

ALBERNI VALLEY COMMUNITY FOOD INITIATIVE: HOUSEHOLD SURVEY

The Alberni Valley Transition Towns Society (AVTTS) are interested in your thoughts on local food production. The Society is part of a larger world-wide movement called *Transition Towns* (sometimes referred to as the Transition Network) to encourage citizens to grow food locally, reduce energy use, and find other ways to live more sustainably.

Vancouver Island University staff have developed a survey to measure local food production and get a sense of citizen interest in supporting more localized production in the Alberni-Clayoquot Regional District (ACRD). The ACRD is assisting with resources and logistics to complete the survey. The following survey is designed to record your habits regarding food consumption and your thoughts and comments on healthy eating within our community. We anticipate that it should take no more than 15 minutes to complete.

All of the survey responses will be kept strictly confidential and will be used only for statistical purposes. Information obtained from the survey will only be reported in aggregate form to ensure that no individual responses can be identified. We value your input, your participation is important to ensure that the information collected is as accurate and as comprehensible as possible. Transition Towns will share the information with local food producers to help them with production and marketing decisions.

This survey should be completed by the person who purchases food for the household: in this survey, the *household* is defined as persons living under one roof who generally share in the purchase and consumption of food for everyday living.

If you would prefer to have a copy of the survey emailed to you, please contact the Alberni Valley Transition Towns Society at foodgroup@ptransitions.net.

Once the survey has been completed, you can:

- Drop off the completed survey at :
 - **ACRD Office** at 3008 Fifth Avenue from 8:00am - 4:30pm, M-F.
 - **City Hall** at 4850 Argyle Street from 8:30am - 4:30pm, M-F.
 - **Tseshaht Administration Building** at 5091 Tsuma-as Drive from 8:00am-4:00pm, M-Th and 8:00am-12:00pm, Friday.
 - **Hupacasath House of Gathering** at 5500 Ahahswinis Drive from 8:00am-4:00pm, M-Th and 8:00am-12:00pm, Friday.
 - **Huu-ay-aht First Nation Government Office** at 170 Nookemus Road, Anacla from 8:30am-4:00pm, M-F.
- If you have an online version, you can email it back to the AVTTS at foodgroup@ptransitions.net or the ACRD at adyer@acrd.bc.ca.

The deadline for mailing in or dropping off the survey is September 21, 2012.

Thank you in advance for taking the time to complete this survey and offering your thoughts on living sustainably in the ACRD.

A. Food Choices

1. Thinking about the last year (August 2011 to now), how often did you purchase groceries at the following locations?

	Often 1	Sometimes 2	Never 3	Not applicable 8
Port Alberni grocery stores				
Out of town grocery stores (Parksville, Nanaimo, other)				
Buying Club by mail order				
Direct from farmer (the person who grew the food)				
Farmers Market				
Home delivered meals				
Specialty food shop (butcher, cheese shop)				
Convenience stores (including food sales accessory to gas stations)				
Other, please specify _____				

2. Thinking about the last year, how often did your meals include food from the following sources?

	Often 1	Sometimes 2	Never 3	Don't know 9
Hunting				
Fishing				
Barter/trade of food with another food producer				
Own garden				
Own animals				
Harvesting of wild foods				

3. On a scale of 1 to 5, where 1 is “Not at all Important” and 5 is “Very Important”, please indicate how important each of the following are to you when selecting fruits and vegetables:

	Not at all important 1	2	3	4	Very important 5	Don't know 9
Cost						
Quality						
Organic						
Locally Grown						
Convenience						
Fair trade						
Other, please specify _____						

In this survey, a serving is defined by Canada Food Guide Standards. If you would like more information on these standards, visit http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/eating_well_bien_manger-eng.php#2.

4. Thinking about the last year (August 2011 to now) and on average, how many servings of the following food types would you typically consume each day?

	Approximate number of servings per day
Vegetables and Fruit	
Grain Products	
Milk and Alternatives	
Meat and Alternatives	
Fried foods (ex: foods fried in oil)	
High sugar, high fat (ex: pastries, ice cream) (serving as defined on the packaging)	
High sodium (ex: potato chips) (serving as defined on the packaging)	

5. The following are some reasons for making food choices. On a scale of 1 to 3 where 1 is “That is not at all true for me” and 3 is “That is true for me”, please rate the following:

	Not true for me 1	Not sure 2	True for me 3
Dislike fruits			
Dislike vegetables			
Produce is too expensive			
Organic produce is too expensive			
Meat is too expensive			
Fish is too expensive			
Organic meat is too expensive			
I need to learn more about making healthy foods			
I have health issues that make shopping difficult			
I have transportation issues that make shopping difficult			
It is difficult to prepare healthy foods for everyone in my household			
I do not have time to prepare healthy foods			
Other (please specify) _____			

6. Identify or describe the single most important item that would improve your diet (For example: growing food, bulk buying, easily accessible local food, a place to cook, etc).

B. Access to Food

This survey defines healthy food as foods with high nutrition value, low processing, and low content of added substances (like trans fats, sugar and sodium) that can be detrimental to human health in unbalanced quantities.

7. Do you feel healthy food is available in the ACRD?

- 1 ...Yes
- 2 ...No
- 9 ... Do not know

a) If no, why not? _____

8. Do you feel healthy food is affordable in the ACRD?

- 1 ...Yes
- 2 ... No
- 9 ... Do not know

a) If no, why not? _____

9. Please rate the accessibility, in the ACRD, of the following food types using a scale of 1 to 5 where 1 is “Difficult to find” and 5 is “Easy to find”.

	Difficult to find 1	2	3	4	Easy to find 5	Not applicable/ Never looked 8	Don't know 9
Dairy products (milk, cheese, yogurt, etc.)							
Organic dairy products (milk, cheese, yogurt, etc.)							
Meat							
Organic meat							
Poultry							
Organic poultry							
Fish							
Organic fish							
Low/No sugar items							
Low/No salt items							
Gluten free items							
Fresh vegetables							
Fresh organic vegetables							
Other, please specify _____							

C. Community Healthy Choices

10. On a scale of 1 to 5, where 1 is “Not supported at all” and 5 is “A great idea” please indicate which of the following are, in your opinion, the best ways to help citizens learn about and make healthy food choices.

	Not at all supported 1	2	3	4	Great idea 5	Don't know 9
Improved access to food education at elementary schools						
Increased access to programs that deliver food, such as Meals on Wheels						
Expansion of local food bank programs						
New school lunch programs for all schools						
Improved school lunch programs where programs are already available						
Free courses on nutrition and food production offered by local community groups						
Access to lands for community gardens						
Increased ways for individuals to get involved with our local food system (food policy, local small scale processing, community greenhouses/gardens)						
More availability of locally grown food to purchase						
Farmers Markets						
Community gardens and greenhouses						
Protecting eco-systems that currently supply wild food resources						
Community kitchen program (ie. Bi-monthly buying/harvesting to cook and supply families with meals for a week)						
Community Supported Agriculture (CSA) programs where you purchase a « share » in a farm at the beginning of the year in return for a box of fruits and vegetables regularly throughout the season						
Other, please specify _____ _____ _____						

D. Food Production

11. Do you grow your own food?

1... Yes

2... No (*please skip to question 16*)

12. If yes, which of the following most closely matches your level of food production?

1. Small-scale container gardening – please estimate the size and number of containers:

2. Extensive container gardening – please estimate the size and number of containers

3. A small garden (less than 2 metres by 2 metres)

4. A medium sized garden (greater than a small garden, but smaller than a ½ acre)

5. A large garden (a ½ acre or more)

13. Do you grow your own food in a greenhouse?

1... Yes

2... No (*please skip to question 15*)

14. If yes, which of the following most closely matches the size of your greenhouse(s)?

1. A small greenhouse (less than 2 metres by 2 metres)

2. A larger scale greenhouse operation – please estimate the size of the greenhouse _____

15. Thinking about the last year (since August 2011) what would you estimate as the level of production from your own growing of food in a garden and/or greenhouse(s)?

16. If you do not have access to a garden or greenhouse, or if you do but would be interested in other opportunities to grow food, would you be interested in participating in a community garden or community greenhouse...(check as many as apply to you):

	Yes 1	No 2	Not applicable 8	Don't know 9
...if it were free?				
...if there was a fee?				
...if you could use it for commercial purposes?				
...in exchange for a portion or percentage (%) of the produce provided to the owner?				
...in exchange for a portion or percentage (%) of the produce provided to the community?				

17. If you have land, would you be willing to have people use a portion of it for growing food in exchange for...

	Yes 1	No 2
...a percentage (%) or portion of the produce?		
...rent or monetary exchange?		
...other exchange, please specify _____		

E. Information on Healthy Foods

18. On a scale of 1 to 5, where 1 is not at all interested and 5 is very interested, please indicate how interested you are in receiving information from local community groups on the following subjects.

	Not at all interested 1	2	3	4	Very interested 5
Nutrition					
Holistic and natural health					
Vegetarian cooking					
Canning/preserving					
Bear friendly composting					
Cooking for special diets (diabetes, wheat allergies, etc)					
Smoking salmon					
Gardening					
Container gardening					
Seed saving					
Making baby food					
Cooking for 1					
Politics of food					
Harvesting wild food					
Other, please specify _____					

19. On a scale of 1 to 5, where 1 is not at all interested and 5 is very interested, please indicate how interested you are in attending classes or workshops from local community groups on the following subjects:

	Not at all interested 1	2	3	4	Very interested 5
Nutrition					
Holistic and natural health					
Vegetarian cooking					
Canning/preserving					
Bear friendly composting					
Cooking for special diets (diabetes, wheat allergies, etc)					
Smoking salmon					
Gardening					
Container gardening					
Seed saving					
Making baby food					
Cooking for 1					
Politics of food					
Harvesting wild food					
Other, please specify _____					

F. Demographics

20. Overall, would you say your diet is:

- 1 ... excellent?
- 2 ... very good?
- 3 ... good?
- 4 ... fair?
- 5 ... poor?

21. How many people, including yourself, live in your household? _____

22. Which of the following is available to you at your place of residence? (Check all that apply)

	Yes 1	No 2
Stove		
Refrigerator		
Oven		
Freezer		
Storage space		
Microwave		
Convection oven		
BBQ		
Food processor		
Dehydrator		
Mixer		
Blender		
Other (appliances that you use on a daily or weekly basis in cooking or getting food ready for consumption), please specify: _____		

23. Does anyone in your household depend on you for food (purchasing and/or preparation- this could be part of the time or all the time)?

- 1 ... Yes
- 2 ... No

24. If yes, please specify which of the following depend on you for food:

	Yes 1	No 2
Partner or spouse		
Parent(s)		
Children ages 0-5		
If yes, how many?		
Children ages 6-18		
If yes, how many?		
Other If yes, please specify (ex. brother, sister, roommate)		

25. What is your postal code?

26. Are you:

1... the owner/co-owner of this property?

2... renting this property?

3... other (ex. Member of a coop or commune), please specify:

27. Gender

- 1...Female
- 2...Male

28. Age: _____

29. Average yearly household income (please include income from all persons living in your household):

- 1... No income
- 2... \$10,000 to less than \$30,000
- 3... \$30,000 to less than \$50,000
- 4... \$50,000 to less than \$80,000
- 5... \$80,000 or more
- 98... Refusal
- 99... Don't know

G. Comments

30. Do you have any general comments about food in your household?

31. Do you have any final thoughts or comments regarding food security in your community? Food security involves food sustainability and everyone having access to good food, regardless of where we live or how much money we have. (Please use back of page for responses that do not fit in the space provided below).

Thank you for taking the time to complete this survey and sharing your perspectives. If you want to contact Alberni Valley Transition Towns Society or have additional comments please email AVTTS 'Food Group' at foodgroup@patransitions.net

If you want any information, would be interested in teaching a course, or if you want to contact the people in the Valley interested in local food production and sustainability, please contact foodgroup@patransitions.net.

Please return the survey by September 21, 2012.