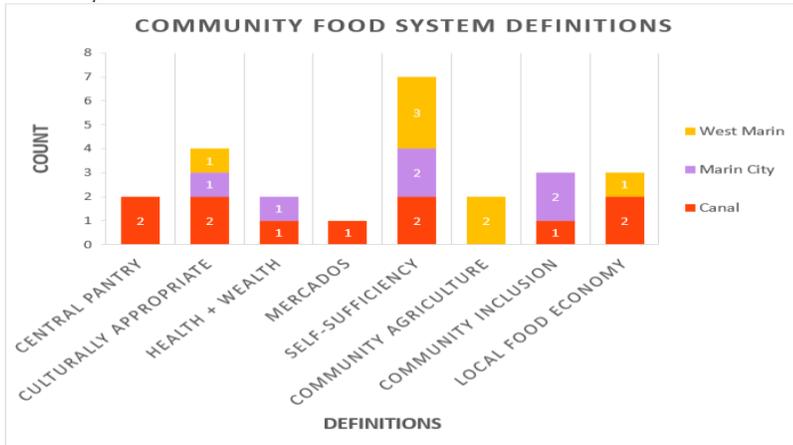


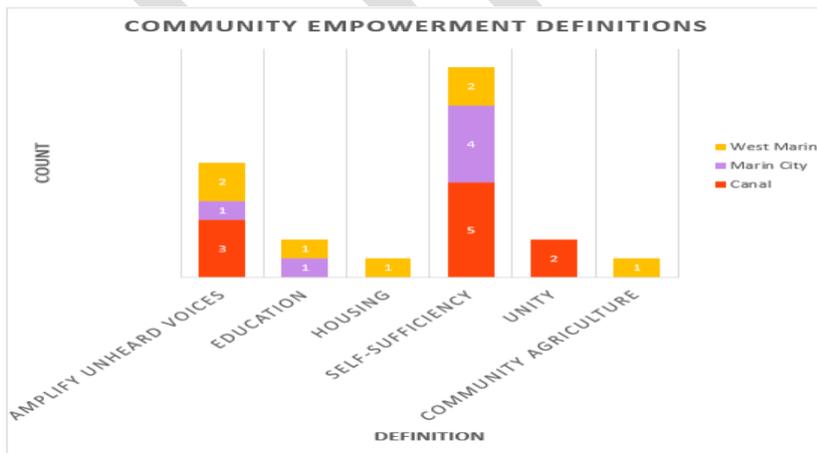
4. What does a community food system mean to you? What would this look like in your community?

Community food systems mean involving local people, start to finish, in providing food within the community while not having to rely on outside resources. This includes gardens, home cooks, community markets, and ownership of the land. There is a common desire for communities to become self-sufficient within a local food economy that is independent from large corporate chains.



5. What does community empowerment mean to you? What would this look like in your community?

Community empowerment means the community can make decisions for themselves and have the power and resources to do so. Programs should lift up and amplify the voices of community members to make their own decisions to become self-sufficient within their communities.



West Marin Interview Results

West Marin encompasses Bolinas, Point Reyes Station, Olema, Stinson Beach, Bolinas, Tomales, Dillon Beach, Inverness, and the San Geronimo Valley.

1. Transportation, affordability, and cultural divides are the largest barriers between community members and healthy eating.
2. Food plays a role of addressing political and power disparities, improving health for low-income families, and bringing people together.
3. There is a desire for collective ownership over land and resources to support and expand mutual aid networks.
4. Community food systems means local solutions to address wealth/racial disparities and reskilling the community to have agency over local foods.
5. Community empowerment means interconnected skills for liberation, self-autonomy, and gathering different cultures.



Recommendations for a Comprehensive Community Food System in West Marin:

Food Production	Food Transportation	Food Processing	Food Retail	Food Consumption	Food Waste	Community Empowerment	Economic Development
<ul style="list-style-type: none"> -Food/ plant/ seed swap and sharing. - Water collect for drought conditions - People grow their own food 	<ul style="list-style-type: none"> No Recommendations provided 	<ul style="list-style-type: none"> - Community meals and gatherings - Commercial kitchen - Home caterers (become legit?) -Hot, free, donation based meals 	<ul style="list-style-type: none"> - EBT acceptance at restaurant and farm stands 	<ul style="list-style-type: none"> - Education linking diet to mental well-being that is cross-culturally relevant 	<ul style="list-style-type: none"> - Gleaning collection and coordinate - Compost for livestock 	<ul style="list-style-type: none"> - Address wealth/race disparities - Cross-cultural community parties with food sharing and music 	<ul style="list-style-type: none"> - Land ownership/collective for ranch families to be able to work the land - Accountability tax to share the wealth - Training programs for business start up and social enterprises - Land trusts/lease for land access - Ensure living wages for labor (shortage)

Recommendations:

1. Engage in land trusts to secure land for agricultural workers to own and produce food
2. Hold community gatherings and meal shares that are donation based with those with money sponsoring cooks
3. Develop water catchment systems to coordinate community gardens for gleaning, food/plant/seed sharing.

Appendix: Canal Interview Responses

- Barriers
 - I believe the major barrier to eating healthy in our Latino community is cultural, in our countries of origin we usually eat less green vegetables and consume more grains (like corn and bean) as our basic diet. Once we migrate to the United States we as parents do not teach our children about good nutrition letting that to the school and the system (including media, TV, advertisers, etc. Education on healthy eating and access to affordable, healthy food options.
 - For me the biggest barrier for people to eat healthy is time and money, families especially single parents have to work two jobs to keep up with the high cost of life in the Bay Area. These are all interrelated systems people need jobs to pay the rent and then there is not enough money left over for food.
 - Lack of affordable and convenient options for healthy food shopping choices. Not enough time after or during work (especially folks working two jobs) to cook or buy healthy & nutritious meals.
 - The biggest barrier the community face is balancing their workload with what they can do to keep healthy, we work sometimes two jobs and sometimes get easy and fast food rather than organic and fresh food, which most of the time is more expensive, hard to find and also requires time to prepare
 - Poverty. Families have a limited financial budget – they prefer to spend less or go shop somewhere that is more affordable. Organic and healthy options are just too expensive. People don't shop at local businesses. For people to make healthy changes, have to be made with people's budgets. Burger King is a major food source because it is cheap and people don't have the time for cooking and also need more access to healthy ingredients.
 - Education – they get food but not really thinking about nutrition side – foods are high in salt or add fish oil for flavor, but not thinking about health impacts
 - There is only 1 small Asian grocery store in San Rafael or people go to Oakland for Asian vegetables – people are not going now for fear of hate crimes
 - Families are always in a rush and live under stress, they live in groups and they don't have space to cook as they wish, lifestyle is the biggest barrier that they face, especially choosing fast food, we don't think about quantity versus quality.
 - People don't have enough income so they have to buy the cheapest thing to fill up their families, lots of carbs
 - School food is a big challenge.
- Economic Equity
 - I have seen the difference in quality of the food from organic stores (like Whole Foods, Farmers Market) versus other places such as local stores in my community and Costco but the prices are also different and therefore it is not always possible to buy there, but is worth to do so
 - Food is important I have seen the improvement that has made in my life as a participant with a local school food pantry I now select more the food that I eat and I have observed better performance in my life.
 - Healthy eating can reduce the risk of chronic diseases, such as heart disease, stroke, diabetes and some types of cancer. However, the capitalist mindset that shapes the food environment has led to the commoditization of food. Food is not just a marketable commodity like any other commodity. Food is different from other commodities on the market in that it is explicitly and

intrinsically linked to our ‘human existence.’ Access to healthy food should not be an amenity. It should be available to everyone

- Providing food at affordable prices and improving the access to healthy food will result in an improvement in the economic situation of those low income families allowing them to use those resources in other important areas such as education, recreation, health and others.
- Wealthy people (that most likely from privileged groups) have better access to healthy foods and this creates an unbalance in economic equity in regards food systems.
- The role of families with 2-3+ children – not being able to buy enough food for the entire family. Could be an opportunity for a bulk buying club for families to buy groceries in bulk
- Just like people are able to get a CAL ID even if they are undocumented – people need to have the permission to work without fears of people taking advantage of the system – people want to work but then they are going to need childcare, is a bad cycle
- Working families get income and can pay for rent and food and lessen the need to depend on CalFresh – not just for ER situations
- Desire to provide more treats for kids and don’t always spend their money wisely – Need for financial literacy
- Insecurities can go deeper around food and childhood experiences and a mentality of scarcity for food hoarding even when they don’t need everything
- We use a youth focus who see decolonizing food as a point of pride to connect with their culture
- Ensuring equitable access to healthy & nutritious meals for everyone in our community is a key to enabling economic self-determination & justice. However we must also keep in mind that many of the conditions necessary for economic liberation (stable job, affordable housing, affordable childcare) impact folks’ ability to access healthy and nutritious food as well. Both need to be addressed in tandem.
- People would like education or skills for how to start something up or learn a new trade outside of just their labor. Trying to pay for community outreach workers in nonprofits has been successful
- Food System Jobs/ Businesses
 - I see the importance of increasing the promotion of vegetables and more offering options in or community like a farmer’s market
 - probably not there are enough businesses in the area, but improving them would be fine so they sell healthier options.
 - people are interested in creating food cooperatives such as the ones seen in Berkeley. There is also an increased interest in creating community gardens.
 - We need to address junk food marketing first
 - Yes for jobs in all of the sectors, for people to have a opportunity to make money. Some families are undocumented (~<50%) and makes it hard to make money. Farming job opportunities could be an option for jobs. Maybe people could work for food cards or gift cards for groceries to help with their budget
 - Lots of Guatemalans in the Canal- people cooking traditional foods from their homes and selling to the community – lines of people to buy food from home cooks
 - Very common – people want homestyle meals from their home country and serves as a gathering space too
 - Could be an idea to have a cooking contests to bring out all of the home cooks for a contest

- There are public markets where everyone has a small stall and families are set up in a central space. There is an empty furniture warehouse, could that be converted into a mercado? People could get their permits and cooking licenses to sell in the market. People are currently selling food illegally but without permits, corn, fruit, tacos, papusas out on the corners, but a market could bring them all together in one place
- Food economies are an important aspect. This zip code has great cooks and chefs from all the big restaurants. could see a need for incubators for businesses. Kitchens and restaurants can provide a source for economic opportunity. We have a youth collective that is also working in plants and Young people love plants. Adults are working in landscaping but the youth want to avoid the immigrant story of hard labor. There is a way to connect around culture and gardening.
- There are a lot of restaurant kitchen workers and chefs who live in the Canal. We are working with probation to revamp our kitchen for a teaching kitchen in the community. Community gardens as well
- I think there is a need to develop jobs in food production, processing and distribution -- beyond jobs, I think we need to develop greater awareness and understanding of America's food system (how concentrated it is in a few powerful conglomerates and how reliant it is on inhumane factory farming that disregards the dignity of our planet and animals and threatens the health of communities consuming the food produced, and of communities that must deal with the waste by-products of food production.) Communities need to understand the power they hold to shift these systems & demand change (not just as consumers, but as potential producers& also as voters).
- Community Action Marin has a commercial kitchen to help people be able to prepare food illegally for sale. There are a lot of cooks that cook from home and get paid under the table. Could there be a program to train them to cook and get the needed permits to start up their own business. There are not many food trucks in Marin and would need help with start up costs and business development
- Community Food System
 - A food system is all the people, processes and places involved with moving food from the seed the farmer plants to your dinner table, your local restaurant or the cafeteria lunch line. In order for a community food system to be sustainable and enhance the vitality of the community it needs to integrate the seven components of a food system. The components include growing food/producing, processing, preparing, eating, retailing, distributing and waste management. All seven of these components are equally important when assessing a food system in one's community.
 - A community food system sounds like a regular, sustainable, networked food supply
 - To support and create local chains where the food is linked to local producers and growers and delivered to the community where is near to the source.
 - I want to see more open markets, (no mobile markets) that would be more appropriate to the canal community as people are more used to this style of markets, besides they are also local and their footprint is better for the health of individuals and for the environment.
 - There is a need for a different way to give out food – better understanding of who in the community is in need- There is a scarcity mindset that can lead to waste – offer nutrition classes

with food and how to use it or have online videos to know how to use the foods and provide storage tips

- We use a decolonizing perspective towards food as medicine and hold parent cooking classes. Teach about how to make a healthy meal and also the healing properties in them vitamins and nutrients. We need food spaces to be held by PoC and connect to our culture.
- community food system is a system rooted in reciprocal, respectful relationships -- between people, plants, and planet, between land and labor, among all sentient beings on the planet.
- Could there be classes to learn how to grow plants in your home and all the skills for that?- people live in apartments or in homes for garden areas.

○ Community Empowerment

- it is all about organization, union makes force ('la union hace la fuerza') it is about finding the right leadership. "this could start only if we speak up and we find the right people to bring our ideas to the authorities in charge that can make the changes. our opinion is important, but sometimes we do not know how to voice what we want to say to the right people
- Community empowerment is about working in ways which empower people – ways which mean that people feel 'confident', that they – and the groups they are involved in – are inclusive and organized, that networks are formed, are cooperative and support each other and – ultimately – they are influential.
- Community empowerment is when members/residents of a community are involved in developing and implementing a process to meet a need in the community.
- Means the community is in charge of the decisions that affect the community and they have the power to decide on their future
- Empowerment means when people contribute to the decisions taken around food delivery and production.
- People helping one another - being united to support those that struggle. People need to have the resources and information to be able to do so. Neighbors don't have the understanding or ability to help one another, Have to rely on local organizations
- We look at four pillars -> Health & Healing, Nature Healing, Indigenous Culture, and Community Organizing. Many issues in the Canal to go deep to generate real leadership from the community
- The ability for community members to collectively decide where their food comes from, how it is grown and processed, how to prepare it, and how to distribute it equitably. It means community members have a relationship with the people who grow and cultivate their food, and also with the land on which it is grown and the animals who supply it.
- Collective culture- everything is interconnected and need to help each other for success- everyone lifts each other up together

Appendix: Marin City Interview Responses

- Barriers
 - No grocery store or farmer’s market is accessible to residents, only fast food and Target.
 - High unemployment and low household income make it hard to afford quality foods. Eating healthy is expensive when people don’t have the resources. People are priced out from eating healthy
 - Residents who have many occupations to make ends meet, lack the time to choose healthy options, and eating becomes a necessity more than a priority.
 - Education and knowledge around real food and how diet is linked to mental well-being
 - habits created throughout our lives are hard to change and this plays a big factor. One of the main barriers is culture and what residents are familiar with in their own families. Some residents are not familiar with the types of food here and it is difficult to adapt to a lot of the food that you are not familiar with. Orientation on culturally different foods which are not familiar through cooking classes would be helpful.
- Economic Equity
 - Creating jobs and resources within the community will help build wealth by circulating money within the community. Employment is a must.
 - Marin City has a lot of cooks but no place to market their foods. It would be good to have an indoor/outdoor market where people can sell food they make. Economic development to build people’s skills for cooking in the shopping center. Help create local restaurants.
 - Having a grocery store would also provide jobs for people to work- opportunities for employment in the food service industry
 - If we want to support economic equity related to food, we should focus on policies that allow allocation of space and funds that gives communities an opportunity to locally grow and consume their own healthy food, such as community gardens etc.
 - It should be affordable -- cost has a big impact on economic equity. It should be culturally appropriate; it should provide employment. Health is everything and having access to healthy food supports this so this is very important part of being economically stable. A good healthy diet is the formula for good health which can support gainful employment. Food plays a role in keeping your body healthy which in turn can help your mind stay healthy which in turn can affect your economic well-being. This state of well-being can translate into creating self-sufficiency by growing/producing your own food as an individual and/or as a community – Marin City—to extend these benefits and strengthen the community
- Food System Jobs/ Businesses
 - Training the future generations in agriculture and business administration. Creating farmers, Spaces to buy, sell, trade, and transport resources grown. Also creating an initiative around compost, were the community can use it to fertilize their crops. The county can support by financially backing the training and by providing grant money to support starting a business.
 - A co-op community lead and centered grocery store, farmers market, and spaces to educate and empower the community on how to create generational health and wealth.
 - Having a farmer’s market, composting and recycle program, grocery store in the mall area

- There might be interest in a co-op grocery but would need to understand more on how that would work. Having ownership is important and needed for the community
- Kitchens and chefs in Marin City. Catering-People like to cook but don't understand the business development side. Commercial Kitchen for training and business support.
- There could be opportunities to create jobs and provide training throughout the whole food production spectrum. There is a need for jobs and in all these stages it is possible to create jobs. All the stages of food production and distribution would play an important role in creating an opportunity in Marin City.
- Yes, this is definitely important to have a grocery or retail food store. The initial plan for the shopping center was to create a grocery store to provide local jobs that with the food access could create gainful employment.
- Community Food System
 - Family self-sufficiency
 - It is important to have someone from the community that can work with the different organizations. Young people would be good who can be flexible when working with others It is all connected – health, economics, wealth, the need for entrepreneurship development
 - What would be preferable is a system that includes the community such as a community market that is potentially owned/operated by the community.
 - What we really need to be included is a grocery store, or a food warehouse where people can access food, can get local jobs etc. We need to continue providing free services for folks that need it, but we also need to create ways for folks to be employed and self-sufficient.
 - A community food system would include production, retail, waste management opportunities that are owned and operated by the Marin City community. It would be an opportunity to expand access to culturally relevant and appropriate, healthy dishes, it would support access and consumption.
- Community Empowerment
 - Giving power and control to the community and not to outside entities to decide that are removed and unaware of the REAL needs of the community. Education and knowledge for families to come together and flourish
 - For Marin City to become its own city. Incorporation. *established as a historic black heritage city because of its important place in history.* Be able to make our own choices and make decisions. To own land- land trust. Create a case study for repairing damages or reparation
 - Give land or give money- racist systems need to right their wrongs
 - Empowerment would mean increased control over our lives, local ownership of our resources and facilities, social and political change, where we have more decision making power, self-employment, being able to have our own businesses, have the power to employ locally within our community, control the process of selecting what comes into the community and providing employment opportunities.
 - To have the capacity to train local residents in a variety of jobs, businesses that support economic independence and transition away from government dependence. For young people to get from their school all the educational support they need to prepare them for post-secondary education so that they can be more skilled and prepared for today's market.
 - It primarily means self-sufficiency and pride in my culture and history. It means ability to support myself, my community. It means being an asset not only to my community but participating and supporting and extending this support to the Greater Community.

Appendix: West Marin Interview Responses

- Barriers
 - There is no lack of healthy foods, but it is too expensive. People leave the community to find affordable foods. Large wealth disparities. People need access to jobs, systems of support that is in their geographical area. There are only 2 stores in Bolinas with higher mark up prices. Restaurants are also expensive due to high labor costs
 - Transportation barriers to travel to stores
 - There is a sense of food shaming for those that can not afford high end foods
 - There is a need for education around healthy meal preparation, cross-cultural foods, and reclaiming ancestral food ways.
 - Access to water is a major barrier with the drought. People are going to have to let their gardens go this summer with water rations.
 - Large gap for services for the unhoused community. Lacking affordable housing and accountability to house people. Accountability tax to share the wealth.
- Economic Equity
 - Food is directly linked to physical health, the undocumented community is vulnerable to acute healthcare costs. Education on the benefits of health but not by making people feel inferior
 - Take away the struggle for people to have their needs met. Reduce the household expense of food
 - Opportunity for supporting local supply channels for local producers. The rolling root does a great job
 - There is support here for food trading and bartering from fishing, hunting and growing, gardens and community centered meals, there is a sizable unhoused population, strong sense of community
 - People work multiple side jobs to make ends meet
 - Food should be a support system for people of all demographics to feel empowered, that this basic survival need is covered so they can be more involved in their community and decision making
- Food System Jobs/ Businesses
 - There is a desire for people to get involved in food work but can't afford to live here and people are being pushed out- displacement is a threat. Can't get workers for a business if there is one in place to be able to pay workers enough to afford living here. It drives up the costs due to high overhead
 - Land access through leasing land or land trusts since people can't afford land and is out of people's price range to have people having land to grow more food
 - Farm stands are useful, but not everyone is aware of them or has transportation access. Only one accepts EBT.
 - Need for access to land and the time it takes for labor. Coordination of private land growers and gleaning

- Lots of people are already growing their own food and are good cooks. Not sure what paying people for this would look like. People are interested in part-time work with flexible hours to fit around other jobs. food hub where people can share excess food they grow and exchange with others, also share seedlings for people to grow food, -in Bolinas and Inverness- need for a fridge downtown for food storage
- There are home caterers, but might not want to legitimize their business. There is a need for a cheap meal program that could be on a sliding scale and/or accept EBT. Would they out competes the local businesses?
- Network of community gardeners to harvest collective yields. Use food to feed the people
- Community Food System
 - Gatherings where food is shared, and community is built. Health Healing, Connection and Community. Community meals for households
 - Local solutions to address disparities and tend to the earth. Being able to provide for ourselves and not have to rely on the outside. Reduce dependencies on global food chain
 - Reskill people to have agency over local foods. Shared Land access
 - Anyone who wanted a role at production, processing, distribution, preparation would have a place to serve. Food sharing – providing hot free donation-based meals
 - Address race/wealth disparities so we are taking care of those in need. Shared wealth for those that don't have it.
- Community Empowerment
 - Interconnected skill and capacity building to liberate selves from externalities. A quality of life that allows people to contribute to where they live. Threads connect all the elements and are well established and well nourished
 - We would like to start up our Abriendo Caminos (Find our Path) program for community leadership again. This has been our model for community empowerment.
 - Community parties with food and music – weave together cultures (lacking in west Marin)
 - Anglos honor how much there is to learn from the Latinx community and to learn from everyone
 - People have their autonomy and are able to make decisions for themselves with an equity layer to address wealth disparities. Starts with putting the voices of the unheard first. Having resource to make changes