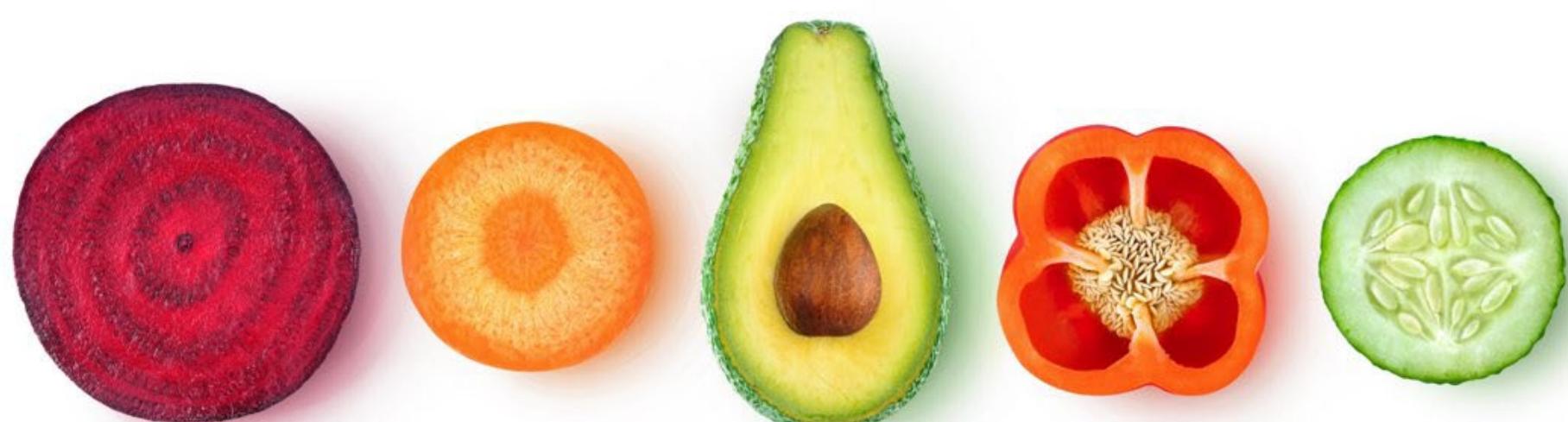


# Building Resilient Communities- Nutrition and Food Access



Priority Area: Building Resilient Communities- Nutrition and Food Access						
Stakeholders: Blue Zones Project Yuba-Sutter, Yuba Sutter Food Bank, Yuba Sutter Food Policy Council, Sutter County Public Health, Yuba Community College, Yuba-Sutter Salvation Army, Harmony Health, University of California Cooperative Extension, Yuba, Sutter, and Colusa Counties						
Overarching Vision: Increase access to healthy foods regardless of location or socio-economic status						
Objective 1: By January 30, 2026, implement at least one additional program that provides local food to vulnerable priority populations experiencing food insecurity in Sutter County						
Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result	Status Description	Outcomes/Progress
Utilize the Yuba-Sutter Food Policy Council as the committee to explore and implement new equitable food access programs	Work with other agencies to identify food deserts* and quantify need	Yuba Sutter Food Policy Council, Sutter County Public Health	May 30, 2026	Committee will identify food desert areas to direct currently available food programs toward locations in Sutter County in accordance to need	In Progress	Yuba Sutter Food Policy Council is developing a survey to assess capacity and needs of local hunger relief programs. Sutter County Public Health is conducting a tobacco control vendor survey Spring 2026 which includes assessing healthy foods available at local retailers
	Investigate funding and other logistics for new food access program, such as a local food hub that would aggregate local food and help support suppliers including Meals on wheels**, street outreach program***, and mobile farmers market***	Yuba Sutter Food Policy Council	July 31, 2026	Committee will identify which food access programs are feasible in Sutter County	In Progress	The Yuba-Sutter Food Policy Council is working with a consultant to conduct a food hub feasibility study
	Evaluate options for an additional new food program based on the food feasibility study results and agree upon at least one new model to implement for Sutter County	Yuba Sutter Food Policy Council	December 1, 2026	Sutter County will have at least one new program that delivers food to vulnerable populations	In Progress	The Yuba-Sutter Food Policy Council is currently working to assess capacity and needs to inform this action; tied to the food hub feasibility study

Utilize the aforementioned committee to monitor progress, identify funding, and increase partner collaboration for food delivery programs	Identify funding sources and additional collaborators	Yuba Sutter Food Policy Council	June 30, 2025	Advocate for consistent funding for the identified food access programs	In Progress	Progress is assessed through the Yuba Sutter Food Policy Council
<b>Objective 2:</b> By May 2026, establish at least one additional farmers market that serves Sutter County residents						
Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result	Status Description	Outcomes/Progress
Identify funding and partners for new farmer's market	Identify host for new farmer's market	Yuba Sutter Food Policy Council	January 31, 2026	Identify an organization that will be able to host a regular farmers' market	In Progress	Yuba College, in collaboration with Harmony Health, Blue Zones, and the Yuba Sutter Food Bank, has implemented a free locally grown produce distribution. They are working to address barriers in implementing a farmers market at this location, with plans to recreate efforts at the Sutter County campus. A new potential farmers market opened on Center St. In Yuba City by Gauche Aquatic Park
	Connect with current farmer's market managers, local farmers, and merchants who will sell at the farmers market	Yuba Sutter Food Policy Council	June 30, 2026	Secure a variety of local produce, food, and craft vendors who will attend the farmer's market	In Progress	Yuba Sutter Food Policy Council members met with surrounding Farmers Market managers to learn best practices
	Expand advertising for existing and future farmers markets	Yuba Sutter Food Policy Council, Sutter County Public Health	February 1, 2026 for existing famers markets	Utilize a variety of media and materials to promote awareness for farmers markets. Increase attendance at existing farmers markets	Not Started	A potential strategy for Yuba-Sutter Food Policy Council

Implement alternative payment methods at least one Sutter County Farmers Markets	Pilot program of EBT at existing farmers markets with the goal of expanding to future programs	Yuba Sutter Food Policy Council	June 1, 2026	EBT pilot program is implemented at existing farmers markets to improve accessibility and utilization of farmers markets for CalFresh recipients	In progress	Yuba Sutter Food Policy Council members have met with other farmers markets to learn how they implemented EBT and market match programs. Challenges include difficulty staff the EBT service at the current Saturday Farmers Market
<b>Objective 3:</b> By June 2026, establish and implement a "food as medicine" campaign and toolkit in collaboration with community stakeholders to increase the availability of healthy foods, strengthen knowledge of healthy foods, and to encourage healthy food choices						
Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result	Status Description	Outcomes/Progress
Develop "food as medicine" toolkit examples to supplement existing Sutter County nutrition education classes	Encourage healthy, locally grown options and identify community needs/barriers in accessing healthy and affordable foods	Sutter County Public Health, Yuba Sutter Food Policy Council	September 30, 2025	Food as medicine toolkit is developed, encouraging locally grown food options	In Progress	Sutter County Public Health met with San Francisco County Public Health to learn best practices and reviewed various Food As Medicine Frameworks. Community surveys and focus groups were held to learn about the barriers and needs our community has in accessing healthy, affordable foods. This information will inform the Food As Medicine toolkit
	Create a Food As Medicine platform and resources to increase knowledge and access to healthy, affordable foods in Sutter County	Sutter County Public Health, Yuba Sutter Food Policy Council	December 1, 2025	Food as Medicine platform and resources developed	In Progress	Sutter County Public Health has held meetings with community partners to gather information and resources for the Food As Medicine toolkit
	Incorporate new "food as medicine" toolkit into existing health education curriculums, where possible	Sutter County Public Health, Food Policy Council	March 30, 2026	Offer new informational materials and classes to the community	In Progress	This toolkit will be used in the Diabetes Education and Empowerment (DEEP) programs and by community partners who work in nutrition and hunger-relief programs

Implement “food as medicine” toolkit at various distribution checkpoints and provide to community partners	Collaborate with Sutter County partners to implement this toolkit, educate on nutrition, and screen for food insecurity	Sutter County Public Health, Food Policy Council	June 30, 2026	Early intervention for food insecurity and provides community members with education and opportunities for healthy eating	In Progress	Sutter County Public Health has collaborated with Blue Zones Project, Harmony Health, UCCE, Comfort Keepers, and Yuba College to help develop the Food As Medicine Toolkit. Sutter County Public Health is currently collecting community input to inform the toolkit through focus groups and community surveys
* Food Desert: Low-income census tracts with a substantial number or share of residents with low levels of access to retail outlets selling healthy and affordable foods are defined as food deserts. A census tract is a small, relatively permanent subdivision of a county that usually contains between 1,000 and 8,000 people but generally averages around 4,000 people. For more information visit the <a href="#">USDA Mapping Food Deserts in the United States</a> .						
**Meals on Wheels: Meal delivery program available to seniors' age of 60 and older that are homebound due to illness, recovery, disability, or other causes that prevent them from leaving their home. Home-delivered meals are free for eligible seniors. For more information visit <a href="#">Yuba Sutter Meals on Wheels</a> .						
***Mobile Farmers Market: Farmers market on wheels that travels to sites throughout Sutter County to bring fresh fruits and vegetables to targeted areas in our community with low access to healthy foods.						
****Food as medicine: Food and nutrition aids individuals through interventions that support health and wellness. Focus areas include improving health outcomes through identifying patients who might be experiencing food insecurity at primary care visits, providing education, transportation, clinical support to access food pantries, and standing up food pantries in locations with higher prevalence of food insecurity. For more information visit the <a href="#">National Academy of Science, Engineering, and Medicine: Interventions Addressing Food Insecurity</a> .						
Revised: 12/31/2025						