

# Carolyn Downs Family Medical Center

An onsite pop-up food bank and produce stand provide food resources at a community health clinic located in Seattle's Central District.



## Determining the Need

100 patients participated in an optional and anonymous food security survey offered in both English & Spanish to determine the need for food resources at Carolyn Downs Family Medical Center.

## Survey Results Revealed...

**72%** of patient respondents believed their **health might improve with access to healthier food.**

Approximately **50%** of patient respondents reported **moderate-high levels of food insecurity.**

**44%** of patient respondents said they **would access a food bank if it was onsite at the clinic.**

Patients expressed common reasons preventing them from accessing other food banks, including:

- Having to travel too far of a distance
- Foods not being fresh
- Embarrassment and Stigma

## Taking Action: On-site Pop-up & Produce Stand

In partnership with Northwest Harvest, Carolyn Downs established an **onsite pop-up food bank** in March 2018. The food bank is open to all patients on the 2nd and 4th Tuesday of each month from 1:00- 2:30pm. There is no referral required.

Clean Greens offers **affordable fresh produce** during summer months. Open to the community on Thursdays from 11:00am-2:00pm.

**On average, 30-40 households access the pop-ups on available days, equaling about 115 individual people.**



Thank you Carolyn Downs for your contribution to the King County Healthcare & Food Insecurity Learning Network!