Healthy Eating and Food Access
Focus Group

Co-hosted by:
Restaurant Opportunities Center

Facilitated by:
FPAC Anti-Hunger Subcommittee

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What foods are always on your shopping list?

- Bread: 5
- Cheese: 3
- Eggs: 6
- Fruit: 3
- Milk: 4
- Vegetables: 8
What is the hardest thing about having healthy meals at home?

67% said unhealthy food cravings and/or time were their greatest barriers to eating healthily.
Have you in the past calendar year struggled to buy food?

42% said “yes” they have struggled to buy food.
Do you receive help from any food programs?

But only 36% said they get assistance from SNAP.
How often do you eat food prepared outside the home?

54% said they eat food prepared outside the home at least 3 times a week.
Where would someone find out about food resources?
How often are you online during the day?

79% of participants said that they are online 5 hours or more per day.