



**SHAPE UP KITTITAS COUNTY—Food Access Coalition**  
**Thursday, January 8<sup>th</sup>, 2009**  
**10:00 A.M.-11:30 A.M.**  
**WSU Extension Conference Room**  
**MEETING MINUTES**

*"Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Mead*

**Food Access Coalition for Kittitas County Mission Statement:**

To advocate for all people of Kittitas County to have consistent access to healthy food and an understanding of nutrition by promoting and developing local programs and partnerships.

**ATTENDEES**

Roger McCune, FISH  
Robin Read Ochoa, Shape Up staff  
Shelly Lounsbury Griffin, Community Member  
Billee Lorig, FISH  
Cynthia Murray, Ellensburg Vegetarian Society  
Loran Cutsinger, CWU Anthropology, Community Garden  
David Hurn, Ellensburg Youth & Community Center  
Dale Larson, WSU Extension 4H

**MINUTES**

**Updates**

- FAC Participants: Robin handed out a list with contact information for people who have been regular participants and a "Friends of the Food Access Coalition" list of people who receive our updates and pay attention to what we are doing. (See below.)
- Food Bank Survey: Becky Pearson at CWU has a group of students in an assessment class who can develop some survey tools for a food bank survey. (More discussion below.)
- Volunteers: Robin created a list of potential volunteer projects. Loran Cutsinger from CWU Anthropology has students who need 10 hours of service. They can help with food bank needs and possibly the gleaning project.
- Gleaning: Billee has been speaking with Lorinda Anderson from CWU Civic Engagement Center and they are working on getting interns to work on different parts of the gleaning project. Billee is scheduled to do a presentation to students and professors next week.
- New food bank building: Roger lit up with a smile and said "It is wonderful!" when we brought this up! Because of the new space they are able to store more food and participate in programs like Grocery Rescue (2<sup>nd</sup> Harvest Program where they go to stores like Fred Meyer and Albertsons on a daily basis and pick up meat, dairy, produce, etc.). Also because of these donations, they have freed up more funds to possibly purchase produce instead of meat. The walk-in is under construction and should be ready in a few days. They have food already lined up to go into the walk-in as soon as it is functioning.

- Food donations: In October and November, the food bank served about 405 families. In December, this number went up to 445. The food bank's need for donations is high right now. There are no scheduled food drives between now and April.
- Other food bank news: For the first time, FISH is in the City of Ellensburg budget. They will be getting \$7000 per year from the city. Building a kitchen (whether a soup kitchen, and educational kitchen or both) is a long term goal.

#### Next Year's Priorities

- We again postponed this discussion. Several involved members weren't able to make it to the meeting and there is discussion of holding another planning/prioritizing workshop (3-4 hours) similar to what we did at the group's inception. More to follow on that...

#### Food Bank Survey—What we would like to know?

- General demographics
- Living situation
- Cooking/food storage equipment availability in the home
- Why do people need to use the food bank? (Layoffs, divorce, etc.)
- What kinds of produce would you like to see at the food bank?
- What kinds of foods would you like to see? (List foods in categories, circle preferences)
- Interest in cooking? Learning how to cook certain items (spinach, kale, etc.)
- Are there allergies, special diets, vegan, vegetarian?
- What are the family's eating habits? Do they cook from scratch?
- Interest in learning canning, freezing, drying, etc.?
- Do you have affordable access to healthy foods?
- Food insecurity questions
- Interest in gardening?



# FOOD ACCESS COALITION FOR KITTITAS COUNTY



## Current Community Participants & Partners

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