

2017 MINNESOTA FOOD SHELF CLIENT SURVEY

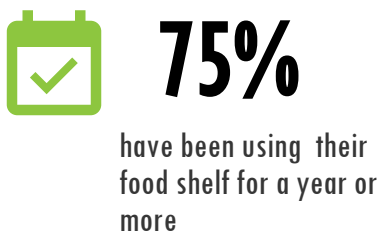


SECOND HARVEST HEARTLAND SERVICE AREA FOOD SHELVES

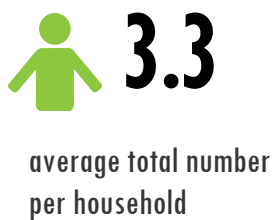
- 2466 client surveys from 104 food shelves are included in this report due to their location in the Second Harvest Heartland service area.
- 34% of clients were in rural areas; 66% were in urban areas.

WHAT CLIENTS SAID

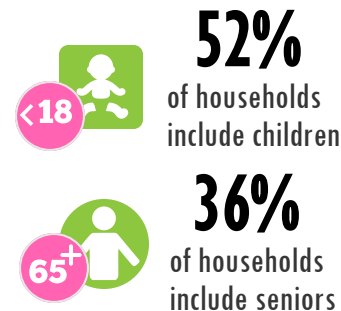
FOOD SHELF USAGE



HOUSEHOLD SIZE



YOUTH AND SENIORS



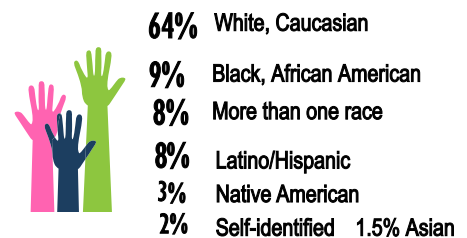
TRAVEL TO THEIR FOOD SHELF



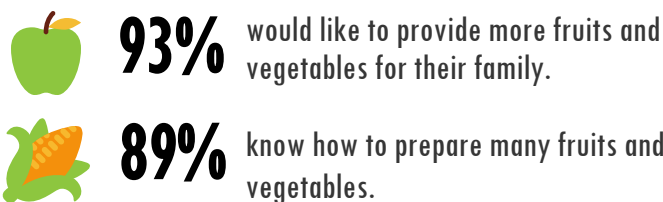
TOP FOODS CLIENTS WANT FROM THEIR FOOD SHELF



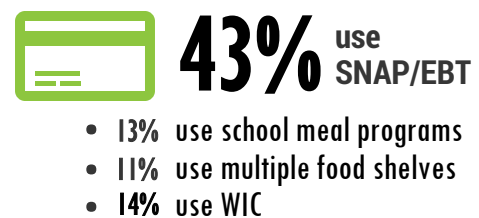
RACE / ETHNICITY



FRUITS & VEGGIES



FOOD INSECURITY



FOOD ACCESS



FRUIT & VEGETABLE ACCESS



AND



76% visit their food shelf once a month or more

YET...



68% are **STILL** food insecure.

- **worried food would run out** before they got money to buy more and/or;
- **food didn't last** and didn't have money to buy more.

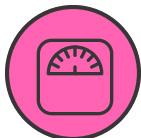
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SECOND HARVEST HEARTLAND SERVICE AREA FOOD SHELVES



HEALTH HISTORY

Has a doctor or health practitioner ever told you or someone in your household...?



43%

have high blood pressure



38%

Should lose weight



32%

have high cholesterol



29%

have diabetes



67%

responded yes to having one or more health conditions

CLIENT QUOTES

"We receive most of our monthly household food from this location. We are low-income and struggle to pay our monthly bills, let alone purchase food for ourselves. This place has been a godsend."

"Nutritious food helps me to better manage my mental health."

"It is tremendously important for my family. It supplies us with fruits, vegetables, bread, and bonus items that we cannot afford or struggle to purchase."

"Due to limited disability income since 2013, I have found the need to find other resources to help with my food supply. This Food Shelf is an important resource to me because I am not eligible for food stamps. In fact, this is the case with most of the residents in my bldg. (Transitional Housing) so this food shelf helps many in the community as well."

"This food shelf is important because it's very hard getting food when the price of food has gone up so much and kids can eat; don't matter how old they are. Sometimes people can't afford to get the food they need, but when they do, they can't get everything with food stamps anyway. That's why the food shelf comes in handy."

"The food shelf helps lessen the stress and worries of making ends meet and helps us with food each month. Thank you."

"This food shelf is very important to our family. We wouldn't be able to survive without help. The staff are always welcoming and friendly, willing to help without making you feel embarrassed. The cultural aspect is beneficial because they understand our crisis, sometimes it's embarrassing to ask for help and here they always help and make it ok. Our family is very grateful for this food shelf."

"I have diabetes so I am grateful that I can use the food shelf for fresh fruit and vegetables."

"This food shelf it helps expand our food so that I have more choices for cooking."

"We are living paycheck to paycheck barely making it. Food shelf has helped us a lot by saving our money on some food and paying the light bills, or water bills or rent. Money is tight every month. I have 4 kids under 10. I want to give them all they need."

NOTE: Quotes are reported verbatim and only edited when necessary to protect client identity.

