

RACINE FOOD BANK SURVEY RESULTS

Food, Transportation and Service Surveys conducted by the
Mount Mary University Dietetics Department
Fall 2017

Survey Purpose and Design

- Mount Mary University Dietetics Department conducted a survey of Food Pantry of Waukesha County and Racine Food Bank pantry clients to better understand their needs.
- Survey questions were taken or adapted from recent published studies or were developed by Mount Mary dietetics faculty with review and input from personnel from UW-Extension FoodWise Program, Racine Food Bank, Food Pantry of Waukesha County, and the Healthy Shelves (www.healthyshelves.wordpress.com) collaborative and approved by the Mount Mary University Institutional Review Board
- Questions addressed transportation, participation in food assistance programs, where food was obtained, food preferences, presence of chronic diseases and prescription of specialized diets, kitchen appliance availability, interest in nutrition education and related services, and barriers to obtaining and eating healthy food.
- These slides provide the results from Racine Food Bank pantry clients.

Survey Administration

- Twenty-nine Mount Mary University dietetic students conducted surveys during pantry hours on the following days in August and September, 2017:
- Surveys were conducted during pantry hours on the following days:
 - *August 24, 28, 29*
 - *September 21, 22, 25, 28, 29*
- The dates were selected based on anticipated busier times at the pantry and student availability.
- The purpose of the survey was explained to pantry clients. The dietetics students asked the questions and recorded responses of those willing to participate. A small incentive was given to thank the participant (such as a carabiner clip with a recipe attached), regardless of whether the pantry client chose to participate.

Food Pantries Surveyed

One hundred and thirty-three surveys were completed at the following locations:

- FaithWorks: 55 surveys
- Holy Communion Lutheran Church: 63
- St. Vincent de Paul: 7
- Northside: 4
- St. Louis Church Pantry: 2
- St. Paul's Mercy House: 1
- Wayman A.M.E Church: 1

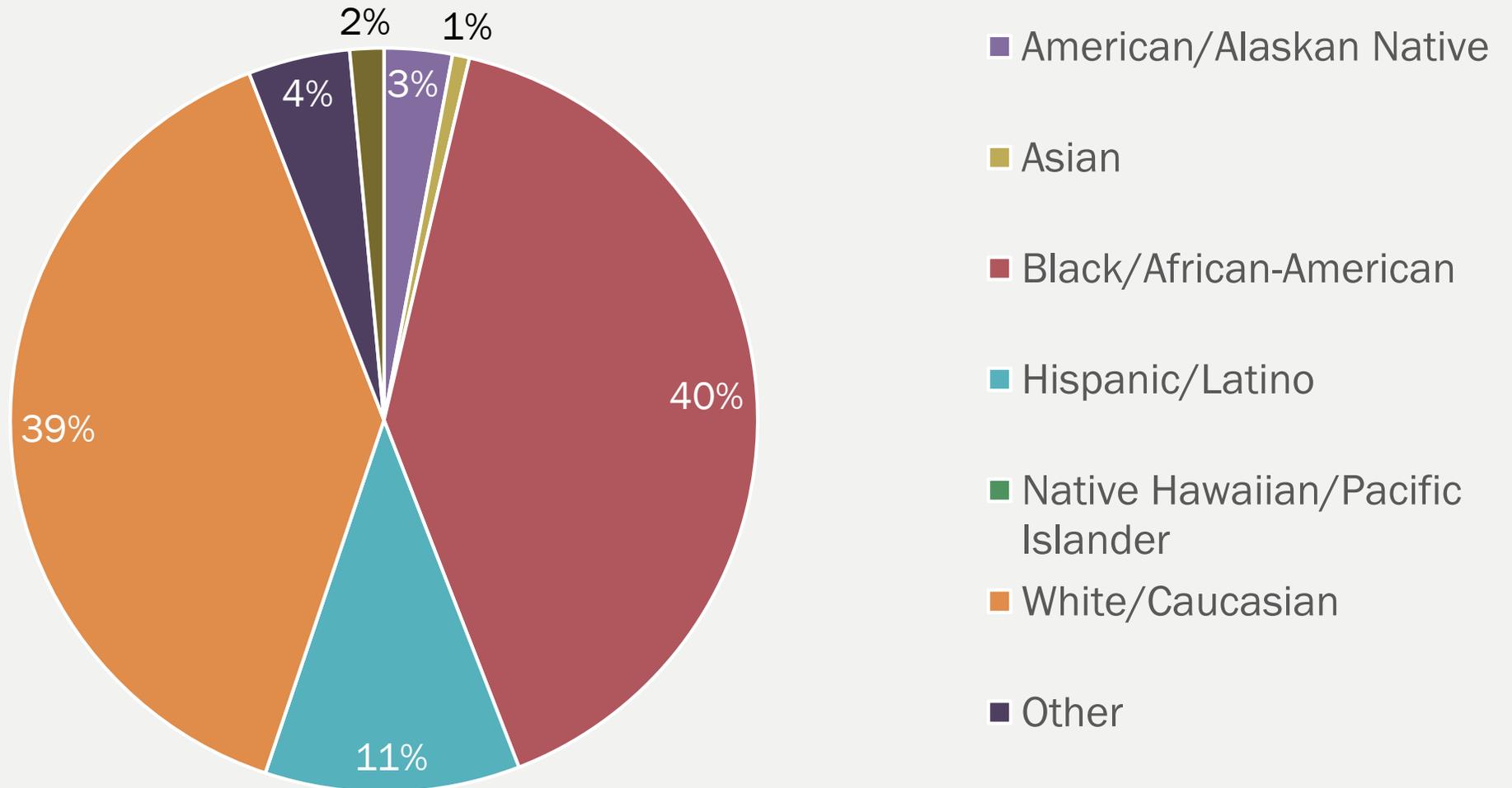
Racine Food Bank Survey Participants

Respondents were:

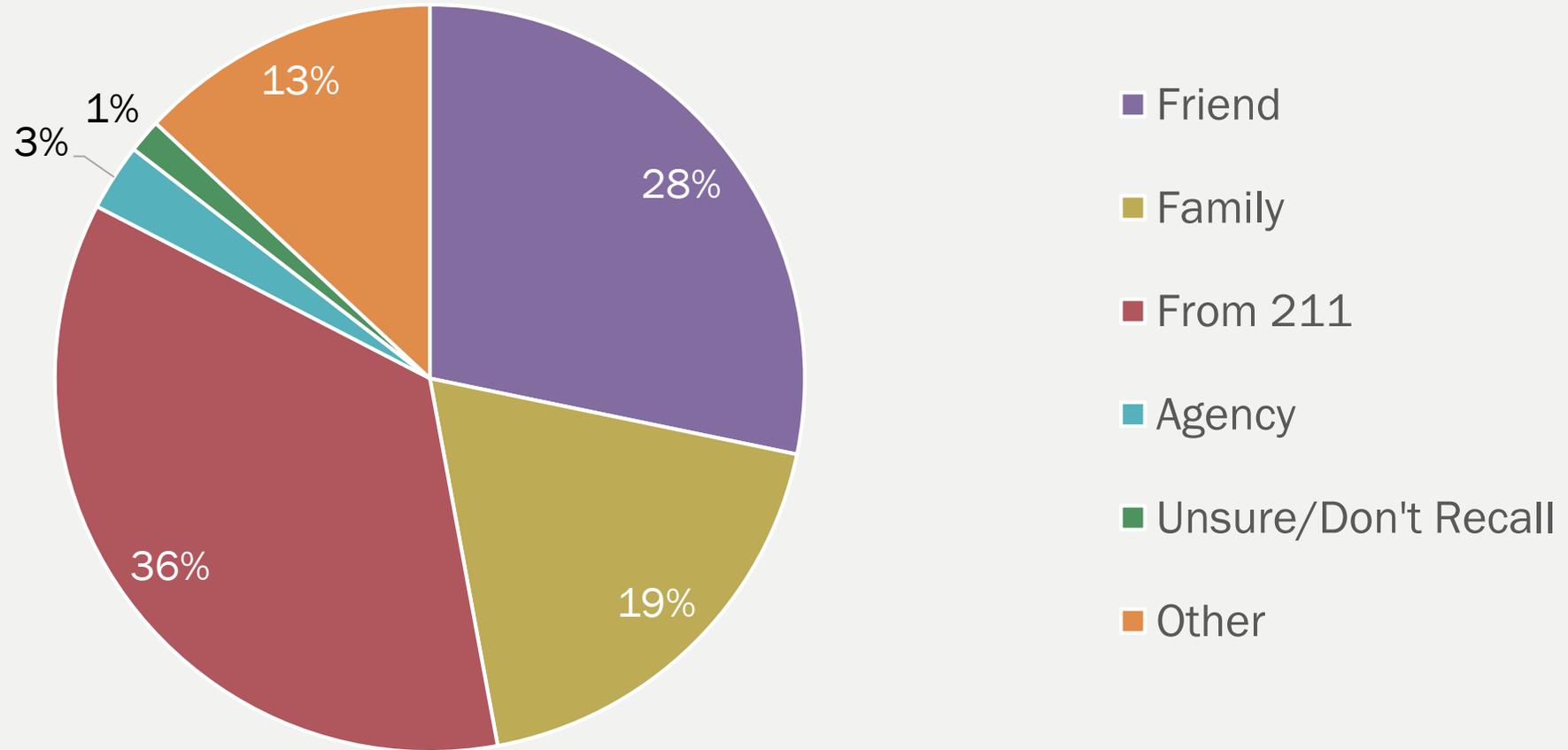
- *27% male*
- *72% female*
- *1% did not identify*
- Average age was 41
- 66% of participants had children in the household
- *40% Black/African-American, 39% Caucasian, 11% Latino/Hispanic*

Demographics

Race/Ethnicity of Survey Participants



How did you hear about the pantry?



Transportation

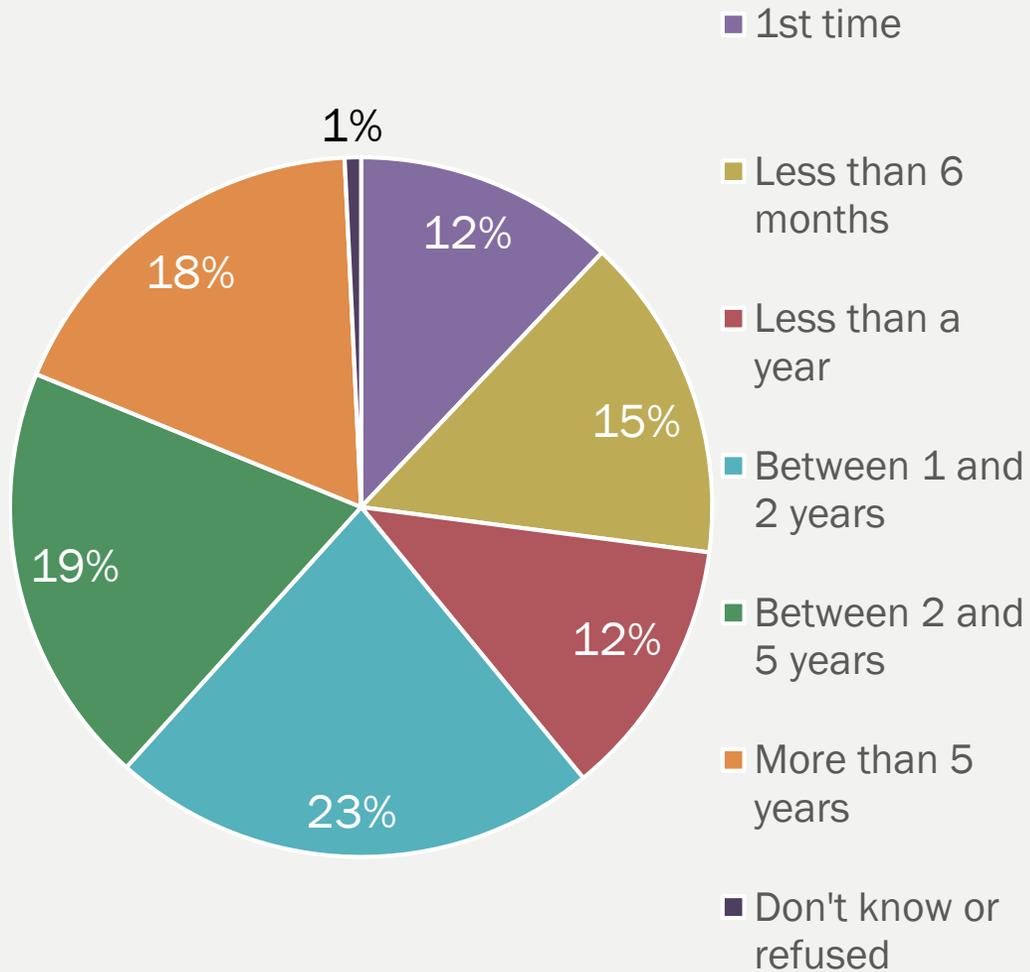
How They Get to Pantry

- 54% of survey participants drive to the pantry in their own car
- 26% ride with a friend or neighbor
- 16% walk to the pantry
- 4% of participants used other methods of transportation

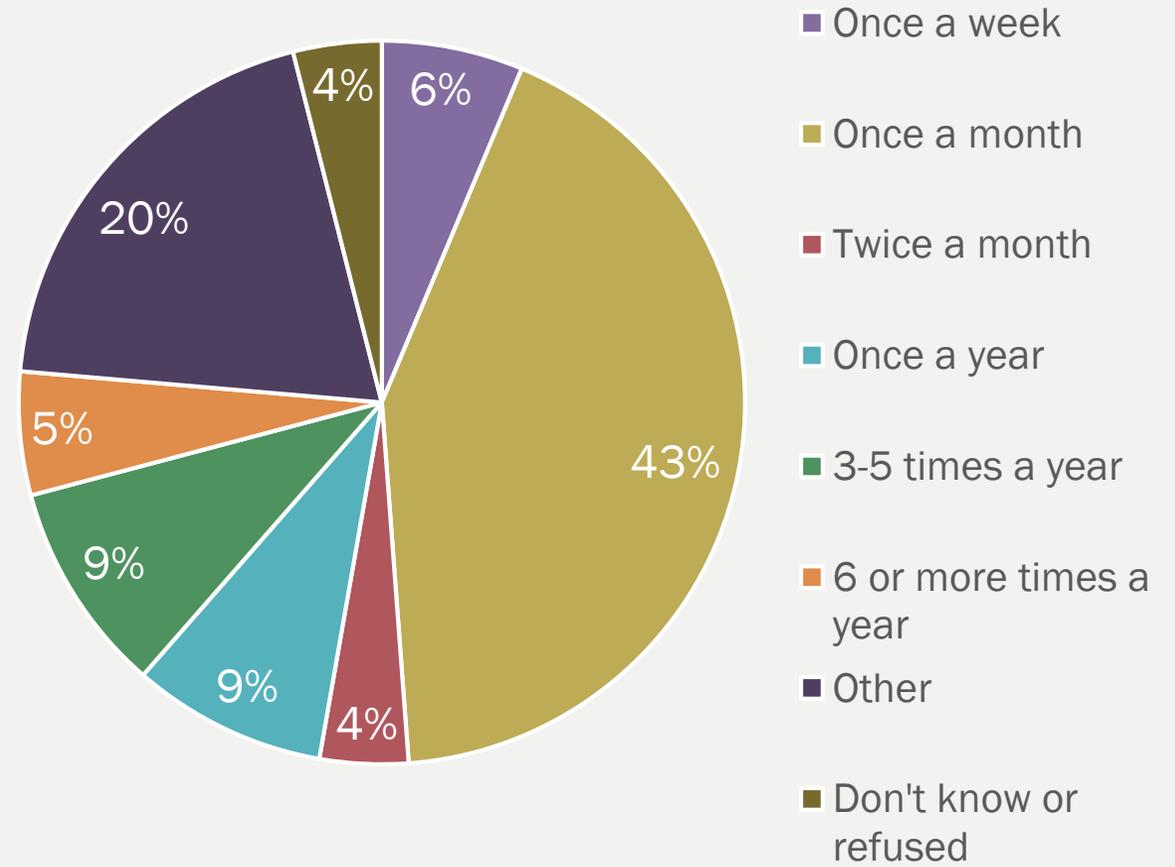
Distance and Travel Time

- 91% live 5 miles or less away from the pantry
- 78% of participants can get to the pantry in less than 15 minutes

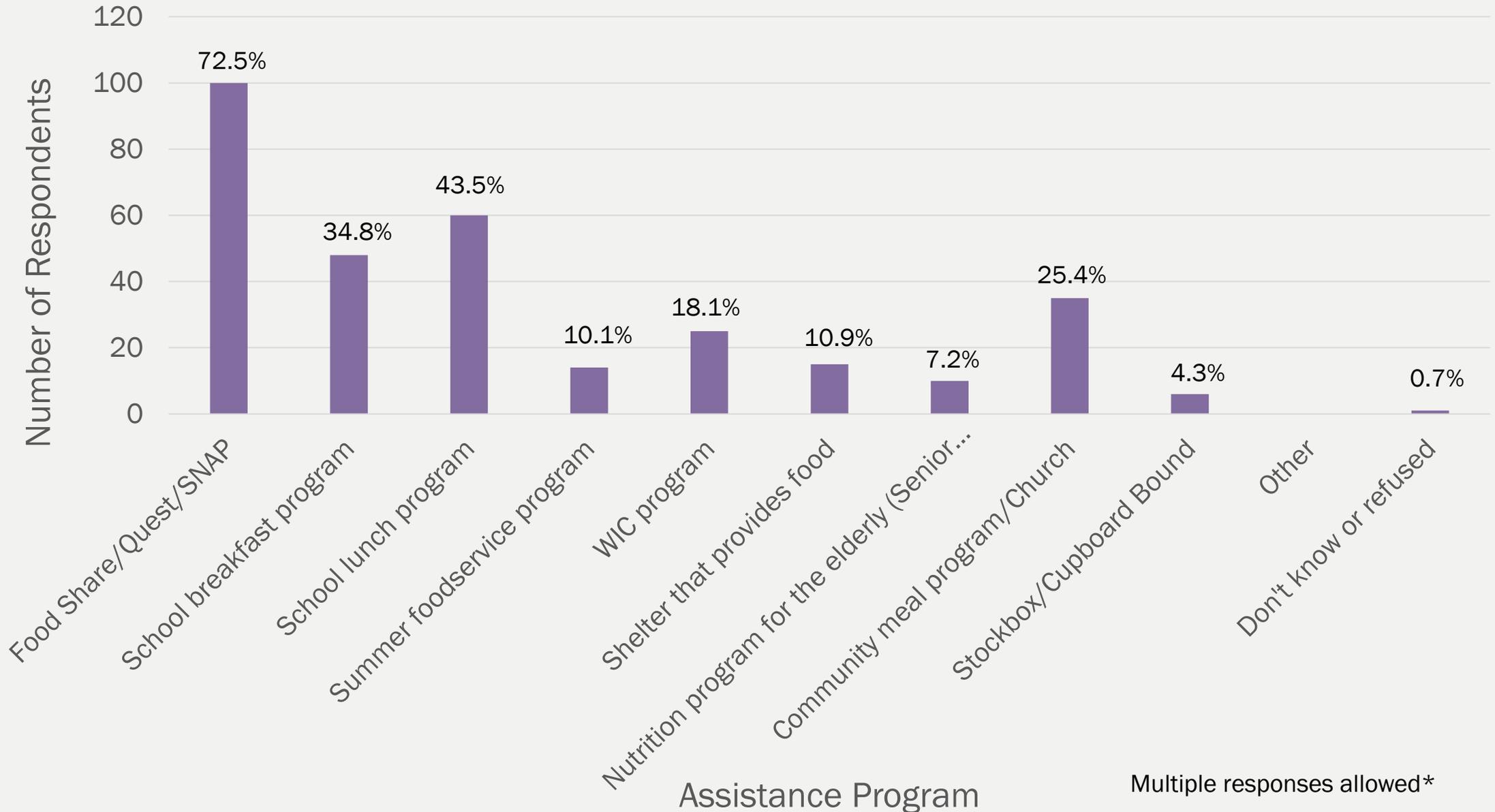
How long have you been receiving food?



How often do you usually receive food from this pantry?



What other food assistance programs do you use?



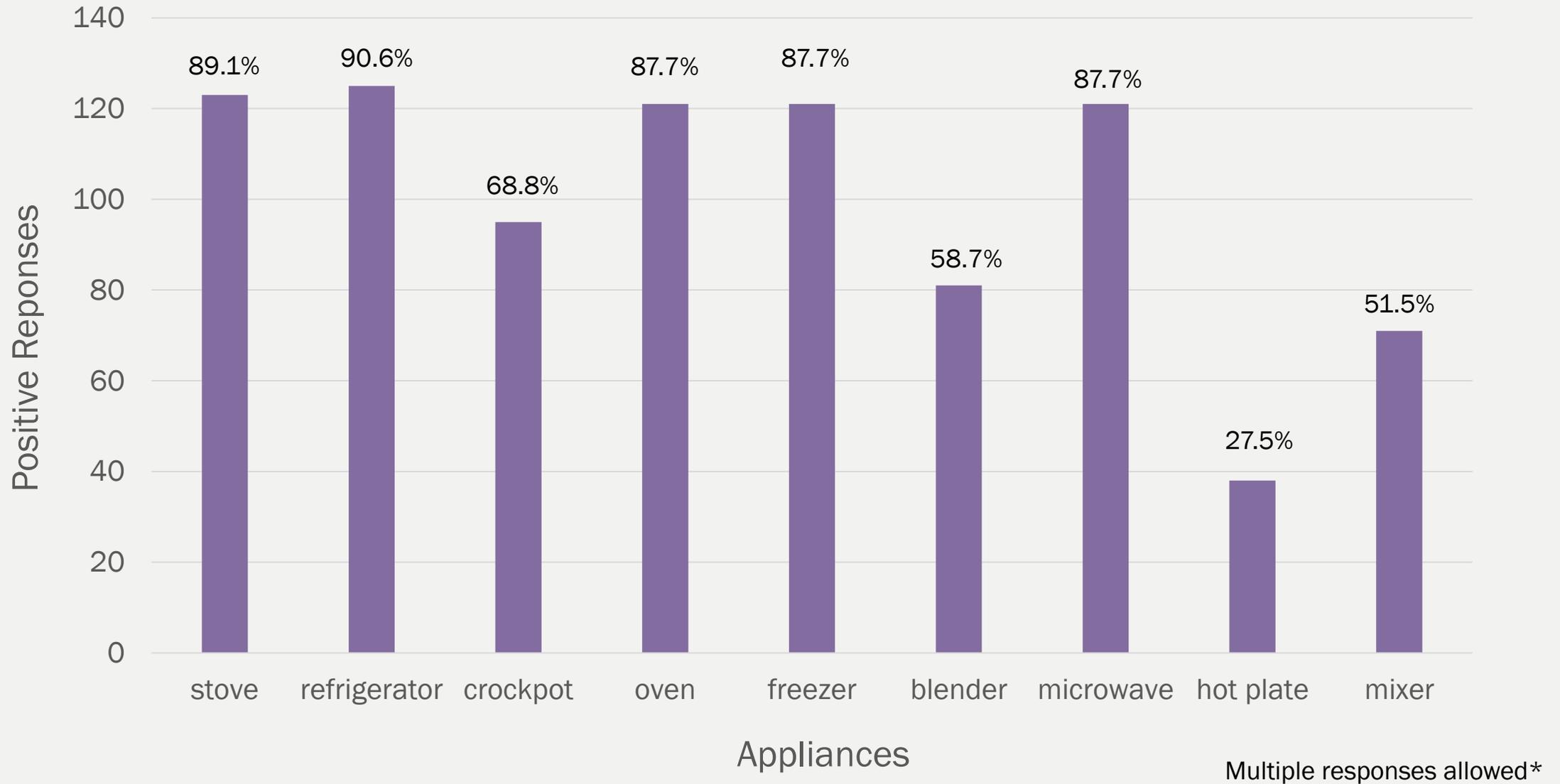
Perception and Food Availability

- 72% of participants stated that they used Food Share, Quest, or SNAP
- 85% of participants felt they receive the foods they need to stay healthy at the food pantry
- 84% of participants receive the majority of their food from the grocery store
- 25% stated that they also receive food from farmer's markets

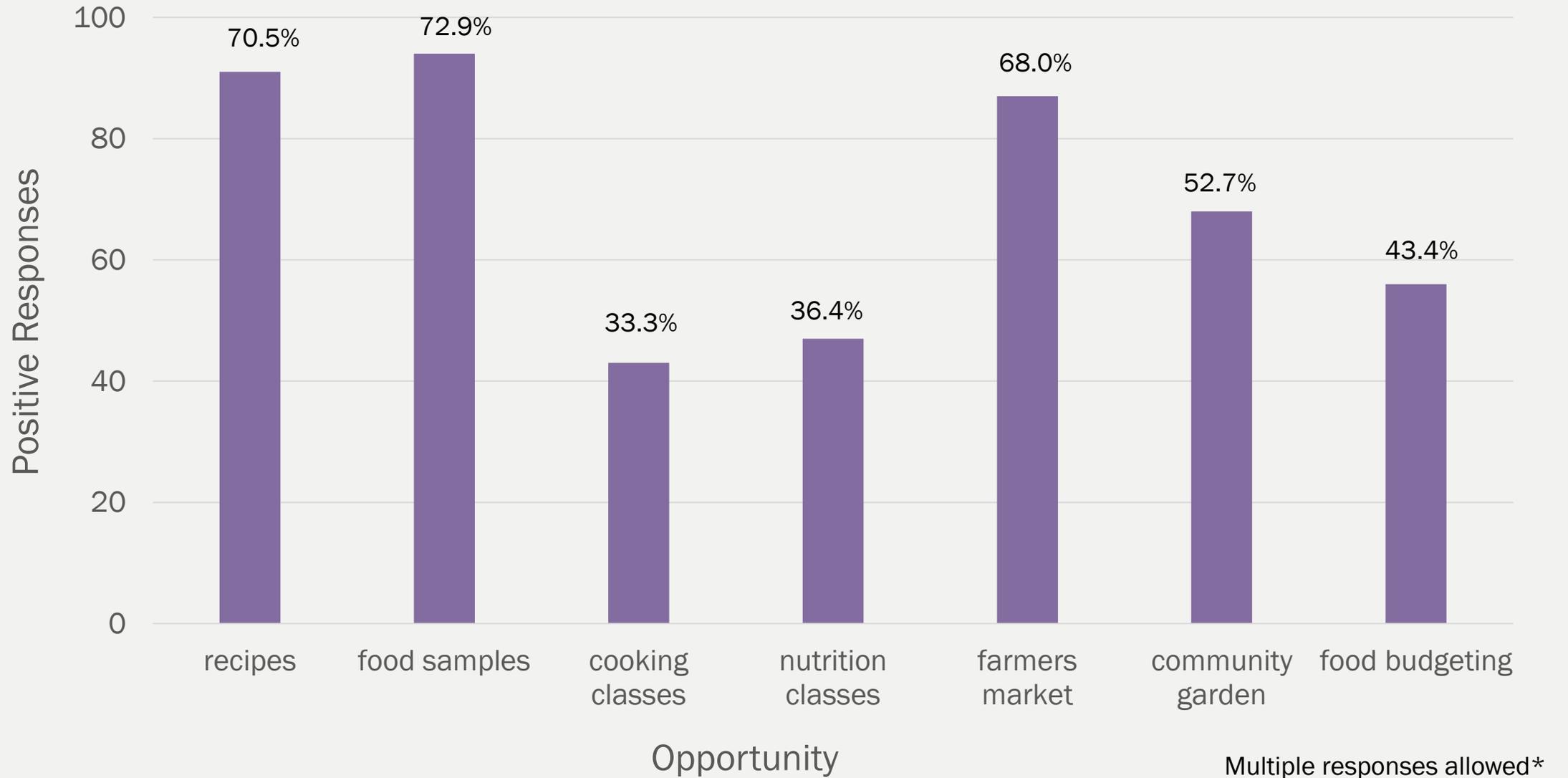
Barriers to Getting and Eating Healthy Food

- 51% of participants stated cost as a barrier to *getting* healthy food
- 21% stated transportation was a barrier to *getting* healthy food
- 21% of participants said knowing how to prepare healthy food was a barrier to *eating* healthy food
- 17% said having time to prepare them was a barrier to *eating* healthy food
- 14% cited taste as a barrier to *eating* healthy food

Do you have access to any of these appliances?



Would you be interested in any of these opportunities?

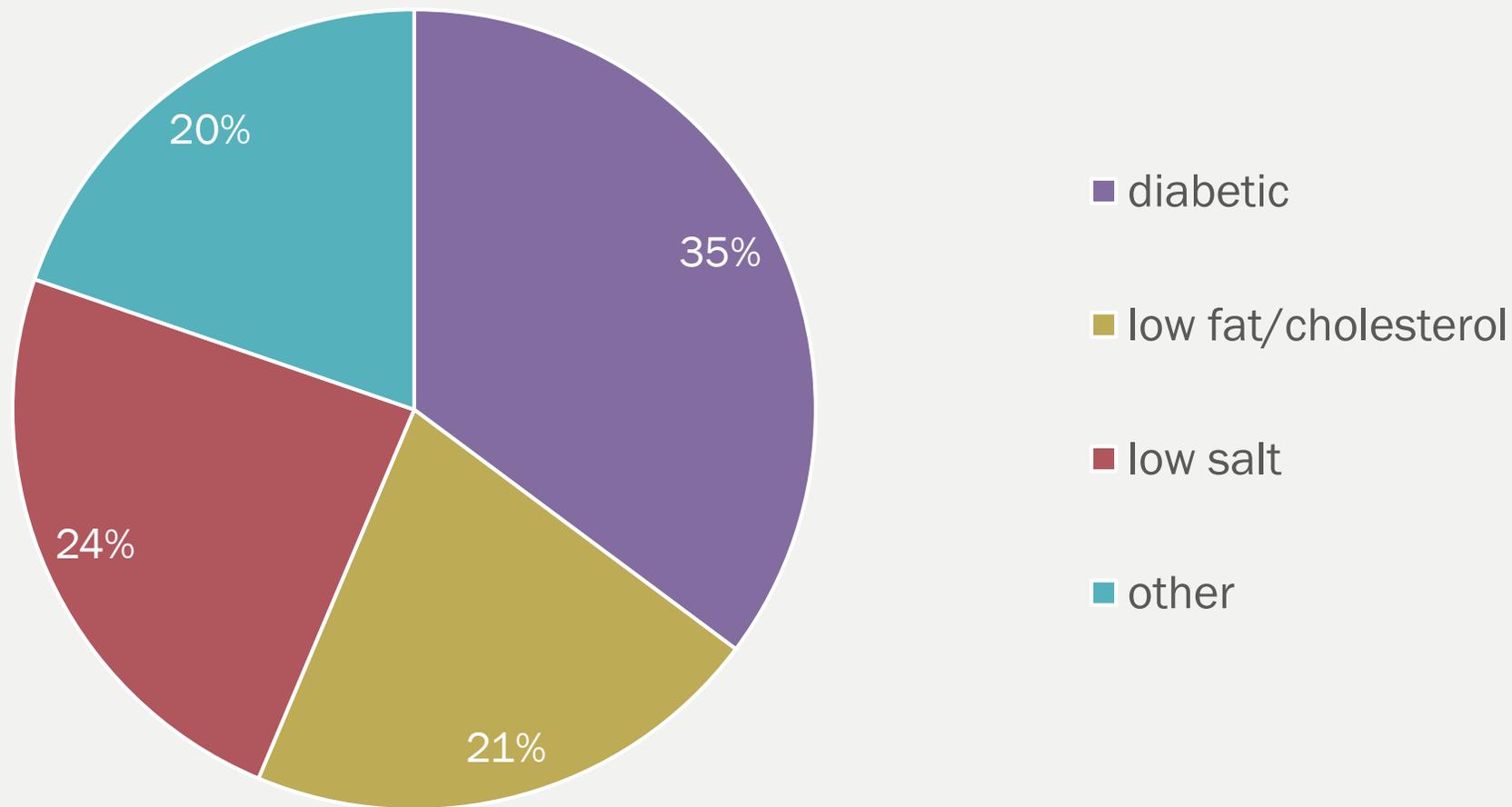


Chronic Disease Prevalence

Chronic Illness or Special Diet	Percentage of participants that said they or someone in their household had the disease or were told to follow a special diet
Diabetes/Prediabetes	34.9%
High Blood Pressure	47.0%
Heart Disease	13.6%
Kidney Disease	9.1%
Special Diet	46.2%

Multiple responses allowed*

If you responded yes to special diets, what special diet were you or someone in your household advised to follow?



Multiple responses allowed*

Are there any foods you would like to see more of at the pantry?

- Responses were recorded verbatim. Most common responses:
 - *“Meat”* (45)
 - *“Fruit”* (36)
 - *“Vegetables”* (30)
 - *“Milk”* (20)
 - *“Dairy”* (6)
 - *“Juice”* (6)
 - *“Chicken”* (5)
 - *“Eggs”* (4)
 - *“Cereal,” “Fish,” “Potatoes”* (3)

Other Requested Foods

- Less commonly requested items include:

- *“Asparagus”*
- *“Avocado”*
- *“Desserts”*
- *“Flour”*
- *“Fresh produce”*
- *“Hygiene products”*
- *“Low-sodium options”*
- *“Non-dairy milk”*
- *“Strawberries”*
- *“Sugar”*
- *“Water”*
- *“Whole milk”*
- *“Baby food/items”*
- *“Bananas”*
- *“Bread”*
- *“Beverages”*
- *“Butter”*
- *“Cheese”*
- *“Cheeseburger”*
- *“Crackers”*
- *“Ground beef”*
- *“Ground turkey”*
- *“Pizza”*
- *“Pork”*
- *“Soap”*

Primary Findings

- The primary way they had heard about the pantry (36%) was through 2-1-1 followed by friend (28%)
- The vast majority of survey participants live less than 5 miles away (91%) and can get to their particular pantry within 15 minutes (78%)
- 80% of pantry clients get to the pantry by car, 16% walk, and only 4% arrive using public transportation or other means
- Nearly half of all survey participants responded that they or someone in their household had been diagnosed with high blood pressure or had been advised to follow a special diet by their physician
- Among those who responded “yes” to special diets, the most common was a diabetic diet at 35% of those participants
- Most participants (85%) agreed that they receive the food they need to stay healthy at the pantry, however, interpretation of the term “healthy” and understanding of special dietary needs due to chronic diseases may differ

Primary Findings

- 72% of participants stated that they used Food Share, Quest, or SNAP
- “Meat” was the most commonly recorded food respondents would like to see at the pantry
 - *More specific animal proteins requested were chicken, fish, ground beef, ground turkey, and pork*
- “Fruit” and “vegetables” were the next most common
 - *Specific items were asparagus, strawberries, bananas, and others*
- “Milk” was frequently requested
 - *More specific items were “whole milk” and “non-dairy milk”*
- Non-food items were occasionally mentioned by participants
 - *Hygiene products, soap, tissues*

Opportunities

- Recipes (71%) and food samples (73%) were opportunities that generated the most interest
- Farmer's markets (68%) and a community garden (53%) were also popular, with over half of participants stating they would be interested in these opportunities
- Food budgeting was an interest of 43% of participants
- Formal classes such as nutrition classes (36%) and cooking classes (33%) were also of interest

SUMMARY

These survey results provide information that may benefit the planning efforts of the Racine Food Bank in meeting the needs of food pantry clients.

In addition, survey results indicate that efforts made by the UW-Extension FoodWise Program and the Mount Mary University Dietetics Department to provide recipes and food samples through mini-nutrition lesson plans at food pantries are meeting an identified need. Providing cooking, nutrition, and budgeting classes to interested pantry clients are additional opportunities that could be pursued. Creating mini-lesson plans that focus on cooking techniques and budgeting could also be considered due to their point-of-service ease.

Efforts by the Healthy Shelves collaborative to assist food pantries in stocking their shelves with foods to help prevent chronic and manage chronic disease of clients was supported by survey results.

Questions concerning the survey results may be addressed to:

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