

Hunger-Free Communities

Characterizing vulnerable populations in San Luis Obispo County



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Introduction

The objective of the San Luis Obispo Hunger-Free Communities project (SLO HFC) was to characterize the factors associated with food insecurity among vulnerable populations in the County. Key components of the study included a food security assessment and a county-wide food store evaluation. The study period lasted from January to November 2011 and included creation of two comprehensive survey tools, collaboration with more than 50 community agency partners, recruitment and training of 100 survey administrators, and face-to-face interviews with more than 800 community members. This report contains background information on the SLO HFC project, study methods, and main findings from the data collected.

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Introduction

Food security for a household means access by all members at all times to enough food for an active, healthy life (USDA).

The SLO HFC food security assessment was designed to reflect food security at the household level among vulnerable populations in the county. The survey measured levels of food security as defined by the USDA; high/marginal food security, low food security and very low food security. The families and communities of San Luis Obispo County vary greatly in their food security status. This survey was created to capture characteristics specific to populations that may be at risk for food insecurity in the county.

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Both
securit
insecure.

High/marginal food security

No or
access
indication of chan
or f

Low food security

Reports of reduced qualit
variet
Little or no indication of
reduced food intake.

Very low food security

Re
indications of disru
eat
food intake.

Definition of key terms

- 🌀 **Race/ethnicity:** This variable was based on self-reported data on two separate questions (see Appendix 1). Three categories were created: White, Hispanic, and Other. Non-Hispanic White participants reported only White race. Hispanic or Latino participants, regardless of their response to the race question, were considered Hispanic. Non-Hispanic participants reporting any other race group or a combination of races were considered Other.
- 🌀 **Household income:** Total combined monthly or yearly income of the household was reported by participants and responses were standardized to reflect monthly amounts. Sources included work/job, child support, Social Security, support from family or friends, retirement, disability, among others.
- 🌀 **Per-capita income:** Calculated by dividing total combined monthly income of each household by the number of household members.
- 🌀 **Poverty:** Calculated using the 2011 U.S. Department of Health and Human Services guidelines. For example, a family of four was considered living at or below poverty if their combined yearly household income was \$22,350 or less. Two poverty variables were created; 100% poverty, reflecting the above guidelines, and 165% poverty, calculated for each household size and reflecting the conventional eligibility cut-off for CalFresh/SNAP and other federal assistance programs.

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The SLO HFC report is divided into five main sections. The first four sections report on data collected from the Food Security Evaluation and the final section reports on data from the Food Store Evaluation. Each section is described below and main findings are reviewed.

Section 1: Sociodemographics

The average participant in the SLO HFC food security evaluation was a 48 year-old Hispanic woman with children working full-time with no benefits, with a total household earnings of about \$1,200 per month, living below the federal poverty limit.

Average age of participants was 48 years, with broad representation from age groups ranging from 14-30 years to 65+ years and most participants (63%) were women. White participants made up 42% of the sample. The Hispanic proportion of the sample (47%) was higher than the SLO

County average of 21%. Just over 60% of participants had high school diplomas, compared to the CA average of 81%, and 13% had graduated college, compared to a 30% state and county average. Almost 40% of the sample had no working household members but there were significant differences between race/ethnic groups. Over 84% Hispanic participants were employed compared to 37% of Whites. Household income was very low in all groups. Median monthly income was \$1,200, but there were differences between race/ethnic groups such that Hispanic households had much lower per-capita income (\$375) compared to Whites (\$757). Sixty percent of the overall sample was living at or below the federal poverty level, and over 80% was living at or below the 165% poverty level. Most participants lived in households with children (57%), but there were significant differences between race/ethnic groups such that Hispanic households were most likely to have children. Most households (61%) spoke mostly or only English, 30% spoke mostly or only Spanish, and 9% spoke both equally.

- 📌 **WHAT:** The San Luis Obispo Hunger-Free Communities project components included a food security assessment and a food store evaluation.
- 📌 **WHY:** The study was designed to characterize the food insecurity among vulnerable populations in the County.
- 📌 **HOW:** Creation and application of a comprehensive survey and training of 100 surveyors and face-to-face interviews with 800 community members.
- 📌 **WHERE:** At 54 food stores within San Luis Obispo County.
- 📌 **WHEN:** The study period lasted from January to November.
- 📌 **WHO:** Cal Poly SLO in partnership with the San Luis Obispo Food Bank Coalition and support from 50 community organizations.

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Food security is defined as access at all times by all members of the family to enough food for an active, healthy life (USDA). Food security is assessed in the context of income, poverty and household characteristics.

Section 2: Food Security

Food insecurity was highly prevalent among this vulnerable population. Three-quarters of households surveyed were food insecure. The most notable factor impacting food insecurity was income.

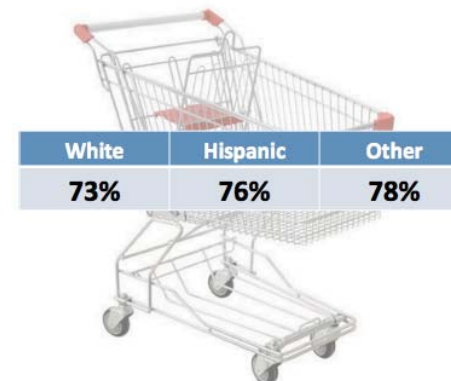
Of the households surveyed for the SLO HFC, 75% were food insecure, with no differences between race/ethnic groups. Food security in California averages about 16%. The survey was therefore successful in reaching vulnerable households as planned. There were about equal proportions of households considered to be at "low" and "very low" levels of

food security. Compared to other age groups, middle-aged individuals (41-50 years) were the most affected by food insecurity. As expected, food insecurity increased in frequency and intensity with decreasing income. At \$250 per capita income or less, food insecurity was more than 80%, but at \$1,000 or more, it was less than 50%. Among households living at or below the poverty limit, the food insecurity rate was 84% whereas it was 63% among households living above the poverty limit. More than half of participants reported having to choose between paying rent, utilities, or medicine and buying food.

FOOD SECURITY IN THE HOUSEHOLD

Household food insecurity

USDA classification: "Low or very low food security"



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Participants reported on their use of food and nutrition assistance programs including Food Stamps/SNAP/CalFresh, WIC, and Food Bank or similar programs.

Section 3: Assistance Programs

Considering the amount of need within this population, use of nutrition assistance programs was relatively low.

Over 84% of participants had heard of CalFresh, 79% of women had heard of WIC, and 89% had heard of Food Bank. Among those that had heard of each program, rates of program utilization were much lower, at 57%, 59%, and 82%, respectively. Younger groups tended to utilize CalFresh and WIC more frequently whereas there were no differences for Food Bank use between age groups. Use of programs among those at 100% poverty were nearly identical to use among those at 165% poverty. Many participants reported concerns about

eligibility or perceived eligibility; whether they qualified or not. Moreover, Many participants with poverty-level household incomes reported not being eligible or not knowing whether they were eligible. Some also reported that they did not have the need or that these programs were "not worth the trouble."

There was great need among this population for assistance programs, but there was confusion regarding program eligibility. Knowledge of programs and qualification criteria was low. Many participants who reported not qualifying for programs most likely would qualify, and many indicated not knowing what the criteria were. Some indicated that their need was not great enough. Still others reported not qualifying for free Food Bank services.

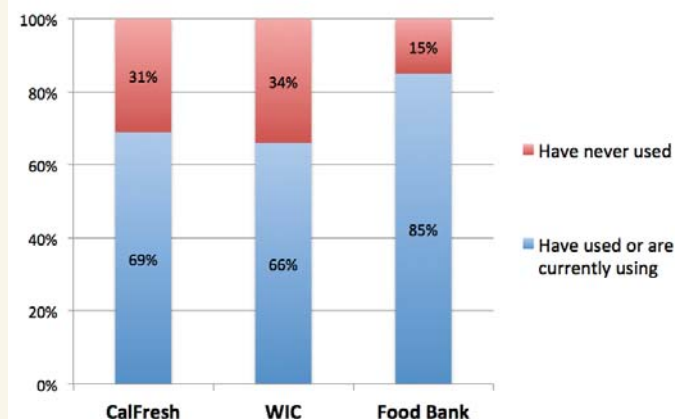
USE OF ASSIS

"Used in the past or are currently using"

		
CalFresh	WIC	Food Bank
57%	59%	82%

Program use among households in poverty

At 100% poverty level



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Participants were asked to report on their food consumption habits and food shopping patterns. Emphasis was placed on consumption of fruits/vegetables and soda/snacks.

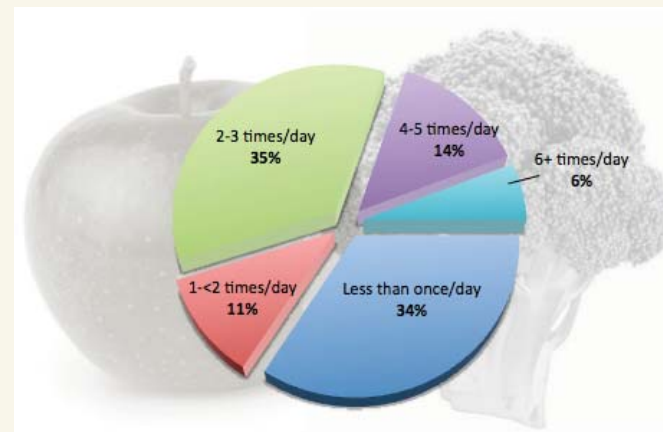
Section 4: Food and Diet

Snacks and sodas were consumed less frequently than fruits and vegetables. The average participant went grocery shopping and bought prepared meals about once a week.

On average, fruits and vegetables (including canned and frozen) were consumed twice a day. More than a third of participants reported eating fruits and vegetables less than once a day whereas only 15% reported eating at least five times a day. On average, participants reported eating snacks and soda less frequently than fruits and vegetables, about 1.5 times per day. About 12% reported never eating snacks or drinking

soda and over a third reported consuming snacks or soda less than once a day. Only 8% reported consuming snacks or soda 5 times a day or more. The average frequency of grocery shopping and eating out or eating prepared meals was similar—about once a week.

FOOD CONSUMPTION P



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A county-wide sample of 45 food stores were visited to assess availability and accessibility of foods. A modified USDA market-basket of 89 regionally and culturally relevant food items was created. From the market basket, a 41-item example shopping list was examined.

Section 5: Food Stores

Food prices were highest in the coast region of the county and lowest in the north. Fresh fruits and vegetables were less available in stores than snack foods. Healthier varieties of foods were more expensive than unhealthy varieties.

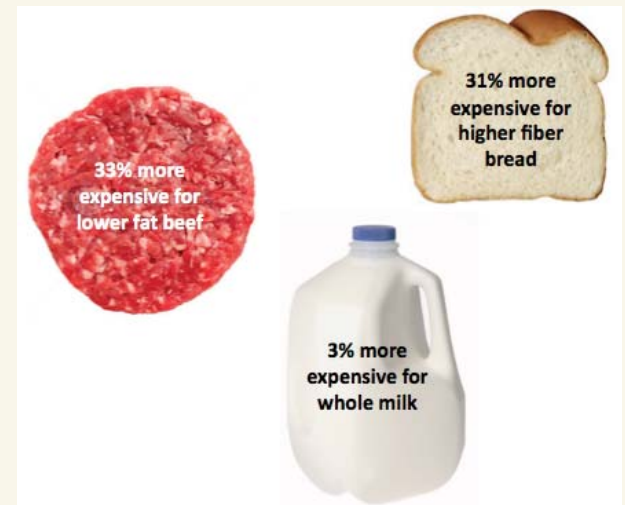
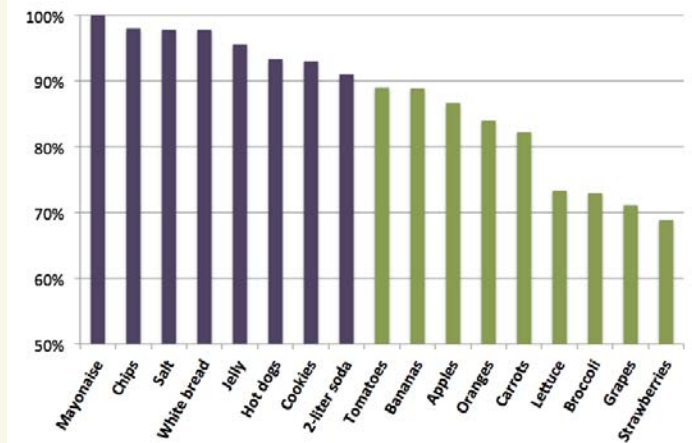
The overall cost of the shopping list was \$90.73 and ranged from \$74.48 to \$111.69. A price index was created to reflect overall cost divided by the the number of items available at each store.

The average price index was \$2.45 and ranged from \$2.07 to \$2.88. Prices were lowest in the north regions of the county and highest in the coast region.

Availability of food items was also analyzed. All 45 stores had mayonnaise, canned beans, and canned tuna. Other common items were potato chips, white bread, milk, and canned corn. Availability of fresh fruits and vegetables was much lower than snack foods, packaged items, and soda. Different varieties of bread, meat, and milk were examined in the context of price. Healthier options were more expensive than less healthy ones. Higher fiber bread was 31% more expensive than white bread and low fat meat was 33% more expensive than higher fat meat. Prices for milk (whole fat vs. non-fat) were relatively similar.

FOOD S

Percentage of stores carrying selected items



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EXECUTIVE SUMMARY

The rigorous methodology of the SLO HFC ensured that the vulnerable populations of San Luis Obispo were successfully reached. Based on findings from the study, strategies for programs, policy, and future research should not overlook the following **Conclusions**:

1. Hispanic households worked more often, had fewer job benefits, and earned more money compared to White households, but due to larger household sizes, made half as much money per capita.
2. Among vulnerable populations in the county, White households were equally at risk of being food insecure as Hispanic households.
3. Housing and utilities subsidies would ease a substantial burden from all families suffering from food insecurity.

"Families need to be educated on how to shop and how to better utilize limited resources."

-Survey participant

4. Education and outreach of nutrition assistance programs should target poor and minority populations in an effort to improve utilization and uptake of available programs.
5. Policies related to nutrition assistance programs should consider the disproportionately lower availability of fresh fruits and vegetables as well as generally higher costs for healthier foods.

"Healthy foods are too expensive. With the little money I have to spend on groceries I have to buy whatever is cheapest."

-Survey participant

COMMUNITY FEEDBACK

Participants were asked, "In your opinion what could be done in our community to reduce hunger and to help families get enough food to meet their needs?" Common responses included:

- 🌀 "More jobs"
- 🌀 "Higher wages"
- 🌀 "Better public transportation"
- 🌀 "Community gardens"
- 🌀 "More frequent Food Bank distributions"
- 🌀 "More Food Bank distribution sites"
- 🌀 "Healthier food from the Food Bank"

Background

Food Security Assessment

Development and training

The food security assessment was based on existing food security and hunger assessment tools, including the USDA Standard 6-Item Indicator Set for Classifying Food Security (Appendix 1). Some questions were adapted to better assess at-risk groups in the county and address specific research questions. Findings from the survey characterize food security at the individual and household levels, and also describe associated sociodemographic factors, household information, and food shopping and food consumption patterns.

More than 50 community agencies that provide services to at-risk groups were consulted to approximate characteristics and numbers of the county's vulnerable populations. Vulnerable populations were defined to include the unemployed, families living in poverty, farm workers,

senior citizens, veterans, and other potentially at-risk groups. Following initial development of the survey, key informant interviews were conducted with representatives from 17 community agencies, who provided feedback and suggestions regarding content.

To instruct students and community members on survey administration, a comprehensive training manual was created (Appendix 2). Interviewers were trained on standardized survey methods. The training period included several rounds of conducting pilot surveys among trainees. Spanish speaking interviewers were bilingual and trained in English but piloted the survey in Spanish.

Administration

Food security assessments were administered at 54 sites in San Luis Obispo County (Appendix 5). Key

informant interviews and existing community partners helped determine site locations. Public places such as parks and laundromats were also visited to capture vulnerable populations that may otherwise not have been represented in the sample. Trained staff interviewed community members at most site locations, whereas trained representatives of some community partner agencies administered surveys at their own sites.

A total of 808 surveys were administered via face-to-face interviews between October and November 2011. Of surveys collected, 559 were administered in English and 249 in Spanish. Survey collection involved a total of 100 students, community members and paid staff. A total of 743 hours were dedicated to collection of food security assessment data.

Background

Food Store Evaluation

Development and training

An 89-item food store survey was developed based on the USDA Market Basket. The list of items was customized to include regionally and culturally relevant foods. Food items and sizes were based on the estimated purchasing habits of a family of four. The survey was piloted in the community and revised based on findings and feedback from survey administrators (Appendix 3).

To standardize methods among survey administrators, a comprehensive training manual was developed (Appendix 4). Survey protocol included approaching store managers for permission to conduct the evaluation and methods for collecting food prices in the stores. Each survey team was assigned to collect data from 5-7 stores around the county.

Administration

A list of food stores was compiled using the USDA Supplemental Nutrition Assistance Program (SNAP) retail locator. The sample included supermarkets, grocery stores, and smaller food retailers but excluded stores that did not primarily sell food, such as big-box stores (e.g. Wal-Mart) and liquor stores. Not all food retailers that accept SNAP in San Luis Obispo County were evaluated. The sample was designed to represent a general overview of food availability and accessibility in the region, rather than provide an exhaustive analysis of all establishments selling food.

The stores in the sample were divided into 16 cities and four regions of San Luis Obispo County: North, South, city of San Luis Obispo, and Coast (Appendix 6). Of the 50 stores sampled, five were

excluded, leaving a total of 45 stores that were surveyed. Data was collected by 25 students between April and May 2011. Approximately 300 hours were dedicated to food store evaluation.

Background

Data management and analysis

Data entry and cleaning

All food security assessment and food store evaluation data was collected on paper. Electronic databases were created to input data from the paper surveys. Both the food security assessment and the food store evaluation data underwent double data entry for quality control. Primary data cleaning involved cross comparisons between paper surveys and electronic data to capture errors in data entry. Students and STRIDE staff spent a total of 210 hours on data entry.

Secondary data cleaning included removing implausible data and categorization of variables. For example, income and household data from the food security assessment was used to calculate poverty levels from the federal poverty guidelines. Sociodemographic, food store, and food consumption data were also

categorized using similar methods. The 41-item shopping list was created by selecting a subset of the larger market basket list to represent a typical family weekly shopping list. Data entry and cleaning were conducted using Microsoft Access and Excel.

Data analysis

Descriptive analyses were conducted for each major section from both surveys. From the food security assessment, these included sociodemographic, food security, assistance programs, and food and diet data. Bivariate analyses included chi-squared tests, chi-squared tests for trend, and Analysis of Variance (ANOVA) tests. From the food store evaluation, only descriptive analyses were conducted due to the relatively small sample size. Data analysis was conducted using Stata/IC 10.

Ethical clearance

The California Polytechnic State University Institutional Review Board approved all aspects and phases of the study.

By the numbers

Interviews conducted October-November 2011



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Each region of the county was visited to ensure a representative sample of the **vulnerable population**.

Surveys administered:
69% in English
31% in Spanish

Some variables include missing data

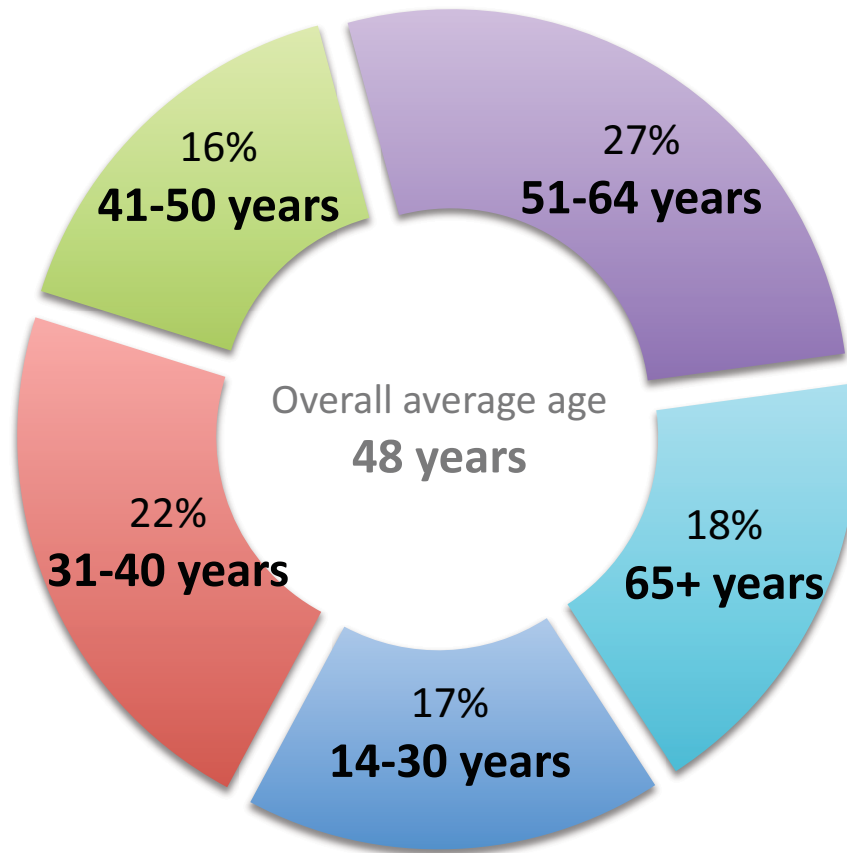


Sociodemographics

Section 1

This section describes the participants of the food security assessment, highlighting age, sex, race/ethnicity, and household characteristics. It also explores associations between these factors and socioeconomic indices such as education, income, and poverty.

Age of participants



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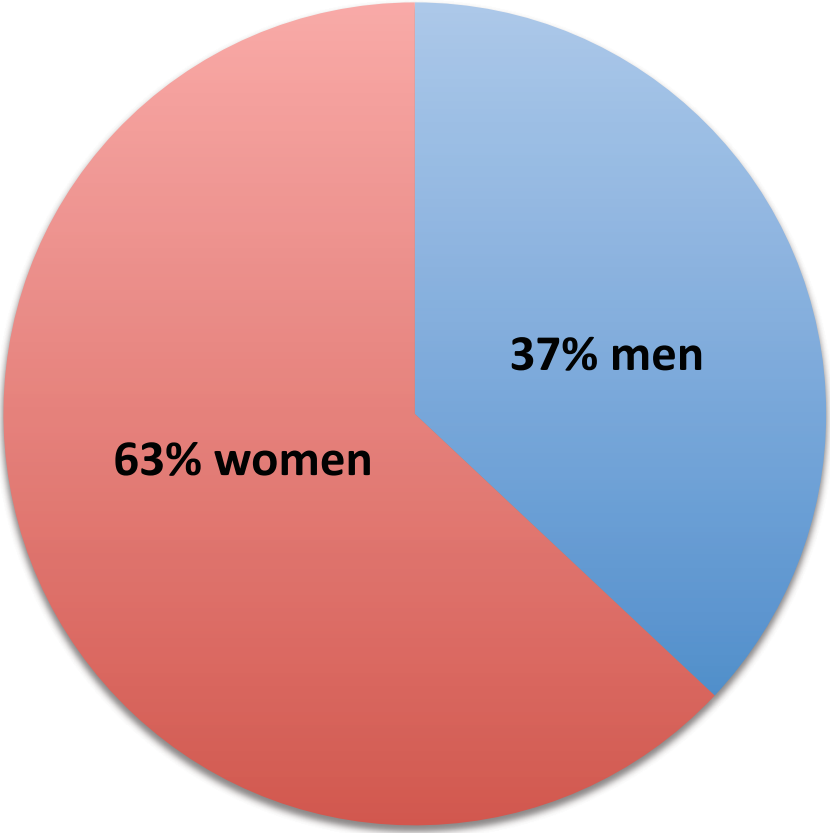
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The sample contained broad representation from all age groups.

9% of the sample was aged **75 years or older**.

<1% was **18 or younger**.

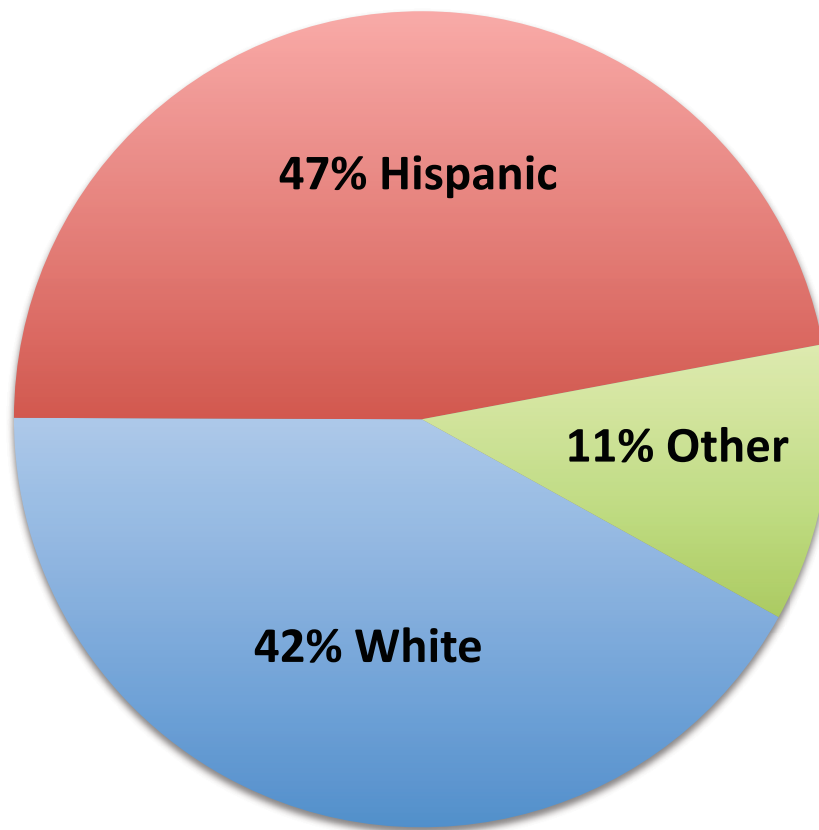
Sex of participants



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Percentage of
women among
race/ethnic groups-
Hispanic: 75%
White: 51%
Other: 60%

Race/ethnicity of participants



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Percentage of
Hispanic
participants-

Sample: 47%

SLO County: 21%

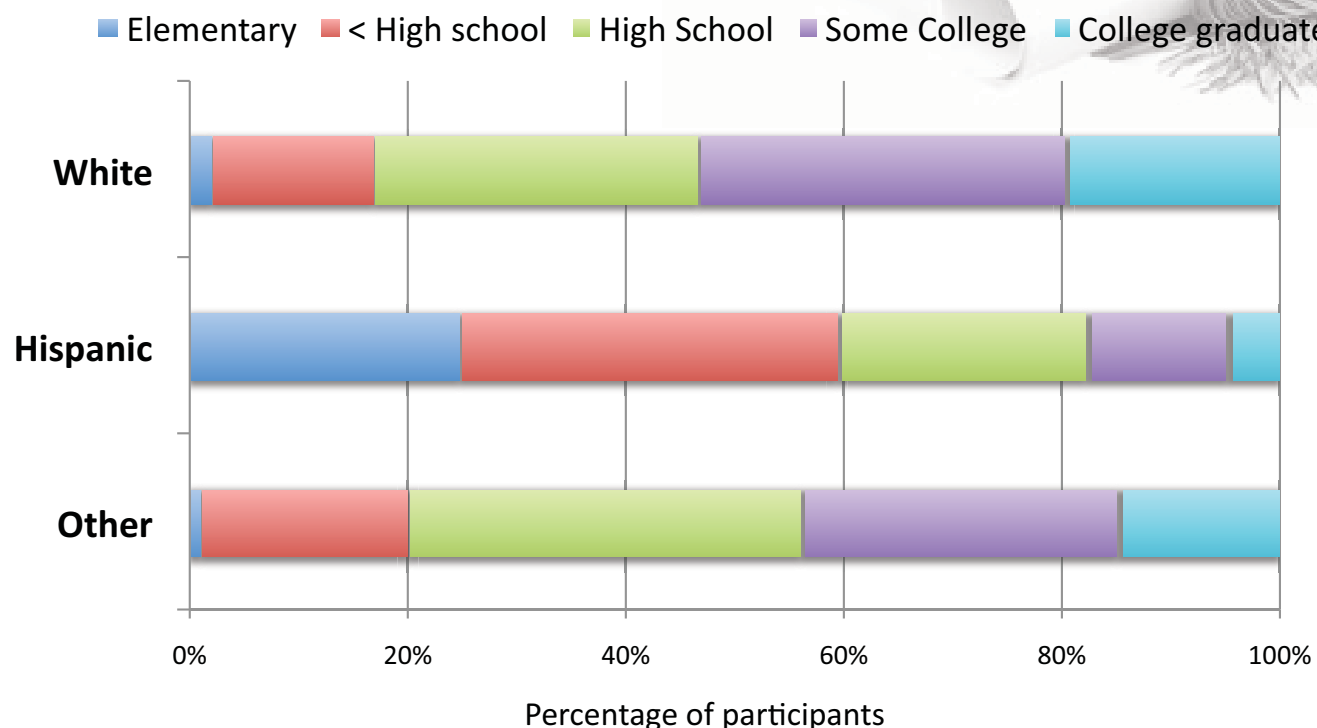
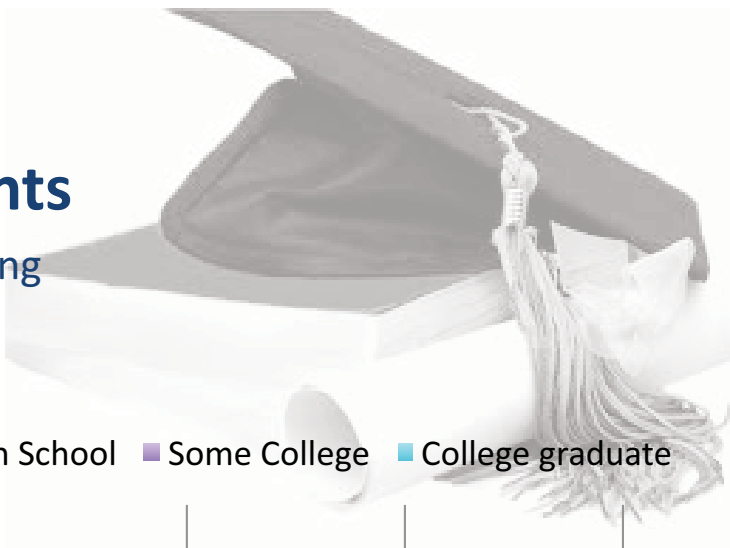
California: 38%

Among Hispanic
participants, 75%
were women,
among White
participants, about
50%.

SLO County and California data source: US Census Bureau

Education of participants

Highest level of completed schooling



Overall average years of education: 12 years

P<0.001 for differences between groups

SLO County and California data source: US Census Bureau

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High school graduates-

Sample: 63%

SLO County: 88%

California: 81%

College graduates-

Sample: 13%

SLO County: 30%

California: 30%

Unemployment- Sample: 39%

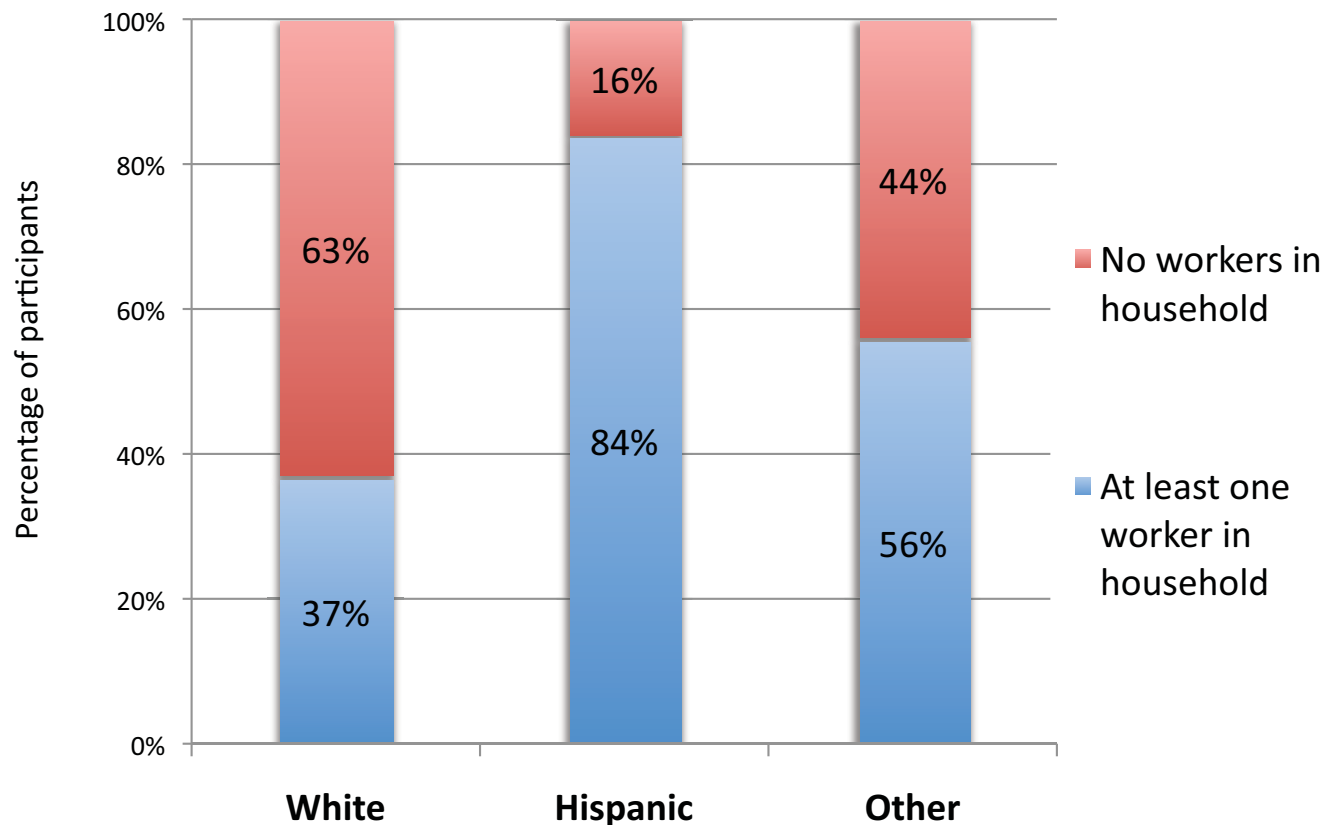
SLO County: 9%

California: 12%

23% of households
had two or more
people working.

Employment status of participants

Number of workers in the household

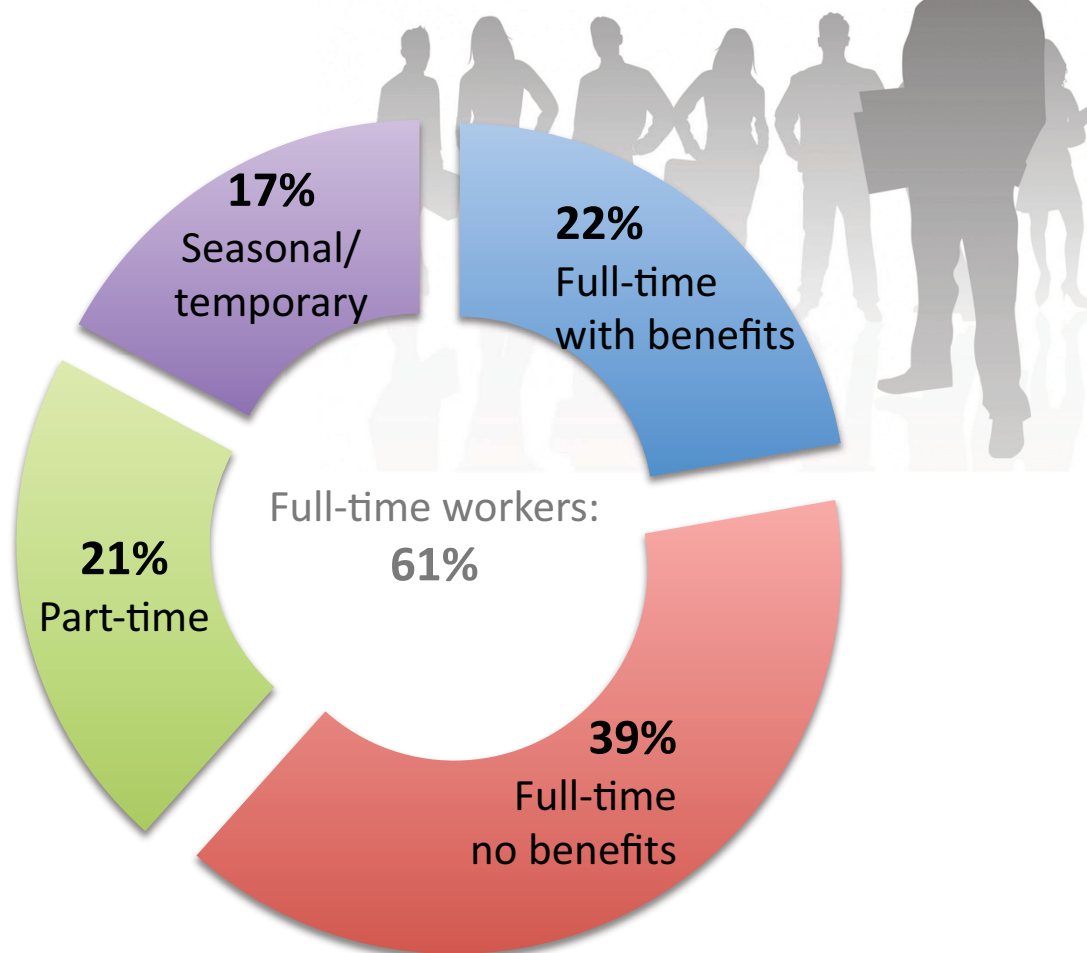


$P < 0.001$ for differences between groups

SLO County and California data source: US Census Bureau

Type of employment

Among primary workers employed in the household



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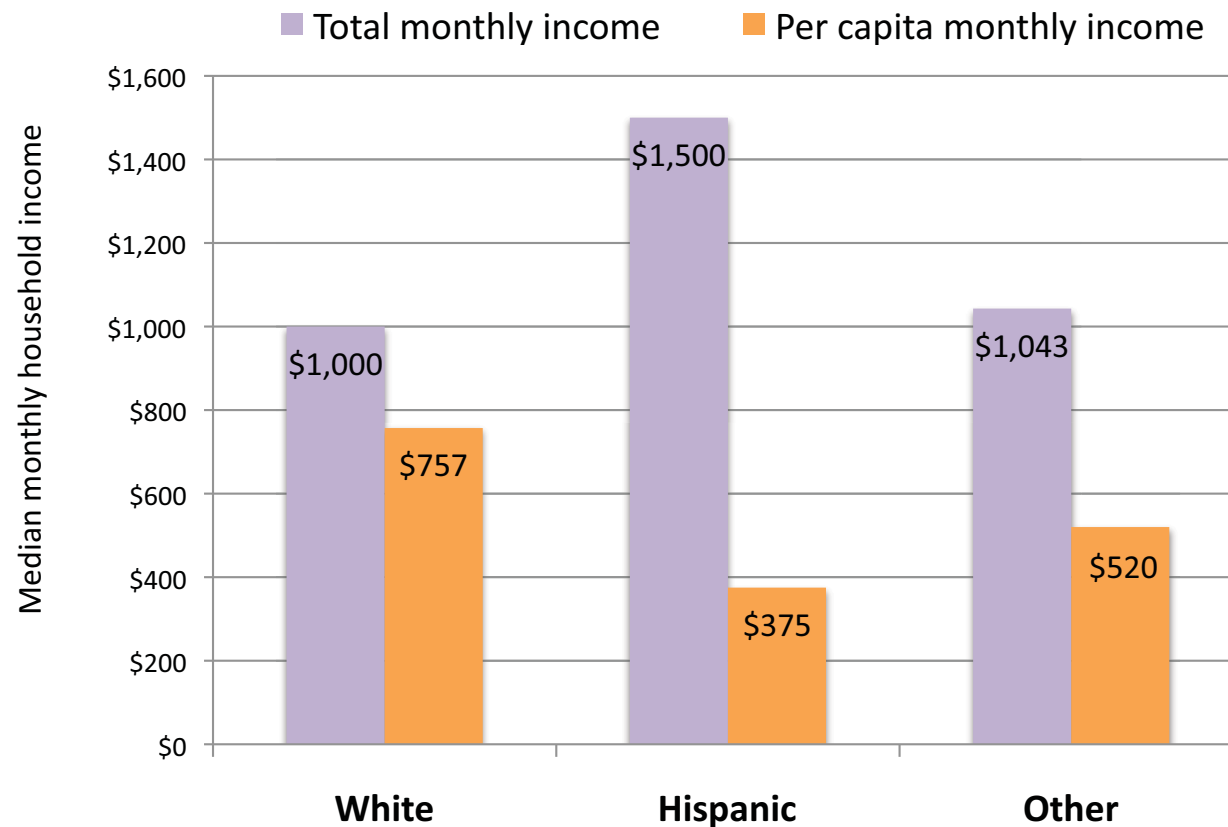
61% worked full-time but only 22% of workers had jobs with benefits.

P<0.001 for differences between race/ethnic groups

Household income

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Median monthly income-

Sample: **\$1,200**

SLO County: \$4,637

California: \$4,910

7% of households reported having **\$0 income**.

P<0.001 for differences between groups (total and per capita)

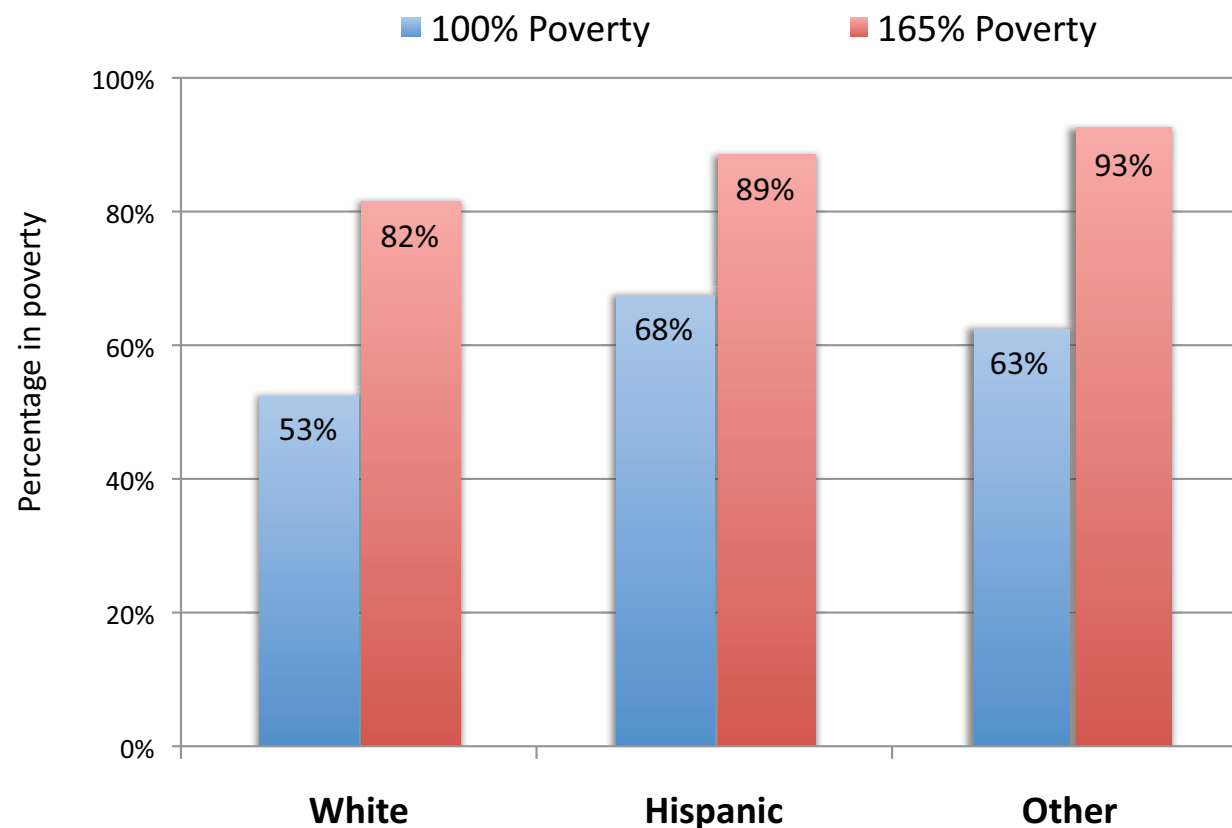
SLO County and California data source: US Census Bureau

Household poverty by race/ethnicity

Based on 2011 Federal Poverty Guidelines

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Proportion in
poverty-

Sample: 60%

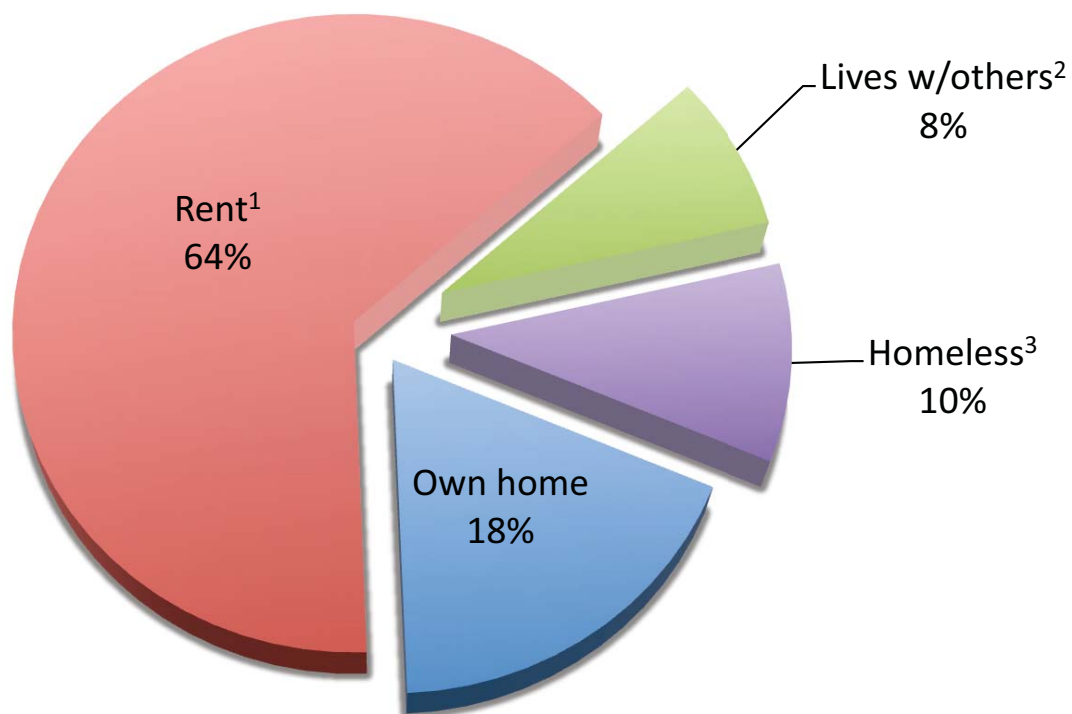
California: 14%

SLO County: 13%

$P < 0.01$ for 100% and 165% poverty

SLO County and California data source: US Census Bureau

Living situation of participants



¹ Rental, hotel, or trailer

² Lives with friend or relative, or in supportive housing

³ Homeless or car

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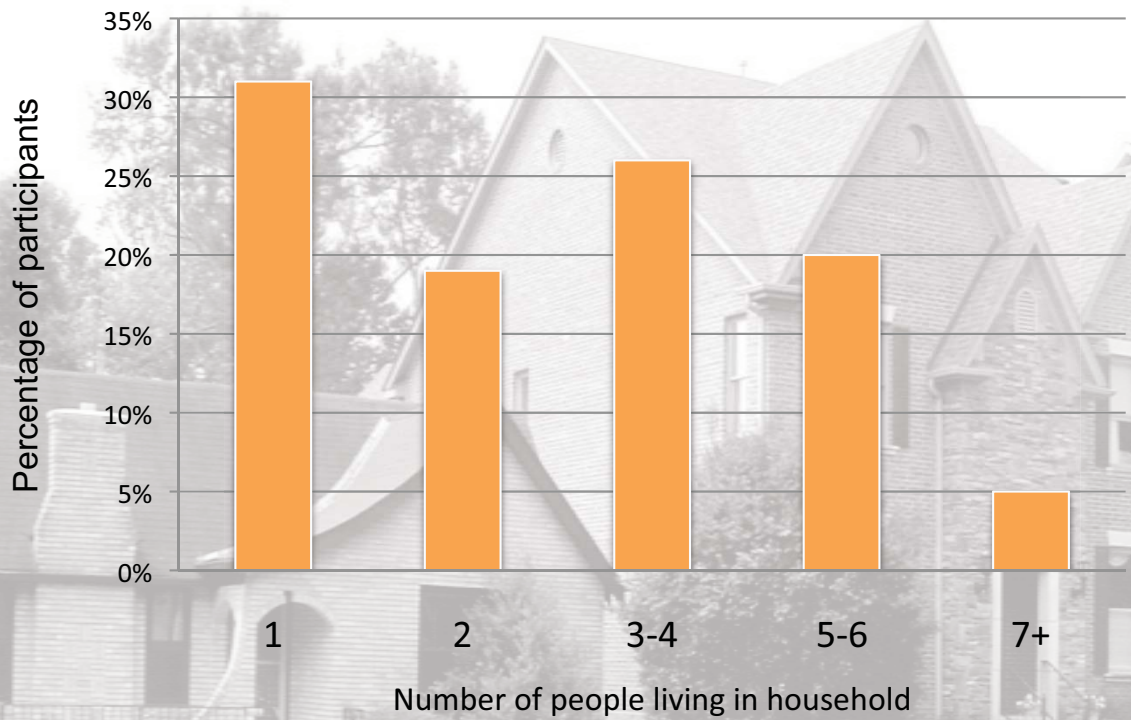
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Hispanic (3%) participants were significantly less likely than **White (19%)** or **Other (10%)** participants to be **homeless**.

P<0.001 for differences between race/ethnic groups

Number of people living in household

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Households with 3-4 people		
White	Hispanic	Other
15%	35%	28%

Average household size-

Sample: 3.1

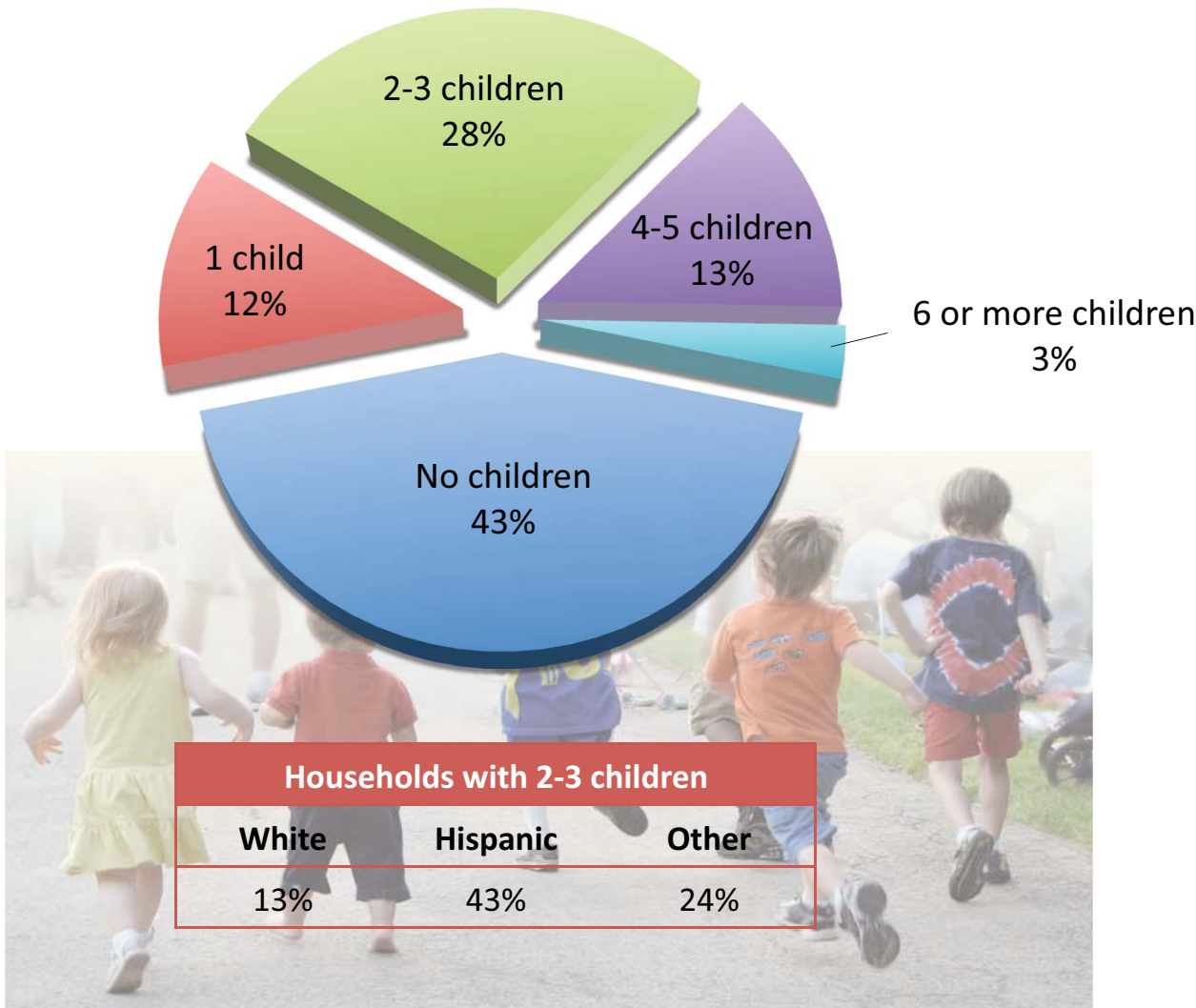
California: 2.9

SLO County: 2.4

Hispanic households were the largest (4.1) and White households were the smallest (1.9).

P<0.001 for differences between groups
SLO County and California data source: US Census Bureau

Number of children in household



The majority of participants lived in households **with children**.

No children in the household:

White: 73%

Hispanic: 16%

Other: 46%

P<0.001 for differences between race/ethnic groups

Language speaking preference

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Findings were similar for **reading** and **writing**.

97% of individuals who spoke “both equally” were from **Hispanic households**.

Mostly/only **English**: 61%

Mostly/only **Spanish**: 30%

Both equally: 9%

<1% reading or writing illiterate overall



Food Security

Section 2

This section describes food security status within households. It also examines factors associated with the ability of households to acquire enough food. Food security is assessed in the context of income, poverty, and household characteristics.

Household food insecurity

USDA classification: “Low or very low food security”



White	Hispanic	Other
73%	76%	78%



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Proportion of households with **food insecurity**-

Sample: 75%

California: 16%

Food insecurity varied by age and income but not by race/ethnicity.

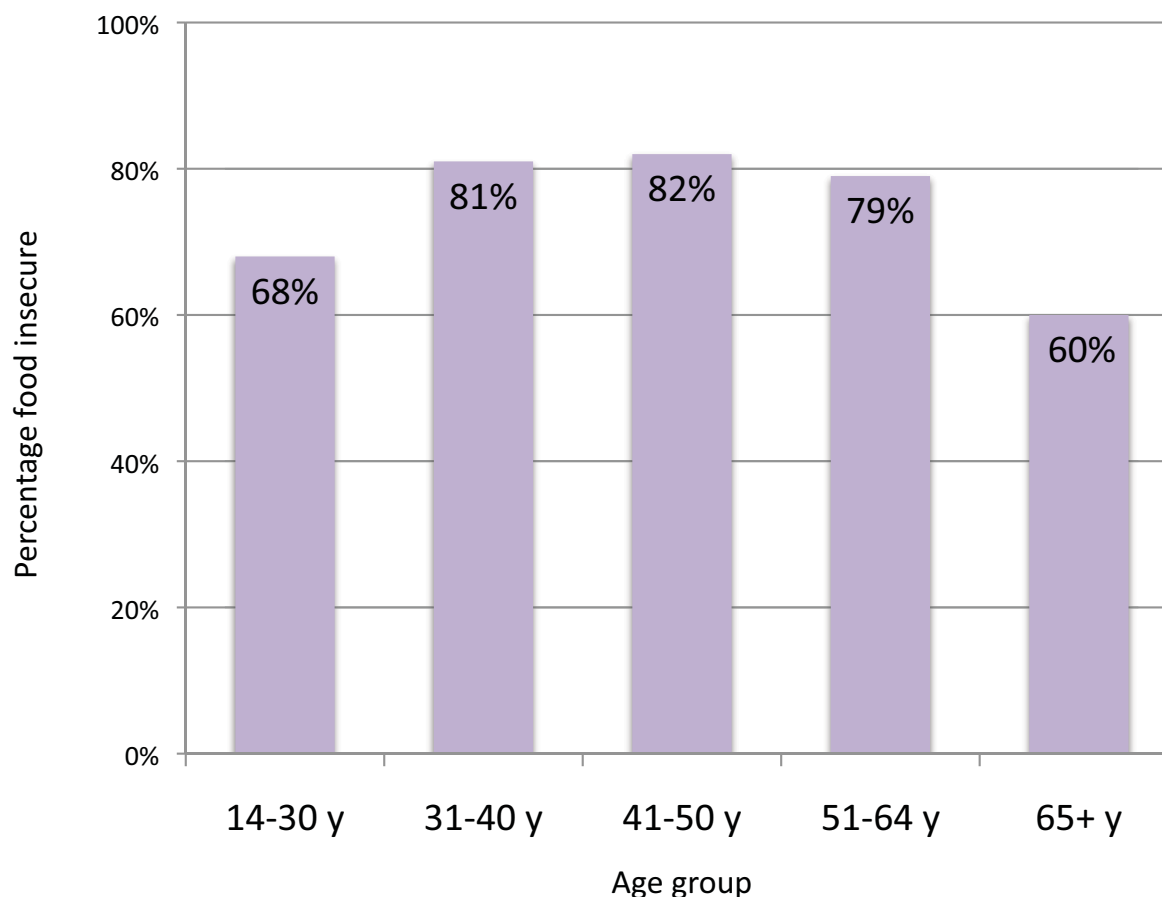
California data source: USDA

Food insecurity by age group

"Cannot access enough food for a healthy, active life"

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Participants aged 65 years or older were least likely to be food insecure and those aged 41-50 years were most likely.

"There needs to be more transportation to grocery stores or food delivery to elderly people who can't get out to buy groceries."
- Survey participant

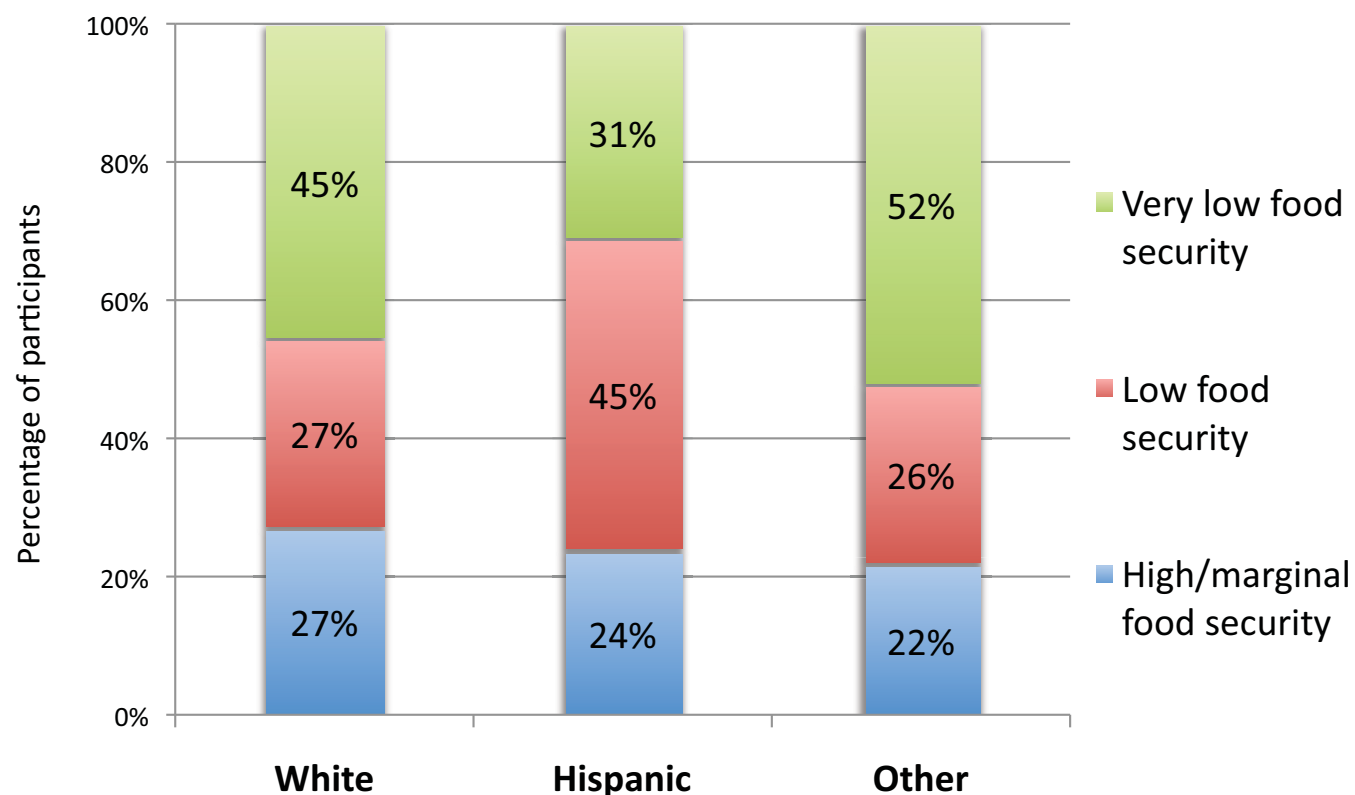
P<0.001 for differences between groups

Levels of food security by race/ethnicity

Groups according to USDA classification

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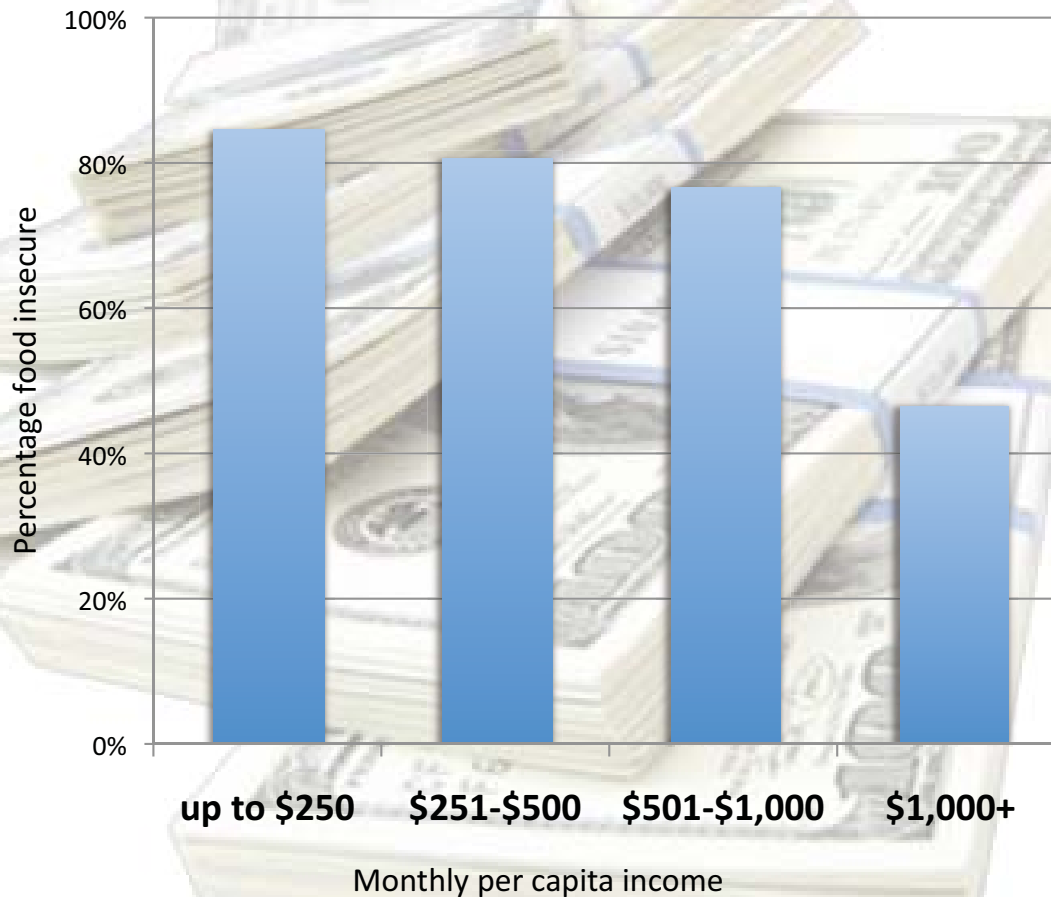
There were differences in categories of food security by race/ethnicity.

$P < 0.001$ for differences between groups

Food insecurity by household income

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Higher household income was associated with lower levels of food insecurity.

"If people in the community could get better paying jobs then they would be able to buy better food for their family."

-Survey participant

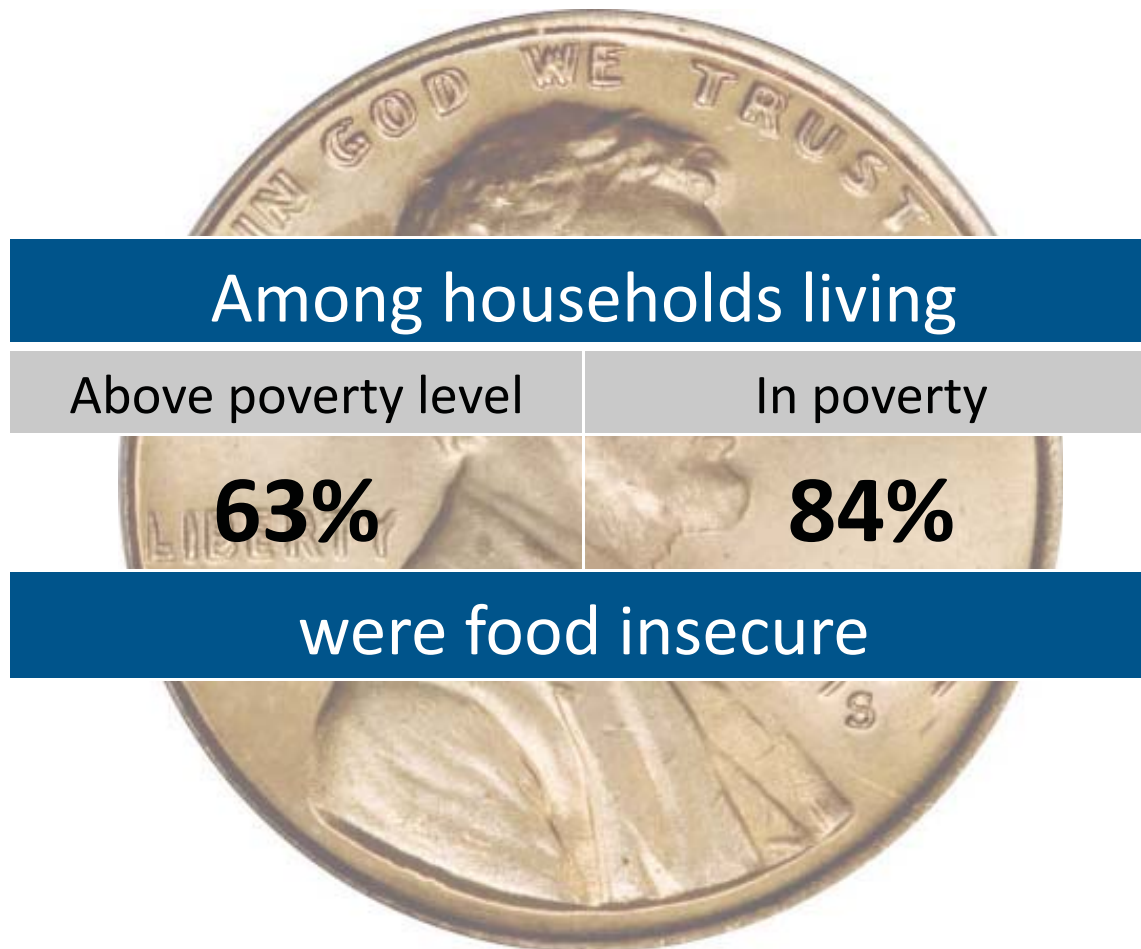
P<0.001 for trend

Food insecurity by poverty status

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Food insecurity was a widespread problem. Among poorer households, the problem was even worse.



$P < 0.001$ for difference between levels of poverty

Expense allocation

Food and housing costs

“We had to choose between buying food or paying rent/mortgage”

52%

(Those responding “sometimes or often in the past 12 months”)



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62% of Hispanic households were affected by this problem compared to 40% of White households.

Results were similar for **utilities** and **medication** expenses.



Assistance Programs

Section 3

Participants reported on use of food and nutrition assistance programs (CalFresh, WIC, and Food Bank or similar programs). This section describes use of these programs among various groups within the sample and examines associations with sociodemographic factors.

"Ever heard of"

Participants were asked whether they had ever heard of these programs



CalFresh	WIC	Food Bank
84%	79%	89%

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Participants were most likely to have heard of Food Bank or similar programs.

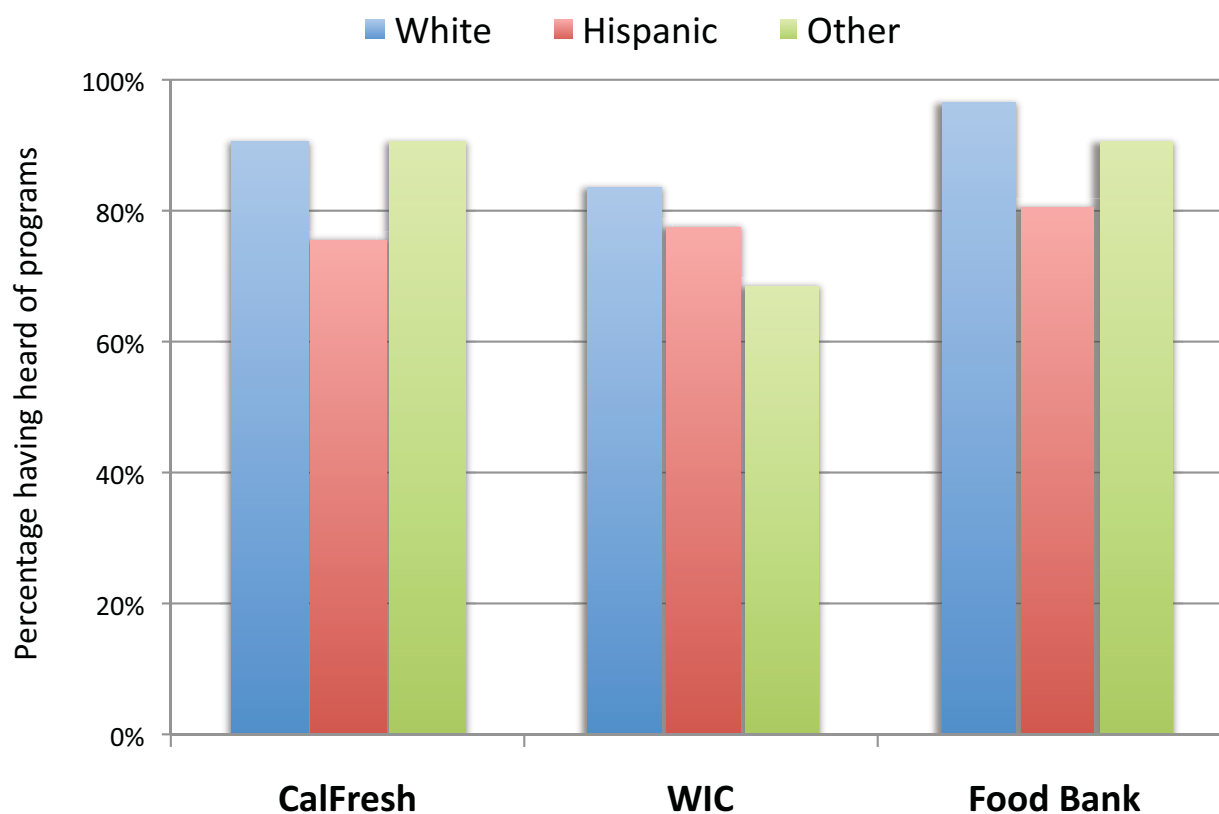
WIC percentage reflects women respondents only

Food Bank or similar food distribution programs



"Ever heard of"

Participants were asked whether they had ever heard of these programs



$P < 0.001$ for differences between race/ethnic groups for CalFresh and Food Bank, $p = 0.05$ for WIC

WIC percentage reflects women respondents only; Food Bank or similar food distribution programs

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Hispanic participants were least likely to have heard about CalFresh and the Food Bank. Other participants were least likely to have heard of WIC.

“Used in the past or are currently using”

Among participants who had heard of each program



CalFresh

WIC

Food Bank

57%

59%

82%

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Participants were most likely to have used in the past or be currently using Food Bank or similar services compared to CalFresh or WIC.

"The Food Bank treats us fairly and makes sure that we get enough food regardless of our immigration status."

-Survey participant

WIC percentage reflects women respondents only

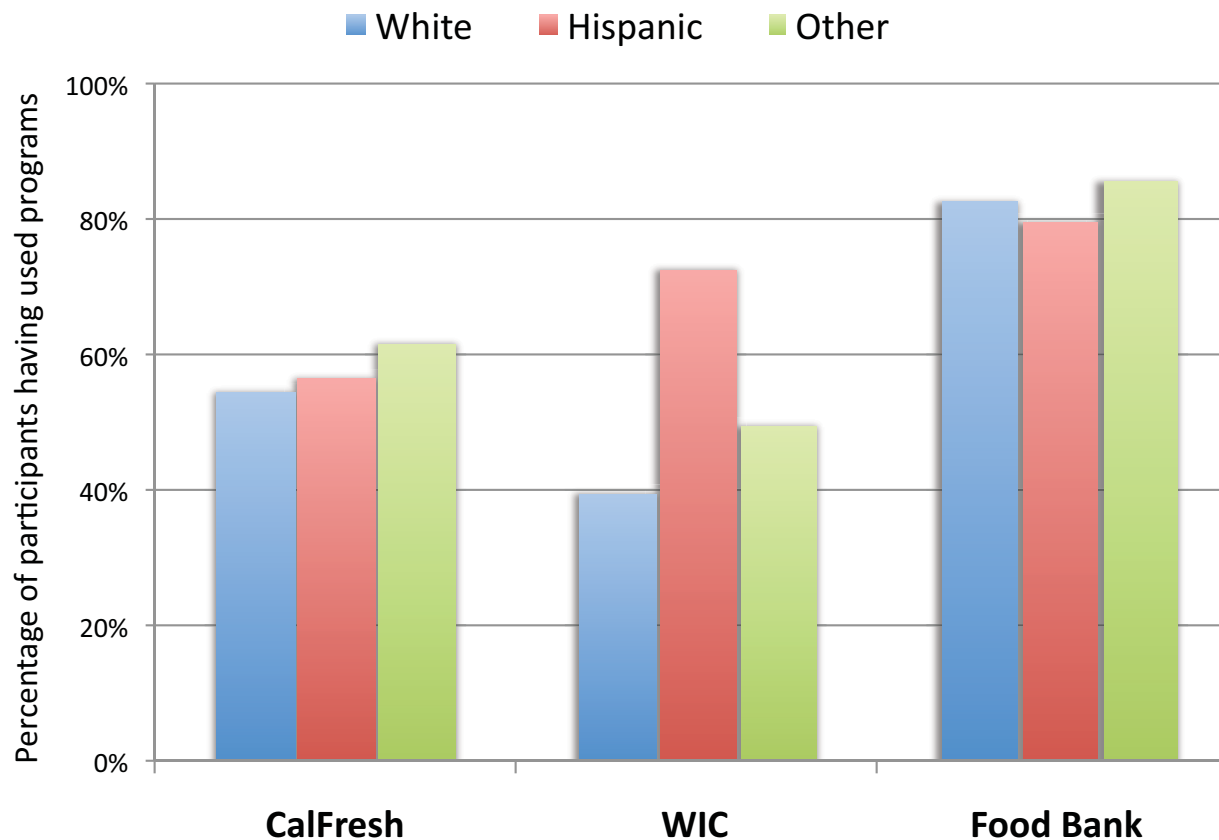
Food Bank or similar food distribution programs



Among those that had heard of the programs, Hispanic participants were most likely to have used in the past or be currently using WIC. There were no differences between race/ethnic groups for CalFresh or Food Bank.

"Used in the past or are currently using"

Participants were asked whether they had ever used these programs



$P < 0.001$ for WIC

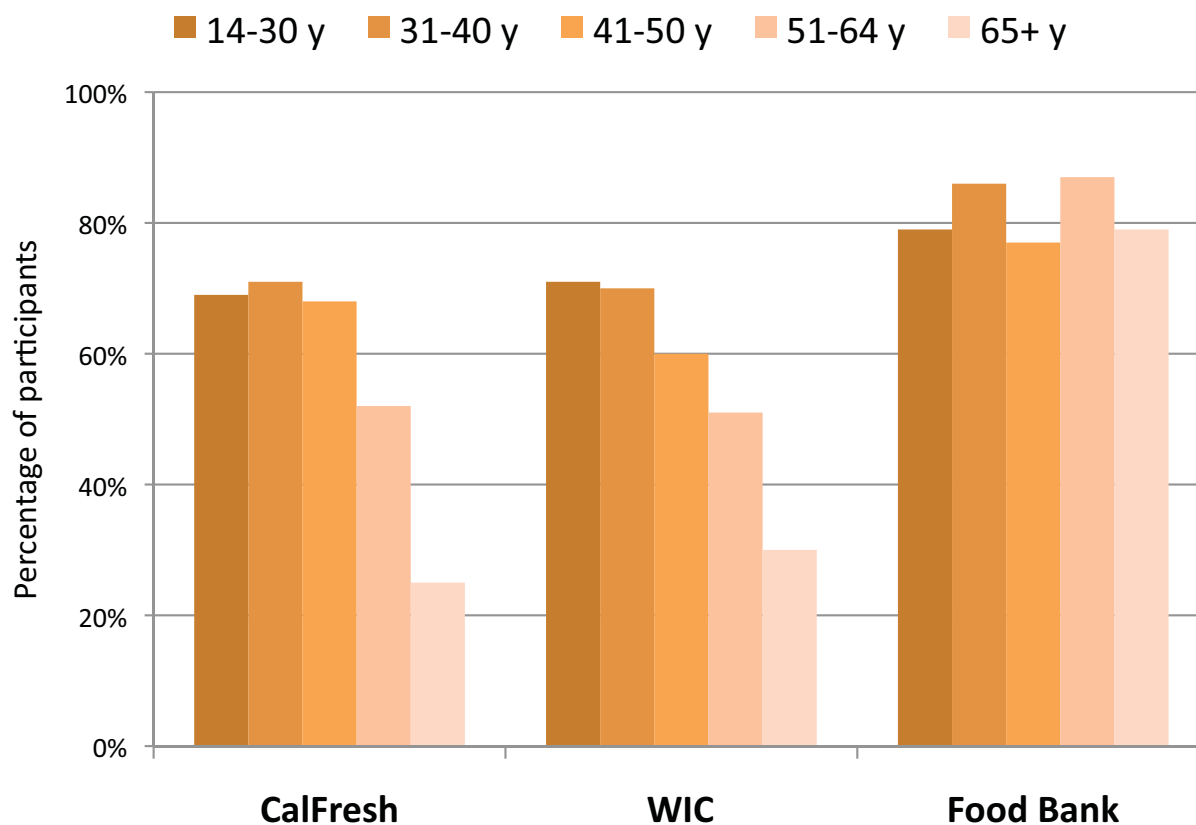
WIC percentage reflects women respondents only; Food Bank or similar food distribution programs

"Used in the past or are currently using"

Participants were asked whether they had ever used these programs

Hunger-Free Communities

San Luis Obispo Food Bank Coalition



There were significant differences in use of CalFresh and WIC by age group. There were no differences between age groups and Food Bank use.

$P < 0.001$ for CalFresh and WIC

WIC percentage reflects women respondents only; Food Bank or similar food distribution programs

Program use among households in poverty

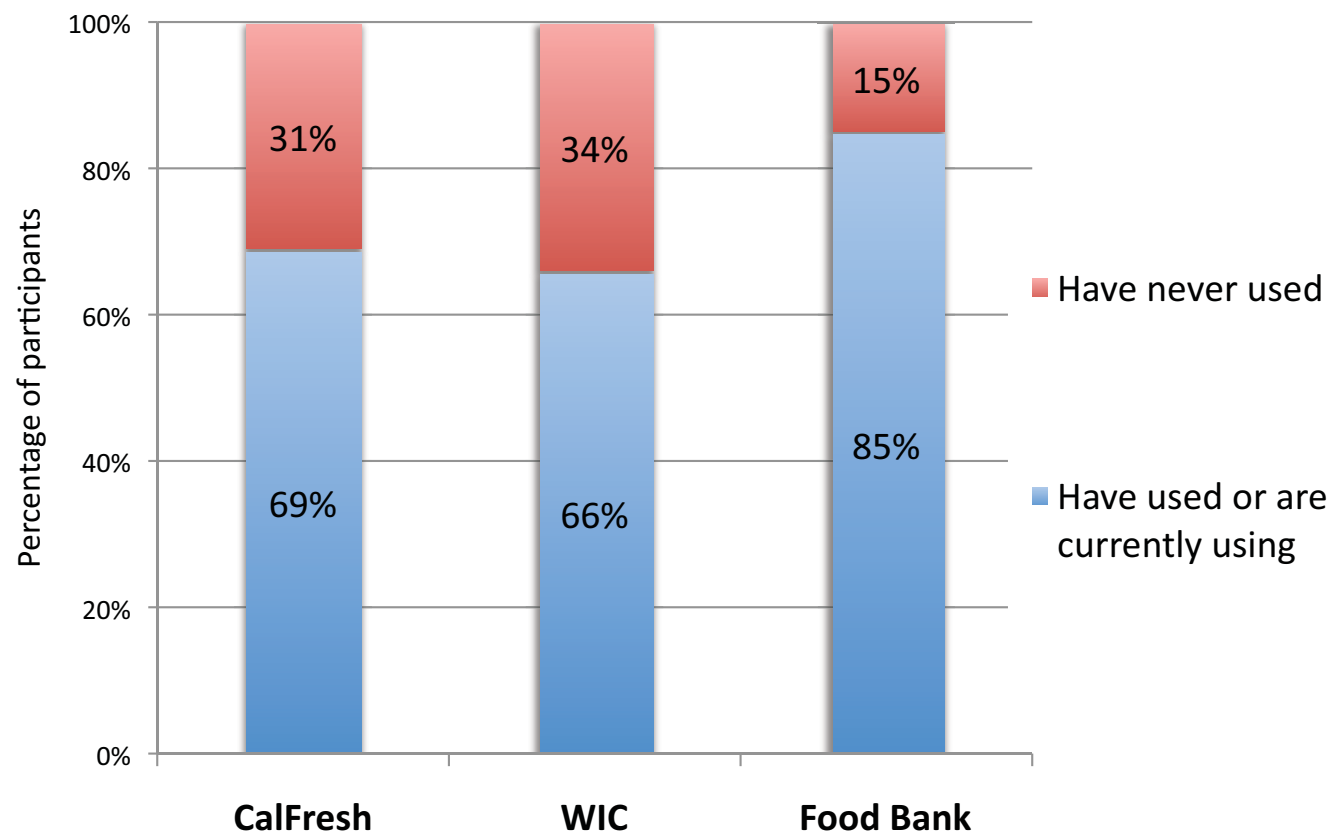
At 100% poverty level

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Food Bank or similar programs were the **most utilized** overall.

Among those in **165% poverty**, findings were nearly identical.



WIC percentage reflects women respondents only

Food Bank or similar food distribution programs

Reasons for not utilizing assistance programs

Among those who reported having heard of these programs

	CalFresh	Food Bank
"I am not eligible"	50%	6%
"I don't know if I am eligible"	11%	25%
"I don't have the need"	20%	37%
"Others need it more"	7%	8%
"It's not worth the trouble"	6%	22%

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Many participants reported concerns about **eligibility or perceived eligibility**.

Reasons for not utilizing CalFresh

By 100% poverty status

	N	% in poverty
"I am not eligible"	172	47%
"I don't know if I am eligible"	39	14%
"I don't have the need"	69	14%
"Others need it more"	25	9%
"It's not worth the trouble"	13	10%

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Many participants in **poverty** reported they were not eligible for benefits. Others reported they were not sure of their eligibility.



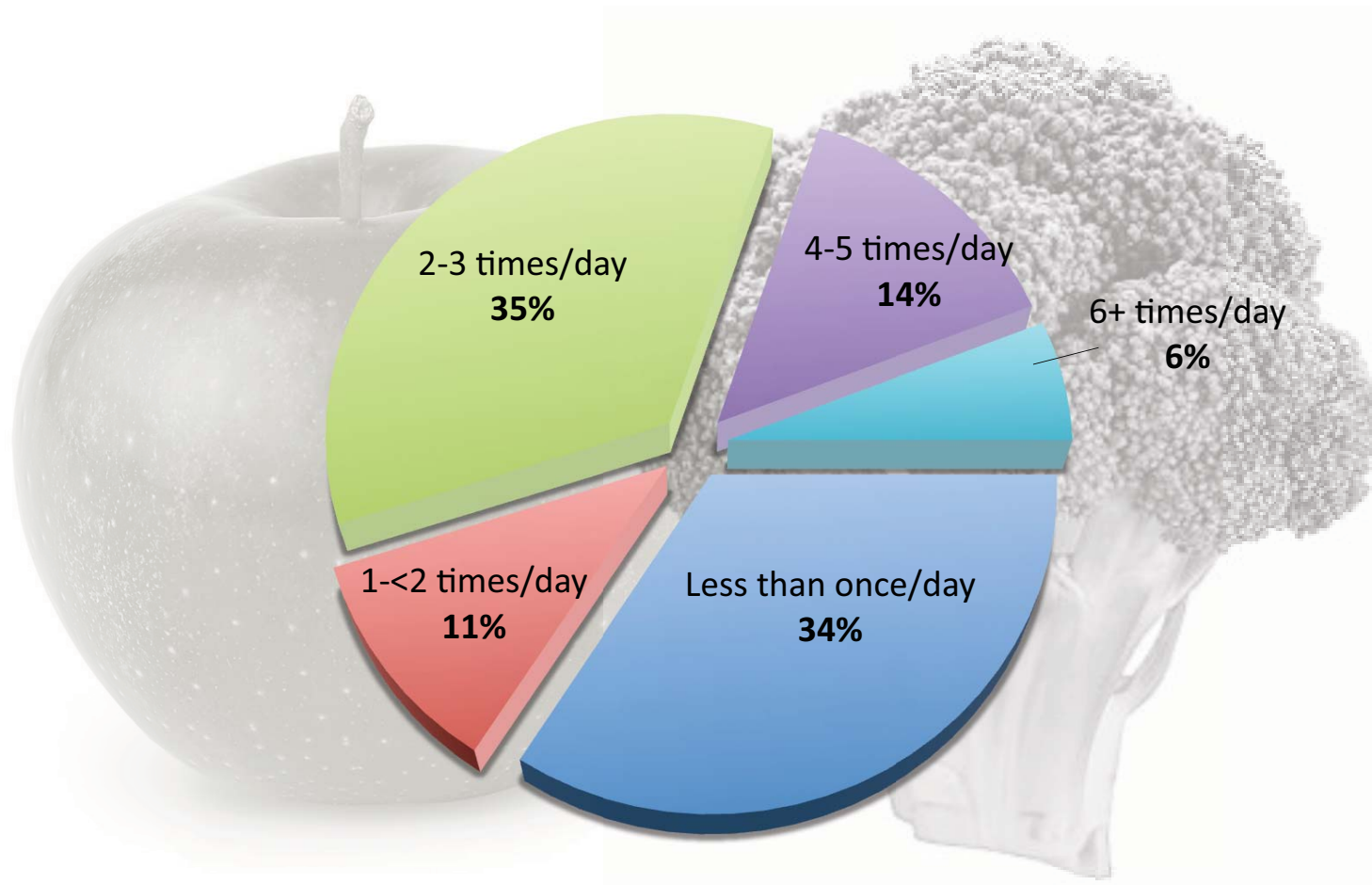
Food and Diet

Section 4

This section describes data related to food consumption, food shopping, and eating prepared meals. Emphasis is placed on consumption of fruits/vegetables and soda/snacks.

Dietary patterns

Number of times fruits/vegetables consumed per day



Average times per day fruit/vegetable consumed: 2.1

Fruits/vegetable includes fresh, frozen, canned or cooked fruits or vegetables of any kind

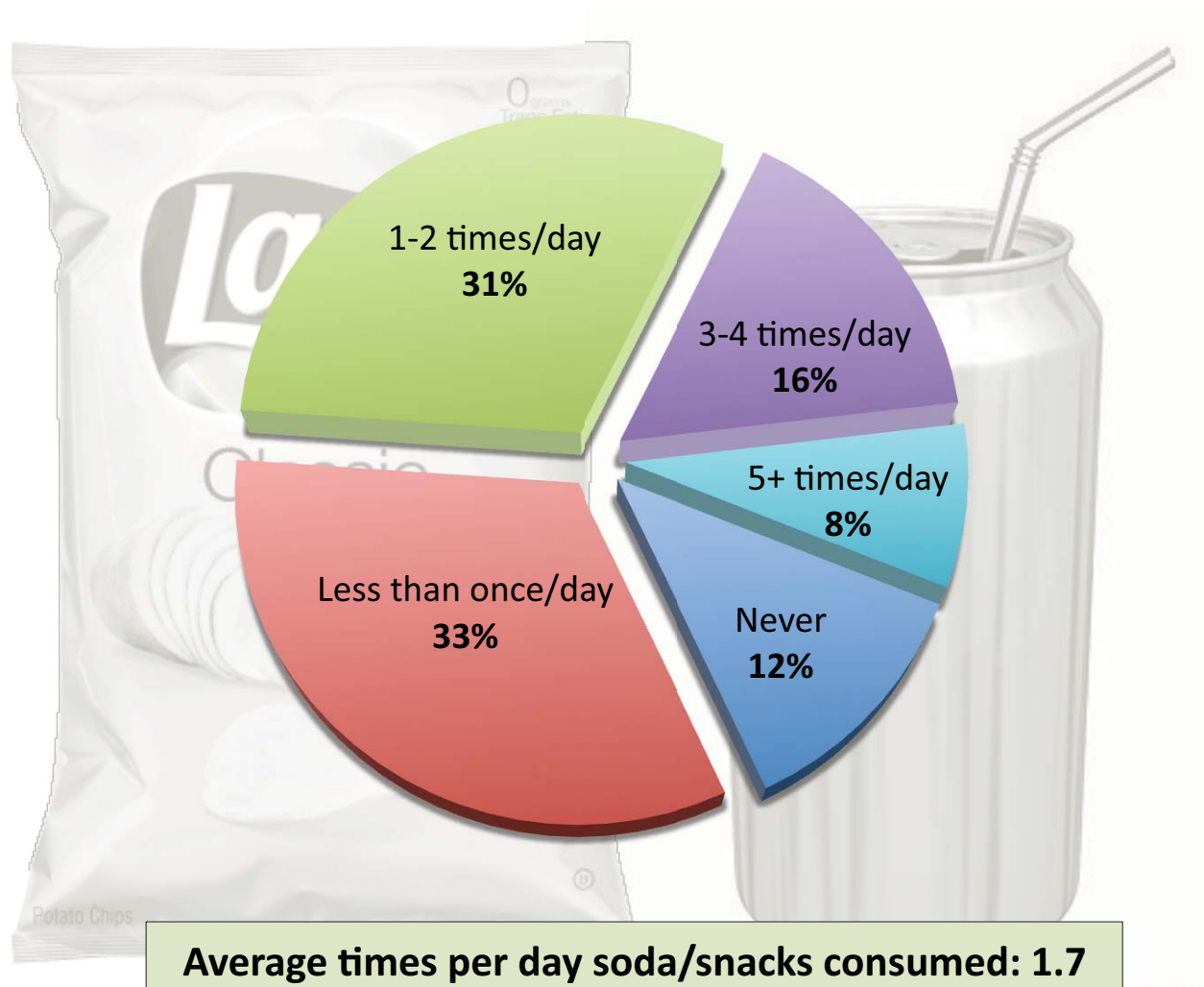
Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Consumption of fruits/vegetables **did not differ** by age, sex, race/ethnicity, or poverty level.

Dietary patterns

Number of times soda/snacks consumed per day



Soda/snacks includes sweet drinks, cola, sports drinks, sweet or salty snacks, candy, cookies, or chips

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Soda/snack consumption **did not differ** by sex, race/ethnicity, or poverty level. Younger participants reported snacking **more frequently**.

Grocery shopping

Number of times per week



Hunger-Free Communities

San Luis Obispo Food Bank Coalition

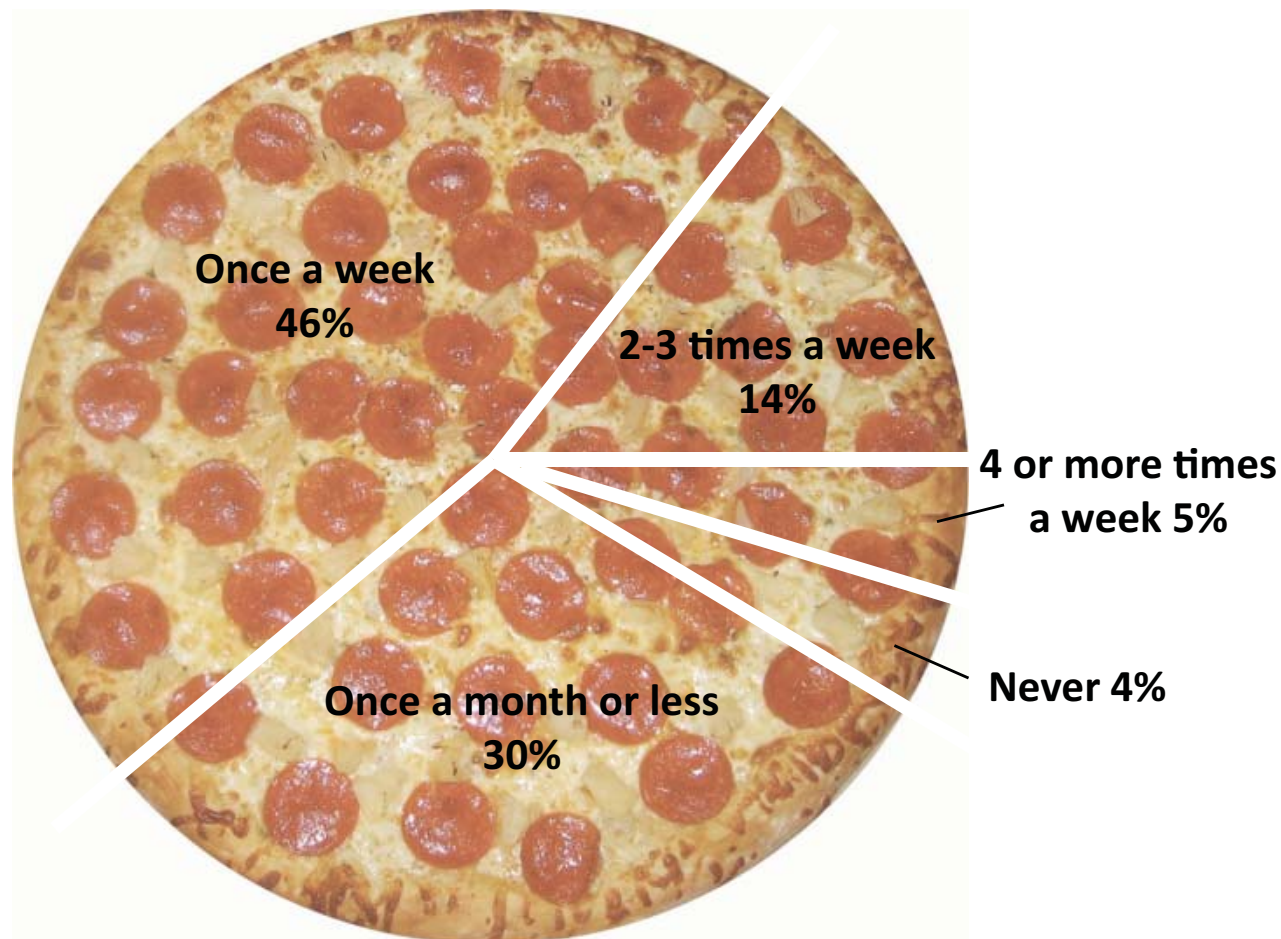
On average,
participants went
grocery shopping
about **once a week**.

*"Families need to be
educated on how to shop
and how to better utilize
limited resources."*

-Survey participant

Eating prepared meals

Number of times per week



Hunger-Free Communities

San Luis Obispo Food Bank Coalition

On average, participants went out to eat or bought prepared foods about **once a week**.

"I work so much that I never have time to cook. I wish there were more people willing to help cook and prepare meals for my kids."

-Survey participant

Includes fast food, take out, buying prepared food or meals, and drive-through food



Food Stores

Section 5

This section describes the county-wide food store evaluation data. The overall cost and price index for an example food shopping list is examined in the context of SLO County regions.

Number of food stores surveyed

By region



North	South	City of SLO	Coast
17	12	8	8



Hunger-Free Communities

San Luis Obispo Food Bank Coalition

45 food stores
were visited
throughout San Luis
Obispo County.

The shopping list

41 items selected

1 lb. apples	1 box corn flakes
1 lb. bananas	10 oz. bag chips
1 avocado	1 can corn
1 lime	1 can refried beans
5 lbs. potatoes	16 oz. jar salsa
1 lb. broccoli	1 large frozen pizza
1 lb. tomatoes	1 5 oz. can tuna
1 bell pepper	1 lb. dried black beans
1 head garlic	1 lb. butter
1 lb. onions	30 oz. mayonnaise
1 lb. beef roast	48 oz. vegetable oil
1 lb. chicken thighs	18 oz. peanut butter
1 lb. bologna	32 oz. grape jelly
1 gallon whole milk	64 oz. 100% orange juice
16-pack sliced cheese	2 liter bottle cola
1 dozen large eggs	18 oz. sandwich cookies
1 loaf white bread	5 lb. white flour
80-pack corn tortillas	4 lb. white sugar
5 lb. white rice	16 oz. frozen peas
1 lb. spaghetti	1.75 qt. ice cream
1 box mac and cheese	

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Data was collected on an **89-item** market basket, which was adapted from the USDA version to include culturally and regionally relevant foods.

For this analysis, a **41-item** sample “shopping list” was created.

41-item shopping list

Overall cost and price index



Overall cost	Price index
\$ 90.73	\$2.45
min. \$74.48 to max. \$111.69	min. \$2.07 to max. \$2.88

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Shopping list cost=

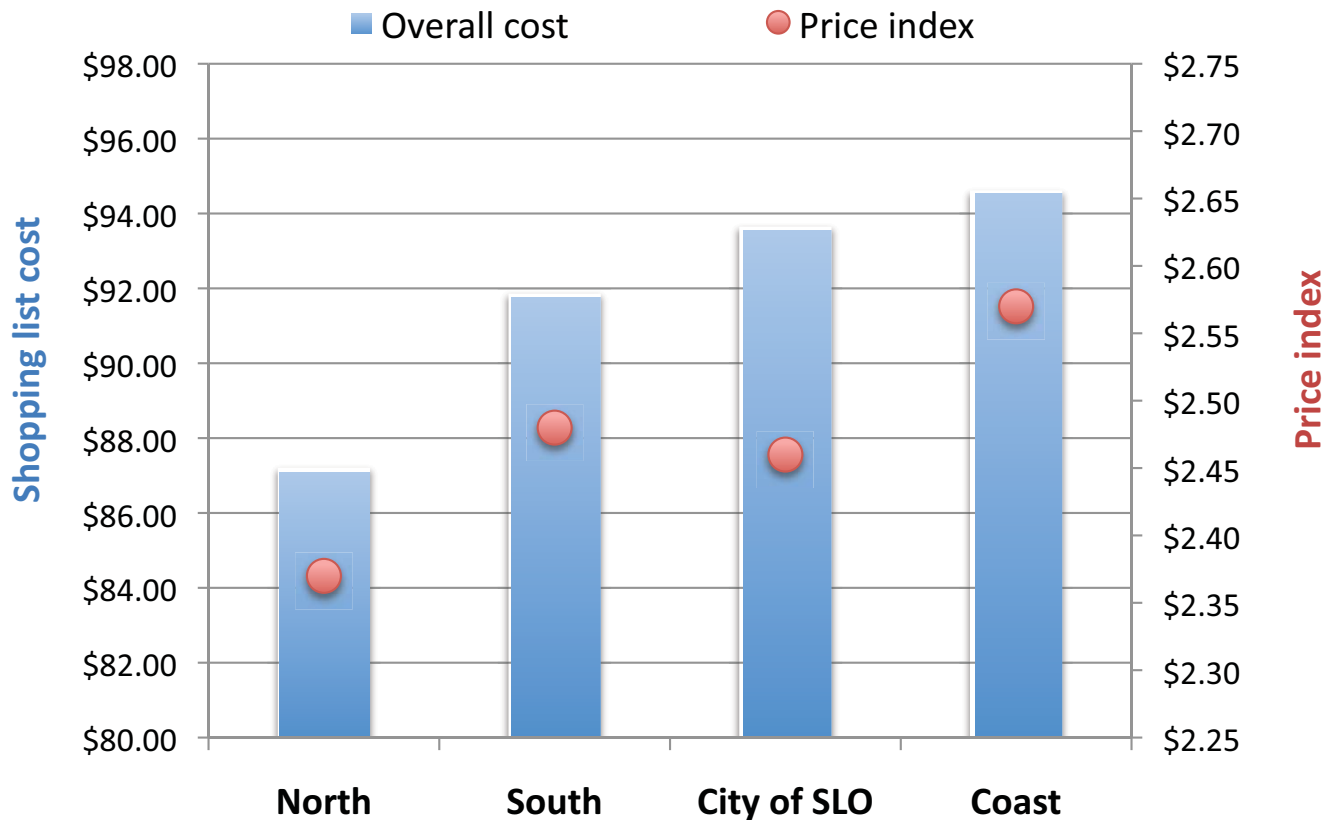
Total price of the
41 selected items.

Price index=

$$\frac{[\text{Shopping list cost}]}{[\# \text{ items available}]}$$

Food prices by region

Overall cost and price index



Hunger-Free Communities

San Luis Obispo Food Bank Coalition

The North region had the lowest prices whereas the Coast region had the highest.

"Smaller, local stores need to be cheaper 'cause that is where I have to shop most of the time."

-Survey participant

The most common items at stores

From the 89-item market basket

At all 45 stores: 3 items

Mayonnaise, canned beans, canned tuna

At 44 stores: 10 items

Potato chips, white bread, salt, bread, eggs, milk, flour tortillas, canned corn, pasta, pasta sauce

At 43 stores: 8 items

Ketchup, baking soda, corn tortillas, white rice, salsa, oil, jelly, white sugar

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Some foods were available in nearly every store surveyed.

Average number of items available was 78 with a range of 67-82.

Availability of fresh fruits and vegetables

Not including canned fruits or vegetables

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Item	Percentage of stores
Strawberries	69%
Grapes	71%
Broccoli	73%
Carrots	82%
Limes	93%

The **least available** fresh fruit or vegetable was **strawberries**, at 31 stores, whereas the **most available** was **limes**, at 42 stores.

Availability of soda and snacks

*Data for soda in cans or bottles was not collected

Hunger-Free Communities

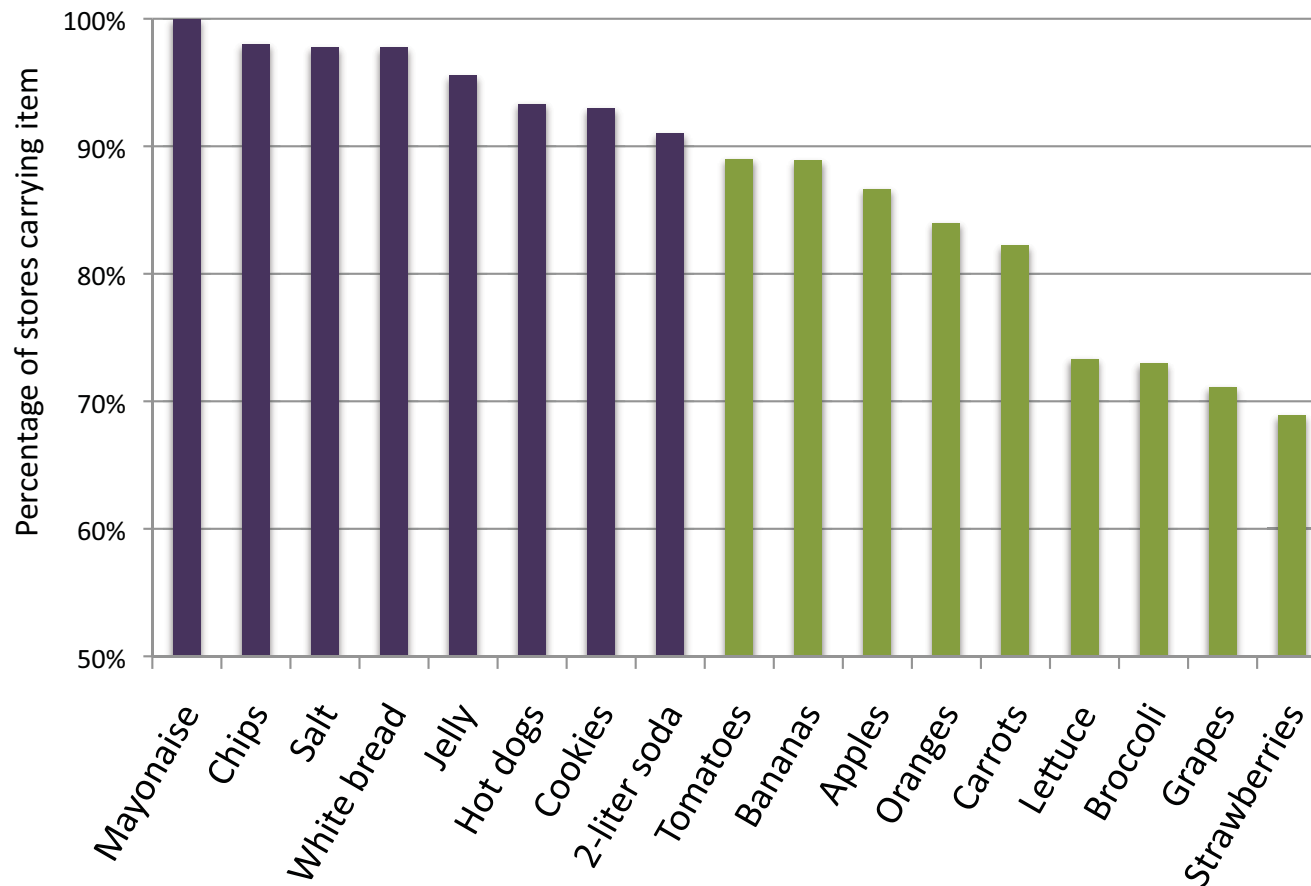
San Luis Obispo Food Bank Coalition

The **least available** snack soda or snack was **flavored pouch drinks**, at 33 stores, whereas the **most available** was **chips**, at 44 stores.

Item	Percentage of stores
Flavored pouch drinks	73%
Crackers	89%
2-liter soda	91%
Cookies	93%
Chips	98%

Availability: unhealthy vs. healthy foods

Percentage of food stores carrying selected items



Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Unhealthy items were generally available at more stores than healthy items.

"Healthy foods are too expensive. With the little money I have to spend on groceries I have to buy whatever is cheapest."

-Survey participant

Availability of unhealthy vs. healthy options

Hunger-Free Communities

San Luis Obispo Food Bank Coalition



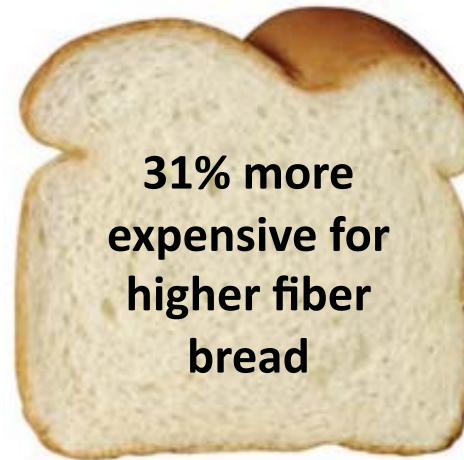
Soda and snacks
were more readily available than
fresh fruits or vegetables

Average number of
stores selling fresh
fruits or
vegetables: 33

Average number of
stores selling soda
or snacks: 40

Cost comparisons between common items

% price difference between varieties



Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Average prices

Bread

Lower fiber: \$1.92

Higher fiber: \$2.52

Ground beef

Lower fat: \$4.19/lb

Higher fat: \$3.15/lb

Gallon milk

Non-fat: \$3.66

Whole: \$3.76

Cost comparisons between common items

Hunger-Free Communities

San Luis Obispo Food Bank Coalition



Healthier options
were more expensive than
less healthy options

Higher fiber bread
and lower fat beef
were **>30% more expensive**
compared to lower
fiber and higher fat
beef.



Conclusions

Considerations for programs, policy, and future research

Conclusions based on findings

- Hispanic households worked more often, had fewer job benefits, and earned more money compared to White households, but due to larger household sizes, made half as much money per capita.
- Among vulnerable populations in the county, White households were equally at risk of being food insecure as Hispanic households.
- Housing and utilities subsidies would ease a substantial burden from all families suffering from food insecurity.
- Education and outreach of nutrition assistance programs should target poor and minority populations in an effort to improve utilization and uptake of available programs.
- Policies related to nutrition assistance programs should consider the disproportionately lower availability of fresh fruits and vegetables as well as generally higher costs for healthier foods.

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

The rigorous methodology of the **SLO HFC** ensured that the vulnerable populations of San Luis Obispo were successfully reached.



Community Feedback

Open-ended questions from the survey

Feedback from the community

Summary of common responses

“More jobs”

“Higher wages”

“Better public transportation”

“Community gardens”

“More frequent Food Bank distributions”

“More Food Bank distribution sites”

“Healthier food from the Food Bank”

Hunger-Free Communities

San Luis Obispo Food Bank Coalition

Participants were asked, "In your opinion what could be done in our community to reduce hunger and to help families get enough food to meet their needs?"

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Appendix 1

Food security assessment, English

The Food Bank Coalition of San Luis Obispo STRIDE @ California Polytechnic State University

- Over the next 2 weeks, volunteers across the county will be doing a survey for The Food Bank Coalition of San Luis Obispo.
- Agencies that serve our community want to ensure that all groups of people are included, especially those that may not have been included in past surveys.
- We need answers from lots of different people.
- Would you be able to spend 15 to 20 minutes of your time to answer some questions about your ability to get the foods that you need?
- Participation is voluntary and you do not have to answer any questions you do not know or do not feel comfortable answering.
- All your answers are completely confidential."

PART 1: SOCIODEMOGRAPHIC INFORMATION

"First, I would like to ask you some questions about you."

1. What is your sex? ☐ Male ☐ Female ☐ Other

2. What is your age? _____ years old

3. Do you consider yourself to be Hispanic or Latino? ☐ NO ☐ YES

4. What race do you consider yourself to be? (You may select more than one.)

☐ White ☐ Native Hawaiian or Other Pacific Islander

☐ Black or African American ☐ Asian

☐ American Indian or Alaska Native ☐ Mixed

5. How long have you lived in San Luis Obispo County? _____ years _____ months

6. How many years have you been living in the United States? _____ years _____ months

7. What is your marital status? ☐ Married ☐ Single ☐ Divorced/separated ☐ Widowed ☐ Civil union

"The next questions are about you and your family or the people living with you in the same house."

	(Circle Yes or No)	How long has your partner lived in the US?
8. Do you live with a partner or spouse?	No Yes→ ↓	_____ years _____ months
	How many?	
9. Do you live with any children between the ages 0 and 5 years?	No Yes→ ↓	
	How many?	Do you need their help to buy or prepare food?
10. Do you live with any children between the ages 6 and 17 years?	No Yes→ ↓	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Do you live with any children aged 18 years or over?	No Yes→ ↓	<input type="checkbox"/> Yes <input type="checkbox"/> No
12. Do you live with any other relatives or unrelated adults or children?	No Yes→ ↓	<input type="checkbox"/> Yes <input type="checkbox"/> No

The Food Bank Coalition of San Luis Obispo STRIDE @ California Polytechnic State University

13. Which of the following best describes where you currently live?

☐ Own house or apartment ☐ Rented house or apartment ☐ Rented room ☐ Other _____

☐ Trailer or mobile home ☐ Hotel or motel ☐ Homeless

☐ Car ☐ With a friend or relative ☐ Supportive housing program

14. What language do you prefer to speak?

☐ Spanish only ☐ Mostly Spanish ☐ Mostly English ☐ English only ☐ Both equally ☐ Other

15. What language do you prefer to read?

☐ Spanish only ☐ Mostly Spanish ☐ Mostly English ☐ English only ☐ Both equally ☐ Other

16. What language do you prefer to write?

☐ Spanish only ☐ Mostly Spanish ☐ Mostly English ☐ English only ☐ Both equally ☐ Other

17. How many years of school did you complete?

_____ Years ☐ No formal schooling ☐ Don't know

18. How many people in your household are currently working?

☐ Nobody in the household is working (skip to #21) _____ People are working ☐ Don't know

19. What type of work does the primary employed member of your household do?

☐ Full-time with benefits ☐ Full-time without benefits ☐ Part-time

☐ Seasonal ☐ Short-term, temporary ☐ Job to job or odd jobs

20. What type of work does the secondary employed member of your household do?

☐ No secondary worker ☐ Full-time with benefits ☐ Full-time without benefits ☐ Part-time

☐ Seasonal ☐ Short-term, temporary ☐ Job to job or odd jobs

21. What are other sources of income in your household? (Check all that apply)

☐ No additional income ☐ Child support ☐ Family member or friends

☐ Retirement or pension ☐ Social security ☐ Legal settlement

☐ Government benefits, welfare ☐ Disability ☐ Other sources _____

22. What is the total combined monthly or annual income of your household from all sources? Please estimate if you are unsure.

\$ _____ ☐ Monthly ☐ Annual

PART 2: FOOD SECURITY ASSESSMENT

"The second part of this survey is about food, food shopping, and food programs."

23. Which of these statements best describes the food eaten by you (and your family) in the last 12 months?

☐ Enough of the kinds of food I/we want to eat (skip to #25)

☐ Enough but not always the kinds of food I/we want

☐ Sometimes not enough to eat

☐ Often not enough to eat

24. Here are some reasons why people don't always have enough food or the kinds of the foods they want to eat. Which of the following reasons apply to you (and your family)? Select all that apply.

☐ Not enough money for food ☐ No kitchen available

☐ Not enough time for shopping or cooking ☐ Too hard to get to the store

☐ Kinds of food I/we want are not available ☐ Don't know

☐ Other: _____

Appendix 1, cont.

Food security assessment, English

The Food Bank Coalition of San Luis Obispo

STRIDE @ California Polytechnic State University

"Now I'm going to read you several statements that people have made about their food situation. For these statements, please tell me whether the statement was often true, sometimes true, or never true for you (and your household) in the past 12 months—that is, since last (name of current month)."

25. The first statement is, "The food that I/we bought just didn't last, and I/we didn't have money to get more." Was that often, sometimes, or never true for you (and your household) in the last 12 months?
☐ Often true ☐ Sometimes true ☐ Never true ☐ Don't know

26. "We couldn't afford to eat balanced meals." Was that often, sometimes, or never true for you (or your household) in the last 12 months?
☐ Often true ☐ Sometimes true ☐ Never true ☐ Don't know

27. In the last 12 months, since last (name of current month), did you ever cut the size of your meals or skip meals because there wasn't enough money for food?
☐ Yes ☐ No (skip to #29) ☐ Don't know

28. How often did this happen, almost every month, some months but not every month, or in 1 or 2 months?
☐ Almost every month ☐ Some months, but not every month ☐ Only in 1 or 2 months ☐ Don't know

29. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?
☐ Yes ☐ No ☐ Don't know

30. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?
☐ Yes ☐ No ☐ Don't know

31. In the last 12 months, how often did you have to choose between buying food and paying rent or mortgage?
☐ Often ☐ Sometimes ☐ Never ☐ Don't know

32. In the last 12 months, how often did you have to choose between buying food and paying utilities, such as gas, electricity or water?
☐ Often ☐ Sometimes ☐ Never ☐ Don't know

33. In the last 12 months, how often did you have to choose between buying food and buying medicine?
☐ Often ☐ Sometimes ☐ Never ☐ Don't know

"Now, I would like to ask you some questions about where you buy food."

34. When you purchase food for your household, where do you buy most of the food? Please select only one
☐ Larger supermarket ☐ Smaller, local grocery store ☐ Don't know
☐ Convenience store or mini-mart ☐ Farmer's market or farm stand ☐ Other: _____

35. What are the names of the 2 stores or markets you most often buy food from?
 Name of store: _____ City: _____
☐ Don't know Name of store: _____ City: _____

36. How often do you go food shopping in those stores or markets? _____ times per ☐ Week ☐ Month

37. How do you get to those stores? Please rank the top 3 forms of transportation, 1 being the most common.
 ___ Drive your own car ___ Borrow a car ___ Get a ride from somebody with a car
 ___ Walk or bike ___ Take the bus/shuttle ___ Other: _____

38. When you don't prepare a meal at home, what are the names of the 2 places or restaurants you most often buy your meals from, including fast-food, drive-thru, pizza, sit-down dining and convenience stores or mini-marts?
 Name of restaurant: _____ City: _____
☐ Don't know Name of restaurant: _____ City: _____

Revised 10/06/2011

The Food Bank Coalition of San Luis Obispo

STRIDE @ California Polytechnic State University

39. How often do you buy fully prepared meals, get take out meals, or eat at restaurants, including fast-food, drive-thru, pizza, sit-down dining and convenience stores or mini-marts? _____ times per ☐ Week ☐ Month

40. How do you get to those places where you buy fully prepared meals? Please rank the top 3 forms of transportation, 1 being the most common.
 ___ Drive your own car ___ Borrow a car ___ Get a ride from somebody with a car
 ___ Walk or bike ___ Take the bus/shuttle ___ Other: _____

41. Some people need outside help in preparing food. This can be a home health aide, a neighbor, or someone from church. Do you have someone that comes to where you live on a regular basis to help with preparing or cooking food?
☐ Yes ☐ No ☐ Don't know

"Next, I would like to ask you how often you eat certain types of food. For each type of food, please tell me how many times you eat it- either per day, per week, or per month."

How often do you eat		
42. Fruits (fresh, frozen, or canned), such as bananas, oranges, strawberries, or watermelon?	_____ times per	<input type="checkbox"/> Day <input type="checkbox"/> Week <input type="checkbox"/> Month
43. Vegetables (raw, cooked, canned, or frozen), such as lettuce, carrots, onions, zucchini, or broccoli?	_____ times per	<input type="checkbox"/> Day <input type="checkbox"/> Week <input type="checkbox"/> Month
44. Beans, such as refried beans, bean soup or baked beans?	_____ times per	<input type="checkbox"/> Day <input type="checkbox"/> Week <input type="checkbox"/> Month
45. Meats, including beef, chicken, or pork?	_____ times per	<input type="checkbox"/> Day <input type="checkbox"/> Week <input type="checkbox"/> Month
46. Dairy products, such as milk, yogurt, or cheese?	_____ times per	<input type="checkbox"/> Day <input type="checkbox"/> Week <input type="checkbox"/> Month
47. Soda or sweet drinks such as cola, lemonade, sports drinks, or Kool-Aid?	_____ times per	<input type="checkbox"/> Day <input type="checkbox"/> Week <input type="checkbox"/> Month
48. Sweet or salty snacks including candy, cookies, or chips?	_____ times per	<input type="checkbox"/> Day <input type="checkbox"/> Week <input type="checkbox"/> Month

--- Please continue to the next page ---

Revised 10/06/2011

Appendix 1, cont.

Food security assessment, English

The Food Bank Coalition of San Luis Obispo

STRIDE @ California Polytechnic State University

"There are different programs that can help community members get enough food for themselves or their families. For each program I mention, please tell me if you have heard of it, if you have ever used it, and if you are currently using it."

		(A) Have you heard of this program?	(B) Have you ever used this program?	(C) Are you currently using this program?	(D) Why aren't you using this program? (Use back of sheet if needed)
49.	Food Stamps, SNAP, or CalFresh?	<input type="checkbox"/> No <input type="checkbox"/> Yes → ↓	<input type="checkbox"/> Yes → <input type="checkbox"/> No (go to part D)	<input type="checkbox"/> No → <input type="checkbox"/> Yes ↓	
50.	Places that give free food, such as the Food Bank, Meals on Wheels, churches, or other places that serve free cooked meals?	<input type="checkbox"/> No <input type="checkbox"/> Yes → ↓	<input type="checkbox"/> Yes → <input type="checkbox"/> No (go to part D)	<input type="checkbox"/> No → <input type="checkbox"/> Yes ↓	
51.	WIC?	<input type="checkbox"/> No <input type="checkbox"/> Yes → ↓	<input type="checkbox"/> Yes → <input type="checkbox"/> No (go to part D)	<input type="checkbox"/> No → <input type="checkbox"/> Yes ↓	

PART 3: COMMUNITY ASSESSMENT

"For the last part of this survey, I would like to get your opinions on the food situation in your community or neighborhood. Remember that all your responses are confidential."

52. In your opinion, what could be done in our community to reduce hunger and to help families get enough food to meet all their needs? (use back if necessary)

53. Are you willing to provide us with your address to help us study the food environment in your local community and neighborhood? If you do not wish to disclose your street address, please consider providing the nearest cross streets in your neighborhood.

Name of street on which you live
(no house number)

☐ Do not wish to
disclose

City: _____

Zip code: _____

"Thank you for supporting The Food Bank Coalition of San Luis Obispo County. Your time and insight will help us build a healthier community for everyone."

Interviewer name: _____ Interview date: _____

Interview location: _____

Appendix 1, cont.

Food security assessment, Spanish

The Food Bank Coalition of San Luis Obispo

STRIDE @ California Polytechnic State University

- "Durante las próximas dos semanas voluntarios atravez del condado estarán haciendo una encuesta para la Coalición del Banco de Comida del Condado de San Luis Obispo.
- Agencias que sirven nuestra comunidad quieren asegurarse de que todos los grupos de personas sean incluidos, especialmente aquellos que no hayan podido ser incluidos en encuestas previas.
- Necesitamos respuestas de varios distintos grupos de personas.
- ¿Podría usted tomar 15 a 20 minutos de su tiempo para contestar unas preguntas sobre su habilidad de recibir la comida que usted ocupa?
- Su participación es voluntaria y no es necesario contestar cualquier pregunta que no comprenda o que no sienta cómodo contestando.
- Todas sus respuestas son completamente confidenciales."

PART 1: INFORMACIÓN SOCIO DEMOGRÁFICA

"Primero me gustaría hacerle preguntas sobre usted."

1. ¿Cuál es su sexo? ☐ Masculino ☐ Femenina ☐ Otro
2. ¿Cuál es su edad? _____ años
3. ¿Se considera ser Hispano o Latino? ☐ No ☐ Sí
4. ¿A cuál raza se considera usted ser? (Puede seleccionar más de uno.)
 - ☐ Blanco ☐ Nativo de Hawai o Islas del Pacífico
 - ☐ Negro o Africano Americano ☐ Asiática
 - ☐ Indio Americano o Nativo de Alaska ☐ Mixto
5. ¿Por cuánto tiempo ha vivido en el Condado de San Luis Obispo? _____ años _____ meses
6. ¿Por cuántos años ha vivido usted en Los Estados Unidos? _____ años _____ meses
7. ¿Cuál es su estado civil? ☐ Casado/a ☐ Soltero/a ☐ Divorciado/separado ☐ Viudo/a ☐ Unión civil

"Las próximas preguntas son sobre usted y su familia o la gente viviendo con usted en su hogar."

	(Favor de circular Sí o No)	¿Por cuánto tiempo ha vivido en Los EEUU su pareja?
8. ¿Vive usted con una pareja o cónyuge?	No ↓ Sí →	_____ años _____ meses
	¿Cuántos?	
9. ¿Vive usted con niños entre las edades 0 a 5 años?	No ↓ Sí →	
	¿Cuántos?	¿Ocupa la ayuda de estas personas para comprar o preparar la comida?
10. ¿Vive usted con niños entre las edades de 6 a 17 años?	No ↓ Sí →	<input type="checkbox"/> Sí <input type="checkbox"/> No
11. ¿Vive usted con niños de 18 años o mayores?	No ↓ Sí →	<input type="checkbox"/> Sí <input type="checkbox"/> No
12. ¿Vive usted con cualquier otros parientes o adultos o niños sin relación?	No ↓ Sí →	<input type="checkbox"/> Sí <input type="checkbox"/> No

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13. ¿Cuál de las siguientes opciones describe mejor dónde vive usted?	<input type="checkbox"/> Es dueño de su casa/apartamento <input type="checkbox"/> Alquila su casa/apartamento <input type="checkbox"/> Alquila un cuarto <input type="checkbox"/> Otro _____ <input type="checkbox"/> Tráiler o casa rodante <input type="checkbox"/> Hotel o motel <input type="checkbox"/> Sin hogar <input type="checkbox"/> Coche <input type="checkbox"/> Con un amigo o pariente <input type="checkbox"/> Programa de vivienda
14. ¿Cuál idioma prefiere hablar?	<input type="checkbox"/> Español solamente <input type="checkbox"/> Mayormente Español <input type="checkbox"/> Mayormente Inglés <input type="checkbox"/> Inglés solamente <input type="checkbox"/> Ambos <input type="checkbox"/> Otro
15. ¿Cuál idioma prefiere leer?	<input type="checkbox"/> Español solamente <input type="checkbox"/> Mayormente Español <input type="checkbox"/> Mayormente Inglés <input type="checkbox"/> Inglés solamente <input type="checkbox"/> Ambos <input type="checkbox"/> Otro
16. ¿Cuál idioma prefiere escribir?	<input type="checkbox"/> Español solamente <input type="checkbox"/> Mayormente Español <input type="checkbox"/> Mayormente Inglés <input type="checkbox"/> Inglés solamente <input type="checkbox"/> Ambos <input type="checkbox"/> Otro
17. ¿Cuántos años de estudios completó usted?	_____ Años de educación <input type="checkbox"/> Sin educación formal <input type="checkbox"/> No lo sé
18. ¿Cuántas personas en su vivienda están trabajando actualmente?	<input type="checkbox"/> No trabaja nadie en la vivienda (Pase al #21) Cantidad de personas trabajando _____ <input type="checkbox"/> No lo sé
19. ¿Qué tipo de trabajo hace el empleado primario de su hogar?	<input type="checkbox"/> Tiempo completo con beneficios <input type="checkbox"/> Tiempo completo sin beneficios <input type="checkbox"/> Tiempo parcial <input type="checkbox"/> Trabajo de Temporada <input type="checkbox"/> A cortó plazo, temporalmente <input type="checkbox"/> Trabajos ocasionales
20. ¿Qué tipo de trabajo hace el empleado secundario de su hogar?	<input type="checkbox"/> Tiempo completo con beneficios <input type="checkbox"/> Tiempo completo sin beneficios <input type="checkbox"/> Tiempo parcial <input type="checkbox"/> Trabajo de Temporada <input type="checkbox"/> A cortó plazo, temporalmente <input type="checkbox"/> Trabajos ocasionales
21. ¿Cuales son las otras fuentes de ingresos en su hogar? (Favor de marcar todos los que apliquen)	<input type="checkbox"/> No hay ingresos adicionales <input type="checkbox"/> Manutención de los hijos <input type="checkbox"/> Miembros de familia o amigos <input type="checkbox"/> Jubilación o pensión <input type="checkbox"/> Seguro social <input type="checkbox"/> Acuerdo legal <input type="checkbox"/> Beneficios del gobierno <input type="checkbox"/> Discapacidad <input type="checkbox"/> Otras fuentes _____
22. ¿Cuál es la combinación mensual o anual total de todas las fuentes de ingresos de su hogar? (Favor de mencionar si no está seguro de la cantidad)	\$ _____ <input type="checkbox"/> Mensualmente <input type="checkbox"/> Anualmente
PART 2: EVALUACIÓN DE LA SEGURIDAD ALIMENTARIA	
"La segunda parte de esta encuesta es sobre el alimento, compra de alimentos, y programas de alimentos."	
23. ¿Cuál de estas frases describe mejor los alimentos consumidos por usted y su familia durante los últimos 12 meses?	<input type="checkbox"/> Suficiente de los tipos de alimentos que yo/nosotros deseamos comer (pase a #25) <input type="checkbox"/> Suficiente pero no todo el tiempo consumimos los alimentos que deseamos <input type="checkbox"/> A veces no hay suficiente para comer <input type="checkbox"/> Con frecuencia no hay lo suficiente para comer
24. Aquí hay unas razones por cuál las personas no reciben suficiente comida o no reciben los alimentos que desean. ¿Cuál de las siguientes razones aplican a usted (y su familia)? Favor de seleccionar todas las que se aplican.	<input type="checkbox"/> No hay suficiente dinero para los alimentos <input type="checkbox"/> No hay una cocina disponible <input type="checkbox"/> No hay suficiente tiempo para ir de compras o para cocinar <input type="checkbox"/> Es muy difícil llegar a la tienda <input type="checkbox"/> Las clase de comida que deseo/deseamos comer no está disponible <input type="checkbox"/> No lo sé <input type="checkbox"/> Otra razón: _____

Appendix 1, cont.

Food security assessment, Spanish

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A continuación le voy a leer varias declaraciones que personas han hecho sobre su situación alimentaria. Por favor dígame si las declaraciones son ciertas con frecuencia, a veces, o nunca para usted (y su familia). Esto sólo incluye los últimos 12 meses desde el pasado (*nombre del mes actual*)."

25. La primera declaración es, "La comida que compramos no duró lo suficiente y no teníamos dinero para comprar más." Por favor dígame si las declaraciones son ciertas con frecuencia, a veces, o nunca para usted (y su familia). Esto sólo incluye los últimos 12 meses.

☐ Con frecuencia ☐ Algunas veces ☐ Nunca ☐ No lo sé

26. "Nosotros no teníamos dinero para una dieta balanceada (nutritiva)." ¿Para su casa, en los últimos 12 meses, sucedió esto en su hogar? ☐ Con frecuencia ☐ Algunas veces ☐ Nunca ☐ No lo sé

27. ¿En los últimos 12 meses, usted o algún miembro de su familia comió menos o dejó de comer por que no había suficiente dinero para la comida? ☐ Sí ☐ No (pase al #29) ☐ No lo sé

28. ¿Con qué frecuencia sucedió esto?

☐ Casi todos los meses ☐ Algunos meses, pero no todos ☐ Solo en uno o dos meses ☐ No lo sé

29. ¿En los últimos 12 meses alguna vez tuvo que comer menos de lo que usted piensa necesario porque no hubo suficiente dinero para la comida? ☐ Sí ☐ No ☐ No lo sé

30. ¿En los últimos 12 meses, alguna vez tuvo hambre pero no comió porque no tuvo suficiente dinero para comida? ☐ Sí ☐ No ☐ No lo sé

31. ¿En los últimos 12 meses con qué frecuencia tuvo que decidir entre comprar alimentos y pagar el alquiler o la hipoteca? ☐ Con frecuencia ☐ Algunas veces ☐ Nunca ☐ No lo sé

32. ¿En los últimos 12 meses con qué frecuencia tuvo que decidir entre comprar alimentos y pagar servicios públicos como el gas, la electricidad o el agua? ☐ Con frecuencia ☐ Algunas veces ☐ Nunca ☐ No lo sé

33. ¿En los últimos 12 meses con qué frecuencia tuvo que decidir entre comprar alimentos y comprar medicina? ☐ Con frecuencia ☐ Algunas veces ☐ Nunca ☐ No lo sé

"Ahora me gustaría hacerle unas preguntas sobre donde compra sus alimentos."

34. ¿Cuándo usted compra alimentos para su hogar, dónde compra la mayoría de sus alimentos? (Favor de seleccionar solamente uno)

☐ Un supermercado ☐ Un mercado chico o local ☐ No lo sé

☐ Mini mercado ☐ Mercado de frutas y verduras (mercado de granjero) ☐ Otro: _____

35. ¿Cuáles son los nombres de las dos tiendas/mercados dónde va con más frecuencia a comprar sus alimentos?

Nombre de la tienda: _____ Ciudad: _____

☐ No lo sé Nombre de la tienda: _____ Ciudad: _____

36. ¿Con cuánta frecuencia va de compras a estos supermercados? _____ veces por ☐ Semana ☐ Mes

37. ¿De qué manera llega a estos mercados? Favor de clasificar las 3 formas más comunes por las cuál llega al mercado, con 1 siendo el más común.

___ Maneja su propio coche ___ Pide prestado un coche ___ Pide que alguien más lo/la lleve a la tienda

___ Caminando o en bicicleta ___ Por autobús ___ Otra: _____

38. ¿Cuándo usted no prepara la comida en su casa cuales son los nombres de los dos lugares donde acude ir a comprar comida, esto incluye comida rápida, ventanilla de auto servicio, pizza, restaurante, o un mini mercado?

Nombre de restaurante: _____ Ciudad: _____

☐ No lo sé Nombre de restaurante: _____ Ciudad: _____

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39. ¿Con qué frecuencia compra comida completamente preparada, compra comida para llevar, come en un restaurante; esto incluye comida rápida, ventanilla de auto servicio, pizza o un mini mercado?

_____ veces por ☐ Semana ☐ Mes

40. ¿De qué manera llega a estos lugares donde compra comida preparada? Favor de clasificar las 3 transportaciones más comunes por las cuál usted llega a estos lugares, con 1 siendo el más común.

___ Maneja su propio coche ___ Pide prestado un coche ___ Pide que alguien más lo/la lleve a la tienda

___ Caminando o en bicicleta ___ Por autobús ___ Otra: _____

41. Algunas personas ocupan ayuda externa para preparar su comida. Esta ayuda puede provenir de un asistente de salud en casa, de un vecino, o de alguien de un miembro de su iglesia. ¿Tiene usted a alguien que va a su hogar a menudo para ayudarlo/a a preparar o cocinar comida?

☐ Sí ☐ No ☐ No lo sé

"Ahora me gustaría preguntarle sobre la frecuencia en cual usted come ciertas clases de comidas. Por cada clase de comida por favor indique cuantas veces come esa clase de comida, así sea por día, por semana, o por mes."

¿Con qué frecuencia usted come...

42. Frutas (frescas, congeladas, o enlatadas), tal como los plátanos, naranjas, fresas o sandía?	_____ veces por	<input type="checkbox"/> Día <input type="checkbox"/> Semana <input type="checkbox"/> Mes
43. Verduras (crudas, cocidas, o congeladas), tal como la lechuga, zanahorias, cebollas, calabacitas, o brócoli?	_____ veces por	<input type="checkbox"/> Día <input type="checkbox"/> Semana <input type="checkbox"/> Mes
44. Frijoles, tal como frijoles refritos, caldo de frijol, o frijoles cocidos?	_____ veces por	<input type="checkbox"/> Día <input type="checkbox"/> Semana <input type="checkbox"/> Mes
45. Carnes incluyendo el res, el pollo, o el cerdo?	_____ veces por	<input type="checkbox"/> Día <input type="checkbox"/> Semana <input type="checkbox"/> Mes
46. Productos de leche, tal como la leche, el yogur, o el queso?	_____ veces por	<input type="checkbox"/> Día <input type="checkbox"/> Semana <input type="checkbox"/> Mes
47. Soda, o bebidas dulces tal como la Coca-Cola, limonada, bebidas de los deportes, o Kool-Aid?	_____ veces por	<input type="checkbox"/> Día <input type="checkbox"/> Semana <input type="checkbox"/> Mes
48. Bocadillos dulces o salados incluyendo dulces, galletas o chips?	_____ veces por	<input type="checkbox"/> Día <input type="checkbox"/> Semana <input type="checkbox"/> Mes

--- Favor continuar ---

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Appendix 1, cont.

Food security assessment, Spanish

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"Hay diferentes programas que pueden ayudar miembros de esta comunidad obtener suficiente comida para si mismos o para sus familias. Por cada programa que menciono favor de decirme si usted ha oído de ese programa, si la ha ocupado, o si está utilizando ese programa actualmente."

		(A)	(B)	(C)	(D)
		¿Ha oído de ese programa?	¿Ha usado ese programa?	Está usando este programa?	Por qué no usa el programa? (Favor de escribir atrás si es necesario)
49.	¿Las Estampillas de Comida, SNAP, o CalFresh?	<input type="checkbox"/> No <input type="checkbox"/> Sí → ↓	<input type="checkbox"/> Sí → <input type="checkbox"/> No (vaya al D)	<input type="checkbox"/> No → <input type="checkbox"/> Sí ↓	
50.	¿Lugares que le dan comida gratis, como el Banco de Comida, Meals on Wheels, Iglesias, u otros lugares que sirven comida cocida gratis?	<input type="checkbox"/> No <input type="checkbox"/> Sí → ↓	<input type="checkbox"/> Sí → <input type="checkbox"/> No (vaya al D)	<input type="checkbox"/> No → <input type="checkbox"/> Sí ↓	
51.	¿WIC?	<input type="checkbox"/> No <input type="checkbox"/> Sí → ↓	<input type="checkbox"/> Sí → <input type="checkbox"/> No (vaya al D)	<input type="checkbox"/> No → <input type="checkbox"/> Sí ↓	

PART 3: EVALUACIÓN DE LA COMUNIDAD

"Para la última parte de esta encuesta me gustaría recibir su opinión sobre la situación alimentaria en su comunidad o vecindad. Recuerde que todas sus respuestas son confidenciales."

52. ¿En su opinión, que se puede hacer en nuestra comunidad para reducir el hambre y para poder ayudar a familias a recibir suficiente comida? (favor de escribir atrás si es necesario)

53. ¿Está usted dispuesto a darnos su dirección para ayudarnos a analizar el ambiente de alimentos en su comunidad local y en su vecindad? Si no desea darnos su dirección, por favor considere darnos el nombre de las calles que se cruzan, más cercanas a su vecindad.

☐ No deseo dar esta información Nombre de la calle en la que reside? _____
(Omita número de vivienda)

Ciudad: _____ Código postal: _____

"Gracias por apoyar la Coalición del Banco de Comida del Condado de San Luis Obispo. Su tiempo y perspectiva ayudarán a construir una comunidad más saludable para todos."

Nombre del Entrevistador: _____ Fecha de la Entrevista: _____

Localización de la Entrevista: _____

Appendix 2

Food security assessment training manual

Hunger Assessment Survey Training Manual

1) Background

- a) **Procedure at site:** Usually large groups of students and other community volunteers will be going to a given site for survey collection but be sure that at any given time you are with at least one other person at a survey site. Follow sign up procedures (as indicated during training) for date and site locations. For each date, at each site, there will be a site leader, who will be the liaison between the interviewers and the site contact. Follow all directions given by your site leader and communicate with them regarding any issues that come up at a site. Make sure that all completed surveys are turned into your site leader prior to leaving the site. Site leaders will vary depending on date and site, so you may come in contact with several different leaders; they will be identified prior to arriving at a site.
- b) **Sensitivity:** This survey targets groups of people in our community who may be at risk of hunger, personally or within their household. It is important, as the interviewer, that you are respectful and unbiased to the different cultures, income levels, living situations, and social backgrounds that you may experience during the interview process. Be aware that this issue of hunger and some questions in this survey can cause embarrassment, anxiety, or discomfort in some interviewees. Be direct and professional with each interviewee, be conscious of your own biases, and be careful never to judge or be perceived as judgmental.
- c) **Informed consent/confidentiality:** After reading the 6 introduction points on the top of the survey it is critical that each interviewee reads and signs the informed consent form (Appendix 1.) Hand the interviewee the appropriate language version of the informed consent form and allow them to read through it and sign it. Familiarize yourself with the document so that you may answer any questions. It is stated in one of the introduction points, as well as in the informed consent form, but it is important that you remember that all answers and even participation in this survey will be kept confidential.
- d) **Surveyor presentation:** On days that you will be conducting interviews, you must wear your red hunger walk Food Bank shirt. The shirts will identify all volunteers at the site. You are responsible for keeping your shirt and having it ready for each interview session that you attend.

2) General Survey Techniques

- a) **Non-verbal cues:** Nonverbal cues, which are any form of communication that is not directly spoken, will occur naturally but should be kept to a minimum and you should keep your cues as neutral as possible.
- i) **Eye contact:** Read the question directly from the survey paper and do not look up to the interviewee. You may make eye contact with the interviewee when it is their time to answer but do not stare and return to the survey once they have answered.

- ii) **Facial expressions:** Adopt a neutral, non judgmental expression for the duration of the interview. Do not express surprise, shock, disdain, disapproval, or disagreement. There is no correct answer to any of the questions.
- iii) **Tone:** Ask each question in a respectful and neutral manner. Do not imply that some answers are "better" than others and do not give less inflection to options you feel are unusual.

- b) **Reading directly from the survey:** Read each question and answer options exactly as it is written on the survey, word for word. Read the quoted prompts and survey questions in the order in which they are presented in the survey. Ask every question specified in the survey; do not omit any questions even if you feel them to be redundant, unclear or inappropriate. Read each question slowly and clearly. Repeat questions or answer options that are misunderstood or unclear in the same manner that you read the question initially. Keep in mind that there are some skip patterns on the survey, which indicate a question should be skipped in the case of some responses.

- i) **Pause after reading each answer option** to give the interviewee a chance to respond to that answer. If they do not acknowledge that as the correct answer, continue reading the other answer options. You may have to read through all answer options before the interviewee responds to a previous answer. You may need to re-read through the full set of answer options before the interviewee responds to an answer.
- ii) **When reading questions with answer options that include "don't know" or "other: _____,"** DO NOT read these answers aloud as you would read the others. These answers should be marked only if the interviewee voluntarily generates these answers in place of choosing a given answer option.

- c) **Interpreting Responses:** In almost all questions, you will read the answer options below the question. Read these immediately after you have finished reading the question. The interviewee should choose only one option unless it is specified in the question that they may select more than one option. Since most answers cannot be open ended, it is important to isolate the one answer option that applies to the interviewee. This can be difficult if the interviewee answers the question with a story or an answer that is not an option. In this case you may use the following prompts in the example below to isolate an answer option:

- i) **Question 8: What is your marital status?** Answer options: Married, Single, Divorced/Separated, Widowed, Civil union

Interviewee response: Well I was with this guy for 5 years and we had 2 kids and then last month he left me for another woman.

Interviewer prompt: I want to make sure that I am clear; of the given options which would you say most closely reflects your current status? (Reread the answer options) -or-

I see, so of the given options which would you most closely relate to? (reread the answer options)

Appendix 2, cont.

Food security assessment training manual

Interviewee response: oh, well probably divorced/separated. (Interviewer mark box for divorced/separated.)

3) Specific Sections of the Survey

a) Part One

- i) Questions 5 and 7: You may enter the response either in the number of years OR the number of months OR both, depending on how the interviewee answers.
- ii) Questions 6 and 19: Depending on the answers, you may continue as normal to the next question or follow the skip patterns that direct you to skip some questions and continue at a later question.
- iii) Questions 9-13: Follow the arrow prompts to the next question depending on the interviewee response. For example, question 9: "Do you live with a partner or spouse?" If they answer "no," proceed to question 10, if they answer "yes," continue to "was your partner born in the US?" and so on.
- iv) For question 23, the interviewee can answer in terms of monthly or annual income, whichever is easier for them, just be sure to check the box of which unit they report in.

b) Part Two

- i) Questions 24 and 28: Follow the skip patterns when relevant.
- ii) Questions 36 and 39: The interviewee must provide the name and city of a grocery store. This is not from a list and there is no correct answer, simply write whatever they say. Be sure to write clearly.
- iii) Questions 38 and 41: The interviewee will have to rank three of the answer options. You should write the numbers 1, 2 and 3 on the line next to the chosen options. 1 is the most commonly used form of transportation and 3 is the least.
- iv) Questions 43-49: These can be answered in units of days, weeks or months, whichever is easier for the interviewee to recall. Be sure to check the box of which unit is reported. The units do not need to be the same for all questions.
- v) Questions 50-52: These questions have several parts but every part may not be answered. Follow the arrow prompts to the next question depending on the given answer. If the interviewee answers "no" to any part B then you will be prompted to skip to part D of the same question. Part D is an open ended question; write out the answer that the interviewee gives you. You may write these responses on the back of the paper if needed. Be sure to note which response corresponds to which number question.

c) Part Three

- i) Question 53: This question is opened and requires that you write out the answer given by the interviewee. You may write the response on the back of the paper if needed. Feel free to ask the interviewee to repeat their answer so that you can accurately record it. You can use bullet points if the interviewee has several different ideas. If they don't know or don't want to give a response then write in the answer space "N/A" do not leave the space completely blank.

Interviewing Procedure Check List:

- 1) Warmly greet the interviewee and offer them a seat.
- 2) Introduce yourself and identify yourself as a food bank volunteer
- 3) Read the 6 introduction points on the top of the survey
- 4) If the interviewee agrees to participate, give him/her an informed consent form to read and sign
- 5) Begin with the quoted sentence under part one, and continue to each question following. Be sure to read all quoted sentences throughout the survey.
- 6) Upon completing question number 54, read the closing statement
- 7) Thank them again for their time.
- 8) Fill out the interviewer information on the bottom of the last page of the survey
- 9) Be sure to turn in every survey and informed consent to your site leader

Appendix 3

Food store evaluation



Food Bank Coalition of San Luis Obispo:
Food Availability and Accessibility Research Project

FOOD STORE SURVEY

Date and Time of Survey _____ Food Store Code _____

Name of Survey Taker _____

Store Sq. Footage _____ #of Clerk assisted Cashiers _____ #of Self checkout Cashiers _____

CATEGORY	FOOD ITEM	DESIRED QTY.	ACTUAL QTY.	LOWEST PRICE	SUBSTITUTIONS/ NOTES
Produce					
Fruits					
A UA	Apples	1 lb.			
A UA	Bananas	1 lb.			
A UA	Oranges	1 lb.			
A UA	Strawberries	1 lb.			
A UA	Grapes	1 lb.			
A UA	Avocado	1 item			
A UA	Lime	1 item			
Vegetables					
A UA	Russet Potatoes	5 lbs.			
A UA	Head Romaine Lettuce	1 Head			
A UA	Broccoli	1 lb.			
A UA	Celery	1 Bunch			
A UA	Carrots	1 lb.			
A UA	Roma Tomatoes	1 lb.			
A UA	Tomatillos	1 lb.			
A UA	Green Bell Peppers	1 item			
A UA	Jalapenos	1 lb.			
A UA	Cilantro	1 Bun			
A UA	Garlic	1 Head			
A UA	Yellow/Brown Onions	1 lb.			
Meat					
Beef/Pork					
	Beef Rump Roast*	Price/lb.			Top/bottom Round Roast, Chuck Roast
	Pork Shoulder/Butt	Price/lb.			
	Higher Fat Ground Beef*	Price/lb.			(Any % Fat)
	Lower Fat Ground Beef*	Price/lb.			(< 15% Fat)
	Hot Dogs*	1 lb. Pack			
Chicken/Turkey					
	Whole Chicken	Price/lb.			
	Chicken Drumsticks/Thighs	Price/lb.			
	Bologna Lunch Meat*	1 lb. Pack			

CATEGORY	FOOD ITEM	DESIRED QTY.	ACTUAL QTY.	LOWEST PRICE	SUBSTITUTIONS/ NOTES
	Turkey Lunch Meat*	1 lb. Pack			
Dairy					
Milk					
	Non Fat Milk	1 Gallon			
	1% Milk	1 Gallon			
	2% Milk	1 Gallon			
	Whole Milk	1 Gallon			
Cheese					
	Mild Cheddar Cheese	1 lb. Block			
	Mozzarella Cheese	12-16 oz. Ball			
	American Cheese Slices	16 Pack			
Other					
	Large Eggs	1 Dozen			
	Plain Low Fat Yogurt	32 oz.			
Grain					
Bread/Rice/Pasta					
	Lower Fiber Bread*	1 Loaf			(<2g fiber/slice) Wt:
	Higher Fiber Bread*	1 Loaf			(>2g fiber/slice) Wt:
	Corn Tortillas	60 Pack			
	Med. Sized Flour Tortillas*	10-12 Pack			
	White Rice	5 lb. Bag			
	Spaghetti	1 lb.			
	Mac and Cheese	7.25 oz. Box			
Cereal					
	Corn Flakes	18 oz. Box			
	Boxed Cereal*	Price/oz.			Type:
	Bagged Cereal*	Price/oz.			Type:
	Dry Rolled Oats	18 oz.			
Snacks					
	Microwave Popcorn Bags	3 Bag Box			
	Plain Potato Chips	10 oz. Bag			
	"Ritz" Type Crackers*	1 lb.			
Other					
Canned Items					
	Canned Whole Kernel Corn	15.25 oz.			
	Canned Diced Tomatoes	14.5 oz.			
	Canned Diced Green Chilies	7 oz.			
	Canned Re-fried Beans	16 oz.			
	Canned Pinto Beans	15 oz.			
	Canned Peaches	29 oz.			
	Ketchup	36 oz.			
	Salsa	16 oz. Jar			
	Enchilada Sauce	28 oz.			
	Cond. Chicken Noodle Soup	11 oz.			

Appendix 3, cont.

Food store evaluation

CATEGORY	FOOD ITEM	DESIRED QTY.	ACTUAL QTY.	LOWEST PRICE	SUBSTITUTIONS/ NOTES
	Pasta Sauce	26 oz. Jar			
	Shredded Tuna in Oil	5 oz.			
	Dried Black Beans	1 lb.			
	Dried Pinto Beans	1 lb.			
Fats					
	Salted Butter	1 lb. Box			
	Margarine	1 lb. Tub			
	Regular Mayonnaise	30 oz. Jar			
	Vegetable Oil	48 oz.			
	Smooth Peanut Butter	18 oz.			
Sweets					
	Grape Jelly	32 oz.			
	Pancake Syrup	24 oz.			
	Apple Juice*	64 oz.			(100% juice)
	Orange Juice*	64 oz.			(100% juice)
	"Capri Sun" Juice Pouches*	10 Pack			
	Cola	2 Liter			
	"Oreo" Type cookies*	18 oz.			
Baking Items					
	Iodized Salt	26 oz. Can			
	All Purpose Flour	5 lbs.			
	White Sugar	4 lbs.			
	Baking Soda	1 lb. Box			
Frozen Foods					
	Frozen Berries*	12 oz.			
	Frozen Peas	16 oz.			
	Frozen Corn	16 oz.			
	Plain Toaster Waffles	10 Pack Box			
	French Fries	32 oz.			
	Cheese Pizza	Large			
	Chicken Nuggets	29 oz. Bag			
	Vanilla Ice Cream*	1.75 Quarts			

* = Specific notes in the Food Store Survey Manual

Appendix 4

Food store evaluation training manual



Food Bank Coalition of San Luis Obispo:
Food Availability and Accessibility Research Project

FOOD STORE SURVEY MANUAL

Please read through this manual before going to a food store to conduct the survey. If you have any questions regarding the directions please contact Ally Lund at 916-792-0030

I. Store Information

Each food store will be coded (A1,A2, etc.) to ensure the anonymity of the specific store and to keep further analysis of data organized. There is no need to note the store name anywhere on the survey.

II. Entering the Store

A. Addressing the Manager

When you enter the store ask to speak with the store manager. Identify yourself to the manager, explain to them what you are doing (follow the script in Appendix A) and provide them with the letter explaining the project (Appendix B). You will need to ask them the square footage of the shop-able store, meaning the store excluding the storage and back areas. If they do not know the square footage, ask if you may call them in the following days to get it or if they know of another source where you could find it. Answers to possible questions or concerns that the manager may have are in Appendix C.

B. Counting Cash Registers

After speaking with the manager, walk around the check out area and count the number of cash registers. There is an area on the top of the survey to document the number of cash registers. Document both the clerk assisted cashiers and self check out cashiers separately.

C. Order of Food Store Survey

Items on the Food Store Survey are grouped under the following categories: Produce, Meat, Dairy, Grain, Frozen Foods and Other. Within each category there are subcategories and within each subcategory there are food items. The categories

are ordered in the typical layout of a grocery store yet information on items does not need to be collected in order.

D. Lowest Price

When shopping for the lowest price assume that you have any club or membership card. No coupon rates can apply if a physical coupon must be turned in at check out, even if there is an instant coupon on the outside of the packaging of an item. Any weekly or in store special prices may be used, but "bundle" type deals, such as "buy 3 for a dollar," may not be used unless the discount still applies when purchasing only a single item. If you are unsure of the policy on purchasing a single item in a "bundle" deal, ask an employee. The item must be in stock to take pricing information on it. If an item cannot be purchased at the time you are taking the survey then the price does not apply.

E. Finding items

Search through the store thoroughly for the items that you are responsible for. If after searching you are still unable to find an item you may politely ask one of the employees where to find the item. Do not conspire with your team member to find the item, so to preserve the quality of individual data. If after looking and asking an employee if you are still unable to find an item leave the qty and cost blank and in the notes write "item unavailable."

III. Food Items

A. General Information

- i. Produce Quality:** For all fruits and vegetables we will be analyzing the general visible quality of the items. In the column to the left of the listed item there will be an A for acceptable and a UA for unacceptable. Assess the quality of the item and circle one of the two options. Read Appendix D for a description of what is "unacceptable". The quality of the items are based on an overall assessment. You may be able to find one item that is unacceptable in the bunch but if at a glance the overall items look alright then as a whole they would be acceptable.
- ii. Quantities:** The desired qty. for each food item is listed on the food survey. Most foods should be available in the desired quantity but if they are not, choose the food item closest to the desired quantity and write in the actual qty, even if this means changing the original units. If you find the item in the desired qty. put a check mark in the actual qty. box. Do not leave the actual qty. box blank, either write in a new qty. or put a check mark.
- iii. Prices:** Be sure to document the lowest price available for each food item regardless of the brand, sale price or membership price as close to the desired quantity as possible.

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- ix. Substitutions/Notes: The notes section of the survey is for you to write in any addition information that may be important. Some notes sections will have helpful reminders or guidelines. In this section you may also write in any substitutions to the original item if that type or flavor is not available.

B. Specific Directions for Individual Items

i. Meat

- a. All meat prices are to be collected from prepackaged meats and not meats from a meat case or deli.
- b. If Rump Roast is not available choose a comparable cut such as top or bottom round roast or chuck roast.
- c. Information on two types of ground beef are being collected. Be sure to differentiate between higher fat ground beef, which is the cheapest ground beef with over 15% fat, and lower fat ground beef, which is the cheapest ground beef with less than 15 % fat.
- d. Chicken drumsticks/thighs may be either or a mix, which ever is cheapest.
- e. For both lunch meats take information from prepackaged meats, not meat sliced from a deli. If bologna is not available then substitute with another high-fat, inexpensive, processed meat. Sliced turkey meat must be turkey meat only, not turkey bologna.
- f. Hot dogs must be meat i.e. beef, pork or turkey , no tofu or other meat substitutes.

ii. Grain

- a. Higher fiber bread is classified as bread with 2 or more grams of fiber per slice. Be sure to note the weight of both loaves of bread since size and weight vary within a "loaf."
- b. Medium sized tortillas are also called soft taco sized. They are the typical flour tortilla size not the large burrito or wrap sized.
- c. The price of the cheapest boxed and bagged cereal is being collected, regardless of the brand or type of cereal. The price per ounce may be listed on the price tag, or you may have to do the calculation, by dividing the total price by total number of ounces. Please write in the type of cereal in the notes.
- d. "Ritz" type crackers are the cheapest crackers that are similar to a Ritz cracker. They should be "original" flavor and not any other specialty variety.

iii. Other

- a. Apple juice is to be the unrefrigerated jug on the juice isle and orange juice should be from the refrigerated section. Both juices must be 100% juice.(juice should be listed as first ingredient.)
- b. "Capri Sun" type juice pouches are the cheapest aluminum packaged juice pouches similar to a Capri Sun.

- c. "Oreo" type cookies are any sort of chocolate and vanilla sandwich cookie. They must be original flavor and not double stuffed.

iv. Frozen Foods

- a. Frozen berries may be any type of berry or a mixed berry bag, whichever is cheapest.
- b. Vanilla ice cream can be any version of vanilla such as vanilla bean, french vanilla, etc. but should not include any "lite" versions because of the weight difference.

C. Follow up Directions

Following the completion of the survey, review the written information and make sure that all numbers, units and notes are clear and legible. Be sure that items that were not available are noted. Once you have finished your part of the survey fold it and place it in the envelope provided. Sign your name over the seal of the envelope. Once both you and your partner have finished surveying the store and are leaving the site, text Ally (916-792-0030) the following to signify completion:

Both partners last names

Store code (will be on the front of the sealed envelopes)

Appendix 4, cont.

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Appendix A: Introduction to Store Manager Script

Hello my name is____, I am a Nutrition Student at Cal Poly. I am doing a school project that looks at the cost of living for low income families in our area. Our class is working in conjunction with the food bank, on a county-wide hunger assessment. We are going to many grocery stores to look at several aspects of food availability. I would like to have your permission to conduct our survey at your store. Here is a letter detailing our project. (Give Letter)

Do you have any questions?(See Appendix C)

Appendix B: Letter for the Store Manager

Letterhead

Dear Sir or Madam:

We are visiting your store to collect information for a school project that we are working on for our Community Nutrition class at Cal Poly to assist the Food Bank Coalition of San Luis Obispo. The Food Bank is conducting a hunger assessment to identify specific areas of need in the county. This assessment will allow a group of agencies to develop a plan to reduce hunger, which in turn will help the Food Bank seek grant funding for services.

This quarter we are going to all of the food stores in the county. We want to find what foods are available at what prices, to assess the cost of living for low-income families in our area. There are several specific food items that we will be looking for. Our survey will probably take about forty minutes. We will not be talking to your customers or interfering with the operation of your store.

The name, policies, and prices of your store specifically will NOT be published or publicized. Information that we collect at your store will be kept confidential. All stores have been coded, and official names will not be used, to preserve the anonymity of each store. We are interested in overall trends in different geographic regions, rather than any one store specifically.

If you have any further questions about our study, you can contact the following people:

Becca Carsel, M.S.
Grants Coordinator
Food Bank Coalition of SLO County
(805) 674-0776

Aydin Nazmi, PhD
Assistant Professor
Cal Poly State University
(805)756-2660

Thank you for your cooperation.



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Appendix C: Possible Questions and Concerns from Store Manager with Answers

Q: What is this information for?

A: We are collecting information to compile a county-wide hunger assessment for a project in conjunction with The Food Bank Coalition of San Luis Obispo.

Q: What are you going to be looking at?/What is on the survey?

A: Here is a copy of the survey if you would like to take a look at it. We will be seeing which foods are available at your store and for what prices. As you can see the name of your store is nowhere on the survey and will be kept strictly confidential.

Q: How long will you be here?

A: The survey usually takes about forty minutes. My partner and I will be walking around the store but will not disrupt any customers, employees, or store operations.






Q:How do I know this is legitimate?

A: You are more than welcome to contact the organizers of this project. Their contact information is on the letter that I gave you.

Q: I really don't have time to answer questions

A: We only have one question for you and it will not take too much of your time. During the time that we are surveying the store we will not be disturbing you or any of your staff with questions.

Appendix D: Definition and examples of Unacceptable Produce

Produce Item	Unacceptable Qualities	Example
Apple	Severely bruised Rotting Large gouges	
Strawberries	Discolored Mushy	
Broccoli	Browning Shriveled	
Tomatillos	Dry, discolored outer skin Dark spots	
Onions	Molding Discolored Outside layers flaking off	

Appendix 5

Food security assessment sites and number of visits

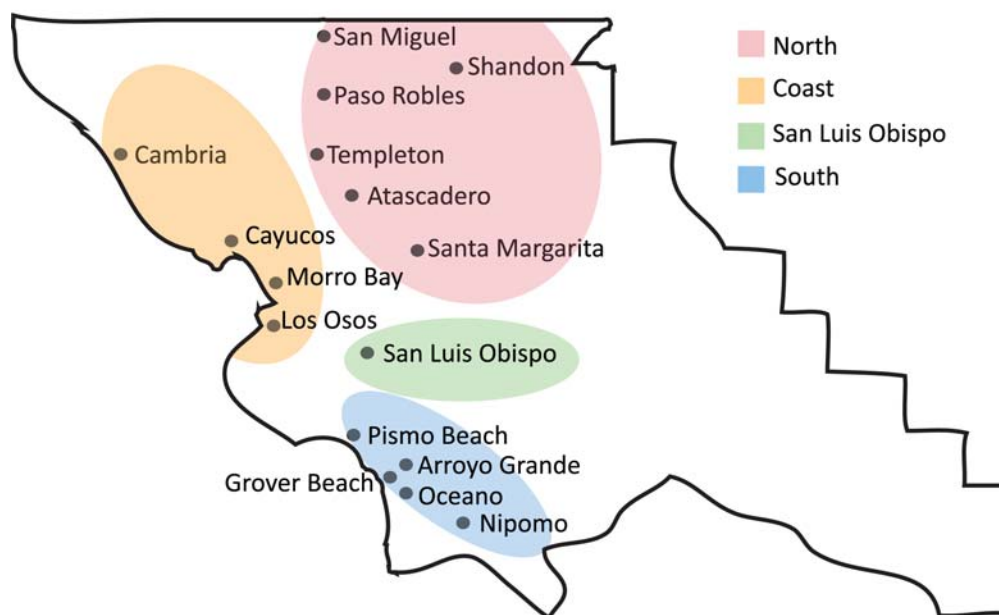
54 Food Security Survey Sites:	# visits
Anderson Hotel, San Luis Obispo	2
CapSLO site	1
Central Market, Oceano	1
Coin-Op Laundromat, Cambria	1
Community Center, Los Osos	1
Community Center, San Miguel	1
Cookie Crock, Arroyo Grande	1
Del Mar Elementary School, Morro Bay	1
Family Resource Center, Paso Robles	1
D. Sinton's Farm, Creston	1
Grace Church, Paso Robles	1
Grace Church, San Luis Obispo	1
Grande Hall, Atascadero	1
Health Fair, Arroyo Grande High School1	1
Heritage Ranch, Paso Robles	1
Home Visits by Belen	1
Junior High School, Atascadero	1
La Mexicana Market, Los Osos1	1
Laundromat on California Street, San Luis Obispo	1
Laundromat, Grover Beach	1
Laundromat, Oceano	1
Lillian Larson, San Miguel	1
Loaves & Fishes, Paso Robles	1
Laundromat, Shandon	1
Mercy Church, San Luis Obispo	1
Mission View Health Center, San Luis Obispo	1
Mitchell Park, San Luis Obispo	1
Nipomo Health Fair	1
Noor Clinic, San Luis Obispo	1
Market, Shandon	1

Oak Park Recreation, Paso Robles	1
Oceano Dunes	1
Oceano Elementary School	1
Oceano Family Resource Center	1
Oceano Senior Center	2
Pacheco Elementary School, San Luis Obispo	1
People Self-Help Housing, Los Osos	1
Prado Day Center	2
Redemption Center, San Luis Obispo	1
Salvation Army, Morro Bay	1
Santa Rosa Elementary School, Atascadero	1
Senior Center, San Luis Obispo	1
Senior Center, Santa Margarita	1
Shouts/Grace, Grover Beach	1
Soto Park, Arroyo Grande	2
St. Joseph's Catholic Church, Nipomo	2
St. Patrick's Church, Arroyo Grande	1
Transitions Facilities, San Luis Obispo	1
United Methodist Church, Shandon	1
VFW, Morro Bay	3
Villa Paseo Apartments, Paso Robles	1
Vineyard Church	1
Virginia Peterson Elementary School, Paso Robles	1
WIC Offices County Wide	1

Appendix 6

Food store evaluation sites

Region	Town/City
North	
	Santa Margarita
	Atascadero
	Templeton
	Paso Robles
	San Miguel
	Shandon
South	
	Pismo Beach
	Arroyo Grande
	Grover Beach
	Oceano
	Nipomo
San Luis Obispo	
	San Luis Obsipo
Coast	
	Los Osos
	Morro Bay
	Cayucos
	Cambria



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