

Jackson

Food Landscape Assessment

Jacqueline Winkler



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Executive Summary

The Jackson Food Landscape Assessment is used to enhance the understanding of the gaps and resources that are currently present in Jackson County's network. Community members will better be able to evaluate the positive assets within their food system and identify opportunities for future collaboration that will further strengthen the food system – food business owners, organization members, and the community will be able to work together to create better options for food sourcing and consumption. The mission is to:

- i. To create a resource for people to discover the “hunger safety net” that exists in the community to keep people from hunger problems or experiencing food scarcity
- ii. Strengthening urban-rural links by connecting farmers to consumers for example
- iii. Provide information to Jackson County to examine the availability and access to food programs/healthy foods
- iv. Understanding the barriers in the community
- v. Foster connecting between consumers and local food programs
- vi. Bridging the gap between food production and food security
- vii. Enhance a common understanding of the resources and gaps present within Jackson's food system

Jackson County's Food Landscape Assessment will be beneficial to foster connections between consumers (community) and the local food programs that exist. Bridging the gaps between food production and food security. The different aspects that seemingly affect a community's use of food programs involved in the county's network are overall food security, proximity to food assistance programs and self-reliance. This particular research uses participatory models to engage community members in beginning to chart the assets in their county's food system. Analyzing the local food system began with looking at why the food system is less visible. This is due to many factors, but the main reasons are outlined in the following pages of the assessment. Advantages of creating a food landscape, is to show a visual depiction of existing and lacking assets, to develop/improve services & to generate community participation. This particularly 'brief' community food assessment will focus on a geographically defined place, examining the links between the food programs. Addressing the needs and assets of Jackson County's food programs, future collaborations can be made among participants.

Part I: Introduction and Background

To help get a better understanding of the broad network that food programs are apart of in Jackson County, Figures 1-4 provide frameworks which are created to show the existing food services and examine the links between the food assistance programs.

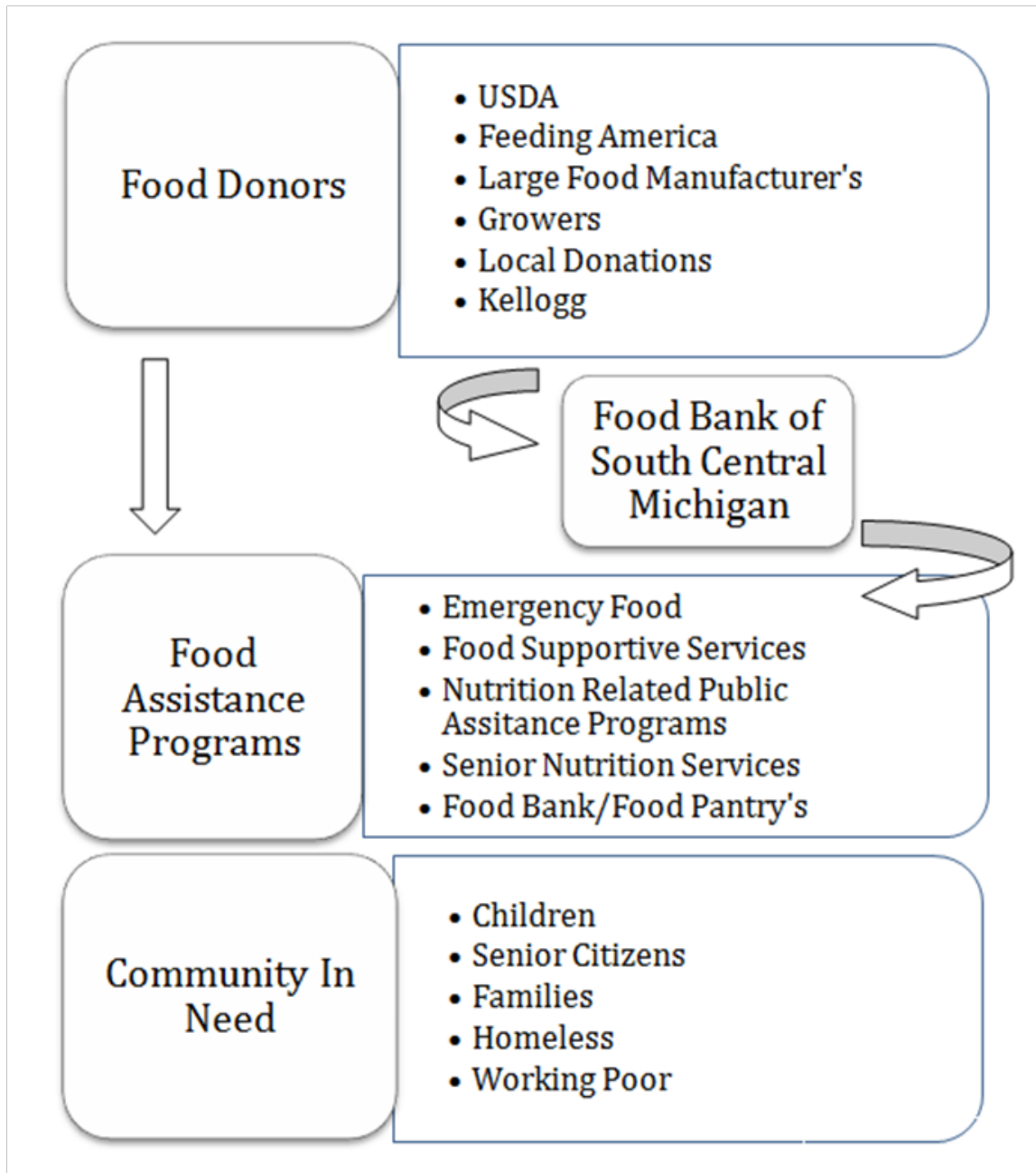


Figure 1: Visual of Current Food Assistance Programs.

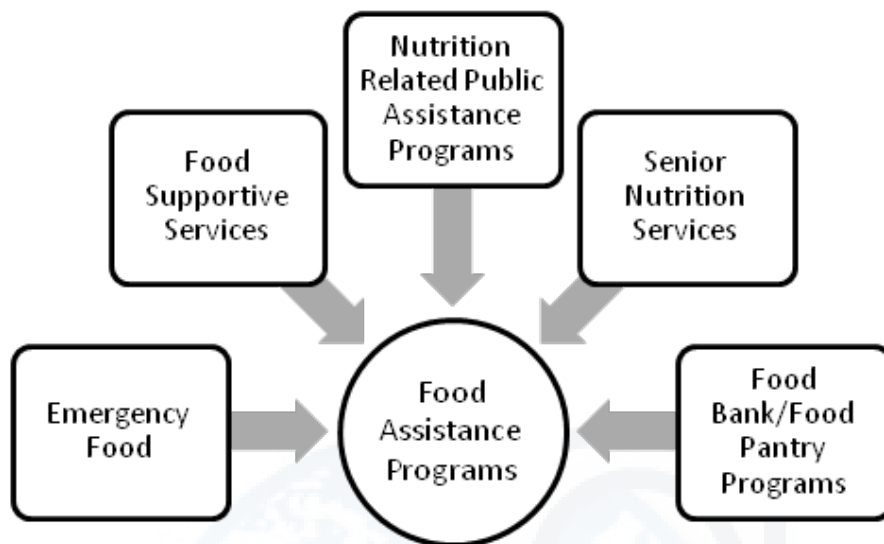


Figure 2: Food Assistance Programs Glossary.

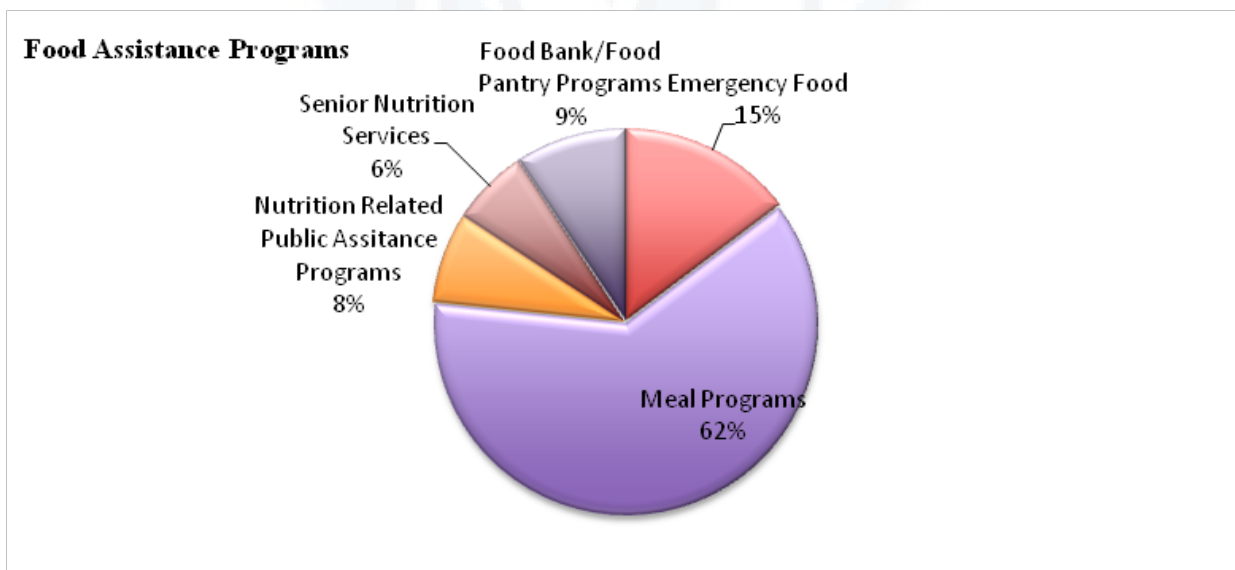
Nutrition Related Public Assistance Programs		Emergency Food Assistance Programs	
WIC	<ul style="list-style-type: none"> The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for qualifying women and their children. 	Commodity Supplemental Food Program	<ul style="list-style-type: none"> USDA nutrition program that provides monthly food assistance specially targeted at low-income seniors
Food Stamps/SNAP	<ul style="list-style-type: none"> Offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities 	Food Lines	<ul style="list-style-type: none"> people waiting to receive food given by a charitable organization or public agency.
TEFAP (The Emergency Food Assistance Program)	<ul style="list-style-type: none"> Federal funded program for low-income clients (seniors and non-seniors) that provides mostly non-perishable food every 3 months. 	Food Pantries	<ul style="list-style-type: none"> An organization or group that sorts and packages donated foodstuffs for distribution directly to people in need
CSFP (Commodity Supplemental Food Program)	<ul style="list-style-type: none"> State funded program for seniors that provides nonperishable food once per month for those meeting low-income guidelines. 	Food Vouchers	<ul style="list-style-type: none"> Programs that supply food coupons which can be exchanged in designated grocery stores, supermarkets and/or farmers markets

Community Gardens	<ul style="list-style-type: none"> • Programs that provide plots of land on which groups of people living in a neighborhood can grow fruits/vegetables. Provides access to fresh produce/plants
MASS (Michigan Agricultural Surplus System)	<ul style="list-style-type: none"> • Innovative partnership between Michigan food banks, farmers and Michigan Department of Health and Human Services-works to procure unmarketable, yet nutritious agricultural surplus for Michigan food banks
Michigan Alliance to Stop Hunger	<ul style="list-style-type: none"> • Provides a platform for organizations that have a common goal to end hunger. Action oriented group of advocates have monthly teleconferences informing alliance members on the 'whats happening now' on anti-hunger news.
Farmers Markets	<ul style="list-style-type: none"> • Freshly picked produce sold directly to consumers at lower than retail but higher than wholesale prices
WIC cash value- Farmers Markets	<ul style="list-style-type: none"> • WIC participants may purchase food from farmers market with the use of FMNF coupons. Helpful in expanding the awareness, use and sales of farmers markets.
Farmers Markets- SNAP/Double-Up Food Bucks	<ul style="list-style-type: none"> • SNAP authorized farmers markets that accept SNAP benefits
First Fruits Groceries	<ul style="list-style-type: none"> • Budget saving food program- at varying locations a 'box' of food consisting of fresh and frozen foods. Menu changes monthly.

Food Programs: Meals	
Community Meals	<ul style="list-style-type: none"> • Programs that organize periodic support or other get-togethers usually sponsored by churches and/or other local community organizations.
Home Delivered Meals	<ul style="list-style-type: none"> • Programs that prepare and deliver regular meals to older adults and people with disabilities who are unable to travel to a site
School Breakfast/Lunch	<ul style="list-style-type: none"> • Federally funded food program available to income-eligible school aged children free/reduced breakfast or lunches
Soup Kitchens	<ul style="list-style-type: none"> • Offered by churches and other organizations that provide meals in a central location for people who lack the resources to buy and prepare foods.
Summer Food Service Programs	<ul style="list-style-type: none"> • Program offered in the summer which provides congregate nutritional meals for children who live in designated low-income areas.
After School Packs	<ul style="list-style-type: none"> • Targets children from low income families who are at risk of going hungry over the weekend

Senior Nutrition Services	
Meals on Wheels	<ul style="list-style-type: none"> • Nutrition meals delivered to home bound seniors-delivers well-balanced meals (no added salt) to homebound seniors residing in Jackson County.
Congregate Meals	<ul style="list-style-type: none"> • Program that provides hot meals on a regular basis at varying locations-well-balanced noon time dinner in community setting, with special activities available
Jackson County Meal Service, Inc.	<ul style="list-style-type: none"> • Home delivered meals to homebound or senior-age clients. Special diets are available. Meals are delivered seven days/week; hot noon meal and sack lunch for supper available.
Senior Project FRESH	<ul style="list-style-type: none"> • Qualified older adults receive coupons that are used at participating farmers markets.
TEFAP	<ul style="list-style-type: none"> • Federal funded program for low-income clients (seniors and non-seniors) that provides mostly non-perishable food every 3 months.

Figure 3: Displayed above are the food assistance programs in their specific category. The findings were taken from implementing the data into an excel sheet (see appendix II) and then mapping out each location in a GIS system map (see appendix I). Meal programs take up the vast majority of the food assistance network in Jackson County, MI.



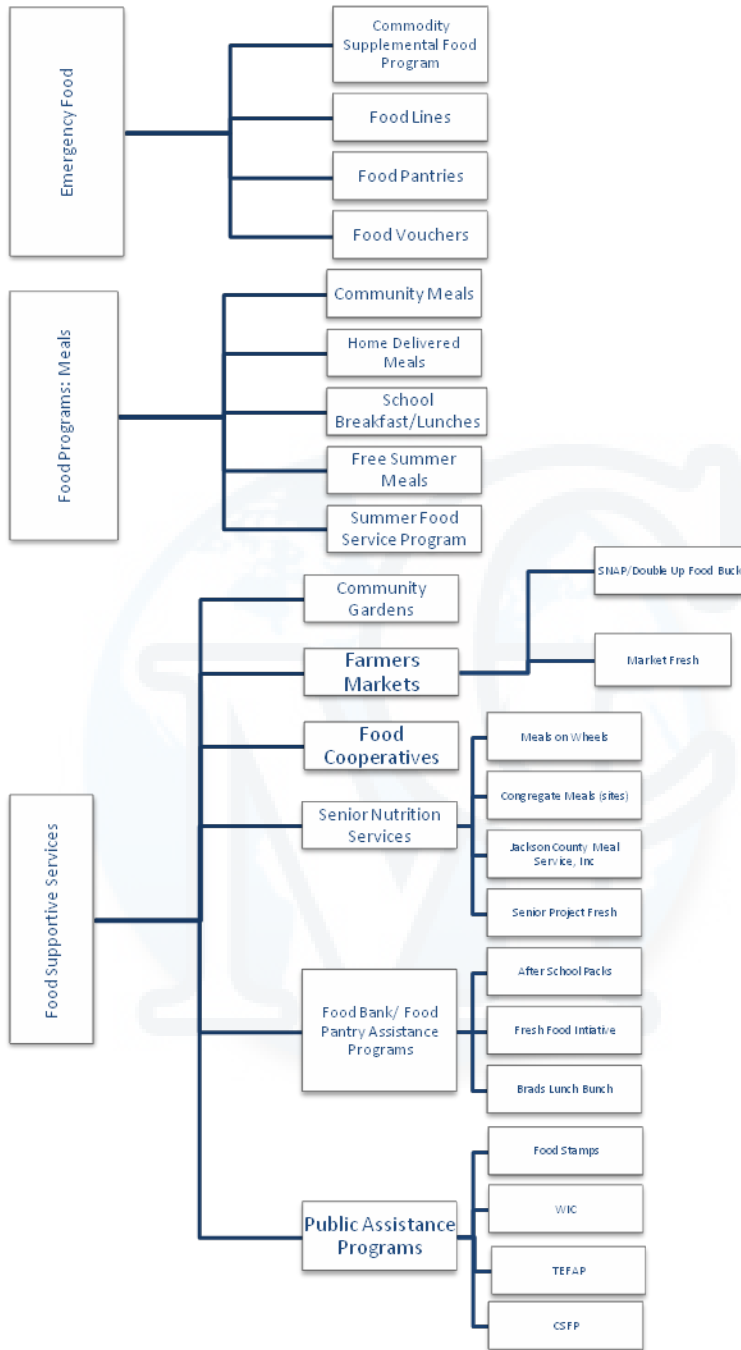


Figure 4: Food Program Network: Jackson County.

Food Security and Health Data- Community Health Assessment 2014

Food insecurity rate

54% of Jackson City Residents report ‘always,’ ‘usually,’ or ‘sometimes’ being worried or stressed about having enough money to buy a nutritious meal.

Overweight and obesity % of Jackson County Residents

Report of nearest convenience store in walking distance of 30 minutes or less

Where Information on health/medical care topics are coming from (2014)

Jackson county residents

- 1. Health Care Provider 47%
- 2. Internet 31.7%
- 3. Family 11.6%

National trends

- 1. Internet 69%
- 2. Health Care Provider 14.8%
- 3. Brochure/Pamphlet 4.6%

Part II: Literary Review

Provided is a brief review of food insecurity and emergency food programs gathered from journal articles and online publications to help gain a better understanding of the current impact hunger and food insecurity has on a community. Hunger relief programs are implemented into communities as a safety net for hunger and under nutrition in America. There is great need for food assistance in many communities, some more severe than others. Barriers are reviewed and ways to fix these obstacles are examined to promote better use of food assistance programs in communities.

The impact of food insecurity

Food insecurity is present in veritably every community throughout America. The impact of hunger affects some more desperately than others. Often, the perception is that hunger and poverty go hand in hand, but of course that is not a decisive determinant of food insecurity. Many individuals experiencing food insecurity are forced to utilize a network of emergency food programs from local food pantries to federal assistance programs such as WIC (The Special Supplemental Nutrition Program for Women, Infant and Children) and SNAP (Supplemental Nutrition Assistance Program) to name a few. In fact, millions of Americans rely on food programs regularly and in times of hardship when emergencies occur [1].

As shown in Figure 5, a study from the USDA found that half of households that were food insecure at some time during the 5-year study period experienced the condition in just a single year, and only 6% were food insecure in all 5 years. However, this exposure of households moving in and out of insecurity means there is a large amount of households experiencing food insecurity at some times over a period of several years than in any single year [2]. The inconsistency of food security is startling. Maximizing the effectiveness of programs to help alleviate hunger is very important. In an article published in 2015 from University of Pennsylvania Wharton School of Business, hunger is not a “result of scarcity.” The U.S exports more agriculture production than imports and reports are that \$162 billion worth of food goes unused. With that being said, 49 million Americans (that’s about 1 in 6) meet the USDA’s definition of being food insecure. With so much food waste occurring,

the question remains why there are so many people that are food insecure if there obviously is a surplus of food in America?

Food assistance programs are beginning to take more advantage of this knowledge and systems in place like “store rescued items” and surplus produce from farmers have recently become a powerful operation of food usage for organizations to take part in [3]. Food insecurity ranges in severity. The least severe people experience uncertainty with obtaining food in socially acceptable ways. The most severe, when people do not get enough to eat as a result of insufficiencies. They experience the physical and psychological consequences of hunger. It is crucial to establish resources in communities so that absolutely no hunger issues occur and if they do, easily obtainable sources of food are available for people. Other consequences of food insecurity include malnutrition and negative effects on people’s quality of life. Indicators of food insecurity or security are core measures of nutritional state of individuals, communities and nations [4]. A conceptual framework of food insecurity and its risk factors is reproduced below [5].

Overview of hunger relief organizations [1]

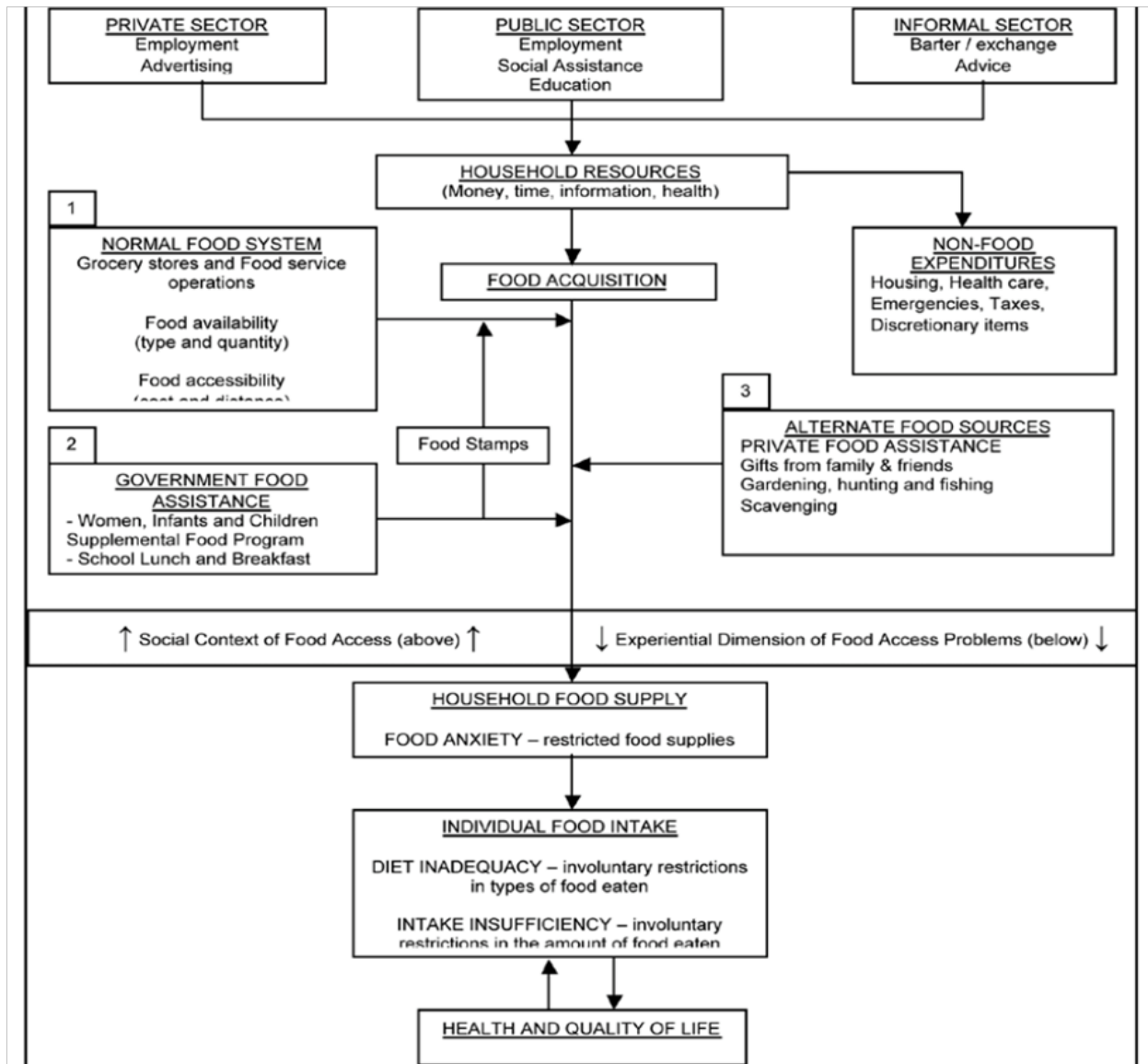
Food insecurity is undoubtedly a major dilemma not just in America, but throughout the world. Food programs are implemented to relieve the burden many individuals face through economic hardship and emergencies. One such organization is Feeding America, which has a network of member food banks and pantries to engage the country in the fight to end hunger. One hundred percent of food banks responding to a Feeding America survey reported increases in demand for emergency food assistance over the last year. Demand for emergency food assistance increased at a rate ranging from 28.6% - 37.7% [6].

Working with agencies to provide food through pantries, meal programs, mobile food pantries and school pantries. There are of course also federal assistance programs such as SNAP, WIC and school meals, which are based on eligibility requirements. There are community implemented food programs that are independently started up, which may provide other resources to increase food security. This ranges from nutrition education to farmer’s markets and community gardens.

There are coalitions to help implement these programs out into the community and help raise awareness of hunger issues. Unfortunately, not one main coalition is securely in place anywhere in Jackson County, Michigan. Although, a great example would be a coalition in Jackson, Mississippi founded in 2014 that aims to raise awareness of hunger in the community called, “Hunger Free Jackson.” the goal is to find community-based solutions to end hunger problems. Social service providers, state health officials, farmers, researchers and other advocates come together to leverage the power of collaboration to address the issues of hunger in the community. The coalition has been instrumental in

engaging with other community organizations and agencies to foster communication, innovation strategies and connect families in the community to food and nutrition resources. They also advanced policies to increase the access and eliminate barriers to nutrition programs. This effort has created strong community engagement in the efforts to increase access to the programs and have people become

more aware. This is a great example for Jackson County in Michigan to think about collaborating and building partnerships with community organizations through a coalition. This organization provides community resources that guide people in the right direction on how they can take advantage of food assistance programs from SNAP benefits to eating healthy on a budget (Figure 6) [7].



Part II

Figure 5: Overall food insecurity in Michigan is laid out to show local data by state and how this reflects a household's need for food. Uncertain availability of nutritionally adequate foods is a problem for many people living in Michigan and the utilization of food assistance programs is heavily needed.

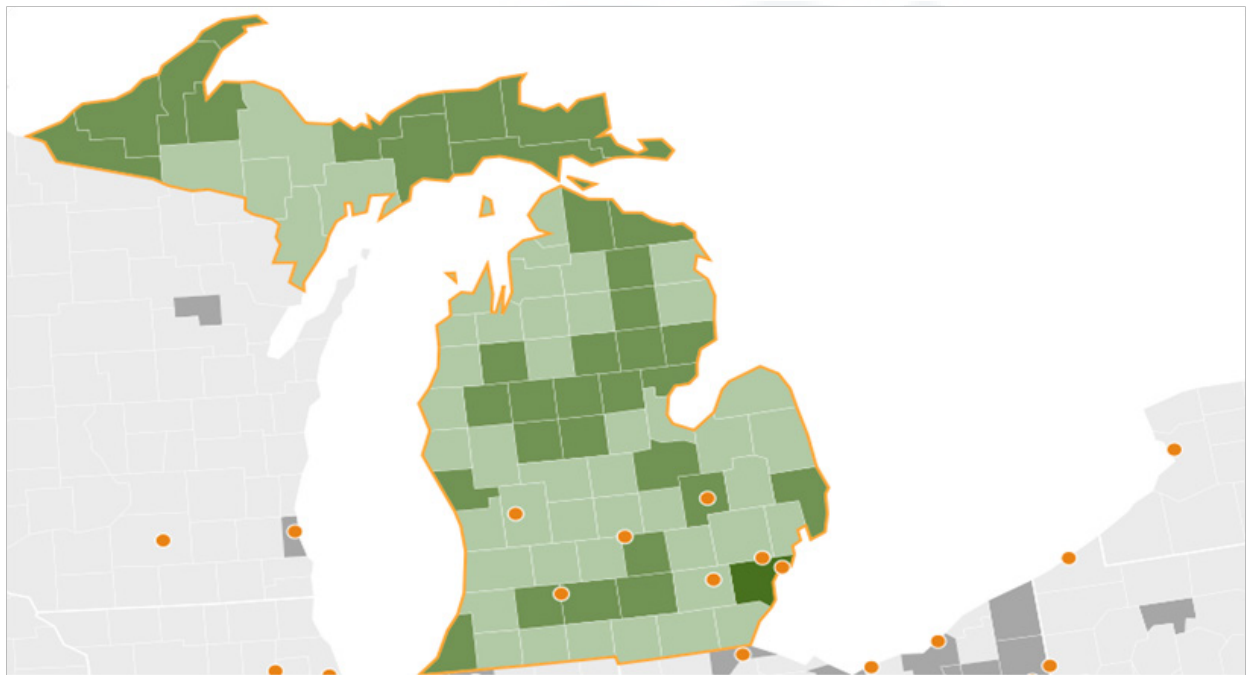
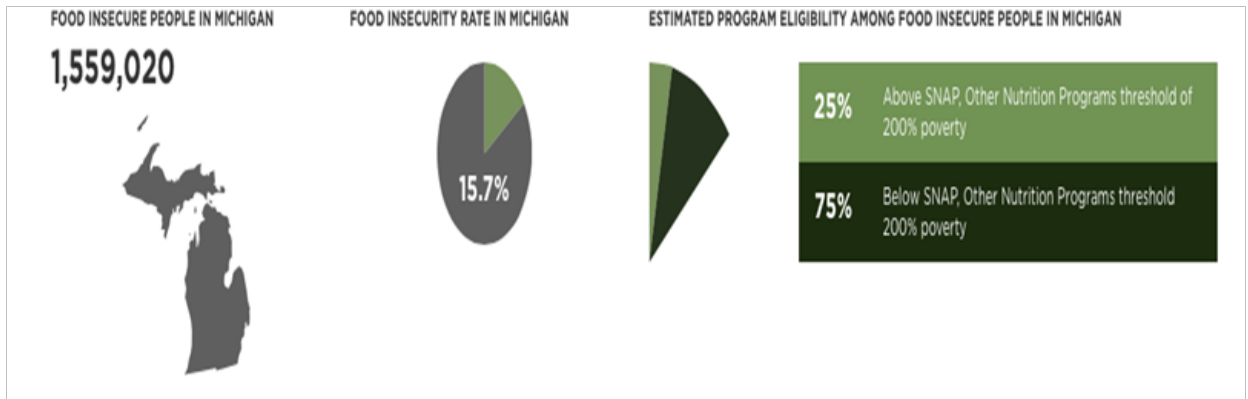


Figure 6: Estimated program eligibility.

Programs, organizations and resources concerned with food security and hunger in the united states

Current situation: jackson County, michigan [8]

According to the Jackson Community Health Assessment from 2014, the survey results looked into multiple variables to reflect the overall population for Jackson County. One statistic stood out that really reflects the current food insecurity occurring in Jackson, MI. The report was that 54% of Jackson City residents report ‘always,’ ‘usually,’ or ‘sometimes’ being worried or stressed about having money to buy nutritious meals in 2014. With that being said, 39% of out-county residents report ‘always,’ ‘usually,’ or ‘sometimes’ being worried or stressed about having money to buy nutritious meals [9]. This shows that food security is

obviously a concern for the community and is a pressing issue. Although, there are services that are put into place that provide information on present food assistance programs.

Currently, Central Michigan 2-1-1 is an online service that provides information on many different categories ranging from community services, health care, housing, food and meals, etc. Selecting ‘Jackson County’ brings up a list of categories that are currently available in the community. Focusing on food and meals, it is very easy to look up what kinds of food assistance programs are available. Included categories are emergency food; food supportive services, meals and nutrition related public assistance. Although the online service provides good information on the locations of specific programs and easy to navigate, there are some relief organizations that are not present on this online

database. There were senior services that were found in researching and through interviews that are not provided on the site. Meal programs like, “After School Packs” were also not shown on the site, as well as other food bank programs that would be very beneficial for the community to be aware of. In Table 1, data from the research was implemented to show the true number of programs in Jackson today. This number was different than the number of programs provided on 211.

Table 1: Number of associated programs located in Jackson County taken from research data.

Food Assistance Programs	Number of Associated Programs Located In Jackson County
Commodity Supplemental Food	1
Food Pantries	18
Food Vouchers	3
Food Lines	1
Community Gardens	1
Farmers Cooperatives	2
Farmers Markets	4
Farmers Markets accepting EBT's	1
First Fruits Groceries [pick up sites]	21
Cooking and Healthy Eating Program	1
Community Meals	6
Home Delivered Meals	2
School Breakfast/Lunch Program	22
Soup Kitchens	4
Free Summer Meals	25
Mobile Food Pantries	2
Summer Food Service Program	52
WIC voucher acceptance	9
WIC offices	1
Fresh Food Initiative	6
After School Packs	10
Food Gatherers	1
Congregate Meal Sites	7

211 is a large database of information that the community regularly checks for food and nutrition programs. The strengths are that there is a large range of programs listed

with locations, times and contact information. One of the weaknesses posed by the online database is that some smaller programs that may not be as well known in the community, are not listed in any of the categories.

A network that helps to solve hunger in Jackson is the, “End Hunger Network.” Confronting hunger head on, the support network meets monthly to encourage existing pantries and enlist more churches and agencies to open food pantries. The charitable organization does lack promotion to make the community aware of its existence. The obstacle is that it does not seem as if it a fully functioning network or if it is, the information is not readily available and easy to find. Another gap with food program assistance in Jackson is the lack of a coalition to lead efforts in ending hunger. Although some organizations exist desire to tackle hunger problems and begin collaborations with other programs, there is not a set coalition to build partnerships between programs in the community at present.

In terms of researching on an independent basis, there were many times that it was difficult to find food programs in Jackson that were linked with a specific location and at times challenging to discover food programs that were not as well known in the county. Through personal communication with people working in different food programs, they often lead to other connections for hunger relief organizations that were not as well known.

Part III- Bridging The Gaps

Results were analyzed from interviews and similar obstacles were linked to most of the food programs after review. Through personal interviews and compilations of the data, a review of the gaps present in the food network in Jackson was examined.

Obstacles and current gaps

Emergency food programs such as food pantries and soup kitchens across the U.S have reported an increase in demand for food [10]. Despite having a shared mission of eliminating hunger, local organizations, emergency food programs and other member agencies all perform at different levels of capacity. When examining the research, the potential for success was very clear but the common thread were three major ‘gaps’ in the existing food assistance programs and resources utilized.

Food Assistance Programs all vary in levels of capacity and the scarcity of resources many of the programs are faced with have become a major obstacle. Unless they are federally funded programs, many programs depend on donors/food banks (South Central Michigan Food Bank-i.e) on supplies. The challenge is communication amongst distribution centers and local organizations for collaboration. Some programs that were interviewed, including one in specific which was the South Central Michigan Food Bank, discussed contracts they have with farmers. In many counties the food bank works in collaborations with large farms. Through initial donations a good amount of produce is taken in by the truckload, unfortunately, the food bank

noted there are no current contracts with farmers but that they are always looking. Much of the agricultural production is not taken advantage of in Jackson. This leaves farmers with excess harvest and retailers throwing out unsold produce. An obstacle facing farmers and retailers, is that excess food is prominent in the county, but there are no ways to distribute it and that is where the gap remains. This remains an issue because many food pantries are relatively small, with no freezer or fridge to store fresh produce for example. Implementing a series of 'food hubs' around Jackson that would have the kitchen space, storing capacity and dry good storage to process and store foods for long periods would make the distribution process much easier. The problem seems to be that there is no "middle-man." This would a group that could provide information from farmers to distribution centers or from distribution center to member agencies. Providing this information would present the needs of groups, what products are needed and how to fix existing problems. Collaboration would be able to be implemented in the best way if communication was improved between farmers, programs, donors, etc.

1. Adequate accessibility in terms of where and how to take advantage of local programs is yet another obstacle because of the lack of public awareness. People desperately want to know about other programs available around them as well as organizations wanting to expand the communities' involvement. Central Michigan 2-1-1, the online database with information regarding food and meal programs, is a fantastic start for providing resources on the most relevant food programs. Although, the gap discovered was that there were quite a few important programs not listed in this database. An obstacle would be an inconsistency in current food assistance program that Jackson County has to offer. Another obstacle with the community accessing the resources is that once they discover a program it's the education portion that is lacking.
2. The importance of a healthy diet, cooking with fresh foods and creating a balanced diet in their meals remains to be a struggle without assistance. The knowledge is lacking and although there are programs utilized in Michigan State University Extension offices that provide nutrition education, most food assistance programs do not directly engage the community in the importance of this. According to "Nutrition-Focused Food Banking," a 2015 report by the National Academy of Sciences (NAS) "Increased concerns about obesity and chronic diseases, particularly among the poor, have led to questions about the nutritional quality and calorie density of foods on the shelves of food banks [11]."
3. One other barrier that stood out when interviewing many agency members and organization leaders is that programs are under sourced with volunteers. Not having a consistent amount of people to handle supplies coupled with the overwhelming demand for emergency food, have made broadening services difficult. It was

not easy to find a list of volunteer opportunities from member organizations with lists of contact information, dates, time, etc. Creating awareness of programs is one thing but there is also a great need for more help as the demand for food in low-income neighborhoods are increasing. Across the Feeding America network of over 63,000 agencies, 66 percent of pantries, 41 percent of kitchen programs, and 11 percent of shelter programs have no paid staff, relying entirely on volunteers [12]. The importance of paying attention to how well staffed programs are will benefit how efficient services are utilized by the community, expand public awareness and provide the best possible customer service.

Recommendations

Communication: To better meet the needs of the community, the first recommendation would be to create a highly functioning local coalition to help facilitate communication and cooperation. Food banks, donors and distribution centers do not work together as well as they should. Currently, distribution centers have no formal communication amongst themselves. Establishing a formal mechanism of communication would be beneficial to share information like product availability and surpluses that will initiate greater expansion of programs. Food assistance providers need to work together to help benefit the community with a highly functioning coalition group to help facilitate communication amongst donors and distribution centers. Service providers and clinical systems (from hospitals and clinics alike...) need to be integrated so that knowledge of food programs can be received. Having conferences to create a common understanding of food insecurity to showcase the leaders, programs and agencies that are out there would be very beneficial. Some more recommendations to put in place would be to create a better community resource link to increase food access. This would also provide food education to educate the community on not just food insecurity in their county but how to utilize the foods they receive in a healthy way. The coalition will help advance public policy in support of food assistance programs locally to eliminate barriers to nutrition programs.

Increasing the communication between farmers and food pantries are also another barrier to break. There are not many programs that coordinate with large farms to help supply foods. Creating a farm to food bank partnership is recommended to foster the support of locally grown produce to local food pantries.

Public awareness- customer service: Another recommendation would be to change methods in the ways that the community learns about food assistance programs and better yet, how to access them. In this research, people desire to find food resources, especially in low-income areas. As seen with the evidence provided in this assessment, assets are widely available in the county. The problem is that public awareness of where programs are located and how to access them are lacking. Having

better customer service by providing up to date information and referrals in health care settings, to online databases of all current programs and locations would be beneficial. Creating public awareness would be supported by a local coalition to lead the efforts in making resources available. Although online services are provided, there seems to a gap in service providers not working together with food assistance programs to benefit the community. Support for healthy eating should also be implemented into clinical systems when referring people to food assistance programs. Needed services and resources are not utilized throughout the community to their greatest extent.

Increase volunteer recruitment and technical assistance: Many emergency food programs need additional volunteers and assistance to meet the heavy demands in Jackson County. Increasing internal capacity within programs is another recommendation. Having better services to provide volunteers their proper training and increasing technical assistance for food assistance programs. Developing orientations or calendar of events to promote recruitment and information on community engagement. According to “Feeding America” 72% of food

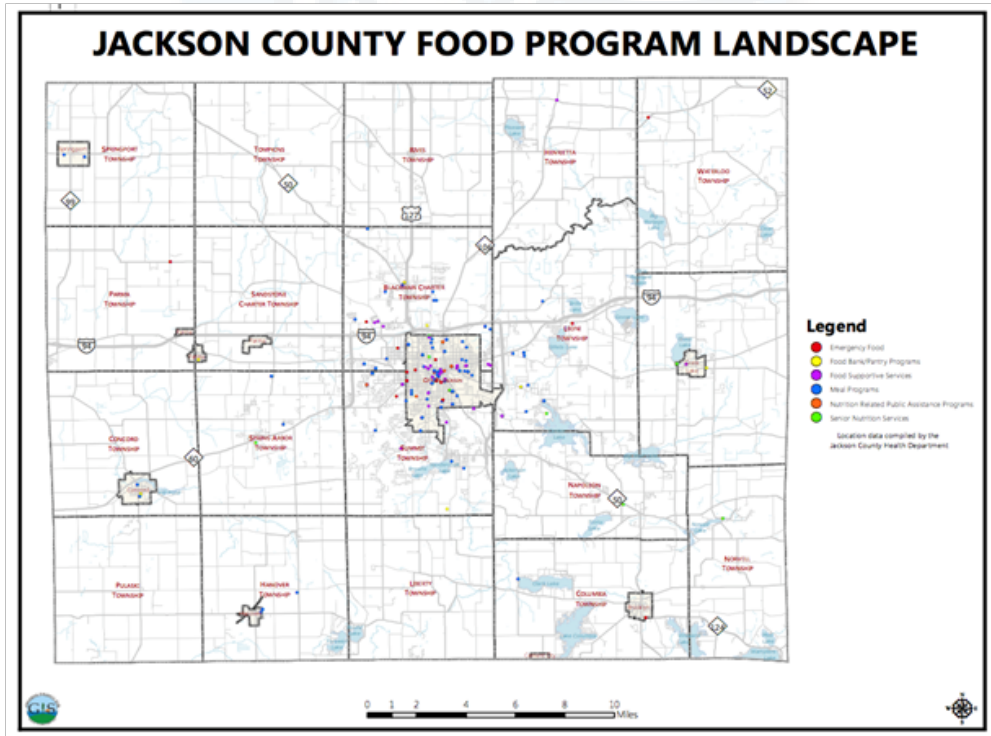
banks do not feel they are adequately able to meet the needs of their community [12]. Meeting high standards for food assistance programs means supplying locations with enough people to support the demand for food. Putting it simply, the need is greater than what is currently available. More volunteers and support will be beneficial to foster greater developments for food assistance programs.

Part IV- Conclusion

Through intensive research and communication with many of the programs present in Jackson County, there could be realistically many more ways to strengthen food programs and community collaboration. After all, the community wants to become more knowledgeable about the food programs but of course the existing barriers has hindered the accessibility of food in the community. Fostering the relationship between organization and community members of Jackson will help improve both side understandings about key factors that need to be changed. Continuing to re-evaluate the food system and the links that are not connected will be valuable to always making sure improvement and learning is happening.

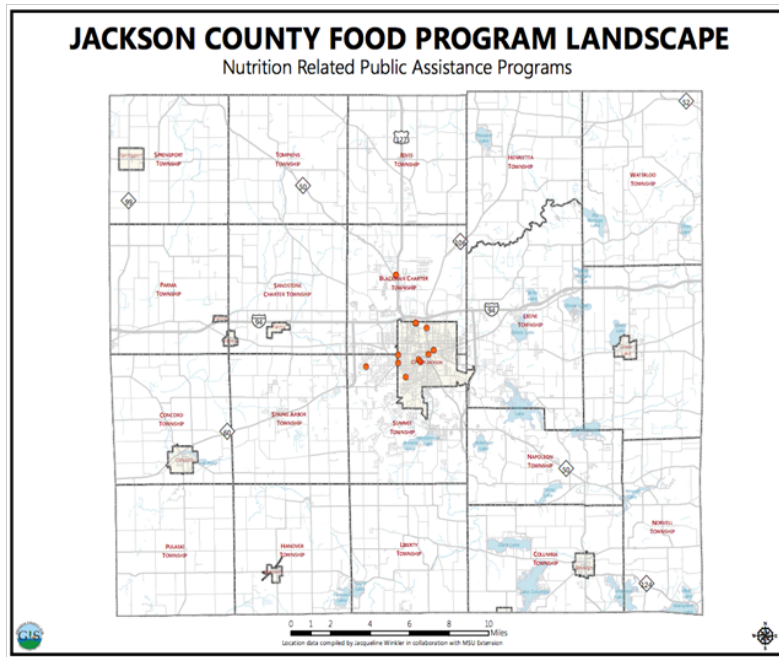
Appendix I: Food Landscape Maps: GIS.

The data is collected is to be used as a community sourced map. With this landscape view, Jackson County will have better information and a centralized resource to view the present food programs in place, for which the most relevant programs are shown.



GIS Office. July 14th 2016. Jackson County.

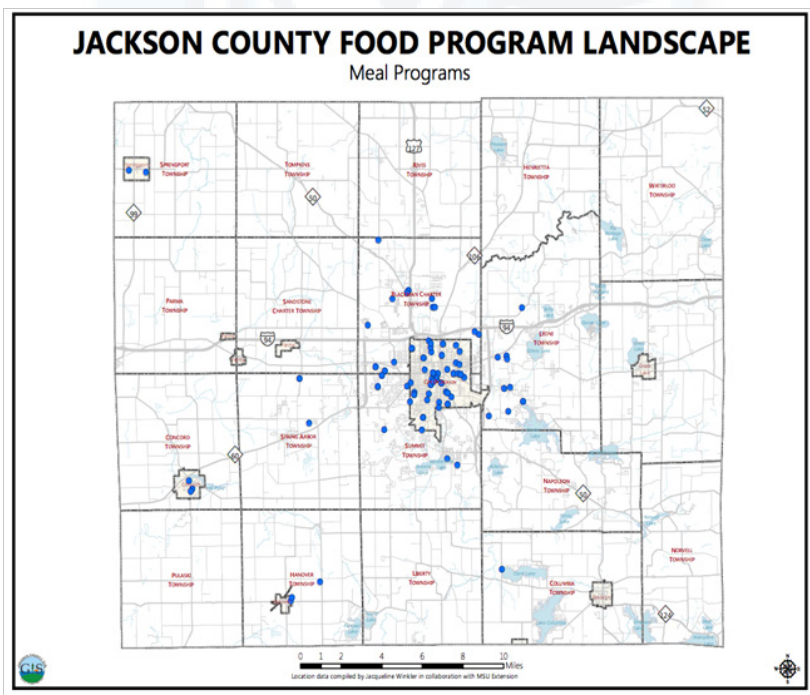
Figure 7: Main GIS Map: Displaying the individual categories of food programs and where they are primarily located.



GIS Office. July 14th 2016. Jackson County.

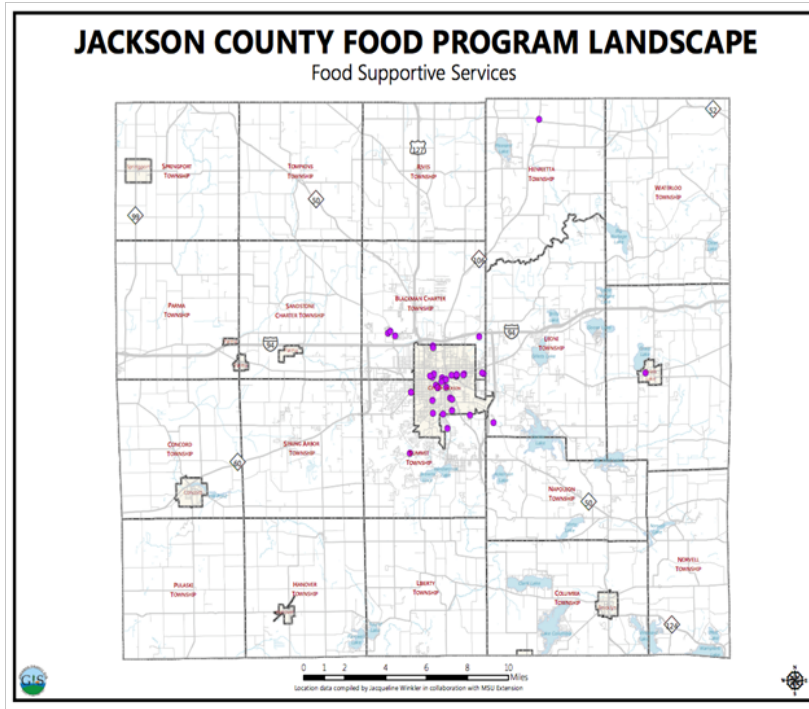
Figure 8: Individual maps depicting each category separately.

Nutrition Related Public Assistance Programs.

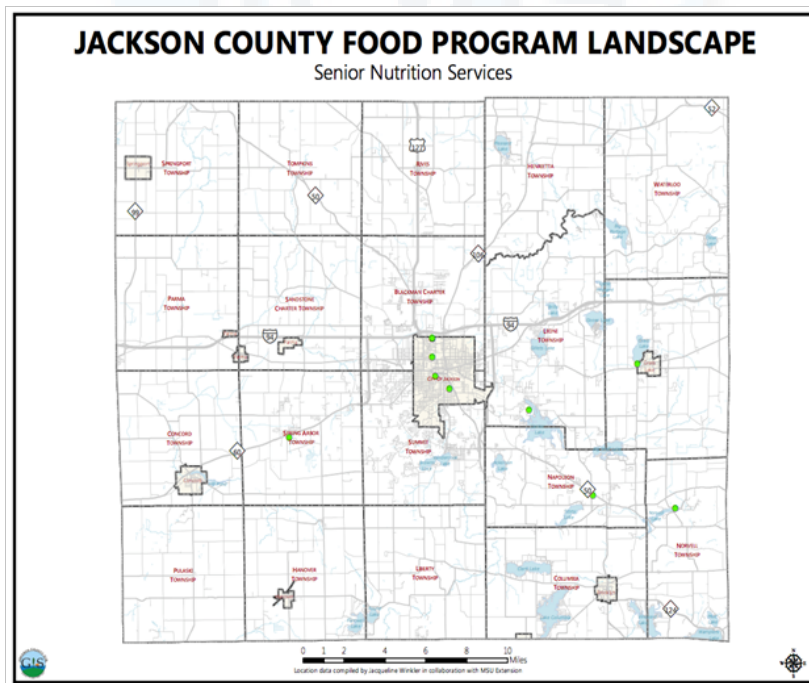


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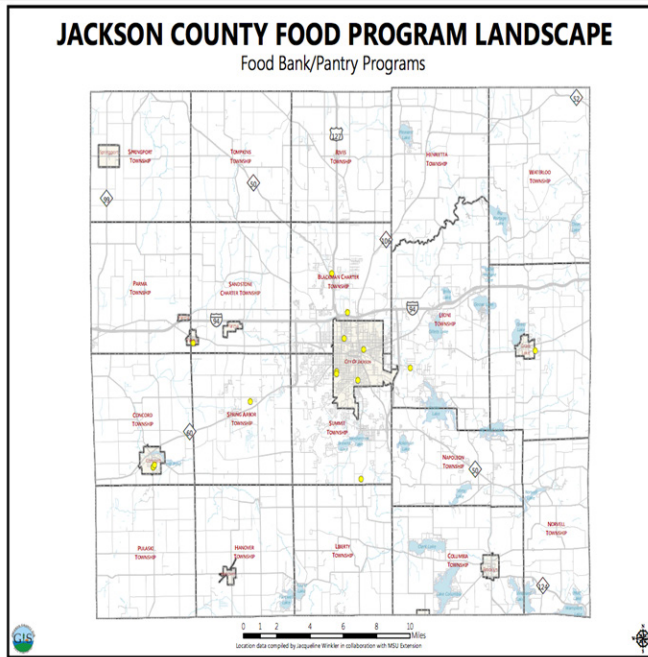
Figure 9: Meal Programs.



GIS Office. July 14th 2016. Jackson County.
Figure 10: Food Supportive Services.

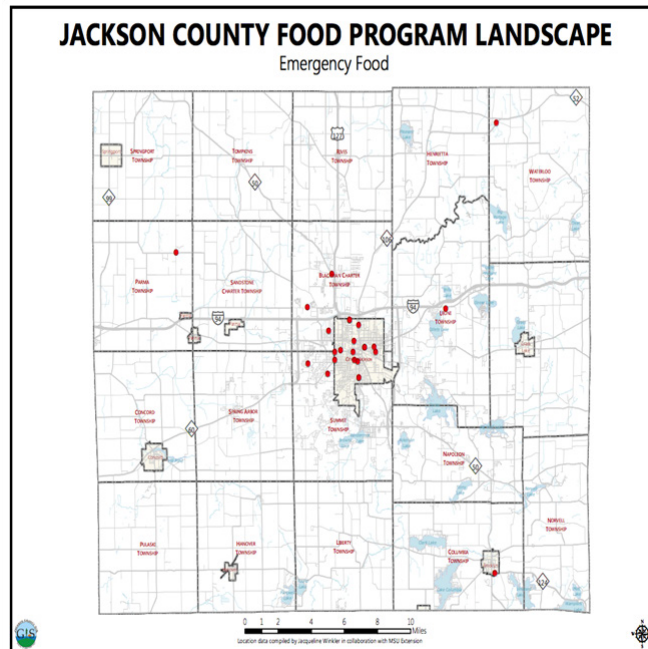


GIS Office. July 14th 2016. Jackson County.
Figure 11: Senior Nutrition Services.



GIS Office. July 14th 2016. Jackson County.

Figure 12: Food Bank/Food Pantry Programs.



GIS Office. July 14th 2016. Jackson County.

Figure 13: Emergency Food.

Appendix II: Spreadsheet of Food Assistance Programs/Locations.

[Used for the above GIS location placements]

<http://medcraveonline.com/ebooks/Jackson-Food-Landscape-Assessment%20%28Appendix-II%29.pdf>



Appendix III: Jackson County Food Insecurity Survey *Community interview questions about food insecurity*

Community Food Access Survey

Target Audience: These questions are designed to be used with adults

Food Access Questions

1. In the past four weeks, did you worry that you would not have enough food to eat?

- Yes No

In the past four weeks, did you have to eat fewer meals in a day because there was not enough food?

- Yes No

In the past four weeks, did you go to sleep at night hungry because there was not enough food?

- Yes No

In the past four weeks, did you go a whole day or night without eating anything because there was not enough food?

- Yes No

What, if any, food assistance programs do you use? (Check all that apply.)

- Food Stamps
 - a. (WIC)
 - b. School Breakfast Program
 - c. National School Lunch Program
 - d. After School Nutrition Program
 - e. Summer Nutrition Program
 - f. Child and Adult Food Care Program
 - g. Fresh Fruit and Vegetable Program
 - h. The Emergency Food Assistance Program (TEFAP)
 - i. Senior Farmers Market Nutrition

Physical Activity Accessibility

1. How easy is it for you to find a place to exercise?

- a. Not Easy
- b. Somewhat Easy
- c. Very Easy

2. The last time you got information about physical activity, where/whom did you go to first?

- a. Books
- b. Brochures/Pamphlets
- c. Cancer Organization
- d. Family
- e. Friend/co-worker
- f. Health Care Provider
- g. Internet
- h. Library
- i. Magazines

- j. Newspapers
- k. Telephone Information Number
- l. Complementary/Alternative Practitioner
- m. Other

___Other (please specify) _____

Nutrition Services Accessibility

1. In the past 12 months, have you received advice or counseling from a care provider about nutrition programs?

- a. Yes b. No

In the past 12 months have you gone through any nutrition services?

- . Yes b. No

Are you involved in any wellness/nutrition programs at work?

- . Yes b. No

In the past 12 months, has your work promoted healthy eating to employees?

- . Yes b. No

Who did you ask or where did you go the last time you needed nutrition information?

- . Books
- a. Brochures/Pamphlets
- b. Cancer Organization
- c. Family
- d. Friend/co-worker
- e. Health Care Provider
- f. Internet
- g. Library
- h. Magazines
- i. Newspapers
- j. Telephone Information Number
- k. Complementary/Alternative Practitioner
- l. Other

6. What would you like to see change in your community's food system?

- ___ More grocery stores in the neighborhood
- ___ More farmers' markets
- ___ More community gardens
- ___ Workshops on gardening
- ___ Nutrition Counseling Services

Buying and Preparing Food at Home

1. From the food you make at home, circle which places your food comes from.

- A. Supermarket / grocery store
- B. Convenience store / gas station
- C. Farmer's market
- D. Food bank / food pantry
- E. Garden (home or community)
- F. Church / community service organization

2. Where do you go to buy your groceries?

3. Where do you buy most of the food you make at home?

- a. Supermarket / Grocery Store
- b. Convenience Store / Gas Station
- c. Farmers Market
- d. Co-op / Local Farm
- e. Food Bank / Food Pantry
- f. Garden (Home or Community)
- g. Church / Community Service Organization

4. How often do you go to the store to buy food?

- a. Every day b. 2 times a week c. Once a week d. Twice a month e. Hardly ever

5. Besides grocery stores, where else do you get food?

- ___Farmers Market
- ___Home garden
- ___Food Bank/Pantry
- ___Senior meal site
- ___Church/Community organization
- ___Others (please specify) _____

6. Why do you buy most of your food there? (check all that apply)

- A. Low Prices
- B. Good Selection / Quality
- C. It's close to home

- D. It's on the way to / from somewhere you usually go
 - E. It's near the bus or public transportation
 - F. They treat you well there
 - G. The accept food stamps (SNAP) or WIC vouchers
7. Do any reasons below stop you from accessing fruit and vegetables? You can answer more than once.
- A. Prices are too expensive
 - B. Stores are too hard to get too
 - C. Poor quality where you shop
 - D. Not available where you shop
 - E. Not enough time to prepare them
 - F. No kitchen equipment to prepare them
 - G. Unsure of how to prepare them
 - H. Don't like them
 - I. Not enough to feed everyone in your home
 - J. Nothing
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