

Fall 2016 Key Indicator Food Systems

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San Mateo County

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CHOOSE HEALTHY FOOD

Sugar is linked to cardiovascular disease and diabetes. Choose whole fruit and honey as natural sources of sugar to help reduce intake.

Avoid added sugar by checking labels for ingredients like syrup, malt, cane juice, high fructose corn syrup, glucose, and sucrose.

Choose unsweetened beverages. Sweetened drinks contain 25-40 grams of sugar.

Only 1 cup of fruit or vegetable juice counts as a serving of fruit or vegetables per day.

Choose nutrient dense foods like spinach, almonds, Brussels sprouts, cauliflower, and sunflower seeds.

Buy Fresh Food



Avoid trans fats, which are commonly an ingredient in ready-made baked goods, packaged snacks, fried food, creamer and margarine.

Limit sodium intake because it is associated with water retention, high blood pressure, stroke, heart attack, osteoporosis, stomach cancer, kidney disease, kidney stones, headaches, and heart failure.

Potassium counter-acts some of the ill effects of sodium and is found in fresh fruits and vegetables.

Busy schedules make it difficult to eat healthy food.

Convenient and low-cost food is often highly processed and loaded with sugar, salt, fat, and other preservatives.

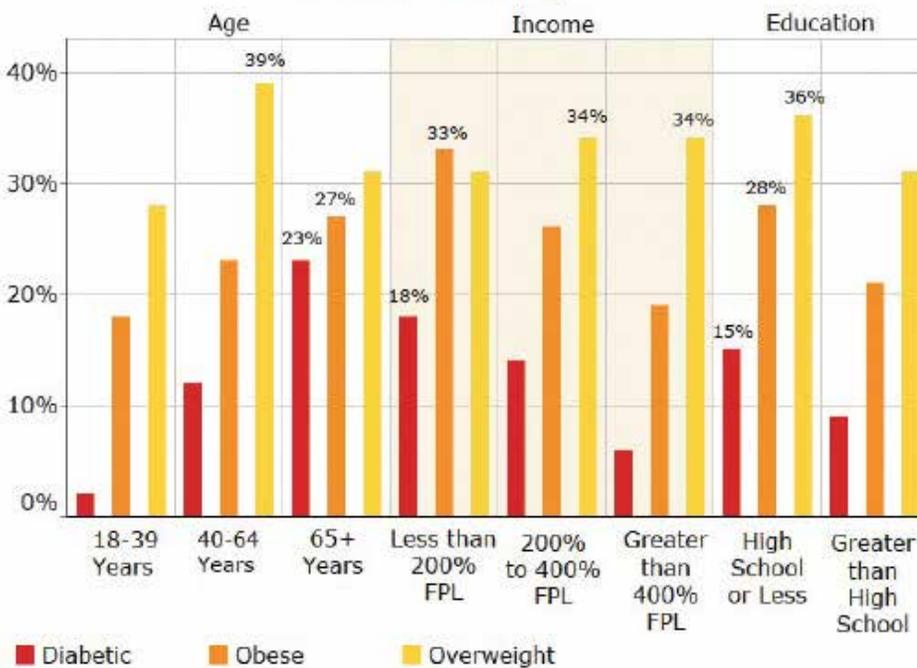
Nutrients are stripped from food when processed, and vitamins are added back to enrich the product.

These added vitamins are not absorbed well by our bodies compared to vitamins in their natural form.

Highly processed carbohydrates like bread, cookies, and pasta are quickly transformed into glucose or sugar and may cause insulin spikes that cause fatigue.

These foods are designed for maximum flavor and calories, which your body craves when it's stressed; however these foods are not designed to maintain optimal health.

Diabetic, Obese, Overweight San Mateo County, 2013



Data Source: 2013 Community Assessment, San Mateo County

Federal Poverty Level (FPL): in 2013, the FPL was \$23,050 per year for a family of four, it follows that 200% of the FPL was \$46,100 and 400% of the FPL was \$92,200.

Diabetic: high levels of glucose (sugar) in the blood results in various health problems, including heart and kidney disease. This survey does not include gestational diabetes during pregnancy.

Obese: Body Mass Index (BMI) equal to or greater than 30. According to the National Institutes for Health, the BMI may overestimate body fat in athletes and under estimate body fat in the elderly or others who have lost muscle.

Overweight: Body Mass Index (BMI) between 25 and 29.

FOOD ACCESS IN SAN MATEO COUNTY

Second Harvest Food Bank gathers valuable information about food access through its service to food insecure residents in San Mateo County and Santa Clara County.

1 in 10 people in the two counties receive food from Second Harvest, the equivalent of 1 million meals a week.

28% of their clients have a college degree or have taken some college courses, and 47% have had to choose between paying for food and paying education expenses.

85% of the families surveyed had a minimum of one steady income source; however the majority of clients earn less than \$20,000 a year (close to the \$9 minimum wage).

Second Harvest requests donations of tuna or canned meat, peanut butter, canned food with pop-tops, canned soup, stew, and chili.

Many residents make too much money to qualify for federal food assistance programs because of our high cost of living and consequently struggle with food insecurity.

74,910
Food Insecure Adults

25,960
Food Insecure Kids



Data Source: 2014, Feeding America, California Department of Social Services, CalFresh Data Files (September, 2015).

California Food Policy Advocates is a nonprofit organization that gathers data and develops policy recommendations for local, state, and national governments. The organization published research on food access in San Mateo County for 2013-2015 and found the following:

42% of low-income (below 200% of the poverty level) households were food insecure in 2014.

61% of the 74,106 individuals who were eligible for the CalFresh Program (previously referred to as Food Stamps) were not enrolled in 2013.

28,880 students were eligible for reduced-price school meals in 2014.

69% of students that were eligible for school lunch programs participated in them in 2014-2015. Only 36% of eligible students participated in school breakfast programs.

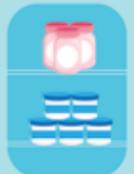
40% of food produced in the US goes to waste, while a significant number of people are food insecure. Food waste is also a waste of the water and energy used to produce and transport the food. In the US, food is the single largest waste stream in landfills, resulting in greenhouse gas emissions.

According to the Center for American Progress, the cost of hunger in California in 2010 was \$165 billion. The calculation considers lost economic productivity, education costs associated with educational outcomes hampered by hunger, hunger related healthcare costs, and charity to alleviate hunger. This does not include the cost of federal food assistance programs.

PREVENT FOOD WASTE

FREEZING FOOD

- Remove as much air from packaging as possible, but also leave space for the water in food to expand.
- Cut and freeze fruit and vegetables as individual pieces on a flat surface, and then transfer to a container for long-term storage.
- Label food in the freezer with a date, and use clear glass containers.



FRIDGE STORAGE

- Milk, butter, and cheese belong in the middle of the fridge rather than the door.
- Store avocados and bananas in the fridge after they are ripe to prevent spoilage.
- Cucumber, celery, green onions, and herbs can be kept fresh in an open jar with an inch of water.
- Cooked meat will last for 4-5 days in the fridge.
- Fresh meat keeps for 1-2 days and should be kept at the bottom.



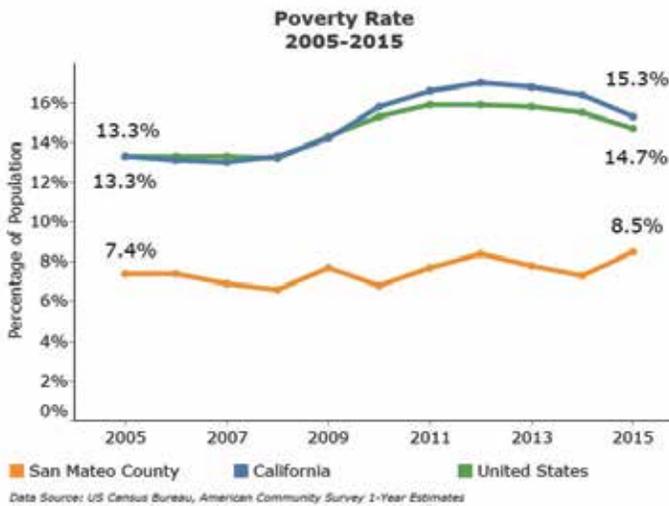
COUNTERTOP FOOD STORAGE

- Use overripe fruits and vegetables for cooking, and stale bread for breadcrumbs, French toast, or bread pudding.
- Tomatoes, apples, bananas and citrus give off ethylene gas that causes other produce to ripen. Keep this produce separate.
- Keep basil in an open jar on the countertop, with a small amount of water.



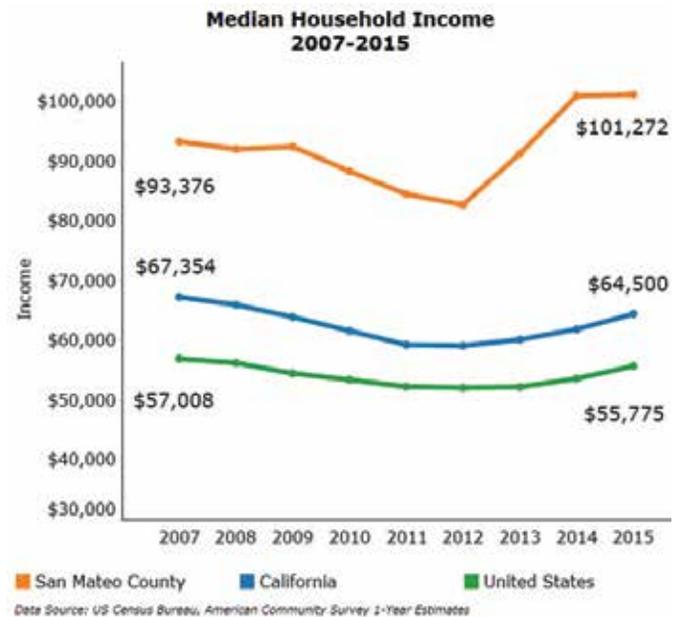
Sources: MakeDirtNotWaste.org & TheStoneSoup.com

Indicators Updates



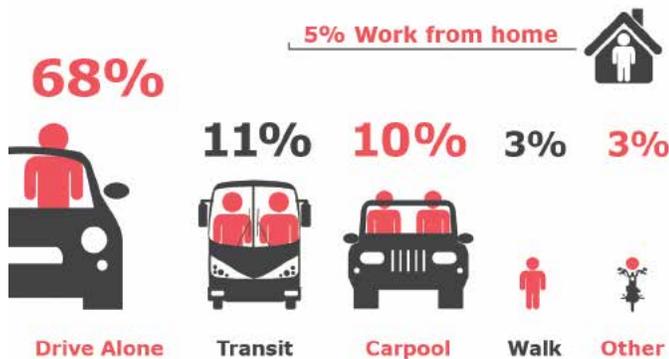
Despite an increase in the median household income, the poverty rate in San Mateo County increased by 16% in 2015.

The Santa Clara County poverty rate was 8.2%, and Marin's poverty rate of 7.1% was the lowest in the nine-county Bay Area in 2015.



The median household income increased by 0.22% in 2015. San Mateo County had the second highest median income in the nine-county Bay Area; Santa Clara County had the highest median income of \$102,340.

Travel Modes to Work For San Mateo County Residents, 2015



Compared to 2013, the number of people who work from home increased by 25% and the number of commuters who drove alone decreased by 3% in 2015.

The "Other" category increased by 50%, and includes bicycles (5,240 commuters), motorcycles (880 commuters), and other means (4,260 commuters).

The transit category includes bus, trolley, streetcar, subway, railroad, and ferry.



To spread the word about opportunities for urban agriculture, Sustainable San Mateo County joined forces with OpenSMC (opensmc.org), a civic hack-for-good group part of Code for America. This fall, we will launch our 3 B's Map (Birds, Bees, and Beans) to encourage residents to grow their own food by informing them of the zoning rules in their neighborhood. Find the map on our website: sustainablesanmateo.org/3bs.

View more indicators updates on sustainablesanmateo.org

