and Affordable Food Important?

• Important for proper nutrition that promotes the optimal growth and development of children.

• Healthy eating prevents the risk for developing chronic diseases and obesity.

• Families that are not able to easily access grocery stores due to distance or lack of transportation are less likely to be able to provide healthy food options for their children, and more likely to consume foods which are readily available at convenience stores and fast food outlets.

Source: http://www.kpfp.org/indicators/index/view?indicatorId=6573&localeTypeld=4
The Geography & Demographics of Low Food Access in California

Which California communities are most affected by limited food access?

- Inner Cities
- Rural Communities
- Low-income Communities and Communities of Color

Source: California Department of Food & Agriculture (2012). Improving Food Access in California: Report to the California Legislature
The Issue

- Limited access to stores that offer a wide variety of healthy food items, such as supermarkets, supercenters, and grocery stores. Low-income and underserved areas often have limited numbers of stores that sell healthy foods.

- Limited access to supermarkets, supercenters, grocery stores: People living farther away from grocery stores are less likely to access healthy food options on a regular basis and thus more likely to consume foods which are readily available at convenience stores and fast food outlets.

Indicators of Food Access

Many ways to measure food store access for individuals and for neighborhoods. Many ways to define which areas are food deserts—neighborhoods that lack healthy food sources.

Most measures and definitions take into account at least some of the following indicators of access:

- **Accessibility to sources of healthy food**, as measured by distance to a store or by the number of stores in an area.
- **Individual-level resources** that may affect accessibility, such as family income or vehicle availability.
- **Neighborhood-level indicators** of resources, such as the average income of the neighborhood and the availability of public transportation.

Source: https://www.ers.usda.gov/data-products/food-access-research-atlas/documentation/#tract
There are 27 Census Tract values. The lowest value is 0, and the highest value is 50. Half of the values are between 0 and 8.25. The middle (median) value is 0.7.

Source: http://www.kpfp.org/indicators/index/dashboard?alias=healthyeating
Households with no Car and No Access to a Grocery Store

- There are **27 Census Tract** values. The lowest value is **0**, and the highest value is **3.7**. Half of the values are between **0** and **1.15**. The middle (median) value is **0**.

Source: [http://www.kppp.org/indicators/index/dashboard?alias=healthyeating](http://www.kppp.org/indicators/index/dashboard?alias=healthyeating)
## Kings County at a Glance – School Meal Participation

<table>
<thead>
<tr>
<th>District</th>
<th>F/R Enrollment %</th>
<th>F/R Lunch Participation % of F/R Enrollment</th>
<th>F/R Breakfast Participation % of F/R Enrollment</th>
<th>Breakfast meal gap</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pioneer Union Elementary</td>
<td>43%</td>
<td>71%</td>
<td>16%</td>
<td>+368</td>
</tr>
<tr>
<td>Lemoore Union High</td>
<td>51%</td>
<td>26%</td>
<td>21%</td>
<td>+537</td>
</tr>
<tr>
<td>Lemoore Union Elementary</td>
<td>67%</td>
<td>80%</td>
<td>31%</td>
<td>+866</td>
</tr>
<tr>
<td>Hanford Elementary</td>
<td>80%</td>
<td>81%</td>
<td>35%</td>
<td>+1,655</td>
</tr>
<tr>
<td>Hanford Joint Union High School</td>
<td>64%</td>
<td>45%</td>
<td>37%</td>
<td>+777</td>
</tr>
<tr>
<td>Island Union Elementary</td>
<td>35%</td>
<td>73%</td>
<td>38%</td>
<td>+48</td>
</tr>
<tr>
<td>Kit Carson Union</td>
<td>77%</td>
<td>77%</td>
<td>42%</td>
<td>+81</td>
</tr>
<tr>
<td>Corcoran</td>
<td>87%</td>
<td>78%</td>
<td>43%</td>
<td>+752</td>
</tr>
<tr>
<td>Central Union</td>
<td>52%</td>
<td>79%</td>
<td>46%</td>
<td>+229</td>
</tr>
</tbody>
</table>
How are HEAL Partners Helping?
NEHP Program
Nutrition Education and Hunger Prevention
Cal Fresh Healthy Living

- Partnerships
  CBO’s, Food Bank, Businesses
RX Card Program

• 777 patients were screened for food insecurity
• 300 patients screened positive
• 30 patients came to KCAO for emergency food
• 5 patients indicated that they were interested in attending a nutrition class
• 8 patients expressed interest in the community garden
• 5 patients came to a nutrition class at the KCAO office in Home Garden on March 2, 2019
Programs

• KCAO Food Bank
• TEFAP
• Trade Mitigation
• Capacity Grant
• Tax Funds
• CAL food
• Backpack
• Summer Food
KCAO Food Bank

• KCAO Food Bank provides food assistance to low income families across Kings County who are in need of food.

• Food Distributions are done for each city in Kings County once a month.
Food Bank

- Pounds of food
  - 1.2 million Lbs.

- Individuals
  - 82,754

- Families
  - 37,409
# Food Bank Monthly

<table>
<thead>
<tr>
<th>Month of October</th>
<th># PERSONS</th>
<th># FAMILIES</th>
<th>TOTAL POUNDS OF FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2019</td>
<td>2018</td>
<td>2019</td>
</tr>
<tr>
<td>Avenal</td>
<td>641</td>
<td>717</td>
<td>139</td>
</tr>
<tr>
<td>Corcoran</td>
<td>1,009</td>
<td>803</td>
<td>300</td>
</tr>
<tr>
<td>Stratford</td>
<td>151</td>
<td>402</td>
<td>45</td>
</tr>
<tr>
<td>Kettleman</td>
<td>274</td>
<td>221</td>
<td>66</td>
</tr>
<tr>
<td>Hanford</td>
<td>943</td>
<td>955</td>
<td>283</td>
</tr>
<tr>
<td>Frasier's Home</td>
<td>4</td>
<td>N/A</td>
<td>3</td>
</tr>
<tr>
<td>Sam's</td>
<td>20</td>
<td>40</td>
<td>20</td>
</tr>
<tr>
<td>Hannah's</td>
<td>14</td>
<td>18</td>
<td>13</td>
</tr>
<tr>
<td>Soup Kitchen</td>
<td>4,493</td>
<td>N/A</td>
<td>4,493</td>
</tr>
<tr>
<td>Barbara Saville</td>
<td>0</td>
<td>9</td>
<td>0</td>
</tr>
<tr>
<td>Lemoore</td>
<td>875</td>
<td>628</td>
<td>249</td>
</tr>
<tr>
<td>Total</td>
<td>8,424</td>
<td>3,793</td>
<td>5,611</td>
</tr>
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</table>

**Month of October**

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
<th>2018</th>
</tr>
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<tbody>
<tr>
<td>Avenal</td>
<td>139</td>
<td>167</td>
</tr>
<tr>
<td>Corcoran</td>
<td>300</td>
<td>270</td>
</tr>
<tr>
<td>Stratford</td>
<td>45</td>
<td>97</td>
</tr>
<tr>
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<td>59</td>
</tr>
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<td>12</td>
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</tr>
<tr>
<td>Barbara Saville</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Lemoore</td>
<td>249</td>
<td>170</td>
</tr>
<tr>
<td>Total</td>
<td>5,611</td>
<td>1,104</td>
</tr>
</tbody>
</table>
Food Distributions
Holiday boxes
Back Pack Program

Pilot program

Kettleman HS

County office of Ed

Pre-school
No Kid Hungry is a campaign by Share Our Strength

We’re an organization dedicated to ending hunger and poverty. Through proven, effective campaigns, we connect people and organizations with ideas that work to reduce hunger.

The campaign works to:

- Conduct research on child hunger, document best practices, and provide resources to combat child hunger.
- Provide funding and technical assistance to schools, districts and community partners that work with children at risk of hunger.
- Raise awareness and build political will in the fight to combat child hunger.
How We’re Helping End Childhood Hunger

NUTRITION PROGRAMS ALREADY EXIST TO FEED KIDS.

THE PROBLEM: THESE PROGRAMS ARE FAILING TO REACH KIDS.

NO KID HUNGRY GENERATES THE WILL AND SKILL TO MAKE SURE THESE PROGRAMS REACH EVERY CHILD WITH HEALTHY FOOD, EVERY DAY.
How can No Kid Hungry California Help?

- On-site support and development of a customized implementation plan
- Technical assistance
- Funding for equipment and implementation support
- Pre and post implementation teacher surveys
- Teacher and staff trainings
- Family and community outreach
- Incentive grants
- Program promotion and giveaways
- Access to our network of food service directors, principals and teachers
- And much more...
UCCE Kings/Tulare Implements Federally Funded Statewide Nutrition Education Programs
UCCE Approach:
Direct/Indirect Nutrition Education, & PSE Change Initiatives

- Direct Nutrition Education
- Gardens
- Family Engagement
- Family Mealtimes
- Taste Test
- Food Distribution
Start Early! A Collaborative Approach to Nutrition Education, Taste Test, and Food Demonstration

- West Hills Community College Culinary Department
- Preschool at West Hills Community College Campus
- University of California Cooperative Extension (UCCE)
Healthy School Youth Farmer’s Market!

✓ **Participants & Reach**: students & their parents (N=1,500)
✓ **Activities**: youth engagement efforts- taste tests, fruits & vegetable distribution, recipe sharing.
✓ **Partners**: 2 school districts-3 school sites, after school program, Food link of Tulare County, Altura, United Health Center.
## UCCE Reach & Impact!

<table>
<thead>
<tr>
<th>CalFresh Healthy Living, UC FY2019</th>
<th>UCCE KINGS (n)</th>
<th>UCCE TULARE (n)</th>
<th>Total (N)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Direct Education Reach</td>
<td>6,673</td>
<td>4,910</td>
<td>11,583</td>
</tr>
<tr>
<td>2. Indirect Education Total Reach</td>
<td>4,551</td>
<td>26,870</td>
<td>31,421</td>
</tr>
<tr>
<td>3. Policy, Systems, &amp; Environmental (PSE) Reach</td>
<td>13,055</td>
<td>8,032</td>
<td>21,087</td>
</tr>
<tr>
<td>4. PSE Sites Reach</td>
<td>26</td>
<td>16</td>
<td>42</td>
</tr>
<tr>
<td>5. PSE changes (e.g. Nutr, PA, Nutr &amp; PA) all settings</td>
<td>32</td>
<td>27</td>
<td>59</td>
</tr>
<tr>
<td>6. Community Partners</td>
<td>22</td>
<td>17</td>
<td>39</td>
</tr>
<tr>
<td>7. Community Coalitions</td>
<td>2</td>
<td>1</td>
<td>3</td>
</tr>
</tbody>
</table>

### EFNEP FY2019:

Of the 236 families, 187 graduated, participants showed improvement in food resource management, nutrition, food safety, PA practices, with $70.70 in average cost savings.
UCCE Kings/Tulare takes this opportunity to THANK YOU ALL for making a healthy difference in our community!
Dairy Council of California
Food Systems + Access

• Support school nutrition through training and technical advising.

• Collaborate with statewide partners to support Smarter Lunchrooms and Wellness Policy implementation across California.

• Direct nutrition education in schools:
  • 9,136 Kings County Students (2019-2020)
Kings County WIC Program

February 2020
WIC is Here to Help

WIC provides a friendly, supportive environment to learn about nutrition for families, breastfeeding support, and access to healthy foods.

WIC helps participants with:

- Nutrition tips and health information
- Breastfeeding support
- Monthly benefits for healthy foods
- Referrals to medical providers and community services
Who may qualify for WIC?

• Are pregnant, breastfeeding, or just had a baby;
• Have a child under age 5;
• Have a low to medium income; and/or
• Receive Medi-Cal, TANF, or CalFresh benefits; and
• Live in California
WIC is there every step of the way.

Whether a WIC mom is learning about breastfeeding, starting to breastfeed, overcoming challenges, or thriving, WIC has the information, resources and support she needs to make breastfeeding easier.

KINGS COUNTY WIC PROGRAM
The journey begins here in our breastfeeding room.
The WIC Card Is Here!

Here are some exciting changes:

• Flexible shopping. Shop for WIC foods as needed.
• Easier checkout. It's like using a debit card.
• Convenient benefits. Carry all of the family's food benefits in one card.
• Protect your benefits. If the card is lost or stolen, benefits do not get lost.
• CA WIC App. Makes the shopping experience easier!
Summer Meals – a HEAL Strategy
KCAO Summer food meals

• Breakfast
  • 4,530

• Lunch
  • 13,192
# KCAO Summer Food Sites

|   | Locations                                                                 |  
|---|---------------------------------------------------------------------------|---|
| 1 | Armona Elementary  
14045 Pimo St.  
Armona, CA 93202            |   |
| 2 | Coe Park  
561 S Douty Street  
Hanford, CA 93230         |   |
| 3 | Earl F Johnson  
1201 N. Douty Street  
Hanford, CA 93230        |   |
| 4 | First Baptist Hanford  
9125 13 1/2 ave  
Hanford, CA 93230        |   |
| 5 | Hanford Teen Center  
400 N Douty Street  
Hanford, CA 93230        |   |
| 6 | Home Garden Park  
11870 Shaw place  
Hanford, CA 93230        |   |
| 7 | Kings Garden Apartments  
1224 Fern ot Way  
Hanford, CA 93230        |   |
| 8 | Koinan ia Christian Fellowship  
12536 Hanford Armona Road  
Hanford, CA 93230        |   |
| 9 | Lacey Park  
112 E Florinda St,  
Hanford, CA 93230        |   |
| 10 | Lemoore Recreation  
711 W Cinnamon Drive  
Lemoore, CA 93245       |   |
| 11 | Lincoln Apartments  
804 S. Harris St.  
Hanford, CA 93290        |   |
| 12 | Recreation Association of Corcoran  
900 Dairy Avenue  
Corcoran, CA 93212       |   |
Kings County Summer Meals

Summer 2018

- 10 sponsors
- 27 meal sites
- Sites served breakfast, lunch or both
- 59,851 total meals served

Summer 2019

- 10 sponsors
- 28 meal sites
- Sites served breakfast, lunch, AM snack, PM snack or combination
- 62,339 total meals served

Data Source: California Department of Education, Nutrition Services
Kings County Summer Meals 2019

• 2,488 more meals were served

• 4% increase!

• KCAO added 3 new sites

• Meals served at Home Garden Park almost doubled
County: Kings 🫀

62,339 meals

Source: California Department of Education, Nutrition Services Division
Measurement period: 2019
Maintained by: Kings Partnership for Prevention Coalition
Last update: February 2020

Graph Selections
INDICATOR VALUES
- Change over Time

Number of Summer Meals Served

Data source: http://www.kpfp.org/index.php?module=indicators&controller=index&action=view&indicatorId=10171&localeId=253
How can you help?

• Promote summer meals to your clients
• Share food access opportunities with your clients
• Distribute the HEAL food access brochure at your office
Contact Us!

No Kid Hungry
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KCAO
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Kings County WIC
559-582-1080
Thank you!