



THE ROOTS OF FOOD JUSTICE:
A MIXED-METHOD EXPLORATION OF
INNOVATIVE PRACTICES TO PROMOTE
WELL-BEING

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Research aims:
Contrast Traditional and Innovative
Models for Food Banks

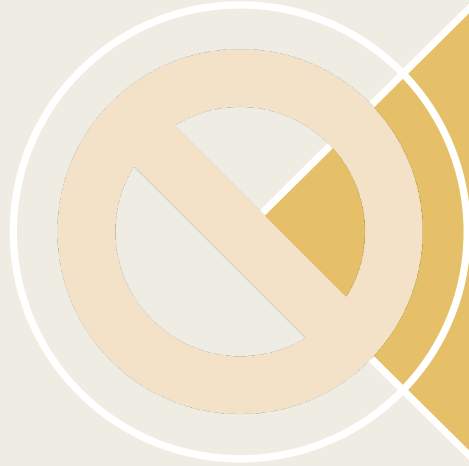
Traditional Model

- Shame
- Scarcity
- Separation

Innovative Model

- Choice
- Community
- Consideration

SHAME



Needing to prove
circumstances elicits shame.



Long lines, public stories of
hardship, and dilapidated
buildings can promote shame.



CAPS - Certified Aging In Place specialists

Certified Aging In Place Specialists

Dental Care Clinics & Resources

Elder Abuse - Pierce County

End of Life Documents

Support Groups - Alzheimer's



Support Groups - MS

FOOD BANKS

Food Bank Locations Map

Emergency Food Network

Volunteer at Your Local Food Bank

Nourish Pierce County

Home Delivered Meals

Senior Nutrition

Meal Sites

Tacoma & Pierce County Food Banks

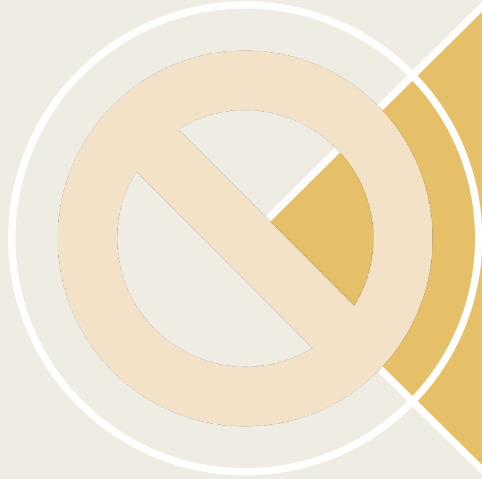
Note: Food banks often change their hours and days of operation. Call first to confirm this information. Many food banks require an appointment as well as proof of ID, residency, social security, etc. Some may limit number of visits per year.

[Emergency Food Network partner food bank sites listed by days of the week.](#)

[Emergency Food Network partner food bank programs listed by cities.](#)



SCARCITY



Scarcity promotes fixation and attention bias.

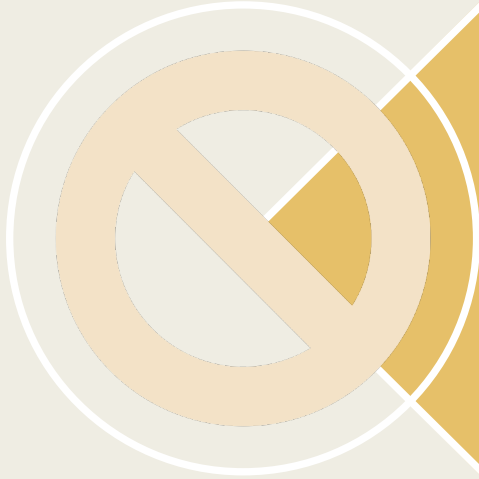


Scarcity can have an influence on decision making abilities, causing more stress and less confidence.



Signage that sends a message of scarcity.

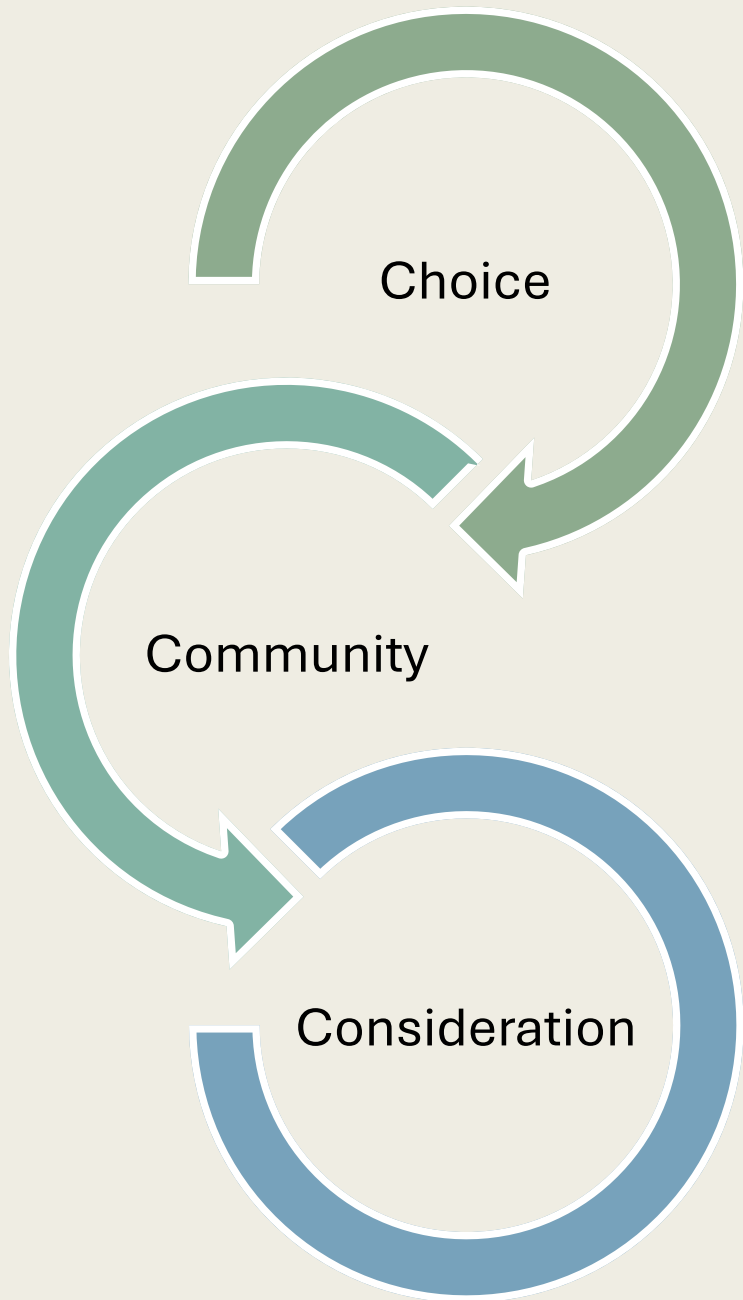
SEPARATION



Food assistance may not always align with cultural or religious preferences.



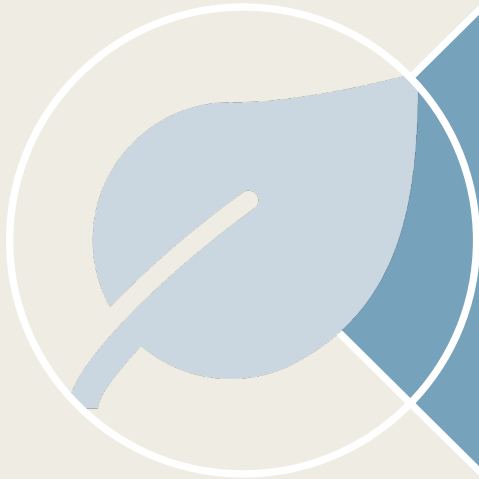
Accessibility challenges can contribute to exclusion.



CHOICE



Intentional anti-scarcity design promotes security.



Integrated solutions empower customers with choice.



COMMUNITY



Innovative tools for
consistent
communication.



Solutions are
tailored to specific
needs of community.



- GoodRoots' Lockers out-perform 95% of brick-and-mortar food banks in Pierce County.

- They have more than 10,000 visits annually.

INDIVIDUALS
SERVED

2019
<50,000

2023
244,664

OPERATING
BUDGET

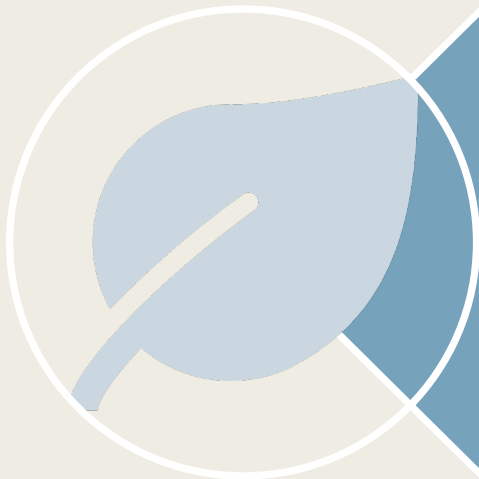
2019
\$50,000

2024
\$3.2m

CONSIDERATION



Diversity of foods
provides a sense of
belonging to customers.



Intentional design
establishes trust and
security.



Hi I want to thank you and everyone on your team we had a great lunch-dinner today. Everything I cooked today was from the market (you guys)
My family was so happy 😊



THE IMPACT

- This project is the culmination of my year-long internship at GoodRoots Northwest, formerly the Bonney Lake Food Bank, as part of my training at UW Tacoma as a psychology student.
- This project has included extensive literature review on inclusive food access.
- Qualitative and quantitative evidence supports of the efficacy and feasibility of an inclusive approach to promote choice, community, and consideration.

THANK YOU

- Thank you to Stacey Crnich, who saw what couldn't be unseen and dove headfirst into creating life-changing opportunities for our community.
- Thank you to Dr. Leighann Chaffee, who guided me and walked through this project with me and believed in the work being done at GoodRoots.
- Thank you to the volunteers and staff at GoodRoots, who were so patient, kind, and an inspiration.
- And thank you to the customers at The Market. This has been a transformative experience, and I am so grateful for my interactions with each person.