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FOOD PURCHASING HABITS OF PARTICIPANTS IN THE SUPPLEMENTAL
NUTRITION ASSISTANCE PROGRAM (SNAP) AMONG SHELBY COUNTY,
TENNESSEE RESIDENTS

by

Michelle Ann Miller

A Thesis

Submitted in Partial Fulfillment of the

Requirements for the Degree of

Master of Science

Major: Clinical Nutrition

The University of Memphis

December 2014

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DEDICATION

*“Isn't it strange how princes and kings,
and clowns that caper in sawdust rings,
and common people, like you and me,
are builders for eternity?”*

*Each is given a list of rules;
a shapeless mass; a bag of tools.
And each must fashion, ere life is flown,
A stumbling block, or a Stepping-Stone.”*

-R.L. Sharpe

To my family for giving me the tools to build a brighter future.

ACKNOWLEDGEMENTS

I would like to acknowledge all the people without whom this thesis would not have been completed. First, I would like to thank my committee members, Dr. Terra Smith, Dr. Ebenezer O. George, and Ms. Estella Mayhue-Greer. Dr. Smith has been my guiding light through this entire process. Many weeks she would meet me in the early morning to help with brainstorming and counsel for which step to take next. She continually challenged the limits of what I thought possible. Dr. George mentored me through the challenging task of establishing parameters and organizing my raw data. His statistical guidance was invaluable. Ms. Mayhue-Greer brought her sense of compassion for the hungry citizens of the area. She also provided resources in the form of contacts and financial incentives for participants through her organization, the Mid-South Food Bank, without which I would not have had the means or the opportunity to sample my selected population. I would like to thank Suzanne Fenech for providing transportation to data collection sites when an unexpected injury rendered me unable to drive for weeks. Finally, I would like to thank all of my survey volunteers: Veronica Hnatiuk, Geri McNeilly, Kimberly Boone, Landon Boone, and Mary McCarthy. Without these volunteers, data collection would not have been possible.

ABSTRACT

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The Supplemental Nutrition Assistance Program (SNAP) is a government entitlement program that provides monetary assistance for participants to consistently acquire adequate food. Many unanswered questions remain regarding nutrition quality of SNAP purchases. Eighty-four SNAP participants were surveyed at food pantries throughout Shelby County, TN to obtain a descriptive analysis of participant purchasing habits. The majority of households received \$150 or less per month in benefits, which were spent most frequently at convenience stores (n=42) and bakeries/delis (n=44). 77% (n=65) of participants reported experiencing times while utilizing SNAP benefits where there was not enough food to feed his/her family. Meat products were the most expensive items participants purchased and also the items participants most frequently cited desires to have more money to purchase. Regionally tailored nutrition interventions for the future include greater access to food pantries in conjunction with encouraging local plant-based protein options to improve dietary quality

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LITERATURE REVIEW

Introduction

Americans citizens want to know on what American tax dollars are being spent. One program that receives a large portion of tax dollar funding is an entitlement program known as the Supplemental Nutrition Assistance Program (SNAP). The program, started during the Great Depression, provides low-income families with monetary assistance for food acquisition. A sudden increase in participation of 22% from 2003 to 2013 brought increased scrutiny from citizens and legislators who are concerned about the dietary quality of items purchased with SNAP benefits¹. In recent years renewed political focus is being placed on how much money is being allocated to the program, which households receive money, and how the money is being spent. In addition to monetary concerns, a health concern also exists. From a nutrition and health perspective, identifying spending habits may create a window of opportunity for nutrition education, program policy reform, and decreased health costs.

The following review will discuss the aforementioned factors in addition to the history of SNAP, goals for SNAP nutrition-related outcomes, qualifications for participation, funds disbursement, the Thrifty Food Plan, abuse of SNAP, and SNAP's associations with obesity. Factors affecting food purchasing for Shelby County residents, such as cyclic spending and food desserts, will also be discussed. Finally, ways in which purchasing habits of SNAP participants in Shelby County might be improved will be explored.

History from Inception to Present Day

Formerly known as the Food Stamp Program, SNAP has been a topic of great interest since its inception. The program plays a crucial role in the ability of low income populations to have access to adequate, nutritious meals. The original Food Stamp program was enacted May 16, 1939 as a pilot program during the Great Depression to bridge the gap between hungry citizens and a rotting food surplus. Unlike the previous food aid program that distributed surplus commodities, the new program ran on a system of stamps. Qualified individuals were allowed to purchase stamps to be used on groceries. Each dollar spent on an orange food stamp was matched by the government with a blue stamp worth fifty cents. Orange stamps could be used to purchase any food item as well as common household items, but not alcohol, tobacco, or food to be consumed in the stores. Blue stamps could only be spent on designated commodity foods. Items eligible for purchase with blue stamps varied seasonally based on surplus crops identified by the Department of Agriculture². Grocers kept a current list of eligible items posted, providing consumers struggling through the Great Depression extra means to feed their families. Farmers also benefited through an increased demand for surplus crops³.

After the Great Depression, Congress convened to assess the fate of welfare programs implemented during that era. Legislatures determined that the combination of post-war economic recovery and a reduced agricultural surplus rendered the Food Stamp Program an unnecessary expense². Hunger in America was declared satisfactorily resolved, and the Food Stamp Program was ended in the spring of 1943³.

Reports of severe malnutrition brought food aid back into the spotlight during the 1960's. President John F. Kennedy as a cornerstone of his campaign pledged solve the problem of poverty in America through several actions, including food distribution^{3,4}. He fulfilled his promises in 1961 with a revised food stamp pilot program. Under the new program allowable purchases for blue stamps was expanded to include most food items. Imported foods and alcohol were still not allowed for purchase with the stamps. The new pilot was a success and on August 31st the Food Stamp Act of 1964 was signed into law with the expectation that participation rates would level off at around 4 million participants⁵. Food stamps was declared an entitlement program and placed under government welfare services.

Several major changes were made to the program in the early to mid-1970's. The law was revised to include standardized, income-based eligibility requirements. Benefit amounts were modified to be sufficient to purchase foods for a nutritionally adequate diet. Congress established that 30% of an eligible household's income should be spent on foods. Food stamps were defined as a supplement when that 30% was not enough to provide a nutritionally adequate diet. In addition, provisions were made to extend temporary food stamp aid to those in need of disaster relief³.

Changes in political agendas during the late 1970's led to program restructuring through The Food Stamp Act of 1977. New legislation eliminated a household's requirement to purchase orange stamps altogether. Some eligibility requirements were lessened or eliminated, including the requirement that households own cooking units. General resource limits increased to \$1,750. As a result, more rigid program controls were enacted to prevent program misuse. Examples of such controls included home visits

to ensure household compliance and eligibility verification, penalization of households whose primary income source quit his or her job voluntarily, and restricted availability for students and aliens³.

Explosive growth in Food Stamp spending brought the program under close government scrutiny during the early 1980's. In an attempt to ensure Food Stamps were adequately funded as an entitlement program several cutbacks were made. A new set of more stringent regulations made participation difficult. Later in the decade some of these regulations were relaxed and new provisions were made. Among these changes were an increase of allowable assets to \$2,000 and exemption of food stamp purchases from sales tax³.

As the demand for food stamps grew, so did the need to streamline management of disbursements. In 1984 research and development began for the use of electronic transfer benefits (EBT) in place of physical stamps. By 1990, the EBT system was allowed as a state-by-state optional disbursement method³. Use of cards instead of stamps allowed households to maintain a degree of anonymity which helped stem poverty-related stigmatization.

The 1990's held another wave of program reforms. The Personal Responsibility and Work Opportunities Reconciliation Act of 1996 set in place additional work requirements for eligibility. An able-bodied adult without a dependent who did not work at least 20 hours a week or participate in work training could only receive government aid, including food stamps, three out of every 36 months⁶. Government aid was restricted for all immigrants, whether legal or illegal. The changes were relaxed in 1997 to allow for extenuating circumstances³.

Program refinements in the 2000's came in two phases. In 2002 the Food Stamp Program moved away from stamps entirely and switched completely to EBT. The 2002 Farm Bill, which still regulated most facets of food aid, gave states freedom to combine Food Stamp Program components with other welfare programs such as Temporary Assistance for Needy Families (TANF) and Medicaid as well as providing monetary incentives for providing programs with low error rates. Eligibility was restored for legal immigrants who had been residing in the United States for at least five years or any length of time if they were children or on disability^{3,7}. The second phase made headlines in 2008 when the Food Stamp Program was renamed as SNAP in an effort to reduce stigma associated with the program. The 2008 Farm Bill also enacted a nationwide procedure of making monthly lump sum payments instead of the bimonthly system some states previously utilized⁸. The legislation pioneered a policy of disqualification from the program should a household be caught selling food purchased with SNAP benefits. Pilot studies were approved to investigate improvements into the program as well as promoting the use of farmers markets to access fresh fruits and vegetables^{3,9}.

Recent Program Changes

SNAP has seen several program changes in the past five years. As a part of the 2009 American Recovery and Reinvestment Act maximum SNAP benefits were increased 13.6%. The temporary extra allotment was intended as a stimulus to help people recover from the market recession of 2008. In November of 2013 funding for the recovery stimulus was terminated, removing \$25 from monthly disbursements for a characteristic family of four. Without the stimulus, SNAP provisions allow

approximately \$1.40 per person per meal. Even with excellent budgeting skills, providing nutritionally adequate meals at such a low cost is challenging.

SNAP is now the largest government assistance program in the United States. Approximately \$81 billion was spent on the program in 2012, bringing about close legislative scrutiny¹⁰. Congress failed to meet the deadline to renew the Farm Bill in 2012, largely due to debates surrounding budget cuts for SNAP¹¹. Anecdotal evidence of benefit misuse and abuse combined with concerns over negative health correlations associated with the program have made agreeing on new legislation difficult, to say the least. In February 2014 congress reached an agreement that included further tightened spending on the program with the new Farm Bill, formally known as the Agricultural Act of 2014. Spending cuts will reduce program spending by \$8.55 billion over 10 years and decrease benefits for some households in 17 states by another \$90 according to the Congressional Budget Office^{10, 12}.

The need for SNAP in the United States still exists. According to Feeding America, a nonprofit organization committed to fighting hunger, in 2013 49.1 million Americans lived in food-insecure households, and 45.3 million people lived below the poverty line¹³. Many impoverished and food-insecure households rely on assistance to ensure consistent access to adequate quantities of food.

Goals for Nutrition-Related Outcomes

The goal of SNAP is to provide means for households to afford adequate supplies of nutritious foods. The renaming of the program was designed not only to stem any potential stigma of the program, but also to intensify focus on providing access to healthy

foods for low income families. Renewed focus on healthier options led to increased participation in farmers markets was encouraged and pilot studies for healthy food choice incentives were promoted by the 2008 legislation⁹.

Qualifications and Participation

SNAP differs from other food assistance programs in that it is a financial-based entitlement program which, unlike the Women, Infants, and Children (WIC) program and the National School Lunch Program, does not limit eligibility to targeted vulnerable populations. These criteria are reviewed and updated annually through the Secretary of the Department of Health and Human Services¹⁴. Citizens living in Alaska or Hawaii are allowed a higher poverty guideline due to increased costs of living. Certain groups of people, such as individuals with disabilities and the elderly, have relaxed qualification standards. SNAP eligibility criteria are based on three separate criteria; gross monthly income, net monthly income, and some nonessential assets, i.e. extra cars^{10, 15}.

SNAP eligibility is based on gross monthly income, net monthly income, and the dollar value of countable assets. Gross monthly income is the total dollar amount earned in a given month based on hours worked per pay rate and other cash benefits, such as social security payouts. Net monthly income reflects the amount of “take home pay” after deductions for items such as taxes and social security have been made. Gross and net monthly incomes must fall at or below 130% and 100% of set poverty guidelines, respectively^{10, 15}. Households receiving other forms of government assistance, such as supplemental security income (SSI) or temporary assistance for needy families (TANF), may be exempt from these requirements. Households containing an elderly and/or

disabled member need only meet the requirements for gross monthly income. Countable assets, the final eligibility criterion, do not include place of residence or a primary vehicle used to get to work. Households are eligible with countable assets valued up to \$2,000. Households with elderly or disabled individuals are eligible with assets valued up to \$3,250¹⁵.

Maximum monthly allotments as of June 2014 are shown in Table 1. These figures reflect the amount available for a household with no source of income. SNAP guidelines expect 30% of the household's income to be spent on food, and that amount is subtracted from the maximum allotment to determine the household's individual assistance¹⁵. For example, a family of four with no net monthly income would qualify for the maximum \$632 disbursement, while a four person household with a \$600 net monthly income would be expected to contribute \$180 per month towards groceries. The latter household would receive \$452 per month.

Maximum benefit amounts for SNAP are calculated using an eating guideline known as the Thrifty Food Plan (TFP)¹⁶. TFP was designed to serve as a model for following a nutritionally adequate diet using low-cost items. The plan was designed when more families cooked from scratch meals. In order to keep costs low the plan still places a heavy emphasis on foods that require significant time and skill to prepare. While nutritious and affordable in writing, the plan did not account for many low-income Americans lacking the time and the skills needed to transform base ingredients such as dry beans and flour into a sustainable meal plan. Much of the model is dependent on labor-intensive items such as dried beans which may require several hours of preparation before consumption. An article published in the February 2010 *Journal of Nutrition* used

basic labor economics techniques to calculate the value of labor spent in meal preparation. The authors found that once labor costs were factored in TFP was not actually very thrifty¹⁷.

Table 1. SNAP benefits by household size

People in Household	Maximum Monthly Allotment
1	\$ 189
2	\$ 347
3	\$ 497
4	\$ 632
5	\$ 750
6	\$ 900
7	\$ 995
8	\$ 1,137
Each additional person	\$ 142

Many participants are in a situation where the person responsible for preparing meals also maintains employment. As a whole, SNAP participants are expected to work. Eligibility is contingent on employment or enrollment in a work training program. Not all households are subject to the work requirements. Retired and disabled participants are exempt from work requirements. Able-bodied participants may have exemptions from working as illustrated in Table 2. Finding enough time to prepare from-scratch meals on a

daily basis is a daunting task for a population who may not have basic food preparation knowledge¹⁷.

Table 2. Work requirements for able-bodied SNAP participants.

Household Composition	Work Requirement?
Single Adult	Yes
Two Adults	Yes
Mother with Child	Yes if child is >6 but <18 No if child is <6
Married or Cohabiting Parents with Child	One parent must, Other parent Yes if child is >6 but <18 No if child is <6

Funds Disbursement

Federal regulations mandate SNAP funds be disbursed once per month, while individual states are permitted to set a monthly custom distribution schedule. Currently in Tennessee disbursement dates are spread over the first 20 days of the month according to the last two digits of the recipients’ social security numbers (SSN)¹⁸. Previously funds were disbursed to all participants over only one or two days out of a month. Table 3 lists the benefit disbursement schedule for Tennessee.

Shelby County has the greatest number of SNAP participants among counties in Tennessee¹⁹. The county also disburses a higher dollar amount than other Tennessee counties. According to data from 2013, 267,594 individuals living within 133,411 households, were issued an averaged total of \$37,881,149 each month¹⁹.

Table 3. SNAP benefit disbursement dates for Tennessee participants.

Last 2 digits of SSN	Disbursement date	Last 2 digits of SSN	Disbursement date
00-04	1 st of the month	50-54	11 th of the month
05-09	2 nd of the month	55-59	12 th of the month
10-14	3 rd of the month	60-64	13 th of the month
15-19	4 th of the month	65-69	14 th of the month
20-24	5 th of the month	70-74	15 th of the month
25-29	6 th of the month	75-79	16 th of the month
30-34	7 th of the month	80-84	17 th of the month
35-39	8 th of the month	85-89	18 th of the month
40-44	9 th of the month	90-94	19 th of the month
45-49	10 th of the month	95-99	20 th of the month

Abuse of SNAP

Abuse of SNAP benefits is of great concern to taxpayers and legislators. Sale or transfer of SNAP benefits is strictly prohibited. In order to protect the integrity of largest assistance program in the United States, the USDA has multiple measures in place to stem fraudulent transactions. Replacing the old-fashioned stamp method with an electronic benefits transfer (EBT) card reduced incidences of beneficiaries selling their stamps to retailers at a reduced rate³. While some abuse of the program exists, studies have shown it to be a very small portion of total SNAP participants²⁰. Anecdotal evidence

of SNAP participants purchasing prohibited items, such as alcohol or cigarettes, appear on the news and social media with increasing frequency. If a retailer is caught participating in abuse of SNAP benefits, they may face any combination of penalties ranging from fines to possible jail time. Participants found guilty of fraudulent fund usage face removal from the program^{9, 18}.

SNAP Participation and Obesity

Low income households are repeatedly shown to have poorer dietary quality than that of their higher-income counterparts. However, it is important to note that among low income households, those participating in SNAP will have worse dietary intakes and higher BMIs than eligible non-participants^{21, 22}. Associations between food stamp participation and increased BMIs may be related to behaviors involved in food purchasing habits.

Studies conducted over the past decade focus on fruit and vegetable intakes as well as sugar-sweetened beverage consumptions of SNAP participants. All agree that consumption of sugar-sweetened beverages is too high while consumption of fruits and vegetables is insufficient or in some instances completely deficient²³⁻²⁸.

Cyclic Spending

Once-monthly disbursement of SNAP benefits is based on the Life Cycle-Permanent Income Hypothesis, which suggests that a pattern of funds distribution at the same time each month will allow participants to smooth consumption rates and make

purchases consistent over the month²⁹. In reality, benefits are spent much sooner than that. Low monthly incomes, such as those seen in SNAP participants, can limit a household's ability to purchase healthy foods over the course of a month. Previous research indicates that the bulk of benefits are spent within the first two weeks of funding disbursement³⁰. In 2009 SNAP households were reported on average to have spent 60% of their monthly disbursement within the first seven days of payment, with spending averaging 80% of monthly disbursement by day 14³¹. The “first of the month” effect is completed in the latter half of the month, with trips to grocery and mass/club/superstores decreasing and purchases from convenience-type stores increasing³².

If funds are insufficient or poorly managed, as cited previously, there may not be sufficient means to obtain adequate amounts of food. Previous research has shown declines in caloric intake towards the end of the benefit cycle, which was then compensated for by binge-type overconsumption at the next funds disbursement³². Cyclical spending may contribute to obesity rates and poor health outcomes seen in the SNAP participant population.

Individuals living in homeless shelters or other very low income housing situations may face storage and preparation barriers which prevent them from choosing healthy food options. Participants may lack access to a standard sized refrigerator and or freezer. These pieces of equipment are essential for safe storage of many healthy food items, namely fresh meat, dairy, and some fruits and vegetables. Limited storage space, higher prices, and limited availability regarding healthy foods promote purchasing habits tending towards less expensive, more shelf-stable processed foods^{27,29}.

Food Deserts and Other Barriers to Food Shopping

As mentioned previously, pockets of poverty and hunger have been noted in the United States since the Anti-Poverty campaign of the 1960's². One factor contributing to these conditions is the presence of a food desert. Food deserts can be defined as any area with limited access to foods that are both healthy and affordable³³.

Existence of a supermarket has been identified as the “gold standard” for identifying neighborhood with access to healthful and affordable food items. Unfortunately access to a supermarket may be limited for some individuals, especially certain urban areas. Research focusing on selected census tracts in North Carolina, Maryland, and New York found that while low-income neighborhoods had four times as many grocery stores as wealthier neighborhoods, they had half as many supermarkets. There was also a marked decrease of specialty markets which provide extra access to fresh fruits and vegetables and minimally processed foods³⁴.

Another study comparing low and high income areas in New York City found that only 18% of stores in the selected low-income area provided a complete selection of foods recommended for living well with diabetes. What's more, residents of low income areas were nearly twice as likely to have a store in their neighborhood that did not stock the specified recommended for diabetes items and slightly less likely to live near stores carrying the selected healthy items³⁵.

Information from the USDA's SNAP retail locator indicates there are 1044 retail locations accepting benefits as of October 2013³⁶. Many locations were corner markets and other types of stores which tend to offer reduced quantities and poorer quality healthy food items at a higher price than supermarkets. Low availability of grocery stores and

high availability of corner markets and convenience stores is consistent with findings that low income and minority population neighborhoods tend to have disparate access to more affordable supermarket options^{29,34,35,37-40}.

Dietary quality related to food deserts

Much research has been performed over the last decade looking at food deserts in the United States and their impact on dietary quality. Food environments poor in supermarkets tend to have a poorer selection of healthy foods, thus supporting a more obesogenic diet^{26,41}.

Nutrition Education Options for Tennessee Residents

Several programs have been implemented on the state and national level to provide nutrition education to low-income populations. In Tennessee, there are multiple options based on age, gender, maternal status, and income. Most notable among these are the SNAP-ed program, TNCEP, and WIC nutrition counseling. SNAP-ed is the only one among these three that specifically targets SNAP participants.

SNAP-ed is a government program designed to help participants gain the skills they need to be savvy shoppers as well as to prepare healthful meals using low-cost items⁴². There are two main branches to the program. The first is Cooking Matters, a series of classes covering nutrition and basic cooking skills such as how to properly handle a knife, how to read a recipe, and how to cook rice on a stovetop. The other

segment, Shopping Matters, covers topics such as budgeting, how to navigate a grocery store, and unit pricing.

Validity and feasibility of Purchase-Tracking Methods

Providing an accurate picture of what foods are being purchased is an essential step to providing tailored nutrition education for a region. Outside of food deserts and income constraints, regional and ethnic food preferences play a role in what choices a household might make at the grocery store. In order to provide analysis there are multiple methods, both qualitative and quantitative, which a researcher might employ^{43,44}.

In 2008 the Journal of the American Dietetic Association reviewed the methods of home food inventories, food and beverage purchase records and receipts, and Universal Product Code bar code scanner data. Of these methods, they found the use of annotated food and beverage records and receipts for periods greater than one week to be the most promising⁴³. The advantage of receipts is they provide insight into when foods come into the home and how the quantities and locations may change over the course of a SNAP disbursement cycle.

In order collect accurate data, receipts are generally annotated to provide further information about products purchased. Overall, subjects involved with receipt data collection have been shown to produce the required data with little incentive or prompting from researchers^{43,44}.

Possible Contribution

Current information regarding purchasing habits of SNAP participants beyond participation rates and total dollars spent has not been produced at a county level. Data have been lumped together for analysis instead of evaluating information for each individual household. Understanding how purchasing habits and food preferences affect SNAP spending over the course of a benefit cycle could provide valuable insight into the unique needs and preferences of local recipients. Future applications of the data could be used towards development of future nutrition education efforts.

Research Question

The study presented is a descriptive analysis of food purchasing habits of SNAP participants in Shelby County, Tennessee. Demographics, nutrition factors considered by participants, store choice, time on SNAP benefits, sufficiency of SNAP benefits, and utilization of other food assistance resources will be explored.

METHODS AND PROCEDURES

All study methods and procedures were approved by the institutional review board at the University of Memphis (see Appendix A). Research was conducted by the primary investigator with assistance from undergraduate students from the University of Memphis. Students who had completed the Collaborative Institutional Training Initiative

(CITI) program were recruited and trained by the primary investigator to assist with survey collection. Only one food pantry was selected per zip code to eliminate double-sampling of participants. Food pantries were contacted using a list provided by the Mid-South Food Bank (see Appendix B). The same list is available to Shelby County residents through the Mid-South Food Bank Website and through 2-1-1 Tennessee, a statewide service that connects people in need with appropriate aid resources^{45,46}.

First, Pre-screening forms were passed out to all food pantry recipients at the collection site (see Appendix C). The primary investigator or one of the undergraduate student(s) used pre-screening forms to determine participant eligibility. Inclusion criteria were SNAP participation with written documentation or possession of an EBT card, responsibility for at least 50% of grocery procurement in their household, residence in Shelby County, and residence in the zip code represented by the food pantry for that collection period. If the participant passed the pre-screening and wished to take the survey, oral consent was obtained and they were instructed to take the pre-screening sheet to a table where additional undergraduate student(s) were stationed (see Appendices D and E). Participants were given the survey after proof of SNAP eligibility was presented. Exclusion criteria were not participating in SNAP, failure to provide proof of SNAP benefits, or residing in a zip code not represented by the food pantry being used for that data collection period.

Demographic information gathered included age, gender, zip code of residence, and household size. All data collected for the initial survey were self-reported on a survey titled SNAP Food Purchasing Habits Survey (see Appendix F). The survey was developed with the assistance of a registered dietitian, a statistician, and the CEO of a

food bank and modeled after similar surveys and focus group talking points present in current literature^{44,47,48}. The last question of each survey asked whether or not participants would be willing to share their receipts for research purposes. If the participant indicated yes, they then were informed of and invited to participate in the second portion of the study.

Upon survey completion the participant was presented with a \$5 gift card. If the subject indicated on the survey that he/she was willing to share receipts, written consent was obtained. The second portion involved analysis of receipts representing SNAP purchases over a one month time frame. Participants were orally instructed how to collect and return receipts. They were then provided with a written copy of the instructions and a prepaid envelope addressed to the researcher. Participants who returned receipts were compensated with another \$5 gift card to Kroger sent to the address collected from the subject at the food pantry (see Appendices G and H). In the event that the PI was unavailable, one of the undergraduate assistants was appointed to oversee proper data collection technique. The undergraduate kept all materials inside a locked briefcase which was be returned to the PI within 12 hours of data collection.

Compensation for research participation was sponsored by the Mid-South Food Bank. The Mid-South Food Bank also provided support in the form of addresses, pantry manager names, and phone numbers for approximately 100 food pantry locations within Shelby County lines.

Collected data were compiled in an excel spreadsheet. Data were analyzed for trends and formatted to provide a descriptive analysis of Shelby County, TN SNAP participant purchasing habits (See Appendix I). The University of Memphis Institutional

Review Board approved of all study methods and procedures. Oral and, when applicable, written consent was provided by all participants.

RESULTS

Demographics

A total of 84 surveys from 16 zip codes were collected. Fifty two percent of respondents were female (n=44) and 48% were male (n=40). The average age of participants was 51, with the average household size of 2.5 persons. Monthly allotments varied greatly and were not strongly correlated with household size. Figure 1 below illustrates the relationship for participants between household size and monthly SNAP dollar allotments. The majority of households received \$150 or less in a month (n=36) or \$151-300 (n=30). Twenty-three percent of households received an allotment near to the maximum available for the number of people in their household.

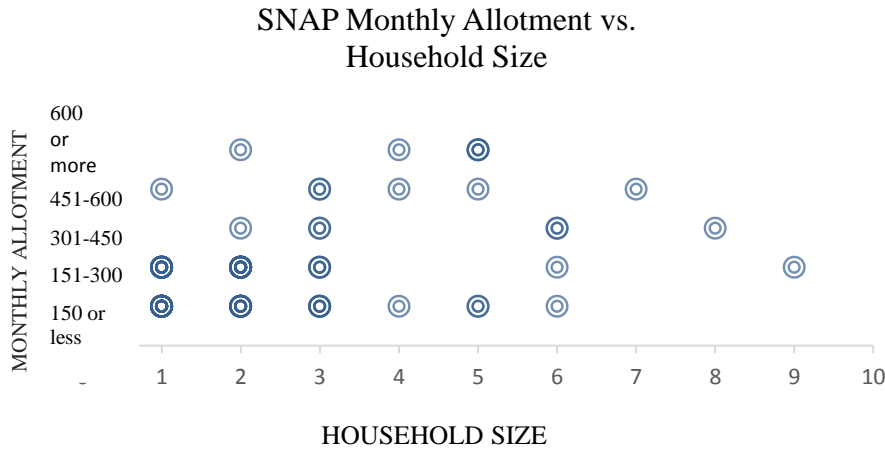


Figure 1. SNAP monthly allotments compared to household size, which is comprised of the number of people residing in a single SNAP qualified household. Monthly allotments are expressed as a range in dollar amounts.

Adequacy of Food Stamps

Out of the 84 participants, 58 participants indicated use of monies other than the SNAP allotment to purchase food. Seventy three participants utilized other community resources to acquire food, including friends and family members, community gardens, soup kitchens, and federal free and reduced school lunch programs. Even with these programs, 77% (n=65) of survey takers reported not always having enough food to feed his or her household. Adequacy of SNAP funds in providing participants with sufficient funds for an adequate food supply are shown in Figure 2.

Do You Ever Not Have Enough Food to Eat?

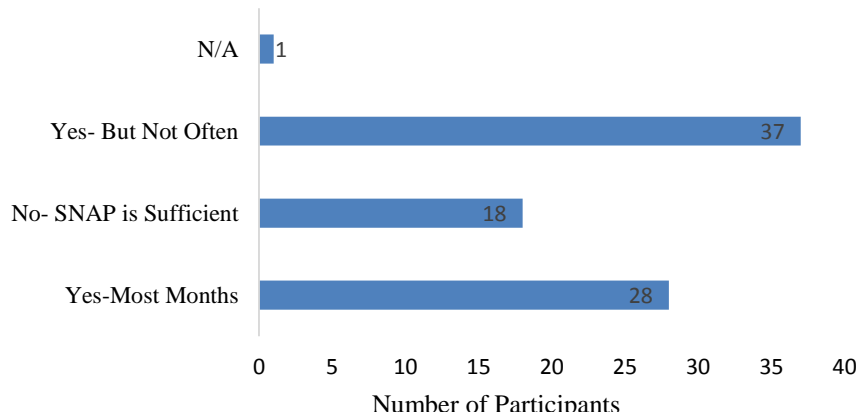


Figure 2. Reports by SNAP survey takers regarding adequacy of SNAP in providing sufficient means to feed households.

Low-income families, whether SNAP participants, eligible nonparticipants, or any other household in need of extra assistance have several options for additional food acquisition resources. These include, but are not limited to some food banks, friends and family members, community gardens, soup kitchens, and free or reduced price meals through the National School Lunch Program. Since data was collected from food pantries across Shelby County, it can be said that all respondents utilize some form of additional food aid. Table 4 outlines utilization rates of other potential food acquisition sources.

Table 4. Utilization of Other Food Acquisition Resources¹

	Yes		No		N/A	
	#	%	#	%	#	%
Food Bank	43	51.2	37	44	3	3.6
Friends/Family	31	36.9	52	61.9	1	1.2
Community Garden	13	15.5	70	83.3	1	1.2
Soup Kitchen	17	20.2	66	78.6	1	1.2
Free/Reduced School Lunch	13	15.5	70	83.3	1	1.2
Other	7	8.3	71	84.5	1	1.2

#- Number of participants who responded

%- Percent of participants who responded

Grocery Shopping

Shopping times varied considerably among participants, however over half (n=51) reported that his or her grocery shopping was usually done sometime in the morning. Out of all available times. The fewest number of participants chose to get their groceries at night (n=2). Percentages of participants acquiring groceries at each time of the day can be seen in Figure 3.

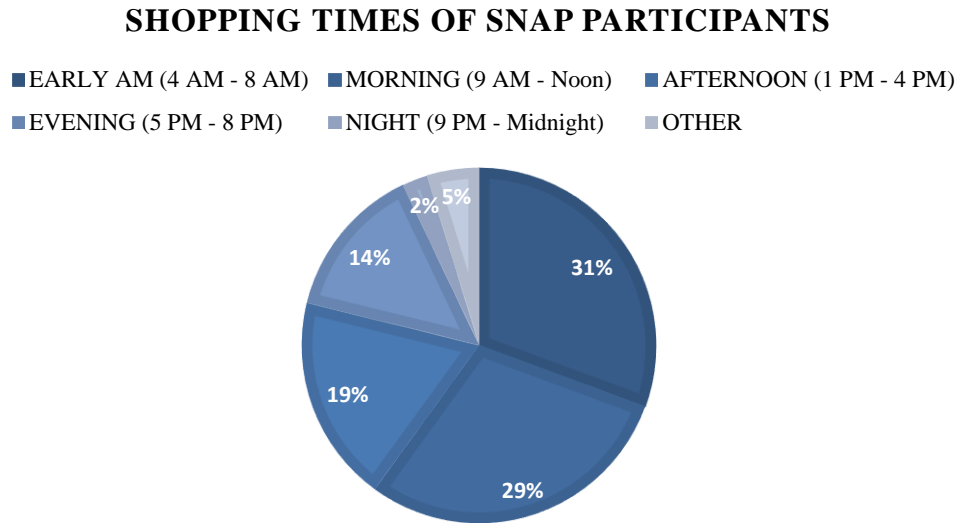


Figure 3: Grocery shopping times of SNAP participants

Nutrition Information

Healthy eating on a budget requires a measure of preparation and critical thinking. When asked about some of these factors, 26 participants (31%) reported always or usually thinking about healthy choices when deciding what to feed his or her family.

Fewer participants put the thoughts into actions. Twenty-one participants usually or always utilized the nutrition facts labels when making food choices. Only 11 participants reported planning meals ahead of time, and only five participants compared prices while at the grocery store. Further information regarding these factors may be seen in Table 5. Healthy eating on a budget also requires a great deal of food preparation. Out of 81 respondents, 11% (n=9) reported cooking from scratch meals one or fewer days per week, 46% (n=37) cooked two to three days per week, 26% (n=21) cooked four to five days per week, and 17% (n=14) participants cooked meals from scratch more than five days per week.

Table 5. Nutrition-related factors considered when grocery shopping

	Always		Usually		Sometimes		Never		N/A	
	#	%	#	%	#	%	#	%	#	%
Plan meals ahead of time	3	3.6	8	9.5	12	14.3	20	23.8	23	27.4
Compare prices	1	1.2	4	4.8	22	26.2	19	22.6	27	32.1
Use nutrition facts label to make food choices	5	6	16	19	6	7.1	16	19	27	32.1
Think about healthy choices	4	4.8	22	26.2	16	19	16	19	42	50
Utilize community food resources	4	4.8	15	17.9	25	29.8	13	15.5	44	52.4

#- Number of participants who responded

%- Percent of participants who responded

In order to further identify participant’s purchasing habits and preferences participants were asked to rate a variety of factors from one through six on how important

each factor was when making food purchasing decisions. The factors were cost, ease of preparation, taste, portability, perceived healthiness of the item, and whether or not an item was organic. Twenty of the 84 participants answered. Over half (52%) agreed that price was the most important factor when purchasing an item. The next most important factors were perceived healthiness, taste, and ease of preparation, respectively. 48% (n=12) agreed that portability was the least important quality of food items chosen.

Store and Food Characteristics

At the end of each survey each participant was asked to list out which were the most expensive item(s) purchased and which item(s) participants wished they had more money to purchase. Answers, illustrated in Figure 4, were divided into the five main food groups as well as discretionary calories for fats, concentrated sweets, and juices. Responses not pertaining to these groups were categorized as “other”. Out of all foods, meat was both the most expensive item purchased and the item which participants wished they had more funds to buy. Eleven participants claimed dairy products were their most expensive purchase and twelve participants indicated a desire to have more money to spend on fruit.

PARTICIPANTS' PERCEPTION OF PURCHASES

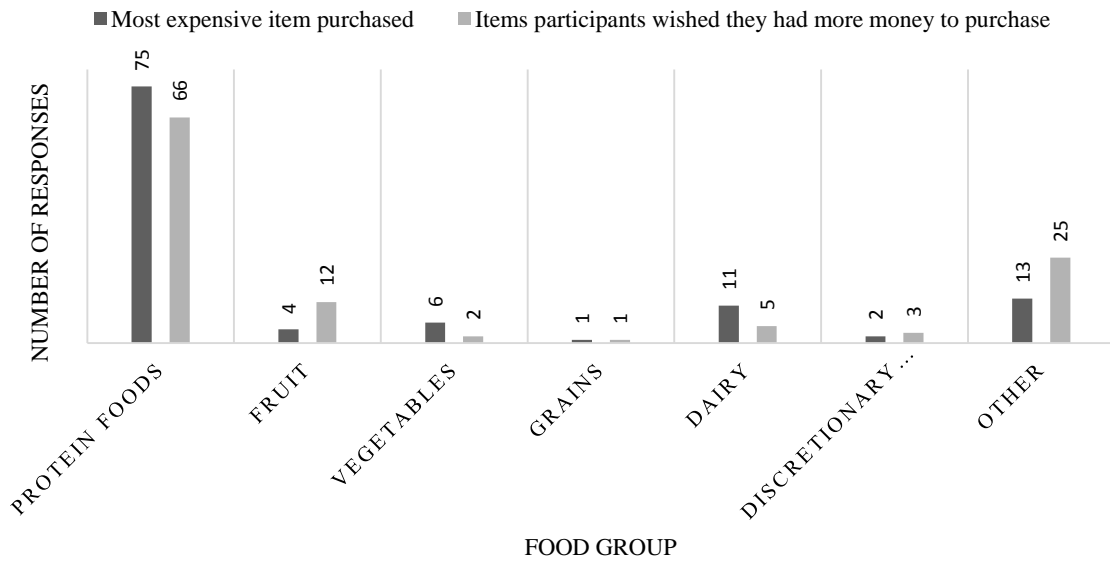


Figure 4. Participants' perceptions of cost relative to food groups purchased

Participants were asked to identify how frequently a variety of store types were frequented for grocery shopping. Few participants recorded visiting any store type daily. Grocery stores were most commonly frequented (n=69), usually as part of a monthly trip (n=45). Nine participants (10.7%) reported never or rarely utilizing grocery stores. Bakeries and delis, discount stores, drug stores, and wholesale clubs were commonly used as part of monthly shopping. Farmer's markets were the least utilized, with only 23 participants electing to use the markets on a monthly or more frequent basis. Further information regarding grocery shopping based on store type can be found in Table 6. Sixty three participants indicated that they would be willing to share their receipts for research purposes. Of these individuals, 12 returned envelopes containing receipts of SNAP purchases. On average, households utilized SNAP benefits 4 times per cycle, with modal trends showing households grocery shopping either 1 or 6 times per distribution.

cycle. The most frequently purchased food group was meat (23.8%) and the least frequently purchased food group was fruit.

Table 6. Frequency of grocery shopping by store type.

	Daily		Weekly		Monthly		Never/Rarely		N/A		Total	
	Frequency	Percent	Frequency	Percent	Frequency	Percent	Frequency	Percent	Frequency	Percent	Frequency	Percent
Grocery Stores	2	2.4%	22	26.2%	45	53.6%	9	10.7%	6	7.1%	69	82.1%
Bakeries, Delis	4	4.8%	15	17.9%	25	29.8%	27	32.1%	13	15.5%	44	52.4%
Convenience Stores	4	4.8%	22	26.2%	16	19%	26	31%	16	19%	42	50%
Discount Stores	1	1.2%	12	14.3%	29	34.5%	23	27.4%	19	22.6%	42	50%
Drug Stores	1	1.2%	4	4.8%	22	26.2%	38	45.2%	19	22.6%	27	32.1%
Gas Stations	5	6%	16	19%	6	7.1%	42	50%	16	19%	27	32.1%
Wholesale Club	-	-	1	1.2%	23	27.4%	40	47.6%	20	23.8%	24	28.6%
Farmer's Markets	3	3.6%	8	9.5%	12	14.3%	41	48.8%	20	23.8%	23	27.4%
Other	1	1.2%	5	6%	12	14.3%	16	19%	50	59.5%	18	21.4%

Table 7. Sample Frequency of distribution of food groups purchased by twelve SNAP participants in Shelby County, TN

Food Group	Frequency	Percent
Grains	129	17.2%
Fruit	25	3.3%
Vegetables	108	14.4%
Dairy	42	5.6%
Meat	178	23.8%
Fats and Oils	31	4.1%
Premade Meals (frozen, canned, etc)	83	11.1%
Sugar-Sweetened Beverages	67	8.9%
Sweets/Desserts	86	11.5%

DISCUSSION

Limitations

The results of the study are a gateway to understanding the purchasing habits of SNAP participants in Shelby County. Factors that limit the strength of the findings are small sample size and study recruitment locations. Approximately 130,116 households participated in Food Stamps during data collection from May through August 2014¹⁹. The sample collected represented 0.06% of the target population, leaving a wide margin of error possible for all results⁴⁹. Also, due to the necessity to respect the privacy and dignity of SNAP participants, sampling locations were restricted. All data were collected from food pantry sites across Shelby County. Choosing pantries as sampling sites reduced potential for creating a negative experience for participants; however it limited the available population. Future research efforts with a larger population sample would be able to provide an even further in-depth representation of Shelby County.

Participants were recruited from food pantries across the county. While the sampling location provided a greater concentration of participants, it is important to remember that not all Food Stamp participants utilize food pantries as a food acquisition resource. Many pantries are only open once per week for a few hours and as such are difficult to utilize. Under these conditions, it is possible that a subpopulation of SNAP participants reflecting different purchasing habits exists. Alternate data sources, such as grocery store scanner receipts, would provide a clearer image of purchasing habits irrespective of additional food aid use. The research presented here could serve as a guide

for areas on which to focus receipt analysis. Future research efforts might also explore differences in purchasing habits between participants who use SNAP as a sole source of welfare assistance against participants who consistently rely on additional aid, such as food pantries or WIC.

The above limitations notwithstanding, the goal of this study was not to generate broad conclusions. Rather, it seeks to explore perceptions and purchasing habits in a localized geographical setting so that future hypotheses may be generated. The results provide a starting point, which will be strengthened or disputed with further research. Legislators, taxpayers, and health professionals who wish to base opinions on findings rather than anecdotes or conjectures should consider these results when designing interventions or public policies. Utilizing results from a concentrated audience, such as SNAP participants who utilize food pantries, has the added benefit of providing an easily targeted audience for future nutrition education efforts and interventions.

Implications

Previous nutrition education efforts across the country have attempted to empower SNAP participants with skills to acquire an adequate, healthy diet with mixed success rates⁵⁰⁻⁵⁴. Researchers and health professionals are beginning to acknowledge that lack of improvement is owed, in part to insufficient consideration for the current habits or the context in which nutrition decisions are made³⁸. SNAP is designed to supplement what households are already spending to ensure consistent, adequate means to acquire nutritious foods. Even so, 77% of participants (n=65) reported sometimes not having enough food to feed his or her household. Thirty-three percent of participants (n=28)

reported experiencing inadequate access to food most months. Nutrition education efforts for SNAP and other low-income populations must consider lack of resources when planning interventions, even if the population utilizes multiple sources of supplemental food aid. Incorporating strategies that complement the use of supplemental food aid would provide a more feasible set of changes for participants and increase the degree of program effectiveness.

In addition to alternate food aid resources, effective nutrition education must also operate within the bounds of SNAP's monetary restraints. TFP models its food plan on a household of four, including two adults, and two children. Survey results suggest that family sizes in the population studied are much smaller than the model, only 2.5 ± 1.8 members in a household. Households with only two to three members may not have storage space to accommodate larger food items, i.e. 'family packs', that would provide savings on items purchased for households of four or more. TFP also relies heavily on scratch-type cooking. Only 17% (n=14) of participants utilized scratch-type cooking five or more days a week, the amount that TFP recommends. A greater reliance on prepackaged food items increases the overall cost of the prescribed TFP meal pattern, making it difficult to follow.

Barriers to Food Pantry Access

Access to food pantries presented as an unexpected barrier during data collection. As mentioned previously, some pantries declined access to participants at a specific location because the volunteer agency running the pantry wished to protect participant

privacy. Some refusal for access was expected during data collection, however difficulties establishing initial contact were unexpected. Three pantries never answered when contacted by phone or returned detailed voice messages. One pantry changed locations, one pantry closed down for several weeks due to lack of food. One pantry had been disbanded in to separate pantries, and the pantry associated with the phone number had changed available dates and times. A total of six pantries changed service times. Four of the six pantries also changed the day of the week services were available. Such barriers, while frustrating for research, could prove insurmountable for participants who lack consistent access to transportation, telephones, and the internet. Additionally, very few pantries were available to serve participants during evenings or weekends. Work requirements for SNAP make it difficult for able-bodied SNAP users to access food pantries in Shelby County with a current distribution schedule that provides services mainly mid-morning on week days.

Possible Future Nutrition Intervention Focus Areas

Access to food pantries poses immediate concern for anyone involved in food aid in Shelby County, however actions targeted towards access are only part of necessary regional interventions. Dietary quality of items purchased using SNAP benefits is of great interest to both legislators who fund the program and to health professionals involved with prevention and management of chronic diseases in low-income populations. SNAP-Ed, the nutrition education program associated with SNAP, has program implementing agencies in Nashville and Knoxville⁴². After contacting the Tennessee Department of Human Services it became clear that program is not available in Shelby County.

Empowering participants with the tools and knowledge to improve dietary quality would be more likely to succeed if a program were locally available and tailored with interventions based on regional purchasing, preparation, and consumption habits.

The first point to consider is where funds are currently being spent. Participants reported that meat items were generally the most expensive item purchased and receipt data show the bulk of items purchased were meat. While a good source of protein with a high bioavailability of iron and B-vitamins, meat can quickly consume a significant portion of a household's SNAP dollar allotment and lead to a diet that is disproportionate in macro- and micronutrients. Dairy provides a more affordable protein source, however for the many Americans, especially African Americans, Hispanics, Asian Americans, and Native American Indians facing lactose intolerance most dairy products are not a reasonable alternative. Less expensive plant sources of protein are an excellent source of vitamins, minerals, and fiber and can be nutritionally equivalent sources to meat. Shifting participants to a more plant-based diet would improve dietary quality if participants were able to learn required food preparation methods and obtain access to necessary cooking equipment at home.

Incorporating more plant-based proteins would also help participants reach targets for vegetable consumption. The 2010 USDA dietary guidelines recommend Americans consume approximately three cups of vegetables and two cups of fruit daily. Data from the surveys indicate that 11% (n=9) of participants felt fruits and/or vegetables were among the most expensive items purchased. Vegetables are nutrient dense and are a good option to help prevent or treat obesity. Utilizing vegetables such as legumes as a protein increases their functionality and offsets potentially higher costs of fresh or frozen

vegetables. TFP does not budget for a great deal of variety in vegetables purchased, and neighborhoods in food deserts may have limited produce options. Education efforts on preparation of canned or frozen vegetables and strategies to quickly prepare appetizing vegetable dishes are needed to offset the current focus by participants on meat. Local efforts should also be focused on regionally popular items such as okra and black eyed peas.

In September 2014, the World Health Organization (WHO) released guidelines for a healthy diet. WHO asserted that total daily intake of added sugars should be kept to less than 10% of daily intake. For health benefits, intakes of added sugars should not exceed 5%⁵⁵. Results from SNAP participant receipt collection indicated that added sugars from sweets, desserts, and sugar-sweetened beverages made up 20% of purchasing frequency, far greater than the limits set forth by WHO and the USDA. Current efforts to reduce sugar consumption include promoting alternative sweetener use and infusing water with cinnamon sticks, fresh herbs, or fruit instead of choosing sugar-sweetened beverages.

Southern populations have a great affinity for sweet items- sweet tea, lemonade, sweet corn, sweet potatoes, and banana pudding to name a few. Yet consumption of fruit, a naturally sweet food, is quite low. Quantities of foods consumed were not analyzed, however inferences may be made from participants' receipts. Only three out of the twelve participants who returned receipts purchased fruit in any form. Fruit is an excellent source of fiber and micronutrients, but is perceived by many as expensive.

SUMMARY AND RECOMMENDATIONS

In summary, SNAP is an essential federal program that aids thousands of people in Shelby County, TN alone. Participants' purchasing patterns are varied across the country, and warrant individualized attention. This study sought to explore, through descriptive analysis, the habits of Shelby County residents. Grocery stores are the most commonly utilized establishments for food acquisition, and meat products tend to be the most expensive items purchased by participants. Few participants utilize critical thinking and preparation/planning to ensure that his/her household is able to acquire a healthy diet on a budget. Understanding these and other facets of SNAP participants' purchasing habits is necessary for taxpayers and legislators involved with funding and program continuation. More importantly, understanding the unique habits and needs of this region's population is key for ensuring the success of future nutrition education efforts.

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APPENDICES

Appendix A: IRB Approval

The University of Memphis Institutional Review Board, FWA00006815, has reviewed and approved your submission in accordance with all applicable statutes and regulations as well as ethical principles.

PI NAME: Michelle Miller

CO-PI:

PROJECT TITLE: Food Purchasing Habits of Participants in the Supplemental Nutrition Assistance Program (SNAP) Among Shelby County, Tennessee Residents

FACULTY ADVISOR NAME (if applicable): Terra Smith

IRB ID: #3201

APPROVAL DATE: 7/10/2014

EXPIRATION DATE: 3/17/2015

LEVEL OF REVIEW: Expedited Modification

RISK LEVEL DETERMINATION: No more than minimal

Please Note: Modifications do not extend the expiration of the original approval

Approval of this project is given with the following obligations:

- 1. If this IRB approval has an expiration date, an approved renewal must be in effect to continue the project prior to that date. If approval is not obtained, the human consent form(s) and recruiting material(s) are no longer valid and any research activities involving human subjects must stop.**
- 2. When the project is finished or terminated, a completion form must be completed and sent to the board.**
- 3. No change may be made in the approved protocol without prior board approval, whether the approved protocol was reviewed at the Exempt, Expedited or Full Board level.**
- 4. Exempt approval are considered to have no expiration date and no further review is necessary unless the protocol needs modification.**

Approval of this project is given with the following special obligations:

Thank you,

Interim Institutional Review Board Chair

Appendix B: Shelby County Pantries			
Zip Code	Agency Name	Number	Operating Hours
38016			
14300	The Life Church	901.751.0095	Tues - Fri 9 - 5
38103			
12740	First Presbyterian Church	901.525.5619	As needed
38104			
10130	Catholic Carities - Fig Tree	901.722.4797	M-W 8-12, F 8-12
10380	Grace St. Luke's Episcopal	901.272.7425	Tues 1 - 2 pm voucher needed
10960	St. John's UMC	901.726.4104	M-W-F 9:30 - 11 am
11720	American Red Cross	901.726.1690	Mon - Fri 9 am - 4 pm disaster only
12360	Mississippi Boulevard	901.726.1142	Tues - Fri 8:30 - 5:30 Mike: 857.6723
13861	First Congregational Church	901.278.6786	4th Sun 12 - 2 pm
38105			
13861	First Congregational Church	901.278.6786	4th Sun 12 - 2 pm
11070	UMNC Smith Center	901.323.4993	Tues & Thurs 9 - 11 am or until 20th Person
38106			
10670	Longview Heights SDA Church	901.774.5431	Tues 1 - 4 pm
10770	Pilgrim Rest Baptist Church	901.775.0040	Wed 10 am - 12 pm
10940	St. Andrew AME Church	901.948.3441	Wed 5 - 8 pm
12910	Christ MBC	901.948.9786	Tues & Thurs 11/1 MIFA
12940	New Allen AME Church	901.775.0925	Tues & Thurs 12 - 1 pm
13680	NAMBC, Inc.	901.365.4667	Tues 11 am - 1 pm
38107			
12740	First Presbyterian Church	901.525.5619	As needed (soup kitchen)
11070	UMNC Smith Center	901.523.1036	Tues & Thurs 9 - 11 am or until 20th Person
13920	Grace Baptist Ministries	901.543.0715	Every other Mon 10:30 am - 12:00 pm
13940	Deliverance Temple	901.272.3222	4th Sat 9 am - 12 pm
12633	Bellevue - Impact Ministries	901.358.3391	Sat 9:00 - 11:30 am
14290	M-Pact Community Outreach	901.528.8340	Tues & Thurs 9 - 1
38108			
12730	Memphis International Church	901.452.7993	3rd Tues 3:30 - 6:00 pm
38109			
14600	Halal Food Pantry	901.789.1901	Last Saturday 12-3 pm

Appendix B: Shelby County Pantries (continued)

Zip Code	Agency Name	Number	Operating Hours
14490	UMNC Kansas St.	901.323.4993	2nd & 4th Sat
12940	New Allen AME Church	901.775.0925	Tues & Thurs 12 - 1 pm
14040	Trinity Community Coalition	901.786.1220	Tues Fri 8 am - 5 pm
14060	RMBC Community Services	901.789.4570	
38111			
14620	Holy Trinity Community Church	901.320.9376	M-R 10am - 4pm
10704	NCC Robinhood Pantry	901.745.1369	Tues - Thurs 9 - 2
11072	UMNC Scott Center	901.323.4995	Tues & Thurs 9 am - 12 pm
11080	University Cluster	901.452.6262	Thurs 9:30 am - 12:30 pm
11320	St. Vincent DePaul-St. Anne	901.458.4238	Sat 9 - 11 am
12140	Greenwood CME Church	901.744.7531	Tues 11:30 am - 1:15 pm
38112			
10700	NCC Chickasaw Place	901.324.8783	M-F 9-12 & 3:30-5:30
10710	Neighborhood Christian Center	901.881.6013	Tues & Thurs 9 am - 3 pm
11431	New Tyler A.M.E.	901.323.9371	2nd & 4th Sat
11540	Binghampton UMC	901.458.0318	Mon & Wed 10 - 11:30 am
38114			
14350	Landmark Food Pantry	901.620.9558	Mon - Fri 8:30 - 10:30
10704	NCC Robinhood Pantry	901.745.1369	Tues - Thurs 9 - 12
10703	NCC New Era	901.327.3471	Wed 10 am - 12 pm
12190	Monument of Love Bap. Church	901.744.1643	Thurs 10 am - 12 pm
14540	St. John's Food Pantry	901.743.4551	Thurs 9-11 am
14480	Serving In Christ	901.290.2110	M-F 9am - 4pm
11080	University Cluster	901.452.6262	Thurs 9:30 am - 12:30 pm
38115			
10704	NCC Robinhood Pantry	901.745.1369	Tues - Thurs 9 - 12
11078	UMNC Asbury Center	901.363.1135	Thurs 9 am - 12 pm
11080	University Cluster	901.452.6262	Thurs 9:30 am - 12:30 pm
38116			
10704	NCC Robinhood Pantry	901.881.6013	Tues - Thurs 9 - 12
11079	UMNC Grace Center	901.336.0188	Tues 9 - 11 am
38117			
11080	University Cluster	901.452.6262	Thurs 9:30 am - 12:30 pm

Appendix B: Shelby County Pantries (continued)

Zip Code	Agency Name	Number	Operating Hours
38118			
10704	NCC Robinhood Pantry	901.745.1369	Tues - Thurs 9 - 12
11610	Greater Harvest COGIC	901.794.5683	Mon - Wed 9:00 am - 12:00 pm
13570	Burdette UMC Outreach Center	901.365.6820	T-W-TH 10-12
13990	Iglesia Apostolica	901.210.5551	Sun 3:30 - 5:00 pm
10704	NCC Robinhood Pantry	901.745-1369	Tues - Thurs 9 - 12
11080	University Cluster	901.452.6262	Thurs 9:30 am - 12:30 pm
38119			
11080	University Cluster	901.452.6262	Thurs 9:30 am - 12:30 pm
38122			
10704	NCC Robinhood Pantry	901.881.6013	Tues - Thurs 9 - 12
11010	Brinkley Heights Baptist Church	901.324.3022	Tues - Thurs 10 am - 12 pm
11040	Highland Heights UMC	901.458.5966	Mon 9:30 - 11:30 am
10704	NCC Robinhood Pantry	901.881.6013	Tues - Thurs 9 - 2
11074	UMNC Jackson Ave.	901.458.2608	Wed 10 am - 12 pm
11310	St. Vincent DePaul-St. Michael	901.323.0896	Sat 9 - 11 am
12120	Leawood Baptist Church	901.324.7169	Mon - Wed 9 am - 12 pm
38125			
14190	Capleville UMC	901.363.1859	Tues 11 am - 1 pm
38126			
10980	Mt. Olive CME Church	901.527.8292	Fri 10 am - 12 pm
11410	St. John Baptist Church	901.525.1092	Fri 9 - 11 am
13391	St. Patrick Catholic Church	901.543.9924	Thurs & Fri 1 - 3 pm
10940	St. Andrew AME Church	901.948.3441	Wed 5 - 8 pm
38127			
10708	NCC Greenbriar	901.357.9923	Mon - Thurs 9:30 am - 1:30 pm
11340	SVD - Our Lady of Sorrows	901.353.1530	On call until 8:00 pm
12633	Bellevue - Impact Ministries	901.358.3391	Sat 9:00 - 11:30 am
38128			
10120	Cath. Church of the Assension	901.372.1364	2nd Monday 10-11
12280	Raleigh Assembly of God	901.386.5055	Thurs 2:30 - 5:00 pm
12790	Healing Heart Ministries	901.327.4470	Thurs 10 am - 1 pm
13150	New Dimensions Ministries. Inc.	901.377.1195	Wed 1:00 - 2:30 pm
13520	St. Timothy UMC	901.377.1960	2nd & 4th Thurs 10 am - 12 pm

Appendix B: Shelby County Pantries (continued)			
Zip Code	Agency Name	Number	Operating Hours
11350	St. Vincent DePaul-St. Ann	901.373.6011	Mon - Fri On Call
13840	Broadmoor Baptist Church	901.386.9643	Thurs 10 am - 2 pm
38133			
11350	St. Vincent DePaul-St. Ann	901.373.6011	Mon - Fri On Call
38134			
11350	St. Vincent DePaul-St. Ann	901.373.6011	Mon - Fri On Call
14700	Temple of Praise	901.871.8905	Sundays 3-5 p.m.
11810	Crossway Church	901.388.8515	Sat 10 - 12; Sun 12 - 2
38141			
14190	Capleville UMC	901.363.1859	Tues 11 am - 1 pm

Appendix C: Oral Consent

Waiver of Documentation of Informed Consent

45 CFR 46.117(c)

The Institutional Review Board (IRB) may consider waiving the requirement for obtaining documentation of informed consent if the following conditions are met. To request a waiver, justification for the waiver should be included in the IRB submission and should address each of the criteria listed below.

1. IRB may waive requirement to obtain a signed consent form for some or all of subjects if:
 - a. the only record linking the subject and the research would be the consent document and the principal risk would be harm resulting from breach of confidentiality; each subject must be asked whether subject wants documentation; or
 - b. the research presents no more than minimal risk and involves no procedures for which written consent is normally required.
2. In cases where documentation is waived, the IRB may require investigator to provide subjects with written statement regarding the research.

Oral Consent to Participate in a Research Study (Part 1): To be read after successful completion of the pre-screening tool

I am a [graduate or undergraduate] student from the University of Memphis. I would like to learn more about people's purchasing habits. If you are willing, I would like for you to provide information about what impacts the foods you buy in a confidential survey. To protect your privacy, the survey will be kept in a locked filing cabinet and then shredded.

Any risk that may be involved is minimal and would not be greater than that of your daily life. This survey is for research purposes only. Your decision to participate in this research will in no way affect your eligibility for food stamps or the dollar amount of food stamps you receive.

The survey takes about five minutes. You can stop the survey at any time. If you decide not to complete the survey, your information will not be used. There are not adverse consequences for deciding not to complete the survey. If you prefer to have some or all of the questions read to you, I or one of the other research assistants more than willing to help you complete the survey. The information you provide will be shared with other professionals. Your information could help develop nutrition education materials for citizens of Shelby County. Today after you complete the survey, you will receive a \$5

gift card to [name of store]. Do you have any questions? If not, then do you agree to take this survey?

Optional Oral Statements

- If the subject declines to be surveyed, I will thank him/her and end the interaction.
- If the subject asks for documentation, a description of the study will be provided

Appendix D: Written Consent

Consent to Participate in a Research Study (Part 2- Receipt collection)

Food purchasing behaviors of SNAP participants in Shelby County, TN

WHY ARE YOU BEING INVITED TO TAKE PART IN THIS RESEARCH?

You are being invited to take part in a research study about purchasing habits of food stamp recipients. You are being invited to take part in this research study because you indicated that you are a food stamp recipient. If you volunteer to take part in this study, you will be one of about 200-400 people to do so.

WHO IS DOING THE STUDY?

The person in charge of this study is Michelle Miller of University of Memphis Department of Clinical Nutrition. She is being guided in this research by Dr. Terra Smith. Other University of Memphis students may assist with this study.

WHAT IS THE PURPOSE OF THIS STUDY?

The purpose of this study is to examine grocery store receipts for a 28 day period. By reviewing these receipts, we hope to learn what people are using their food stamps to buy. This will allow us to better understand how to help people on food stamps make healthy food choices.

ARE THERE REASONS WHY YOU SHOULD NOT TAKE PART IN THIS STUDY?

You cannot take part in this research if you are not enrolled in Food Stamps (SNAP), do not buy at least half of the groceries for your household, or are not a resident of Shelby County.

WHERE IS THE STUDY GOING TO TAKE PLACE AND HOW LONG WILL IT LAST?

The research procedures will be conducted over a period of 28 days at locations convenient to you.

WHAT WILL YOU BE ASKED TO DO?

We will ask you for your Name, address, and phone number and the day you receive your benefits. The contact information will be used to remind you to send your receipts and to ensure the researcher knows where to send your gift card. This information will not be included in the study.

The day you receive your benefits is important for data analysis and may be included in the study.

You will be asked to collect your receipts for everything you buy using your food stamps for 28 days. At the end of 28 days, you will mail in the items you have collected to the researcher using the envelope given to you by the researcher.

WHAT ARE THE POSSIBLE RISKS AND DISCOMFORTS?

To the best of our knowledge, the tasks you will be completing have no more risk of harm than you would experience in everyday life.

Your decision to participate in this research will in no way affect your eligibility for food stamps (SNAP) or the dollar amount of food stamps (SNAP) you receive.

DO YOU HAVE TO TAKE PART IN THE STUDY?

If you decide to take part in the study, it should be because you really want to volunteer. You will not lose any benefits or rights you would normally have if you choose not to volunteer. You can stop at any time during the study and still keep the benefits and rights you had before volunteering. If you decide not to take part in this study, your decision will have no effect on your food stamp benefits.

WHAT ARE THE COSTS/REWARDS FOR TAKING PART IN THIS STUDY?

There are no costs associated with taking part in the study. Groceries should be purchased the same way you generally do. A \$5 gift card will be mailed to you for returning 28 days' worth of receipts to the researcher as compensation for your time.

WHO WILL SEE THE INFORMATION THAT YOU GIVE?

We will make every effort to keep private all research records that identify you to the extent allowed by law.

Your information will be combined with information from other people taking part in the study. When we write about the study to share it with other researchers, we will write about the combined information we have gathered. You will not be personally identified in these written materials. We may publish the results of this study; however, we will keep your name and other identifying information private.

This study is confidential. That means that no one will know that the information you give came from you. After we compile the data all surveys and receipts will be destroyed.

CAN YOUR TAKING PART IN THE STUDY END EARLY?

If you decide to take part in the study you still have the right to decide at any time that you no longer want to continue. You will not be treated differently if you decide to stop taking part in the study.

WHAT IF YOU HAVE QUESTIONS, SUGGESTIONS, CONCERNS, OR COMPLAINTS?

Before you decide whether to accept this invitation to take part in the study, please ask any questions that might come to mind now. Later, if you have questions, suggestions, concerns, or complaints about the study, you can contact the investigator, Michelle Miller at 208-303-0707. If you have any questions about your rights as a volunteer in this research, contact the Institutional Review Board staff at the University of Memphis at 901-678-2705. Upon request, a blank copy of this consent form will be given for your records.

WHAT IF NEW INFORMATION IS LEARNED DURING THE STUDY THAT MIGHT AFFECT YOUR DECISION TO PARTICIPATE?

If the researcher learns of new information in regards to this study, and it might change your willingness to stay in this study, the information will be provided to you. You may be asked to sign a new informed consent form if the information is provided to you after you have joined the study.

Signature of person agreeing to take part in the study

Date

Printed name of person agreeing to take part in the study

Name of [authorized] person obtaining informed consent

Date

Appendix E: Survey Pre-Screen

SNAP Food Purchasing Habits Survey Pre-screening Questions

We are looking for volunteers to take a survey about purchasing habits of food stamp recipients. This research will help us with future nutrition education efforts. To see if you can help us please check the following questions.

1. Do you have your EBT card or other proof of food stamps with you today?
 Yes No
2. Do you buy at least half of the groceries for your household?
 Yes No
3. Do you live in Shelby County?
 Yes No

If you answered yes to all three questions, and would like to complete our survey, please return this slip to one of the research assistants.

Appendix F: SNAP Food Purchasing Habits Survey

SNAP Food Purchasing Habits Survey

1. Age _____
2. Gender: Male Female
3. Zip code where you live _____
4. How many people are in your household, including yourself? _____
5. What is the dollar amount you receive in food stamps each month?
 \$150 or less \$151-300 \$301-\$450 \$451-\$600 over \$600
6. How long have you been using food stamps?
 Less than 6 months 6 months – 1 year 2-3 years 4-5 years 6 years or longer
7. Do you spend money other than what you get for food stamps on groceries?
 Yes No
8. Do you rely on additional food support? Check all that apply:
 food bank friends/family community garden soup kitchen
 free school lunch program other _____
9. Have you ever not had enough food to feed yourself or your family since signing up for food stamps?
 Yes, most months

 Yes, but not often

 No, food stamps help me buy all the food I need

10. What time of day do you usually shop for food?

Early morning (4am-8am)

Morning (9am-noon)

Afternoon (1pm-4pm)

Evening (5pm-8pm)

Night (9pm-midnight)

Other

11. Rank the following factors from 1-6 with 1 being most important and 6 being least important when making food purchasing decisions:

_____ Price

_____ Organic

_____ Taste

_____ Healthy

_____ Easy to prepare

_____ Portable (easy to take with you)

12. How frequently do you purchase items using food stamps?

Daily

Once a week

2-3 times per week

2-3 times per month

Once a month

13. For each location, check how frequently you buy items with food stamps

Gas Station <input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Never/rarely Pharmacy or drug store <input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Never/rarely Bakery, deli, meat or fish market <input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Never/rarely	Wholesale club like Costco or Sam's <input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Never/rarely Convenience Store <input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Never/rarely Farmers Market <input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Never/rarely	Grocery Store/Supermarket (Aldi, Wal-Mart, Kroger) <input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Never/rarely Discount Store (Dollar Tree) <input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Never/rarely Other (please specify)- <hr/> <input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Never/rarely
---	---	--

14. How many days per week do you cook meals from scratch?(circle answer)

0-1

2-3

4-5

6-7

15. Do you plan meals ahead of time?

Rarely/never

sometimes

usually

always

16. How often do you compare prices before you buy food?

Rarely/never

sometimes

usually

always

17. How often do you use the “Nutrition Facts” on the food label to make food choices?

Rarely/never sometimes usually always

18. When deciding what to feed your family, how often do you think about healthy food choices?

Rarely/never sometimes usually always

19. How often do you use community food resources like a food pantry or soup kitchen?

Rarely/never sometimes usually always

20. What is the most expensive item you commonly buy with your food stamps?

21. What foods do you wish you had more money to buy?

22. Would you be willing to share your receipts for research purposes?

Yes No

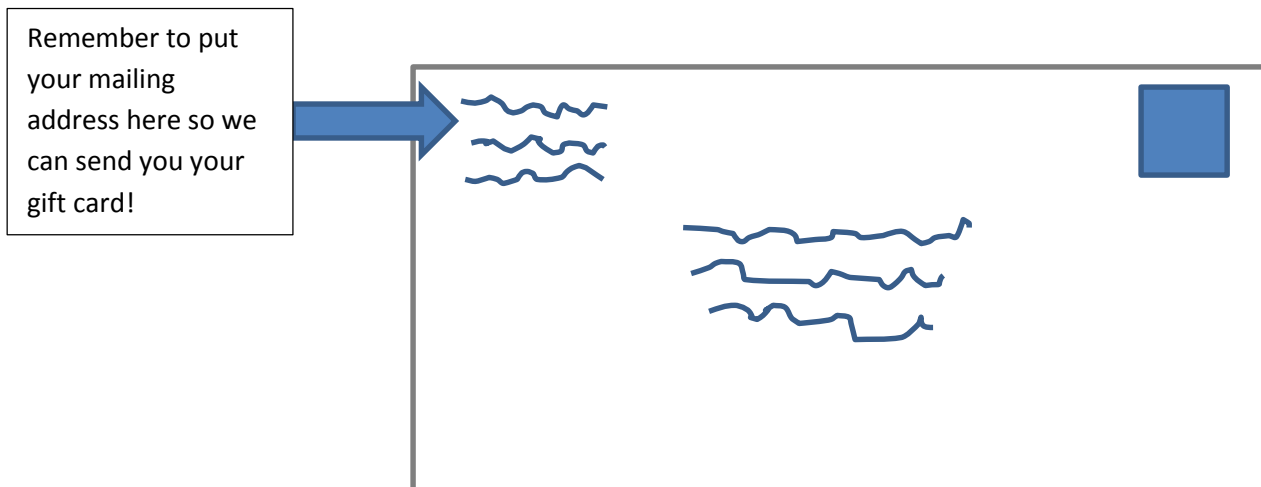
Appendix G: Instructions for receipt collection

SNAP Food Purchasing Habits: Instructions for participation in Part 2

Thank you for choosing to take part in the second portion of the study. We are interested in finding out what foods are being bought with food stamps here in Shelby County. Your participation is greatly appreciated.

Instructions are listed below. Please follow them as closely as possible. Remember, you may drop out of the study at any time. When you complete this portion of the study and your receipts have been mailed to and received by the researcher, a \$5 gift card to a local store will be sent by mail to you as compensation.

- The researcher will provide you with an addressed, stamped envelope.
- Each time you use your food stamps to buy something, put the receipt for that purchase inside the envelope given to you by the researcher.
- If the receipt does not have a description of what you bought or the description is not clear enough to understand, please make a note of what the item was. You may write note next to the item or on the back of the receipt.
- After four weeks or 28 days, please mail the envelope with the receipts to the researcher.
- Your gift card will be mailed to you at the address you place on the envelope after receiving your receipts.
- Thank you for your participation!



Appendix H: Participant contact form

SNAP Food Purchasing Habits: Part 2
Receipts Questionnaire and Contact Form

Instructions: Please provide the following contact information to help ensure you receive the gift certificate. Plus, please provide the date that you receive your food stamp benefits, so that the researcher can better understand your buying habits.

1. Name _____
2. Address _____

3. Telephone: _____
4. Cell phone: _____
5. Date that you receive your food stamp benefits? _____

Appendix I: Survey Data

	Age	Gender	Zip	Household size	Food Stamp Allotment	How long (Y)
1	56	F	38114	2	600+	4-5.
2	54	F	38114	2	150-	4-5.
3	21	F	38114	3	451-600	.5-1
4	37	F	38104	2	151-300	.5-1
5	60	F	38114	8	151-300	.5-1
6	54	F	38111	2	150-	4-5.
7	44	M	38114	2	151-300	<.5
8	46	F	38114	5	600+	<.5
9	47	M	38104	1	150-	6+
10	59	F	38114	1	150-	.5-1
11	53	M	38104	1	151-300	6+
12	53	M	38104	1	151-300	4-5.
13	59	M	38104	1	151-300	6+
14	56	M	38104	1	151-300	6+
15	57	M	38114	6	150-	.5-1
16	72	F	38114	1	150-	6+
17	57	F	38111	2	150-	6+
18	49	F	38104	1	151-300	6+
19	60	F	38114	2	151-300	.5-1
20	65	M	38111	1	150-	2-3.
21	56	F	38104	3	150-	.5-1
22	54	M	38104	1	151-300	4-5.
23	56	M	38114	2	150-	N/A
24	54	M	N/A	N/A	151-300	2-3.
25	51	F	38105	2	151-300	4-5.
26	52	M	38109	9	151-300	4-5.
27	35	F	38122	6	301-450	6+
28	50	M	38109	2	151-300	6MO-1
29	45	F	38109	2	150-	4-5.
30	51	F	38118	6	301-450	6+
31	64	F	38109	2	150-	6MO-1
32	50	M	38109	3	150-	6MO-1
33	58	M	38109	1	150-	6+
34	59	M	38114	3	151-300	2-3.
35	59	M	38109	1	151-300	6+
36	43	M	30127	1	150-	2-3.
37	54	F	38109	3	150-	2-3.
38	50	M	38104	1	150-	6+
39	56	M	38111	1	150-	2-3.
40	59	M	38109	1	150-	6+
41	58	M	38111	2	151-130	2-3.
42	64	M	38111	1	150-	6+
43	54	M	38111	1	151	2-3.

	other monies for food?	food bank	friends/family	community garden	soup kitchen	school lunch	other
1	N/A	N	N	N	N	N	Y
2	N	Y	N	N	N	N	N
3	Y	N	N	N	N	N	
4	N	N	N	N	Y	Y	N
5	Y	N	Y	Y	N	N	N
6	N	N	N	N	N	N	Y
7	N	N	Y	N	N	N	N
8	Y	N	Y	N	N	N	N
9	N	Y	Y	Y	N	N	N
10	N/A	N	N	N	N	N	N
11	N	Y	Y	N	N	N	N
12	N	N	N	N	N	N	N
13	N	Y	Y	Y	Y	N	N
14	N	Y	N	N	N	N	N
15	Y	Y	N	N	N	N	Y
16	Y	N	Y	N	N	N	N
17	Y	Y	N	N	Y	N	N
18	Y	N	N	N	N	N	Y
19	N	Y	Y	Y	Y	Y	Y
20	Y	N	N	Y	Y	N	N
21	Y	N	N	N	N	Y	N
22	N	N	N	N	Y	N	N
23	Y	Y	Y	N	Y	N	N
24	Y	Y	N	N	N	N	N
25	Y	N	N	N	N	N	Y
26	Y	Y	N	N	N	N	N
27	Y	N	N	N	Y	Y	N
28	Y	Y	Y	N	Y	N	N
29	Y	Y	N	Y	N	N	N
30	Y	N	Y	N	N	N	N
31	Y	N	N	N	N	N	N
32	N	N	N	N	N	N	N
33	Y	Y	N	N	N	N	N
34	Y	Y	N	N	N	N	N
35	Y	Y	Y	Y	Y	Y	Y
36	Y	N	Y	N	N	N	N
37	Y	N	N	N	N	N	N
38	Y	Y	Y	N	N	N	N
39	Y	Y	N	N	N	N	N
40	Y	N	N	N	N	N	N
41	Y	Y	Y	N	Y	N	N
42	Y	Y	N	N	N	N	N
43	N	N	Y	N	N	N	N

	not enough?	shopping time?	price	organic	taste	healthy	ease 2 prepare	portable
1	Y-MOST	OTHER	N/A	N/A	N/A	N/A	N/A	1
2	Y-NOT	EARLY AM	N/A	N/A		1	N/A	N/A
3	N	MORNING	1	5	2	6	4	5
4	N	EVENING	6	2	3	1	5	4
5	Y-MOST	EARLY AM	1	1	1	1	3	5
6	Y-NOT	AFTERNOON	6	3	6	6	6	6
7	Y-NOT	MORNING	1	N/A	N/A	N/A	N/A	N/A
8	Y-MOST	MORNING	1	1	1	1	1	1
9	Y-NOT	EARLY AM	1	6	1	1	1	6
10	Y-NOT	MORNING	1	3	4	2	5	6
11	Y-NOT	AFTERNOON	1	6	1	1	1	1
12	Y-MOST	MORNING	N/A	1	N/A	N/A	N/A	N/A
13	Y-NOT	EARLY AM	1	6	1	6	1	1
14	N	AFTERNOON	1	1	1	1	1	1
15	Y-MOST	AFTERNOON	1	4	2	3	5	6
16	Y-NOT	AFTERNOON	1	6	1	1	3	4
17	Y-MOST	EARLY	1	N/A	1	1	1	1
18	Y-NOT	N/A	N/A	N/A	N/A	N/A	N/A	N/A
19	Y-MOST	EARLY AM	6	4	3	6	5	5
20	N	OTHER-NO	5	6	1	2	4	3
21	N	MORNING	N/A	N/A	N/A	N/A	N/A	N/A
22	N	MORNING	2	3	4	1	5	6
23	Y-MOST	EVENING	1	1	1	1	1	1
24	Y-NOT	EARLY AM	N/A	N/A	N/A	N/A	N/A	N/A
25	N	MORNING	1	5	3	2	4	6
26	Y-NOT	EARLY AM	N/A	N/A	N/A	N/A	N/A	N/A
27	N	EVENING	6	6	1	1	1	1
28	Y-MOST	AFTERNOON	4	6	1	2	3	5
29	Y-MOST	MORNING	1	N/A	N/A	N/A	N/A	N/A
30	Y-MOST	AFTERNOON	N/A	N/A	N/A	N/A	N/A	N/A
31	N	EARLY AM	1	5	3	2	4	6
32	N	MORNING	N/A	N/A	N/A	N/A	1	N/A
33	Y-MOST	AFTERNOON	1	N/A	N/A	N/A	N/A	N/A
34	Y-NOT	EARLY AM	3	4	2	1	6	3
35	Y-MOST	EARLY AM	N/A	N/A	N/A	N/A	N/A	N/A
36	Y-MOST	AFTERNOON	1	6	1	1	5	6
37	Y-NOT	EVENING	1	N/A	2	1	2	3
38	N	AFTERNOON	6	1	4	4	6	4
39	Y-MOST	EVENING	N/A	N/A	N/A	N/A	N/A	N/A
40	Y-NOT	EARLY AM	2	4	6	1	3	5
41	Y-NOT	MORNING	5	6	1	2	3	4
42	Y-NOT	EARLY AM	4	6	3	5	1	2
43	Y-NOT	EVENING	1	6	1	3	6	6

	SNAP use	gas station	drug store	bakery, deli,	wholesale	convenience
1	1-MO	MTHLY	N/A	NVR	NVR	NVR
2	1-MO	NVR	NVR	NVR	NVR	NVR
3	DAILY	NVR	NVR	DAILY	NVR	WKLY
4	1-MO	NVR	NVR	NVR	NVR	MTHLY
5	2-3/MO	WKLY	NVR	NVR	MTHLY	NVR
6	2-3/WK	NVR	NVR	WKLY	NVR	NVR
7	1/WK	N/A	N/A	N/A	N/A	N/A
8	1/WK	DAILY	NVR	NVR	MTHLY	WKLY
9	1-MO	NVR	NVR	MTHLY	NVR	NVR
10	2-3/WK	N/A	N/A	N/A	N/A	N/A
11	1-MO	NVR	NVR	MTHLY	MTHLY	NVR
12	DAILY	NVR	NVR	NVR	NVR	WKLY
13	1-MO	NVR	NVR	DAILY	NVR	NVR
14	2-3/WK	WKLY	MTHLY	MTHLY	NVR	MTHLY
15	2-3/MO	WKLY	N/A	WKLY	MTHLY	WKLY
16	1-MO	NVR	NVR	NVR	NVR	MTHLY
17	2-3/MO	NVR	NVR	NVR	NVR	NVR
18	N/A	NVR	N/A	MTHLY	MTHLY	MTHLY
19	1-MO	NVR	NVR	NVR	MTHLY	NVR
20	2-3/WK	NVR	NVR	NVR	NVR	NVR
21	1/WK	WKLY	MTHLY	NVR	N/A	WKLY
22	2-3/WK	N/A	N/A	N/A	N/A	N/A
23	1-MO	NVR	NVR	NVR	NVR	NVR
24	2-3/MO	N/A	N/A	N/A	N/A	N/A
25	1/MO	WKLY	WKLY	NVR	NVR	MTHLY
26	N/A	N/A	N/A	N/A	N/A	N/A
27	2-3/MO	NVR	NVR	MTHLY	NVR	NVR
28	2-3/WK	NVR	MTHLY	MTHLY	NVR	WKLY
29	1-MO	WKLY	MTHLY	MTHLY	NVR	WKLY
30	1-MO	MTHLY	NVR	NVR	NVR	MTHLY
31	1-MO	NVR	MTHLY	DAILY	MTHLY	NVR
32	DAILY	NVR	NVR	NVR	NVR	DAILY
33	1-MO	NVR	NVR	NVR	NVR	MTHLY
34	2-3/MO	DAILY	MTHLY	MTHLY	MTHLY	NVR
35	1-MO	NVR	NVR	NVR	NVR	NVR
36	1-MO	NVR	MTHLY	MTHLY	NVR	NVR
37	1-MO	N/A	N/A	N/A	N/A	N/A
38	2-3/WK	WKLY	MTHLY	NVR	MTHLY	WKLY
39	1-MO	NVR	NVR	NVR	NVR	NVR
40	1-MO	NVR	N/A	N/A	N/A	N/A
41	DAILY	N/A	N/A	WKLY	N/A	DAILY
42	1-MO	N/A	N/A	N/A	N/A	N/A
43	2-3.	MTHLY	NVR	MTHLY	NVR	MTHLY

	farmers market	grocery store	discount store	other	cook from scratch	plan meals ahead
1	NVR	NVR	NVR	NVR	0-1	NEVER
2	N/A	MTHLY	MTHLY	N/A	4-5	SOMETIMES
3	NVR	DAILY	NVR	N/A	2-3	SOMETIMES
4	NVR	MTHLY	NVR	NVR	2-3	ALWAYS
5	NVR	MTHLY	NVR	MTHLY	6-7	ALWAYS
6	N/A	WKLY	WKLY	N/A	6-7	SOMETIMES
7	N/A	N/A	N/A	N/A	N/A	N/A
8	NVR	MTHLY	WKLY	NVR	2-3	USUALLY
9	NVR	NVR	NVR	NVR	2-3	SOMETIMES
10	N/A	MTHLY	N/A	N/A	2-3	USUALLY
11	NVR	NVR	NVR	NVR	4-5	SOMETIMES
12	NVR	WKLY	NVR	NVR	6-7	USUALLY
13	NVR	NVR	NVR	NVR	0-1	NEVER
14	MTHLY	WKLY	MTHLY	N/A	4-5	USUALLY
15	N/A	MTHLY	N/A	N/A	4-5	USUALLY
16	NVR	MTHLY	NVR	N/A	2-3	SOMETIMES
17	NVR	MTHLY	N/A	WKLY-	4-5	USUALLY
18	NVR	MTHLY	NVR	N/A	4-5	SOMETIMES
19	DAILY	MTHLY	NVR	N/A	6-7	ALWAYS
20	NVR	WKLY	NVR	N/A	2-3	NEVER
21	MTHLY	MTHLY	MTHLY	WKLY	4-5	SOMETIMES
22	N/A	WKLY	N/A	N/A	0-1	USUALLY
23	NVR	NVR	N/A	MTHLY-	2-3	SOMETIMES
24	WKLY	WKLY	N/A	N/A	2-3	SOMETIMES
25	NVR	MTHLY	MTHLY	N/A	0-1	USUALLY
26	N/A	N/A	N/A	N/A	N/A	N/A
27	NVR	MTHLY	NVR	N/A	0-1	USUALLY
28	NVR	MTHLY	WKLY	N/A	2-3	SOMETIMES
29	NVR	MTHLY	MTHLY	N/A	2-3	SOMETIMES
30	NVR	NVR	NTHLY	N/A	2-3	SOMETIMES
31	MTHLY	MTHLY	MTHLY	N/A	0-1	SOMETIMES
32	NVR	MTHLY	NVR	NVR	2-3	NVR
33	NVR	MTHLY	NVR	NVR	2-3	N/A
34	WKLY	WKLY	NVR	N/A	2-3	USUALLY
35	NVR	MTHLY	MTHLY	NVR	4-5	ALWAYS
36	NVR	MTHLY	NVR	NVR	2-3	SOMETIMES
37	N/A	MTHLY	N/A	N/A	0-1	SOMETIMES
38	NEVER	WKLY	WKLY	N/A	2-3	SOMETIMES
39	NVR	MTHLY	MTHLY	N/A	6-7	USUALLY
40	N/A	MTHLY	N/A	N/A	6-7	ALWAYS
41	N/A	WKLY	WKLY	N/A	6-7	ALWAYS
42	N/A	MTHLY	N/A	N/A	2-3	SOMETIMES
43	NVR	WKLY	MTHLY	MTHLY	2-3	USUALLY

	compare prices	nutrition facts label	think about healthy choices	community resources
1	NEVER	NEVER	NEVER	NEVER
2	ALWAYS	SOMETIMES	SOMETIMES	SOMETIMES
3	SOMETIMES	USUALLY	USUALLY	NEVER
4	ALWAYS	ALWAYS	ALWAYS	ALWAYS
5	ALWAYS	USUALLY	ALWAYS	SOMETIMES
6	SOMETIMES	SOMETIMES	ALWAYS	USUALLY
7	N/A	SOMETIMES	SOMETIMES	SOMETIMES
8	SOMETIMES	NEVER	NEVER	NEVER
9	ALWAYS	SOMETIMES	USUALLY	ALWAYS
10	USUALLY	SOMETIMES	USUALLY	NEVER
11	ALWAYS	NEVER	NEVER	ALWAYS
12	ALWAYS	SOMETIMES	ALWAYS	ALWAYS
13	ALWAYS	SOMETIMES	SOMETIMES	ALWAYS
14	USUALLY	USUALLY	USUALLY	USUALLY
15	USUALLY	USUALLY	ALWAYS	USUALLY
16	ALWAYS	NEVER	ALWAYS	NEVER
17	ALWAYS	SOMETIMES	ALWAYS	USUALLY
18	ALWAYS	USUALLY	USUALLY	NEVER
19	ALWAYS	USUALLY	USUALLY	ALWAYS
20	NEVER	NEVER	USUALLY	SOMETIMES
21	SOMETIMES	N/A	N/A	N/A
22	USUALLY	USUALLY	USUALLY	USUALLY
23	USUALLY	RARELY	SOMETIMES	USUALLY
24	SOMETIMES	SOMETIMES	SOMETIMES	SOMETIMES
25	ALWAYS	RARELY	SOMETIMES	SOMETIMES
26	N/A	N/A	N/A	N/A
27	NVR	NVR	USUALLY	USUALLY
28	SOMETIMES	USUALLY	SOMETIMES	ALWAYS
29	USUALLY	SOMETIMES	USUALLY	SOMETIMES
30	SOMETIMES	NVR	SOMETIMES	NVR
31	SOMETIMES	SOMETIMES	ALWAYS	SOMETIMES
32	SOMETIMES	NVR	NVR	SOMETIMES
33	N/A	SOMETIMES	USUALLY	ALWAYS
34	ALWAYS	USUALLY	USUALLY	SOMETIMES
35	ALWAYS	ALWAYS	ALWAYS	USUALLY
36	USUALLY	NVR	SOMETIMES	NVR
37	USUALLY	USUALLY	USUALLY	NVR
38	USUALLY	NVR	SOMETIMES	SOMETIMES
39	ALWAYS	SOMETIMES	USUALLY	ALWAYS
40	ALWAYS	USUALLY	ALWAYS	USUALLY
41	ALWAYS	USUALLY	ALWAYS	SOMETIMES
42	ALWAYS	NVR	ALWAYS	USUALLY
43	ALWAYS	SOMETIMES	SOMETIMES	USUALLY

	most expensive	more money to buy	share rcpts?
1	A/A	A/A	N/A
2	MEAT	MEAT	
3	MEAT	NOTHING-MOST TIME FOOD STAMPS COVER EVERYTHING	N
4	MEAT	MEAT	Y
5	\$8	WHOLE GRAINED, BEEF, VEGS, FRUITS, HEALTHY FOODS	Y
6	MEAT	N/A	Y
7	MEAT	CAN GOODS	Y
8	MEATS	MEATS, BREAD, MILK	Y
9	MILK, MEATS	MORE MEATS, CANNED GOODS	Y
10	CHICKEN	MEATS, BREAD, MILK	Y
11	MEAT, CANNED GOODS	MORE MEATS, CANNED GOODS	Y
12	CHEESE	MEAT	N
13	VEGETABLES, MEAT	MEAT, BREAD, EGGS	Y
14	MEAT	ALL FOODS	Y
15	STATER	STATER	Y
16	MILK	MILK	Y
17	ROAST, SHRIMP	ROAST, SHRIMP, FISH, STIR FRIES,	
18	MEAT	MEAT	N
19	OLIVE OIL	GRAPE SEED OIL, SARDINES, RICE MILK,	
20	HAM HOCKS, BEANS, CRANBERRY JUICE	NONE	N
21	N/A	N/A	N/A
22	N/A	SEAFOOD	Y/N
23	STEAK, TOMATO, SALAD DRESSING	STEAK, ROAST, SHRIMP, SEAFOOD PERIOD	Y
24	FOOD	FOOD	N
25	FISH	FISH	Y
26	N/A	N/A	N/A
27	SHRIMP, STEAKS, ORGANIC WHEAT PASTA	SEAFOOD	Y
28	STEAK	CHICKEN	Y
29	MEAT	MEAT	Y
30	MEATS	FRUITS	Y
31	MEAT	MEAT, FRESH FRUIT & VEGETABLES	Y
32	MEAT	MEAT	N
33	MEAT	MEAT	Y
34	MILK, FISH, LAMB, BEF	FISH	Y
35	MEAT	HEALTHY FOODS	Y
36	BEEF	BEEF	Y
37	FISH	STEAK	Y
38	MEAT	MILK, EGGS, MEATS	Y
39	JUICE, FRESH	MEAT	N
40	MILK	FISH	Y
41	STEAK	MEAT	Y
42	FISH, TURKEY	LOBSTER	Y
43	MEAT PRODUCTS	GROUND BEEF, POT ROAST	Y

	Age	Gender	Zip	Household size	Food Stamp Allotment	How long
44	58	M	38118	1	150-	6+
45	64	M	38111	1	451-600	6 MO-1
46	41	F	38122	5	150-	6+
47	30	F	38103	3	151-300	2-3.
48	51	F	38109	2	151-300	4-5.
49	46	M	38107	6	151-300	N/A
50	76	F	38134	1	150-	2-3.
51	60	F	38117	1	151-300	6MO-
52	32	F	38117	5	600+	2-3.
53	53	F	38111	3	151-300	2-3.
54	39	F	38107	3	301-450	6+
55	18	F	38114	2	151-300	2-3.
56	54	F	38114	3	451-600	2-3.
57	44	F	38111	3	301-450	6MO-1
58	58	M	38114	5	150-	6MO-1
59	63	M	38111	1	150-	N/A
60	57	F	38111	N/A	150-	4-5.
61	38	F	38111	4	600+	Y
62	46	M	38116	2	151-300	6+
63	62	F	38114	4	150-	2-3.
64	57	M	38111	1	150-	2-3.
65	51	M	38112	1	150-	6MO-1
66	59	M	38114	2	151-300	6MO-1
67	47	F	38111	2	150-	2-3.
68	58	M	38111	2	150-	2-3.
69	32	F	38111	4	451-600	4-5.
70	65	M	38111	1	150-	4-5.
71	46	F	38108	5	600+	6+
72	49	M	38122	1	151-300	6MO-1
73	40	F	38122	3	150-	6MO-1
74	33	F	38122	7	451-600	6+
75	61	F	38112	1	150-	6MO-
76	47	M	38122	2	151-300	2-3.
77	56	F	38114	1	151-300	4-5.
78	39	F	38122	2	151-300	6+
79	33	M	38122	1	151-300	6MO-1
80	35	M	38122	2	151-300	2-3.
81	53	F	38106	2	151-300	6+
82	55	F	38106	1	150-	4-5.
83	67	M	38106	1	150-	6+
84	37	F	38106	5	451-600	6MO-1

	other monies for food?	food bank	friends/family	community garden	soup kitchen	school lunch	other
44	Y	Y	N	N	N	N	N
45	N	N	N	N	N	N	Y
46	N	Y	N	N	N	Y	N
47	Y	Y	N	N	N	Y	N
48	Y	Y	Y	N	N	N	N
49	N	N	N	N	Y	N	N
50	Y	Y	N	N	N	N	N
51	N	Y	Y	N	N	N	N
52	Y	Y	Y	N	N	Y	N
53	Y	Y	N	N	N	N	N
54	Y	Y	N	N	N	N	N
55	Y	Y	N	N	N	N	N
56	Y	Y	N	N	N	N	N
57	Y	Y	Y	N	N	Y	N
58	Y	Y	N	Y	Y	Y	N
59	N/A	N/A	N/A	N/A	N/A	N/A	N/A
60	Y	Y	N	N	N	N	N
61	Y	N/A	N	N	N	N	N
62	Y	N/A	N	N	N	N	N
63	Y	Y	N	N	Y	N	N
64	Y	Y	N	N	N	N	N
65	N/A	N	Y	N	N	N	N
66	N/A	N	N	N	Y	N	N
67	Y	N	N	Y	Y	N	N
68	Y	N	N	N	N	N	Y
69	Y	N	Y	N	N	Y	N
70	Y	N	N	N	N	N	N
71	N	Y	N	N	N	N	N
72	Y	Y	Y	Y	Y	N	N
73	Y	Y	N	N	N	N	N
74	Y	N	Y	N	N	Y	N
75	Y	Y	N	Y	N	N	Y
76	Y	Y	Y	N	N	N	N
77	N	Y	N	N	N	N	N
78	Y	N	Y	Y	N	N	N
79	N	N	Y	N	N	N	N
80	Y	N	Y	N	N	N	Y
81	N	N	Y	N	N	N	N
82	Y	Y	Y	N	N	N	N
83	Y	N	N	N	N	N	N
84	Y	N	Y	Y	N	Y	N

	ever not enough?	shopping time?	price	organic	taste	healthy	ease 2 prepare	portable
44	N	EARLY AM	6	6	6	6	6	6
45	N	EARLY AM	1	6	3	5	2	4
46	Y-NOT OFTEN	MORNING	N/A	N/A	N/A	N/A	N/A	N/A
47	Y-MOST	NIGHT	2	5	3	1	4	6
48	Y-NOT OFTEN	MORNING	6	N/A	N/A	6	N/A	N/A
49	Y-NOT OFTEN	EVENING	6	3	6	6	1	6
50	Y-MOST	MORNING	1	2	4	3	5	5
51	Y-MOST	EVENING	1	6	3	5	5	3
52	Y-MOST	EARLY AM	1	6	3	3	1	3
53	Y-NOT OFTEN	AFTERNOON	N/A	N/A	N/A	N/A	N/A	N/A
54	Y-NOT OFTEN	AFTERNOON	1	6	1	1	1	N/A
55	Y-NOT OFTEN	EVENING	3	6	2	5	1	4
56	Y-NOT OFTEN	EARLY AM	1	5	3	2	4	6
57	Y-MOST	EARLY AM	2	3	4	1	6	5
58	Y-MOST	EVENING	1	5	6	2	3	1
59	N/A	EARLY AM	N/A	N/A	N/A	N/A	N/A	N/A
60	Y-NOT OFTEN	MORNING	1	4	5	2	3	6
61	Y-NOT OFTEN	EARLY AM	1	2	1	1	2	6
62	N	MORNING	6	4	4	6	4	N/A
63	Y-MOST	EARLY AM	N/A	N/A	N/A	N/A	N/A	N/A
64	N	EVENING	N/A	N/A	N/A	N/A	N/A	N/A
65	Y-MOST	AFTERNOON	1	3	1	1	2	4
66	Y-NOT OFTEN	MORNING	N/A	N/A	N/A	N/A	N/A	N/A
67	N	EARLY AM	N/A	N/A	N/A	N/A	N/A	N/A
68	Y-NOT OFTEN	AFTERNOON	1	N/A	3	1	3	6
69	Y-NOT OFTEN	AFTERNOON	1	3	1	1	6	1
70	Y-MOST	EARLY AM	N/A	N/A	N/A	N/A	N/A	N/A
71	Y-NOT OFTEN	OTHER-	1	4	1	1	1	4
72	Y-MOST	NIGHT	1	N/A	1	1	1	1
73	N	EARLY AM	N/A	N/A	N/A	N/A	N/A	N/A
74	Y-MOST	EARLY AM	6	1	2	3	5	4
75	Y-MOST	MORNING	N/A	N/A	N/A	N/A	N/A	N/A
76	Y-NOT OFTEN	AFTERNOON	1	5	3	2	4	6
77	N	EVENING	1	6	1	3	3	6
78	Y-NOT OFTEN	MORNING	N/A	N/A	N/A	N/A	N/A	N/A
79	Y-NOT OFTEN	MORNING	N/A	N/A	N/A	N/A	N/A	N/A
80	Y-NOT OFTEN	MORNING	1	5	4	2	3	6
81	Y-MOST	MORNING	1	3	4	2	6	5
82	Y-NOT OFTEN	EARLY AM	1	2	3	4	5	6
83	Y-NOT OFTEN	MORNING,	5	6	1	2	3	4
84	Y-NOT OFTEN	MORNING	N/A	N/A	N/A	N/A	N/A	N/A

	SNAP use frequency	gas station	drug store	bakery, deli, etc	wholesale club	convenience store
44	1/WK	NVR	NVR	MTHLY	NVR	MTHLY
45	1-MO	N/A	N/A	N/A	N/A	N/A
46	2-3/WK	DAILY	MTHLY	MTHLY	MTHLY	NVR
47	1-MO	NVR	NVR	MTHLY	MTHLY	NVR
48	2-3/WK	WKLY	MTHLY	WKLY	NVR	MTHLY
49	DAILY	NVR	NVR	NVR	NVR	WKLY
50	2-3/WK	NVR	MTHLY	NVR	NVR	NVR
51	1-MO	NVR	NVR	NVR	NVR	NVR
52	2-3/WK	MTHLY	MTHLY	WKLY	NVR	WKLY
53	2-3/WK	N/A	N/A	N/A	N/A	N/A
54	1-MO	N/A	N/A	MTHLY	N/A	MTHLY
55	2-3/WK	NVR	MTHLY	MTHLY	NVR	WKLY
56	2-3/WK	NVR	MTHLY	MTHLY	NVR	WKLY
57	1-MO	NVR	NVR	NVR	MTHLY	NVR
58	2-3/WK	WKLY	MTHLY	WKLY	MTHLY	WKLY
59	2-3/WK	N/A	MTHLY	MTHLY	N/A	N/A
60	1-MO	NVR	NVR	MTHLY	MTHLY	NVR
61	2-3/MO	NVR	NVR	MTHLY	MTHLY	MTHLY
62	2-3/WK	NVR	NVR	WKLY	MTHLY	WKLY
63	2-3/MO	MTHLY	MTHLY	MTHLY	N/A	N/A
64	DAILY	DAILY	MTHLY	WKLY	MTHLY	DAILY
65	2-3/MO	NVR	NVR	MTHLY	NVR	WKLY
66	1/WK	NVR	NVR	NVR	NVR	WKLY
67	1-MO	N/A	N/A	N/A	N/A	N/A
68	2-3/MO	WKLY	MTHLY	NVR	NVR	NVR
69	2-3/MO	NVR	NVR	MTHLY	MTHLY	WKLY
70	1-MO	N/A	N/A	MTHLY	N/A	N/A
71	2-3/MO	NVR	NVR	NVR	NVR	MTHLY
72	DAILY	WKLY	WKLY	WKLY	N/A	DAILY
73	2-3/WK	WKLY	MTHLY	MKLY	MTHLY	WKLY
74	2-3/MO	MTHLY	NVR	WKLY	MTHLY	WKLY
75	1/WK	NVR	MTHLY	MNVR	NVR	NVR
76	1-MO	N/A	N/A	N/A	N/A	MTHLY
77	2-3/MO	NVR	NVR	MTHLY	NVR	WKLY
78	1-MO	WKLY	WKLY	WKLY	MTHLY	N/A
79	1/WK	DAILY	WKLY	WKLY	WKLY	MTHLY
80	2-3/MO	WKLY	MTHLY	MTHLY	MTHLY	MTHLY
81	1-MO	N/A	N/A	N/A	N/A	N/A
82	1-MO	NVR	NVR	DAILY	NVR	NVR
83	2-3/MO	NVR	DAILY	WKLY	MTHLY	WKLY
84	2-3/WK	WKLY	NVR	WKLY	NVR	WKLY

	farmers market	grocery store	discount store	other	cook from scratch	plan meals ahead
44	MTHLY	MTHLY	MTHLY	N/A	4-5	SOMETIMES
45	N/A	MTHLY	N/A	N/A	2-3	NVR
46	MTHLY	MTHLY	MTHLY	MTHLY	2-3	NVR
47	NVR	MTHLY	MTHLY	N/A	2-3	ALWAYS
48	WKLY	MTHLY	MTHLY	N/A	4-5	SOMETIMES
49	NVR	NVR	NVR	N/A	6-7	USUALLY
50	NVR	WKLY	MTHLY	N/A	4-5	SOMETIMES
51	NVR	WKLY	WKLY	N/A	2-3	ALWAYS
52	N/A	WKLY	WKLY	N/A	4-5	ALWAYS
53	N/A	N/A	N/A	N/A	4-5	USUALLY
54	MTHLY	N/A	MTHLY	N/A	4-5	SOMETIMES
55	NVR	WLKY	MTHLY	MTHLY	2-3	USUALLY
56	NVR	WLKY	MTHLY	MTHLY	2-3	USUALLY
57	NVR	MTHLY	NVR	N/A	2-3	USUALLY
58	WKLY	WLKY	WKLY	WKLY	2-3	USUALLY
59	N/A	N/A	MTHLY	N/A	N/A	N/A
60	MTHLY	MTHLY	NVR	N/A	4-5	SOMETIMES
61	MTHLY	MTHLY	MTHLY	N/A	2-3	SOMETIMES
62	WKLY	WK	MTHLY	NVR	2-3	ALWAYS
63	MTHLY	DAILY	N/A	MTHLY	4-5	SOMETIMES
64	NVR	NVR	MTHLY	MTHLY	4-5	SOMETIMES
65	NVR	MTHLY	NVR	NVR	0-1	USUALLY
66	NVR	WKLY	WKLY	N/A	6-7	NVR
67	N/A	MTHLY	N/A	N/A	2-3	SOMETIMES
68	NVR	NVR	MTHLY	N/A	6-7	ALWAYS
69	MTHLY	MTHLY	MTHLY	N/A	4-5	USUALLY
70	N/A	MTHLY	N/A	N/A	4-5	ALWAYS
71	NVR	MTHLY	NVR	MTHLY	2-3	USUALLY
72	N/A	MTHLY	WKLY	N/A	4-5	SOMETIMES
73	NVR	MTHLY	MTHLY	MTHLY	6-7	USUALLY
74	WKLY	MTHLY	DAILY	N/A	2-3	SOMETIMES
75	MTHLY	WKLY	NVR	N/A	4-5	SOMETIMES
76	N/A	MTHLY	N/A	N/A	2-3	SOMETIMES
77	NVR	MTHLY	NVR	WKLY	0-1	SOMETIMES
78	NVR	MTHLY	WKLY	WKLY	2-3	SOMETIMES
79	MTHLY	WKLY	MTHLY	MTHLY	2-3	NVR
80	WKLY	WKLY	MTHLY	MTHLY	2-3	SOMETIMES
81	N/A	N/A	N/A	N/A	6-7	ALWAYS
82	DAILY	MTHLY	MTHLY	NVR	6-7	SOMETIMES
83	WKLY	MTHLY	MTHLY	NVR	6-7	SOMETIMES
84	DAILY	WKLY	WKLY	DAILY	2-3	SOMETIMES

	compare prices	nutrition facts label	think about healthy choices	community resources
44	ALWAYS	SOMETIMES	ALWAYS	SOMETIMES
45	ALWAYS	NVR	ALWAYS	USUALLY
46	USUALLY	SOMETIMES	USUALLY	USUALLY
47	ALWAYS	USUALLY	ALWAYS	ALWAYS
48	ALWAYS	ALWAYS	ALWAYS	ALWAYS
49	ALWAYS	ALWAYS	USUALLY	SOMETIMES
50	SOMETIMES	USUALLY	USUALLY	SOMETIMES
51	ALWAYS	USUALLY	USUALLY	SOMETIMES
52	ALWAYS	SOMETIMES	USUALLY	SOMETIMES
53	ALWAYS	USUALLY	USUALLY	USUALLY
54	ALWAYS	ALWAYS	ALWAYS	SOMETIMES
55	ALWAYS	SOMETIMES	SOMETIMES	SOMETIMES
56	ALWAYS	SOMETIMES	SOMETIMES	SOMETIMES
57	ALWAYS	USUALLY	ALWAYS	SOMETIMES
58	USUALLY	SOMETIMES	ALWAYS	USUALLY
59	N/A	N/A	N/A	ALWAYS
60	ALWAYS	USUALLY	ALWAYS	SOMETIMES
61	ALWAYS	USUALLY	USUALLY	SOMETIMES
62	ALWAYS	ALWAYS	USUALLY	SOMETIMES
63	USUALLY	N/A	N/A	N/A
64	SOMETIMES	ALWAYS	ALWAYS	ALWAYS
65	USUALLY	SOMETIMES	ALWAYS	SOMETIMES
66	SOMETIMES	NVR	USUALLY	SOMETIMES
67	SOMETIMES	SOMETIMES	SOMETIMES	SOMETIMES
68	ALWAYS	SOMETIMES	ALWAYS	NVR
69	ALWAYS	USUALLY	USUALLY	NVR
70	SOMETIMES	ALWAYS	ALWAYS	SOMETIMES
71	ALWAYS	ALWAYS	ALWAYS	USUALLY
72	SOMETIMES	NVR	SOMETIMES	SOMETIMES
73	USUALLY	USUALLY	USUALLY	ALWAYS
74	ALWAYS	SOMETIMES	USUALLY	NVR
75	USUALLY	USUALLY	USUALLY	SOMETIMES
76	ALWAYS	SOMETIMES	SOMETIMES	USUALLY
77	ALWAYS	SOMETIMES	USUALLY	ALWAYS
78	ALWAYS	USUALLY	ALWAYS	ALWAYS
79	ALWAYS	ALWAYS	USUALLY	USUALLY
80	ALWAYS	SOMETIMES	ALWAYS	ALWAYS
81	ALWAYS	ALWAYS	ALWAYS	SOMETIMES
82	ALWAYS	ALWAYS	ALWAYS	SOMETIMES
83	USUALLY	ALWAYS	USUALLY	USUALLY
84	SOMETIMES	NVR	USUALLY	SOMETIMES

	most expensive	more money to buy	share receipts?
44	MEAT	EVERYTHING	Y
45	MEAT	MEAT, VEGETABLES	Y
46	MEAT	MEAT	N
47	FISH	FISH, JUICE	N
48	MEATS	MEATS, VEG	Y
49	BOSTON BUTT	STEAK	Y
50	FRUIT, VEGETABLES	SEAFOOD	Y
51	MILK	VEGETABLES, FRUIT	Y
52	MEAT, FRUIT, MILK, VEGGIES	MEAT, FRUIT, VEGGIES	Y
53	MEAT	N/A	Y
54	STEAK, FISH, CRAB	STEAK, FISH, CRAB LEGS	Y
55	MEAT	MEAT	Y
56	MEAT	MEAT	Y
57	MEAT, VEG, FRUIT	VEG, FRUIT	Y
58	MEAT	MEAT	Y
59	N/A	ALL KINDS	Y
60	UNDECIDED	UNDECIDED	N
61	MEAT	MEAT	Y
62	DELI MEAT	FRUIT	Y
63	N/A	N/A	N/A
64	MEAT	MEAT	Y
65	MEAT	MEAT	N
66	PORK STEAKS, PORK CHOPS	PORK STEAKS, PORK CHOPS	Y
67	PORK ROAST	ROAST, STEAKS	Y
68	\$5 OR \$10	ANYTHING TO FEED US DAILY	Y
69	CHICKEN, MEAT	MEAT, VEGETABLES, CANNED	Y
70	MILK, EGGS	N/A	N
71	PEARS, APPLES, RED CRANBERRY	LETTUCE, WATERMELON,	Y
72	MEAT	MEAT	Y
73	MILK, MEAT	MEAT, FRUIT	Y
74	MILK, MEAT, EGGS	N/A	Y
75	FISH	HIGH PROTEIN FOODS, MEAT	N
76	TOMATOES, FRUIT	VEGGIES, BEEF	Y
77	MEAT PRODUCTS	PRODUCE	Y
78	MEAT	MEAT, FOOD	Y
79	MEAT	MEAT, FOOD	Y
80	MEAT	MEAT, FOOD	Y
81	FOOD	JUST THANK GOD THAT I HAVE	Y
82	MEAT	JUICE, FRUIT	Y
83	UNDECIDED	WINGS, ROAST, NECK BONES	Y
84	RIBS	MEAT	Y