

Culturally Appropriate Food Access in Montgomery County

Gap Analysis and Action Plan Report



Health Studies Department

COLLEGE of ARTS & SCIENCES • AMERICAN UNIVERSITY

Montgomery County Food Council
American University Capstone Team

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The success of our project relied heavily on guidance and assistance from many partners. We not only give credit to those listed below, but also to the stakeholders who participated in our surveys. The farmers, food assistance providers, and citizens of Montgomery County did not merely generate data and guide us to the further resources; they served as steadfast reminders of the ongoing battle to claim the right to food. We are continuously inspired by their unwavering determination.

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Introduction

Nutrition and prosperity are inextricably linked. As such, society attempts to ameliorate food insecurity in multiple ways: benefits programs such as the Supplemental Nutrition Assistance Program (SNAP), private charities, and civil society initiatives such as food banks. Many such food assistance programs exist in Montgomery County, Maryland. Some food security stakeholders have coordinated under the stewardship of the Montgomery County Food Council (MCFC) to form working groups and address five specific aspects of food insecurity: Food Recovery and Access, Food Economy, Food Literacy, Environmental Impact, and finally, the Food Security and Food Action plans. Included in the Food Recovery and Access Working Group's (FRAWG) objectives is to evaluate the supply and demand for culturally appropriate foods amongst foreign born populations within Montgomery County. In this endeavor MCFC partnered with a team of Public Health consultants from American University (AU), who accepted the task as part of their senior capstone, following a project proposal created by MCFC and Dr. Jolynn Gardner from AU (see Appendix A).

Methods

The capstone team conducted a SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis and organizational overview of MCFC (see Appendix B). The SWOT analysis and MCFC project proposal informed the team's VMOSA (Vision, Mission, Objectives, Strategies, and Action Plan) and Logic Model (see Appendix C), which provided guidelines for the project's activities.

The capstone team conducted both primary and secondary research. Much of the primary research took place in the form of informal interviews through phone calls and surveys. Lists of questions for food assistance providers, food assistance recipients, and local grocers were created through collaboration of the capstone team and edits from Dr. Jolynn Gardner at American University and Amanda Nesher and Catherine Nardi from MCFC.

Food assistance provider contacts were provided by Amanda Nesher at MCFC and Jenna Umbriac at Manna Food Center (see Appendix D). Members of the MCFC FRAWG listserv were also contacted. Contacts responded to questions over the phone, through a Google form survey, or through Qualtrics. A total of $n = 16$ responses were received from providers. Questions and responses for food assistance providers are recorded in Appendix E.

Food recipient answers were collected in person through survey administration at Silver Spring Christian Reformed Church food bank. A total of $n = 7$ responses were collected, one in Spanish and six in English. Questions and responses for food assistance recipients are recorded in Appendix F.

Grocer contacts were identified based on the Johns Hopkins University Maryland Food System Map (see Appendix D). The capstone team took a randomly generated sample, $n = 15$, of the 61 groceries classified as "international foods" by the Hopkins map. Two of the businesses were closed and one was listed under an invalid number, therefore the capstone team reached out to survey 12 grocers. No grocer responses were obtained; barriers are detailed in the limitations section. Questions for grocers are recorded in Appendix G.

Simultaneously, the capstone team conducted secondary research on the population of Montgomery County. The Self Sufficiency Standard tool provided an introduction to the largest foreign born populations in the county and where the largest need (geographically) exists in the county. To gain more insight about these foreign born populations in the county, the team researched common food ingredients and recipes from the countries of origin. Additionally, the team conducted a literature review of research and strategies used to address food insecurity and culturally appropriate food access in other communities in the US. Results from the primary and secondary research were synthesized to inform our gap analysis and action plan for MCFC.

Montgomery County Demographics

Montgomery County is a geographically large and diverse county located in Maryland, adjacent to Washington, DC. The county is one of the wealthiest counties in the United States, spans across nearly 500 square miles, and has a population of over 1 million (U.S. Census Bureau 2017). However, significant barriers to food access prevail, particularly for foreign-born populations and ethnic and racial minorities.

Montgomery County is a relatively food secure area; 6-8% of the population was food insecure in 2015 (Johns Hopkins, 2018). However, one third of the population is foreign born, this population is especially vulnerable to food insecurity. Looking at the population of Montgomery County, the most common countries of origin include: El Salvador, China, and India (Montgomery County Food Security Plan, 2017).

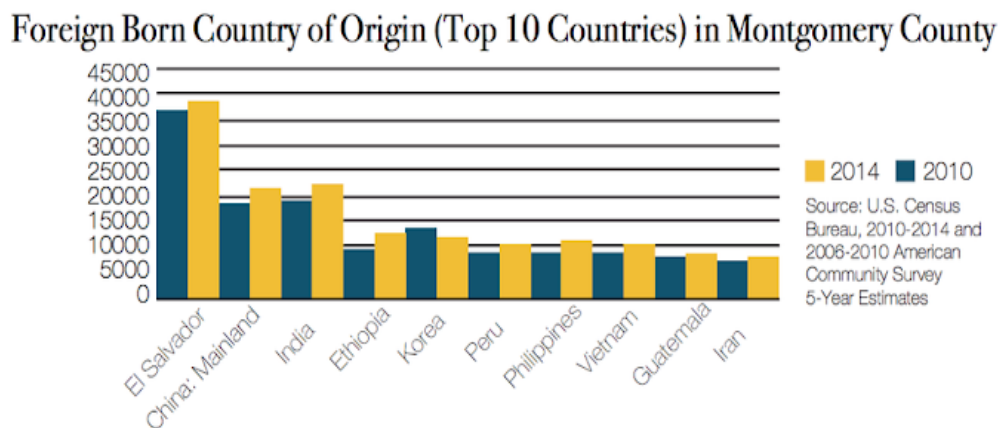


Figure 1: Foreign Born Country of Origin (Top 10 Countries) in Montgomery County for 2010 and 2014 (*Montgomery County Food Security Plan*, Montgomery County Food Council, 2017, p.14.)

The Self Sufficiency Standard is a tool developed by Montgomery County's Community Action Agency and CountyStat. This tool details the demographics of those in the county who fall below the Self Sufficiency Standard (SSS). SSS is a measurement of how much income a family needs to be able to sustain themselves with expenses, including food costs. Burden varies across different regions of the county, as well as by world area of birth (Self Sufficiency Standard, 2016). 59% of householders born in Latin America and 56% of householders born in Africa are below the SSS (Self Sufficiency Standard, 2016). Countries of origins with the highest rates of householders living below the SSS are El Salvador, Ethiopian, Peru, and the Philippines; over 40% of householders born in each of those countries are below the SSS (Self Sufficiency Standard, 2016). In certain regions of the county, these percentages are even higher. See Appendix H for graphs of percent below SSS by area of Montgomery County, World area of birth, and countries of origin.

Percent Below SSS by Top 10 Countries/Places of Origin

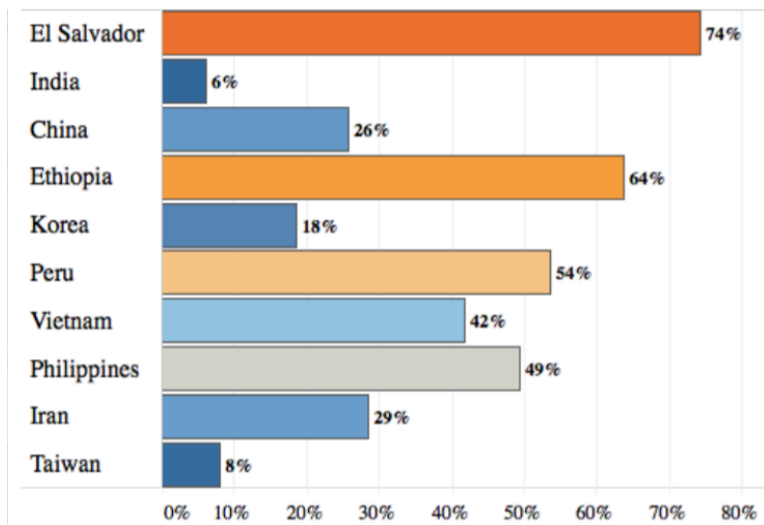


Figure 2: Percent Below SSS by Top 10 Countries/Places of Origin in Montgomery County (*Community Action: Self-Sufficiency Standard & the Interactive Self-Sufficiency Standard*, Montgomery County Government, 2018.)

Literature Review

Vulnerability of immigrant/foreign born populations

Among food insecure populations, significant numbers who face additional barriers are foreign born. One study concluded that food insecurity rates among immigrant families can be nearly triple that of non-immigrant families (Hofferth, 2004). However, specific ratios of foreign born representation among the food insecure population vary by geographic location. A recent study of immigrant families based in San Diego, CA by Greenwald (2017) examined the difference between immigrant and non-immigrant households in terms of food insecurity. In their study, there was no significant difference in food insecurity between populations; the study found that immigrant families were more likely to use food assistance services such as SNAP and food pantry assistance than non-immigrant families. Food insecurity in immigrant families was found to continue over time. Household size and poverty level are predictors of food insecurity (Greenwald, 2017). Similarly, Anderson, *et al.*, (2016) found that households with food insecure children were more likely to be recent immigrants. MCFC has recognized the need to connect with the foreign born populations to achieve its mission of providing food security to the county as a large portion of the county is foreign born (Montgomery County Food Security Plan, 2017).

Difference by culture

Different populations use various strategies to access traditional or desired foods. In a study conducted by Tang (2017), when it came to accessing traditional foods, word of mouth networking was the most efficient method noted among the target group of Eritrean mothers. The research team found that multicultural groups in the Edmonton community discussed where to buy preferred products such as organic or halal meat. Similarly, word of mouth was the marketing approach most successful in marketing East African specific food baskets to local populations (Washington Food Coalition, 2012). The Filipino population in the Tang study sought to maximize traditional food access by planting traditional foods in community gardens. The study noted these efforts to maintain traditional connection to the food but also admitted that the local Canadian options of more processed foods and inorganic meat were also blended into the diet over time (Tang, 2017). While national origin and years spent in the US were not valid predictors of food insecurity in the Greenwald study; national origin did impact dietary choices particularly in terms of fruit and vegetable intake (Greenwald, 2017). This is a natural reflection that dietary practices differ by cultural background due to traditional practices and available ingredients.

Differences in diet are also important to consider when discussing first and second generations of foreign born individuals. A 1995 study examined dietary shift between generations of Mexican-American women and found significant decline in the quality of diet (specifically a decrease in vitamins A and C, folic acid, and calcium) in the second generation. This decline is due to the adoption of a diet that resembled white non-Hispanic women, despite significant increases in education and income status (Guendelman & Abrams, 1995). Similarly, a study of Asian immigrants found that higher education level as well as greater English ability was found to increase acceptance of American diet practices. The study also noted changes in diet pre and post immigration and found an increase in cholesterol (particularly in saturated fats), a decrease in carbohydrate and fiber consumption. American diet practices such as incorporating butter and cheese may have been responsible for the fat increase, while limited access to culturally familiar noodles and bean products are expected to be responsible for the decrease in carbs and fiber. The most missed available product was fresh fish (Yang, 1996). A cross sectional analysis of Korean American Women born in both Korea and the US revealed that compared to Korean-born women, American-born women experienced increased fat intake level and lower levels of carbohydrates, vitamin C, beta-carotene, and sodium consumption.

American-born women ate less vegetables and fruits than those born in Korea (Park, 2005). This further supports evidence of dietary shifts upon immigration.

Food Profiles Research

As indicated in the Montgomery County demographics section, El Salvador, India, China, Peru, and Ethiopia make up a large percent of the foreign-born population in Montgomery County. Moreover, a high percentage of those from El Salvador, Peru, and Ethiopia live below the SSS. This suggested to the capstone team that these populations may make up a large percent of the population that food assistance providers serve. Therefore, the capstone team conducted preliminary research on common foods and diets in those countries.

- *El Salvador Food Profile*: Pupusas and tamales are the staples of El Salvadorian food. Other key ingredients in their diets include: maize, meat (pork and chicken), beans, and plantains. (Visit El Salvador, 2018)
- *India Food Profile*: Millet is the staple of diets in India. Other common foods include: rice, lentils, and a variety types of beans. (Toppa, 2015)
- *China Food Profile*: Both rice and noodles are staples of their diet. Pork, soy, and eggs are the major protein sources, while various vegetables like chinese cabbage and eggplant. (China Highlights, 2018)
- *Peru Food Profile*: Chicken, pork and fish are the main protein sources in Peru. Potatoes, maize, and beans are also cornerstones of Peruvian diets. (Dunnell, 2017)
- *Ethiopia Food Profile*: Injera, chicken, rice are major staples of Ethiopian cuisine. Cabbage and Chili Peppers are also common parts of meals. (Noll, 2017)

Barriers to food assistance

Language barriers are one of the most frequently cited limitations for participation (Greenwald, 2017; MCFC 2017). Similarly, there is a lack of knowledge around eligibility and opportunity to access services, which includes federal assistance for non-food related services as well such as health insurance and housing assistance (Altman & Becker, 2015; Greenwald, 2017). Cultural stigmas around receiving assistance can produce shame which is an additional barrier (Tang, 2017; Greenwald, 2017). Further barriers include difficulty for non-Christian recipients to utilize food access resources through religious organizations, or do pickup at churches (Greenwald, 2017). Fear about legal status is another barrier (Altman & Becker, 2015). These barriers have all been noted as barriers that continue for the target population in the Montgomery County Food Security Plan 2017 (Montgomery County Food Security Plan, 2017).

Limitations of food assistance reach

Beyond the limitations that prevent eligible populations access, food assistance providers face further limitations. Food assistance programs such as SNAP and WIC have limitations in the types and quality of foods they are able to provide; these programs provide mostly shelf stable foods, and tend to have limited fresh and healthy options (Greenwald, 2017). Among the food security programs described in the Greenwald study, food pantries were rated as least convenient and least likely to provide healthy and high quality food by survey respondents. Key informant interviews with food assistance providers suggest that the stigma of waiting in public to be served reduces utilization and satisfaction with these outlets (Greenwald, 2017). Being presented with unfamiliar foods or unfamiliar packaging are additional challenges to newcomers. Specific challenges include difficulty transitioning to using new cooking utensils (such as can openers), and transitioning from fresh to frozen produce and meats (Tang, 2017). Concerns also revolve around if the meat is halal (Greenwald, 2017).

Concerns of providers

Provider concerns frequently revolve around funding and sustainability, as many programs are grant based or rely on the changing political scene for funding (Greenwald, 2017; Edwards 2014). Providers also are concerned about the dietary changes seen in some populations, away from fresh foods towards processed foods of a typical American diet (Greenwald, 2017). Providers also have noted a lack of traditional foods to be a concern in establishing food security and thus have incorporated access to traditional foods into their definition of food security (Tang, 2017; Wilson, *et al.*, 2016).

Implementation recommendations from the literature

Methods to decrease these barriers include further outreach. Community engagement helps to develop culturally appropriate interventions, in particular using culturally adapted outreach materials and language accessible materials for recruitment and retention (Bender, 2013). Connecting with specific cultural groups with high risks of food insecurity can be facilitated by identifying a community navigator; this strategy was found to be effective in a Canadian study conducted by the Edmonton Multicultural Coalition to evaluate success of their community garden program among three “ethnocultural communities” (Tang, 2017).

In a compilation of best practices among Washington State food providers, the Asian Counseling and Referral Service was noted for being particularly successful in its approach to providing culturally appropriate foods such as tofu, soy milk, ramen, fish and rice. While these are not common products in the donation stream the provider makes an effort to purchase them specifically. Additionally bilingual staff, who cover over 30 languages, and who are representative of the community serves provide this agency with an extra advantage to increase community engagement and accessibility. The agency also has adopted a client choice model to decrease the foods thrown away and better the experience of food assistance (Washington Food Coalition, 2012)

Similarly, the Lifelong AIDS Alliance provided outreach to the East African community by developing a special foods bag that includes staples of the traditional diet such as injera (flatbread) along with fruits, vegetables and proteins. The special foods bag was a success due to the partnership with local Ethiopian grocery store which helped identify and donate the culturally specific foods. Success has spread through the community via word of mouth (Washington Food Coalition, 2012).

A 2014 analysis determined trends and best practices among food distribution systems and was conducted to guide philanthropic investment in North Carolina. By researching four food banks in North Carolina, one in Georgia, one in Maryland, one in Minnesota and two in New York, key areas of need were identified in order as: financial support, quantity of food and cold storage. Additionally, barriers included: recruitment and coordination of volunteers, fundraising assistance, transportation of food, need for equipment and facilities, staff and volunteer training and development, technology, engagement of the board members, quality of foods, coordination and connectivity of programs, navigating rules and regulations (Edwards, 2014).

General best practices were identified, those that pertain to this project’s mission are: Enhance coordination through geographic zoning. Increase the amount of fresh foods and proteins received and distributed by increasing farmer and farmers market partnerships. Facilitate client choice pantries. Develop mobile food pantries to reach out to hard to serve populations. Encourage cash donations to purchase the needed and desired foods (Edwards, 2014). Some of the practices are already in process amongst the MCFC partners such as Manna Food Center.

Further Recommendations Specific to this Project from the Edwards study include:

- Develop positive relationships with grocery chains and large corporate chains to donate goods. In addition, build relationships with trucking companies. (Second Harvest Food Bank of Metrolina; Charlotte NC)
- Have Food Banks partner closely with Food Pantries to increase community engagement and cultural competency. Local community members may be pathways to future donors. (Food Bank of Central and Eastern North Carolina; Raleigh, NC)
- Engage with the community by facilitating culinary training programs and community kitchens, as this is a way to promote food access, nutrition and share skills. (Inter-Faith Food Shuttle; Raleigh, NC)
- Expand capacity to receive fresh foods as they are more popular in grocery stores and will likely be donated at higher rates. (Second Harvest of South Georgia; Valdosta, GA)
- Engage the community and make food more accessible to recipients from different cultures by offering cooking demonstrations. (Maryland Food Bank; Baltimore, MD)

Research Recommendations

Groups of leading organizations and concerned citizens tackling food insecurity work together to implement community food security strategies. Community food security extends beyond access to affordable foods to include safe, nutritious, and culturally appropriate foods (Wilson, *et al.*, 2016). Many of the research methods employed by other counties include surveys, key informant interviews and Geographical Information System (GIS) mapping.

When collecting data on residents' access to food, previous research strategies involved surveying individuals at several locations throughout neighborhood, including senior centers, community association meetings, WIC sites, and other popular areas (Smith, *et al.*, 2009). Researchers performed key informant interviews with emergency food assistance agencies, including regional food banks, local pantries, school gardens, mobile markets, and food cooperatives, on their knowledge of recipients' food preferences, access to healthy, culturally appropriate and affordable food, among other key topics (Wilson, *et al.*, 2016). In addition, food and hunger committee stakeholders were contacted regarding research on community food security, through semi-structured interviews or surveys (Wilson, *et al.*, 2016). Research methods have also involved surveying consumers at grocery stores and other various food providers on food preferences, access, and affordability (Jackson and Union County, 2011). Finally, researchers also interviewed food assistance recipients regarding their food shopping habits, food consumption habits, transportation methods, and access to cooking and storage facilities (Jackson and Union County, 2011).

When identifying and researching food suppliers, previous studies have employed research methods including GIS mapping of food deserts (Luke, 2015) and food providers/retailers (Grauel & Chambers, 2014). Researchers often followed up on GIS mapping by canvassing streets to identify food stores by site (Smith, *et al.*, 2009). Researchers asked residents during data collection of any nearby food stores. This instance of community engagement is important in truly understanding and addressing the assets and needs found within communities. Finally, researchers surveyed grocery store managers in order to understand consumers' access to food and any perceived barriers (Jackson and Union County, 2011).

Additional Research Resources

The Community Food Assessment (CFA) conducted by the Jackson and Union County CFA Team provided a good example of a survey tool for consumers/recipients and a survey tool for grocery store managers (Jackson and Union County, 2011). The survey may act as a template for future research on food assistance providers' knowledge of and recipients' access to culturally appropriate food. Furthermore, many research methods found in the literature were based off the U.S. Department of Agriculture's Community Food Security Assessment (CFSA) toolkit (Cohen, *et al.*, 2002). The USDA CFSA includes guides for profiling community food resources and materials for assessing community food security, including household food security, food resource accessibility, food availability and affordability, and community food production resources. This appeared to be the foundational "gold standard" for community food security research methods. Depending on the scope and focus of future studies, combinations of these research strategies may be employed to gain the appropriate data needed.

Survey and Interview Findings

Food Assistance Providers Survey Results

The capstone team created a survey to be administered to food assistance providers in Montgomery County. Respondents to the survey play a variety of roles in food assistance provision in Montgomery County. Most of the organizations have a food pantry open once a month or on a weekly basis. The food pantries were either mobile or stationary. Many organizations said they engage with the community to learn about their food needs. Some of the other respondents were not traditional food assistance providers, such as the Maryland National Capital Park and Planning Commission, which provides public land and park space for people to grow their own food, and the Montgomery Department of Health and Human Services, which provides grants to non-profit organizations to do food recovery and provide food assistance to community members dealing with food insecurity.

Questions in the survey asked about: the providers' experiences providing food, including culturally appropriate foods; the barriers providers faced in accessing and distributing foods; providers' perspectives on food assistance recipients' desires for culturally appropriate foods and barriers to access; and providers' knowledge of the foreign born people within their food assistance recipient population.

Seven of the sixteen questions were highlighted for further analysis and are presented below. The complete survey and answers for food assistance providers can be found in Appendix E.

Question 5: What barriers do your clients encounter in accessing culturally appropriate food?

- ❖ Many providers listed clients' lack of financial resources as a barrier to accessing culturally appropriate food.
- ❖ Providers also noted distance to markets that carry cultural foods and limited means of transportation as barriers.
- ❖ Some providers noted that when foods are donated, the donors often do not account for culturally appropriate food.

Question 6: What are the most common (3-5) foreign-born populations that you serve?

- ❖ *South and Central America (17)*: Hispanic, not specified (5), Latino, not specified (4), Guatemala (2), El Salvador (2), Caribbean (2), Central America (1), Haiti (1)
- ❖ *Asia (11)*: Asian, not specified (3), Vietnamese (3), Chinese (3), Pacific Islands (1), Korea (1)
- ❖ *Africa (8)*: African, not specified (6), African American (1), Ethiopia (1)
- ❖ *Europe (2)*: Romanian (1), Caucasian, not specified (1)
- ❖ *Middle East (2)*: Middle East, not specified (1), Kosher (1)

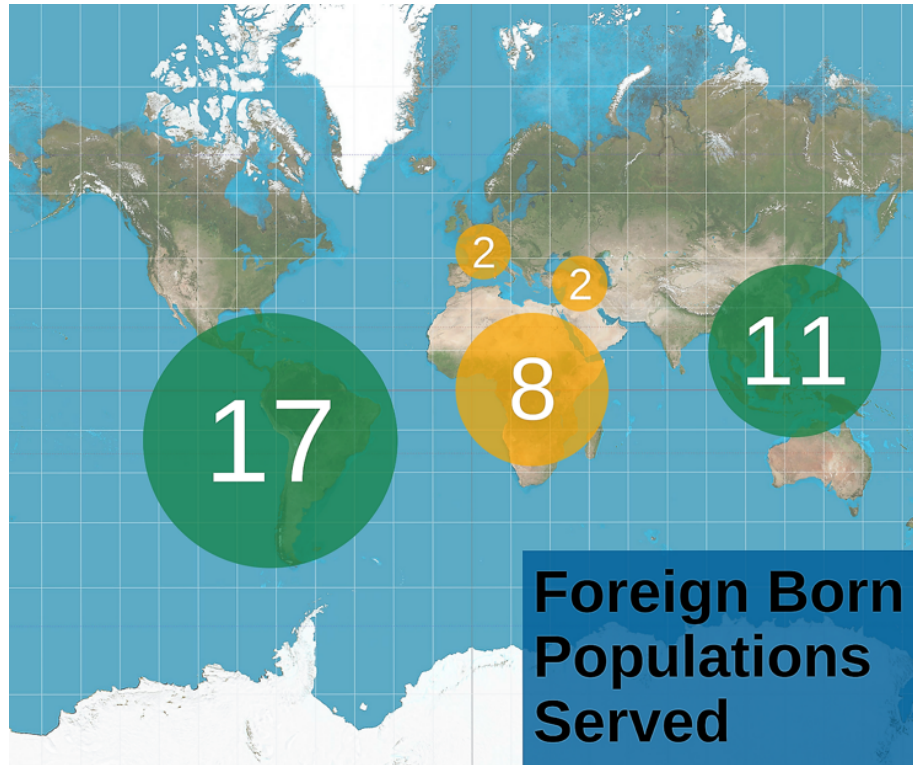


Figure 3: Most Common Foreign Born Populations as Indicated by Food Assistance Providers in Montgomery County from Survey Results for Question 6

Question 7: What percentage of your clients are foreign born?

- ❖ Percentages ranged from 35%-70%

Question 9: What types of food are in highest demand? (In order of highest demand).

- ❖ *Fresh fruits (8)*: Fresh fruit, not specified (7), watermelon (1)
- ❖ *Vegetables (10)*: Vegetables, not specified (6), tomatoes (2), onions (1), potatoes (1)
- ❖ *Cereal Grain (13)*: White rice (5), beans (3), corn (2), cereal (2), white bread (1)
- ❖ *Meat and Fish (6)*: Meat, not specified (4), fish, not specified (1), sardines (1)
- ❖ *Dairy (2)*: Dairy Products, not specified (1), Milk (1)
- ❖ Peanut Butter (2)
- ❖ Silverware (1)
- ❖ Bottled Water (1)
- ❖ Frozen Meals (1)
- ❖ Pupusas (1)
- ❖ Cooking oil (1)

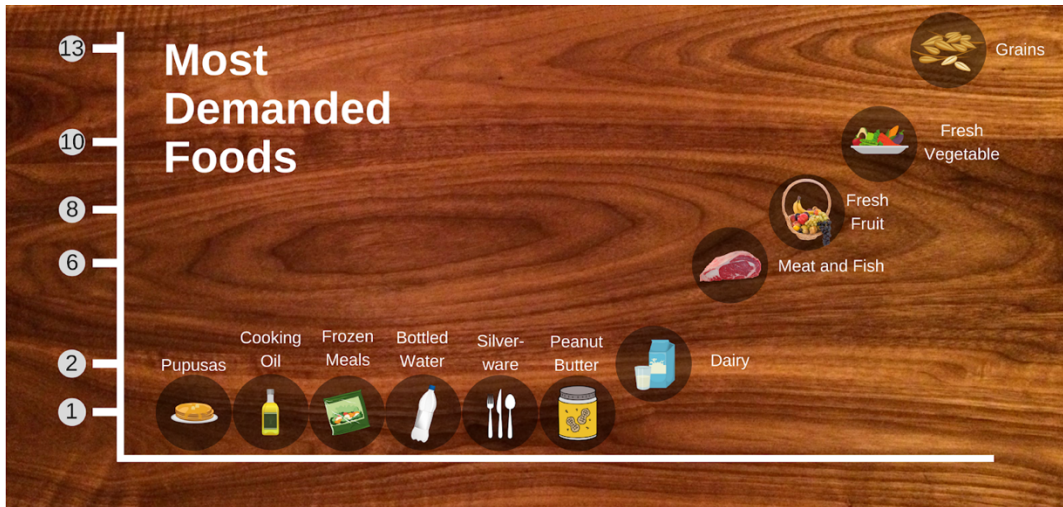


Figure 4: Most Demanded Foods as Indicated by Food Assistance Providers in Montgomery County from Survey Results for Question 7.

Question 10: What types of traditional/cultural foods are in highest demand? (In order of highest demand).

- ❖ *Fresh fruits* (3): Fresh fruit, not specified (2), jackfruit (1)
- ❖ *Vegetables* (6): Fresh vegetables, not specified (2), greens (1), sweet potato (1), onions (1), corn leaves (1)
- ❖ *Grain* (11): Rice (4), corn (2), beans (2), specialty breads (1), massa flour (1), chipilin (1)
- ❖ Pupusas (1)
- ❖ Lamb (1)
- ❖ Ensure (1)
- ❖ Cooking Oil (1)
- ❖ Baby formula (1)



Figure 5: Most Demanded Traditional/Cultural Foods as Indicated by Food Assistance Providers in Montgomery County from Survey Results for Question 7.

Question 11: Are some foods requested, but not easy for your organization to obtain?

- ❖ Meats
- ❖ Tropical fruits/ fresh fruits and vegetables
- ❖ White rice
- ❖ Dried beans

Question 14: What are the barriers you experience in accessing, storing, and distributing culturally appropriate foods?

- ❖ Financial: lack of funding/cost of food
- ❖ Lack of storage

As evidenced by figures 4 and 5, there is large overlap between food assistance providers' most demanded foods and most demanded cultural foods. Moreover, food assistance providers indicated that high demand items from both of these lists prove difficult to obtain.

Overall, some of the biggest barriers for providers included financial issues, i.e. being unable to afford certain foods that their clients might request, a lack of storage (specifically refrigeration and shelving space). In addition, providers that relied on donations often found that donated foods did not meet the preferences or requests of their clients. These findings are consistent with previous literature on food assistance providers' challenges.

To mitigate some of the stigma surrounding seeking food assistance, one provider suggested congregate meals as an opportunity to engage with the community and promote access to culturally appropriate foods.

Food Assistance Recipients Survey Results

The food profile of some of the most common countries of origin in the county provided the capstone team with information on what culturally appropriate food is wanted in the county. To supplement this research, the capstone team conducted in-person interviews with food assistance recipients at Silver Spring Christian Reformed Church (SSCRC) food pantry. SSCRC food pantry currently opens once a month and relies on donations (from Capital Area Food Bank, and Manna Food Bank), and small grants to obtain the items they offer. All of the results recorded were from participants born outside of the United States. Questions in the survey were informed by secondary research, and asked about: identity; food consumption habits; food preferences; access to food retailers/providers; and barriers to accessing culturally-appropriate food in particular.

Eight of the twelve questions were highlighted for further analysis and are presented below. The complete survey and answers for food assistance recipients can be found in Appendix F.

Question 1: Where were you born?

- ❖ Africa (Nigeria) (3)
- ❖ Africa (Cameroon) (2)
- ❖ Africa (Sierra Leone)
- ❖ Central America (Guatemala)

Question 4: What food do you eat most often?

- ❖ Rice (3)
- ❖ Chicken (2)
- ❖ Fish

- ❖ Cornmeal
- ❖ Beans (dried) (2)
- ❖ Fruits (bananas, oranges, lemons, etc.)
- ❖ Cassava leaf
- ❖ Plantains
- ❖ Macaroni and Cheese
- ❖ Vegetables (broccoli, cauliflower, corn, potatoes, etc.)

Question 5: Where do you normally go to purchase or receive groceries?

- ❖ The local grocery store (3)
- ❖ Silver Spring Christian Reformed Church food pantry (4)
- ❖ Red Apple Farmers Market (Takoma Park, Maryland)
- ❖ La Mart (Silver Spring, Maryland)
- ❖ Giant Food
- ❖ H-Mart
- ❖ Other local food pantries

Question 6: Does one or more of these locations meet your cultural/traditional food preferences?

- ❖ Yes (4)
- ❖ Somewhat (2)
- ❖ No (1)

Question 7: How long does it take you to travel where you normally purchase/receive food?

- ❖ Less than 30 minutes (3)

Question 8: Do you travel to another location for cultural/traditional foods? What is the name of this location?

- ❖ The local grocery store(s) (2)
- ❖ Red Apple Farmers Market (Takoma Park, Maryland)
- ❖ La Mart (Silver Spring, Maryland)
- ❖ H Mart (various locations, Maryland)

Question 9: If you travel to another for cultural/traditional foods, how long does it take you to get there?

- ❖ Less than 30 minutes (3)

Question 10: Are there any traditional/cultural foods that you want that are difficult for you to get? Which ones?

- ❖ Rice
- ❖ Chicken
- ❖ Meat
- ❖ Fish
- ❖ Eggs
- ❖ Milk
- ❖ Beans (dried)
- ❖ Black eyed beans
- ❖ Red palm oil
- ❖ Corn meal
- ❖ Asian foods
- ❖ Salt

Many of the foods that recipients indicated as difficult to obtain are generally considered to be staples. These foods are common across multiple foreign-born populations. Moreover, these findings mirror the foods indicated as most in demand as determined by providers.

Recipients also mentioned a necessity for foods that may be considered more unique to specific cultures, including:

- ❖ Corn meal
- ❖ Plantains
- ❖ Black eye beans
- ❖ Red Palm oil
- ❖ Cassava leaves
- ❖ Asian foods

When asked about recipients' travel time to where they obtain regular groceries and cultural/traditional foods, all indicated travel time was less than 30 minutes. However, only three responses were gathered.

Gap Analysis

This gap analysis looks at the population of Montgomery County Maryland and considers the access to culturally appropriate foods, specifically for food insecure individuals and communities. In order for the gap of resources/opportunities to be determined, the capstone team looked at what is currently wanted by the community and what is currently available in the community. The gap analysis thus, looks at the 'gap' between what is wanted and what is available in the county.

What is Wanted

As previously discussed in survey results, there are various foods that appear to be in greatest demand from foreign-born food assistance recipients. Many of these foods can be considered staple foods/ingredients in many cultures. Based on survey results from food assistance providers and recipients, foods in greatest demand from these populations include rice, beans, fruit, vegetables, corn meal, meat, chicken, fish, eggs, fresh milk, salt and cooking oil.

It is important to note that according to the survey results from food assistance providers and recipients, fresh foods were in higher demand than canned foods but were less available at locations where recipients go to purchase or receive food. These requests were made for produce the majority of the time (fruits and vegetables). However, it is interpreted that fresh meat, chicken, fish and eggs would be preferred to processed varieties of these foods as well.

Additionally, many survey responses reported that specific kinds of food items are often in short supply or not made available at food assistance sites. These foods are: white rice, dried beans, tropical fruits (e.g. jackfruit) and vegetables, cornmeal and masa flour (to make pupusas, etc.).

What is Available

Looking at the common foods in the major cultures represented in Montgomery County, and the responses from food bank recipients, many of the foods requested are widely available in stores. Particularly staple foods that the recipients mentioned as culturally appropriate, such as salt, meat, and cooking oil. Some of the rare culturally appropriate foods listed are available at smaller international food stores, and even some at large grocery stores. There are 61 grocery stores in the county that are labeled as selling 'international food.' according to the Johns Hopkins University Maryland Food System Map. These stores are where many of the foods listed could be purchased. The capstone team found through a food recipient interview that palm oil was very rarely available, even in international grocery stores.

With many of these foods being sold in stores in the county, the issue appears not to be necessarily having or finding the foods the recipients want, but having it available in a convenient and affordable location. The food banks in the area struggle to get access to the culturally appropriate food for their recipients, despite the foods being sold nearby.

Another way culturally appropriate foods can be available in the county is through congregate meals. The Montgomery County Senior Nutrition Program provides funding for congregate meals for seniors in the county. In one interview that the capstone team conducted, the program manager said that the groups that apply for the congregate meals are ethnic groups, and that they purchase meals from local culturally appropriate restaurants for their communities. The groups who have used this funding include: Korean, Chinese, Kosher, and Vietnamese.

What is Wanted but not Available

There are gaps between what is wanted and what is currently available and accessible to food insecure communities in Montgomery County. The biggest gap appears to be the lack of access to foods that are staple foods/ingredients in many cultures. While white rice, poultry, fish, meat, eggs, and salt may not be what comes to mind as culturally appropriate food, from our research these are the types of foods that are the most in demand across many different cultures. Also, a variety of fresh fruits and vegetables are consistently listed by food assistance providers as highly demanded but low in availability. Securing these staples for food pantries and other affordable platforms would fill a major gap in this situation.

Another gap is finding ways for food pantries to have access to the more unique requests for food recipients. Foods like palm oil, jackfruit, and cassava leaves seem to be impossible for many in the community to get at all. Finding ways to secure these types of items as often as possible, even if it is just occasionally would be a big improvement. It seems that getting a hold of these items is very challenging for food banks, which is why once they can get access to these items, they should be given distributed strategically, possibly to choice pantries where they will go to only those who truly want them.

Why these are not Available

Significant barriers exist, which explain some of the gaps in food access that are prevalent in Montgomery County. As presented by food assistance recipients who participated in the survey, often times individuals must travel to more than one location to attain culturally appropriate foods. As noted by food assistance providers, lack of funds to be able to store dry staple foods or afford refrigeration of fruits and vegetables may prevent providers from being able to offer foods highest in demand. Moreover, food assistance providers rely on donors, who do not always have the foods most in demand. This may be particularly relevant for more unique cultural foods that may be in high demand in some locations but not others. Plans to mitigate these barriers and others are included in the Action Plan on page 24.

Limitations

As described in our Methods section, this endeavor was based in primary and secondary research. The limitations incurred by the survey component of this phase are addressed here in order to inform future efforts.

Food Assistance Provider Survey Limitations

The survey that was administered to food assistance providers (e.g. county food banks, and public agencies) produced a sample size of 14 respondents. Of the 16 questions asked by the survey for food assistance providers, seven questions did not produce a response from at least one participant. Certain questions asked were not relevant to the stakeholders participating which accounts for some of the non-response.

In addition, although the survey was sent to 26 food assistance organizations and the entire FRAWG listserv, only 13 responses occurred. There were some difficulties for some in accessing the initial format of the survey, which was a Google Survey. The survey was converted to Qualtrics, which the capstone team thought would warrant many more responses, but only seven came in within our collection period. The lack of response may have been due to “survey fatigue”, a term used to describe exhaustion experienced by many food assistance providers who have been asked to respond to a multitude of surveys. Many of the food assistance providers receive surveys from various other organizations and groups which can be taxing and lead to issues with the quality and quantity of responses. Additionally, the initial provider survey may have been too long. In the future, a shorter, more concise survey may help reduce survey fatigue.

Many organizations seemed eager to participate, but often wanted the capstone team to visit the food assistance location. Due to scheduling and transportation conflicts on all parts, it was difficult for such visits to occur. In the future, face-to-face encounters and visits with food assistance providers may lead to better quality responses and more responses from various organizations.

Finally, due to many of the blank responses on many of the questions in the survey, it is possible that the capstone team did not reach out to the most appropriate sources. Certain survey participants may not have felt knowledgeable on all of the subjects asked about. While it is important to gain diverse perspectives on the issue from a variety of partners, the areas of overlap on these perspectives may be small. Additional research and networking to appropriate respondents may be necessary.

Based on recipients and provider responses about access to culturally appropriate foods, it was noted that many staple foods (such as many of the foods mentioned that recipients wanted: fresh fruits, vegetables, meat, chicken, beans, rice, etc.) are found in many different cultures. It may be important to expand the focus of future surveys, and when asking about preferred foods follow up with specific fruits and vegetables.

The new survey aims to address the issues encountered in the initial provider survey.

Food Assistance Recipient Survey Limitations

The partnership with MCFC facilitated direct survey distribution to food assistance providers. However, MCFC has less direct contact with food assistance recipients which may have contributed to our low number of responses.

Achieving comprehensive responses from both food assistance recipients and providers proved challenging as the team faced time-constraints. With regard to food assistance sites, due to the fact that many food pantries are seldom open (i.e. once a month), the number of opportunities for information-collection from recipients was minimal. Thus, a lack of resources preventing food pantries from being open on a more frequent basis was also identified as a limitation to informing our gap analysis, as well as the food-insecure residents of Montgomery County.

The survey for food assistance recipients was administered in-person at the Silver Spring Christian Reformed Church food bank on two occasions. In total, this survey produced a sample size of seven respondents. This survey was administered in English or Spanish when appropriate. Of the twelve questions asked by the survey for food assistance recipients, eight questions did not produce a response from at least one participant. The survey was modified once within this time, and some questions were subsequent to questions preceding, which accounts for a portion of the non-response.

Perhaps, an alternative method to obtain insight from food assistance recipients in the future would be more effective. However, we suggest that the method with which information is obtained from food assistance providers and recipients be as consistent as possible. With regard to limitations of administering surveys in-person and verbally, language-barriers should be expected.

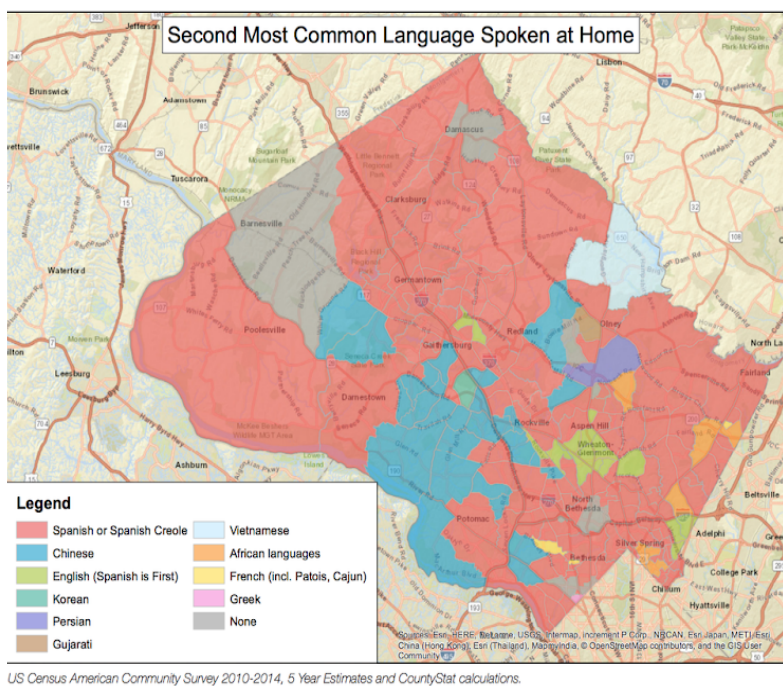


Figure 6: Second Most Common Language Spoken at Home for Residents of Montgomery County (*Montgomery County Food Security Plan*, Montgomery County Food Council, 2017, p.13.)

Finally, the administration of the survey to a population unfamiliar to the administrators was limiting. A result of this mutual lack of familiarity and trust between surveyor and those surveyed was that respondents were reluctant to answer questions. An important factor which may have contributed to this limitation is the nature of questions asked. For example, question 11 from the food assistance recipient survey (are there any other barriers you've experienced in assessing culturally appropriate foods?) was adapted for the new survey tool in response to observed

hesitation towards discussing individuals' personal experiences with food insecurity. Moreover, for future methods it may be more effective to have food assistance providers, and/or on-site volunteers conduct this inquiry.

The new survey aims to address the issues encountered in the initial recipient survey.

Grocer Limitations

The capstone team faced significant difficulty engaging our sample of grocers. Difficulty in accessing this population was also mentioned as a challenge among food assistance providers. It is likely these limitations occur because grocery stores are busy areas and management is restricted in their availability to meet with researchers. Additionally, store employees may be concerned about the legality of meeting with food assistance providers. Finally, language differences continue to be a possible barrier, and care should be taken to have bilingual translators administering surveys. Similar to food assistance providers, grocers may also present survey fatigue.

Action Plan

The action plan below synthesizes information from the capstone team's literature review, survey and interview findings, gap analysis, and limitations; the plan recommends actionable items for MCFC to follow in order to mitigate barriers to culturally appropriate food access, improve research strategies, and connect with both food assistance providers and recipients. When appropriate, the plan references sections from MCFC's 5 Year Security Plan (2017) recommendations for Years 1-3.

| Strategy 1 - Engaging Providers | Corresponding FYSP Recommendation |
|---|---|
| <p>Recommendation 1.1 - Further research on food assistance providers</p> <ul style="list-style-type: none"> • Administer the new survey to expand knowledge on barriers to obtaining culturally appropriate foods. Identify foods in highest demand. Identify existing best practices and suggestions for improvement from the perspective of food assistance providers. • Prioritize in-person meetings with food assistance providers and grocers when possible. • To maximize partner responses, administer the survey to all MCFC FRAWG and other working groups members during meetings. | |
| <p>Recommendation 1.2 - Improve storage capacity for both shelf stable and fresh foods</p> <ul style="list-style-type: none"> • Concerns of the Montgomery County food insecure population mirror concerns found in the literature surrounding access to fresh fruits, vegetables, and meats; to meet demand, expand refrigeration/freezer access for food assistance providers. • Consider partnerships to increase storage opportunities; partnerships with universities, refrigeration vendors, and the hospitality industry may result in donations of excess fridges and freezers. • The demand for shelf stable foods (rice and beans) indicate further need for storage spaces for these bulk products. | <p>5.1: Strengthen Food Assistance Infrastructure</p> |
| <p>Recommendation 1.3 - Increase quantity of both shelf stable and fresh foods through connections with grocers and farmers in Montgomery County</p> <ul style="list-style-type: none"> • Strategize ways to increase accessibility and patronage of international/small grocery stores through promotion of stores that accept food assistance benefit programs (ex. SNAP). | <p>7.2: Retail Food Businesses</p> <p>12.2: Increase Availability of Locally Produced Fruits, Vegetables, & Meats</p> |

| | |
|---|---|
| <ul style="list-style-type: none"> • Reach out to grocers in person with multilingual survey tools; translate the survey into additional languages as needed. • Encourage equitable distribution of healthy, fresh foods through improved communication and transportation networks with regional farmers. • Strategize with providers and MCFC working group members on best practices for obtaining more shelf stable foods that are most in demand as determined by providers and recipients. • Set aside funds to purchase difficult to obtain, culturally traditional foods as determined by best practices found in the literature. | |
| <p>Recommendation 1.4 - Mitigate transportation barriers</p> <ul style="list-style-type: none"> • While our recipient survey results did not indicate transportation as a significant barrier, the limited sample size and contradictory literature and findings of the FSYP indicate continued need for expanded transportation services. • Consider feasibility and expansion of mobile food distribution systems to impact isolated communities. | 10.2: Invest in New Transportation Resources and Access Programs |
| Strategy 2 - Engaging Recipients | |
| <p>Recommendation 2.1 - Further research on food assistance recipients</p> <ul style="list-style-type: none"> • Administer survey included in next section. • Engage community members themselves and food assistance providers in distributing the survey; better to come from volunteers than “bureaucracy of MCFC”, may reduce stigma, improve trust, decrease language barrier, and in turn increase responses. • Gain information on where (geographically) different populations have the most need in order to provide those specific pantries with those foods so that waste is reduced (also related to GIS mapping). | 3.1: Increase Education and Outreach Mechanisms |
| <p>Recommendation 2.2 - Expand community engagement strategies</p> <ul style="list-style-type: none"> • Encourage community centers and food assistance providers to host congregate meals to increase access culturally appropriate meals; this may benefit recipients by fostering a sense of community within and between ethnic groups. • Promote the cultivation of traditional foods in existing community food gardens to empower residents to meet their own needs and build community within and between ethnic groups. | <p>8.2: Enhanced Communication Strategies for Connecting with Food Insecure Residents & Support Providers</p> <p>11.2: Increase Outreach Network & Capacity</p> |

| | |
|---|---|
| <ul style="list-style-type: none"> • Create a community advisory board of food assistance recipients and cultural community organization representatives. <ul style="list-style-type: none"> ○ Promote a dialogue between recipients and providers about prioritizing what foods are most needed and the feasibility of obtaining these items. ○ Use community knowledge of local resources to engage previously unknown existing traditional food providers in donation of traditional foods. ○ Promote sharing of recipes that blend available products and traditional cooking practices and flavors. | 12.1: Increased Home & Community Gardening Opportunities |
| Strategy 3 - Strengthening Partnerships and Communication within FRAWG | |
| <p>Recommendation 3.1 - Maximize use of existing data tools</p> <ul style="list-style-type: none"> • Synthesize data from the tools below to aid in the creation of strategies to reduce food insecurity. <ul style="list-style-type: none"> ○ Johns Hopkins University Maryland Food System Map: includes research on supermarkets, local markets, farmers markets, and international food stores in the county. ○ The FoodStat tool: includes information on population distribution, public transportation routes, the number of children on free and reduced meals, the number of elderly people who are food insecure, and the locations of grocery stores and restaurants. | 1.2: Create County FoodStat for Data Collection and Annual Updating |
| <p>Recommendation 3.2 - Facilitate clearer data collection and sharing procedures</p> <ul style="list-style-type: none"> • Share existing datasets between providers in a centralized location (such as a Google drive file); this may reduce survey fatigue among food assistance providers. • Announce emerging research projects (specifically surveys and recipients interviews) to MCFC working group members; this may reduce redundancy among research projects conducted and reduce survey fatigue among food recipients. • Explore options for data presentation in GIS format; identify geographic areas where the greatest need for certain items exists. <ul style="list-style-type: none"> ○ Allow GIS mapping to inform recommendations for redistribution of culturally appropriate foods to high demand areas. | 8.1: Centralize Data Sharing and Collection |

Strategy 4 - Redefining “Culturally Appropriate Food Access”

| | |
|---|---|
| <p>Recommendation 4.1 - Prioritize access to foods that are requested across many foreign born populations.</p> <ul style="list-style-type: none"> Interviews revealed many ‘culturally specific’ items requested by both providers and recipients. Moreover, there was significant overlap among items requested across different foreign born populations (i.e. rice and beans and fresh produce). Maximize benefit to many foreign born populations through provision of commonly needed items such as fresh fruits, vegetables, and shelf stable foods; follow recommendations in strategies 1 and 2. | <p>12.2: Increase Availability of Locally Produced Fruits, Vegetables & Meats</p> |
| <p>Recommendation 4.2 - Work to meet culture-specific food needs</p> <ul style="list-style-type: none"> Use GIS mapping, recipient research, and census tract demographic information to locate areas of food insecure foreign born populations who share demands for culturally specific foods. <ul style="list-style-type: none"> Recognize that different locations have different needs. Partner with farmers, international grocers, and foreign born community leaders to provide these foods to areas with high demand for specific food products. | <p>12.3: Increased Production of Culturally Diverse Crops</p> <p>3.4: Increase Availability of Culturally Appropriate Food Assistance</p> |
| <p>Recommendation 4.3 - Broaden the “culturally appropriate” message</p> <ul style="list-style-type: none"> Expect and accommodate dietary diversity. The interviews conducted by this project found that recipients eat and want a variety of foods both from their cultural background, but also foods from the standard American diet and other cultures’ cuisines. Dietary diversity should be expected due to acculturation and the availability of affordable ingredients. <ul style="list-style-type: none"> Provide cooking demonstrations using a variety of traditional flavors or dishes to increase community knowledge about how to use ingredients. Provide simple recipe booklets that offer multiple recipes that use the same ingredients, prepared differently; could reduce waste, increase familiarity with certain food items, and promote diversification of diet practices. Support congregate meals, which may provide further platforms for food assistance recipients to eat traditional foods as well as try new foods. Consider using terms alternative to “culturally appropriate foods” when marketing to foreign born populations. “Traditional cultural foods” may be a less prescriptive term. | <p>3.4: Increase Availability of Culturally Appropriate Food Assistance</p> |

Strategy 5 - Funding strategies

- Dedicate intended expense outlook funds allocated from FYSP (pg. 157 & 148) for 'Culturally Appropriate Foods' to achieve strategies 1-4.
- Include this report and subsequent findings from suggested research as a justification for seeking additional funding via grant applications, local government funding, and partnerships with private foundations.

4.1: Strengthen Grant making Processes: County and Private Foundations

New Survey Tools

Below are two survey tools designed and modified from the previous surveys indicated in Appendices E and F. These surveys are intended to be distributed to food recovery providers and recipients in Montgomery County through paper format or phone calls. They can also be put into online survey software such as Google Forms, Qualtrics, or Survey Monkey.

Survey for Providers

1. Email Address: _____
2. Name of Organization: _____
3. Describe your organization's efforts in providing access to foods in Montgomery County:

4. Do you make any specific efforts or have any experience in providing *culturally appropriate foods*? _____

5. What barriers do your clients encounter in accessing food in general? _____

6. What barriers do your clients encounter in accessing *culturally appropriate foods*?

7. What are the most common (3-5) foreign born populations that you serve? (Please try to be as specific as possible, for instance, provide country of origin)

8. What percentage (approximately) of your clients are foreign born? _____

9. What types of food are in highest demand? _____

10. What types of traditional/cultural foods are in highest demand? _____

11. Are some foods requested, but not easy for your organization to obtain? Please name them. _____

12. What foods would you like to be able to offer in greater quantities? _____

13. What are the barriers you experience in accessing, storing, and distributing culturally appropriate foods? _____

14. Would you be interested in partnering with Montgomery County Food Council to work on ensuring foreign born populations have access to culturally appropriate foods?

15. Is there any additional information relevant to this topic that you would like to provide?

Survey for Recipients (English)

1. Where were you born? _____

2. Do you identify with a country or culture outside of the United States?

Yes

No

○ If yes [name a country or culture]:

▪ _____

▪ _____

3. Please list specific foods within each category that are normally included in your diet (*If you do not normally consume foods within a category, you may leave it blank*):

○ Red Meat (example: beef)

1. _____

2. _____

○ White Meat (example: chicken)

1. _____

2. _____

○ Fish (example: trout)

1. _____

2. _____

○ Vegetables (example: collard greens)

1. _____

2. _____

○ Fruits (example: pineapple)

1. _____

2. _____

○ Grains (example: white rice)

1. _____

2. _____

○ Legumes/Beans (example: lentils)

1. _____

2. _____

- Oils (example: olive oil)

1. _____

2. _____

- Herbs/Spices (example: cilantro)

1. _____

2. _____

- Others

1. _____

2. _____

4. How often do you eat traditional foods that come from this culture or country outside of the US? (1-2 times a week, 3-4 times a week, every day) _____

5. Where do you normally go to purchase or receive groceries? _____

1. Does one or more of these locations meet your cultural/traditional food preferences? (None, At least one, More than one, All)

6. How long does it take you to travel where you normally purchase/receive food? (Less than 30 minutes, Approximately 1 hour, Approximately 2 hours, More than 2 hours)

7. Do you travel to another location for cultural/traditional foods?

Yes

No

- *If yes:*

i. What is the name of this location? _____

ii. How long does it take you to get there? _____

8. Are there any traditional/cultural foods that you want that are difficult for you to get?

Yes

No

- If yes: Please list specific foods within each category that are difficult for you to get
(If you do not have difficulty finding foods within a category, you may leave it blank):

1. Red Meat (example: beef)

▪ _____

2. White Meat (example: chicken)

▪ _____

3. Seafood (example: trout)

▪ _____

4. Vegetables (example: collard greens)

▪ _____

5. Fruits (example: pineapple)

▪ _____

6. Grains (example: white rice)

▪ _____

7. Legumes/Beans (example: lentils)

▪ _____

8. Oils (example: olive oil)

▪ _____

9. Herbs/Spices (example: cilantro)

▪ _____

10. Others

▪ _____

9. Which food assistance programs have you or your family used in the past year (*check all that apply*)?

- ☐ None
- ☐ Food Pantry
- ☐ WIC
- ☐ SNAP/Food Stamps
- ☐ Free and reduced price meal programs (FARMS) (National School Lunch Program, Maryland Meals for Achievement Program, MCPS Summer Food Service Program, etc.)
- ☐ Child and Adult Care Food Program (CACFP)
- ☐ Farmers' Market Nutrition Program (FMNP)
- ☐ The Emergency Food Assistance Program (TEFAP)
- ☐ Senior Brown Bag Program
- ☐ Senior Nutrition Program (Congregate Meals, Meals on Wheels, etc.)
- ☐ Other: _____
- ☐ I don't know

10. Is there any other information you'd like to share?

Survey for Recipients (Spanish)

1. ¿Dónde nació usted? _____
2. ¿Usted se identifique con algún país o cultura afuera de los Estados Unidos?
Sí No
1. Si su respuesta fue afirmativa:
1. ¿Cual país o cultura (o múltiple)?
2. _____
3. Por favor, indique los alimentos específicos dentro de los siguientes categorías que normalmente están incluidos en su dieta (*si no consuma ningún alimento dentro de alguna categoría, puede dejarlo en blanco*):
 - a. Carne roja (ejemplo: res)
 1. _____
 2. _____
 - b. Carne blanca' (ejemplo: pollo)
 1. _____
 2. _____
 - c. Pescado/Mariscos (ejemplo: trucha)
 1. _____
 2. _____
 - d. Verduras (ejemplo: col rizada)
 1. _____
 2. _____
 - e. Frutas (ejemplo: piña)
 1. _____
 2. _____
 - f. Granos (ejemplo: arroz blanca)
 1. _____
 2. _____
 - g. Legumbres/Frijoles (ejemplo: lentejas)
 1. _____
 2. _____
 - h. Aceites (ejemplo: aceite de oliva)
 1. _____
 2. _____
 - i. Hierbas/Especies (ejemplo: cilantro)
 1. _____
 2. _____
 - j. Otros
 1. _____
 2. _____
4. ¿Con qué frecuencia come comida tradicional de su país o cultura afuera de los Estados Unidos? (1-2 veces por semana, 3-4 veces por semana, diariamente) _____

5. ¿Donde se va usted para comprar o recibir alimentación? _____

1. ¿Esto(s) lugare(s) cumple(n) con sus preferencias culturales/tradicionales para la comida? (ninguno, por lo menos uno, más que uno, todos)

6. ¿Cuánto tiempo tome usted para llegar donde normalmente compra/recibe comida? (menos que 30 mins., aproximadamente 1 hora, aproximadamente 2 horas, más que 2 horas) _____

7. ¿Usted se vaya a algún otro lugar para encontrar alimentos tradicionales/culturas?
Sí No

a. Si su respuesta fue afirmativa:

1. Como se llama este lugar? _____
2. ¿Cuánto tiempo tome para llegar allí? (menos que 30 mins., aproximadamente 1 hora, aproximadamente 2 horas, más que 2 horas)

8. ¿Hay ciertos alimentos tradicionales/culturales que usted se siente un dificultad accediendo?

Sí No

1. Si su respuesta fue afirmativa: Por favor, indique los alimentos específicos dentro de los siguientes categorías que son difíciles para que usted consiga (si no tiene dificultad para encontrar ningún alimento dentro de alguna categoría, puede dejarlo en blanco):

1. Carne roja (ejemplo: res)

1. _____
2. _____

2. 'Carne blanca' (ejemplo: pollo)

1. _____
2. _____

3. Pescado/Mariscos (ejemplo: trucha)

1. _____
2. _____

4. Verduras (ejemplo: col rizada)

1. _____
2. _____

5. Frutas (ejemplo: piña)

1. _____
2. _____

6. Granos (ejemplo: arroz blanca)
1. _____
2. _____
7. Legumbres/Frijoles (ejemplo: lentejas)
1. _____
2. _____
8. Aceites (ejemplo: aceite de oliva)
1. _____
2. _____
9. Hierbas/Especies (ejemplo: cilantro)
1. _____
10. Otros
1. _____
2. _____

9. Cuales programas de asistencia alimentaria ha utilizado usted o su familia en este año?

- ☐ Ninguna
- ☐ Banco de Alimentos
- ☐ Mujeres, bebés y niños (WIC)
- ☐ Programa de Asistencia de Nutrición Suplementaria (SNAP/Food Stamps)
- ☐ Comidas gratis y reducidas (FARM)
- ☐ Programa de alimentos para el cuidado de niños y adultos (CACFP)
- ☐ Programa de Nutrición del Mercado de Granjeros de WIC (FMNP)
- ☐ El Programa de Asistencia de Alimentos de Emergencia (TEFAP)
- ☐ Programa Bolso Marrón Mayor (Senior Brown Bag Program)
- ☐ Programa de nutrición para personas mayores
- ☐ Otras: _____
- ☐ No se ¿

10. Hay más información que usted desea compartir

Appendices

Appendix A - Project Proposal



American University Public Health Capstone Project Spring Semester 2018

The Organization

The Montgomery County Food Council (MCFC) is an independent nonprofit bringing together a diverse representation of stakeholders to improve the environmental, economic, social and nutritional health of Montgomery County, MD through the creation of a robust, local, sustainable food system.

MCFC's vision is to cultivate a vibrant food system in Montgomery County that consciously produces, distributes, and recycles food, making it accessible to all residents while promoting the health of the local food economy, its consumers, and the environment. The organization is an active participant in urban and rural policy and process change, leading the way to a more healthful and sustainable community by bringing together producers, retailers, consumers, and educators in a coordinated effort to address the broad range of issues surrounding food and food sourcing in our county. MCFC engages constituents with the local food system through job opportunities, volunteer projects, and purchasing practices, and educates Montgomery County residents and institutions to promote a greater awareness of the entire food cycle: where food comes from, where it ends up, and its social, environmental, and economic impacts.

The activities of the MCFC are accomplished primarily through our Working Groups, led by Council Members and populated by concerned residents with a shared commitment to making a positive impact in our food system. These subcommittees develop and execute initiatives, support policies, and facilitate partnerships connected to their specific goals. MCFC's four Working Groups are Environmental Impact, Food Economy, Food Literacy and Food Recovery and Access.

Background

In early 2017, MCFC co-led the creation of the Montgomery County Executive's 5-Year Food Security Plan (www.montgomerycountymd.gov/foodsecurity), which outlines the path towards building a Montgomery County in which all people have access to safe, sufficient, and nutritious food, with dignity. The Plan (FSP) offers extensive recommendations to guide future research, analysis, funding, and policy actions to work toward enhancing food security in Montgomery County.

One of the key findings of the FSP is that food insecure foreign born people can experience difficulty accessing culturally appropriate foods via food assistance programs. Food assistance services of all sizes are striving to increase supplies of culturally appropriate food for a growing foreign born population. Current resources, however, do not meet current demand. As such, MCFC's Food Recovery and Access Working Group has identified increasing access to culturally appropriate foods in Montgomery County as one of their key goals.

The Project

For this project, the AU Capstone Team is asked to conduct a needs assessment to strengthen our understanding of the need for and the barriers to culturally appropriate food access in Montgomery County, and to develop strategies and action plans to mitigate these barriers.

1. Conduct research to develop a better understanding of (1) the countries of origin represented by the Montgomery County immigrant population and where within the County they reside; (2) the food preferences by country of origin for these immigrant populations; and (3) the locations of greatest demand for these specific ethnic food types. Research findings should describe what types of foods are needed and where in the County they are needed.
2. Conduct research to explore where culturally appropriate foods are currently available around the County for purchase by retail consumers.
3. Using data gathered in previous MCFC surveys on what culturally appropriate food assistance is currently provided and what foods are desired by clients but not accessible, the students will develop a new survey to capture any additional data needed in order to have a comprehensive view of the current state of culturally appropriate food assistance in the County.
 - MCFC staff will administer the survey created by the student team, and provide them with the data collected for synthesis into their findings.
4. Prepare a gap analysis that synthesizes the findings from steps 1-3 above. This analysis should describe the gaps that currently exist in Montgomery County between the demand for culturally appropriate foods (types and locations) and the foods that are currently available to the populations at risk for food insecurity.
5. Recommend strategies and action plans to mitigate the gaps identified in step 4 above. Strategies and action plans may include (but are not limited to) recommendations on:
 - The education programs and tools that would enable food assistance providers and nutrition educators to better understand the culturally diverse dietary needs of residents in Montgomery County;
 - The resources needed to help educate donors on the importance of culturally appropriate and nutritious foods;
 - Strategies to increase the availability of culturally appropriate foods through increased donations and food recovery from farmers and ethnic and international grocery stores.
 - Strategies to more effectively distribute culturally appropriate foods by geographic region in Montgomery County.

Final Deliverable

A substantive report that provides:

- Analysis of the **need** for culturally appropriate foods in Montgomery County
- Description of the **availability** of culturally appropriate foods in Montgomery County, both through retail locations and through food assistance providers

- Analysis describing the gaps between residents' needs and availability of culturally sensitive foods
- Recommendations for strategies and action plans to mitigate these gaps
- Recommendations for future research on this topic

Project Liaison

The project liaison will be Heather Bruskin, Executive Director of the Montgomery County Food Council. Additional support will be provided by MCFC staff and the Food Recovery and Access Working Group.

Questions about the project can be addressed to Heather Bruskin at hbruskin@mocofoodcouncil.org or 806-395-5593.

Appendix B - Organization Overview and SWOT (Strengths, Weaknesses, Opportunities, and Threats) Analysis

Organization Overview

Mission/Goals of Organization

The Montgomery County Food Council's (MCFC) mission is "to bring together a diverse representation of stakeholders in a public and private partnership to improve the environmental, economic, social and nutritional health of Montgomery County, Maryland through the creation of a robust, local, [and] sustainable food system." (Montgomery County Food Council: About, 2017).

The individual goals contained within the mission of MCFC manifest in four existing public and private partnerships which are officially recognized as "Working Groups". Each working group is tasked with a specific priority: Food Recovery and Access, Food Literacy, Food Economy, and Environmental Impact. Whilst it is important to remain mindful of MCFC's various goals, this project focuses specifically on the goals and objectives of the Food Recovery and Access Working Group (FRAWG). FRAWG's mission is "to support the increased recovery of, equitable access to and advocacy for more healthful food for Montgomery County residents" (MCFC: Priorities, "Food Recovery and Access", 2017). More specifically, FRAWG has been working to produce and provide more culturally appropriate food for foreign born populations in Montgomery County. This is in addition to their goals of increasing access to nutritious locally-produced food for all food insecure populations in the county, disseminating information, promoting other local stakeholders with similar food access goals, and bolstering food recovery efforts.

In the pursuit of their goals, MCFC has thus far achieved two of their specific objectives. Namely, the development and distribution of a Food Assistance Resource Directory which is a living archive of all hunger relief resources and emergency food providers in the county. In addition to contributing critical input to the Montgomery County Food Security and Action Plan (MCFSAP), which aims to strategically reduce food insecurity over a period of 5-years. Food Insecurity specifically being defined in the MCFSAP as "the state of being without reliable access to a sufficient quantity of affordable, nutritious food".

The Community/ Groups or purpose Served

According to the Five Year Food Security Plan (MCFSAP 2017), MCFC aims to serve 77,780 county residents (7% of the population) who are experiencing food insecurity, with particular attention to the 33,000 children who are food insecure. Its goal is to reduce the 7% to 5.5% by year three of its five year plan. Tackling food insecurity in the county involves working with several vulnerable demographics including children, the elderly, people living with disabilities, people living below the self-sufficiency standard, and foreign born residents.

This project will deal principally with the rapidly expanding population of foreign born residents, although it should be noted that there is crossover between priority groups. Existing data indicates that the largest ethnic groups living in Montgomery County come from El Salvador, mainland China, India, and Ethiopia. Additionally, it should be noted that East Asian residents make up the largest minority group of Seniors, a group which experiences additional burdens when it comes to food access and poverty. Foreign born community members live most commonly in census tract areas: East County, Silver Spring/Takoma park, Wheaton/Glenmont, Aspen Hill, Rockville and Gaithersburg (MCFSAP, 2017).

The MCFSAP identified that food insecure foreign born residents face barriers of access which include: limited English proficiency which reduces knowledge about and access to existing services; concerns about immigration status which may prevent or discourage individuals and families from seeking services; high rates of poverty (estimated at 50,000-60,000 residents at or below 150% of the poverty line); difficulty using accessible foods and food literacy information which may promote foods that are not culturally familiar; and a lack of resources to provide culturally familiar foods to residents. The Five Year Plan acknowledges that further work should be done to particularly to reach out to African and Asian foreign born residents.

In previous scholarship on foreign born and immigrant communities noted for their vulnerability to food insecurity with similar findings to the MCFSAP. One study in Georgia noted that immigrant families are twice as vulnerable (39%) to food insecurity as U.S. born families (Gravitt & Ares, 2011) and listed barriers of language fluency, issues of trust and misunderstanding of eligibility requirements for food service. These issues as well as greater likelihood of economic hardship, and reduced likelihood of using social service assistance were noted in a 2014 report on Hunger and Food Security by RTI International. Likewise, Greenwald and Zajfen (2017) identified feelings of shame for accepting free foods, lack of eligibility knowledge, scarcity of traditional foods and distribution of foods to non-Christian populations through churches as additional barriers in their foreign born sample population from Southern California. All studies note that there are significant difference in the needs of different immigrant populations and note the necessity to not consider immigrant groups as a homogenous entity - a takeaway which is evident in the MCFSAP which highlights cultural sensitivity and respect as key considerations in serving foreign born resident.

Basic Details

MCFC is a non profit organization focused on addressing issues surrounding food and hunger in the county. The council is made up of two full time employees, one part time employee, an intern, and many volunteers. The two full time employees, Heather Bruskin and Amanda Neshier, serve as the Council's Executive Director and Food Security Programs Manager, respectively. Massa Cressall serves part time as the Development and Communications Manager, while an intern assists with communication duties. Additionally, the rest of the 25 food council members are volunteers from various stakeholder positions in the area.

The food council is mainly funded by the county government, including funding through the Montgomery County Department of Health and Humans Services and grants from other departmental funds. The council also receives private sector funding for some areas of its work, but currently not for the food security working group. The food council also receives donations from individuals and businesses.

The food council does not have its own facilities, but through collaborative organizations such as Bethesda Green and the Montgomery County government, they are able to hold meetings and events when needed. The organizations the food council collaborates with also provide them with other resources including printed handout materials and other information.

Since 2014, numerous MCFC stakeholders have held listening sessions and focus groups with food insecure communities throughout Montgomery County, which contributed to further assessments on the availability of foods throughout the area. These preliminary measures informed resources including the Montgomery County Food Access Report (2015). Following the completion of their initial projects, MCFC launched the 5-year Food Security and Action Plan (MCFSAP). The MCFSAP compiles existing resources and a series of recommendations that

serve as a guide for policymakers and community organizations in Montgomery County to enhance food security (2017).

MCFC states Food Recovery and Access as one of their major priorities, and dedicates one of four respective working groups known as FRAWG to this issue (2018). Of the recommendations presented by the MCFSAP, the furthering of research (in the areas of education, the availability of foods, and redemption of food assistance programs), and the establishment of a network will equip FRAWG's strategies to increase the availability of culturally appropriate food assistance. The MCFSAP presents baseline data from a stakeholder meetings, listening sessions and online surveys. Thus, the collection of further data will inform staff on the specific foods that are needed, the location of communities relative to distributors, and how food assistance programs can leverage increased access to these foods.

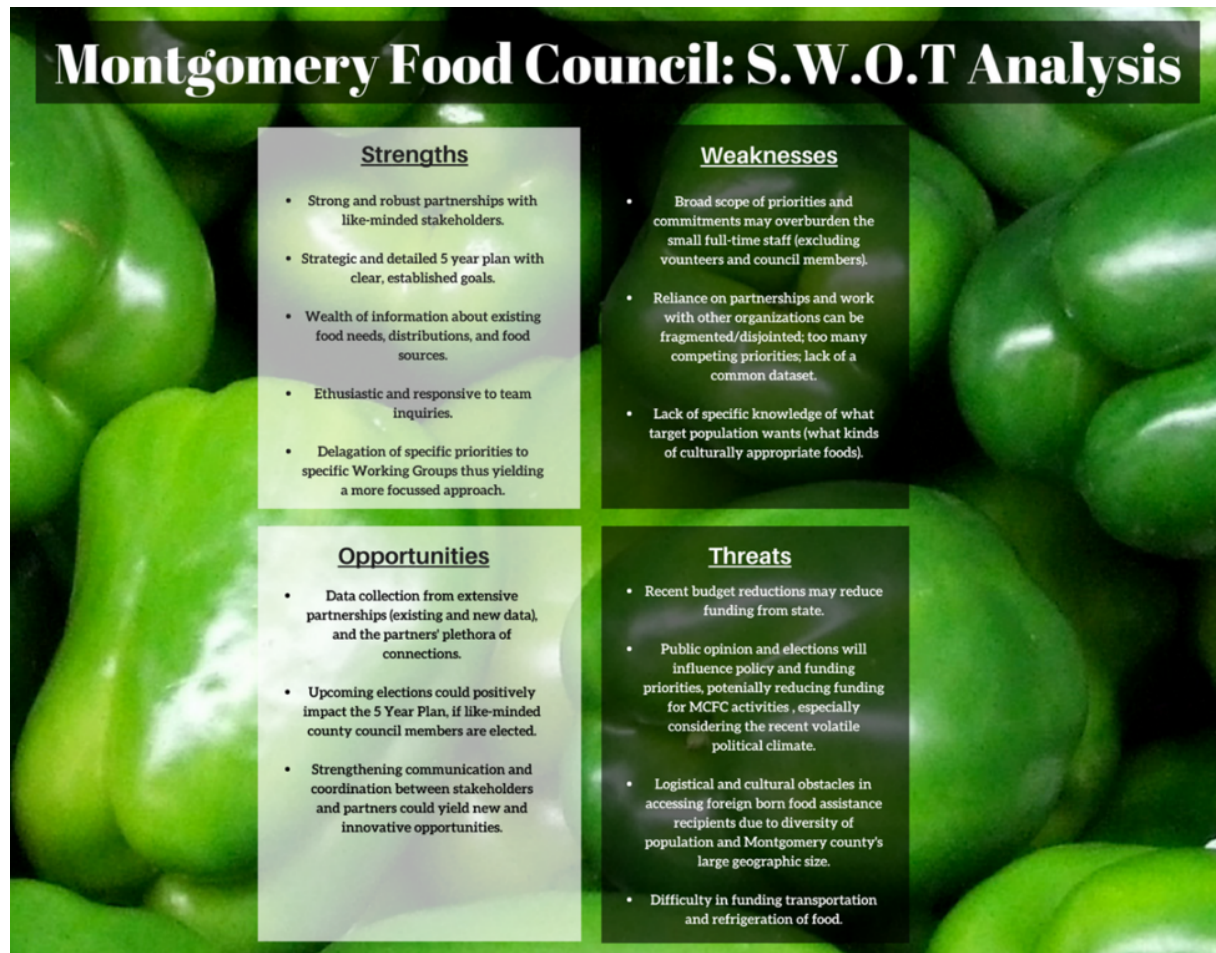
Current Challenges

MCFC faces challenges pertaining to organizational capacity, funding, and logistics of food distribution and data collection. MCFC has a small, dedicated staff, that relies heavily on the collaboration of council members in working groups. This presents a challenge for MCFC in that its success and ability to address food-related issues in the county is dependent on the efforts, funding, and drive of its many partners. MCFC is also in the process of applying for 501(c)-3 status, meaning they must remain politically neutral, despite the fact that upcoming state and county elections could have a significant impact on local food policy and MCFC funding. Finally, because MCFC serves a large geographic area and large population, it faces challenges in ensuring food is appropriately transported, refrigerated or stored, and distributed to residents. For the same reason, collecting data on program success and provision of culturally appropriate food proves difficult.

Summary of Project

This project aims to increase MCFC's knowledge about preferences and availability of culturally appropriate foods to the food insecure Montgomery County foreign born population. The capstone team will be responsible for conducting research based on qualitative interviews and existing data to identify the countries of origin of the immigrant population, determine food preferences of those immigrant populations, and locate key geographic areas of demand for specific cultural foods. Additionally, the students will reach out to local grocers to establish where culturally appropriate foods are currently available within the county. Project deliverables will include a gap analysis of the need and availability of culturally appropriate food, and will provide further recommendations for research and steps to take to alleviate the current burden of food insecurity in the foreign born population. Furthermore, the capstone team will build a survey tool based on their findings designed to further organizational knowledge of the problem, the organization may administer this survey after the project has ended.

SWOT Analysis



Strengths

MCFC has a dedicated team of council members and volunteers, who have a variety of interests, skills, and stakeholder positions within the county. Together, council members are passionate and motivated to address specific food-related issues in the county through their four working groups. Similarly, the food council benefits from their partnerships with many food banks and food assistance organizations. Additionally, they have a clearly developed Five Year Plan and laid out goals for each year, reflecting their intensive research on existing food needs, distributors, and food sources in the county. Finally, MCFC team has open communication with the capstone team, connecting the capstone team with a variety of resources beneficial to the project.

Weaknesses

As a council of community stakeholders, MCFC is inherently collaborative in its functions. By way of this, MCFC's Working Groups rely on their members as advisors on the council's initiatives, as well as resources for corresponding data and capacity-building. Although MCFC is divided into four Working Groups with respect to their priorities, each of these Working Groups comprise of various members that represent a range of community organizations whose interests align (2018). Therefore, while MCFC provides a platform for collaboration, it is also critical that MCFC maintain an organized system for the direct integration of these inputs in the

development of MCFC initiatives. Hence, having a limited staff may limit MCFC's ability to maintain a consistent agenda among its members. Additionally, the first of FRAWG's challenges in conducting research may be the scope of the data that is needed. The second challenge may be including data from partner organizations in such a way that it is coherently represented as a resource for the development of FRAWG's initiatives. In this effort, the creation of a database or an evolving tool would facilitate next steps in FRAWG's agenda.

Opportunities

MCFC has many opportunities given their existing partnerships and collaborations in the county. Their partnerships with other organizations can provide them new and existing data that may help guide their actions and goals of the working groups. Moreover, these partners have vast connections across the county to other food banks and food assistance programs. One example of this is Manna Food Center, which is heavily involved in the food recovery and access working group, and functions both as a food bank and food distributor.

Upcoming elections in the county and state provide an opportunity for the food council. If elected county council members could prioritize food-related issues in their platform and positively impact the five-year plan by assisting MCFC in achieving immediate and long term goals.

MCFC has an opportunity to further benefit from their connections with stakeholders and partners by utilizing available resources. In the scope of the capstone project, knowledge of multicultural food distributors in the area will certainly prove useful. Moreover, MCFC may stand to benefit from additional connections with culturally diverse grocery stores and food providers throughout the county, which could provide additional data for the current capstone projects and future MCFC projects in the future.

Threats

The external threats that face MCFC come mainly from funding sources and logistics. The food council's funding predominantly comes from government agencies and grants that are evaluated and awarded yearly, this makes the MCFC's long term goals reliant on fluid funding. This instability is particularly notable in the coming year, as Montgomery County is holding elections and public opinion and policy toward food security as a priority may change. In addition to it being an election year, another threat for the council's funding is that Montgomery County is experiencing budget cuts and hiring freezes due to the county's large debt. This makes sustainable funding from the county government even more of a challenge.

Logistical issues also threaten the success of the food council. Montgomery County is a large, diverse county which presents logistical issues for the relatively small food council. Collecting data across the county on cultural food preferences from food assistance recipients is a difficult task due to the size and diversity of the county, which include language barriers. Similarly, one issue that combines funding and logistical threats is the transportation and storage of refrigerated food. There is a shortage of refrigerated transportation and storage areas for the food collected by distributing organizations. This makes it difficult to accept refrigerated foods and distribute them across the county where they are needed.

Additionally, while the food council action group has twenty-five volunteers, managing their collaborations, the large number of partners are a potential logistical and political challenge. There are many partners and food distributors in the county that present logistical issues when moving materials and donations between organizations. Also, with the large number of food

security focused organizations, there is a lack of connection between them at times, as awareness of what each organization is doing and has available can be missing. This threatens each of the council's organizations, but also the target population's ability to know what is available and get the food that they need.

Appendix C - VMOSA (Vision, Mission, Objectives, Strategies, and Action Plan) and Logic Model

Montgomery County Food Council AU Capstone Project VMOSA & Logic Model

VMOSA

| Vision: To ensure all residents of Montgomery County (MC) have access to a wide variety of nutritious and culturally appropriate food; thereby increasing their overall health and well-being, thus helping the community prosper. | | | | | |
|--|--|--------------------------------------|--|---|---|
| Mission: To provide Montgomery County Food Council (MCFC) with comprehensive information on residents' countries of origin, culturally appropriate food preferences and needs, current culturally appropriate food availability, and recommendations in order to strengthen MCFC's understanding of the need for and barriers to culturally appropriate food access in MC. The capstone team will develop strategies and action plans to mitigate these barriers. | | | | | |
| Objectives: | Strategies: | Action Plan: | | | |
| | | Parties Responsible & Collaborators: | Strategy Completion Date: | Resources: | Challenges: |
| 1. By April 12th, 2018: Collect and compiled information on the current need for culturally appropriate foods amongst the food-insecure and foreign born population of | Draft email template to food assistance stakeholders, send out email | Abhishek Edits from Amanda | Email draft to Amanda by Feb 26th Send to stakeholders by March 9th | Master document of stakeholder contacts "Race and Ethnicity by Site" (Manna Food Center) | MC is geographically large and demographically diverse Cannot ensure that a diverse group of stakeholders respond to emails or are |

| | | | | | |
|--|--|-------------------------------------|--|--|---|
| <p>MC: countries of origin, food preferences, geographic location</p> <p>2. By April 12th, 2018: Collect and compile information on the current availability of culturally appropriate foods in MC, both through retail locations and through food assistance providers.</p> | Conduct preliminary research on the countries of origin of MC residents and culturally familiar foods of these countries | Capstone team | March 22nd | <p>MCFC's Food Assistance Resource Directory (FARD)</p> <p>Food Recovery and Access Working Group's (FRAWG) Healthy Food Availability Index (HFAI)</p> | <p>interested in speaking to the team</p> <p>Language barriers between food distributors, volunteers, and/or recipients of food</p> |
| | Draft interview questions, which may differ by stakeholder (distributors, farmers, volunteers, etc) | Kayla, Michael Edits from Amanda | Email draft to Amanda by March 22nd | | |
| | Schedule dates to meet with stakeholders (or speak on the phone) | Capstone team | Stop interviews/ data collection by April 12th | | |
| | Individually collect information from phone calls/interviews with stakeholders | Capstone team | Ongoing until April 12th | | |
| | Draft findings/observations in shared google doc | Capstone team | Ongoing until April 12th | | |

| | | | | | |
|--|---|-----------------|---|---|---|
| 3. By April 19th, 2018: Provide analysis describing the gaps between residents' needs and availability of culturally sensitive foods as determined by objective 1 and 2. | Compile information from phone calls/interviews | Capstone team | Begin by April 5th Complete April 19th | MoCo Census Data Community Action Agency and CountyStat interactive Self Sufficiency Standard tool MC Food Access Report (2015): PDF (pp. 190-2017) | Gap analysis can only be holistic and is based on the quality of responses from stakeholders Needs analysis will be mostly derived from food bank volunteers and providers, not recipients |
| | Review additional census data and interactive Self Sufficiency Standard tool provided by MCFC | Capstone team | Ongoing until April 19th | | |
| | Draft written summaries detailing findings | Kayla, Laurel | Begin April 12th Complete April 19th | | |
| | Draft graphics from data | Abhishek, Kayla | Begin April 15th Complete April 19th | | |

| | | | | | |
|--|--|--|---|---|--|
| 4. By April 19th, 2018: Recommend strategies and action plans to mitigate gaps illustrated in objective 3. | Refer back to gap analysis | Capstone team | Begin April 12th Complete April 19th | Retailers in the county that sell food from other cultures Action plans from other counties/ areas | MCFC has limited organizational and funding capacities MCFC serves a geographically large, and diverse population (MC) MCFC currently has no established partnerships with retail grocery stores |
| | Review previous strategies counties have used to mitigate barriers in providing culturally competent food | Laurel, Rainey | Begin March 19th Complete April 19th | | |
| | Design action plan based on information obtained in previous strategies for objective 4 | Capstone team Edits from Amanda | Begin March 19th Complete April 28th | | |
| 5. By April 23rd, 2018: Recommend future research on the topic of culturally appropriate food provision in MC. | Review previous strategies/research counties have conducted to address provision of culturally appropriate foods | Michael, Camille | Begin March 19th Complete April 28th | Literature compiled in objective 4 Potential partnerships | Recommendations will be dependent on the success of supporting project pieces |

| | | | | | |
|--|--|--|---|--------------------------------------|--|
| | Construct survey for MCFC to administer to fill remaining information gaps | Rainey, Michael Camille | Begin March 26th Complete April 28th | discovered in stakeholder interviews | |
| 6. By April 30th, 2018: Provide final deliverable to MCFC that compiles results from objectives 3-5. | Compile all content | Capstone team | By April 28th | | |
| | Final Review | Capstone team members individually Send to Amanda | April 29th | | |
| | Final Compilation and submission of project | Laurel, Abhishek | April 30th | | |

MCFC-AU Capstone Team LOGIC MODEL

Situation

MCFC has identified providing culturally appropriate food for foreign born and food insecure populations as an integral step in their 5 years strategic plan. However, they realize that they do not possess key information about the current availability and demand for culturally competent food in Montgomery County. Our mission is to provide sufficient context to MCFC and aid them in their aforementioned endeavor.

Inputs

- Capstone Team
- MCFC Team
- FRAWG Committee members
- Jenna from Manna
- Montgomery County Census data
- Community Action Agency and CountyStat interactive Self Sufficiency Standard tool
- American University Library databases

Activities

- Interview key stakeholders: farmers, food distributors and assistance providers, volunteers
- Review existing data on the countries of origin of Montgomery County Residents
- Research the strategies other organizations have used to mitigate barriers and address provision of culturally competent food
- Develop a new survey that MCFC can use to further understand the scope of culturally appropriate food concerns in Montgomery County

Outputs

Final Report Including:

- Needs Assessment
- Gap Analysis
- Recommendations and action plans to mitigate gaps
- Recommendations for future research: (i.e. survey)

Outcomes

To provide MCFC with comprehensive information on:

- Residents' countries of origin, culturally appropriate food preferences and needs
- Current culturally appropriate food availability
- Recommendations in order to strengthen MCFC's understanding of the need for and barriers to culturally appropriate food access in Montgomery County
- Develop strategies and action plans to mitigate these barriers.

Impact

To ensure all residents of Montgomery County have access to a wide variety of nutritious and culturally appropriate food; thereby increasing their overall health and well-being, helping the community prosper.

Appendix D - Stakeholder Contact Directory

The link below is to a google sheets directory; the directory includes a list of variety of stakeholders in food access in Montgomery County, the Johns Hopkins Maryland Food Systems Map grocers, and the FRAWG member contact list.

Stakeholder Contact Directory

<https://docs.google.com/spreadsheets/d/1RwNZvyx95HAmre0V3awC5P3fxqORuz5rYVS2PgzsGKI/edit?usp=sharing>

Appendix E - Original Survey Questions and Results for Food Assistance Providers

1. Email Address
2. Goal/Mission of Organization
3. Describe your organization's efforts in providing access to foods in Montgomery County
4. Do you make any specific efforts or have any experiences in providing culturally appropriate foods?
5. What barriers do your clients encounter in accessing culturally appropriate foods?
6. What are the most common (3-5) foreign born populations that you serve?
7. What percentage (roughly) of your clients are foreign born?
8. Do you know of any other locations in the area where recipients often receive/purchase food?
9. What types of food are in highest demands?
10. What types of traditional/cultural foods are in highest demand?
11. Are some foods requested, but not easy for your organization to obtain? Please name them.
12. What foods would you like to be able to offer in greater quantities?
13. Who are your food suppliers?
14. What are the barriers (broadly) you experience in accessing, storing, and distributing culturally appropriate foods?
15. Would you be interested in partnering with Montgomery County Food Council to work on ensuring foreign born populations have access to culturally appropriate foods?
16. Is there any additional information relevant to this topic that you'd like to provide?

These questions and results are included in google sheets link on tabs "Provider Questions" and "Provider Answers"

<https://docs.google.com/spreadsheets/d/1fpuV9RWgnS9tpHLEuvY-t2Lj6ONUqB3-76tKYBNzOO0/edit?usp=sharing>

Appendix F - Original Survey Questions and Results for Food Assistance Recipients

English Version

1. Where were you born?
2. Do you identify with a country or culture outside of the United States? Which one (or multiple)?
3. How often do you eat traditional foods that come from this culture or country outside of the US? (1-2 times a week, 3-4 times a week, every day)
4. What foods do you eat most often?
5. Where do you normally go to purchase/receive groceries?
6. Does this location meet your cultural/traditional food preferences?
7. How long does it take you to travel where you normally purchase/receive food?
8. Do you travel to another location for cultural/traditional foods? What is the name of this location?
9. If you travel to another location for cultural/traditional foods, how long does it take you to get there?
10. Are there any traditional/cultural foods that you want that are difficult for you to get? Which ones?
11. Are there any other barriers you've experienced in accessing culturally appropriate foods?
12. Is there any other information you'd like to share?

Spanish Version

1. ¿Dónde nació usted?
2. ¿Usted se identifica con algún país o cultura afuera de los Estados Unidos?
3. ¿Con que frecuencia come comida tradicional del país o cultura afuera de los Estados Unidos?
4. ¿Cuales comida(s) come usted, o su familia, por la mayoría de tiempo?
5. ¿Donde se va usted para comprar o recibir comida?
6. ¿Esto(s) lugare(s) cumple(n) con sus preferencias culturales/tradicionales para la comida?
7. ¿Cuanto tiempo toma usted para llegar donde normalmente compra/recibe comida? (menos que 30 mins., aprox. 1 hora, aprox. 2 horas, más que 2 horas)
8. ¿Usted vaya a algún otro lugar para encontrar alimentos tradicionales/culturas? Como se llama este lugar?
9. ¿Si usted respondió <<si>> por la pregunta anterior, cuanto tiempo toma para llegar allí? (menos que 30 mins., aprox. 1 hora, aprox. 2 horas, más que 2 horas)
10. ¿Hay ciertos alimentos tradicionales/culturales que usted se siente un dificultad accediendo? ¿Cuales son?
11. ¿Hay otras barreras que usted encuentra en accediendo alimentos culturales, o los que usted prefiere?
12. ¿Hay mas información que usted desea compartir?

These questions and results are included in google sheets link on tabs "Recipient Questions (English)", "Recipient Questions (Spanish)", and "Recipient Answers":
<https://docs.google.com/spreadsheets/d/1fpuV9RWgnS9tpHLEuvY-t2Lj6ONUqB3-76tKYBNzOO0/edit?usp=sharing>

Appendix G - Original Survey Questions for Grocers

English Version

1. What is the name of your organization?
2. How many people do you serve in a week?
3. What types of food are in highest demand?
4. You were listed as a "international foods" grocery store in the Johns Hopkins Food Systems map - do you agree that your store could be categorized as such?
If yes:
 - i. Which cultures/populations do you serve?
 - ii. Are there culturally specific foods that you get many requests for?
 - iii. Which distributors do you purchase these items from?
 - iv. Do you know of other locations in the area where recipients often receive/purchase these food items?
 - v. Are there culturally specific foods that you have in excess?
1. Have you ever donated to a food assistance organization? Or would you be interested in doing so?
2. Would you be interested in partnering with MCFC to help with food assistance in MC?

Spanish Version

1. ¿Que es el nombre de su tienda/organización?
2. ¿Cuantas personas, mas o menos, sirven en total por una semana?
3. ¿Puede nombre los alimentos específicos que están en mayor demanda?
4. Su tienda/organización está enumerado como "alimentos internacionales" en una mapa de sistemas de alimentación organizado por la Universidad Johns Hopkins. ¿Están de acuerdo que su tienda/organización puede ser considerado como tal?
Si su respuesta fue si:
 1. ¿Qué o cuales población(es) (por ejemplo, identificada por su(s) país(es) de origen) sirven?
 2. ¿Hay alimentos culturales que sus clientes piden mucho?
 3. ¿Usted(es) puede(n) proveer los nombres de los distribuidores de que compra estos artículos?
 4. ¿Conoce otros sitios locales donde gente normalmente reciben/compran estos mismos artículos?
 5. ¿Hay alimentos específicos que usted(es) normalmente tiene(n) en exceso? Puedes nombrarlos?
2. ¿Ustedes han hecho donaciones de alimentos a organizaciones de asistencia alimentaria (como un banco de alimentos)?
3. ¿Le interesaría involucrar más con el Consejo Alimentaria de Montgomery County para avanzar la seguridad alimentaria?

These questions are included in google sheets link on tabs "Grocery Store Questions (English)" and "Grocery Score Questions (Spanish)"

<https://docs.google.com/spreadsheets/d/1fpuV9RWgnS9tpHLEuvY-t2Lj6ONUqB3-76tKYBNzOO0/edit?usp=sharing>

Appendix H - Self Sufficiency Standard and Demographics of Montgomery County

Foreign Born Country of Origin (Top 10 Countries) in Montgomery County

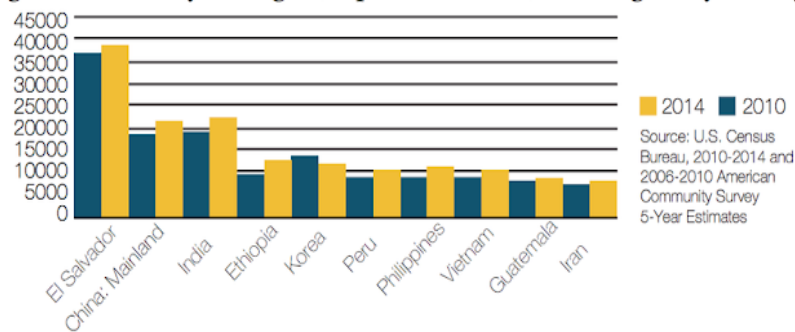


Figure 1: Foreign Born Country of Origin (Top 10 Countries) in Montgomery County for 2010 and 2014 (*Montgomery County Food Security Plan*, Montgomery County Food Council, 2017, p.14.)

Percent Below SSS by Top 10 Countries/Places of Origin

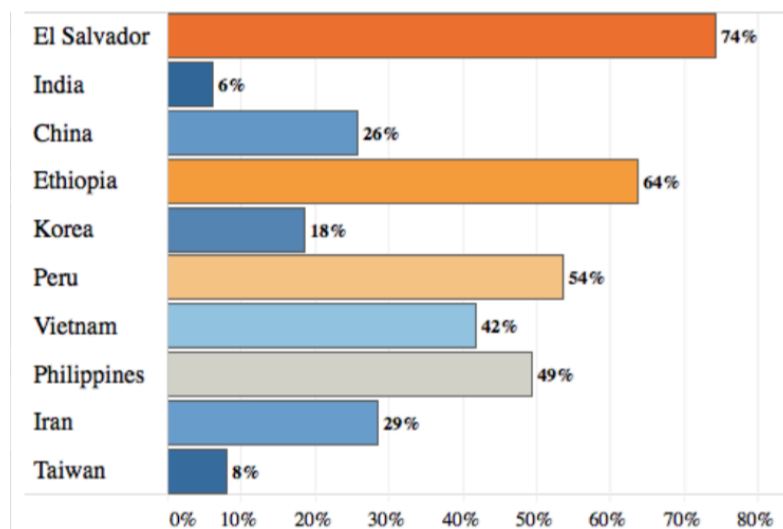


Figure 2: Percent Below SSS by Top 10 Countries/Places of Origin in Montgomery County (*Community Action: Self-Sufficiency Standard & the Interactive Self-Sufficiency Standard*, Montgomery County Government, 2018.)

Percent of Demographic Below SSS by PUMA

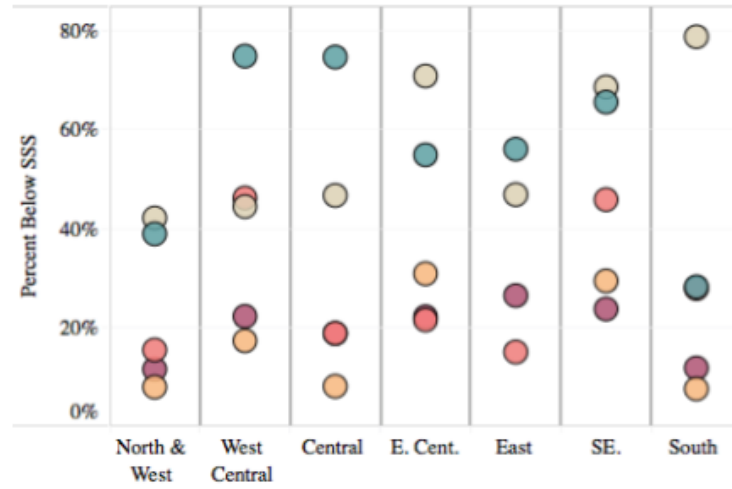


Figure 3: Percent Below SSS by area in Montgomery County and World Area of Birth (*Community Action: Self-Sufficiency Standard & the Interactive Self-Sufficiency Standard, Montgomery County Government, 2018.*)

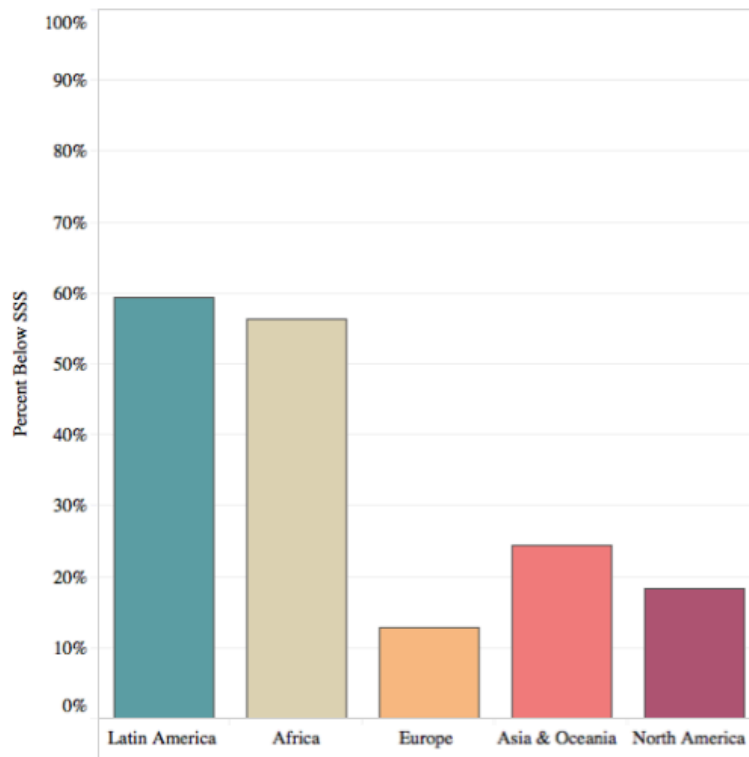


Figure 4: Graph of Percent Below SSS by World Area of Birth (*Community Action: Self-Sufficiency Standard & the Interactive Self-Sufficiency Standard, Montgomery County Government, 2018.*)

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