



Healthy Food Tasting Surveys at a Food Pantry in Hamtramck, Michigan by Eastern Michigan University REACH Project

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Background

- Conducted in Hamtramck
- Poverty rate of 50.9%
- Median annual household income of \$24,369
- Population is 54.2% White, 24.4% Asian, 14.1% Black, and 1.4% Hispanic or Latino
- Previous research indicated a lack of availability of healthy foods such as fruits, vegetables, and whole grains

Reference:
<https://www.census.gov/quickfacts/hamtramckcitymichigan>

Sample

- July-August 2019
- Clients who attended weekly food distributions
- n = 97
 - 35 Black
 - 20 White
 - 15 Asian
 - 1 Arabic
 - 1 North American Indian
 - 1 Bosnian
 - 24 no answer



Results

- 167 food samples were distributed
- 97 surveys were completed
- 61.9% said they would eat the sample every opportunity they had
- 28.9% said they might try this food again
- Only 3.1% said they would never eat this food again

“What food items do you usually get at the Friendship House?”

Food Item	Percentage of all clients surveyed (n=97)
Fruit	81.4% (n=79)
Vegetables	81.4% (n=79)
Bread	78.4% (n=76)
Canned foods	75.3% (n=73)
Snack foods	71.1% (n=69)
Dairy	59.8% (n=58)
Fish, eggs	52.6% (n=51)
Dried beans and lentils	50.5% (n=49)
Halal meat	24.7% (n=24)
No answer	5.2% (n=5)

“What food items would you like to have offered at the Friendship House?”

Food Item	Percentage of all clients surveyed (n= 97)
Fruit	50.5% (n=49)
Fish, eggs	48.5% (n=47)
Vegetables	43.3% (n=42)
Cooking oils, margarine, butter	43.3% (n=42)
Dairy/yogurt	42.3% (n=41)
Snack foods	32% (n=31)
Bread	30.9% (n=30)
Rice	30.9% (n=30)
Spices	25.8% (n=25)
Halal meat	23.7% (n=23)
Canned foods	21.6% (n=21)
Low-sodium soups and canned vegetables	16.5% (n=16)
Healthier versions of what's already offered	15.5% (n=15)
Dried beans and lentils	12.4% (n=12)
No answer	5.2% (n=5)

Aims

- Survey food pantry clients
- Distribute healthy food samples for clients to try
- Create healthy donation list from results

Methods

- 2 registered dietitians offered clients a healthy food sample and a survey
- Multiple-choice survey
- 5 questions
- Some recipes sampled include: tuna salad, apple and grape salad, cabbage slaw, split pea dip with carrots and celery



Conclusions

- Clients prefer healthy foods such as fruit, vegetables, fish, eggs, dairy, dried beans and lentils, and canned goods
- Most clients would eat the food sample again
- Sampling recipes engages clients



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