



## COMMUNITY LISTENING SESSION REPORT: *Barriers to Food Access*

Over the course of two sessions taking place on October 2nd, 2017 and February 5th, 2018, community members joined the Food and Nutrition Commission (FNC) to collaborate on how the FNC can increase access to safe, affordable, and nutritious foods for everyone within the next 18 to 24 months. Between the two sessions, around 100 people participated, who varied in age, socio-economic status, and 15% identified as people of color or Native Americans. This is what we “heard” from the community as to what was felt to be the most significant barriers to food access. We now welcome input and comments to determine next steps for feasible ways the FNC can help to address the barriers below.

### Getting healthy food within your community: Barriers

#### PRIORITY THEMES\*

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- Location**
- Cost**
- Transportation**
- Motivation**
- Knowledge
- Time
- Other costs of living coming before food
- Racism
- System where we give leftovers to underserved
- Definition of “healthy” is not inclusive
- Land use
- No meals in employment settings
- Short shelf-life
- Un- or underemployment

#### OTHER BARRIERS

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- |                        |                                  |
|------------------------|----------------------------------|
| Access                 | No root cause                    |
| Cultural familiarity   | Obesity-economics                |
| Dense caloric food     | Organic = less                   |
| Distribution           | Perceived cost of healthy eating |
| Drying                 | Profit margin                    |
| Freezing               | Stigma                           |
| Elders                 | Subsidies                        |
| Emotional ties         | Supply and demand                |
| Environment            | Surplus                          |
| Fear                   | Trade market                     |
| Gentrification         | Unavailability of healthy foods  |
| Limited options        | Variety                          |
| Limited season         | Medical concerns                 |
| Marginalized community |                                  |

*\*Priority themes are barriers that were brought up more than once, or by different community members. Priority themes that are presented in **bold** text are the barriers that were the most frequently discussed and the most strongly emphasized.*



## Being able to afford healthy food within your community: Barriers

### PRIORITY THEMES\*

#### Education/knowledge

**Kids underutilizing free meals: stigma & institutional racism**

#### Cost

Cost of childcare

Racism in the food system

SNAP Application: immigration status/fear, resources to process, continued application work

Time

Transportation

Vulnerable community not having choices

### OTHER BARRIERS

Decreased access to community gardens

Employment issues

Food skills

Student/senior population

Winter=less produce

## Finding healthy food where you prefer to get most of your food: Barriers

### BARRIERS

|                              |                       |                                      |
|------------------------------|-----------------------|--------------------------------------|
| Cost                         | Gentrification        | CSA is difficult                     |
| Transportation               | Sugar                 | Locations carry less healthy options |
| Time                         | Fat                   | Lower priced brands                  |
| Location                     | Salt                  | Organic = expensive                  |
| Skills                       | Not fun to eat alone  | Taste                                |
| Taste buds: addition         | Food as a reward      | Processed foods = faster             |
| Bad habits                   | Students              | Lack of farms                        |
| Profit above health          | Short growing season  |                                      |
| Stores promoting store brand | MN seasons change     |                                      |
| Hospital food isn't healthy  | Conditioned           |                                      |
| Food allergies               | Need subsidies        |                                      |
| Variety                      | Processed             |                                      |
| Lack motivation              | Special diets         |                                      |
| Education issues             | Lactation             |                                      |
| Diabetes                     | Vending machines      |                                      |
| Unequal food shelves         | Heart disease         |                                      |
| Health issues                | US promotes bad foods |                                      |

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## Being able to prepare healthy foods: Barriers

### **PRIORITY THEMES\***

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**Knowledge of understanding differences**

**Structural racism/unemployment in community**

**Cultural associations with healthy foods from all kinds of ethnicities**

**Knowledge – healthy foods**

**Time: working multiple jobs or shifts**

Cost of tools to make food

Definition of “healthy” is not inclusive

Knowledge with limited time or resources

Knowledge

Concerns about soil

Convenience

Knowledge – food preparation

Language barriers

Time

Cost

Household gender roles

Influence of fast food companies

Short shelf-life

### **OTHER BARRIERS**

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Availability

Citizenship limitations

Coding issues

Comfort foods

Compensation

Elders

Fees

Field access

Food packaging

Habits

Healthy eating

Illnesses

Poor assimilation

Profits

Spices, lack of availability in food shelves and lack of knowledge on how to use them

Technology availability

Winter

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## Attracting healthy food businesses to your community: Barriers

### **BARRIERS**

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- Want to Garden
- Stereotypes
- Linked-To Housing
- Crime
- Racial Segregation
- Taxes
- Short-Business Life
- Exclusivity
- Junk food=Cheaper
- Gentrification
- Permits
- Storage
- Complicated
- Land-Access
- Transportation
- Short-Shelf-Life
- Health Insurance Costs
- Bureaucratic
- Time-Intensive
- Land-Taken-Away
- Less-Staff
- Small Business Issues
- Language Barriers
- Difficult
- Zoning
- Gardening Not a Priority
- ADA Friendly
- Tax Model Doesn't Consider Food
- Co-Ops Are Expensive
- Time-Intensive



## Appendix A: COMMUNITY LISTENING SESSION REPORT: *Community Proposed Solutions*

During the two FNC Community Listening Sessions, community members shared their thoughts and ideas for potential solutions to the above listed food access barriers. The solutions proposed by the community in response to the identified barriers are presented below.

### Getting healthy food within your community: Community Proposed Solutions

#### PRIORITY THEMES\*

**Smaller pre-packaged for less waste**

**Tax breaks**

**How to make local options cheaper?**

**Subsidize produce**

**Community building activities**

**Free nutrition classes: healthy eating; preparing foods; how to grow food**

Land

Using abandoned lots for community gardens

Link subsidies with farmers markets and other healthy options, CSAs, etc.

Greenhouses to extend growing season

Local procurement

Mobile markets that are culturally sensitive

Indoor gardening techniques

Seasonality

Market Bucks match program

More RDs in the stores: Give coupons, recipes, education

Partner with grocers

#### OTHER COMMUNITY PROPOSED SOLUTIONS

Educate above food shelves

In schools: indoor farming

Land connectors and land repair

All that lawn – facilitate government and business lawn access for growing and businesses

Multifunctional land: water repair and food secure tools (& climate readiness)

Renters land access for food production

Stop transporting around the world

Certain local/season

Easier for large purchasers

Making language/system better

Bulk purchasing

Interactive community maps

Empower youth & elders

*\*Priority themes are community proposed solutions that were brought up more than once, or by different community members. Priority themes that are presented in **bold** text are the solutions that were the most frequently discussed and the most strongly emphasized.*



## Being able to afford healthy food within your community: Community Proposed Solutions

### **PRIORITY THEMES\***

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**Affordable housing to allow income to go toward food**

**Schools: Grab & go for students**

**Financial education**

**Start nutrition education early in life**

**Living wage jobs in neighborhoods**

Building human/physical locations and partnerships

Being able to repurpose land

Reroute food distribution to areas of need

Bridge rural and local farmers

Community information sharing

Increase green space

### **OTHER COMMUNITY PROPOSED SOLUTIONS**

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Looking at the food value (process of food production) to see where policies could be implemented to cut costs

Schools

Help scale up the small groups that are working to learn/grow

Scalability of community gardens and how to work through challenges

Financial education: Create structure around service hours for business/financial majors – require service similar to nursing credit hours for work to get licensed

Seed giveaways

Incentivize making healthy choices

Community gardens

Subsidize healthy foods

Decrease healthy foods costs

Civic engagement – community voices in commission

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## Finding healthy food where you prefer to get most of your food: Community Proposed Solutions

### PRIORITY THEMES\*

|  |  |
|--|--|
| <b>Increase education in public schools</b>      | Cooking classes for youth  |
| <b>Mobile markets</b>                            | Target wage increases  |
| <b>Map of healthy food options</b>               | Taxi vouchers for SNAP recipients  |
| <b>Destigmatizing public assistance programs</b> | Create an app to connect people who need food assistance help with resources |
| <b>Teach communities how to change policies</b>  |  |

### OTHER COMMUNITY PROPOSED SOLUTIONS

- Teach people how to use local foods
- Community meals
- Meal kits for distribution

## Being able to prepare healthy foods: Community Proposed Solutions

### PRIORITY THEMES\*

|  |   |
|--|---|
| <b>Raise minimum wage to improve standard of living</b>  | Put healthy foods in vending machines                 |
| <b>Education in early schools (ECFE, preschool) to teach healthy daily lifestyle/food prep</b> | Decrease processed food availability                  |
| <b>Nutrition classes in school curriculum</b>  | Make instruction videos for cooking                   |
| <b>Social policies that require healthy grocery stores in all areas</b>                        | Where to get cheaper food                             |
| <b>Increase SNAP</b>   | Support local businesses selling food                 |
| Seconds or “ugly” food   | Giving gardens  |
| Programs (United Way)  | Education in community spaces                         |
| Education to be mandatory so healthy food/economic literacy: Life Skills                       | Subsidize healthy ingredients, fruits, and vegetables |
| Using community to teach work/skill programs   |   |

### OTHER COMMUNITY PROPOSED SOLUTIONS

- |   |   |
|---|---|
| Learn/borrow from WIC (recipes & education) | Taste testing with kids – at school, in programming       |
| Prepped foods                               | Mobile kitchen grants                                     |
| Partially prepped foods                     | Shift advertising for healthy foods rather than unhealthy |
| Understanding social cost                   | Local cooking classes                                     |
| Credit unions → community                   | Create culturally appropriate recipes                     |
| State → community food jobs/banking jobs    |   |

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## Attracting healthy food businesses to your community: Community Proposed Solutions

### **PRIORITY THEMES\***

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**Seed money for small businesses**

**Indoor farmers' markets for all seasons**

**Fund aquaponics**

**Entrepreneurial training for food business production owners**

Expand mobile markets

Utilize community spaces during off times

Aggregate tables at neighborhood farmers market

Land access: Community land trusts (like Rondo TC ACT)

### **OTHER COMMUNITY PROPOSED SOLUTIONS**

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Grants

Carb counts listed on packaging

Small outlet stores on every corner with healthy foods

Replicate Hmong village for other ethnicities

Reseller market model at the local level

Farmer grows it, Neighbor buys it, Neighbor sells it to community

Land access

Land access: Housing & business & agriculture

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