



# Food Assistance & Hunger in the Heartland 2021

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Rural Supplement for the  
Kansas Food Bank

# Food Assistance and Hunger in the Heartland 2021 Rural Supplement for the Kansas Food Bank July 2022

## Prepared for:

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## Suggested citation:

Chapman, D., McKelvey, B., Carlos Chavez, F. L., Hermsen, J., & Rikoon, J. S. 2022. Food Assistance and Hunger in the Heartland 2021: Rural Supplement for the Kansas Food Bank. University of Missouri, Interdisciplinary Center for Food Security, Columbia, MO.



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Funding for the project which produced the research included in this report was provided by the Kansas Health Foundation, Wichita, Kansas. The University of Missouri provided additional support.

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**Acknowledgement:**

We want to extend deep gratitude to each of the clients who agreed to participate in this study and share their stories. We hope this report lifts their voices and highlights the experiences of individuals facing food insecurity in our communities.

We would also like to acknowledge and extend our gratitude to the staff and volunteers at each of the participating food pantries who provided support in recruiting food pantry clients for this project.

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# Food Assistance and Hunger in the Heartland 2021

## Rural Supplement for the Kansas Food Bank

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## Executive Summary

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*Food Assistance and Hunger in the Heartland 2021: Rural Supplement for the Kansas Food Bank* includes findings from research conducted in the summer of 2021 by the University of Missouri Interdisciplinary Center for Food Security. The research aimed to better understand the circumstances of food pantry clients served in rural counties of the Kansas Food Bank service area. It involved implementation of an online and telephone survey completed by food pantry clients.

This report has been prepared for the Kansas Food Bank and includes results obtained from rural food pantry clients across 43 counties of the food bank's 85-county service area. All clients included in this study received services at a food pantry affiliated with the food bank. The study only included food pantries (i.e., grocery programs that distribute food for off-site consumption) and did not collect data related to meal or congregate feeding programs or other types of food bank programs.

A summary of key findings<sup>1</sup> from this study is included directly below. The main body of this report includes [Client Survey Key Findings](#) that provide more detail. The [Complete Study Findings](#), including all data from the study, is included at the end of the document.

### Client & Household Characteristics

#### Household composition

- 40% of all households have a least one adult over the age of 65.
- 35% have at least one child under 18 years of age.
- 13% have at least one child under six years of age.
- 16% of households with children are headed by a single adult.

#### Respondent demographics

- 85% of client respondents identify as Caucasian/White.
- 1% identify as African American/Black.
- 9% identify as Hispanic/Latino/Latina/Latinx.
- 76% of respondents identify as a woman.
- 3% live in temporary housing or are houseless.
- 87% have a high-school degree or higher level of education.

#### Veteran status

- 12% of households include someone who previously served in the U.S. Armed Forces, Reserves, or National Guard.

#### Employment and income

- 47% of households have at least one working adult.
- 30% of all households have a member who is working full-time.
- 52% of all households make \$15,000 or less per year.

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<sup>1</sup> Percentages in this section are rounded to the nearest whole number.

### Food pantry use

- 28% of households used a food pantry more than once a month in the summer of 2021.
- 33% of households used a pantry every month during the past year.
- 45% reported using a food pantry for more than two years.
- 40% of households get at least half of the food they consume in a typical month from a food pantry.

### Food security

- 69% of households experience food insecurity.
- 32% experience very low food security (indicated by disrupted eating patterns and reduced food intake).
- 36% experience low food security (indicated by reduced quality, variety, and desirability of diet).
- 31% experience marginal food security (indicated by anxiety over food sufficiency).

### SNAP eligibility and use

- 75% of households have incomes making them eligible for SNAP.
- Only 33% of client households have used SNAP in the previous year.

### Use of child nutrition assistance programs

- 33% of households with children five and under used WIC in the previous year.
- 71% of households with children under 18 participate in free or reduced-price breakfast or lunch.

### Health

- 41% of all households have a member with diabetes or pre-diabetes.
- 60% have a member with high blood pressure.
- 45% have a member with high cholesterol.
- 32% have a member without health insurance of any kind.

### Trade-offs

- 34% of households had to choose between paying for food and *medicine/medical care* in the past 12 months.
- 42% had to choose between paying for food and *utilities*.
- 28% had to choose between paying for food and *housing*.
- 33% had to choose between paying for food and *transportation*.
- 7% had to choose between paying for food and *education expenses*.
- 10% of those with children under 18 had to choose between paying for food and *childcare*.

### Coping strategies

- 67% of households purchased the least expensive food in the past 12 months, even if it was not the healthiest option.
- 40% purchased food in dented or damaged packages.
- 38% consumed food past its expiration date.
- 20% sold or pawned personal items.
- 8% watered down food or drinks.



# 1 Introduction and Background

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*Food Assistance and Hunger in the Heartland 2021: Rural Supplement for the Kansas Food Bank* includes findings from research conducted in the summer of 2021 by the University of Missouri Interdisciplinary Center for Food Security. The research aimed to better understand the circumstances of food pantry clients served in rural counties of the Kansas Food Bank service region. It involved implementation of an online and telephone survey completed by food pantry clients.

This report has been prepared for the Kansas Food Bank and includes results obtained from rural food pantry clients across 43 counties of the food bank's 85-county service area. Participants included food pantry clients that received services at a food pantry affiliated with the food bank in select counties. The study only included food pantries (i.e., grocery programs that distribute food for off-site consumption) and did not collect data related to meal or congregate feeding programs or other types of food bank programs.

This study was initiated by the desire to highlight rural client experiences in the Kansas Food Bank service area not captured by the broader *Food Assistance and Hunger in the Heartland 2021* study conducted in the region. The questionnaire used in the study matched the client survey questionnaire used in the broader study. The survey was also similar to previous client surveys utilized by Feeding America in their *Hunger in America 2014* study. More details about the client survey can be found in the [Study and Sample Design](#) section of this report.

## The Need for Food Assistance in Kansas

There is a critical need for food assistance of all types in Kansas. The USDA Economic Research Service<sup>2</sup> reports that 11.3% of all Kansas households were food insecure in 2020 (the most recent year for which data is available). More specifically, 6.2% of all Kansas households experienced *low* food security<sup>3</sup> and 5.1% experienced *very low* food security<sup>4</sup>. In total, this equates to approximately 318,000 Kansans who may sacrifice the quality, variety, nutritional value, or desirability of their diet or go hungry at times during the year.

Findings from *Food Assistance and Hunger in the Heartland 2021: Rural Supplement for the Kansas Food Bank* show that the issue is dramatically worse for those using food pantries. Researchers found that 69% of food pantry client households are food insecure. An estimated 36% of food pantry client households have *low* food security and 32% have *very low* food security.

The Kansas Food Bank and local hunger relief organizations play a vital role in providing food assistance. Their role is especially critical for those who are food insecure and may not qualify for federal nutrition assistance programs. Feeding America's *Map the Meal Gap*<sup>5</sup> shows that

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<sup>2</sup> USDA Household Food Security in the United States in 2020 report at <https://www.ers.usda.gov/publications/pub-details/?pubid=102075>.

<sup>3</sup> Indicated by "reduced quality, variety, and desirability of diet." From USDA Definitions of Food Security at <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/definitions-of-food-security/>.

<sup>4</sup> Indicated by "disrupted eating patterns and reduced food intake." From USDA Definitions of Food Security at <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/definitions-of-food-security/>.

<sup>5</sup> Feeding America Map the Meal Gap at <https://map.feedingamerica.org/>.

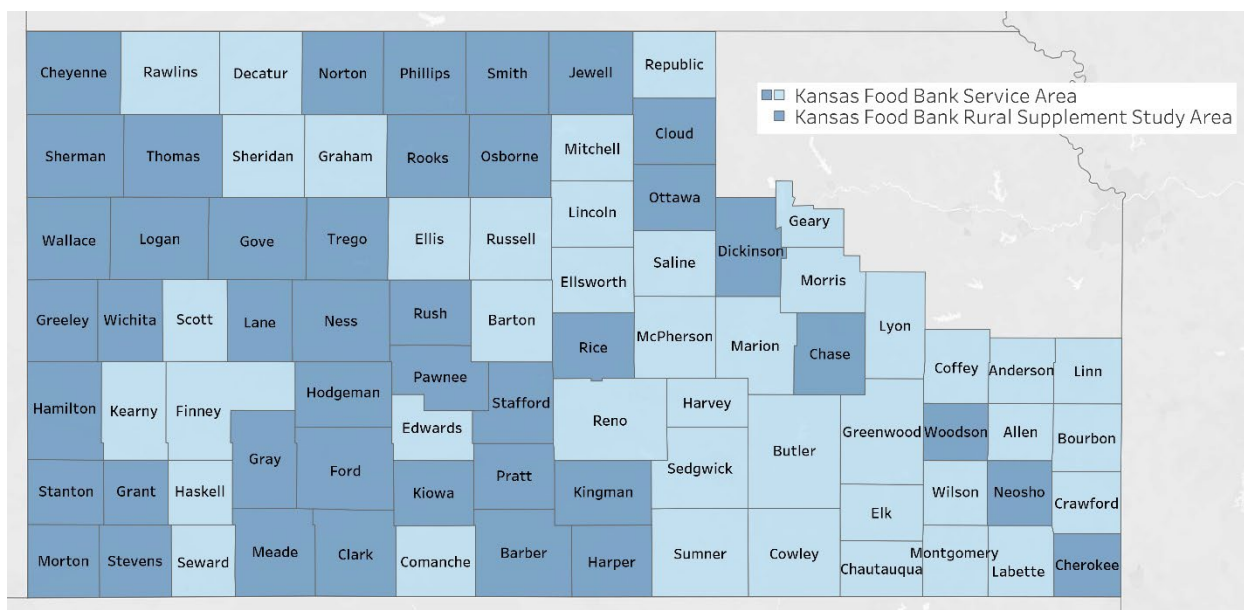
only 41% of food insecure individuals in Kansas have incomes below 130% of the Federal Poverty Level (FPL), making them eligible for the Supplemental Nutrition Assistance Program (SNAP) and other federal nutrition assistance programs. Moreover, 14% of food insecure individuals in Kansas have incomes between 130-185% of the FPL, making them ineligible for SNAP but still eligible for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and the National School Lunch Program (NSLP). The remaining 45% have incomes over 185% of the FPL, making them ineligible for SNAP, WIC, and NSLP.

## 2 Study and Sample Design

The *Food Assistance and Hunger in the Heartland 2021: Rural Supplement for the Kansas Food Bank* study involved implementation of a client survey at agencies within counties that were not included in the broader *Food Assistance and Hunger in the Heartland 2021* client survey sampling frame. The broader study sample for the client survey included 46 Kansas pantries that served at least 0.5% of all Kansas Food Bank clients. Pantries in the client survey component of the broader study represented 25 of the 85 counties in the food bank region. Smaller, more remote rural pantries were excluded because they did not meet the size threshold. However, the Kansas Food Bank requested an additional study of small, rural pantries. Those findings are reported here.

An initial group of 61 pantries, across 45 counties, were identified for participation in the rural supplement. Of those agencies, 57 agencies across 43 counties agreed to participate. Three agencies declined, and one did not respond to requests to participate by the Kansas Food Bank. Figure 1 provides a map of the Kansas Food Bank service area, as well as counties shaded in darker blue included in the rural supplement.

**Figure 1. Kansas Food Bank service area and counties included in the rural supplement**



Study and sample design for the broader *Food Assistance and Hunger in the Heartland 2021* study were led by the team of ICFS researchers and involved an advisory group composed of a representative from the Kansas Food Bank, the Feeding Missouri State Director, and at least one Feeding Missouri-affiliated regional food bank representative selected by their respective Executive Director.

Initial conversations about the study began in August of 2018 and an advisory group was formed in April 2019. Early discussions centered on the concept of conducting a client survey. Later discussions incorporated an agency survey. Planning meetings eventually led to a timeline that included a client survey to be conducted in the summer of 2020 and an agency survey to

be conducted in 2021. On March 18, 2020, ICFS researchers received notice from the University of Missouri Office of Research that all person-to-person research had to be paused or discontinued due to COVID-19 concerns. As a result, a new timeline was developed that included an agency survey conducted in the spring of 2021 and a client survey conducted in the summer of 2021.

The study and associated surveys were designed through an iterative process between ICFS researchers and the advisory group. Source materials included previous *Hunger in America* surveys and previous surveys used by ICFS. The client survey was finalized in May 2021.

The study only included agencies that provide grocery programs. These programs might include bricks-and-mortar food pantries, mobile food pantries, or food pantries located in schools or other institutions. Agencies that only offered meal programs were not included in the study.

### Client Survey

The client survey was adapted for clients of rural Kansas food pantries to self-complete through a secure online link. The survey obtained information on a host of individual and household characteristics. Every client who completed a survey was entitled to an incentive in the form of a \$10 check from the University of Missouri. The [Client Survey Key Findings](#) section includes the major themes of the client survey along with highlights from the results. Complete results from the client survey can be found in the [Complete Study Findings](#) section.

### Instrument Development

The client survey was developed by ICFS researchers with input from the advisory group. Virtual planning meetings were conducted with an advisory group between the winter of 2020 and spring of 2021. Advisory group members identified key content areas from Feeding America's *Hunger in America 2014*<sup>6</sup> survey for inclusion in the survey. In addition, they proposed new questions to address any gaps in knowledge or changes in programs. The survey was finalized and prepared for administration in Qualtrics in May 2021. Representatives from the Kansas Food Bank agreed to the use of the full client survey in the rural supplemental study in June 2021.

### Client Sampling

The project aimed to collect approximately 150 surveys from rural food pantry clients in the Kansas Food Bank service area. The study relied on a convenience sampling methodology among select agencies. Rural food pantries were identified as those serving less than 0.5% of all food pantry clients in the region (a minimum used for the client survey sampling frame of the broader study).

There was a three-step process for recruiting participants. The first involved obtaining permission to recruit participants from a representative at each food pantry included in the study through a secure online Qualtrics form. A representative of the Kansas Food Bank carried out this step by contacting food pantry representatives by phone or email while providing

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<sup>6</sup> Feeding America Hunger in America 2014 study at <https://www.feedingamerica.org/research/hunger-in-america>.

details to agencies about the rural study. The second step involved the distribution of recruitment cards to participating food pantries for distribution during their next scheduled food distribution. Recruitment cards were printed and sent to agencies or mobile distribution sites with their monthly food deliveries. The third step, involving recruiting participants on site at food pantries, is described in the [Client Survey Implementation](#) section.

### Staffing and Training

Implementation of the client survey was staffed by members of the University of Missouri ICFS research team. Project director, Darren Chapman, provided leadership for the study and was assisted by senior project coordinator, Bill McKelvey. Research team members from the broader *Food Assistance and Hunger in the Heartland 2021* study were utilized to assist with the completion of phone interviews and processing of incentive payments. All members of the team completed IRB training, with additional training on interviewing techniques provided by the project lead.

### Client Survey Implementation

A representative from the Kansas Food Bank was responsible for communications with agencies and obtaining permission to recruit participants at pantries from food pantry directors at selected rural locations for the study. Communications and tracking materials were developed by the University of Missouri ICFS team in partnership with representatives from the Kansas Food Bank.

Food pantry clients were recruited through the distribution of recruitment cards in food boxes during regularly scheduled monthly distributions at participating pantries. Participating food pantries received a set number of recruitment cards, based on the average number of households they had served monthly during the previous year. Agencies were instructed to distribute recruitment cards to all households that they served during a given distribution period, or until they ran out of recruitment cards during the set time. A total of 2,575 recruitment cards were printed and distributed to agencies in the study.

Recruitment cards included information on the purpose of the study, a unique identification number, information about incentive payments, and the multiple methods of participation. Three avenues for participation were provided on the recruitment card. Food pantry clients could scan a QR code that would take them directly to the secure online Qualtrics survey. Respondents could also navigate to the online Qualtrics survey by entering a bit.ly address into their preferred web browser. If clients preferred to take the survey by phone, a phone number was provided on the recruitment card for them to call to leave a message with their name and phone number for a call-back.

Most of the completed surveys were self-administered by respondents directly in Qualtrics via a secure link. In cases where clients requested a phone-interview, project interviewers directly entered survey responses for the client into the secure Qualtrics link while conducting structured interviews with clients over the phone. These different options were provided

primarily to accommodate client choice and promote broader participation in the rural client study.

Once the survey was completed, participants were able to identify if they would like to receive the \$10 incentive for their time. If they agreed, clients were immediately directed to a separate and secure online Qualtrics form that recorded their name and mailing address. The contact information was securely stored at the University of Missouri and processed for payment according to University of Missouri Accounting policies and procedures.

#### **Client Survey Translation**

The client survey was written in English and translated into Spanish. Clients were able to take the survey in either English or Spanish when self-administering the survey. Clients were also able to request phone interviews in both English and Spanish. 97.4% of respondents completed the survey in English and 2.6% in Spanish.

### 3 Client Survey Key Findings

During the period of July-October 2021<sup>7</sup>, a total of 344 food pantry client households receiving food at selected rural food pantries affiliated with the Kansas Food Bank responded to the client survey. The response rate based on cards distributed to food pantries for client recruitment was 13.4%. Table 1 provides details about completed surveys within the region, including the number and percent of surveys completed at each pantry included in the study.

**Table 1. Client survey responses by food pantry**

Food Pantry	County	n	%
Kiowa KFB Mobile	Barber	16	4.7%
Medicine Lodge KFB Mobile	Barber	7	2.0%
Chase Co. Care & Compassion	Chase	1	0.3%
City on a Hill	Cherokee	7	2.0%
Columbus Christian Center	Cherokee	7	2.0%
Share with Love Food Pantry	Cherokee	3	0.9%
Bird City Community Food Bank	Cheyenne	9	2.6%
Cheyenne Co. Food Pantry	Cheyenne	4	1.2%
Minneola KFB Mobile	Clark	25	7.3%
Cloud Co. Community Resource Center	Cloud	0	0.0%
Manna House of Prayer	Cloud	3	0.9%
Abilene Area Food & Clothing Center	Dickinson	11	3.2%
Family Resource Exchange, Inc.	Dickinson	3	0.9%
The Cedar House	Dickinson	0	0.0%
Lighthouse Baptist Church	Ford	2	0.6%
Manna House	Ford	13	3.8%
Salvation Army - Dodge City	Ford	0	0.0%
Gove Co. Food Pantry	Gove	10	2.9%
Ulysses KFB Mobile	Grant	8	2.3%
Gray Co. Ministerial Alliance Food Bank	Gray	1	0.3%
Greeley Co. Food Pantry	Greeley	0	0.0%
Syracuse KFB Mobile	Hamilton	0	0.0%
Cup O Grace Food Pantry	Harper	2	0.6%
Obadiah's Pantry	Harper	7	2.0%
Revolution Fellowship	Harper	3	0.9%

<sup>7</sup> Mention of “the past year” in this section is meant to generally include the summer 2020 – summer 2021.

Jetmore KFB Mobile	Hodgeman	7	2.0%
Jewell Co. Food Pantry	Jewell	7	2.0%
Kingman Area Ministries, Inc.	Kingman	0	0.0%
Kiowa Co. Food Bank	Kiowa	0	0.0%
Lane Co. Community Food Bank	Lane	1	0.3%
God's Food Pantry	Logan	7	2.0%
Meade Food Pantry	Meade	0	0.0%
Hands for Hope Foundation	Morton	1	0.3%
Gods Food Pantry	Neosho	7	2.0%
Ness City KFB Mobile	Ness	2	0.6%
God's Pantry of Norton	Norton	7	2.0%
Norton KFB Mobile	Norton	2	0.6%
Osborne UMC Food Pantry	Osborne	9	2.6%
Minneapolis KFB Mobile	Ottawa	12	3.5%
Tescott KFB Mobile	Ottawa	6	1.7%
Helping Hands Ministry	Pawnee	0	0.0%
Phillips Co. Ministerial Alliance	Phillips	25	7.3%
Pratt Co. Food Bank, Inc.	Pratt	7	2.0%
Northern Rice Co. Food Bank, Inc.	Rice	8	2.3%
Plainville Food Pantry	Rooks	14	4.1%
Stockton Food Pantry	Rooks	2	0.6%
La Crosse KFB Mobile	Rush	4	1.2%
Genesis Sherman Co.	Sherman	15	4.4%
Smith Center KFB Mobile	Smith	6	1.7%
Christian Church Food Bank	Stafford	6	1.7%
Johnson City KFB Mobile	Stanton	1	0.3%
Project Hope	Stevens	13	3.8%
Genesis - Thomas Co., Inc.	Thomas	9	2.6%
Trego Co. Food Pantry	Trego	7	2.0%
Wallace Co. Ministerial Association	Wallace	0	0.0%
Leoti KFB Mobile	Wichita	2	0.6%
First Christian Church of Toronto	Woodson	2	0.6%
Not Identified		13	3.8%
<b>Total</b>		<b>344</b>	<b>100%</b>



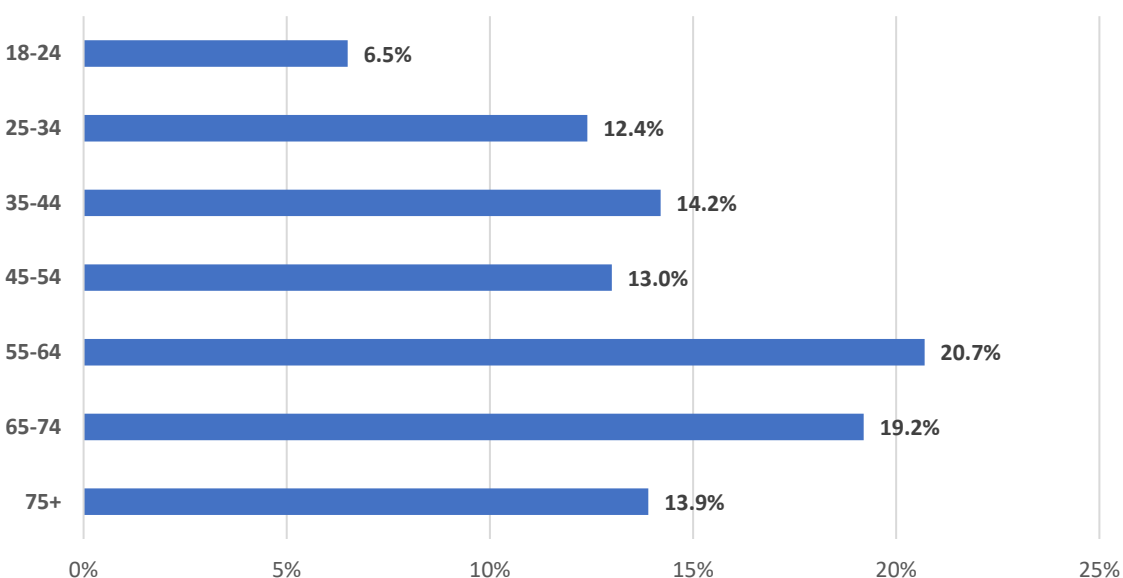
## Client Characteristics

This section provides information about the age, gender, education level, race, living situation, primary language spoken at home, and marital status of food pantry client households. Information about the presence of an active military member or veteran in the home is also included.

The majority of respondents (75.8%) identify as a woman, while 24.2% identify as a man. Over four-fifths (86.9%) have achieved a high school diploma or higher level of education.

Just over half (53.8%) of food pantry clients who participated in the survey were over the age of 54, with 33.1% of respondents over the age of 64. Figure 2 provides a detailed breakdown of client survey respondents by age.

Figure 2. Age of client survey respondents (N=338)



84.8% of clients that participated in the survey identify as Caucasian/White, 1.2% identify as African American/Black, and 9.3% identify as Hispanic/Latino/Latina/Latinx. A full breakdown of races and ethnicities of clients is noted in Table 2.

Table 2. Race and ethnicity of client survey respondents (N=335)

Race and Ethnicity	%
African American/Black	1.2%
Caucasian/White	84.8%
Hispanic/Latino/Latina/Latinx	9.3%
Native American or Alaskan Native	1.5%
Another identity	0.9%
Multiple identities	2.4%

The majority of respondents (92.2%) live in their own home. Some (4.8%) live in a household with other people or have a roommate, and 3% report being unsheltered or living in a temporary living situation.

English is the primary language spoken at home for 95.3% of clients. The next most common language spoken in 4.4% of homes is Spanish.

The largest percentage of clients (35.9%) report they are either married or in a domestic partnership. 16.5% report they are single and never married. Others report their status as divorced (18.9%), widowed (11.4%), not married but currently living with a partner (12%), or separated (5.4%).

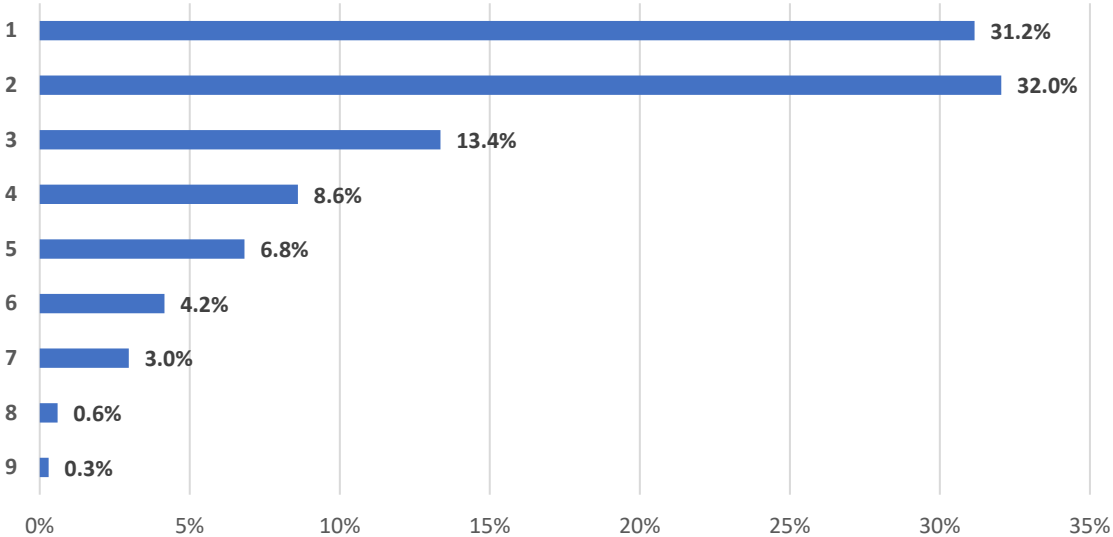
A very limited number of client households (0.3%) include someone who is currently serving in the military, while 11.7% of households include someone who had served in the US Armed Forces, Reserves, or National Guard in the past.

### Household Composition

This section includes information about client household size along with children and adults (including seniors) living in households.

Client households include 2.6 people on average, with 76.6% including three or fewer people. Figure 3 below includes additional details about the size of client households.

Figure 3. Household size (N=337)



In terms of the number of adults present in households, 36.7% have one adult and 51.2% have two adults. 40.1% of households include an adult who is over the age of 65.

35.4% of households include a child under 18 years of age. Of those households, 35.8% have a child that is five years of age or younger. 15.8% of households with at least one child under 18 years of age are headed by a single adult.

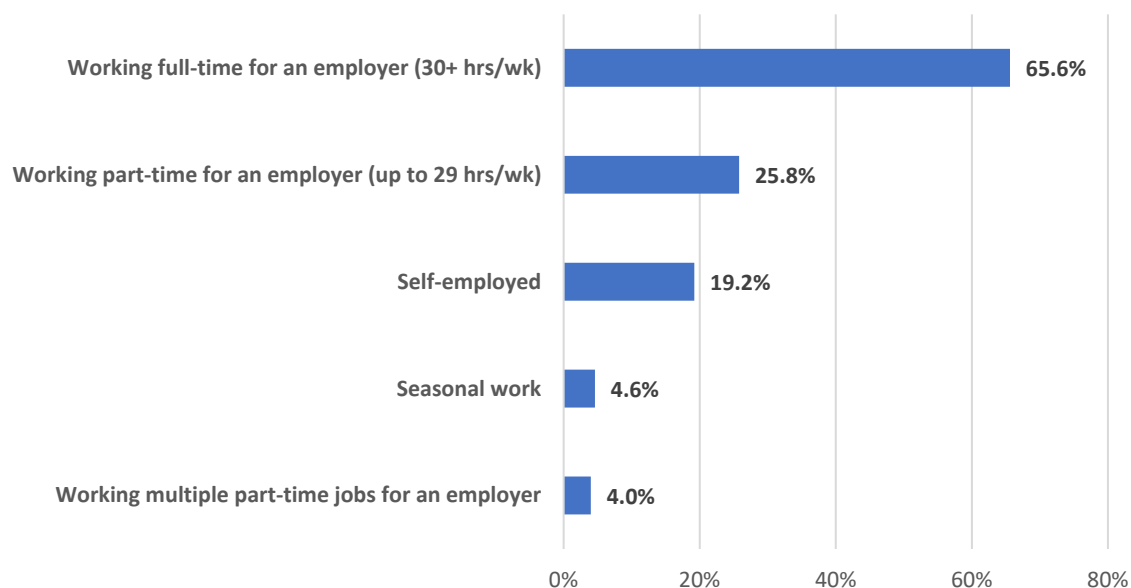
## Employment & Income

This section includes findings on the employment status of adults in households. Food pantry clients also provided information about their monthly and annual household income and additional sources of household income beyond employment.

Among all client households surveyed, 46.6% have at least one employed adult in the house. 9.5% of households have an adult in the household who is currently a student.

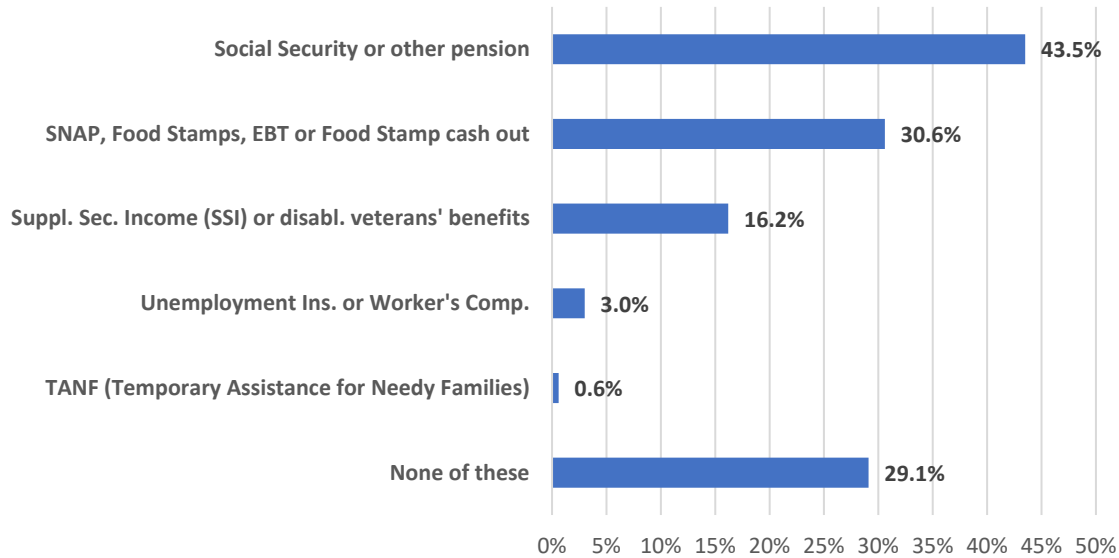
A closer look at the employment status of adult household members shows that 65.6% of households with a working adult have a member who is working full-time (30 or more hours per week). 25.8% of households with a working adult have a member who is working part time (less than 30 hours per week). The remainder of households with a working adult include someone who is self-employed (19.2%), employed in seasonal work (4.6%), or working multiple part-time positions (4%).

Figure 4. Types of employment for adults during the past year (N=151)



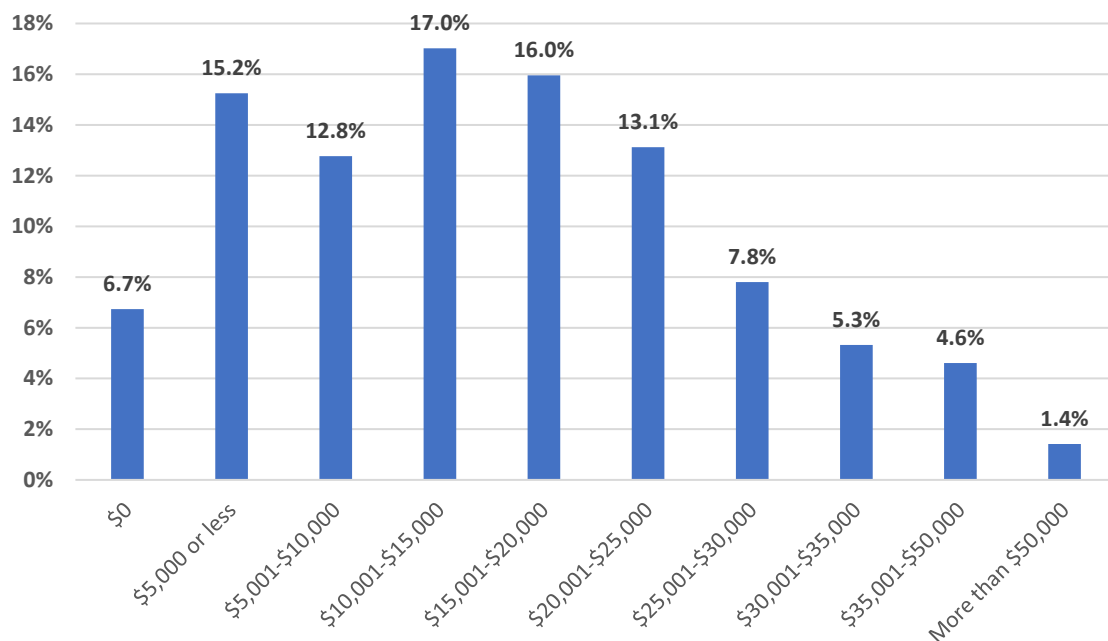
Food pantry client households rely on a variety of income sources other than employment. Nearly half of respondents (43.5%) receive income through Social Security or other types of pensions. Less than one-third of respondents (30.6%) receive income through SNAP and 16.2% receive Supplemental Security Income (SSI) or disabled veteran's benefits. Only a small fraction receive unemployment insurance or worker's compensation (3%) or support through the Temporary Assistance for Needy Families (TANF) program (0.6%). 29.1% do not receive support from any of the sources shown in Figure 5.

**Figure 5. Additional sources of household income received during the past year (N=333)**

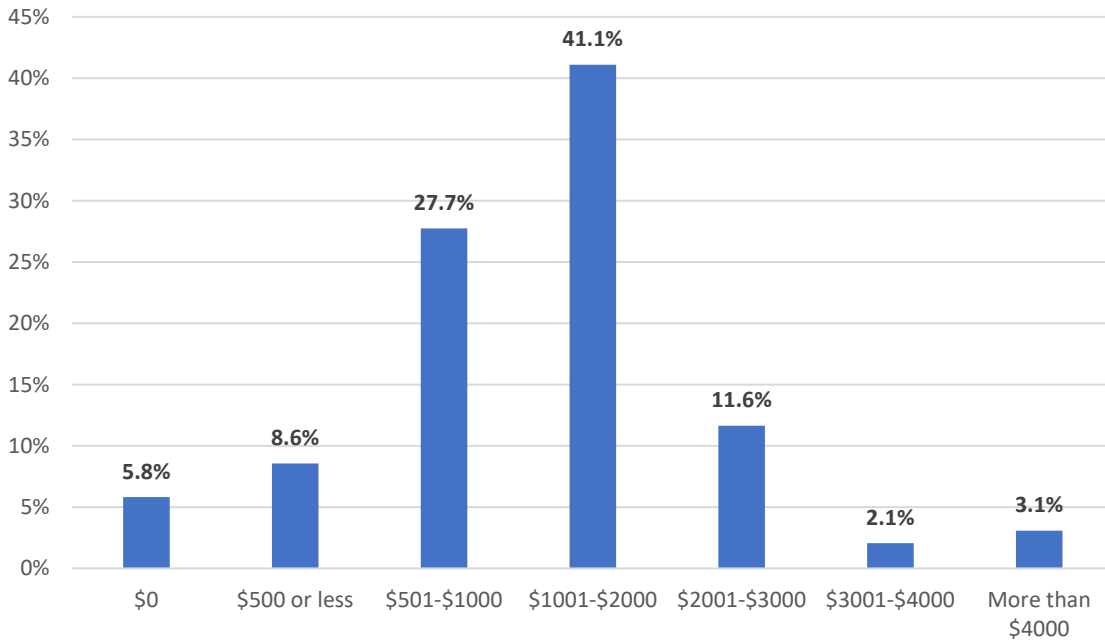


Four-fifths of households (80.9%) make \$25,000 or less in combined annual household income (from all income sources), while 22% of households make \$5,000 or less a year. 83.2% of households make \$2000 or less per month. Figure 6 and Figure 7 show more details about the annual and monthly income of food pantry client households. For information about monthly income relative to household size, and how that impacts SNAP eligibility, see the [Supplemental Nutrition Assistance Program \(SNAP\) Use](#) section below.

**Figure 6. Combined annual household income (N=282)**



**Figure 7. Combined monthly household income (N=292)**

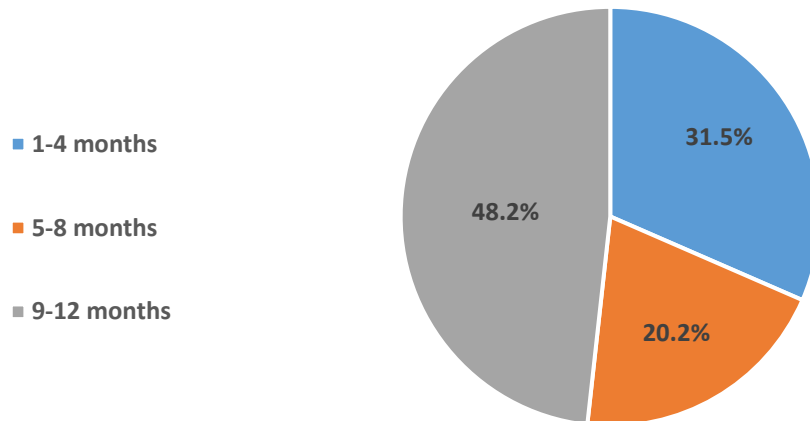


### Food Pantry Use & Preferences

The findings in this section show how often households used a pantry in the past year, how long they have used a pantry, and what may have prevented them using a pantry as often as they desired. In addition, people were asked how long food from the pantry lasts for their household and what programs or services other than food would be most useful to access at a pantry.

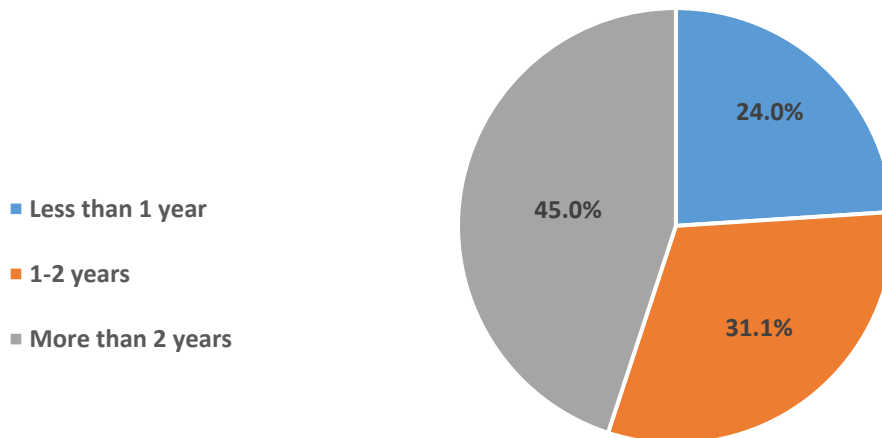
During the past year, 48.2% of respondent households utilized a food pantry nine or more months. A closer look shows that 33.3% households utilized a food pantry every month during the previous year. Figure 8 provides a complete breakdown of the frequency of pantry use during the past year. Study findings also show that just over one-quarter of households (28.4%) utilized a food pantry more than once during the previous month.

Figure 8. Number of months households used a food pantry during the past year (N=336)



In terms of the duration of food pantry use, 45% of households have used a food pantry for more than 2 years. Nearly a third of households (31.1%) have used a pantry for one to two years. About a quarter of households (24%) are new food pantry users, having used a pantry for less than a year. These households began using a pantry during the COVID-19 pandemic.

Figure 9. How long households have used a food pantry (N=338)

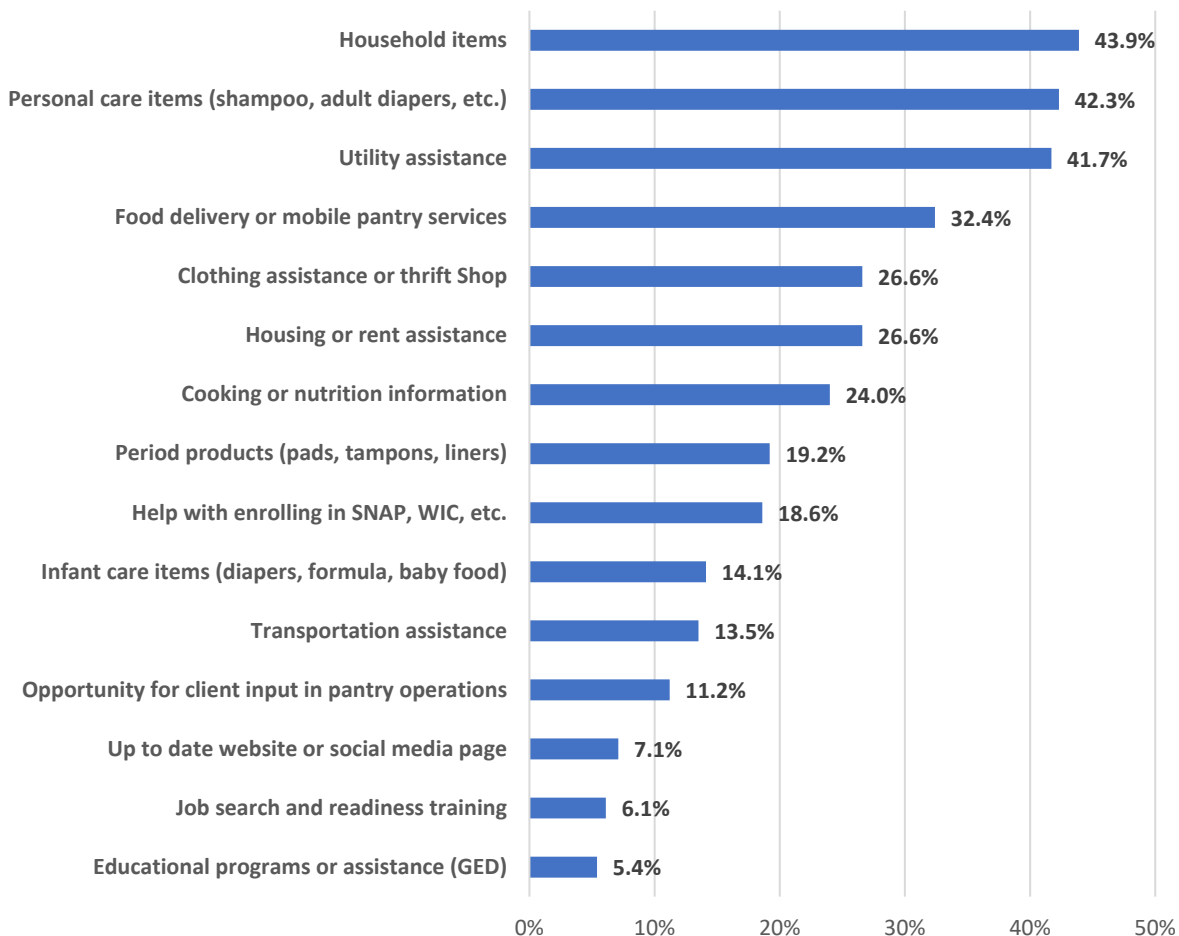


Clients also highlighted the role that pantry provisions play in the food consumed by their household during an average month. For 79.9% of households, at least a quarter of food consumed by the household in a typical month is obtained from a food pantry. For 39.5% of households, at least half of the food consumed in a typical month is obtained from a food pantry.

Roughly one-third (32.4%) of food pantry clients said there was a time they needed assistance but were not able to use the food pantry. Having already used the food pantry during a given period (44.9%) and a lack of transportation (43.9%) were the most common issue mentioned by clients, followed by hours of operation (35.7%).

Food pantry clients were given the chance to identify programs or services beyond food that would be helpful at an “ideal food pantry.” Figure 10 includes the results from this question. The top three results included household items (43.9%), personal care items (42.3%), and utility assistance (41.7%).

Figure 10. Most helpful programs or services other than food that could be offered (N=312)



## Food Security Status

This section includes a summary of results from the USDA-Economic Research Service U.S. *Household Food Security Module: Six-Item Short Form*<sup>8</sup> that was utilized for the study.

Findings show that rates of food insecurity are dramatically higher among food pantry client households when compared to all Kansas households. Based on this study’s findings, 68.8% of rural Kansas food pantry client households are food insecure (noted in yellow in Figure 11 below). In contrast, the most recent data from the USDA<sup>9</sup> shows that 11.3% of all Kansas

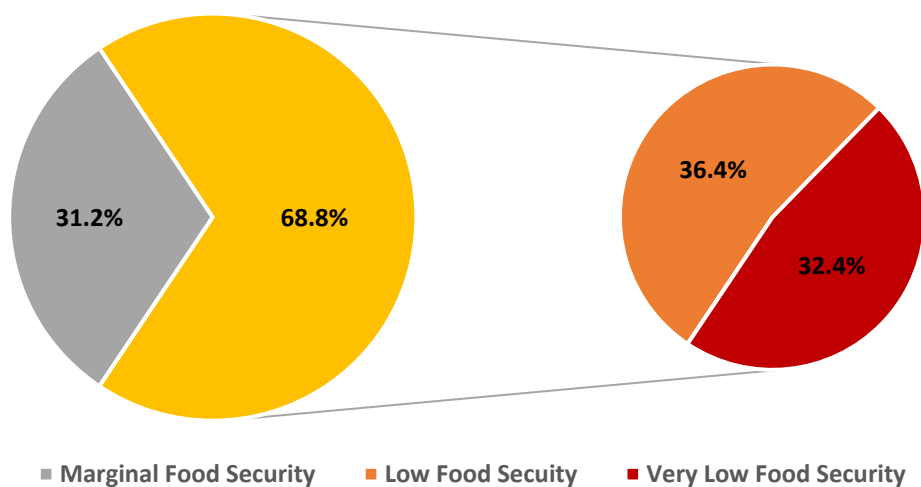
<sup>8</sup> USDA Survey Tools at <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/survey-tools/#six>.

<sup>9</sup> USDA Household Food Security in the United States in 2020 report at <https://www.ers.usda.gov/publications/pub-details/?pubid=102075>.

households are food insecure. The remainder of food pantry client households (31.2%) are considered to have marginal food security<sup>10</sup>, indicated by households having “anxiety over food sufficiency or shortage of food in the house<sup>11</sup>.”

Of the 68.8% of food insecure households, 52.9% have *low* food security, indicated by “reduced quality, variety, or desirability of diet”, and 47.1% have *very low* food security, indicated by “disrupted eating patterns and reduced food intake<sup>12</sup>.” This latter group of *very low* food secure households – those who truly don’t have enough food to meet their needs – make up 32.4% of all rural Kansas food pantry client households surveyed. By comparison, the *very low* food security rate for all Kansas households is 5.1%.

Figure 11. Food insecurity among food pantry client households (N=327)



## Trade-offs

People who are food insecure often struggle with affording other necessities of life. This section highlights the tough decisions that food pantry clients must make when it comes to paying for food or paying for essentials including medicine, utilities, housing, transportation, education expenses, and childcare. Table 3 below includes responses to the question, “In the past 12 months, have you or anyone in your household ever had to choose between paying for food and paying for...?”

<sup>10</sup> The remaining 31.2% of non-food insecure households may have reported 0, 1, or 2 indications of food insecurity. All were assigned to the “marginal food security” category by virtue of their presence at a food pantry, even if 0 indications of food insecurity were noted. According to USDA, food secure households have an “[a]ssured ability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies).” See USDA Food Security in the U.S. Measurement page at <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/measurement/>.

<sup>11</sup> USDA Definitions of Food Security at <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/definitions-of-food-security/#ranges>.

<sup>12</sup> USDA Definitions of Food Security at <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/definitions-of-food-security/#ranges>.



Paying for utilities poses the greatest trade-off challenge for most households (42.1%). This is followed by paying for medicine/medical care (34.3%), transportation (32.9%), housing (27.7%), and education expenses (7.2%). For households with children, 9.7% report having to choose between paying for childcare and food.

**Table 3. Food pantry client household trade-offs**

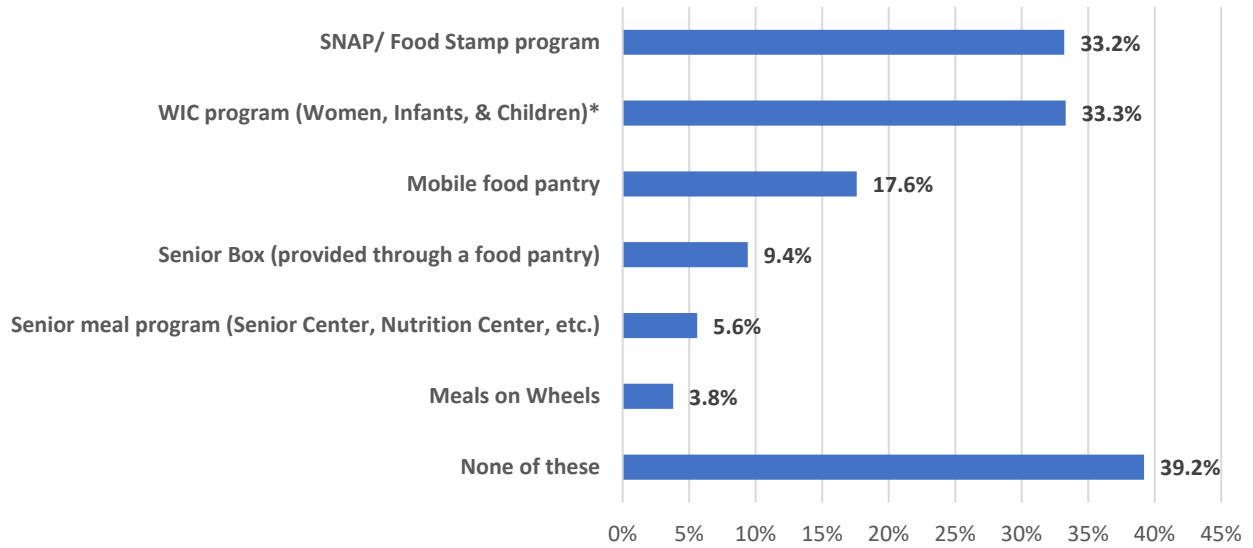
Trade-off	%	N
Medicine/Medical care	34.3%	303
Utilities	42.1%	311
Housing	27.7%	310
Transportation	32.9%	310
Education expenses	7.2%	304
Childcare (among HHs with children)	9.7%	113

**Additional Food Sources & Coping Strategies**

Those facing food insecurity use food pantries along with other programs and strategies to meet their food and nutrition needs. This section explores peoples’ use of federal and other food assistance programs in the past 12 months, including those focused on children. Findings also highlight the strategies clients use to make their food budget go farther.

The Supplemental Nutrition Assistance Program (SNAP) is utilized by the most households (33.2%). Other programs such as the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) (33.3% among households with children under five years of age), mobile food pantries (17.6%), and senior boxes (9.4%) were noted as well. Over one-third of households (39.2%) do not use any of the listed programs. Figure 12 provides details about the use of additional food assistance programs.

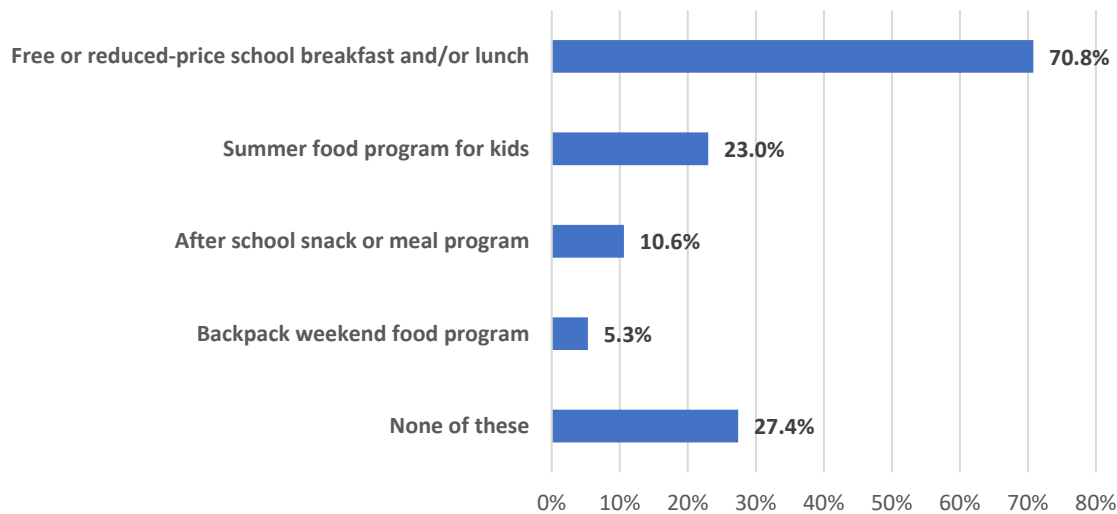
**Figure 12. Additional food assistance programs used by households in the past year (N=319)**



\* Percent of WIC participants among households with children under 5 years of age

Child nutrition programs provide important sources of food for households with children. For example, 70.8% of households with children participate in free or reduced-price breakfast or lunch programs. Summer food programs for children (23%), after school snacks or meals (10.6%), and backpack programs (5.3%) were noted as well. 27.4% of households with children do not use any of the listed programs.

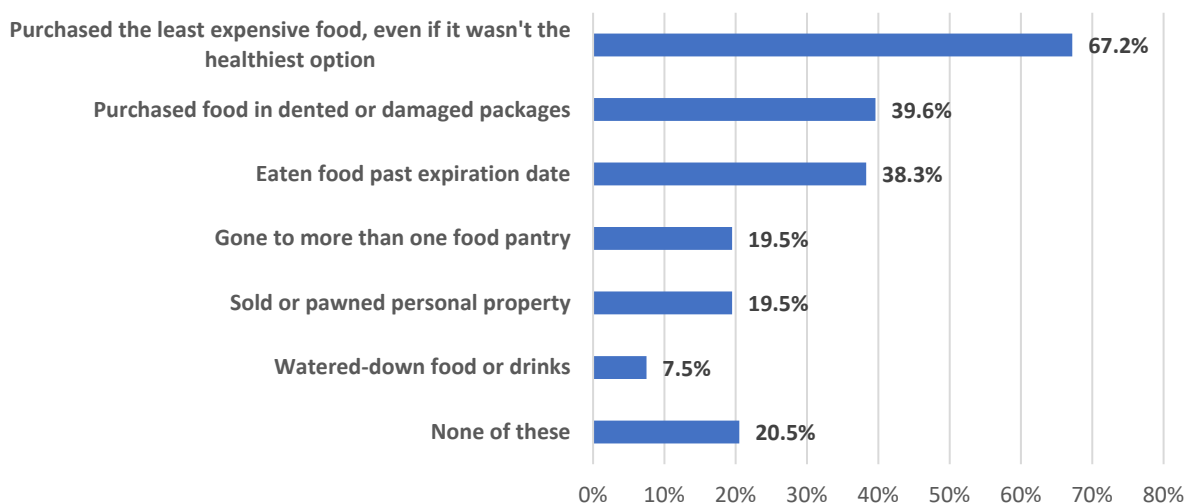
**Figure 13. Child nutrition program participation among households with children (N=113)**



Households use a variety of coping strategies to stretch their food budget. A majority of households (67.2%) noted purchasing the least expensive food, even if it was not the healthiest

option. 39.6% had purchased food in dented or damaged packages, and 38.3% ate food past its expiration date. Some households also reported that they had sold or pawned personal property (19.5%), gone to more than one food pantry (19.5%), or watered-down food or drinks (7.5%). Only 20.5% had not used any of the strategies listed.

Figure 14. Coping strategies utilized by households (N=308)



### Supplemental Nutrition Assistance Program (SNAP) Use

The Supplemental Nutrition Assistance program provides essential benefits to people facing or living with food insecurity. This section explores SNAP use among client households in detail. The findings center on household income eligibility for SNAP and reasons households may not use SNAP.

As noted in the previous section, 33.2% of households surveyed utilized SNAP at some point in the past 12 months. However, findings from this study indicate that an estimated 74.6% of food pantry client households are income eligible for SNAP. It is important to note that income is not the only qualification for SNAP. For example, households may only have up to \$2,500 in resources (or \$3,750 if everyone in the household is over 60 years of age or disabled) and meet other requirements to qualify.<sup>13</sup>

In Table 4 below, monthly household income is shown by household size. The orange boxes show the number of households who are income eligible for SNAP, using 130% of the Federal Poverty Level (the income threshold for SNAP) as the threshold. The table then tallies the number of SNAP eligible households and divides that number by the total number of households to provide the percentage of food pantry client households (74.6%) who are income eligible for SNAP.

<sup>13</sup> Kansas Department of Children and Families Food Assistance FAQs at <http://www.dcf.ks.gov/services/ees/Pages/Food/FoodAssistanceFAQs.aspx>.

Table 4. Estimated percentage of SNAP-eligible households (N=291)

Monthly Income	Household Size										Total HHs	SNAP Eligible HHs
	1	2	3	4	5	6	7	8	9	10+		
\$0	9	4	0	1	1	0	0	1	0	0	16	16
<\$500	4	9	5	4	2	1	0	0	0	0	25	25
\$501-\$1000	31	24	9	6	6	1	3	1	0	0	81	81
\$1001-\$2000	43	40	17	8	3	5	4	0	0	0	120	77
\$2001-\$3000	1	12	4	6	7	3	1	0	0	0	34	17
\$3001-\$4000	0	3	0	0	2	0	0	0	1	0	6	1
>\$4000	0	3	2	2	0	1	1	0	0	0	9	0
<b>Total</b>											<b>291</b>	<b>217</b>
												<b>74.6%</b>

Among all food pantry clients who do not use SNAP, 43.4% had applied but did not or no longer qualify for benefits. For those who did not qualify for SNAP, 61.7% said their income was too high to qualify and 8.6% said their assets were too high to qualify. Some reported exhausting the time period to receive benefits (2.5%), another reason (11.1%), or not being sure about why they didn't qualify (16%).

Among food pantry clients who hadn't applied for SNAP, 51% said they didn't think they were eligible. Others noted personal reasons (11.5%), an application process that is too difficult (7.7%), unfamiliarity with the program (7.7%), or another reason (22.1%).

### Health

Chronic health conditions and inadequate or no access to health insurance impact the overall quality of life of hundreds of thousands of people. In addition, social and economic factors can exacerbate health disparities. This section includes findings on the percent of households and household members who have diabetes, high blood pressure or hypertension, high cholesterol, and who lack health care coverage.

Among all food pantry client households surveyed, 40.9% percent of households include at least one individual with diabetes, 59.6% have a member with high blood pressure, and 44.5%

have a member with high cholesterol. Almost a third (32.3%) have a household member who lacks health insurance. Table 5 provides a summary of this information.

**Table 5. Health conditions among households (N=316)**

Health Condition/Circumstance	Households with condition present
Diabetes	40.9%
High blood pressure/Hypertension	59.6%
High cholesterol	44.5%
Lack of health insurance	32.3%

Findings from this study presented in Table 6 allow for a comparison with Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS) data<sup>14</sup> to understand how rates of health conditions among food pantry clients compare to all Kansans. For all but one of the health conditions explored, adults in food pantry client households fare worse than the general public. Diabetes impacts 26.9% of adults in food pantry client households, compared to 11.1% of all Kansas adults. Similarly, high blood pressure/hypertension impacts 40.5% of adults in client households, compared to 33.5% of all Kansas adults. Rates of high cholesterol were lower for adults in food pantry client households (30.9%) compared to all Kansas adults (34.9%).

While not directly comparable to BRFSS data, it is important to note that 18.4% of people in rural Kansas food pantry client households lack health care coverage.

**Table 6. Health conditions among adults (N=316)**

Health Condition	Adults in Food Pantry Client HHs	Kansas Average <sup>15</sup>
Diabetes	26.9%	11.1%
High blood pressure/hypertension	40.5%	33.5%
High cholesterol	30.9%	34.9%

<sup>14</sup> Centers for Disease Control and Prevention BRFSS Prevalence & Data at <https://www.cdc.gov/brfss/brfssprevalence/>.

<sup>15</sup> Kansas average is from CDC BRFSS Prevalence & Trends Data. Data are from most recent years available (2019 for high blood pressure and high cholesterol; 2020 for diabetes).

## 4 Complete Study Findings

This section includes the complete study findings for all questions asked in the client survey.

### Client Survey

#### Region Breakdown

Responses by Food Pantry				
	Recruitment Cards Sent	Completed Surveys	% of Completed Surveys	Response Rate
Kiowa KFB Mobile	48	16	4.7%	33.3%
Medicine Lodge KFB Mobile	42	7	2.0%	16.7%
Chase Co. Care & Compassion	46	1	0.3%	2.2%
City on a Hill	49	7	2.0%	14.3%
Columbus Christian Center	23	7	2.0%	30.4%
Share with Love Food Pantry	25	3	0.9%	12.0%
Bird City Community Food Bank	70	9	2.6%	12.9%
Cheyenne Co. Food Pantry	33	4	1.2%	12.1%
Minneola KFB Mobile	108	25	7.3%	23.1%
Cloud Co. Community Resource Center	61	0	0.0%	0.0%
Manna House of Prayer	25	3	0.9%	12.0%
Abilene Area Food & Clothing Center	78	11	3.2%	14.1%
Family Resource Exchange, Inc.	11	3	0.9%	27.3%
The Cedar House	18	0	0.0%	0.0%
Lighthouse Baptist Church	46	2	0.6%	4.3%
Manna House	70	13	3.8%	18.6%
Salvation Army - Dodge City	86	0	0.0%	0.0%
Gove Co. Food Pantry	31	10	2.9%	32.3%
Ulysses KFB Mobile	48	8	2.3%	16.7%
Gray Co. Ministerial Alliance Food Bank	26	1	0.3%	3.8%
Greeley Co. Food Pantry	23	0	0.0%	0.0%
Syracuse KFB Mobile	24	0	0.0%	0.0%
Cup O Grace Food Pantry	17	2	0.6%	11.8%
Obadiah's Pantry	52	7	2.0%	13.5%
Revolution Fellowship	30	3	0.9%	10.0%
Jetmore KFB Mobile	70	7	2.0%	10.0%
Jewell Co. Food Pantry	39	7	2.0%	17.9%
Kingman Area Ministries, Inc.	64	0	0.0%	0.0%
Kiowa Co. Food Bank	41	0	0.0%	0.0%

Lane Co. Community Food Bank	15	1	0.3%	6.7%
God's Food Pantry	29	7	2.0%	24.1%
Meade Food Pantry	23	0	0.0%	0.0%
Hands for Hope Foundation	57	1	0.3%	1.8%
Gods Food Pantry	99	7	2.0%	7.1%
Ness City KFB Mobile	45	2	0.6%	4.4%
God's Pantry of Norton	17	7	2.0%	41.2%
Norton KFB Mobile	30	2	0.6%	6.7%
Osborne UMC Food Pantry	34	9	2.6%	26.5%
Minneapolis KFB Mobile	73	12	3.5%	16.4%
Tescott KFB Mobile	48	6	1.7%	12.5%
Helping Hands Ministry	23	0	0.0%	0.0%
Phillips Co. Ministerial Alliance	57	25	7.3%	43.9%
Pratt Co. Food Bank, Inc.	67	7	2.0%	10.4%
Northern Rice Co. Food Bank, Inc.	78	8	2.3%	10.3%
Plainville Food Pantry	51	14	4.1%	27.5%
Stockton Food Pantry	26	2	0.6%	7.7%
La Crosse KFB Mobile	75	4	1.2%	5.3%
Genesis Sherman Co.	72	15	4.4%	20.8%
Smith Center KFB Mobile	24	6	1.7%	25.0%
Christian Church Food Bank	11	6	1.7%	54.5%
Johnson City KFB Mobile	36	1	0.3%	2.8%
Project Hope	56	13	3.8%	23.2%
Genesis - Thomas Co., Inc.	89	9	2.6%	10.1%
Trego Co. Food Pantry	26	7	2.0%	26.9%
Wallace Co. Ministerial Association	31	0	0.0%	0.0%
Leoti KFB Mobile	60	2	0.6%	3.3%
First Christian Church of Toronto	19	2	0.6%	10.5%
Not Identified		13	3.8%	
<b>Total</b>	<b>2575</b>	<b>344</b>	<b>100.0%</b>	<b>13.4%</b>

## Client Characteristics

<b>Age of respondent N=338</b>	
	<b>%</b>
18-24	6.5%
25-34	12.4%
35-44	14.2%
45-54	13.0%
55-64	20.7%
65-74	19.2%
75+	13.9%
<b>Total</b>	<b>100%</b>

<b>How would you describe your gender identity? N=339</b>	
	<b>%</b>
Woman	75.8%
Man	24.2%
Gender non-conforming/non-binary	0.0%
Another identity	0.0%
<b>Total</b>	<b>100%</b>

<b>What is the highest level of education you have completed? N=335</b>	
	<b>%</b>
Less than a high school diploma	13.1%
High school diploma or equivalent (GED)	41.5%
Some college, no degree	27.5%
Associate/Technical Degree (AA, AS)	11.0%
Bachelor's degree (BA, BS)	6.3%
Master's degree or Graduate Certificate (MA, MS, MPH, MEd)	0.6%
Professional or Graduate Degree (MD, DDS, DVM, PhD, EdD)	0.0%
<b>Total</b>	<b>100%</b>



<b>I identify as: N=335</b>	
	<b>%</b>
African American/Black	1.2%
Asian American/Asian	0.0%
Caucasian/White	84.8%
Hispanic/Latino/Latina/Latinx	9.3%
Native American or Alaskan Native	1.5%
Pacific Islander	0.0%
Middle Eastern or North African	0.0%
Another Identity	0.9%
Multiple identities	2.4%
<b>Total</b>	<b>100%</b>

<b>Which of the following best describes your current living situation? N=332</b>	
	<b>%</b>
Live in my own home (house, apartment, condo, trailer, etc.)	92.2%
Live in a household with other people (i.e., roommates)	4.8%
Live in a residential facility, nursing home, or supervised housing	0.0%
Temporarily staying with a relative or friend	0.9%
Temporarily staying in a motel or hotel	0.9%
Temporarily staying in a shelter or transitional living situation	0.0%
Live in car, van, or recreational vehicle/RV	0.6%
Living on the street, abandoned building, camping, or houseless	0.6%
<b>Total</b>	<b>100%</b>

<b>What is the primary language spoken at home? N=339</b>	
	<b>%</b>
English	95.3%
Spanish	4.4%
German	0.0%
Russian	0.0%
Chinese	0.3%
Vietnamese	0.0%
Korean	0.0%
Bosnian	0.0%
Hmong	0.0%
Arabic	0.0%
Another language	0.0%
<b>Total</b>	<b>100%</b>

<b>Are you currently...? N=334</b>	
	<b>%</b>
Married/ in a domestic partnership	35.9%
Not married but currently living with a partner	12.0%
Widowed	11.4%
Divorced	18.9%
Separated	5.4%
Single (never married)	16.5%
<b>Total</b>	<b>100%</b>

<b>Have you, or anyone in your household, ever served in the US Armed Forces, Reserves, or National Guard? N=333</b>	
	<b>%</b>
Currently serving	0.3%
Served in the past, but not now	11.7%
Never served in the military	88.0%
<b>Total</b>	<b>100%</b>

### Household Composition

<b>How many adults, 18 and older, live in your household? N=338</b>	
	<b>%</b>
1	36.7%
2	51.2%
3	5.9%
4	4.7%
5+	1.5%
<b>Total</b>	<b>100%</b>

<b>How many adults, over the age of 65, live in your household? N=339</b>	
	<b>%</b>
0	59.9%
1	30.1%
2	8.8%
3	1.2%
4	0.0%
5+	0.0%
<b>Total</b>	<b>100%</b>

How many children, 17 years of age or younger, live in your household? N=339	
	%
0	64.6%
1	13.6%
2	10.9%
3	5.9%
4	3.8%
5+	1.2%
<b>Total</b>	<b>100%</b>

Single Adult Headed Household w/ Children 17 and under		
	n	%
Yes	19	15.8%
No	111	
<i>Single adult household percentage taken in proportion to households with children 17 years of age and under</i>		

How many children, 5 years of age or younger, live in your household? N=120	
	%
0	64.2%
1	22.5%
2	9.2%
3	3.3%
4	0.0%
5+	0.8%
<b>Total</b>	<b>100%</b>

<b>Total Household Size N=337</b>	
	<b>%</b>
1	31.2%
2	32.0%
3	13.4%
4	8.6%
5	6.8%
6	4.2%
7	3.0%
8	0.6%
9	0.3%
10+	0.0%
<b>Total</b>	<b>100%</b>

<b>Average Household Demographics</b>		
	<b>Mean</b>	<b>N</b>
Total persons in household	2.6	337
Adults in household	1.8	338
Adults over 65 in household	0.5	337
Children under 18 in household	0.7	339
Children under 6 in household	0.6	120

## Employment & Income

<b>How many adults in the household are currently employed? N=335</b>	
	<b>%</b>
0	53.4%
1	30.7%
2	13.7%
3	1.8%
4	0.3%
5+	0.0%
<b>Total</b>	<b>100%</b>

<b>Are any adults in the household currently students? N=337</b>	
	<b>%</b>
Yes	9.5%
No	90.5%
<b>Total</b>	<b>100%</b>

<b>What category best represents the employment status of the adults in your household during the past 12 months? (Select all that apply) N=151</b>	
	<b>%</b>
Self-Employed	19.2%
Working full-time for an employer (30 or more hours per week)	65.6%
Working part-time for an employer (up to 29 hours per week)	25.8%
Working multiple part-time positions for an employer	4.0%
Seasonal Work	4.6%

<b>Please identify any additional sources of income that you, or anyone in your household, received during the last year? (Select all that apply) N=333</b>	
	<b>%</b>
TANF (Temporary Assistance to Needy Families)	0.6%
SNAP, Food Stamps, EBT or Food Stamp cash out	30.6%
Supplemental Security Income (SSI) or disabled veterans' benefits	16.2%
Social Security, or any kind of private, government, or military pension	43.5%
Unemployment Insurance or Worker's Compensation	3.0%
None of these	29.1%

<b>Which category best represents the combined monthly income of all members of your household who are 15 years of age or older during the last month? N=292</b>	
	<b>%</b>
\$0	5.8%
\$500 or less	8.6%
\$501-\$1000	27.7%
\$1001-\$2000	41.1%
\$2001-\$3000	11.6%
\$3001-\$4000	2.1%
More than \$4000	3.1%
<b>Total</b>	<b>100%</b>

Combined Monthly Household Income During the Last Month by Household Size												
	1	2	3	4	5	6	7	8	9	10+	Total	SNAP Eligible HH
\$0	9	4	0	1	1	0	0	1	0	0	16	16
\$500 or less	4	9	5	4	2	1	0	0	0	0	25	25
\$501-\$1000	31	24	9	6	6	1	3	1	0	0	81	81
\$1001-\$2000	43	40	17	8	3	5	4	0	0	0	120	77
\$2001-\$3000	1	12	4	6	7	3	1	0	0	0	34	17
\$3001-\$4000	0	3	0	0	2	0	0	0	1	0	6	1
> \$4000	0	3	2	2	0	1	1	0	0	0	9	0
<b>Total</b>											<b>291</b>	<b>217</b>
												<b>74.6%</b>

Which category best represents the combined annual income for your household from all sources during the last year? N=282	
	%
\$0	6.7%
\$5,000 or less	15.2%
\$5,001-\$10,000	12.8%
\$10,001-\$15,000	17.0%
\$15,001-\$20,000	16.0%
\$20,001-\$25,000	13.1%
\$25,001-\$30,000	7.8%
\$30,001-\$35,000	5.3%
\$35,001-\$50,000	4.6%
More than \$50,000	1.4%
<b>Total</b>	<b>100%</b>

### Food Pantry Use & Preferences

In the last month, how many times did your household get food from any food pantry? N=338	
Mean	1.6 times
	%
1	71.6%
2	20.7%
3	3.0%
4	2.1%
5+	2.7%
<b>Total</b>	<b>100.0%</b>

<b>In how many of the past 12 months did your household get food from a food pantry? N=336</b>	
<b>Mean</b>	7.6 months
	%
1	9.2%
2	7.1%
3	7.7%
4	7.4%
5	6.3%
6	5.4%
7	4.5%
8	4.2%
9	3.0%
10	8.9%
11	3.0%
12	33.3%
<b>Total</b>	<b>100.0%</b>

<b>How long have you or your household used a food pantry? N=338</b>	
	%
Less than 1 year	24.0%
1-2 years	31.1%
More than 2 years	45.0%
<b>Total</b>	<b>100.0%</b>

<b>During an average month, how many weeks does the food from the food pantry last you or your household? N=338</b>	
	%
1 week or less	21.6%
2 weeks	47.3%
3 weeks	18.0%
4 weeks or more	13.0%
<b>Total</b>	<b>100.0%</b>

<b>In a typical month, how much of the food consumed in your household do you get from food pantries? N=329</b>	
	<b>%</b>
At least half the food we consume	39.5%
Less than half, but more than a quarter	19.5%
Around a quarter	21.0%
Less than a quarter	12.8%
Only a tiny piece of what we consume	7.3%
<b>Total</b>	<b>100.0%</b>

<b>Has there ever been a time that you needed assistance getting food but were not able to use the food pantry? N=312</b>	
	<b>%</b>
Yes	32.4%
No	67.6%
<b>Total</b>	<b>100%</b>

<b>What prevented you from being able to access the food pantry? (Select all that apply) N=98</b>	
	<b>%</b>
Hours of operation	35.7%
Lack of transportation	43.9%
Already used the food pantry during a given period	44.9%
Didn't have necessary documents	4.1%
Embarrassed to use food pantry	9.2%
Wait time is too long at pantry	6.1%
Other	14.3%



<b>At an ideal food pantry, what programs or services would be provided that you would find most useful? N=312</b>	
	<b>%</b>
Cooking or nutrition information	24.0%
Clothing assistance or thrift shop	26.6%
Food delivery or mobile pantry services	32.4%
Help with enrollment in assistance programs (SNAP, WIC, Medicaid, etc.)	18.6%
Utility assistance	41.7%
Housing or rent assistance	26.6%
Transportation assistance	13.5%
Job search and readiness training	6.1%
Educational programs or assistance (GED)	5.4%
Household items	43.9%
Infant care items (diapers, formula, baby food)	14.1%
Period products (pads, tampons, liners)	19.2%
Personal care items (shampoo, adult diapers, toothpaste)	42.3%
Up to date website or social media page	7.1%
Opportunity for client input in pantry operations	11.2%

<b>What type of food products do you most want or need, but do not usually get from the food pantry? (Select up to THREE) N=301</b>	
	<b>%</b>
Fresh fruits and vegetables	62.8%
Prepared ready to eat foods (e.g., salads & sandwiches)	18.3%
Protein food items (meat/poultry/fish)	41.5%
Grains (bread, pasta, etc.)	11.6%
Dairy products (milk, cheese, yogurt)	42.9%
Savory snack foods (chips, cheese puffs, pretzels)	7.3%
Sweet snack foods (cakes, candy, pastries)	4.3%
Frozen meals	15.6%
Non-perishable packaged meal options (e.g., Beefaroni, mac & cheese, Hamburger Helper)	6.6%
Soups	4.0%
Sweetened beverages	5.0%
Baby food &/or formula	4.3%
Water	19.3%

## Food Security Status

<b>Food Insecurity Rates N=327</b>	
	<b>%</b>
Marginal Food Security	31.2%
Low Food Security	36.4%
Very low Food Security	32.4%
<b>Total</b>	<b>100.0%</b>

<b>How often were the following statements true for you or your household in the last 12 months?</b>					
	<b>Often true</b>	<b>Sometimes true</b>	<b>Never true</b>	<b>N</b>	<b>Total</b>
"The food that I/we bought just didn't last, and I/we didn't have money to get more."	31.4%	44.0%	24.5%	318	100%
"I/we couldn't afford to eat balanced meals."	29.2%	39.0%	31.8%	318	100%

<b>In the last 12 months, did you or anyone in your household ever cut the size of your meals or skip meals because there wasn't enough money for food? N=316</b>	
	<b>%</b>
Yes	46.5%
No	53.5%
<b>Total</b>	<b>100%</b>

<b>How often did this happen? N=137</b>	
	<b>%</b>
Almost every month	48.9%
Some months, but not every month	39.4%
In only 1 or 2 months	11.7%
<b>Total</b>	<b>100%</b>

<b>In the last 12 months, did you or anyone in your household ever eat less than they felt they should because there wasn't enough money for food? N=314</b>	
	<b>%</b>
Yes	43.3%
No	56.7%
<b>Total</b>	<b>100%</b>

<b>In the last 12 months, were you or anyone in your household ever hungry but didn't eat because you couldn't afford enough food? N=315</b>	
	<b>%</b>
Yes	28.6%
No	71.4%
<b>Total</b>	<b>100%</b>

### Trade-offs

<b>In the past 12 months, have you or anyone in your household ever had to choose between paying for food and paying for...?</b>				
	<b>Yes</b>	<b>No</b>	<b>N</b>	<b>Total</b>
Medicine/Medical care	34.3%	65.7%	303	100%
Utilities	42.1%	57.9%	311	100%
Housing	27.7%	72.3%	310	100%
Transportation	32.9%	67.1%	310	100%
Education expenses	7.2%	92.8%	304	100%
Childcare*	9.7%	90.3%	113	100%

\*Rates based on households with children under 17

### Additional Food Sources & Coping Strategies

<b>Do any children in your household currently participate in any of the following?</b>				
	<b>Yes</b>	<b>No</b>	<b>N</b>	<b>Total</b>
Free or reduced-price school breakfast &/or lunch program	70.8%	29.2%	113	100%
After school snack or meal program	10.6%	89.4%	113	100%
Summer food program for kids	23.0%	77.0%	113	100%
Backpack weekend food program	5.3%	94.7%	113	100%
School food pantry	0.0%	100.0%	113	100%
Children's mobile pantry	0.0%	100.0%	113	100%
None of these	27.4%	72.6%	113	100%

<b>People may use different sources to get the food they need. In the past 12-months, which of these resources have you or anyone in the household used to get the food you need?</b>				
	<b>Yes</b>	<b>No</b>	<b>N</b>	<b>Total</b>
SNAP/ Food Stamp program	33.2%	66.8%	319	100%
WIC Program (Women, Infant, & Children) *	33.3%	66.7%	42	100%
Senior Box (provided through a food pantry)	9.4%	90.6%	319	100%
Meals on Wheels	3.8%	96.2%	319	100%
Senior meal program (Senior Center, Nutrition Center, etc.)	5.6%	94.4%	319	100%
Mobile food pantry	17.6%	82.4%	319	100%
None of these	39.2%	60.8%	319	100%

\*Based on households with children under the age of 5

<b>What strategies have you, or anyone in your household, used to make your food budget go further over the past 12 months?</b>				
	<b>Yes</b>	<b>No</b>	<b>N</b>	<b>Total</b>
Sold or pawned personal property	19.5%	80.5%	308	100%
Eaten food past expiration date	38.3%	61.7%	308	100%
Purchased food in dented or damaged packages	39.6%	60.4%	308	100%
Purchased the least expensive food, even if it wasn't the healthiest option	67.2%	32.8%	308	100%
Watered-down food or drinks	7.5%	92.5%	308	100%
Gone to more than one food pantry	19.5%	80.5%	308	100%
None of these	20.5%	79.5%	308	100%

### Supplemental Nutrition Assistance Program (SNAP) Use

<b>During an average month, how many weeks do your SNAP benefits typically last you or your household? N=102</b>	
	<b>%</b>
1 week or less	13.7%
2 weeks	29.4%
3 weeks	42.2%
4 weeks or more	14.7%
<b>Total</b>	<b>100%</b>

<b>You indicated that you don't use SNAP/Food Stamps. What is the main reason you don't use this program? N=196</b>	
	<b>%</b>
Haven't applied	56.6%
Applied, but didn't/no longer qualify	43.4%
<b>Total</b>	<b>100%</b>

<b>What is the main reason for not applying for SNAP/Food Stamps? N=104</b>	
	<b>%</b>
Didn't think I was eligible	51.0%
Never heard of the program	7.7%
Personal reasons	11.5%
Too hard to apply	7.7%
Another Reason	22.1%
<b>Total</b>	<b>100%</b>

<b>What is the main reason for not qualifying for SNAP/Food Stamps? N=81</b>	
	<b>%</b>
Application issues/ application too difficult	0.0%
Assets too high	8.6%
Income too high	61.7%
Exhausted qualification	2.5%
Not sure	16.0%
Another reason	11.1%
<b>Total</b>	<b>100%</b>

## Health

<b>Would you say that in general your health is...? N=322</b>	
	<b>%</b>
Excellent	5.9%
Very Good	17.4%
Good	34.8%
Fair	34.2%
Poor	7.8%
<b>Total</b>	<b>100.0%</b>

<b>Negative Health Outcomes by Household</b>		
	<b>%</b>	<b>N</b>
Diabetes	40.9%	320
High Blood Pressure or Hypertension	59.6%	322
High Cholesterol	44.5%	317
Uninsured	32.3%	316

<b>Presence of Health Condition/Circumstance in Adults*</b>	
	<b>%</b>
Diabetes (among 580 adults)	26.9%
High Blood Pressure or Hypertension (among 582 adults)	40.5%
High Cholesterol (among 569 adults)	30.9%
Uninsured (among 814 adults & children)	18.4%
<i>*Rates of uninsured include adults and children in the household</i>	