

# Adirondack Food Access Study

This survey is part of a study being conducted by the Mohawk Valley Economic Development District (MVEDD), Cornell Cooperative Extension - Herkimer County, and LivingADK. Our goal is to understand the food sources in the Central Adirondack Regional Corridor (CARC) region and find effective local solutions to promote local and fresh food options for all.

For those residents within these communities (both year long and seasonal residents), there will be a special drawing for a \$100 Visa gift card you will be entered in upon completing the survey. In order to enter the drawing, you will be required to enter your e-mail address. If you would like to take the survey without providing an e-mail address call (315) 288-3687.

Thank you for taking the time to share your thoughts and experiences. If you have any questions please contact Mari Kate Mycek at [mmycek@mvedd.org](mailto:mmycek@mvedd.org).

\* Required

1. Are you are year long/all year resident of the Central Adirondack Regional Corridor \* (CARC - route 28 from Forestport to Long Lake)?

*Mark only one oval.*

Yes     *Skip to question 3*

No     *Skip to question 2*

Seasonal resident

2. What months of the year are you a resident of the Central Adirondack Regional Corridor (CARC - route 28 from Forestport to Long Lake)? (Check all that apply) \*

*Check all that apply.*

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

### Community Questions

3. What is your home zip code? \*

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4. What is your primary Adirondack community? \*

*Mark only one oval.*

- Forestport/Woodgate
- Otter Lake/White Lake
- Old Forge/Thendara
- Eagle Bay/Inlet/Big Moose
- Blue Lake/Raquette Lake
- Long Lake
- Other: \_\_\_\_\_

Please mark whether you agree or disagree with the following statements about your Adirondack community:

5. It is easy to buy fresh fruits and vegetables in my neighborhood. \*

*Mark only one oval.*

Strongly Disagree

1

2

3

4

5

Strongly Agree

6. The fresh produce in my community is of high quality. \*

*Mark only one oval.*

Strongly Disagree

1

2

3

4

5

Strongly Agree

7. I seek out local products (fruit, vegetables, eggs, meat, cheeses, etc). \*

Mark only one oval.

Strongly Disagree

1

2

3

4

5

Strongly Agree

### Food Purchasing in your Adirondack Community

8. How often do you usually shop for food? \*

Mark only one oval.

More than once a week

Once a week

Once every 1-2 weeks

Once a month

9. Where you buy most of your food? \*

Mark only one oval.

- Supermarket
- Corner or Convenience Store
- Dollar Store
- Supercenter (Walmart Supercenter, Costco, BJ's)
- Farmer's Market/Farm Stand/CSA
- Other: \_\_\_\_\_

10. How challenging is it for you and your family to access the food you need? \*

Mark only one oval.

- Very Easy    *Skip to question 12*
- Easy    *Skip to question 12*
- Neutral
- Challenging
- Very Challenging

Challenges in food access

11. Please describe the challenges you face in getting the food you need: \*

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Food Purchasing Continued



14. Where do you usually purchase fresh fruits and vegetables? \*

*Check all that apply.*

- Supermarket
- Convenience store
- Local grocery store
- Supercenter (Walmart Supercenter, Costco, BJ's)
- Farmer's market/direct from farmer/farm stand/CSA
- Direct to consumer (Misfit Market, Hello Fresh, Off the Muck Market)
- Other: \_\_\_\_\_

15. When you shop for food, how important to you is: \*

*Mark only one oval per row.*

	Not at all important	Somewhat important	Important	Very Important
<b>Quality/Freshness</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Nutrition</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Cost</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Convenience</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Locally grown</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Organic</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. How often do you purchase locally grown food (food grown within a 100 miles of your home/2 hrs)? \*

*Mark only one oval.*

- Never      *Skip to question 18*
- All year      *Skip to question 17*
- During the summer at the farmer's market or CSA      *Skip to question 17*
- During the summer from other retailers      *Skip to question 17*
- I don't know if I buy locally grown food      *Skip to question 18*

### Local Purchases

17. Which of these locally produced products have you purchased in the last year? \*

*Check all that apply.*

- Vegetables
- Fruits
- Dairy products
- Eggs
- Meat
- Baked and canned goods
- Other: \_\_\_\_\_

*Skip to question 19*

### Local Food

18. What is the main reason you do not purchase locally grown food? \*

*Mark only one oval.*

- The price is too high
- I don't know where to buy them
- I don't like the taste/don't know how to prepare these foods
- I can't access where they are sold (e.g. transportation, time)
- It's not my preference
- Other: \_\_\_\_\_

### Expanded Local Food Options

19. I would be more likely to buy local foods if \*

*Check all that apply.*

- They were available at local grocery stores
- They were the same price as non-local options
- There was a farmer's market closer to me
- The hours of the farmer's markets were expanded
- The farmer's market was open on a different day
- The food could be delivered to my home
- Other: \_\_\_\_\_

20. What are your suggestions to improve your farmer's market shopping experience? \*

\_\_\_\_\_

21. Which of the following would you participate in if it was available in your community? \*

*Check all that apply.*

- Free cooking classes focusing on local foods
- Fresh fruits and vegetables from local farmers available at grocery stores/convenience stores
- Delivery of fresh produce to my house
- Community Garden
- Other: \_\_\_\_\_

22. Is there anything else you would like us to know? \*

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**Participant Information**

In order to make sure our survey represents the region's demographics and we hear everyone's viewpoints, please answer the following demographic questions.

23. Which of the following best describes you? \*

*Mark only one oval.*

- African American/Black
- White
- Asian
- Hispanic/Latino
- Native Hawaiian/Other Pacific Islander
- Other: \_\_\_\_\_

24. Which of the following best describes you? \*

*Mark only one oval.*

- Man
- Woman
- Other: \_\_\_\_\_

25. What is your age? \*

*Mark only one oval.*

- less than 26
- 26-40
- 41-55
- 56-65
- 66+

26. What is the total yearly income (before taxes) for your household? \*

*Mark only one oval.*

- Less than 20,000
- 20,000-34,999
- 35,000-50,000
- 50,001-100,000
- More than 100,000
- Not willing to share

