Increasing Access to Healthy Food and Healthy Food Choices

in Pantries and Community Meal Programs:

A Community Food Assessment of Benton and Washington Counties, Northwest Arkansas

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Abstract

This study was undertaken to discover the current practices of food pantries and community meals in Benton and Washington counties in Northwest Arkansas with an emphasis on the healthy food options available. The study used semi-structured, key informant interviews with knowledgeable people from community food resource organizations. A majority (71%) of the interviewees responded that providing healthy foods is important to their organizations, however, these organizations had different definitions of what constitutes healthy foods and often offered unhealthy foods due to limited ability to receive healthy food donations or make healthy food purchases. Since a majority of organizations are interested in providing healthy foods and trying to increase fresh fruits and vegetables that are offered, there is potential in creating greater access to healthy foods in community food resource organizations. Going forward, increasing access to healthy foods via community food resources will require creating consensus among community food resource organizations on a definition of healthy food, making organizational commitments to prioritizing healthy foods, creating a demand for healthy food with nutrition education, and finding diverse sourcing of healthy foods.
ABOUT FEED COMMUNITIES

Feed Communities is an incorporated 501(c)(3) organization founded with the vision of supporting and expanding local food systems as a means of providing durable solutions for food security in Northwest Arkansas. Feed Communities works with individuals, organizations, schools, universities, government agencies, and foundations to create sustainable partnerships for increasing access to healthy foods and improving healthy food choices. More information can be found at www.feedcommunities.org.

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Introduction

Despite being among the counties in Arkansas with the highest per capita income and the home to the University of Arkansas and the headquarters of large corporations like Wal-Mart and Tyson, Benton and Washington counties in Northwest Arkansas (NWA) face many economic and social challenges. Food security and access to healthy foods are among those challenges.

Food security is defined as a situation “when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life” (FAO, 2003). Food insecurity is when such access to food is lacking. As such, food security and healthy food access are highly connected. Many studies define food access for those in urban areas as people living within a ‘walkable,’ often one mile, distance to a supermarket or large grocery store, or for those in rural areas the distance is within ten miles (LiveWell Northwest CO, 2013). However, access is broader than physical distance to a store because for many the issue is being able to afford food at all. Food at the grocery store is not accessible if one cannot afford to purchase it. For this reason, it is important to look at the food assistance offered by community food resources.

Arkansas has some of the highest rates of food insecurity in the country with 19.4% of Arkansans’ being food insecure (Feeding America, 2014). Benton County has the third lowest food insecurity rate in the state at 14%, but despite being the third lowest in the state, there are approximately 31,160 people who are food insecure (Feeding America, 2014). Washington County has about 34,740 food insecure residents and a 17% food insecurity rate (Feeding America, 2014). Fifty-one and 40 percent of food insecure individuals in Benton and Washington Counties, respectively, are above the 130% poverty line making them ineligible for
federal assistance such as SNAP benefits (formerly called food stamps) (Feeding America, 2014).

With so many food insecure individuals in NWA, it begs the question how are they meeting (or not meeting) their food needs for a healthy, culturally appropriate diet. This question sets the stage for a community food assessment (CFA). This project’s goal was to develop and implement a CFA of Benton and Washington Counties looking closely at existing community food resources including food pantries and community meals. It is important to understand what means of acquiring food exist for individuals facing food insecurity and how well those community food resources provide nutritious food.

The hope is to uncover the current realities of healthy food access and the practices of food assistance programs that food insecure individuals are utilizing in order to build upon the current strengths and eliminate any weaknesses that might be inhibiting the acquisition of a healthy, culturally appropriate diet.

**Literature Review**

Within the last decade there have been increasing numbers of communities taking up the responsibility of understanding and shaping their local food systems in order to address issues of healthy food access and food insecurity. As such, there are many examples of successful CFAs available. CFAs differ based on what food issues the communities in questions are attempting to address and the available resources, skills, and time of the assessing group, therefore no two assessments look the same. Additionally, many organizations have created guides to assist others to assess their communities including the Center for Disease Control (CDC), the Community Food Security Coalition, and the United States Department of Agriculture (USDA) whose Community Food Security Assessment Toolkit has become the benchmark methodology for
many CFAs. The USDA’s Community Food Security Assessment Toolkit was the primary inspiration for this research and will be described below.

**The USDA Community Food Security Assessment Toolkit.**

The USDA Community Food Security Assessment Toolkit is adaptable to meet the specific needs of different CFAs and includes six main areas of inquiry: profiling of community socioeconomic and demographic characteristics, assessment of household food security, profiling of community food resources, assessment of food resource accessibility, assessment of food availability and affordability, and assessment of community food production and resources. Before detailing the different areas of the inquiry in the USDA Toolkit, it is important to understand what it is all trying to assess, which is community food security.

Community food security is an extension of household food security, the ability of households to acquire enough nutritious, safe, culturally appropriate food for an active, healthy life (Cohen, 2002). Community food security goes deeper to look at the “underlying social, economic, and institutional factors within a community that affect the quantity and quality of available food and its affordability or price relative to the sufficiency of financial resources available to acquire it” (Cohen, 2002: p. 3). A CFA is a type of needs assessment focused on “the ability of existing community resources to provide sufficient and nutritionally sound amounts of culturally acceptable food to households in the community” (Cohen, 2002: p. 8).

As mentioned earlier, the USDA Community Food Security Toolkit has six components, but the NWA CFA will only be focusing on the first five, which will be described here. The first component involves collecting information to create a profile of community socioeconomic and demographic characteristics. This step relies on the collection of secondary data that outlines the characteristics of the community and the community members including population, age,
race/ethnicity, household size, employment status, income, and poverty status. This data helps set the stage for explaining other findings and helps to make comparisons with other regions or nationally (Cohen, 2002).

One important component to the CFA is the assessment of household food security which can help inform the need for assistance and the effectiveness of community food current resources as well as identify any community subgroups with increased levels of food insecurity (Cohen, 2002). Questions on levels of food security cover many conditions and behaviors including anxiety about having enough food, perception that the food consumed is inadequate in quantity or quality, and noted reduced food intake (Cohen, 2002). The results of these questions can help categorize people’s experience with food insecurity into three different categories: food secure, food insecure without hunger, and food insecure with hunger. Food secure households have no or minimal indictors of food insecurity. Households that are food insecure without hunger may be “concerned about inadequate resources to buy enough food [and] have adjusted by decreasing the quality of their family diet with little or no reduction in household food intake,” whereas households that are food insecure with hunger have “one or more members [who] have decreased the amount of food they consume to the extent that they have repeatedly experienced the physical sensation of hunger” (Cohen, 2002: p. 40).

The next component of the CFA is the profile of community food resources. Community food resources are the means by which community members acquire their food. This component of the CFA involves not only looking at the food retail resources such as supermarkets, grocery and other food stores, and farmers’ markets, but also the programs food insecure people rely upon to meet their food needs. Community food resources include federal food assistance programs like the Supplemental Nutrition Assistance Program (SNAP), the Special
Supplemental Nutrition Program for Women, Infant and Children (WIC), and child nutrition programs such as the School Breakfast and Lunch Programs as well as community based emergency food resources like community meals and food pantries. It is important to look at not only what programs and organizations exist, but also how they are serving people and how many people use their services (Cohen, 2002).

In addition to profiling the existing community food resources, one must see if those resources, be it retail food stores or community food assistance programs, are accessible to everyone, including those at increased risk of food insecurity such as racial and ethnic minorities and those with low incomes. This component of the CFA looks at the following questions: “are food resources located near-low income neighborhoods, is public and/or private transportation available between the resources and low-income neighborhoods, what barriers influence people’s use of community food resources, and does the community have the infrastructure to deliver federal food assistance benefits effectively” (Cohen, 2002: p. 44). A thorough assessment of accessibility looks at geographic barriers as well as intangible barriers like time and knowledge (Cohen, 2002).

The final component of the CFA from the USDA Toolkit to be used in the NWA CFA is the assessment of food availability and affordability. Though food resources may be accessible it is important to make sure there is a variety of healthy food that is sufficiently available and affordable. This part of the CFA utilizes a food store survey to identify if retail stores by low-income community members offer a sufficient variety of healthy, affordable foods as measure by the Thrifty Food Plan (TFP) market basket used by the USDA (Cohen, 2002). This is another component that is helpful to analyze by making comparisons to other with national data or other regions (Cohen, 2002).
Community Food Assessments Across the Nation

The Grocery Gap Summary of Food Access. In 2009 the Food Trust and PolicyLink summarized the existing base of over 132 CFAs and studies detailing issues related to access to healthy foods. The first major finding was that healthy food was not accessible to many Americans, particularly those who live in low-income areas, communities of color, and rural areas (Treuhaft & Karpyn, 2010). Eighty-six percent of studies found inequitable access to healthy food (Treuhaft & Karpyn, 2010). Lack of access may mean many different things. It may mean that people do not live near a supermarket, like one USDA study that found 23.5 million people did not or another nationwide survey which found that 20% of rural counties are food desert counties (Treuhaft & Karpyn, 2010). Lack of access might also mean that nearby stores lack fresh, healthy foods or that people lack transportation, like one study in Mississippi that found that over 70% of SNAP eligible households must travel over 30 miles to reach a supermarket (Treuhaft & Karpyn, 2010).

Another common finding in the literature is that increased access to health foods corresponds with healthier diets. Ninety-three percent of the studies covering access and consumption of healthy foods found a positive correlation (Treuhaft & Karpyn, 2010). One multistate study found that for each additional supermarket located in a census tract, produce consumption increased by 32% for African Americans and 11% for Caucasians (Treuhaft & Karpyn, 2010). Similarly, access to healthy food is connected to decreased risk for obesity and other diet related diseases. Seventy-one percent of the studies associated with healthy food access and health found that access to healthy food was positively correlated with decreased incidences of diet-related disease (Treuhaft & Karpyn, 2010). One study in California found that obesity and diabetes rates for those living in the least healthy food environments were 20%
higher than others not living in the least healthy environments after controlling for income, race, age, gender and physical activity levels (Treuhaft & Karpyn, 2010). Finally, new or improve healthy food retail in low-income and underserved communities creates jobs and helps to revitalize low-income neighborhoods (Treuhaft & Karpyn, 2010).

**Baltimore Community Food Assessment**

The CFA of Southwest Baltimore had many objectives including: identifying the obstacles of consuming a healthy diet, identifying the barriers accessing healthy foods, identifying opportunities to increase awareness about the importance of a healthy, balanced diet, and gauging community members’ awareness of the link between diet and disease and how to prevent diet related diseases (Palmer, Smith, Haering, & McKenzie, 2009). The team’s methods included a food store assessment using the Nutritional Environments Measurement Survey, which found that most stores (76%) in that area did not sell any fresh fruit or vegetables (Palmer, Smith, Haering, & McKenzie, 2009).

A survey, based on the USDA’s toolkit, of 136 residents found that two thirds of people live in a household where at least one member has a diet related disease, that those who noted it was not very easy to get to the supermarket were three times as likely to live in a household where someone had diabetes (Palmer, Smith, Haering, & McKenzie, 2009). Additional findings from the resident survey included that a majority of people were unsatisfied with the availability and price of healthy food and that although residents shop at corner stores more often, they spend a majority of their money at supermarkets (Palmer, Smith, Haering, & McKenzie, 2009). Most residents were unaware of resources like community gardens but reported interest in learning more about them (Palmer, Smith, Haering, & McKenzie, 2009). Shockingly, nearly all residents’ (95%) did not consume the USDA recommended amount of fruits and vegetables and about half
(49%) reported cooking meals several times per week or on a weekly basis (Palmer, Smith, Haering, & McKenzie, 2009). Half (50%) of residents expressed interest in lessons on healthy food preparation, but only 10% noted a desire to increase their consumption of fresh fruits and vegetables (Palmer, Smith, Haering, & McKenzie, 2009).

**Cuyahoga County Community Food Assessment**

In an assessment of Cuyahoga County, Ohio researchers used a “food balance ratio” methodology adapted from the USDA’s Healthy Food Financing Initiative’s Food Desert Locator mapping project to assess the food retail environment of the county and the comparative distance of low income individuals to fast food compared to grocery stores (Cuyahoga County Planning Commission, 2011). This assessment differs from others in that instead of limiting the definition of a major grocery store to any store that has over two million dollars of annual sales, the working definition includes stores with a minimum of 5,000 square feet of retail space where one could purchase a wide range of healthy foods (Cuyahoga County Planning Commission, 2011). The study operationalized low-income neighborhoods to be low-income census tracts with poverty rates of 20% or higher and low access as living further than a walkable distance of one-half mile, and the study also looked at population density, car ownership rates, aggregate income per acre, and grocery store presence (Cuyahoga County Planning Commission, 2011).

The Cuyahoga County Assessment found that, countywide, 25% of people live in food desert areas and in Cleveland 56% of people live in food desert areas (Cuyahoga County Planning Commission, 2011). In food desert areas, 22.3% of households did not own a car, which is twice the rate of households not located in a food desert area (Cuyahoga County Planning Commission, 2011). Additionally, in low-income areas, there is one grocery store for every 10,400 residents compared to one store for every 6,700 residents in non low-income areas.
(Cuyahoga County Planning Commission, 2011). Finally, the fast food grocery store balance ratio of Cuyahoga County was 2.5 indicating that residents have to travel 2.5 times farther to reach a grocery store than to reach a fast food restaurant and within Cleveland, the ratio was 4.5 (Cleveland/Cuyahoga County Food Policy Coalition, 2008).

An alternative approach to explore food deserts in Cuyahoga County found that the method and definitions of food resources and distance to food resources are important to fully understanding access to food. This supplemental study used ARC GIS to map and measure distances to grocery stores. Researchers found that when using the straight-line method, mapping a straight line from a neighborhood to a grocery store, there were 101 census tracts in the county that were food deserts, but when using the network analysis method, mapping distance as traveled along the street network which is more realistically capturing traveling distance to grocery store, there were 135 census tracts that were food deserts (Russell & Mikelbank, 2011). Additionally, the study included food pantries, farmers’ markets, and urban gardens as food resources. The results showed that of the 135 food desert census tracts in Cuyahoga County 94 census tracts (70%) had relief provided by these additional community food resources (Russell & Mikelbank, 2011).

**Portland Community Food Assessment**

A 2003 CFA of northeast Portland began the conversation on access to healthy food, but recently the community sought to go further. Another CFA was conducted to explore the barriers to healthy food access and to gauge the interest of the community regarding potential projects that could help increase access to healthy food for low-income residents. The methods focused on community empowerment and inclusion, inviting members of different faith communities, grocery store workers, low-income residents, and members of various community groups.
Primary data was collected from over 200 personal surveys and four focus groups like community conversations (Furbush, 2008).

The primary finding of the assessment were that residents have difficulty affording enough food to eat and often must travel long distances to shop at the most affordable grocery stores and reach emergency food resources. Seventy-one percent of residents said they frequently run out of money for food by month’s end forcing them to skip meals or receive emergency food assistance (Furbush, 2008). One forth of residents spent 30 to 90 minutes each way to reach their preferred grocery store, and almost half of residents did not regularly have access to a car for grocery shopping (Furbush, 2008). Additionally, 30% of residents reported they are not able to get enough fresh fruits and vegetables for a healthy diet (Furbush, 2008).

While most residents did not currently grow or purchase fresh, local produce, most expressed interest in getting involved. The idea that received the most support was for a free or discounted weekly CSA share with 90% of people expressing interest (Furbush, 2008). Two-thirds of residents were interested in cooking or nutrition classes or receiving support to start a home garden (Furbush, 2008).

The community conversations sought to understand the effectiveness of current practices of community food programs. Residents expressed concerns about the quality and safety of food available at food pantries (Furbush, 2008). Other barriers to utilization of food pantries include transportation, time, finances, and nutrition (Furbush, 2008). Residents noted that receiving a food box from the pantry takes a long time (Furbush, 2008). Additionally, people felt that fresh produce was out of their budget and that they lacked the time and knowledge for preparing fresh food (Furbush, 2008).
Northwest Colorado Community Food Assessment

In seeking to understand if Routt County Colorado was doing everything it could to ensure that all residents had the ability to consume sufficient amounts fresh fruits and vegetables, LiveWell Northwest undertook a CFA to determine the current economic, physical, nutritional and social barriers to healthy food access. Primary data collection included food retail location mapping, food availability survey of local stores, focus groups on food security based on the USDA CFA Toolkit, and a county-wide survey on food access.

The findings showed the fruit and vegetable intake was very low in Routt County with half (48%) of residents consuming 1 ½ cups or less of fruits and vegetables per day and only 15% reported consuming 3 cups or more per day (LiveWell Northwest CO, 2013). Many residents (42%) reported that they faced no barriers accessing fresh produce; while 29% said the biggest barrier was food prices (LiveWell Northwest CO, 2013). The in-store surveys supported the findings from the community survey showing that almost all store, even those in rural areas, had good food selection, but high food prices were an issue as reflected by the Thrifty Food Plan basket costing 34% higher than the national average (LiveWell Northwest CO, 2013). Regarding barriers to consuming fresh produce, 62% reported no barriers and 16% reported not having enough time to prepare fresh food (LiveWell Northwest CO, 2013). Another finding was that those residents who reported no fruit and vegetable consumption also reported the barrier of not enough time to prepare fresh food, but also the tastes and preferences of household members. When asked what might help them eat more fruits and vegetables, residents responded with a desire to get more produce straight from the farmer (LiveWell Northwest CO, 2013).
Marin County Community Food Assessment

This assessment of Marin County California food security was conducted following the USDA’s CFA Toolkit with the addition of a health and nutrition status component. The assessment found that food insecurity is increasing in Marin County and one third of low-income adults are food insecure and that many lack the knowledge to shop for and prepare healthy meals (Haskell, 2012). Another finding was that federal food assistance programs are vital in preventing and alleviating hunger and despite rapidly increasing participation, are still being under utilized (Haskell, 2012). Regarding barriers to accessing healthy foods, barriers differed based on different populations with seniors facing multiple difficulties such as transportation to healthy food retailers and SNAP offices and most residents face the stigma of using EBT cards or WIC vouchers and getting food from food pantries and the lack of knowledge of how to utilize assistance programs (Haskell, 2012). In assessing the current community food resources for addressing food insecurity, the researchers found many effective programs in operation, but a lack of collaboration and integration of efforts (Haskell, 2012).

Methodology

This assessment required both primary and secondary data collection. The secondary data looked at census data and statistics on the levels of poverty and food insecurity in Benton and Washington counties. Additionally, extensive secondary research on existing community food resources was conducted with Internet searches for community food resources as well as finding existing lists of resources that were then cross referenced. The secondary research on community food resources helped inform the primary data collection. The primary data collection focused on semi-structured key informant interviews with members of community food resource organizations.
Community food resource organizations found during the secondary data collection were contacted and knowledgeable individuals involved in the food assistance programs were asked to participate in key informant interviews. Research was focused on organizations located outside of Fayetteville, since Feed Communities already has strong connections with community food organizations in Fayetteville. Some organizations no longer provide food assistance services, never answered or returned phone calls or emails, or did not wish to be interviewed. In total, 45 interviews were conducted. Interviews took place from December 2013 to February 2014 and lasted anywhere from 30 minutes to 2 hours. Most interviews were conducted in person, but seven were conducted over the phone and two via email. There were 23 organizations listed online and in community resource lists that were unable to be contacted or who declined to participate in an interview. These organizations may or may not still be operating.

Interview questions were based on the USDA’s Community Food Assessment Toolkit’s Discussion Guide for a Key Informant Focus Group. In order to answer the specific research question of this project, questions were added that were specific to food pantries and community meals including questions pertaining to how nutritious the provided foods are. Interviews were semi-structured so additional questions that were not on the set list of questions were sometimes asked to go in more depth to particular answers. Interviews were chosen as the primary research method because of the ability to capture information in more depth than surveys or focus groups. The directors or other leaders in the organizations were targeted for interviews because they would be the most knowledgeable about the details of the organizations’ operations and are key players in organizational decision-making.
Limitations

No organizations in Fayetteville were interviewed. This was a strategic decision based on Feed Communities close relationships with organizations in Fayetteville. While this does affect the results of the study, there were still a large number of organizations interviewed, and the organizations in Fayetteville will not be left out of future work to increase access to healthy foods because they do already have a connection to Feed Communities.

Another limitation of the study was that for some interviews, the interviewee was not necessarily aware of all the workings or ideology of the organization they represented because they were simply volunteers and not involved in the leadership or decision-making of the organization. While the interviewee would ideally be the most knowledgeable person working in the organization, that was not always possible because they were too busy to meet. The decision was made to interview the person available in order to learn has much as possible and to give every organization the chance to be involved in the study.

Project Results

The community food resource organizations interviewed fell into two main categories: food pantries and community meals. Food pantries provide people with a three to seven day supply of grocery items for home preparation and consumption. Community meals are free meals most often prepared and served on site and open to anyone in the community. The next two sections will discuss these types of organizations separately and then issues related to product sourcing and healthy food options will be discussed with both types of organizations in mind.

Food Pantries

Food pantries in NWA come in all shapes and sizes depending on a number of circumstances such as the size of the town it is located in to how long the pantry has been open.
Pantries vary on how many days they are open with some being open only once a month for two hours and others being open five days a week. The number of people served also varied greatly. One pantry that began serving the community just last year currently serves an estimated average of ten people a month, whereas another pantry served an average of over 4,000 people a month. Most pantries did not serve such a large amount of people; only 11 pantries served an average of over 1,000 people a month. The size of NWA food pantries based on number of people served can be seen in Figure 1 below.

**Figure 1: Food Pantry Size**

There were two main types of food pantries according to how recipients receive food. The majority of pantries give prepared boxes of food based on family size, often adding food and other supplies based on the specific needs of the household (such as diapers and baby food for families with babies or pop top cans for homeless people). Seven food pantries offer a ‘shopping’ experience where recipients get to choose what foods they want, within limits. Two pantries
currently giving premade boxes of food noted a desire to move towards a more shopping experience type of pantry. Current practices can be seen in Figure 2 below.

![Pantry Operation Style](image)

**Figure 2: Style of Pantry Operation**

**Community Meals**

Between all the community meal providers, there is a free meal available every day of the week except Sunday. Some community meals are open once a month and serve 180 people and others are open four days a week and serve approximately 3,500 people a month. The size of community meal organizations can be seen in Figure 3 below. The meals are similar in what is provided, although they vary in the preparation and organization. Interviewees from all organizations noted the meals offered usually include some type of meat, starch, vegetable, and dessert. One organization did not provide meat but had a soy-based protein available. Almost all organizations offered some type of fresh produce either in the form of a side salad or some fresh fruit. The biggest difference among meals was the planning and preparation.
Meals differed in the sourcing of food and who planned and prepared the food. Three organizations received donations of prepared foods from restaurants. For these organizations, the food donated from restaurants was not the only sources of food, but had to be supplemented with ingredients that were donated and purchased. The other eight organizations prepared their meals mostly from purchased foods. The other main difference was the leadership behind the preparation of meals. Eight of the organizations had a central leader in charge of planning the meals every week. Three of the organizations had different groups in charge of planning and preparing the meals each day or week. These differences in community meal operation can be seen in Figures 4 and 5 below.
Product Sourcing

Sources of Food. Perhaps one of the most important activities for any food assistance organization is sourcing the food that is distributed. The organizations interviewed for this report utilized many avenues for obtaining food. The most common source of food was the NWA Food Bank. Twenty-seventy (60%) of the organizations noted purchasing some amount of food from the NWA Food Bank. Some received almost all of their food from the NWA Food Bank, whereas others used it only when supplies from other sources were low or around the holidays for special Thanksgiving food boxes. Wal-Mart was the next most commonly used source of food. Fourteen (31%) of the organizations noted either receiving donations from Wal-Mart or using Wal-Mart to purchase food. Additionally, nine (20%) of the organizations noted receiving donations of baked goods (bread and pastries) from Harps or Price Cutters stores. Seven (16%) of the organizations purchased food from Aldi’s, and six (13%) each purchased food from Allen’s Canning, the Arkansas Rice Depot, or Hope Distributors. Five (11%) of the organizations noted receiving food from the USDA Commodity program. The following organizations were also mentioned by one to four organizations as sources for both donated and purchased foods: Tyson Chicken, restaurants, farmers market, Fresh Market, Thomas Brothers Produce, and Twin City Produce. The largest, noted source of food are shown below in Figure 6.
Figure 6: Most Commonly Noted Sources of Food

**Amounts Donated and Purchased.** For most organizations, being able to purchase food was most effective for them because they had more choice and could get better prices when buying in bulk. On average, about two thirds (63.4%) of the food organizations distributed or served was purchased. While the ability to purchase food was valuable, food donations from companies and individuals were equally appreciated. The three largest food pantries interviewed relied heavily on donations from food drives with 75 – 85% of their food coming from food donations.

**Donation Guidelines.** In regards to food donations and drives, practices also differed. Some organizations conduct regular food drives in partnership with local schools and business. Others collect food within their congregations and occasionally have outside groups offer to host a food drive for them. When food drives are conducted, rarely did organizations have donation guidelines. Only five organizations had a list of preferred donations or donation guidelines, while
the rest would simply ask for just non-perishable foods that are not out of date or specific items that the pantry was low on. Only one organization responded that they had a nutrition-based donation guideline that requested fruits and vegetables, proteins, whole grains, and low sodium items. Many organizations noted they put emphasis on requesting proteins such as canned meats and peanut butter and canned fruit. One food pantry that did not have any donation guidelines shared a story of one school that asked what to get during their food drive, and when the pantry gave them a list, those were the only items the food drive collected. This was very beneficial for the pantry because it make it easier to use and prevented them from having to buy those common items themselves.

![Donation Guidelines](image)

**Figure 7: Number of Organizations with Donation Guidelines**

**Healthy Food Options**

*What is healthy food?* An important topic for this study is people’s access to healthy foods at community food resource organizations and to the knowledge of making healthy food choices. Healthy food definitions vary, but the definition Feed Communities uses includes fresh
fruits and vegetables, proteins, and whole grains. When asked if they put an emphasis on providing healthy foods, people responded with many different definitions of healthy food or the healthy foods on which they put emphasis. Despite the differing definitions, most (71%) of the organizations noted they put heavy emphasis on providing healthy foods.

For ten organizations (22%), healthy foods mean fruits or vegetables (fresh, frozen, or canned) and meat. For nine organizations (20%), healthy foods mean fresh fruits and vegetables. Eight organizations (18%) defined healthy foods as providing a ‘balanced meal’ including meat, starch and vegetables. For some organizations (eight or 18%), providing healthy foods means not giving sweets or foods high in sodium. One food pantry director (2%) noted, “I can buy Little Debbies all I want, but I never put them in if I have a choice.” When asked what healthy foods the pantry provides, another food pantry director said, “It’s easier to say what I don’t get. I don’t buy hostess or Twinkies or ramen. The only times we have those is when people donate them.”

The differing definitions of healthy food can be seen in Figure 8 below.

![Definitions of Healthy Foods](image-url)

**Definitions of Healthy Foods**

<table>
<thead>
<tr>
<th>Definition</th>
<th>Number of Organizations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits, Veggies, Meats</td>
<td>10</td>
</tr>
<tr>
<td>Fresh Produce</td>
<td>9</td>
</tr>
<tr>
<td>&quot;Balanced Meal&quot;</td>
<td>8</td>
</tr>
<tr>
<td>Not Giving Sweets or Foods High in Sodium</td>
<td>8</td>
</tr>
</tbody>
</table>

Figure 8: Definitions of Healthy Foods Used by Organizations
The last comment brings up a point that was shared by many of the interviewees. Several of the organizations who said they did not place a heavy emphasis on providing healthy foods noted it was because it is difficult when relying on donations and limited finances. Due to limited budgets, organizations often purchase food from the NWA Food Bank, and three interviewees noted they were limited on the healthy foods they are able to provide because of the limitation of what the NWA Food Bank had available. Four organizations noted their food options were based on price and trying to make a small budget stretch. According to one food pantry director who said they do try to provide healthy foods, “Do we give out processed food? Yes, because it is cheap and people donate it.” Since many organizations do not have donation guidelines, it is hard managing what is received via food drives and donations. One interviewee commented, while the food given out may not be the best, “anything we can give them is better than not having anything.” One food pantry director also struggled with that idea and stated, “It’s hard being able to say no to the junk food like Little Debbies. But we don’t want the Little Debbies. It doesn’t help these kids. It doesn’t help them be healthy. … We have to discipline ourselves.”

The focus on children was also prominent among the organizations interviewed, particularly food pantries. This focus influences what kinds of food are purchased and provided. Four organizations stated they try to provide foods that are easy to prepare for kids or busy parents. These foods are often processed foods like macaroni and cheese and ramen or peanut butter and jelly. A few organizations noted that they provide sweets like Little Debbies, cookies, or cakes because “kids deserve a treat,” and “the children’s eyes light up when they see that cake in the food box.”

**Fresh Fruits and Vegetables.** Interviewees were asked if their organizations offers fresh produce in the food they serve or distribute. Twelve organizations (27%) responded that they
regularly have fresh produce. Twenty organizations (44%) stated they sometimes have fresh produce, and many specified produce was available in the summer either at the NWA Food Bank or donated from local farmers or home gardeners. Two organizations (4%) said they rarely offer fresh produce, but have at some point in the past. Eleven organizations (24%) do not offer fresh produce. The availability for offering fresh produce can be seen in Figure 9.

![Figure 9: The Availability of Fresh Produce in Community Food Resources](image)

Figure 9: The Availability of Fresh Produce in Community Food Resources

There are many challenges to receiving and offering fresh produce. These challenges are the main reasons pantries and community meals do not offer more fresh produce. The first challenge is availability. Many organizations reported that fresh produce was often too expensive to purchase, and they therefore relied on donations of fresh produce. These donations were limited in two ways. First, many donations of fresh produce were received from farmers or home gardeners who only grew during the summer. Second, fresh produce donations in the non-summer months were often from stores or companies that could not sell the produce which was often so ripe when it made it to the organizations that it had to be given out and used right away.
For food pantries this is a problem because many pantries are open only once a week or less and cannot distribute the produce before it goes bad. Another related issue is the storage of produce before serving or distributing. Fifteen organizations noted that lack of refrigerated storage restricted them from providing more fresh produce than they do.

Despite these difficulties, 30 organizations (67%) affirmed they would like to increase the fresh produce they serve or distribute if there was greater availability of free produce. Nine of those organizations admitted that the storage issue would have to be addressed first, but they saw it as important in order to be able to provide more fresh produce. Two organizations stated that additional volunteer labor would have to be available in order to accept more fresh produce. Five of the organizations that did not express interest in increasing the fresh produce they receive noted that they already received enough to meet the demand. One organization responded that they were not interested in providing fresh produce because people do not ask for it.

**Encouraging Healthy Food Choices.** While most organizations that offered fresh produce noted that recipients appear to enjoy and desire fresh produce, few organizations encouraged or educated recipients about healthy food choices. Six organizations (13%) had nutrition education information available to recipients, and eight organizations (18%) offered low cost, healthy recipes. While most interviewees liked the idea of being able to offer nutrition education information to recipients, three interviewees (7%) noted that they were reluctant to give information that tells recipients what they are receiving from the organization is unhealthy.
In addition to education on what is healthy, a lack of knowledge on how to prepare healthy foods may limit people in making healthy food choices. Cooking classes can help address this issue. Of the organizations interviewed, two (4%) already offer cooking classes and another 14 (31%) expressed an interest in possibly hosting cooking classes in the future. The most common challenges to offering cooking classes include: lack of time, lack of facilities/space, lack of knowledge of cooking skills, and concern that anyone would participate. A couple interviewees noted that every organization does not need to offer cooking classes if other organizations already offered them.

**Community Gardens**

During the interviews, the topic of community gardens came up a few times. Four organizations already have an association with community gardens or gardens of their own from which they receive fresh produce. Others expressed a desire for the development of community gardens in order to address food insecurity. Seven organizations voiced a wish to see community gardens.

Figure 10: Methods Organizations Use to Encourage Healthy Food Choices
gardens developed so low income people could grow their own fruits and vegetables, and another five organizations expressed a desire for a community garden to supply fresh produce to the food pantry or community meal.

**Discussion and Recommendations**

Although practices vary, this research seems to show a growing concern among community food resource organizations for providing healthy foods to those they serve. While the current level of access to healthy food is somewhat limited, the issue of access to healthy food via community food resources is prominent in discussions of the future direction of service.

The diets of low-income people are more likely to lack fresh fruits and vegetables and contain too many processed foods (Treuhaft & Karpyn, 2010). This is due to the fact that the most affordable foods are the unhealthy, processed foods. These are the foods that low-income people can afford to buy themselves and may receive from community food resources when they lack the ability to purchase food. One of the reasons community food resources provide so many processed foods is because, like their recipients, they are trying to make their budgets stretch. Limited funds will always be an issue when it comes to charity work and serving the economically marginalized. In order for community food organizations to provide the healthy foods that food insecure people need, a few things need to happen. There needs to be a shared definition of what healthy foods are, a shared priority in providing healthy foods, a demand for healthy foods by recipients, and a diverse and inclusive approach to sourcing healthy foods that work within the limited budgets of community food resource organizations.

**What is healthy food?**

Currently, community food resource organizations have many different definitions of what constitutes healthy foods. All of the definitions were partially correct, but would be more
complete if combined. Healthy foods should include balanced meals of fruits and vegetables and proteins like lean meat, beans, and nuts with limited amounts of products high in sugar and sodium. Missing from the definitions of healthy foods given by interviewees was whole grains. This is a glaring gap considering most community food resources supply a lot of starches because they are often non-perishable, cheap, and filling. Starches are not bad as long as they are part of a balanced diet and are whole grain. It is also important to note that sugar and sodium can hide in many foods, and by simply targeting sweets like cakes and cookies as unhealthy, many other foods that are unhealthy may sneak in. In trying to provide healthy foods, the focus should be on providing what is known to be healthy and not just excluding a few well-known unhealthy items.

**Prioritizing Healthy Foods**

Seventy-one present of interviewees stated that providing healthy foods is important, but there are more actions that could be taken to make that happen. This would require organizations to come to a consensus within their own ranks to determine if providing healthy foods is a priority. If a consensus is reached that providing healthy foods is a priority, then the actions that follow will be easier. That includes having nutrition-based donation guidelines and learning to say no to donations that do not fall within those guidelines. Many interviewees who stated that providing healthy foods is important to their organizations admitted that they did supply some unhealthy foods because those foods were donated. The mindset of ‘anything is better than nothing’ is dangerous and limiting when striving to be effective at providing help to those in need. This idea of nutrition based donation guidelines that respects the individual receiving the food can be seen in the **Donations with Dignity** guidelines used by Feed Communities (which can be see in Appendix C). Refusing donations is difficult when the need for food is constantly
visible, however, many organizations have already decided that out of date food can be declined, despite many reports that show many products past their best by dates are perfectly safe (NRDC, 2013). The next logical step to provide better, healthier food to those in need is to decline unhealthy foods.

Some organizations interviewed have seen how helpful it is to receive exactly what they asked for from food drives so that they do not have to “work with what they get.” Having donation guidelines helps both sides. People purchasing foods do not have to guess about what is needed, and organizations know they will be getting food they can use and will benefit recipients. Additionally, once organizations become committed to accepting healthy foods, people who donate will know that healthy foods are the acceptable ones and what will really make a difference.

**Creating Demand for Healthy Foods**

Studies have shown that simply increasing access to healthy foods does not necessarily create demand and increased consumption of healthy foods (Cummins, Flint & Matthews, 2014). Other studies have shown that nutrition information and knowledge has a positive influence on diet quality and healthy food choices (USDA, 1998). Demand for healthy food is created when people are aware of what healthy food is and why it is important as well as having the knowledge of how to prepare healthy food. This requires education. Nutrition education information and cooking classes are one way to provide the needed education to create demand for healthy foods. While every organization does not need to offer all of this, it is helpful to have multiple organizations offer these services so that more people can be reached.
Diverse Sourcing of Healthy Foods

The final step in increasing access to healthy foods requires sourcing healthy foods. Limited budgets are hard to work around and an undeniable reality for charities and non-profits. While budgets are limiting for purchasing food, there is also a huge problem with food waste in the United States (EPA, 2014). Food salvage, also called food recovery or gleaning, can be an effective way to increase healthy food access via community food resources because food waste is free. While some food waste may be unhealthy, organizations have the ability to say no to it and accept only the healthy foods.

Many organizations are already working with local businesses to receive their food waste. This is a beneficial relationship for both parties, but it could also be adjusted to focus on healthy foods. Many food stores donate bakery items that include healthy whole wheat bread but also sugary pastries and cakes. One food pantry director noted that while she did not really want the pastries provided by stores, she accepted them because she wanted the bread. While fostering these beneficial relationships that reduce food waste and help provide food to those in need is important, the principle applies that organizations have the ability to say no to the unhealthy foods while gratefully accepting those foods that will help nourish recipients of the food.

Additionally, some of the barriers of utilizing fresh produce donations can be overcome by creating closer community and partnership between community food resource organizations. While many organizations already communicate and share food that they are unable to utilize at a given time, this system could be more inclusive and structured. If all organizations interested in offering fresh produce networked, they could make sure produce is accepted and used while still viable because different organizations are open on different days and at different times. If one
organization cannot accept produce because they will not be open before the food goes bad, they can direct that produce to an organization that can use it right away.

It is important to note that while individual organizations can foster these relationships to recover food waste from businesses, the NWA Food Bank is already working to create those relationships and providing the logistical support that individual food pantries and community meals cannot necessarily do on their own. Most organizations interviewed spoke favorably of the NWA Food Bank. One interviewee stated that what they needed most was for the NWA Food Bank to stay open and keep providing food for purchase at low cost. However, other interviewees were more critical of the NWA Food Bank as it relates to providing healthy foods at a competitive cost compared to the less healthy food items, particularly the vegetables. Organizations like the NWA Food Bank are invaluable, but may also benefit from prioritizing healthy foods. If the NWA Food Bank were able to acquire more healthy foods, individual food pantries and community meals would be better able to offer healthy foods to those who need it.

**Conclusions**

Not all organizations will have the ability or the desire to make these changes. Those who see the changing need of food insecure people will seek to address that need. One way to address the food needs of low-income, food insecure people is to commit to providing healthy foods and seeking out beneficial relationships with businesses and organizations who can support that mission.

This research provides one side of the story about access to healthy foods with community food resources. Future research on healthy food access should focus on capturing the voices of those who use community food resources like food pantries and community meals. Recipients of food assistance are the most knowledge about how well community food resources
address their needs. Additionally, for recipients there may be more barriers for accessing healthy foods at community food resource organizations than the availability of healthy foods at the organizations. These barriers can be equally restrictive. Another side to the story are the people and business that help supply community food resource organizations. Change in providing healthy foods will not happen if these stakeholders are not on the same page with what healthy food is and why it is important.

A great number of people in Northwest Arkansas are affected by the practices of community food resource organizations because so many are in need of assistance. Addressing the current practices in order to increase access to healthy food could have an enormous and positive ripple effect. Prioritizing healthy foods available from community food resources signifies that healthy foods are not just for those who can afford them, but healthy food is a right for everyone.
References


Cleveland/Cuyahoga County Food Policy Coalition. (2008). *Community food assessment: Food policy brief*

Cummins, S., Flint, E., & Matthews, S. A. (2014). New neighborhood grocery store increased awareness of food access but did not alter dietary habits or obesity. *Health Affairs, 33*(2). Retrieved from http://content.healthaffairs.org/content/33/2/283.abstract


Appendices

Appendix A: Institutional Review Board Application and Approval

![IRB Logo]

**IRB Protocol #:**

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**Request for Exemption**

Research projects that involve human subjects must be reviewed and approved by the UALR Institutional Review Board prior to beginning the research. Complete this form if you feel that your project qualifies for an exemption under the federal regulations at 45CFR46.101(b). (See below.) This form must be typed.

**Note:** UALR policy requires that all researchers successfully complete training in the protection of human subjects in research. Please attach documentation of training.*

<table>
<thead>
<tr>
<th>Principal Investigator: Cathrine Schwader</th>
<th>Email: <a href="mailto:cmeschwader@clintonschool.uasys.edu">cmeschwader@clintonschool.uasys.edu</a></th>
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<td>Faculty Advisor: Dr. Ellen Fitzpatrick</td>
<td>Email: <a href="mailto:efitzpatrick@clintonschool.uasys.edu">efitzpatrick@clintonschool.uasys.edu</a></td>
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<tr>
<td>(If PI is a student)</td>
<td></td>
</tr>
<tr>
<td>Department: Clinton School of Public Service</td>
<td>Phone: 501-683-5200</td>
</tr>
<tr>
<td>Project Title: Northwest Arkansas Community Food Assessment</td>
<td></td>
</tr>
<tr>
<td>Sponsor (If externally funded): Feed Communities</td>
<td></td>
</tr>
<tr>
<td>Anticipated Start Date: 11/20/13</td>
<td>Anticipated End Date: 5/22/14</td>
</tr>
</tbody>
</table>

This project qualifies for exemption(s):  
1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ]

(See following page)

**Description of human subjects:**

- Are any subjects under 18 years of age? [Yes] [No]
- Are any subjects confined in a correctional or detention facility? [Yes] [No]
- Are personal records (medical, academic, etc.) used without written consent? [Yes] [No]
- Are personal records (medical, academic, etc.) directly or indirectly identifiable? [Yes] [No]
- Are data (quantitative or qualitative) from subjects used without written consent? [Yes] [No]
- Are data (quantitative or qualitative) directly or indirectly identifiable? [Yes] [No]
- Is pregnancy a prerequisite for serving as a subject? [Yes] [No]
- Is any of the research conducted at a location other than UALR? [Yes] [No]

If yes, where:

Benton and Washington Counties

**Abstract:** State briefly a) the purpose of the research; b) how subjects will be recruited; c) what subjects will do (if applicable); d) the nature of the data to be obtained; and e) how anonymity or confidentiality will be maintained. Attach letter(s) of consent, questionnaires, survey forms, interview questions and other related documents. (Use additional pages as necessary.)
a) This project aims to develop and implement a Community Food Assessment (CFA) of Benton and Washington Counties, which will include assessing household food security, existing community food resources and food resource accessibility, and the food retail environment including healthy food availability and affordability. This assessment seeks to understand how people are experiencing food insecurity, how they are coping with it in terms of the assistance they seek be it federal assistance or community meals or food pantries, and what keeps them from being able to access the necessary components of a healthy, culturally appropriate diet. The data will be collected through secondary research, focus groups, key informant interviews, and a food store market basket survey.

I am working for Feed Communities, a non-profit based out of Fayetteville, AR. This data will serve to guide recommendations for local organizations to help increase access to healthy food for all Northwest Arkansans. Additionally, it may be used to create print material to support Feed Communities’ efforts to address healthy food access issues in Northwest Arkansas. The results of this research will inform the public of the issues existing in the community as well as the current resources for addressing those issues. The results may be published in an academic journal or presented at a conference.

I will be the primary researcher and writer for this study; however, Jessica Boyd will be assisting with data collection, such as serving as notetaker during focus groups.

b) Human subjects will be involved in focus groups and key informant interviews. About 48 participants will be recruited for the focus groups. The focus group participants will be low-income residents of Benton and Washington counties. With permission, participants for the focus groups will be randomly sampled from people who are visiting federal food assistance offices, community emergency food assistance resources, public libraries, or other public places. Screening surveys will be used to ensure recruited participants fit the criteria for the focus group, namely being low-income, having experienced some degree of food insecurity, or used food assistance programs. For their involvement in the focus group, participants will be provided refreshments during the focus group and, potentially, will be offered a small reward for participation such as $25 gift cards to local supermarkets. Selection is random and equitable. The recruitment methodology focuses on low-income, food insecure individuals because that is the focus of the research.

Key informant interviews will be conducted from leaders of food resource organizations in Benton and Washington counties such as administrators of federal food assistance programs such as SNAP, WIC, and other programs, farmers’ market managers, food retail managers, directors of food pantries, and community meals, and coordinators of school and community gardens. They will be recruited through snowball sampling starting with organizations known to work in the food assistance sector and by being contacted from information found online or from community leaders. Potentially, there may be over 50 interviewees. Key informant interviewees will participate from personal and professional interest in the topic and out of the goodness of their hearts.

For any participant in this research, focus group or key informant interview, participation is completely voluntary, and there are no penalties for withdrawing. The informed consent letter given before participation begins will make this clear to them.

c) Participants will be given a consent form at the beginning of the focus group. They will be given time to review the form and decide if they would like to sign it and participate in the focus group. Focus group participants, in groups of 8 to 12, will be asked questions about their experience with getting healthy food for their family, including barriers to accessing food, what food they buy and how they buy it, and what experience they have had with food insecurity and how they dealt with food insecurity. Focus groups will last about an hour. Refreshments will be provided, and if funds allow, a small reward such as a $25 gift card to a local grocery store will be given in recognition of participation. There is a potential for emotional risk to participants because questions they will be asked will cover sensitive topics like lack of resources and being able to provide for oneself and one’s family. The level of risk is small, and will attempt to be minimized by ensuring participants that their answers will be kept confidential and that it may lead to changes to help with food assistance and access to healthy foods. No deception or coercion will be used.

Key informants will participate in semi-structured interviews lasting no more than an hour. Participants
will be given a consent form at the beginning of the interview. They will be given time to review the form and decide if they would like to sign it and participate in the interview. They will answer questions about the work they do in connection with providing healthy food to residents of Benton and Washington Counties. Information will include basics such as location and hours, but also information on the current practices and concerns about food issues in NWA. There is no risk associated with participation, and no deception or coercion will be used.

d) Focus group participants will be asked questions about their experience with getting healthy food for their family, including barriers to accessing food, what food they buy and how they buy it, and what experience they have had with food insecurity and how they dealt with food insecurity. Focus group discussion will be recorded with a digital voice recorder and a notetaker will take notes on the key topics and reactions to questions. No identifying information will be recorded. If a focus group participant withdraws without completing the focus group, then they will not receive the gift card and the data will not be used.

Interviewees will answer questions about the work they do in connection with providing healthy food to residents of Benton and Washington Counties. Information will include basics such as location and hours, but also information on the current practices and concerns about food issues in NWA. Interviews will be voice recorded using a digital recorder. I will also take notes on the main themes important points that come up during the interviews. No personal, identifying information will be recorded. Some informants may be identifiable through their organization, but efforts will be made to ensure that any data included in the report which will be public, will not lead back to the interviewees by making it as general as possible. If an interviewee withdraws from the interview during the middle, I will keep the data already collected with the interviewee’s permission.

All data will be kept on my password-protected laptop until the completion of the study. After that, the consent letters will be stored and locked in my faculty advisor’s office at the Clinton School in Little Rock for 3 years after which it will be destroyed. The aggregated data and report will belong to Feed Communities for them to use in their work with food insecure individuals in Northwest Arkansas since they sponsored this project. The data will be kept on a password-protected computer belonging to Feed Communities.

e) Focus group participants’ identities will be kept confidential and their names will not be recorded. The protection of their identities and the requirement that they promise to keep the identities and responses of other participants confidential will be included in the consent form.

Interviewees have the option to select if they would like their responses shared anonymously or by organization name. This information is included on the consent form. Their name will never be used.

f) Appendix A: Interview Consent Form
Appendix B: Household Food Security Focus Group Consent Form
Appendix C: Food Assistance Focus Group Consent Form
Appendix D: Food Shopping Focus Group Consent Form
Appendix E: InterviewQuestions
Appendix F: Household Food Security Focus Group Guide
Appendix G: Food Assistance Focus Group Guide
Appendix H: Food Shopping Focus Group Guide
Appendix I: Primary Researcher’s CITI Certificate
Appendix J: Advisor’s CITI Certificate
Appendix K: Assistant’s CITI Certificate

Request for Exemption
01-08
9
Principal Investigator: I certify that the information provided above is correct and that, to the best of my ability to judge, this research qualifies for exemption and will be conducted in accordance with federal regulations and UALR IRB policies and procedures on research with human subjects.

Signature: [Signature] Date: 11/21/13

Signature of Faculty Advisor: [Signature] Date: 11/21/13

Return ONE COPY of this form (with original signatures) to:

Institutional Review Board
Rhiannon Morgan
Office of Research and Sponsored Programs
Administration South Room 115
rmorgan@ualr.edu
501-569-8657

(Electronic submissions are not accepted without all signatures. Send electronic submissions to rmorgan@ualr.edu.)

* The UALR policy on training in the protection of human subjects can be found at:
http://www.ualr.edu/orgs/IRB.shtml.

The IRB reviews Requests for Exemption weekly.
Appendix A: Interview Consent Form

Consent to Participate in the
Northwest Arkansas Community Food Assessment
Key Informant Interviews

This consent form applies to: Name: ________________________________

The following information is provided to inform you about the research on the healthy food access in Northwest Arkansas (NWA). Please feel free to ask any questions you may have about this study and the information given below. You will be given an opportunity to ask questions, and have your questions answered. In addition, you will be given a copy of this consent form.

1. Purpose of the study. This study is being conducted by Cathrine Schwader, a graduate student at the University of Arkansas Clinton School of Public Service supervised by her faculty advisor Dr. Ellen Fitzpatrick, in order to better understand the food environment in NWA. This research will help food assistance organizations in NWA to better understand the current ability of all individuals to access healthy food including fresh fruits and vegetables and to be aware of all work being done to address food insecurity. Your responses in the interview are confidential and only available to the researcher (Cathrine Schwader), her faculty advisor, and her project supervisor.

2. Description of the procedures to be followed and approximate duration of the study. Participants in the research will participate in semi-structured, key informant interviews, which will focus on their involvement in community food resource organizations. This interview will last no longer than an hour and be audio recorded.

3. Description of the discomforts, inconveniences, and/or risks that can be reasonably expected as a result of participation in this study. The only potential risk is being identifiable in the final report through your type of organization, but efforts will be made to ensure that any data included in the report will not lead back to the interviewees by making it as general as possible. If you feel uncomfortable you may end your participation in the interview at any time without penalty.

4. Description of how confidentiality will be assured and the limits to these assurances, if any. Your name and other personally identifying information will be kept confidential and signed consent forms will be kept separate from the interview responses.

5. Anticipated benefits resulting from this study. A. The potential benefits to you from participating in the study are having your opinions and the ability of your organization’s work and needs to be recognized by the community. The study may be helpful to increase your understanding of the current resources available to residents of NWA to access healthy foods.

B. The potential benefits to science and humanity that may result from this study are a greater awareness of the current food environment of NWA and what solutions are being used to address problems of food insecurity and access to healthy food. This study will provide information to food assistance organizations and individuals interested in increasing access to healthy food in NWA.

6. Alternative procedures. There are no alternative procedures to participation in the interview.
7. Contact information. If you have any questions about this study, you can contact the person(s) below:

<table>
<thead>
<tr>
<th>Cathrine Schwader</th>
<th>Dr. Ellen Fitzpatrick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinton School</td>
<td>Clinton School of Public Service</td>
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<tr>
<td>221 S. Locust Ave.</td>
<td>1200 President Clinton Ave.</td>
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<td>Fayetteville, AR 72701</td>
<td>Little Rock, AR 72201</td>
</tr>
<tr>
<td>479-899-1826</td>
<td>501-683-5200</td>
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<td><a href="mailto:cmschwader@clintonschool.uasys.edu">cmschwader@clintonschool.uasys.edu</a></td>
<td><a href="mailto:efitzpatrick@clintonschool.uasys.edu">efitzpatrick@clintonschool.uasys.edu</a></td>
</tr>
</tbody>
</table>

This study has been reviewed and approved by The University of Arkansas-Little Rock's Institutional Review Board (IRB). The IRB has determined that this study meets the ethical obligations required by federal law and University policies. If you have questions or concerns regarding this study please contact the Cathrine Schwader or Dr. Ellen Fitzpatrick. If you have any questions regarding your rights as a research subject, please contact the UALR Research Compliance Officer Rhiannon Morgan at 501-569-8657 or rmmorgan@ualr.edu.

8. Your rights as a volunteer. Your participation in this study is completely voluntary, and you may choose not to participate. You are free to withdraw from this study at any time with no penalty to you. Your responses will be confidential. If the results of this study were to be written for publication, no identifying information will be used.

STATEMENT BY PERSON/PARENT AGREEING TO PARTICIPATE IN THIS PROJECT

Please check both boxes, sign, and write in today’s date.

[ ] I have read this consent form, and all of my questions have been answered. I freely and voluntarily choose to participate in the research interview, and it has been explained that I will receive a signed copy of this form.

[ ] The information contained in this consent form has been adequately explained to me. All my questions have been answered and I freely and voluntarily choose to participate. It has been explained to me that I may withdraw my consent at any time without penalty.

_________________________          __________________________
Date                                      Signature

Consent obtained by (signature): __________________________________________

Print name and title: _____________________________________________________
Appendix E: Interview Questions

Thank you for your willingness to take part in this interview. The purpose of the interview is to explore your perceptions regarding the presence of food security in this community and how your organization is working to address it.

I’d like to begin by defining food security which has two parts: household and community food security. Although they are integrally connected, they are also quite separate situations. For example, a household may be food insecure, household members may not be able to afford to purchase food for a balanced diet from grocery stores or other healthy retail food outlets and they may have had to take several different actions to stretch their food or may have gone without food on numerous occasions. However, in the community, food may be affordable, available, and accessible through healthy food retail outlets. That is, community food security may not be a problem, but some households in the community may be food insecure.

I’d like to discuss these two issues separately. First, let’s talk about household food security:

1. Do you think that many households in the community have a problem with food security? What is the extent of the problem?

2. Why do you think that household food security is a problem? (That is, how do you see the problem manifest itself?)

3. How do people cope with the problem of food insecurity?

4. What are the contributing factors?

Now, let’s talk about the community:

5. Do you think that food is accessible, available, and affordable in the community? (Probe to explain how it is or is not.)

6. Are there differences in different parts of the community?

7. What do you think are the biggest problems related to food security at the community level? Why do you think these exist?

8. How does the community address food insecurity? What resources are in place to avoid the problem if it doesn’t exist?

9. What else could be done to improve the community’s problems with food insecurity?

10. Who are the key players?

11. Are alternative food sources easily accessible and used in the community? What are they? Who organizes them?
I also have a few questions on local food-related policies:

12. Are there any local ordinances or other policies that affect food production, distribution, and consumption? (e.g., zoning rules that affect supermarket development, food purchasing regulations for local schools or institutions, policies on the use of city-owned land for community gardens)

13. Are there any transportation policies that affect food access?

14. Are there any farmland preservation efforts?

15. Are there local funding sources for community food security-related activities?

16. Is there an integration of food-related issues into the community planning process?

Finally, I have a few questions on what your organization does to help address community and household food security.

17. Who do you serve? How many people utilize your services?

18. When can community members come to you for help?

19. What services do you provide?

20. How does this address the issue of food security?

21. When providing services, do you put much emphasis on providing healthy foods?

22. What do you consider healthy foods?

23. What are your plans for continuing to serve people? Is there a new program you’d like to start or perhaps expanding existing programs?

24. What do you need to be better able to serve community members?

25. What would you like to see change on the community level in order for everyone to be able to access enough healthy food for a balanced diet?
COLLABORATIVE INSTITUTIONAL TRAINING INITIATIVE (CITI)
HUMAN RESEARCH CURRICULUM COMPLETION REPORT
Printed on 10/29/2013

LEARNER
Cathrine Schwader (ID: 3126369)

DEPARTMENT
Clinton School

PHONE
N/A

EMAIL
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INSTITUTION
University of Arkansas at Little Rock

EXPIRATION DATE
10/28/2016

GROUP 1. SOCIAL AND BEHAVIORAL RESEARCH INVESTIGATORS AND KEY PERSONNEL

<table>
<thead>
<tr>
<th>COURSE/STAGE:</th>
<th>Refresher Course/2</th>
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<tr>
<td>PASSED ON:</td>
<td>10/29/2013</td>
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<tr>
<td>REFERENCE ID:</td>
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<th>REQUIRED MODULES</th>
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<tr>
<td>SBE Refresher 1 – Defining Research with Human Subjects</td>
<td>10/29/13</td>
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<td>SBE Refresher 1 – Privacy and Confidentiality</td>
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<tr>
<td>SBE Refresher 1 – Assessing Risk</td>
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<td>SBE Refresher 1 – Research with Children</td>
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<td>SBE Refresher 1 – International Research</td>
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<td>Biomed Refresher 1 – Instructions</td>
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<td>SBE Refresher 1 – History and Ethical Principles</td>
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<td>SBE Refresher 1 – Federal Regulations for Protecting Research Subjects</td>
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<td>SBE Refresher 1 – Informed Consent</td>
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<td>SBE Refresher 1 – Research with Prisoners</td>
<td>10/29/13</td>
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<td>SBE Refresher 1 – Research in Educational Settings</td>
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For this Completion Report to be valid, the learner listed above must be affiliated with a CITI Program participating institution or be a paid Independent Learner. Falsified information and unauthorized use of the CITI Program course site is unethical, and may be considered research misconduct by your institution.

Paul Bramschweiger Ph.D.
Professor, University of Miami
Director Office of Research Education
CITI Program Course Coordinator
CITI Collaborative Institutional Training Initiative

Human Research Curriculum Completion Report
Printed on 2/21/2012

Learner: Ellen Fitzpatrick (username: fitzpat)
Institution: University of Arkansas at Little Rock
Contact Information Clinton School of Public Service
1200 President Clinton Ave
Clinton School of Public Service
Little Rock, AR 72201 USA
Department: Clinton School
Phone: 501-683-5207
Email: efitzpatrick@clintonschool.uasys.edu

Group 1. Social and Behavioral Research Investigators and Key Personnel:

Stage 1. Basic Course Passed on 02/21/12 (Ref # 747754)

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<tr>
<th>Required Modules</th>
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<td>Introduction</td>
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<tr>
<td>History and Ethical Principles - SBR</td>
<td>02/13/12</td>
<td>4/4 (100%)</td>
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<td>Defining Research with Human Subjects - SBR</td>
<td>02/19/12</td>
<td>5/5 (100%)</td>
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<td>The Regulations and The Social and Behavioral Sciences - SBR</td>
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<td>Assessing Risk in Social and Behavioral Sciences - SBR</td>
<td>02/20/12</td>
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<td>Informed Consent - SBR</td>
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<td>5/5 (100%)</td>
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<td>Privacy and Confidentiality - SBR</td>
<td>02/21/12</td>
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<td>University of Arkansas at Little Rock</td>
<td>02/21/12</td>
<td>no quiz</td>
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Paul Braunschweiger Ph.D.
Professor, University of Miami
Director Office of Research Education
CITI Courses Coordinator

Return
MEMORANDUM

TO: Catherine Schwader, Dr. Ellen Fitzpatrick

CC: Rhiannon Gschwend, Research Compliance Officer

FROM: Dr. Elisabeth Sherwin, IRB Chair
        UALR Institutional Review Board

DATE: December 3, 2013

RE: IRB Request for Determination

Thank you for your recent Institutional Review Board Request for Determination (Protocol # 14-083) titled “Northwest AR Community Food Assessment.” We have reviewed this request and find that it meets the IRB’s criteria for protection of human participants. Your project has IRB approval from today until 12/2/14 and you are free to proceed with data collection. After this date, all interaction with human subjects and data collection for this project must cease.

Continuations
If you would like this study to continue unchanged for more than one year, you will need to submit a Request for Continuing Review 4 weeks prior to the above expiration date. Expired protocols will not be granted a continuation or extension by the IRB. Please note that if your original protocol was approved by review at a convened meeting, then your request for continuation or annual review must follow the same process.

Modifications to Approved Research
It is the responsibility of the PI (Principal Investigator) to notify the IRB if substantive changes to the research are desired. This would include, but is not limited to: modifications to recruitment strategies, the addition of new personnel to the study, changes in target population, or data collection methods. Any and
all changes to the study must be reviewed and approved by the IRB prior to implementation. Please submit a Request for Modification/Amendment form if you wish to modify your research. Changes implemented without IRB approval are in violation of 45 CFR 46 and UALR institutional policy.

**Data Storage and Retention**
Federal regulations require researchers to store data from human subject research in a secure manner for a period of three years after completion. All data, whether in electronic or paper format, must be maintained on the UALR campus and made accessible to the IRB, Compliance Office or other auditors as needed. The requirement applies to all consent and assent forms, receipts of incentives paid to subjects, and related documents. You are also required to maintain documentation of your IRB approval and all applicable ethics training. For questions about data storage and retention, please contact the Research Compliance Office.

**Adverse Event Reporting**
Principle Investigators are required to report unanticipated problems or adverse events involving human subjects to the IRB promptly. If you have an event to report, please document the incident and call the UALR Research Compliance Officer, Rhiannon Morgan, at (501) 569-8657. For regulatory guidance and definitions on adverse events and reporting timelines, please see the link below.

http://www.hhs.gov/ohrp/policy/advevntguid.html
Appendix B: Community Food Resource Map

https://mapsengine.google.com/map/u/0/edit?mid=zQ3u_e3KnbHY.kFGZAV-NMmfU
Appendix C: Donations with Dignity

Donations with Dignity:
Making Healthy Choices for Food Drives and Pantries

Shelf stable food items:

- Oatmeal
- Cream of Wheat
- Whole-grain pancake mixes
- Nut/seed butters (peanut, almond, sunflower)
- Broth – chicken, beef, fish, vegetable
- Brown Rice
- Quinoa
- Whole grain pastas
- Beans (brown, black, lima, lentils, chickpeas, etc.)
- Canned or tetra-packed tomato products (stewed, pasta sauces, tomato paste, etc.)
- Canned or tetra-packed soups
- Canned vegetables (low-sodium)
- Canned and/or cupped fruit packed in water (not syrup)
- Canned fish or meat
- Shelf-stable milk (dairy, soy and/or almond)
- Nut/seed butters (peanut, almond, sunflower)
- Canned and/or tetra packed stews, chili, and menu-starters (low sodium)
- Saltine crackers
- Pickles
- Granola bars (w/o icing and/or chocolate)
- Packaged cornbread/muffin mixes
- Spices

Other helpful items:

- Kitchen utensils
- Crock pots/Slow Cookers
- Pots, Pans, Cast Iron Skillets
- Casserole dishes
- Silverware (spoons, forks, knives)
- Culinary knives/graters
- Cutting boards
- Dish towels
- Cookbooks
## Appendix D: Community Food Resource Practices Matrix

<table>
<thead>
<tr>
<th>Organization</th>
<th>Location</th>
<th>Pantry or Meal</th>
<th>Days Open</th>
<th>Times Open</th>
<th>Offer Fresh Produce</th>
<th>Nutrition-Based Donation Guidelines</th>
<th>% Food from Donation/Purchase</th>
<th>Cooking Workshops</th>
<th>Nutrition Education Info Available</th>
<th>Usage Limit</th>
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<tbody>
<tr>
<td>First Presbyterian Church</td>
<td>901 NE J St. Bentonville, AR</td>
<td>Food Pantry</td>
<td>Saturdays</td>
<td>9 am – 11 am</td>
<td>Yes</td>
<td>No</td>
<td>15/85</td>
<td>No</td>
<td>Recipes</td>
<td>Benton County resident, once a month</td>
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<td>The Shepherd’s Food Pantry</td>
<td>Bella Vista, AR</td>
<td>Food Pantry</td>
<td>Fridays</td>
<td>10 am - 1 pm</td>
<td>Sometimes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Once a month</td>
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<td>Christian Life Center</td>
<td>Centerton, AR</td>
<td>Food Pantry</td>
<td>1st and 3rd Saturday 2nd &amp; 4th Wednesday</td>
<td>9 am – 11 am 5 pm – 7 pm</td>
<td>Sometimes if donated</td>
<td>No</td>
<td>1/99</td>
<td>No</td>
<td>No</td>
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<td>Holy Trinity Church</td>
<td>Rogers, AR</td>
<td>Food Pantry</td>
<td>Monday - Friday</td>
<td>9 am – 4 pm</td>
<td>Rarely</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Once every six months</td>
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<tr>
<td>Cornerstone Assembly of God</td>
<td>Rogers, AR</td>
<td>Food Pantry</td>
<td>Wednesdays</td>
<td>9 am – 3 pm</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No, but interested</td>
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<td>None</td>
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<td>First Church of the Nazarene</td>
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<td>10 am – 2 pm</td>
<td>Sometimes</td>
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<td>40/60</td>
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<td>Last Saturday of the month</td>
<td>9 am – 11 am</td>
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<td>No</td>
<td>5/95</td>
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<td>Rogers, AR</td>
<td>Food Pantry</td>
<td>Mondays &amp; Wednesdays</td>
<td>1 pm – 3 pm</td>
<td>Sometimes in summer</td>
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<td>1/99</td>
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<td>First Baptist Church</td>
<td>Rogers, AR</td>
<td>Pantry and Meal</td>
<td>Pantry on Mondays &amp; Fridays</td>
<td>10 am – 12 pm 11 am – 12:30 pm</td>
<td>Rarely, if donated</td>
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<td>50/50</td>
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<td>Once a month</td>
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<td>75/25</td>
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<td>Hunger &amp; Thirst Ministries</td>
<td>Siloam Springs, AR</td>
<td>Pantry and Meal</td>
<td>Pantry on Tuesdays &amp; Thursdays</td>
<td>Pantry: 9 am – 2 pm Bread &amp;</td>
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<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Every 30 days</td>
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</table>
| Organization                        | Location         | Type                  | Open Hours              | Produce Available: Monday - Friday Meals on Mondays - Thursdays | Produce: 9 am – 2 pm Meals: 11 am – 1 pm | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Recipes | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/No | Yes/NO | Yes/NO | Y
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<th>Service Type</th>
<th>Days</th>
<th>Hours</th>
<th>Online?</th>
<th>Take Home?</th>
<th>Distribution Model</th>
<th>Notes</th>
<th>Frequency</th>
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<td>Tuesdays</td>
<td>9 am – 11 am</td>
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<td>No</td>
<td>50/50</td>
<td>No, but interested</td>
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<td>Rogers, AR</td>
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<td>No</td>
<td>85/15</td>
<td>No, but working on it</td>
<td>Once every 30 days for pantry</td>
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<td>Pantry – 9 am – 11 am Meals: 10:30 am - 12:30 pm</td>
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<td>No</td>
<td>85/15</td>
<td>No, but interested</td>
<td>Once every 30 days for pantry</td>
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<td>Thursdays</td>
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<td>No</td>
<td>95/5</td>
<td>No, but interested</td>
<td>Once a month</td>
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<td>Pantry on Tuesdays &amp; Wednesdays Meals on Tuesdays</td>
<td>Pantry: 5 – 6 pm 9 am – 12 pm Meals: 5-6 pm</td>
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<td>3/97</td>
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<td>House of Hope</td>
<td>Springdale, AR</td>
<td>Food Pantry and Meal</td>
<td>Wednesdays &amp; Fridays</td>
<td>Pantry: 9 am – 2 pm Meals: 11 am – 12:30 pm</td>
<td>Rarely</td>
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<td>No</td>
<td>No</td>
<td>Once a month</td>
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<td>Helping Hands</td>
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<td>Monday - Friday</td>
<td>10 am – 3 pm</td>
<td>Sometimes</td>
<td>No</td>
<td>10/90</td>
<td>No, but interested</td>
<td>No, but interested</td>
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<td>3rd Saturday of the month</td>
<td>9 am – 12 pm</td>
<td>Sometimes</td>
<td>No</td>
<td>50/50</td>
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<td>No, but interested</td>
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<td>Organization</td>
<td>Location</td>
<td>Service Type</td>
<td>Operating Hours</td>
<td>Frequency</td>
<td>Notes</td>
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<td>Loaves N Fishes</td>
<td>Pea Ridge, AR</td>
<td>Food Pantry</td>
<td>Tuesdays &amp; 1st &amp; 3rd Wednesdays 9 – 11 am 4 – 6 pm</td>
<td>Yes</td>
<td>No 10/90 No No Twice a month</td>
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<td>Rogers, AR</td>
<td>Pantry and Meal</td>
<td>Meal on Tuesdays &amp; Thursdays 9 am – 12 pm 4 – 6 pm</td>
<td>Yes</td>
<td>No 20/80 No No, but interested Arkansas resident, once a month</td>
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<td>St. Vincent de Paul Catholic Church</td>
<td>Rogers, AR</td>
<td>Food Pantry</td>
<td>Mondays, Tuesdays, Thursdays, Fridays, Saturdays 4:30 – 6:30 pm 10 am – 12 pm 9 – 11 am 9 am – 12 pm</td>
<td>Yes</td>
<td>No 75/25 No No Benton county resident, once a month</td>
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<td>Servant’s Heart of NWA</td>
<td>Centerton, AR</td>
<td>Food Pantry</td>
<td>Wednesdays 1st &amp; 3rd Saturdays 11 am – 12:30 pm</td>
<td>No</td>
<td>No 65/35 No, but interested No None</td>
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<td>Southside Church of Christ</td>
<td>Rogers, AR</td>
<td>Meal</td>
<td>Thursdays 11 am – 1 pm</td>
<td>Sometimes</td>
<td>No 45/55 No No None</td>
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<td>Seventh-Day Adventist Church</td>
<td>Rogers, AR</td>
<td>Meal</td>
<td>Mondays 11 am – 1 pm</td>
<td>Yes</td>
<td>No Yes Yes None</td>
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<td>Bread of Life</td>
<td>Springdale, AR</td>
<td>Food Pantry</td>
<td>Wednesdays, Thursdays 2nd Tuesday 9 – 11:30 am 5 – 7:30 pm</td>
<td>Yes</td>
<td>No 5/95 No, but interested No, but interested Once a month</td>
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<td>Daily Bread</td>
<td>Springdale, AR</td>
<td>Meal</td>
<td>Wednesdays 10:45 am – 12:30 pm</td>
<td>Yes</td>
<td>No No, but interested No, but interested None</td>
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<td>First Baptist Church</td>
<td>Pea Ridge, AR</td>
<td>Food Pantry</td>
<td>Mondays Wednesdays 1 – 4 pm 9 am – 12 pm</td>
<td>No</td>
<td>No 20/80 No No Once a month</td>
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<td>First Baptist Church</td>
<td>Garfield, AR</td>
<td>Food Pantry</td>
<td>1st Tuesday 10 am – 2 pm</td>
<td>No</td>
<td>No 15/85 No, but interested No None</td>
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<tr>
<td>Community Thrift Store</td>
<td>Bentonville, AR</td>
<td>Food Pantry</td>
<td>Mondays 10 am – 12 pm</td>
<td>Sometimes</td>
<td>No Recipes Once every 30 days</td>
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<tr>
<td>Salvation Army</td>
<td>Rogers, AR</td>
<td>Food Pantry</td>
<td>Monday - Friday 10 am – 12 pm &amp; 1 – 3 pm</td>
<td>Sometimes</td>
<td>No 85/15 No Yes Zip code restrictions</td>
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<tr>
<td>Organization</td>
<td>Location</td>
<td>Type</td>
<td>Days/Hours</td>
<td>Frequency</td>
<td>Restrictions</td>
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<tr>
<td>Salvation Army</td>
<td>Springdale, AR</td>
<td>Pantry</td>
<td>Mondays, Tuesdays, Thursdays, &amp; Fridays 9 am – 12 pm &amp; 1 – 2 pm</td>
<td>Sometimes</td>
<td>No</td>
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<td>No</td>
<td>85/15</td>
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<td>Yes</td>
<td>Zip code restrictions</td>
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<tr>
<td>Salvation Army</td>
<td>Siloam Springs, AR</td>
<td>Pantry</td>
<td>Wednesdays 9 am – 12 pm &amp; 1 – 2 pm</td>
<td>Sometimes</td>
<td>No</td>
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<td>Yes</td>
<td>Zip code restrictions</td>
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<tr>
<td>Care and Share</td>
<td>Gravette, AR</td>
<td>Pantry</td>
<td>Tuesdays &amp; Fridays 9 am – 12 pm</td>
<td>No</td>
<td>No</td>
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<td>No</td>
<td>Must live in Gravette School District</td>
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<td>Grace Place</td>
<td>Lincoln, AR</td>
<td>Pantry</td>
<td>Tuesdays, Thursdays, Saturdays 6 – 8 pm 9 am – 12 pm 10 am – 2 pm</td>
<td>No</td>
<td>No</td>
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<td>No, but interested</td>
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<td>Recipes</td>
<td>None</td>
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<tr>
<td>Bethel Baptist Church</td>
<td>Bentonville, AR</td>
<td>Pantry</td>
<td>Tuesdays 9 – 11 am</td>
<td>Sometimes</td>
<td>No</td>
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<td>No</td>
<td>Recipes</td>
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<td></td>
<td></td>
<td></td>
<td>Once a month</td>
<td>None</td>
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<td>Piney Point Baptist Church</td>
<td>Rogers, AR</td>
<td>Pantry</td>
<td>Wednesdays &amp; Sundays 5:30 – 6:30 pm 10:30 am – 12 pm</td>
<td>Sometimes in the summer</td>
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