



**Kitsap
County**

WASHINGTON STATE UNIVERSITY
EXTENSION



KITSAP HARVEST 2019

BY THE NUMBERS

- 21,557.98 Total pounds gleaned
- 141 Glean Sites
- 12 Grow a Row Participants
- 2 Farmers Market Donation Stations
- 1 Food Bank Recovery Partner
- 17 Farms
- 15727.62 Total pounds distributed
- 73 Types of food and produce
- \$26,265.13 Value of donated food
- 26,212.7 half plate portions of fruits or vegetables based on My Plate recommendations
- 75 locations served reaching over 3600 people and their families.
 - ⇒ 9 Recovery housing
 - ⇒ 4 Shelters
 - ⇒ 7 Soup Kitchens
 - ⇒ 10 Youth Programs
 - ⇒ 7 Food Banks
 - ⇒ 9 Low Income Housing
 - ⇒ 14 Health Care and Service Centers
 - ⇒ 15 Low Income Senior Housing
- 2,374 Total pounds of fruit taken by volunteers
- 2880 Total pounds of true waste diverted to animal feed

ISSUE

Equitable access to fresh nutritious foods and healthy activity is a public health concern locally as fresh food access is directly tied to overall health. In 2016, a work group determined that gleaning was the easiest and cheapest way to increase access to fresh food and better support community health. Kitsap County has 58% of adults and 26% of 10th graders that are overweight/obese. Only 1 in 5 youth report eating 5+ servings of fruit and veggies daily. Addressing food waste in Kitsap County through diverting fresh foods to food access organizations in need represents an opportunity to move the needle on food access issues. It is estimated that approximately 40% of food produced in the U.S. is thrown away, yet 1 in 8 Americans still struggle with hunger. Kitsap Harvest aims to increasing access to fresh food as a way to address health outcomes and the connection between chronic diseases like diabetes and food.

PURPOSE

Kitsap Harvest aims to create a sustainable and community-based system of moving local produce that may otherwise go to waste, providing it to low income and low access areas across Kitsap County. We are able to reach the last mile of service bringing food to communities that may not have access to foodbanks, or have other conditions making mobility an issue. Currently in Kitsap, 30% of adults are food insecure and 35% of children are in need of free or reduced lunches. Only 25% of seniors are using their food vouchers issued by our Long-Term Disability and Aging office. When produce is made readily available, our seniors benefit by making it a part of their meals and health plan.

IMPACTS

Knowledge: education at the volunteer and homeowner level

Behavior: changes in behavior from Volunteers and low-income clients/participants

Community level systems changes: PCHS programming partnership and expansion for 2020, KCR - gleaning is now a part of their community cooking/food access series.



QUOTES

Regarding Volunteerism: "We want our kids to learn what hard work is and how you have to work to put food on the table. Having our kids learn how healthy whole foods come about from seed to harvest and processing is important for us to teach them- not just to read about it, but to learn about it hands on."

Regarding Recovery: "Diet absolutely makes a difference in your mental state. Eating wholesome food not only makes you feel better but makes it easier to have the positive energy to choose to go out and do the next right thing."

From Shelters: Shelter Director, Maria Gabaldon, "Having the fresh food makes them happy because it's that extra ingredient that they don't have to buy- it gets super hard. They like to have something extra to add. It's always something nice."

PARTNERSHIPS

- ◇ Kitsap Food Bank Commodity Sites
- ◇ Gather Together, Grow Together
- ◇ Several Kitsap Soup Kitchens
- ◇ Peninsula Community Health Care
- ◇ Kitsap Food Banks
- ◇ Kitsap Community Resources
- ◇ Bremerton Foodline
- ◇ Harsh Farms

RESPONSE

Volunteer participation:

- 102 Volunteers participated, 53 of which returned on multiple dates to glean.
- 762.25 hrs. at \$25.43 per hour = \$19,3847.02
- Volunteers had access to take apples, pears, plums, peaches, figs, quince, and rhubarb
⇒ 2374 lbs, a value of : \$3964.58

Educational activities and events:

- Performed 140 gleans
- Conducted two Donation Stations at Farmers Markets for a total of 50 market days
- Kitsap Environmental Education Programs
- Great Peninsula Conservation Next Gen Youth Camp
- 4 Kitsap Community Resources Healthy Eating and Cooking Class
- 4 Tabling events at Kids Cultivate Programing with Master Gardeners at Blueberry Park
- Farmers Market Event Days (Ag Day, Healthy Communities, Kids market Day)
- Farm Funk Apple Bobbing Booth
- Kitsap Harvest Fresh Food Drive
- Provided fruit for American Heritage Girls Troop WA07 for juicing
- Tall Trails at Howe Farm event where Kitsap Harvest helped with fruit tree planting
- Oktoberfest Cider pressing demo
- Volunteer led Cider Pressing with gleaning volunteers
- Apple Sauce Making at KCR Healthy Eating and Cooking

Presentations:

- HEAL Coalition
- Coffee Oasis
- Panel for Olympic College Culinary Sustainability
- 12 Newsletters showing our work, partnerships, and community investment.

