

Low Income Access to Food

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PLAC 569: Food Systems Planning: Spring 2009

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Outline & Goals

- Executive Summary
 - Relevance
 - Study Area
 - Indicators and Benchmarks
 - Community engagement
 - Suggestions for further study
- Project Goals:
 1. Conduct ***Focus group*** with low-income residents to determine limited access to nutritious food
 2. Develop and apply metrics that embody its *values* in a series of aspiration ***indicators and benchmarks***
 3. Produce ***useful tools*** for a complete assessment of City and food sources

Project Impetus & Relevance

“The problem [food insecurity] does not stem, as some might think, from insufficient production. The world is awash in food, and more and more people are overeating...Effective action to reduce hunger must be based on a thorough understanding of who the hungry are, where they are, and exactly why they are malnourished.”

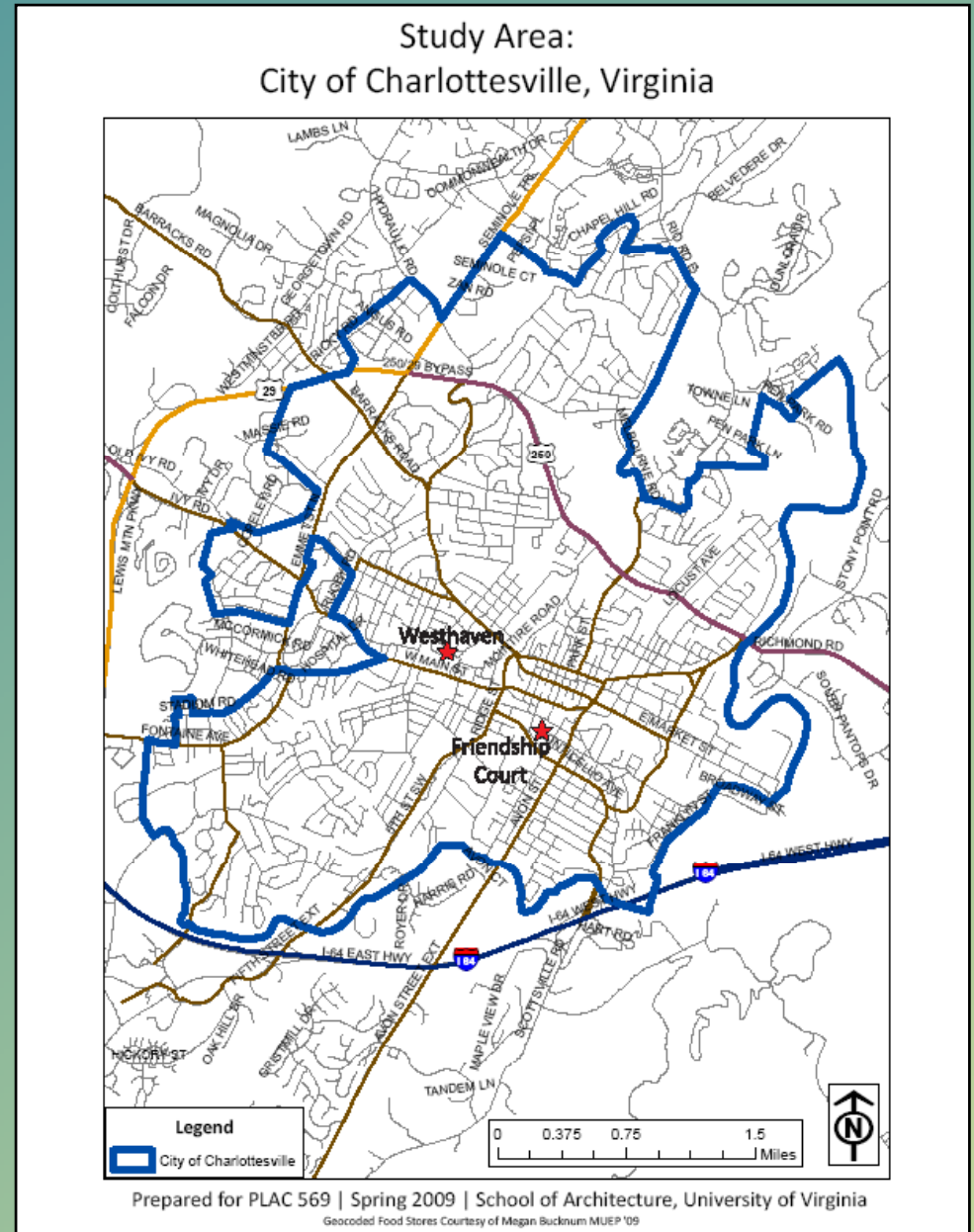
~Per Pinstrup-Andersen & Fuzhi Cheng, *Still Hungry*

Access to Food: Indicators

1. Spatial Distribution of Vulnerable Populations
2. Proximity to Sources of Nutritious Food
 - Food Balanced
3. Transportation Availability, Convenience, & Satisfaction
 - Multiple Modes
4. Availability of Nutritious Food
5. Affordable Food in Stores
 - Percentage Income
6. Community awareness and perception of “nutritious” food

Area of Study

- City of Charlottesville
- Focus Groups
 - Friendship Court
 - Westhaven Housing Neighborhood



Indicators and Benchmarks

Indicator: Vulnerable Populations

✓ / ✗ The community has a GIS layer for each of following categories and considers this data into planning efforts.

- Community understanding spatial distribution:
 - Low Income
 - Women
 - Esp. Head Household w. Children
 - Children
 - People without access to vehicle
 - Elderly
 - Disabled

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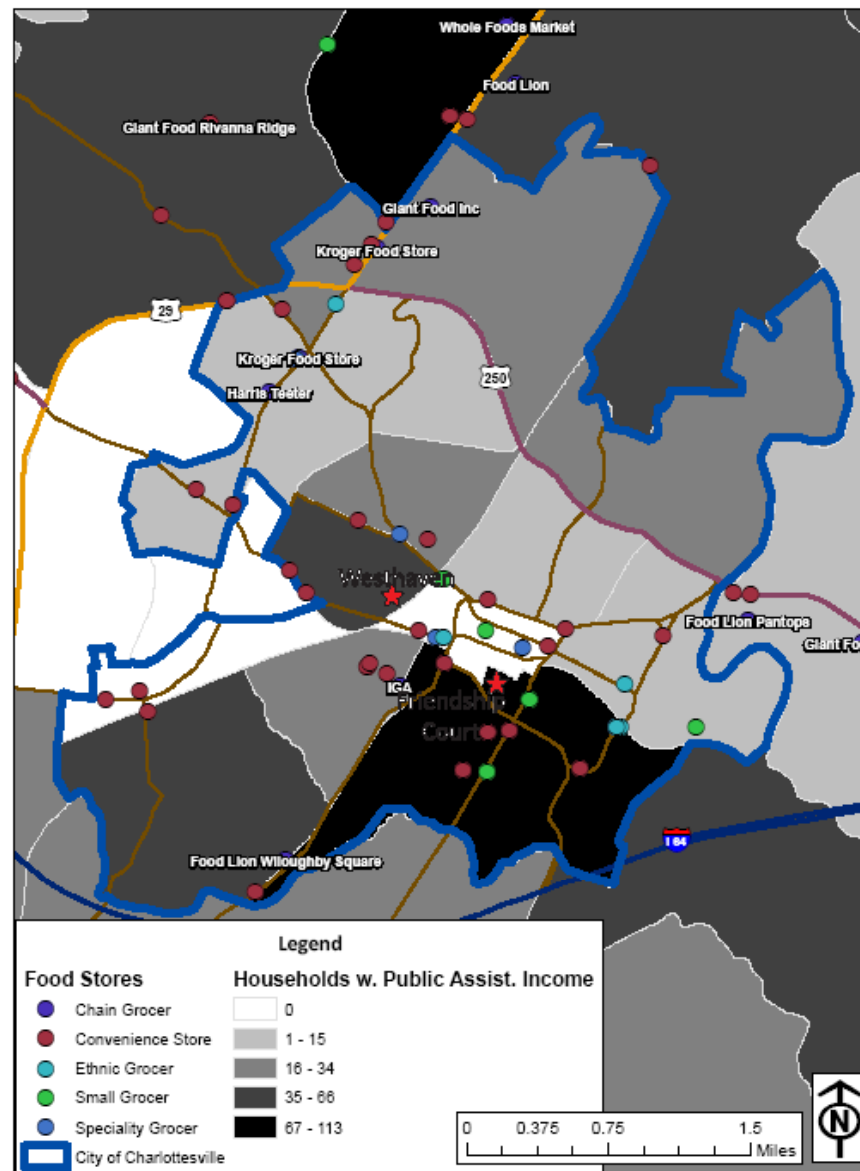


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Indicator:
Vulnerable
Population
(Low Income)

Number of Households With Public Assistance Income By Block Group
In 1999 Charlottesville, Virginia

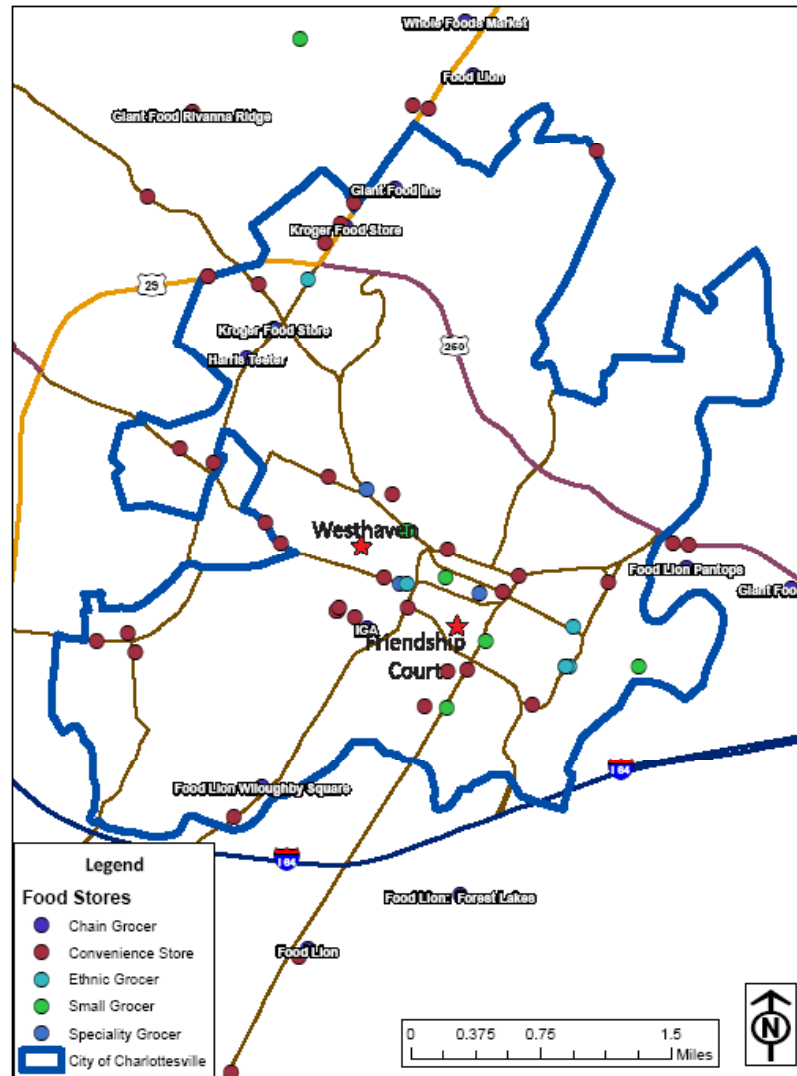


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Geocoded Food Stores Courtesy of Megan Bucknum MUEP '09

Indicators and Benchmarks

Food Stores City of Charlottesville, Virginia



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Geocoded Food Stores Courtesy of Megan Bucknum MUEP '09

Indicator: Proximity to sources of nutritious food

“Food Stores” include:

- Chain grocery stores
 - Kroger, Food Lion, Harris Teeter
- Small Grocery Stores
 - Reid’s, Jack In Jo Produce
- Convenient stores
 - 7/11, Lucky Seven
- Specialty Stores
 - Integral Yoga, C’ville Market, Feast
- Ethnic grocery stores
 - Asian Market, El Paso

Indicators and Benchmarks

Indicator: Proximity to sources of nutritious food

In Charlottesville and Albemarle Counties...

16 Chain Grocery Stores

68 Convenient Stores

6 Ethnic Grocery Stores

10 Small Grocery Stores

6 Specialty Stores

✓ **106: Total number of nutritious food stores**

✓ Within the Charlottesville city boundary, there is **1** grocery store for every **6,600** people

Benchmark: National average in 2002: 1 store per 4,387 people

Indicators and Benchmarks

Indicator: Transportation availability, convenience, and satisfaction.

- ✓ Charlottesville has multiple modes of transportation
- ✓ All residents without cars have access to alternative modes of transportation to food
- ✓ Residents are satisfied with choices

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Indicators and Benchmarks

Indicator: Transportation availability, convenience, and satisfaction.

Proposed Benchmarks	
Bus	~ 20 minutes
Car	~ 8-10 minutes
Taxi	~ 8-10 minutes
Walk	~ 0.25 miles or 5 minutes

Westhaven to Food Lion			
✓	Bus	24 minutes	\$0.75
✓	Car	7 minutes	\$1.42
✓	Taxi	7 minutes	\$10
✗	Walk	2.4 miles, 40 minutes	-

Friendship Court to Food Lion			
✓ ✓	Bus	10 minutes	\$0.75
✓ ✓	Car	4 minutes	\$1.02
✓ ✓	Taxi	4 minutes	\$5-10
✗	Walk	1.7 miles, 34 minutes	-

Indicators and Benchmarks

Indicator: Affordable food in stores.

- Percentage of family income spent on food ranges from 10% to 30% 9.
- One document of published store prices in City

Charlottesville Assessment:

- ✓ Stores publishing their prices
- ✗ Measurement of income spent per family



Indicators and Benchmarks

Indicator: Community awareness and perception of “nutritious” food.

- ✓ City sponsored nutrition classes

10.



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Spotlights

Nutrition.gov
Obesity prevention, meal planning, trans fat number and allergen information on food labels, folic acid.

What's in the Foods You Eat - Search Tool
View nutrient profiles for 13,000 foods commonly eaten in the U.S. Portion sizes can be adjusted

Meat and Poultry Hotline
Get answers to your food safety questions from a food safety specialist via a toll free number. Safe storage, preparation of meat, poultry, egg products, food safety FAQs on this website.

Food Preservation, Home Canning
Home canning step by step, food preservation database, general food preservation, drying foods, safety issues.

Child Nutrition Programs
Links to programs providing a nutrition safety net for children, studies and evaluation of the programs, including SNAP.

MyPyramid, Steps to a Healthier You
The plan can help you choose the foods and amounts that are right for you. My Pyramid Tracker provides an assessment of your food intake and physical activity level.

FoodSafety Gateway
News and safety alerts, consumer advice, how to report illnesses and product complaints, produce handling education campaign, videos.

Related Topics

- Latest News and Transcripts
- Dietary Health
- 2008 Farm Bill
- Food Assistance
- Food Distribution
- Food Labeling and Packaging
- Food Quality
- Food Recalls
- Food Safety
- Food Security
- GovBenefits.gov
- Homeland Security

See Also

- Saday.gov
- FoodSafety.gov
- HealthierUS.gov

Points of Further Study

Community Role and Steps for Better Understanding

- Work with City officials
- Outreach to determine demand for subsidies/EBT machine at Farmer's Market
- Awareness of nutritious shopping guidelines
- Poverty and racial relations in the City
- Non profit collaboration 11.



Many thanks to Megan Bucknum, Sara Thurman, Jennifer Feigert & Thomas Roberts for their previous coursework.

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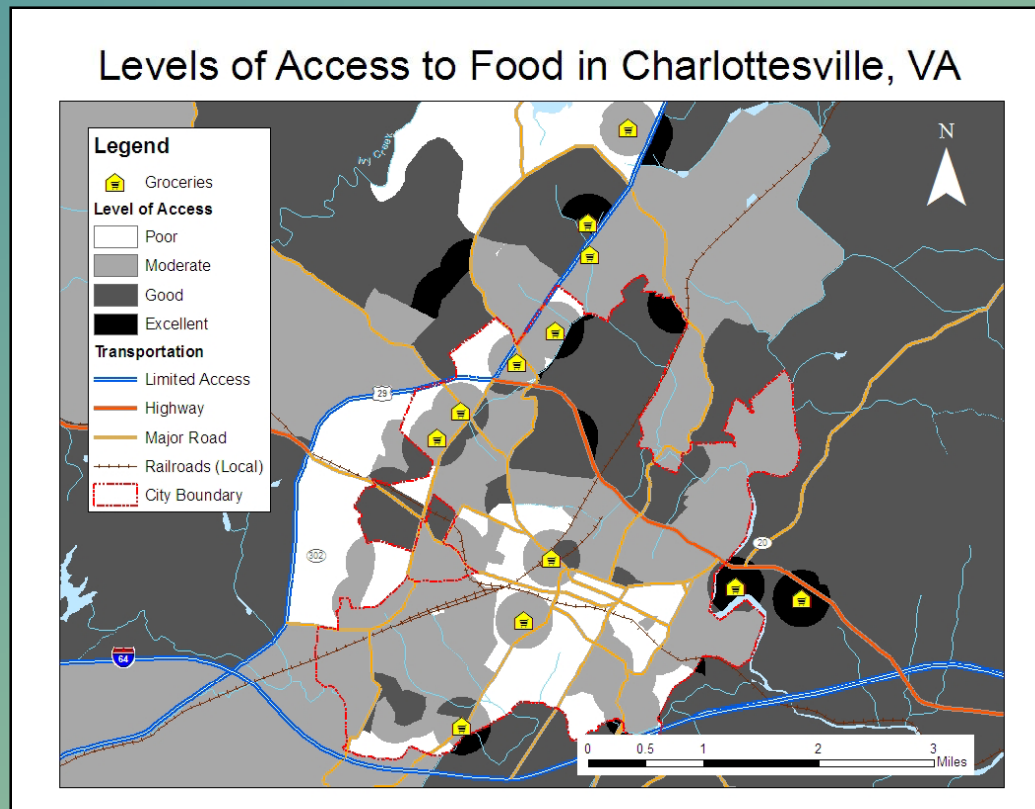


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