



**Siskiyou County Community Food Assessment Survey  
Great Northern Corporation (GNC)  
December 2012 – February 2013**

***Great Northern Corporation (GNC) is conducting a Community Food Assessment survey to understand how and what types of food residents are able to access in Siskiyou County. This survey is anonymous, we will not ask for your name. We value and thank you for your participation!***

**D1.**

Where do you live in Siskiyou County?

- a. Town: \_\_\_\_\_  
b. Zip code: \_\_\_\_\_

**D2.**

Including yourself, how many individuals are living in your house that are...?

- a. 0-5 years old \_\_\_\_\_ d. 18-59 years old \_\_\_\_\_  
b. 6-12 years old \_\_\_\_\_ e. 60 years or older \_\_\_\_\_  
c. 13-17 years old \_\_\_\_\_

**D3.**

And what is your age? \_\_\_\_\_

***Please circle the number next to your answer on the following types of questions***

**D4.**

Who does the majority of grocery shopping (food) for your household?

1. Yourself  
2. Someone else (*If you answer 'someone else', please go to Question 14 = Q.14*)  
3. You and another person equally

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**Q1.**

Where do you do the majority of your grocery shopping?

1. Locally (within the county)
2. Out of county but within CA
3. Out of state

**Q2.**

At what type of location do you do the majority of your grocery shopping?

1. Grocery store chain (i.e. Ray's, Raley's)
2. Locally owned grocery store
3. Natural/health food store
4. Drug store (i.e. RiteAid)
5. Mass retailer (i.e. Wal-Mart, Target)
6. Discount store (i.e. Costco, Sam's Club)
7. Convenience store (i.e. Gas Station)
8. Other/specify

**Q3.**

On average, how many times a month do you shop for groceries? \_\_\_\_\_

***If you do not shop at least one time every month enter "0"***

**Q4.**

How far do you travel to do your main grocery shopping?

1. 0-5 miles
2. 6-15 miles
3. 16-25 miles
4. 26-50 miles
5. 51-100 miles
6. Over 101 miles

**Q5.**

And how do you typically get there?

1. Your own car
2. Borrow a car
3. Ask for a ride
4. STAGE bus
5. Bike
6. Walk
7. Other/specify

**Q6.**

What has made it difficult for you to get to where you shop for groceries?

***Please circle all that apply.***

1. Cost of gas
2. Do not have a vehicle
3. Bad weather/roads
4. STAGE doesn't go to stores/bad route times
5. Store is very far away
6. Not enough time
7. Nothing, shopping for groceries is not difficult

**Q7.**

What has made it most difficult for you to buy groceries?

1. Lack of money for groceries
2. Lack of money for gas
3. Transportation issues (i.e. no car, bad bus route)
4. Do not know how to cook well
5. Do not know how to budget well
6. Do not have the time to cook at home
7. Not enough good (i.e. healthy, fresh) food available
8. Not enough CalFresh (food stamps) benefits
9. Other/specify \_\_\_\_\_
10. Nothing, buying groceries is not difficult

**Q8.**

Besides shopping, in what other ways do you get food?

***Please circle all that apply.***

1. Gardening
2. Hunting
3. Trading
4. Neighbors/family
5. Foraging
6. Free food distribution programs
7. Other/specify \_\_\_\_\_
8. None, I only shop for food

**Q9.**

How important is it for you to buy fresh foods, such as fruits, vegetables, whole grains, dairy, fish and meat, instead of pre-packaged foods (i.e. Top Ramen, Rice-a-Roni) or already prepared meals (i.e. TV dinners, frozen pizzas)?

***(it's ok...we know the numbers are backwards)***

4. Extremely important
3. Somewhat important
2. Not very important
1. Not at all important

**Q10.**

What factors make it challenging to buy fresh food? Is it because fresh food is:

***Please circle all that apply.***

1. Too expensive
2. Difficult to find
3. Not available at places where I shop for food
4. Confusing to know what is fresh
5. I have no challenges buying fresh food

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**Q11.**

What makes fresh food too expensive?

1. Cost is too high given other acceptable grocery food options
2. Monthly expenses too high (mortgage, rent, utilities)
3. Recent unemployment
4. Under employment
5. I do think it's too expensive
6. Other/specify

**Q12. Place an "X" in the circle that indicates your answer**

Do you have enough money to buy fresh foods, such as fruits, vegetables, whole grains, dairy, fish and meat during:

	Yes (1)	No (2)
a. Spring	<input type="radio"/>	<input type="radio"/>
b. Summer	<input type="radio"/>	<input type="radio"/>
c. Fall	<input type="radio"/>	<input type="radio"/>
d. Winter	<input type="radio"/>	<input type="radio"/>

**Q13. Place an "X" in the circle that indicates your answer**

**"Local food" is defined as food grown within 150 miles of where you live.**

	Yes (1)	No (2)
a. Based on the definition above, have you heard the term "local food" before?	<input type="radio"/>	<input type="radio"/>
b. Is buying local food important to you?	<input type="radio"/>	<input type="radio"/>
c. Can you afford to buy local food?	<input type="radio"/>	<input type="radio"/>
d. Can you buy local food where you live?	<input type="radio"/>	<input type="radio"/>
e. Do you shop at a local farmers market?	<input type="radio"/>	<input type="radio"/>

**Q14.**

Are you knowledgeable about your household's grocery budget?

1. Yes
2. No (*If your answer is no, please skip to Q19*)

**Q15.**

How often do you run out of money to buy groceries?

1. At least once a week
2. At least once a month
3. A few times per year
4. I rarely run out of money
5. I never run out of money

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**Q16.**

In the past year, have you had to skip buying groceries in order to afford any of the following?

***Please circle all that apply.***

1. Health care
2. Medication/prescriptions
3. Dental care
4. New clothing
5. Heat
6. TV/Internet
7. Your own car
8. Toys for kids
9. No, we have not had to skip buying food

**Q17.**

In the last 3 years, which of these programs have you used to get food?

***Please circle all that apply***

1. WIC (Women, Infants and Children)
2. CalFresh (formerly called Food Stamps)
3. Senior nutrition coupons
4. Emergency food pantries
5. USDA commodities
6. Soup kitchens
7. Family Resource Center Food Giveaway
8. None of the above

**Q18.**

How long do your CalFresh benefits last in a month?

1. Less than 1 week
2. Less than 2 weeks
3. Less than 3 weeks
4. All month
5. I have extra at the end of the month

**Q19. Place an "X" in the circle for your answer**

How often do you eat or cook with the following?

	Never (3)	Sometimes (2)	Frequently (1)
a. Canned foods (i.e. soups, stews, chili, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Frozen foods (i.e. pizza, tv dinners, vegetables)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Cooking from scratch with flour, wheat, grains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Packaged foods (i.e. cereal, boxed food, meals)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Fast-food (i.e. McDonald's, Taco Bell, KFC)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Fast-casual dining (i.e. Subway, Papa Murphy's)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Dine in or take out from a restaurant (not fast food)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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**Q20.**

How many times do you typically eat per day?

1. Less than one
2. One
3. Two
4. Three
5. Four or more

**Q21a.**

Do you typically eat fresh fruits and vegetables each day?

1. Yes
2. No

**Q22.**

If an organization, like a food pantry or non-profit, were to be able to provide more of the below to you, what ingredients would you like more of to eat or cook with?

***Please circle all that apply.***

1. Fresh fruits
2. Fresh vegetables
3. Milk
4. Cheese
5. Meat
6. Fish
7. Poultry
8. Flour, whole grains
9. Bread
10. Pasta
11. Beans
12. Rice
13. I don't need help getting ingredients from an organization
14. Other/specify

**Q23. Place an "X" in the circle for your answer**

	a. Do you know how to...?		b. Would you like to learn to...?	
	Yes (1)	No (2)	Yes (1)	No (2)
a. Cook simple meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Cook from scratch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Choose healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Make healthy snacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Freeze, can, dry foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Grow your own food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Make a weekly meal plan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Stretch your food budget	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Forage for food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Raise animals for food (chickens, goats, pigs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q24.**

Do you have a working / usable...?

1. Refrigerator
2. Freezer
3. Alternative food storage station
4. Cook stove, range
5. Oven
6. Microwave
7. Pots and pans
8. Cooking utensils

**Q25.**

How many times a week does your family sit down to eat a meal together?

1. 0
2. 1-2 times
3. 3-4 times
4. 5-7 times

***Please answer the following 6 questions ONLY if you have children living in your home.***

**Q26.**

How many times do your kids typically eat per day?

1. One
2. Two
3. Three
4. Four or more

**Q27. Place an "X" in the circle for your answer**

Do ...?

	Yes (1)	No (2)
a. Your kids typically eat fresh fruits and vegetables each day?	<input type="radio"/>	<input type="radio"/>
b. Your kids use free or reduced cost school meal programs?	<input type="radio"/>	<input type="radio"/>

**Q28.**

How often do adults in your house go hungry so kids can eat?

1. Daily
2. At least once a week
3. At least once every 2 to 3 weeks
4. At least once a month
5. Rarely

***Continue to next page***

**Q29.**

How often do kids in your house go hungry?

1. Daily
2. At least once a week
3. At least once every 2 to 3 weeks
4. At least once a month
5. Rarely

**Q30. Place an "X" in the circle for your answer**

Do you have a hard time ...

	Yes (1)	No (2)
a. Feeding your kids during school holidays?	<input type="radio"/>	<input type="radio"/>
b. Feeding your kids during summer break?	<input type="radio"/>	<input type="radio"/>

**Q31. Place an "X" in the circle for your answers**

Are your kids learning to do either of the following?

	a. Inside your home		b. Outside your home	
	Yes (1)	No (2)	Yes (1)	No (2)
a. Cook healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Choose healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**ANSWER THE FOLLOWING 3 QUESTIONS ONLY IF YOU ARE AGE 60 OR OVER****Q32. Place an "X" in the circle for your answer**

	Yes (1)	No (2)
a. Is there a senior meal program in your community?	<input type="radio"/>	<input type="radio"/>
b. Do you go to Senior Nutrition Program meals?	<input type="radio"/>	<input type="radio"/>
c. Do you get food or meals delivered to your home?	<input type="radio"/>	<input type="radio"/>

**Q33. Circle the number in front of your answer**

How often do you go to Senior Nutrition Program meals?

1. 1 – 2 times per week
2. 3 – 5 times per week

**Q34. Circle the number in front of your answer**

How often do you get food or meals delivered to your home?

1. 1 – 2 times per week
2. 3 – 5 times per week

*Continue to next page*



***Please tell us about yourself and your family. This information is anonymous and vital to the success of our survey.***

**D4. Write a number on each line**

Including yourself, how many individuals 18 or older are living in your house that are...?

- a. Unemployed (including stay at home parent and students) \_\_\_\_\_
- b. Working part-time \_\_\_\_\_
- c. Working full-time \_\_\_\_\_
- d. Working more than 1 job \_\_\_\_\_
- e. Collecting Social Security \_\_\_\_\_
- f. Collecting unemployment benefits \_\_\_\_\_
- g. Unemployed and not collecting benefits \_\_\_\_\_
- h. US Military Veteran \_\_\_\_\_

**D5.**

What is the annual income in your household?

This is based on the number of people living in your household (HH) and the total annual income before taxes. ***Please circle your best estimate. This question is critical.***

# in HH	Annual income (1)	Annual income (2)	Annual income (3)	Annual income (4)
1	Under \$11,170	\$11,171-\$16,755	\$16,756-\$22,340	Over \$22,341
2	Under \$15,130	\$15,131-\$22,695	\$22,696-\$30,260	Over \$30,261
3	Under \$19,090	\$19,091-\$28,635	\$28,636-\$38,180	Over \$38,181
4	Under \$23,050	\$23,051-\$34,575	\$34,576-\$46,100	Over \$46,101
5	Under \$27,010	\$27,011-\$40,515	\$40,516-\$54,020	Over \$54,021
6	Under \$30,970	\$30,971-\$46,455	\$46,456-\$61,940	Over \$61,941
7	Under \$34,930	\$34,931-\$52,395	\$52,396-\$69,860	Over \$69,861
8	Under \$38,890	\$38,891-\$58,335	\$58,336-\$77,780	Over \$77,781

***These last few questions are about you.***

**D6.**

What is your gender?

- 1. Female
- 2. Male

**D7.**

Are you a single parent or guardian?

- 1. Yes
- 2. No

**D8.**

How would you describe your race/ethnicity?

1. Hispanic/Latino
2. Asian
3. American Indian/Alaskan Native
4. African American
5. European
6. White, non-Hispanic
7. Prefer not to answer

***You're DONE!***

***THANK YOU for participating in Great Northern Corporation (GNC)'s Community Food Assessment. Your time is greatly appreciated!***