Food Assessment:
Examining the Role of Food in Haughville, Indianapolis

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I. Project Overview

This report was reflects the project effort of the Spring 2011 Environmental Practicum course. Class participants include the following nine students: Jake Capito, Sam Erdman, Molly Fields, Ben Hall, Vince Metz, Jack Morlock, Cliff Mueller, Brooke O'Brien, Melanie Piecuch, and Nicole Sarpa.

This semester the class partnered with April Hammerand and the Food Coalition of Central Indiana (FCCI), formally the Indy Food, Farm Family Coalition. The mission of the FCCI is to enhance the health of our community by improving the food system and increasing access to resources and nutritious food. April identified the Haughville Community as a priority study site for the FCCI. The class conducted background research on food access and community food assessments (CFA). This project explored the use of CFAs as a tool for identifying and prioritizing community need. The class took it one step further in deciding what methods it would use to create a CFA for Haughville. Two groups were created and both a physical inventory of the community was analyzed, as a well as the social attitudes of the community.

The physical inventory focuses on the Haughville community features that define its food system. The social inventory focuses on resident attitudes and perceptions of food and their community food system. The goal is to provide April with a solid background and understanding of the food experience in Haughville. This will allow her and the FCCI to develop a more in depth analysis of the community, and ultimately identify priorities for improving their food system.

The class would like to express gratitude to the residents of Haughville, the Christamore House Family and Community Center and Judge's Bar-B-Que for their time and contributions to the project.

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The first step in this project involved researching food assessments and performing case studies to learn about the process, language, concepts, and issues surrounding food access. The class also researched the demographics of Haughville and information about the community. This initial research and synthesis of background information was essential in facilitating the creation of a truly effective and beneficial food assessment. Haughville will be described at length in the background section, Appendix A lists the case studies conducted by the class.

What is A Community Food Assessment?

Community food assessments (CFA) are an important tool used to gauge the availability and accessibility of food in a community. A food assessment is a collection of information that reveals as much as possible about a community's food system; how community members obtain food, what kind of food they eat, how much food they eat (or do not eat), what is available to them, obstacles that prevent them from obtaining healthy foods, etc. The goal of a food assessment is to work with community members to collect information, and then use the information provided to make improvements within the system; ultimately moving toward a community that can sustain itself and achieve 'food security'. Food security is achieved when all members of a given community have physical, social and economic access to safe and nutritious food at all times. This includes foods that meet their dietary needs and food preferences while affording them an active and healthy lifestyle (FAO 2011).

The food assessment may also be used to highlight differences in groups within a community, focusing on different ethnic groups, social classes, ages, or other demographic differences. This allows the observer to identify limitations of the food system across an entire community, rather than just observe the community as a whole. This leads to increased understanding of challenges faced by the elderly or disabled, or see the lack of education in some communities on the options they have for food acquisition.

Ecological issues such as the ecological impact of eating non-organic in terms of the role pesticides and other chemicals play in our foods and in our environment are also highlighted in a food assessment. Locally grown and produced foods have a much smaller impact on the environment as less fuel is burnt in terms of shipping. For example, a CFA conducted in Milwaukee looked at population and demographics of the area as well as transportation issues and food providers (emergency food, community gardens, farmers markets). It also investigated the locations of food retailers along with the availability and pricing that went along with that. The true price of food is taken into account, not only the cost to the consumer, but the cost to the environment to produce and transport goods. By including all of these physical, social and economic factors the focus is more holistic, meets the true definition of food security and takes into account the "triple bottom line".

Not only are food assessments useful to uncover the central issues affecting food security, they also lead to suggestions for development, improvement, and the beginnings of change. Many assessments lead to similar outcomes such as increased awareness of nutritional food sources within the community, renovations of grocery stores in the neighborhoods, more efficient transportation systems, and the creation of community gardens and farmer's markets. Another common tool that results from food assessments are handbooks with basic information regard-

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ing food access, nutrition, farmer's markets, community gardens, retail food stores, programs, and other beneficial food services.

Problem Statement

Food assessments are useful in the fact that they unveil food access issues that may undetectable from the surface. By going straight to the source, food assessments find that major issues leading to food insecurity include lack of transportation, neighborhood safety problems, isolation, shopping sites and distances, health and disability, and much more. Often low-income communities are dealing with less access to nutritious food sources, higher prices, delivery limits, and safety issues. Therefore, not only are they struggling monetarily, but also other issues further compound the overall problem.

Purpose

At a basic level, a CFA is an analysis of a community's food system. While food assessments are universal instrument for identifying food access issues in a community, not every food assessment is the same. The outcomes and findings from one assessment cannot be applied to another community in order to solve their food security issues. April of the IFFC identified Haughville as the target community for this assessment. While various neighborhoods of Indianapolis and parts of Haughville have been studied, a CFA specific to Haughville following our process has not been conducted.

Process

The CFA conducted for Haughville followed a simple process. First, as mentioned previously, the class conducted background research on CFAs. Not only did this help the class to become informed on the topic of interest, it also allowed the class to define the major problems associated with it. The information gained from this initial review of literature also facilitated the construction of relevant interview questions. (McCracken)

The class then divided into two groups: social and physical. The social group attacked the issue from the source, the residents of Haughville, by conducting qualitative interviews to unveil food access issues within the community. Open-ended questions were directed towards community participants in order to better understand food issues. The physical group analyzed community structure and focused on quantitative data. Together, social and physical inventory was used to understand Haughville's community food system.

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Food Security in Indianapolis

Food availability directly affects food security. If food security is defined as everyone in an area having access to sufficient amounts of healthy foods, the availability of these healthy foods allows for sufficient amounts to be accessed by all. Food is available to people of Marion County in many different ways. According to the U.S. Department of Agriculture (USDA), there were 164 grocery stores in 2008, 21 super center/clubs in 2008, 54 specialized food stores, and 11 farmers' markets. Farmers' Markets are areas where fresh, healthy foods can be accessed (Table 1). Considering the size of Indianapolis, it is estimated that we need at least 200 community gardens to ensure food security. The city only has 60 (IFFFC). Space needs to be made for new community gardens to be developed if Indianapolis desires to establish food security. While there are a multitude of stores where the people of Marion County can access food, not all areas are able to access food as easily.

Table 1. Farmers' Markets in Indianapolis
38th & Meridian Farmers' Market
Binford Farmers' Market
Broad Ripple Farmers Market
Indy Winter Farmers' Market
Cumberland Farmers' Market
Market on Morris
Original Farmers' Market at the
Geist Farmers' Market at Holy
Indianapolis City Market
Cross Lutheran Farmers' Market

For the purpose of this project, a "food desert" is an area where food insecurity exists and it is more difficult to obtain sufficient amounts of healthy food. These deserts are often, but not exclusively, found in impoverished areas. The poverty rate in 2008 for Marion County was estimated to be 16.5% according to the USDA. In 2009 there were 619 Supplemental Nutrition Assistance Program (SNAP) authorized stores, which was formally known as the food stamp program. There were 813,403 residents who utilized this program in 2010. Obviously, there are financial barriers that prevent residents of Marion County from accessing food. However, transportation can also be a barrier that limits the availability of food. In 2006, the USDA also stated that 1.64% of households in Marion County with no car were also located farther than 1 mile away from the nearest grocery store.

According to the USDA, exports have exceeded imports since 1973. However, the amount of imports increases each year. Foods are imported because of the demand for a wide variety of choices and to make fruits and vegetables available year-round. Though there are advantages to importing foods, such a high dependence on foreign countries for a large chunk of the food supply is a problem for food security. A policy research paper written by Donald Mitchell in 2008 provides an example of why this can be dangerous to food security. In his paper, A Note on Rising Food Prices, Mitchell discusses the rise in internationally traded food prices around the world from 2002-2008. He explains that this rise caused riots in poor and developing countries and has made it even more difficult for those people to obtain food. The U.S. has not experienced such extreme effects yet, but with our high volume of imported goods, serious effects could result if the trend in prices continues. Many people in the impoverished communities the US and Indianapolis already live in food deserts where they lack accessibility to healthy foods. Increasing global food prices would make obtaining nutritious foods even more difficult. Making Indianapolis and the United States more food secure will require decreasing dependence on imported foreign products, and increasing locally grown foods.

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Real Cost of Food

In today's world, many of the food products that we buy are a result of global trade, with the majority of our food being transported by trucks, trains, planes, and boats. Food shipments are traveling farther than ever due to increases in technology and communication. For most of the food we buy, the average distance of travel from the "farm to plate" ranges between 1,500 and 2,000 miles. When calculating shipping costs, the largest expenses are usually due to fuel costs, road or port fees, and loading and unloading fees. The Food and Drug Administration (FDA) estimates that global transportation of goods across oceans, from the United States to Asia can cost up to $100/ton for frozen poultry, $150/ton for lettuce, grapes, raisins, and almonds and up to $350 per ton for frozen beef. They also estimated that it took nearly 550 hours and $3,500 per 40' container of food being shipped. While the USDA has provided some estimates of costs, shipments are highly variable by location and can change with the season and with the price of fuel. As fuel prices rise, shipping costs and the price of products in our grocery stores will rise as well.

In addition to actual shipping costs, it is also important to note the ecological impact of food transportation. Due to globalization the number of shipping miles has increased by 15% in the last decade. Globalization has also lead to fewer, larger farmer controlling the supply of food. These larger farms, which have become more like factories, are some of the largest sources energy use and pollution. A study done in 2005 by the Atomic Energy Authority calculated that the environmental, social and economic costs of food transport are over $14.5 billion each year. It is also important to consider the methods of transportation and we must remember that even the benefits of organic farming can be offset as transportation distances increase. The negative ecological impacts of transportation can be greatly reduced by increasing local production and consumption. By increasing sustainable farms and encouraging local community gardens, we can help lower our dependence on fossil fuels while also providing safe and healthy food options in our communities.

Indianapolis Issues

Food security is typically thought of on an individual level, but it is ultimately determined and maintained by an over arching food system that consists of, but is not limited to, the physical environment, producers, distributors, government policies, the health care system, and schools. These major components must be monitored in order to ensure that everyone has equal access to healthy food. Indianapolis has many regulations regarding its citizens, schools, farms, and animals that aim to do this.

Starting at the individual level, 6.4% of Indianapolis' constituents speak a language other than English at home (Indiana State and County Quick Facts). It can be inferred that a part of this statistic may be comprised of individuals that do not speak English at all. The U.S. food policy 101.15(c)(2) requires that nutrition labels be written in two languages, in order to accommodate to these individuals. According to the policy, nutritional information can be conveyed in two separate labels or in one label that displays the data in English followed by the information given in the second language. Due to its high prevalence, Spanish is commonly utilized as the second language through which the nutritional information is presented. Overall, this

national policy helps increase food security in Indianapolis, as well as cities across the country, by breaking down the language barrier that may prevent individuals from obtaining the healthy food that they need. (FDA)

Approximately 85% of Indianapolis Public School (IPS) students receive free or reduced lunches; thus, the food policies set forth for the IPS school system by federal regulation are tremendously important in maintaining a healthy lifestyle and food secure environment for these children. The Senate Enrolled Act 111 lays forth a variety of rules, regulations, and standards that must be met by IPS food systems. These stipulations range from the mandatory establishment of health advisory councils to the types of food that can be served in schools. In the case of these advisory councils, the school board must appoint members whose primary responsibilities consist of reviewing wellness policies and making suggestions to the school board. Further regulations also require that the appointed council members represent a wide range of demographics, including health professionals, certified dieticians, parents, school board members, and students (Enrolled Act).

The Senate Enrolled Act 111 also establishes particular food guidelines for lunch and other food services. At least 50% of the food items and beverages for sale on IPS grounds must qualify as "better choice" beverages and food. "Better choice" beverages include fruit or vegetable drinks that contain at least 50% real fruit juice or vegetables without additional caloric sweeteners, water, low fat and fat free milk, and isotonic drinks. Soft drinks, punch, iced tea, and coffee are all prohibited for sale in IPS. There are three requirements for the "better choice" foods that are allowed to be distributed in IPS. Foods with no more than 30% and 10% of their total calories from fat and saturated/trans fat, respectively, account for two of these requirements. The third condition mandates that no more than 35% of a specific food item's weight be from unnatural sugars. More exclusively, food items containing over 210 calories must not exceed standard portion limits set forth by federal regulations. For example, the maximum portion limit of cookies is two ounces, and ice cream servings cannot exceed 3 fluid ounces. A final regulation prohibits vending machines in elementary schools, in order to further prevent the availability of unsatisfactory food and beverages to the students (Enrolled Act).

In addition to social regulations, Indianapolis also enforces many regulations regarding the actual production of food. These regulations guide the production of safe and environmentally sound food, thus promoting food security within the city. The Farm Bill of 2008 is a 1770 page document that sets standards for much of the United States farm policy (Purdue University). The bill includes commodity programs, conservation, trade, nutrition, credit, rural development, research and related matters, energy, horticulture and organic agriculture, livestock, crop insurance and disaster assistance programs, commodity futures, forestry, miscellaneous, and trade and tax provisions (Purdue University). It includes projects, such as one promoting "the planting of cucumbers, green peas, lima beans, pumpkins, snap beans, sweet corn, and tomatoes grown for processing on base acres during each of the 2009 through 2012 crop years." Such stipulations for this program would be that farmers must "agree to produce the crop as part of a program of crop rotation on the farm to achieve agronomic and pest and disease management benefits" (Farm Bill 2008). Indiana is involved in this particular project, and 9,000 acres within the state have been designated for this endeavor (Farm Bill 2008).

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The Food Safety Modernization Act, signed January 4, 2011 is another act concerning the production of food. The act places farmers and food producers under direct watch by the government. To some, this may sound like a good idea to ensure that food quality is at its best, but to others, this may make it harder for consumers to obtain local fresh foods. This act is aimed at protecting consumers against food-borne illnesses and contaminants. Under this act, every single food producer and/or distributor must draw up a food safety plan that complies with "minimum standards related to fertilizer use, nutrients, hygiene, packaging, temperature controls, animal encroachment, and water."

Local administrators and consumers are concerned that these new regulations could cause local farmers financial problems when trying to meet the "minimum standards." Furthermore, these possible financial problems could cause many small farmers to go bankrupt. Penalties resulting from violation of the act seem harsh. According to the act, "Any person that commits an act that violates the food safety law . . . may be assessed a civil penalty by the Administrator of not more than $1,000,000 for each such act." The act also explains that if a contaminant causes serious illness or death, producers can face fines and 10 years of imprisonment, on top of this initial consequence. It is evident that the government is serious about protecting its people; however, while consumers and bystanders are aware that public safety is the number one goal for the government, these punishments are intimidating. Consumers fear that the availability of fresh foods will decrease because farmers/producers are apprehensive of this new legislation.

A final subset of regulations involves the keeping of animals in the city. It is considered illegal for farm animals to be kept as pets within Marion County, and they can only be kept in farm areas if zoning permits it. The law states: "It shall be unlawful for a person to keep swine on premises in the consolidated city and county, unless such premises are stockyards, slaughterhouses, or other premises where the keeping or raising of livestock is permitted by county zoning ordinances" (Marion County). Urban chicken farming is allowed under Marion County law, but specific areas may have different ordinances (Indiana Law Blog). For example, Rocky Ripple does not permit "any person to own, keep, or harbor upon his premises within the corporate limits of the Town of Rocky Ripple any cow, pig, bull, horse, chicken, rooster, or other farm animal" (Town Ordinances).

History of Haughville

It is important to understand the history and geography of the Haughville neighborhood to also understand what factors have contributed to Haughville being an area of concern and a food desert. Haughville is located on the near west side of downtown, and its boundaries include 16th Street to the north, Michigan Street to the South direction, Tibbs Avenue to the West, and White River Parkway West to the East (Figure 1). Growth in the near west side began in 1830 with the construction of the National Road, present day Washington Street. Haughville was not incorporated until 1883, with a population of 283. The area was originally rural, but became more urban with the addition of the railroad. Businesses began to move into the area, including Haugh, Ketcham, and Co. Iron Works that Haughville was named after. European immigrants of mostly German and Irish were the first to settle in the area. Industrialization helped the population to grow quickly reaching 2,100 inhabitants by 1890. Haughville, along

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with other parts of the Westside, developed a reputation for being a rough area because of the presence of several saloons. However, religion was still considered important and several churches were founded including: Haughville Christian, St. Anthony's Catholic, First Baptist of Haughville, and Methodist and German Reformed congregations. As Haughville grew, so did the number of nationalities living in the area which included, Hungarians, Poles, Austrians, Macedonians, and many Slovenes. Haughville remained a modest working-class area until the Great Depression, where it, like the rest of the country, took a major blow. The Haugh and Ketchum foundry that the neighborhood had been named after was closed along with another nearby factory, and left many people without jobs. Shantytowns were put up along the river, some people left the city to farm, and others took refuge at the Christamore House community center built to serve immigrants in 1924. World War II brought a temporary economic upturn for the area, but it was short-lived. After the war, many educated children moved out of the area and to find jobs, and other residents began moving out to Westside suburbs. The population dynamics changed again, as white Appalachians and African-Americans moved in from the South. The community continued to deteriorate both in its physical properties and social programs. Houses became vacant or neglected rental properties, churches suffered when they did not adjust to the changing population, and the Carnegie library closed.

The community fought to maintain itself for a few more years, but was further damaged when more factory employers closed down. In the 1960's the area was marked by high unemployment, poverty, and crime. Renewed efforts to rehabilitate the city took place in the mid-1970's with the "near Westside Subarea Plan" which promised improvements to the area. However, even with the plan, little change was reported when evaluated in the early 1980's. Even further deterioration of the community occurred when almost all public schools were closed, and homes were lost when the Indianapolis Zoo was constructed. Once again, efforts to revitalize the community were made in the 1990's. These efforts had some more success, establishing Neighbors for Historic Haughville, bringing a bank back to the area, developing a stronger relationship with the Indianapolis Police Department, and adding a section of Haughville to the National Register of Historic Places. Also, the program "Building Better Neighborhoods" was a federally-funded revitalization program that provided $190,000 for revitalization efforts in 1992, and $16.3 million from 1993-1996. Other programs focused on eliminating crime and improving community service and economic development (Near Westside).

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Introduction

Many Americans take for granted the ability to access healthy and nutritious food. However, millions of Americans lack access to nutritious food for a wide variety of reasons. While the problem on the surface may appear to stem from money, this is not always the case. Many Americans face a multitude of access issues to healthy foods such as transportation, distance, or isolation. Research has also shown that impoverished areas often experience higher priced healthy foods (Farhang and Rajiv, 1990). The inaccessibility to healthy foods may encompass a wide range of issues from money to education; nevertheless, every American has the right to a fresh and healthy diet. This project looked at how a specific community obtains its food. Specifically, this group focused on a social inventory by conducting interviews with local community members to learn the specifics of the food system in the community. Ultimately, this project was designed to understand the community food system of Haughville, Indianapolis and highlight limitations that the residents face in accessing healthy foods.

The first step for this project involved researching other community food assessments and performing case studies to learn about the process, language, concepts, and issues surrounding food access. The class also researched the demographics of Haughville and information about the community. This initial research and compilation of background information was essential in facilitating the creation of a truly effective and beneficial food assessment. Not only did this help the class to become informed on the topic of interest, it also allowed the class to define the major problems associated with it. The information gained from this initial review of literature also facilitated the construction of relevant interview questions. (McCracken)

Background

The class performed ten case studies in order to investigate the underlying principles of a food assessment. This particular research method allows for a broader understanding of a food and food access as well as problems, solutions, and organizations involved with food insecurity within a community. The following was a case study performed on a Food assessment conducted in Fresno, CA. The complete case studies can be found in Appendix A.

The Fresno Metro Ministry (FMM) is a collaboration of Fresno community organizations and individuals wanting to promote access to healthy, affordable, and quality food for the entire community. At the time of the survey (2002-2003), Fresno County held the fourth greatest poverty rate in the state and reported having some of the worst hunger rates. The goal of the food assessment was to summarize findings and form a food policy council to address the food problems within the community. Local residents volunteered and were at the heart of gathering and collaborating information as well as organizing and supporting strategic action (Prehm, and Stuart).

The results of the study were very beneficial in combating community food problems. The most significant outcome was the establishment of community task forces. For example, the Food Resources Task Force is responsible for identifying ways in which Fresno can better utilize resources to increase food access for all. The Task Force also looked for ways to increase food stamp participation and helped train local flea market and farmers' market vendors to

accept EBT (Prehm, and Stuart).

The food assessment also revealed a few important lessons to be learned. One lesson learned was that organization is essential, and one of the hardest aspects of a food assessment is to keep it moving. Another lesson learned was that policy change requires long lengths of time, and it is best sometimes to look for local issues to serve as models for larger policy issues. Finally, the staff noted that simple is best. The simpler and clearer the parameters, objectives, and goals of the assessment, the easier it is to have success (Prehm, and Stuart).

One of the main goals of a food assessment is to establish food security within the area being assessed. The USDA defines food security as access by all people at all times to enough nutritious food for an active, healthy life. The Food and Nutrition Service provides communities with different programs to raise awareness about food security, and programs to help better food security. Time and time again, multiple case studies have stated that food security is one of the main issues that communities face nowadays. ("Food Security Resources")

Demographics

It is necessary to understand the demographics of the population being researched. Getting to know the outside appearance of a community may give insight into the reasons behind which limitations may exist. However, it is also important to not conjecture any limitations based off demographics prior to research findings. Haughville is a working class neighborhood located just west of downtown Indianapolis, Indiana. It boundaries are as followed: White River Pkwy to the east, Tibbs Road to the West, 16th Street to the North and Michigan to the South. According to census data from 2005, the population of Haughville is estimated around 6,500 individuals from which about 92% are African American descent, and the remaining population is made up of Whites (Non-Hispanic) and Hispanics ("World Lingo"). Of the adult population (25 and older), 40.7% do not have a high school diploma, and the neighborhood's per capita income is about $17,350. This is below the average per capita income of Indianapolis by about 36% (National Register Information System). In addition 16% of the population is unemployed and over 60% of Haughville residents live below the poverty line. In 1992, Haughville became the first neighborhood in Indianapolis to join the Weed and Seed program. The federal program targets high crime areas with the attempt to lower crime rates.

Self Examination

After compiling and reviewing information and data on food assessments and the community of Haughville, all members of the social group wrote a reflection on their life experience with food and their thoughts on the Haughville community. These reflections were then discussed at a restaurant, Judges Bar-B-Que, located within the Haughville community. This allowed the social group to not only think further about personal connections to the topic at hand, but to gain more firsthand exposure to the target community being focused on for the project. According to McCracken, this type of self-examination is a crucial step in the foundational process of the long interview. It causes the interviewer to recognize and appreciate why he or she views the topic the way that he/she does and distances the interviewer, "Only by knowing

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the cultural categories and configurations that the investigator uses to understand the world is he or she in a position to root these out of the terra firma of familiar expectation. This clearer understanding of one's vision of the world permits a critical distance from it" (McCracken). The acknowledgment of any biases and preconceptions through this type of reflection was critical in preventing them from interfering and misconstruing the results of the project.

Inventory

Table 2 represents the most common barriers to healthy food access as identified in the case studies conducted at the onset of the project. The social inventory portion of the food assessment conducted for Haughville was used to determine if local residents identify any of these barriers as an obstacle to food accessibility. Questions during interviews helped discover specific barriers each respondent faces when accessing healthy food. Each barrier is as significant as the next, and no preconceived notions were made as to what limits the residents of Haughville in accessing food.

Table 2: Identified Barriers to Food Accessibility	
Transportation	Lack of transportation necessary to reach food access sources; failure to own a bus pass; poor bus routes
Safety	Living in an unsafe part of town; little to no streetlights; no proper sidewalks
Cost	Healthy foods are too expensive or do not fit the food budget
Distance	Healthy food access points are too far away for walking/biking or gas is too expensive
Disability	Unable to access food sources on your own; difficulty seeing health facts on food products
Uninformed	Unsure of what healthy foods are and/or unaware of how to prepare them
Unconcerned	No interest in accessing healthy foods
Timing/ Prep.	Takes too long to prepare healthy foods or operation of hours for farmers markets or other healthy food access points are inconvenient
Other	Other limitations for accessing healthy food

Data

The class used data gathering tools, such as long interviews, census data, and literature research in order to understand food systems in general, in Haughville specifically and the limitations residents encounter. Most of the data collected for the social inventory is qualitative instead of quantitative.

Using qualitative interviews for data collection, the social inventory team was able to uncover some of the barriers Haughville residents experience. Qualitative data is important because it allows true solutions and answers to the questions being sought. For example, quantitative data

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may include surveys that limit the choices a respondent has. However, the advantage of a long interview is that it targets in depth experiences of the interviewee and allows them to convey their lived experiences. Interviews avoid preconceived notions or assumptions about individuals often assumed by a survey. For example, a resident may choose a limitation of food access on a survey because they are already confronted with options but when they are personally asked their limitations they can explain their own personal experiences and provide information a survey cannot obtain.

A survey cannot grasp the emotions and stories of an individual. An interview can. At the heart of interview research is understanding the stories of individuals and the value they hold. Seidman notes that interviews provide access to the context of people's behaviors and thereby provides a way for researchers to understand the meaning of that behavior (Seidman 10). Therefore, if the behavior is not accessing healthy foods, interviews can help uncover the true meanings behind those behaviors. Take for instance a transportation issue. Quantitative data may capture that a limitation to healthy food sources is transportation but then what? Not every individual has the same underlying reason for why transportation is a limiting agent. Qualitative interviewing can capture each individuals personal problem associated with transportation. Personal experiences help guide proper solutions based on the needs of the individuals within the community, not on the assumptions made by researchers.

General Intro Questions
- Tell me about yourself, how long have you lived in Haughville?
- What do you like about Haughville?
- Is there anything you would change about Haughville?

Funnel Questions
- How do you get your food?
- Tell me about your concerns with food?
- What does healthy food mean to you?
- How do you feel about organic food?
- What does fresh food mean to you?
- Is cooking and preparation of food important?
- Do you grow any of your own food?
- When you buy your food, what do you do with it?

Targeted Questions
- Tell me about the last time you went shopping?
- Tell me about your meals and what you eat?

The social inventory team conducted interviews with residents of Haughville to understand their perspective and experiences and the issues they encounter within their community food system. Interviews generally took the form of loosely constructed interviews. General, open ended questions were constructed as an interview outline. Interviews began with a basic introduction and asked the respondent to describe their community and what it was like to live there. More targeted questions regarding food were then used with the intention of guiding the respondent in the desired direction of the interview. This allowed the participant to provide information from his or her own perspective and focus on areas that are significant to them. Open-ended questions were used to understand the interviewee's story. The purpose of the questions were not to get answers but to initiate communication to help understand the participant's experiences. While the questions were directed towards food and food access, the overall goal was to obtain as much information on each individuals experience with their community food system.

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Again, at the heart of an interview is understanding the individuals story. The interviews were designed to first get to know the subjects. As interviewers, the social group's goal was to direct the interview and keep it on track but never to influence the interviewee. Showing interest in others keeps the interviewer's ego in check and shows the interviewee that what they have to say is valuable and appreciated (Seidman 9). After getting to know the participants, the next step involved funnel questions to understand how residents feel about food and their own community food system. Finally, the interview concluded with targeted questions about specific personal experiences. Open-ended questions allowed the participant to explain their story and provided all the necessary information to gain a better understanding of the Haughville food system. When brainstorming these potential interview questions and conducting the interviews, the social group made sure to be careful of any impressions being made on the interviewee, topic avoidance, purposeful distortion, and any potential misunderstanding that occurred--these all being highlighted by McCracken as important issues to be alert for in the interview process.

Interviews

The class conducted three informal, short interviews and five formal, long interviews. The three preliminary interviews helped us ease into the interview process, as well as highlight some of the major food access problems at hand. The long interviews then allowed us to use our new-found interview skills and investigate these identified problems more in-depth. The interviews were conducted separately and were done with members of the Haughville community on the topic of food. Some contacts (mostly community leaders) were provided through April Hammerand, the Program Manager of FCCI, while other contacts were recruited upon visiting the community. Three of the five long interviews were recorded with a tape recorder. Each interview was recorded with the consent of the interviewee. The interviews were transcribed into a Word Document allowing for analysis of answers that were used to produce information for the client, FCCI.

All procedures involving human subjects were approved by the Institutional Review Board at Butler University, and all subjects provided written informed consent. Copies of the IRB approval and interview participant consent form are found in Appendix B. This report was written as a document over the entire semester (January 2011-May 2011) work performed on the Food Assessment of Haughville as well as a facilitating document for future research conducted by the FCCI.

Analysis

After the interviews were completed, the group analyzed the transcribed data to identify any recurring themes. These themes included, but were not limited to, any categories, relationships, and assumptions that were brought up by interview participants throughout the course of the interview. These themes helped the group to construct a more organized portrayal of the interviewee's view of the world, and they also helped highlight the major problems experienced by residents of Haughville in accessing healthy food (McCracken). As McCracken suggested, in identifying these themes and constructing this portrayal of the interviewee's world

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(one potentially very different from the class and the ones illuminated in the background literature) the social group made a conscious effort to be open-minded.

Throughout the project, there were several unanticipated problems that the social group encountered. First, the approval from the IRB took longer than expected, which delayed group members in starting the interviewing process. Next, interviewers were provided with a list of contacts that were residents and community leaders of Haughville. Each group member made an attempt to contact people on the list provided either through e-mail or phone or both. The interviewers never heard back from several of the contacts, or contacts were not associated with the Haughville community. In addition, community leaders were contacted for additional help in finding residents for long interviews but follow up never occurred. This led the interviewers to take matters into their own hands by going to Haughville to conduct random interviews with volunteers. Finding volunteers was a rather difficult process. Few volunteers were more than willing to be interviewed and recorded for analysis purposes (in which these volunteers read and signed the waiver form given to them), while most volunteers were willing to participate, but not willing to sign the waiver to be recorded.

After encountering difficulties in getting a hold of the people on the initial list of contacts, the group decided to take initiative and go out into the Haughville community. The goal was to obtain potential respondents by directly approaching community members in local places. The first location that the group visited was the Haughville Kroger. A couple members of the group approached around seven people in the store, explained the premise of the study, and asked them if they would be willing to be interviewed. A wide variety of responses was received from the people that were talked to. Some were too busy to be interviewed, while others were willing to be interviewed but were not residents of Haughville. Still others were willing to be interviewed but were not comfortable with signing the IRB form giving the interviewer permission to audio record the interview. In fact, the group received such a negative response about this form from one of the first people that were approached, the group decided to conduct shorter, informal interviews, as opposed to long interviews that were recorded. Overall, this trip's efforts were successful, seeing as the group conducted three short, informal interviews. Although the interviews were not recorded, they gave the group an overview of some of the problems present in Haughville related to food.

For the first informal interview, members of the group talked to a middle-aged, retired African American man. He was relatively new to the area, seeing as he had moved to Haughville a year ago. He said that he was a frequent shopper at the Haughville Kroger and shopped there every few days. Before retiring, he mentioned that he was a personal trainer and found eating a balanced diet to be important. He was planning on eating sweet and sour chicken that evening which he disclosed was a meal that he regularly eats with salad, fruit and rice. He did not have any problems with this Kroger, aside from the purified water machine occasionally being broken. Overall, though, he said that the store has everything he needs.

The second short interview was with a middle-aged African American woman that was a nurse. She had lived in Haughville for five years, was married with four children, and was the primary food shopper for her family. She was also a frequent shopper at Kroger and said that she shopped there three to four times a week. She said that she shopped at this store primarily

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due to the convenience of it being in close proximity to her home and even often refers to it as the "neighborhood grocery store." She liked the deals offered by the store, specifically the "10 items for $10"; however, the downfalls that she mentioned included that the store was not open 24 hours, did not have a pharmacy, had higher prices for many items, and did not have the level of selection that she wished. She also explained that healthy food has become more of a priority in her life because she is training for a marathon. The family had cut down on eating out because it is much cheaper to make food at home with such a large family. A typical meal for her family is a meat, a starch and a vegetable.

The final short interview from Kroger was conducted with a teenage girl from the Philippines. She was happy with the selection that they offered and shopped there frequently to get packaged and canned goods. Although her diet consisted primarily of to-go foods because of her busy schedule, she said that she purchased fresh food items and meat from other stores due to them being higher quality at these other places. She also explained that her meals at her home in the Philippines were similar to the canned and packaged goods that her diet consists of in the United States as well.

For two of the long interviews (which lasted about an hour each), one was an African American middle aged man, while the other was a Caucasian middle aged man. The African American man live in the Haughville community all of his life, while the Caucasian man had only lived in Haughville for 3 years. The African American man was a minister, referee for a local community basketball league, a little league baseball coach, and he ran a part time lawn care service. The Caucasian man had multiple restaurant jobs, including the one he holds at the present time.

The middle aged African American male for one of the long interviews was very knowledgeable about the community, as well as the surrounding area. He was very willing to answer any question that was asked of him, and he also made a point to say that he was more than willing to help with any project to bring the community together. He provided factual and detailed information about his food habits, which include his own garden. He liked the idea of a community garden to be started in Haughville because it would provide more fresh food options for community members and a lower price. He also thought the community garden would help bring the Haughville community back together like it was when he was growing up.

As the interviewer, this man (middle aged African American for one of the long interviews) was very helpful for our project. He was very nice and very easy to talk to, which made the whole interviewing process a lot easier. He seemed very skeptical of the interview at first, being unwilling to sign the waiver for us to be able to use what we had recorded until after the interview had ended. Even his answers in the beginning were short and to the point, but as the interview went on he seemed to open up a lot more. He seemed to really care about his community, and wanted to do everything possible to bring them back together. Personally, the interviewers made a great connection with this man, and as mentioned above, he provided the interviews with a great amount of useful information.

The Caucasian middle aged man for the second long interview seemed to be more concerned with food safety in the area. He mentioned that he as held many jobs in the restaurant busi-

ness, which is why he is greatly concerned about food safety. From the beginning, he lead on that he did not particularly like Haughville due to some personal incidents he had encountered. He also did more like the food options available to him either, especially since he was very busy working over 60 hours a week.

This man was very willing to talk to the interviewers, and he gave useful information concerning food safety within the area. As interviewers, we found that this man did not like the food options available to him, and he would go out of his way to get the food he wanted. He would sometimes even travel all the way to Avon, IN to fulfill this need. His main concern with food safety was food allergies. He thought every packaging should have their ingredients clearly labeled in order to prevent people from ingesting the wrong thing. As the interviewer, this man seemed to not like the Haughville community. He was particularly disappointed with the food options available, but did not suggest any alternative to be placed in the community. Unlike the first interviewee, this man was hesitant about the community garden idea. He said he would only support this idea if it was done naturally (i.e. no fertilizers, etc...). He was very nice to us, and was very willing to participate in our project.

The next two long interviews were conducted at a local senior citizen apartment complex that is a popular community area among the senior citizens within Haughville. The two participants were female African Americans above the age of 65. As previously noted in the unanticipated obstacles, neither participant wanted to be audio recorded but both were willing to provide their story and view on the food system in Haughville. The interview style was different than the previous ones as both respondents participated at the same time for approximately 45 minutes. When first approached, the two ladies were eager to help but upon the thought of audio recording neither one had wanted that to occur. The dual interview process did not appear to be ideal but the two ladies insisted on participating together. The dual interview actually turned out better than expected as both participants were able to comment on each others opinions, which provided more information that would not have been obtained with individual interviews. Both ladies were detailed in their answers and were willing to help a project that involved the betterment of their community. Furthermore, the two participants suffered from different health states such as diabetes, lactose intolerance, and heart ailments, which provided new insight on the relation between food access and disease.

The final long interview also took place at the senior home with a resident who actually lived in the apartment complex. This interview however was not planned but because their was a misunderstanding with the original participant, who planned to meet to interview at the senior apartment complex, another African American Lady above the age of 65 was asked to participate in the study. She was extremely helpful and more than willing to participate as well as allow audio recording. A native from West Virginia, she moved to Indiana at a young age and has resided in Haughville for 30 some years. Haughville required a eye-opening transition from the traditional down to earth friendly environment of the South. The Haughville community for her has been closed off and unfriendly. In addition she also addressed the unwillingness for change within the community. One of her main concerns within the community was safety. She has experienced multiple thefts and her car has been broken into a couple of times while living in Haughville. As a diabetic preparation and healthy food is extremely important to her but she must travel outside the community boundaries in order to buy the groceries she needs.

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Fortunately for her she has transportation via multiple family members but she was uncertain how those in the senior community who lacked transportation obtained the foods they needed. Price affected the way she bought vegetables and fruits and purchased canned vegetables instead of fresh solely because of price. The senior community to her was what she liked most about Haughville and was a subset population that did not mirror the rest of the community. She loved the openness, friendliness, and hospitality of the senior citizen population.

Table 3 represents 13 commonly mentioned themes throughout the interview process. As themes they represent over arching concepts that may not have been specifically said but were

Table 3: Common Themes Revealed During Haughville Interviews	
Safety (Community)/ Crime	Crime and Safety history make access and advancement of community difficult.
Food Safety/Quality	Whether or not food is handled safely from farmer to packager to store.
Health States	Diseases such as Diabetes or Heart Problems that effect food choices and selections.
Food Variety/ Availability	Whether or not a store provides enough selections of items and if they are available when at store. No place for one to get all there needs for one meal.
Price/Economy	Given the lagging economy food is expensive as are other items of necessity. Often when food is too expensive it is not bought
Gardening/ Community Gardens	Is time consuming and there are not always the resources to protect the plots for intrusion. Community Gardens in the past and to come in the future.
External influences on Diet	Such as advice from doctor or preparing for an event such as a marathon
Negative Community Evolution	Expressed concern over the negative trends in the community i.e. increased crime, community deterioration
Concern for healthy food	Displays a significant interest in healthy/organic foods but may or may not purchase them
Transportation	Lack of transportation necessary to reach food access sources; i.e. failure to own a bus pass; poor bus routes
Distance	Healthy food access points are too far away for walking/biking or gas is too expensive
Time/Preparation	Concern for proper preparation of food and healthy preparation or takes too long to prepare healthy foods, operation of hours for farmers markets and other healthy food access points are inconvenient
Uninformed	Unsure of what healthy foods are and/or unaware of how to prepare them

acknowledged in some manner. Table 4 displays how often they occurred during interviews. Appendix C contains excerpts from the interviews that correspond to these themes.

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The long interview process was a dynamic balance between frustration and reward. The unanticipated obstacles occurred more frequently than expected and searching in the public for interview volunteers often created an uncomfortable atmosphere for both the interviewee and

Table 4: Occurrence of Themes During Interviews

	Short interview 1	Short Interview 2	Short Interview 3	Long Interview 1	Long Interview 2	Long Interview 3	Long Interview 4	Long Interview 5
Community Safety				X	X	X	X	X
Food Safety/ Quality				X	X	X	X	
Health Concerns					X	X	X	X
Healthy Food	X	X		X		X	X	X
Price/ Economy		X		X		X	X	X
Community Gardens/ Farmers Markets				X	X		X	X
External Influences on Diets		X				X	X	X
Negative Community Evolution				X				X
Variety/ Availability	X	X	X	X	X	X	X	
Transportation						X	X	X
Distance		X			X	X	X	X
Time/ Preparation		X	X		X	X	X	X
Uninformed						X		X

interviewer. Failure to get volunteers or obtain consent for audio recording also made the process difficult especially when trying to recall all the comments from the participant. Nevertheless, when an complete interview was obtained or a participant agreed to be interviewed with audio recording there was excitement and a feeling of accomplishment. Overall, the interview process may mirror characteristics of the Haughville community. Our interactions with Haughville community members may suggest that Haughville is a closed-off community. Many community members were uncomfortable and suspicious with audio recordings and participating in interviews. In addition, interview participants also noted that Haughville tends to resist change. Therefore, community members may be reluctant to participate in a project that could potentially implement change within the community.

Summary

Based on the interviews and anecdotal information gathered by the social group it is clear that there are food access issues in Haughville. From an accessibility standpoint, interview respondents expressed concern over community safety, limited food access points, and food

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quality. Other issues of concern related to food were preparation times and ingredients that were appropriate for health needs. This provides an insight into basic issues and themes specific to the Haughville community that will need to be addressed to improve the overall food system. Recommendations from other food assessments have include additional transportation routes, new legislation, increased awareness, the creation of food policy councils, partnerships and collaborations among community organizations, and the creation of community gardens and farmer's markets. While some of these remedies may be appropriate for Haughville, the most appropriate next step is to conduct more long interviews with representatives of different age and demographic groups within the community. After that a community specific survey may be developed that will capture valuable information to accurately pinpoint specific issues within Haughville.

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Introduction

As mentioned earlier, the class was divided into two groups: social and physical. The physical inventory group worked to identify and characterize some of the physical attributes of Haughville that define their food system. There are hundreds of physical components to a community, so research was conducted to help the group determine which ones to focus on. Like the social group, the physical group also conducted case studies (Appendix A) and researched other community food assessments. Review of past projects revealed typical issues encountered in other communities and also highlighted the concept of 'food deserts'. The definition of a food desert can be different from one assessment to the next, and carry different definitions for different people. For example, the producers of *Urban Roots*, a film about urban farming in Detroit, defined a food desert as 'a place where residents had to travel twice as far or more to reach a store that sold fresh foods and produce as they did a convenience store with only processed, packaged foods'.

For the purposes of this food assessment, a food desert is defined as an area with a source of fresh food and available produce outside of a reasonable walking distance. That is to say, since the focus is at a finer, neighborhood scale, the distance to access food should also be at this scale. This type of scale, is based on pre-automobile design and the need for communities to be easily accessed by pedestrians. Specifically, the goal was to determine the locations of food outlets within Haughville boundaries and how easily food can be accessed there.

Background

As mentioned before, Haughville is one of the older neighborhoods in Indianapolis and has a rich history. In more recent years, the community has struggled with crime. Though there have been efforts to improve Haughville, the area continues to struggle with crime and poverty. Housing development programs are evident, with areas of new and renovated housing. There have also been recent shifts in population demographics once again, with evidence of a growing Hispanic population. Vacant spaces are prominent in the Haughville neighborhood, and this land has the potential to be used for growing food, creating new housing and improving the community.

In fact, plans are already underway to make use of these vacant lots. The mayor of Indianapolis, Greg Ballard, initiated his plan to increase the number of community gardens in central township to fifty total gardens over the course of the year 2011. Haughville, along with three other neighborhoods on the "Near West" side, applied for parcels of land through the mayor's program. Gardening will begin on these lots in the summer of 2011, but preparations for the project have already begun. Haughville residents have worked with IUPUI Herron School of Art students to design the garden, and have planted seedlings with George Washington Community High School students. This program seems promising and will benefit the Haughville community (Mushi-Brunt).

Inventory

A robust food assessment requires a large amount of physical data. Due to time constraints and project limitations all of the physical parameters that help define Haughville could not

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be analyzed. The group instead focused on five major factors that it deemed important indicators of a community based on the case studies. The five factors were: food access points (grocery store/food outlet), transportation, walkability, community demographics, and vacant land. The group collected all of this information through several strategies. The study site was visited by group members themselves to provide first-hand experience with the neighborhood, and food outlet points were also visited. Census data, GIS, and journal research was also utilized. Census data was gathered from the Indiana Government website and other government resources. GIS, or Geographic Information System, data analysis was performed by Kari Maxwell, an intern with the Center for Urban Ecology (CUE). GIS data was obtained from IMAGIS website and the City of Indianapolis. Scholarly articles and other journal information was gathered from the Butler University library or internet databases.

All of these community attributes were identified using ground truthing and GIS within the community boundary and within a 0.25 mile buffer of the community. A range of 0.25 miles outside of neighborhood limits was chosen because it is considered to be realistic walking distance for residents that may live on the outer edges. When attempting to determine whether an area is in fact a food desert or not, the most obvious aspect to consider would be food access points. There must first be stores with food available that the residents can purchase. From previous research on food assessments, it was apparent that transportation is a serious obstacle to food access that is often overlooked. The group chose to examine not only vehicle transportation as a means of reaching food sites, but also to consider the presence and condition of sidewalks. This was done to determine whether walking could be considered a practical alternative to reaching the stores. Community demographics were chosen because lifestyles and eating habits can vary from culture to culture living within the same neighborhood. It became even more of a priority after a visit to Haughville made it apparent that there was likely a large Hispanic population within the town. Finally, vacant land was chosen as a focus topic because the goal is not only to determine whether or not Haughville is a food desert, but also to provide suggestions and solutions to the problem of food access within the community. Vacant lots are under utilized spaces that could be used for community garden projects. These gardens would provide two purposes; supply the community with fresh produce, and improve the beauty of a previously abandoned lot. As stated earlier, the Haughville community has already taken steps to initiate this project. In his campaign to make Indianapolis a more sustainable city, Mayor Ballard made it a goal to create 50 urban gardens within Indianapolis by the end of 2011. Haughville, along with other communities of the "Near West" side, have applied for land parcels within the Mayor's program and will begin planting in summer 2011.

The physical group first traveled to Haughville and visually identified food access sites within community limits and 0.25 miles outside of Haughville. The location of all types of food access sites was recorded. These sites include: convenience stores, dollar stores, grocery stores, supermarkets, "mom & pop" stores, fast food restaurants, farmers' markets, community gardens, etc. Any available public transportation systems in Haughville were also identified. Surprisingly, one of the major obstacles to food security identified in other food assessments has been transportation, rather than actual cost of food.

Food Access

To assess food availability within Haughville, the physical group categorized and compared

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food access sites. Originally, several types of stores were considered, including: convenience stores, dollar stores, grocery stores, supermarkets, "mom & pop" stores, fast food restaurants, farmers' markets, community gardens, etc. To narrow the research, the food stores were categorized into two large groups: *food outlets or meal service*. To make the study more effective, focus was placed on the food outlets. This was chosen as the focus to learn more about long term access to food that is available to the people living in Haughville. While they are able to access food at meal service stores, eating fast food or going to a restaurant provides food only in the short-term, and nutrition level is difficult to assess. To achieve the greatest benefit from the study, food outlets where consumers are able to purchase foods to take home and prepare themselves were examined.

To further increase the effectiveness of the study, the definition of food outlets was narrowed to four distinct categories: 1. Grocery stores, 2. Convenience store/gas station, 3. Specialty stores and 4. Ethnic stores. Table 5 lists the four types of food outlets and numbers found in Haughville. The categories were defined mostly by the size of the food outlet and variety of items sold. Grocery stores were determined to be large stores with the sole purpose of providing food. They have a wide selection of foods including fresh produce, meats and dairy products, as well as packaged and processed foods. Convenience stores are smaller stores, and are sometimes attached to gas stations. They offer only a small selection of foods, mostly processed and packaged. If they have fruits, vegetables or meats they are usually frozen or canned. Quick snack foods are the main items sold in these stores. Specialty stores carry a very limited supply of foods. Though they are often high quality, these stores usually provide only one type of food; a butcher supplies meats, and a baker supplies cakes and breads, etc. Finally, ethnic stores are stores that target a specific population. Population demographics often determine the need for ethnic stores. In Haughville, Hispanic supermercados are common and offer foods specific to the cultural needs of the population. For example, the stores carry herbs, spices, and vegetables commonly used in Latin-American dishes. They also carry products, like sodas and sauces commonly sold in other countries, but not widely available in the U.S. It should be noted that food pantries are located in Haughville, however because of limited hours of operation and variability of food items, they were not included in this analysis of food outlets.

Table 5: Types of Food Outlets Identified in Haughville

Food Outlet Type	**Number Located in Haughville**
Grocery Store	1
Convenience Store	15
Specialty Store	3
Ethnic Store	1

Table 5 describes what was found in Haughville, Figure 2 displays locations of these stores, along with parcels identified through GIS as some type of food retail and does include some sit down restaurants. It is clear that Haughville has a heavy concentration of gas stations and convenience stores located within its borders, and they are heavily stacked on the north side of the community. There are very few grocery stores and ethnic stores, where one is more likely to find a wider variety of healthy foods. Gas stations and convenience stores tend to be limited to pre-packaged food with limited, if any, fresh foods. The one grocery store, Kroger, has a wide variety of foods that are available to customers.

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On March 30, 2011, the physical group visited Haughville and investigated the North side to examine some of the local food access sites. The group visited three stores: Village Pantry, a small convenience store; La Camelia, a small Hispanic grocery store; and Kroger, the only chain grocery store within Haughville. The goal in visiting these stores was to determine the differences in store types, identify what types of items can be purchased at each site, and make comparisons of the prices at each site.

To compare the categories of food outlets more completely, the physical group used a food list developed by students working with the Butler University Campus Farm. The list was developed to provide food items from each of the major food groups: dairy, vegetables, grains/nuts, meats, fruit, and snacks. Items in the dairy category include: milk, eggs, cheese (shredded), cheese (block), and yogurt. Vegetable items include: spinach, lettuce, carrots, onion, red, green, and yellow bell peppers, green beans, cucumbers, roma tomatoes, tomatoes, and avocados. Grains/nuts include: almonds, walnuts, pecans, cereal, instant oatmeal, fettuchini, penne, and spaghetti pasta, brown and couscous rice. Meat included frozen chicken, beef, ham, and turkey. Snacks include: tortilla chips, flavored chips, and crackers. The final category, fruits, include: apples, bananas, oranges, pears, grapes, and mangos.This list was then used to compare food availability and price at each of the four food outlets. Table 6 shows the complete list and comparisons among the three food outlets in Haughville and three other food outlets in the Indianapolis area.

The first stop was Village Pantry, located on the corner of Michigan St. and Tibbs Ave. It was a small convenience store and selection was limited. There was a large variety of snack foods including chips, candy, and soft drinks. However, there was also a small selection of canned foods, bread, milk, and frozen foods. Not surprisingly, there were no organic foods or produce of any kind.The group identified a few items on the list of foods used to compare different food outlets. These items included foods from major food groups including dairy, vegetables, grains/nuts, meat, fruit, and snacks. Other items available in Village Pantry but not on the list included: frozen pizza, frozen crispy chicken dinner, chef salad, and a foot-long sub sandwich. The Village Pantry most definitely lacked in fresh food options, and the food that was available tended to be more expensive than that at other stores. Milk was found to be $3.79 at Village Pantry and $2.99 at Kroger. Also, 16 oz. of packaged ham at Village Pantry is $10.64, while 16 oz. of ham at Kroger is $3.99. For more examples of pricing comparisons see Table 6.

The group also visited La Camelia across the street from Village Pantry on the corner of Michigan St. and Tibbs Ave. La Camelia was a small store, but contained variety of foods. Fresh produce, meats, and dairy were all available, along with other items typically used for cooking in latin-american culture. Like the village pantry, La Camelia had milk, eggs, bread, canned goods, sodas, and some candy. However, unlike Village Pantry, they also sold fresh fruits, vegetables, and meats. The store had a good selection of foods, and the prices were typically comparable to those at Kroger. Also, the store environment was friendly and welcoming.

Kroger, the chain store located on Michigan St., was also visited. This store is not large when compared to other Kroger's in Indianapolis, but is larger than other food outlets in Haughville and has the widest selection of food products. The produce section was relatively large for the size of the store, and offered a wide variety of fruits and vegetables. The store lacked a deli

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Table 6: Summary of Food Prices in Haughville, and at two locations outside of the community (Fresh Market and Trader Joe's)

Item	Type/Quant	Kroger	La Camelia	Village Pantry	Fresh Market	Trader Joes
Dairy						
Milk	2%-gallon	$2.99	$2.99	$3.79	$4.19	$2.79
Eggs	dozen	$1.79	$2.79	$2.49	$2.19	$1.49
Cheese	Cheddar, Shredded	$2.99		$4.99	$3.79	$4.24
Cheese (block)	Cheddar, 8 oz	$2.99	$5.89		$2.75	$2.62
Yogurt	16 oz	$1.25			$2.89	$2.99
Vegetables						
Spinach	1/2 lb	$1.83			$1.99	$2.65
Lettuce	head	$1.55	$1.59	$1.59	$1.49	$1.99
Carrots	1 lb, whole	$0.68	$0.99	$0.99	$1.00	$0.89
Onion	Red per onion	$0.37	$0.31	$0.31	$0.69	$0.79
Bell Peppers	Red	$1.99			$1.79	$1.29
Bell Peppers	Green	$1.36	$2.99	$2.99	$2.49	$2.29
Bell Peppers	Yellow	$1.99	$2.99	$2.99	$1.69	$1.29
Green Beans	per lb	$2.99				
Cucumbers		$0.99			$1.69	$1.79
Tomatoes	Roma per lb	$2.09	$1.49	$1.49	$2.99	$2.03
Tomatoes	Slicing per pound	$3.19			$2.49	$2.37
Avocados	per avocado	$1.25			$2.99	$1.69
Grains/Nuts						
Almonds	16 oz	$6.49			$4.59	$4.49
Walnuts	16 oz	$8.49			$6.49	$5.99
Pecans	8 oz	$6.65			$6.99	$6.99
Cereal	avg price	$3.14		$5.49	$4.50	$2.75
Instant Oatmeal	12 pack	$3.14	$0.87	$2.93	$2.49	$2.75
Pasta	Fettuchini per lb	$1.53	$1.35		$2.50	
Pasta	Penne per lb	$1.05	$1.35		$1.39	$0.99
Pasta	Spaghetti per lb	$1.05	$1.35		$1.29	$0.99
Rice	Brown per 10 oz	$1.61	$0.62		$1.16	$0.98
Rice	CousCous per 10 oz	$6.00			$2.49	$1.16
Meat						
Frozen Chicken	1 lb	$3.33	$1.99	$10.65	$6.99	$0.27
Beef	1 lb	$2.92	$3.19	$8.72	$5.99	$4.99
Ham	16 oz	$3.99		$10.64	$5.99	$5.99
Turkey	16 oz	$3.99		$7.09	$7.99	$6.99
Snacks						
Tortilla Chips	10 oz	$1.25	$2.49		$2.99	$1.24
Flavored Chips	Estimate an Avg.	$2.99	$4.95	$2.41	$3.00	$2.50
Crackers	Estimate an Avg.	$1.59	$3.32	$6.36	$1.99	$2.70
Fruit						
Apples	Gala per lb	$1.58			$2.49	$1.77
Apples	lowest priced per lb	$1.00	$1.09		$1.68	$1.77
Bananas	per lb	$0.54			$0.69	$0.59
Oranges	per orange	$0.99			$0.75	$0.69
Pear	Bartlet per lb	$1.68			$2.49	$1.73
Grapes	Red, per lb	$0.99			$1.68	$3.03
Mango	per mango	$1.25			$1.50	$1.99

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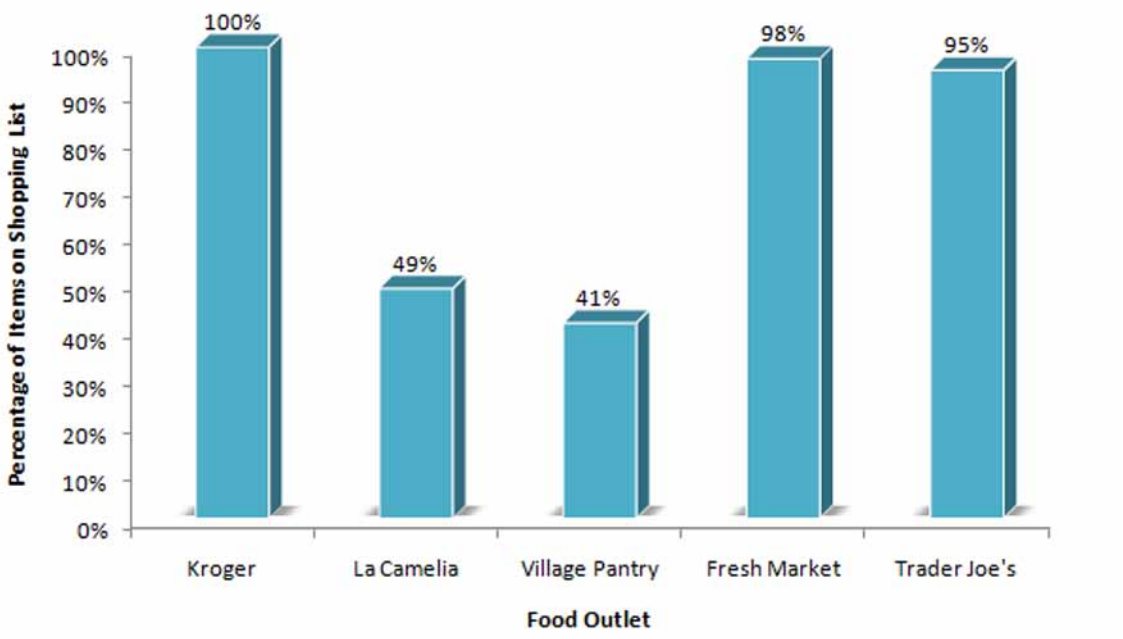
where customers could order sandwich meats; however, fresh cut meats were available. The group examined the prices of eggs, bread, milk, bologna, and frozen pizza to compare with those from the Village Pantry. Typically Kroger prices were significantly lower, and had a wider selection. The group also looked at prices of other items on the comparison list including: ground beef, fish, chicken breast, lettuce, fruits, and vegetables. Overall, Kroger had the best selection and offered a large amount of fresh and healthy food options. However, Kroger is located on the southern boundary which could make it somewhat difficult for people living in the northern area of Haughville to access. The list was also checked at two Indianapolis food outlets that are not found in Haughville, The Fresh Market and Trader Joe's. The percentage of availability at all of these outlets is illustrated in Graph 1.

Graph 1: Percent of Foods on Shopping List Found in Haughville and Indianapolis



It is quite apparent that most food outlets within the Haughville boundaries do not provide a great diversity of the foods that they sell to their customers. La Camelia and Village Pantry had varying amounts of the foods available from the prescribed food list used by the group. However only Kroger was able to make available all of these foods, but there is only one Kroger within the Haughville boundaries. Since Kroger is on the southern border of Haughville, this can make it difficult for northern Haughville residents who live outside of walking distance from Kroger to obtain foods only sold at Kroger. For example, because La Camelia and Village Pantry do not sell fresh fruits (with the exception of apples at La Camelia), residents who live on the north side of Haughville are unable to obtain fresh fruits from a food outlet within walking distance. Figure 3 shows all of the parcels within Haughville and their distances from the Kroger, with green being the closest and within walking distance. The two rings represent a 0.25 and 0.5 mile distance from the Kroger.

V. Physical Inventory

Other Parameters

In addition to examining Haughville food outlets, the transportation, walkability (sidewalks), demographics, and vacant lots to were investigated to gain a better understanding of the Haughville community and the issues that affect the level of food security. Through the food access inventory the group was able to see where fresh, healthy, and nutritious foods were located and how far Haughville residents might have to travel to attain these foods.

Because adequate transportation is so vital in today's society, public bus routes in Haughville were identified to determine whether they were a viable option for those residents who lack their own personal vehicles. There are four bus routes from the IndyGo system that run through the community. Three of them are East-West Routes and one is a North-South route. One of the routes, Route 3, runs in front of the Kroger. However, there is no way to access it from elsewhere in the neighborhood without walking or riding a bus (Routes 25 or 10) and transferring to Route 37 (North-South) and then taking that to Michigan to transfer to the Route 3.The presence of sidewalks is a large determining factor in whether or not residents would be willing to walk to attain their groceries. Communities that lack adequate sidewalks, or safe sidewalks are less likely to offer 'walkability' as an amenity and do not encourage walking. Research has shown that people feel much more comfortable walking "where there is physical or psychological separation from moving traffic there is likely to be more pedestrian activity" (Means and Clancy). Therefore, sidewalk conditions can have direct correlation to food accessibility and the level of food security. From site visits to Haughville, there was a variety of sidewalk conditions observed, ranging from no sidewalks at all to newly installed sidewalks with a buffer. On the whole, the typical sidewalk in Haughville does not offer a buffer between the sidewalk and busy roads, or the sidewalk is not maintained to a safe walking condition. That is the surface is uneven or cracked. Figure 4 illustrates the bus routes and sidewalk presence or absence within the Haughville Community.

Additionally, the demographics of the Haughville examined to see whether there was a correlation between the level of food security and the racial makeup of the community. Because certain ethnic groups prefer certain types of foods, we also looked at demographics to determine whether there is a correlation between demographic makeup and ethnic foods available in Haughville. Knowing the ethnic background of the community will give planners a better idea of what types of foods to include in the Haughville area. The drawback is that we did not have access to the 2010 census data, and through conversations with community members it has been discerned that the population demographics have changed since the 2000 census. Figure 5 has a graphical representation of the racial demographics of Haughville. The dominant races as reported by the census were Black, White and Hispanic. The classification 'other' was also included in the map as these are individuals who did not identify with any race, it does not include all individuals who are not in the other three categories. It would have been expected to see a higher number of Hispanics based on the number of Latino groceries encountered in Haughville, again this is likely attributed to the lack of current census data.

Lastly, vacant lots were also inventories within Haughville. A higher density of vacant lots can contribute to negative community image and crime incidences. Conversely, based on the Mayor's program to encourage community gardens, and the need for community gardens in

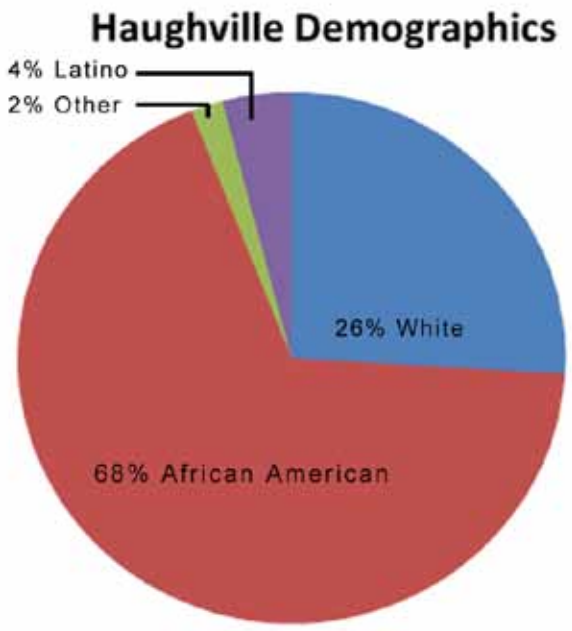
V. Physical Inventory

Haughville, the identification of vacant lots could lead to improved community pride and image. Figure 6 illustrates all of the vacant lots as identified by the GIS data. In addition to it being identified as vacant, lots are also classified as residential, commercial or industrial.

Analysis

The IndyGo bus routes were identified as were scheduled stops according to their website. Haughville is not easily traversed via bus. Options might be community leaders meeting with IndyGo to determine options for a local circulator, or the addition of stops within the community to make it easier to traverse. Future studies should analyze the ease of access via bus from Haughville to other communities with larger food outlets and determine the 'real cost' of shopping at Trader Joe's, The Fresh market, Aldi, Marsh or other large scale grocery stores found in Indianapolis, but not within Haughville. The location of sidewalks in Haughville was also determined through GIS. These maps showed that the majority of streets running east-west did not have sidewalks while most of the north-south streets did have sidewalks. On a visit through Haughville it was observed that the majority of houses were on north-south running streets, which may be a reason why few sidewalks are located on the east-west roads. However, even when sidewalks were present there was not always a protective buffer. Many of the sidewalks on the major streets such as Michigan, Tibbs, 10th, and 16th did not offer buffers. This is problematic because these are some of the busiest streets in Haughville. As previously stated, buffers add a sense of security and can greatly influence whether residents are willing to use the sidewalks. The GIS data can help identify where sidewalks can be added, and possibly where they can be improved to make Haughville more pedestrian friendly. Ultimately, sidewalk improvements could lead to easier accessibility to food outlets and make Haughville a more food security community.

Graph 2: Demographics of Haughville



When analyzing the demographics of Haughville, it is observed that 68% of the population is African American and 26% is White. The other 6% includes Hispanic and individuals who did not identify with any race (Graph 2). Haughville is predominantly African American, but there is a drastic change in the make-up of the population surrounding Haughville. When looking at the boundary area that is around the Haughville community only 32% of the population is African American while 56% is White. The Hispanic population also doubled to 8% in the boundary area. This reinforces that notion that Haughville has a distinct identity and community within its physical boundaries. However, access to more current census data will likely show a larger Hispanic population based on the presence of Latin grocery stores. Future studies and surveys

should focus not only on the cultural sub-groups within Haughville, but also other social sub-groups such as pre-k through high school aged children, the elderly, single parent families, or special medical needs groups.

Through data gathered both visually and by GIS, the group found a large number of vacant lots (over 100 residential lots) in the Haughville neighborhood. On one of the group's visit to Haughville it was noted that there were many boarded up homes and empty businesses. Figure 6 shows a large number of vacant lots, highlighted in gray, orange, and blue. The lots are present all over the neighborhood, but are in highest concentration on the southeast side. However, some of the land on the southeast side is industrial. Land use and adjacent land uses are important factors to consider when siting community gardens. Industrial and commercial properties may have contamination issues. However, they may located in more central areas with high visibility. Vacant residential lots could be used for community gardens, private gardens, or several together could make an urban farm. According to the GIS map, generated by identifying vacant lots as reported by both land use and stats, there are a total of 229 vacant lots in Haughville. These lots were identified as vacant through GIS only, the sites would need to be ground truthed to verify their status. The information gathered in this assessment is still very helpful and informative. Haughville has already taken initiative in using the mayor's community garden project. The GIS map of vacant lots can add to the effort already started. The information provided by this map can help determine the best sites for more community gardens or farms.

Recommendations

The physical portion of this food assessment examined many important factors. However, there is still potential for future improvements. The group developed several ideas that were not able to be executed in one semester of work, but will be beneficial in further understanding the Haughville food system. The ideas developed targeted three main areas including: food in schools, food pantries, and government assistance. In schools, information about the type of food being served as well as the number of meals provided to students each day could provide helpful data. Also, the number of students who eat school lunch vs. bring their lunch, and the percentage of students who receive free or reduced lunches could also be beneficial. Demographic data in schools coupled with demographic data of the neighborhood as a whole could also help in simply gaining a deeper understanding of the community.

Food pantries are a type of food access site that the physical group was not able to examine in this assessment. However, they are another element that would be beneficial in not only understanding the community, but also gaining insight into another form of food availability. Location of food pantries, number of pantries present in the community, and type of foods supplied are all factors that would be important when evaluating pantries in Haughville. Finally, government assistance is yet another factor that could provide valuable information. Cost and affordability is the first thing many people think of as a barrier to food access. Obtaining data about the number of people using food stamps and federal assistance programs like SNAP (Supplemental Nutrition Assistance Program) and WIC (Women, Infants, and Children) could confirm or deny that this is a main barrier.

V. Physical Inventory

Conclusion

The data collected about Haughville clearly shows that sections of this community should be considered a food desert, and members are at risk of food insecurity for multiple physical and social reasons. The limited availability of fresh and healthy food options coupled with inadequate public transportation has left many Haughville residents without access to healthy foods for balanced diets. There is only one large grocery store, Kroger, located in the southern part of Haughville. This means it is difficult to obtain healthy food options the further West, North, or East someone lives. In addition, there are many areas of Haughville that are out of walking range to a legitimate grocery store. The possibilities for future studies and expanding this topic are endless. Surveys from the community that identify what they need and want is the next step to narrowing

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VII. Figures

Figure 1: Map of Haughville, Indianapolis

FIGURE 2: Food Access Parcels, Haughville and Surrounding Area

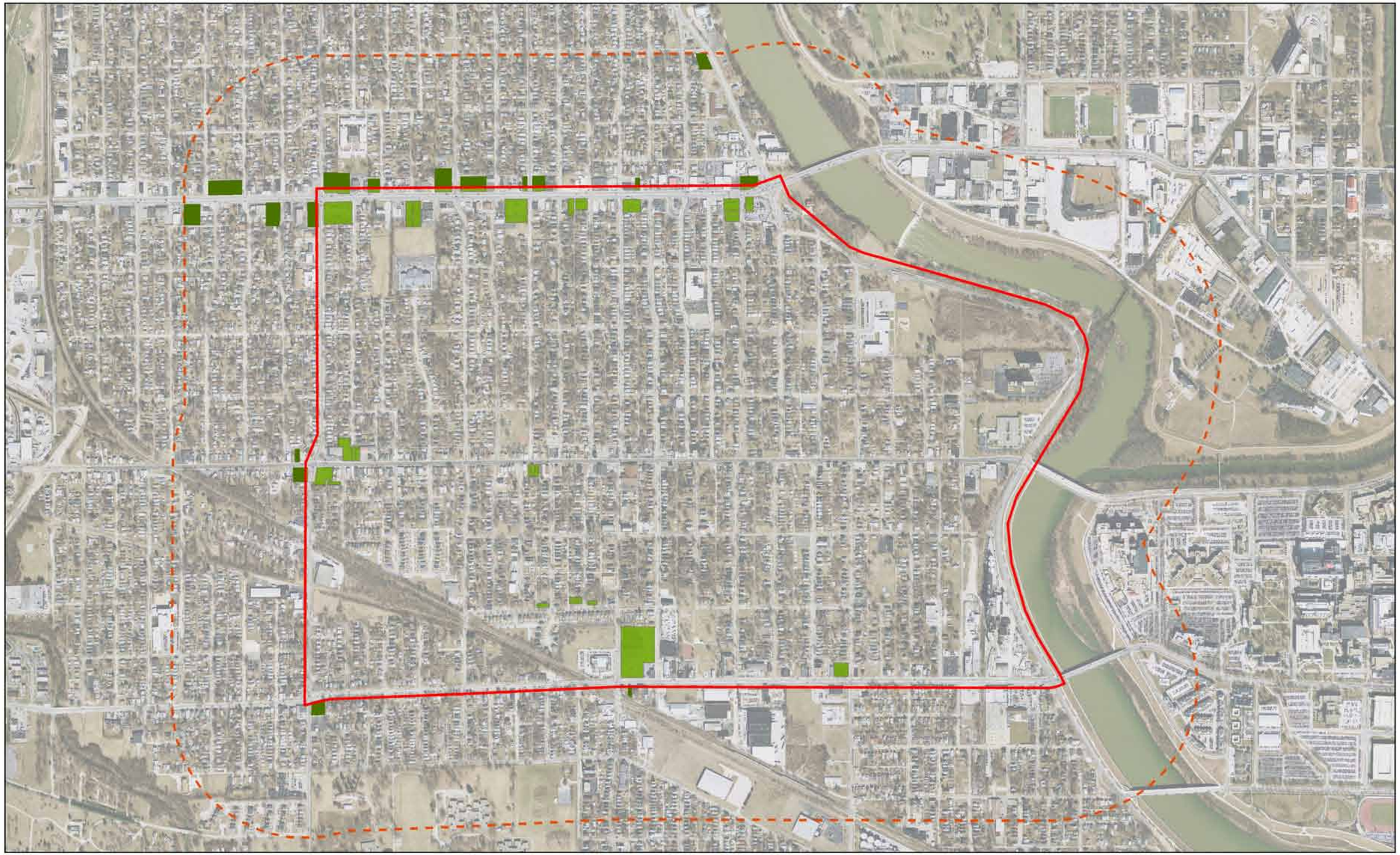


FIGURE 3 : Proximity of Haughville Properties to Kroger Grocery Store

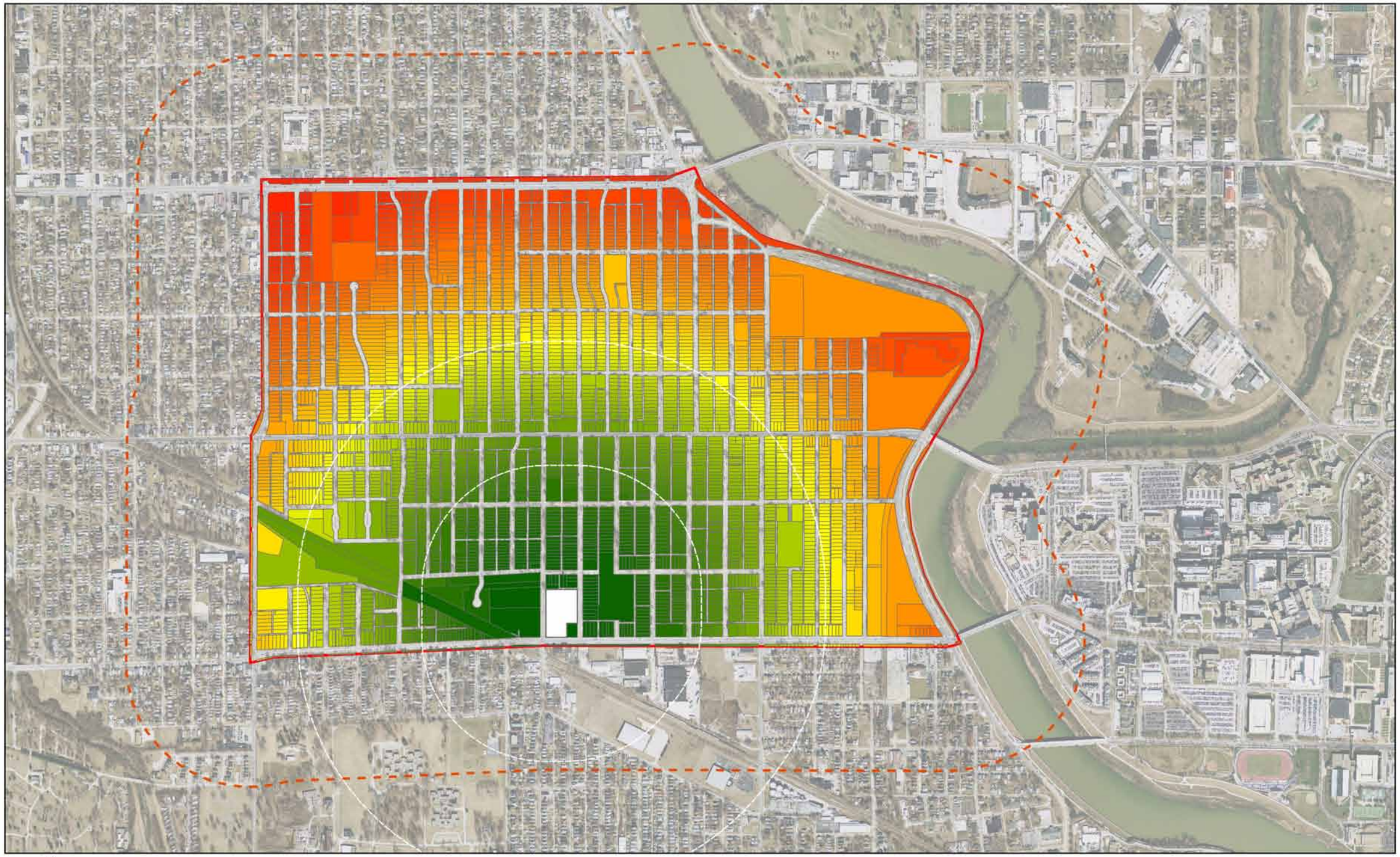


FIGURE 4: Sidewalks and Bus Routes with Scheduled Stops

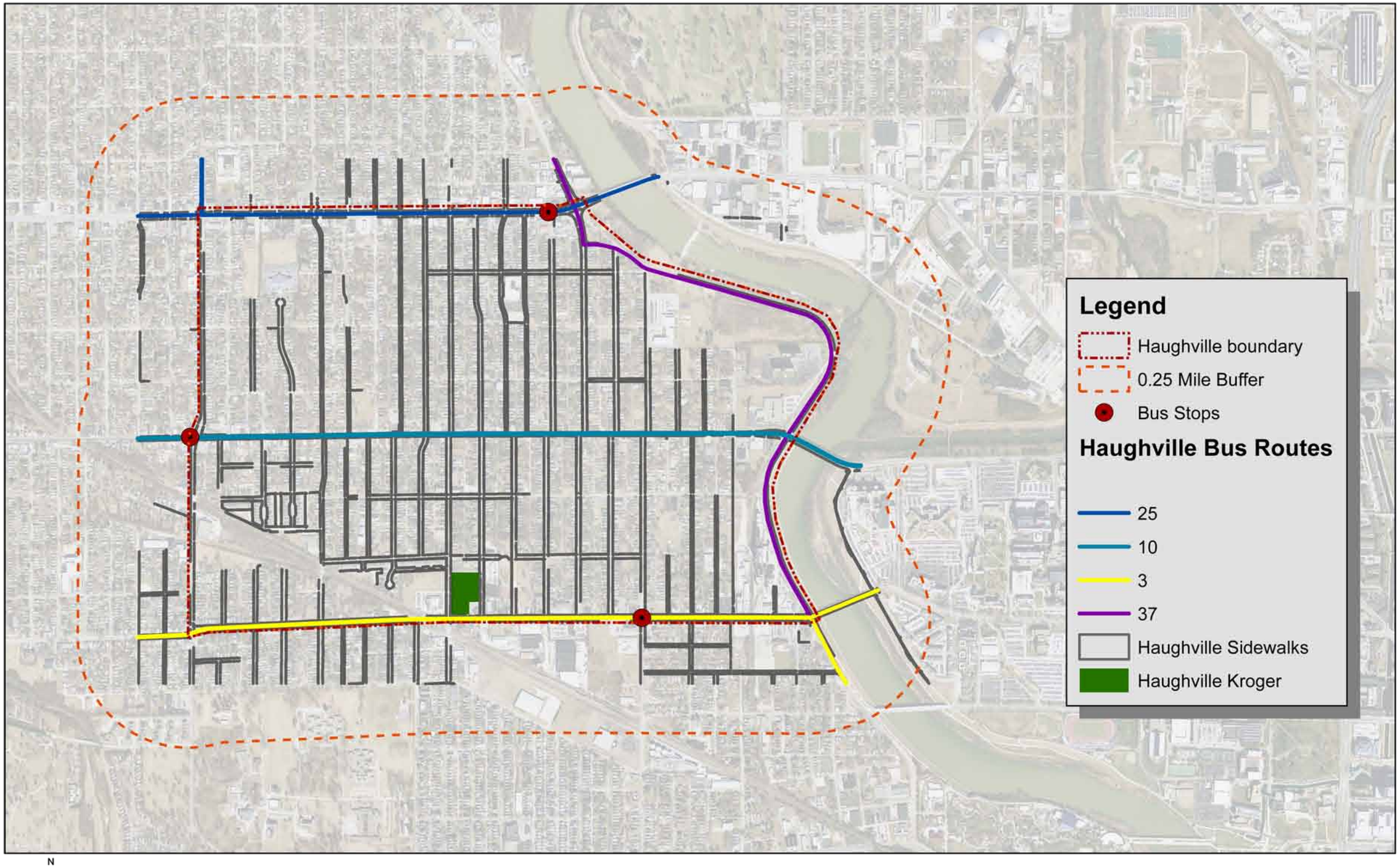


FIGURE 5 : Race Demographics for Haughville and Surrounding Community
Based on 2000 Census

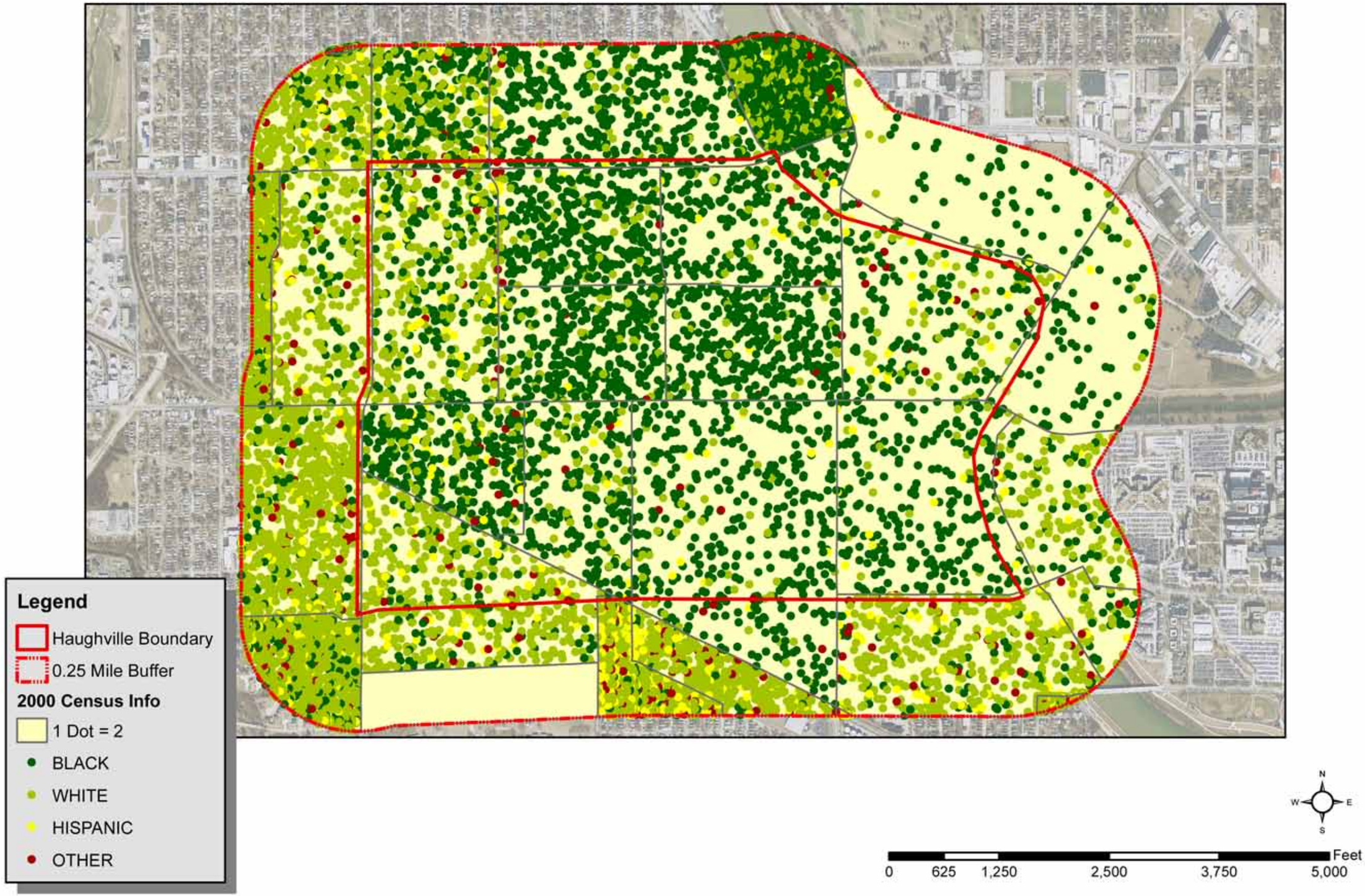
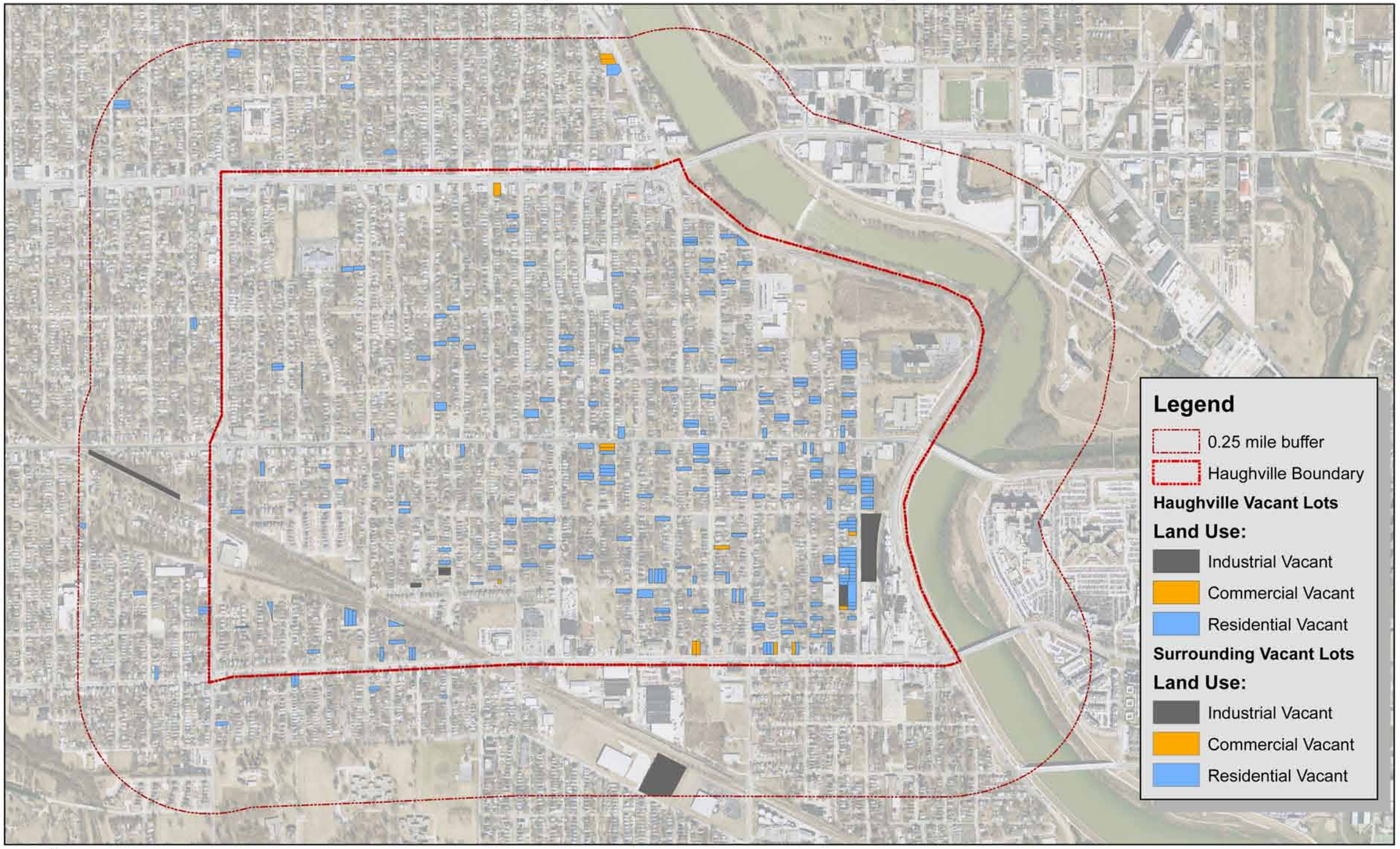


FIGURE 6 : Lots Identified as Vacant Based on Land Use and Status for Haughville and Surrounding Community



VIII. Appendices

Appendix A

Fresno Metro Ministry
Non-profit, collaborative of Fresno community organizations
Location: Fresno County
Established 1970

Mission: "faith based organization that works to create a more respectful, compassionate, and inclusive community that promotes social and economic justice"

Demographics

Staff: Originally started with two staff members and then continued to grow over the years. It appears that the majority of staff was volunteer. All surveys were proctored by volunteer staff.

Audience: Political and Public

Community Served: Two city councils and five county supervisor districts all in Fresno County area.

Funding: $26,000 received form food assessment activities and grants totaling $323,000. Funding supported expansion of organizing and assessments, implementation activities, and collaborating and summarizing final results. In-kind donations covered food and expenses for additional staff time, travel, and other miscellaneous resources.

Projects:

-Health care access
-Hunger and food security
-Building caring relationships across cultural and ethnic backgrounds
-Helping human services strengthen families and individuals

Data/Tools:

-Retailer Survey
-Consumer Survey
-Survey Training

Incentives: Incentives were not mentioned but it appeared the community was anxious and willing to be involved as volunteers.

Policy: Make policy recommendations to the Fresno Unified School District board of directors as well as advocating for policy changes with elected officials with in respected district lines.

Media: All task forces open to community members providing full-fledged volunteer service for the betterment of the community.

Evolution:

-In 2000, a small focus group was expected but a 100 people came out to help out the community.
-FMM conducted a survey on a new form of Food Stamps called Electronic Benefit Transfer (EBT).
-In 2002, FMM had a regional training with the Community Food Assessment.
-In 2002-2003, community forums were held which led to the beginnings of partner ships
-In 2003, FMM had developed multiple partnerships and received a $200,000 grant from USDA Community Food Projects.

Appendix A

Summary:

The Fresno Metro Ministry (FMM) is a collaboration of Fresno community organizations and individuals wanting to promote access to healthy, affordable, and quality food for the entire community. At the time of the survey (2002-2003), Fresno County held the fourth greatest poverty rate in the state and reported having some of the worst hunger rates. The goal of the food assessment was to summarize findings and form a food policy council to address the food problems within the community. Local residents volunteered and were at the heart of gathering and collaborating information as well as organizing and supporting strategic action.

In order to gather data, volunteers from the community administered two different types of surveys. The first survey, a retailer survey, described the types of local markets in the area, the foods they offered, and if they accepted food stamps. The second survey, a consumer survey, surveyed consumer food choices, how they accessed food, and their feelings toward the food they ate. It also described transportation to obtain food, how consumers paid for food, and ethnicity. Volunteers were trained periodically during the two-year surveying period to amplify and maximize feedback from the consumers. Multi-lingual surveyors were also present to account for non-English speaking residents. Because of the large county size, the FMM had to elicit help from a variety of organizations and local experts. University student groups at CSU aided with mapping and the Community Food Security Coalition and Community Food Assessment Project provided a wide variety of training and materials.

The results of the study were very beneficial in combating community food problems. The most significant outcome was the establishment of community task forces. Local residents and organizations working in tandem to combat and provide solutions for local food issues formed task groups. Electronic list serves were created to let anyone and everyone join the food movement and monthly meetings are held for each task force. For example, the Food Resources Task Force is responsible for identifying ways in which Fresno can better utilize resources to increase food access for all. The Task Force also looked for ways to increase food stamp participation and helped train local flea market and farmers' market vendors to accept EBT. The Community Garden Task Force aids in maintaining existing gardens and developing new ones. Also, the Child Nutrition Task Force builds awareness for child nutrition

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Rutgers Community Development Studio (Rutgers University)
Academic
Location: Newark, New Jersey
Year Established: 1935

Mission: As the sole comprehensive public research university in the state's system of higher education, Rutgers, The State University of New Jersey, has the threefold mission of:

- Providing for the instructional needs of New Jersey's citizens through its undergradu ate, graduate, and continuing education programs;
- Conducting the cutting-edge research that contributes to the medical, environmental, social and cultural well-being of the state, as well as aiding the economy and the state's businesses and industries; and
- Performing public service in support of the needs of the citizens of the state and its local, county, and state governments.

Demographics:

- Staff – 2 instructors, 12 students (for credit)
- Audience - Isles, Inc. (Community Development Corporation)

Appendix A

• Community Served Trenton, New Jersey

Projects: Conducted a community food assessment to help Isles, Inc. better understand food and nutrition in Trenton's low-income neighborhoods.

Data / Tools:

- Carried out interviews with local food purveyors (including emergency food providers, food storeowners, and farmers)
- Conducted focus groups with adults, young adults, and schoolchildren to understand their knowledge of food and their eating patterns.
- Worked with a middle school to collect food diaries from seventh and eighth graders.
- Made price comparisons for local supermarkets and independent grocers.
- Reviewed census data, previously conducted food assessments, and other literature to draw upon available research and information resources.
- Employed Geographic Information Systems techniques to map many food system phenomena

Policy: They suggested a multi-tiered approach for Isles and other community leaders to improve the food system and diets of people in that area.

Media: Published document about their food assessment and findings

Rutgers students first sat down with representatives from Isles, Inc. staff to come up with a list of research questions including: What is the nature of the local food delivery system? Where do people shop and what motivates their shopping preferences? Do residents get the food they need and want? What do people know about nutrition and how do they make food choices? How do public food assistance programs affect food consumption? What is the extent of hunger in Trenton?

The research group identified the ways people obtained their food by grouping food providers into four categories: mainstream, alternative, schools, and emergency food agencies. Mainstream providers included supermarkets, independent or specialty grocers, corner stores, and restaurants. Alternative providers included farmers' markets, farm stands, community gardens, and community-supported agriculture. At school, low-income students may qualify for subsidized breakfast, lunch, and snack programs. Soup kitchens and food pantries would be considered as emergency food providers. The researchers also identified a variety of "alternative" sources of food in and around Trenton including farmers' markets, roadside farm stands, youth farm stands, community gardens, and community supported agriculture (CSA).

They then looked at the locations of these facilities and how easy it was to gain access to them. Questions that were asked: Are stores within walking distance? Are they along bus routes?

After identifying where people shopped and how they got there, the research group compared food prices and availability to determine if healthy food was available and how much it cost. They wanted to know if the availability of healthy food differs between large and small supermarkets and if healthy foods were costly.

To learn more about what children in the area ate and what they knew about food, researchers asked students in two seventh grade classes and two eighth grade classes to keep food diaries for 10 days. They also surveyed what school cafeterias where offering to students.

Appendix A

Slow Food USA
Non-government, nonprofit organization
Location: There are 200 different Chapters around the USA. One is in Indianapolis.
Year Established: 1986

Mission: "Seeking to create dramatic and lasting change in the food system, Slow Food USA reconnects Americans with the people, traditions, plants, animals, fertile soils and waters that produce our food. We work to inspire a transformation in food policy, production practices and market forces so that they ensure equity, sustainability and pleasure in the food we eat."

Demographics:

- Staff Paid and volunteer, Many staff (number varies based on which chapter. In Chicago, all staff are volunteers)
- Audience public and political
- Community Served 200 communities in the United States

Funding: Donations and Corporate Partners

Projects:

- Slow Food in schools- Teaches students where their food comes from, who grows it, how to prepare it, and the importance of sharing it with friends and family.
- Renewing America's Food Traditions (RAFT)- Desires to identify, restore and celebrate America's biologically and culturally diverse food traditions through conservation, education, promotion and regional networking.

Data / Tools: how do they gather info?

- They take surveys from their members, use blogs and offer many options for getting in contact with local chapters and participating in events that will get voices heard.
- Research (Interns work with staff on this)

Incentives: If you become a member, you will receive one year free subscription to The Snail, a journal that discusses good, clean and fair food issues, The Slow Food Almanac, The Food Chain which is a Slow Food newsletter, and discounts on merchandise. They also provide many opportunities through events in the local community to get peoples' voices heard.

Policy: From the website, it seems as though they do not interact with the government very often unless it is in a very passive way. For example, they submitted questions to the president about how he would like to change the price of nutritious food so that it is more accessible for people.

Media: They use The Snail as their primary form of advertising. In this magazine, they include many articles that deal with the issues that are important to the organization in order to educate the public of these issues. In many chapters, such as Slow Food Chicago, the entire organization is run by volunteers. Even where this is not the case, they have events such as classes for growing and cooking food, book clubs reading about food issues, and potluck dinners that are run by volunteers.

Evolution: Carlo Petrini, the founder of the Slow Food Movement in 1986, first recognized the standardization of taste that was occurring and decided that he wanted to preserve food varieties and flavors by educating consumers about their choices. He would speak out about the issue of a fast culture with a rallied group of friends as often as possible. He then realized that it was important to include the connections with ecology. Therefore, this organization was

Appendix A

originally based on supporting and protecting farmers, and the physical environment. Since then, this movement has become active in over 100 countries with a world membership of over 80,000 participants.

An important concept to understand about Slow Food is that it is a very large organization. Its reach extends beyond the 200 chapters in the United States but extends across 100 countries. They, therefore, require a breakdown of many different programs in order to organize all of the work that needs to be done internationally with a constant focus on the organizations vision. The Slow Food Movement's vision is to create a world in which all people can access good, clean and fair food. They define good as the aspect that Carlo Petrini was so adamant about incorporating into the organization, the enjoyment of delicious food. Clean food is food that is nutritious and is as good for the planet as it is for our bodies, while fair food means accessible food. These are the three main objectives of this organization that they achieve through building community, through educational means, and through projects that are different based on local community needs.

The Slow Food USA organization specifically runs a program called US Terra Madre Network that is a network of food producers, cooks, teachers and students from 150 countries that are coming together through their common belief in the global sustainability of food. Every two years, these people come together for a convention to share solutions and traditions for protecting and supporting small-scale agriculture and sustainable food production. This is one of the many programs that unite leaders from around the world with common beliefs on an aspect of the Slow Food Movement in order to educate each other on these topics. Another program with the same goals is the US Ark of Taste. Slow Food USA teamed up with LocalHarvest, an online directory of small farmers, farmers markets and other local food sources, in order to increase the visibility of Ark foods. Ark foods are foods that are in danger of extinction that are catalogued in an index of over 200 foods. This program is designed to encourage producers to grow these kinds of Ark foods and to inform consumers about these foods so that the demand for them will grow. These programs are important for accomplishing the mission of the Slow Food organization.

The mission of this Slow Food USA is to reconnect Americans with people, traditions, plants, animals, fertile soils and waters that are such an essential part of the production of the food that is eaten. They hope to inspire transformation in food policy, preparation, production and market coercion in order to provide food that is good, clean and fair. One aspect of this organization that is vital to its operation is the activity and donations of its members. Since this organization in non-for-profit, it relies on donations and support from corporations in order to employ people to do research and manage the organization and to fund events and programs. The organization would not be able to function without contributions from its members through surveys, blogs and discussion groups. For example, in a forum on their website there was a post explaining that the Food and Farm Bill, a bill that fundamentally sets up America's food system, is up for renegotiation and it asks people to respond with ways in which the organization can influence the construction of this new bill. This organization began with a group of people who believed in this mission and while the organization has grown to 80,000 people, the voices of individuals are still crucial to the work that this organization undertakes.

Summary: What are the most important aspects of this organization or project? What lessons can be drawn and potentially applied to FCCI and Haughville? Are there similarities or differences? Be creative and think outside the box…this will help us design our data collection process

The most important aspect of Slow Food USA is its goal to inform Americans of good, clean,

Appendix A

and fair food. This would not be accomplished without programs that unite individual communities, educate them about food and gather further views about the issues this organization deals with. This is very similar to the FCCI which uses food assessments to bring the community together to identify what is occurring with food already and then using the information obtained from these voices in the community to implement changes. It seems as though both organizations use the community to define problems and then work with the community to find solutions as well but the big difference is that Slow Food USA does this on a much grander scale. There are many things that can be applied to our food assessment in Haughville. A few of these ideas are the use of LocalHarvest for education purposes, an emphasis on the importance of diversity in food both based on culture and taste, and the importance of getting the youth involved which was a large aspect of many of the programs in Slow Food USA. The idea of using blogs to gather information can also be applicable because we are such a technology-based society that the efficiency and convenience of writing your opinions even anonymously as a blog post could be very effective at reaching parts of the community that we will not be able to reach through interviews.

Marin County Food System Assessment Project
Non-government
Location: San Rafael, CA
Year Established: August 2004

Mission: The Marin County Food System Assessment is a collaborative and participatory process examining community food issues and assets so as to inform change actions to make the community healthier.

Motto: "Fixing Food Together"

Demographics:
- Staff: Board of directors (6/paid), volunteers
- Audience: Public
- Community Served: Marin County (about 250,750 people)

Funding: Donations and Fiscal Sponsorship Program

Projects:
- Project Homeless Connect Reports
- Green Business Forum of Marin
- Let's do it now!- Shelter fund
- Marin Trolleys
- Warm wishes

Data / Tools:
- Survey, interview
- Events for awareness

Policy: Helping other nonprofits as an incubator
- Connecting people to resources
- Facilitating the best use of resources and expertise
- Engaging businesses, nonprofits, and community members.

Media: Facebook: Marin County Food Systems Assessment Project; http://marinlink.org

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Evolution: The ultimate goal is the creation of an equitable, ecologically sustainable food system for all.

The Marin County Food System Assessment Project aims to create a healthier lifestyle for all of its community members. Members of this project express that their community lifestyle is very unhealthy, and it is time someone started changing this. In their general information section, they give community members and followers of the project statistics, provided by the National Institute of Health, on obesity, diabetes, cardiovascular disease, etc.. They do this in order to put things in perspective for readers. The mission of the Marin County Food System Assessment is: "a collaborative and participatory process examining community food issues and assets so as to inform change actions to make the community healthier" (http://marinlink.org).

The organization's main goal is obviously to improve overall health of their community. Due to low poverty, consequentially, a good majority of their community claims to not be able to afford fresh foods. At the same time, they also claim it is much easier and more accessible to buy processed, packaged foods that are full of sugars, salts, fats and additives. In conjunction with previous case studies that we have read, members of the Marin County community do know the difference between healthy and non-healthy foods, but lack the transportation and funds to purchase those healthy foods.

Organic School Project
non-profit
Location: Chicago, IL
Year Established: 2005

Mission: "Organic School Project (OSP) seeks to integrate sustainable food service in schools by providing school and kitchen staff, as well as teachers and parents, with the resrouces to Grow, Teach, and Feed every child real food. OSP and the Grow. Teach. Feed. Model seeks to provide education on food, health, the environment and the relationship between all three. Our goal, in addition to providing healthier meals, is to equip children with the knowledge and enthusiasm to make more well-informed, positive choices in the future."

Demographics:

Staff- 4 paid staff members, 2 interns, 3 board of directors, and volunteers
Audience- public and political
Community Served- Chicago area public schools (eventual goal is to reach all schools in the U.S.)

Funding: OSP has a long list of donors, but their biggest supporter is the Illinois State Board of Education that has given them the Jack Lee Trust. Other major funding comes from Blue Cross Blue Shield of Illinois, Chicago Blackhawk Hockey Team, Chicago Community Trust, and several other foundations. Many restaurants and small businesses are also partners or in-kind donors.

Projects:

Helps schools improve their food by developing an individual 3-5 year plan of improvement they call a foodservice strategy
They also have a resource manual they have created called, Grow Teach Feed: A Complete Curriculum to Inspire Healthy Lifestyles in Schools. This book helps schools that are

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working independently to improve the school's wellness.

Data / Tools: (Foodservice Strategy)

Phase 1: Assessment- OSP visits the school making an initial assessment of the school's cafeteria and food service and potential improvements that can be made.

Phase 2: Collaborative workshop- 2-day workshop in which OSP works with the school to develop the foundations for the new strategy

Phase 3: Strategy- OSP writes a strategy after collaborating with the school

Phase 4: Program Policy/IFB/RFP- this helps schools become successful by creating a dialogue with vendors that shows the commitment to the new strategy

Incentives:

OSP gets schools to participate by encouraging improving food for school children with a goal of decreases childhood health problems like obesity, asthma, early on-set type II diabetes, behavioral problems, etc.

To encourage public donations, OSP partnered with Jack Johnson for a concert tour in which he matched every dollar contributed

Policy: Food System Charter for School Food

Media: Food Service Policy, Grow Teach Feed Collection (recipes, classroom lessons, and gardening strategies), volunteers cook with children, teach gardening classes, etc.
Evolution: Since its founding in 2005, OSP has worked with Alcott Elementary School, Lowell Community School, Reavis Math & Science Specialty School, and others to improve school wellness and food service.

The Organic School Project is a non-profit organization that was started in 2005 by a professional chef in Chicago whose daughter's asthma was improved by eating only organic foods. He started the project to improve the diet of public school children and battle childhood health problems including obesity, asthma, early on-set type II diabetes, behavioral problems, etc. The organization helps schools improve their foodservices through the Grow. Teach. Feed. model.

This model is designed with three parts: grow, teach, and feed. Each represents a goal of the program. Grow represents the goal of reconnecting children to what they eat by starting gardens at the school or within a community. Teach means OSP educates kids about nutrition, being mindful of their bodies and the food they eat, and taking care of the environment. The last part, feed, represents the goal of providing kids with 'More Positive Foods', which they consider to be meals made from scratch, with locally grown and organic ingredients.

The main program of OSP is to work with schools to change their food system. Their school wellness program aims to change the way schools serve food through the Grow Teach Feed model. They do this by creating a foodservice strategy. Developing a strategy is a four phase process. Phase 1 is the assessment, in which OSP goes to the school and assesses its current food system. It looks at how food service in a school currently operates, and looks for areas where improvements could be made. Phase 2 is a collaborative workshop. This phase lasts two days, and OSP works with the school to develop a foundation that will work best for them to help them build a strategy. Phase 3 is the actual development of the strategy. OSP does this after talking and brainstorming with the school. The final step, Phase 4, is a program policy/IFB/RFP. The purpose of the step is to create a way to guarantee success. OSP incorporates the expectations of the school for sustainability and food quality into the Invitation for Bid or

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Request for Proposal used during vendor contract renewal. This makes sure that vendors understand expectations and the new strategy.

For schools that do not go through the complete strategy development plan, but still want to improve their school's food service, OSP has provided a curriculum to guide them along. The collection is called Grow Teach Feed: A Complete Curriculum to Inspire Healthy Lifestyles in Schools. It is a three volume set that helps teachers, parents, policymakers, kitchen staff, etc. begin to change food in schools.

OSP has worked with several schools since it began in 2005. Some of the schools they worked with include Alcott Elementary, Lowell Community School, and Reavis Math & Science Specialty School among others. The wellness program did have positive results. OSP measured two groups, children and adolescents in elementary and middle school. After only a year, the mean BMI of both children and adolescents had decreased by about 2 points along with increased knowledge of nutrition. Also, there was a 13.7% increase in children making healthy eating and lifestyle choices, and a 55% increase in adolescents.

Along with working alongside schools in Chicago, OSP has a larger goal of reaching the entire U.S. They created a food system charter to document their ultimate goals; even though they admit they are idealic, they hope to accomplish each goal one at a time. The charter illustrates a country that moves toward local agriculture, less chemical use, and food for all people and children. They also provide a foodservice policy document that defines several terms (like all-natural, certified organic, genetically engineered, etc.) It also provides a list of foods approved for schools partnering with OSP, as well as other expectations of the organizations. This serves as a guideline when schools work with outside vendors.

In a way, Organic School Project is similar to FCCI. It is a form of food security, but instead of a neighborhood community, it focuses on public school systems. Its goal is to make sure children are being educated on how to eat nutritiously, as well as how to get involved with the foods they choose by growing and cooking it. By bringing the focus back to local, organic foods, they hope to ensure healthy diets, knowledgeable kids, and a more self-sustaining community.

I think the most important aspect of this organization is its goal of not only feeding school children healthy foods, but educating them and demonstrating the importance of healthy eating at an early age. OSP has had very positive results in changing the attitudes and eating habits of the children they work with. Many times it is difficult to reach older people and change their mind about something they've been doing the same for years. But, teaching children healthy habits gives a greater opportunity for success in the future. Though this organization does not perform food assessments in the way that we plan to in Haughville, I do think their goals and programs are important. I like the school focus, and the goals of teaching children about food at a young age. I think a lot of information could be gathered from the school in Haughville that could provide greater insight to its food system.

Isles, Inc.
Nonprofit NGO
Location: Trenton, NJ
Year Established: 1981

Mission: To foster self-reliant families in healthy, sustainable communities.

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Demographics:
- Staff: They have a large staff of about 60 people, and also use volunteers for special projects and events.
- Audience: Public citizens and Government Officials.
- Community Served: Trenton, NJ and surrounding areas

Funding: Funded through grants and donations.

Projects:
- Community planning
- Housing and Real Estate
- Youth Training and Education
- Financial Self-Reliance
- Environment and community health
- Youth Training and education
- Trenton Community Food Assessment

Data / Tools:
- Survey, interview
- Educational videos
- Hands on educational experiences
- Literature research
- GIS

Incentives: Healthy, productive, and sustainable communities

Media: Trenton Community Food Assessment, literature and videos for each of their individual programs or aims.

Evolution: The organization has grown over the twenty years of its existence, and its activities have shifted to have an emphasis on sustainability.

Isles, Inc. is a nongovernment nonprofit organization that focuses on building self-reliance in citizens, improving the environment and growing assets in the citizens of Trenton, NJ and surrounding areas of New Jersey. The organization recently partnered with students from Rutgers University's Edward J. Bloustein School of Planning and Public Policy to draft "A Community Food Assessment of Trenton, New Jersey".

The company has grown tremendously over the twenty years of its existence. The organization has over fifty full time staff members, and the number of projects and programs they coordinate is staggering. Isles, Inc. plays an active role in improving the lives of the people of New Jersey. They provide education for the public in areas of great need, including: housing and real estate, financial self-reliance, environmental and community health, and energy and green job training.

The company has a goal of improving sustainability in the Trenton community. The food assessment is an extension of this desire for sustainability, as well as an improvement of the largely impoverished community. About thirty-three percent of Trenton's population lives in poverty, so the acquisition and availability of food is a major issue for many living in the community.

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The food assessment is very similar to the one that we are attempting to complete for the Haughville neighborhood in Indianapolis for class. The project in Trenton used interviews with local food providers, including store owners, farmers, and emergency providers, interviews with focus groups and school children, and census data. They also used GIS to assimilate their information into more coherent data

Their results seemed to be in line with what would be expected in a low income area, not unlike Haughville. They found a heavy reliance on supermarkets due to lower prices, and many people had trouble getting to the store to buy food, citing long walking distances, poor bus route planning and availability, and prices of cab fare. I found it very interesting that they included a price comparison for several common goods bought at local supermarkets, and this could be included in our Haughville study as well.

Valley Stewardship Network
Type of Organization: Valley Stewardship Network is a community based not-for-profit organization. The VSN is responsible for the Food and Farm Initiative which conducted the food assessment.
Location: Vernon County, Wisconsin
Year Established: 2000

Mission: The mission of the Valley Stewardship Network is to promote a balance between a healthy environment and strong communities. They encourage positive land use patterns, sustainable agriculture, community food security, water quality monitoring and communication and coordination among agency and nonprofit organizations in the area.

Demographics:

Staff: The staff of VSN is made up of many individuals, including a board of directors and an advisory board.
The Audience: The audience of this organization the community of public citizens and government officials.
Community Served: Vernon County

Funding: The VSN is partially funded through its members (21%). The rest of the programs activities are funded by grants (63%), events (12%), and fees for service (3%).

Projects

Water Quality Monitoring
Food and Farm Initiative (Community Food Assessment, Farm to School, Kickapoo Harvest, Direct Marketer's List)
Stewardship and Education (Birding hikes, river clean up, habitat restoration, roadside cleanup, prairie walks, invasive species workshops)
Activism (Public Policy aimed at preservation of fresh water, fertile soil, clean air, flora, and fauna)
Comprehensive Planning (Land use regulation)

Data / Tools: Information is gathered through the collaborative efforts of the board of directors, staff, volunteers, and advisory board.

Scientific Testing
Community Involvement
Water monitoring (Watershed Library)

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Survey/Interviews
Literature research
Educational Programs

Incentives:

They provide workshops that providing information to farmers, sellers of retail, and fresh produce producers.
Give the public the opportunity to participate in the cleanup and conservation of natural habitats.
hey offer citizens the opportunity to improve the environmental quality and sustainability of the place they live.

Policy: Board of directors along with the voice of the public can be influential in the writing of policies which affect the quality and management of land in Vernon County.

Media: They get their word out through local newsletters, word of mouth, and through direct community involvement. They encourage professionals and volunteers of all ages to join a collaborative effort of environmental improvement.

Evolution: Their organization has grown over the past 10 years to include watershed, organic farming, educational, and food security programs in the county. The number of members and volunteers has continually grown over the lifetime of this organization.

Overview of Vernon Stewardship Network Initiatives:

The Valley Stewardship Network has been involved in numerous community programs over the past 10 years, but the one that relates best to our class project is the Food and Farm Initiative. The FFI addresses the needs and concerns relating to the food system of southwestern Wisconsin. After analyzing the results of a community food assessment, the FFI has begun to implement programs that help consumers obtain healthy foods. Many of these ideas and concepts could easily be incorporated into our project in Haughville.

One of the ideas, which caught my attention, was what they refer to as their Kickapoo Harvest. The objective of the Kickapoo Harvest is to provide low-income resident with farm fresh produce at a reasonable price. They are able to do this by harvesting the excess, un-marketable produce and fruit grown on area farms. With the help of volunteers, this food was cleaned up, boxed, delivered to those who needed it most. Area chefs also offered cooking demonstrations and recipes to those residents who were interested in learning how to prepare fresh produce. I think that if we could come to some sort of agreement with local farmers, this same type of concept could be used to feed the low-income residents of Haughville.

Another program of the FFI is the Farm to School Program. This program helps form connect schools with local farmers, to provide healthier food options in school cafeterias. There is also a competition known as the Harvest Challenge which involves teams of high school students, teachers, and chefs, who work together to create school lunch menus that provide fresh, wholesome, locally grown products. This opportunity allows young people to become more knowledgeable about nutrition, and local agriculture. I know that food nutrition in schools is always a big concern, and as we said in class many time a child's only meal is at school. This program gives students healthy food options, while also educating them at the same time. This type of program could also be something that could be researched and possibly implemented in the Haughville community school system.

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The FFI has also compiled a Famer's Directory which allows residents to easily access and purchase food from local farmers willing to sell to area consumers. VNS and FFI also provide farmers workshops which provide farmers with information on sustainable agriculture including pest and week control, marketing strategies, and soil improvement. The FFI has also implemented a eat local challenge, encouraging consumers to purchase and eat locally grown produce. It will be interesting to see whether we are able to incorporate some of these great idea into the food systems of Haughville.

Willamette Farm and Food Coalition
Non-government; local, non-profit food community
Location: Lane County, Oregon
Year Established: 2000

Mission: The Willamette Farm and Food Coalition facilitates and supports the development of a secure and sustainable food system in Lane County, Oregon.

Demographics:
Staff: 13 board members, 2 staff members, and 38 volunteers
Audience: Arch community
Community Served: Lake County, Oregon (located at the end of the Willamette Valley)

Funding: $144,500—$74,920- various foundations, $29,400- contract work, $15,860- locally grown, $19,600- donors, $4,720- events (according to the 2008 annual report)

Projects: Local Farms First Campaign, Farm to School program; Collaborative projects include Southern Willamette Valley Bean and Grain Project, Oregon Solutions Lane County Food Distribution Project, Farmland Preservation, Year-round Farmers' Market Discussions, Eat Here Now, and Local Food for All

Data/ tools : Use surveys by phone to gather data. Also use GIS mapping of farmland.

Incentives: The organization provides many opportunities for the public to learn about the local food system. Perks of a membership with the WFFC include being able to attend membership meetings and receiving emails with updates about current food issues and events.

Policy: The WFFC works with the Lane County Food Policy Council, in order to promote farmland preservation. They create educational materials, perform GIS mapping of farmland, and estimate current and future food production, with the intent of influencing policymakers.

Media: The WFFC produces an annual publication, entitled Locally Grown, which is a guide to local food in Lane County. Through Eat Here Now and collaboration with the Helios Resource Network, they have also helped run three local food extravaganzas in the hopes of increasing networking and awareness.

Evolution: The organization was derived from the Edible City Resource Center, which was created in 1979. The Worm Digest joined with the ECRC in 1993, and both organizations were revamped (new name, mission, by-laws, members) with the formation of the Willamette Farm and Food Coalition in 2000.

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The Willamette Farm and Food Coalition is a local, non-profit organization located in Lane County, Oregon. The WFFC consists of a wide variety of members, which include two staff members (an executive director and a Farm to School program coordinator), thirteen board members from a variety of different community organizations including educational organizations, farms, nurseries, marketplaces, and churches, and, finally, a total of 38 volunteers. The Coalition aims to develop a secure and sustainable food system in Lane County, Oregon, to increase education and awareness of the impacts of food choices, to ensure that all members of the community have equal access to locally grown food, and, finally, to promote the purchase and consumption of locally grown food (WFFC).

The WFFC's vision goes hand in hand with the vision of the Indianapolis Food, Farm, and Family Coalition, which we will be working with this semester. The FCCI's vision is "to make Indianapolis a more food secure city through education, awareness, public programs, and connecting consumers to farmers" (IFFFC). The WFFC represents the evolution of the Edible City Resource Center, which was an organization created in 1979 with the vision of increasing the number of gardens in the area and awareness of local food issues. Thus, the WFFC is a much longer-standing organization, with many established partnerships, collaborations, and projects that we can definitely take inspiration from when working with the FCCI and the community of Haughsville.

One of the WFFC's main projects is the production of Locally Grown, an all-encompassing guide of locally grown foods in the Lane County community. The guide has been made every year for the past seven years. It includes information on local farms, farmstands, farmer's markets, community supported agriculture programs (CSA's), wineries, grocery stores and restaurants that sell local food, and local food-related events. A guide of this type is something we could create for the community of Haughville. A guide of this sort would be relatively easy to make, and it would help to increase the consumption of locally grown food.

Another one of the WFFC's major projects that I think we can channel in our work with the FCCI is their Farm to School program. The goals of the program are to educate kids about the food they eat and to increase the use of locally grown food at school. The schools involved in the program feature a local fruit or veggie each week in the cafeteria, and they have a tasting table with locally grown veggies daily, as well. Educational activities include field trips to farms, harvest day, in which the kids make a meal from the food collected on their field trip, maintaining gardens, and the incorporation of nutritional education in the curriculum. I think that we should definitely attempt to work with the schools in Haughville, and these are some great ideas as to what we can do.

Other WFFC projects include farmland preservation, the Bean and Grain project (helps transition farms to produce organic grains and beans), the creation of a year-round farmer's market, and Local Food for All (increases access to local food for all members of the community). These are even more ideas that we can consider and use as inspiration when doing our work this semester. I also could not help but notice that the WFFC's website is, simpy put, awesome. It has tons of resources and lots of information on how to access local food and promote a healthy food system. Revamping and adding to the FCCI's website is yet another idea of a project that we could do.

Appendix B

BUTLER UNIVERSITY

Institute for Research and Scholarship
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Indianapolis, Indiana 46208-3485
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April 5, 2011

Mr. Jacob Capito
409 W. 49th St.
Indianapolis, IN 46208

RE: IRB Protocol: Haughville Food Assessment

Dear Mr. Capito:

On behalf of the Institutional Review Board (IRB), I am pleased to announce that your application for research involving human subjects was approved as expedited on March 25, 2011. Your research has been approved for the time frame of March 25, 2011 to April 6, 2011. Federal regulations require that the IRB provide approval of one year (365 days) or less. At the end of this time frame, please send a brief written report to the IRB stating the total number of subjects employed in this study and the date that you completed your data collection. If your time frame covers more than one year, you should submit a request for a continuation of the study and a report at least annually until the research has been completed, after which you will submit a final report.

It is the responsibility of the Primary Investigator (P.I.) (and, if applicable, faculty supervisor) to inform the IRB if the procedures presented in this protocol are to be modified or if problems related to human research participants arise in connection with this project. Any unusual incidents that occurred in data collection that differed from your expectations and planned protocol should be reported immediately to the Director of The Institute for Research and Scholarship (Director) (317-940-9766), if indicative of increased risk to subjects, and research should be suspended. You should also suspend research and report to the Director unanticipated negative reactions, either physical or emotional, that occur as a direct result of research participation. Other relevant parties and supervisors should be informed, as well.

Please note that your research is only approved for the time frame listed above. Any modifications to your protocol or any extension to the approval period must be evaluated by the IRB before being implemented, as some modifications may change the review status of this project

May I offer my congratulations on your approval and wish you success on your research. Should you desire additional assistance or clarification, please call me at 9766.

Sincerely,

Robert Holm

Robert F. Holm, Ph.D.
Director, Institute for Research and Scholarship

cc: M. Hennessy, Center for Urban Ecology

Appendix B

Respondent consent form issued to participants:

Dear Respondent,

Thank you for participating in the interview section of the Haughville food assessment. This project is part of the Environmental Practicum course and its partnership with the Indy Food, Farm Family Coalition. Prof. Marjorie Hennessy and April Hammerand are the project supervisors and may be contacted at 317-940-6505 if you have any further questions.

There is no direct compensation for your participation; however your feelings and input are important to the project. This interview will be recorded for the purpose of transcription and analysis. You will be asked to discuss your feelings about food related issues in Haughville. There are no anticipated benefits or risks associated with your participation in this interview.

Before we begin, please be assured of your rights as a respondent:

- Your participation is voluntary.
- You are free to refuse to answer any question at any time.
- You are free to withdraw from the interview at any time.
- The interview will be kept confidential and will only be available to members of the project team.
- Excerpts from this interview may be made a part of the final report, but under no circumstances will your name or any information that may personally identify you be included in the report.
- Recordings and transcriptions of the interview will not bear your name or personal identity characteristics other than a subject number.
- Upon transcription, all recordings will be erased and destroyed.

Thank you again for your participation. I would be grateful if you would sign this form to show that I have provided you with this information.

I agree to have this interview audio recorded.

☐ YES ☐ NO

NAME_____
SIGNATURE_____
DATE_____

Appendix C

The following outlines major themes along with some quoted excerpts discovered during the interview process.

A. Major Themes

1.Safety Issues Involving Food

a. Walking to and from the grocery store is a concern. Afraid of being robbed or having groceries stolen.

"You used to be able to walk down the alley to get to a grocery store but now they are snatching your purse. Now you have to look on each side of you when you are walking."

"It done changed a lot. It got a little more dangerous sometimes. We . . . have to look over our shoulders wondering "who"? Are they gonna be friendly? What are they?"

"When I grew up, everybody helped each other. I mean, if you need a bag of sugar or, anything, a cup of sugar, we can go right next door . . . it's like, we walked in people's houses. Now, every door is locked Can't do that now. There's a lot of strange people around here. Gotta be careful."

b. Car was broken in to many times and approached by strangers to steal rugs when working at a local hospital delivering drugs to outlying clinics. The car was spotted and followed often watched.

c. Food being spoiled and/or rotten.

"I don't do no bargains when they have that. I tried that one time. They have stuff, like deals, and I don't need that. Most of the time it'd be spoiled anyway."

"It's safe... I wanted to grow potatoes, because I love potatoes, but basically I get them from Kroger or Marsh. I think its hard to do anything to a potato. I think all potatoes are naturally the same."

d. Worried about safety from the farmer to packager to the store and it staying safe throughout the process.

2. Variety and Availability

a. Going out of the way to get the kinds of food needed/ not offered in Haughville stores

b. Kroger on Washington St., Meijer on the west side, sometimes Meijer in Avon

c. Walmart in Layfayette Square

d. Local Kroger (within Haughville) did not offer many "high quality" items. Food did not "look" fresh.

e. When asked about the Kroger in Haughville.... *"They just don't have a lot of high end stuff. Now the one over on Washington [Kroger], they've got everything you would want."*

"At the Kroger in Haughville, I won't buy the meat there because it just doesn't look good. It looks like it's full of dyes and stuff. Their vegetables aren't really fresh. I bought some there and made some stir fry, but I was disappointed in the vegetables."

"I don't know, since I been shopping, I like the frozen spinach, so I wish they had more frozen vegetables than they had canned vegetables"

Appendix C

f. Must go out of the Haughville community to get the groceries needed.

"When I was growing up there were stores on every corner. The stores were acces sible. There are no little stores around that sell produce. We were better fed in those days."

"I go to Wal-Mart or Meijer. I seldom go to Kroger but Kroger is the only place we can go within the neighborhood."

o 'Malls' (large department store) have everything

3.Time and preparation

a. In terms of work schedules, it is difficult to find time to prepare and cook a meal at the end of the day, especially if one is working 60+ hours a week.

b. When asked, if you had more time, would you spend more time cooking at home?

"Yeah well if I had the time, I would cook every day."

c. As a diabetic preparation time is extremely important because of health concerns.

"I have to eat 30 minutes after I wake my insulin. I used that time to prepare my food so I can eat 30 min later."

II. Potential Solutions

1. Community Gardens

a. Issues:

i. Lack of access points for produce within the neighborhood. Only place is Kroger

ii. Fresh vegetables are better than canned but are more expensive

"I love asparagus but fresh asparagus is more expensive in the can and I would rather have that than the can but its just too expensive."

iii. Whether or not the garden will be grown naturally (i.e. without fertilizers)

iv. Who will look after the garden and tend to it

b. Benefits:

i. Fresh foods and natural foods at little to no cost (especially compared to grocery store quality of "fresh" foods)

"Actually when the economy started getting bad, I got 4 little ones so I said we need vegetables. At every meal we like to have vegetables, that's what got me going and once I did it, I started getting hooked on it"

"A garden would give elderly community members the outlook of being active. If its in the neighborhood they could walk to the spot."

ii.Would unify the community

"[The community] done changed a lot. It got a little more dangerous sometimes ...a community should be more of a family type thing. You know, we don't have to look over our shoulders wondering "who"? Are they gonna be friendly?What are they? So, I think that would bring the community together, doing projects like gardening or any other small and minor projects."

iii.Its safer, fresher

"I feel like mine are, I can't say organic because that has to be tested but I use all natural resources in my garden. I would say organic but they are not, so they taste a little better."

Appendix C

2.Farmers Market
- a. Issues:
  - i.Where it would be located
  - ii.How much items would cost, accepted forms of payment
  - iii.How often it would be available
- b. Benefits:
  - i. Fresh fruits, vegetables, and some produce being brought into the community
  - ii.Easier access to fresh and healthy foods

3. Community Surveys (regarding food availability/variety)
- a. Issues:
  - i.Would need someone to be "in charge"/ organize
  - ii.How/where would surveys be distributed
  - iii.How to attain cooperation with local food retailers and get them to value the opinions expressed in the surveys
- b.Benefits:
  - i.Wider variety and availability of food in the community
  - ii.Variety of food available tailored to what the community wants

4.Food Safety Legislation
- a.Issues:
  - i.Initiating local policy
  - ii. Passage of legislation/policy
- b.Benefits:
  - i.Cleaner food conditions
  - ii. Safer food being available
  - iii. Affordable options, financial assistance for local foods