

# Food Skills Inventory Survey Report

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Blue Zones Activate Lewis County and Lewis County Public Health & Social Services conducted a Food Skills Inventory Survey to gather information about food skills learning opportunities in Lewis County that were offered within the last year.

**15 SURVEY RESPONSES**      **14 AGENCIES**

The respondents included: Local Farms, Churches, Healthcare Providers, School Districts, Community Farmer’s Markets, local Extension Offices, and special interest groups/associations.

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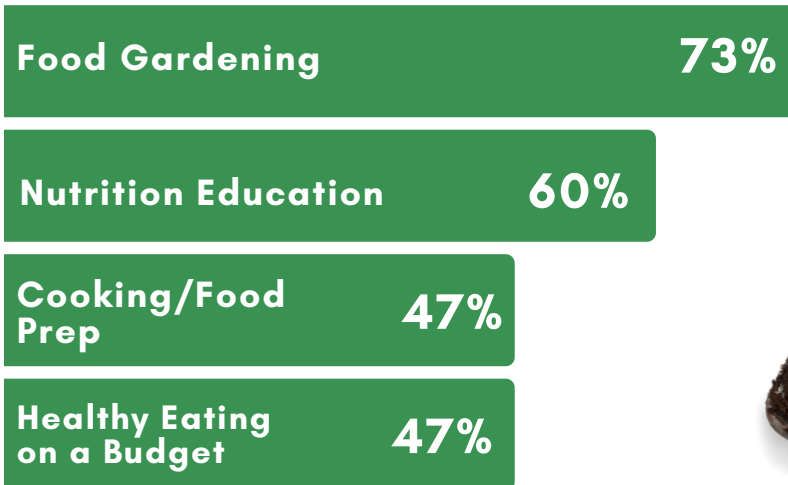
## Highlights

**MOST COMMONLY TAUGHT TOPICS ARE GARDENING, NUTRITION, COOKING, & EATING ON A BUDGET.**

Food skills opportunities in Lewis County are available for people of all ages, teach basic or moderate level skills, and have a strong emphasis on health. Most agencies do not appear to use USDA-recognized programs or curriculums. Many agencies would expand programming for children if they had the resources and capacity.

# Local Food Skills Opportunities

Respondents reported a total of **29 unique food skills opportunities**. The most common topics are listed below:



\*Does not add up to 100% because many programs fall into multiple categories

Many of the food skills opportunities in these categories are listed below:



## Food Gardening

*Kids Club, Food Smarts, Microgreens, Master Gardeners, Grow your own produce wrkshop series, Spring Seed Planting Event.*



## Nutrition Education

*Lunch & Learn: Kid's Nutrition During the School Season, Full Plate Living, Master Gardeners, Project Food is Medicine, SNAP-Ed or WSU Extension and Kids Club.*



## Healthy Eating on a Budget

*Fruit and Vegetable Prescription program, Project Food is Medicine, SNAP-Ed, Master Gardeners.*



## Cooking/Food Preparation

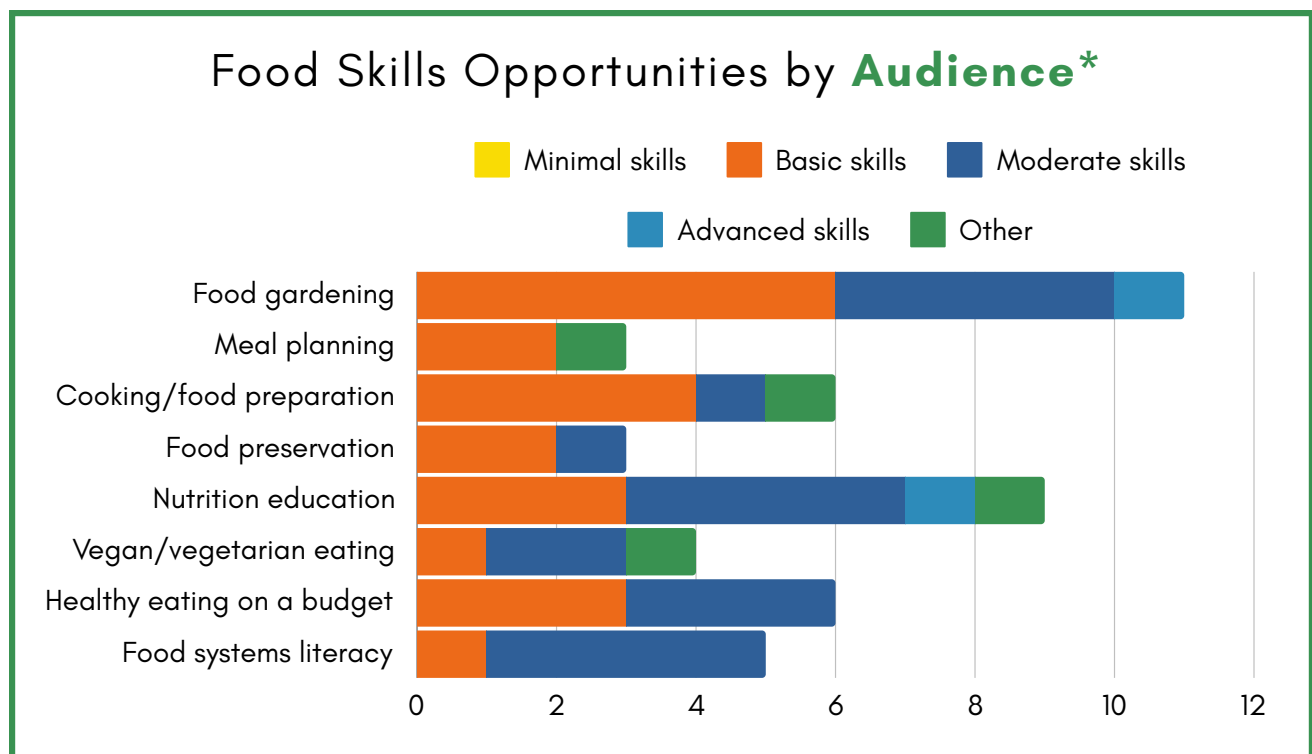
*Project Food is Medicine, SNAP-Ed or WSU Extension, Master Food Preservers, Family Consumer planning, Plan, Shop, Save.*

## Food Skills **topics with fewer learning opportunities** included:

- **food systems literacy** (ex. *Project Food is Medicine, Master Gardeners*)
- **meal planning** (ex. *Family Consumer Planning, School Garden enrichment, SNAP-Ed*)
- **food preservation** (ex. *Master Food Preservers, Jammin' Class, Putting up the harvest*)
- **vegan/vegetarian eating** (ex. *Project Food is Medicine, Master Gardeners*).

Respondents also listed several food skills opportunities that did not fall within the available categories, including, honey production and diabetic education.

Most programs teach basic to moderate skill levels, with few advanced level classes. Only 2 programs teach advanced skills.



Most programs (78%) emphasize health to a “great extent”. No programs reported minimal or no emphasis on health.

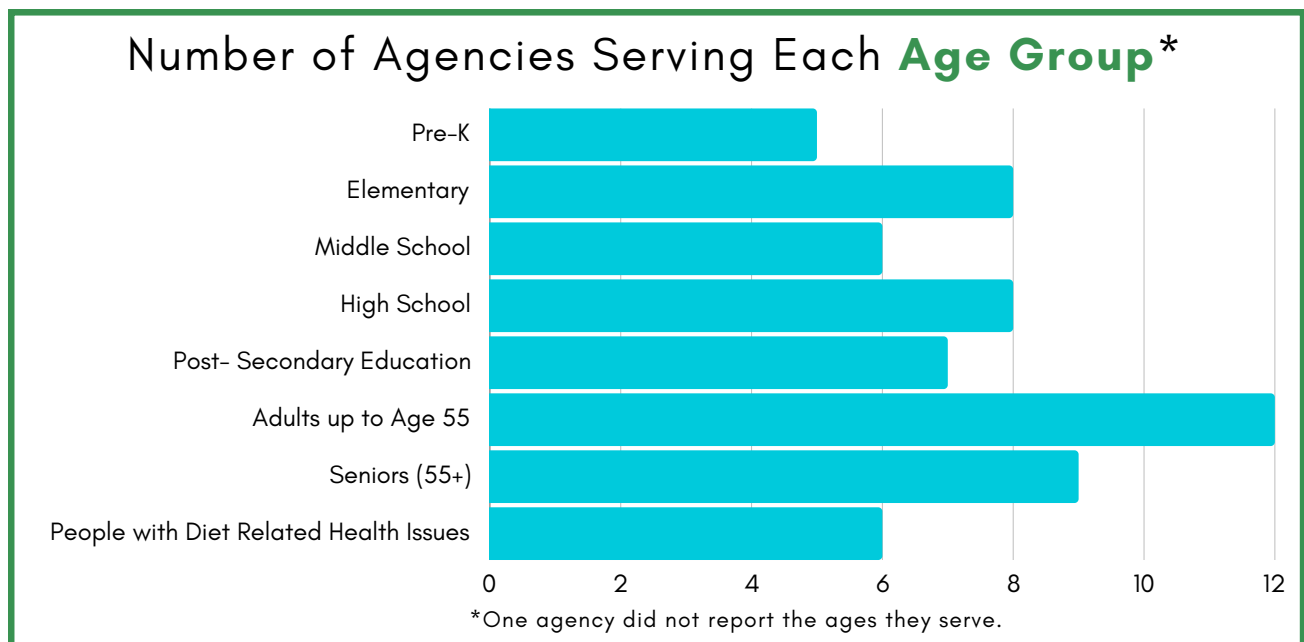
## People Served

**5** AGENCIES REPORT SERVING 100+ PEOPLE PER YEAR

**8** AGENCIES REPORT SERVING 51+ PEOPLE PER YEAR

Most agencies (78%) report serving 20+ participants per year. More than a third of agencies (35%) serve 100+ participants per year.

A majority of agencies serve elementary students, high school students, post-secondary students, adults, and seniors. Over three quarters of agencies (86%) report programming serving adults. Less than half of agencies report serving pre-K students, middle school students, and people with diet-related health issues.



# State & Federal Food Programs

Most agencies report directly operating state or federal nutrition programs, like WIC or SNAP-ed. Only two agencies reported partnering to provide a state/federal program they don't offer directly.

Other federal or state food programs offered by local agencies included senior food assistance and Fruit and Vegetable Prescription Program.

53%

Offer or partner to offer a state or federal nutrition program

- 28% SNAP-Ed
- 28% WIC
- 21% SNAP/EBT
- 14% Other Program

Notably, **no agencies reported offering:**

- CACFP (Child and Adult Care Food Program)
- TEFAP (USDA Emergency Food Assistance Program)
- USDA Federal School Meals Program
- Cooking Matters



Source: [leahspantry.org/product/food-smarts-kids-workbook/](http://leahspantry.org/product/food-smarts-kids-workbook/)

Out of the 29 reported food skills opportunities, only two opportunities appear to use formal curriculum recognized by USDA SNAP-Ed. An additional four programs appear to use formal strategies recognized by USDA SNAP-Ed.

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# Gaps in Food Skills Education

There was **no clear consensus** on the biggest gaps in food skills education. However, respondents reported gaps in classes on food preservation, growing and cooking healthy food, and healthy eating on a budget. They also reported an overall lack of food skill opportunities, funding, outreach, and connection between local farms and consumers. Lastly, they cited barriers like the high cost of healthy food and families without a kitchen or basic cooking equipment.

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# Opportunities to Expand

When asked what they would like to provide if resources and bandwidth were not a problem, the majority of respondents **wanted to expand school-related programming**. This included offering more food-related classes, expanding school gardens, and connecting schools with local farms. Other agencies talked about offering more cooking classes and expanding current programs.



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THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Public Health & Social Services

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