

INTRODUCTION



Trinity County

Trinity County is a rural county encompassing 3,206 square miles of mountainous terrain. During the Gold Rush era, gold mining camps were established that grew into small, isolated population centers. Eventually a flourishing timber industry produced other small, isolated communities, which sprang up around the lumber mills. The decline of the mining and timber industries and closure of all but one of the lumber mills was accompanied by a decline in the economic security of county residents.

Today the total population in Trinity County is 13,200 but the population density per square mile is only 4.5 persons. Poor highway access and the continued isolation of rural communities combine to present a challenge to meeting the needs of county's low-income population.

California State Highway 299, also known as the Trinity Scenic Byway, crosses the mountains from the city of Redding in Shasta County westward to Eureka in Humboldt County. For the most part a two-lane highway, it travels through steep rugged mountain passes dense with vegetation and for 35 miles it winds along the nationally designated Wild and Scenic Trinity River. There are many potential dangers along this route; for example rocks falling from the steep hillsides, deer and other wildlife crossing the road, and ice and snow in the winter months.

Trinity County's largest population center, Weaverville, is located 45 miles west of Redding on Highway 299. A decline in local industry is somewhat offset by tourist revenue generated by small businesses located on or near the highway. Nearby Trinity and Lewiston Lakes offer seasonal recreation facilities. The one remaining lumber mill is located in Weaverville.

To reach the second largest community, Hayfork, one must drive 35 miles southwest of Weaverville up a winding mountainous two-lane road that is prone to foggy, icy and snowy weather conditions. Hayfork has been severely affected economically by the loss of the lumber mills. Many families have lived in the vicinity for generations and are reluctant to abandon their heritage. Hayfork also has the largest concentration of American Indians in the county.

The smaller communities of Lewiston, Coffee Creek and Trinity Center are located near Lewiston and Trinity Lakes and depend on the seasonal tourist trade for most of their income. The roads to these communities are fairly accessible although

they can be hazardous in the winter months due to ice and snow. This area lies adjacent to the 500,000 acre Trinity Alps Wilderness, the second largest wilderness area in California.

West of Weaverville, a string of even smaller communities located on Highway 299 is known locally as “downriver” because this is the area where the highway follows the Trinity River. There are a number of small private mining claims along this route, a declining assortment of once popular tourist resorts, and a handful of white water rafting companies offering calm Class II to dangerous Class V level rafting tours. One of these communities, Burnt Ranch, is home to the second largest American Indian population in the county.

“Southern Trinity,” the extremely remote and mountainous corner of the county, houses numerous very small, isolated communities. A few equally small and isolated communities lay in the mountains surrounding Hayfork. The roads into these communities are winding, rugged, often unpaved and sometimes only one lane. The challenges of traveling here in the winter are magnified because of the isolation and the rugged nature of the terrain.

**Population by Area or Town
(as of 1990 Census)
Listing by Size of the Community**

Weaverville	3418
Hayfork	2802
Lewiston	1579
Douglas City	1045
Burnt Ranch	768
Junction City	670
Trinity Center	455
Ruth	432
Salyer	404
Big Bar	303
Hyampom	293
Mad River	264
Coffee Creek	204
Zenia	128
Browns Mountain	118
Wildwood	56
Denny	49
Island Mountain	37
Lake Mountain	21
Forest Glen	16
 Trinity County	 13,063

Source: Trinity County Chamber of Commerce

Background

The *Trinity County Health Care Task Force* formed in 1993 consists of government, non-profit, business and citizen representatives from the Trinity County Board of Supervisors and Administration, Health and Human Services, WIC, County Mental Health, Trinity County Office of Education, Trinity Hospital, Commission on Aging, Human Response Network, Kids First Collaborative, Healthy Start, Planned Parenthood and Southern Trinity Health Services. Its mission is “to develop local collaborative strategies to improve health care in Trinity County.” The Task Force’s *Hunger Subcommittee* evaluates food security issues and provides a forum for networking existing food assistance programs and providers.

The *Trinity County Frontier Nutrition Project* (FNP) grew out of the Hunger Committee’s concern about possible food insecurity and the lack of access to healthy foods and nutrition education among low-income families. The Project’s mission is to increase awareness and knowledge of nutritional foods and of Project activities, to promote positive behavioral changes in diet and exercise, to utilize and expand the existing Trinity County food bank network and to develop program sustainability. The FNP is funded primarily by a grant from the USDA California Nutrition Network as one of the Network’s Five “Food Security Demonstration Projects.” This funding stream is expected to end in September 2001 and other options to sustain the Project are currently being explored. The Trinity County Department of Health and Human Services acts as the lead agency for the Project and also provides in-kind contributions for one part time staff person in Hayfork and for operating expenses. The Project is a collaboration between the Department of Health and Human Services, the Trinity County Office of Education, the Human Response Network, the Hayfork Community Center, and Women, Infants and Children. Additional partners since 1999 include the University of California Cooperative extension, the Trinity County Food Bank and the Golden Age Senior Center.

This report is the result of an assessment conducted under the auspices of the Frontier Nutrition Project. The purpose of this report is to:

- Identify and evaluate issues/needs regarding food security and nutrition education in Trinity County
- Describe and assess the existing efforts to meet these needs
- Identify and recommend strategies for community planning that are economically efficient and make optimum use of the resources available.

Methodology of the Assessment

This assessment has been the product of one researcher, the Project Specialist, over a six-month period. A number of documents were gathered and examined extensively, including those relating to food security and nutrition education, assessment practices, and existing surveys and census data. Because food security assessment is a relatively new field of research, only a small number of completed assessments were available for review. These assessments were overwhelmingly focused on urban communities, making the Trinity County assessment the first to focus on a remote rural environment.

A list of the emergency food resources already operating in the County was compiled, including distribution schedules, contact information, and eligibility criteria. This listing

was distributed to the County's low-income residents, primarily through the local newspaper and through social services agencies.

Each distribution site of the Trinity County Food Bank was visited in order to create a profile documenting physical resources available, proximity to public transportation and the foods that were distributed (with an eye toward distributing recipes along with the commodities at some time in the future). Some food pantries were visited, and interviews were conducted with individuals associated with other food pantries.

A survey of a sampling of the retail grocery stores at various locations in the County was conducted. Price, accessibility, availability and quality of 25 items were examined. Because some merchants were concerned about price comparisons between themselves and other markets, a "market basket" approach was used. Prices were examined using the total cost of an imaginary market basket containing the ten items that were available in every store surveyed.

A survey of the transportation options available in the County was conducted. Prices, restrictions, schedules and proximity to food resources were examined.

Fourteen "key informant" interviews were conducted with individuals who participate in government, private, and volunteer entities that serve the low-income residents of Trinity County. These interviews were intended to identify issues regarding food security and nutrition education that were observed by these individuals. One component of the interview was brainstorming possible opportunities to resolve the issues identified. These issues are listed in attachments A, B and C.

In addition, extensive research was conducted to determine the best method for administering a food security survey directed at the County's low-income residents, those most at risk for food insecurity and hunger. Particular attention was given to the Household Food Security Scale developed for the United States Department of Agriculture Food and Nutrition Service.

FOOD SECURITY CONCEPTS AND DEFINITIONS

Definitions

Hunger and Food Security are distinct but related issues. In the 1970's and 1980's policy makers developing food assistance programs sought a clear definition of hunger. The President's Task Force on Food Assistance adopted a medical and a social definition of hunger in 1984. Identifying the conditions that put an individual at risk of hunger became a key policy issue in the United States in the late 1980's.

Extensive research by the Life Sciences Research Office (LSRO) of the Federation of American Societies of Experimental Biology, an expert panel on hunger and food security, led to the development in 1990 of the following conceptual definitions:

- **Food security** – Access to enough food at all times for an active and healthy life. At a minimum, food security includes: (1) the ready availability of nutritionally adequate and safe foods, and (2) an assured ability to acquire acceptable foods in socially acceptable ways (without resorting to emergency food supplies, scavenging, stealing or other coping strategies.)
- **Food insecurity** – the availability of nutritionally adequate and safe food, or the ability to acquire acceptable foods in socially acceptable ways, is limited or uncertain.
- **Hunger** – the uneasy or painful sensation caused by a recurrent or involuntary lack of food. Hunger is potentially a consequence and a symptom of food insecurity. Over time, hunger may result in malnutrition.¹

Individual and Household Food Insecurity

Research shows that households typically adopt a series of coping strategies in response to food insecurity. At first, the household members experience anxiety about the sufficiency of their food to meet their basic needs and make adjustments to their food budget by reducing the quality and variety of the food served. As the situation becomes worse, the adults in the household begin to reduce their food intake and experience hunger. As the situation becomes more severe, the children also reduce their food intake and experience hunger.²

A 1998 study by the USDA indicated that about 10 million Americans suffered directly from hunger, while 26 million individuals suffered from food insecurity,

¹ Bickel, Gary, Mark Nord, Cristofer Price, William Hamilton and John Cook: *Guide to Measuring Food Security, Revised 2000*. U.S. Department of Agriculture, Food and Nutrition Service, Alexandria VA. March, 2000.

² Bickel, Gary, Mark Nord, Cristofer Price, William Hamilton and John Cook: *Guide to Measuring Food Security, Revised 2000*. U.S. Department of Agriculture, Food and Nutrition Service, Alexandria VA. March, 2000.

frequently in a position where one set-back (losing a job, getting sick, vehicle breakdown) would push them over the edge into hunger.³

A 1998 study by the Second Harvest Food Bank Network (*Hunger 1997: The Faces and the Facts*) indicated that hunger and food insecurity particularly affect the following groups:

- The working poor
- Senior citizens
- Children in poverty
- Residents of low-income inner cities and isolated rural areas
- The homeless
- Single-parent households
- Immigrants affected by welfare reform⁴

COMMUNITY FOOD SECURITY

Historically, anti-hunger advocates have addressed hunger and food insecurity at the individual and household levels. More recently, a movement focused on promoting food security at a community level has emerged. A community may be defined geographically, denoting a neighborhood, city, township or a county. According to the USDA, food insecure communities often exhibit some or all of the following traits:

- Low levels of individual income, family assets, affordable housing, educational attainment and local government resources
- A decline in the viability of small and medium-size farms and the breakdown of the traditional ties between farmers and the community
- Government and private support services that have failed to fully adapt to the large-scale changes in community as a result of welfare reform
- Significant distances that many community residents must travel-often without the help of appropriate transportation-to purchase the freshest foods at the lowest prices and to obtain the best paying jobs.
- Federal, State, county, city, and private programs that are not well coordinated.
- Non profit groups that lack the infrastructure to safely and efficiently recover and distribute the vast amounts of excess, wholesome food that are discarded each day.⁵

The Community Food Security Coalition (CFSC) is an advocacy group formed in 1994 to promote community-based solutions to the nation's food and farming problems emphasizing access to and the availability of food. CFSC defines community food security (CFS) as "all persons in a community obtaining at all times a culturally acceptable nutritionally adequate diet through local non-emergency sources."

The CFS approach advocates including food security in the community planning process. According to Andy Fisher, Coordinator of the Community Food Security Coalition, "While virtually every city or county has departments that address residents' basic needs such as water, housing, health, and transportation, no municipality in the U.S.

³ USDA's Community Food Security Initiative Action Plan,, August 1999

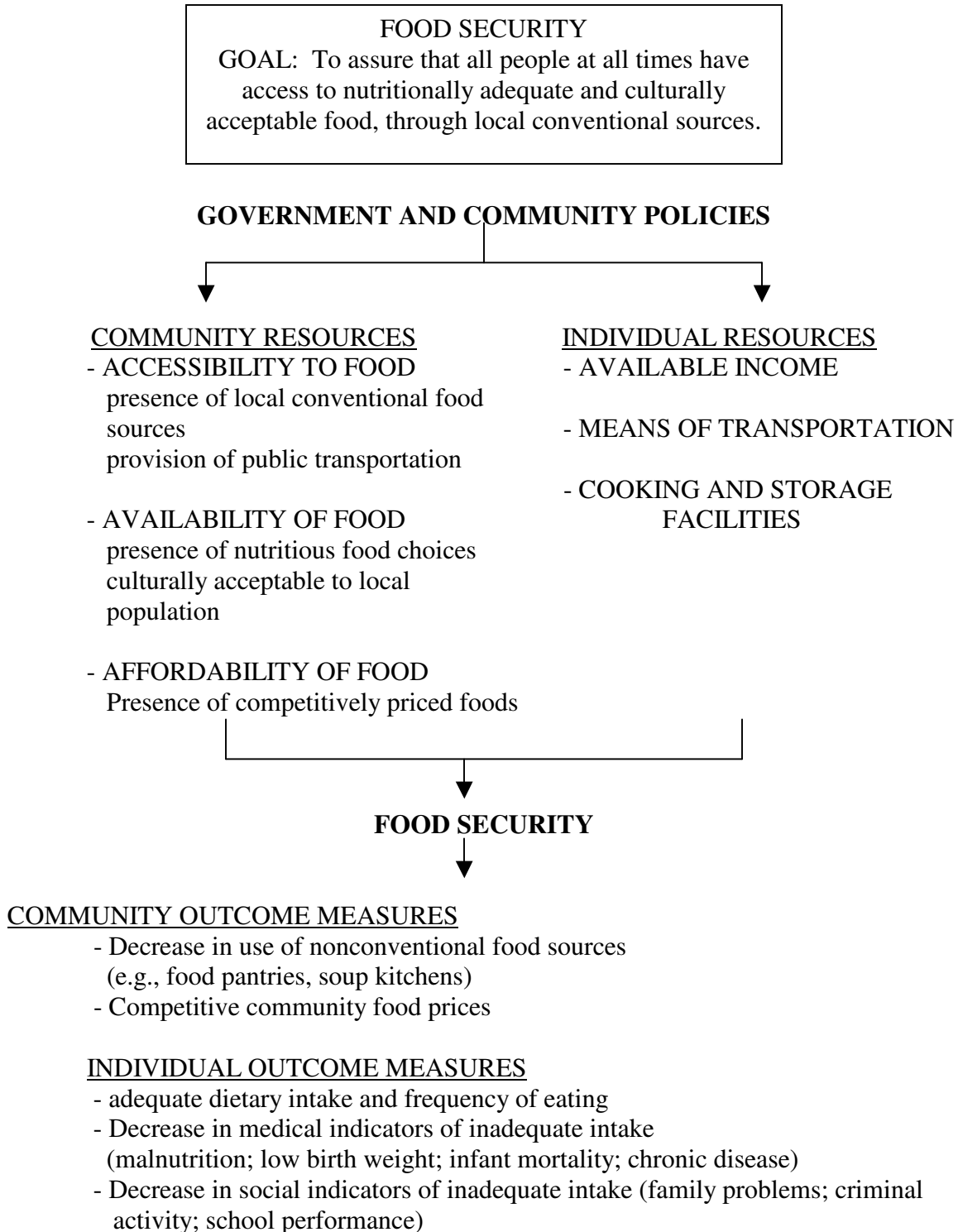
⁴ USDA's Community Food Security Initiative Action Plan, August 1999

⁵ USDA's Community Food Security Initiative Action Plan, August 1999

has a department of food . . . Community advocates and planners will need to collaborate and educate one another on the issues, resources, and opportunities involved in building a more equitable and ecological food system.”⁶

⁶ Fisher, Andy. *What is Community Food Security?* Urban Ecologist Number 2 1997.4

Food Security Flow Diagram



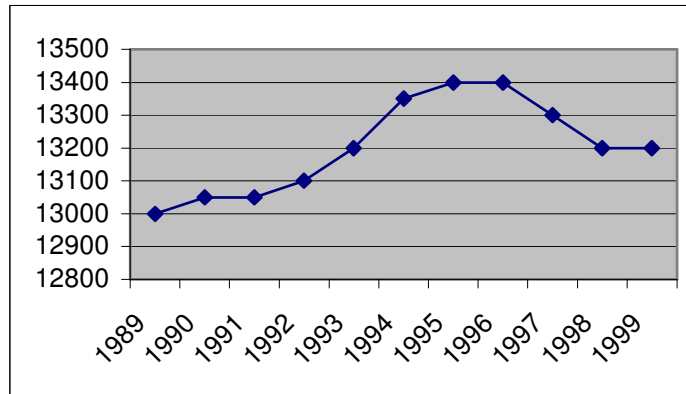
Source: The Urban Institute, 1989

FOOD SECURITY INDICATORS

By its very nature, food security is difficult to measure scientifically. One meaningful form of measurement is to use “proxy data.”⁷ Demographic information can be used to paint a picture of an environment in which food insecurity *may* be prevalent.

For the last ten years the population of Trinity County has remained basically static:

Trinity County Population



Source: Trinity County Economic and Demographic Profile 2000, Center for Economic Development, California State University, Chico

There is very little ethnic diversity.

Percent of Population by Race/Ethnicity, 1998

Source: Trinity County Economic and Demographic Profile 2000, Center for Economic Development, California State University, Chico

While the number of children in the County has fallen slightly, there is a growing segment of the total population that is comprised seniors.

⁷ Community Food Security Coalition, Winne, M., Joseph, H & Fisher, A., Edited by Joseph, H, *Community Food Security: A Guide to Concept, Design, and Implementation*, January 2000

Percent of Population for Children and Seniors

AGE	1980	1998
0 –19 years	31%	26%
60 years and over	17%	22%

Source: Trinity County Economic and Demographic Profile 2000,
Center for Economic Development, California State University, Chico

There is a correlation between economic status and food insecurity. Inadequate financial resources inhibit the ability to purchase a nutritionally sound diet.

A look at the unemployment rate in Trinity County shows that it is consistently higher than the rate for California. There is a monthly fluctuation showing lower unemployment in the summer months, probably due to the seasonal influence of the recreation/tourist industry.

Unemployment Rate

Source: Trinity County Economic and Demographic Profile 2000,
Center for Economic Development, California State University, Chico

Average Monthly Unemployment Rate, 1985-98

Source: Trinity County Economic and Demographic Profile 2000,
Center for Economic Development, California State University, Chico

The per capita income is the most utilized indicator of a region's income level. It is what each person would earn if income were distributed evenly among the population. Again, Trinity County is well below the state figures.

Per Capita Income

	1989	1996
Trinity County	13,142	16,358
California	20,000	25,000

Source: Trinity County Economic and Demographic Profile 2000, Center for Economic Development, California State University, Chico

Median household income is the level of income at which half of all families or households are above and half are below:

Median Household Income

	1990	1995
Trinity County	20,494	25,173
California	35,798	36,767

Source: Trinity County Economic and Demographic Profile 2000, Center for Economic Development, California State University, Chico

The poverty rate is the percent of all people in households earning an income below the poverty level. While the poverty rate in California rose between 1990 and 1995, the poverty rate in Trinity County has decreased slightly putting it more in line with the statewide percentage. The fact remains that almost 17% of our county population is living below the poverty level. Of even greater concern, according to the 1997 County Health Status Profiles, the 1993-1995 *average for persons under age 18 living at the poverty level is 27.5%*:

Poverty Rate

	1990	1995
Trinity County	18.5%	16.9%
California	12.5%	16.5%

Source: Trinity County Economic and Demographic Profile 2000, Center for Economic Development, California State University, Chico

Another indicator of food insecurity is the number of persons in the county who receive aid from social services agencies:

**Percent of the Population Participating in
Social Services Programs**

	Year	Percent
Social Security Insurance (SSI) Recipients	1999	5%
Aid to Families With Dependant Children (AFDC) & Temporary Aid to Needy Families (TANF)	1998	6.6%
Medi-Cal and CMSP	1999	14.4%

Sources: Frontier Nutrition Planning Grant and Trinity County Strategic Plan

Another set of proxy indicators for food insecurity is a review of the prevalence of diet-related diseases. The following data was obtained from several sources, including Trinity County WIC, Headstart, and the 1997 County Health Status Profiles.

Percentage of Diet-Related Diseases in Trinity County

<i>Indicator</i>	<i>Year</i>	<i>Focus Group</i>	<i>Number</i>
Deaths Due to Coronary Heart Disease	1993-1995	General Population	26 persons average/yr
Deaths Due to Stroke	1993-1995	General Population	8.3 persons average/yr
Anemia	1999 1999-2000	WIC Participants 1-5 years Head Start Center-based Weaverville & Hayfork	5.3% 15.4%
Low Birth weight	1997	Newborns	6.6%
Underweight Children	1999	WIC Participants 1-5 years	2%
Overweight	1999-2000 1999	Weaverville Head Start WIC Participants 1-5 years	12.5% 16%

Sources: County Health Status Profiles 1997, WIC Survey, Head Start

FOOD ASSISTANCE RESOURCES



The Food Stamp Program is the largest of the U. S. Department of Agriculture (USDA)'s food assistance programs administered by the Food and Nutrition Service (FNS). Benefits averaging \$72 per month are available to *eligible* persons at or below 130% of the poverty index.⁸ Eligibility and allotments are based on household size, income, assets, and other factors. Over half of the participants are children, while one out of six is a low-income older adult. The program is tied closely to cash aid programs known in California as CalWORKs, and is considered an income maintenance program, as opposed to a nutritional program.

Research by the FNS and the U.S. Census indicate that the number of food stamp caseloads has decreased while the number of individuals living below the poverty line has increased. According to a 1994 study by the U.S.D.A., California has the second lowest participation rate in the nation with only 57% of eligible persons participating.⁹ The participation rate in California has dropped 33.3% since 1995. Trinity County showed a 23.24% drop in caseload during that time period.¹⁰ Possible explanations for this trend include the following:

- *Welfare reform has significantly impacted the Food Stamp Program.* In 1996, legislation was enacted that reduced the number of people who are considered eligible to receive benefits, particularly legal immigrants, Able-Bodied Adults without Dependents (ABAWDs) and people whose vehicles have values that exceed the Program's designated limits.
- Many people do not understand the eligibility criteria and assume they are ineligible.
- Others are discouraged by the stigma associated with receiving "welfare." Legislation passed in 1996 requires adult recipients to have their finger images scanned in order to identify duplicate applications. There is a concern among food security advocacy groups that this practice will perpetuate the perceived

⁸ California Food Policy Advocates, *food stamps work / Food Stamps: Overview & Background*

⁹ California Food Policy Advocates, *food stamps work / Food Stamps: Overview & Background*

¹⁰ California Food Policy Advocates, *Hunger Update: the source for information on anti-hunger policy*, Volume 14, Number 11, November 1999

stigma. Trinity County, like most other counties, began implementing this requirement in the past few months.

- The lengthy application process intimidates potential recipients. According to research done by the US Department of Agriculture, it takes five hours and at least two trips to the social services office to get food stamps. This is especially difficult for working recipients who must take time off work to keep their appointments.
- Many people are hindered by lack of transportation to agency sites.¹¹ This is a major barrier in Trinity County

The USDA is in the process of organizing a Food Stamp Program outreach campaign. They also advocate education and outreach being conducted at the local level. Trinity County is taking the following measures to address some of the barriers to participation:

- ◆ Making sure that CalWORKs recipients and county eligibility staff are aware that recipients can receive benefits as they transition from “welfare” to work.
- ◆ Outstationing services to the outlying communities.
 - An eligibility worker and a clerk/receptionist is in Hayfork one day per week taking applications for cash aid, Food Stamps, Medi-Cal/CMSP, and general assistance. The eligibility worker conducts interviews by appointment. The computerized application (ISAWS) will be available at the Hayfork site soon.
 - An eligibility worker is visiting Southern Trinity every other month, weather permitting. ISAWS will not be available there in the foreseeable future.
 - Future plans include an eligibility worker doing perinatal outreach in Hayfork, Southern Trinity, and the new clinic at Trinity Hospital in Weaverville. This program will target women who are pregnant or under 18 years of age, and will focus on Medi-Cal eligibility. Each site will be able to provide recipients with referrals to and applications for other appropriate social services programs including Food Stamps.

Women, Infants and Children (WIC) provides nutrition education and supplemental food vouchers for pregnant and breast-feeding women and children under age 5 who meet income qualifications. WIC vouchers are issued for specific nutritious foods and are accepted only by WIC approved vendors. Ten dollar WIC vouchers designated for use in farmers markets have been distributed this summer to all WIC participants over the age of one and have been well utilized. It is unknown at this time if the Farmers Market Program will continue to the same extent next summer.

¹¹ USDA, *California Food Stamp & Anti-Hunger Grassroots Forum*, March 27, 2000, Sacramento CA

Trinity County
Number of Sets of Vouchers Used
January through December

1997	4510
1998	4869
1999	4397 ¹²

The WIC Program is currently involved in an outreach program funded by state grant moneys through September 30, 2000. WIC staff is visiting businesses in Weaverville, Lewiston, Trinity Center, Douglas City and Hayfork to disseminate information about the WIC program and contacting social service agencies about conducting inservices for their employees.

WIC staff is in Hayfork three days per month providing their full range of services. WIC is not offering outstationing services to any other communities at this time. When residents of the outlying communities are seen in Weaverville or Hayfork, WIC will issue two months' food vouchers at a time because of the distance these people must travel.

National evaluations of the WIC program have shown its effectiveness in preventing poor birth outcomes and improving the nutrition, thus the health, of the participants.

The Trinity County Food Bank distributes *U.S.D.A. commodities* to an average of 729 individuals (or 333 households) once per month at 8 locations, including Big Bar, Coffee Creek, Hawkins Bar, Hayfork, Junction City, Lewiston, and two locations in Weaverville. The Food Bank Director and his assistant are the only paid staff, and are considered independent contractors. The bulk of the staff is volunteers. There are no limitations regarding the number of times recipients may be served, as long as they register in the area in which they live and provide proof they meet the income guidelines. See attachments E, F and G.

The Food Bank operates under the umbrella of the *Golden Age Senior Center, Incorporated* using its 501.3c IRS Exempt ID number for non-profit organizations. The *State of California Food Assistance Bureau* administers the state and federal program. It allocates funds based on a comparison of poverty and unemployment data for each county, allocates and delivers Federal Department of Agriculture (FDA) food and audits the Food Bank's documentation and expenditures. The current allocation is \$10,000 for the fiscal year ending September 30, 2000.

The California Department of Social Services Assistance Bureau advises the *Trinity County Board of Supervisors* of the results of the annual audit they conduct. The county allows the Food Bank to operate their vehicle under the county's fleet liability insurance and to purchase gas at the county yard.

The following issues were identified regarding the Food Bank:

- The infrastructure of the Food Bank is currently in transition due to two major factors.
 1. Recently, the Golden Age Center's Board of Directors expressed a desire to disassociate with the Food Bank. The Food Bank Directors are in the process of locating an alternate base of operations.

¹² WIC Program, Weaverville Office

2. The Directors would like to retire. They have located a possible replacement, and anticipate a six to eight month transition.
- Liability insurance for each site, except Hayfork, is covered by the organization that provides the site. The Trinity County Fair Association, which provides the Hayfork site, requires an attachment naming the Golden Age Center as liable for any incident that may occur during the distribution of commodities.
 - The Food Bank distributes perishable commodities whenever they become available from “Donate-Don’t-Dump” or “Foodlink”. Fresh fruit and vegetables become available on an unscheduled basis, usually with very little notice. Timely distribution without spoilage is a continuing challenge. There is a notification and distribution process in place, but it needs to be expanded.
 - Although the Food Bank has recently acquired refrigerated storage through grant funding, they do not have a refrigerated truck for transporting perishables.
 - There is no public transportation directly to the Food Bank Distribution sites. The closest public transit stop is at least a quarter of a mile distant, and there is no public transit service to the downriver locations.

Participants in Southern Trinity receive their commodities from the Southern Humboldt Food Bank because they are closer geographically.

Senior Lunch Programs are currently in operation at the Senior Centers in Weaverville and Hayfork. They provide onsite congregate meals, and home delivered or “meals-on-wheels” for seniors unable to come to the center.

The ***Golden Age Center*** in Weaverville serves an average of 1200 congregate meals and 300 meals-on-wheels per month. Participants in the latter have increased in the last year from 9 to 23. The Golden Age Center also serves as the umbrella organization for the Trinity County Food Bank.

The ***Roderick Center*** in Hayfork serves an average of 1050 congregate meals and 45 meals-on-wheels per month.

Financial sustainability has been an ongoing challenge for both senior centers. Both Directors state that it costs more to provide a meal than the suggested donation from participants will cover. The meal programs are funded less than 50% through state and federal grant funding, and receive no county funds except a “small stipend.” The Golden Age Center had raised its donation from \$2.50 to \$3.00 and the Roderick Center is considering raising the donation. Both are planning fundraising activities, but the receipts will probably not be sufficient to meet their needs. The Director of the Golden Age Center states it is in danger of closing in one year if the fundraising goal of \$20,000 is not met.

The ***Burnt Ranch Indian Association*** is an organization made up of members of different American Indian tribes. They do not qualify for many programs that service Native Americans because they are not a tribe, but an organization. However, the Blue Lake Rancheria in Humboldt County provides them with lunches for elders as a good neighbor arrangement. Once a week, a van from Blue Lake brings lunches, which have been prepared, packaged in trays and frozen. They provide five lunches per week per participating senior.

The National School Lunch and Breakfast Programs, USDA programs administered by FNS, provide students with free or reduced price meals depending on family size and income. These programs provide one-fourth or more of the Recommended Dietary Allowances for key nutrients. In Trinity County, 53.7% of students used the program in school year 1997-1998. See Attachment H for participation numbers for the current year. The thirty-day period after the beginning of the school year has not yet elapsed for all schools, so these are not final numbers.

The Summer Food Service Program, is another USDA funded program that ensures low-income children can continue to receive free, nutritious meals during off-school periods of fifteen days or more when the National School Lunch and Breakfast Programs are not available. Once the site meets the start-up criteria (at least half the children in the area must be eligible for free and reduced school meals), the program is open to *all children* ages 2 through 18. All food must be eaten on site. This program was initiated in Trinity County this year with three sites in Weaverville, three sites in Hayfork/Hyampom, and one site in Lewiston. Lunch is served at all sites and breakfast is also served at one site in Hayfork.

Trinity County	
Summer 2000	
Average Meals Served Daily	
Weaverville/Lewiston	175 ¹³
Hayfork/Hyampom	85 – 100 ¹⁴

The plan for next year is to increase the number of hours per day that the existing sites are open and to implement the program in Trinity Center and downriver.

Head Start is a preschool program that provides services to low-income children three to five years of age. Children are served a minimum of one hot meal and snack per day, fulfilling at least one third of their daily nutritional requirements.

<u>Trinity County</u>	
Number of Children Enrolled	
Weaverville	16
Hayfork	22
Southern Trinity	8 ¹⁵

Food Pantries/Cupboards are private sector food assistance programs usually associated with a non-profit community organization. There are several food pantries in Trinity County, mostly located at churches in Hayfork and Weaverville. These are

¹³ Trinity Unified School District

¹⁴ Mountain Valley Unified School District

¹⁵ Pat Carlson, M.S., M.P.H., R.D., Head Start Program

emergency food programs, and almost all of them restrict the number of times participants may be served. However, most of them are very generous in the amount of food they provide per visit.

There is some variation in the way each organization operates. The Hayfork Food Bank distributes food one Saturday per month. Some organizations maintain cupboards or pantries filled with food, while some go shopping at the local grocery when they receive a request for emergency food. Others have a cupboard of packaged goods but shop for fresh foods each time an emergency call comes in. In the past some of the food pantries had an arrangement with local groceries where the recipient did the shopping and the food pantry paid the bill. Virtually all of them have discontinued this practice because recipients were frequently purchasing inappropriate and expensive items.

The Burnt Ranch Indian Association provides emergency food assistance downriver. In Southern Trinity, Mad River based Southern Trinity Health Services distributes emergency food.

For a listing of the food pantries identified within Trinity County, see appendix E, Side 2.

The Human Response Network (HRN) is a private non-profit organization established in 1980 to provide resources to children and women who were victims of violence, abuse, or sexual assault. This grassroots effort has expanded its role to include a wide range of services including the creation of an emergency food assistance program 1991.

HRN's method of distribution varies depending on how quickly their monthly funding is used in any given month. Early in the monthly funding cycle HRN issues food vouchers that limit the type of items purchased. When funding becomes low toward the end of the cycle they purchase canned food in bulk that is distributed by the bag. Recipients may receive emergency food once per year. During the 1997-1998 program year, HRN provided food to approximately 220 families.

In addition HRN assists with funding for four food pantries in Weaverville and in outlying communities. This effort is coordinated through collaboration with churches and other community-based entities.

HRN distributes vegetable seeds through their "Seeds to Supper" program initiated in 1997. Seeds are offered to families as part of the agency's food assistance program.

Self Help and Resources Exchange (S.H.A.R.E.) is a neighborhood based self-help food and community building program which provides \$30 worth of meats, fresh fruits and vegetables, and grocery staples for \$15 plus two hours community service. Pre-packaged, frozen food is ordered and delivered monthly. Vegetarian and special packages are available.

The S.H.A.R.E. program was reactivated in Hayfork in June 2000, with an enthusiastic response from the residents. Participants numbered 47 in June and jumped to 67 in July. There is a wide spectrum of activities in the Hayfork area that qualify for the community service component of the program, and all participants have easily met this requirement.

Transportation is an issue. Lack of a refrigerated truck makes pick-up in Redding a challenge in the summer, when temperatures frequently exceed 100 degrees. In the winter months, snow and ice make the trip more time consuming and hazardous.

Efforts are currently under way to recruit an entity to sponsor the S.H.A.R.E. program in Weaverville.

The Food Resource Listing produced by the Frontier Nutrition Project is a list of food resources available to the low-income residents of Trinity County in the form of a flyer. See Attachment E. It was originally distributed in May 2000 via a local newspaper with a distribution of about 7000 people. In addition, the listing was distributed at the food banks and food cupboards, WIC, HRN, social services offices and orientation workshops and in the monthly assistance checks. Trinity Kids First, a group whose focus is developing local collaborative strategies to improve the health and quality of life for children birth through eight years of age, has posted the listing on their website.

The listing was updated in September 2000, and was redistributed to all the above except the local newspaper.

Future plans include producing a Southern Trinity version, listing the Humboldt County resources that are geographically closer to the Southern Trinity residents.



ACCESS

Grocery Market Survey

A survey of seven of the county's grocery stores was conducted. The purpose was to assess the quantity and quality of nutritious foods available. There are one locally owned supermarket and two convenience stores or mini-marts in Weaverville; in Hayfork, there is one large market as well as a discount grocery. The majority of grocery stores in Trinity County are small, privately owned establishments in remote communities and are the rural equivalent of convenience stores, colloquially referred to as "mom and pop stores." There has been a decline in the number of such stores in recent years, downriver in particular.

The survey results indicate the following:

- The quantity of nutritious food items is greater in the larger markets. The supermarket in Weaverville stocks a selection comparable to chain supermarkets located in Redding.
 - Fresh produce is available in every store to some extent. Of the 18 produce items surveyed, 4 were available in every store surveyed while an additional 5 were available in six of the seven stores surveyed.
 - Low fat dairy products are available at virtually all the stores visited.
 - Whole grains were not as abundant, but every store did carry whole wheat bread and bran cereal.
- The quality of the fresh produce was surprisingly high in all stores visited. Again, the supermarket in Weaverville was comparable with supermarket chains in Redding. The quality in the smaller stores varied slightly, but no wilted, damaged or spoiled produce was observed.
- A price comparison was conducted, based on an imaginary "market basket" of food containing the ten items that were present in every store surveyed. The

average “basket” cost \$14.22. The lowest priced “basket” cost \$12.39 at the supermarket. The highest price was \$16.36 at a “mom and pop” store, but this was significantly higher than the other three small stores.

Market Baskets

Average for the three large in-town markets	\$13.53	
Average for the four small remote stores (including highest priced)	\$14.74	9% higher
Average for three small remote stores (without highest priced)	\$14.19	5% higher

Organic Food Stores

Two organic food stores were encountered during the assessment. One is a small store in Hayfork. It offers a limited amount of fresh foods. However, the owner orders bulk foods from an out of town source, and ordering bulk foods through her is an option open to anyone in the community who cares to participate.

The other organic food store is a market located in Weaverville. It offers a large selection of high quality fresh foods. The owner expressed concern about maintaining confidentiality when presenting the results of a price comparison and questioned whether organic foods are comparable with grocery market merchandise.

A more thorough study of the retail organic food options in Trinity County was not possible because of limited time and resources.

Farmers Markets

There are three certified organic farmers markets in Trinity County this season. Those located in Weaverville and Hayfork are associated with the Trinity Organic Growers Association (TOGA), while the one in Dinsmore is independent.

The Project Specialist visited the first two markets. They are each open one evening per week from 4:30 to 7pm. They are relatively small-four to eight booths. They offer fresh produce, home baked breads, herbs. Farmers are required by TOGA to sell only produce grown on their own farm. The prices are somewhat higher than in the conventional grocery markets, but the produce is exceptionally fresh.

These two farmers markets are approved to accept WIC vouchers. As of the 2000 season, TOGA has agreed to donate produce left over at the end of the market day for distribution to needy families. The Frontier Nutrition Project coordinates distribution of this food through a local church.

There is a larger farmers market in Redding (Shasta County) on Thursday evenings. Visiting this market involves at least an hour drive from Weaverville and more from most of the remote communities.

Community Gardens

The Trinity County Frontier Nutrition Project is responsible for the creation and evolution of two community gardens located in Trinity County’s two population centers-Hayfork and Weaverville. Both gardens provide a source of fresh foods for the low-income residents of Trinity County and a venue for a variety of educational activities promoting healthy eating habits. Produce from the Weaverville garden is distributed to WIC participants, the senior center lunch program, to the food cupboards (esp. the *Congregational Church Food Pantry*) and to those working in the garden. In addition,

produce from the gardens is used for food demos, classes and as a donation to the annual community holiday dinners.

One of the stated objectives of the Frontier Nutrition Project since its creation in March 1999 is to raise awareness of and increase participation in the community gardens. Currently the gardens are tended by an assortment of volunteer and community service workers. CALWORKS and ABAWD participants who receive food stamps are sometimes referred to the garden as a worksite to fulfill the community service component of these programs. With the collaboration of a growing number of Project Partners, the gardens are gaining recognition in the community and participation by volunteers and school groups is increasing annually. Another reason for the increase in workers is that time limits instituted by welfare reform are being reached.

Currently there is one full time staff person for the Frontier Nutrition Project. The Project has had another halftime assistant coordinator position in Hayfork but it has only been filled intermittently. Because of this staffing problem, animal predation, water shortages and general apathy in the Hayfork area, this garden has been less successful so far than the Weaverville site.

One of the stated goals of the Project is find ways to sustain itself. The current grant funding will expire in October 2001. The coordinator has solicited feedback and suggestions from the community and through a "Citizen's Advisory Board" on ways to integrate the Project into other ongoing aspects of the community. Responding to interest and support from various children's agencies, beginning in 2000 a portion of both community gardens was designated as a children's garden. Under a proposed grant from the Trinity County Children and Families First Commission (Prop 10), "The Children's Garden" will create a learning center where children can participate in hands-on gardening and nutrition education activities. In another response to community input, the garden will be reorganized for the growing season 2001 to function more like the majority of community gardens that make "family lease plots" available.

Another goal of the Project is to offer technical assistance to other organizations or individuals seeking to start a new community/school garden or to expand an existing one. During 2000, three outlying communities and one preschool contacted the FNP for information and assistance in starting new gardens. An information packet was sent to two of them and site visits were made for consultations. The FNP coordinator continues to provide technical support to gardeners as part of her position and as a volunteer Master Gardener.

Transportation

Transportation, or lack of it, is a huge issue in Trinity County. This topic came up literally everywhere the Project Specialist went. Seven of the fourteen key informants presented transportation as a major issue. Only one other issue raised during the key informant interviews ranked as high.

Many people told the Project Specialist anecdotally that low-income residents commonly do not have vehicles or access to reliable transportation to keep appointments with

doctors, social service agencies, or to attend food giveaways. Those who are lucky enough to have access to the public transit options must limit their food acquisitions to what they can carry.

Trinity Transit operates a shuttle bus with scheduled stops in Weaverville, Hayfork, and Lewiston. The fare ranges from \$.50 to \$1.75 depending on the route; children under five are free. A commuter pass is available providing twenty trips for \$20.00. The shuttles are wheelchair accessible. The shuttles do not stop directly at any of the food distribution sites. There is about a quarter mile walk in Weaverville and Lewiston and at least a ¾ mile walk in Hayfork to reach the commodities distribution sites.

A *Senior Van* is provided by the Golden Age Center in Weaverville. The purpose of the van is to pick up seniors and bring them to the center for lunch, and then return them to their homes in the afternoon. On the homeward trip, the van will stop at the following locations for a limited time, or will sometimes drop off seniors and come back to get them.

- Library
- Post Office
- Bank
- Credit Union
- Tops Market
- Pharmacy
- Social Services Office

The Roderick Senior Center is funded for an *Assisted Transportation* program. It provides for one paid driver to transport seniors in a private vehicle to medical appointments within Trinity County. Frequently seniors have appointments with medical specialists in Redding, and are asked to make a donation to cover travel of more than three hours.

The “*Let’s Go Van*” offers transportation between Weaverville and Redding every Tuesday and Thursday for a \$9.00 roundtrip fee. Trinity Hospital originally used the van to transport county residents to medical appointments. Today this service is a collaborative effort between Trinity Hospital, the Human Response Network, Trinity County Health and Human Services Department, and Behavioral Health and has expanded its focus to include a variety of stops including grocery markets. As of this writing the van has been without a driver for a month, but a new driver is being actively recruited.

There is *taxi service* available, but the cost is prohibitive for many low-income community members.

In the past there were public transportation options available to some outlying communities and an “Indian van” operated downriver, but they were abandoned because utilization was not sufficient to keep them operating. Presently, there is no organized transportation system to the outlying remote communities.

Mileage from Weaverville

North on Highway # 3

Rush Creek Road	6.9
Lewiston	15.2
Covington Mill	22.5
Trinity Center	28.7
Coffee Creek	36.6

South on Highway # 3

Hayfork	35.0
Peanut	42.0
Highway 101	125.0

West on Highway #299

Junction City	8.0
Big Bar	23.0
Hawkins Bar	40.0
Salyer	53.0
Eureka	110.0

East on Highway #299

Douglas City	7.0
Lewiston	20.0
French Gulch	32.0
Old Shasta	41.0
Redding	45.0

Source: Trinity County Chamber of Commerce



NUTRITION EDUCATION

CLASSES/WORKSHOPS

Nutrition education is a key focus of the WIC Program. Trinity County WIC participants attend 3-4 classes annually, with additional special classes for those with infants. Topics cover smart shopping, the food pyramid, whole grains, and sometimes include food demonstrations and tastings. Handouts and recipes are used extensively at WIC. Each participant is also seen individually at least 2 times per year for nutrition and growth assessment.

Over the past few years nutrition education and cooking classes have been sponsored by other Trinity County entities. Since May 1999, Frontier Nutrition Project has organized and conducted 16 nutrition classes. Volunteers presented some of the classes, while other presenters were credentialed specialists in their fields. Class topics include “1000 Ways to Cook Rice,” “Fast, Affordable and Healthy Meals,” “Nutritional Benefits of Gardening”, “Preparation of Salads, Stir-Fry and Low-Fat Dressings” and “Food Preservation.” Classes have been held at the Golden Age Center, the Hayfork Community Center and at social services orientations. Some classes were presented in collaboration with WIC and the Trinity Organic Grower’s Assoc.. Low attendance has been an issue.

The Trinity County Health Department offers classes for clients with diabetes. A health care team, including a dietician, present these classes. Classes are offered in Weaverville, Hayfork and Southern Trinity. Attendance has been very good, possibly because they are focused on a group with a distinct medical condition.

FOOD DEMONSTRATIONS/TASTINGS

In 2000, Frontier Nutrition Project, in collaboration with TOGA, began coordinating food demonstrations/tastings at the Weaverville Farmers Market and at the Trinity Salmon Festival. During the demonstration, presenters offer instruction about the preparation and nutritional content of the foods presented, and provide printed recipes so people can try them at home.

IN-HOME VISITS

Some agencies such as the Trinity County Health Department and the Head Start program conduct home visits as part of their program services. They assess the family's need for nutritional education during the visit and if a need is perceived they provide nutritional instruction at that time. HRN offers in home services that include budget management, meal planning, and food preparation skills.

INFORMATIONAL MATERIALS

Nutritional information and recipes are distributed by a number of entities. The Frontier Nutrition Project provides brochures and recipes to WIC participants, in mailings to social services recipients, at classes and workshops, food demonstrations, social services orientations, and at food bank distribution sites. WIC distributes literature at many of the same sites. The County Health Department offers a variety of brochures at their office, and also provides them during CHDP well baby checkups. Several of these entities have informational booths at the two Health Fairs conducted in the County each year and at other local events. For instance, Frontier Nutrition Project has had a booth at the Trinity Salmon Festival in 1999 and 2000.

Several of the food pantries distribute recipes periodically; a few offer nutritional information. The senior centers both offer nutritional literature to their participants.

GARDENS

The community garden serves as an educational tool as well as a food source for low-income families. As a result of the gardening classes offered at WIC, several participants visited the gardens and shared their experiences. The Frontier Nutrition Project is developing the "children's gardens" as learning centers for young children, encouraging visits to the garden to discover where healthy food comes from and providing for some children their first taste of food fresh from the garden. High school students participate in projects that not only benefit the garden, but provide a learning experience for the students. The FNP coordinator offers support on gardening and nutrition to school groups, fledgling community gardens and other organizations and community members.

KEY INFORMANT INTERVIEWS

Nutrition education was one of the two components of the fourteen key informant interviews conducted with individuals who participate in government, private, and volunteer entities that serve the low-income residents of Trinity County. The interviews produced some interesting issues.

- Half of the persons interviewed feel that more nutrition education and cooking classes are needed in Trinity County.
- People don't know how to cook from scratch. This means that they typically don't know how to prepare many of the foods distributed by emergency food programs. Several interviewees attribute these phenomena to the prevalence of packaged foods and other "fast food" options in our society.
- People have poor shopping skills for making nutritious choices.

- People have poor budgeting skills. They don't know how to stretch their food dollar.
- Poor food and nutrition skills are an indicator of poor "life skills"
- More recipes need to be distributed, and we need more coordination, maybe a cookbook.
- Some of the emergency food programs would like to distribute more nutritional information.
- How do we provide more promotion and education?
- How do we get better attendance at classes and workshops?
- Home economics classes are not being provided in the schools.
- Many children are malnourished in an overfeeding sort of way. They need more vegetables and low-density calories in their diets. We need to teach them how to eat properly.

CONCLUSIONS AND RECOMMENDATIONS

One reason for this report is to identify whether food insecurity is an issue in Trinity County. There are numerous government programs and agencies providing food assistance to the County's low-income residents. In addition, there are many private sector organizations, mostly operated by dedicated volunteers, offering emergency food assistance. While their efforts are commendable, the very existence of emergency food sources is an indication of food insecurity according to the definitions presented in the *Food Security Concepts and Definitions* section of this report. The conclusion that food insecurity is present in Trinity County is further supported by the proxy data.

The research phase of this report provided a wealth of information pertaining to food security and nutrition education issues in Trinity County. However, time, staffing and funding were not sufficient to fully investigate all the issues. What emerges is not a complete study, but rather an outline of the County's needs and resources. In order to gain a thorough understanding of the level of food insecurity, further study is needed to fill in the gaps. The following are areas identified as needing further research.

1. A survey of the low-income residents of the county should be conducted using the *Food Security Questionnaire Core Module* as a tool. The six-question "short form" was used in the California Health Interview Survey (CHIS) that was administered at the State level to measure food insecurity by county. Unfortunately Trinity County statistics were grouped with several other small counties and data specific to our county is not available. There have been two other locally designed surveys administered in Trinity County, but neither study had a quantifiable means of presenting the results. The advantage of the core survey model is that the questions can be scored in numerical values ranging from 1 to 10. A college student intern might be recruited to administer the survey. The Hunger Committee endorses conducting a local survey using the Core Module.
2. Time and resources did not allow a thorough assessment of the county's agricultural resources. This should be done with an eye toward identifying possible entrepreneurial activity which could provide long-term, self-sustaining projects that contribute to increasing food security, provide venues for education and training, and create jobs for community members. Once potential projects are identified, financial analysis and market research should be conducted.
3. This report has identified critical inadequacies in the existing transportation options available in the County, especially in the outlying areas. Further research should be conducted to identify ways to coordinate or modify the existing resources and to develop new transportation systems.

Some strategies towards improving the level of food security and nutrition education in Trinity County are listed below.

- The Hunger Committee should continue to promote collaboration and partnering among the existing food assistance agencies and organizations. One example of a project needing continuing attention is refinement of the notification and distribution process for perishable commodities.
- Coordinate with other agencies to provide more comprehensive outreach into the remote communities. Ideally, representatives of several different agencies would carpool to remote communities to offer “one stop” services to low-income residents. For example, these programs could be represented: CalWorks, Food Stamps, WIC, Health Department, Frontier Nutrition Project, and other programs as deemed appropriate.
- Develop a networking relationship with the County Tobacco Education Program. They have well established and successful outreach, education and advertising procedures that might be adapted to educate the community about food insecurity and good nutrition.
- Continue to collaborate with organizations such as TOGA to present food demonstrations. In 2000, the food demonstrations at the Farmers Markets have been particularly successful and should be presented more frequently during the 2001 season, perhaps as often as once per month.
- Advocate nutrition education and cooking classes in the schools. Currently, home economics classes have been dropped from the school curriculum. It is important to educate our young people about healthy eating habits in order to develop healthy, nutrition-conscious adults. This process could be self-perpetuating through future generations - healthy adults raising healthy children.
- Coordinate distribution of recipes by various agencies and distribute more recipes that utilize the foods distributed by the food banks and food pantries. Collaborate to present recipes in a cookbook format.
- Form a Food Policy Council (FPC). Food policy councils typically serve as advisors to government agencies and are formed by city or county resolution. They tend to be composed of members of the community and representatives from food-related public and private sector organizations. Some FPCs are located within a local government department, such as the

Department of Health, while others are established as an independent commission.¹⁶

In Trinity County, formation of a Food Policy Council could be as simple as granting an existing group such as the Healthcare Taskforce the authority to develop food-related policies and programs, in essence formalizing a structure that already exists. This council would need to collaborate with other entities such as the Planning Department and General Services to implement food-related projects that fit within the guidelines of existing municipal structures as well as meet the needs and resources of the community.

To provide the level of food security and nutrition education that our community members deserve, our government officials, social services agencies, public and private sector food resource programs and the community at large must become aware of the issues and participate in the solutions. Access to sufficient nutritious food is a human right. Food security and access to nutrition education is a community concern and responsibility.

¹⁶ Community Food Security Coalition, Winne, M., Joseph, H & Fisher, A., Edited by Joseph, H, *Community Food Security: A Guide to Concept, Design, and Implementation*, January 2000

ATTACHMENT A

KEY INFORMANT INTERVIEWS

Organization	Place	Interview Date	Done
Indian Association	Burnt Ranch	06/05/00 1pm	X
Roderick Senior Center	Hayfork	06/09/00 2:30	X
Hayfork Food Bank (Faith Chapel)	Hayfork	06/09/00 1pm	X
7 th Day Adventist Food Pantry	Hayfork	06/09/00 9:30	X
Public Health	Weaverville	07/06/00 1pm	X
Trinity County Food Bank	Weaverville	06/14/00	X
WIC	Weaverville	06/25/00 11am	X
Golden Age (Senior) Center	Weaverville	07/13/00 2pm	X
School / Kids First	Hayfork	07/05/00 9:30	X
Trinity County Hospital	Weaverville	07/10/00 1:30	X
Trinity Organic Growers Association (TOGA)	Weaverville	06/28/00 2:30	X
Kids First	Weaverville	06/28/00 1pm	X
S.H.A.R.E.	Hayfork	07/05/00 12pm	X
Head Start-Registered Dietitian/Nutritional Consultant	All	08/02/00 12:15	X
Human Response Network (HRN)	Weaverville		
HRN	Burnt Ranch		
Hayfork Farmers Market	Hayfork		
Summer Food Program	Weaverville		
Summer Food Program	Hayfork		
Healthy Start	All		
So Trinity Health Center	Mad River		
Mountain Market	Weaverville		
School Nurse	All		
Lewiston Community Church Food Pantry	Lewiston		
Café Latte	Weaverville	Closed	

ATTACHMENT B

**FRONTIER PLANNING GRANT
FOOD SECURITY/NUTRITION EDUCATION
ASSESSMENT QUESTIONNAIRE
FOR KEY INFORMANT INTERVIEWS**

Goal: Through a community based needs and resources assessment, develop a strategic plan to improve food security and nutrition education for Trinity County’s low-income population.

Definition of food security: The ready availability of nutritionally adequate and safe foods, which can be acquired in socially acceptable ways.

The names and opinions of respondents will be held strictly confidential. Interview responses will be compiled and presented as overall survey results.

Date	Name	Organization
------	------	--------------

What needs/issues/barriers have you observed relating to food security? What opportunities/solutions do you see?

What needs/issues/barriers have you observed relating to nutrition education? What opportunities/solutions do you see?

**ATTACHMENT C
PAGE 1**

KEY INFORMANT INTERVIEW SUMMARY

Key Informant Interviews Conducted	14
ISSUE	NUMBER
FOOD SECURITY	
Sensitivity to Needs of Recipients	
Recipients may not have cooking or food storage facilities, utensils	3
Illiterate recipients are not able read recipes	1
Stigma associated with accepting assistance	1
Fear that participation will bring recipient to the attention of the government	1
Pervasive feeling of depression and apathy	1
Children's Issues	
Level of nutrition not optimum in schools-needs to be improved	3
Many children are leading sedentary lifestyle	3
No home economics classes/need nutrition education in the schools	3
Many children are malnourished in an overfeeding sort of way	2
Some kids don't eat a meal except at school	1
Morning snacks are only provided for small children. We need to feed older kids.	1
Not enough time allotted to eat school breakfast	1
Soda machines in schools	1
Many children need more vegetables and low density calories in their diet.	1
Many children are at risk for becoming recipients because of their family situations	1
Give kids incentive to learn, ie they can earn money from a backyard garden	1
Food Stamps	
Food insecurity increased since Food Stamp allocations were lowered.	1
It takes too much time to apply	1
Transportation	
No transportation for health and social svcs appointments, including food distributions	7
No bus service in remote locations	2
Expanding Our Resources	
We need to expand programs to outlying areas and expand days and hours	5
We are too rigid in our systems.	2
We need to provide more food for low income families	1
We need to interface between agencies.	1
We need to move toward community involvement	1
Existing programs don't provide enough resources to last a full month	1

**ATTACHMENT C
PAGE 2**

KEY INFORMANT INTERVIEW SUMMARY

We need a breastfeeding taskforce to research feeding issues	1
We need to utilize the farms in the county	1
What about indigents? Is food security bound to county residents?	1
We need an agency that provides a social component and peer group support	1

Food Bank (Commodities)

Fresh produce not distributed fast enough.	1
Most of the food distributed is canned and dry goods	1
Storage space	1
Refrigeration storage	1
The Senior Center is considering disassociation from the Food Bank	1
The Food Bank Directors wish to retire by Oct 1, 2000	1
Spoilage of perishable commodities before they can be distributed	1

Food Cupboards

Limit the number of times a person can be served	3
Don't have a contact person who is readily available	1
Have an attitude that they don't want to serve scrubby people	1
Most of the food distributed is canned and dry goods. Would like to offer more variety	1

Seniors

Senior Center in danger of closing due to inadequate funding	2
Cost of providing senior meal exceeds donation	2
Baby boomers are an aging population, resulting in an increased percentage of seniors	2
Spend food money on prescriptions	1
Hospital frequently sees malnourished and abused seniors	1
Donated food is not always appropriate for use at the senior center	1
Meals on Wheels program is too costly	1

Gardens

How does the community garden work?	2
Community garden/school garden needed in our (outlying) community	2
Many people still don't know about the existing community gardens	1
It's difficult to find and retain reliable, consistent help	1
Low income families need help getting a garden started	1

**ATTACHMENT C
PAGE 3**

KEY INFORMANT INTERVIEW SUMMARY

Farmers Market

Many low income families don't shop here because of perception that it's expensive 1

Misc.

Money is spent inappropriately, not on nutritious food 2

Funding needed to support annual Community Holiday dinners 1

NUTRITION EDUCATION

Classes, Workshops, Handouts

Nutrition education and cooking classes are needed 7

People don't know how to cook from scratch/cook the food we give them 6

Recipes need to be distributed 5

Education needed about how to stretch your food dollar 5

People have poor shopping skills 3

Poor attendance at classes and workshops 3

Other nutritional education materials would be welcome 3

People don't have "life skills" 1

Seniors

Mentoring program teaching young women to cook 2

Not a lot of interest in learning 1

Most know how to cook 1

Most are not eating at home 1

Goals

Don't give up on teaching adults, but concentrate on teaching the children 3

How do we provide more promotion and education? 1

ATTACHMENT D

HEAD START

1999-2000 STATISTICS ON CHILDREN (Age 3 to 5) IDENTIFIED WITH SPECIAL NUTRITIONAL NEEDS

	WEAVERVILLE		HAYFORK		SOUTHERN TRINITY	
CATEGORY	NUMBER	PERCENTAGE OF CHILDREN ENROLLED IN PROGRAM	NUMBER	PERCENTAGE OF CHILDREN ENROLLED IN PROGRAM	NUMBER	PERCENTAGE OF CHILDREN ENROLLED IN PROGRAM
Children Enrolled in Program	16		22		8	
Anemic	2	12.5	4	18.2	2	25
Overweight	2	12.5				
Constipation			1	4.5		
Food Allergies						
Special Dietary Needs						
Underweight						
Diarrhea						
Feeding Skill Delay or Problems	1	6.3	3	13.6		
Inadequate Consumption of:						
Calcium (milk)	2	4.5	1	12.5		
Protein (meat & meat substitutes)	4	18.2	4	25		
B vitamins	11	50	11	69	2	25
Vitamin C		4.5	1			
Vitamin A	3	4.5	1	19		
Other F/V	5	18.2	4	31		
Over-Consumption of Sugar	7	32	11	69	6	75



WE HELP YOU PUT NUTRITIOUS FOOD ON THE TABLE

FOOD STAMPS

623-1265 **1-800-851-5658** **#1 Industrial Parkway, Weaverville**
Food coupons issued to county residents who meet income and resource qualifications.

W.I.C.

623-3238 #3 Airport Road, Weaverville **1-800-851-5658** **623-5622 Community Center, Hayfork**
Provides nutrition education and food vouchers for pregnant and breast-feeding women and children under age 5 who meet income qualifications.

TRINITY COUNTY FRONTIER NUTRITION PROJECT

623-1499 Job Link bldg, Weaverville **1-800-851-5658** **628-5622 Community Center, Hayfork**
Manages community gardens in Weaverville and Hayfork. Promotes healthy eating habits and physical fitness through distribution of nutrition materials, workshops on gardening and nutrition, Trinity Salmon fun walk, annual community holiday dinners. Assists food bank network in distribution of free perishable food and garden produce.

SENIOR LUNCH PROGRAMS

WEAVERVILLE

623-5979 Golden Age Center

\$3.00 Donation

Provides a hot lunch for senior citizens age 60 and over (one spouse must meet age criteria). Meals on wheels are provided to confined seniors.

HAYFORK

628-4692 Roderick Senior Center

\$2.50 Donation

S.H.A.R.E

628-5842 or 628-5547 Ask for Darlene

628-4866 Ask for Kit

Neighborhood based self-help food and community building program. Provides \$30 worth of groceries for \$15 plus 2 hours of community service. Sign up is first Saturday of each month 10am–noon at Hayfork Food Bank, located in the Faith Assembly of God Church. Delivery on Saturday noon–2pm on date announced at each sign up.

FOOD PANTRIES

WEAVERVILLE **623-3101** Trinity Congregational Church Food Cupboard
519 Main St. Parish Hall, Weaverville. Wednesdays 10-12

623-2024 Human Response Network – emergencies only

HAYFORK **628-5004 or** Hayfork Food Bank at Faith Assembly of God (Valley Chapel)
628-5547 Highway 3, Hayfork. 3rd Saturday of each month 10-12
Free annual Christmas dinner

628-4286 Seventh Day Adventist Church Food Pantry – emergencies only

628-4565 Human Response Network – emergencies only

BURNT RANCH **629-3998** Emergencies only

MAD RIVER **707-574-6531** Southern Trinity Health Services – emergencies only
Lower Van Duzen River Rd.

LEWISTON **778-0806** Lewiston Community Church – emergencies only

SEE OTHER SIDE FOR MORE FOOD RESOURCES

APPENDIX E SIDE 1

U.S.D.A. FOOD COMMODITIES

TRINITY COUNTY FOOD BANK

623-5409

Director David Beans

DISTRIBUTES U.S.D.A. FOOD COMMODITIES TO LOW INCOME FAMILIES WHO:

1. register in the area in which they live,
2. meet the following income guidelines,
and
3. provide proof that they meet the income guidelines (for instance proof of eligibility in another assistance program such as AFDC, WIC, or Low Rent Housing).

HOUSEHOLD SIZE	MONTHLY HOUSEHOLD INCOME (in Dollars)	ANNUAL HOUSEHOLD INCOME (in Dollars)
1	\$ 906	\$10,868
2	\$1221	\$14,648
3	\$1536	\$18,428
4	\$1851	\$22,208
5	\$2166	\$25,988
6	\$2481	\$29,768
7	\$2796	\$33,548
8	\$3111	\$37,328
9	\$3426	\$41,108
10	+\$410 each	+\$4914 each

DISTRIBUTION SCHEDULE

<u>COMMUNITY</u>	<u>DAY OF MONTH</u>	<u>TIME</u>	<u>LOCATION</u>
BIG BAR	First Monday	10:00 - 12:00 noon	Outpost Restaurant
COFFEE CREEK	First Thursday	11:00 - 12:00 noon	Community Church
HAWKINS BAR	First Monday	10:00 - 11:30 a.m.	Grange Hall
HAYFORK	First Tuesday	10:00 - 12:00 a.m.	Fairgrounds Dining Hall
JUNCTION CITY	First Monday	10:00 - 12:00 noon	Fire Department Annex
LEWISTON	First Monday	9:30 - 10:30 a.m.	Community Hall
WEAVERVILLE	First Monday	12:30 - 1:30 p.m.	Veterans Hall
WEAVERVILLE (Seniors Only)	First Monday	12 noon - 12:30 p.m.	Golden Age Center



SEE OTHER SIDE FOR MORE
FOOD RESOURCES

ATTACHMENT F

FOOD BANK ASSESSMENTS

Site	Average Number Served per Month	Public Transport	Storage Space	Cold Storage	Cooking Facilities	Space for Education Classes	Space for Hand Outs & Surveys	Comments
BIG BAR OUTPOST CAFE	44	No	No	No	Not available for use	No	Limited	Site is located in a privately owned café. A small space is provided for food distribution only. A community "Resource Center," which would have been a possible site for classes, is closed due to lack of funding.
COFFEE CREEK COMMUNITY CHURCH	117	No	No	1 Standard Refrigerator	Yes	Yes	Yes	Although church may be willing to provide room for classes, it was suggested we look into using the new Fire Hall when it's completed. This site usually has a "yard sale" during commodities distribution, where most items are free. Items are clothing and some household items. Commodities delivered to site manager who bags it for distribution. Distribution and paperwork done inside.
HAWKINS BAR GRANGE HALL	63	No	No	1 Standard Refrigerator	Yes	Yes	Yes	Food Bank volunteers feel there would not be much interest in nutrition classes, but would like to distribute recipes. Commodities delivered to site manager who bags it for distribution. Distribution and paperwork done inside.
HAYFORK FAIRGROUNDS Dining Room Exhibit Hall	271	Trinity Transit Nearest stop approx 1 mi	No No	Walk-in No	Yes No	Yes Yes	Yes Yes	The site is changed from the Dining Room to the Exhibit Hall, depending on the Fairgrounds' needs on any given commodities day, so there is a lack of consistency. Commodities and paperwork done inside.
JUNCTION CITY FIRE DEPT ANNEX	6	No	No	1 Double Refrigerator	Yes	Yes	Yes	The site is in the old school building. There is a small kitchen. Commodities and paperwork done inside.
LEWISTON COMMUNITY HALL	141	Trinity Transit Nearest stop approx ¼ mi	Possibly Has several rooms	1 Standard Refrigerator	Yes	Yes	Yes	There is room for 1 – 2 folding tables in the kitchen. Paperwork done inside. Commodities distributed from back of truck outside.
WEAVERVILLE VETERANS HALL	87 Includes Senior Center	Trinity Transit Nearest stop approx ¼ mi	Possibly	1 Standard Refrigerator	Yes	Yes	Yes	Paperwork done inside. Commodities distributed from back of truck outside.
WEAVERVILLE SENIOR CENTER	See above	Trinity Transit Nearest stop 1/8 mi Senior Van	Yes 3 warm storage units	Yes 2 cold storage units	Yes	Yes	Yes	This site is for seniors only. Paperwork is done inside. Commodities distributed from back of truck.

**ATTACHMENT G
EXAMPLE OF FOOD BANK COMMODITIES DISTRUBUTED**

<u>Big Bar</u>	<u>Coffee Creek</u>	<u>Hawkins Bar</u>	<u>Havfork</u>	<u>Lewiston & Weaverville</u>	<u>Junction City</u>
June 5, 2000	June 1, 2000	June 5, 2000	May 2, 2000	April 3, 2000	July 10, 2000
Canned Apple Sauce	Apple Sauce	Canned Apple Sauce	Canned Corn	Canned Corn	Canned Apple Sauce
Canned Beef Stew	Burritos	Canned Beef Stew	Canned Juice (Pineapple or Orange)	Canned Green Beans	Canned Chicken
Canned Chicken	Canned Chicken	Canned Chicken	Canned Pork	Canned Potatoes	Canned Spaghetti Sauce
Canned Green Beans	Canned Green Beans	Canned Green Beans	Canned Tomato Sauce	Canned vegetarian soup	Canned Tuna
Canned Juice (Pineapple)	Canned Pork	Canned Juice (Pineapple)	Canned Tuna	Canned Apple Sauce	Egg Noodles
Canned Pork	Canned Tuna	Canned Pork	Ham	Hot Dogs	Fresh Onion
Canned Tuna	Corn Flakes	Canned Tuna	Hot Dogs	Rice	Fresh Pineapple
Corn Flakes	Egg Noodles	Corn Flakes	Macaroni		Fresh Squash
Dates	Flour	Dates	Raisons		Hot dogs
Egg Noodles	Hot Dogs	Egg Noodles	Refried Beans		Peanut Butter
Flour	Rice Crispies	Flour			Rice
Hotdogs	Sausage Dogs	Hotdogs			Rolled Oats
Pinto Beans	Trail Mix	Pinto Beans			Snapple Green Tea
Powdered milk		Powdered milk			Snapple Hydro
Rice		Rice			Spaghetti Noodles

**ATTACHMENT H
FREE AND REDUCED PRICE MEALS**

SY 2000-01 SCHOOL LUNCH PROGRAM-September 20, 2000

NOTE: 30 day period after beginning of school has not yet elapsed. These are not final numbers.

	# Free	# Reduced	Total F/R	Full Pay	Total # students	% F/R Breakfast ?	
ELEMENTARY SCHOOLS							
Burnt Ranch	32	6	38	36	74	51%	Y Breakfast free for all students
Coffee Creek	18	N/A	18	9	27	67%	N Sack lunch
Cox Bar	14	4	18	5	23	78%	N
Douglas City	61	25	86	55	141	61%	Y
Junction City	13	3	16	34	50	32%	Y Breakfast free for all students, called Especially Needy School Breakfast
Lewiston	58	19	77	49	126	61%	Y
Trinity Center	6	0	6	19	25	24%	N
Weaverville	156	73	229	246	475	48%	Y
TUHSD							
TUHSD	139	34	173	376	549	32%	
Trinity High	113	33	146				
Alps View	23	1	24				
Trinity River Community Day	7	0	7				
MVUSD							
Hayfork Elem.	167	35	202	69	271	75%	Y
Hayfork High	97	27	124	63	187	66%	Y
Mt. Valley Comm. Day	5	0	5	0	5	100%	Y
Hyampom	12	2	14	3	17	82%	Y
Valley High	8	0	8	2	10	80%	Y
STJUSD							
Van Duzen	70	11	81	28	109	74%	Y
Hoaglin-Zenia	11	3	14	11	25	56%	Y
So. Trinity High	15	5	20	31	51	39%	Y
Mt. Lassic	3	0	3	0	3	100%	Y