

Bloomington Community Healthy Food Access Survey Report

July 2019

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Report

The 2018 Bloomington Sustainability Action Plan’s chapter on Local Food and Agriculture envisions a future where “all City residents have access to healthy, affordable, sustainable, and locally produced food.” Goal 4.1 intends to increase access to healthy, local food relative to 2019 baseline levels, as defined by a community survey. This summer the City partnered with the Bloomington Food Policy Council to meet Action 4.1.a: develop a community survey to evaluate changes in healthy food access over time. This report describes the methods used for survey development and gives recommendations for implementation.

Survey Creation

The Bloomington Food Policy Council Assessment and Research Working Group members developed several initial survey questions. These questions were then modified and supplemented with research on food access surveys in other communities, four focus groups across the City of Bloomington, and feedback from several community service providers. The result is a 3-page survey with 17 questions intended to measure food access in the Bloomington community on an annual basis (See Appendix A).

Similar Surveys

Food access surveys have been conducted in several communities nationwide. This study examined food access surveys and related food access and food security toolkits from Maryland, Massachusetts, Montana, Colorado, and Michigan. While it is helpful to examine these for use in Bloomington’s efforts to measure food access, it is important to be aware that each of these surveys had different objectives and desired audiences. Some surveys were done at a county level, while some honed in on identified “food deserts”. Some focused on lower income residents, visitors to food assistance programs and local organizations, while others sampled more widely. The survey content and sampling methods depend largely on the purpose of the study.

All, however, in some way examined sources of food, and barriers to accessing it. With the goal of a food access survey sent out annually, we wanted to identify key questions that would allow the City and community to track how food access is changing over time. We sought to develop methods that will be relevant and reproducible into the future. See Appendix B for descriptions and relevant questions from these surveys.

Focus Groups

The intent of holding focus groups was to give insight into the nuances of food access that are not immediately obvious, and identify points of interest or concern that might be more specific to Bloomington. We talked with people from lower income neighborhoods such as Broadview (6/13) and Crestmont (6/15), with clients of Mother Hubbard’s Cupboard (7/19), and we held a session for Spanish-speaking community members (7/14). Each focus group session lasted 1.5 hours. We asked participants about their experiences accessing food, about what was helping or hindering them in accessing food, and we asked what they thought might be helpful for the City and community to do in the future to improve food access in Bloomington. Catherine Encarnacion, BFPC volunteer and certified facilitator, led each focus group, along with Angela Babb, BFPC Board member and Lindsey Hummel, BFPC graduate student extern.

For each of the focus groups we partnered up with community organizations to help reach our target audience including Broadview Learning Center, Broadview Neighborhood Association, Bloomington Housing Authority, Mother Hubbard’s Cupboard, and the Iglesia Hispana at Sherwood Oaks Christian Church. This involved reaching out and meeting with organization leaders to explain our purpose, then posting flyers on bulletin boards in main offices and public spaces in each neighborhood, and sharing the flyers with leaders to distribute about a week ahead of each focus group session. The flyer included a brief summary about the intent of the focus group and compensation for participants’ time.

Participants self-selected from the advertisements and outreach, and sign-up was limited to one person per household: first-come, first-participate. Sessions were capped at 10 participants, and each participant was given \$20 cash in compensation for their time. Incentives for focus group participants are quite common and have been shown to lead to more participation, faster recruitment, and fewer absences the day of the session. This will not be a recurring expense, as the focus groups are intended to inform only the creation of the survey content. Across all four sessions, we had 33 participants, and spent a total of \$660 on incentives. We also provided light refreshments, which ran about \$25 per session. All focus group expenses were covered by BFPC.

The focus groups were valuable for identifying barriers to food access that were not addressed in the initial survey draft. Additional challenges include: not knowing about certain benefit programs, difficulty navigating available bus stops and routes, and dietary and physical restrictions. Focus group participants also expressed confusion regarding the wording of some survey questions, which we have since revised to clarify.

We discussed ways that participants felt food access could be improved through actions taken by the City and/or wider community. Suggestions include: partnering with Bloomington Transit to dedicate advertisement space for local assistance programs, providing help with cooking and preparing meals, and various strategies for improving mobility around town. See Appendix C for an aggregate of focus group responses.

Examples of Focus Group Responses

<p>What are the major difficulties or challenges you experience accessing food?</p>	<p>Cost of food Finances, buying what you need Limited hours of food pantries, most are only open during the weekday Cost of utilities, some assistance programs run out of funding It is hard knowing what food to anticipate at pantries and plan for a balanced diet from all the resources. There are a lot of carbohydrates and sometimes not enough protein. Medical-related problems: diabetes, poor dental health, food allergies, disability Feel unwelcome at some grocery stores, get disrespectful commentary from staff at grocery, they have a misperception of what I want and need Home bound Have to visit the store more than once per week because I can’t carry my food in one trip Not knowing about assistance that is available, lack of information: “Area 10 [weekly meals] is the only assistance I know about” Transportation Case workers telling me what to buy Fresh food from the food pantries spoils quickly</p>
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<p>How might these difficulties be addressed by the City or community?</p>	<ul style="list-style-type: none"> More consistent food at pantries and other local assistance programs Help anticipating the cost of utilities so I can budget better Dedicate advertisement space on City buses to advertise local assistance programs Reduce transportation costs, evaluate bus stops and assistance office locations City could partner with Uber Ability to take store carts home, or help getting food to my home Spread out community gardens – smaller gardens in more places Teach people how to garden, grow their own food Community garden planning Lower the costs of the City community garden plots Help people with cooking Library as a hub for education, resources, assistance Cooking facilities Install timed electric stoves in public park facilities (as in Oregon)
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Community Partners

We used the information from the first two focus groups to adjust the survey. Then we sent a draft to 13 local service providers and asked them each to review the survey. Representatives from Community Kitchen, Monroe County United Ministries, Shalom Center, and the Bloomington Community and Family Resources Department responded. The suggestions received were very helpful, including adjusting the language of the questions and response options to be clearer and more readable, and clarifying the intent of the questions and how they are being asked. See Appendix D for responses from community partners.

Survey Implementation

Evaluating levels of food access in the community is not as simple as targeting one subset of the Bloomington population. Sampling only populations that we know are already very likely to be facing challenges might overlook some of the Bloomington community who are not easily identified using census data.

To obtain a representative sample of all residents and track progress accurately, we recommend the City of Bloomington begin its food access assessment by evaluating the entire community.

The survey is intended to take less than 10 minutes to complete. We recommend that the City pilot a finalized survey with a small group of residents before distributing it to the community to help identify any difficulties that may arise, such as interpreting the survey questions and intent.

Sampling and Distribution

We recommend a survey distribution design similar to the 2019 Community Survey: an initial postcard mailing announcing that the addressee has been selected to take a survey, a mailing with a cover letter, survey and a return envelope included a week later, and then a follow up postcard with a survey link asking the addressee to take the survey if they have not already done so a week after that. This is a mailing structure that is standard in many social surveys, however, some money might be saved by simplifying the mailings down to the survey packet with postcard reminder a week later.

The USPS has address lists of its residential mailing routes in the City. Varying levels of address types are available. For example, the City could purchase all addresses on the routes and then pick survey addresses randomly. We recommend the City be more selective in targeting a higher concentration of apartments for the survey since multifamily housing typically has lower response rates than homes.

The number of invitations to send out depends on the population size, and desired margin of error and confidence level, and expected valid response rate. For example, if we aim for similar representation as seen in the Community Survey, then we will want to aim for a 95% confidence interval, with 4% margin of error. This means that the survey will need about 600 valid responses. To reach 600 respondents, if there is an expected 20% response rate, then Bloomington will need to send out about 3,000 survey invitations to meet its representation goals. If the response rate is 15%, then 4,000 invitations will need to be sent out. If a response rate could be as low as 10%, then as many as 6,000 invitations will need to be sent out to reach the required sample size. Marketing the survey and being clear in the postcards and survey cover letter's explanation will be very important in encouraging residents to take part.

A common way to help get responses from survey recipients is to include some sort of incentive. Often this is in the form of \$1-\$2-dollar bills or a voucher included in the survey packet. Including a small incentive can influence the recipient to take the survey in exchange for a small benefit. If the City wants to include an incentive in the form of a voucher or coupon, possible community partners might be the Farmers Market and Bloomington Parks and Recreation Department, Visit Bloomington, or the Chamber of Commerce, to name a few. This was not included in the cost estimates below.

Costs

The Herald Times provides a plethora of printing services including printing, addressing, packing, and mailing, each with their own cost depending on the quantity and quality. The table in this section contains a rough estimate of the above described scenario of one announcement postcard, one survey with return envelope, and a final reminder postcard. The City would need to use a bulk mailing account to obtain the mailing rate. Currently the Parks and Recreation Department has a permit, and according to Herald Times, the City also has the option to use its bulk permit.

While the Herald Times and other printing services can print the return envelopes, this type of return postage is not subject to bulk mail pricing. There are three options for the return postage. The first, a courtesy reply that depends on the recipient to place a stamp and return, is not ideal and will discourage responses. The second option is metering a first-class postage on all of the return envelopes. The third is using a business reply account, which allows the holder to pay postage and a price per piece fee only for the pieces returned. This would only be an option if the City of Bloomington has an account or has a partner whose account they can use. We recommend this third option if the City has access to a business reply account, with the metered first class as the next preferred option, included in the table below.

Bloomington Food Access Assessment Estimated Costs		Scenario: Number of Invitations sent			
		3000	4000	6000	
	Response Rate to reach 600 responses:	20%	15%	10%	
Data	<u>Costs</u>				
	USPS Mail Routes*	\$7/thousand households, 33k	\$231	\$231	\$231
Printing/ Packing					
	#9 and #10 Envelopes	Approx. \$14/500 count	\$ 200	\$ 300	\$ 400
	Postcard Printing x 2	.09 per each	\$ 540	\$ 720	\$ 1,080
	Postcard Addressing x 2	\$26 per thousand	\$ 156	\$ 208	\$ 312
	Outgoing Envelope Addressing	\$26 per thousand	\$ 78	\$ 104	\$ 156
	Return Envelope Addressing	\$26 per thousand	\$ 78	\$ 104	\$ 156
	Survey Printing (PDF print ready with crop marks and bleeds)	.07 per side	\$ 840	\$ 1,120	\$ 1,680
	Stuffing 3 sheets of paper and return envelope into 1	\$55 per thousand	\$ 165	\$ 220	\$ 330
Mailing					
	Regular Bulk Rate .26 per each	.26 per each	\$ 780	\$ 1,040	\$ 1,560
	Postcard Mailing x 2: .26 each?	.26 per each	\$ 1,560	\$ 2,080	\$ 3,120
	Return mailing?	Metered Mail .50 per each	\$ 1,500	\$ 2,000	\$ 3,000
Digital					
	Survey Monkey Individual Advantage Subscription	\$32 per month, billed annually	\$ 384	\$ 384	\$ 384
Analysis					
	Labor for recording the paper surveys	\$15/hour, 3 min/survey: 30 hours	\$ 450	\$ 450	\$ 450
	Analysis and Report	\$20/hour, 15 hours	\$ 300	\$ 300	\$ 300
	Total		\$ 7,262	\$ 9,261	\$ 13,159

*Cost for addresses from USPS mail routes depend on the dataset that is requested. This estimate includes all mail routes within Bloomington city limits, which can be subsequently randomized for the survey distribution.

This budget accounts for printing services offered through the Herald Times; however, it is not the only local option for printing and mailing. Printing and mailing materials through another means may be another way to reduce costs.

If the Economic and Sustainable Development department does not already have access to an online survey host through another City department or community partner, this is another cost that is included in the table. Survey Monkey’s Advantage Plan should be adequate for the purposes of this survey. For an individual plan, the cost is \$384 annually. Team Advantage plans are \$25 per user per month, minimum 3 users, for a minimum total of \$900 annually. An individual membership may be adequate for the needs of this survey.

Processing 600 responses and analyzing the results will be a lot of burden on an existing staff person at the City. The City could hire student intern to conduct data entry and initial analysis, or incorporate this role into the projects that existing interns work on. If survey entry averages approximately 3 minutes per survey, and there are 600 mailed responses, this would take about thirty hours. Another option for recording responses might be partnering with a research lab or service-learning course at Indiana University, or recruiting community volunteers to enter data. It is highly recommended that whoever works with the raw data completes training on human subjects research and encrypts the data before analysis. Survey analysis will consist of downloading the data and reviewing it for trends and data points of note. The quantitative analysis itself will not take much time. However, coding answers to the open response question and reviewing the survey results against food initiatives in the community may take longer. This analysis could be done by an intern with experience in statistical analysis alongside a supervisor.

APPENDIX A. Food Access Survey Questions

1. Where do you get your food? Select all that apply.

- Grocery Stores (Kroger, Fresh Thyme, Lucky’s, Walmart, Aldi, etc.)
- Food Assistance Programs (Mother Hubbard’s Cupboard, Monroe County United Ministries, Trustee’s Office, Meals on Wheels, etc.)
- Dollar stores
- Gardens (personal or community)
- Seasonal Markets (Farmer’s market, winter market, farm stands)
- Meal subscription (Blue Apron, Home Chef)
- Wholesale Store (Sam’s Club)
- Fast Food Restaurants
- Convenience Stores or Gas stations
- Church or congregate meals (Area 10, First United Methodist, Shalom Center, Community Kitchen)
- Other: _____

2. Please tell us how much you agree or disagree with the following statements.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Don’t Know
It is easy to find fresh fruits, vegetables, and proteins that I need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It is easy to access the fruits, vegetables, and proteins I need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The fresh food that I can get/access is of high quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can get/access local food grown in Indiana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can get/access a variety of foods that meet the cultural needs of my family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. How do you typically access food?

- Walk
- Bike
- Bus
- Drive personal vehicle
- Borrow someone else’s car
- Carpool
- Taxi or rideshare (Uber or Lyft)
- Shuttle service
- Delivery (groceries and/or meals)
- Other: _____

4. What foods do you need better access to? (Select all that apply)

- Fresh meats
- Fresh fruits
- Fresh vegetables
- Whole grain items
- Protein bars/shakes
- Dairy (milk products, eggs)
- Other: _____
- I have good access to these foods already

5. Which of the following make it challenging for you to access and use fresh fruit, vegetables, and proteins? (Select all that apply)

- Low wages
- High prices of fresh foods
- Lack of employment or underemployment
- Limited transportation
- Limited hours of the food pantries
- The time it takes to cook
- Physical disability or poor health
- Limited storage or working equipment
- Not knowing how to prepare and cook meals
- Lost benefits or have not applied for food assistance benefits (SNAP/Food Stamps, WIC, other)
- Assistance is not enough to meet my needs
- Costs of rent and/or utilities
- Cost of transportation
- Not knowing where to go to get assistance
- Judgement from others while using assistance programs
- Other: _____

6. What would make it easier for you to access and use fresh fruits, vegetables, and proteins? (Select all that apply)

- Higher wages
- Lower costs of food
- More/better employment opportunities
- Help with transportation costs
- Grocery store shuttles
- Bus routes or stops closer to food sources
- Expanded hours of food pantries
- Help preparing food to cook
- More items at my food bank/food pantry/delivery meal program
- A community garden
- More time to prepare / cook meals
- More grocery stores near where I live/work
- Matching program for SNAP dollars at the Farmer’s Markets
- More convenience stores that sell fruits, vegetables, and proteins
- Knowing how to prepare and cook fruits, vegetables, and proteins
- Space to prepare food
- Help carrying food home
- More information about how to access food assistance options
- Other: _____

7. What else would you like the City of Bloomington and community organizations to know about food access? / How would you recommend the City of Bloomington and community organizations improve healthy food access?

The next questions are voluntary and are important for us to know we have reached a representative sample of the Bloomington community. As with the previous responses, the information you provide will be kept anonymous.

8. What is the ZIP Code of your primary address? _____

9. Do you live in:

- City of Bloomington Monroe County Other: _____

10. How many people currently live in your household? _____

11. How many members of your household are under the age of 18? _____

12. Are you currently participating in SNAP (food stamps), WIC, or other nutrition assistance programs?

- Yes
 No

13. If you answered 'yes' to the above question, is the assistance you are receiving sufficient to meet your needs? (If you answered 'No' skip to question 14.)

- Yes
 No

14. Annual household income?

- | | |
|---|---|
| <input type="checkbox"/> Less than \$10,000 | <input type="checkbox"/> 70,000-89,000 |
| <input type="checkbox"/> \$10,000-\$29,000 | <input type="checkbox"/> \$90,000-125,000 |
| <input type="checkbox"/> \$30,000-\$49,000 | <input type="checkbox"/> More than \$125,000 |
| <input type="checkbox"/> \$50,000-\$69,000 | <input type="checkbox"/> Prefer not to answer |

15. What is the highest level of education you have attained? If you are currently enrolled in school, please indicate the highest degree you have received.

- | | |
|---|---|
| <input type="checkbox"/> Less than a high school diploma | <input type="checkbox"/> Associate degree |
| <input type="checkbox"/> High school degree or equivalent
(e.g. GED) | <input type="checkbox"/> Bachelor's degree |
| <input type="checkbox"/> Some college, no degree | <input type="checkbox"/> Master's degree or above |
| | <input type="checkbox"/> Prefer not to answer |

16. What gender do you most identify with?

- | | |
|---------------------------------|---|
| <input type="checkbox"/> Male | <input type="checkbox"/> In another way |
| <input type="checkbox"/> Female | <input type="checkbox"/> Prefer not to answer |

17. How would you describe yourself? (Select all that apply)

- | | |
|--|---|
| <input type="checkbox"/> American Indian or Alaska Native | <input type="checkbox"/> White |
| <input type="checkbox"/> Asian | <input type="checkbox"/> Other |
| <input type="checkbox"/> Black or African American | <input type="checkbox"/> Prefer not to answer |
| <input type="checkbox"/> Native Hawaiian or Pacific Islander | |

APPENDIX B. Toolkits and Similar Survey Efforts

Toolkits

Community Food Security Assessment Toolkit

Barbara Cohen, IQ Solutions. Electronic Publications from the Food Assistance & Nutrition Research Program. Economic Research Service. E-FAN-02-013. July 2002

Toolkit link:

https://www.uc.edu/cdc/urban_database/food_resources/community_food_security_assessment_USDA.pdf

This toolkit remains a good resource for methods of identifying community's needs and filling in the information gaps. It is a guide for profiling general community characteristics and community food resources, materials for assessing household food security, food resource accessibility, food availability and affordability, and community food production resources. It guides users through tools such as secondary data sources, focus group guides, and a food store survey instrument.

The toolkit distinguishes 'community food security' from food security in that community food security "concerns the underlying social, economic, and institutional factors within a community that affect the quantity and quality of available food and its affordability or price relative to the sufficiency of financial resources available to acquire it."

For determining a community's information needs, it encourages planners to consider geographic boundaries, whether all people have reasonable access to retail food outlets, if the community has the sufficient infrastructure to meet the needs of people who need emergency or supplemental food, agricultural resources, local policies, community mapping, and variety of available foods affordable to low income households, among many others.

Reflections on 2016 Shared Measurement Pilot Food Access Survey – Year One: Lessons Learned and Recommendations for Next Steps

Michigan State University Center for Regional Food Systems, and the Gretchen Swanson Center for Nutrition. July 2017

Link:

<https://www.canr.msu.edu/foodsystems/uploads/resources/shared%20measures%20reflection%20report.pdf>

The Center for Regional Food Systems at Michigan State University has been involved with several food security and access surveys throughout the state. This report offers a 'lessons learned' review of a pilot program, and recommendations for sampling and improved survey construction.

USDA Guide to Measuring Household Food Security

United States Department of Agriculture, Food and Nutrition Service, Office of Analysis, Nutrition, and Evaluation. Revised 2000.

Guide Summary: <https://fns-prod.azureedge.net/sites/default/files/FSGuideSummary.pdf>

Document link: <https://fns-prod.azureedge.net/sites/default/files/FSGuide.pdf>

Other related USDA food security survey resources:

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-tools.aspx>

This guide and other online resources serve as a tool for helping communities measure the extent of food insecurity and hunger. It discusses a core survey module based on multiple indicator questions that capture and distinguish levels of severity with which food insecurity and hunger are experienced in the United States. One point that has become very common in food insecurity and access surveys is that the guide poses questions that ask about circumstances occurring during the past 12 months.

Surveys

Shasta County, California

Food Access Survey | 2013

Colorado Farm to School Project Resource listing

Survey: <http://coloradofarmtoschool.org/wp-content/uploads/downloads/2013/02/Food-Access-Survey.pdf>

Scale: County, Population: 179,921

Survey target: People who face barriers to buying food for their household needs.

Survey Length: 33 questions, 19 related to food access, 14 on demographics and income

Method: Volunteer interviewed respondent and filled out the form, water bottle as an incentive upon completion of survey.

Notable Questions:

- Which of the following stops your family from buying the food you need? (Select all that apply). If respondent answered that they did not experience barriers, the survey ended.
- Out of a list of food assistance programs, which have your household used in the last year? (Select all that apply)
- How many days or weeks does the food you get from the assistance program usually feed your family (Options to check one to six days/weeks.)
- Which of the following problems have you had in using food assistance programs? (Select all: options include difficult application, inadequate food quality, treated poorly, language barrier, other, no problems)
- If the respondent noted that they experienced barriers and had not applied for food assistance programs, asked about reasons why. Options include not eligible, citizenship status, not wanting to impose on the system, don't know how, hard to travel to the office, etc.)
- Rank general health, ask if have health insurance
- Matrix asking to list how often the respondent ate food made at home, fast food, sit-down restaurant, school, convenience store, church/community service organization, work cafeteria, other. (Options: less than once a week, 1-2 times a week, 3-4 times a week.... At least once a day.)
- Of food you make at home, how much comes from super market, convenience store, farmer's market, food bank, garden, church/community service organization, other. (Select: None, some, most, all)
- What is the name of the store where you buy most of the food you make at home? Why do you buy most of your food there? (Select all)
- Ranking quality, selection, prices, treatment, ease, cleanliness (poor, average, very good, N/A)

Montgomery County, Maryland

Community Food Access Assessment | 2013-2015

Montgomery County Food Council

Report: <https://mocofoodcouncil.org/wp-content/uploads/2015/08/MoCo-Food-Access-Report-2015.pdf>

Scale: County, Population 1.059 million

Survey Target: Lower income community members

Respondents: 80 in listening session, 51 to online survey

Survey Length: about 22, ~13 regarding food access, 8 on demographics

Method: 8 listening sessions open to the general public in areas identified as having low access to food through mapping efforts. Participants were given \$10 Target gift cards, and complimentary childcare and refreshments were provided at each session. Survey questions were developed based on the responses to questions in the listening sessions. A web survey of the questions in the listening sessions was also released to capture general public feedback.

Goal: Increase access to locally produced, healthy food among county residents, especially in communities with limited access.

Notable Survey Questions

- On average what is your monthly budget for groceries?
- How often do you purchase groceries? (daily, weekly, bi-weekly, monthly)
- How often do you travel to the supermarket? How long does it take to get there?
- What foods do you typically shop for?
- Are you able to find every food item you are looking for? What do you have trouble finding?
- Do you have any barriers that prevent you from cooking?
- What other food sources do you use to meet your needs?
- Do you have any other barriers to getting the food you want and need?
- Do you have the tools to use/prepare the food you need?
- What is your impression of organic foods? If you had a choice would you buy organic and/or local?
- Have you ever shopped at the farmer's market? Gone to a pick your own farm?
- What types of food do you think are 'healthy'? Do you try to buy 'healthy' foods or is it not a concern for you?
- Do you or your family have health concerns that require you to choose special foods? Can you tell us more about these dietary issues? Has this been easy to do or hard to do?

Hampshire County, Massachusetts

Healthy Hampshire Food Access Assessment Report | 2017

Cooley Dickinson Healthy Communities Committee

Report: http://www.healthyhampshire.org/content/6-resources/food-access-assessment-report_finalna.pdf Appendices: https://www.cooleydickinson.org/wp-content/uploads/2017/12/Food-Access-Assessment-Report_FinalAppendices.pdf

Scale: County, Population: 161,355

Survey target: low socioeconomic status individuals, seniors, and rural residents

Respondents: 241

Survey Length: 13 on food access, 8 on demographics and income

Method: Rapid intercept survey (door to door at affordable housing complexes, food pantries, beneficiaries of senior programming, community engagement events.)

Goals: “Gain a clear and current understanding of pressing food access issues facing the population of Healthy Hampshire’s and CDHC’s service areas,” and “identify effective ways of addressing those issues using Healthy Hampshire and CDHC’s respective strategic frameworks and funding streams.”

The assessment aimed to answer 6 questions: shape and scope of food insecurity, how local policies are or are not supporting food security, the viability of healthy retail in addressing food insecurity, how well food pantries are addressing food insecurity, and how the food environment at the local hospital is supporting food security.

Notable Survey Questions:

- Two questions similar to the Current Population Survey Food Security Supplement conducted annually by the US Census Bureau, asking whether the respondent had run out of food in any given month, or had skipped or cut the size of meals because there wasn’t enough money for food.
- Shopping habits and food sourcing over the past year, choosing frequency per source on a matrix (Never, a few times per year, once every month or two, once every two weeks, once per week or more)
- Transportation options on a matrix (never, some of the time, most of the time, all of the time)
- Are you usually able to get the food you want to eat?
- What prevents you from getting the food you want to eat? (Select all)
- Ranking preferences (taste, nutritional value, appearance, price, locally grown, organic or no pesticides) on a ‘Not important’ to ‘Very important’ scale

In addition to the survey target, the committee interviewed local food retailers, food pantries, farmer’s market customers, audits of local retailer composition, and other community stakeholders.

North Quabbin, Massachusetts

Food Access Survey: Rural Food Access in the North Quabbin | 2014

North Quabbin Community Coalition, Kirby Lecy

Survey: http://www.ngcc.org/pdfs/food_access_survey_web.pdf

Scale: Regional/Rural/Urban,

Survey target: low income individuals and families

Respondents: 347 responses with usable data

Survey Length: 32 questions, 23 food related, 9 demographic and income

Method: Distributed through partners of the Coalition, partnering with volunteer groups.

Notable Survey Questions:

- Age
- How often shop (1, 2, 3 times per week, every other week)
- How do you acquire the majority of the food you make at home? How often do you acquire the food at this location? Why do you buy most of your food there?
- How far do you travel to acquire your main source of food?
- If you travel more than X miles to access your main food source, please indicate why.
- How much of your food that you make at home comes from the following? (all, most, some, none, other)
- How often do you eat food made at each of the following places: fast food, school, sit down restaurant, convenience store, church or community meal, other (Never, less than once a week, 1-2 times per week, 3-4)
- Rate general health
- Fruits and vegetables eat/serve most often (Select all that apply)
- Are your vegetables and fruits fresh, canned or frozen? (Matrix: always frozen, mostly frozen, always canned, mostly canned, always fresh, mostly fresh) How often do you eat these?
- What types of proteins do you eat? (Select all). How often do you eat proteins? Dairy products?
- Other food products
- Which of the following stops you from accessing fruits and vegetables?
- Which of the following would help you eat more fruits and vegetables? (List, choose yes or no)

Waltham, Massachusetts

Waltham Healthy Food Access Survey | 2015

Waltham Healthy Food Access Coalition

Link: <https://www.healthy-waltham.org/community-survey/> Survey: <http://www.healthy-waltham.org/wp-content/uploads/2015/06/Waltham-Healthy-Food-Access-Survey.pdf>

Scale: Town, Population: 62,442

Survey target: Not specified

Respondents: Not specified

Survey Length: 15, 11 related to food access, 4 demographic and income

Method: Not specified

Goals: “Designed to gather information from the entire community about the challenges we face in making healthy food decisions. Once we have a better picture of what the most important factors are in our unique community, we can plan action steps in policy advocacy, education, and programming to better address these issues, ultimately making the healthy choice the easy choice for all of Waltham.”

Notable Survey Questions

- How often do you eat healthy snacks and meals? (0, 1-2, 3-4, 5 or more times per day)
- When you do not eat healthy snacks and meals, what is the MAIN reason/obstacle? (Mark one)
- When you do not eat healthy snacks and meals, how important are the following: cost, convenience, taste, not having the information needed, time to shop, distance to store, ease/ability to use transportation, cultural tradition. (Matrix rankings)
- How often do you eat fast food? Home-cooked meals?
- In past 12 months, how often were you not able to eat a healthy meal because your family didn't have enough money?
- In the past 12 months, were you ever hungry because there was not enough food to buy food for [yourself or family members]?
- Which of the following would make healthier food choices easier choices for you? List: another grocery store, more farmer's markets, better quality/variety of produce at the grocery store, more stores accepting SNAP/WIC vouchers, more community gardens, classes on food preparation / cooking, classes on canning / preserving food, workshop on gardening, more food distribution agencies
- How important do you think it is to eat healthy snacks and meals?

Missoula County, Montana

Food Access and Affordability Survey | 2016

Missoula Food Security Initiative

Survey: <http://www.missoulafoodbank.org/wp-content/uploads/2016/05/Food-AA-Survey-Summary.pdf>

Scale: County, Population: 117,441

Survey target: low- and moderate-income individuals and families

Respondents: 361

Survey Length: about 11 questions, 7 related to food access, 4 on demographics and income

Method: Data collected at foodbank, aging services, WIC, women service, low-income housing community, community garden non-profit

Notable Survey Questions:

- Matrix questions (all of the time, most of the time, some of the time, occasionally, never)
 - o Where do you get your food?
 - o How do you usually travel to get your food?
 - o Which of the following make it challenging for you to get and eat fruit, vegetables, and lean proteins? (low wages, prices, unemployment, etc.)
- If a recommended serving size equals one medium apple, ¼ cup dried fruit, or one cup leafy greens, how many servings of total do you eat on a daily basis?
- How often does cost stop you from buying fruits, vegetables, and lean proteins? (matrix)
- What would make it easier for you to consume more fruits, vegetables and lean proteins? (Select from list)
- How often does cost stop you from buying fruits, vegetables and lean proteins?

La Crosse, Wisconsin

Perceived Barriers to Accessing Adequate Nutrition Among Food Insecure Households Within a Food Desert | 2014

Casey Tolzman, MPH; Brenda Rooney, PhD; R. Daniel Duquette, PhD; Keely Rees, PhD;
University of Wisconsin – La Crosse

Article: <https://pdfs.semanticscholar.org/9b7c/fcdc263ce00250db9698ab18d5f5948bfacd.pdf>

Scale: Food Desert identified within the city, Population: 51,834

Survey target: families within the identified food desert geographic area

Respondents: 575 out of 2,086 eligible households

Survey Length: 16; 9 food or health related, 7 demographics

Method: The food desert covered about 5 census blocks. The researchers worked with the city's planning department to obtain the address list within this area. Surveys were sent to all residential addresses.

Purpose: "The purpose of this study was to determine the prevalence and potential predictors of severe food insecurity in this area."

Notable Survey Questions:

- The display of the survey results makes it a little unclear what the original wording of the survey questions were. It appears that for many, the researchers used matrix tables (For example: always, sometimes, occasionally, never) for identifying the following barriers to accessing food:
 - Don't have a way to get to the store
 - Cost of healthy food
 - Kinds of food wanted are not available
 - Don't have access to a store

APPENDIX C. Food Access Focus Group Responses

Aggregate responses from focus group sessions conducted with residents of the Broadview and Crestmont neighborhoods, clients from Mother Hubbard’s Cupboard, and Latinx community members. Lines marked with asterisks (*) appeared in multiple focus groups.

Engagement Questions

- **What are the common types of food you eat at home?**

Arepas	Chicken*	Lots of greens	Rice*
Bacon	Chili	Macaroni	Salads*
Beans*	Cookies	Mashed potatoes	Sandwich
Beef - Fischer Farms/Local	Eggs*	Meal delivery	Shepherd’s pie
Blue apron, home chef	Fruit - Fresh	Meat	Soda
Boiled eggs	Grains	Milk*	Spaghetti
Bread	Greens	Pasta*	Sugar free food
Broccoli	Grilled cheese*	Peanut Butter and Jelly Sandwiches	Tortilla pizzas – Tortilla with spinach, mozzarella
Cereal	Ham	Potato chips	Vegetables - fresh
Chicken - Fried	Hamburgers	Potatoes	Vegetables - seasonal
Chicken- Deli	Hot dogs	Protein bars	Vegetables*
	Hot pockets	Ravioli - Canned	
	Instant protein shake		

Comments

- I stay away from carbs because I’m diabetic
- Pasta is versatile – I can boil it ahead of time, turn into salad or heat up and eat during the week
- Ready-prepared meals
- Simple, not processed
- I’m vegetarian, eat fresh prepared foods, lots of fruits, vegetables
- I would like to see fresh local seafood
- Bread is easy, cheap
- Easy to prepare, microwave
- I have no teeth, eat mostly mashed potatoes, soft foods, vegetables, fruits. It’s hard to have a good solid [nutritionally balanced] meal.

• **What are your family’s favorite foods?**

Arepas	Chicken	Lasagna	Salads
Asado negro (Roasted beef)	Chicken - fried	Lunch meat	Sancocho (stew with chicken or beef)
Avocado	Chili	Meatballs	Sausage
Bacon sandwich	Chinese	Meatloaf*	Seafood, fish
Baked beans - homemade	Cookies	Mexican Food	Soul food
Cajun	Corn on the cob	Pastries	Soup - homemade
Cake	Eggs	Pie	Steak
Candies	Ensalada en pollo (Chicken salad)	Pizza*	Tacos
Carne Asada (grilled beef)	Fajitas- vegetarian	Pollo guisado (Chicken stew)	Tamales
Casserole	Fresh foods	Pork chops	Thai
Cereal	Fruit	Potato*	Tuna helper
	Ice cream	Ribs	Watermelon
	Italian	Rice and beans	

• **What foods sources are most accessible to you?**

Aldi*	International Development Organization (iDO) home delivery, mobile foodbank, groceries and pastries at the Islamic Center
Area 10 dinners, meal delivery	Kroger***
BHA Resident Council food pantry	Lucky’s*
Bloomingfoods	Monroe County Schools* - breakfast, lunch summer program: Fairview and Templeton
Blue apron/Home Chef	Monroe County Schools**
Bread of Life in Lynnville, IN	Monroe County United Ministries**
Community Kitchen Express*	Mother Hubbard’s Cupboard**
Community Kitchen Van	Perry Township Trustee’s Office*
Community Kitchen**	Restaurants
Crestmont Food Pantry on Thursdays	Salvation Army
Crisis Pregnancy for baby food and children	Sam’s Club*
Farmer’s market*	Second Baptist Church*
Fast food	Shalom Center*
First United Methodist Church**	Tabatha’s Storehouse
Food Bank	Target
Fresh Thyme*	Trinity – Ellettsville [Pantry 279]
Community Garden sponsored by city – Willie Streeter, Banneker, Butler garden	Walmart - pickup service
Garden in yard* -animals, vegetables	Walmart*
Gas stations/convenience stores**	

Comments

- Sam’s Club, but it is hard to access- can’t buy in bulk because don’t have storage
- Gas stations – 7/11, Our Way (Exxon) near Crestmont

Exploration Questions

- **What foods are most accessible at those sources?**

Beans	Ginger	Pasta
Bread***	Greens*	Pecan pie
Candy/sweets	Harina pan (flour made	Pizza
Cereal	from maize)	Popcorn
Cheese	Herbal teas	Pork/Meats - Canned
Chips	Herbs - fresh	Potatoes
Condiments	Hotdogs*	Rice
Dairy	Leftover foods from	Sandwiches
Deli	restaurants	Seasonal
Frozen Foods	Meal-shares	Tomatoes
Fruit*	Meat	Vegetables - Canned
Fruits- fresh	Nuts	Vegetables*
Garlic	Onions	Vitamins

Comments

- Cat/Dog food – it’s not always obvious but some food pantries have it if you ask for it.
- Most of what we need is available at the grocery stores here, but it’s not very specialized to our traditional recipes.
- High priced junk food at gas stations and convenience stores. Ready-to-eat sandwiches, hot dogs, pizza, and other foods. Basic items like condiments, candy and snack foods.
- The Trustee’s office grows tomatoes, green beans, green peppers. The bus goes near there.
- Some people can’t take bus to Kroger.
- Sometimes the produce at the food pantries is extremely close to spoilage, not always edible.
- ‘Funny food’ – food that is out of the ordinary from the usual food we eat. Green/spinach tortillas, chips made from quinoa.
- Meats and vegetables at Kroger if I have money, otherwise meat once a week at MHC.

• **What foods are least accessible to you?**

Aji dulce (sweet pepper found in Latin America and Caribbean)	Chips, cereal at MHC	Onions
Bananas	Condiments	Peppers
Beans	Cooking oil	Pineapple
Bread - whole grain, seedy	Eggs	Protein
Cake mixes	Flour	Soft shell crab, seafood
Celery varieties	Fresh vegetables	Soul food
Cheese, dairy items	Gluten free	Spices
Chicha (beverage made from grains, maize or fruit)	Ice cream,	Sugar
	Meat***	Sushi bar is expensive
	Milk	Sweets
	Non-dairy – allergic to milk: soymilk	Tomatillo
	Non-GMO Organic foods expensive	Tomatoes
		Yellow watermelon

Comments

- Diabetic foods are expensive at grocery stores, for example: Kodiak pancakes, sugar free ice cream, diabetic shakes, whole grain pasta.
- Diabetic foods are often compensating with low sugar, high salt. It is rare to find low sugar AND low salt.
- If you have allergies or sensitivities, the options at food pantries can be limiting.
- Food pantries are limited. Generally, there are not many spices or condiments, and limited meats. There are a lot of canned goods, foods with high carbohydrates, bread.
- Condiments and spices can be expensive; would rather sources like food pantries have foods rather than flavors.
- Sam’s Club is hard to access by bus. You can’t buy in bulk because of transportation, and bulk storage is difficult.
- Milk and meat are sometimes only available once a week at the food pantry.
- Heirloom tomatoes not at standard grocery stores – can find at Lucky’s Market, Fresh Thyme, but not in the winter.
- Fresh produce and fruits cost prohibitive especially in winter.
- The potato cultivars most common in the US are different from those in Latin America. ‘Papas criollas’ are not in Bloomington.
- For many products, such as harina pan, guayaba, maracuya, lulo (fruit), chirimoya, guanabana, people travel to Indianapolis to visit Saraga International Grocery. These can’t be found in Bloomington.

• **What helps you access food?**

- | | |
|--|---|
| 211 – information | Grocery pickup |
| Area 10, meals on Wheels, delivers once a month | Half price bus pass for people with disability |
| Assistance from Friends, neighbors shop together | Having a cell phone for coupons |
| Backpacks from the School program | Having information about discounts available |
| Being able to afford delivery service | Having the right information about assistance and discounts |
| Being healthy, able-bodied | Language |
| Benefits** Social Security, disability | MCUM |
| Bus passes* at the local non-profits | Mobility assistance |
| Bus stops near food sources | Money* |
| Bus** | Mother Hubbard’s cupboard |
| Car*** | People who speak it and signs |
| Carpooling* with neighbors, friends | Senior discount at restaurants, grocery stores |
| Community Kitchen | Shopping cart* |
| Employee discount | SNAP |
| Food Stamps | Taxi, uber |
| Friends* | Time |
| Full-time job | Veterans discounts |
| Good employment and wages | WIC |

Comments:

- Bus passes run out quickly, not always guaranteed that they will be available. You can generally get them at St Vincent’s DePaul, United Ministries, BHA (Leon, Kelly), Shalom Center
- Pulley shopping carts really help to transport heavy groceries on the bus and when walking
- Krogers are REALLY easy to get to by bus- College Mall, Seminary Square, South Kroger

• **What are the major difficulties or challenges that you experience to accessing food?**

Coordinating care for kids, animals	Getting from bus stop to grocery or assistance entrance
Limited storage- if have extra freezer costs extra	Health restrictions
Allergies	Income qualifying for assistance
Bag limits on the bus	Lack of information
Bus delays, multiple buses	Limit on food
Buying what you need	Pantries run out of food near end of day
Can only go once a week to visit some of them	Misperception of what I need/want
Case workers telling me what to buy	Mobility/Disability, can't lift more than 10 pounds because of back
Chips, ice cream cookies – treats	Not being fluent in English
Comm Kitchen has a lot of carbohydrates	Not having a car
Cost of a freezer or additional freezer is expensive	Not having a home
Cost of food	Not having cooking facilities at home
Cost of food is high	Not knowing, lack of information
Cost of food tied with gas, especially meat, milk, corn	Physical health
Cost of utilities – CAP office money runs out	Schedule of foodbanks and other sources
Disrespectful commentary from staff at grocery, feel unwelcome	SNAP office far away
Finances	Storage
Food safety	Taking time off work to reach food pantries
Food allergies	Transportation
	Transporting things is hard when you're alone, things are very heavy

Comments

- Language is a barrier; it can be difficult to navigate the store to find items.
- A car is a necessity, not a luxury for getting food
- Public transport is infrequent and can be very slow, especially when summer construction is happening. One delay can make people too late for the next transfer.
- Hunger [this was discussed in terms of needing food immediately, going without food for a long time and not having the energy to travel to a foodbank or communal meal to get food to eat.]
- Using B-Line, being seen in public, safety, walking between drug dealers and wealthy, feeling unwelcome in public spaces
- If I didn't have a freezer, or storage space, couldn't go to Sam's club and stock up
- Can't get from where the bus drops off to Walmart entrance, forget about carrying anything.
- I buy foods to supplement the other food that I get at meals and pantries, it can be hard to anticipate and balance the macro and micro nutrients that we need.

- Fresh food that you get from the assistance programs spoils quickly, especially if you can't store it right.
- If you work between 8 and 5 you have to take time off work to go to these places.
- Food pantries are not open long enough. At MHC, for example- open till 6p but food truck arrives around 2p. By 4pm or 5pm not as much food is left.
- Food safety is a challenge. It is difficult to transport cold or frozen items from the grocery store and pantries and keep them cold. Sometimes the food at the pantries is expired, have had frozen seafood and meats turn out to be spoiled once they get thawed.
- Some pantries and assistance organizations do income qualifying. You have to fill out paperwork and counseling is required, which is not always helpful or productive.
- SNAP is not enough sometimes, Only \$10-\$15 per month for food stamps.
- Bag limit – some pantries default to a ratio per household, but may give additional food if asked.
- “Area 10 is the only assistance I know about”
- City Bus limits baggage to 2 bags. Most drivers are lenient if a rider can move them quickly or carry them in one trip

- **How might these difficulties be addressed by the City or community?**

- Ability to take store carts home
- Access to food stamps office is currently a far walk for some
- Area 10 – offer more diabetic-friendly meals
- Area 10 transport – make public transport free or Help with transportation
- Better awareness of 211
- Bilingual signage in grocery stores at certain points in the grocery store, especially for working class Latinos who might speak and read English
- Bloomington needs to grow with Transit in mind
- Bus stops closer to food sources- stress on accessibility
- Chicken rental programs – Colorado
- Choose food you can eat at the food pantry or kitchens, fewer restrictions
- City: work with city transit to designate ad space to put in buses, put information at places where people congregate
- City could partner with Uber
- Community education: Currently have poor communication on how to deal with needs, aggression of the community, and when it's really appropriate to report or approach someone.
- Community garden planning can be onerous, especially taking care of the location, costs, planning. Who going to take care of it, is school going to take care of it, long term logistics?
- Connections to services
- Cooking facilities

- Coordinating bus delays: Construction makes bus travel slow and frustrating, miss your transfers
- Don't discriminate price of organic food and non-organic foods, there's a perception that organic necessarily means more expensive and this is not always the case.
- Ensuring Community Kitchen has more consistent foods: Guarantee 25 grams of protein in each meal, provide information about food make up, especially macro nutrients. Not everyone can eat the vegetables. Stop vegetarian nights. Be aware of diabetic issues and allergens.
- Free little food pantries neighborhood boxes- like the free little libraries
- Give out insulated bags to keep food cold or hot.
- Help people with cooking- come up with ways to recognize: Library as a resource, education, resources, assistance.
- Help transporting and carrying food
- Hoosier Hills and Community Kitchen doing a good job, but not always aware of some sensitivities like allergies, health restrictions
- Increase police, security presence on B-line trail, police on bikes
- Keep bus routes updated, manpower when need to back up [Bloomington Transit has a policy that buses cannot back up without a guide, sometimes it takes a long time for another worker to arrive to help guide the bus.]
- Knowing the cost of my utilities so I can budget better
- Lower prices for meats
- Lower the costs of the City garden plots
- Make bus passes work for Access/Rural Transit, esp. disability
- More frequent routes near places that have assistance: The one near MHC, for example, runs only once an hour.
- More/Better information on bus routes at bus stops and at the bus station: Print it out, don't just have it online. Need better ways to give feedback on route changes, keep riders aware of how to comment.
- More/better routes bus transportation/Access routes: Currently charge a dollar when crossing county lines in addition to \$1 for one-way trips. Need different routes, more buses on Southside
- Move bus stops closer to bus stamp office
- Post office does the donation grocery bags once a year: maybe the City could do something like this once a month, to distribute, share what are not using
- Public park facilities in Oregon have timed electric stoves
- Recognize that eating rice and beans all the time gets tiresome.
- Resources for Spanish-speakers and in languages other than English.
- Shopping shuttle
- Spreading out community gardens – smaller gardens in more places
- Teach people how to garden, grow their own food
- Train bus drivers to be more sensitive.
- Work with the churches to reach the Spanish-speaking community. If the resource doesn't directly reach someone at the church, someone there may have a connection to them.

- **How might the City know when everyone in Bloomington has access to food?**
 - A census or registry
 - An Anonymous system for getting help
 - Are grocery stores thriving or are they closing?
 - Are they able to be supported by the community?
 - Ask: Needs to be welcoming, friendly, respectful
 - Collaborate with other organizations
 - Food waste is lower
 - Health of children in school, monitor children, school programs
 - It's not just having **food** food; I want people to have access to HEALTHY food
 - Lower Crime rates
 - Maybe People don't want someone to know they have no access to food, afraid of being seen as taking too much advantage, ashamed of not being able to afford
 - Medical data, health information, maybe look at hospital, general health, weight loss or gain, but can be hard to tell
 - No more people on the corner, asking for assistance, but this may not be the best indicator
 - Number of people using food pantries
 - Number of people who need financial and local benefits
 - People/Neighbors are eating
 - Psychiatric calls would fall
 - School system assistance: Unpaid balances, lunch programs
 - See neighbors taking groceries home, on the bus
 - Take a census – focus groups, surveys
 - When food pantry is not running out of food
 - When no one is complaining
 - Work with organizations in the community- religious and other – to track use of services

Exit Question

- **Is there anything else you would like to say about food access in Bloomington?**

“For a community with lots of sources of food, it's hard to get to eat”

All community programs are doing great- MCUM, First United Methodist. A lot of times without them, family would not have been eating.

Broadview has a lot of resources in the Spanish language

Buses - Sundays don't run, one more limit for people who work multiple jobs

Concern about funding cuts, not only for Meals on Wheels but for other programs

Despite some needs for improvements, MHC is doing GREAT – classes, resources, free starter tomato plants, food pantries

Do restaurants work with the city, community? For example: Leftovers from schools, restaurants go to Hoosier Hills, pack in family and individual servings.

Food Stamp eligibility is a barrier for those whose income would otherwise qualify: Felony misdemeanors, drug related conviction restrictions, Time period, Work requirements – 20 hours a month/week

Freeze before expiration, label date of freezing

Improve sources of information: Publicity- brochures, how to register for help

It would be helpful to have a list of translated resources all in one place, churches are helpful for this, some have lots of ties with the Latino community.

IU/IMU food waste waiver on food rules [talking about some restaurants and food service places being reluctant to donate leftover food because of fear of retribution if the food causes someone to get sick, or is mishandled after the donation]

Kroger/Grocery stores should have to donate or be incentivized to donate/clearance sale food before it expires – city mandate

Living wage would be great

Lots of people think you can't starve in Bloomington, but the quality of the food available is very poor

Lunch in the park for children from City?

Many Latinxs in the community read the newsletter publication that the Bloomington Community and Family Resources Department puts together.

Map of bus routes

Meals on Wheels is active, need more information on how to sign up

Need information about food access in places that are central and easily accessed. Put the information in buses, in advertisement slots.

New 279 Pantry in Ellettsville- people coming from 4 counties, they expected dozens of people, but have been getting hundreds of visitors.

Northside church has a food program M-F for kids

Prefer to cook for self

Some areas near assistance organizations can be a source of tension, often a lot of trash, people hanging around

Tension in neighborhood is high

There are a lot of resources out there but there is a need for them to be more organized, easier to know and learn about.

There are no meal programs for kids on weekends, fewer programs for adults.

APPENDIX D. Comments from Community Partners on the Draft Survey

General Comments:

Group similar questions and response options together so it is easier to follow.

One of the aspects of poverty is a decrease or lack of vocabulary, so the way an item is mentioned needs to be very accessible and needs to use very simple wording that is not confusing.

Specific Comments:

- #1
 - Clarify the 'congregate meal' option
- #2
 - Differentiate response options in #2 to clarify the statement "It is easy to find fresh fruits, vegetables, and proteins that I need." For those who primarily shop at free sources, the availability may be a problem, but if they shop at stores as well, the price may be the factor that determines if these items are really "available" to them.
 - Indiana grown foods: Many people might not even know if the food they are getting, purchase or free, is from the area. I think this is something that few stores really push so there isn't much education around it.
- #3
 - Clarify the response options to distinguish getting a ride or carpooling versus borrowing someone else's car to drive
- #5
 - suggest "high price of" Rather than prices of
 - "lack of employment or lack of hours" rather than unemployment.
 - rather than say limited cooking equipment, I would suggest that working appliances may be an issue for some.
 - *Not* knowing how to prepare
 - I would suggest not using the word navigating, maybe more like "lost or haven't applied for SNAP, WIC, other food assistance because of difficulty getting papers together"
- #6
 - Suggest adding a response option "a mobile farmer's market that comes to your neighborhood"
- #14
 - Annual Household Income it depends on what data you need there, but you might want to look at the AMI charts for income for CDBG. There's a lot of potential detail there in the under \$25,000 category plus family composition is a big factor there.