

Mendocino Coast Community Cannery Consolidated Overview

Background;

There are sufficient orchard, soft fruit and vegetable crops and ocean products produced along the Mendocino Coast to warrant setting up and operating some kind of processing Center for multiple use.

Project Goals:

- Increase the margin of success of growers already involved in these pursuits. In other words it is felt at the problems which have kept these interests from developing can be met, making possible opportunities for more people to become involved in food production.
- Strengthen the local economy by adding greater diversity to it, and therefore a greater measure of economic stability and food security
- The cannery would focus on canning, juicing, freezing, and drying, preservation, storage and creating value added. (soups, stews,)
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Outcomes;

- **Increase in production of locally harvested food** that can be preserved and stored creates greater **food security** for our community since 98% of the food weight consume comes from outside the area.
- Personal Gardens will produce more because their will be a way to deal with excess(Bring it to the cannery for preservation.
- Local food consumption will provide healthy diets and **improve Community health**
- **Economic development** that is culturally aligned with community values will unify us in a common approach to nutrition, diet and the health benefits they produce.
- **Consider potato leek soup;** potatoes and leeks have a limited lifespans, but combined to produce hey value added soup that can be stored indefinitely, put in a jar, with a Mendocino community cannery label, and sold locally and or traded back to the producer, is is This simple example that informs a methodology that can be applied to a multiplicity of fruits vegetables and fish. **Value added.**

The Mendocino Coast Health Care District has aligned itself with the Blue Zone Principles to Guide its long-term planning to meet its mission of improving community health. The community cannery aligns itself with the following Blue Zone principles for improving personal health.

- Community engagement
- Food security
- Nutrition

- Movement
- Avoiding processed foods
- Strong sense of purpose
- Surrounding yourself with those who share Blue zone values

We need one big project to bring them all together, to improve their businesses, their seamless collaboration and community access, while at the same time growing our agricultural culture which will improve community health and wellness which is the mandate of the Mendocino Coast Health Care District.