



COMMUNITY FOOD ASSESSMENT: LINCOLN COUNTY



Ten Rivers Food Web



Resource Assistance
for Rural
Environments



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Small Photos (from Left to Right): Gathering
Camas with Healthy Traditions, Fishing Boats
at Newport Bayfront and pigs at Walker Farms
of Siletz.

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Thank you to all of Lincoln County for embracing this assessment and sharing your stories.
Your passion for your community and food system is remarkable.

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FOREWARD

When the first settlers came to Oregon they were amazed by the rich soil, abundant water supply and even the islands of productivity in Oregon's deserts. They were thrilled with the crops, fruits and berries they were able to raise, the rich pastureland as well as the streams teeming with fish and the bounty of wild game available to feed a growing population. It would have been impossible for them to believe that anyone could be hungry or food insecure in this land of plenty. It is incredible that hunger and food insecurity abound in Oregon nearly two centuries later. In fact, many of the areas that seemed so bountiful to those early settlers have the least access to food today.

Three years ago the Oregon Food Bank in partnership with University of Oregon RARE program began to conduct community food assessments in some of Oregon's rural counties. Very few community food assessment efforts have been undertaken in rural America with a county by county approach. The report you are about to read is a result of conversations with the people who make Oregon's rural communities and their food systems so very unique. These reports are also a gift from a small group of very dedicated young people who have spent the last year listening, learning and organizing. It is our sincere hope that these reports and organizing efforts will help Oregonians renew their vision and promise of the bountiful food system that amazed those early settlers.

Sharon Thornberry
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INTRODUCTION

Lincoln County is located on the central coast of Oregon. The county's population is slightly over 46,000 people, with the majority concentrated on the Pacific coast from Lincoln City in the north to Yachats in the south. The county also stretches to the east over the Coast Range Mountains with small, rural towns scattered in the lower lying river basins and into the mountains. The area is primarily forested with limited flat land available. Residents refer to areas of the county geographically – North County, South County and East County – and this will be reflected in the report. The area's rugged nature prevented it from being settled by pioneers until the late 1800s, but Native Americans lived off the natural bounty of the area, from fish to berries, for many years.

Today, these natural resources are important to the local economy. Newport (the county seat) is home to the area's fishing industry and ranks within the top twenty fishing ports in the United States based on landings. Lincoln County also has a strong timber industry. Compared to timber and fishing, agriculture is minimal. However, recent emphasis on local food is changing the outlook for coastal agricultural and fostering the growth of small, direct-sale farms.

Though Lincoln County has valuable food resources, some struggle with food insecurity. Fifteen percent of the population lives in poverty, with another 31% living on the verge of poverty. These people live with some uncertainty about their next meal because they have limited incomes, limited access

to full-service grocery stores and/or limited knowledge about healthy eating on a budget.

The aim of this report is to document Lincoln County's food system. A food system is the "sum of all activities required to make food available to people, which involves production, processing, distribution, consumption and waste".¹ The Lincoln County Community Food Assessment explores all aspects of these activities and looks at the interrelated nature of all food system factors.

Though a major component of the assessment process is this report, a food assessment also involves community participation and organizing. Involvement from the community is vital for making a food assessment effective because the assessment process – the uncovering and compiling of research, conversations and observations – is just the spark. A number of questions lie at the core of the assessment process including: What is needed to increase agriculture on the coast? How can the county make it easier for fishermen to reach local customers? And how can we increase access to healthy food for rural residents? The answers to these questions from Lincoln County residents are in this report and these answers will help to strengthen the community's food system. The ultimate goal of this assessment is to positively affect and change Lincoln County's food system to make it more sustainable, participatory and secure for all.

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Oregon Oyster Farm , Newport

This section will focus on the food resources that exist in Lincoln County. It will give a historical record of agriculture and fisheries that give context to the present state of these industries. It will also highlight those that provide food primarily for the area's residents. Much of the historical record of Lincoln County's agriculture has been culled from Kim Gossen's 2008 thesis entitled *Reclaiming Space for Small Scale Agriculture in Lincoln County, Oregon*. This thesis gives an insightful and thorough account of the development of agriculture from pioneer settlement to the present day.

Lincoln County, located on the western edge of the continental United States, is rugged. The county, on Oregon's central coast, is 992 square miles with the Coast Range Mountains on the eastern side and the Pacific Ocean to the west. The mountains and ocean interact and "create the unique physical conditions and abundant microclimates of this area".ⁱⁱ One resulting condition is high levels of precipitation throughout much of the year (the "northeastern part of the county has one of the wettest climates in the continental U.S. with nearly 200 inches of rain in some years").ⁱⁱⁱ Another is the ideal environment for Douglas fir, hemlock and spruce tree growth. Lincoln County is primarily forests, with 90% of the county's acres forested.^{iv} These are the geographical realities that Lincoln County farmers face.

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Historical Background

Historically, the coastal region of the Ten Rivers Foodshed has not been prized for its agricultural land or growing climate. Because this land was undesirable for farming, white settlement did not occur until the later 1800s. Instead, in the 1850s, Native American tribes were removed from native lands and resettled on the coast. The Rogue River War resulted in the forced relocation of members of over 20 tribes from Southwestern Oregon and Northern California to the Siletz Agency (the name for the area's official reservation that covered what is present day Lincoln, parts of Tillamook, Benton and Yamhill Counties).^v

The tribes were forced to cultivate the land, because of federal policy, beginning agriculture on the coast;^{vi} they planted vegetable and cereals, of which many failed initially due to the difficult growing climate (some, such as oats, were more successful and became a staple of the Indian diet).^{vii} This left little time to capitalize on what was truly abundant – oysters, mussels, clams, salmon, seaweed, camas, huckleberries, venison and eels.

In 1852, bad weather forced a ship to shore in the Yaquina Bay which led to the dissemination of knowledge to the outside world about the bounty of oysters, clams and fish in the area. Others who came to the area confirmed these reports. As knowledge of this resource grew, two commercial oyster companies came to the area in the early 1860s. Tensions grew because all land was part of the reservation – one of the oyster companies paid the tribes for what they harvested while the other did not.^{viii} Settlers and businessmen began to petition for land rights to access the bountiful natural resources. Access to Yaquina Bay was especially desired. The Bay not only afforded easy access to abundant oysters, fish and clams but also provided a port for shipping timber and agricultural products from the Willamette Valley instead of up the Columbia River.^{ix} In 1865, the area from Cape Foulweather to the Alsea River was removed from the reservation and settlement began.^x

Reservation land began to be split up into individual allotments of 160 acres for tribal members to own. Land also became open to white settlement through the Dawes Act (or the General Allotment Act of 1887) which allowed the sale of unallotted reservation lands to white settlers.^{xi} Individual land

ownership started homesteading or sustenance farming in the community. The remoteness of the area made families rely on their cultivated land as their primary source of food. Today, homesteading is the base of agriculture in Lincoln County. Some of the original homesteads have remained in local families and continue to be used to farm, raise cattle and harvest timber.

Early Agriculture Development

Agriculture continued to expand in Lincoln County throughout the early twentieth century though it never became as much of a booming industry as in neighboring counties. “By the time of the 1900 Census there were 440 farms in Lincoln County; by 1910 this number had expanded to 961 with an average size of 165 acres”.^{xii} Families were successful at providing for themselves as they discovered crops suited for the coastal climate.



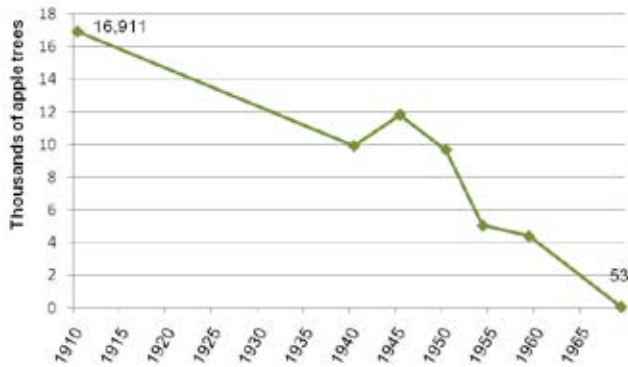
H.R. Hartley, of Siletz, shows off his prize winning turnip patch, circa 1920. Photo provided by Oregon State University Archives from *Reclaiming Space for Small Scale Agriculture in Lincoln County, Oregon*.

At this time, Lincoln County had a strong, diverse food system. Vegetables (primarily root vegetables), oats, berries, apples, hay and dairy products were some of the more prolific food and crops grown and raised. And processing options helped to increase the possibilities. “Newspaper articles found at the Lincoln County Historical Society mentioned five different fruit and vegetable canning operations in the Yaquina Bay area” along with several creameries.^{xiii} Many advertising their ability to handle residents’ harvests; from the Lincoln County Leader in April 1918 the Toledo Canning Company was “prepared to handle your evergreen blackberries, Bartlett pears, prunes, plums, etc.”^{xiv}

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Production peaked from 1910 through the 1950s, with most food production seeing a decline after that point (or towards the end of this time period). Productive apple trees in Lincoln County were at their peak in 1910 with nearly 17,000 trees of various ages, but this declined to only 53 trees in the 1969 Census.^{xv} This statistic reflects orchard abandonment that occurred during this time period – many of the planted apple trees did not go away but were instead left and not harvested. These old, abandoned orchards can still be found throughout Lincoln County today (especially towards the east by Edyville, Harlan and Nashville).

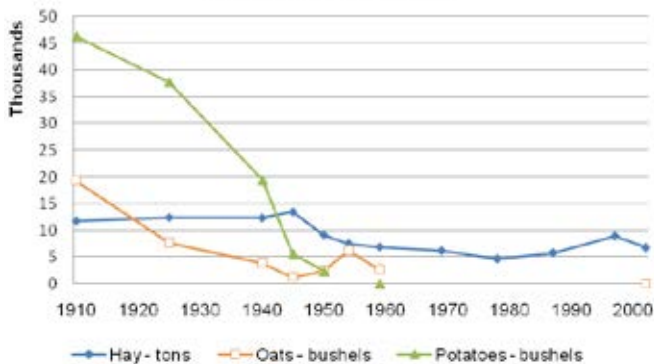
Apple trees of all ages - Lincoln County (1910 - 1969)



Apple trees of all ages growing in Lincoln County (Censuses of agriculture 1910-1969) from *Reclaiming Space for Small Scale Agriculture in Lincoln County, Oregon*.

Potatoes and oats, two successful crops grown in the area during the turn of the century declined significantly from 1910 to the mid 1940s.

Selected food and forage crops sold - Lincoln County (1910 - 2002)



Tons of hay, bushels of oats, and bushels of potatoes sold in Lincoln County (Censuses of agriculture 1910-2002) from *Reclaiming Space for Small Scale Agriculture in Lincoln County, Oregon*.

The 1940s also saw farmland and the acres used to grow food begin to decrease. The loss of apples, oats and potatoes harvests (see graphs) demonstrates the decline that was happening to most agriculture in Lincoln County over this time.

Why Agriculture Declined

Ultimately, agriculture in Lincoln County dwindled over time because farmers couldn't compete with more productive agricultural areas. Overall, nationwide agriculture became industrialized with large swaths of land used to grow singular crops in climates where they were perfectly suited (or those conditions were created). High levels of mechanization and increasingly easier ability to transport food farther distances also contributed to this phenomenon. These realities left the generally small scale agriculture of Lincoln County behind. Within Oregon, Lincoln County's agricultural production declined more than other counties in the state (see land in farms graph), to the point where presently it ranks last out of all Oregon counties in terms of total value of agricultural products sold.^{xvi}

Land in farms: Oregon and Lincoln County (1910 - 2002)

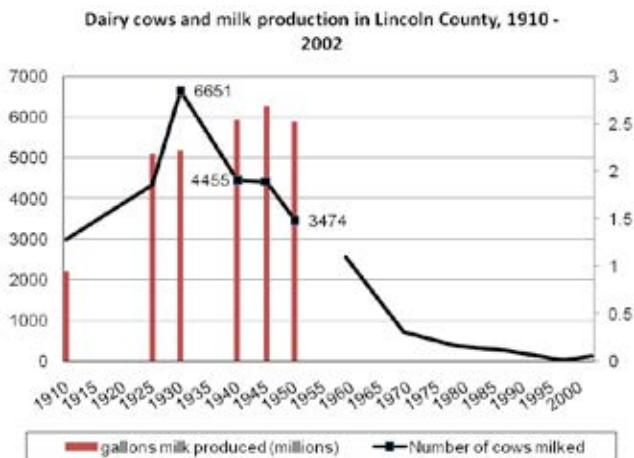


Comparing acres of land in farms in Oregon and Lincoln County (Censuses of agriculture 1910-2002) from *Reclaiming Space for Small Scale Agriculture in Lincoln County, Oregon*.

Understanding why Lincoln County lost much of its food production in the mid-to-late twentieth century is important for increasing agriculture production and food security in the present day. The county's once thriving dairy industry ("dairy products were perhaps the single largest agricultural food commodity ever produced in the county"^{xvii}) is a good demonstration of the reasons behind the area's decline in food production. At its peak, Lincoln County had 6,651 cows milked and over 2.5 million gallons of milk produced

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(see graph).^{xviii} The county also had a number of creameries and cheese factories in existence during this time that were able to handle the growing dairy production—Toledo Co-Operative Creamery Association (est. 1914), Waldport (est. 1943), Kernville (date unknown), Taft (date unknown) and Dairygold Cooperative Creamery distribution plants in Newport and Delake (est. 1952)).^{xix}



Dairy cows and milk production (Censuses of agriculture 1910-2002) from *Reclaiming Space for Small Scale Agriculture in Lincoln County, Oregon*.

The number of cows decreased in the 1930s, while milk production in the 1940s continued to increase due to increased output of milk-per-cow.^{xx} This marks the beginning of change in the dairy industry from new technologies and practices (new breeding programs), available food for the cattle (grain feeding) and the growing infrastructure for dairy production. Gossen interviewed one farmer from Yachats, “who delivered his milk direct to customers in the 1940s and 1950s,” that believed “once the industry standard process changed to paper cartons and grade A dairies, small dairies went by the wayside”.^{xxi}

Distance to Markets

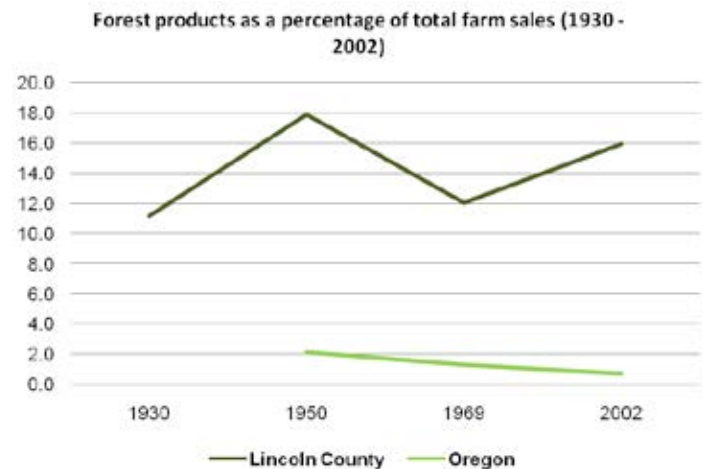
Beyond the shift to a more industrial food production system, Lincoln County faces some unique challenges that prevented agriculture from flourishing and led to its present decline. One issue that was more problematic during the mid-twentieth century was the distance from farms to market or processing facility. The 1950 Agriculture Census estimated the average miles a farmer travelled to sell their products in Lincoln County at 11 miles compared to the state average of 7 miles.^{xxii} Tillamook County, home to Tillamook Cheese and the strong system of local dairies that support its operation,

had an average of only 5 miles for farmers to travel to market according to the 1950 Census.^{xxiii} It’s clear that this distance played a role in the county’s declining dairy industry. Though roads and transportation have improved, the distance and its limitations hampered Lincoln County’s ability to compete where it was easier, and closer, for farmers to access processing facilities or consumers with their perishable products.

“Timber is king”
- Tim Miller

Timber Industry

The biggest factor in Lincoln County’s diminishing food production is timber production. Lincoln County is “recognized as one of the major timber growing areas in North America.”^{xxiv} Logging began with early pioneers and continues to be a significant income source in the county today. For some farmers, especially those whose land has been passed down from early settlers and/or who mainly focus on raising cattle for beef, timber is an important source of income. Tim Miller, owner of Miller Farms that raises cattle for the local market, knows that timber is his primary source of income with his farming operations coming second. “While the real (inflation adjusted) prices paid to farmers have decreased nationwide since the 1950’s, the price of wood in the Pacific Northwest generally increased during the same time-frame. What this means to landowners is that growing trees has been more economically rewarding than growing food”.^{xxv} Over time, forest products have become an increasingly significant



Comparing Oregon to Lincoln County in forest products as a percentage of total farm sales (Censuses of agriculture 1930-2002) from *Reclaiming Space for Small Scale Agriculture in Lincoln County, Oregon*.

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part of farm sales. Farmers noticed the returns they could receive from growing trees and this took a toll on food production. “As earnings from logging went up relative to dairy farming, people gave up on milk production as an income source”.^{xxvi}

Trees and their value also took a toll on the amount of farmland available in the county. Many claim that there was more open land in the county towards the beginning of the twentieth century (either from forest fires or land cleared through logging).^{xxvii} This open land, which could have been used for farming, was not maintained and has become reforested.^{xxviii}

Lincoln County's Climate and Geography

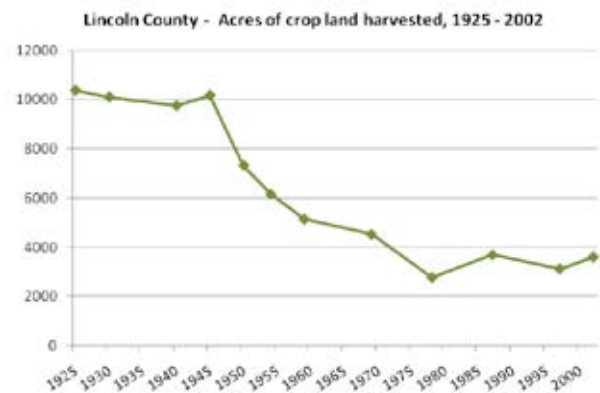
Lincoln County is a difficult area to grow food because of its climate and geography. These factors have always made farming a riskier investment on the coast than it is in other places (farming even in ideal areas, like the Willamette Valley, always comes with some uncertainty). The climate is generally cooler in the summer and has long periods of rain in the winter and much of spring/early summer. In the two most recent years, during spring and early summer 2010 and 2011, heavy rains and flooding prevented many farmers from planting crops when they desired. This delay, combined with generally cool days (and a lack of sunshine), makes it hard for plants to fully mature before the end of the growing season. The mild winters, and cooler summer temperatures, are good for some cool-season crops and root vegetables. But this climate makes it difficult for farmers to grow crops like tomatoes, peppers or corn which struggle in the county's weather. This leaves many of the vegetable farmers competing against each other with the same products, unable to grow much in terms of diversity without additional technologies. The climate also puts Lincoln County farmers at a disadvantage compared to Valley farmers that experience hotter and longer summers better for diverse and fast crop growth.

As referenced earlier, the county's land is mostly mountainous and densely populated by forests leaving little flatland for agriculture (27,000 acres are zoned for farming and rural residential compared to 635,000 acres that are forested).^{xxix} Of the land that is dedicated to farming presently, 51.19% is woodlands, 25.10% in pasture and 18.34% in cropland (with another 5.38% deemed other).^{xxx} And this available farmland is not considered very rich with “no “Class I” lands, considered of highest potential for agriculture, and a relatively small

amount of class II and III lands”.^{xxxi} A lack of irrigation is also a problem. Though there is abundant rain during the winter, summers can be dry and there is little snow in the Coast Range, which leaves some farmers without water for crops.^{xxxii}

Present Day

Lincoln County agriculture has remained in decline since the mid-twentieth century only leveling out in the 1980s and, more or less, maintaining this level of production up through the beginning of the 2000s.^{xxxiii} The most valuable commodities during this time have been specialty products such as cattle, trees and nursery products. Food crops, including vegetables and berries, make up a much smaller percentage of farm sales.



Acres of crop land harvested in Lincoln County (Censuses of agriculture 1925-2002) from *Reclaiming Space for Small Scale Agriculture in Lincoln County, Oregon*.

However, a new trend is beginning to emerge and change the landscape of Lincoln County's agriculture. From 2002 to 2007 according to the most recent Agriculture Census, Lincoln County had a 600% increase in direct-sale agriculture and added eight farms that grow and/or raise products for human consumption.^{xxxiv} In the two most recent farmers' market seasons (2010/2011), two new coastal farms were established that sell at Lincoln City and Newport Farmers' Markets. In addition, two farms that primarily sold animal products expanded their operations to include vegetable production, and another farm that had not been harvesting or selling for the past few years entered back into the market. The number of new farms is not necessarily high, especially compared to other places in Oregon where the total number of farms dwarfs those here. However, it is an extraordinary number for Lincoln County, a place where agriculture that produced sustenance for people had declined dramatically.

WALKER FARMS

OF SILETZ



Walker Farms of Siletz is a 20 acre farm in Siletz owned and operated by Randy and Sarah Walker. They began their operation in 2005, but 2010-2011 has brought big changes to their farm and business. Walker Farms is a diversified farm that focuses primarily on poultry and livestock. But they know they cannot depend on one product or one marketing strategy to succeed. They use sustainable practices for raising their animals and growing food, with special attention to maintaining healthy soils and pasture, and were selected in 2009 as the Conservation Farm of the Year by the Lincoln County Soil and Water District.

They began producing food by raising chickens. They sold and slaughtered their chickens to customers on the farm, but in 2008/2009 the Walkers were told they could not continue this practice. To keep producing their pasture-raised chickens and selling locally they build an on-farm Oregon Department of Agriculture inspected and licensed processing facility, which became operational in 2010. This facility changed their business allowing them to process more chickens (they now process between 120 to 150 chickens per week) so they could expand to selling at multiple farmers' markets in the summer and to restaurants, like Nana's Irish Pub and the Lincoln City Culinary Center, and grocery stores during the winter. In winter 2011, they started selling whole chickens to First Alternative Co-op in Corvallis and made deliveries to the store every week.

Chicken is still the cornerstone of their business, but they have branched out. They also produce lamb and pork products like lamb sausage, ground lamb, breakfast sausage and bacon. To do this they bring lambs and pigs to a USDA licensed facility in Canby, Oregon to be processed. In spring 2011, they were bringing 3 lambs per week and 1-2 hogs per month to Canby for processing. They also expanded their operation to include produce. An unused high hoop house was converted for growing cold-crop vegetables, especially greens, in raised beds (housing chickens in the hoop house before planting kept it warm allowing them an early start on the season). They contracted with Food Share of Lincoln County, so that much of their produce would go to local pantries throughout the 2011 growing season.

For many generations, Tim Miller's family has owned and cultivated land in eastern Lincoln County. Today, Tim continues this tradition with Miller Farms in Siletz.

Tim raises cattle and sells beef direct to Lincoln County customers. He sells animals by the quarter, half or whole because there is not a USDA processing facility in the area. But he encourages customers to buy animals with friends and neighbors if they can't afford a whole animal or don't have room to store it. Customers buy the animal live and pay for slaughter, cut and wrapping fees. Tim works with Oregon Coastal Cutters to provide the slaughter and butchering services for his customers.

Tim's farming philosophy is to treat his animals well. He believes providing grass-fed and finished beef is healthier for both his customers and his animals. Tim advocates and educates people on the benefits of eating local meat and grass-fed animals. And he's one of the few farmers that sell wholesale in the area with an online and social media presence helping him reach new consumers who are unfamiliar with buying locally raised beef. He also believes in treating the land well because he knows its vitality is the key to raising healthy animals. Tim rotates his animals on many fields in the Siletz and Logsdon area – because of the number of cattle he raises and the limited farmland in Lincoln County, he leases much of the property where his cows graze. He's also firm about "harvesting animals when they are in peak condition" meaning beef from Miller Farms is only available July through November. This guarantees a high-quality product.

Miller Farms does not just raise cattle. Tim also specializes in Christmas trees that are available for u-pick. The farm also benefits from timber being harvested on their property. These other aspects of the farm help support the cattle operation, which Tim says would not bring in enough money to keep the farm running on its own.



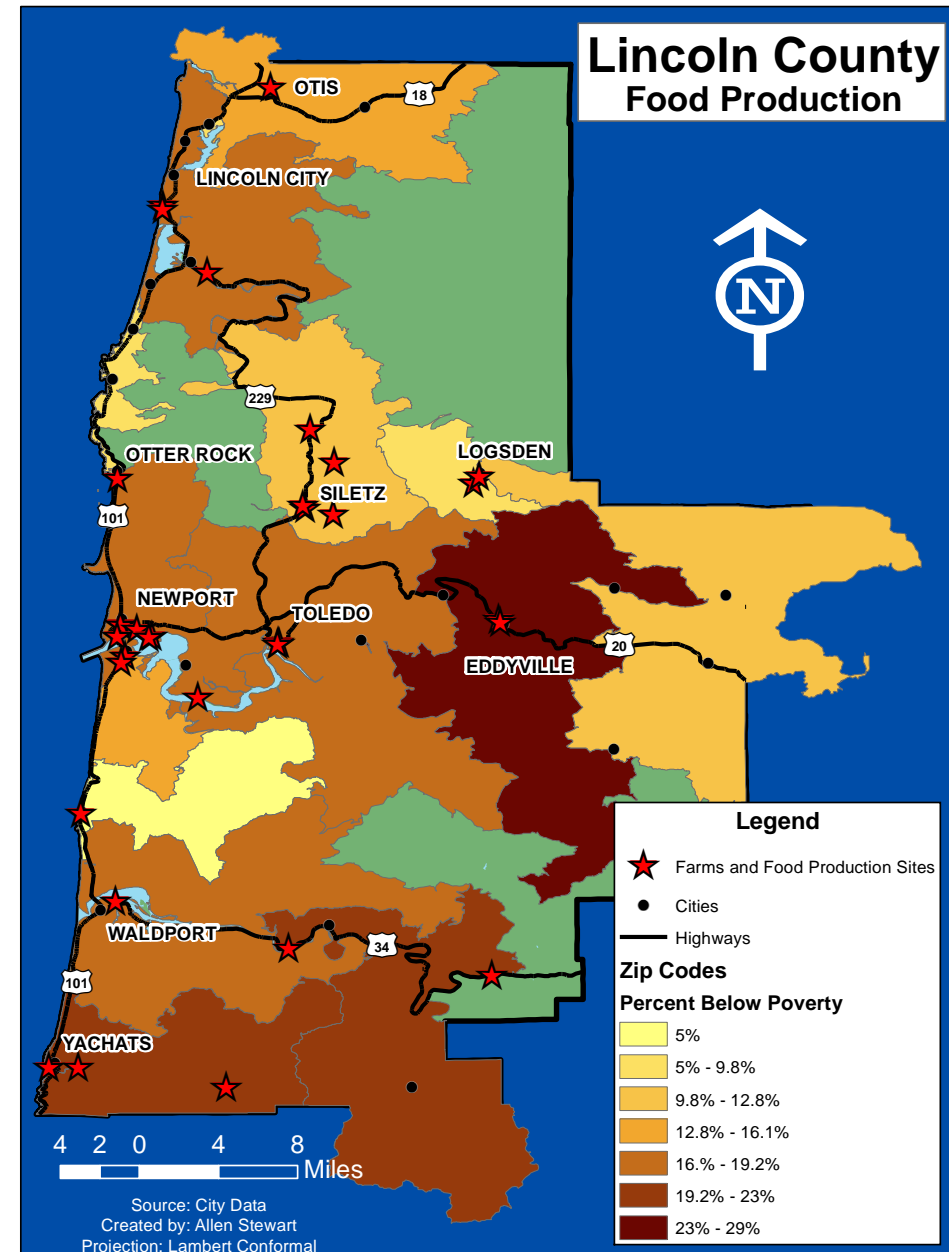
MILLER'S FARMS

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These farms are primarily small operations of 20 acres or less (the majority of farms in the county are between 10-49 acres, according to the Agriculture Census).^{xxxv} These operations focus on supplying a diverse array of foods for the local market of mostly Lincoln County consumers, though some sell in the Corvallis market. A few focus on animal products including cattle and other livestock (sheep and goats) that are sold to local families wholesale by the quarter, half or whole and custom cut. Cattle are also sold at auction outside the county which often do not reach a local consumer market. Poultry and eggs, with chicken and duck eggs an especially popular choice, are the most available animal products for the local market.

Diverse vegetable operations are the common practice of the majority of newer, small farms that are selling direct – they focus on vegetables that do well in cool weather like lettuce, spinach, kale, broccoli and root crops like potatoes. Microclimates in the area, along with season-extending infrastructure like greenhouses and hoop houses or cloches, have allowed some farmers to incorporate vegetables such as tomatoes that generally don't have enough time to mature in the typical coastal weather. Fruit and berries are less common as something distinctly grown for the market, but many farmers have blackberry plants or apple trees on their property that they may sell when in season. For example, there is a blueberry farm in Siletz but it produces primarily for the non-direct market though at least one day a summer they open their operation for U-Pick.

Value-added producers and small food businesses are also common. Primarily, these ventures produce cheese, felt/yarn, jams/jellies, vinegars, dried goods and baked goods. Many of these businesses have been in operation for a longer period. They generally make their products at home-certified kitchens or structures built specifically for their operation. For example, Sandra Knuckles of Rooster Plow Farm



producers her vinegars and jellies at a Community Kitchen in South Beach. Though the value-added producers are primarily singular businesses, newer farmers are interested in value-added as a revenue-generator for their operations. Some are starting down this path with the simple ability to offer pre-washed and packaged mixed greens.

These farmers have multiple outlets for selling their products because one method will not provide enough income or protect their investment. The overwhelming majority of these newly emerging farms sell primarily through Lincoln County farmers' markets. They are able to charge prices that fit the

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value of the food they produce and interact with customers to build a client base that will continue to buy from them in the future. This interaction is an important part of their business plan. Other common marketing avenues are farmstands and selling to restaurants and grocery stores. The farmers primarily sell their products during the summer months, but some have season-extending infrastructure, or food that's available year-round, that has expanded opportunities to sell outside the traditional growing season. This is especially popular for selling to restaurants/stores, with many operations able to supply eggs, poultry and mixed greens for most of the year to various locations.

The off-season has produced some creative ways for farmers to connect with their regular customers and provide them with what they do have available. Multiple farms have refrigerators where their products are left. This enables customers to check in and leave money if they want to purchase something without the farmer needing to be present. Pioneer Mountain Farm connects with their regular customers to make deliveries of their eggs to homes and businesses throughout the winter months when they don't have another avenue for selling their products.

Many new farmers view their role as important to local food security and desire a robust coastal food system. They also emphasize working together instead of competing and communicate regularly, share tips/information and work collectively on projects where they would all benefit. An example of this cooperation is an indoor farmers' market. These newer farmers believe this collaboration is beneficial to their operations because it helps to overcome some of the barriers inherent when growing food on the coast. This is a unique development between farmers since some of the more established farms view new producers as a possible threat to their business and share of the small coastal market.

It is hard to pinpoint exactly what has caused the recent increase in direct-sale agriculture in Lincoln County and the number of new farms that have been established. Factors include the increasing presence through media of "local food," the desire by residents to know where their food comes from, and the willingness to establish a relationship with those who grow this food. This awareness has increased demand for local food and, in turn, raised the profile of farmers' markets as the main venue for accessing this food. Lincoln County farmers' markets have either been established in the 2000s (Lincoln City, Toledo and Waldport) or moved to accommodate new interest (specifically they moved to Hwy 101 where it was easier for customers to find them). The farmers' markets, and farmers mostly from the Corvallis area and some from Lincoln County, were successful at attracting customers. In 2007 and 2008, the Oregon State University Extension Service began to strengthen connections between Lincoln County producers and consumers through workshops, a phone line, chef-to-farmer connections and a website, which have fostered an environment for new farmers to emerge.

Many of these emerging Lincoln County farmers are struggling to make a living and gain a market share (see opportunities and challenges later on in the section for more details). For some, this is because they are just beginning, while others do not need their farm operation to be immensely profitable. A few small-scale, direct-sale farmers in the county, that have been operating for a number of years, are not reliant upon this farm income as a livelihood. This is either because they are retired or because of outside income. Farming in general is a difficult business for financial security. For a little over half of all Lincoln County farmers, farming is not their primary occupation.^{xxxvi} It seems clear that the recent wave of new producers in the county would like farming to be their primary income, but it is difficult to say if they will be able to keep farming without being able to make a significant living from growing food.



Produce, Sitka Springs Farm



OREGON

COASTAL

CUTTERS

Oregon Coastal Cutters is a mobile slaughter and custom cut meat processing business based in South Beach. It is owned by Eric and Cindi Clark. They started their business in 2007 because they saw a need for a custom cut and slaughter facility in Lincoln County. Eric grew up cutting meat with his father and as an adult took a six month meat processing and cutting class at Oregon State University. After a similar business closed in Siletz, Eric began talking to farmers in the area and received positive responses. He first rented their small warehouse in South Beach and added a mobile slaughtering facility soon after.

They work hand-in-hand with many Lincoln County livestock farmers and their customers. Ninety percent of their business comes from farms. Their mobile facility goes out to slaughter animals on the farm (which reduces the stress put on animals that comes from traveling) and then they bring back the animals to be cut in their warehouse for customers to pick up. Many Lincoln County farmers sell their animals wholesale to customers, either by the quarter, half or whole animal, and then it is the responsibility of those customers to have the animal cut or butchered the way they would like. The farmers, however, recommend their customers use Oregon Coastal Cutters because it makes for an easy process (customers don't have to worry about bringing their animal to a slaughtering facility).

Their busiest time of year is during the fall with their mobile slaughter times booked up by farmers and hunters bringing wild game to their warehouse to be processed. They process (slaughter, cut and wrap) on average 40 animals a month, mostly beef, hogs and smaller amounts of sheep, goats and game. During busy times they're at capacity (they can only store about 20 animals at a time in their freezer), but have slow times of the year, generally January through March.

They've also recently branched out into retail. They buy USDA inspected animals from Carlton Farms (in Carlton, OR) and sell cuts of that meat to customers. They also smoke this meat to make products such as smoked, summer sausage and pepperoni to sell. They try not to compete against local farmers but, instead, offer customers, who don't or can't purchase quarter, half or whole animals, smaller options for custom cut meat.



SITKA SPRINGS FARM

Sitka Springs Farms, off of Highway 20 in Toledo, is owned and operated by Thomas and Erica Leaton. They brought their farm in 2009 and 2011 was their first year producing food for the local market.

They practice intensive farming in raised beds that maximizes small spaces lowering their environmental impact. They do all their planting and harvesting by hand and do not even own a tractor. Thomas emphasizes the importance of healthy soils and natural practices. They use animal manures, cover crops and crop rotation to maintain soil balance and do not use synthetic chemicals, fertilizers or pesticides. Thomas also believes in maintaining the natural surroundings of his land, instead of converting new farm land that was not traditionally used as such. Since 2010, Sitka Springs has worked with the Lincoln County Soil and Water Conservation District to improve their salmon habitat on Beaver Creek.

They grow over thirty different varieties of crops, including multiple varieties of the certain foods and believe Lincoln County's climate is great for growing much food. They grow produce that is historically adapted to a coastal climate and does well in the area. Thomas hopes to see more small farms in the area able to increase the local food supply and wants to encourage cooperation among Lincoln County's farmers.

Sitka Springs sell their products through the Newport Farmers' Market, the Yachats Farmers' Market and the Lincoln County Fairgrounds Farmers' Market. Erica says they like growing for the winter market and plan to grow more for the 2012-2013 market. They will also offer a summer CSA (Community Supported Agriculture) in 2012. They hope to expand to grow produce and herbs for local restaurants and businesses in the future.

AGRICULTURE AND FISHERIES

Fisheries

While not historically known for agriculture, Lincoln County is rich in food resources from the ocean. Native Americans traditionally relied on clams, oysters, mussels and fish (along with salmon and eels from the rivers) as staple foods. And once these resources were discovered by the outside world, in the mid-1800s, Lincoln County's fishing and seafood industry began.

To delve into Lincoln County's fishing industry means looking at a global system, since Newport is a top fishing port in the United States. This section will highlight the area's ocean assets while also exploring the major difficulties facing commercial fishing today. It is impossible to detail all the aspects of what is a complex industry in this document, but this section will focus on those that affect local fishermen, local fish species and local consumers. This section will also highlight ways Lincoln County fishermen connect to the local food movement.

Oysters

Oysters are good example of the progression that has occurred to change the area's seafood from a valuable food resource into an industry. The abundance of local oysters was discovered in the 1850s, which led two businesses to establish operations in the area. They capitalized on the bountiful natural resource and shipped their catch to more populous regions where demand for oysters was high (ex. San Francisco). The oyster business was very successful for a few years but soon the stock of native oysters was depleted. By the 1900s, only a few people were involved in the oyster business on a very small

scale. New methods for growing oysters in the area were tried, but were not successful because of the cold waters. In the late 1960s, at the Hatfield Marine Science Center, experiments were conducted into the feasibility of hatching Pacific oysters locally. Because of their innovation, the Yaquina Bay oyster industry has grown (with Oregon Oyster Farms being the oldest of the oyster farms – established 1907). Today, oysters are farmed and well-managed with little habitat impact or pollution. Farmed oysters are on Monterey Bay Aquarium's Super Green List which means it's "good for human health and does not harm the oceans." The west coast has now surpassed the east and gulf coasts as the top producer of oysters.^{xxxvii}

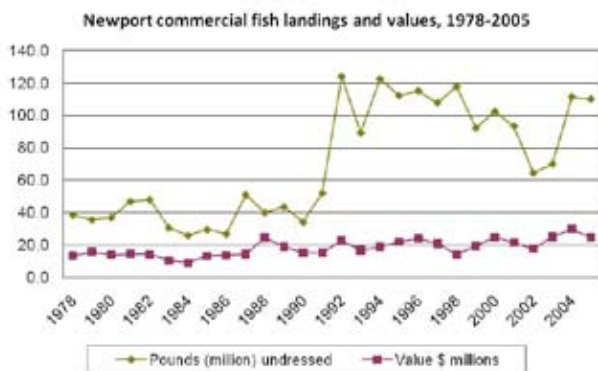
Lincoln County Fisheries

Fishing is unpredictable, even more so than farming, with fluctuations from ocean conditions, harvest quotas and technology sometimes dramatically changing total catch numbers year-to-year. But over time the value of Newport's fishing industry has remained fairly constant. From the 1970s until the 1990s, landings (the term used for the total fish/seafood caught in a given year) hovered around 40 million pounds and the values of those landings remained slightly under 20 million dollars.^{xxxviii} In the 1990s, there was a huge jump in landings to 120 million pounds with the years following remaining higher but with more extreme fluctuations.^{xxxix} In recent years, the number has been more consistently around 50 to 70 million pounds landed (down from the highs in the 1990s).^{xl} Though the supply has fluctuated, the value of the fishery has remained fairly constant hovering around \$20 million. The jump in landings, but no jump in value, is most likely attributed to the lower value of the types of fish caught.^{xli}



Oregon Oyster Farm, Newport

AGRICULTURE AND FISHERIES



Newport commercial fish landings and values (Oregon Department of Fish and Wildlife 2005) from *Reclaiming Space for Small Scale Agriculture in Lincoln County, Oregon*.

As of 2009, Newport ranks 19th in the United States for quantity of landings with 50.2 million pounds (the 2nd in the state behind Astoria with 104.4 million pounds) and 21st in the nation for value of landings with \$30.9 million dollars (1st in the state).^{xiii} The top seafood/fish species landed in Newport are Dungeness crab, Pacific pink shrimp, Pacific Whiting (Hake), Albacore tuna, Sablefish, Lingcod, various species of Rockfish, Blackcod, Sole and Salmon (when the season is open).^{xiii} There are a variety of other fish and shellfish (oysters, clams and mussels) farmed in Newport and in Depoe Bay and Waldport. Depoe and Waldport are primarily recreation, charter and sport fishing ports. The most valuable species from a monetary perspective is Dungeness crab, which the Oregon Department of Fish and Wildlife (ODFW) estimates Newport's 2010 catch value to be \$11,774,848.^{xiv}

The West Coast Fishing Industry

An industry has developed in Newport to handle the high volume of incoming fish. Three major processors have facilities and maintain working operations in Newport – Pacific Seafood Group, Trident Seafood Corporation and Bornstein Seafoods. The west coast fisheries, from California up to Alaska, are all interconnected and these businesses have processing facilities throughout the region to be able to handle and quickly process large quantities of product for global markets. Fish processing is big business and Pacific Seafood Group is a good example. Not only do they purchase the raw product and process it, they also own companies that produce value-added products, like fish sticks and frozen fish, and distribute these products throughout the country. As of 2011, Pacific Seafood Group is a billion dollar a year business and the largest seafood company in the country.^{xv}

The processors have control over the industry because fishermen need these businesses to purchase their catch. Many don't have another option, other than selling to the processors, especially for certain types of fish. Dungeness crab is a good example. Once the season opens, there is a scramble to land as much crab as quickly as possible. The peak harvest occurs during the first eight weeks of the season, with up to 75% of the annual production landed during this period.^{xvi} In 2010, over 4,000,000 pounds of crab were caught in December, which is the vast majority of the nearly 6,000,000 total pounds caught for the year.^{xvii} Fishermen must sell to the processors because no one else can handle both the volume of crab they are bringing in and its perishable nature. Even if fishermen wanted to sell the crab they catch, the season's short turnaround eliminates this option for most. Sitting in port selling product means missing out on valuable time to set or gather traps.

Processors also set the price for the catch. In recent years, negotiations have been facilitated by the various seafood commissions in the state between the processors/buyers and the fishermen to set the prices before each species' season. These commissions include the Oregon Dungeness Crab Commission, Oregon Albacore Commission, Oregon Trawl Commission and Oregon Salmon Commission. Fishermen have said this negotiation process has given them a stronger voice, but many feel that they still are not receiving fair prices for what they catch. For example, Dover Sole, one of the top species of groundfish landed in Newport, was garnering 39 to 41 cents a pound three years ago. Today, fishermen get 30 to 34 cents a pound.^{xviii} The most contentious of negotiations occurs before the Dungeness crab season, traditionally starting December 1st. The December 2010 price negotiations delayed the start of the season because a price could not be agreed upon. The disagreements were mostly because of uncertainty about the maturity of the crabs. Fishermen interviewed for this report stated that they perceived that the processors/buyers have a monopoly. They said not only is there a limited number of processors to sell to, but some also employ their own boats controlling the catch from the beginning. They also mentioned it is vital to maintain good relationships with processors. They said that if they didn't sell to a processor one season that same processor might not buy from them during the next season.

AGRICULTURE AND FISHERIES

In June 2010, an anti-trust lawsuit was filed against Pacific Seafood.^{xix} The lawsuit alleges that Pacific Seafood suppresses prices, bought out processing competition and “assembled its own commercial fishing fleet that competes with independent fishermen”.ⁱ Over the years Pacific Seafood has bought out other processors in Newport. “Pacific Seafood Group purchased the Pacific Shrimp Company in July 1996, located on the Bayfront in Newport, to procure and process fresh seafood in on one of the largest fishing ports in Oregon. They same company also acquired Depoe Bay Seafood in 2000, another processing facility in Newport, as well as several buying stations along the Oregon coast.” However, having a reliable processor to buy product means regular payment to fishermen, even if the prices they receive are low.ⁱⁱ

Environmental Concerns and the Impact on Fishermen

Coastal fisheries were pushed to go big to bring up quotas to meet industry and consumer demands. This has depleted the fisheries over time reducing the once bountiful resource. Fishing traditionally has been a zero-sum game with no one “owning” the ocean. The trend of landing larger and larger quantities of fish has pushed what was once considered to be an endless supply to its present state of uncertainty. The blame can be put on those that capitalized on the bounty and helped make fishing into a global business. But today the ultimate responsibility is on the fishermen. As it was discovered that fisheries could collapse from overfishing, regulations were created that shortened seasons to protect the fish. This, in turn, created a race to catch the most in the shortened amount of time. Bigger boats, quicker turnaround and, with shorter seasons, lives risked because boats had to go out and fish in any weather.

Commercial fishing does have negative effects on marine environments. Bycatch is a significant concern. “Bycatch is unwanted fish and animals caught accidentally in fishing gear and discarded overboard, dead or dying”.ⁱⁱⁱ The fishing practice of bottom trawling—dragging nets along the seafloor to catch fish that live on/near the seafloor – creates the most bycatch and tends to create the most damage on the marine habitats where fish and other marine life “need to feed, breed, seek shelter and raise young”.ⁱⁱⁱⁱ In Oregon/Pacific commercial fishing, bottom trawling can be used to catch groundfish spe-

cies, like certain types of rockfish, lingcod, sablefish and sole. In the 1990s, fishermen saw reductions in groundfish from overfishing (in the late 70s and 80s there was a boom in trawl fishing in Newport) and research found that groundfish take longer to mature and produce less off-spring.^{liv} In response, fisheries management laws became stricter in the 1990s with catch reductions, gear changes (that allow unwanted fish to escape), and the creation of large marine protected areas (MPA) that were closed to ground fisheries.^{lv} The restrictions worked and groundfish populations, especially rockfish, rebounded.^{lvi}

Lincoln County fishermen do not want to see the collapse of their livelihood and are interested in keeping local fishery stocks healthy. But fisheries worldwide are still difficult to monitor because so much remains unknown. Fishing regulations are updated often because of new scientific research and strong monitoring and management by organizations like ODFW, NOAA’s National Marine Fisheries Service and the Pacific Fishery Management Councils. These organizations have confirmed that fish populations are dwindling or habitats are under pressure. And new management ideas are coming into vogue to help overcome some of the inherent difficulties with fishing. One such idea is catch shares or individual quotas (IQ) that would take some of the strain off of fishermen. This system would “allocate a specific portion of the total allowable catch of a fish stock to individuals, cooperatives, communities or other entities”.^{lvii} “Guaranteed a certain number of fish, a skipper can decide the best time to fish given market and weather conditions, thus ending the ‘race for fish’”.^{lviii} NOAA approved a plan to implement catch shares in the Pacific Groundfish trawl industry, but there has been pushback. There are worries about “a majority of the quota consolidating in the hands of a few corporations, the loss of opportunity for smaller vessels, and loss of fleet diversity”.^{lix}

Even with strong fisheries management and restrictions, some believe that Oregon’s marine habitats are still in danger. Marine reserves are one way to protect marine habitat, fisheries and biodiversity. A marine reserve is “an area closed to fishing and other extractive activities” to provide conservation and opportunities for scientific exploration.^{lx} Oregon coastal communities went through a community process in 2010 to determine if/where marine reserves would be created. This was a contentious process in Lincoln County because “many

AGRICULTURE AND FISHERIES

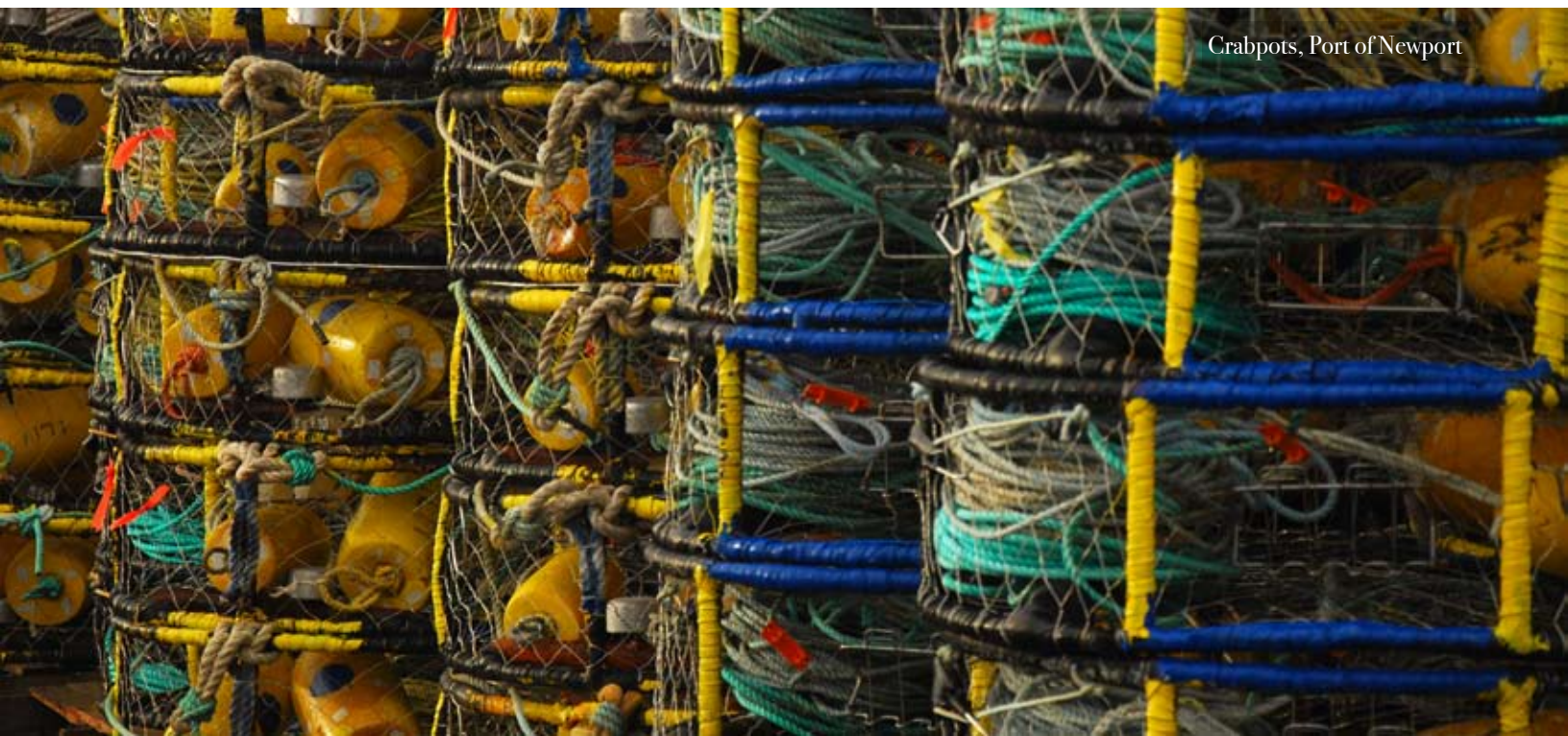
credible people don't believe there is an immediate clear ecological crisis in Oregon's Nearshore,"^{lxi} (the Nearshore is the area from the coastal high tide line offshore to the 30 fathom (180 feet) depth contour).^{lxii} Many fishermen and fishery scientists believe measures implemented in the 90s to address overfishing have worked and that "Oregon's oceans are full of life".^{lxiii} Ultimately, three marine reserves will exist in Lincoln County's Nearshore—Otter Rock between Depoe Bay and Newport (where a pilot marine reserve was established in 2009), Cape Perpetua in South County and Cascade Head in North County.^{lxiv}

Oregon is presently going through a Territorial Sea Planning process, to be completed spring 2012, which proposes new uses for Oregon's oceans including renewable energy.^{lxv} Wave energy is one renewable energy possibility being strongly considered. Wave energy would mean the placement of permanent structures in the ocean that convert the wave's energy into electricity. Through the planning process maps (at <http://oregon.marinemap.org/>) were created of defining various ocean uses; fishermen provided information about fishing grounds with the intention that these areas would be avoided for renewable energy use.^{lxvi} Both wave energy and marine reserves (of which Lincoln County has the most in Oregon) have increased interest in Lincoln County's Nearshore, which puts pressure on the area's independent fishermen and

their livelihood. As ocean uses increase, it's important to remember that fishing is a significant part of both the coastal culture and economy.

Sustainable Fisheries

Not all is negative. Innovative fishermen, scientists and communities are working to track fish and create sustainable practices to ensure the health of the oceans and the availability of seafood. Many of Oregon's fisheries are sustainable and good models for other fisheries around the world. Dungeness crab, Oregon and Lincoln County's most valuable single-species fishery, is a great model.^{lxvii} Dungeness crab caught off the Oregon coast is certified sustainable by Marine Stewardship Council because of the way it is managed.^{lxviii} Crab traps now allow smaller species and bycatch to be released.^{lxix} And they are managed by the "3-S" system that focuses on size, sex and season.^{lxx} Only mature male crabs, 6 ¼ inches, are landed which allows for males to reproduce for one to two years before being caught.^{lxxi} Female crabs cannot be taken and the fishing season avoids the crab molting season.^{lxxii} This management has maintained the Dungeness population for 50 years.^{lxxiii} Pacific Shrimp and oysters are also managed in sustainable ways (farmed oysters, as there are in Lincoln County, are actually on Monterrey Bay Aquarium's "Best of the Best" list because of their low habitat impact).



Crabpots, Port of Newport

AGRICULTURE AND FISHERIES

Connecting Locally

Though the fishing industry in Lincoln County is global, many independent fishermen connect to local markets. And most species caught off the county's shores are available locally, in-season. Lincoln County residents represent an important customer base that frequent restaurants featuring local seafood and purchase fish to cook at home. Tourism also creates a market for local seafood with people traveling to the area to seek it out.

The primary season for seafood available locally is during the summer, especially because buying fresh fish is preferred. Driving through Newport in the summer one can spot many signs advertising fishermen selling Albacore tuna and Chinook salmon from their boats. Albacore is especially popular because it lends itself to local markets. It has a long season, June through October (depending on the species' arrival in the area), allowing for time to stay in port selling fish. In addition, Albacore is an open access fishery (which means anyone is able to catch Albacore without needing a permit). Fishermen can also get strong prices for Albacore that justify smaller catches.

The way that most local seafood is sold within Lincoln County can be boiled down to personal relationships. Restaurants have relationships with the skippers and boats they buy from (this works well for chefs who can get a heads up about the catch of the day to build menus accordingly). And local residents have boats that they regularly purchase from and seafood markets they seek out. Regular venues for independent fishermen to sell fresh fish are primarily restaurants and small fish markets. Many of these buying relationships are agreed upon beforehand giving fishermen security. They know they have a market for their future catch. Other fishermen operate in a more haphazard way. They depend on call-lists or highly trafficked areas (such as selling off-the-boat at the Newport docks or on the side of the road in the Corvallis area) to sell their fish. It is difficult for individual fishermen to both catch and sell their product because the time-consuming nature

of fishing and the perishable nature of fish. Without preservation, fishermen have a very small window for selling their product.

There are a number of small fish and seafood businesses in Lincoln County that focus on the local market. A few of the restaurants, like Local Ocean Seafoods and Gino's, additionally have wholesale businesses, fish markets and some canning/processing options. These operations can, freeze and smoke fish purchased in the summer for their own restaurant use in the off-season. Other small businesses, like Oregon's Choice, Ocean Bleu (which is operated by the owners of Gino's) and Island Wild Seafood, primarily focus on processing and adding-value to fresh fish to extend their shelf-life.

Processing is essential to their business model because of the difficulty in handling and distributing fresh fish. Canning and freezing fish are the most common processing techniques for the majority of these businesses. They primarily use tuna and salmon, with some white fish like halibut and shrimp also available. Though canning is the more traditional processing practice, flash freezing or blast freezing is becoming more common. Island Wild Seafood flash freezes 10% of their catch on-board their boat immediately after it is caught and 4 Capt's Co-op brings their catch in port to quickly fillet, vacuum-seal and freeze it to be sold later. These businesses are hoping to change the perception of frozen fish. Frozen fish has a bad reputation because traditionally it was frozen only after it did not sell fresh. Flash freezing and vacuum-sealing quickly preserves the freshness and integrity of the fish. This makes a high-quality product that prevents the fish from quickly perishing so it can be sold throughout the year.

Some businesses not only focus on the local market, but mail-order and online sales nationwide and/or stores and farmers' markets in the Willamette Valley. Generally, the businesses most successful at reaching expanded markets are those that are family-run by a husband/wife team or a partnership with a division of labor between the fishing and marketing.



4 CAPT'S CO-OP

4 Capt's Co-op is a small processing facility in South Beach co-owned by four Newport fishermen: Mark and Lisa Newell, Bob Aue, Bob Kemp and Jeff Feldner. The ability to preserve fish to sell at a later date gives independent fishermen the flexibility to both catch and sell their product on their own. However finding a processing facility to use or funding a new one is difficult. Each individual fisherman knew they could not afford a processing facility on their own but combined could purchase the necessary equipment.

Inside their facility they have a filleting station, vacuum sealer and many freezers and refrigerators. The facility is primarily used during the summer to process Albacore Tuna. First they fillet the fresh Albacore into smaller pieces (in the summer they hire employees for filleting because they are unable to handle the volume alone). After filleting, they vacuum-seal the fish and flash freeze it. This process not only preserves the fish for a long time, it also maintains its freshness and high quality. The facility is used sparingly throughout the rest of the year depending on each fisherman's needs. For example a small number of crab tanks are stored there during the winter months.

Because the facility is small, they do not have much room for cold storage which is necessary for storing the large amount of fish they process in the summer. Their lack of freezers limits their present capacity. One of the fishermen in the co-op recently purchased an old refrigerated truck bed that will be used for cold storage.

One condition of their cooperative is that they do not collectively market or sell their products. All of the individual fishermen have their own methods for marketing and selling their fish. Their primary method of advertising/marketing is through word of mouth. They use call sheets and contact lists of past customers – the fishermen call customers when they have stuff into sell. Some also bring product over to Corvallis to sell on the side of the road. Unfortunately they do not have a license to sell fish from their facility.

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Opportunities and Challenges to Increasing Local Food in Lincoln County

Lincoln County farmers and fishermen face challenges that make it more difficult to supply food to the local market. But these challenges also present opportunities that, if pursued, would help farmers and fishermen expand the supply and availability of local food. Throughout the assessment process, it became clear that both fishermen and farmers face many of the same problems and need similar support to be more successful. Below are the challenges and needs facing Lincoln County food producers, along with the opportunities and recommendations to increase the local food supply and support these producers. It's important to note that many of these needs/opportunities must occur together or work in conjunction. Please note that the order of the listing below does not indicate degree of importance (all are equally important and necessary).

- Year-round Access to Local Food

Lincoln County farmers and food producers need a consistent year-round outlet for selling food outside the summer months, since the mild climate allows food to be grown throughout the year. Independent fishermen and seafood businesses that would like to start selling locally could also use a regular outlet to meet customers—especially an indoor facility that is more suitable to their products than outdoor summer markets. Many stores in the area cannot or do not want to purchase from local farms and, while restaurants are one outlet, farmers want to be able to reach their clients for more of the year when they have products. Increased, consistent access will also boost farmer, food producer and fishermen income allowing them to expand operations in the future. A winter indoor market is presently being planned to start November 2011 (and run through April 2012) with five to six farmers planning to grow for the winter 2011-2012.

- Infrastructure

New infrastructure is needed to help farmers and fishermen expand their capacity. Some of the small food businesses mentioned in the report have certified kitchens, small amounts of cold storage and/or equipment for processing product, but most are at their present capacity. For other fishermen and farmers the infrastructure they need to expand or enter the market is too expensive to afford on their own. Cold storage is the greatest need, especially for fishermen. It would give many a place to store products, like frozen fish or meat, so they can be processed when caught or ready but sold over time. Island Wild Seafood, 4 Capt's Coop and Walker Farms are some businesses that need extra cold storage.

Processing for fish and meat is also needed. Processing facilities for filleting and freezing fish are fairly simple, with a small amount of necessary equipment. However, a facility of this nature is needed for multiple, independent fishermen to use on an individual basis. Lincoln County has a great custom cut and slaughter business in Oregon Coastal Cutters, but some meat producers would like a USDA-certified facility in-county to cut down on time, money and stress involved in taking animals to USDA facilities outside the county. A comprehensive feasibility study would help determine the possibilities and scope for a processing facility in Lincoln County. Farmers also need season-extending infrastructure, like greenhouses, hoop-houses, heating capacity or refrigeration, to meet a growing desire for year-round local food. Finding money or loans to make these changes is difficult. Providing micro-loans to Lincoln County farmers to help fund season-extending infrastructure could dramatically increase their capacity and income.

- Marketing and Distribution

Encouraging innovative ideas for marketing and distributing local food is needed in Lincoln County. Primarily, local food is sold through farmers' markets and fish markets. New means of reaching customers, making local food more convenient or helping farmers/fishermen have an easier time of distributing their food would help grow the area's food system. Producers and consumers are interested in Community Supported Agriculture (but farmers need help making this highly-organized venture a

AGRICULTURE AND FISHERIES

possibility), Community Supported Fisheries, online markets or other different direct-sale methods would also expand the reach and availability of local food. Increasing an online marketing presence is also needed for local food, particularly a “one-stop shop” for information about Lincoln County food. Distribution of this food is also a challenge. Primarily farmers and independent fishermen drive their food where they or others sell it. But for some farmers who sell more product this delivery method is becoming too much of a burden. Exploring different means of delivering products, such as working with stores with trucks that are already making deliveries around the county or into Corvallis, would help producers expand.

- Support for New and Emerging Farmers and Seafood Businesses

The increased demand for local food has led to an emerging group of diversified, small farmers and more interest in selling locally from fishermen. These people are filling gaps in the food system, yet some are unsure about the exact market for their food or do not know if it is the right time to invest in expanding their operations. Other residents see a new opportunity and want to start farming in the area. Many have land, greenhouses or a green thumb already, but need support to help see their new ventures flourish. This could be as simple as classes about soil production or crop rotation, like those offered by the Extension Service, or more individualized help with business planning or financial support. It’s also important to note that many farmers feel it’s difficult to compete against Valley farmers, which have good climates, land and soil, and believe this prevents Lincoln County farmers from flourishing or entering the market. Another possible support method is teaching residents that local farmers and fishermen have small margins and regular, local support is vital for helping these businesses prosper.

- Regulations and Permitting

Land usage poses a challenge for farmers because Lincoln County has a small amount of land suitable for farming. Ranchers, like Tim Miller, must use multiple leased plots of land for their cattle and farms. For example, Duckleberry Farm in Beaver Creek was once a 100-acre operation that has been reduced over time. As more become interested in farming and demand increases for local food, rural land usage and planning need to protect and encourage farming. Regulations and permitting can also be expensive and limiting for farmers and fishermen. Regulations for processing facilities, tight food safety laws and expensive licensing are some examples that limit farmers and fishermen from reaching the local market. Another method of helping local producers is to promote better understanding of what regulations and permitting can be modified within the county to encourage positive change.

- Labor

As the production of food for the local market becomes more profitable and businesses grow they need to seek outside labor. Lincoln County farms are almost exclusively run and maintained by the owners, usually one or many members of a family, without paid labor to help during harvests or farmers’ market days. At this point, most farms cannot afford to pay employees. As this changes, and help is needed, farmers and food producers (especially those that process meat) have experienced trouble finding skilled employees or run into legal issues around farm internships. Farming and food processing need to be seen as viable career options so workforce development opportunities can take place and people can be hired and trained for employment on farms or with other food businesses.

LOCAL FOOD ASSETS AND RESOURCES



This section details the resources that help connect producers to markets and customers, as well as Lincoln County community members to food grown, raised and caught here. The section focuses on ways to access local food and what can be improved to increase this access. Also highlighted are the great assets Lincoln County already possesses, which are building blocks for the future direction of the food system.

There is a demand for local food in Lincoln County. And the demand outweighs the present supply. This imbalance helps drive the food system – it makes new producers go into business, fisherman find direct-sale outlets and food entrepreneurs fill the gaps that exist. The demand for local food ranges with different communities. Some communities are more affluent and food becomes an outlet for this (a natural foods co-op in Newport has been in operation since 1977). Other communities, even if not affluent, make food a priority in their lives and budgets. But the majority of residents don't know what food is available locally and how to access it. Improving this base of knowledge will increase food security and the viability of farming in the area.

There are a growing number of community members that see the potential for the local food system. This change in mindset is arguably Lincoln County's greatest asset, because it represents hope to expand the broader community's connection to area food.

LOCAL FOOD ASSETS AND RESOURCES



The Lincoln County farmers' markets are located almost exclusively on the coast on Highway 101, with the exceptions including the Toledo Farmers' Market located on Main Street in downtown Toledo, and Waldport located two blocks from 101 on Highway 34 at the Community Center. This trend highlights that all of the farmers' markets cater to summer tourists. Many of these markets would not be as successful without strong tourist support and the makeup of vendors reflects this fact (crafters and artisans are prominent and mostly outnumber the food vendors). This means it is very difficult for markets off the coast to be successful. The Toledo Market is small. It struggles to maintain a consistent, strong customer base for vendors. For some farmers, the small customer turnout means they cannot earn enough money to justify their time spent vending at the market. Because of this, farmers' markets are an unrealistic avenue for accessing local food in the rural areas of the county.

Farmers' Markets

Farmers' markets are the best place to find local food in Lincoln County and are the most valuable marketing venue for farmers and food producers. They exist in Newport, Lincoln City, Waldport, Yachats and Toledo. There has also been an inconsistent market in the past on Highway 18 near Rose Lodge (it was labeled a farmers' market but mostly resembled a farmstand). There has also been some interest from the Confederated Tribes of the Siletz Indians in having a farmers' market in Siletz. Many of these markets begin in mid-May and continue through September, giving a strong five months of regular access to local food for consumers.

A farmers' market is a simple concept. It is one location where multiple farmers sell their food directly to customers, and where consumers buy food from various producers in one place instead of having to visit multiple farms. The concept of selling directly to consumers at one market is part of the history of Lincoln County. Newport's market began in 1972 and is the second oldest farmers' market in the state of Oregon, with Salem's market being the oldest. The addition of other farmers' markets in the county has developed within the last ten years. Lincoln County farmers' markets feature mainly produce from small, diverse in-county farms and larger farmers from the Willamette Valley. The markets also offer local meat and eggs, various prepared foods and baked goods, and a large number of crafts and homemade items.

Community Supported Agriculture & Community Supported Fisheries

Another, less successful outlet for local food in Lincoln County is Community Supported Agriculture (CSA). A CSA is a model where customers provide upfront payment to the farmer for food they will receive throughout the future growing season. Customers are generally given a weekly box filled with produce and sometimes other local food such as meat, dairy, bread or fish. There are even CSA models that allow customers to pay with SNAP (Supplemental Nutritional Assistance Program, formally Food stamps) benefits or offer scholarships which help to reduce costs of the program. There is one CSA that operates in Lincoln County which offers financial assistance to customers depending on donations raised. Some split their CSA boxes between multiple people which can help cover the large upfront costs.

As of summer 2011, there are three CSAs Lincoln County residents can participate in, but all three are from farms that are outside the county. Corvus Landing is the closest farm to the county, located just across the north border in Tillamook County. They began a small CSA to mostly regular customers as another means to market their food. The other two CSAs are based out of large farms from the Willamette Valley—Gathering Together Farm and Heavenly Harvest Farm in Philomath and Corvallis respectively. The unpredictability of the weather on the coast and the generally new, small farms

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that have other outlets for their food have resulted in the lack of CSA operations within the county. However, at the first annual Natural Resources School, that took place in Newport in fall 2010, many farmers present were interested in starting a CSA. This school provided a one-day workshop featuring multiple topics with one focus being local agriculture. Residents that already participate in a CSA are interested in supporting a Lincoln County operation if it existed. Along with the challenges listed above, the operation, organization and planning involved with a CSA make it difficult for new and beginning farmers to successfully execute this marketing and distribution model.

Community Supported Fisheries (CSF) models operate in a similar fashion to CSAs but instead of produce they offer in-season fish and seafood to customers. There are presently no CSF operations in Lincoln County, but there has been interest in starting one. Oregon Sea Grant and the Small Business Development Center at Oregon Coast Community College have conducted research and consulted with other operating CSF programs in the county, but so far nothing has developed from the research. There was a group of Oregon State University graduate students that tried to begin a CSF in Newport, but stopped operations before it got off the ground. Oregon Sea Grant has operated a small test CSF in Portland, but found it difficult to maintain. They had one person be the drop off point for all the CSF boxes with a purchased refrigerator/freezer for storing fish until participants could pick it up. The difficulties with a CSF are the unpredictability of fishing and the perishable nature of fish. Some believe instead of operating a full CSF, it might be easier to include fish as an 'add-on' to already operating CSAs, allowing fish to be included in distribution only when available.

Other Direct Sale Operations

Farmstands, on-farm sales and off-the-boat fish sales are all examples of other Lincoln County options for accessing local food. These assets bring the customers out to where the food is produced or caught giving them a better picture of the effort behind their food. There are a few farmstands operating in the county (most notably Barking Dog Farm outside of Lincoln City), but this is a less common occurrence. This can be attributed the location of most farms, which are inland and far distances from most consumers. The most successful farmstands are those that have great locations to take advan-

tage of people traffic. Barking Dog Farm and Corvus Landing Farm are two such examples. These farmstands are both located close to Hwy. 101 which results in consistent traffic and, for Corvus Landing, a local school and a bike route enhance its visibility.

Off-the-boat sales are especially popular way to purchase local fish directly. These sales primarily occur in Newport where there are many fishermen licensed to sell fish directly from their docked boats. Many also have licenses to fillet fish for customers right on the boat, making this a more convenient option for fresh fish. The number of fishermen selling from their boats fluctuates depending on the season and species. Albacore Tuna is the most common fish sold this way, which many residents can and preserve for later. Though the majority of off-the-boat sales occur in the summer, a few operations run for most of the year. Generally, these boats stay in port and buy product from other fishermen, or own and operate other boats that bring in the product to sell.

One challenge with off-the-boat sales is the consistency. Fishermen must maintain a balance between catching and selling fish. It's hard for the fishermen to inform customers when they are in port and selling fish versus out on the ocean. Some customers that do not live on the coast, but instead drive an hour or more to buy fish as is popular to do during Albacore season, would like a guarantee there are boats to buy from before making the trip. The Oregon Albacore Commission has created a check-in point for fishermen on the Commission's website that alerts customers as to when the boats are in port. The website features a link on the home page entitled "The Fleet is in." The Oregon Sea Grant is also working on a Smartphone App that will allow consumers to get updates when boats are in port.

Farm- and Ocean-to-Restaurant

Restaurants and chefs are the forerunners, like the farmers' markets, of local food access in Lincoln County. The coastal tourist economy means there are many restaurants. The County Extension Office, along with the support of OSU graduate student Kim Gossen, realized the potential of stronger connections between restaurants and local farmers in 2007-2008. Fishermen and restaurants have long brought and sold food to each other. The connecting activities included hosted workshops that fostered relationships between farmers and

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chefs to increase purchasing. Other resources were also created to better connect these groups. At first, a call-in phone line was started for farmers to leave messages about what was available and chefs to call in about what they needed. From there a website and blog were created as a clearinghouse of farm and food resources, as well as a message board for produce availability and need. The Extension Office found that the workshops and online messaging board were good initial tools that became less effective once the chef/farmer relationships were established.

Presently there are many different models of farm-to-restaurant in Lincoln County, but the one commonality is the strong relationships between chefs and farmers. The chefs are regular customers of the producers and the producers are regular suppliers. There are some farmers that contract with restaurants before the growing season starts to produce specific food for their summer menus. Other producers set aside some of their normal products to deliver to restaurants on a regular basis. This has been especially helpful to farmers during the off-season. Other chefs also buy from producers at the farmers' market.

Farm-to-restaurant is a successful model in Lincoln County because the flexibility it allows. Many restaurants have small, variable menus that can shift to in-season food and change when something was neither grown nor caught. Restaurants also usually need a smaller volume of food which the smaller Lincoln County farms are able to handle. Generally, the restaurants that focus the majority of their menu on local food are higher end like April's at Nye Beach (where produce used is grown on their own farm, Buzzard Hill Farm) and The Bay House (which purchases from Corvus Landing and Barking Dog Farms). What is exciting and a testament to the increased value of local food, is the push to incorporate it as part of staple menu items by a variety of restaurants and bakeries like Nana's Irish Pub and Cafe Mundo. This practice is making local food more ubiquitous.

Though farm-to-restaurant is popular, ocean-to-restaurant is the standout in Lincoln County. The Bayfront in Newport is a working fishing port and many of restaurants want to leverage this local resource. The most successful ocean-to-restaurant establishments, like Local Ocean Seafood and Gino's, have local and sustainable sources for their seafood from which they create their menus. Both restaurants have built their

businesses around their connections to the fishing industry; both have owners that are also fishermen, which give them consistent, local sourcing.

Other Retail Options

Retail outlets, primarily grocery stores, food co-ops and fish markets, are another limited source for local food. There are not many local food products available in Lincoln County grocery stores. The primary reason for this relates to the volume of food presently produced within Lincoln County compared to the volume of food that the stores need to keep in stock. Andy Morgan, owner of Kenny's IGA in Lincoln City, says the challenges with stocking local food are inconsistency, professionalism, volume and turnover. He once carried local poultry, but had to stop because of difficulties with the poultry producer. However, he is interested in trying again. Some independent stores will carry small quantities of value-added products, such as Oregon Choice canned seafood or Pacific Sourdough bread, which generally have a longer shelf life.

Cooperative grocery stores in Lincoln City and Newport carry local food, but only marginally more than other groceries. They have a bit more flexibility with their purchases because of their smaller operations, but most of their food is transported in from outside the county. The Newport Co-op features some canned and frozen seafood, eggs, cheese and bread, but carries little produce and no meat. The Lincoln City Co-op buys produce, primarily salad greens, from a few North County farms. Newport's Oceana Natural Foods Co-op store manager, Rhonda Fry, says it's difficult for them to work with local farmers because of the price farmers need to charge to maintain their operations. She can only afford to buy at wholesale prices and not retail. Fry mentioned that her co-op is interested in contract work where farmers grow specific foods for their store. The store presently contracts with one of their employees who supplies produce from his backyard greenhouse.

Fish markets are another retail venue focused on local product. A variety of markets are located on Newport's Bayfront. Both Local Ocean Seafoods and Gino's have fish markets in their restaurants where patrons can purchase seafood to cook at home. They sell fresh fish and emphasize its origins by identifying the fishermen and methods used to catch the fish. Other Bayfront fish markets are connected with processing companies, Pacific Seafood and Trident Seafoods.



LOCAL OCEAN SEAFOODS

AND OCEAN BLEU @ GINO'S

Two restaurants in Newport, Local Ocean Seafoods and Ocean Bleu @ Gino's, capture the strong ocean to restaurant relationships that exist in the community. They are both owned and operated by people strongly connected to local fishing industry and are located on Newport's Bayfront, the heart of commercial fishing in Lincoln County.

Local Ocean Seafoods is owned by Laura Anderson, a third generation commercial fisherman. She has a deep knowledge and understanding of fishing, having growing up working summers on her father's fishing boat and receiving a Masters in Marine Resource Management from Oregon State University. Local Ocean Seafoods has built their business around relationships with local fishermen by offering them premium prices for quality food. These relationships allow Local Ocean to have high quality, consistent product while also guaranteeing sustainable fishing practices for customers because they know who catches the fish they serve and in what way it was caught. Sustainable has a strong emphasis in their business model. For them, offering fair prices to fishermen, sourcing fish across the street from the restaurant at the Newport docks, buying local produce when in season and providing fair compensation to their employees is helping to build a healthy coastal community.

Ocean Bleu @ Gino's is a recent addition to Newport's Bayfront having re-opened in 2010 by Mike and Vanessa Donovan (Gino's Fish Market and Deli opened in 1983 and was owned and operated by Gino Freson). The restaurant is the next step, for Vanessa and Mike, from their beginnings as a wholesale fish supplier to area stores and restaurants (and also locations in Eugene). They now supply this local product to their own restaurant. They still own and operate a commercial fishing boat, F/V Sea Pup, out of Newport and have a network of other fishermen to purchase from for their menu – they know every boat they buy from. They emphasize preserving fish; they buy fresh fish during the summer months when it's prolific and freeze it. This allows them to serve a diverse array of local product in the winter months when it's less available. They are especially known for their smoked seafood that they make in a custom, in-house smoker.

LOCAL FOOD ASSETS AND RESOURCES

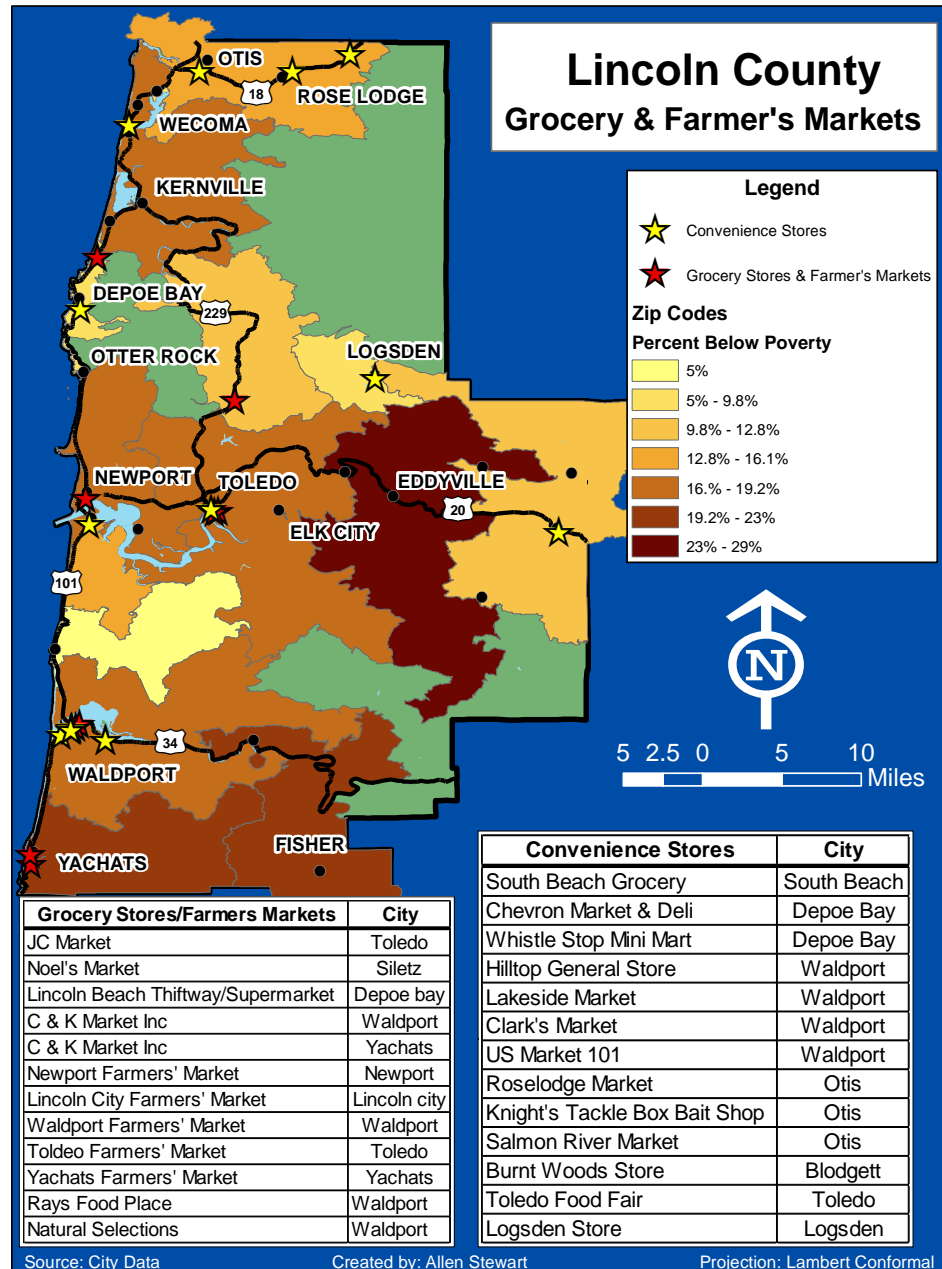
Rural Grocery Stores

Though grocery stores were briefly mentioned as a source for local food, albeit a minor one, they are the most important food resource in Lincoln County. This is because the vast majority of residents buy their food at grocery stores (98.9% of Consumer Survey respondents got their food primarily from a grocery store).

Generally in Lincoln County, the full-service grocery stores are located along the coast where the majority of the population resides. The biggest stores, that have the most quantity and diverse offerings, are located in the population centers of Newport and Lincoln City and, to a lesser extent, Waldport. But Lincoln County has population inland and a significant distance from the coast. Since grocery stores are vital for food security, it's important that they exist in both the rural and urban areas of a community. To evaluate the state of Lincoln County's rural grocery stores, surveys were conducted with stores located in towns of 5000 people or less. In Lincoln County, these are the towns of Toledo, Waldport, Yachats and Siletz and the unincorporated communities of Rose Lodge, Otis, Logsdan and Burnt Woods.

Nationwide rural, independent grocery stores are struggling. This trend is also occurring in Lincoln County. Of the all the rural communities, the only ones that have full-service grocery stores are Waldport, Toledo, Yachats and Siletz. This is not a surprising as these communities represent the largest of the rural towns. All of the smaller communities have either no store or a convenience store, which offers little that is nutritionally adequate (see Grocery Stores and Farmers' Market Map).

Most of the rural grocery stores are unable to offer a variety of food because they barely make a profit. The Logsdan Country Store owner Carol Lowe says there were more rural stores, in the past, that were a regular food source to



the residents of their towns. Over time, she says her business has shifted from a grocery store that offers produce, meat, dairy etc. to a convenience store. It was a necessary shift because rural residents starting relying less on her store for their full grocery needs. This trend was also mentioned in conversations with other owners.

Rural residents now go to Newport, Lincoln City or Waldport to purchase food in larger quantities to last a week or two. The local store is used for purchases, such as a gallon of milk, a loaf of bread, beer or cigarettes, between larger shopping trips. But "a gallon of milk won't pay the bills," says Noel's Market, in Siletz, owner Carol Retherford. This shift in rural grocery store

LOCAL FOOD ASSETS AND RESOURCES

use has had a profound effect. As customers shift their grocery shopping to Fred Meyer or Wal-Mart, rural grocery stores are in competition with stores that have significantly lower prices because of their large sourcing and distribution systems. It is extremely difficult for rural stores to compete and this has led to many closings. Grocery stores have closed in Yachats and Seal Rock recently. For example, the Seal Rock store closed in fall 2010.

During late 2009, Yachats' grocery store and the Yachats Village Market both closed and the local community went without a grocery store for a year. Clark's Market, the town's long-standing grocery store, was sold by its original owner in 2007. The new owner changed the store name to the Yachats Village Market, but the operation became insolvent during the 2008 recession and eventually closed at the end of 2009.^{lxxiv} In an article from that time entitled "Yachats hungry for food store to reopen," residents are quoted saying "We desperately need to have a place to buy affordable groceries. There is a domino effect. People don't have a place to buy groceries; maybe they don't want to live here. My biggest fear is we become a ghost town".^{lxxiv} Yachats community members even put together a volunteer grocery delivery service because they knew some residents couldn't travel to get food. Though the town now has a full-service grocery store that opened in 2010, community members still remember when there was no such local resource. Residents still speak of the inconvenience of not having a town store and the difficulties it created.

Operational challenges also limit rural grocery stores. Most of the county's smaller stores are buying from the same supplier, Harbor Wholesale Grocery, to get the majority of their product (primarily convenience store staples). The rural locations of these stores have proven troublesome for deliveries, leaving these operations with only a limited number of suppliers that will bring them food. Even a larger grocery store in Toledo, a town that is hardly far from the coast, had some fish suppliers stop delivering to them. Store owners, to expand inventory, will make trips to Cash & Carry or Costco for things like fresh produce. A few store owners want to offer more variety of foods but are hampered by the lack of infrastructure. Salmon River Market, in Otis, owner Wanda Gendreau, when asked if she would be interested in carrying fresh produce, said she would like to but would need more refrigeration and storage to do so. Small square-footage and thin profit margins make updating infrastructure almost impossible.

Some store owners also believe their customers don't want to

purchase fresh produce or whole foods. Their customers want energy drinks, soda, chips, fast food such as hot dogs or burritos, beer and cigarettes. The store owners are worried that if they were to stock different products on their shelves than the fast-food variety, these goods might not sell. A few owners mentioned that increasing customer demand for healthier food through education could make a transition to healthier offerings at their stores easier and more successful.

Despite the challenges, there are some successful rural grocery stores that provide a full-service offering to their communities in Lincoln County. Two stores in Waldport, Ray's Food Place and C&K Market, along with the new C&K Market in Yachats, are all owned by the same company and run by the same manager. These operations are able to collectively purchase product for all the stores from the same suppliers and have it delivered together. This gives the smaller store in Yachats, deals that would not be available on their own. Noel's Market in Siletz is also successfully offering a diverse variety of food to its community members. It has a popular meat counter that regularly sells out and is able to employ a large staff.

Individual Food Resources

Not all food sources come from the store or are purchased. Lincoln County has a history of individualism with many residents relying on gardening, hunting, gathering or fishing for food. Homesteading and home gardening first established agriculture in the area, and many rural residents continue to practice these traditions. Driving through rural areas of the county, individual family homes have small greenhouses, garden plots and animals that provide them food. A client of the Newport pantry said her family uses the pantry resource when their own homestead doesn't provide enough (mostly in the late winter months). She mentioned they have chickens, eggs, goats and a large garden for their main source of food.

Gardening is an especially popular means of providing food. The county's large network of Master Gardeners is a testament to the growing desire among coastal residents to learn and practice gardening. There is even a desire to capitalize on the popularity of gardening in Lincoln County. The Siletz Grange was considering the idea of starting a garden produce exchange program, called the Siletz Grange Exchange, that would allow gardeners to share and distribute their bounty with others. If someone had a lot of kale coming in and didn't want to keep it all, she could trade with another gardener that had more cabbage than he could handle.



YAQUINA BAY LIGHTHOUSE GARDEN

The Yaquina Bay Lighthouse Garden Project, a garden adjacent to the Yaquina Bay Lighthouse in Newport, was started about 17 years ago, in the mid-1990s. Since then it has grown into a formal school garden partnership between Oregon State Parks and Recreation, Friends of Yaquina Bay Lighthouse, and the Lincoln County School District. This project is the result of community efforts and wouldn't be possible without the enthusiasm of school teachers and staff at Sam Case Elementary (the garden worked with Yaquina View Elementary before it closed), and the ample Master Gardeners willing to help in the garden with the students. Liz Olsen, with the Lincoln County Extension Service, has been the Program Coordinator since 2005.

The garden project works with students in grades 1st - 3rd to give them an opportunity to learn agricultural and biological sciences in and outside of the classroom. They participate in the entire process of growing food - from planting seeds to harvesting and tasting the fruits of their labor. The students take field trips to the garden at least twice a year to plant in the spring and harvest in the fall. There has also been a nutrition component to the project for many years, but with the Extension Service's new nutritionist, Jan Ostby, that nutrition education has become a formalized program that coincides with student's field trips to the garden.

The project also has a small greenhouse located at Sam Case Elementary where students help grow starts for the garden. The garden's produce (along with starts from the greenhouse) is given to Lincoln County Food Share and brought to the Newport Senior Center.

As with many school garden projects, the summer time poses a challenge for the project because there aren't classes to bring to the garden. Olsen is looking for new ways to get more youth and their families involved with the garden during this time. Olsen hopes to add a larger greenhouse to the program to give more students access to the greenhouse opportunities. This would also allow the Master Gardeners and students to grow more starts to give to Food Share pantries throughout the county, not just in Newport.

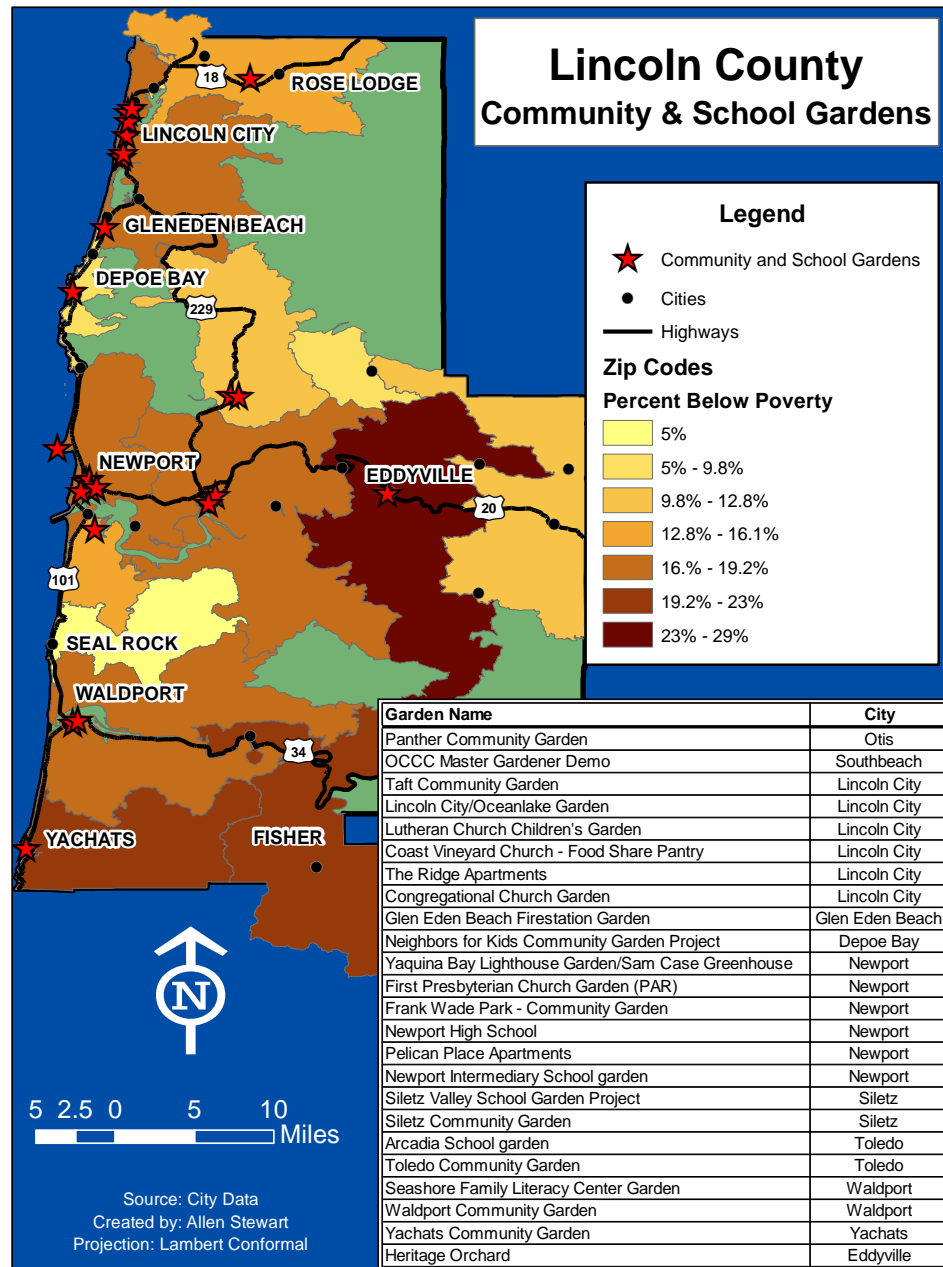
LOCAL FOOD ASSETS AND RESOURCES

Community and School Gardens

Growing your own food can be difficult if you do not have land or space to do so. A strong community and school garden network has sprouted throughout the county to offer an alternative area for growing food for those that do not have land resources. These resources are also attractive to those that enjoy gardening with their friends and neighbors. Community gardens not only provide space, they are also an unintimidating environment where newcomers can learn and get help from those with more experience. These gardens are located at schools, parks, churches, and apartment complexes. Lincoln City is home to the county's first community garden, which was built in 2005 thanks to the efforts of JoDanna Bright Taylor.

In the spring of 2011, there were three Master Gardener Demonstration gardens, three school gardens, five gardens associated with afterschool programs, and 12 community and church gardens. Due to community interest, grants, and partnerships, two additional school gardens will be created over the summer of 2011 at Newport High School and Siletz Valley Charter School. There is also a dedication among community gardeners to ensure fresh produce for all. All of the community gardens have at least one bed designated to grow food for Lincoln County Food Share. Low-income housing complexes are building raised garden beds. There are plans to build a few raised beds at Pelican Place, a low-incoming housing site in Newport. And the First Presbyterian Church in Newport is in the process of building a garden to grow produce for their on-site pantry.

Lincoln County's community gardens have primarily been established by dedicated individuals. Aside from those run as Master Gardener Demonstration Gardens, the area's community gardens do not have formal leadership boards running them. As a result, there is a lot of room for flexibility in their management. Informal



ownership of community gardens also means the majority of the garden maintenance and community outreach work is placed on a small number of people or even single individuals.

Community gardens are generally located on donated pieces of property, either by churches, city parks or private property. In recent years, two community gardens have closed due to city and private landowners wanting to take back their land. Unfortunately, there is not enough of an advocacy base for these gardens to prevent this take back from happening again in the future. Lincoln County has a number of school and youth garden programs. Many of these programs are growing steadily due to the dedication and passion

LOCAL FOOD ASSETS AND RESOURCES

of select teachers and community members. School gardens have been established all over the county. If the current trend continues, all Lincoln County students will eventually have access to garden programs where they can learn how to grow food, be exposed to new fruits and vegetables, and be given the opportunity to learn outdoors through experiential learning. This would also pave the way for more fresh fruit and vegetables to be used in the school meal programs, as has already begun to occur at Siletz Valley Charter School due to the efforts of Cheryl Schriver.

There are, however, a few gardens located at school buildings that have phased out of use. Although the raised beds, greenhouses, and tool sheds still exist and are in good condition, the programs have ceased to exist. The two abandoned school gardens are at the Arcadia School Building in Toledo and the 21st Century's garden at Newport Intermediate School. Community members often mention the desire to start new youth garden programs from scratch. However, it would be much more cost effective for these programs to communicate and share with each other so the funds and hard work do not go to waste when programs end or staff members leave the community.

Most residents are unaware of the community and school gardens that exist throughout Lincoln County. Lack of public awareness about the gardens results in fewer people gardening that may want to if they knew space was available. It also means fewer volunteers to help with everyday garden maintenance and existence. Community members who want to get involved with gardens or youth garden programs often don't know who to speak to because it is unclear who owns and/or manages many of the gardens.

Hunting, Gathering and Preserving

Beyond just gardening, the tradition of using and benefiting from the land's food resources has also been a staple of coastal living. There are many things that can be harvested, foraged or hunted in Lincoln County. Examples of food that has been traditionally gathered or caught by individuals include mussels, clams (both razors and cockles), fish and shellfish (salmon, Albacore, Dungeness crab), seaweed, eels, mushrooms, venison, elk, camas, blackberries and huckleberries. These bountiful resources, over the years, have been generally protected with permits and licensing to preserve them as continual food supply.

Overtime, the tradition of hunting and gathering as primary means of survival has gone out of practice. Many of these activities are now seen as fun or leisure to provide supplementary food to families. Though hunting and gathering are not as common, many want preserve these traditions, either by passing knowledge down through their family or through community education. Work done by programs like the Healthy Traditions Program with the Siletz Tribe encourages the continuation of traditional food practices by preserving and passing along this knowledge to new generations. Festivals, such as the Mushroom Festival in Yachats, look to highlight a local food and how to gather and use it. Encouraging and preserving sustainable methods of growing, harvesting, catching and foraging for food help increase individual food security and knowledge.

To complement Lincoln County's natural food resources, preservation methods evolved. Preserving, like hunting and gathering, is a traditional practice to help increase the longevity of perishable food like seafood and produce. Popular preserving practices in Lincoln County have been smoking, drying and canning food. The most common preserving tradition on the coast is canning Albacore Tuna during the summer months. In the past, the Extension Service would rent out pressure canners to individuals during the summer along with offering preservation classes that focused on local canning practices and methods. The Extension Service has stopped renting equipment and offering classes because of liability issues, which has limited the continuation of this knowledge. Having communal resources makes preserving items, which can involve expensive equipment or difficult directions, manageable and affordable for all. Teaching the preservation of different foods, not just canning but smoking, drying, freezing, or making jams or jellies, is a less expensive way to have local food year-round.

LOCAL FOOD ASSETS AND RESOURCES

Opportunities and Recommendations

- Strengthening connections between consumers and producers

In order for farmers, food producers and fishermen to stay in business, expand or increase production they must know they have a market and clients for their food. There is a misperception among Lincoln County residents that local food means only produce, like tomatoes and corn, and that not much is available here. The majority of residents don't purchase local food because they believe it is either not available or they are not sure where to get it. Changing the perception of what is local food – meat, cheese, baked goods, fish/seafood, value-added products are all also 'local food' – and that it is available most of the year in a variety of ways will help increase local producers confidence to invest in their operations and in expansion.

- Update and Expand Lincoln County Foods (<http://lincolncfoods.org/>) and Ten Rivers Food Web websites

Update these important resources for consumers to better find and connect to local food. For many in Lincoln County, they do not know where to buy this food, or even that there are local farms, but making these online directories a one-stop information hub would simplify the process of purchasing local food.

- Increase Food Literacy

Food Literacy is about understanding where your food comes from, why this is important and where to buy local food. Food Literacy would encompass a range of events, workshops and educational opportunities for Lincoln County residents to learn about food related activities. Offering these opportunities regularly would be another way to increase knowledge, engage different community members on food system issues and to empower Lincoln County consumers to put thought behind their food.

- Support the availability of fresh food

For those owners that want to offer fresh food, they need infrastructure and sourcing support. Some may just need an extra refrigerator, while others it might be a better option to have a regular farmers' market in their parking lot to offer food not available in their store to their customers. Work with Lincoln County's rural grocery store owners to explore fresh food options for each individual store.

- Community and school garden network

Forming an official garden network would allow the gardens throughout the county to share resources, volunteers, and advice with each other. It would also create a medium for the gardens to come together to increase public awareness and support for the gardens, either through outreach materials or specific events. This collaborative network would also allow the gardens to obtain larger grants to help expand the existing gardens and school garden projects throughout the county. A community garden network would also serve to support the school gardens by providing a potential volunteer base and gardening resources and experience to share with school staff.

- East County community gardens

Further research should be done with residents in the eastern parts of the county to see if there is interest to start community gardens for those community members. Residents in East Lincoln County, including Eddyville, Burnt Woods, and Harlan live far away from fresh produce sources, so this may be a way to supplement the lack of fresh food in the area.

COMMUNITY FOOD ASSISTANCE



Vineyard Food Barn

“Community food security is a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice,” according to Mike Hamm and Anne Bellows.^{lxv} Throughout the assessment process this definition was used as the measurement for both community and individual food security in Lincoln County. In understanding how people access food in the community and the reasons why some have trouble doing so, we are able to identify where there are needs and the changes that will help allow all Lincoln County residents to obtain safe, culturally appropriate and nutritionally adequate food and create a stronger local food system.

Food availability is intricately connected to access – enough food is available in our country and in Lincoln County but not all people can access the food they need. To help cover this gap there are food assistance programs through the federal government and through local emergency food providers. This section will cover the reasons that food insecurity exists in Lincoln County and the programs that provide assistance to those in need of food.

COMMUNITY FOOD ASSISTANCE

Barriers to Access

Hunger and food insecurity are the direct result of insufficient income when there is not enough money for a family or individual to make ends meet. In Lincoln County, 15% of the population or 7,120 people live at or below the federal poverty level.^{lxxvi} This means an individual is making, at most, \$903.00 a month.^{lxxvii} If you expand this definition of poverty to include those that live at 185% of the poverty level, which is the rate used to qualify for the Supplemental Nutritional Assistance Program (SNAP, formally Food Stamps), 31.5% of Lincoln County residents or 14,678 people live on the verge of poverty.^{lxxviii} Living at 185% of the federal poverty level means an individual is making \$1,670.00 a month.^{lxxix} Of note, Feeding America documents Food Insecurity by county and Lincoln County has a 17.5% rate of food insecurity.^{lxxx} It is no coincidence that the county's poverty and food insecurity rates are very similar.

It is important to note that this Community Food Assessment was conducted during a significant global recession that has produced high unemployment rates and economic uncertainty throughout the country. In February 2008, Lincoln County's unemployment rate was 5.2%, but by January 2010 unemployment was above 10% and continued as such through January 2011.^{lxxxi} Although Food Share of Lincoln County, the regional food bank system, has noted an increase in clients, especially first time clients, during this time period, an average of 1,039 families and 2,778 individuals per month in 2007 to an average of 1,167 families and 2,882 individuals per month in 2010, there has not been a huge jump in numbers (2011 has continued to have numbers at the higher end of the 2010 data with a slight increase in individuals per month on average).^{lxxxii} These numbers suggest that Lincoln County residents struggled before the recession; many did not have jobs that paid a living wage with chronic food insecurity as a result.

Food Share of Lincoln County reports that the majority of clients that use their emergency food assistance are employed but not making enough money to cover all of their basic living expenses. The majority of jobs in Lincoln County are in the service industry, primarily focused on tourism, with positions in retail, hospitality and food service.^{lxxxiii} This leaves many Lincoln County citizens dependent on work that fluctuates; they might be solidly employed for a small number of months

2010 Federal Poverty Guidelines

Monthly Income

Family Size	100% FPL	130% of FPL	185% of FPL
1	\$903	\$1,173	\$1,670
2	\$1,215	\$1,580	\$2,247
3	\$1,526	\$1,984	\$2,823
4	\$1,838	\$2,389	\$3,400
For each additional person add	+\$312	+\$406	+\$577

with reduced or no hours during the off-season. Employment in the tourism industry is also affected by the economic climate. During a recession less people are able to take vacations and travel, leaving a community dependent on tourism vulnerable.

“Many of our clients work one, two or more jobs, but many of the jobs in Lincoln County in retail, hospitality, and home healthcare are unlikely to cover basic costs of housing, food, utilities, healthcare, childcare and transportation.”

- Joyce Thompson Graham,
Food Share Lincoln County

Rising living costs also impact Lincoln County residents' ability to stretch their paychecks to cover basic expenses including high housing costs and increasing heating, gas and food prices. Minimum wage in Oregon was \$8.50 an hour in 2011, which at full time totals \$1,360 a month before taxes. As previously stated, this income level qualifies an Oregon resident for federal SNAP benefits. Depending on a family's situation, they may also have health care costs to pay each month. Food Share of Lincoln County reports, “More than half of Food Share's clients spend 50% or greater of their income on housing”.^{lxxxiv} A person working at minimum wage needs to work 56 hours a week to cover the average rent for a one bedroom apartment in Lincoln County. It is clear that working at minimum wage does not pay workers enough to live in the region. These conditions create a situation where residents are forced to choose between covering different basic needs. Many times it is food budgets that bear the brunt of these choices because they are flexible unlike phone or gas bill which cannot be negotiated.

As part of the Community Food Assessment process, Consumer Surveys were conducted. The surveys asked, “What

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factors, if any, affect your ability to get the food you need?” The most common answer was the cost of food. According to Feeding America, the average cost of a meal in Lincoln County is \$2.84 (compared to the Oregon average of \$2.60 and nationwide average of \$2.54).^{lxxxv}

The majority of Lincoln County residents who have trouble meeting their food needs meet the USDA’s definition of low food security meaning that they report eating a reduced quality, variety, or desirability of food with little or no indication of reduced food intake. The ramifications of relying on cheap, filling, processed foods are serious, but people are forced to rely on these types of food when they are hungry and living on a tight budget. Health problems such as obesity, diabetes and heart disease are preventable through a healthy diet. In Lincoln County, 26% of adults^{lxxxvi} and 28% of children are obese^{lxxxvii}. Eating healthy, nutritious meals on a budget is possible but it relies on a basic amount of cooking knowledge and taking the time to budget, grocery shop and then cook on a regular basis. In community discussions through the Lincoln County Health Department’s Healthy Communities Assessment, at food pantry sites and at the Lincoln County Community FEAST Workshop, cooking and nutrition knowledge was identified by many as strongly needed in the community.

Rural Communities

Another important aspect impacting the accessibility of food in the area is the rural nature of the county. Not only is Lincoln County fairly inaccessible from the Willamette Valley, with only three major roads connecting it, but within the county the majority of services, stores and food access are concentrated on the coast. The outlying communities of Otis, Rose Lodge, Logsdon, Siletz, Eddyville, Harlan, Tidewater, and populations in unincorporated areas have less access to food. A rural community is considered to have low access to food when it is ten miles or more from a supermarket or large grocery store.^{lxxxviii}

When there are not adequate food sources in a community, residents need to travel for food. For the rural areas of Lincoln County, this could mean 5 miles to the nearest grocery store from Otis to Lincoln City. But residents of Eddyville have to travel around 20 miles to the nearest full service grocery store in Toledo. This leaves many in the area vulnerable. Residents that have no means of transportation could be without a way

to get to food on a regular basis. People who are struggling to make ends meet could have trouble paying for gas to get into town, especially as the price of gas continues to rise. In the Consumer Surveys, residents cited high fuel prices as the second most common factor that affects their ability to get the food they need. As was mentioned in the Local Food Assets and Resources section of the report, rural grocery stores are struggling or closing and many have turned into convenience stores, leaving them unable to supply adequate nutrition to their community.

While some rural residents drive into Newport, Lincoln City or Waldport for groceries, there are others that don’t have the mobility or means to make that distance regularly. One example from North County is from a resident of Rose Lodge, which is about ten miles from the closest full service grocery store in Lincoln City. She was living in a small trailer with her partner. They were without transportation, electricity and not much in the means of food storage. They lived between two to three miles from the Rose Lodge Market which is a convenience store. She said this was their main source of food and they’d walk there on regular basis. There are other areas up the Alsea River and the Yachats River where distance and transportation are an issue. Unlike Otis and Rose Lodge that receive bus transportation through Lincoln County Transit, places like Logsdon or Eddyville do not have those transportation options, leaving residents dependent on family or neighbors. There are even places in the county, like Nashville, where the local food pantry is the closest thing to a grocery store, providing the main source of food security and food diversity. Nashville is isolated on a winding road off of Highway 20. The general store in town closed in the 1970s and was converted into a food pantry in 2004. The pantry manager said that the community relies on the pantry because of the distance and cost to access food through regular means.

It is also important to note transportation issues do not just affect access to food, but also to services. Newport and Lincoln City are where social services, like SNAP enrollment, and emergency assistance are primarily located.

Populations Affected by Food Insecurity

Though poverty and rural issues are the primary underlying causes for food insecurity in Lincoln County, there are cultural and circumstantial issues that affect smaller, specific

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populations' ability to access food. The various barriers and issues listed below pertain to different population segments in Lincoln County and understanding these barriers and why they exist will help to identify ways to increase food security within these groups.

Senior Citizens

Seniors make up 20% of the population in Lincoln County, a popular place to retire owing to the mild climate and coast.^{lxxxix} However the high cost of living makes seniors with fixed incomes vulnerable to food insecurity when costs go up. This population faces challenges including prescription costs and medical bills. Seniors with limited mobility and those who are no longer able to drive have difficulty getting enough fresh produce and non-processed foods in their diets because of their short shelf life. Although there is public transportation in Lincoln County, it is sporadic and difficult to rely on for travel back and forth to the grocery store. Residents with limited mobility may also find it harder to cook. Many seniors use the food pantry system to help them get through the month.

The Latino Community

Latino and/or Hispanic residents make up around 7.9% of the population in Lincoln County (this is believed to be a low estimate because it does not include undocumented or migrant residents).^{xc} The Latino community is primarily concentrated in Newport and Lincoln City, where there are not many options for purchasing culturally appropriate foods. Lincoln

City does have one Mexican grocery store that features traditional products. According to Beatriz Botello, who works for the Health Department and teaches nutrition and cooking classes for the Lincoln County Extension Service, some within the Latino community don't feel that they can get the food they want within the county so they travel to Salem to do their shopping. Botello explained that for Latino residents that are not native English speakers, going to a market where Spanish is the primary language spoken makes for a more comfortable shopping experience.

Language barriers also affect access to food assistance programs if materials are not provided in Spanish, or there are not Spanish speakers available to answer questions. At the Newport Pantry, for example, many Latino clients choose to go only through the bread line, where clients do not need to prove they are Newport residents, nor speak to any pantry volunteers. In doing so, they miss the opportunity to receive a food box that offers more variety and a greater amount of food. There are many reasons for this. Some people may be confused about the pantry process, especially if they do not understand English. Residents may doubt that pantry volunteers speak Spanish. Undocumented clients may worry that their citizenship status will affect their eligibility to receive assistance. The same barriers impact Latino community members' ability to access federal assistance programs such as SNAP or the school district's Free and Reduced Lunch Program. To clarify undocumented residents are able to receive food assistance at their local food pantry, but cannot receive



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federal assistance such as SNAP (however, children that are U.S. citizens of undocumented people do qualify for Free and Reduced Lunch and SNAP benefits).

Botello mentioned two interesting points that she thinks prevent some in the Latino community from seeking out assistance programs. Some people do not seek assistance from the pantry even though they qualify, because they believe the majority of food available is canned and contains a lot of preservatives. This is a misperception; food boxes contain a variety of canned, fresh and frozen foods, but this misperception prevents participation because fresh and dried foods are more commonly used in the Latino community than canned foods. The second barrier Botello mentioned is a general unfamiliarity with food assistance programs such as SNAP. She said that some Latino residents she works with do not understand how the SNAP program works and worry that their children will have to pay back the benefits they receive in the future. Targeted outreach to that provides education addressing these issues can go a long way towards overcoming many of these barriers.

The Native American Community

A small but significant minority (3.4%) of Lincoln County residents are Native American or American Indian; the majority are part of the Confederated Tribes of the Siletz Indians (CTSI).^{xcii} Although there is only a small portion of reservation land in Lincoln County today, the tribe has a prominent presence in the county concentrated in Siletz. Early tribal members adopted Western eating habits as the area became populated by white pioneers. The introduction of processed and refined foods into tribal diets, through federal programs and increased contact with non-tribal members, drastically changed eating habits. Over the years, this change has led to high rates of diabetes and obesity within the tribe. When considering present day food security issues among tribal members, this history and the traditional diet must be a part of the discussion. Access to traditional foods such as seaweed, clams, camas, salmon and eel, became harder over the years as access to land where they hunted or foraged was reduced because of private ownership. Eels, for example, were once so abundant in the Siletz River that tribal members could hook them out of the water from the river's edge. Today eels are extinct in the Siletz from pollution and tribal members must travel three hours to the Willamette River to dive in dangers



Siletz Tribal Member harvesting eels at Willamette Falls

waters to catch eels. And because accessing traditional foods has become harder, the knowledge of how to find and use these foods is being lost. According to Sharla Robinson, director of the CTSI Healthy Traditions Program focused on promoting the use of traditional foods, reincorporating traditional foods into the present day diets is a culturally-sensitive issue for tribal elders. For many elders, the traditional methods of gathering or hunting for food are associated with lean or difficult times. They see efforts to return to this diet as an admission of poverty and a reminder of a difficult history, instead of a return to healthier diets. Others view continued access to traditional foods as vital to preserving their tribe's culture.

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Homeless Residents

The final population with specific food security challenges in Lincoln County is the homeless. Individuals and families live at campsites in tents or trailers, on friends' or relatives' couches, in small homeless communities in the woods, or at the small number of shelters in our area including the Samaritan House in Newport and warming shelters that are only open on cold nights. The exact number of homeless people living in the county is unknown. Project Homeless Connect is a one day event that provides a "one-stop shop" for homeless residents to acquire basic needs and gain direct access to over 40 social service providers. In 2010 at the Nazarene Church in Newport, they served 175 individuals including 42 families (that had 64 children). The recession has increased the number of vulnerable families in Lincoln County, which in turn puts a strain on the limited low-income housing options and shelters in the area. Because there are so few shelters available, only one residential shelter (Samaritan House in Newport) and severe weather shelters (that open for a night only during cold weather), many find their only option is to live in tents or trailers, which leaves them with limited options to prepare and store food.

One family interviewed for this assessment described their prolonged experience with homelessness. This family was a married couple with three children ranging in age from late teens to pre-teen. They were living in another state where the parents became unemployed. After some time unable to find jobs, they moved to Oregon in hopes of securing work in late summer 2010. Searching for work was hard when they were camping; at one point they even traded caring for an owner's property for a place to camp. After finally finding consistent housing at Samaritan House in 2011, the older teens along with the parents were able to start working towards their GEDs at Oregon Coast Community College, which they hope helps with employment.

They described their experiences living at campsites throughout the county. They said that they were forced to change locations on a regular basis because many of the campsites in the area have policies restricting the number of days people can stay. The majority of the food they ate when they were liv-

ing in campsites was low in nutrition, because all they could afford and cook without refrigeration was foods like canned chili, spaghetti and ramen noodles. During this time, they reduced the amount of food they ate at each meal because they weren't sure when they'd be able to get food again. The pantry system was their regular food source, especially for foods that they couldn't afford such as fruits, vegetables and meat. The Mother said "without the pantry, we wouldn't have eaten fruit or vegetables."

Like this family, many homeless people depend on emergency food assistance from local pantries and meal sites as their main source of food. Through emergency food providers, especially local churches providing meals, this family and many others are able to connect to the services they needed to transition out of homelessness. Accessing services alone is difficult for homeless people because they do not have an address (necessary to qualify for government benefits), and because they lack transportation or funds to afford gas. Most homeless residents don't have information about all the services available that they may qualify for. The family interviewed for this assessment credits a Project Homeless Connect event at the Nazarene Church in Newport as a turning point that led them to services they needed to help change their living situation provide them with more stability and food security. PHC connected them to the Department of Human Services where they received SNAP benefits and help with medical expenses, the Homeless, Education, Literacy Program through the Lincoln County School District (HELP) and the Samaritan House, where they are transitioning out of homelessness.

Filling the Gaps - Federal and Emergency Food Assistance

To help counter food insecurity and fill the gaps in our area, there are a variety of federal and emergency assistance programs. This section will explore the various resources that exist to close the food gaps in Lincoln County and will evaluate their effectiveness.

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Federal Assistance

Supplemental Nutrition Assistance Program

The most widely used food assistance program in the area is the federal Supplemental Nutrition Assistance Program (SNAP), formally known as Food Stamps. The program provides low-income households and individuals with “a means to meet their nutritional needs”.^{xcii} Eligible participants receive monthly benefits through the Electronic Benefits Transfer (EBT) system called Oregon Trail. In Oregon, families and individuals qualify for SNAP if their income is at or below 185% of the federal poverty level. In Lincoln County 8,818 people or 18.9 % of the population were relying on SNAP benefits in 2009, with another 2,474 people eligible for the program but not enrolled.^{xciii} Some people do not realize that they qualify for SNAP benefits because perceptions exist that these benefits are only for people living in extreme poverty or people who are unemployed, however many in our community who have jobs but low incomes qualify.

SNAP benefits can be used to purchase all foods except ready-to-eat, prepared items and can be used anywhere SNAP is accepted from grocery stores to convenience stores to farmers’ markets. In Lincoln County both the Newport Farmers’ Market and Lincoln City Farmers’ Market have EBT machines, and the Toledo and Yachats markets will begin offering SNAP service in 2012. People can find out if they are eligible for SNAP benefits through the local Department of Health and Human Services (DHS) Self-Sufficiency Office in Newport or online. Although it is relatively easy to apply for SNAP benefits – usually it takes one session with a DHS client manager to fill out the application and complete an intake interview (and many receive benefits the same day they apply) – there are obstacles that make the process difficult for some Lincoln County residents. It can be an intimidating process, requiring multiple documents to prove income, address and assets, which may prevent some people from applying without an advocate guiding them through the process. Another significant barrier is the distance to Newport from some rural locations. In 2010, a youth group in Yachats, Helping Hands, that runs the community’s food pantry was concerned that people from their community who live up the Yachats River and those that

are without transportation were not receiving the benefits for which they are eligible. They wrote a letter to the DHS office in Newport, advocating for their neighbors. Since then, Oregon has initiated an online application system for SNAP, which makes applying for this service easier for some rural residents.

It is important to understand that SNAP is intended to supplement food budgets. For many families, SNAP benefits do not cover a whole month of food. SNAP allots \$1.30 per person per meal. The average cost per meal in Lincoln County is \$2.84. This is a difficult gap to bridge when low-income individuals must put money towards other vital necessities. Families are often forced to seek out other means, such as emergency food assistance, to cover what SNAP does not. The difficulty many face in paying for food reinforces the assumption that a healthy, diverse diet is out of their price range. And many people accept the assumption that when you are poor you must accept the limitations of your poverty on your food budget. Although eating healthy, fresh food on a budget is not necessarily more expensive, it can be for people that don’t have the knowledge and tools to stretch their food budget. The idea that we all have a basic right to food becomes more complicated when you change that idea to one where all people deserve a basic right to healthy food.

Women, Infants and Children

There are also federal food assistance programs that target specific populations. The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides support to low-income, pregnant women and families with infants and young children up to the age of five. In 2009, WIC served 2,364 pregnant or breast-feeding women, infants and children, representing 56% of all pregnant women in Lincoln County.^{xciv} The program provides nutritional assistance through vouchers, education and pregnancy support. WIC benefits can be used for specific high-nutrition foods such as fresh or frozen fruits and vegetables, milk, whole grains and baby foods.

WIC Programs include Fresh Fruit and Veggie Vouchers and the Farm Direct Nutrition Program (FDNP). Fresh Fruit

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and Veggie Vouchers are given to participants throughout the year to provide extra money for purchases of fresh or frozen fruits and vegetables that are potentially more expensive. These vouchers can also be used to purchase directly from participating farms, farmstands and farmers' markets. Farm Direct Nutrition Program checks are given out to WIC clients and senior citizens during the summer growing season. These checks can only be used to purchase food from participating farms, farmstands and farmers' markets. It is a unique model that encourages participants to purchase healthy, local, fresh food even though they might not otherwise purchase it because they think it is out of their price range. In Lincoln County, WIC families and seniors redeemed \$3,275 in FDNP coupons in 2009.^{xcv}

Rural communities face similar challenges with the WIC Program as they do with SNAP and other assistance programs. For clients that live outside of the major cities of Newport and Lincoln City getting to the Health Department office for mandatory check-in meetings and educational programming is difficult. For rural grocery stores that already struggle to stay open and offer a diverse array of products to their customers, participating in the WIC Program and accepting WIC benefits is hard. The majority of the rural store owners interviewed for this assessment mentioned that they did not participate in the WIC program because of its strict rules. Most of these stores owners said that they, at one point, had participated in WIC but had to stop offering this option to their customers because they were unable to carry enough WIC-eligible products to qualify for the program.

Confederated Tribes of the Siletz Indians Food Distribution Program

Another federal nutrition assistance program in Lincoln County is the Food Distribution Program on Indian Reservations which is administered by the Confederated Tribes of the Siletz Indians. The Siletz Tribe operates this federal commodity program from their warehouse in Siletz that provides food assistance to tribal families in need. Families receive SNAP benefits or a supply of commodity food (which is USDA purchased food that is then distributed out to tribal organizations). The warehouse in Siletz is open daily to tribal

members, and program staff also travels regularly to Salem to provide food to tribal members there. Beyond the food assistance, the Tribal Commodity Program provides cooking, nutrition and health classes to participating families.

Emergency Food Assistance

Emergency food assistance, from holiday baskets to monthly food boxes, helps provide struggling families food when they have nowhere else to turn. In 2010 Food Share of Lincoln County served 35,427 individuals representing 13,976 families (these numbers include repeat use of the pantry system by the same clients).^{xcvi} There are many reasons people need emergency food assistance. Often SNAP benefits do not cover an entire month's worth of food, and a food box is the only option before the next month's SNAP benefits kick in. An extra medical bill could eliminate spending money for the month, and a food box is a way to help make ends meet. The concern is when emergency assistance turns from irregular emergency situations to a regular occurrence. For some in Lincoln County, a food box from a local pantry is a regular source of food and/or it is the main source of a diverse diet.

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Pantry	Avg. # of Families Served Per Month from June 2010 to June 2011
Newport	395
Lincoln City	358
Waldport	219
Toledo	121
Depoe Bay	61
Siletz	37

Pantry	Avg. # of Individuals Served Per Month from June 2010 to June 2011
Newport	909
Lincoln City	918
Waldport	484
Toledo	306
Depoe Bay	126
Siletz	117

Food Share of Lincoln County

Food Share of Lincoln County is the local food bank organization that supplies food to area pantries, meal sites, backpack programs and other organizations. Food Share has been working on hunger relief efforts in Lincoln County since 1982. Food Share is a member of the Oregon Food Bank (OFB) network which makes regular deliveries to Food Share's warehouse in Newport. Beyond operating the pantry network, Food Share also coordinates food drives and donations from local stores and restaurants (of bread, fresh produce, desserts and meat) to supply local pantries. The pantries that are a part of the Food Share network are located in Lincoln City, Depoe Bay, Toledo, Siletz, Newport, and Waldport. There are also pantries in Nashville and Alsea where residents of Lincoln County living between Five Rivers and the Benton County line can receive a food box. Yachats also has an independent pantry that is operated by the Helping Hands youth group. Many of the pantries are located at churches – Lincoln City, Depoe Bay, and Toledo are examples. All Food Share pantries operate in roughly the same manner. Pantry clients can receive a food box once per month, for a total of 12 boxes during the year. Food is distributed by volunteers based on the number of household members. Food Share encourages shopping-style pantries where clients fill their own boxes instead of accepting food they may not like or use.

Food Share's pantry operation began in Newport. Over time, pantries opened in other areas, serving clients in their own communities. On average, Newport still has a high number of clients compared to other cities, (10% of Newport's population uses the pantry at least one time a year)^{xvii}, but the county demographics are changing. Between 2007 and 2010, Lincoln City surpassed Newport for total clients served. Waldport also saw a big jump in numbers over this time period, serving double their 2007 clientele. The most recent numbers reveal that the pantry system served an average of 1,209 families and 2,908 individuals per month from June 2010 to June 2011.

Food Share's outreach work is important for encouraging people to use the pantry system and feel comfortable doing so. Many people who need a food box are going through a hard time and not necessarily happy to be using the pantry. Food Share does a good job of decreasing the stigma and embarrassment that some people feel when using the pantry. One of the ways Food Share maintains client dignity is through its volunteer system. A number of the volunteers at the Newport Pantry are also clients, or former clients, of the pantry. This gives them a unique perspective and increases their empathy with clients. This system also works as a grassroots outreach tool as pantry volunteers reach out to friends, encouraging them to seek assistance.



LINCOLN CITY PANTRY

The Lincoln City Food Pantry is located at the Coast Vineyard Church. It's open Tuesdays 4-6pm and Thursdays 2-6pm. They serve Lincoln City, east to Rose Lodge and south to Gleneden Beach. The pantry is located on church property in a donated portable classroom from the Lincoln County School District. It is a shopping style pantry where clients are able to go through the pantry with a shopping cart picking out the items they desire and will eat. They take special attention to preserve the choice and dignity of their clients.

Lincoln City is a good example of a strong volunteer group running the pantry and making it more visible in the community. The Lincoln City pantry changed locations in 2009 to Coast Vineyard. A year after that change, the pantry saw a large jump in both client numbers and donations because they were open more hours (on more days), and increased their community outreach and presence. The former Lincoln City pantry had an average of 566 individual clients per month in 2007. In 2010 the Coast Vineyard pantry served an average of 965 individuals monthly.

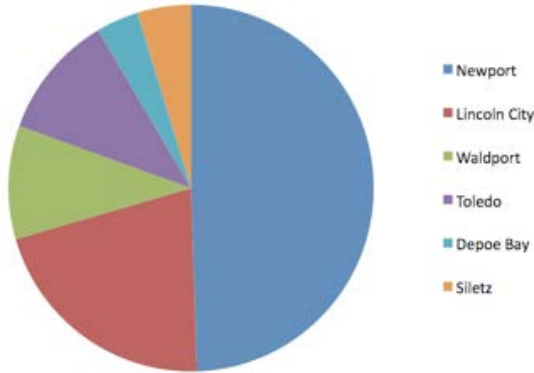
Outreach has increased their community partners. The pantry manager (who has a paid position for the pantry) picks up donations from local grocery stores and restaurants. They even receive food specially cooked for the pantry clients from Mo's Restaurants.

Community support also helped the pantry install a small garden to supply them with year-round fresh produce. The City of Lincoln City's Sustainable Group gave funding to buy raised bed and cloche materials (to provide season extending options so produce like kale, lettuces and root vegetables can be available to clients most of the year) and volunteers including Master Gardeners helped to build the beds and give planting advice. The pantry managers, Randy Williams and Tilly Miller maintain the garden.

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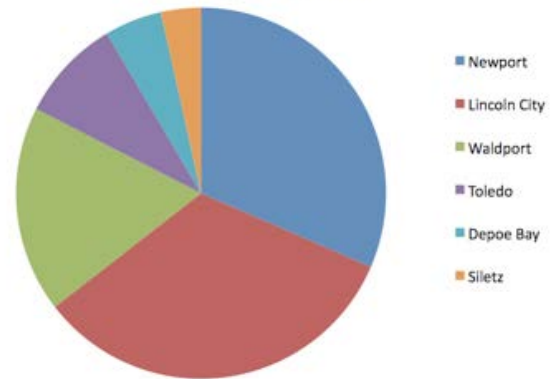
Attendance by Pantry in 2007

Client use of the food bank by individual pantries is 49.5% of families used the Newport Pantry in 2007



Attendance by Pantry in 2010

Client use of the food bank by individual pantries is 31.5% of families used the Newport Pantry in 2010



Food pantries suffer from the perception that they only feature canned and non-perishable items, without offering clients much variety. There is some truth to this perception since Food Share receives USDA commodity foods which are primarily canned, frozen or dried goods. Food Share is working to change this perception and offer healthier and diverse food options to their clients. Local donations are crucial in ensuring variety in the supply of fresh products. Food Share works closely with local gardeners and encourages people to “Plant a Row for the Hungry” or donate their extra produce to the nearest pantry. The Oregon State University Extension Master Gardeners in Lincoln County, who help with many community and school gardens, donate much of the produce they grow to Food Share. For example, produce from Oregon Coast Community College Demonstration Gardens and the Yaquina Bay Lighthouse Garden goes to Food Share Newport Food Pantry. Pantries are also taking on the role of growing food. In 2011 volunteers and staff at the Lincoln City Pantry built a raised-bed garden with cloches to grow for an extended season to supply fresh produce for their clients and provide gardening education. Newport’s new pantry, that opened fall 2011 at the First Presbyterian Church, also has garden on-site. Both of these gardens benefit from having paid or dedicated volunteer pantry managers who enjoy gardening and put in the time to make the venture a successful food resource for their pantries.

Food Share of Lincoln County has also made a commitment to support local farms when purchasing fresh food. They have a contract with Walker Farms of Siletz, which grows food, such as lettuce, cabbage, onions, celery, Swiss chard, spe-



Food grown for Food Share of Lincoln County at Walker Farms in Siletz

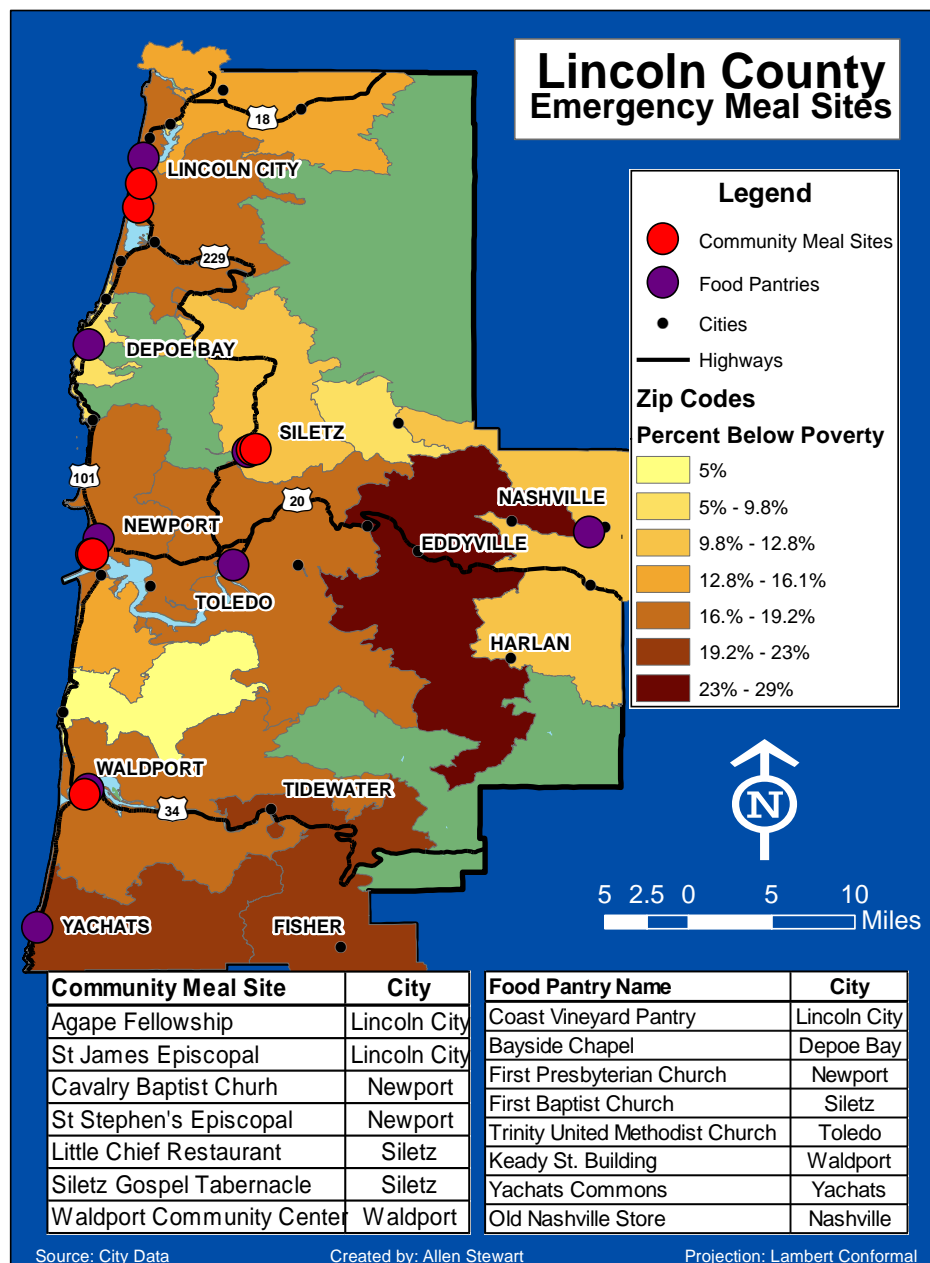
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cifically for the pantries. Food Share hopes to contract with more local farms because they see the importance of making fresh food available to more people while also helping local farmers make a living. As more fresh foods become available at food pantries, Food Share wants to provide nutrition education. Pantry clients will turn food down if they don't know what it is or how to cook it, so more cooking education is needed to make fresh foods attractive and useful for pantry clients.

There are other challenges with emergency food access in Lincoln County. The location of the pantries reflects the nature of population in Lincoln County with the majority located along the coast, leaving some of the most vulnerable areas, such as Eddyville, without a pantry. The Lincoln County Commission on Children and Families conducted a survey in 2010 asking pantry clients and rural residents in North and East County if they would like see a mobile pantry come to their areas on a regular basis. Respondents said this would help them to overcome some of the difficulties they have in accessing emergency food such as no transportation and limited pantry hours. 71% of respondents reported that they would use a mobile pantry at least occasionally to receive a food box if it was available.

Gleaning

Lincoln County does not have a formal gleaning organization, but several community groups collect extra food from fishermen, farmers and restaurants for distribution to low-income residents. The Alsea Gleaners, who operate primarily in neighboring Benton County, glean mostly fish from Lincoln County, and when they have a windfall, they share extras with the Waldport Pantry. The Rotary Club picks up extra food from local restaurants including Mo's Restaurant. Chefs at Mo's make extra batches of soup and freeze them specifically for the Lincoln City Pantry. Food Share volunteers also glean from farmers' market vendors, especially in



Newport, taking produce that farmers don't sell for distribution at pantries.

Community Meal Programs

There is a strong network of free community meals primarily in the coastal communities of Lincoln County. Meals are operated by church or community organizations on a weekly basis throughout the year. Generally they are dinners, although some communities offer breakfasts and lunches. Community meals are not necessarily for low-income residents; the best attended meals are those where the whole community comes together to eat and all are welcome. There are also several special meals such as holiday meals, harvest meals, and Read and Feed programs focusing on family literacy spon

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sored by community organizations like the Elks, the HELP (Homeless Education and Literacy Project) Program and the Yachats Youth and Families Activities Program. Like a lot of the services in Lincoln County, not many community meals can be found in the rural areas of the county (particularly in East County). Smaller communities such as Otis and Yachats host community meals that either charge a small fee or are potlucks where the majority of the community comes out to enjoy a meal together.

Senior Meals

The Senior Meal Program, operated by Cascades West Council of Governments, provides lunch to seniors 60 and older three times a week in Lincoln City, Newport, Waldport, and Toledo/Siletz. For many seniors this meal is more about the social aspects it provides than about meeting their food needs. The Senior Meal Program operates in conjunction with Meals on Wheels, a program that delivers hot meals to those who are unable to attend the centralized meal. Meals are delivered hot, providing home-bound residents a warm meal on a regular basis. They also provide frozen meals for people with short-term medical problems and seniors who are no longer able to cook for themselves. In Lincoln County, the majority of Meals on Wheels recipients are long-term clients that depend on this service. Unfortunately there is little outreach about these services to ensure people are not falling through the cracks. People must sign up for the programs online, leaving many seniors who are not comfortable with computers without easy access to food assistance programs.

Youth

In Lincoln County, 27.5% of children (ages 0-17) live in poverty (their family lives at or below the federal poverty level, a family of four's income is \$1,838 or less a month) and 44% of children are low-income (their family lives at 185% of the federal poverty level, a family of four's income is \$3,400 a month).^{xcviii} Many of these children are part of families that receive help from federal food assistance programs. Out of 3,663 low-income children in Lincoln County, 3,360 received help from the Supplemental Nutrition Assistance Program (SNAP) in 2010.^{xcix} More families are relying on school and afterschool feeding programs as a consistent source of food for their children. In 2010, 59.5% of students qualified for free or reduced school meals.^c This average masks some areas of Lincoln County that have very high rates of qualification, like Siletz, where 83% of students qualify for free

or reduced meals.^{ci} Ninety percent of students eligible for the lunch program also eat their breakfast at school.^{cii} Some schools also serve snacks through the Federal Fresh Fruit and Veggie Program. A 21st Century Program Administrator at Taft Elementary in Lincoln City, where students can receive every meal from breakfast to dinner at school, because of the 21st Century Program, said there are students that wouldn't eat without this service. Though there are high of qualification rates for free or reduced lunch, 35% of eligible students were not accessing these meals during the 2010-2011 school year.^{ciii} The school district worked with their meal contractor, Sodexo, to expand outreach efforts about the program in the summer of 2011. They created an online application, including a Spanish-language version, and brochures that are available in a variety of community gathering spots.

Backpack Programs

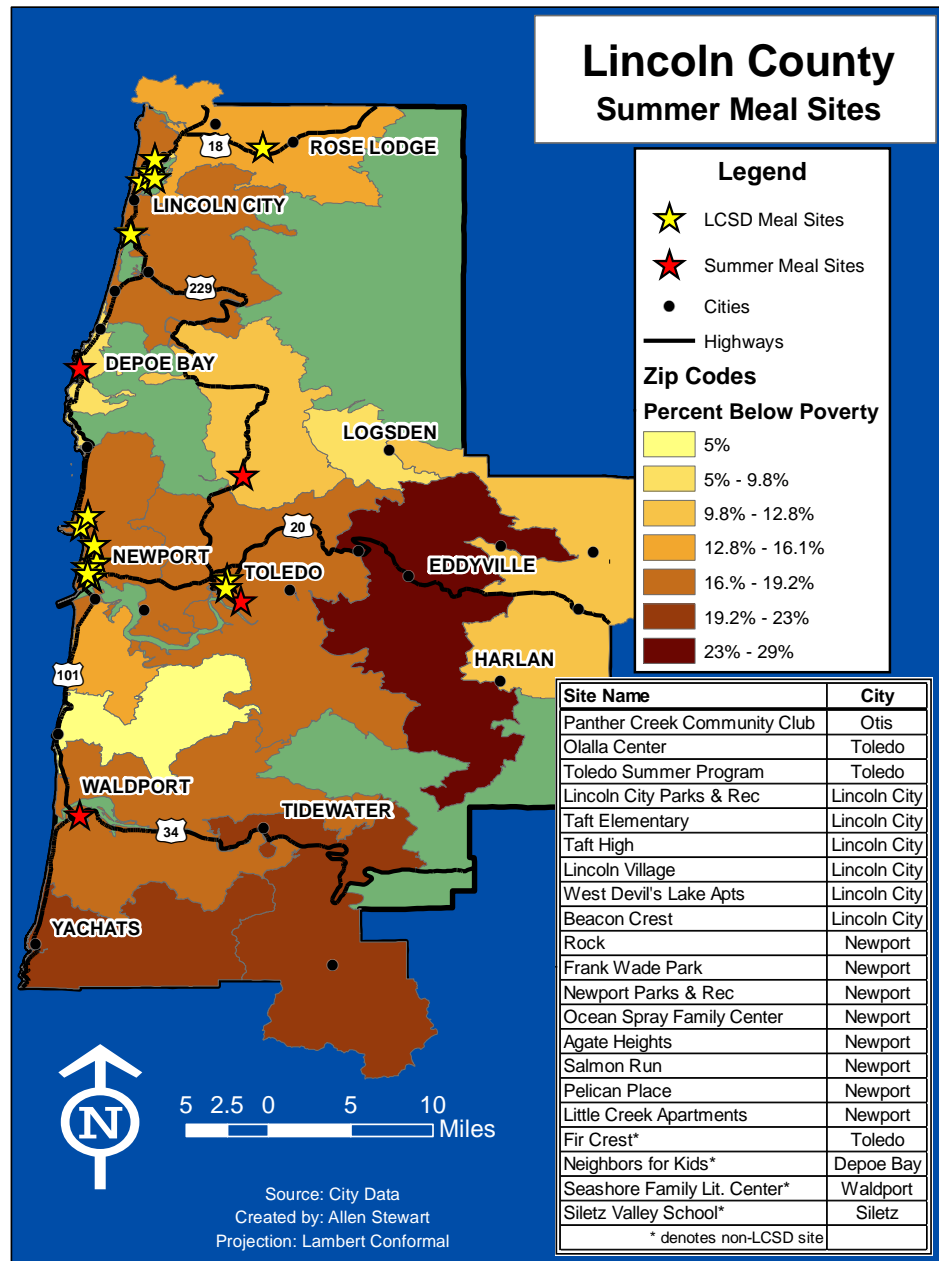
It is clear that some students are receiving the majority of their nutrition, and their most balanced meals, from school and afterschool programs. To meet these students need for food when school is not in session, there are Backpack Programs and Summer Food Service Programs. Backpack Program provides food for students over the weekends throughout the school year. Eligible students take home a backpack filled with mostly non-perishable items every Friday. Generally teachers and school administrators refer students for participation in the Backpack Program. Lincoln County has three Backpack Programs in Lincoln City, Newport and Toledo/Siletz. The Lincoln City program, Backpacks for Kids, has been operating the longest in the county and serves North County students at all grade levels. They also reach the most students through significant community support and year-round operation. During the summer of 2010 they provided food to 200 students. Backpack Programs are expensive to run, which can leave a program unable to provide assistance for all those that need it. The East County Backpack Program began in 2011 and serves 56 students in Toledo and Siletz. Another 30 to 40 students are in need, but the program does not have adequate funds to provide them with food. Another issue with Backpack Programs is that the food provided is primarily non-perishable, processed items that are easy for kids to make such as ramen noodles, pudding cups and macaroni and cheese. The East County Program is working with a nutritionist to incorporate healthier items, like oatmeal, whole grains and dried fruit, but generally these items are more expensive to provide.

COMMUNITY FOOD ASSISTANCE

Summer Meals

The federal Summer Food Service Program also helps to fill food gaps when school is out. Lincoln County had 21 summer meal sites in 2011 providing lunch and some breakfast services. All children and teenagers, ages 1-18, are eligible to receive a free meal at summer meal sites. The majority of sites serve food provided by the Lincoln County School District through Sodexo. Four sites are run by independent operations; these are the Siletz Valley School, Seashore Family Literacy in Waldport, Neighbors for Kids in Depoe Bay and Fir Crest in Toledo. The majority of summer meal sites are low-income apartment complexes, recreation centers, schools or youth organizations. The most successful meal sites also offer youth programming.

The Summer Food Service Program is a reimbursement program, compensating local service sites based on the number of students who attend meals. Smaller sites serving low population areas have a difficult time meeting the minimum requirements for reimbursement. Lack of infrastructure, transportation, volunteers and programming for youths are major reasons why the rural regions of the county do not have as many summer meal sites. The Otis Panther Creek Community Club began hosting a summer meal program in 2011, but many of the children who could benefit from their meals live scattered in rural areas near Otis and Rose Lodge up to ten miles or more from the site. Two new programs were piloted in 2011 to help overcome the transportation issues summer meal programs face. The Neighbors for Kids summer program in Depoe Bay bused children from Lincoln City, around 12 miles, for their programming and meals. A summer youth program in Toledo bused participants from Eddyville, allowing East County children access to inexpensive summer programming and free meals.



Homeless Youth

Lincoln County has a significant homeless youth population. During the 2010-2011 school year there were 471 documented homeless students in the district.^{civ} Of these students, 85 are unaccompanied meaning they are not in the physical custody of a parent or guardian (the statistics about homeless youth are only available for those enrolled in school).^{cv} The largest concentration of homeless students is in grades 9-12. (71 homeless students were high school seniors, close to double the number of any other grade.)^{cvi} The majority of homeless students and their families live doubled-up meaning they are sharing housing with friends or relatives because of economic



SILETZ SCHOOL MEALS

The charter schools in Siletz, the Siletz Valley School and the Siletz Valley Early College Academy (housed in the same building) are the only schools in Lincoln County that do not operate under the school district's meal contractor, Sodexo. Their meal program is run independently by the school and their program coordinator, Cheryl Schriver.

Cheryl emphasizes cooking from scratch and preparing school meals in their own kitchen. They mix salads, bake bread, make their own pizzas and adapt healthier versions of popular meals like Indian Tacos and meat loaf that incorporate vegetables and whole foods. Cheryl is proud of their salad bar options that are offered as additional choices to their main lunch entrées. A salad bar menu from a single day in October 2011 consisted of mixed salad, broccoli, cucumbers, applesauce, oriental salad, oranges and pinto beans. During the 2010-2011 school year, Cheryl wrote and received a grant for a new salad bar for students to serve themselves (it's low enough for elementary school students to use it too). She believes it helps students discover the types of fruits and vegetables they prefer.

Cheryl is especially aware of food insecurity among her students (Siletz has the highest free and reduced lunch qualification rate in the county with 83% of students eligible). She keeps an eye out for kids and community members who may be hungry. She has advocated for the school to offer additional programs like afternoon snack and was important to the start of student's participating in the East County Backpack Program. The school also serves as a summer meal site where they serve breakfast and lunch regularly for free to youth June through August. Cheryl recruits community members to volunteer for the summer meal program and she is able to provide lunch for their volunteer time. She thinks this practice is a helpful reminder to families that the summer meal program is a community food resource when school is out of session (the meal site only began in summer 2010).

The school leaders want their students to have food education. During the 2010-2011 school year, Cheryl began a small school garden to supply fresh produce to the meal program and give students an opportunity to learn about growing food. School administrators and teachers are also involved with the garden. The kindergarten program incorporates gardening into their lesson plans and the summer meal site has volunteers work with youth at the meal site to harvest produce.

COMMUNITY FOOD ASSISTANCE

hardship.^{cvi} Homeless youth can and do benefit from many of the same programs as other low-income youth, but they are particularly vulnerable to food insecurity.

The Homeless Education and Literacy Project (HELP) is a Lincoln County School District program that supports homeless youth and their families providing advocacy and services such as afterschool programming, community meals, tutoring and family education. There are homeless centers located in each region of the county at schools or on district property. Each center has an advocate that works with homeless students and their families and helps them connect to services such as SNAP or the Samaritan House transitional shelter in Newport. The advocates are vital in making sure these students do not fall through the cracks and are often the first person called when a family is struggling. Faith Price, the East County advocate, started an afterschool tutoring program as a way to support her students academically and maintain regular contact with them. Price advocated for a Backpack Program in East County during the 2010-2011 school year because she noticed how many students came back to school hungry after the weekend. Price described her work with one student at the Toledo HELP Center who is an unaccompanied minor. She helped him register for SNAP benefits, but she noticed he spent the majority of his benefits on energy drinks and junk food because he didn't understand nutrition or budgeting. Price is teaching him about healthy food choices and making sure he has emergency food assistance, like a food box, for when he doesn't have another option.

Lincoln County needs more shelters to help families transition out of homelessness, but these shelters, especially ones

for youth, are difficult to open because of cost and liability. The only permanent shelter is Samaritan House in Newport, which has a waiting list. However there are several organizations working to serve homeless youth, including HELP Centers, the county Homeless Coordinator, the Runaway and Homeless Youth Coalition and Newport's Nazarene Church, which runs a youth center catering to homeless youth that provides showers and mail service. These organizations identify needed services and have established creative new programs including Read and Feeds (community meals emphasizing family literacy), 'Buck a Lunch' (\$1 lunch for high school students served on Mondays throughout the school year), the East County Backpack Program, Kid's in the Kitchen (see Community Food Programs section below) and Seashore Family Literacy, a Waldport non-profit offering afterschool and summer programming, writing and reading classes and

Student Perspectives on Food Security

In 2011, the Community Health Improvement Partnership (CHIP) offered Lincoln County youth the opportunity to tell their stories about food through a Photo Voice project focused on healthy lifestyles. Participants from the Neighbors for Kids afterschool program documented their food access by taking pictures to answer questions such as: Where do you get your food from? What do you eat? How do you eat it? Photos included families eating meals together, both home cooked and at restaurants, but there were also many that featured children eating lunch, a snack or dinner at school and afterschool programs.



Photo Voice Project

COMMUNITY FOOD ASSISTANCE

Opportunities and Recommendations

- Targeted outreach

Outreach to provide education that addresses barriers, stigma and increases knowledge of community food resources would go a long way to helping underserved community members get the help they need. It is also important that this targeted outreach come from trusted members or organizations of these underserved populations.

- Simple nutrition education

Providing targeted nutrition, cooking, and food budgeting education along with food and shopping demos where community members already frequent would encourage healthy eating in Lincoln County. These opportunities will help pantry patrons use fresh produce available at the pantries regularly, people take advantage of fresh food benefits like using SNAP at the farmers' market or families incorporate cooking into their regular routine.

- Improve emergency food access in underserved groups

Increase access to emergency food, both food boxes and meals, in the Latino, youth, and certain rural communities of Lincoln County. Conduct outreach about how emergency food can best serve these communities whether it is through partnering with a new organization or offer things like food boxes or a meal site where people already congregate.

- Increase healthy food options in school and youth programs

Since many Lincoln County youth rely on school food as a consistent food source, it is important to provide nutritious options as much as possible. Increasing the availability of well-balanced meals that feature cooking from scratch, appealing fruits and vegetables and/or local food would greatly improve young people's exposure to healthy food from a young age. Exposure to healthy food from the beginning has a profound effect on eating habits for life.



Lunch salad bar at Siletz School

PROGRAMS, EDUCATION AND ADVOCACY

Cleaning mussels



This section covers food education programs, advocacy and community food organizing efforts in Lincoln County. These assets complete the picture of Lincoln County's food system and provide a strong base for building robust food security. Education and organizing efforts are vital to creating healthy eating habits, supporting local farms and encouraging food projects in the community. To truly change our food system, people must be informed and able to engage in positive ways. Food education and engagement from the beginning of life and consistently throughout is vital for changing Lincoln County's food system.

Lincoln County features a wide variety of educational programs, community groups and community food projects. This section will explore the various opportunities that exist in the county for participating in food systems work or finding education about food issues. Some of these programs have existed in various forms for many years, while others are newly emerging. Some are provided by government programs and universities or non-profits while others are completely community driven. All reflect a community that wants to learn and share more about Lincoln County's food system.

PROGRAMS, EDUCATION AND ADVOCACY

Oregon State University Extension Service

The Oregon State University (OSU) Extension Service's Lincoln County office offers programs that engage the community – from children to adults – in ways that empower, educate, and build skills about food, fisheries, gardening, farming, natural resources development and nutrition. They are a key resource in the food system and have been the primary provider of agriculture and natural resources education in the county since 1918.

The Lincoln County Extension Service features some of the traditional programs such as Master Gardeners, 4-H and Nutrition Education. Master Gardeners have a strong presence here. They focus on education through outreach and workshops, while also helping to kick-start many of the community and school gardens. The 4-H program offers traditional youth education programs, such as animal husbandry, while also teaching young people about new technologies and techniques for growing food through efforts like building a greenhouse in Toledo. Extension's Nutrition Education program provides information about cooking, healthy recipes and nutrition to youth and families, especially those that are low-income. Nutrition Education Extension Agents, along with the Toledo and Newport HELP Centers, offer a cooking and nutrition workshop series entitled 'Kids in the Kitchen' that encourages families to work together to make healthy, fun meals. They also offer a Spanish-language cooking, nutrition, meal planning and budgeting class for women and families that focus on informal discussion, information sharing and hands-on cooking lessons.

Lincoln County Extension Service also offers programs that are unique and reflective of the coastal culture. These programs fall into three categories: local food, sustainable agriculture and woodlands management; waste management and fisheries. They offer a Master Composter class that teaches participants how to use different composting methods, from worm composting to larger, on-farm techniques.

The Extension program focuses on sustainability and since 2007 have put much of their energy towards supporting local food. That year, Extension staff collaborated with an Oregon State University graduate student on her thesis entitled "Re-

claiming Agriculture in Lincoln County." Through that process, they developed ways to support Lincoln County farmers. As mentioned in the Food Resources and Assets section, they connect local food producers to the vibrant restaurant scene in the county through workshops and the Lincoln County Foods website (<http://lincolncfoods.org/>). In 2010 they began offering a day-long conference called Natural Resources School, to connect and educate consumers and producers about agricultural methods and marketing opportunities. They also were the catalyst for the Lincoln County Foods Group, a team of community members working to strengthen Lincoln County's local food system. The Extension Service fostered the focus on consumer supported sustainable agriculture in Lincoln County and began the education process that has expanded the demand for local food in the area.

Oregon Sea Grant

The Extension Service also houses two Oregon Sea Grant agents focused on "issues important to those who live near, earn their livelihoods from, and visit Oregon's oceans and coastal communities".^{civiii} Their programs pinpoint where education, research and enterprise converge to better support local fisheries, and fishermen, the environment and consumers.

Educating the public about where their fish comes from, when it's in season and where to get it locally is a major focus of Oregon Sea Grant's efforts in Lincoln County. They make it easier for consumers to incorporate locally caught fish into their diets and buy directly from fishermen through the What's Fresh Seafood Guide. They are also using new technology to help break down barriers between consumers and fishermen. Sea Grant is developing a Smartphone App that would allow users to look up the fishermen who are in port before making the trip to the Newport Bayfront. The App will allow fishermen to connect directly to their customers to advertise their fish, allowing them to build a loyal customer base. This service is also available on the Oregon Albacore Commission's website (<http://www.oregonalbacore.org/>).

Local Seafood Events

There are a number of events in Lincoln County highlighting local seafood. The Newport Fishermen's Wives Association is a small non-profit that works to ensure the safety and security of local fishermen and their families. They sponsor events focused around seafood education. Their major event

PROGRAMS, EDUCATION AND ADVOCACY

is the Newport Wild Seafood Weekend, which began in the summer of 2010. It offers a seafood cook-off and the opportunity for fishermen to sell their products to a large group of consumers. Other similar events that emphasize local seafood, for both tourism and educational opportunities, include the Sustainable Seafood Festival, sponsored by Local Ocean Seafoods, and Newport's Seafood and Wine Festival sponsored by the Newport Chamber of Commerce.

Youth Food Education

This section focuses on formal education programs that target youth. Farm to School programs teach youth about gardening, nutrition, agriculture and healthy lifestyles. As of 2011, there was no formalized Farm to School program in Lincoln County, but several schools host activities that incorporate these topics. School gardens are the most popular Farm to School activity occurring in the county. Siletz Valley School, Newport High School, Newport Intermediary School, Sam Case Elementary, Arcadia School and Eddyville Charter School all have gardens onsite. Teachers, garden managers and volunteers have expressed an interest in incorporating the food from school gardens into school lunches or school snacks for students that participate, but face difficulties overcoming liability issues about how the food is grown set by the Lincoln County School District's meal contractor, Sodexo.

The OSU Extension Service's Nutrition Education Program teaches in classrooms and afterschool programs. All of Lincoln County's elementary schools except Toledo and Eddyville participate in the federal government's Fresh Fruit and Veggie Program. The program provides unusual fruit and vegetable snacks to students, along with some education. The school district is considering working with the Extension Service's Nutrition Education Program to provide educational materials and lessons in conjunction with this program.

Since Lincoln County schools are hard-pressed to find time for food education and Farm to School activities, afterschool and summer programs are incorporating food education into their curricula and activities. The director of the Neighbors for Kids program in Depoe Bay, Toby Winn, says that schools face pressure and limited time to educate children, but afterschool and summer programs can enhance what schools do. During the summer of 2011, they focused on food education during three weeks of their eight-week program. Themes included Healthy Cooking, Living and Learning, Farm and Gar-

den, and Edible Harvest. Neighbors for Kids also feeds their participants nutritious meals made from scratch by their chef. The Yachats Youth and Family Activity Program also incorporates food education into much of what they do. They work in a community garden where youth plant, maintain, harvest and cook snacks such as purple French fries and kale chips. They also offer family and community food education events, hosting harvest dinners and community potlucks featuring food from local farms. In the summer of 2011, they hosted Follow Your Food touring a local farm, gathering food, making a meal and eating it together.

Community Food Education

A telling sign that Lincoln County's food system is ready for change is the increasing ubiquity of food efforts that are popping up in the area. Many organizations are working to provide community education programs about food access, nutrition, and local agriculture.

Oregon Coast Today publishes an annual farmers' market guide. In 2010 and 2011 farmers and community members in Yachats planned farm tours. Over 100 people participated in 2010 and organizers saw interest in their community for education about local agriculture. The Yachats Farm Tour organizers also want to capitalize on the tourism industry during the summer months, offering food tourism programs. The Culinary Center in Lincoln City is an example of one such food tourism effort in Lincoln County. They offer cooking classes and cook-offs which are primarily geared to tourists. They emphasize the local, northwest food bounty with chicken from Walker Farms of Siletz, oysters from Oregon Oyster Farms and seasonal cook-offs with foods such as mushrooms.

There is a strong interest in Lincoln County in nutrition education. Organizations like Food Share want to offer hands-on cooking classes, but lack the kitchen space to do so. The Pacific Communities Healthy District (PCHD) Foundation is raising money for a Center for Health Education in Newport, which will include a community kitchen for cooking classes. They hope to use this space to raise awareness for healthy eating by providing the tools to teach and engage people about nutrition. As interest has increased for food education, organizations like Ten Rivers Food Web, Food Share of Lincoln County, the area's Farmers' Markets and the Extension Service plan to offer more nutrition education, cooking demonstrations and recipe tastings for community members.

HEALTHY TRADITIONS PROGRAM



Filleting eels.

A unique food education program in Lincoln County is the Healthy Traditions Program, sponsored by the Confederated Tribes of the Siletz Indians (CTSI). The program teaches tribal families about traditional and healthy foods with the aim of reducing high rates of Type 2 Diabetes in the community. It seeks to re-incorporate traditional foods into the everyday diet of tribal members in order to encourage practices that promote healthy lifestyles and cultural traditions.

The program began in the winter of 2009 from a Center for Disease Control grant focused on diabetes prevention and has funding through 2013. Program Coordinator Sharla Robinson is based in Siletz but also works with tribal area offices throughout the Willamette Valley.

The project promotes traditional foods through hunting, fishing, gathering plants and seafood, gardening, cooking classes, food preservation classes on canning, smoking and drying and protecting natural resources. During summer months, groups travel to the Willamette River to dive for eels and learn cleaning, gutting and smoking techniques. Other gathering ventures focus on camas, cockles and razor clams, and huckleberries. Through this program Robinson also works to secure more access to area's where their traditional foods are available since many foods, like camas, are now located on mostly private land.

Community engagement and education is the main intention of the Healthy Traditions Program. They sponsor a community garden in Siletz where community members have plots to grow food and learn about coastal gardening. During the CTSI summer youth culture camp, the Healthy Traditions Program exposes young tribal members to traditional foods and practices to help preserve this knowledge. Robinson also created a Gathering Calendar documenting traditional food availability depending on the time of year.

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That's My Farmer - SNAP Incentive

To help encourage the purchasing of healthy food there are incentive programs that reward people for purchasing healthy and/or local foods. In 2011, Ten Rivers Food Web partnered with farmers' markets to start a program entitled That's My Farmer SNAP Incentive Program, which rewards healthy eating habits by providing monetary incentives to people who use their Oregon Trail cards at farmers' markets. The program began at the Newport Farmers' Market with plans to expand to Lincoln City, Toledo and Yachats markets in 2012. Every time a customer spends at least \$6 at a participating farmers' market using their Oregon Trail card, they receive an extra \$6 in That's My Farmer SNAP Incentive tokens. If SNAP customers shops at every market during a month, they are eligible to receive an extra \$24 per month to spend on local, fresh food. The program also benefits small farms by ensuring that federal food assistance dollars are spent to support the local economy.

Even though it's an incentive program, at its heart That's My Farmer is an education program letting new customers know about the products available at the farmers' market. As of October 1st, 2011, the Newport Farmers' Market, where the program piloted in Lincoln County had increased their number of SNAP transactions by 219 (128% increase) and increased the overall SNAP dollars spent at the market by \$1,519 (43.9% increase).

"This makes me very happy, because between this and the WIC farmers market vouchers I can get fresh ripe fruits and veggies that are locally grown and more likely to be pesticide free. I try and spend my food money wisely, and to me this not only helps me buy fresh food, but support my local economy"

- Sheri Evans

from Newport Farmers' Market Facebook Page

Community Food Organizing

The myriad of food education programs in Lincoln County is indicative of the need to strengthen the food system. Ultimately communication, collaboration and coordination between all of these different entities will lead to sustainable change in the county. The food assessment process brought together representatives from all sectors of the food system to

form a local food group that builds community collaboration on opportunities identified in this assessment. This section details the community food organizing efforts taking place in Lincoln County and groups that are driving community food projects.

In 2011 the Lincoln County OSU Extension Service partnered with Oregon Food Bank and Ten Rivers Food Web to create the Lincoln County Foods Group (LCFG) to help encourage community participation on projects to strengthen the local food system. Community members collectively planned a Community Food, Education, Agriculture, Solutions, Together (FEAST) Workshop that was held in 2011 in Newport. FEASTS are part of Oregon Food Bank's efforts to build stronger rural food systems throughout the state, allowing "participants to engage in an informed and facilitated discussion about food, education and agriculture in their community and begin to work toward solutions together to help build a healthier, more equitable and more resilient local food system".^{cix} The Lincoln County FEAST had over 60 people in attendance to hear from a panel of food system stakeholders from farmers and fishers to school food directors; they then worked to determine what changes to implement to build the county's food system. Topics that emerged included food education, food processing, farmers' markets, policy, food justice and communications. Many of the plans that developed during the FEAST have been incorporated into the Lincoln County Foods Group's work since.

Joyce Thompson Graham of Food Share of Lincoln County, said "Meeting face-to-face is really important." It allows people to make connections and sustain them. Thompson Graham has been working to purchase local food for the pantry system for many years, but was unable to find farmers who could grow for them. Through the Lincoln County Foods Group, she was able to connect with Randy Walker of Walker Farms of Siletz. Food Share contacted with Walker Farms for \$5,000 worth of produce over the 2011 growing season.

The Lincoln County Foods Group has also been the catalyst behind the indoor farmers' market in Lincoln County, which opened in November 2011. The idea for extended season access to local food was mentioned by many people during the assessment process. People in Toledo have been pursuing the idea of creating a storefront business for local food since 2010. Community organizing activities have convinced or-

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ganizers of the Newport, Lincoln City, Yachats and Toledo Farmers' Markets as well as farmers, food vendors, crafters and consumers, that the momentum behind local foods is growing. Mike Smith, former president of the Lincoln County Small Farmers Association, said the organization was considering an indoor market as a future goal because they didn't think there was enough consumer demand to make it possible in the short-term. But he now believes the county is ready for a year-round market. For farmers, this community support has given them the confidence to grow in the winter, despite the infrastructure investment and risk involved in doing so.

Community food organizing has set the stage for these food projects and for others to come in the future. The Lincoln County Foods Group, now a chapter of Ten Rivers Food Web, will continue to conduct food literacy events that raise awareness of local food availability and encourage access to nutritious food for all.

There are two other examples of community food organizing in Lincoln County. A Ford Family Foundation Leadership Group in South County is supporting community gardens in the Yachats and Waldport areas. After participating in the Ford Leadership Training Program, group members felt that food education was an important investment to enhance their community because people did not know about or take advantage of the community gardens that already existed in their area. The group put together brochures and information

packets to let the broader community know about these resources and how to participate.

In 2008 and 2009, Lincoln City residents participated in a community process called Oregon Solutions, which focused on local food. Participants looked at local food sources in close proximity to the city and supported a transition of the farmers' market. Participants noted that the project opened up dialogues but didn't necessarily lead to long-term change, because of lack of follow-up. However, the Lincoln City Community Sustainability Coalition actively supports food efforts, providing funding for community gardens and other local food initiatives. In 2010 the committee helped the Lincoln City Food Pantry install raised beds with cloches to grow food for the pantry.

Community Health Initiatives

Community members are also coming together to work on health issues in Lincoln County in an effort to address chronic diet-related diseases such as diabetes, heart disease and obesity. Two examples are the Community Health Improvement Partnership (CHIP) and the Healthy Communities Assessment. Through the CHIP initiative, a Childhood Obesity Partnership was formed by community members who are collecting student Body Mass Index information, supporting school gardens including the Newport High School expansion and kick-starting a physical activity and healthy eating campaign

Newport FEAST





THE LEMONADE PROJECT

In 2011, Ten Rivers Food Web and the Newport Farmer's Market began offering an incentive of six extra dollars to low-income customers who buy fresh produce at the market. To fund the That's My Farmer SNAP Incentive, local business owner (of Pacific Sourdough) and Lincoln County Foods Group member, Katie McNeil, supplied a business plan for a lemonade stand, and The Lemonade Project was born.

The Lemonade Project is a volunteer-run, social enterprise at the Newport Farmers' Market. Volunteers sell freshly squeezed lemonade to market patrons with all the proceeds going towards the incentive program. In three weeks, The Lemonade Project went from an idea to a reality. The Lincoln County Foods Group members (and their networks) and the Newport Farmers' Market helped provide volunteers, start-up costs, booth space, and signage that enhanced Katie's idea and got the project up and running so quickly. By the end of the farmers' market season, volunteers raised over \$4,000!

Not only does The Lemonade Project provide sustainable revenue for the That's My Farmer SNAP Incentive Program, it is also a great outreach and publicity tool. People who came up to the booth to buy lemonade found out about the incentive program and others were recruited to volunteer in the booth. It lent visibility and community support to the incentive program that helped increase overall SNAP usage at the Newport Market (which farmers' really liked too).

Other farmers' markets want to replicate The Lemonade Project at their markets to help fund their own SNAP incentive programs including the Lincoln City Farmers' Market and the Lebanon Farmers' Market in Linn County. The Lemonade Project plans to continue raising funds for the That's My Farmer Program during Lincoln County's new indoor market and will sell hot apple cider instead of lemonade.

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called Let's Go Lincoln County. The goal for the campaign is to highlight the healthy resources that already exist in the community and get people better connected. It included food education information, providing recipes and nutrition education from the OSU Extension Service, as well as information about places to purchase healthy food like farmers' markets. The Childhood Obesity Partnership is incorporating findings from this community food assessment, as well as goals that emerged during the FEAST workshop, into their work to support healthier lifestyles and lower levels of obesity.

The Lincoln County Health Department sponsored the Healthy Communities Assessment to take a broad look at health issues that lead to chronic disease. Community members uncovered the underlying causes for these diseases in Lincoln County and determined to focus on improving com-

munity nutrition. Over the course of 2012-2013 they will be conducting four classes focused on nutrition education.

It is clear community health initiatives in Lincoln County that are focused on chronic disease prevention are tuning into food issues and understanding the role the food system can plan in preventing health problems. As more people see the connection between access to healthy food and disease prevention, the more food systems work and food projects will be integrated into other community programs and supported by a wider base. The FEAST workshop's attendance, the overwhelming support for projects like the That's My Farmer SNAP Incentive Program, and the clear demand for increased food education reflects the growing commitment to strengthening the Lincoln County food system.

Opportunities and Recommendations

- Community food organizing

Continue to increase communication and information sharing among all food system actors. The continued existence of the Lincoln County Foods Group and the opportunity it allows for people to come together to work on new projects and ideas strengthens Lincoln County's food system. Opening this dialogue to new community members, organizations and groups is important to keep adapting and growing the food system.

- Increase diversity in food systems work

Encouraging and welcoming new people, especially those not presently represented or from underserved communities, into food systems work is vital for Lincoln County's food system to meet the needs of all people. Diverse voices contributing to, for example, the discussion of the Lincoln County Foods Group or volunteering at the farmers' market will increase the visibility and availability of local food, food resources and community food projects.

- Increase That's My Farmer SNAP Incentive Program

Make That's My Farmer SNAP Incentive Program available in all Lincoln County communities with farmers' markets. Also conduct outreach to reach SNAP recipients who are not presently participating in the program.

- Support and encourage Farm to School efforts in all Lincoln County schools

Provide exposure to farm to school activities for all students in the county. Encourage teachers, school administrators and parents to help their school have a garden, incorporate local or garden food in school lunches and have nutrition education opportunities. Encourage information sharing and resource sharing among all schools and between teachers to help those that may be interested in starting farm-to-school activities. All students should have similar opportunities when it comes to food education no matter what school they attend.

CONCLUSION

Lincoln County's food system is diverse and rich in many resources. This is especially true of its residents who are driving the change in the area. Though there is much room for growth in the food system, the hope is that this report reflects the initiative, passion and power these people possess. This passion is particularly strong among the food entrepreneurs, farmers, volunteers and organizations that actively take a role in their food system. And the overall take away from this process is that Lincoln County is on the brink of truly changing its food future.

The opportunities and recommendations that follow each section of this report outline in greater detail many of the changes that would help strengthen Lincoln County's food system. But overall, the key factors for growing the food system are outreach, communication and information sharing, and innovation. Outreach provides a voice for all residents in food-related activities (new voices generate new ideas and outlooks) and helps all residents know about the food resources available to them. Increasing communication and information sharing form partnerships and prevent silos so community food projects and programming have a stronger impact. And creating the environment for innovation allows new projects, ideas and ventures to take shape that advance food access and business opportunities for all.

As this document demonstrates, the community's food system is in an ever-changing and growing state. The Lincoln County Community Food Assessment is not a static report meant to be relevant only for a limited number of years. It is a living document that depends on the community's contributions, updates and changes on a regular basis. Documenting and understanding a food system never stops, and this report reflects only a first step in tackling the scope of food in Lincoln County. The assessment process has already created new exploration, research and interest around food. The hope is that this process will continue in the future to generate even deeper insights into, and knowledge of, Lincoln County's food system.

METHODOLOGY

The Lincoln County Community Food Assessment utilizes a mixed method approach of both qualitative and quantitative measures. Quantitative data includes primary data in the form of two surveys along with many other secondary sources. However, qualitative data gathered from informal conversations, both individual and in group settings, form the basis for this assessment. By constantly engaging community members in the discussion of food systems, agriculture, food security, health and social justice – with a focus on the system as a whole – it was the author’s goal to present as accurate an assessment of the Lincoln County community food system direct from community members.

A consumer survey and rural grocery store owner survey were completed for this report. The consumer survey was administered on May 7, 2011 at the Lincoln City Grocery Outlet. Ten Rivers Food Web volunteers were stationed at both the entrance and exit of the store and asked customers to voluntarily complete a one-page consumer survey. In total 94 responses were collected in five hours. The survey was designed to determine level of interest in local food amongst a general public sampling.

The second survey completed for this assessment was a Rural Grocery Store Owner Survey, developed by Kansas State University’s Center for Engagement and Community Development. The intention of this survey is to provide quantifiable data regarding the perspective of rural grocery store owners. Communities with populations under 5,000 were the focus, although not all stores were surveyed. In some instances owners declined and in others the store owner was not present. In total 10 out of 13 stores completed the survey. All surveys were administered by the author with the owner. This method allowed for elaboration and commentary from the store owner.

The author also used primary data collected by other Lincoln County organizations including Food Share of Lincoln County’s usage data, Lincoln County School District’s homeless youth data, Lincoln County Commission on Children and Families (LCCCF) mobile pantry survey and the LCCCF AmeriCorps Vista’s data analysis on Free and Reduced Lunch Participation and community and school gardens.

Additional sources of data were collected from various print and online sources. Agriculture census data was provided by the U.S.D.A. 2007 Census of Agriculture and the Oregon State University Thesis Reclaiming Space for Small-Scale Agriculture in Lincoln County, Oregon. Demographic information was sourced from U.S. Census Bureau, City-Data, Partners for a Hunger-Free Oregon, Indicators Northwest, Oregon Department of Education, and Children First for Oregon.

Due to the limited understanding of the existing food system in Lincoln County, this report offers the first step in understanding the highly complex set of interactions which bring food from the farm to our tables. The intent of this report is to identify the many assets and needs of the community food system in Lincoln County, but is undoubtedly limited in its depth and scope. It is the author’s hope that community members reading this will feel empowered to add and amend as necessary. This is a working document and should be treated as such. Continued efforts to identify our assets, needs and potential solutions will better inform actions to improve our community food system.

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APPENDIX A

Lincoln County Consumer Survey

Community that you live in: _____

Sex: Male Female How old are you? Under 25 Between 25-54 Over 55

Is food available in your community?

Yes No Comments:

Is food affordable in your community?

Yes No Comments:

Where do you primarily get your food from?

Grocery Store Farmers' Market Convenience Store/Gas Station Food Pantry

Natural/Specialty Store Grow your own Outside Lincoln County

Other: _____

How far do you go to get your main source of food?

0-5 miles 6-10 miles 11-25 miles 26+ miles

What factors, if any, affect your ability to get the food you need? (Check all that apply)

High fuel/heating costs Cost of food Transportation Lack of Time High rent

Availability of quality/variety of food Childcare costs Medical costs Other: _____

Are you eligible for government food assistance?

Yes No I don't know

If you are eligible, which government food assistance program do you (or your children) use?

SNAP (Food Stamps) WIC Meals on Wheels Free or reduced school lunch/breakfast

Other: _____ None

Do you buy any food that is produced within Lincoln County? (Check all that apply)

Fruit Vegetables Milk Poultry Meat Eggs No, I don't

If not, what is the main reason you don't purchase local food?

Not available Too expensive Don't know where to get it Not food I like

Would you like to learn more about how to cook or how to shop on a budget?

Yes Maybe No

Do you participate in a community garden in your area? If yes, where?

Yes, where? _____ No

Your survey will remain confidential.

Thank you for your time, your opinion is greatly appreciated.

APPENDIX B

Lincoln County Consumer Survey Results

Community that you live in: Lincoln City, Newport, Lincoln County, Tillamook, Panther Creek, Otis, Neskowin, Depoe Bay, Neotsu, Cuttler City, Beaver

Sex: 45% Male 55% Female How old are you? 3.7% Under 25 56.8% Between 25-54 39.5% Over 55

Is food available in your community?
90.9% Yes 9.1% No Comments:

Is food affordable in your community?
62.4% Yes 37.6% No Comments:

Where do you primarily get your food from?
98.9% Grocery Store 13.8% Farmers' Market 4.3% Convenience Store/Gas Station 7.4% Food Pantry 10.6% Natural/Specialty Store 13.8% Grow your own 3.2% Outside Lincoln County 5.3% Other: _____

How far do you go to get your main source of food?
53.2% 0-5 miles 23.4% 6-10 miles 18.1% 11-25 miles 7.4% 26+ miles

What factors, if any, affect your ability to get the food you need? (Check all that apply)
50.0% High fuel/heating costs 68.1% Cost of food 22.3% Transportation 4.3% Lack of Time 7.5% High rent 17.0% Availability of quality/variety of food 2.1% Childcare costs 11.7% Medical costs 5.3% Other: _____

Are you eligible for government food assistance?
28.0% Yes 62.4% No 9.7% I don't know

If you are eligible, which government food assistance program do you (or your children) use?
30.9% SNAP (Food Stamps) 1.1% WIC 1.1% Meals on Wheels 6.4% Free or reduced school lunch/breakfast 3.2% Other: _____ 29.8% None

Do you buy any food that is produced within Lincoln County? (Check all that apply)
31.9% Fruit 42.6% Vegetables 10.6% Milk 10.6% Poultry 11.7% Meat 29.8% Eggs 39.4% No, I don't

If not, what is the main reason you don't purchase local food?
36.8% Not available 20.6% Too expensive 39.7% Don't know where to get it 2.9% Not food I like

Would you like to learn more about how to cook or how to shop on a budget?
15.4% Yes 7.4% Maybe 11.0% No

Do you participate in a community garden in your area? If yes, where?
9.6% Yes, where? Pacific City, Waldport, Family Land, Lakeview, grow own 90.4% No

Your survey will remain confidential.
Thank you for your time, your opinion is greatly appreciated.

APPENDIX C



Rural Grocery Store Owner Survey Oregon Food Bank Rural Community Food Systems Assessment Project

Name of store: _____

Address: _____

Phone number: _____

Contact person for store: _____

Email address: _____

Would you like to be added to a listserv for rural grocery store owners and advocates?

____ yes ____ no

1. What major products and services does your store offer? *Check all that apply.*

- | | |
|--|--|
| <input type="checkbox"/> ATM Bank | <input type="checkbox"/> Hunting/fishing/camping supplies |
| <input type="checkbox"/> SNAP /Food Stamps* | <input type="checkbox"/> WIC** |
| <input type="checkbox"/> Books/cards/gifts | <input type="checkbox"/> Institutional supply (school, hospital) |
| <input type="checkbox"/> Café/restaurant | <input type="checkbox"/> Pharmacy |
| <input type="checkbox"/> Catering | <input type="checkbox"/> Photo development |
| <input type="checkbox"/> Delicatessen | <input type="checkbox"/> Pre-packaged snacks |
| <input type="checkbox"/> Fuel | <input type="checkbox"/> Self-serve snacks/drinks |
| <input type="checkbox"/> Groceries | <input type="checkbox"/> Video rental |
| <input type="checkbox"/> Other (specify) _____ | |

* *Supplemental Nutrition Assistance Program*

** *Women, Infants and Children Program*

2. Who is/are your primary grocery supplier(s)?

3. What products do your secondary suppliers supply?

4. Do minimum (purchasing/ordering) buying requirements create a problem for your grocery store?

____ yes ____ no

If yes, how?

5. If minimum buying requirements are a problem, what solutions might you suggest?

APPENDIX C

Rural Grocery Store Owner Survey – Oregon Food Bank Rural Community Food Systems Assessment Project

6. As an independent grocer, do you feel you are getting fair pricing from your suppliers compared to chain stores?

yes no

Comments:

7. Have you had problems getting products delivered because of your location?

yes no

Comments:

8. Do you sell locally-produced food in your store?

yes no

If yes, what products?

9. Which of the following are major challenges for your store? *Check all that apply.*

- | | |
|---|--|
| <input type="checkbox"/> Availability of satisfactory labor | <input type="checkbox"/> Lack of community support |
| <input type="checkbox"/> Competition with large chain grocery stores | <input type="checkbox"/> Low sales volume |
| <input type="checkbox"/> Debt and/or high payments | <input type="checkbox"/> Narrow profit margins |
| <input type="checkbox"/> Government regulations | <input type="checkbox"/> Required minimum buying requirements from vendors |
| <input type="checkbox"/> High inventory costs/low turnover | <input type="checkbox"/> Shoplifting/bad checks/internal theft/unpaid accounts |
| <input type="checkbox"/> Shortage of working capital | <input type="checkbox"/> Taxes |
| <input type="checkbox"/> High operations costs (utilities, building lease, repairs/maintenance, etc.) | <input type="checkbox"/> Other (specify) _____ |

10. Do you collaborate with other small independently owned stores?

yes no

If yes, for which purposes? *Check all that apply.*

- Cooperative advertising/marketing
 Grocery distribution purposes
 Sharing concerns and/or ideas
 To achieve minimum buying requirements
 Other _____

If no, would you be interested in doing this?

yes no

APPENDIX C

Rural Grocery Store Owner Survey – Oregon Food Bank Rural Community Food Systems Assessment Project

Why or why not?

11. Do you feel that a statewide alliance of small, independently owned grocery store owners may have value?

_____ yes _____ no

If yes, how could it help?

12. What marketing strategies have you used in your grocery stores that have been effective in drawing in customers?

Advertising

Newspapers _____

Radio _____

TV _____

Flyers/inserts _____

Facebook _____

Internet/WWW _____

Promotions _____

Word of mouth _____

OTHER: Please identify: _____

APPENDIX C

Rural Grocery Store Owner Survey – Oregon Food Bank Rural Community Food Systems Assessment Project

When running a grocery store, how important is it to you to offer each of the following? Rate the importance of each by circling the number that best fits your response.

	<u>Not Very Important</u>				<u>Very Important</u>
1. Quality of food	1	2	3	4	5
Comments:					
2. Availability of food (variety, brand choices)	1	2	3	4	5
Comments:					
3. Prices of items offered	1	2	3	4	5
Comments:					
4. Customer service	1	2	3	4	5
Comments:					
5. Business hours	1	2	3	4	5
Comments:					
6. Buying locally	1	2	3	4	5
Comments:					
7. SNAP/ Food Stamps/WIC	1	2	3	4	5
Comments:					

Which of the above do you feel is the most significant for you and your store?

APPENDIX C

Rural Grocery Store Owner Survey – Oregon Food Bank Rural Community Food Systems Assessment Project

How does your store do at providing the following to customers? Rate your store by circling the number that best fits your response.

	<u>Not Very</u> <u>Well</u>				<u>Very</u> <u>Well</u>
1. Quality of food	1	2	3	4	5
Comments:					
2. Availability of food (variety, brand choices)	1	2	3	4	5
Comments:					
3. Prices of items offered	1	2	3	4	5
Comments:					
4. Customer service	1	2	3	4	5
Comments:					
5. Business hours	1	2	3	4	5
Comments:					
6. Buying locally.	1	2	3	4	5
Comments:					
7. Accepting Food Stamps/SNAP and WIC.	1	2	3	4	5
Comments:					

Which of the above do you feel is the most significant for you and your store?

How do you assess the buying needs of your customer?

Is your stocking of products responsive to customer requests?

What other concerns or comments do you have?

APPENDIX C

Rural Grocery Store Owner Survey – Oregon Food Bank Rural Community Food Systems Assessment Project

Tell us about your store:

How long have you been in the grocery business as an owner? _____

How long has there been a grocery store at your current location? _____

Do you have more than one location? _____ How many? _____

What are your hours of operation?

Mon _____ to _____
Tues _____ to _____
Wed _____ to _____
Thur _____ to _____
Fri _____ to _____
Sat _____ to _____
Sun _____ to _____

Are you open on the major holidays (Christmas, New Years, Thanksgiving, etc.)? _____

Are there other grocery outlets in your community?

_____ a 'quick shop'
_____ another full service grocery

How far is it to the nearest discount grocery (Wal-Mart, etc?) _____

How many employees do you have, not counting yourself?

_____ full-time (40 hrs/week minimum) _____ part-time (less than 40hrs/week)

What are your average weekly gross sales?

_____ Less than \$5,000
_____ Between \$5,000 and \$10,000
_____ Between \$10,000 and \$20,000
_____ Greater than \$20,000

This survey was developed by Kansas State University Center for Civic Engagement and is being used with their permission. We thank them for their support of this project. *For more information, please contact Sharon Thornberry, Community Resource Developer, Oregon Food Bank at 800-777-7427 ext. 228, or sthornberry@oregonfoodbank.org.*

APPENDIX D

Monthly Food Share Distribution 3 year change 2007 - 2010

	2007	% Of County	2010	% County	Of	% of change by numbers	% Of Change
Families							
<i>Newport</i>	515	49.50	372	31.50		-28.0	-36.5
Lincoln City	218	21.00	386	33.00		77.0	57.0
Waldport	106	10.00	208	18.00		96.0	80.0
Toledo	114	11.00	103	9.00		-10.0	-18.0
Depoe Bay	38	3.75	58	5.00		53.0	33.0
Siletz	48	4.75	40	3.50		-16.5	-26.0
Total Families:	1257	121.00	1553	133.00			
Individuals							
<i>Newport</i>	1373	49.50	900	31.00		-34.5	-37.5
Lincoln City	566	20.00	965	33.50		70.5	67.5
Waldport	239	8.50	446	15.50		86.5	82.0
Toledo	384	14.00	317	11.00		-21.5	-17.5
Depoe Bay	108	4.00	124	4.50		15.0	12.5
Siletz	108	4.00	130	4.50		20.0	12.5
Total People:	2777	100.00	2883	100.00			
Pounds of Food							
Newport	25804	54.50	21307	36.00		-17.5	-34.0
Lincoln City	10172	21.00	16819	28.00		65.0	33.0
Waldport	4468	9.00	9907	16.50		122.0	83.0
Toledo	4518	9.50	6179	10.50		37.0	10.5
Depoe Bay	1289	2.70	2252	4.00		75.0	48.0
Siletz	1605	3.30	3181	5.00		98.0	51.5
Total Pounds:	47855	100.00	59644	100.00			

APPENDIX E

School District	School	Free and Reduced Student Count	Free Eligible Students	Reduced Price Eligible Students	Total Student Enrollment	% of Students Eligible for Free or Reduced Price	% of Students Eligible for Free	% of Students Eligible for Reduced Price	Reduced Prices Lunches	Free and Reduced Price Lunches (daily average)	Free Lunches (daily average)	Reduced Price Lunches (daily average)	All Lunches (daily average)	Free and Reduced Price Student Participation Rate	Free Student Participation Rate	Reduced Price Student Participation Rate	Total Student Participation Rate	% eligible students not accessing meals
Lincoln Co SD	Crestview Heights Eddyville Charter School	300	266	39	437	69.79%	60.87%	8.92%	418	241	217	23	290	79.05%	81.40%	63.05%	67.56%	20.95%
Lincoln Co SD	Newport High	111	81	30	221	50.23%	36.65%	13.57%	350	78	57	21	113	69.90%	70.37%	68.63%	51.88%	30.10%
Lincoln Co SD	Newport Intermediate School	263	232	31	659	39.91%	33.20%	4.70%	178	84	74	10	102	31.94%	31.94%	31.90%	13.44%	68.06%
Lincoln Co SD	Newport Prep Academy	252	221	31	528	47.73%	41.86%	5.87%	391	184	161	23	273	73.11%	72.96%	74.19%	51.75%	26.89%
Lincoln Co SD	Oceanlake Elem	132	117	15	214	61.68%	54.67%	7.01%	156	94	85	9	124	71.52%	72.85%	61.18%	57.89%	28.48%
Lincoln Co SD	Sam Case Elem	286	240	46	431	66.36%	55.68%	10.67%	640	225	189	36	272	78.65%	78.91%	77.29%	63.03%	21.35%
Lincoln Co SD	Taft Elem	313	281	34	533	59.10%	52.72%	6.38%	372	234	213	22	300	74.42%	75.63%	64.36%	57.13%	23.58%
Lincoln Co SD	Taft High	323	287	38	501	64.87%	57.29%	7.58%	327	234	214	19	297	71.87%	74.69%	50.62%	59.21%	28.13%
Lincoln Co SD	Toledo Elementary	438	381	57	630	51.53%	44.82%	6.71%	451	211	187	24	274	48.10%	49.07%	41.64%	32.25%	51.90%
Lincoln Co SD	Toledo High	276	249	27	483	57.14%	51.55%	5.59%	213	179	166	13	243	64.77%	66.76%	46.41%	50.81%	35.23%
Lincoln Co SD	Waldport High	173	149	26	392	44.64%	38.01%	6.63%	286	97	80	17	133	55.33%	53.69%	64.71%	33.97%	44.67%
Lincoln Co SD	Siletz Valley Schools	146	122	24	263	55.51%	46.39%	9.13%	176	75	65	10	99	51.45%	53.09%	43.14%	37.78%	48.55%
Siletz Valley Schools	Siletz Valley School	60	56	9	78	83.33%	71.79%	11.54%	96	39	34	6	42	60.63%	60.29%	62.79%	54.22%	39.37%
Siletz Valley Schools	Siletz Valley School	171	145	26	206	83.01%	70.39%	12.62%	300	133	115	18	157	77.81%	79.59%	67.87%	76.41%	22.19%
Total Students		3260	2827	433	5,796	county avg 59.63%								county avg 64.89%				county avg 33.10%

Conditions:

Meal count data and enrollment figures are from the standard reporting month of October for the 2010-2011 school year.

Student populations and subsequent calculations were performed on both the total overall student body as well as the combination of only those students who qualified for Free or Reduced price eligible meals.

Data Compiled by:

APPENDIX F

Question	Mobile Pantry Survey Results			
	Response	Intermittently	Monthly	What is a food box?
Have you every gotten an emergency food box in Lincoln County?	Never 29	36	17	3
If NOT, which best describes the reason?	Don't need it 15	Think income is too high 6	Didn't know about it 13	Don't want charity 2
If you cannot access your local pantry what is your biggest barrier?	No Transportation 28	Hours don't fit my schedule 20	My health doesn't allow it 3	Can't access local pantry 8
If transportation is the issue, which would be most helpful?	Monthly pre-filled box I could pick up 28	Monthly mobile pantry in a closer location 17		
If hours don't fit your schedule which would be most helpful?	Monthly pre-filled box I could pick up 25	Monthly scheduled mobile pantry 13	Change pantry hours 15	
If your health is the issue, which would be most helpful?	Monthly pre-filled box delivered 35	Change pantry schedule 9		
A mobile pantry emergency food box would take the place of the food box from your local pantry. Which best describes how you would use the food pantry?	Never, I'd continue to use local pantry 7	Occasionally if I was unable to get to my local pantry 27	Mostly, because it would be more convenient 28	
What is your age range?	20-29 27	30-39 24	40-49 11	50 or over 15
How many people live in your household?	1 to 3 36	4 to 7 38	8 to 10 1	More than 10 1
In what area of the county do you live?	Otis/Neskowin 19	Don't live in a remote area 42	East of toledo/siletz 16	

*Comments section - 2 people specifically said more time slots to use the pantry would be helpful

1 person said that they'd like to see more food for people who are lactose intolerant

**A few people said a food box that they could pick up from head start would be helpful

***The majority of the surveys that put non remote areas also put that they live in lincoln city

77 total surveys inputed

APPENDIX G

OREGON DEPARTMENT OF EDUCATION

Office of Educational Improvement & Innovation

Homeless Education Program - District Count Data Collection

THIS INFORMATION WILL BE ENTERED ON THE WEB SURVEY ON THE ODE DISTRICT WEBSITE

SY 2010-11 DISTRICT PRE-COLLECTION FORM

Collection of the following data is required by the U.S. Department of Education under the McKinney-Vento Homeless Assistance Act. **EVERY school district** is required by federal law to provide count data on homeless students enrolled during the school year, even if enrollment is short term. Use this form to **record the data to be entered later *onto the online ODE web survey***. Online, fill all the blanks, using "0" when the count is "zero." The instructions that follow provide definitions and further details.

District: Lincoln County School District

Report Contact: Katey Townsend
Name

Katey.Townsend@Lincoln.k12.or.us
Email

- Count of all homeless children and youth that were enrolled in K-12 public schools, including charter schools, in the district at some point during the 2010-11 school year. These are reported by grade level.

Grade Level	Number of homeless children and youth enrolled in district schools during the school year 2010-11
Pre-K	23
K	32
1	25
2	22
3	32
4	27
5	29
6	32
7	29
8	33
9	41
10	32
11	43
12	71
Total	471

- Total number students (included in #1) in any grade that were identified as "unaccompanied youth" (see definition above).

Number of Unaccompanied Homeless Youth included in the total in #1 above.
85

- Of the total number of homeless children and youth reported in #1 above, indicate the primary night-time residence, as coded on page 1. The total from this section must equal the total from #1 for the web survey to accept the data.

Primary night time residence	Count of homeless children and youth
A. SHELTER : Shelter, transitional housing. Also include students awaiting foster care placement.	34
B. SHARING : Doubled-up, sharing housing with friends or relatives due to economic hardship or similar reason.	346
C. UNSHELTERED (e.g., car, park, RV, camping, substandard dwellings)	56
D. MOTEL or Hotel	35
TOTAL (must equal total from #1)	471





Back cover photos from left to right:
Miller's Farms, Sitka Springs Farm greenhouse, and
Siletz Community Garden.

