

## **NUTR 493 Final Proposal Paper-**

### **Tilth Alliance: Multicultural Immigrant Senior Meal Sites Resource Guide**

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#### **I. Introduction**

For Nutrition 493 Capstone Course, our group was paired to work with the non profit organization, Tilth Alliance out of Seattle, King County, Washington. Tilth alliance works with Washington Farmers in community to support thor mission of building a sustainable, healthy and equitable food future. The alliance previously known as Tilth, is now a group of Seattle Based organizations that provide programs, classes, and community events targeted to educate the importance of good food. With an emphasis of community, body and planet health, the organization embodies how food is nurturing, nourishing and regenerative for all. The overall mission of Tilth Alliance is for everyone regardless of their community, income or background; to be able to have access to healthy food.

In working with the Alliance, we collaborated with two of the organizations Dietician/Nutritionists, Georgina Sanchez and Tanya Fink who work with Multicultural Senior Meal Sites. As part of the Cooking and Nutrition Education program, Senior sites work with registered dieticians. Georgina and Tanya oversee these sites to ensure that meals cooked are nutritious and follow Tilth Alliances guidelines. Catering to immigrant seniors ages 60 years or older throughout Seattle, the program promotes consumption of fresh, healthy local foods. Funded by The Farm to Table Initiative: the agency is able to provide Seniors with the opportunity to increase their knowledge of eating fresh local foods which are served in their meals. Furthermore the funding serves to improve Senior Meal Programs so that menus, food preparation, cooking

skills and access to these foods are possible. Hence this works to improve Seniors understanding of fresh foods while simultaneously supporting local farmers in their area.

Upon first meeting with both Georgina and Tanya they brought to our attention the goal of creating a Local Resource Food Guide that could be given to Seniors who visit Meal Sites. In this guide they wanted to educate and provide a variety of resources that promoted “Local Foods”. Local food are items such as fruits, vegetables or grains for examples that are grown and harvested in close proximity to one's geographic location. This can be inclusive to their community, county, state and or region. Targeting the Tilth Alliances audience of Seniors, they requested to create specific resource guides catered to each specific cultural site. It also is a resource that sites could refer to so that volunteers at these locations can purchase these foods at these locations rather than large corporation markets. As a result our group conducted research for 24 specific sites and created booklets with a variety of resources available. This information included close proximity Farmers Markets, Food Banks, Community Supported Agriculture (CSA’s), Local Grocery Stores as well as inclusion of Community Gardens, P-Patches and Emergency resources.

With an overall emphasis on eating local this booklet brings attention to the importance of supporting local farmers and agricultural workers. By doing so this allows for Seniors to get to know more about their food from who, where and how it was produced to reach them in person. Furthermore the recognition of the agricultural communities allows for a better understanding of food production and how it has a lasting impact on human and environmental health. Ultimately this booklet encourages Seniors to shop and eat locally. Additional aspects of this guide permits a further emphasis of Farm to Table funding as well as outreach opportunity for Seniors to share this information with those in their community who can benefit from this guide as well.

**II. Methods**

Creating this resource booklet was a long process that required many steps. There were 24 unique meal sites in the Tilth Alliance’s Multicultural Senior Meal Site Program, in which all had its own international culture theme. From East-Asian, to South-Asian, to Middle-Eastern to African, our booklets must have needed to be catered to many types of cultures. Since there were 24 different meal sites we needed to produce 24 different booklets, one for each site. To efficiently produce this large number of booklets, our group decided to divide up the 24 meal site locations, so that each group member is assigned 4-5 meal site locations, and were responsible for creating the booklets for the corresponding meal site locations. The meal site assignments were as shown in the following table:

<b>Zoe</b>	<b>Megumi</b>	<b>Billy</b>	<b>Siena</b>	<b>Wesley</b>
Seattle Korean Elders Association	Laotian/Hmong Elders Association	International District Drop in Center (IDIC) Filipino	Ukrainian - Seattle	Eritrean Association in Greater Seattle
Korean Senior Center	Samoan Elders - Kent	Ethiopian Community of Seattle	Ukrainian - Federal Way	El Centro de la Raza
Duoc Su Temple (Vietnamese)	Nepali Wellness Group	East African - Yesler CC	Bush Hotel - Chinese	United Indians of All Tribes 1 (UIATF)
Vietnamese Senior Club (VSA)	American Polynesian Organization (APO) Samoan	East African - RBUFW	Filipino Community Center of Seattle, (FCS)	United Indians of All Tribes 2 (UIATF)
Club Bamboo (Chinese/Vietnamese)	First Tongan Seniors Nutrition	Northgate East African		MSM - Multicultural Self Sufficiency Movement - Korean

To create the content for the booklets, we decided on what the sections would be, and how we would source them. We decided on an introduction section, detailing how the Tilth Alliance works in the community and our contribution to these booklets, then a section on Farmers

Markets. We catered each site with the farmers markets nearest to them, and included a table that showed the hours, and days that they were available. Following each farmers market was a google-map cut out of how to get there, with information on driving time, and bus times. If there were multiple markets nearby, we would add all of them. The next section was food banks. Just like before, we looked for food banks nearby the location, and included hours, and a map of how to get there.

The next section for CSA's (Community Supported Agriculture) was a little harder. As they weren't always at a market stand, we provided information on how to sign up for them for various farms, including the cost and the time window of the CSA. Then we included a list of local stores. It was requested from our contacts that because Tilth Alliance is focusing on local food, from local businesses, we had to find these stores that were locally owned. This made it more challenging as most sites the closest stores were the chain stores such as Safeway or QFC. While these locations also had locally sourced produce, we decided to focus on supporting the community by only filling this section out with small businesses, and made sure that at least some, if not all of their produce is sourced from here in Washington. Just like the prior sections, hours, address and maps were included to detail how to get there. The final sections were additional resources for immigrant seniors, such as information on obtaining SNAP benefits, Fresh Bucks, and resources such as crisis lines, immigrant legal services, and a number for domestic violence.

The next step, after gathering all of the information was to organize the order of the booklet and how the content was going to be viewed. This included the layout design of the booklet, and size of the font, as well as pictures that conveyed our message should any of the seniors have trouble reading the text. This was done through google docs, and will be a file with not only the

template, but every site, which can be edited to the preference of Tilth Alliance should there be any changes such as hours or locations. We finally organized a template of the booklet, and from that copy, individualized all of the booklets by each site. There were constant adjustments, but with all of the hard work, and working together, we came to completing our booklet.

### III. Outcomes

After weeks of hard work, we ended up with some great outcomes. The work resulted in the completion of 24 different booklet versions. These booklets share one uniform design, but contain different contents depending on the various meal sites. Some of the locations contain up to 90 pages of content. The first set (*Set 1 Pictures*) of pictures includes our cover page, information page, and back cover. The cover page includes the title of the booklet and the specific meal site location designated for the booklet. The information page contains a basic introduction about this guide such as: introduction of the Tilth Alliance; a user guide; the creators' information; and the publication information. The back cover page includes promotion and donation information.

*Set 1 Pictures:*



Set 2 Pictures:



This second set of pictures are two educational pages about the Tilth Alliance and their Farm to Table program. As a group in collaboration with the organization we decided to create a content format that was short and easy to read. We did this to accommodate the fact that seniors at many of these sites speak little great english, and may not be able to read or see small font writing.

Set 3 Pictures



The third set of pictures presents the six major chapters throughout the guide. The six chapters include four main local food resource types, one chapter of other useful resources, and one chapter of emergency resources. The four local food resource types are Farmers Markets, Food Banks, Community Supported Agriculture (CSAs), and Local Grocery Stores. The additional resources include introductions about affordable or easily accessible feeding programs, such as SNAP, Fresh Bucks, Community Gardens, and local farm online order/delivery services. The last part includes emergency resources, which provide additional helpful assistance for seniors and immigrants in cases of emergency such as crisis hotlines and legal services. Each chapter starts with a page of introduction with a visual, paired with a second page including logos as well as locations of these food resources.

*Set 4 Pictures:*

Tith Alliance Local Food Guide Farmer's Market



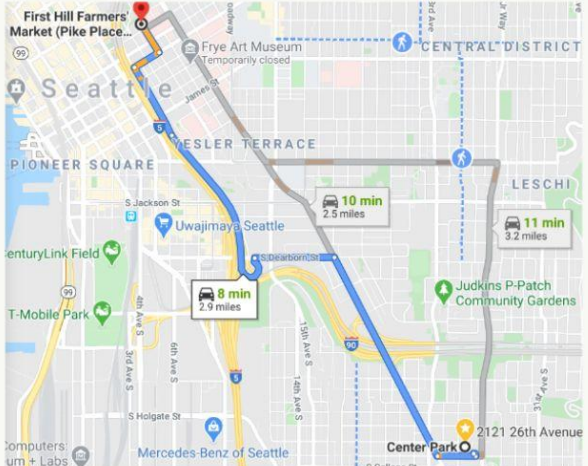
FIRST HILL FARMERS' MARKET (PIKE PLACE SATELLITE MARKET)

SUN	MON	TUE	WED	THU	FRI	SAT
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10AM -2PM	CLOSED

🏠: 9th Ave and, University St, Seattle, WA 98101  
 ☎️: (206) 682-7453

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Tith Alliance Local Food Guide Farmer's Market



🚗: ~2.9miles, ~8minutes  
 🚌: #4 / #7: ~30mins; Link Light Rail: 38 mins  
 🚶: ~60minutes

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The fourth set of pictures is of our main content pages of each food resource location. To let seniors read this information more easily, we used big font size and recognizable icons. The content pages were designed to be printed in open form so that the left side includes the location's operating times, the address and contact numbers and the right side includes a large map, with different transportation options: driving, public transportation, and walking with inclusion of transportation time.

#### **IV. Community Outcomes and Impacts**

Now that we have introduced our resource booklet, our direct outcome, we would like to discuss some indirect community outcomes and impacts of our project. I would like to address three different communities or organizations that will be impacted by our project. The immigrant seniors that attend the meal sites, the volunteers working at the meal sites and the Tilth Alliance, our community partner.

For the immigrant senior members in the program, this booklet provides them more accessible local food resources so that they can have a better understanding of what local foods are available in their respective neighborhoods. Because our booklet design is clear and easy to read with many graphics, the resources in the booklet will bring more convenience to them and improve the quality of their lives. The nutrition resources will let the seniors live more comfortable and sustainable lives. It will also give them a chance to learn more about local cultures, get more involved in local communities, while promoting the diverse, multicultural communications in our community at the same time.



For the employees and volunteers working at the meal sites, this booklet will help guide them to shop at locations that sell local foods, and use more local ingredients in the meals they cook at the meal sites. It will help the workers easily locate local food sources and more efficiently utilize the Farm-to-Table funding given to them. This resource guide will lead the way for sustainable cooking and nutrition at the meal sites.

Finally, we will go over the outcomes for the Tilth Alliance, our community partner that will be utilizing and distributing these booklets to the meal sites. This booklet will serve as a meaningful tool to improve and perfect the organization's Immigrant Senior Meal Program. The distribution of these local food guides will spread more awareness for the efforts of the organization and hopefully lead to more supporters for the Tilth Alliance. The booklet produced by our project will also help the Tilth Alliance achieve their goal of spreading the concept and importance of eating local foods.

Next we would like to highlight the community identified goals that were addressed at the beginning of our project and how our project was able to positively impact these goals. There are three main community identified goals for our proposal. The first is to spread awareness of eating local in our community. This goal was achieved because our booklets will help both the seniors and meal site coordinators to have a better understanding of the importance of eating local foods and also help them familiarize themselves with the local food options around them. Hopefully this direct outcome will lead to a greater impact of having more people in our community be aware of where the food prepared in front of them is coming from. The second community identified goal is to protect immigrant culture in the community. Our resource guides will help support these multicultural meal sites by giving them easier access to more sustainable nutrition, which will in

the long run contribute to improving diversity in the community. These meal sites are a place where the seniors are able to share and enjoy different foods from their respective international cultures. Furthermore, the meal sites were not just a place to eat, but also a place where the seniors and volunteers are able to demonstrate their unique cultures. The third community identified goal is to increase support of local agribusiness and increase the sense of sustainability in our community. This will be discussed in more detail in the next section of this paper.

#### **V. Resilience and sustainability**

Resilience is defined as the ability to recover from difficulties and sustainability is defined as the ability to maintain at a certain state. Resilience and sustainability of Tilth Alliance as well as the Washington community are directly affected by the resource we have created. Tilth Alliance has made a commitment of cooking with only local produce. By creating these resource guides, it will inform many of the senior meal site volunteers of local grocery stores that sell local produce. This itself will improve the sustainability of Tilth Alliance as well as their pledge to eating more local produce. Resilience is also improved among Tilth Alliance seniors. Our resource guide provides helpful guides on SNAP, Fresh Bucks, and food banks. Resilience is improved among the Tilth Alliance seniors because it allows the seniors to become attuned to the support they can get. This means that whenever the seniors may be stuck in a rough spot, they may refer to the guide for help. For example, if they are short on money and are in need of food, they may choose to visit a food bank close to their respective senior meal site to get food. Another example may be that if a senior sees that they are eligible for SNAP, they have all the information they need to sign up for SNAP.

Outside of the Tilith Alliance, resilience and sustainability will also be improved by this resource guide. Ecological sustainability will be greatly impacted by the resource guide as we directly support local farmers. By supporting local farmers, we are able to cut down the overall carbon footprint of produce since the produce will only need to travel within Washington as opposed to non-local food. It is said that, “around 11% of the greenhouse emissions involved in food production are linked to food transportation” (Food's Carbon Footprint, 2020). By reducing the amount of miles produce needs to travel will benefit ecological sustainability in the long run. There also will be less waste produced from local produce as less packaging will be used to transport the produce. Sustainability within Washington farmers will also be improved because money is directly put into the farmer’s pockets. This means that farmers are able to sustain their farms longer and potentially grow more food for the public. This in turn will drive the economy within the state of Washington. With a stronger economy, Washington farmers as well as farming communities may be more resilient to economic crises and also disasters.

The biggest issues that come from our resource guide was that there were not many grocery stores around some of the senior meal sites. Areas such as Beacon Hill and Rainier Beach have little to no local produce offered to them. On top of having no local produce around, grocery stores were not plentiful. Generally, around these areas, there would only be one main grocery store, usually a Safeway or QFC. This meant that locals would have to purchase fresh produce from only these chain grocery stores, which are not local. Due to this problem, a great amount of grocery stores we put into our resource guide are more towards the city since most of the local produce stores are located in the city. This means that travel time to these grocery stores from the senior meal sites may take around thirty to sixty minutes. The last problem we encountered was that we could not address affordability issues. Generally, local produce costs more than regular produce

you get from grocery stores. This means that it may be unencouraging for the seniors to go out of their way to buy local produce. Though we value affordability, local produce as of right now is not the most affordable to purchase.

**Sources:**

Green Eatz. 2020. Food's Carbon Footprint. [online] Available at:

<<https://www.greeneatz.com/foods-carbon-footprint.html>> [Accessed 6 June 2020].