
Yuba-Sutter Aging and Disabilities Plan

Possible Strategies and Objectives Packet #4: Food Security and Nutrition

Document Background and Overview

The possible strategies and objectives outlined in this document have been developed based on:

- ▶ Outcomes from the Yuba-Sutter Part 1: Strategic Initiatives Workshop.
- ▶ Examples from other county plans, including those from Nevada, Ventura, and Santa Clara counties.¹
- ▶ Data-driven solutions identified in the needs assessment
- ▶ A review by the core planning team to identify gaps and refine based on local relevance and feasibility.

The possible objectives serve as a foundation for developing SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound) objectives for the Local Aging and Disability Action Plan (LADAP). It is important to note that not all objectives may be feasible or directly applicable to Yuba and Sutter counties and may require adjustments to align with local priorities. At this stage, they are not draft objectives but rather a broad list of options for consideration, organized under key strategic categories for easier review and discussion.

¹ Seven Local Aging and Disability Action Plans (LADAPs) were reviewed in preparation for this document, including those from Eagle County, Los Angeles County, Nevada County, Sacramento County, Santa Clara County, Ventura County, and West Sacramento County. However, not all were included as examples, as most lacked strong SMART objectives.



Goal 4: Improve Food Security and Nutrition Availability

Possible Strategies	Possible Objectives
<p>Educate the community on nutrition and food security needs and local resources. <i>(Part 1 Workshop)</i></p>	<p>Engage Local Decision-Makers with Needs Assessment Data</p> <ul style="list-style-type: none"> ▶ Present food security-related findings from the needs assessment to key stakeholders, (Board of Supervisors, UC Davis, Yuba-Sutter Food Policy) to inform decision-making. <i>(Part 1 Workshop)</i> <p>Communicate Food Security Resources to the Community</p> <ul style="list-style-type: none"> ▶ Create an easily accessible resource directory using multiple communication channels, to list all local food banks, meal programs, and assistance services to increase awareness of available food resources. <i>(Possible Solution from Data Insights)</i>
<p>Collaborate with community partners to identify and address food security priorities. <i>(Part 1 Workshop)</i></p>	<p>Expand Access to Food Distribution and Meal Delivery for Food Insecure Individuals</p> <ul style="list-style-type: none"> ▶ Develop innovative and cost-effective ways to strengthen local food banks and Meals on Wheels bridge the gap for CalFresh recipients and support food-insecure older adults and people with disabilities ▶ Introduce or expand transportation services and/or mobile food bank programs and create mobile food hubs to reach underserved areas, particularly rural communities. <p>Strengthen Food Distribution Infrastructure</p> <ul style="list-style-type: none"> ▶ Support efforts of Food Share to provide the senior food box program and partner with delivery platforms like Instacart to offer affordable grocery delivery services, especially in rural areas. <i>(Possible Solution from Data Insights)</i>

STRATEGIES & OBJECTIVES PACKET #4: FOOD SECURITY AND NUTRITION

Possible Strategies	Possible Objectives
	<p>Enhance Medically Tailored Meal Programs</p> <ul style="list-style-type: none"> ▶ Promote the “food as medicine”/”food prescription” concepts and leverage existing healthcare and food provider infrastructures (Meals on Wheels, food banks, farmers market, grocery stores), Medi-Cal, and Medicare plans, to deliver MTMs and provide healthy food to older adults and people with disabilities, ensuring nutrition directly supports their medical needs. <p>Advocate for Improved Access to Nutrition Assistance Programs and Affordable Food Prices</p> <ul style="list-style-type: none"> ▶ Continue to conduct targeted outreach campaigns and streamline enrollment, renewal, and online shopping for older adults and disabled individuals applying for or enrolled in CalFresh by offering assistance programs and navigators to increase participation and decrease stigma. <i>(Ventura and Possible Solution from Data Insights)</i> ▶ Expand local subsidy programs to offset rising food costs for low-income households. <i>(Possible Solution from Data Insights)</i> ▶ Advocate for higher CalFresh allocations, Social Security benefits or supplemental food vouchers especially for households with older adults, individuals with disabilities, and families requiring specialized diets and advocate for state and federal policies to stabilize food prices and expand food assistance allocations to keep pace with inflation. <i>(Possible Solution from Data Insights)</i> ▶ Offer workshops or materials to help recipients maximize their CalFresh benefits and identify additional food resources in their area. <i>(Possible Solution from Data Insights)</i>

STRATEGIES & OBJECTIVES PACKET #4: FOOD SECURITY AND NUTRITION

Possible Strategies	Possible Objectives
<p>Enhance access to nutritious foods, particularly for underserved populations. <i>(Part 1 Workshop)</i></p>	<p>Expand Access to Healthy and Locally Grown Food</p> <ul style="list-style-type: none"> ▶ Establish a centralized food hub to streamline food distribution and access. <i>(Part 1 Workshop)</i> ▶ Increase availability of low-cost healthy food options, such as subsidized farmer’s markets or grocery store programs targeting low-income households. <i>(Possible Solution from Data Insights)</i> ▶ Explore offering CalFresh discounts subsidies and/or other discounts specifically for healthy foods, such as fruits and vegetables, to incentivize their purchase in food-insecure households. This can include local markets, grocery stores, and food co-ops to establish healthy, fresh and culturally relevant foods. ▶ Develop grocery delivery services specifically designed for individuals with disabilities, ensuring reliability and affordability. <i>(Possible Solution from Data Insights)</i> ▶ Establish community kitchens or shared cooking spaces where community members can gather to cook meals together or learn about nutrition while preparing affordable meals. ▶ Advocate for accessibility improvements in grocery stores, including dedicated carts and better aisle layouts. <i>(Possible Solution from Data Insights)</i> ▶ Promote consumption of locally grown food and collaborate with local farms and cultural organizations to create “farm to community” programs that deliver fresh produce directly to residents and stock fresh and culturally relevant items in food banks, pantries, and congregate meal locations (schools churches senior centers etc.) <i>(Possible Solution from Data Insights)</i>

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	<ul style="list-style-type: none">▶ Develop healthy vending programs. Replace unhealthy snacks and drinks with healthier options in vending machines, particularly in schools, community centers, and other public spaces. <p>Increase Access to Culturally-Specific Foods</p> <ul style="list-style-type: none">▶ Conduct community surveys to identify culturally specific needs and partner with cultural organizations to source and distribute culturally specific foods and create dedicated sections of cultural specific items in food banks and other food programs. <p>Promote Nutrition Education</p> <ul style="list-style-type: none">▶ Partner with Blue Zones, WIC, the health department, First Five CA and other organizations to expand their workshops and materials to provide food literacy training that empowers families and individuals to make healthier food choices while staying within their food budget. Teach participants how to cook nutritious meals, read food labels and plan meals based on seasonal, local food availability. Include how to cook for specific dietary needs and making their kitchen accessible for them.