

Board Packet

December 5, 2019

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* Please note these documents are in separate packets to the Board.

We believe:

- ❖ Everyone deserves healthy food every day, no matter what.
- ❖ We have stronger communities when no one is hungry.
- ❖ Ending hunger in our communities is possible.

Our Vision:

- ❖ We all live in a healthy community, where everyone has the food they need to thrive.

Strategic Direction |Areas of Focus:

- ❖ Increase access to healthy food for all individuals in Marion and Polk counties.
- ❖ Engage local communities in leading the work to end hunger and poverty.
- ❖ Address the systems and environments that lead to hunger, poverty, and inequity.

FY19 Stats:

Pounds Distributed	8.7 million
Food Pantry Visits	132,000
Meals Served, Community Meal Sites	476,000
MOW Meals Served	172,000

Agenda

Board of Directors Meeting
December 5, 2019

8:00 – 8:15	Arrival/Breakfast
8:15 – 8:20	Gather and Call to Order – Courtney Knox Busch Guest Introductions – Rick Gaupo
8:20 – 8:25	Consent Agenda – Courtney Knox Busch <ul style="list-style-type: none"> - Board Meeting Minutes, October - Financial Statements - Revised Budget - City of Salem Concurring Resolution - Cetera Resolution <div style="border: 1px solid black; background-color: #f4a460; padding: 5px; display: inline-block; margin-left: 20px;"> Action: Board Vote </div>
8:25 – 9:15	Environment Review <ul style="list-style-type: none"> - Forecast of hunger and food trends
9:15 – 9:30	CEO Review
9:30	Adjournment – Courtney Knox Busch

Dates to Remember

February 1 Board Retreat
February 27 Board Meeting

Marion Polk Food Share
Board of Directors Meeting Minutes
October 24, 2019

Board Members Attending: Frances Alvarado, Alex Beamer, Warren Bednarz, John Burt, Courtney Knox Busch, Sarah DeSantis, Mike Garrison, Jim Green, Chris Mercier (by phone), Holly Nelson, Linda Norris, Mark Wilk

Staff Members Attending: Eileen DiCicco, Ian Dixon-McDonald, Rick Gaupo (by phone), Jim Green, Julie Hambuchen, Corrina Hawkins, Sheri Jones, Robbin Kerner

Call to Order

Courtney Knox Busch called the meeting to order at 8:15 a.m.

Guest Introductions

Courtney asked everyone to introduce themselves for the benefit of guest presenter Emily Balius, and Rick Gaupo and Chris Mercier, who were attending by phone.

Mission Moment - video

VP of Programs Ian Dixon-McDonald played a video featuring Food Share Director of Food Resourcing and Warehouse Operations Kendra Alexander. In this short video, Kendra shares her personal story of struggle and redemption. Kendra came to the Food Share through the Drug Court program as a way to rebuild her life and restore her family. With her son as her motivation, Kendra spent six months with us and was offered the volunteer action center coordinator position when she completed the program. She was able to show others that there is life after Drug Court. She said the Food Share helped her rebuild her confidence, restore her family, gain skills and develop a greater sense of purpose. She's been with the Food Share for 9 years and considers herself part of the Food Share story, family and mission.

Financial Update

Director of Finance Jim E. Green reported the Food Share financials are strong and healthy. Liquidity is \$2.6M in cash and investments. The net deficit for 3 months ending in September was higher than planned, however, was driven by the timing of revenue coming in.

Warren Bednarz asked about the Food Share's reserves. Jim said we have had 5-6 months in operating reserves, but have no specific policy on the level of reserves to keep.

Board Treasurer Jim Green gave a brief overview of the FY19 audit, which was clean with no findings a second year in a row. He praised the finance team for their outstanding job.

Courtney invited members to attend the finance committee or other committee meetings.

Board Meeting Consent Agenda

- Board Meeting Minutes, Sept. 26, 2019
- Financial Statements
- Audit/Governance Letter

ACTION: Warren Bednarz moved and Mike Garrison seconded approval of items on the consent agenda. The motion received unanimous approval. Motion carried.

Development Update

Julie Hambuchen presented an update that included the following:

- Chefs' Night Out – staff is working on final numbers. It appears returns will be about what they were last year, which is up substantially from couple of years ago. Board members were encouraged to sign up to deliver holiday gifts to CNO participants in December.
- Donor Thanksgiving cards were distributed for board members to sign and mail in November.
- AWARE has received two Network Support Fund grants from Oregon Food Bank, one for a cargo van and another for shopping-style conversion in recent months. A third grant from United Way for the shopping-style conversion is forthcoming.
New Food Share board member Mark Wilk said he is thankful for the Food Share's participation in Woodburn.

Prevalence of Hunger

To help prepare board members for the February board retreat, Courtney Knox Busch said understanding who's hungry is a great first step. Emily Balius, Oregon Food Bank Regional Network Developer, facilitated an interactive exercise aimed at getting us to think about who is food insecure and why we believe that to be. Teams of 2-3 people were formed and we were asked to arrange 21 groups according to our perception of their food insecurity ranking. The findings were sometimes surprising and the dialog was robust. According to national data, the most food insecure group was college students at 50%. A sampling of rankings that generated discussion included 8.9% for seniors living alone, 12.7% rural households, 16.2% Hispanic households, and 27% LGBTQ. Emily will share her slide presentation.

Adjournment

Courtney Knox Busch adjourned the meeting at 9:38 a.m.

Dates to Remember

Nov. 15 Empty Bowls Reception at the Willamette Art Center (5:30-7:30)

Dec. 5 Board Meeting

Dec. 12 Board Christmas Social

Feb. 1 Board Retreat

Warren Bednarz
Board Secretary

Concurring Resolution

The purpose of the Resolution form is to have on record a statement confirming that the applicant has formally requested a grant and/or loan, has designated an official to perform the required duties between the applicant and the City of Salem, Urban Development Department and has assured, where applicable, the provision of local matching funds. In addition, the applicant will comply with all other provisions of the HOME application.

Resolution of the **Marion Polk Food Share Inc.** (*Name of Operating Agency/Municipality*)
Authorizing the filing of an application for funds with the City of Salem, Urban Development Department.

WHEREAS, the **Marion Polk Food Share Inc.** (*Name of Operating Agency/Municipality*) is desirous of obtaining funds from the City of Salem, Urban Development Department in the amount of **\$170,000** (*Funds requested*) under the Federal Housing and Community Development Act as amended.

NOW, THEREFORE, BE IT RESOLVED, that **Marion Polk Food Share Inc.** (*Name of Operating Agency/Municipality*) does hereby formally request authorization of an application for funding from the City of Salem, Urban Development Department.

BE IT FURTHER RESOLVED, that **Marion Polk Food Share Inc.** (*Name of Operating Agency/Municipality*) does hereby designate **V.P of Development Julie Hambuchen** (*Authorized Official*) as the official to sign and file all applications and forms between **Marion Polk Food Share Inc.** (*Name of Operating Agency/Municipality*) and the City of Salem, Urban Development Department.

BE IT FURTHER RESOLVED, that **Marion Polk Food Share Inc.** (*Name of Operating Agency/Municipality*) will assure, where applicable, the provision of the full local share of the project costs.

Adopted this 5th day of December, 2019, by

ATTEST:

Signature (Must **not** be the same as Authorized Official and must be the President listed at the State of Oregon, Corporation Division website.)

President
Title

Printed Name: **Rick Gaupo**



Legal Name of Organization

Type of Organization

Account Number (if assigned)

Be it resolved that each of the following has been duly elected or appointed and is now legally holding the title set opposite his/her name:

Name of Authorized Person

Title

I, _____
Name and Title of Officer or Partner Signing this Non-Corporate Resolution

of _____
Name of Organization

hereby certify that said Organization is duly and legally organized and existing and that the quorum of the

_____ of said Organization at a meeting duly held on
Name of Governing Body of Organization

the _____ day of _____, 20_____, which is in full force and

effect on this date and does not conflict with the _____ of said organization.
Name of Governing Rules

I further certify that I have the authority to execute this Non-Corporate Resolution on behalf of said Organization, and that the

_____ of the Organization that took the action called
Name of Governing Body of Organization

for by the resolutions annexed hereto has the power to take such action.

Print Name and Title

Signature

Date



**Certified Copy of Certain Resolutions Adopted by the Governing Body of Said Organization Whereby
the Establishment and Maintenance of Accounts Have Been Authorized**

RESOLVED —

FIRST: That the named Authorized Persons of this organization or _____, or _____ be and they hereby are, and each of them is, authorized and empowered, for and on behalf of this organization (herein called the "Organization"), to establish and maintain one or more accounts with _____ (herein called the "Brokers") for the purpose of purchasing, investing in, or otherwise acquiring, selling, possessing, transferring, exchanging, pledging, or otherwise disposing of, or turning to account of, or realizing upon, and generally dealing in and with;

- a. **THIS PARAGRAPH PERMITS CASH TRANSACTIONS IN SECURITIES:** any and all forms of securities including, but not by way of limitation, shares, stocks, options, stock options, stock index options, foreign currency options and debt instrument options, bonds, debentures, notes, scrip, participation certificates, rights to subscribe, warrants, certificates of deposit, mortgages, chooses in action, evidence of indebtedness, commercial paper, certificates of indebtedness and certificates of interest of any and every kind and nature whatsoever, secured or unsecured, whether represented by trust, participating and/or other certificates or otherwise;
- b. **THIS PARAGRAPH PERMITS CASH AND MARGIN TRANSACTIONS IN SECURITIES:** any and all forms of securities including, but not by way of limitation, shares, stocks, options, stock options, stock index options, foreign currency options and debt instrument options, bonds, debentures, notes, scrip, participation certificates, rights to subscribe, warrants, certificates of deposit, mortgages, chooses in action, evidences of indebtedness, commercial paper certificates of indebtedness and certificates of interest of any and every kind and nature whatsoever, secured or unsecured, whether represented by trust, participating and/or other certificates or otherwise, and margin transactions, including short sales;
- c. **THIS PARAGRAPH PERMITS THE ESTABLISHMENT AND MAINTENANCE OF AN ASSET MANAGEMENT ACCOUNT:** the creation of a debit card and check writing, from which account funds are directly spent, the responsibility for which is entirely that of the Organization, such that check writing and debit card privileges will be limited to the following persons designated by the Organization:

- d. **THIS PARAGRAPH PERMITS THE LENDING AUTHORIZATION.** Borrow money or make any contract the effect of which is to borrow money, and secure such obligations by mortgages or other liens upon Organization property; borrow, guarantee and/or pledge any Organization assets as collateral, as the case may be, with respect to a loan; guarantee a borrowing of money or to make any contract the effect of which is to guarantee a borrowing, and secure such obligations by mortgages or other liens upon any Organization property.

The fullest authority at all times with respect to any such commitment or with respect to any transaction deemed by any of the said Authorized Persons and/or agents to be proper in connection therewith is hereby conferred, including authority (without limiting the generality of the foregoing) to give written or oral instructions to the Brokers with respect to said transactions; to bind and obligate the Organization to and for the carrying out of any contract, arrangement, or transaction, which shall be entered into by any such Authorized Persons and/or drafts drawn upon the funds of the Organization such sums as may be necessary in connection with any of the said accounts to deposit funds with the Brokers; to deliver securities and/or contracts to the Brokers; to order the transfer or delivery thereof to any other person whatsoever, and/or to order the transfer record of any securities, or contracts, or titles, to any name selected by any of the said Authorized Persons or agents; to affix the Organization's seal to any documents or agreements, or otherwise; to endorse any securities and/or contracts in order to pass title thereto; to direct the sale or exercise of any rights with respect to any securities; to sign for the Organization all releases, powers of attorney and/or other documents in connection with any such account, and to agree to any terms or conditions to control any such account; to direct the Brokers to surrender any securities to the proper agent or party for the purpose of effecting any exchange or conversion, or for the purpose of deposit with any protective or similar committee, or otherwise; to accept delivery of any securities, to borrow money and securities, if applicable, and to secure repayment thereof with the property of the Organization; to appoint any other person or persons to do any and all things, which any of the said Authorized Persons and/or agents is hereby empowered to do, and generally to do and take all action necessary in connection with the account, or considered desirable by such Authorized Persons and/or agents with respect thereto.

SECOND: That the Brokers may deal with any and all of the persons directly or indirectly by the foregoing resolution empowered, as though they were dealing with the Organization directly, except as provided in paragraph FIRST sub (c).

THIRD: That the person signing this Non-Corporate Resolution on behalf of the Organization is authorized, empowered and directed to certify to the Brokers:

- a. a true copy of these resolutions;
- b. specimen signatures of each and every person by these resolutions empowered;
- c. a certificate (which, if required by brokers, shall be supported by an opinion of the general counsel of the Organization, or other counsel satisfactory to the Brokers) that the Organization is duly organized and existing, that its governing rules empower it to transact the business by these resolutions defined, and that no limitation has been imposed upon such powers by the governing rules of the Organization or otherwise.

FOURTH: That the Brokers may rely upon the certified copy of the resolutions, specimen signatures, and certificate, as continuing fully effective unless and until the Brokers shall receive due written notice of change or rescission, and the dispatch or receipt of any other form of notice shall not constitute a waiver of this provision, nor shall the fact that any person hereby empowered ceases to be an Authorized Person of the Organization or becomes an Authorized Person under some title, in any way affect the powers hereby conferred, but the failure to supply any specimen signature shall not invalidate any transaction where the party authorizing the same has been actually empowered thereto by or in conformity with these resolutions.

FIFTH: That in the event of any change in the office of powers of persons hereby empowered, an Authorized Person shall certify such changes to the Brokers in writing in the manner herein above provided, which notification, when received, shall be adequate both to terminate the powers of the persons therefore authorized, and to empower the persons thereby substituted.

SIXTH: That the Authorized Persons of the Organization be, and hereby is, authorized and empowered to countersign items as aforesaid, except as provided in paragraph FIRST sub (c).

SEVENTH: That the foregoing resolutions and the certificates actually furnished to the Brokers by the Authorized Person of pursuant thereto, be and they hereby are made irrevocable until written notice of the revocation thereof shall have been received by the Brokers.



**Marion-Polk Food Share, Community Impact Report
1st Quarter, FY20**

Area of Focus: Food Access

Strategy: Distribution Network

Distribution Network Targets

	Q1 Target	Q1 Actual	YTD FY2019	YTD FY2020
Total Lbs. Received	2,350,000	2,670,000	2,480,000	2,670,000
Total Lbs. Distributed	2,300,000	2,450,000	1,910,000	2,450,000
Lbs. Produce Received	1,000,000	911,000	717,000	911,000
Pantry Visits, All Food Pantries	n/a	36,017	26,629	36,017
Meals Served, Community Meal Sites	n/a	112,184	116,880	112,184
Pantry Visits, Iskam Mek Mek Haws	1,350	1,392	1,317	1,392
Pantry Visits, AWARE	3,000	3,843	1,911	3,843
MOW, Home Delivered Meals Served	36,300	38,818	25,804	38,818
MOW, Community Meal, Meals Served	8,400	8,387	6,044	8,387

Distribution Network Project Highlights

Description	Annual Target	Q1 Actual
Food Sourcing Policy: Develop a Food Share policy that promotes healthy foods and guides procurement.	Complete final draft of food policy to be presented to the Leadership team.	Completed draft and review by staff and partner advisory team.

Description	Annual Target	Q1 Actual
Warehouse Improvements: Complete 5 needed improvements to our aging warehouse.	Install new freezer, replace alarm system, add'l projects. Propose retail sort remodel	Completed new freezer install, bird netting, dock seal.

Description	Annual Target	Q1 Actual
Project Harvest: Develop official partnerships with Project Harvest produce distribution partners.	All Project Harvest sites have contracts on file, report statistics and are monitored.	Complete

Description	Annual Target	Q1 Actual
Informed Agency Network: Ensure our agency network is informed about programming & resources.	Update Food Asst. Guides, map and website quarterly, Distribute quart. newsletter.	Updated Food Asst. Guide, website and map. Held agency meetings on schedule.

Description	Annual Target	Q1 Actual
MOW Volunteer Recruitment: Increase MOW driver engagement, recruitment and retention.	90% of routes have regular drivers, sub pool of 6 drivers.	95% of routes have regular drivers. Went from 37 openings to 6.



**Marion-Polk Food Share, Community Impact Report
1st Quarter, FY20**

Area of Focus: Food Access

Strategy: Distribution Network

Distribution Network Project Highlights

Description	Annual Target	Q1 Actual
AWARE Shopping Style: Increase client choice and dignity by providing shopping style food distribution.	Complete shopping style conversion by Sept. 2019.	Received \$20,000 in grant funding from OFB and United Way. Completion by Jan.

Strategy: Individual Resiliency

Individual Resiliency Targets

	Q1 Target	Q1 Actual	YTD FY2019	YTD FY2020
Community Gardens, Ind. Served	900	1,115	765	1,115
Number of Community Gardens	60	63	57	63
Youth Farm, Individuals Served	45	45	45	45

Individual Resiliency Project Highlights

Description	Annual Target	Q1 Actual
Iskam Mek Mek Haws Nutrition Ed: Provide skill building opportunities in food preservation, cooking, gardening	Host 7 classes, with 3 focused on First Foods. Implement evaluation survey.	Hosted 3 Food Preservation classes and series for Grand Ronde youth.

Description	Annual Target	Q1 Actual
Youth Farm Produce: Harvest and distribute a variety of healthy produce for FSRx, the CSA and youth.	20,000 lbs. distributed	21,346 lbs. YTD

Area of Focus: Community Led Solutions

Strategy: Community Engagement

Community Engagement Project Highlights

Description	Annual Target	Q1 Actual
AWARE Community Outreach: Ensure community is aware of services, reach underserved areas.	Participate in 6 outreach events. Pilot mobile pantry to serve farmworkers.	Participated in 3 outreach events. Held 12 mobile pantry events serving farmworkers.

Area of Focus:

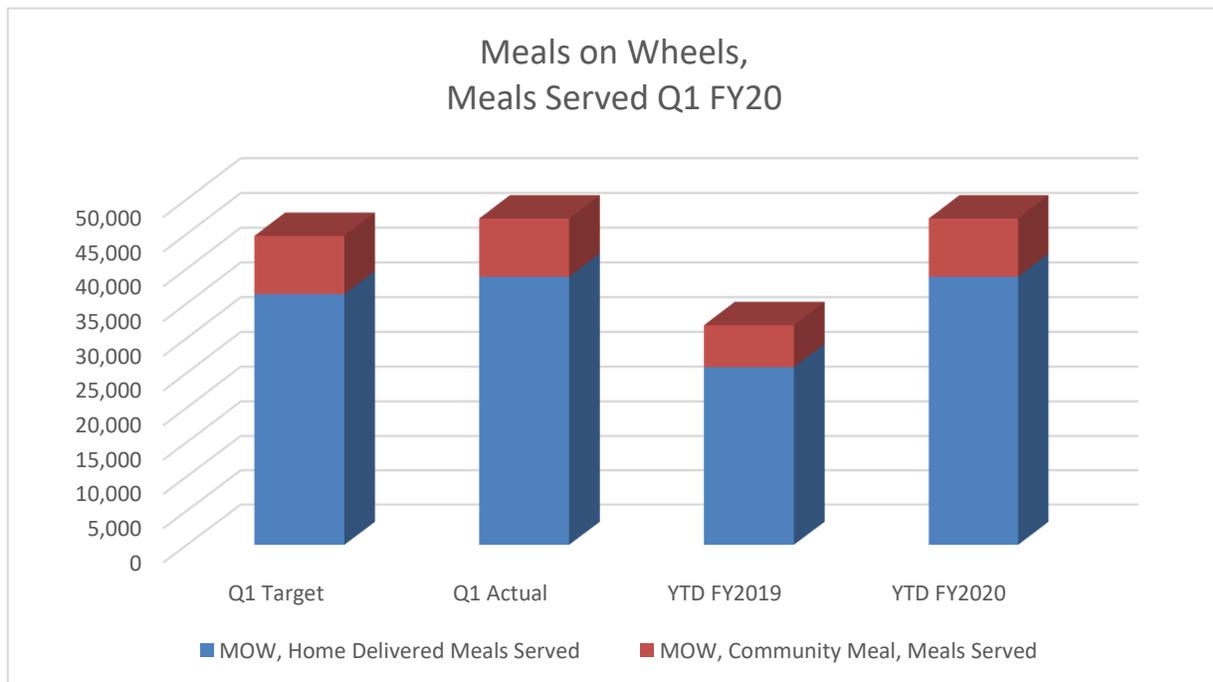
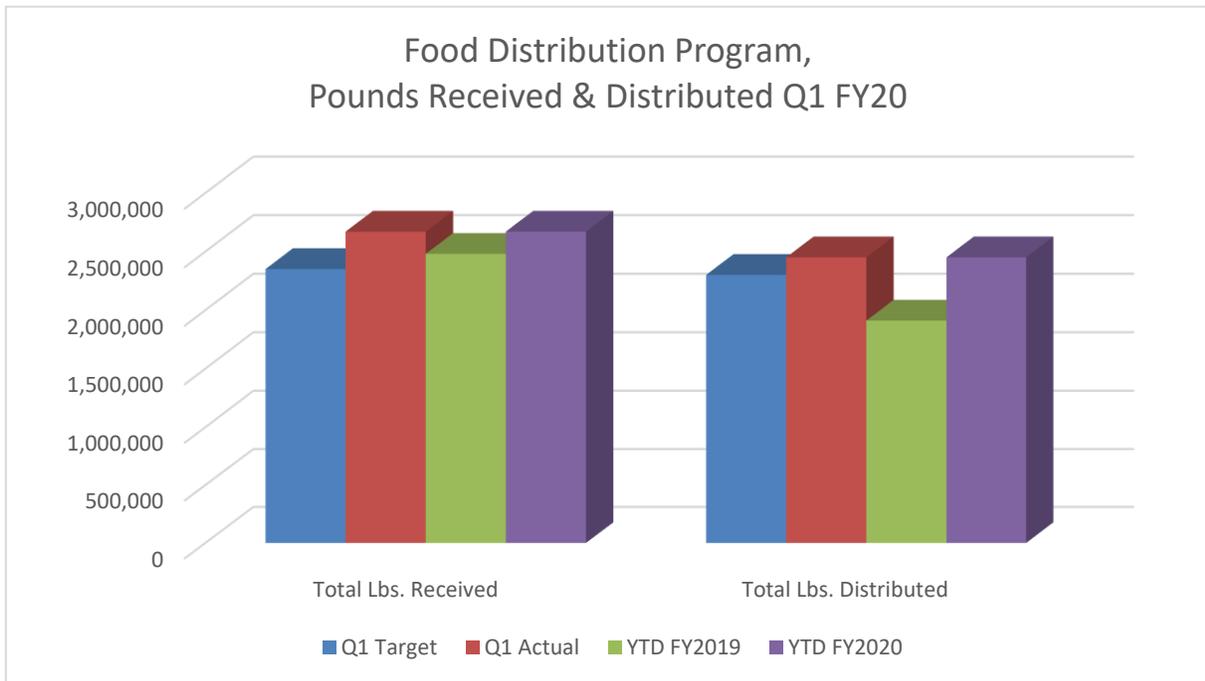
Strategy: Health Care Partnerships

Health Care Partnerships Targets

	Q1 Target	Q1 Actual	YTD FY2019	YTD FY2020
Farm Share Rx, Individuals Served	100	92	96	92

Marion-Polk Food Share, Community Impact Report

1st Quarter, FY20





MARION POLK FOOD SHARE
YOUTH FARM



2019 Season Report

In its seventh season, the Youth Farm expanded its food distribution efforts, grew a higher volume of organically raised produce, and offered more focused leadership development opportunities for teens from diverse backgrounds. The ongoing growth of the program in these key dimensions reflects a continuing vitality of the core work of the Youth Farm: to empower youth by engaging them in growing and distributing healthy food for their community.

Youth Programming

The Youth Farm is a place where young people can learn how to grow food, serve their community, and discover their power in contributing to a more just food system. In 2019 we focused our efforts on increasing opportunities for youth



leadership during the summer farm crew. This summer, the Youth Farmers delivered more than 20 peer-to-peer workshops on gardening, nutrition, and food-justice related topics, and they also took responsibility for orienting hundreds of volunteers and guests over the summer to the work of the farm through a welcome speech and activity. Reflecting upon their summer experience, Youth Farmers reported that they were most proud of work supporting other community members with fresh produce. Our key metrics demonstrate that youth continue to exit our program with a stronger sense of self-efficacy and are better prepared for future service leadership and employment.

2019 Youth Program Stats			
4-H Youth participants	Summer crew members	Participants workplace ready	Empowerment increase
45	19	15	7%

In the coming year we look forward to strengthening the training of our youth Crew Leaders, providing them with tools for communicating more effectively with their supervisees and for leading workshops. We also look forward to developing stronger partnerships with organizations serving diverse communities within our region. Our goal is to provide leadership development for youth of all backgrounds, which entails a commitment to inclusive programming that acknowledges and respects cultural differences, as well as a commitment to providing equitable support for youth who face economic or social barriers to participation.

Farm Share Rx

Our prescription vegetable program, Farm Share Rx, continued to grow in its third year to provide more households experiencing food insecurity and diet-related disease with a family-sized share of fresh produce weekly. This year we expanded the program to include a new clinic partner in West Salem, Northwest Human Services, and the Youth Farm also began supporting the existing program site in Grande Ronde. These new partnerships gave Youth Farmers a chance to increase their impact and interface with more geographically diverse parts of our service area.



Detailed program evaluation this year revealed that Farm Share Rx provides significant economic, social, and health benefits to its participants. Although the program duration is only 14 weeks, participants reported that their fruit and vegetable consumption had gone up, that they had less anxiety about their food budget, that they felt more energetic, and that they felt more connected to their community. The Farm Share Rx annual report provides more complete information on the program impact.

2019 Farm Share Rx Stats		
Shares offered to clinic from the Youth Farm	Households participating 7 weeks or more	Individuals served across all sites
60 out of 100 total	88	341

We look forward to continuing support for our three main partner clinics in 2020. Due to changes in the funding for this program, the Youth Farm will be the sole farm providing food to all three sites (Lancaster Family Health Center, Northwest Human Services, Grand Ronde Health and Wellness). Fortunately, the Youth Farm continues to experience increases in yields year over year, and we anticipate having 75-85 shares available for the Farm Share program, a slight reduction from the 100 that were available from the Youth Farm and a commercial farm combined in 2019.

Farm Production

Farm production increased in 2019 to an all-time high of 21346 lbs. This high volume of produce fueled the growth of our Farm Share program, as noted above, and it also enabled us to send regular CSA shares home with Youth Farm crew members as well. Counting the



shares provided to crew members, Farm Share members, and retail customers, we were able to support 105 households with weekly produce deliveries during the height of the growing season. We continue to focus on growing more of the crops that our member households want more of: strawberries, melons, tomatoes, and peppers.

3-year annual Youth Farm production by weight		
2017	2018	2019
14578 lbs	18391 lbs	21346 lbs

We anticipate that we will soon reach a ceiling for production on the farm without further improvements to drainage infrastructure. Due to a high seasonal water table, our operations are limited to a 5-6 month window between late April and early October.

Community Engagement

The impact of the Youth Farm extends further into the community through the workshops, field trips, and volunteer opportunities we offer for local schools and community groups. In partnership with Chemeketa, Willamette University, OSU Extension, Early College HS, McKay HS, and North Salem HS, 260 students and community members attended



workshops on the farm this year, learning about organic gardening and the broader picture of community food security. An additional 515 individual community volunteers supported farm operations with more than 2000 hours of farm work.

Community Engagement Stats		
Workshop and event participants	Volunteers	Volunteer hours
460	515	2087

For the 2020 season, we look forward to expanding our partnership with the three northeast Salem high schools to offer more field trip opportunities for students studying environmental science, horticulture, and culinary arts.

2019

Farm Share Rx



FARM SHARE RX 2019

Farm Share Rx reached 3 locations in 2019, serving more than 340 individuals throughout the summer with fresh healthy vegetables. 3 nutrition/cooking classes were held at each location to highlight some of the key cancer fighting vegetables in the shares.

As a whole, Farm Share Rx:

- Provided 14 continuous weeks of farm fresh produce to families experiencing food insecurity as well as diet related illnesses.
- 88 families in Marion and Polk counties participated for at least 7 weeks.
- More than 340 individuals were impacted by their families' participation (including 123 children).
- Based on survey data, participants reported health improvements and less food insecurity at the end of the program.
- Offered weekly newsletters containing information on key vegetables, simple recipes and farm news to help facilitate the use of the vegetables.

Several participants with diabetes reported lowering their A1c, and others reported either losing or gaining the weight they needed. The group as a whole ranked their health better at the end of the program than they did at the beginning. Stress levels for the group were also reported lower at the end of the program compared to the beginning.

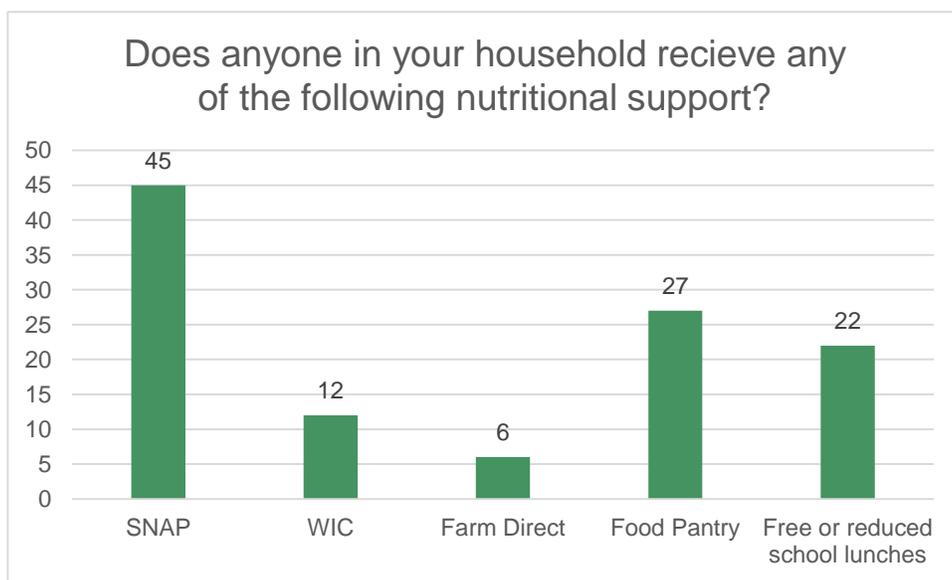
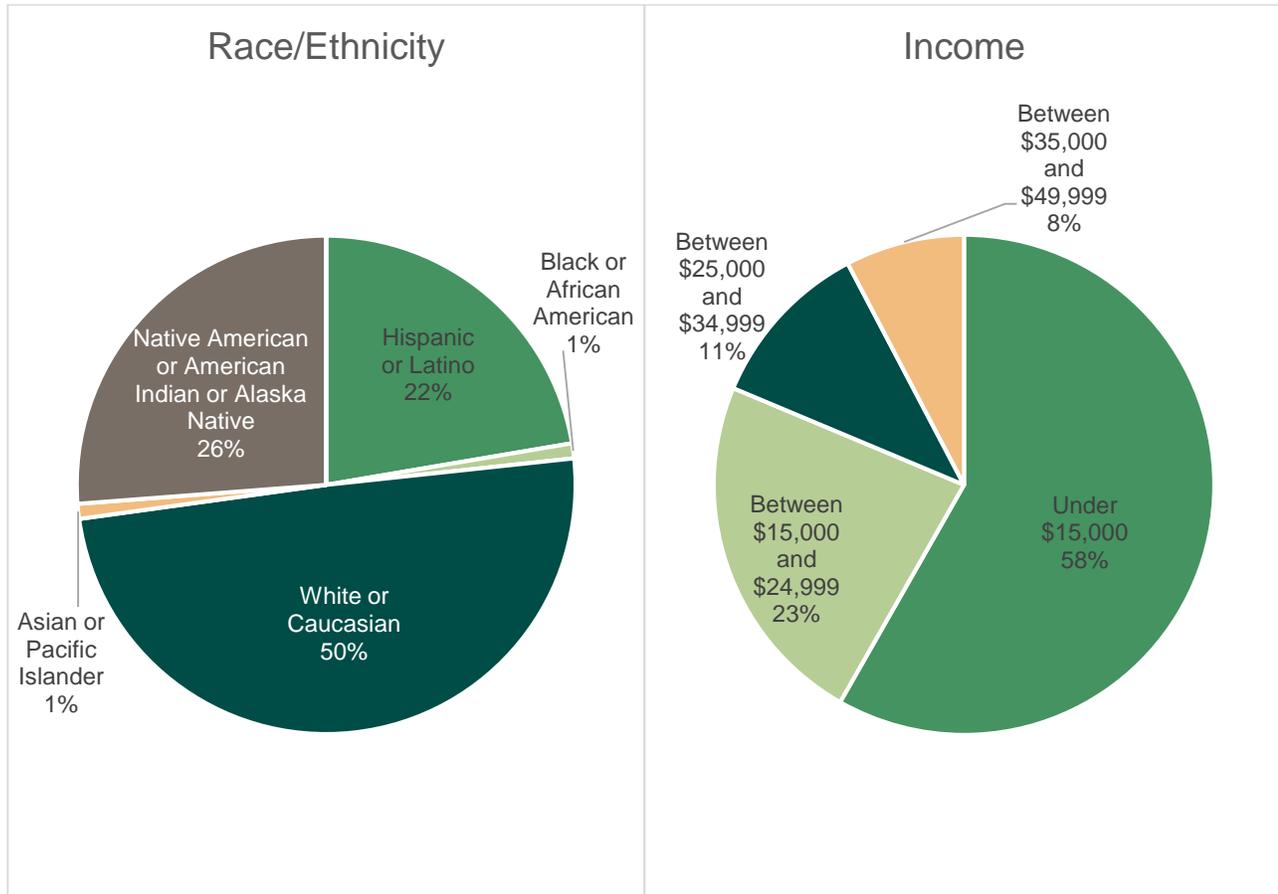
Some challenges were still seen in attendance with some dropping out soon after starting, and others missing multiple weeks throughout the program. A strong dedicated core of participants could be seen at each location, however. Based on attendance for the program as a whole:

88 families attended for 7 weeks or more

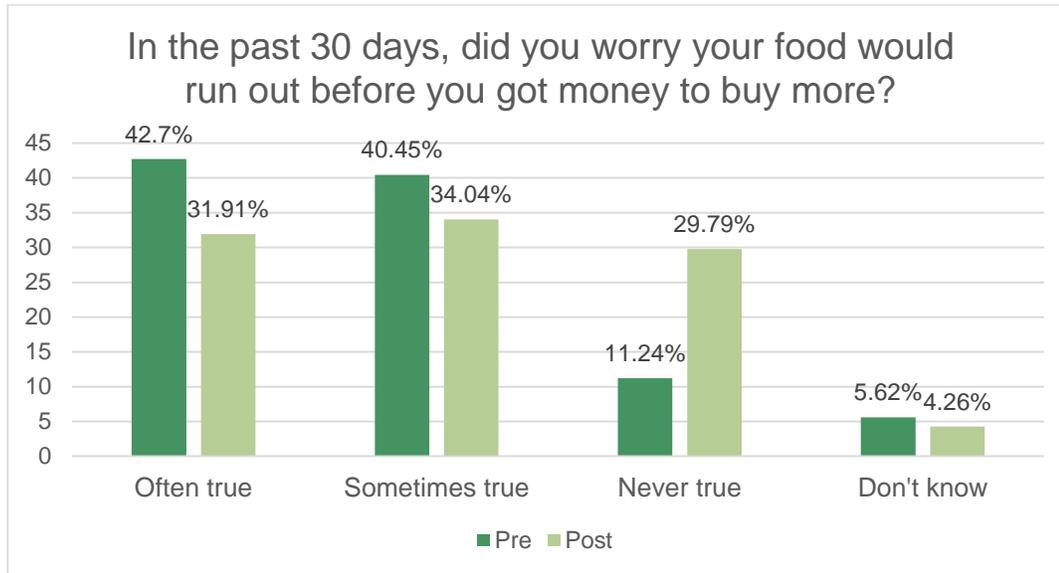
127 families were enrolled at some point in the program

218 adults and 123 kids were impacted by the program

Demographics:



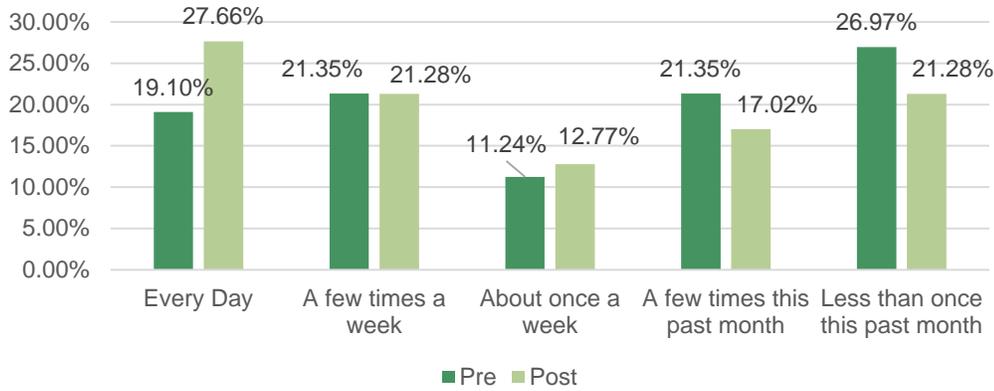
Food Security and Health indicators:



“I am so grateful for this program! I would not be able to feed my family during our crisis journey this time if it weren't for this program. Often this food is all we had for the week. Thank you!!”

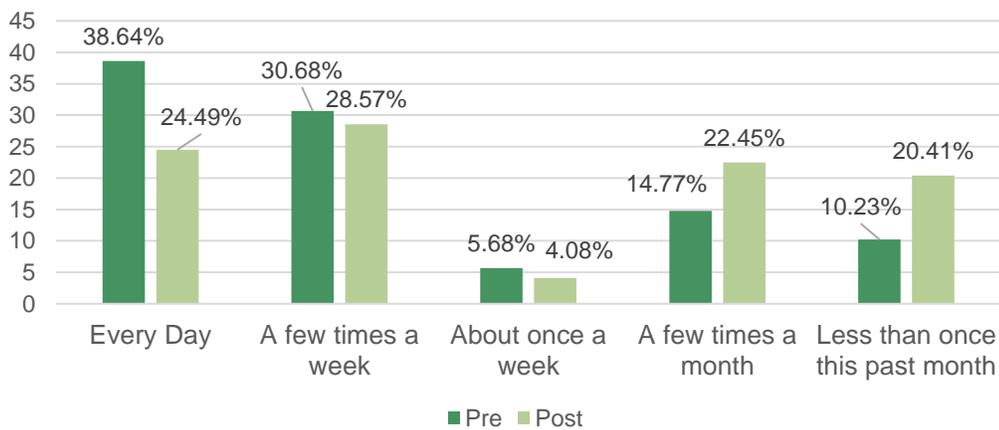
“I am so very grateful to the youth and adults working the program. I would not have had much food to eat and stay healthy.”

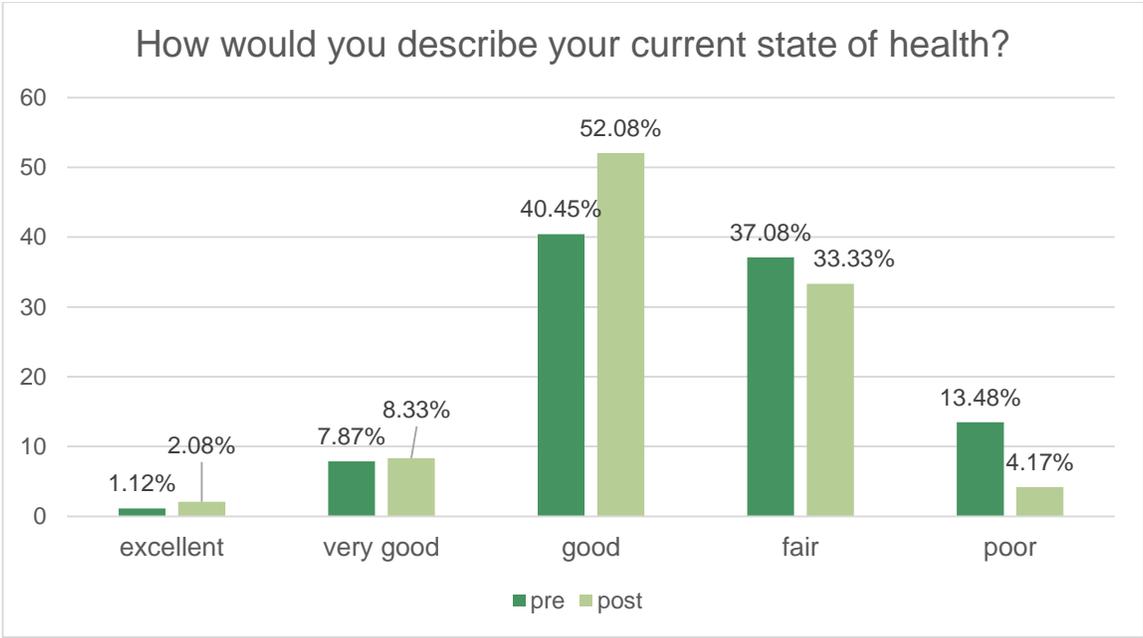
In the past 30 days, how often did you talk or visit with friends or relatives or go to community events or gatherings?



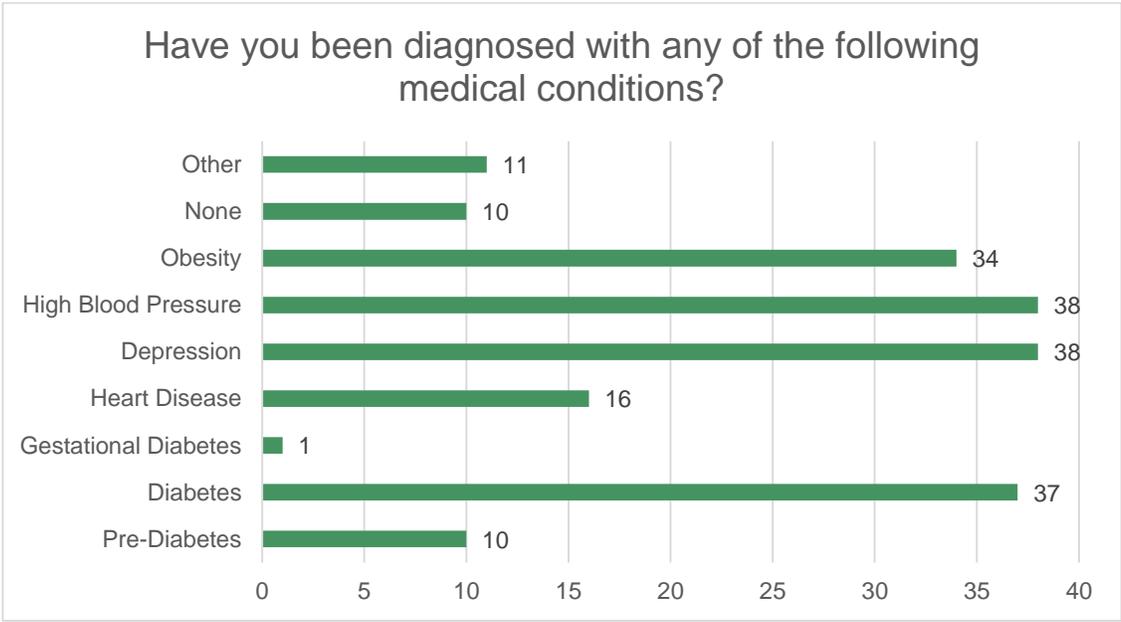
“It was an incredible experience! I felt amazing knowing that I didn't have to buy food. I love waking up knowing that I didn't have to worry about what I was going to eat that day.”

In the last 30 days, how often did you feel nervous or stressed?





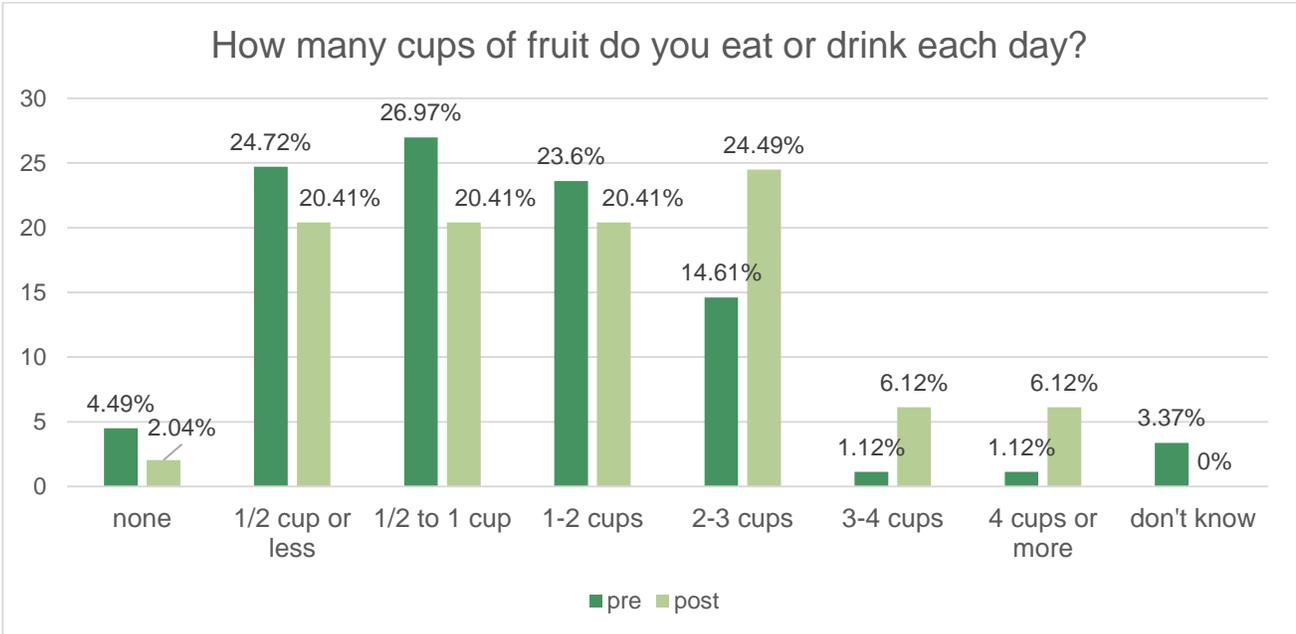
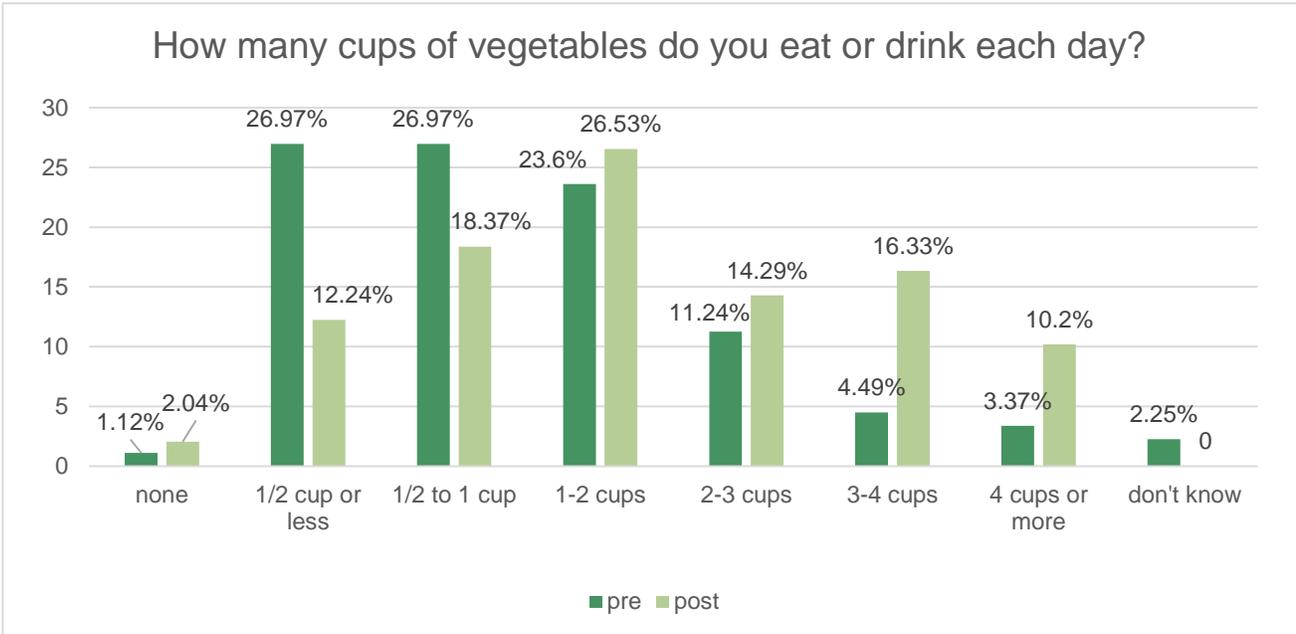
“This is a beautiful program that has truly helped. Health healing foods you can't beat. Please continue to heal the community.”



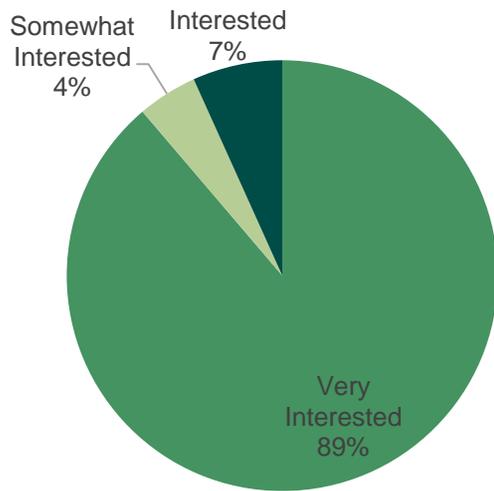
“I enjoyed the experience. I learned quite a bit about food diversity and am genuinely more aware of my health.”

“My kids eat more veggies than they did before. Thank you Farm Share Rx, you helped our family stay healthy!”

“It has been very exciting to have access to a variety of vegetables and try new recipes.”



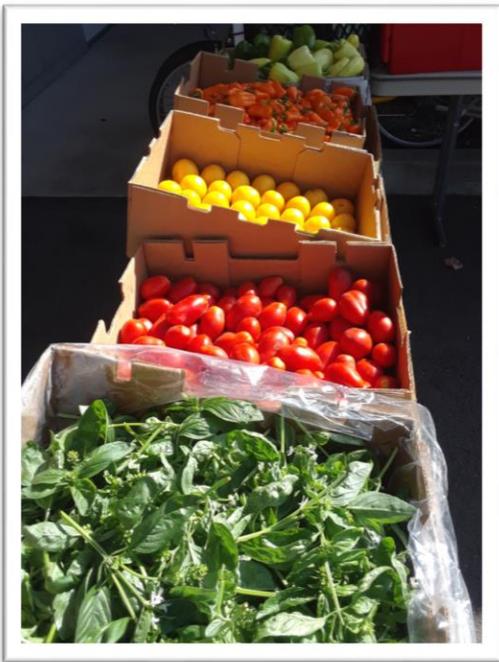
How interested are you in continuing to eat more fresh fruits and vegetables?



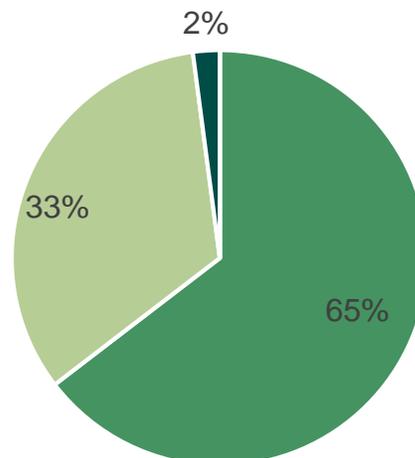
“It saved my life this summer!
Thank you!”

“A very positive experience- not only enjoying fresh produce, but learning lots of scrumptious recipes that are not difficult to accommodate to our lifestyle, many we've passed on.”

“I really enjoyed it. Thank you for the fresh vegetables and fruit.”



How much of your FARM SHARE RX were you able to eat/use every week?



■ 100%- all of it! ■ 75%- most of it! ■ 50%- half of it

GRAND RONDE

The partnership with the Grand Ronde Health and Wellness Center continued, and a new partnership was made with Mama Tee's Farmstead to provide produce (40 shares worth). Additional produce came from the Youth Farm (10 shares worth). Originally, 50 shares were offered to the community. Based on quantity of food from the farms and attendance in the first several weeks, actual shares were 40. Produce was set up market style for participants to choose their vegetables.



OSU Extension:

Food Hero tastings were provided by OSU Extension, and were well received. A Community Health worker from GRHWC filled in to help with tastings when the Food Hero wasn't available. In some cases, the tasting was key in encouraging participants to select and take home an unpopular vegetable.

OSU Extension also taught 3 nutrition cooking classes that focused on key vegetables with high cancer fighting nutrients. These included Garlic, Kale and Cabbage. 8 different people attended at least one class, and 5 came back for second class. Those who participated had a positive experience, and commented on enjoying the information presented. One participant in particular, spent extra time after the garlic class sharing with others who came to the veggie pick-up how important garlic is. Another participant commented weeks later that she enjoyed all the extra information about the vegetables, and that it motivated her to eat more.

Health Indicators:

BMI and blood pressure was collected by the clinic and tracked for 13 of the participants.

- 8 out of 10 who recorded pre BMIs over 30 (obese) lowered their BMI.
- 5 out of 10 with prehypertension or hypertension lowered their blood pressure.

The clinic was able to help arrange delivery for at least one individual with medical needs that prevented her from attending each week. They were open to coordinating delivery for others on

a case by case basis. The clinic also brought the mobile health van to the pantry parking lot on the first and last pick-up days to take blood pressure and weight of those who were interested.

People Served:

40 total active program participants (attending 7 weeks or more)

59 enrolled and attended at least once

88 adults

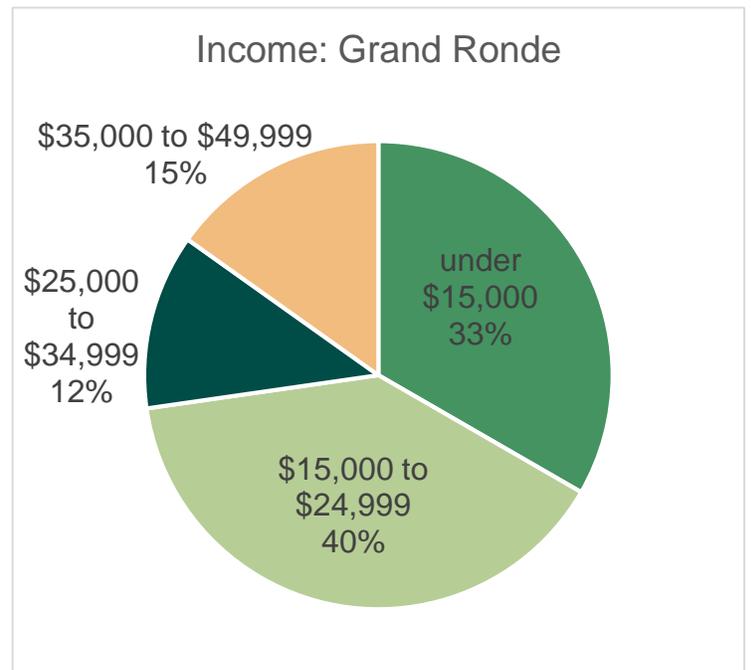
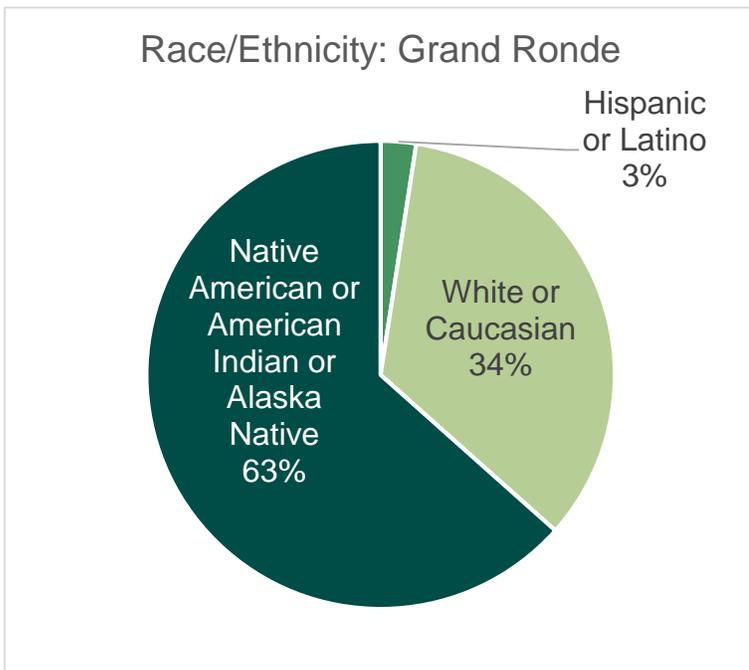
42 kids

Total Impacted: 130 individuals

Attendance:

- 34 went start to finish (starting within the first 3 weeks)
- 6 attended all 14 weeks
- 10 attended 100% of the weeks they were signed up for
- Average attendance for active participants: 81%
- Average number of people picking up each week: 33

Demographics:



LANCASTER FAMILY HEALTH

Lancaster Family Health in Salem was a partner for a third year. This year we had 25 shares available at this site. Changes were made in distribution by bringing pre-packed boxes to the clinic to distribute to participants at a location they were familiar with going. Two youth farmers accompanied Rachel to the site to set up tables and distribute boxes to enrolled participants each week. There was a 2-hour window given to participants to pick up their vegetable shares at the clinic.



OSU Extension:

OSU Extension partnered with us to teach 3 nutrition cooking classes in the clinic’s teaching kitchen. The classes featured key vegetables with high cancer fighting nutrients. They included classes on Kale, Carrots and Beets. The first class was offered twice- once in Spanish and once in English, however due to low attendance in the English class the two classes were combined and taught bilingual for the remaining two classes. Those who attended appreciated the information presented, and in one case an individual who thought she didn’t want kale decided to take some after learning how to make Kale dip in the class. Attendance at the first and last class was low (7 and 5), but the second class brought in 13 (including some children).

Health Indicators:

BMI and A1c was collected at the Lancaster location to see if there were any trends after having access to an abundance of fresh vegetables for 14 weeks. Data from 14 patients is represented here.

- 5 out of 10 participants that recorded pre BMIs over 30 (obese) lowered their BMI.
- 6 out of 8 participants with pre-hypertension or hypertension at a preprogram screening recorded lower a blood pressure at a post program screening.
- All 6 participants with diabetes that were being tracked recorded a lower A1c in their post program screening.

People Served:

23 total active program participants (attending 7 weeks or more)

39 enrolled and attended at least once

85 adults

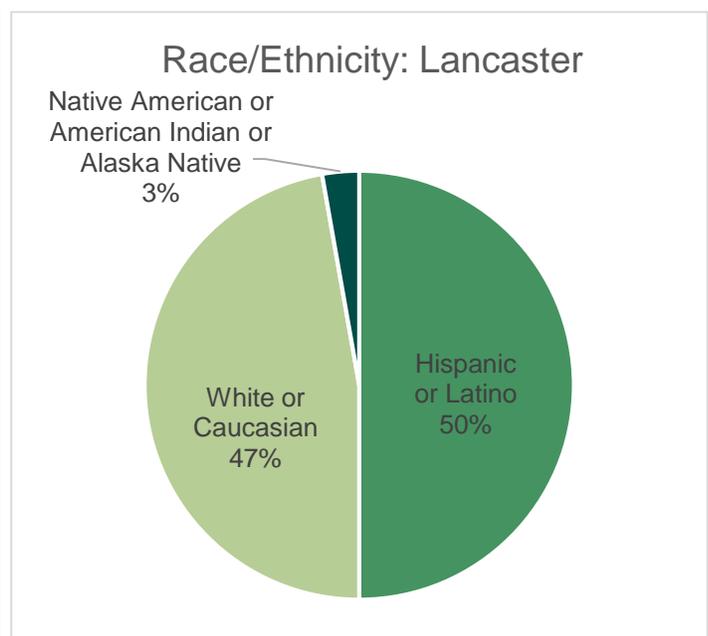
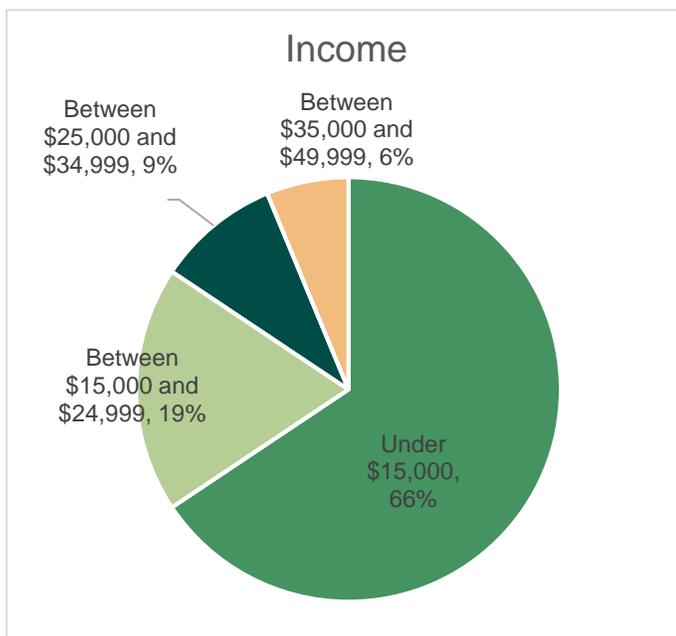
62 kids

Total impacted: 147 individuals

Attendance:

- 15 went start to finish (starting within the first 3 weeks)
- 11 went start to finish (starting the first week all the way to the last)
- 2 attended all 14 weeks
- 6 attended 100% of the weeks they were signed up for
- Average attendance for active participants: 86%

Demographics:



NORTHWEST HUMAN SERVICES

A new clinic was brought on board, expanding Farm Share Rx to West Salem. Northwest Human Services had 25 shares available for their clients. The shares were distributed at the Youth Farm's booth at the West Salem Farmers market. Two youth farmers accompanied Emily to the market each week to set up the booth, distribute boxes to enrolled participants and run the market booth. The market booth was set up for 4 hours each Thursday.

Memo played a key role in being present each week to check in with participants at the market as well as keeping tabs week to week on who was attending, who was missing and why. Changes to the list were made quickly when he noticed someone wasn't attending.

OSU Extension:

OSU Extension partnered with us to teach 3 nutrition cooking classes at one of the farmer's market booths. The classes featured key vegetables with high cancer fighting nutrients. They included classes on Kale, Carrots and Beets. While there were several who expressed interest in the classes and information, actual attendance was low with as few as 3 at one class, and 5 being the highest attended class.

Health Indicators:

Pre and Post BMI and blood pressure was collected by the clinic and tracked for 19 participants.

- 8 out of 11 who recorded pre BMIs over 30 (obese) lowered their BMI.
- 4 out of 7 with prehypertension or hypertension lowered their blood pressure.



People Served:

25 total active program participants (attending 7 weeks or more)

29 enrolled and attended at least once

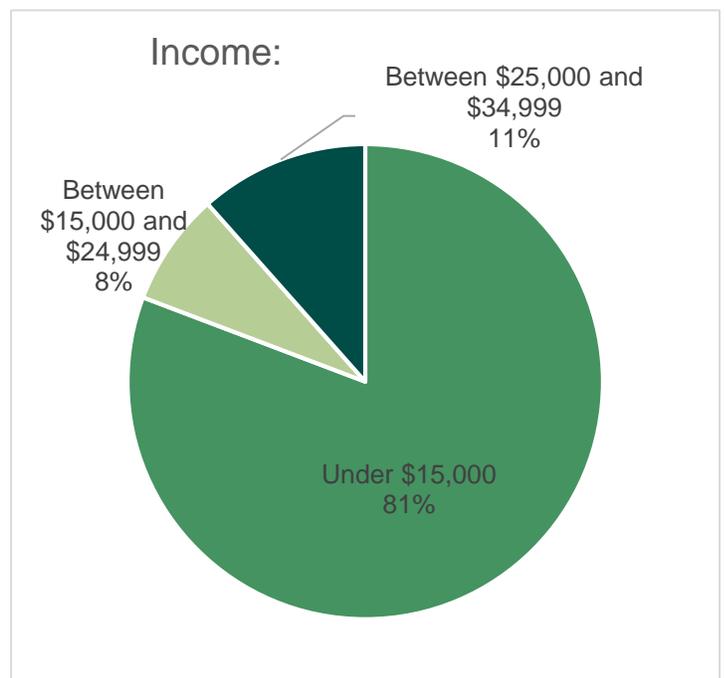
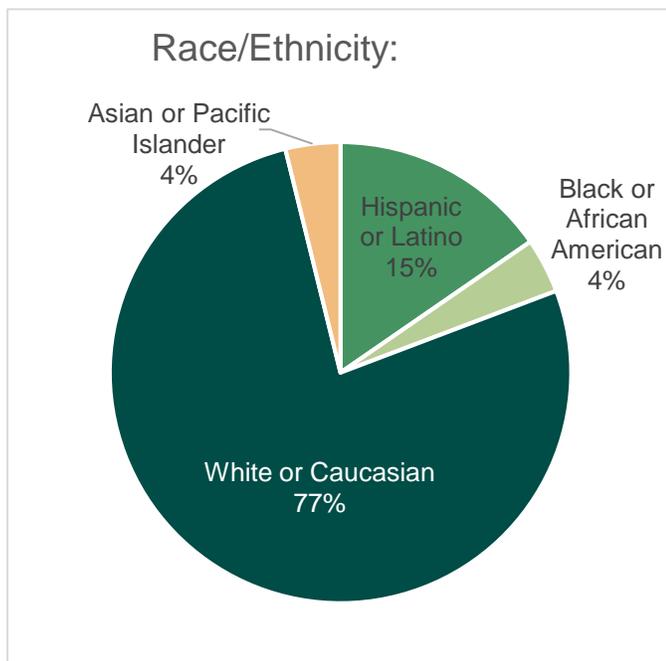
45 adults

19 kids

Total impacted: 64 individuals

Attendance:

- 21 went start to finish (starting within the first 3 weeks)
- 17 went start to finish (starting the first week all the way to the last)
- 6 attended all 14 weeks
- 9 attended 100% of the weeks they were signed up for
- Average attendance for active participants: 84%



PHOTOVOICE EVALUATION

Six major findings emerged from the focus group discussions and the resulting captions:

- 1. Farm Share Rx promotes health and healing** – Participants highlighted the ways in which Farm Share Rx offers them access to healthy food choices, enables them to cook with fresh foods and practice healthy eating, motivates them to exercise and engage with nature, allows them to heal from physical ailments, and helps them feel better and have more energy. Farm Share builds community and social connections.
- 2. Farm Share builds community and social connections** – Participants discussed how Farm Share Rx enables them to build and celebrate community, gather together around food, care for and develop deeper relationships with family and neighbors, engage kids in healthy cooking and eating, share produce and meals with others, and make new friends.
- 3. Farm Share equips participants to cook healthy meals from scratch and encourages them to adopt new foods into their diets** – Participants expressed joy in being able to cook from scratch at home with produce from Farm Share Rx. Many were inspired to experiment with new recipes and taste new foods, expanding their palates in the process. Some took pride in their ability to preserve—through freezing, canning, and pickling—foods that they had received an abundance of. Some noted that they cook and eat more at home—substituting homemade dishes for pre-prepared and processed foods.
- 4. Farm Share improves food security by helping participants overcome barriers to healthy eating** – Many Farm Share participants experience food insecurity due to poverty, physical distance from grocery stores, limited healthy options at grocery stores, lack of cooking infrastructure and transportation, and time constraints due to juggling work and childcare responsibilities. Farm Share Rx participants overcome barriers to healthy food by enabling them to access fresh produce that they would otherwise be unable to afford.
- 5. Farm Share participants express gratitude for the variety, choice, and abundance that they would otherwise not have access to** – Participants expressed appreciation for the variety and choice that Farm Share affords them. They expressed gratitude for the youth farmers, and noted that the produce they received from Farm Share Rx was more exciting, colorful, and tastier than what they can purchase in the grocery store. Participants appreciated the ability to select vegetables and make healthy food choices.
- 6. Farm Share offers critical education that transforms cooking practices and diets** – Participants benefit from the nutrition education that accompanies their Farm Share produce. The recipes, cooking demonstrations, and preservation classes help participants learn about healthy eating, encourage them to try new produce and recipes, and transform their cooking practices. Participants appreciate an opportunity to share recipe ideas with fellow participants and to learn from the youth farmers about how they grow different vegetables.

Enrollment Form Questions:

- Zip Code
- Income
- Birth Year
- Number of Adults in Household
- Number of Children in Household
- Patient's Race/Ethnicity
- Gender
- Does anyone in your household receive any of the following nutritional support?
- Have you been diagnosed with any of the following medical conditions?
- How interested are you in attending cooking classes that focus on vegetables you will receive through this program?

Pre/Post Survey Questions:

- About how many cups of vegetables do you eat or drink each day?
- About how many cups of fruit do you eat or drink each day?
- In the last 30 days, how often did you visit with friends or relatives or go to community events or gatherings?
- In the last 30 days, how often did you feel nervous or stressed?
- In general, how would you describe your current state of health?
- In the last 30 days, how many times did you or a family member in the household go to a hospital Emergency Room?
- How many different prescription medications are you currently taking for chronic illness?
- How interested are you in eating more fresh fruits and vegetables?
- How comfortable are you in the kitchen?
- Within the past 30 days, did you worry your food would run out before you got money to buy more?
- Within the past 30 days, did the food you bought just not last and you didn't have enough money to get more?

Post Survey only:

- How much food from your Farm Share Rx were you able to eat/use every week?
- Were there items you wished were in your Farm Share that would have helped out more?
- Do you have any comments about your experience with the Farm Share Rx program?

Were there items you wished were in your Farm Share that would have helped out more?

More fruit- 5

Apples-2

Blueberries

Berries

Head lettuce- 2

More carrots-3

More green onions

More broccoli

More red potatoes

Mint

Herbs

Sugar peas-2

Onions (white and red)- 3

Brussel Sprouts

Celery-2

Sweet potatoes/yam potatoes

Corn

Okra

Citrus- 2

“Less Kale. Less green/purple beans.”

“Garlic greens are great”

“Everything that we received was excellent and it really helps.”

“Can’t think of anything! There was plenty!!”

Data Notes

Surveys:

For 2019 the enrollment form and pre-survey were printed and stapled as a single survey to make less paperwork for participants to keep track of. There was some confusion by the Salem clinics as to how much information the Food Share wanted to collect, and front pages (enrollment forms) of surveys were detached from the surveys. Comparing demographics to specific questions on the survey could not be done.

The questions set up to provide a unique code for tracking purposes was not very successful this year. Only 22 surveys could be linked. Possibly confusion over questions or different people from the family filling out the form. Total post survey return rate was lower this year. Data presented is based on 49 post surveys returned. Post surveys were handed out the final 2 weeks. There was lower attendance the final week, as well as many participants that have a friend or family member pick up for them that did not return surveys.

Pre surveys were handed out the first 7 weeks. Those who joined during the second half did not fill one out. Enrollment forms were part of the pre survey, so some of the data about numbers served does not include families that joined in the final 7 weeks.

Health Indicators:

In total, data from 46 patients was collected for pre and post measurements. Each clinic was responsible for the collection of the data, and each had their own parameters for how close to the start/stop date they wanted the data collected from. Lancaster chose to include A1c data since they felt that was a better health measurement for some of their patients.

Attendance:

The attendance rate calculated for each site is looking at the active participants (attending 7 weeks or more), and calculating the average based on how many weeks each person was signed up for. Example: A participant signed up for 10 weeks that attended 9 weeks would have an average of $9/10 = 90\%$.

The attendance rate for each site based instead on how many shares were picked compared to the total available is as follows:

Grand Ronde: 83% (based on 40 shares available)

Lancaster: 74% (based on 25 available)

West Salem: 79% (based on 25 available)

Compared to 2018:

Grand Ronde: 85% (based on 40 shares available)

Lancaster: 62% (based on 40 available) 75% (based on average weekly enrolled, 33)

2018 vs 2019 average attendance for active participants:

Grand Ronde: 83% (2018) vs 81% (2019)

Lancaster: 85% (2018) vs 86% (2019)

Reasons for absences given:

Transportation, vegetables not needed this week (left over from week before), conflicting appointments, illness, and out of town.

The 4th of July week proved to be low attendance at all sites. The pick-up day was changed for the Salem sites to the 5th, and in Grand Ronde many participants were heading out of town. This also fell on the second week of the program when participants were still getting comfortable with adding the habit of a weekly pick up to their schedules.

Attendance improved as participants got comfortable with the habit of picking up:

Average shares picked up first half vs. second half:

Grand Ronde: 81% vs 84%

Lancaster: 63% vs 83%

West Salem: 78% vs 81%

Date: November 26, 2019
 To: Food Share Board of Directors
 From: Julie Hambuchen
 Re: Development Update

Chefs' Night Out Gift Delivery

Thank you to all Board members who signed up to deliver holiday gifts to Chefs' Nite Out restaurants, wineries and other providers. We'll have the gifts ready for you to pick up at the December Board meeting, and you can deliver them anytime before Christmas. We know that owners and managers really appreciate this expression of thanks, and we hope you enjoy the making the deliveries.

Chefs' Night Out Results

Here are the final results from Chefs' Night Out this year.

	2016	2017	2018	2019
Total Income	\$66,928	\$73,775	\$78,980	\$81,095
Expenses	\$23,986	\$19,864	\$20,792	\$22,900
Net Total	\$42,942	\$53,911	\$58,188	\$58,195
Tickets Sold	719	820	766	704
Food and Beverage Providers	46	47	59	60

Keizer Miracle of Christmas

This wonderful annual display of holiday lights in the Gubser neighborhood will run from December 6 – 26 and is open from 6 pm to 10 pm nightly. Food and fund donations benefit the Food Share.

Board Updates

December Committee Updates

Governance Committee – met on November 13

- **Board tracker documents – update**
- **Bylaw amendments**
- **Wine, Cheese & Learn brainstorming**

Executive Committee - met on November 21

- **Discussed the CEO evaluation by Board and direct reports – will share results at the Board Meeting**

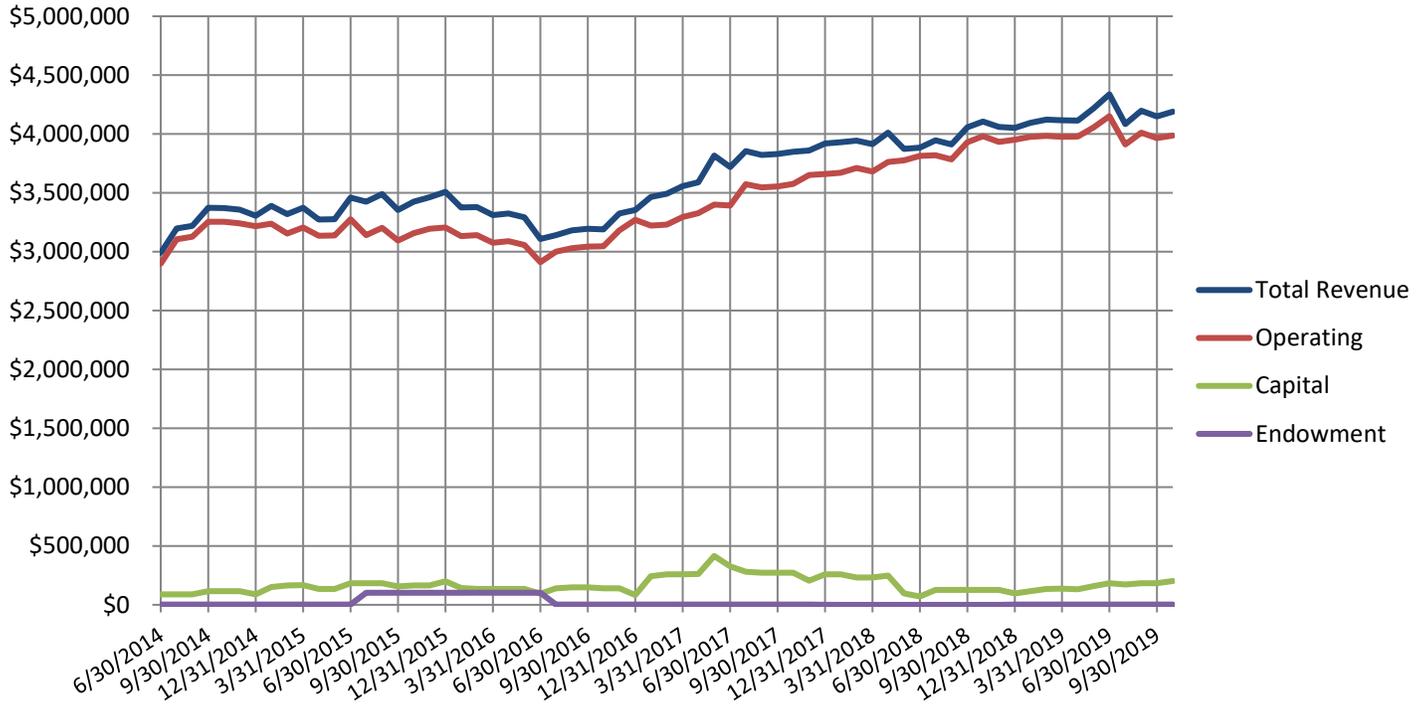
Finance Committee – met on November 21

- **Reviewed and discussed financial results for the four months ended October 2019**
- **Reviewed and recommend to the Board the revised budget for fiscal year ending June 30, 2020 proposed by management**

AWARE

- **The board hasn't met since the last meeting, but will meet in the near future to clean up processes, including those around the transfer of funds between the Food Share and AWARE**

Total Giving by Fund Type Rolling 12 Months



Total Giving by Constituent Type Rolling 12 Months

