



Healthy Food, Healthy Communities:

An Assessment and Scorecard of
Community Food Security
In the District of Columbia

July 2006

Acknowledgements

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TABLE OF CONTENTS

	Page
i. Executive Summary	4
Major Findings	5
I. Introduction	6
II. Analyses of Food Resources in the District of Columbia	
Grocery Stores	10
Convenience and Corner Markets	15
Farmer’s Markets	18
Cooperatives and Buying Clubs	23
Community Gardens and Urban Agriculture	26
Federal Nutrition Programs	28
Supplemental Food	30
III. The Community Food Security Scorecard	32
IV. Appendix	
Appendix A: Map of Poverty in DC.....	38
Appendix B: Grocery Stores and Farmers Market Map Information.....	39
Appendix C: Farmer’s Markets- Locations & Schedules.....	41
Appendix D: For Further Information.....	43
Endnotes.	46

EXECUTIVE SUMMARY

Today 35 million Americans including 13 million children are hungry or at risk of hunger. In a country with enormous wealth and abundant agricultural resources we are witnessing a failure of coordination and caring. No person in America has to be hungry. We believe this problem is solvable.

In the District of Columbia more than 68,000 residents, including 35,000 children, are living on the edge of hunger. This problem is exacerbated by the paradoxical obesity rates of more than 24 percent and higher than average rates of diabetes, hypertension and other nutrition-related illness plaguing our community. The impact of poor nutrition will be devastating to our communities in the District of Columbia if we don't act. If we don't act in a wise fashion and if we don't act now.

The District of Columbia has taken beginning steps to combat the problem of hunger and food insecurity. In 2005, Mayor Anthony A. Williams re-established the Commission on Food and Nutrition. And, with regard to the problem of food insecurity and poor nutrition in children and youth, in April of this year, Mayor Williams and three non-profit organizations – D.C. Hunger Solutions, the Food Research and Action Center, and Share Our Strength – launched a Ten Year Campaign to End Childhood Hunger in the Nation's Capital. This campaign, endorsed by more than 150 leaders representing over 14 sectors of the city, outlines a plan to improve public education about nutrition resources, strengthen the infrastructure in which programs are administered, and help families help themselves with better information and enhanced economic security.¹

While the ten-year comprehensive plan addresses access to more consistent and better food for more than 35,000 children and leverages more than \$14 million in federal funds to do so, D.C. Hunger Solutions wanted to take one strategy from the plan, "Increasing families' access to fresh, affordable produce", even further. We decided that our work in this area would be better served by additional research. Research guided by the principles of community food security.

Community food security (CFS) is a relatively new food security-promoting strategy that considers all the factors within a region or community's food system that influence the availability, cost, and quality of food to area households, particularly those in lower income communities. The food security of individuals, families and communities impacts every aspect of our society—from the health and well being of citizens to the financial stability and tax base of City government. By acknowledging and examining the interconnectivity of every aspect of a food system, it is much easier to weave a web of resources that allows every individual to enjoy access to safe, healthy and affordable food.

This assessment reviews the current state of access to food and nutrition resources in the District of Columbia by Ward; and provides direction for organizations, government and individuals interested in ensuring food security to individuals by providing better access to healthy and affordable food in every community.

In addition, we ranked each Ward according to the food security of its residents and their access to affordable healthy food through a variety of resources. The Community Food Security Scorecard is a snapshot of the current state of local food security in the District of Columbia. We wanted to know whether residents of every District Ward are able to access healthy and affordable food.

The major findings of the assessment are:

What Does Community Food Security look like?

- Affordable healthy food in all neighborhoods
- A cohesive network of nutrition programs
- Low rates of diet-related diseases
- Safe and nutritious food in stores, assistance programs and homes
- Fresh, delicious food for everyone, regardless of income

1. **Grocery stores are not evenly distributed throughout the city.** Due to unequal distribution, not every resident has the advantage of a supermarket in his or her neighborhood. While Wards 2, & 3 in the Northwestern part of the City have twelve supermarkets—or one store for every 11,881 residents—Wards 1, 4, 5, 7, and 8 do not have adequate numbers of stores for their land and population size. For example, only two chain supermarkets operate east of the river in Wards 7 & 8—an area with over 140,000 people. In Ward 8 there are no chain supermarkets at all.
2. **Many healthy items were not available at every grocery store; and when they were, they cost more.** At every grocery store in the District we surveyed, foods with high nutritional value such as fruits, vegetables, whole grains, and dairy products are more expensive and more likely to be absent from shelves than less healthy items like frozen French fries, processed foods, potato chips and soda.
3. **Many corner markets, which low-income communities rely on when there is no grocery store, have limited affordable, healthy items in stock.** While further research is needed in this area, one example of five corner markets surveyed found that 3 out of 5 corner markets did not sell chicken; 2 out of 5 did not sell oatmeal, kidney beans, green peas, and bananas; and eighty percent did not sell or stock oranges and lettuce. It was also determined that corner markets are the primary food providers in areas of high poverty, especially in Wards 1, 7, and 8, and that in these stores, food prices are generally more expensive.
4. **Farmer’s markets are unequally distributed throughout the city and require too much annual red tape to start-up and keep them going.** There are 18 farmer’s markets west of the Anacostia river and only 3 east of the river, where there is also a lack of grocery stores. Also, there is no single farmer’s market permit in the District of Columbia. Instead, market managers must submit paperwork to multiple D.C. government agencies— annually.
5. The District of Columbia overall, is underserved by alternatives such as, grocery cooperatives, community supported agriculture, and particularly community gardens – with 80 percent of gardens being concentrated in Upper Northwest and Capitol Hill neighborhoods.

The results of our Community Food Security Scorecard are:



Overall Rankings	
Ward 3	B
Ward 6	B-
Ward 2	C+
Ward 4	C+
Ward 5	C
Ward 7	C
Ward 1	C-
Ward 8	D-

Additional information about the findings and the results of the scorecard are detailed in the following pages. We hope this assessment and scorecard will bring to the forefront the obstacles and barriers that families face each day trying to obtain healthy food living in the District of Columbia. We urge the Mayor’s Commission on Food and Nutrition to take on the recommendations outlined in this assessment and share them with members of the City Council, other elected officials and decision makers to seek change. All of the recommendations outlined in this assessment are within reason and can be done within the confines of our current city budget.

INTRODUCTION

Today 35 million Americans including 13 million children are hungry or at risk of hunger. Hunger and food insecurity (people not experiencing hunger outright, but living on the very edge of hunger, without adequate resources to purchase a balanced diet for themselves and their families) are far too widespread in this country and in the District of Columbia. According to the most recent national data, 21.8 million adults and 13.1 million children live in households that are food insecure or hungry. Households with children have even more than twice the rate of food insecurity of households without children.

The United States Department of Agriculture (USDA) reports that the District has an overall food insecurity rate of 10.2 percent of households. D.C. Hunger Solutions estimates nearly 68,000 District residents living in food insecure or hungry households. Child data (for the District of Columbia or states) are not available because of the small sample size, but if the ratio of food insecure children to adults that prevails nationally prevailed in the District, approximately 35,000 children here are hungry or food insecure.

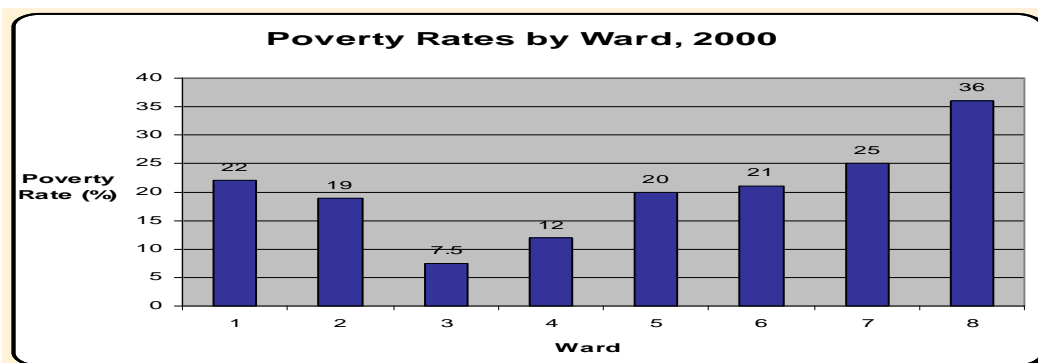
Food insecurity and hunger are often symptoms of poverty. Families are hungry and food insecure when wages and other supports (e.g., child support payments, cash welfare, housing subsidies) are not adequate to meet basic needs. In the last couple of years, the clash of rising health, energy and housing costs coupled with stagnant earnings for lower-paid workers seems to be the cause of the increasing incidence of food insecurity in the national numbers. Low-income families often pay medical bills and rent first, and find their food costs to be one of the few items in their budget that can be squeezed. Too often, they are squeezed too much.

Given the close connection between inadequate income and hunger, the number of elders living in poverty or near poverty suggests that many American seniors, too, are at risk of food insecurity and hunger. Non-discretionary financial demands, such as high health care costs, on many older people may make it difficult to afford adequate food.²

National estimates of food insecurity among older Americans vary. Recent estimates range from 5.5 percent to 16 percent, due to different survey methodologies and populations studied.³ There is no available data of food insecure elderly adults in the District of Columbia, but the Capital Area Food Bank reports that approximately 11 percent of supplemental food clients are senior citizens.

Food insecurity occurs whenever the availability of nutritionally adequate and safe food, or the ability to acquire such food, is limited or uncertain. As a practical matter, it means families can't afford a balanced, healthy diet and may not know where the next meal is coming from.

Hunger is defined as the more serious situation where one or more family members suffer the uneasy or painful sensation caused by a recurrent or involuntary lack of food. Over time, hunger and food insecurity may result in malnutrition.



Source: Neighborhood Info DC, Neighborhood Profiles, Council Wards

Food insecurity and hunger bear many consequences. It can prevent children from reaching their full potential by stunting physical and mental development; and for the elderly, adequate nutrition is particularly important for health because of their increased vulnerability to disease and conditions that may impair functionality (the ability to live or cook at home).⁴ Inadequate diets may contribute to or exacerbate disease, quicken the advance of age-related degenerative diseases, and delay recovery from illnesses.⁵

Individuals who face these conditions have poorer health than their well-fed peers—they get sick more often, stay sick longer, and are more frequently absent from school, work and other activities.

These consequences of hunger and food insecurity are not just detrimental to the individual, but to the neighborhood and community they live in.

Since this assessment approaches the issue of hunger and food insecurity from a community perspective, we also want to acknowledge the paradox epidemic of overweight and obesity that our communities are also battling in the District of Columbia. Twenty-four percent of the population in the District is obese.⁶ It is not unreasonable to believe that many of the same individuals struggling to keep food on the table might also be struggling with obesity. When resources are thin, individuals are more likely to reach for calories instead of nutritional value. Foods high in calories are often less expensive and easier to obtain in many communities, which we find in this assessment.

According to a white paper written by the Center on Hunger and Poverty and the Food Research and action Center, *The Paradox of Hunger and Obesity in America*, a lack of adequate food resources could result in weight gain in several ways:

- *The need to maximize caloric intake. One factor that may contribute to the co-existence of obesity and food insecurity is the need for low-income families to stretch their food money as far as possible...by maximizing the number of calories they buy so that their families do not suffer from frequent hunger.*
- *The trade-off between food quantity and quality. ...Households reduce food spending by changing the quality or variety of food consumed before they reduce the quantity of food eaten.⁷*
- *Overeating when food is available. ...Research indicates that chronic ups and downs in food availability can cause people to eat more, when food is available, than they normally would.⁸*
- *Physiological changes. The body can compensate for periodic food shortages by becoming more efficient at storing more calories as fat.⁹*

Prevalence (%) of Obesity by Ward in the District of Columbia, 1999-2003

Year	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
1999	14.4	13.1	7.7	20.5	25.5	17	27.3	25.8
2000	22.7	20.8	9.3	27	29.8	22.9	33.3	31.6
2001	21.8	16.5	7.1	28.6	25.5	22.4	27.9	37.2
2002	22.7	22.9	6.8	20.8	33.1	22.3	39.3	30.6
2003	21.2	10.5	6.6	27.9	23.3	28.6	42	35.8
5 Year Average	20.6	16.8	7.5	25.0	27.4	22.7	34.0	32.2

Source: DC Agenda, 2004 Issue Scan

Overweight and obesity are important in the discussion of food insecurity and an individual's access to food resources. While higher income communities take for granted to abundance of healthy food resources at their fingertips, many individuals living in low-income communities don't always have sufficient access to food that is high in nutritional value. Even if they want to eat well, they may have to overcome significant barriers within their community to do so.

What is Community Food Security?

Mark Winne, founder of Hartford Food System and widely regarded as an expert on food insecurity, defines community food security (CFS) as a relatively new food security-promoting strategy that considers all the factors within a region or community's food system that influence the availability, cost, and quality of food to area households, particularly those in lower income communities. The food security of individuals, families and communities impacts every aspect of our society—from the health and well being of citizens to the financial stability and tax base of City government. By acknowledging and examining the interconnectivity of every aspect of a food system, it is much easier to weave a web of resources that allows every individual to enjoy access to safe, healthy and affordable food. Since community food security is a holistic approach, focused on regional and local food systems, it is concerned with the full range and interdependency of food chain events including agriculture, the availability of supermarkets and other affordable outlets for quality food, the involvement of the wider citizenry and local and state governments in seeking solutions to food insecurity, sufficient and sustainable personal and business income and the services and environments that encourage healthy food choices including schools, nutrition service providers, and commercial food operations.

<p>What Does Community Food Security look like?</p> <p>Affordable healthy food in all neighborhoods</p> <p>A cohesive network of nutrition programs</p> <p>Low rates of diet-related diseases</p> <p>Safe and nutritious food in stores, assistance programs and homes</p> <p>Fresh, delicious food for everyone, regardless of income</p>

In order to continue addressing food insecurity in individuals, D.C. Hunger Solutions believes we should have a better understanding of what food resources are available to individuals and families in their neighborhoods – in their communities. This assessment reviews the current state of access to food and nutrition resources in the District of Columbia by Ward; and provides direction for organizations, government and individuals interested in ensuring food security of District residents by providing better access to healthy and affordable food in every community.

About this Assessment

This assessment examines the current state of access to food and nutrition resources in the District of Columbia using primary data sources, statistics, and interviews. We provide direction for government, individuals, and organizations interested in ensuring access to healthy and affordable food in every community through the following major food resources:

Primary Food Sources in the District of Columbia

- Grocery Stores
- Convenience & Corner Stores
- Farmer's Markets
- Grocery Cooperatives Buying Clubs

Community Gardens
Federal Nutrition Programs
Supplemental Food

In addition to analyzing the distribution and access to those resources, we selected health, nutrition and economic indicators to provide a complete picture of the food security of each Ward in the District.

Additional Indicators of Food Security

Poverty rates
Obesity rates

We ranked each Ward based on these indicators and access to food resources in relation to population or need. For example, we used the ratio of grocery stores to total Ward population to determine access to grocery stores. While we used access to summer nutrition programs as an indicator of food security, the assessment gives only limited recommendations on using federal nutrition programs to increase the food security of the District residents. For more information and recommendations on the Federal Nutrition programs, please see “Ending Childhood Hunger in the Nation’s Capital” at www.askmehowdc.org.

Grocery Store Survey Methodology

As part of this assessment, we conducted a price and product availability survey of retailers in the District of Columbia. Stores surveyed included national and regional chain supermarkets including Safeway, Giant, Whole Foods, and Super Fresh; discount grocers like Murray’s, and independent stores such as Anacostia Supermarket Warehouse and Bestway Market. While generally in this assessment, “grocery stores” are defined as regional or national chain supermarkets and grocers, for the purposes of this survey, “grocery stores” includes all of the above.

Due to temporary closings and non-participation by some stores, we were unable to survey every grocer in the District. However, in total, volunteers and staff surveyed thirty grocery stores in the city. For comparison, we surveyed two chain supermarkets just outside the District, in Marlow Heights, Maryland and Arlington, Virginia. The survey priced 52 common food items such as rice, milk, apples, carrots, frozen french fries and soda in standard quantities. We used the lowest price available of the standard quantity in any brand, including sale prices when applicable. In order to minimize the impact of changes in sale prices, all surveys were conducted during a 48 hour period in January 2006. Therefore, this survey provides only a snapshot of price and availability and is not meant to reflect the average normal prices of any particular store.

GROCERY STORES

Why are grocery stores an important solution in ending hunger and providing better nutrition to individuals in the community?

We all rely on grocery stores and supermarkets to purchase our food – staples, produce, and many other routine items to get us through. These much-needed markets are the cornerstone of a community and can tell us a lot about the food security of the individuals it serves. As such, disparities in access to well-stocked grocery stores reverberate in both expected and unexpected ways. The district has about half of the average number of grocery stores for an area its size.¹⁰ Previous studies show that neighborhoods that lack a supermarket have higher rates of diabetes, hypertension and obesity.

Despite ample evidence that low-income neighborhoods are a profitable and untapped market, research proves a strong correlation between poverty, race and a lack of grocery stores. Even when residents have the economic resources to purchase food, they cannot easily access markets for shopping. In addition, the local economic impact of food stamp participation or usage increases are diluted when residents are forced to leave the district to shop.

Here's what we found during our assessment of grocery stores in the District of Columbia.

Grocery stores are not evenly distributed through out the city.

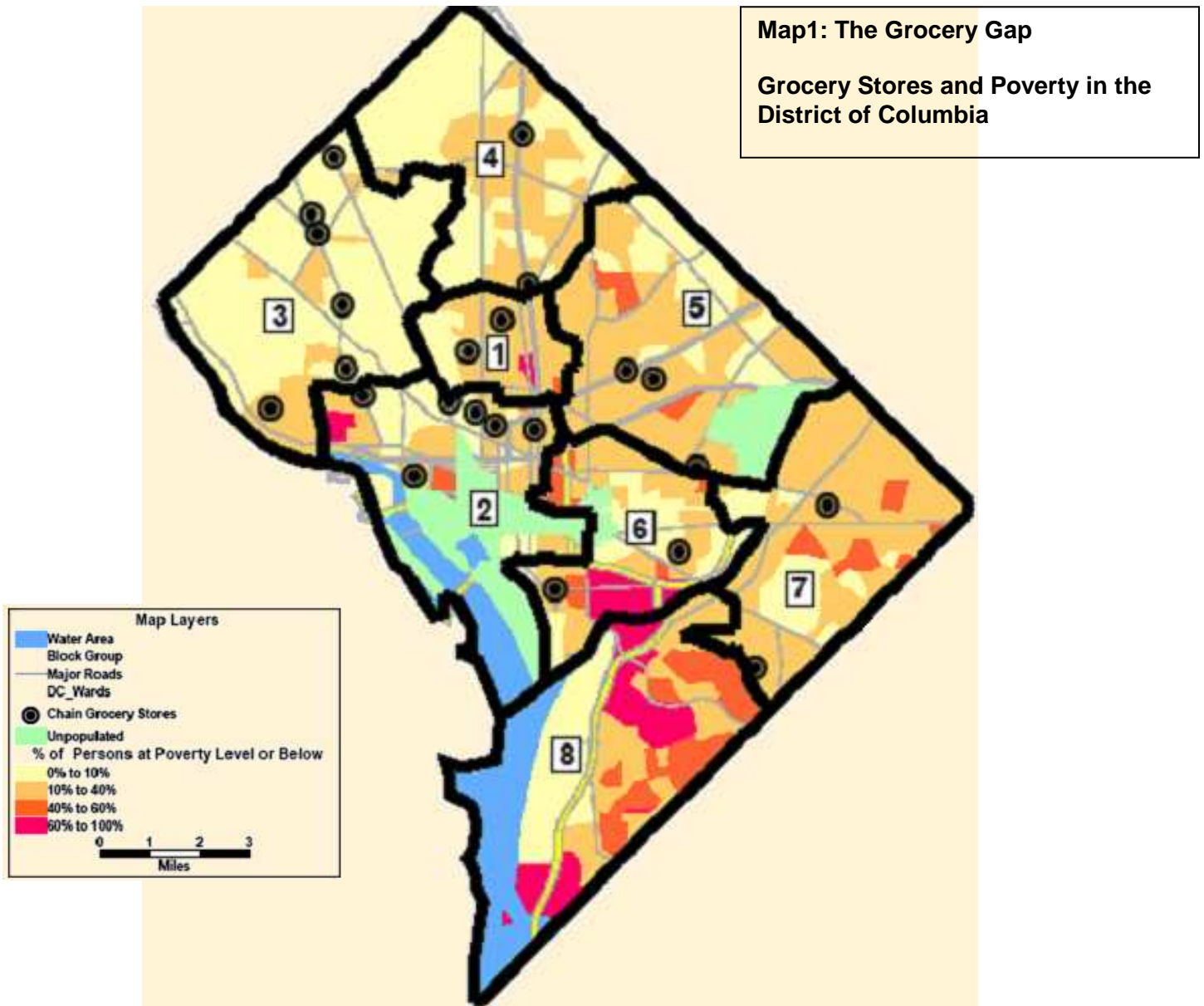
The average family of three spends \$6,385 per year on food expenditures.¹¹ With the District's dense population, this equates to a large market for food retailers. The District of Columbia hosts twenty-three major chain grocery stores, or one supermarket for nearly every 25,000 residents—four Giants, three Whole Foods, and sixteen Safeways. Unfortunately, due to unequal distribution, not every resident has the advantage of a grocery store in their neighborhood. While Wards 2, & 3 in the Northwestern part of the City have twelve grocery stores—or one store for every 11,882 residents—Wards 1, 4, 5, 7, and 8 do not have adequate numbers of stores for their land and population size. For example, only two chain grocery stores operate east of the river in Wards 7 & 8—an area with over 140,000 people. In Ward 8 there are no chain grocery stores at all.¹² Other smaller grocers, convenience stores, and carry-outs sell food in Wards 7 & 8, but many of these stores have high prices and a limited selection of staple groceries and healthier foods.

There are plans to build a new \$37 million, 63,000 square foot Giant in Ward 8 on the old Camp Simms National Guard site on Alabama Ave SE.¹³ However, when the additional supermarket opens Ward 8 will still have only one supermarket for nearly 71,000 people. It is not surprising that the chair of the Advisory Neighborhood Commission 8E, Sandra Seegars, reports that many residents often go outside of District lines to Maryland to do their shopping.¹⁴ As a result, not only are Ward 8 residents forced to incur considerable transportation costs or buy food at small high-cost retailers, but the City is losing consumer revenue that would most likely stay within District lines if grocery stores existed in the ward.

The struggle of life without a grocery store is most acutely experienced in both neighborhoods with many low-income residents and communities of color. Wards 5, 6, 7, and 8 are home to some of the District's largest populations of residents in poverty, yet these areas contain few grocery stores. An

Urban Institute study in 2001 found that most of the city's grocery stores are not located in predominately African-American parts of town. Wards 2 & 3—which have majority white populations—have the highest number of food store employees, while Wards 6 & 7—which have majority African-American populations—have the lowest numbers of food service employees.¹⁵ Ward 3, which has a poverty rate of 7.5%, currently has six chain supermarkets. In comparison, Wards 7 & 8—with poverty rates of 25% and 36% respectively—share only two.¹⁶

Residents in Wards 7 & 8 where poverty is high and grocery stores are scarce are more likely to suffer from diet-related diseases than residents of the District's other wards.¹⁷ Obesity prevalence in Wards 7 & 8 is about four times higher than in Wards 2 and 3, which have the most grocery stores and many of the highest community food security rankings in the District.



Many healthy items were not available at every grocery store in the city.

The availability of basic staples and healthy foods varies widely across the City and empty store shelves are a daily reality for many of the shoppers in Wards 7 and 8. One of the responses we received from a D.C. Hunger Solutions sponsored focus group of low-income mothers in the Southeast quadrant of the city was that it took one mother three buses and one and half hours to reach a grocery store in another part of the city. What types of food did she find when she got there? The answer: not much.

In August 2000, the US Department of Agriculture's Economic Research Service completed a study that assessed the availability and affordability of food in the District of Columbia and found that many grocery stores did not have all foods the USDA deems to comprise a nutritious diet for the lowest cost possible (Thrifty Food Plan).¹⁸ In January 2006, D.C. Hunger Solutions conducted a similar study of chain supermarkets, independent grocery stores and discount grocers. We found that stores in the Southeast and Southwest quadrants of the city were more likely to have a limited selection of healthy foods and pantry staples like bread, milk, and juice and found a particular challenge in grocery stores found in Wards 7 and 8. They stock fewer fruits and vegetables, nutritious dairy, meat and bread products than similar stores in the rest of the city, and just over the border in Prince George's County, Maryland and Arlington, Virginia.

Discount and independent grocery stores, such as Murray's or Anacostia Supermarket Warehouse are the primary grocery option for many residents living in the eastern quadrants of the city. Unfortunately, these stores were more likely to lack basic nutritious staples like rice, milk, juice, fruit, vegetables, meat, chicken, and fish than large chain supermarkets.

Top 15 Most Frequently Missing Items from District of Columbia Grocers:

- Fruits and Vegetables (melons, asparagus, green peas, mushrooms)
- Bagels
- Ground Pork
- Brown Rice
- Light Microwave Popcorn
- Infant formula
- Lactose-free and soy milk
- Salmon (fresh or frozen)
- Orange Juice
- Yogurt
- Lean Ground Beef

Percentage of Missing Grocery Staples from Stores, by Ward

Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8	MD/VA
13%	5%	5%	3%	5%	14%	23%	34%	6%



Empty shelves, such as these, are not uncommon.

 **Healthy food costs more.**

At every supermarket in the District, foods with high nutritional value, like fruits and vegetables, whole grains, and dairy products are more expensive to purchase than less healthy items—processed foods, potato chips, and soda. This is especially true at the smaller stores in predominately low-income areas. Many individuals report having high degrees of lactose intolerance and need milk alternatives. Families across the district are forced to choose between eating healthfully, and saving money to pay for rising household expenses like housing and health care.

Comparing Shopping Lists			
Average Prices at Grocery Stores in the District of Columbia (January 2006)			
Low-Cost Shopping List		Healthy Shopping List	
Cost	Item	Cost	Item
1.07	Cola	2.10	Whole Milk
1.29	White Bread	1.71	Whole Wheat Bread
2.38	Grape Jelly	3.22	Peanut Butter
2.53	Potato Chips	2.65	Grapes (1 lb)
2.32	French Fries	3.73	Light Microwave Popcorn
.95	White Rice	1.04	Brown Rice
1.64	Spaghetti Sauce	2.89	Tomatoes
3.27	Ham (Bologna)	6.99	Salmon (fresh or frozen)
TOTAL	\$15.45	TOTAL	\$24.33

 **Individuals experience other challenges.**

Transportation is even more challenging barrier - Informal taxis prey on working families who are forced to pay as much as \$80 round trip for a ride to the grocery store. Accessible supermarkets are especially important to Washingtonians who depend on public transportation and live in parts of the city less frequented by taxis. Some families without a supermarket in their neighborhood rely on informal taxis, or "hackers," to transport them to and from supermarkets across town for \$20-\$40 each way.¹⁹ These significant transportation costs cut into families' already stretched budgets and force them to make hard choices about how much and what types of food to purchase.

Grocery delivery services offer an appealing alternative but barriers, including a lack of information about delivery services, prevent many low-income families from using these services. For example, District residents can order groceries from Giant Food online to be delivered to their homes, but the minimum order amount is \$50 for delivery and shoppers must pay a \$9.95 delivery fee for orders less than \$100 and a \$6.95 fee for orders that exceed \$100.²⁰

I have to pay someone to take me to the grocery store in Maryland because there's nowhere to shop in my neighborhood – Ward 8 resident

The ability to purchase groceries on line could be a help to many low-income residents who receive nutrition assistance through the Food Stamp Program, but federal rules on delivery fees do not allow usage of the Capital Access Card/ Electronic Benefit Card (EBT) for on-line purchases.²¹

What grade did grocery stores receive in the scorecard?

In order to eat healthy food on a consistent basis, residents need access to well-stocked grocery stores that provide healthy items at a reasonable price. There are several barriers to obtaining healthy food at grocery stores for residents, especially low-income residents, if they live east of Rock Creek Park.

	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
Access to Grocery Stores	D-	A+	B-	D-	C+	D+	D-	F

Here are a few things that can be done to improve access to grocery stores in the District of Columbia...

- District Government should build on existing food retail recruitment strategies and encourage retailers that wish to establish grocery stores in higher-income communities of the city to also establish a store in a low-income community. A Fresh Food Financing Initiative (such as the model in Pennsylvania which has greatly benefited cities like Philadelphia) could be funded for supermarket pre-development work, market analysis, land acquisition, equipment costs, construction, and financing.
- District nonprofit and university community should sponsor a broad longer-term study on the availability and affordability of healthy foods in the Washington Metro Area.
- District Government should collaborate with the federal government to allow usage of the Capital Access Card/ Electronic Benefit Transfer (EBT) for the purchase of groceries on-line. Negotiations could be made with food retailers to waive the delivery fee for low-income residents participating in the Food Stamp Program.

CONVENIENCE AND CORNER MARKETS


Why are convenience and corner markets an important solution in ending hunger and providing better nutrition to individuals in the community?

Across the District of Columbia, residents rely on convenience stores and corner markets as a primary source for food, mainly due to the lack of access to larger grocery stores we spoke about in the previous section. Residents frequent corner markets (also referred to as “mom and pop stores”) because they fill the gap in neighborhoods without supermarkets, they are easy to access for residents without transportation, they have convenient hours, and they provide culturally appropriate foods and products for immigrant communities.

Unfortunately, many corner markets are or have established carry-outs (convenient retail for neighborhood fast-food) which have become strong establishments in their communities—as neighbors and retailers come and go, they stay and thrive for years. Because these food outlets are so numerous and varied, limited research has been conducted to determine the kinds of food sold, the cost, or actual hours of operation.

In a 2005 study assessing the need for affordable and accessible food in the District, students at the George Washington University School of Public Policy and Public Administration estimated that there were 314 convenience stores in DC.²²

Here's what we found during our assessment of convenience and corner markets in the District of Columbia:

 **Many of the markets in low-income communities have limited affordable, healthy items in stock.**

In April 2005, the students, from George Washington University, gathered data from nine stores across the District in order to determine what foods were available and how much they cost. In the five corner markets, they found that 3 out of 5 did not sell chicken, 2 out of 5 did not sell oatmeal, kidney beans, green peas, and bananas and eighty percent did not sell or stock oranges and lettuce.²³ They also determined that corner markets are the primary food providers in areas of high poverty, especially in Wards 1, 7, and 8, and that in these stores, food prices are generally more expensive.²⁴

In 2001, the Capital Area Food Bank released a study on the food system in the mid-Atlantic region. Part of this study entailed interviewing food retail stores in the District to determine what sort of access to fresh produce existed in the city. Of the 305 retail stores they contacted, only 161 had produce while 144 did not.²⁵ The study also found that residents living east of the Anacostia River have one-sixth the access to stores and markets selling fresh produce as residents living west of Rock Creek Park.²⁶

Market owners and managers report having difficulty providing foods of high nutritional value on a regular basis. Because they are often small, independent operations it can be too costly to provide foods of higher nutritional value. For example, it is more expensive to both buy and maintain milk and

fruit than nonperishable sodas and potato chips. Economies of scale result in small businesses paying higher prices for food, equipment and distribution and, in turn, passing those higher charges on to the consumer.

Large, well-stocked grocery stores are crucial to ensuring that District families have access to a wide variety of foods—especially healthy items. Unfortunately, across the city small discount grocery stores fill the grocery gap in food insecure communities. The USDA study assessed the availability of Thrifty Food Plan (TFP) items like bread, milk, meat, beans, and fruits and vegetables at not only chain grocery stores in the District, but smaller independent grocery stores and discount markets. USDA found that while chain supermarkets failed to stock only 1% of TFP items, independent supermarkets were missing 12%, and discount stores lacked 26% of items.²⁷

 **Many corner markets are or have established carry-outs with fast food.**

Carry-outs and fast-food locations offer quick and readily available options that require less preparation, equipment and materials than making meals at home. But the District's many carry-outs can be deceptively expensive compared to cost of preparing meals at home and the health costs can be significant. According to a 2005 study by the Trust for America's Health found that 53.3 percent of the District's adults are overweight or obese.²⁸ While carry-outs are certainly not the single cause of the higher than average obesity rates in the district, eating regular high-fat meals at fast-food locations is correlated with both weight gain and some diet-related health risks.²⁹

In 2006 there were 215 listings for carry-outs in the Washington yellow pages.³⁰ While they are speckled throughout the District, carry-outs are concentrated in areas that have fewer supermarkets or other accessible food sources, including Wards 1, 7, and 8. In a 1998 profile of Ward 7 for *The Washington Post*, Sari Horwitz commented that the "5.7 square-mile area is a culinary wasteland of carry-outs and at least 15 fast-food joints."³¹ The D.C. Department of Planning's Comprehensive Plan for the District noted that Ward 8 only has one sit-down restaurant, no supermarket and is otherwise dependent on "mom-and-pop" carry-outs and fast food chain outlets."³²



Some carry-outs offer many different (and not always nutritious) options...

While carry-outs and fast food restaurants are plentiful in some areas of the District, unfortunately many of them do not offer healthy options for their customers—instead specializing in high-fat, high-sodium foods with low nutritional value such as fried chicken, pizza, and fried Chinese food. Carry-outs with few or no healthy choices present low-income residents with limited time, and/or access to other sources of food with insufficient options for healthy eating.

However, there are a few carry-outs that provide affordable, nutritious food and serve as a resource in communities with limited access to grocery stores. The Soul Vegetarian Café near Howard University offers many types of cooked vegetables and meatless items incorporating fresh fruits and vegetables at affordable prices.

 **There is a new breed of convenience locations brewing: Street Vendors.**

Throughout the District small mobile markets and street vendors sell limited foods and products. Many popular vendors informally sell out of trucks on street corners. For example, in Adams Morgan and Columbia Heights, which have one of the District's largest immigrant populations, vendors sell limited foods and products that are specific to their home countries—fruits, such as mangos, or prepared foods, such as tamales.

Many of these businesses sell limited and select items because they are not licensed vendors. The licensing process for street vendors is onerous and expensive. Vendors may not have the financial means to start-up a corner market infrastructure.

What grade did convenience and corner markets receive in the scorecard?

Although we know, from focus groups and anecdotally, that District residents depend on convenience and corner markets as a significant food source, there is insufficient data for D.C. Hunger Solutions to include convenience and corner market access as an indicator of community food security in this assessment. We thought it was important to discuss it and make recommendations, but we have not included it in the scorecard.

Here are a few things that can be done to improve the state of corner stores and carry-outs in the District of Columbia..

- Owners and operators of convenience and corner markets should work in coalition to use their collective buying power to purchase healthier food such as fruits and vegetables, from large wholesale companies or local farmers' associations.
- District Government should provide tax-incentives to carry-outs, if sixty percent or more of their menu items meet the newest United States Department of Agriculture nutrition guidelines.
- District Government should streamline the street vendor licensing process, particularly for street and mobile vendors selling healthy foods (foods that meet USDA nutritional guidelines). This could enable vendors to offer quality products to their customers and grow into the larger mobile markets as seen in other urban communities—such as the People's Grocery in West Oakland, CA.³³ Such a model could work very well in underserved areas in the District of Columbia.

Case Study: Philadelphia Convenience Stores Promote Healthy Options

The Food Trust's Corner Store Campaign is a partnership of ten convenience stores and community stakeholders to promote healthier food in the stores. Store owners were excited to get involved because of both their familiarity with the importance of eating well and their ringside seat for effects of diabetes in their neighborhood.

The Corner Store Campaign offers convenience stores social marketing materials and publicity to promote the new healthier options, and a small sum of money for stores who participate in evaluative research.

The campaign links the availability of healthier snack options in the stores with nutrition education in the neighboring schools. The campaign also includes the "Snack Smart Street Soldiers," a group of adolescents who work as ambassadors of the program to share the ideas and culture of healthy eating with their classmates and friends at school. The "soldiers" have created marketing materials including a comic book about making healthy choices.

FARMERS' MARKETS

Why are farmer's markets an important solution in ending hunger and providing better nutrition to individuals in the community?

Every spring, farmer's markets across the city open with the first shoots of garlic. The markets contribute to the food security of District residents by providing access to fresh fruits and vegetables in communities—especially those with limited access to other sources of healthy food—community development, nutrition education and regional economic security. The geography of the District mandates reliance on outside food sources, since very little is grown in the city. But there is a great deal of prosperous land around us that local farmers harvest to produce fresh fruits and vegetables.

There are twenty farmer's markets in the District of Columbia, 5 of which are open year-round. Farmers come from Virginia, Maryland, Pennsylvania, and West Virginia to sell fruits and vegetables, bread, meats, dairy products and canned goods to District residents. Farmer's markets and farmstands provide seasonally fresh, healthy food, nutrition education, support for small business and contribute to community development and neighborhood revitalization. The direct relationship between food producers and consumers allows farmers to tailor their products to the needs of specific communities and cultural groups. A market also has the power to bring communities together and make them stronger. For example, the Columbia Heights market in Northwest DC was created because residents in the area wanted a market and worked with the Ward 1 officials to establish one. The market pulled together residents and City employees—people of different backgrounds, interests, and expertise—to strengthen the community and establish a sense of neighborhood unity.






Here's what we found during our assessment of farmer's markets in the District of Columbia:

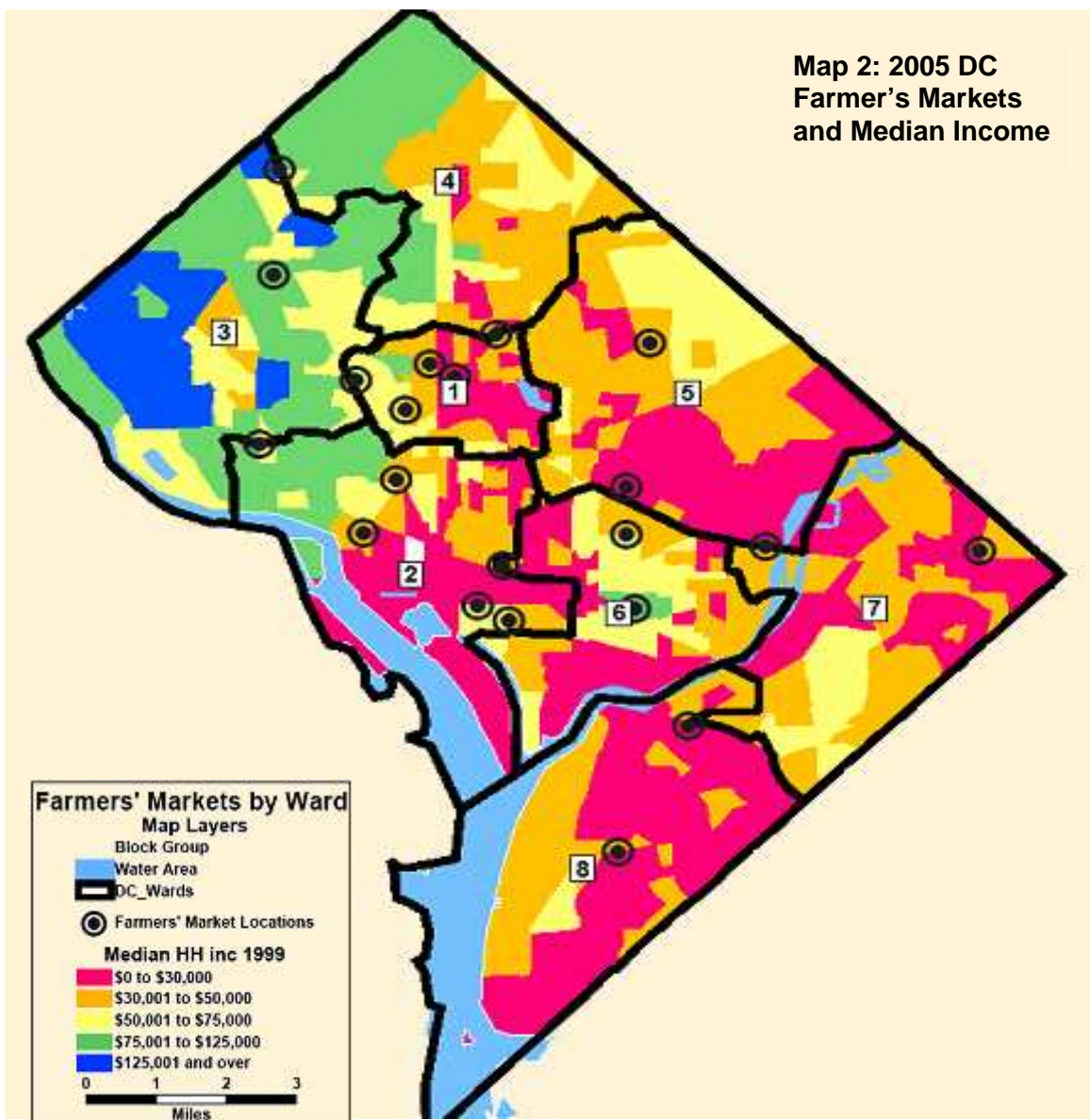
✍ **Too much red tape for market managers.**

Acquiring a location and annual permit for a market is complicated by inconsistent requirements for private and public land and can be a multi-year process. Currently, there is no single farmer's market permit in the District of Columbia. Instead, market managers must submit paperwork to multiple agencies—usually annually. For example, currently farmer's markets must be approved by 90% of businesses and residences within 500 feet of the outer barrier of the market. They must apply for a public space permit with the D.C. Dept of Consumer of Regulatory Affairs. And, if a street must be closed, they are required to submit an alternate traffic plan. The permit costs \$19 each day the market is open, often costing upwards of \$400 for the season. Additionally, if a market wants to open near a Metro—an excellent location for markets because of the high traffic—the manager must clear the plan with WMATA and pay a \$2,000 fee for the entire market season.

 **Farmer's markets are unequally distributed throughout the city.**

There are several areas of the District that could benefit from having farmer's markets. Many neighborhoods in the Northeast and Southeast quadrants -where residents are often food insecure *and* underserved by grocery stores and fresh produce outlets-- do not have farmer's markets. Markets in these areas could both serve as sources of fresh produce and expand the use of federal nutrition program benefits. There are, however, challenges to establishing markets in low-income areas in the District:

-  In other cities, low-income markets often need to start out by connecting to higher-income markets in order to initially subsidize costs and borrow expertise and experience. Such an approach has not been used in the District of Columbia. Each market or coordinating organization is left to its own devices—and limited resources—to sustain growth and profit.
-  Farmer's markets serving primarily low-income residents often require significant supplemental funding to subsidize farmers and ensure that they will participate during the low-profit establishment period.
-  Many low-income residents rely on the Food Stamp Program to purchase food. However, the technology needed to accept the program's Capital Access Card/Electronic Benefit Transfer (EBT) is prohibitively expensive for most farmer's markets.



There is a lack of collaboration between market managers.

Currently, over ten different businesses or organizations coordinate markets in the city.³⁴ The two largest market coordinators are FreshFarm Markets and the Local Food Alliance, a branch of the recently closed non-profit Community Harvest.³⁵ These organizations run successful markets throughout the city and work to ensure that fresh fruits and vegetables are made available to citizens who desire them. However, the other half of the District's farmers markets is coordinated by individuals, single farmers or residents of a neighborhood who wanted to provide easy access to healthy fresh food. In past years, some market managers met to coordinate their efforts. But that came to an end. Currently, without a regular structured collaboration between all market managers there is no coordination to ensure that all areas of the city are served and that markets are meeting the needs of residents. This lack of coordination places the burden of outreach, marketing, advocacy and troubleshooting on part-time market managers. Now that the future of Local Food Alliance is uncertain, coordination will be key to ensuring a smooth transition for markets under its purview.

The Farmers' Market Nutrition Program is highly underutilized.

In 1992, Congress established the Farmers' Market Nutrition Program (FMNP) to provide fresh fruits and vegetables to WIC participants (low-income pregnant women, mothers, and their children) and low-income seniors across the country.³⁶ In the District, the program provides nearly \$600,000 in benefit coupons, annually, to residents especially vulnerable to food insecurity. The program allows almost 17,000 mothers and children to purchase fresh fruits and vegetables and provides similar benefits to over 7,000 low-income elderly Washingtonians.³⁷

The D.C. Department of Health has two branches that administer the program. One, WIC and the other, the Commodity Supplemental Food Program (CSFP) to seniors ages 60 and older. Anyone who is eligible for WIC or CSFP is able to participate in the farmer's market program in the District. In 2004, WIC administered 422,000 coupons to approximately 17,000 WIC clients, while CSFP gave out over 20,000 coupons to more than 7,000 seniors.³⁸



The Farmer's Market at RFK Stadium is one of the few that accepts Food Stamp EBT cards

The District has 32 farmers and 21 markets that are certified to accept FMNP coupons. In 2005, both WIC participants and seniors received \$30 per season (up from \$25 in past years) to be used from May to November at area farmer's markets.³⁹ Participants simply pick these coupons up at their WIC or CSFP office and then use them like checks at the farmer's markets. The farmers can then redeem the coupons for payment.

There are approximately 2,000 seniors in the city who are eligible for the District's program but are not receiving benefits.⁴⁰ Not only is more outreach necessary, but improved access to markets must occur so that once residents know about the programs, they can actually use them. In addition, the District's income eligibility requirement for seniors is stricter than the federal requirement for the program. This limits senior participation to residents with income below 130 percent of the poverty level instead of the federal limit of 185 percent of the poverty level. As a result, not all seniors are not getting benefits that federal law allows them.

More than half of WIC participants are *not* using their coupons. In FY2004, only 49 percent of farmer's market coupons given to WIC participants were redeemed. One barrier is that since change

is not given for the unused portion of the coupons, participants have to buy all their produce at once from one farmer, instead of having the choice to spread their purchasing out over the entire growing season or among many farmer’s at the market. If the coupons were for \$1 or \$2, rather than \$5, participants would have more choice and could purchase the fruits and vegetables according to their own timetables and tastes.

Other barriers include program requirements and the lack of farmers certified to accept FMNP coupons. The District’s process for farmers to become (and remain) FMNP certified is burdensome. Farmers have to become certified through the District of Columbia Cooperative Extension at the University of the District of Columbia (UDC) and the D.C. Department of Health before they can sell their crop at markets. They must also agree to grow at least 60% of the product they sell and set up for business for four hours once a week throughout the season.⁴¹ Farmers must reapply for the program each year and must be a part of an existing market, meaning that they cannot have their own farm stand in a neighborhood of their choice.⁴²

Finally, unlike many other cities, the District’s program does not directly link clients with farmers by proving farm stands and markets outside WIC and Food Stamp offices. The District has not administered or provided a coordinator for the D.C. Department of Health’s Mobile Market program which—in theory—could allow individual farmers to set up farm stands in food insecure communities with low coupon redemption rates.

Case Study: DC Farmer’s Markets in Food Insecure Communities

Two examples of markets in areas of high food insecurity in District are the Capital Area Food Bank’s Anacostia market and the market in the RFK stadium parking lot (pictured on the previous page). They have overcome many of the barriers that were up against them, and are still working to grow and improve.

Markets and farm stands often have a difficult time accepting food stamps because they do not have the electrical capability to set up the card-swiping machines that make this possible. Markets must meet this challenge in order to make the market accessible for everyone. At the Anacostia market, shoppers can swipe their EBT cards through a shared electronic point-of-sale terminal and get the equivalent amount in vouchers. They then give the paper money to the farmer when they purchase an item. At the end of the market day, farmers redeem the vouchers for money.

Both the Anacostia and RFK markets serve District residents who are most vulnerable to food insecurity. The markets accept the federally funded WIC and Senior’s Farmer Market Nutrition Program coupons, which are provided through nutrition assistance programs administered by the Department of Health. While the Capital Area Food Bank’s market is still in its early stages, farmers have been coming to the RFK parking lot for over 20 years—a sign that an economic niche exists for farmers to prosper in lower-income communities. However, most District markets, primarily due to red tape and lack of funding, do not currently allow Food Stamp and WIC redemption.

What grade did farmer’s markets receive in the scorecard?

	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
Availability of Farmer's Markets	B+	A+	C+	D+	C	C	C	D+

Here are a few things that can be done to improve access to farmer's markets in the District of Columbia...

- District Government can streamline the farmer's market permitting process for licensing and permitting and reduce the fees.
- The D.C. Department of Health should eliminate the requirement for seniors to participate in the Commodity Supplemental Food Program (CSFP) in order to be eligible for federal farmer's market coupons.
- District Government should supply wireless Electronic Benefit Transfer (EBT) machines for markets in low-income communities, following the examples of other states.
- A farmer's market coalition needs to be re-established by an independent organization to coordinate market access, policy initiatives, and city-wide marketing efforts.



COOPERATIVES AND BUYING CLUBS

Why are cooperatives and buying clubs an important solution in ending hunger and providing better nutrition to individuals in the community?

The District of Columbia is home to variety of community-based, cooperative buying initiatives such as grocery cooperatives, SHARE and Community Supported Agriculture (CSA) programs. These methods—which can often be less expensive than shopping at a traditional retail supermarket—include shopping at a local food cooperative, participating in a buying club, and being a shareholder of a community supported agriculture program. CSAs typically allow customers to purchase pre-season “shares” of a farm’s future output, while grocery co-operatives come in many varieties. Some operate as buying clubs or stores where members have complete choice over purchases while others use cooperative buying to make pre-set food packages cheaper for participants than buying items on their own. While there are many types of cooperative food programs, what they share in common is a community-based approach that is driven by the needs and resources of community members. Cooperatives or “co-ops” often have fewer overhead costs than retail stores, are able to buy items at a low cost and can set their own markup prices, so products are as affordable as the members make them.

Here’s what we found during our assessment of cooperatives and buying clubs in the District of Columbia:

Few grocery cooperatives serve the District of Columbia.

A grocery cooperative, or “co-op,” is a grocery store that is typically owned and operated by the people who shop there. These co-ops not only offer good quality fresh foods (including fruits and vegetables) at reasonable prices, but often support local farmers and businesses. There are currently two co-ops that serve the District: City Garden Co-op in Mt. Pleasant and Senbeb on Georgia Avenue. Other cities have many, for example Philadelphia has six.

City Garden, a small but successful co-op has approximately eighty members. Other local cooperatives in our region, include the Glut Food Co-op in Mt Ranier, the Takoma Park and Silver Spring Co-ops, all located in the state of Maryland. Most District co-ops thrive in moderate or mixed income neighborhoods. The District of Columbia would benefit from the creation of more co-ops geared toward low-income communities particularly in areas, like Wards 7 and 8, where grocery stores are scarce.

In order to minimize staff and distribution costs, small co-ops like City Garden buy from local growers and distributors and require that all members work in the co-op for several hours a year. Others, such as the Takoma Park/Silver Spring Co-op, with over 5,000 members, do not require a membership or work hours but offer member discounts.⁴³

Unlike many grocery co-ops in cities across the country, the few existing co-ops in the District do not have options to meet the needs of low-income people; low-income discount programs and inexpensive membership payment plans are not available in the District. For example, it costs \$100 up front to join the Takoma Park/Silver Spring Co-op.⁴⁴ Although the money is returned upon termination of membership and membership is not required to shop, it is still a barrier for many people. The co-op does not accept WIC vouchers, but they do accept food stamps. However, for many food stamps participants, the Takoma Park Co-op is not, geographically, easily accessible. By

comparison, The City Garden Co-op is easily accessible by public transportation but does not accept food stamps or WIC vouchers. City Garden only costs \$30 for an individual membership but must be renewed each year.

 **The SHARE food network could be a cost saving alternative.**

While a grocery co-op has a physical location, buying networks or clubs provide the benefits of grocery cooperatives without a storefront. The largest buying network available to District residents is SHARE (Self Help And Resource Exchange). Begun in 1990 in the metropolitan area and based in Hyattsville, Maryland, SHARE is a food network that distributes affordable and nutritious food throughout the District.⁴⁵ It eases the stress of getting to the grocery store and the costs of high grocery bills and encourages volunteerism and community involvement. However, SHARE offers less variety and consumer choice than traditional buying cooperatives and CSA programs. Unlike similar programs in other areas, SHARE DC only offers one or two types of packages per month with a selection of meats, produce, staples and convenience foods. In comparison, a similar program operated by California Emergency Foodlink offers a variety of meat-only, vegetarian, baking, and kosher packages.

SHARE is able to provide a rotating food package of approximately \$35-\$40 worth of groceries to its participants at a low cost, currently \$16. Customers can order and pick up their food at any of the approximately 340 churches, Head Start programs, senior citizen centers, tenant associations, and other community organizations that serve as extension arms of the SHARE network.⁴⁶ In return, SHARE participants perform volunteer service two hours per month—anything from helping a neighbor to working at the SHARE warehouse. With over 14 times as many distribution locations as grocery stores in the District, the SHARE program provides accessibility and value for residents of all incomes. Participants can pay for the food by cash, credit card, money order, or food stamps.

Through SHARE participants' collective buying power, the program is able to purchase food at wholesale prices to lower the cost for individuals. In past years, SHARE has been able to offer up to a 60 percent price reduction over grocery prices, which they estimate save metropolitan area residents approximately \$3.9 million.⁴⁷ In 2003, SHARE distributed over 3.8 million foods of food to their participants.⁴⁸

 **Low-Income residents are underserved by CSAs.**

Community Supported Agriculture refers to the process by which local farmers sell seasonal “shares” to people interested in having fresh fruits and vegetables throughout the growing season. Shareholders usually pay up front for a season’s worth of produce, then during the season farmers either distribute grocery boxes with a week’s worth of crops or allow shareholders to “shop” for a predetermined amount of produce at designated locations across the District. Like shareholders in a corporation, when farmers have a good season CSA shareholders reap the benefits with an abundance of produce worth much more than their initial investment. Some farmers only provide summer season shares, but others have both summer and winter programs. About nine CSAs currently provide fresh, seasonal fruits and vegetables to people across the city.

A share in one of the District’s CSAs can typically cost anywhere from \$300 to \$500 a year. Currently, there is only one CSA that is specifically available and affordable for low-income communities in the District. The Capital Area Food Bank works in conjunction with the Chesapeake Bay Foundation to run Clagett Farm in Upper Marlboro, Maryland. This CSA offers full shares for half the price to residents who qualify for WIC or food stamps. Participants can pick up their shares at the farm, at the Anacostia Farmers Market at Peace Park on 14th St SE, or near Dupont Circle.⁴⁹ Additionally, Clagett Farm gives out shares to the low-income children who visit the farm in their Farm Youth Initiative, which the children in turn take home to their families. The farm also donates produce to low-income communities in DC through the food bank.⁵⁰

The financial geography of CSA programs can make it difficult to adjust payment schedules to meet the needs of participants on a fixed budget. Most CSAs require payment for the whole season up front because farmers need money at the beginning of the season to fund their labor and farm costs. For many low-income residents, paying up front for a season's worth of produce is difficult, if not impossible, to do. Subsidizing low-income shares through supplemental funding, or through upper-income customers is the model used by Clagett Farm and CSAs serving low-income clients in cities across the country.



Clagett Farm, where the Capital Area Food Bank runs their CSA.

What grade did cooperatives and buying clubs receive in the scorecard?

	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
Access to Buying Clubs	D+	C-	F	C	C-	B	A+	D+

Here are a few things that can be done to improve access to cooperatives and buying clubs in the District of Columbia...

- All Washington-area cooperatives and CSAs should accept Electronic Benefit Transfer (EBT) to give food stamp participants better access.
- Develop and expand grocery cooperatives and CSA program that are affordable and accessible to the city's low-income communities.

COMMUNITY GARDENS AND URBAN AGRICULTURE

Why are community gardens and urban agriculture an important solution in ending hunger and providing better nutrition to individuals in the community?

Community gardens are segments of land that community members share to grow plants like fruits, vegetables, and flowers. The gardens are usually divided up into plots so that each participant has their own space, and tools and resources are shared among members. Some community gardens put limits on the amount of non-food items (such as flowers) that can be grown so gardens remain predominately food-based. For many participants, these gardens provide a good source of fresh fruits and vegetables, physical activity, and enjoyable recreation. In the District, community gardens support neighborhood revitalization, environmental education, and youth development. In addition to community gardens, creative District residents engage in urban agriculture by growing food in containers, on balconies, in backyards and on urban farms like Community Harvest's Urban Oasis. Unfortunately, despite available vacant land, 80% of the city's community gardens are concentrated in Wards 3, 4, and 6 in the upper Northwest and Capitol Hill areas.⁵¹



George Washington Carver OUTDOOR School at 13th & Ft. Stevens NW

A community garden plot that is 20 by 20 square feet can produce an average of \$500 worth of food throughout the year—almost half the average benefit of a Food Stamp recipient.⁵² The District's warm summers and long growing season are ideal for agricultural adventures and many immigrants in the District have backgrounds in farming and knowledge of farming skills that they bring to gardening. Youth gardens such as the Washington Youth Garden at the National Arboretum and the Lederer Youth Garden teach children the importance of knowing how food grows and create an opportunity to apply nutrition education to real life.⁵³ Community gardening also promotes physical activity for people of all ages, helps connect neighborhood residents with one another, provides the surrounding area with refreshing green space, creates the potential for community development and promotes independence.



The impact of community gardens on individual food security is limited by available land, accessibility on public transportation and time and expertise constraints. While there are many time-saving methods to growing food, gardening still takes time—a luxury working families are often without. However, gardens can work in tandem with other food security programs. For example, Food Stamp recipients can use their benefits to purchase seeds and plants for a fraction of the cost of the bushels of vegetables they can produce.

Here's what we found during our assessment of community gardens and urban agriculture in the District of Columbia:

✍ **Eighty percent of gardens are concentrated in Upper Northwest and Capitol Hill.**

✍ **Securing land is the most significant challenge for urban agriculture.**

Skyrocketing land costs and rapid development in much of the District have limited the traditional source of land for urban agriculture: vacant public and private property. However, the District has a wealth of undeveloped publicly owned land. With the exception of land managed by the National Park Service, much of the available land is not currently being used for community gardening. Park Service gardens include nine gardens in Rock Creek Park and over 150 family plots in Fort DuPont Park.⁵⁴

What grade did community gardens and urban agriculture receive in the scorecard?

	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
Availability of Community Gardens	D-	C+	A+	A+	D-	A+	D+	F

Here are a few things that can be done to improve access to community gardening and urban agriculture in the District of Columbia...

- Encourage and provide funding for additional organizations to sponsor and coordinate community gardens on public land.
- Encourage lead organizations, such as Garden Resources of Washington (GROW) DC and the Children and Youth Investment Trust Corporation, to sponsor, oversee, and coordinate school and community gardens in the District.

Case Study: Newark Street Community Garden

On a warm day in early summer, a cool breeze wafts the earthy smell of just planted tomatoes over gardeners in Newark Street Park. Gardeners across the city have been coming since 1973 to visit vegetable and flower plots just within sight of the Washington Cathedral. Today, the garden boasts 220 plots that serve about 440 people and prides itself on its international makeup—African, Chinese, South American and European gardeners work side by side. Here, dirt-loving Washingtonians can grow their own food in plots as big as 20 feet by 10 feet. Surplus veggies are often shared with neighbors or donated to organizations, like the Capital Area Food Bank, that give the fresh food to those who may not otherwise have access to it. For its participants, the garden serves as a source of food and a friendly gathering of neighbors.

FEDERAL NUTRITION PROGRAMS

Why are federal nutrition programs an important solution in ending hunger and providing better nutrition to individuals in the community?

A wide web of federal nutrition programs – the USDA Food Stamp Program, the Supplemental Nutrition Program for Women, Infants and Children (WIC), the school lunch and breakfast programs, the summer and after school food programs, and the Child and Adult Care Food Program (CACFP) – work as intended. They provide the nutrients children and adults need each day and they succeed in providing good food to thousands of children and adults in the District, who would otherwise suffer from hunger.

Federal Nutrition Programs are the foundation of family and community food security. They provide low-income families with the resources to buy food for themselves through the Food Stamp Program and give children living in poverty a safe place to learn, play and eat a healthy meal at D.C. Free Summer Meals Program sites. Federal nutrition programs support child development and academic excellence in child care centers and schools and provide essential nutrients to vulnerable pregnant women, babies and seniors through the WIC program.

Here's what we found during our assessment of federal nutrition programs in the District of Columbia:

 **The summer meal program has made significant improvements but some areas of the District still lack sufficient meal sites.**

The Summer Food Service Program, also known as D.C. Free Summer Meals, provides free nutritious meals, with no registration, to children in low-income areas at hundreds of sites across the District when school is out of session. Most sites are small community-based programs or schools. The program increases the food security of both children and their families and, in most cases, allows children the opportunity to participate in fun and educational activities during the summer.

Most children and youth can walk to meal sites and the program is most successful when meal sites are located directly in a child's neighborhood. Increasing the density of meal sites, particularly in areas of high poverty, is crucial to reaching as many children and youth as possible. The D.C. Free Summer Meals program has enjoyed significant success in recent years and now serves over 27,000 children at more than 300 sites every summer. The program has the highest participation ranking in the U.S. However, because of the high concentrations of poverty in many areas of the District, summer meals sites are not able to reach all the children and youth that desperately need these meals. In particular, Ward 8 and Ward 5 lack sufficient meals sites to accommodate the many low-income children and youth in those neighborhoods. East of the River, in Ward 8, for example, there is one summer meal site for every 161 children in poverty. In contrast, Ward 3, has one site for every 38 poor children.





The Food Stamp Program effectively targets families in the neediest communities, but may not be reaching working families and immigrants.

The Food Stamp Program provides a safety net for thousands of low-income District residents and is one of our strongest hunger and food insecurity-fighting tools. The average monthly benefit in the District of Columbia is nearly \$100 a month—a big boost for struggling low-income families. The program provides benefits on a debit card that can be used at grocery stores and corner markets across the District. Households participating in the Food Stamp Program, on average, obtain more nutrients for every dollar they spend on food than other shoppers.⁵⁵

The District’s Food Stamp Program received a federal bonus last year for its higher than average participation, and has successfully encouraged participation in many low-income areas of the District. However, lengthy and cumbersome application processes, perceived poor customer service, complex federal eligibility rules for immigrants, and social stigma have limited the reach of the program among many working and immigrant families. Unlike many other states, the District’s Food Stamp Program requires an in-person interview and a multi-step process to receive benefits. Since all but one of the seven application offices are located in the SE, SW, and NE quadrants of the city, families in the Northwest quadrant must travel across town, multiple times, to the office located in the Petworth neighborhood (east of Rock Creek Park) in order to obtain benefits. Unsurprisingly, Wards located in the Northwest had the lowest number of likely eligible households participating in the Food Stamp Program.

What grade did Federal Nutrition Programs receive in the scorecard?

	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
Food Stamp Program Access	D-	F	F	C	A+	A+	A+	A+
Sufficient Summer Food sites for Children and Youth in Poverty	C	B	A+	B+	D+	C-	D-	F

Here are a few things that can be done to improve access to summer food and food stamps in the District of Columbia.

- The District’s Food Stamp Program should allow applicants who work during the day, or cannot easily travel to a Food Stamp office to apply for the program over the phone and online and should develop an outreach plan to target residents of Northwest.
- The District should consider policies, including supplemental funding, to encourage new Summer Meals sites in areas of high poverty.

SUPPLEMENTAL FOOD

Is supplemental food a solution in ending hunger and providing better nutrition to individuals in the community?

Unfortunately, supplemental food providers such as soup kitchens and food pantries are playing a vital role in meeting the immediate needs of hungry and food insecure individuals. There are over 300 organizations in the District that provide residents, in crisis, with supplemental food in the form of individual meals and/or groceries. Supplemental food is usually the last resort desperate residents turn to because providers of community pantries are well-known, trusted members of their community.


Here's what we found during our assessment of supplemental food in the District of Columbia:

 **The Capital Area Food Bank is the primary distributor of supplemental food.**

While a few supplemental food providers offer food through their own means, most providers in the District are member agencies of the Capital Area Food Bank (CAFB). Members can obtain donated foods at a minimal cost from the Food Bank's warehouse in the northeast quadrant of the city. The food bank has over 740 member agencies throughout the Washington Metropolitan area—333 of which are in the District.⁵⁶ Many of these food pantries are run by faith-based or community organizations but other providers are day care centers, rehab centers, and transitional housing units. The food bank currently distributes approximately twenty million pounds of food—including six million pounds of produce—each year to their member agencies.⁵⁷ Demand has steadily risen. The Capital Area Food Bank is serving 39 percent more people today than just a few years ago.⁵⁸

 **Supplemental food providers have challenges in getting healthy food.**

The CAFB has made great strides in recent years to distribute fresh produce and healthy foods through their programs and member agencies. For example, the Food Bank's Produce for People initiative delivers fresh produce to twenty sites where people who might not have access to fresh fruits and vegetables otherwise can receive nutritious food.⁵⁹ CAFB also distributes agricultural commodities like canned goods and purchases healthy items to supplement some of the less nutritious donated foods they receive. By definition, however, Food Banks are reliant on donated foods as the foundation of their program and these donations are not always nutritious. Sugary drinks, snack products, high-sugar cereals, and highly processed foods are regularly donated to the food bank from local businesses. Since supplemental food recipients visit a supplemental food site because they are unable to provide healthy food for themselves, less nutritious items can have a particularly damaging effect on the health, nutrition and well-being of these especially vulnerable residents.

 **Supplemental food providers are uniquely positioned to refer residents to other options in the community food system.**

Supplemental food providers have an immense amount of respect and credibility in their communities. Neighborhood residents trust the providers to help them in times of need and to be sympathetic to their challenges. For these reasons, supplemental food providers are on the front lines

of ensuring access to healthy affordable food in every community. These providers are crucial to connecting food insecure residents to other options in the food system such as federal nutrition programs, discount grocery stores, farmer’s markets, cooperatives and buying clubs to defray their costs of groceries.

What grade did supplemental food receive in the scorecard?

Food insecure families with uncertain or limited availability of adequate supplies of nutritional and safe food may be forced to rely on supplemental food providers such soup kitchens and food pantries. In a completely food secure community, no one would require supplemental food. The Capital Area Food Bank provided us with the pounds of supplemental food distributed through their member agencies in each ward.⁶⁰ To determine the reliance on supplemental food in a ward we used the ratio of yearly pounds of food to the total ward population to find how many pounds of food were distributed for every person in that Ward, regardless of income. We graded wards in relation to one another assuming a ratio of 0:1 was excellent, the District average received a C, and the highest pounds per person received a failing grade.⁶⁰

	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
Reliance on Supplemental Food	C	F	A+	C+	C	C+	B-	D+

Here are a few things that can be done to use supplemental food more efficiently in the District of Columbia...

- Food banks and pantries should adopt a healthy nutrition policy to accept only donations that meet an improved set of nutrition guidelines that contribute positively to the diets of the residents being served.
- Funding should be provided to food banks and pantries for nutrition education and innovative culinary classes.
- Supplemental food providers should offer referrals and information on federal nutrition programs, alternative food and economic security resources to the residents they serve.

THE COMMUNITY FOOD SECURITY SCORECARD

D.C. Hunger Solutions ranked each ward of the District of Columbia according to the food security of its residents and their access to affordable healthy food through a variety of resources.








Overall Rankings	
Ward 3	B
Ward 6	B-
Ward 2	C+
Ward 4	C+
Ward 5	C
Ward 7	C
Ward 1	C-
Ward 8	D-

What is the Community Food Security Scorecard?




The Community Food Security Scorecard is a snapshot of the current state of local food security in the District of Columbia. We wanted to know whether residents of every District ward are able to access healthy and affordable food through the following food resources.

Primary Food Sources in the District of Columbia

-  Grocery stores
-  Food cooperatives and Buying clubs
-  Farmer's Markets
-  Community Gardens
-  Federal Nutrition Programs (Food Stamps and Summer Food)

In addition to analyzing the distribution and access to those resources, we selected health, nutrition and economic indicators to provide a complete picture of the food security of each ward in the District.

Additional Indicators of Food Security

-  Reliance on Supplemental Food providers
-  Poverty rates
-  Obesity prevalence

The scorecard grades every District ward by their performance on each indicator. The grade is a representation of both the current access to food resources in relation to population or need and the ward's performance in relation to each other. For example, we used the ratio of grocery stores to total Ward population to determine access to grocery stores by Ward and gave the highest marks to the ward with the best ratio out of all eight wards. When possible, we used accepted national or local

standards of excellence or failure and the District's average to determine an average grade (C). For example, we used 50 children per Summer Food site as ideal density and awarded a C to wards with the District's average density. In cases where no standard was available we graded the wards in relation to one another.

District of Columbia Community Food Security Scorecard								
	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
Access to Grocery Stores	D-	A+	B-	D-	C+	D+	D-	F
Food Stamp Program Access	D-	F	F	C	A+	A+	A+	A+
Sufficient Summer Food sites for Children and Youth in Poverty	C	B	A+	B+	D+	C-	D-	F
Availability of Farmer's Markets	B+	A+	C+	D+	C	C	C	D+
Reliance on Supplemental Food	C	F	A+	C+	C	C+	B-	D+
Access to Buying Clubs	D+	C-	F	C	C-	B	A+	D+
Availability of Community Gardens	D-	C+	A+	A+	D-	A+	D+	F
Obesity Prevalence	C+	B+	A-	C-	C+	C-	F	D
Poverty	C-	C+	A-	B+	C	C-	D+	F
Overall Ward Food Security	C-	C+	B	C+	C	B-	C	D-

Indicator Profiles

Access to Grocery Stores

To determine this indicator, we looked at the ratio of the Ward's population to the number of chain grocery stores in the ward in January 2006.¹ We found that while overall, there are 24,872 people for every one grocery store in the District, grocery store distribution heavily favors the Northwestern wards. This leaves Southern wards such as Ward 8 with no supermarket for over 70,000 people. Even if we included the new Giant Supermarket currently in construction in Ward 8, this area of the city still lags far behind other wards.

¹ 2000 Census data from Neighborhood Info DC

Ward	1	2	3	4	5	6	7	8
People per Supermarket	36,667	11,471	12,292	37,501	23,868	34,044	35,270	N/A

Food Stamp Program Access

The Food Stamp Program provides a safety net for thousands of low-income District residents and is one of our strongest hunger and food insecurity-fighting tools. Households participating in the Food Stamp Program, on average, obtain more nutrients for every dollar they spend on food than other shoppers.²

In order to evaluate the access of low-income District residents to the Food Stamp Program we used an adaptation of the US Department of Agriculture's Program Access Index (PAI).³ The PAI measures the extent to which low-income people are participating in the Food Stamp Program. It is a simple ratio of Food Stamp recipients to the number of residents under the poverty level⁴. A PAI higher than 1 is preferable as it shows most of the target population is participating in the program.⁵ A PAI above 1 does not mean that more people are participating than are eligible. We graded PAIs below .70 as substandard and PAIs above 1 as excellent.

Ward	1	2	3	4	5	6	7	8
Total Number of People Receiving Food Stamps ⁶	7475	3086	187	6640	13844	14004	18938	26208
Total Number of People in Poverty ⁷	14651	12053	5228	8985	13204	12867	17449	24039
PAI	0.51	0.26	0.04	0.74	1.05	1.09	1.09	1.09

Sufficient Summer Food Sites for Children in Poverty

The Summer Food Service Program, also known as D.C. Free Summer Meals, provides nutritious meals to children in low-income areas at hundreds of sites across the District. Most sites are small community-based programs. The program increases the food security of both children and their families.

Summer Food sites, on average, tend to serve around 50 children per site. The number and distribution of sites in a community indicates the extent to which children and youth in that area are able to access meals. Since children and youth will generally not travel across town or over a major geographical barrier like a busy street or freeway, multiple, easily accessible sites in every community is the best way to ensure all low-income children receive a meal. To determine whether enough sites

² Food Research and Action Center http://www.frac.org/html/federal_food_programs/programs/fsp_faq.html

³ Our adapted PAI used Ward-level participation and poverty data at 100% of the federal poverty level. USDA recently changed their methodology, and now calculates the PAI using 125% of the poverty level.

⁴ The PAI measures the extent to which low-income people in each state are participating in the Food Stamp Program (using monthly average caseload), and serves as one basis for evaluating state operation of the program and paying federal performance bonuses. The PAI complements but does not replace official participation rates that take into account not only income but other factors (such as citizenship status and household resources) that affect eligibility. USDA calculated the total District Food Stamp PAI for 2003 (most recent year available) as 95.6% of people in poverty.

⁵ Since eligibility for FS goes up to 130% of the poverty.

⁶ July 2004 caseload from Neighborhood Info DC

⁷ Neighborhood Info DC from Census 2000 data

currently exist to serve especially vulnerable children living in poverty we looked at the ratio of children in poverty to the number 2005 Summer Food sites in each ward ⁸. Wards with a ratio at or above 50 children per site received an A, wards at the average of 98 children : 1 site received a C, and we used the standard deviation to determine additional grades.

Ward	1	2	3	4	5	6	7	8
Children and Youth in Poverty for every one Summer Food site	90	71	38	62	118	104	139	161

Availability of Farmer's Markets

We evaluated the availability of farmer's markets in each ward using the numbers of markets in each Ward. Markets within close proximity to a ward boundary were counted in both Wards. Therefore, the total number of markets below is larger than the actual number of markets in the District of Columbia. We used an adapted gap distribution grading method to determine grades, so we awarded an A to wards with the highest number of markets, C to those with an average numbers, and F to wards with no markets.⁹

Ward	1	2	3	4	5	6	7	8
Number of Farmer's Markets	5	6	4	2	3	3	3	2

Reliance on Supplemental Food

Food insecure families with uncertain or limited availability of adequate supplies of nutritional and safe food may be forced to rely on supplemental food providers such soup kitchens and food pantries. In a completely food secure community, no one would require supplemental food. The Capital Area Food Bank provided us with the pounds of supplemental food distributed through their member agencies in each ward.¹⁰ To determine the reliance on supplemental food in a ward we used the ratio of yearly pounds of food to the total Ward population to find how many pounds of food were distributed for every person in that ward, regardless of income. We graded wards in relation to one another assuming a ratio of 0:1 was excellent, the District average received a C, and the highest pounds per person received a failing grade.¹¹

Pounds of supplemental food: Population

⁸ Area eligibility for the Summer Food program is capped at 185% of the poverty level, so this ratio is a conservative estimate of whether the most needy children are able to access meals. Child poverty data is from 2000 Census Numbers Reveal Higher Poverty Numbers in the District by Ward and Neighborhood Cluster. Mark Rubin. DC Neighborhood Agenda Service, October

⁹ A gap distribution method is a relative grading method used to compare scores to one another. For example, when the composite scores of a class are ranked from high to low, there will usually be several short intervals in the score range where no student actually scored. These are gaps. This method of grade assignment involves finding the gaps in the distribution and drawing grade cutoffs at those places. For example, if the highest composite scores in a class were 211, 209, 209, 205, 197, 196... then the teacher might use the gap between 205 and 197 to separate the A and B grades. From "Developing a Personal Grading Plan"¹

David A. Frisbie and Kristie K. Waltman, *University of Iowa* Educational Measurement: Issues and Practice, Fall 1992

¹⁰ The CAFB Distribution Center is located in Ward 5.

¹¹ Grades were determined using the distribution gap method described in footnote 9.

Ward	1	2	3	4	5	6	7	8
Total Poundage	856,104	1,720,185	15,868	711,640	881,231	633,431	540,393	1,101,967
Population	73,334	68,827	73,753	75,001	71,604	68,087	70,539	70,915
Pounds per person	11.67	24.99	0.22	9.49	12.31	9.30	7.66	15.54

Access to Buying Clubs

Food cooperatives and buying clubs allow District residents, regardless of income, access to healthy foods at affordable prices. Unfortunately, there are only a handful of grocery cooperatives and Community Supported Agriculture programs in the District of Columbia. Consequently, we choose to compare the number of SHARE Network sites in each ward to evaluate residents' access to affordable food. SHARE is the largest cooperative food buying network in the District. We graded each ward in relation to the others, awarding the highest marks to wards with the largest numbers of sites, and a failing grade to wards with no SHARE sites.¹²

Ward	1	2	3	4	5	6	7	8
Number of SHARE sites	10	14	0	16	13	32	46	8

Availability of Community Gardens

We compared the number of community gardens in each Ward to evaluate the availability of Community Gardens in the District.¹³ We graded wards in relation to one another using the distribution gap grading method (see footnote 9). Wards with the highest number of gardens received an A, average wards received a C, and Wards with no gardens received a F.

Ward	1	2	3	4	5	6	7	8
# of Community Gardens	1	4	7	7	2	7	2	0

Obesity Prevalence

Obesity rates are related to the availability of healthy food at affordable prices in a community. In order to grade the obesity prevalence¹⁴ in each ward we used 2003 Obesity prevalence rates and graded wards in relation to one another, assuming the lowest obesity prevalence rates were excellent.¹⁵ Average wards were awarded a C and wards with the highest rates received an F.

Ward	1	2	3	4	5	6	7	8
Obesity Prevalence (% of population)	21.2	10.5	6.6	27.9	23.3	28.6	42	35.8

¹² Grade cutoffs were determined using the standard deviation between the number of sites as a guide.

¹³ Number of community gardens from GROW DC as of May 2006 www.growdc.org.

¹⁴ The ratio (for a given time period) of the number of occurrences of obesity to the number of units at risk in the population.

¹⁵ DC Department of Health, Behavioral Risk Factor Surveillance System Program

Poverty Rate

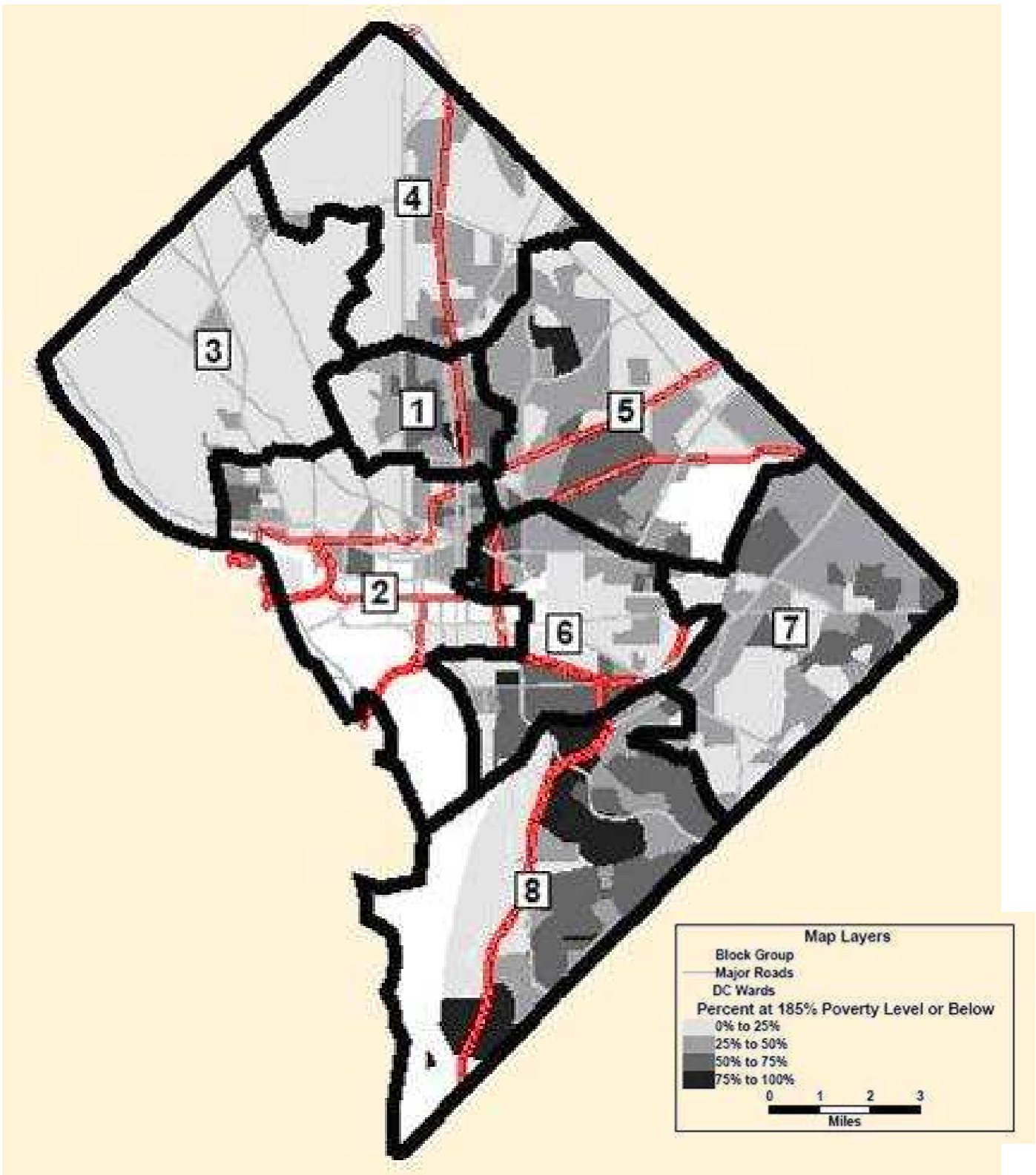
Insufficient income puts families at risk of hunger and food insecurity. We evaluated poverty within the District's wards by the percentage of people at or below the federal poverty level using information from the 2000 Census, the most recent data available by ward. We graded wards in relation to one another, assuming 0% poverty would result in an A grade.

Ward	1	2	3	4	5	6	7	8
Poverty rate	21.8	18.7	7.6	12.2	19.9	21.2	24.8	38

Methodological Notes

The scorecard indicators were, by necessity, limited by the data currently available. However, we would like to note additional indicators of community food security not included in this study as suggestions for future research. First, due to small sample size in USDA annual "Household Food Security in the United States" study, individual and household rates of hunger and food insecurity in the District are not available by ward. Second, while overall obesity rates were used in this report, childhood obesity rates are not available by Ward. Third, poverty rates by District Ward are currently not available in the US Census Bureau's American Community Survey until September 2006. Therefore, although we recognize that the overall poverty rate in the District has increased since 2000, we use Census 2000 data on poverty here as it is the most recent source available by ward.

APPENDIX A: MAP OF POVERTY IN DC



APPENDIX B: GROCERY STORES AND FARMERS MARKET MAP INFORMATION

Grocery Stores Denoted in Map 1

Giant	1050 Brentwood Rd NE DC 20018
Giant	1414 8th St NW DC 20001
Giant	3336 Wisconsin Ave NW DC 20016
Giant	1345 Park Rd NW DC 20010
Safeway	1601 Maryland Ave NE DC 20002
Safeway	1701 Corcoran St NW DC 20009
Safeway	1747 Columbia Rd NW DC 20009
Safeway	1855 Wisconsin Ave NW DC 20007
Safeway	2550 Virginia Ave NW DC 20037
Safeway	2845 Alabama Ave SE DC 20020
Safeway	332 40th St NE DC 20019
Safeway	3830 Georgia Ave NW DC 20011
Safeway	401 M St SW DC 20024
Safeway	415 14th St SE DC 20003
Safeway	4203 Davenport St NW DC 20016
Safeway	4865 Macarthur Blvd NW DC 20007
Safeway	514 Rhode Island Ave NE DC 20002
Safeway	5545 Connecticut Ave NW DC 20015
Safeway	6500 Piney Branch Rd NW DC 20012
Safeway	1800 20th St NW DC 20009
Whole Foods	1440 P ST NW DC 20005
Whole Foods	2323 Wisconsin Ave NW DC 20007
Whole Foods	4530 40th ST NW DC 20016

Farmers' Markets Denoted in Map 2

Dupont Circle	1500 20th Street NW DC 20036
Foggy Bottom	2400 I Street NW DC 20037
H Street	625 H Street NE DC 20002
Penn Quarter	800 D Street NW DC 20004
Georgia/ Petworth	3680 Georgia Avenue NW DC 20010
Ward 8	500 Alabama Avenue SE DC 20032
RFK Stadium Open Air	2700 Benning Road NE DC 20002
Adams Morgan	1800 Columbia Road NW DC 20009
Twin Springs Farm Stand	2300 Cathedral Avenue NW DC 20008
US Department of Agriculture	1200 Independence Avenue SW DC 20024
US Department of Transportation	400 7th Street SW DC 20024
New Morning Farmers' Market	3600 Alton Place NW DC 20008
Burleith/Glover Park	3700 Whitehaven Parkway NW DC 20007
Brookland	950 Bunker Hill Road NE DC 20017
Riverside/Heritage Park	601 Division Avenue NE DC 20019
Mt. Pleasant	1650 Lamont Street NW DC 20010
Anacostia	1400 U Street SE DC 20020
Columbia Heights	1400 Irving Street NW DC 20010
Eastern Market	225 7th Street SE DC 20003
DC Farmers Market	1309 5th Street NE DC 20002
Chevy Chase	5700 Broad Branch Rd NW DC 20015

APPENDIX C: FARMERS' MARKETS- LOCATIONS & SCHEDULES

Markets Open Year Round	Location	Day/Time
Dupont Circle	1500 20th Street NW Washington DC 20036	Sundays (Mar-Dec) 9:00-1:00, (Jan-Mar) 10:00-1:00
Eastern Market	225 7th Street SE Washington DC 20003	Saturdays & Sundays 7:00-4:00
New Morning Farmers' Market	3600 Alton Place NW Washington DC 20008	All months except April and May: Saturdays 8:00-1:30
RFK Stadium Open Air	2700 Benning Road NE Washington DC 20002	Summer: Thursdays & Saturdays 7:00-4:00 Some farmers come in the winter, not all
DC Farmers' Market	1309 5 th St NE Washington DC 20002	Tuesday-Thursday: 7:00-5:30, Friday & Saturday: 7:00-6:30, Sunday: 7:00-2:00
Summer Season Markets	Location	Day/Time
Foggy Bottom	2400 "I" Street NW Washington DC 20037	Wednesdays 3:00- 7:00
H Street	625 H Street NE Washington DC 20002	Saturdays 8:30-12:30
Penn Quarter	800 D Street NW Washington DC 20004	Thursdays 3:00-7:00
Ward 8	500 Alabama Avenue SE Washington DC 20032	Saturdays 9:00-2:00
Adams Morgan	1800 Columbia Road NW Washington DC 20009	Saturdays 8:00-2:00
Twin Springs Farm Stand	2300 Cathedral Ave NW Washington DC 20008	Summer-December: Saturdays 8:30-12:30
US Department of Agriculture	1200 Independence Ave SW Washington DC 20024	Fridays 10:00-2:00
US Department of Transportation	400 7th Street SW Washington DC 20024	Tuesdays 10:00-2:00
Brookland	950 Bunker Hill Road NE Washington DC 20017	Tuesdays 4:00-7:00
Brookland (2nd location)	1200 Newton St NE Washington, DC 20017	Sundays 10:00-2:00
Burleith/Glover Park	3700 Whitehaven Parkway NW Washington DC 20007	Tuesdays 7:00-8:00

Riverside/Heritage Park	601 Division Avenue NE Washington DC 20019	Saturdays 10:00-2:00
Mt. Pleasant	1650 Lamont Street NW Washington DC 20010	Saturdays 9:00-1:00
Anacostia	1400 U Street SE Washington DC 20020	Wednesdays 3:00-7:00
Chevy Chase	5700 Broad Branch Rd NW Washington DC 20015	Saturdays 9:00-1:00

**The Georgia/Petworth and Columbia Heights markets' hours are not listed because they are not slated to reopen for 2006. They are included in Map 2 because they were open in 2005.

APPENDIX D: FOR FURTHER INFORMATION

Emergency Food		
Capital Area Food Bank	645 Taylor Street, NE Washington, DC 20017 Tel: 202-526-5344 Fax: 202-529-1767 Hunger Hotline: 202-639-9770	www.capitalareafoodbank.org
Federal Nutrition Programs		
DC Hunger Solutions	1875 Connecticut Ave NW Washington, DC 20009 202-986-2200 x 3023	http://www.dchung.org
State Education Office-Special Nutrition and Commodities (SNAC)	441 4th Street, NW Suite 350 North Washington, DC 20001 Tel: 202-727-6436	http://www.seo.dc.gov
Department of Human Services- Income Maintenance Administration (IMA) (Food Stamps)	645 H Street NE Washington, DC 20002 Tel: 202-698-3900	http://www.dhs.dc.gov/dhs/cwp/view,a,3,q,568277,dhsNav, 30980 .asp
Department of Health-WIC State Agency	2100 Martin Luther King Jr. Avenue, SE Suite 409 Washington, DC 20020 Tel: 202-645-5663 Fax: 202-645-0516	http://dchealth.dc.gov/doh/cwp/view,a,1371,q,581976,dohNav_GID,1787,dohNav, 33120 33139 .asp
Farmers' Markets		
FreshFarm Markets	P.O. Box 15691 Washington, DC 20003 Tel: 202-362-8889 Fax: 202-244-2131	www.freshfarmmarkets.org
Community Harvest		www.communityharvest.org
Farmers' Market Nutrition Program		
WIC (Women, Infants, and Children) FMNP	2100 Martin Luther King Jr. Avenue SE Suite 409 Washington, DC 20020 Tel: 202-645-5662 or 1-800-345-1942	http://doh.dc.gov/doh/cwp/view,a,1371,q,582102,dohNav_GID,1787,dohNav, 33120 33139 .asp
CSFP (Commodity Supplemental Food Program) FMNP	2100 Martin Luther King Jr. Avenue, SE Room 400 Washington, DC 20020 Tel: 202-645-5518	http://app.doh.dc.gov/services/special_programs/csfp/sfmnp.shtm
Grocery Co-ops		

City Garden Co-op	3327 18 th St. NW Washington, D.C. 20010	www.geocities.com/citygardencdc
Takoma Park/Silver Spring Co-op (Takoma Park location)	201 Ethan Allen Avenue Takoma Park, MD 20912 Tel: 301-891-2667	http://tpss.coop
Takoma Park/Silver Spring Co-op (Silver Spring location)	8309 Grubb Road Silver Spring, MD 20910 Tel: 240-247-2667	http://tpss.coop
SHARE	5170 Lawrence Place Hyattsville, MD 20781 Tel: 301-864-3115 or 1-800-21-SHARE	www.sharedc.org
Community Supported Agriculture (CSAs) www.nal.usda.gov/afsic/csa ; www.localharvest.org . The following CSAs were listed in <i>The Washington Post</i> on March 2, 2005. This list is not exhaustive—there are other CSAs that deliver in the District.		
Fresh & Local CSA	Tel: 304-876-3382 Email: info@freshandlocalcsa.com	www.freshandlocalcsa.com
From the Ground Up (Capital Area Food Bank CSA)	Tel: 301-627-4662 Email: clagettfarm@cbf.org	www.clagettfarm.org
Green Farm	Tel: 301-290-0141	
Stoney Lonesome Farm CSA	Tel: 703-754-9145 Email: SLfarm2004@yahoo.com	www.slfarm.us
Jug Bay Market Garden	Tel: 301-627-6211 Email: jugbaymg@earthlink.net	www.jugbaymg.qn.com
Last Straw Farm	Tel: 703-443-9619 Email: laststrawfarm@direcway.com	
Bull Run Mountain Vegetable Farm	Tel: 703-745-4005 Email: bullrun@arczip.com	www.bullrunfarm.com
Farmstead of Charlotte Hall	Tel: 301-884-3384 Email: farmstead88@msn.com	
Community Gardens		
Garden Resources of Washington (GROW) DC	Tel: 202-234-0591	www.growdc.org
National Park Service, Rock Creek Park	3545 Williamsburg Lane NW Washington, D.C. 20008 Tel: 202-282-1063	http://www.nps.gov/rocr/index.htm
National Park Service, Fort Dupont Park	1900 Anacostia Drive, SE Washington, DC 20020 Tel: 202 426-5961	http://www.nps.gov/fodu/index.htm
Washington Youth Garden	Tel: 202-426-0176	www.fona.org/youthgarden.htm

Convenience Store Coalitions		
The Food Trust's Corner Store Campaign (Philadelphia, PA)	1201 Chestnut Street 4 th Floor Philadelphia, PA 19107 Tel: 215-568-0830 Fax: 215-568-0882	http://www.thefoodtrust.org/php/program/corner.store.campaign.php
Grocery Store Financing		
The Food Trust's Supermarket Campaign	Address same as above	http://www.thefoodtrust.org/php/programs/super.market.campaign.php
Nutrition Education		
Food Stamp Nutrition Education Program (FSNEP)	2100 Martin Luther King Jr. Avenue, SE Suite 409 Washington, DC 20020 Tel: 202-645-5663 Fax: 202-645-0516	http://doh.dc.gov/doh/cwp/view,a,1371,q,595815,dohNav_GID,1787,dohNav,%7C33120%7C33139%7C.asp
WIC State Agency	Same address and phone numbers as FSNEP	http://doh.dc.gov/doh/cwp/view,a,1371,q,581969,dohNav_GID,1801,dohNav, 33183 .asp
BrainFood	1525 Newton Street, NW Washington, DC 20010 Tel: 202.667.5515 Fax: 202.667.9202	www.brain-food.org
Operation Frontline, Food & Skills, Youth Farm Initiative (Capital Area Food Bank)	645 Taylor Street, NE Washington, DC 20017 Tel: 202-526-5344 Fax: 202-529-1767	http://www.capitalareafoodbank.org/programsresources/cnp.cfm
Washington Youth Garden	Tel: 202.426.0176 Fax: 202.544.5398	http://www.fona.org/youthgarden-programs.htm
SHARE Health Project	PO Box 768 Bladensburg, MD 20710 Tel: 301-864-3115 Fax: 1-800-21-SHARE	http://www.sharedc.org/health_project.htm

Endnotes

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- ³ Burt, M.R. (1993). *Hunger Among the Elderly: Local and National Comparisons*. Washington, DC: The Urban Institute.
- ⁴ Administration on Aging. (2002). Fact Sheet: The Older Americans Act Nutrition Programs (Elderly Nutrition Program). Washington, DC: Administration on Aging, US Department of Health and Human Services, <http://www.aoa.gov/nutrition/OAANP-FS.pdf>
- ⁵ Weimer, J.P. (1997). Many elderly at nutritional risk. *FoodReview*, January-April, 42-48. <http://www.ers.usda.gov/publications/foodreview/jan1997/jan97g.pdf>
- ⁶ Trust for Americas Health, "F is for Fat." 2006.
- ⁷ Radimer, K.L., Olsen, C.M., Greene, J.C., Campbell, C.C., & Habitch, J. (1992). Understanding hunger and developing indicators to assess it in women and children. *Journal of Nutrition Education*, 24, 36S-45S.
- ⁸ Policy, J. (1996). Psychological consequences of food restriction. *Journal of the American Dietetic Association*, 96, 589-592.
- ⁹ Wardlaw, G.M. & Insel, P.M. (1996). *Perspectives in Nutrition*. Third Edition. New York, NY: WCB/McGraw-Hill.
- ¹⁰ Rachel Clay, "An Assessment of Food Security in Ward 8" Community Harvest February 2004
- ¹¹ According to the 2000 US Census the average family size was 3.07 people. Weekly Household Food expenditures reported in Household Food Security in the United States, 2004. Economic Research Service, United States Department of Agriculture.
- ¹² There was a Safeway on Milwaukee Place SE, but it closed its doors in 1998.¹²
- ¹³ Tim Lemke, "Giant Food Signs Lease in Camp Simms," *Washington Business Journal*, March 23, 2005. <http://www.bizjournals.com/washington/stories/2005/03/21/daily15.html>. Accessed January 2006.
- ¹⁴ Ibid.
- ¹⁵ Mark Rubin and Davis Kim, "Retail Challenges in Washington, DC: An Analysis of Six Retail Categories," (Washington, DC: The Urban Institute, June 2001,) 16.
- ¹⁶ NeighborhoodInfo DC, Neighborhood Profiles, Ward 3, 7, & 8 Profiles. <http://www.neighborhoodinfodc.org/wards/wards.html>. Accessed January 2006.
- ¹⁷ Richard Bulman, Katie Joyce, Colleen Doyle, Christine Maulhardt, Jaclynn Haymon, Katie Simons, "Assessing the Need for Nutritious and Affordable Food in the District of Columbia," George Washington University School of Public Policy and Public Administration (Spring 2005), 2.
- ¹⁸ The study assessed what foods were available and determined what the cost of a week's worth of food that measured up to the requirements of the USDA's Thrifty Food Plan would be. (The Thrifty Food Plan is a list of and serves as the benchmark for food stamp allotments in the United States.) The ERS surveyed 34 food stores that accepted food stamps—21 chain supermarkets, 7 independent supermarkets, and 6 discount food stores—in order to determine availability and affordability of food in the District. To clarify, where the rest of this assessment refers to "grocery stores" as regional or national chain stores, this particularly section on the ERS study will refer to them as "chain supermarkets" because this is how the study labeled them. Additionally, the study defines "independent supermarkets" as stores that are not chain stores, but may be part of a business with more than one location. "Discount stores" is the category the study chose to represent a group of stores in DC that are not supermarkets but also not specialty stores. A large number of food stamp redemptions occurred in these discount food stores, and because they carried staple goods and fresh produce and meat, they were included in the study under their own separate category.
- ¹⁹ Focus Group with low-income District residents conducted by Buffalo Qualitative Research for DC Hunger Solutions.
- ²⁰ Peapod by Giant website, Delivery Fees & Payment Options, <http://www.peapod.com/?001=525&002=33&003=1&004=&005=&006=10010>. Accessed January 2006.
- ²¹ In Fiscal Year 2005 the District of Columbia provided \$103,295,526 in food stamp benefits to District residents. Food Stamp Program Benefits. Food and Nutrition Service of USDA. <http://www.fns.usda.gov/pd/fspmain.htm>
- ²² Bulman, et al., 18.
- ²³ Bulman, et al., 16.
- ²⁴ Bulman, et al., 19.
- ²⁵ Matthew Hora and Jody Tick, "From Farm to Table: Making the Connection in the Mid-Atlantic Food System," (Washington, DC: Capital Area Food Bank, 2001), 68.
- ²⁶ Rachel Clay, "An Assessment of Food Security in Ward 8" Community Harvest February 2004
- ²⁷ Ibid., 45.

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- ²⁸ "F as in Fat: How Obesity Policies are Failing in America," Part A: Chart on Obesity and Overweight in the States, Trust for America's Health (August 2005), 16. 53.5% is the three-year average of the percentages of overweight and obese adults from 2002, 2003, and 2004.
- ²⁹ The Coronary Artery Risk Development in Young Adults (CARDIA) study by Mark Pereira, Ph.D., assistant professor in epidemiology, University of Minnesota School of Public Health, and David Ludwig, M.D., Ph.D., director of the Obesity Program at Children's Hospital Boston, reported that fast food increases the risk of obesity and type 2 diabetes.
- ³⁰ Yahoo Yellow Pages, Food and Dining, Restaurants, Take Out and Carry Out, http://yp.yahoo.com/py/ypResults.py?&&city=Washington&state=DC&uzip=20006&country=us&msa=8840&cs=4&ed=veEmd61o2Ty_IclQwmDu_zvhkfZ.aOHv1rGB9hizUPhL&stp=y&stx=95884111. Accessed January 2006.
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- ³³ The People's Grocery, <http://peoplesgrocery.org>. Accessed January 2006.
- ³⁴ To name a few—FreshFarm, Community Harvest, the Mt. Pleasant Market managers, the Capital Area Food Bank, the Ward 8 market managers, the RFK market managers, and the USDA.
- ³⁵ FreshFarm Markets (<http://www.freshfarmmarket.org>), Community Harvest (<http://www.communityharvestdc.org>)
- ³⁶ "WIC Farmers' Market Nutrition Program," USDA, Food and Nutrition Service. <http://www.fns.usda.gov/wic/FMNP/FMNPfaqs.htm>. Accessed January 2006.
- ³⁷ DC Department of Health, Commodity Supplemental Food Program, December 2005.
- ³⁸ WIC data from USDA Food and Nutrition Service, Budget Division/Program Reports & Monitoring Branch, November 22, 2005 and seniors data from DC Department of Health, Commodity Supplemental Food Program, December 2005.
- ³⁹ USDA Food and Nutrition Service, Budget Division/Program Reports & Monitoring Branch, November 22, 2005 and Personal communication, DC Department of Health WIC Farmers' Market Nutrition Program officer, Fall 2005.
- ⁴⁰ District of Columbia Demographic and Economic Statistics, 2004 American Community Survey, United States Census. <http://factfinder.census.gov>. Accessed January 2006.
- ⁴¹ Ibid.
- ⁴² "Authorization Criteria for the District of Columbia FMNP," handout. Provided by Department of Health, WIC Farmers' Market Nutrition Program officer, January 2006.
- ⁴³ Personal communication, Takoma Park employee, January 2006.
- ⁴⁴ Takoma Park/Silver Spring Coop website, Membership, <http://tpss.coop/Membership.html>. Accessed January 2006.
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- ⁴⁶ SHARE Food Network 2004 Annual Report, 2.
- ⁴⁷ Ibid., i & 1.
- ⁴⁸ Ibid., 1.
- ⁴⁹ Clagett Farm, From the Ground Up CSA website, <http://www.clagettfarm.org>. Accessed January 2006.
- ⁵⁰ Personal communication, Capital Area Food Bank Harvest For Health Program Associate, February 2006.
- ⁵¹ List of Community gardens from <http://www.growdc.org>
- ⁵² Bill Maynard, American Community Gardening Association, January 2006.
- ⁵³ Friends of the National Arboretum website, Washington Youth Garden. <http://www.fona.org/youthgarden.htm>. Accessed January 2006.
- ⁵⁴ "Rock Creek's Park Nine Community Gardens, Year 2005, List of Managers/Presidents," provided by National Park Service, Rock Creek Park, Special Park Use Coordinator, October 20, 2005.
- ⁵⁵ Food Research and Action Center http://www.frac.org/html/federal_food_programs/programs/fsp_faq.html
- ⁵⁶ Personal communication, Capital Area Food Bank Director of Agency Relations, October 14, 2005.
- ⁵⁷ "25 Years of Service: Distributing Food, Nourishing Our Community," Capital Area Food Bank Annual Report, (Washington, DC: Capital Area Food Bank, January 2005) and Capital Area Food Bank website, About Us, <http://www.capitalareafoodbank.org/about>. Accessed January 2006.
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- ⁶⁰ Grades were determined using the distribution gap method described in footnote 9.