Community Supported Agriculture

Holly Hutchason, Executive Director, Portland Area CSA Coalition
What is CSA?
A non-industrial, alternative way to get your food

You are **DIRECTLY** connected to your farmer

The farmer **receives** money at the **BEGINNING OF THE SEASON**, when they need it

The benefits and risks of crop production are **SHARED THROUGHOUT THE COMMUNITY**, instead of just by the farmer

The **community receives** **NUTRITIOUS, SUSTAINABLY GROWN FOOD**
CSA connects the producer and consumers within the food system more closely

You interact directly with the people that produce your food. No middle-men. No extra handlers.

Aaron Nichols, Stoneboat Farm, Hillsboro

Jake, Malcolm, and Kwame
Black Futures Farm, Portland

The Easley family
Slice of Heaven Farm, Sandy
The farmer receives advance working capital, gains financial security, and earns better crop prices.

Where do your grocery store dollars go?

When you buy food at the grocery store, this is what the farmers get.

When you purchase a CSA, farmers get 100% of your dollar!
What are farmers doing to prevent the spread of COVID-19?

- Safety protocols during food handling: masks, gloves, frequent wipe-downs, extra sanitization
- Limiting amount of physical contact: pre-bagging produce, minimizing handling, social distancing
- Specific pickup times for immuno-compromised people
- Many are adding home delivery for those who need it

Remember: farmers are already familiar with food safety regulations. They’ve always been good at this!

Farmers are publishing guidelines for CSA members:
- Do not come to the farm if you are sick
- Only touch your box
- Only one person per household comes to the farm
- Wear a mask when you come to pick up your share
- Maintain social distancing
CSA – it’s not just veggies!

You can find all kinds of local, sustainably produced food through CSA:

- medicinal herbs
- full-diet: protein, veg, dairy
- cut flower bouquets
- pastured protein
- winter shares
- salads and dressings
- salmon
How do I participate in CSA?

1. Find a farm

• There are over 75 farms in the PACSAC network, and 350 farms throughout the state – use the CSA Farm Directory at www.portlandcsa.org

• Email info@portlandcsa.org if you have specific needs.

• Contact local farmers market management. Many farms have CSA programs and sell at farmers markets.

• Contact regional OSU Extension offices – they know lots of farmers.
How do I participate in CSA?

2. Sign up with your farmer

• Each farmer has their own payment program.
  If you want to pay with SNAP or a payment plan, discuss it with the farmer.

• Feel free to ask your farmer about their farming practices.
  They love sharing the techniques they use to keep the soil healthy and product tasty, vibrant food.

• Every farmer has a unique way of getting your food to you.
  Find a convenient drop site – somewhere near your house or workplace? At the farm? Do you need home delivery?
How do I participate in CSA?

3. How do I pay for my subscription?

There are many options...

- Pay monthly with your Oregon Trail Card
- Multiply your SNAP dollars with Double Up Food Bucks (ask your farmer!)
- Pay in full at the beginning of season – cash/check/credit card
Is CSA a good deal?

Some weeks you'll get smaller shares (spring), and sometimes they're larger (August).

Pound for pound, the prices are comparable to what you'd spend in a grocery store for organic food.
In summary, some of the great reasons to purchase a CSA subscription:

- You are supporting sustainable agriculture – which regenerates our climate.
- You are eating healthier food – which lowers health risks.
- Your local food has a smaller carbon footprint than conventional food.
- You are eating food produced and handled by only a few people.
- You are providing a living for the farmers that grow our food.

Thank you to our small-scale farmers and stewards of our earth.

And thank you for trying CSA!
Women, Infants and Children (WIC) & Farm Direct Nutrition Programs

Jolene McGee – WIC Outreach Coordinator
WIC is a public health nutrition program serving:

• Pregnant and postpartum women
• Grandparents, foster families and moms or dads with kids under age 5

WIC is serving clients statewide!
## WIC Income Guidelines

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WIC Services offered over the phone:

- Nutrition counseling
- Breastfeeding support
- Health and growth screening
- Community referrals
- Healthy food
WIC food

• Get an eWIC card to buy certain foods
• Over 500 WIC grocers in Oregon
Oregon Farm Direct Nutrition Program

- WIC families and Oregon Seniors over 62
- Use checks at farmers markets to get local fruit, veggies or cut herbs
- Average value is $24 to $28 good June - Nov
Seniors eligible for Farm Direct Checks

- 62 years old as of April 1
- Have Medicaid and/or SNAP
- Have income less than $1,467/individual or $1,983/couple
- Living where food is not provided
Important dates for seniors getting Farm Direct Checks

- Late April - Eligible seniors get a yellow letter in mail
- May 13 – Need to return the response form by
- June 30 - Checks in mail!
- ?s Call Senior Farm Direct at 1-866-299-3562 or 211
Shopping with Farm Direct Checks

• Market directory of 700 farmers: myoregonfarm.org coming in May (currently not live)

• Go to a participating farmers market

• Look for farm direct signs and exchange checks for local produce!

Seniors may have someone else shop for them
More information about WIC

healthoregon.org/wic
Get connected with WIC

Fill out online WIC Interest Form

Thank you for your interest in the Oregon WIC Program!

WIC serves pregnant, postpartum or breastfeeding women or children under 5 years old. Dads, grandparents, foster parents or other guardians may apply for WIC for their children.

Interest Form

If you live in one of the counties listed below, please fill out the form on their website.

- Clackamas County
- Deschutes County
- Jackson County
- Malheur County
- Washington County

If you don’t live in one of these counties, please fill out the form on this page:

Contact Information

Please select one:
- I am interested in WIC.
- I am a referring organization.

What is your first name*?

What is your zip code*?

How would you like to be contacted*?
- E-mail
- Text
- Phone call
- E-mail address*
More information on WIC & Farm Direct Nutrition Program

- jolenemcgee@dhssoha.state.or.us
- healthoregon.org/wic
- Call 211
- Like Oregon WIC on Facebook
OHSU UCEDD Website:
https://www.ohsu.edu/university-center-excellence-development-disability/covid-19-resources-people-disabilities
Thank you!

- 211 Info
- Oregon Food Bank
- Farmers Market Fund
- OSU Extension services
- Portland Area CSA Coalition
- Partners for a Hunger-Free Oregon
- Women Infants and Children (WIC) Program