

# HUNGER ON THE PLAINS 2023

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## RESEARCH REPORT

A study of the charitable feeding network and those it serves in North Dakota and Clay County, Minnesota conducted by Great Plains Food Bank.

*Released March 2023*



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# Hunger on the Plains 2023

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# I. Definitions

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## **Advocacy**

Building public support for a particular cause or the act or process of supporting a cause.

## **Commodity Supplemental Food Program (CSFP)**

Federal nutrition assistance program that works to improve the health of low-income persons at least 60 years of age by supplementing their diets with nutritious USDA foods. USDA distributes both food and administrative funds to participating states and Indian Tribal Organizations to operate CSFP (USDA, 2022).

## **EDI (Equity, Diversity, Inclusion)**

**Equity** is keeping the people most impacted by hunger at the center of decision-making to eliminate the unjust and racist policies and systems that create the conditions for food insecurity to exist.

**Diversity** is the acknowledgment and representation of differences and experiences of all people.

**Inclusion** means we are creating environments in which all individuals are intentionally and proactively welcomed, respected, supported, and valued.

## **Food Distribution Program on Indian Reservations (FDPIR)**

Federal nutrition assistance program that provides USDA foods to income-eligible households living on Indian reservations and to Native American households residing in designated areas near reservations or in Oklahoma. USDA distributes both food and administrative funds to participating Indian Tribal Organizations and state agencies to operate FDPIR (USDA, 2022).

## **Food Access**

Access by individuals to adequate resources for acquiring culturally, medically, religiously, and choice-based appropriate foods for a nutritious diet.

## **Food Bank**

Organizations that safely store and distribute food and groceries to local food programs like food pantries, soup kitchens, and shelters (Feeding America, 2022).

## **Food Insecurity**

A person is food insecure when they lack regular access to enough safe and nutritious food for normal growth and development and an active and healthy life. This may be due to unavailability of food and/or lack of resources to obtain food. Food insecurity can be experienced at different levels of severity (Feeding America, 2022).

## **Food Pantry**

A community-based distribution center where households in need of food assistance can receive food and other products at no cost.

**Homeless**

Individual or family who lacks a fixed, regular, and adequate nighttime residence, meaning:

- 1) Has a primary nighttime residence that is a public or private place not meant for human habitation; or
- 2) Is living in a publicly or privately operated shelter designated to provide temporary living arrangements (including congregate shelters, transitional housing, and hotels and motels paid for by charitable organizations or by federal, state and local government programs); or
- 3) Is exiting an institution where (s)he has resided for 90 days or less and who resided in an emergency shelter or place not meant for human habitation immediately before entering that institution; or
- 4) Are sharing the housing of other persons due to loss of housing, economic hardship, or a similar reason; are living in motels, hotels, trailer parks, or camping grounds due to the lack of alternative adequate accommodations (HUD, 2022; Census, 2022; US Department of Education, 2022).

**Hunger**

An individual-level physiological condition that may result from food insecurity. Hunger refers to a personal, physical sensation of discomfort.

**Meal Site (also referred to as 'Soup Kitchen')**

A community-based distribution center where individuals in need of food assistance can receive a prepared meal at no cost.

**Neighbor**

A client of the charitable food system in Great Plains Food Bank's service area.

**Partner Agency (also referred to as 'Partner')**

Public charity, church, or other approved distribution partner that operates a hunger relief program under its own organizational authority and in partnership with a food bank.

**Poverty**

Refers to lacking enough resources to provide the necessities of life—food, clean water, shelter, and clothing. That can be extended to include access to health care, education and even transportation (World Vision, 2022).

**Poverty Guidelines**

Commonly referred to as the federal poverty level (FPL), are a simplified version of the federal poverty thresholds used for administrative purposes. For instance, the FPL is often used to determine financial eligibility for certain federal programs, such as Supplemental Nutrition Assistance Program (SNAP) or Women, Infant, and Children (WIC). Poverty guidelines are a set annual income by household size (Census, 2022).

**Social Determinants of Health**

The conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks (CDC, 2022).

**Supplemental Nutrition Assistance Program (SNAP)**

A federal nutrition assistance program that provides financial benefits through an EBT card to supplement the food budget of income eligible households (USDA, 2022).

**The Emergency Food Assistance Program (TEFAP)**

A federal program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food assistance at no cost. Through TEFAP, the U.S. Department of Agriculture (USDA) purchases a variety of nutritious, high-quality USDA Foods, and makes those foods available to state distributing agencies. States provide the food to local agencies that they have selected, usually food banks, which in turn distribute the food to local organizations, such as soup kitchens and food pantries that directly serve the public (USDA, 2022).

**United States Department of Agriculture (USDA)**

The federal executive department responsible for developing and executing federal laws related to farming, forestry, rural economic development, and food (USDA, 2022).



We know that hunger is a complex challenge that can't be addressed through food alone. In response to this, our work has evolved, making space for new opportunities to focus on the root causes of hunger and not only the symptoms. In 2016, we launched Ending Hunger 2.0, a new approach to ending hunger that is focused on community-based solutions that are neighbor-led and often intersect the systemic outcomes of poverty. Ending Hunger 2.0 goes beyond food to look holistically at the challenges our neighbors are facing. It allows Great Plains Food Bank to continue our core work of feeding people culturally, medically, and nutritionally appropriate food, while also working upstream to decrease the need overall. Combined with our commitment to increasing and improving food access, the work of Ending Hunger 2.0 has encouraged a shift toward long-term solutions to hunger through advocacy, research, and innovation.

This evolution has been supported through a foundation of deeply held values and guiding principles. These guiding principles serve as a framework that shapes our behavior, decision making, resource allocation, and our priorities.

**People-Centered**

We design with (not for) our neighbors and partners.

**Equity, Diversity and Inclusion**

We champion understanding, acceptance, and respect among our team, stakeholders, and those we serve.

**Nutrition and Food Safety**

We source nutritious food and ensure food safety throughout the storage and distribution to our partner agencies and neighbors.

**Data-Driven**

We collect, utilize and maintain data to understand hunger's effect on our neighbors in order to make informed decisions.

**Organizational Excellence**

We advance our organization to new levels of resiliency and strength through enhanced skills, resources, efficiencies, and relationships.

Through these commitments, we work with community partners, volunteers, food and financial donors, policymakers, media partners, neighbors and more to make our shared vision of a hunger-free North Dakota and Clay County, Minnesota possible. We believe that together, we can end hunger.



The Great Plains Food Bank is a proud member of Feeding America, the nation's leading hunger-relief charity. Membership means access to millions of pounds of surplus food and grocery donations from manufacturers and producers throughout the country, technical assistance, training, and opportunities to collaborate. The Feeding America network includes approximately 200 food banks across the US and Puerto Rico.

## B. Research Strategy

Research is a foundational part of our ability to identify who experiences food insecurity, understand the reality of hunger, and inform transformational solutions. To do this effectively, we start by making space for neighbors' voices. From here we can truly center our efforts in equity, build stronger communities, and effect lasting change for our neighbors facing hunger.

We pride ourselves on our commitment to pursuing research to better inform our work. Feeding America, the nation's network of food banks and largest domestic hunger relief organization, conducted the largest study on domestic hunger in 2010 and 2014; we participated by leading the efforts in North Dakota. While the research strategy at Feeding America has now shifted, the type of information that had been gathered was invaluable to our organization. As a result, we chose to undertake a similar, targeted study in 2019 and again in 2022. What we learn continues to be integral to our work and an important driver of our strategic direction. This data has led to successful advocacy efforts at the state level, stronger relationships with key partners, and development of emerging or current programs.

## C. Staffing

*Hunger on the Plains 2023* was overseen by the Data Insights Manager. Due to the time intensive work that is associated with data collection, an additional project staff member was sought to support the study. The Great Plains Food Bank hosted an AmeriCorps VISTA member to serve on the Ending Hunger 2.0 team as the Research and Training Specialist. This role facilitated the Neighbor Experience Survey and supported the Data Insights Manager through the data walks and analysis. The Data Insights Manager administered the Partner Agency Survey and compiled the report. Additionally, the Ending Hunger 2.0 Director contributed to the report and supported the study overall.

## D. Software

The Great Plains Food Bank utilizes Survey Monkey for the bulk of our data collection, so we opted to use this platform for this study as well. The Partner Agency Survey was conducted online, with the primary contact for each site receiving an email invitation to complete the survey. Survey Monkey allowed us to track which agencies had completed the survey and which had not so that we could send follow-up reminders as needed. There is one partner agency who does not have an email address on file with the Great Plains Food Bank, so a paper copy was mailed to that facility.

In prior years, the neighbor survey was conducted through in-person interviews with clients. Due to ongoing concerns with the COVID-19 pandemic, we did not want to put staff or neighbors in the position of having prolonged in-person interactions. Instead, we opted to allow neighbors to take the survey on their own, electronically or using a paper copy. When onsite, the Research and Training Specialist approached neighbors who were sampled to ask if they were interested in completing the survey. Those who responded positively were given a tablet on which to complete the survey. If a neighbor expressed hesitation in using the tablet, a paper copy was provided as an alternative. Paper copies were also utilized in pantries when internet connectivity was inconsistent. The Research and Training Specialist then input the responses from the paper surveys into Survey Monkey.

## E. Neighbor Experience Survey

The neighbor experience survey was conducted at food pantries and meal sites across the Great Plains Food Bank network. The survey consisted of 73 questions about household makeup, demographics, financial status, experience utilizing the charitable feeding network and barriers to access. Neighbors completed the survey on a tablet or paper copy. In total, 518 surveys were collected from 68 partner or program sites across 44 counties.

## F. Partner Agency Survey

The partner agency survey was sent to nearly all food pantry and meal site partners. The survey focused on the agency's operations and capacity. A total of 99 agencies submitted responses, for a response rate of 64%.

## G. Methodology

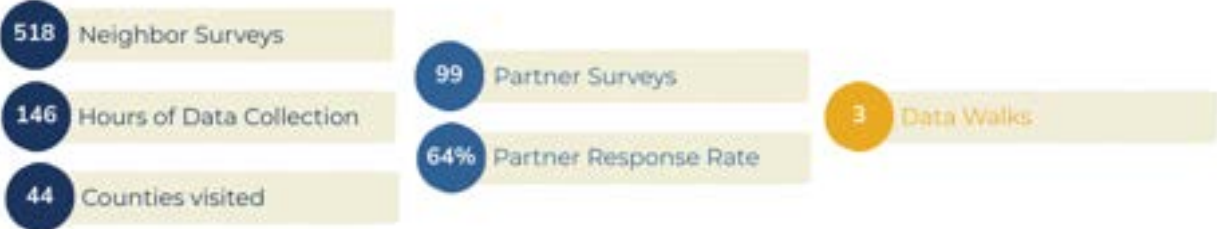
Data for *Hunger on the Plains 2023* was collected in 2022. The Partner Agency Survey was open for approximately 2.5 months from May 2022 into July 2022. The sample included all Category 1 food pantry and meal site agencies, as well as a select number of Category 2 agencies. Category 2 agencies that provide snacks or serve very specific populations were not included.

The Neighbor Experience Survey was administered from March 2022 to June 2022. The sampling design to determine which counties and agencies to include was multi-layered. The overall goal for survey collection was 500, with a minimum of 6 surveys planned for each county. Larger goals were set for counties with denser populations and/or higher food insecurity rates. These county goals included Benson (15), Burleigh (75), Cass (75), Clay (25), Grand Forks (30), McKenzie (10), Morton (25), Mountrail (10), Ramsey (10), Rolette (15), Sioux (15), Ward (20), and Williams (15). Additionally, these larger goals would allow us to conduct additional analyses, creating county reports for the counties or regional areas of Burleigh/Morton, Cass/Clay, Grand Forks, and Ward, as well as reports that represent the Native American population overall or by reservation.

With the 160 remaining surveys of our overall goal and 41 counties remaining in our service area, we opted to combine some neighboring counties. These combinations were created based on the counties with the lowest population and the lowest food insecurity rates.

A mixed sampling approach was used at each site. At distributions where large neighbor turnout was expected, a simple random sampling method was utilized. Using a random number generator, two numbers between 1 and 5 were selected to be the "start" and "rate." For example, if the numbers 5 and 2 were generated, the Research and Training Specialist would approach the 5<sup>th</sup> neighbor to attend the distribution to ask if they would complete the survey and then ask every other neighbor. This type of sampling allows for greater representation and reduced bias. At sites with lower expected attendance, we utilized convenience sampling. Here we selected the first neighbor and each neighbor thereafter, until reaching the survey goal for that site.

# H. By the Numbers



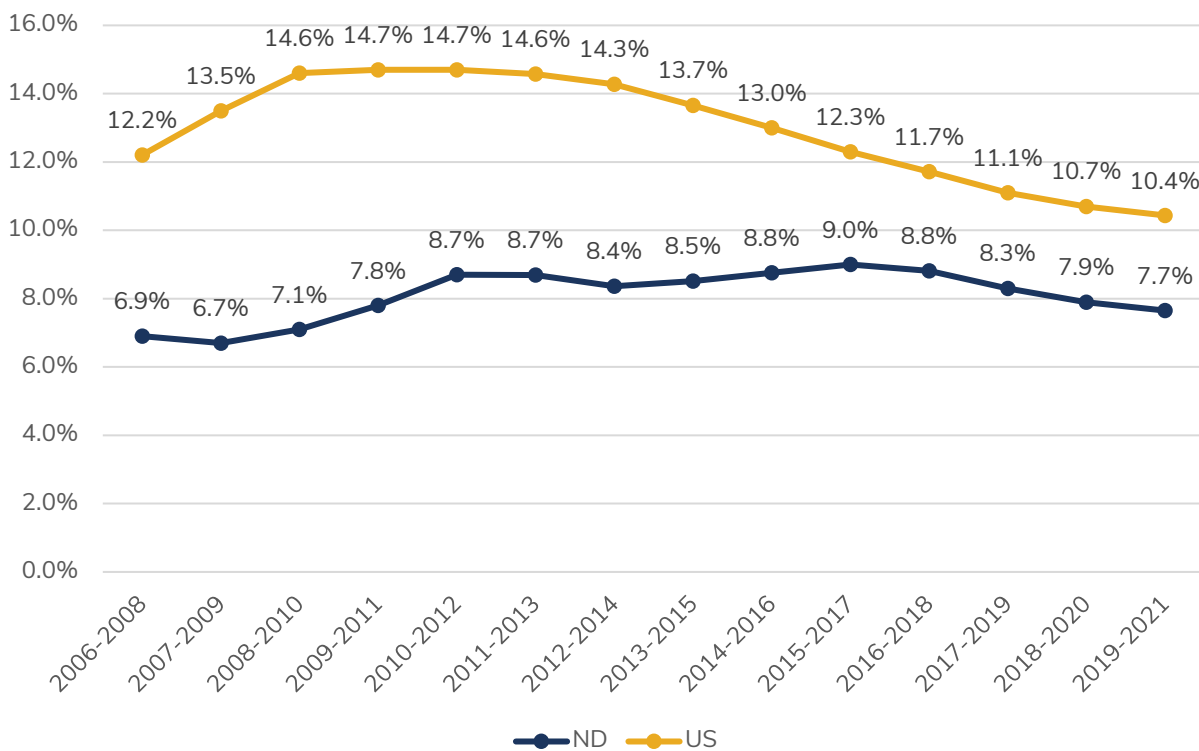
### III. Hunger, Food Insecurity, and Poverty

The feeling of being hungry is relatable to all people. Everyone can identify the feeling of a hunger pain, or the lack of energy we feel when we need to eat. However, chronic hunger or undernutrition can have a profound impact on the individuals and families who struggle to put food on their tables.

The United States Department of Agriculture (USDA) defines food insecurity as “the limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.”<sup>1</sup> Annually, USDA surveys households to estimate the number of households that are “food insecure” by state.

Historically, North Dakota’s food insecurity rate falls under the national average. Further, North Dakota has the fourth lowest rate of food insecurity, and Minnesota has the third lowest rate at 7.4%.

Figure 3.1: Food Insecurity Rates

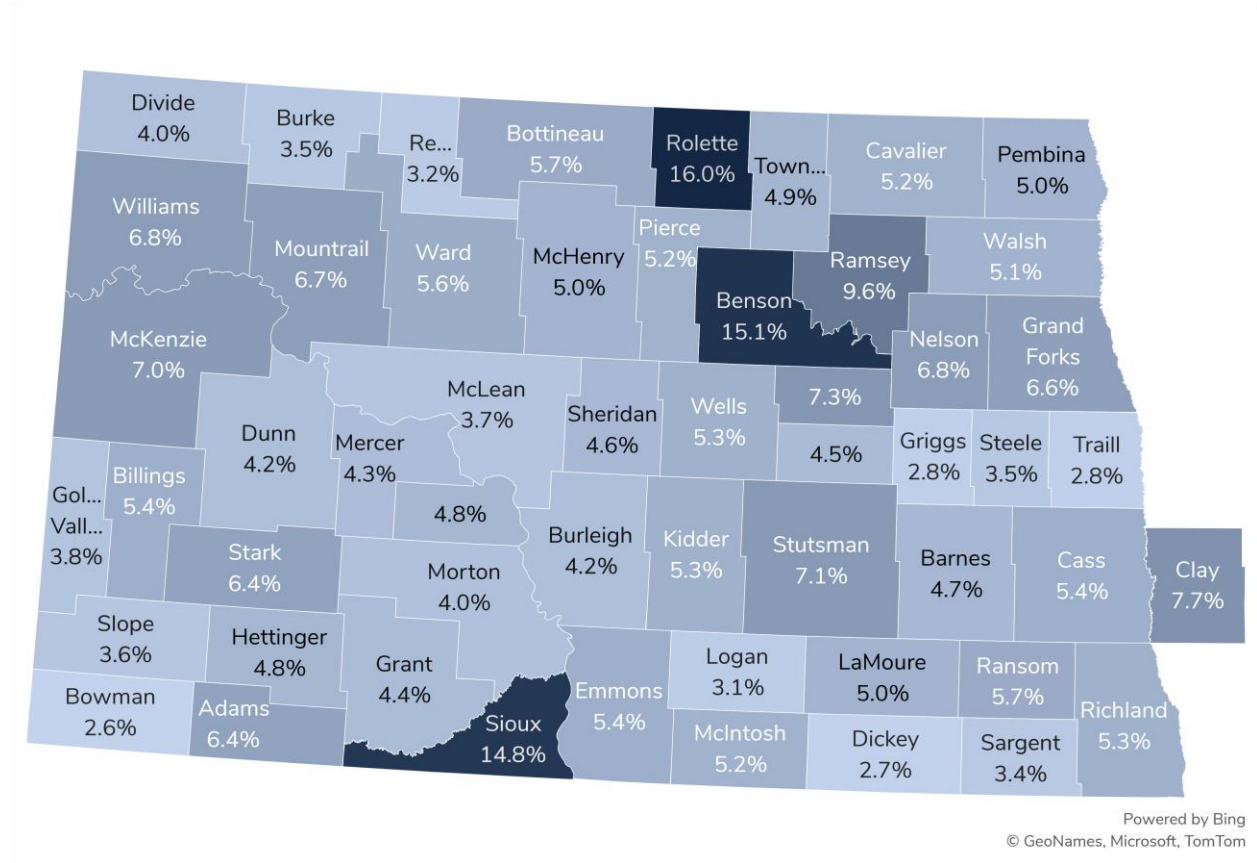


Source: United States Department of Agriculture Economic Research Service. <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/>

<sup>1</sup> U.S. Department of Agriculture Economic Research Service, “Food Security in the U.S.” <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/measurement/#insufficiency>

Feeding America moves beyond the statewide results of the USDA survey to look at food insecurity at the county level, as part of their Map the Meal Gap analysis. Figure 3.2 outlines the food insecurity rate for each county in Great Plains Food Bank’s service area. There is wide variance by county, with some counties experiencing food insecurity rates of less than 3% while others facing rates of over 15%. (Note: these rates reflect 2020 data.)

Figure 3.2: County Level Food Insecurity Rates



Source: Feeding America. <https://map.feedingamerica.org/county/2020/overall/north-dakota/organization/great-plains-food-bank>

According to World Vision, poverty is “lacking enough resources to provide the necessities of life – food, clean water, shelter, and clothing.”<sup>2</sup> Federal programs, including food assistance programs, use poverty guidelines to determine whether a household is eligible to receive benefits. The relation to the poverty guideline varies by program, while some may deem families at 200% of poverty to be eligible and others 135% of poverty.

Federal poverty rates are determined on an annual basis. Table 3.1 outlines the federal poverty guidelines for 2023.

Table 3.1: Federal Poverty Guidelines

Persons in Household	2023 Federal Poverty Guidelines
1	\$14,580
2	\$19,720
3	\$24,860
4	\$30,000
5	\$35,140
6	\$40,280
7	\$45,420
8	\$50,560
Add \$5,140 for each additional person in the household.	

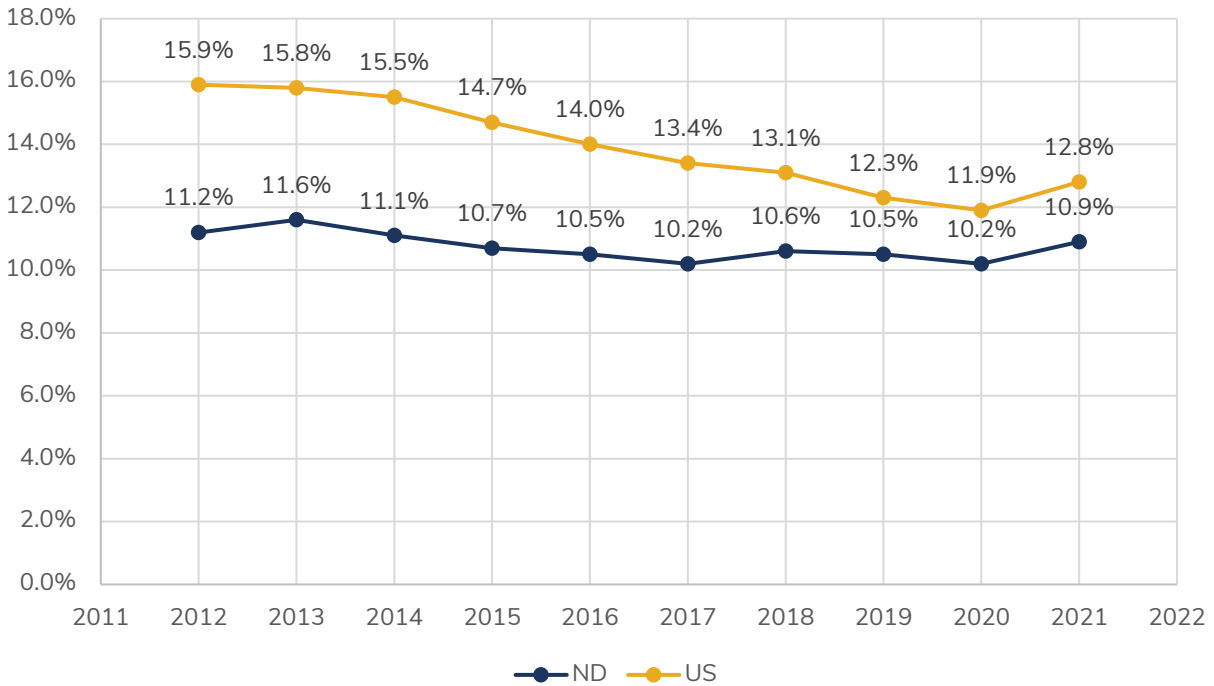
Source: United States Department of Health and Human Services, Office of the Assistant Secretary for Planning and Evaluation. <https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>

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<sup>2</sup> World Vision, What is Poverty. <https://www.worldvision.ca/stories/child-sponsorship/what-is-poverty#1>

Over time North Dakota's poverty rates have consistently been lower than the national average, although we can see that this rate has been trending closer to the national average over the past few years.

Figure 3.3: Poverty Rates



Source: United States Census Bureau, Small Area Income and Poverty Estimate. [https://www.census.gov/data-tools/demo/saipe/#/?s\\_state=38&s\\_county=&s\\_district=&s\\_geography=us&map\\_yearSelector=2011&x\\_tableYears=2021,2020,2019,2018,2017,2016,2015,2014,2013,2012,2011](https://www.census.gov/data-tools/demo/saipe/#/?s_state=38&s_county=&s_district=&s_geography=us&map_yearSelector=2011&x_tableYears=2021,2020,2019,2018,2017,2016,2015,2014,2013,2012,2011)

Although 10.9% of the population in North Dakota is considered to live at or below the poverty level, we know that more families struggle to make ends meet. Our neighbors turn to the charitable feeding network to fill in the gaps whether or not they receive or qualify for federal benefits.

## IV. Neighbor Experience Survey

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### A. Background

The Neighbor Experience Survey was administered March through June 2022. The Research and Training Specialist traveled to food pantry and meal site partners across North Dakota and Clay County, Minnesota, visiting 68 sites in 42 counties. A total of 146 hours were spent collecting data.

At each site, the Research and Training Specialist determined the appropriate sampling method, either Random Sampling or Convenience Sampling, based on the number of expected neighbors. According to the sample, neighbors were approached, explained the purpose of the survey, and asked to participate. Those who opted in were provided \$10 cash in appreciation of their time.

Verbal consent was provided from those willing to complete the survey. Respondents were informed that their participation was voluntary, they could refuse to answer any question, and they could stop the survey at any time. Neighbors were provided a tablet on which to complete the survey. Those who expressed hesitation in using the tablet were allowed to complete the survey using a paper copy. The survey consisted of 73 questions focused on eight categories: (1) Demographics, (2) Housing, (3) Health, (4) Income and Financial Assistance, (5) Food and Food Assistance, (6) Food Pantry and Soup Kitchen Experience, (7) Food Security, and (8) Barriers.

A total of 518 surveys were collected: 476 at food pantries and 42 at meal sites.

Throughout this report, it's important to note that due to rounding, some totals may exceed 100%. For more information about the limitations of the data, please visit section VII *Limitations and Recommendations for Future Study*.

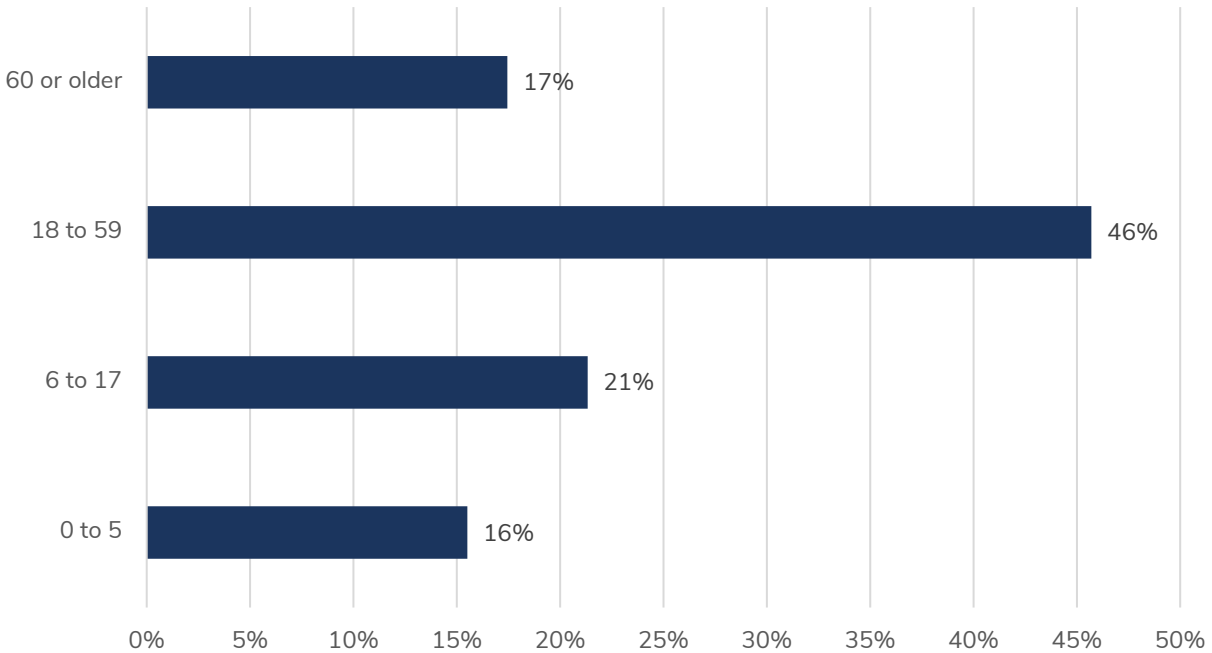
### B. Demographics

The survey began with questions about household makeup, to set a foundational understanding of who is represented within the findings.

Neighbors were asked what age range all people within the household fall into (0-5; 6-17; 18-59; and 60 or older). In total, 518 households completed the survey, representing 1,547 people.

Of all household members 46% are adults, age 18-59, 17% are 60 or older and 37% are children, combining the age ranges of 0-5 and 6-17.

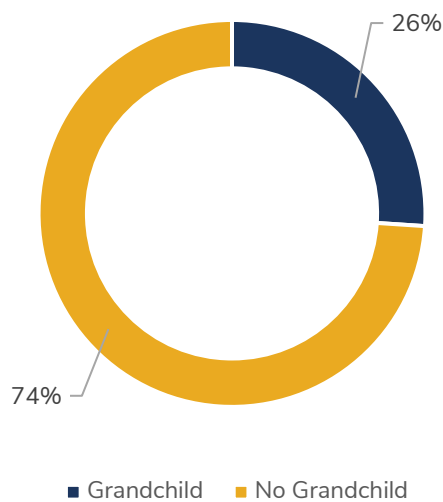
Figure 4.1: Ages of All Household Members



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q1, Q2, Q3, Q4. (N=1547)

Twenty-six percent (26%) of households include a grandchild. Within these households, 71% of respondents are responsible for the basic needs of the grandchild(ren).

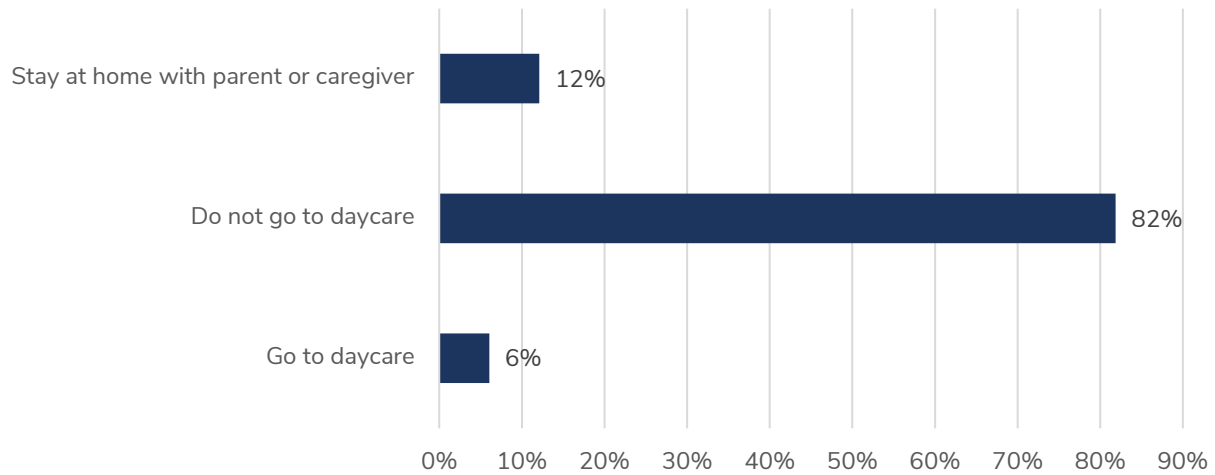
Figure 4.2: Grandchild(ren) in Household



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q5. (N=215)

Respondents with children in the household were asked if their child(ren) attended daycare and what type of facility/program. Most respondents, 82%, shared that their children did not attend daycare, while 12% stay at home with a parent or caregiver and 6% go to daycare. In reviewing the age-based data collected in earlier questions, we recall that of the total household members, more school aged children (6-17) represented.

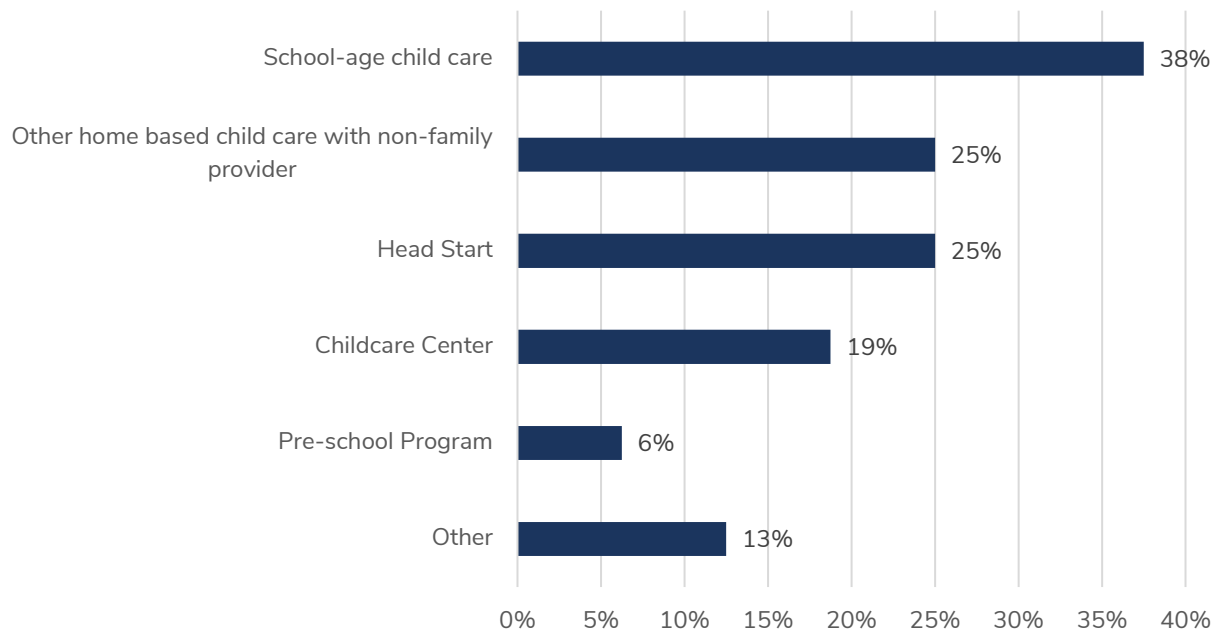
Figure 4.3: Childcare



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q7. (N=215)

Of respondents whose children go to day care, 38% attend school-age childcare, 25% stay with a home-based childcare provider, and 25% attend head start.

Figure 4.4: Types of Childcare

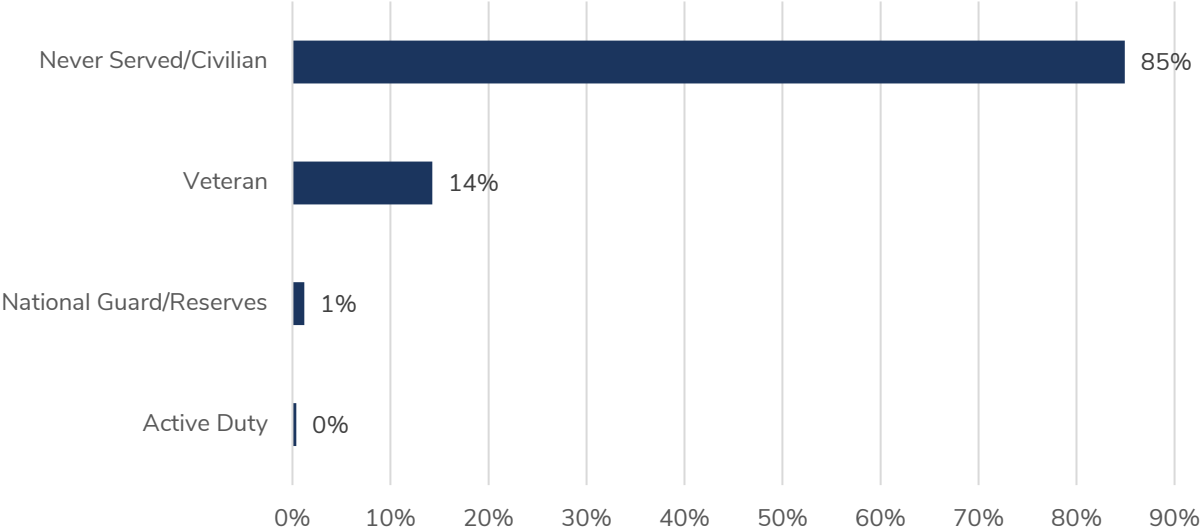


Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q8. (N=34)

“Other” responses included early childhood education and cared for by another family member.

Respondents were also asked about the military status of any individual(s) in the household. Since the answer could reflect more than one person, respondents were allowed to select more than one answer. Eighty-five percent (85%) of households are made-up of only civilians, or have never served, while 14% have at least one veteran and 1% include National Guard members.

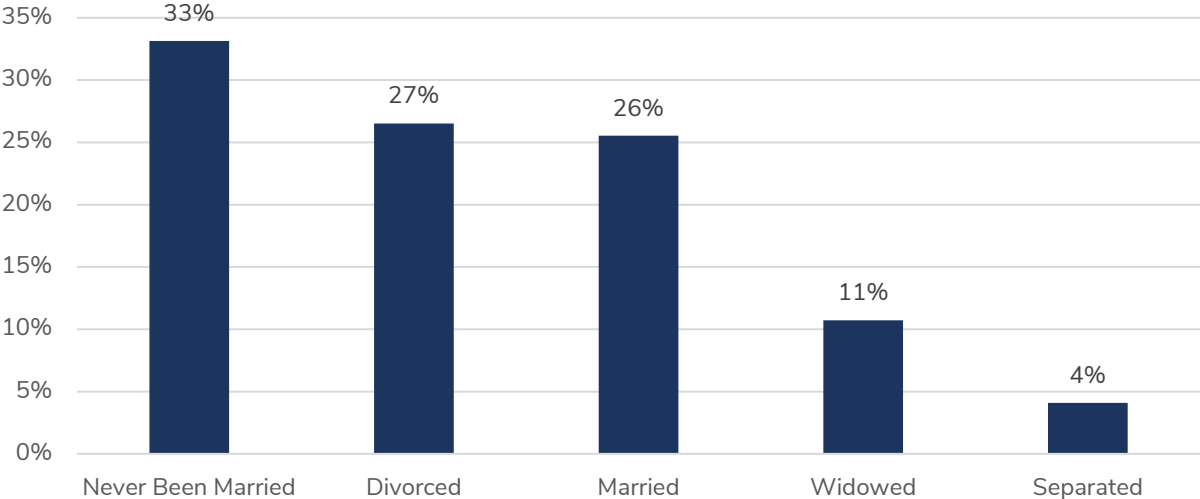
Figure 4.5: Military Status



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q9. (N=491)

Neighbors were asked to report their marital status. Thirty-three percent (33%) of respondents have never been married, 27% are divorced, and 26% are married.

Figure 4.6: Marital Status

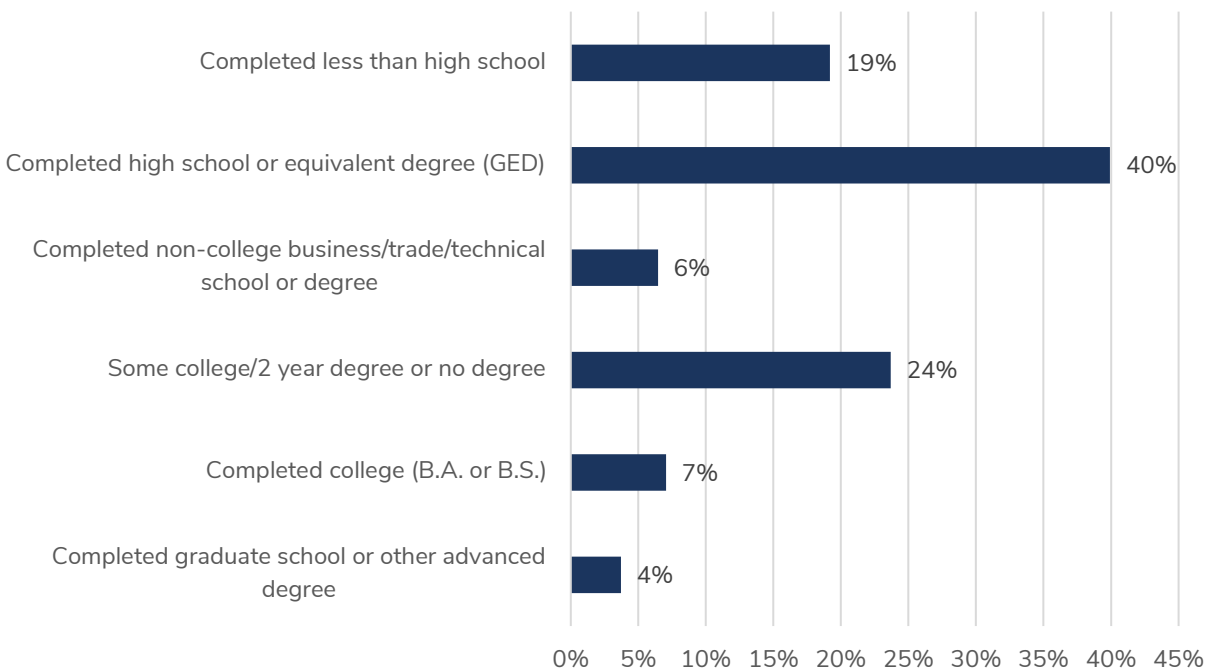


Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q10. (N=513)

Respondents were asked about their highest level of education completed. Level of education is often an important factor in determining an individual's employment and income potential. Nineteen percent (19%) completed less than high school, 40% completed high school or an equivalent degree, 6% completed non-college business/trade/technical school or degree, 24% have some college/2 year degree or no degree, 7% completed college, and 4% completed graduate school or another advanced degree.

Within our service area, 94% of residents have a high school diploma or higher and 33.6% of residents have a bachelor's degree or higher.<sup>3 4</sup>

Figure 4.7: Education Level



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q11. (N=511)

<sup>3</sup> U.S. Census Bureau. North Dakota QuickFacts. <https://www.census.gov/quickfacts/ND>

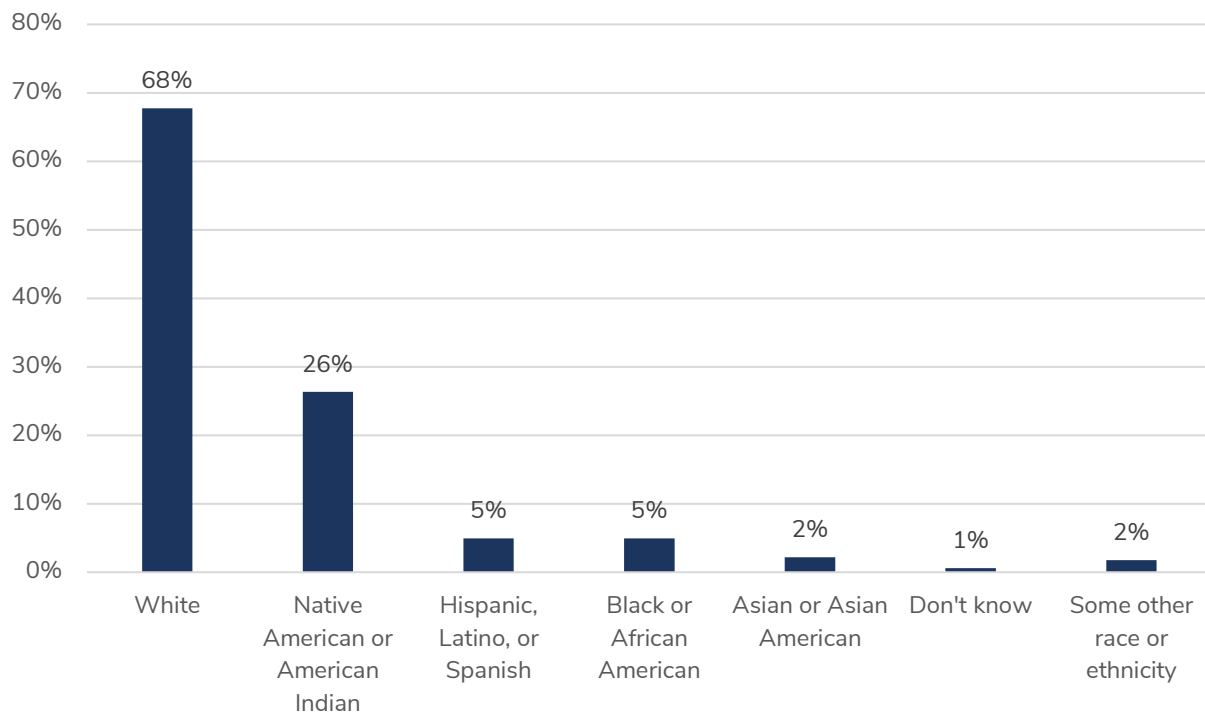
<sup>4</sup> U.S. Census Bureau. Clay County, Minnesota QuickFacts.

<https://www.census.gov/quickfacts/fact/table/claycountyminnesota,MN/PST045222,PST045221>

When asked about race/ethnicity, respondents were allowed to select more than one option. Sixty-eight percent (68%) of respondents identify as White and 26% identify as Native American or American Indian. Two percent (2%) of respondents selected more than one race/ethnicity.

In looking the population across our service area, 88% of people identify as White and four 4% identify as American Indian/Alaska Native, according to the U.S. Census Bureau.<sup>5 6</sup> We opted to distinguish between Native American/American Indian and Alaska Native, because it is the largest minority in North Dakota and Clay County, Minnesota. When combining those that identify as American Indian and Alaska Native in our results, the percent increases by one to 27%. There is a deep disparity in the number of Native Americans in need of food assistance compared to the overall population. This disparity is a result on systemic oppression and poverty and the long-term issues associated with colonization.

Figure 4.8: Race/Ethnicity



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q16. (N=505)

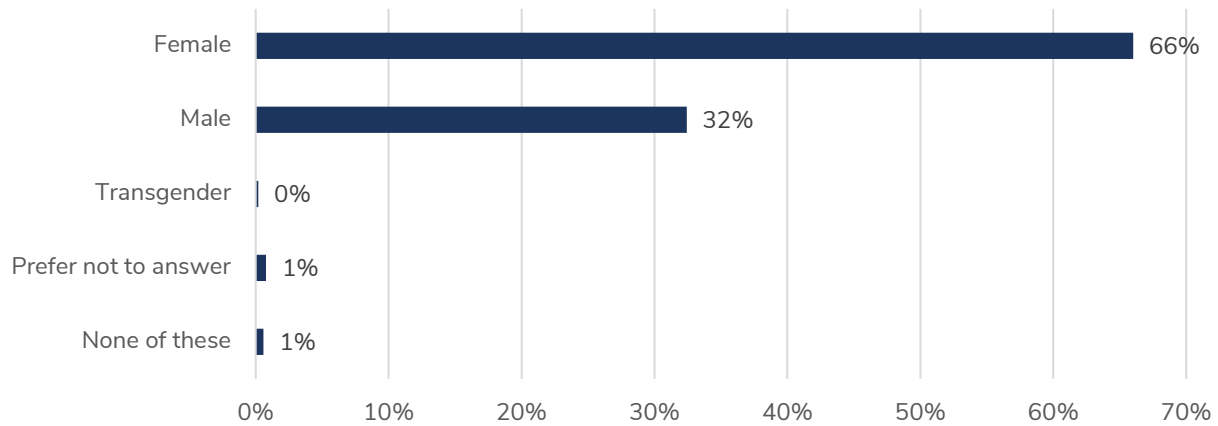
<sup>5</sup> U.S. Census Bureau. North Dakota QuickFacts. <https://www.census.gov/quickfacts/ND>

<sup>6</sup> U.S. Census Bureau. Clay County, Minnesota QuickFacts.

<https://www.census.gov/quickfacts/fact/table/claycountyminnesota,MN/PST045222,PST045221>

Neighbors were also asked about their gender identity. Sixty-six percent (66%) of respondents identify as female, and 32% identify as male. Although no respondents selected the “transgender” answer option, the principal study facilitators felt this was an important addition to improve the inclusivity of identities experienced by individuals in our service area. We expect that further development of this question (and its associated answer options) and ones similar to it are likely to yield more nuanced depictions of those we serve.

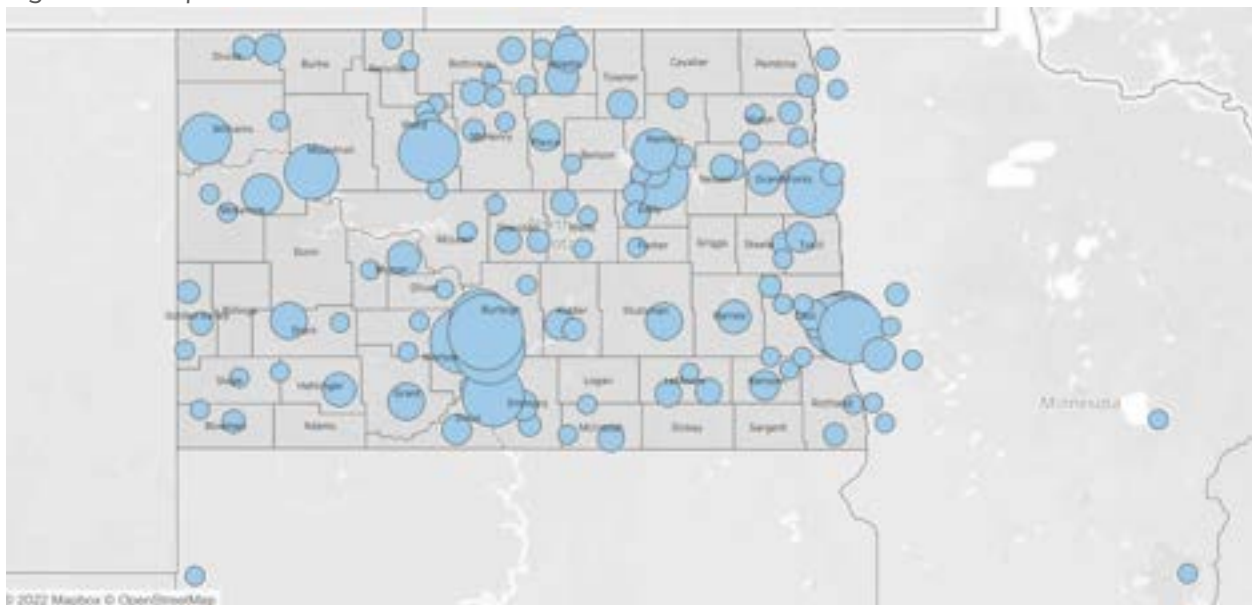
Figure 4.9: Gender Identity



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q17. (N=512)

Respondents were asked to provide their current zip code. This data is useful in helping to illustrate where the neighbors we’re serving currently live. We find that this data is somewhat skewed when we consider how people currently experiencing homelessness might report their current zip code. While most respondents reported a zip code within the service area of the Great Plains Food Bank, nine respondents live outside of our service area.

Figure 4.10: Zip Code



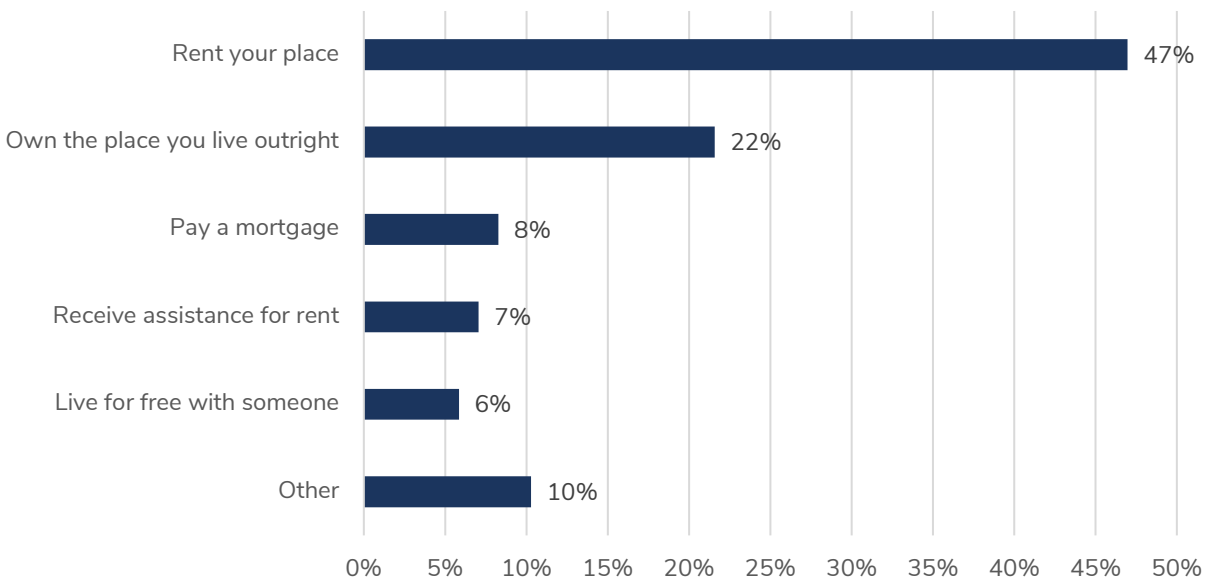
Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q18.

## C. Housing

Without adequate, safe, or consistent housing, food insecurity is seemingly an inevitable circumstance. Housing stability is critical to food security. The questions within this section focus on residence type, cost of housing, and other circumstances related to the topic.

The first question related to housing asked about the respondent's current living situation. Forty-seven percent (47%) of respondents rent their residence, 22% own their residence outright, and 8% pay a mortgage.

Figure 4.11: Current Living Situation

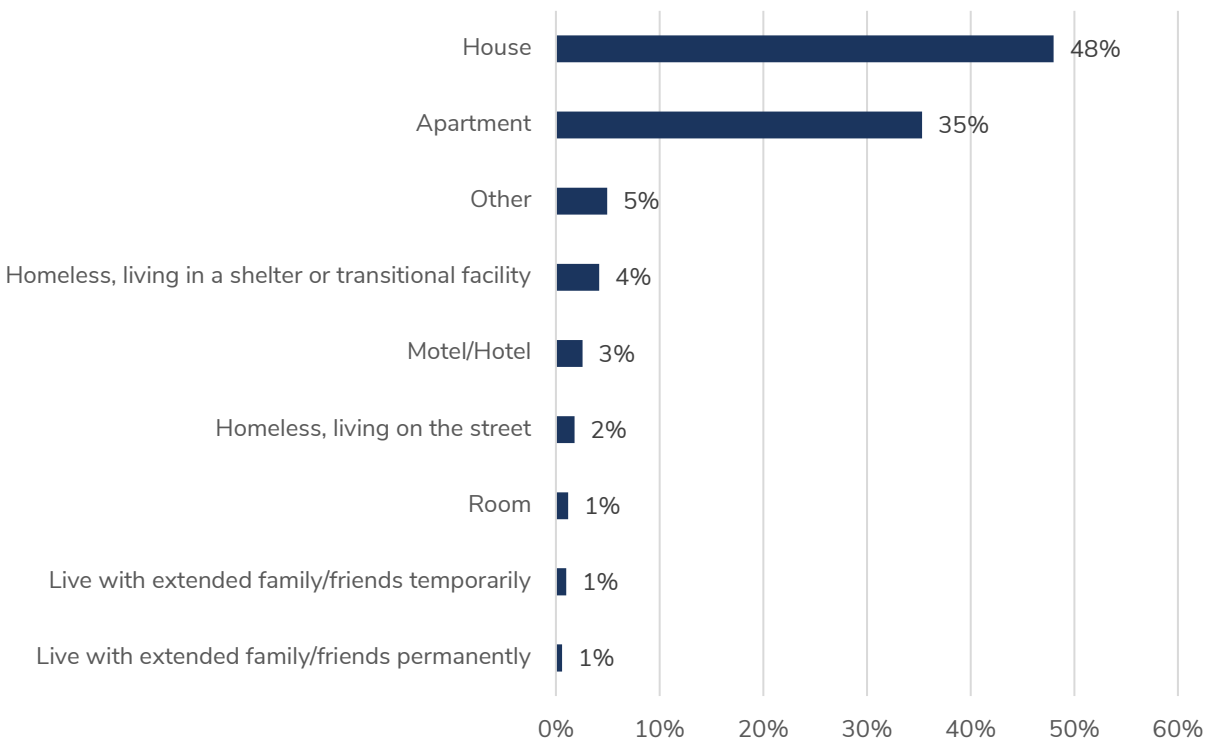


Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q19. (N=496)

Respondents were then asked about their type of residence. Most respondents (48%) live in a house, although many (35%) live in an apartment.

In determining the number of respondents who are homeless, we utilized a hybrid definition (please refer to Section I. Definitions for more detail) to most comprehensively describe the experience of homelessness. This definition considers anyone who lacks a fixed, regular, and adequate nighttime residence as experiencing homelessness. Using this definition, we combined all households who responded as living in a motel/hotel, living with extended family/friends temporarily, living with extended family/friends permanently, homeless living in a shelter or transitional housing facility, homeless living on the street, living in a car, van, or recreational vehicle, or an abandoned building to find that 11% of respondents are currently unhoused.

Figure 4.12: Type of Residence

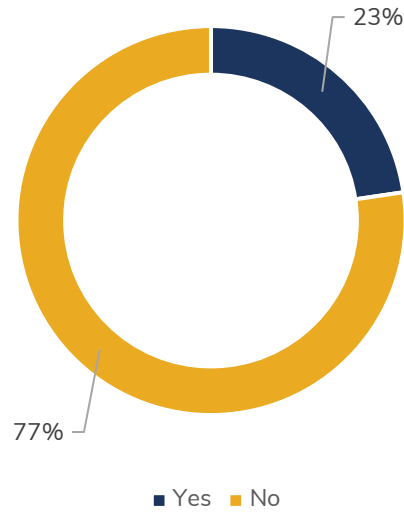


Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q20. (N=503)

"Other" responses included living in trailer/mobile home, a retirement community, a condo, and a duplex.

Neighbors who pay rent or mortgage were asked if they were late in paying the previous month's rent. Twenty-three percent (23%) reported that they made the payment late.

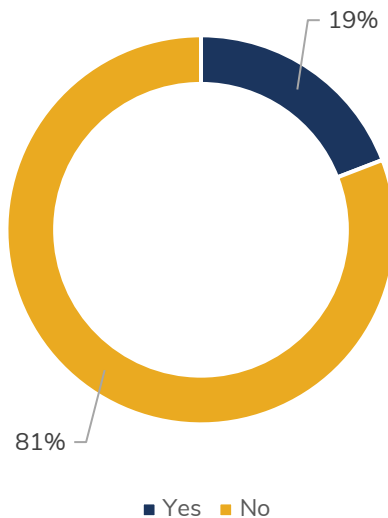
Figure 4.13: Late in Paying Mortgage/Rent



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q21. (N=344)

Respondents were then asked if they receive Section 8 or Public Housing Assistance. While most respondents, 81%, do not receive one of these benefits, 19% do receive one.

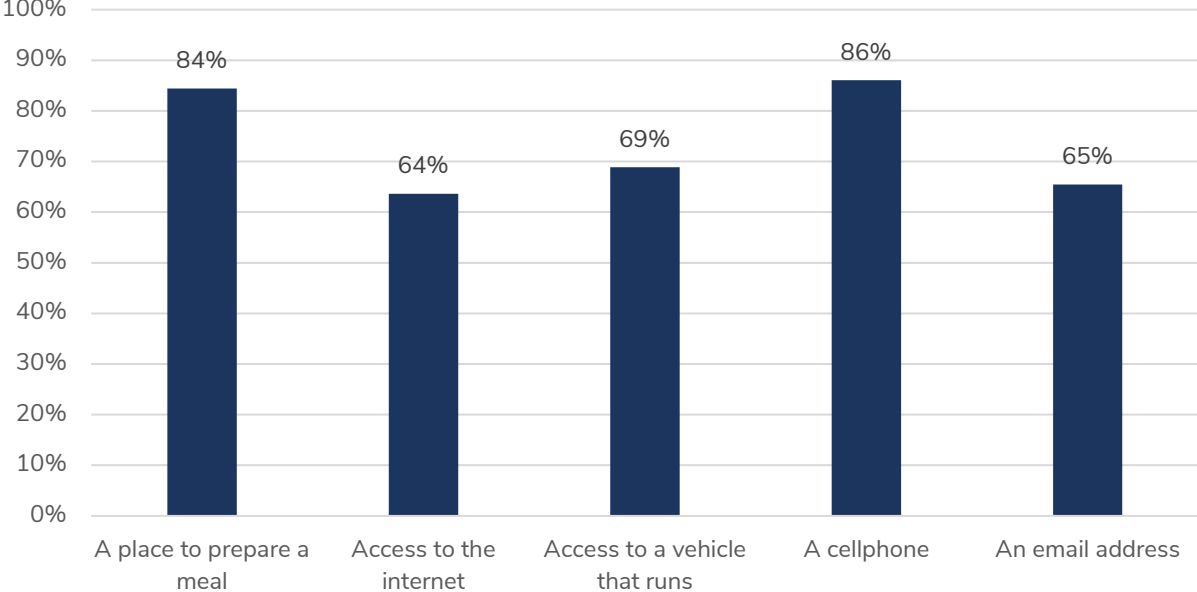
Figure 4.14: Receipt of Section 8 or Public Housing Assistance



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q22 (N=496)

Technology plays an important role in how we access information and receive services. Thirty-six percent (36%) of respondents do not have access to the internet, 35% do not have an email address, and 14% do not have a cellphone.

Figure 4.15: Individual Access



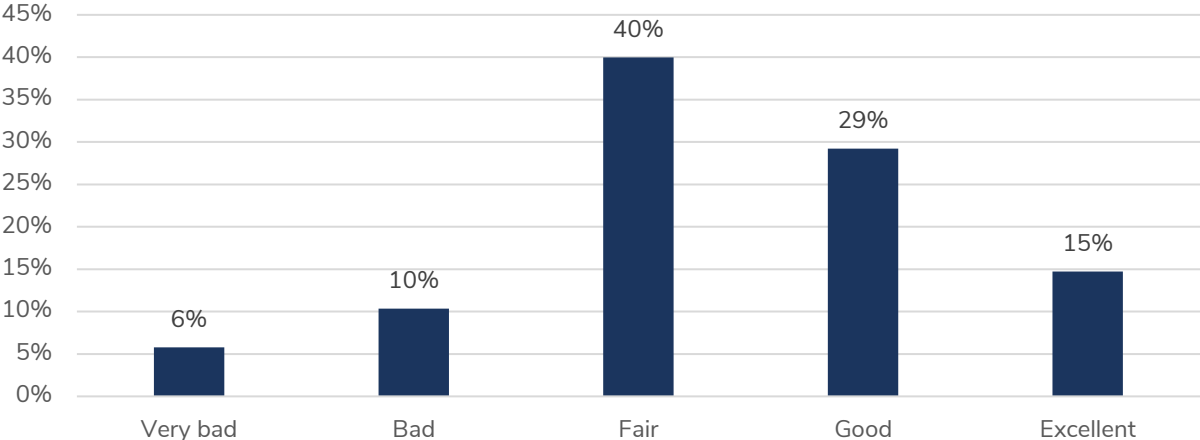
Source: *Hunger on the Plains 2023. Neighbor Experience Survey, Q23. (N=495)*

### D. Health

Health and hunger are intricately linked. We know that good nutrition and reliable food access leads to better health outcomes for all people. Great Plains Food Bank holds an important role in the communities we serve as a critical part of the food system with a responsibility to provide food that meets the diverse nutritional needs of our neighbors. In a previous iteration of this study, *Hunger in North Dakota 2018*, we learned the extent to which neighbors were experiencing chronic disease, in particular those exacerbated by poor nutrition and low food security. The findings of *Hunger on the Plains 2023* validate our earlier findings and further clarifies critical details.

Neighbors were asked to rate their personal health on a scale of Very Bad to Excellent. Most (40%) respondents gave a rating of fair. It is striking that although neighbors are experiencing food insecurity and as noted in subsequent tables, experiencing chronic disease, most still rate their health somewhat favorably.

Figure 4.16: Health Rating



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q24. (N=503)

The table below outlines the reported conditions experienced by the survey respondent. Respondents could select multiple conditions. We found that 75% of neighbors experience at least 1 of the chronic health conditions listed below (or other as further described) and 65% are managing multiple co-occurring conditions. This list of response options was built with support from a list of common conditions reported by the Centers for Disease Control and Prevention (CDC, 2020). As noted, the top reported conditions among respondents were high blood pressure (32%), depression or other mental health conditions (31%), and diabetes (24%).

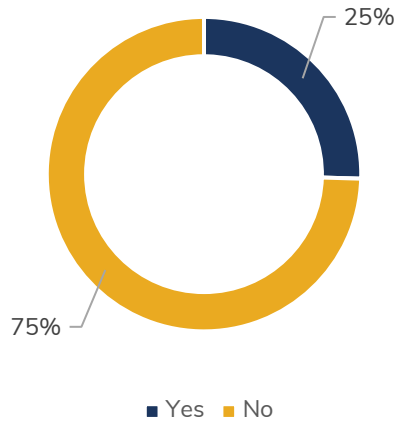
Table 4.1: Chronic Health Conditions

Respondent Chronic Health Conditions (N=488)	
Addiction	7%
Alzheimer's	1%
Asthma	17%
Diabetes	24%
Depression/other mental health problems	31%
Glaucoma	2%
Heart Disease	10%
High Blood Pressure	32%
Obesity	14%
Osteoporosis	9%
None	25%
Other	24%

Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q26. (N=488)

Respondents were next asked if there were other members of the household in poor health. Of those respondents who have other people in their household, 25% shared that at least one other household member is in poor health.

Figure 4.17: Other Household Members in Poor Health



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q25. (N=436)

Previous iterations of this study did not separate the respondent's chronic conditions from those experienced by other individuals in the household; thus leading to a double-barreled question – a limitation of the previous study. However, we are now able to detail that while 75% of survey respondents were personally managing at least one chronic health condition, of those with additional household members, 70% of those households also had another individual (other than the respondent) who was managing a chronic condition. This compounding effect of multiple household members managing the financial burden, stress, and other outcomes of chronic disease is likely to have a greater impact on these households.

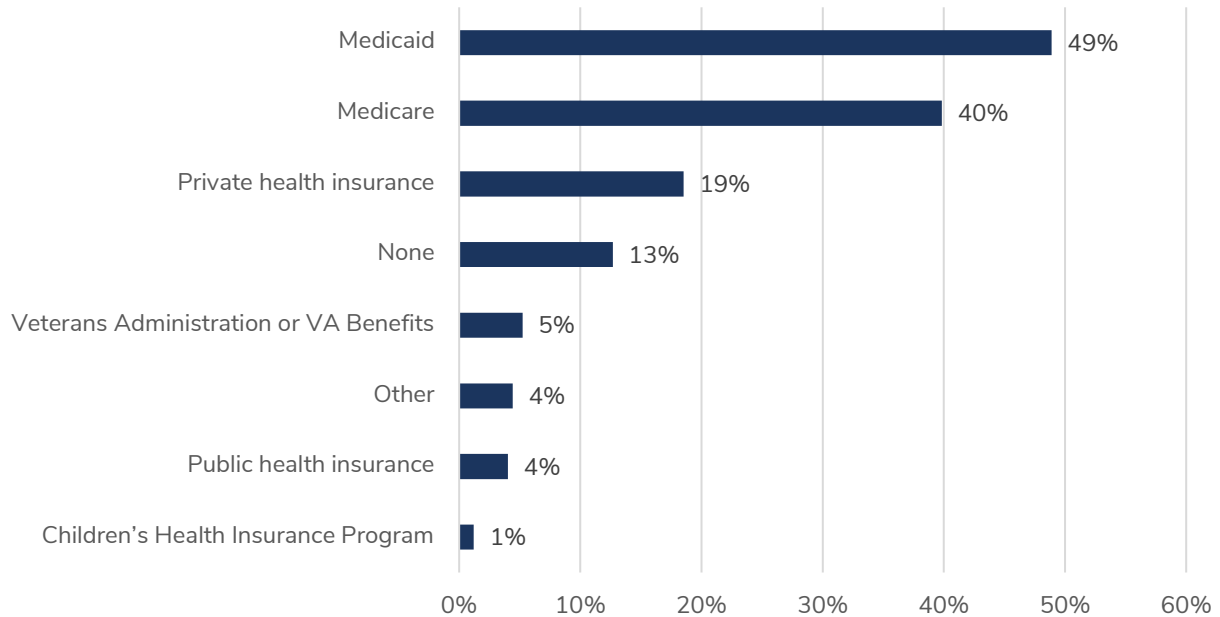
Table 4.2: Other Household Member Chronic Health Conditions

Other Household Member Chronic Health Conditions (N=441)	
Addiction	6%
Alzheimer's	1%
Asthma	14%
Diabetes	20%
Depression/other mental health problems	19%
Glaucoma	2%
Heart Disease	10%
High Blood Pressure	23%
Obesity	8%
Osteoporosis	0%
None	30%
Other	12%

Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q27. (N=441)

Neighbors were also asked what type of health insurance they have. Forty-nine percent (49%) reported having Medicaid, 40% reported having Medicare, and 19% reported having private health insurance. Thirteen percent (13%) do not have health insurance.

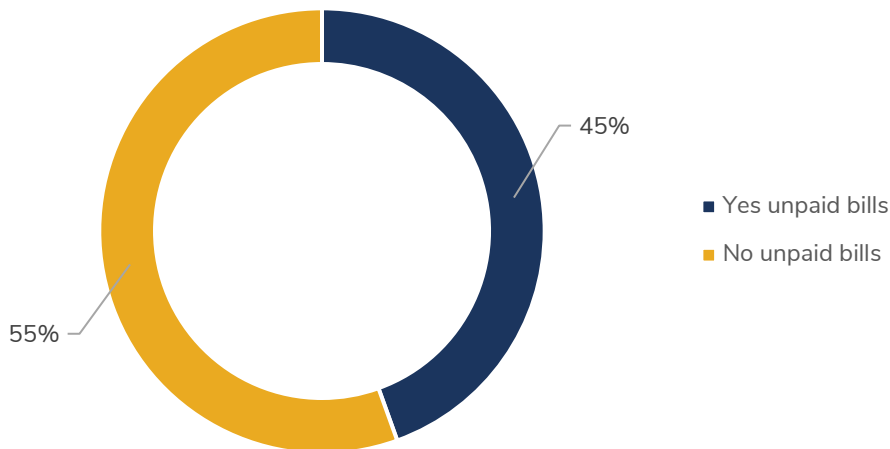
Figure 4.18: Types of Insurance



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q28. (N=497)

The final health-related question asked neighbors if anyone in their household had unpaid medical or hospital bills. Forty-five percent (45%) of households do have unpaid bills, while 55% do not have unpaid bills.

Figure 4.19: Unpaid Medical or Hospital Bills



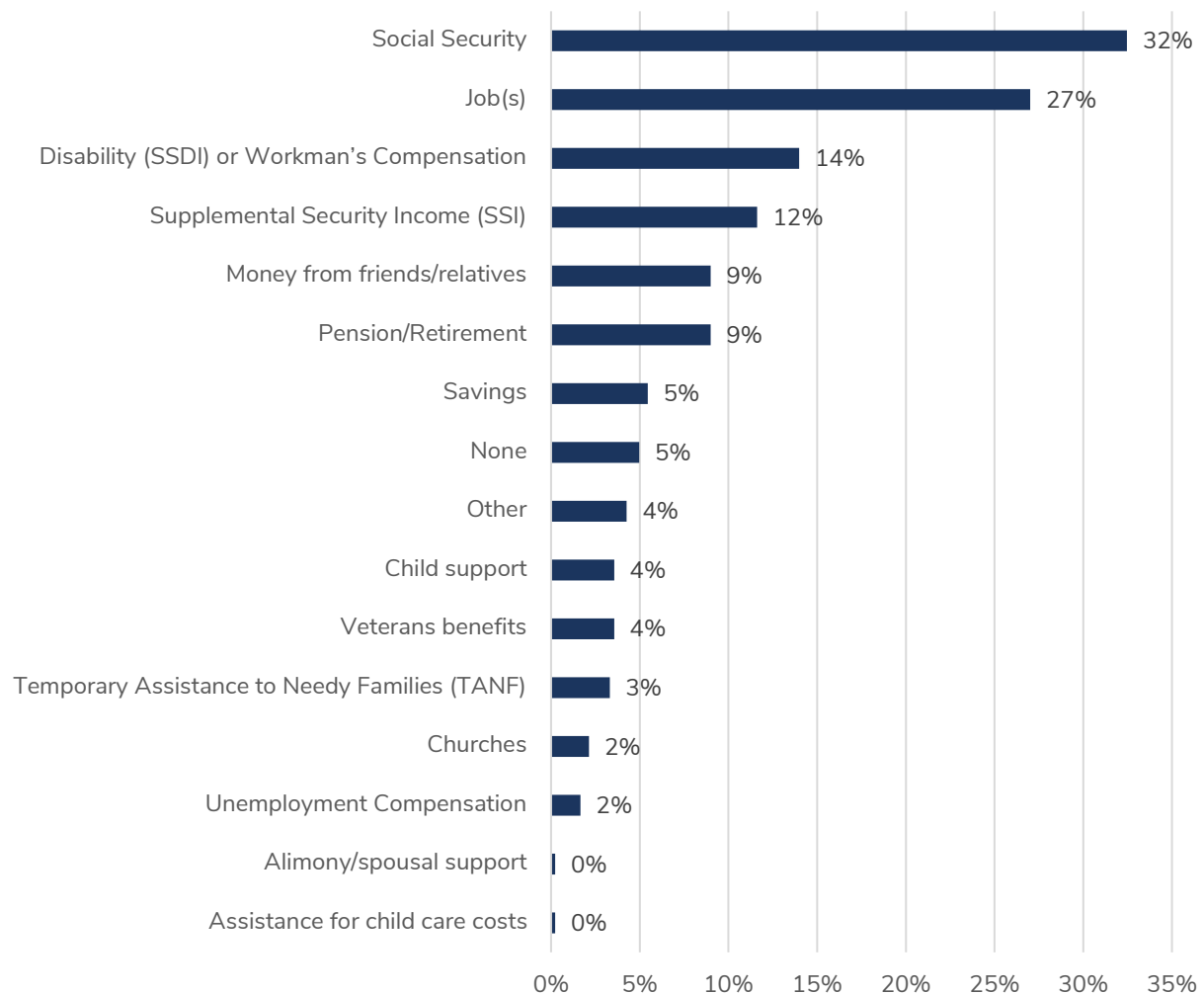
Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q29. (N=492)

## E. Employment and Income and Financial Assistance

Household income is directly tied to a neighbor's ability to purchase high quality, nutritional food. This section focuses on each household's sources of income and employment status. Although questions pertaining to employment were asked in the Demographics section, this data helps in understanding the full context of a household's financial status.

Respondents were asked to select all sources of income they had received in the last month. Most commonly, 32% of respondents report receiving Social Security, 27% receive money through employment, and 14% receive Social Security Disability Insurance or Workman's Compensation. Twenty-three percent (23%) of neighbors reported having more than one source of income.

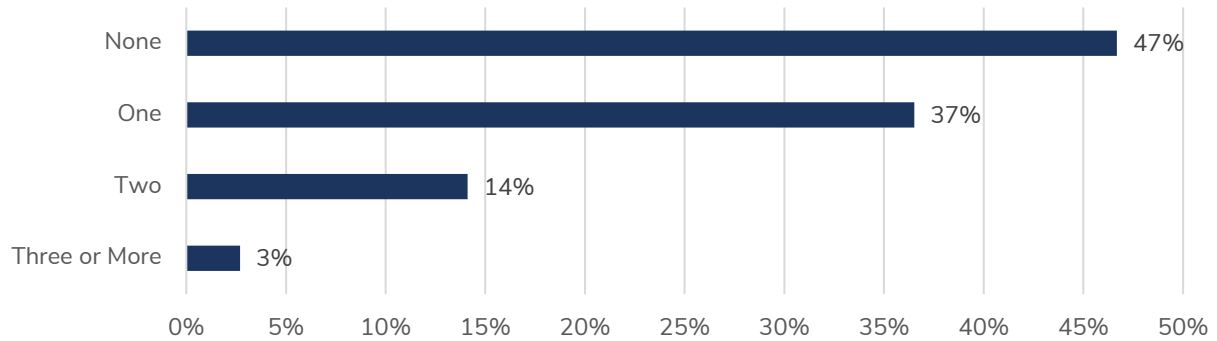
Figure 4.20: Income Sources



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q30. (N=422)  
"Other" responses included oil checks/mineral rights, adoption subsidy,

Within the demographics section of the survey, neighbors were asked about the total number of people within the household who are employed. In 47% of households, no household member is currently employed. Thirty-seven percent (37%) of households have one person who is employed, 14% have two people who are employed, and 3% have three or more people who are employed.

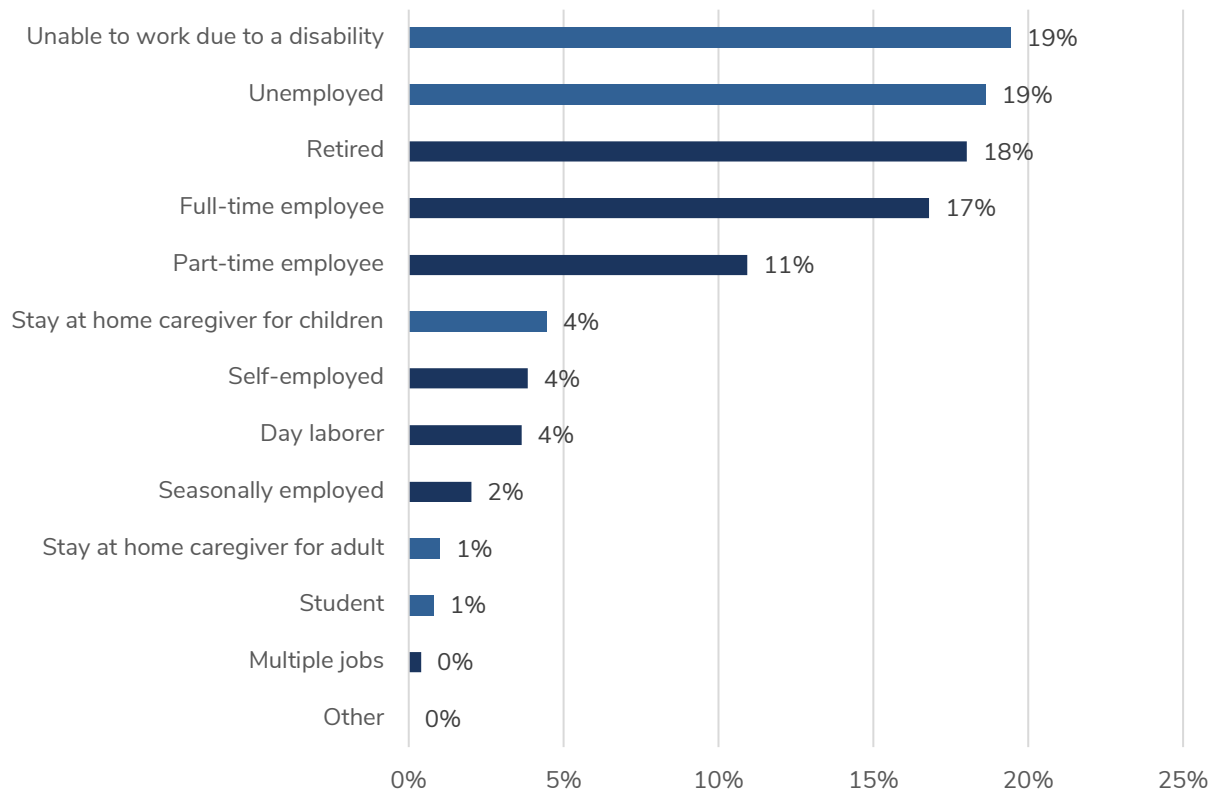
Figure 4.21: Household Employment



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q12. (N=482)

The next question focused on the employment status of the respondent. Nineteen percent of respondents (19%) are unable to work due to a disability, 19% are unemployed, and 18% are retired. Seventeen percent (17%) of respondents work full-time while 11% work part-time.

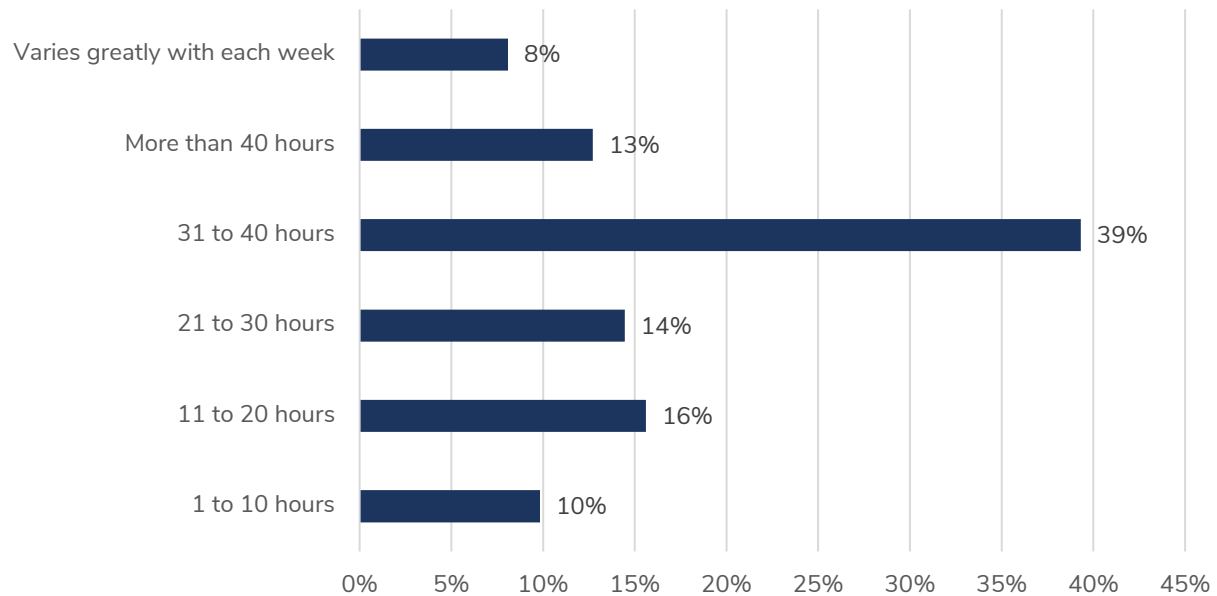
Figure 4.22: Respondent Employment Status



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q13. (N=495)

When asked about the number of hours worked each week by the respondent, the most common response was that neighbors are working 31-40 hours per week (39%). Sixteen percent (16%) work 11-20 hours per week, and 14% work 21-30 hours per week.

Figure 4.23: Hours Worked Per Week



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q15. (N=173)

Respondents were asked to provide their hourly wage for the job they consider their main job (if they work more than one). The average hourly wage is \$15.35. The median wage is \$15.00.

Respondents were also asked to provide their household's total income in the previous month. The average monthly wage was \$1,769. The median monthly wage is \$1,200. We know that in some cases this may not be an exact number and were comfortable with this level of estimation.

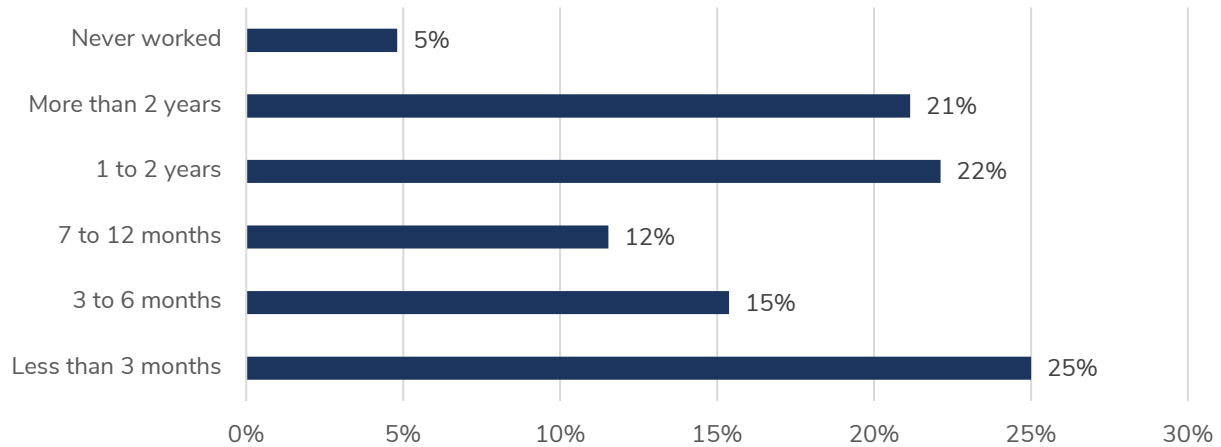
In looking at respondents whose households consist of four people, the average annual income is \$20,500. The 2023 poverty rate for a family of four is \$30,000.<sup>7</sup>

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<sup>7</sup> U.S. Department of Health and Human Services. <https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>

Respondents who shared that they are currently unemployed were asked how long they had been unemployed. Twenty-five percent (25%) of respondents have been unemployed for less than three months, 22% have been unemployed 1-2 years, and 21% have been unemployed more than 2 years.

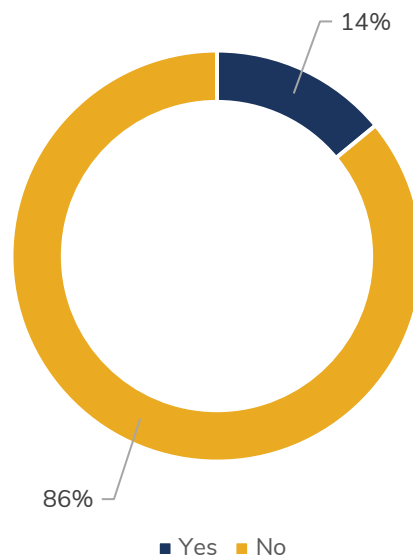
Figure 4.24: Length of Unemployment



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q14. (N=104)

Neighbors were asked if they participated in any government sponsored job training or work experience programs, such as the SNAP Employment and Training Program or a work program tied to TANF. Most respondents, 86%, do not participate in any of these types of programs, while 14% do participate in one.

Figure 4.25: Participation in Job Training/Work Experience Programs



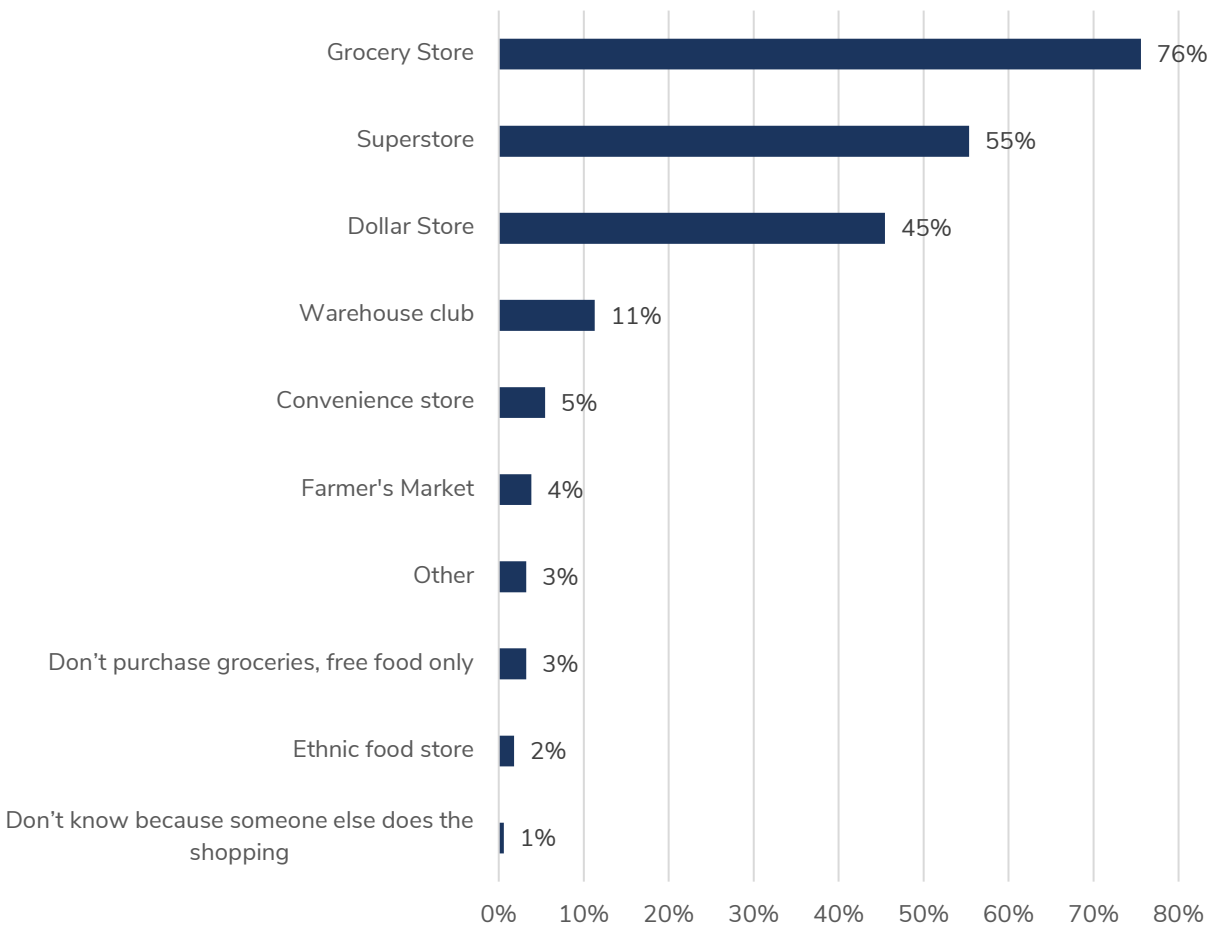
Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q29. (N=458)

## F. Food and Food Assistance

Our population of study consists of individuals who access the charitable feeding network to secure meals and/or groceries. To understand the broader context of all of the sources neighbors utilize to secure food the Food and Food Assistance section focuses on questions related to how neighbors access food including the types of facilities they purchase food from, how they access these facilities, their preferred food types, and participation in the Supplemental Nutrition Assistance Program.

This section began by asking respondents where they do their grocery shopping. Most commonly, neighbors reported shopping at grocery stores, 76%, at superstores such as Wal-Mart or Target, 55%, and at a dollar store, 45%.

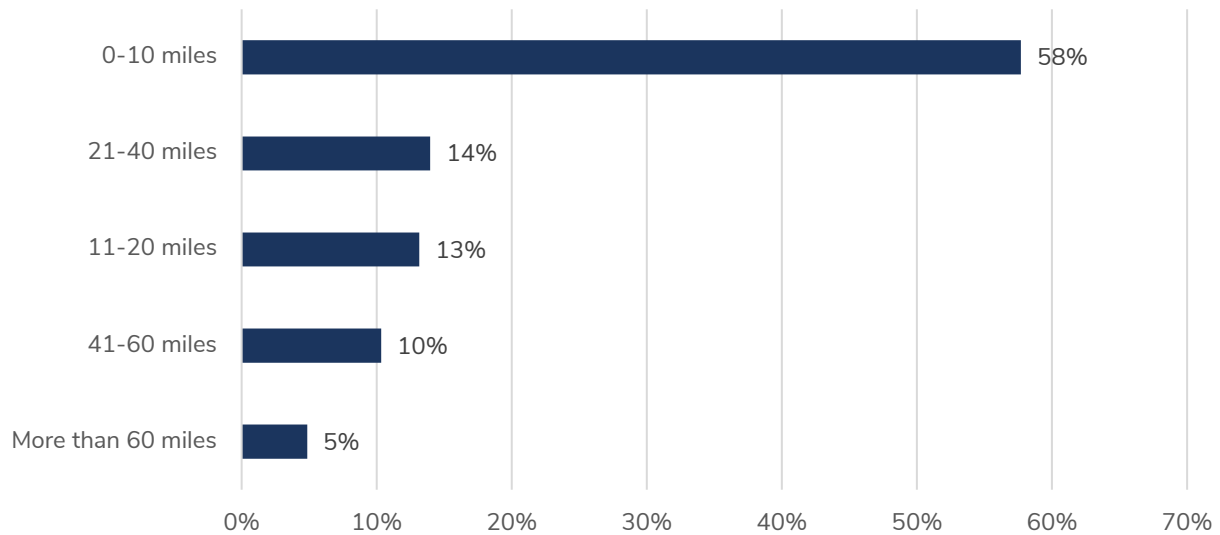
Figure 4.26: Grocery Shopping



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q34. (N=495)

Neighbors were then asked about how far they typically travel one-way to get groceries or food. Most respondents (58%) reported traveling 0-10 miles to receive food, 14% travel 21-40 miles, and 13% travel 11-20 miles.

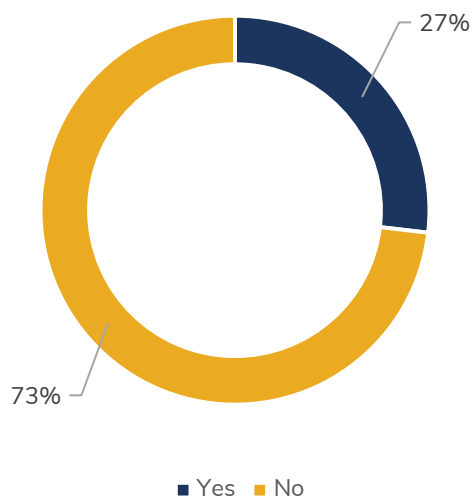
Figure 4.27: Distance Traveled



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q35. (N=494)

When asked about dietary needs, more than one-quarter of respondents (27%) stated that they have a special dietary need.

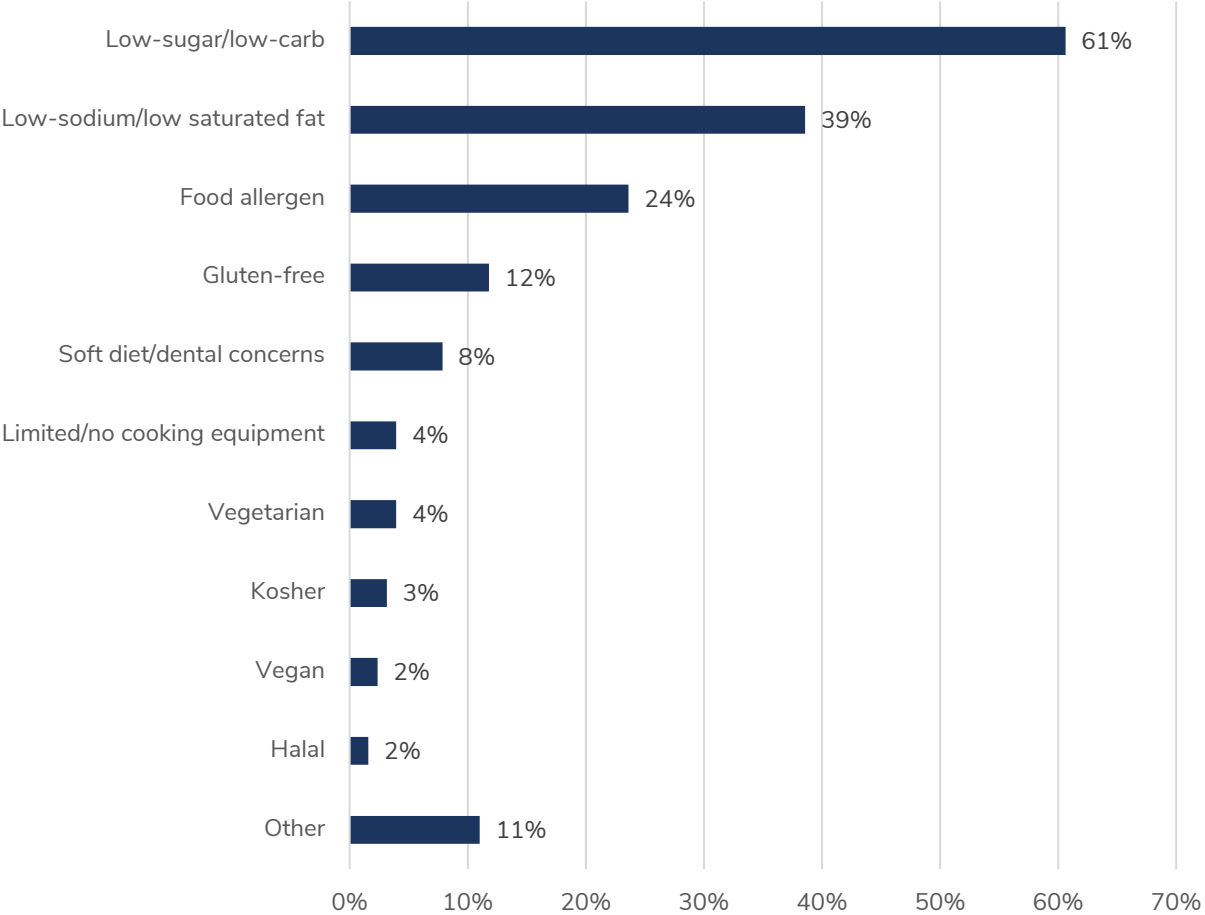
Figure 4.28: Special Dietary Needs



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q36. (N=475)

Of those who follow a special diet, most respondents (61%) need foods that are low-sugar/low-carb or diabetes-friendly, 39% need foods that are low-sodium/low saturated fat or heart healthy, and 12% needs foods that are gluten free. Twenty-four percent (24%) of respondents have a food allergy.

Figure 4.29: Diet Types



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q37. (N=127)  
"Other" responses included dietary restrictions due to surgeries, lactose concerns, high protein, no leafy greens/vegetables, limited fluid intake, limit processed foods and dairy due to hypertension issues, ketogenic diet, low and fiber.

Respondents who shared that they have a food allergy were asked what the food allergy is. All responses are recorded in Table 4.3. The number following some responses indicates the number of individuals who shared that allergen.

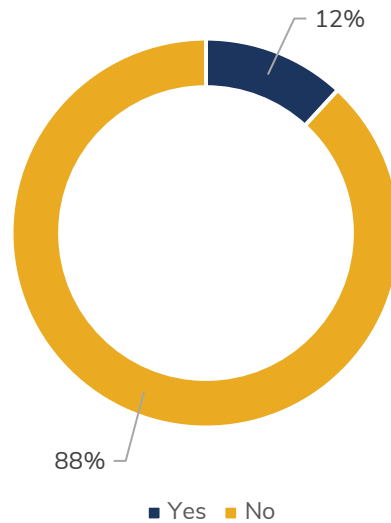
Table 4.3: Food Allergens

Food Allergens		
Dairy (2)	Nuts	Corn
Sugar (2)	Peanuts	Lettuce
Shellfish (2)	Soy	Soybean oil
Lactose	Oat milk	MSG
Eggs	Red 40	Green beans
Mushrooms		

Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q38. (N=30)

Neighbors were then asked if they had cultural, traditional, or religious food preferences. Eighty-eight percent (88%) of respondents shared that they do not have cultural, traditional, or religious food preferences while 12% stated that they do.

Figure 4.30: Cultural, Traditional or Religious Food Preferences

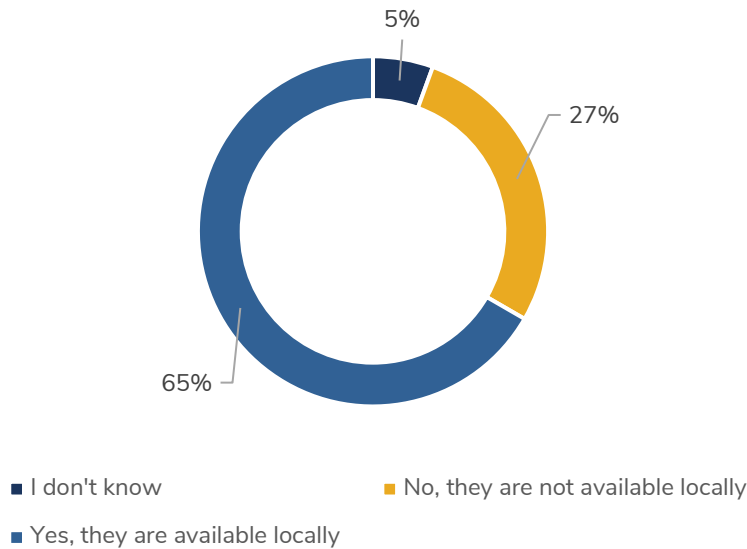


Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q39. (N=481)

Respondents who reported that they do have cultural, traditional, or religious food preferences were asked additional questions about their access to these foods.

Sixty-five percent (65%) of respondents shared that they are able to access these foods locally, 27% are not able to access these foods locally, and 5% were unsure.

Figure 4.31: Access to Cultural, Traditional or Religious Foods



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q40. (N=55)

Respondents who shared that there were certain cultural foods that they could not find were asked to list those foods. Table 4.4 lists these foods exactly as neighbors shared, including typos and misspellings.

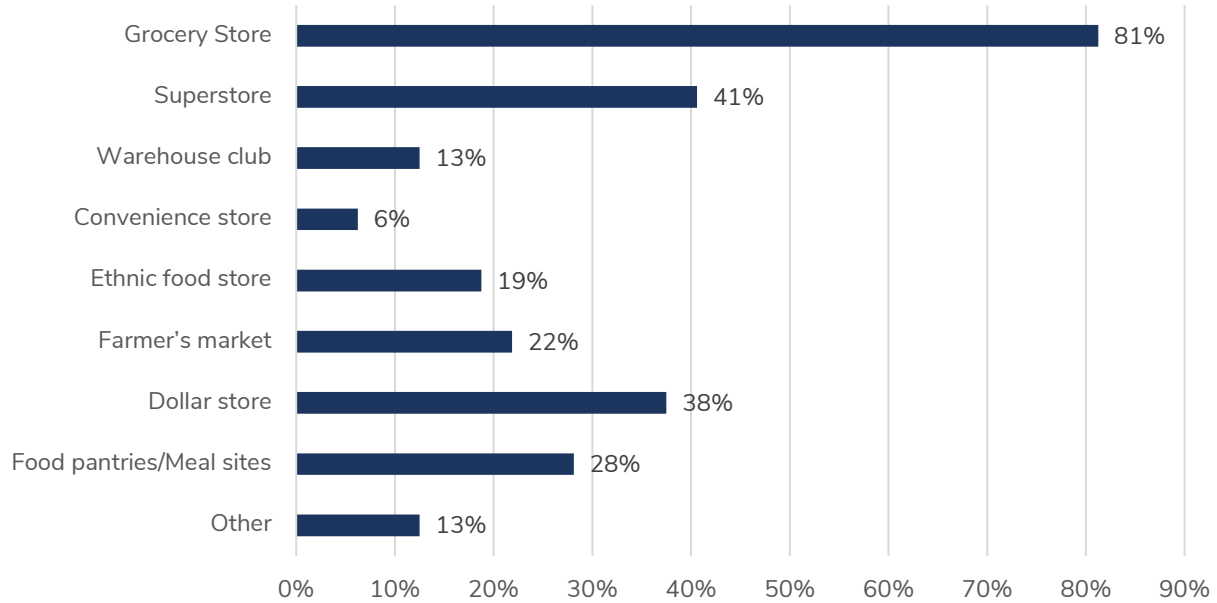
Table 4.4: Inaccessible Cultural, Traditional, or Religious Foods

What are the foods that you cannot access locally?
different Mexican foods
oriental product
meats-fresh veg eggs milk that lactos...
deer meat, rabbit
turn ups, buffalo meat, wild dear meet
wild veggies
seasonal
African food
Native toces
fresh turnips and turnip greens grits rutabegas
Bosnian foods

Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q41.

When asked where they were able to find these foods, most respondents, 81%, can access these foods at a grocery store, 41% at a superstore, and 28% at a dollar store.

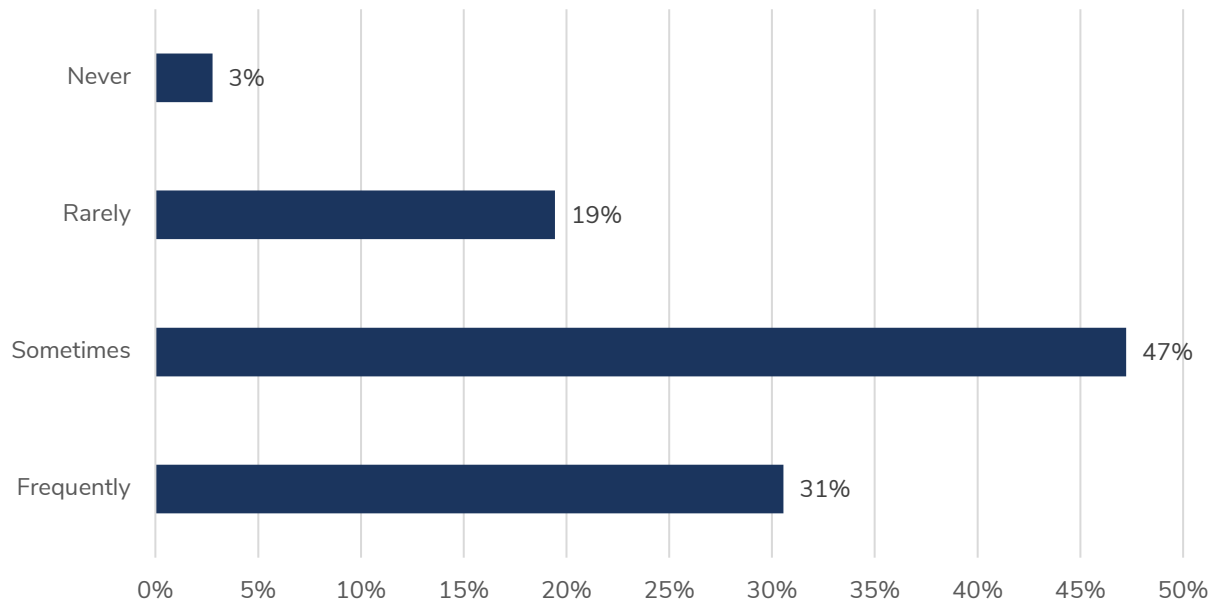
Figure 4.32: Access Points for Cultural, Traditional or Religious Foods



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q42. (N=32)

The final question about cultural, traditional, and religious foods asked about the affordability of these foods. Many respondents, 47%, are sometimes able to afford these foods, 31% are frequently able to, 19% are rarely able to, and 3% are never able to.

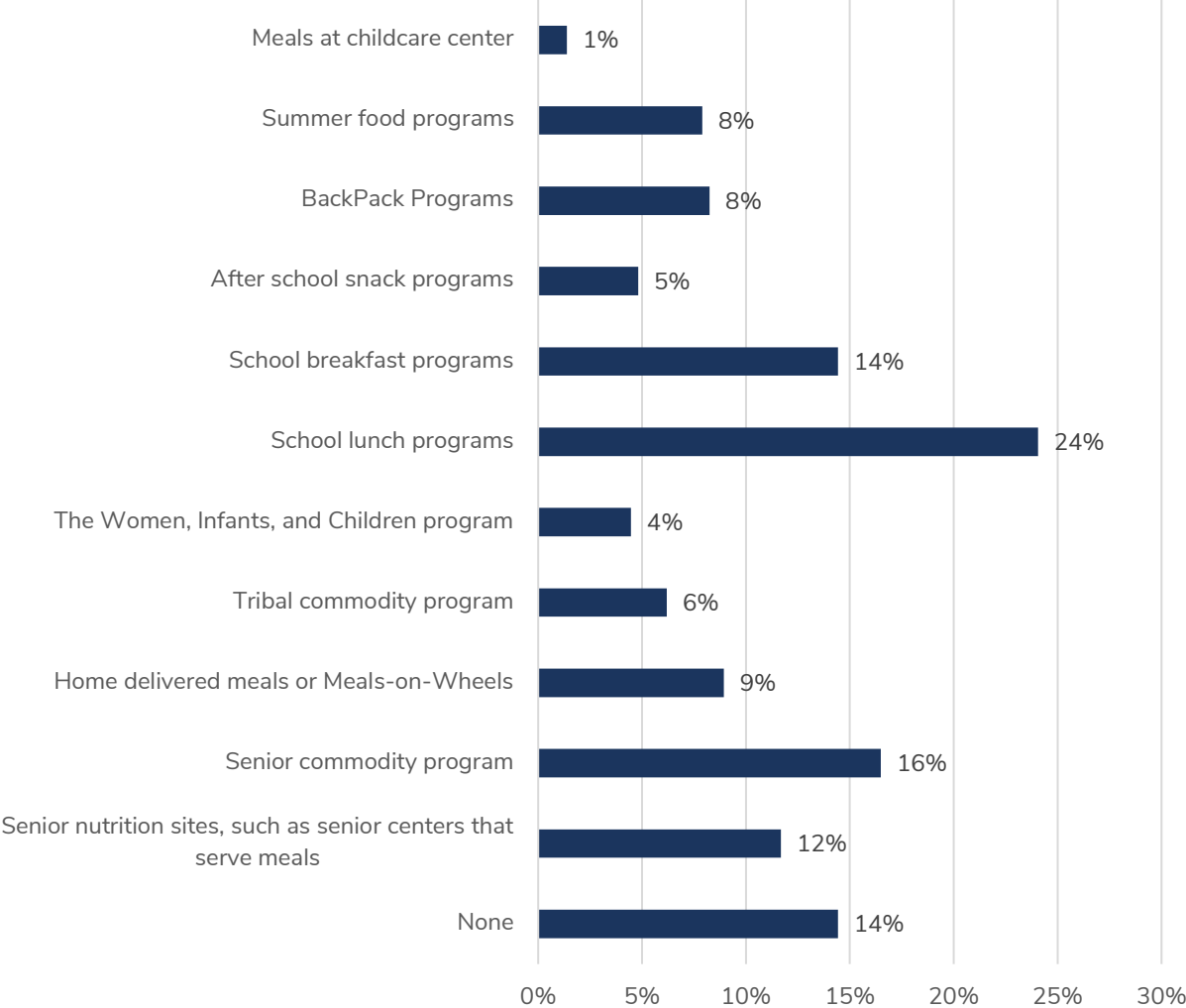
Figure 4.33: Affordability of Cultural, Traditional or Religious Foods



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q43. (N=36)

Next all respondents were asked about food programs that any individual in their household participates in. Most commonly, households reported participating in school lunch programs (24%), the senior commodity program/Commodity Supplemental Food Box program (CSFP) (16%), and school breakfast programs (14%). Fourteen percent (14%) of respondents reported their household does not participate in any food programs.

Figure 4.34: Food Program Participation

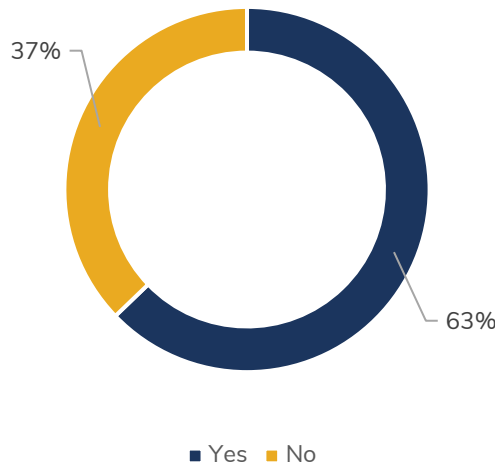


Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q44. (N=291)

The next section focused on a series of questions regarding the Supplemental Nutrition Assistance Program (SNAP), also referred to as food stamps/EBT. SNAP is one of the best tools we have as a food system in helping people reach economic stability and maintain food security. It is a critical resource that allows households to determine the most appropriate foods for their needs and rebalance their financial assets for a short period of time (CBPP, 2023).

There remains to be a great deal of stigma around utilizing SNAP and many folks are simply unaware that this benefit is something their household may be eligible to receive. Respondents were first asked if they have ever applied for SNAP. Sixty-three percent (63%) of respondents shared that they had applied for SNAP, while 37% reported they have never applied for SNAP.

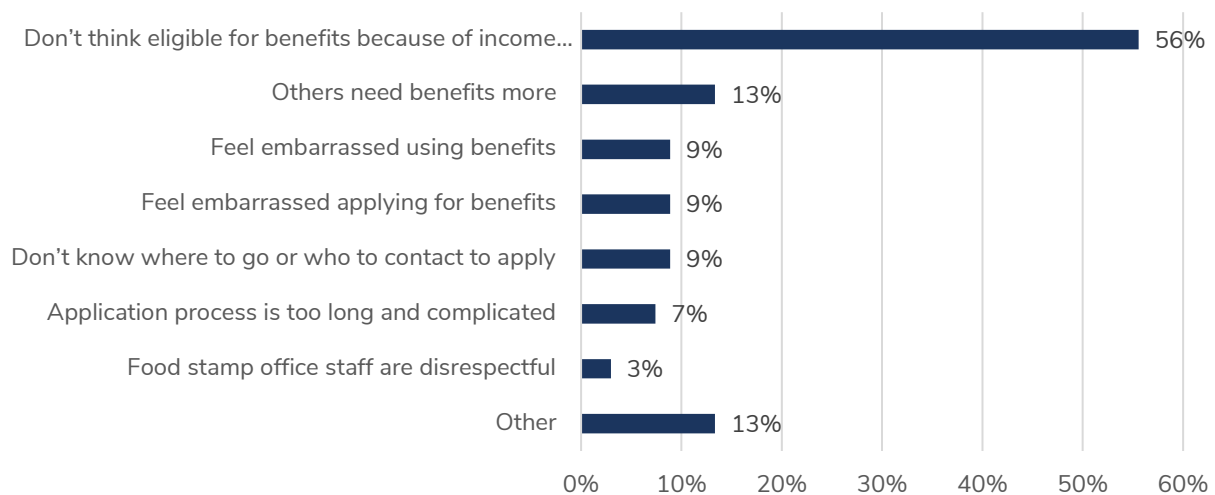
Figure 4.35: Ever Applied for SNAP



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q45. (N=468)

Neighbors who had never applied for SNAP were then asked why they had never applied. Most respondents, 56%, shared that they hadn't applied because they didn't think they would be eligible based on their income or assets. Thirteen percent (13%) hadn't applied because they thought others needed benefits more.

Figure 4.36: Reasons Never Applied for SNAP

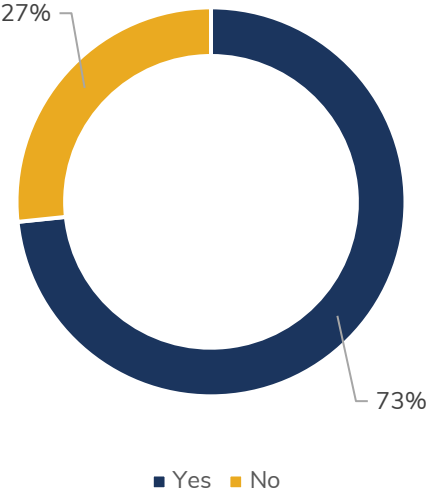


Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q46. (N=135)

"Other" responses included not having time to apply, receive commodities, finding pantry and other options suitable, expressing the sentiment that the process does not seem worth the amount of benefits provided, and not having a specific reason.

Those who responded positively that they have applied for SNAP were asked a sequence of follow-up questions. First, respondents were asked if they had received SNAP within the last twelve months. Seventy-three percent (73%) of households shared that they have received SNAP within the past twelve months while 27% shared they have not.

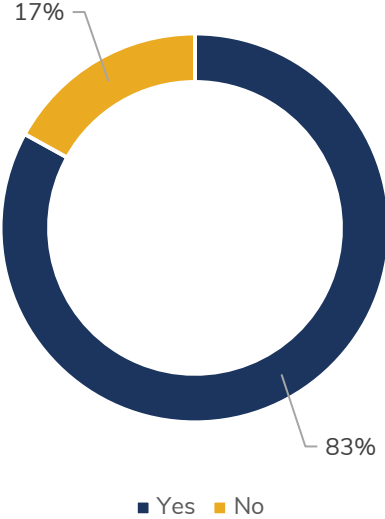
Figure 4.37: Receive SNAP in Past 12 Months



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q47. (N=288)

Respondents were then asked if they are currently receiving SNAP. Eighty-three percent (83%) of respondents stated they are currently receiving SNAP while 17% shared that they are not currently receiving SNAP.

Figure 4.38: Currently Receiving SNAP



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q48. (N=212)

Neighbors who shared they are not currently receiving SNAP were asked why they no longer receive this benefit. Almost half of respondents, 46%, stated that their income or assets made their household ineligible, 11% stated it was too challenging to deal with the SNAP office, 7% stated the make-up of their household changed, and 7% stated they can get by without the benefits. It's important to note that these are self-reported reasons and may not be representative of the totality or accuracy of end in benefits. Often, many people believe they are no longer eligible or have not reviewed their eligibility after household circumstances have changed.

Table 4.5: Reasons Not Currently Receiving SNAP

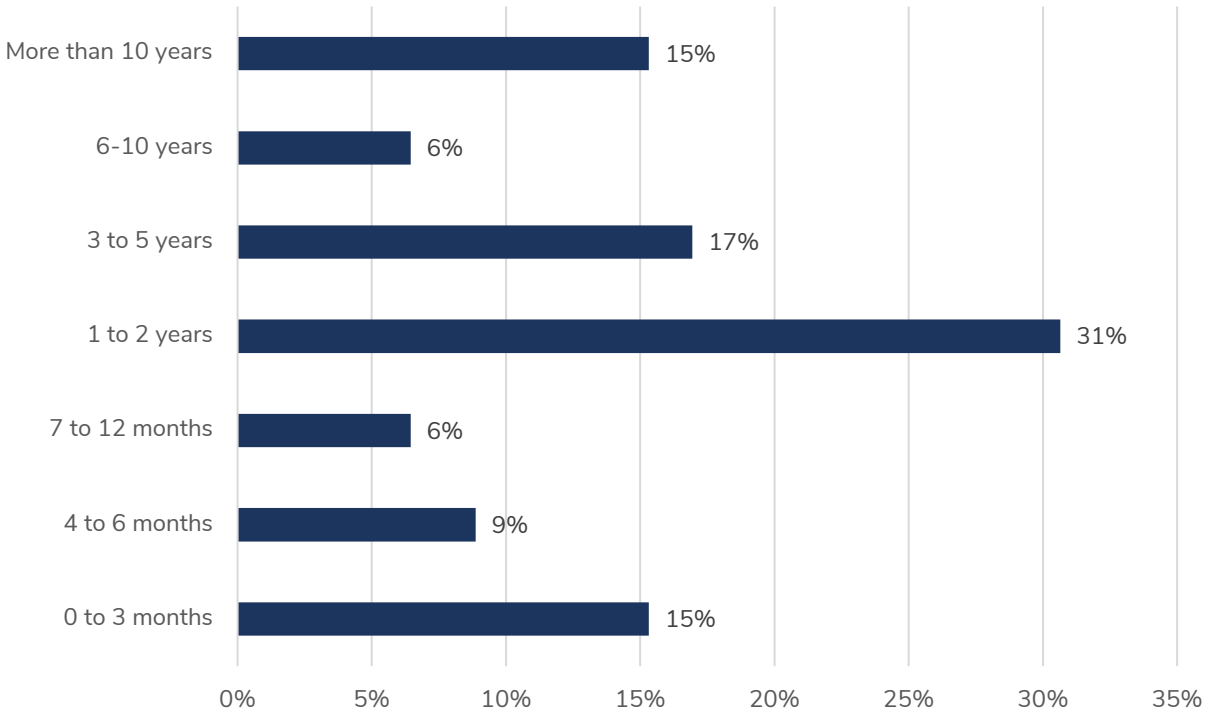
Reasons Not Currently Receiving SNAP (N=100)	
Income or assets made your household ineligible	46%
It was too much hassle to keep dealing with the county SNAP office	11%
The make-up of your household changed	7%
Can get by on my own without food stamp benefits	7%
Need was only temporary	5%
The time limit for receiving help ran out or expired	5%
Hard to get to the Food Stamp office	3%
Other	18%

Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q49. (N=100)

"Other" responses included having just applied, needing assistance to complete the paperwork, recently moved, still gathering needed information, unsure if eligible, previously received only small amount, SSDI payments are too high, need to reapply, awaiting pending application, and was denied.

Neighbors who are currently receiving SNAP were asked how long they have received this assistance. This question was an open response, with some neighbors sharing a non-quantifiable response. Of those respondents who did share a finite amount of time, 15% have received SNAP for 0-3 months, 31% of respondents have received SNAP for about 1-2 years, 17% have received SNAP for 2-5 years, and 15% have received SNAP for more than 10 years.

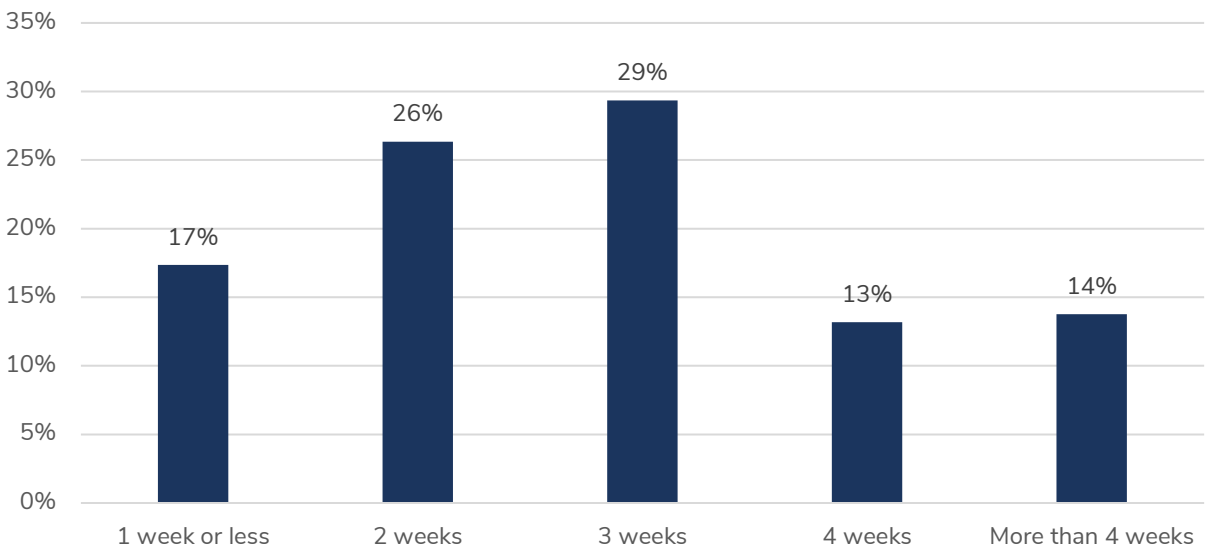
Figure 4.39: Duration of Receiving SNAP Benefits



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q50. (N=124)

Finally, respondents currently receiving SNAP were asked how long their benefits last. Twenty-nine percent (29%) of respondents indicated that their benefits last about three weeks, 26% around two weeks, 17% one week or less, 14% more than four weeks, and 13% about four weeks.

Figure 4.40: How Long SNAP Benefits Last



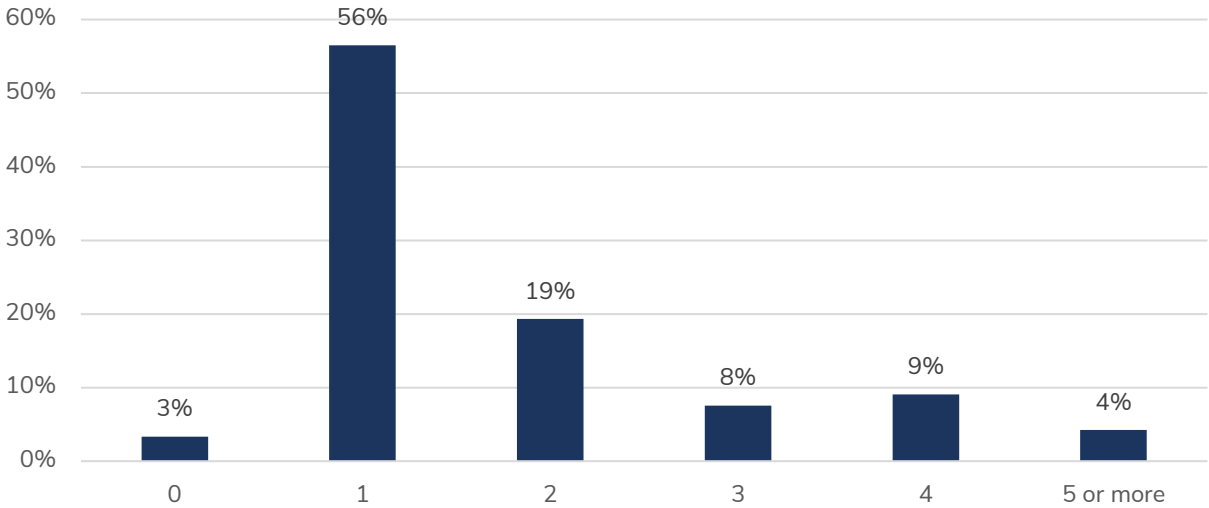
Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q51. (N=167)

### G. Food Pantries and Soup Kitchens

The Food Pantries and Soup Kitchens section focuses on the neighbor’s experiences while visiting pantries and soup kitchens including how frequently they visit, how many agencies they visit, and what types of foods they would like to have available to choose.

Neighbors were first asked about their food pantry visits. Eighty-eight percent (88%) of respondents have visited a food pantry at least once within the past year. Within the last month, most respondents (56%) have visited one food pantry. Nineteen percent (19%) have visited two food pantries.

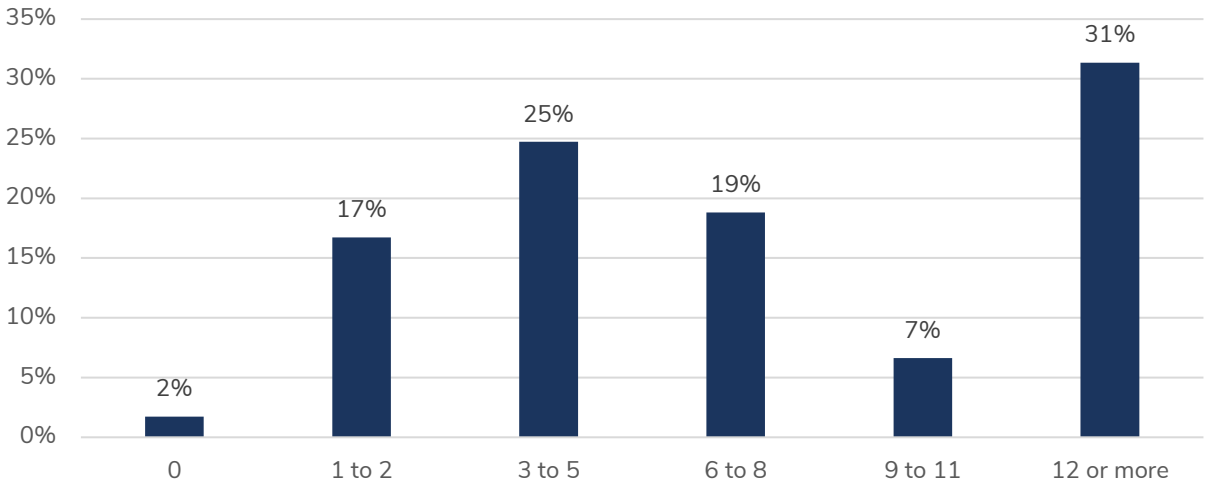
Figure 4.41: Number of Food Pantries Visited in Last Month



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q53. (N=331)

Within the last year, 31% of neighbors have visited a food pantry 12 or more times and 25% of neighbors have visited a food pantry 3-5 times.

Figure 4.42: Number of Food Pantries Visits in Last Year



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q53. (N=287)

Respondents were asked what food types they prefer to find when visiting a food pantry. Most commonly, respondents look for meat, poultry, fish (78%), fresh vegetables (52%), and fresh fruit (52%).

Table 4.6: Preferred Food Types

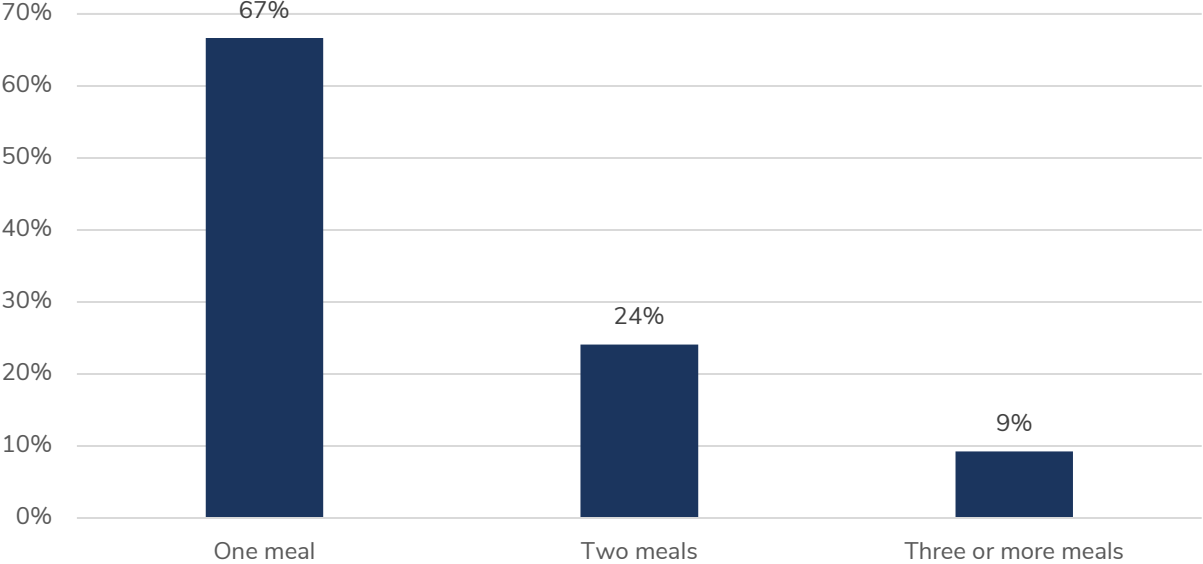
Preferred Food Types	
Meat, poultry, fish	78%
Fresh vegetables	52%
Fresh fruit	52%
Eggs	51%
Dairy	50%
Cleaning/laundry products	45%
Paper products	42%
Beverages	39%
Bread/bakery items	35%
Personal care/hygiene items	34%
Frozen vegetables	31%
Snacks	30%
Frozen fruit	29%
Cereal	29%
Flour/oil/sugar	27%
Pet food/products	26%
Canned fruit	25%
Pasta/rice	24%
Canned vegetables	22%
Condiments/Spices	21%
Canned meat	21%
Ready-made meals	21%
Other	14%
Baby products	13%
Non-meat proteins	10%
Diet specific foods	10%
Culturally relevant foods	7%

Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q55. (N=404)

Neighbors were next asked about their experience in accessing meal sites/soup kitchens. Seventeen percent (17%) have visited a soup kitchen in the past year.

On the day they completed the survey, most respondents (67%) planned to eat one meal at a soup kitchen, 24% planned to eat two meals and 9% planned to eat three or more meals.

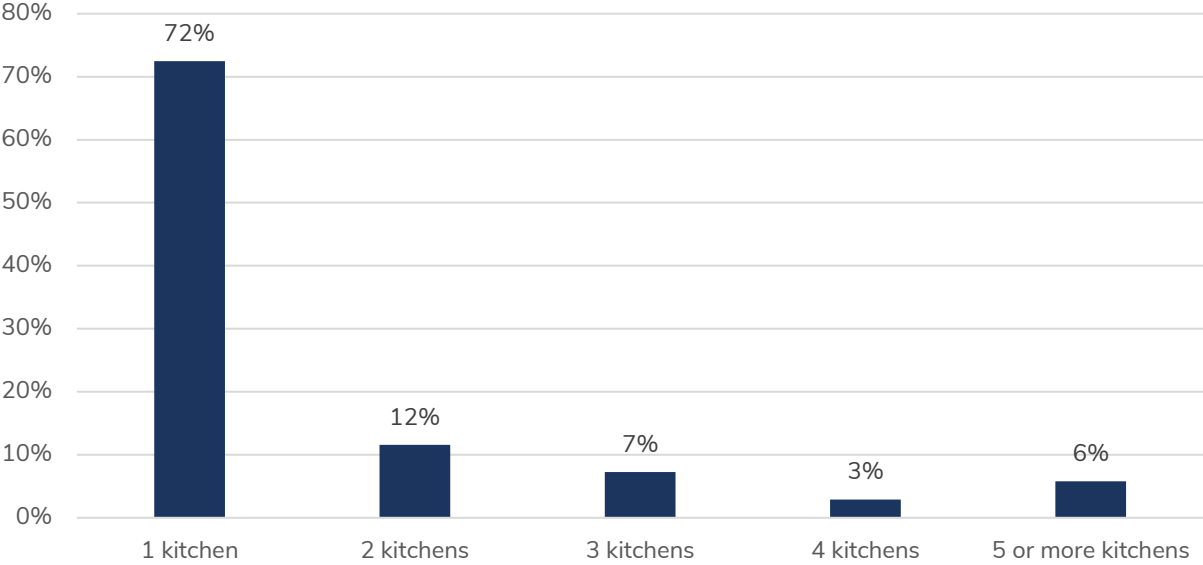
Figure 4.43: Meals Eaten at Soup Kitchen Today



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q58. (N=54)

Most respondents (72%) have visited one soup kitchen in the last month.

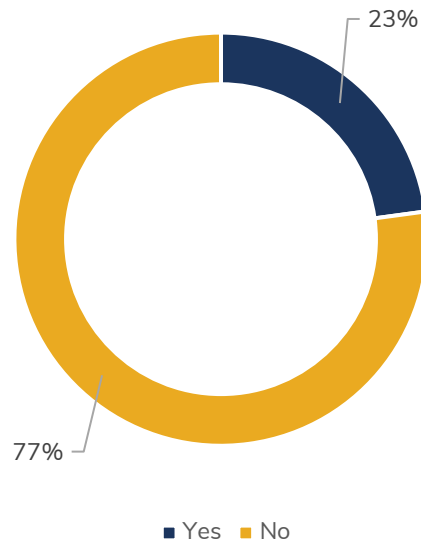
Figure 4.44: Number of Soup Kitchens Visited in Last Month



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q59. (N=69)

Of those respondents who have eaten at a soup kitchen, 77% do not bring a child with them to eat.

Figure 4.45: Children at Soup Kitchen



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q60. (N=70)

## H. Food Insecurity

Food insecurity occurs when a household lacks regular access to enough food to live an active and healthy life.

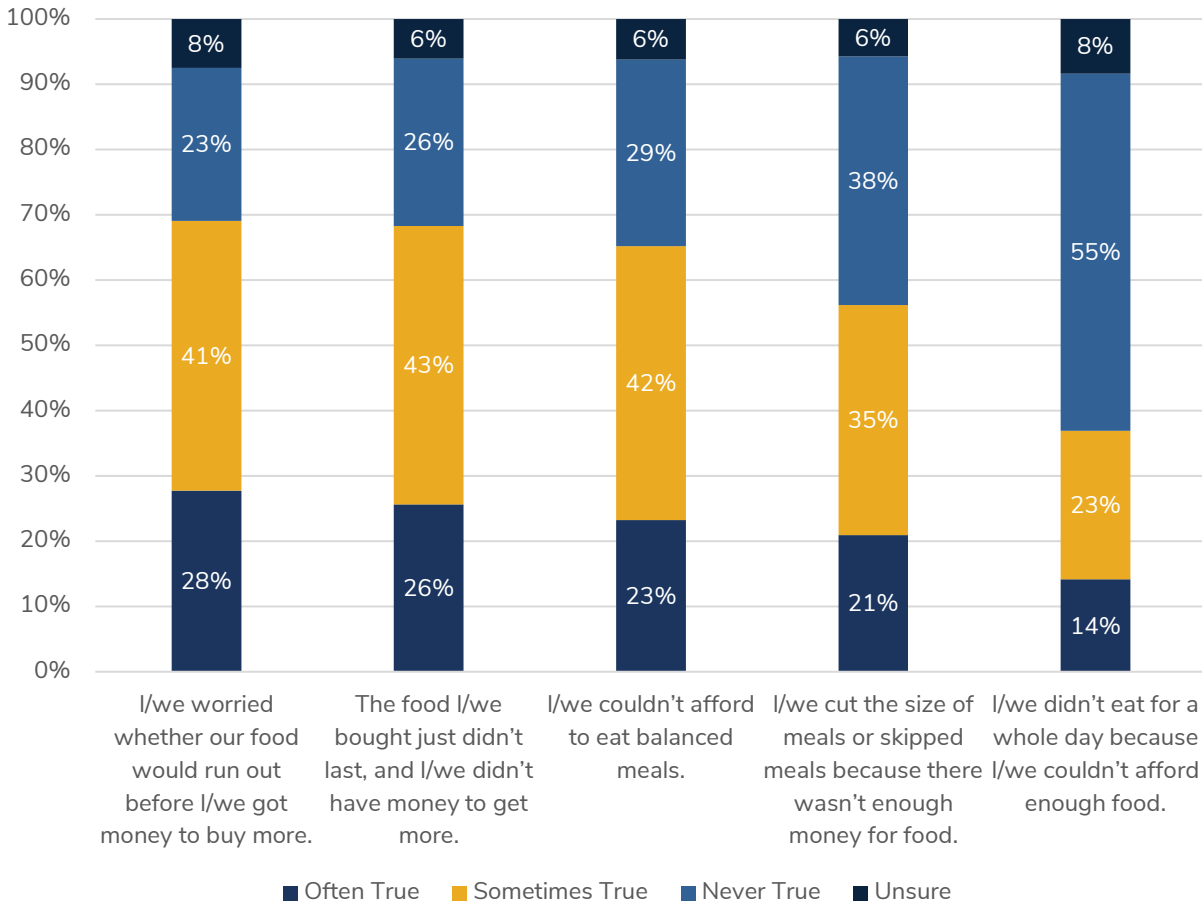
One common measure of food insecurity is through the Hunger VitalSign™ screening tool. This indicator considers if the following two points are often or sometimes true for a household: (1) They worried whether their food would run out before they had money to buy more, and (2) The food they bought didn't last, and they didn't have money to get more. If a household answers "Often true," or "Sometimes true," to either statement, they are considered food insecure. By this measure, 76% of households are food insecure<sup>8</sup>.

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<sup>8</sup> Hunger VitalSign™ Screening tool and justification. <https://childrenshealthwatch.org/>

In addition to these questions, neighbors were asked further questions about their ability to eat balanced and complete meals. Twenty-three percent (23%) of respondents shared that it was often true that they could not afford to eat balanced meals, 21% shared that it was often true that they cut the size of meals or skipped meals because there wasn't enough money for food, and 14% shared it was often true that they didn't eat for a whole day because they couldn't afford food.

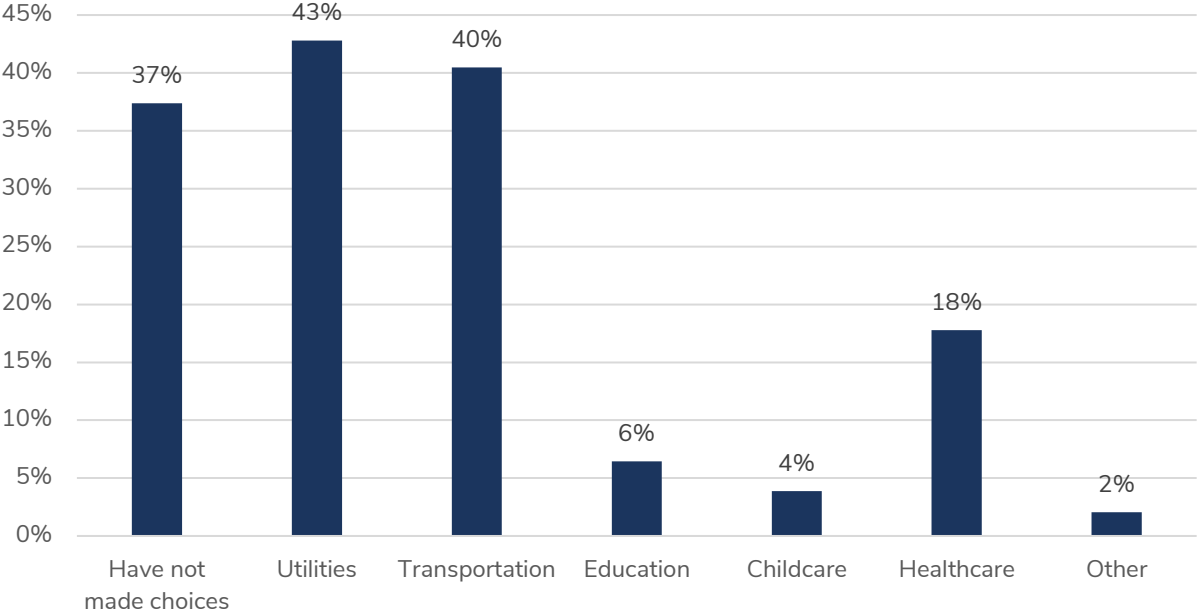
Figure 4.46:



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q61. (N=440; 429; 417; 420; 417)

Next neighbors were asked about trade-offs they have had to make in making a choice to pay for food or another bill. While 37% of respondents shared that they had not had to make a choice between paying for food and other bill, 43% of households indicated they had chosen between food and utilities, 40% had chosen between food and transportation, and 18% had chosen between food and healthcare. Respondents were allowed to select more than one response option.

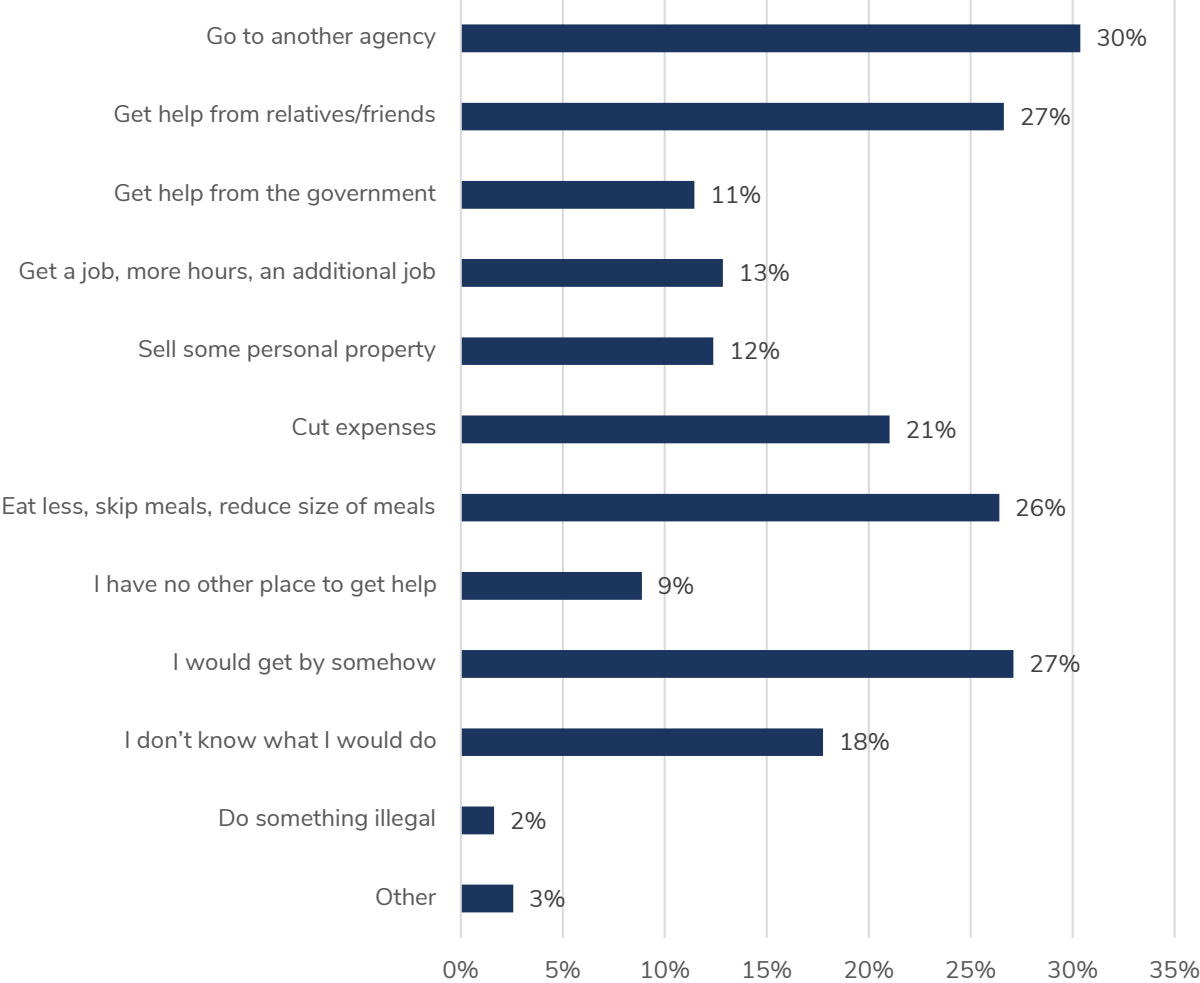
Figure 4.47: Tough Choices



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q62. (N=388)

Neighbors were also asked what they would do if the agency they were at wasn't there to help them. Many (30%) stated they would go to another agency, 27% said they would get help from family or friends, and 27% said they would get by somehow.

Figure 4.48: Alternatives



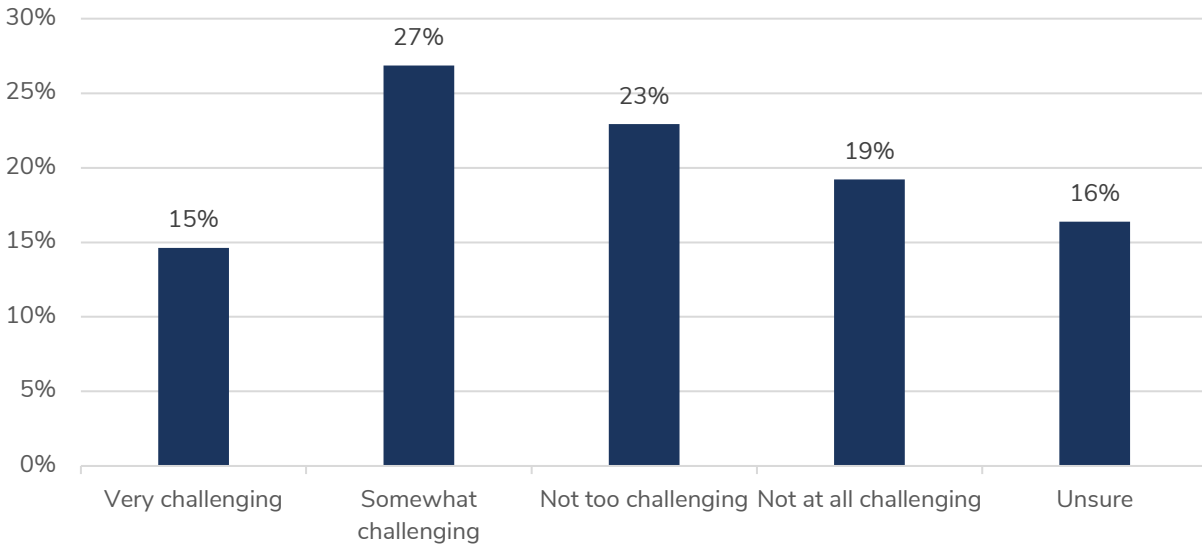
Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q63. (N=428)  
 "Other" responses included consider moving.

### I. Barriers

There are many challenges that could arise for neighbors when navigating the charitable feeding network. The following section focuses on questions about the challenges that exist for neighbors in terms of accessibility, transportation, and safety.

Neighbors were asked how challenging it is to find a site for free meals or groceries during the times or days they need it. Forty-two percent of respondents (42%) shared that it is very or somewhat challenging, 23% shared it is not too challenging, and 19% shared it is not at all challenging.

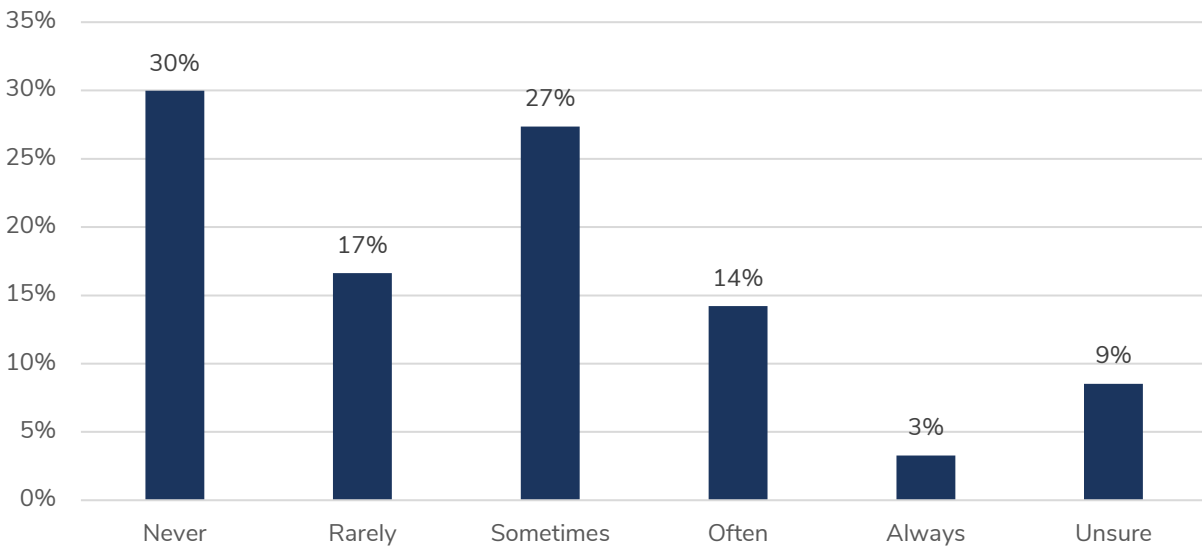
Figure 4.49: Finding a Site for Free Meals/Groceries that is Open When Needed



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q64. (N=458)

Next, respondents were asked if they had trouble accessing free groceries or meals because of lack of access to a vehicle or public transportation, couldn't afford to buy gas/fare, or couldn't carry their food home. Thirty percent (30%) of respondents never have trouble with these transportation issues, 27% sometimes have these issues, and 17% rarely have these issues.

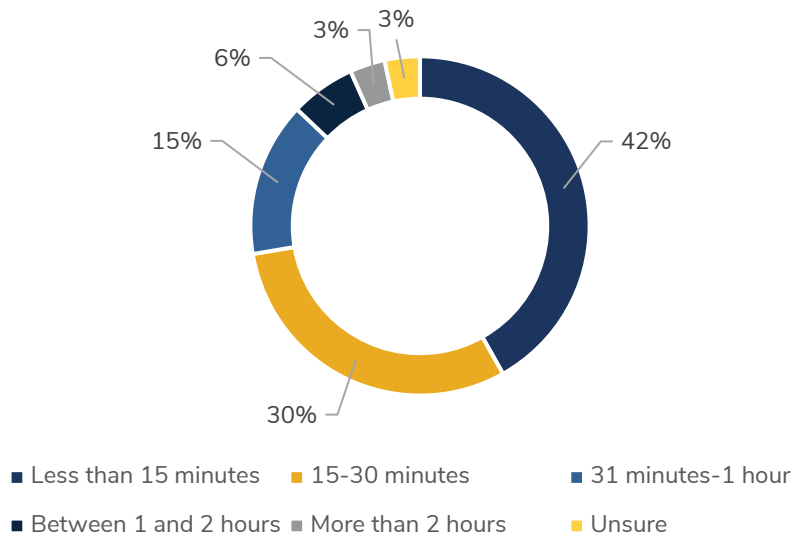
Figure 4.50: Trouble Transporting Food Home



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q65. (N=457)

Respondents were asked about how long it takes them to get to a site for free groceries or meals. Forty-two percent (42%) of respondents spend less than 15 minutes traveling to site, 31% spend 15-30 minutes, and 15% spend 31 minutes-1 hour. One of the important things to consider when reviewing this particular data point is how people are traveling. Driving in a car that an individual owns is a much faster mode of transportation than public transit, for example, which may take significantly longer due to established bus schedules.

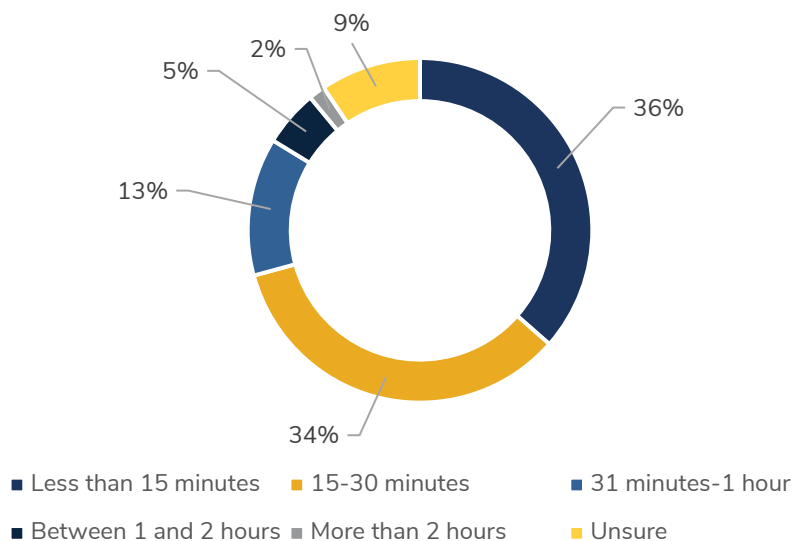
Figure 4.51: Length of Time to Travel to Site for Free Meals/Groceries



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q66. (N=387)

Neighbors were also asked how long they spend at a site, from arrival to departure. Thirty-six percent (36%) of neighbors spend less than 15 minutes at a site, 34% spend 15-30 minutes, and 13% spend 31 minutes-1 hour.

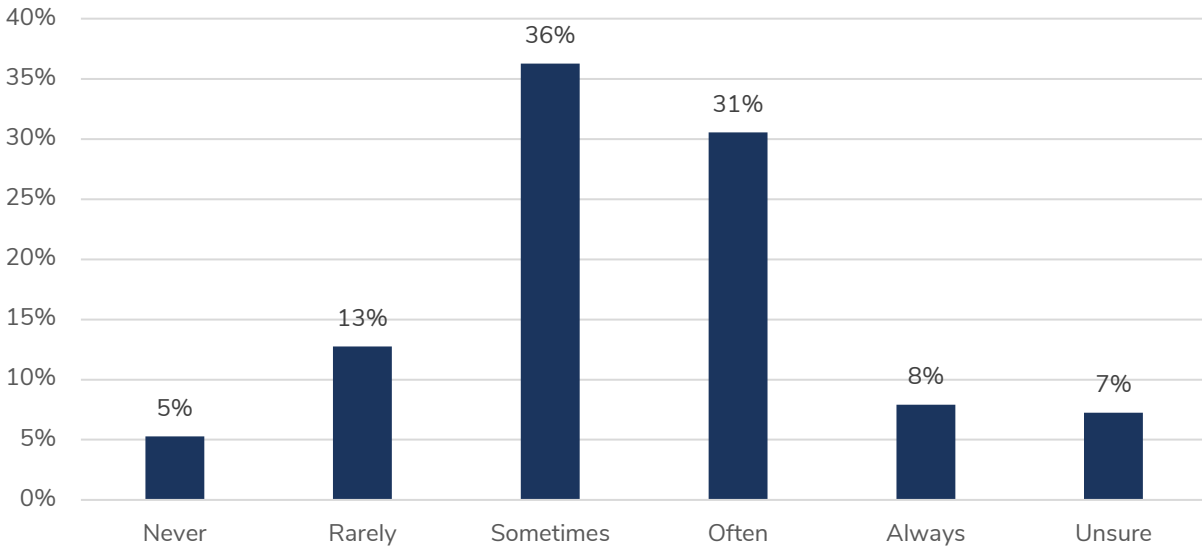
Figure 4.52: Length of Time to Receive Free Meals/Groceries at Site



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q67. (N=455)

Respondents were next asked how often they can get the variety and types of food that they want or need. Thirty-six percent (36%) of respondents sometimes could get their preferred foods, 31% often could, and 13% rarely could.

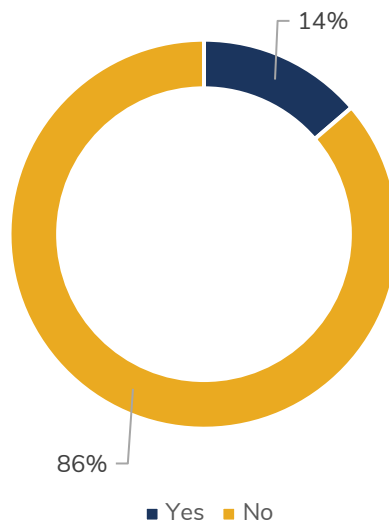
Figure 4.53: Frequency to Get Variety of Types of Foods Needed



Source: *Hunger on the Plains 2023. Neighbor Experience Survey, Q68. (N=455)*

Neighbors were then asked if they had ever felt judged at a site because of personal circumstances. Eighty-six percent (86%) of respondents had never felt judged at a site while 14% had felt judged.

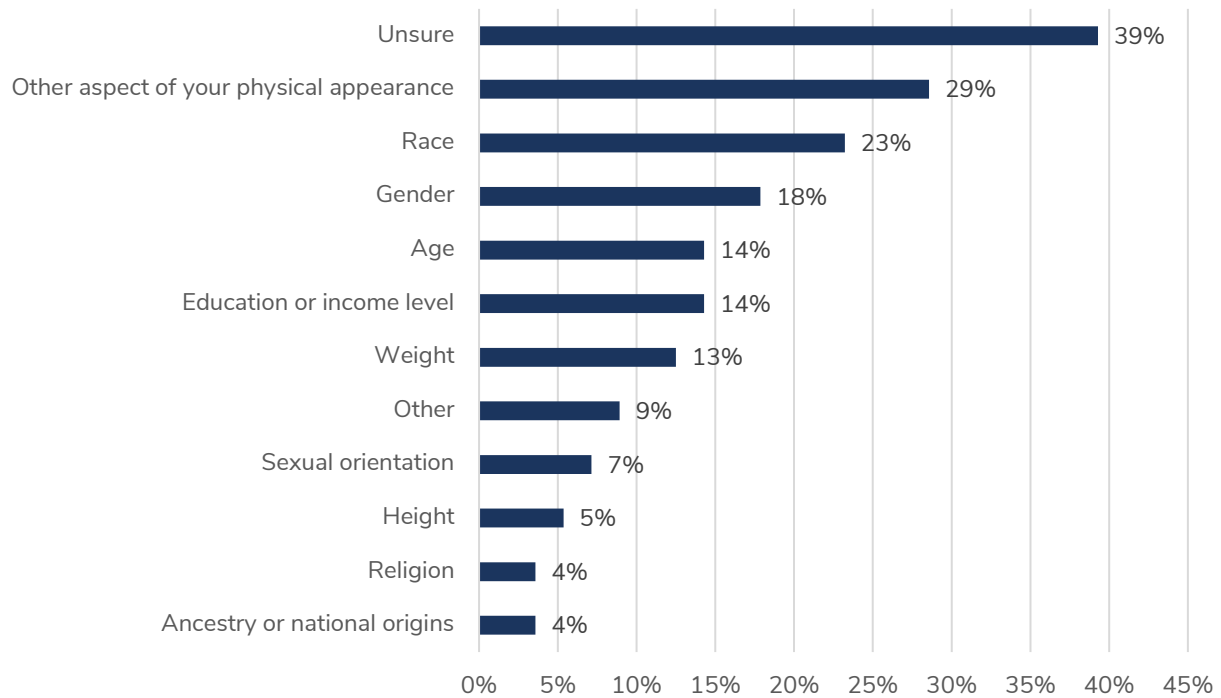
Figure 4.54: Felt Judged at Site Because of Personal Circumstances



Source: *Hunger on the Plains 2023. Neighbor Experience Survey, Q69. (N=447)*

Respondents who indicated they had felt judged at a site were then asked what they thought the main reason for that experience was. This is a sensitive subject and certainly a subjective response. But it is important that we better understand perceived reason for this judgement so agencies can work to mitigate those experiences for neighbors. Thirty-nine percent (28%) of respondents were unsure, 29% felt it was due to an aspect of their physical appearance, and 23% felt it was due to their race.

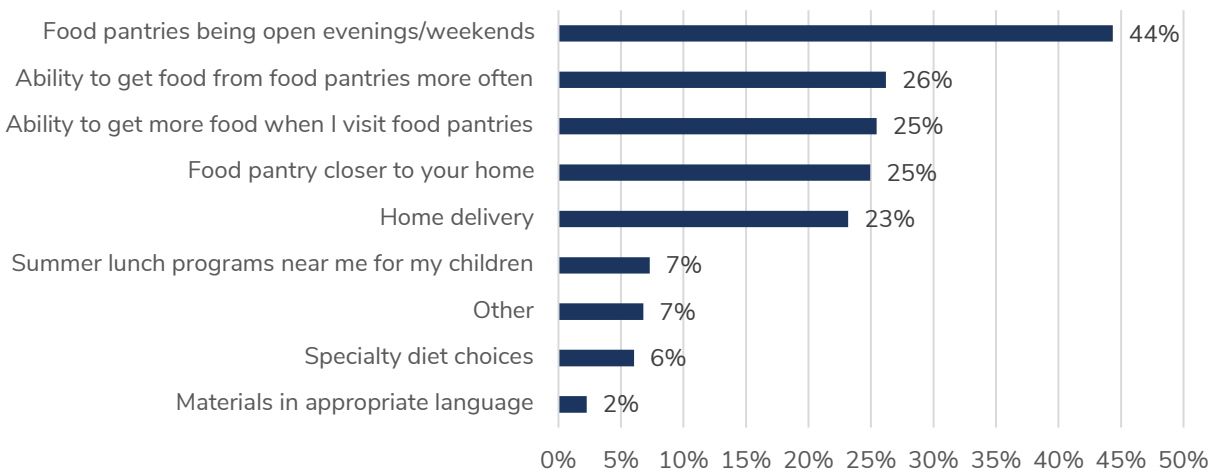
Figure 4.55: Perceived Reason for Judgement



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q70. (N=56)

Next respondents were asked what would make it easier for them to get the food they needed for their household. Respondents could select multiple choices and most shared that it would be easier to get the food they need if food pantries were open evenings/weekends (44%), if they could receive food from pantries more often (26%), if they could get more food from pantries (25%), if there was a food pantry closer to their home (25%), or if they could receive home delivery (23%). It's important to note that these barrier reduction preferences are not simply conveniences for neighbors facing food insecurity, but instead illustrate the challenges that neighbors are facing that would improve food security for their household.

Figure 4.56: Would Make it Easier to Get Needed Foods

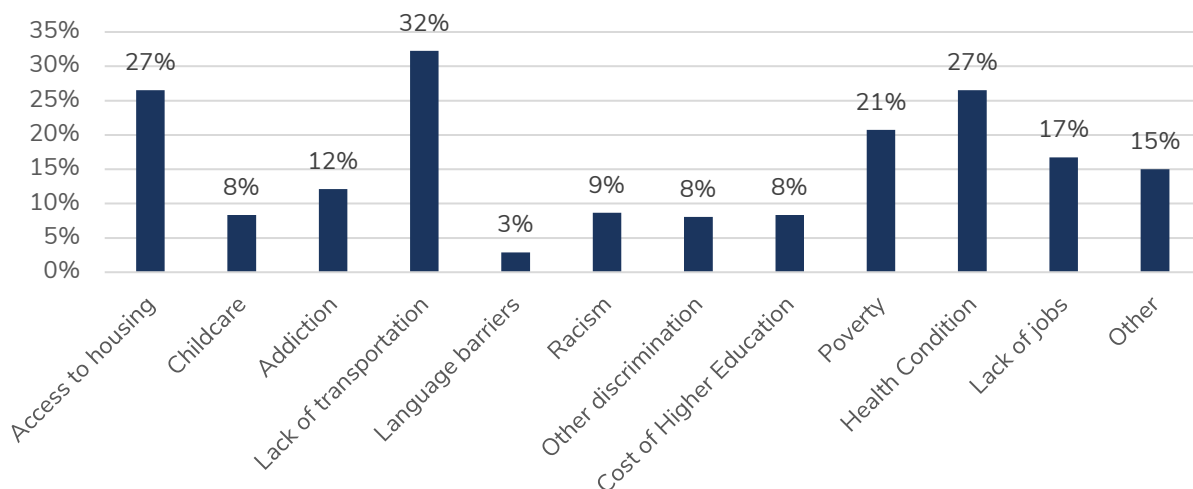


Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q71. (N=397)

"Other" responses included gas, transportation, reliable income, permanent housing, ability to choose foods, and nothing.

Lastly, respondents were asked what issues outside of food their household is impacted by. Most commonly, neighbors shared they are impacted by a lack of transportation, 32%, access to housing, 26%, a chronic health condition, 26%, and lack of jobs, 17%.

Figure 4.57: Other Issues Impacting Household



Source: Hunger on the Plains 2023. Neighbor Experience Survey, Q72. (N=347)

## J. Key Findings

### **Our neighbors and their households are diverse.**

- 37% of the people served through our network are children. 17% are older adults.
- 14% of households include a veteran.
- 13% of households have a single caregiver.
- In 8% of households, a grandparent is caring for a grandchild.
- Our neighbors identifying as Native American, American Indian, or Alaska Native face hunger at 7x the rate of the general population in our area.
  - 68% of respondents identify as White.
  - 26% of respondents identify as Native American.

### **Transportation is a barrier to neighbors in accessing the foods they need.**

- One-third of neighbors do not have access to a vehicle that runs.
- Almost half of neighbors (45%) have trouble accessing free meals/groceries because they do not have access to a car or public transit, can't afford gas/fare, or have trouble carrying their food home.
- One in four neighbors would find it easier to get food if there was a pantry closer to their home or if they could receive home delivery.
- 41% of neighbors are challenged to find a site for free meals/groceries that is open during the times or days of the week when they need it.

### **Neighbors are struggling to make ends meet.**

- Most neighbors (52%) are working 31 hours or more per week.
- Families are experiencing poverty at a higher rate.
  - Of respondents whose households have four people, the average income is \$20,500.
  - The 2023 Poverty Threshold for a family of four is \$30,000.
- Neighbors are choosing between buying food and paying for other household bills.
  - Utilities – 43%
  - Transportation – 41%
  - Healthcare – 18%

### **Neighbors are impacted by issues beyond food.**

- Lack of transportation – 32%
- Access to housing – 27%
- Chronic health condition – 27%
  - Three-fourths (75%) of neighbors have a chronic condition.
    - 65% of neighbors have two or more chronic health conditions.
    - 65% of neighbors cannot afford to eat balanced meals.
- Poverty – 21%
- Lack of jobs – 17%

## V. Data Walks

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*Hunger on the Plains 2023* presented the first opportunity for the Great Plains Food Bank to conduct data walks as part of our research strategy. A data walk is an equity building practice that allows researchers to share their initial findings with the community from which the data was collected. These interactive sessions present key findings to community members to reflect upon and share insights into how that information may or may not represent their community.

In selecting the communities in which we would host these events, we opted to visit communities that represented three segments of the population we serve – an urban community, a rural community, and a community with a significant Native American representation. The cities we chose that fit these criteria were Fargo, Carrington, and New Town.

To determine what information to share at these data walks, we took a high-level view of the data to identify information that stood out as significant. In this reflection, all the data points were related to the categories of Race/Ethnicity, Income and Unemployment, Health Conditions, Transportation, SNAP Assistance, and Food Security. We shared the data as aggregated across all responses.

As we reflect on the success and usefulness of data walks as part of our organizational research strategy, it will be critical to ensure broad and diverse attendance at each event. The Fargo data walk was the most highly attended, with eight people. Three people attended the Carrington data walk and one person attended the New Town event. All attendees were connected to the charitable feeding network through their work, and some represented lived/living experience with food insecurity.

The data presented at the data walks can be found in Appendix 3, and the full results from the data walks are included in Appendix 4.

# VI. Partner Agency Survey

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## A. Background

To better understand the capacity and potential of the charitable feeding network in our service area, it is critical that we assess and engage the agencies that comprise that network. For the purposes of this report, “partner agency” refers to organizations that are members of the Great Plains Food Bank network, representing both food pantry and meal sites, and may be shortened to “agency.”

The Partner Agency Survey was sent electronically to all Category 1 and select Category 2 partner agencies using Survey Monkey, our preferred tool for online questionnaires. Ninety-nine partner agencies completed the survey, for a response rate of 64%. These agencies included 94 food pantries and 5 meal sites. A complete list of responding agencies can be found in Appendix 6.

## B. About Your Agency

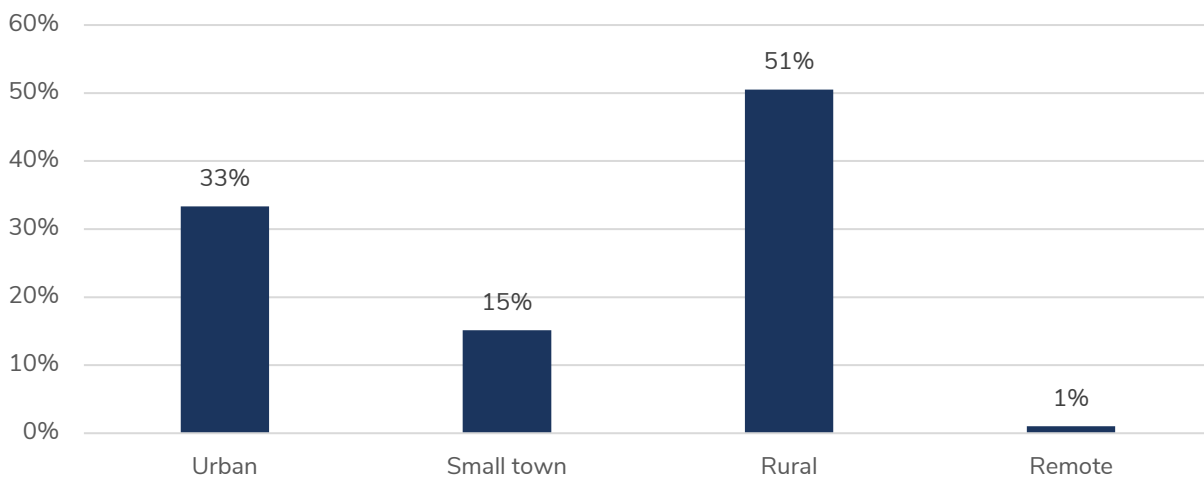
The Partner Agency Survey began with basic information about the agency’s composition and operations.

Agencies were asked to describe their location, based on the U.S. Census Bureau’s population guidelines.

Urban	More than 50,000 people
Small Town/Urban Cluster	Between 2,500 and 50,000 people
Rural	Between 100 and 2,500 people
Remote	Less than 100 people

Most partner agencies (51%) are located in rural communities, 33% in urban communities, 15% in small towns, and 1% in remote areas based on this self-reported assessment.

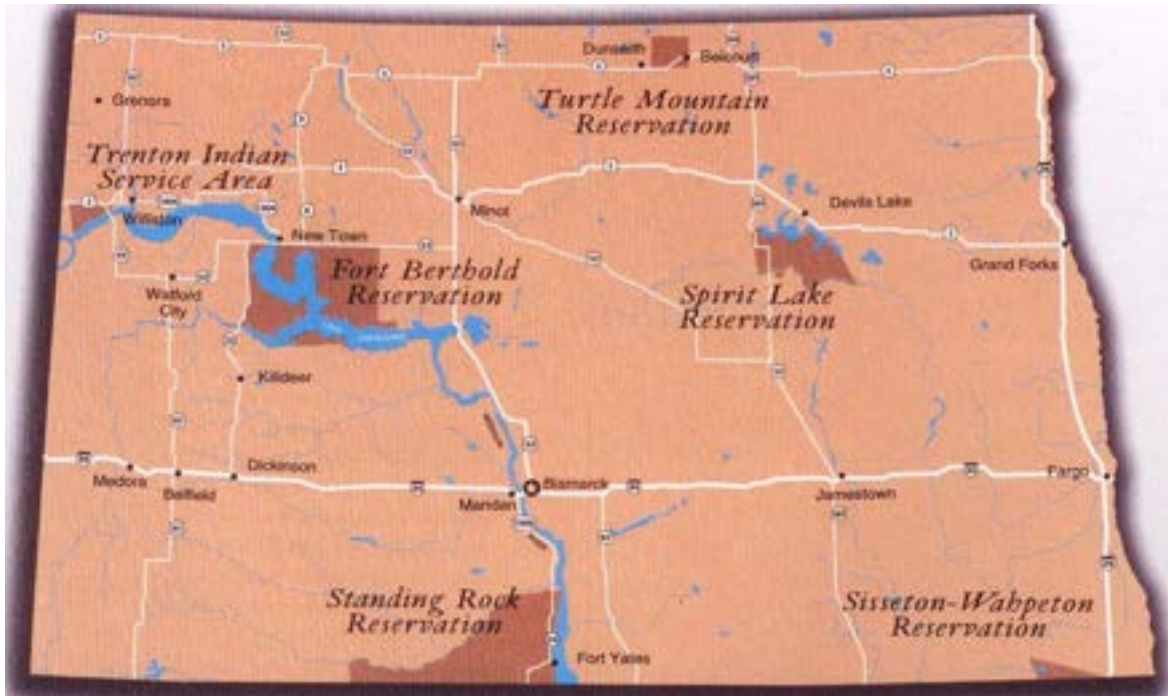
Figure 6.1: Agencies by Geographic Population



Source: Hunger on the Plains 2023. Partner Agency Survey, Q1. (N=99)

There are five Native American Reservations located within North Dakota. Six percent (6%) of agencies are located on a Federally or State Recognized American Indian Reservation. All of these responding agencies are food pantry partners.

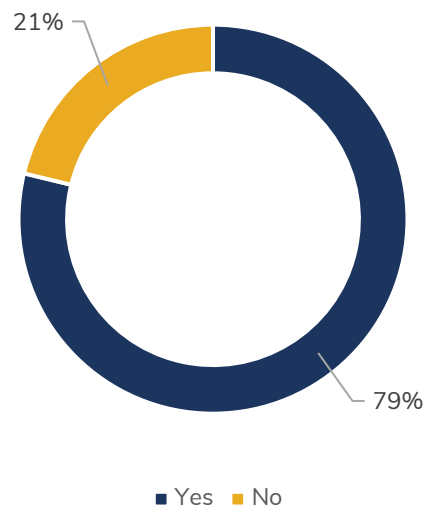
Figure 6.2: Native American Reservations in North Dakota



Source: North Dakota Department of Indian Affairs (2022)

Most of our partner agencies (79%) are supported by a board of directors or other model of formal oversight.

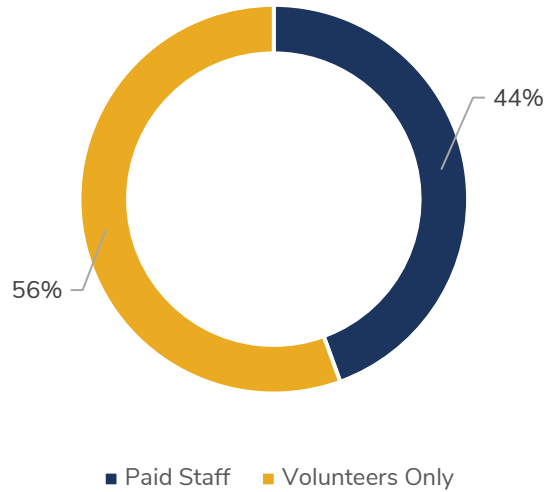
Figure 6.3: Board of Directors/Formal Oversight



Source: Hunger on the Plains 2023. Partner Agency Survey, Q3. (N=99)

Most agencies (56%) are run entirely by volunteers, but 44% do have paid staff.

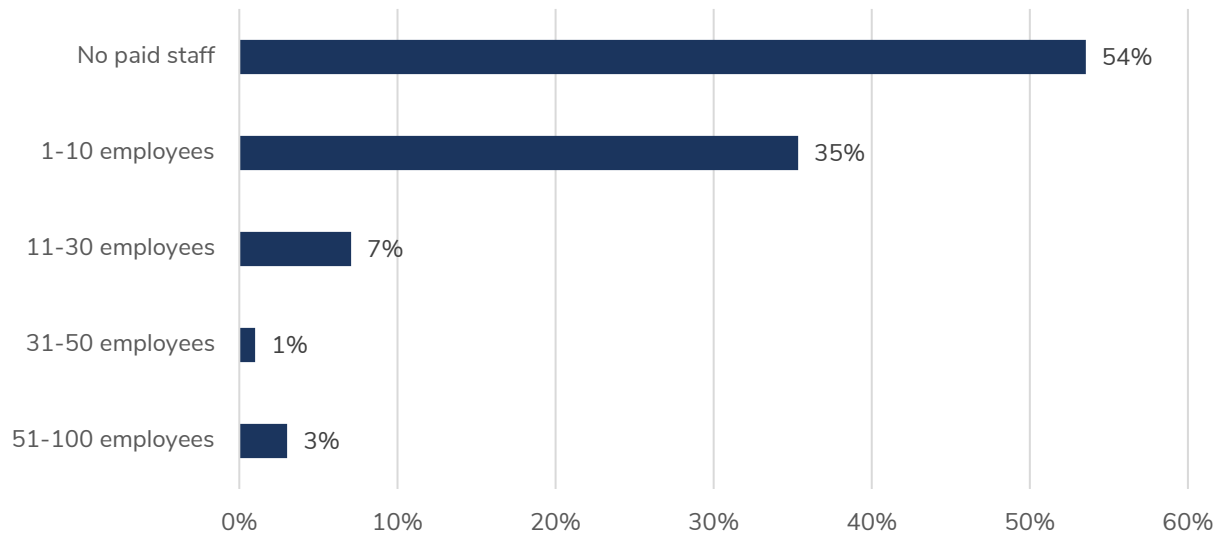
Figure 6.4: Paid Staff



Source: Hunger on the Plains 2023. Partner Agency Survey, Q4, Q5. (N=99)

Of those agencies with paid staff, 35% have one to ten employees who work either full or part-time.

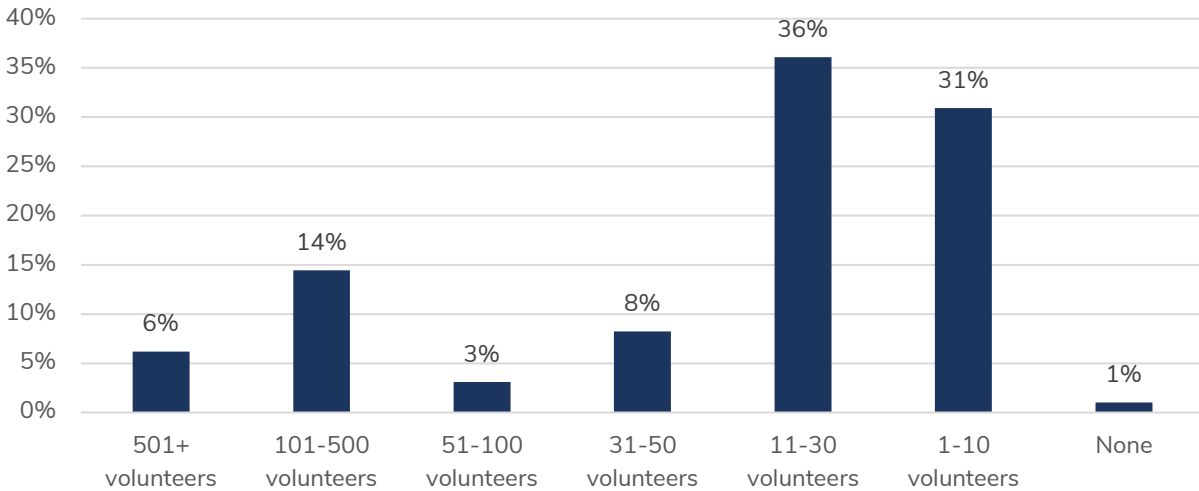
Figure 6.5: Number of Paid Staff



Source: Hunger on the Plains 2023. Partner Agency Survey, Q4, Q5. (N=99)

Volunteers are integral to maintaining operations within food pantries and meal sites. Across responding partner agencies, 12,450 volunteers donated their time for a total of 142,080 hours. Most agencies (36%) work with 11-30 volunteers, and 31% work with 1-10 volunteers.

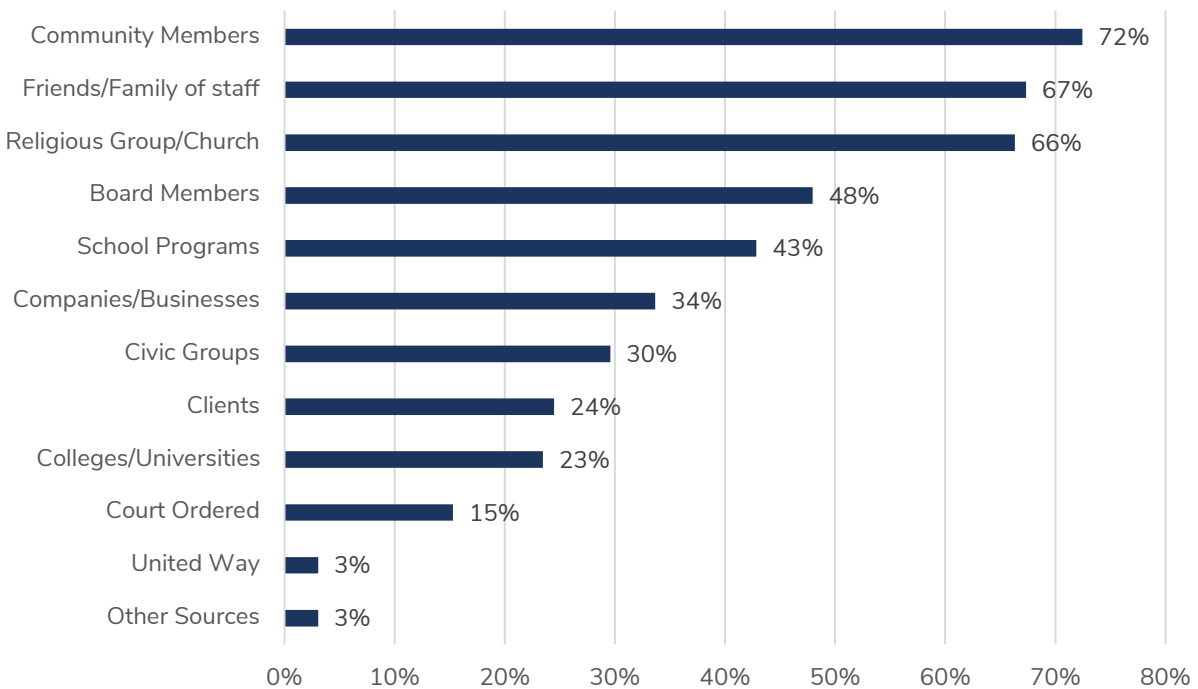
Figure 6.6: Number of Volunteers



Source: Hunger on the Plains 2023. Partner Agency Survey, Q6. (N=97)

Agencies are connected to volunteers through a variety of sources. Most commonly, volunteers are community members (72%), friends and family of staff (67%), and church/religious groups (66%).

Figure 6.7: Source of Volunteers

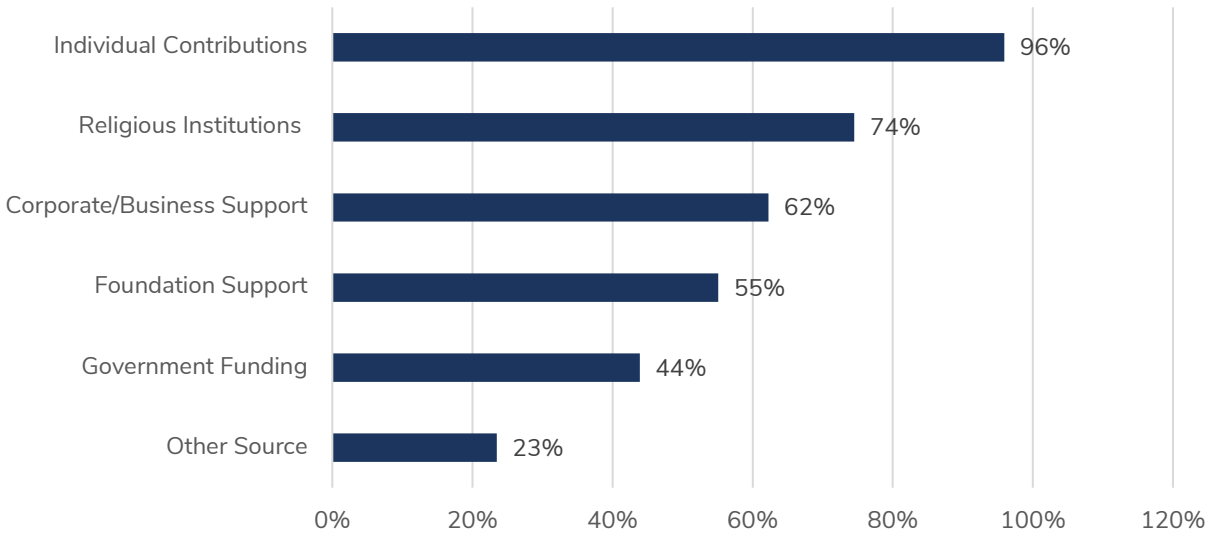


Source: Hunger on the Plains 2023. Partner Agency Survey, Q8. (N=98)

"Other" responses included community groups and other non-profit organizations.

Agencies receive funding from diverse sources. Almost all agencies (96%) receive funding from individuals, and many, 74%, receive funding from religious institutions. Additional sources of funding include business support (62%), foundation support (55%), and government funding (44%).

Figure 6.8: Funding Sources

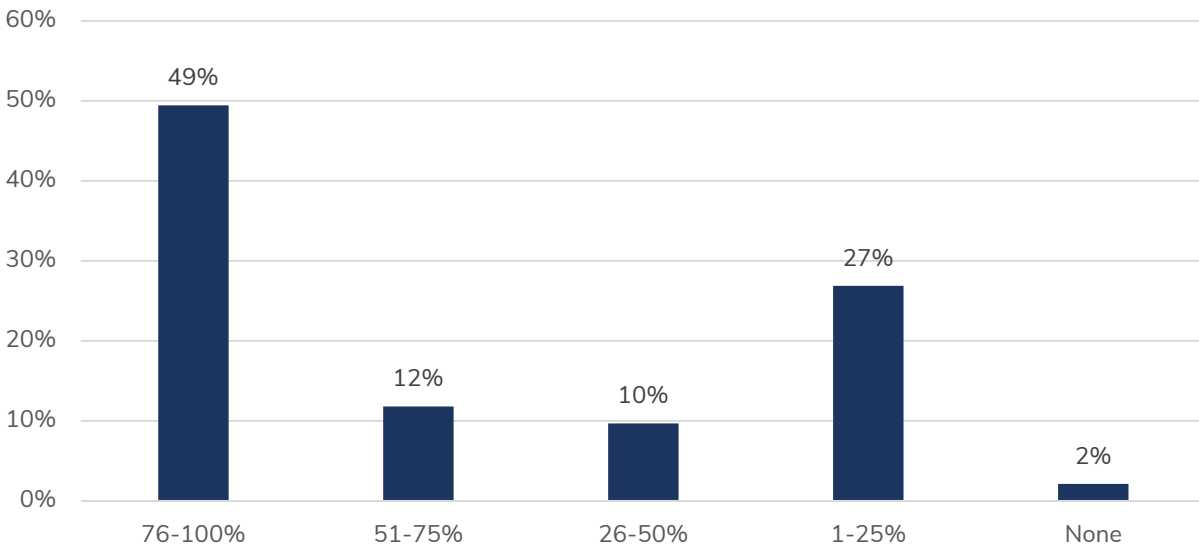


Source: *Hunger on the Plains 2023. Partner Agency Survey, Q9. (N=98)*

"Other" responses included local organizations such as the American Legion and the VFW, and gaming funds.

Most agencies spend a significant portion of their operating budget on food. For 49% of agencies, 76-100% of their budget goes towards food. Sixty-one percent (61%) spend at least half of their budget on food.

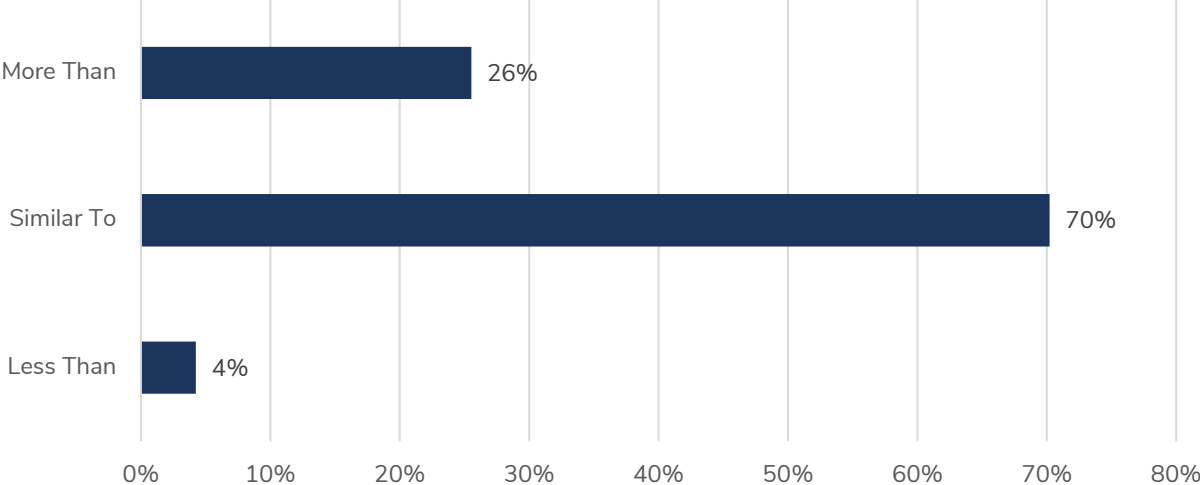
Figure 6.9: Percentage of Budget for Food Purchasing



Source: *Hunger on the Plains 2023. Partner Agency Survey, Q10. (N=93)*

For most agencies (70%), these amounts are similar to the amount spent before the onset of the COVID-19 pandemic. Twenty-six percent (26%) of agencies are allocating more of their budget to food than before the pandemic.

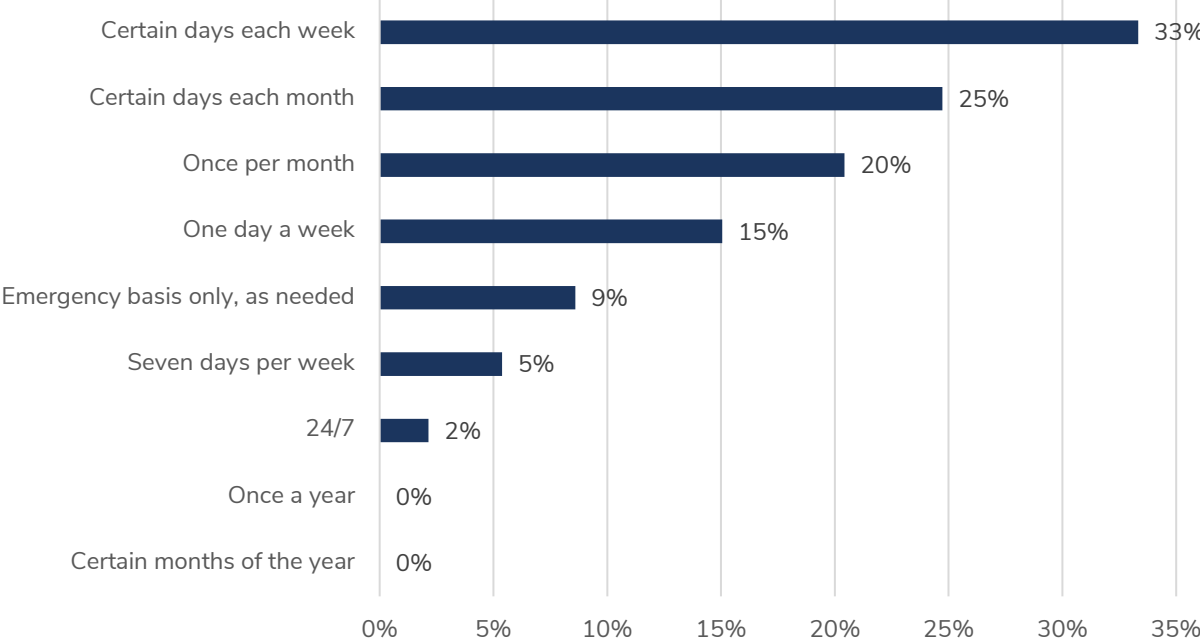
Figure 6.10: Comparison to Pre-Pandemic Levels



Source: Hunger on the Plains 2023. Partner Agency Survey, Q11. (N=94)

Food pantries were asked how often they are open. Thirty-three percent (33%) of agencies are open certain days each week, 25% are open certain days each month, 20% are open once per month, and 15% are open one day a week.

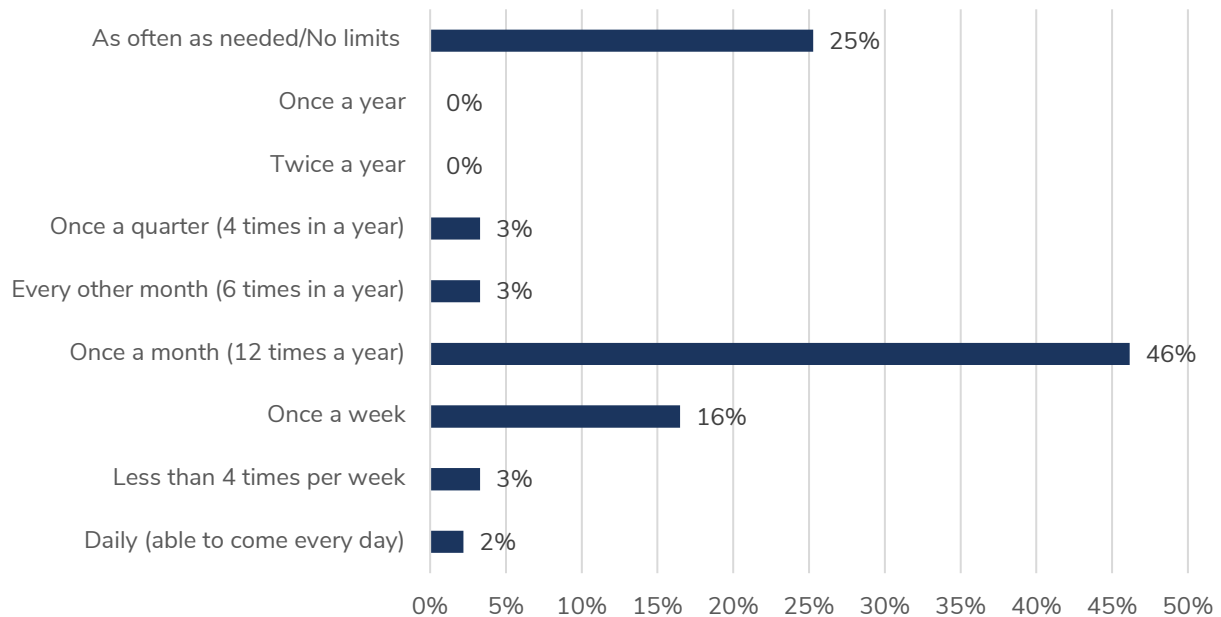
Figure 6.11: Agency Hours



Source: Hunger on the Plains 2023. Partner Agency Survey, Q12. (N=93)

Food pantry partners were also asked how frequently neighbors may access their pantry. Forty-six percent (46%) allow neighbors to visit once a month, 25% allow neighbors to visit as often as necessary, and 16% allow neighbors to visit once a week.

Figure 6.12: Visit Frequency



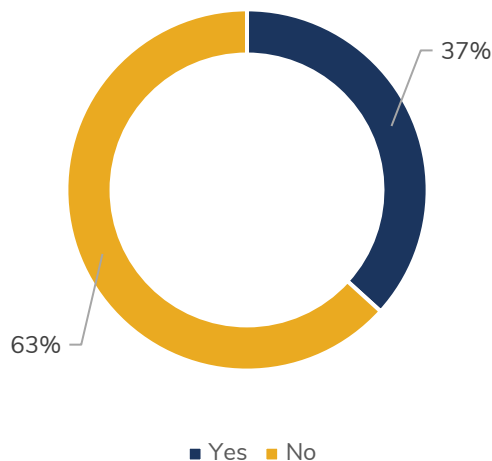
Source: Hunger on the Plains 2023. Partner Agency Survey, Q13. (N=91)

### C. About Your Food

The next section focused on the types of food that agencies provide to neighbors.

Most agencies (63%) do not have eligibility criteria that neighbors must meet to receive food.

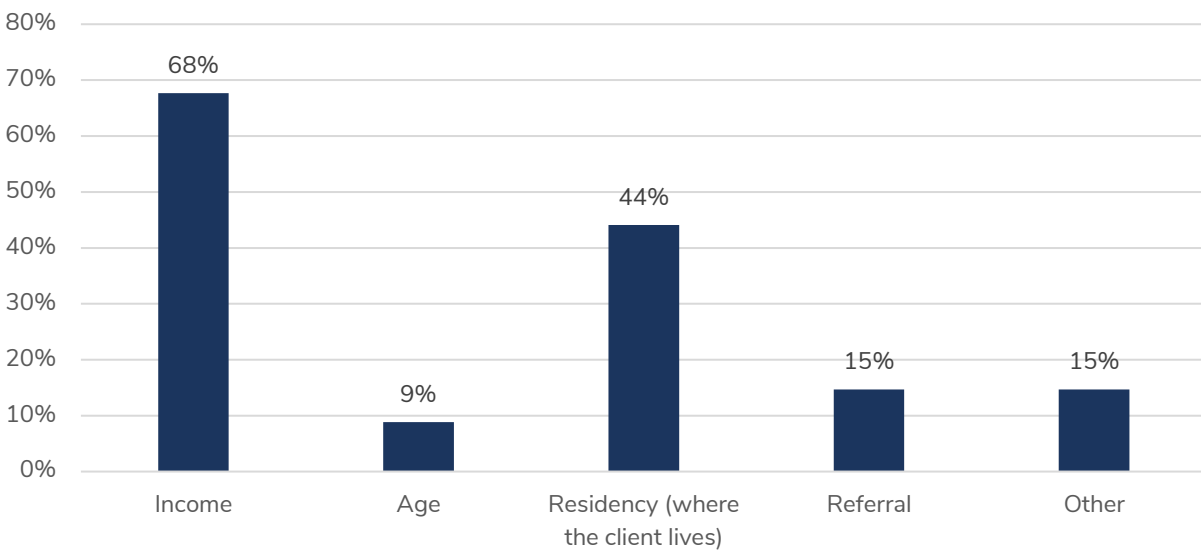
Figure 6.13: Agencies with Eligibility Criteria



Source: Hunger on the Plains 2023. Partner Agency Survey, Q15. (N=98)

For those agencies that do have eligibility criteria, most agencies (68%) have income guidelines that neighbors must meet, 44% have residency requirements, and 15% require neighbors to have a referral. This significant proportion around income eligibility is likely a reflection of the self-reported income guidelines for TEFAP food that is distributed through food banks and their networks. Beyond that, most partners do not require evidence of income (like a paystub) in order to receive food.

Figure 6.14: Eligibility Criteria

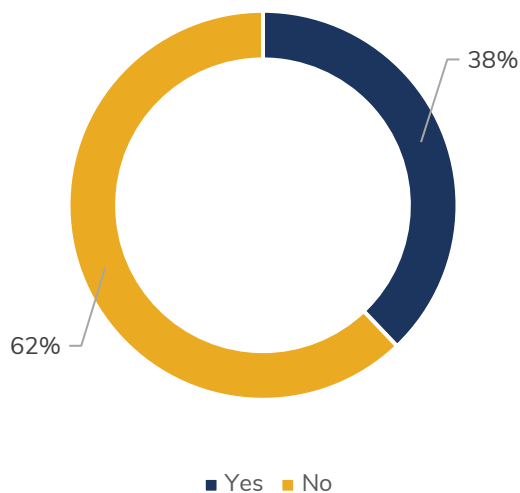


Source: Hunger on the Plains 2023. Partner Agency Survey, Q16. (N=34)

“Other” responses included presented a valid and ID and that neighbors must be part of a specific population such as enrolled students or those enrolled in another program of the organization.

Thirty-eight percent of agencies have a nutrition policy or set nutrition goals.

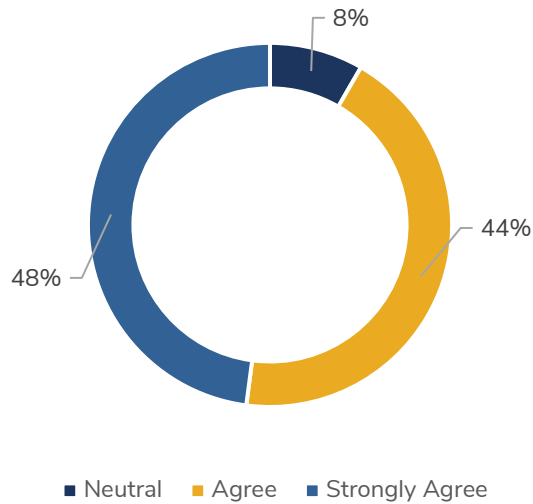
Figure 6.15: Nutrition Policy/Goals



Source: Hunger on the Plains 2023. Partner Agency Survey, Q17. (N=95)

Most agencies, 92%, believe it is important to provide healthier options. No agencies disagreed that it was important to provide healthier options. This is another area of opportunity for community and state agencies to support the charitable feeding network. Dietetic professionals agree that the use of the term “healthy” can be subjective, we know that providing fresh produce, lean protein, and variety of options to best meet neighbors nutritional needs, is an important step<sup>9</sup>.

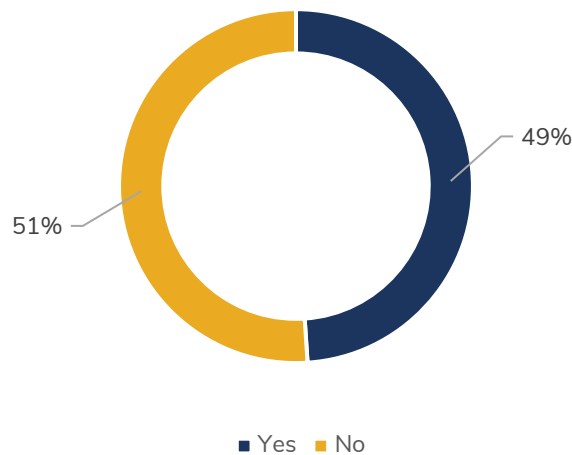
Figure 6.16: Important to Provide Healthier Options



Source: Hunger on the Plains 2023. Partner Agency Survey, Q18. (N=96)

Nearly half of responding agencies (49%) provide culturally relevant food options.

Figure 6.17: Provide Culturally Relevant Foods

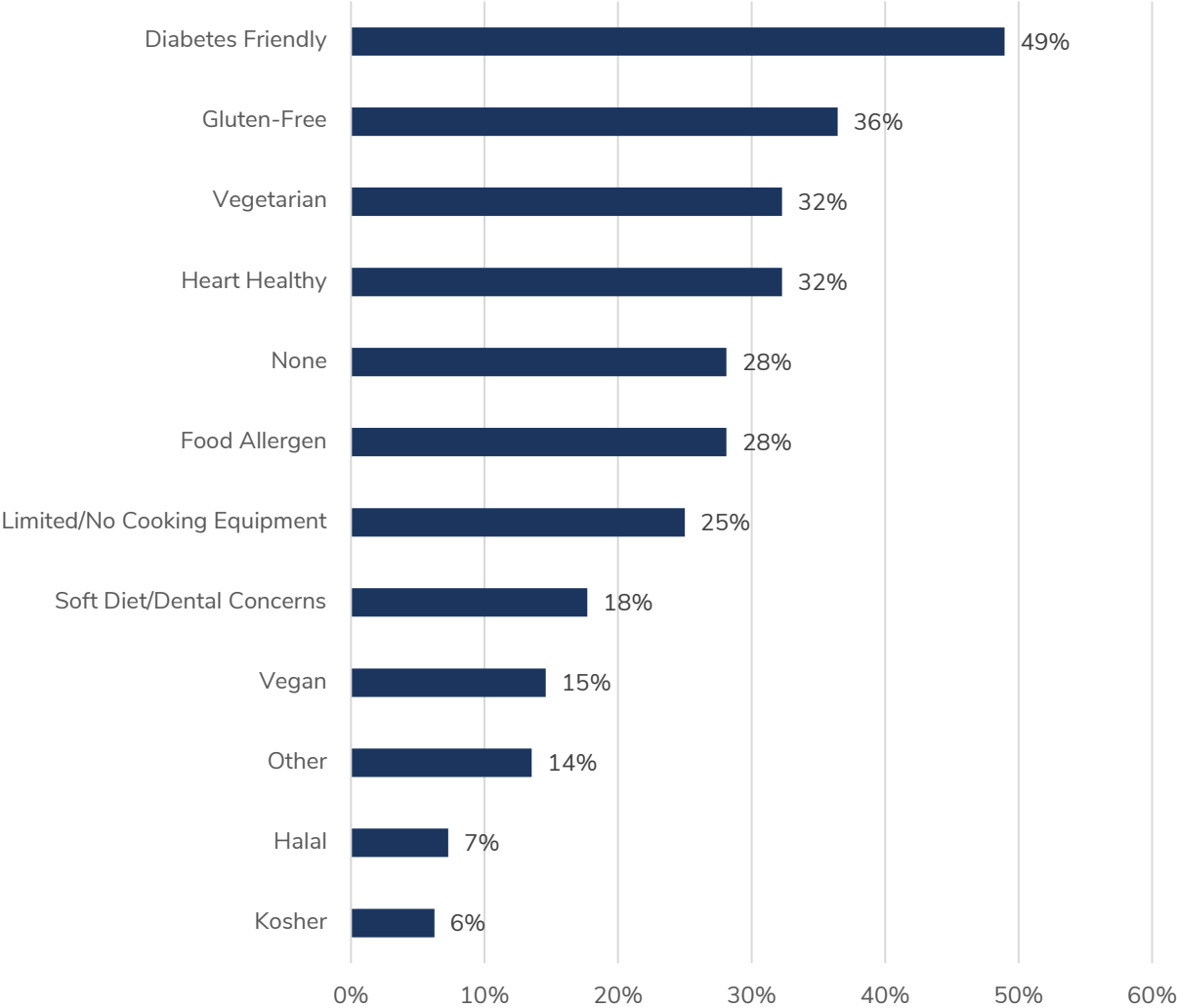


Source: Hunger on the Plains 2023. Partner Agency Survey, Q19. (N=96)

<sup>9</sup> FDA, Food and Labeling (2022). <https://www.fda.gov/food/food-labeling-nutrition/use-term-healthy-food-labeling#:~:text=The%20existing%20definition%20has%20limits,%2C%20iron%2C%20protein%20and%20fiber.>

Many agencies (72%) are able to accommodate at least one type of special diet. Most commonly, 49% are able to accommodate those needing diabetes friendly/low-sugar items, 36% are able to accommodate gluten-free options, 32% are able to accommodate those who are vegetarian, and 32% are able to provide heart healthy/low-sodium options.

Figure 6.18: Special Diet Accommodations

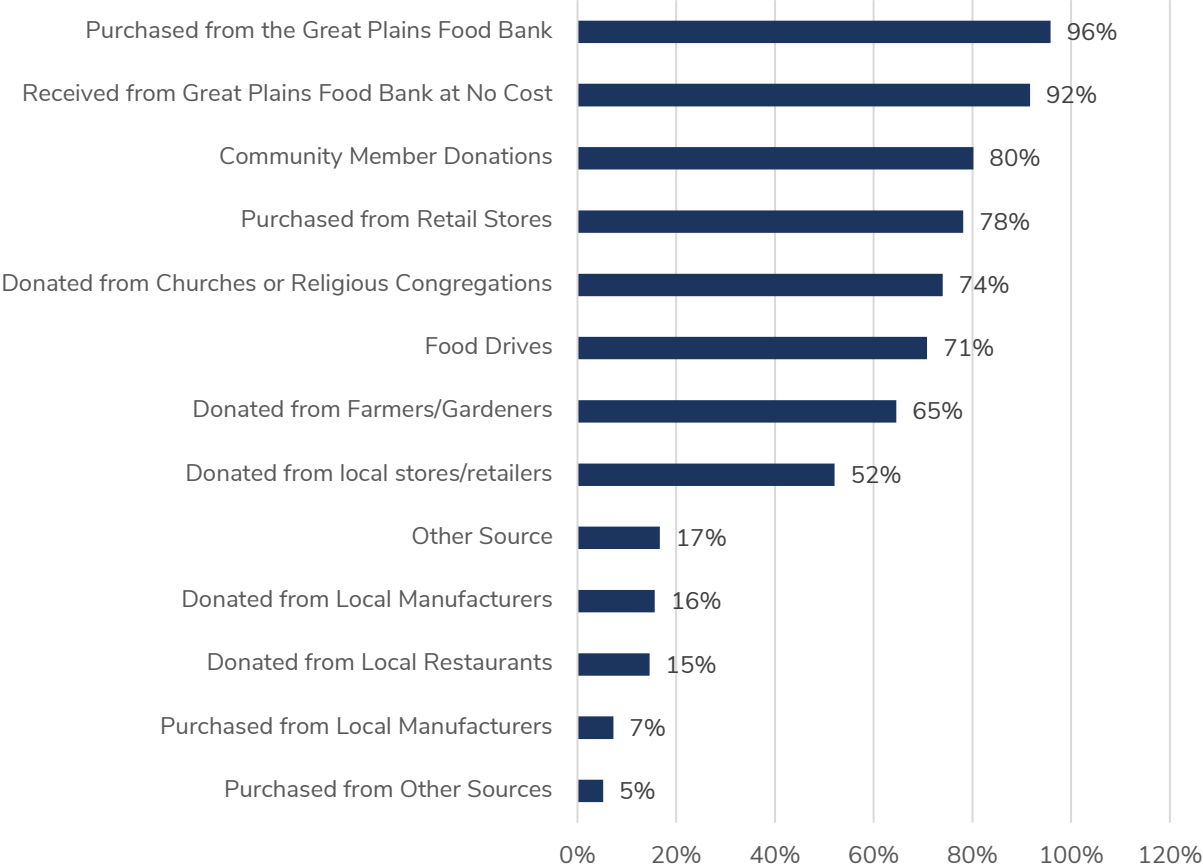


Source: Hunger on the Plains 2023. Partner Agency Survey, Q20. (N=96)  
 "Other" responses reflected agencies meeting individual neighbor needs as requested.

Ninety-six percent of agencies purchase food from the Great Plains Food Bank, and 92% of agencies receive food from the Great Plains Food Bank at no cost. On average, partners report that 67% of their food is sourced through the Great Plains Food Bank.

Outside of the Great Plains Food Bank, most agencies receive their food from community member donations (80%), purchase at retail stores (78%), and through donations from churches or religious congregations (74%).

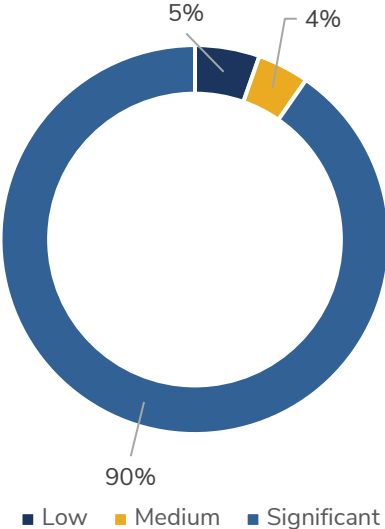
Figure 6.19: Sources of Food



Source: Hunger on the Plains 2023. Partner Agency Survey, Q22. (N=96)  
"Other" responses included Partnership with Native Americans

Most agencies (90%) stated that their agency would be significantly impacted if they were no longer able to receive food from the Great Plains Food Bank.

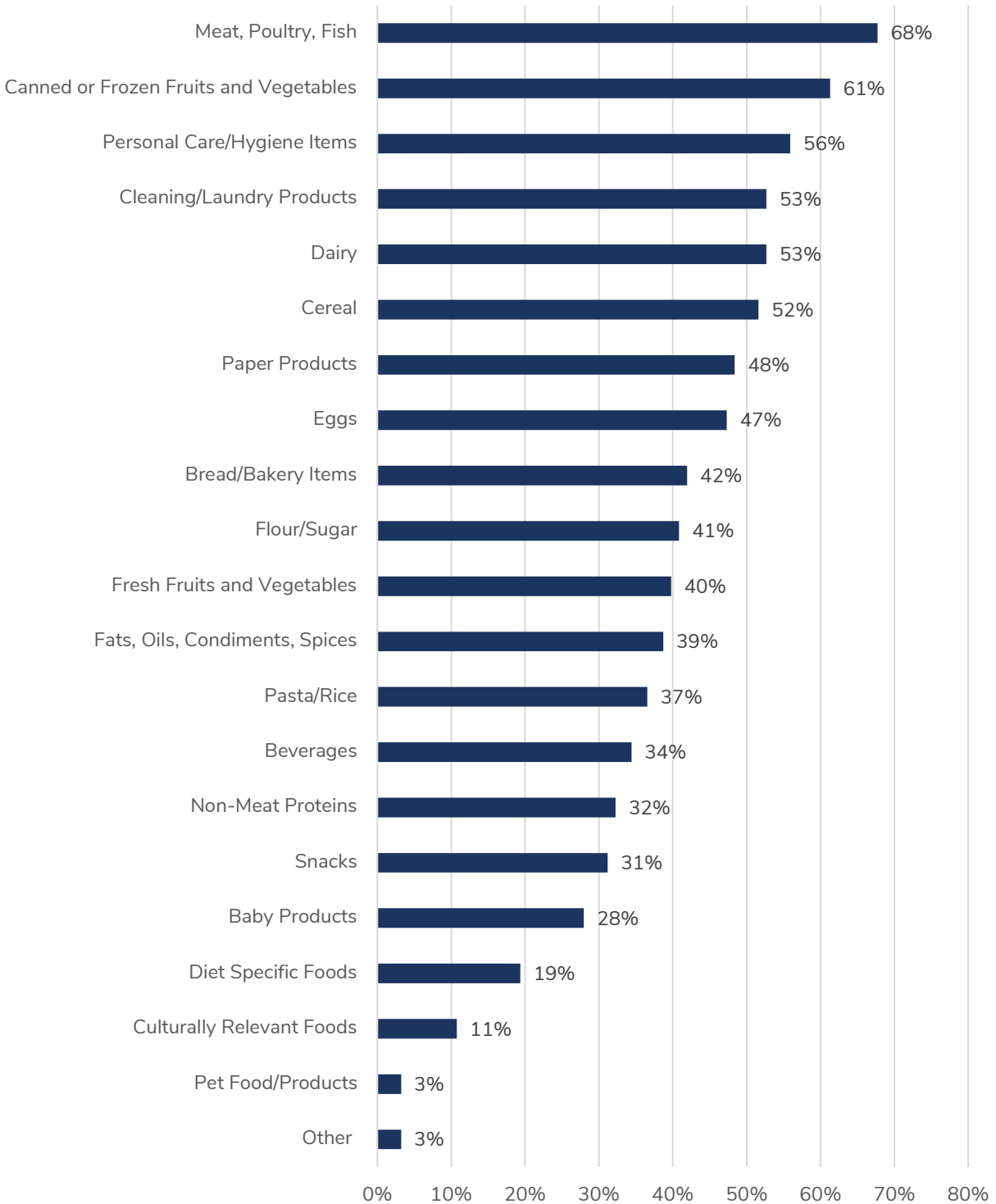
Figure 6.20: Impact If No Longer Able to Receive Food from Great Plains Food Bank



Source: Hunger on the Plains 2023. Partner Agency Survey, Q24. (N=93)

Agencies purchase a wide variety of foods from sources outside of the Great Plains Food Bank. Most commonly, agencies purchase meat, poultry, and/or fish (68%), canned or frozen fruits and vegetables (61%), personal care/hygiene items (56%), cleaning/laundry products (53%), and dairy items (53%).

Table 6.1: Food and Grocery Products Purchased from Outside Sources



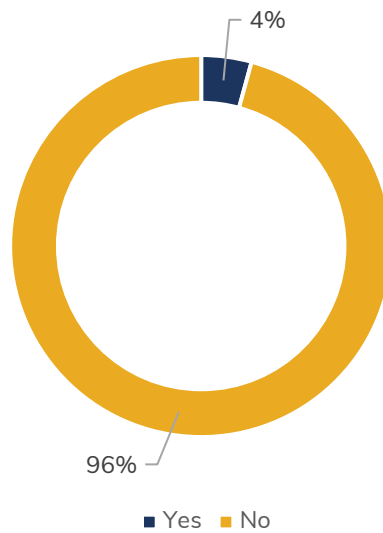
Source: Hunger on the Plains 2023. Partner Agency Survey, Q25. (N=93)

## D. Operational Changes

Partner agencies continuously face the need to respond to changes that arise due to both internal and external circumstances. This section posed questions about operational changes the agency may have made during 2021. We know that agencies were significantly impacted by the COVID-19 pandemic in 2020 but have learned that those changes may not be reflected in or carried over into their 2021 operations.

In 2021, very few agencies (4%) had to decrease the number of times a neighbor could receive food. For those agencies that did respond affirmatively, the reasons for the decrease were attributed to an increase in the number of neighbors visiting the pantry and a decrease in the days/hours of operation.

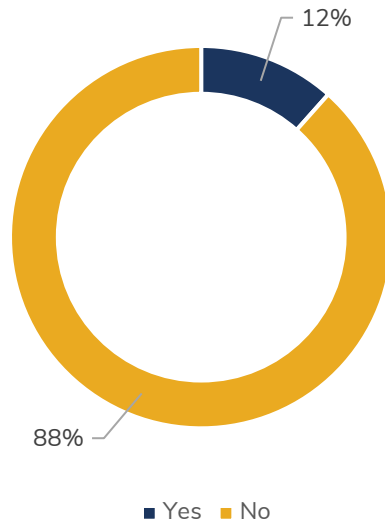
Figure 6.22: Decrease Number of Times Client Can Receive Food



Source: Hunger on the Plains 2023. Partner Agency Survey, Q26. (N=94)

Twelve percent (12%) of agencies decreased the number of neighbors they were able to serve. For those agencies that did respond affirmatively, the reasons were attributed to ongoing challenges of the COVID-19 pandemic, a decreased need due to the government's issuance of stimulus payments, infrastructure changes, and limited agency capacity due to food and volunteer shortages.

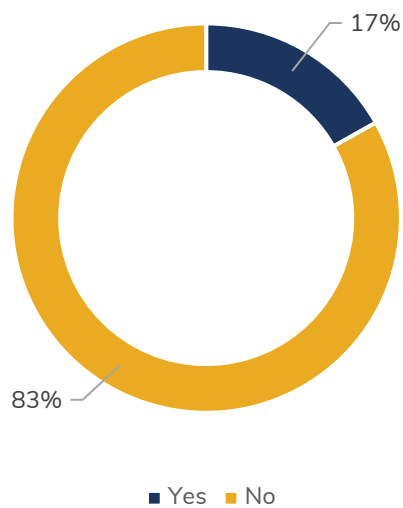
Figure 6.23: Number of Clients Able to Serve Decreased



Source: Hunger on the Plains 2023. Partner Agency Survey, Q28. (N=95)

Seventeen percent (17%) of agencies decreased the amount of food they were able to provide. For those agencies that did respond affirmatively, the reasons were attributed to food shortages, limited availability of food from Great Plains Food Bank, increasing food costs, increased demand from neighbors, and decreased food drive donations.

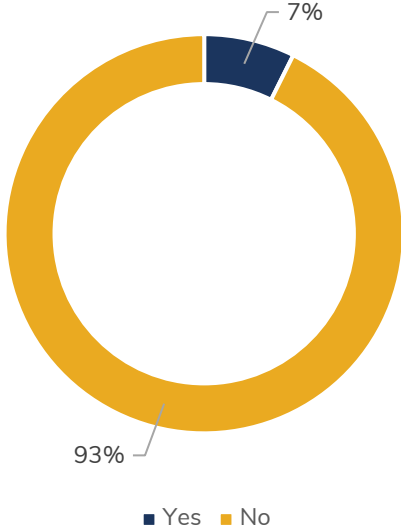
Figure 6.24: Amount of Food Able to Provide Decreased



Source: Hunger on the Plains 2023. Partner Agency Survey, Q30. (N=95)

Seven percent (7%) of agencies saw a decrease in the quality of food they were able to provide. For those agencies that did respond affirmatively, the reasons were attributed to limited availability of food and limited funds to purchase higher quality foods.

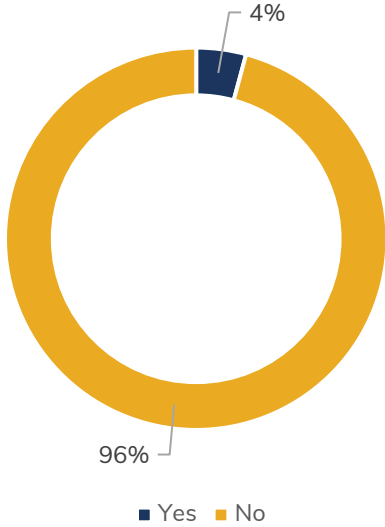
Figure 6.25: Quality of Food Able to Provide Decreased



Source: Hunger on the Plains 2023. Partner Agency Survey, Q32. (N=95)

Four percent (4%) of agencies decreased the number of hours they were open. For those agencies that did respond affirmatively, the reasons were attributed to ongoing challenges of the COVID-19 pandemic and a shortage of volunteers.

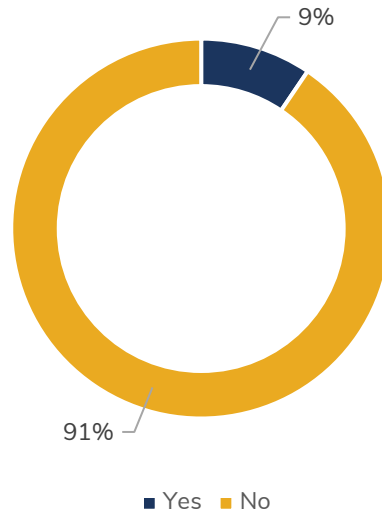
Figure 6.26: Number of Hours Your Agency is Open Decreased



Source: Hunger on the Plains 2023. Partner Agency Survey, Q34. (N=95)

Nine percent (9%) decreased the number of staff they employ. For those agencies that did respond affirmatively, the reasons were attributed to ongoing challenges of the COVID-19 pandemic, limited financial resources, organizational restructuring, and worker shortages.

Figure 6.27: Number of Staff Decreased



Source: *Hunger on the Plains 2023. Partner Agency Survey, Q36. (N=95)*

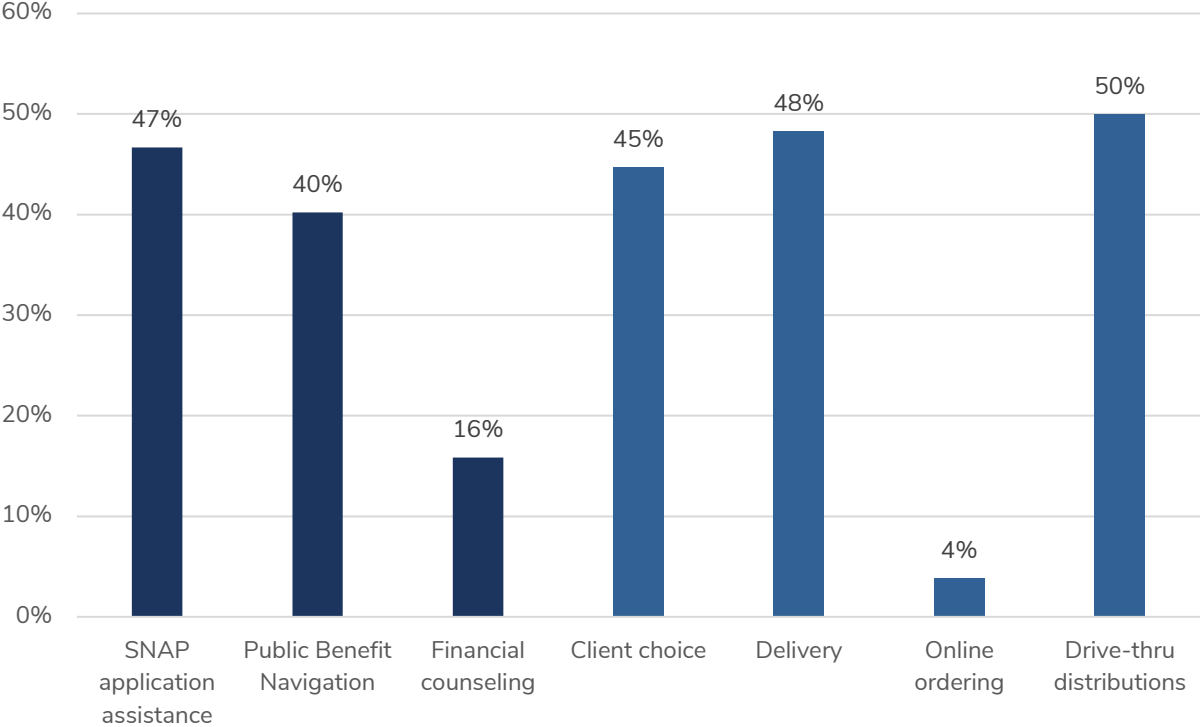
## E. About your Capacity

The final section of the Partner Agency Survey focused on an agency's capacity, including how they respond to neighbor needs, services they may provide beyond food, and interest in training opportunities.

Many partner agencies offer additional support to neighbors beyond the supply of emergency food resources. This support may include offering additional services outside of food, such as SNAP application assistance (47%), public benefit navigation (40%), or financial counseling (16%).

Additionally, this supplemental support may focus on increasing access to neighbors by offering a drive-thru distribution model (50%), delivery (48%), client choice (45%), or online ordering (4%).

Figure 6.28: Neighbor Offerings



Source: Hunger on the Plains 2023. Partner Agency Survey, Q38. (N=93)



Agencies expressed interest in receiving training on a variety of topics. Most commonly, agencies would like to learn more about securing local food resources, fundraising/grant writing, and volunteer recruitment. These are potential areas that Great Plains Food Bank or other community partners may be able to provide support or technical assistance.

Table 6.1: Training Interest

Training Topics Agencies Want to Pursue (n=92)	
Accessing local food resources	42%
Fundraising/Grant writing	42%
Volunteer recruitment/retention/recognition	39%
Food safety and sanitation	34%
Workshops or classes on nutrition, health issues, shopping on a budget	29%
Cooking demonstrations or classes	29%
Medically appropriate foods	28%
Senior commodity program	28%
Culturally relevant foods	26%
Social media training	26%
Staff/volunteer succession planning	25%
Children's summer meal programs	24%
Workshops or classes on specific health problems related to nutrition	23%
Technology assistance	22%
Diversity, equity, and inclusion training	22%
BackPack Program	22%
Advocacy training	17%
Nonprofit management or board governance	13%

Source: Hunger on the Plains 2023. Partner Agency Survey, Q42. (N=92)

Finally, partner agencies were asked what opportunity they were most proud of from the previous year. This question was open-ended, which solicited a wide range of responses. Many agencies centered on the core of their work and sharing gratitude for the ability to help feed their communities. Others were able to secure grants to support operations or even help expand. Some were able to provide assistance beyond food such as clothing and benefits navigation. Overall the accomplishments shared by each partner agency demonstrated great pride in being part of the charitable feeding network and helping our region.

## F. Key Findings

### **Partner agencies are meeting neighbor needs through creative solutions and by centering on neighbor preferences.**

- 96% of partner agencies want to provide healthier options to their neighbors.
- 49% of agencies provide culturally relevant foods.
- Partners meet the dietary needs of the neighbors they serve, accommodating various diet types.
  - 49% low-sugar/diabetes-friendly.
  - 36% gluten-free.
  - 34% vegetarian/vegan.
  - 32% low sodium/heart healthy.
  - 7% halal.
  - 6% kosher.

### **Partner agencies are affected by economic and social challenges.**

- Agencies receive 67% of their food from Great Plains Food Bank.
  - 90% of agencies would be significantly impacted if they could no longer receive food from Great Plains Food Bank.
- One in four agencies are spending more of their budget on food than pre-pandemic levels.
  - 49% of partners spend 76-100% of their budget on food.

### **Partner agencies are leveraging existing resources and expressed interest in pursuing opportunities for further growth.**

- Agencies provide individualized assistance to their neighbors.
  - 50% host drive-thru distributions.
  - 48% offer delivery.
  - 47% provide SNAP application assistance.
  - 45% offer client choice.
  - 40% support benefits navigation.
- Agencies are interested in engaging in learning opportunities to expand their capacity.
  - 42% are interested in learning how to access local food sources.
  - 42% want to learn more about fundraising/grant writing.
  - 39% would like to learn more about volunteer recruitment/retention/recognition.
  - 34% are interested in learning more about food safety and sanitation.
  - 29% would like to take classes on nutrition, health issues, shopping on a budget.
  - 29% are interested in cooking demonstrations or classes.

## VII. Limitations and Recommendations

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### A. Limitations

Great Plains Food Bank is committed to sharing information with the public that is factual, comprehensive, and an accurate representation of those we serve. As with all research, the data that we've reviewed is subject to limitations. By highlighting these limitations, we hope to further express our commitment to transparency and fidelity. The following details the authors' perceived and actual limitations of the research.

1. *Challenges with Sampling and Participant Selection*

Due to the rurality of our state, some sites were likely to have low attendance, necessitating a mixed sampling method across the totality of the sites. This meant that sites where few guests were expected were going to have a convenience sampling method, with others utilized a simple random sampling. While a mixed sampling method is common with research, it does pose potential risks or limitations when "unselected" guests question their ability to participate in the survey.

2. *Site Selection*

As is common in previous iterations of this study, sites are selected by the principal study facilitator. Some level of bias may enter into this decision-making process when the study facilitator has existing knowledge of the sites themselves. This may lead to unintentional weighting of certain demographic groups that may be represented in that site.

3. *Insufficient Sample Size*

All sites were planned for a minimum of 6 questionnaires, but due to limitations of the data collector, a variety of sites have an insufficient sample size to discuss that site's data without the potential of exposing the identity of community members. This is partially due to the nature of North Dakota geography and low population density and partially due to a mismatch in expected attendance and actual attendance at planned sites.

4. *Personal Bias of the Data Collector*

In all research environments, it is critical to highlight the potential personal bias of both the data collector and the principal study facilitator. This unintended personal bias may appear in the framing of questions or response options, tone of voice when speaking to participants, or decisions made during sampling when preferred language or literacy level of the participant make communication difficult. We are not without personal bias and in an attempt to serve our neighbors most equitably, it is essential that we highlight and address this personal limitation.

## B. Recommendations for Future Study

We believe that research is an iterative and cyclical process. Great Plains Food Bank has been committed to this body of work from its early inception as part of the Hunger in America research strategy. Going forward, we will continue to prioritize elevating neighbor voices and ensuring that those experiencing food insecurity are at the center of driving solutions to end hunger. As we reflect on the invaluable learnings of Hunger on the Plains 2023, we provide the following recommendations for future study and equity in research.

1. *Development of Client Advisory Council*

We believe that a Client Advisory Council would support research practices and other programmatic efforts at Great Plains Food Bank. Such a council would provide an important internal feedback loop to reduce unintended personal bias or elevate trauma-informed care in research practices.

2. *Increased Frequency*

As the world collectively experienced a global pandemic, we learned very quickly that life can change in an instant. We know that many people experienced food insecurity for the very first time due to job loss and economic instability. The last similar iteration of this study was conducted in 2018. Multiple significant changes occurred in our communities between 2018 and today. With that hindsight, we believe there would be value in a bi-annual (every other year) or semi-annual (every third year) cadence to this research. Additionally, we plan to independently assess partner agency capacity on an annual basis rather than including it with this study going forward.

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# IX. Appendices

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## Appendix 1: Neighbor Experience Survey



### Neighbor Experience Survey

Thank you for taking the time to complete this survey and share your experiences with accessing food.

#### SECTION I: General Questions

These first few questions will ask about basic demographic information.

1. Of the people who live in your household, how many of them are children ages 0-5?  
\_\_\_\_\_
2. Of the people who live in your household, how many of them are children under ages 6-17?  
\_\_\_\_\_
3. Of the people who live in your household, how many of them are adults between the ages of 18-59? Include yourself if you fall within this age range.  
\_\_\_\_\_
4. Of the people who live in your household, how many of them are older adults ages 60 or up? Include yourself if you fall within this age range.  
\_\_\_\_\_
5. Does your household include a grandchild?
  - Yes → If yes, answer Q6
  - No → If no, move to Q7
6. If your household includes a grandchild, are you currently responsible for most of the basic needs of any grandchild(ren) under the age of 18 who live(s) in your household?
  - Yes
  - No
7. Do any of your children go to daycare?
  - Yes → If yes, answer Q8
  - No → If no, move to Q9
  - Stay at home with parent or caregiver → If stay at home, move to Q9

For office use only: Date: \_\_\_\_\_ Site: \_\_\_\_\_ County: \_\_\_\_\_

**8. If any of your children go to daycare, what kind of day care does your child (do your children) go to?**

- Home based child care with non-family provider
- Childcare Center
- Head Start
- Pre-school Program
- School-age child care
- Stay at home with parent or caregiver
- Other

If other, please specify \_\_\_\_\_

**9. What is your (or anyone in your household's) military status?**

- Active duty
- National Guard/Reserves
- Veteran
- Never served/Civilian

**10. What is your marital status?**

- Divorced
- Married
- Never been married
- Separated
- Widowed

**11. What is the highest level of education you completed?**

- Completed less than high school
- Completed high school or equivalent degree (GED)
- Completed non-college business/trade/technical school or degree
- Some college/2 year degree or no degree
- Completed college (B.A. or B.S.)
- Completed graduate school or other advanced degree

**12. Including yourself, how many people in your household are employed? \_\_\_\_\_**

**13. What is your employment status?**

- |  |  |
|--|--|
| <input type="checkbox"/> Part-time employee  | <input type="checkbox"/> Stay at home caregiver for children |
| <input type="checkbox"/> Full-time employee  | <input type="checkbox"/> Stay at home caregiver for adult    |
| <input type="checkbox"/> Self-employed       | <input type="checkbox"/> Retired                             |
| <input type="checkbox"/> Multiple jobs       | <input type="checkbox"/> Unable to work due to a disability  |
| <input type="checkbox"/> Day Labor           | <input type="checkbox"/> Unemployed                          |
| <input type="checkbox"/> Seasonally employed | <input type="checkbox"/> Other                               |
| <input type="checkbox"/> Student             | If other, please specify _____                               |

**14. If you are unemployed, how long has it been since you last worked?**

- Less than 3 months
- 3-6 months
- 7-12 months
- 1-2 years
- More than 2 years
- Never worked

**15. If you are employed, how many hours do you work per week in your job(s)?**

- 1-10 hours
- 11-20 hours
- 21-30 hours
- 31-40 hours
- More than 40 hours
- Varies greatly with each week

**16. What is your race or ethnicity? (select all that apply)**

- White
  - Hispanic, Latino or Spanish
  - Black or African American
  - Asian
  - Native American or American Indian
  - Alaska Native
  - Middle Eastern
  - North African
  - Native Hawaiian or Other Pacific Islander
  - Don't know
  - Some other race or ethnicity
- If other, please specify \_\_\_\_\_

**17. Do you currently describe yourself as male, female, or transgender?**

- Male
- Female
- Transgender
- None of these
- Prefer not to answer

**18. What is the zip code where you are currently living? \_\_\_\_\_**

## SECTION II: HOUSING

Please answer the next few questions, which will ask about your housing situation.

### 19. Which of the following best describes your current living situation?

- Rent your place
- Own the place you live outright
- Pay a mortgage
- Live for free with someone
- Pay partial rent with subsidies/assistance (receive assistance for rent)
- Other

If other, please specify \_\_\_\_\_

### 20. What is your current type of residence?

- House
- Apartment
- Room
- Motel/Hotel
- Live with extended family/friends temporarily
- Live with extended family/friends permanently
- Group Home
- Nursing Home
- Assisted Living Facility
- Homeless, living in a shelter or transitional housing facility
- Homeless, living on the street
- Car, van, or recreational vehicle
- Abandoned building
- Other

If other, please specify \_\_\_\_\_

### 21. Were you late in paying your last month's rent or mortgage?

- Yes
- No
- Don't pay rent or mortgage

### 22. Does your household receive Section 8 or Public Housing Assistance?

- Yes
- No

### 23. Do you have or have access to the following? (select all that apply)

- A place where you can prepare a meal?
- Access to a vehicle that runs?
- Access to the internet?
- A cellphone?
- An email address?

### SECTION III: HEALTH

Please answer the next few questions, which will ask about you and your household's health status.

**24. How would you rate your health? Mark an 'x' along the line**

Very bad                      Bad                      Fair                      Good                      Excellent

**25. If there is anyone else in your household, is there anyone else in your household in poor health?**

- Yes
- No

**26. What chronic health conditions are you currently living with?**

- Addiction
- Alzheimer's
- Asthma
- Diabetes
- Depression/other mental health condition
- Glaucoma
- Heart disease
- High blood pressure
- Obesity
- Osteoporosis
- None
- Other

If other, please specify \_\_\_\_\_

**27. What chronic health conditions is anyone in your household currently living with?**

- Addiction
- Alzheimer's
- Asthma
- Diabetes
- Depression/other mental health condition
- Glaucoma
- Heart disease
- High blood pressure
- Obesity
- Osteoporosis
- None
- Other

If other, please specify \_\_\_\_\_

**28. Do you (or does anyone in your household) have any of the following kinds of health insurance?**

- Medicaid
  - Medicare
  - Children's Health Insurance Program (CHIP or SCHIP)
  - Veterans Administration or VA Benefits
  - Public health insurance (MNSure, Healthcare.gov, Health Insurance Marketplace)
  - Private health insurance (Blue Cross/Blue Shield, Sanford Health Plan)
  - None
  - Other
- If other, please specify \_\_\_\_\_

**29. Do you (or anyone in your household) have unpaid medical or hospital bills?**

- Yes
- No

#### **SECTION IV: INCOME AND FINANCIAL ASSISTANCE**

*Please answer the next few questions, which will ask about you and your household's income and experience with financial assistance.*

**30. Did you (or anyone in your household) get money in the last month from any of the following? (select all that apply)**

- Pension/Retirement
  - Savings
  - Job(s)
  - Veterans benefits
  - Social Security
  - Unemployment Compensation
  - Churches
  - Unemployment Compensation
  - Disability (SSDI) or Workman's Compensation
  - Supplemental Security Income (SSI)
  - Temporary Assistance to Needy Families (TANF)
  - Assistance for child care costs
  - Child support
  - Alimony/spousal support
  - Money from friends/relatives
  - Other
- If other, please specify \_\_\_\_\_

**31. If you are currently employed, thinking of the job you consider to be your main job, what is your hourly wage? \_\_\_\_\_**

**32. What was your (your household's) total income last month? Including all earnings, pensions, child support, and cash welfare benefits such as TANF and SSI. Do not include the value of food stamps, WIC, Medicaid, or public housing. Your best estimate is fine.**

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**33. Are you participating in any government sponsored job training or work experience programs, such as the SNAP Employment and Training Program or any work program tied to TANF?**

- Yes
- No

#### **SECTION V: FOOD AND FOOD ASSISTANCE**

*Please answer the next few questions, which will ask about you and your household's food needs and experience with food assistance.*

**34. Where do you do your grocery shopping? (select all that apply)**

- Grocery store
- Superstore (Wal-Mart, Target)
- Warehouse club (Costco, Sam's Club)
- Convenience store (Holiday, Casey's)
- Ethnic food store
- Farmer's market
- Dollar store
- Don't know because someone else does the shopping
- Don't purchase groceries, free food only
- Other

If other, please specify \_\_\_\_\_

**35. How far do you typically travel one-way to get groceries or food?**

- 0-10 miles
- 11-20 miles
- 21-40 miles
- 41-60 miles
- More than 60 miles

**36. Do you have any special dietary needs?**

- Yes → If yes, continue to Q37.
- No → If no, skip to Q39.

**37. If you have special dietary needs, which of the following best describe your dietary needs?**

- Low-sugar/low-carb (diabetes-friendly)
- Low-sodium (salt)/low saturated fat (heart healthy)
- Gluten-free
- Halal
- Kosher
- Vegan
- Vegetarian
- Soft diet/dental concerns
- Limited/no cooking equipment
- Food allergen (e.g. peanut, seafood, dairy)
- Other

If other, please specify \_\_\_\_\_

**38. If you have a food allergy, what is your food allergen?**

\_\_\_\_\_

**39. Do you have cultural, traditional, or religious foods that you prefer to eat?**

- Yes → If yes, continue to Q40
- No → If no, then skip to Q44

**40. Do you have access to most of these foods locally?**

- Yes, they are available locally
- No, they are not available locally
- I don't know
- Other

**41. If you are not able to access these foods, what are the foods that you cannot access locally?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**42. If you are able to access these foods, where do you access them?**

- |   |   |
|---|---|
| <input type="checkbox"/> Grocery store                        | <input type="checkbox"/> Farmer's market          |
| <input type="checkbox"/> Superstore (Wal-Mart, Target)        | <input type="checkbox"/> Dollar store             |
| <input type="checkbox"/> Warehouse club (Costco, Sam's Club)  | <input type="checkbox"/> Food pantries/Meal sites |
| <input type="checkbox"/> Convenience store (Holiday, Casey's) | <input type="checkbox"/> Other                    |
| <input type="checkbox"/> Ethnic food store                    | If other, please specify _____                    |

**43. If you are able to access these foods, how often can you afford to buy these foods?**

- Frequently
- Sometimes
- Rarely
- Never

**44. In which of the following food programs do you (or anyone in your household) currently participate? (select all that apply)**

- Senior nutrition sites, such as senior centers that serve meals
  - Senior commodity program
  - Home delivered meals or Meals-on-Wheels
  - Tribal commodity program (FDPIR)
  - The Women, Infants, and Children program (WIC)
  - School lunch programs
  - School breakfast programs
  - After school snack programs
  - Backpack Programs (providing food to children for the weekend)
  - Summer food programs (providing lunch to children during the summer months)
  - Meals at childcare center
  - Other
- If other, please specify \_\_\_\_\_

**45. Have you (or anyone in your household) ever applied for SNAP (food stamps/EBT)?**

- Yes → If yes, move to Q47
- No → If no, answer Q46, then move to section 6

**46. Why have you never applied for SNAP? (select all that apply)**

- Don't think eligible for benefits because of income or assets
  - Don't know where to go or who to contact to apply
  - Others need benefits more
  - Application process is too long and complicated
  - Food stamp office staff are disrespectful
  - Feel embarrassed applying for benefits
  - Feel embarrassed using benefits
  - Other
- If other, please specify \_\_\_\_\_

**47. Did you (or anyone in your household) receive SNAP (food stamps/EBT) in the past 12 months?**

- Yes
- No

**48. Are you (or others in your household) currently receiving SNAP (food stamps/EBT)?**

- Yes
- No

**49. If not, why don't you or your household receive SNAP (food stamps/EBT) now? (select all that apply)**

- Income or assets made your household ineligible
- The make-up of your household changed
- It was too much hassle to keep dealing with the county SNAP office
- Can get by on my own without food stamp benefits
- Others need benefits more
- Need was only temporary
- Hard to get to the Food Stamp office
- The time limit for receiving help ran out or expired
- Because of the citizenship status of you or someone in your household
- Other

If other, please specify \_\_\_\_\_

**If you currently receive SNAP (food stamps/EBT), please answer the following questions:**

**50. How long have you (and your household) been receiving SNAP (food stamps/EBT)?**

\_\_\_\_\_

**51. How many weeks do your SNAP (food stamps/EBT) benefits usually last?**

- 1 week or less
- 2 weeks
- 3 weeks
- 4 weeks
- More than 4 weeks

## **SECTION VI: FOOD PANTRIES AND SOUP KITCHENS**

*Please answer the next few questions, which will ask about your experiences with food pantries and soup kitchens.*

**52. Including today, in the past year, have you or anyone in your household visited a food pantry?**

- Yes → If yes, continue to Q53
- No → If no, move to Q56

**53. How many times have you visited a food pantry?**

In the past month?	
In the past year?	

**54. In thinking about the last month, how many different food pantries gave you (or others in your household) food?**

- 1 pantry
- 2 pantries
- 3 pantries
- 4 pantries
- 5 or more pantries

**55. Which of the following foods and grocery items would you like to see more of when you visit any food pantry?**

- Meat, poultry, fish
- Non-meat proteins (beans, peanut butter, nuts)
- Canned meat
- Pasta/rice
- Ready-made meals (soups, boxed meals, etc)
- Fresh vegetables
- Canned vegetables
- Frozen vegetables
- Fresh fruit
- Canned fruit
- Frozen fruit
- Cereal
- Snacks (cookies, crackers)
- Beverages (juice, coffee, tea)
- Dairy (milk, cheese, yogurt)
- Bread/bakery items
- Flour/oil/sugar
- Eggs
- Condiments/Spices
- Paper products (toilet paper, paper towels)
- Personal care/hygiene items (soap, shampoo, deodorant)
- Cleaning/laundry products
- Baby products (diapers, wipes, formula)
- Pet food/products
- Culturally relevant foods
- Diet specific foods (low sugar/sodium, vegan)
- Other

If other, please specify \_\_\_\_\_

**56. Including today, in the past year, have you or anyone in your household visited a soup kitchen?**

- Yes → If yes, continue to Q57
- No → If no, move to Q61

**57. How many times have you visited a soup kitchen?**

In the past month?	
In the past year?	

**58. How many meals do you expect to eat today at a soup kitchen?**

- One meal
- Two meals
- Three or more meals

**59. In thinking about the last month, how many different soup kitchens gave you (or others in your household) meals in the past month?**

- 1 kitchen
- 2 kitchens
- 3 kitchens
- 4 kitchens
- 5 or more kitchens

**60. Do you usually bring any children with you to a soup kitchen?**

- Yes
- No

**SECTION VII: Food Security**

Please answer the next few questions, which will ask about your food security status.

**61. Thinking about the past 12 months, do you think the following statements were often true, sometimes true, or never true for you/other adults in your household?**

	Often true	Sometimes true	Never true	Unsure
I/we worried whether our food would run out before I/we got money to buy more.				
The food I/we bought just didn't last, and I/we didn't have money to get more.				
I/we couldn't afford to eat balanced meals.				
I/we cut the size of meals or skipped meals because there wasn't enough money for food.				
I/we didn't eat for a whole day because I/we couldn't afford enough food.				

**62. Thinking about the past 12 months, has your household had to make choices about paying for food or any of the following bills? This might mean you have had to choose between paying for one thing over another. (select all that apply)**

- I/we have not had to make choices about paying for bills.
- Utilities: heat, water, electricity, internet, phone
- Transportation: gas, car payments, or access to other means of transportation
- Education: college tuition, student loans, schools fees, activities
- Childcare: home or center based care, babysitters, pre-school
- Healthcare: insurance, medical/mental/dental/vision healthcare, medication
- Other

If other, please specify \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**63. If this agency weren't here to help you (and your household) with food, what would you do?**

(select all that apply)

- Go to another agency
- Get help from relatives/friends
- Get help from the government
- Get a job, more hours, an additional job
- Sell some personal property
- Cut expenses
- Eat less, skip meals, reduce size of meals
- I have no other place to get help
- I would get by somehow
- I don't know what I would do
- Do something illegal (steal, etc)
- Other

If other, please specify \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

#### **SECTION VIII: BARRIERS**

Please answer the next few questions, which will ask about barriers to obtaining food you have experienced.

**64. How challenging is finding a site for free meals/groceries that is open during the times or days of the week when you need it?**

- Very challenging
- Somewhat challenging
- Not too challenging
- Not at all challenging
- Unsure

**65. How often have you had trouble accessing free meals/groceries because you did not have easy access to a car or public transit, couldn't afford gas/fare, or had trouble carrying your food home?**

- Never
- Rarely
- Sometimes
- Often
- Always
- Unsure

**66. How long does it typically take you to get to a site for free meals/groceries?**

- Less than 15 minutes
- 15-30 minutes
- 31 minutes-1 hour
- Between 1 and 2 hours
- More than 2 hours
- Unsure

**67. How long does it typically take to get your food from the time that you arrive at a site to the time you leave, including waiting in line and filling out any paperwork?**

- Less than 15 minutes
- 15-30 minutes
- 31 minutes-1 hour
- Between 1 and 2 hours
- More than 2 hours
- Unsure

**68. How often can you get the variety and types of foods that you need or want?**

- Never
- Rarely
- Sometimes
- Often
- Always
- Unsure

**69. Have you ever felt that a staff member or volunteer at a site judge you because of your personal circumstances or other reasons?**

- Yes → If yes, continue to Q70
- No → If no, move to Q71

**70. If you have felt that a staff member or volunteer judged you, what do you think is the main reason for these experiences? (you can choose more than one reason)**

- |  |  |
|--|--|
| <input type="checkbox"/> Your gender                       | <input type="checkbox"/> Your height                                   |
| <input type="checkbox"/> Your sexual orientation           | <input type="checkbox"/> Your weight                                   |
| <input type="checkbox"/> Your race                         | <input type="checkbox"/> Some other aspect of your physical appearance |
| <input type="checkbox"/> Your ancestry or national origins | <input type="checkbox"/> Unsure  |
| <input type="checkbox"/> Your religion                     | <input type="checkbox"/> Other   |
| <input type="checkbox"/> Your education or income level    | If other, please specify_____  |
| <input type="checkbox"/> Your age                          |  |

**71. What would make it easier for you to get the food you needed for yourself and your household?**

- Food pantries being open evenings/weekends
- Food pantry closer to your home
- Summer lunch programs near me for my children
- Home delivery
- Specialty diet choices (gluten free, kosher, vegetarian, diabetic, etc)
- Ability to get more food when I visit food pantries
- Ability to get food from food pantries more often
- Materials in appropriate language
- Other

If other, please specify \_\_\_\_\_  
\_\_\_\_\_

**72. We know that issues related to food aren't the only things that people in our area experience. Please share which of these issues impact you. (select all that apply)**

- Access to housing
- Addiction
- Childcare
- Lack of transportation
- Language barriers/lack of translation services
- Racism
- Other discrimination
- Cost of Higher Education
- Poverty
- Chronic disease/health condition
- Lack of jobs
- Other

If other, please specify \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**73. Do you have any comments or anything additional you'd like to share?**

**Thank you for completing the survey! Your input is extremely important to us.**

## Appendix 2: Neighbor Experience Data Tables

	COUNT	PERCENT
<b>DEMOGRAPHICS</b>		
<b>Ages of All Household Members (N=1547)</b>		
0 to 5	240	15.5%
6 to 17	330	21.3%
18 to 59	707	45.7%
60 or older	270	17.5%
<b>Grandchild(ren) in Household (N=215)</b>		
Grandchild	56	26.0%
No Grandchild	159	74.0%
<b>Responsible for Grandchild(ren)'s Basic Needs (N=56)</b>		
Yes	40	71.4%
No	16	28.6%
<b>Childcare (N=215)</b>		
Go to daycare	13	6.0%
Do not go to daycare	176	81.9%
Stay at home with parent or caregiver	26	12.1%
<b>Types of Childcare (N=34)</b>		
Stay at home with parent or caregiver	18	52.9%
School-age childcare	6	17.6%
Other home-based childcare with non-family provider	4	11.8%
Pre-school Program	1	2.9%
Head Start	4	11.8%
Childcare Center	3	8.8%
Other	2	8.8%
<b>Military Status (N=491)</b>		
Active Duty	2	0.4%
National Guard/Reserves	6	1.2%
Veteran	70	14.3%
Never Served/Civilian	417	84.9%
<b>Marital Status (N=513)</b>		
Never Been Married	170	33.1%

Divorced	136	26.5%
Married	131	25.5%
Widowed	55	10.7%
Separated	21	4.1%
<b>Education Level (N=511)</b>		
Completed graduate school or other advanced degree	19	3.7%
Completed college (B.A. or B.S.)	36	7.0%
Some college/2 year degree or no degree	121	23.7%
Completed non-college business/trade/technical school or degree	33	6.5%
Completed high school or equivalent degree (GED)	204	39.9%
Completed less than high school	98	19.2%
<b>Race/Ethnicity (N=505)</b>		
White	342	67.7%
Native American or American Indian	133	26.3%
Hispanic, Latino, or Spanish	25	5.0%
Black or African American	25	5.0%
Asian or Asian American	11	2.2%
Don't know	3	0.6%
Some other race or ethnicity	9	1.8%
<b>Gender Identity (N=512)</b>		
Female	338	66.0%
Male	166	32.4%
Transgender	1	0.2%
None of these	3	0.6%
Prefer not to answer	4	0.8%
<b>HOUSING</b>		
<b>Current Living Situation (N=496)</b>		
Other	51	10.3%
Live for free with someone	29	5.8%
Receive assistance for rent	35	7.1%
Pay a mortgage	41	8.3%
Own the place you live outright	107	21.6%
Rent your place	233	47.0%
<b>Type of Residence (N=503)</b>		

Group Home	0	0.0%
Nursing Home	0	0.0%
Assisted Living Facility	0	0.0%
Abandoned building	0	0.0%
Car, van, or recreational vehicle	2	0.4%
Live with extended family/friends permanently	3	0.6%
Live with extended family/friends temporarily	5	1.0%
Room	6	1.2%
Homeless, living on the street	9	1.8%
Motel/Hotel	13	2.6%
Homeless, living in a shelter or transitional facility	22	4.4%
Other	23	4.6%
Apartment	178	35.4%
House	242	48.1%
<b>Late in Paying Mortgage/Rent (N=344)</b>		
Yes	78	22.7%
No	266	77.3%
<b>Receipt of Section 8 or Public Housing Assistance (N=496)</b>		
Yes	95	19.2%
No	401	80.8%
<b>Individual Access (N=495)</b>		
A place to prepare a meal	418	84.4%
Access to the internet	315	63.6%
Access to a vehicle that runs	341	68.9%
A cellphone	426	86.1%
An email address	324	65.5%
<b>HEALTH</b>		
<b>Health Rating (N=503)</b>		
Very bad	29	5.8%
Bad	52	10.3%
Fair	201	40.0%
Good	147	29.2%
Excellent	74	14.7%
<b>Chronic Health Conditions (N=488)</b>		

Addiction	32	6.6%
Alzheimer's	4	0.8%
Asthma	84	17.2%
Diabetes	116	23.8%
Depression/other mental health problems	149	30.5%
Glaucoma	12	2.5%
Heart Disease	51	10.4%
High Blood Pressure	158	32.3%
Obesity	70	14.3%
Osteoporosis	42	8.6%
None	124	25.4%
Other	115	23.6%
<b>Other Household Members in Poor Health (N=436)</b>		
Yes	111	25.5%
No	325	74.5%
<b>Other Household Member Chronic Health Conditions (N=441)</b>		
Addiction	26	5.9%
Alzheimer's	6	1.4%
Asthma	60	13.6%
Diabetes	86	19.5%
Depression/other mental health problems	83	18.8%
Glaucoma	11	2.5%
Heart Disease	43	9.8%
High Blood Pressure	101	22.9%
Obesity	36	8.2%
Osteoporosis	0	0.0%
None	131	29.7%
Other	52	11.8%
<b>Types of Insurance (N=497)</b>		
Medicaid	243	48.9%
Medicare	198	39.8%
Children's Health Insurance Program	6	1.2%
Veterans Administration or VA Benefits	26	5.2%
Public health insurance	20	4.0%
Private health insurance	92	18.5%
None	63	12.7%

Other	22	4.4%
<b>Unpaid Medical or Hospital bills (N=492)</b>		
Yes unpaid bills	219	44.5%
No unpaid bills	273	55.5%
<b>EMPLOYMENT AND INCOME AND FINANCIAL ASSISTANCE</b>		
<b>Income Sources (N=422)</b>		
Pension/Retirement	38	9.0%
Savings	23	5.4%
Job(s)	114	27.0%
Veterans benefits	15	3.6%
Social Security	137	32.5%
Unemployment Compensation	7	1.7%
Churches	9	2.1%
Disability (SSDI) or Workman's Compensation	59	14.0%
Supplemental Security Income (SSI)	49	11.6%
Temporary Assistance to Needy Families (TANF)	14	3.3%
Assistance for child care costs	1	0.2%
Child support	15	3.5%
Alimony/spousal support	1	0.2%
Money from friends/relatives	38	9.0%
None	21	5.0%
Other	15	3.6%
<b>Household Employment (N=482)</b>		
Three or More	13	2.7%
Two	68	14.1%
One	176	36.5%
None	225	46.7%
<b>Respondent Employment Status (N=495)</b>		
Unable to work due to a disability	96	19.4%
Unemployed	92	18.6%
Retired	89	18.0%
Full-time employee	83	16.8%
Part-time employee	54	10.9%
Stay at home caregiver for children	22	4.5%
Self-employed	19	3.8%

Day laborer	18	3.6%
Seasonally employed	10	2.0%
Stay at home caregiver for adult	5	1.0%
Student	4	0.8%
Multiple jobs	2	0.4%
Other	0	0.0%
<b>Hours Worked Per Week (N=173)</b>		
1 to 10 hours	17	9.8%
11 to 20 hours	27	15.6%
21 to 30 hours	25	14.5%
31 to 40 hours	68	39.3%
More than 40 hours	22	12.7%
Varies greatly with each week	14	8.1%
<b>Length of Unemployment (N=104)</b>		
Less than 3 months	26	25.0%
3 to 6 months	16	15.4%
7 to 12 months	12	11.5%
1 to 2 years	23	22.1%
More than 2 years	22	21.2%
Never worked	5	4.8%
<b>Participation in Job Training/Work Experience Programs (N=458)</b>		
Yes	64	14.0%
No	394	86.0%
<b>FOOD AND FOOD ASSISTANCE</b>		
<b>Grocery Shopping (N=495)</b>		
Grocery Store	374	75.6%
Superstore	274	55.4%
Warehouse club	56	11.3%
Convenience store	27	5.5%
Ethnic food store	9	1.8%
Farmer's Market	19	3.8%
Dollar Store	225	45.5%
Don't know because someone else does the shopping	3	0.6%
Don't purchase groceries, free food only	16	3.2%
Other	16	3.2%

<b>Distance Traveled (N=494)</b>		
More than 60 miles	24	4.9%
41-60 miles	51	10.3%
11-20 miles	65	13.2%
21-40 miles	69	14.0%
0-10 miles	285	57.7%
<b>Special Dietary Needs (N=475)</b>		
Yes	127	26.7%
No	348	73.3%
<b>Diet Types (N=127)</b>		
Other	14	11.0%
Halal	2	1.6%
Vegan	3	2.4%
Kosher	4	3.1%
Vegetarian	5	3.9%
Limited/no cooking equipment	5	3.9%
Soft diet/dental concerns	10	7.9%
Gluten-free	15	11.8%
Food allergen	30	23.6%
Low-sodium/low saturated fat	49	38.6%
Low-sugar/low-carb	77	60.6%
<b>Cultural, Traditional, or Religious Food Preferences (N=481)</b>		
Yes	57	11.9%
No	424	88.1%
<b>Access to Cultural, Traditional, or Religious Foods (N=56)</b>		
Yes, they are available locally	36	64.3%
No, they are not available locally	16	28.6%
I don't know	3	5.4%
Other	1	1.8%
<b>Access Points for Cultural, Traditional, or Religious Foods (N=32)</b>		
Grocery Store	26	81.3%
Superstore	13	40.6%
Warehouse club	4	12.5%

Convenience store	2	6.3%
Ethnic food store	6	18.8%
Farmer's market	7	21.9%
Dollar store	12	37.5%
Food pantries/Meal sites	9	28.1%
Other	4	12.5%
<b>Affordability of Cultural, Traditional, or Religious Foods (N=36)</b>		
Frequently	11	30.6%
Sometimes	17	47.2%
Rarely	7	19.4%
Never	1	2.8%
<b>Food Program Participation (N=291)</b>		
None	42	14.4%
Senior nutrition site	34	11.7%
Senior commodity program	48	16.5%
Home delivered meals or Meals-on-Wheels	26	8.9%
Tribal commodity program	18	6.2%
The Women, Infants, and Children program	12	4.1%
School lunch programs	70	24.1%
School breakfast programs	42	14.4%
After school snack programs	14	4.8%
BackPack Programs	24	8.2%
Summer food programs	23	7.9%
Meals at childcare center	4	1.4%
Other	67	23.0%
<b>Ever Applied for SNAP (N=468)</b>		
Yes	294	62.8%
No	174	37.2%
<b>Reasons Never Applied for SNAP (N=135)</b>		
Don't think eligible for benefits because of income or assets	75	55.6%
Don't know where to go or who to contact to apply	12	8.9%
Others need benefits more	18	13.3%
Application process is too long and complicated	10	7.4%
Food stamp office staff are disrespectful	4	3.0%
Feel embarrassed applying for benefits	12	8.9%

Feel embarrassed using benefits	12	8.9%
Other (please specify)	18	13.3%
<b>Receipt of SNAP in the Past 12 Months (N=289)</b>		
Yes	212	73.4%
No	77	26.6%
<b>Currently receiving SNAP (N=212)</b>		
Yes	176	83.0%
No	36	17.0%
<b>Duration of Receiving SNAP Benefits (N=124)</b>		
0 to 3 months	19	15.3%
4 to 6 months	11	8.9%
7 to 12 months	8	6.5%
1 to 2 years	38	30.6%
3 to 5 years	21	16.9%
6-10 years	8	6.5%
More than 10 years	19	15.3%
<b>How Long SNAP Benefits Last (N=167)</b>		
1 week or less	29	17.4%
2 weeks	44	26.3%
3 weeks	49	29.3%
4 weeks	22	13.2%
More than 4 weeks	23	13.8%
<b>FOOD PANTRIES AND SOUP KITCHENS</b>		
<b>Number of Food Pantries Visited in Last Month (N=333)</b>		
0	11	3.3%
1	188	56.5%
2	65	19.5%
3	25	7.5%
4	30	9.0%
5 or more	14	4.2%
<b>Number of Food Pantry Visits in Last Year (N=289)</b>		
0	5	1.7%
1 to 2	49	17.0%

3 to 5	71	24.6%
6 to 8	54	18.7%
9 to 11	20	6.9%
12 or more	90	31.1%
<b>Preferred Food Types (N=404)</b>		
Meat, poultry, fish	316	78.2%
Non-meat proteins	42	10.4%
Canned meat	83	20.5%
Pasta/rice	95	23.5%
Ready-made meals	83	20.5%
Fresh vegetables	211	52.2%
Canned vegetables	90	22.3%
Frozen vegetables	127	31.4%
Fresh fruit	209	51.7%
Canned fruit	102	25.2%
Frozen fruit	117	29.0%
Cereal	116	28.7%
Snacks	121	30.0%
Beverages	159	39.4%
Dairy	202	50.0%
Bread/bakery items	140	34.7%
Flour/oil/sugar	110	27.2%
Eggs	207	51.2%
Condiments/Spices	85	21.0%
Paper products	169	41.8%
Personal care/hygiene items	138	34.2%
Cleaning/laundry products	183	45.3%
Baby products	53	13.1%
Pet food/products	104	25.7%
Culturally relevant foods	27	6.7%
Diet specific foods	40	9.9%
Other	58	14.4%
<b>Meals Eaten at Soup Kitchen Today (N=54)</b>		
One meal	36	66.7%
Two meals	13	24.1%
Three or more meals	5	9.3%

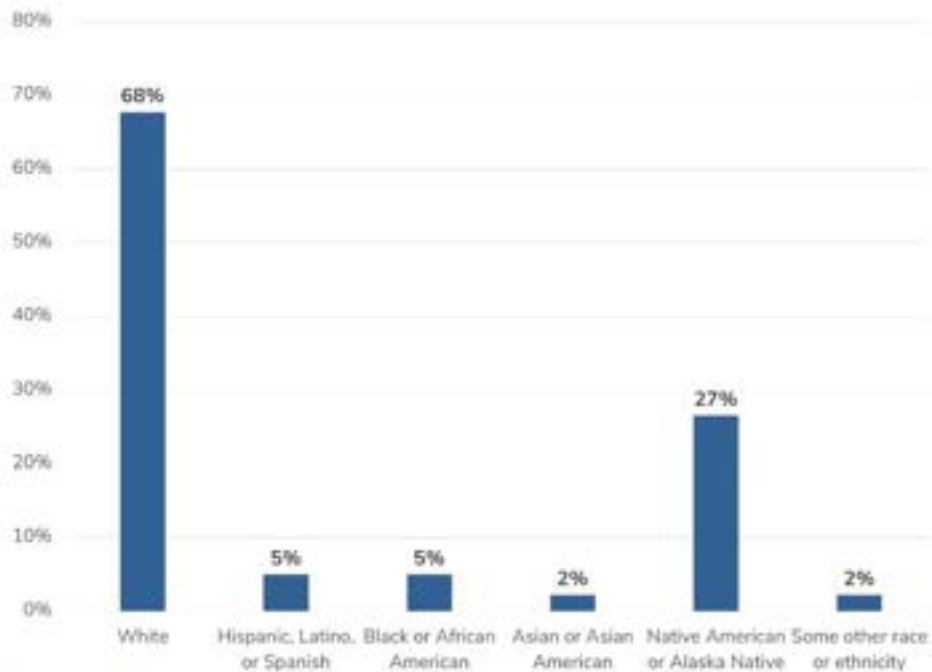
<b>Number of Soup Kitchens Visited in Last Month (N=69)</b>		
1 kitchen	50	72.5%
2 kitchens	8	11.6%
3 kitchens	5	7.2%
4 kitchens	2	2.9%
5 or more kitchens	4	5.8%
<b>Children at Soup Kitchen (N=70)</b>		
Yes	16	22.9%
No	54	77.1%
<b>FOOD SECURITY</b>		
<b>Worried if their food would run out before they got the money to buy more (N=440)</b>		
Often True	122	27.7%
Sometimes True	182	41.4%
Never True	103	23.4%
Unsure	33	7.5%
<b>The food they bought didn't last and they didn't have money to buy more (N=429)</b>		
Often True	110	25.6%
Sometimes True	183	42.7%
Never True	110	25.6%
Unsure	26	6.1%
<b>Couldn't afford to eat balanced meals (N=417)</b>		
Often True	97	23.3%
Sometimes True	175	42.0%
Never True	119	28.5%
Unsure	26	6.2%
<b>Cut the size of meals or skipped meals because there wasn't enough money for food (N=420)</b>		
Often True	88	21.0%
Sometimes True	148	35.2%
Never True	160	38.1%
Unsure	24	5.7%

<b>Didn't eat for a whole day because they couldn't afford enough food (N=417)</b>		
Often True	59	14.1%
Sometimes True	95	22.8%
Never True	228	54.7%
Unsure	35	8.4%
<b>Tough Choices (N=388)</b>		
Have not made choices	145	37.4%
Utilities	167	43.0%
Transportation	157	40.5%
Education	25	6.4%
Childcare	15	3.9%
Healthcare	70	18.0%
Other	8	2.1%
<b>Alternatives (N=428)</b>		
Go to another agency	138	32.2%
Get help from relatives/friends	122	28.5%
Get help from the government	50	11.7%
Get a job, more hours, an additional job	58	13.6%
Sell some personal property	53	12.4%
Cut expenses	93	21.7%
Eat less, skip meals, reduce size of meals	116	27.1%
I have no other place to get help	38	8.9%
I would get by somehow	119	27.8%
I don't know what I would do	78	18.2%
Do something illegal (steal, etc)	7	1.6%
Other (please specify)	11	2.6%
<b>BARRIERS</b>		
<b>Finding a Site for Free Meals/Groceries that is Open When Needed (N=458)</b>		
Very challenging	67	14.6%
Somewhat challenging	123	26.9%
Not too challenging	105	22.9%
Not at all challenging	88	19.2%
Unsure	75	16.4%
<b>Trouble Transporting Food Home (N=457)</b>		

Never	137	30.0%
Rarely	76	16.6%
Sometimes	125	27.4%
Often	65	14.2%
Always	15	3.3%
Unsure	39	8.5%
<b>Length of Time to Travel to Site for Free Meals/Groceries (N=387)</b>		
Less than 15 minutes	162	41.9%
15-30 minutes	118	30.5%
31 minutes-1 hour	57	14.7%
Between 1 and 2 hours	24	6.2%
More than 2 hours	13	3.4%
Unsure	13	3.4%
<b>Length of Time to Receive Free Meals/Groceries at Site (N=455)</b>		
Less than 15 minutes	166	36.5%
15-30 minutes	156	34.3%
31 minutes-1 hour	59	13.0%
Between 1 and 2 hours	24	5.3%
More than 2 hours	7	1.5%
Unsure	43	9.5%
<b>Frequency to Get Variety of Types of Foods Needed (N=455)</b>		
Never	24	5.3%
Rarely	58	12.7%
Sometimes	165	36.3%
Often	139	30.5%
Always	36	7.9%
Unsure	33	7.3%
<b>Felt Judged at Site Because of Personal Circumstances (N=447)</b>		
Yes	61	13.6%
No	384	85.9%
<b>Perceived Reason for Judgement (N=56)</b>		
Ancestry or national origins	2	3.6%
Religion	2	3.6%
Height	3	5.4%

Sexual orientation	4	7.1%
Other	5	8.9%
Weight	7	12.5%
Education or income level	8	14.3%
Age	8	14.3%
Gender	10	17.9%
Race	13	23.2%
Other aspect of your physical appearance	16	28.6%
Unsure	22	39.3%
<b>Would Make it Easier to Get Needed Foods (N=397)</b>		
Materials in appropriate language	9	2.3%
Specialty diet choices	24	6.0%
Other	27	6.8%
Summer lunch programs near me for my children	29	7.3%
Home delivery	92	23.2%
Food pantry closer to your home	99	24.9%
Ability to get more food when I visit food pantries	101	25.4%
Ability to get food from food pantries more often	104	26.2%
Food pantries being open evenings/weekends	176	44.3%
<b>Other Issues Impacting Household (N=347)</b>		
Access to housing	92	26.5%
Childcare	29	8.4%
Addiction	42	12.1%
Lack of transportation	112	32.3%
Language barriers	10	2.9%
Racism	30	8.6%
Other discrimination	28	8.1%
Cost of Higher Education	28	8.1%
Poverty	72	20.7%
Health Condition	91	26.5%
Lack of jobs	58	16.7%
Other	52	15.0%

# Race/Ethnicity



# Income and Employment

**\$15.35**  
hourly wage

**\$1,769**  
average monthly  
income

**54%**  
work 31+ hours/week



# Health Conditions



## Chronic Health Conditions

High blood pressure

Diabetes

Depression/other mental health issues

Asthma

Heart Disease



# Transportation

**71% travel 20 miles or less to access food**

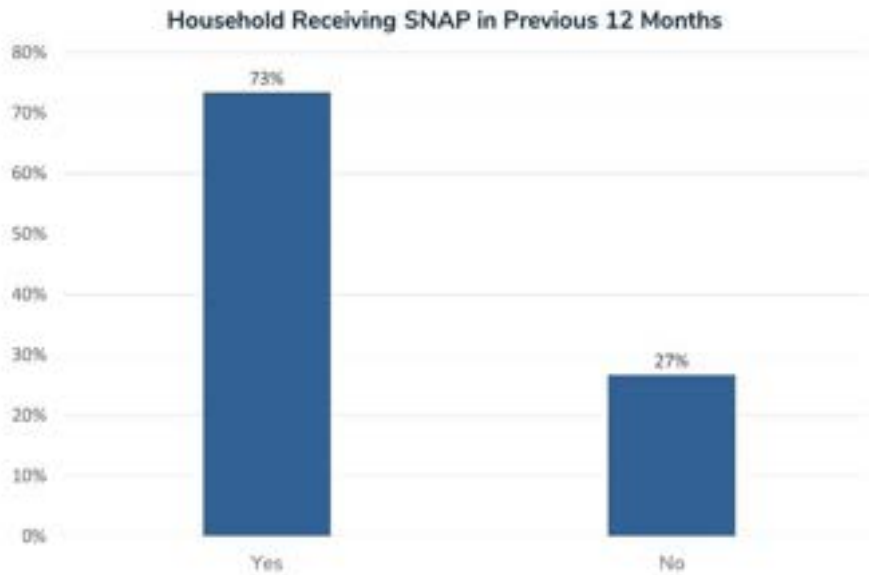
**1 in 3 do not have access to a vehicle that runs**

**45% of respondents have had trouble accessing free meals/groceries because they did not have:**

- oaccess to a car or public transit
- ocouldn't afford gas/fare
- ohad trouble carrying their food home



# SNAP Assistance

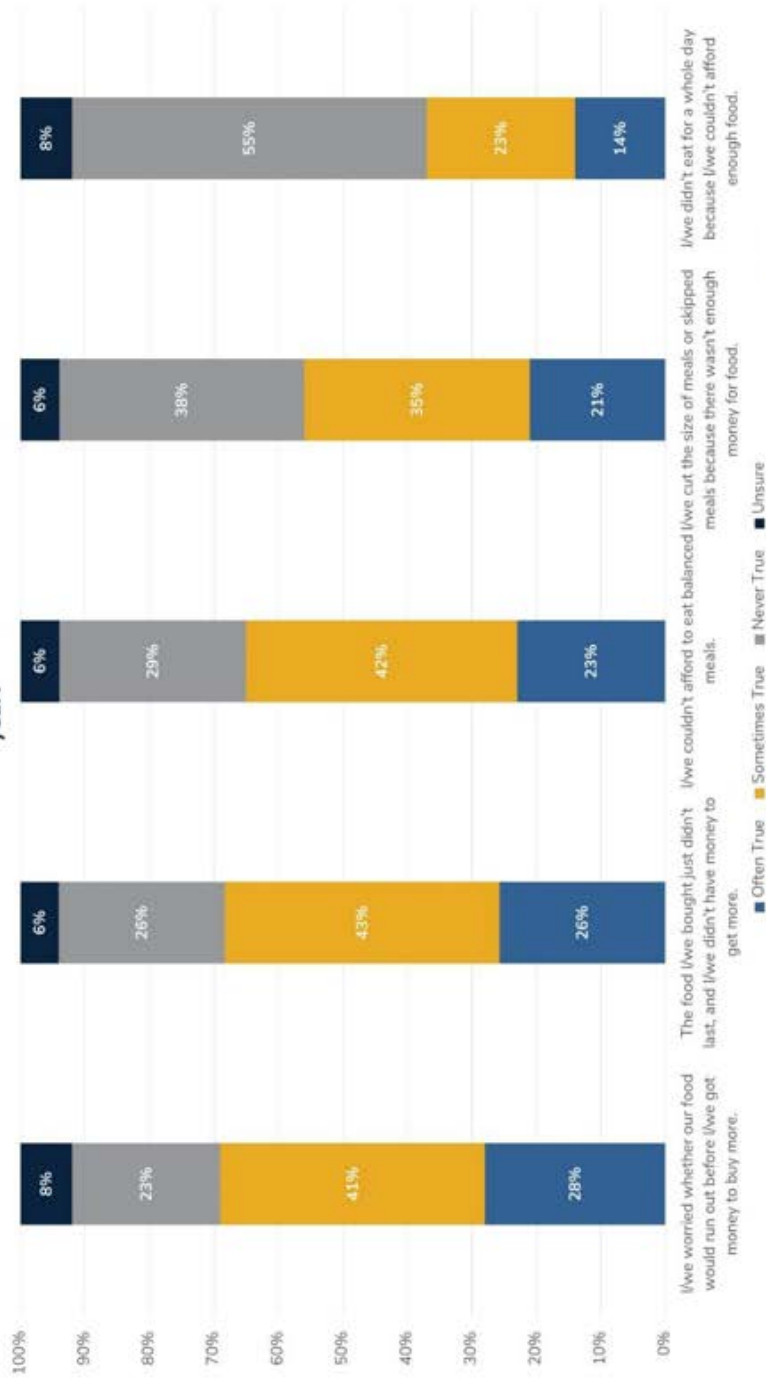


## Do not currently receive SNAP



# Food Security

How often were the following statements for you or other adults in your household in the last year?



GREAT PLAINS  
FOOD BANK

## Appendix 4: Data Walk Results

### Race/Ethnicity

How does this data relate to any direct or indirect experiences you have with this issue?

It makes sense that white is the higher % however it shows the disparities with the Native American community

Individuals who identify as non-White usually have more confusion w/ our call-in system and how to access resources

Hispanic percent seems low

27% seems low

Estimates 90% White (same as the town)

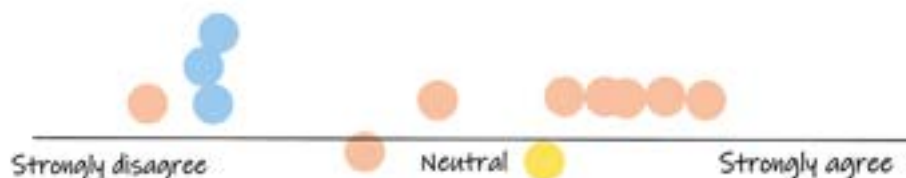
Biggest percent after White is Native American

What more do you wish we knew?

Community becoming more diverse

How would data change if survey was in other languages?

How strongly do you agree with the data?



## Income/Financial Assistance

How does this data relate to any direct or indirect experiences you have with this issue?

Wages \$18-20 but average probably close

Majority full-time

A lot of part-time, especially in the summer

Most people mention work, or just starting a new job

The 15.35 makes me wonder if the people working shift jobs aren't able to make it to pantries

Hourly wage much lower - closer to \$9-10

Monthly income seems accurate

What more do you wish we knew?

Rising over last 4 years

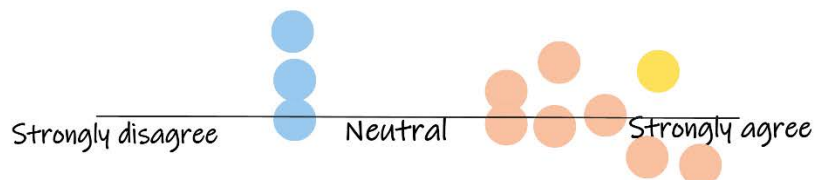
The HIND survey 2 yrs ago asked the question such as "did you work this year?" did you have comparative question this year?

Do you know how many are on a "fixed income" retirement, disability, etc?

Are people working more hours? Most people work ~40 hrs

Want to know those who aren't working, their income. SSI? SSDI? etc

How strongly do you agree with the data?



## Health Conditions

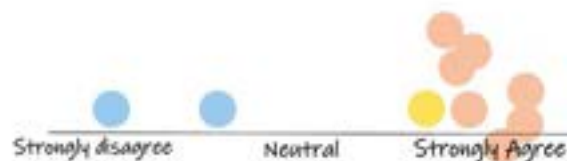
How does this data relate to any direct or indirect experiences you have with this issue?

High blood pressure, diabetes, cataracts, most here	seeing more addiction since oil boom	It would be great to have dietary-specific foods available at pantries!	In need of additional education on the health conditions to be able to offer appropriate foods
Stigma about depression/mental illness	We serve a handful of people who we make deliveries to due to being homebound because of health	Mental health in regards to staying on a schedule and eating regularly in regards to meds	Working with specific groups of people I have noticed that many do have dietary restrictions due to health
Poverty -> high stress all the time -> high cortisol -> sickness	People may have depression but not say so	Thinks it is higher than 75% for 1 (closer to 90%) 65% for 2 seems accurate	Cycles of Poverty
	High number of high blood pressure and diabetes, many have heart disease as well	At Daily Bread depression is top, it is hard to access help	

What more do you wish we knew?

Did you see a trend in the 'other' option?	I wonder if the other 25% do not have health concerns or not disclosing one	Are they eating the right food for the appropriate health issue? If not what is it doing to them
	What is percent of diabetes in Foster county?	Gap in who will admit depression/mental health issues

How strongly do you agree with the data?



## Transportation

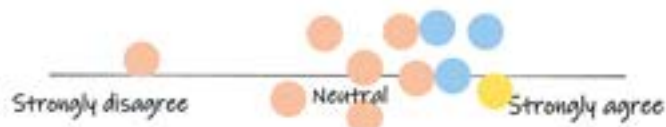
How does this data relate to any direct or indirect experiences you have with this issue?



What more do you wish we knew?



How strongly do you agree with the data?



## SNAP

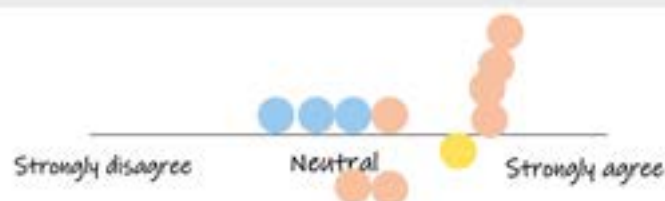
How does this data relate to any direct or indirect experiences you have with this issue?



What more do you wish we knew?



How strongly do you agree with the data?



## Food Security

How does this data relate to any direct or indirect experiences you have with this issue?

Can't afford balance or healthier food

Homebound people rely on food regardless of income

I've heard that there are other expenses that come before food sometimes ex. medical, car problems, etc

I felt that the data would be higher on whether food would run out

Fairly consistent with the people who answered the 2 questions at EFP

Data seems accurate

Balanced meals is big, esp for kids. Someone has to prep meals

Kids not eating over weekend - Backpack program has helped with this

Older people not accepting help as a matter of pride/embarresment

Providing recipies in GPFB boxes is helpful

What more do you wish we knew?

Less services for those who are disabled

If the people answering unsure answered that for all questions

It would be good to see the cross reference between this data and other factors/variables - mental health

How to convey the information promptly to needy families?

Is this related only to food people purchased? Recieved @ pantry? Both - could be interpreted differently

What does "unsure" mean?

How strongly do you agree with the data?

Strongly disagree



Neutral

Strongly agree

## Appendix 5: Partner Agency Survey



### Partner Agency Survey

Thank you for taking the time to complete this survey and share the experiences of your food pantry.

#### SECTION I: ABOUT YOUR AGENCY

The first section will focus on basic information about your pantry.

**1. Please select the option below that best describes the community in which your agency is located.**

- Urban (more than 50,000 people)
- Small Town/Urban Cluster (between 2,500 and 50,000 people)
- Rural (between 100-2,500 people)
- Remote (less than 100 people)

**2. Is your agency located on a federally or state recognized American Indian Reservation?**

- Yes
- No

**3. Does your agency have a board of directors or some other formal group/committee that provides oversight?**

- Yes
- No

**4. Currently, how many paid full-time staff are employed by this agency?**

\_\_\_\_\_

**5. Currently, how many paid part-time staff are employed by this agency?**

\_\_\_\_\_

**6. In 2021, how many volunteers donated their time?**

\_\_\_\_\_

**7. In 2021, how many volunteer hours were worked?**

\_\_\_\_\_

**8. Where do your volunteers come from? (select all that apply)**

- Religious group/Church
- United Way
- Civic groups/service clubs (Kiwanis, Rotary, etc.)
- Companies or business groups
- School programs (elementary or high school)
- Colleges/Universities
- Court ordered community service
- Clients
- Board members
- Friends/Family of staff
- Community member
- Some other source

If other, please specify \_\_\_\_\_

**9. Please estimate the percentage of your agency's funding that comes from the sources below.**

	0%	1-25%	26-50%	51-75%	76-100%
Government funding (ND Department of Agriculture, city/county government)					
Individual contributions					
Corporate/business support					
Foundation support (grants, United Way)					
Religious institutions					
Other source					

If other, please specify \_\_\_\_\_

**10. What percentage of your agency's budget goes to purchasing food?**

\_\_\_\_\_

**11. How does this percentage compare to pre-pandemic levels? (prior to March 2020) Mark an 'x' along the line.**

\_\_\_\_\_

Less than                      Similar to                      More than

**12. How often is your agency open? (select all that apply)**

- One day a week
- Certain days each week
- Seven days per week
- Once per month
- Certain days each month
- Certain months of the year (holiday baskets, quarterly)
- Once a year
- Emergency basis only, as needed
- 24/7

**13. How often may a person receive food from your agency?**

- Daily (able to come very day)
- Less than 4 times a week
- Once a week
- Once a month (12 times a year)
- Every other month (6 times in a year)
- Once a quarter (4 times in a year)
- Twice a year
- Once a year
- As often as needed/No limits

**14. Which meals does your agency serve?**

- Breakfast
- Lunch
- Dinner
- Snacks
- Clients make their own meals as needed

## SECTION II: ABOUT YOUR FOOD

This section focuses on the food available at your pantry.

**15. Does your agency have eligibility criteria in order for a client to receive food?**

- Yes → If yes, answer Q15
- No → If no, move to Q16

**16. What are some of the specific eligibility criteria for your agency? (select all that apply)**

- Income
- Age
- Residency (where the client lives)
- Referral
- Other

If other, please specify \_\_\_\_\_

**17. Does your agency have a nutrition policy or nutrition goals?**

- Yes
- No

**18. It is very important that our agency provides “healthier” foods (like fruits, vegetables, whole grains, etc).**

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**19. Does your agency provide culturally relevant foods?**

- Yes
- No

**20. Which special diet(s) is your agency able to accommodate? (select all that apply)**

- |  |  |
|--|--|
| <input type="checkbox"/> Low-sugar/low-carb (diabetes-friendly)              | <input type="checkbox"/> Food allergen (e.g. peanut, seafood, dairy) |
| <input type="checkbox"/> Low-sodium (salt)/low saturated fat (heart healthy) | <input type="checkbox"/> None  |
| <input type="checkbox"/> Gluten-free   | <input type="checkbox"/> Other                                       |
| <input type="checkbox"/> Halal   | If other, please specify _____                                       |
| <input type="checkbox"/> Kosher  |  |
| <input type="checkbox"/> Vegan   |  |
| <input type="checkbox"/> Vegetarian  |  |
| <input type="checkbox"/> Soft diet/dental concerns                           |  |
| <input type="checkbox"/> Limited/no cooking equipment                        |  |

**21. How actively does your agency work to source foods that meet your client needs? (culturally appropriate, medically responsive) Mark an 'x' along the line.**

\_\_\_\_\_

Not very actively

Very actively

**22. In 2021, did your agency receive food and grocery products from the following sources?**  
(select all that apply)

- Purchased from Great Plains Food Bank
- Received from Great Plains Food Bank at no cost (includes TEFAP/federal commodities)
- Community member donations
- Food drives
- Donated from churches or religious congregations
- Donated from local restaurants
- Purchased from retail stores (grocery stores, Wal-Mart)
- Donated from local stores/retailers (grocery stores, Wal-Mart)
- Purchased from local manufacturers
- Donated from local manufacturers
- Purchased from other sources (farmers, wholesalers, co-ops)
- Donated from farmers/gardeners
- Other source

If other, please specify \_\_\_\_\_

**23. What percentage of the food you received came from the Great Plains Food Bank?**

\_\_\_\_\_

**24. What would be the impact on your agency if you were no longer able to receive food from the Great Plains Food Bank?**

\_\_\_\_\_

Significant impact

No impact

**25. In 2021, which of the following food and grocery products did your agency purchase from sources other than the Great Plains Food Bank? (select all that apply)**

- Bread/bakery items
- Cereal
- Pasta/rice
- Fresh fruits and vegetables
- Meat, poultry, fish
- Non-meat proteins (beans, peanut butter, nuts)
- Dairy (milk, yogurt, cheese)
- Eggs
- Fats, oils, condiments, spices
- Flour/sugar
- Snacks (cookies, crackers)
- Paper products (paper plates, napkins, toilet paper)
- Beverages (juice, coffee, tea)
- Personal care/hygiene items (shampoo, soap, deodorant)
- Cleaning/laundry products
- Baby products (diapers, wipes, formula)
- Pet food/products
- Culturally relevant foods
- Diet specific foods (low sugar/sodium, vegan)
- Other

If other, please specify \_\_\_\_\_

**SECTION III: Operational Changes**

**26. In 2021, did your agency decrease the number of times a client can receive food?**

- Yes→ If yes, answer Q26
- No→ If no, move to Q27

**27. Why did your agency decrease the number of times a client can receive food?**

**28. In 2021, did the number of clients your agency was able to serve decrease?**

- Yes→ If yes, answer Q28
- No→ If no, move to Q29

**29. Why did the number of clients your agency was able to serve decrease?**

**30. In 2021, did the amount of food you were able to provide clients decrease?**

- Yes→ If yes, answer Q30
- No→ If no, move to Q31

**31. Why did the amount of food you were able to provide to clients decrease?**

**32. In 2021, did the quality of food you were able to provide clients decrease?**

- Yes→ If yes, answer Q32
- No→ If no, move to Q33

**33. Why did the quality of food you were able to provide clients decrease?**

**34. In 2021, did the number of hours your agency is open decrease?**

- Yes→ If yes, answer Q34
- No→ If no, move to Q35

**35. Why did the number of hours your agency is open decrease?**

**36. In 2021, did your agency decrease the number of staff?**

- Yes→ If yes, answer Q36
- No→ If no, move to Section 4

**37. Why did your agency decrease the number of staff?**

**SECTION IV: ABOUT YOUR CAPACITY**

**38. Which of these activities does your agency offer to support clients? (select all that apply)**

	Yes	No	No, but interested
SNAP application assistance			
Support navigating public benefits (referrals or other support with Medicaid, LIHEAP, etc)			
Financial counseling			
Client choice			
Delivery			
Online ordering			
Drive-thru distributions			

**39. Looking out 1-2 years, what do you anticipate would challenge your agency? (select all that apply)**

- Not enough money
- Not enough food
- Not enough paid staff or personnel
- Not enough volunteers
- Do not have adequate transportation (picking up food)
- Lack of technology
- Building or location issues
- Not enough support from board of directors
- Not enough support from community
- Other

If other, please specify \_\_\_\_\_

**40. How concerned are you about your agency's ability to continue providing services?**

\_\_\_\_\_

Very concerned

Not at all concerned

**41. Are there any community-wide trends you are concerned by? (e.g. cost of housing; business closings, etc.)**

**42. Is your agency interested in training opportunities on any of these topics?**

	Yes	No	Unsure
Workshops or classes on nutrition, health issues, shopping on a budget			
Cooking demonstrations or classes			
Workshops or classes on specific health problems related to nutrition			
Food safety and sanitation			
Accessing local food resources			
Culturally relevant foods			
Medically appropriate foods (low-sodium, low-sugar)			
Advocacy training			
Fundraising/Grant writing			
Technology assistance			
Social media training			
Nonprofit management or board governance			
Volunteer recruitment/retention/recognition			
Diversity, equity and inclusion training			
Staff/volunteer succession planning			
Senior commodity program			
BackPack Program			
Children's summer meal programs			
Other			

If other, please specify \_\_\_\_\_

**43. What is one opportunity you are most proud of from the last year?**

**44. Any additional comments you would like to include?**

***Thank you for completing the survey! Your input is extremely important to us.***

## Appendix 6: Partner Agencies Responding

County	Partner Agency	Agency Type
Adams	Adams County Food Pantry	Food Pantry
Barnes	Barnes County Food Pantry	Food Pantry
Benson	Bdecan Food Pantry	Food Pantry
Bottineau	Bottineau Food Pantry	Food Pantry
	Lansford Food Pantry	Food Pantry
Bowman	Bowman Slope Community Cupboard	Food Pantry
Burleigh	The Banquet	Meal Site
	Corpus Christi Emergency Food Pantry	Food Pantry
	Dacotah Recovery Center	Food Pantry
	Bismarck Emergency Food Pantry	Food Pantry
	Soup Café	Meal Site
	Ministry on the Margins	Food Pantry
	Dream Center Bismarck	Food Pantry
	Welcome House	Food Pantry
Cass	New Life Center	Meal Site
	Myrt Armstrong Recovery Center- MHAND	Food Pantry
	Tri City Haitian Ministry	Food Pantry
	YWCA Cass-Clay	Food Pantry
	Gladys Ray Shelter	Food Pantry
	Salvation Army – Fargo	Meal Site
	McMerty Food Pantry	Food Pantry
	Faith Food Pantry	Food Pantry
	Rural Kids Development Alliance	Food Pantry
	Dorothy Day West	Food Pantry
	Emergency Food Pantry	Food Pantry
	KIDS Food Pantry	Food Pantry
	Goods for the Herd	Food Pantry
	The Arbors at McCormick Park	Food Pantry
	Olivet Lutheran Church Food Pantry	Food Pantry
Cavalier	Cavalier County Emergency Food Pantry	Food Pantry
Clay	A Place for Hope	Food Pantry
	REACH	Food Pantry
	Dragon Pantry	Food Pantry
	Cobber Food Pantry	Food Pantry
	Glyndon Community Food Pantry	Food Pantry
Dickey	Ellendale Community Food Pantry	Food Pantry
Divide	Divide County Food Pantry	Food Pantry
Dunn	Dunn County Food Pantry	Food Pantry
Eddy	Hunger Free Food Pantry	Food Pantry
Emmons	Emmons County Food Pantry	Food Pantry
Golden Valley	Beach Food Pantry	Food Pantry
Grand Forks	St. Joseph's Social Care	Food Pantry

	Salvation Army - Grand Forks	Food Pantry
	Northwood Food Pantry	Food Pantry
	Thompson Community Food Pantry	Food Pantry
	HC Community Center & Food Pantry	Food Pantry
	Freedom Church Cares	Food Pantry
Grant	Carson Food Pantry	Food Pantry
Hettinger	Open Door Food Pantry	Food Pantry
	Mott Food Pantry	Food Pantry
Kidder	Kidder County Food Pantry	Food Pantry
LaMoure	LaMoure County Food Pantry	Food Pantry
Logan	Logan County Social Services	Food Pantry
Logan	Gackle Area Food Pantry	Food Pantry
McHenry	Velva Community Food Pantry	Food Pantry
	McHenry County Food Pantry	Food Pantry
McIntosh	Ashley Food Pantry	Food Pantry
	Wishek Food Pantry	Food Pantry
McLean	Our Saviors Lord's Food Pantry	Food Pantry
	Community Cupboard of Underwood	Food Pantry
	The Lord's Pantry	Food Pantry
	Garrison Area Resource Center & Food Pantry	Food Pantry
	McLean Family Resource Center	Food Pantry
Mercer	Hazen Food Pantry	Food Pantry
	Mercer County WARC	Food Pantry
Morton	Flasher Area Food Pantry	Food Pantry
	Glen Ullin Community Food Pantry	Food Pantry
Mountrail	Mountrail Community Food Pantry	Food Pantry
Oliver	Oliver County Community Food Pantry	Food Pantry
Pembina	Pembina County Emergency Food Pantry	Food Pantry
Ramsey	Hope Center	Food Pantry
Ransom	Enderlin Area Food Pantry	Food Pantry
	Ransom County Food Pantry	Food Pantry
Renville	Zion Food Pantry	Food Pantry
	Glenburn Food Pantry	Food Pantry
Richland	Richland Wilkin Emergency Food Pantry	Food Pantry
	Eagle Valley Food Pantry	Food Pantry
Rolette	Turtle Mountain Chippewa Food Pantry	Food Pantry
Rolette	Turtle Mountain Worship Center Food Pantry	Food Pantry
Sheridan	Sheridan County Food Pantry	Food Pantry
Sioux	Tipi Wakan Baptist Church	Food Pantry
Slope	Salvation Army – Marmarth	Food Pantry
	Amidon Community Cupboard	Food Pantry
Stark	Domestic Violence and Rape Crisis Center	Food Pantry
	Belfield – Medora Food Pantry	Food Pantry
	AMEN Food Pantry	Food Pantry
Stutsman	Salvation Army – Jamestown	Food Pantry

	Community Action Region VI	Food Pantry
	Progress Community Center	Food Pantry
Towner	Cando Area Food Pantry	Food Pantry
Trails	Hillsboro Kiwanis Food Pantry	Food Pantry
Walsh	Walsh County Emergency Food Pantry	Food Pantry
Ward	Domestic Violence Crisis Center	Food Pantry
	Community Suppers	Food Pantry
	Our Lady of Grace Food Pantry	Food Pantry
Wells	Central Dakota Food Pantry	Food Pantry
Williams	Tioga Community Food Pantry	Food Pantry
	Salvation Army – Williston	Meal Site
	Out in Faith Oil Rush Ministries	Food Pantry

## Appendix 7: Partner Agency Data Tables

	COUNT	PERCENT
<b>ABOUT YOUR AGENCY</b>		
<b>Agencies by Geographic Population (N=99)</b>		
Urban	33	33.3%
Small town	15	15.2%
Rural	50	50.5%
Remote	1	1.0%
<b>Located on federally/state recognized American Indian Reservation (N=99)</b>		
Yes	6	6.1%
No	93	93.9%
<b>Board of Directors/Formal Oversight (N=99)</b>		
Yes	78	78.8%
No	21	21.2%
<b>Paid Staff (N=99)</b>		
Full or Part Time Paid Staff	44	44.4%
Volunteers Only	55	55.6%
<b>Number of Paid Staff (N=99)</b>		
51-100 employees	3	3.0%
31-50 employees	1	1.0%
11-30 employees	7	7.1%
1-10 employees	35	35.4%
No paid staff	53	53.5%
<b>Number of Volunteers (N=97)</b>		
501+ volunteers	6	6.2%
101-500 volunteers	14	14.4%
51-100 volunteers	3	3.1%
31-50 volunteers	8	8.2%
11-30 volunteers	35	36.1%
1-10 volunteers	30	30.9%
None	1	1.0%
<b>Sources of Volunteers (N=98)</b>		
United Way	3	3.1%
Other Sources	3	3.1%
Court Ordered	15	15.3%

Colleges/Universities	23	23.5%
Clients	24	24.5%
Civic Groups	29	29.6%
Companies/Businesses	33	33.7%
School Programs	42	42.9%
Board Members	47	48.0%
Religious Group/Church	65	66.3%
Friends/Family of staff	66	67.3%
Community Members	71	72.4%
<b>Funding Sources (N=98)</b>		
Government funding (ND Department of agriculture, city/county government)	43	43.9%
Individual Contributions	94	95.9%
Corporate/business support	61	62.2%
Foundation support (grants, United Way)	54	55.1%
Religious Institutions	73	74.5%
Other Source	23	23.5%
<b>Percentage of Budget Used to Purchase Food (N=93)</b>		
76-100%	46	49.5%
51-75%	11	11.8%
26-50%	9	9.7%
1-25%	25	26.9%
None	2	2.2%
<b>Comparison to Pre-Pandemic Levels (N=94)</b>		
Less than	4	4.3%
Similar to	66	70.2%
More than	24	25.5%
<b>Agency Hours (N=93)</b>		
Certain months of the year	0	0.0%
Once a year	0	0.0%
24/7	2	2.2%
Seven days per week	5	5.4%
Emergency basis only, as needed	8	8.6%
One day a week	14	15.1%
Once per month	19	20.4%
Certain days each month	23	24.7%
Certain days each week	31	33.3%

<b>Visit Frequency (N=91)</b>		
Daily (able to come every day)	2	2.2%
Less than 4 times per week	3	3.3%
Once a week	15	16.5%
Once a month (12 times a year)	42	46.2%
Every other month (6 times in a year)	3	3.3%
Once a quarter (4 times in a year)	3	3.3%
Twice a year	0	0.0%
Once a year	0	0.0%
As often as needed/No limits	23	25.3%
<b>ABOUT YOUR FOOD</b>		
<b>Agencies with Eligibility Criteria (N=98)</b>		
Yes	36	36.7%
No	62	63.3%
<b>Eligibility Criteria (N=34)</b>		
Income	23	67.6%
Age	3	8.8%
Residency (where the client lives)	15	44.1%
Referral	5	14.7%
Other	5	14.7%
<b>Nutrition Policy/Goals (N=95)</b>		
Yes	36	37.9%
No	59	62.1%
<b>Important to Provide Healthier Options (N=96)</b>		
Strongly Disagree	0	0.0%
Disagree	0	0.0%
Neutral	8	8.3%
Agree	42	43.8%
Strongly Agree	46	47.9%
<b>Provide Culturally Relevant Foods (N=96)</b>		
Yes	47	49.0%
No	49	51.0%
<b>Special Diet Accommodations (N=96)</b>		
Kosher	6	6.3%

Halal	7	7.3%
Other	13	13.5%
Vegan	14	14.6%
Soft Diet/Dental Concerns	17	17.7%
Limited/No Cooking Equipment	24	25.0%
Food Allergen	27	28.1%
None	27	28.1%
Heart Healthy	31	32.3%
Vegetarian	31	32.3%
Gluten-Free	35	36.5%
Diabetes Friendly	47	49.0%
<b>Sources of Food (N=96)</b>		
Purchased from Other Sources	5	5.2%
Purchased from Local Manufacturers	7	7.3%
Donated from Local Restaurants	14	14.6%
Donated from Local Manufacturers	15	15.6%
Other Source	16	16.7%
Donated from Farmers/Gardeners	62	64.6%
Food Drives	68	70.8%
Donated from Churches or Religious Congregations	71	74.0%
Purchased from Retail Stores	75	78.1%
Community Member Donations	77	80.2%
Received from Great Plains Food Bank at No Cost	88	91.7%
Purchased from the Great Plains Food Bank	92	95.8%
<b>Impact If No Longer Able to Receive Food from Great Plains Food Bank (N=93)</b>		
Low	5	5.4%
Medium	4	4.3%
Significant	84	90.3%
<b>Food and Grocery Products Purchased from Outside Sources (N=93)</b>		
Other	3	3.2%
Pet Food/Products	3	3.2%
Culturally Relevant Foods	10	10.8%
Diet Specific Foods	18	19.4%
Baby Products	26	28.0%
Snacks	29	31.2%
Non-Meat Proteins	30	32.3%
Beverages	32	34.4%

Pasta/Rice	34	36.6%
Fats, Oils, Condiments, Spices	36	38.7%
Fresh Fruits and Vegetables	37	39.8%
Flour/Sugar	38	40.9%
Bread/Bakery Items	39	41.9%
Eggs	44	47.3%
Paper Products	45	48.4%
Cereal	48	51.6%
Dairy	49	52.7%
Cleaning/Laundry Products	49	52.7%
Personal Care/Hygiene Items	52	55.9%
Canned or Frozen Fruits and Vegetables	57	61.3%
Meat, Poultry, Fish	63	67.7%
<b>OPERATIONAL CHANGES</b>		
<b>Decrease Number of Times Client Can Receive Food (N=94)</b>		
Yes	4	4.3%
No	90	95.7%
<b>Number of Clients Able to Serve Decreased (N=95)</b>		
Yes	11	11.6%
No	84	88.4%
<b>Amount of Food Able to Provide Decreased (N=95)</b>		
Yes	16	16.8%
No	79	83.2%
<b>Quality of Food Able to Provide Decreased (N=95)</b>		
Yes	7	7.4%
No	88	92.6%
<b>Number of Hours Your Agency is Open Decreased (N=95)</b>		
Yes	4	4.2%
No	91	95.8%
<b>Number of Staff Decreased (N=95)</b>		
Yes	9	9.5%
No	86	90.5%
<b>ABOUT YOUR CAPACITY</b>		
<b>Neighbor Offerings</b>		

<b>SNAP Application Assistance (N=90)</b>		
Yes	42	46.7%
No	41	45.6%
No, but interested	7	7.8%
<b>Public Benefit Navigation (N=87)</b>		
Yes	35	40.2%
No	44	50.6%
No, but interested	8	9.2%
<b>Financial counseling (N=82)</b>		
Yes	13	15.9%
No	63	76.8%
No, but interested	6	7.3%
<b>Client Choice (N=85)</b>		
Yes	38	44.7%
No	41	48.2%
No, but interested	6	7.1%
<b>Delivery (N=87)</b>		
Yes	42	48.3%
No	42	48.3%
No, but interested	3	3.4%
<b>Online Ordering (N=79)</b>		
Yes	3	3.8%
No	70	88.6%
No, but interested	6	7.6%
<b>Drive-thru Distributions (N=86)</b>		
Yes	43	50.0%
No	38	44.2%
No, but interested	5	5.8%
<b>Top Anticipated Challenges (N=90)</b>		
Not enough money	40	44.4%
Not enough food	52	57.8%
Not enough paid staff or personnel	16	17.8%
Not enough volunteers	52	57.8%
Lack adequate transportation to pick up food	15	16.7%
Lack of technology	8	8.9%
Building or location issues	27	30.0%
Not enough support from board of directors	3	3.3%
Not enough support from community	14	15.6%
Other	6	6.7%

<b>Training Interest (N=92)</b>		
Workshops or classes on nutrition, health issues, shopping on a budget	27	29.3%
Cooking demonstrations or classes	27	29.3%
Workshops or classes on specific health problems related to nutrition	21	22.8%
Food safety and sanitation	31	33.7%
Accessing local food resources	39	42.4%
Culturally relevant foods	24	26.1%
Medically appropriate foods	26	28.3%
Advocacy training	16	17.4%
Fundraising/Grant writing	39	42.4%
Technology assistance	20	21.7%
Social media training	24	26.1%
Nonprofit management or board governance	12	13.0%
Volunteer recruitment/retention/recognition	36	39.1%
Diversity, equity, and inclusion training	20	21.7%
Staff/volunteer succession planning	23	25.0%
Senior commodity program	26	28.3%
BackPack Program	20	21.7%
Children's summer meal programs	22	23.9%