

2014



# Community Action of Nebraska

*State and Regional Assessment Report on Food and Nutrition*

## HISTORY OF COMMUNITY ACTION

Poverty in America prevents millions of people from participating in economic and community opportunities. *The Great Society*, as envisioned by President Lyndon B. Johnson, was a comprehensive plan to improve the lives of all Americans, regardless of their circumstances. Johnson pledged to fulfill his promise of equal opportunity for all by enacting several sweeping changes within the federal government. On August 20, 1964 in Washington D.C., President Lyndon B. Johnson signed the Economic Opportunity Act (EOA) “to eliminate the paradox of poverty in the midst of plenty in this nation by opening to everyone the opportunity for education and training, the opportunity to work, and the opportunity to live in decency and dignity.” The EOA was innovative legislation and created a variety of programs including Community Action Agencies as part of the “War on Poverty.” Community Action was a bold idea, primarily because it was such a drastic change from how the federal government had previously run most social reform programs. It proposed “maximum feasible participation” by individuals living in poverty to be involved in determining what programs would be most effective. The “War on Poverty” was designed to transform the economic and social roots of the conflict over civil rights and work toward the common goal of eliminating the causes and conditions of poverty.

Today, there is a network of approximately 1,100 Community Action Agencies covering 99% of America’s counties in rural, suburban, and urban communities. In Nebraska there are nine private non-profit Community Action Agencies, covering all 93 counties, which provide programs designed to remove barriers and lift individuals out of poverty. Program areas relate to early childhood development, education, employment, asset development, financial literacy and budgeting, emergency services, housing, transportation, Weatherization, and obtaining health insurance through the Affordable Care Act. Locally operated Community Action Agencies collaborate with hundreds of community partners, mobilizing resources and creating innovative programs that improve lives, and build stronger communities throughout Nebraska and across the nation.

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*Celebrating 50 years of Community Action!*



### PROMISE OF COMMUNITY ACTION

Community Action changes people’s lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

## ACKNOWLEDGEMENTS

This report was funded by the State of Nebraska's Community Service Block Grant Discretionary Funds and by the nine Community Action Agencies of Nebraska. We are truly thankful for Jennifer Dreibelbis, Community Services Block Grant Program Specialist and the Nebraska Department of Health and Human Services for their generous support of this project.

Community Action of Nebraska (CAN) expresses its sincere appreciation to Ionia Research Director, Joseph Nitzke, Ph.D., for the data analysis and assistance with the development of this report. We would also like to thank Joseph Blankenau Ph.D., Professor of Political Science at Wayne State College, for his assistance with the development of the survey and methodologies. We are grateful to the thousands of Nebraskans who took the time to fill out the survey. This report would not have been possible without their cooperation.

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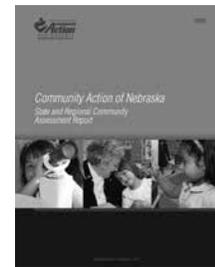
## OVERVIEW

Community Action of Nebraska launched the *2014 State and Regional Community Assessment Focus Survey on Food and Nutrition* in July 2014, mailing 10,000 surveys to randomly selected households across the State of Nebraska. The purpose of the survey was to increase our understanding of food and nutrition challenges facing Nebraskans. The survey yielded a response rate of 29.76%.

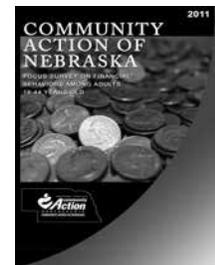
This report is one of five survey reports completed since 2010 and signifies Community Action of Nebraska's continued commitment to reporting on important socio-economic topics facing low-income individuals and families of Nebraska. This report may be reproduced without prior permission, provided the source is cited as: *Community Action of Nebraska State and Regional Community Assessment Report on Food and Nutrition 2014*. The Food and Nutrition Survey compliments the comprehensive State and Regional Community Assessment conducted every three years. This report and survey reports from previous years (2010-2014) may be found at [www.canhelp.org](http://www.canhelp.org).

# State and Regional Community Assessments from 2010 to 2014

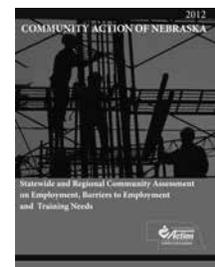
2010



2011



2012



2013



## REPORT FINDINGS: SOURCES OF FOOD

Survey participants were asked to indicate the sources of food that were eaten at home in the last 90 days. The top three food sources selected by respondents were: *Grocery Store* (99%), *Fast Food/Take Out/Restaurant Delivery* (73%), and *Garden (Home or Community)* (53%).

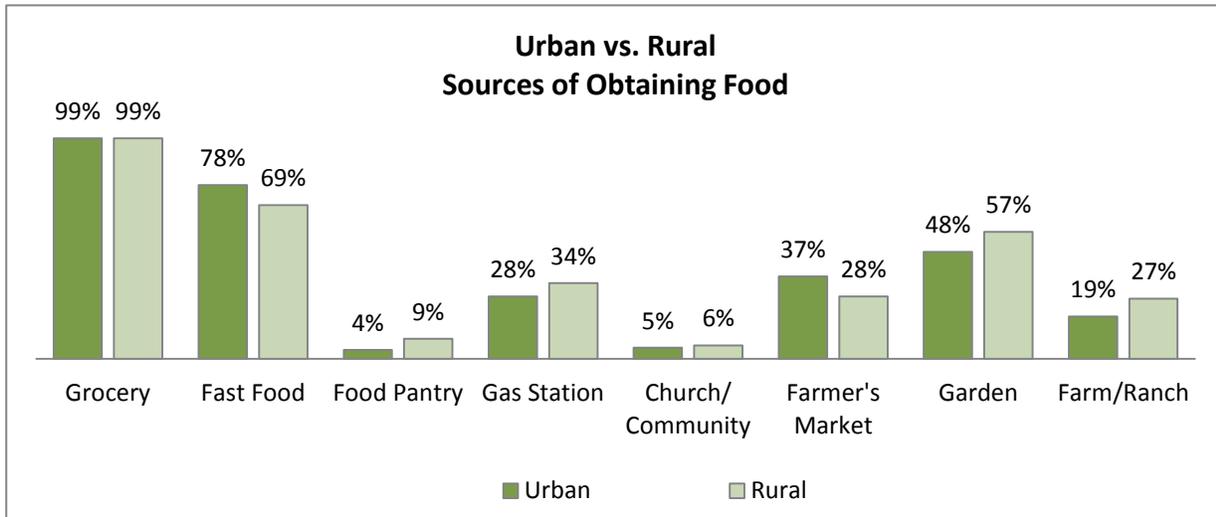
The use of *Fast Food/Take Out/Restaurant Delivery* as a food source increased with income, from 38% of respondents with household incomes less than \$15,000 to 86% for those with incomes of \$60,000 or more.

Households with higher incomes were more likely to purchase food from a *Farmers Market*, *Local Farm/Ranch*, or *Garden (Home or Community)*. For example, 37% of households with incomes of \$60,000 or more purchased food at a *Farmer's Market* compared to 21% of households with incomes less than \$15,000.

Food Source by Income	All	< \$15,000	\$15,000- \$34,999	\$35,000- \$59,999	\$60,000+
Grocery Store	99%	96%	99%	100%	99%
Fast Food/Take Out/Restaurant Delivery	73%	38%	60%	81%	86%
Food Pantry	6%	13%	12%	3%	3%
Convenience Store/Gas Station	31%	16%	25%	37%	34%
Church/Community Organization	6%	7%	5%	6%	4%
Farmer's Market	32%	21%	25%	32%	37%
Garden (Home or Community)	53%	35%	41%	59%	60%
Local Farm/Ranch	24%	10%	14%	30%	27%

In regard to income and household size, a variable was calculated to estimate which households would be eligible for the Supplemental Nutrition Assistance Program (SNAP) (commonly referred to as “food stamps”). Households estimated to be SNAP eligible were less likely to eat from *Fast Food/Take Out/Restaurant Delivery* (48%) than households estimated to be above the SNAP eligibility threshold (80%); they were less likely to obtain food from a *Farmer's Market*, a *Garden (Home or Community)*, or a *Convenience Store/Gas Station*. Respondents who were estimated to be SNAP eligible were also more likely to use a *Food Pantry* (eligible, 13%; not eligible, 5%).

For both Urban and Rural respondents the *Grocery Store* and *Fast Food/Take Out/Restaurant Delivery* were more frequently selected as sources of food in the past 90 days. When compared to Urban residents, a greater proportion of Rural residents selected *Garden (Home or Community)*, *Convenience Store/Gas Station*, *Local Farm/Ranch*, and *Food Pantry* as food sources. *Farmer's Markets* and *Fast Food/Take Out/Restaurant Delivery* were more frequently reported as sources by Urban respondents. The following chart identifies differences in food sources selected by urban and rural respondents.



Respondents age 19-24 reported *Food Pantry* as a food source (20%) more often than all other age groups. In comparison, 6% of respondents age 45-64 selected *Food Pantry* as a food source. Of those who selected *Church/Community Organization* as a food source, 11%, were age 19-24 compared to 5% of respondents age 45-64. Notably, respondents age 19-24 (11%) and 85 or older (7%) exhibited similar response rates for the use of *Church/Community Organization* as a source of food.

Households with children selected *Fast Food/Take Out/Restaurant Delivery* as a food source more often (81%) than households with no children (69%).

As education levels increased, the variety of food sources also increased. Differences were noted for the following food sources selected by respondents:

- Fast Food/Take Out/Restaurant Delivery: 43% of respondents with less than a High School diploma or GED compared to 86% of respondents with a Graduate/Professional degree
- Convenience Store/Gas Station: 20% of respondents with less than a High School diploma or GED compared to 31% of respondents with a Graduate/Professional degree
- Farmer's Market: 23% of respondents with less than a High School diploma or GED compared to 41% for those with a Graduate/Professional degree
- Garden (Home or Community): 27% of respondents with less than a High School diploma or GED compared to 60% of respondents with a Graduate/Professional degree
- Local Farm/Ranch: 8% of respondents with less than a High School diploma or GED compared to 31% of respondents with a Graduate/Professional degree

### Data through Words and Experiences

#### Southeast Nebraska Community Action Partnership Helps Homebound Senior

The air was crisp and clear on a sunny October morning, when Sharon, a regular volunteer with the Southeast Nebraska Community Action Partnership (SENCA) nutritional program, left the rural outreach center to deliver Meals on Wheels to local residents. Her first stop was Crystal's home. Crystal met Sharon with a huge smile, welcoming the company and food. On this particular day it was homemade Shepard's Pie. Being an independent and self-sufficient person, Crystal never thought she would utilize



a program like Meals on Wheels. That is until a fall earlier this year left her with a shoulder replacement, extended rehabilitation, and the need for outside help if she were to remain in her home.

“I am so thankful for SENCA and the Meals on Wheels program!” Crystal shared with gratitude. “The program has helped me through a difficult situation and has allowed me to remain in my home.”

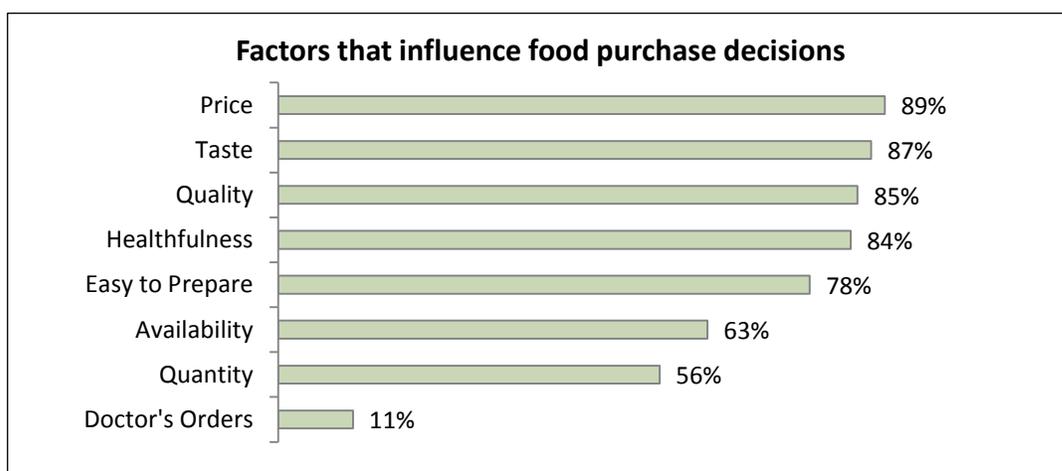
Helen, another resident utilizing Meals on Wheels, is diabetic, and has had issues balancing her diet. For the past six years Helen has primarily lived alone in the home she shared with her late husband. “Meals on Wheels is a good thing to have when getting older” said Helen, “I get one good meal a day that I know is balanced to meet my nutritional needs. God Bless the SENCA meal program!”

Loretta, a cook at the local SENCA rural outreach center, utilizes local volunteers to prepare low cost, made from scratch meals for more than 1,000 people. Meals are available weekdays through a congregate meal program at the Center or by Meals on Wheels home delivery service.

While the phrase “There is no place like home” reminds us of a saying from the well-known classic, “The Wizard of Oz”, it is a reality for independent seniors such as Crystal and Helen. These two ladies, in addition to other homebound seniors throughout rural southeast Nebraska, utilize SENCA’s meal program to help them meet individual nutritional needs and remain independent in their own homes.

## REPORT FINDINGS: FOOD PURCHASE DECISIONS

Survey participants were asked what factors influence their food purchase decisions. Below is the percent of respondents who selected each factor.



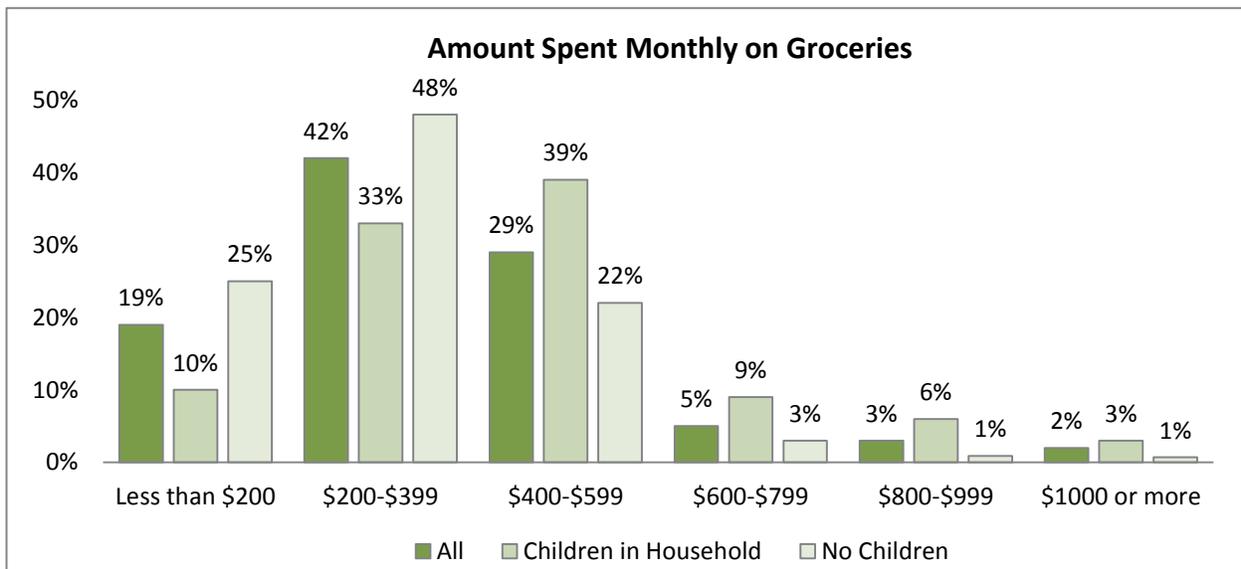
When comparing income with factors of food purchases, the greatest difference between the income groups of less than \$15,000 and \$60,000 or more was the influence of *Taste*. 63% of respondents with less than \$15,000 in annual income selected *Taste* as an influence compared to 94% of respondents with

incomes of \$60,000 or more. *Price*, as a factor to purchase food, was a concern for both low and high income households.

Generally, as income increased, all factors of influences for food purchases increased, with the exceptions of *Price*, *Quantity*, and *Doctor's Orders*.

## REPORT FINDINGS: AMOUNT SPENT ON GROCERIES

Survey participants were asked to choose from six categories indicating how much was spent on groceries for their household each month. Nearly two-thirds of respondents (62%) reported spending \$399 or less each month on groceries. Other respondents reported spending the following:



### Data through Words and Experiences

#### Central Nebraska Community Services Helps Homeless Single Parent



Paige is a single mother living in rural Nebraska. She first contacted Central Nebraska Community Services (CNCS) while homeless in October of 2012 seeking food and shelter. The CNCS Case Manager met with her and connected her to a local transition shelter where the immediate basic needs of Paige and her daughter could be met. Paige and the CNCS Case Manager met on a regular basis to set goals within 12 life areas and set a course for a better future. Within two years, Paige secured stable housing, paid off more than \$8,000 in debt, and has remained debt free.

Accustomed to low paying manual labor jobs requiring long work hours, Paige became determined to make a better life for herself and her daughter. Her case manager helped her to apply for scholarships and education grants and also wrote several letters of recommendation for Paige. After receiving \$3,500 in scholarships and \$5,000 in grants, Paige decided to continue her education in the healthcare field in the spring of 2014. Her CNCS case manager helped her set a budget in order to remain financially stable while she was pursuing her education. Additional supports, which also helped Paige successfully achieve her goals, include; Supplemental Nutrition Assistance Program (SNAP), Childcare Subsidy, and the Women, Infants and Children program (WIC). SNAP and WIC assured good nutrition for both Paige and her daughter, while the Childcare Subsidy helped Paige to continue her education so she can earn a better income. With new skills and gained confidence Paige looks forward to long term success for both her and her daughter!

Amount Spent on Groceries By Household Size	1 person	2 people	3 people	4 people	5 people	6 people	7 + people
Less than \$200	<b>46%</b>	15%	14%	6%	11%	2%	18%
\$200-\$399	44%	<b>51%</b>	<b>41%</b>	37%	19%	14%	9%
\$400-\$599	9%	29%	35%	<b>38%</b>	<b>50%</b>	<b>52%</b>	<b>32%</b>
\$600-\$700	.5%	3%	5%	11%	12%	12%	9%
\$800-\$999	.2%	.7%	3%	7%	6%	14%	9%
\$1000 or more	.2%	.7%	2.4%	2%	3%	5%	23%
No food expenses	.5%	.5%	.2%	.2%	.5%	-	-

For respondents falling within the income guidelines for SNAP eligibility, 32% reported spending less than \$200 per month on groceries, compared to 16% of respondents who were not SNAP eligible. The reverse was true with 32% of respondents who were not SNAP eligible reporting monthly food expenditures of \$400-\$599 per month, compared to 19% of respondents who were estimated to be SNAP eligible.

As the chart above demonstrates, the majority of all survey respondents reported spending \$399 or less per month on groceries. Monthly food expenditures generally increased as the size of the household increased. Households with children reported spending more per month on groceries than households without children.

### Data through Words and Experiences

#### Community Action Partnership of Mid-Nebraska Assists a Hungry and Disabled Senior



Roger came into the Community Action Partnership of Mid-Nebraska Minden Senior Center about three years ago. He was hungry, underweight, sad, and alone. Roger had been in a bad car accident when he was in college that had left him with a traumatic brain injury. He had difficulty holding down a job. With a monthly disability pension of only \$300, Roger had difficulty covering basic living expenses.

Every day, Roger went to the local nursing home to get a snack and a cup of coffee. One day, a nursing home staff member noticed him and

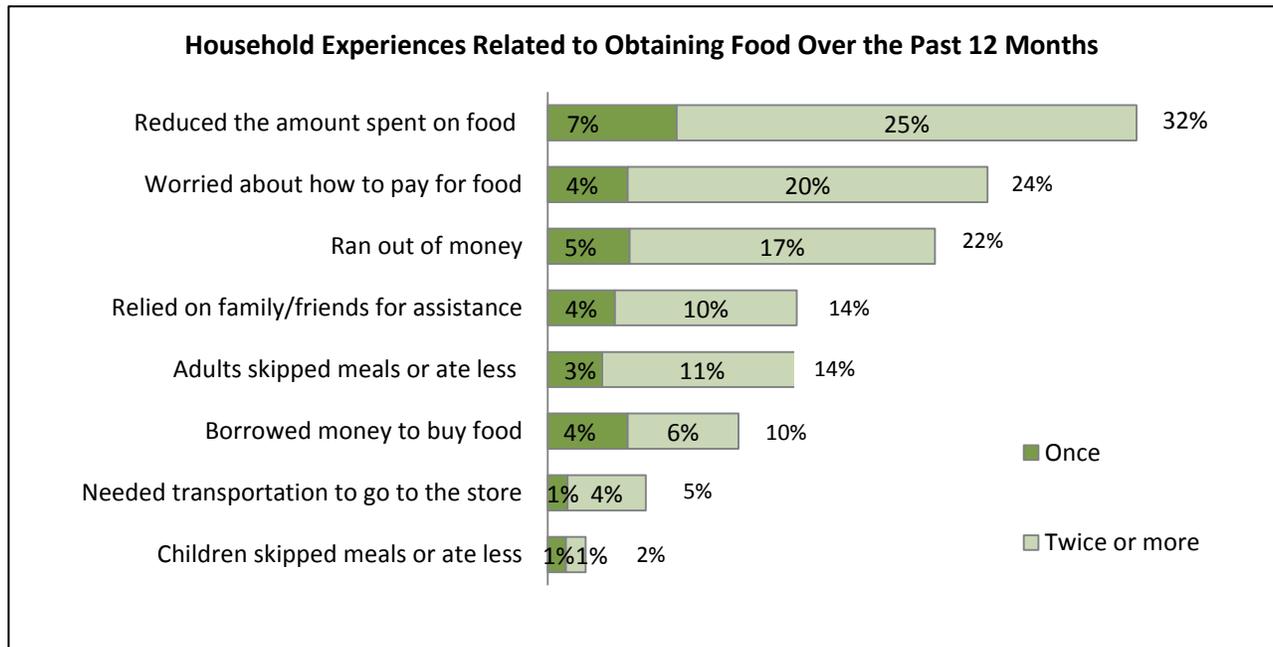
suggested that he check out the Senior Center. Roger now frequents the Senior Center, always expressing his appreciation to the staff for the wonderful food and for allowing him to eat there. Community Action's assistance with food and additional resources has improved Roger's physical and mental health, enabling him to continue living independently.

## REPORT FINDINGS: HOUSEHOLD EXPERIENCES

Survey participants were asked to indicate the extent to which they had experienced challenges related to food and nutrition in the past 12 months. Responses were recorded on a five item scale: *Never; Once; 2-3 times; 4-5 times; 6 times or more.*

The top three negative experiences, occurring once to 6 or more times, reported by respondents were:

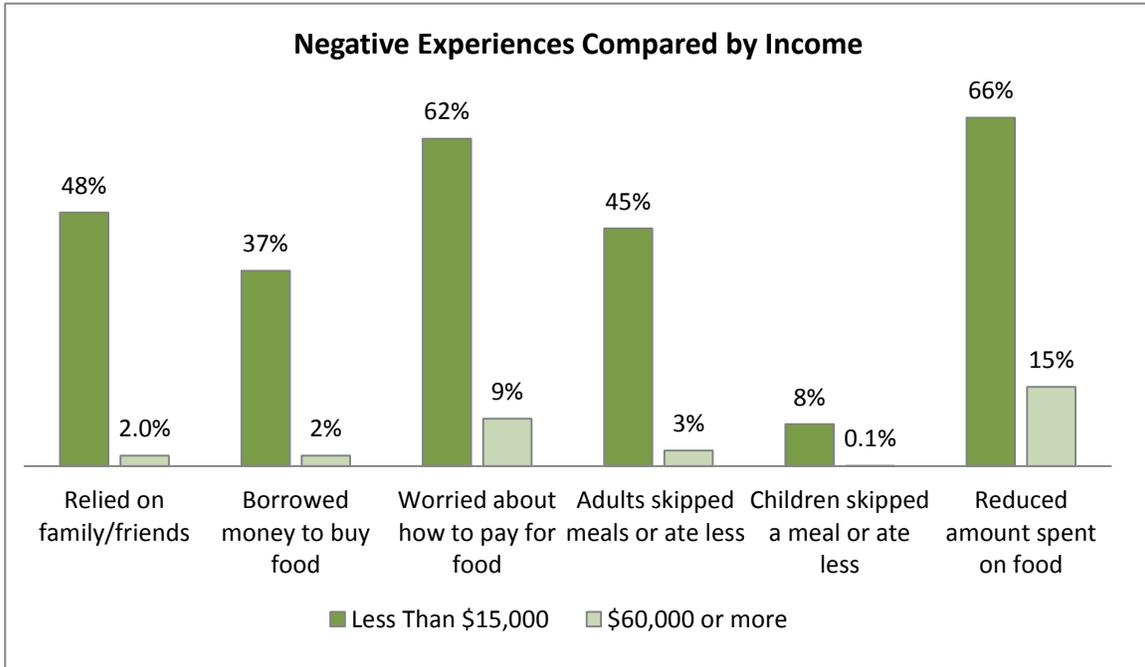
- Reduced the amount spent on food to pay for other expenses: 32%
- Worried about how to pay for food: 24%
- Ran out of money for food: 21%



The frequency of negative household experiences related to food and nutrition were heavily related to income as further illustrated in the chart below.

- 48% of respondents with incomes of less than \$15,000 reported *Relying on family/friends for assistance*, one or more times in the past 12 months, compared to 2% of respondents with incomes of \$60,000 or more
- 37% of respondents with incomes of less than \$15,000 reported that they *Borrowed money to buy food*, one or more times in the past 12 months, compared to 2% of respondents from the income group of \$60,000 or more
- 62% of respondents from the incomes of less than \$15,000 reported *Worrying about how to pay for food*, one or more times in the past 12 months, compared to 9% of respondents with incomes of \$60,000 or more

- 45% of respondents with household incomes of less than \$15,000 reported an *Adult skipping a meal or eating less because there was not enough food*, one or more times in the past 12 months, compared to 3% of respondents with incomes of \$60,000 or more
- 8% of respondents with household incomes of less than \$15,000 per year reported that *Children skipped meals or ate less because there was not enough food*, one or more times in the past 12 months, compared to .1% of respondents with incomes of \$60,000 or more
- 66% of respondents with household incomes of less than \$15,000 reported *Reducing the amount spent on food to pay for other expenses*, one or more times in the past 12 months, compared to 14% of respondents with incomes of \$60,000 or more



### Data through Words and Experiences

#### Eastern Nebraska Community Action Partnership Helps Family Meet Basic Needs

One day each week, Maria Rodriguez of Omaha spends hours preparing about 200 tamales — making cornmeal dough, adding meat and cooking the treats in cornhusks. The next day, she spends hours going from house to house, selling her creations.

It’s a lot of work, she said through caseworker and translator Olga Kordash, a family services coordinator with the Eastern Nebraska Community Action Partnership, or ENCAP.

Rodriguez does it to help support her family, which includes five children. Her husband injured his back a year ago doing heavy lifting at his construction job. He has been unable to work since. He received unemployment benefits, but they ran out. A lawyer is working to get him compensation but says it’s a slow process. The family has been hanging on — a son, 17, works after school and on weekends in a restaurant to help out. But they faced a crisis a few months back. They couldn’t pay the mortgage on the

home they've owned for 18 years. The World-Herald's Goodfellows charity stepped in. With a referral from ENCAP, Goodfellows provided the \$500 that the family needed to get back on track.

"I'm very happy and very grateful to God and the people he put in our way who were able to help," Rodriguez said in Spanish during a recent interview. Kordash said the Rodriguezes are hardworking and resourceful. Maria makes up to \$150 each week selling tamales. She also has cleaned houses and offices with another woman. Kordash is helping the couple get into aid programs with other nonprofits, including Family Housing Advisory Services. Maria came here from Mexico and has been here since 1991.

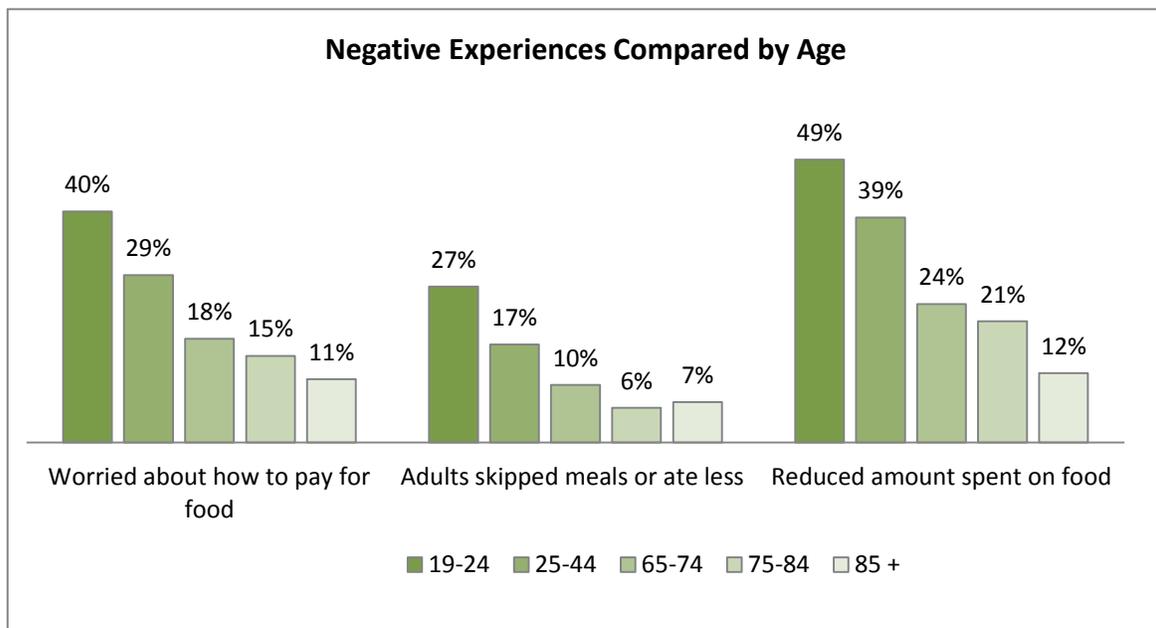
Year-round, Goodfellows provides one-time emergency aid to people like the Rodriguezes who find themselves in difficult situations. The World-Herald pays all administrative costs, so every cent donated goes directly to people in need. The charity also distributes meal certificates at Christmas.

Maria relies on a strong faith to get her through tough times. She trusts that through God, the lawyer will find a solution to her husband's work problem. "She knows that God is with them and that He's never left them," Kordash said.

*Article by Elizabeth Freeman, Omaha World Herald. Reprinted with permission from the Omaha World Herald*

Like income, negative experiences occur more often to respondents with lower levels of education.

- 45% of respondents with less than a high school education *Worried about how to pay for food* within the last 12 months compared to 24% with some college and 8% with a graduate or professional education
- 32% of respondents with less than a high school education experienced *Adults skipping meals or eating less because there was not enough food* in the last 12 months compared to 15% with some college and 3% with a graduate or professional education
- 56% of respondents with less than a high school education *Reduced the amount spent on food to pay for other expenses* in the last 12 months compared to 30% with some college and 14% with a graduate or professional education



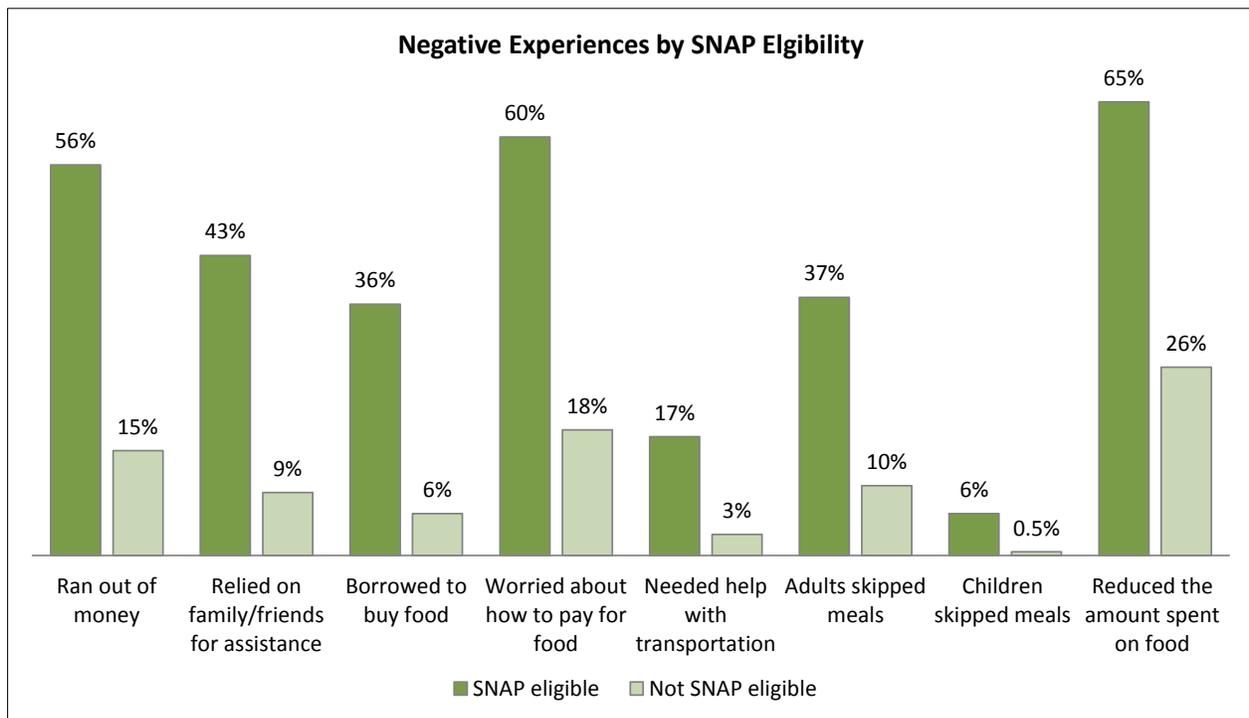
As referenced in the previous chart, as age increased, the frequency of negative experiences decreased.

- 40% of respondents from the age group of 19-24 *Worried about how to pay for food* in the last 12 months compared to 29% age 25-44, and 18% age 65-74
- 27% of respondents from the age group of 19-24 experienced *Adults skipping meals or eating less because there was not enough food* in the last 12 months compared to 17% age 25-44, and 10% age 65-74
- 49% of respondents from the age group of 19-24 *Reduced the amount spent on food to pay for other expenses* in the last 12 months compared to 39% age 25-44, and 24% age 65-74

Low-income Nebraskans who are SNAP eligible (a.k.a. food stamp eligible) have experienced the following negative experiences within the last twelve months.

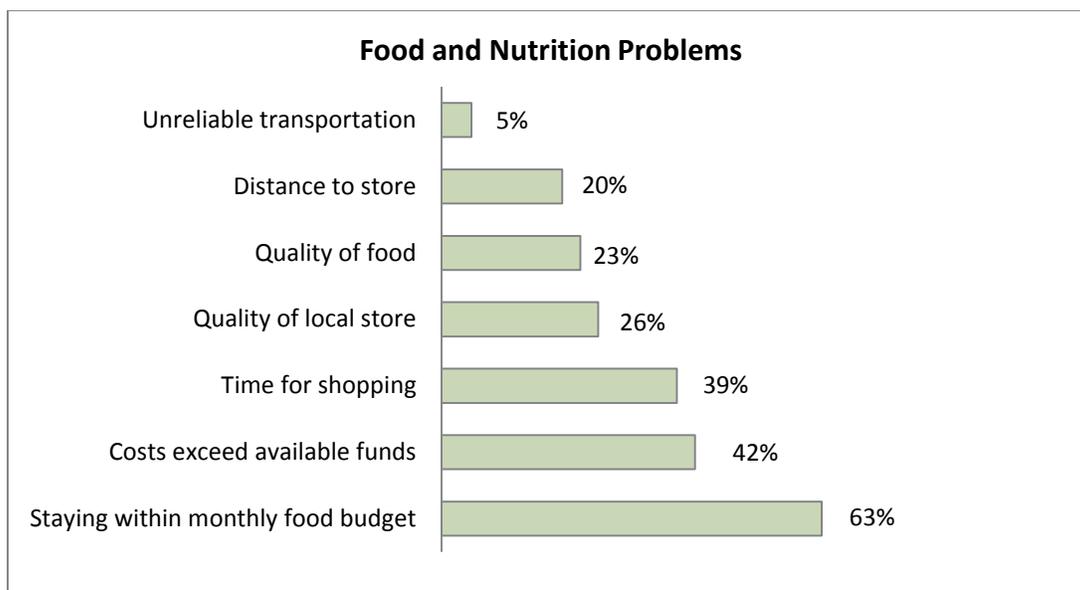
<b>65%</b> <b>reduced</b> the amount spent on food in order to pay for other expenses	<b>60%</b> <b>worried</b> about paying for food	<b>56%</b> <b>ran out</b> of money for food	<b>43%</b> <b>relied on</b> family/friends for assistance	<b>37%</b> of adults <b>skipped meals</b> or ate less because there was <b>not enough</b> food
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The same data is illustrated below through a bar chart for households who were estimated to be SNAP eligible and those that were not. Households that are SNAP eligible are more likely to have the following negative experiences.



## REPORT FINDINGS: PROBLEMS RELATED TO FOOD AND NUTRITION

Survey participants were asked to select from a list of food and nutrition problems related to cost, time, quality, and access. The most frequently reported problem related to food and nutrition among Nebraskan's was *Staying within a monthly food budget* followed by *Costs Exceed Available Funds*, and *Time for Shopping*. The information below displays food and nutrition problems related to cost and time are the most common problems for respondents.



Food costs exceeded available funds for 64% of respondents with annual incomes of less than \$15,000, 54% of respondents earning \$15,000-\$35,000, and 49% of respondents earning \$60,000 or more.

**Regardless of income, 63% of all respondents reported a problem with *Staying within a monthly food budget*.**

There were clear associations between food and nutrition related problems and the age of respondents. For example, references to *Staying within a monthly food budget* increased from 49% for those age 19-24 to 72% for those age 75-84. Moreover, 48% of respondents age 25-44 reported that *Food costs exceeded available funds* compared to 29% for those ages 85 or older.

Urban and rural respondents had the same top three problems: *Staying within the monthly budget*, *Food costs exceed available funds* and *Time for shopping*.

### Data through Words and Experiences

#### Northeast Nebraska Community Action Partnership Helps Family in Crisis

Mary was going to college to become a nurse. When her husband was in a horrific car accident she had to drop out of school to stay home and take care of him. Her husband's health gradually improved and he returned to work part-time but his wages did not cover all of their bills and food expenses. Mary came to Northeast Nebraska Community Action Partnership for help to apply for Supplemental Nutrition

Assistance Program (SNAP) benefits and utility assistance. Although DHHS (Department of Health and Human Services) put a rush on the SNAP benefits, they would not receive their benefits until after Christmas. Northeast Nebraska Community Action Partnership was able to meet the family's food needs by giving them food pantry assistance until they received their SNAP benefits. The agency's case worker also submitted their names in for the St. Nick program so every family member would have gifts to open on Christmas.

## REPORT FINDINGS: ACCESS, INFORMATION AND KNOWLEDGE OF FOOD AND NUTRITION

Survey participants were asked if they had knowledge of various food nutrition topics and access to a full service grocery store within 10 miles of their home.

- 94% reported they *Know how to prepare nutritious meals*.
- 89% had *Access to full service grocery stores within 10 miles of their home*.
- 75% of respondents reported they *Know the difference between saturated, unsaturated, and trans-fats*, 25% reported that they did not.
- 32% of respondents reported that they *Did not have access to a dietitian/nutritionist*
- 66% of respondents reported that it was *Important to receive information on health eating* while 33% reported that it was not.

### Data through Words and Experiences

#### Blue Valley Community Action Partnership Helps Family Thrive



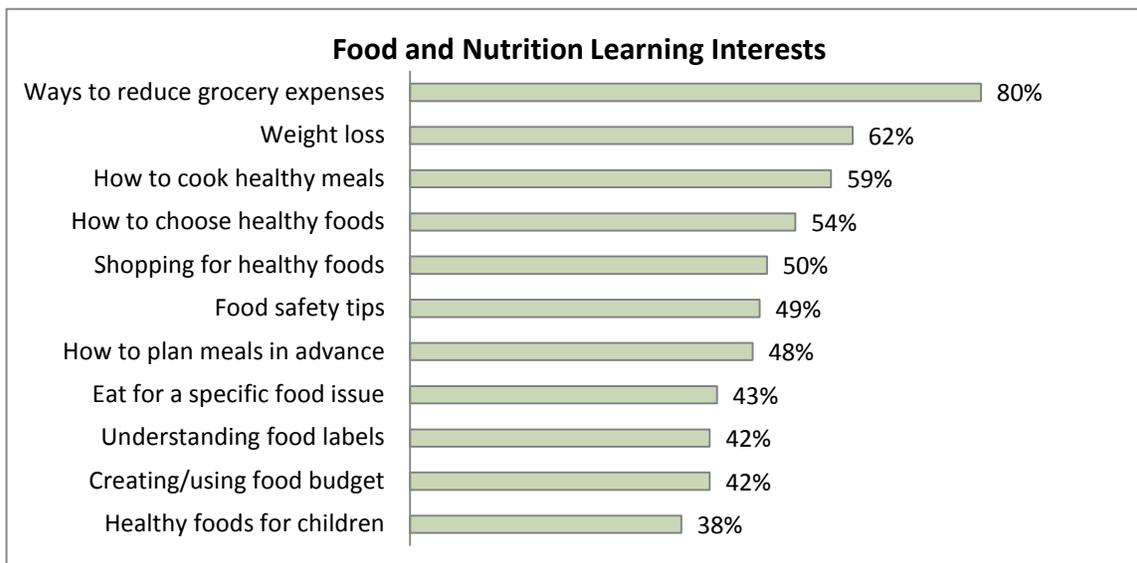
In June of 2010 Kim found herself penniless, unemployed and homeless with her two children after fleeing domestic violence. Overwhelmed with the responsibility of rebuilding her life in an unfamiliar town, she had no idea where to begin. A local crisis center referred her to Blue Valley Community Action Partnership (BVCAP) for assistance with food and housing. Community Action staff treated her with dignity, packing her family boxes of food from their pantry and provided them with SNAP, as well as school lunch program information. She was also enrolled in the Homeless Prevention and Rapid Re-housing Program, which enabled her and her family to live in a safe home by providing temporary financial assistance for rent and utilities.

The security of having a home and food was a tremendous weight off Kim's shoulders, allowing her to focus on finding employment. Two months after initially receiving help, Kim obtained full time employment as a Case Coordinator for the Homelessness Prevention and Rapid Re-housing Program at BVCAP; the same housing program that had assisted her and her family. It was a struggle for Kim to become financially independent, but with support from Community Action, she now proudly contributes to her community as an engaged taxpaying citizen, a local volunteer and just recently, a new homeowner! Kim states she will NEVER forget that her journey from homeless and unemployed to self-sufficiency began with something we very often take for granted – the security of having food to feed our families.

## REPORT FINDINGS: FOOD AND NUTRITION LEARNING INTERESTS

Respondents were asked if they would be interested in learning more about eleven different food and nutrition topics. The most frequently selected were:

- Ways to reduce grocery expenses: 80%
- Weight loss: 62%
- How to cook healthy meals: 59%



In households with children, 67% were interested in learning more about *Weight Loss*, compared to 62% in households with no children. Additionally, *Planning Meals in Advance* was selected by 57% of respondents with children compared to 42% of those with no children.

*Learning Interests* in most of the food and nutrition topics increased with household size. In households with two or fewer people, 52% reported an interest in *Learning how to cook healthy meals* compared to 71% reporting the same in a household of five people. Responses decreased to 45% for a household of six people. Respondents who selected *Healthy foods for children* increased from 27% for a household of two people, to 67% for a household of five people. Responses decreased to 51% for a household of six people.

### Data through Words & Experiences

#### Community Action Partnership of Lancaster and Saunders Counties Responds to Community Need with Growing Great Beginnings Program

Research shows that in order for children to maintain a healthy weight throughout childhood, it is essential that they develop healthy eating habits in the first two years of life. With this in mind, Community Action Partnership of Lancaster and Saunders Counties (CAPLSC) piloted an early childhood nutrition education project – called Growing Great Beginnings – within its Early Head Start Home-based program in the summer of 2013. The project, made possible with funding from the Community Health Endowment of Lincoln, provides nutrition and physical activity interventions in families’ homes. This is completed through



a series of lessons designed to teach them strategies for establishing and maintaining positive behaviors related to nutrition and physical activity. The goal of the project is to prevent childhood overweight and obesity.

In the pilot year of the project, Early Head Start children and families learned how to ensure child nutrition during weekly home visits and through participating in cooking classes and gardening activities. During cooking classes, parents – with help from the eager hands of their children – learned how to prepare age-appropriate, nutritional foods for their infants and toddlers. Cooking activities

were introduced based on research that suggests when children are involved in the process of preparing and growing fruits and vegetables, they will be more likely to try them. Gardening activities also ignited children’s curiosity as they learned how fruits and vegetables grow. Children had the chance to plant seeds in a garden, water the garden, and watch their seeds grow. They could not wait to try the nutritious fruits and vegetables they grew all by themselves.

Growing Great Beginnings has helped, and continues to help, build strong foundations for our community’s youngest residents so that they are able to develop to their brightest and healthiest potential. As a result of the Growing Great Beginnings project, the following successes were achieved:

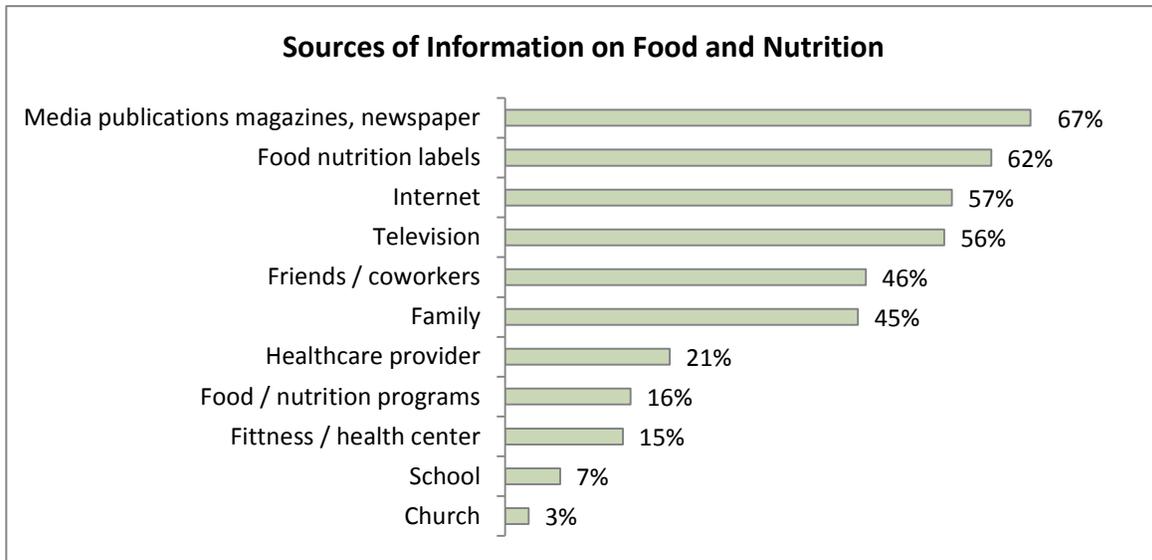
- The percentage of participating children under the age of 2 who engaged in 30 minutes or more of screen time each day decreased by 9%;
- The percentage of participating children over the age of 1 who consumed more than one sweetened drink each day decreased by 27%;
- The percentage of participating children over the age of 1 who consumed daily recommended amounts of fruits and vegetables increased by 24%.

CAPLSC looks forward to many more years of showing children and families how to “Grow Great Beginnings.” Together with families, they are working to ensure healthy outcomes for children and the community.

## REPORT FINDINGS: SOURCES OF INFORMATION ON FOOD AND NUTRITION

Survey participants were asked to select from eleven possible sources of information about household decisions on food and nutrition. The chart below represents the percent of respondents who selected each source of information.

Interestingly, there was an association between the internet as an information source and household income. For respondents with annual household incomes of less than \$15,000, 29% reported using the Internet as a source of information for food and nutrition compared to 65% for respondents with annual household incomes of \$45,000 to \$59,999. In households with children, 70% of respondents reported having received information from the internet, compared to 50% of households with no children.



## Data through Words & Experiences

### Community Action Partnership of Western Nebraska Helps Woman Achieve Dream



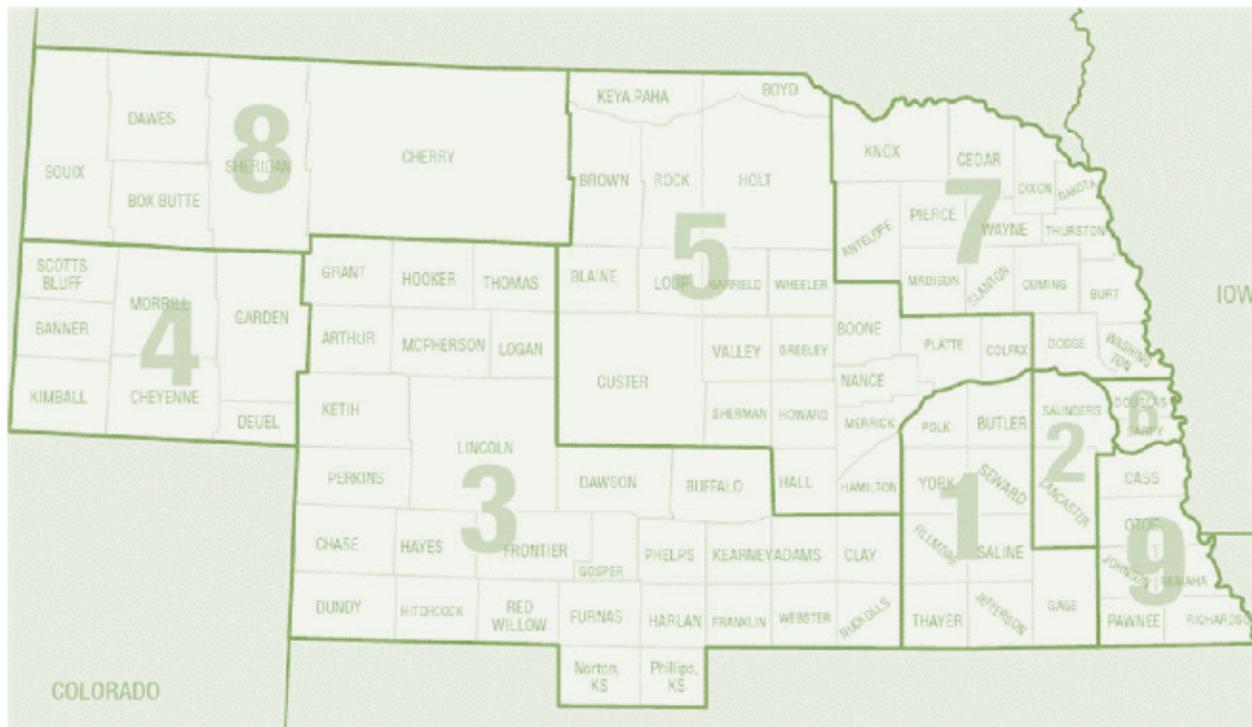
“Opening doors to opportunity” is the motto of the Asset Building Choices (ABC) program at Community Action Partnership of Western Nebraska (CAPWN). Kelly Morten of Scottsbluff was looking for her opportunity to open a café after the success of her home-based catering and cupcake business. She found the perfect “match” with the Individual Development Account (IDA) at Community Action. The IDA allowed Kelly to have her savings matched at a 2:1 ratio and subsequently realize the dream of opening her café, Grace. Grace offers breakfast and lunch with a specialty in baked goods and the menu also includes a daily hot special.

A benefit of participation in the IDA program at CAPWN is the access to financial education classes and the link to identified partners that can assist with the development of a business plan. Jennifer Sibal, Asset Development Manager at CAPWN shared, “Kelly was amazing to work with, and she had a deep passion and a strong vision for Grace. She was so ready to learn and do whatever it took to see Grace come to fruition. Kelly was a great contributor in our financial classes by challenging, cheering and supporting other class participants. We even got the perk of tasting her delicious cupcakes throughout the financial series.”

Grace is open for business today and the delicious food is all the buzz in Scottsbluff/Gering. Kelly’s determination, passion and vision for Grace combined with resources available with CAPWN’s ABC program is evidence that opportunities really do open doors.

## Regional Community Assessment Data

1. Blue Valley Community Action Partnership
2. Community Action Partnership of Lancaster and Saunders Counties
3. Community Action Partnership of Mid-Nebraska
4. Community Action Partnership of Western Nebraska
5. Central Nebraska Community Services
6. Eastern Nebraska Community Action Partnership
7. Northeast Nebraska Community Action Partnership
8. Northwest Community Action Partnership
9. Southeast Nebraska Community Action Partnership



# Blue Valley Community Action Partnership



Serving the Counties of: Butler, Fillmore, Gage, Jefferson, Polk, Saline, Seward, Thayer, York

Main Offices:  
620 5<sup>th</sup> Street  
Fairbury, NE 68352  
Phone: (402) 729-2278

Chief Executive Officer:  
Rick Nation

www.bvca.net

## REGIONAL RESULTS

## STATEWIDE RESULTS

### Top 5 sources of food eaten at home in the last 90 days

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (73%)
3. Garden (Home or Community) (54%)
4. Farmer's Market (33%)
5. Convenience Store/Gas Station (31%)

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (73%)
3. Garden (Home or Community) (53%)
4. Farmer's Market (32%)
5. Convenience Store/Gas Station (31%)

### Top 5 influences for food purchasing decisions in the last 90 days

1. Price (92%)
2. Taste (89%)
3. Quality (84%)
4. Healthfulness (81%)
5. Easy to Prepare (75%)

1. Price (89%)
2. Taste (87%)
3. Quality (85%)
4. Healthfulness (84%)
5. Easy to Prepare (78%)

### Amount of monthly household grocery expenditures

#### Households with children present

- Less than \$200 (9%)
- \$200-\$399 (33%)
- \$400-\$599 (42%)
- \$600-\$799 (11%)
- \$800-\$999 (1%)
- \$1,000 or more (5%)

#### Households with NO children present

- Less than \$200 (26%)
- \$200-\$399 (52%)
- \$400-\$599 (19%)
- \$600-\$799 (2%)
- \$800-\$999 (1%)
- \$1,000 or more (0%)

#### Households with children present

- Less than \$200 (10%)
- \$200-\$399 (33%)
- \$400-\$599 (39%)
- \$600-\$799 (9%)
- \$800-\$999 (6%)
- \$1,000 or more (3%)

#### Households with NO children present

- Less than \$200 (25%)
- \$200-\$399 (48%)
- \$400-\$599 (22%)
- \$600-\$799 (3%)
- \$800-\$999 (.9%)
- \$1,000 or more (.7%)

### Top 5 problems related to the cost of food in the past 12 months

1. Reduced the amount spent on food to pay for other expenses (40%)
2. Ran out of money to pay for food (25%)
3. Worried about how to pay for food (25%)
4. Relied on family/friends for help with food expenses (17%)
5. Adults in the household skipped meals (12%)

1. Reduced the amount spent on food to pay for other expenses (32%)
2. Worried about how to pay for food (24%)
3. Ran out of money for food (21%)
4. Relied on family/friends for help with food expenses (14%)
5. Adults in the household skipped meals (14%)

### Top 5 problems for households related to cost, quality, and access to food based on income

1. Problems staying within monthly food budget (64%)
2. Food costs exceed available funds (53%)
3. Time for shopping (40%)
4. Distance to the grocery store (30%)
5. Quality of local grocery store (27%)

1. Problems staying within monthly food budget (63%)
2. Food costs exceed available funds (42%)
3. Time for shopping (39%)
4. Quality of local grocery store (26%)
5. Quality of food (23%)

### Top 5 areas related to information, access, and experience with food and nutrition

1. Know how to prepare nutritious meals for my household (93%)
2. Have a full-service grocery store within 10 miles (85%)
3. Know the difference between saturated /unsaturated fats (72%)
4. Believe it is important to receive tips/information on healthy eating (64%)
5. Know where to find a registered dietician/nutritionist in my area (63%)

1. Know how to prepare nutritious meals for my household (94%)
2. Have a full-service grocery store within 10 miles (89%)
3. Know the difference between saturated/unsaturated fats (75%)
4. Know where to find a registered dietician/nutritionist in my area (68%)
5. Believe it is important to receive tips/information on healthy eating (66%)

### Top 5 topics that households were interested in learning more about

1. Ways to reduce grocery expenses (83%)
2. Weight loss (62%)
3. How to cook healthy meals (51%)
4. How to choose healthy foods (50%)
5. How to eat for a specific health related issue (43%)

1. Ways to reduce grocery expenses (80%)
2. Weight loss (62%)
3. How to cook healthy meals (59%)
4. How to choose healthy foods (54%)
5. Shopping for healthy foods (50%)

### Top 5 ways that households have received information related to food and nutrition in the past 90 days

1. Print media (68%)
2. Food nutrition labels (64%)
3. Television (56%)
4. Internet (46%)
5. Family (43%)

1. Print media (67%)
2. Food nutrition labels (62%)
3. Internet (57%)
4. Television (56%)
5. Friends/co-workers (46%)

# Community Action Partnership of Lancaster and Saunders Counties



www.communityactionnetwork.org

Serving the Counties of:  
Lancaster and Saunders

Main Offices:  
210 'O' Street  
Lincoln, NE 68508  
Phone: (402) 471-4515

Executive Director:  
Vi See

## REGIONAL RESULTS

## STATEWIDE RESULTS

### Top 5 sources of food eaten at home in the last 90 days

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (83%)
3. Garden (Home or Community) (47%)
4. Farmer's Market (38%)
5. Convenience Store/Gas Station (23%)

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (73%)
3. Garden (Home or Community) (53%)
4. Farmer's Market (32%)
5. Convenience Store/Gas Station (31%)

### Top 5 influences for food purchasing decisions in the last 90 days

1. Price (94%)
2. Easy to prepare (88%)
3. Taste (88%)
4. Healthfulness (87%)
5. Quality (85%)

1. Price (89%)
2. Taste (87%)
3. Quality (85%)
4. Healthfulness (84%)
5. Easy to Prepare (78%)

### Amount of monthly household grocery expenditures

#### Households with children present

- Less than \$200 (10%)
- \$200-\$399 (30%)
- \$400-\$599 (39%)
- \$600-\$799 (11%)
- \$800-\$999 (8%)
- \$1,000 or more (2%)

#### Households with NO children present

- Less than \$200 (19%)
- \$200-\$399 (49%)
- \$400-\$599 (25%)
- \$600-\$799 (3%)
- \$800-\$999 (3%)
- \$1,000 or more (1%)

#### Households with children present

- Less than \$200 (10%)
- \$200-\$399 (33%)
- \$400-\$599 (39%)
- \$600-\$799 (9%)
- \$800-\$999 (6%)
- \$1,000 or more (3%)

#### Households with NO children present

- Less than \$200 (25%)
- \$200-\$399 (48%)
- \$400-\$599 (22%)
- \$600-\$799 (3%)
- \$800-\$999 (1%)
- \$1,000 or more (1%)

### Top 5 problems related to the cost of food in the past 12 months

1. Reduced the amount spent on food to pay for other expenses (34%)
2. Worried about how to pay for food (25%)
3. Ran out of money to pay for food (22%)
4. Adults in the household skipped meals (13%)
5. Relied on family/friends for help with food expenses (12%)

1. Reduced the amount spent on food to pay for other expenses (32%)
2. Worried about how to pay for food (24%)
3. Ran out of money for food (21%)
4. Relied on family/friends for help with food expenses (14%)
5. Adults in the household skipped meals (14%)

### Top 5 problems for households related to cost, quality, and access to food based on income

1. Problems staying within monthly food budget (60%)
2. Food costs exceed available funds (44%)
3. Time for shopping (36%)
4. Quality of local grocery store (21%)
5. Quality of food (14%)

1. Problems staying within monthly food budget (63%)
2. Food costs exceed available funds (42%)
3. Time for shopping (39%)
4. Quality of local grocery store (26%)
5. Quality of food (23%)

### Top 5 areas related to information, access, and experience with food and nutrition

1. Have a full-service grocery store within 10 miles (97%)
2. Know how to prepare nutritious meals for my household (89%)
3. Know the difference between saturated/unsaturated fats (78%)
4. Know where to find a registered dietician/nutritionist in my area (69%)
5. Believe it is important to receive tips/information on healthy eating (66%)

1. Know how to prepare nutritious meals for my household (94%)
2. Have a full-service grocery store within 10 miles (89%)
3. Know the difference between saturated/unsaturated fats (75%)
4. Know where to find a registered dietician/nutritionist in my area (68%)
5. Believe it is important to receive tips/information on healthy eating (66%)

### Top 5 topics that households were interested in learning more about

1. Ways to reduce grocery expenses (84%)
2. How to cook healthy meals (66%)
3. How to choose healthy foods (63%)
4. Weight loss (58%)
5. How to plan meals in advance (57%)

1. Ways to reduce grocery expenses (80%)
2. Weight loss (62%)
3. How to cook healthy meals (59%)
4. How to choose healthy foods (54%)
5. Shopping for healthy foods (50%)

### Top 5 ways that households have received information related to food and nutrition in the past 90 days

1. Print media (74%)
2. Internet (66%)
3. Food nutrition labels (64%)
4. Friends/co-workers (52%)
5. Family (52%)

1. Print media (67%)
2. Food nutrition labels (62%)
3. Internet (57%)
4. Television (56%)
5. Friends/co-workers (46%)

# Community Action Partnership of Mid-Nebraska



Through the Administrative office in Kearney and 29 satellite offices, Mid serves 139 communities in 27 south central counties in Nebraska, and 2 counties in Kansas.

Main Offices:  
16 West 11<sup>th</sup>  
Kearney, NE 68847  
Phone: 1-877-335-6422

Executive Director:  
Meredith Collins,  
CCAP

## REGIONAL RESULTS

## STATEWIDE RESULTS

### Top 5 sources of food eaten at home in the last 90 days

1. Grocery Store (98%) 2. Fast Food/Take out/Restaurant Delivery (72%) 3. Garden (Home or Community) (55%) 4. Farmer's Market (34%) 5. Convenience Store/Gas Station (31%)	1. Grocery Store (99%) 2. Fast Food/Take out/Restaurant Delivery (73%) 3. Garden (Home or Community) (53%) 4. Farmer's Market (32%) 5. Convenience Store/Gas Station (31%)
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### Top 5 influences for food purchasing decisions in the last 90 days

1. Taste (89%) 2. Quality (87%) 3. Price (86%)	4. Healthfulness (81%) 5. Easy to Prepare (76%)	1. Price (89%) 2. Taste (87%) 3. Quality (85%)	4. Healthfulness (84%) 5. Easy to Prepare (78%)
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### Amount of monthly household grocery expenditures

Households with children present	Households with NO children present	Households with children present	Households with NO children present
<ul style="list-style-type: none"> <li>▪ Less than \$200 (6%)</li> <li>▪ \$200-\$399 (31%)</li> <li>▪ \$400-\$599 (39%)</li> <li>▪ \$600-\$799 (12%)</li> <li>▪ \$800-\$999 (4%)</li> <li>▪ \$1,000 or more (8%)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Less than \$200 (19%)</li> <li>▪ \$200-\$399 (56%)</li> <li>▪ \$400-\$599 (21%)</li> <li>▪ \$600-\$799 (1%)</li> <li>▪ \$800-\$999 (1%)</li> <li>▪ \$1,000 or more (1%)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Less than \$200 (10%)</li> <li>▪ \$200-\$399 (33%)</li> <li>▪ \$400-\$599 (39%)</li> <li>▪ \$600-\$799 (9%)</li> <li>▪ \$800-\$999 (6%)</li> <li>▪ \$1,000 or more (3%)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Less than \$200 (25%)</li> <li>▪ \$200-\$399 (48%)</li> <li>▪ \$400-\$599 (22%)</li> <li>▪ \$600-\$799 (3%)</li> <li>▪ \$800-\$999 (.9%)</li> <li>▪ \$1,000 or more (.7%)</li> </ul>

### Top 5 problems related to the cost of food in the past 12 months

1. Reduced the amount spent on food to pay for other expenses (32%) 2. Worried about how to pay for food (25%) 3. Ran out of money for food (18%) 4. Adults in the household skipped meals (12%) 5. Relied on family/friends for help with food expenses (11%)	1.Reduced the amount spent on food to pay for other expenses (32%) 2.Worried about how to pay for food (24%) 3.Ran out of money for food (21%) 4.Relied on family/friends for help with food expenses (14%) 5.Adults in the household skipped meals (14%)
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### Top 5 problems for households related to cost, quality, and access to food based on income

1. Problems staying within monthly food budget (63%) 2. Food costs exceed available funds (40%) 3. Time for shopping (39%) 4. Distance to the grocery store (26%) 5. Quality of local grocery store (25%)	1.Problems staying within monthly food budget (63%) 2.Food costs exceed available funds (42%) 3.Time for shopping (39%) 4.Quality of local grocery store (26%) 5.Quality of food (23%)
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### Top 5 areas related to information, access, and experience with food and nutrition

1. Know how to prepare nutritious meals for my household (97%) 2. Have a full-service grocery store within 10 miles (89%) 3. Know the difference between saturated/unsaturated fats (78%) 4. Know where to find a registered dietician/nutritionist in my area (73%) 5. Believe it is important to receive tips/information on healthy eating (62%)	1.Know how to prepare nutritious meals for my household (94%) 2.Have a full-service grocery store within 10 miles (89%) 3.Know the difference between saturated/unsaturated fats (75%) 4.Know where to find a registered dietician/nutritionist in my area (68%) 5.Believe it is important to receive tips/information on healthy eating (66%)
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### Top 5 topics that households were interested in learning more about

1. Ways to reduce grocery expenses (84%) 2. Weight loss (58%) 3. How to choose healthy foods (57%) 4. How to cook healthy meals (52%) 5. Food safety tips (52%)	1.Ways to reduce grocery expenses (80%) 2.Weight loss (62%) 3.How to cook healthy meals (59%) 4.How to choose healthy foods (54%) 5.Shopping for healthy foods (50%)
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### Top 5 ways that households have received information related to food and nutrition in the past 90 days

1. Print media (65%) 2. Television (63%) 3. Food nutrition labels (63%) 4. Internet (57%) 5. Family (46%)	1.Print media (67%) 2.Food nutrition labels (62%) 3.Internet (57%) 4.Television (56%) 5.Friends/co-workers (46%)
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# Community Action Partnership of Western Nebraska



Serving the Counties of: Banner, Cheyenne, Deuel, Garden, Kimball, Morrill, and Scotts Bluff Counties

Main Offices:  
3350 10<sup>th</sup> Street  
Gering, NE 69341  
Phone: (308) 635-3089

Interim  
Executive Director:  
Margo Hartman

www.capwn.org

## REGIONAL RESULTS

## STATEWIDE RESULTS

### Top 5 sources of food eaten at home in the last 90 days

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (73%)
3. Garden (Home or Community) (58%)
4. Farmer's Market (37%)
5. Convenience Store/Gas Station (34%)

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (73%)
3. Garden (Home or Community) (53%)
4. Farmer's Market (32%)
5. Convenience Store/Gas Station (31%)

### Top 5 influences for food purchasing decisions in the last 90 days

1. Price (90%)
2. Taste (87%)
3. Healthfulness (86%)
4. Quality (85%)
5. Easy to Prepare (77%)

1. Price (89%)
2. Taste (87%)
3. Quality (85%)
4. Healthfulness (84%)
5. Easy to Prepare (78%)

### Amount of monthly household grocery expenditures

#### Households with children present

- Less than \$200 (9%)
- \$200-\$399 (29%)
- \$400-\$599 (50%)
- \$600-\$799 (6%)
- \$800-\$999 (5%)
- \$1,000 or more (2%)

#### Households with NO children present

- Less than \$200 (28%)
- \$200-\$399 (45%)
- \$400-\$599 (22%)
- \$600-\$799 (4%)
- \$800-\$999 (0%)
- \$1,000 or more (1%)

#### Households with children present

- Less than \$200 (10%)
- \$200-\$399 (33%)
- \$400-\$599 (39%)
- \$600-\$799 (9%)
- \$800-\$999 (6%)
- \$1,000 or more (3%)

#### Households with NO children present

- Less than \$200 (25%)
- \$200-\$399 (48%)
- \$400-\$599 (22%)
- \$600-\$799 (3%)
- \$800-\$999 (.9%)
- \$1,000 or more (.7%)

### Top 5 problems related to the cost of food in the past 12 months

1. Reduced the amount spent on food to pay for other expenses (39%)
2. Worried about how to pay for food (34%)
3. Ran out of money to pay for food (26%)
4. Adults in the household skipped meals (18%)
5. Borrowed money to buy food (16%)

1. Reduced the amount spent on food to pay for other expenses (32%)
2. Worried about how to pay for food (24%)
3. Ran out of money for food (21%)
4. Relied on family/friends for help with food expenses (14%)
5. Adults in the household skipped meals (14%)

### Top 5 problems for households related to cost, quality, and access to food based on income

1. Problems staying within monthly food budget (70%)
2. Food costs exceed available funds (42%)
3. Time for shopping (38%)
4. Quality of food (20%)
5. Distance to the grocery store (19%)

1. Problems staying within monthly food budget (63%)
2. Food costs exceed available funds (42%)
3. Time for shopping (39%)
4. Quality of local grocery store (26%)
5. Quality of food (23%)

### Top 5 areas related to information, access, and experience with food and nutrition

1. Know how to prepare nutritious meals for my household (94%)
2. Have a full-service grocery store within 10 miles (89%)
3. Know the difference between saturated/unsaturated fats (80%)
4. Know where to find a registered dietician/nutritionist in my area (80%)
5. Believe it is important to receive tips/information on healthy eating (63%)

1. Know how to prepare nutritious meals for my household (94%)
2. Have a full-service grocery store within 10 miles (89%)
3. Know the difference between saturated/unsaturated fats (75%)
4. Know where to find a registered dietician/nutritionist in my area (68%)
5. Believe it is important to receive tips/information on healthy eating (66%)

### Top 5 topics that households were interested in learning more about

1. Ways to reduce grocery expenses (82%)
2. Weight loss (66%)
3. How to choose healthy foods (53%)
4. How to cook healthy meals (52%)
5. Food safety tips (47%)

1. Ways to reduce grocery expenses (80%)
2. Weight loss (62%)
3. How to cook healthy meals (59%)
4. How to choose healthy foods (54%)
5. Shopping for healthy foods (50%)

### Top 5 ways that households have received information related to food and nutrition in the past 90 days

1. Print media (66%)
2. Food nutrition labels (65%)
3. Internet (63%)
4. Friends/co-workers (52%)
5. Family (50%)

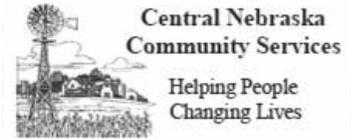
1. Print media (67%)
2. Food nutrition labels (62%)
3. Internet (57%)
4. Television (56%)
5. Friends/co-workers (46%)

# Central Nebraska Community Services

Serving the Counties of: Blaine, Boone, Boyd, Brown, Colfax, Custer, Garfield, Greeley, Hall, Hamilton, Holt, Howard, Keya Paha, Loup, Merrick, Nance, Platte, Rock, Sherman, Valley, Wheeler

Main Offices:  
626 N St.  
Loup City, NE 68853  
Phone: (308) 745-0780

Interim Executive Directors:  
Cheryl Holcomb and  
Donna Obermiller



www.welcome2cncs.com

## REGIONAL RESULTS

## STATEWIDE RESULTS

### Top 5 sources of food eaten at home in the last 90 days

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (74%)
3. Garden (Home or Community) (59%)
4. Convenience Store/Gas Station (42%)
5. Farmer's Market (36%)

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (73%)
3. Garden (Home or Community) (53%)
4. Farmer's Market (32%)
5. Convenience Store/Gas Station (31%)

### Top 5 influences for food purchasing decisions in the last 90 days

1. Taste (87%)
2. Healthfulness (84%)
3. Price (83%)
4. Easy to Prepare (81%)
5. Quality (80%)

1. Price (89%)
2. Taste (87%)
3. Quality (85%)
4. Healthfulness (84%)
5. Easy to Prepare (78%)

### Amount of monthly household grocery expenditures

#### Households with children present

- Less than \$200 (13%)
- \$200-\$399 (38%)
- \$400-\$599 (34%)
- \$600-\$799 (8%)
- \$800-\$999 (6%)
- \$1,000 or more (2%)

#### Households with NO children present

- Less than \$200 (32%)
- \$200-\$399 (42%)
- \$400-\$599 (23%)
- \$600-\$799 (1%)
- \$800-\$999 (1%)
- \$1,000 or more (0%)

#### Households with children present

- Less than \$200 (10%)
- \$200-\$399 (33%)
- \$400-\$599 (39%)
- \$600-\$799 (9%)
- \$800-\$999 (6%)
- \$1,000 or more (3%)

#### Households with NO children present

- Less than \$200 (25%)
- \$200-\$399 (48%)
- \$400-\$599 (22%)
- \$600-\$799 (3%)
- \$800-\$999 (.9%)
- \$1,000 or more (.7%)

### Top 5 problems related to the cost of food in the past 12 months

1. Reduced the amount spent on food to pay for other expenses (29%)
2. Worried about how to pay for food (21%)
3. Ran out of money to pay for food (18%)
4. Adults in the household skipped meals (15%)
5. Borrowed money to buy food (11%)

1. Reduced the amount spent on food to pay for other expenses (32%)
2. Worried about how to pay for food (24%)
3. Ran out of money for food (21%)
4. Relied on family/friends for help with food expenses (14%)
5. Adults in the household skipped meals (14%)

### Top 5 problems for households related to cost, quality, and access to food based on income

1. Problems staying within monthly food budget (54%)
2. Time for shopping (44%)
3. Food costs exceed available funds (36%)
4. Distance to the grocery store (32%)
5. Quality of food (28%)

1. Problems staying within monthly food budget (63%)
2. Food costs exceed available funds (42%)
3. Time for shopping (39%)
4. Quality of local grocery store (26%)
5. Quality of food (23%)

### Top 5 areas related to information, access, and experience with food and nutrition

1. Know how to prepare nutritious meals for my household (93%)
2. Have a full-service grocery store within 10 miles (86%)
3. Believe it is important to receive tips/information on healthy eating (73%)
4. Know the difference between saturated/unsaturated fats (66%)
5. Know where to find a registered dietician/nutritionist in my area (63%)

1. Know how to prepare nutritious meals for my household (94%)
2. Have a full-service grocery store within 10 miles (89%)
3. Know the difference between saturated/unsaturated fats (75%)
4. Know where to find a registered dietician/nutritionist in my area (68%)
5. Believe it is important to receive tips/information on healthy eating (66%)

### Top 5 topics that households were interested in learning more about

1. Ways to reduce grocery expenses (79%)
2. Weight loss (61%)
3. How to choose healthy foods (59%)
4. How to cook healthy meals (58%)
5. How to plan healthy meals in advance (55%)

1. Ways to reduce grocery expenses (80%)
2. Weight loss (62%)
3. How to cook healthy meals (59%)
4. How to choose healthy foods (54%)
5. Shopping for healthy foods (50%)

### Top 5 ways that households have received information related to food and nutrition in the past 90 days

1. Print media (69%)
2. Food nutrition labels (67%)
3. Internet (65%)
4. Television (50%)
5. Family (47%)

1. Print media (67%)
2. Food nutrition labels (62%)
3. Internet (57%)
4. Television (56%)
5. Friends/co-workers (46%)

# Eastern Nebraska Community Action Partnership



www.encapomaha.org

Serving the Counties of:  
Douglas and Sarpy

Main Offices:  
2406 Fowler Ave.  
Omaha, NE 68111  
Phone: (402) 453-5656

Executive Director:  
Evangline Levison

## REGIONAL RESULTS

## STATEWIDE RESULTS

### Top 5 sources of food eaten at home in the last 90 days

1. Grocery Store (100%)
2. Fast Food/Take out/Restaurant Delivery (78%)
3. Farmer's Market (41%)
4. Convenience Store/Gas Station (34%)
5. Garden (Home or Community) (32%)

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (73%)
3. Garden (Home or Community) (53%)
4. Farmer's Market (32%)
5. Convenience Store/Gas Station (31%)

### Top 5 influences for food purchasing decisions in the last 90 days

1. Price (92%)
2. Taste (90%)
3. Easy to prepare (85%)
4. Quality (85%)
5. Healthfulness (83%)

1. Price (89%)
2. Taste (87%)
3. Quality (85%)
4. Healthfulness (84%)
5. Easy to Prepare (78%)

### Amount of monthly household grocery expenditures

#### Households with children present

- Less than \$200 (19%)
- \$200-\$399 (28%)
- \$400-\$599 (32%)
- \$600-\$799 (8%)
- \$800-\$999 (8%)
- \$1,000 or more (5%)

#### Households with NO children present

- Less than \$200 (44%)
- \$200-\$399 (32%)
- \$400-\$599 (18%)
- \$600-\$799 (3%)
- \$800-\$999 (2%)
- \$1,000 or more (1%)

#### Households with children present

- Less than \$200 (10%)
- \$200-\$399 (33%)
- \$400-\$599 (39%)
- \$600-\$799 (9%)
- \$800-\$999 (6%)
- \$1,000 or more (3%)

#### Households with NO children present

- Less than \$200 (25%)
- \$200-\$399 (48%)
- \$400-\$599 (22%)
- \$600-\$799 (3%)
- \$800-\$999 (.9%)
- \$1,000 or more (.7%)

### Top 5 problems related to the cost of food in the past 12 months

1. Reduced the amount spent on food to pay for other expenses (33%)
2. Worried about how to pay for food (26%)
3. Ran out of money to pay for food (21%)
4. Relied on family/friends for help with food expenses (15%)
5. Adults in the household skipped meals (15%)

1. Reduced the amount spent on food to pay for other expenses (32%)
2. Worried about how to pay for food (24%)
3. Ran out of money for food (21%)
4. Relied on family/friends for help with food expenses (14%)
5. Adults in the household skipped meals (14%)

### Top 5 problems for households related to cost, quality, and access to food based on income

1. Problems staying within monthly food budget (71%)
2. Time for shopping (60%)
3. Food costs exceed available funds (56%)
4. Quality of local grocery store (32%)
5. Quality of food (30%)

1. Problems staying within monthly food budget (63%)
2. Food costs exceed available funds (42%)
3. Time for shopping (39%)
4. Quality of local grocery store (26%)
5. Quality of food (23%)

### Top 5 areas related to information, access, and experience with food and nutrition

1. Have a full-service grocery store within 10 miles (99%)
2. Know how to prepare nutritious meals for my household (97%)
3. Believe it is important to receive tips/information on healthy eating (80%)
4. Know the difference between saturated/unsaturated fats (68%)
5. Know where to find a registered dietician/nutritionist in my area (66%)

1. Know how to prepare nutritious meals for my household (94%)
2. Have a full-service grocery store within 10 miles (89%)
3. Know the difference between saturated/unsaturated fats (75%)
4. Know where to find a registered dietician/nutritionist in my area (68%)
5. Believe it is important to receive tips/information on healthy eating (66%)

### Top 5 topics that households were interested in learning more about

1. Ways to reduce grocery expenses (79%)
2. Weight loss (79%)
3. Food safety tips (65%)
4. How to choose healthy foods (64%)
5. How to plan meals in advance (59%)

1. Ways to reduce grocery expenses (80%)
2. Weight loss (62%)
3. How to cook healthy meals (59%)
4. How to choose healthy foods (54%)
5. Shopping for healthy foods (50%)

### Top 5 ways that households have received information related to food and nutrition in the past 90 days

1. Internet (69%)
2. Print Media (66%)
3. Food nutrition labels (66%)
4. Television (62%)
5. Family (42%)

1. Print media (67%)
2. Food nutrition labels (62%)
3. Internet (57%)
4. Television (56%)
5. Friends/co-workers (46%)

# Northeast Nebraska Community Action Partnership



Serving the Counties of: Antelope, Burt, Cedar, Cuming, Dakota, Dixon, Dodge, Knox, Madison, Pierce, Stanton, Thurston, Washington, Wayne

Main Offices:  
603 Earl Street  
Pender, NE 68047  
Phone: (402) 385-6300

Executive Director:  
Robin Snyder

www.nencap.org

## REGIONAL RESULTS

## STATEWIDE RESULTS

### Top 5 sources of food eaten at home in the last 90 days

1. Grocery Store (100%)	1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (78%)	2. Fast Food/Take out/Restaurant Delivery (73%)
3. Farmer's Market (41%)	3. Garden (Home or Community) (53%)
4. Convenience Store/Gas Station (34%)	4. Farmer's Market (32%)
5. Garden (Home or Community) (32%)	5. Convenience Store/Gas Station (31%)

### Top 5 influences for food purchasing decisions in the last 90 days

1. Price (91%)	4. Healthfulness (85%)	1. Price (89%)	4. Healthfulness (84%)
2. Taste (89%)	5. Easy to Prepare (78%)	2. Taste (87%)	5. Easy to Prepare (78%)
3. Quality (87%)		3. Quality (85%)	

### Amount of monthly household grocery expenditures

Households with children present	Households with NO children present	Households with children present	Households with NO children present
<ul style="list-style-type: none"> <li>▪ Less than \$200 (17%)</li> <li>▪ \$200-\$399 (20%)</li> <li>▪ \$400-\$599 (37%)</li> <li>▪ \$600-\$799 (12%)</li> <li>▪ \$800-\$999 (11%)</li> <li>▪ \$1,000 or more (4%)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Less than \$200 (25%)</li> <li>▪ \$200-\$399 (47%)</li> <li>▪ \$400-\$599 (26%)</li> <li>▪ \$600-\$799 (2%)</li> <li>▪ \$800-\$999 (0%)</li> <li>▪ \$1,000 or more (1%)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Less than \$200 (10%)</li> <li>▪ \$200-\$399 (33%)</li> <li>▪ \$400-\$599 (39%)</li> <li>▪ \$600-\$799 (9%)</li> <li>▪ \$800-\$999 (6%)</li> <li>▪ \$1,000 or more (3%)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Less than \$200 (25%)</li> <li>▪ \$200-\$399 (48%)</li> <li>▪ \$400-\$599 (22%)</li> <li>▪ \$600-\$799 (3%)</li> <li>▪ \$800-\$999 (.9%)</li> <li>▪ \$1,000 or more (.7%)</li> </ul>

### Top 5 problems related to the cost of food in the past 12 months

1. Reduced the amount spent on food to pay for other expenses (26%)	1. Reduced the amount spent on food to pay for other expenses (32%)
2. Worried about how to pay for food (19%)	2. Worried about how to pay for food (24%)
3. Ran out of money to pay for food (15%)	3. Ran out of money for food (21%)
4. Adults in the household skipped meals (13%)	4. Relied on family/friends for help with food expenses (14%)
5. Relied on family/friends for help with food expenses (10%)	5. Adults in the household skipped meals (14%)

### Top 5 problems for households related to cost, quality, and access to food based on income

1. Problems staying within monthly food budget (63%)	1. Problems staying within monthly food budget (63%)
2. Food costs exceed available funds (44%)	2. Food costs exceed available funds (42%)
3. Time for shopping (42%)	3. Time for shopping (39%)
4. Distance to the grocery store (29%)	4. Quality of local grocery store (26%)
5. Quality of local grocery store (22%)	5. Quality of food (23%)

### Top 5 areas related to information, access, and experience with food and nutrition

1. Know how to prepare nutritious meals for my household (92%)	1. Know how to prepare nutritious meals for my household (94%)
2. Have a full-service grocery store within 10 miles (91%)	2. Have a full-service grocery store within 10 miles (89%)
3. Know the difference between saturated/unsaturated fats (75%)	3. Know the difference between saturated/unsaturated fats (75%)
4. Believe it is important to receive tips/information on healthy eating (68%)	4. Know where to find a registered dietician/nutritionist in my area (68%)
5. Know where to find a registered dietician/nutritionist in my area (71%)	5. Believe it is important to receive tips/information on healthy eating (66%)

### Top 5 topics that households were interested in learning more about

1. Weight loss (73%)	1. Ways to reduce grocery expenses (80%)
2. Ways to reduce grocery expenses (70%)	2. Weight loss (62%)
3. How to cook healthy meals (58%)	3. How to cook healthy meals (59%)
4. How to choose healthy foods (50%)	4. How to choose healthy foods (54%)
5. Shopping for healthy foods (49%)	5. Shopping for healthy foods (50%)

### Top 5 ways that households have received information related to food and nutrition in the past 90 days

1. Print media (71%)	1. Print media (67%)
2. Television (62%)	2. Food nutrition labels (62%)
3. Food nutrition labels (61%)	3. Internet (57%)
4. Internet (58%)	4. Television (56%)
5. Friends/co-workers (45%)	5. Friends/co-workers (46%)

# Northwest Community Action Partnership

Serving the Counties of: Box Butte, Dawes, Sheridan, Cherry, Sioux

Main Offices:  
270 Pine Street  
Chadron, NE 69337  
Phone: (308) 432-3393

Executive Director:  
Karen Eisenbarth



## REGIONAL RESULTS

## STATEWIDE RESULTS

### Top 5 sources of food eaten at home in the last 90 days

1. Grocery Store (98%)
2. Fast Food/Take out/Restaurant Delivery (65%)
3. Garden (Home or Community) (46%)
4. Convenience Store/Gas Station (29%)
5. Farmer's Market (24%)

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (73%)
3. Garden (Home or Community) (53%)
4. Farmer's Market (32%)
5. Convenience Store/Gas Station (31%)

### Top 5 influences for food purchasing decisions in the last 90 days

1. Price (88%)
2. Quality (86%)
3. Healthfulness (81%)

4. Taste (79%)
5. Easy to Prepare (66%)

1. Price (89%)
2. Taste (87%)
3. Quality (85%)

4. Healthfulness (84%)
5. Easy to Prepare (78%)

### Amount of monthly household grocery expenditures

#### Households with children present

- Less than \$200 (6%)
- \$200-\$399 (51%)
- \$400-\$599 (35%)
- \$600-\$799 (4%)
- \$800-\$999 (3%)
- \$1,000 or more (1%)

#### Households with NO children present

- Less than \$200 (15%)
- \$200-\$399 (54%)
- \$400-\$599 (25%)
- \$600-\$799 (3%)
- \$800-\$999 (1%)
- \$1,000 or more (1%)

#### Households with children present

- Less than \$200 (10%)
- \$200-\$399 (33%)
- \$400-\$599 (39%)
- \$600-\$799 (9%)
- \$800-\$999 (6%)
- \$1,000 or more (3%)

#### Households with NO children present

- Less than \$200 (25%)
- \$200-\$399 (48%)
- \$400-\$599 (22%)
- \$600-\$799 (3%)
- \$800-\$999 (.9%)
- \$1,000 or more (.7%)

### Top 5 problems related to the cost of food in the past 12 months

1. Reduced the amount spent on food to pay for other expenses (33%)
2. Worried about how to pay for food (24%)
3. Ran out of money to pay for food (24%)
4. Relied on family/friends for help with food expenses (22%)
5. Adults in the household skipped meals (17%)

1. Reduced the amount spent on food to pay for other expenses (32%)
2. Worried about how to pay for food (24%)
3. Ran out of money for food (21%)
4. Relied on family/friends for help with food expenses (14%)
5. Adults in the household skipped meals (14%)

### Top 5 problems for households related to cost, quality, and access to food based on income

1. Problems staying within monthly food budget (55%)
2. Food costs exceed available funds (30%)
3. Time for shopping (27%)
4. Quality of local grocery store (24%)
5. Quality of food (22%)

1. Problems staying within monthly food budget (63%)
2. Food costs exceed available funds (42%)
3. Time for shopping (39%)
4. Quality of local grocery store (26%)
5. Quality of food (23%)

### Top 5 areas related to information, access, and experience with food and nutrition

1. Know how to prepare nutritious meals for my household (95%)
2. Have a full-service grocery store within 10 miles (89%)
3. Know the difference between saturated/unsaturated fats (76%)
4. Believe it is important to receive tips/information on healthy eating (68%)
5. Know where to find a registered dietician/nutritionist in my area (65%)

1. Know how to prepare nutritious meals for my household (94%)
2. Have a full-service grocery store within 10 miles (89%)
3. Know the difference between saturated/unsaturated fats (75%)
4. Know where to find a registered dietician/nutritionist in my area (68%)
5. Believe it is important to receive tips/information on healthy eating (66%)

### Top 5 topics that households were interested in learning more about

1. Ways to reduce grocery expenses (82%)
2. Weight loss (70%)
3. How to cook healthy meals (57%)
4. Shopping for healthy foods (56%)
5. Food safety tips (48%)

1. Ways to reduce grocery expenses (80%)
2. Weight loss (62%)
3. How to cook healthy meals (59%)
4. How to choose healthy foods (54%)
5. Shopping for healthy foods (50%)

### Top 5 ways that households have received information related to food and nutrition in the past 90 days

1. Print media (61%)
2. Food nutrition labels (58%)
3. Friends/co-workers (50%)
4. Family (50%)
5. Television (50%)

1. Print media (67%)
2. Food nutrition labels (62%)
3. Internet (57%)
4. Television (56%)
5. Friends/co-workers (46%)

# Southeast Nebraska Community Action Partnership



Serving the Counties of: Cass, Johnson, Nemaha, Otoe, Pawnee, and Richardson. Housing/ Weatherization services provided in Sarpy. Weatherization provided in Douglas.

Main Offices:  
802 Fourth Street  
Humboldt, NE 68376  
(402) 862-2411 or  
1-888-313-5608

Executive Director:  
Vicky McNealy

www.senca.org

## REGIONAL RESULTS

## STATEWIDE RESULTS

### Top 5 sources of food eaten at home in the last 90 days

1. Grocery Store (100%)
2. Fast Food/Take out/Restaurant Delivery (67%)
3. Garden (Home or Community) (62%)
4. Farmer's Market (29%)
5. Convenience Store/Gas Station (26%)

1. Grocery Store (99%)
2. Fast Food/Take out/Restaurant Delivery (73%)
3. Garden (Home or Community) (53%)
4. Farmer's Market (32%)
5. Convenience Store/Gas Station (31%)

### Top 5 influences for food purchasing decisions in the last 90 days

1. Taste (89%)
2. Healthfulness (87%)
3. Quality (87%)
4. Price (87%)
5. Easy to Prepare (77%)

1. Price (89%)
2. Taste (87%)
3. Quality (85%)
4. Healthfulness (84%)
5. Easy to Prepare (78%)

### Amount of monthly household grocery expenditures

#### Households with children present

- Less than \$200 (6%)
- \$200-\$399 (34%)
- \$400-\$599 (46%)
- \$600-\$799 (7%)
- \$800-\$999 (5%)
- \$1,000 or more (1%)

#### Households with NO children present

- Less than \$200 (22%)
- \$200-\$399 (52%)
- \$400-\$599 (19%)
- \$600-\$799 (4%)
- \$800-\$999 (1%)
- \$1,000 or more (1%)

#### Households with children present

- Less than \$200 (10%)
- \$200-\$399 (33%)
- \$400-\$599 (39%)
- \$600-\$799 (9%)
- \$800-\$999 (6%)
- \$1,000 or more (3%)

#### Households with NO children present

- Less than \$200 (25%)
- \$200-\$399 (48%)
- \$400-\$599 (22%)
- \$600-\$799 (3%)
- \$800-\$999 (.9%)
- \$1,000 or more (.7%)

### Top 5 problems related to the cost of food in the past 12 months

1. Reduced the amount spent on food to pay for other expenses (35%)
2. Ran out of money to pay for food (30%)
3. Worried about how to pay for food (27%)
4. Relied on family / friends for help with food expenses (22%)
5. Borrowed money to buy food (17%)

1. Reduced the amount spent on food to pay for other expenses (32%)
2. Worried about how to pay for food (24%)
3. Ran out of money for food (21%)
4. Relied on family/friends for help with food expenses (14%)
5. Adults in the household skipped meals (14%)

### Top 5 problems for households related to cost, quality, and access to food based on income

1. Problems staying within monthly food budget (71%)
2. Quality of local grocery store (43%)
3. Food costs exceed available funds (42%)
4. Time for shopping (28%)
5. Quality of food (21%)

1. Problems staying within monthly food budget (63%)
2. Food costs exceed available funds (42%)
3. Time for shopping (39%)
4. Quality of local grocery store (26%)
5. Quality of food (23%)

### Top 5 areas related to information, access, and experience with food and nutrition

1. Know how to prepare nutritious meals for my household (94%)
2. Have a full-service grocery store within 10 miles (81%)
3. Know the difference between saturated/unsaturated fats (80%)
4. Believe it is important to receive tips/information on healthy eating (58%)
5. Know where to find a registered dietician/nutritionist in my area (70%)

1. Know how to prepare nutritious meals for my household (94%)
2. Have a full-service grocery store within 10 miles (89%)
3. Know the difference between saturated/unsaturated fats (75%)
4. Know where to find a registered dietician/nutritionist in my area (68%)
5. Believe it is important to receive tips/information on healthy eating (66%)

### Top 5 topics that households were interested in learning about

1. Ways to reduce grocery expenses (82%)
2. Weight loss (59%)
3. How to cook healthy meals (52%)
4. How to choose healthy foods (50%)
5. Shopping for healthy foods (49%)

1. Ways to reduce grocery expenses (80%)
2. Weight loss (62%)
3. How to cook healthy meals (59%)
4. How to choose healthy foods (54%)
5. Shopping for healthy foods (50%)

### Top 5 ways that households have received information related to food and nutrition in the past 90 days

1. Print media (64%)
2. Television (57%)
3. Food nutrition labels (55%)
4. Internet (52%)
5. Friends/co-workers (48%)

1. Print media (67%)
2. Food nutrition labels (62%)
3. Internet (57%)
4. Television (56%)
5. Friends/co-workers (46%)

# Community Action of Nebraska

Community Action of Nebraska (CAN) is the state association of the nine independent Community Action Agencies in the state. CAN provides support through training, technical assistance and development of statewide initiatives.

Main Offices:  
210 O Street, Suite 100  
Lincoln, NE 68508  
Phone: 402-471-3714

Executive Director:  
Amber Hansen



www.canhelp.org

## 2014 Statewide Survey Results Summary

### In the past 12 months

- 24% worried about how to pay for food
- 21% ran out of money for food



### Top 5 problems related to the cost of food in the past 12 months

1. Reduced the amount spent on food to pay for other expenses	32%
2. Worried about how to pay for food	24%
3. Ran out of money for food	21%
4. Relied on family/friends for help with food expenses	14%
5. Adults in the household skipped meals	14%

### Top 5 sources of food eaten at home in the last 90 days

1. Grocery Store	99%
2. Fast Food/Take Out/Restaurant Delivery	73%
3. Garden (Home or Community)	53%
4. Farmer's Market	32%
5. Convenience Store/Gas Station	31%

Monthly household grocery costs	Less than \$200	\$200 to \$399	\$400 to \$599	\$600 to \$799	\$800 to \$999	\$1,000 or more
	Households with children present	10%	33%	39%	9%	6%
Households with NO children present	25%	48%	22%	3%	.9%	.7%

### Top 5 influences for food purchasing decisions in the last 90 days

1. Price	89%
2. Taste	87%
3. Quality	85%
4. Healthfulness	84%
5. Easy to Prepare	78%

### Top 5 problems related to the cost, quality, and access to food, based on income

1. Problems staying within monthly food budget	63%
2. Food costs exceed available funds	42%
3. Time for shopping	39%
4. Quality of local grocery store	26%
5. Quality of food	23%

### Top 5 ways households received information related to food and nutrition in the past 90 days

1. Print media	67%
2. Food nutrition labels	62%
3. Internet	57%
4. Television	56%
5. Friends/co-workers	46%

### Top 5 topics that households were interested in learning more about

1. Ways to reduce grocery expenses	80%
2. Weight loss	62%
3. How to cook healthy meals	59%
4. How to choose healthy foods	54%
5. Shopping for healthy foods	50%

### To 5 areas related to information, access and experience with food and nutrition

1. Know how to prepare nutritious meals for my household	94%
2. Have a full-service grocery store within 10 miles	89%
3. Know the difference between saturated/ unsaturated fats	75%
4. Know where to find a registered dietician/nutritionist in my area	68%
5. Believe it is important to receive tips/information on healthy eating	66%

**80% of survey respondents were interested in learning more about ways to reduce grocery expenses**

## **METHODOLOGY**

This report details responses from a survey conducted by Community Action of Nebraska (CAN) during the summer of 2014. The survey focused on issues related to nutrition, for example: food sources, food purchase decisions, amount spent on groceries, household experiences, problems related to obtaining food, access to food sources, interest in learning about nutrition, and planning, budgeting and shopping.

This report examines data on food related issues and demographics. Though this document was a separate report, it is intended to compliment the more comprehensive State and Regional Community Assessment completed in 2010 and 2013 (available at [www.canhelp.org](http://www.canhelp.org)) and future documents developed by Community Action of Nebraska.

The survey was mailed out to 10,000 Nebraska households using a mailing list of randomly selected adults in the state of Nebraska during the summer of 2014. Demographic information from the following categories was collected: age, gender, income, and the presence of children in the household. The response rate was an acceptable 29.76%.

Household size and income of respondents were used to estimate eligibility for SNAP assistance. SNAP eligibility is based on the guidelines for Nebraska. The limitation is that income in the survey is reported as a range (e.g., \$15,000-\$24,999), while SNAP guidelines require a specific income per household size. For example, according to the 2014 Nebraska SNAP eligibility guidelines a household of 3 could earn up to \$25,728 per year.

## **DEMOGRAPHICS**

### **Limitations**

The primary demographic difference between the respondents in this survey was the distribution across age groups. The youngest demographic was 19-24, and the proportion of respondents does not parallel the distribution of population for that age group in Nebraska. The possible cause may reflect the distribution of the mailing list, but is common where response rates from younger age individuals are often lower than their proportion of population. Consequently, responses for age were weighted. In order to assess the represented sample, demographics of respondents were compared with U.S. Census data for Nebraska.

### **Gender**

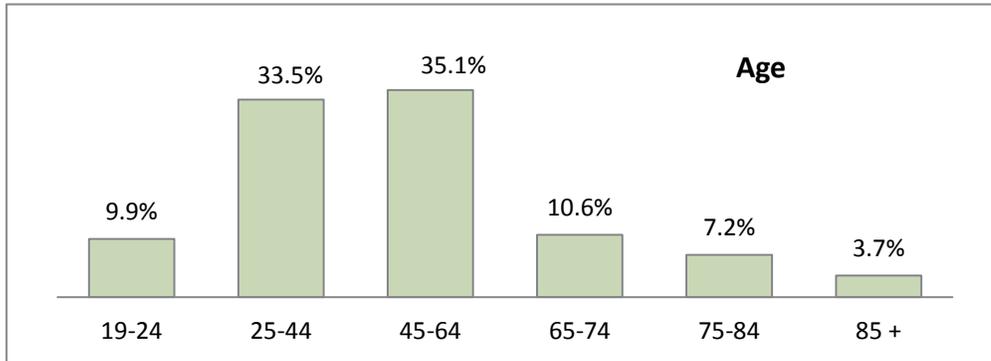
Two-thirds (63%) of the persons completing the survey were female. Responses by gender were less of a concern than they might be, for example, in a survey with health or other gender specific questions.

### **Income**

Median household income was comparable to that for Nebraska, though for the survey median income is reported within a category and for the state it is a specific amount. The proportions reported for income, especially in levels below \$35,000, paralleled Census reports for Nebraska. For this analysis, poverty status was calculated based on responses to questions about income and household size, reflecting what had been reported for the state (CAN Survey, 13.6%; Nebraska, 13.2%).

### Age

The 45-64 age group had the largest representation. While the younger demographic categories were under represented, those between 65-84 years were over represented. The 19-24 age group is commonly underrepresented in survey research.

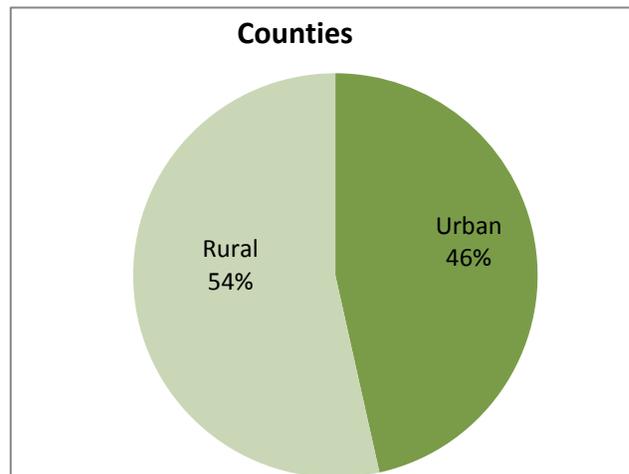


### Household Size

Households with children were represented in greater proportions than current Census reports for the state. Depending on which questions were used in the calculation, households with children comprised 38%-42% of the responses; in the 2013 Census estimate, 29.1% of Nebraska households were comprised of adult(s) with their 'own children.' A possible explanation for this difference is that the content of the survey held more interest for families with children, thus a higher proportion responded.

### Urban Rural Distribution

Overall, the respondents were evenly divided between *Urban* or *Rural*. This classification was based on urban and rural definitions in published sources, including the USDA, the Census, and Nebraska's Center for Public Affairs (UNO).<sup>1</sup> For the purposes of this analysis, the counties were identified as urban or rural based on existing definitions/designations from the US Census and the USDA. These were evaluated in terms of client preferences, demographic context (especially the Urban Influence Codes and the Rural Urban Continuum Codes), and local knowledge. Dixon County was labeled rural, for example, because it shares more characteristics of the Rural Counties (income, education, population density, for example).

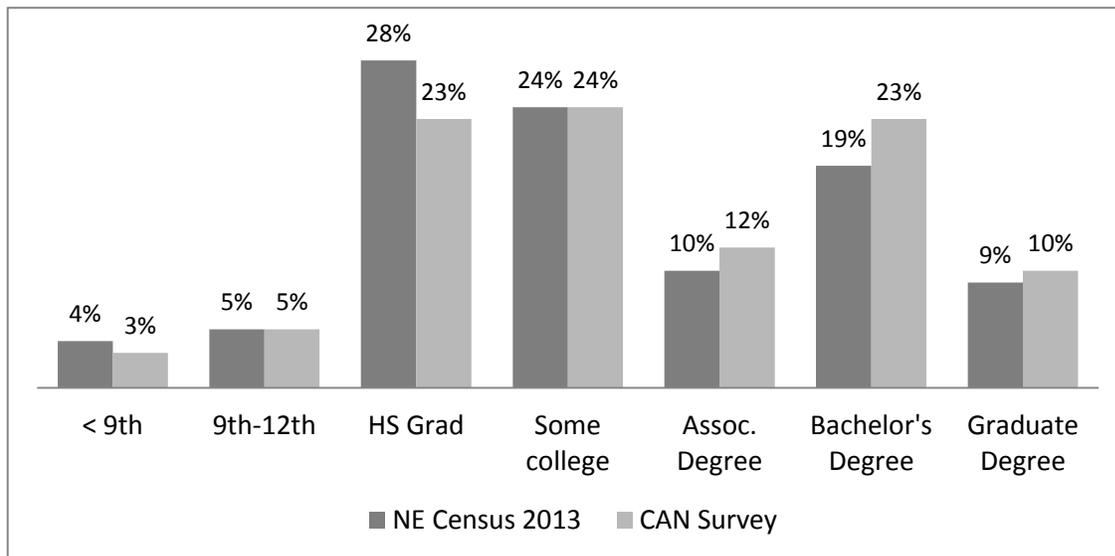


<sup>1</sup> Cf., Drozd, D., (2008), *Notes from the December 9, 2008 American Community Survey (ACS) data release by the U.S. Census Bureau*, Center for Public Affairs Research, University of Nebraska Omaha. Other sources are also available for this type of info, including RAC, Census, USDA, complete with spreadsheets.

## Education

Respondents in the 2014 survey appeared to be slightly more educated than Nebraska residents overall. The chart below, for example, shows comparative proportions for adults 25 and over.

Most CAN survey respondents completed at least some college. 23% completed High School or achieved a General Education Diploma (GED). Another 24% had completed some college or achieved an Associate's Degree; 23% had a Bachelor's degree, 7% had a Master's degree and 3% had a Doctorate or professional degree.



*U.S. Census Bureau, 2009-2013, five year estimate, American Community Survey*

## Community Action of Nebraska

### Mission:

**Community Action of Nebraska collaborates with community service organizations across the State to foster the cultures and skills which support low income families attaining economic stability and to keep the voices and conditions of those in poverty central in the development of public policy.**

**For more information, visit [www.canhelp.org](http://www.canhelp.org)**



*Photos by Julie Metz*