

# Who was interviewed?

- About half of households are adults, one-third have children in the home, and one-fifth are adults over age 65
- About half live in apartments and townhomes
- Two-thirds were female respondents
- Almost 3 of 5 households make less than \$30,000 annual income, and have a high school diploma or less
- Majority population Black and multiracial (78%)

# Household Food Attitudes and Behaviors

- 23% of households sometimes and often do not have enough to eat (compared to 7% overall in York County)
- Cost/what can be afforded, childhood experiences, and convenient/quick meals are the top three influences to what people eat
- The large majority of households cooked and ate meals together as a family (as a child) and believe their eating habits are mostly or somewhat healthy
- Over half want to make changes to their eating habits in the next six months.

# Household Food Attitudes and Behaviors

- 3 in 10 households report difficulty in purchasing fruits and vegetables and took advantage of the free school meals during the pandemic (for HH that have children)
- Pandemic impacted a one-third of HH's ability to obtain food and almost half had food provided to them since March 2020.
- Almost 7 in 10 HH provided mutual aid (food) to others during the pandemic
- 43% HH eat a meal with fruits and vegetables 21-31 days/month, 68% HH cook hot foods at least once per day, and 73% HH want to grow their own food in a garden

# Shopping Preferences

- 1 in 5 HHs say it's difficult to get to the closest grocery store
- Spend approximately \$99 for a week's worth of groceries
- Prefer large chain grocery stores or discount stores like Walmart, Family Dollar, and Dollar Tree
- Usually HHs have one adult that does the grocery shopping
- About 1 in 4 depend on the local mart and convenience stores (like 7-11) for food items

# Shopping Preferences

- 2 of 5 HHs use SNAP or WIC to pay for groceries
- 4 of 5 HHs pick foods for specific meals, recipes, or plans, and are generally satisfied with the quality of food sold closest to their home
- On average, \$112 is spent per month eating food outside of the home

# Shopping Preferences

- 17 minutes is average commute time from HH to grocery store
- One-third says transportation makes it difficult to buy groceries
- A quarter of HHs get a ride with friends or family to the grocery store
- About 1 of 10 HHs ride the bus, use rideshare, walk or ride a bike to get to the grocery store

# Health Behaviors and Outcomes

- Most respondents believe their household is of good to excellent health
- Over half of the households have been told to lose weight (by a medical professional) due to being overweight and 7 of 10 have tried to lose weight
- Over half had dental or oral health emergencies
- Most common food allergies - dairy, shellfish, and peanuts
- Most common chronic diseases - high cholesterol, arthritis, diabetes, and high blood pressure

# Health Behaviors and Outcomes

- 1 in 5 were told to be on a special diet by a medical professional because of a chronic disease
- 2 in 5 have chosen to eat a special diet
- One-third of HHs breastfed an infant for an average of 6.5 months



# Level of Interest in Food and Nutrition to Improve Health

- 45% think the community has an average and above average level of interest in food and nutrition, i.e., there are a lot of new houses and developments.
- 55% state a below average and not at all interest in food and nutrition to improve health, i.e., “people want to be healthy but can’t afford it.”
- 90% support more food assistance for people who live where food is difficult to buy

# What are people telling us about getting groceries?

need helpful people buy closer cars food better  
grocery store know transportation Bus  
money farmer market help delivered

- 28% only have a food supply of a couple of meals to 6 days of meals
- 92% have a supply of food available that if an emergency situation were to happen, they would have food for two or more days of meals

# What are people telling us about accessing food?

▼ Discount or lower-price groceries for people who live in an area where food is more difficult to buy	95.00%	38
▼ Coupons for free or low-cost fruits and vegetables at the grocery store	95.00%	38
▼ Local farmers or markets provide a monthly box of produce	92.50%	37
▼ Garden space, equipment, and education to grow your own food	87.50%	35
▼ Meats, fruits, and vegetables at the local convenience mart	85.00%	34
▼ Transportation vouchers, bus passes, or regular bus route to the grocery store	85.00%	34
▼ Pop-up or mobile farmers markets in your neighborhood (healthy food comes to you)	82.50%	33
▼ Nutrition and cooking classes in your neighborhood	82.50%	33
▼ Grocery and/or food delivery services, similar to Instacart, Door Dash, GrubHub, Uber Eats, or Postmates	72.50%	29
▼ Information and connections for getting food for your home and family (i.e., resources for where food is grown, sold, and shared)	67.50%	27
▼ Breakfast and lunch meals for children provided by the school system	67.50%	27
▼ Restaurants and fast food offer more fruit and vegetable side items	60.00%	24