

Food Access Resources Bibliography

National Reports

1. *Access to Affordable and Nutritious Food—Measuring and Understanding Food Deserts and Their Consequences: Report to Congress.* Michele Ver Ploeg, Vince Breneman, Tracey Farrigan, Karen Hamrick, David Hopkins, Phil Kaufman, Biing-Hwan Lin, Mark Nord, Travis Smith, Ryan Williams, Kelly Kinnison, Carol Olander, Anita Singh, and Elizabeth Tuckermanty. USDA Administrative Publication No. (AP-036) 160 pp, June 2009

<http://www.ers.usda.gov/Publications/ap/ap036/>

This report fills a request for a study of food deserts—areas with limited access to affordable and nutritious food—from the Food, Conservation, and Energy Act of 2008. The report summarizes findings of a national-level assessment of the extent and characteristics of food deserts, analysis of the consequences of food deserts, lessons learned from related Federal programs, and a discussion of policy options for alleviating the effects of food deserts. Overall, findings show that a small percentage of consumers are constrained in their ability to access affordable nutritious food because they live far from a supermarket or large grocery store and do not have easy access to transportation.

2. *Are Lower Income Households Willing and Able to Budget for Fruits and Vegetables?* By Hayden Stewart and Noel Blisard, Economic Research Report No. (ERR-54) 29 pp, January 2008

<http://www.ers.usda.gov/Publications/ERR54/>

Households have a number of needs and wants that all compete for scarce resources. Given this situation, are low-income households, in particular, generally willing and able to budget for healthful foods like fruits and vegetables, or are other goods and services, including other foods, more of a priority? For six out of seven selected types of food, we find that households with an income below 130 percent of the poverty line spend less money than higher income households. However, we also find that these households, when given a small increase in income, will allocate more money to only two out of the seven products, beef and frozen prepared foods. These foods may be priorities for reasons of taste and convenience. For additional money to be allocated to fruits and vegetables, a household's income needs to be slightly greater than 130 percent of the poverty line.

3. *Can Low-Income Americans Afford a Healthy Diet?* Adam Drewnowski and Petra Eichelsdoerfer March 2009 A publication of the University of Washington Center for Public Health Nutrition,

<http://depts.washington.edu/uwcphn/reports/brief1.pdf>

As incomes drop and food budgets shrink, food choices shift toward cheaper refined grains, added sugars, and vegetable fats. The first items to drop out of the diet are usually healthy foods – whole grains, lean meats, dairy products, vegetables and fruit. Energy-rich starches, sweets, and fats, many of them nutrient-poor, frequently offer the cheapest way to fill hungry stomachs.

4. *Can Low-Income Americans Afford a Healthy Diet?* Elise Golan, egolan@ers.usda.gov; Hayden Stewart, hstewart@ers.usda.gov; Fred Kuchler, fkuchler@ers.usda.gov; Diansheng Dong, ddong@ers.usda.gov ECONOMIC RESEARCH SERVICE/USDA

<http://www.ers.usda.gov/AmberWaves/November08/PDF/AffordHealthyDiet.pdf>

Low-income households that receive maximum benefits from the Supplemental Nutrition Assistance Program usually have the purchasing power necessary to afford healthy diets; others may not.

Relative to other households, low-income households must allocate a higher share of both their income and time budgets to food if they wish to consume palatable, nutritious meals.

For many American households, achieving an affordable healthy diet will require reducing their expenditures on less nutritious foods and moving nutrient-dense foods, such as fruit and vegetables, to the center of their plates and budgets.

5. *Community Food Security Resource Kit: How to Find Money, Technical Assistance and Other Help to Fight Hunger and Strengthen Local Food Systems.* USDA Community Food Security Initiative.

<http://permanent.access.gpo.gov/lps6620/resoukit.htm>

That is why I have created the USDA Community Food Security Initiative. Through the Initiative, the Federal government is energetically forging innovative partnerships with nonprofit groups, private businesses, and individual citizens, as well as with state, local, and tribal governments, in order to help solve the problems of food insecurity and hunger.

The Initiative---like the overall Community Food Security movement -- broadly addresses seven action areas: local infrastructure, economic and job security, the Federal nutrition assistance safety net, food recovery and gleaning, local food production and marketing, education and awareness, and research and monitoring. For each of these action areas, there are concrete ways the government can help communities. That's what this tool kit is all about -- helping people working at the grass-roots level to obtain the resources they need to end hunger and food insecurity.

6. *Dynamics of Poverty and Food Sufficiency*. By David C. Ribar and Karen S. Hamrick Food Assistance and Nutrition Research Report No. (FANRR36) 33 pp, September 2003.

<http://www.ers.usda.gov/Publications/FANRR36/>

This study examines dynamics in poverty and food insufficiency using newly available longitudinal data from the 1993 panel of the Survey of Income and Program Participation (SIPP) and the follow-on Survey of Program Dynamics (SPD). The study uses these data to characterize the incidence and dynamics of poverty and food problems for the entire U.S. population and for different subgroups. It also estimates multivariate, discrete-choice regression models to examine the factors associated with transitions into and out of poverty and food insufficiency, and it analyzes the empirical results in the context of a life-cycle model of income and food consumption. Results indicate that the incidence of food insufficiency in the United States is low—less than 3 percent in 1997. There also appears to be little persistence in food problems; 79 percent of people in households with food problems at the start of the study period were in households without problems 2 years later. The multivariate results indicate that female-headed households face an especially high risk of being food insufficient. Low levels of asset income, an indicator of a household's ability to spread consumption over time, are also associated with food sufficiency problems.

7. *Household Food Security in the United States, 2007*. By Mark Nord, Margaret Andrews, and Steven Carlson; Economic Research Report No. (ERR-66) 65 pp, November 2008

<http://www.ers.usda.gov/Publications/ERR66/>

Eighty-nine percent of American households were food secure throughout the entire year in 2007, meaning that they had access at all times to enough food for an active, healthy life for all household members. The remaining households (11.1 percent) were food insecure at least some time during the year. About one-third of food insecure households (4.1 percent of all U.S. households) had very low food security—meaning that the food intake of one or more adults was reduced and their eating patterns were disrupted at times during the year because the household lacked money and other resources for food. Prevalence rates of food insecurity and very low food security were essentially unchanged from those in 2005 and 2006.

8. *How Much Do Americans Pay for Fruits and Vegetables?*

<http://www.ers.usda.gov/data/fruitvegetablecosts/>

ERS has calculated total pounds or pints purchased at retail, total dollars spent, average retail price, serving size, servings per pound or pint, and dollars per serving for each form of 57 fruits and vegetables in *How Much Do Americans Pay for Fruits and Vegetables?* The collection of spreadsheets below contain all the data used in the report and are presented here to show exactly how ERS arrived at the costs per serving figures. Each table also includes a short narrative that complements the statistics for each fruit and vegetable, detailing the nutritional benefits of each fruit and vegetable and divulging little known facts (or trivia) as well. This information should provide users with a clearer understanding of the costs of produce, the nutrient density of most fruits and vegetables, and their contributions to a healthy diet.

Iowa Reports

1. *Hunger in Iowa: 2007*. Agricultural Law Center, The Law School, Drake University. Susan Roberts, 515-965-3859 or 515-480-5898, susan@susan-roberts.net; Erin Feld, RD

<http://www.law.drake.edu/centers/docs/hungerReport07.pdf>

An increasing number of Iowa families are going hungry, according to a new report by the Drake University Agricultural Law Center. In addition, the report connects a lack of healthy food options and obesity in low-income households. The 2007 Hunger in Iowa Report shows more Iowans are skipping meals or eating cheaper and less healthy food because of food scarcity, as compared with data from reports released in 2001 and 2003. "Every report has shown that we have hunger in Iowa, and that it's getting worse instead of better, even though nationally we're seeing the opposite," said Susan Roberts, author of all three Hunger in Iowa Reports.

Data compiled in the reports, collected by federal agencies, shows a rise in the number of Iowa households with "low" and "very low" food security. Both classifications indicate that some or all members of the household lack "access at all times to enough food for an active, healthy life." Individuals in households with "very low" food security also experience the uneasy or painful sensation caused by a lack of food.

2. *Iowa State University Extension Iowa Food Insecurity Website* <http://www.extension.iastate.edu/hunger/iowa.htm>

Policy Briefs from Iowa State University

- Latino Immigrants: Food and Housing Insecurity
- How Iowa Fares: Food Insecurity in Iowa and the United States - Iowa Food Security, Insecurity, and Hunger
- Rural Food Access Patterns: Elderly Open-Country and In-Town Residents
- No More Food Stamps: Iowa Households that Left the Food Stamp Program
- Emergency Food Resources: Meeting Food Needs of Iowa Households

Technical Reports

From ISU Extension Sociology:

- Housing, Food, and Community - June 2005
- Food in My Community: A Case Study of Floyd County - Fall 2004
- Food in My Community: A Case Study of Palo Alto County - Fall 2004
- Food In My Community: A Case Study of Monroe County - Spring 2004
- Food In My Community: A Case Study of Decatur County - Spring 2004
- Iowa Rural Life Survey 2003 Summary Report - January 2004
- Food in My Community: A Case Study of a Des Moines Neighborhood - Fall 2003
- Food in My Community: A Case Study of a Davenport Neighborhood - Fall 2003
- Shared Leadership - July 2003
- Housing, Health, and Community - April 2003
- Iowa Community Food Assessment Report - October 2002

From ISU research teams

2003 Iowa Food Security Report

2002 Iowa Food Security Report

From Drake Agricultural Law Center

2003 "Hunger in Iowa" report (pdf) by Susan Roberts, MS, RD LD

2002 "Hunger in Iowa" report by Susan Roberts MS, RD LD

Nutrition education programs

- Expanded Food and Nutrition Education Program and Family Nutrition Program - in-depth nutrition education programs serving limited income families offered by Iowa State University Extension

- Iowa Nutrition Network

Other resources

- "Are Iowa Families Meeting Their Food Needs?" - 2008 Food Pantry Survey Results -- ppt file or pdf
- Mapping Food Insecurity: Using GIS as a Nutrition Education Tool (pdf) - A study undertaken by the Black Hawk County Food Security Alliance shows the importance of GIS mapping, as well as, examines the food safety net in Black Hawk County, Iowa.
- Listing of Iowa Food Banks
- 2003 Iowa WIC Food Security Survey (pdf)
- Iowa Food Stamp Leavers Study
- The Experiences and Views of Iowa Farmers' Market Vendors: Summary of Research Findings (April 2001)
- Report: Observations and Concerns of Iowa Farmers' Market Managers: Summary of Research Findings (April 2001)
- Rural Policy Research Institute (RUPRI) - provides unbiased analysis and information on the challenges, needs, and opportunities facing rural America.
- Iowa Food Policy Council - provides a comprehensive examination of Iowa's food system and make recommendations for improvement through public policy change.
- Food for All? The Status of Hunger in Iowa" Video

Johnson County Reports

1. *Poverty and Food Needs: Johnson County.* Iowa State University Extension Revised September 2008.

<http://www.extension.iastate.edu/hunger/counties/profiles/johnson.pdf>

2. *Top Ten Barriers to Local Food Access for Low-Income Individuals.* Information compiled by Laura Dowd, Local Foods Connection. Contact localfoodsconnection@yahoo.com for a copy of the report.

Compiled as a community service by Local Foods Connection
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