

## Feedback from Community Partners on Nutrition

October 2024

### **Overall Framing on WIC**

- “The ‘stress of the checkout’ gives many community members a negative perspective of WIC”
- There’s a limitation on plans and “overall a higher education barrier to using WIC effectively compared to SNAP” – “it takes some intentionality around the grocery shopping experience, it’s one more thing to figure out”, and the benefit is maybe not even worth it
- The formula shortage was a disaster and people have scars from that experience

### **What They’d Like to Hear from DOH / Gov’t Agencies**

- Could there be a written overview provided for each program: Who is eligible, for how long, application process, and general amount received. Possible addition to the resources is the WSU extension program: <https://extension.wsu.edu/efnep/> which is active in Vancouver (Clark County), Seattle-Tacoma (King-Pierce) and Spokane.
- What is DOH doing to reach and meet the needs of those who are most vulnerable and have the most challenges accessing healthy and affordable food?
- “I’m particularly interested in having a conversation on DOH - FVIP Fruit and Vegetable Incentive Program and Foodbanks / Emergency Food program”
- Barriers to using benefits for online shopping (Amazon/Walmart)
- Does DOH have guidance on resources on adapting US government food guidance
- What influence does DOH have on the foods provided in schools (delivered through catering companies) being culturally relevant?
- Does DOH have resource lists for which partners / food banks provide culturally relevant food?
- Questions asked at Well Child and WIC are very centered on dairy intake, and use outdated guidance (eg, asking children if they drink red cap or green cap milk) How to make culturally relevant changes to this while keeping the focus on enough calcium/vit D for vulnerable populations?
- Food as medicine - how can WIC support AI/AN families reconnect and access traditional foods (Sheryl Pickering and Kathy Pierre spoke on this at WSPHA)

### **Other interests**

- Ensuring SNAP/WIC benefits // funding to include food lost to disasters and power outages (planning for emergencies)
- Advice about mixing in alternative non-perishables and produce that are not grown in their native region into culturally relevant recipes
- What are common substitutions for ingredients; especially for populations of people who now live further north with limited growing season where many traditional produce may be expensive and/or poor quality, especially during the winter months.

**Community partners would also like to share / discuss**

- APCC's Cultural Program also hosts a "Taste of Asia" cooking class every month, highlighting different AANHPI cuisine and histories attached to the food, Asians for Collective Liberation in Spokane also hosts a monthly Asian cooking class
- Input on strategies and programs to address these barriers so we can learn and apply it to our work in our communities.
- Many foods provided by the programs are "ingredients" and require time to prep (eg, dried beans or lentils) Strategies for families access the time for this?

**Feedback from Previous Community Collaborative Discussions**

Feedback from Collab polls on Nutrition (8/24)

*(Note: we have ruled out a few of these for this discussion)*

- Culturally appropriate food accessible in food banks/pantries
- Nutrition on a budget
- The ins and outs of WIC and SNAP
- Food deserts
- Funding opportunities // campaign efforts in this space
- Food access for displaced communities and those on hard times // Food insecurity
- Food sovereignty // Culturally relevant food to encourage food uptake
- ~~Food labels and nutrition facts~~
- School nutrition // Youth access to healthy foods
- ~~Diet // Vitamin D // Iron Deficiency // Irritable Bowel Syndrome~~
- ~~Water contamination~~

**Feedback from June Mural Board Exercise (6/24)**



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