



Our Mission

To build a resilient and inclusive regional food system that improves the health and well-being of our community





Building a resilient and inclusive food system that improves the health and well-being of our community.

Hunger in the Gorge

GORGE WIDE FOOD SURVEY RESULTS

May 2015 Columbia Gorge CCO Consumer Advisory Council



For more information on the results of this survey please contact:
Suzanne Cross, MPH: suzanne@gorgehealthcouncil.org

BASIC FINDINGS:

- 1 in 3 worry about running out of food
- 1 in 5 run out of food
- 1 in 7 skip meals

Food Security Coalition



Health = Food Access

Mobile Market



Mercado del Valle



Veggie Rx
Healthy Food First



Verduras Rx
Comida Saludable Primero



How Veggie Rx Works

Screening


Prescription
Rx

Redemption

Refills



Veggie Rx Funding to Date

- 
- Individual donors
 - One Community Health (Federally Qualified Clinic)
 - Pacific Source (CCO) Foundation
 - Pacific Source Flexible Service Funds
 - Deschutes Rim Clinic
 - Columbia Gorge Health Council
 - Rotary
- Providence Memorial Hospital Hood River
 - Sherman County LCAC (EOCCO)
 - Skyline Hospital
 - Columbia Gorge Family Medicine (Private)
 - Mid Columbia Medical Center
 - Oregon Community Foundation
 - Washington State Farmers Market Association

[illegible]

Key Takeaways



*Participants' diets
have improved with
access to more
nutritious food*



*Participants have
seen physical &
mental health
improvements*



*Economic benefits at
the family level AND
at the regional level*

What Did We Learn from Focus Groups?

Use of Veggie Rx vouchers saw improvements in:

Diet & Nutrition

- Fresh produce is now affordable
- Fresh produce is being consumed by participants AND their families AND friends AND neighbors

Physical Health

- Participants “feel better”
- Better self-management of diabetes
- Consumption of fresh produce improved weight control

Mental Health

- Symptoms of ADHD and anxiety are more manageable
- Participants report improved stress levels

Financial Health

- Vouchers supplement household income leading to reduced stress for the head of household
- Use of vouchers stimulates economic growth in the region

Healthy Moms, Health Babies Veggie Rx Pilot

- Launched in June 2018
- 50 Women and their families
- 15 months total: ~9 months pregnancy, 6 months post-partum
- \$30/month per family member
- Group cooking classes + support
- Forward contracting with farmers
- \$90,000 in fruits and veggies

Challenges

- Long term funding
- Transportation to farmers markets
- Stigma/Shame
- Funders want in-depth quantitative data
- Funders want to end hunger in a short period of time; hunger is chronic
- Vouchers don't really solve the root cause of hunger, and many of the people we are serving are in food systems work

Equity Statement

We commit to creating a just, equitable local food system based on solidarity and dignity.

We acknowledge that the current food system is built and dependent upon the oppression of historically excluded communities.

We will confront the systemic injustices that create and perpetuate poverty and hunger.

Thank you!



Sarah Sullivan Sullivan@gorgegown.com

www.gorgegown.com

