

## **Food Distribution and Meal Sites 12/7/2017**

**Attendees:** Diane Zemke, CHHS Board; Anne Whigham, CHHS Board; Pam Almeida, GSC Meals on Wheels (Marta, the new ED, as well); Monique Kolonko, CCS; Cherie Moss, Our Place; Chuck Teegarden, Communities in Schools; Connie Nelson, Shalom; Natalie Tauzin, SRHD.

### **Greater Spokane MOW-Pam Almeida**

Congregate meal sites (150-300 meals/day). They serve 3 LI apartment complexes, 5 hot meals/week and 2 frozen for the weekend. Also serve Hillyard senior center (5 meals/week) and Corbin (4 meals/week).

Home delivered meals (200 hot meals/day and frozen meal program on sliding fee scale and liquid nutrition at cost for anyone with a prescription. Meal donation \$3.85; need to be home bound to receive home delivered meals. Other senior meal site Mid-City Concern, but there is no data. MOW can only provide 1 meal per day and for about 1/3 of participants this is their only meal for the day.

**Shalom Ministries**-6 weekly meals 150-350/day per meal 4 breakfasts and 2 dinners. No income requirement. Trends: previously homeless people living in downtown core; now more low-income people or newly housed use meal services to stretch dollars and because they do not know how to cook. VOA-Catholic Charities 100 units (125 to 150 deliveries) in.

**2<sup>nd</sup> Harvest** “Brown Bag” groceries (what is available) (Chelsey is 2<sup>nd</sup> harvest contact person) to homebound seniors and also adult disabled. 125-150/month. Volunteers from Catholic Charities does city and MOW does outside the city for Seniors who are able to prepare meals for themselves;

Commodity meal program (CSFP) for Seniors and work with Catholic Services to do home delivery. Once a month box of food is delivered and senior gets to see the delivery person; driver can refer downward health changes. 2<sup>nd</sup> Harvest has a contract for Spokane and Whitman Counties. 2<sup>nd</sup> Harvest tried to switch lower income brown bag to box. Many boxes are distributed through neighborhood food banks or deliveries. About 1,300 are on the program. CSFP is a commodity based prescription diet program. (per Connie Nelson) Required to provide specific amounts of protein, veges, etc.

**Feed Spokane**- 18 coalition members (receive rescued foods) works with MOW to use refrigerator and freezer space. Rescued food is from restaurants, hospitals, catering, grocery stores. Need additional volunteers to pick up food and get it the the MOW warehouse.

MOW just took on another contract and is running out of freezer and refrigerator space. Feed Spokane may need to be looking for other space in the future.

**Communities in schools** also provides students with food and their pantries run low often. They are serving more and more families.

**Spokane 211**-information is outdated

**Spokane Cares**-Spokane Cares Donna Orme and is with the LDS services to update the site (Google ad words) (Donna is planning to retire soon and is considering turning her resources over to Spokane 211)

Organizations can get a username and a password and update your own information on Spokane Cares. CME has a contract through aging and long term care. Community Living Connections for seniors should be an entry point for resources.

People need paper with resources not a website; SNAP pocket guide is helpful for homeless resources but doesn't focus so much on food.

### **Needs and Gaps for food distribution**

**Seniors**-only one meal a day; don't do outreach because at capacity financially, not at the kitchen; the hidden waiting list they would have it if they did the outreach.

Stigma/pride-no one wants to admit that they need the program. Valley has very few meal site resources; capacity and resourced. Churches are doing the meal but may be more neighborhood focused. Hillyard has real need.

Nutritional quality of meals do not address chronic diseases.

Jerry (cook for MOW) is now preparing 1,500 meals per day out of the MOW site. Pioneer human services. On coast train people in meal preparation. Pioneer wanted to expand the kitchen on the ground in Spokane and put clients into the Carlyle but this is not happening.

CDA meal site coordination of meals. Spokane meals is not coordinated. Feed Spokane facebook page has a daily listing of which meal sites are open which day.

There needs to be a congregant meal site in each neighborhood.

### **Homeless:**

**Refrigeration, storage, transportation, undiagnosed and chronic health issues, preparation facility.** When people can't make the main meal then they can receive a "to go bag" not ideal nutritionally but meets other needs with also have a list of other meal sites.

### **Volunteers**

Volunteer chore services from Catholic Services will help shovel walkway and use the court trustees as the berm crew. MOW have lots of volunteers.

Volunteer availability- most volunteers are aging rapidly and need strong volunteers; especially men. Typical volunteers are 65 to 75 year old white female. Connie is focusing on community service volunteers especially public offenders. Think about trustees from the jail.. Per Connie most of the volunteers provide more than what is required (20 hours required)

MOW has 400 volunteers and currently have openings for 15 volunteer slots. As people retire they come and volunteer. More young people and businesses are volunteering.

**Families:**

- Evening food banks
- Transportation (young families struggle carrying food, toddlers, strollers on buss)

Feed Spokane food is often donated Friday afternoon and therefore goes to waste. Distribution is built around the volunteers' willingness to work in the evening. Paratransit is either too short or too long. Limitations on what can be carried on the public transit buses.

**Ideal:**

- Coordinated food distribution system (and other systems)
- An HMIS for food—coordinated entry and need for data to see what's actually happening
- Neighborhood focus; e.g. 5 block radius from bus and move around the area.
- Resources for all neighborhoods
- Systematic way to share resources
- Mobile distribution model
- Central kitchen for food prep for all site
- Chicken soup Seattle is preparing prescription meals. (research their model)

**Community Resources:**

- Unofficial meal sites- many are small and have limited resources to provide a variety of foods
- Women and Children's Free Restaurant

**What do you need?**

- Smaller low- income neighborhoods suffer more because tired from being poor. Coordinated effort is the key.
- Lots of duplication in cooking, meal sites, food banks, donation duplication, volunteer recruitment, spiritual calling, HOC-UGM-Shalom coordinate their hours to cover the gap. We've always done it this way. Support each other rather than shut down. "Outliers" are like inadequate band aids. There is a need for those emergent services. People need something this moment.
- Chuck is concerned about uniformity about food banks receiving federal assistance versus other food banks that cannot access federal resources. There shouldn't be different rules for different food banks.
- Small food banks have limited resources. They can't serve everyone. What are the requirements? Need a coordinated program to track access to food banks. Our Place 18 and older picture id and a recent piece of mail last 30 days. How about the homeless? ID is the first thing that gets stolen when living on the street and the time it takes to get another ID card.

- Chuck-900 children between age 14 and 17 who are homeless but not old enough to get food from the food bank. To get food you need to hang out with a human predator (human trafficking) to get food and other needs met.
- Crosswalk, Cup of Cool Water, VOA deals with homeless children. Every weekend in Spokane have 1500 children who have been trafficked. Minors are at high risk.

**Next meeting:**

January 8 8-10am

Natalie to share Food Systems Planning Grant with Diane for her to share with food insecurity work group.