



# NORTH COAST FOOD WEB

## ANNUAL REPORT 2017

 We believe cooking and eating together enhances community health beyond the nutritional value of what we create, beyond the delight of planting, nurturing and harvesting something to eat, beyond the support we can engender for our local producers. Getting our hands on our food, preparing it with others, sitting at table with new friends we might never have met otherwise - that's growing community. It's a delicious weapon in the war on hunger and a productive treatment for ill health.

In 2017, NCFW doubled the number of young people cooking and eating together in our kitchen. We added two more weeks of Young Chefs Camp, week-long programs focused on teaching kitchen basics such as knife skills, food identification, following recipes, teamwork and healthy eating choices. Collaborations with educational programs such as Astoria School District's English Language Development (ELD) program and Clatsop Community College's Upward Bound helped introduce more students to the art and fun of cooking. To help make opportunities available to students of all economic backgrounds, NCFW created a scholarship program offering up to 100% financial assistance.

## FULFILLING OUR MISSION!

Though we spend a lot of time in the kitchen, that's only part of how we fulfill our mission to 'create healthy communities and a vibrant economy.' Our two main goals as an organization are to: 1) Increase viability of local farming and fishing ventures 2) Increase knowledge and skills related to cooking and healthy eating throughout our communities.



2017 North Coast Farm Guide

### FOOD EDUCATION

In over 50 classes during the year, our Teaching Kitchen welcomed students of all ages to bake, roast, chop, saute and eat! We visited three local elementary schools to celebrate "Food Day" on Oct. 24 with our mobile "Veggie Petting Zoo." The Fruit Box Project's weekly deliveries to five Clatsop County high schools encouraged students to choose healthy snacks.

### FARMER RESOURCES

NCFW supports local producers in many ways. The 2017 North Coast Farm Guide included over 60 local farms and 11 farmers markets. Farmer-Chef Connection and Meet Your Farmer events bring farmers and customers together. Every Thursday is Egg Day, our version of a farm stand for local farmers who bring eggs, produce and value-add items to sell. Our space serves as a hub for farmers to drop off CSA shares for pick up.

### DIRECT ASSISTANCE

Our SNAP (Supplemental Nutrition Assistance Program) Match program, class scholarships, weekly meals for the Astoria Warming Center and The Fruit Box Project are some of the ways NCFW provides on-the-spot help where it is needed.



Students at Seaside Food Day

Our mission is to cultivate healthy communities and a vibrant economy through food and agriculture.

[NORTHCOASTFOODWEB.ORG](http://NORTHCOASTFOODWEB.ORG)

# Donate! Volunteer! Come cook with us!

## VOLUNTEER!

With only two part-time staff, the success of the Food Web's work is highly reliant on great volunteers. North Coast Food Web volunteers have served over 4,000 hours in the last two years on projects ranging from class assistants to gardening, fundraising to Food Day help. 🙌🙌

In the fall of 2017, we began holding monthly Volunteer Training sessions to onboard new folks who want to get involved. If you're interested in joining our team, send us an email or check out our website for upcoming trainings!

## PART OF THE BIG PICTURE

NCFW is proud to be part of Oregon Community Food Systems Network, a collaboration of 40 nonprofit organizations and allies dedicated to strengthening local and regional food systems. In 2017, NCFW's Executive Director was chosen to join the Network's Diversity, Equity and Inclusion (DEI) Committee that advises the network's leadership and members on DEI efforts. This committee recently developed a network equity statement and participated in the Network's strategic planning process that will affect change across the state. Here on the North Coast, this participation has helped NCFW evaluate its own ability to achieve equitable outcomes for the community and has prompted the beginning of creating DEI metrics for itself.



## A NOTE FROM THE DIRECTOR

It's been a rewarding first year for me at the North Coast Food Web! I've spent a lot of my time learning about NCFW's history, meeting our community partners and directly participating in our work. Now, I'm focused on creating a 10-year plan for the organization that will ensure we're accomplishing the big mission we've set for ourselves. Some questions I have are "How do we measure the impact of preventative work, such as teaching young people to cook?" and "In what ways can we help create a community food system that's healthy for all people, especially those at high risk for chronic illnesses related to food and those facing food insecurities?" If you have thoughts about what you'd like to see from the Food Web in the future, I'd love to hear from you!

## FINANCIALS AT A GLANCE



THANK YOU FOR YOUR 2017 SUPPORT!



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