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FOOD SUMMIT
— DENVER, COLORADO —

Session title: The Root of the Problem: Nutrition Insecurity in Real Life

Note Taker: Ana Altares

Main points of each panelist:

1. Facilitator: Emily Bash → Lilian Breslen
 - a. Mitigating stigma, getting passed the idea that nutrition insecurity is an individual problem
2. Speaker 1: Patience Kabwasa
 - a. Works for formerly CO Food rescue → Food to Power, to speak to work they currently and aspire to do - have no cost grocery programs, food education and production with young people, food access is important, but systems change is needed
3. Speaker 2: Chelsie Begoody
 - a. SW Area Health Edu Center - Comm health programs asst. - serve 8 counties addressing public health education needs (social det. health)
 - b. Focuses on nutrition and diversifying the healthcare workforce by encouraging young people to enter this career path, race disparity between populations served and those serving populations
 - c. Interested in looking into why disparities among Native American health outcomes are so prevalent
4. Speaker 3: Paola Baab
 - a. Community Food Connector DDPHE, grew up nutrition insecure, undocumented, experienced food assistance programs growing up, learned that food insecurity was more than eating based on MyPlate, but more of a food systems issue
 - b. Taking a regional approach in Denver, JeffCo, Aurora areas - looking at effects of redlining, transportation, etc. that impact food insecurity - supporting community organizations and local policy creation that promote food security, help bridge gaps between local organizations
5. Speaker 4: Andrea Loudd
 - a. Acts as a voice for the community to tell others about the issues that are happening. Voice carries power.
 - b. Every person has a right to eat - fruits, vegetables, all foods should be present and accessible in every neighborhood. No one is less deserving of equitable access to nutritious foods
 - c. Is fighting for true equity in food access and availability - we, as communities, need to fight against these inequities - we can become a giant!
 - d. Hunger now exists with mental illness that we have to also fight

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- e. Lives in community with high SNAP participation. Grocery stores in this community have high prices - Andrea started a farmers market

Key points of panel discussion:

1. Historic forces in inequality -
 - a. Historic policies did not have equity in mind. Food has been used as a weapon in the past and has disparaged populations, including land stolen, redlining. Historically, dietetics has been taught through the lens of white women and have not considered different cultural ways
 - b. Food desert is NOT natural - these communities were designed in an inequitable way → food apartheid speaks to this inequity
 - c. Fresh food, access to health care, education, economic mobility are all intertwined and food often comes last - policy, structure, and land visa vi profit has caused some groups to have inadequate access to food
 - d. Past trauma around food still impacts health today. Outside health providers come to help indigenous peoples, but they don't understand the historical issues within these communities.
2. Hunger is a greater force than anti-hunger agency - SNAP (and other fed assistance programs) income cutoffs exclude many that still greatly need assistance
 - a. Raise the federal poverty level and reduce barriers to apply for food assistance
 - b. Indian Health Services often does not address the root cause of food insecurity and how that affects health outcomes
3. Create a village of people around you that can collaborate to shift health equity
 - a. Think outside of the box, cast a wide net of connections to drive change
4. Call to action
 - a. Give those who are not often heard a seat at the table
 - b. Put biases aside and come to learn and listen
 - c. Remember our power - and those in power, step aside and give way to those doing work on the ground
 - d. Lean on each other
 - e. Create boundaries, not barriers to promote nutrition security

Question and Answer Summary:

1. Do we change the policy (federal poverty levels) that give or don't give access to federal assistance? Change SNAP?
 - a. Nationally advocate for increasing SNAP benefits and income levels that are outdated (FPL created in 1963) → Use your voice and educate yourself on the Farm Bill

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2. How do circumnavigate barriers that don't allow undocumented immigrants to sign up for fed assistance?
 - a. Denver Human Services is working to fill gap in resources for immigrant and refugee community
 - b. However there is a huge fear among these populations and lack of trust in government organizations.
- 3.