

# 2017 MINNESOTA FOOD SHELF CLIENT SURVEY

Presented by: Hunger Solutions Minnesota & SuperShelf

RESULTS

## WHAT CLIENTS TOLD US

 **WE HEARD FROM**  
**4,250** in **188**  
food shelf clients food shelves

- Developed to better understand the current need of food shelf clients in MN.
- In Oct. 2017 we asked 403 food shelves to administer the survey to 25 clients.
- Responding food shelves were 53% rural and 47% urban.

### CLIENTS WANT HEALTHIER FOOD FROM THEIR FOOD SHELF

#### TOP 5 FOODS CLIENTS REQUESTED



1 Meat, poultry, fish



2 Dairy



3 Fruits & vegetables



4 Eggs



5 Cooking items (spices, oil, etc.)

### CLIENTS RELY ON FOOD SHELVES FOR LONG PERIODS

**74%**   
have been using their food shelf for a year or more.

### FRUITS & VEGGIES ARE IN DEMAND

**93%**



**90%**



would like to provide more fruits and vegetables for their family.

know how to prepare many fruits and vegetables.

### DISTANCE IS A BARRIER



**40%**

of RURAL clients travel 5 miles or MORE



**75%**

of URBAN clients travel 1 mile or MORE

to reach their food shelf.

## TAKEAWAYS



Food shelf clients know how to prepare healthy foods and would like to eat more of them.



Many clients get more than half their food from food shelves each month.



Clients want healthier food at Minnesota food shelves.



Diet related chronic disease is common among food shelf clients.

## CLIENT QUOTES

*"When your child asks for milk and you have to say, "No, we don't have any" it breaks you little by little. Having the food shelf is extremely important to our family."*

*"There were times when we literally had no money and our food was gone. If we hadn't been able to come to this food shelf my kids would have went hungry. This is the only food shelf in my area that offers food that benefits us for breakfast, lunch and dinner. It would be nice if we could come twice a month. This food shelf and food stamps isn't enough."*

*"This food shelf is important to our family. We are both working parents, but our bills are more than our income and it is not giving us enough money to buy fresh fruits and vegetables and milk for our little boy."*

*"It really helps supplement our grocery budget. Meat, fresh fruit & veggies are very expensive so being able to get them from here is great. Usually between our budget and the food shelf we can go through the month eating healthy nutritious meals. Thank you!"*

## RECOMMENDATIONS

1

Increase the amount of food clients can receive.

2

Invest more money into procuring meat and dairy.

3

Invest more resources into sourcing healthy food to make meals at home, such as fruit and vegetables, spices, and cooking oil.



# 2017 MINNESOTA FOOD SHELF CLIENT SURVEY

Presented by: Hunger Solutions Minnesota and SuperShelf

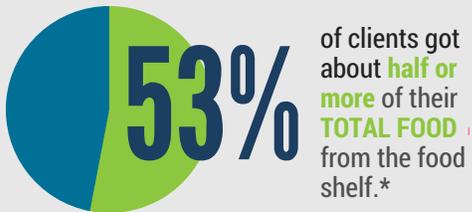
RESULTS

## CLIENT RESPONSES TO FOOD ACCESS



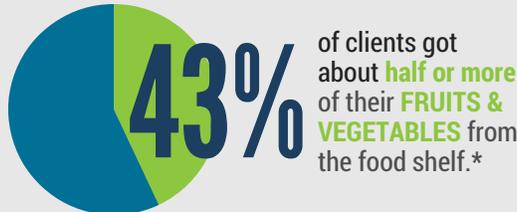
### CLIENTS GET A LARGE PORTION OF THEIR FOOD FROM THE FOOD SHELF

In the **LAST 6 MONTHS**



\*14% missing response

In the **LAST 6 MONTHS**



\*13% missing response



### FOOD SUPPORT



**42%** use SNAP/EBT

- 13% use school meals
- 12% multiple food shelves
- 11% use WIC

AND



**77%** visit their food shelf once a month or more

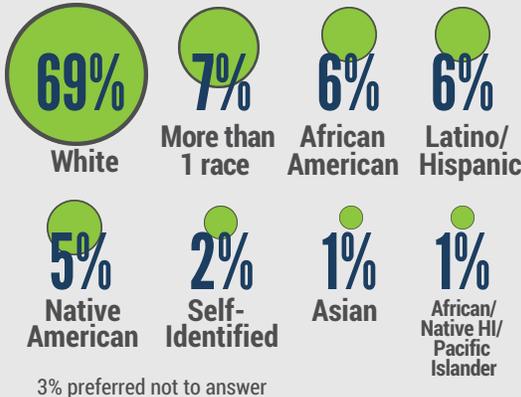
YET...



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

## DEMOGRAPHICS

### RACE / ETHNICITY



### AVERAGE HOUSEHOLD SIZE



### CHILDREN & SENIORS



## HEALTH HISTORY

### FOOD SHELF CLIENTS HAVE A HIGH RISK OF CHRONIC DISEASE

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



**43%** have high blood pressure



**37%** should lose weight



**32%** have high cholesterol



**28%** have diabetes



**66%** responded yes to one or more health condition.