



Cuh:uyaw: Increasing Tribal Family Access to Healthy and Traditional Food Resources Food Sovereignty and Security Assessment Findings

Weaving Native Culture Into The Future

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Introduction

Community

Organizational History and Purpose

The California Indian Museum and Cultural Center (CIMCC) was founded in 1991 and incorporated as a non-profit organization in 1996, CIMCC is a statewide, issues-based museum that gives California Indians a voice in the telling of their histories. With the experience and transformative power of exhibits as guiding factors, the CIMCC's goal is to provide a unique educational resource on California Indians and a worldclass destination for the people of California, the nation and the world.

California tribes are vital communities and they continue to shape, transform and contribute to the dynamic cultural life of California and the nation as a whole. While California Native people come from diverse cultures, they have many collective historical and contemporary experiences in common. These shared experiences form the core of the CIMCC interpretive strategy. In many existing historical institutions in California, the histories and cultures of California Indians are generally presented through artifact-based exhibitions focusing on past histories. While the past is considered, the CIMCC uses contemporary California Indian oral testimonies to illuminate underrepresented threads of California Indian collective experiences viewed through the context of statewide and national issues. California Indians have always relied on their oral traditions to express their histories and cultures. These oral traditions have mostly been shared inter-tribally with limited access by the general public.

CIMCC enriches the public by providing Native perspectives. Using storytelling conveyed through sophisticated, interactive multi-media, the museum helps visitors explore the collective experiences of California Indians statewide.



CIMCC Tribal Youth Ambassador, Jayden Lim (Pomo) shares stories with visitors at Mission Sonoma.

The primary interpretive strategy of using Native storytelling is not only culturally-appropriate, oral histories are also the best means for showing the diversity and complexity of California Indian cultures and the strength of California Indians to overcome extreme adversity. Only through oral histories relaying the emotions that occurred over time can people fully grasp the contemporary experience of California Indians and share in our knowledge and our bright hopes for the future.

CIMCC creates exhibits and programs for the public to learn about tribal perspectives and where Native Americans can proudly view California Indian contributions to civilization. CIMCC's work as a cultural institution reaches beyond traditional museum roles of education, resources and preservation. It is our goal to provide a forum for civic space, a dialogue for ideas that impact the history and future of American Indians. CIMCC is a place to address important issues impacting tribal communities throughout country and the state.



Tribal Community Profile

There are over 12,000 Pomo tribal members and descendants from 23 Pomo tribes in CIMCC's service area. Their traditional territory in the tri-county service area of

Sonoma, Mendocino and Lake counties spans over 6,400 square miles. Community members are somewhat isolated from each other on a regional level because of geography but they maintain close community ties. While the Pomo tribal communities are separate, sovereign nations today, the community as a whole is related inter-tribally through marriage, social affiliations, cultural traditions and the 7 Pomo languages.

CIMCC's vision as expressed in our strategic plan, "to be a living tribute to California Indians, their cultures, lifestyles, and strength in overcoming extreme adversity", anchors our strategic plan to our tribal audiences and their cultural continuity.

Nutrition related chronic disease is an extreme adversity to Pomo tribal communities. Tribal community member, Meyo Marufo, summarized this issue by stating "kill the food, kill the culture." The ability to heal ourselves lies within our traditional knowledge and the capacity to restore resources throughout our ancestral lands.

Restoration and access to cultural information and food sources is our primary path to wellbeing. Throughout this report CIMCC relies on the strengths of community culture bearers in addressing challenges as nutritional health is a this pressing danger to our current and future generations.

History

The loss of food security among Pomo tribal communities is the direct result of federal and state policies designed to break up Indian families and disenfranchise Native people from their lands and cultural communities. In the first year of California statehood, legislation was passed which allowed U.S. citizens to purchase lands including those lands that were part of traditional Indian territory. In 1851, Federal government agents entered into 18 treaties with some California tribes which set aside 7.5 million acres of land for Indian use and occupancy. Although the tribal leaders signed the treaties and began to move their people on to these lands, the treaties were never ratified by the United States Senate. The treaties were judicially



ordered to be sealed for 50 years. Tribal members who were moving to the new treaty lands found themselves pawns in a major land theft and were left landless. This caused many existing Indian tribes to disperse along family groupings to any unoccupied lands that they could find. By 1905, the federal government became aware of the landless status of California tribes, caused by state and federal policies. It began to set aside, purchase and put into trust the parcels of land that California Indians were inhabiting. Although the California Rancheria Act funded the purchase of these parcels for landless California Indians, it also instituted the further splitting up of tribal communities and had a devastating impact on tribal cultural practices, including traditional diets. This is one illustration of a long history of institutional efforts to colonize California Indian culture and identity. Centuries of these violent efforts have slowly eroded the foundations of tribal traditions and access to cultural resources. California tribes today find themselves embroiled in multi-generational cycles of drug and alcohol abuse, social isolation, family violence, negative economic opportunity and chronic disease. These conditions critically separate California Indian people from their tribal traditions and cultural identities. In this context, Pomo tribal communities today face a crisis when it comes to health and the issue of maintaining and revitalizing tribal cultural and nutritional practices.

History drives our food sovereignty and security strategies. Our communities succumbed to disease, starvation, murder, displacement and other atrocities at a mass scale during the colonization of California. In 1769, a conservative estimated 310,000 Natives inhabited in California prior to the introduction of the Spanish Mission System. By 1900, it was estimated that there were as few as 20,000 Native people left in California. The change in our diets brought about by foreign agricultural practices, gold mining, de-forestation, urbanization and other conditions figured greatly in the diminishment of our people during this time period. Our dietary challenges of today are associated with the health disparities in our communities. We seek to restore our diets and with them the health and wellness of our communities. Our traditional diets were founded on the rich and diverse life within our places, and our tending of our homelands to sustain life.



We are driven to protect our communities' places. Our once sustainable relationships to our lands and waterways have been disrupted. Then some of our communities lost their lands again during the Termination Era of the 1950's and 60's. Our ancestral lands and waterways hold the fruits of our diets. We seek to restore our access to them through creative stewardships with others to help put our homelands back into balance with our knowledge.

Importance of Food Sovereignty and Food Security



Diabetes is epidemic among American Indians and Alaska Natives (Native people) and causes other health conditions that result in disability and death. Moreover, it is an increasingly global health problem. According to the World Health Organization, there were 422 million people with diabetes worldwide in 2014 and the global prevalence of diabetes among adults over 18 years of age rose from 4.7% in

1980 to 8.5% in 2014. In the United States, Native adults experience a 15.9% prevalence rate of diabetes compared to 11.7% of all adults; the rates vary widely by tribal and urban Indian communities (Center for Disease Control and Prevention, 2014). In California, which has the largest population of Native people in the nation, 13% of Natives reported being diagnosed with diabetes and 11% reported being pre-diabetic (California Rural Indian Health Board, 2014). The age-adjusted diabetes mortality rate for Native people in California was 33.9 per 100,000 in 2010 and the second highest of all racial groups (Conroy, Pendleton & Bates, 2014). The majority of Native people in California have Type II diabetes. Complications from Type II diabetes include cardiovascular disease; nerve, kidney, eye and foot damage; skin conditions; hearing impairment and Alzheimer's disease. Native people also experience disparities in some of these health conditions. For example, Native people in California have the highest prevalence rate of cardiovascular disease (44.2%) of all races. Concurrently, many Native people are challenged to maintain healthy weight, nutrition, eating habits and physical activity. Native adults in California have the highest obesity prevalence rate (38.7%) of all racial groups (Conroy, Darsie, Ilango, and Bates, 2016).

Diabetes can be prevented and controlled through healthy eating and exercise. Historically, California Indians didn't have diabetes. We had a varied diet and engaged in much physical activity to sustain our food resources in a reciprocal relationship with our homelands. Acorns were central in our diets and eaten every day. Historically, an estimated 75% or more of California

Indian communities ate acorns as a primary food source and acorns comprised an estimated 50% of our diets (Kroeber, 1925; Conti, 2006). Much of our food activities revolved around the very physically demanding practices of cultivating, gathering and processing acorns from California native oaks. Today, the majority of Native people in California eat acorns only on special occasions if at all. Research proposes that the high-fiber, low calorie diets of traditional Native cultures greatly slowed sugar absorption



into the blood stream, thereby protecting us from developing diabetes (Reinhard et al., 2012). Native people have high rates of diabetes today because of drastic changes in our diets caused by colonization and the imposition of foreign diets and commodity foods on our tribal communities, income, access to healthy and traditional foods and other factors.

Sovereignty is generally defined as the right to enforce laws over one's people and territory. Food sovereignty is often defined as the “right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems” (Declaration of Nyéléni, the first global forum on food sovereignty). When it comes to both sovereignty and food sovereignty our community is currently experiencing a deficit.

We lack a majority of control over our ancestral territories where our traditional foods can be cultivated and harvested to nourish our people. Diabetes and other nutrition related diseases are contributing to a diminished quality of life and higher mortality rates. CIMCC's seeks to identify gaps in our ability to access traditional foods and create strategies to address these issues. Our goal is to enable a path to food sovereignty and health for tribal communities throughout Mendocino, Sonoma and Lake Counties.



Research

Food Sovereignty Assessment

Surveys

Community assessment tools were made up of surveys. Tribal families were asked to complete questions about food security and food sovereignty. The content of the surveys is provided below.

FOOD SECURITY COMMUNITY QUESTIONNAIRE

What is your email (optional if you would like to be entered into the Food Security drawing, winners will be contacted via email if they are selected for prizes)?

What zip code do you live in?

What is your tribal affiliation?:

How many individuals live in your home (including yourself)?

Age:

Gender:

1. Does your family always have enough food?

☐ Yes

☐ No, because...

If you answered No, why is there not always enough food?

☐ We can't afford enough food

☐ We don't have access to the foods we want

☐ We don't have time to buy enough food

☐ Other:

2. Does your family have access to healthy food (i.e. locally grown organic fruits/vegetables, locally gathered seaweed, seafood, etc.)?

☐ Yes

☐ No, because...

If you answered No, why don't you have access to healthy food?

☐ We can't afford healthy food

☐ We don't have access to land where healthy food can be harvested

☐ We don't know how to identify healthy food

☐ We don't know how to cook with healthy food

☐ We don't have time to obtain healthy food

☐ Other:

3. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

☐ Yes

☐ No

☐ I don't know

4. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough time to

get healthy food?

- ☐ Yes
- ☐ No
- ☐ I don't know

5. "The food that my family bought just didn't last and we didn't have money to get more." In the last 12 months, this statement was:

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true
- ☐ I don't know

6. "My family and I couldn't afford to eat healthy meals." In the last 12 months, this statement was:

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true
- ☐ I don't know

7. Does your family participate in any of the following food assistance programs?

- ☐ Food stamps, SNAP
- ☐ Women, Infants and Children Program (WIC)
- ☐ Commodities Program (FDPIR)
- ☐ School lunch/breakfast program
- ☐ Meals on Wheels
- ☐ The Emergency Food Assistance Program (TEFAP)
- ☐ Not applicable
- ☐ Other:

8. What were the reasons you used food assistance in the past month? Check all that apply.

- ☐ Unusual expenses this month
- ☐ Ran out of food stamps
- ☐ Recent job loss
- ☐ Continued unemployment
- ☐ Traditional sources of food not available

o Not applicable

o Other:

9. What barriers, if any, prevent you from using these programs?

o Our family does not meet the income eligibility

o The application process is too burdensome

o Do not have the required documentation

o Other:

10. What does your family most need in order to obtain enough food?

o More money for food

o Access to bulk food

o Transportation to obtain food

o Other:

11. What does your family most need in order to obtain healthy food?

o More money to obtain healthy food

o Transportation to purchase healthy food

o Nutrition education

o Cultural education

o Other:

Other:



FOOD SOVEREIGNTY COMMUNITY QUESTIONNAIRE

What is your email (optional if you would like to be entered into the Food Security drawing, winners will be contacted via email if they are selected for prizes)?

What zip code do you live in?

What is your tribal affiliation?:

How many individuals live in your home (including yourself)?

Age:

Gender:

1. What do you consider traditional Pomo foods?

2. Are any of these traditional foods available in your community now?

☐ Yes

☐ No

☐ I don't know

☐ I do not want to answer

I do not want to answer

If YES, which ones do you eat?

If YES, How do you obtain them?

- ☐ Gather
- ☐ Hunt
- ☐ Gifted
- ☐ Trade
- ☐ Eat at special events or ceremonies
- ☐ Purchase
- ☐ Other (please specify)

If NO, what barriers exist, if any, to you getting traditional foods?

- ☐ Can't identify
- ☐ Don't have access to land where they are located
- ☐ Don't have time to obtain (cultivate, harvest, process)
- ☐ Other (please specify)

3. How important are the following traditional foods for people in your community?
Please rank (very important, important, somewhat important, does not exist in my community).

Acorn
Buckeyes
Pepper Nuts
Pine Nuts
Strawberries
Salmon
Blackberries
Elderberries
Raspberries
Huckleberries
Quail
Abalone
Mussels
Clams
Seaweed

Indian Potatoes (Brodiaea)

Deer

Rabbit

Other:

4. Evaluate the following statement: "There are traditional foods available in my community."

☐ Strongly agree

☐ Agree

☐ Neutral

☐ Disagree

☐ Strongly Disagree

5. How often are traditional foods available in your community? If so, what are these foods?

☐ Always:

☐ Sometimes:

☐ Rarely:

☐ Never

6. On average, how many minutes from your home do you have to drive to access traditional foods?

7. How important are the following food resources for people in your community? Please rank (very important, important, somewhat important, does not exist in my community).

Grocery Store

Food Co-Op

Convenience Store

Tribal Farm

Farmer's Market

Traditional Food Resources

FDPIR/Commodities Program

Food Stamps

Community Garden/Farm

Home garden/farm

Trade/Barter/Sharing

Food Bank

Are there other resources that you use that are not listed above? Please specify.

Of the food resources listed above, which do you use most often?

8. Why do you use this food resource most often?

- ☐ It is closest to where I live/work.
- ☐ It has the most affordable food.
- ☐ It has the healthiest food.
- ☐ It has the types of food that I prefer.
- ☐ It is where I am most comfortable buying food.
- ☐ Other:

9. Evaluate the following statement: "There is healthy food (i.e. locally grown organic fruits/vegetables, locally gathered seaweed, seafood, etc.) available in my community."

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

10. How often are locally produced foods available in your community? If so, what are these foods?

- ☐ Always:

- o Sometimes:
- o Rarely:
- o Never

11. On average, how many minutes from your home do you have to drive to access fresh fruits and vegetables?

12. Are there certain foods you would like to eat that are difficult to get in your community? If so, what are they? Why are they difficult to get?

13. What would you like to see happen in your community to increase access to healthy, locally-produced, and/or traditional foods? Please rate the following ideas(very important, important, somewhat important, does not exist in my community).

Increase in Native food vendors

Increase in availability of traditional foods at

Farmer's Markets

Creation of a native food coops

More education about traditional foods

Classes on how to prepare traditional foods

More Home gardens/farms

More food banks

Increase Sustainable agricultural practices

More Tribal Community gardens/farms

Increase crop diversity

Gardening or farming workshops/classes

Policy changes

Cooking classes

Better food access

Less land lost

Other:

14. Do you know a tribally run/owned food producer, food business owner or traditional food vendor or chef?

☐ Yes

☐ No

If yes, please provide descriptive information so we can contact them to include them in our healthy foods resource guide:

15. Do you think health problems in your community are caused by a lack of healthy and nutritious food?

☐ Yes

☐ No

Please explain your answer

16. Do you think health problems in your community are caused by a lack of traditional foods?

☐ Yes

☐ No

Please explain your answer



17. If you could tell your community leadership anything about the importance of traditional and healthy foods within your tribal community, what would you tell them?

Time Frame and Demographics

Food sovereignty assessment activities were conducted between September 2016-2017.

Project staff worked with tribal health clinics and organizations throughout Sonoma, Mendocino and Lake counties to disseminate assessment data and gather interviews related to identification of healthy food resources and gaps to obtaining those resources throughout the community. Project staff participated in community events and conducted food sovereignty themed programming throughout the project to engage community members in the contribution of data and dialogue about community responses.

Pomo tribal communities are made up of 23 tribes across three counties in Northern California. Assessment respondents are comprised of tribal members and descendants from 20 federally recognized and 3 unrecognized Pomo tribes. The Pomo tribes constitute approximately one-fifth of California's 109 federally-recognized tribes. According to the 2005 Bureau of Indian Affairs, Labor Force Report (the most current

report available), there are a total of 11,699 enrolled members in the 20 federally recognized tribes. The tribes range in size from those with a very small population such as the Potter Valley Band of Pomo Indians having a total enrollment of 6 members to the Round Valley Tribes with 3,785 members enrolled.



Native people are only a fraction of the overall population within the three counties. According to the U.S. Census, there are 13,307 Native people in Sonoma County. The population of this rural, coastal area in Northern California exceeds 490,000. A large percentage of Sonoma's Native population are young people. At 29.5 years, the median age of the Native population in the County is about the same as the statewide median age for Native people (30.5 years), but much lower than the median ages of the general population in Sonoma County (39.9 years) and California (35.2 years). Over 34% of the total Native population in Sonoma County is

youth ages 0 to 24. There are 5 federally recognized tribes in Sonoma County: Cloverdale Rancheria of Pomo Indians, Dry Creek Rancheria of Pomo Indians, Federated Tribes of Graton Rancheria, Lytton Rancheria of Pomo Indians and Stewarts Point Rancheria. With a total 3,386 members among all of them per the most recent Bureau of Indian Affairs American Indian Population and Labor Force Report (2005), the membership of these small tribes comprise about one quarter of Sonoma's Native population. About 40% of the total local tribal membership (1,378 people) is between 16 and 64 years of age.

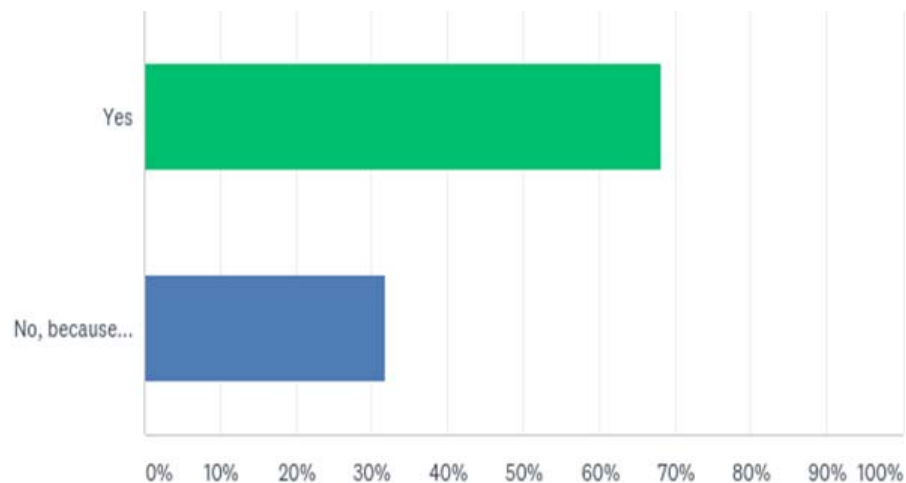
Findings

Results

The food sovereignty and security assessment findings represented 179 households. Individuals represented in the households ranged from 1 year to 90 years old.

Household sizes ranged from 1 to 8 individuals. 18 of the 23 Pomo tribes are represented, however a majority of the respondents indicated that they were "Pomo," without identifying a specific nation.

To assess food security. Community members were asked if their families had "enough food." 68% of the respondents answered yes and 32% selected no.



Respondents who selected "No" were asked why they did not always have enough food. 46% replied that they were not able to afford enough food, 6% selected that they did not have access to the foods they wanted, 6% said that they did not have time to buy enough food and 42% selected "other." Respondents who described their "other" responses cited several barriers. Many of the respondents cited multiple reasons above in their "other" explanation. Some of the following various responses were also cited:

- health and organic foods are limited in remote areas
- depends on the month, some months money doesn't go as far
- organic food is very expensive

- food stamps are limited
- transportation is not available
- fixed income does allow it

The assessment went on to measure whether families has access to healthy foods. 62% replied "Yes" and 38% said "No." Of those that replied "No," the following reasons were cited:

- 17% We can't afford healthy food,
- 17% We don't have access to land where healthy food can be harvested,
- 5% We don't know how to identify healthy food,
- 3% We don't know how to cook with healthy food,
- 5% We don't have time to obtain healthy food,
- 53% Other.

"Other" category explanations included multiple barriers above and the following:

- floods contaminated local gardening areas
- farm stands do not supply seaweed
- farmers markets are only seasonal
- disability prevents me from gardening or purchasing organic

Respondents were also asked if during the last year they were hungry but unable to eat because there wasn't enough money for food. 28% said "Yes," 68% said "No," and 4% replied that they "did not know" the answer. A follow up question on the same topic asked if during the last year they were hungry but unable to eat because there was not enough time to obtain healthy food. 28% replied "Yes," 69% said "No," and 3% "did not know."

Next the respondents were asked to evaluate the following statement, "The food that my family bought just didn't last and we didn't have money to get more." Responses showed that 13% believed the statement was "Often true," 27% "Sometimes true," 56% "Never true," and 4% "did not know" if it was true. Next the assessment examined the community's ability to afford healthy meals. Respondents evaluated whether their "family couldn't afford to eat healthy meals." For 29% of respondents the statement was "Often true," 28% "Sometimes true," 41% "Never true," and 2% "did not know."

The last section of the food security assessment focused on food assistance program participation and barriers to participation. Families were asked to indicate if they participated in the following programs:

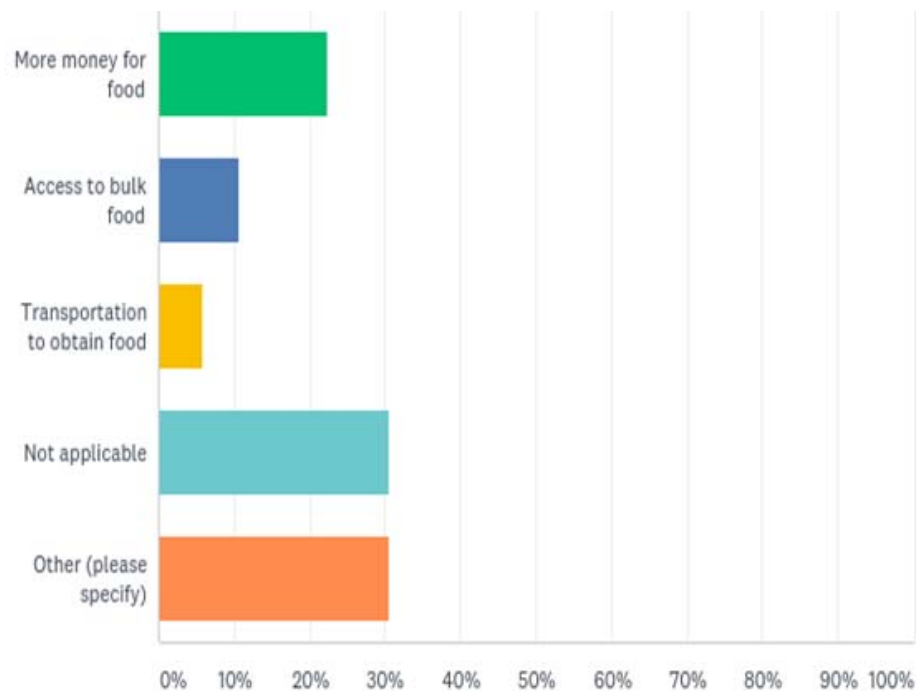
- 20% Food stamps, SNAP
- 2% Women, Infants and Children Program (WIC)
- 16% Commodities Program (FDPIR)
- 6% School lunch/breakfast program
- 0% Meals on Wheels
- 1% The Emergency Food Assistance Program (TEFAP)
- 26% Not applicable
- 29% Other.

For those that indicated "other," many listed multiple programs above, social security, and senior food programs. When asked to identify reasons why they used food assistance, the following were rated:

- 14% Unusual expenses this month
- 6% Ran out of food stamps
- 5% Recent job loss
- 7% Continued unemployment
- 3% Traditional sources of food not available
- 45% Not applicable
- 20% Other (multiple reasons above, disability and social security).

The assessment also evaluated barriers preventing community members from accessing food assistance programs. 59% of the respondents stated that their "family does not meet the income eligibility," 6% said that the "application process is too burdensome," 6% "did not have the required documentation," and 29% cited "other." Some families identified enrollment in one program cancelling eligibility in another program in explaining "other."

Families were also asked what they felt was most needed to obtain enough food.



22% said they needed "More money." 11% cited the need for "access to bulk food," 6% said they required 'transportation to obtain food. The "other" category cited several of the above responses. Gardening and repairs were also cited under "other." When asked, "what families needed most to obtain healthy food, the following were the rated responses:

- 37% More money to obtain healthy food
- 6% Transportation to purchase healthy food
- 10% Nutrition education
- 7% Cultural education
- 23% Other.

"Other" category specifications included, multiple reasons above, more healthy food vendors and access to water (that does not have to be pumped.)

To assess food sovereignty, respondents were asked to identify the foods they considered to be traditional Pomo foods. The following foods were identified. Percentage rates represent the number of respondents that identified each of them.

- Fish 27.14%
- Abalone 21.43%
- Salmon 21.43%
- Acorn Mush 18.57%
- Bread 17.14%
- Nuts 10%
- Indian Tacos 5.71%
- Tortillas 5.71%
- Elk 4.29%
- Plants 4.29%
- Natural 2.86%
- Variety 2.86%
- Food 2.86%
- Veggies 2.86%
- Water 2.86%

When asked if any of these traditional foods were presently available in the community, 61% said "Yes," 20% said "No," 18% were unsure and 1% did not want to answer.

Those respondents that answered yes were asked to identify which foods they ate. The top responses are outlined below:

- Berries 40.43%
- Seaweed 34.04%
- Acorn 19.15%
- Nuts 10.64%
- Bread 6.38%

Next respondents were asked how they obtained the traditional foods they ate. 12% said they gather, 2% obtain by hunting, 2% are gifted foods, 0% indicated that they trade for food, 16% each traditional foods at special events and 16% purchase traditional foods. "Other," category responses specified multiple methods above, some of the other responses indicated that they obtain traditional foods through family

members. For those respondents that indicated that traditional foods were not available in the community, they were asked to identify the following barriers:

- 15% Can't identify
- 36% Don't have access to land where they are located
- 29% Don't have time to obtain (cultivate, harvest, process)
- 20% Other

"Other" categories specifications included, multiple reasons stated above, need for more training, water quality issues and disability.

The assessment examined how community members ranked the importance of specific traditional foods. The following illustrates percentages of "Very Important" and "Important" rankings.

- Acorn Very Important 50.00% Important 18.92%
- Buckeyes Very Important 21.88% Important 6.25%
- Pepper Nuts Very Important 19.70% Important 15.15%
- Pine Nuts Very Important 43.08% Important 24.62%
- Strawberries Very Important 62.67% Important 22.67%
- Salmon Very Important 67.09% Important 16.46%
- Blackberries Very Important 75.64% Important 15.38%
- Elderberries Very Important 46.97% Important 22.73%
- Raspberries Very Important 56.94% Important 20.83%
- Huckleberries Very Important 40.91% Important 22.73%
- Quail Very Important 38.24% Important 16.18%
- Abalone Very Important 60.53% Important 21.05%
- Mussels Very Important 44.12% Important 20.59%
- Clams Very Important 47.14% Important 20.00%
- Seaweed Very Important 69.33% Important 17.33%
- Indian Potatoes (Brodiaea) Very Important 36.07% Important 16.39%
- Deer Very Important 58.11% Important 18.92%
- Rabbit Very Important 30.77% Important 21.54%

When asked to evaluate how they felt about the statement of whether "traditional foods are available in my community," 15% strongly agreed, 25% agreed, 33% felt neutral,

21% disagreed and 6% strongly disagreed. Respondents were also asked to evaluate how often they believed traditional foods were available, 17% believed it was always available, 49% said it was sometimes available, 25% said it was rarely available and 9% said it was never available.

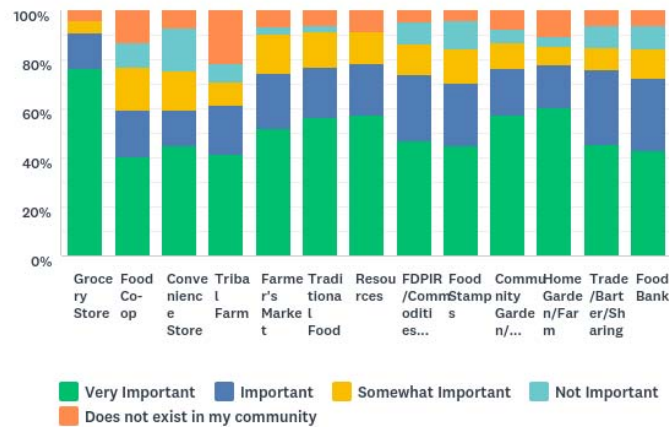
Respondents were asked how long it took them to drive to access traditional foods. Responses ranged from 20 to 180 minutes.

The assessment also focused on the importance of existing good resources.

Respondents ranked (very important, important, somewhat important, does not exist in my community) the following resources:

- Grocery Store
- Food Co-Op
- Convenience Store
- Tribal Farm
- Farmer's Market
- Traditional Food Resources
- FDPIR/Commodities Program
- Food Stamps
- Community Garden/Farm
- Home garden/farm
- Trade/Barter/Sharing
- Food Bank

Q17 How important are the following food resources for people in your community? Please rank.



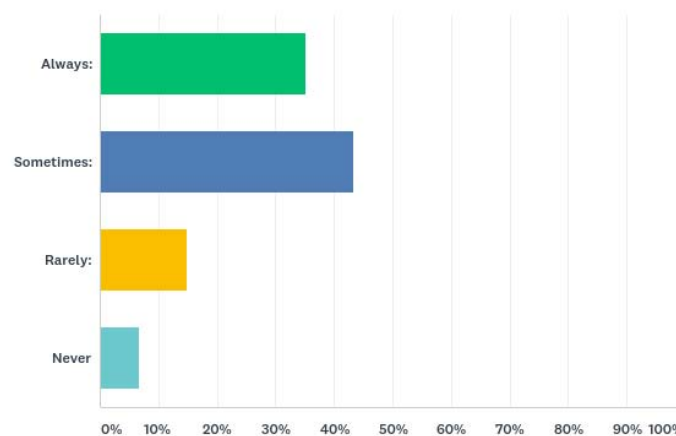
Respondents were also asked which food resources they used the most often and why. The most popular responses are outlined below.

- Grocery Store 46.15%
 - Garden 10.26%
 - Food Co-op 6.41%
 - Farmers Market 5.13%
 - Commodities 3.85%
-
- It is closest to where I live/work.
 - It has the most affordable food.
 - It has the healthiest food.
 - It has the types of food that I prefer.
 - It is where I am most comfortable buying food

When asked to evaluate the following statement: "There is healthy food (i.e. locally grown organic fruits/vegetables, locally gathered seaweed, seafood, etc.) available in my community," 19% strongly agreed, 28% agreed, 28% were neutral, 22% disagreed and 3% strongly disagreed.

Respondents also indicated if how often are locally produced foods were available. The

Q21 How often are locally produced foods available in your community?



following chart illustrates the findings.

Respondents indicated that they drove 5-30 minutes to access fresh fruits and vegetables. They also identified the following foods as foods they would like to eat but were difficult to find:

- Seaweed
- Acorn
- Salmon

The assessment also asked what changes respondents would like to see happen to increase access to healthy and/or traditional foods. They rated the following actions as very important, important, somewhat important, or does not exist in my community.

- Increase in Native food vendors was rated very important by 60% and important by 27% of the respondents.
- Increase in availability of traditional foods at Farmer's Markets was rated very important by 52% and important by 34% of the respondents.
- Creation of a native food coops was rated very important by 51% and important by 27% of the respondents.
- More education about traditional foods was rated very important by 68% and important by 24% of the respondents.
- Classes on how to prepare traditional foods was rated very important by 64% and important by 21% of the respondents.
- More Home gardens/farms was rated very important by 64% and important by 24% of the respondents.
- More food banks was rated very important by 39% and important by 28% of the respondents.
- Increase Sustainable agricultural practices was rated very important by 57% and important by 28% of the respondents.
- More Tribal Community gardens/farms was rated very important by 65% and important by 23% of the respondents.
- Increase crop diversity was rated very important by 61% and important by 25% of the respondents.
- Gardening or farming workshops/classes was rated very important by 67% and important by 21% of the respondents.
- Policy changes was rated very important by 46% and important by 29% of the respondents.
- Cooking classes was rated very important by 58% and important by 31% of the respondents.
- Better food access was rated very important by 68% and important by 22% of the respondents.
- Less land lost was rated very important by 63% and important by 20% of the respondents.

Other ideas identified were online stores for native foods, native foods, farmer's markets, change in values, and more public lands to harvest native foods.

In an effort to increase awareness of native food vendors. Respondents were asked if they knew a tribally run/owned food producer, food business owner or traditional food vendor or chef. 15% of the respondents indicated that they did know someone and 85% said they did not know if anyone. Respondents who could identify a native food vendor were asked to provide a description and/or contact information. Vendors who were identified are included in the Healthy Resource guide included in the appendix of this report.

The final section of the assessment focused on health issues and tribal leadership. Respondents were asked if they thought that health problems within the community were caused by a lack of healthy and nutritious foods. 78% answered yes and 22% answered no. They were also asked if they believed health problems to be caused by a lack of traditional foods. 65% answered yes and 35% answered no. Lastly they were asked what they would like their tribal leadership to know about importance of traditional and healthy foods. Some of the responses are outlined below:

- we need to teach and educate
- community gardens help elders and families have nutritious alternatives
- stop allowing unhealthy food commodities into our communities
- food is medicine
- diabetes is the biggest problem in our community
- teach young people to gather and prepare
- cultivate food education
- increase healthy lifestyles at an early age
- kill the food, kill the culture
- eating traditional foods, speaking your language helps keep our cultures alive
- please make health and native foods a priority.

Gaps in Accessing Healthy Foods

The assessment findings indicate several common gaps in our tribal community members' access to healthy and traditional foods. The transmission of **knowledge** is a common issue. Community members are concerned about being able to identify foods

and medicines and learning stewardship practices that support the growth and abundance of these foods. While interviewing culture bearers on food assessment topics, many commented on the status of open space and native plants being overgrown with underbrush. Where traditionally our people would have practiced controlled burns every couple of years to reduce growth and care for resources, California state laws have prevented this practice for over 100 years. Thus, open space that houses native plants is ripe for forest fires, two of which have impacted our Lake County tribes in recent years. Community members want to learn more about identification and stewardship and work with state and county partners to foster the growth of cultural resources.

The **affordability** of healthy and organic foods is a prevalent issue for the community. Community members cited the expense of these foods as a barrier multiple times throughout the assessment. Farmer's markets and organic food stores charge higher prices to cover increased costs of production, marketing and sales. Not having **time** to gather, harvest or purchase traditional and healthy foods was another common thread in the findings. Traditional food practices take time to gain knowledge and conduct stewardship and harvest activities. Community members need to dedicate time and labor to the process. Community members often cited work, school and extracurricular activities as conflicting with their ability to commit to this process.

Control of land is another barrier to increasing access to traditional foods. Many tribes have small land bases and community members do not often own land as the cost is higher than most parts of the United States. Most of the land in our region is privatized by the wine, cattle and timber industries. Creating a **market** economy for native food vendors is another barrier to increasing access. Some culture bearers indicated a negative view of "selling" traditional foods, such as acorn, in exchange for money.

Viable business models for vendors are difficult considering the seasonal gathering of traditional foods, the labor intensive nature of harvest and the cost or accessibility of lands. **Competition** for resources with surrounding wine and food industry also hinder access to traditional foods. For example, abalone is a traditional food but viewed as a delicacy by other cultures and the fine dining industry. Thus, traditional food harvesters are in direct competition with individuals seeking this resource for profit.

Additionally, culture bearers indicated that Pomo people planted oak trees in rows for harvest. While some of these trees have been protected, the majority of them are located on private lands that are now grape vineyards. A native vendor seeking to

grow and maintain an oak orchard would be in direct competition with the multi million dollar wine industry seeking to develop a cash crop.

Eligibility for food assistance programs emerged as a clear barrier in the food security findings. Many respondents cited that their income made them ineligible for assistance. Due to the high cost of living in our region families may appear to have "higher" incomes but their costs are stretched among rent/mortgages, energy, transportation and other expenses that make very little left over for obtaining healthy foods. **Climate change** is another issue that is preventing increased access to healthy foods. Existing food resources are being limited by the impacts of climate change. Abalone were not able to be harvested this year due to increased ocean temperatures and the impact on the ocean food chain. Sudden oak death is another result of climate change reducing the acorn food supply. The disease is the result of a fungus that thrives in warmer temperatures.

Lastly, food sovereignty is not often viewed as **political priority** for tribal leadership. Many tribal leaderships are working on many pressing issues related to economic development, cultural revitalization, social services and education. Food choices are often viewed as individual or personal. Nutrition related diseases, while abundant, happen slowly over long periods of time. The tribal community will need to call upon their leadership to press for the urgency of these community health issues.

Strategies and Recommendations

Collaborations for Change

The following are actions that can be taken to reduce barriers to accessing healthy and traditional foods:

- Improving community member knowledge of stewardship and resource identification.
 - work with Culture Bearers, create video documentation, increase classes and workshops, publish resources
- Increasing affordability of healthy foods.
 - create native food farmers market, integrate more healthy foods into assistance programs, provide more healthy foods in bulk, create online native foods store
- Reducing time it takes to gather, cultivate or access healthy foods.
 - explore technological solutions, organize community volunteer events
- Increasing community control over healthy food resources, including increased access to privatized land and gathering opportunities.
 - create co management/stewardship partnerships, establish MOU's with public lands, establish relationships with land conservancies
- Creation of a market for native food items and vendors.
 - create online sales center, create native foods farmers market, create partnerships to reduce vendor production costs, partner with native youth groups to provide volunteers and foster trans-generational learning experiences
- Reduce competition for resources between wine/culinary food industry and tribal communities.

- Educate industry representatives, partner with industry in creating models for collaboration
- Mitigate impacts of climate change on existing native food systems.
 - Outreach to advocacy organizations, educate public, research scientific intervention strategies
- Propose amendments to food program assistance eligibility requirements.
 - Outreach to food assistance programs to share data and propose administrative solutions
- Foster prioritization of food sovereignty issues with local tribal leaders.
 - Outreach to tribal leadership, host educational training, propose community action agenda



Community Food Resource Guide: Sonoma County

CalFresh

(707) 565-2715 or (877) 699-6868

www.sonomacalfresh.org

Type Of Aid:

“Formerly known as Food Stamps. Supplements the household food budget.

Get application assistance at the following agencies:

Catholic Charities (707) 284-3450 extension 374

Community Action Partnership (707) 544-6911

Healdsburg Day Labor Center (707) 433-6652

La Luz Center (707) 938-5131

North Sonoma County Services (707) 433-6161

Petaluma People Services Center (707) 765-8488

Sonoma County 2-1-1 (707) 565-2108

Hours/Eligibility:

Call for more information

Redwood Empire Food Bank

Redwood Empire Food Bank

3990 Brickway Blvd Santa Rosa, CA 95403

(707) 523-7900

www.refb.org

Type Of Aid:

Countywide referrals to food programs, pantries and CalFresh application assistance. Monthly food distribution. Free children's lunch during the summer.

Hours:

Monday through Friday:

8:00 am to 4:30 pm

Cloverdale

Cloverdale Food Pantry

202 Commercial Street, Cloverdale

(707) 894-7896

Type Of Aid:

Groceries to needy families

Hours:

Friday 1-3pm

Eligibility:

Please call for eligibility requirements

Forestville

Forestville United Methodist Church Food Closet

6550 Covey Road, Forestville

(707) 887-2020

Type of Aid:

Groceries

Hours:

2nd and 4th Monday of the month. Register at 12:30pm. Pick up at 1:30pm

Eligibility:

Please call for eligibility requirements

Graton

Catholic Charities of the Diocese Rural Food Project

2981 Bowen Street, Graton

(707) 528-8712

Type of Aid:

Food Distribution to needy families, farm workers and working poor

Hours:

4th Friday of the month from 9-10am

Eligibility:

Please call for eligibility requirements

Guerneville

River to Coast Children's Services

16300 First Street, Guerneville

(707) 869-3613

Type of Aid:

Emergency food, diapers and formula.

Hours/Eligibility:

Call for information

Russian River Community Pantry

Guerneville Community Church, 14520 Armstrong Woods Road, Guerneville

(707) 869-3661

Type of Aid:

Food pantry

Hours:

2nd and 4th Saturday of the month from 10am-12pm

Eligibility:

Call for information

West County Community Services

Guerneville Park and Ride across from Armstrong Redwoods entrance and west of Safeway, Guerneville

(707) 869-0655

Type of Aid/Hours/Eligibility:

Please call for more information

Healdsburg

Catholic Charities of the Diocese Rural Food Project

209 Matheson Street, Healdsburg

(707) 528-8712

Type of Aid:

Food distribution to needy families, farm workers and working poor

Hours:

1st Thursday of the month from 9-10am.

Eligibility:

Call for more information

Healdsburg Shared Ministries Food Pantry

1505 Healdsburg Avenue, Healdsburg

(707) 433-3663

Type of Aid:

Food pantry

Hours:

Tuesday, Wednesday and Fridays 3-4:30pm

Eligibility:

Call for more information

Trinity Baptist Church

515 Powell Avenue, Healdsburg

(707) 433-4364

Type of Aid:

Groceries

Hours:

1st Saturday from 9-10am

Eligibility:

Call for more information

Monte Rio

St. Andrew's Mission Food Program

20329 Highway 116, Monte Rio

(707) 865-0834

Type of Aid:

Groceries

Hours:

Every Tuesday from 5-6:30pm

Eligibility:

Call for more information

Occidental

Catholic Charities of the Diocese Rural Food Project

3730 Bohemian Highway, Occidental

(707) 528-8712

Type of Aid:

Food distribution to needy families, farm workers and working poor on the

Hours:

2nd Tuesday of the month from 9-11am

Eligibility:

Call for more information

Occidental Community Church

3637 Church Street, Occidental

(707) 874-3501

Type of Aid:

Food vouchers for Occidental residents

Hours/Eligibility:

Call for more information

St. Philip Apostle Rural Food Program

3730 Bohemian Highway, Occidental

(707) 874-3812

Type of Aid:

Food distribution

Hours:

2nd Tuesday from 9-10:30am. Registration starts at 8:30am.

Eligibility:

Call for more informaton

Petaluma

Committee on the Shelterless (COTS) Food Box

900 Hopper Street, Petaluma

(707) 765-6530

Type of Aid:

Emergency groceries

Hours/Eligibility:

Call for application

Interfaith Pantries

825 Middlefield Drive, Petaluma

Type of Aid:

Food pantry

Hours:

Saturdays from 10:30am-12pm

Interfaith Pantries

320 North McDowell Boulevard, Petaluma

Type of Aid:

Food pantry

Hours:

Tuesdays at 5:30pm

Interfaith Pantries

504 Baker Street, Petaluma

Type of Aid:

Food pantry

Hours:

Thursdays at 5:30pm

Megan Furth Harvest Pantry

Lakeville Street and Jefferson (behind Lolita's Market), Petaluma

(707) 523-7900

Type of Aid:

Hours:

Thursday from 1-2pm

Eligibility:

Proof of child birth date required

Santa Rosa First Church of God

4001 Roblar Road, Petaluma

(707) 795-1544

Type of Aid:

Food and relief

Hours:

Wednesdays from 6-7pm

Eligibility:

Call for more information

Rohnert Park

NOAH

Cross and Crown Lutheran Church, 5475 Snyder Lane, Rohnert Park

Type of Aid:

Call for more information

Hours:

Wednesdays 4-6pm. Bring bags or boxes.

Eligibility:

Cotati, Rohnert Park and Penngrove residents with ID

Santa Rosa

Catholic Worker

437 A Street, Santa Rosa

(707) 575-8342

Type of Aid:

Food pantry

Hours:

Tuesdays and Fridays at 8am

Eligibility:

ID required

Elisha's Pantry

Christ Church, 1717 Yulupa Avenue, Santa Rosa

(707) 527-0196 or (707) 542-2569

Type of Aid:

Groceries

Hours:

Thursdays from 4-5:30pm

Eligibility:

Serves zip codes 95404, 95405 and 95409

Feed Our Children of Sonoma County

3350 Coffey Lane #C, Santa Rosa

(707) 575-3333

Type of Aid:

Free fruits, vegetables, and bread provided.

Hours:

Call for more information

Eligibility:

ID and Social Security Number required.

FISH of Santa Rosa

2900 McBride Lane, Santa Rosa

(707) 527-5151

Type of Aid:

3 days of groceries.

Hours/Eligibility:

Call for more information

Greater Powerhouse Pantry

777 Hearn Avenue, Santa Rosa

(707) 528-8051

Type of Aid:

Food pantry

Hours:

2nd and 4th Saturdays from 9-11am

Eligibility:

Call for more information

Holy Spirit Catholic Parish

1244 St. Francis Drive, Santa Rosa

(707) 539-4494

Type of Aid:

Food assistance

Hours:

every Wednesday at 10am

Eligibility:

Call for more information

Knox Food Pantry

Knox Presbyterian Church, 1650 West 3rd Street, Santa Rosa

(707) 544-5468

Type of Aid:

Groceries

Hours:

every Thursday from 3-4pm.

Eligibility:

Services zip codes 95401 through 95407

Palms Inn

3345 Santa Rosa Avenue, Santa Rosa

(707) 568-1011

Type of Aid:

Free groceries

Hours:

every Tuesday at 2pm

Eligibility:

Call for more information

Redwood Covenant Church Open Closet

3175 Sebastopol Road, Santa Road

(707) 528-8463

Type of Aid:

Food and clothing assistance

Hours:

2nd Saturday of the month at 8am

Eligibility:

Call for more information

Salvation Army Santa Rosa Corps

93 Stony Circle, Santa Rosa

(707) 542-0981

Type of Aid:

Food pantry

Hours:

Monday through Friday from 10am-12pm

Eligibility:

ID required. Must provide proof of address

Santa Rosa Alliance Church Food Pantry

301 Fulton Road, Santa Rosa

(707) 542-3676

Type of Aid:

Food pantry

Hours:

3rd Saturday of the month from 8-9:30am

Eligibility:

Call for more information

Seventh Day Adventist Community Services

840 Sonoma Avenue, Santa Rosa

(707) 578-0954

Type of Aid:

Emergency groceries

Hours:

Mondays and Wednesdays from 10-11:30am

Eligibility:

Call for more information

Santa Rosa Community Health Centers: Vista Family Health Center

3569 Round Barn Circle, Santa Rosa

(707) 303-3600

Type of Aid:

Fresh produce

Hours:

every Monday from 12-1pm

Eligibility:

Call for more information

Sebastopol

Catholic Charities of the Diocese Rural Food Project

7983 Covert Lane Sebastopol

(707) 528-8712

Type of Aid:

Food distribution to needy families, farm workers and working poor

Hours:

2nd Wednesday of the month from 9-10am

Eligibility:

Call for more information

Interchurch Food Pantry

St. Stephen's Church, 500 Robinson Road, Sebastopol

(707) 823-2483

Type of Aid:

Food pantry

Hours:

Mondays, Wednesdays, Fridays and Saturdays from 10am-12pm

Eligibility:

Sonoma

Catholic Charities of the Diocese Rural Food Project

18621 Railroad Avenue, Sonoma

(707) 528-8712

Type of Aid:

Food distribution to needy families, farm workers and working poor

Hours:

every Friday from 9-10am

Eligibility:

Call for more information

Friends in Sonoma Helping (FISH)

(707) 996-0111

Type of Aid:

Food Pantry for residents of Sonoma Valley (Glen Ellen to Schellville).

Hours/Eligibility:

Call Monday through Friday 9am-3pm for more information

La Luz Center

17560 Greger Street, Sonoma

(707) 938-5131

Type of Aid:

Produce available

Hours:

Fridays at 9am. Brown bag meals on Fridays from 4:30-6pm

Eligibility:

Call for more information

St. Leo's Catholic Church

601 West Agua Caliente Road, Sonoma

(707) 996-8422 or (707) 539-4494

Type of Aid:

Food box

Hours:

Tuesdays through Fridays

Eligibility:

Call for more information

Windsor

Windsor Service Alliance 80 Windsor Service Alliance

8987 Windsor Road, Windsor

(707) 838-6947

Type of Aid:

Food pantry

Hours:

every Friday from 2-4pm

Eligibility:

Windsor residents



Community Food Resource Guide Mendocino County

Food for All Food Stamp Program

(707) 463-5437

https://www.facebook.com/pg/foodforallmendocino/about/?ref=page_internal

Type of Aid:

“Food For All Mendocino is a local coalition that works in close partnership with community organizations to increase food stamp enrollment and access to food resources in Mendocino County.”

Eligibility:

“CalFresh is for low-income people who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.”

FORT BRAGG:

Fort Bragg Food Bank | Mendocino Food and Nutrition Program Inc.

910 N Franklin St, Fort Bragg CA, 95437

(707)964-9404 | (707) 964-9409

fortbraggfoodbank@mcn.org

<http://www.fortbraggfoodbank.org/home/index>

Type of Aid:

“Once a week, clients may pick up a bag of staple foods and choose from a variety of fresh produce, bakery items, and limited quantities of meat, eggs and dairy. Once a month eligible seniors and families with children under age 6 may also receive a box of staple foods through the Commodities Supplemental Food Program (CSFP).

In addition, we distribute USDA commodities monthly to food pantries, food distribution sites, soup kitchens, and homeless service agencies throughout the entire county. We provide over a million pounds of food each year to clients countywide.”

Days/Hours:

“MONDAY, WEDNESDAY, FRIDAY

Seniors (60+) 10:45 - 11:15

General (All Ages) 12:00 - 3:00

Clients who are unable to get to the Food Bank by 3 pm may pick up a pre-made bag of food on Wednesdays from 4:30 to 5:30.”

Eligibility:

“We serve low-income coastal Mendocino County residents from Elk to Westport, including the towns of Mendocino and Fort Bragg.”

GUALALA:

Gualala Food Bank Program

39141 Church Street Gualala, CA 95445

707-785-3492/707-785-3311

lmkenedy294@gmail.com

<https://ednca.episcopalassetmap.org/ch/gualala-food-bank-program>

Type of Aid:

“Gualala Food Bank – twice-monthly food distributions”

Days/Hours/Eligibility:

Please call for questions on eligibility.

UKIAH:

Plowshares

1346 S State St, Ukiah, CA 95482

(707)462-8582

plowshares@pacific.net

<http://plowsharesfeeds.fatcow.com>

Type of Aid:

“Plowshares is a nonprofit organization that has been providing free hot meals and other services to the hungry and homeless since 1983 in Ukiah, California.”

Days/Hours:

“Free hot lunch served Monday-Friday.

11:30 – noon – Early seating for families with children and seniors 65+. Open to all.

Free hot dinner served Monday-Friday.

5:30 pm – 6:00 pm Early seating for families with children and seniors 65+. Open to all.

Meals on Wheels provides hot nutritious meals to home bound seniors in the Ukiah area.”

Eligibility:

“Plowshares Community Dining Room serves a free hot meal every weekday for lunch and dinner, open to all, with no questions asked.”

Ukiah Community Center/Food Bank

888 North State St. Ukiah, CA 95482

(707)463-2409

<http://fordstreet.org/community-food-bank/>

Type of Aid:

“Provides weekly and emergency food distributions, distributes monthly commodities through the USDA, and Holiday Food Baskets.”

Days/Hours:

“Sunday & Monday closed

Tuesday – Emergency Food, 3:00PM to 4:00PM

Wednesday – General Distribution, 11:00AM to 6:00PM

(On Wednesdays our patrons may arrive on the property to collect a line number beginning at 10:30AM. These numbers will be given out on a first come first serve basis.)

Thursday – Emergency Food, 3:00PM to 4:00PM

Friday – Senior (60+) and Physically Disabled Distribution 9:00AM to 12:00PM

Emergency Food, 3:00PM to 4:00PM

Saturday – Emergency Food, 2:00PM to 4:00PM”

Eligibility:

“In order to qualify for services you must live in service area which included the area from 101 Hopland to Potter Valley/Redwood Valley. In order to qualify for the monthly commads you must meet the HUD low income guidelines.”

WILLITS:

Willits Food Bank

229 E San Francisco Ave Willits, California

(707) 459-3333

willitscs@gmail.com

https://www.facebook.com/pg/Willits-Community-Services-and-Food-Bank-239292346098910/about/?ref=page_internal

Type of Aid:

“Food, emergency shelter, and other community resources (temporary assistance services: utility assistance, transportation assistance, blankets, sleeping bags, personal items, baby items, winter jackets, legal services faxing, referrals, and other miscellaneous services.)”

Days/Hours:

“General Office and Community Service Hours

Tuesday, Wednesday, Friday 12-5 PM

Food distribution hours: Wednesday and Friday 1-4:30PM”

Eligibility:

Please call if you have questions regarding eligibility.

Willits Daily Bread

Episcopal Church on the corner of Main and Commercial

707-459-3947

<https://www.facebook.com/Willits.Daily.Bread/>

Type of Aid:

“Willits Daily Bread serves four (4) evening meals each week to hungry people.”

Days/Hours:

Monday-Thursday

Eligibility:

“Evening meals each week to hungry people....open year-round and serve primarily people who are struggling.”

Sherwood Valley Food Program

1220 Blosser Lane Willits, CA 95490

(707) 456-1710

<http://www.sherwoodvalleybandofpomo.com/usda-food-distribution-program.html>

Type of Aid:

“This program provides foods for good health to households living on or near Indian reservations in approved FDPIR service areas. You may qualify to receive these foods if

you have little or no earnings or live on a fixed income such as social security, cash aid from social services, or TANF.”

Days/Hours:

Monthly Tailgate Delivery

Eligibility:

Please drop by or call to check in about meeting eligibility requirements

Farmers Markets

Boonville Farmers Market

Boonville Hotel 14040 Hwy 128 Boonville, CA 95415

253-273-3342

abontecou@gmail.com

<http://www.mcfarm.org/boonville.html>

Description:

"The Boonville Farmer's Market reflects the diversity of the Anderson Valley, which is considerably more than the apples and wine grapes for which it is known. Our farmers grow a wide variety of vegetables, fruits and flowers, which are complemented by our local olive oil, jams, juices, baked delights and unique crafts, Our offerings are supplemented by our neighbors from the Coast who bring us their coastal produce, fresh fish, goat cheese, goat meat and pork.

Each Saturday morning has it's own theme. Locals and tourists alike are drawn to the music and small-town atmosphere of our friendly farmer's market.

We gladly accept WIC coupons and EBT/Food Stamps.

Market Match participant"

Days/Hours:

Saturdays 9:30 am - 12:00 pm, May – October

Fort Bragg Certified Farmers Market

400 N Franklin St. Fort Bragg, CA 95437

707-962-0297

forestlove@lanset.com

<http://www.mcfarm.org/fort-bragg.html>

Description:

"The Fort Bragg Farmer's Market is located in Downtown Fort Bragg, on the 400 block of Franklin Street between Laurel & Pine behind City Hall, indoors at the Old Recreation Center Gym. Our market features all of the seasonal fruits, berries, vegetables, melons, greens and squash you have come to expect. We also offer organic and free range beef and pork, free range eggs, and wild-caught local fish and seafood. You will find artisan goat cheese, cheesecake, freshly baked breads, pies and goodies. There are organic nuts, fresh-cut flowers, and ornamental plants and nursery starts.

If that weren't enough, look for hot food, live music with a seating area, knife sharpening and master garden booths. Meet your friends and neighbors at the Fort Bragg Farmer's Market every Wednesday. We are there with our goods rain or shine. And please remember, no smoking or pets at the market, based on Health Department regulations and in consideration of all.

Market is open rain or shine! " The Boonville Farmer's Market reflects the diversity of the Anderson Valley, which is considerably more than the apples and wine grapes for which it is known. Our farmers grow a wide variety of vegetables, fruits and flowers, which are complemented by our local olive oil, jams, juices, baked delights and unique crafts, Our offerings are supplemented by our neighbors from the Coast who bring us their coastal produce, fresh fish, goat cheese, goat meat and pork.

Each Saturday morning has it's own theme. Locals and tourists alike are drawn to the music and small-town atmosphere of our friendly farmer's market.

We gladly accept WIC coupons and EBT/Food Stamps.

Market Match participant"

Days/Hours:

Wednesdays 3:00 - 6:00pm

Laytonville Farmers Market

Hardwood Hall 44400 Willis Ave. Laytonville, CA 95454

707-984-7037

glorianhy@willitsonline.com

<http://www.mcfarm.org/laytonville.html>

Description:

"The Laytonville Farmer's Market brings you the best in local fresh fruits and vegetables, artisan goat cheeses, ranch meats, eggs, garden bouquets, handcrafted clothing and much more. Visit with friends, enjoy local musicians and take home yummy and nutritious food while supporting local farms.

Join our Community Supported Agriculture (CSA) Program and receive "Green Bucks" to spend at the market each week. Or gift a membership to a friend or family in need.

Market is open rain or shine! We gladly accept WIC coupons and EBT/Food Stamps."

Days/Hours:

Mondays 2:30pm - 5:00pm

Mendocino Certified Farmers Market

Howard & Main St. Mendocino, CA 95460

707-964-9232/357-1241

sakina@mcn.org

<http://www.mcfarm.org/mendocino.html>

Description:

"Overlooking the beautiful Mendocino Bay, the Mendocino Farmer's Market is a favorite stop for locals, visitors and vendors. Our colorful small town market offers a wonderful selection of the best that Mendocino County has to offer.

You will find fresh seasonal veggies and fruit, cut flowers, eggs, olive oil, honey, handmade soap, herbal salves & hydrosols, wine, fish, grass-fed beef, organic pork and lamb, goat cheese, aged vinegars, jams and mustards, nursery starts, rare salvias, Japanese maples, fresh-baked goods and much more. Listen to live acoustic music and the sound of the waves while you shop.

This lovely seaside market is a great way to kick off a getaway weekend in the historic Mendocino Village, stock up for a picnic, or do your weekly shopping.

Bring the whole family, but please note that dogs are not allowed inside the market due to Health Department regulations and out of courtesy for vendors and other guests.

Market is open rain (or fog) or shine! We gladly accept WIC coupons and EBT/Food Stamps."

Days/Hours:

May – October, Fridays 12-2 pm

Redwood Valley Certified Farmers Market

Lion's Park 8920 E Rd. Redwood Valley, CA 95470

707-391-7416

alfskitchen@gmail.com

<http://www.mcfarm.org/redwood-valley.html>

Description:

"The Redwood Valley Farmers Market is held in Lion's Club Park in the heart of Redwood Valley in a relaxing and refreshing outdoor venue under pine trees with a

newly renovated children's playground. This vibrant marketplace features locally grown produce, flowers, gifts, and handmade arts and crafts items.

For the 2017 Season we will have the same hours, 9:00am-12:00pm every Sunday!

We gladly accept WIC coupons and EBT/Food Stamps. We double EBT dollars, for example, if you spend \$15 on your EBT you get that plus an extra \$15 in tokens to spend on fresh fruits and vegetables -- you double your money!

We are excited to welcome performances by local musicians, chef demos using ingredients from our market, and the Fabulous POP (Power of Produce) Club for kids with free market money for kids 5-12, the POP Club also offers yummy snacks and fun activities for kids of any age!"

Days/Hours:

June – October, Sundays 9:00am - 12:00pm

Ukiah Farmers Market

Alex Thomas Plaza School St. & Clay St. Ukiah, CA 95482

707-462-7377

cratty@comcast.net

<http://www.mcfarm.org/ukiah.html>

Description:

"Ukiah's local farmers created the first Certified Farmer's Market in Mendocino County in 1977. Although this Saturday morning market is the largest in the county, it has a small and personal feeling in comparison to many markets in larger cities. It's more than a shopping experience, for the community members who come regularly to taste the genuine difference with fresh produce directly from friendly local farmers who grow their foods.

The inland climate of the Ukiah area valleys provides farmers with ideal conditions for spring produce from May through June. Hot weather fruits and vegetables grow prolifically from July through October. This market also draws vendors from the nearby coastal climate to provide cool weather crops throughout the season, as well as seafood.

This market features many colorful and educational events for the whole family several times a month. Many residents come to enjoy the friendly atmosphere where talented musicians entertain weekly and customers can relax with beverages and fresh-baked pastries every Saturday morning throughout the year.

Market is open rain or shine! We gladly accept WIC coupons and EBT/Food Stamps."

Days/Hours:

Open every Saturday, Year Round -- 9:00 – Noon

Willits Certified Farmers Market (Winter)

Little Lake Grange 291 School St. Willits, CA 95490

707-485-2314

salexander6248@gmail.com

<http://www.mcfarm.org/willits.html>

Description:

"Come to the festival in the park! Every Thursday, the Willits Farmers' Market is a community gathering featuring tons of produce, a wide selection of meat, cheese, eggs, honey and locally produced crafts of all sorts. Natural body products, jewelry, clothing and bags, and are some of the items on the list.

Food for a picnic or take-home dinner includes Kashaya's Brick Oven Pizza, Luna's enticing raw foods, baked goods from the Garden Bakery, Sweetie Pies' handmade pies, and toffee by Toffee Nana.

At the center of it all is live music from the Willits Farmers' Market Band, the Dogwood Creek String Band, and a variety of visiting musicians. Join the festivities and be prepared to stay to meet and greet your neighbors and get a taste for Willits.

Market is open rain or shine! We gladly accept WIC coupons and EBT/Food Stamps."

Days/Hours:

November – April, Thursdays 3:00pm - 6:00pm

Social Services

Employment & Family Assistance Services

Fort Bragg Office: 764 S. Franklin Street Fort Bragg, CA 95482

(707) 962-1000

<https://www.mendocinocounty.org/government/health-and-human-services-agency/social-services/employment-family-assistance-services>

Description:

CalWORKS, TANF, CalFresh , EBT Cards, Medi-Cal, CMSP, And CalWORKs Job Services

Days/Hours:

Monday-Thursday 8am-5pm

Eligibility:

CalFresh Eligibility:

https://www.c4yourself.com/c4yourself/services/startApplication?_flowId=c4yourself-flow&_flowExecutionKey=e1s1

Applying for benefits:

<https://www.c4yourself.com/c4yourself/index.jsp>

Employment & Family Assistance Services

737 South State Street P.O. Box 8508 Ukiah, CA 95482

(707) 463-7700

<https://www.mendocinocounty.org/government/health-and-human-services-agency/social-services/employment-family-assistance-services>

Description:

CalWORKS, TANF, CalFresh , EBT Cards, Medi-Cal, CMSP, And CalWORKs Job Services

Days/Hours:

Monday-Thursday 8am-5pm

Eligibility:

CalFresh Eligibility:

https://www.c4yourself.com/c4yourself/services/startApplication?_flowId=c4yourself-flow&_flowExecutionKey=e1s1

Applying for benefits:

<https://www.c4yourself.com/c4yourself/index.jsp>

Employment & Family Assistance Services

Willits Office: 472 E. Valley Street Willits CA 95490

(707) 456-3700

<https://www.mendocinocounty.org/government/health-and-human-services-agency/social-services/employment-family-assistance-services>

Online Resource

211

<http://www.211mendocino.org>

Description:

List of community resources including: food, housing/household, work and finances, specific communities, mental wellness, families/seniors, community service, and healthcare.



Community Food Resource Guide: Lake County

USDA Commodities

Various Locations

The Clear Lake Gleaners

(707) 263-8082

Type of Aid:

Food commodities

Hours:

Monday-Wednesday

8am to Noon

Eligibility:

Must be prequalified

Senior Basket Program

Various Locations

(707) 533-7903

Type of Aid/Hours:

Call for more information

Eligibility:

Must be prequalified

Affordable Lunches at Senior Centers (Need not be a senior)

Various Locations (See Below)

Highlands Senior Center 3245 Bowers Rd, Clearlake (707) 994-3051

Live Oak Senior Center 1502 Foothill Blvd, Clearlake Oaks (707) 998-1950

Kelseyville Senior Center 5245 3rd St, Kelseyville (707) 279-2145

Lakeport Senior Center 527 Konocti Ave, Lakeport (707) 263-4218

North Shore Community Center 3985 Country Club Dr, Lucerne (707) 274-8781

Middletown Senior Center 21256 Washington St, Middletown (707) 987-3113

Fresh Friday Produce

Various Locations and Hours (See Below)

1st Fri 9:30AM to 11AM, Moose Lodge 15900 E Highway 20, Clearlake Oaks

1st Fri 1PM to 2:30PM, Grange Hall 9355 Government St, Upper Lake

2nd Fri 9:30AM to 11AM, Northshore Comm Ctr 3985 Country Club Drive, Lucerne

2nd Fri 1PM to 2:30PM, Lake Co Fairgrounds 401 Martin St, Lakeport

3rd Fri 9:30AM to 11AM, Presbyterian Church 5340 3rd St, Kelseyville

3rd Fri 1PM to 2:30PM, Youth Center 4750 Golf Ave, Clearlake

4th Fri 9:30AM to 11AM, Lower Lake Community Center Fredrickson Dr, Lower Lake

4th Fri 1PM to 2:30PM, Lions Club 15399 Central Park Ave Middletown

Clearlake

Helping Hand

14585 Olympic Dr, Clearlake

(707) 413-8973 Patricia

Type Of Aid:

Free bags of food

Hours:

4th Monday of the month, until food is gone

Eligibility:

Please call for eligibility requirements

Clearlake

First Baptist Church

14500 Pearl Ave, Clearlake

(707) 994-5148

Type of Aid:

Food pantry

Hours:

Mondays, Wednesdays, Thursdays, and Fridays

9am-11am

Eligibility:

Call for more information

First Baptist Hispanic Church

14500 Pearl Ave, Clearlake

(707) 994-5148

Type of Aid:

Food pantry

Hours:

4th Wednesday of the month

11am until food is gone

Eligibility:

Call for more information

Clear Lake Gleaners-Crossroads Church

6093 Crawford Ave, Clearlake

(707) 263-8082

Type of Aid:

Food available

Hours:

3rd Tuesday of the month

8am-10am

Eligibility:

Must bring ID

Clearlake

North Coast Opportunities

14832 Lakeshore Blvd, Clearlake

(707) 994-4647 ext 123

Type of Aid:

Free food

Hours:

Twice a month on scheduled dates

Eligibility:

Call for more information

Calvary Chapel

14330 Memory Ln, Clearlake

(707) 994-5683

Type of Aid:

Food boxes available and free dinner

Hours:

Tuesdays and Thursdays, 11:30am for food boxes

Tuesdays and Thursdays, 4pm to 6pm for free dinner

Eligibility:

Call for more information

Clearlake Oaks

Clearlake Oaks Methodist

12487 The Plaza, Clearlake Oaks

(707) 998-9435

Type of Aid:

Free soup kitchen

Hours:

Wednesdays

4pm-6pm

Eligibility:

Call for more information

Kelseyville

Rural Food Project-St Peter Mission

4085 Main St, Kelseyville

(707) 263-4401

Type of Aid:

Free food distribution

Hours:

4th Monday of the month

4pm

Eligibility:

Call for more information

Kelseyville Food Pantry

5430 3rd St. Kelseyville

(707) 279-1104

Type of Aid:

Food pantry

Hours:

2nd and 4th Tuesday of the month

3:30pm-5:30pm

Eligibility:

Call for more information

Lakeport

United Christian Parish

745 N Brush St, Lakeport

(707) 263-4788

Type of Aid:

Food by appointment and free kitchen project

Hours:

Tuesdays, Wednesdays, and Thursdays

10am-11am

1st and 3rd Sunday of the month, Free Kitchen Project

Eligibility:

Call for more information

Seventh Day Adventist

3500 Hill Road East, Lakeport

(707) 263-6002

Type of Aid:

Free kitchen project

Hours:

2nd Sunday of the month

Eligibility:

Call for more information

Helping Hand

785 Bevins St, Lakeport

(707) 413-8973

Type of Aid:

Free bags of food

Hours:

3rd Tuesday of the month

8:30am until food is gone

Eligibility:

Call for more information

Lakeport

The Cookhouse-Fresh Winds Church

875 N High St, Lakeport

(707) 263-6167

Type of Aid:

Free dinner (pay as you can)

Hours:

Thursdays

5pm to 6:30pm

Eligibility:

Call for more information

St John's Episcopal

1190 N Forbes, Lakeport

(707) 263-4785

Type of Aid:

Children's Food Pantry

Hours:

Thursdays

10am-4pm

Eligibility:

Call for more information

United

875 N High St, Lakeport

(707) 263-6167

Type of Aid:

Free dinner (pay as you can)

Hours:

Thursdays

5pm to 6:30pm

Eligibility:

Call for more information

Lower Lake

Lower Lake Methodist Church

16255 2nd St, Lower Lake

(707) 994-2507

Type of Aid:

Food

Hours:

Tuesdays and Thursdays

10am-Noon

Eligibility:

Call for more information

Lucerne

First Lutheran Church

3863 Country Club Dr, Lower Lake

(707) 274-5572

Type of Aid:

Free pantry

Hours:

3rd Sunday of the month

1pm-2pm

Eligibility:

Call for more information

Lucerne

Clearlake Gleaners

Lucerne Alpine Senior Center
3985 Country Club Dr, Lucerne
(707) 994-5148

-OR-

Clearlake Gleaners Office
1895 Big Valley Rd, Finley
(707) 994-5148

Type of Aid:

Food available

Hours:

3rd Thursday of the month

Eligibility:

Must bring ID

North Shore Community Center

3985 Country Club Dr, Lucerne
(707) 274-8799

Type of Aid:

Food by appointment

Hours:

Fridays

10am-Noon

Eligibility:

Call for more information

Middletown

Middletown Methodist Church

15155 Armstrong St, Middletown

(707) 987-3379

Type of Aid:

Food pantry and free community meal

Hours:

Mondays and Tuesdays

4:30pm-6:30pm

Eligibility:

Call for more information

Rural Food Project-Middletown Methodist Church

15155 Armstrong St, Middletown

(707) 987-3379

Type of Aid:

Free food distribution

Hours:

3rd Wednesday of the month

4pm-6pm

Eligibility:

Call for more information

Spring Valley

Spring Valley Cowboy Church

556 New Long Valley Rd, Spring Valley

(707) 350-1109

Type of Aid:

Food pantry

Hours:

2nd and 3rd Friday of the month

3:30pm-5pm

Eligibility:

Call for more information

Upper Lake

Oddfellows Hall

9480 Main St, Upper Lake

(707) 485-2068

Type of Aid:

Free food

Hours:

3rd Tuesday of the month

10am

Eligibility:

Call for more information



Traditional Food Resources

Summary:

12 community members acknowledged knowing a tribally run/owned food producer, food business owner or traditional food vendor or chef. 11/12 community members identified the names of different traditional food resources.

Contact information for the identified traditional food resources contacts has not been provided. CIMCC will continue to update this list with the contact information of the contacts as we connect with these community members.

List provided by community:

- Alicia Adams

- Indigenous Taste Catering Comp
- <https://www.linkedin.com/in/alicia-adams-3b97b750>

- Community member's father was a chef, family is working on a healthy foods book

- Leech Lake Wild Rice
 - <https://www.llwildrice.com/#llwildrice>
 -
- Local tribal gardens

- Meyo Marrufo:
 - Elderberry jams
 - Contact: meyo.marrufo@gmail.com

- Nephi Craig
 - Chef
 - <https://www.facebook.com/nephi.craig?lst=100009232725565%3A100000586565819%3A1507081364>
- Riley Ortiz:
 - Candy maker
 - nativesweets7@hotmail.com

- Tracy Treppa, E.C. HPUL

- Tribal member on Big Valley Rancheria
- Wahpepah's Kitchen
 - Native chef
 - <http://www.wahpepahskitchen.com>
- Wiyot tribe organic vegetable garden
 - Contact: meyo.marrufo@gmail.com
 -

Additional Traditional Food Resources

- California Indian Museum and Cultural Center Gift Shop
 - Sells Native American produced foods
- Gualala Seaweed Products, (707) 884,3726, donnabish@wildblue.net
- Sue's Acorn Flour, Sue Chin, (925) 372 7177, acornsue88@gmail.com, 400 Ferry St., Martinez, CA 94553. www.buyacornflour.com
- Mak-amham Contemporary Ohlone Cuisine, <https://vincent-medina-n3kh.squarespace.com/>