

## January 7 ACHIEVE Meeting | Virtual

### Cindy | Multnomah County REACH

Get Out Toolkit –

- Requesting that folks take a look and give feedback on movement based resources and events
- Gym, Classes, Adaptive classes for folks with disabilities
  - Have several community centers in multco
- Access discount membership which makes accessing community center very cheap
  - Sign up for community centers
- Biketown for All - reduced fair membership and discounts through REACH because we work with biketown.
- Adaptive Biketown
- Friends on Bikes
- Want to highlight resources available
- Walking and run groups that are available across different areas of Portland
- **Movement Based Events:**
  - Events that require you to go out and get into the community
  - Soul stroll is a walking event

### **Do not share yet we are still working on it**

Giving feedback – we want to focus on low cost or no cost resources

Creating a database with all of the resources

- Forge Yoga still does the free Black hot yoga
- Miracles Club we have a discounted exercise program
- Line Dance every Saturday at McCoy Village with Highland Haven
- AYCO also does a lot of movement events for youth

### Feed'em Freedom

- Created 5 years ago based on the work done by Mudbone Grown
- In october had convos with equitable giving circle – how can we continue to serve our communities with food.
  - Reached out to folks doing Black led food system work
- Food insecurity twice as high in black communities
- Shared key data on food insecurity and data on snap impacts to Black People
- **Feeding Black Oregon**
  - Focused on food policy as a means to create change
  - The oregon food bank was receiving a lot of food insecurity dollars and has not trickled down to smaller organizations
  - **Oregon Black Food Equity Collective - how to join??**

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- Doing assessments and looking and putting together food justice letter for folks to sign on
- **Food justice Levy**
  - Ensure that there isn't a gap in services and looking at infrastructure to sustain organizations that are feeding and educating our communities
- **Oregon Black Food Systems Assessment**
  - What are the needs?
    - Thinking beyond snap and government resource
    - Creating a workforce is important to keep the system going
    - Boosting local farms, farm labor, and trainings
    - Prioritizing hunger relief – hunger is a force of control and as long as people are hungry we are unable to work properly
- Current Supply Chain Mapping
  - Where people had farms
  - Local and regional distribution – needed a bit more connection to get folks in the tri-county region to have hubs for distribution
  - Cold storage
  - Transportation – deeply needed and is interested in delivering food
  - Urban and rural connection – black farmers all over the state and connect them to urbanize spaces with their produce and other items to help build the ecosystem
  - Food Hubs – semi-need for food hub areas || the more the better
  - Emergency preparedness – having a proactive plan
    - Ebony Collective does not maneuver food but has a pantry with access
- Transportation is a barrier not everyone drives or uses food delivery services – sometimes difficulty with elders
- Higher cost burden for healthy food
- Institutional structure inequities – employment, housing and land access
- **Recommendations:**
  - Access to agriculture, food safety, land use, transportation code, climate resilient strategy policies to advocate for policies in Oregon to build out the Black food eco system
  - Evaluate how sustainable oregon's food system is
  - 
  - How to use water
  - Conditions of climate change affecting agriculture

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- Improvement Opportunities
  - Distribution
  - Transportation
  - Urban and rural intersection

Contact: feedemfreedomfoundation@gmail.com , shatoyia@feedemfreedom.org, s.bentley@ebonycollectivecdc.org, <https://www.atypicalroots.com>.

**Ebony Collective** does data and focus groups, community forums, and trainings to do assessments

- Health in climate
- Community safety and public

What challenges are we anticipating with the new administration?

- We will always be black and cannot depend on government funding and grants
- How do we support our farms and food hubs

Farmers with Goat and Lamb – needed for Ramadan

Black Community Food Center free goat and lamb when they have it, .ranch and a typical roots for goat and lamb, Black oregon land trust – slaughter your own

Here is the letter to support: <https://forms.gle/Jzk8asNv1668Ap1XA>

### **Mark & Ratna - Safety starts at Home**

<https://multco.us/info/safe-medication-disposal-and-storage>

- Gaps in medication safety – lack of awareness and education
- Teens and children able to access medication cabinet (people are not thinking about it)
- Unsecure medication impacts children, teens, and pets
- Throwing away medication in trash or toilet causes environmental harm to our water and soil supply
  - Ways to safely dispose of medication
- Main target is parents, caregivers and grandparents
- Medication lockbag – can be for anything you don't want children and teens getting a hold of
- Safe disposal – in-person drop off boxes at local business (reflected on website with locations of the boxes)