NAME: EAT WELL SAN DIEGO

IDEA: We are building a web app that allows users to complete a food security survey, then view their results on a map which pinpoints food bank (and other health) resources, as well as free internet and basic graphs and infographics based on their data; additionally, users can text their zip code to our service and receive a text with the location of the nearest food bank (or other health service). Researches can also query the de-identified database to facilitate food security and public health research.

WHY OUR PROJECT STANDS OUT:

* Only project that targets those without a smartphone or computer/internet access
* Elderly and more inclusive population
* Other projects are great, but they are targeting people that are at a very different stage in transition -- those trying to educate, learn, and make positive change (ex. Reach out to educate on child vaccinations). We want to help those that don’t even feel comfortable enough in their daily lives/ even know where to start. We want to make it easier for them.
* Out website STANDS ALONE, many other apps rely on other agencies cooperation, government resources and data, etc.

NOTES:

\*Need to provide multiple language resources

\*Need to make data easy to understand

\*Need to talk about “3 Levels of Engagement” for website:

\*\*Low engagement - just view resources online, no survey

\*\*Complete the survey, view custom data

\*\*Complete registration, ability to customize user profile

\*Need to clarify how text system works

\*Need names and headshots of team members for slide deck (break up into teams):

\*Epidemiology and Public Health

Chelsea Obrochta, MPH Epidemiology

\*Programming and Bioinformatics

\*Software Engineering and Project Mgmt.

PowerPoint Outline:

-- why our project is the best… (see above)

1. What is food security?
2. Background - SD specifically
3. Problem Statement
4. Gap that is being filled
   1. Target “at risk” populations through text option
      1. Ex. Text 328 (EAT) for all options —> text options: A) Food Banks 2) Soup Kitchen 3) Free Internet Access
5. What will be included on website/app (components)
   1. Food insecurity survey
   2. Food insecurity status
   3. Do you qualify for CalFresh
   4. How to sign up for CalFresh
   5. W.I.C. resources
   6. Other money saving resources (e.g. utility savings programs, cash assistance programs)
   7. Map of:
      1. Free school lunches
      2. Food banks
         1. Neighborhood Distribution Program
      3. Farmer’s Markets that accept EBT
      4. Grocery Markets
      5. Soup Kitchens
      6. Free internet access
6. What’s next…
   1. Make it easier to access resources (food delivery, transportation, etc.)

Links:

https://www.ers.usda.gov/media/8271/hh2012.pdf

<https://feedingsandiego.org/>

<http://211sandiego.org/resources/food-assistance/calfresh-food-assistance/>

j<http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html>

<http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/calworks.html>

<http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/capi.html>

<http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/general_relief.html>

<http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/county_medical_services.html>

<http://www.sandiegocounty.gov/hhsa/programs/ssp/food_stamps/how_to_apply.html>

<https://www.sdge.com/residential/apply-financial-assistance-programs>

<http://www.pewinternet.org/fact-sheet/mobile/>

<https://feedingsandiego.org/need-help/calfresh/>

### **What is CalFresh?**

CalFresh (formerly known as Food Stamps and nationally known as SNAP) is a nutrition assistance program designed to help families and low-income individuals purchase healthy foods. Eligible clients can receive an EBT card (similar to a debit card) that can be used to purchase food at the grocery store and participating farmer’s markets.

### **Do I qualify for CalFresh benefits?**

Call us at 858.863.6635 or e-mail us at calfreshteam@feedingsandiego.org and a member of the CalFresh team will pre-screen you over the phone and get you started on the application process.

Or see if you qualify and apply online at [mybenefitscalwin.org](http://www.mybenefitscalwin.org/).

<https://www.ers.usda.gov/webdocs/publications/err215/err215_summary.pdf?v=42636>

The estimated percentage of U.S. households that were food insecure in 2015 declined significantly from 2014, to 12.7 percent, continuing a downward trend in food insecurity from a high of 14.9 percent in 2011. The 2015 prevalence of food insecurity was still above the 2007 prerecessionary level of 11.1 percent. In 2015, the percentage of households with food insecurity in the severe range—very low food security—also declined significantly. • In 2015, 87.3 percent of U.S. households were food secure throughout the year. The remaining 12.7 percent (15.8 million households) were food insecure. Food-insecure households (those with low and very low food security) had difficulty at some time during the year providing enough food for all their members due to a lack of resources. The decline from 2014 (14.0 percent) was statistically significant. • In 2015, 5.0 percent of U.S. households (6.3 million households) had very low food security, down from 5.6 percent in 2014. In this more severe range of food insecurity, the food intake of some household members was reduced and normal eating patterns were disrupted at times during the year due to limited resources. This decline was also statistically significant. • Children were food insecure at times during the year in 7.8 percent of U.S. households with children (3.0 million households), down significantly from 9.4 percent in 2014. These households were unable at times during the year to provide adequate, nutritious food for their children.

<http://sdfarmbureau.org/BuyLocal/EBT-Farmers-Markets.php>

Farmer’s Market that accept EBT’s

<http://www.homelessshelterdirectory.org/cgi-bin/id/cityfoodbanks.cgi?city=San%20Diego&state=CA>

Soup Kitchens in San Diego

<http://sandiegofoodbank.org/wp-content/uploads/2012/05/2017-SDFB-and-NCFB-Neighborhood-Distributions-ENGLISH.pdf>

Neighborhood Distribution program

<http://sdcity.edu/Portals/0/CMS_Editors/CityFoodPantry/FOOD%20RESOURCE%20LIST.pdf>

Food pantries list

<http://www.foodpantries.org/ci/ca-san_diego>

Food pantries +subsidized grocery

<http://onlinelibrary.wiley.com/doi/10.1111/1745-5871.12156/full>

2015 San Diego County food security literature review: Geographies of food choice involve environmentally significant decision-making, and also highlight questions of ‘food justice’ (Cadieux and Slocum, [2015](http://onlinelibrary.wiley.com/doi/10.1111/1745-5871.12156/full#geor12156-bib-0013); Slocum and Cadieux, [2015](http://onlinelibrary.wiley.com/doi/10.1111/1745-5871.12156/full#geor12156-bib-0090)). With no structural supply constraints to meeting food security in San Diego or Melbourne, and relatively high incomes, individuals in our survey retain some sovereign power to determine the quality, healthiness, and even the ‘food miles’ embedded in their personal consumption (Stern, [2000](http://onlinelibrary.wiley.com/doi/10.1111/1745-5871.12156/full#geor12156-bib-0094); Grunert *et al*., [2014](http://onlinelibrary.wiley.com/doi/10.1111/1745-5871.12156/full#geor12156-bib-0037)). In Brunswick, 98.8% of people are food secure, 98.3% in Brunswick East, 93.6% in Brunswick West (Moreland City Council, [2014a](http://onlinelibrary.wiley.com/doi/10.1111/1745-5871.12156/full#geor12156-bib-0069)), and **86% in San Diego County (Feeding America San Diego,** [**2015**](http://onlinelibrary.wiley.com/doi/10.1111/1745-5871.12156/full#geor12156-bib-0031)**)**. Where they fail to exercise sovereignty, we argue that the majority of people are not so much passive victims of an unjust system controlled by corporate actors. Rather, they are agents in a complex foodscape where they retain *some* degree of choice and ability to exercise it through purchasing local and seasonal food from sustainable sources (Swyngedouw and Heynen, [2003](http://onlinelibrary.wiley.com/doi/10.1111/1745-5871.12156/full#geor12156-bib-0096)). **Price, geography, and food availability are important determinants of everybody's purchasing decisions.** We begin by introducing both locations and the key findings of other studies from which our own investigations were developed, before presenting the results of surveys and interviews organised in two major categories.

**HOME PAGE: *EAT WELL San Diego***

***Tabs: home, know your status/ get CalFresh, facts and figures, maps, resources, GET TEXTS!, create a profile, team members***

***Banners: Know your status! GET TEXTS!***

***Mission: Our goal is to connect***

**KNOW YOUR STATUS:**

**Banner: Know your status - survey**

**After taking survey, will give you your results in tables and tell you:**

**\* You may qualify for CalFresh \* (if you are food secure - links to help others!**

* **Link to find out if ELIGIBLE**
* **Link to fill out application - SIGN UP**
  + **Can call CalFresh if do not have computer/internet**
  + **2-1-1 will help you file**

**What does your status mean?**

**FACTS AND FIGURES:**

**Food insecurity, described by the USDA, is a “household-level economic and social condition of limited or uncertain access to adequate food”. This means lower than adequate quality or nutrition of foods or also quantity of food. This doesn’t necessarily mean households are food insecure at all times. It may just reflect the fact that a household may need to make trade-offs between buying adequately nutritious foods and important basic needs, such as paying home or medical bills. According to Feeding America San Diego, 423,130 people, including 151,440 children in San Diego County are food insecure. The average cost of a meal in San Diego County is higher than the national average cost, by 33 cents.**

**While 14% of San Diego county being food insecure, there are many resources which can help in alleviate some of this insecurity but thee resources are not always easy to access. EatWell San Diego tries to fill this gap by bringing together a directory of resources in one place.**

*Resources:*

*Feeding America San Diego, 2015: Map the meal gap. Retrieved: 19 July 2015 from <*[*http://feedingamericasd.org/hunger-research/map-the-meal-gap/*](http://feedingamericasd.org/hunger-research/map-the-meal-gap/)*>.*

**MAPS:**

**Maps for resources - drop down for: computer/internet access, food banks, farmers markets, free clinics, homeless shelter, soup kitchens**

**RESOURCES:**

1. **Other government assistance programs - Obama Care, utility assistance, etc.**
2. **How not to waste food**
3. **Eating Healthy**
4. **How you can help others**
5. **Family Planning**
6. **Healthy People 2020!**

**GET TEXTS!:**

**Access resources without a computer/internet access!**

**Wherever you are, text the zipcode to (619)\*\*\*-\*\*\*\* and find out the closest:**

1. **computer/internet access location**
2. **Food bank**
3. **Phone # to sign up for CalFresh/# to get help signing up**