

Food for Thought: Groundwork for the King County Food & Fitness Initiative



A Report by the University of Washington
Department of Urban Design and Planning
Summer Studio 2008



food & fitness
A NATIONAL INITIATIVE OF THE
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INTRODUCTION

The King County Food & Fitness Initiative (KCFFI) is a local collaborative effort in King County, Washington that is one of nine sites in the United States that the W.K. Kellogg Foundation selected to receive a Food & Fitness grant in 2007. The vision of the Food & Fitness Initiative is *vibrant communities that provide equitable access to affordable, healthy, locally grown food and safe and inviting places for physical activity and play*¹. The foundation approaches the Food & Fitness Initiative from the following perspective²:

“The places where we live, learn, work and play affect our health. The quality of our food and fitness environments—whether we have access to affordable, healthy, locally grown food and places to be active and play—impacts our health and quality of life. To be healthy, people need places that support healthy choices.”

This 10-year initiative started with a two-and-a-half year planning process in 2006. This planning process is intended to give the community members and organizations time to collect information about existing conditions and develop a community action plan that the KCFFI will submit to the W.K. Kellogg Foundation in September 2009. The five-year implementation phase will follow the planning phase. Each of the nine Food & Fitness sites in the U.S. will receive between two and four million dollars to implement its community action plan in the following five years. The KCFFI is focused on the Delridge and White Center neighborhoods.

The KCFFI is guided by a 17-member Leadership Council comprised of community members and representatives of neighborhood-based and citywide organizations. The lead program manager for the KCFFI is based at Public Health—Seattle & King County. The KCFFI also assembled an Assessment Team comprised of faculty from the University of Washington (UW), Washington State University (WSU), staff from Public Health—Seattle & King County, and other individuals with expertise in assessment and evaluation. This team provides the Initiative specific research on the built environment and food systems. The purpose of this report is to provide the KCFFI leadership information about and an analysis of the built environment and food system in the

¹ Vision, Values & Goals, W.K. Kellogg Foundation, <http://www.wkkf.org/Default.aspx?tabid=90&CID=383&ItemID=5000661&NID=5010661&LanguageID=0>, accessed February 10, 2009.

² About the Initiative, W.K. Kellogg Foundation, <http://www.wkkf.org/Default.aspx?tabid=90&CID=383&ItemID=5000343&NID=5010343&LanguageID=0>, accessed February 10, 2009.

focus communities. The information in this report will be one element of the information base the KCFFI can use to develop its community action plan in 2009.

The KCFFI Focus Communities

The KCFFI includes two communities: Delridge is a Seattle neighborhood and the adjacent neighborhood of White Center, which is in unincorporated King County.

Delridge: A Bird's Eye View

The Delridge neighborhood is located on the southern edge of Seattle and is adjacent to and north of White Center. The greater Delridge area includes 36,585 residents.³ The neighborhood boundary, as defined by the Delridge Neighborhoods Development Association (DNDA)⁴, is the area south of Southwest Spokane Street and the West Seattle Bridge, east of 35th Avenue Southwest, west of 1st Avenue South and West Marginal Way, and north of Southwest Roxbury Street. A 2006 UW Planning Studio report notes:

Delridge is an ethnically diverse community; minority groups comprise about half the population. Incomes also vary extensively, with the average household income in Delridge just slightly lower than state and county figures. . . .Delridge is most strongly characterized by residential neighborhoods, but it is also home to a variety of large and small businesses. While single-family homes are most common, townhomes and apartment buildings also have a notable and growing presence. Amongst the homes and businesses is extensive green space, including unique natural amenities such as Longfellow Creek and the Legacy Trail. . . .A significant asset of the Delridge neighborhood is its extensive network of open space, trails and staircases. . . .The current housing market in Delridge is in a rapid state of transition, with older single-family homes and apartment buildings being demolished and replaced with townhouses and four-plexes. This transition is threatening the availability of rental units and producing new housing that is outside of the price range of the average Delridge resident. With the recent growth and development along Delridge Way, business owners and community members are increasingly optimistic about business growth.⁵

³ Visualize Delridge: Planning for the Future of the Neighborhood, University of Washington, Department of Urban Design and Planning, 2006, Appendix 5.2.

⁴ What is the Delridge Community?, Delridge Neighborhoods Development Association, <http://www.dnda.org/work/plan.html>, accessed August 17, 2008.

⁵ Visualize Delridge: Planning for the Future of the Neighborhood, University of Washington, Department of Urban Design and Planning, 2006, p 2-3.

The Seattle Times also described these changes occurring in Delridge as housing becomes increasingly unaffordable for many residents of a neighborhood that has traditionally been home to blue-collar workers and immigrants.⁶

White Center: A Bird's Eye View

White Center is located immediately south of Delridge, between Seattle and the city of Burien (Figure 1). The population of the neighborhood is 20,975.⁷ White Center includes approximately 3.67 square miles of unincorporated area in King County. Public Health—Seattle & King County identifies White Center as the area west of State Route 509 and north of Southwest Roxbury Street, north of Southwest 126th Street and extends west to 30th Avenue Southwest. A 2007 UW Planning Studio report notes:

The population of White Center includes an extremely diverse working class, with people of color making up nearly 50% of the community. In addition, over a quarter of the residents in the area are people under the age of 18. This vibrant character and unique diversity is White Center's greatest asset, but the community faces substantial challenges as well. Income, employment, and education levels in White Center are lower on average than those in the rest of King County, and crime and health problems tend to be higher than elsewhere in the county. Compounding these problems is the fact that White Center is an unincorporated area of King County and does not have the resources to address many of these issues. ...White Center is a neighborhood in transition due to inherent pressures from population growth, poverty, annexation discussions, and the threat of gentrification. Maintaining the diversity and character of the neighborhood in the midst of change will be a challenge, yet the community has clearly indicated that preserving the unique character of the neighborhood is vitally important.⁸

Neighborhood Boundaries

For the purposes of this report, the class used the Health Planning Area (HPA) boundaries defined by Public Health—Seattle & King County, as some of the health data is collected at that level of analysis and HPAs can serve as rough approximations of the

⁶ Bob Young, "Affordable Rentals Vanish As Apartments Go Condo," *The Seattle Times*, Jun. 10, 2007.

⁷ White Center & Boulevard Park Community Data, Public Health Seattle King County, <http://www.metrokc.gov/health/datamaps/>, accessed July 14, 2008.

⁸ We Create White Center: Neighborhood Action Plan – Executive Summary, University of Washington, Department of Urban Design and Planning, 2007, p. 2.

formal neighborhoods. However, the streets used to define neighborhood areas for the HPA may differ from the formal boundaries.

How To Use This Document

The purpose of this document is to give the KCFFI leadership and community partners a neighborhood-level description and analysis of existing conditions in the food and fitness environments of the Delridge and White Center neighborhoods to help answer questions that may arise as initiative participants develop the KCFFI community action plan in 2009. Much of the information is from sources that KCFFI participants can access either online or contacting agencies directly. We have included the most up-to-date contact information and web site URLs as possible throughout the document so KCFFI participants can continue to use and revise this document as needed over time. The Appendix contains additional information, data and sample posters, surveys and other resources. The UW will also give the KCFFI leadership a copy of these resources on a CD to simplify use of the resources.



Figure 1: KCFFI planning area.

EXECUTIVE SUMMARY

The KCFFI Leadership Council enlisted the help of the University of Washington's Department of Urban Design and Planning (UDP) in June 2008 to assist the Initiative as it develops an action plan for the coming years. The Department's Advanced Urban Planning Studio focused on this real-world application during a nine-week interdisciplinary planning studio aimed at collecting and analyzing data useful to the Initiative in this process. The purpose of the studio was to describe the existing conditions of the food and built environments in the Delridge and White Center neighborhoods of Seattle and King County, Washington. This report is the result of that process. The students worked on several tasks, including:

- Gathering and analyzing existing information from government agencies, nonprofits and other sources;
- Gathering and analyzing quantitative and qualitative information from community members at local events and through written surveys and short participatory exercises;
- Compiling geographic data and preparing maps and tables to synthesize this information;
- Identifying areas for additional information collection and analysis;
- Identifying lessons learned about the process and about the communities.

This studio fits in to a larger planning and community development context. Many topics discussed in this report have been discussed before by community members during planning processes in both Delridge and White Center. The Department of Urban Design and Planning worked with community members in Delridge in 2006 and in White Center in 2007, for example, to identify needs, concerns and interests for these neighborhoods. These efforts, in turn, built on previous and ongoing neighborhood planning and organizing activities. A great deal of information about community interests and needs is already available through the extant planning documents and should be used as a resource as the KCFFI moves forward.

Introduction to the Report

Community Engagement

Students worked with KCFFI community partners to begin engaging community members in White Center and Delridge who, ultimately, will decide what changes are needed to create healthy environments. This section of the report discusses the variety of community outreach and engagement activities conducted in the summer of 2008, and summarizes the community feedback and recommendations students gathered. Community engagement activities included surveys, open discussion hours at Café Rozella, development of focus group questions and a protocol for community implementation of focus groups, using posters to engage community members, posters, conversations with community members at local food banks and community events.

Community Food System Assessment

Students assessed the food environment in Delridge and White Center, including using standard food system assessment methods and sources. These included collection of data from state, county, and city institutions and the U.S. Census as well as interviews with community leaders and local agencies. The food system assessment presented here includes six sections: Local Food Economy; Food Resources; Food Waste, Recycling and Composting; Transportation; and Social Capital. Each section provides a definition of the food system component, explains why it is important, presents the data, and shares where the community can learn more. The chapter concludes with suggestions for additional research and a description of how the document can be best utilized.

Built Environment

This chapter presents descriptions and analysis of the physical environment in which people live, learn, play, and work. Much of the data was collected previously by the KCFFI Assessment Team and staff from Public Health—Seattle & King County. The analysis is also based on data collected by UW planning studio teams that completed survey and analysis work in the KCFFI focus communities in 2006 and 2007. The chapter also includes summary analysis of the built environment as prepared by the Urban Form Lab (UFL) of the Department of Urban Design and Planning. Detailed reporting of the UFL assessment is provided in other KCFFI reporting materials.

Appendices

The Appendices provide more in-depth information about each topic in this report, including extensive data tables, additional maps, copies of surveys and focus group questions, and other materials to supplement the report. Students also prepared a CD that contains electronic copies of the report, maps, data files, surveys, focus group information, and other resources.

CHAPTER ONE: COMMUNITY ENGAGEMENT

A key component of W.K. Kellogg Foundation's Food and Fitness Initiative is to identify food and fitness related issues and develop useful recommendations through community engagement. To this end, students worked with KCFFI community partners to begin engaging community members in White Center and Delridge, who, ultimately, will direct decisions as to what changes are needed to create healthy environments.

Through research of existing data, community outreach efforts, and field data collection, students were able to provide the initial assessment of current food systems and built environments in the KCFFI focus area. Student work both increased community knowledge of the larger KCFFI process and generated a network of participants and interested residents, which will help in developing the KCFFI community action plan.

This section discusses the variety of community outreach and engagement activities conducted in the summer of 2008, and a summary of community feedback and recommendations gathered.

Community Engagement and Outreach Activities

Initial efforts were productive in gathering assessment data and existing conditions (socioeconomic, demographic, etc.) data of the two communities. However, challenges of scheduling with partner groups, language and cultural differences, as well as a general low level of understanding about the purpose and value of the Initiative's process by community residents and businesses, slowed the process and eventually changed the focus of the student work to support the community and Initiative members where they needed and wanted assistance. This meant more and varied ways of interacting with the community, and simply providing opportunities for people to talk with researchers about the food and built environments and how residents experienced them.

Previous work in the community by UW planning studios in 2006 and 2007 centered on engaging residents directly and provided students early understanding of the characteristics of the diverse demographics. Following those processes, the community engagement and outreach efforts were based on the following principles:

- Achieving broad coverage of various community groups and places
 - Generating qualitative information about issues and potential solutions
-

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- Generating focused discussions and group interaction
 - Providing opportunity for community participation in research

We used several outreach and data gathering techniques in the focus community; each is described below, along with rationale for the use of the technique.

Focus Groups

Focus groups allow interviewers to hear from people in a more dynamic setting than that of a one-to-one interview. They can be used to improve access to the various cultural and social groups in White Center and Delridge, as they are often more comfortable for people than interviews. Using the same set of questions at focus groups with different participants in different locations allows facilitators to compare results and see overall trends as well as site- or group-specific comments. Focus groups are relatively low cost with student facilitators, provide results relatively quickly, and include many people for similar amounts of time compared to an individual interview.

The studio planned to conduct two focus groups (one in Delridge, one in White Center) to identify specific community concerns related to food and fitness. Due to a large number of other community events scheduled at or near the times planned for the focus groups, however, outreach was challenging and neither focus group was conducted. The focus group questions and moderator tips students developed are included in the Appendices and KCFFI can use these to conduct focus groups in the future. Focus groups would benefit significantly from more planning to ensure efforts work more collaboratively with existing community events, meetings, and cultural organizations.

Café Rozella “Coffee Hours”

For eight consecutive weeks in July and August 2008, members of the studio team held informal community meetings at Café Rozella (9434 Delridge Way Southwest). The events were held on Thursday nights from 6:00-8:00 p.m. and were intended to provide an opportunity for White Center residents to meet in a casual, familiar setting. They were intended to provide another point of contact for the community—either to meet with student researchers for the first time, or to hear more about KCFFI if they had attended other meetings at which it was mentioned. Topics of discussion included the nature of the initiative, the process of participating, feedback about the food environment and built environment, initiative efforts so far, and additional suggestions and comments. These “coffee hours” were advertised through local community blogs and printed flyers in local businesses.

The sessions were casual and attendance was low; six people visited in the eight weeks (though some stayed for up to an hour talking with us). Despite low turnout, the comments received provided excellent glimpses to the nature of food and fitness in both neighborhoods. Some of the residents' comments are included in the *Community Feedback* section.

Delridge and Jubilee Days

To take advantage of large groups convening for other purposes, we set-up booths at Delridge Days on May 31, and at Jubilee Days on July 19-20. Booths were staffed in cooperation with the Youngstown Cultural Arts Center in Delridge and the White Center Community Development Association. Students used community maps with parks, recreation facilities, and food/grocery sites identified by name and location to gather data regarding frequency of use and to learn which facilities in and around the focus community are used by the community. We also used these maps in visits to local food banks (see *Interactive Poster Results* section below.)

Food Bank Outreach

Food banks and emergency services account for a percentage of the food consumption in almost every community. During the course of our outreach, we determined that contact with food bank clients was an important way to meet residents in the environments where they access the food systems.

We visited two food banks (one in White Center and one in West Seattle), bringing the community resource posters and surveys, and had two very different experiences at the food banks. In White Center, we encountered language barriers that made communication with the majority of the food bank clients difficult. The surveys were similarly problematic as they were only available in English. Future visits to the White Center food bank would benefit from more collaboration with food bank staff to prepare materials in the many diverse languages spoken by their clients, which we were unable to do due to time constraints. We did receive several interesting comments from food bank staff concerning food baskets (see *Community Feedback* section.)

Language barriers were not an issue at the West Seattle food bank. We were thus able to engage in discussions with clients and staff. Further, existing food bank programs in West Seattle created an atmosphere more conducive to discussion. These programs are described below in the Community Feedback section, as well.

FEEST (Youngstown)

We visited the Food Education Empowerment and Sustainability Team (FEEST) program at the Youngstown Cultural Arts Center in Delridge three times throughout the summer. The first visit was during a FEEST community dinner on July 16, the purpose of which was to introduce the youth participants to the project and its goals, as well as to solicit interest in the August 8 Market Basket Survey. Our second visit to FEEST was during the August 8 survey (described below), and the third visit was during another community dinner on August 13 to report our findings from the market basket survey.

FEEST organizers and members were crucial to the completion of the Market Basket Survey and their ongoing efforts will continue to be a resource for future community engagement projects in Delridge and White Center. At least one member of the FEEST youth group was interested in conducting the market basket survey again to track the results over time.

Survey Tabling at Community Events and Food Banks

To build on KCFFI data collection efforts initiated during Delridge Day in May 2008, we designed a short, nine question survey to gather basic information about residents' personal interaction with and opinions about their local food system and built environment. We distributed the survey to people who stopped by the KCFFI booth at Jubilee Days in July and during tabling events at the White Center and West Seattle Food Banks during general public food distribution hours. We offered a chance for survey participants to be entered in a drawing for a \$20 Safeway gift card. A total of 50 surveys were completed: 21 at Jubilee Days, 24 at the West Seattle Food Bank, and 5 at the White Center Food Bank.⁹ Clients waiting at the West Seattle Food Bank approached us to get copies of the survey and were, overall, very interested to learn more about the Initiative. Of particular interest for future KCFFI work, one student found that the community members were unclear about the meaning of "nutrition." They noted:

"When I asked people to fill out the surveys, many of them seemed confused about the word 'nutrition.' When they asked me for an

⁹ The very low number of completed surveys (5) collected at the White Center Food Bank is likely largely due to a language barrier; food bank clients present on the tabling day were predominantly non-English speakers (languages included Vietnamese and Spanish). This indicates a need to have KCFFI outreach materials (and meetings) translated into languages spoken in the Initiative focus neighborhoods. The data we collected, though limited, is included in the report as a starting point for future research.

explanation, I simply asked them if they read the 'Nutrition Facts' labels on the foods they consume and how important are those labels to them."

The following tables present the full survey results. The survey template is included in the Appendix and Toolkit. Some survey highlights include:

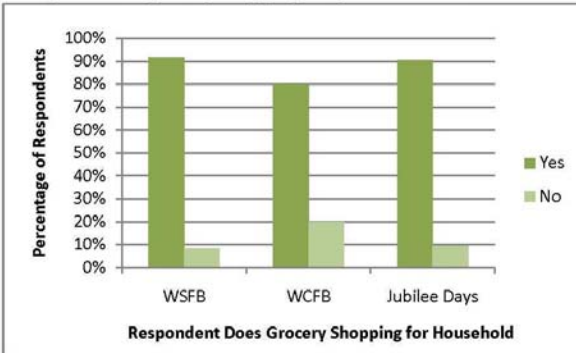
- When residents were asked how they travel to shop for food, more than half of responses were "by car" while fewer than 25% of responses were "by bus" or "walking."
 - All three groups surveyed mentioned price as a reason that they do not shop at the closest grocery store.
 - The groups most often indicated that they got their food from grocery stores, food banks (not surprising as we surveyed there), and farmers' markets, though nobody in the Jubilee Days group indicated that they use a food bank.
 - Respondents from the food banks resided equally in apartments and houses, while 95% of Jubilee Days respondents indicated that they lived in a house.
-

Summer 2008 Community Survey Results

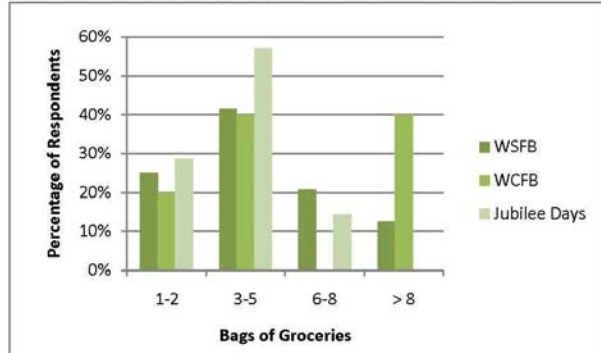
Students conducted this survey during one visit to the West Seattle Food Bank (WSFB), one visit to the White Center Food Bank (WCFB) and during the two-day Jubilee Days event.

Number of respondents: WSFB: 24 WCFB: 5 Jubilee Days: 21

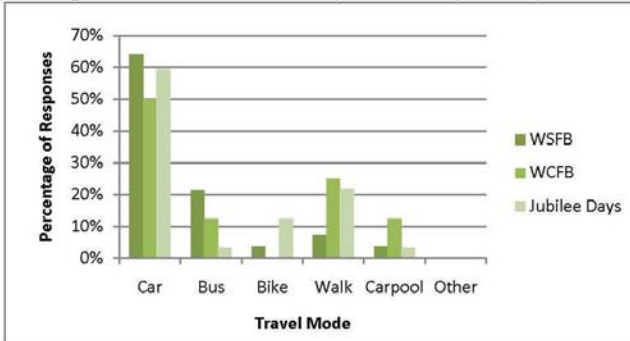
1. Do you do the grocery shopping for your household?



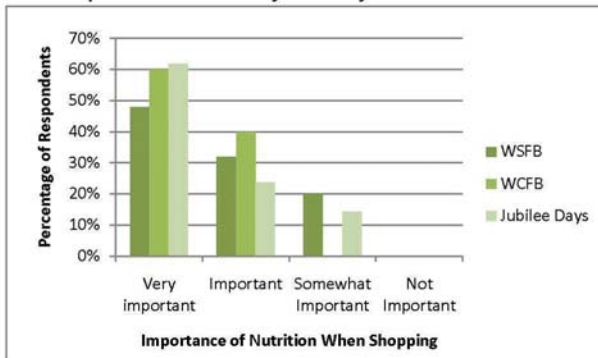
2. About how many bags of groceries do you usually have?



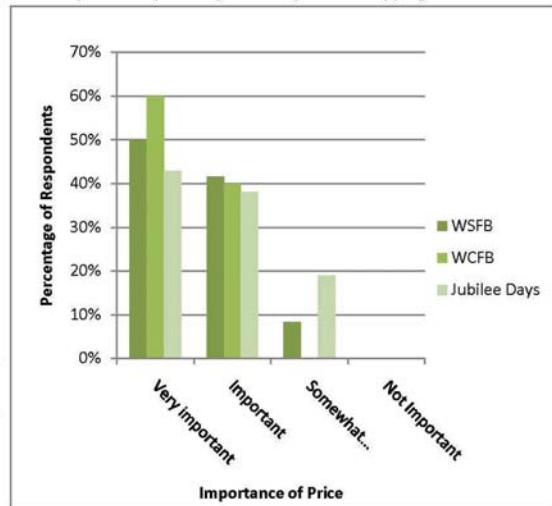
3. How do you travel to do your food shopping? (Note: Respondents were allowed to select more than one answer to question 3. The percentages for these answers reflect responses not respondents.)



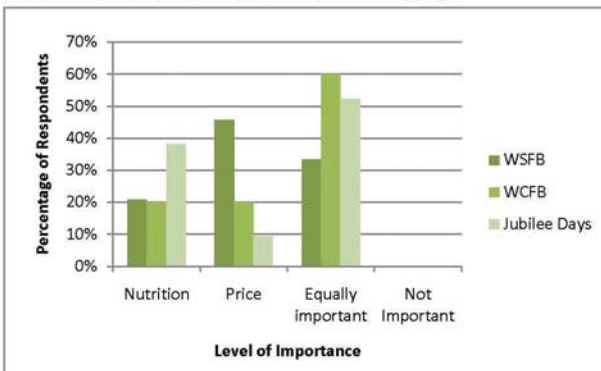
4. How important is nutrition to you when you



5. How important is price to you when you are shopping?



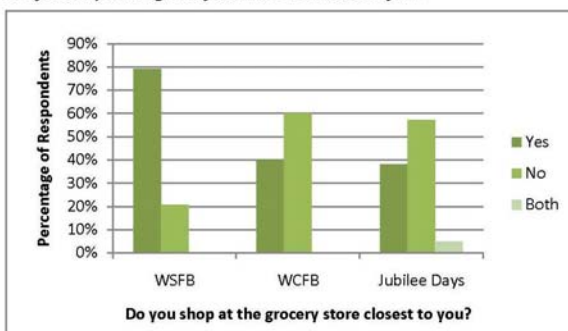
6. Which is more important to you when you are shopping?



7. If you could shop at any grocery store in Seattle, without regard to transportation or price, which store would that be?

WSFB	WCFB	Jubilee Days
Safeway (14), WS Farmers Market, QFC, Thriftway (2), No response (2), Costco, Grocery Outlet, Metropolitan Market, Albertson's WC	Albertsons, Admiral Way Store, Trader Joe's, Fred Meyer, Winco (2)	QFC, Thriftway (2), Madison Farmers Market every day, Safeway, Market, Continental Spices, Metropolitan Market (2), Albertson's (2), PCC (5), Fred Meyer (3), Whole Foods (4), Grocery Outlet, Asian Market for produce,

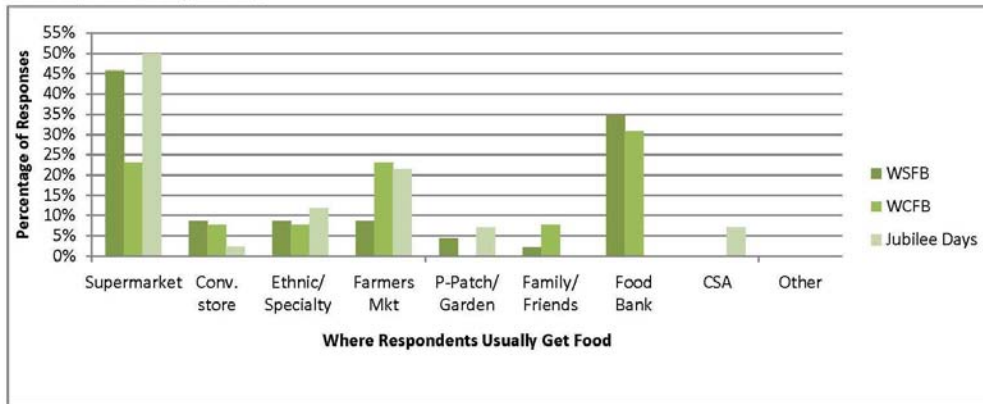
8. Do you shop at the grocery store that is closest to you?



9. If not, why not?

WSFB	WCFB	Jubilee Days
too expensive (3), like to walk	- "the ones I shop at have better products and prices than the closest. I have a specific diet so the selection of appropriate items is a must." - it is just too expensive - "price and people"	Prices too high (2), prefer food coop, "I don't know where the food comes from. Lack of local organic choices."

10. Where do you usually get your food? (Note: Respondents were allowed to select more than one answer to question A110. The percentages for these answers reflect responses not respondents.)



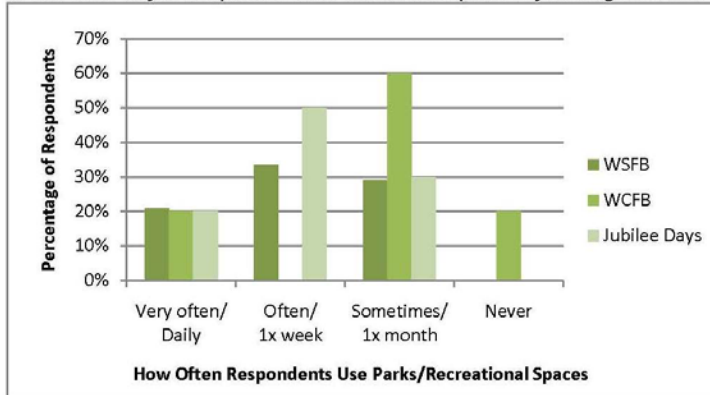
11. If you had to use one word to describe the grocery stores in your neighborhood, what would that be?

WSFB	WCFB	Jubilee Days
good (3), clean, not very good, very nice, cost, convenient, very useful, nice (2), friendly, ok, expensive (3), balanced, effective,	expensive, friendly, over-crowded, desirable, Note: one survey commented on this question as being confusing	spooky, nice, run-down, sad and low-quality, great ethnic markets, inadequate, minimal and expensive, adequate, unsatisfying, need to be better, lame, not appealing, kinda diety, fair, none, varied, expensive (2), some nice and others need remodel, lackluster, 3 blank responses

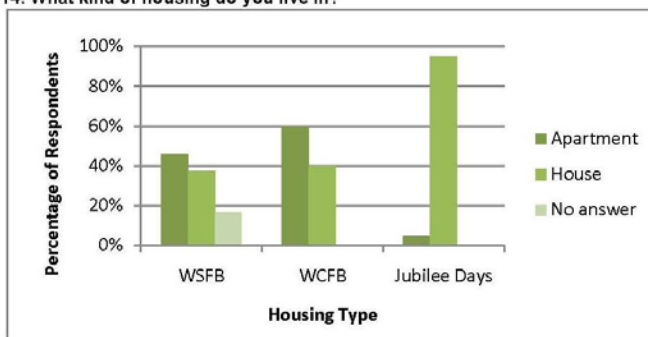
12. If you could change one thing about the food resources in you neighborhood, what would that be?

WSFB	WCFB	Jubilee Days
prices (4), clean, healthy food more financially accessible, distance (4), more cost effective luxury items, able to purchase thru internet, change nothing (2), easier to walk to	build a Winco closer to Seattle, "Cut prices" (2), "a local farmers market", "taxes"	more local, organic produce (3), Trader Joe's closer, new grocery store, high-end grocery, upgrade stores close to us, improve selection, more farmers market (2), more stores, halal meat, more ethnic shops, large grocery store centrally located, better access to organics (QFC over priced), supermarket I could walk to, fresh local, more variety, Fred Meyers, better meat and produce selection, nothing

13. How often do you use parks or other recreational spaces in your neighborhood?



14. What kind of housing do you live in?



15. What is your ZIP code?

WSFB		WCFB		Jubilee Days	
ZIP Code	Respondents	ZIP Code	Respondents	ZIP Code	Respondents
98106	7	98106		98106	5
98108		98108		98108	0
98116		98116		98116	0
98118	1	98126		98126	0
98126	10	98136		98136	2
98136	2	98144		98144	1
98144		98146	2	98146	12
98146	1	98166	2	98166	0
98166		98168	1	98168	1
98168					

Figure 2: Community Survey Results.

Market Basket Survey

In early August, the Youngstown Cultural Arts Center organized over 30 youth and adult residents to participate in a community grocery store market basket survey.¹⁰ The survey was designed to evaluate affordability at convenience stores and grocery stores

¹⁰ A similar market basket survey was conducted in May 2008 with youth volunteers. Volunteers were unable, however, to collect price information from all stores because several were asked to leave the stores by owners and managers prior to completion. A second, more comprehensive survey was thus organized in August 2008, including surveys of stores in West Seattle and Burien, as well as the original stores visited in May.

throughout the two neighborhoods. The survey was based on the United States Department of Agriculture (USDA) “Thrifty Food Plan” which provides a grocery list designed to feed a four-person family for one week.

The survey included grocery stores in West Seattle that are outside the KCFFI focus area because community members identified these stores (at the tabling and outreach events) as places they shop. For example, through the *Where do you Shop?* tabling activity, Delridge residents commonly identified grocery stores in the Alaska Junction and Admiral District neighborhoods, so these stores were included in the survey. Grocery store results are presented in Table 1 and are discussed in the Community Food System Assessment chapter.

Market Basket Survey – Grocery Store Results

Store	Location	Market Basket Cost	# of Missing Items
PCC	2749 California Ave	\$248.43	5
Thriftway	4201 SW Morgan	\$170.08	4
Safeway	2622 California Ave	\$166.98	1
Albertsons	16th Ave SW	\$165.06	5
QFC	2500 SW Barton	\$153.61	3
Trader Joe's	15868 1 st Ave S (Burien)	\$153.27	22
Metropolitan Market	2320 42 nd Ave SW	\$152.10	5
Albertsons	12725 1st Ave	\$141.62	2
Safeway	9620 28th Ave SW	\$135.64	4

Table 1: Market basket survey results.

Interactive Poster

Studio participants brought two interactive posters to Jubilee Days and to the food banks. The posters show maps of Delridge, White Center and adjacent areas of West Seattle and north Burien. One poster asked community members to identify where they shop for food, and had mapped all grocery stores, mini-markets, ethnic and food stores other community members had identified previously. The other poster asked residents to identify places in their neighborhoods they go to “play,” or engage in physical activity, and mapped all previously identified parks and recreation facilities.

Results from the posters demonstrated the importance of local knowledge; community residents identified several grocery stores, parks and recreation facilities that the studio data did not include. Interestingly, many residents did not associate “fitness” with sites such as community centers. Rather, they considered places of fitness to be those with facilities such as the YMCA or 24 Hour Fitness. White Center residents commented there was limited availability of fitness facilities for physical activity.

This is a clear cluster of activities for shopping and physical activity near the border between Delridge and White Center. Many of these clusters are smaller stores. The majority of residents surveyed, however, shop at the larger grocery stores.

Other Community Responses

Gathering information directly from community members in Delridge and White Center was a priority for the project. People who live, learn, work and play in the neighborhoods possess essential knowledge of their community for developing change actions. The following summarizes many of the verbal and written comments we received from residents while visiting the two neighborhoods during Delridge Day, at visits to the food banks, at Jubilee Days in White Center, and during conversations at Café Rozella. The comments are grouped into three broad categories: food quality and availability, transportation and movement, and food security.

1. Food Quality and Availability

Several community members expressed interest in the quality and availability of food. Interest in food quality at the grocery stores was particularly high. One visitor to Jubilee Days described the White Center Albertsons located on 16th Avenue Southwest as “the place where food goes to die.” Conversely, community members were impressed with the food quality of Trader Joe’s—respondents at both Delridge Day and Jubilee Days expressed a desire to have the store in their neighborhood, with one resident claiming “We need Trader Joe’s,” while another shared that “A Trader Joe’s would be awesome!”

A White Center resident shared his satisfaction with the quality and availability of food in his neighborhood. He buys groceries at several places, traveling by car to Safeway for staples, and walking to two Mexican markets near Roxbury for vegetables and “excellent” meat. He shared that he is very committed to shopping at “the little guy.” While he was unsure of the presence of a farmers market in White Center, he would use it if he “knew more about it.” His lack of clarity about the presence of a White Center farmers market may be shared; there was one for a short time in 2003 but it closed and discussions are ongoing about getting another in the neighborhood in 2009.

Several residents said people frequently travel outside their neighborhoods for better food selection and affordability. One resident noted that Saar's, a grocery store in Burien, is increasingly pulling customers away from White Center due to its affordable prices. Another resident made similar comments about WinCo Foods in Federal Way, which is also known for lower prices. The Tukwila Trading Company, a grocery store that replaced Larry's Market in Tukwila, also received community praise for selling good produce and maintaining affordable prices.

A visitor to Café Rozella discussed, in great detail, her concern over the quality of foods provided to children in White Center. As the owner of a childcare facility in White Center, she was frustrated by restrictive food standards set by the USDA. She was particularly frustrated by mandates from the USDA that childcare facilities strictly adhere to a restrictive list of serviceable foods. Challenges like these should be taken into account as the community looks to find ways of increasing fresh fruit and vegetable consumption for its children and other residents.

2. Transportation and Movement

Transportation is of significant importance to both neighborhoods, as is concern about the ability or inability to walk, run or bicycle safely in the neighborhood. Previous neighborhood planning processes have identified the need for improved sidewalks, lighting, bike routes, and improved intersections for pedestrians.

A common transportation theme in Delridge was the lack of grocery stores within walking or bicycling distance. Several neighborhood residents at Delridge Days lamented this absence, with one stating, "Delridge needs a walkable/bikeable grocery store! Someone please help!" Another individual suggested the creation of a "Delridge Commons," with a grocery store, at the Boren School. This idea was posited in the Visualize Delridge document done by the UDP Studio in 2006, and is being discussed by DNDA and developers.

3. Food Security

Visits to the West Seattle and White Center Food Banks provided useful information about efforts to ensure food security. Staff members at each food bank were particularly helpful in describing the patterns and needs of those they served. In West Seattle, for example, a food bank employee discussed how important it is to stock a diverse assortment of foods, thus allowing their clients the option of product choice.

To maximize the usefulness of the products they distribute, the West Seattle Food Bank staff provides cooking demonstrations to their clients. The demonstrations show how to create meals with products that they may be unfamiliar with, thus further minimizing the likelihood that food goes unused. The demonstrations emphasize preparation of quick, healthy and easy meals using affordable products such as canned goods and inexpensive produce.

An employee at the White Center Food Bank also provided information about food security. This employee discussed how personal/family eating patterns largely dictated how long a client could stretch the items they receive. While the food is not meant to last very long (typically seven days), this employee has seen clients double the number of days it is meant to last through rationing. She also discussed how food banks have different times and days for food pick-up based upon the populations they are looking to serve. Seniors, for example, pick up at different times than mothers with children.

Lastly, a visitor to Café Rozella shared his appreciation for the availability of summer youth programs in White Center that his daughter can attend, some of which offer lunch and snacks for free or reasonable prices.

CHAPTER TWO: COMMUNITY FOOD SYSTEM ASSESSMENT

The places we live, learn, work, and play affect our health. The KCFFI vision is “Creating vibrant communities that support access to locally grown, healthy, affordable food and safe and inviting places for physical activity and play—for everyone.”¹¹ People need access to affordable, nutritious food to make healthy food choices. This chapter presents a community food system assessment of the Delridge and White Center neighborhoods in King County, Washington conducted in spring and summer 2008.

Community assessments are “activities to systematically collect and disseminate information on selected community characteristics so that community leaders and agencies may devise appropriate strategies to improve their localities.”¹² The following assessment looks at characteristics of the food system in Delridge and White Center for community leaders, community members and other stakeholders who will implement the Food and Fitness Initiative in the coming years. The *food system* refers to all the interconnected steps food travels from the farm to our dinner plates, including “growing, harvesting, processing (or transforming or changing), packaging, transporting, marketing, consuming and disposing of food and food packages. It also includes the inputs needed and outputs generated at each step.”¹³

Understanding the existing food system will enable youth, nonprofit organizations, other community members, businesses, and government representatives in Delridge and White Center to collaborate to influence policy and practice to achieve greater community food security. *Community food security* is “a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice.”¹⁴

This community food system assessment is based on quantitative and qualitative data and input from multiple sources (see Methodology). The chapter concludes with some

¹¹ King County Food and Fitness Initiative, King County Extension, <http://king.wsu.edu/foodandfarms/KCFFI.html>, accessed July 14, 2008.

¹² Kameshwari Pothukuchi Community Food Assessment: A First Step in Planning for Community Food Security, *Journal of Planning Education and Research*, 2004; 23; 356

¹³ “A Primer on Community Food Systems: Linking Food, Nutrition and Agriculture,” Cornell University, <http://foodsys.cce.cornell.edu/primer.html>, accessed Aug. 14, 2008.

¹⁴ Mike Hamm and Anne Bellows, Community Food Security Coalition, n.d., http://foodsecurity.org/views_cfs_faq.html, accessed July 14, 2008.

observations about what is missing and next steps for further assessment of the food system in Delridge and White Center.

Methodology

In spring 2008, a team of UW graduate students began the initial assessment of Delridge and White Center. An extensive list of research questions designed to gain a clearer understanding of the food environments in Delridge and White Center guided this work. Research methods included collection and analysis of data from state, county and city institutions, and the U.S. Census as well as conducting interviews with community leaders and local agencies. This assessment is an ongoing effort and includes participation by a wide range of community members. Through focus groups, community meetings, tabling events, and surveys, the community will continually inform and affirm the assessment work presented here.

The food system assessment presented in this document is organized in the following six sections:

- Local Food Economy
- Food Resources
- Food Waste, Recycling and Composting
- Transportation
- Social Capital

Each section provides a definition of the food system component, explains its importance, presents the data, and shares where the community can learn more.

Community Profiles

1. Socio-Economic Conditions

A profile of socio-economic and demographic conditions provides a general sense of the residents of Delridge and White Center. Seattle and King County data were provided, when available, as a means of comparison. Data were extracted at the 2000 Census block group level and combined for each neighborhood¹⁵

¹⁵ The Public Health-Seattle & King County Health Department's health planning areas (HPA) were used as the neighborhood boundaries.

Delridge and White Center are home to many racial and ethnic groups. The populations include an extremely diverse working class, with people of color making up nearly 50% of the community. In addition, White Center's recent immigrant status¹⁶ is 60% compared to 50% in Delridge and the larger metropolitan area. Nearly 30% of Delridge residents and 32% of White Center residents speak a language other than English at home—approximately 10% more than Seattle (22.5%) and King County (23.6%).

This vibrant character and unique diversity is a strong asset of the community, but the community faces substantial challenges as well. Income levels are lower, on average, than those in the rest of King County. Fourteen percent of families in Delridge lived below the poverty level in 1999 and 12% in White Center lived below the poverty level—significantly higher than Seattle (7.1%) and King County (5.6%). Over 6% of households in the communities receive public assistance—double the city and county-wide rates. Research has consistently established connections between food insecurity households and various socio-economic factors such as income, employment status, race, and immigrant status. To assess how King County households associated with food insecurity indicators are distributed, a “food security risk factors index” was developed using variables from 2000 Census data.¹⁷ This assessment reveals several high-risk areas in Delridge and White Center (see Figure 1 below).

Other factors that suggest the communities are food insecure are the number of food stamp recipients in the area and the increasing use of the local food banks. Figure 2 below shows that several area neighborhoods have a higher number of food stamp recipients compared to other areas in King County.

¹⁶ “Recent immigrants” are individuals who residents entering the United States from 1990 to March 2000.

¹⁷ Seattle/King County Acting Food Policy Council. May 2008. *Mapping Food Insecurity and Access in Seattle and King County*.
http://king.wsu.edu/foodandfarms/documents/AFPCFoodAccessIssuePaperNo.4_000.pdf

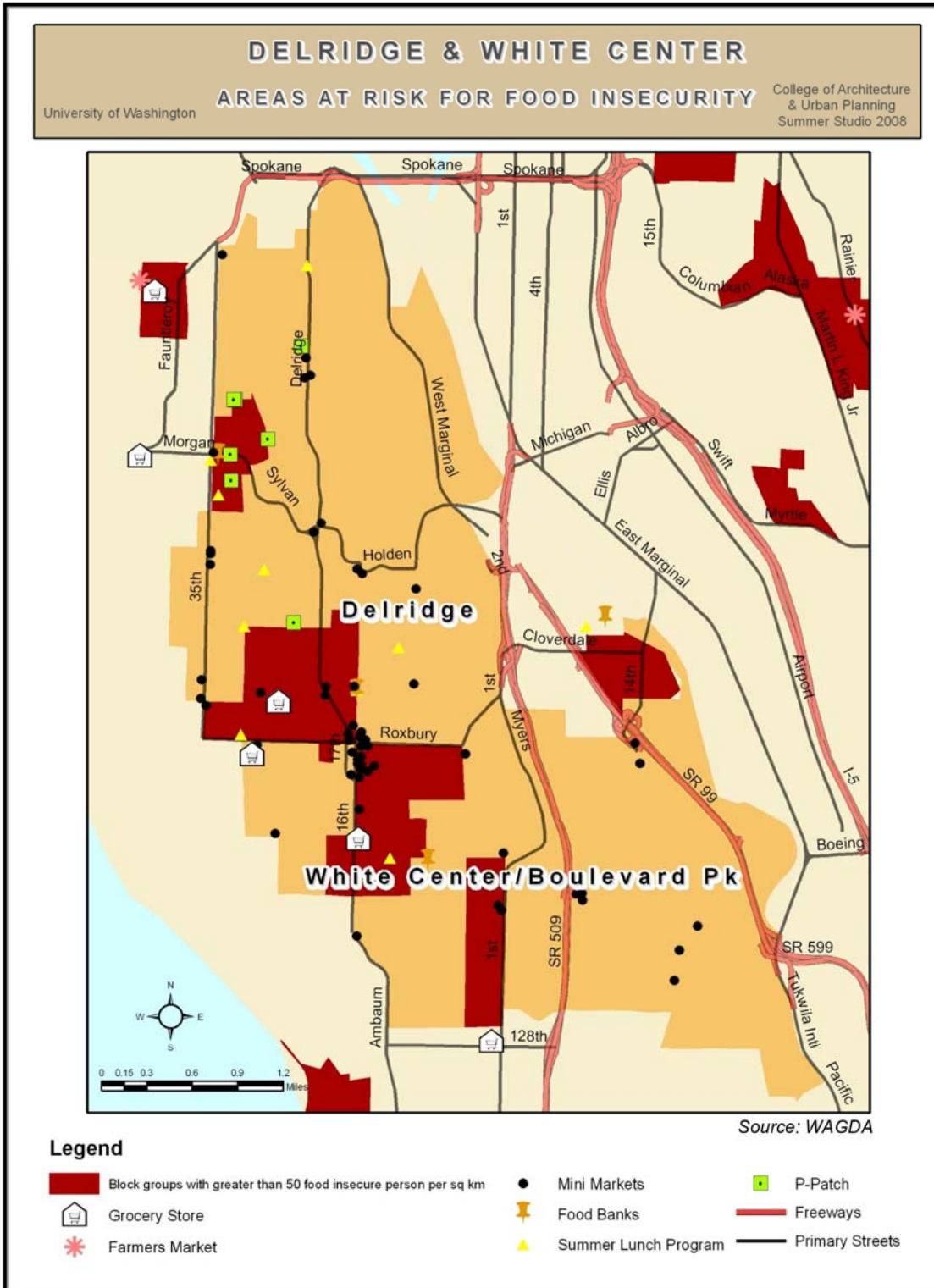


Figure 1: Areas at risk for food insecurity.

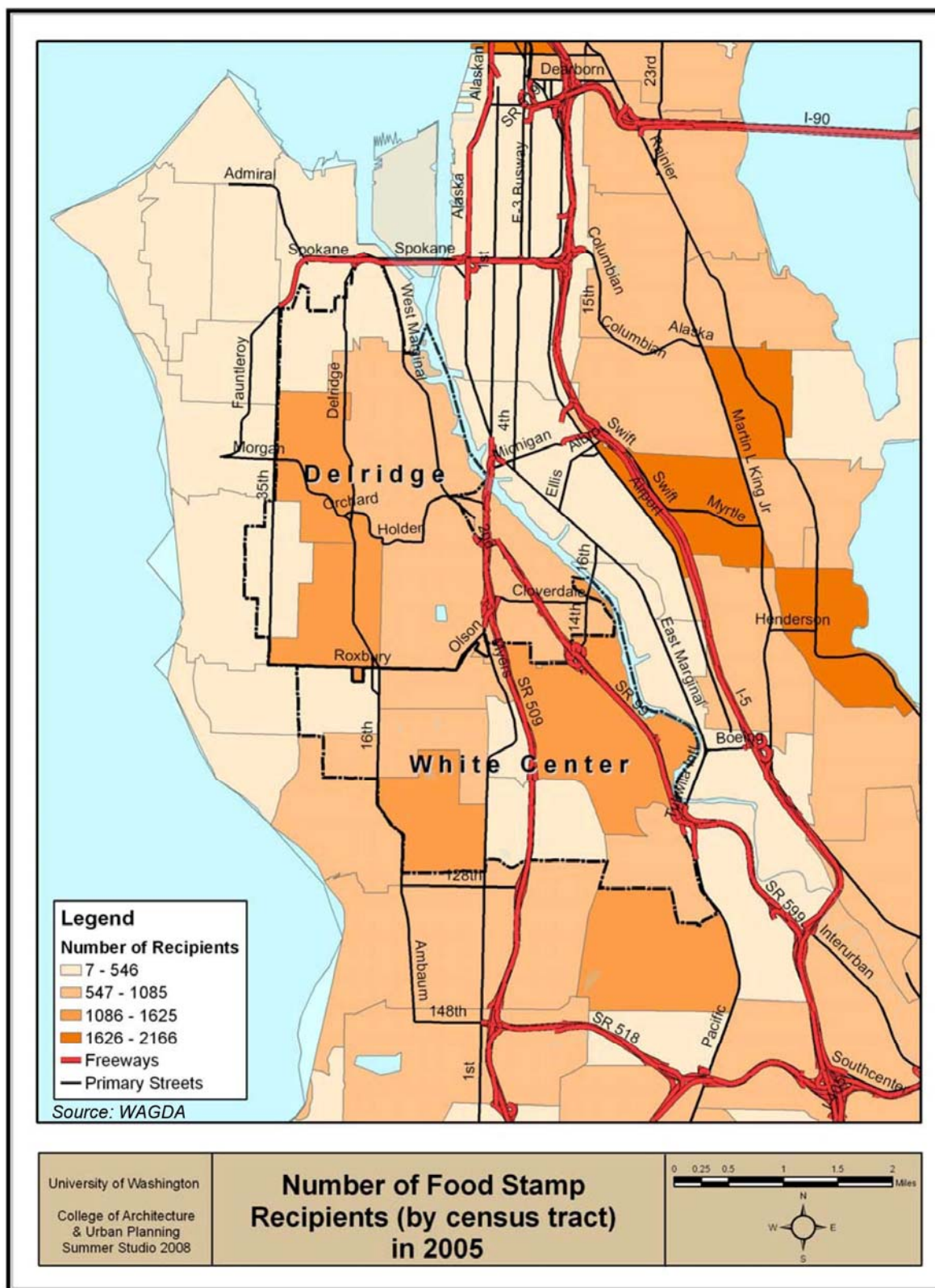
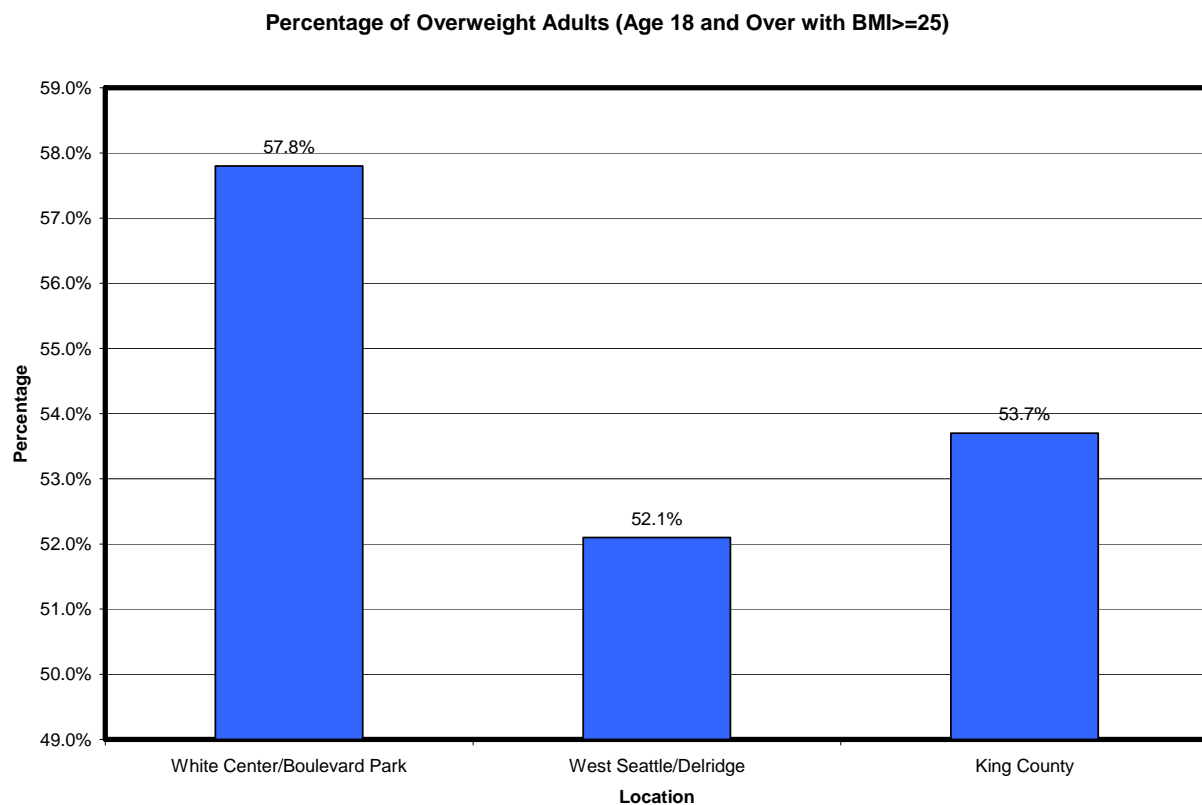


Figure 2: Number of food stamp recipients (by census tract) in 2005.

2. Health / Nutrition Conditions

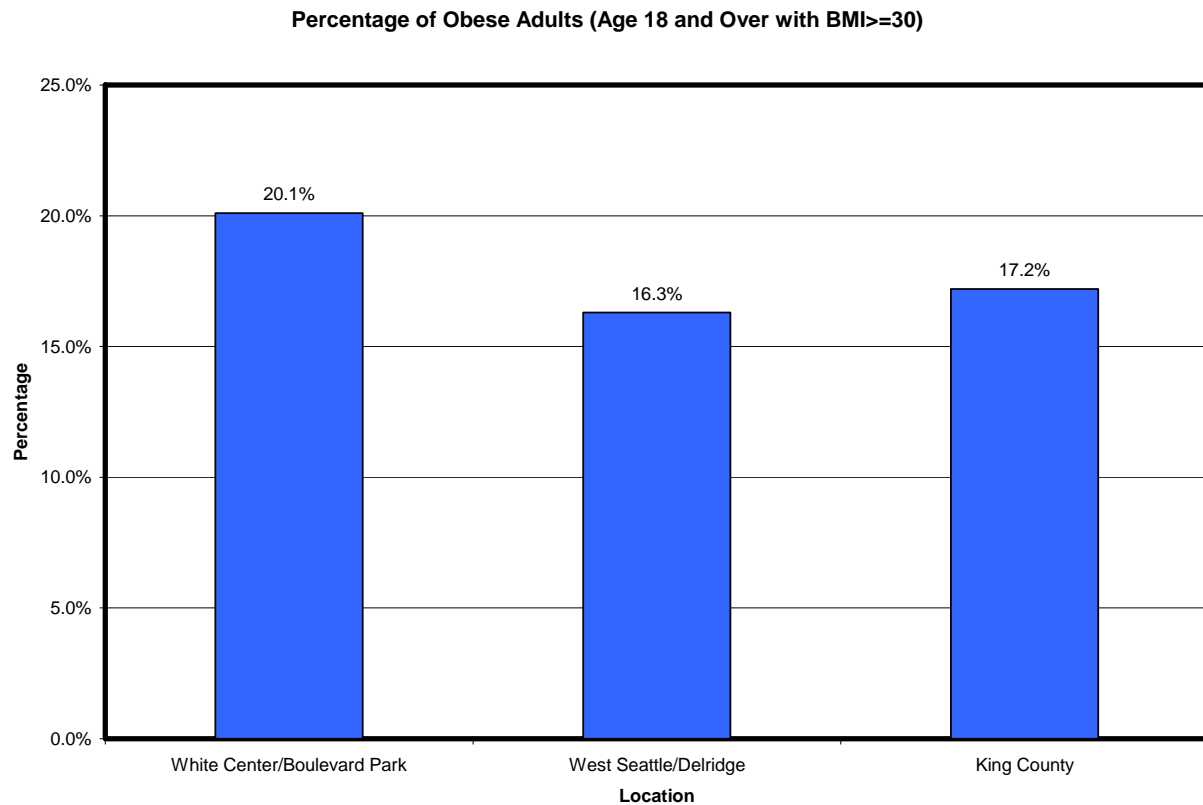
The Food and Fitness Initiative is about the role of places on health. Affordable, healthy food is essential to good health. Information about current health conditions in Delridge and White Center will help collaborators in this initiative understand the effect of existing levels of access to healthy food in the community. Public Health Seattle & King County (PHSKC) compiles several community health indicators, including indicators of diet-related conditions such as diabetes and heart disease (see Appendices).

The following figures show key indicators describing and comparing the weight and physical activity of focus community residents. Additional data are available in the Appendices.



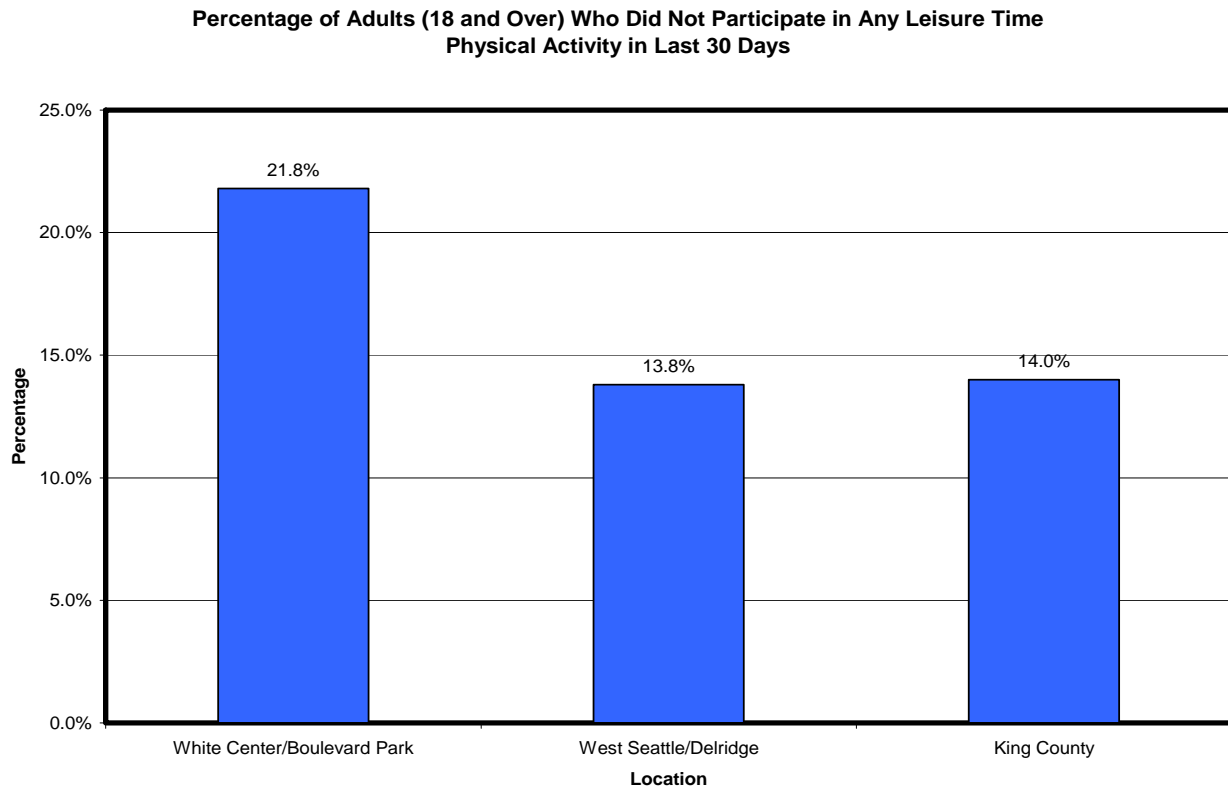
Source: Community Health Indicators, Public Health Seattle & King County, <http://www.metrokc.gov/health/CHI/>, accessed July 15, 2008.

Figure 3: Percentage of overweight adults.



Source: Community Health Indicators, Public Health Seattle & King County, <http://www.metrokc.gov/health/CHI/>, accessed July 15, 2008.

Figure 4: Percentage of obese adults.



Source: Community Health Indicators, Public Health Seattle & King County, <http://www.metrokc.gov/health/CHI/>, accessed July 15, 2008.

Figure 5: Percentage of adults who have not participated in any leisure time physical activity in the last 30 days.

Students identified 36 community-based sources of health services, health-related information, education, outreach, and/or referral services to community members in Delridge and White Center (see Appendices). The target populations of these organizations vary: some are primarily for anyone under age 18, some are specifically for teens, while others for seniors. Some are school-based while others are community-based.

Additional research is needed to identify:

- Level of community awareness of organizations and services available.
- Level of use of these services.
- Accessibility of these organizations.

Most community indicator information is about adults. Additional research about the following would be useful:

- Number and percentage of overweight and obese children and youth.
 - Physical activity levels among children and youth.
-

Local Food Economy

What it is

The *local food economy* deals with the availability of food grown, processed and distributed by businesses within a designated area. A region, city or neighborhood with a strong local food economy is one that supports local farmers, food processors and distributors by prioritizing the purchase of local foods over those grown or processed from outside of the local area, and through use of locally-based distribution methods to supply food consumers.

Why it is important

Communities benefit from a strong local food economy in many ways. There are health-related benefits of consuming locally-based foods, as consumers have the opportunity to be better informed of the conditions under which locally-based foods are grown and processed than foods from hundreds or thousands of miles away. This allows consumers to make more informed decisions about what they choose to purchase. The local food economy also benefits through the creation of relationships between the local food industry and consumers. These relationships have been found to promote economic reinvestment in communities, thus improving the overall vibrancy of the community and the health of its residents.¹⁸

Production/Distribution

Table A15 (Appended) provides an inventory of food producers and distributors that are based in Delridge and White Center, providing a snapshot of the local food economy. The information was gathered from the Washington State Department of Agriculture's Marketing and Business Services, and highlights the types of foods that these neighborhood-based companies source.

Regional Employment and Revenue

The following tables compare revenue, the number of establishments, and jobs that are linked to the regional food economy. The information is for the Seattle-Tacoma-Bellevue Metropolitan Area, and is based on data collected between 1997 and 2002. This

¹⁸ Sonntag, V. (2008) Why local linkages matter: findings from the local food economy study. Sustainable Seattle.

information is difficult to collect at the neighborhood level, as trends in production and processing at the neighborhood level are difficult to detect without access to specific and fairly comprehensive information from employers. This information was the most current available. Data from 2007 will be released in 2009. Because of these limitations, these data should be viewed as a general assessment of the importance of the regional food economy.

Processing/Distribution		REVENUE	2002	1997
NAICS				
Code	311	Manufacturing	3,175,087,000	2,975,480,000
	4244	Grocery & related wholesalers	9,876,344,000	11,798,245,000
	4245	Farm products raw materials		
wholesalers		D	555,334,000	
	4248	Beer, wine	D	661,398,000
	42512044	Grocery agents and brokers	D	NA
	42512045	Farm product raw agents and		
brokers		D	NA	
	42512048	beer, wine agent and broker	NA	NA
	4842202	Ag products trucking (w/out storage)	9,363,000	8,188,000
	4842302	Ag products trucking long distance	D	6,063,000
	49312	Refrigerated warehousing	D	34,143,000
	49313	Farm product warehousing	NA	NA
Total			\$13,060,794,000	\$16,038,851,000

Table 2: Seattle-Tacoma-Bellevue Processing and Distribution Revenue, 1997 and 2002

Processing/Distribution ESTABLISHMENTS			2002	1997
NAICS				
Code	311	Manufacturing	330	339
	4244	Grocery & related wholesalers	549	695
4245		Farm products raw materials		
wholesalers		10	23	
	4248	Beer, wine	36	44
	42512044	Grocery agents and brokers	49	NA
	42512045	Farm product raw agents and brokers	3	NA
	42512048	Beer, wine agent and broker	NA	NA
4842202		Ag products trucking (w/out storage)	16	29
4842302		Ag products trucking long distance	15	20
	49312	Refrigerated warehousing	17	15
	49313	Farm product warehousing	NA	NA
Total			1,025	1,165

Table 3: Seattle-Tacoma-Bellevue Processing and Distribution Establishments, 1997 and 2002.

Processing/Distribution JOBS				2002	1997
NAICS					
Code	311	Manufacturing		14,313	13,701
	4244	Grocery & related wholesalers		10,964	12,694
4245		Farm products raw materials			
wholesalers		(20-99)		238	
	4248	Beer, wine	(1000-2499)		1,769
	42512044	Grocery agents and brokers	(500-999)		NA
	42512045	Farm product raw agents and brokers	(20-99)		NA
	42512048	Beer, wine agent and broker	NA		NA
4842202	Ag products trucking (w/out storage)	94		77 4842302	Ag
products trucking long distance		(20-99)		42 49312	
	Refrigerated warehousing	(500-999)		498	
	49313	Farm product warehousing		NA	NA
high	30,165	29,019			
			low	27,431	

Figure 6: Processing and distribution information.

Additional research is needed to identify the following:

- Inefficiencies in the local food economy.
- Viable potential growth areas for food industry.
- Existing neighborhood-based programs promoting local food economies.

For more Information

- Washington State Food and Agriculture International Marketing Department:
<http://impact.wsu.edu/Wasuppliers/>
- Sound Food Report: http://faculty.washington.edu/bborn/Sound_Food_Report2.pdf

Food Resources

What it is

A key component of the food environment in Delridge and White Center is the food resource types and their locations. A basic definition of *food resource* is the places where people purchase or receive food to eat. Food resources include:

- **Food Retail:** businesses where people purchase groceries and prepared food, including supermarkets, convenience stores and restaurants; these are often the most common places people get their food
- **Charitable food programs:** agencies and organizations such as food banks and meal programs that distribute food to people unable to afford all their food needs

-
- **Local agriculture markets:** farmers markets and community supported agriculture (CSA) provide options to purchase locally grown food directly from the producers
 - **Gardens:** in addition to household gardens, community gardens (known as “P-Patches” in Seattle) provide another source of locally grown produce.

Why it is important

Examining food resources helps determine the overall adequacy of a community’s food environment. By focusing on the indicators of **accessibility**, **affordability** and **availability** one can begin to answer the following questions:

- What types of food resources are available?
- Where are the various food resources located?
- Are there physical barriers that prevent individuals or families from accessing these food resources? If so, what are the barriers?
- Are the food options affordable to the community?
- Do existing food resources meet the community’s diverse cultural needs?
- Are food banks or meal programs available for those who cannot purchase all their food?
- Are opportunities available to purchase fresh and local produce?

Delridge and White Center have distinctly different food environments. Delridge has fewer food retail options while White Center has numerous food retail sources and a wider variety of food available at those places. The map below shows the locations and types of food resources that exist in the two communities. Each of the existing food resource type is described below.

Grocery Stores and Mini Markets

By evaluating a list of businesses that have a King County health permit, 68 retail stores were identified as “grocery,” “meat/seafood” or “seating” (i.e. establishments with seating). Field observations of larger store size and the extensive list of food items available revealed 11 in the West Seattle area are considered major grocery stores or supermarkets. Of the 11 stores, four are located within the KCFFI focus community. In addition, there are 59 smaller markets (based on smaller store size and a more limited availability of food items) such as mini markets, gas stations, convenience stores, ethnic/specialty stores, and drugstores in White Center and Delridge.

Community Market Basket Survey

In early August 2008, the Youngstown Cultural Arts Center organized over 30 youth and adults to participate in a community-wide market basket survey.¹⁹ The survey was designed to evaluate availability and affordability of a variety of foods at the convenience stores and grocery stores in the two neighborhoods. The survey was based on United States Department of Agriculture (USDA) “Thrifty Food Plan” which provides a grocery list of items that could feed a four-person family for one week. Grocery stores outside the neighborhood boundaries but in West Seattle were included as they were identified by community members as stores where they buy groceries in lieu of shopping in their own neighborhood. For example, through the *Where do you Shop?* tabling activity, Delridge residents commonly identified grocery stores in the Alaska Junction and Admiral District neighborhoods as places where they shop.

Volunteers surveyed 22 stores, nine of which are major grocery stores and the remaining 13 are mini-marts. The results of the supermarket survey are listed below. Results from the mini-market survey can be found in the Appendices.

August 2008 Grocery Store Market Basket Survey Results

Store	Location	Market Basket Cost	# of Missing Items
PCC	2749 California Ave	\$248.43	5
Thriftway	4201 SW Morgan	\$170.08	4
Safeway	2622 California Ave	\$166.98	1
Albertson's	16th Ave SW	\$165.06	5
QFC	2500 SW Barton	\$153.61	3
Trader Joe's	15868 1 st Ave S (Burien)	\$153.27	22
Metropolitan Market	2320 42 nd Ave SW	\$152.10	5
Albertson's	12725 1st Ave	\$141.62	2
Safeway	9620 28th Ave SW	\$135.64	4

Figure 7: August 2008 Grocery Store Market Basket Survey Results.

Farmers Markets

¹⁹ In May 2008 a market basket survey was conducted with youth volunteers. Volunteers were unable, however, to collect price information from all stores because several of them were asked to leave the stores by owners and managers prior to completion. A second, more comprehensive survey was thus organized, including surveys of stores in West Seattle and Burien, as well as the original stores visited in May.

The farmers market closest to Delridge and White Center is the West Seattle Farmers Market located at the Alaska Junction (California Avenue Southwest and Southwest Alaska). The market is managed by Neighborhood Farmers Market Alliance and is one of 12 Seattle farmers markets and one of 33 in King County. The West Seattle Farmers Market was established in 1999 and recently opened year-round on Sundays. The market had an average of 1,141 customers each market day in 2007. The market now supports 136 vendors annually which cultivate approximately 4,791 total acres of farmland.

The market hosts an average of nearly 30 vendors Sundays (10 a.m. - 2 p.m.) and includes a wide variety of products such as vegetables, fruits, cheese, meats, fish, and bread. All vendors are required to be local (i.e. from Washington) and no food brokering is permitted (i.e. food must be sold directly from the farmer.) The average distance traveled from the farm to market is 78 miles. The longest distance is 300 miles.) Five of the farmers also offer a CSA (community supported agriculture) option.

The market accepts several forms of payment: cash, USDA Senior and WIC Farmers Market Nutrition Program (FMNP) coupons, and food stamps (i.e. EBT cards). The market has seen a low usage rate of food stamps and Senior and WIC vouchers.

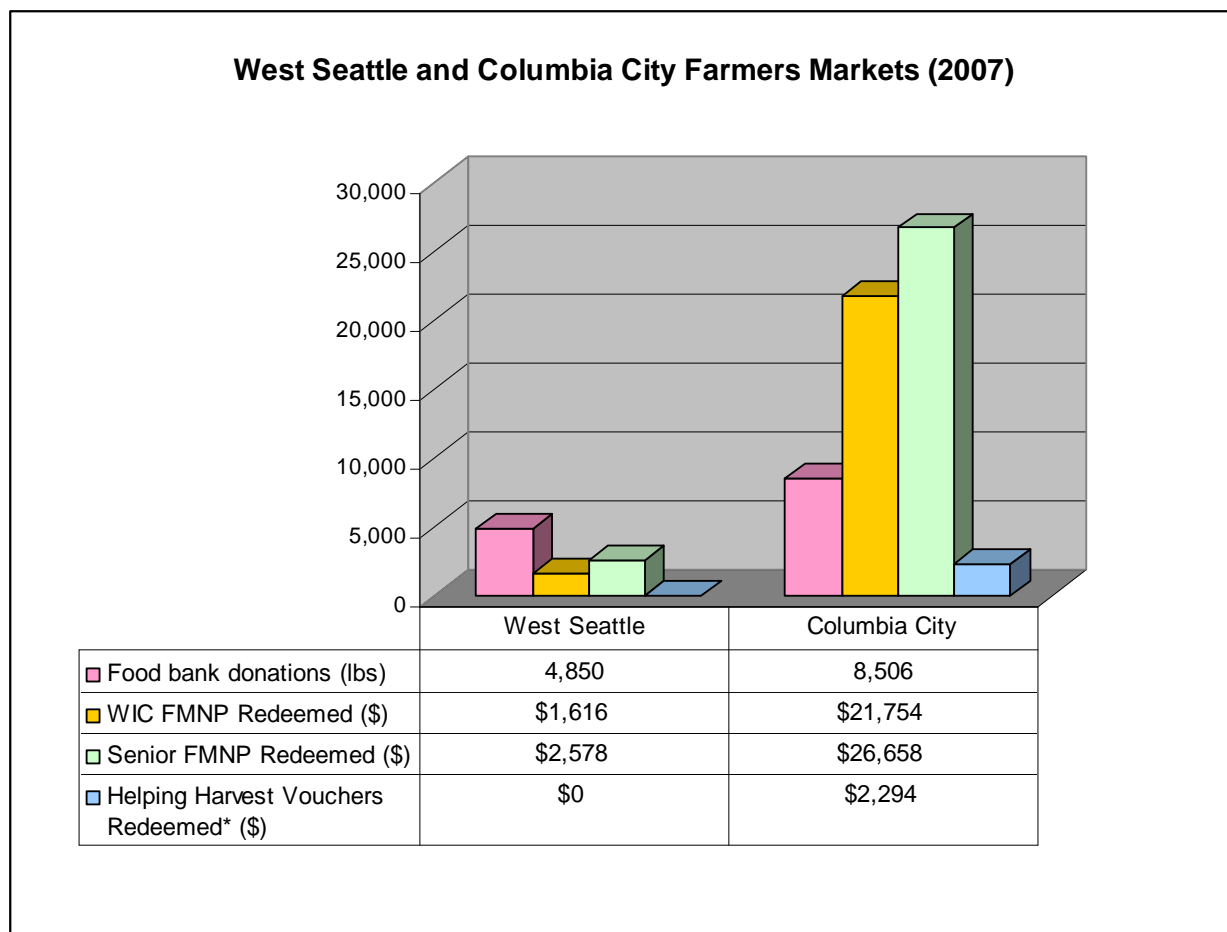
Figure 8 below compares the West Seattle and Columbia City farmers markets. The Columbia City Farmers Market is open Wednesdays from 4:00-7:00 p.m. and is the second closest market to Delridge and White Center. The market has seen relative success in bringing low-income customers to the market. For example, the Columbia City market is a distribution site for WIC coupons and in 2007 had a redeem rate of \$21,754, compared to \$1,616 at West Seattle.

TABLE A

	West Seattle		Columbia City	
Year	2006	2007	2006	2007
Number of weeks open	34	44	26	27
Number of shoppers	47,207	50,232	53,746	44,209
Average number of vendors	34	28	40	37

Source: Neighborhood Farmers Market Alliance

TABLE B



Source: Neighborhood Farmers Market Alliance

* A food bank in Columbia City distributes *Helping Harvest* vouchers to food bank clients.

Figure 8: Farmers markets.

Community Supported Agriculture (CSA)

Another food source for consumers in Delridge and White Center is community supported agriculture (CSA). CSA programs provide fresh produce and connect residents directly to farmers through a subscription program. Subscribers pay farmers early in the year and later receive a monthly or weekly supply of fresh produce in the growing season. CSAs benefit local farmers who are able to finance their farm operation, remove the “middle man” in the food system, reduce food travel time and cost, and connect people directly to the food source. Another difference between CSAs

and conventional food sources is that both the farmer and the subscriber share the benefits and risks of the farm.²⁰

According to Puget Sound Fresh, a consumer education and local farm product branding organization, “Each CSA program is unique: some deliver their boxes to your home or a central pick-up location; some ask you to pick-up on the farm. Some offer extra add-ons, like eggs or flowers; some are produce-only. Some have installment payment plans; some require payment up-front at the start of the season.”²¹ These aspects of CSA farms make it important for consumers to understand the costs and benefits of particular CSA programs. In addition, CSAs are only available during the growing season, which presents a challenge for consumers with limited access to fresh produce at other times of year.

Students identified seven CSA drop-off sites in West Seattle as of spring 2008, including one site in Delridge (see Appendices). The research found no sites in White Center. This may change as new CSA programs serve the area.

Additional research is needed to identify:

- CSA costs to subscribers
- The extent to which households in Delridge and White Center currently subscribe to CSA programs
- Interest in CSA among Delridge and White Center residents
- Current marketing by CSAs and potential opportunities to expand marketing of CSAs in Delridge and White Center

Food Banks and Meal Programs

Three food banks serve residents of White Center and/or Delridge. The West Seattle Food Bank is located on the edge Delridge, near High Point Housing Community. Salvation Army Food Bank and White Center Food Bank are both located in White Center. In the past year, these food banks have served an increasing number of families and individuals. The food banks are largely dependent on food bank distributors such as Food Lifeline and Northwest Harvest for their food supplies; the remaining portion is received from local food drives, grocery stores and purchases when necessary. The food banks also provide other services such as cooking and gardening classes, daily senior lunches, and summer youth camp. The table below provides a more details about

²⁰ USDA Office of Community Development, Technote 20, Community Supported Agriculture, James Wilkinson, March 2001.

²¹ Community Supported Agriculture: CSA Directory 2008; Puget Sound Fresh,

the food banks and their programming, based on interviews with the food bank directors.

Local Food Bank Profiles

Organization	Service Area	# of People Served	Food Source	Additional Programming
Salvation Army White Center	98106, 98108 (South Park only), 98116, 98126, 98136, 98146, 98148, 98158, 98166, 98168, 98188 (partial), 98198 (partial)	April 2008- 4100 individuals and 2165 food boxes.	50% from Food Lifeline	After-school tutoring program includes snack for 30-35 youths. Day camp w/ summer free breakfast and lunch program (50-60 youths and open to neighborhood). Daily senior lunch meal program (65 seniors)
West Seattle Food Bank	98116, 98106, 98126, 98136 (W. Seattle area north of Roxbury St)	Jan-Apr 07: 1311 unduplicated households Jan-Apr 08: 1954 unduplicated households 2624 unduplicated for 2007	27% Food Lifeline, 18% NW Harvest, 10% purchased, remaining dropped off by community food drives and households	
White Center Food Bank	N-S boundaries: 140th to Myrtle and W-E boundaries: HWY 509- Puget Sound (White Center and parts of Burien and S. Seattle)	1500 duplicate households monthly (increase from 1100 last year). 4000 unduplicated annually	95% from Food Lifeline and Northwest Harvest; 5% from food drives; onsite bank, King County Emergency Feeding Program, Community Harvest of SW Seattle	Cooking demos w/ nutritionist; container gardening class
Providence Regina House	Mainly South Park Neighborhood	2007: over 8,900 food requests, 3200 unduplicated households; Currently serve 1050 unduplicate households monthly	50% Food Lifeline; 40% Northwest Harvest; 10% private donations and food drives	Grocery-delivery service for Providence Elder program; cooking classes, seed info/distribution, and container gardening class (Lettuce Link)

Figure 9: Local food bank profiles.

Other programs that provide emergency food sources include:

- City of Seattle Summer Service Food Program (aka Summer Sack Program) provides breakfast, lunch and snacks at various locations throughout the summer. A majority of the locations are open to all youth under the age of 18; other require enrollment into their summer program. Currently 14 program sites serve southwest Seattle.
- King County Emergency Feeding Program distributes prepared boxed meals to two distribution sites in the neighborhoods: Salvation Army White Center and Neighborhood House White Center;

-
- Meals on Wheels delivers hot meals to senior age 60 or older who are homebound due to illness or disability and who are unable to prepare their own nutritious meals. In January-May 2008, 116 households received meals in White Center and 61 in Delridge.

For more Information

- Farmers Markets: Neighborhood Farmers Market Alliance,
- www.seattlefarmersmarket.org
- Puget Sound Fresh, www.pugetsoundfresh.org
- USDA Food Stamps: 1-888-436-6392
- Senior Farmers Market Nutrition Program Vouchers: 206-448-3110
- WIC Farmers Market Nutrition Program Checks: 1-800-841-1410
- CSA: Puget Sound Fresh, www.pugetsoundfresh.org

Food Waste, Recycling And Composting

Food disposal is an important part of the food system because “Food waste is a significant portion of the household, commercial, and institutional waste streams. Including food packaging, food wastes make up close to a third of the total waste that ends up in many city landfills.”²² According to King County, “Nearly 30% of what we throw away in our garbage is organic – and the average single-family household throws away about 45 pounds of food scraps and food-soiled paper every month. Items such as vegetable and fruit trimmings, meats, fish and poultry scraps and bones, plate scrapings, egg shells, coffee grounds, paper towels and napkins—even greasy pizza delivery boxes—all can be recycled in your yard waste cart.”²³ Collecting these food wastes is important because they can be used to create compost that can be added to soil to enrich the soil. Composting is the natural process of decomposition of organic materials, including food.

Both the City of Seattle and King County collect food waste for use in composting. Households in Delridge and White Center can subscribe for food waste collection (see Appendices).

Additional research is needed to identify:

²² The Food System – A Stranger to the Planning Field, K. Pothukuchi and J. Kaufman, JAPA, Spring 2000; 66, 2.

²³ Curbside food scrap collection, King County, <http://www.metrokc.gov/dnrp/swd/garbage-recycling/food-collection.asp>, accessed July 15, 2008.

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- The extent to which community members in Delridge and White Center are aware of recycling and food waste collection services in their neighborhoods.
 - The level of participation in such programs.
 - Educational information about recycling, food waste collection and composting that community members may need.

For more information

Seattle Public Utilities: <http://www.seattle.gov/util/services/>

King County Solid Waste: <http://www.metrokc.gov/dnrp/swd/index.asp>

Transportation

What it is

Transportation, as it relates to food systems, deals with how people access their food. This includes the modes of transportation people use to get to their food sources, as well as the ease or difficulty associated with travel. All modes of transportation are factored into a food systems analysis, including walking, bicycling, transit, and driving.

Why it is important

Transportation is essential in any food systems analysis. Obviously, increases in distance from food makes walking to food sources more difficult, and eventually necessitates the availability of cars or public transportation. Transportation can also dictate the frequency with which a person shops for food, which also impacts the types of food one might purchase (someone who shops once a month, for example, may be less inclined to buy fresh and perishable foods than someone who shops weekly).

Inaccessibility of food is the biggest threat to food security²⁴. Delridge and White Center are extremely inaccessible neighborhoods for those without motorized vehicles, due to existing zoning, a neighborhood design that prioritizes automobiles over non-motorized modes, the natural topography, and infrequent bus routes.. The following map highlights how accessible the neighborhoods are for pedestrians through an analysis of walkability.

²⁴ Karlinsky, L. (2005). Planning for food secure communities: a food assessment of Chinatown-International District. P. 26.

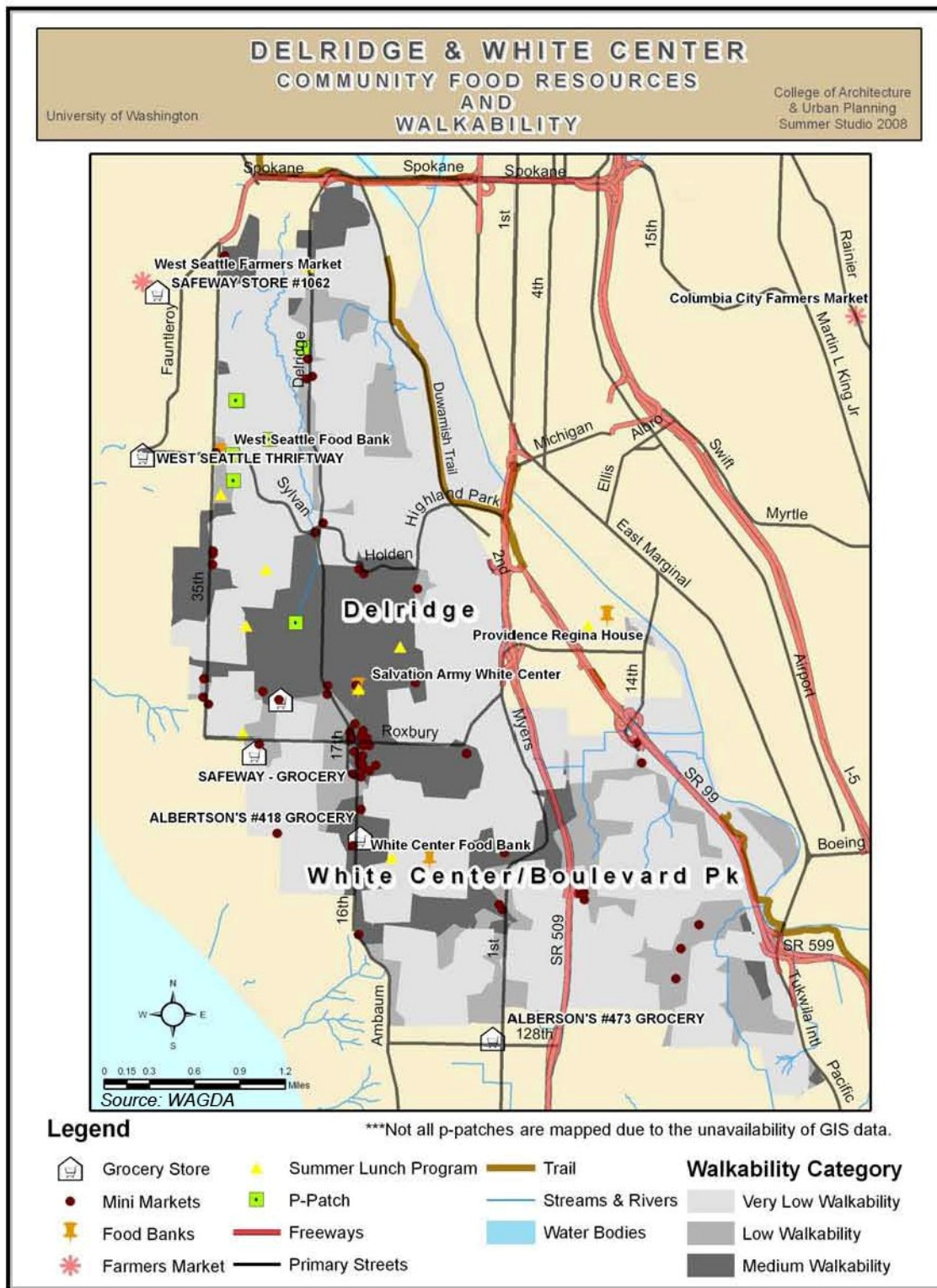


Figure 10: Community food resources and walkability.

Social Capital

What it is

Social capital as defined in this report refers to any available food source that exists outside of established resources setup by community organizations, government-sponsored organizations, or similar agencies otherwise discussed. The food sources that would fall in the category of social capital are thus named because they draw solely upon the resources of community members. An example of such a food source is an informal food-sharing system setup by community residents, including food exchange, food bartering or community dinners that are similarly run without the aid of an established agency.

Why it is important

Social capital frequently represents community responses to shortcomings in the local food system. This is particularly important in communities like Delridge and White Center, as national trends demonstrate the linkage between food insecurity and communities with similarly diverse populations.²⁵ Development of food sources that exist outside of formal avenues provides yet another layer of food security for needy individuals who may not receive sufficient support otherwise.

Gardening and farming education

There are a variety of education programs and resources in the City of Seattle. Offered for a range of ages, incomes and cultures, program types include gardening classes, demonstration gardens, field trips, gardening hotlines, and online resources. Figure 11 below lists organizations that offer education opportunities and often collaborate with one another.

Gardening and farming education

Organization	Location	Description	Activities	Source
Community Harvest of Southwest Seattle	Southwest Seattle	Newly formed program that organizes classes and projects with community partners such as local food banks.	Community tree harvesting, container gardening classes and canning classes	Contact Aviva Firmin at aviva@duwamish.net

²⁵ Karlinsky, *ibid.*

Lettuce Link	South Park (operates on Marra Farm and program of Solid Ground)	Lettuce Link is a creative emergency food and gardening program that provides fresh organic produce, vegetable seeds, plant starts, organic gardening supplies, assistance and information to low-income people throughout Seattle.	Hands-on gardening volunteer opportunity at <i>Giving Garden</i> , a one-acre garden in which produce is donated to Providence Regina Food Bank in South Park; food container classes in Spanish and English at local food banks; community fruit tree harvesting; assistance for P-Patches gardeners on how to grow extra food for food banks; nutrition and gardening classes for Concord Elementary; 4 hour nutrition and gardening class for elementary aged youth at South Park Community Center	www.solidground.org ; Contact: Michelle Bates-Benetua, Lettuce Link Program Manager, at michelleb@solid-ground.org
Master Gardener/ Composter Program	Main office is in Wallingford. Classes take place around King County. (managed by Seattle Tilth)	Master Composter/ Soil Builder learn to: build healthy soil with compost and mulch, grow natural gardens, understand your connection to climate change, assess your personal carbon footprint, reduce pesticide use and conserve water and protect water quality.	A 3-week training program beginning in March. Application process open to general public and requires \$150 deposit upon acceptance. Deposit refunded after completion of 40 hours of volunteer outreach (within 12 months). Opportunities for communities to work with master composter/gardener on community projects.	Contact Graham Golbuff, volunteer coordinator, at 206.633.0097 or grahamgolbuff@seattletilth.org
Seattle Central Community College	Capitol Hill	Sustainable Agriculture Education (SAGE) Program is currently under development	A certificate program	
Seattle Tilth	Main office is in Wallingford. Classes take place around King County.	Seattle Tilth's mission is to inspire and educate people to garden organically, conserve natural resources and support local food systems in order to cultivate a healthy urban environment and community.	Gardening workshops for different skills, age and income levels; online gardening resources and hotline; youth programming including field trips for school groups	www.seattletilth.org ; Natural Lawn & Garden Hotline: 206.633.0224
Seattle Youth Garden Works	South Park (3/4 plotted at Marra Farm) and U-District (p-patch at University Heights)	Seattle Youth Garden Works empowers homeless and under-served youth through garden-based education and employment.	Hires and trains youth ages 14-21 for 3 month period; youth paid min. wage for 15 hrs/wk to manage garden and sell produce at farmers market	www.sygw.org

Figure 11: Gardening and farming education.

P-Patches

The City of Seattle's P-Patch community garden program offers residents opportunities to grow their own fresh, healthy food. Gardeners are responsible for maintaining their own plot. Twelve P-Patches are located in Delridge and three community gardens are in White Center (see Appendices.)²⁶ A 2004 survey showed that 31% of P-Patch gardeners grew 50% or more of their produce in their P-Patch plot between April and October.²⁷ In addition to being a source of healthy food, community gardens build community: "Urban agriculture in the United States has been enriched by the skills and technologies of immigrant populations, from Japanese market gardeners in California to Italian urban gardeners in the Northeast. In addition, many inner-city communities are rich in social and environmental capital even while they are poor in economic resources. The urban agriculture movement, if it is supported and expanded, can build on this existing, but hitherto neglected or undeveloped expertise, social relationships, and the urban landscape itself."²⁸

For more information:

City of Seattle Community Gardens program,
<http://www.ci.seattle.wa.us/neighborhoods/ppatch/>

Additional research is needed to identify:

- Interest among residents for additional community gardening opportunities, particularly in White Center, which has few community gardens.
- Gardening education needs among residents in both neighborhoods who garden at a community garden or at home.

Conclusion

Analysis of Delridge and White Center food systems has demonstrated that there are several topics unexplored in this report that would further assess the state of these neighborhoods. It is likely that information concerning these topics is readily available, but given time and topical constraints they were excluded from this report.

²⁶ The White Center community gardens are not part of the City of Seattle P-Patch program.

²⁷ The History of the P-Patch Program, City of Seattle, n.d.,
<http://www.seattle.gov/Neighborhoods/ppatch/history.htm>, accessed August 17, 2008.

²⁸ Urban Agriculture and Community Food Security in the United States: Farming from the City Center to the Urban Fringe, Community Food Security Coalition, 2002; http://www.foodsecurity.org/urbanag.html#_ftnref2, accessed August 17, 2008.

Depending on what strategies the communities choose to pursue, some or all of the following topics are areas for further research:

- A detailed analysis of the CSA costs to subscribers
 - Determining the extent to which households in Delridge and White Center currently subscribe to CSA programs
 - Gauging interest in CSA among Delridge and White Center residents.
 - Assessing the current marketing strategies employed by CSAs and exploring potential opportunities to expand marketing of CSAs in Delridge and White Center.
 - Determining the extent to which community members in Delridge and White Center are aware of recycling and food waste collection services in their neighborhoods.
 - Assessing the level of participation in such programs.
 - Compiling educational information about recycling, food waste collection and composting that community members may need.
 - Gauging the inefficiencies in the local food economy.
 - Identifying viable potential growth areas for food industry.
 - Identifying and assessing existing neighborhood-based programs promoting local food economies.
 - Determining the level of community awareness of organizations and services available that promotes consumption of healthy foods.
 - Assessing the level of use of organizations and services that promote healthy eating, as well as their accessibility.
 - Determining number and percentage of overweight and obese children and youth.
 - Gauging physical activity levels among children and youth.
 - Determining interest among residents for additional community gardening opportunities, particularly in White Center, which has few community gardens.
 - Assessing gardening education needs among residents in both neighborhoods who garden at a community garden or at home.
 - Conducting a photo voice/walking survey of the physical conditions of the neighborhoods.
 - Assessing healthy options are there at restaurants [given that 48% of every food dollar goes to prepared food or restaurant food] and connect restaurants with local, healthy food sources.
 - Further use of the FEEST youth initiative to engage youth in community-based projects.
 - Assessing the use of community centers as active spaces.
 - Create a map of child care centers/day cares.
 - Utilize existing research on P-Patches to determine what sites in Delridge could be converted to P-Patches.
-

-
- Use or modify existing community programs (e.g. Adopt a Stop) to encourage community participation in maintaining open, walkable spaces.
 - Identify and provide wayfinding for walking routes that may combine existing trails with other routes to offer people accessible, safe routes they are likely to use, both for recreation and for transportation to destinations.
 - Collect information about employers as sites where people can access healthy food.
 - Conduct sensitivity analysis of walkability data to determine what things could be added, changes or removed to create more walkable areas.
 - Learn from community members how considerations when shopping for food are similar or different from considerations when conducting market basket survey.

Next Steps

Further exploration of the potential areas for research is one “next step” that can be taken from this document. The true value in this report, however, lies in its usefulness to community members in identifying potential growth areas and changes in food-related issues. This document is best used as a continuation of past efforts to identify existing themes and conditions in the neighborhoods, and has been compiled with the expectation that it will generate dialog among community members about creative solutions to food and fitness.

We hope this report has provided enough background and validated research so community members can formulate innovative ideas to rally other community members and policymakers. One such example could be use of the market basket survey results to push for more competitive pricing in grocery stores. Another potential use could be creation of CSA’s to cover areas of high need in Delridge and White Center. It is evident that within Delridge and White Center are the skills, abilities and cumulative desires to affect positive change around food and fitness.

CHAPTER THREE: BUILT ENVIRONMENT

This chapter presents observations and analysis of the built environment in Delridge and White Center in which people live, learn, play, and work. The report is based on data collected previously by the KCFFI assessment team and UW planning studio teams which completed survey and analysis work in Delridge and White Center in 2006 and 2007.

The W.K. Kellogg Foundation defines **built environment** as *the places and spaces made or modified by people*.²⁹ The KCFFI collaborative partners state that the built environment refers to “community design—and the design of our communities does have an effect on our health and well-being. Healthy community design can benefit us all in very important ways. School design is one important way that the built environment may affect a child’s health (Can a child safely walk to school?), another example is parks and green spaces (research increasingly suggests that children benefit from the opportunity to play outdoors where they can explore and enjoy natural environments).”³⁰

The Urban Form Lab (UFL) in the UW Department of Urban Design and Planning was tasked with identifying trends in the built environment of the two focus communities. The UFL research focuses on the physical and spatial components of the neighborhoods; UFL used Geographic Information Systems (GIS) analysis for assessment and analysis. For the KCFFI, UFL has identified a number of categories related to the built environment and land use planning for analysis, including:

- Environment
- Road Network
- Bus & Transit System
- Building, Parcel and Property Information
- Zoning
- Vacant Land Availability
- Neighborhood Facilities
- Public Parks
- Public Spaces & Walkability
- Schools & Walkability

²⁹ Food & Fitness Messaging Guide, W.K. Kellogg Foundation, 2008, page 8.

³⁰ Resources, King County Food and Fitness Initiative, www.kcffi.org, accessed March 7, 2009.

Detailed spatial analysis is presented by the UFL in an additional report to the Initiative, but this written narrative offers an overview of the community's built environment to inform the creation of the KCFFI Community Action Plan in 2009.

Environment

White Center and Delridge have a well-developed open and green space system, and school playgrounds are up-to-standard with modern equipment. There are a well-managed system of trails and bike friendly side-streets, though signage and identified paths are often not marked. The tree canopy is well-kept and offers walkable shade in much of the community. Tree canopy replacement would be useful in the main commercial node of White Center and this idea has been presented in previous neighborhood plans and studio reports.

The map also indicates that Delridge has more steep slopes than White Center, which may make walking and biking more challenging, especially as the street network is frequently disrupted by the topography. Getting across the ridge separating Youngstown and the rest of West Seattle by foot, bus or bike is difficult.

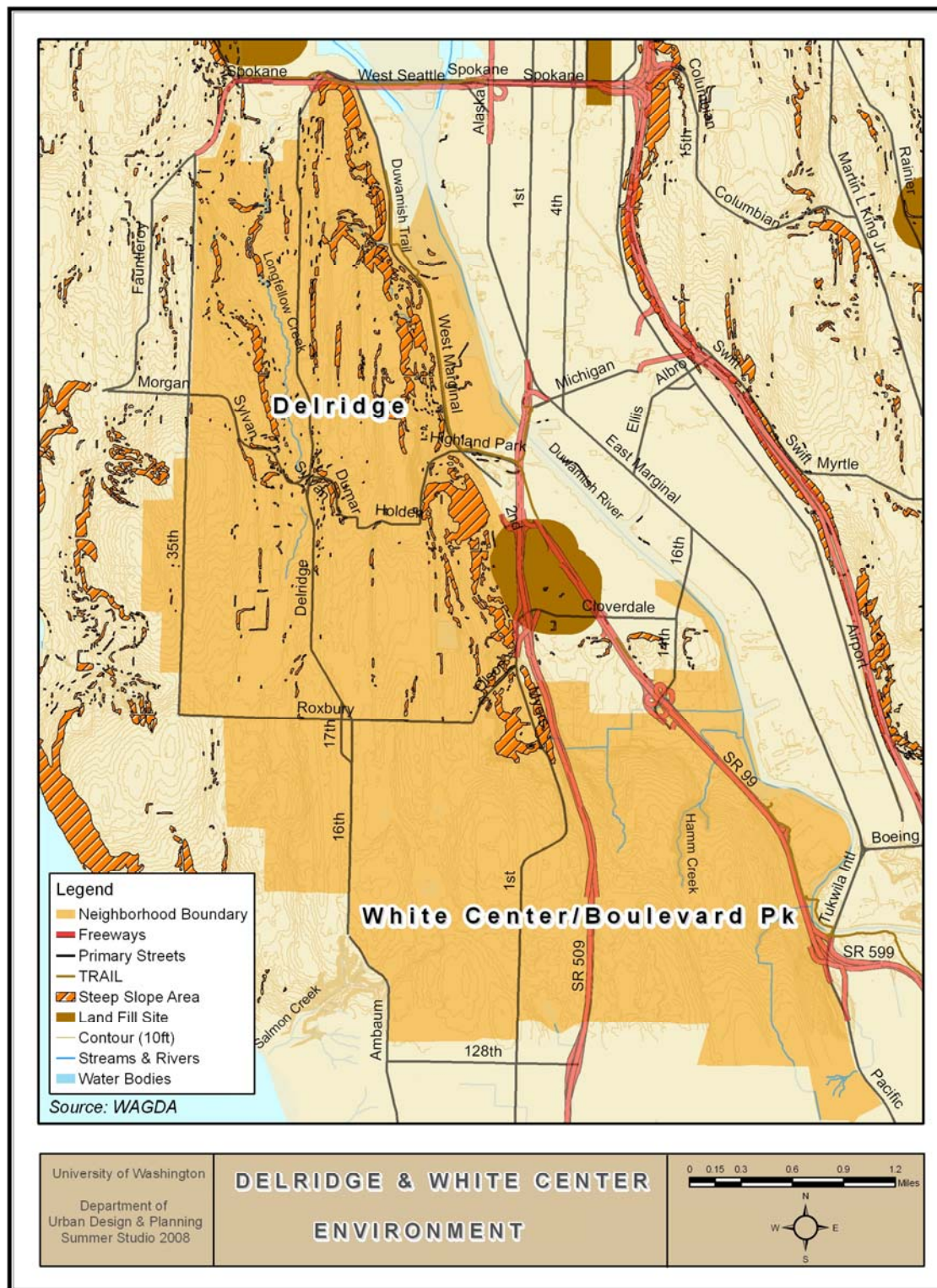


Figure 1: Focus Community Environmental Features

Road Network

State Highways SR 509 and SR 99 are close to the White Center neighborhood running along the edge of the neighborhoods. Both highways and the major north-south/east-west arterials provide direct access to the I-5 and I-90 freeways (Figure 2).

In addition, several trails run through the focus area. The Duwamish Trail is a paved path along the eastern border of the West Seattle peninsula that runs through both Delridge and White Center and is owned and maintained by the City of Seattle. Longfellow Creek is a four mile long, north-south stream, located in West Seattle's Delridge and Westwood neighborhoods. The Legacy Trail brings pedestrians to Longfellow Creek and winds through public green spaces and streets, linking community resources. Another regional trail, the Green River Trail, also runs through White Center and is owned and managed by the King County Parks and Recreation Department, though maintained by the City of Tukwila. These trails provide a significant amount of improved urban green-space for walking and biking and should be protected and enhanced when possible or necessary. Possible improvements include signage and wayfinding, lighting, and trail improvements.

Based on GIS data (see Figure 2), Delridge has more on-street bike routes than White Center. Given that bicyclists can use streets that are not designated as a bike route however, this difference in designated bike routes may not affect access to destinations. Topographic elements of the focus community such as hills (see Environment section) may have a greater impact on access for cyclists.

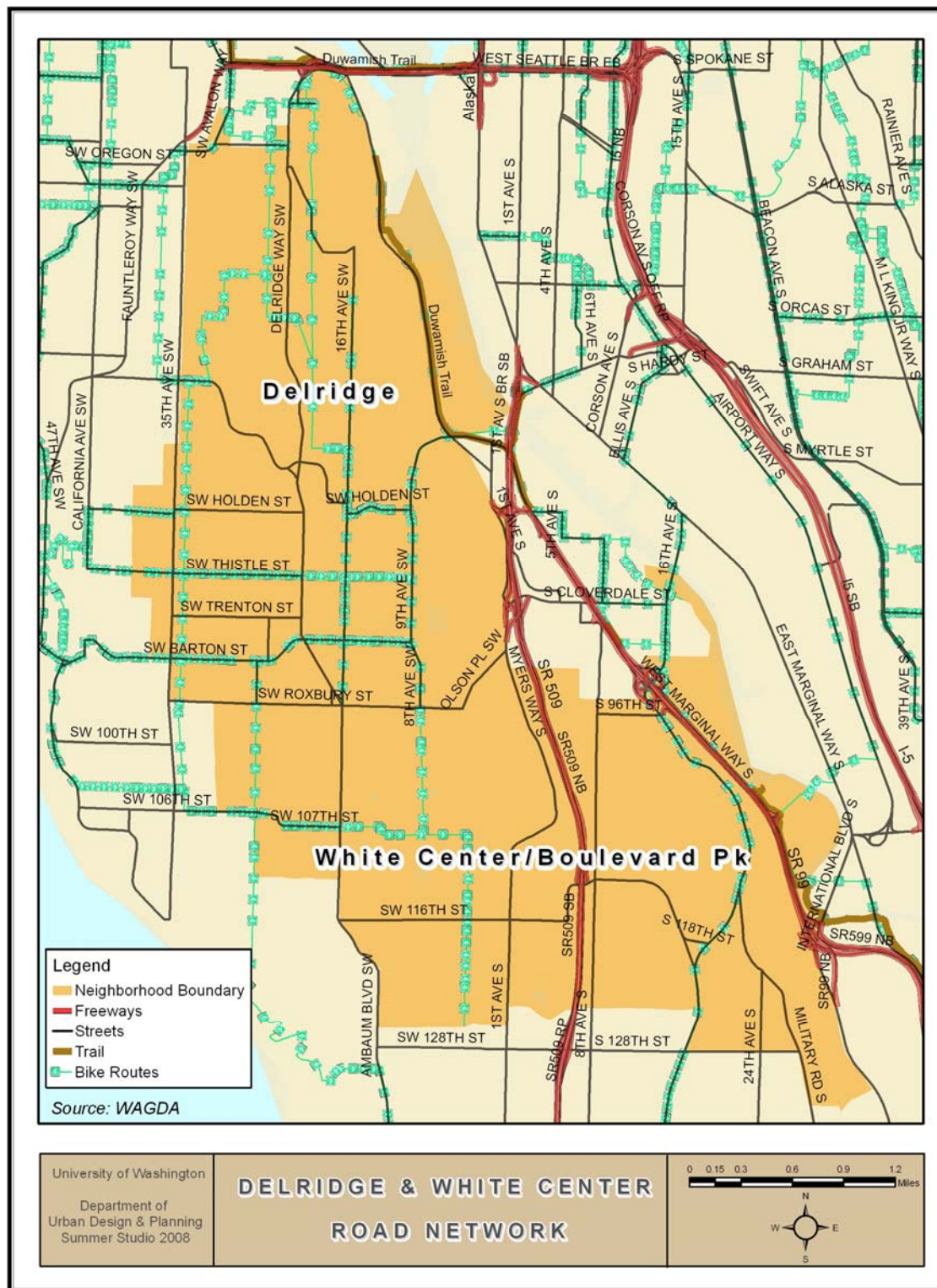


Figure 2: Focus Community Road and Bike Route Network

Bus & Transit System

King County Metro bus routes connect in the two neighborhoods and provide better north-south access than an east-west network (See Figure 3 below). Most residential areas are within a ½ mile walk of stops and stations (though approximately ¼ mile is a more commonly accepted threshold used in transportation studies).

There are 148 bus stops located in White Center and 186 bus stops in Delridge, based on GIS data from the Washington Geospatial Data Archive (WAGDA)(Figure 3). However, this does not imply the transit system adequately serves these two neighborhoods. The map does not account for the frequency with which the buses run, nor the destinations served (or underserved). For example, bus service to grocery stores takes more than 30 minutes from areas in Delridge. Based on community outreach and food system assessment activities (see Market Basket Survey sections in Chapter One and Two above) many of the desired grocery stores are located in the hilltop districts to the north and west, though this area is not as well served as the area where grocery stores are located to the south in White Center.

King County Metro lists 15 routes (including one Sound Transit route) that serve Delridge and 11 routes (including one Sound Transit route) that serve White Center (see Table 1 below).³¹ The Metro Transit System Map (Figure 3 below) shows these routes, as of September 2008.³² Eight routes serve both neighborhoods. Some of the routes - such as the 56 or 57 - run just outside the KCFFI focus community boundaries. Most routes that serve Delridge and White Center start or end in downtown Seattle (10 of 15 routes that serve Delridge and 7 of 10 routes that serve White Center). Others do extend to other parts of the region, such as route 60 which goes to Capitol Hill in Seattle, route 120 which goes to Burien, route 560 which goes to Bellevue, and route 133 which goes to the University District and Burien. These are places where transit riders can connect to other destinations in the region. With few exceptions, however, the bus routes run north-south, which can make it difficult to travel east-west across the neighborhoods.

Table 1. Bus Service In Delridge and White Center.	
Bus Routes That Serve Delridge	
Route	Destinations and Days of Service
21	Downtown Seattle, SODO, West Seattle, 35th Ave SW, High Point, Gatewood, Roxhill, Arbor Heights (Weekdays, Saturday, Sunday)

³¹ Seattle Area Map, King County Metro, http://metro.kingcounty.gov/tops/bus/area_maps/seattle.html, accessed March 7, 2009.

³² Metro Transit System Map, King County Metro, http://transit.metrokc.gov/tops/bus/psystem_map.html, accessed March 9, 2009.

22	Downtown Seattle, SODO, West Seattle Junction, Gatewood, Westwood Town Center, Delridge, White Center (Weekdays, Saturday, Sunday)
23	Downtown Seattle, SODO, Delridge, White Center (Weekdays, Saturday, Sunday)
37	West Seattle Junction, Beach Dr. SW, Alki, Harbor Ave SW, Downtown Seattle (Weekdays, Saturday)
53	West Seattle Junction, Beach Dr. SW, Alki, Harbor Ave SW, West Seattle Junction (Weekdays)
54	Downtown Seattle, West Seattle Junction, Fauntleroy, Westwood Town Center, White Center (Weekdays, Saturday, Sunday)
55	Downtown Seattle, West Seattle Junction, Admiral District. Night shuttle service every evening, connecting at SW Alaska St and California Ave SW with Route 54 for service to and from downtown Seattle. (Weekdays, Saturday, Sunday)
56	Downtown Seattle, SODO, Admiral District, Alki (Weekdays, Saturday, Sunday)
57	Downtown Seattle, SODO, Admiral District, Genesee Hill, West Seattle Junction (Weekdays)
60	Capitol Hill, Broadway, First Hill, Harborview Hospital, Pacific Medical Center, Beacon Hill, Georgetown, White Center. On Saturdays and Sundays Route 60 only goes between Capitol Hill and Georgetown and therefore does not serve South Park or White Center. (Weekdays, Saturday, Sunday)
120	Downtown Seattle, Delridge, White Center, Burien (Weekdays, Saturday, Sunday)
125	Downtown Seattle, Delridge, South Seattle Community College, White Center, Shorewood (Weekdays, Saturday, Sunday)
128	Admiral District, West Seattle Junction, Delridge, South Seattle Community College, White Center Transfer Point, Highline Specialty Medical Center, Riverton Heights, Southcenter. Route 128 does not serve the Admiral District on Sundays. (Weekdays, Saturday, Sunday)
560	Sound Transit - Bellevue Transit Center, South Bellevue P&R, Newport Hills P&R, Renton Boeing, Renton Transit Center, Sea-Tac Airport, Burien Transit Center, White Center Transfer Point, Fauntleroy, West Seattle Junction. (Weekdays, Saturday, Sunday)
773	DART, West Seattle Junction, Seacrest Park, Admiral District, Alki Route 773 runs in conjunction with the Water Taxi from April 27th to October 31st, 2008. (Weekdays, Saturday, Sunday)
Bus Routes That Serve White Center	
22	Downtown Seattle, SODO, West Seattle Junction, Gatewood, Westwood Town Center, Delridge, White Center (Weekdays, Saturday, Sunday)
23	Downtown Seattle, SODO, Delridge, White Center (Weekdays, Saturday, Sunday)
54	Downtown Seattle, West Seattle Junction, Fauntleroy, Westwood Town Center, White Center (Weekdays, Saturday, Sunday)
60	Capitol Hill, Broadway, First Hill, Harborview Hospital, Pacific Medical Center, Beacon Hill, Georgetown, White Center. On Saturdays and Sundays Route 60 only goes between Capitol Hill and Georgetown and therefore does not serve South Park

	or White Center. (Weekdays, Saturday, Sunday)
85	"Night Owl" - Downtown Seattle, SODO, SW Admiral Way, California Ave SW, West Seattle Junction, 35th Ave SW, White Center Transfer Point, Delridge Way (Nightly)
113	Downtown Seattle, Federal Center South, Olson/Meyers P&R, White Center Transfer Point, Shorewood (Weekdays)
120	Downtown Seattle, Delridge, White Center, Burien (Weekdays, Saturday, Sunday)
125	Downtown Seattle, Delridge, South Seattle Community College, White Center, Shorewood (Weekdays, Saturday, Sunday)
128	Admiral District, West Seattle Junction, Delridge, South Seattle Community College, White Center Transfer Point, Highline Specialty Medical Center, Riverton Heights, Southcenter. Route 128 does not serve the Admiral District on Sundays. (Weekdays, Saturday, Sunday)
133	University District, Olson Place-Myers Way P&R, White Center, Burien Transit Center (Weekdays)
560	Sound Transit - Bellevue Transit Center, South Bellevue P&R, Newport Hills P&R, Renton Boeing, Renton Transit Center, Sea-Tac Airport, Burien Transit Center, White Center Transfer Point, Fauntleroy, West Seattle Junction (Weekdays, Saturday, Sunday)
Source: King County Metro	

There are five Park and Ride lots in the focus communities. Two lots are located on SW Roxbury Street: Holy Family Church Park and Ride (23 parking spaces), and Sonrise Evangelical Free Church Park and Ride (10 parking spaces). The Olson Place SW/Myers Way Park and Ride is located at the northern edge of White Center adjacent to Delridge (98 parking spaces). Located north of Delridge under the West Seattle Bridge is SW Spokane Street Park and Ride (55 parking spaces). Finally, located in the heart of White Center is Beverly Park First Baptist Church Park and Ride (12 parking spaces).

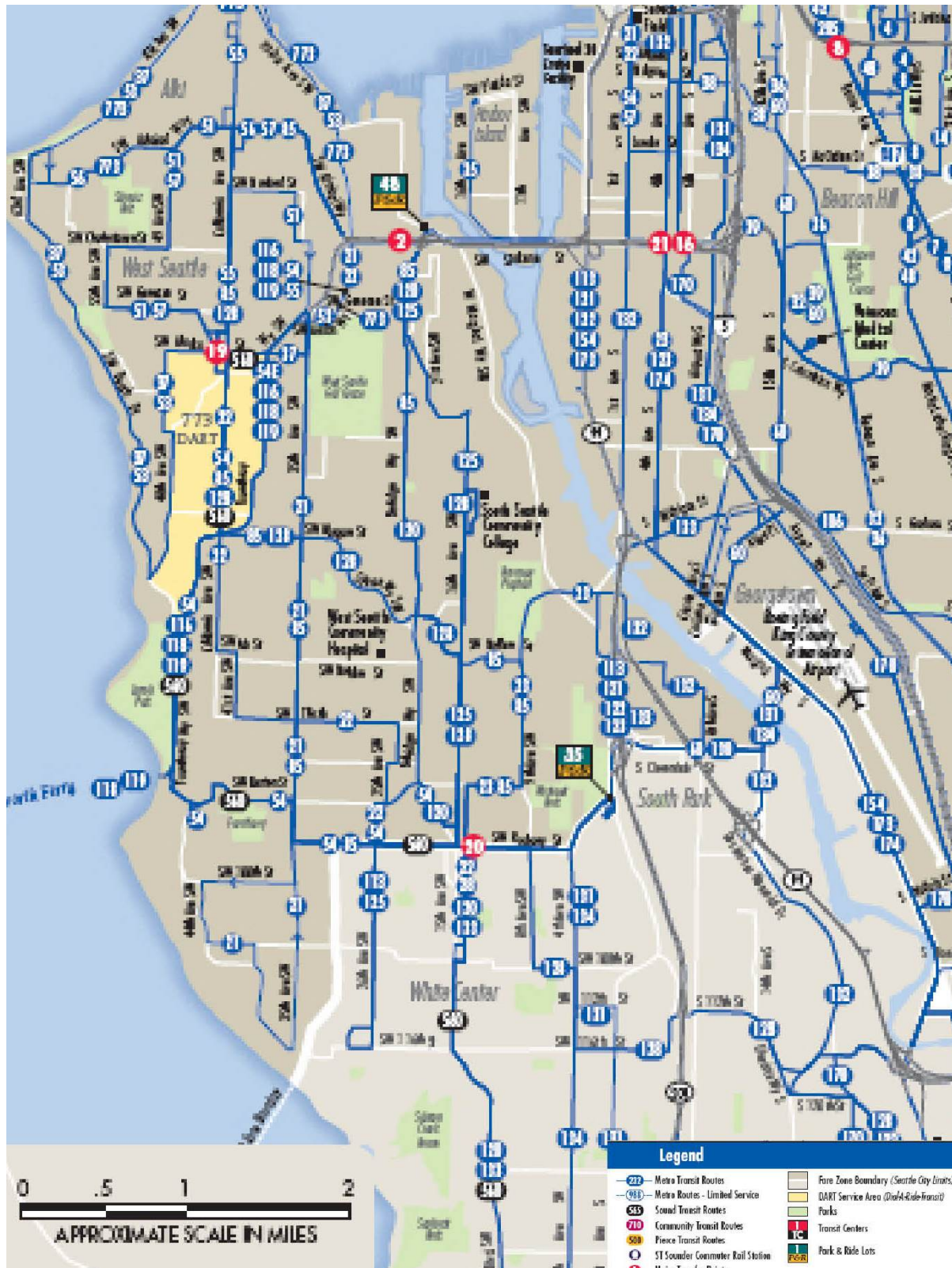


Figure 3: Focus Community Bus and Transit System

Building, Parcel & Property Information

There are a total of 19,313 parcels and 35,880 buildings in Delridge and White Center identified through the use of community boundaries and classification of parcels by category. 1,676 of the parcels are vacant (see “Vacant Land Availability” maps), however most of the vacant parcels are zoned for single-family and multi-family housing.

Vacant commercial lots may signal potential sites for local economic development opportunities including a grocery store or ice-cream shop, both of which have been mentioned as desired facilities and found to be potentially viable in the *Visualize Delridge* planning process. Other uses could include P-Patches or specialized park facilities to support neighborhood desires. The relatively large commercial vacant lot located northeast of the Delridge neighborhood is owned by South Seattle Community College, and the vacant commercial lots located north of White Center by SR 509 are all owned by the City of Seattle. The area zoned for neighborhood commercial on 16th Ave SW (see pink area on White Center zoning map) is one of the neighborhood’s more walkable neighborhoods.

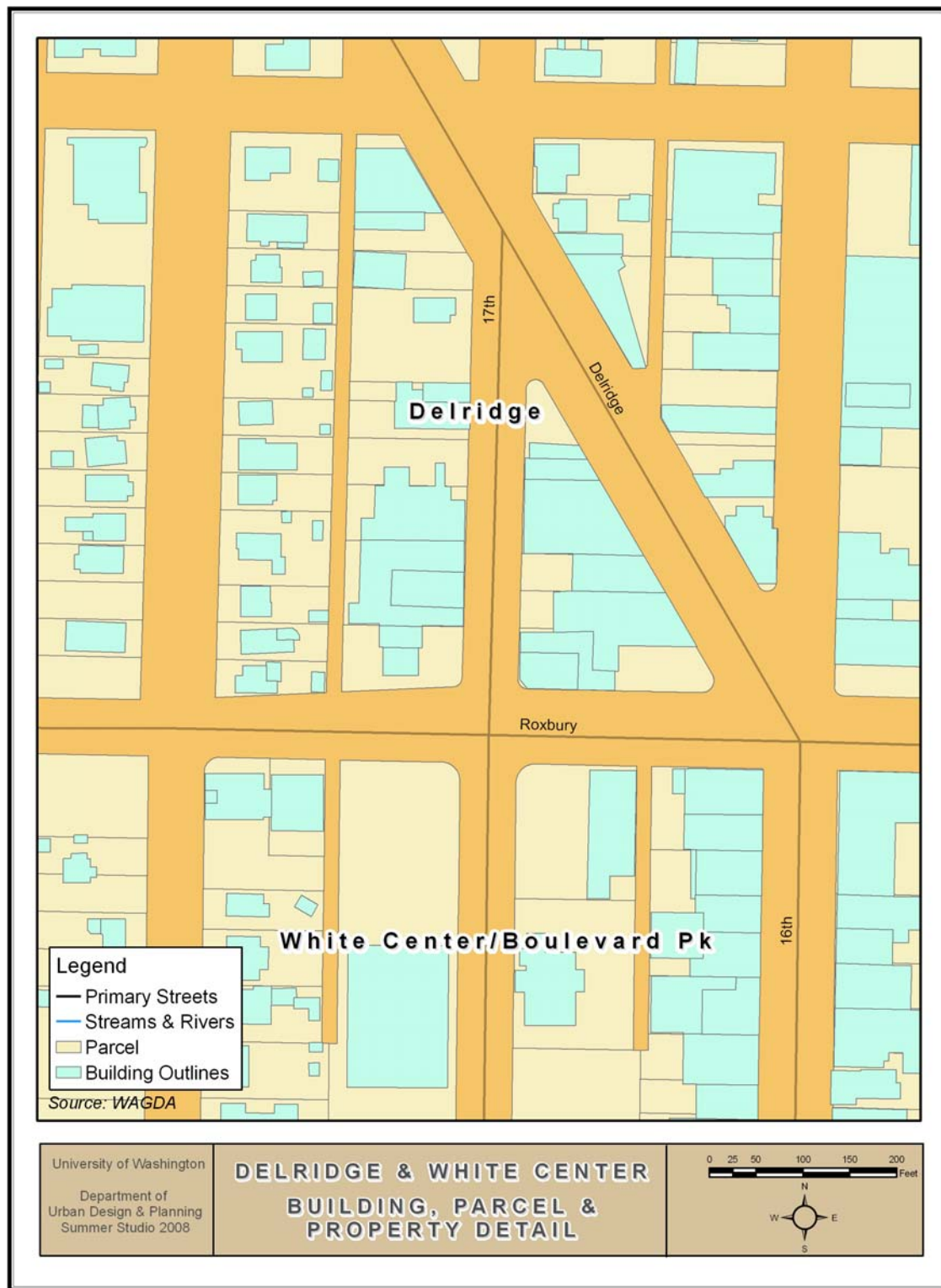


Figure 4: Focus Community Building Footprints and Parcels Detail

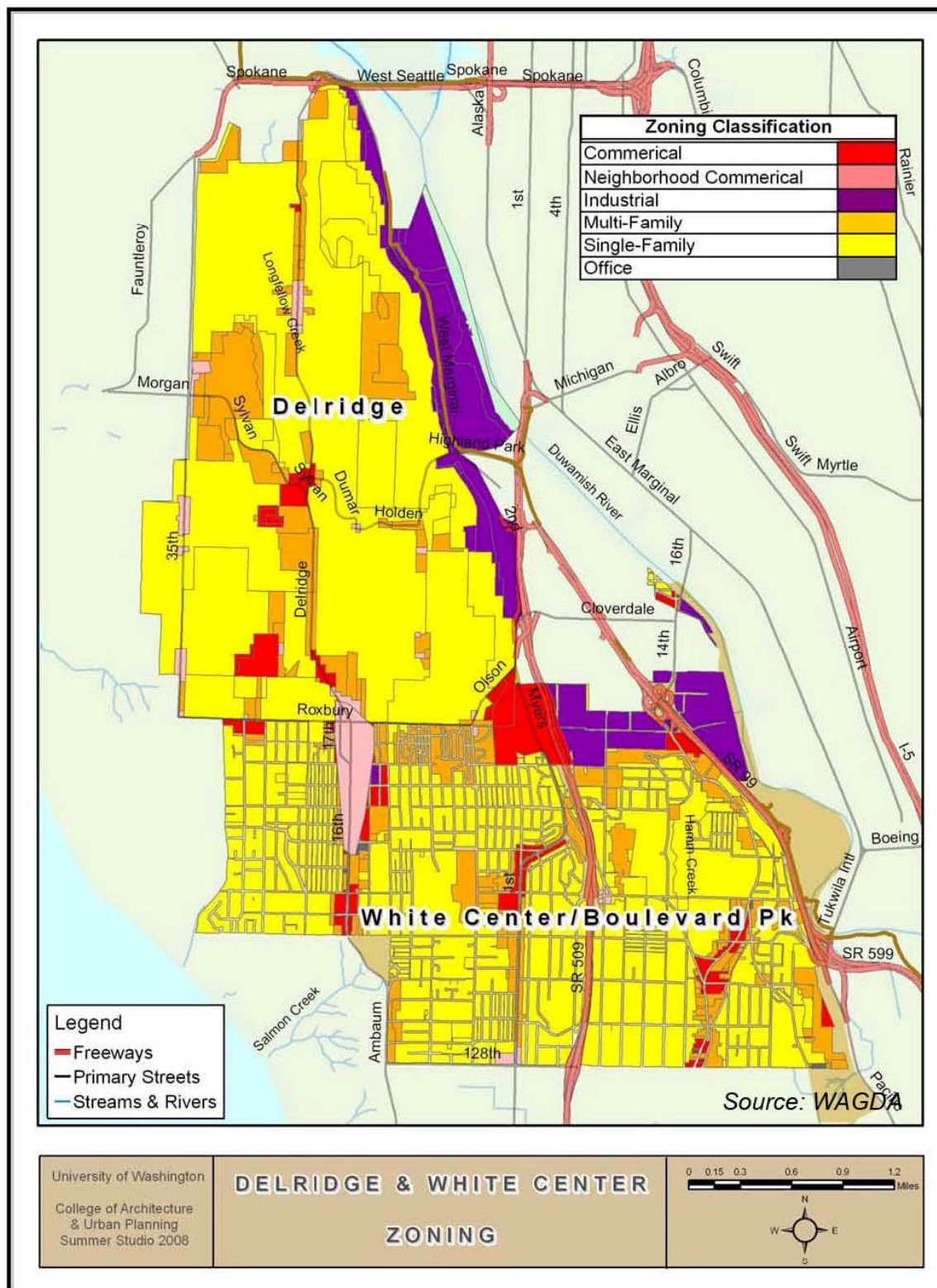


Figure 5: Focus Community Zoning

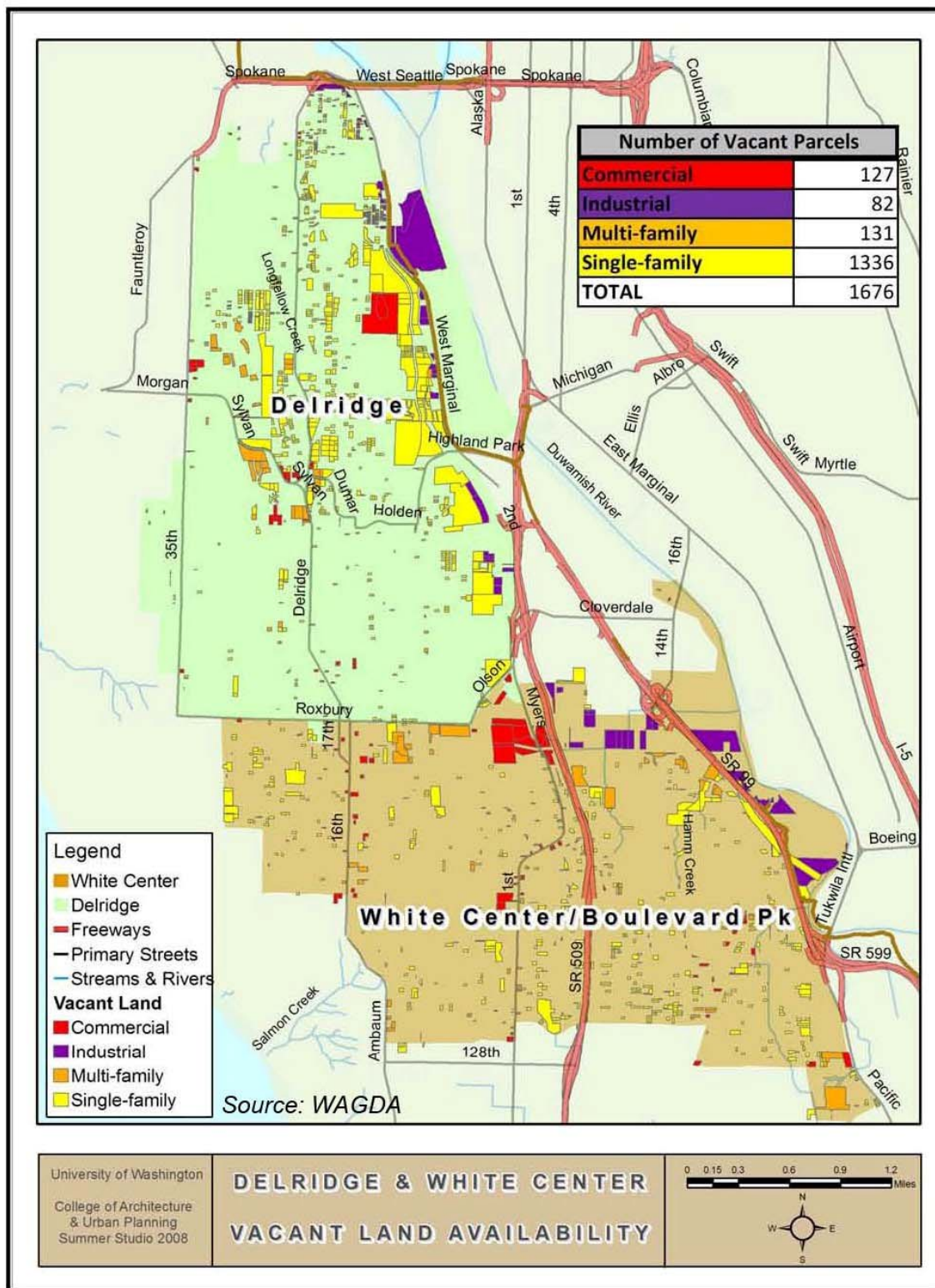


Figure 6: Focus Community Vacant Land

Neighborhood Facilities

The table provides an overview of neighborhood facilities in Delridge and White Center based on available GIS data: this list includes public services such as police and fire, recreational facilities such as parks, playgrounds and pools, educational facilities such as libraries and schools, and community facilities such as churches and theaters. Although some facilities are distributed throughout the focus community, many of the facilities are in the west and central part of the neighborhoods, while fewer are in the northeast part of Delridge and Boulevard Park (See Figure 8 below).

Recreational opportunities are available for residents of all ages. Parks in the focus community offer a range of recreation facilities open to the public (see Parks section below for details). A separate study of food and fitness environments in schools will be available in summer 2009. That study will look at the type of facilities at each school, opportunities for students to learn about fitness and play during the school day, community access to school facilities for recreation, and efforts to encourage active transportation (e.g. biking and walking) to and from school.

P-Patch community gardens are one type of neighborhood facility that can improve access to healthy food. As noted in the P-Patches section of Chapter Two, community gardens can achieve multiple goals: increase access to healthy food, build community through including community members with diverse backgrounds and skills, and build or enhance social capital by building on existing relationships in the community (see Chapter Two above.)

Facility	Delridge	White Center
Park	6	14
P-Patch	7	3*
Playgrounds	8	NA ³³
Community Centers	3	NA
Theaters	1	NA
Churches	17	18
Swimming Pools	4	NA
Retirement Residences	2	3
Fire Stations	2	1
Libraries	3	1*

³³ Spatial data for White Center is more limited than in the City of Seattle, numbers for P-Patch community gardens, playgrounds and libraries reflect field observations.

Schools	11	13
Police Stations	2	3
Hospitals	0	0
Public Health Clinics	0	1

Table 1: Focus Community Facilities

Public Parks

Based on the GIS data obtained from the Washington State Geospatial Data Archive (WAGDA), there are six parks in Delridge and fourteen parks in White Center.³⁴ There are a total of eight play areas and playgrounds in Delridge, and none listed outside of schoolyards in available maps of White Center. Seven P-Patches (community gardens) are located in the Delridge neighborhood, two of which are currently under development. Based on responses from the community survey, there will still be unmet demand for community garden spaces. Many residents stated that more gardens would be useful and help improve community relations. Table 2 below lists the type and number of facilities at each park in the KCFFI focus community based on information from King County and the City of Seattle (see footnotes for web site information.)

Table 2. Park Facilities.	
Parks in White Center/Boulevard Park³⁵	Facilities
Arbor Lake Park	Access Point (Street), bridge, open play field
Cecil Moses Memorial Park	Access point (Street), parking lot, point of interest, restroom, trail (local)
Evergreen Athletic Field	Baseball field (3), picnic area, soccer field, trail (local)
Hilltop Park	Access point (street), BBQ area (2), BBQ pit (2), open play field, picnic area (2), play equipment area
Lakewood Park	Access point (Street), BBQ area (3), BBQ pit (3), disc golf course, fishing pier, open play field (3), parking lot (2), picnic area (3), picnic shelter (3), play equipment area (2), residence (caretaker), restroom, tennis court (2)
North Shorewood Park	Access point (Street), multi-purpose court, picnic area (3), play equipment area
Puget Sound Park	Access point (Street), multi-purpose court, open play field, parking lot, picnic area (3), play equipment area, running track
Salmon Creek Park	Access point (Street), open play field (2),

³⁴ Steve Cox Memorial park in White Center is listed on the map (Figure 9) as White Center Park because the GIS data for parks has not yet been updated to reflect the 2008 name change.

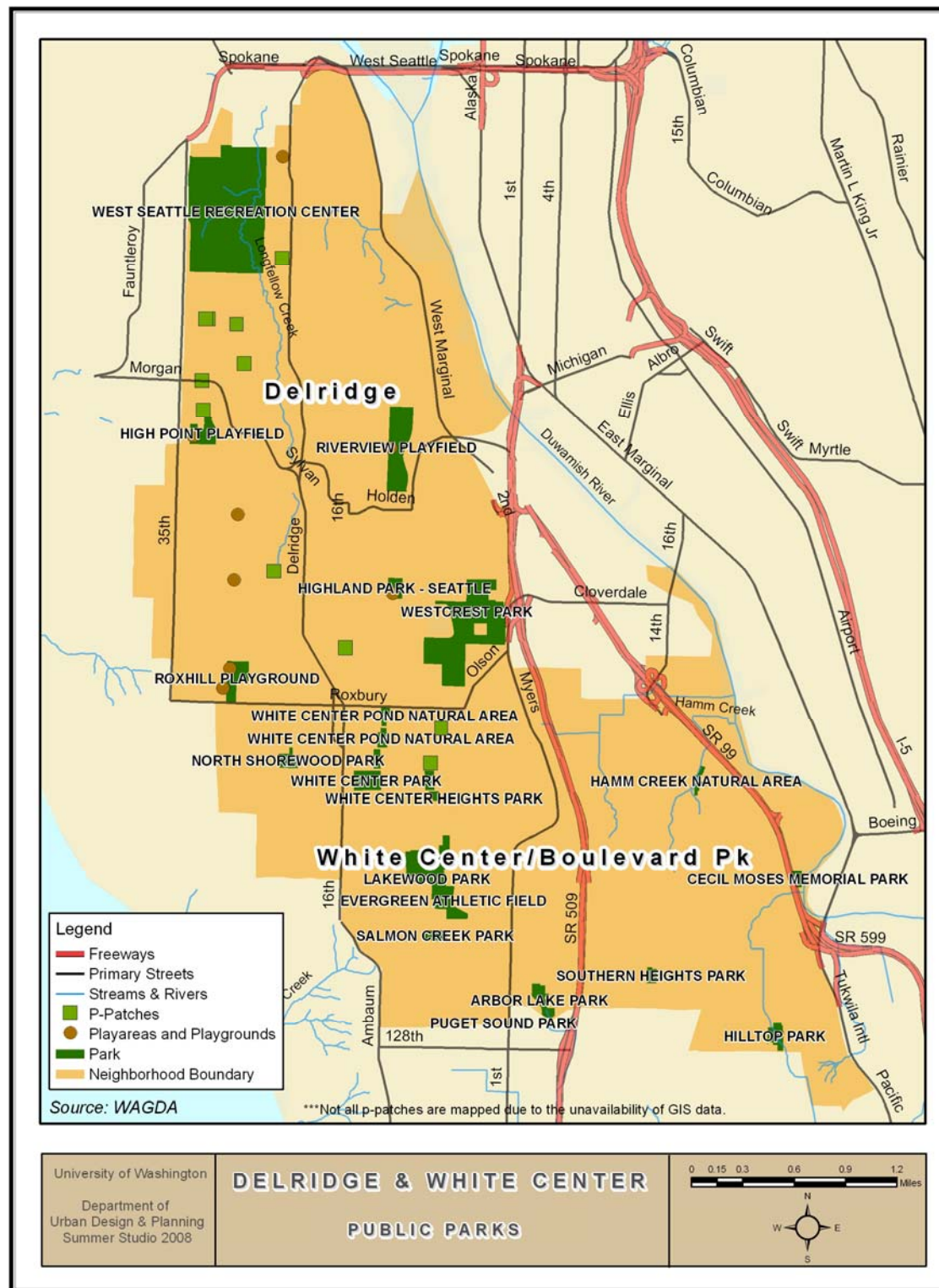
³⁵ King County Parks and Recreation, <http://www.kingcounty.gov/recreation/parks.aspx>, accessed April 5, 2009.

	picnic area (2)
Southern Heights Park	Access point (Street), open play field, play equipment area, tennis court (2)
Steve Cox Memorial Park	Access point (Street), baseball field (3), BBQ area, BBQ pit (2), community center, concession, handball court, horseshoe pit (2), multi-purpose court, open play field (3), parking lot, picnic area (3), picnic shelter, play equipment area, racquetball court (2), restroom, stadium grandstand (2), tennis court (4), volleyball court
White Center Heights Park	Access point (Street), picnic area (3), point of interest
White Center Pond Natural Area	Access point (Street)

Parks In Delridge³⁶	Facilities
High Point Playfield	Community center, play area, restrooms, tennis court (outdoor), restrooms (ADA compliant), play area (ADA compliant), soccer, baseball/softball, flag football
Highland Park Playground	Play area, restrooms, tennis court (outdoor), wading pool or water feature, soccer, baseball/softball, t-ball
Riverview Playfield	Basketball (Full), play area, restrooms, tennis court (outdoor), woods, soccer, baseball/softball
Roxhill Park	Picnic sites, play area, restrooms, play area (ADA compliant), soccer, baseball/softball
Westcrest Park	Dog off leash area, picnic sites, play area, restrooms, paths, woods, play area (ADA compliant), hiking trails
West Seattle Recreation Center ³⁷	See footnote.

³⁶ Parks, Seattle Parks and Recreation, <http://www.seattle.gov/parks/parkspaces/index.htm>, accessed April 5, 2009.

³⁷ “West Seattle Recreation Center” does not appear on the City of Seattle parks directory. This location does include West Seattle Stadium and West Seattle Golf Course. The GIS data used for the map in this section is likely not current data.



Public Spaces & Walkability

In the following maps, walkability data from the Urban Form Lab (UFL) is presented with a focus community features. The UFL indexes walkability using a collection of parcel-level information and other characteristics about neighborhoods, such as topography, destinations, and connectivity. The walkability score reflects *average walkability*, or the likelihood of someone walking in that neighborhood given its physical characteristics; the score does not reflect whether *individuals* are more or less likely to walk. See the Appendix for an explanation of the UFL methodology.

Residents of the KCFFI focus communities have identified biking and walking issues in previous planning efforts. A 2006 UW planning studio project in Delridge recommended several ways to connect existing trails in the neighborhood.³⁸ The Seattle Department of Transportation (SDOT) has identified and mapped arterials and non-arterial streets commonly used by bicyclists in Delridge, including some east-west streets.³⁹ King County identifies the same bicycle routes in White Center on moderate to heavy traffic roads as the routes in Figure 2 (below).⁴⁰

While the 2006 UW planning studio recommendations focused on trail connectivity for cyclists and pedestrians in Delridge, a 2007 UW planning studio in White Center recommended maintenance and safety improvements that would encourage walking in Whiter Center.⁴¹

Maintenance recommendations included improving crosswalk markings at intersections, installing turn signals, crosswalks and countdown signals, creating wayfinding systems, repainting street lane markings, repainting “school zone” markings, trimming tree branches that block pedestrian walkways, and repairing the cyclone fence at the north entrance of Lakewood Park. Safety recommendations included installing crosswalk signs, installing a vehicle speed radar reader board, removing parking on Roxbury from 15th Avenue SW to 16th Avenue SW, and installing walking flags to make pedestrians crossing the street more visible. The document also

³⁸ Visualize Delridge: Planning for the Future of the Neighborhood, University of Washington, Department of Urban Design and Planning, 2006, pp. 39-43.

³⁹ Seattle Bicycle Guide Map, Seattle Department of Transportation, <http://www.seattle.gov/transportation/bikemaps.htm>, accessed march 7, 2009.

⁴⁰ King County Bicycling Guidemap, King County Department of Transportation, <http://www.kingcounty.gov/transportation/kcdot/Roads/Bicycling.aspx>, accessed March 7, 2009.

⁴¹ We Create White Center: Neighborhood Action Plan – Executive Summary, University of Washington, Department of Urban Design and Planning, 2007, pp. 11-12.

includes several other recommendations beyond physical infrastructure that address education, safety, perception, and civic capacity building.

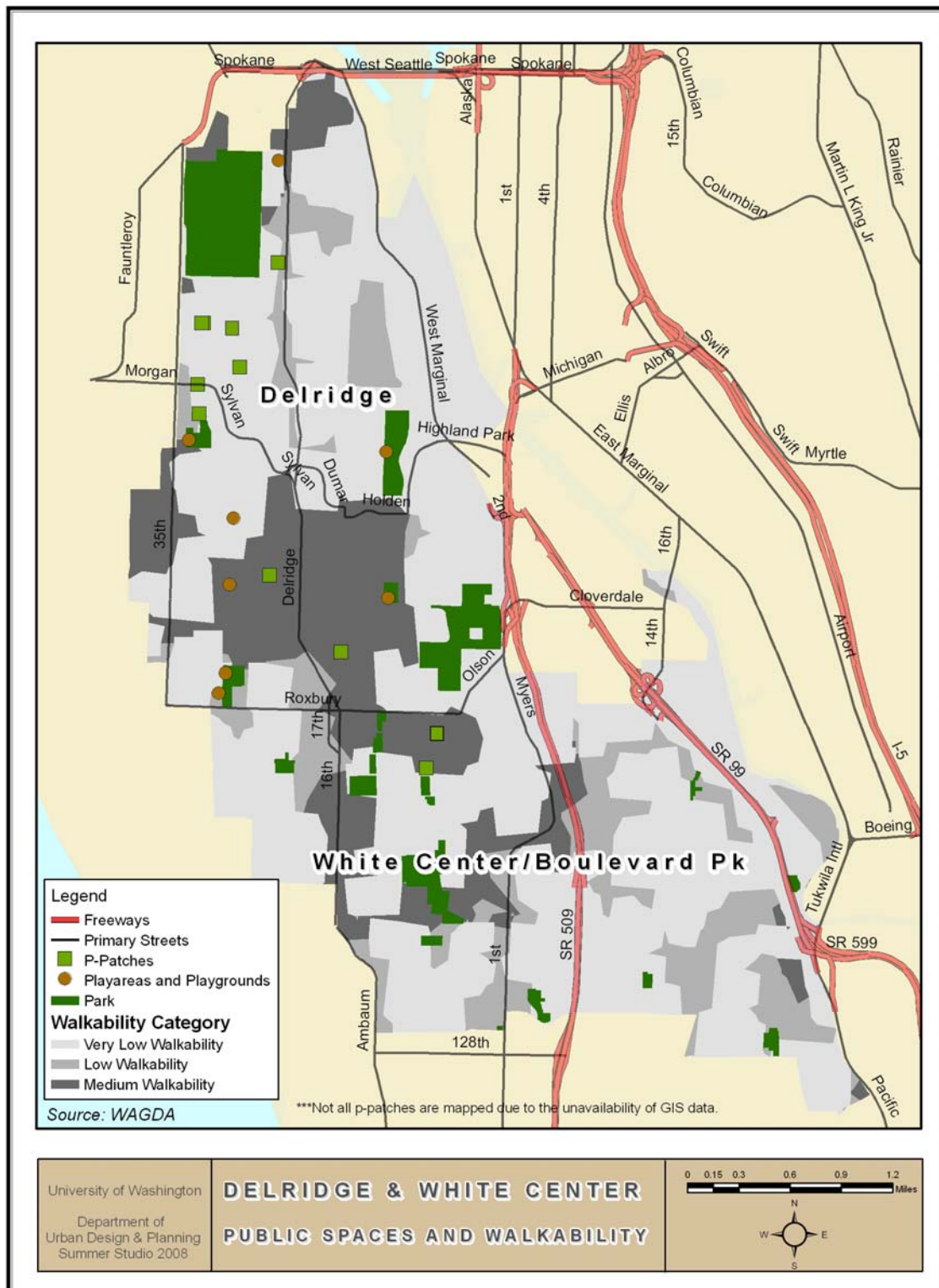


Figure 10: Focus Community Public Spaces and Walkability

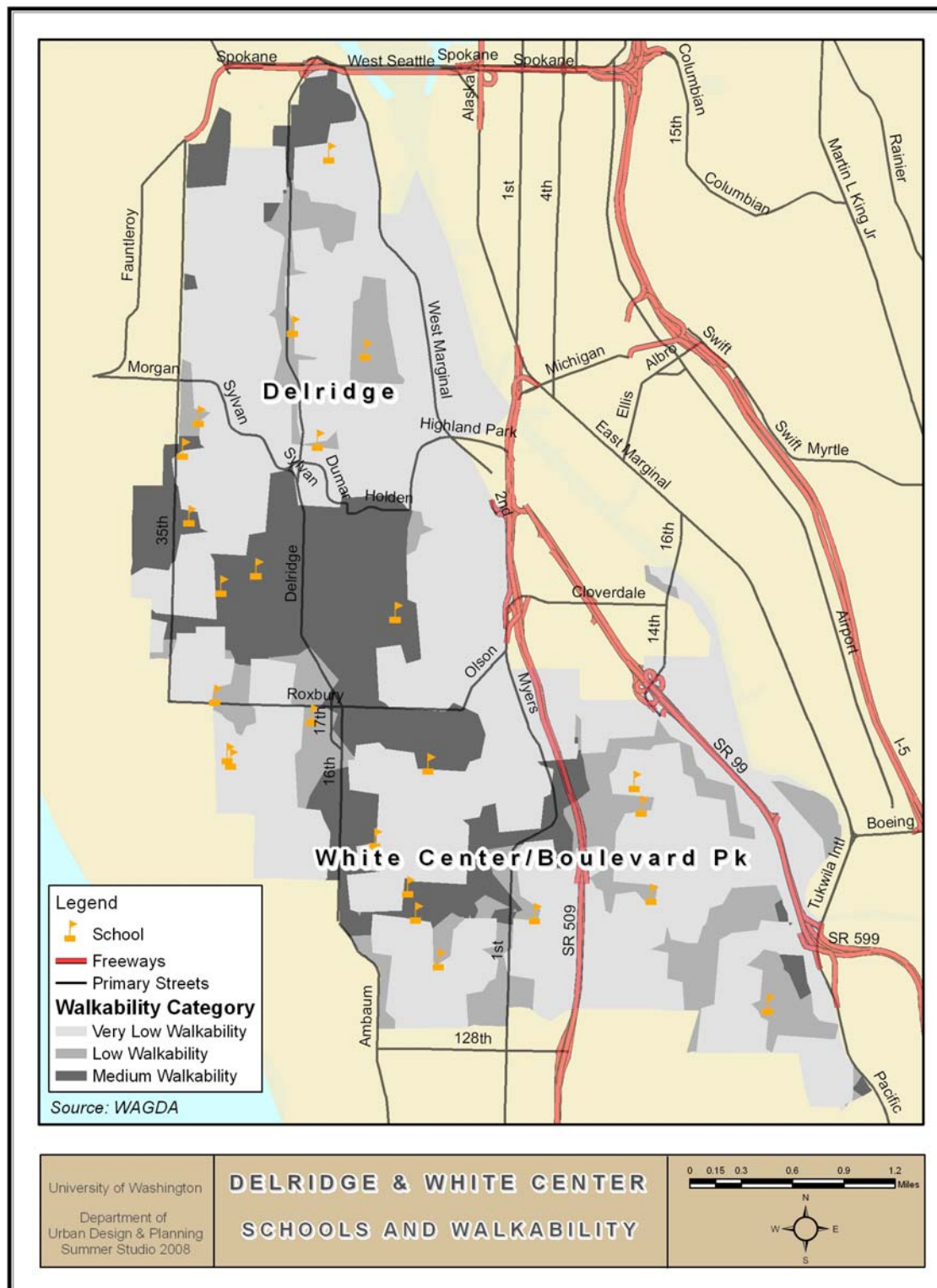


Figure 11: Focus Community Schools and Walkability

Conclusion

This chapter presents observations and analysis of the built environment in Delridge and White Center based on data collected by the KCFFI assessment team and UW planning studio teams which completed survey and analysis work in Delridge and White Center in 2006 and 2007. The focus is on community design and the built environment. The Urban Form Lab (UFL) in the UW Department of Urban Design and Planning identified trends in the built environment of the focus communities. We used UFL information, GIS data and other information to analyze the following ten physical and spatial components of the built environment in the KCFFI focus community:

- Environment
- Road Network
- Bus & Transit System
- Building, Parcel and Property Information
- Zoning
- Vacant Land Availability
- Neighborhood Facilities
- Public Parks
- Public Spaces & Walkability
- Schools & Walkability

The following summarizes our findings based on our analysis of these topics.

Environment: White Center and Delridge have a well-developed open and green space system that includes parks and playgrounds. Trails and bike friendly side-streets exist, but identified paths are often not marked. The tree canopy offers walkable shade in much of the community. Tree canopy replacement would be useful in the main commercial node of White Center and this idea has been presented in previous neighborhood plans and studio reports. Analysis of GIS data shows that Delridge has more steep slopes than White Center, which may make walking and biking more challenging, especially as the street network is frequently disrupted by the topography.

Road Network: The KCFFI focus community has access to state highways SR 509 and SR 99 as well as the I-5 and I-90 freeways. Trails managed by the City of Seattle and King County run through the focus community. These trails connect people to community resources and provide a significant amount of improved urban green-space for walking and biking. Possible improvements include signage and wayfinding, lighting, and trail improvements. GIS data show that Delridge has more on-street bike

routes than White Center. Given that bicyclists can use streets that are not designated as a bike route however, this difference in designated bike routes may not affect access to destinations. Topographic elements of the focus community such as hills (see Environment section) may have a greater impact on access for cyclists.

Bus & Transit System: King County Metro and Sound Transit operate bus routes in the two neighborhoods. North-south access is better than an east-west network. Most residential areas are within a ½ mile walk of stops and stations (though approximately ¼ mile is a more commonly accepted threshold used in transportation studies).

King County Metro lists 15 routes (including one Sound Transit route) that serve Delridge and 11 routes (including one Sound Transit route) that serve White Center. Eight routes serve both neighborhoods. Some routes - such as the 56 or 57 - run just outside the KCFFI focus community boundaries. Most routes that serve Delridge and White Center start or end in downtown Seattle (10 of 15 routes that serve Delridge and 7 of 10 routes that serve White Center). Others extend to other parts of the region, including Capitol Hill in Seattle, Burien, Bellevue, and the University District. These destinations offer transit riders connections to other destinations in the region. With few exceptions, however, the bus routes run north-south, which can make it difficult to travel east-west across the neighborhoods. There are 148 bus stops located in White Center and 186 bus stops in Delridge. In addition, there are five Park and Ride lots in the focus communities.

Additional research is needed to determine whether these routes offer access to destinations residents desire, such as grocery stores, employment, schools, and other destinations. For example, bus service to grocery stores takes more than 30 minutes from some areas in Delridge.

Zoning, Parcels and Vacant Land Availability: GIS analysis of vacant land availability showed the Delridge and White Center neighborhoods include 1,676 vacant parcels. Most vacant parcels, however, are zoned for single-family and multi-family housing. Vacant commercial lots may signal potential sites for local economic development opportunities including a grocery store or ice-cream shop, both of which have been mentioned as desired facilities and found to be potentially viable in the *Visualize Delridge* planning process. Other potential uses are community gardens or specialized park facilities to support neighborhood desires.

Neighborhood Facilities: Analysis of GIS data show a range of different neighborhood facility types and locations in the focus community, including public services such as police and fire, recreational facilities such as parks, playgrounds and pools, educational

facilities such as libraries and schools, and community facilities such as churches, community gardens and theaters. Although some facilities are distributed throughout the focus community, many of the facilities are in the west and central part of the neighborhoods, while fewer are in the northeast part of Delridge and Boulevard Park. GIS data for White Center are more limited. Additional information, through GIS data, observations, community member input, or other sources are necessary to get a better picture of the type and location of neighborhood facilities in White Center.

Public Parks: Analysis of GIS data and information on park agency web sites shows six parks in Delridge and fourteen parks in White Center. Eight play areas and playgrounds are in Delridge, but none listed outside of schoolyards in available maps of White Center. Seven P-Patches (community gardens) are located in the Delridge neighborhood, two of which are currently under development. Based on responses from the community survey, there will still be unmet demand for community garden spaces. Many residents stated that more gardens would be useful and help improve community relations. Amenities vary among the parks. The most common amenities include play fields, picnic areas, paths, areas for basketball, baseball, soccer, and/or tennis.

Walkability of Public Spaces and Schools: UFL analysis shows that walkability in the focus community varies, and all areas are in the very low, low or medium categories of walkability. No area of the focus community is in the high walkability category. The UFL indexes walkability using a collection of parcel-level information and other characteristics about neighborhoods, such as topography, destinations, and connectivity. It is important to note that the walkability score reflects *average walkability*, or the likelihood of someone walking in that neighborhood given its physical characteristics and does not reflect whether *individuals* are more or less likely to walk. See the Appendix for an explanation of the UFL methodology.

Residents of the KCFFI focus communities have identified biking and walking issues in previous planning efforts. A 2006 UW planning studio project in Delridge recommended several ways to connect existing trails in the neighborhood. A 2007 UW planning studio in White Center recommended maintenance and safety improvements that would encourage walking in Whiter Center.

In conclusion, the KCFFI focus communities include several examples of built environment and community design that can promote physical activity of residents of all ages. Understanding the location and accessibility of neighborhood facilities will be useful for the KCFFI during the Community Action Plan process in 2009.

Our analysis was based largely on available GIS data, which has some limitations, including differences between data from the City of Seattle and King County, as well as the changes in the neighborhoods that may have occurred since the data was last updated. Additional information would help clarify potential opportunities to use vacant land, for example, or to understand whether existing bus routes meet the travel needs of focus community residents. Overall, however, this chapter should provide a good foundation of information for the KCFFI during the planning process.

APPENDIX

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Socio-Economic Conditions

Table A1: Age by Sex

	King County		Seattle		Delridge		White Center	
Total:	1,699,415		536,719		31,061		29,708	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
	Male		Male		Male		Male	
Total:	844,820	49.7%	265,751	49.5%	15,379	49.5%	15,013	50.5%
0-9 years	110,781	13.1%	25,392	9.6%	2,300	15.0%	2,313	15.4%
10-19 years	108,067	12.8%	23,615	8.9%	2,163	14.1%	2,129	14.2%
20-29 years	126,620	15.0%	53,021	20.0%	2,465	16.0%	2,348	15.6%
30-39 years	155,310	18.4%	56,332	21.2%	2,992	19.5%	2,650	17.7%
40-49 years	143,972	17.0%	43,632	16.4%	2,576	16.8%	2,267	15.1%
50-59 years	99,708	11.8%	30,064	11.3%	1,405	9.1%	1,622	10.8%
60-69 years	49,918	5.9%	14,740	5.5%	765	5.0%	870	5.8%
70-79 years	34,219	4.1%	12,029	4.5%	465	3.0%	562	3.7%
80 years and over	16,225	1.9%	6,926	2.6%	248	1.6%	252	1.7%
	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
	Female		Female		Female		Female	
Total:	854,595	50.3%	270,968	50.5%	15,682	50.5%	14,695	49.5%
0-9 years	104,966	12.3%	24,782	9.1%	2,286	14.6%	2,187	14.9%
10-19 years	102,866	12.0%	22,906	8.5%	1,989	12.7%	2,111	14.4%
20-29 years	123,549	14.5%	52,514	19.4%	2,500	15.9%	2,264	15.4%
30-39 years	148,742	17.4%	50,388	18.6%	2,948	18.8%	2,248	15.3%
40-49 years	144,808	16.9%	43,106	15.9%	2,470	15.8%	2,240	15.2%
50-59 years	101,516	11.9%	30,645	11.3%	1,528	9.7%	1,557	10.6%
60-69 years	53,149	6.2%	16,229	6.0%	808	5.2%	926	6.3%
70-79 years	46,025	5.4%	17,206	6.3%	666	4.2%	719	4.9%
80 years and over	28,974	3.4%	13,192	4.9%	487	3.1%	443	3.0%

Table A2: Household Size (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Family households:	419,959	59.07%	113,400	43.87%	7,105	58.58%	7,044	63.80%
2-person household	181,426	25.52%	56,366	21.81%	2,663	21.96%	2,559	23.18%
3-person household	96,970	13.64%	25,688	9.94%	1,675	13.81%	1,691	15.32%
4-person household	86,649	12.19%	18,865	7.30%	1,383	11.40%	1,358	12.30%
5-person household	34,649	4.87%	7,286	2.82%	685	5.65%	727	6.59%
6-person household	12,254	1.72%	2,857	1.11%	375	3.09%	360	3.26%
+7-person household	8,011	1.13%	2,338	0.90%	324	2.67%	349	3.16%
Nonfamily households:	290,957	40.93%	145,099	56.13%	5,024	41.42%	3,996	36.20%
1-person households	217,163	30.55%	105,542	40.83%	3,617	29.82%	3,010	27.26%
2-person household	58,908	8.29%	31,075	12.02%	1,161	9.57%	766	6.94%
3-person household	9,609	1.35%	5,281	2.04%	167	1.38%	140	1.27%
4-person household	3,269	0.46%	1,902	0.74%	50	0.41%	48	0.43%
5-person household	1,193	0.17%	744	0.29%	17	0.14%	20	0.18%
6-person household	431	0.06%	278	0.11%	5	0.04%	5	0.05%
+7-person household	384	0.05%	277	0.11%	7	0.06%	7	0.06%
Total	710,916	100%	258,499	100%	12,129	100%	11,040	100%

Table A3: Race (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Total:	1,737,034	100%	563,374	100%	31,116	100%	29,639	100%
White alone	1,315,507	76%	394,889	70%	16,172	52%	16,761	57%
Black or African American alone	93,875	5%	47,541	8%	3,582	12%	2,163	7%
American Indian and Alaska Native alone	15,922	1%	5,659	1%	531	2%	380	1%
Asian alone	187,745	11%	73,910	13%	6,577	21%	5,582	19%
Native Hawaiian & Other Pacific Islander alone	9,013	1%	2,804	0%	372	1%	504	2%
Some other race alone	44,473	3%	13,423	2%	2,087	7%	2,470	8%
Two or more races	70,499	4%	25,148	4%	1,795	6%	1,779	6%

Table A4: Household Income (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Less than \$10,000	45,534	6.40%	23,130	8.94%	1,274	10.44%	1,122	10.08%
\$10,000 to \$14,999	30,146	4.24%	14,422	5.58%	793	6.50%	682	6.13%
\$15,000 to \$19,999	30,575	4.30%	13,513	5.22%	808	6.62%	904	8.13%
\$20,000 to \$24,999	35,839	5.04%	15,515	6.00%	683	5.60%	725	6.52%
\$25,000 to \$29,999	37,726	5.30%	15,285	5.91%	682	5.59%	687	6.17%
\$30,000 to \$34,999	39,594	5.57%	16,413	6.35%	740	6.06%	741	6.66%
\$35,000 to \$39,999	38,518	5.42%	15,046	5.82%	803	6.58%	883	7.94%
\$40,000 to \$44,999	38,149	5.36%	14,010	5.42%	806	6.61%	749	6.73%
\$45,000 to \$49,999	34,557	4.86%	11,989	4.64%	689	5.65%	609	5.47%
\$50,000 to \$59,999	65,568	9.22%	22,366	8.65%	1,253	10.27%	1,084	9.74%
\$60,000 to \$74,999	84,980	11.95%	26,516	10.25%	1,408	11.54%	1,228	11.04%
\$75,000 to \$99,999	96,885	13.62%	29,387	11.36%	1,282	10.51%	1,057	9.50%
\$100,000 to \$124,999	53,855	7.57%	16,027	6.20%	538	4.41%	407	3.66%
\$125,000 to \$149,999	27,758	3.90%	8,386	3.24%	198	1.62%	152	1.37%
\$150,000 to \$199,999	24,479	3.44%	7,618	2.95%	187	1.53%	70	0.63%
\$200,000 or more	27,072	3.81%	9,012	3.48%	58	0.48%	26	0.23%
Total	711,235	100%	258,635	100%	12,202	100%	11,126	100%

Table A5: Household Income Characteristics (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Number of Households	711,235	100%	258,635	100%	12,202	100%	11,126	100%
With Supplemental Security Income (SSI)	21,426	3%	9,428	4%	686	5.62%	749	6.73%
With public assistance income	19,683	3%	7,638	3%	765	6.27%	768	6.90%
Median family income in 1999 (dollars)	66,035	(X)	62,195	(X)	42,228	(X)	38,538	(X)

Table A6: Employment Status (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
In labor force	974,767	70%	339,956	70%	17,072	71%	14,619	65%
Armed forces	1,977	0%	1,090	0%	21	0%	8	0%
Civilian labor force	972,790	70%	338,866	70%	17,051	71%	14,611	65%
Employed	929,205	67%	321,524	66%	15,952	67%	13,684	61%
Unemployed	43,585	3%	17,342	4%	1,099	5%	927	4%
Not in labor force	414,947	30%	145,214	30%	6,890	29%	7,997	35%
Population +16 years	1,389,714	100%	485,170	100%	23,962	100%	22,616	100%

Table A7: Immigrant Status (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Entered 1990 to Mar. 2000	131,848	49%	44,145	47%	3,799	50%	4,730	61%
Naturalized citizen	24,276	18%	9,311	21%	934	12%	904	12%
Not a citizen	107,572	6%	34,834	79%	2,865	38%	3,826	49%
Entered 1980 to 1989	65,728	25%	24,703	26%	2,362	31%	1,908	25%
Naturalized citizen	38,729	59%	14,427	58%	1,290	17%	942	12%
Not a citizen	26,999	41%	10,276	42%	1,072	14%	966	12%
Entered before 1980	70,709	26%	26,104	28%	1,479	19%	1,130	15%
Naturalized citizen	55,431	78%	20,596	79%	1,197	16%	816	11%
Not a citizen	15,278	22%	5,508	21%	282	4%	314	4%
Total population	1,737,034	100%	563,375	100%	7,640	100%	7,768	100%

Table A8: Language Spoken at Home by Household (2000 U.S. Census)

	Delridge		White Center	
	Number	Percent	Number	Percent
English	8,612	70.58%	7,567	68.01%
Spanish	899	7.37%	1,149	10.33%
Other Indo-European languages	509	4.17%	489	4.40%
Asian and Pacific Island languages	1,903	15.60%	1,639	14.73%
Other languages	279	2.29%	282	2.53%
Total	12,202	100%	11,126	100%

Table A9: Housing Characteristics (2000 U.S. Census)

	King County		Seattle		Delridge		White Center	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Lacking complete plumbing facilities	3,662	0.5	1,983	0.8%	67	0.53%	115	1.01%
Lacking complete kitchen facilities	5,063	0.7	2,412	0.9%	67	0.53%	60	0.52%
Total		100%		100%	12,675	100%	11,434	100%

Table A10: Poverty Status by Family Type (2000 U.S. Census)

	Delridge		White Center	
Married-couple family:	300	30%	321	39%
<i>With related children under 18 years</i>	178	18%	241	29%
<i>No related children under 18 years</i>	122	12%	80	10%
Other family:	696	70%	510	61%
Male householder, no wife present	83	8%	65	8%
<i>With related children under 18 years</i>	71	7%	32	4%
<i>No related children under 18 years</i>	12	1%	33	4%
Female householder, no husband present	613	62%	445	54%
<i>With related children under 18 years</i>	582	58%	400	48%
<i>No related children under 18 years</i>	31	3%	45	5%

**Table A11: Community Health Indicators for Selected Conditions
in Delridge and White Center**

			White Center/Boulevard Park		W. Seattle/Delridge		King Co.
			Percent/Rate	Average Annual Count	Percent	Average Annual Count	Percent/Rate
Health Risk Factors	% Adult Smokers*	Current smoker: now smokes cigarettes ever day or some days	27.60%		19.7		16.4
	% Overweight* (age 18 and older)	BMI >=25	57.80%		52.1		53.7
	% Overweight children (grades 8, 10 and 12)		data not available	data not available	data not available	data not available	8.9
	% Obese* (age 18 and older)	BMI >=30	20.10%		16.3		17.2
	No Physical Activity* (age 18 and older)	Did not participate in any leisure time physical activity during the past 30 days	21.80%		13.8		14
Diet Related Disease	Colorectal Cancer Incidence*		60.45	15	43.0	10	46.7
	Colorectal Cancer Deaths*		22.3	5	20	4	15.9
	Breast Cancer Incidence*		148.9	20	159.8	22	189.4
	Breast Cancer Deaths*		17.9	2	27.1	4	23
	Heart Disease Deaths*		236.2	54	203.7	46	189.9
	Stroke Deaths*		82.3	18	54	12	58.6
	Diabetes Prevelence*		6.80%		5.10%		5.3
	Diabetes Deaths*		25.6	6	32.5	7	20.9
	Diabetes Related Deaths*		73.5	17	89.7	20	59.1
All data gathered by HPZ unless noted by * in which case the data was gathered by HPA and includes Delridge only not Delridge/West Seattle							
Rate: Deaths per 100,000 age adjusted to year 2000 US population							
Incidence refers to the number of new cases in a given time period.							
Prevalence refers to the number of individuals in a population with a particular disease at a particular time.							

Source: Community Health Indicators, Public Health Seattle & King County, <http://www.metrokc.gov/health/CHI/>, accessed July 15, 2008.

**Table A12: Community-based Organizations that Provide Health Services
and/or Health-related Information in Delridge and White Center**

Program Name	Service Area	Purpose or Goals
Environmental Network Justice in Action	WC	To work with immigrant and refugee communities on environmental and other neighborhood concerns.
Health Care for the Homeless Network	WC and Delridge	Services designed to improve access to health care for homeless people, as well as address underlying health conditions. Community-based health programs provide on-site services at shelters, day centers and other locations where homeless people congregate. Services include medical respite, case management, access to medical and dental care, street outreach, management of chronic conditions, and training and technical assistance for health and housing organizations and agencies serving homeless people. A new component funded in 2007, the Housing Health Outreach Team (HHOT) is integrated within HCHN and provides health care linkages and support to formerly homeless people in permanent supportive housing. HHOT provides onsite nursing services as well as chemical dependency and mental health interventions. An array of proactive prevention activities designed to help assure that homeless shelters and day centers implement appropriate policies and procedures and operationalize effective practices for TB prevention and control —the ultimate goals of which are to prevent and reduce the spread of TB. The enhanced TB services also include a discharge planning function designed to help homeless TB patients secure and retain stable housing and other services they need to help increase stability.
White Center Public Health Center	WC	Services include: Adult and Child Immunizations, Application Workers, Childbirth Classes, Children with Special Health Care Needs, Family Planning/STD Clinic, Group Education (Pre-Natal, Mother/Baby, Toddler), Health Educators, Interpreter Services, Home Visits, Infant Case Management/Maternity Support Services, Nutrition Services OB Services Screening, Social Worker, Teen Clinic.
Roxbury Family Health Care	WC	9635 17th Ave. SW 98106.
West Seattle Teen Health Center	Delridge	3000 California Ave. SW 98116 School based health centers provides treatment for illnesses, sports physical exams, dental screening and referral, and confidential services, including sexuality and reproductive health services. Mental health counseling.
Madison Wellness Center	Delridge	3429 45th Ave. SW 98116 School based health centers provides treatment for illnesses, sports physical exams, dental screening and referral, and confidential services, including sexuality and reproductive health services. Mental health counseling.
High Point Medical Clinic	Delridge	6020 35th Ave. SW 98126 Primary care health services for men, women and children including: treatment of illness and minor injury; Well-baby and well-child care; Immunizations; Maternity Support Services; Midwifery & Women's Health Services; Social Work Services; Nutrition and Health Education; Diabetes Education Program; Asthma Education Program; Parenting Classes and WIC services; Pharmacy and Laboratory Services; Acupuncture; Mental health/Substance Abuse Counseling; Breast Feeding Education and Support.
High Point Dental Clinic	Delridge	High Point Dental Clinic provides dental services for children age 19 and younger. We accept a limited number of adult patients upon referral.

Sealth Teen Health Center	Delridge	2600 SW Thistle St. 98126. School based health centers provides treatment for illnesses, sports physical exams, dental screening and referral, and confidential services, including sexuality and reproductive health services. Mental health counseling.
Denny Wellness Center	Delridge	8402 30th Ave. SW 98126. School based health centers provides treatment for illnesses, sports physical exams, dental screening and referral, and confidential services, including sexuality and reproductive health services. Mental health counseling.
Infant Mortality Prevention	WC and Delridge	Community-based organizations provide outreach, education, referral to prenatal care, labor support, chemical dependency treatment, and basic needs (e.g., housing, food, clothing, transportation).
PeoplePoint	WC and Delridge	Outreach and intake workers are cross-trained to help people access multiple benefits including publicly-sponsored health insurance, child care, utility assistance, food assistance, and Earned Income Tax and other tax credits. Refers to other services including jobs and housing assistance.
Best Beginnings	WC and Delridge	Regular public health nurse home visits to provide support and coaching, and educate adolescents on pregnancy and child health and development. Links clients to services (e.g., health insurance, prenatal care, child care, public assistance, school, work, training and other basic needs [e.g., food, clothing, housing, baby supplies]).
HIV/AIDs Case Management	WC and Delridge	Case management services including ongoing assessment of needs, development of a comprehensive, individualized service plan, and linkages to primary care, prescription drugs, mental health, substance use treatment, dental care, health insurance, and housing.
Needle Exchange	WC	SW 100th and 14th Ave. SW
Methadone Vouchers	WC and Delridge	Vouchers for methadone treatment. Case management provided for assessment, service coordination, treatment oversight and linkages to services and resources. Helps clients obtain long-term financial support for their treatment.
Indoor Air Quality	WC and Delridge	Assessment, education, consultation and referrals; development and implementation of community strategies to address ventilation failures and other indoor air quality problems.
Community Based Oral Health	WC and Delridge	Screening and application of sealants on the teeth of 2nd and 3rd graders to prevent decay. Education, screening and referral to treatment services if dental disease or decay for high-risk children (English Language Learners, homeless, etc).
Youth Engagement Program	WC and Delridge	Youth outreach and engagement services and case management to link underserved or “high-risk” youth to treatment and to other needed services.
African American Elders Program	WC and Delridge	Health assessment, education, advocacy, and assistance with access to health services and independent living support.
School Based Health Services	WC and Delridge	SBHCs and school nursing services are provided for students at 14 designated schools as well as limited services made available to other schools. Students who are underachieving or who are “at risk” of dropping out of school will be identified to receive focused support to improve their academic performance and school success. SBHS promote academic achievement by addressing health barriers to learning and health disparities. Health services include primary care, prevention and mental health services.

AARP Grandparent Information Center	WC	Offers referrals to local support groups for grandparents raising grand-children.
A.P.P.LE. Parenting- A Positive Parenting Learning Experience	WC	Parenting classes for parents of children 0-8, 11 week classes with parent educator for parents and preschool for children. Sponsored by South Seattle Community College. Classes are offered each quarter.
Baby and Me Classes (offered through A.P.P.L.E. Parenting)	WC	Weekly classes for parents and their infants (birth – 18 months. at White Center Public Health. Curriculum based class includes topics related to parent and baby bonding.
Bebe y Yo (offered through A.P.P.LE parenting)	WC	Weekly classes in Soanish for parents and their infants (birth – 18 months. at White Center Public Health. Curriculum based class includes topics related to parent and baby bonding.
Changes	WC	Support group for parents of out-of-control, at-risk or runaway adolescents for adult children.
Family Help Line	WC	Parent Information Line: Ex. 1. Talk with a listener about your parenting concerns, Ex. 2 English Only.
New Futures Only for families living in the following apartments:	WC	Bilingual programs for children and families including after school tutoring, preschool and parenting programs. Call for ESL Classes, Spanish Classes, emergency food and teen programs. Play and Learn group Fridays, 10-12 at Windsor Heights.
Administrative Office	WC	Mini Community Centers at 3 public housing sites
Arbor Heights	WC	4 components- After school program for elementary students and teens, offering: homework help. leadership development, activities and public service. Community development for housing communitiy, including evening events, barbaques, ESL classes, parenting classes, womens groups. Family advocacy and holistic social work offering referals to resources and family intervention.
Odessa Brown Children's Clinic	WC	Ongoing parent education classes for King County residents.
Parent Trust for WA Children	WC	Family Help Line provides supportive listening, information & referral for parenting and support groups.
Parenting Calendar	WC	Published quarterly; info on community classes & support groups.
Program for Early Parent Support (PEPS)	WC	Newborn and New parent parenting support groups
Southwest Youth and Family Services	WC	Offers parenting classes and information on parenting skills and child development. Classes in English and Spanish.
Washington P.A.V.E	WC	Provides training and support for parents of children with disabilities; information on education; lending library; military parent support. www. washingtonpave.org

Source: Interview with Jerry Degrieck, City of Seattle, conducted by Sara Coulter, 2008.

Table A13: Food Waste Collection							
		Frequency		Cost per month/container			
Jurisdiction	Service Type	Mar - Nov	Dec - Feb	35-gal	64-gal	96-gal	Restrictions
City of Seattle	SF with Garbage Service	EOW	EOW				V
	SF w/o Garbage Service						
	Multifamily						
WM Unincorp.	SF with Garbage Service	W	EOW	\$8.40	\$ 9.30	\$10.20	
	SF w/o Garbage Service	W	EOW	\$9.50	\$10.40	\$11.30	
	Multifamily	NS	NS	NS	NS	NS	NS

SF = single family dwellings and multiplexes with 4 or fewer units

W = weekly collection

EOW = every other week collection

M = monthly collection

NS = no food collection service available

V = vegetative food waste only; no meat or cheese

WM - Waste Management

Sources: “Start or stop service,” City of Seattle, http://www.seattle.gov/util/Services/Yard/Yard_Waste_Collection/COS_003989.asp; King County, <http://wmnorthwest.com/skingcounty/index.html>, accessed July 15, 2008.

Table A14: Farms with Community Supported Agriculture (CSA) Programs and Drop-Off Sites in West Seattle						
CSA	Neighborhood	Drop-Off Site Address	City	State	Zip	Type of Farm
Full Circle Farm	Delridge	SW Thistle St and 32nd Ave. SW	Seattle	WA		
Full Circle Farm	West Seattle	22nd Ave. SW and SW Andover St.	Seattle	WA		
Growing Washington's Local Choice Food Box	West Seattle			WA	98116	
Helsing Junction Farm	West Seattle	California Ave. and Atlantic		WA	98116	
Helsing Junction Farm	West Seattle	4141 California Ave. SW	Seattle	WA	98116	
Tiny's Organics	West Seattle	4408 Delridge Way SW	Seattle	WA	98106	Certified Organic
Willie Green's Organic Farm	West Seattle	no exact locations		WA	98116	

Source: Research by Sara Coulter, 2008.

Table A15: Delridge and White Center Food Processors and Distributors					
Company Name	Trade Areas	Products	Contact Address	Phone/Fax	E-mail/Web Site
2 Bear Ltd	National, International	Clams, Crab, Salmon, Sturgeon	10630 19th Ave South Suite 69 Seattle, WA 98168-1713	206-439-8707 206-439-8633	2bear@bearcandy.com www.bearcandy.com
Acme Food Sales, Inc.	Regional	Artichoke, Baby Corn, Dungeness Crab, Jams, Jellies, Preserves, Marmalades, Mushrooms - Cultivated, Mussel, Oysters, Pickled Fruits & Vegetables, Shrimp, Albacore Tuna, Other Vegetables	PO Box 80525 Seattle, WA 98108-0525	206-762-5150 206-762-8629	dedwards@acmefood.com www.acmefood.com
Da Vinci Gourmet, Ltd.	National, International	Chocolate & Chocolate Products, Chocolate Coated Products, Chocolate Covered Nuts, Confectionary Products, Espresso Beans, Sauces - Dessert, Syrups -Including Flavored	7224 1st Ave South Seattle, WA 98108	206-768-7401 206-764-3989	sgates@davincigourmet.com www.davincigourmet.com
Food Services of America	State, Regional	See Website	4025 Delridge Way SW -Ste 300 Seattle, WA 98106-1277	206-923-4601 206-923-4610	cathy_emerson@fsafood.com www.fsafood.com
H & D International, Inc	National, International	Potato Flakes, Potatoes, Potatoes for French Fries, Potatoes for Hash Browns, Mixed Vegetables	5900 4th Ave South -Ste 205 Seattle, WA 98108	206-762-7298 206-762-7371	hdintl@earthlink.net
Intersea Fisheries West, Inc.	State, Regional, National, International	Black Cod (Sablefish), Ling Cod, Pacific Cod, Dungeness Crab, King Crab, Snow Crab, Flounder/Sole, Halibut, Pollock, Rock Fish, Roe Caviar, Farmed Salmon Wild Salmo, Shrimp, Squid/Calamari, Surimi & Analog Products	550 S Michigan St Seattle, WA 98108	206-285-5630 206-283-7627	Brian@interseafisheries.com www.intersea-seafood.com

Isernio Sausage Company	Regional	Sausage, Sausage Casing	5600 7th Ave South Seattle, WA 98108	206-762-6207 206-762-5259	fni@isernio.com www.isernio.com
La Panzanella, Inc.	State, Regional	Biscotti, Bread, Cakes, Cookies, Hazelnut Cookies, Crackers, Other Desserts, Bread Dough, Pizza Dough, Pastries, Pies & Tarts	612 South Alaska Street Seattle, WA 98108	206-903-0500 206-325-2284	antonio@lapanzanella.com www.lapanzanella.com
Northwest Real Foods	State, Regional, National	Nutrition Bars	309 S Cloverdale St -Ste C32 Seattle, WA 98108-4571	206-764-1754 206-764-5018	gerry@realfoodsco.com
Oversea Casing Co. LLC	State, Regional, National, International	Sausage Casing	601 S Nevada Seattle, WA 98108-1701	206-682-6845 206-382-0883	info@overseacasing.com www.overseacasing.com
Partners, A Tasteful Choice Co	National	Cookies, Crackers, Granola	115 S Brandon St Seattle, WA 98108	206-762-4123 206-762-8424	caraf@partnerscrackers.com www.partnerscrackers.com
Rosso Wholesale Nursery	State, Regional, National	Bamboo or Ornamental Grasses, Broadleaf Evergreens & Shrubs, Christmas Trees, Conifers, Flowers, Greens, Ornamentals, Groundcover Plants, Herbaceous Plants, Vegetables, Potted Plants or Bedding, Wetland & Aquatic Plants, Rose Plants -Buds & Stock, Shrubs, Deciduous Fruit or Nut Trees, Flowering Trees, Shade Trees	PO Box 80345 Seattle, WA 98108-0345	206-763-1888 206-762-2544	AnthonyRosso@msn.com
Sahale Snacks	International	Nuts	3411 S 120th Place, Suite 100 Seattle, WA 98168	206-624-7244 206-281-9966	Donna@Sahalesnacks.com www.sahalesnacks.com
Seacana, Inc. (La Mexicana)	Local	Tortillas	10020 14th Ave SW Seattle, WA 98146-3703	206-763-1488 206-768-1050	bill@lamexicana.com www.lamexicana.com
SK Food Group, Inc.	State, Regional, National	Prepared Dishes & Meals, Sandwiches & Related	4600 37th Avenue SW Seattle, WA 98126-2786	206-935-8100 206-935-5891	sklein@skfoodgroup.com skfoodgroup.com

Sun Luck, Inc.	Regional, International	Cultivated Mushrooms, Oriental Noodles, Pickled Fruits & Vegetables, Salad Dressing, Sauce Mixes, Dry Sauce, Hot Sauces, Oriental Sauces, Spices & Related Condiments, Tea, Tofu, Balsamic Vinegar, Herb, Wine	4601 6th Ave South Seattle, WA 98108	206-624-4011 206-624-0377	pelly@uwajimaya.com www.sunluckfoods.com
Sunfresh Foods, Inc.	State, Regional, International	Jams, Jellies, Preserves, Marmalades	125 S Kenyon Street Seattle, WA 98108	206-764-0940 206-764-0960	jam@sunfreshjam.com www.sunfreshjam.com
Uwajimaya, Inc.	State, Regional, National, International	Soy Oil, Oriental Noodles, Soy Sauce	4601 Sixth Ave S Seattle, WA 98108	206-624-3215 206-624-0377	misao@uwajimaya.com www.uwajimaya.com
Amerifresh, Inc. (Seattle HQ)	State, Regional, National, International	Apples, Apricots, Artichoke, Asparagus, Green Beans, Beets, Bok Choy, Broccoli, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Sweet Cherries, Tart Cherries, Sweet Corn, Cucumbers, Eggplant, Garlic, Grapes - Vinifera, Herbs, Kiwi, Lettuce, Melons -Other, Mushrooms - Cultivated, Mushrooms -Wild, Nectarines, Onions -Storage, Onions -Walla Walla, Peaches, Pears, Pears -Asian, Green Peas, Snap Peas, Peppers -Bell, Plums/Prunes, Potatoes, Potatoes -for French Fries, Potatoes -Sweet, Pumpkin, Radishes, Shallots, Spinach, Sprouts, Squash, Tomatillo, Tomatoes, Turnips, Vegetables -Mixed, Watermelon, Zucchini	PO Box 34380 Seattle, WA 98106	206-933-4933 206-933-4922	greg_reinauer@amerifresh .com www.amerifresh.com

Table A16: P-Patches in Delridge							
Property	Build date	Location	Owner*	Size (sq ft)	Size (acres)	# of plots	Avg Wait Time
Delridge	1974	5078 25th Ave SW	Seattle	10,600	0.24	40	6-8 mon.
Lincoln Park Annex (Solstice Park)	2004	7400 Fauntleroy Wy SW	Seattle	5,780	0.13	39	2 years
Longfellow Creek	2003	25th Ave SW/ SW Thistle	Seattle	4,100	0.09	38	1 year
Marra Farm	1997	4th Ave S / S Director St	Seattle	174,000	4.00	40	6 mon.
Oxbow	2004	6400 Corson Ave. SW	Seattle	3,564	0.08	28	9 mon.
High Point Youth Garden	2002	6760 34th Ave SW	SHA	800	0.02	6	NA
High Point- Juneau Community Garden	1998	32nd Ave SW / SW Juneau St	SHA	5,000	0.11	27	NA
High Point Market Garden	1999	32rd Ave SW / SW Juneau St	SHA	9,000	0.21	36	NA
High Point MacArthur Lane	2008	SW MacArthur Ln & SW Juneau St	SHA	NA	0.00	NA	NA
High Pont Commons Park	2008	31st Ave SW & SW Raymond St	SHA	NA	0.00	NA	NA
High Point Central Park	2008	SW Morgan St/ 32nd Ave SW	SHA	NA	NA	NA	NA
Unnamed	2008	High Point Drive S	SHA	NA	NA	NA	NA
Source: Washington State Geospatial Data Archive, 2007.							
*Seattle denotes City of Seattle and SHA denotes Seattle Housing Authority							
P-Patches in White Center							
Greenbridge Housing Community		9800 8th Ave SW					
White Center Elementary School		10015 6th Ave SW					
White Center Salvation Army		9050 16th Ave SW					

Table A17: Gardening and Farming Education Opportunities

Organization	Location	Description	Activities	Source
Community Harvest of Southwest Seattle	Southwest Seattle	Newly formed program that organizes classes and projects with community partners such as local food banks.	Community tree harvesting, container gardening classes and canning classes	Contact Aviva Firmin at aviva@duwamish.net
Lettuce Link	South Park (operates on Marra Farm and program of Solid Ground)	Lettuce Link is a creative emergency food and gardening program that provides fresh organic produce, vegetable seeds, plant starts, organic gardening supplies, assistance and information to low-income people throughout Seattle.	Hands-on gardening volunteer opportunity at <i>Giving Garden</i> , a one-acre garden in which produce is donated to Providence Regina Food Bank in South Park; food container classes in Spanish and English at local food banks; community fruit tree harvesting; assistance for P-Patches gardeners on how to grow extra food for food banks; nutrition and gardening classes for Concord Elementary; 4 hour nutrition and gardening class for elementary aged youth at South Park Community Center	www.solidground.org; Contact: Michelle Bates-Benetua, Lettuce Link Program Manager, at michelleb@solid-ground.org
Master Gardener/Composter Program	Main office is in Wallingford. Classes take place around King County. (managed by Seattle Tilth)	Master Composter/ Soil Builder learn to: build healthy soil with compost and mulch, grow natural gardens, understand your connection to climate change, assess your personal carbon footprint, reduce pesticide use and conserve water and protect water quality.	A 3-week training program beginning in March. Application process open to general public and requires \$150 deposit upon acceptance. Deposit refunded after completion of 40 hours of volunteer outreach (within 12 months). Opportunities for communities to work with master composter/gardener on community projects.	Contact Graham Golbuff, volunteer coordinator, at 206.633.0097 or grahamgolbuff@seattletilth.org

Seattle Central Community College	Capitol Hill	Sustainable Agriculture Education (SAGE) Program is currently under development	A certificate program	
Seattle Tilth	Main office is in Wallingford. Classes take place around King County.	Seattle Tilth's mission is to inspire and educate people to garden organically, conserve natural resources and support local food systems in order to cultivate a healthy urban environment and community.	Gardening workshops for different skills, age and income levels; online gardening resources and hotline; youth programming including field trips for school groups	www.seattletilth.org ; Natural Lawn & Garden Hotline: 206.633.0224
Seattle Youth Garden Works	South Park (3/4 plotted at Marra Farm) and U-District (p-patch at University Heights)	Seattle Youth Garden Works empowers homeless and under-served youth through garden-based education and employment.	Hires and trains youth ages 14-21 for a 3 month period; youth paid minimum wage for 15 hours/week to manage garden and sell produce at farmers market	www.sygw.org

KCFFI Focus Group Script

DRAFT

[INTRO AND GROUND RULES TIME: 5 MINUTES]

Script Introductory Statement... memorize as much as possible (*If everyone is not accounted for, begin 5 minutes late: 00 minutes Assistant moderator will need to keep track of time and provide moderator with a nonverbal cue if segment is running long*)

Suggested script: “Hello everyone. We’re about ready to get started. (*wait for people’s attention*)

First of all, thank you all for coming tonight. I know you all have different things you could be doing today/tonight and we really appreciate your taking the time to come out and talk to us. ***We would like to state that your participation is voluntary. You are not obligated in any way to talk and you are free to leave at any time during the meeting. We hope you will stay and share your opinions.***

I’ll start with **introductions**.

My name is _____ and I will moderate our discussion today.

The person sitting next to me is _____ who will assist and write a few notes to help me out tonight.

Sitting over there is _____. He / she will write down a *lot* of notes, but don’t mind him / her, he / she is mostly here to make sure we aren’t making any mistakes.

We are graduate students in the University of Washington’s Department of Urban Design and Planning, and we have partnered with the White Center Community Development Association and the Delridge Neighborhoods Development Association for the King County Food and Fitness Initiative.

The King County Food and Fitness Initiative is a national initiative of the W.K. Kellogg Foundation. It’s about people working together to create vibrant communities with equal access to affordable, healthy, locally-grown food, and safe, inviting places for physical activity and play.

Delridge and White Center together are one of the nine locations across the country chosen to be part of the Food and Fitness Initiative because we demonstrated a commitment to become models of community change. We are in the middle of a two-year grant to create an eight-year community action plan.

The nine Food and Fitness communities around the country are forming local collaboratives to improve the health and quality of life in their communities by transforming their food and fitness environments.

Our **goal** is to find out what you think about the food and fitness environment in your neighborhood. As part of the initiative, we want to engage community members who know what changes are needed to create healthy environments.

The information you provide will be used to develop the action plan.

The answers we receive for these questions will be neighborhood specific, not person specific. To further protect your confidentiality, your names will not be included in any of our notes or official reports. We hope that you’ll feel comfortable enough to give us your most honest opinions.

Our conversation tonight will be about an hour and a half long. Because we won't be taking any breaks today, please feel free to leave and use the restroom at any time.

GROUND RULES

Here are the ground rules for our talk today:

1. First off, we are interested in everyone's opinion.
2. There are **no** right or wrong answers, we are not trying to reach agreement, we just want to know what you think and feel about the questions being asked.
3. We want to hear everyone, so please only speak one at a time so we are able to hear what you have to say.
4. Also, if any of you have cell phones if you could please turn off your ringers that would be greatly appreciated
5. Also, I should say that while we will be on a first name basis tonight, **no** names will be attached to your comments in our later reports, so everything said tonight is completely confidential.
6. Since we *are* running on a time budget, I might sometimes have to cut you off to go on to the next topic or another person. Please don't be offended, I am still very interested in what you have to say. We just have a set of topics we have to cover in a limited time and I have been asked to keep the conversation flowing. If I do have to cut you off, please just jot down a note on the paper provided and approach myself or one of the other group members afterwards. We would love to talk with you further on anything brought up today. You can also just give one of us a written note if you prefer.
7. Bathrooms are x (describe where they are). We have posted signs to get to them. Please use them at any time you need to. Also, feel free to get more refreshments at any time should you want them.
8. Everything sound good to you all? Does anyone have questions before we get started?

ICEBREAKER

[TIME: 10 MINUTES]

(Assistant Moderator should hand out icebreaker cards).

We're going to start with an exercise to help everyone in the group get to know each-other. You're going to be introducing the person to your left. You have 3 minutes, so please make sure you leave time for the person on your right to get to know you. You will be finding out their full name and the name of their favorite park and favorite place to get food.

FOOD QUESTIONS

[TIME: 30 MINUTES]

As we said earlier, the food system includes the who, what, where, when, how, and why of our food as it travels from the farm to our dinner plate. The food system includes everything involved in keeping us fed: growing, harvesting, processing, packaging, transporting, marketing, eating and disposing of food.

The first few questions will be about the food system here in [Delridge or White Center.]

1. Are you able to maintain or improve a healthy diet with the food you can get here in your neighborhood?
 - a. Do you think you currently have a healthy diet?
2. Grocery stores and convenience stores are the most common places to get food – where else do you and your neighbors get food?
3. What challenges make it difficult to get healthy food?
 - a. Follow up – do you have a hard time getting to stores? Cultural or religious-specific foods? Are the stores here expensive? Does price prevent you from buying the foods you would like here in your neighborhood? What do you do? Do you go to other neighborhoods?
4. What are some changes the neighborhood could make to help you and the community eat and live healthier?
5. How important is it that your food is locally-grown or produced?
 - a. Follow-up - What would make you more likely to eat locally produced food?
6. Are you interested in growing your own foods or preparing foods with others in the neighborhood?
 - a. Follow-up – What would make you more likely to grow your own food or prepare foods with others in your neighborhood?
7. Several other food sources exist in Delridge and White Center such as food banks, the summer lunch program for kids, and the community supported agriculture programs that provide produce from local farms, and p-patches – do you think residents are aware of these programs? Why or why not?
8. What is the most important thing you think about when you get groceries? When eating out?

FITNESS QUESTIONS

[TIME: 30 MINUTES]

Health and quality of life are also affected by our ability to be physically active in our neighborhoods. Lack of access to safe and convenient opportunities for physical activity and play results in poor quality of life and increased rates of heart disease, diabetes and obesity.

The next few questions will be about the physical environment in [Delridge/White Center]

1. In what ways can you be physically active in your neighborhood?
 - a. Follow up - Do you use the parks, recreational centers, gyms, pools, or walk around your neighborhood?
 - b. How easily can you get to these places?

-
- c. How affordable are these places?
 - d. What sort of community activities in the parks and recreation centers would you be most likely to participate in?
2. What things make it difficult for you to be physically active in your neighborhood?
 3. What makes it easy for you to be active in your neighborhood?
 4. What changes would make it easier for you and your neighbors to be physically active in the neighborhood?

[TIME: 15 MINUTES FOR THESE THREE SECTIONS]

Serendipitous Questions (only if you have time)

If you have spontaneous questions you think are good, but not necessarily related to the topic on hand, write them down. If you have time at the end, use it. **Don't use it prematurely**, or it may take the conversation onto a different track; use the final 5 to 10 minutes on these serendipitous questions.

"I had this question come up earlier but I didn't want to stop the flow of conversation..."

Summarizing question:

(Assistant Moderator. gives a short oral summary of the key issues and potential solutions that emerged from the discussion. (After the summary the participants are asked,)

"Is this an adequate summary?"

****Final Questions** Definitely ask these:**

1. If you could wave a magic wand and have anything that would improve food access and fitness in your neighborhood, what would it be?
2. Have we missed anything? Is there another question you think we should be asking?

CLOSING SCRIPT:

Thank you all for coming and spending your time and energy on this process. We appreciate your input and have enjoyed listening to your perspectives. We will be here for a little while longer if any of you have further comments or questions. Alternatively, please feel free to submit written comments on the questionnaire form, or email us at abassok@u.washington.edu.

Thanks again and have a nice evening!

Focus Group Moderator Tips

When gesturing to call on a participant, do so with open, flat hands, rather than using a pointed finger. Finger pointing, even if done with a gentle tone of voice and kind words, carries an accusatory/unfriendly subtext.

Like this, or with the palm sideways



Not like this



Try not to stack questions. Though paired questions are good sometimes, do not group too many questions together at once, especially when trying to direct a discussion towards a certain end point. Participants will likely forget about one of the questions while answering another.

Don't be afraid of long pauses. Participants may be hesitant to respond at first, but given a moment or so of silence, it will become clear that you would like to hear from one of them, and you are likely to get an answer after a beat or two.

If someone is speaking too softly, and you want them to speak up, do not lean towards them (though it is generally one's natural instinct to do so). If you would like for someone to speak up, ask while taking a step or two away from them, maybe putting a hand behind your ear and standing taller.

Remember not to focus too much attention on one part of the room. It is often tempting to do so when you are getting good responsiveness from one set of participants. However, it is important to engage others as well, and doing so will help draw reticent attendees into the discussion.

Speak slowly. Take your time, and do not rush through instructions or questions. (Your sense of urgency may become contagious.) Possible exception: towards the end of a session, when time is short, you may need to speed up a bit.

Spell out the ground rules explicitly, emphasizing the openness of the forum. If initial comments are given with a distinct tone (negative, positive, detailed, general, etc), and you feel it might be beneficial to balance this out, in order to ensure expression of diverse opinion, don't be afraid to give an example of another type of (think of Brandon's example of the start to the focus group, where the first person gave an inordinate level of detail about what was good and bad about her neighborhood, and he stepped in to say "you can also just keep it general – for example, what's good and bad about my neighborhood is the café: it was good when we had it, but now it's gone, which is a symptom of the high-rent type development that seems to be taking over, which I think is bad in some cases".)

Mark time, and keep the agenda moving, when needed. If a conversation is taking a long time, and you need to move on soon for time considerations, don't be afraid to let the group know. This is

easiest if done with a little advance notice. Simply spell out the direction the discussion needs to head, and the timeframe in which it should do so. For example, you can say something like: “We are getting close to the end of this segment of the discussion, so let’s continue with this for another 4-5 minutes, then start going over the final 2 or three points we all agree on regarding”

The moderator/facilitator should write summary points on the board, and review with the participants, getting their confirmation that what is written down is correct.

Try to keep your responses to participant feedback evenly neutral. Nod, and signify that you hear what they are saying, but try to avoid agreeing too wholeheartedly, or disagreeing. You don’t want to subtly encourage any particular viewpoint.

In question design, avoid dichotomous (yes/no) questions to elicit participant feedback, and avoid “why” questions. (See Chapter 4 of Focus Groups book for more information)

Market Basket Mini-Market Survey Results

	Delridge Food Mart	Heng Heng Supermarket	Lee's Produce	Super 24 Food Store	TyTy Market	White Center Chevron	Gas and Smoke Depot	Len's Veggie Corral	Rocky's Shell	Shorewood Grocery	Walgreens	White Center Mini Mart	Zip Market
Location:	5235 Delridge Way SW	9841 16th Ave SW	9435 Delridge Way SW	9051 35th Ave SW	9419 16th Ave SW	1520 SW 100th St	9001 Delridge Way	9811 15th Ave SW	7132 Delridge	10455 26th Ave SW	9456 16th Ave SW	1521 SW 98th St. D	10645 16th Ave SW
Survey Date:	08.07.08	08.07.08	08.07.08	08.07.08	08.07.08	08.07.08	05.23.08	05.23.08	05.23.08	05.23.08	05.23.08	05.23.08	05.23.08
Total Number of TFP Items:	23	39.49	29.59	33	23	7	18	17	18	4	15	7	22
Percentage:	28%	49%	37%	41%	28%	9%	22%	21%	22%	5%	19%	9%	27%
Fruit—fresh													
Apples, any variety (bagged or loose)													
Bananas													
Grapes (green or red)													
Melon (cantaloupe, honeydew, or watermelon)													
Oranges, any variety (bagged or loose)													
Total fresh fruit products:	1	5	5	0	1	0	0	1	1	0	0	0	0
Percentage	20%	100%	100%	0%	20%	0%	0%	20%	20%	0%	0%	0%	0%
Vegetables—fresh													
Carrots, unpeeled (bagged or loose)													
Celery, bunch													
Green pepper													
Lettuce, leaf (green or red)													
Onions, yellow (bagged or loose)													
Tomatoes (any variety)													
Potatoes, any variety													
Total fresh vegetables products:	0	7	7	1	1	0	0	5	0	0	0	0	0
Percentage	0%	100%	100%	14%	14%	0%	0%	71%	0%	0%	0%	0%	0%
Fruit, canned													
Oranges, mandarin (juice or light syrup)													
Peaches, any variety (light syrup)													
Total canned fruit:	0	1	2	1	1	1	0	1	2	0	1	1	1
Percentage	0%	50%	100%	50%	50%	50%	0%	50%	100%	0%	50%	50%	50%
Vegetables, canned													
Mushrooms, pieces													
Spaghetti sauce, any variety													
Tomato sauce, any variety													
Total canned vegetables products:	3	3	3	3	2	0	1	2	2	3	2	2	2
Percentage	100%	100%	100%	100%	67%	0%	33%	67%	67%	100%	67%	67%	67%
Frozen Fruits and Vegetables													
Orange juice, concentrate													
Broccoli, chopped													

Green beans—any variety													
Green peas—any variety													
French fries—any variety													
Total frozen fruit and vegetables products:	0	2	0	4	1	0	0	0	0	0	0	0	1
Percentage	0%	40%	0%	80%	20%	0%	0%	0%	0%	0%	0%	0%	20%
Breads, Cereals, and Other Grain Products, fresh													
Bread, white, enriched													
Bread, whole wheat													
Hamburger buns, enriched													
Rolls, dinner, enriched													
French or Italian Bread, enriched													
Bagels, plain, enriched													
Bread crumbs, plain													
Total fresh grain products:	2	5	1	2	0	1	2	0	2	0	2	0	1
Percentage	29%	71%	14%	29%	0%	14%	29%	0%	29%	0%	29%	0%	14%
Breads, Cereals, and Other Grain Products, dry													
Ready-to-eat cereal— corn flakes													
Ready-to-eat cereal— toasted oats													
Flour, white, all-purpose, enriched													
Macaroni, elbow-style, enriched													
Noodles, yolk-free, enriched													
Popcorn, microwave-unpopped													
Rice, white, long-grain, enriched													
Spaghetti, any variety, enriched													
Total dry grain products:	5	2	3	7	6	1	4	3	4	0	1	2	6
Percentage	71%	29%	37%	100%	86%	14%	57%	43%	57%	0%	14%	29%	86%
Dairy Products, fresh													
Milk, 1% lowfat													
Milk, whole													
Cheese, cheddar, any variety													
Cheese, cottage, any variety													
Cheese, mozzarella, whole													
Total fresh dairy products:	3	3	0	3	1	1	0	0	2	0	3	0	2
Percentage	60%	60%	0%	60%	20%	20%	0%	0%	40%	0%	60%	0%	40%
Dairy Products, canned													
Evaporated milk, any variety													
Total canned dairy products:	0	0	1	1	1	0	0	0	0	0	0	0	0
Percentage	0%	0%	100%	100%	100%	0%	0%	0%	0%	0%	0%	0%	0%
Meat and Meat Alternates, fresh													
Beef, ground, lean													
Chicken, fryer, cut-up or whole													
Chicken, thighs													

Turkey, ground													
Pork, ground													
Turkey ham (packaged luncheon meat)													
Eggs, grade A, large													
Total fresh meat products:	1	4	2	1	2	0	2	1	0	0	1	0	3
Percentage	14%	57%	29%	14%	29%	0%	29%	14%	0%	0%	14%	0%	43%
Meat and Meat Alternates, frozen & canned													
Fish, flounder or cod, frozen													
Tuna fish, chunk-style, water packed													
Beans, garbanzo (chick peas), canned													
Beans, kidney, canned													
Beans, baked, vegetarian													
Total frozen/canned meat products:	1	3	2	2	4	0	3	2	2	1	2	1	1
Percentage	20%	43%	29%	29%	57%	0%	43%	29%	29%	14%	29%	14%	14%
Fats and Oils													
Margarine, stick													
Shortening, vegetable													
Salad dressing, mayonnaise-type													
Vegetable oil, any type													
Total fats and oils products:	3	2	1	2	1	0	2	1	1	0	1	0	1
Percentage	60%	36%	14%	29%	14%	0%	29%	14%	14%	0%	14%	0%	14%
Sugars and Sweets													
Sugar, brown (dark or light)													
Sugar, powdered													
Sugar, white, granulated													
Jelly, grape													
Molasses, any type													
Pancake syrup, any type													
Chocolate chips, semi-sweet													
Fruit drink, refrigerated, any flavor													
Fudgesicles, ice milk													
Total sugar and sweets products:	4	2	3	6	2	3	4	1	2	0	2	1	4
Percentage	44%	29%	43%	86%	29%	43%	57%	14%	29%	0%	29%	14%	57%

USDA Community Food Security Assessment Toolkit

Food Store Survey Instrument

August 2008

Team Members: _____

Store Name: _____

Store Address: _____

(Street)

(City/Neighborhood)

(ZIP Code)

Survey#: _____

Store Type: ___ Supermarket ___ Convenience ___ Small grocery

___ Large grocery ___ Gas/grocery ___ Ethnic/specialty

___ Other: _____

Directions:

Please complete the following table by walking through the store and recording the price and weight of the least expensive item for each food listed. The table includes the unit of measure that should be selected for each food. For example, potatoes are measured in pounds, eggs are measured by the dozen. It is important that the prices recorded are for the specific food item in the table with no substitutions. If a food item is unavailable on the day that you visit the store but is usually in stock, check with the manager for the normal price. If a food is never in stock, mark the pricing box with an NA (for Not Available). If a food is on sale, place an “S” next to the price.

Food Item	Price (Lowest Cost)	Item Weight/Unit (Desired)	Item Weight/Unit (Actual)	Brand/Variety
Fruit—fresh				
Apples, any variety (bagged or loose)		Per lb		
Bananas		Per lb		
Grapes (green or red)		Per lb		
Melon (cantaloupe, honeydew, or watermelon)		Per lb		
Oranges, any variety (bagged or loose)		Per lb		
		Per lb		
Vegetables—fresh				
Carrots, unpeeled (bagged or loose)		1-lb bag		
Celery, bunch		Per lb		
Green pepper		Per lb		
Lettuce, leaf (green or red)		Per lb		
Onions, yellow (bagged or loose)		Per lb		
Tomatoes (any variety)		Per lb		
Potatoes, any variety		5-lb bag		
Fruit, canned				
Oranges, mandarin (juice or light syrup)		15-oz can		
Peaches, any variety (light syrup)		29-oz can		

Food Item	Price (Lowest Cost)	Item Weight/Unit (Desired)	Item Weight/Unit (Actual)	Brand/Variety
Vegetables, canned				
Mushrooms, pieces		4-oz can		
Spaghetti sauce, any variety		26-oz jar		
Tomato sauce, any variety		8-oz can		
Fruits and Vegetables, frozen				
Orange juice, concentrate		12-oz can		
Broccoli, chopped		16-oz bag		
Green beans—any variety		16-oz bag		
Green peas—any variety		16-oz bag		
French fries—any variety		32-oz bag		
Breads, Cereals, and Other Grain Products, fresh				
Bread, white, enriched		1-lb loaf		
Bread, whole wheat		24-oz loaf		
Hamburger buns, enriched		Package of 8		
Rolls, dinner, enriched French or Italian		Package of 12		
Bread, enriched		Per 1-lb loaf		
Bagels, plain, enriched		Package of 6		
Bread crumbs, plain		10-oz can		

Food Item	Price (Lowest Cost)	Item Weight/Unit (Desired)	Item Weight/Unit (Actual)	Brand/Variety
Breads, Cereals, and Other Grain Products, dry				
Ready-to-eat cereal— corn flakes		18-oz box		
Ready-to-eat cereal— toasted oats		20-oz box		
Flour, white, all- purpose, enriched		5-lb bag		
Macaroni, elbow-style, enriched		1-lb box		
Noodles, yolk-free, enriched		1-lb bag		
Popcorn, microwave, any variety (unpopped)		9 oz package		
Rice, white, long-grain, enriched		5-lb bag		
Spaghetti, any variety, enriched		1-lb box		
Dairy Products, fresh				
Milk, 1% lowfat		1 gal		
Milk, whole		1 gal		
Cheese, cheddar, any variety		Per lb		
Cheese, cottage, any variety		16-oz carton		
Cheese, mozzarella, whole		16-oz package		
Dairy Products, canned				
Evaporated milk, any variety		12-oz can		

Food Item	Price (Lowest Cost)	Item Weight/Unit (Desired)	Item Weight/Unit (Actual)	Brand/Variety
Meat and Meat Alternates, fresh				
Beef, ground, lean		Per lb		
Chicken, fryer, cut-up or whole		Per lb		
Chicken, thighs		Per lb		
Turkey, ground		Per lb		
Pork, ground		Per lb		
Turkey ham (packaged luncheon meat)		Per lb		
Eggs, grade A, large		1 doz		
Meat and Meat Alternates, frozen and canned				
Fish, flounder or cod, frozen		Per lb		
Tuna fish, chunk-style, water packed		6-oz can		
Beans, garbanzo (chick peas), canned		15-oz can		
Beans, kidney, canned		15.5-oz can		
Beans, baked, vegetarian		16-oz can		
Fats and Oils				
Margarine, stick		1-lb box		
Shortening, vegetable		3-lb can		
Salad dressing, mayonnaise-type		32-oz jar		
Vegetable oil, any type		48-oz bottle		

Food Item	Price (Lowest Cost)	Item Weight/Unit (Desired)	Item Weight/Unit (Actual)	Brand/Variety
Sugars and Sweets				
Sugar, brown (dark or light)		1-lb bag or box		
Sugar, powdered		1-lb bag		
Sugar, white, granulated		5-lb bag		
Jelly, grape		32-oz jar		
Molasses, any type		12-oz jar		
Pancake syrup, any type		24-oz bottle		
Chocolate chips, semi-sweet		12-oz package		
Fruit drink, refrigerated, any flavor		1 gal		
Fudgesicles, ice milk		Box of 12		

Letter to Food Stores



King County FOOD & FITNESS Initiative

www.kcffi.org

July 29, 2008

Dear local grocery/corner store,

On August 8th, youth volunteers accompanied by adults from the community will be conducting a market basket survey in Delridge and White Center to assess the types of food available throughout the community. This community-based effort is part of the *King County Food and Fitness Initiative* which strives to create a local collaborative to improve their communities' health and quality of life. Funded by the W.K. Kellogg Foundation, Delridge and White Center were the two communities awarded in King County for the initiative's 10-year focus.

As community members, we have been tasked with determining the availability of key food items in all grocery stores, convenience stores, mini-marts, and ethnic food stores these neighborhoods. We are asking for your assistance in completing this important task.

The survey usually takes anywhere from 10 – 30 minutes, depending upon the size of the store. The community volunteers work in pairs, with no more than two individuals visiting each store. This is purely to assess food availability and not an evaluation of your store or store policies. The community volunteers will not disrupt the normal flow of your business by speaking with customers and employees, and staff involvement will be kept to strict minimum.

There are two things that you could do for us to aid in this community project:

1. Grant us permission to visit your store. Please contact us by email or phone (see below) if you have any concerns before we conduct the survey. If we do not hear back from you, we look forward to seeing you on August 8th.
2. Meet with the community volunteer(s) for about 5 minutes before data collection to allow the surveyor to repeat the purpose of data collection.

We would like to reiterate the importance of this study to community, and the significance of your cooperation to ensuring accurate reporting of food availability in our neighborhoods.

If you have any questions, please feel free to contact Torence Powell at (323) 481-4468, or via e-mail at Torence.Powell@gmail.com. We thank you in advance for your cooperation.

Sincerely,

Delridge/White Center Community Members &
The King County Food and Fitness Initiative Community Assessment Team



Instructions for Data Collection

Begin your data collection by filling in the information requested on the cover page of the Food Store Survey form.

Food Availability

The food items on the survey instrument were selected to be representative of foods commonly eaten by low-income households and to meet Federal dietary guidelines and Food Guide Pyramid serving recommendations for a family of four (two adults aged 20 to 50 and two children aged 3 to 5 and 6 to 11) for 1 week. It is strongly recommended that no substitutions be made to the listed food items in order to maintain the integrity of the survey in terms of dietary recommendations, food groups, and the basic Thrifty Food Plan recipes that were used as a basis for the store survey list.

However, we recognize that each region or community may have specific food preferences and that certain items on the survey list may not be available in the community. Although these substitutions do not reflect official USDA dietary recommendations, they may, in some cases, allow the survey to better represent food access in special communities. If the decision is made to make substitutions, it is important that changes be consistent throughout the community (i.e., information on the same set of items must be collected from each store). To ensure this consistency, you should revise the list of food items in the survey instrument provided in the toolkit to reflect these substitutions.

The survey instrument includes the unit of measure that should be selected for each food item. For example, potatoes are measured in pounds, eggs are measured by the dozen, peaches are measured in a 29-ounce can. Package sizes were selected to approximate the quantity of each item needed to prepare the Thrifty Food Plan recipes on which the food list is based. Package sizes were also selected to provide consistency across store types in product selection. The purpose of this approach is to limit measured price difference due solely to differences in the package size of items offered for sale. Alternatively, a pricing methodology that selects the lowest priced item in a food category, without regard to package size, will often result in a comparison of small sizes of branded items in small food stores to large sizes and private-label or generic items in large supermarkets.

Missing Items

If an item is not available in the package size listed, you may substitute another size, but be sure to note the new package size on the survey instrument in the column titles “Item Weight/Unit (actual).” If it appears that the item is usually available but out of stock on the day of your visit, record the price of that item, but note that it was missing by putting the letter “m” next to the price. You may also find it useful to check the status of such items with the store manager.

If an item is not available at all, in any package size, and is not usually stocked by the store, record an “NA” in the column labeled “Price.”

List of Food Items and Possible Substitutions for Food Store Survey Instrument

Survey Food Item	Thrifty Food Plan Food Group	Suggested Substitute(s)
Fresh fruits and vegetables	Fruits and vegetables	Column1
Apples, any variety	Noncitrus fruits and juices	
Bananas	"	Plantains
Grapes (green/red)	"	
Melons (cantaloupe, honeydew, watermelon, other)	Citrus fruits, melons, berries, and juices	
Oranges, any variety	"	Grapefruit
Carrots	Dark green/deep yellow vegetables	
Celery	Other vegetables	
Green pepper	"	
Lettuce, looseleaf (green/red)	Dark green/deep yellow vegetables	Spinach: romaine lettuce, collard, mustard, turnip or beet greens; chard; bok choy ¹
Onions, yellow	Other vegetables	
Potatoes, any variety	Potato products	
Tomatoes, any variety	Other vegetables	
Canned fruits and vegetables	Fruits and vegetables	
Oranges, mandarin, juice or light syrup	Noncitrus fruits and juices	Pears, juice or light syrup
Mushrooms, pieces	Other vegetables	Mushrooms, whole
Spaghetti sauce	"	Salsa
Tomato sauce	"	Salsa
Frozen fruits and vegetables	Fruits and vegetables	
Orange juice, concentrate	Citrus fruits, melons, berries, and juices	Grapefruit juice concentrate
Broccoli, chopped	Dark green/deep yellow vegetables	Spinach, chopped; kale, chopped; collard, mustard, beet, turnip greens, chopped, frozen
Green beans, any variety	Other vegetables	Corn; okra; snow peas, frozen

List of Food Items and Possible Substitutions for Food Store Survey Instrument

Survey Food Item	Thrifty Food Plan Food Group	Suggested Substitute(s)
Bread, cereals, other grain products	Grains	Column1
Bread, white, enriched	Breads, yeast and quick	Flour tortillas, enriched; pita bread, white, enriched
Bread, whole wheat, enriched	"	Corn tortillas, enriched; whole-wheat pita bread, enriched
Hamburger buns, enriched	"	Flour tortillas, enriched; pita bread, enriched
Dinner rolls, enriched	"	Flour tortillas, enriched; pita bread, enriched
French or Italian-style bread, enriched	"	Flour tortillas, enriched; pita bread, enriched
Bagels, plain, enriched	"	English muffins, plain, enriched
Bread crumbs, plain	"	Bread crumbs, flavored
	Breakfast cereals, cooked	
Ready-to-eat cereal, corn flakes	and ready to eat	Ready-to-eat cereal, bran flakes
Ready-to-eat cereal, toasted oats	"	
Macaroni, elbow style, enriched	Rice and pasta	Macaroni, any style, enriched; Asian-style noodles, enriched
Noodles, yolk-free, enriched	Rice and pasta	Macaroni, any style, enriched; Asian-style noodles, enriched
Popcorn, microwave, unpopped	Grain-based snacks and cookies	Regular popcorn
Rice, white, long grain, enriched	Rice and pasta	Rice, white, short grain, enriched
Spaghetti, any variety, enriched	"	Macaroni, any style, enriched; Asian-style noodles, enriched
Dairy products	Milk products	
Milk, 1% lowfat	Lower fat skim milk and lowfat yogurt	Milk, skim

List of Food Items and Possible Substitutions for Food Store Survey Instrument

Survey Food Item	Thrifty Food Plan Food Group	Suggested Substitute(s)
Cheese, cottage, lowfat	"	
Cheese, mozzarella, part skim, whole style, not shredded	"	Cheese, mozzarella, part skim, shredded
Evaporated whole milk	Whole milk, yogurt, and cream	Evaporated skim milk
Meat and meat alternatives, fresh	Meat/meat alternates	
Beef, ground, lean	Beef, pork, veal, lamb and game	Do not substitute regular ground beef ²
Chicken fryer, cutup or whole	Chicken, turkey, and game birds	Chicken, any style
Chicken, thighs, boneless, skinless	"	Chicken, any style, boneless style
Turkey, ground	"	Tofu, any style ³
Pork, ground	Beef, pork, veal, lamb and game	Beef, ground, lean ² ; tofu, any style
Turkey ham	Bacon, sausages, and luncheon meats	Tofu, any style
Meat and meat alternates, frozen or canned	Meat/meat alternates	
Fish, flounder or cod, frozen	Fish and fish products	Sole, whiting, catfish, bass, perch, croaker, walleye, grouper, haddock, pollock, monkfish, rockfish, snapper
Tuna fish, chunk style, water packed, canned	"	
Beans, garbanzo, chickpeas, canned	Dry beans, lentils, peas and nuts	Black beans, red beans, navy beans, canned
Beans, kidney, canned	"	Black beans; red beans, canned
Beans, baked, vegetarian, canned	"	Baked beans with pork, canned
Fats and oils	Other foods	

List of Food Items and Possible Substitutions for Food Store Survey Instrument

Survey Food Item	Thrifty Food Plan Food Group	Suggested Substitute(s)
Shortening, vegetable	"	
Salad dressing, mayonnaise type	"	Regular mayonnaise
Vegetable oil, any type	"	
Sugars and sweets	Other foods	
Sugar, brown (dark or light)		
Sugar, powdered	Sugars, sweets, and candies	
Sugar, white, granulated	"	Jelly or jam, any flavor
Jelly, grape	"	
Molasses, any type	"	
Pancake syrup, any type	"	
Chocolate chips, semi-sweet	"	
Fruit drink, refrigerated, any flavor	Fruit drinks, soft drinks and ades	
Fudgesicles, ice milk	"	Sherbert, any flavor; any other lowfat frozen dessert
Spices and condiments	Other foods	
Baking powder	Gravies, sauces, condiments, spices and salt	
Baking soda	"	
Chili powder	"	
Cinnamon	"	
Cumin	"	
Onion powder	"	
Garlic powder	"	
Italian herb seasoning	"	Any herb seasoning
Oregano	"	
Paprika	"	
Black pepper, ground	"	
Salt, any type	"	
Vanilla, any type	"	

List of Food Items and Possible Substitutions for Food Store Survey Instrument

Survey Food Item	Thrifty Food Plan Food Group	Suggested Substitute(s)
Soy sauce, reduced sodium	"	
Lemon juice, bottled	"	Lime juice, bottled
Gelatin, powdered, unflavored	"	
Chocolate drink mix, powdered	"	

¹ Do not substitute iceberg lettuce, which is considerably less nutrient dense than looseleaf lettuce or the suggested substitutes.

² Do not substitute regular ground beef because it has 35 percent more fat than lean ground beef.

³ Do not substitute lean or extra lean ground beef because they are more than twice as high in fat as ground turkey or tofu.

Food Pricing

When selecting and pricing items contained on the store shelves, always select the least expensive food item in the package size listed. To ensure that the item you're selecting is the least expensive, we recommend that you do the following:

- If an item is on sale, check to see if the sale price is the cheapest or if there is another item that is cheaper. Choose the least expensive item. If you choose the sale item, record an "S" beside the price.
- Always make sure that you look at generic or store brands in selecting the least expensive food item.
- If you come to a bulk food section, make sure you check the bulk per pound or per unit price to packaged foods found in other aisles, and select the least expensive.
- If unit pricing is available, always use the unit price code to select the cheapest food item in the appropriate package size.
- Record the price of the item based on the survey question. For example, if you are asked to record the price of a pound of green peppers and the store sells them by the piece, you will have to calculate how many green peppers are in a pound and then convert the "piece price" to that of a pound.

Closing Procedures

After the data have been collected, make sure that all food items for which you are responsible have been accounted for. In other words, check to ensure that all items are completed on the survey form. Checking off food items as you go along is a good way to make sure that you don't miss anything.

Neighborhood Walkability Methodology

The “Public Spaces and Walkability” section of the Built Environment chapter of the *Food for Thought* document includes two maps that depict walkability in the KCFFI focus area (Figures 9 and 10). These maps are based on research conducted by the Urban Form Lab (UFL) in the Department of Urban Design and Planning at the University of Washington. As noted in that section, the UFL indexes walkability using a collection of parcel-level information and other characteristics about neighborhoods, such as topography, destinations, and connectivity. The walkability score reflects *average walkability*, or the likelihood of someone walking in that neighborhood given its physical characteristics; the score does not reflect whether *individuals* are more or less likely to walk.

Anne Vernez Moudon, director of the UFL and professor of urban design and planning, architecture, and landscape architecture at UW, is completing a report in 2009 that will describe this methodology in greater detail. She also co-authored an article in 2008 that explains her walkability methodology.⁴² The methods used for that study of walkability include:

- Phone survey of people in areas representative of medium density urban and suburban neighborhoods.
- Perceptual measures of neighborhood including perceived presence or absence of grocery stores, schools, and parks⁴³ and neighborhood social environment for walking and biking in the neighborhood, street amenities, visual quality, and problems related to automobiles in the neighborhood.
- Objective measures of variables based on King County data to assess distance of destinations.
- Examination of 24 destinations and 11 groups of destinations (Neighborhood Centers).
- Bivariate analyses of associations between destinations and environmental attributes, both and objective and subjective perceptions. Walking.
- Multivariate analyses of walking, neighborhood perception and to estimate the odds of whether someone is a moderate walker or sufficient walker compared with someone who is not a walker (based on self reported information about walking).
- Threshold values of neighborhood walkability based on objective measures of the environment the authors associated with people walking enough to meet health recommendations.

This research results showed “environmental attributes positively associated with walking sufficiently to meet health recommendations”⁴⁴ including the following:

- Higher residential density.
- Smaller street-blocks around home.
- Shorter distances to food and daily retail facilities from home.
- Threshold distances for eating/drinking establishments and grocery stores of 860 and 1445 ft.

The article concludes⁴⁵:

- “objectively derived threshold measures of walkable neighborhood attributes were fairly close to the typical conditions found in the study area, indicating that the creation of supportive environments for walking could be achieved within current development practices in the

⁴² Anne Vernez Moudon, C. Lee, A. Cheadle, C. Garvin, D. Johnson, T. Schmid, R. Weathers, and L. Lin, “Operational Definitions of Walkable Neighborhood: Theoretical and Empirical Insights,” *Journal of Physical Activity and Health* 2006, 3, Suppl 1, S99-S117

⁴³ These are considered significant neighborhood centers where people often go.

⁴⁴ Moudon, et al, S99.

⁴⁵ Moudon et al, S115.

urbanized areas of the country—though not in fringe or sprawling suburban areas. The greatest challenge is locating food and daily retail uses within very short distances of residences (1500 feet or less).

- “only relatively high levels of walking corresponded to enhanced perceptions of neighborhood, with the implication that walking may help people “know” their neighborhood or that people who know their neighborhood walk more.
- “routine activities carried out in small geographic areas could be associated with health-supportive levels of walking”

Community Survey Form

KING COUNTY FOOD AND FITNESS INITIATIVE SURVEY

1. Do you do the grocery shopping for your household?
YES NO
2. About how many bags of groceries do you usually have?
1-2 3-5 6-8 More than 8
3. How do you travel to do your food shopping?
Car Bus Bike Walk Carpool Other: _____
4. How important is NUTRITION to you when you are shopping?
Very important Important Somewhat important Not Important
5. How important is PRICE to you when you are shopping?
Very important Important Somewhat important Not Important
6. Which is more important to you when you are shopping?
Nutrition Price They are equally important
7. If you could shop at any grocery store in Seattle, without regard to transportation or price, which store would that be?

8. Do you shop at the grocery store that is closest to you?
YES NO
9. If not, why not? _____
(OVER)

KING COUNTY FOOD AND FITNESS INITIATIVE SURVEY

1. Do you do the grocery shopping for your household?
YES NO
2. About how many bags of groceries do you usually have?
1-2 3-5 6-8 More than 8
3. How do you travel to do your food shopping?
Car Bus Bike Walk Carpool Other: _____
4. How important is NUTRITION to you when you are shopping?
Very important Important Somewhat important Not Important
5. How important is PRICE to you when you are shopping?
Very important Important Somewhat important Not Important
6. Which is more important to you when you are shopping?
Nutrition Price They are equally important
7. If you could shop at any grocery store in Seattle, without regard to transportation or price, which store would that be?

8. Do you shop at the grocery store that is closest to you?
YES NO
9. If not, why not? _____
(OVER)

If you would like to be entered in a drawing for a \$10 Safeway Gift Card, please provide your phone number:

10. Where do you usually get your food? (check all that apply)

☐ Supermarket ☐ P-Patch or Garden
☐ Convenience Store ☐ Family Friends
☐ Ethnic or Specialty Market ☐ Food Bank
☐ Farmer's Market ☐ Other: _____

11. If you had to use one word to describe the grocery stores in your neighborhood, what would that be?

12. If you could change one thing about the food resources in your neighborhood, what would that be?

13. How often do you use parks or other recreational spaces in your neighborhood?

14. What kind of housing do you live in? (Circle one)

Apartment House

15. What is your zip code?

COMMENTS WELCOME:

(OVER)

If you would like to be entered in a drawing for a \$10 Safeway Gift Card, please provide your phone number:

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☐ Supermarket ☐ P-Patch or Garden
☐ Convenience Store ☐ Family Friends
☐ Ethnic or Specialty Market ☐ Food Bank
☐ Farmer's Market ☐ Other: _____

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Apartment House

15. What is your zip code?

COMMENTS WELCOME:

(OVER)

JOIN US THURSDAYS AT 6PM till 8PM @ CAFÉ ROZELLA



King County Food & Fitness Coffee Talk

University of Washington Urban Design & Planning Studio



Contact E-mail:
abassok@u.washington.edu

King County Food and Fitness Coffee Hour: We want to hear from YOU!

Please join us Thursday nights at 6:00 PM for eight weekly discussions starting June 26th, about food access, walking and bicycling routes, parks, and opportunities for physical activity in the Delridge and White Center neighborhoods.

The coffee hours will be held at Cafe Rozella every Thursday evening from 6:00 to 8:00 PM through August 14th.

We want to hear your opinions and insights about the current conditions in the neighborhoods, changes you would like to see made, and ideas about how to get it done. By the end of eight weeks, we'll be working with you to develop a set of criteria that can be used to prioritize your ideas.

Please Join Us and Make Your Voice Count!!

King County Food & Fitness Coffee Hour

WHAT: Weekly discussions about food access and opportunities for physical activity in the Delridge and White Center neighborhoods

WHERE: Cafe Rozella, 9434 Delridge Way SW

WHEN: Every Thursday, 6:00-8:00 p.m. until August 14th

WHY: Because the places we live, learn, work, and play affect our health!

Please join us!

For more information call 206.205.3186, e-mail abassok@u.washington.edu or visit www.kcffi.org



**King County FOOD &
FITNESS Initiative**

July 31st @ Delridge Public Library



Delridge Community Focus Group

DELRIDGE COMMUNITY EVENT

JOIN US & TOGETHER WE CAN CREATE HEALTHIER COMMUNITIES.

**King County Food and Fitness Community Focus Group
July 31st 6:00 PM— 7:40 PM**

Please join the Delridge Neighborhood Development Association, community residents, and the King County Food & Fitness team, on July 31st, 2008 from 6pm—7:40pm at the Delridge Public Library located at 5423 Delridge Way S.W.. Food/drinks provided.

We want to hear your opinions and insights about the current conditions in your neighborhoods, changes you would like to see made, and ideas about how to get it done. Talk about your thoughts about food access, walking and bicycling routes, parks, and opportunities for physical activity in the Delridge neighborhood.

For further information please contact abassok@u.washington.edu, or stop by the DNDA office or call us at (206) 923-0917

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Make Your Voice
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**King County FOOD &
FITNESS Initiative**

FOOD FOR THOUGHT

A COMMUNITY EXCURSION AND CELEBRATION!

INVESTIGATE LOCAL GROCERY STORES IN TEAMS
CELEBRATE COMMUNITY WITH A BBQ
AND LIVE MUSIC!



JOIN US AS WE INVESTIGATE LOCAL FOOD QUALITY AND PRICES AT
OUR NEIGHBORHOOD GROCERY STORES, THEN KICK BACK WITH A
BBQ & LIVE MUSIC PERFORMANCES!

AUGUST 8, 2008

MEET AT 3 PM

AT YOUNGSTOWN

CULTURAL ARTS CENTER

4408 DELRIDGE WAY SW

(METRO 120 & 125)

FOR MORE INFORMATION, EMAIL

HOLLISW@DNDA.ORG OR CALL (206) 935 2999

artist Daniella Fulme

The Places Where You **LIVE LEARN WORK PLAY** And How They Affect Your Health

FOOD



BARTLETT DRUGS
BERNIE & BOYS MARKET
BOULEVARD PARK CHEVRON
CENTER ORIENTAL GROCERY
CIGARETTE DEPOT
COTTAGE GROVE MART
COUNTRY DELI GROCERY
DEL RIO FOOD STORE
DELRIIDGE ARCO AM/PM
DELRIIDGE FOOD MART
DOMINICS
EL PASO SUPERMARKET
FIRST CHOICE ESPRESSO
GASCO FOOD MART
HEGGE ENTERPRISES INC
HENG HENG SUPERMARKET
HUNG LONG TRADING CO
HUNG LONG TRADING CO
JO JO'S FINE ESPRESSO
JOHN'S CORNER DELI GROCER
LEE'S PRODUCE
LEN'S VEGGIE CORRAL CORP
LUCKY 7 GROCERY
MORNING STAR MINI MART
NASEEM MINI MARKET

NEW ANGKOR MARKET
NEW GOLDEN VILLAGE MARKET
OASIS TEXACO
P & D TOP HAT MINI MART
PAC WEST SEATTLE
RAINBOW MINI-MART
RITE AID
ROCKY'S SHELL
ROXBURY SHELL
SEA MART
SHOREWOOD GROCERY
SOUTH SEATTLE MARKET
SUPER 24 FOOD STORE
SUPER DELI & MART
TARGET
TIENDA LATINA EL QUETZAL
TUTTY MARKET
WALGREENS
WESTWOOD GAS & DELI
WHITE CENTER CHEVRON
WHITE CENTER INTL MKT & DELI
WHITE CENTER MARKET
WHITE CENTER MINI MARKET
ZIP MARKET

AQUARI SANTA RESTAURANT
BARREL
BENZ RESTAURANT & SPORTS LOUNGE
BEST CORN
BIRD ON A WIRE ESPRESSO
BREWERY'S BAR & GRILL
BUBBLES TEA & COFFEE
BUCKY TERIYAKI
CAFE ELEGANZA
CAFE ROZELLA
CALEZA EXPRESS
CARNECERIA EL PAISANO
CEMITAS POBLANAS
CHINA BEST WOK
DONG HANH RESTAURANT
EAT LOCAL
EAT MARKET CAFE
ELISA BAKERY
FLAMINGO RESTAURANT
FRONTSIDE GRIND
GIANNONIS PIZZERIA
GOLDEN HOUSE BAKERY & DELI
HOTSPOT JAWA
HUONG XUA DELI
JAMBA JUICE
JAWA EXPRESS
JAWA JOWT
JUMBO BUFFET
KDS INC
KFC/A&W

LOCKER ROOM TAVERN
LOS BRONCOS
LOVE TERIYAKI
MAGIC LANES
MARY'S BROILER
MC MURPHY'S
MCDONALD'S
MI BOHO DELI
MR. EDS CAFE
NEW MOON
NEW TERIYAKI WOK
NHA HANG 88 RESTAURANT
PACINO COFFEE
PACINO HOTDOG CART
PAPA MURPHY'S TAKE 'N BAKE
PASTELERIA DEL CASTILLO
PHO 54
PHO 99
PHO TAI RESTAURANT
PHO THU THUY
PHO WHITE CENTER
PIZZA HUT
PIZZA SOURCE
POSITIVELY ESPRESSO
RASCAL'S CASINO
ROSTISERIA Y COCINA EL PAISANO
ROXBURY LANES
SALVADOREAN BAKERY & RESTAURANT
SEAPORT FOOD MART

SEATTLE ROLL BAKERY
SISTERS ESPRESSO INC.
SOKHA COFFEE & DELI
STARBUCKS
SUB SHOP
SUBWAY
SUBWAY SANDWICHES
TACO BELL
TACO DEL MAR
TACO TIME
TAM THANH CAFE
TAQUERIA BUFALO
TAQUERIA EL RINCON
TAQUERIA GUAYMAS
TAQUERIA POTRILLOS
TERIYAKI ZONE
TOSH'S TERIYAKI
TRIANGLE PUB
UNCLE BILL'S SPECIALTIES
UNCLE BILL'S SPECIALTIES
UNCLE HAL'S TUG TAVERN
VATSANA THAI INC
VITA MEXICO
WAYNES WORLD
WHITE CENTER DAIRY QUEEN
WHITE CENTER EAGLES
WHITE CENTER PIZZA & SPAGHETTI
YOUNG'S RESTAURANT
YUM YUM TERIYAKI

CITY OF SEATTLE SUMMER LUNCH PROGRAM (14 LOCATIONS)
NEIGHBORHOOD HOUSE
SALVATION ARMY
WEST SEATTLE FOOD BANK
WHITE CENTER FOOD BANK

ALBERTSON'S (2)
QFC
SAFEWAY (2)
THRIFTWAY

FITNESS



24-HOUR FITNESS
ALL STAR FITNESS
ARBOR LAKE PARK
CECIL MOSES MEMORIAL PARK
DELRIIDGE COMMUNITY CENTER
DELRIIDGE PLAYFIELD
DELRIIDGE WADING POOL
E.C. HUGHES PLAYGROUND
EVERGREEN ATHLETIC FIELD
GLEN ACRES GOLF & COUNTRY CLUB
HAMM CREEK NATURAL AREA
HIGH POINT COMMUNITY CENTER
HIGH POINT PLAYFIELD
HIGHLAND PARK PLAYGROUND
HIGHLAND PARK WADING POOL
HILLTOP PARK
LAKEWOOD PARK
NORTH SHOREWOOD PARK
PUGET SOUND PARK
RAINIER GOLF & COUNTRY CLUB
RIVERVIEW PLAYFIELD
ROXHILL PARK

ROXHILL PLAYGROUND
SALMON CREEK PARK
SOUTHERN HEIGHTS PARK
SOUTHWEST BOYS & GIRLS CLUB
SOUTHWEST COMMUNITY CENTER & POOL
SOUTHWEST POOL
UNION GOSPEL RIVERTON PLACE
WEST SEATTLE RECREATION CENTER
WESTCREST PARK
WHITE CENTER HEIGHTS PARK
WHITE CENTER PARK
WHITE CENTER POND NATURAL AREA

HEALTH

A.P.P.L.E. PARENTING - A POSITIVE PARENTING LEARNING EXPERIENCE
AARP GRANDPARENT INFORMATION CENTER
AFRICAN-AMERICAN ELDER'S PROGRAM
ARBOR HEIGHTS
BABY AND ME (CLASSES OFFERED THROUGH A.P.P.L.E. PARENTING)
BEBE Y YO (OFFERED THROUGH A.P.P.L.E. PARENTING)
BEST BEGINNINGS
CHANGES
COMMUNITY BASED ORAL HEALTH
DENNY WELLNESS CENTER
ENVIRONMENTAL NETWORK JUSTICE IN ACTION
FAMILY HELP LINE
HEALTH CARE FOR THE HOMELESS NETWORK
HIGH POINT DENTAL CLINIC
HIGH POINT MEDICAL CLINIC
HIV/AIDS CASE MANAGEMENT
INFANT MORTALITY PREVENTION
MADISON WELLNESS CENTER
METHADONE VOUCHERS
NEEDLE EXCHANGE
NEW FUTURES
ODESSA BROWN CHILDREN'S CLINIC
PARENT TRUST FOR WA CHILDREN
PARENTING CALENDAR
PEOPLEPOINT
PROGRAM FOR EARLY PARENT SUPPORT (PEPS)
ROXBURY FAMILY HEALTH CARE
SCHOOL BASED HEALTH SERVICES
SEATTLE TEEN HEALTH CENTER
SOUTHWEST YOUTH AND FAMILY SERVICES
WASHINGTON PAVILION
WEST SEATTLE TEEN HEALTH CENTER
WHITE CENTER PUBLIC HEALTH CENTER
YOUTH ENGAGEMENT PROGRAM



food & fitness
A NATIONAL INITIATIVE OF THE
W.K. KELLOGG FOUNDATION



WHERE DO YOU SHOP FOR FOOD? WHERE DO YOU GET YOUR FOOD?

Show Us Where You Get Your Groceries...



WHERE DO YOU PLAY IN YOUR COMMUNITY?

Show Us Where You Play, Jump, Run, Swim...

