HOW FOOD INSECURITY DURING COVID-19 WAS MINIMIZED BY URBAN SUPPORT SYSTEMS
Sam Bergstrom, @SamBergstrom4, Program on the Environment, University of Washington
Site supervisor: Kristin Klasnic, Solid Ground
Faculty advisor: Charlotte Coté, American Indian Studies, University of Washington

Background
• When the COVID pandemic hit, people's everyday lives were changed in terms of job, food, housing, and health security.
• Food insecurity is a large-scale problem that is very closely intertwined with issues such as global conflicts like war, pandemics, and politics.
• There is a very clear correlation of food insecurity that has been previously linked to changes from public health crises

Research Question
What are opportunities and challenges to ensuring food security to communities during a public health crisis?

Internship/ Methods
• I interned with Solid Ground, a Seattle based organization that provides services surrounding housing, homelessness, hunger and nutrition, and race and social justice.
• I attended food deliveries from Seattle Public Schools and brought breakfast and lunch meals to the homes of 120 children each weekday that lived in a community of the Solid Ground housing program.
• Literature review and a survey with the residents of Solid Ground
• I got their perspectives on how it has impacted a small community as a case study in comparison to the statistics of the greater US.

Results

Figure 1: Responses of families about their food insecurity prior to COVID

Figure 2: Responses of families about their food insecurity during COVID

Figure 3: Responses of families about change in resources during Covid

Results
• I found that most families in the Solid Ground communities had some levels of worry before COVID did not make a drastic jump upwards
• They are provided with many resources that seems to be strengthened during COVID
• I believe I saw this trend in the majority because of the network of support that was already in motion before COVID happened

Significance
• From my research, the overall impacts of COVID on the community were not drastic
• This is not the trend seen across the country
• Many people have been severely impacted by COVID and have seen a large jump in food insecurity, because they do not have instant access to resources like these
• For the future, it is possible to implement practices to provide resources in times of emergency for a greater amount of people

Acknowledgements
I want to thank Charlotte Coté, Kristin Klasnic, and my POE classmates for supporting me through this Capstone experience