

Allen County GROW

Community Food Assessment Report

October 2015



This Community Food Assessment Report was compiled on behalf of Allen County GROW,

by **Barbara LaClair**



LaClair Consulting Services

From Data to Information

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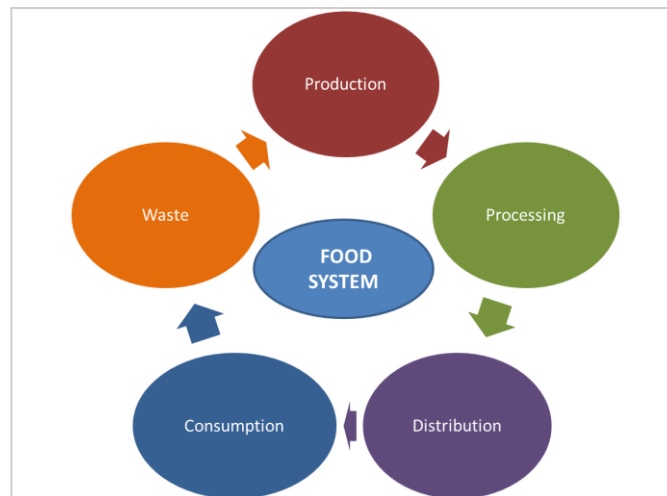
Introduction

Food is a basic human need. Healthy diets that provide appropriate levels of calories and nutrients are essential for good health and active lifestyles. In the United States, there is a plentiful supply of food to meet the nutritional requirements of the population. Despite that plentiful supply, however, many Americans do not eat balanced and healthy diets. Obesity rates have steadily increased over the past several decades. At the same time, a significant segment of the population worries about not having access to enough food. The reasons for this disconnect are complex. Individual eating choices and behaviors are influenced by a variety of factors including cultural backgrounds, taste, food availability and prices, food marketing, food preparation requirements and time constraints, nutritional knowledge and more. In recent years, a growing number of research studies have shown that the food context or environment in which an individual lives can exert profound influence on that person's eating behaviors. This growing awareness of the importance of community-level food environments has resulted in growth in the numbers of community-level food policy councils established for the purpose of building more robust and self-sustaining local food systems that offer access to healthy food choices to all community members.

For many newly-established food policy councils or food coalitions, completion of a community food assessment (CFA) is an important early step. A CFA is a process that systematically examines a broad range of community food issues and assets, with the focus usually at a systems level. The purpose of a CFA is to provide an objective basis for developing action plans to build and strengthen the community's food system. A community food assessment can be an important tool to gain a deeper understanding of the community's current food environment. The CFA can help in identifying what is currently working well and where there are gaps or opportunities to strengthen the food system and ensure that all members of the community have access to healthy food options.

The scope and content of a community food assessment may vary from one community to the next depending upon the interests, priorities, and resources of the community stakeholders who commission the process. While some assessments may be comprehensive and include all aspects of a food system, including food production, food processing and distribution, the retail food environment, food consumption patterns and handling of food-related wastes, others may be more narrowly focused on specific aspects of the overall food system.

Figure 1. A Basic Food System Model



In Allen County, Kansas, the recently-appointed Food Policy Council (Allen County GROW) identified local access to healthy food options as their primary interest. Consequently, many of the measures included in this assessment relate to two aspects of access – the availability of retail food stores that offer healthy food options and the ability of low-income families to obtain healthy foods in sufficient amounts.

Methods

This community food system assessment was conducted using two approaches: 1) secondary analysis of existing, publicly available data that describe or measure various characteristics of the current food environment in Allen County, and 2) primary data collection using a brief survey of community residents to learn more about their food-related perceptions, activities and behaviors. Data sources and measures used in the first portion of the assessment are identified in more detail in the body of the report and in the references section.

The community survey questionnaire was developed by members of the Allen County GROW team, with input and suggestions from a contracted consultant. The final questionnaire was created in both paper and electronic survey formats. Survey participants were recruited through a variety of convenience sampling approaches, which included booths or tables at the County Fair, local school enrollments, local food pantries and other community events. Survey participants were offered a small incentive in the form of an entry into a drawing for \$25 coupons that could be redeemed at the local farmers' market. Results from surveys completed in the paper format were entered into the electronic survey system to produce a single electronic data set for analysis.

In both phases of the assessment (secondary data analysis and the community survey), data were analyzed and summarized by a contracted consultant. This report was drafted by the consultant in collaboration with members of the Allen County GROW team.

Assessment Results – Secondary Data Analysis

ALLEN COUNTY DEMOGRAPHICS

Allen County is largely rural, with nine incorporated cities within its boundaries (Bassett, Elsmore, Gas, Humboldt, Iola, La Harpe, Mildred, Moran, and Savonburg) (City-data, 2015). Of those cities, only two (Iola and Humboldt) have populations greater than 1,000. Iola is the County Seat and the largest city in Allen County, with an estimated population of 5,613 in 2013.

Figure 2. Allen County, Kansas



Source: City-data.com

Total Population

A total of 13,318 people live in the 500.17 square miles within Allen County according to the U.S. Census Bureau American Community Survey 2009-2013 5-year estimates. The population density for Allen County, estimated at 26.63 persons per square mile, is substantially less than the national average population density of 88.23 persons per square mile and less than the Kansas state-wide population density of 35.09 persons per square mile.

Area	Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Allen County	13,318	500.17	26.63
Kansas	2,868,107	81,737.08	35.09
United States	311,536,591	3,530,997.6	88.23

Data Source: US Census Bureau, American Community Survey, 2009-13. (American Fact Finder)

Families with Children

According to the most recent the American Community Survey estimates, 26.39% of all occupied households in Allen County area are family households with one or more child(ren) under the age of 18. A family household is defined as any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or adoption. Non-family households are any households occupied by the householder alone, or by the householder and one or more unrelated individuals.

Area	Total Households	Total Family Households	Families with Children (Under Age 18)	Families with Children, Percent of Total Households
Allen County	5,505	3,588	1,453	26.39%
Kansas	1,110,440	729,607	362,197	32.62%
United States	115,610,216	76,744,360	37,741,108	32.65%

Data Source: US Census Bureau, American Community Survey. 2009-13. (American Fact Finder)

Population Age

Overall, the population of Allen County is slightly older than the Kansas population as a whole. The median age of persons residing in Allen County is 40.9 years, compared to 36 years for Kansas overall, and 37.3 years for the nation.

Area	Total Population	Median Age
Allen County	13,318	40.9
Kansas	2,868,107	36.0
United States	311,536,608	37.3

Area	Population Under Age 18	Population Age 18-64	Population Age 65+
Allen County	3,140 (23.58%)	7,696 (57.79%)	2,482 (18.64%)
Kansas	724,762 (25.27%)	1,757,093 (61.26%)	386,252 (13.43%)
United States	73,877,472 (23.71%)	195,808,080 (62.85%)	41,851,040 (13.43%)

Data Source: US Census Bureau, American Community Survey. 2009-13. (American Fact Finder)

Population Race & Ethnicity

Residents of Allen County are predominantly of Caucasian race, with fewer than 1,000 individuals self-reporting as other races. Less than 3 percent of Allen County residents identify themselves as being of Hispanic or Latino ethnicity, compared to 10.7 percent of Kansans and 16.6 percent of United States residents. (People who identify their origin as Hispanic, Latino, or Spanish may be of any race.)

Area	White	Black or African American	Asian	Native American/ Alaska Native	Native Hawaiian / Pacific Islander	Some Other Race	Multiple Race
Allen County	12,429 (93.32%)	230 (1.73%)	120 (0.90%)	75 (0.56%)	11 (0.08%)	102 (0.77%)	351 (2.64%)
Kansas	2,449,273 (85.4%)	164,299 (5.73%)	70,408 (2.45%)	23,958 (0.84%)	1,887 (0.07%)	65,807 (2.29%)	92,475 (3.22%)
United States	230,592,576 (74.02%)	39,167,008 (12.57%)	15,231,962 (0.82%)	2,540,309 (0.82%)	526,347 (0.17%)	14,746,054 (4.73%)	8,732,333 (2.8%)

Data Source: US Census Bureau, American Community Survey. 2009-13. (American Fact Finder)

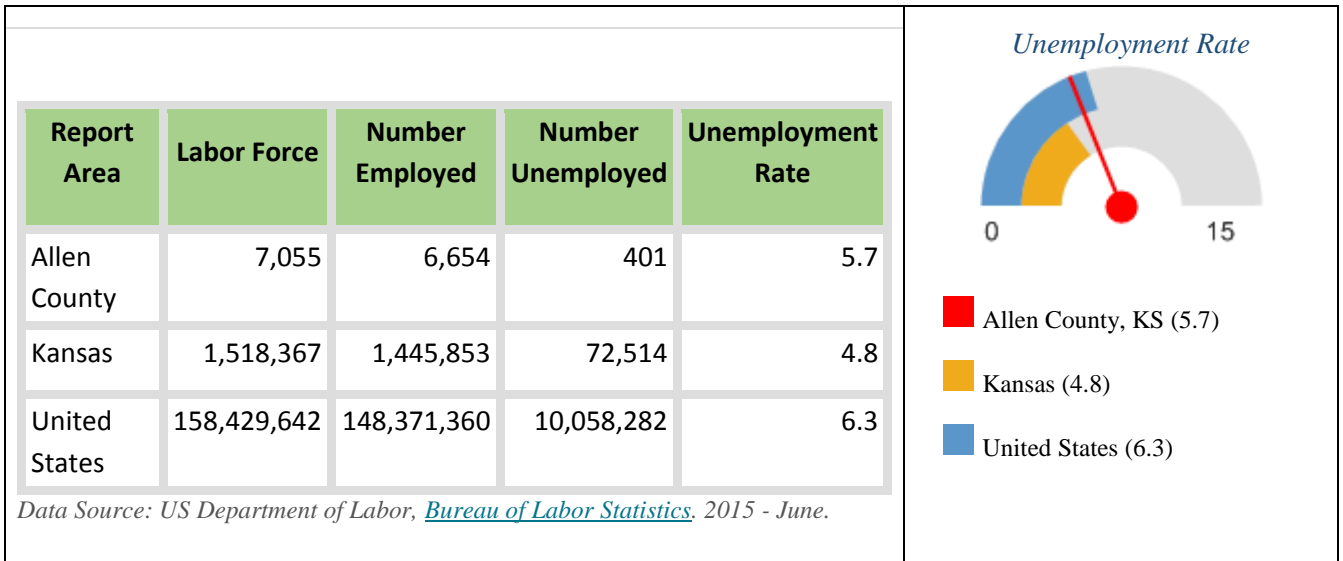
Area	Total Population	Non-Hispanic Population	Percent Population Non-Hispanic	Hispanic or Latino Population	Percent Population Hispanic or Latino
Allen County	13,318	12,923	97.03%	395	2.97%
Kansas	2,868,107	2,559,985	89.26%	308,122	10.74%
United States	311,536,608	259,750,000	83.38%	51,786,592	16.62%

Data Source: US Census Bureau, American Community Survey. 2009-13. (American Fact Finder)

SOCIOECONOMIC CONDITIONS

Unemployment

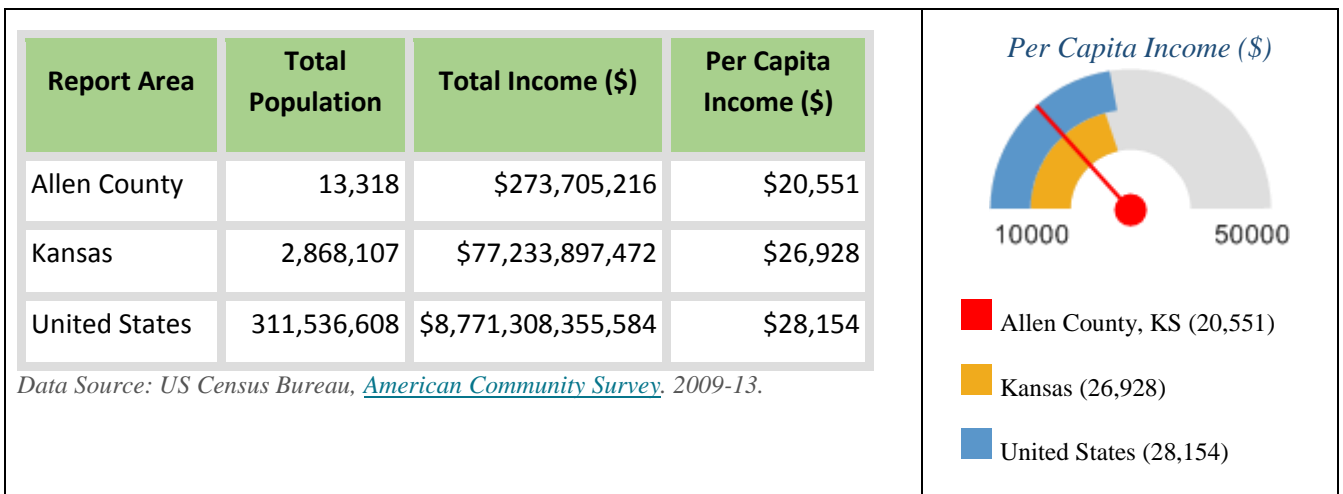
During June 2015, total unemployment in Allen County was 401, or 5.7 percent of the civilian, non-institutionalized population age 16 and older. Unemployment may create financial instability that results in difficulty accessing health insurance coverage, healthcare services, healthy food, and other necessities, thereby contributing to poor health status.



Source: Community Commons (2012). Retrieved July 22, 2015, from www.communitycommons.org (Community Commons, 2015)

Income Per Capita

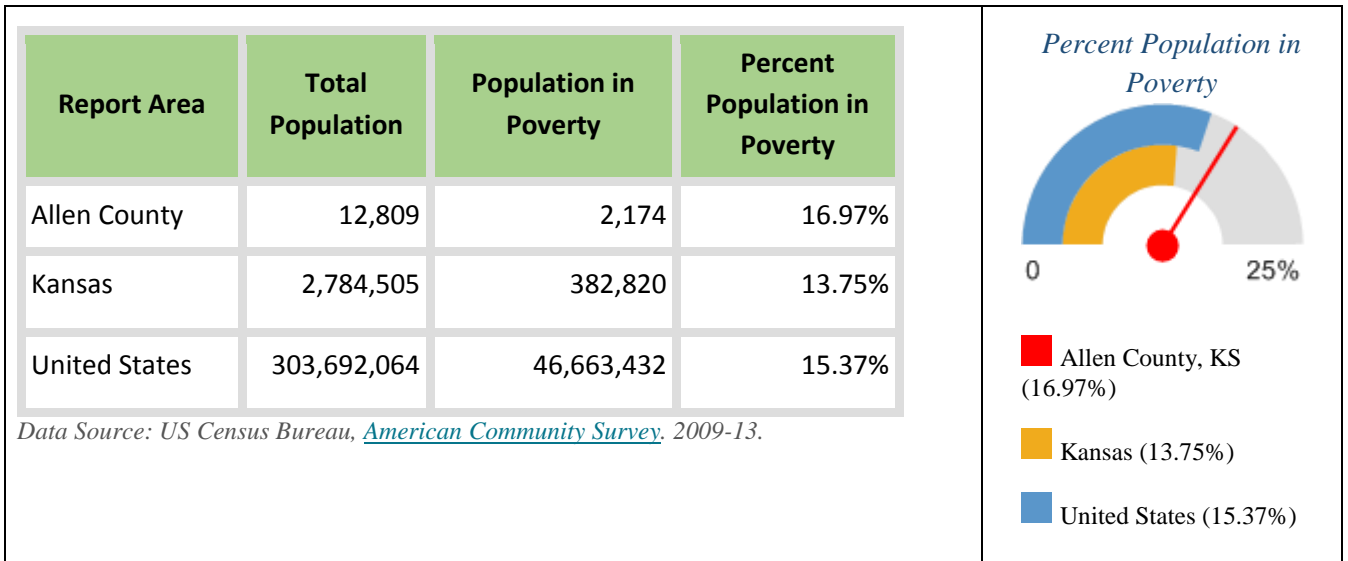
Between 2009 and 2013, the per capita income in Allen County was \$20,551. This includes all reported income from wages and salaries as well as income from self-employment, interest or dividends, public assistance, retirement, and other sources. The per capita income is the average (mean) income computed for every man, woman, and child in the specified area.



Source: Community Commons (2012). Retrieved July 22, 2015, from www.communitycommons.org (Community Commons, 2015)

Poverty

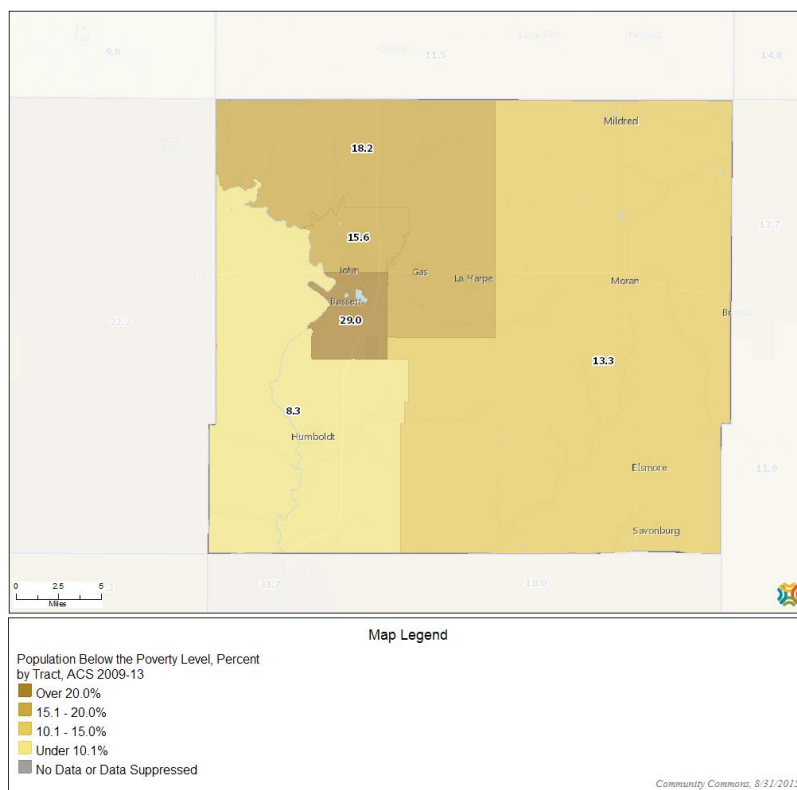
Between 2009 and 2013, 2,174 Allen County residents (16.97 percent) were living in households with incomes below the Federal Poverty Level (FPL). In 2015, the Federal Poverty Level was \$11,770 for a single adult, or \$24,250 for a family of four. Households living in poverty often face difficulties in accessing healthy foods, healthcare, and other essential goods and services.



Source: Community Commons (2012). Retrieved July 22, 2015, from www.communitycommons.org (Community Commons, 2015)

Within Allen County, rates of poverty are not uniformly distributed. Between 2009 and 2013, poverty rates were highest (29.0 percent) in the census tract which includes the portion of the city of Iola that is south of Highway 54 and the rural area immediately to the south of it. Rates of poverty were lowest (8.3 percent) in the southwestern portion of the county, which includes the town of Humboldt.

Figure 3. Poverty Rates by Census Tract, Allen County



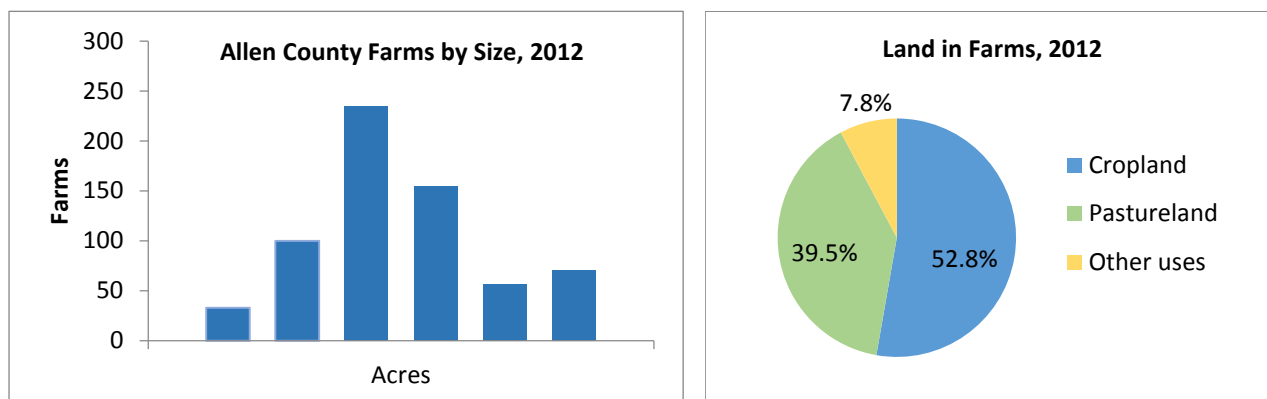
Source: Community Commons (2012). Retrieved July 22, 2015, from www.communitycommons.org (Community Commons, 2015)

FOOD PRODUCTION IN ALLEN COUNTY

Farms

Results from the 2012 U.S. Census of Agriculture (conducted by the U.S. Department of Agriculture) show that there were 650 farms in Allen County, with a total of 245,315 acres. The number of farms had increased slightly from the 611 farms enumerated in the 2007 Agricultural Census, but the average farm size had decreased slightly from 438 acres in 2007 to 377 acres in 2012. In 2012, Allen County farms sold crops valued at \$22,317,000 and livestock valued at \$15,840,000. Commodity crops (grains, dry beans, and peas) accounted for the vast majority of crop sales. Sales of vegetables, melons, potatoes, and sweet potatoes were valued at only \$43,000 (less than 1 percent of all crop sales). Livestock sales were almost entirely from cattle and calves, which were valued at \$14,399,000.

Figure 4. Farms in Allen County



Data source: USDA, 2012 Census of Agriculture

In 2012, a total of 27 Allen County farms sold \$139,000 of agricultural products directly to individuals for human consumption; those numbers had increased from 18 farms and \$85,000 in sales in 2007 (USDA Census of Agriculture).

Food Processing

Commercial food processing infrastructure within Allen County is minimal. There is a Russell Stover candy manufacturing facility in Iola and a meat slaughter and processing locker in Moran. The Russell Stover factory is the largest agricultural employer in Allen County, with 318 employees in 2014 (Kansas Department of Agriculture, 2015).

Community Gardens

The Elm Creek Community Garden, located at 702 S. First Street in Iola, serves all of Allen County. The garden has a part-time garden coordinator who is available to help answer questions and assist gardeners, and offers raised handicapped plots and ground plots, as well as free plots, water, plants, and seeds for the poor and underserved. The garden is supported in part by the Health Care Foundation of Greater Kansas City, local donations, and plot rentals.

Figure 5. Elm Creek Community Garden



Photo Source: Elm Creek Community Garden FaceBook page

Grant funding has also been obtained to support the construction of a second community garden, to be located in the city of Elsmore.

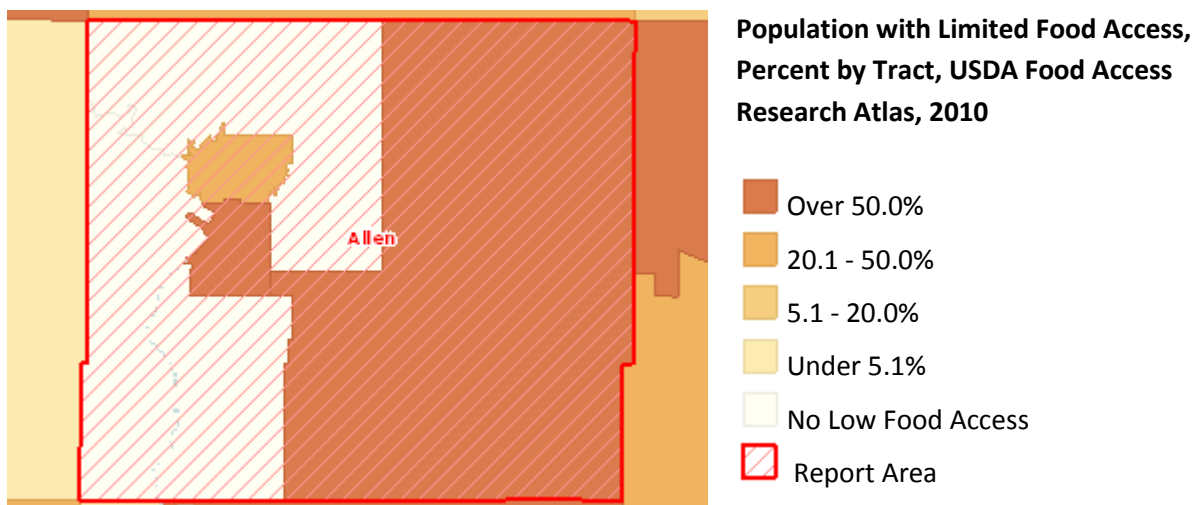
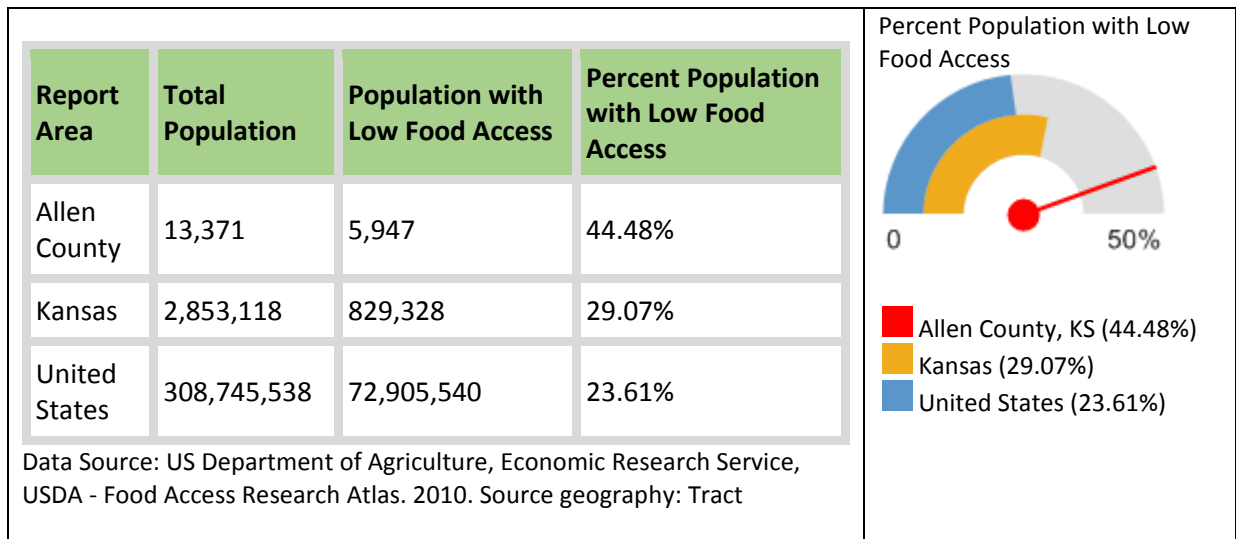
THE RETAIL FOOD ENVIRONMENT IN ALLEN COUNTY

To be able to eat healthy and nutritious diets, residents of a community must have access to a variety of healthy food options. In communities where retail grocery stores are not available or offer only limited choices, obtaining healthy foods can be difficult. For residents with low incomes and limited transportation options, obtaining healthy foods in an underserved community is particularly challenging. These areas are often referred to as ‘food deserts,’ defined by the U.S. Department of Agriculture as urban neighborhoods or rural towns without ready access to fresh, healthy and affordable food (USDA AMS, 2015).

Census tracts qualify as food deserts if they meet both the low-income and low-access thresholds defined below (USDA AMS):

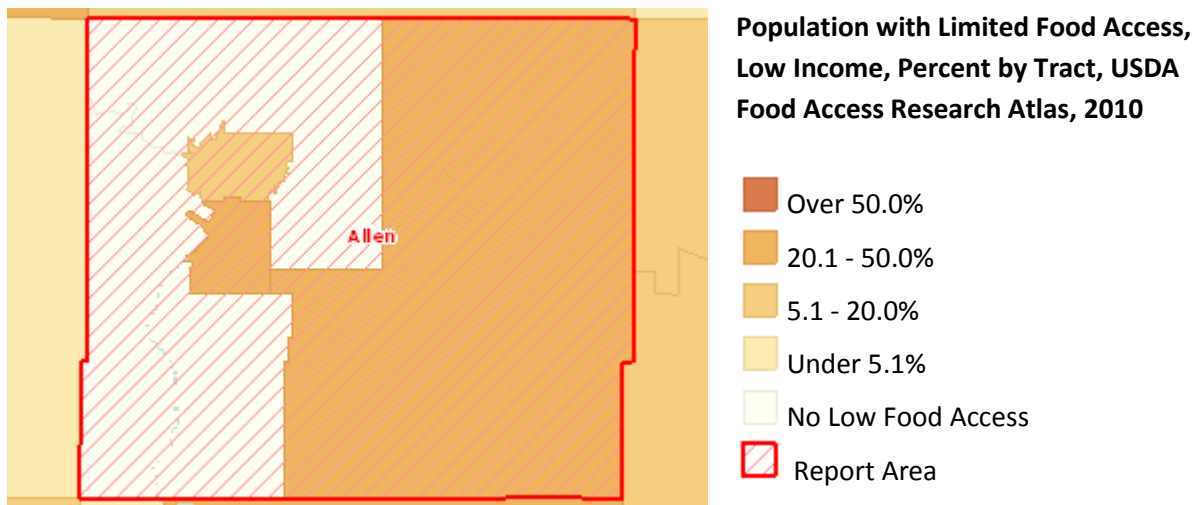
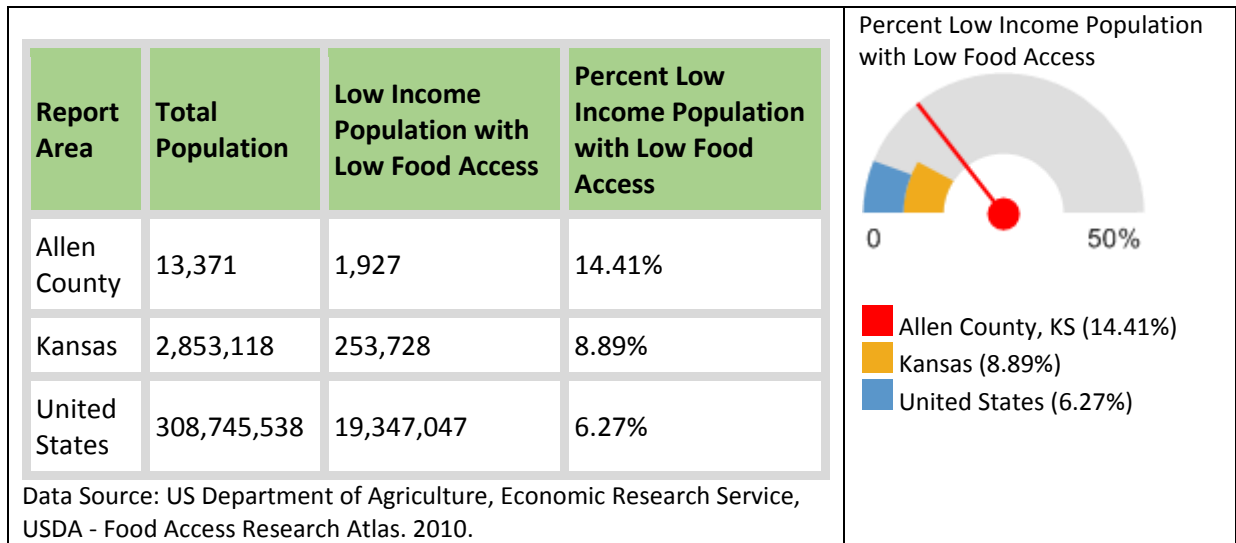
1. They qualify as "**low-income communities**," based on having: a) a poverty rate of 20 percent or greater, OR b) a median family income at or below 80 percent of the area median family income; AND
2. They qualify as "**low-access communities**," based on the determination that at least 500 persons and/or at least 33% of the census tract's population live more than one mile from a supermarket or large grocery store (10 miles, in the case of non-metropolitan census tracts).

Population with Low Food Access



Source: Community Commons (2012). Retrieved July 22, 2015, from www.communitycommons.org

Low Income Population with Low Food Access (Food Deserts)



Source: Community Commons (2012). Retrieved July 22, 2015, from www.communitycommons.org

Figure 6. Proposed Location of New Grocery Store



Mixed Use Site Plan at Madison & First Street

Source: May 5, 2015 [Allen County News](#), [Economic Development](#), [Thrive News](#) /by Thrive Allen County

THRIVE Allen County has been working to improve access to healthy foods within the county. In May of 2015, THRIVE announced that G&W Foods, Inc., a Willow Springs, Missouri-based supermarket chain, had submitted a letter of intent to build a new store in Iola. The proposed 15,000 square foot store would be constructed at 101 South First Street in Iola, on the site currently occupied by the former Allen County Hospital facility. Since that announcement, demolition of the old hospital building has begun, and it is anticipated that construction of the new grocery store will begin in the spring of 2016.

Fast Food Restaurants

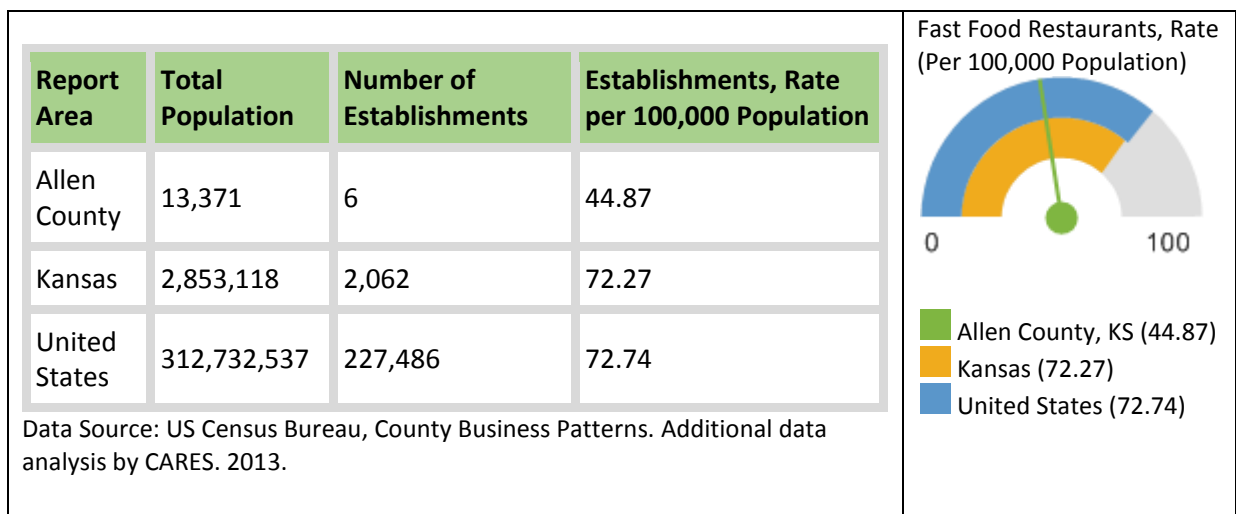
Just as a lack of access to healthy food options may influence individual's eating behaviors, an overabundance of less healthy food options may also negatively influence eating choices. Menu offerings at fast food restaurants are frequently filled with unhealthy choices that are high in calories, fats and salt levels. (Fast food restaurants are defined as limited-service food establishments where patrons generally order or select items and pay before eating.) Environments in which there are high concentrations of fast food restaurants may tempt consumers toward unhealthy food choices, especially if access to healthier food options is limited or more difficult.

In 2013, there were only six fast-food outlets located within the borders of Allen County. On a per person basis, the density of fast food outlets in Allen County is substantially less than that in other parts of Kansas or across the United States.

Figure 7. Typical Fast Food Outlet



Photo Credit: www. foodpsychology.cornell.edu



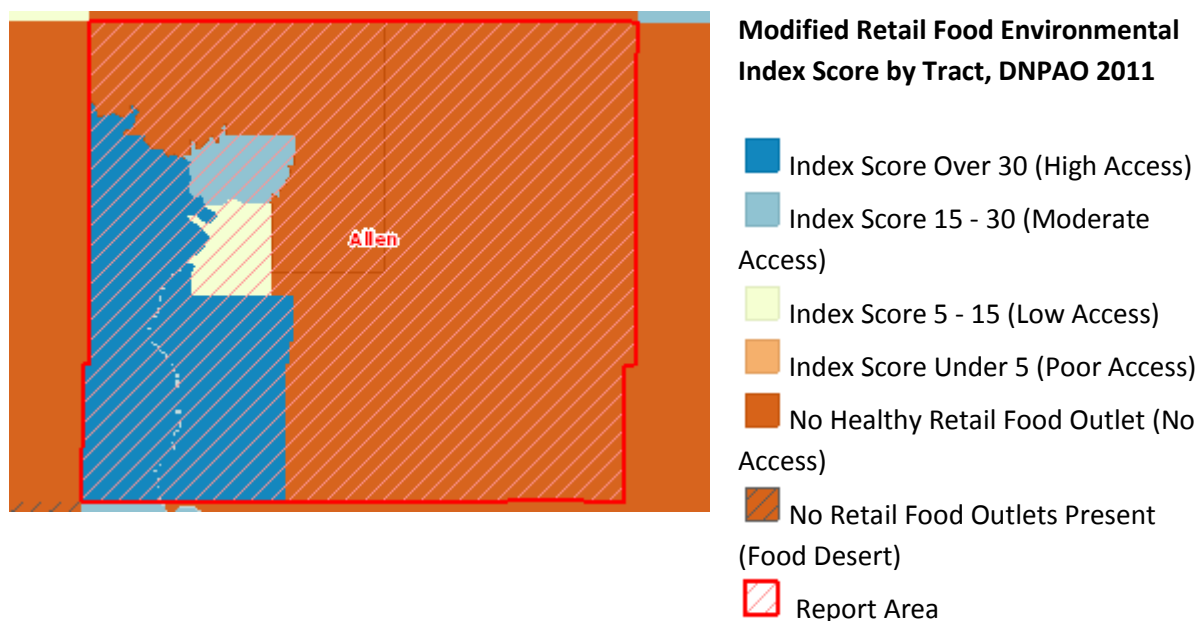
Source: Community Commons (2012). Retrieved July 22, 2015, from www.communitycommons.org

Modified Retail Food Environment Index

Researchers at the U.S. Centers for Disease Control and Prevention (CDC) have developed a measure called “The Modified Retail Food Environment Index (mRFEI)” as a way to assign an overall score that indicates the healthfulness of retail food offerings within a geographic location. To calculate the score, all food retailers within the location are categorized as either “healthy” or “less healthy.” Supermarkets, larger grocery stores, supercenters, and produce stores or markets are considered to be healthy, while fast food restaurants, smaller grocery stores, and convenience stores are considered unhealthy. The mRFEI score represents the percentage of all retail food outlets that are healthy (CDC).

Report Area	Total Population	Percent Population in Tracts with No Food Outlet	Percent Population in Tracts with No Healthy Food Outlet	Percent Population in Tracts with Low Healthy Food Access	Percent Population in Tracts with Moderate Healthy Food Access	Percent Population in Tracts with High Healthy Food Access
Allen County	13,371	16.26%	15.04%	0%	47.61%	21.09%
Kansas	2,853,118	1.48%	25.43%	23.45%	42.66%	6.99%
United States	312,474,470	0.99%	18.63%	30.89%	43.28%	5.02%

Data Source: Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity. 2011.



Source: Community Commons (2012). Retrieved July 22, 2015, from www.communitycommons.org

Farmers' Markets

The Allen County Farmer's Market is a weekly open air fresh food market that operates in Iola, Kansas. The market is open on Thursday evenings from 5:30 pm – 7:00 pm, from April through October. It features locally-grown produce, baked goods, plants, eggs, meat, and honey along with entertainment and cooking demonstrations. The market is designated as a SNAP retail vendor, and SNAP participants may use their electronic benefits to purchase eligible food items at the Market. In addition, the Allen County Farmers' Market offers a Market Match program, where shoppers using

their SNAP cards to purchase food may double their purchasing power with matching funds, up to \$25.



Photo Source: Allen County Farmers Market Facebook page

FOOD CONSUMPTION IN ALLEN COUNTY

Food Expenditures

Based on regional spending patterns from the U.S. Bureau of Labor Statistics 2014 Consumer Expenditure Survey, Allen county residents spend an estimated \$37 million dollars per year on food (BLS Statistics, 2015). If spending patterns in Allen County are similar to those in the region, approximately 40 percent of all food expenditures were for foods to be eaten away from home. Expenditures for fruits and vegetables represent only 10.9 percent of total food expenditures.

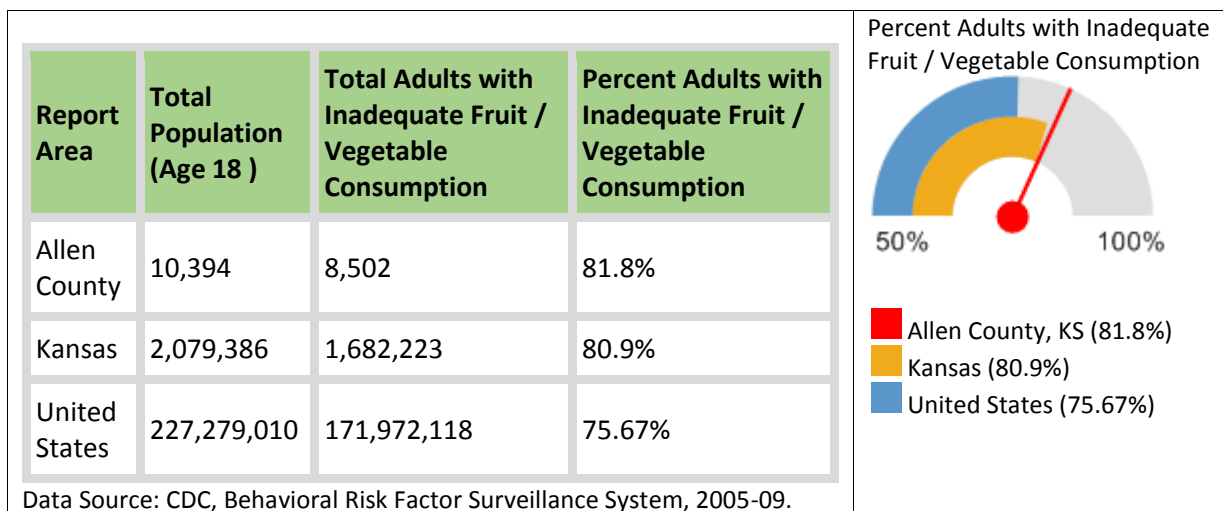
Estimated Food Spending	Allen County
Food (all food expenditures)	\$37,739,175
Food at home	\$22,573,425
Food away from home	\$15,193,125
Cereals	\$1,001,925
Meats	\$4,839,900
Dairy	\$2,589,675
Fruits & Vegetable	\$4,122,675

Data source: U.S. Bureau of Labor Statistics , 2014 Consumer Expenditure Survey; U.S. Census Bureau 2010 Decennial Census.

As noted previously in the Food Production section of this report, direct sales by Allen County farms of agricultural products for human consumption totaled only \$139,000 in 2012, less than one percent of total food expenditures.

Fruit and Vegetable Consumption

Fruits and vegetables provide essential nutrients, and are an important component of healthy diets. Current U.S. dietary guidelines encourage individuals to increase their fruit and vegetable consumption and to eat a variety of fruits and vegetables (HHS, 2010). The U.S. Centers for Disease Control and Prevention (CDC) estimates that 8,502 (81.8% percent) of Allen County adults over the age of 18 are consuming less than 5 servings of fruits and vegetables each day.



Data from the USDA Economic Research Service’s Quarterly Food-at-home Price database provide county-level estimates of the annual quantities of various types of foods that were consumed in 2006. According to these estimates, Allen County households consumed an average of 64 gallons of soda per year, and 122 pounds of snacks and sweets.

Estimated amounts of food consumed per household, 2006

Food Type	Amount consumed annually, per household		
	Allen County	Kansas	United States
Soft drinks	64 gallons	64 gallons	67 gallons
Fruits and vegetables	169 pounds	169 pounds	173 pounds
Snacks and sweets	122 pounds	121 pounds	114 pounds
Meat and poultry	61 pounds	62 pounds	70 pounds
Prepared foods	298 pounds	301 pounds	273 pounds

Source: Community Commons, data originally extracted from USDA Food Environment Atlas

FOOD INSECURITY IN ALLEN COUNTY

Food insecurity is defined as the household-level economic and social condition of limited or uncertain access to adequate food, because of a lack of resources. This indicator reports the

estimated percentage of the population that experienced food insecurity at some point during the report year. Food insecure households are not necessarily food insecure all of the time. Food insecurity often reflects a household’s tenuous financial status, and the need to make trade-offs between paying for important basic needs such as housing or medical care, and purchasing nutritionally adequate foods.

At the national and state levels, household food insecurity is measured with an annual survey (the Current Population Survey Food Security Supplement) which is conducted by the U.S. Census Bureau and analyzed by the USDA’s Economic Research Service. This survey does not, however, provide county-or local-level estimates of food insecurity rates.

To fill this data gap, Feeding America (the national organization that distributes food through state and local food banks and food pantries) has partnered with researchers to develop a statistical method for producing county-level estimates of food insecurity rates (America, 2015). Results for Allen County are shown below.

Overall Food Insecurity

Report Area	Total Population, 2013	Food Insecure Population, Total	Food Insecure Population, Percent	Percent of Food Insecure People with Household Incomes Below SNAP threshold (130% of poverty)
Allen County	13,318	2,010	15.1%	58%
Kansas	2,893,957	419,330	14.5%	49%
United States	313,281,717	49,943,940	15.94%	57%

Data Source: Feeding America, Map the Meal Gap, 2015.

Child Food Insecurity

Report Area	Food Insecure Children	Child Food Insecurity Rate	Percent of Food Insecure Children Income Eligible for Nutrition Programs (<= 185% of poverty)
Allen County	770	24.6%	83%
Kansas	161,740	22.3%	67%
United States	49,943,940	15.94%	80%

Data Source: Feeding America, Map the Meal Gap, 2015.

Many food-insecure families are working, and some earn enough that they cannot qualify for help through government-sponsored food assistance programs. In Allen County, 42 percent of food-insecure households had incomes too high to qualify for the SNAP program. These families must rely on privately funded food assistance programs for help when they need it.

FOOD ASSISTANCE PROGRAMS

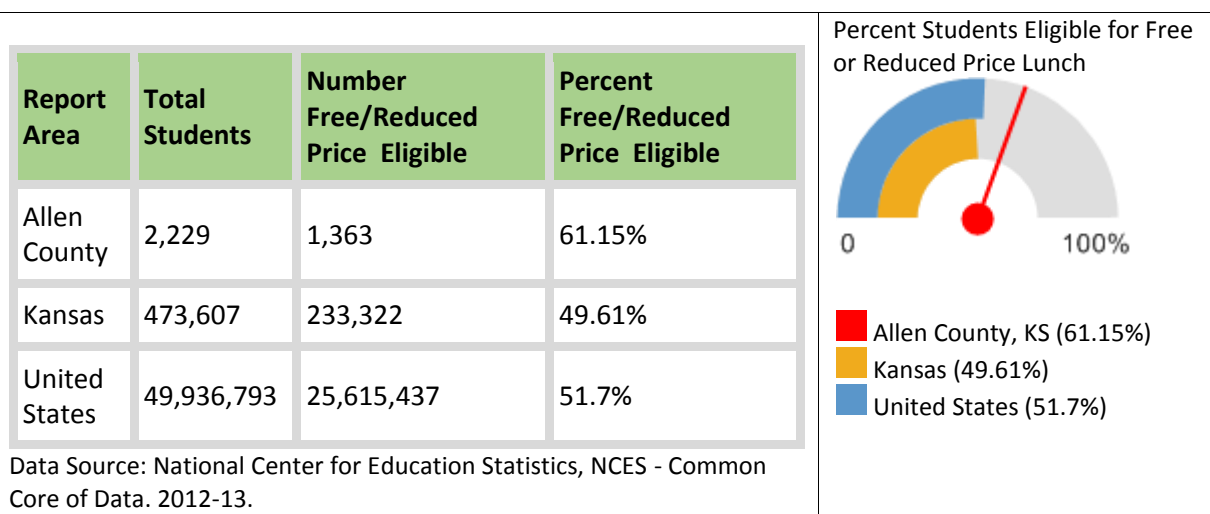
School Children Eligible for Free/Reduced Price School Meals

School meals provide nutritionally balanced food selections for children. In low-income families the school meals often help to ensure that children do not go hungry. Children from families with incomes below 135 percent of the Federal Poverty level are eligible to receive free school meals; those from households with incomes between 136 and 185 percent of the Federal Poverty level are eligible for reduced-price meals. Within Allen County, 1,363 public school students (61.15 percent) were eligible for free or reduced-price school meals (breakfast and lunch) out of the 2,229 students enrolled for the 2012-2013 school year. Children from higher-income families also participate in the school meals programs and benefit from the nutritionally balanced menus but pay full price to purchase their meals.

Figure 8. Children Eating a School Lunch



Photo Source: USDA School Meals program website



Source: Community Commons (2012). Retrieved July 22, 2015, from www.communitycommons.org

During the 2014-2015 school year, 39.7 percent of students in USD 258 (Humbolt), 64.9 percent of students in USD 257 (Iola), and 59.0 percent of students in USD 256 (Marmaton Valley) were eligible for free or reduced-price school meals (School Nutrition Programs, 2015).

The Summer Food Service Program

For low-income families that depend upon free or reduced-price school meals to help feed their children, summer recess can be a difficult time. The federally-sponsored Summer Food Service Program (SFSP) is designed to help ensure that low-income children continue to receive nutritious meals when school is not in session. Summer nutrition meal sites must be located in low-income areas where at least 50 percent of the resident children are eligible for free or reduced-price school meals. Once a site is established, all children coming to the site may be provided with free meals. Federal program requirements dictate that children must eat the meals at the established meal sites; they are not allowed to take food home for later consumption.

During the 2015 summer recess, free meals for school-aged children were available at six locations within Allen County (U.S. Department of Agriculture, 2015).

2015 Summer Nutrition Program Meal Sites in Allen County

Organization	City/Town	Dates of Operation	Days of Operation	Meals Served
Wesley United Methodist Church	Iola	August 3 – August 7	M-F	Breakfast, Lunch
Iola Central Kitchen	Iola	June 1 - August 7	M-F	Breakfast, Lunch
Trinity Methodist Hall	Iola	June 1 – July 31	M-F	Breakfast, Lunch
Riverside Park	Iola	June 1 – August 7	M-F	Lunch
Humbolt High School	Humbolt	June 1 – July 24	M-F	Breakfast, Lunch
Savonburg Public Library	Savonburg	June 2 – August 1	Tu, W, Th, F, Sun	Lunch

Data Source: USDA Summer Meal Site Finder

Figure 9. Locations of Summer Nutrition Meal Sites in Allen County, 2015

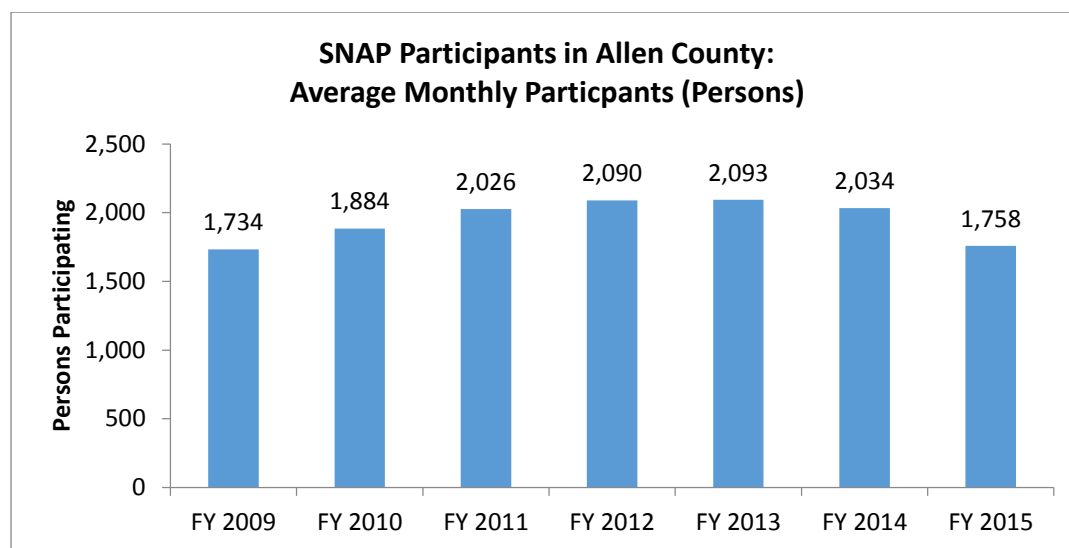


Source: USDA Summer Meal Site Finder

The Supplemental Nutrition Assistance Program (SNAP)

The SNAP program, formerly referred to as ‘food stamps’, is a federally-funded program that provides qualifying low-income families with monthly benefits in the form of a debit card that can be used to purchase foods for home use. Benefits may also be used to purchase seeds or plants to be used for growing food at home. Households must have incomes below 130 percent of the Federal Poverty level (approximately \$31,500 for a family of four) and meet other eligibility guidelines to qualify for benefits.

During state fiscal year 2015 (July 2014 to June 2015), an average of 1,758 Allen County residents received SNAP benefits each month (KSDCF, 2015). The number of SNAP participants in Allen County has declined since reaching a high in Fiscal Year 2013 – these declines are similar to what has happened across Kansas in the same time period. Average monthly benefits were approximately \$113 per participant during Fiscal Year 2015, meaning that the SNAP program provided more than \$198,600 in food purchasing dollars to low-income families in Allen County.



Data source: Kansas Department of Children and Families, Annual County Packet Reports

SNAP benefits may only be redeemed at retail locations that have been approved by the USDA as SNAP retail vendors. As of June 2015, there were seventeen (17) SNAP retailers operating in Allen County— one Walmart supercenter, two other supermarket/grocery stores, seven gas and convenience stores, two dollar stores, three specialty food stores, the Allen County Farmers’ Market and a local greenhouse operation.

The number of Allen County residents who receive SNAP benefits has decreased in the past two years. This pattern is similar to what has been observed at the state level and is likely related to changes to eligibility requirements that have been implemented at both the state and federal levels.

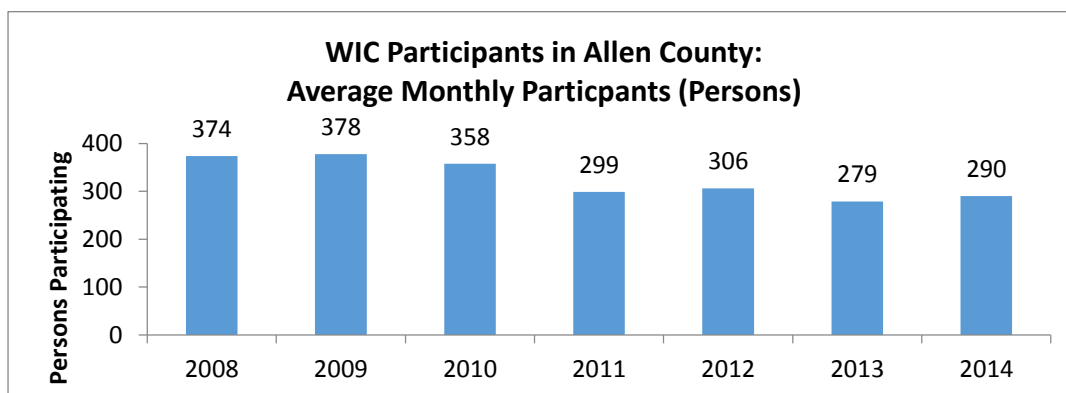
The Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

The Special Supplemental Nutrition Program for Women, Infants, and Children— better known as the WIC Program— is a federally-funded program that serves to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement their diets, information on healthy eating, and referrals to health care. Program participants are given monthly coupons or vouchers that may be redeemed at participating retail locations for specified foods. The program serves low-income pregnant, post-partum, and breastfeeding mothers as well as infants and children age 0 through 4 years. Foods that may be purchased with WIC vouchers include milk, juice, cereals, cheese, eggs, fruits and vegetables (fresh, canned or frozen), whole-grain bread, canned fish, beans, peanut butter, baby foods, and baby formula.



Photo Credit: USDA Photo Gallery

In Allen County, approximately 300 women and children participate in the WIC program each month (Kansas Health Matters, 2015). There are three retail grocery vendors in Allen County where WIC participants may use their vouchers to obtain food: the WalMart store in Iola, Moon’s Hometown Market in Humbolt, and R & K Grocery in Moran (Kansas Department of Health and Environment, 2015). The average monthly number of participants in the WIC program in Allen County has decreased in recent years; this trend is similar to those at the state and national levels.



Data Source: counts derived from data available on Kansas Health Matters system, www.kansashealthmatters.org

Commodity Food Distribution

The Emergency Food Assistance Program (TEFAP) provides free USDA commodity foods to low-income households. TEFAP food is shipped five to six times per year to participating organizations for distribution. Participant organizations determine when and how often food is distributed. The foods may include canned vegetables, fruit, juice, meat, cereal, peanut butter, nonfat dry milk, and pasta. Each shipment provides a minimum of four and a maximum of 10 foods per household.

Persons who work but have low income, as well as those who do not work, are eligible for this program. Individuals seeking assistance from the TEFAP program must apply in their home county, provide proof of their amount of income and household size (if asked), and must sign a form stating that they qualify for the program. Participants may pick up food at only one location in their community.

There are two TEFAP distribution locations in Allen County: Hope Chapel in Moran and Wesley United Methodist Church in Iola. Distribution usually takes place on the third Saturday of each month.

Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program offers low-income seniors in participating locations (including Allen County) checks or vouchers that can be used to purchase locally-grown fresh fruits and vegetables, honey, or herbs at participating farmers' markets or farm stands. Seniors are eligible to receive checks if their individual income is less than \$1,800/month and their age is 60 years or older. Seniors participating in the Commodity Supplemental Food Program (CSFP) or The Emergency Food Assistance Program (TEFAP) automatically qualify for the Kansas Senior Farmers Market Nutrition Program.

Figure 10. A Senior Shopping at Farmer's Market



Photo Credit: USDA Photo Gallery

Food Pantries and Emergency Meal Programs

In addition to government sponsored food assistance programs, private-sector food assistance agencies work to prevent hunger by providing food to families in need. In some instances, the food that they provide helps to supplement the food obtained through government assistance programs; in other cases the private-sector assistance agencies serve clients who do not qualify for participation in government-run programs. Many of the local-level assistance agencies are operated by faith-based organizations, and most rely heavily upon volunteer staff. Some, but not all, are affiliates of the national food assistance organization, Feeding America, and its state-level Food Banks.

A number of food pantries attempt to meet the needs of the poor and elderly in the county. The largest is Allen County Community Food Pantry (ACCFP). An emergency food pantry located in Iola, it is headed up by the Iola Area Ministerial Alliance. It is open six hours a week, evenly divided between Tuesday and Thursday mornings. ACCFP receives assistance from the Kansas Food Bank, as well as churches, individuals, schools, and area businesses, including banks. It also receives donations from other community organizations and the Stamp Out Hunger food drive conducted annually by the post office. It receives a large amount of fresh produce, as well as some meat, bread, juice, dairy products, and breads and desserts, from the Iola Walmart SuperCenter through the Feeding America program. The Food Pantry's ability to handle the large amount of perishable foods was assisted by a grant from a group of anonymous donors through an area foundation. With the funds, ACCFP purchased two large commercial-type refrigerators.

To receive assistance, those requesting help need to show proof of identity, residency, SNAP benefits and/or income. Assistance may be requested once in three months. Those receiving assistance from the SNAP program may get some additional assistance in the week prior to when the SNAP benefits are deposited to their electronic benefit card. Seniors 60 and over may come in once a week for produce and baked items. If they don't need the items, they are asked to leave them for those truly in need or to share them with those they know who do need them. During the month of August 2015, 441 unique individuals were served at ACCFP.

Humboldt's food pantry is a service of the Humboldt Ministerial Alliance. It operates through grants and the support of community groups and individuals. It is open from 5-6 pm every Tuesday, although clients using the service are asked to come only one time per month. It is open to anyone living in the Humboldt school district, without any income guidelines. On alternate weeks, the pantry also holds a Monday morning session to distribute items received from the Chanute Walmart through the Feeding America program. A total of 100 persons were assisted at this location during August, 2015.

The assistance of the Humboldt Ministerial Alliance has also enabled smaller communities to benefit from items donated by Walmart. Items are delivered to each of these areas once each month. Moran Thrive Pride distributes for Moran and Mildred at the Moran Community Center. In August, 2015, 49 persons were assisted at that location. During the same time period, Light of La Harpe Church members distributed to 42 members of their community, the Elsmore Ruritans distributed to 37 people from the Elsmore and Savonburg communities, and 30 individuals received food with the help of employees and volunteers at a local shelter for battered women.

Figure 11. A Client Receives Assistance at a Food Pantry



Photo credit: USDA Snap-Ed Photo Gallery

Assessment Results - Community Food Survey

A total of 219 individuals participated in the Allen County Community Food Assessment survey. Of those, 215 completed the entire survey, and four completed a portion of it. Results from both the complete and partial responses were included in the analysis. Responses to some questions total to less than 219 because there were non-responses to that specific question.

Because the survey employed a non-random, convenience sampling approach and intentionally solicited responses in some venues likely to be frequented by lower-income segments of the population, the results of this survey may not be representative of the county population as a whole. Nevertheless, the results represent important community perspectives and voices and contribute to an overall description of the food environment in Allen County.

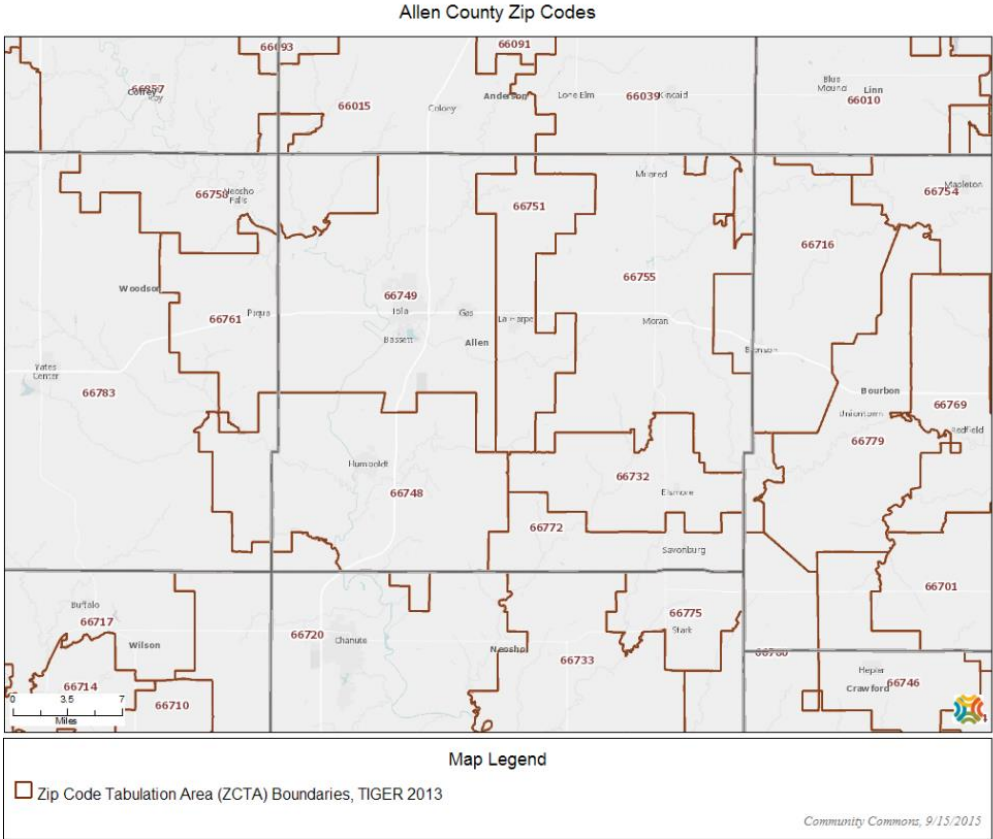
CHARACTERISTICS OF SURVEY RESPONDENTS

A brief description of the demographic characteristics of the individuals who participated in the survey is presented below. Respondents were predominantly (80 percent) female. Nearly half (49.8 percent) of survey participants reside within a single zip code (66749) which is the zip code that includes the city of Iola.

Zip code of residence

Zip Code	Count		Zip Code	Count
66015	1		66751	18
66732	13		66755	14
66742	3		66772	9
66748	44		66777	1
66749	109			

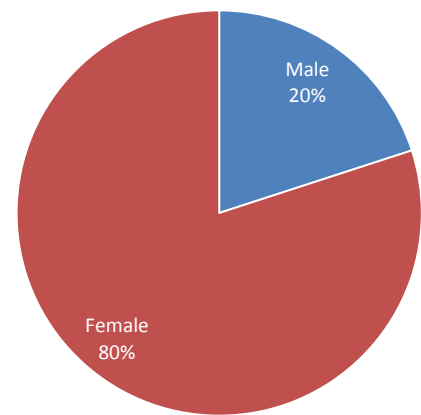
Figure 12. Zip Codes In and Surrounding Allen County



Source: Community Commons (2012). Retrieved July 22, 2015, from www.communitycommons.org

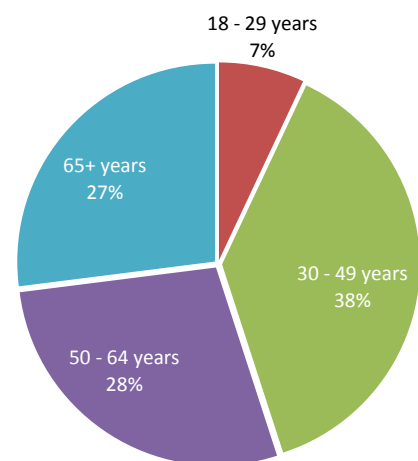
Gender

Gender	Percent	Count
Male	20.1%	42
Female	79.9%	167
Total		209



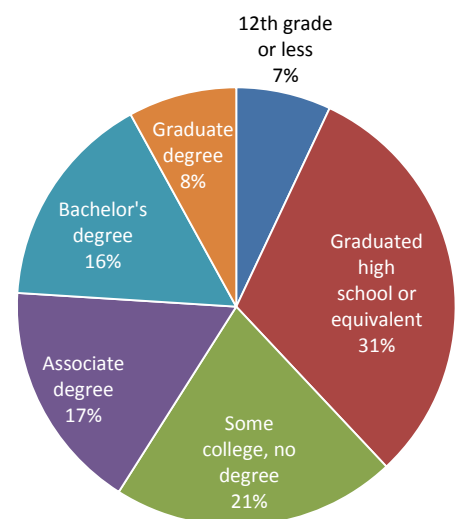
Age

Age Group	Percent	Count
Under 18 years	0.5%	1
18 - 29 years	7.2%	15
30 - 49 years	37.5%	78
50 - 64 years	27.9%	58
65+ years	26.9%	56
Total		208

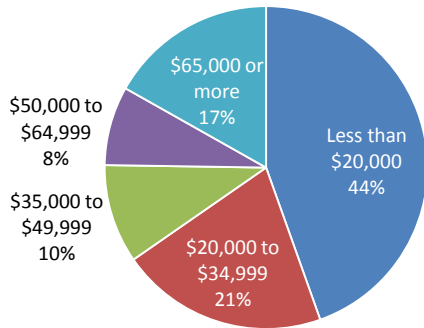


Educational Attainment

Education Level	Percent	Count
12th grade or less	7.2%	15
Graduated high school or	31.1%	65
Some college, no degree	21.1%	44
Associate degree	16.8%	35
Bachelor's degree	15.8%	33
Graduate degree	8.1%	17
Total		209



Approximate annual household income
(before taxes, not including public assistance or SNAP benefits)



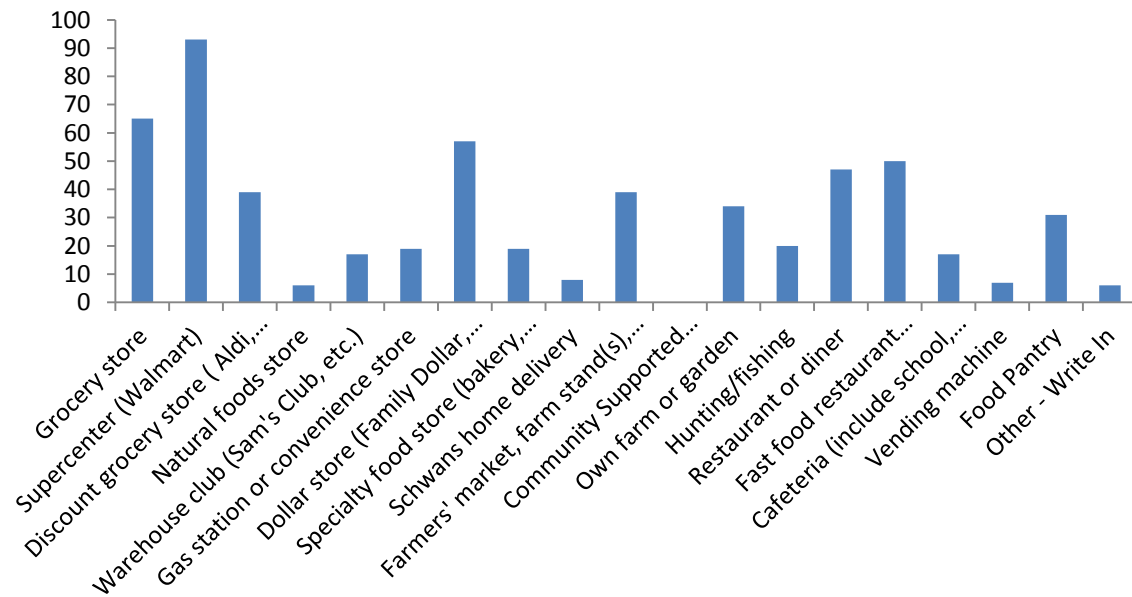
Income Range	Percent	Count
Less than \$20,000	44.7%	89
\$20,000 to \$34,999	21.1%	42
\$35,000 to \$49,999	9.6%	19
\$50,000 to \$64,999	8.0%	16
\$65,000 or more	16.6%	33
Total		199

Household Size

Household Size	Percent	Count
1	23.72	51
2	33.02	71
3	13.02	28
4	16.28	35
5	10.23	22
6	1.40	3
7	1.40	3
8	0.93	2
Total	100.00	215

WHERE PARTICIPANTS GET FOOD

3. The following list shows various places to get food. For each type of place, please check the box if you or your family members regularly get any of your food from this source, at any time during the year. (check all that apply)

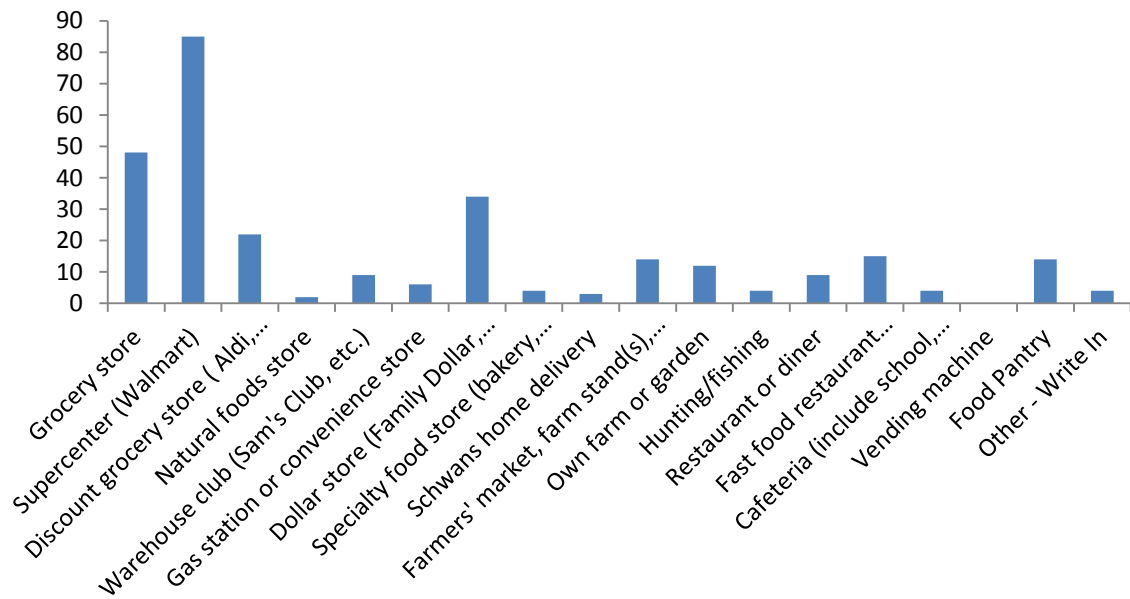


Food Source	Percent	Count
Grocery store	65.1%	142
Supercenter (Walmart)	92.7%	202
Discount grocery store (Aldi, Sav-a-Lot, etc.)	39.5%	86
Natural foods store	5.5%	12
Warehouse club (Sam's Club, etc.)	16.5%	36
Gas station or convenience store	19.3%	42
Dollar store (Family Dollar, Dollar General, etc.)	56.9%	124
Specialty food store (bakery, butcher/meat market, etc.)	18.8%	41
Schwan's home delivery	8.3%	18
Farmers' market, farm stand(s), or purchase directly from a farmer	38.5%	84
Community Supported Agriculture program (CSA)	0.5%	1
Own farm or garden	34.4%	75
Hunting/fishing	19.7%	43
Restaurant or diner	46.8%	102
Fast food restaurant (McDonalds, Sonic, A&W, Subway, Pizza Hut, etc.)	50.0%	109
Cafeteria (include school, workplace, hospital cafeterias)	17.0%	37
Vending machine	6.9%	15
Food Pantry	31.2%	68

Other - Write In	5.5%	12
Total		218

Responses "Other - Write In"	Count
Blue Apron	1
Commodities	3
Kansas City	1
Meals on Wheels	1
Mobile Food Pantry	1
Moran Ceneral Citizen	1
family	1
mail order meals	1
shares on picking others' gardens	1
wherever its cheapest	1

4. Please check the top three places from which you get most of your food. (select 3 choices)



Food Source	Percent	Count
Grocery store	47.7%	104
Supercenter (Walmart)	85.3%	186
Discount grocery store (Aldi, Sav-a-Lot, etc.)	21.6%	47
Natural foods store	1.8%	4
Warehouse club (Sam's Club, etc.)	9.2%	20
Gas station or convenience store	6.4%	14
Dollar store (Family Dollar, Dollar General, etc.)	34.4%	75
Specialty food store (bakery, butcher/meat market, etc.)	3.7%	8
Schwan's home delivery	3.2%	7
Farmers' market, farm stand(s), or purchase directly from a farmer	14.2%	31
Community Supported Agriculture program (CSA)	0.0%	0
Own farm or garden	11.9%	26
Hunting/fishing	3.7%	8
Restaurant or diner	9.2%	20
Fast food restaurant (McDonalds, Sonic, A&W, Subway, Pizza Hut, etc.)	15.1%	33
Cafeteria (include school, workplace, hospital cafeterias)	4.1%	9
Vending machine	0.5%	1
Food Pantry	13.8%	30
Other - Write In	4.1%	9

Total		218
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Responses "Other - Write In"	Count
Herman's	1
Kansas City	1
Meals on Wheels	1
Mobile Food Pantry	1
commodities	3
mail order meals	1
shares on picking others' gardens	1

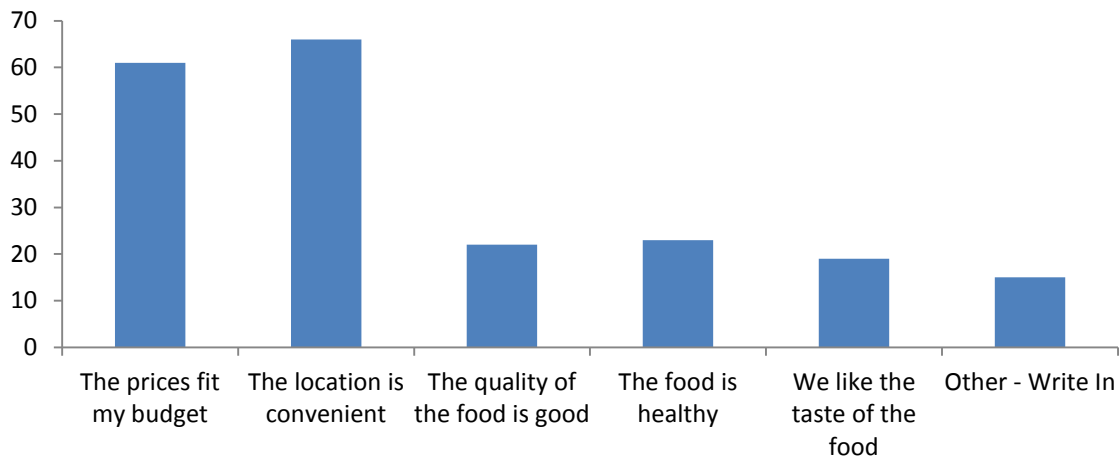
Top Three Places Where Food is Obtained Regularly, by Zip Code

Food Source	66748	66749	All Other Zipcodes
Grocery store	84.1%	25.7%	59.3%
Supercenter (Walmart)	77.3%	87.2%	86.4%
Discount grocery store (Aldi, Sav-a-Lot, etc.)	29.6%	21.1%	17.0%
Natural foods store	2.3%	2.8%	0%
Warehouse club (Sam's Club, etc.)	6.8%	5.5%	17.0%
Gas station or convenience store	2.3%	6.4%	8.5%
Dollar store (Family Dollar, Dollar General, etc.)	30.0%	38.5%	30.5%
Specialty food store (bakery, butcher/meat market, etc.)	0%	5.5%	1.7%
Schwan's home delivery	2.3%	2.8%	5.1%
Farmers' market, farm stand(s), purchase directly from farmer	4.6%	24.8%	3.4%
Community Supported Agriculture program (CSA)	0%	0%	0%
Own farm or garden	4.6%	9.1%	22.0%
Hunting/fishing	0%	1.8%	8.5%
Restaurant or diner	2.3%	11.0%	11.9%
Fast food restaurant (McDonalds, Sonic, A&W, Subway, Pizza Hut,	15.9%	19.3%	3.3%
Cafeteria (include school, workplace, hospital cafeterias)	9.1%	2.8%	3.4%
Vending machine	0%	1.0%	0%
Food Pantry	22.7%	14.7%	6.8%
Other	0%	7.3%	1.7%

Top Three Places Where Food is Obtained Regularly, by Attribute Listed as Reasons for Purchasing There

Food Source	Price	Location	Quality of Food	Food is Healthy	Like the Taste
Grocery store	50.4%	52.8%	42.9%	47.1%	47.6%
Supercenter (Walmart)	79.7%	90.3%	85.7%	80.4%	78.6%
Discount grocery store (Aldi, Sav-a-Lot, etc.)	30.1%	16.7%	16.3%	23.5%	28.6%
Natural foods store	0.8%	2.8%	6.1%	7.8%	2.4%
Warehouse club (Sam's Club, etc.)	12.0%	9.0%	20.4%	17.7%	19.1%
Gas station or convenience store	5.3%	6.3%	2.0%	2.0%	4.8%
Dollar store (Family Dollar, Dollar General, etc.)	42.1%	34.0%	28.6%	21.6%	21.4%
Specialty food store (bakery, butcher/meat market, etc.)	0%	2.8%	10.2%	7.8%	2.4%
Schwan's home delivery	1.5%	2.8%	6.1%	3.9%	2.4%
Farmers' market, farm stand(s), purchase directly from	12.0%	13.9%	20.4%	25.5%	16.7%
Community Supported Agriculture program (CSA)	0%	0%	0%	0%	0%
Own farm or garden	14.3%	11.8%	16.3%	31.4%	21.4%
Hunting/fishing	3.0%	2.8%	4.1%	3.9%	0%
Restaurant or diner	4.5%	10.4%	8.2%	5.9%	14.3%
Fast food restaurant (McDonalds, Sonic, A&W, Subway,	12.8%	18.1%	14.3%	9.8%	21.4%
Cafeteria (include school, workplace, hospital cafeterias)	4.5%	4.9%	2.0%	2.0%	2.4%
Vending machine	0.8%	0.7%	0%	0%	0%
Food Pantry	15.8%	9.7%	12.2%	5.9%	9.5%
Other	2.3%	2.8%	4.1%	3.9%	4.8%

5. What are the main reasons that you get your food from these sources? (check all that apply)



Reason	Percent	Count
The prices fit my budget	60.7%	133
The location is convenient	65.8%	144
The quality of the food is good	22.4%	49
The food is healthy	23.3%	51
We like the taste of the food	19.2%	42
Other - Write In	14.6%	32
Total		219

Responses "Other - Write In"	Count
Don't like WalMart (only one)	1
Good variety (not Wal-Mart)	1
Herman's	1
I don't cook too much	1
It is all that is available to us	1
Not many local options as far as stores.	1
Only store in town	1
WalMart-will be glad to get a REAL Grocery Store (G&W)	1
cause that's the only place we have to shop.	1
convenience	1
ease of shopping	1
have no resources to buy food	1
income problems	1
it's the only place in town!	1

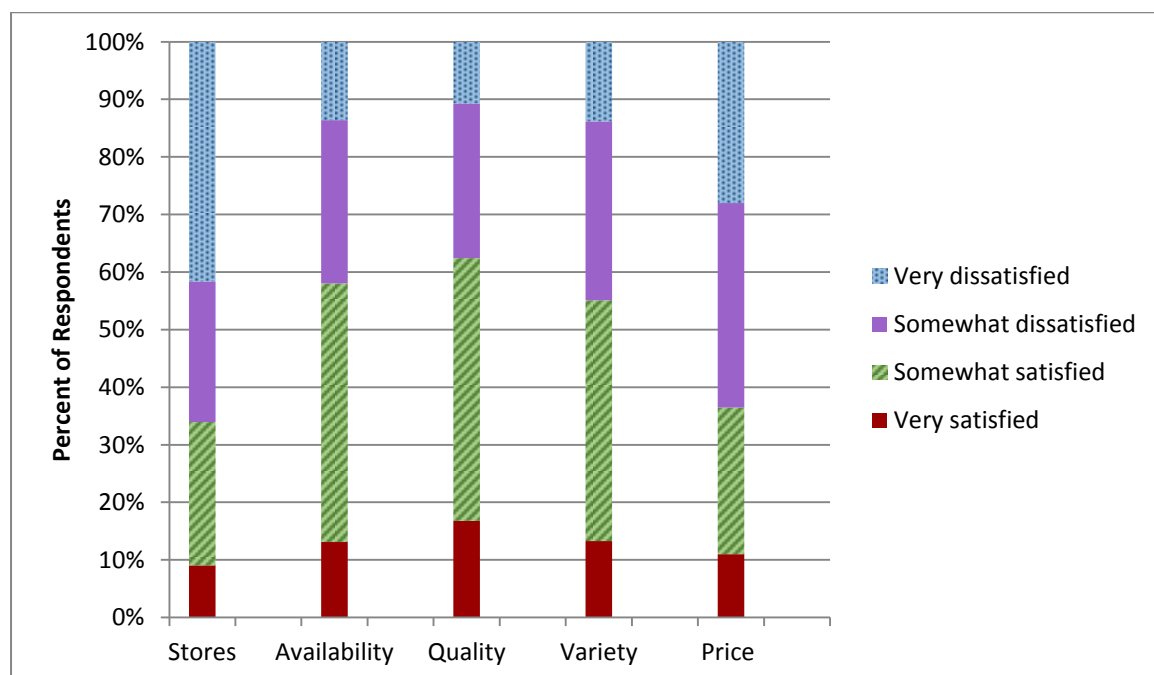
low income	1
mail order meals cut prep time and ensure nutrient balance	1
most affordable	1
necessity	1
no other choices	1
not much place to grocery shop	1
only grocery store in lola	1
only main grocery store in town	1
only place available	1
only place in town	2
only store	1
our choices	1
payday to payday	1
They're on the way when I have to do bill paying and shopping	1
the only places to get food	1
I despise Walmart but it is the only "grocery" store around, except for Moon's. When I'm in the city, I shop at natural food stores.	1
I am able to get more for my money, which allows us to eat better, longer. Most months I am able to make it without having to utilize the food pantry.	1

6. When you buy food, how important are each of the following considerations?

	Very important	Somewhat important	Not important	Responses
Price	79.0 % 169	19.2 % 41	1.9 % 4	214
Easily available	59.5 % 119	36.5 % 73	4.0 % 8	200
Ease of preparation	37.8 % 71	45.7 % 86	16.5 % 31	188
Nutritional value	66.5 % 131	28.9 % 57	4.6 % 9	197
Tastes good	80.1 % 153	17.8 % 34	2.1 % 4	191
Food safety	78.4 % 152	16.0 % 31	5.7 % 11	194
Locally grown	33.5 % 63	48.9 % 92	17.6 % 33	188
Pesticide-free	40.6 % 71	40.0 % 70	19.4 % 34	175
Non-GMO	20.7 % 35	43.2 % 73	36.1 % 61	169
Certified organic	9.8 % 17	39.7 % 69	50.6 % 88	174

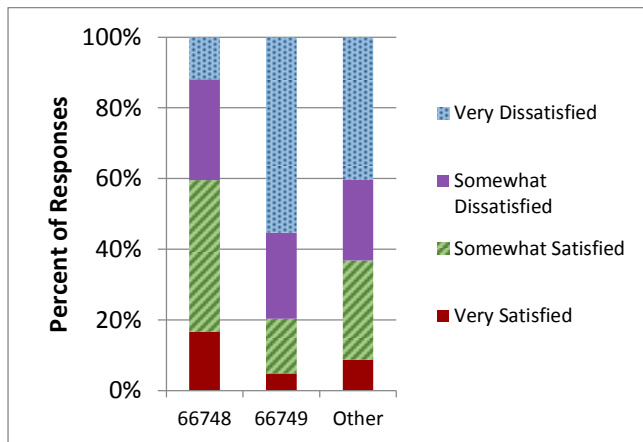
7. How satisfied are you with the food that is currently available in Allen County?

	Very satisfied	Somewhat satisfied	Somewhat dissatisfied	Very dissatisfied	Responses
Number of food stores	9.1 % 19	24.9 % 52	24.4 % 51	41.6 % 87	209
Availability of healthy food	13.1 % 26	44.9 % 89	28.3 % 56	13.6 % 27	198
Quality of healthy food available	16.8 % 33	45.7 % 90	26.9 % 53	10.7 % 21	197
Variety of healthy food available	13.3 % 26	41.8 % 82	31.1 % 61	13.8 % 27	196
Price of healthy food	11.0 % 22	25.5 % 51	35.5 % 71	28.0 % 56	200

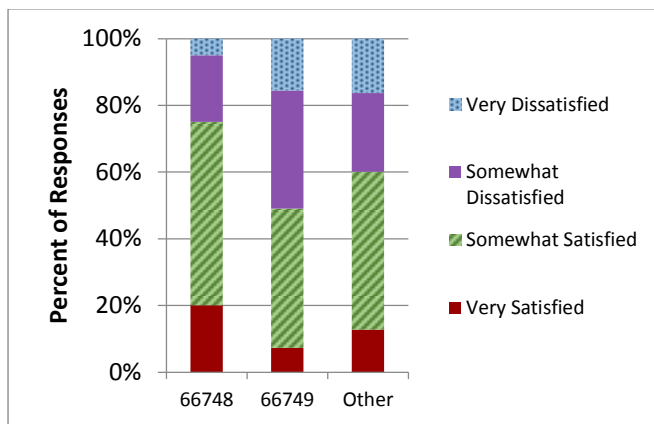


Satisfaction with the Food Environment, by Zip Code

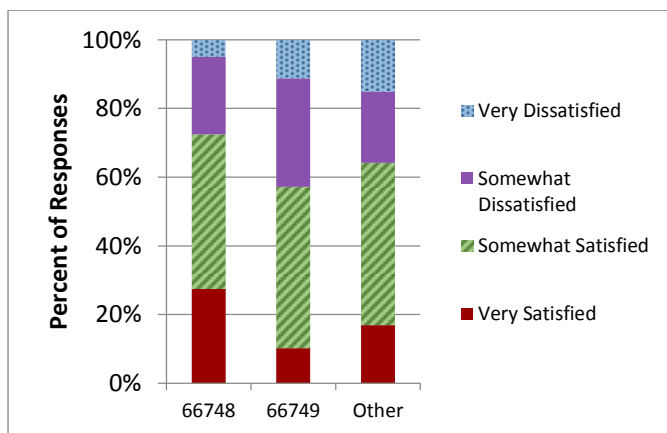
Number of Stores



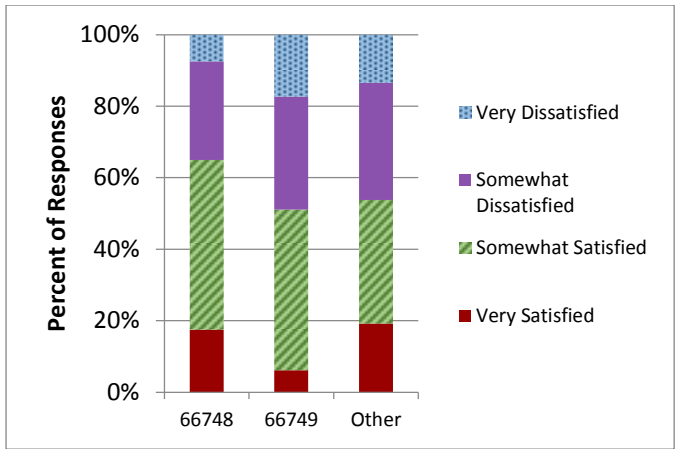
Availability of Healthy Food



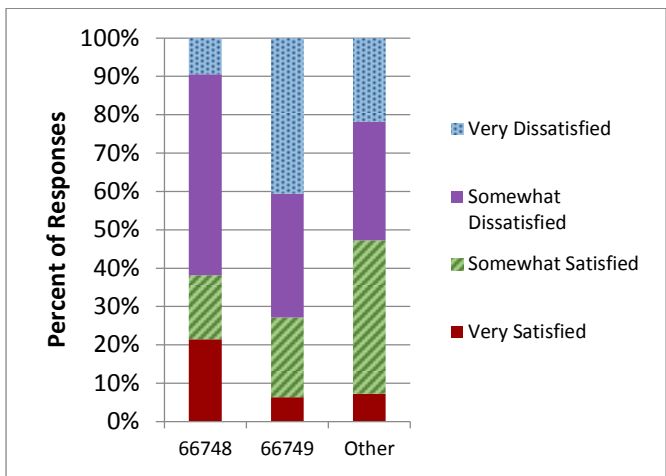
Quality of Healthy Food Available



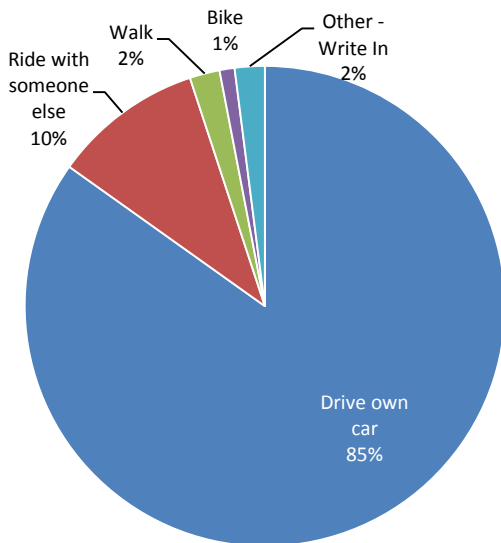
Variety of Healthy Food Available



Price of Healthy Food



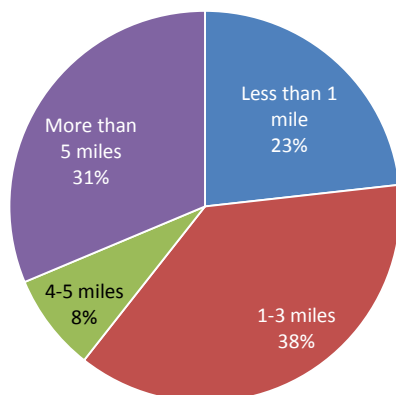
8. How do you usually get to the store to buy groceries? (select one choice)



Mode of Transportation	Percent	Count
Drive own car	84.2%	181
Ride with someone else	10.2%	22
Walk	2.3%	5
Bike	0.9%	2
Other - Write In	2.3%	5
Total		215

Responses "Other - Write In"	Count
Senior bus	2
Senior bus, son	1
bus	1
use my mom's car	1

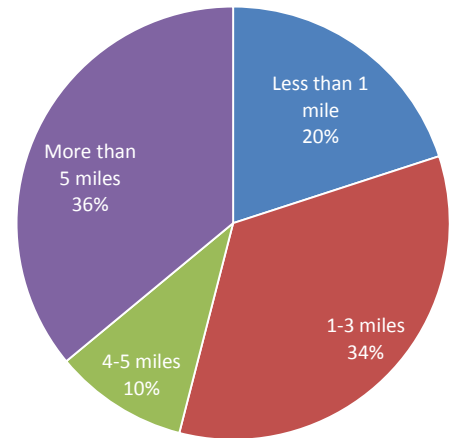
9. How far do you usually travel to buy bread and milk? (select one choice)



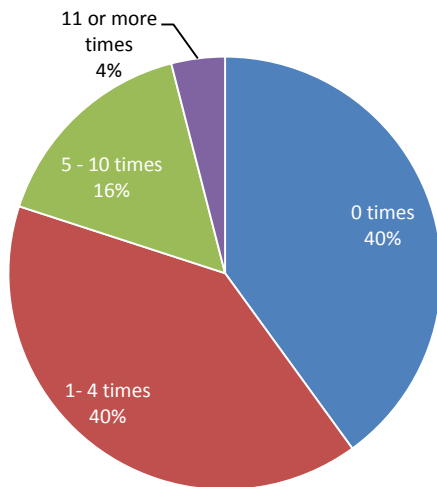
Distance for Bread/Milk	Percent	Count
Less than 1 mile	22.9%	49
1-3 miles	37.4%	80
4-5 miles	8.4%	18
More than 5 miles	31.3%	67
Total		214

10. How far do you usually travel to buy vegetables and fruits? (select one choice)

Distance for Fruits & Vegetables	Percent	Count
Less than 1 mile	20.2%	43
1-3 miles	33.8%	72
4-5 miles	10.3%	22
More than 5 miles	35.7%	76
Total		213



11. During 2014, how many times did one or more members of your household purchase food at the Allen County Farmers' Market in Iola? (select one choice)

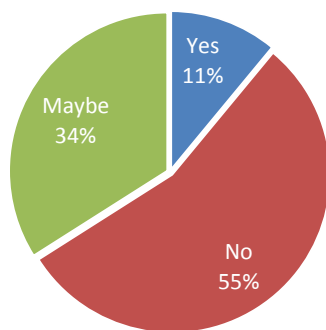


Farmer's Market Use	Percent	Count
0 times	40.2%	86
1- 4 times	39.7%	85
5 - 10 times	15.9%	34
11 or more times	4.2%	9
Total		214

12. Whether or not you have been in prior years, please indicate what changes would make you want to attend the farmers' market more frequently. Please be specific - suggest changes to day(s) of the week, time of day, location, etc. If you wouldn't be interested at all, please indicate that.

Due to length, responses to this Question were provided to the Allen County GROW team in a separate document.

13. Would you prefer to buy food delivered to your door?



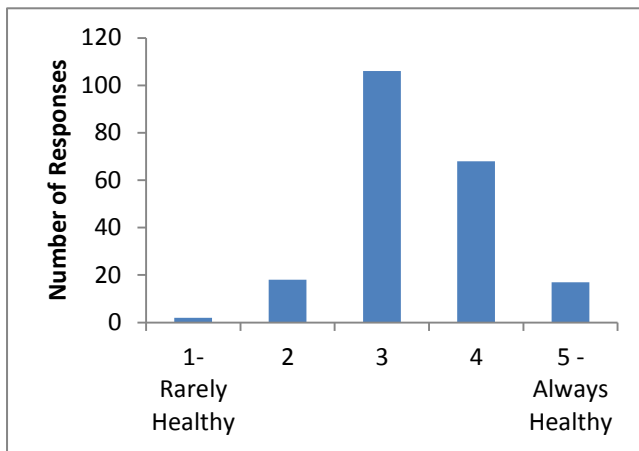
Interest in Home-Delivered Food	Percent	Count
Yes	11.5%	24
No	54.6%	114
Maybe	34.0%	71
Total		209

Home Delivery Interest, by Zip Code

Zip Code	Interest in Food Delivered to Door		
	Yes	Maybe	No
66748	14.3%	31.0%	14.3%
66749	11.4%	34.3%	11.4%
Other	10.9%	34.6%	10.9%

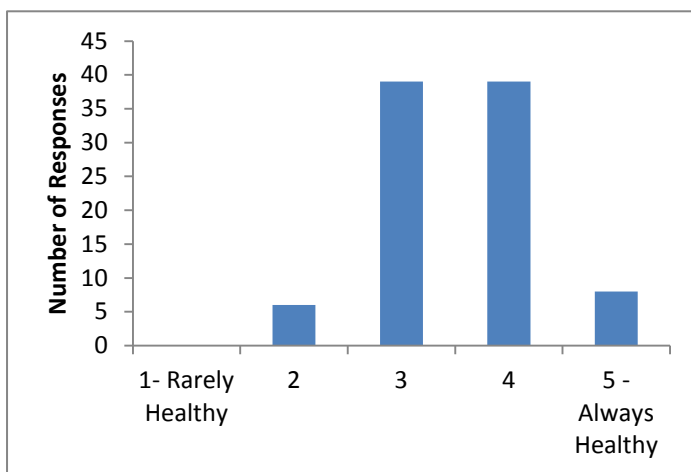
WHAT SURVEY PARTICIPANTS EAT

14. On a scale of 1 to 5, how would you rate your diet?



Adults' Diets	Percent	Count
1- Rarely Healthy	1.0%	2
2	8.5%	18
3	50.2%	106
4	32.2%	68
5-Always Healthy	8.1%	17
Total		211

15. If you have children at home, how would you rate their diet(s)?



Children's Diets	Percent	Count
1- Rarely Healthy	0.0%	0
2	6.5%	6
3	42.4%	39
4	42.4%	39
5-Always Healthy	8.7%	8
Total		92

Self-rated diet quality, by ounces of soda/pop consumed yesterday

Diet Quality	Ounces of Soda				
	None	Less than 8 oz.	8-12 oz.	13-20 oz.	More than 20 oz.
1- Rarely Healthy*	0%	50.0%	50.0%	0%	0%
2	66.7%	0%	5.6%	0%	27.8%
3	44.2%	17.3%	16.4%	7.7%	14.4%
4	45.6%	17.7%	23.5%	8.8%	4.4%
5- Always Healthy	62.5%	12.5%	18.8%	0%	6.3%

*These percentages should be interpreted with caution, due to the small number of responses in this category.

Self-rated diet quality, by frequency eating at fast food restaurants

Diet Quality	How often ate at fast food restaurant					
	Nearly Every Day	Few Times/Week	Once/Week	Few Times/Month	Less than Once/Month	Rarely/ Never
1- Rarely Healthy*	0%	0%	0%	50.0%	0%	50.0%
2	11.1%	11.1%	11.1%	22.2%	22.2%	22.2%
3	3.8%	18.1%	21.0%	23.8%	17.1%	16.2%
4	0%	4.4%	32.4%	26.5%	19.1%	17.7%
5- Always Healthy	0%	11.8%	0%	29.4%	17.7%	41.2%

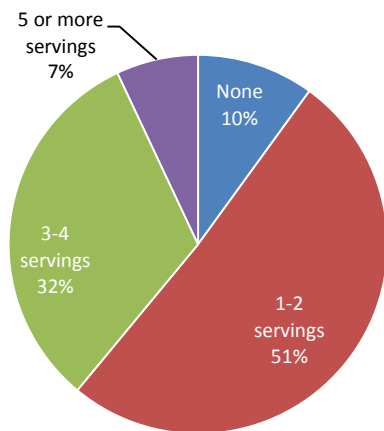
*These percentages should be interpreted with caution, due to the small number of responses in this category.

Self-rated diet quality, by level of education

Education	Diet Rating				
	1 Rarely Healthy*	2	3	4	5 Always Healthy
Less than high school/GED	0%	7.1%	57.1%	28.6%	7.1%
High school/GED	1.5%	9.2%	56.9%	23.1%	9.2%
Some college or technical training	2.3%	14.0%	53.5%	27.9%	2.3%
2-year college diploma	0%	5.7%	40.0%	45.7%	8.6%
4-year college diploma	0%	9.7%	58.1%	25.8%	6.5%
Graduate degree	0%	0%	23.5%	64.7%	11.8%

*These percentages should be interpreted with caution, due to the small number of responses in this category.

16. How many servings of fruits and vegetables (canned, fresh or frozen) did you eat yesterday? (a serving is approximately 1/2 cup)



Servings of Fruits &	Percent	Count
None	10.0%	21
1-2 servings	50.7%	107
3-4 servings	32.2%	68
5 or more servings	7.1%	15
Total		211

Fruit and Vegetable Consumption, by Age of Respondent

	None	1-2 servings	3-4 servings	5 or more servings
18-29 years (n=15)*	0.0%	73.3%	20.0%	6.7%
30-49 years (n=77)	13.0%	54.6%	29.9%	2.6%
50-64 years (n=57)	12.3%	33.3%	42.1%	12.3%
65+ years (n=55)	5.5%	54.6%	32.7%	7.3%

*These percentages should be interpreted with caution, due to the small number of responses in this category

Fruit and Vegetable Consumption, by Household Income

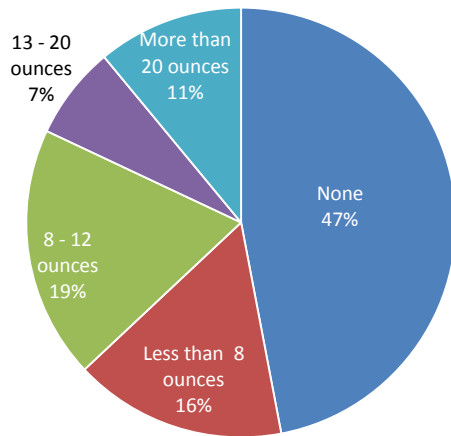
	None	1-2 servings	3-4 servings	5 or more servings
Less than \$20,000 (n=88)	11.4%	59.1%	29.6%	0.0%
\$20,000 to \$34,999 (n=42)	11.9%	52.4%	31.0%	4.8%
\$35,000 to \$49,999 (n=19)*	15.8%	47.4%	31.6%	5.3%
\$50,000 to \$64,999 (n=16)*	0.0%	12.5%	68.8%	18.8%
\$65,000 or more (n=32)	6.3%	40.6%	28.1%	25.0%

*These percentages should be interpreted with caution, due to the small number of responses in this category

Fruit and Vegetable Consumption, by SNAP participation

	None	1-2 servings	3-4 servings	5 or more servings
Participated in SNAP (n=58)	13.8%	58.6%	27.6%	0.0%
Did not Participate (n=153)	8.5%	47.7%	34.0%	9.8%

17. How many ounces of pop/soda did you drink yesterday? (a can of soda is 12 ounces)



Soda/Pop Consumption	Percent	Count
None	47.1%	99
Less than 8 ounces	15.7%	33
8 - 12 ounces	19.1%	40
13 - 20 ounces	6.7%	14
More than 20 ounces	11.4%	24
Total		210

Soda Consumption, by Age of Respondent

	None	Less than 8 ounces	8-12 ounces	13-20 ounces	More than 20 ounces
18-29 years (n=15)*	40.0%	13.3%	13.3%	13.3%	20.0%
30-49 years (n=77)	44.2%	22.1%	18.2%	7.8%	7.8%
50-64 years (n=57)	44.6%	10.7%	23.2%	5.4%	16.1%
65+ years (n=55)	56.4%	10.9%	16.4%	5.4%	10.9%

*These percentages should be interpreted with caution, due to the small number of responses in this category

Soda Consumption, by Household Income

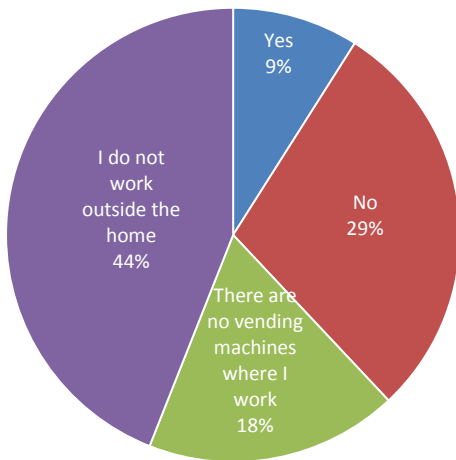
	None	Less than 8 ounces	8-12 ounces	13-20 ounces	More than 20 ounces
Less than \$20,000 (n=88)	39.5%	19.8%	17.4%	10.5%	12.8%
\$20,000 to \$34,999 (n=42)	52.4%	9.5%	21.4%	7.1%	9.5%
\$35,000 to \$49,999 (n=19)*	68.4%	5.3%	15.8%	0.0%	10.5%
\$50,000 to \$64,999 (n=16)*	43.8%	25.0%	18.8%	0.0%	12.5%
\$65,000 or more (n=32)	50.0%	12.5%	25.0%	0.0%	12.5%

*These percentages should be interpreted with caution, due to the small number of responses in this category

Soda Consumption, by SNAP participation

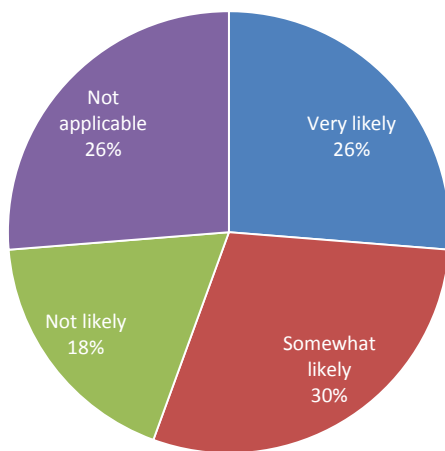
	None	Less than 8 ounces	8-12 ounces	13-20 ounces	More than 20 ounces
Participated in SNAP (n=58)	36.2%	20.7%	20.7%	10.3%	12.1%
Did not Participate (n=153)	51.3%	13.8%	18.4%	5.3%	11.2%

18. Are 100% fruit juice, fresh fruits or vegetables, or nuts available in vending machines at the place where you work?



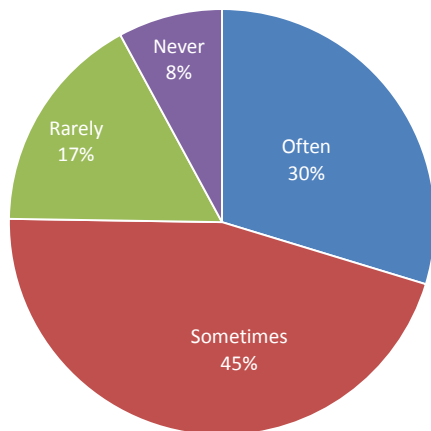
Healthy Vending at Workplace	Percent	Count
Yes	8.7%	18
No	29.0%	60
There are no vending machines where I work	17.9%	37
I do not work outside the home	44.4%	92
Total		207

19. If these healthy vending choices are or were to be available, how likely would you be to choose them?



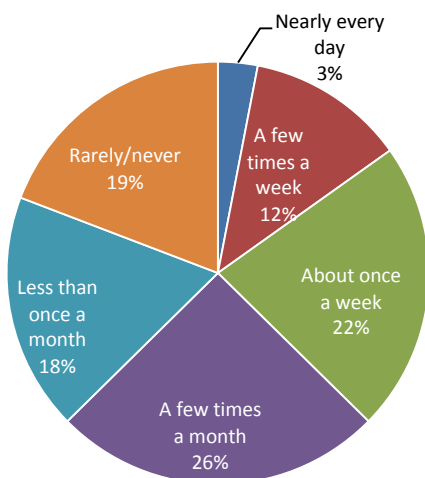
Would Choose Healthy Vending Options	Percent	Count
Very likely	26.3%	54
Somewhat likely	29.3%	60
Not likely	18.1%	37
Not applicable	26.3%	54
Total		205

20. If nutrition information were available in restaurants, would you use it in deciding what to order?



Would Use	Percent	Count
Often	30.3%	64
Sometimes	45.5%	96
Rarely	16.6%	35
Never	7.6%	16
Total		211

21. Including breakfast, lunch and dinner, how often do you eat at fast food restaurants?



Eating Fast Food	Percent	Count
Nearly every day	2.8%	6
A few times a week	12.3%	26
About once a week	21.7%	46
A few times a month	25.5%	54
Less than once a month	18.4%	39
Rarely/never	19.3%	41
Total		212

Respondents who ate at Fast Food Restaurant a Few Times per Week, or Nearly Every Day, by Zip Code

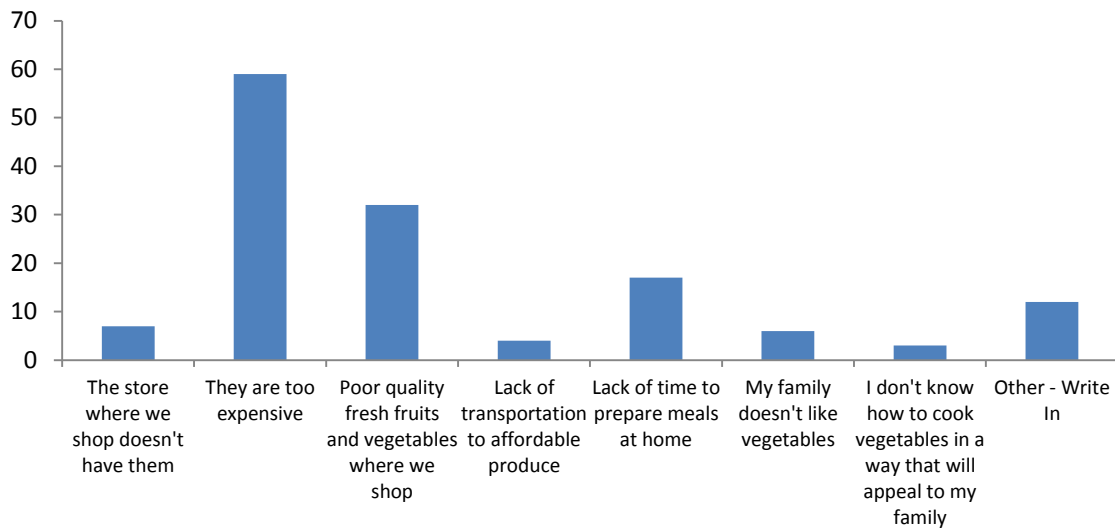
Zip Code	Percent of Survey Respondents
66748	9.8%
66749	15.9%
Other	19.3%

22. Thinking about a typical week, how many times does your family do each of the following for dinner?

	Never (0 times per week)	Rarely (1-2 times per week)	Sometimes (3-4 time per week)	Most days (5-6 times per week)	Every day (7 times per week)	Responses
Eat at a friend's or relative's home	53.7 % 109	37.4 % 76	7.9 % 16	1.0 % 2	0.0 % 0	203
Make dinner from scratch	8.4 % 17	18.7 % 38	25.6 % 52	37.4 % 76	9.9 % 20	203
Cook mostly easy-to-prepare packaged foods	13.0 % 26	42.0 % 84	30.5 % 61	13.0 % 26	1.5 % 3	200
Heat up packaged, pre-made food	26.3 % 52	40.4 % 80	24.2 % 48	7.1 % 14	2.0 % 4	198
Eat prepared takeout food from a restaurant or store	35.7 % 71	51.3 % 102	11.6 % 23	1.5 % 3	0.0 % 0	199
Eat fast food	31.5 % 62	52.3 % 103	13.2 % 26	2.5 % 5	0.5 % 1	197
Eat at a full service restaurant (not fast food)	34.5 % 69	55.5 % 111	9.0 % 18	1.0 % 2	0.0 % 0	200

Note: In many cases, responses to this question clearly totaled to more than 7 dinners per week, suggesting that the intent of the question was not clearly understood.

23. What makes it difficult for your family to eat 5 or more servings of fruits and vegetables each day? (check all that apply)

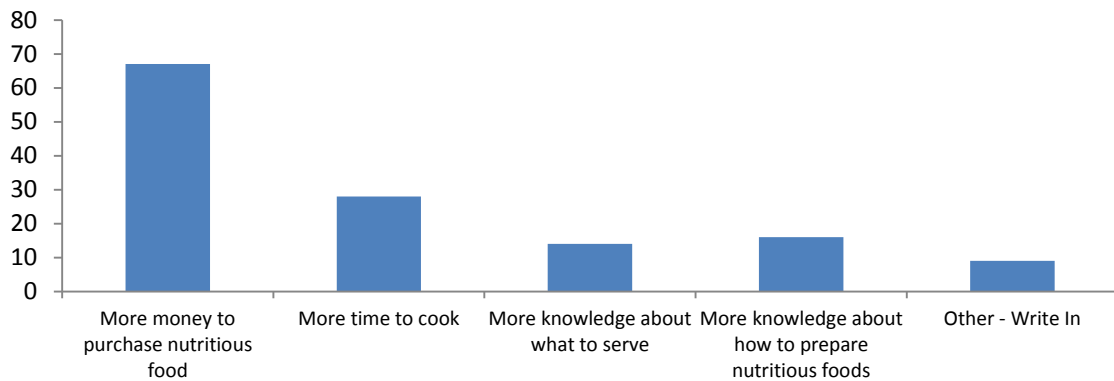


Barriers to Eating Fruits/Vegetables	Percent	Count
The store where we shop doesn't have them	6.6%	13
They are too expensive	58.9%	116
Poor quality fresh fruits and vegetables where we shop	32.0%	63
Lack of transportation to affordable produce	4.1%	8
Lack of time to prepare meals at home	17.3%	34
My family doesn't like vegetables	6.1%	12
I don't know how to cook vegetables in a way that will	3.1%	6
Other - Write In	11.7%	23
Total		197

Responses "Other - Write In"	Count
I TRY TO	1
I buy what I can	1
I hate most veggies	1
Only eat two meals a day	1
Vegetables are the bulk of our diets, no real issues.	1
don't care for fruits that much	1
eat meals from the jail (Meals on Wheels)	1
food goes bad before it is eaten	1
just don't cook much	1

local stores often have rotten produce that isn't worth buying.	1
need money	1
not a problem	1
not an issue	1
not difficult	1
often they spoil before we eat them. I use a lot of frozen veg & fruits.	1
only have 1 meal daily at home because of work	1
sometimes just forget	1
we do eat 5 or more	1
we wait for our garden veggies	1

24. Which of these options would help your family have a more nutritious diet? (check all that apply)

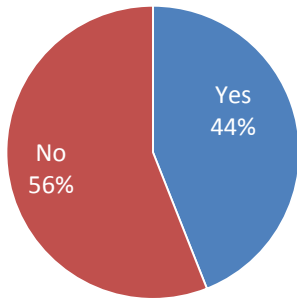


What Would Help to Improve Diet	Percent	Count
More money to purchase nutritious food	67.0%	134
More time to cook	27.5%	55
More knowledge about what to serve	14.0%	28
More knowledge about how to prepare nutritious	16.0%	32
Other - Write In	8.5%	17
Total		200

Responses "Other - Write In"	Count
Availability of a wider variety of options.	1
Better availability	1
Better produce at store in winter	1
Less taxes being taken from our paycheck going to programs like this one.	1
all alone now, don't go to the trouble	1
better quality	1
don't eat at home much	1
none of these apply	1
not an issue - we eat nutritious foods	1
too lazy	1
we do fine	1

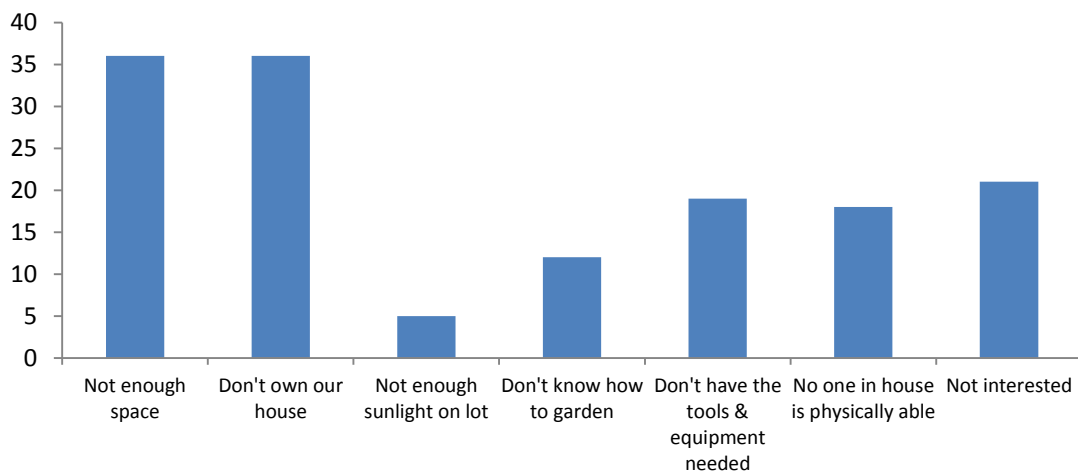
HOME GARDENS

25. Does your household raise a garden in the summer?



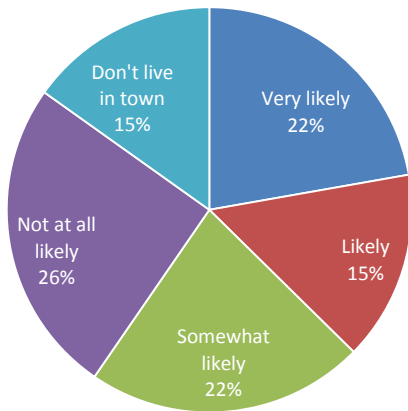
Household Has a Garden	Percent	Count
Yes	43.6%	92
No	56.4%	119
Total		211

26. Please check the reason(s) that your household does not have a garden (check all that apply):



Reasons for Not Gardening	Percent	Count
Not enough space	35.7%	40
Don't own our house	35.7%	40
Not enough sunlight on lot	5.4%	6
Don't know how to garden	11.6%	13
Don't have the tools & equipment needed	18.8%	21
No one in house is physically able	17.9%	20
Not interested	20.5%	23
Total		112

27. If you live in town, how likely would you be to take advantage of a neighborhood garden if it were within one mile of your residence? (select one choice)



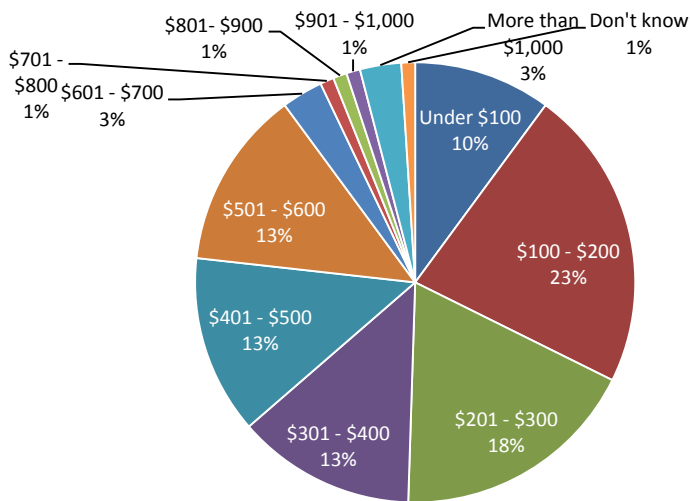
Would Participate in Neighborhood Garden	Percent	Count
Very likely	22.3%	45
Likely	15.4%	31
Somewhat likely	21.8%	44
Not at all likely	25.3%	51
Don't live in town	15.4%	31
Total		202

27. If you answered “Very Likely” or “Likely,” what is a major street intersection near your home?

Due to length, responses to this Question were provided to the Allen County GROW team in a separate document.

FOOD EXPENDITURES

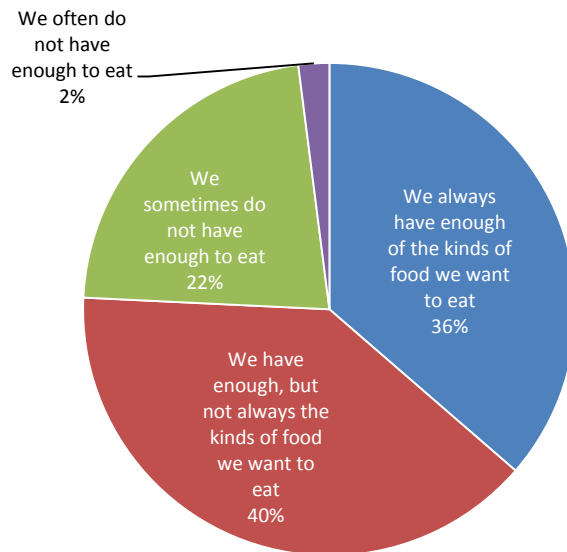
28. In a typical month, how much money does your family spent on food? (Include food from grocery stores, restaurants, school meals, gas stations, etc. Include the amount from SNAP/food stamps and WIC vouchers, if you have them)



Monthly Food Spending	Percent	Count	Avg. Household Size
Under \$100	10.0%	21	1.4
\$100 - \$200	22.4%	47	2.0
\$201 - \$300	18.1%	38	2.5
\$301 - \$400	12.9%	27	3.1
\$401 - \$500	12.9%	27	2.8
\$501 - \$600	12.9%	27	3.7
\$601 - \$700	3.3%	7	5.1
\$701 - \$800	1.0%	2	3.5
\$801 - \$900	1.0%	2	3.5
\$901 - \$1,000	1.0%	2	3.5
More than \$1,000	3.3%	7	4.1
Don't know	1.4%	3	---
Total		210	

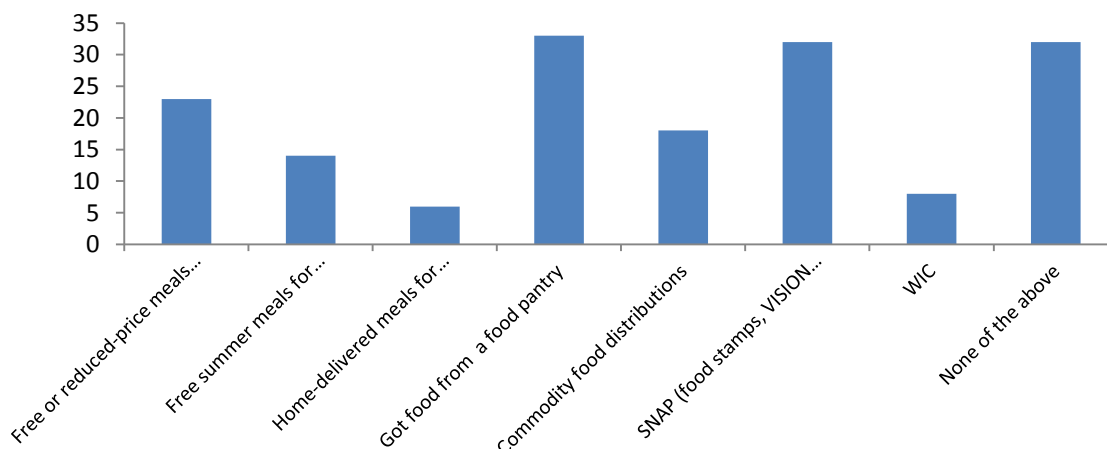
ACCESS TO ENOUGH FOOD (FOOD SECURITY)

29. Which of these statements best describes the food eaten in your household? (select one answer)



Household Food Security	Percent	Count
We always have enough of the kinds of food we want to eat	36.4%	76
We have enough, but not always the kinds of food we want to eat	39.2%	82
We sometimes do not have enough to eat	22.5%	47
We often do not have enough to eat	1.9%	4
Total		209

30. In the past 12 months, has anyone in your household participated in the following programs: (Check all that apply)



Program	Percent	Count
Free or reduced-price meals at school, Head Start or daycare?	23.2%	42
Free summer meals for school-age children	13.8%	25
Home-delivered meals for seniors (Meals on Wheels)	5.5%	10
Got food from a food pantry	33.2%	60
Commodity food distributions	17.7%	32
SNAP (food stamps, VISION card)	32.0%	58
WIC	7.7%	14
None of the above	32.0%	58
Total		181

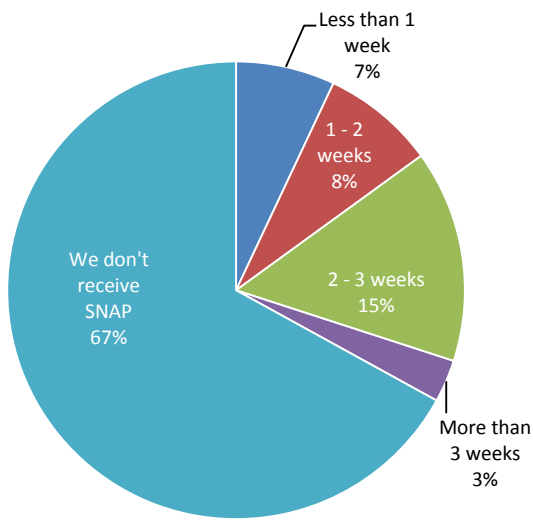
Program Participation, by Household Food Security Status

(Food secure= Always have enough of the kinds of food we want to eat, or have enough but not always the kinds of food we want. Food insecure= Sometimes or often do not have enough to eat)

Note: not all households would be eligible for all programs. Eligibility often is dependent upon household income and ages of household members.

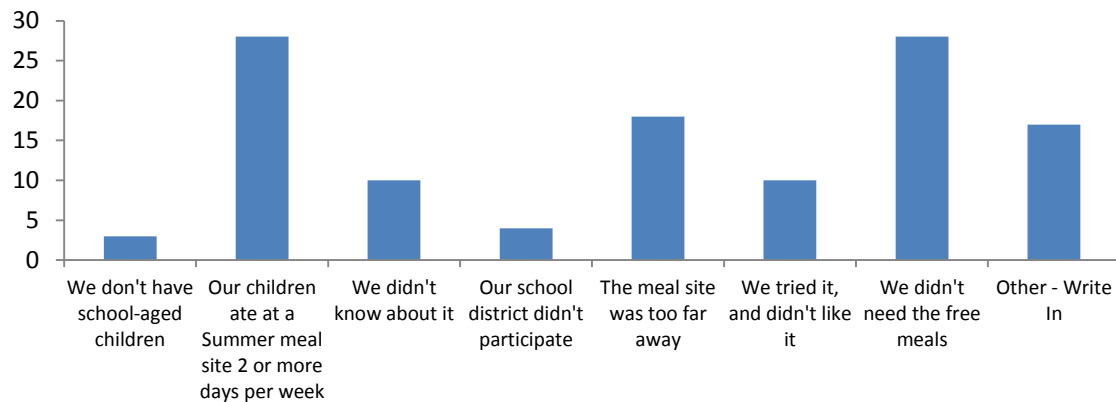
Program	Food Insecure Households	Food Secure Households
Free or Reduced-price School Meals	33.3%	15.8%
Summer Meals for Children	15.7%	10.8%
Home-delivered Meals for Seniors	5.9%	4.4%
Food Pantry	52.9%	20.9%
Commodity foods	21.6%	13.3%
SNAP	66.7%	15.2%
WIC	11.8%	5.1%
Any of the above programs	90.2%	44.3%

31. If your household participates in the SNAP program, about how long do your monthly benefits usually last?



How Long SNAP Benefits	Percent	Count
Less than 1 week	7.3%	13
1 - 2 weeks	7.8%	14
2 - 3 weeks	14.5%	26
More than 3 weeks	3.4%	6
We don't receive SNAP	67.0%	120
Total		179

32. If you have school-aged children, but your children ate at a Summer Food Service meal site less than twice a week, what was the reason? (check all that apply)



Reason	Percent	Count
We don't have school-aged children	2.8%	2
Our children ate at a Summer meal site 2 or more days per week	27.8%	20
We didn't know about it	9.7%	7
Our school district didn't participate	4.2%	3
The meal site was too far away	18.1%	13
We tried it, and didn't like it	9.7%	7
We didn't need the free meals	27.8%	20
Other - Write In	16.7%	12
Total		72

Responses "Other - Write In"	Count
Children were at daycare	2
Didn't want to participate	1
Honestly, forgot about the program.	1
My kids didn't have transportation into the site--we live in the country	1
children refuse to go	1
didn't use it	1
picky eater	1
son has celiac disease, unable	1
transportation (too far away?)	1
went to visit her mother	1

- **40.5% percent of households where children received free or reduced price meals also participated in a free Summer Meals program.**

INTEREST IN LEARNING OPPORTUNITIES

33. How interested would you be in each of the following learning opportunities?

Learning Opportunity	Very interested	Somewhat interested	Not interested	Not applicable	Responses
Learning more about how to cook healthy meals for your family	18.5 % 36	35.9 % 70	31.8 % 62	13.8 % 27	195
Learning more about how you can make healthier food choices for your family	22.0 % 42	34.0 % 65	30.4 % 58	13.6 % 26	191
Having your children learn more about how to make healthier food choices	23.4 % 44	19.1 % 36	19.7 % 37	37.8 % 71	188
Having your children learn more about how to cook healthy meals or snacks for themselves	23.4 % 44	17.0 % 32	20.2 % 38	39.4 % 74	188
Learning how to better budget your money for food	23.5 % 44	25.7 % 48	36.4 % 68	14.4 % 27	187
Learning how to access food assistance programs for yourself or for family/friends	19.9 % 37	16.7 % 31	39.2 % 73	24.2 % 45	186
Learning how to grow some of your own food/ gardening skills	20.6 % 39	26.5 % 50	34.9 % 66	18.0 % 34	189

Interest in Learning Opportunities among Households that Received Food Assistance

Learning Opportunity	Interest Level			
	Very Interested	Somewhat Interested	Not Interested	Not Applicable
How to cook healthy meals	21.3%	35.2%	34.3%	9.3%
How to make healthier food choices	27.1%	32.7%	32.8%	8.4%
Children – how to make healthier food choices	31.1%	24.3%	19.4%	25.2%
Children – how to cook healthy meals/snacks	29.8%	23.1%	21.2%	26.0%
How to budget money for food	28.2%	27.2%	33.0%	11.7%
How to access food assistance programs	28.2%	21.4%	36.9%	13.6%
How to garden/ grow own food	24.0%	26.0%	33.7%	16.4%

Interest in Learning Opportunities, in Zip Code 66748

Learning Opportunity	Interest Level			
	Very Interested	Somewhat Interested	Not Interested	Not Applicable
How to cook healthy meals	15.2%	21.2%	48.5%	15.2%
How to make healthier food choices	14.4%	32.4%	38.2%	14.7%
Children – how to make healthier food choices	25.7%	20.0%	17.1%	37.1%
Children – how to cook healthy meals/snacks	28.6%	17.1%	17.1%	37.1%
How to budget money for food	17.1%	34.3%	37.1%	11.4%
How to access food assistance programs	11.8%	5.9%	55.9%	26.5%
How to garden/ grow own food	16.7%	22.2%	41.7%	19.4%

Interest in Learning Opportunities, in Zip Code 66749

Learning Opportunity	Interest Level			
	Very Interested	Somewhat Interested	Not Interested	Not Applicable
How to cook healthy meals	22.0%	40.0%	27.0%	11.0%
How to make healthier food choices	24.5%	35.7%	27.6%	12.2%
Children – how to make healthier food choices	26.3%	16.8%	16.8%	40.0%
Children – how to cook healthy meals/snacks	26.0%	14.6%	17.7%	41.7%
How to budget money for food	27.1%	24.0%	34.4%	14.6%
How to access food assistance programs	25.5%	18.1%	31.9%	24.5%
How to garden/ grow own food	21.1%	25.3%	33.7%	20.0%

Interest in Learning Opportunities, in Other Zip Codes

Learning Opportunity	Interest Level			
	Very Interested	Somewhat Interested	Not Interested	Not Applicable
How to cook healthy meals	10.9%	34.6%	34.6%	20.0%
How to make healthier food choices	15.4%	32.7%	34.6%	17.3%
Children – how to make healthier food choices	11.8%	23.5%	27.5%	37.3%
Children – how to cook healthy meals/snacks	14.0%	20.0%	26.0%	40.0%
How to budget money for food	18.4%	24.5%	38.8%	18.4%
How to access food assistance programs	17.7%	16.0%	41.2%	25.5%
How to garden/ grow own food	25.5%	27.5%	34.6%	18.7%

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Appendices

Appendix 1. Allen County GROW Community Survey Instrument



Allen County GROW Survey Instrument

Thank You for completing this survey. Your answers will help Allen County GROW to better understand how we might make it easier for residents of Allen County to eat more healthy foods.

About your household

1. Please indicate the number of people in your household in each age group (include children who live with you for any part of the week).

____ 0-5 yrs ____ 6-17 yrs ____ 18-25 yrs ____ 26-64 yrs ____ 65 and older

2. What is the zip code where you live (five-digit)? _____

Where you get your food

3. The following table lists various places to get food. For each type of place, please check the box if you or your family members regularly get any of your food from this source, at any time during the year:

- a) Grocery store
- b) Supercenter (Walmart)
- c) Discount grocery store (Aldi, Sav-a-Lot, etc.)
- d) Natural foods store
- e) Warehouse Club (Sam's Club, etc.)
- f) Gas station or convenience store
- g) Dollar store (Family Dollar, Dollar General, etc.)
- h) Specialty food store (bakery, butcher/meat market, etc.)
- i) Schwan's home delivery
- j) Farmers' market or Farm stand(s), or purchase directly from a farmer
- k) Community Supported Agriculture program (CSA)
- l) Own farm or garden
- m) Hunting/fishing
- n) Restaurant or diner
- o) Fast food restaurant (McDonalds, Sonic, A&W, Subway, Pizza Hut, etc.)
- p) Cafeteria (include school, workplace or hospital cafeterias)
- q) Vending machine
- r) Food Pantry
- s) Other (please name) _____

4. What are the top three places in the list above that you get most of your food? (List the letters, from the list above)

1) _____ 2) _____ 3) _____

5. What are the main reasons that you get your food from these sources? (check all that apply)

- The prices fit my budget
- The location is convenient
- The quality of the food is good
- The food is healthy
- We like the taste of the food
- Other (please specify) _____

6. When you buy food, how important are each of the following considerations?	Very Important	Somewhat Important	Not Important
• Price			
• Easily available			
• Ease of preparation			
• Nutritional value			
• Tastes good			
• Food safety			
• Locally grown			
• Pesticide-free			
• Non-GMO			
• Certified organic			

7. How satisfied are you with the food that is currently available in Allen County?	Very Satisfied	Somewhat Satisfied	Somewhat Dissatisfied	Very Dissatisfied
• Number of food stores				
• Availability of healthy food				
• Quality of healthy food available				
• Variety of healthy food available				
• Price of healthy food				

8. How do you usually get to the store to buy groceries? (select one answer)

- Drive own car
 Ride with someone else
 Walk
 Bike
 Other (please specify) _____

9. How far do you usually travel to buy bread and milk? (select one answer)

- Less than 1 mile 1-3 mi. 4-5 mi. More than 5 mi.

10. How far do you usually travel to buy fresh vegetables and fruits? (select one answer)

- Less than 1 mile 1-3 mi. 4-5 mi. More than 5 mi.

11. During 2014, how many times did one or more members of your household purchase food at the Allen County Farmers' Market in Iola?

- 0 1-4 5-10 11 or more

12. Whether or not you have been in prior years, please indicate what changes would make you want to attend the farmers' market more frequently. Please be specific—suggest changes to day/s of the week, time of day, location, etc. If you wouldn't be interested at all, please indicate that.

13. Would you prefer to buy food delivered to your door?

_____ Yes _____ No _____ Maybe

What Your Family Eats

14. On a scale of 1 to 5, how would you rate your diet, with 1 being 'rarely healthy' and 5 'always healthy'?

1 2 3 4 5

15. If you have children at home, how would you rate their diet(s)? Again, 1 is 'rarely healthy', and 5 is 'always healthy'.

1 2 3 4 5 N/A – no children

16. How many servings of fruits and vegetables (fresh, canned, or frozen) did you eat yesterday? (a serving is approximately ½ cup)

_____ 0 _____ 1-2 _____ 3-4 _____ 5 or more

17. How many ounces of pop/soda did you drink yesterday? (a can of soda is 12 ounces)

_____ 0 _____ Less than 8oz. _____ 8-12oz. _____ 13-20oz. _____ More than 20oz

18. Are 100% fruit juice, fresh fruits or vegetables, or nuts available vending machines where you work?

_____ Yes _____ No _____ There are no vending machines where I work _____ I do not work

19. If these vending choices are or were to be available, how likely would you be to choose them?

_____ Very likely _____ Somewhat likely _____ Not likely _____ N/A

20. If nutrition information were available in restaurants, would you use it in deciding what to order?

_____ Often _____ Sometimes _____ Rarely _____ Never

21. Including breakfast, lunch and dinner, how often do you eat at fast food restaurants?

- Nearly every day
- A few times a week
- About once a week
- A few times a month
- Less than once a month
- Rarely/never

22. Thinking about a typical week, how many times does your family do each of the following for dinner?	Never (0x/week)	Rarely (1-2 /week)	Sometimes (3-4 x/week)	Most days (5-6 x/week)	Every day (7 x/week)
a) Eat at a friend's or relative's home					
b) Make dinner from scratch					
c) Cook mostly easy-to-prepare packaged foods					
d) Heat up packaged, pre-made food					
e) Eat prepared takeout food from a restaurant or store					
f) Eat fast food					
g) Eat at a full service restaurant (not fast food)					

23. What makes it difficult for your family to eat 5 or more servings of fruits and vegetables each day? (Check all that apply)

- The store where we shop doesn't have them
- They're too expensive
- Poor-quality fresh fruits and veggies where we shop
- Lack transportation to affordable produce
- Lack of time to prepare meals at home
- My family doesn't like vegetables
- I don't know how to cook vegetables in a way that will appeal to my family
- Other _____

24. Which of these options would help your family have a more nutritious diet? (Check all that apply)

- More money to purchase nutritious food
- More time to cook
- More knowledge about what to serve
- More knowledge about how to prepare nutritious foods
- Other _____

25. Does your household raise a garden in the summer? Yes No

26. If your household doesn't have a garden, indicate the reason or reasons why?

- Not enough space
- Don't own house
- Not enough sunlight on lot
- Don't know how to garden
- Don't have the tools & equipment needed
- No one in household is physically able
- Not interested

27. If you live in town, how likely would you be to take advantage of a neighborhood garden if it were within one mile of your residence?

Very likely Likely Somewhat likely Not at all likely Don't live in town

If you answered 'Very likely' or 'likely,' what is a major street intersection near your home?

Food Expenditures

28. **In a typical month, how much money does your family spend on food?** Include food from grocery stores, restaurants, school meals, gas stations, etc. Include the amount from SNAP/food stamps and WIC vouchers, if you have them.

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Under \$100 | <input type="checkbox"/> \$601-\$700 |
| <input type="checkbox"/> \$100-\$200 | <input type="checkbox"/> \$701-\$800 |
| <input type="checkbox"/> \$201-\$300 | <input type="checkbox"/> \$801-\$900 |
| <input type="checkbox"/> \$301-\$400 | <input type="checkbox"/> \$901-\$1,000 |
| <input type="checkbox"/> \$401-\$500 | <input type="checkbox"/> More than \$1,000 |
| <input type="checkbox"/> \$501-\$600 | |

Access to Enough Food

29. **Which of these statements best describes the food eaten in your household? (*select one*):**

- We always have enough of the kinds of foods we want to eat
- We have enough, but not always the kinds of food we want to eat
- We sometimes do not have enough to eat
- We often do not have enough to eat

30. **In the past 12 months, has anyone in your household participated in the following programs? (*check all that apply*)**

- Free or reduced price meals at school, Head Start or Day Care?
- Free summer meals for school-age children?
- Home-delivered meals for seniors (Meals on Wheels)?
- Assistance from a food pantry?
- Commodity food distributions?
- SNAP (food stamps)?
- WIC?

31. **If your household participates in the SNAP program, about how long do your monthly benefits usually last?**

- Less than 1 week
- 1 – 2 weeks
- 2 - 3 weeks
- More than 3 weeks
- We don't receive SNAP

32. **If you have school-aged children but your children ate at a Summer Food Service Program meal site less than twice a week, what was the reason? (*check all that apply*)**

- We don't have school-aged children
- Our children ate at a Summer meal site 2 or more days per week
- We didn't know about it
- Our school district didn't participate
- Meal site was too far away
- We tried it, and didn't like it
- We didn't need the free meals
- Other (please specify) _____

Learning Opportunities

33. How interested would you be in the following activities?	Very Interested	Somewhat Interested	Not Interested	N/A
Learning more about how to cook healthy meals for your family?				
Learning more about how you can make healthier food choices for your family?				
Having your children learn more about how to make healthier food choices?				
Having your children learn more about how to cook healthy meals or snacks for themselves?				
Learning how to better budget your money for food?				
Learning how to access food assistance programs for yourself or for family/friends?				
Learning how to grow some of your own food/ gardening skills?				

A Little More Information About You

To help us better understand the results and plan for future programs, these final questions will tell us more about the people who completed the survey:

34. What is your gender? ___Female ___Male

35. What is your age? ___18-29 ___30-49 ___50-64 ___65+

36. What is your level of education?

- Less than High School diploma or GED
- High school diploma or GED
- Some college or technical training
- 2-year college diploma
- 4-year college diploma
- Graduate degree

37. About how much is your yearly household income before taxes (not including public assistance or SNAP benefits)?

- less than \$20,000
- \$20,000 - \$34,999
- \$35,000 - \$49,999
- \$50,000 - \$64,999
- \$65,000 or more

THANK YOU for completing this survey. Your answers will help us to make Allen County a healthier place to live.

