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Stevens County Food Assessment

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Stevens County
FOOD ASSESSMENT



Final Report

October 2022



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Research Team

Ed Brands (Environmental Studies Faculty, UMN Morris, Project Lead)

Ed joined the faculty at UMN Morris in fall 2011 and teaches several courses (Environmental Problems and Policy, Water Resources Policy, Industrial Ecology) in which food is an important component. Ed also teaches a class on Diversity of Agricultural Production Systems in partnership with faculty from the West Central Research and Outreach Center. A volunteer and shift leader at the Stevens County Food Shelf since March 2020, Ed grew up on a farm in North Central Iowa, with fond memories of cats, hogs, chickens, a huge garden, and an acre of asparagus.

Danny Kenyon (VISTA volunteer, food security)

Danny graduated from UMN Morris in Spring 2021 and served as the Americorps VISTA Volunteer in Food Systems for Stevens County from July 2021 to July 2022. As a student she was a TRIO Student Support Services peer mentor for three years and worked on the food insecurity project and improving student access to resources her senior year. Danny now volunteers as a shift leader at the Stevens County Food Shelf as part of her VISTA role. Danny was excited to take this VISTA role as both her parents are chefs and most of her extended family lives and works on farms in rural SD and MN.

Torin Klebba (UMN Morris student)

Torin began his service as the Americorps VISTA Food Systems volunteer in July 2022 and graduated from UMN Morris in Spring 2022 with a major in Political Science and a minor in Spanish. In 2021-2022, he served as a student intern for the Stevens County Food Security team, and assisted the team with research and miscellaneous tasks

Allison Koos (UMN Morris student)

Allison is a third-year student at UMN Morris, double majoring in Environmental Studies and Studio Art. She was in 4-H for ten years and raised pigs and chickens. Allison has experience volunteering at her local food shelf in her hometown of Bemidji, MN and is currently volunteering once a week at the Stevens County Food Shelf. She also has experience volunteering at the Co-op grocery store where her mother is the produce manager.

Argie Manolis (Director of Civic Learning and Engagement, UMN Morris)

Argie coordinates partnerships through the Center for Small Towns and the Office of Community Engagement at UMN Morris and is the VISTA supervisor.

Lily Sugimura (UMN Morris student)

Lily graduated from UMN Morris in Spring 2022 with majors in English and environmental studies. In the summer of 2021, she was an intern for the Local Foods, Local Places technical assistance program in Pelican Rapids, MN, working with the farmers market and the community garden. During her time at UMN Morris, Lily also worked as an intern for the Office of Sustainability.

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Horizon Public Health- assistance in advertising food security survey

UMN Morris Office of Communications - assistance with media contacts and internal advertising

Willie's SuperValu - permission to advertise and table at their location

Windy Roberts- translation of household food security survey from Spanish to English

Advisory Council

Brenda Boever, Coordinator, Stevens County Food Shelf

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Executive Summary

1. Project overview, definitions, and food security in Stevens County

This report is the culmination of a year-long community food assessment conducted by staff, students, and faculty at the University of Minnesota Morris, and informed by an advisory council made up of key local stakeholders. The main goal of the community food assessment is to describe food security in Stevens County at both community and individual scales.

Community Food Security (Hamm & Bellows 2003)

“a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice”

Individual or Household Food Security (Stevens County Food Assessment Research Team, based on literature review)

A situation in which an individual or household at all times has access to sufficient nutritious and culturally acceptable foods that enable a healthy, active lifestyle. This means considering dietary requirements and restrictions, physical as well as economic access to food, and adequate facilities for food storage, preparation, and cooking.

This assessment examines what food is grown in the county, what food is available, where food can be obtained in various forms, accessibility and affordability of food, as well as county residents’ experiences with and thoughts and suggestions about food. Findings summarized below rely on several different types of data, including a household food security survey, a survey of prices and availability at area grocery stores, personal communications and observations, and secondary data (e.g., from the US Census Bureau). More details about data collection and the key findings presented below are available in the full version of this report.

Based on the (available and newly collected) data for this community food assessment, it is clear that Stevens County does not meet the definition of community food security because many residents are food insecure, food insecure residents tend to share characteristics of marginalized populations, and little of the food consumed in Stevens County is produced and processed in Stevens County. Challenges with community food security are of course not necessarily uniquely to Stevens County, MN as they are at least in part a product of the way our regional, national, and global food supply chains presently function.

2. County Profile-Population, Food Assistance, Food Production

With an estimated population of 9,700 (US Census), Stevens County is located in West-Central Minnesota. Seventy percent of the population lives in a city or town; over half of county residents live in Morris (population 5,280). More than 90% of county residents identify as

white; 8% identify as Hispanic or Latino. Other racial or ethnic groups each represent less than 2.5% of the population. Approximately 9% (870) of county residents have individual or household incomes below the poverty line.

More than 250 households received SNAP (formerly known as Food Stamp) benefits between 2016 and 2020, and many residents also make use of WIC*, NAPS*, and free and reduced lunches. Free and reduced lunch eligibility in the county's three school districts ranges from 16% at Hancock Secondary School to 45% at Chokio-Alberta Elementary School. During the COVID-19 pandemic, a significant increase in usage of emergency food services has been observed. For example, the Stevens County Food Shelf reported a nearly 100% increase in household visits between the first half of 2021 and the first half of 2022 and in 2021 established a satellite food pantry on the UMN Morris campus.

According to the Stevens County Household Food Security Survey (HFSS) conducted in spring 2022, at least 22% of respondents were to some degree food insecure. Student and food insecure respondents were generally more likely to report usually not eating one or more meals per day. About one third in each group (although there is significant overlap between these groups) indicated they ate three or more meals per day, one-third ate between 2-3 meals per day, 17% ate 2 meals per day, and 14% of students and 17% of food insecure respondents reported they ate less than two meals per day.

Land use in Stevens County is dominated by cultivated land (87% of total land use) including row crops such as corn (for grain and silage) and soybeans that each represent more than 40% of cropland acres (MN GEO, USDA Census of Agriculture 2017). Dry edible beans (3% of cropland) were the most grown directly edible crop in the county. Bonanza Bean (located in Morris, established in 2008) processes dry edible beans grown in and near Stevens County. Since the last Census of Agriculture, Fresha Carrots (established in 2019) has also begun locally growing and processing carrots at scale (hundreds of acres) in the county.

Driven by several large operations, there were significant numbers of farm animals raised in Stevens County, including over 15,000 beef cattle, nearly 170,000 hogs and pigs, and more than 20,000 dairy cows (USDA Census of Agriculture 2017). There is only one meat processor (Hancock Quality Meats, Hancock) and there is no creamery or milk processing plant in the county. Almost all meat and dairy products available to residents are processed outside of Stevens County.

3. Food Resources-Access and Affordability

Stevens County is home to one supermarket (Willie's), one discount grocer (Meadowland Market), one ethnic grocery store (Mi San Juan Mini Market) and one local/organic/natural foods store (Pomme de Terre Foods). All these stores are in Morris. Hancock and Chokio each have one gas station at which some groceries can be purchased. Otherwise, all the establishments that sell groceries in Stevens County are in Morris. Hancock and Chokio each also have one bar and grill and the rest of the restaurants in the county are in Morris.

More than 60% of HFSS respondents indicated they purchase most of their groceries at Willie's. The next most common locations where most groceries were purchased included Aldi (Alexandria, 11.5%), WalMart (Alexandria, 10%), and Meadowland Market (8%). Students and survey respondents identified as food insecure were less likely than the whole group of respondents to shop at Willie's and more likely to shop at Meadowland Market, WalMart, or Aldi. When asked about additional locations where groceries were purchased, respondents mentioned Meadowland Market (40%), WalMart (30%), Pomme de Terre Foods (22%), and Aldi (20%).

HFSS respondents in general were mostly satisfied (37%) or somewhat satisfied (31%) with the quality of groceries that they purchased, although only 16% of food insecure respondents and 28% of students were satisfied with the quality of groceries they purchased. Survey responses regarding the variety of groceries available were mixed: about half of respondents were neutral or dissatisfied and about half were slightly satisfied or satisfied. Survey respondents specifically mentioned having unmet needs for special diets and cultural or ethnic needs, as well as a desire for more grocery stores and more locally grown food.

In spring 2022, a survey of item availability and price was conducted on three occasions (February, March, and April) at Willie's and Meadowland Market in Morris and Walmart and Aldi in Alexandria. This part of the study focused on items that fit within the USDA's Thrifty Food Plan (TFP), the lowest-cost food plan model used to by the USDA Economic Research Service to study food pricing and availability nationwide. Willie's and WalMart differed significantly in the weekly TFP price, with Willie's (average price of \$223) approximately 5-10% higher than the national average during this same period. The cost of the TFP at WalMart (average price of \$148) was approximately 33% lower than at Willie's. Differences in food category costs varied significantly among items, ranging from a difference of 13% for fruits and vegetables to more than 100% for frozen items. It should be underscored that the comparison is between the cheapest available options at each store, that WalMart specializes in the lowest cost items, and that there are significant differences between these stores in the contexts of access to food distributors, purchasing power, and other attributes.

HFSS responses on grocery affordability were mixed. Approximately half of respondents found their groceries to be affordable (22%) or somewhat affordable (27%); 16% were neutral on affordability and 29% thought their groceries were somewhat unaffordable (29%), and 6% indicated their groceries were unaffordable (6%). Especially but not only food insecure and student respondents identified high or unaffordable grocery prices in responses to open ended questions about food in Stevens County. Many respondents also noted that they have difficulty in accessing fresh produce (20), specific cultural and ethnic foods (15), dairy or meat alternatives (11), and some (3) mentioned difficulty accessing gluten free products.

4. Barriers to Food Access and HFSS Respondents' Suggestions for Improving Food Situations

Two-thirds of HFSS respondents indicated they experienced at least one barrier to food access, with the top barriers identified as the time of year (availability of garden produce, 27%), distance to food sources (22%), economic issues (21%), and transportation (11%). Respondents also noted knowledge about food preparation, storage, and cooking (9%), access to land for a garden (9%), access to a kitchen or food storage (5%), and information about supplemental food sources (4%) as barriers.

Distance between Stevens County residents and the nearest supermarket (which in some cases was outside Stevens County) was examined in some detail. Because most people in Stevens County (54%) live in Morris, most are located within 2 miles of a supermarket. However, all residents of Alberta (6 miles), Donnelly, and Hancock (9 miles each) must travel further than 5 miles to reach a supermarket. Chokio residents (4% of the population) must travel 14 miles to Morris. Approximately 2,900 people (30% of the county's population) must travel between 2 and 20 miles one way to a supermarket. For those without access to a car, two public transit options exist: Morris Transit (within the Morris city limits) and Rainbow Rider (Stevens County). Both services maintain regular routes and hours on weekdays; Rainbow Rider does not operate on evenings or weekends. Morris Transit operates by appointment only on weekday evenings and on Saturday afternoons and Sunday mornings.

HFSS respondents' most common suggestions for improving their family's food situation included: lower costs or a better financial situation (31), more grocery stores (23), and more food variety (17). Respondents also frequently mentioned more local foods (9), an access to tools or preparation spaces (4), more education or knowledge on food topics (5), more assistance from government programs (5), and gardening (5). A small number of other responses included wanting access to food subscription services, public transport to Alexandria, and relying heavily on the farmer's market for produce in the summer but struggling in the winter.

5. Recommendations and areas for further exploration

There are two main categories of recommendations that stem from this assessment report: 1) further study/gather information, 2) investigate possible solutions. In both cases, the recommendation is to work with appropriate community partners and stakeholders as we move toward identifying and implementing ways of addressing community and individual food security issues that A) address identified needs, B) are acceptable to community residents, and C) are feasible within the context of Stevens County's resources, location, and climate. The bold headings below represent food security issues or themes that emerged from this assessment as needing further attention. Bullets below each bold heading are intended to provoke thought and discussion about how to address needs or what could be done to better understand the situation or needs. These are in no way "set in stone."

1. Access to Affordable Food/Groceries

- Learn more about how information regarding supplemental and emergency food sources and programs is currently made available. Determine additional ways to ensure community members have the information they need.
- Study other rural communities to see what has been done in the context of affordable food access (e.g., redirecting and reducing food waste in the county, at the University, and in local schools, supporting local producers)
- Survey grocery stores, restaurants, gas stations and other retail food outlets to determine how much and what foods are discarded
- Explore feasibility of expansion of one or more supplemental/emergency food resources (e.g., Food Distribution events beyond the summer months)

2. Transportation and Distance to Grocery Stores

- Explore ways (e.g., grant opportunities) to expand transit hours, route frequency, or other ways of connecting less mobile residents with food resources
- Explore feasibility of “pop-up” grocery location/hours in the towns of Alberta, Chokio, Donnelly, and Hancock

3. Increase the availability of culturally appropriate foods and options for people with specialized diets (e.g., gluten free, vegan)

- Conduct focus groups with or survey people who have specialized diets or other unmet dietary needs to find out what products they need and/or prefer
- Communicate the results of the focus group to local grocers to explore the possibility of making specialized diet items more regularly available
- Facilitate direct communication between grocers and people in need of food products that fit specialized diets

4. Facilitate more locally grown fresh produce and make produce more available to Stevens County Residents, for example:

- Establish community garden plots in accessible locations throughout the city of Morris and in the towns of Hancock, Donnelly, Chokio, and Alberta
- Building on the successes of Bonanza Bean and Fresha Carrots, encourage and/or incentivize establishment of more local fresh produce growing and processing operations
- Explore feasibility of production greenhouses in Stevens County to provide fresh produce during winter months

I. Introduction

A. Background and Purpose

It has been more than a decade since the last food assessment was conducted in Stevens County, MN. The last such assessment in the county was completed in 2010 as part of the Morris Health Eating Initiative, which brought a focus on increasing local food availability and consumption as well as increasing awareness of and access to healthier eating choices. This earlier assessment was focused on the UMN Morris campus and on the City of Morris. In the intervening 12 years, there have been significant demographic, economic, and political changes in the county, state, and nation that have had major implications for the food supply system as well as the ability of Stevens County residents to access sufficient food. The Covid-19 pandemic and related problems as well as recent inflation continue to exacerbate many of these issues, and changes to local emergency food provision have been made to attempt to fill what appear to be significant gaps between what people need and what they are able to access.

This report generally follows the recipe for community food assessments laid out in the USDA Economic Research Service's Community Food Assessment Toolkit (Cohen et al., 2002) and is the culmination of a year-long community food assessment conducted by staff, students, and faculty at the University of Minnesota Morris, and informed by an advisory council made up of key local stakeholders. The main goal of the community food assessment is to describe food security in Stevens County at both community and individual scales. This assessment examines what food is grown in the county, what food is available, where food can be obtained in various forms, whether food is affordable and accessible, as well as what experiences, thoughts, and suggestions county residents shared about food.

B. Timeline

The Stevens County Food Assessment project began in August 2021 with the first project team meeting. The team began by reviewing relevant peer-reviewed literature and reports related to community food assessments, particularly as they related to assessments done in more sparsely populated rural areas or smaller towns in the United States. Information about the county and food resources in the county were collected beginning in September 2021. The household food security survey was developed beginning in October 2021 and administered in March 2022. The survey of Thrifty Food Plan item price and availability in local grocery stores was developed beginning in fall 2021 and implemented in February-April 2022. Information about community food production resources was gathered throughout the project period.

C. Information Sources

Findings in this report are based on several different data sources, including primary data (household food security survey, survey of prices and availability at area grocery stores), personal communications and observations, and secondary data (US Census Bureau, USDA Census of Agriculture, and local organizations). More details about data sources, collection and methodology are provided in Section II of this report.

D. Food Security Definitions

Access to and affordability of food is a central theme in this and other community food assessments. Whereas the definition of and focus on individual and household food security is more common, it is equally important to think about food security from a community perspective because, especially for individuals and households of lower socioeconomic status, community food security strongly influences individual or household food security.

For the purposes of this report, we rely on the following definitions of community food security and individual or household food security:

Community Food Security (Hamm & Bellows 2003)

“a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice”

Individual or Household Food Security (Stevens County Food Assessment Research Team, based on literature review)

A situation in which an individual (or household) at all times has access to sufficient nutritious and culturally acceptable foods that enable a healthy, active lifestyle. This means considering dietary requirements and restrictions, physical as well as economic access to food, and adequate facilities for food storage, preparation, and cooking.

II. Information Sources and Methods

A. Primary Data Sources

Members of the research team collected two main types of original data: 1) household food security survey, and 2) Thrifty Food Plan market basket survey.

1. Household Food Security Survey

a. General Description and Development of Survey

The household food security survey was created collaboratively by members of the research team and is based on 1) the USDA Economic Research Service's (ERS) 10-item household food security survey (part A-food security), 2) literature review of recent community food security assessments done in small communities in the United States (part B-food access, availability, affordability, and barriers), and 3) standard demographic questions (part C-demographics).

Several recent studies (e.g., Nevarez et al., 2016, Dolstad et al., 2016) of food (in)security utilized one or more items from the USDA's Food Security Assessment Toolkit, including a version of or selected questions from the USDA ERS household food security assessment survey (Bickel et al., 2000). The 10-item food security assessment instrument was selected for this study because it provides more detailed information (than the 6-question version) about respondents. This version also does not directly ask questions about children (as is the case in the 18-question version), which the team decided might increase the risk of elevating emotions including shame among respondents.

Part B of the survey was developed in order to better understand what and how often community members were eating, where they were accessing food, their perceptions of food available in or near Stevens County, and what barriers may exist to accessing food for Stevens County residents. As in part A, our review of the literature found a variety of approaches taken to understanding food access and barriers in communities that have undertaken food security assessments. For example, some studies (e.g., Brasseur et al., 2015, Ko et al., 2018) conducted interviews and focus groups to obtain more in-depth information about sub-populations of interest. Some of the methods such as analysis of corner store locations and other characteristics in Atlanta (Rollins et. al 2021) provided important insights for an urban area but were not easily adaptable to a more rural setting with much sparser population and comparatively very few retail food outlets. Whereas many studies focus strictly on economic factors (e.g. income level) as the main barrier to food access, some studies (e.g. Dolstad et al., 2016, Rollins, et al., 2021) also discussed barriers that are either often adjacent to (e.g. access to transportation) or unrelated to (e.g. attitudes toward or knowledge about food or food choices, or personal safety) an individual's economic situation.

b. Survey-Goals and Types of Questions

The main goal of the household food security survey was to obtain a representative snapshot of county residents' food situations and includes the USDA ERS 10 question Food Security Module (Part A) which was rewritten to fit an online or hardcopy survey (the original is designed to be delivered in an interview format). Based on the literature review (section 4A above), the team decided to include a separate section of the survey (Part B) that focused on food access and barriers, and in particular provided respondents the opportunity to select from economic and other barriers and to suggest ways of improving their food situations. The survey therefore was comprised of three main sections:

- Part A (11 questions, three stages): Food Security—whether respondents have access to enough food or enough of the right kinds of food,
- Part B (16 questions): Food Access and Barriers—where and how residents access food, how residents perceive food variety, quality, and cost, what barriers to food access may exist, and what suggestions residents may have.
- Part C (13 questions): Demographic Questions including age, race/ethnicity, income, education, marital and employment status

c. Survey Distribution and Recruitment Strategies

Beginning in mid-March 2022, the survey was made available for approximately 6 weeks both electronically (via Qualtrics) and in hard copy, in both English and Spanish. The Spanish translation was prepared by Windy Roberts, Teaching Specialist in Spanish at the University of Minnesota Morris.

Survey respondents were recruited using the following strategies:

- Email and follow-up reminders sent to UMN Morris listservs, and through researchers' personal networks in the community
- Flyers containing both Q/R codes and links to the survey-posted at local businesses, non-profit organizations, and churches
- Horizon Public Health paid advertisement on Facebook
- Horizon Public Health email to partners and clients
- "Friday Facts" newsletter distributed electronically by the Morris Chamber of Commerce
- Flyers stuffed into the Stevens County distribution of the *Chokio Review*
- Press releases sent to the *Stevens County Times* and the *Chokio Review*
- Flyers posted and distributed to clients of the Stevens County Food Shelf
- Flyers and hard copies of surveys distributed at a local fitness class for seniors
- Radio interview with local radio stations KMRS/KKOK (broadcast and online)
- Tabling at Willie's SuperValu and at University of Minnesota, Morris

d. Survey Respondent Demographics and Interpretation Notes

There was a total of approximately 245 unique, completed survey responses (combining English and Spanish versions of both electronic and hard copy surveys). The number of complete survey sections differed somewhat by survey section, and unsurprisingly, decreased with progress through the survey. The largest number of responses on any question in Part A was 253, with 246 in Part B, and 237 in Part C. The number of survey responses was well short of the target of 370 which was the minimum required for a statistically representative sample of the Stevens County population. While the survey results are still useful, they must be interpreted with caution (e.g., used for discussion purposes or suggestions rather than for drawing conclusions with a level of certainty). Because the data are not statistically representative of the county population, no statistical manipulation was performed beyond descriptive statistics.

The most significant differences between survey respondents and US Census figures for Stevens County were in the categories of education and urban/rural residents (Table II-1). Compared to US Census data, thirteen percent fewer survey respondents had earned a high school diploma, and thirty percent more survey respondents had earned a bachelor's degree or higher. These differences can be explained in part but not entirely by the survey having included ages 18 and older and the US Census data on education only having included those 25 and older.

The percentage of county residents who completed the survey and live in rural areas (i.e., outside a town or city) was 16% lower than would be expected based on US Census data, while the percentage of urban residents (i.e., in a town or city) was 16% higher than indicated by the US Census data for Stevens County. Including rural residents was a concern throughout the process of developing and distributing the survey; the degree to which survey respondents underrepresented rural residents would likely have been even more significant without the extensive efforts to advertise to rural residents. Still, there are lessons to be learned from this experience and potential additional networking opportunities that could have been pursued.

The proportion of respondents 65 or over was 5% lower than the US Census data for Stevens County, whereas the proportion of survey respondents in age groups ranging from 25-64 was slightly higher than US Census estimates. Survey respondents were also more racially and ethnically diverse than the Census data for Stevens County, with proportionally more people identifying as Asian, American Indian. Median household income in Stevens County according to the US Census was \$65,000 and the median category for survey respondents was \$50,000-\$100,000.

Table II-1. Survey Respondent Characteristics vs. US Census Data

AGE*	Survey	2020 Census	Difference
18-24	30%		
25-34	14%	11%	3%
35-44	16%	11%	5%
45-54	15%	9%	6%
55-64	12%	10%	2%
65 or over	13%	18%	-5%

RACE AND ETHNICITY			
White	84%	92%	-8%
Hispanic, Latino, or Spanish origin	5%	8%	-3%
Black or African American	1%	1%	0%
American Indian or Alaska Native	3%	2%	1%
Asian or Asian American	3%	2%	1%
Native Hawaiian or Other Pacific Islander	0%		
Some other race or origin, please list	1%		
I prefer not to answer	3%		

URBAN/RURAL			
In a city or town	86%	70%	16%
Out of town	14%	30%	-16%

EDUCATION**			
Bachelor's degree or higher	60%	30%	30%
High school graduate or higher	82%	95%	-13%

INCOME			
Median household income	\$50k-\$100k	\$65k	

**US Census category 15-24 is not comparable to survey age category 18-24*

***US Census collects education attainment data from ages 25+ only*

2. Thrifty Food Plan Market Basket Survey

To determine whether items are available and what they cost, the team conducted a survey of items at local grocery stores. This survey was adapted from the USDA's Community Food Security Assessment Toolkit, and the list of foods on the survey comes from the USDA's Thrifty Food Plan, one of four model food plans that also include the low-cost, moderate-cost, and liberal food plans. Due to limited labor availability, this assessment only focused on the Thrifty

Food Plan (TFP). Results below of comparisons between stores in the context of the TFP are not necessarily reflective of comparisons in the context of the other three food plans. As the lowest cost food plan, the TFP is the basis for SNAP benefits and is modeled on a standard nutritious diet for a family of four that consists of two adults (one male and one female) between the ages 20 and 50 and two children ages 6-8 and 9-11 (USDA 2022).

After an initial reconnaissance visit to determine any adjustments (in products or product sizes) that would need to be made to find options that fit within each of the TFP categories, each location was visited three times (February, March, and April 2022). Team members recorded 1) whether an item (or similar) was available as well as 2) the price of the cheapest available option for each of the designated foods, and 3) whether items were on sale.

The survey included the two largest grocery stores in Stevens County (both located in Morris): Willie's SuperValu, a local supermarket in operation since 1951 and Meadowland Market, a discount grocery that sells salvaged packaged food, some fresh produce, and is more varied in its offerings than a traditional supermarket. Even before conducting the food assessment, there was significant anecdotal evidence that Stevens County residents often travel to Alexandria (45 minutes northeast of Morris) for groceries. Two of the several grocery stores in that city were also therefore included: Walmart, an American multinational retail corporation that combines a grocery store with a retail store and sells low-cost wholesale items, and Aldi, a discount grocery chain which has a varied but inconsistent stock of items.

Price (weekly cost of the TFP) and availability data were collected in February, March, and April of 2022 at each of the four stores. Items included in the market basket survey are listed in Appendix 1.

B. Secondary Data Sources

Secondary data used in this report includes demographic data from the US Census Bureau American Community Survey (2021), economic and employment data from the Minnesota Department of Employment and Economic Development, agricultural production data from the US Department of Agriculture's Census of Agriculture (2017), free and reduced lunch eligibility data from the Minnesota Department of Health, and data about eligibility for or usage of supplemental or emergency food programs from local organizations including Horizon Public Health, Stevens County Food Shelf, and Stevens County Human Services.

III. County Profile

A. Demographics, Income and Employment

Stevens County is located in West Central Minnesota (Figure III-1) and as of July 1, 2021, had an estimated population of 9,700 (US Census Bureau). The county covers approximately 560 square miles and the average population density in the county was 17 people per square mile. Seventy percent (or 6,800) of county residents live in the five cities or towns in Stevens County, with 54% of the population (5,280) residing in Morris, and 8%, 4%, 2%, and 1% of the population respectively living in Hancock (765), Chokio (400), Donnelly (241), and Alberta (103)

The vast majority (92%) of Stevens County residents identified as white. Nearly 8% of county residents identified as Hispanic or Latino, and 9% of county residents aged 5 and above reported speaking a language other than English at home. The population includes residents who identify as Asian (2.2%), American Indian or Alaska Native (1.8%) and Black or African American (1.3%) (US Census Bureau).

The 2016-2020 American Community Survey (US Census Bureau) estimated median and per-capita household incomes were \$65,503 and \$35,551 respectively with approximately 870 (9% of county residents) living in poverty. The federal poverty guideline is defined as below \$13,590 for people living alone and increases by \$4,720 per person for each additional person in the household (US Department of Health and Human Services).

Nearly 70% of the population 16 or older was employed in 2020. The top (non-agricultural) employment categories in Stevens County were manufacturing (15.9%), educational services (14.9%), health care and social assistance (13.3%), retail trade (8.4%), construction (5.2%), accommodation and food services (5%), and public administration (4.3%) (Minnesota Department of Employment and Economic Development). Stevens County is home to several major employers including manufacturing companies such as Superior Industries (parent company to Westmor Industries among others), Riverview LLC (dairy and beef) headquarters, the University of Minnesota Morris, and Stevens Community Medical Center.

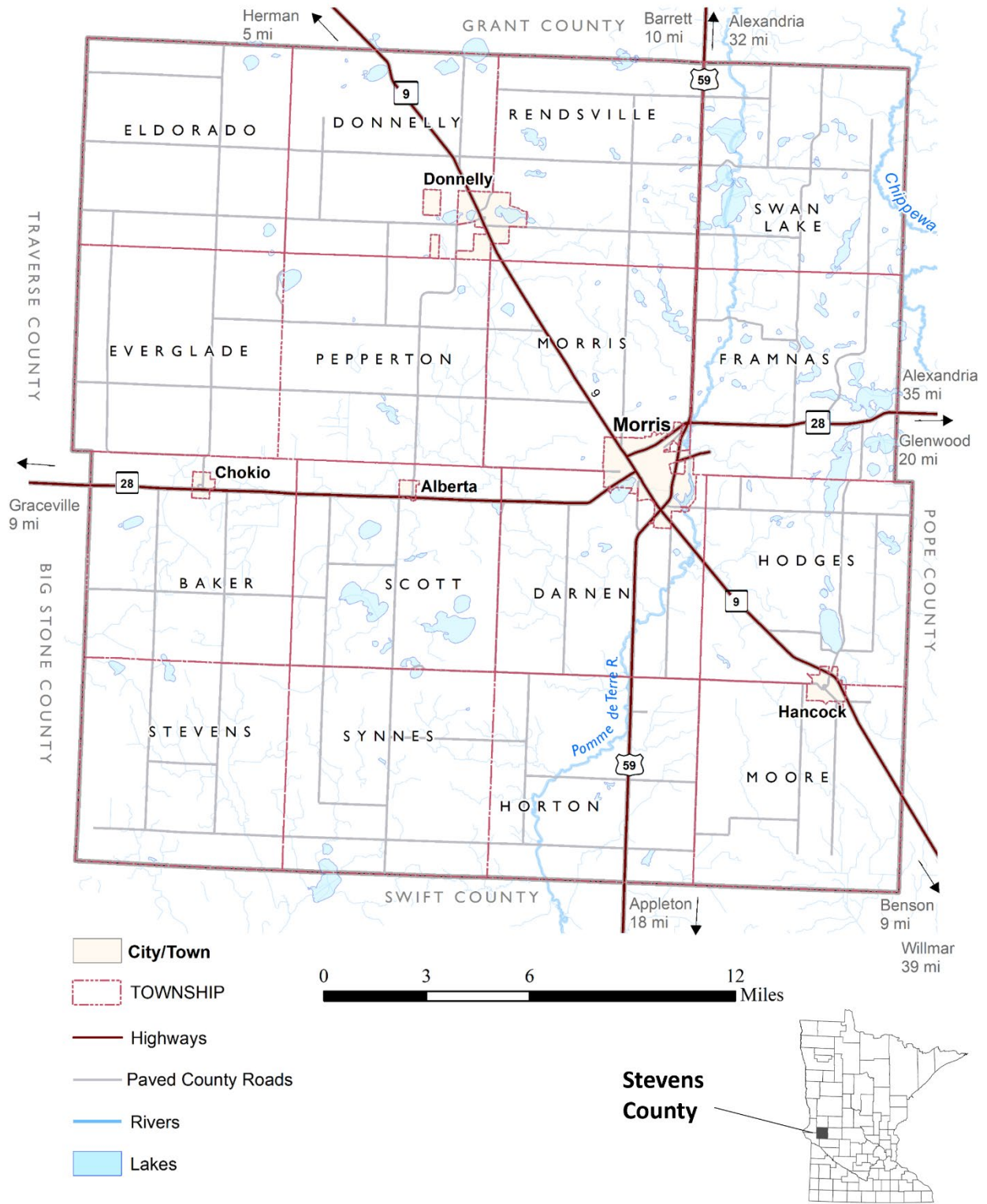
B. Governance

Stevens County is governed by a county commission of five elected commissioners who have final authority for county policy, budgets, and tax levies. Morris city governance includes an elected mayor and city council (4) which is responsible for policy and a city administrator who has authority over city government operations. Towns of Alberta, Chokio, Donnelly, and Hancock all also have elected mayors and elected city council members.

C. Education

Three public school districts remain in Stevens County: Morris Area, Hancock, and Chokio-Alberta school districts respectively served 953, 327, and 144 students for a total enrollment of 1,424 students in 2021. There is also a private elementary school (St. Mary's) with an

Figure III-1. Stevens County, MN



enrollment of 100 in 2021. In addition to the academic and vocational preparation of students, school districts play important roles by providing breakfast and lunch, implementing free and reduced meal programs, and with the Stevens County Food Shelf coordinating the backpack program that provides additional food that is sent home with students in need.

The University of Minnesota Morris (UMN Morris), a public liberal arts campus with enrollment of approximately 1200 students, has been in Morris since September 1960. The campus was previously home to the West Central School of Agriculture, which began operations in 1910. Prior to the WCSA, and beginning in 1887, the site was home to an American Indian Boarding School operated first by the Sisters of Mercy and subsequently by the US Government. As a part of the stipulation for transferral of boarding school land from the US Government to the State of Minnesota, American Indian students attended the WCSA tuition-free and still attend UMN Morris tuition-free. Prior to European settlement, both Anishinaabe and Dakota/Lakota peoples inhabited the land now occupied by UMN Morris as well as the rest of Stevens County.

D. Land use, agricultural production, and availability of locally grown foods

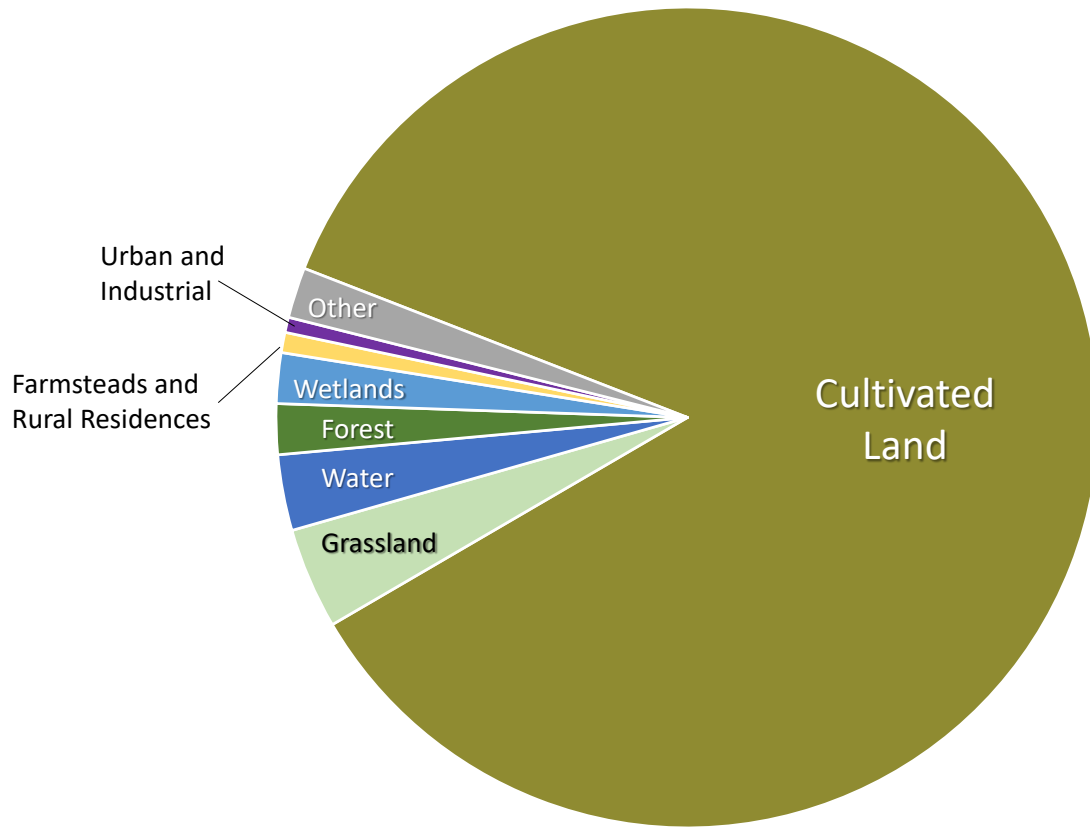
1. Land use

Land use and land cover in Stevens County (Figure III-2) is dominated by cultivated land (86%), followed by grassland (4%) and water (3%). All other land use/land cover categories represent less than 2% of the county's land area (Minnesota Geospatial Information Office). Stevens County is mainly drained by the Pomme de Terre River, although the extreme eastern part of the county drains to the Chippewa River. Lakes in Stevens County are generally shallow prairie pothole lakes. Almost all of the original (pre-European settlement) prairie has been removed, and most wetlands have been drained to make way for agricultural land uses.

2. Agricultural Production

According to the 2017 US Census of Agriculture, the majority of land in Stevens and surrounding counties is devoted to commodity crops including corn (grain), soybeans, wheat, and sugar beets, none of which are directly edible by humans (Table III-1). Dry edible beans were the most grown (human) food crop, occupying about 3% of harvested cropland in Stevens County and about 18% of harvested cropland in Douglas County. Far less than one percent of land in Stevens County was devoted to growing vegetables, fruits, or nuts. Of the surrounding counties, Pope County had by far the most land (about 2% of total harvested cropland) devoted to vegetable production (Figure III-3). Although many people in Stevens and surrounding counties grow vegetables in home gardens, it is likely that most people in this area rely on produce shipped from elsewhere in the state, in the United States, or internationally. No data on gardening in the county were available or collected for this assessment.

Figure III-2. Land Use in Stevens County



Data Source: Minnesota Geospatial Information Office

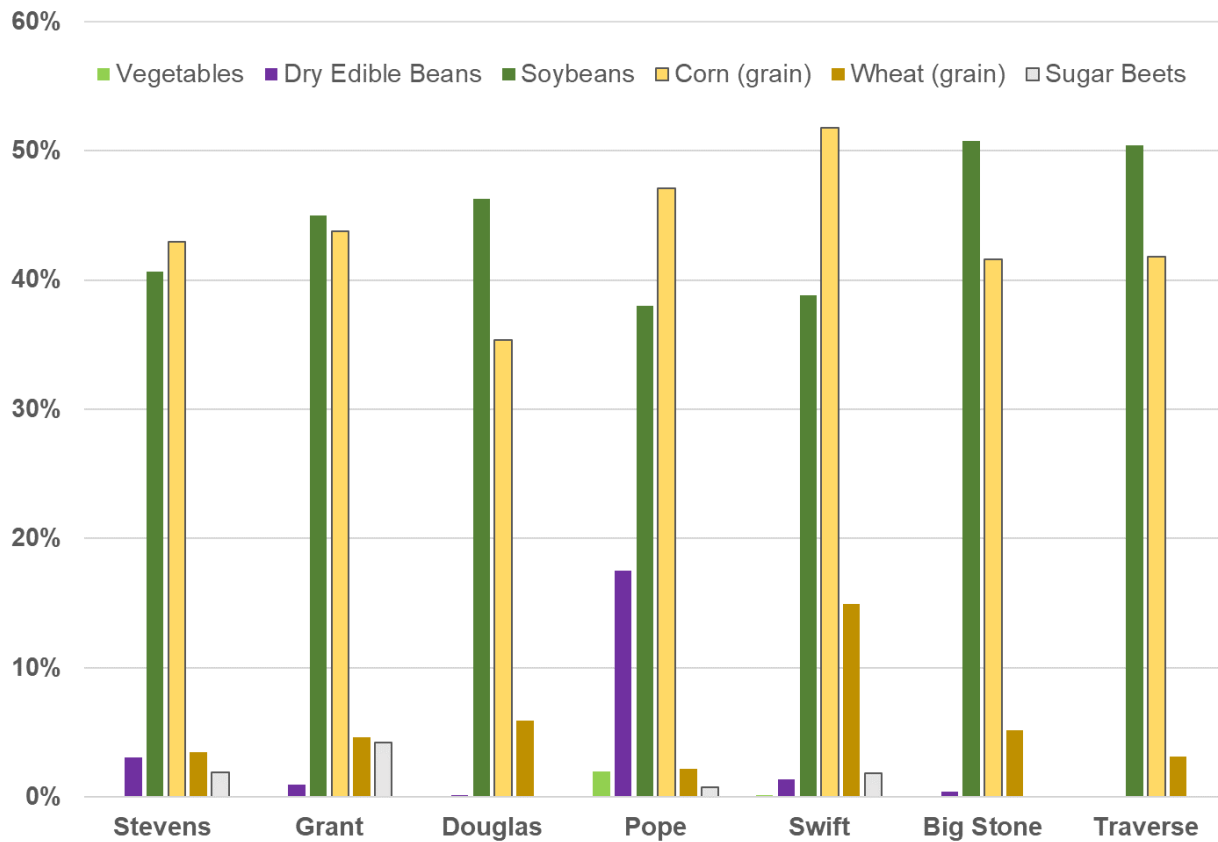
Table III-1. Total and Selected Crop Acreage in Stevens and Surrounding Counties, 2017

	Stevens	Grant	Douglas	Pope	Swift	Big Stone	Traverse
Harvested Land (acres)	289,168	280,145	180,126	246,281	286,488	231,596	332,332
Vegetables	4	(D)	106	4,859	475	3	3
Orchards	(D)	(D)	54	4	2	26	(D)
Dry Edible Beans	8,868	2,584	212	43,110	3,998	960	(D)
Soybeans	117,546	126,077	83,326	93,627	111,264	117,604	167,575
Corn (grain)	124,239	122,615	63,660	116,033	148,393	96,272	138,917
Wheat (grain)	10,109	12,993	10,702	5,318	42,785	11,930	10,414
Sugar Beets	5,433	11,822		1,871	5,198	(D)	(D)

Data Source: USDA Census of Agriculture, 2017, Vol 1. Chapter 2. Minnesota County Level Data, Tables 24, 25, 28, 30

Note: (D) = withheld to avoid disclosing data for individual farms

Figure III-3. Percentage of Total Cropland, Selected Crops in Stevens and Surrounding Counties, 2017



Data Source: USDA Census of Agriculture, 2017, Vol 1. Chapter 2. Minnesota County Level Data, Tables 24, 25, 28, 30

Stevens County’s human population is far outnumbered by cattle (nearly 15,000 as of 2017) and especially by hogs and pigs (nearly 170,000) (Table III-2). Although sheep and goats are also raised in the county, their numbers are much more modest. Because there are only a few dairy operations in the county, the USDA Census of Agriculture does not provide data on either the number of farms or the number of dairy cows in the county for 2017. In 2012, however, there were 8 dairy farms and 21,428 dairy cows in the county.

Table III-2. Farm Animals (Inventory) in Stevens and Surrounding Counties, 2017

	Stevens	Grant	Douglas	Pope	Swift	Big Stone	Traverse
Goats	60	65	412	(D)	(D)	(D)	78
Sheep	429	(D)	778	867	338	536	(D)
Hogs and Pigs	169,272	23,320	1,089	104,333	15,538	47,084	35,141
Cattle (on feed)	14,585	1,478	5,611	7,683	4,190	1,065	3,426
Dairy Cows	(D)	(D)	3,611	3,446	12,488	18	(D)
Turkeys		(D)		(D)	1,400,496	(D)	(D)

Data Source: USDA Census of Agriculture, 2017, Vol 1. Chapter 2. Minnesota County Level Data, Tables 11, 12, 13, 17, 19

Note: (D) = withheld to avoid disclosing data for individual farms

3. Availability of locally grown foods

As of 2022, there were no community supported agriculture (CSA) operations in Stevens County, MN. Two CSA operations in bordering counties (Grant and Swift) have closed in recent years, leaving fewer nearby options for residents seeking locally grown produce. The Morris Farmers Market (which accepts SNAP/EBT for food products) features local small producers/vendors and operates June through September each year on Thursday afternoons and is located just north of the Morris Public Library. This year (2022) there are eleven vendors selling a wide variety of items including vegetables, fruits, beef, chickens, homemade breads, and jams. Some produce is certified organic; some products are gluten-free. The final farmers market of the season has traditionally been held on the University of Minnesota Morris campus.

There are two large processors of locally grown edible produce: Bonanza Bean (est. 2008) and Fresha Carrots (est. 2019), which as their names suggest process edible beans (dark and light red kidney beans) and carrots. Fresha carrots are marketed to many communities and sold locally at Willie’s SuperValu when in-season or as supplies in storage allow.

Riverview LLC headquartered just south of Morris is one of the top five dairy producers in the world. Four of Riverview’s dairy sites (Darnen Dairy, District 54 Dairy, Riverview Dairy, and West River Dairy) are located in Stevens County. Milk from these dairies is processed into cheese at Valley Queen Cheese in Millbank, SD.

Despite the large number of animals raised for meat in Stevens County, there is only one remaining meat processing facility (Hancock Quality Meats in Hancock) in the county. Most meat animals raised in Stevens County are therefore processed outside the county.

IV. Food Resources in Stevens County

Food resources are locations where or ways that people can obtain food. In Stevens County, this includes traditional retail establishments such as a variety of restaurants, service stations, and grocery stores as well as food assistance programs and other informal and nontraditional sources not covered by this Assessment.

A. Retail Establishments

Most food-related retail establishments in Stevens County are in Morris, including four grocery stores (one supermarket) (Table IV-1), service stations/convenience stores and other stores selling groceries as part of their business (Table IV-3), and a mix of franchised and independent restaurants (Table IV-4). In the past, Alberta, Chokio, Donnelly, and Hancock each had restaurant or bar and grill establishments. However, most of these have since closed (one bar and grill remains in Chokio, and one in Hancock), leaving limited dining options in these four communities. Grocery stores have followed a similar pattern, with the only supermarket and true grocery stores now located in Morris (Table IV-2). There are still convenience stores that sell some groceries in Hancock (By-Lo) and Chokio (Cenex).

Table IV-1. Grocery Stores in Stevens County, MN

Store Name	Address	Description	Hours
Meadowland Market	10 W 6th St, Morris	Discount groceries	9AM-7PM M-F, 9AM-5PM Sat
Mi San Juan Mini Market	618 Atlantic Ave, Morris	Mexican groceries and prepared food	10AM-10PM M-Sat, 10AM-9PM Sun
Pomme de Terre Foods	511 Oregon Ave, Morris	Local, organic, natural foods	10AM-6PM Tues-Thurs, 10:30AM-6PM Fri, 10AM-4PM Sat
Willie's Supervalu	25 E 7th St, Morris	Supermarket	7AM-10PM daily

Table IV-2. Grocery Stores in Stevens County, MN-Recent History

	1990	2000	2010	2020
Alberta				
Chokio	2			
Donnelly	1	1	1	
Hancock	1	1	1	
Morris	4	3	3	4
Total	8	5	4	4

Data Source: Local phone books

Table IV-3. Convenience and Other Stores Selling Groceries in Stevens County, MN

Store Name	Address	Hours
By Lo Gas & Groceries	969 6th Street, Hancock	6AM-9PM daily
Cenex	101 Main Street, Chokio	6AM-8PM M-F, 7AM-5PM Sat, Sun
Dollar Tree	1116 Atlantic Ave, Morris	9AM-9PM Mon-Sat, 10AM-8PM Sun
Family Dollar	413 Atlantic Ave, Morris	8AM-10PM Mon-Sat, 10AM-8PM Sun
Homestead	116 State Hwy 28, Morris	9AM-8PM Mon-Fri, 9AM-5PM Sat
Jerry's U Save	211 State Hwy 9, Morris	6AM-10PM Mon-Sat, 7AM-10PM Sun
Morris Coop C-Store	103 Atlantic Ave, Morris	5AM-10PM M-F, 6AM-10PM Sat & Sun
Morris Food Shop	300 Atlantic Ave, Morris	5:30AM-10PM M-F, 6AM-10PM Sat & Sun

Table IV-4. Restaurants in Stevens County, MN

Restaurant Name	Address	Type of Food	Hours
Buddy's Bar and Grill	1057 State Hwy 9, Hancock	American bar and grill	10AM-1AM Daily
China Panda	305 Atlantic Ave, Morris	Traditional chinese	11AM-9PM Tue-Thu, 11AM-10PM Fri, Sat
Common Cup	501 S Atlantic Ave, Morris	Deli, breakfast	7AM-5PM Mon-Fri, Sat 8AM-4PM
Dairy Queen	24 Atlantic Ave, Morris	Fast food	10:30AM-10PM Daily
DeToy's Family Restaurant	802 Atlantic Ave, Morris	American breakfast, lunch	5AM-8PM Daily
Don's Cafe	15 E 5th St, Morris	American breakfast, lunch	8AM-1:30PM Daily, 5-7:30PM F/Sat
Just Chillin'	25 W 7th St, Morris	Sandwiches, ice cream, snacks	11AM-10PM Mon-Sat
McDonald's	1124 Atlantic Ave, Morris	Fast food	6AM-11PM Daily
Mi Mexico	618 Atlantic Ave, Morris	Traditional mexican	11AM-10PM Mon-Wed, 11AM-11PM Thu-Sat
Old No. 1 Bar and Grill	412 S Atlantic Ave, Morris	American bar and grill	11AM-1AM Daily
Pizza Hut	1001 Columbia Ave, Morris	Fast food, pizza	10:30AM-10PM Sun-Thu, 10:30AM- 11PM Fri, Sat
Pizza Ranch	7 E 5th St, Morris	Buffet, pizza	11AM-9PM Sun-Thu, 11AM-10PM Fri/Sat
Prime Steakhouse	7 E Hwy 28, Morris	Steak, seafood, fine dining	3PM-9PM Tue-Sat
Spaulding's	107 Main St, Chokio	American bar and grill	3PM-1AM Daily
Stone's Throw Cafe	506 Atlantic Ave, Morris	Farm to Table, fine, casual, fusion, gourmet	11AM-2PM, 5-8PM Tue-Sat
Subway	1002 Columbia Ave, Morris	Fast food, lunch sandwiches	8:30AM-10PM Mon-Fri, 9AM-10PM Sat, Sun
Taco John's	108 Atlantic Ave, Morris	Fast food, Mexican	6AM-10PM Mon-Fri, 8AM-10PM Sat, 8AM-9PM Sun
The Fire Side	513 Oregon Ave, Morris	American bar and grill	11:30AM– 1:30PM, 5-8PM Mon-Sat
The Met Lounge	26 E 6th St, Morris	American bar and grill	4PM-11AM Tue-Sat

B. Supplemental and Emergency Food

There are several food assistance programs in the county (Table IV-5); all are in Morris, and few are co-located. Most require an application process; the Stevens County Food Shelf is open 5 hours per week (one hour each weekday) and can provide immediate assistance.

Table IV-5. Supplemental and Emergency Food Resources in Stevens County, MN

Resource	Accessibility	Additional Notes
	Monday 2:30-3:30 Tuesday 5:30-6:30 Wednesday 10:30-11:30	
Stevens County Food Shelf	Thursday 5:30-6:30 Friday 10:30-11:30 701 Iowa Ave., Morris Provides free Rainbow Rider rides for those outside of Morris and free Morris Transit rides for those within Morris.	For further information: https://stevenscountyfoodshelf.org/
SNAP (Supplemental Nutrition Assistance Program)	Paper application available at Human Services (located in Morris, MN at the Stevens County Courthouse) or online at ApplyMN.dhs.mn.gov	Application approval requires an interview that must be completed in person at the courthouse; approval is not immediate.
WIC (Special Supplemental Nutrition Program for Women, Infants, and Children)	Apply either at the Horizon Public Health office in Morris, MN or online at https://horizonpublichealth.org/services/children-and-families/wic/	Provides resources for eligible pregnant women, new mothers, babies and young children to eat well, learn about nutrition, and stay healthy.
EBT at Farmers Market	Available during the market at the main booth. The Farmers Market is located in Morris, MN from June to October, Thursdays from 4-6pm.	Marketbucks will match up to \$10 of EBT, doubling your money at the market.
NAPS (Nutrition Assistance Program for Seniors)	Pickup (first Wednesday of month) location is the Stevens County Food Shelf. Boxes must be picked up within 3 days.	Application available at the Stevens County Food Shelf. Must meet income and age guidelines.

Table IV-5. Supplemental and Emergency Food Resources (Cont.)

Resource	Accessibility	Additional Notes
MFAP (Minnesota Food Assistance Program)	Paper application available at Human Services (located in Morris, MN at the Stevens County Courthouse) or online at ApplyMN.dhs.mn.gov	Program for non-citizens over the age of 50 who are not eligible for SNAP benefits.
	Paper application available at Human	Benefits include a cash grant and
Free and Reduced Lunch	Families apply through their school district and are approved based on household size and income.	During the Covid-19 pandemic all students received free lunch; under normal circumstances income requirements apply.
Backpack Program	Families can apply for the program through their school district.	Children enrolled in the program receive additional food from the school weekly to help provide meals in evenings and on weekends.
Food Distribution (a.k.a. Food Drop)	No income requirements. Available once per month (June, July, August) in summer.	Pickup location is the Morris Area High School. Flyers available at Stevens County Food Shelf.
University Food Bags	Bags are available at several locations on campus. (Counseling, Campus Safety, Multiethnic Resource Center, TRIO Lounge)	Available to all students who request help with food security.
University Food Shelf (a.k.a. Grab-n-Go)	Shelving unit located in the 24/7 Computer Lounge on UMN Morris campus that stocks shelf stable food items for students to take as needed.	Open for all students to use as needed. Stocked by TRIO-SSS mentors in partnership with the Food Shelf.

Table IV-5. Supplemental and Emergency Food Resources (Cont.)

Resource	Accessibility	Additional Notes
Ruby's Pantry	<p>No income or residency requirements. Closest location is Barrett, MN. Occurs every 3rd Monday of the Month. Registration begins at 5:30 PM. Food bundles available 6:00-7:30 PM</p>	<p>Distributes food at Pop-Up Pantry locations across MN & WI. respondents get an abundance of groceries in exchange for a \$25 donation.</p>
Home Delivered Meals (HDM) and Congregate Dining	<p>Available to Seniors 60+ living in Stevens County. Congregate Dining is at lunch time at West Central Homes in Morris and HDM meals are delivered 2-3 per week to your home by a volunteer.</p>	<p>For more information or to sign up for Home Delivered Meals: https://www.nsiseniornutrition.com/ or call 320-589-2951.</p>
	<p>Those under 60 can join congregate dining for \$7.</p>	

V. Food Access and Purchasing

The first two parts of this section of the report focus on 1) identifying whether survey respondents are experiencing food insecurity, and 2) reporting on local emergency or supplemental food resource uses. The third part of this section provides information about residents' eating and shopping habits such as how many meals per week they eat, what is typically consumed at meals, where meals are usually prepared, and where residents shop for groceries.

A. Household Food Security Survey Results, Part A: Food Security

The food security module consists of a total of 11 questions. All survey respondents (N=253 in all cases) answered the first four questions:

1. Which of these statements best describes the food eaten in your household in the last 12 months: —enough of the kinds of food you want to eat; —enough, but not always the kinds of food you want; —sometimes not enough to eat; or, —often not enough to eat?

More than half (133) of survey respondents indicated they had enough of the kinds of food they wanted to eat, whereas more than 40% (103) of respondents noted they had enough food to eat but not always the kinds of food they wanted, and 4% (10) indicated they sometimes did not have enough to eat.

Students were much less likely (-17%) than survey respondents as a whole to indicate that they had both enough food and enough of the kinds of food they want to eat and much more likely (+14%) to indicate that they had enough but not always the kinds of food they wanted.

2. "I/we worried whether food would run out before (I/we) got money to buy more." Was that often true, sometimes true, or never true for (you/your household) in the last 12 months?

One in five (51) survey respondents noted that they found this statement to be often (2%) or sometimes (18%) true for their household, whereas this statement was untrue for more than 75% of respondent households.

Students were much less likely (-20%) than survey respondents as a whole to respond "never true" and more likely to respond "sometimes true" (+14%) or "often true" (+5%).

3. "The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more." Was that often, sometimes, or never true for (you/your household) in the last 12 months?

This statement was often (2%) or sometimes (15%) true for approximately 17% (44) of survey respondents and marked as never true by more than 80% (206) respondents.

Students were much less likely (-17%) than survey respondents as a whole to respond "never true" and more likely to respond "sometimes true" (+10%) or "often true" (+5%).

4. “(I/we) couldn’t afford to eat balanced meals.” Was that often, sometimes, or never true for (you/your household) in the last 12 months?

Balanced meals were at least sometimes economically impossible for nearly 30% (73) of surveyed respondents: more than 12% (31) found this statement to be often true and 17% (42) found it to be sometimes true. Seventy percent (178) of respondents indicated that this statement was never true for their households.

Students were much less likely (-25%) than survey respondents as a whole to respond “never true” and more likely to respond “sometimes true” (+9%) or “often true” (+14%).

There were 84 respondents who provided at least one affirmative answer (often true or sometimes true) to questions 2, 3, or 4 and who were invited to continue to questions 5-8. Those who did not answer in the affirmative to any of these questions moved to part B of the survey.

5. In the last 12 months, since March 2021, did (you/you or other adults in your household) ever cut the size of your meals or skip meals because there wasn't enough money for food?

5a. How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?

More than half (41) of respondents responding to question 5 indicated that they or other adults in their household had cut or skipped meals due to lack of money for food. Of those that answered “yes” to question 5, 20% (8) indicated that they cut or skipped meals almost every month in the last year; over 50% (22) indicated that they cut or skipped meals in some months, and 24% (10) indicated meals were cut or skipped in one or two months.

Student respondents who continued to question 5 and beyond were 10% more likely to indicate they had cut or skipped meals in the last 12 months but were less likely to respond that this had happened every month (-7%) and more likely to respond that this had occurred in only one or two months (+8%).

6. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

7. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

8. In the last 12 months, did you lose weight because there wasn't enough money for food?

Thirty-four respondents indicated that due to lack of money in the last 12 months, they ate less than they felt they should; twenty-three noted that they were hungry but did not eat; and ten lost weight. Respondents who answered “yes” to questions 5, 6, 7, or 8 continued to question 9.

9. In the last 12 months, did (you/you or other adults in your household) ever not eat for a whole day because there wasn't enough money for food?

9a. How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?

The seven respondents who answered “yes” to question 9 continued to question 9a. Two respondents indicated they did not eat for a whole day almost every month, four respondents said they did not eat for a whole day in some months, and one respondent noted this occurred in only one or two months over the last year.

B. Food insecurity classification

The USDA Food and Nutrition Service classifies food insecurity status according to the number of total affirmative responses to six of the questions in their household food insecurity instruments (6, 10, or 18 question modules). The six items that are utilized in this classification correspond to questions 3, 4, 5, 5a, 6, and 7 in Part A of the Stevens County Food Assessment, which are discussed individually above. Zero or one affirmative response equates to no food insecurity, whereas 2, 3, or 4 affirmative responses are termed food insecure without hunger and 5 or 6 affirmative responses are assigned to the category of food insecure with hunger. According to this method of categorizing food insecurity, nearly 78% (197) of respondents were food secure, while 13% (33) were food insecure without hunger and 9% (23) were food insecure with hunger (Table V-1).

Table V-1. Food Insecurity Classification

Number of Affirmatives	Food Security Status Level	Survey Responses
0	Food Secure	174
1	Food Secure	23
2	Food insecure without hunger	15
3	Food insecure without hunger	9
4	Food insecure without hunger	9
5	Food insecure with hunger	10
6	Food insecure with hunger	13

Source: Classification according to Bickel et al., 2000

Because food insecurity is a multi-dimensional condition that has been exacerbated by the Covid-19 pandemic, food supply chain interruptions, and rapid recent inflation, a lower threshold was used in this study to identify people who tended toward food insecurity or who were somewhat food insecure. An affirmative answer (yes, often true, or sometimes true) to questions 2, 3, or 4 in Part A was used for the purposes of this report to qualify a respondent as at least somewhat food insecure. Approximately one-third (84 of 253) of survey respondents

were classified as somewhat food insecure, whereas forty-three (62% of 69) of the survey respondents who identified as UMN Morris students were at least somewhat food insecure. Students therefore also made up approximately half of the respondents who were according to their responses at least somewhat food insecure. The 84 respondents who provided at least one affirmative answer to Part A questions 2, 3, or 4 are for the remainder of this report labeled as “food insecure.”

There are important differences to note between the subgroups (students and food-insecure) compared to the total group of survey respondents (Table V-2). As might be expected, student and food insecure respondents were much younger and had lower incomes than the group as a whole. Students and especially food insecure respondents were also less likely (4% and 11% respectively) to identify as white or Caucasian and more likely to have a disability (7% and 16%) and to be unemployed or unable to work (9% and 7%).

Table V-2. Characteristics of All Survey Respondents vs. Students vs. Food Insecure

	Median Age	% White	Median Income	Has Disability	Unemployed or Unable to Work
All Respondents	35-44	84%	50-100k	14%	8%
Students	18-24	80%	<15k	21%	17%
Food Insecure	18-24	73%	15-25k	30%	15%

C. Emergency and Supplemental Food Resource Usage

According to Stevens County Human Services, in December 2021, 266 households in the county received benefits from the Supplemental Nutrition Assistance Program (SNAP) and 194 households received benefits from the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

The 2016-2020 American Community Survey (US Census Bureau) estimated in 2019 that 254 households received SNAP benefits with 75 of those households having children under 18 and 38 of those households having one or more people over 60. However, in the same year, there were an estimated 445 households below the poverty level in the county and only 115 of those households were receiving SNAP benefits.

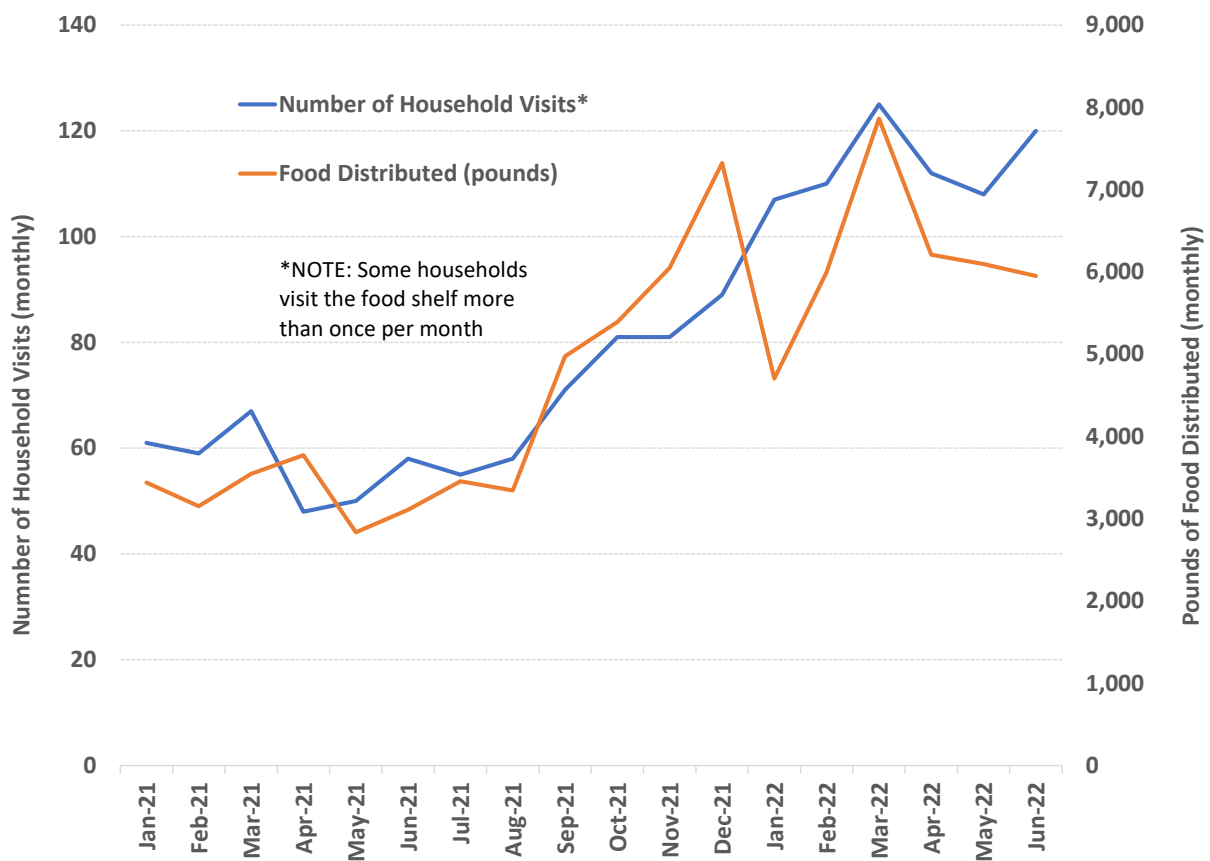
Stevens County residents’ usage of the Stevens County Food Shelf doubled or nearly doubled in most usage categories between the first half of 2021 and the same period in 2022 (Table V-3). The only measures with an increase of less than 100% were total food distributed (85%) and the number of people served who were 65 or older (33% increase). The largest increase in any category was the number of individuals who were 18 or younger (+153%). A monthly plot of household visit data indicates a clear and steep increase in visits between April 2021 (50 visits) and March 2022 (>120 visits) (Figure V-1). Total food distributed followed a similar pattern through the end of 2021 but was disrupted by supply chain issues that impacted food availability (particularly in January and February 2022) at the Northland Food Bank, which is the main supplier of items to the Stevens County Food Shelf.

Table V-3. Stevens County Food Shelf Usage Statistics, January 2021-June 2022

	Number of Household Visits	Adults Served	<18 Served	>65 Served	Total Served	Food Distributed (Pounds)
Jan - June 2021 Average	57	97	50	15	162	3,309
Jan - June 2022 Average	114	194	127	20	340	6,137
% change (increase)	99%	100%	153%	33%	110%	85%

Data Source: Stevens County Food Shelf

Figure V-1. Stevens County Food Shelf Visits and Distribution, January 2021-June 2022



Data Source: Stevens County Food Shelf

Household Food Security Survey respondents indicated that the Stevens County Food Shelf (12) was the most commonly utilized supplemental food source, followed by SNAP (7), WIC (5) and church (2). One or two respondents also noted they used Ruby’s Pantry, another person’s SNAP benefits, the UMN Morris 24-hour lounge, United Natural Foods (via a parent), and gardening.

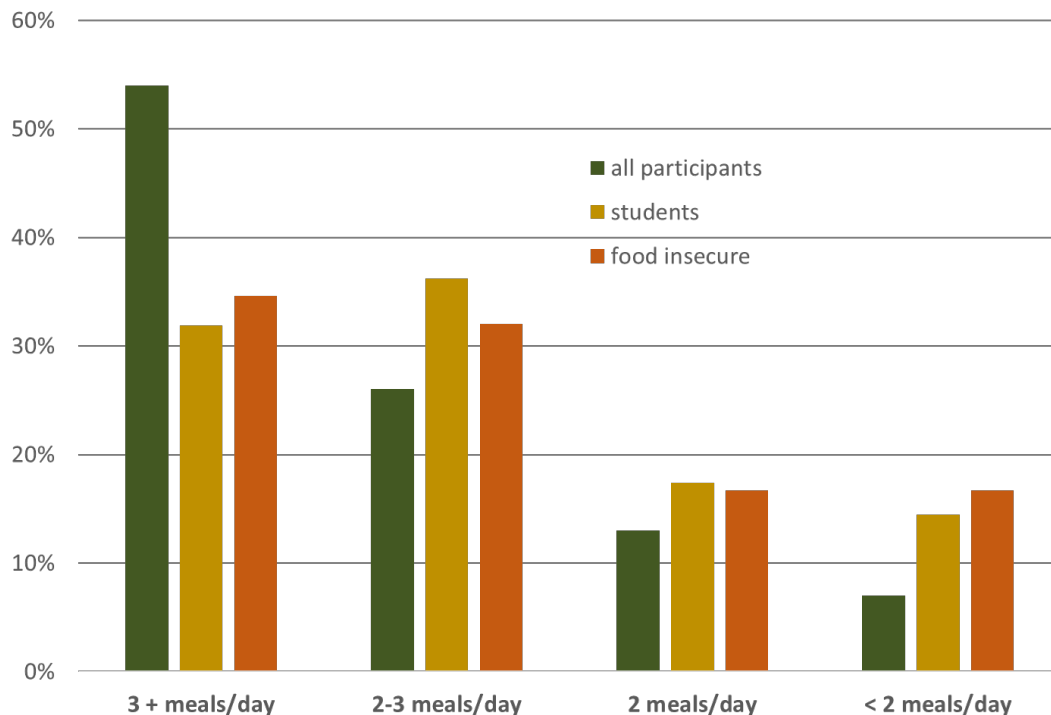
According to the Minnesota Department of Health, in the 2021-2022 school year, 14.5% of primary and secondary school students in Stevens County qualified for free lunches and 12.4% qualified for reduced lunches. According to the Minnesota Department of Education, the percentage of students that qualified for free or reduced lunches by school was 24% at Morris Area Elementary, 17% at Morris Area Secondary, 21% at Hancock Elementary, 16% at Hancock Secondary, 45% at Chokio-Alberta Elementary and 29% at Chokio-Alberta Secondary. However, in response to the Covid-19 pandemic, the USDA food and nutrition service granted a nationwide waiver that allowed all students to receive free lunch for the 2020-2021 and 2021-2022 school years. This could have led to a reduced number of families filling out the free and reduced lunch applications and therefore may have affected the data for this past year.

D. Household food security survey part B: Eating and shopping habits

1. Number of Meals and Foods Typically Consumed

The first several questions in this part of the household food security survey focused on how many meals per week respondents typically ate, whether respondents typically ate breakfast, lunch, and dinner, and what major food groups were consumed during those meals. Most respondents (54%) indicated they usually ate close to three meals per day, 7 days per week (Figure V-2). One quarter of respondents reported eating between 2-3 meals per day, and 13% of respondents ate two meals per day. About 7% (13) reported eating fewer than two meals per week.

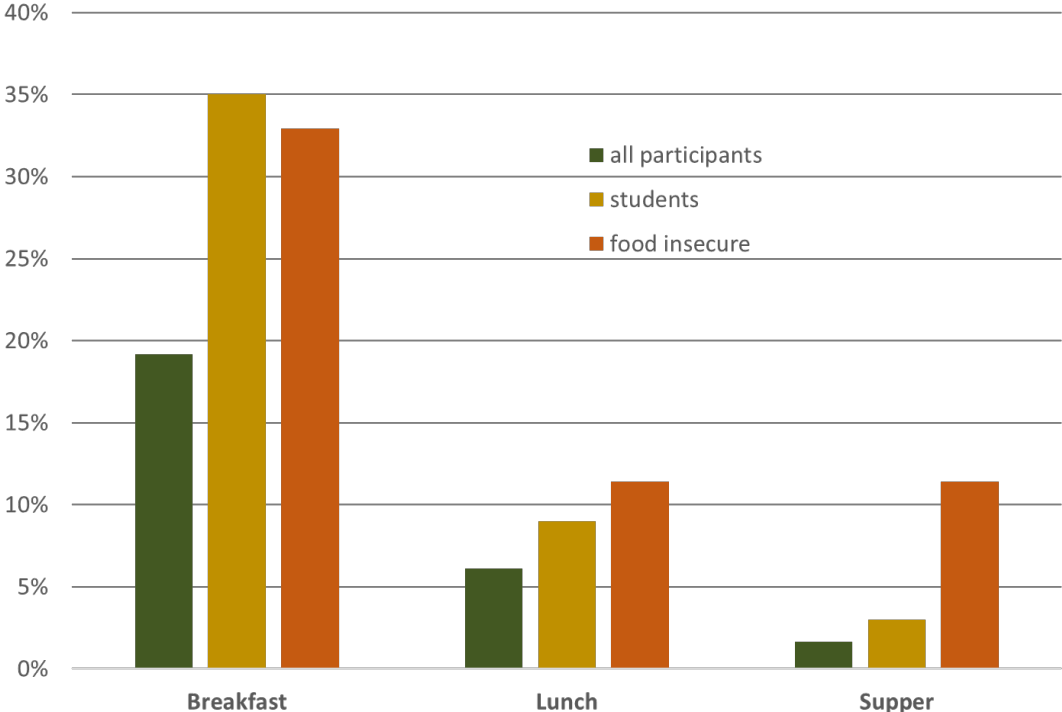
Figure V-2. Number of Meals Eaten Per Day



Student and food insecure respondents were generally more likely to report usually not eating one or more meals per day. About one third in each group (although there is significant overlap between these groups) indicated they ate three or more meals per day, one-third ate between 2-3 meals per day, 17% ate 2 meals per day, and 14% of students and 17% of food insecure respondents reported they ate less than two meals per day.

Almost all respondents reported usually eating lunch (94%) and supper (98%), whereas nearly 20% of respondents indicated they did not eat a morning meal (Figure V-3). 35% of student respondents and 33% of food insecure respondents reported usually not eating breakfast, 9% and 11% usually did not eat lunch, and 3% and 10% usually did not eat supper. Six respondents indicated they usually did not eat breakfast or lunch, one respondent reported usually not eating breakfast or supper, and no respondents indicated they usually did not eat lunch or supper.

Figure V-3. Meals Usually Not Eaten



Food groups consumed most often for breakfast (Figure V-4a) included grains (69%), dairy (54%), protein (53%), and fruit (47%), with fewer than 10% of respondents indicating they ate vegetables for breakfast. Nearly 80% of respondents indicated they ate a protein for lunch (Figure V-4b), followed by grains (73%), vegetables (61%); about 40% of respondents indicated they ate fruit or dairy products for lunch. For dinner (Figure V-4c), over 90% of respondents indicated they ate protein, 84% ate grains, 82% ate vegetables. Nearly 60% consumed a dairy product, while only about 30% of respondents ate fruit.

Figure V-4a. Foods Usually Consumed for Breakfast

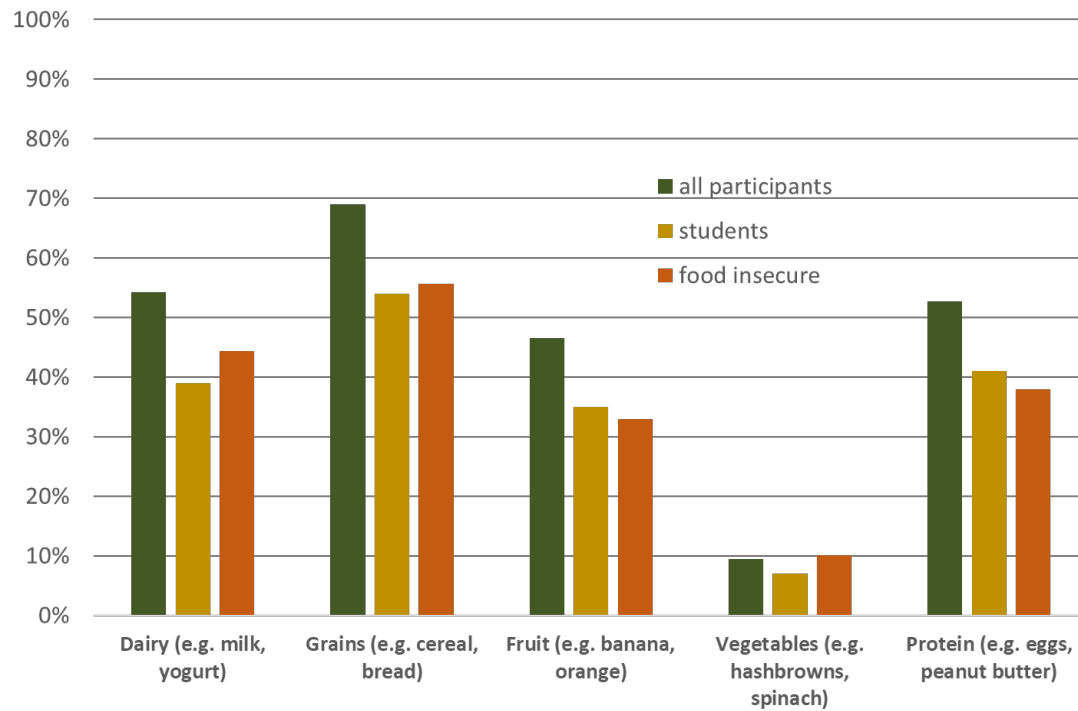


Figure V-4b. Foods Usually Consumed for Lunch

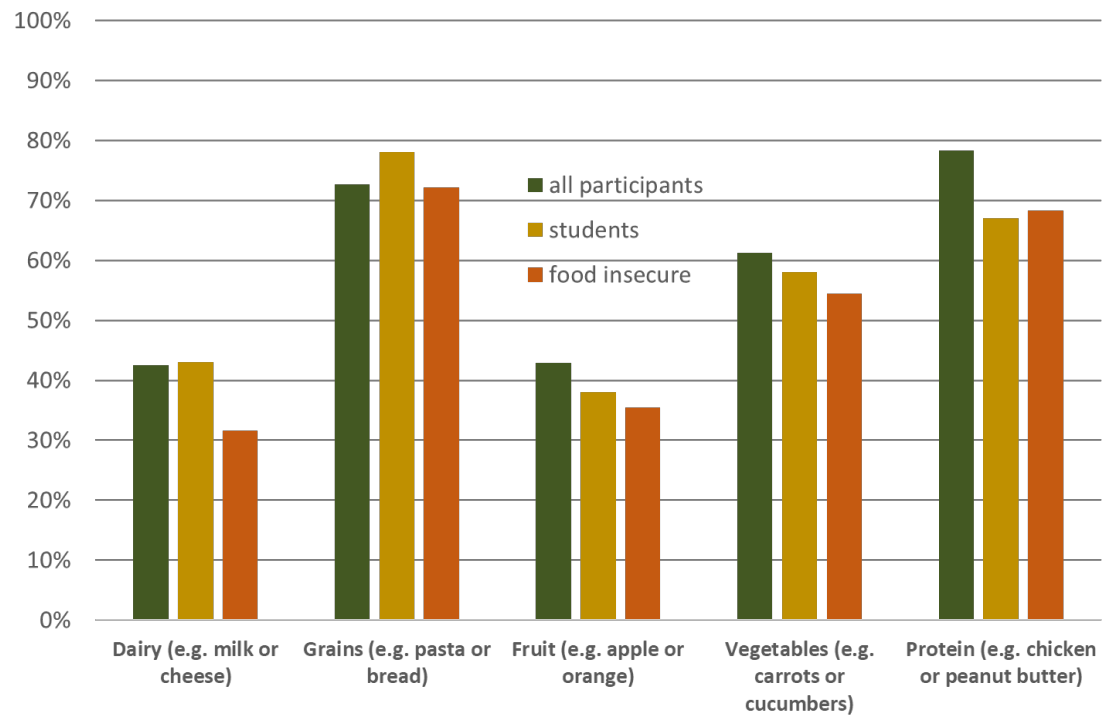
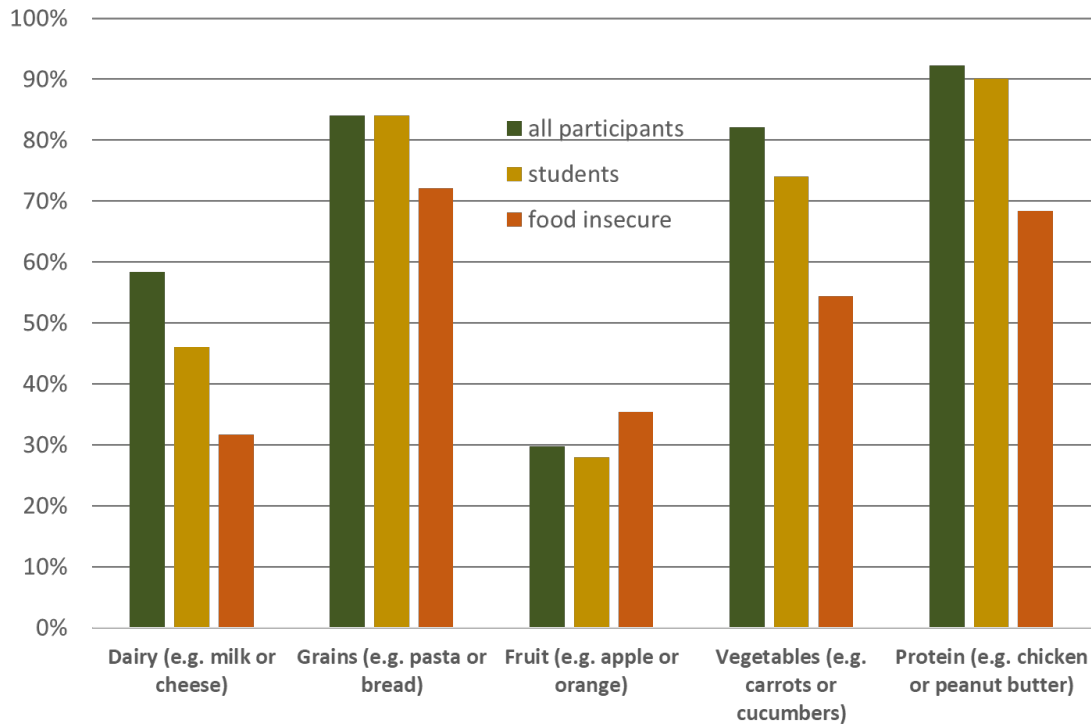


Figure V-4c. Foods Usually Consumed for Supper



Compared to survey respondents as a whole, student respondents and those respondents identified as food insecure were 12-15% less likely to consume dairy, grains, fruit, or protein at breakfast and about 10% less likely to consume protein at lunch. Food insecure respondents were also 11% less likely to consume dairy at lunch and students were 12% less likely to consume dairy products at supper. The largest differences between food insecure respondents and survey respondents as a whole were in the food groups consumed at supper. Food insecure respondents were much less likely to consume vegetables (-28%), dairy products (-27%), and protein (-24%), and less likely to consume grains (-12%) but slightly more likely to consume fruit (+6%).

2. Locations where meals were prepared

Sixty-three percent of respondents reported that all or almost all of their meals were prepared at their home. Another 22% reported that more than half their meals were prepared at home. Four respondents indicated that none of their meals were prepared at home, and the remaining 13% indicated less than half or a few meals were prepared at home. Compared to survey respondents as a whole, student respondents and those identified as food insecure were about 10% less likely to respond that all or almost all of their meals were prepared at home.

Only three percent of respondents indicated that they ate less than half, more than half, or all their meals at a friend or relative's home, whereas 28% reported eating a few meals at a friend or relative's home. More than 60% of respondents reported eating a few meals at gas stations, stores, or restaurants, while 13% reported eating less than half and 5% reported eating more than half their meals at these locations. Very few respondents (8%) indicated that they ate more than a few meals at a location other than home, a friend or family member's home, or restaurants, gas stations, or stores, while approximately 7% reported eating at these other locations. There were very few differences between respondents as a whole and students or respondents identified as food insecure, except that 10% fewer food insecure respondents indicated they ate only a few meals at gas stations, stores, or restaurants. Other locations for meal preparation identified included church, campus dining hall (for non-UMN Morris students), or "fast food".

The 69 respondents who identified that they were UMN Morris students obtained their meals from a variety of sources. Twenty-seven percent obtained all or almost all (20%), or more than half (7%) of their meals from the dining hall or Turtle Mountain Cafe, while over 40% obtained none of their meals from these locations. The remaining approximate 30% obtained fewer than half of their meals from the campus.

3. Locations where groceries were purchased

When asked where they buy most of their groceries (Figure V-5), Willie's SuperValu was by far the most common location (62% of responses), followed by Aldi (Alexandria, 11.5%), WalMart (Alexandria, 10%), and Meadowland Market (8%). Additional locations where respondents purchased groceries (but not most of their groceries) included in decreasing order of popularity: Meadowland Market, Willie's, WalMart (Alexandria), Pomme de Terre Foods, Aldi (Alexandria), Mi San Juan Market, WalMart (Willmar), Casey's, Shell gas station, Cenex (Chokio) (Figure V-6). Respondents also identified other locations besides those listed in the survey, including in decreasing order of popularity: Target (Alexandria), Cub Foods (Alexandria), Costco (St. Cloud), Elden's Fresh Foods (Alexandria), Dollar Tree, and food delivery services.

Compared to survey respondents as a whole, student respondents and those identified as food insecure were less likely (-14% and -19% respectively) to purchase most of their groceries at Willie's and slightly more likely (8% and 5% respectively) to purchase most of their groceries at Meadowland Market. There were few differences in the context of where additional groceries were purchased, except that those identified as food insecure were less likely (-12%) to purchase groceries at Pomme de Terre Foods.

Figure V-5. Location Where Most Groceries Were Purchased

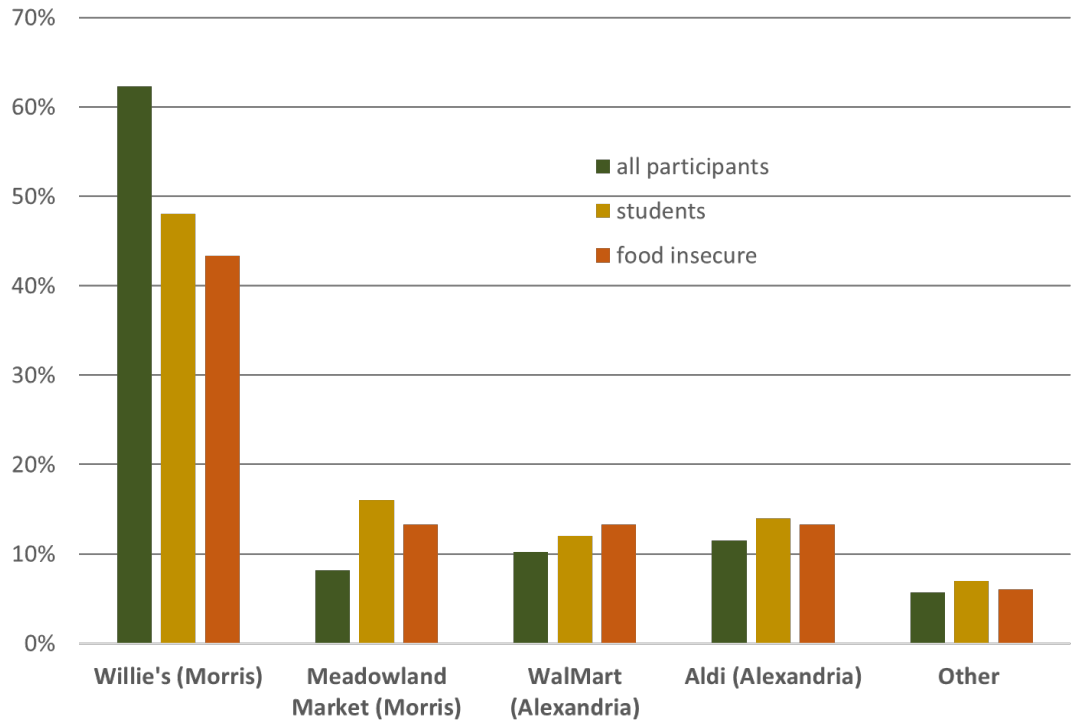
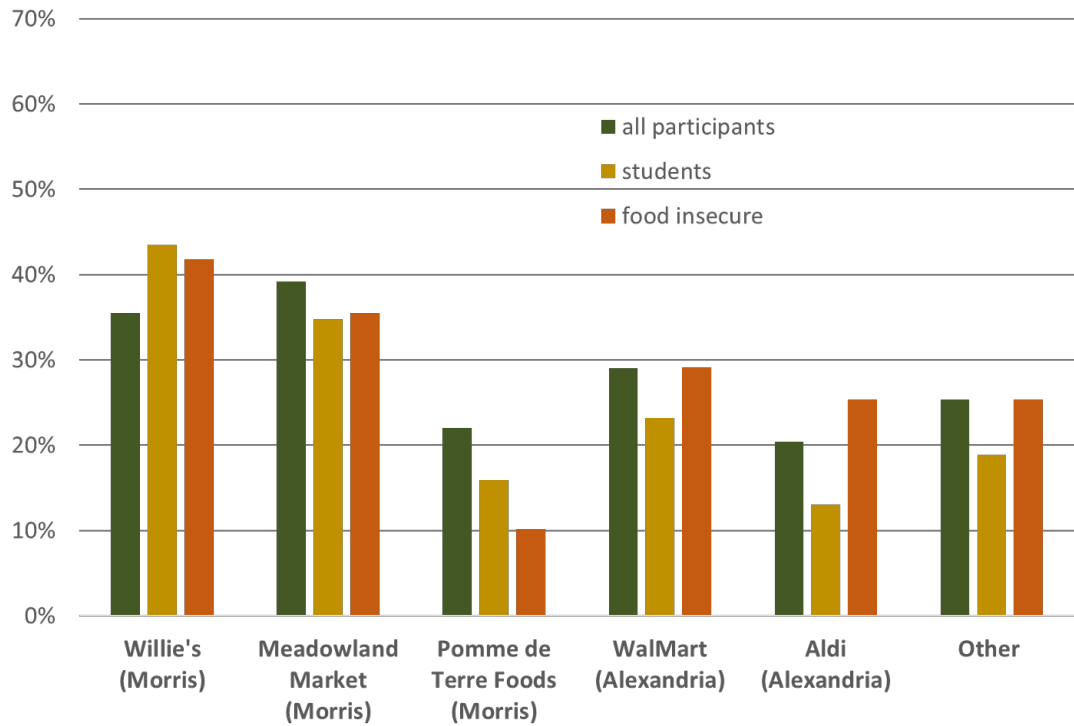


Figure V-6. Other Locations Where Groceries Were Purchased

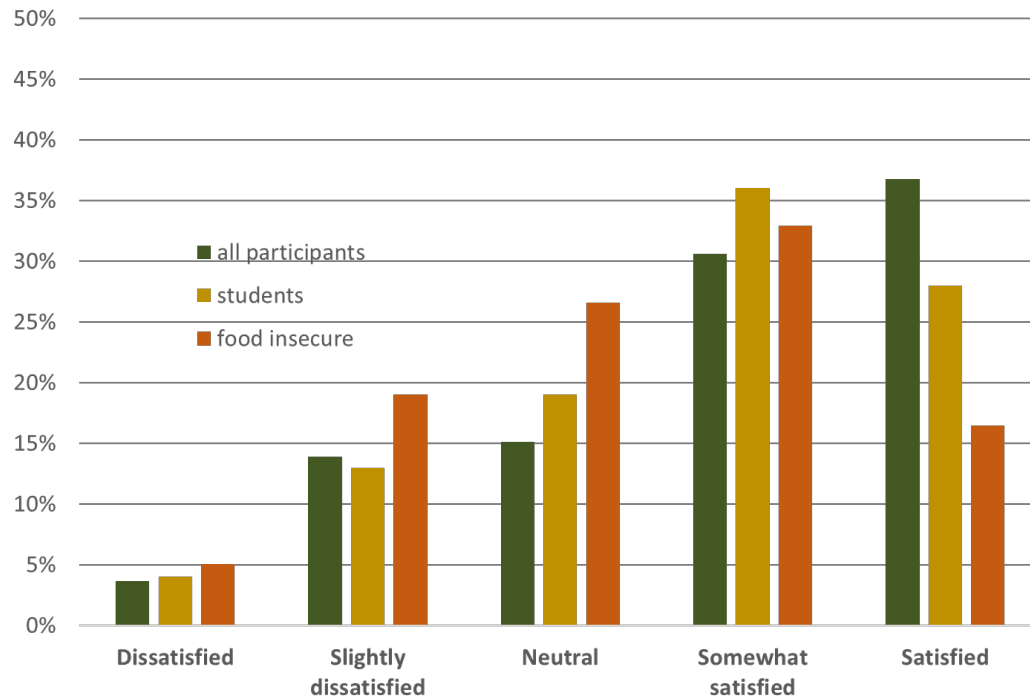


VI. Food Availability and Affordability

A. Household food security survey results: quality, affordability, and variety

Affordability, variety, and quality are different ways to measure the level of satisfaction with food that is available to residents of Stevens County. Survey respondents were mostly satisfied (37%) or somewhat satisfied (31%) with the quality of groceries that they purchase (Figure VI-1). Fifteen percent were neutral, 14% were slightly dissatisfied, and 4% were dissatisfied. Only 16% of respondents identified as food insecure and 28% of students were satisfied with the quality of groceries they purchased.

Figure VI-1. Level of Satisfaction with Quality of Groceries



Responses to a question about grocery affordability (Figure VI-2) were mixed, with approximately half noting that groceries were affordable (22%) or somewhat affordable (27%), 16% neutral, 29% indicating their groceries were somewhat unaffordable, and 6% indicating their groceries were unaffordable. Sixty-two percent of respondents identified as food insecure and 43% of student respondents indicated they found groceries to be unaffordable or somewhat unaffordable.

Figure VI-2. Grocery Affordability

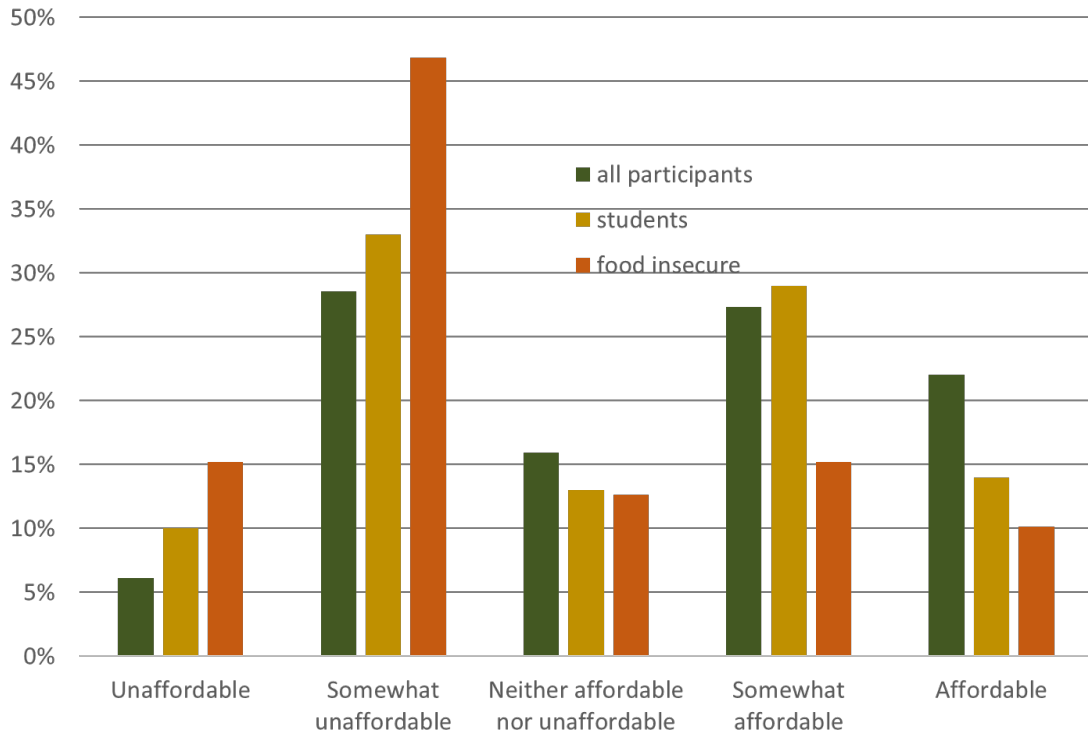
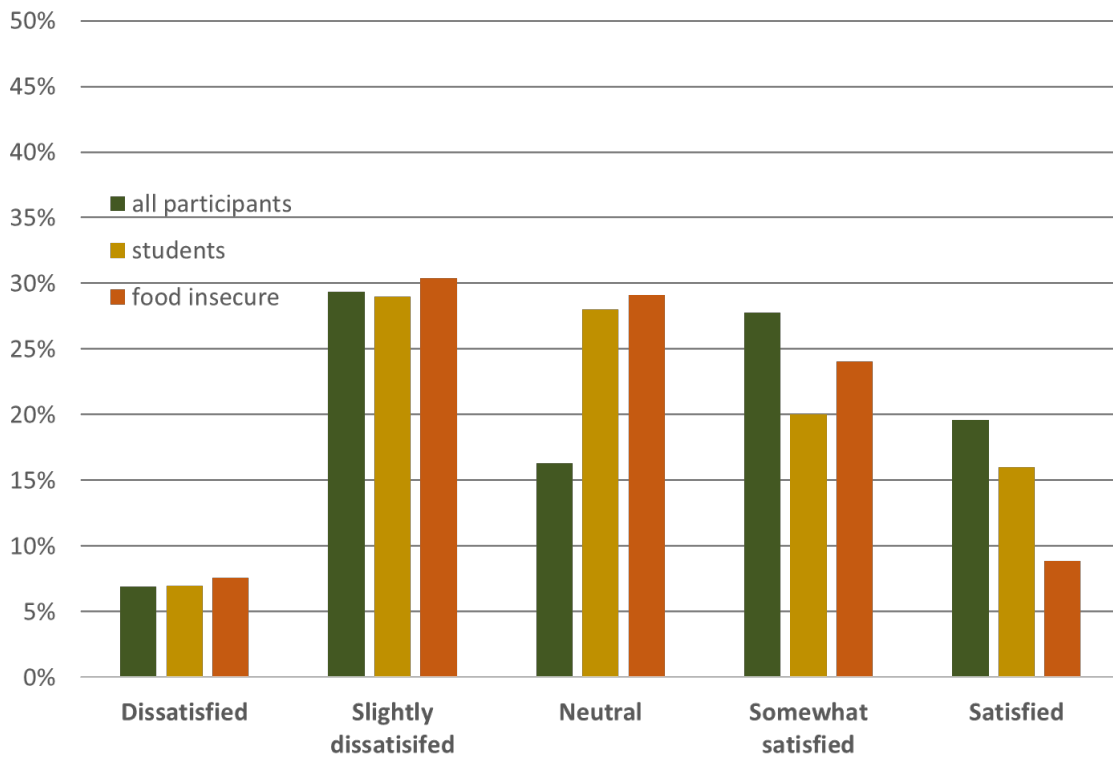


Figure VI-3. Level of Satisfaction with Variety of Groceries Available



With regard to the variety of groceries available (Figure VI-3), slightly more than half of respondents responded neutral (16%), slightly dissatisfied (29%) or dissatisfied (7%), and slightly less than half indicated they were slightly satisfied (28%) or satisfied (20%). Student respondents and those identified as food insecure were more likely to respond neutral (+12% and +13% respectively) and less likely to respond slightly satisfied (-8% and -4%) or satisfied (-4% and -11%).

B. Thrifty Food Plan-market basket survey results

Price (weekly cost of the TFP) and availability data were collected in February, March, and April of 2022. As might be expected, Walmart and Willie’s SuperValu had the most consistently available items with these locations never missing more than 2 of the items on the list (Table VI-1). Aldi was missing between 7-8 items each time data was collected and Meadowland Market was missing between 14-17 items. Because of the number of unavailable items at Meadowland Market and Aldi, an overall affordability comparison for the TFP can only be made between Willie’s and Walmart, with the full TFP basket of items costing approximately 50% more at Willie’s (Table VI-2).

Table VI-1. Number of Unavailable TFP Items by Store and Month

Month	Willie’s SuperValu	Meadowland Market	WalMart	Aldi
February	0	14	0	7
March	1	17	2	8
April	1	16	1	8

Table VI-2. Cost of TFP Basket at Willie’s and WalMart

Month	Willie’s SuperValu	Walmart
February	\$222.07	\$144.45
March	\$223.92	\$148.88
April	\$222.95	\$150.55

Differences between stores were significant and consistent in some categories (e.g. frozen and condiments and spices) and items (e.g. 1% milk cost at least 1/3 more per gallon at Willie’s than at Walmart). Differences were less consistent in other categories (e.g. fruits and vegetables were 15% or less different) and items (e.g. 1 dozen large eggs were 64% more expensive at Willie’s than Walmart in February and 16% cheaper at Willie’s than Walmart in April) (Table VI-3, Table VI-4). It is beyond the scope of this report to delve into explanations of why such price differences existed. However, it is important to note that these retail outlets differ significantly

in many ways (e.g. location, warehouse space, purchasing power, and availability of distributors), as well as the fact that this data was collected in a time of continued food supply chain disruptions and rapid inflation.

Table VI-3. Food Category Cost Comparison (Average Feb-Apr) at Willie's and WalMart

Item	Willie's	WalMart	% difference
Fruits and Vegetables (Fresh)	\$22.05	\$19.57	13%
Meat and Meat Alternates	\$33.76	\$26.82	26%
Fats and Oils	\$15.50	\$11.41	36%
Canned	\$7.39	\$4.53	63%
Sugars and Sweets	\$29.58	\$19.67	50%
Frozen	\$13.78	\$6.67	107%
Breads, Cereals, and Other Grain Products	\$33.01	\$22.27	48%
Condiments and Spices	\$47.40	\$22.55	110%
Milk and cheese	\$20.52	\$14.48	42%
Total	\$222.98	\$147.96	51%

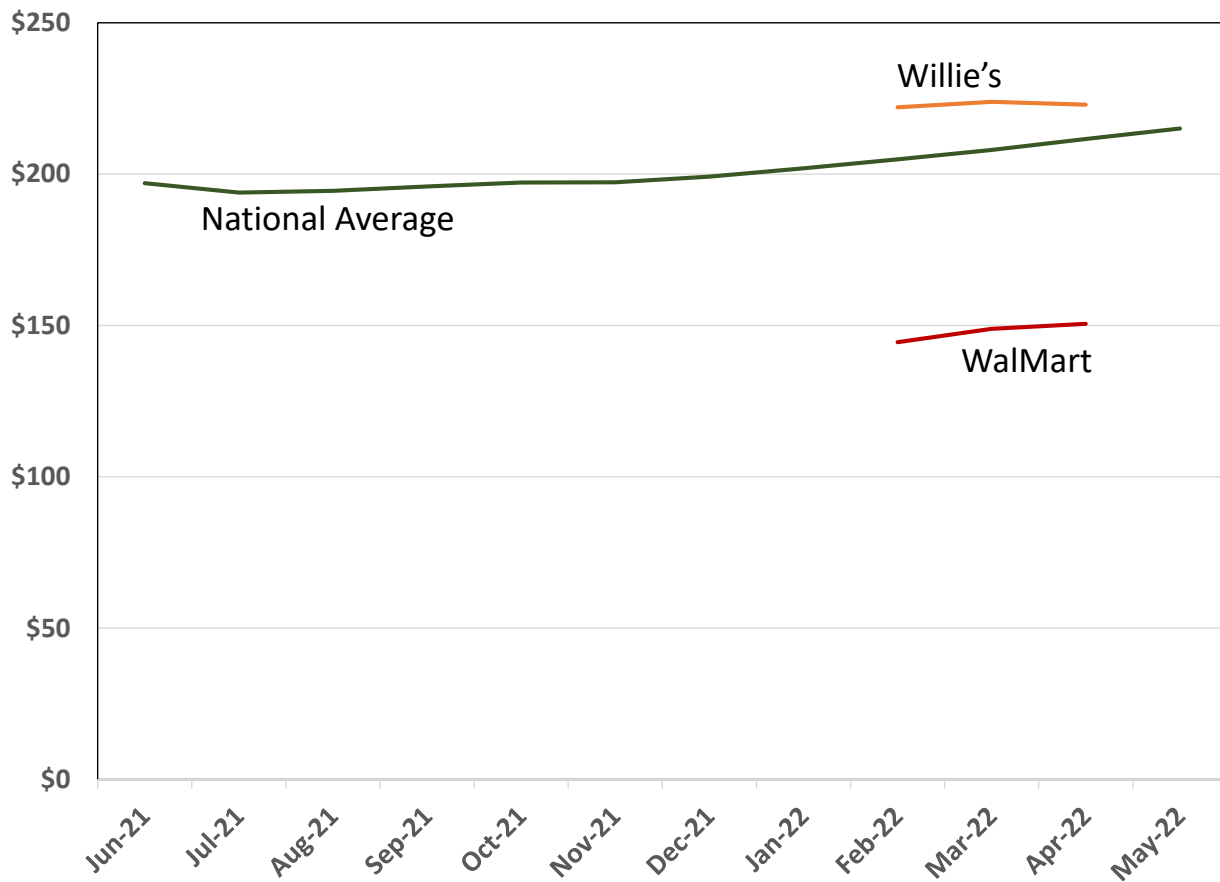
Table VI-4. Cost Comparison of Selected items, February-April at Four Grocery Stores

Table 6-4. Cost Comparison for Selected Items												
	Willie's SuperValu			Meadowland Market			Walmart			Aldi		
	Feb.	Mar.	April	Feb.	Mar.	April	Feb.	Mar.	April	Feb.	Mar.	April
1% Milk, 1 gallon	\$3.79	\$4.29	\$4.29	\$3.98	\$3.99	\$3.99	\$2.88	\$2.96	\$3.08	\$2.95	\$3.09	\$3.09
Eggs, 1 dozen	\$2.29	\$2.50	\$2.69	\$2.99	\$0.99	\$2.99	\$1.40	\$2.74	\$3.21	\$1.55	\$1.45	\$3.09
Granulated Sugar, 4 lbs	\$2.29	\$2.99	\$3.29	\$1.99	\$2.49	\$1.99	\$2.08	\$2.12	\$2.12	\$2.25	\$2.65	\$2.65
Ground Beef, 80% lean per lb	\$3.99	\$3.99	\$5.66	-	-	-	\$3.77	\$4.64	\$4.64	\$3.99	\$4.19	\$4.55
Chicken Thighs, per lb	\$1.69	\$2.29	\$2.99	-	-	\$2.99	\$1.41	\$1.41	\$1.41	\$1.21	\$1.59	\$1.59
Bananas, per lb	\$0.89	\$0.89	\$0.89	\$0.79	\$0.79	\$0.79	\$0.41	\$0.41	\$0.39	\$0.49	\$0.45	\$0.45
Carrots, per lb	\$0.99	\$1.49	\$1.29	\$1.29	-	-	\$0.98	\$0.98	\$0.98	\$0.88	\$0.88	\$0.88

C. Comparison of Thrifty Food Plan cost to national average

In general, as would be expected in a time of rapid inflation, many individual item costs increased over the three-month period at all four stores that were surveyed. The cost of the TFP at Willies was higher when compared to the national average weekly cost of the TFP. However, the cost of the TFP at Willie’s during the survey period (Feb-April) did not increase, in contrast to the national average cost. The TFP cost at Walmart (Alexandria location) also increased, though less rapidly than the national average (Figure VI-4).

Figure VI-4. Thrifty Food Plan Cost at Willie’s, WalMart (Alexandria), Compared to National Average



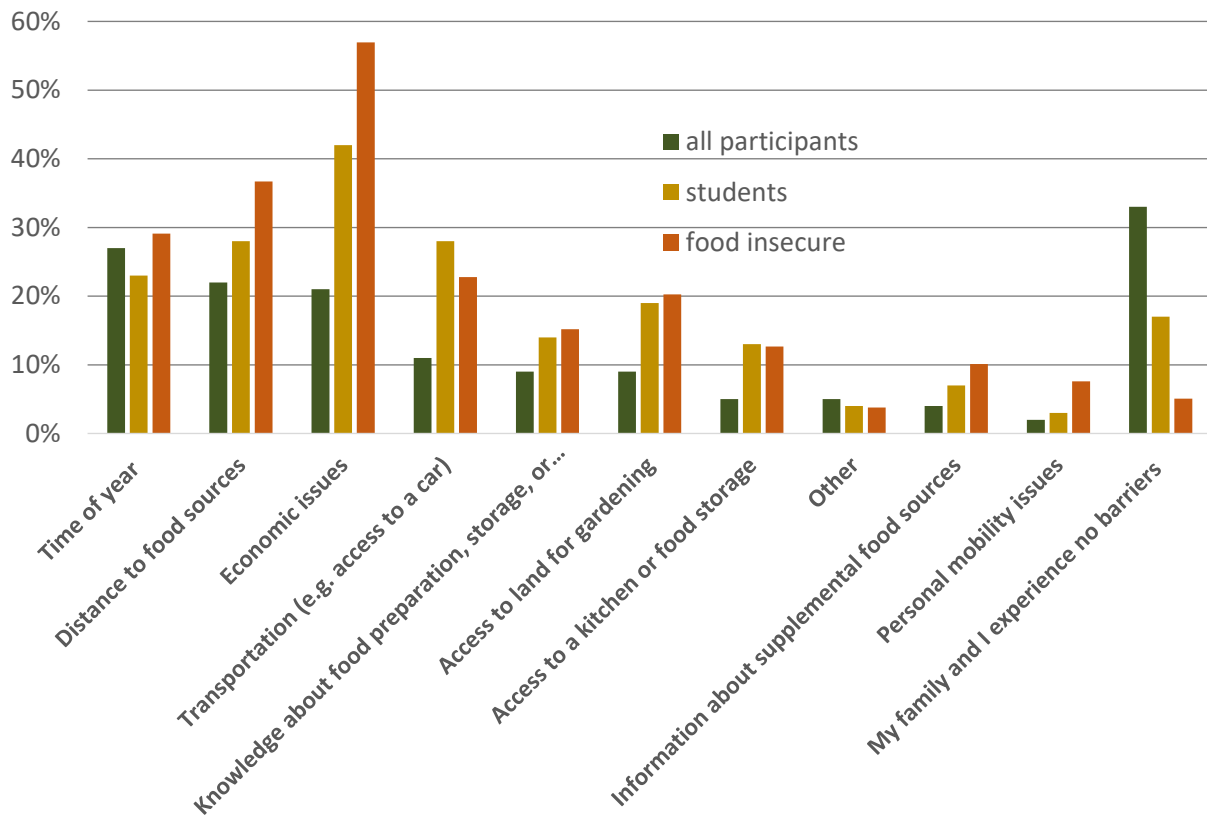
Source: USDA 2022 (national data)

VII. Barriers to Food Access

A. Barriers identified by household food security survey respondents

The most commonly identified barriers (Figure VII-1) to food access in Stevens County included time of year (availability of garden produce, 27%), distance to food sources (22%), economic issues (21%), and transportation (11%). Knowledge about food preparation, cooking, or storage and access to land for gardening were barriers identified by 9% of respondents. Approximately 1/3 (82) of respondents reported that they experience no barriers to food access in Stevens County.

Figure VII-1. Barriers to Food Access



Compared to survey respondents as a whole, students and respondents identified as food insecure were more likely to identify barriers to food access, with economic issues (+21% and +36% respectively), transportation (+17% and +12%), and access to land for gardening (+10% and +11%) as the top three barriers identified. Students and respondents identified as food insecure were also much more likely to identify access to a kitchen or food storage (+13% each), and information about supplemental food sources (+7% and +10%). Food insecure respondents were much more likely (+10%) to note personal mobility issues as a barrier. Student and food

insecure respondents were much less likely (-16% and -28%) to indicate they did not experience barriers to food access.

In addition to barriers included in the survey question, respondents also reported other barriers to food access in open-ended responses. These additional barriers included lack of access to an Asian or other ethnic food stores, lack of time for canning and freezing foods, lack of mask wearing at the local supermarket (during the Covid pandemic), and lack of availability of food for specialized diets (e.g. gluten free, diabetic, various allergies).

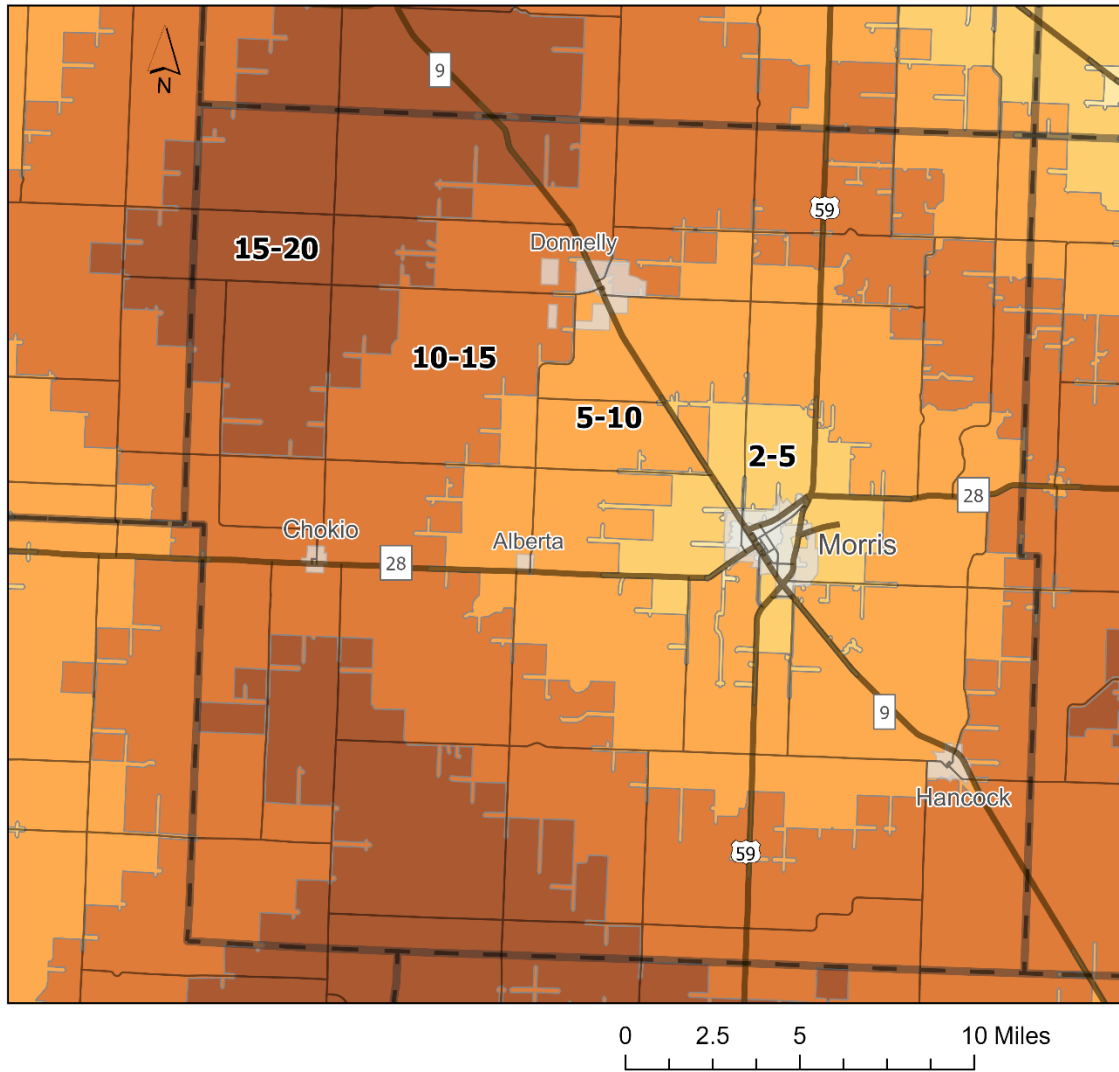
B. Distance to supermarkets

Additional analysis of distance to supermarkets was conducted because distance to food sources and transportation were two of the top barriers identified by the survey respondents and were even more important barriers for students and food insecure respondents. The primary mode of transportation in Stevens County is via motor vehicle; the analysis therefore focuses on driving distance to the nearest supermarket.

A standard form of this analysis is provided by the US Department of Agriculture Economic Research Service in the Food Access Research Atlas for the purposes of illustrating accessibility of food resources (in this case distance to supermarkets). However, the Atlas unfortunately relies on the census tract as the spatial unit of analysis. Because census tracts are defined by population (a census tract generally includes 4,000 people but may vary between 1,200 and 8,000), they vary significantly in land area. Census tracts are quite large (in land area) in more sparsely populated rural areas and comparatively very small in densely populated urban areas. In Stevens County, there is one census tract (making up most of the county) that is larger in at least one of its dimensions than the benchmark distances (10- or 20-mile distance) used by the USDA ERS to indicate low access to supermarkets.

An alternative analysis (Figure VII-2) to determine driving distance from supermarkets to all locations in Stevens County was therefore performed, utilizing the spatial analyst network analysis tool and the ESRI online road network solver available in ArcGIS Pro. Stevens County residents in the northwest and southwest reaches of the county are located furthest (up to 20 miles) from the nearest supermarket, which may or may not be located in the county. 94% of the land area in Stevens County is more than 5 miles from a supermarket; however, because most people in Stevens County (54%) live in Morris, most are located within 2 miles of a supermarket. However, all residents of Alberta (6 miles), Donnelly, and Hancock (9 miles each) must travel further than 5 miles to reach a supermarket. Chokio residents (4% of the population) must travel 14 miles to Morris. Approximately 2,900 people (30% of the county's population) must travel between 2 and 20 miles one way to a supermarket.

Figure VII-2. Driving Distance to Supermarket, Stevens County, MN



% of Land Area in Stevens County Within Specified Distance of a Supermarket

Distance (miles)	% of County Area
<1	<1%
1-2	1%
2-5	5%
5-10	30%
10-15	43%
15-20	21%

City/Town	Population	% of County Population	Distance (miles) to Supermarket
Alberta	103	1%	7
Chokio	400	4%	14
Donnelly	241	2%	9
Hancock	765	8%	9
Morris	5,280	54%	<2

Data Sources: ESRI, MNDNR, MNDOT

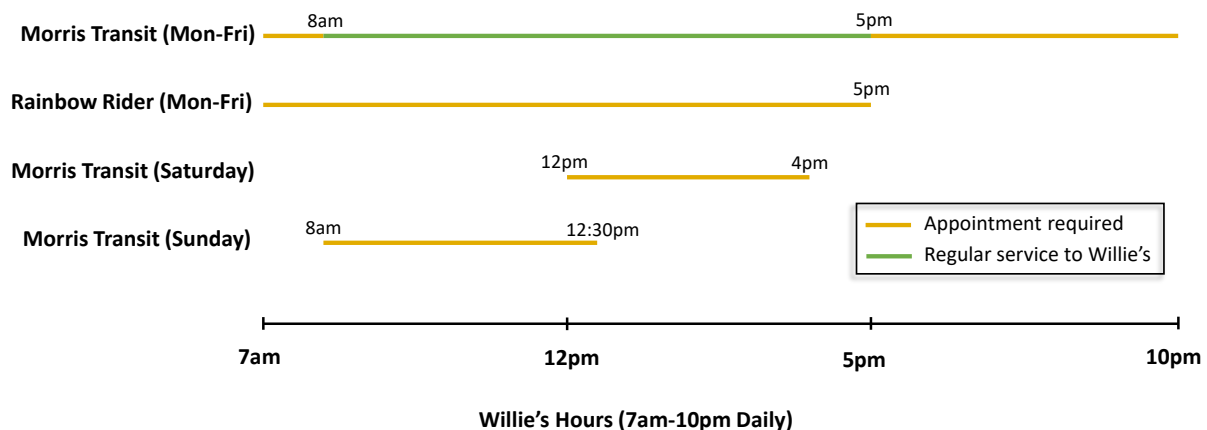
Map created using ArcGIS Pro 2.5, network analyst-service area analysis (ArcGIS Online network)

It is increasingly possible to do at least some grocery shopping online for delivery, though based on survey responses received, this is not a noteworthy source of groceries for Stevens County residents. A recent nationwide survey of food deserts and SNAP-eligible households (Brandt et al., 2021) indicated limited utility of grocery delivery for SNAP recipients due to low availability of delivery services and inability to use SNAP benefits to pay for delivery charges. The local supermarket in Morris (Willie’s) offers delivery services (charge of \$1 for \$30 minimum order) to residents of Morris 8am-3pm M-F and also has drop off sites in Chokio and Hancock. A pick-up service (order ahead online or via phone) is also available.

Public Transportation options in Stevens County include Morris Area Transit and Rainbow Rider. Morris Area Transit only serves Morris, whereas Rainbow Rider serves all of Stevens County. Morris Area Transit does not require an appointment for rides between 8 a.m. to 5 p.m. Monday through Friday for those boarding or exiting at designated stops (green in Figure VIII-3). Scheduled stops are made at Keyrow Apartments, Willie’s SuperValu, and the University of Minnesota once per hour. Appointments are required at all other times of operation (orange in Figure VIII-3) and for door-to-door rides.

Rainbow Rider serves a six-county area that includes Stevens and surrounding counties of Douglas, Grant, Pope, and Traverse as well as Todd County. Within Stevens County, Rainbow Rider operates 7am-5pm Monday-Friday by appointment for door-to-door rides and makes scheduled stops in Morris, Hancock, and Chokio between 8:45am and 4:35pm. There is also roundtrip service to Alexandria twice per day Monday-Thursday.

Figure VII-3. Public Transit Options for Transportation to Willie’s



VIII. Comments, Suggestions, and Conclusions

A. Household food security survey respondents' comments and suggestions for improvement

1. General comments about food

The household food security survey provided an opportunity for respondents to note any general comments they have about food that is available in or near Stevens County. The most commonly mentioned subjects included (45), variety (41), and quality (16), most of which referred to prices being unaffordable (41) and the quality of food being poor (16). Respondents also expressed a desire for foods for dietary needs (6), more cultural or ethnic foods (5), and more organic foods (2). Other suggestions included more grocery stores in the county (7), more locally grown food options (7), and a desire for cooking classes or food preservation classes (3). Respondents also mentioned leaving the county to do their shopping (15) and gardening (4) as a significant source of food in the summer/fall.

General comments from students focused mostly on price (15) and variety (8). Several student respondents (6) specifically mentioned shopping at Meadowland Market but commented on either the hours (1) or selection (4) requiring them to also shop elsewhere in order to obtain all the items they needed. Student respondents also mentioned being unable to afford shopping at Willie's (8); one respondent mentioned it being more expensive to drive elsewhere for groceries due to gas prices and another mentioned the cost of goods going up everywhere, making all grocery stores more expensive. Overall, students were most concerned about having more low-cost items and a wider selection of items to choose from.

General comments from respondents identified as food insecure focused on price (13), variety (8), and accessibility (6). Of these comments only one reflected positively on local prices, while the remainder wanted lower prices, better variety, and easier access. Issues this group of respondents identified included fear of being recognized at the Stevens County Food Shelf, a desire that the food distribution (currently available in summer only) would be available year-round, foods for dietary needs being unaffordable, a lack of knowledge of basic food preparation, and a lack of energy to budget or do meal preparation.

2. Foods residents are unable to access

When asked whether there are any foods that they or their family need or want but cannot access, respondents identified fresh produce (20), cultural and ethnic foods (15), specialty products (14), dairy or meat alternatives (11), and gluten-free products (3). A small number of respondents also noted being unable to afford meat, some food options being frequently out of stock, and certain foods being unable to be delivered to their home.

Foods that students commented on being unable to access included fresh produce (5), dairy alternatives (2), meat alternatives (2), gluten-free foods (2), and specialty products (3). Food insecure respondents were unable to access fresh produce (12), dairy alternatives (3), gluten-

free foods (2), cultural foods (3), specialty products (3), affordable meat products (2), and healthy foods (1).

3. Residents' suggestions for improvement

Respondents' most common suggestions for improving their or their family's food situation included: lower food prices or a better financial situation (31), more grocery stores (23), and more food variety (17). Respondents also frequently mentioned more local foods (9), an access to tools or preparation spaces (4), more education or knowledge on food topics (5), more assistance from government programs (5), and gardening (5). A small number of other responses included wanting access to food subscription services, public transport to Alexandria, and relying heavily on the farmer's market for produce in the summer but struggling in the winter.

Suggestions from students included lower costs (16), more grocery stores (6), more variety (4), more local foods (2) and more food education (2). Students also brought up campus specific comments including wanting different food offerings at the dining hall, finding it difficult to stock up on and prepare food while living on campus, and being unable to afford the dining hall.

Suggestions from food insecure respondents heavily emphasized lower costs or a better financial situation (27); comments also include more grocery stores (9), more variety (9), better assistance programs (5), more local foods (3), access to tools or preparation spaces (2), and more food education opportunities.

B. Food Security in Stevens County

Based on the (available and newly collected) data for this community food assessment, it is clear that Stevens County does not meet the definition of community food security because many residents are food insecure, food insecure residents tend to share characteristics of marginalized populations, and little of the food consumed in Stevens County is produced and processed in Stevens County. Challenges with community food security are of course not necessarily uniquely to Stevens County, MN as they are at least in part a product of the way our regional, national, and global food supply chains presently function.

Community Food Security (Hamm & Bellows 2003)

"a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice"

More than 9% of county residents have incomes at or below the poverty line. More than 20% of household food security survey respondents were food insecure according to the USDA ERS

classification, and another 13% showed some tendency toward food insecurity based on their responses to questions about whether they were worried about food running out, having enough money for food, or being able to afford balanced meals. Food insecure respondents (many of whom are college students) were less likely to be white, more than twice as likely to have a disability, twice as likely to be unemployed or unable to work and earn half or less than half of the county median income.

Many household food security survey respondents noted challenges with both transportation and distance to food sources, and the analysis of driving distance to a supermarket indicates 30% of county residents must travel at least two miles to the nearest supermarket and that some must travel 15-20 miles one way to the nearest supermarket. For those without access to a vehicle, the public transit system within the county provides low-cost access to grocery stores for residents of Morris with significantly less coverage outside of Morris. Free rides are available on both Morris Transit and Rainbow Rider to and from the Stevens County Food Shelf.

Many household food security survey respondents indicated regularly eating fewer than three meals per day, with breakfast being the most common meal that was missed. The percentage of students and food insecure respondents missing meals was much higher than that of the whole group of survey respondents. When they did eat meals, students and food insecure respondents were less likely to eat a variety of food categories or consume foods that fit within one of the five categories (dairy, grains, vegetables, fruit, protein).

There are several supplemental and emergency food resources available to county residents in need. However, many of these programs require an application process, few provide immediate assistance, few are co-located, and some household food security survey respondents indicated information about these programs was a barrier to their being able to access the food they need. It is possible, based on the proportion of food insecure respondents from the household food security survey, and given transportation and information barriers, that supplemental and emergency food programs are underutilized in Stevens County.

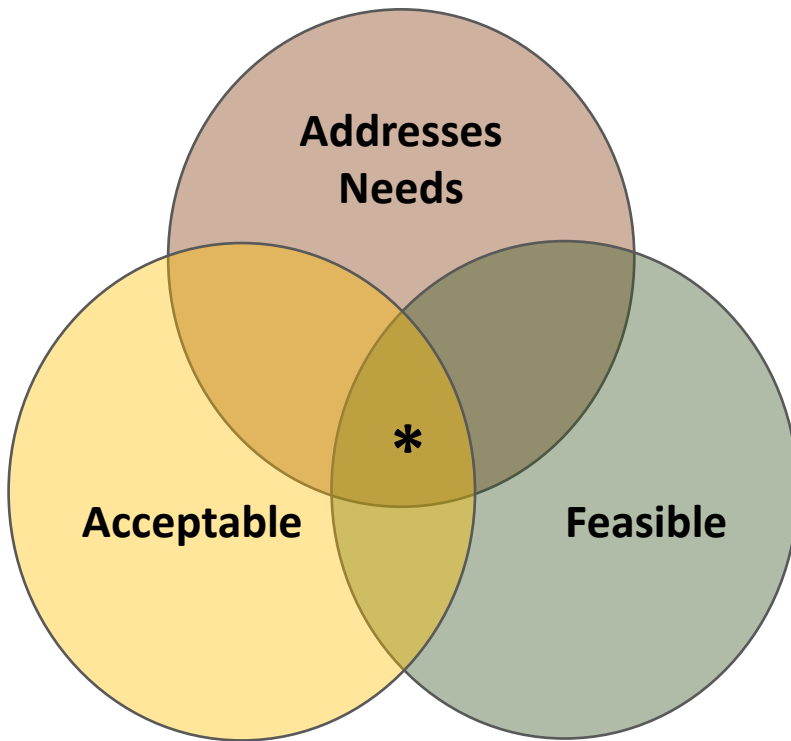
Although agricultural production dominates the land in Stevens County, only a small percentage of the land is devoted to products that are directly consumable by humans. Of these products, only dried edible beans, carrots, and some meat (pork, beef) can be processed in the county. The rest of the food consumed by Stevens County residents is either grown outside the county, processed outside the county, or most often both.

C. Recommendations

There are two main categories of recommendations that stem from this assessment report: 1) further study/gather information, 2) investigate possible solutions. In both cases, the recommendation is to work with appropriate community partners and stakeholders as we move toward identifying and implementing ways of addressing community and individual food

security issues that A) address identified needs, B) are acceptable to community residents, and C) are feasible within the context of Stevens County’s resources, location, and climate. The bold headings below represent food security issues or themes that emerged from this assessment as needing further attention. Bullets below each bold heading are intended to provoke thought and discussion about how to address needs or what could be done to better understand the situation or needs. These are in no way “set in stone.”

Figure VIII-1. Solution Space for Addressing Individual and Community Food Security Issues



1. Access to Affordable Food/Groceries

- Learn more about how information regarding supplemental and emergency food sources and programs is currently made available. Determine additional ways to ensure community members have the information they need.
- Study other rural communities to see what has been done in the context of affordable food access (e.g., redirecting and reducing food waste in the county, at the University, and in local schools)
- Survey grocery stores, restaurants, gas stations and other retail food outlets to determine how much and what foods are discarded
- Explore feasibility of expansion of one or more supplemental/emergency food resources (e.g., Food Distribution events beyond the summer months)

2. Transportation and Distance to Grocery Stores

- Explore ways (e.g., grant opportunities) to expand transit hours, route frequency, or other ways of connecting less mobile residents with food resources
- Explore feasibility of “pop-up” grocery location/hours in the towns of Alberta, Chokio, Donnelly, and Hancock

3. Increase the availability of culturally appropriate foods and options for people with specialized diets (e.g., gluten free, vegan)

- Conduct focus groups with or survey people who have specialized diets or other unmet dietary needs to find out what products they need and/or prefer
- Communicate the results of the focus group to local grocers to explore the possibility of making specialized diet items more regularly available
- Facilitate direct communication between grocers and people in need of food products that fit specialized diets

4. Facilitate more locally grown fresh produce and make produce more available to Stevens County Residents, for example:

- Establish community garden plots in accessible locations throughout the city of Morris and in the towns of Hancock, Donnelly, Chokio, and Alberta
- Building from the successes of Bonanza Bean and Fresha Carrots, encourage and/or incentivize establishment of more local fresh produce growing and processing operations
- Explore feasibility of a production greenhouse that utilizes locally available resources such as fertilizers, soil additives, waste heat and carbon dioxide (e.g., from agricultural production facilities and/or the DENCO II LLC Ethanol Plant)

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Table 11. Cattle and Calves - Inventory and Sales.

Table 12. Hogs and Pigs - Inventory and Sales

Table 13. Sheep and Lambs -Inventory, Sales, and Wool Production

Table 17. Meat Goats and Other Goats

Table 19. Poultry - Inventory and Number Sold

Table 24. Selected Crops Harvested

Table 25. Field Crops

Table 28. Land Used for Vegetables and Vegetables Harvested for Sale

Table 30. Land in Orchards

USDA Food Access Research Atlas. <https://www.ers.usda.gov/data-products/food-access-research-atlas/>

Willie's SuperValu Online Ordering. <https://www.willieessupervalu.com/order>

Appendices

Appendix 1. Items included in the Thrifty Food Plan market basket

Fruits and Vegetables (Fresh)

	Item Size
Apples	per lb
Bananas	per lb
Grapes	per lb
Melon	per lb
Oranges	per lb
Carrots	1 lb bag
Celery	per lb
Green pepper	each
Lettuce, iceberg head	per lb
Onions	per lb
Potatoes	5 lb bag
Tomatoes	per lb

Fats and Oils

Margarine, stick	per lb
Shortening	3 lb/ 48 oz
Mayo	30 oz
Vegetable oil	48 oz

Canned

Oranges, mandarin	11 oz
Peaches, light syrup	15 oz
Mushrooms	4 oz
Spaghetti sauce	24 oz
Tomato sauce	8 oz

Frozen

Orange juice, concentrate	12 oz
Broccoli	16 oz
French fries	32 oz
Green beans	16 oz
Green peas	16 oz

Breads, Cereals, and Other Grain Products

Bagels, plain, enriched	6 ct
Bread crumbs	15 oz
Bread, white, enriched	1 lb 4 oz
Bread, whole wheat	1 lb 4 oz
Hamburger buns	8 ct
Dinner rolls	12 ct
Corn flakes	18 oz
Toasted oats	18 oz
Flour, white	5 lb
Macaroni	16 oz
Noodles, yolk-free	12 oz
Popcorn, microwave	6 ct
Rice, white	3 lb
Spaghetti	16 oz

Meat and Meat Alternates

Beef, ground, 80% lean	per lb
Chicken breasts	per lb
Chicken thighs	per lb
Fish, frozen (cheapest)	per lb
Tuna fish, canned	5 oz
Pork, ground	per lb
Turkey, ground, 85% lean	per lb
Tofu	14 oz
Beans, kidney	15 oz
Beans, baked	1 lb 12 oz (28 oz)
Eggs, large	12

Sugars and Sweets

Sugar, brown	2 lb
Sugar, powdered	2 lb
Sugar, granulated	4 lb
Jelly	30 oz
Molasses	12 oz
Pancake syrup	24 oz
Chocolate chips	12 oz
Fruit drink, hawaiian punch	1 gal
Sherbet	variable size

Condiments and Spices

Baking powder	8 oz
Baking soda	16 oz
Ketchup	38 oz
Soy sauce	10 oz
Lemon juice, bottled	32 oz
Gelatin, unflavored	1 oz
Vanilla imitation	8 oz
Chicken bouillon	3 oz
Black pepper	3 oz
Salt	26 oz
Chili powder	2-3oz
Cinnamon	2-3oz
Cumin	2-3oz
Onion powder	2.5-4oz
Garlic powder	2.5-3.5oz
Italian herb seasoning	0.5-1.5 oz
Oregano	0.5-1.5oz
Paprika	2-3oz

Milk and cheese

Evaporated milk	12 oz
Milk, 1%	1 gal
Milk, whole	1 gal
Cheese, cheddar block	per lb
Cheese, cottage	24 oz
Cheese, mozzarella shredde	8 oz

Appendix 2. Thrifty Food Plan Market Basket Category Prices, February-April 2022

April

Category	Willie's	WalMart	% difference
Fruits and Vegetables (Fresh)	\$20.68	\$19.32	7%
Meat and Meat Alternates	\$34.82	\$27.87	25%
Fats and Oils	\$18.41	\$11.67	58%
Canned	\$6.95	\$4.31	61%
Sugars and Sweets	\$30.97	\$18.71	66%
Frozen	\$14.11	\$7.37	91%
Breads, Cereals, and Other Grain Products	\$28.91	\$21.69	33%
Condiments and Spices	\$45.74	\$23.84	92%
Milk and cheese	\$22.36	\$15.77	42%

March

Category	Willie's	WalMart	% difference
Fruits and Vegetables (Fresh)	\$23.08	\$20.52	12%
Meat and Meat Alternates	\$32.10	\$27.37	17%
Fats and Oils	\$15.98	\$12.01	33%
Canned	\$8.41	\$4.70	79%
Sugars and Sweets	\$29.33	\$20.23	45%
Frozen	\$14.17	\$6.52	117%
Breads, Cereals, and Other Grain Products	\$36.29	\$21.58	68%
Condiments and Spices	\$43.29	\$22.81	90%
Milk and cheese	\$21.27	\$13.14	62%

February

Category	Willie's	WalMart	% difference
Fruits and Vegetables (Fresh)	\$22.38	\$18.87	19%
Meat and Meat Alternates	\$34.35	\$25.21	36%
Fats and Oils	\$12.12	\$10.56	15%
Canned	\$6.80	\$4.58	48%
Sugars and Sweets	\$28.44	\$20.07	42%
Frozen	\$13.06	\$6.11	114%
Breads, Cereals, and Other Grain Products	\$33.82	\$23.53	44%
Condiments and Spices	\$53.17	\$21.00	153%
Milk and cheese	\$17.93	\$14.52	23%

Appendix 3. Household Food Security Survey, English version

Part A: Food Security

1. Which of these statements best describes the food eaten in your household in the last 12 months: —enough of the kinds of food you want to eat; —enough, but not always the kinds of food you want; —sometimes not enough to eat; or, —often not enough to eat?

- Enough of the kinds of food we/I want to eat
- Enough but not always the kinds of food we/I want
- Sometimes not enough to eat
- Often not enough to eat
- Don't know or prefer not to answer

Below, there are several statements that people have made about their food situation. For these statements, please indicate whether the statement was often true, sometimes true, or never true for (you/your household) in the last 12 months—that is, since last March (2021).

2. “I/we worried whether food would run out before (I/we) got money to buy more.” Was that often true, sometimes true, or never true for (you/your household) in the last 12 months?

- Often true
- Sometimes true
- Never true
- Don't know or prefer not to answer

3. “The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.” Was that often, sometimes, or never true for (you/your household) in the last 12 months?

- Often true
- Sometimes true
- Never true
- Don't know or prefer not to answer

4. “(I/we) couldn't afford to eat balanced meals.” Was that often, sometimes, or never true for (you/your household) in the last 12 months?

- Often true
- Sometimes true
- Never true
- Don't know or prefer not to answer

NOTE: If you answered “often true” or “sometimes true” on Questions 2, 3, or 4, continue to question 5. Otherwise skip to Section B of the survey.

5. In the last 12 months, since March 2021, did (you/you or other adults in your household) ever cut the size of your meals or skip meals because there wasn't enough money for food?

- Yes
- No (Skip question 5a)
- Don't Know (Skip question 5a)

5a. How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?

- Almost every month
- Some months but not every month
- Only 1 or 2 months
- Don't know

6. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

- Yes
- No
- Don't know

7. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

- Yes
- No
- Don't know

8. In the last 12 months, did you lose weight because there wasn't enough money for food?

- Yes
- No
- Don't know

Note: if you answered Yes to question 5, 6, 7, or 8 please continue to question 9. Otherwise skip to Part B of the survey.

9. In the last 12 months, did (you/you or other adults in your household) ever not eat for a whole day because there wasn't enough money for food?

- Yes
- No (Skip question 9a)
- Don't know (Skip question 9a)

9a. How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?

- Almost every month
- Some months but not every month
- Only 1 or 2 months
- Don't know

Part B: Food Consumption, Access, and Barriers

1a. At breakfast, which of the following foods do you typically eat? (check all that apply)

- Dairy (e.g., milk, yogurt)
- Grains (e.g., cereal, bread)
- Fruit (e.g., banana, orange)
- Vegetables (e.g., hashbrowns, spinach)
- Protein (e.g., eggs, peanut butter)
- I usually do not eat breakfast

1b. At lunch, which of the following foods do you typically eat? (check all that apply)

- Dairy (e.g. milk or cheese)
- Grains (e.g. pasta or bread)
- Fruit (e.g. apple or orange)
- Vegetables (e.g. carrots or cucumbers)
- Protein (e.g. chicken or peanut butter)
- I usually do not eat lunch

1c. At supper, which of the following foods do you typically eat? (check all that apply)

- Dairy (e.g. milk or cheese)
- Grains (e.g. pasta or bread)
- Fruit (e.g. apple or orange)
- Vegetables (e.g. carrots or cucumbers)
- Protein (e.g. chicken or peanut butter)
- I usually do not eat supper

2. How many meals do you typically eat in a week? (3 meals/day = 21) _____

3a. Are you a UMN Morris student?

- Yes (answer question 3b)
- No (please skip to question 3c)

3b. How many of your meals are prepared at the campus Dining Hall or Turtle Mountain Café?

- All or almost all
- More than half
- Less than half
- A few
- None

3c. How many of your meals are prepared at your home?

- All or almost all
- More than half
- Less than half
- A few
- None

3d. How many of your meals are prepared at a friend or relative's home?

- All or almost all
- More than half
- Less than half
- A few
- None

3e. How many of your meals are prepared at a gas station, store, or restaurant?

- All or almost all
- More than half
- Less than half
- A few
- None

3f. How many of your meals are prepared at another location not mentioned above? Please list: _____

- All or almost all
- More than half
- Less than half
- A few
- None

4. Where do you typically buy most of your groceries? (check one)

- Willie's (Morris)
- Meadowland Market (Morris)
- Mi San Juan Market (Morris)
- Pomme de Terre Foods (Morris)
- Casey's (Morris)
- Shell gas station (Morris)
- Buy Low (Hancock)
- Cenex (Chokio)
- WalMart (Alexandria)
- WalMart (Willmar)
- Aldi's (Alexandria)
- Other locations, please list _____

5. Where else do you typically buy groceries? (check all that apply)

- Willie's (Morris)
- Meadowland Market (Morris)
- Mi San Juan Market (Morris)
- Pomme de Terre Foods (Morris)
- Casey's (Morris)
- Shell gas station (Morris)
- Buy Low (Hancock)
- Cenex (Chokio)
- WalMart (Alexandria)
- WalMart (Willmar)
- Aldi's (Alexandria)
- Other locations, please list _____

6. With regard to the quality of groceries you purchase, are you (circle one number):

1 2 3 4 5
Dissatisfied Neutral Satisfied

7. Do you find the cost of groceries you purchase to be (circle one number):

1 2 3 4 5
Unaffordable Affordable

8. With regard to the variety of groceries available, are you (circle one number):

1 2 3 4 5
Dissatisfied Neutral Satisfied

9. Which (if any) of the following food sources do you use? (check all that apply)

- Church
- Food Shelf
- SNAP (formerly known as food stamps)
- WIC (Supplemental Nutrition Program for Women, Infants, and Children)
- Others? Please list _____

10. Do you have any general comments or suggestions about food that is available in or near Stevens County?

11. Are there any foods that you or your family need or want but cannot access? Please list.

12. Some common reasons why food may be difficult to access are listed below. Please check any that may apply to you or your family:

- Transportation (e.g. access to a car)
- Distance to food sources
- Personal mobility issues
- Economic issues
- Access to a kitchen or food storage
- Knowledge about food preparation, storage, or cooking

- Access to land for gardening
- Time of year (e.g. availability of garden produce)
- Information about supplemental food sources
- Others? Please list _____
- My family and I experience no barriers to food access (skip to part C of survey)

13. What do you think would help improve your family's situation with regard to food access?

Part C: Demographic Questions

1. What is your age?

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65 or over
- I prefer not to answer

2. How would you describe your gender?

- Male
- Female
- Other _____
- I prefer not to answer

3. What is your race or origin? Check one or more boxes.

- White
- Hispanic, Latino, or Spanish origin
- Black or African American
- Asian or Asian American
- American Indian or Alaska Native
- Native Hawaiian or Other Pacific Islander
- Some other race or origin, please list _____
- I prefer not to answer

4. Where in Stevens County do you live?

- In a city or town (please answer question 4a)
- Out of town (please answer question 4b)

4a. If in town, please select:

- Alberta
- Chokio
- Donnelly
- Hancock
- Morris
- I prefer not to answer

4b. If out of town, please tell us what township you live in:

- Baker
- Darnen
- Donnelly
- Eldorado
- Everglade
- Framnas
- Hodges
- Horton
- Moore
- Morris
- Pepperton
- Rendsville
- Scott
- Stevens
- Swan Lake
- Synnes
- Unsure/don't know
- I prefer not to answer

5. What is the highest level of education you have achieved?

- Master's degree or above
- Bachelor's degree
- Associate's degree

- High school
- Other _____
- I prefer not to answer

6. What is your marital status?

- Married
- Divorced
- Separated
- Single
- I prefer not to answer

7. Would you consider yourself to have a disability?

- Yes
- No
- I prefer not to answer

8. What is your employment status?

- Full-time
- Part-time
- Contract/ Temporary
- Unemployed
- Unable to work
- Other _____
- I prefer not to answer

9. What is your current approximate annual household income?

- Less than \$15,000
- \$15,001 - \$25,000
- \$25,001 - \$50,000
- \$50,001 - \$100,000
- \$100,001 - \$200,000

- More than \$200,000
- I prefer not to answer

10. How many people live in your household?

- 1
- 2
- 3
- 4
- 5
- 6
- Other (write in) _____
- I prefer not to answer

11. How many people in your household are under the age of 18?

- 1
- 2
- 3
- 4
- Other _____
- I prefer not to answer

12. How many people in your household are 65 years of age or older?

- 1
- 2
- 3
- 4
- Other _____
- I prefer not to answer

Appendix 4. Household Food Security Survey, Spanish version

Parte A: Seguridad Alimentaria

1. ¿Cuál de estas afirmaciones mejor describe la comida consumida en su hogar en los últimos 12 meses: —suficiente comida de la que quiere comer; —suficiente, pero no siempre los tipos que quiere comer; algunas veces no suficiente; o, —con frecuencia no suficiente?

- Suficiente comida que queremos/quiero comer
- Suficiente comida, pero no de la que queremos/quiero comer
- Algunas veces no suficiente para comer
- Con frecuencia no suficiente para comer
- No sabe o prefiere no contestar

2. Debajo, hay varias afirmaciones que personas han hecho acerca de su situación en relación con el consumo de comida. Para estas afirmaciones, por favor indique si fue cierta con frecuencia, algunas veces, o nunca (para usted en su casa) en los últimos 12 de meses, desde marzo (2021).

La primera afirmación es “Me/nos preocupó que la comida fuera a terminarse antes de tener dinero para comprar más.” ¿Frecuentemente cierto, algunas veces, o nunca (en su casa) en los últimos 12 meses?

- Frecuentemente cierto
- Algunas veces cierto
- Nunca
- No sabe o prefiere no responder

3. “La comida que se compró (yo/nosotros/as) no fue suficiente, y no tuve/tuvimos dinero para obtener más.” ¿Frecuentemente, algunas veces, o nunca, (en su casa) en los últimos 12 meses?

- Frecuentemente cierto
- Algunas veces cierto
- Nunca
- No sabe o prefiere no responder

4. “No me pude/no nos pudimos permitir comer comidas balanceadas.” ¿Frecuentemente cierto, algunas veces, o nunca (en su casa) en los últimos 12 meses?

- Frecuentemente cierto
- Algunas veces cierto
- Nunca

- No sabe o prefiere no responder

ATENCIÓN: Si contestó “frecuentemente cierto” o “algunas veces cierto” en las preguntas 2, 3, o 4, vaya a la pregunta 5. De lo contrario, avance a la Sección B de la encuesta.

5. En los últimos 12 meses, desde marzo del 2021, usted u otros adultos en su hogar alguna vez disminuyeron comidas o se abstuvieron de comer una de las comidas por no tener suficiente dinero para comprarla?

- Sí
- No (Omita la pregunta 5a)
- No sabe (Omita la pregunta 5a)

5a. ¿Con que frecuencia ocurrió —casi todos los meses, algunos meses, pero no cada mes, o solamente por 1 o 2 meses?

- Casi todos los meses
- Algunos meses, pero no cada mes
- Sólo uno o dos meses
- No sabe

6. En los últimos 12 meses, ¿alguna vez comió menos de lo que quería comer porque no había suficiente dinero o comida?

- Sí
- No
- No sabe

7. En los últimos 12 meses, ¿se sintió alguna vez con hambre, pero no comió por no tener suficiente dinero o comida?

- Sí
- No
- No sabe

8. En los últimos 12 meses, ¿perdió peso por no tener suficiente dinero o comida?

- Sí
- No
- No sabe

Atención: si respondió Sí en las preguntas 5, 6, 7, u 8, por favor vaya a la pregunta 9. De lo contrario, vaya a la Parte B de la encuesta.

9. En los últimos 12 meses, ¿alguna vez (usted u otro adultos en la casa) no comió durante todo el día por falta de dinero o comida?

- Sí
- No (omita la pregunta 9a)
- No sabe (omita la pregunta 9a)

9a. ¿Con qué frecuencia ocurrió —casi cada mes, algunos meses, pero no cada mes, o sólo 1 o 2 meses?

- Casi cada mes
- Algunos meses, pero no cada mes
- Sólo 1 o 2 meses
- No sabe

Parte B: Consumo de alimentos, Acceso y Obstáculos

1. Alimentos que típicamente consumen en el desayuno, el almuerzo y la cena.

a. En el desayuno, ¿Cuáles de los siguientes alimentos típicamente consume?
(marque las opciones que correspondan)

- Productos lácteos (por ejemplo: leche, yogurt)
- Cereales (por ejemplo: cereal, pan)
- Fruta (por ejemplo: plátano, naranja)
- Vegetales (por ejemplo: papas rayadas y fritas, espinacas)
- Proteína (por ejemplo: huevos, mantequilla de cacahuate/maní)
- Normalmente no como desayuno

b. En el almuerzo, ¿Cuáles de los siguientes alimentos típicamente consume?
(marque las opciones que correspondan)

- Productos lácteos (por ejemplo: leche, yogurt)
- Cereales (pasta o pan)
- Fruta (por ejemplo, manzana o naranja)
- Vegetales (por ejemplo, zanahorias o pepinos)
- Proteína (por ejemplo, pollo o mantequilla de cacahuate/maní)
- Normalmente no como almuerzo.

c. En la cena, ¿Cuáles de los siguientes alimentos consume?
(marque las opciones que correspondan)

- Productos lácteos (por ejemplo, leche o queso)
- Cereales (por ejemplo, pasta o pan)
- Fruta (por ejemplo, manzana o naranja)
- Vegetales (por ejemplo, zanahorias o pepinos)
- Proteína (por ejemplo, pollo o mantequilla de cacahuate/maní)
- Normalmente no como cena

2. ¿Cuántas comidas usualmente/típicamente come en una semana? (3 comidas por día= 21)

3a. Es usted estudiante de la Universidad de Minnesota Morris?

- Sí (conteste la pregunta 3b)
- No (vaya a la pregunta 3c)

3b. ¿Cuántas de sus comidas son preparadas en el comedor estudiantil de la universidad o en la cafetería “Turtle Mountain”?

- Todas o casi todas
- Más de la mitad
- Menos de la mitad
- Solo algunas
- Ninguna

3c. ¿Cuántas de sus comidas son preparadas en casa?

- Todas o casi todas
- Más de la mitad
- Menos de la mitad
- Solo algunas
- Ninguna

3d. ¿Cuántas de sus comidas son preparadas en casa de un amigo/a o de un pariente?

- Todas o casi todas
- Más de la mitad
- Menos de la mitad
- Sólo algunas
- Ninguna

3e. ¿Cuántas de sus comidas son preparadas en una estación de gasolina, en una tienda, o en un restaurante?

- Todas o casi todas
- Más de la mitad
- Menos de la mitad
- Sólo algunas
- Ninguna

3f. ¿Cuántas de sus comidas son preparadas en otras localidades? Por favor, escriba los nombres de las localidades:

- Todas o casi todas
- Más de la mitad
- Menos de la mitad
- Solo algunas
- Ninguna

4. ¿Dónde compra típicamente la mayoría de sus comestibles?

(marque una)

- Willie's (Morris)
- Meadowland Market (Morris)
- Mi San Juan Market (Morris)
- Pomme de Terre Foods (Morris)
- Casey's (Morris)
- Shell gas station (Morris)

- Buy Low (Hancock)
- Cenex (Chokio)
- WalMart (Alexandria)
- WalMart (Willmar)
- Aldi's (Alexandria)
- Otras localidades, por favor, escriba los nombres: _____

5. ¿En que otro lugar compra típicamente sus comestibles? (marque todas los lugares)

- Willie's (Morris)
- Meadowland Market (Morris)
- Mi San Juan Market (Morris)
- Pomme de Terre Foods (Morris)
- Casey's (Morris)
- Shell gas station (Morris)
- Buy Low (Hancock)
- Cenex (Chokio)
- WalMart (Alexandria)
- WalMart (Willmar)
- Aldi's (Alexandria)
- Otras localidades, por favor, escriba los nombres: _____

6. En relación a la calidad de los comestibles que compra, se siente (marque con un círculo uno de los números):

1	2	3	4	5
Insatisfecho/a		Neutro/a		Satisfecho/a

7. Considera que el costo de los comestibles que compra es (marque con un círculo un número):

1	2	3	4	5
Inasequible				Asequible

8. Con respecto a la variedad de los comestibles disponibles, usted está: (marque con un círculo un número):

1	2	3	4	5
Insatisfecho/a		Neutro/a		Satisfecho/a

9. ¿Cuáles de los siguientes lugares que proporcionan alimentos usted usa? (marque todos los lugares que usa)

- Iglesia
- Despensa de alimento
- SNAP Programa de Asistencia Nutricional Suplementaria (conocido anteriormente como cupones alimenticios)
- WIC (Programa Especial de Nutrición para Mujeres, Infantes y Niños)
- ¿Otros? Por favor, escriba los nombres: _____

10. ¿Tiene algún comentario o sugerencia acerca de los comestibles que están disponibles en o cerca el Condado Stevens?

11. ¿Hay algunos alimentos que usted y su familia necesitan o quieren, pero no tienen cómo conseguirlos? Por favor indique cuáles:

12. Algunas razones comunes que pueden afectar el acceso a alimentos aparecen en esta lista. Por favor, marque las que afectan a usted y a su familia.

- Transporte (Por ejemplo: acceso a un carro)
- Distancia a los lugares para obtener comida
- Problemas personales de movilidad
- Problemas económicos

- Acceso a una cocina o a un lugar para almacenar alimentos
- Conocimientos de cómo preparar, almacenar y cocinar alimentos
- Acceso a tierra para tener un jardín
- Época del año (por ejemplo, disponibilidad de hortalizas)
- Información sobre acceso a lugares que proporcionan alimentos suplementarios
- ¿Otros? Por favor, escriba _____
- Mi familia y yo no hemos experimentado falta de acceso a comestibles (vaya a la parte C de la encuesta)

13. ¿Qué cree que pueda mejorar la situación de su familia en relación al acceso a comestibles?

Parte C: Preguntas Demográficas

1. ¿Qué edad tiene

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65 o más
- Prefiero no responder

2. ¿Cómo describe su género?

- Masculino
- Femenino
- Otro _____
- Prefiero no responder

3. ¿Cuál es su raza u origen étnico? Marque una o más opciones.

- Blanca
- Hispana, Latina, de origen español
- Negra o Afroamericana
- Asiática o asiática americana
- Indígena de las Américas o Nativa de Alaska
- Nativa de Hawái u otra de las islas del Pacífico
- Alguna otra raza u origen, por favor escriba _____
- Prefiero no responder

4. ¿En qué parte del Condado de Stevens vive?

- En la ciudad o en un pueblo (por favor conteste la pregunta 4a)
- En las afueras (por favor conteste la pregunta 4b)

4a. Si vive en un pueblo, por favor seleccione:

- Alberta
- Chokio
- Donnelly
- Hancock
- Morris
- Prefiero no responder

4b. Sí vive en las afueras, por favor díganos en cuál municipio vive:

- Baker
- Darnen
- Donnelly
- Eldorado
- Everglade
- Framnas
- Hodges
- Horton
- Moore
- Morris
- Pepperton
- Rendsville
- Scott
- Stevens
- Swan Lake
- Synnes
- No estoy seguro/No sé
- Prefiero no responder

5. ¿Cuál es el nivel más alto de estudios que ha obtenido?

- Título de maestría o superior
- Título de universitario
- Título de asociado/carrera de dos años
- Diploma de bachillerato
- Otro: _____
- Prefiero no responder

6. ¿Cuál es su estado civil?

- Casado
- Divorciado
- Separado
- Soltero
- Prefiero no responder

7. ¿Considera usted que tiene una discapacidad?

- Yes
- No
- Prefiero no responder

8. ¿Cuál es su situación laboral?

- Tiempo completo
- Medio tiempo
- Contratado/Provisional
- Desempleado
- Incapacitado para trabajar
- Otra situación, por favor escriba: _____
- Prefiero no responder

9. ¿Cuáles son aproximadamente los ingresos anuales de su familia?

- Menos de \$15,000
- \$15,000 - \$25,000
- \$25,000 - \$50,000
- \$50,000 - \$100,000
- \$100,000 - \$200,000
- Más de \$200,000
- Prefiero no responder

10. ¿Cuántas personas viven en su casa?

- 1
- 2
- 3
- 4
- 5
- 6
- Otro número (por favor, escriba el número): _____
- Prefiero no responder

11. ¿Cuántas personas en su casa son menores de 18 años?

12. ¿Cuántas persona en su casa son mayores de 65 años?

Appendix 5. Household Food Security Survey flyer-English

BENSON CENTER FOR COMMUNITY
PARTNERSHIPS

Do you eat?

Stevens County residents
18 or over-please tell us
about your food
experiences & ideas!

**We want to hear from
you!**



Questions:
Dr. Ed Brands
ebrands@umn.edu,
320-589-6209

<https://bit.ly/SCFS-engl>

UNIVERSITY OF MINNESOTA
MORRIS

Appendix 6. Household Food Security Survey flyer-Spanish

CENTRO DE ALIANZA COMMUNITARIA
DE BENSON

¿Consume alimentos?

Residentes del Condado de
Stevens de 18 años de edad o
mayores- por favor, ¡comparta sus
experiencias e ideas con nosotros!

**Queremos saber de
usted**



Preguntas:
Dr. Ed Brands
ebrands@umn.edu,
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<https://bit.ly/SCFS-span>

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