

FOOD for Lane County

Participant Advisory Council



The goal of the FOOD for Lane County Participant Advisory Council is to center community voices within our organization and in our work to alleviate hunger in Lane County with a vision towards a hunger free community.

Number of council sessions: 6

Time period: January 2019 – June 2019

The purpose of the council is to provide advice and community input into the service delivery, access and availability of foods for individuals striving for greater personal food security, including:

- Providing feedback on FFLC's programs and services
- Provide insight on how services are delivered, food quality, accessibility, respect
- Contribute to certain aspects of organizational decision making
- Build relationships to improve the emergency food system
- Share other basic needs resources to better food access
- Share a meal together and each other's company

Participant Advisory Council meeting times: The second Wednesday of the month from 4:30 pm – 6:00 pm, from January 2019 to June of 2019. Participant Advisory Council meetings will be held at the FOOD for Lane County Dining Room, 270 W. 8th Ave, Downtown Eugene.

The participants on the council will come from a diversity of backgrounds, experiences, ages, races, geographical locations and cultures, with a passion for improving the emergency food system for all. The 6 sessions will focus on hearing from your experiences, including topics ranging from:

- Monthly food budgets, access to programs and services
- Food preferences and food quality
- Obstacles and opportunities at points of service
- Nutrition access
- Addressing myths and stigma around emergency food
- Solutions for greater food access and other basic needs resources

Participants selected for the council will receive a small cash stipend at the end of each meeting to compensate for their time. Child care and transportation assistance will be available.

Please come prepared to share your experiences and to dig deeper into our monthly topics. Monthly topics will explore and address a variety of the questions posed below, and centered on a monthly theme.

Meeting 1 January 9th, 2019: Monthly food budgets, access to programs and services

We will kick the participant advisory council off by diving right into monthly food budgets and which programs participants have utilized. Some aspects that we will consider will include how you go about making ends meet. We will discuss what kinds of strategies or programs you incorporate to meet your food needs for the month, and share what kinds of community programs you have participated in or activities you do to get food for yourself and/or your family. Share which stores you frequent in the community for your grocery needs, and aspects of the stores that you appreciate.

Meeting 2 February 13th, 2019: Food preferences and food quality

We hope to discuss what kind of foods you depend on/or are hopeful will be most accessible at a food pantry or at a FOOD for Lane County program. Do you have access to cooking facilities or a kitchen? Are you able to prepare meals from the food items you receive from the pantry or program? Have you visited the Dining Room or a meal site? How would you rate the quality of the meal received? How could it be improved?

Meeting 3 March 13th, 2019: Obstacles and opportunities at points of service

Have you ever visited a food pantry, the Dining Room, Summer Food site, the gardens, attended a nutrition class, or made a recipe at home that you received from FFLC or OSU Extension? What do you appreciate or really like about the pantry (or program). What obstacles have you come across? Also, do you know about pantry limits? We will also explore whether we should have limits, increase them, or do away with them altogether.

Meeting 4 April 10th, 2019: Nutrition

How easy is it for you to access nutritious food for you and your family? Do you have access to fresh foods? Fruits and vegetables? A garden? A cooking class? What are the nutritious foods you most often depend upon or happen to go without, even though you know it is important to incorporate them into your diet? Work together to create a nutritious meal.

Meeting 5 May 8th, 2019: Addressing myths and stigma around accessing food assistance

What do you think are the causes of hunger/food insecurity in our community? What are some of the myths that you have heard from others, or the media about people who rely on food assistance to make ends meet? How can we work to destigmatize receiving food assistance in our community?

Meeting 6 June 12th, 2019: Solutions for greater access to food

What is going on in your life that we could address that would make things easier/how can we be helpful? What other kinds of supports would be helpful? Brainstorm what an ideal food program or food pantry would look like. Brainstorm what a hunger free Lane County looks like.