



# MINNESOTA FOOD SHELF SURVEY



Your food shelf returned **44** surveys analyzed for this report.

## Winona Volunteer Services Supplemental Food Shelf

### WHAT CLIENTS TOLD US

#### TOP 5 FOODS CLIENTS WANT AT EACH VISIT FROM THIS FOOD SHELF

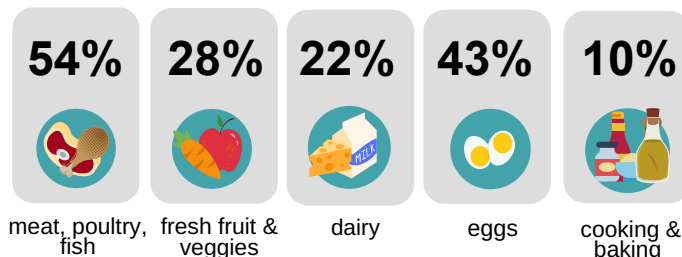


- 1** **86%** Fresh Fruits and Vegetables
  - 2** **75%** Meat, poultry, and fish
  - 3** **61%** Peanut butter/Nut butters
  - 4** **57%** Dairy (milk, cheese, yogurt)
  - 5** **57%** Cooking items (spices, oils, etc)
- 57%** Canned or Boxed Meals

#### TOP 5 FOODS CLIENTS WANT STATEWIDE

- 1** meat, poultry, fish
- 2** fresh fruit & veggies
- 3** dairy
- 4** eggs
- 5** cooking & baking

#### PERCENTAGE OF CLIENTS THAT SAID THESE FOODS WERE **ALWAYS AVAILABLE** EACH VISIT AT THIS FOOD SHELF



**92%**

said they would like to provide more fruits & veggies for their family.



**95%**

said they know how to prepare many fruits & veggies.

**56%**

of clients reported getting **HALF or MORE** of their fruits & vegetables from this food shelf in the last 6 months.\*

(\* 11% missing response.)





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## WHAT CLIENTS TOLD US



### TOP 5 EXPERIENCES CLIENTS VALUE AT THIS FOOD SHELF

- 1 **82%** Choose my own food
- 2 **64%** Greeted and made to feel welcome
- 3 **55%** Easy food selection process
- 4 **30%** Plenty of food variety
- 5 **25%** Understand signs and instructions

### TOP 5 EXPERIENCES CLIENTS VALUE STATEWIDE

- 1 I can choose my own food
- 2 Staff/Volunteers greet me; make me feel welcome
- 3 Selection process is easy
- 4 Plenty of different food options
- 5 Food looks fresh & appealing

### PERCENTAGE OF CLIENTS THAT SAID THESE EXPERIENCES ALWAYS OCCURRED EACH VISIT.



**88%** said the food shelf hours are convenient.

**88%** said they would recommend this food shelf to a friend, family member, or neighbor.

**84%** visited their food shelf **once a month or more.**

**80%** have been using the food shelf for **1 year or more.**

**49%** of clients said they got **HALF or MORE of ALL their food** from the food shelf in the last 6 months.\*  
(\* **16%** missing response.)

**71% STILL REMAIN FOOD INSECURE.**



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



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## WHAT CLIENTS TOLD US

### ▶ FOOD INSECURITY

**58%** used **SNAP/ EBT** in the past 12 months.



**+ ADDITIONALLY,**  
**18%** used school meals  
**5%** used multiple food shelves  
**11%** used WIC  
**11%** used NAPS

### ▶ BUDGET TRADE-OFFS BETWEEN FOOD AND OTHER BASIC NEEDS

In the past year, clients said they had to choose between **FOOD** and ...



**34%**

Utilities



**30%**

Transportation



**32%**

Housing



**11%**

Medical care / Meds



**2%**

Education

### ▶ CHRONIC DISEASE

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



**54%** Should lose weight



**29%** Have diabetes



**37%** Have high blood pressure



**34%** Have high cholesterol



**69%** Responded **YES** to one or more health condition.

*(Percents may not total 100 due to prefer not to answer or missing responses)*

### ▶ DEMOGRAPHICS



#### RACE / ETHNICITY

- 83%** White, Caucasian
- 5%** Black, African American
- 5%** Other race, including Alaska Native and NHPI
- 2%** Hispanic or Latinx
- 2%** Native American
- 2%** More than one race

African (if listed): e.g. Somali, Ethiopian, Liberian, Eritrean, etc.

#### GENDER

- 89%** Female
- 11%** Male

#### AGE

- 43%** of households <18 yrs include children
- 19%** of households 65+ yrs include seniors



Readers should note that **these data were collected prior to the Coronavirus Disease (COVID-19) pandemic** and do not reflect the potential impacts of COVID-19 on food shelf clients in 2020. Evidence from national data suggests that food insecurity has increased since the start of the pandemic\*.

\*Schanzenbach, D. W., & A. Pitts. (2020). How much has food insecurity risen? Evidence from the Census Household Pulse Survey. Institute for Policy Research Rapid Research Report. <https://www.ipr.northwestern.edu/documents/reports/ipr-rapid-researchreports-pulse-hh-data-10-june-2020.pdf>