WHAT CLIENTS TOLD US

CLIENTS WANT HEALTHIER FOOD FROM THEIR FOOD SHELF

TOP 5 FOODS CLIENTS REQUESTED

1. Meat, poultry, fish
2. Dairy
3. Fruits & vegetables
4. Eggs
5. Cooking items (spices, oil, etc.)

CLIENTS RELY ON FOOD SHELVES FOR LONG PERIODS

74% have been using their food shelf for a year or more.

DISTANCE IS A BARRIER

40% of RURAL clients travel 5 miles or MORE to reach their food shelf.
75% of URBAN clients travel 1 mile or MORE to reach their food shelf.

FRUITS & VEGGIES ARE IN DEMAND

93% would like to provide more fruits and vegetables for their family.
90% know how to prepare many fruits and vegetables.

CLIENT QUOTES

"When your child asks for milk and you have to say, "No, we don’t have any" it breaks you little by little. Having the food shelf is extremely important to our family."

"There were times when we literally had no money and our food was gone. If we hadn’t been able to come to this food shelf my kids would have went hungry. This is the only food shelf in my area that offers food that benefits us for breakfast, lunch and dinner. It would be nice if we could come twice a month. This food shelf and food stamps isn’t enough."

"This food shelf is important to our family. We are both working parents, but our bills are more than our income and it is not giving us enough money to buy fresh fruits and vegetables and milk for our little boy."

"It really helps supplement our grocery budget. Meat, fresh fruit & veggies are very expensive so being able to get them from here is great. Usually between our budget and the food shelf we can go through the month eating healthy nutritious meals. Thank you!"

TAKEAWAYS

Food shelf clients know how to prepare healthy foods and would like to eat more of them.
Many clients get more than half their food from food shelves each month.
Clients want healthier food at Minnesota food shelves.
Diet related chronic disease is common among food shelf clients.

RECOMMENDATIONS

1. Increase the amount of food clients can receive.
2. Invest more money into procuring meat and dairy.
3. Invest more resources into sourcing healthy food to make meals at home, such as fruit and vegetables, spices, and cooking oil.

for more info, visit www.supershelfmn.org
Contact supershelf@umn.edu for additional data.
CLIENT RESPONSES TO FOOD ACCESS

CLIENTS GET A LARGE PORTION OF THEIR FOOD FROM THE FOOD SHELF

In the LAST 6 MONTHS

- 53% of clients got about half or more of their TOTAL FOOD from the food shelf.*

In the LAST 6 MONTHS

- 43% of clients got about half or more of their FRUITS & VEGETABLES from the food shelf.*

*14% missing response

*13% missing response

DEMOGRAPHICS

RACE / ETHNICITY

- 69% White
- 7% More than 1 race
- 6% African American
- 6% Latino/Hispanic
- 5% Native American
- 2% Self-Identified
- 1% Asian
- 1% African/Native Hawaiian/Pacific Islander

3% preferred not to answer

AVERAGE HOUSEHOLD SIZE

- 3.2 persons per household

CHILDREN & SENIORS

- 51% of households include children
- 38% of households include seniors

- <18
- 65+

HEALTH HISTORY

FOOD SHELF CLIENTS HAVE A HIGH RISK OF CHRONIC DISEASE

Has a doctor or health practitioner ever told you or someone in your household they...

- 43% have high blood pressure
- 37% should lose weight
- 32% have high cholesterol
- 28% have diabetes

66% responded yes to one or more health condition.

NOTE: Percentages are based on number who responded to each question.

For more info, visit www.supershelfmn.org


date

Pg. 2

42% use SNAP/EBT
- 13% use school meals
- 12% multiple food shelves
- 11% use WIC

AND

77% visit their food shelf once a month or more

YET...

67% are STILL food insecure.
- Worried food would run out before they got money to buy more and/or;
- Food didn’t last and didn’t have money to buy more.