

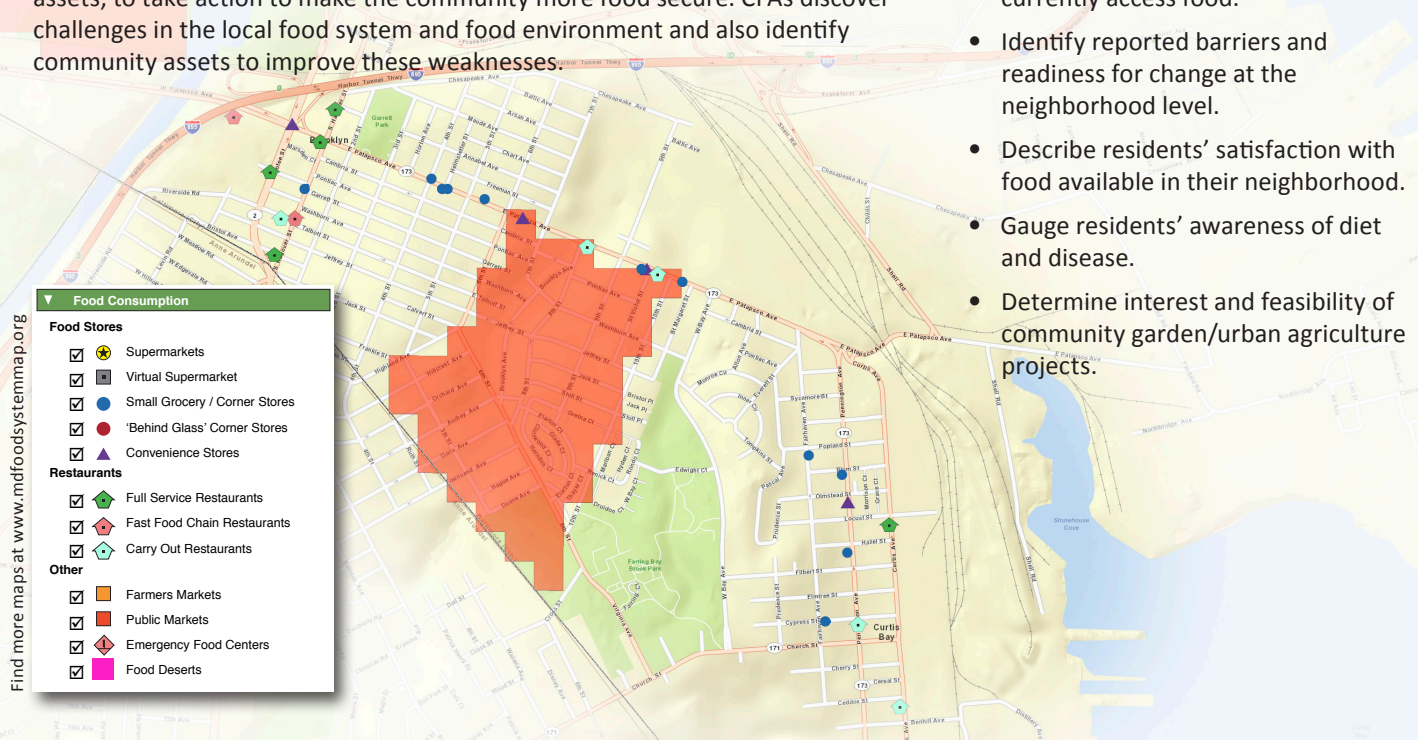
Results from a Community Food Assessment : Curtis Bay/Brooklyn

What is a Community Food Assessment?

A Community Food Assessment (CFA) is a collaborative and participatory process that systematically examines a broad range of community food issues and assets, to take action to make the community more food secure. CFAs discover challenges in the local food system and food environment and also identify community assets to improve these weaknesses.

Assessment Objectives

- Understand residents' current habits regarding how and where they currently access food.
- Identify reported barriers and readiness for change at the neighborhood level.
- Describe residents' satisfaction with food available in their neighborhood.
- Gauge residents' awareness of diet and disease.
- Determine interest and feasibility of community garden/urban agriculture projects.

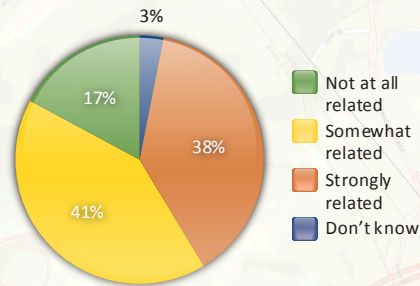


Health Conditions

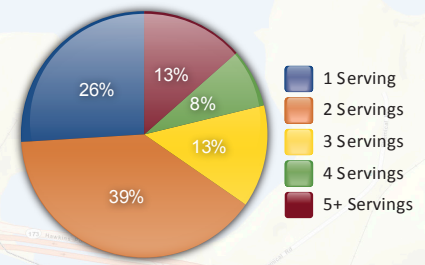
Reported in the household:

- High blood pressure (44%)
- Don't know/not sure (31%)
- Diabetes (29%)
- Obesity/overweight (29%)
- Heart disease (13%)
- No health conditions (10%)

Perceived Relationship of Health Conditions to Diet



Fruit and Vegetable Consumption per Day



Gardening

- 65% say that they would use a community garden if one was available.
- 16% currently grow their own food, including broccoli, zucchini, eggplant, peppers, herbs, tomatoes, cucumber, parsley, and lettuce.
- 8% people surveyed said they currently participate in a community

garden, from which they said they benefit through exercise, socialization, and good food.

- 91% said they were interested in purchasing fruits and vegetables grown in their neighborhood.
- Reasons for interest in a community garden included access to fresh food (including apples, tomatoes, cucumbers, and fruits and vegetables in general).

Lifestyles and Diet

- 52% say they want to eat more fruits and vegetables or generally eat more healthily.
- 58% say they are interested in learning how to prepare more healthy meals.
- 14% said they eat 5 or more servings of fruits and vegetables daily.

In 2011, 50 people were surveyed for this report.

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Reported Barriers

to accessing healthy foods:

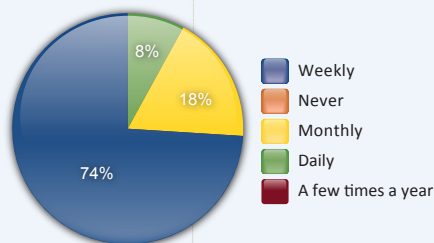
- affordability (57%)
- inconvenience (43%)
- lack of knowledge of how to prepare healthy food (20%)
- taste (20%)
- family preferences (18%)
- preparation time (22%)

Current Habits

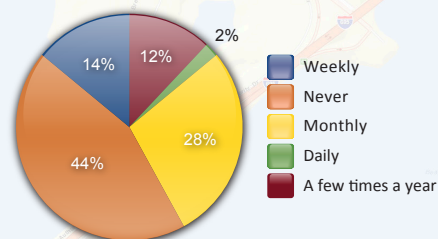
Cooking Habits: 41% prepare meals from scratch daily, 22% several times a week, 14% once weekly, 0% once monthly, 4% a few times a year, and 18% never prepare meals from scratch.

Transportation: 32% found transportation to their food access location very easy, 40% found it fairly easy, 8% found it fairly difficult, and 20% found it very difficult. 25% walk, 17% drive themselves, 17% are driven by someone else, 31% take the bus, 7% use a hack, and 2% use other transportation.

Food Purchased at Grocery Store/ Supermarket



Food Purchased at Warehouse Store



Neighborhood Food Satisfaction

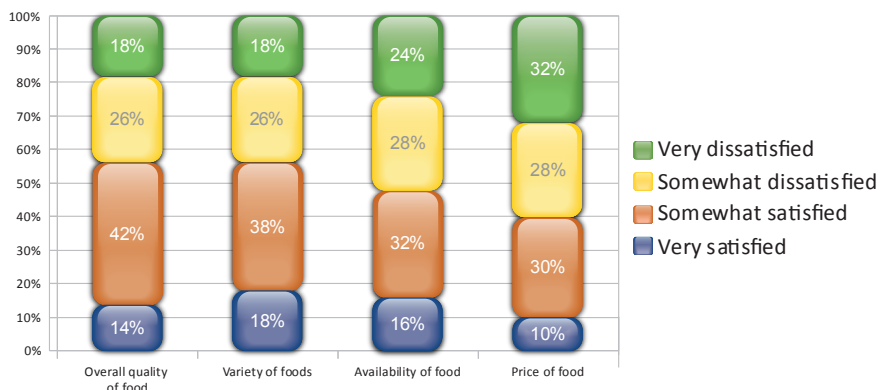
Most popular shopping locations:

- Save-a-Lot (54%)
- Shoppers' (38%)
- other locations (2-4%)

* When respondents were asked what they would like to change about food in their neighborhoods, availability of fresh fruit and vegetables and lower prices were the most popular responses.

* 55% of respondents affirmed that there are foods that they would like to buy but they cannot find in their neighborhoods, including Caribbean and African dishes, Jewish food, organic food, and seafood.

Neighborhood Food Satisfaction - Curtis Bay/Brooklyn



Ready for Change

65% of respondents said they would be interested in growing some of their own food if there was a community garden.

When asked what they would change about the way they eat, 24% reported that they would change nothing. 26% said they they want to eat healthier food, and 26% said they would eat more fruits and vegetables.