

# *What is The Urban Food Systems Program?*



Seattle Parks & Recreation's Urban Food Systems Program strives to

- Provide access to healthy food
- Promote strong community engagement using equitable and sustainable environmental practices
- Create opportunities for healthy recreation and cultural place-making.

# *Outcomes and Strategies*



## **Outcomes**

- Encourage healthy and active lifestyles
- Steward park land for long-term sustainability
- Support the local food system to build community and cultural place-making

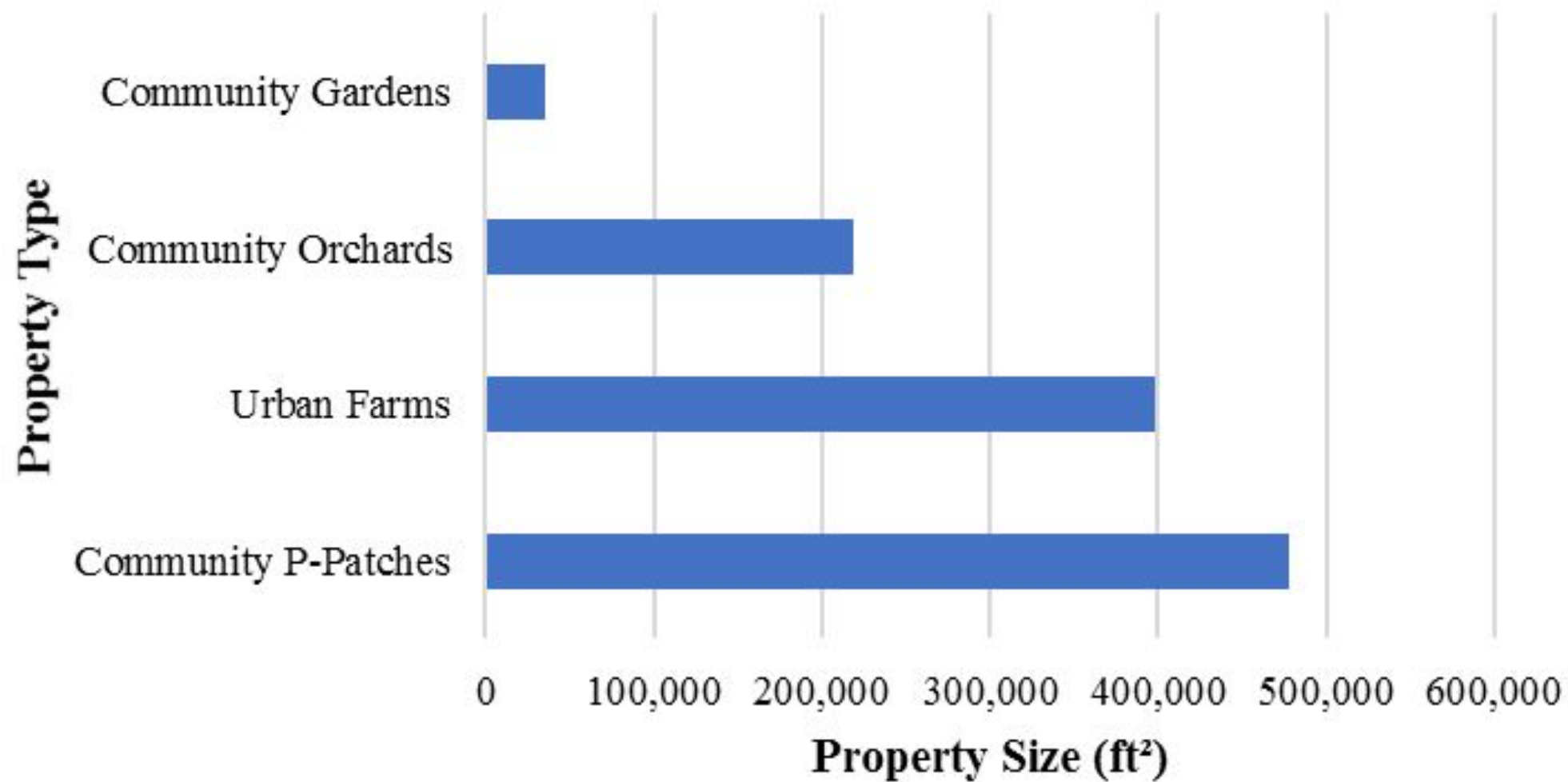
## **Strategies**

- Community engagement leveraging SPR assets for growing, harvesting, cooking, and disposing of food.
- Outreach and engagement of youth, POC and other underserved communities
- Increase environmental stewardship through food system programs

# *Urban Food System Assets*

The Urban Food Systems (UFS) Program identifies its assets as Seattle Parks and Recreation's (SPR) designated food growing spaces. **The UFS Program has domain of a total of 1,129,590 Square feet (ft<sup>2</sup>) of food growing land, (including P-Patches).** These 109 properties include community gardens, urban farms, community orchards, and although not stewarded directly by the UFS Program, community P-Patch gardens. Community P-Patches make up over 470,000 ft<sup>2</sup> of total growing space, while urban farms is a close second with almost 400,000 ft<sup>2</sup>. Community gardens and community orchards account for over 250,000 ft<sup>2</sup> combined. **P-Patch gardens make up 73% of SPR's food growing spaces; greater than that of community gardens, community orchards, and urban farms, combined.**

## Size Comparison of Urban Food Systems Landscape Assets



## Community Gardens

The UFS Program currently stewards 6 community gardens located at SPR Community Centers. These 6 gardens provide Seattle communities with 35,144 ft<sup>2</sup> of gardening/growing space. **Community gardens are used to support a variety of programming and events that surround food production, consumption, distribution, and elimination.** They also support urban sustainability and equitable gardening/farming skill-building and education initiatives. **Due to the contaminated history of some of land currently stewarded by SPR, all community gardens located at SPR community centers utilize raised and container beds.** Community gardens are currently being used for production of seasonal vegetables, fruits, and herbs. Some fruit trees can be found at specific sites, increasing the overall food yield for the UFS Program. The placement of UFS community gardens at community centers allows for guaranteed access to water, ensures American with Disabilities Act (ADA) accessibility, and provides opportunity for collaboration for stewardship and programming.



## ***P-Patch Community Gardens***

P-Patch is the name given to community gardens that are managed by the Seattle Department of Neighborhoods P-Patch Community Gardening Program. **The name, P-Patch, originated from its first community garden, Picardo Farm.** The P-Patch Community Gardening Program oversees 88 P-Patches distributed throughout the city. Community gardeners grow food on 14.9 acres of the land and in addition steward 18.8 acres for the public for a total of 32 acres. Seattle has 88 P-Patch community gardens located on 85 physical locations throughout the city on **Seattle Parks & Recreation, Seattle City Light, Seattle Public Utility, and private property.**

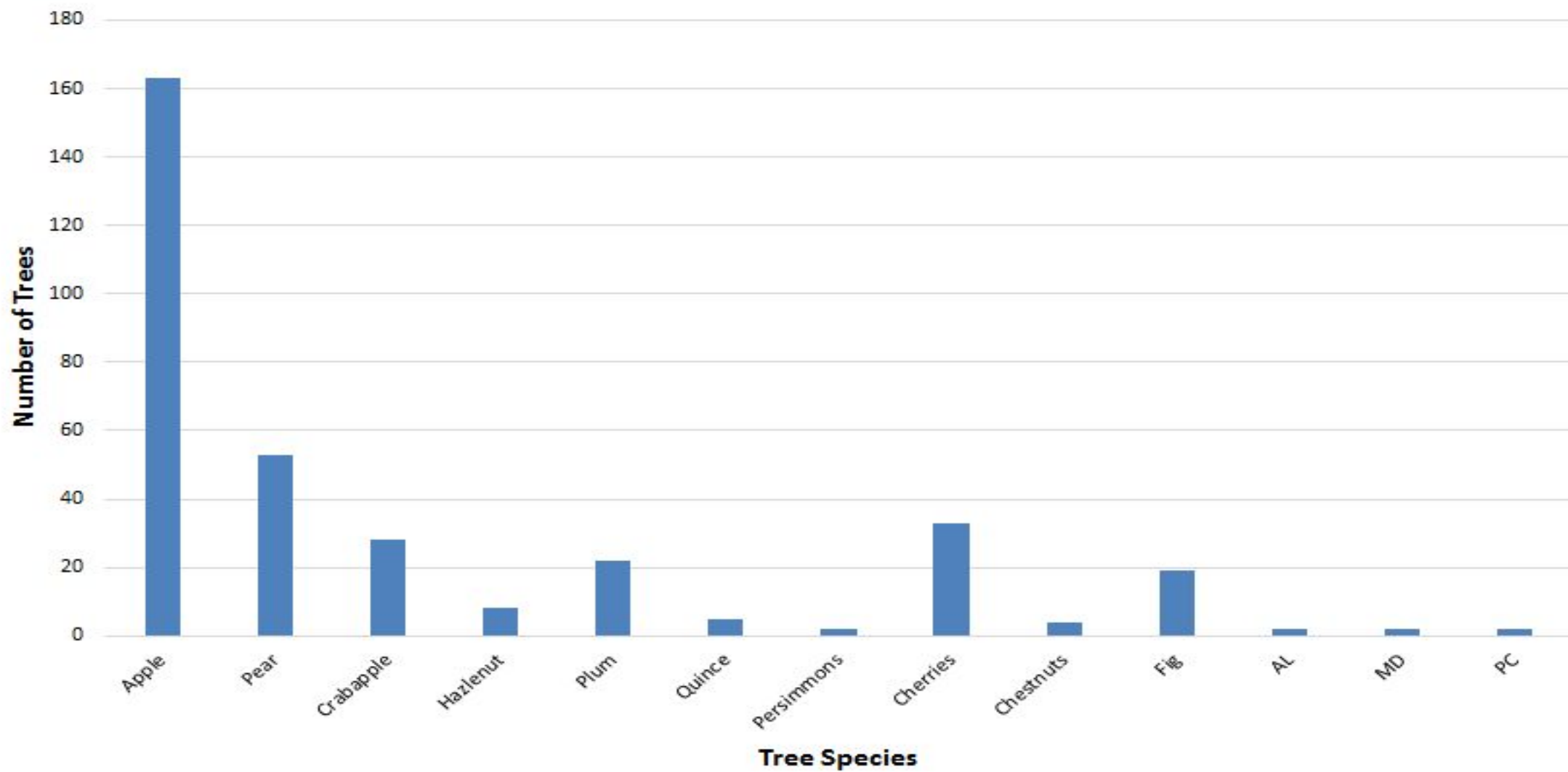


## **Community Orchards**

The UFS Program currently oversees 7 community orchards. These orchards include: **Martha Washington Orchard, Amy Yee Tennis Center Orchard, Jose Rizal Orchard, Burke-Gilman Trail Orchard, Meridian Park Orchard, Picardo Farm Orchard, and Pipers Orchard located at Carkeek Park.** These 7 orchards provide Seattle communities with 158,627 Sq. ft. of harvesting space. During a recent site assessment of these properties, a total of 343 trees of 13 different species were counted. **Non profit organization City Fruit is contracted by the City Of Seattle to help maintain and provide programing at these orchard sites.** The overall condition of the orchard sites visited ranged from well-maintained to poorly maintained. Pest issues were observed in 85% of orchard sites. Issues included moth and rodent infestation and signs of pest and disease damage on trees.



### Urban Food Systems Community Orchards Trees



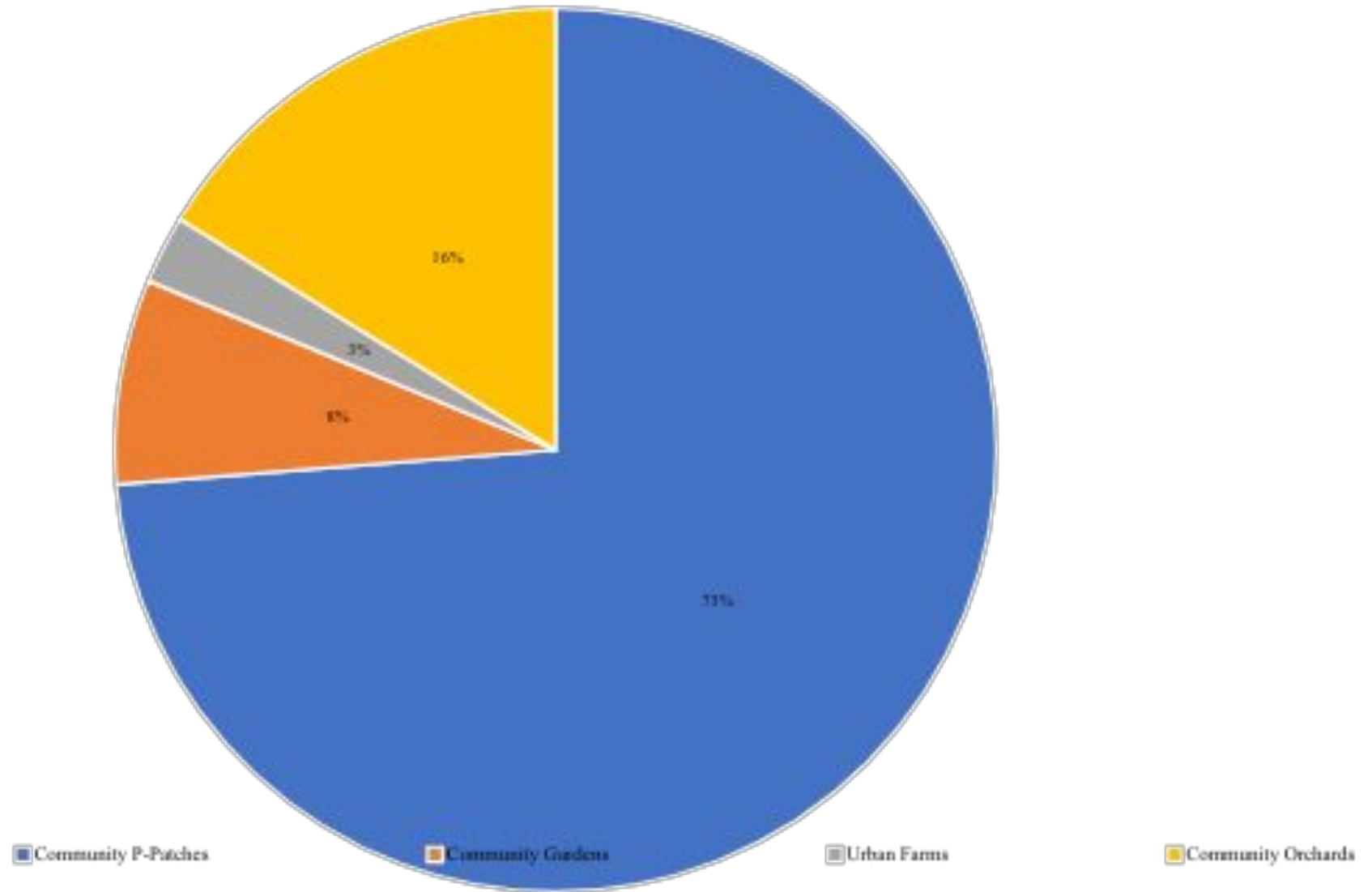


## **Urban Farms**

The UFS Program currently has domain over Rainier Beach Urban Farm and Wetlands and Marra Farm, both located on SPR property and make up 397,960 Square feet of potential growing space. **Rainier Beach Urban Farm and Wetlands is currently managed and operated by Tilth Alliance, and Marra Farm is managed by the Department of Neighborhoods.**

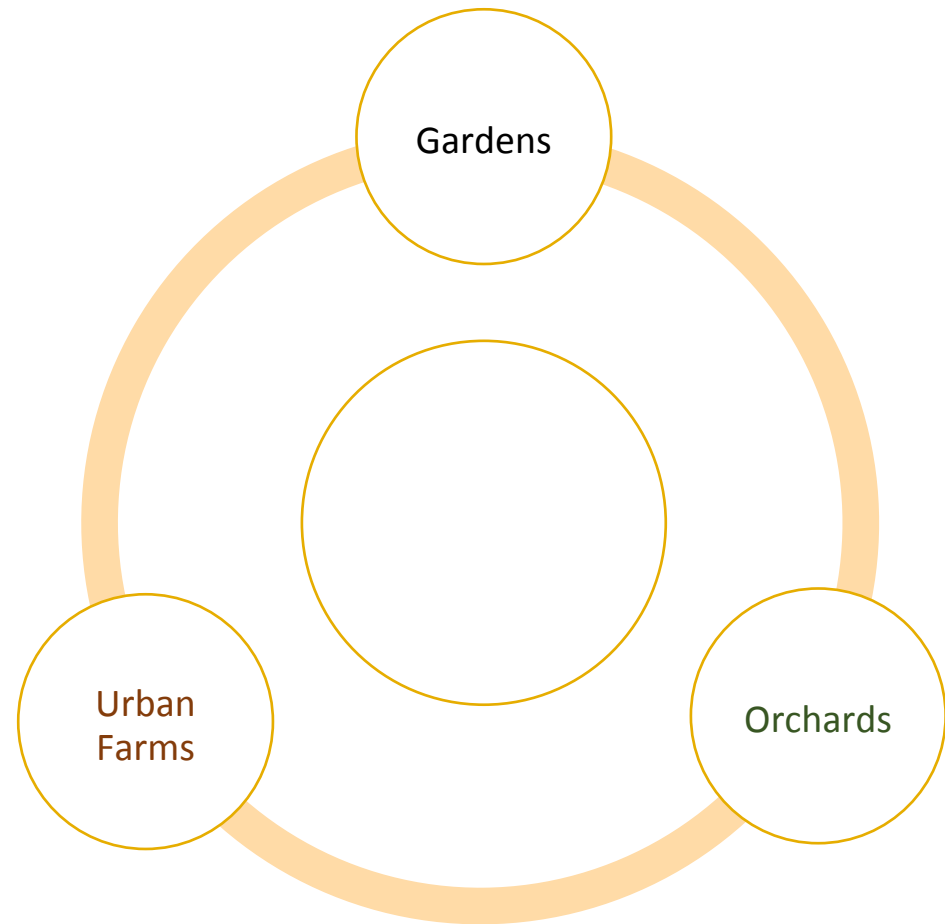


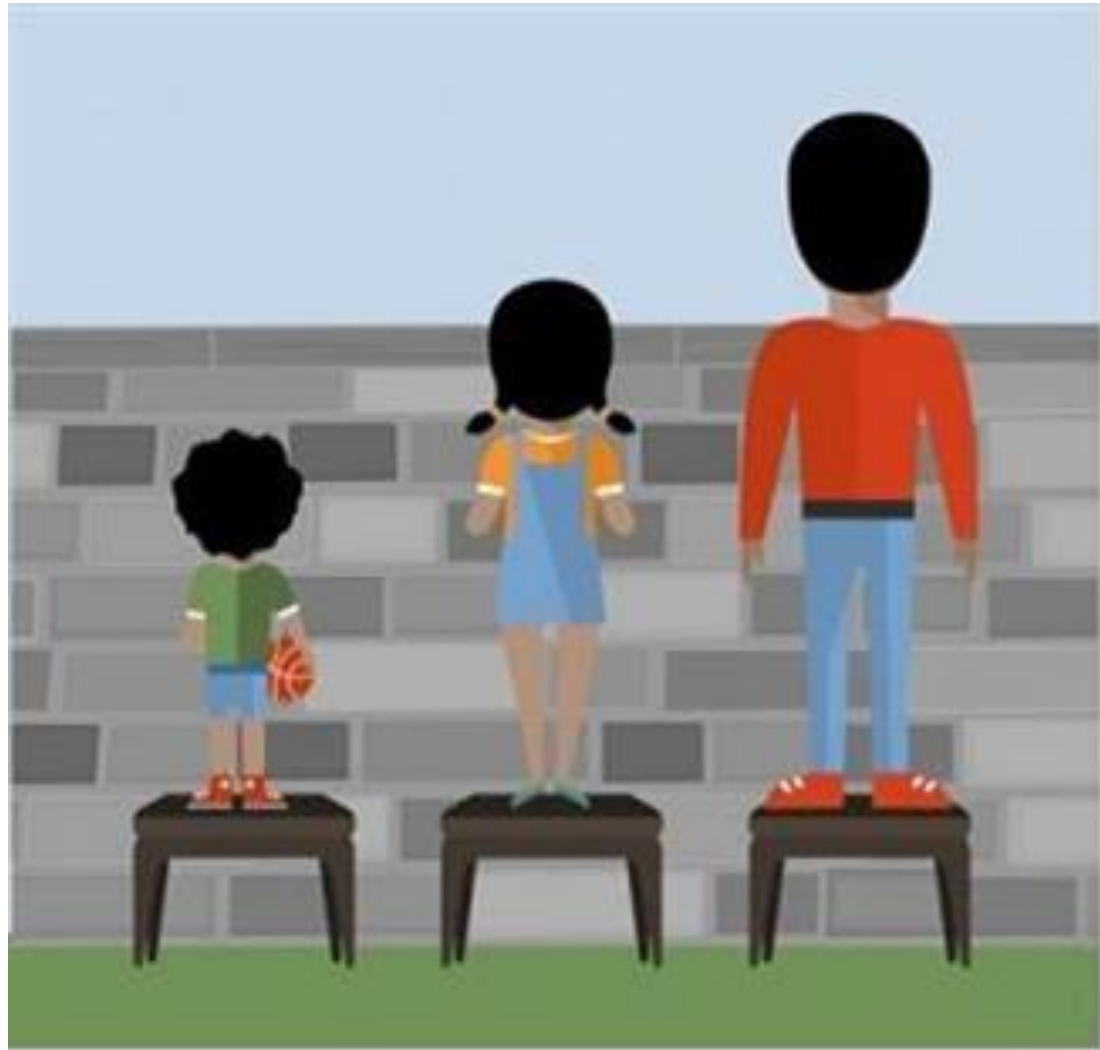
### Urban Food Systems Landscape Assets



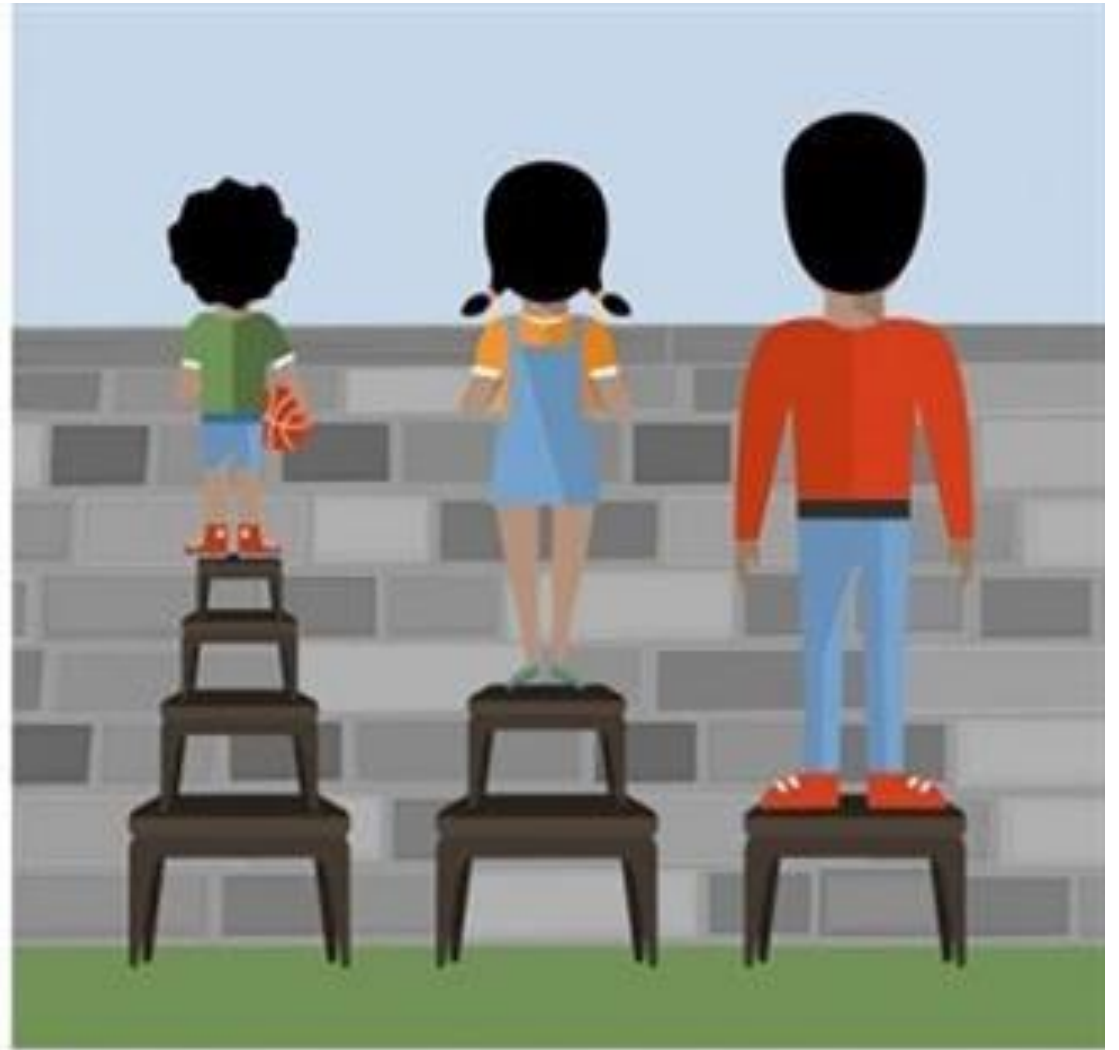
# *Urban Food Systems Land Assets*

- Rainier Beach Urban Farm
- Marra Farm
- Piper's Orchard
- Amy Yee Tennis Center Orchard
- Rainier Community Center Gardens
- Rainier Beach Learning Garden





**Equality**

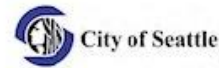


**Equity**

# *Equity Driven Policy*



## **EQUITY & ENVIRONMENT AGENDA**



City of Seattle

## **FOOD ACTION PLAN**





### Community Driven Strategies

We believe in community self-determination, influence and leadership. We know that communities are resilient and resourceful, and that tapping into their own collective cultural cornerstones of environmental sustainability is key to ownership of initiatives and other efforts, as well as reducing invisibility.

### The Influence and Decision-Making of Those Most Affected

We believe that communities who are deeply affected by environmental issues should be highly involved throughout decision-making processes in meaningful and culturally appropriate ways.

### Strong Accountability

We believe that affected communities deserve strong, accountable, transparent, accessible, and culturally appropriate solutions that include ongoing oversight of government and other entities to address the negative impacts they have experiences.

### Solutions That Recognize Complexity and Interdependence

We believe in doing no harm, here or anywhere. We recognize that all places and people are interconnected, and commit to an approach of collective liberation, which recognizes that the liberation of each person is the liberation of all people

## Seattle Food Action Plan Goals

### Healthy Food For All

All Seattle residents have enough to eat and access to affordable, local, healthy, culturally appropriate food.

### Grow Local

It should be easy to grow food in Seattle and in our region, for personal use and for business purposes.

### Strengthen the Local Economy

Businesses that produce, process, distribute, and sell local and healthy food should grow and thrive in Seattle.

### Prevent Waste

Food related waste should be prevented, reused, or recycled.

# What is Healthy Food System?

- ***Nutritious Food***

Whole or minimally processed foods that promote the physical well being of people and communities.

- ***Sustainable Food***

Food that is produced in a way that promotes the health of ecosystems and communities for our generation, without compromising the ability of future generations to produce food. Sustainable food is produced without the use of artificial chemicals, pesticides, or herbicides, in a way that builds our soil, protects our waterways and air, and eliminates exposure to pesticides and artificial chemicals for farmers, workers, consumers, and communities.



# FOOD INSECURITY



**EMERGENCY FOOD ASSISTANCE**



**SOUP KITCHENS**



**CHILD NUTRITION**



**FOOD PRODUCTION FARMS**



**FARMERS' MARKETS**



**GARDENING**

**SNAP EDUCATION**



**YOUTH EDUCATION**



**MENTOR + PROMOTER**



**FOOD SECURITY**

# Benefits of a Healthy Food System

- Promoting health and preventing disease
- Increasing equity and opportunity for all
- Building shared prosperity in the region
- Protecting and enhancing our environment
- Celebrating food and strengthening community



## Promoting health and preventing disease

*Access to fresh, healthy food is critical to our individual health and the health of our communities. The methods used to produce, process, and prepare foods, as well as the food choices we make as consumers, have significant impacts on the health of individuals.*



## **Increasing equity and opportunity for all**

*A healthy food system ensures that everyone, regardless of income or life situation, has access to healthy food. A strong food system can prevent food insecurity, reduce rates of obesity and diabetes, and support optimal nutrition.*



## Building shared prosperity in the region

*Shifting to a local food system in which the food we eat is produced within the region supports jobs and keeps money in our local community. The 2008 report, "Why Local Linkages Matter" found that locally directed spending by consumers more than doubles the amount of money circulating among businesses in the community. The report found that if we shift 20 percent of our food dollars into local businesses, we would see a nearly half-billion dollar annual income increase in King County alone.*



## Protecting and enhancing our environment

*Large-scale industrial food production practices are characterized by intensive energy use and waste. Our current food system relies heavily on fossil fuels, a non-renewable resource. Environmental impacts such as water and air pollution from farm operations and food transportation, as well as habitat loss, soil depletion, and pesticide use as a result of some agricultural practices are of increasing concern across the country.*



# Celebrating food and strengthening community

*Food permeates virtually all aspects of society and plays an essential role in building community. In Seattle, the efforts of individuals, organizations, governmental agencies, and businesses to improve the food environment have fostered relationships among producers, processors, and consumers. For example, at farmers markets, consumers can meet the farmers and businesses growing and preparing their food. Food brings people together, be it at the dinner table, at farmers markets, community gardens, potlucks, neighborhood events, or local cafes.*



***Through culturally relevant programming and community engagement, the Urban Food Systems Program strives to reach specific and intentional goals outlined in Seattle's Equity and the Environment Agenda and Seattle's Food Action Plan***





# ***Garden, Farm, and Harvest Squads.***

These Youth Employment Service Learning (YESL) programs are designed to help facilitate urban youth in growing, harvesting, cooking and eating healthy foods that help connect them to community, history, culture, nature, and nutritious food! These programs feature experiential and culturally responsive activities that promote engagement with environmental health, and provides options for maintaining life long personal health and wellness. UFS works with local schools and educators to ensure our curriculum aligns with school standards for STEM, helps students earn service learning hours, give youth opportunities to gain professional job readiness skills, and help prepare cohorts for college and



# Community Kitchen Pilot Program

In the spring of 2017, the **Urban Food System, South Park Community Center, and Seattle Parks and Recreation's Get Moving Program** partnered a pilot program that explored cultural intersections through food and physical movement. **The four event pilot program explored the foodways of cultures represented by the people who currently represent the population of the South Park neighborhood.** The program was so successful, UFS hopes to develop a Community Kitchen curriculum and implement a quarterly(seasonal) event during the 2018 calendar year.

