



PHILADELPHIA  
**FOOD POLICY**  
ADVISORY COUNCIL

# Healthy Eating and Food Access Focus Group

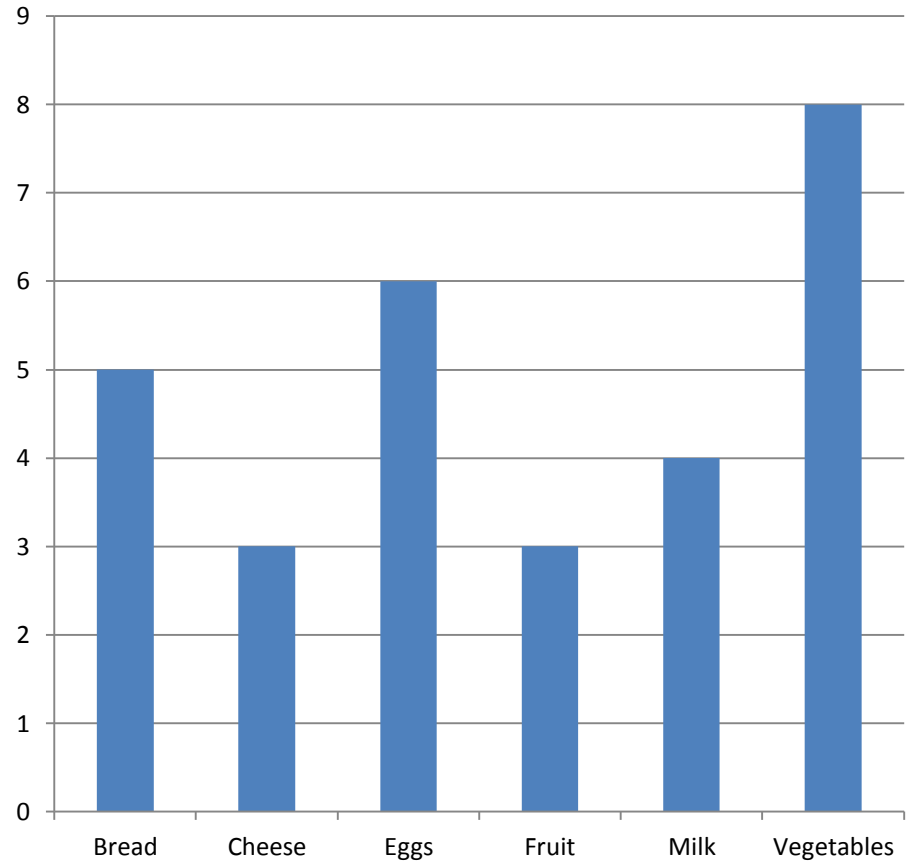
Co-hosted by:  
Restaurant Opportunities Center

Facilitated by:  
FPAC Anti-Hunger Subcommittee

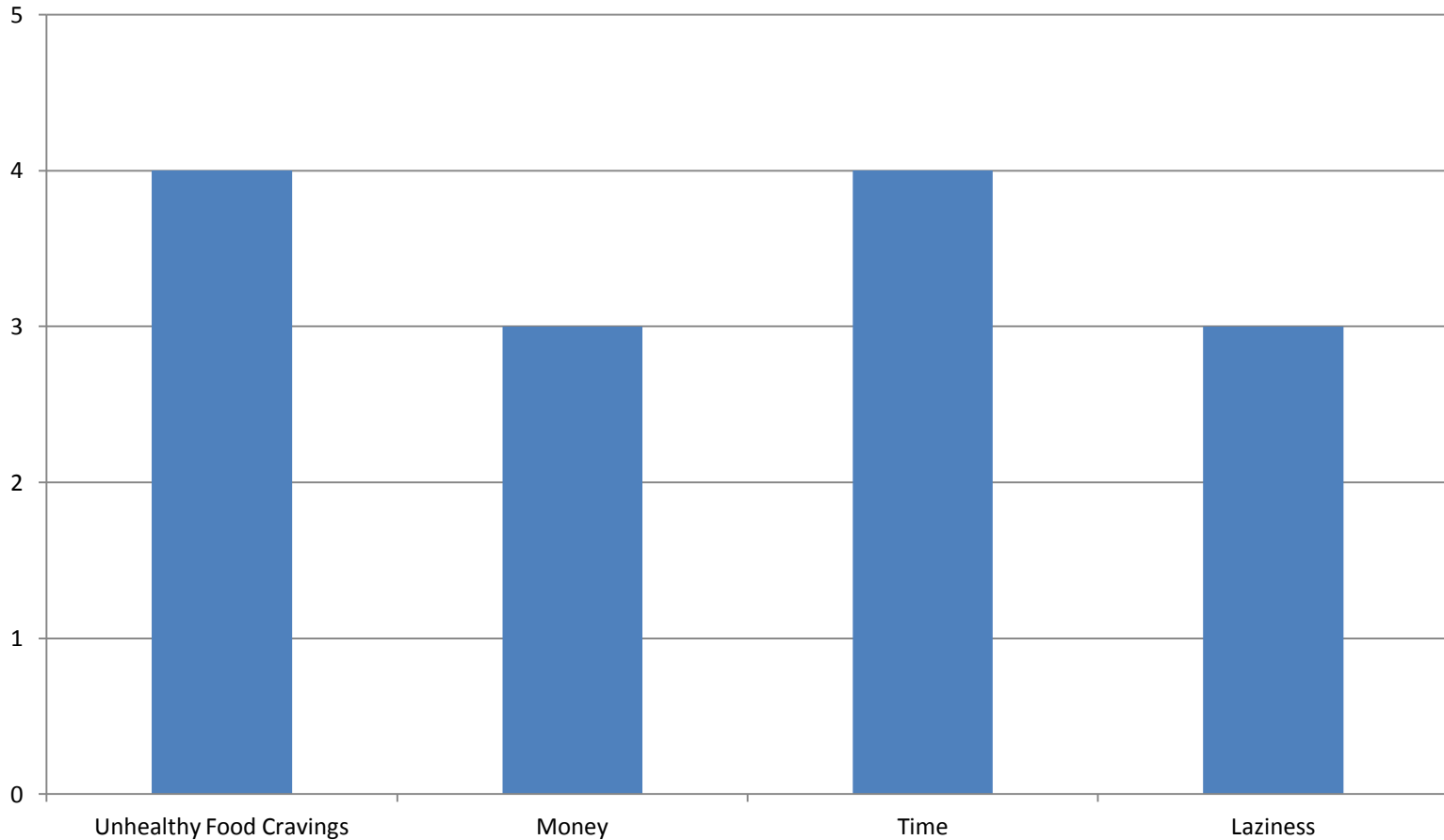
*November 2013*



## What foods are always on your shopping list?

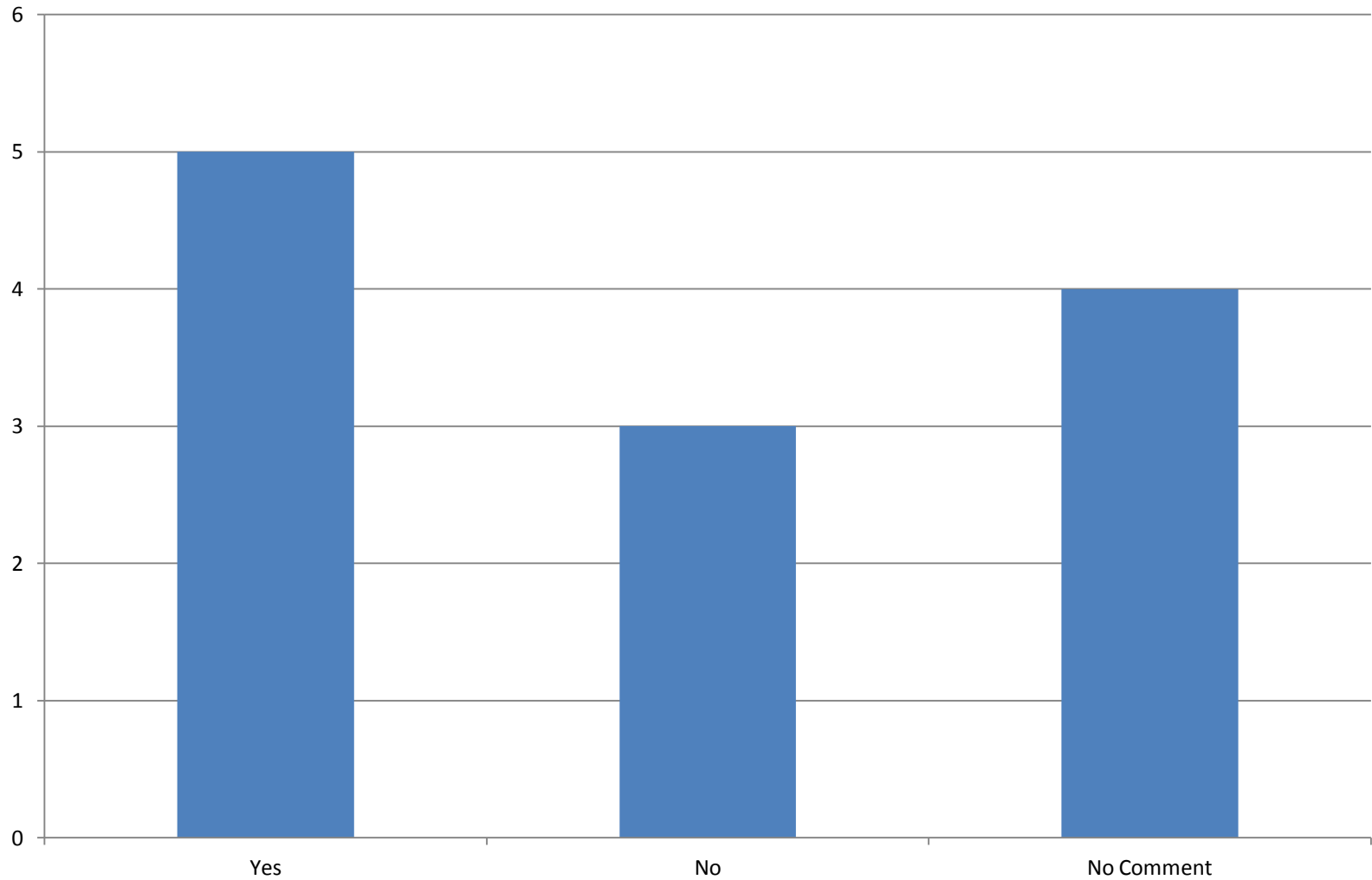


# What is the hardest thing about having healthy meals at home?



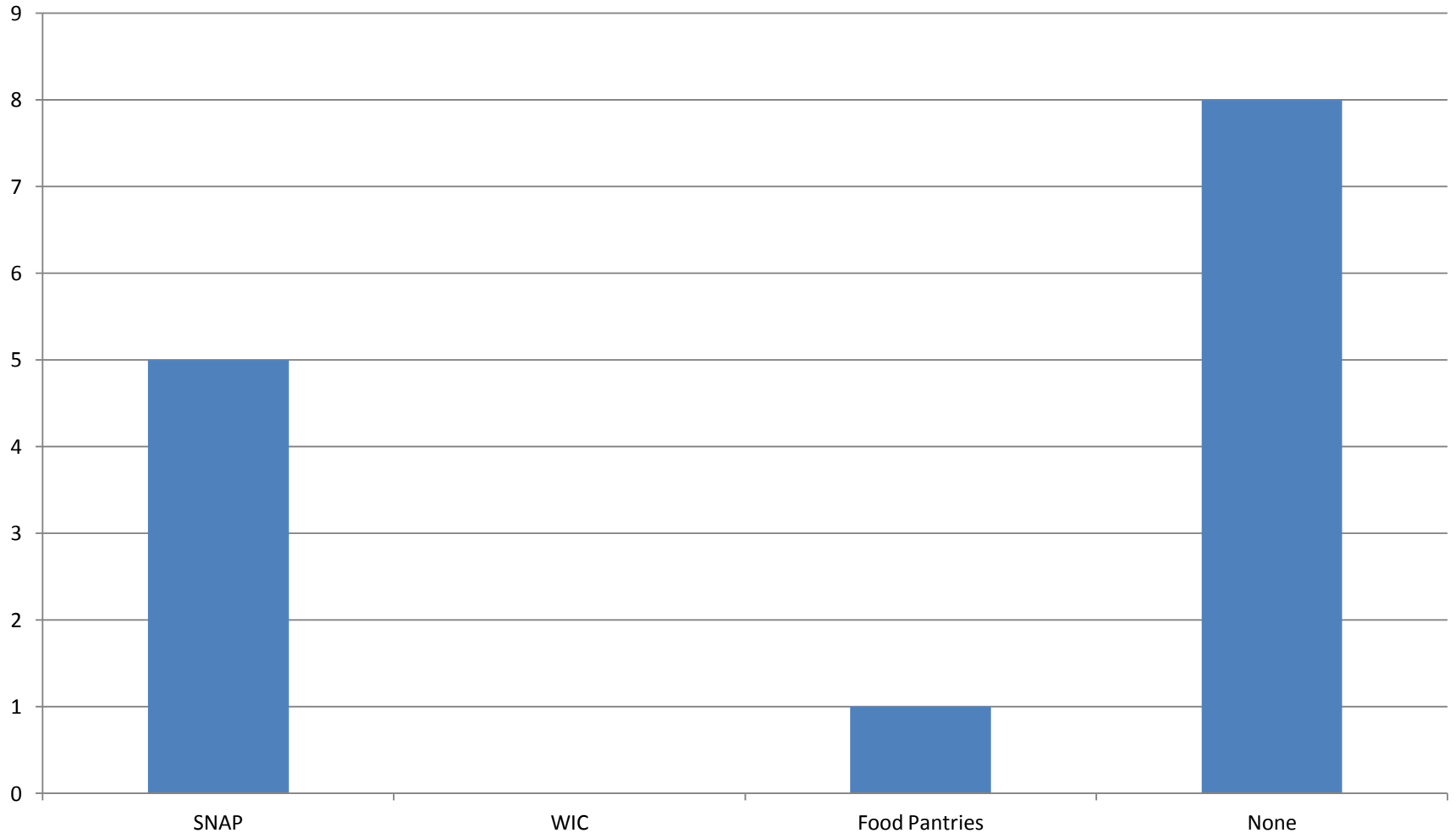
67% said unhealthy food cravings and/or time were their greatest barriers to eating healthily.

## Have you in the past calendar year struggled to buy food?



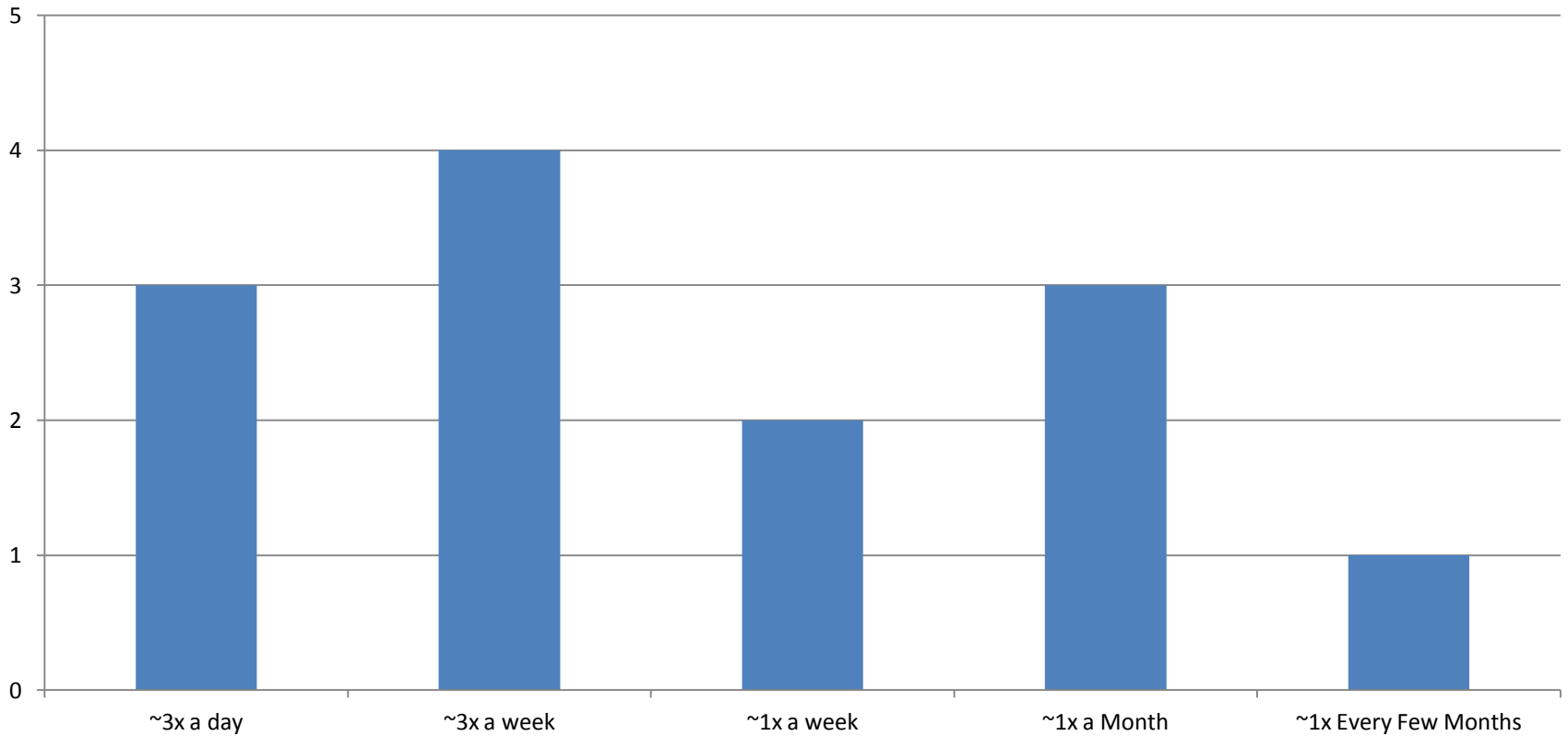
42% said “yes” they have struggled to buy food.

# Do you receive help from any food programs?



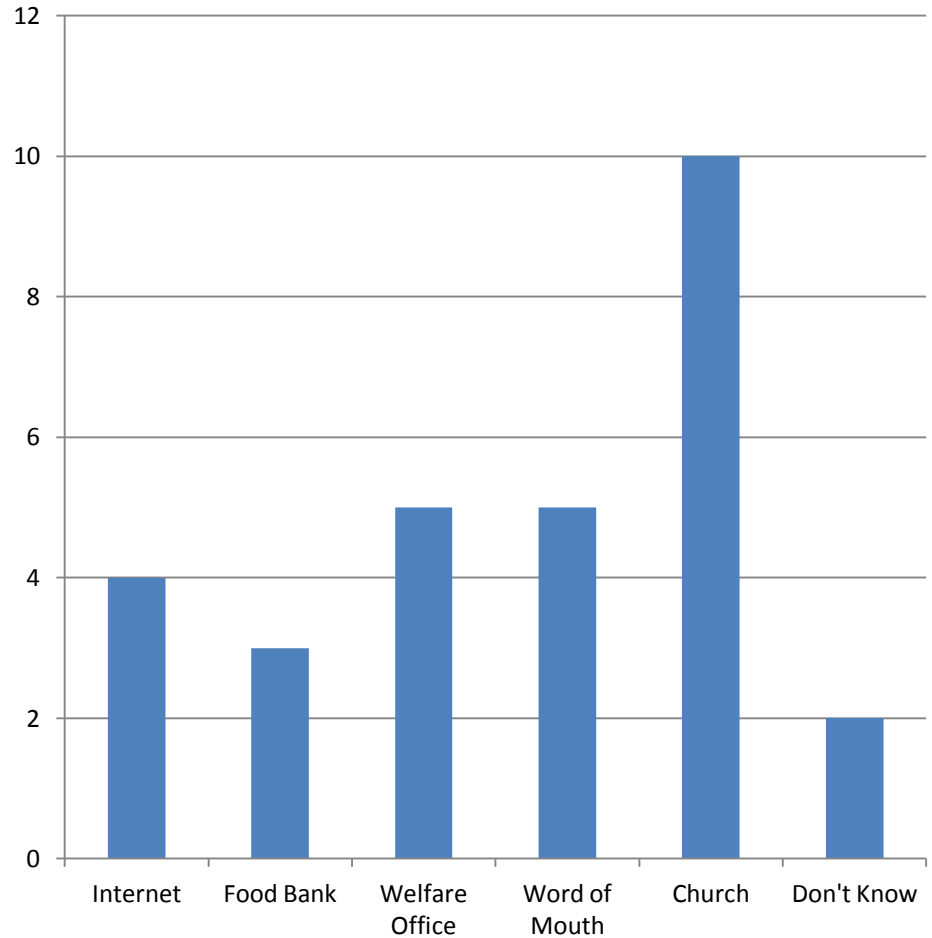
But only 36% said they get assistance from SNAP.

# 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.