LiveWell Colorado HEAL CITIES & TOWNS CAMPAIGN

Lakewood Colorado

HEAL Cities & Towns Food Access Assessment

City of Lakewood | January 2017

CITY OF LAKEWOOD
FINAL HEAL CITIES & TOWNS
FOOD ACCESS ASSESSMENT

Table of Contents

I. BACKGROUND

A. FOOD ASSESSMENT GOALS

This assessment is the product of a partnership between the City of Lakewood and LiveWell Colorado's HEAL Cities & Towns Campaign (http://livewellcolorado.org/healthy-policy/heal-cities-and-towns). In January 2015, the HEAL Cities & Towns Campaign issued a Request for Proposal (RFP) to all Campaign participants to work with a food policy consultant on a food assessment.

The RFP emerged from the recognition that food systems efforts are of significant interest to many municipalities and their residents, but starting policy work in this area is more challenging, with less precedence, than other efforts such as active living and worksite wellness. In late 2014, the Campaign surveyed all participants about their involvement with and interest in healthy food access policies. The survey revealed a strong interest and need for more awareness building and education about food systems issues for local elected officials as well as staff and the broader population. Thus, through the RFP the Campaign aimed to achieve the following:

- Document new, useful and usable information about participating municipalities' food environments.
- Identify feasible, politically palatable local policies that participating municipalities can adopt to ensure their food environments are more health-promoting.
- Develop a replicable model for municipal food environment assessments.
- Share data and other learning across Campaign participants.
- Learn about how to approach healthy food access policy in ways that are more comfortable and relevant to municipalities.
- To expand upon food access-related goals in the Lakewood Comprehensive Plan, Sustainability Plan, and Sheridan Station 20-Minute Neighborhood Plan and to help inform the implementation of those goals.

The HEAL Cities & Towns Campaign awarded the RFP to the City of Lakewood and the City of Northglenn, for assessments to be conducted from March 1st through June 30th 2015. Both assessments are focused on issues of access to healthy foods. The Lakewood assessment aims to help address the following primary questions:

- What elements of our food environment provide which residents with healthy food that they choose to eat?
- What role can the City play to advance access to and consumption of healthy foods?

City staff identified additional questions about their food environment that informed the direction of this assessment and will inform recommended next steps for the City:

- Where do we have our biggest gaps in healthy food retail?
- Who is participating in community gardens and how is that influencing them?
- What are the most common reported barriers to healthy food access?
- How does our food environment affect food insecure populations?
- What does our food environment look like at a finer grain (e.g., in-store) in neighborhoods with limited healthy food options?

B. LAKEWOOD AND THE HEAL CITIES & TOWNS CAMPAIGN

The Healthy Eating Active Living (HEAL) Cities & Towns Campaign began in 2012 when LiveWell Colorado received grant funding from the Colorado Department of Public Health and Environment and entered into a strategic partnership with the Colorado Municipal League. The Campaign focuses on reducing and preventing obesity by engaging municipal leaders to adopt policies that support healthy eating and active living by improving access to physical activity and healthy food in the community. The City of Lakewood adopted its HEAL Resolution in May of 2014 (Resolution 2014-20) in order to establish the City of Lakewood's commitment to combating obesity and developing obesity prevention strategies that create healthy opportunities for Lakewood residents. The Lakewood City Council recognizes that obesity is a serious public health threat to the health and well-being of adults, children, and families in Lakewood and resolves to make a difference in its community.

The City of Lakewood adopted a HEAL resolution that identifies several strategies focused on creating a "healthy" community. Those strategies include:

- Fostering a built environment that encourages walking, biking and other forms of physical activity.
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or partners.
- Include healthy goals and policies related to healthy and active living in the Comprehensive Plan update and the Sustainability Plan.
- Examine racial, ethnic, and socio-economic disparities in access to physical activity facilities and healthy foods and adopt strategies to remedy these inequities.
- Support the expansion of healthy food retailers, community gardens or farms, and farmer's markets in underserved communities to increase access to healthy foods.
- Foster a healthy workplace for City employees.

These strategies support the three policy categories which serve as the basis for the HEAL Campaign (i.e., Active Community, Healthy Food Access, and Healthy Workplace).

C. FOOD ENVIRONMENTS & HEALTH

Diet is a significant contributor (or protective factor) related to many chronic diseases, including obesity and other health outcomes. Food environments and community characteristics interact to influence food choices and dietary quality[1].

The food environment is composed of a variety of food outlets in the community, including grocery stores, gas stations, convenience stores, full-service restaurants, fast food restaurants, farm stands, etc. Their abundance, location, storage and stock, proximity to residential areas, connection to transportation, ability to accept Supplemental Nutrition Assistance Program (SNAP) and Women, Infants, and Children (WIC) benefits, and prices, among other things, all affect how healthy and accessible the environment is.

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[1] Economic Research Service. United States Department of Agriculture. 2009. Report to Congress. Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences. June 2009.

When discussing "food environments", other commonly-used terms include "food desert" and occasionally "food swamp". Food desert is a term brought into popularity by the federal government many years ago to refer to census tracts (neighborhoods) that lack access to full-service grocers. The USDA, US Treasury and US Department of Housing & Human Services have defined a food desert as "a census tract with a substantial share of residents who live in low-income areas that have low levels of access to a grocery store or healthy, affordable food retail outlet".

Recently, the USDA and many others have shifted away from this term and now refer to census tracts as "low-income and low-access"[2], meaning neighborhoods with high concentrations of low-income households and limited access to a full-service grocer (greater than a mile in urban areas or than 10 miles in rural).

Food swamp is also a term made popular by the USDA in a 2009 publication[3] in which they quoted Tulane Professor Donald Rose as coining a "food swamp" as "neighborhoods that have relatively easy access to less healthy foods compared with access to healthy foods".

A growing body of research shows that food environments impact our health, for good or bad. The report *Access to Healthy Food and Why It Matters: A Review of the Research* by Policy Link and The Food Trust[4] documents that healthy food access is a particular challenge for rural, low-income and communities of color, that living closer to healthy food retail is among the factors associated with better eating habits and decreased risk of obesity, and that healthy food retail stimulates economic activity.

Here in Colorado, the Denver Department of Environmental Health's December 2014 Food System Policies and Population Health: Moving Toward Collective Impact in Denver[5] outlines the most common best practices recommended for addressing food insecurity and/or childhood obesity, which include promoting healthy food retail, increasing participation in federal food assistance programs, encouraging local agriculture, increasing healthy institutional procurement and vending, and decreasing sugar-sweetened beverages.

Additionally, the Harvard School of Public Health Obesity Prevention Source provides a comprehensive inventory of research on "Toxic Food Environments"[6]. They highlight research that shows how current food environments make it challenging to choose healthy foods and too easy to choose unhealthy foods, especially in low-income communities and communities of color where there are also higher rates of obesity.

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[2] USDA Agricultural Marketing Service, http://apps.ams.usda.gov/fooddeserts/fooddeserts.aspx

[3] USDA, Economic Research Service, June 2009. *Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences*

[4] Access to Healthy Food and Why It Matters, http://www.policylink.org/sites/default/files/GROCERYGAP_FINAL_NOV2013.pdf

[5] Food System Policies and Population Health, http://www.denvergov.org/Portals/746/documents/Food System Policy Scan Report_FINAL_12.15.2014.pdf

[6] Harvard School of Public Health Obesity Prevention Source Toxic Food Environment, http://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/food-environment-and-obesity/

D. LAKEWOOD'S FOCUS ON FOOD SYSTEMS & FOOD ACCESS

The City of Lakewood has taken many steps in its pursuit towards creating healthy communities. In its effort to enhance the food environment, the City of Lakewood has incorporated healthy eating and active living (HEAL) goals and strategies throughout its adopted plans and policies.

In 2013, the City updated its Zoning Ordinance to allow for community gardens in all zone districts. Subsequent changes to the Zoning Ordinance that affect the city's food environment include the addition of horticulture as a land use in all zone districts. Horticulture is defined as the cultivation of fruits, flowers, vegetables, or plants and may include on-site sales. In an effort to increase the availability of fresh produce to residents, the City of Lakewood modified its Zoning Ordinance to allow for roadside stands in residential zone districts. Roadside stands are defined as the placement of a structure for the sale of farm products produced or made on the premises. This change means that residents may sell the produce that they grow.

In April 2015, the City of Lakewood adopted its updated Comprehensive Plan. The plan provides a variety of goals and action steps that work to meet the vision of the Lakewood community. In order to meet its goal of promoting healthy and active neighborhoods, the City aims to:

- Work with local partners and residents to assess the need for additional community gardens and support partner and residents' efforts to identify appropriate locations, funding sources, and garden development.
- Identify and map food deserts located within the city based on the United States Department of Agriculture definition.
- Identify locations for additional farmers markets in Lakewood, focusing in those neighborhoods designated as food deserts.
- Identify, evaluate, and promote programs that incentivize the distribution of affordable, fresh foods in stores within a food desert.
- Identify and apply for available grants that support healthy neighborhoods and increase access to healthy and nutritious foods.
- Partner with schools to promote the benefits of a healthy and active lifestyle to Lakewood's youth.

In May 2015, the City adopted its first Sustainability Plan. Among its numerous goals and strategies, the plan identifies ways to improve the availability and access to healthy and affordable food. As identified in the plan, the City aims to develop a comprehensive strategy in order to increase production, availability, and consumption of locally grown, affordable, and healthy food. Specifically, the City will work to:

- Identify existing local food assets and gaps throughout the City.
- Assess and minimize barriers to local food production and sales.
- Promote opportunities for residents to participate in community supported agriculture and other farm-to-table programs.
- Connect residents with opportunities to develop local food production skills.
- Foster relationships between existing food stores, the City of Lakewood, and neighborhood residents to encourage expansion of local food availability.

- Support community-based local food distribution through cooperatives, neighborhood food stands, markets, and community-supported agriculture programs.
- Support Comprehensive Plan Action Steps regarding food availability, including:
    - increasing community gardens
    - identifying and eliminating food deserts
    - expanding farmers markets
- Work with neighborhoods to pilot community-based local food programs.
- Develop a healthy food connection program that matches local producers and vendors of healthy foods (including residential growers, community gardens and farms, and local retailers) with businesses, schools, and other community organizations interested in purchasing healthy food.

The City has also demonstrated its dedication to improving the food environment through healthy living goals as a part of the Sheridan Station 20-Minute Neighborhood Implementation Strategy. The plan, which was adopted in June 2015, highlights specific actions aimed to improve access to healthy foods, including:

- Implement a farm stand that operates seasonally in the neighborhood.
- Implement mobile produce markets and identify and assist local businesses, organization and individuals to implement mobile produce markets.
- Distribute produce to those in need: work with neighborhood organizations such as food banks and Colorado Coalition for the Homeless to distribute produce to those in need in the neighborhood.
- Support the development of Mountair Park Phase 2. Support the development of Phase 2 of the farm in spring 2015 and explore the potential of integrating a community garden in Phase 2 development.

Since the plan was written the City of Lakewood and stakeholders have partnered with Sprout City Farms to create the Mountair Park Community Farm in the Two Creeks Neighborhood totaling approximately 1.25 acres. The farm has been operational since spring 2014 and serves as a Community Shared Agriculture (CSA)[7] location in Lakewood. The community farm offers CSA shares for purchase and has a produce stand on site.

The City of Lakewood values healthy food options in its public buildings as well as in the community. The City is currently implementing healthy vending options at its four recreation centers using the Jefferson County Public Schools healthy eating guidelines listed below for 60% of its vending options:

- Calorie Limits: Snack items <200 calories; Sodium limits: Snack items <230 mg; Fat limits: total fat <35% of calories, Saturated fat <10% of calories, Trans fat zero grams; Sugar limit: <35% of weight from total sugars in foods.

[7] Community Supported Agriculture (CSA) allows residents to pre-pay for a weekly share of produce from a nearby farm for the entire summer. The up-front income provides stability and supports long-term planning for the farm, and the CSA participant receives a box of produce each week at a pre-determined pick-up spot. Individual residents can host pick-ups at their house or institutions such as parks or schools or recreation centers can host a site as well.

The healthy snack food choices will be labeled with a "go, slow, whoa" sticker to indicate where the item falls within the Jefferson County guidelines. The City will continue to evaluate other vending offerings to ensure that the City is offering patrons the healthiest options possible.

The City of Lakewood is partnering with the University of Colorado at Denver in a program known as Hometown Colorado. This program focuses courses offered across the Denver campus on real projects within the partner city. As a part of this program, CU Denver faculty and students within the College of Architecture and Planning will be working with the Sustainability and Planning Departments throughout the 2015-2016 academic year to evaluate existing infrastructure and programs, and provide recommendations to improve local food production throughout the City.

Numerous efforts have been made to create a healthier community in Lakewood. The City will continue to assess its efforts to improve the food environment across Lakewood and expand upon its existing assets. With the help of community members and stakeholders, Lakewood will continue to foster a healthy environment and strive for food equity.

E. USE OF ASSESSMENT FINDINGS

Through a combination of community input and neighborhood and area planning efforts, the City of Lakewood has identified a need to strengthen its healthy food environment. The City has taken steps to address this need through action items the plans and implementation strategies identified above.

A local food environment assessment gives Lakewood the opportunity to determine the effectiveness of its efforts and refines strategies that are most effective in promoting healthy food access. Insufficient comprehensive local data exists to assess Lakewood's food environment. The data provided through the food assessment helps to clearly identify the populations most affected by lack of healthy food access and help to inform policy, evaluate implementation efforts, identify gaps, build awareness about food systems and support new funding opportunities.

The City of Lakewood aims to use findings from this food environment assessment to support implementation of policies in adopted documents including the Lakewood Comprehensive Plan, Sustainability Plan and Sheridan Station 20-Minute Neighborhood Implementation Strategy. Recommendations from this assessment will help the City move forward with implementing strategies that improve food resources and distribution. Finally, this food assessment is another step that brings the issue of food equity to the forefront and prioritizes mechanisms for achieving improved food access and community health.

Findings from this assessment will be integrated into partner efforts throughout the County. As JeffCo begins its own community food assessment, these findings will provide initial data and additional questions to pursue. Findings may also provide some direction for the County's Community Health Improvement Plan (CHIP), which is being finalized in July 2015. Currently, Goal 4 of the CHIP is to "increase healthy food access in low-income households with children ages 0-18". The CHIP is available at http://www.healthypeoplehealthyplacesjeffco.com.

The City is committed to developing a framework for community health and wellness that makes improved food access practices more widespread.

II. PROCESS

A. METHODS

Maps

Maps were created using ESRI ArcMAP 10.1. Median household income data was obtained from the U.S. Census Bureau American Community Survey 5-Year Estimates. Race/Ethnicity data was obtained from the Denver Regional Council of Governments (DRCOG) Data Catalog for US Census Bureau Block Group 2010. Additional information collected through the assessment was assembled and uploaded to ArcGIS by City staff. The maps are meant to serve as a visual source of information and do not include official designations of property boundaries, private or public. Maps should be used to inform additional assessment activities or to highlight potential areas for further attention. Data presented in maps cannot be used to draw scientific conclusions such as direct correlation between two or more indicators.

Secondary Data

A variety of secondary data is referenced throughout this report. Primary sources include socioeconomic data from the US Census, health data from Jefferson County Public Health and the Colorado Department of Public Health and Environment, and food environment maps from USDA Capacity Builder, Denver Regional Equity Atlas, and The Reinvestment Fund's PolicyMap.

Community Survey

With feedback from City staff and based on other surveys conducted around the state, the HEAL Cities & Towns food policy consultant developed a resident survey for on-line distribution only through Survey Monkey. City and County staff translated the survey into Spanish. The survey included questions about food shopping, shopping for fruits and vegetables, challenges to accessing and eating fruits and vegetables, community and personal factors that could make consuming fruits and vegetables easier, and household information.

City staff distributed the survey with announcements in English and Spanish through the following means:

- City staff and the consultant provided three tablets with a link to the survey at a table at the 9Health Fair at St. Anthony's Hospital on May 2nd 2015. Those who were unable to take the survey at the site were provided a printed handout to the survey link in English and Spanish to encourage participation at home.

- City staff emailed a link for the survey through a variety of mailing lists including neighborhood organizations, business organizations, the Sustainable Neighborhoods program, the metro area Aging Well Project, and to Jefferson County Public Health.
- The City advertised the survey through the Friday Report, NextDoor, and Looking at Lakewood, as well as through social media applications including Facebook and Twitter, and printed handouts. Looking at Lakewood is a publication that goes out to Lakewood residents focused on providing information about their City government. The printed newsletter is mailed to all residential and business addresses in Lakewood. The Friday Report is a digital source of information sent to City government employees each Friday. Additionally, handouts in English and Spanish were placed in the North Building of the City's Allison facilities to reach visitors.
- The City posted a link to the survey on their website with information regarding why the survey is being conducted, and how its results will be used to improve access to affordable healthy foods in Lakewood.

Key Informant Interviews

City staff from the Comprehensive Planning & Research Division, Recreation Division, Community Resources, City Manager's Office, and Sustainability Division worked with the consultant to develop a list of public and private partners that could provide information on food programs, food access challenges and opportunities, and ideas for reaching residents through focus groups and surveys. The consultant conducted 30-60 minute phone calls with each stakeholder to collect program data where relevant, request existing plans or assessments, and capture ideas on reaching Lakewood residents through primary data collection.

Focus Groups

In an effort to reach broader community participation, City staff and the consultant coordinated three focus groups with ten-to-twelve participants each. See Appendix A for the focus group questions and process. First, they reached out to community groups through the City's Department of Community Resources. From here, they were referred to the City's Family Services Division to recruit participation from community members through the City's Head Start Program. In addition, the Family Services Division provided City staff and the consultant with connections at MetroWest Housing Solutions, a non-profit property developer, manager, and human services provider working in Lakewood and the metropolitan region. Finally, through assistance from staff at Jefferson County Public Health, they were introduced to representatives from *Centro Dones de Nuestra Comunidad* at O'Connell Middle School, a health and education program offering services in English and Spanish to the Lakewood community.

The first focus group was held at the Lamar Station Crossing Apartments, an apartment community built along the West Rail Line in the Molholm/Two Creeks neighborhood. Participants were recruited with the help of the Lamar Station Crossing Resident Services Coordinator, who reached out to all residents of the apartment community through distribution of flyers on each apartment door and posted flyers throughout the community buildings. The focus group included 11 participants from the apartment community and the focus group lasted approximately one hour. The focus group was held on Tuesday, June

9, between 3:00pm and 4:00pm. Each participant was provided $10 for his or her participation, courtesy of funds from LiveWell Colorado.

The second focus group was organized with the help of staff from *Centro Dones de Nuestra Comunidad* and the Lakewood Link Recreation Center. Staff from Centro Dones reached out to members of their community at O'Connell Middle School by calling them the morning of the survey. A meeting room was reserved by City staff at the Link Recreation Center. The meeting was scheduled for 1:30pm to 2:30pm on Wednesday, June 10th. Unfortunately, the message was not clearly given to members of the *Centro Dones* community and the coordination efforts did not occur early enough to recruit enough participants to hold the focus group.

The third and final focus group was organized with the help of the Family Services Division at the City of Lakewood and staff at the 11th Avenue Head Start facility. Parents of children at the Head Start facility were contacted via email, phone, and face-to-face communication from the facility supervisor with Head Start families. The supervisor of the facility worked diligently to recruit participants and also aimed to include Spanish-speaking participants in the group. Due to the participation of Spanish-only speakers, City staff and the consultant worked with interpreters from the Community Language Cooperative to provide headsets and interpretation services for the focus group. The group included eight participants and was held at the 11th Avenue Head Start facility on Wednesday, June 11th between 3:00pm and 4:00pm. Each participant was provided $10 for his or her participation, courtesy of funds from LiveWell Colorado.

Other Community Input

This report also references data gathered through the Mountair Park Community Farm survey, which was conducted door-to-door by a native Spanish speaker in the neighborhoods surrounding the farm, as well as through the 2015 City of Lakewood Head Start Community Assessment.

B. OVERVIEW OF PARTICIPANTS

Survey Respondents

In all, 440 Lakewood residents completed the on-line survey. Two of those were completed in Spanish. Table 1, below, provides an overview of Lakewood residents that responded to the survey. See Appendix B for complete survey results.

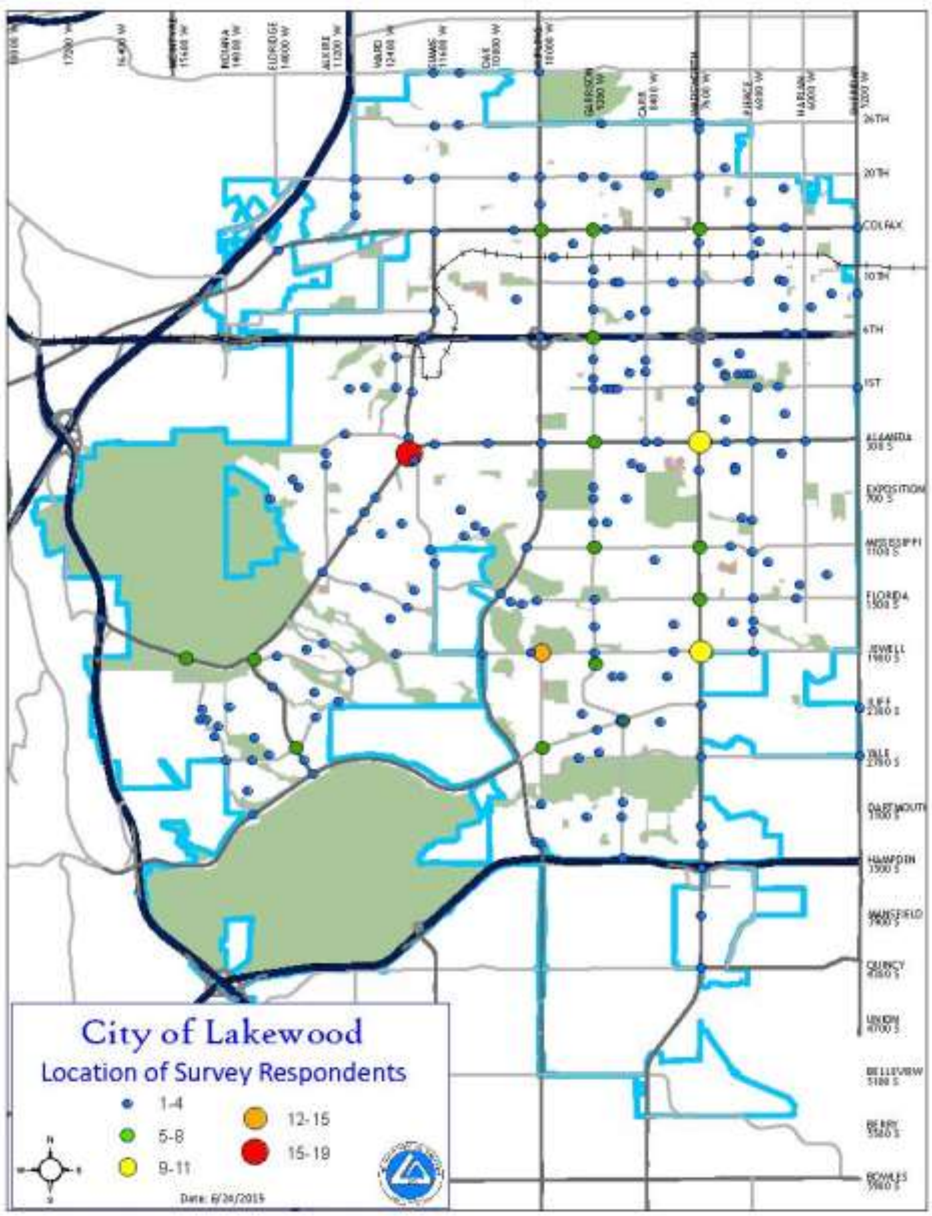
Survey respondents were also asked to identify the nearest intersection to where they lived. Figure 1, further below, shows the location of 98% of survey respondents (several respondents incorrectly identified their cross-streets). This map shows a fairly even distribution of respondents across the city.

Table 1: Demographics of Survey Respondents

	% Respondents	Total Respondents
Gender		
Male	17%	68
Female	80%	323
Transgender	0%	0
Choose not to respond	3%	11
Age		
Average	51 years	-
Mode (most common)	42 years	-
Race & Ethnicity		
White	85%	344
Black, African American	1%	5
Hispanic/Latino	6%	26
American Indian or Alaskan Native	1%	3
Asian Indian	1%	4
Asian	3%	12
Native Hawaiian or Pacific Islander	0%	0
Other	2%	6
Choose not to respond	4%	16
Education		
Less than high school	0%	0
High school graduate	3%	12
Some college, no degree	16%	66
Associate's degree	4%	18
Bachelor's degree	39%	158
Graduate or Professional	35%	140
Choose not to respond	3%	11
# in Household		
1	21%	84
2	38%	153
3	17%	70
4	16%	64
5 or more	7%	29
Choose not to respond	2%	6
# Household Members under 18		

0	66%	268
1	13%	52
2	14%	57
3 or more	5%	21
Choose not to respond	2%	6
Annual Household Income		
Less than $10,000	2%	8
$10,000-$14,999	2%	8
$15,000-$24,999	4%	16
$25,000-$34,999	4%	18
$35,000-$49,999	11%	43
$50,000-$74,999	16%	63
$75,000-$99,999	15%	62
$100,000-$149,999	19%	76
$150,000 and above	9%	36
Choose not to respond	19%	75

Figure 1: Location of Survey Respondents



Source: Lakewood Comprehensive Planning & Research Division

Focus Group Participants

Nineteen (19) Lakewood residents participated in the focus groups. Table 2, below, includes demographic information from participants.

Table 2: Focus Group Participants

	Total Respondents
Gender	
Male	4
Female	15
Age	
Under 18	1
18-21	2
22-29	3
30-39	2
40-49	4
50-59	1
60-69	5
Race & Ethnicity	
White	5
Black, African American	1
Hispanic/Latino	6
American Indian or Alaskan Native	-
Asian Indian	-
Asian	2
Native Hawaiian or Pacific Islander	-
More Than One Race	3
Other	1
Education	
Less than high school	3
High school graduate	6
Some college, no degree	5
Associate's degree	1
Bachelor's degree	2
Graduate or Professional	1
Annual Household Income	
Less than $10,000	6
$10,000-$14,999	4
$15,000-$24,999	3
$25,000-$34,999	5

Key Informant Interviews

The following organizations provided insight into the food environment in Lakewood, particular challenges for vulnerable populations, and ideas for survey and focus group outreach:

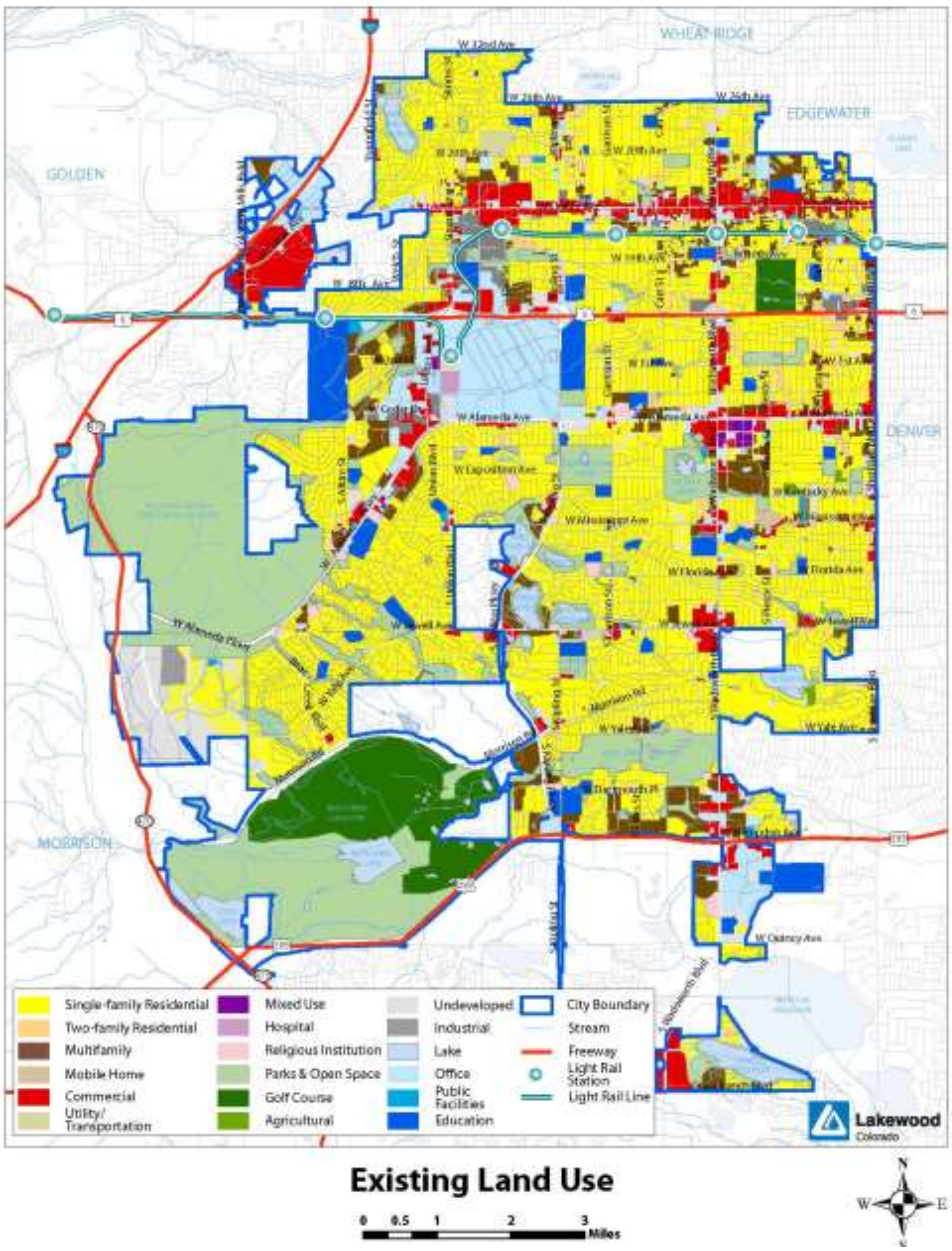
- Edgewater Farmers Market
- JeffCo School District (Food & Nutrition Services, Healthy Schools Coordinator)
- Harvest Mt Farm Gardens
- JeffCo Conservation District
- JeffCo Public Health
- JeffCo Action Center
- Seniors' Resource Center
- Lakewood Faith Coalition
- CSU Extension EFNEP/SNAP-Ed
- Mountair Park Community Farm
- Everitt Farms
- JeffCo Human Services
- City of Lakewood Recreation Division
- Centura Health Systems
- Sheridan Station Area Planning consultants
- Sustainable Neighborhoods Resiliency Circle

III. PRIMARY RESULTS

A. LAKEWOOD, CO: COMMUNITY PROFILE

Figure 2, below, shows the primary land uses in the City of Lakewood. The City is primarily single-family residential, with several prominent commercial areas, along 6th Ave, Wadsworth, Sheridan, Colfax, and Simms/Union Blvd. This map provides important context for the rest of the maps that follow in this report, as most food retail is located within the red commercial areas.

Figure 2: Existing Land Uses in Lakewood, 2015



Source: Lakewood Comprehensive Planning & Research Division

Table 3, below, includes demographic and socioeconomic data from the US Census. Lakewood's population is majority White (83%) with a growing Hispanic population (22%, of any race). Lakewood's older adult population already makes up a larger percentage of the overall population (currently 14.5% over 65) and is growing faster than the rest of the state as well. Figure 3 shows the distribution of adults over 55 years of age in the city.

Table 3: Lakewood Demographics & Socioeconomics

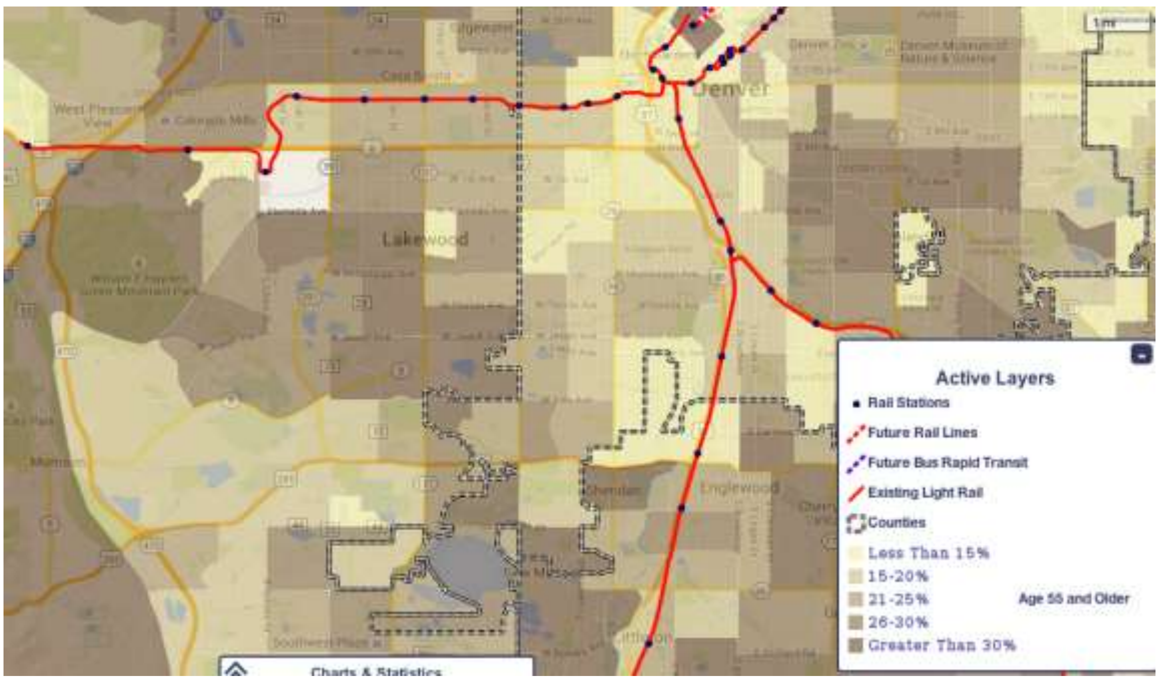
	Lakewood	Colorado
Population 2010 & 2013 Estimate		
Population, 2013 estimate	147,214	5,272,086
Population, percent change - April 1, 2010 to July 1, 2013	2.9%	4.8%
Persons under 5 years, percent	6.0%	6.8%
Persons under 18 years, percent	20.8%	24.4%
Persons 65 years and over, percent	14.5%	10.9%
Race & Ethnicity, 2010		
White alone	82.9%	81.3%
Black or African American alone	1.6%	4.0%
American Indian and Alaska Native alone	1.4%	1.1%
Asian alone	3.1%	2.8%
Native Hawaiian and Other Pacific Islander alone	0.1%	0.1%
Two or More Races	3.3%	3.4%
Hispanic or Latino (of any race)	22.0%	20.7%
2009-2013 Household Composition Estimates		
Foreign born persons	8.2%	9.7%
Language other than English spoken at home, age 5+	14.2%	16.8%
2009-2013 Education Estimates		
High school graduate or higher, persons age 25+	91.1%	90.2%
Bachelor's degree or higher, persons age 25+	35.4%	37.0%
2009-2013 Homeownership & Income Estimates		
Homeownership rate	58.7%	65.4%
Median value of owner-occupied housing units	$238,500	$236,200
Median household income	$56,492	$58,433
Persons below poverty level, percent	12.8%	13.2%

Source: US Census Bureau State & County QuickFacts

The median household income in Lakewood is $56,492 while the "Self-Sufficiency Standard" for Jefferson County has been set at $51,828 (more than three times the poverty level) for only *one adult* & *one preschooler.* This standard is what is required to make ends meet and cover basic living expenses such as child care, transportation, housing and food. This standard is $78,957 for a family with two adults, one infant, and one preschooler[8] .

In Lakewood, poverty is most common in families with young children. The highest rates of poverty (24.4%) are found in families with children under 5 years old (closely followed by families with children 5-17). The lowest rates of poverty are found in older adults, with a poverty rate of 5.4% for those 65 years and older[9]. In general, Lakewood's poverty rate (12.8%) is slightly below Colorado's rate (13.2%) but significantly above that of Jefferson County (8.6%).

Figure 3: Older Adults in Lakewood



Source: Denver Regional Equity Atlas

Table 4, below, includes the leading causes of death for Lakewood, the County, and the state. Health-related diseases constitute the top two leading causes of death in all places. In Jefferson County as a whole, obesity rates have increased by 59% and diabetes by 89% in the past decade[10] – both food-related health issues. Contributing factors to primary causes of death include poor nutrition and low access to affordable, healthy foods.

[8] Colorado Center on Law and Policy, *Self Sufficiency Standard for Jefferson County, 2014*. Available at: http://cclponline.org/wp-content/uploads/2014/04/Jefferson.pdf
[9] U.S. Census Bureau, 2011-2013 American Community Survey 3-Year Estimates
[10] Jefferson County Public Health Department, 2014

Table 4: Leading causes of death by region of residence, Colorado residents, 2011-2013

	Colorado		Jefferson County		Lakewood
Rank	Cause of Death	Rank	Cause of Death	Rank	Cause of Death
1	All Cancers	1	All Cancers	1	All Cancers
2	Heart disease	2	Heart disease	2	Heart disease
3	Unintentional injuries	3	Unintentional injuries	3	Chronic lower respiratory diseases
4	Chronic lower respiratory diseases	4	Chronic lower respiratory diseases	4	Unintentional injuries
5	Stroke	5	Alzheimer's disease	5	Alzheimer's disease
6	Alzheimer's disease	6	Stroke	6	Stroke
7	Suicide	7	Suicide	7	Chronic liver disease and cirrhosis
8	Diabetes mellitus	8	Chronic liver disease and cirrhosis	8	Diabetes mellitus
9	Chronic liver disease and cirrhosis	9	Diabetes mellitus	9	Suicide
10	Influenza and pneumonia	10	Influenza and pneumonia	10	Influenza and pneumonia

Source: 1: Colorado Department of Public Health & Environment, Vital Statistics, 2013

Additionally, Body Mass Index (BMI) data collected by area health care providers shows high rates of overweight and obesity throughout Lakewood for children and youth[11]. According to this health data collected, 27% of all Lakewood 2-20 year olds surveyed are overweight or obese (a BMI of over 25, measured with a >85th percentile confidence interval). In 12 census tracts in the city, over 35% of the surveyed population is overweight or obese.

B. LAKEWOOD FOOD RETAIL ENVIRONMENT

Current Food Retail Environment

Lakewood's food environment is mapped in Figure 4: Where We Can Access Healthy v. Less Healthy Food Facilities, which also shows where typically "healthy" and "less healthy" retailers are concentrated across the city. It is important to remember throughout this report that maps should be used to inform additional assessment activities or to highlight potential areas for further attention or inquiry. Data presented in maps cannot be used to draw scientific conclusions such as direct correlation between two or more indicators.

The U.S. Department of Agriculture (USDA) has defined typically "healthy" and "less healthy" food retailers. These categories are broad and imperfect, but can help provide a general sense of where residents can access the foods they need to feed themselves and their families three healthy, balanced meals a day.

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[11] The system combines objectively measured BMI data collected between 2009-2013 from multiple health care delivery systems. BMI data are obtained from each systems' electronic health record. The data only includes individuals who have interacted with the health care delivery system and had their BMI measured during routine health care visits. Therefore, the individuals captured may not be representative of the total population. The current partners contributing BMI data are Kaiser Permanente Colorado (KPCO), Denver Health (DH), Children's Hospital Colorado (CHC), and High Plains Community Health Center (HPCHC).

- Healthy Food Facility = full-service grocer with available fresh produce, or a fresh produce market. Includes grocery, club, and specialty stores and supercenters.
- Less Healthy Food Facility = convenience stores (e.g., 7-11) or small variety stores that sell limited groceries and stock little to no fresh produce, or a facility (e.g., fast food) that primarily sells foods with high levels of sugar, fat, and sodium.

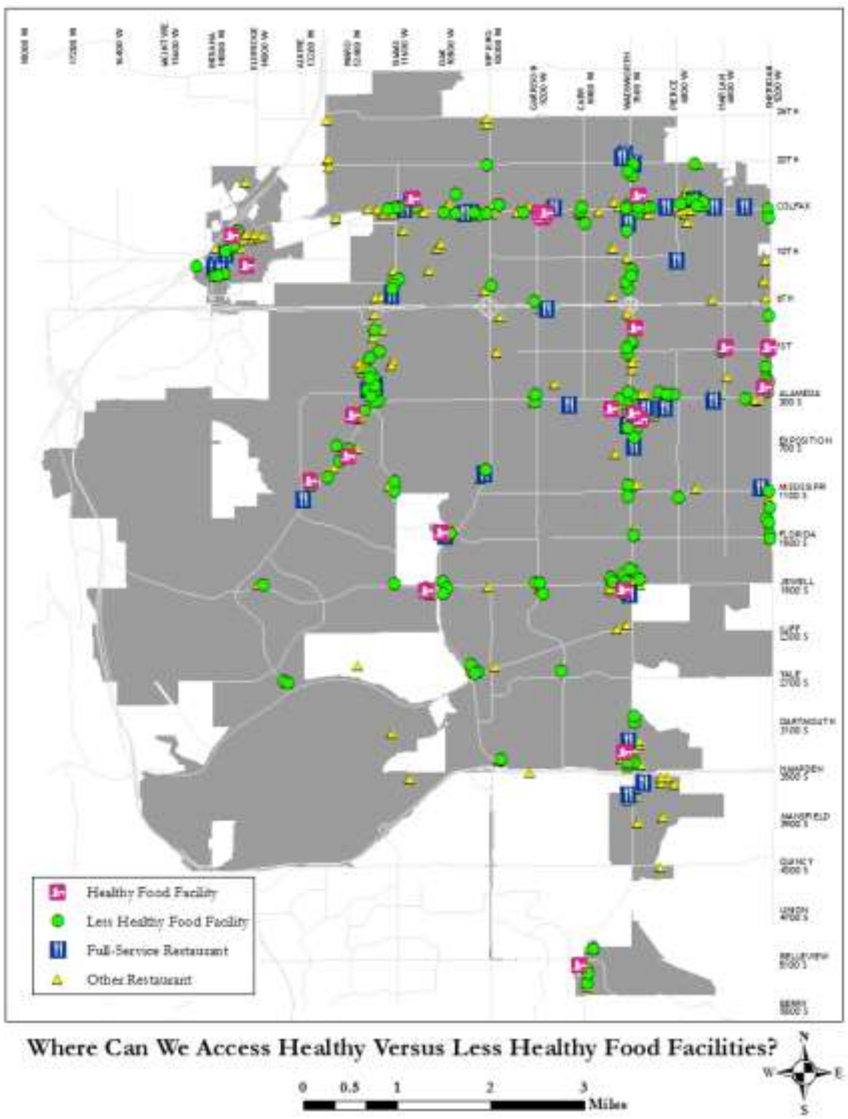
Given these definitions, the following food retailers exist in Lakewood:

- 22 Healthy Food Retail (Full-Service Grocery)
- 166 Less Healthy Food Retail (68 convenience, gas, & dollar stores, 98 fast-food)
- 422 Restaurants (includes the 98 fast-food restaurants)
- 55 Cafeterias (School, Care Center, etc.)

Using these numbers and the 2013 estimated population of 147,214, the ratios of healthy and less healthy retailers (excluding restaurants and cafeterias) to population are:

- 1 healthy food retail per 6,692 residents
- 1 less healthy retail per 887 residents

Figure 4: Where We Can Access Healthy v. Less Healthy Food Facilities



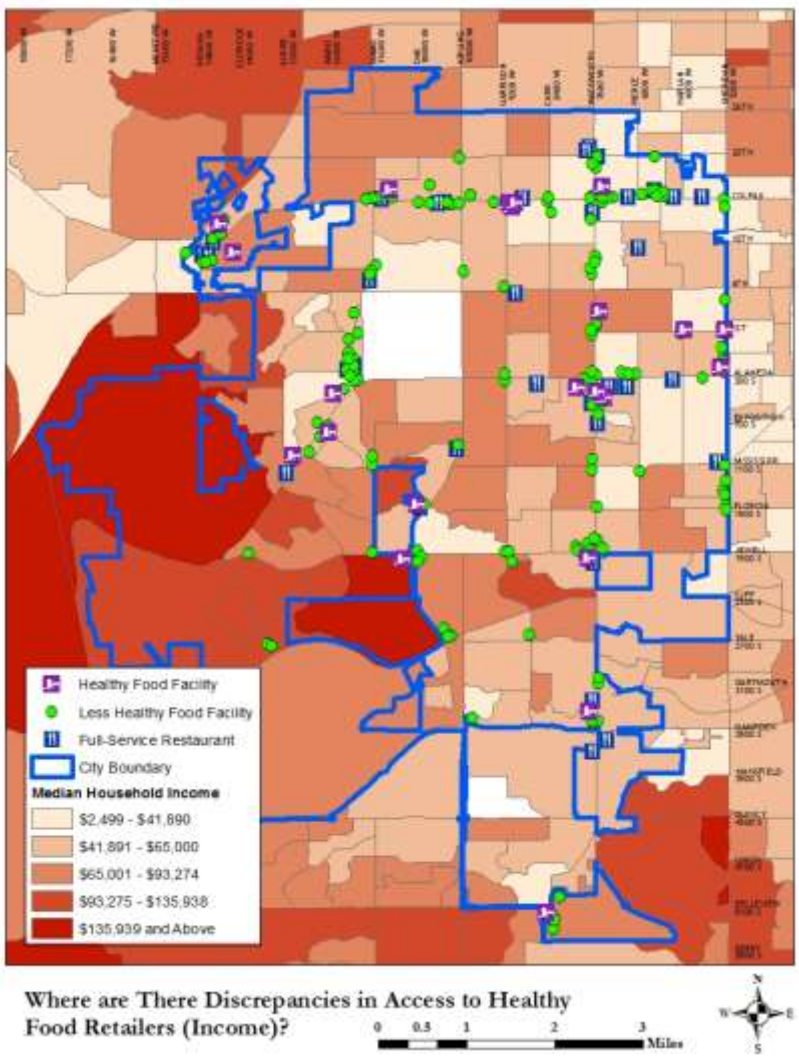
Source: Lakewood Comprehensive Planning & Research Division

Disparities in the Food Retail Environment

This assessment aims to examine how the food environment might affect different populations in Lakewood. The series of maps, below, show geographic overlays of various populations and food retail.

Figure 5: Income and Access to Food Retail, below, shows that the majority of food retail – healthy or less healthy – is located in census block groups where the Median Household Income is less than $65,000.

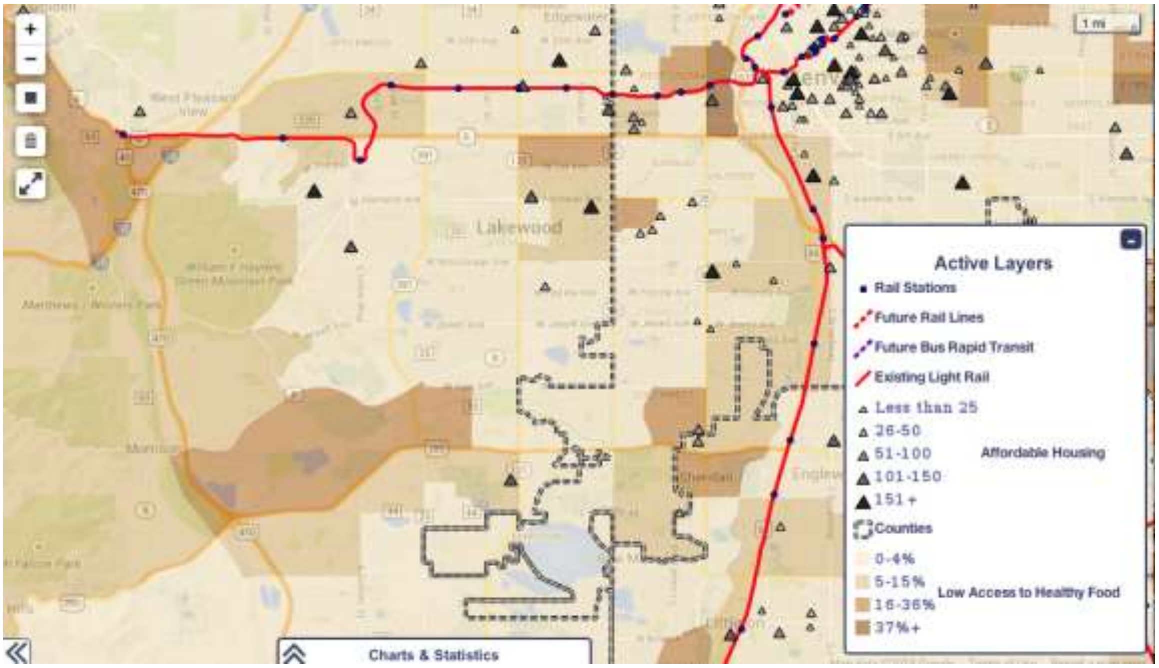
Figure 5: Income and Access to Food Retail



Source: Lakewood Comprehensive Planning & Research Division

Figure 6: Affordable Housing and Low Food Access from Denver Regional Equity Atlas, shows no consistent alignment between affordable housing sites and low access.

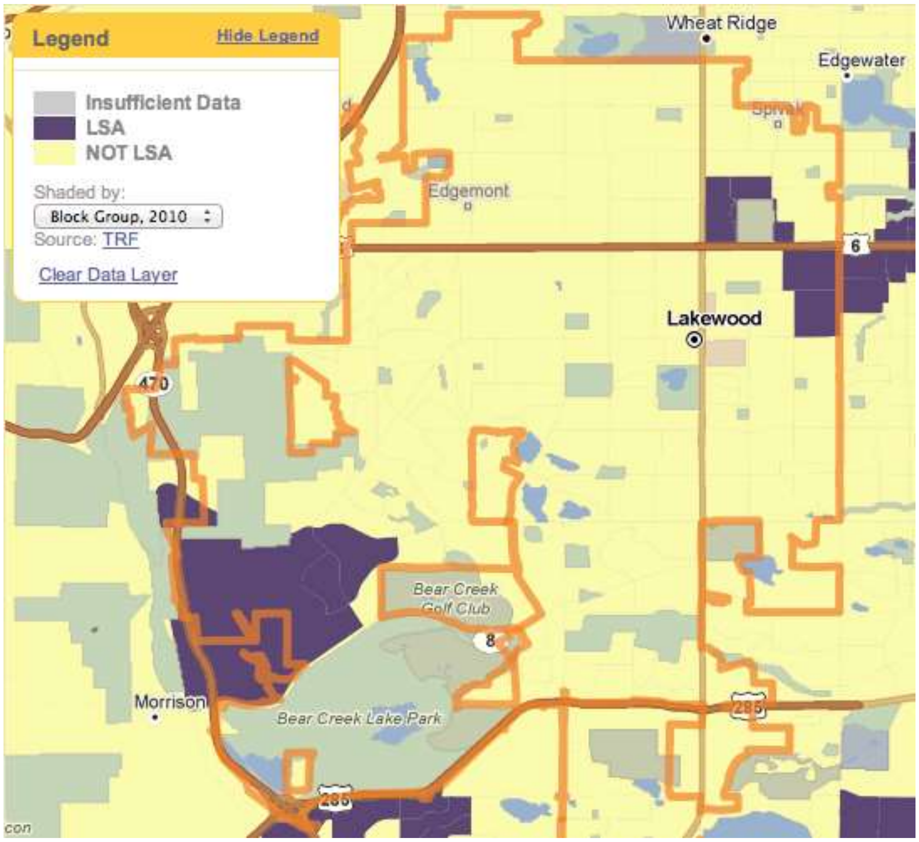
Figure 6: Affordable Housing & Low Food Access



Source: Denver Regional Equity Atlas

Figure 7: Low-Income and Low-Access Census Tracts shows national data collected by The Reinvestment Fund in their Limited Supermarket Access Areas study. This map[12] does highlight some areas where low-income households face particular challenges in accessing grocery stores, in NE and SW Lakewood. While grocers appear to be fairly evenly distributed across the city, this map does show that for some households that may lack financial and transportation means, grocers may be out of reach.

Figure 7: Low-Income & Low-Access Census Tracts

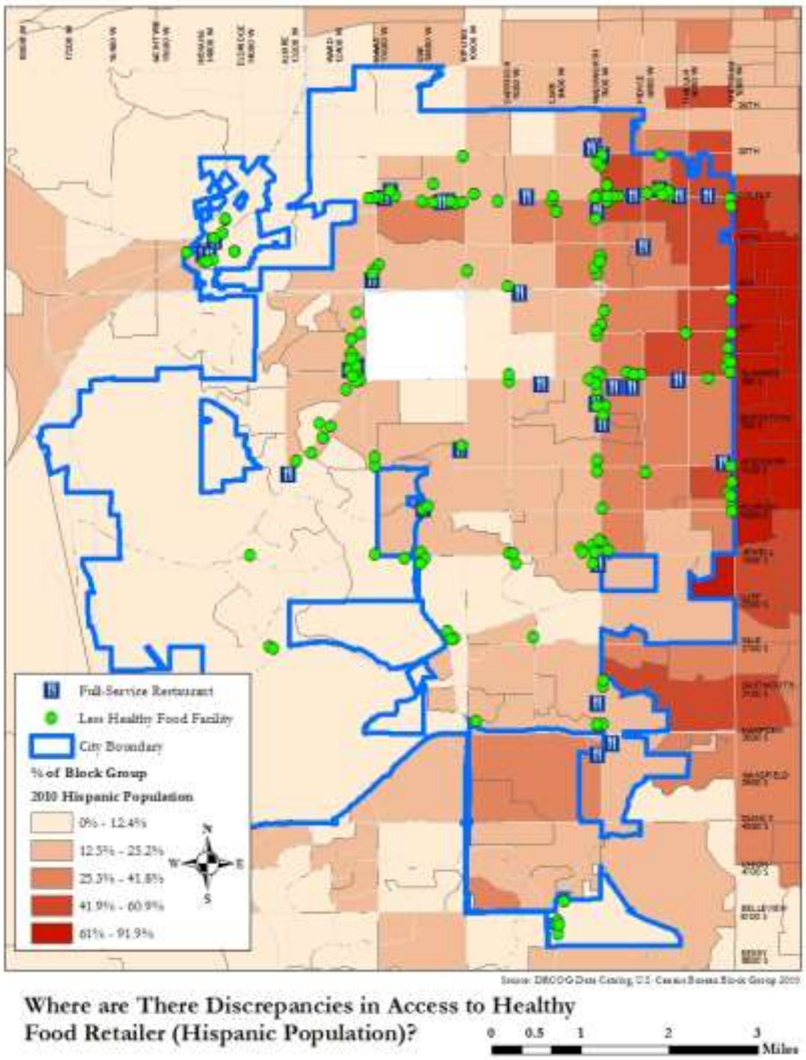


Source: The Reinvestment Fund Limited Supermarket Access Analysis Tool, 2014

[12] All block groups included in the Limited Supermarket Access analysis are designated as either 'LSA' (within a Limited Supermarket Access area) or 'Not LSA' (not within a Limited Supermarket Access area) according to TRF's analysis. TRF's methodology is designed to identify areas where residents travel longer distances to reach supermarkets when compared to the benchmark (average) distance traveled by residents of non-low/moderate income areas. Comparative areas are grouped based on similar values for population density and car ownership rates. Data sources include US Census (2010) for population living in households and residential land area; US Census 2008-2012 ACS for household income and car ownership rates; and Nielsen Trade Dimensions (July 2013) data for supermarket locations.

Figure 8: Race and Access to Food Retail shows availability of full-service grocers, but also significant availability of less healthy food retailers in the Eastern half of Lakewood where the percentage of lower-income as well as Latino/Hispanic households is higher than the rest of the city.

Figure 8: Race and Access to Food Retail



Source: Lakewood Comprehensive Planning & Research Division

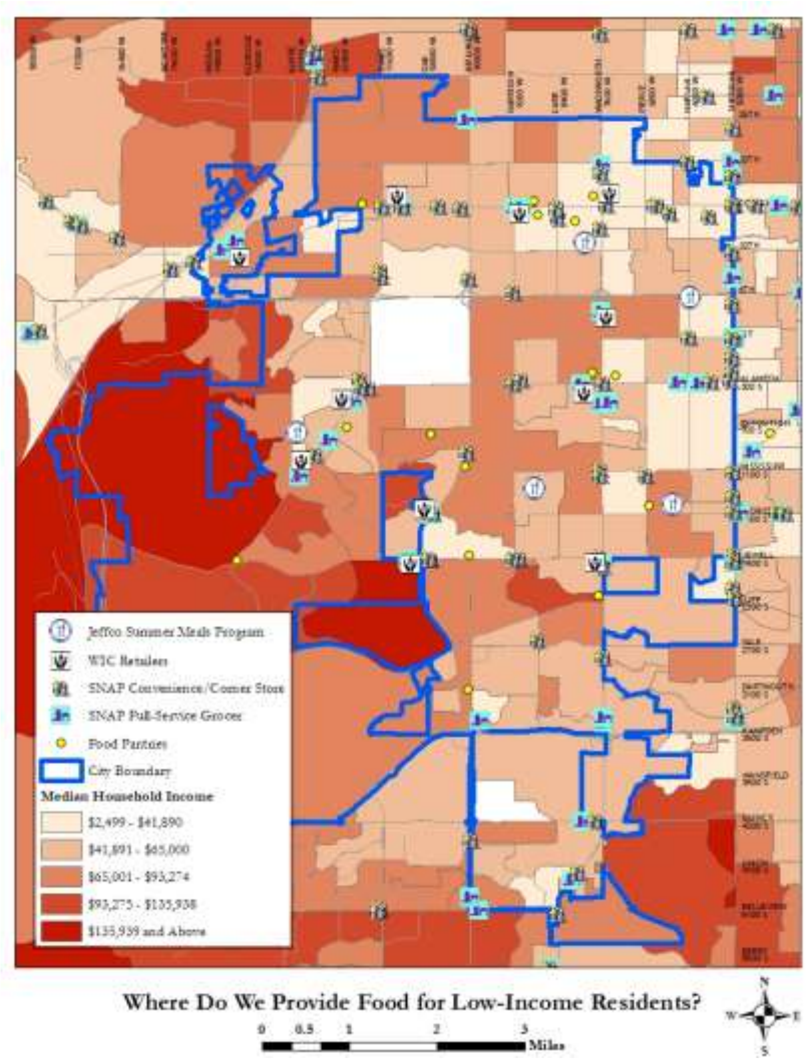
As Figure 5 showed earlier in this section, the majority of food retail is located in census tracts with less – sometimes much less - than a Median Household Income of $65,000. The Self-Sufficiency Index for JeffCo is $78,957 for a family with two adults, one infant, and one preschooler. What is clear in these maps, and through the retail indices provided earlier in this section as well, is the imbalance in the food environment. For every healthier food retailer, there are at least a dozen less healthy retailers. This imbalance could affect lower-income communities more than wealthier ones, so these maps indicate areas of the city for further exploration and understanding of the role of the food environment in health.

C. FEDERAL FOOD ASSISTANCE

This section provides an overview of some of the federal food programs available to Lakewood residents and participation rates in those programs where they are known. Federal food assistance programs are not only critical to ensure low-income families have consistent food to put on their tables, but can also be bridges to healthier eating, are often accompanied by nutrition education, and can bring in significant federal dollars to local communities – every $5 of Supplemental Nutrition Assistance Program (SNAP) benefits spent generates up to $9 of economic activity.

For a map of where both federal food assistance programs are accepted along with community food assistance (food pantries), see Figure 9: Where Do We Provide Food for Low-income Residents.

Figure 9: Where We Provide Food for Low-Income Residents



Source: Lakewood Comprehensive Planning & Research Division

School Food Programs

Early Childhood Programs

There are currently 11 early childhood education sites that participate in the USDA Child and Adult Care Feeding Program (CACFP) in Lakewood. See Appendix C for the complete list. CACFP reimburses centers at free, reduced-price, or paid rates for eligible meals and snacks served to enrolled children, targeting benefits to those children most in need.

Free and Reduced School Meals

Across all K-12 Lakewood Schools, 47.3% of enrolled students are eligible for free or reduced priced meals. In the entire Jefferson County School District, JeffCo, 32.8% of students are eligible. Please see Appendix D for list of Free or Reduced Lunch (FRL) rates at each individual Lakewood K-12 school.

Please also see Figures 10 and 11: Food Programs for Children & Youth, below, that shows the location of schools, summer meal sites, low-income housing, and concentrations of FRL students as well as neighborhoods that are eligible at an area level for USDA Summer Food Service Program sites or Child and Adult Care Food Program (see below) reimbursable meals due to area income.

In addition to what is shown on the map, the City is, as of the summer of 2015, working with Jewish Family Services' Lunchbox Express program to provide healthy food to children via a re-purposed school bus that provides free lunches to children at Mountair Park daily.

Other School Food Programs

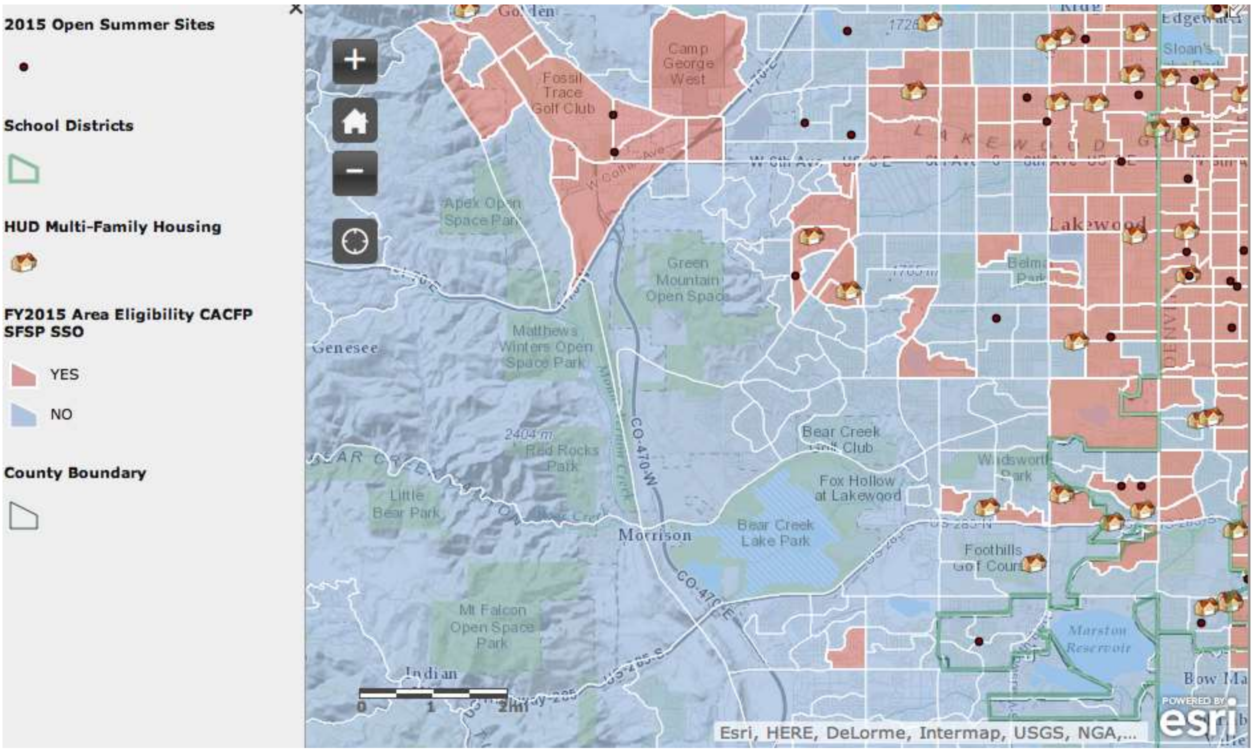
Reimbursable after-school meals are offered at Molholm Elementary (6000 W 9th Ave) and Vivian Elementary School (10500 W 25th Ave).

Bear Creek K-8, Jefferson County Open School, and Lakewood High School all have garden-to-cafeteria programs.

In Lakewood, there are currently no known "backpack" programs where students bring home food items in their backpack on a Friday to help feed the family over the weekend.

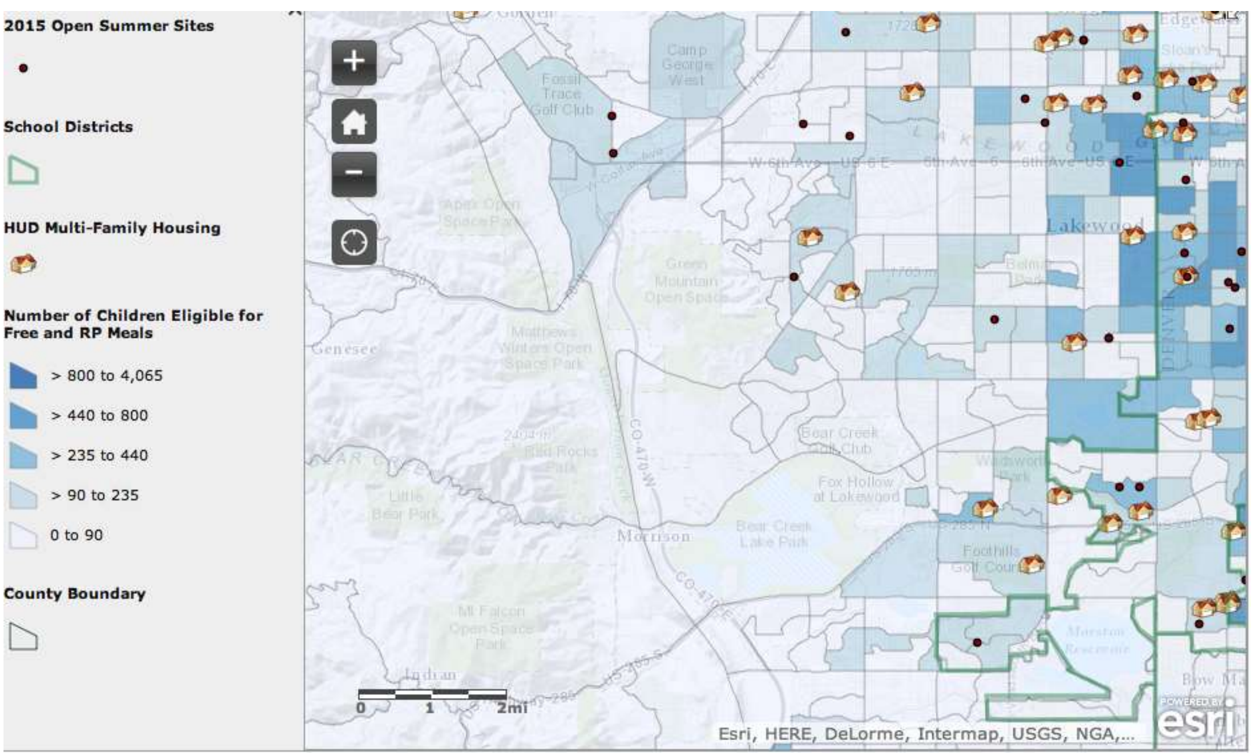
At a district level, JeffCo participates in several "farm to school" activities, including the purchase of significant amounts of Colorado-raised meats.

Figure 10: Food Programs for Children & Youth



Source: USDA Capacity Builder

Figure 11: Food Programs for Children & Youth



Source: 2: USDA Capacity Builder

Older Adult Meal Programs

In partnership with the Volunteers of America, the City of Lakewood hosts meals for older adults at the Clements Community Center. Any adult 60 years or over can eat lunch at Clements Mondays through Thursdays and the first Friday of the month, on a donation-basis/pay-what-you-can system. This lunch meets 1/3 of an older adult's nutritional requirements, and participants are allowed seconds, for what might be their only meal of the day. Lakewood Rides will pick up any Lakewood resident for free and transport them to Clements, as long as they eat lunch there.

Approximately 1,000 meals are served a month at the site. The average age of participants is 82-85, and those over 85 is the fastest growing population in Lakewood, so use could increase. The site is reaching capacity already on days when they provide a movie, have a visiting nurse, or other attraction. They do refer people to the Wheat Ridge site as they have no more space in their current building. The staff acknowledges that they will reach capacity at the site, as will Lakewood Rides, with a growing older adult population and limited facilities. Other challenges include not having data on older adults in need in Lakewood, and not knowing whom the program reaches or not.

Women, Infant & Children's Program (WIC)

Jefferson County Public Health provided a snapshot of WIC participation data for the Lakewood clinic. The data presented here was taken for February 2015. This data shows that the vast majority of women enrolled in the program are using their benefits.

- Total Women: 655
- Total Children: 1,346
- Total Infants: 671
- Total (accessing benefits): 2,672
- Total enrolled: 3,060
- % of Enrolled using Benefits 87.32% (slightly higher than the rest of the county)
- 2014 JeffCo, total eligible population: 9,446. Enrolled: 6,008 (63.6% of eligible, average for the state)

Additionally, Figure 9: Where Do We Provide Food for Low-Income Residents shows a distribution of WIC-certified retailers across the city, except for some notable gaps in Eastern Lakewood, where there is a higher concentration of low-income families. This may reflect the standards WIC requires to be a certified retailer – retailers must consistently provide the foods included in the WIC package – and may reflect a shortage of food retailers in the eastern part of the City that can provide food to feed families daily, healthy, balanced meals.

Supplemental Nutrition Assistance Program (SNAP)

The Colorado Department of Human Services (CDHS) has identified the following 18 (out of a total of 44 in Lakewood) Census Tracts as having "significant" numbers of "Eligible but Not Enrolled" (EBNE) residents in SNAP. Table 5, below lists these tracts along with data on SNAP clientele as well as an estimate of how many might be eligible but not enrolled.

Table 5: SNAP Eligible But Not Enrolled Data

Census Tract	Population 2012 ACS 5-year estimates	Average Monthly Persons Receiving Snap Jan-June 2013	Rough Estimate of EBNE Persons
118.06	4,997	366	1,372
115.50	6,356	836	1,207
111	6,073	858	1,028
118.05	4,874	90	622
117.01	4,633	116	501
117.32	5,211	382	500
117.29	3,810	173	475
119.51	2,986	181	385
117.30	3,611	309	371
117.08	4,261	247	335
117.10	3,736	123	322
159	3,321	110	312
117.09	3,588	204	293
117.23	3,029	103	277
117.26	5,469	141	267
117.20	4,771	100	243
117.12	4,071	56	190
114.02	2,981	2,277.833	U/K due to population shifts

Source: Colorado Department of Human Services, Office of Children Youth & Families

This information is based on a comparison of the number of persons below 125% of poverty as reported in the 2012 5-Year American Community Survey (ACS) compared to SNAP enrollment data for January through June of 2013. "Significance" means that CDHS can identify with some certainty (90% statistically) that there are at least some SNAP EBNE persons within that Census Tract. The estimates use ACS data, which, as a survey, has survey sampling error. The US Census Bureau also provides information on the Standard Error. CDHS then uses this information to calculate the 90% confidence interval around our estimate of SNAP EBNE persons.

At this point, even the county does not have information regarding the geographic distribution of SNAP clientele, or eligible SNAP clientele. Mapping out families eligible for Temporary Assistance for Needy Families (TANF) could potentially indicate where SNAP clientele are living. Knowing where this clientele resides could help the City and other partners assess what food retail is available in the area. It is also challenging for counties to fully capture who (and where) is "eligible but not enrolled" for SNAP, which could greatly assist outreach for the program.

Figure 9: Where Do We Provide Food for Low-Income Residents presented earlier, shows where SNAP is accepted across the City. This map does show a wide SNAP acceptance and many shopping options for SNAP clientele. On the other, however, it shows an abundance of convenience stores accepting SNAP, far outnumbering the healthy food retailers who accept SNAP. It appears that a good deal of the shopping environment for SNAP clientele is skewed towards options that do not provide food for daily, healthy, balanced meals.

D. COMMUNITY FOOD ASSISTANCE

Food Pantries

For a complete list of the over 10 food pantries that serve residents of Lakewood, see Appendix E. Also see Figure 9: Where Do We Provide Food for Low-income Residents (above). This map shows a decent distribution of food pantries across the city, and in general, alignment with where low-income households are located. A better indicator of their accessibility, however, may be the times and days they are open, which are, if known, also listed in Appendix E.

JeffCo Action Center is the largest food pantry serving Lakewood. Its new facilities are located at 8755 W. 14th Avenue. Approximately 41% of their clientele are Lakewood residents or homeless individuals in Lakewood (the largest percentage served from any one city). In fiscal year 2013-2014, they provided 782,085 meals through five-day supplies of food to their clientele (60% percent of whom are not from Lakewood).

They provide a variety of services to residents of all ages, including the Grub Club at various high schools to provide needed items to emancipated or homeless youth, partnering the VOA on Meals on Wheels, and a 21-bed shelter that provides meals.

They have now opened the "grocery" – a self-select food pantry that is built like a grocery store and mirrors MyPlate dietary guidelines in what it offers where, and through tools such as shopping lists that are categorized like MyPlate. The Grocery is open Monday through Friday, 9am-3pm. The self-select grocery provides a five-day supply of food to a household up to six times annually.

Similar to other pantries, the Action Center is reconsidering some of its services and food provided to accommodate the older adult population, which is growing faster in Lakewood than all other parts of the state.

Garden Donation Programs

Currently four of Lakewood's community gardens and one farm report organized "grow a row" or other regular donation programs that provide local food pantries with produce from the gardens or farm. Please see Appendix F for more details about who is involved and how much produce is being donated.

Nutrition Education

Several cooking and nutrition programs are available throughout Lakewood. For a list of farms and gardens that provide nutrition and gardening education, see Appendix F.

Additionally, Cooking Matters (http://co.cookingmatters.org), which provides training for families to develop skills to cook and shop on a budget, has led courses at housing sites and Head Start, among others.

The CATCH Healthy Habits (http://www.oasisnet.org/Programs/CATCHHealthyHabits) is run out of the Seniors' Resource Center. Through the after-school program, older adults teach children and youth about nutrition and physical activity in an eight-week course. The program is offered across the county and has been offered in Lakewood in the past at the following locations: YMCA at Slater Elementary (Feb 2013) and Dennison YMCA after school program (May 2013).

CSU Extension also offers Expanded Food and Nutrition Education Program (EFNEP) and SNAP-Education in Lakewood (http://www.extension.colostate.edu/jefferson/nutr/nutr.shtml). SNAP-Ed provides SNAP clientele with education on healthy eating and physical activity, and EFNEP teaches limited resource individuals and families healthy food choices for their families, how to be physically active and how to stretch their food dollars. Educators are hired from within the communities they serve and there is a focus on Hispanic outreach. In Lakewood, programs are run out of the Lakewood WIC office, and outreach is conducted through housing sites, Head Start and other early childhood centers. Classes are often run out of churches and the JeffCo Action Center and other food pantries (where clients can receive food bags from Food Bank of the Rockies at the same time). EFNEP can be offered to anyone at schools with a 50% or higher Free and Reduced Meal rate and SNAP-Ed can be offered to anyone at schools with rates of 80% or higher.

E. COMMUNITY FOOD SYSTEMS

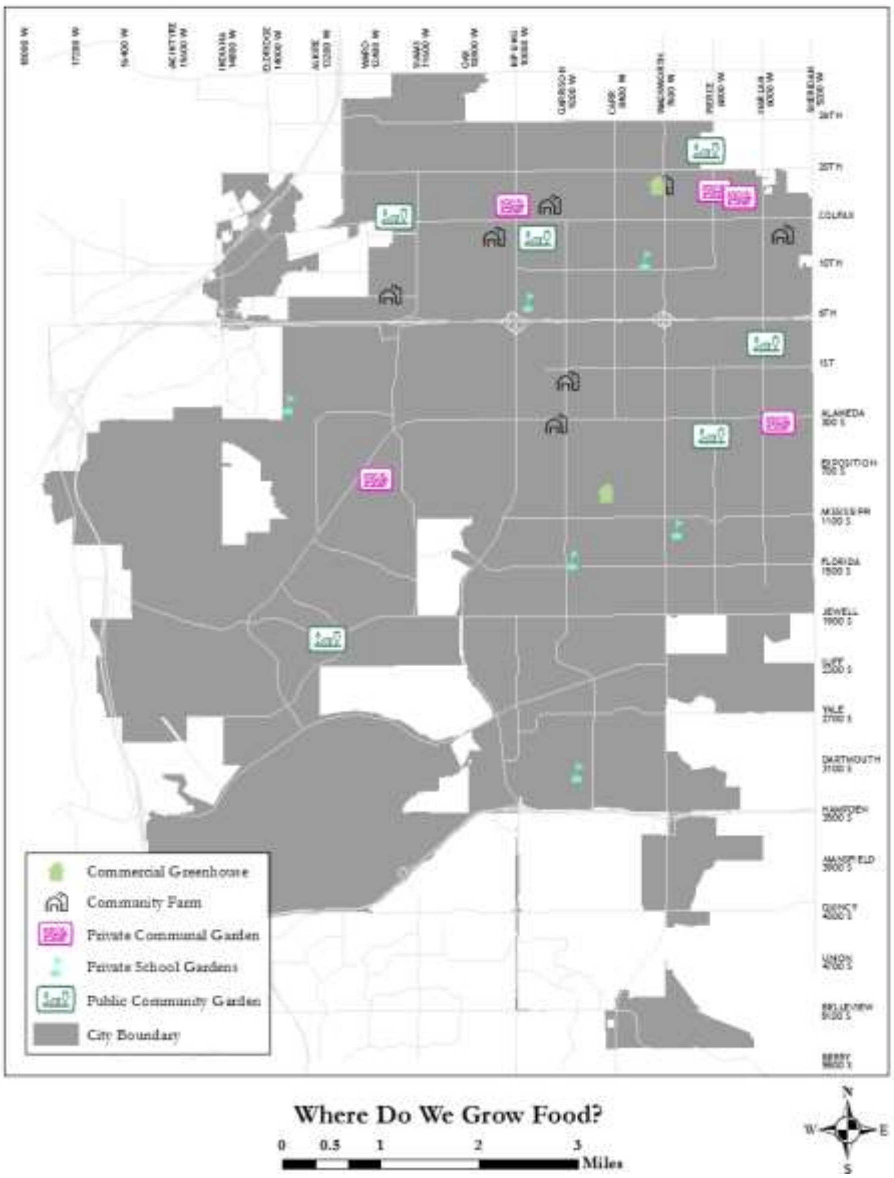
This section provides details about the status of and opportunities for food grown and sold in Lakewood. In Lakewood as of June 2015 there are:

- 17 community gardens (including private, public, school, and other institutional)
- 5 farms
- 10 Community Support Agriculture (CSA) sites
- 3 farm stands
- 5 farmers markets
- Unknown number of neighborhood/residential produce stands

Community Gardens & Farms

Figure 12, below, shows us where food is currently being grown in Lakewood.

Figure 12: Where Food is Grown in Lakewood



Source: Lakewood Comprehensive Planning & Research Division

Table 6, below, provides an inventory of community farms, community gardens, front-yard gardening operations, and other commercial farming enterprises located in the City of Lakewood, as of the spring of 2015. Denver Urban Gardens, individual community gardens, the JeffCo Conservation District, and the City provided information for this inventory.

For additional information regarding donations to anti-hunger relief organizations, educational programs offered, and other notes about these efforts please see Appendix F.

Table 6: List of Community Farms & Gardens in Lakewood, 2015

Name	Address	Acreage OR # of Plots	# of Participants	Sales
Community Farms				
Everitt Farms	9400 W Alameda Ave	8 owned, 20 leased acres	25 in CSA	CSA
Mountair Park Community Farm - Sprout City Farms	5620 W 14th Ave	2/3 acre under cultivation; 5600 lbs in 2014	35 in CSA	CSA, Farm Stand
CityGal Farms and Inn	1660 Hoyt St	1/2 acre under cultivation	-	CSA
Golden Acre Farms	30 S Garrison St	1/2 acre under cultivation	-	Yes - Pickup at Everitt Farms
Idelwild Urban Farm	10350 W 14th Ave	-	-	CSA
Harvest Mountain Farm Gardens	1875 Wadsworth Blvd	-	N/A	Farm Stand
Two Hands Farm	8th & Urban St, Golden (services some Lakewood residents)	-	-	CSA, Farm Stand
Public Community Gardens				
Gray Street Community Garden	345 Gray St	5000 sf	28	N/A
The Belmar Community Garden at The Learning Source	455 S Pierce St	21	29	N/A
Jefferson High School	2305 Pierce St, Wheat Ridge (services some Lakewood residents)	-	-	N/A
Ute Trail Garden	13130 W Jewell Ave	56 Plots, 1 plot for bees	85	CSA
Eiber Elementary School Community Garden	1385 Independence St	15 Plots, 5 raised beds for students	36	N/A
H.O.P.E. Garden Community	11949 W Colfax Ave	-	-	N/A
Private Communal Gardens				

Name	Address	Acreage OR # of Plots	# of Participants	Sales
Eaton Senior Community Garden at The Residences	333 S Eaton St	-	-	N/A
Creekside Community Garden	1710 Pierce St	-	-	N/A
Maplewood Apartments Community Garden	856 S Van Gordon Ct	23 plots	64	N/A
Intervention Community Corrections Services (ICCS) at Kendall	1651 Kendall St	-	-	N/A
Willow Glen Community Garden - Senior Residences	1585 Kipling St	10 Total Plots; 5000 sf	-	N/A
Private School Gardens				
Jefferson County Boys and Girls Club Community Garden - O'Connell Middle School	1275 S Teller St	16 plots	-	N/A
Bear Creek K-8	901 W Dartmouth Pl	-	-	N/A
Jefferson County Open School	7655 W 10th Ave	-	Youth Farmers Market	N/A
Lakewood High School	9700 W 8th Ave	-	-	N/A
Warren Tech Community Garden	13300 W 2nd Pl	-	-	N/A
Green Gables Elementary (planned for 2016)	1450 S Garrison St	-	-	N/A
Private Household Gardens				
Farm Yard CSA	Across Lakewood	-	-	CSA
Jovial Gardens	Across Lakewood	-	-	CSA
Commercial Greenhouses				
Sage Thymes Greenhouse and Gardens	8550 W Ohio Pl	-	-	Business

Name	Address	Acreage OR # of Plots	# of Participants	Sales
Aero Farm Co. (Aeroponics)	1881 Wadsworth Blvd	-	-	Business
Infinite Harvest	5825 West 6th Avenue, Frontage Rd N Lakewood, CO 80214	-	-	Business

Other Local Markets

Community Supported Agriculture (CSA)

In addition to those local farms listed above, other CSA shares are available in Lakewood from GoFarm (a Golden, CO farm), Grant Farm, and Monroe Farms.

Farmers Markets

Table 7, below, lists farmers markets selling Colorado-grown produce in Lakewood as of the spring 2015.

Table 7: Farmers Markets in Lakewood

Name	Location	Operation	Website	SNAP?
Mile Hi Church	9077 W Alameda Ave	Saturdays, June 27 - September 26 10am-2pm	www.denverfarmersmarket.com	Yes
Denver Federal Center	4th St & Main Ave	Thursdays, June 11 through August 27 11am-1pm; No market on July 2, 2015	www.gsa.gov/dfcfarmersmarket	-
Lamar Station Plaza	6501 W Colfax Ave	Wednesdays, 4 pm - 7 pm, June - September	www.harvestmountainfarmgardens.org	Yes
FARMCAD	1600 Pierce St	Saturdays, June 13, July 11, Aug 15, & Sept 12 10-am-2pm	http://www.farmcad.net/	-
Jefferson County Open School	7655 W 10th Ave	Wednesdays 11am-1pm, starting June 24	https://sites.google.com/a/jeffcoschools.us/jcos/announcements/jcosgardensummerfarmersmarket	-

Produce Stands

There are currently no known neighborhood or personal/residential produce stands in Lakewood, though the City has modified its Zoning Ordinance to allow roadside stands in residential zone districts – essentially allowing residents to sell what they grow.

In order to assess the use of and interest in sell-what-you-grow in Lakewood, we asked survey respondents several questions about if and where they sell or share what they grow or if they would purchase home-grown foods from their neighbors.

Sixty percent (60%) of survey respondents (247) reported growing their own food. Of survey respondents who grow their own food, 49% sell or share some of it. Of those who do sell or share, 72% share with family or friends, 20% share with neighbors, and only 2% (2 gardeners) reported selling to a local market or donating to a food pantry.

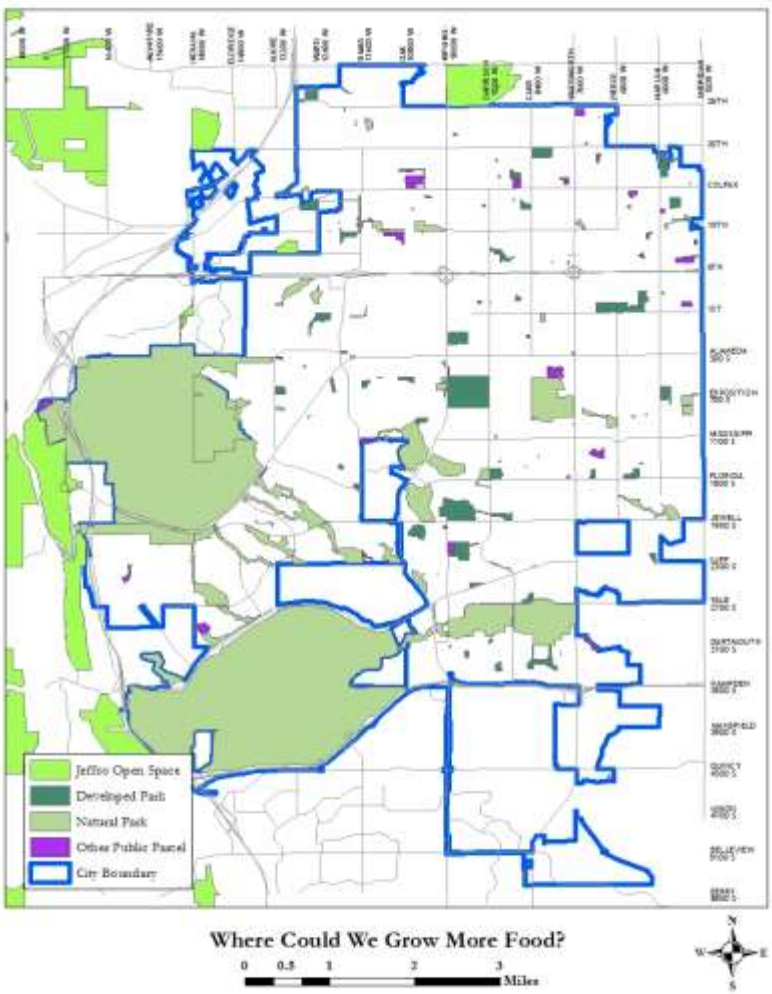
Of gardeners, 63% reported no current interest in selling or sharing more of what they grow. However, 15% reported an interest in selling what they grow at a neighborhood produce stand and 10% of gardeners reported an interest in sharing more with food pantries, and 6% reported an interest in selling what they grow at a stand at their house.

Of all survey respondents, 56% reported an interest in buying food grown by one of their neighbors. Only 16% were not interested, while 28% reported "don't know". Interest was higher from the food compromised population – 66% of that group reported an interest in buying food from their neighbors.

Gardening in Lakewood: Opportunities and Challenges

Figure 13 provides visual data on one element needed to grow more food in Lakewood – the land. This map highlights the open space that Lakewood and Jefferson County have preserved as well as City-owned parcels. Such lands – along with private and institutional lands – could potentially be used for farms and gardens as well as open space and parks. However, there are competing demands on the limited public space available in Lakewood and any discussion about the use of public land for food production must be done in conjunction with staff and the community and must reflect the vision of any long range plans that have been developed for these properties.

Figure 13: Where More Food Could be Grown in Lakewood



Source: Lakewood Comprehensive Planning & Research Division

The survey posed a series of 12 questions to better understand how many residents are growing their own food, where, and what their interest might be in selling or sharing what they grow.

Current and potential gardening in Lakewood:

- Of all survey respondents, 68% reported an interest in growing more of their own food, most commonly through a community garden (19%) or backyard garden (18%).
- Currently, 60% of respondents grow their own food, most (75% of them) in a backyard garden.
- Most survey respondents are not aware of a community garden in their neighborhood – 45% reported there was no community garden in their neighborhood, and 38% reported that they did not know if there was one or not.
- Of all survey respondents, only seven (3%) of them currently garden in a community garden.

- Survey comments indicate a strong interest in expanding the quantity of and access to community gardens.
- Respondents to the Mountair Park Community Farm survey identified “lack of space”, “not enough time” and “don’t know how” as the most common responses to why people aren’t growing more food at home. Only 9 of 26 respondents who currently do not have a garden reported an interest in growing more of their own food.

Gardener characteristics:

- A slightly higher percentage of those who reported growing their own food were White (88%) than overall survey respondents (85%).
- Those who grow their own food also reported slightly lower levels of food insecurity. Only 14% reported “food compromise” compared to 17% of overall respondents.
- Only seven survey respondents are community gardeners, making it challenging to draw any conclusions about community gardeners in Lakewood. They did, however, report higher levels of fruit and vegetable intake (all reported three or more servings a day), reported less “food compromise”, reported no children in the home, were all White, and all over the age of 55.

Gardening and healthy food consumption:

- Gardening may have a positive impact on fruit and vegetable consumption - 60% of respondents who grow their own food reported that their fruit and vegetable intake has either increased slightly or increased greatly since gardening.
- Table 8, below, shows that survey respondents who grow some of their own food reported slightly higher daily fruit and vegetable intake than overall survey respondents – with gardeners reporting more daily servings of four, five, and six or more.
- Gardening may impact other aspects of people’s diets. Of gardeners, 14% reported that they would not be able to eat the types/qualities of produce they desire without gardening, and 22% reported that they prefer organic produce but cannot afford it at the store.
- The produce harvested from respondents' gardens composes "some" of the total amount of produce consumed (67%), indicating that a clear majority utilize their gardens to supplement diets.

Table 8: Fruit & Vegetable Consumption of Those Who Grow Food

	% Survey Respondents	Total Survey Respondents	% Gardeners	Total Gardener Respondents
None	1.2%	5	0%	1
1	8.7%	37	7%	17
2	17.2%	73	13%	33
3	26.9%	114	25%	61
4	21.7%	92	28%	68
5	12.0%	51	15%	36
6 or more	12.3%	52	13%	31

Farming in Lakewood: Opportunities and Challenges

Currently, the Mountair Park Farm and Everitt Farms are the two largest farming operations in Lakewood in terms of production and sales, which include Community Supported Agriculture (CSA) shares, farm stands, and sales to Denver restaurants. Their experiences provide insight into how the City is, and could be, supporting more profitable farming operations in Lakewood. Supporting viable food and farming businesses that have the capacity to sell into many different markets holds promise for increasing access to fresh, local, healthy foods for Lakewood residents.

Mountair, whose crop is 90% heirloom varietals, is managed by Sprout City Farms. The farm currently has 2/3 of an acre under cultivation, but the City has donated an additional, bordering 2/3 of an acre that will go under cultivation in 2016.

Everitt Farms is located on a private, historical farm property in Lakewood. Of the eight leased acres, 21 are currently under cultivation. Of those 21, the farm has one acre of mixed vegetables; two acres of pumpkins, winter squash and summer squash, a three-acre corn maze and 15 acres of horse quality hay that is sold mostly in Lakewood to horse and goat owners. The farm sells at the Highlands Farmers Market, to Denver restaurants, through a CSA (that has 36 members in 2015), and sells excess produce to the Bon Appetit food services company at Regis University.

Farming Assets in Lakewood:

- Many farmers and gardeners in Lakewood identify the same asset for increasing food production: land (and much of it with water). There is small market farm land, large yards, public open space, undeveloped private lands, and organizational/institutional lands. Please refer to Figure 13, above, which shows areas of publicly-owned lands in Lakewood that could potentially be used for more food production subject to community vision and feasibility.
- The City has provided services and helped lower costs for Mountair particularly in a variety of ways including paying for water and electricity as well as the fencing around the farm, providing maintenance support through the Parks and Recreation staff, and running irrigation lines through the property.
- Mountair Park Community Farm has identified grants as particularly critical to support trainings, classes, and other programs, while proceeds from CSA sales help purchase seeds and equipment to ensure a self-sustaining farm.
- Some sites may have access to water, as it is available throughout the city. Most developed public open spaces most likely have the infrastructure for water already, which could enable food production at such sites if desired by the community and city.
- Partnerships with public institutions can enable farmers to access people where they already are (e.g., farm stands at the neighborhood school).
- Working with community partners to reach out to understand the needs of area residents is critical.

Challenges for Farming in Lakewood:

- Current farmers/farm managers work on other farms around metro Denver as well and may not have the capacity (or the priority) to expand in Lakewood.
- There is a general lack of skilled and interested farmers to grow a significant amount of food on the land that could be available.
- Finding affordable, under- or un-used plots of land is challenging.
- Although water is available throughout the city, tap fees for new connections are extremely expensive and are a barrier to food production on sites that do not have existing water access.
- Hosting farm stands and selling CSA shares in lower-income communities has proven harder than expected. There may be some cultural barriers as well for communities that see a "prosperous" diet as one of meat and dairy, not vegetables.
- Many items sold at the farms, like heirloom varietals, do not look like produce in the stores and may not be appealing to customers.
- Both farms report an interest in developing more relationships with local restaurants, but the current focus is on filling CSA shares.
- There seems to be ample open space and/or underutilized public space that could be used for growing food, but this is not currently a City policy.
- City leadership and residents will need to promote larger-scale food production through public policy if they truly want more local food available to everyone.
- More business coaching and mentoring is needed for new and small farmers.

Existing Resources to Support Farming & Gardening

Please see Appendix F for a list of gardens and farms that provide workshops or training. Additionally, farming or gardening courses are provided across Lakewood through the following organizations:

- CSU Extension (Master Gardener, Building Farmers, etc)
- JeffCo Conservation District (farm planning and management)
- Sprout City Farms
- O'Tooles Garden Center
- Various community gardens
- Jovial Gardens

F. MUNICIPAL VENDING & PROCUREMENT

The City of Lakewood Recreation Division provided the following data regarding current (spring 2015) food and vending contracts. Currently, the City has the following contracts in place:

- # of healthy vending machines: four. These are at Recreation Centers only (60/40 split, see details below). See Table 9, below which lists all vending machines.
- # of local food business contracts: zero. The City of Lakewood does not currently have a local preference. However, if all things are equal between prospective vendors and one of the vendors is local, the city will procure food items from a local vendor. Lakewood has a "green vendor" list that provides a list of catering companies that can meet zero waste requirements and the city is working to expand the requirements and/or categories on this list to include food related criteria.

- # of City-Sponsored Meal Programs: two. Meals provided by the City of Lakewood Head Start Program follow USDA nutrition standards as does the congregate meal site for older adults at Clements Community Center.

Table 9: Current City-Owned Vending Machines

City-Run Vending	Pepsi	Coke	Snack	Ice Cream
Civic Center North Building	1		1	
Civic Center South Building-Permit Lobby	1			
Fleet	1		1	
Public Safety Center	1	1	1	
Streets	1		1	
Traffic Shops	1			
Link Rec Center	2	1	2	
Carmody Rec Center	1	2	2	
Morse Park	1			1
Surfside Spray Park				1
Glennon Heights Pool	1			
Whitlock Rec Center		1	1	
Green Mountain Rec Center	1		1	
Clements Center	2		1	
Wilbur Rogers Center	1			

Vending Machine Standards

The City of Lakewood will be implementing healthy vending options at the six vending machines in the four Recreation Centers using the JeffCo Public Schools healthy eating guidelines. The current vendor's contract is up in 2017, at which point this program will be evaluated. The guidelines listed below will be applied to 40% of the vending options, which will then be labeled with a "Fit Pick" sticker:

- Calorie limits: Snack items: < 200 calories
- Sodium limits: Snack items: < 230 mg
- Fat limits: Total fat: < 35% of calories
- Saturated fat limits: < 10% of calories
- Trans fat limits: zero grams
- Sugar limits: < 35% of weight from total sugars in foods

IV. DISCUSSION OF FINDINGS FROM THE PRIMARY DATA: SHOPPING & CONSUMPTION PATTERNS

The findings presented in this section are from the community survey of Lakewood residents as well as the community focus groups. This section also includes survey results from the subpopulation of survey respondents who reported a high degree of compromise on healthy food items due to budget. Those who reported compromising on healthy, balanced foods *half the time or more* are referred to as a "food compromised" population throughout this section.

"Food comprised" respondents reported some important differences throughout the survey, which we will report throughout this section. In general, these respondents were more likely to be Hispanic or Latino and have lower household incomes than overall respondents. All survey responses from this subpopulation are found in Appendix G.

When examining survey results, those who reported that they felt they did *not* have access to all the foods they want to feed their families reported very few differences in responses than overall respondents.

A. SHOPPING PATTERNS OF LAKEWOOD RESIDENTS

Where People Get Their Food

Survey results demonstrate that people most often shop for food at large chain groceries (King Soopers, Safeway, Wal-Mart, etc.), but also frequently shop at large "natural" grocers (Sprouts, Whole Foods, Natural Grocers, etc.) and wholesale stores (Sam's, Costco, etc.). Additionally, 64% (53 total) of respondents to the Mountair Park Community Farm survey conducted in the east Lakewood neighborhoods reported that they buy most of their fresh produce from Wal-Mart.

Table 10, below, shows where respondents get most of their foods, with #1 being where they go the most often.

Table 10: Where People Shop

	#1	#2	#3
Large chain grocery stores (Wal-Mart, King Soopers, etc.)	62%	15%	8%
Large chain natural food stores (Whole Foods, Natural Grocers by Vitamin Cottage, etc)	21%	21%	17%
Wholesale store (Costco, Sam's Club, etc.)	8%	28%	13%

A significant amount of respondents also reported getting more of their food from restaurants – if you combine "other restaurants" with "fast food restaurants" – 45% of respondents (193) identified restaurants as somewhere in the top three places they get most of their food. Only 10 respondents identified a convenience store as a primary (top three) food source.

Focus group participants reported a wide variety of shopping locations, and in general demonstrated a good deal of flexibility in finding and getting to retailers. Respondents identified shopping most often at Wal-Mart, King Soopers, Target, Sam's Club, Sprouts, Safeway, and sometimes Natural Grocers. They did not identify convenience/corner stores as a place they shop frequently, though one participant reported shopping almost exclusively at Walgreens.

When asked where they get most of their *fruits and vegetables*, survey respondents identified the same top three as for all foods – large chain grocers, large chain natural food stores, and wholesale stores (though a distant 3rd). While 18% of respondents (78 people) identified farmers markets as somewhere in their top three for fruits and vegetables and 16% (68 people) identified backyard gardens somewhere in the top three, only 2% (9 people) identified community gardens in the top three. Fourteen percent (14 %, or 58 people) still identified restaurants or fast food restaurants as one of their top three sources for fruits and vegetables. Again, convenience stores and gas stations appear to be a very infrequent source for food in general, and, as well, for fruits and vegetables.

When asked where they would *like to get more* fruits and vegetables, a strong interest for local and "natural" emerged (see Table 11). The clear priority was placed on more farmer's markets – it was by far selected the most often as the #1 place to get more fruits and vegetables, and 61% of respondents (259 people) picked it somewhere in the top three. Thirty-nine percent (39%, 165 people) picked backyard garden in the top three places to get more produce, 28% (120 people) selected community gardens in the top three, 26% (111 people) selected natural grocers, and 20% (86 people) selected large chain grocers – indicating that a considerable amount of people simply want to buy more fruits and vegetables where they already shop.

Table 11: Where People Would Like to Get More Produce

	% of Respondents Selecting this as #1, #2, or #3	Total Respondents
Farmers markets	61%	259
Backyard garden	39%	165
Community garden	28%	120
Large chain natural food stores (Whole Foods, Natural Grocers by Vitamin Cottage, etc)	26%	111

How People Shop

The vast majority of survey respondents are shopping regularly – 87% reported shopping for food at least once a week (see Table 12). Most respondents are driving themselves to get there as well – 97% reported using their own car as the #1 most common way they reach their destination to shop for food (see Table 13). The most commonly-identified secondary means was walking, which is not surprising given that 10% of respondents reported living less than half a mile from where they shop most. The majority of respondents (66%), however, live between ½ mile and three miles from where the do most of their shopping.

Table 12: Frequency of Food Shopping

	% Respondents	Total Respondents
2-3 times per week (or more)	44.9%	192
1 time per week	41.6%	178
2-3 times per month	11.4%	49
Once a month	0.9%	4
Less than once a month	0.7%	3
Other (please specify)	0.5%	2

Table 13: Distance to Primary Store

	% Respondents	Total Respondents
Between half mile and a mile	29%	124
Between 1.1 mile and 3 miles	37%	158
Between 3.1 miles and 5 miles	13%	54

Why People Shop Where They Do

Focus group participants discussed in detail why they choose to shop where they do. Prices and sales ads or weekly deals were the primary drivers, but finding specific quality items such as meat products or produce was mentioned consistently as well. Participants also discussed other drivers such as what mood they were in, what their kids would eat, what their diet or doctor dictates, what they are familiar with/know how to cook, and what they have not had to eat in a while. Participants conveyed a good deal of flexibility to find the certain ethnic foods, quality of foods, or prices of foods they desire.

Assets of Healthy Food Access

The vast majority of community survey respondents (which, again, were primarily middle-income white, female respondents) reported that access to healthy food is not a significant challenge for them. Half of respondents (50%) reported that they had access to all the healthy foods they need to feed themselves or their family, while 38% replied "most of the time" and only 13% reported not having such access.

Survey respondents most often selected "not applicable, I have no challenges" to *getting* more fruits and vegetables (42% of respondents selected this in the top three). Respondents also most often selected "not applicable, I have no challenges" to *eating* fruits and vegetables (47%).

Focus group participants shared very few concerns about finding and accessing a variety of grocery stores to meet their needs as well. Most participants identified several stores they visit regularly and reported no concerns in getting there. Almost all participants reported driving to the store, but those that take the bus or light rail reported no challenges in doing so. In general, participants reported that there are enough stores and they can find what they want to get. Participants also pointed out that a lot of residents have enough space to garden in Lakewood and there seem to be a good deal of backyard gardens.

Barriers to Healthy Food Access

While our survey respondents did not report significant barriers to healthy food access, experiences can vary significantly across socioeconomics and geography. For their 2015 Community Assessment, the City of Lakewood Head Start asked parents to identify their top three concerns for young children and their families. Parents selected "food and nutrition" resources more often than any other resource other than "housing" as a top-three concern.

Behind "not applicable, I have no challenges", survey respondents selected "cost" as the most common barrier (24% of respondents) to *getting* more fruits and vegetables. Cost was also the most commonly selected #2 barrier (8%). Twenty percent (21%) of respondents also selected "distance to store" as somewhere in the top three barriers to getting to fruits and vegetables. Table 14 shows the distribution of the most commonly selected challenges. Food compromised respondents ranked challenges to *get* produce differently. For this group, "not applicable I have no challenges" was the 4th most commonly reported challenge, behind cost, distance to store, and then amount of time.

Table 14: Challenges to Getting Fruits & Vegetables

	#1	#2	#3
Not applicable, I have no challenges	42%	0%	2%
Cost	24%	8%	2%
Distance to store	11%	5%	5%
Amount of time available	7%	6%	3%

Focus group and interview participants also consistently mentioned cost as a barrier to accessing more, healthy foods. Additionally, participants mentioned connectivity (light rail that actually stops at grocery stores) and cost of transit as barriers, even when they know where to go to get what they need. Participants also frequently discussed being "overwhelmed with bad food" and the barriers that being surrounded by a lot of restaurants and convenience stores with unhealthy options pose. Participants made several comments akin to "there is too much junk food and processed food" but admitted that due to time and cost, they would often buy convenience/ready-made foods. Some key informants pointed out that for SNAP recipients, the options for shopping are limited and they have plenty of access to unhealthy food retailers.

Opportunities to Strengthen Healthy Food Access

Survey respondents were asked about which *community* (environmental) factors as well as which *personal* factors would make it easier to consume more fruits and vegetables. Please see Table 15 for the most often-identified *community and environmental* factors. Similar to where people would like to get more fruits and vegetables, the most common response for community factors that would make produce consumption easier was "more farmers markets" - it was the most commonly selected top *and* secondary factor. Other commonly selected factors were more produce or farm stands, a community garden in my neighborhood, and a better selection of fruits and vegetables at grocery stores. The food-compromised population reported the same factors.

Focus group participants also discussed an interest in seeing more farmers markets around the city that prioritize food, not arts and crafts. They also expressed interest in more stores that sell organic products, though prices are a barrier, and in more stores with basic/bulk items. There was a strong desire to have more small stores that carry basics (coffee, milk, sauces, bread -- the things you run out of) that are close to where they live, like 7-Elevens but with basic food supplies.

Table 15: Most Requested Community Factors to Improve Access

	% of Respondents Selecting this as #1, #2, or #3	Total Respondents
More farmers markets (e.g., more locations or market days, year round markets)	57%	239
More produce or farm stands	42%	176
A community garden in my neighborhood	27%	113
Better selection of fruits and vegetables at grocery stores	25%	103

B. CONSUMPTION PATTERNS OF LAKEWOOD RESIDENTS

Fruit & Vegetable Consumption

As Table 16 shows, the vast majority of survey respondents reported eating between 2 and 4 servings of fruits and vegetables a day. "Food compromised" respondents reported much lower fruit and vegetable intake - with twice the rate of respondents reporting only 0, 1, or 2 servings a day than overall respondents.

Table 16: Daily Fruit & Vegetable Consumption

	% Respondents	Total Respondents
None	1.2%	5
1	8.7%	37
2	17.2%	73
3	26.9%	114
4	21.7%	92
5	12.0%	51
6 or more	12.3%	52

Additionally, 65% (63 total) of respondents to the Mountair Park Community Farm survey conducted in the east Lakewood neighborhoods surrounding the farm reported that they do not eat any fruits and vegetables daily. Figure 14: % of Residents Eating > Than 5 a Day, below, shows a geographic distribution of fruit and vegetable consumption.

Lakewood's overall intake does not differ drastically from the rest of the state or country. As reported in the Center for Disease Control's 2013 State Indicator Report on Fruits and Vegetables, 35.6% of Coloradans reported eating less than one fruit a day, while 19.1% reported eating less than one vegetable a day. Coloradans reported a median intake of 1.1 fruit servings a day and 1.7 vegetable servings a day. Adults in the United States reported consuming fruit about 1.1 times per day and vegetables about 1.6 times per day.

Figure 14: % of Residents Eating 5 or More F&Vs a Day, 2013

Source: Healthy Food Access Portal, Research Your Community

Eating Out v. Eating at Home

We asked survey respondents to tell us how often they eat any meal at a fast food restaurant a week, as well as how many dinners they eat at home a week (dinners are indicative of how prevalent it is to cook a meal and eat together as a family). In a typical week, respondents to this survey indicated they ate from a chain or local fast food restaurant an average of 1.35 times (see Table 17). However, the most common answer was that they do not frequent such businesses at all. Survey respondents cooked their meals at home an average of five times per week, with the most common answer being six.

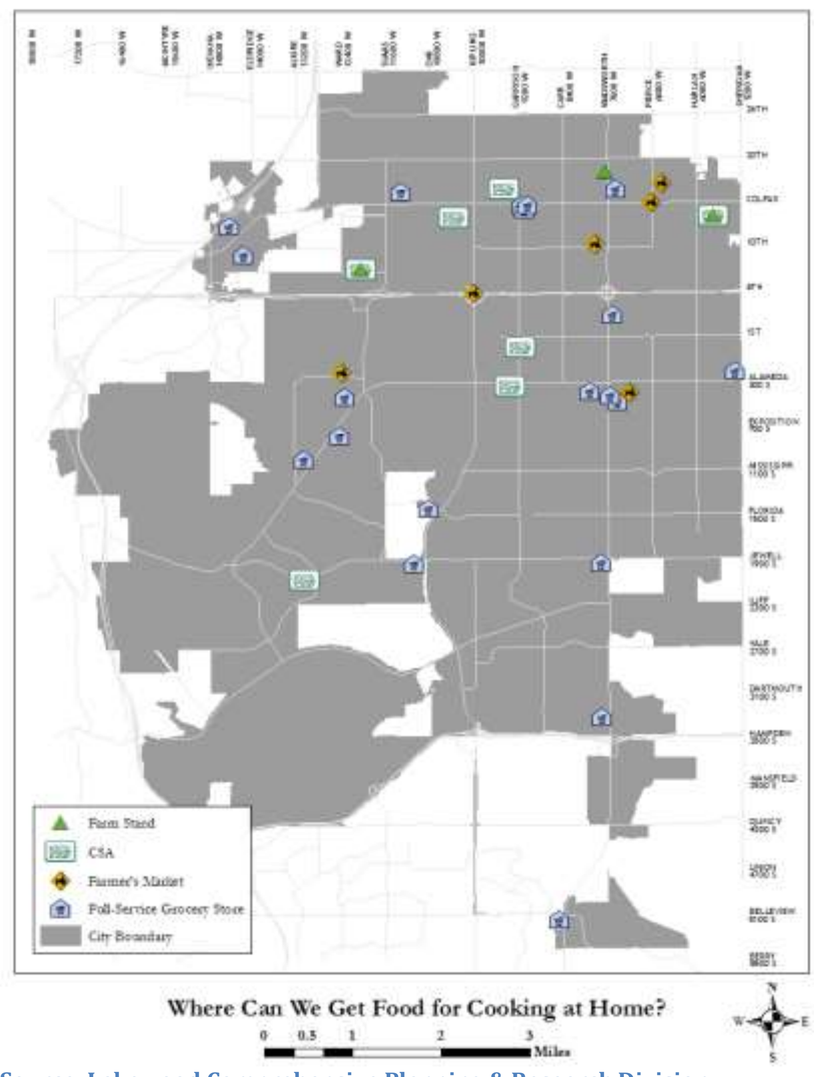
Table 17: Eating Out v. Eating at Home

	Average	Mode (most common)
Fast Food Meals per Week	1.35	0
Home-cooked Dinners per Week	5	6

Survey respondents were, however, predominantly White, female, well-educated, and middle- to upper- income. Since cooking meals at home and eating as a family is associated with healthier eating, lower rates of obesity, and other positive social and health outcomes, it will be important to understand eating out versus eating at home patterns across all populations.

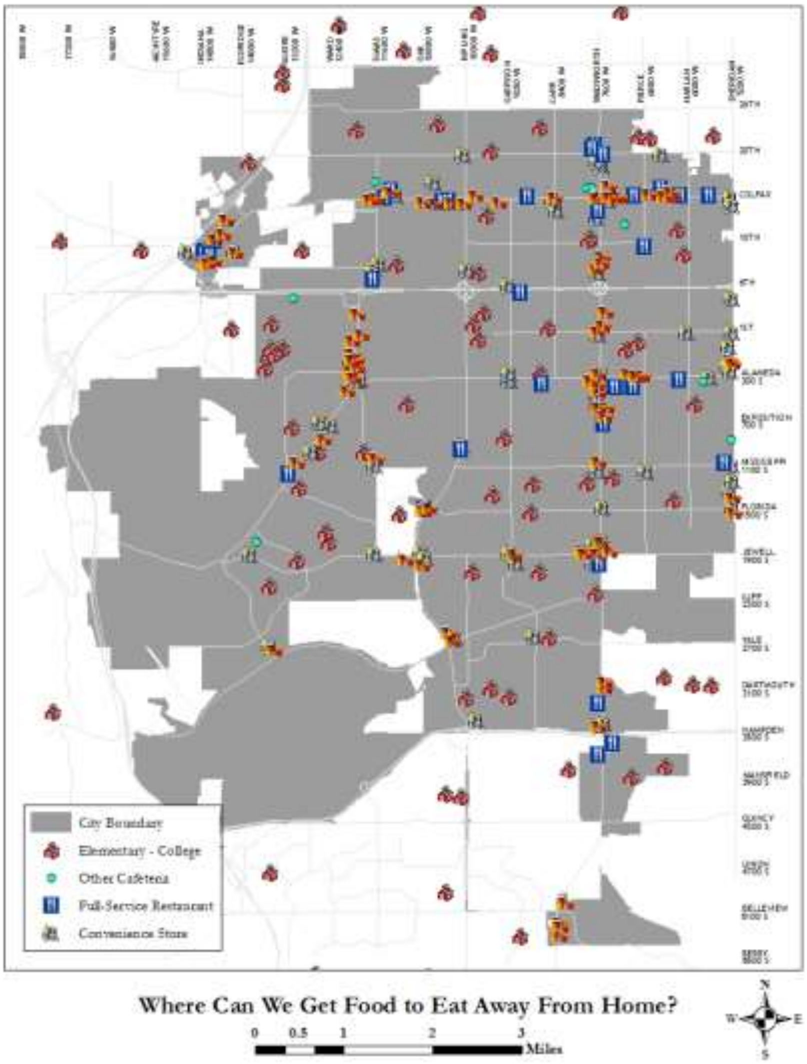
Two maps below provide a visualization of how much more abundant food for "away from home" is than food for "at home" in Lakewood. Figure 15: Where We Can Access Food for "At-Home" shows all of the markets where one could purchase food items to be able to cook consistent, healthy, balanced meals at home. Figure 16: Where We Can Get Food to Eat Away From Home also demonstrates how prevalent such options are in Lakewood, making understanding their impact on people's diets that much more critical.

Figure 15: Where We Can Access Food for "At-Home"



Source: Lakewood Comprehensive Planning & Research Division

Figure 16: Where We Can Get Food to Eat Away From Home



Source: Lakewood Comprehensive Planning & Research Division

Food Insecurity Levels

Survey respondents reported fairly high levels of food security, overall. This is reflective of who the survey reached – which was primarily middle- to upper- income middle-aged women. Only 12% of respondents (50) reported "always" or "more than half the time" or "half the time" being *unable* to feed their family all they want because of cost. More respondents – 17% (69) - reported "always" or "more than half the time" or "half the time" having to compromise on healthy or balanced food items because of budget concerns.

Challenges to Healthy Eating

Behind "not applicable, I have no challenges", survey respondents selected "amount of time to prepare them" as the top barrier to *eating* more fruits and vegetables (23% of respondents) (see Table 18). The next most common barriers to eating more produce were "tastes and preferences of household members" and "knowledge of how to prepare and cook fruits and vegetables". Food compromised respondents ranked challenges to *eat* produce differently. For this group, "not applicable I have no challenges" was the 4th most commonly reported challenge, behind knowing how to prepare them, amount of time to prepare them, and tastes and preferences of the household.

Table 18: Top Challenges to Eating More Fruits & Vegetables

	#1	#2	#3
Not applicable, I have no challenges	47%	1%	1%
Amount of time available to prepare them	23%	6%	3%
Tastes and preferences of household members	14%	7%	3%
Knowledge of how to prepare and cook them	5%	12%	2%

Focus group participants also stressed several personal barriers to healthier eating. Participants often mentioned cost, picky eaters, health restrictions, time and cost to prepare healthy foods, and not enough education about healthy eating. Key informant interviews pointed out that for people in crisis, food is not the first thing they think about, and that there are many different cultural definitions of what "healthy" means.

Opportunities to Support Healthier Eating

Survey respondents were asked about which *community* factors as well as which *personal* factors would make it easier to consume more fruits and vegetables. Please see Table 19 for the most often-identified *personal* factors. Respondents selected "more affordable for me" as the top factor, followed by more time to cook/prepare them, and a distant third of knowing how to grow them/having space to grow them.

Interestingly, for the food compromised respondents, "more affordable for me" was by far the most selected factor, but then followed 2nd by knowing how to grow them/having the space to grown them, then followed by more time to prepare.

Table 19: Most Commonly Reported Personal Factors to Improve Access

	% of Respondents Selecting this as #1, #2, or #3	Total Respondents
More affordable for me	48%	199
More time to prepare/cook them	35%	147
N/A, I eat all that I need or want	28%	116
Knowing how to grow my own food/having the space to grow food	24%	98

Other stakeholders have echoed this interest in building more personal skills and capacity. The majority of respondents to the Mountair Park Community Farm survey identified low-cost options (76%, a total of 58 respondents) and cooking skills (67%, or 53 people) as what would help their families eat more fruits and vegetables. Focus group participants repeatedly discussed an interest in programs that teach adults and children what to cook and how to cook, and come to where people are (e.g., at school, at the housing site)

Other ideas brought up in the focus groups included: hosting community potlucks to share food and learn from each other; building a network of backyard gardeners to teach each other and share with each other as they have done through Revision in Westwood; and, more organic produce available at warehouse prices.

V. SUMMARY OF OVERALL FINDINGS

Food-Related Health Issues

Less than a quarter of all survey respondents reported eating five or more servings of fruits and vegetables a day. And survey respondents were predominately White, women, middle- to upper- income and well educated and cook most dinners at home – a population who typically consume more produce than others. Rates of produce consumption were lower, not surprisingly, for food-compromised respondents. Figure 14 showed higher rates of fruit and vegetable consumption in higher-income census tracts in west Lakewood. As with elsewhere, two of the top three causes of death in Lakewood are food-related diseases. The BMI data collected by area health care providers shows that 27% of the City's children and youth are considered overweight or obese and over 35% of them are considered so in 12 neighborhoods.

Accessibility to Fresh Food Options

The Reinvestment Fund Limited Supermarket study did identify a few census tracts in Northeast and Southwest Lakewood where there are lower-income households that may face challenges to accessing grocery stores due to distance and lack of transportation. Survey results show that most people are within 0.5-3 miles of where they primarily shop. While "distance to store" was the 3rd most common top barrier to getting to fruits and vegetables, it was a distant third for both general and food compromised respondents. Distance as a challenge could also reflect distance from fresh produce options that are clearly desired (discuss below) such as farmers markets or gardens.

Few survey respondents - of any socioeconomics – identified that they did *not* have access to healthy foods. The vast majority of focus group participants easily identified multiple stores they access on a regular basis for food. Survey, focus group, and key informant comments did, however, clearly indicate excitement over the new Sprouts store OR a desire to have a Sprouts in their neighborhood. Residents consistently expressed a desire to have such a store that could provide a significant amount of fresh produce at low or competitive prices near to where they live.

Access to Less Healthy Food Options

The availability of less healthy retail options and the imbalance in the food environment was confirmed through maps, surveys, focus groups, and key informant interviews. The maps indicate a trend that will need to be explored more – the availability of less healthier retailers in lower-income and non-white neighborhoods. This availability of less healthy food retailers may be particularly impactful on lower-income households, not simply due to their availability, but also because of their convenience and prices.

We are learning more all the time about how chemically limiting it can be to live with the constant stress of poverty and literally have very little mental bandwidth to absorb new information and shift decision-making (see "Poverty Impedes Cognitive Function, http://www.sciencemag.org/content/341/6149/976 and Harvard's School of Public Health overview of "Toxic Food Environments" http://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/food-environment-and-obesity/). To work, be a parent, and try to get something healthy put on the table when you have easy and abundant access to fast food or to convenience stores that carry limited fresh food or cook-from-scratch options is a challenge. This is hard for older adults or young people who are cooking for one person, and hard for well-resourced, two-parent families as well. It could be that something that is hard for all of us is that much harder for communities where bandwidth may already be limited.

Connection for Food-Compromised Populations to Healthy Food Options
Several findings from the primary and secondary data indicate a desire to have healthy staples close to home. Focus group participants repeatedly discussed the ease of access to convenience stores with limited practical, healthy staples, and the desire to have a small store around the corner where they could pick up cooking and baking staples as needed.

Additionally, food compromised survey respondents reported more interest in knowing how to grow their own food and in buying food grown by a neighbor than overall survey respondents. As mentioned above, survey and focus group participants also revealed a desire to have a nearby, low-cost produce seller through their many requests for a Sprouts store.

Fresh Produce Markets Across the City
Across incomes and "food compromised" respondents, focus group and survey participants made it clear that they feel the best way to support more fruit and vegetable consumption is through abundant access to produce markets. Survey respondents clearly ranked more farmers markets and more produce stands above all others as potential community strategies. Some concerns were expressed about expense of produce at farmers markets, and markets as a tool for gentrification. Respondents of all incomes, however, reported a desire to have more nearby, indicating strong values for fresh, local produce and potential to explore means for wholesale distribution or healthy food incentives or other means to make such produce more accessible to all.

Availability of Ethnic Retailers
Mapping of the food environment shows that the primary food markets in Lakewood are either full-service chain grocers or smaller, convenience stores, very few of which are specialty or ethnic markets. The City includes a few Hispanic markets in their list of "full service grocery stores" as they do provide healthy staples and fresh produce, but there appears to be unmet demand for such stores. Focus group participants did not immediately identify the lack of such stores as a barrier to feeding themselves and their families, but when probed about where they could find culturally-relevant food or traditional foods, very few could identify places close to where they live. Given the significant Latino/Hispanic population in east Lakewood and a lack of healthy, convenient options in

the area, there may be an opportunity to attract or promote more fresh, healthy markets that provide traditional foods to Latino cultures in particular, though not exclusively.

Connectivity to Food

Transportation to healthy foods retail did not emerge as a primary concern or barrier in any of our primary or secondary data collection. However, two important issues did receive mention, even if peripherally, that reflect opportunities for more community connectivity in Lakewood. Residents would like to see rail stops include grocery stores and other food retail. Additionally, there are significant opportunities to expand Lakewood's bicycling and walking infrastructure to connect people to where they need to go every day – including food retail.

Community Gardens

Very few community gardeners – seven –responded to the survey. Most survey respondents either said there was no garden in their neighborhood or they did not know of one. Focus group participants clearly identified opportunities to have community gardens near them but there either was none or it was private. Our list of gardens and farms shows how many private community gardens there are in Lakewood. Many survey comments indicated the discrepancy between Denver's community garden network and Lakewood's. Additionally, gardens were the 3rd most-commonly identified community strategy for increasing access to fruits and vegetables, and gardeners tend to eat more produce.

Food Production on Public & Private Lands

Several key informants identified land availability in Lakewood as a significant asset for growing more food locally. While there does not appear to be any County Open Space in the City (See Figure 13), the City has preserved a significant amount of public parks and open space. Such space could be used to develop more community gardens (many of the current shared gardens are actually private or institutional) and/or through leasing programs to farmers, if the city and community determine this is a desired and feasible use. Several survey responses and key informants also highlighted private land as an asset in Lakewood, either for leasing space to farmers (as with Everitt Farms) or for encouraging more backyard gardening. While access to water was not raised as a particular challenge, access to land was, and when land might be available, primary barriers included not knowing how to grow food. Several key informants discussed the need to train and support more farmers, and many survey and focus group respondents – particularly those who were food compromised – reported lacking the skills and knowledge to grow food for themselves.

Pricing and Marketing Incentives

Survey and focus group respondents clearly prioritized the price of food as the key determinant of where they shop and what they shop for. Results also demonstrate that Lakewood residents of all incomes are shopping around. Residents reported traveling farther than they may have to in order to find a deal, find the quality of food they want, or to use coupons/follow sales. This nimbleness reflects an ability to travel (transportation and distance were not listed as significant barriers to healthy food access) as well as an awareness of sales and advertisements and a real commitment to balancing quality and price when shopping. If more locations that provide healthy, affordable staples close to home could be developed, residents appear willing to change shopping patterns. Additionally, residents may positively respond to more promotion (sales advertisements, specials, sales) from existing markets in Lakewood on healthy food items such as produce.

Nutritious School Food Programs

Data collected on school food programs show that a wide variety of programs exist, including school gardens, farm to school, after-school meals, USDA Summer Food Service Program sites, and nutrition education. However, there are no known weekend/backpack or emergency food programs and of the programs in place, there simply are not very many of them available. There is an opportunity to expand school gardens and/or farm to school programs with local farmers, to establish CSA drop sites or farmers markets at schools, to establish food pantries at schools, and to expand location of summer feeding sites, especially in NE Lakewood.

Cooking Skills

Survey respondents, focus group participants, and key informants all stressed the need for cooking and shopping skills that promote healthy eating. The top three survey responses concerning barriers to eating more produce - amount of time, tastes/preferences, and preparation skills – all reflect a lack of skills and capacity to cook tasty, affordable, healthy meals.

Focus group participants particularly discussed a real desire to cook more – and healthier – for their families, but discussed the challenges of doing so, the lost art of cooking, and the need for more programs that target both children (so they can grow up with these skills) and adults. More partnerships could be explored between the City and other public entities such as Head Start, housing programs, older adult programs and more to integrate more cooking education.

Aging Population

Almost all key informants and several survey comments referred to the "aging population" of Lakewood and the importance of meeting the dietary needs of this population. Lakewood's over 65 population is already significantly larger than the rest of the state's and is growing at a faster rate. In a short amount of time, public and private entities will need to cater to the unique needs of this population. This could affect both what food retail needs to be (or should be) providing and the size and reach of public food and transit programs for older adults.

Healthy Food Procurement

The City is beginning to address vending and procurement issues through its 60/40 "healthy" vending in all City facilities. While changing nutritional standards at city-run venues may not greatly affect who has access to healthy, affordable foods in Lakewood, it is a critical place to begin change. Any action taken by the City to improve healthy food access in the community realm should first be led by change within their own, public realm. Leadership is critical to maintaining positive community relations. There are remaining opportunities to adopt stronger nutritional standards in health and wellness centers and to expand both nutritional and local procurement standards to other venues.

VI.RECOMMENDATIONS

Findings presented in this food assessment can be used to support and inform existing Lakewood policy documents including the Comprehensive Plan, Sustainability Plan, and Sheridan 20-Minute Neighborhood Strategy. The findings in this report specifically indicate support for several of the recommendations from existing Lakewood policy documents. Findings from this report also indicate additional recommendations for action as well as assessment, included in the table below.

EXISTING PLANS

Comprehensive Plan, Chapter 4: Lakewood Lives

Existing Policy Goal	Existing Policy Action/Strategy
GOAL L-N4: Promote Healthy and active neighborhoods. (Goal and all Action/Strategies found on P. 4-13)	Work with local partners and residents to assess the need for additional community gardens. Support partner and residents' efforts to identify appropriate locations, funding sources, and garden development.
	Identify and map food deserts located within the city based on the United States Department of Agriculture definition.
	Identify locations for additional farmers markets in Lakewood, focusing in those neighborhoods designated as food deserts.
	Identify, evaluate, and promote programs that incentivize the distribution of affordable fresh foods in stores within a food desert.
	Identify and apply for available grants that support healthy neighborhoods and increase access to healthy and nutritious foods.
	Partner with schools to promote the benefits of a healthy and active lifestyle to Lakewood's youth.
	Through the site plan review process, incorporate safe, convenient and attractive pedestrian and bicycle connections in new developments, redevelopments, and City projects. Identify missing pedestrian and bicycle facilities that link neighborhoods, recreation centers and parks, and develop a prioritization list for implementation.

Sustainability Plan, Chapter 3: Sustainable Economy

Existing Policy Goal	Existing Implementation Strategy SE1-A, Local and Healthy Food
Goal SE1: Cultivate a sustainable, prosperous, and self-reliant local economy. **Target:** Increase local food assets annually through 2025 (baseline to be established after the completion of Implementation Strategy SE1-1) (Goal, target, and strategy found on P. 58-59)	**Develop a comprehensive strategy to increase production, availability, and consumption of locally grown, affordable, and healthy food. Specifically:**
	Identify existing local food assets and gaps throughout the city;
	Assess and minimize barriers to local food production and sales;
	Promote opportunities for residents to participate in community supported agriculture and other farm-to-table programs;
	Connect residents with opportunities to develop local food production skills;
	Foster relationships between existing food stores, the City of Lakewood, and neighborhood residents to encourage expansion of local food availability;
	Support community-based local food distribution through cooperatives, neighborhood food stands, markets, and community supported agriculture programs; and
	Support Comprehensive Plan Action Steps regarding food availability, including increasing community gardens; identifying and eliminating food deserts; and expanding farmers' markets.

Sheridan Station 20 Minute Neighborhood Plan

Existing Policy Goal	Existing Policy Action/Strategy
GOAL: Access to Healthy Foods (Goal and all Action/Strategies found on P. 52)	Implement farm stand: seasonally operating in neighborhood.
	Implement mobile produce markets: identify and assist local businesses, organization and individuals to implement mobile produce markets.
	Increase availability of healthy foods: work with existing corner stores to increase healthy foods availability. Continue discussions with Walgreens to expand the store at Colfax and Sheridan as a Food Oasis store.
	Establish a community garden: support residents in pursuing a community garden in the Two Creeks and Villa Park neighborhoods.
	Explore building a community orchard: explore opportunities with land owners to develop a community orchard along 11th Avenue from the north side of the Jody site to the station.
	Distribute produce to those in need: work with neighborhood organizations such as food banks and Colorado Coalition for the Homeless to distribute produce to those in need in the neighborhood.
	Support development of Mountair Phase 2: support the development of Phase 2 of the farm in Spring 2015: Explore the potential of integrating a community garden in Phase 2 development.
	Establish and support school community gardens: assist in developing a school garden at Molholm Elementary (if desired), and in expanding the school garden at Cowell Elementary (if desired).
	Encourage gardening education: initiate a Backyard Neighborhood Garden Network where residents share skills, conduct workshops, and trade or sell home produce in cooperation with the Mountair Park Community Farm.

RESEARCH

-Research incentives for small, convenience stores or markets that provide healthy cooking staples;
- Assess demand in access to and opportunities for traditional cultural food markets.

POLICY SCAN

Conduct a policy scan to identify gaps regarding the following:
- Potential to support increased farm income through more flexible use of property (e.g., more parking, signage, year-round growing structures, etc.);

Ease regulations or provide incentives for value-added food business or commercial or shared kitchens to locate in Lakewood

Conduct an audit of the City's policies and regulations as they relate to growing, selling, and consuming local foods. Asses where policies or regulations might impede or promote local food systems

MAPPING

Develop a series of city-wide maps identifying parcels for local food access, including:
- farm production
- healthy retail
- processing and distribution
- community gardens
- greenhouses
- others

Identify and map TANF and SNAP clientele and eligible (but not enrolled) clientele and their proximity to healthy or less healthy food retail as well as other food sources in order to understand the food environment available to lower-income households;

Identify areas of most concern due to low access, low income, and high concentrations of convenience stores and conduct additional in-store analysis on the nutritional environment, marketing and promotion, and potential to make changes

PARTNERSHIPS

Work through schools, neighborhood associations, and recreation centers to better understand who – and where – is growing food at home in order to better understand the potential for neighborhood produce stands and the potential for more backyard garden networks/peer teaching

VII. APPENDICES

Appendix A: Focus Group Questions & Process

Lakewood Food Assessment Focus Group Process

Welcome!

Please welcome the participants, pick up a participant consent sheet, and fill out a name tag!
Briefly inform them of the purpose: this focus group conversation is being held on behalf of the City of Lakewood and the HEAL C&T Campaign to better understand issues of access to healthy food in Lakewood, and what improvements the city could make for the benefit of all residents.
We are all here to talk more about the food we eat, where we get it, and how we make decisions about the food we get and eat. Your feedback is very important to us!!

Consent

Before you start, you need to make sure everyone understands how this process works and to make sure they all agree to participate and to be tape-recorded.
Everyone get out the consent forms and briefly walk through them. Make sure everyone signs one and fills out the participant information section and collect the sheets.
Inform participants that you will be taking notes to make an accurate record of what is said including your own comments.
Most critical to discuss is the importance of keeping information discussed in the focus group confidential. Ask each participant to verbally agree to keep everything discussed in the room confidential, and remind them at the end of the group not to discuss the material outside.
Inform the group of our confidentiality by saying something like this:
"Our notes and the information you provide us in this project will be kept confidential. Only the staff involved in this project will have access to the information we collect. No one else will see your responses. We will only report summarized results, so your identity will be unknown. We will not disclose any information that can be identified with you, nor connect your name to any information we present. Your decision whether or not to participate will not affect any services you now receive or will receive here at XXXX."

Food Assessment

Talk to the group more about the food assessment, why we are doing it, etc.

- In order to inform the City of Lakewood's several policy planning documents.
- We hope to learn more about consumer needs and desires and what affects decisions they make about where they get their food and what food they choose. We would be happy to share the results of our findings with you.

Introductions

Lead a round of introductions. Remind people there is no need to use their last names!

Facilitator intro and role in the project. Role as facilitator is to: a) keep the group focused, b) maintain momentum and c) get closure on questions.
Encourage them to ask you any questions. If they have any questions about this process they can contact Mallory.
Remind people that for attending they will receive $10.

Ground Rules

First of all, there are no right or wrong answers to the questions that will be raised in the group; the important thing is for everyone to share their experience and opinions.
The goal is not to agree -- it is about hearing and exploring divergent perspectives.
We all agree to listen actively -- respect others when they are talking.
We all agree to participate actively – to share our ideas and thoughts with the group.
We all agree to confidentiality – nothing will be documented that links statements to individuals.

Glossary

Briefly review terminology up front with the group, including access, healthy, affordable, accessible, culturally relevant, local, etc.

Focus Group Questions

1. Where do you get most of your food?
    a. How do you get to where you purchase your food?
2. How do you decide where to get your food?
    a. Probe about all aspects of "access" if they do not mention them, e.g., how does transportation/ affordability/ cultural relevancy/ nutrition play a role?
3. Where else would you like to get food?
    a. What are the reasons you do not currently purchase foods at these places?
    b. What might make it easier for you?
    c. What other transportation options would make it easier for you?
4. What is working well regarding accessing the foods you want to feed yourself/your family?
    a. What do you like about shopping and getting food in Lakewood?
5. What challenges do you face in accessing the foods you would like to feed yourself/your family?
6. How do you decide what foods to eat?
    a. What foods would you like to eat more of?
    b. What would make it easier or more appealing for you to eat those foods?
7. What concerns do you have about the food your purchase, or would want to purchase?
    a. What concerns do you have about your ability to prepare and cook the food you have?

b. What might alleviate those concerns?

8. We would like to follow up with you, and to share our findings and next steps with you. How best should we communicate with you? Email? Phone? Certain days/times?

Thank you very much for your participation!! Your ideas and thoughts will help shape Lakewood's policy and implementation plans for the community!

City of Lakewood - Confidentiality & Disclosure Form

Project: City of Lakewood & LiveWell CO HEAL Cities & Towns Food Access Assessment
City of Lakewood Contact: Mallory Bettag
Contact telephone number: 303.987.7526
Contact email: MalBet@lakewood.org

What are some general things you should know about this food assessment?
You are being asked to take part in a focus group as part of a food access assessment in Lakewood. Your participation is voluntary. You may refuse to join, or you may withdraw your consent to participate, for any reason. You should ask the facilitator any questions you have about this focus group at any time

What is the purpose of these focus groups?
The purpose of these focus groups is to better understand the interests and needs of Lakewood residents regarding the foods they eat. In particular, we are interested in learning more about your thoughts on how the Lakewood community could make more healthy foods more accessible and affordable throughout the community.

Who else will take part in this assessment?
The City is holding approximately 3 focus groups this June to hear more from low-income families, Latino residents, and others we may not reach through other means. The City is also coducting a city-wide online survey.

How long will your participation last?
Your participation in this focus group will last approximately one hour.

Confidentiality
To ensure a comfortable and honest environment, the information discussed in this focus group is confidential. Participants agree to respect the confidentiality of other participants and to not discuss issues raised or feedback shared outside of this group.

What will happen if you take part?
No questions will be directed to you individually, but instead will be posed to the group. You may choose to respond or not respond at any point during the discussion. The discussion will be recorded via flip chart and computer notes.

How will your privacy be protected?
Every effort will be taken to protect your identity as a participant in this focus group. You will not be identified in any report or publication of this assessment or its results. The focus group notes will not be part of the public record. Your name will not appear on any transcripts.

- -

Participant's Agreement:
Your signature indicates that you have read the information provided above and have decided to participate. **Your signature also indicates that you have received a $10 stipend for your participation.**

Signature of Participant Date

Signature of Explainer Date

Participant Information
Additionally, we would like to collect a little more information about you so that we can make sure we are hearing from a wide variety of people.
Age:

___Under 18
___18-21
___22-29
___30-39
___40-49
___50-59
___60-69
___70-79
___80 or Older
Race/Ethnicity:
___White
___Black
___ Latino or Hispanic
___Asian
___Asian Indian
___Native Hawaiin or Pacific Islander
___Native American
___Other:
Gender:
___Male
___Female
Annual Household Income:
__Less than $10,000
___$10,000-$14,999
___$15,000-$24,999
___$25,000-$34,999
___$35,000-$49,999
___$50,000-$74,999
___$75,000-$99,999
___$100,000-$149,999
___$150,000 and above
Education Level (check the highest level you have obtained):
__Some High School
__High School Graduate/GED
__Some College, No degree
__Associate's Degree
__Bachelor's Degree
__Graduate or Professional Degree

Appendix B: Complete Survey Results

Lakewood Healthy Food Access Survey

1. Do you live in Lakewood?		
Answer Options	**Response Percent**	**Response Count**
Yes	99.3%	430
No (if no, end survey)	0.7%	3
answered question		**433**
skipped question		**7**

2. How long have you lived in your neighborhood?		
Answer Options	**Response Percent**	**Response Count**
0-6 months	3.9%	17
7-12 months	4.6%	20
1 to 4 years	23.3%	102
5 to 10 years	20.1%	88
10-20 years	20.8%	91
Over 20 years	27.2%	119
answered question		**437**
skipped question		**3**

3. Are you the (or one of the) primary food shopper/s in your household?		
Answer Options	**Response Percent**	**Response Count**
Yes	97.9%	427
No	2.1%	9
answered question		**436**
skipped question		**4**

4. Do you feel that you and your family have access to all the healthy foods you need?		
Answer Options	**Response Percent**	**Response Count**
Yes	49.9%	218
No	12.6%	55
Most of the time	37.5%	164
answered question		**437**
skipped question		**3**

5. How satisfied are you with the foods you/your family eats?							
Answer Options	**Very Satisfied**	**Somewhat Satisfied**	**Neither Satisfied nor Dissatisfied**	**Somewhat Dissatisfied**	**Very Dissatisfied**	**Rating Average**	**Response Count**
	161	219	19	29	6	1.85	434
						answered question	**434**
						skipped question	**6**

6. Where do you get most of the FOODS you or your family eats? Please pick up to 3, with #1 being where you go the most often.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
Fast food restaurants	2	26	39	67
Other restaurants	7	38	81	126
Work place and public cafeterias	2	3	4	9
Senior center	0	0	2	2
Food assistance (food bank, pantry, churches, donations from other sources)	0	3	3	6
Meal delivery program (Meals on Wheels, etc.)	0	0	1	1
Large chain grocery stores (Walmart, King Soopers, etc.)	268	63	33	364
Independent local grocery stores	4	18	8	30
Wholesale store (Costco, Sam's Club, etc.)	36	119	55	210
Convenience stores/gas stations (7-Eleven, Conoco, etc.)	0	5	5	10
Large chain natural food stores (Whole Foods, Natural Grocers by Vitamin Cottage, etc)	91	92	72	255

Small natural food stores	11	18	20	49
Direct from meat processor/ranch	1	4	13	18
Online purchases	0	4	7	11
I grow/make/hunt my food	5	13	29	47
Other	3	9	12	24
Other (please specify)				27
			answered question	**431**
			skipped question	**9**

7. On average, how often do you shop for groceries (food items)?		
Answer Options	**Response Percent**	**Response Count**
2-3 times per week (or more)	44.9%	192
1 time per week	41.6%	178
2-3 times per month	11.4%	49
Once a month	0.9%	4
Less than once a month	0.7%	3
Other (please specify)	0.5%	2
	answered question	**428**
	skipped question	**12**

8. How do you usually get to the places where you buy/receive MOST of your food? Please pick up to 3, with #1 being the most common.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
Personal car	397	11	4	412
In someone else's car	7	39	12	58
Bus	4	4	5	13
Bike	2	24	17	43
Walk	10	52	28	90
Shuttle/taxi	0	2	1	3
It is delivered to me	5	14	9	28
Not applicable I grow most of my own fruits and vegetables.	1	9	10	20
Other	2	5	5	12

Other (please specify)		10
	answered question	**431**
	skipped question	**9**

9. About how far do you live from where you get MOST of your foods? (check only one)

Answer Options	Response Percent	Response Count
One to 5 blocks (less than a half mile)	10.0%	43
Between half mile and a mile	28.8%	124
Between 1.1 mile and 3 miles	36.7%	158
Between 3.1 miles and 5 miles	12.5%	54
Between 5.1 miles and 10 miles	9.0%	39
Between 10.1 miles and 30 miles	1.2%	5
Over 30 miles	0.0%	0
Not applicable I do not eat fruits and vegetables	0.2%	1
Not applicable I grow most of my fruits and vegetables at home	0.2%	1
Other (please specify)	1.4%	6
answered question		**431**
skipped question		**9**

10. How many servings of fruits and vegetables do you eat every day, usually? Examples of a serving size is a small apple; two big handfuls of lettuce/greens; a small handful of dried fruit. (check only one)

Answer Options	Response Percent	Response Count
None	1.2%	5
1	8.7%	37
2	17.2%	73
3	26.9%	114

4	21.7%	92
5	12.0%	51
6 or more	12.3%	52
answered question		**424**
skipped question		**16**

11. Where do you get most of the FRUITS & VEGETABLES (fresh, canned, frozen) you or your family eats? Please pick up to 3, with #1 being where you get most of them.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
Fast food restaurants	1	3	7	11
Other restaurants	4	15	28	47
Work place and public cafeterias	1	3	6	10
Senior center	0	0	2	2
Food assistance (food bank, pantry, churches, donations from other sources)	1	2	2	5
Meal delivery program (Meals on Wheels, etc.)	0	0	0	0
Large chain grocery stores (Walmart, King Soopers, etc.)	249	82	23	354
Independent local grocery stores	6	10	6	22
Wholesale store (Costco, Sam's Club, etc.)	39	97	42	178
Convenience stores/gas stations (7-Eleven, Conoco, etc.)	0	1	1	2
Large chain natural food stores (Whole Foods, Natural Grocers by Vitamin Cottage, etc)	88	87	63	238
Small natural food stores	12	17	8	37
Farmers markets	3	15	50	68

Backyard garden	9	23	46	78
Community garden	0	3	6	9
Online purchases	2	0	0	2
Other	7	6	4	17
Other (please specify)				24
			answered question	**424**
			skipped question	**16**

12. Where would you like to get MORE of your fruits and vegetables (fresh, canned, frozen) for your or your family Please pick up to 3, with #1 being your top pick.

Answer Options	#1	#2	#3	Response Count
Fast food restaurants	11	0	5	16
Other restaurants	6	11	2	19
Work place and public cafeterias	2	1	5	8
Senior center	0	0	0	0
Food assistance (food bank, pantry, churches, donations from other sources)	1	2	0	3
Meal delivery program (Meals on Wheels, etc.)	0	0	0	0
Large chain grocery stores (Walmart, King Soopers, etc.)	46	17	23	86
Independent local grocery stores	19	8	11	38
Wholesale store (Costco, Sam's Club, etc.)	9	15	13	37
Convenience stores/gas stations (7-Eleven, Conoco, etc.)	1	1	5	7
Large chain natural food stores (Whole Foods, Natural Grocers by Vitamin Cottage, etc)	45	36	30	111

Small natural food stores	22	24	23	69
Farmers markets	134	86	39	259
Backyard garden	65	64	36	165
Community garden	23	51	46	120
Online purchases	1	1	1	3
N/A I get all the fruits and vegetables I need or want	25	5	5	35
Other	12	3	4	19
Other (please specify)				20
			answered question	**424**
			skipped question	**16**

13. What makes it challenging to GET fruits and vegetables? Please pick up to 3, with #1 being the biggest challenge.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
Distance to store	44	20	19	83
Ease of access (car, bus, bike, walk)	6	13	4	23
Ability to carry what I buy	7	10	7	24
Store hours	2	7	9	18
Cost	101	33	7	141
Physical limitations	7	8	1	16
Amount of time available	30	26	12	68
Fruits & vegetables are not available where I get food	10	9	3	22
Not applicable, I do not eat fruits and vegetables	3	0	0	3
Not applicable, I have no challenges	175	1	8	184
Other	26	10	8	44
Other (please specify)				52
			answered question	**416**
			skipped question	**24**

14. What makes it challenging to EAT fruits and vegetables? Please pick up to 3, with #1 being the biggest challenge.

Answer Options	#1	#2	#3	Response Count
Physical limitations	4	2	3	9
Amount of time available to prepare them	96	26	13	135
Knowledge of how to prepare and cook meals with fruits and vegetables	22	49	10	81
Tastes and preferences of household members	58	30	14	102
Availability of kitchen or equipment	2	3	4	9
Allergies or food restrictions	4	4	0	8
Not applicable, I do not eat fruits and vegetables	1	0	1	2
Not applicable, I have no challenges	196	6	6	208
Other	22	7	6	35
Other (please specify)				35
			answered question	**416**
			skipped question	**24**

15. What COMMUNITY FACTORS might make it easier to eat more fruits and vegetables? Please pick up to 3, with #1 being your top pick.

Answer Options	#1	#2	#3	Response Count
More fruits and vegetables available at my worksite or school	17	9	9	35
More grocery stores near where I live/work	21	7	6	34
Better selection of fruits and vegetables at grocery stores	47	32	24	103
More restaurants that offer them near	11	15	13	39

where I live/work				
More convenience stores that sell fruits and vegetables	6	6	9	21
More street or mobile vendors	2	12	17	31
Bus routes or shuttle service to places that sell them	3	2	4	9
A community garden in my neighborhood	38	38	37	113
More farmers' markets (e.g., more locations or market days, yearround markets)	121	82	36	239
More produce or farm stands	55	71	50	176
More provided at my food bank/food pantry/meal delivery program	0	6	2	8
More stores that carry the produce that we eat in my culture	12	4	3	19
N/A I have all the access I need or want	64	5	4	73
Other	15	5	9	29
Other (please specify)				36
			answered question	**416**
			skipped question	**24**

16. What PERSONAL FACTORS might make it easier to eat more fruits and vegetables? Please pick up to 3, with #1 being your top pick.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
More affordable for me	155	27	17	199
More time to prepare/cook them	74	59	14	147

Knowing how to prepare them	20	36	24	80
Having someone to cook for/eat with	9	16	17	42
If I/my family liked eating them	20	23	16	59
Knowing how to grow my own food/having the space to grow food	27	44	27	98
N/A, I eat all that I need or want	97	14	5	116
Other	11	1	5	17
Other (please specify)				23
			answered question	**416**
			skipped question	**24**

17. Is there a community garden in your neighborhood?

Answer Options	Response Percent	Response Count
Yes	17.6%	72
No	44.7%	183
Don't Know	37.7%	154
answered question		**409**
skipped question		**31**

18. Do you grow any of your own food?

Answer Options	Response Percent	Response Count
Yes	59.7%	247
No (Skip to Question 29)	40.3%	167
answered question		**414**
skipped question		**26**

19. In what type of setting do you grow your own food? (check the place you grow the most)

Answer Options	Response Percent	Response Count
Community garden	2.9%	7

Backyard garden	74.5%	181
Container garden	17.7%	43
Farm	0.4%	1
Frontyard garden/garden as landscaping	4.5%	11
answered question		**243**
skipped question		**197**

20. Where else do you grow your own food? (check all that apply)		
Answer Options	**Response Percent**	**Response Count**
Community garden	2.9%	6
Backyard garden	14.3%	30
Container garden	23.8%	50
Community farm	1.0%	2
Frontyard garden/garden as landscaping	10.5%	22
Nowhere else	55.7%	117
Other (please specify)	5.2%	11
answered question		**210**
skipped question		**230**

21. Do you share or sell any food that you grow?		
Answer Options	**Response Percent**	**Response Count**
Yes	49.0%	119
No (Skip to Question 25)	51.0%	124
answered question		**243**
skipped question		**197**

22. If yes, where do you sell or share your food?		
Answer Options	**Response Percent**	**Response Count**
Food pantries or meal programs	1.6%	2
Neighbors	20.0%	25
Family or friends	72.8%	91

Local markets	1.6%	2
Other (please specify)	4.0%	5
answered question		**125**
skipped question		**315**

23. Are you interested in selling or sharing food you grow in any of the following:		
Answer Options	**Response Percent**	**Response Count**
Food pantries or meal programs	9.9%	23
At a stand in front of my house	6.0%	14
At a neighborhood produce stand	14.7%	34
Not currently interested	62.9%	146
Other (please specify)	6.5%	15
answered question		**232**
skipped question		**208**

24. Compared to when you first started gardening, would you say the amount of fruits and vegetables you consume has increased?						
Answer Options	**Increased Greatly**	**Increased Slightly**	**Remained the same**	**Don't know**	**Rating Average**	**Response Count**
	44	101	84	12	2.27	241
					answered question	**241**
					skipped question	**199**

25. If you did not garden, how would it affect your consumption of fruits and vegetables?		
Answer Options	**Response Percent**	**Response Count**
I would not be able to eat the types or quality of fruits and vegetables I want	13.9%	33
I cannot afford to buy enough fruits and	4.6%	11

vegetables at the store		
There is no grocery store near me that sells fruits and vegetables	0.4%	1
There is no grocery store near me that sells the fruits and vegetables I want	3.0%	7
I prefer organic produce, and I cannot afford organic produce at the store	21.9%	52
It would not affect my consumption	56.1%	133
answered question		**237**
skipped question		**203**

26. The produce you grow yourself makes up how much of all the produce you eat:		
Answer Options	**Response Percent**	**Response Count**
All	1.8%	6
Most	6.4%	21
Some	66.7%	218
None	25.1%	82
answered question		**327**
skipped question		**113**

27. Are you interested in buying food grown by one of your neighbors?		
Answer Options	**Response Percent**	**Response Count**
Yes	55.8%	230
No	16.3%	67
Don't Know	27.9%	115
answered question		**412**
skipped question		**28**

28. Are you interested in growing any or more of your own food through the following:

Answer Options	Response Percent	Response Count
Community garden	19.0%	76
Backyard garden	18.3%	73
Container garden	11.5%	46
Community farm	10.8%	43
Frontyard garden/garden as landscaping	8.3%	33
Not currently interested	32.3%	129
Other (please specify)		18
answered question		**400**
skipped question		**40**

29. In the past 12 months, how often were you unable to feed your household all that you wanted because of cost? (check only one)		
Answer Options	**Response Percent**	**Response Count**
Always	5.4%	22
More than half of the time	2.5%	10
Half of the time	4.4%	18
Less than half of the time	12.5%	51
Never	75.2%	306
answered question		**407**
skipped question		**33**

30. How often do you have to compromise on healthy or balanced food items because of budget concerns? (check only one)		
Answer Options	**Response Percent**	**Response Count**
Always	3.7%	15
More than half of the time	6.4%	26
Half of the time	6.9%	28
Less than half of the time	28.5%	116
Never	54.5%	222
answered question		**407**
skipped question		**33**

31. How many people currently live in your household (yourself included)? (check only one)		
Answer Options	**Response Percent**	**Response Count**
1	20.7%	84
2	37.7%	153
3	17.2%	70
4	15.8%	64
5 or more	7.1%	29
Choose not to respond	1.5%	6
answered question		**406**
skipped question		**34**

32. How many members of your household are under the age of 18? (check only one)		
Answer Options	**Response Percent**	**Response Count**
0	66.3%	268
1	12.9%	52
2	14.1%	57
3 or more	5.2%	21
Choose not to respond	1.5%	6
answered question		**404**
skipped question		**36**

33. What is your gender? (check only one)		
Answer Options	**Response Percent**	**Response Count**
Male	16.9%	68
Female	80.3%	323
Transgender	0.0%	0
Choose not to respond	2.7%	11
answered question		**402**
skipped question		**38**

34. What is your ethnicity? (check all that apply)		
Answer Options	**Response Percent**	**Response Count**
White	84.7%	344
Black, African American	1.2%	5

Hispanic/Latino	6.4%	26
American Indian or Alaska Native	0.7%	3
Asian Indian	1.0%	4
Asian	3.0%	12
Native Hawaiian or Pacific Islander	0.0%	0
Other	1.5%	6
Choose not to respond	3.9%	16
answered question		**406**
skipped question		**34**

35. What is the highest level of education you have obtained? (check only one)		
Answer Options	**Respon se Percent**	**Response Count**
Less than high school graduate	0.0%	0
High school graduate/GED	3.0%	12
Some college, no degree	16.3%	66
Associate's degree	4.4%	18
Bachelor's degree	39.0%	158
Graduate or professional degree	34.6%	140
Choose not to respond	2.7%	11
answered question		**405**
skipped question		**35**

36. What is your annual household income? (check only one)		
Answer Options	**Respon se Percent**	**Response Count**
Less than $10,000	2.0%	8
$10,000-$14,999	2.0%	8
$15,000--$24,999	4.0%	16
$25,000--$34,999	4.4%	18
$35,000-$49,999	10.6%	43

$50,000--$74,999	15.6%	63
$75,000--$99,999	15.3%	62
$100,000-$149,999	18.8%	76
$150,000 and above	8.9%	36
Choose not to respond	18.5%	75
answered question		**405**
skipped question		**35**

37. Is there anything else you would like to share with us regarding food?	
Answer Options	**Response Count**
	124
answered question	**124**
skipped question	**316**

Appendix C: Child & Adult Care Feeding Program Sites

- Little Harvard Academy
- 11th Avenue Head Start
- UCC Preschool
- Yarrow at Patterson Children's Center
- Yarrow Preschool
- Carousel Child Care
- Home Early Learning Center, LLC
- CLA
- Colorado Early Learning Center
- A Child's View
- Lakewood Learning Center

Appendix D: Free and Reduced Lunch Rates in Lakewood Schools

Compiled by City of Lakewood Head Start, 2015:

Lakewood Elementary Schools	Enrollment	Free Lunch Rate	Free & Reduced Lunch Rate	Mobility Rate	ELL Rate	Minority (includes Hispanic)
Bear Creek	1111	23.5%	30.1%	9.5%	12.4%	44.73%
Belmar	341	45.4%	55.4%	9.7%	13.5%	46.33%
Deane	485	75.2%	84.6%	16.4%	44.1%	80.21%
Devinny	531	11.3%	15.2%	6.5%	9.4%	22.79%
Edgewater (part)	501	85.6%	93.3%	15.4%	55.9%	87.03%
Eiber	440	87.3%	94.00%	20.3%	28.9%	75.23%
Foothills	347	50.3%	65.5%	33.1%	9.7%	46.40%
Glennon Hts	203	51.4%	64.4%	26 %	8.6%	39.90%
Green Gables	290	30.0%	36.8%	9.8%	7.9%	33.79%
Green Mt.	436	47.2%	58.86%	10.9%	9.8%	45.41%
Hutchinson	464	10.8%	14.7%	Unavailable	5.6%	16.2%
Kendrick Lakes	432	26.2%	32.9%	17.3%	8.7%	33.33%
Kyffin *	590	8.6%	13.1%	9.1%	5.3%	16.95%
Lasley	553	70.8%	82.1%	10.6 %	38.3%	78.84%
Lumberg (part)	537	86.5%	91.8%	14.1%	49.8%	83.24%
Molholm	532	89.0%	96.7%	18.0%	47.7%	85.15%
Patterson	529	41.6%	54.0%	12.0%	14.5%	54.06%
Rooney Ranch	520	10.9%	13.8%	7.8%	5.0%	19.81%
Slater	321	63.6%	79.0%	13.0%	17.5%	49.84%
South Lakewood	499	39.7%	49.3%	13.7%	12.40%	45.09%
Stein	848	84.9%	93.2%	15.6%	52.4%	89.39%
Stober	333	29.9%	41.1%	9.7%	9.5%	33.63%
Vivian	177	65.8%	79.3%	8.7%	14.0%	54.80%
Westgate	604	50.5%	63.7%	12.2%	11.8%	52.48%
All Jefferson County Elem Schools Rate	42,682	29.3%	36.6%	10.4%	10.7%	22.5%

Shaded schools have higher % of children enrolled in the free lunch program than the overall district percentage.
Note: Green Gables was not shaded during the 2013 Community Assessment
* Source www.jeffcopublicschools.org

Appendix E: Food Pantries in Lakewood

Name	Address	Phone	Availability
David Clifton Ministries - Carpenters Cupboard	1533 Glen Ayr Dr	303-893-8363	Mondays, Wednesdays and Fridays from 9:00-11:30 or 1:00-3:30
The Action Center (The Grocery)	8755 W 14th Ave	303-237-7704	Monday-Friday, 9am-3pm
Grace's Food Ministry	10101 W Mississippi Ave	303-988-7505	
Congregate Meal Program (VOA) at Clements Community Center	1580 Yarrow St	303-987-4833	
Denver Indian Center	4407 Morrison Rd – DENVER (but used by Lakewood residents)	303-936-2688	
HOPE Inc.	11949 W Colfax Ave	720-382-2920	
Kings Cupboard	12344 W Alameda Pkwy	303-890-1638	
Green Mountain Christian Church	10700 W Exposition Dr	303-985-9754	
Legacy Grace	1510 Glen Ayr Dr, 1	303-815-4914	
Mean Street Ministry	1380 Ammons St	303-232-2500	
Mobile Food Pantry - Belmar Groves Partment Complex, Food Bank of the Rockies	259 S Teller St	303-371-9250 Ext. 1	
Mobile Food Pantry - Phillips United Methodist Church	1450 S Pierce St	303-371-2950 Ext. 1	
Shepard's Pantry	220 S Yarrow	303-233-3430	
Bear Creek Church	3101 S Kipling St	303-986-5511	
Westwoods Community Church	2151 S Wadsworth Blvd	303-279-1616	
Lutheran Church of the Master	14099 W Jewell Ave	303-988-6400	
Bear Valley Church	10001 W Jewell Ave	303-985-4000	

Appendix F: Complete Inventory of Farm & Garden Programs

Name	Address	Acreage OR # of Plots	# of Parts.	Donations	Educational Programs	Website	Contact (s)	Phone	Email	Notes
Community Farms										
Everitt Farms	9400 W Alameda Ave	8 owned, 20 leased acres	25 in CSA		Yes, City-run summer camp; workshops and urban homesteading	http://everittfarms.com/	Derek & Kamise Mullen	303-525-1116	info@everittfarms.com	
Mountair Park Community Farm - Sprout City Farms	5620 W 14th Ave	2/3 acre under cultivation; 5600 lbs in 2014	35 in CSA	800 lbs in 2014 to Mountair Christian Church & Molholm Elementary	Yes, City-run summer camp; workshops and urban homesteading	http://sproutcityfarms.org/programs/community-farms/announcing-mountair-park-community-farm/	Alison Hatch	720-722-1618	alison@sproutcityfarms.org	
CityGal Farms and Inn	1660 Hoyt St	1/2 acre under cultivation					Kimberly Burton	720-210-4532	kimberly.m.burton@gmail.com	Sells toFarm-to-Table Restaurants
Golden Acre Farms	30 S Garrison St	1/2 acre				http://goldenacrefarm.com/	Jason Plotkin	860-716-9231	goldenacrefarm@gmail.com	
Idelwild Urban Farm	10350 W 14th Ave				Gardening Classes & Chicken-Keeping					Micro-farm with free-ranging chickens
Harvest Mountain Farm Gardens	1875 Wadsworth Blvd				Yes, High School and junior high education programs	http://harvestmountainfarmgardens.org/	Barbara Moore	720-231-8337	harvestmountainfarmgardens@gmail.com	1500 sf Greenhouse on property
Two Hands Farm	8th & Urban St - Golden Co					https://twohandsfarm.wordpress.com/about-2/	Katya Thronweber			In Golden but near Lakewood
Public Community Gardens										

Gray Street Community Garden	345 Gray St	5000 sf	28	Individual donations	Gardening Education		Denver Urban Gardens	303-292-9900	dirt@dug.org	
The Belmar Community Garden at The Learning Source	455 S Pierce St	21	29	1 Plot for JeffCo Action Center; Idividual grow-a-row	Gardening and nutrition education		Denver Urban Gardens & Colby Hatfield, Belmar Resident	303-292-9900	dirt@dug.org; hatfieldcc@earthlink.net	
Jefferson High School	2305 Pierce St				Garden-to-Cafeteria Program		Denver Urban Gardens	303-292-9900	dirt@dug.org	
Ute Trail Garden	13130 W Jewell Ave	56 Plots, 1 plot for bees	85	Plant-A-Row Program for JeffCo Action Center; Almost 370 lbs in 2013	Gardening Education	https://sites.google.com/site/utetrailcommunitygarden/?pli=1	Denver Urban Gardens	303-292-9900	dirt@dug.org	
Eiber Elementary School Community Garden	1385 Independence St	15 Plots, 5 raised beds for students	36	Approximately 300 lbs donated to families of the school at Fall Festival; individuals donate to Action Center and Mean Street Ministries	Master Gardener works with students		Denver Urban Gardens	303-292-9900	dirt@dug.org	
H.O.P.E. Garden Community	11949 W Colfax Ave			Open to the community, but there are no individual plots			Denver Urban Gardens	303-292-9900	dirt@dug.org	

Private Communal Gardens										
Eaton Senior Community Garden at The Residences	333 S Eaton St				6 raised planters, with the majority being devoted to shared gardening space including 2 small Chef's gardens that provide fresh herbs and vegetables for on-site dining program	http://dug.org/garden/eaton-senior/	Denver Urban Gardens	303-292-9900	dirt@dug.org	
Creekside Community Garden	1710 Pierce St						Denver Urban Gardens	303-292-9900	dirt@dug.org	
Maplewood Apartments Community Garden	856 S Van Gordon Ct	23 plots	64	To other residents	Young Bloomers gardening club; Master Gardener classes		Denver Urban Gardens	303-292-9900	dirt@dug.org	
Intervention Community Corrections Services (ICCS) at Kendall	1651 Kendall St									
Willow Glen Community Garden - Senior Residences	1585 S Kipling St	10 Total Plots; 5000 sf				https://communitygarden.org/find-a-garden/gardens/willow-glen-garden/	Denver Urban Gardens	303-292-9900	dirt@dug.org	
Private School Gardens										

Jefferson County Boys and Girls Club Community Garden - O'Connell Middle School	1275 S Teller St	16 plots					Denver Urban Gardens	303-292-9900	dirt@dug.org	This garden serves school and program participants but does not have public plots
Bear Creek K-8	901 W Dartmouth Pl						Denver Urban Gardens	303-292-9900	dirt@dug.org	Garden-to-Cafeteria Program
Jefferson County Open School	7655 W 10th Ave						Denver Urban Gardens	303-292-9900	dirt@dug.org	Garden-to-Cafeteria Program
Lakewood High School	9700 W 8th Ave						Denver Urban Gardens	303-292-9900	dirt@dug.org	Garden-to-Cafeteria Program
Warren Tech Community Garden	13300 W 2nd Pl						Liz Hudd	303-982-5070	ehudd@jeffco.k12.co.us	
Green Gables Elementary	1450 S Garrison St						Denver Urban Gardens	303-292-9900	dirt@dug.org	Garden-to-Cafeteria Program - will open Summer 2016 or January 2017
Private Household Gardens										
Farm Yard CSA	Across Lakewood					http://www.farmyardcsa.com/				
Jovial Gardens	Across Lakewood			Yes		http://jovialconcepts.org/	David & Kristina Welch	303-578-2569		Non-profit organization who volunteers to tend gardens in the backyards of residents

Commercial Greenhouses										
Sage Thymes Greenhouse and Gardens	8550 W Ohio Pl					http://www.sagethymes.com/		720-480-1017	sagethymes@msn.com	Open pollinated seed; non-GMO; chemical free
Aero Farm Co. (Aeroponics)	1881 Wadsworth Blvd							720-333-4808	infor@aerofarmco.com	Colorado's first vertical farm. Sells products to local restaurants

Appendix G: Food Compromised Survey Responses

Lakewood Healthy Food Access Survey

1. Do you live in Lakewood?		
Answer Options	**Response Percent**	**Response Count**
Yes	98.6%	68
No (if no, end survey)	1.4%	1
	answered question	**69**
	skipped question	**0**

2. What intersection do you live closest to? (name both cross streets)		
Answer Options	**Response Percent**	**Response Count**
Street #1	100.0%	69
Street #2	94.2%	65
	answered question	**69**
	skipped question	**0**

3. How long have you lived in your neighborhood?		
Answer Options	**Response Percent**	**Response Count**
0-6 months	8.7%	6
7-12 months	2.9%	2
1 to 4 years	39.1%	27
5 to 10 years	11.6%	8
10-20 years	11.6%	8
Over 20 years	26.1%	18
	answered question	**69**
	skipped question	**0**

4. Are you the (or one of the) primary food shopper/s in your household?		
Answer Options	**Response Percent**	**Response Count**
Yes	98.6%	68
No	1.4%	1
	answered question	**69**
	skipped question	**0**

5. Do you feel that you and your family have access to all the healthy foods you need?		
Answer Options	**Response Percent**	**Response Count**
Yes	26.1%	18
No	34.8%	24
Most of the time	39.1%	27
	answered question	**69**
	skipped question	**0**

6. How satisfied are you with the foods you/your family eats?							
Answer Options	**Very Satisfied**	**Somewhat Satisfied**	**Neither Satisfied nor Dissatisfied**	**Somewhat Dissatisfied**	**Very Dissatisfied**	**Rating Average**	**Response Count**
	10	33	8	15	1	2.46	67
						answered question	**67**
						skipped question	**2**

7. Where do you get most of the FOODS you or your family eats? Please pick up to 3, with #1 being where you go the most often.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
Fast food restaurants	0	10	8	18
Other restaurants	0	4	8	12
Work place and public cafeterias	0	1	2	3
Senior center	0	0	0	0
Food assistance (food bank, pantry, churches, donations from other sources)	0	2	3	5
Meal delivery program (Meals on Wheels, etc.)	0	0	0	0
Large chain grocery stores (Walmart, King Soopers, etc.)	39	9	7	55
Independent local grocery stores	1	1	1	3

Wholesale store (Costco, Sam's Club, etc.)	7	15	4	26
Convenience stores/gas stations (7-Eleven, Conoco, etc.)	0	4	1	5
Large chain natural food stores (Whole Foods, Natural Grocers by Vitamin Cottage, etc)	15	11	13	39
Small natural food stores	3	2	1	6
Direct from meat processor/ranch	0	1	2	3
Online purchases	0	1	3	4
I grow/make/hunt my food	3	4	5	12
Other	0	1	2	3
Other (please specify)				5
			answered question	**69**
			skipped question	**0**

8. On average, how often do you shop for groceries (food items)?		
Answer Options	**Response Percent**	**Response Count**
2-3 times per week (or more)	41.8%	28
1 time per week	37.3%	25
2-3 times per month	17.9%	12
Once a month	3.0%	2
Less than once a month	0.0%	0
Other (please specify)	0.0%	0
	answered question	**67**
	skipped question	**2**

9. How do you usually get to the places where you buy/receive MOST of your food? Please pick up to 3, with #1 being the most common.

Answer Options	#1	#2	#3	Response Count
Personal car	54	3	2	59
In someone else's car	3	10	4	17
Bus	3	3	2	8
Bike	1	2	5	8
Walk	3	7	8	18
Shuttle/taxi	0	2	0	2
It is delivered to me	2	3	4	9
Not applicable I grow most of my own fruits and vegetables.	1	1	3	5
Other	2	3	0	5
Other (please specify)				2
			answered question	**69**
			skipped question	**0**

10. About how far do you live from where you get MOST of your foods? (check only one)		
Answer Options	**Response Percent**	**Response Count**
One to 5 blocks (less than a half mile)	11.6%	8
Between half mile and a mile	33.3%	23
Between 1.1 mile and 3 miles	26.1%	18
Between 3.1 miles and 5 miles	10.1%	7
Between 5.1 miles and 10 miles	14.5%	10
Between 10.1 miles and 30 miles	1.4%	1
Over 30 miles	0.0%	0
Not applicable I do not eat fruits and vegetables	0.0%	0
Not applicable I grow most of my fruits and vegetables at home	1.4%	1
Other (please specify)	1.4%	1

answered question	**69**
skipped question	**0**

11. In a typical week, about how many times do you eat a meal from a chain or local fast food restaurant such as McDonald's, Good Times, etc. Consider breakfast, lunch, and dinner.	
Answer Options	**Response Count**
	68
answered question	**68**
skipped question	**1**

12. How many dinners do you cook at home per week, on average?	
Answer Options	**Response Count**
	69
answered question	**69**
skipped question	**0**

13. How many servings of fruits and vegetables do you eat every day, usually? Examples of a serving size is a small apple; two big handfuls of lettuce/greens; a small handful of dried fruit. (check only one)		
Answer Options	**Response Percent**	**Response Count**
None	2.9%	2
1	15.9%	11
2	33.3%	23
3	24.6%	17
4	14.5%	10
5	4.3%	3
6 or more	4.3%	3
answered question		**69**
skipped question		**0**

14. Where do you get most of the FRUITS & VEGETABLES (fresh, canned, frozen) you or your family eats? Please pick up to 3, with #1 being where you get most of them.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
Fast food restaurants	0	1	2	3
Other restaurants	1	2	5	8
Work place and public cafeterias	1	1	2	4
Senior center	0	0	0	0
Food assistance (food bank, pantry, churches, donations from other sources)	1	2	1	4
Meal delivery program (Meals on Wheels, etc.)	0	0	0	0
Large chain grocery stores (Walmart, King Soopers, etc.)	34	16	2	52
Independent local grocery stores	2	1	2	5
Wholesale store (Costco, Sam's Club, etc.)	7	12	4	23
Convenience stores/gas stations (7-Eleven, Conoco, etc.)	0	0	1	1
Large chain natural food stores (Whole Foods, Natural Grocers by Vitamin Cottage, etc)	17	10	10	37
Small natural food stores	2	3	1	6
Farmers markets	1	0	10	11
Backyard garden	2	2	2	6
Community garden	0	0	0	0
Online purchases	0	0	0	0
Other	1	0	2	3

Other (please specify)	4
answered question	**69**
skipped question	**0**

15. Where would you like to get MORE of your fruits and vegetables (fresh, canned, frozen) for your or your family Please pick up to 3, with #1 being your top pick.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
Fast food restaurants	2	0	1	3
Other restaurants	0	1	0	1
Work place and public cafeterias	1	0	1	2
Senior center	0	0	0	0
Food assistance (food bank, pantry, churches, donations from other sources)	0	2	0	2
Meal delivery program (Meals on Wheels, etc.)	0	0	0	0
Large chain grocery stores (Walmart, King Soopers, etc.)	9	3	4	16
Independent local grocery stores	3	1	1	5
Wholesale store (Costco, Sam's Club, etc.)	5	0	0	5
Convenience stores/gas stations (7-Eleven, Conoco, etc.)	0	0	3	3
Large chain natural food stores (Whole Foods, Natural Grocers by Vitamin Cottage, etc)	7	6	3	16
Small natural food stores	2	7	2	11
Farmers markets	24	10	8	42
Backyard garden	8	12	9	29

Community garden	4	10	10	24
Online purchases	0	1	1	2
N/A I get all the fruits and vegetables I need or want	1	0	0	1
Other	3	1	0	4
Other (please specify)				6
			answered question	**69**
			skipped question	**0**

16. What makes it challenging to GET fruits and vegetables? Please pick up to 3, with #1 being the biggest challenge.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
Distance to store	11	7	8	26
Ease of access (car, bus, bike, walk)	1	5	0	6
Ability to carry what I buy	4	3	3	10
Store hours	1	4	4	9
Cost	37	7	1	45
Physical limitations	1	3	0	4
Amount of time available	4	7	6	17
Fruits & vegetables are not available where I get food	1	4	0	5
Not applicable, I do not eat fruits and vegetables	1	0	0	1
Not applicable, I have no challenges	7	1	2	10
Other	1	2	3	6
Other (please specify)				6
			answered question	**69**
			skipped question	**0**

17. What makes it challenging to EAT fruits and vegetables? Please pick up to 3, with #1 being the biggest challenge.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
Physical limitations	2	0	1	3

Amount of time available to prepare them	16	6	3	25
Knowledge of how to prepare and cook meals with fruits and vegetables	9	13	5	27
Tastes and preferences of household members	11	9	3	23
Availability of kitchen or equipment	0	1	2	3
Allergies or food restrictions	1	1	0	2
Not applicable, I do not eat fruits and vegetables	0	0	1	1
Not applicable, I have no challenges	19	0	1	20
Other	7	2	1	10
Other (please specify)				10
			answered question	**69**
			skipped question	**0**

18. What COMMUNITY FACTORS might make it easier to eat more fruits and vegetables? Please pick up to 3, with #1 being your top pick.

Answer Options	#1	#2	#3	Response Count
More fruits and vegetables available at my worksite or school	3	2	1	6
More grocery stores near where I live/work	7	1	1	9
Better selection of fruits and vegetables at grocery stores	6	9	6	21
More restaurants that offer them near where I live/work	0	2	2	4
More convenience	4	0	1	5

stores that sell fruits and vegetables				
More street or mobile vendors	1	3	2	6
Bus routes or shuttle service to places that sell them	1	2	0	3
A community garden in my neighborhood	8	6	11	25
More farmers' markets (e.g., more locations or market days, yearround markets)	12	17	10	39
More produce or farm stands	15	9	6	30
More provided at my food bank/food pantry/meal delivery program	0	3	1	4
More stores that carry the produce that we eat in my culture	2	1	0	3
N/A I have all the access I need or want	3	0	1	4
Other	4	0	2	6
Other (please specify)				7
			answered question	**69**
			skipped question	**0**

19. What PERSONAL FACTORS might make it easier to eat more fruits and vegetables? Please pick up to 3, with #1 being your top pick.				
Answer Options	**#1**	**#2**	**#3**	**Response Count**
More affordable for me	50	3	1	54
More time to prepare/cook them	6	10	5	21
Knowing how to prepare them	3	9	7	19
Having someone to	1	5	3	9

cook for/eat with				
If I/my family liked eating them	2	4	5	11
Knowing how to grow my own food/having the space to grow food	1	16	7	24
N/A, I eat all that I need or want	5	2	1	8
Other	1	0	0	1
Other (please specify)				2
			answered question	**69**
			skipped question	**0**

20. Is there a community garden in your neighborhood?		
Answer Options	**Response Percent**	**Response Count**
Yes	14.7%	10
No	47.1%	32
Don't Know	38.2%	26
answered question		**68**
skipped question		**1**

21. Do you grow any of your own food?		
Answer Options	**Response Percent**	**Response Count**
Yes	46.4%	32
No (Skip to Question 29)	53.6%	37
answered question		**69**
skipped question		**0**

22. In what type of setting do you grow your own food? (check the place you grow the most)		
Answer Options	**Response Percent**	**Response Count**
Community garden	0.0%	0
Backyard garden	62.1%	18

Container garden	31.0%	9
Farm	3.4%	1
Frontyard garden/garden as landscaping	3.4%	1
answered question		**29**
skipped question		**40**

23. Where else do you grow your own food? (check all that apply)		
Answer Options	**Response Percent**	**Response Count**
Community garden	3.6%	1
Backyard garden	14.3%	4
Container garden	10.7%	3
Community farm	3.6%	1
Frontyard garden/garden as landscaping	7.1%	2
Nowhere else	60.7%	17
Other (please specify)	14.3%	4
answered question		**28**
skipped question		**41**

24. Do you share or sell any food that you grow?		
Answer Options	**Response Percent**	**Response Count**
Yes	46.7%	14
No (Skip to Question 25)	53.3%	16
answered question		**30**
skipped question		**39**

25. If yes, where do you sell or share your food?		
Answer Options	**Response Percent**	**Response Count**
Food pantries or meal programs	0.0%	0
Neighbors	13.3%	2

Family or friends	80.0%	12
Local markets	6.7%	1
Other (please specify)	0.0%	0
answered question		**15**
skipped question		**54**

26. Are you interested in selling or sharing food you grow in any of the following:		
Answer Options	**Response Percent**	**Response Count**
Food pantries or meal programs	7.1%	2
At a stand in front of my house	14.3%	4
At a neighborhood produce stand	17.9%	5
Not currently interested	57.1%	16
Other (please specify)	3.6%	1
answered question		**28**
skipped question		**41**

27. Compared to when you first started gardening, would you say the amount of fruits and vegetables you consume has increased?						
Answer Options	**Increased Greatly**	**Increased Slightly**	**Remained the same**	**Don't know**	**Rating Average**	**Response Count**
	8	12	11	0	2.10	31
					answered question	**31**
					skipped question	**38**

28. If you did not garden, how would it affect your consumption of fruits and vegetables?		
Answer Options	**Response Percent**	**Response Count**
I would not be able to eat the types or quality of fruits and vegetables I want	16.1%	5

I cannot afford to buy enough fruits and vegetables at the store	16.1%	5
There is no grocery store near me that sells fruits and vegetables	0.0%	0
There is no grocery store near me that sells the fruits and vegetables I want	3.2%	1
I prefer organic produce, and I cannot afford organic produce at the store	29.0%	9
It would not affect my consumption	35.5%	11
answered question		**31**
skipped question		**38**

29. The produce you grow yourself makes up how much of all the produce you eat:

Answer Options	Response Percent	Response Count
All	0.0%	0
Most	6.3%	3
Some	54.2%	26
None	39.6%	19
answered question		**48**
skipped question		**21**

30. Are you interested in buying food grown by one of your neighbors?

Answer Options	Response Percent	Response Count
Yes	66.2%	45
No	13.2%	9
Don't Know	20.6%	14
answered question		**68**
skipped question		**1**

31. Are you interested in growing any or more of your own food through the following:		
Answer Options	**Response Percent**	**Response Count**
Community garden	22.4%	15
Backyard garden	14.9%	10
Container garden	17.9%	12
Community farm	13.4%	9
Frontyard garden/garden as landscaping	7.5%	5
Not currently interested	23.9%	16
Other (please specify)		1
answered question		**67**
skipped question		**2**

32. In the past 12 months, how often were you unable to feed your household all that you wanted because of cost? (check only one)		
Answer Options	**Response Percent**	**Response Count**
Always	8.7%	6
More than half of the time	11.6%	8
Half of the time	23.2%	16
Less than half of the time	31.9%	22
Never	24.6%	17
answered question		**69**
skipped question		**0**

33. How often do you have to compromise on healthy or balanced food items because of budget concerns? (check only one)		
Answer Options	**Response Percent**	**Response Count**
Always	21.7%	15
More than half of the time	37.7%	26
Half of the time	40.6%	28
Less than half of the time	0.0%	0

Never	0.0%	0
answered question		**69**
skipped question		**0**

34. How many people currently live in your household (yourself included)? (check only one)		
Answer Options	**Response Percent**	**Response Count**
1	23.2%	16
2	29.0%	20
3	15.9%	11
4	18.8%	13
5 or more	13.0%	9
Choose not to respond	0.0%	0
answered question		**69**
skipped question		**0**

35. How many members of your household are under the age of 18? (check only one)		
Answer Options	**Response Percent**	**Response Count**
0	65.2%	45
1	10.1%	7
2	15.9%	11
3 or more	8.7%	6
Choose not to respond	0.0%	0
answered question		**69**
skipped question		**0**

36. What is your gender? (check only one)		
Answer Options	**Response Percent**	**Response Count**
Male	19.1%	13
Female	77.9%	53
Transgender	0.0%	0
Choose not to respond	2.9%	2
answered question		**68**
skipped question		**1**

37. What is your age? Please enter a whole number only

Answer Options	Response Count
	65
answered question	**65**
skipped question	**4**

38. What is your ethnicity? (check all that apply)		
Answer Options	**Response Percent**	**Response Count**
White	73.9%	51
Black, African American	4.3%	3
Hispanic/Latino	15.9%	11
American Indian or Alaska Native	1.4%	1
Asian Indian	0.0%	0
Asian	1.4%	1
Native Hawaiian or Pacific Islander	0.0%	0
Other	0.0%	0
Choose not to respond	5.8%	4
answered question		**69**
skipped question		**0**

39. What is the highest level of education you have obtained? (check only one)		
Answer Options	**Response Percent**	**Response Count**
Less than high school graduate	0.0%	0
High school graduate/GED	4.3%	3
Some college, no degree	27.5%	19
Associate’s degree	10.1%	7
Bachelor’s degree	33.3%	23
Graduate or professional degree	20.3%	14
Choose not to respond	4.3%	3

answered question	**69**
skipped question	**0**

40. What is your annual household income? (check only one)		
Answer Options	**Response Percent**	**Response Count**
Less than $10,000	7.2%	5
$10,000-$14,999	8.7%	6
$15,000--$24,999	13.0%	9
$25,000--$34,999	7.2%	5
$35,000-$49,999	15.9%	11
$50,000--$74,999	15.9%	11
$75,000--$99,999	8.7%	6
$100,000-$149,999	11.6%	8
$150,000 and above	1.4%	1
Choose not to respond	10.1%	7
answered question		**69**
skipped question		**0**

41. Is there anything else you would like to share with us regarding food?	
Answer Options	**Response Count**
	24
answered question	**24**
skipped question	**45**

42. Please enter your first name only and the best way to contact you (phone number or email address) in order to be entered into the drawing. Your personal information will be separated from your survey answers and be used ONLY for selecting gift card winners. (Optional)

Answer Options	Response Percent	Response Count
First Name	100.0%	62
Phone Number or Email Address	100.0%	62
answered question		62
skipped question		7