

Solid Ground Food Assessment



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Introduction

La Casa Norte's (LCN) mission is to serve youth and families confronting homelessness. LCN provides access to stable housing and delivers comprehensive services that act as a catalyst to transform lives and communities. One of LCN's core programs is Solid Ground Supportive Housing.

Solid Ground Supportive Housing Program provides safe and stable housing for sixteen male youth between the ages of 16 and 21 years old. Residents benefit from comprehensive case management services focusing on a holistic, strength-based approach, as well as educational and vocational training and support. Youth in this program move along a continuum of stability as they receive services and develop new skills, gain or complete additional education, gain employment and increase self-esteem, personal skills, and the supports necessary to maintain stability. Each resident develops an individual service plan with the program's case manager. These plans include addressing the issue of education, employment, and life planning.

The program provides each resident with a private room combined with common kitchen, community room, a technology center, offices and meeting room space for program social services recently coupled with a beautiful community garden space in the back. The duration of the program varies for each resident, but they are eligible to reside at Solid Ground for up to two years or until their 21st birthday.

Solid Ground's kitchen is set-up similar to most home kitchens with common appliances: stove, oven, microwave, several refrigerators and freezers, kitchen sink, cabinets, and dish washer. In addition to the household amenities, residents share all of the kitchenware, dining space, and are allowed to store food in the common area.

Under the current food provision model, residents are responsible for cooking and cleaning-up after themselves. Food used for cooking can either be purchased by the residents or purchased by Solid Ground. Solid Ground food is primarily acquired from the greater Chicago Food Depository (GCFD)¹. Food from GCFD includes; raw ingredients, canned non-perishables, pre-cooked items, meats, breads, dairy produce, and fruits and vegetables.

Methodology:

This analysis provides a snapshot of Solid Ground residents' eating behaviors and nutritional intake. The sixteen Solid Ground residents completed and submitted the surveys (surveys were available in both English and Spanish). Surveys were administered during mandatory house meetings. The purpose of this project is to assess the residents' eating habits and nutritional consumption. Furthermore, it provides insights about eating behaviors and nutrition that may be helpful in making food related improvements.

Current Food Programming:

In the summer of 2011 an organic garden was started in the backyard of Solid Ground with the support of private charities. Through this initiative Solid Ground residents learned how to plant and maintain a garden and were introduced to more healthy eating habits.

With support from a local faith-based organization, the *What is Cooking* program, which enables residents to learn about nutrition and prepare meals once a week with a professional cook from Inspiration Corporation², was successfully started. Through this program, residents are learning the basics of the culinary arts,

¹ Chicago's food bank is a non-profit food distribution and training center providing food for hungry people while striving to end hunger in the community.

² A food service training program that provides skill-specific job training and employment.

including; nutrition, proper knife handling, and basic cooking methods. Additionally, produce from the organic garden has been used to prepare various nutritious meals. As of February 9, 2012 fourteen classes have taken place and a total of twenty-four were granted.

Recently, Solid Ground was awarded a grant from Cooking Matters, a non-profit that provides resources for how to plan, purchase, and prepare healthy, tasty, and affordable foods. The Shopping Matters grant is a guided grocery store tour that helps individuals make healthy and affordable shopping choices. During Shopping Matters tours, participants practice key food shopping skills like buying fruits and vegetable on a budget, comparing unit prices, reading food labels, and identifying whole grain foods. Tours are facilitated by a wide range of local volunteers who work as dietitians, community nutrition educators, culinary professionals, or staff of community agencies serving families in need.

Residents played a key role in the *Casa on the Vine* project, a Northwest Food Partners Network (NFPN)³ pilot project that connected families in the Humboldt Park neighborhood with the means to grow a portion of their own produce by providing two large tomato plant container and three smaller buckets to grow other vegetables. Solid Ground residents were trained as Casa on the Vine Specialists that went out into the community to set up the container gardens and teach residents about the maintenance and benefits of this type of gardening.

Solid Ground staff continues to provide access to a range of supportive food services, including assistance with the food stamps application.

Residents have the privilege of having volunteers frequently prepare meals for them by either using Solid Ground food items or by bringing their own. Furthermore, special events often incorporate food and residents collaborate with staff or volunteers to prepare their desired meals.

Solid Ground staff lead ongoing informal discussions about nutrition.

Demographics:

Ten of the sixteen residents are African American/Black and six are Hispanic/Latino. Of the sixteen residents, three attend college and work part-time. Two of the residents work full-time and are enrolled in GED/ESL classes. Four residents only attend college and four only attend high-school. One resident is only enrolled in GED/ESL classes; another resident attends college, takes GED/ESL classes, and is looking for a job. Another resident attends college and is looking for a job.

Nutrition:

Conventional wisdom says that nutrition is important to help keep a body's immune system healthy and to prevent chronic diseases. However, measuring a person's daily nutritional intake can be a difficult task. Therefore, for purposes of this study, the United States Department of Agriculture daily intake recommendations will be used as the standard to measure the nutrition level of residents' nutrition.

Using the average USDA 2,000 calorie dietary guidelines, the daily servings for grains is six-to-eight (one serving equates to one slice of bread), four-to-five vegetables, and four-to-five fruits. In addition, the daily servings for fat-free or low-fat milk or milk products is two-to-three (one cup of milk equates to one serving), and six or less servings of lean meats, poultry, and fish (equates to one ounce of cooked meats, poultry or fish) USDA, 2012.

NFPN is an alliance of organizations dedicated to building food security in its service area.

Eating Behaviors Findings

Only half of all residents reported eating at least three meals a day. A variety of reasons prevent the eight other residents from eating more than two meals, such as; two meals are sufficient for four residents, one meal is sufficient for one resident, another resident does not have the time to eat more meals, one has a poor appetite, and another resident does not have the time to prepare food at Solid Ground and does not have money to buy food.

Out of the sixteen residents, only seven reported eating breakfast regularly. Eleven residents reported eating lunch regularly and the majority of residents (13) reported eating dinner regularly. Fourteen residents reported eating at least one snack during the day.

A high number of the residents reported that they cook at Solid Ground. Out of the fourteen that reported they cook; nine reported that they prefer to cook, two reported that they cook out of boredom, one resident reported eating only what he cooks, another resident reported that he cooks for health reasons, and another resident reported he cooks because no one else will cook for him. Out of the two residents who reported that they do not cook; one does not have the time to cook due to schedule conflicts and the other because of his school/work schedule and because Solid Ground lacks appropriate places to store personal food.

In regards to frequency cooking levels; four residents reported that they cook three times a day; one resident reported that he cooks twice a day; and another resident reported that he cooks once a day. Eight residents reported that they cook at least once a week, one resident reported that he cooks once a month and another resident reported that he never cooks.

Solid Ground residents were asked to rank food preparation methods according to their level of preference. The two methods with the highest preference were cooking and eating fast-food. Out of the sixteen residents, twelve ranked cooking as a high preference and thirteen ranked eating fast-food as a high preference.

In addition, nine residents responded that their least favored food preparation method was having someone else prepare food for them.

Eight residents reported that most of their meals are cooked and two residents reported that most of their meals are cooked by others. In addition, one resident reported that he microwaves most of his food, another resident reported that he prepares most of his meals, and one-fourth (four) residents reported that they purchase most of their meals from fast-food restaurants.

Nine residents reported that they regularly microwave food. Out of the nine residents; four reported that they microwave their food because they do not have time to cook or prepare meals, three residents reported they do it because it is easy to do, one reported that he prefers to microwave food over other food preparation methods, and another resident did not provide a reason.

Among all residents, thirteen responded that they agreed with the following statement, "If I had the skills I would prefer to cook rather than microwave."

Only three residents reported cooking meals often (at least three meals a week), two reported that they occasionally cook meals with other residents, four reported cooking with others less often, and seven reported never cooking with other residents. Of the seven that reported never cooking meals with other residents, four reported that they do not have time because of their schedule, two reported having different food preferences,

and one reported having trust issues with other residents. Furthermore, only three of the seven residents that reported never cooking with other residents expressed interest in cooking with others in the future.

Ten of the sixteen residents confirmed they receive LINK⁴ benefits. The average amount residents receive is \$200. In addition, only two of the ten residents that receive LINK reported using it to purchase healthy foods.

Most of the residents' food comes from:

- Two residents reported that 100% of their food comes from Solid Ground
- Four residents reported that 75% of their food comes from Solid Ground and 25% is purchased with his own money
- Five residents reported that 50% of their food comes from Solid Ground and 50% is purchased with his own money
- One resident reported that 25% of his food comes from Solid Ground and 75% is purchased with his own money
- One resident reported that 100% of his food is purchased with his own money
- Two residents reported that 75% of their food comes from Solid Ground and 25% is purchased using their LINK card
- One resident reported that 25% of his food comes from Solid Ground and 75% is purchased using his LINK card

Meal Program Scenarios:

Thirteen residents expressed interest if scheduled dinners were served at Solid Ground. Three residents reported having no interest because, one resident reported that he prefers to cook and eat alone, another resident reported that he is looking for a job, and another resident did not respond this question.

The majority of residents (11) expressed interest in participating in “cooking groups,” where residents will have the opportunity to cook together. The five residents that reported no interest expressed different reasons: one resident reported that he prefers cooking and eating alone, one resident reported he is looking for a job, one resident reported having no time, and two residents did not respond to this part of the question.

Thirteen residents expressed interest in a formal meal program run by Solid Ground staff. Three residents expressed no interest because, one resident reported that he prefers to cook and eat alone, another resident reported that he is looking for a job, and another resident did not respond to this question.

Suggestions:

Residents added the following suggestions to help improve their healthy eating behaviors: Allow residents to store personal food in a secure space; bring more quality and healthy organic food; and bring more fruits and other healthy foods.

Nutritional Intake Findings

Eleven residents acknowledged that they do not know enough about nutrition. Out of the sixteen residents, seven reported that it would be easier to add more fruits and vegetables to their diet if more were available at Solid Ground. Three residents reported that having more knowledge about nutritional benefits will help add more fruits and vegetables to their diet. Additionally, one resident reported that preparing or cooking healthy foods with other residents will make it easier to add more fruits and vegetables to his diet. Another resident

⁴ LINK is the Illinois version of Supplemental Nutrition Assistance Program (SNAP).

reported that with the help from staff he will be able to add more fruits and vegetables to his diet. Four residents reported that they already add enough fruits and vegetables to their diet.

Only one resident reported eating more than five fruits and vegetables a day, two residents reported eating four to five a day, and one resident reported eating one to two a day. Three residents reported eating at least three fruits and vegetables a week, five residents reported eating at least one fruit and vegetable a month, and four residents reported that they do not eat any fruits and vegetables.

Four residents reported eating at least one salad a week, six residents reported eating at least one salad a month, and one resident reported eating one salad once every few months. Five residents reported almost never eating salads.

Only two residents reported eating foods with whole grain three times a day and one resident reported eating foods with whole grain twice a day. Five residents reported eating foods with whole grain at least twice a week, and one resident reported eating foods with whole grain once every two weeks. Furthermore, three residents reported eating foods with whole grain at least once a month, and four reported almost never eating foods that contain whole grain.

Five residents reported eating foods with protein three times a day and two eating once a day. Eight residents reported eating foods with protein at least once a week. Only one resident reported almost never eating foods with protein.

Four residents reported eating dairy foods three times a day and one resident reporting eating twice a day. Seven residents reported eating dairy foods at least once a week. Three residents reported almost never eating dairy foods (one resident reported being lactose intolerant) and one resident did not respond this question.

All sixteen residents reported having at least one meal at a fast-food restaurant in the last two weeks (prior to administering the survey) and seven residents reported having at least three meals at a fast-food restaurant in the last two weeks (prior to administering the survey).

List of the food residents had for dinner the night before the survey was administered:

Four residents did not respond this question

Two residents reported having orange chicken, shrimp, and fried rice

Two residents reported having candy

Two residents reported skipping dinner

One resident reported having chicken and fries

One resident reported having fast-food

One resident reported having macaroni and cheese with a side of two sausages

One resident reported having hot-dogs

One resident reported having pizza

One resident reported having chicken soup

Key Points

The four residents that only attend college also reported having a high cooking preference; however, they reported that they do not cook with frequency. Two of the four residents reported having candy for dinner and the other two did not respond this question. Three of the four residents reported that they microwave regularly.

Three of the four confirmed that it will be easier to add more fruits and vegetables to their diet if more were available.

The four residents that only attend high-school reported eating more than three meals a day and having a high preference for fast-food. Three of the four residents reported that 100% of their food comes from Solid Ground and the other resident reported that 100% of his food is purchased using the LINK card.

The three residents that attend college and work part-time also reported eating more than three meals a day.

Two residents work full-time and take GED/ESL classes. Both of these residents reported only eating two meals a day; one reported not having enough time to eat more meals and the other reported that two meals are sufficient. Both residents reported that they microwave regularly and have a high preference for microwaveable food.

Thirteen of the sixteen residents reported eating less than four-to-five fruits and vegetables a day, which is recommended by the USDA's⁵ 2,000 caloric standards. Only three residents eat the recommended daily servings.

Only three residents reported eating foods with whole grains once a day (serving size not known) and thirteen reported eating these foods less often. The thirteen residents that reported not eating foods with whole grains at least once a day consume less than the recommended USDA daily servings using the 2,000 caloric standards. (This assumes that the residents use the 2,000 calorie dietary guideline)

Only three residents reported eating foods with whole grains once a day (serving size not known) and thirteen reported eating these foods less often. The thirteen residents that reported not eating foods with whole grains at least once a day consume less than the recommended USDA daily servings using the 2,000 caloric standards. (This assumes that the residents use the 2,000 calorie dietary guideline)

Seven of the residents reported eating foods with protein at least once a day (serving size not known) and nine reported eating these foods with less frequency. The nine that reported eating foods with protein less frequent consume less than what is recommended by the USDA. (This assumes that the residents use the 2,000 calorie dietary guideline)

Five residents reported eating dairy foods at least once a day, while the eleven (except one resident reported to be lactose intolerant and another one failed to respond this part of the question) other residents reported eating dairy foods less than the recommended by the USDA. (This assumes that the residents use the 2,000 calorie dietary guideline)

Based on the survey results, Solid Ground offers a great opportunity for designing and implementing innovative programs around food. The majority of residents reported that they do not know enough about nutrition and expressed interest in "house dinners," "cooking groups," and in a meal program run by staff. Implementation of new strategies could introduce healthy eating behaviors and help residents develop life skills that may help them advance their action plan goals.

⁵ United States Department of Agriculture. <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>

Discussion

Nine residents reported that least preferred food preparation method was having someone else prepare food for them; however, the majority of residents (13) expressed interest in participating if dinner is served at Solid Ground and thirteen residents expressed interest in participating in a meal program run by staff.

Furthermore, thirteen residents agreed with the following statement, “If I had the skills I would prefer to cook rather than microwave,” and eleven residents acknowledged that they do not know enough about nutrition. However, the *What is Cooking* program, which enables residents to learn and prepare meals with a professional cook from Inspiration Cafe, is experiencing a sharp decline in participation.

Only two of the ten residents that confirmed to be receiving LINK benefits reported using their LINK card to buy healthy foods. Furthermore, for the ten residents who receive LINK most of their food comes from:

- Four residents reported that 50% comes from Solid Ground and 50% is purchased food with their own money
- Three residents reported that 75% comes from Solid Ground and 25% is purchased food with their own money
- Two residents reported that 75% comes from Solid Ground 25% they use their LINK card to buy food at the store
- One resident reported that 25% comes from Solid Ground and 75% he uses his LINK card to buy food at the store

Then how are the residents spending their LINK?

Recommendations

- **Engage residents in future strategies.** Identify and recruit residents who currently prepare or cook most of their meals; they can help organize cooking groups. Cooking groups can be organized according to residents’ similarities: food preferences, schedule, skills, etc.
- **Increase trainings for staff.** Make nutrition, health, and sanitation training opportunities available to Youth Empowerment Specialists and staff.
- **Use existing resources.** Using Inspiration Café’s cooking recipes, residents can help create a cooking book. This book can include a section on cooking fast, healthy, and delicious meals and be made available to all residents.
- **Allow space to store personal items.** Make space available for resident to store personal cooking items and food. This may encourage residents to purchase more healthy items in bulk and save money.
- **Schedule field-trips to supermarkets.** With the help from volunteers and Youth Empowerment Specialists, residents can learn to prepare a grocery list and learn the life skills of shopping at supermarkets for fresh produce.
- **Nutrition education campaign.** Plan a speaker series (e.g. nutritionists, health advocates, and fitness trainers) or food film series to introduce residents to the wealth of useful and practical resources that will help them learn about proper diet and nutrition. Through this effort the residents will be able to understand and use

the food labels to make decisions about the food choices that are right for them. Additionally, invite a representative from Greater Chicago Food Depository to facilitate a workshop on food sanitation.

- **Make more fruits and vegetables available.** Identify foods that are not being used and make an effort to introduce to the residents' diets or save money by not purchasing these items in the future. Make an effort to make more fruits and vegetables year round.
- **Organize collective meal programs.** This initiative offers residents the chance to get together to enhance their skills in planning nutritious meals while creating a community of sharing. Residents can learn how to shop while improving the nutritional quality of meals. Residents could plan meals and together use their LINK cards to buy the necessary ingredients.
- **Facilitate a breakfast club.** Assist residents in creating a breakfast club, which will comprise residents who are early risers and who are committed to preparing a balance breakfast meal every day. This group can support each-other by creating a new healthy lifestyle.
- **Create a staff cooking schedule.** Assign staff to cook or prepare one (1) meal per work-shift. This program can allow staff the opportunity to introduce new food preparation habits and encourage residents to spend quality time at the dinner table.
- **Support residents in making individual nutrition plans.** The food plan can serve as an addition to the residents' individual service plan. Residents can sit with their assigned Youth Empowerment Specialist and learn about basic guidelines about healthy food choices, portion size and recommended daily intake amounts. Residents can use a weekly chart to plan every meal for the week. Doing this at the same time every week will help make this a habit.

Conclusion

No doubt, Solid Ground is currently providing residents with exceptional opportunities to help create positive futures. In the same spirit, staff continues to work collaboratively to integrate cooking and nutritional components into various programs. This analysis was prepared to help raise awareness on the residents' eating patterns and nutritional consumption, to flush out the impact of current food programming (Organic garden, What's Cooking, etc.) and to serve as a tool for future programming around food. Furthermore, this project is hoping to engage residents in discussions of their nutritional intake and empower them to choose healthy eating options. As residents develop their individual service plans, the concept of food can be essential in their progress towards stability.

As we have seen from this study, the residents are eager to learn more skills and knowledge that will allow them to eat more nutritionally. In many ways residents are already living in an "oasis" of food activity in an area identified as a food desert and the findings clearly emphasize the challenges involved with this reality. Engaging the residents in more food centered activities allows them to create a new culture that is counter to their experience outside of Solid Ground. The youth themselves identify other barriers (conflicting schedules and tastes, trust of fellow residents, quantity of available healthy food) that must be considered when developing food programs. Ultimately, regardless of which recommendations and future food programming Solid Ground chooses to implement, this study reiterates the importance of residents being engaged and treated as collaborators in the process of developing and designing programs - and specifically food activities.

We suggest that the La Casa Norte staff evaluate the results and recommendations from the Solid Ground survey in order to determine the types of programs that will meet the nutritional goals and the needs of the Solid Ground residents. This report is meant as a starting point of the process and if considered, the Food Security Team will help in the development of a comprehensive proposal of suggested food programming.

Appendix I

Solid Ground Nutrition Assessment

Part I: Eating Patterns

1. Do you usually eat breakfast?
 - a. Yes
 - b. No
2. Do you usually eat lunch?
 - a. Yes
 - b. No
3. Do you usually eat dinner?
 - a. Yes
 - b. No
4. Do you usually eat snacks during the day?
 - a. Yes
 - b. No

4a. If **YES**, how many times a day? _____
5. Do you cook?
 - a. Yes
 - b. No

5a. If **YES**, why? (*circle only one*)

 - a. I prefer to cook
 - b. I get to spend time with my friends
 - c. I prefer to eat-out but I don't have money to buy food
 - d. I choose to cook for health reasons
 - e. I only feel like eating what I cook
 - f. I have to cook for medical reasons
 - g. I have to cook because no one else will cook for me
 - h. Other: _____

5b. If **NO**, why? (*circle only one*)

 - i. I lack cooking skills
 - j. I do not eat the food that is available to me at Solid Ground
 - k. I do not have time to cook food because of my school schedule
 - l. I do not have time to cook food because of my work schedule
 - m. Lack money to buy the foods I need to cook
 - n. Lack of appropriate places to store my personal food
 - o. I prefer other ways of preparing food (e.g. prepare salads, warm up food in microwave)
 - p. I like eating-out more
 - q. Other: _____
6. How often do you cook meals?

a. Three times a day	b. Twice a day	c. Once a day
d. Three times a week	e. Twice a week	f. Four or more times a week
g. Once a week	h. Twice a month	i. Once a month
j. Never		
7. Rank the following according to your preference (rank in order of preference with #1 highest preference, #9 the least preference).
____ Cook
____ Have someone else cook for me
____ Eat fast-food
____ Eat at non-fast food restaurants

- ___ Carry-out from non-fast food restaurants
- ___ Prepare my own (e.g. sandwiches, salads)
- ___ Buy snacks/food from a gas station/corner store
- ___ Have someone else prepare (e.g. sandwiches, salads)
- ___ Microwave

8. **Most** of my meals are: (*circle only one*)
- a. Cooked by me
 - b. Cooked by others
 - c. Microwaved
 - d. Prepared by me
 - e. Prepared by others
 - f. Purchased at fast-food restaurants
 - g. Purchased at non-fast food restaurants
 - h. Purchased at gas station/convenience stores

9. Do you regularly microwave food?
- a. Yes
 - b. No
- 9a. If **YES**, why?
- a. I prefer to microwave food
 - b. I lack cooking skills
 - c. I do not have time to cook or prepare food
 - d. It is easy to do

10. If I had the skills I would prefer to cook rather than microwave food?
- a. Yes
 - b. No

11. If I had the time I would prefer to cook rather than microwave food?
- a. Yes
 - b. No

12. How often do you cook a meal with other residents?

- ___ Often (at least three meals a week)
- ___ Sometimes (one meal a week)
- ___ Less often (one meal a month)
- ___ Never

12a. If **NEVER**, why not?

- a. I do not have time because of my schedule
- b. I have different food preferences
- c. I cook differently
- d. I do not trust other residents
- e. I do not get-along with other residents
- f. I like eating alone
- g. Other: _____

12b. If **NEVER**, would you like to cook and eat with other residents?

- a. Yes
- b. No

13. Do you receive Food Stamps/SNAP (LINK)?

- a. Yes
- b. No

13a. If **YES**, approximately how much money do you get: _____

13b. If **YES**, do you use your LINK to buy healthy food?

- a. Yes
- b. No

If **NO**, why not? Please specify: _____

14. Where does most of your food come from? (*circle only one*)

- a. 100% from Solid Ground
- b. 75% from Solid Ground and 25% purchased food with own money
- c. 50% from Solid Ground and 50% purchased food with own money
- d. 25% from Solid Ground and 75% purchased food with own money
- e. 100% purchased food with own money
- f. 100% I use my LINK card to buy food at the store
- g. 75% from Solid Ground 25% I use my LINK card to buy food at the store
- h. 50% from Solid Ground and 50% I use my LINK card to buy food at the store
- i. 25% from Solid Ground and 75% I use my LINK card to buy food at the store
- j. 50% from Solid Ground, 25% purchased food with own money, 25% LINK card
- k. 25% from Solid Ground, 50% purchased food with own money, 25% LINK card
- l. Other, Please specify: _____

15. If Solid Ground served dinner at a time that was convenient for most or all residents every night of the week, would participate in it?

- a. Yes
- b. No

15a. If **NO**, why not? Please specify: _____

16. If Solid Ground created formal “cooking groups,” where residents had the opportunity to cook together, would you participate in it?

- a. Yes
- b. No

16a. If **NO**, why not? Please specify: _____

17. If Solid Ground designated a staff-member to cook with the group one meal a day at a convenient time for all or most residents would you participate in it?

- a. Yes
- b. No

17a. If **NO**, why not? Please specify: _____

18. Do you have any suggestions on how we can help you improve your healthy eating behaviors? Please specify, _____

Part II: Nutrition

19. How many fruits and vegetables do you eat a day?

- a. More than 5 a day
- b. 4-5 a day
- c. 2-3 a day
- d. 1-2 a day
- e. 4-5 a week
- f. 2-3 a week
- g. 1-2 a week
- h. 3 a month
- i. 2 a month
- j. 1 a month
- k. None

20. How often do you eat salads?

- a. Everyday
- b. 4-5 days a week
- c. 2-3 days a week
- d. 1-2 days a week
- e. Three times a month
- f. Twice a month
- g. Once a month
- h. Once every few months
- i. Almost never

21. How often do you eat foods with whole grains? (e.g. brown rice, **whole** wheat tortillas, **whole** wheat cereal flakes, **whole** wheat bread, **whole** wheat crackers)

- a. Three times a day
- b. Twice a day
- c. Once a day
- d. Four or more times a week
- e. Three times a week
- f. Twice a week
- g. Once a week
- h. Once every two weeks
- i. Twice a month
- j. Once a month
- k. Almost never

22. How often do you eat foods with protein? (e.g. beef, ham, lamb, pork, veal, chicken, black beans)
- a. Three times a day
 - b. Twice a day
 - c. Once a day
 - d. Four or more times a week
 - e. Three times a week
 - f. Twice a week
 - g. Once a week
 - h. Twice a month
 - i. Once a month
 - j. Almost never

23. How often do you eat dairy foods? (e.g. yogurt, cheese, milk-based desserts, milk)
- a. Three times a day
 - b. Twice a day
 - c. Once a day
 - d. Three times a week
 - e. Twice a week
 - f. Once a week
 - g. Four or more times a week
 - h. Once every two weeks
 - i. Twice a month
 - j. Once a month
 - k. Almost never

24. Do you feel like you know enough about nutrition?

- a. Yes
- b. No

24b. If **NO**, what do you want to learn? _____

25. It would be easier for me to add more fruits and vegetables in my diet if I could have...*(Circle all that apply)*

- a. Have more knowledge about nutritional benefits
- b. Have more fruits and vegetables available at Solid Ground
- c. Prepare or cook healthy foods with other residents
- d. If staff help me prepare healthy meals
- e. I already add enough fruits and vegetables in my diet
- f. Other, Please specify: _____

26. Does any of the following prevent you from eating healthy food on a regular basis?*(Circle all that apply)*

- a. Healthy foods are not easily accessible at Solid Ground
- b. I do not have time to eat healthy meals
- c. I do not have the knowledge to prepare healthy meals
- d. I choose not to eat healthy food
- e. Other, Please specify: _____

27. In the last two weeks, how often did you eat fast-food (e.g. McDonald's, Burger King)

- a. ____ Often (5-8 meals)
- b. ____ Sometimes (3-4 meals)
- c. ____ Less often (1-2 meals)
- d. ____ Never

28. Please describe what you ate last night for dinner? Please specify:

29. How often do you have a breakfast meal?

- a. Everyday
- b. 4-5 days a week
- c. 2-3 days a week
- d. 1-2 days a week
- e. Three times a month
- f. Twice a month
- g. Once a month
- h. Once every few months
- i. Almost never

30. I am currently? *(circle all that apply)*

- a. Attending college
- b. Attending high-school

- c. Working full-time
- d. Working part-time
- e. Taking GED/ESL or other classes
- f. Looking for a job

31. How many meals a day do you eat? (*circle only one*)

- a. One
- b. Two
- c. Three
- d. More than three

31a. If you eat less than three meals a day, what prevents you from eating more?

- a. One meal is good enough for me
- b. Two meals is good enough for me
- c. I do not have time to eat more meals
- d. I do not have the time to prepare lunch/dinner at SG and do not have money to buy food
- e. Other, Please specify: _____



La Casa Norte

Food Security Team

Bill Emerson National Hunger Fellow, Hiram Lopez-Landin

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