The whiteboard in Nils’ Office
Large Territory to Cover – 100 miles x 100 miles
Nutritional Value of Produce

- Naturally Nutrient Rich (NNR) Score: Adam Drewnowski, U of WA
- Example 1 Carrot

= 1 daily portion of Vitamin A, Calcium, and Potassium

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per 100 g</th>
<th>Std. Error</th>
<th>Recommended DV</th>
<th>% DV per 100 g</th>
<th>Label Threshold if Multiple of 2000 kcal Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>0.930 g</td>
<td>8.00E-03</td>
<td>65</td>
<td>1.431%</td>
<td>4.0000000%</td>
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<tr>
<td>Vitamin A</td>
<td>16706.000 IU</td>
<td>0.000E+00</td>
<td>5000 IU</td>
<td>334.120%</td>
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<tr>
<td>Vitamin C</td>
<td>5.900 mg</td>
<td>1.130E+00</td>
<td>75 mg</td>
<td>7.867%</td>
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<tr>
<td>Calcium</td>
<td>33.000 mg</td>
<td>1.120E+00</td>
<td>1300 mg</td>
<td>2.538%</td>
<td>X</td>
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<tr>
<td>Iron</td>
<td>0.300 mg</td>
<td>1.400E-02</td>
<td>18 mg</td>
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<tr>
<td>Zinc</td>
<td>0.240 mg</td>
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<tr>
<td>Folate</td>
<td>19.000 ug</td>
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<tr>
<td>Thiamine</td>
<td>0.065 mg</td>
<td>1.100E-02</td>
<td>1.2 mg</td>
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<tr>
<td>Riboflavin</td>
<td>0.058 mg</td>
<td>1.300E-02</td>
<td>1.3 mg</td>
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<tr>
<td>Vitamin B-12</td>
<td>0.000 ug</td>
<td>0.000E+00</td>
<td>2.4 ug</td>
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<tr>
<td>Vitamin D</td>
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<td>0.000E+00</td>
<td>10 ug</td>
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<tr>
<td>Vitamin E</td>
<td>0.660 mg</td>
<td>2.690E-01</td>
<td>15 mg</td>
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<tr>
<td>MUFA</td>
<td>0.014 g</td>
<td>0.000E+00</td>
<td>20 g</td>
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<tr>
<td>Potassium</td>
<td>320.000 mg</td>
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<tr>
<td>Fiber</td>
<td>2.800 g</td>
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<tr>
<td>Vitamin B-5</td>
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<tr>
<td>Energy</td>
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<td>0.000E+00</td>
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Nutritional Value of Produce Per Dollar

Produce regularly available at food pantries
Average NDP per Dollar: 3.02

Produce we Deliver
Average NDP per Dollar: 10.08

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What produce do I clients like to eat?
2018 Season Accomplishments

$18 for a week’s worth of produce for a family of four

• Total Produce Delivered
  • 30,215 Lbs
  • Produce Contracts: $9900
  • Average cost: $0.33/Lb

• Number of Person Daily Portions
  • 35,583

• Retail Value (grocery store value)
  • $55,982
Cost of the Produce We Delivered in 2018

• Produce Purchases: $9,900
• Pickup and Delivery Costs: $7,250
• Maintenance: $2,865
• Supplies and Materials: $925
• Office rent, Phone, Internet Etc.: $5,295
• Staff costs: $24,100

Total: $50,335
What if we ate what USDA MyPlate Suggests?

• Decreased rates of Heart Disease
• Decreased rates of Stroke
• Decreased healthcare spending by individuals
• Increased productivity
How do food pantries affect local economies?

• Positively – strong multiplier effect

• For food pantry clients themselves?
  • Frees up budget for other purchases
  • Spent in the local economy
Value of the Produce We Delivered in 2018

- **35,580 MyPlate Person Daily Portions**
  - Retail value: $55,980
  - **$39,190** freed up for clients to spend on other purchases

- **Value to based on Health Costs**
  - Healthcare savings for individuals:
    - 35583 PDPs x $0.79 each
    = **$28,110**

- **Value to society from increased productivity:**
  - 35583 PDPs ÷ 52 weeks x $166 per week
  = **$113,500**

**Total Value: $180,796**
Program Value versus Cost

• Total value delivered: $180,796
• Total cost: $50,335

• Value to Cost Ratio

3.6 to 1
Many Possible Pickup, Delivery, and Aggregation Sites

Food Pantry Locations
- Colville Volunteer Food and... Colville Volunteer Food and... Colville Volunteer Food and...
- Chewelah Food Pantry, 302... Chewelah Food Pantry, 302... Chewelah Food Pantry, 302...
- Cusick Food Pantry Cusick Food Pantry Cusick Food Pantry
- Curlew Food Pantry, 10 Main... Curlew Food Pantry, 10 Main... Curlew Food Pantry, 10 Main...
- Tum Tum Food Pantry, 9227... Tum Tum Food Pantry, 9227... Tum Tum Food Pantry, 9227...
- Hunters Food Bank Hunters Food Bank Hunters Food Bank
- Ione Food Pantry, 302 8th Ave Ione Food Pantry, 302 8th Ave Ione Food Pantry, 302 8th Ave
- Kettle Falls Community Ch... Kettle Falls Community Ch... Kettle Falls Community Ch...
- Loon Lake Food Bank, 3945... Loon Lake Food Bank, 3945... Loon Lake Food Bank, 3945...
- Orient Peoples Place Orient Peoples Place Orient Peoples Place
- Republic Peoples Pantry, 92... Republic Peoples Pantry, 92... Republic Peoples Pantry, 92...
- Tum Tum Food Pantry 6424... Tum Tum Food Pantry 6424... Tum Tum Food Pantry 6424...
- Valley Food Pantry Valley Food Pantry Valley Food Pantry
- Wellpint Food Pantry Wellpint Food Pantry Wellpint Food Pantry
- West End Food Pantry West End Food Pantry West End Food Pantry
- Northport Food Bank Northport Food Bank Northport Food Bank
- Nespelem Food Distribution Nespelem Food Distribution Nespelem Food Distribution

Schools
- Inchelium Middle School Inchelium Middle School Inchelium Middle School
- Columbia School District Columbia School District Columbia School District
- Cusick Elementary School Cusick Elementary School Cusick Elementary School
- Selkirk High School Selkirk High School Selkirk High School
- Kettle falls Middle School Kettle falls Middle School Kettle falls Middle School
- Bess Elementary School Bess Elementary School Bess Elementary School
- Colville Junior High School Colville Junior High School Colville Junior High School
- Valley School Valley School Valley School
- Loon Lake Elementary School Loon Lake Elementary School Loon Lake Elementary School
- Mary Walker School District Mary Walker School District Mary Walker School District
- Evergreen School Evergreen School Evergreen School
- Summit Valley School Summit Valley School Summit Valley School
- Onion Creek School District 3D Onion Creek School District 3D Onion Creek School District 3D
- Wellpint Middle School Wellpint Middle School Wellpint Middle School
- Cutler Elementary & High Sc... Cutler Elementary & High Sc... Cutler Elementary & High Sc...
- Northport High School Northport High School Northport High School
- Republic Junior-Senior High... Republic Junior-Senior High... Republic Junior-Senior High...
- Newport School District No 56 Newport School District No 56 Newport School District No 56
- Nespelem School Nespelem School Nespelem School
- Keller Elementary School Keller Elementary School Keller Elementary School
- Riverside Middle School Riverside Middle School Riverside Middle School

General Stores
- Panther Pit Stop - Conoco Panther Pit Stop - Conoco Panther Pit Stop - Conoco
- Fruitland Service Fruitland Service Fruitland Service
- Hunters Market & Liquor Store Hunters Market & Liquor Store Hunters Market & Liquor Store
- People Place People Place People Place
- Onion Creek General Store Onion Creek General Store Onion Creek General Store
- Curlew Store Inc Curlew Store Inc Curlew Store Inc
- Blue Creek Mercantile Blue Creek Mercantile Blue Creek Mercantile
- The Falls Market The Falls Market The Falls Market
- Ione Food Court Ione Food Court Ione Food Court
- All Season's Grocery & Hardw... All Season's Grocery & Hardw... All Season's Grocery & Hardw...
- Springdale Grocery & Hardw... Springdale Grocery & Hardw... Springdale Grocery & Hardw...
- Tony's Market Tony's Market Tony's Market
- Wellpint Trading Post Wellpint Trading Post Wellpint Trading Post
- Kurt's Corner Kurt's Corner Kurt's Corner
- Valley Store Valley Store Valley Store
- Inchelium Community Store Inchelium Community Store Inchelium Community Store
- Inchelium Community Store Inchelium Community Store Inchelium Community Store
- Keller Community Store Keller Community Store Keller Community Store
- Colville Tribes Trading Post Colville Tribes Trading Post Colville Tribes Trading Post
- Trading Post Community Sta... Trading Post Community Sta... Trading Post Community Sta...
- Pappy's Konner Pappy's Konner Pappy's Konner
- Reardon Store Reardon Store Reardon Store

Farms
- Front Porch Farm Front Porch Farm Front Porch Farm
- Meadow Lark Farm Meadow Lark Farm Meadow Lark Farm
- DrummingGrease Farm DrummingGrease Farm DrummingGrease Farm
- Colville Corn Maze Colville Corn Maze Colville Corn Maze
- Kowitz Family Farm Kowitz Family Farm Kowitz Family Farm
- Lloyd Farms Lloyd Farms Lloyd Farms
- Sweet Meadows Farms Ranch Sweet Meadows Farms Ranch Sweet Meadows Farms Ranch
- Wildwood Manor Wildwood Manor Wildwood Manor
- Red Beards Garden Red Beards Garden Red Beards Garden
- Dave and Ruth Bares Garden Dave and Ruth Bares Garden Dave and Ruth Bares Garden

Aggregation Sites
- Chewelah City Park Chewelah City Park Chewelah City Park
- Happy Dell Park Happy Dell Park Happy Dell Park
- Chewelah Casino Chewelah Casino Chewelah Casino
- Loon Lake Access Rd Loon Lake Access Rd Loon Lake Access Rd
- Deep Creek Strip Mall Deep Creek Strip Mall Deep Creek Strip Mall
- 3012 N Nevada St 3012 N Nevada St 3012 N Nevada St

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# Farm to Community 2018 Overview

## Route & Schedule

### Delivery/Pickup Site

<table>
<thead>
<tr>
<th>Delivery/Pickup Site</th>
<th>Start</th>
<th>Destination</th>
<th>Miles</th>
<th>Travel (minutes)</th>
<th>Dwell (minutes)</th>
<th>Buffer (minutes)</th>
<th>Leg Time (minutes)</th>
<th>Start</th>
<th>Arrive</th>
<th>Leave</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. WSU Ext. Office</td>
<td>Meyers Falls Market</td>
<td>9</td>
<td>0:15</td>
<td>0:20</td>
<td>0:00</td>
<td>0:35</td>
<td>6:15 AM</td>
<td>6:30 AM</td>
<td>6:50 AM</td>
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<tr>
<td>2. Meyers Falls Market</td>
<td>Chewelah Casino</td>
<td>34</td>
<td>0:42</td>
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<td>3. Chewelah Casino</td>
<td>Loom Lake Access Rd</td>
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<td>4. Loom Lake Access Rd</td>
<td>Deer Park Strip Mall</td>
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<td>0:33</td>
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<td>8:40 AM</td>
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<tr>
<td>5. Deer Park Strip Mall</td>
<td>LINC Warehouse</td>
<td>22</td>
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<td>0:10</td>
<td>1:04</td>
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<td>9:34 AM</td>
<td>10:04 AM</td>
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<td>6. LINC Warehouse</td>
<td>Agape Acres</td>
<td>26</td>
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<td>0:10</td>
<td>1:07</td>
<td>10:04 AM</td>
<td>10:41 AM</td>
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<tr>
<td>7. Agape Acres</td>
<td>Reardan Store</td>
<td>29</td>
<td>0:40</td>
<td>0:20</td>
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<td>8. Reardan Store</td>
<td>Wellpinit Trading Post</td>
<td>20</td>
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<td>12:46 PM</td>
<td>1:16 PM</td>
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<tr>
<td>9. Wellpinit Trading Post</td>
<td>Kurts Korner</td>
<td>8</td>
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<td>0:05</td>
<td>0:25</td>
<td>1:16 PM</td>
<td>1:26 PM</td>
<td>1:41 PM</td>
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<tr>
<td>10. Kurts Korner</td>
<td>Pappys Korner</td>
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<td>11. Pappys Korner</td>
<td>Two Rivers Resort</td>
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<td>12. Two Rivers Resort</td>
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<td>15. Hunters Store</td>
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<td>16. Inchelium Store</td>
<td>Twin Lakes Store</td>
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### Mileage & Cost

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<th>Dwell</th>
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### Total Cost: $350.02

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Farm to Community 2018 Overview
Route & Schedule

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</tbody>
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Success Story
Hunters Store

Low but significant volume
• Slow to grow as a customer
• Very consistent by season end
• Did some “potato chip model” here

• Total deliveries for the season
  • 50 lbs of produce
  • 55 Person Daily Portions (MyPlate)
  • Nutritional Daily Portion Score: 160
  • Wholesale Value (Food): $40
Thank you for supporting our programs.
Farmer Appreciation Cards

Thanks for the Produce!

Thank your Farmer here:

Thanks so much. We needed fresh veg.
So, doesn't go to far.

Question of the Day: What's your favorite kind of produce?