

KEY FINDINGS

SURVEY PARTICIPANTS

93% of participants reported their language of preference as Spanish (55.7%), Mixteco (26%), or both (11.7%). 74.5% of the participants living in x County resided in y city, while 68.7% of the participants living in x County resided in the north area of the county.

OUTREACH

70% of participants learned about the food distribution program through a family member (30.1%), neighbor (20.1%), or through their workplace (20.1%). Participants expressed gratitude for the program sharing it reduces their spending by covering basic items that are versatile.

FOOD UTILIZATION

90% of participants reported knowing how to cook the items provided at food distribution sites. While 79% of participants reporting food provided was “about right” or “too much”, approximately 20% of participants shared wanting additional support, particularly during the winter months.

CULTURAL RELEVANCE

While 56.7% of survey participants reported *always* being able to make heritage foods with the items provided. Additional culturally relevant items such as: Maseca, guajillo peppers, corn husks, along with fresh fruits and vegetables, among others were requested.

LANGUAGE ACCESS

92% of survey participants reported agreeing or strongly agreeing that staff at the site where they pick up food from speak their native language.



STRENGTHS OF THE PROGRAM

Participants expressed gratitude and appreciation for the support provided by the food distribution program. When asked how they felt when they pick up a food box they shared the following sentiments:



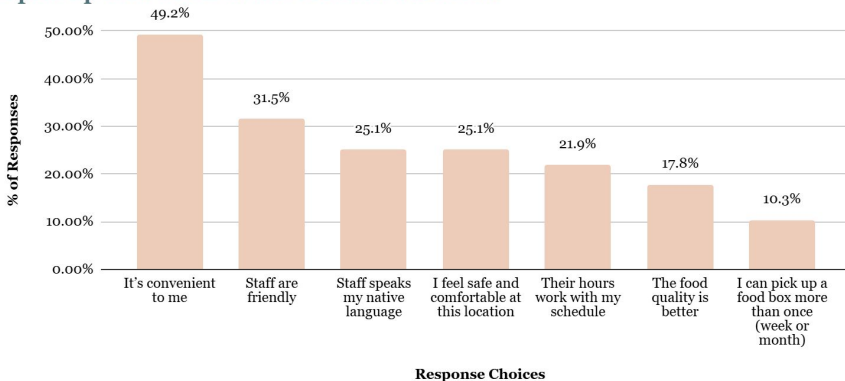
Participants also spoke about the positive impacts of this program such as a reduction in spending by providing versatile ingredients. Moreover, 90% reported knowing how to cook items provided.

A mi me ha ayudado mucho porque ya no tengo que comprar arroz, frijol, y sopa. No mas compro cosas que no regalan y así me *ayuda bastante* y con el dinero que tengo compro la comida que mas ocupo como carne, pollo, y así para mi es una ayuda, de mucha ayuda.

[It has helped me a lot because I no longer have to buy rice, beans, and soup. I only buy things that are not given and that helps me a lot and with the money I have I buy the food that I need the most like meat, chicken, and so for me it is a help, a lot of help.]

Focus Group Participant

I pick up food boxes at this location because...



OUTREACH

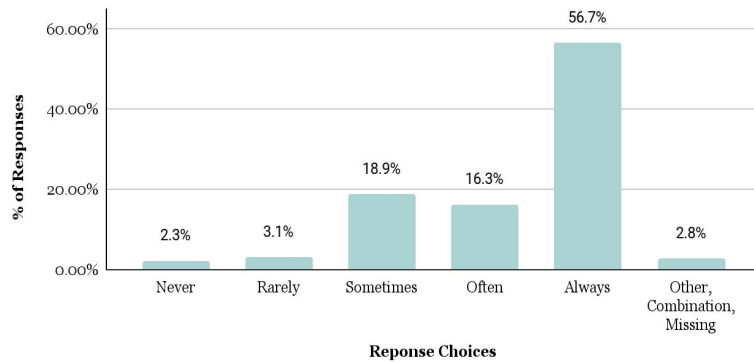
70% of participants learned about the food distribution program through a family member (30.1%), neighbor (20.1%), or at their workplace (20.1%). Additionally, 92% of survey participants reported agreeing or strongly agreeing that staff at the site where they pick up food from speak their native language. Language accessibility was listed as one of the top 3 reasons for choosing a distribution site.



NEED FOR CULTURAL INGREDIENTS

To evaluate the cultural congruence of the food distribution program, participants were asked how they perceived the ingredients of the food box in relation to their cultural heritage foods. Both survey and focus group findings identified opportunities for more integration of culturally relevant ingredients.

I am able to make foods from my home country or those that reflect my heritage using the ingredients from my food box.



USE OF ALL FOOD BOX INGREDIENTS

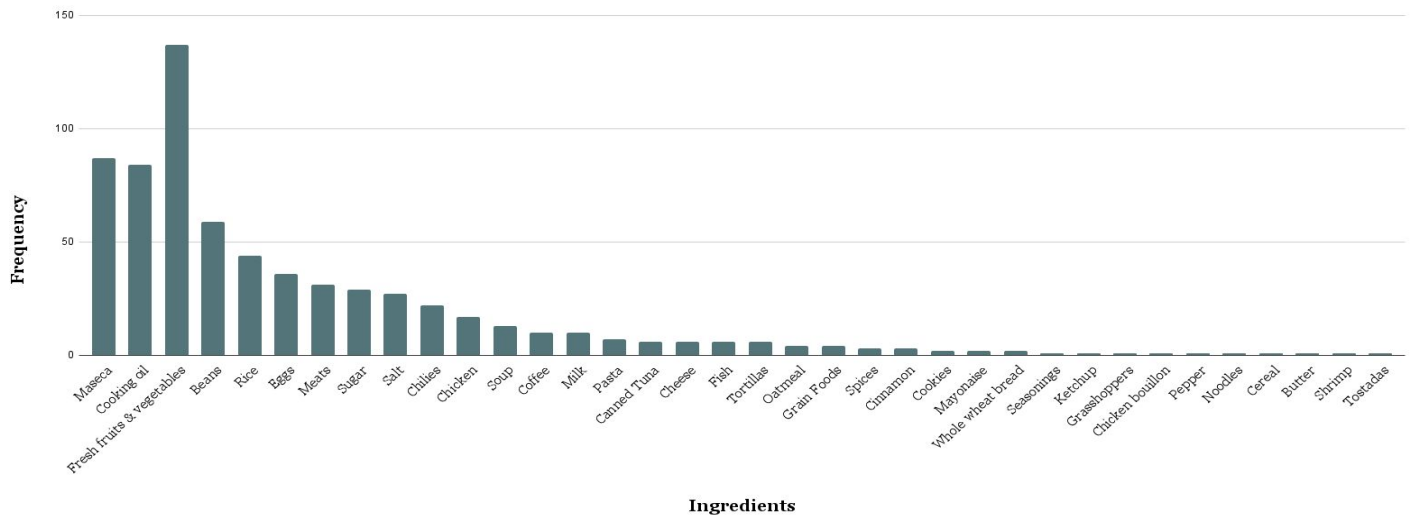
While the majority (56.7%) of participants reported always being able to use ingredients provided to make heritage foods, a minority including those who participated in the focus group, reported needing additional culturally relevant ingredients.

For example, chili's, onions, [cooking] oil, rice, beans, all of these are used in a lot of [different] foods [and are missing from the food boxes].

Focus Group Participant



The following ingredients/foods would be useful to have to be able to cook more dishes from my home country or heritage:



Additionally, the majority of survey participants (137) expressed a need for fresh fruits and vegetables to cook cultural dishes, as well as *maseca* [corn flour] (87) and cooking oil (84).

These findings were corroborated with focus group participants (6) who identified chili's, onions, cooking oil, rice, and beans as basic ingredients needed in most heritage dishes. The following page contains an exhaustive list of items identified by focus group participants as needed.



CULTURAL SPECIFIC INGREDIENTS

Guajillos



Ajonjolí
[Sesame Seeds]



Pasas [Raisins]



Jitomates
[Tomatoes]



Maseca



Chile de Arbol



Pimienta Negra
[Black Pepper]



Cebolla [Onion]



Chile Negro
[Pasilla Chiles]



Almendras
[Almonds]



Aceite [Oil]



Clavo de Olor
[Cloves]



Ajo [Garlic]



Lentejas [Lentils]



Hojas de Maíz
[Corn Husks]



Arroz [Rice]



Frijoles [Beans]

