

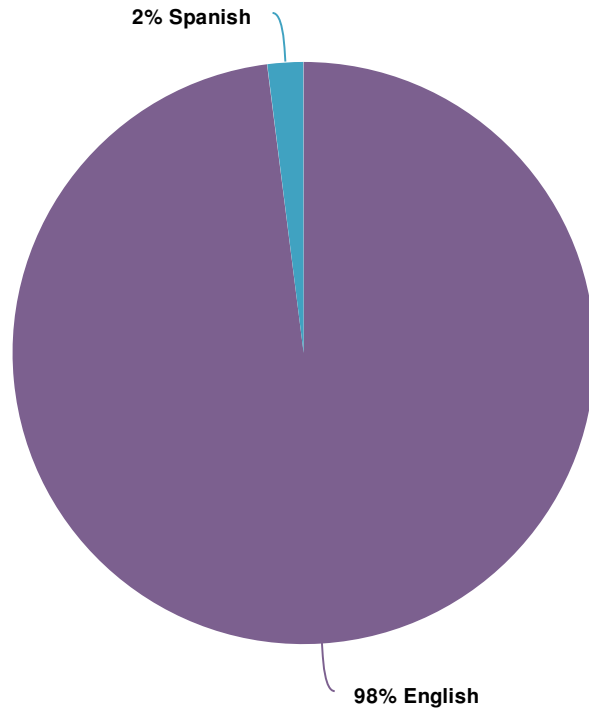
Report for Peoria Food Bank Healthy Foods Survey - Pantry Guests

Response Counts



Totals: 416

1. What is your preferred language?

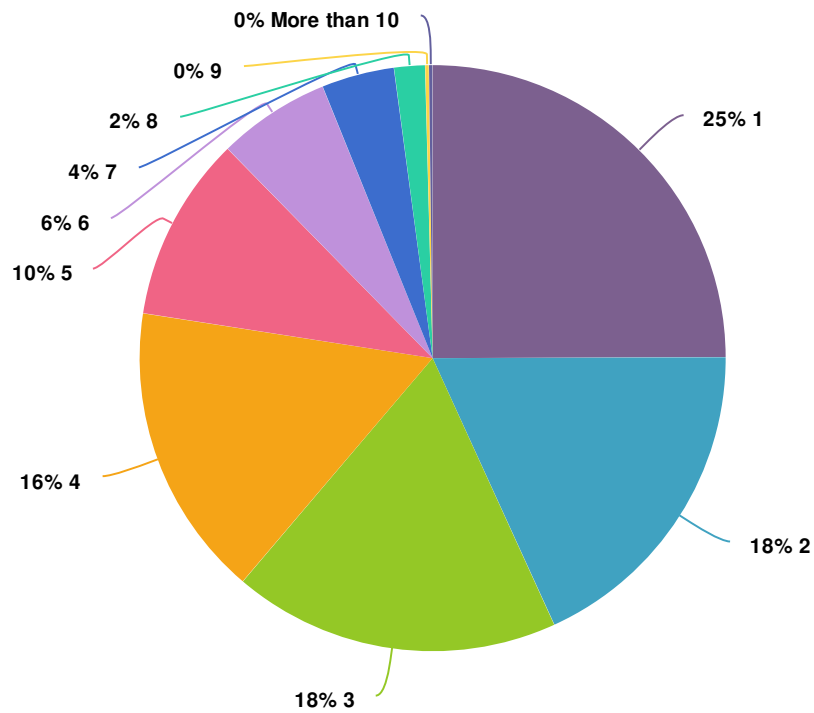


Value	Percent	Responses
English	98.0%	397
Spanish	2.0%	8

Totals: 405

Another language - Write In	Count
Totals	0

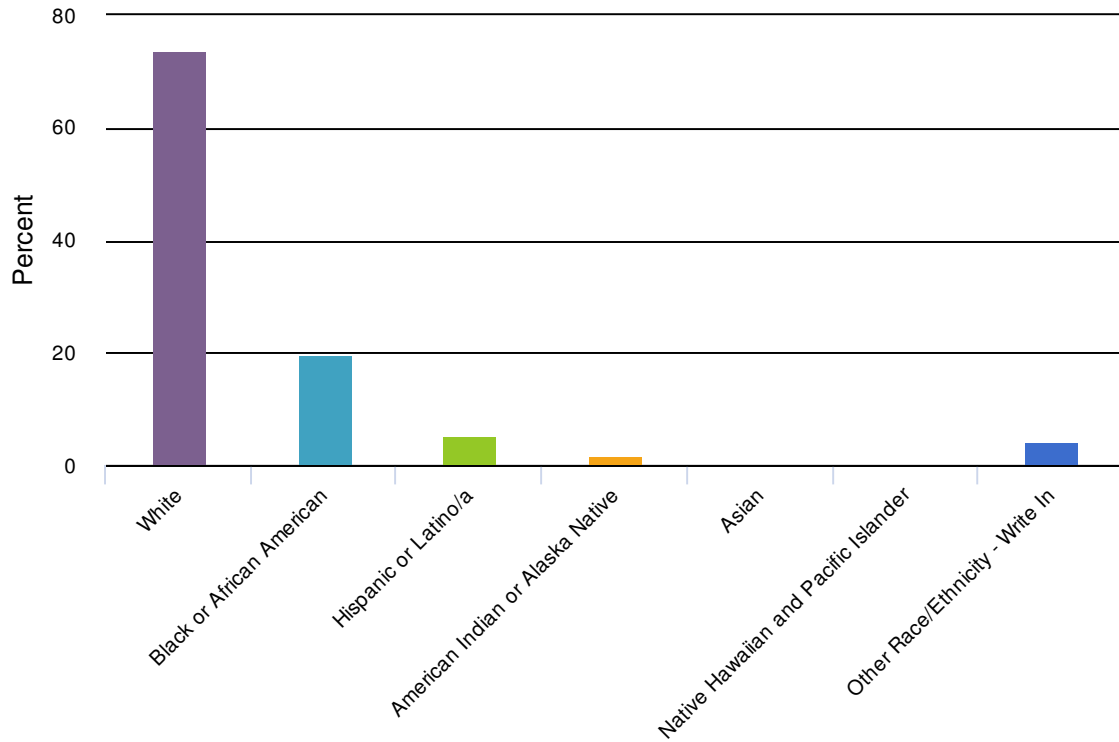
2. Including yourself, how many people currently live in your household?










Value	Percent	Responses
1	24.9%	100
2	18.2%	73
3	18.0%	72
4	16.2%	65
5	10.2%	41
6	6.2%	25
7	4.0%	16
8	1.7%	7
9	0.2%	1
More than 10	0.2%	1

Totals: 401

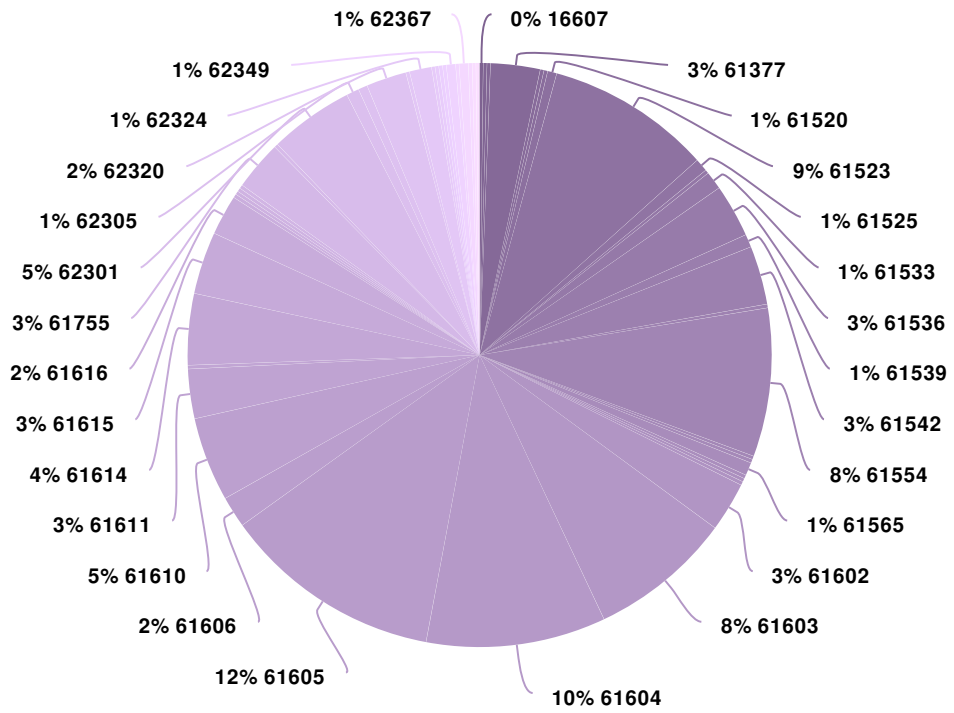
3. What race/ethnicity do you identify with? Please select all that apply.



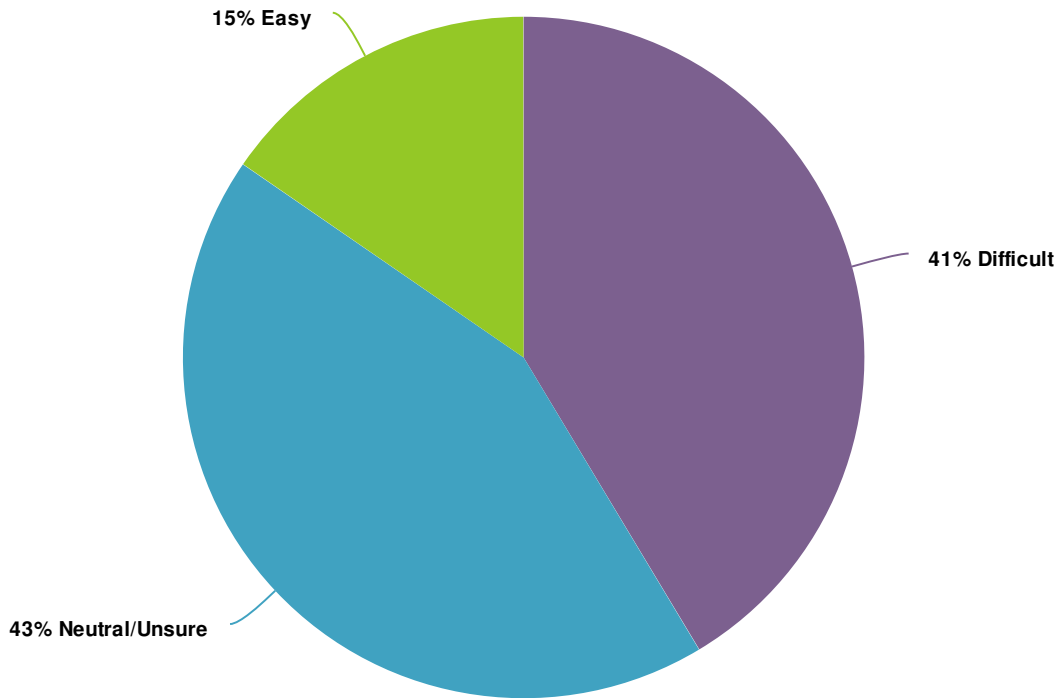
Value		Percent	Responses
White		73.9%	298
Black or African American		19.6%	79
Hispanic or Latino/a		5.2%	21
American Indian or Alaska Native		1.7%	7
Asian		0.5%	2
Native Hawaiian and Pacific Islander		0.2%	1
Other Race/Ethnicity - Write In		4.2%	17




Other Race/Ethnicity - Write In	Count
Caucasian & Jewish	1
Cherokee and Chipawa	1
Half Black or African American/Half white	1
Puerto Rican	1
bi-racial	1
biracial	1
human being	1
mixed race	1
Totals	8

4. What is your zip code?



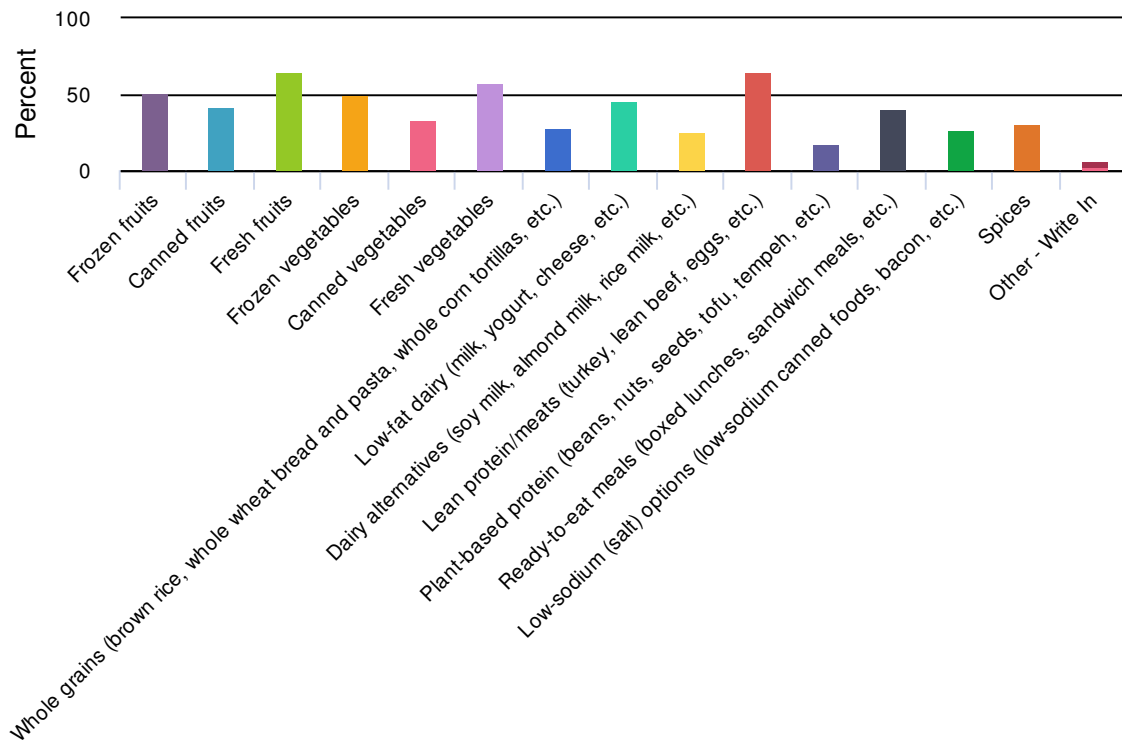
5. How difficult is it to provide your family with healthy foods? [Note to administrator: if asked, healthy options may include minimally processed fruits, vegetables, whole grains, low-fat dairy and lean proteins]






Value		Percent	Responses
Difficult		41.4%	161
Neutral/Unsure		43.2%	168
Easy		15.4%	60

Totals: 389

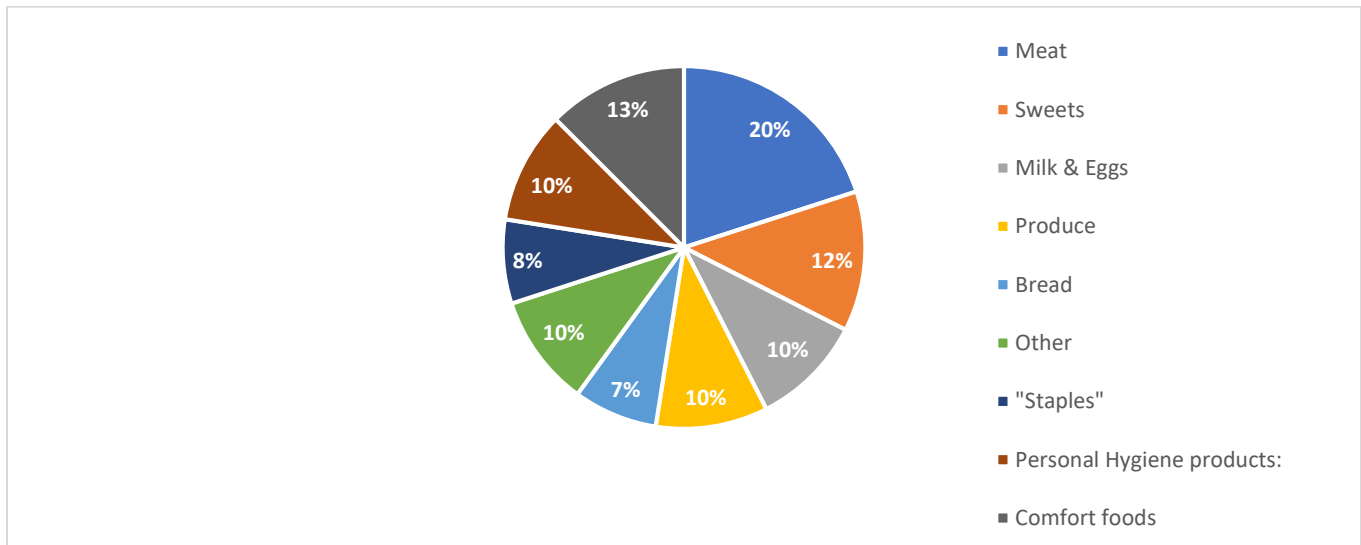
6. To help you and/or your family have healthy foods available to you, what would you like this pantry to have more of? Please select all that apply.



Value		Percent	Responses
Frozen fruits		51.1%	206
Canned fruits		41.7%	168
Fresh fruits		65.3%	263
Frozen vegetables		50.1%	202
Canned vegetables		33.3%	134
Fresh vegetables		57.3%	231
Whole grains (brown rice, whole wheat bread and pasta, whole corn tortillas, etc.)		28.0%	113
Low-fat dairy (milk, yogurt, cheese, etc.)		46.2%	186
Dairy alternatives (soy milk, almond milk, rice milk, etc.)		26.1%	105
Lean protein/meats (turkey, lean beef, eggs, etc.)		65.3%	263
Plant-based protein (beans, nuts, seeds, tofu, tempeh, etc.)		18.4%	74
Ready-to-eat meals (boxed lunches, sandwich meals, etc.)		40.4%	163
Low-sodium (salt) options (low-sodium canned foods, bacon, etc.)		26.8%	108
Spices		31.3%	126
Other - Write In		6.5%	26
Other - Write In		3.0%	12
Other - Write In		0.5%	2

Food Pantry Guests Survey | Question #6 Free Response Analysis

To help you and/or your family have healthy foods available to you, what would you like this pantry to have more of? Please select all that apply. Response selected "other" (n = 40)



Meat (n = 8)

- Red meat
- Meat- not chicken

Sweets (n = 5)

- Juice
- "Sweets for blood sugar"
- Peaches, prunes, fruit cocktail, applesauce

Milk & Eggs (n = 4)

- Almond milk
- 2% milk (2)
- Fresh eggs

Produce (n = 4)

- Plums
- Potatoes
- Greens
- Squash

Comfort Food (n = 5)

- Mac n' cheese
- White rice
- Popcorn
- Bacon (2)

Hygiene Products (n = 4)

- Soap
- Deodorant

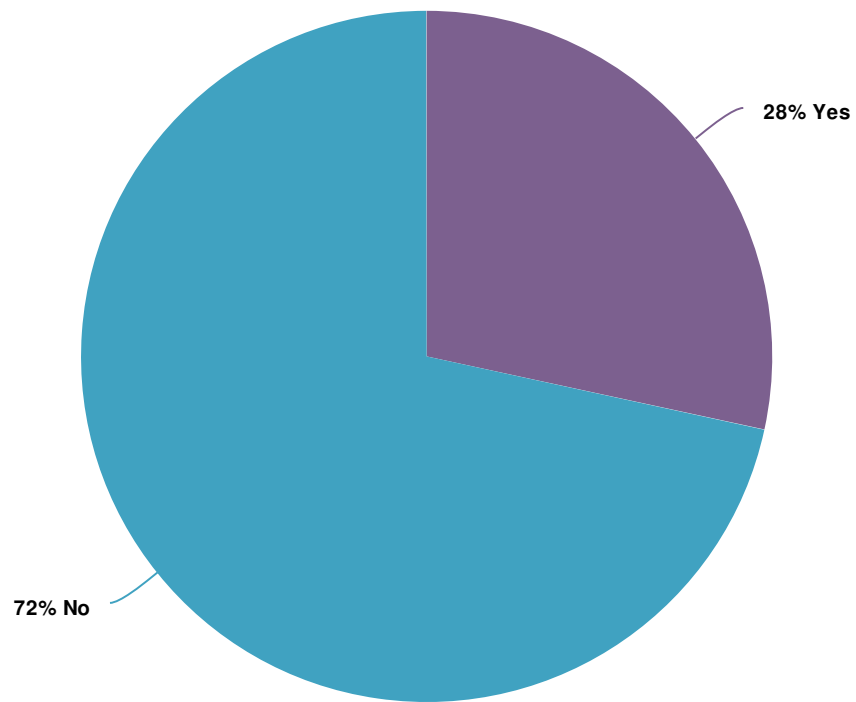
Bread (n = 3)



- White bread (2)

Other (n = 3)

- Gluten Free
- Organic (2)

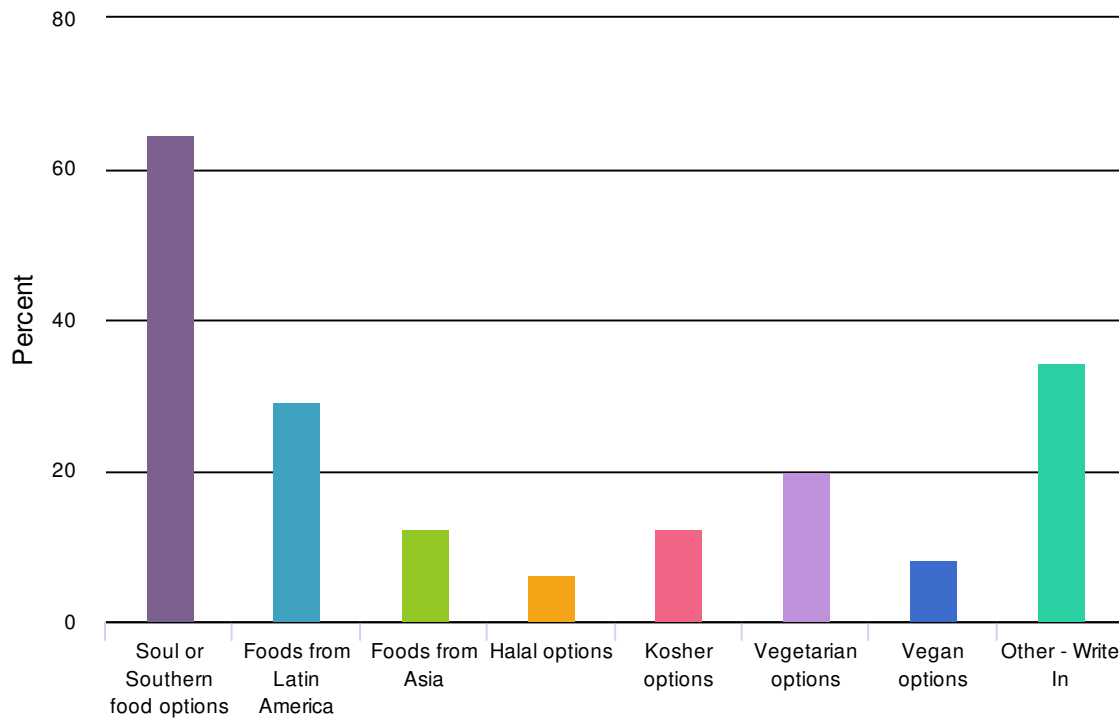
7. Is it ever hard to find foods at this pantry that meet you and/or your family's cultural or religious preferences and/or dietary restrictions?



Value		Percent	Responses
Yes		28.4%	101
No		71.6%	255

Totals: 356

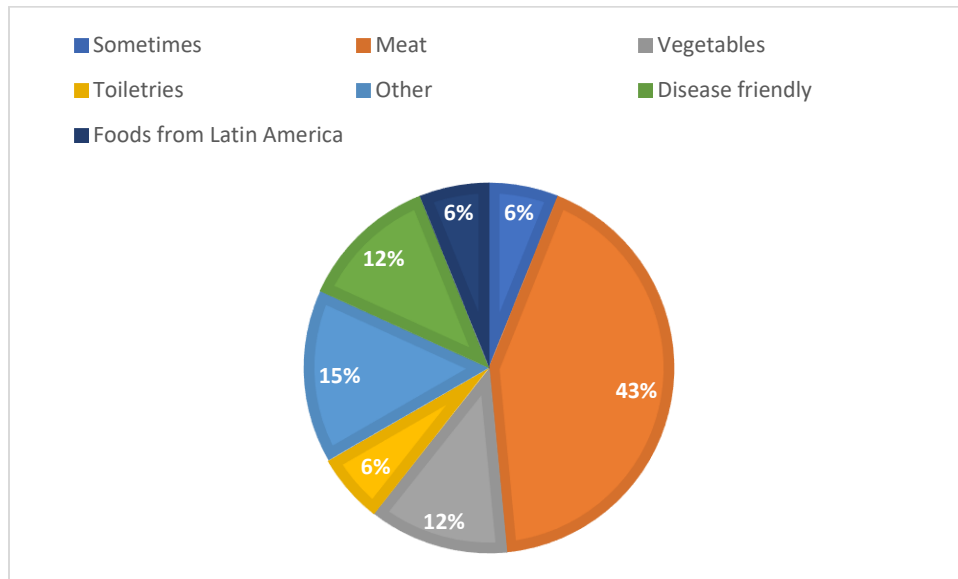
8. To better support you and/or your family’s cultural or religious preferences and/or dietary restrictions, what foods would you like this pantry to have more of? Please select all that apply and use the box to explain and/or add examples of what you would like this pantry to have.



Value	Percent	Responses
Soul or Southern food options	64.6%	62
Foods from Latin America	29.2%	28
Foods from Asia	12.5%	12
Halal options	6.3%	6
Kosher options	12.5%	12
Vegetarian options	19.8%	19
Vegan options	8.3%	8
Other - Write In	34.4%	33

Food Pantry Guests Survey | Question #8 Free Response Analysis

Please select all that apply and use the box to explain and/or add examples of what you would like this pantry to have. Response selected “other” (n = 33)



Sometimes (n = 2)

Meat (n = 14)

- Canned meat
- Hamburger (5)
- Pork

Vegetables (n = 4)

- Greens
- Salad that is not close to expiration
- Potatoes, asparagus, tomatoes

Toiletries (n = 2)

- “Toiletries, house goods like cleaning supplies”

Other (n = 5)

- Tofu
- Child snacks
- “Cheese, butter, pasta, bell peppers”

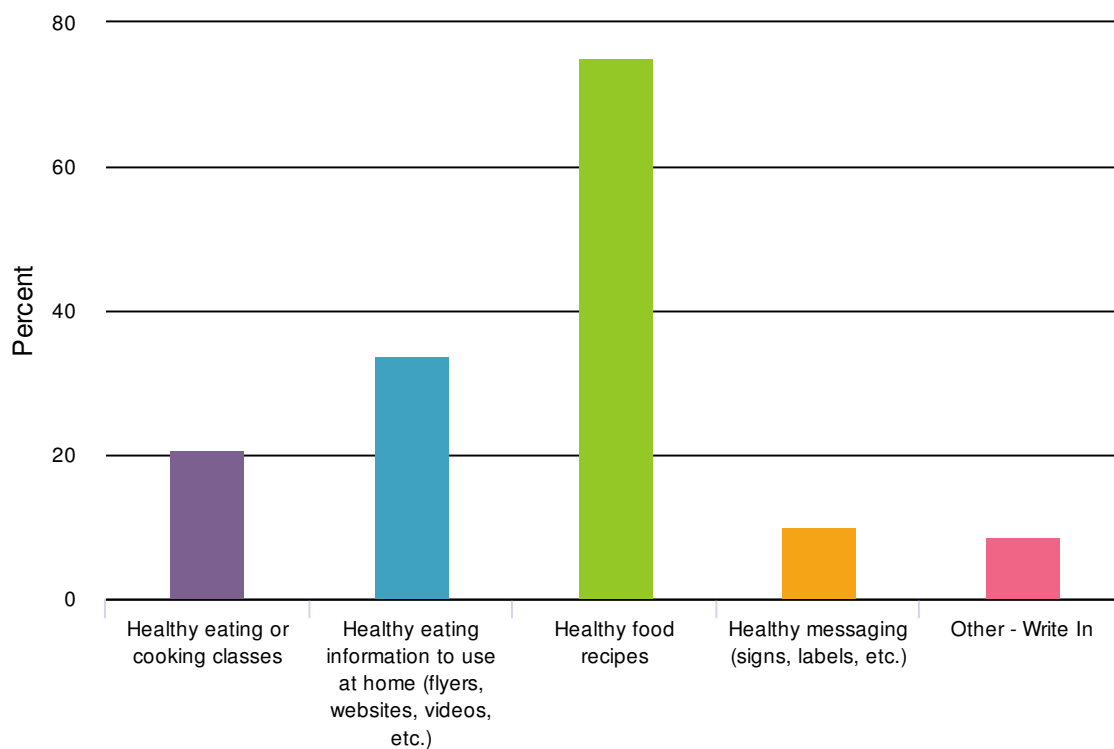
Disease Friendly (n = 4)

- Diabetic friendly foods
- Low fat/low sodium

Foods from Latin America (n = 2)

- “Mexican or something with bone bite”
- “Flour or corn tortillas”

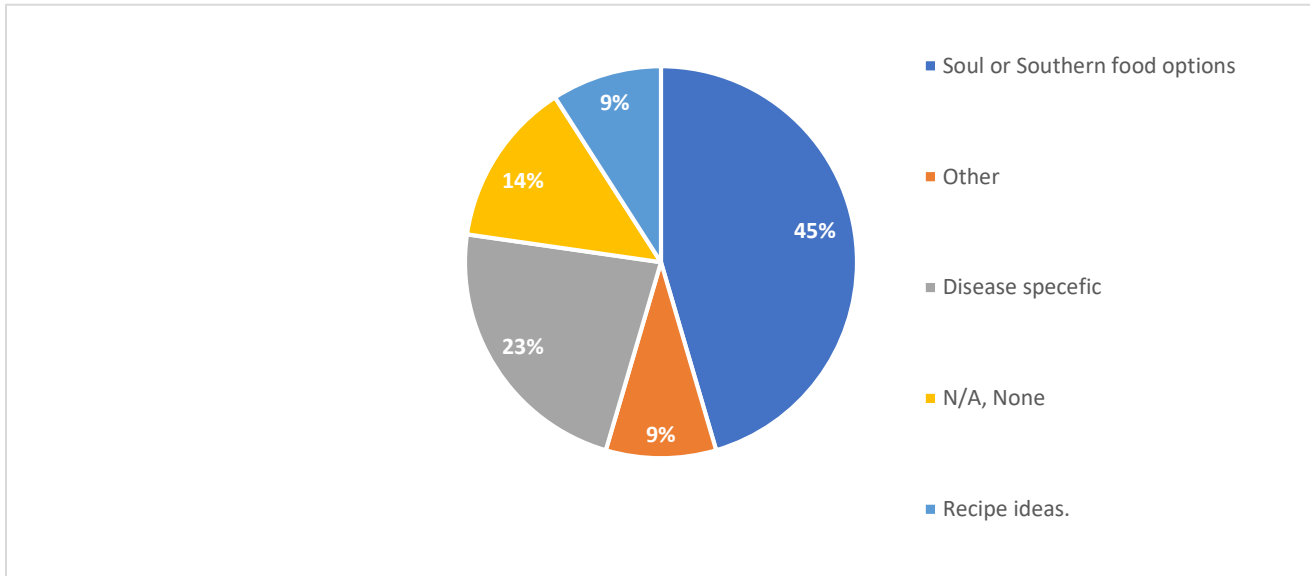
9. What would you like to take part in and/or receive to help you and/or your family make healthier choices? Please select all that apply.



Value	Percent	Responses
Healthy eating or cooking classes	20.8%	56
Healthy eating information to use at home (flyers, websites, videos, etc.)	33.8%	91
Healthy food recipes	75.1%	202
Healthy messaging (signs, labels, etc.)	10.0%	27
Other - Write In	8.6%	23

Food Pantry Guests Survey | Question #9 Free Response Analysis

What would you like to take part in and/or receive to help you and/or your family make healthier choices? Please select all that apply. Response selected "other" (n=22)



Soul or Southern Food Options ($n = 10$)

Recipes ($n = 2$)

None ($n=2$)

Disease Specific ($n = 5$)

- “Diabetic information”
- “diabetic and heart healthy recipes”
- “Heart failure”
- “Prepared diabetic meals”

Other ($n = 2$)

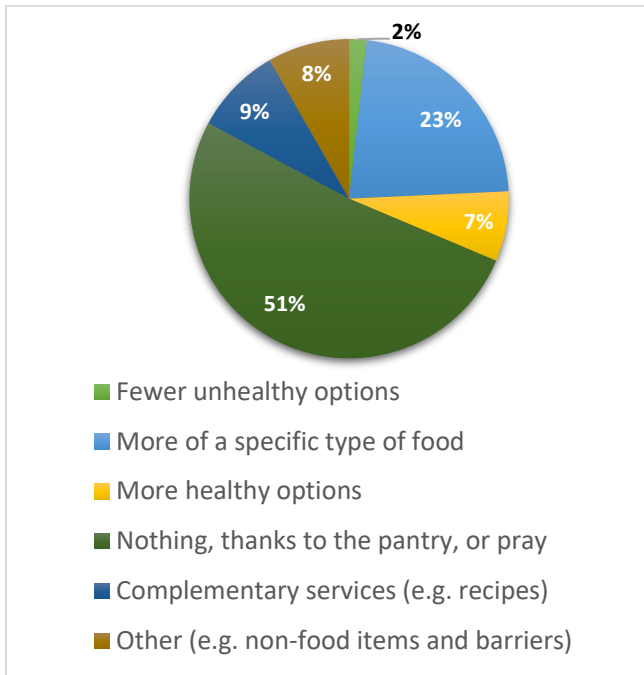
- “Beef or Pork meat. Milk”
- “better tasting snack bars”

10. What else can we do to help support your and/or your family's healthy eating?



Food Pantry Guests Survey | Question #10 Free Response Analysis

What else can we do to help support your and/or your family's healthy eating? ($n = 157$)



Nothing, thanks to the pantry, or pray ($n = 87$)

- Not that can think of this pantry is fantastic
- Keep your support
- Pray for us!
- You are wonderful people. Thank you. God bless.

More of a specific type of food ($n = 38$)

- more fresh produce please
- fresh fruit, veggies (cauliflower and broccoli)
- Would like Spanish food--our culture
- Would like more fish, chicken, beef, pork chops. Thank you!
- I would like our pantry to serve more oatmeal. You are doing a great job!
- Heart healthy and blood thinner diet.

Complementary services (e.g. recipes) ($n = 15$)

- cooking classes!!
- Any literature maybe or just to educate about healthy food.
- How long to store cooked meats and vegetables
- Recipes for those with diabetes and heart failure

Other (e.g. non-food items and barriers) ($n = 14$)

- Baby food, diapers and wipes
- Keep non restrictions during pandemic. I am not working and appreciate everything.
- Love fresh fruit and veggies. I miss being able to choose what we like.
- Difficult to get around. Location can be bare of fresh food. Had to leave food at bus stop or city link because heavy to carry.

More healthy options ($n = 12$)

- Provide healthy food
- Just try new things as much as you can.
- More healthy foods for kids for snacks.
- Need more healthy food because overweight and diabetic.

Fewer unhealthy options ($n = 3$)

- Less junk food
- Get rid of unhealthy food!
- don't have as much junk food