

Multnomah Food Action Plan

Grow and Thrive

2025

Community Action Plan

**Local Action on Health,
Equity, Environment and
Jobs in our Food System
2010 - 2025**

**Multnomah County
Office of Sustainability**

December 2010

Local – Healthy – Equitable – Prosperous

Strategic Planning for a Sustainable Food System



December 2010

Multnomah County's Office of Sustainability would like to thank the Multnomah Food Initiative Steering Committee for their dedication to improving the food system in Multnomah County. The office would also like to thank community members, organizations, and county staff for their contributions in developing the Multnomah Food Action Plan and for their commitment to ensuring that our local food system is equitable, prosperous and healthy for our community.

**Kat West, Director
Office of Sustainability**

Multnomah Food Initiative Steering Committee Members and Community Partners

47th Avenue Farm - Bright Neighbor - Burgerville - City of Portland - CNRG - Cogan Owens Cogan, LLC - collaboration - Community Food Security Coalition - East Multnomah Soil and Water Conservation District - Ecotrust Food and Farms - Ecumenical Ministries of Oregon - Growing Gardens - Hacienda Community Development - Loaves and Fishes - Metro - Montavilla Farmers Market - Native American Youth and Families Center - New Seasons Market - Oregon Food Bank - Oregon State University Extension Service - Portland Farmers Market - Portland/Multnomah Food Policy Council - Portland Permaculture Guild - Portland Public Schools - Portland State University Institute of Metropolitan Studies - ReCode Oregon - The Dirt - Transition PDX - Upstream Public Health - Village Gardens Janus Youth Programs - Whole Foods

Thank you to the Community

Thank you for getting involved in the Multnomah County Food Initiative. Your timing couldn't be better. What you hold in your hand is an opportunity and a direction forward in this time of crisis. The Multnomah Food Action Plan is the culmination of knowledge and hard work by over 200 organizations, advocates and community members. This Action Plan is an opportunity to create an innovative and intentional food system that is sustainable – equitable, healthy for people and the environment, and with the capability to invigorate our local economy.

I'm personally committed to this effort because I believe in the ability of our community to come together to solve our mutual problems. Thank you for being part of the solution. Thank you for your contributions to the plan and your commitment to use this tool in your ongoing and future work. Through our continued partnership and shared vision, together, I believe we will create a thriving regional food system – a food system that will help generate local food, local jobs and increase the health and quality of life for all living in Multnomah County.

I'd like to propose a toast: to the Multnomah Food Initiative, this action plan, and to our health and our prosperity. Working with the energy and talents of a richly engaged, active community of involved volunteers, the action plan you are holding supports active living and healthy eating, not just to prevent obesity and related illness, but to enhance the quality of life here. It is a guide to achieve access to healthy, local food not just for some of us, but for all of us who live in Multnomah County. It is a vision for developing an economic engine that will provide fuel for robust community agriculture, local markets, and motivated consumers.

The Food Action Plan you are holding is built on hard work already accomplished, and I congratulate and thank you for your success!! It is also the beginning of an exciting journey – as the recipe says, eat and enjoy!



A handwritten signature in black ink that reads "Jeff Cogen".

Jeff Cogen
County Chair



A handwritten signature in black ink that reads "Judy Shiprack".

Judy Shiprack
County Commissioner
District 3

Executive Summary

The time has come to join together in creating a local, healthy, equitable and regionally prosperous food system. Multnomah County, like most of the nation, is at a critical juncture in fixing its food system. The good news is that there is a role for every organization and every person to transform our food system. Collectively, we can accomplish more together than we ever could alone.

With the Multnomah Food Action Plan our community embarks on a 15-year journey of strategic alignment, clear goals, and collaborative actions that will leverage results. Some changes will come easily, but others will present serious challenges and difficult decisions. To truly achieve a local, healthy, equitable, and regionally prosperous food system we need to accelerate education, community empowerment, planning integration, policy prioritization, and investment in our food system – in other words, we need to cultivate a culture that values and is committed to sustainable food system outcomes.

By the Numbers

- Oregon is ranked second in hunger by the US Department of Agriculture.
- About 36,000 people in Multnomah County access emergency food boxes each month.
- Only a small portion of the food we consume is locally grown.
- Over half of all adults in Multnomah County are overweight or obese.
- Chronic disease such as type 2 diabetes, heart disease, and stroke is on the rise.
- About 30% of Multnomah County children receive food through the SNAP food assistance program.
- The average age of an Oregon farmer is 58 years.



Executive Summary

What is the Multnomah Food Action Plan?

The Multnomah Food Action Plan builds upon the existing work of the community by providing a roadmap with a shared community vision and shared goals. This Plan is also a call to action and identifies key collaborative actions for our community that are critical for achieving our goals.

What Will We Accomplish?

Working together we can collaborate on solutions and speak with a collective voice to achieve our goals. The Multnomah Food Action Plan serves as a framework to guide collaboration and stakeholder efforts for improving our local food system. With this Plan we can secure funding and grants, create new economic opportunities, overcome barriers, catalyze policy change and investment, and raise awareness and support with our community and policymakers.

Envision a Sustainable Food System in Multnomah County...

By 2025, we envision a thriving regional food system that engages the community in healthy food production, equitable food access, opportunities for collaboration, low environmental impact, living wages and local economic vitality for Multnomah County and its people.

Food System Principles

1. We believe all people in our community should have equitable and affordable access to buy or grow healthy, culturally appropriate, sustainable, and locally grown food.
2. We believe food and agriculture are central to the region's economy, and a strong commitment should be made to the protection, growth and development of these sectors.
3. We believe in promoting and supporting a food system that provides economically sustainable wages.
4. We believe it is important to educate the community on the value of a healthy food system and healthy food products.
5. We believe that success in developing, linking and strengthening the food system will be achieved through community partnerships and collaboration.
6. We believe food brings us together in celebration of our community and is an important part of our region's culture.

Sustainable Food is...

Local

Produced close to where it is consumed and in an environmentally responsible manner

Healthy

Consumed with as little processing and additives as possible and as part of an active lifestyle

Equitable

Abundant and available to all and produced in a fair manner

Prosperous

Grown, processed, distributed, sold and served by a thriving regional economic cluster that produces local jobs



Executive Summary

A Call to Action

It has become evident that the hidden costs of our broken food system are soaring. Health impacts and costs resulting from the 'western diet' are at a crisis level, the poor have few healthful food options in their communities, and the industrial food model has undermined local food system jobs. The Multnomah Food Action Plan presents an opportunity for our community to collaborate, plan and invest wisely on community-prioritized goals and actions. We invite you to imagine what a local, healthy, equitable and regionally prosperous food system economy could look like in the year 2025 and to use the strategies below for creating that intentional future.

Support the Vision: Sign the Declaration of Support to show your commitment to food system changes in Multnomah County! Sign online at www.multnomahfood.org.

Advance Strategic Priorities: This Plan represents our community's food system priorities; use the Plan's shared goals and actions as a guide when selecting strategic efforts to create policy, change business practices, make investments, and work to improve our food system.

Use a Collective Voice and Build Coalitions: To fix our food system problems, we cannot address each issue separately as we have done in the past. Integrate the four action areas in this Plan into coalition building efforts. Joining efforts and using a collective voice will increase leverage for policy changes and funding opportunities.

Funding: Demonstrate to granting organizations that your organization's efforts align within the Multnomah Food Action Plan, a community prioritized 15-year strategic action plan.

Alignment with Other Plans: We live in a region that plans for everything. Incorporate the Multnomah Food Action Plan's goals and actions into future planning efforts, as well as into existing plans through updates or amendments, to ensure the development of an intentional food system that reflects our values.

Framing Issues: Use the Plan to frame discussions about our local food system with elected officials, policy-makers, political candidates, and community leaders in efforts to elevate our food system as a community and policy priority.

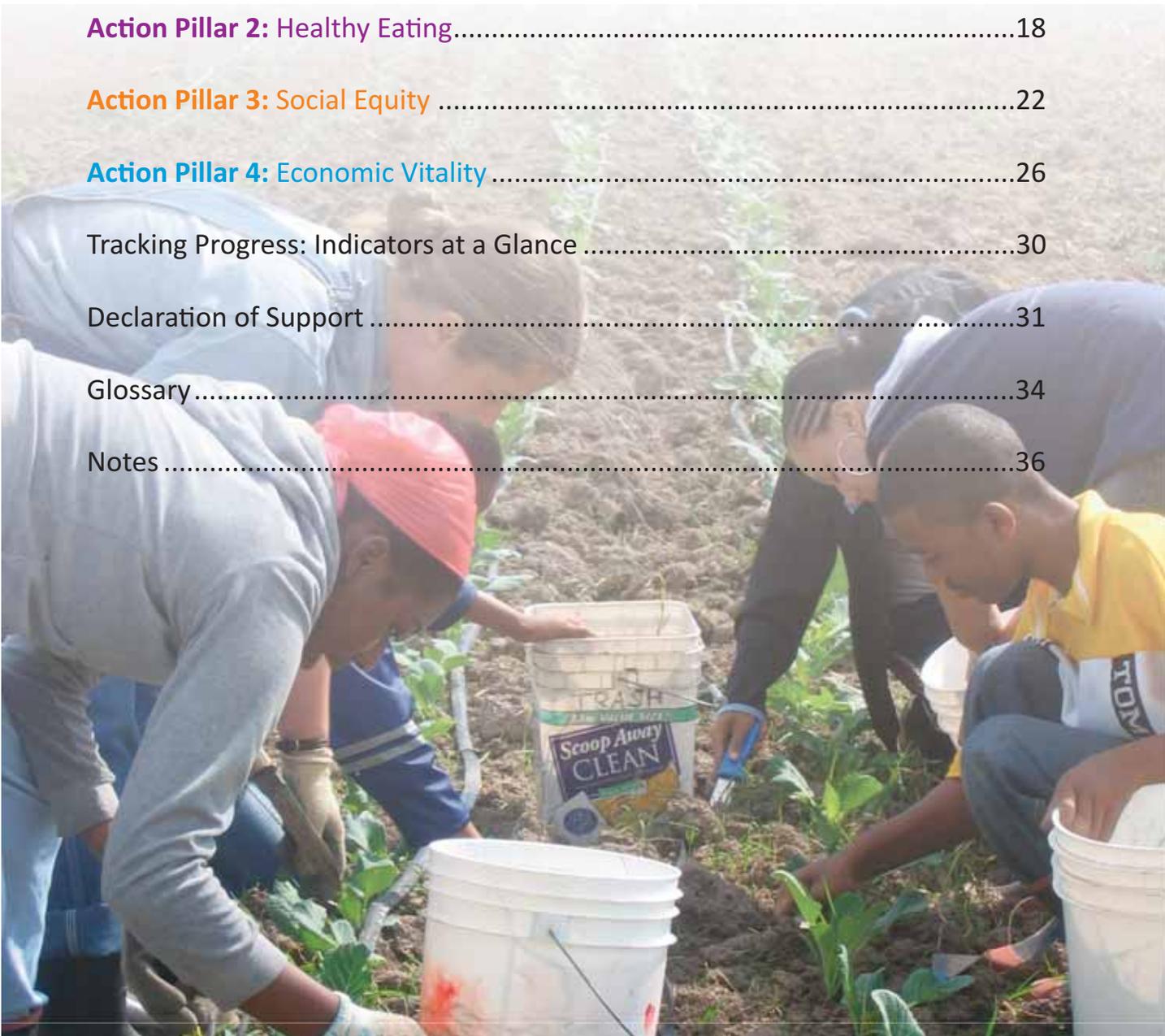
Choices: As community members we choose which leaders to elect and which issues to support. As individual consumers we have the power to shape the market which supplies our food. Use the Food Citizen actions in this Plan to transform our food system.

Here's how the Multnomah Food Action Plan benefits you and your organization:

- a) Provides a shared vision and common goals for our community around a transformed food system
- b) Provides opportunity to collaborate and partner within a network of local food system stakeholders
- c) Provides opportunity to inspire leaders to champion food system efforts and projects
- d) Increases awareness and support in our community for food system issues
- e) Supports grant applications and leveraging of funds for project and planning efforts
- f) Promotes food system planning in our community and alignment with other regional plans
- g) Supports the local economy: promotes regional food system jobs, a food system economic cluster concept, local food and service demand, and keeping our money local so that we maximize capital capture within our region
- h) Provides opportunity for community recognition of stakeholder efforts

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Introduction

Why a Food Action Plan?

The time has come to join together in creating a local, healthy, equitable and regionally prosperous food system. Multnomah County, like most of the nation, is at a critical juncture in fixing its food system. The good news is that there is a role for every organization and every person to transform our food system. Collectively, we can accomplish more together than we ever could alone.

Current regulations, policies, market structures and the lack of investment and political mandate limit our opportunities to improve our food system. With collaborative effort we can overcome these barriers, forge new partnerships, identify shared goals and commit to action.

The Multnomah Food Report is the companion background report to this Plan. Visit www.multnomahfood.org to see the Report for more information on our food system and why it is important.

The Multnomah Food Action Plan builds upon the existing work of the community by providing a roadmap with a shared community vision and shared goals. This Plan is also a call to action and identifies key collaborative actions for our community that are critical for achieving our goals.

Did you know...

- Oregon is ranked second in hunger by the US Department of Agriculture.
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- The average age of an Oregon farmer is 58 years.

What Will We Accomplish?

Working together we can collaborate on solutions and speak with a collective voice to achieve our goals. The Multnomah Food Action Plan serves as a framework to guide collaboration and stakeholder efforts for improving our local food system. With this Plan we can secure funding and grants, create new economic opportunities, overcome barriers, catalyze policy change and investment, and raise awareness and support with our community and policymakers.



Where do We Start?

With the Multnomah Food Action Plan our community embarks on a 15-year journey of strategic alignment, clear goals, and collaborative actions that will leverage results. Some changes will come easily, but others will present serious challenges and difficult decisions. To truly achieve a local, healthy, equitable, and regionally prosperous food system we need to accelerate education, empowerment, planning integration, policy prioritization, and investment in our food system – in other words, we need to cultivate a culture that values and is committed to sustainable food system outcomes. For strategies on how this Plan should be used and how you can help to build momentum for an intentional food system in Multnomah County, please see the Call to Action section on page 10.

Sustainable Food is...

Local

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Healthy

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Equitable

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Prosperous

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How was the Plan Developed?

The Multnomah Food Action Plan was developed with significant community input and incorporates the findings of the Multnomah Food Action Report. The 15-year action plan offers four action areas containing 16 goals and 65 community-wide collaborative actions for local government, businesses, non-profit organizations, faith communities, and learning institutions. This Plan also offers 40 actions for individual community members whose daily choices or lack of choices in what to eat, where to shop, and how to become an advocate for change greatly influence our community.



Introduction

Recipe for a Shared Vision and Action Plan

Gather your ingredients

Multnomah County collected and synthesized existing regional food system reports, assessments, and recommendations into the Multnomah Food Report to develop draft goals.

Stir your ingredients together

Multnomah County and the Multnomah Food Initiative Steering Committee hosted the Multnomah Food Summit to connect and network the community around a draft Action Plan framework.

Taste test along the way and bake at 350 degrees

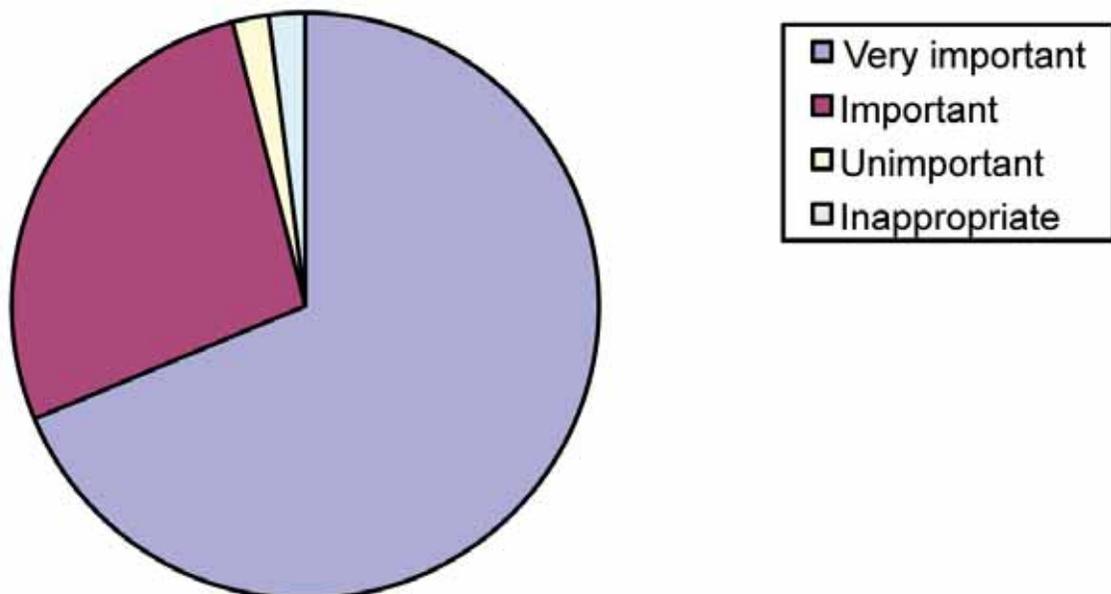
Multnomah County solicited input from the Steering Committee and hosted four community workshops and a public comment period to ask our stakeholders “what is our shared food system vision” and “what actions are necessary to achieve our food system goals”.

Eat and enjoy

Multnomah County and the Multnomah Food Initiative Steering Committee invite all food system stakeholders to sign the Multnomah Food Action Plan’s Declaration of Support and commit to working together to reach our goal of a healthy, equitable, and prosperous local food system.

2010 Multnomah Food Action Plan Public Comment Response

How important is it for our community to develop and implement collaborative actions to achieve shared goals?



Vision and Principles

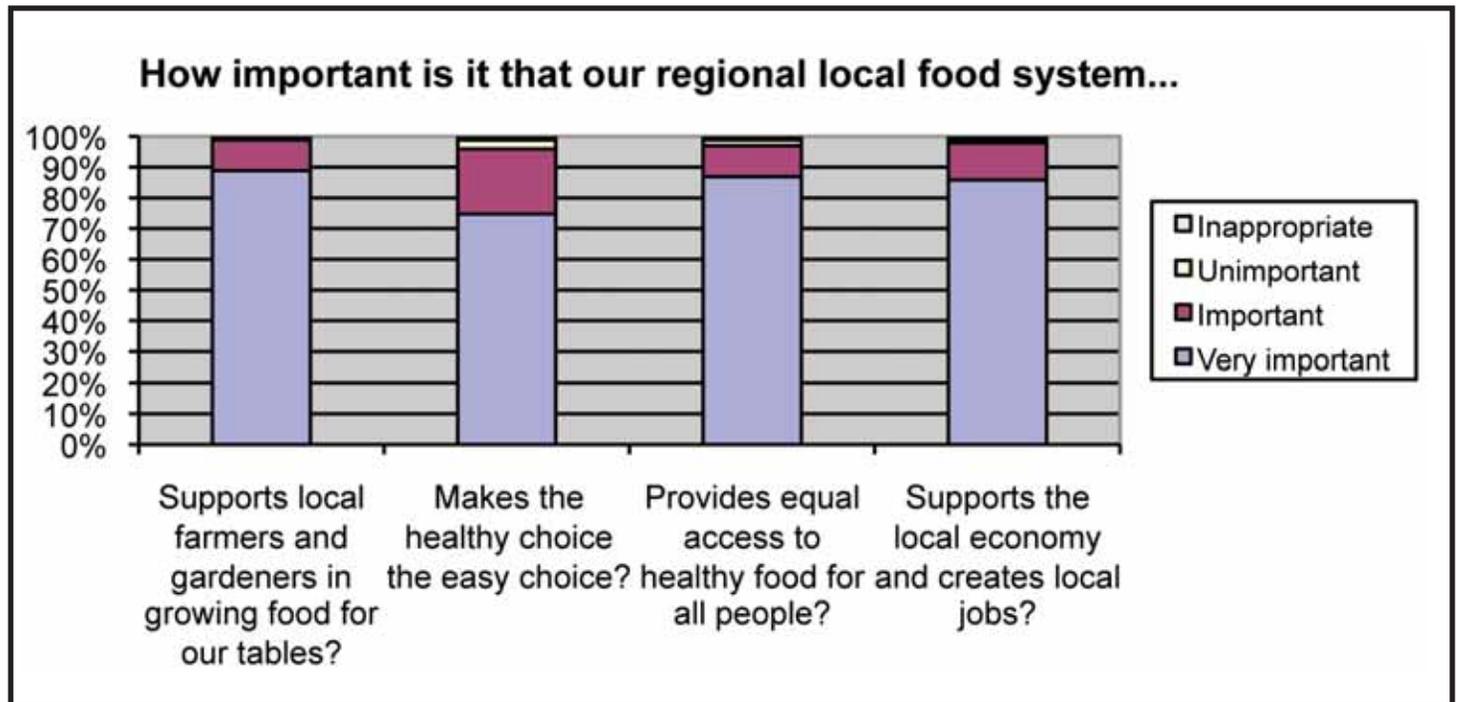
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Call to Action

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How to Use This Plan...

Support the Vision:

Sign the Declaration of Support to show your commitment to food system changes in Multnomah County! Sign online at www.multnomahfood.org or mail in the Declaration of Support on page 31.

Advance Strategic Priorities:

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Actions at a Glance

Local Food

Increase viable local options in our food system

Goal 1: Protect and Enhance the Agricultural Land Base

- 1.1 Minimize expansion of the Urban Growth Boundary
- 1.2 Increase acreage of urban food producing land
- 1.3 Establish an agricultural land trust
- 1.4 Develop incentives for food producing land
- 1.5 Promote integrated land use
- 1.6 Promote policy education

Goal 2: Support Small- and Mid-Scale Farms

- 2.1 Increase opportunities for farmers
- 2.2 Strengthen local processing and distribution capacity
- 2.3 Increase local purchasing in the retail sector
- 2.4 Inventory and establish community assets
- 2.5 Develop and use local influence

Goal 3: Increase Urban Food Production

- 3.1 Establish an urban food hub and community food resource centers
- 3.2 Convert underutilized land into food production
- 3.3 Fund opportunities for urban food production
- 3.4 Host an annual Food Summit and Harvest Festival



Goal 4: Encourage Sustainable Resource Stewardship

- 4.1 Create resources out of food waste
- 4.2 Support third-party certification
- 4.3 Develop a regional seed library
- 4.4 Promote community awareness

Healthy Eating

Make the healthy choice an easier choice for all

Goal 5: Create Environments that Support Health and Quality of Life

- 5.1 Make healthy food more affordable and accessible
- 5.2 Develop coordinated food policy
- 5.3 Implement wellness policies
- 5.4 Incorporate healthy food environment planning



Goal 6: Increase Equitable Access to Healthy, Affordable, Safe, and Culturally Appropriate Food in Underserved Neighborhoods

- 6.1 Promote healthy food financing initiatives
- 6.2 Survey and develop community assets
- 6.3 Reduce unhealthy food availability
- 6.4 Build local influence

Goal 7: Promote Individual and Community Health by Encouraging Healthy Food Choices

- 7.1 Promote health and food system skills
- 7.2 Enhance community advocacy and education efforts
- 7.3 Promote community-wide health promotion campaign

Goal 8: Increase awareness of food and nutrition assistance programs

- 8.1 Promote enrollment in food assistance programs
- 8.2 Increase acceptance of SNAP/WIC
- 8.3 Connect surplus food with need

Actions at a Glance

Social Equity

Build systemic justice, health, and food security

Goal 9: Address the Causes of Hunger, Food Insecurity, and Injustice

- 9.1 Create sustainable living conditions
- 9.2 Create social equity criteria
- 9.3 Conduct community food assessments
- 9.4 Provide advocacy education on food access

Goal 10: Increase Community Resilience

- 10.1 Establish community food resources
- 10.2 Create more community gardens
- 10.3 Secure funding for OSU Extension
- 10.4 Reduce dependency on the emergency food system

Goal 11: Facilitate Equitable Community Participation and Decision-Making

- 11.1 Empower change agents
- 11.2 Amplify the voice of underrepresented communities
- 11.3 Adopt inclusive public involvement policies

Goal 12: Create Opportunity and Justice for Farmers and Food System Workers

- 12.1 Support federal policies to address inequities
- 12.2 Support new farmers
- 12.3 Support business practices that promote opportunity
- 12.4 Promote state agriculture reform
- 12.5 Uphold quality of life for food system workers



Economic Vitality

Promote a thriving local economy

Goal 13: Develop the Regional Food Economy and Infrastructure

- 13.1 Establish a linked industry economic development cluster
- 13.2 Assess and develop regional resources
- 13.3 Establish more local food hubs
- 13.4 Promote a complete regional food system infrastructure
- 13.5 Harness the power of the next three Farm Bills

Goal 14: Promote Local and Regional Food Products and Producers

- 14.1 Promote Oregon food
- 14.2 Facilitate a regional connection
- 14.3 Ensure regulatory support for food production



Goal 15: Encourage Farm-to-School and Institutional Purchasing that Support the Regional Food System

- 15.1 Secure increased federal and state reimbursement rates
- 15.2 Reinstigate fully functional school kitchens
- 15.3 Prefer Oregon food in contracts
- 15.4 Establish a regional alliance of institutional purchasers

Goal 16: Create Local Food System Jobs

- 16.1 Conduct economic opportunity analyses
- 16.2 Promote new farmer incubation
- 16.3 Support local food businesses
- 16.4 Create a Regional Food System Development Commission

Local Food

The Local Food action area is focused on the act of growing food and creating viable local options in our food system by maintaining viable agriculture land and encouraging environmental resource stewardship as well as supporting small and mid-scale farming ventures while increasing urban food production.

80%
of Multnomah County farms are less than 50 acres

60%
of farms in Oregon are less than 50 acres
(2007 Agricultural Census)

Much of Oregon's agricultural bounty is not consumed in-state. About 80% of Oregon's agricultural products are exported out-of-state, and more than 60% leave the country. Multnomah County is a major player in the agricultural economy of Oregon, ranking among the most productive counties for caneberries (raspberries, blackberries, marionberries, and boysenberries) and greenhouse/nursery products. In Multnomah County, the number of direct market channels for farmers to sell directly to consumers continues to increase, and local foods are increasingly identified as such in local grocery stores and supermarkets. However, it is estimated that only a small portion of the food consumed in Multnomah County is grown in our region. The market for locally produced foods continues to grow in the Portland area; increasing demand could serve to protect at-risk farmland.

Threats to agricultural land

(From Planting Prosperity, Harvesting Health Report, 2008)

- Rapid Population Growth
- Rising Land Prices
- Suburban Encroachment
- Expansion of non-Food Crops



Showcase: Local Food Efforts

Friends of Family Farmers has a land and resource connection service with an online database (iFarm Oregon) to help grow the next generation of family farmers.



Oregon Tilth seeks to strengthen the health of families, communities, and the environment by providing experiential learning opportunities in biologically sound urban agriculture.



Growing Gardens digs at the root of hunger by building organic home gardens in urban backyards and schools. Youth Grow school garden clubs create future veggie eaters and cultivators and Learn & Grow classes cover cooking, preserving & more.



Burgerville buys 100% wind power for its electricity needs, recycles used canola oil into biodiesel, and has launched a major recycling and composting initiative in addition to its commitment to buying regionally produced food.



Portland Farmers' Markets' six locations host 250+ local vendors and serve approximately 33,000 shoppers each week at the height of the growing season; in addition, they have launched the EverGreen initiative to reduce 90% of all landfill waste at the markets.



Food Citizen Actions for home, work, play, worship or school

- Join the “Food Not Lawns” movement and convert your grass, parking strips, and other underutilized space to food production
- Sign up to rent a plot at a local community garden and encourage local government to find more land to support community gardens
- Support farmland protections by opposing expansion of the Urban Growth Boundary and conversion of agricultural land to other uses
- Lease or donate underutilized and surplus land for community gardens or small-scale agriculture (e.g. Portland Yard Share or iFarm Oregon program)
- Support local farmers by shopping at farmers’ markets and purchasing local or regional food at retail grocers
- Sign up for a community-supported agriculture (CSA) farm share and get a weekly basket of local foods
- Minimize your climate impacts by purchasing local food to reduce transportation miles and reducing meat consumption, which is more carbon intensive to produce than vegetables
- Compost food waste by establishing a backyard compost heap, purchasing a composter, or through a city composting program
- Buy third-party certified food such as USDA organic, Food Alliance (sustainably grown food), Salmon Safe, and Certified Humane (humanely raised animals)
- Buy products with minimal packaging to reduce waste and bring a durable “to go” container with you for leftovers when dining out

Local Food

Goal 1: Protect and Enhance the Agricultural Land Base

Collaborative Community Actions to be achieved by 2025

1.1 Minimize expansion of the Urban Growth Boundary

Strengthen overall farmland protection through regulation, zoning, incentives and disincentives to minimize the conversion of agricultural land to other uses

1.2 Increase acreage of urban food producing land

Inventory and increase the acreage of urban food producing by promoting regulations, zoning, incentives and disincentives that enhance the acreage of urban farms, orchards, community gardens, parking easement gardens, and school gardens

1.3 Establish an agricultural land trust

Establish an organization that permanently protects food production land within the Urban Growth Boundary

1.4 Develop incentives for food producing land

Create incentives for the lease of land to small farmers, use of property as community gardens, and for the donation or sale of agricultural land to a land trust or public agency

1.5 Promote integrated land use

Establish multi-purpose land use (i.e. for education, recreation, or special events) at the margins of the Urban Growth Boundary that offers flexibility, but maintains land as a working farm

1.6 Promote policy education

Educate the community so members are aware of and support protection of land for food production

2010 Benchmarks

Acres of land in agricultural production in Multnomah County:

County:
28,506

Farms in Multnomah County:

County:
563



Goal 2: Support Small- and Mid-Scale Farms

Collaborative Community Actions to be achieved by 2025

2.1 Increase opportunities for farmers

Promote access to land, capital, training, and direct marketing opportunities for new and existing farmers through policies and programs (e.g. farmer incubator networks, an online information clearinghouse, and small business training)

2.2 Strengthen local processing and distribution capacity

Support establishment of approved processing facilities, including USDA organic, for small to mid-sized producers to increase regional capacity

2.3 Increase local purchasing by the retail sector

Secure commitment by retail grocers and restaurants to support and purchase from local farmers by identifying and overcoming existing barriers to purchases

2.4 Inventory and establish community assets

Inventory and establish community assets that support small and mid-scale farm food production, processing, and distribution (e.g. land, commercial kitchens, cold storage, distribution facilities, etc.)

2.5 Develop and use local influence

Harness local influence to ensure that federal, state, and local laws, regulations, and policies support small and mid-scale farmers

2010 Benchmarks

Farms with direct sales in Multnomah County:

133

Average annual total farm sales per farm:

\$150,171



Goal 3: Increase Urban Food Production

Collaborative Community Actions to be achieved by 2025

3.1 Establish an urban food hub and community food resource centers

Establish a hub and neighborhood-based food resource centers that educate through demonstration projects and hands-on programming such as gardening, cooking and preserving food, emergency preparedness, energy conservation and other sustainability issues, and also include amenities such as lending libraries (like tool libraries), meeting spaces, resource sharing opportunities such as a seed bank, garden and commercial kitchen space

3.2 Convert underutilized land into food production

Convert underutilized land (e.g. parking lots, sport courts, institutional and faith-based properties, rooftops, and vacant lots) into food producing gardens via partnerships with private owners, multi-residential properties, and businesses

3.3 Fund opportunities for urban food production

Develop funding opportunities for urban food production (e.g. urban farm hub, neighborhood demonstration centers, community gardens, OSU Extension programming) such as a bond measure, service district, or capital campaign

3.4 Host an annual Food Summit (spring) and Harvest Festival (fall)

Create opportunities for the community to network, learn, and celebrate our local food culture

2010 Benchmarks

Community Gardens per capita in Multnomah County:
1:550



Goal 4: Encourage Sustainable Resource Stewardship

Collaborative Community Actions to be achieved by 2025

4.1 Create resources out of food waste

Promote the regeneration of food waste into resources (i.e. compost and bio-gas) and increase diversion of compostable items from landfills to local composting facilities or backyard composting

4.2 Support third-party certification

Support certification by third parties for environmentally responsible food growers and processors, and support third-party certified businesses and products (i.e. Organic, Food Alliance, Salmon Safe, etc.)

4.3 Develop a regional seed library

Develop a system to protect species diversity and provide access to seed for local farmers, and create a mandatory buffer or easement around genetically modified crops (GMOs)

4.4 Promote community awareness

Promote education of sustainability issues and solutions around issues such as water conservation, climate impacts, less toxic chemical alternatives, and native pollinators.

2010 Benchmarks

Farms using chemicals in Multnomah County:
290

Acres of land enrolled in Conservation Reserve, Wetlands Reserve, Farmable Wetlands, or Conservation Reserve Enhancement Programs:
1,084



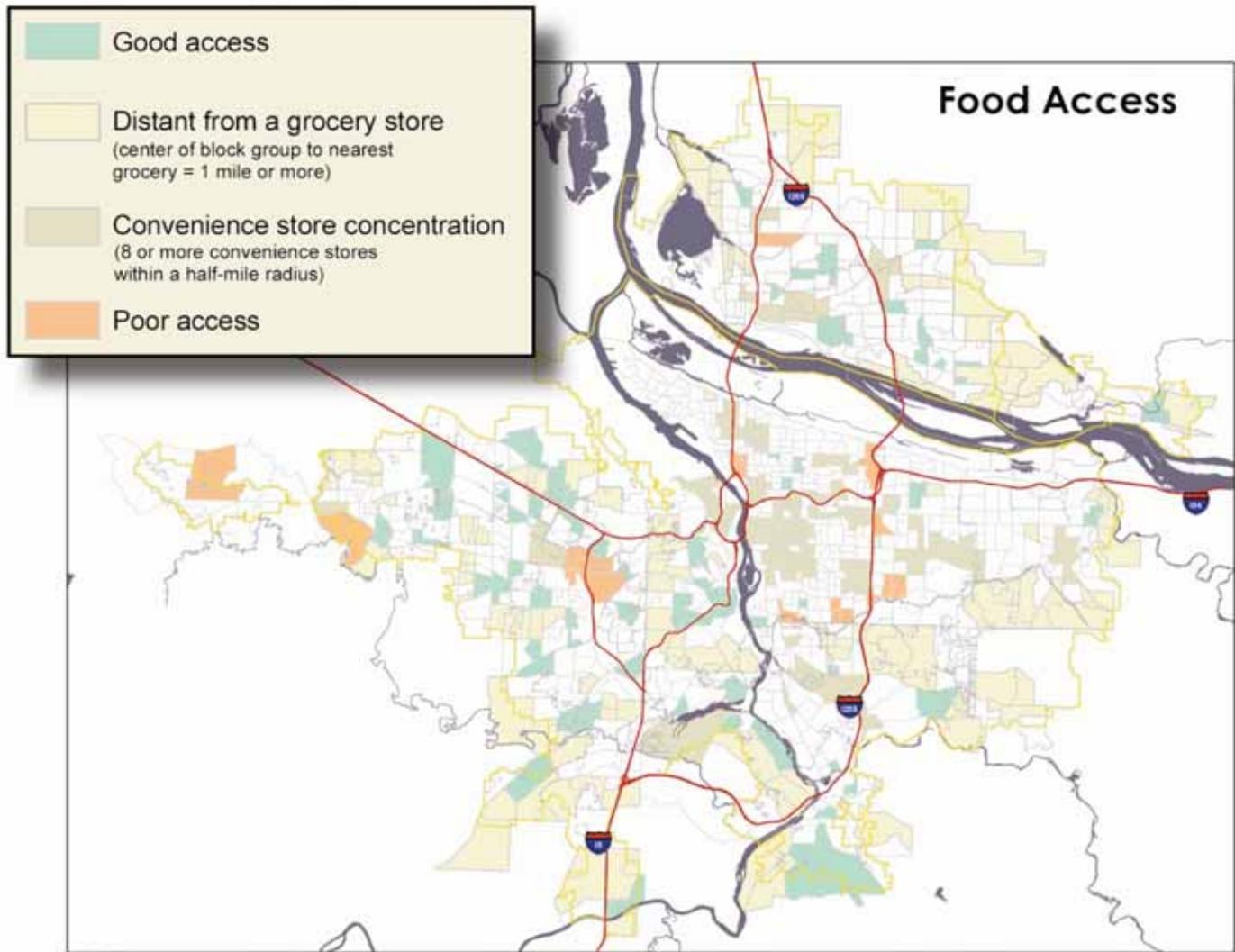
Healthy Eating

The Healthy Eating action area addresses health outcomes related to food consumption and food access in Multnomah County. Advocates of increased food access consider number and placement of grocery stores and other healthful food outlets; the transportation network that connects these outlets to customers; affordability of those foods and their availability day-to-day; concentrations of non-nutritive food outlets; opportunity to grow and prepare food; and the cultural appropriateness of available foods.

Healthy eating is an important factor of a sustainable food system. Poor diet and physical inactivity contribute to a number of health conditions: obesity, type 2 diabetes, certain cancers, cardiovascular disease, high blood pressure, and stroke. In Multnomah County, obesity and diabetes are both serious health conditions that are increasing in prevalence.

Demand for food assistance also continues to rise, especially during economic downturn throughout the state. While the Portland region does not appear to have extreme “food deserts,” there are areas with poor access to full-service grocery stores, including some areas with higher poverty or otherwise confounding factors (like lack of transportation).

Multnomah County has a 24% obesity rate; 55% of the population qualifies as being overweight or obese



Sources: 2000 U.S. Census, SF3, InfoUSA, Metro Regional Land Information System (RLIS), ESRI Street Maps USA

Showcase: Healthy Eating Efforts

Ecotrust's Farm to School Initiative works to grow healthy kids and communities by supporting efforts to increase the variety and availability of healthy, regionally sourced foods at school, create new markets for regional food producers, and teach children about where their food comes from.



Portland Public Schools' is now recognized as a national leader in farm to school with over 30% of their purchases benefiting local farms and food producers. For the last five years, PPS has focused on increasing its purchases of fresh fruits and vegetables from local farmers as well as preserved, canned, and frozen foods produced in the Northwest, to benefit its students and support the community.



Portland Public Schools

Oregon Physicians for Social Responsibility's Oregon Healthy Food in Health Care Project employs market-based forces to increase demand for sustainably produced foods, improve hospital food quality, educate the public, and bolster the local economy.



Food Citizen Actions for home, work, play, worship, or school

- Participate in and support your workplace or school's wellness initiatives
- Start a local eating group at work or at faith-based center to help you eat seasonally and healthfully
- Support efforts to remove unhealthy food and beverages from vending machines within your workplace, school, or church
- Plant a vegetable garden to grow some of your own food or support expansion of your city's community garden program so that everyone has access to garden space
- Join the "Plant a Row" campaign and grow extra food for community food banks
- Organize community forums and neighborhood action around healthy food access for all residents
- Support and shop at neighborhood retail grocers and restaurants serving healthy, affordable, and culturally appropriate food
- Ask convenience stores in your neighborhood to voluntarily remove or reduce outdoor marketing of unhealthy food like candy and soda pop
- Attend or teach a healthy cooking or eating class
- Pack lunches without sugary drinks and include tap water or low-fat milk instead
- Try eating a diet rich in colorful fruits and vegetables – whether fresh, frozen, canned, dried or 100% juice, all forms count and will help keep you healthy all year round

Healthy Eating

Goal 5: Create Environments that Support Health and Quality of Life

Collaborative Community Actions to be achieved by 2025

5.1 Make healthy food more affordable and accessible than unhealthy food

Use public and private investments (e.g. physical infrastructure, institutional and wholesale purchasing, zoning, incentives and disincentives, and marketing) to make healthy food more affordable and accessible than unhealthy food for all community members regardless of neighborhood or demographics

5.2 Develop coordinated food policy

Adopt robust, coordinated, and consistent policy across local governments and institutions that support healthy food choices

5.3 Implement wellness policies

Develop wellness policies to create healthy food environments where people work, play, worship, and learn to make the healthy choice the default choice by using place-based assessment methods (e.g. School Healthy Index, Congregational Health Index, or CHANGE tool) to identify assets and challenges

5.4 Incorporate healthy food environment planning

Adopt healthy food environment planning (e.g. Health Impact Assessments and CHANGE assessments) concepts into community designing efforts and align with other state, regional, and local plans

2010 Benchmarks

Full service grocery stores in Multnomah County:
122

Fast-food expenditures per capita in Multnomah County:
\$489



Goal 6: Increase Equitable Access to Healthy, Affordable, Safe, and Culturally Appropriate Food in Underserved Neighborhoods

Collaborative Community Actions to be achieved by 2025

6.1 Promote healthy food financing initiatives

Promote healthy food financing initiatives (e.g. Healthy Corner Store initiative and Fresh Food Financing initiative) with strategies (e.g. seed funding and capital) designed to promote retailers that provide access to healthy food

6.2 Survey, develop, and map community assets

Involve communities in creating healthy food environments that fit their cultural needs (e.g. education, gardens, community kitchens, produce stands, and buying clubs) and publicize assets

6.3 Reduce unhealthy food availability

Promote education, policy, and incentives in retail environments, faith-based settings, and schools to reduce availability of unhealthy food and beverages, and decrease the number of unhealthy food outlets

6.4 Build local influence

Use local influence to prevent federal preemption of local actions in improving equitable access in our regional food system

2010 Benchmarks

Low-income preschool obesity rate:
13%

Low-income households further than 1 mile to a grocery store:
21,667



Goal 7: Promote Individual and Community Health by Encouraging Healthy Food Choices

Collaborative Community Actions to be achieved by 2025

7.1 Promote health and food system skills

Educate the community to encourage healthy food choices such as nutrition (e.g. a Master Eaters class), healthy shopping strategies, preparing and preserving healthy food, and understanding how food choices are shaped by our food environment

7.2 Enhance community advocacy and education efforts

Inventory and enhance community groups' advocacy and education efforts through private and public support of efforts with funding opportunities, space for organizing, outreach, and technical assistance

7.3 Promote community-wide health promotion campaigns

Promote health campaigns that increase the public's understanding of the impact of food choices on health

2010 Benchmarks

The adult diabetes rate in Multnomah County:
7%

Percentage of fruit and vegetables compared to prepared food distributed in Multnomah County :
57%



Goal 8: Increase Awareness of Food and Nutrition Assistance Programs

Collaborative Community Actions to be achieved by 2025

8.1 Promote enrollment in food assistance programs

Promote awareness and enrollment in existing assistance programs with targeted outreach and increase SNAP/WIC benefits for healthy eating choices

8.2 Increase acceptance of SNAP/WIC

Encourage acceptance of vouchers through direct-market channels such as farmers' markets, community-supported agriculture (CSA) farms, farm stands and senior food meal programs, and seek matching funds (private and government) to expand the programs purchasing dollars

8.3 Connect surplus food with need

Connect surplus food with need by expanding food bank donation channels, connecting gleaning programs to interested communities, and expanding what food banks can accept to meet the needs of the community

2010 Benchmarks

SNAP eligible participants utilizing benefits:
85%

Low-income eligible households receiving SNAP benefits:
74%



Social Equity

The Social Equity action area focuses on systemic social equality and explores the root causes of hunger and food insecurity. While access to food and nutrition assistance programs are an important part of increasing the consumption of healthy foods, the Multnomah Food Action Plan also promotes systemic justice, health, and food security. This will require that, as a community, we reveal, challenge, and dismantle injustice in the food system, including social determinants of health and food security.

Retail Food Environment Index for the city of Portland, Oregon

Quadrant	Fast Food Restaurants	Convenience Stores	Super-markets	Produce Stores	Farmers Markets	RFEI
North Portland	35	25	7	2	2	5.45
Northeast	121	33	17	7	4	5.50
Southeast	104	74	22	11	5	4.68
Southwest	90	22	10	1	5	7
Northwest	27	11	6	2	1	4.22

$RFEI = (\# \text{ fast food restaurants} + \text{convenience stores}) / (\# \text{ grocery stores, produce stands, farmers markets})$

In an effort to create systemic change, we must endeavor to ensure that all individuals have the tools and resources they need to make healthful food and lifestyle choices and have equitable opportunity to shape food system priorities and goals. Just food system structures protect farmers and farmworkers' rights and uphold the dignity and quality of life for all who work in the food system through living wages, health care, and safe working conditions. While there is notable interest among many young people who are interested in farming in Oregon, significant barriers, such as limited access to land and capital, remain. Overall, Oregon farmers are getting older and are predominantly white. Farmworkers in Oregon often work intermittently, receive relatively low pay, and continue to have challenges with housing.



Showcase: Social Equity Efforts

Ecumenical Ministries of Oregon's Interfaith Food and Farms Partnership works to empower faith communities, farmers and neighborhoods to build rural-urban alliances and create innovative partnerships for just and sustainable food systems that promote community health.



Montavilla Farmers Market's Everybody Eats Program arose out of a need to help bridge the gap between offering affordable food while providing a living wage for farmers.



Oregon Food Bank's Learning Gardens brings the community together to grow vegetables and hope while contributing to healthy local food systems. Its programs address the root causes of hunger by pairing mentors with novices, teaching low-income participants all aspects of growing their own food, from composting and seed collection to nutritious meal preparation.



Farmworker Housing Development Corporation conducts tours to visit farmworker housing sites including: on farm housing, urban affordable farmworker housing, and labor camp housing. The goal is to educate the larger communities about the role of farmworkers in our food system.



Food Citizen Actions for home, work, play, worship, or school

- Support a living wage and safe working conditions for all workers
- Support anti-discrimination practices at work, school and in your community
- Volunteer to help your community de-pave parking lots and plant gardens, provide healthy cooking and eating education, and pass skills and wisdom from senior citizens to the community
- Plant a garden to grow some of your own food and learn to cook from scratch so that your meals are healthy and less processed
- Request that all community planning that effects your neighborhood address health and food system issues
- Participate in your neighborhood organization/association meetings to be an advocate for food system issues
- Apply for a seat on the Portland/Multnomah Food Policy Council and/or participate on its committees which provide recommendations on food policy to the City of Portland and Multnomah County
- Organize community and neighborhood action around healthy food access for everyone
- Donate to SNAP farmers' markets matching funds and donate eligible surplus food to community food banks
- Join the "Plant a Row" campaign and grow some extra food for community food banks
- Participate in a gleaner program as a donor or volunteer (i.e. Portland Fruit Tree Project)

Social Equity

Goal 9: Address the Causes of Hunger, Food Insecurity, and Injustice

Collaborative Community Actions to be achieved by 2025

9.1 Create sustainable living conditions

Promote a living wage, affordable housing, health care, transportation choices, healthy food retail choices, and the ability to acquire, store and prepare food through policy, practice, incentives, and access to resources for all people

9.2 Create social equity criteria

Develop social equity criteria in relation to food equity and health, and incorporate into local and regional public investment decisions to ensure infrastructure and policy supports social equity

9.3 Conduct community food assessments

Conduct food assessments and health disparity studies as part of the community planning process, focused on nutrition and healthy food access, and redesign or incentivize redevelopment of neighborhoods to promote easy access to healthy food

9.4 Provide advocacy education on food access

Advocate for access to healthy food by using neighborhood based events such as health fairs, street fairs, faith community and school events; as well as improve healthy eating via alternative outreach systems for people using other languages or without access to computers.

2010 Benchmarks

The poverty rate in
Multnomah County :
14%

Median household income
in Multnomah County:
\$51,372



Goal 10: Increase Community Resilience

Collaborative Community Actions to be achieved by 2025

10.1 Establish community food resources

Create demonstration centers in neighborhoods that educate through hands-on experience and demonstration projects such as gardening, cooking and preserving food, emergency preparedness, energy conservation and other sustainability issues, and also include amenities such as lending libraries (like tool libraries), meeting spaces, resource sharing opportunities such as a seed bank, garden and commercial kitchen space

10.2 Create more community gardens

Secure funding, land and partnerships to create enough community garden space to meet community demand and the grow-it-yourself movement

10.3 Secure funding for OSU Extension

Secure permanent funding for OSU Extension Service programming on growing, cooking, and preparing nutritious food

10.4 Reduce dependency on the emergency food system

Increase participation in federally funded nutrition programs such as SNAP, school meals, out of school time and in child care to reduce dependency on the emergency food system with the goal of increasing eventual self-sufficiency

2010 Benchmarks

The child poverty rate in
Multnomah County:
18%

Authorized establishments
in Multnomah County
accepting SNAP or WIC:
710



Goal 11: Facilitate Equitable Community Participation and Decision-Making

Collaborative Community Actions to be achieved by 2025

11.1 Empower change agents

Support and empower agents of change already within underrepresented communities to build capacity for community control of food resources and involve a broad range of community members in defining and supporting community-wide food-related goals

11.2 Amplify the voice of underrepresented communities

Increase the voice and platform of traditionally underrepresented communities by offering training sessions to community members on how to organize and become involved in government decision-making around food issues

11.3 Adopt inclusive public involvement policies

Require that governments adopt public involvement policies that are effective engagement strategies, such as diversifying communication methods and languages

2010 Benchmarks

Citizen advisory organizations in Multnomah County government:
24



Goal 12: Create Opportunity and Justice for Farmers and Food System Workers

Collaborative Community Actions to be achieved by 2025

12.1 Support federal policies to address inequities

Local governments will actively support federal public policy efforts that address the roots of inequity for farmers and farm workers, such as extending equal protection under the fair labor standards act, Fair Trade Act, immigration reform, and farm subsidies title in the Farm Bill

12.2 Support new farmers

Develop new and support existing farm mentorship programs, farmer incubator programs, and organizations that increase access to capital for producers; especially for new, beginning and socially disadvantaged farmers and farm workers

12.3 Support business practices that promote opportunity

Support third-party certified products of businesses that promote opportunity and justice for farmers and food system workers (e.g. Fair Trade Food Alliance, Fair for Life certifications)

12.4 Promote state agriculture reform

Encourage dialogue to bridge the urban-rural divide on agriculture and human rights issues of concerns

12.5 Uphold quality of life for food system workers

Uphold dignity and quality of life for all who work in the food system structures by ensuring fair wages, access to health care and safe working conditions

2010 Benchmarks

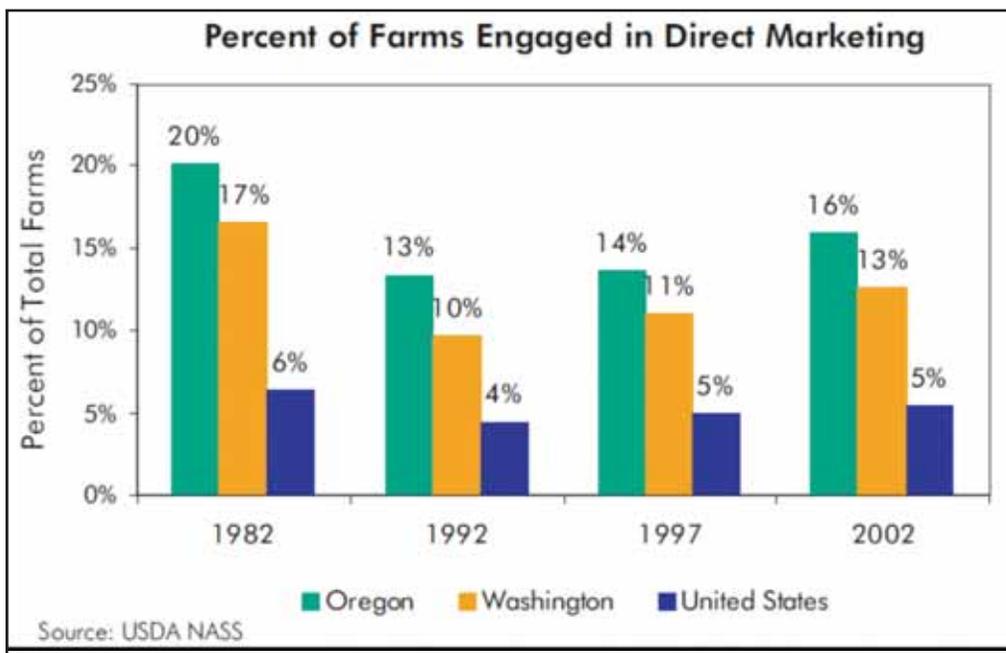
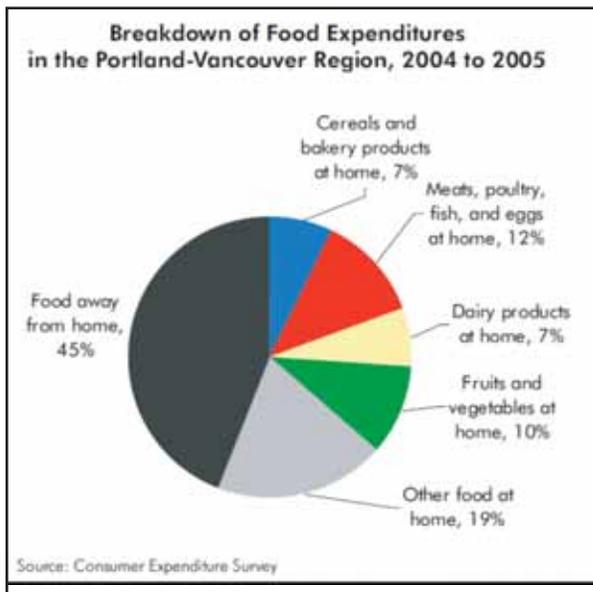
Average wage paid to farm laborers in Multnomah County:
\$8.56



Economic Vitality

The Economic Vitality action area focuses on promoting regional food products and producers, increasing the local supply chain capacity (local processing, distribution, storage, and waste recycling), and encouraging farm-to-school and institutional purchasing practices that support the regional food system.

There is tremendous economic potential in our region's food economy. Agriculture in Oregon is a \$4 billion industry, based on 2006 data from the U.S. Department of Agriculture, and slightly more than half of that total was tied to food production. In the Portland Metro region, roughly 13% of our annual expenditures are for food. Research indicates that spending directed to food produced in the region could have more than double the total economic impact than imported food. Policies and projects that seek to increase our purchasing of food within the region could have a substantial net economic benefit. In simple terms, an increase in regional food consumption of five percent could translate into a net \$100 million benefit for the region. In addition, the emerging green collar job movement identifies the sustainable food production sector as expected to grow substantially and offer living-wage jobs.



Agriculture in Oregon is a \$4 billion industry

Showcase: Economic Vitality Efforts

Ecotrust has launched **FoodHub**, an online tool that connects a comprehensive catalog of regional food sellers to buyers while accommodating all order sizes and distribution models.

Multnomah County helped enact a new law that allows state and local governments in Oregon to prefer local food (grown and transported in Oregon) in purchasing contracts in order to create and maintain local jobs.

New Seasons Market is proud to say that they buy local so you can buy local, keeping more of the money we spend as a community, right here at home where it belongs.

Whole Foods Market shortens your foods commute with a commitment to support local farmers, producers and artisans by buying locally. The company-wide goal is to source 20% of products from local producers.



Food Citizen Actions for home, work, play, worship, or school

- Vote with your dollar - support the local economy by eating and shopping at local businesses which keeps money circulating in the local economy and creates jobs
- Eat at restaurants that feature local and seasonal food
- Buy local food when shopping at your retail grocer and ask the manager at your retail grocer to offer and label more regionally-produced food
- Shop at farmers' markets and farm stands to support small family farms
- Visit u-pick farms for the freshest produce and the "on the farm" experience
- Ask decision-makers at your work, school, or faith organization to buy local food for meal services and events
- Support reforms to the Farm Bill that promote a sustainable food system
- Support school boards and districts in changing institutional practices to support local food purchasing
- Support the state-wide Farm-to-School legislative efforts to fund local food for school meals

Goal 13: Develop the Regional Food Economy and Infrastructure

Collaborative Community Actions to be achieved by 2025

13.1 Establish a linked industry economic development cluster

Prioritize and incentivize our regional food economy (the supply and demand chain from the farmer to the restaurant or home cooked meal) to foster productivity, innovation, and job creation

13.2 Assess and develop regional resources

Assess regional resources, supply chains, existing infrastructure, and food producers' needs to develop collaborative strategies to maximize profitability and overcome barriers to develop steady growth capacity for a supply and demand network

13.3 Establish more local food hubs

Develop and support additional food hubs (e.g. farmers' markets, food cart pods and a year round major public market) to increase demand by vendors of regional food

13.4 Promote a complete regional food system infrastructure

Promote the establishment of locally-owned and operated production, processing, slaughtering, distribution, storage, and waste recycling and composting facilities

13.5 Harness the power of the next three Farm Bills

Support reforms in the Farm Bills to work for Oregon's specialty crops, regional markets, and small family farmers, and maximize federal nutrition dollars to encourage regional partnerships that create economic opportunity to improve health and nutrition

2010 Benchmarks

Food Manufacturing Industry sales in Multnomah County:
\$1.5 billion dollars annually

Food and beverage sales in Multnomah County:
\$1.6 billion dollars annually



Goal 14: Promote Local and Regional Food Products and Producers

Collaborative Community Actions to be achieved by 2025

14.1 Promote Oregon food

Promote Oregon and the Portland metro region's reputation as being at the forefront of the local and sustainable food movement (e.g. developing a regional brand, enhancing consumer education about food issues and the power of buying local, developing recognition for restaurants, retail grocers, and institutions that support the purchase of local food, and promoting agricultural-tourism opportunities and events around regional food)

14.2 Facilitate regional connections

Foster regional connections between local producers, distributors and buyers at all levels in developing regional cooperation, promotion, and consolidation models (e.g. online tools like Food Hub, regional wholesale markets, and storage, transportation, and processing co-ops) to make it easy for individuals, local retailers, restaurants, and institutions to purchase regional food.

14.3 Ensure regulatory support for food production

Ensure that regulation, zoning, and land use laws support food production including farms, distribution and processors, farm stands, farmers' markets, community-supported agriculture (CSA) drop-off sites, and parking strips

2010 Benchmarks

Farmers Markets in Multnomah County:
23

Total farm sales in Multnomah County:
\$84 million dollars annually



Goal 15: Encourage Farm to School and Institutional Purchasing that Support the Regional Food System

Collaborative Community Actions to be achieved by 2025

15.1 Secure increased school lunch reimbursement rates

Secure increased state and federal reimbursement rates for school lunches, as well as child and adult care food programs, while promoting school district comprehensive food policies in conjunction with wellness policies that involve local purchasing policies and adoption of gardening and food system curriculum

15.2 Reinststitute fully functional school kitchens

Support the development of fully functional school kitchens with the capacity to prepare and cook unprocessed food in all schools

15.3 Prefer Oregon food in contracts

Utilize the changes to Oregon's purchasing law and implement organizational policies that allow government agencies to prefer local food (produced and transported within Oregon) in their purchasing contracts

15.4 Establish a regional alliance of institutional purchasers

Develop a regional alliance of institutional purchasers that implements a set of purchasing goals and guidelines, metrics as a basis of comparison between sustainably and unsustainably produced food, model purchasing language, and incentives that promotes the purchase of regional food and drives the market to develop more supply

2010 Benchmarks

Number of school districts with farm to school programs in Multnomah County:
3



Goal 16: Create Local Food System Jobs

Collaborative Community Actions to be achieved by 2025

16.1 Conduct economic opportunity analyses

Develop market strategies for the regional food economy to identify and maximize market opportunities that create local food system jobs

16.2 Promote new farmer incubation

Support education, training, and incubator programs for new farmers as an investment in all sectors of the food system

16.3 Support local food businesses

Support the establishment of locally-owned and operated production, processing, distribution, storage, and waste recycling and composting facilities to maximize job creation through the multiplier effect of keeping local money circulating in the local economy

16.4 Create a Regional Food System Development Commission

Develop a commission comprised of elected officials, and business and community leaders to foster the regional food economy

2010 Benchmarks

Food manufactures in Multnomah County:
187

Full-service restaurants in Multnomah County:
999



Tracking Progress - Indicators at a Glance

	Goal	Indicator(s) for Multnomah County	2010	2018	2025
Local Food	1: Protect and enhance the agricultural land base	Acres in agricultural production	28,506	+5%	+10%
		Number of farms	563	+10%	+20%
	2: Support small and mid-scale farming ventures	Number of farms with direct sales	133	+10%	+25%
		Average total farm sales, per farm	\$150,171	+10%	+20%
	3: Increase urban food production	Number of municipally-operated community garden plots per capita	1:550	+10%	+20%
Number of farms using chemicals		290	-10%	-25%	
4: Encourage environmental resource stewardship	Acres of land enrolled in Conservation Reserve, Wetlands Reserve, Farmable Wetlands, or Conservation Reserve Enhancement Programs	1084	+10%	+20%	
Healthy Eating	5: Create environments that support health and quality of Life	Number of full service grocery stores	122	+10%	+20%
		Fast-food expenditures per capita	\$489	-5%	-10%
	6: Increase equitable access to healthy, affordable, safe, and culturally appropriate Food in underserved neighborhoods.	Low-income preschool obesity rate	13%	12%	10%
		Number of low income households >1 mile to grocery store	21,667	-10%	-20%
	7: Promote individual and community health by encouraging healthy food choices	Adult diabetes rate	7%	6%	5%
		Percentage of fruit and vegetables v. prepared foods per capita	57%	+10%	+20%
	8: Increase utilization of food and nutrition assistance programs	SNAP participation rate	85%	+3%	+5%
		Percentage of eligible low-income households receiving SNAP	74%	+5%	+10%
Social Equity	9: Address the causes of hunger, food insecurity, and injustice	Poverty rate	14%	13%	11%
		Median household income	\$51,372	+1%*	+3%*
	10: Increase self-sufficiency and community resilience	Child poverty rate	18%	16%	13%
		Number of SNAP & WIC authorized stores	710	+10%	+20%
11: Facilitate equitable community participation and decision-making	Number of citizen advisory organizations for Multnomah County government	24	26	30	
12: Create opportunity and justice for farmers and food system workers	Average wage paid to farm laborers	\$8.56	+5%	+10%	
Economic Vitality	13: Develop the regional food economy and infrastructure	Food manufacturing industry sales	\$1.5B	+10%	+20%
		Food and beverage sales	\$1.6	+10%	+20%
	14: Promote local and regional food products and producers	Number of farmers markets	23	+50%	+100%
		Total farm sales	\$84M	+10%	+20%
	15: Encourage farm-to-school and institutional purchasing that supports the regional food system	Number of school districts with farm to school programs (8 districts in Multnomah County)	3	6	8
	16: Create local food system jobs	Number of food manufacturers	187	+5%	+10%
Number of full service restaurants		999	+5%	+10%	

* adjusted for inflation

Multnomah Food Action Plan Declaration of Support

A vibrant and diverse local food system is an integral component of a sustainable and resilient community. Food is a basic necessity, a celebration, and a powerful medium through which healthy, socially equitable and prosperous communities can be created. All stakeholders have a voice in the future of our food system --- every eater, backyard gardener, urban and rural farmer, food processor and distributor, emergency food provider, restaurant, grocer, and market vendor. It is critical that we combine efforts among stakeholders through collaborative action to make effective change in food system policy, practice, and programs.

By 2025, we envision a thriving regional food system that engages the community in healthy food production, equitable food access, opportunities for collaboration, low environmental impact, living wages and local economic vitality for Multnomah County and its people.

Therefore, We Believe:

1. All people in our community should have equitable access to buy or grow healthy, culturally appropriate, sustainable, and locally grown food
2. Food and agriculture are central to the economy of our region, and a strong commitment should be made to the protection, growth, and development of these sectors
3. In promoting and supporting a food system that provides economically sustainable wages
4. It is important to educate the community of the value of a healthy food system and healthy food products
5. That success in developing, linking, and strengthening our entire food system will be achieved through community partnerships and collaboration
6. Food brings us together in celebration of our community and is an important part of our region's culture.

We, the undersigned, support the vision and principles of the Multnomah Food Action Plan, through practice, policy, and planning; and in implementing actions to advance a sustainable food system that is local, healthy, equitable, and prosperous for our region.

Organizations and individuals signing this declaration of support will be publicly listed at www.multnomahfood.org

Name: _____

Representation (are you signing on...)

Organization: _____

As an individual For your organization

Title/Position: _____

Phone: _____

City/County: _____

E-Mail: _____

I/This organization will commit to the following action(s) (optional):

Mail to:
Multnomah Food Initiative
Multnomah County – Office of Sustainability
501 SE Hawthorne Blvd. Suite 600
Portland, OR
97214

The Multnomah Food Initiative

Building on Existing Efforts

The Multnomah Food Report and the Draft Action Plan Framework synthesize:

- Case Studies
- Regional Planning Documents
- Local Community Food Assessments
- Local Food System Recommendations

Phase 1:
Building on the Existing Foundation
Synthesize background reports
9/2009 - 5/2010

Phase 2:
Multnomah Food Summit
Community Engagement
May 1, 2010

Phase 3:
Action Plan Development
Community Engagement
10/2010-12/2010

Phase 4:
Celebration and Action Plan Implementation
2011 - 2025

Action Areas

Local Food

Increase viable local options in our food system



Healthy Eating

Make the healthy choice an easier choice for all



Social Equity

Build systemic justice, health and food security



Economic Vitality

Promote a thriving local economy



Public Input

Attend the Multnomah Food Summit
May 1, 2010

Provide Input on the Action Plan
May-December 2010

Sign the Declaration of Support
December 2010-January 2011

Get Involved!

Visit www.multnomahfood.org or call 503-988-6150

Outcomes:

- Shared community vision
- 15-year community-owned, strategic action plan
- Network coalition
- Sustainable, healthy, equitable local food system

Multnomah
FOOD
Initiative



Multnomah Food Initiative Steering Committee Members and Community Partners

47th Avenue Farm - Bright Neighbor - Burgerville - City of Portland - CNRG - Cogan Owens Cogan, LLC - collaboration - Community Food Security Coalition - East Multnomah Soil and Water Conservation District - EcoTrust Food and Farms - Ecumenical Ministries of Oregon - Growing Gardens - Hacienda Community Development - Loaves and Fishes - Metro - Montavilla Farmers Market - Native American Youth and Families Center - New Seasons Market - Oregon Food Bank - Oregon State University Extension Service - Portland Farmers Market - Portland/Multnomah Food Policy Council - Portland Permaculture Guild - Portland Public Schools - Portland State University Institute of Metropolitan Studies - ReCode Oregon - The Dirt - Transition PDX - Upstream Public Health - Village Gardens Janus Youth Programs - Whole Foods

Glossary

3rd Party Certification private or public organizations that use specific evaluation criteria to verify production, product quality, and safety claims. They are usually distinguished by their claimed independence from both buyer and seller.

Action Pillars are the four main action areas that make up the Multnomah Food Action Plan and are designed to address the entire food system.

Agri-tourism involves agriculturally-based operations and activities that bring visitors to farms (i.e. navigating a corn maze, picking fruit, feeding animals, or staying at a bed and breakfast).

Benchmark is a point of reference for an indicator to measure progress toward a goal.

Collaborative Community Actions are community-prioritized actions to be completed by 2025 to meet our goals, and should be undertaken by community organizations (e.g. non-profits, businesses, schools, local government, and faith communities) as part of an overall collaborative, strategic effort to fix our food system.

Community Kitchen refers to a location where groups can cook together and share what they make in a friendly social atmosphere.

Community Supported Agriculture (CSA) allows members to buy shares of a farm at the beginning of a growing season and receive proportional shares in the harvest of the participating farm.

Economic Development Cluster is a geographic concentration of interconnected organizations who work closely with each other, local suppliers, infrastructure providers, educational institutions, and other relevant agencies. It is an approach that encourages companies who compete to come together and identify ways in which they can cooperate to their mutual benefit.

Edible Landscapes are urban areas where food production and edible plants are used in place of plants with only ornamental value.

Food Assessment involves diverse stakeholders who work together to research their local food system, publicize their findings, and implement changes based on their findings.

Food Citizens are everyone that eats, and thereby, are involved in food system change.

Food Desert is a district with little or no physical or economical access to foods needed to maintain a healthy diet but often served by plenty of fast food restaurants.

Food Hubs are a concentration of food businesses/organizations or a food system infrastructure that promotes mutual benefit for participants.





Food Policy is any governance decision, plan or regulation, that effects the way food is produced, allocated, obtained, consumed or disposed of.

Food Processing is the transformation of food from a raw state into a product for purchase or consumption.

Food Production is the farming and gardening practices that produce raw food products such as fruits, vegetables, grains, meat, fish, eggs, and dairy products.

Food Equity is when all people, at all times, have physical and economic access to healthy, safe, culturally appropriate, and nutritious food to meet their dietary needs for an active and healthy lifestyle.



A **Food System** consists of activities linking food production, processing, distribution, consumption and waste management, as well as all the associated supporting and regulatory institutions and activities.

Goals are the results that a plan is intended to achieve by completing specific actions.

Indicators are data which provides measurement or information that can be used to measure progress toward a goal.

Resilience is the amount of change a system can undergo and still be able to retain the same function, services, structure and feedbacks.

SNAP (Supplemental Nutrition Assistance Program) is a government assistance program designed to help low-income households pay for food. It was formerly called the Food Stamp Program.



Supply Chains utilize natural resources and raw materials in the creation of a finished product that is delivered to the final consumer.

Urban Agriculture is the practice of growing and producing food within urban boundaries and high density areas that encompasses a broad range of initiatives and production models that share the objective of providing urban residents access to fresh food (i.e. grown in backyard gardens, roof top gardens, community gardens and urban farms).

Urban Growth Boundary (UGB) is the boundary or line marking the limit between the urban growth areas and other areas such as rural and resource areas where urban growth is not encouraged, as designated by Metro regional government.

Under-represented Communities are groups of individuals whose voice has historically been less powerful than other communities and having less than adequate or sufficient representation.



WIC is a Special Supplemental Nutrition Program for Women, Infants and Children providing nutrition education, nutritious foods, breastfeeding support and information.

Note: The benchmarks and indicators used in the Multnomah Food Action Plan (for reference see the “Indicators at a Glance” chart on page 30) were selected using availability of data, how regularly the data is updated, and longevity of the data collection criteria. This information is readily available from US Census, USDA Agricultural Census, and Food Environment Atlas online data (with the exception of community garden plots/capita). It is hoped that more indicators will be developed for our local food system in order to track progress in achieving our community-prioritized goals.





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