## The Paradox of Abundance: Access to Healthy Food in Corona, Queens



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Table of Contents
Acknowledgements ..... 3
Why Food Access Matters in Corona ..... 3
Community Food Assessment Goals and Guiding Questions ..... 4
The Food Survey Process ..... 4
Food Survey Results ..... 4
Table 1: Bodegas vs. supermarkets, does not include restaurants ..... 5
Map 1: Bodegas vs. supermarkets in Corona, Queens. ..... 5
Graph 1: Bodegas in Corona, Queens offer fewer healthy options than supermarkets ..... 6
Map 2: Vegetables in bodegas and supermarkets ..... 7
Map 3: Fruits in bodegas and supermarkets ..... 8
Table 2: Other food options in bodegas and supermarkets ..... 9
Table 3: All food establishments in Corona= food stores + restaurants ..... 9
Map 4: Restaurants ..... 10
Table 4: Types of Restaurants in Corona ..... 10
Graph 2: More Advertisements for alcohol and cigarettes, healthier ads are rare. ..... 11
Map 5: storefront ads near public schools ..... 12
Food Survey Limitations. ..... 13
Involvement in the Corona Community ..... 13
Recommendations and Action Steps ..... 14
Discussion/ Conclusion. ..... 15
Appendix I: The Food Survey. ..... 16
References ..... 22

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## Why Food Access Matters in Corona

Corona is located in Western Queens, New York, and has been identified as having the highest number of eligible immigrants not participating in the Food Stamp Program in New York City. Once people are receiving Food Stamps, what kinds of foods are they able to access? This question is of concern because in largely immigrant, low-income neighborhoods like Corona, there is often limited availability and access to fresh, healthy food choices. Several statistics relevant to immigrants in the United States were taken into account. In 2003, nearly 2 in 5 immigrant families reported that their family was unable, because of financial constraints, to consistently obtain food of sufficient quantity or quality for an active and healthy life ${ }^{1}$.

Indicator's for Corona's low-income status included: (1) Corona has a very diverse population. It is $65 \%$ Hispanic/ Latino, and $80 \%$ of its residents speak a language other than English at home. Foreign-born non-citizens represent 48\% of all those in Corona living at or below $130 \%$ of federal poverty line, (2) the per capita income for all Corona residents is $\$ 12$, 412, and (3) Corona has the highest percentage of students (88\%) in Western Queens who are eligible for free and reduced priced lunch ${ }^{2}$. Low-income communities like Corona often have limited availability and access to fresh, healthy food choices.

In this community, Ecuadorians and Dominicans are most highly represented ${ }^{3}$. According to a report by the California Endowment in 2005, Latinos and children in the U.S. suffer more than other groups from poor nutrition due to environmental factors linked to obesity, diabetes, and heart disease. Such environmental factors include limited access to supermarkets and farmer's markets, limited activity, and the excessive consumption of high-fat, high-calorie, low-nutrient foods and soft drinks which people tend to fill up on when small paychecks and food stamps run out. Moreover, a survey of New York City children found Hispanics have the highest rate of obesity at $31 \% .{ }^{4}$ A crucial way in which the health issues mentioned can be prevented or controlled is through convenient access to healthy and affordable food. This can lead to an improved quality of life, such as the ability for children to be able to concentrate better in school and a decrease in the incidence of chronic disease.

Corona's low-income status and it being home to several minorities, led FoodChange to conclude that Corona's population may be food insecure. In order to gain a greater understanding of the availability and accessibility of food to the residents of Corona, FoodChange in coordination with the Congressional Hunger Center conducted a community food assessment. In effort to capture the existing food system in Corona and to highlight the concerns of the community members, FoodChange created a 7 minute documentary that complements this report.

## Community Food Assessment Goals and Guiding Questions

## CFA Goals:

To increase awareness about the existing food system in Corona, highlighting healthy food availability in bodegas, supermarkets, and restaurants.

We would also like to build community alliances in the process, particularly if other local community organizations are working on similar food access/health issues.

CFA Conceptual Questions Addressing Assets and Barriers

- Do Corona residents have access to healthy and affordable food?
- How many food stores and restaurants are in Corona? What is available at these stores?
- What are the barriers to providing fresh, affordable produce to Corona? What actions might be taken to overcome these barriers?


## The Food Survey Process

(See Appendix I for actual Food Survey)
With a team of 12 volunteers, a food survey was conducted at $88 \%$ of Corona’s 345 food establishments ${ }^{5}$. There are two parts to the survey; the first part is specific to restaurants and was adapted from a community food assessment conducted in Red Hook, Brooklyn. This section inquires about fried vegetable options and non-fried vegetable options. The second part of the survey is specifically for food stores (bodegas, supermarkets, etc) and was adapted from the New York City Department of Health and Mental Hygeine’s community food assessment in North and Central Brooklyn ${ }^{6}$.This second part of the survey asked about the price and availability of specific foods and storefront advertisements. A unique feature of the food survey is that it was culturally-appropriate for Corona's diversity since it contains a section that asks about ethnic food options and advertising in a language other than English.

## Food Survey Results

Bodegas vs. supermarkets
In Corona, bodegas are the most common food store. Food stores include bodegas, supermarkets, specialty stores, drug stores, and gas stations, but do not include restaurants. Of all the food stores, bodegas make up $63 \%$, while supermarkets make up only $14 \%$.

Table 1: Bodegas vs. supermarkets, does not include restaurants

|  | Bodegas | Supermarkets | Specialty | Drug <br> Stores | Gas <br> Stations | Other | Total |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Corona | 95 | 21 | 19 | 8 | 1 | $8(5 \%)$ | 152 |
| $(63 \%)$ | $(14 \%)$ | $(13 \%)$ | $(5 \%)$ | $(1 \%)$ |  | $(100 \%)$ |  |

Map 1: Bodegas vs. supermarkets in Corona, Queens


Milk options in bodegas and supermarkets
All of the supermarkets and $91 \%$ of the bodegas carry milk, but only $48 \%$ of the bodegas that sell milk carry a $1 \%$ milk option; whereas, almost all (94\%) of supermarkets offer a $1 \%$ milk option. However, of the stores that carry milk, $100 \%$ of both bodegas ad supermarkets carry whole-milk. Moreover, milk is slightly cheaper in supermarkets than in bodegas.

Fruits and vegetables in bodegas and supermarkets
Of the most common fruits (apples, oranges, and bananas), only 30\% of the bodegas carry them all. 100\% supermarkets offered all three varieties. 100\% supermarkets and $83 \%$ bodegas carry at least one type of vegetable; however only $2 \%$ bodegas offer sweet potatoes, tomatoes, carrots, and leafy greens; whereas $73 \%$ supermarkets carried all 4 varieties. This highlights the gap in food availability in Corona, particularly in the bodegas.

Graph 1: $\quad$ Bodegas in Corona, Queens offer fewer healthy options than supermarkets


Map 2: Vegetables in bodegas and supermarkets


Map 3: Fruits in bodegas and supermarkets


When Corona bodegas carry fruit, it is of poorer quality than what is sold in supermarkets. This was determined through the rating scale that was used when volunteers filled out the survey (1=fresh, premium quality, $2,3,4,5=$ poor quality).

Other food options in bodegas and supermarkets
Other food options in bodegas and supermarkets include regular rice, brown rice, beans (dried and/or canned), and eggs. Most bodegas and supermarkets sell rice and beans; but only $3 \%$ of bodegas, while $63 \%$ of the supermarkets sell brown rice. Brown rice should be an option available because brown rice is higher in fiber and nutrients than regular rice.

Table 2: Other food options in bodegas and supermarkets

|  | Bodegas | Supermarkets |
| :--- | :--- | :--- |
| Regular Rice | $91 \%$ | $100 \%$ |
| Brown Rice | $3 \%$ | $63 \%$ |
| Beans (dried or <br> canned) | $91 \%$ | $100 \%$ |
| Only canned <br> beans | $14 \%$ | $35 \%$ |
| Only dried beans | $3 \%$ | $30 \%$ |
| Eggs | $79 \%$ | $94 \%$ |

## Restaurant options

Restaurants make up close to half of all the food venues in Corona, which adds up to more than all of the bodegas and supermarkets combined. This predominance of restaurants is important when considering Corona's food system because restaurants often carry less-healthy food options such as fried foods and are usually very quick and affordable options. Of the 148 restaurants in Corona, about $56 \%$ offer a non-fried vegetable option, and about $80 \%$ offer fried vegetables.

Table 3: All food establishments in Corona= food stores + restaurants

|  | Restaurants | Bodegas | Supermkt | Specialty | Drug Stores | Gas <br> Stations | Other | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :--- | :--- | :--- |
| Corona | 148 <br> $(49 \%)$ | 95 <br> $(32 \%)$ | 21 <br> $(7 \%)$ | 19 <br> $(6.3 \%)$ | $8(2.6 \%)$ | 1 <br> $(.3 \%)$ | 10 <br> $(3.3 \%)$ | $302(100 \%)$ |

Map 4a: Restaurants, Bodegas, and Supermarkets


Map 4b: Restaurants


Latin American restaurants are the most common type of restaurant as compared to Chinese, fast-food, pizza, Italian, and other. These restaurants in order from highest to lowest frequency include Mexican, Dominican, Colombian, Ecuadorian, Cuban, Peruvian, and Brazilian.

Table 4: Types of Restaurants in Corona

|  | Latin <br> American | Chinese | Fast Food <br> Chain | Pizza | Italian | Other | Total |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Corona | 57 | 18 | 11 | 7 | 2 | 53 | 148 |
|  | $(39 \%)$ | $(12 \%)$ | $(7 \%)$ | $(5 \%)$ | $(1 \%)$ | $(36 \%)$ | $(100 \%)$ |

## Storefront Advertisements

In Corona, $87 \%$ of the storefronts feature ads, the most common ads being for unhealthy products such as alcohol (76\%) and cigarettes (68\%). Smoking is the leading cause of preventable death in NYC and the cause of many illnesses including heart disease ${ }^{4}$ and nearly 7 in 10 smokers in Western Queens are trying to kick the habit. Health promotion ads are rare, and ads for healthier products such as water and milk were not reported.

Alcohol also has the highest number of ads in another language (46\%). When a language was identified, Spanish was identified in $99 \%$ of the cases. Given Corona’s large Spanish-speaking population (65\%), Spanish ads can have a significant impact on what Corona residents buy

Graph 2:

## More Advertisements for alcohol and cigarettes, healthier ads are rare



Map 5: storefront ads near public schools


## Food Survey Limitations

Community involvement was limited because much of the time for the assessment was dedicated to the completion and analysis of the survey. Future assessments should focus on extended engagement of the community.

The lack of training provided for the volunteers was a limitation in this study. Although there were data quality checks, there was still some missing data, which could have impacted the results. In addition, if more training would have been provided, the subjectivity of certain questions could have been reduced (e.g. the produce ratings were assigned used a rating scale).

Since many of the storeowners only speak Spanish, a paragraph in Spanish was provided to the volunteers to show the storeowners what the community food assessment entailed, but this still caused some confusion for both the owners and the volunteers.

## Involvement in the Corona Community

Despite the limited community involvement mentioned earlier, there were some meaningful interactions with members of the community that led to important insights and solutions to be considered. This involved a focus group, a meeting, and interviews in Corona.

## Focus Group

A focus group of 10 participants was held in the Corona MHRA Neighborhood WIC site, where a CookShop ${ }^{\circledR}$ (FoodChange program) class takes place to teach the mothers about healthy cooking and eating strategies. These were the main findings:

- $2 / 3$ of the participants regularly cook meals at home
- Prefer to use vegetables to cook
- Would not necessarily buy healthier options in restaurants, but would at food stores
- Bodegas are more expensive than supermarkets and lower quality
- Two participants travel to nearest Farmer’s Market in Jackson Heights (not convenient in terms of location from Corona)
- Two participants mentioned traveling to Bronx supermarkets
- Would buy fresh fruits and vegetables if they were available

The participants came up with some solutions to improve the Corona food system:

- Bring in a Farmer's Market
- More money in Food Stamp benefits
- Cheaper prices at bodegas and supermarkets
- Fresh fruits and vegetables should be available

Meetings and Interviews in Corona
The meeting with community leaders helped to describe ways in which people obtain food, and problems such as the lack of fresh produce were discussed. These leaders were representatives from the local government and the Human Resources Administration, and several local service providers. The solutions provided included the need for nutrition education, a Farmer’s Market, and fresher fruits and vegetables in bodegas.

At an interview, the Cardiologist at Elmhurst Hospital spoke about the rising rates if heart disease and diabetes deaths in Corona. His solution is to educate Corona residents. This was also the solution provided by the District Manager of Community Board 4 (encompasses Corona).

## Recommendations and Action Steps

- Farmer’s Market
- Since Latino restaurants have a high representation, healthy eating strategies should take these local restaurants into account. For example, better oils, food labeling and smaller portion sizes can be encouraged.
- FoodChange’s CookShop for Adults program in Corona is currently taking place, and will hopefully aid in providing nutrition education for Corona residents.
- FoodChange and other organizations working on food security should partner with the Department of Health's 1\% Milk Campaign in order to provide incentives for bodega owners to bring in low-fat milk and healthier products in efforts to increase demand for these healthy foods and to give low-income communities better options.
- Queens Museum of Art's "Heart of Corona Initiative." In this two-year initiative, which will begin Spring 2007, there is a health and nutrition component. The museum will create a cookbook, provide free health screenings, and work with several nonprofits to improve the residents' health. FoodChange is partnering with the museum to provide this report in addition to the documentary, in order to illustrate this as proof of the need for better food and health in Corona. The Queens Museum of Art plans to follow through with the recommendations outlined in this assessment in order to create a healthier Corona.


## Discussion/ Conclusion

Overall, this community food assessment found that bodegas tend to sell fewer options at inflated prices in comparison to the wide variety of choices in supermarkets, which are less conveniently located. One critical reason to consider for the lack of healthier produce at affordable prices in bodegas is that bodega owners do not think healthier options will sell. This lack of demand or, perceived lack of demand for healthy food, causes bodega owners to inflate prices, and/or not to sell healthier food. Moreover, the existing prevalence of non-healthy advertisements around every public school in Corona creates a negative impact on what children and residents buy, which can also lead to future health problems. Restaurants are also a central piece of the Corona food system, since they make up about half of all food establishments. Working with these restaurants to provide food labeling and encouraging smaller portion sizes can have a positive impact on the health of Corona residents. Through the other recommendations discussed above such as bringing in a Farmer's Market, providing nutrition education, and creating marketing incentives for bodegas owners, Corona residents will be given the choice to healthier food access.

Although this assessment focuses on Corona's food system, the lack of healthy and affordable food is not a new phenomenon in several low-income, predominantly minority communities. We believe that the supplementary documentary highlights this need for food justice everywhere. It is an important addition to this assessment, which can be used to create awareness nationwide.

## Appendix I: The Food Survey

\begin{tabular}{|c|c|c|}
\hline \multicolumn{3}{|c|}{Corona Food Assessment} \\
\hline \multicolumn{3}{|l|}{For Assessors - Please identify yourself to the store/restaurant manager/staff as a FoodChange volunteer and provide the following information: Hello, I am working as a volunteer for FoodChange and we're doing an assessment of every food store and restaurant in the area to learn about food availability in Corona, New York. We are not here to do a health inspection. If you don't mind, l'd like to take a few minutes and record the prices of some food, and some of the posters you have up. If you don't want us to do the assessment in your store, just let me know, and we'll leave. Thank you very much for your time.} \\
\hline Assessor Name(s): \& Date: \& \\
\hline Store Name: \& Time assessment began (after permissio \& \\
\hline Address (get from license posted in store): \& Days/Hours of operation: \& \\
\hline \multicolumn{3}{|l|}{Cross Streets:} \\
\hline \multicolumn{3}{|l|}{Store Status: \(\square\) Open \(\square\) Closed \(\square\) Refused (Please explain why you were refused)} \\
\hline \multicolumn{3}{|l|}{1. Is this establishment a Restaurant /Cafeteria?} \\
\hline \multicolumn{3}{|l|}{\begin{tabular}{l}
Yes \(\rightarrow\) Type of food?: (pizza, Chinese, Jamaican, etc.) \(\qquad\) \(\rightarrow\) If fast food, name \\
\(\rightarrow\) Is there a waiter/waitress? Yes \(\square\) No \\
\(\rightarrow\) Are there vegetables served at this restaurant? Yes No \\
\(\rightarrow\) Fresh side salad? Y Yes No \\
\(\rightarrow\) Fresh entrée salad? Yes No \\
\(\rightarrow\) Non-fried vegetable option (e.g. steamed, grilled)? \(\square\) Yes \(\square\) No \\
\(\rightarrow\) Vegetables mixed into a dish? \(\square\) Yes \(\square\) No \\
\(\rightarrow\) Fried vegetables? Yes \(\square\) No \\
\(\rightarrow\) Are fruits served at this restaurant? \(\square\) Yes \(\square\) No \\
\(\rightarrow\) Whole fruit? \(\square\) Yes \(\square\) No \\
\(\rightarrow\) Fruit salad? Yes \(\square\) No \\
\(\rightarrow\) What is the cost of the lowest entrée on the menu? \(\qquad\) \\
\(\rightarrow\) What is the cost of the highest entrée on the menu? \(\qquad\) \\
End here. Assessment completed.
\end{tabular}} \\
\hline \multicolumn{3}{|l|}{\(\square\) No, this establishment is not a restaurant \(\rightarrow\) Go to question 2.} \\
\hline \multicolumn{3}{|l|}{2. Food Vendor Type} \\
\hline \multicolumn{3}{|l|}{\begin{tabular}{l}
\(\square\) Small specialty store \(\rightarrow\) Type: (e.g., butcher, bakery, etc.) \(\qquad\)
Small variety store (e.g., bodega, deli) ; with hot grill?
99 Cent Store
Large variety store (e.g., independent supermarket, grocer)
Large chain variety store (e.g., C-Town, Associated) \(\rightarrow\) Name of chain: \(\qquad\)
Independent drug store/convenience store (e.g., family owned)

Chain drug store/convenience store (e.g., CVS, Duane Reade) $\rightarrow$ Name of chain: $\qquad$
Mobile vendors (street- or car-based) <br>
Specify: Street (cart) Car (trunk)
Gas station convenience store
$\qquad$
\end{tabular}} <br>

\hline \multicolumn{3}{|l|}{3a. Does the store sell fresh fruits and vegetables?} <br>
\hline \multicolumn{3}{|l|}{$\square$ Yes (If yes, please fill out the following below) $\square$ No (If no, skip to next question)} <br>

\hline Item ${ }^{\text {Y }}$ Available? \& Price: circle piece or pound, as applies (use cheapest price for item) \& | Near register? Outside? |
| :--- |
| "Near" is within 5 feet of the register | <br>


\hline | Apple | $\square$ Yes $\square$ No |
| :--- | :--- |
| If you answered |  |
| Yes, please rate |  |
| the overall |  |
| QUALITY (1 = fresh, |  |
|  | premium quality |
|  | $\mathbf{2 = F a i r l y ~ f r e s h ~}$ |
| $\mathbf{3}=$ Mixed; some |  |
|  | fresh produce |
|  | mixed in with some |
|  | bruised/damaged |
|  | produce 4=Mostly | \& \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \#___per dollar \& $\square$ Yes $\square$ No $\square$ Yes $\square$ No <br>

\hline
\end{tabular}

|  | bruised/damaged 5=Severely bruised/damaged) <br> Your Rating $\qquad$ |  |  |
| :---: | :---: | :---: | :---: |
| Banana | $\square$ Yes $\square$ o If you answered Yes, please rate the overall QUALITY (1 =fresh, premium quality 2=Fairly fresh 3=Mixed; some fresh produce mixed in with some bruised/damaged produce 4=Mostly bruised/damaged 5=Severely bruised/damaged) <br> Your Rating $\qquad$ | \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ per dollar | $\square$ Yes $\square$ No $\square$ Yes $\square$ No |
| Orange | If you answered Yes, please rate the overall QUALITY ( 1 =fresh, premium quality 2=Fairly fresh 3=Mixed; some fresh produce mixed in with some bruised/damaged produce 4=Mostly bruised/damaged 5=Severely bruised/damaged) <br> Your Rating $\qquad$ | \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ per dollar | $\square$ Yes $\square$ No $\square$ Yes $\square$ No |
| Sweet Potatoes/ <br> Yams | Yes $\square$ No <br> If you answered Yes, please rate the overall QUALITY (1 =fresh, premium quality 2=Fairly fresh 3=Mixed; some fresh produce mixed in with some bruised/damaged produce 4=Mostly bruised/damaged 5=Severely bruised/damaged) <br> Your Rating $\qquad$ | \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ dollar | $\square$ Yes $\square$ No $\square$ Yes $\square$ No |
| Tomato | Yes $\square$ No <br> If you answered Yes, please rate the overall QUALITY ( 1 =fresh, | \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ per dollar | $\square$ Yes $\square$ No $\square$ Yes $\square$ o |


|  | premium quality <br> 2=Fairly fresh <br> 3=Mixed; some <br> fresh produce <br> mixed in with some <br> bruised/damaged <br> produce 4=Mostly <br> bruised/damaged <br> 5=Severely <br> bruised/damaged) <br> Your Rating $\qquad$ |  |  |
| :---: | :---: | :---: | :---: |
| Carrot | $\square$ Yes $\quad$ No If you answered Yes, please rate the overall QUALITY (1 =fresh, premium quality 2=Fairly fresh 3=Mixed; some fresh produce mixed in with some bruised/damaged produce 4=Mostly bruised/damaged 5=Severely bruised/damaged) <br> Your Rating $\qquad$ | \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ per dollar | $\square$ Yes $\square$ No $\square$ Yes $\square$ No |
| Leafy Green Vegetables (e.g., spinach, kale, romaine lettuce) Types: $\qquad$ $\qquad$ $\qquad$ | Yes $\square$ No <br> If you answered Yes, please rate the overall QUALITY ( 1 =fresh, premium quality 2=Fairly fresh 3=Mixed; some fresh produce mixed in with some bruised/damaged produce 4=Mostly bruised/damaged 5=Severely bruised/damaged) <br> Your Rating $\qquad$ | \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ per dollar <br> \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ per dollar <br> \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ per dollar | $\square$ Yes $\square$ No $\square$ Yes $\square$ No <br> $\square$ Yes $\square$ No $\square$ Yes $\square$ No <br> $\square$ Yes $\square$ No $\square$ Yes $\square$ No |
| Other Fruits and Vegetables: $\qquad$ $\qquad$ $\qquad$ | $\square$ Yes $\square$ o If you answered Yes, please rate the overall QUALITY (1 =fresh, premium quality 2=Fairly fresh 3=Mixed; some fresh produce mixed in with some bruised/damaged produce 4=Mostly bruised/damaged 5=Severely bruised/damaged) | \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ per dollar <br> \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ per dollar <br> \$ $\qquad$ per piece \$ $\qquad$ pound \$ $\qquad$ per bag \# $\qquad$ per dollar | $\square$ Yes $\square$ No $\square$ Yes $\square$ No <br> $\square$ Yes $\square$ No $\square$ Yes $\square$ No <br> $\square$ Yes $\square$ No $\square$ Yes $\square$ No |




|  | Message (verbatim): | Sponsor: |
| :--- | :--- | :--- |
| 15. Does the store offer the following service? (Check yes or no below) |  |  |
| Handicap Accessible | $\square$ Yes $\square$ No |  |
| Food Stamps accepted | $\square$ Yes $\square$ No |  |
| Credit card machine | $\square$ Yes $\square$ No |  |
| WIC checks accepted | $\square$ Yes $\square$ No |  |
| Coupons accepted | $\square$ Yes $\square$ No |  |
| Delivery service | $\square$ Yes $\square$ No |  |

Time assessment ends: $\qquad$

INTERVIEWER NOTES:
$\qquad$

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