

# Carroll County Food Access Needs Assessment – Survey



Survey

**Is it hard to find affordable, nutritious food?  
What's your experience?**

Complete this Community Food Access Survey to tell us more. All participants must be 18 years or older and live or work in Carroll County, NH.



**Carroll County Food Access Network** working in collaboration with **UNH Extension**, and **Well Connected Communities** is conducting a needs assessment research study (IRB-FY2023-112) to learn more about community access to food, including local food for residents of Carroll County. From this information we will create action steps to increase and improve access to healthy, affordable food.

**Carroll County Food Access Network (CCFAN)** is a resource to optimize access to affordable, nutritious, food for all people with efforts focused on supporting the local food system in Carroll County, New Hampshire.

**For completing the survey you can enter into a drawing for a \$100 gift card**

#### In this Packet you will find:

- Consent Form for Participation in a Research Study
- Community Food Access Survey
  - 10-15 minutes to complete
- Farmer/Producer Survey
  - 5-10 minutes to complete
- Drawing Entry Form
- 2 Self Addressed Envelopes

If you have questions contact Joy Gagnon at [joy.gagnon@unh.edu](mailto:joy.gagnon@unh.edu)

Language assistance is available at no cost.  
For persons requiring special accommodations, please contact Joy Gagnon at [joy.gagnon@unh.edu](mailto:joy.gagnon@unh.edu)





## **INSTITUTIONAL REVIEW BOARD FOR THE PROTECTION OF HUMAN SUBJECTS IN RESEARCH**

### CONSENT FORM FOR PARTICIPATION IN A RESEARCH STUDY

#### Community Food Access Survey

#### **RESEARCHER AND TITLE OF STUDY**

My name is Joy Gagnon and I am an Extension Teacher for UNH Extension, at the University of New Hampshire along with Lora Colten, Project Assistant for UNH Extension. This project is the Carroll County Food Access Network Needs Assessment Online Survey and Focus Group. This is a research project under the Well Connected Communities grant in collaboration with Carroll County Food Access Network and UNH Extension. Members of this team are Joy Gagnon, Michael Young, and Amy Hollar. (UNH IRB-FY2023-112).

#### **WHAT IS THE PURPOSE OF THIS FORM?**

This consent form describes the research study and helps you to decide if you want to participate. It provides important information about what you will be asked to do in the study, about the risks and benefits of participating in the study, and about your rights as a research participant. You should:

- Read the information in this document carefully, and contact me with any questions, particularly if you do not understand something.
- Not agree to participate until all your questions have been answered, or until you are sure that you want to.
- Understand that your participation in this study involves you taking a one-time on-line or print survey that will last about 10 minutes.
- Understand that the potential risks of participating in this study are minimal.

#### **WHAT IS THE PURPOSE OF THIS STUDY?**

The purpose of this study is to help us understand the current food access needs for the community, agencies, and farmers/food producers in Carroll County, New Hampshire.

#### **WHAT DOES YOUR PARTICIPATION IN THIS STUDY INVOLVE?**

Survey participation involves taking a one-time online community food access survey, which will involve answering questions about your personal experience accessing food in Carroll County. Farmers will have the option of completing a set of additional questions specific to growing/producing food and local food access. All participants who complete the survey will have the option to enter a \$100 drawing. The survey is anonymous and the link to enter contact information for the drawing is separate from the survey and responses cannot be connected to the registrant.

#### **WHAT ARE THE POSSIBLE RISKS OF PARTICIPATING IN THIS STUDY?**

Your answers will be combined with the answers of about 200 others across the County and used for research purposes only. Data will be kept in secured digital files in UNH IT servers OneDrive, SharePoint, or Teams; available only to the researchers, who will make every effort to maintain the confidentiality of the data. Research via the internet presents minimal risk of a breach of confidentiality.

**WHAT ARE THE POSSIBLE BENEFITS OF PARTICIPATING IN THIS STUDY?**

You are not anticipated to receive any direct benefits from participating in this research. However, your input is important! This data will be used to create action steps for the Carroll County Food Access Network and other agencies to make improvements for local food access.

**WILL YOU RECEIVE ANY COMPENSATION FOR PARTICIPATING IN THIS STUDY?**

If you are at least 18 years old, and live or work in Carroll County, New Hampshire, you are eligible to participate and enter the drawing to receive a \$100 gift card by completing the survey. You should complete the survey only once and will only be allowed to enter the drawing once. We may exclude your data or not provide compensation to you if we determine that you did not meet the eligibility criteria for the study. You will need to provide both your name and address to be entered into the drawing.

**DO YOU HAVE TO TAKE PART IN THIS STUDY?**

Taking part in this study is completely voluntary. You may choose not to take part at all. If you agree to participate, you may refuse to answer any question.

**CAN YOU WITHDRAW FROM THIS STUDY?**

If you agree to participate in this study and you then change your mind, you may stop participating at any time. Any data collected as part of your participation will remain part of the study records.

**HOW WILL THE CONFIDENTIALITY OF YOUR RECORDS BE PROTECTED?**

We plan to maintain the confidentiality of all data and records associated with your participation in this research. Data will be kept in secured digital files in UNH IT servers OneDrive, SharePoint, or Teams; available only to the researchers, who will make every effort to maintain the confidentiality of the data.

There are, however, rare instances when I may be required to share unidentifiable information with the following:

- Officials at the University of New Hampshire
- Regulatory and oversight government agencies, or
- The sponsor(s).

Further, any communication via the internet poses minimal risk of a breach of confidentiality.

To help protect the confidentiality of your information, all survey responses will be kept separate from your contact information.

These data, once de-identified, may be used for future studies by members of this research team. I will report the results only in aggregate, and not report responses for any individual respondent nor describe responses among respondents that have five or fewer members in the sample. The results may be used in reports, presentations, and publications.

**IS THERE ANYTHING ELSE YOU SHOULD KNOW ABOUT THIS STUDY?****WHOM TO CONTACT IF YOU HAVE QUESTIONS ABOUT THIS STUDY**

If you have any questions pertaining to the research you can contact Joy Gagnon [joy.gagnon@unh.edu](mailto:joy.gagnon@unh.edu) to discuss them.

If you have questions about your rights as a research subject you can contact Melissa McGee in UNH Research Integrity Services, 603-862-2005 or [melissa.mcgee@unh.edu](mailto:melissa.mcgee@unh.edu) to discuss them.

Complete the **Drawing Entry Form** if you agree to participate in this research study.

## Carroll County Food Access Network Community Survey

### Introduction to Survey

Carroll County Food Access Network (CCFAN) received a grant through Well Connected Communities to conduct a needs assessment research study to learn more about access to food in Carroll County (including local food). Your participation is completely voluntary, and responses are confidential. If you are eligible for food assistance programs, your participation in this survey will not impact your benefits. You may skip any specific question if you choose to do so. There are no "right" or "wrong" answers to any of the questions in this survey.

From this information we will create action steps to increase and improve access to healthy food in Carroll County. Thank you for helping us with this important effort.

For completing the survey, you can be entered into a drawing to win a \$100 gift card. At the end of this survey, you will have the option of giving your contact information in a separate page so we can inform the contest winners. This survey information is confidential, and your personal contact information will not be used for any other purpose than to include you in the drawing.

### Consent

**Do you agree to allow Carroll County Food Access Network and UNH Extension to use your responses to help us in our research to better understand Carroll County's local food access needs?**

- Yes
- No

### Demographics

**Do you live or work in Carroll County, NH**

- Yes full time resident
- Yes part time resident
- I work in Carroll County but live somewhere else
- No I do not live or work in Carroll County, NH

**What region of Carroll County do you live or work in?**

**Choose the region you most identify with. Choose any that apply**

- Northern
- Central
- Southern
- Lakes Region

**Are you over 18?**

- Yes
- No (if you are not 18 or older you cannot complete this survey)

**Gender**

- Male
- Female
- Other
- Prefer not to answer

**Age range**

- 18 – 20
- 21 – 40
- 41 - 59
- 60 years or older

**Choose each racial group you identify with**

- American Indian or Alaskan native
- Asian
- Black or African American
- Native Hawaiian or Pacific Islander
- White
- Other race (please specify) \_\_\_\_\_

**Choose an Ethnicity**

- Hispanic or Latino
- Not Hispanic or Latino

**In your household, are there...(Select all that apply)**

- Children under 5 years old?
- Children 5 through 11 years old?
- Children 12 through 17 years old?
- No children living with me

**How many people age 18 and over currently live in your household? Please enter a number.**

\_\_\_\_\_ Number of adults

**Food Shopping**

**Food Store location, availability, and what they carry makes a difference in food access.**

**1. What type of food stores do you typically shop at most often? (Use a ranking scale 0-3 to show which stores you use most often 0=never 1=sometimes 2=often 3=most often)**

- 0 1 2 3 Convenience store
- 0 1 2 3 Mini-market (Valueland, Abbott and Staple, Lovell Lake, Heaths, Shop and Save, Dollar General/Family Dollar, Harvest Market, Hunters Shop and Save )
- 0 1 2 3 Grocery store (Shaws, Hannaford, Market Basket, Walmart)
- 0 1 2 3 Online Food shopping/delivery
- 0 1 2 3 Food co-op
- 0 1 2 3 Farm stand or Farmers Market
- 0 1 2 3 Health food store
- 0 1 2 3 Farm Share - CSA
- Other - \_\_\_\_\_

**2. Since 2019, from which of the following sources has your household gotten food? (Select all that apply)**

- Farm stands, Farmers Markets, or Community Supported Agriculture (CSA)
- Brick and mortar store (e.g., grocery store, supercenter, corner market, dollar store)
- Food banks, food pantries, religious sites, Commodity Foods
- 'Meals on Wheels,' senior Center, Community Meals, or other places or programs that offer free or by donation food
- Donations from friends, family, neighbors, or other people you know
- Grown, harvested, hunted, or fished on our own
- Discarded or gleaned food
- None of the above
- Don't know
- Other \_\_\_\_\_

**3. For the food store you shop at the most, why do you use it most often? (check all that apply)**

- Convenience
- Value
- The variety of foods offered
- Cleanliness
- Safety (e.g., It is located in a safe area of the community.)
- Location (e.g., It is easy to get to from home, work or school.)
- Offers online shopping
- Offers delivery
- Offers curbside pick-up
- Availability of local food
- Accepts SNAP/EBT or WIC
- Offers coupons/sales
- Offers Double up Food Bucks (doubles SNAP/EBT dollars for fresh fruits and vegetables)
- Other - \_\_\_\_\_

Transportation

**4. How long does it take you to travel (one way) to get food or groceries?**

- Less than 15 minutes
- 15 – 30 minutes
- 30-45 minutes
- More than 45 minutes

**5. How do you typically travel to the food store you regularly use?**

- Walk or bicycle
  - Drive my own personal car
  - Borrow car from family member or friend
  - Carpool with others
  - Taxi, Uber, Lyft
  - Public transportation (Tri County CAP bus)
  - Volunteer driver service (RSVP)
  - Gibson Center, OCC, Whitehorse
  - Other
- 

**6. When driving, what makes it difficult to shop for the foods you want to eat or go to the stores you prefer? (select all that apply)**

- The distance or driving time
  - I can't afford the gas
  - I share rides with others, which limits where or when I can go.
  - It's hard to keep my car fixed or to pay for needed repairs.
  - Not applicable
  - Other -
- 

**7. When walking or biking, what makes it difficult to shop for or buy the foods you want to eat? (select all that apply)**

- The distance to the store
  - Because there are no sidewalks, bike lanes, or they are uneven/incomplete.
  - Because I can only carry a limited amount of food, making my trips more frequent.
  - Because I don't feel safe walking or riding a bike in my neighborhood.
  - Not applicable.
  - Other
- 

**8. If there was a reliable form of public transportation, would you use it?**

- Once a month
- Twice a month
- Once to twice a week
- Three to five times a week
- Every day
- I would not use it



**Local Food**

**9. Community gardens are gardens that allow community members to grow food in a shared space. Some cost money to participate, some require a certain amount of volunteering, and some have no requirements. Which of the following options best describes your interest in community gardens?**

- I would pay to participate
- I would not pay, but would volunteer some time to participate
- I would like to participate, but can't/won't pay or volunteer to do so
- I wouldn't participate
- Other

**10. Are you aware of a Community Garden near you?**

- Yes
- No

**11. Over the past year, when available, about how often did you buy local farm foods?**

- Never
- One or two times in the season
- A few times each month
- At least once per week
- Other

**12. Which options (if any) for buying local farm foods are easily available to you, if you were to choose to buy local foods?**

- Farmer store or farm stand
- Farmers market
- CSA
- Online market platform
- Brick and mortar store (Grocery Store, Convenience Store, Mini Market, Dollar store)
- None
- Other

**13. Are you aware that at participating farms you can use SNAP benefits to purchase a CSA?**

- Yes
- No
- I did not know this was an option

**Community Food Needs**

**14. In a typical week how many days do you eat fresh fruits and vegetables? (may be cooked)**

- I do not eat fresh fruits and vegetables
- 1-3 days
- 4-6 days
- Every Day

**15. In a typical week how many days do children living with you eat fresh fruits and vegetables? (may be cooked)**

- There are no children living with me
- They do not eat fresh fruits and vegetables
- 1-3 days
- 4-6 days
- Every Day

**16. What prevents you or the children living with you from eating fresh fruits and vegetables every day? (may be cooked) check all that apply**

- I do not like them
- My children do not like them
- They are not available
- Cannot afford to
- Eat canned or frozen instead
- Dietary restrictions
- I don't buy fresh fruits and vegetables because they spoil quickly
- Not applicable

**Sometimes having access to the food you want to eat is difficult****17. Please select the reason(s) that best describe why you or your household might not always have the kinds of food you want to eat. Select all that apply**

- Not enough money for food
  - Not enough money for the food I want to eat
  - Kinds of food I want not available in stores near me
  - Kinds of food I want not available from food pantries
  - Not enough time for shopping or cooking
  - I am not familiar with how to cook some things that are available to me
  - Too difficult to get to the store where I want to shop
  - On a special diet or food restriction/allergy
  - No kitchen available to cook
  - No basic cooking tools or equipment
  - Not able to cook or eat because of health or physical restrictions
  - Waiting on SNAP benefits to kick in
  - Not applicable
  - Other
-

**Next are two statements that people have made about their food situation. For each statement, please indicate whether the statement was often true, sometimes true, or never true for your household in the past 12 months.**

**18. “I worried whether our food would run out before we got money to buy more.” Was that often true, sometimes true, or never true for your household in the past 12 months?**

- Often true
- Sometimes true
- Never true
- Don’t know

**19. “The food that we bought just didn’t last, and we didn’t have money to get more.” Was that often true, sometimes true, or never true for your household in the past 12 months?**

- Often true
- Sometimes true
- Never true
- Don’t know

#### Food Assistance

**Now, we would like to better understand if our region needs to improve the food resources that are available for all people.**

**20. Do you or a member of your household participate in or have you applied for any of the following food assistance programs since 2019. (check all that apply)**

- SNAP (Food Stamps)
  - Nutrition program for the elderly (Meals on Wheels, Commodity Food Program)
  - WIC (Supplemental Nutrition Program for Women, Infants, and Children)
  - Granite State Market Match (SNAP at farmers' markets)
  - Double Up Food Bucks (SNAP at grocery stores to double dollars for Fruit and Veggies)
  - Summer food service program
  - School Lunch and / or Breakfast Program, including P-EBT programs
  - Food For All
  - Congregate meals at the senior center
  - Dinner Bell
  - Bearcamp Community Center (Old Tamworth Community School)
  - Food Pantry
  - None of the above
  - Other
-

**21. If you have ever applied or considered applying for food assistance, what has been your experience? (Check all that apply)**

- I don't need or want it
  - I don't think I'm eligible
  - The amount I would get is too low to be worth applying for
  - I don't know how to apply
  - I applied but did not qualify
  - Enrolling was hard, confusing, or took too long
  - I had a bad experience signing up
  - I missed my recertification
  - My income changes too frequently for enrollment to be worthwhile
  - I had a bad experience using my benefits in the store
  - I am worried about being judged when using my benefits
  - I didn't want to share personal information
  - I've never considered it
  - None
  - Other
- 

**22. If your children participate in any of these programs, would they eat more fruits and vegetables if they (or more) were added? (Summer meals, Food Pantry vouchers for youth, End 68 hours of hunger, WIC, other)**

- Yes
- No
- Maybe
- Do not participate

**23. Which of the following options have you heard of?**

- Using SNAP (food stamps, or EBT food) benefits at the farmers' market
  - Using SNAP benefits at the farmers' market to double your SNAP dollars (called Granite State Market Match)
  - Using SNAP benefits at the grocery store to double your SNAP benefits (called Double Up Food Bucks)
  - The Mount Washington Eater's and Grower's (MWVEG) Food for All program
  - End 68 hours of hunger (weekend bags of food for youth)
  - Any others?
- 

**24. Is there anything else you would like to tell us or add?**  

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**Farmer/Producer Survey - Please complete if you are a farmer/producer**

Tell us about your farm/products

**1. How long have you been growing or producing food for Carroll County?**

- 1-4 years
- 5-10 years
- More than 10 years

**2. What goods do you sell? Check all that apply**

- Fruit
  - Vegetables
  - Meat, poultry, eggs
  - Maple, honey
  - Value added products (ready to eat meals, jams, salsa etc)
  - Other
- 

**3. What is the total size of the land you cultivate? Include land owned or leased (choose the closest acreage)**

- 1-3 acres
- 4-6 acres
- 7-9 acres
- 10-49 acres
- More than 50 acres

**4. Who provides the labor to run your business? Check all that apply**

- Myself (no other help)
  - Family (one or more family member)
  - Volunteers
  - Employees
  - Other
- 

Tell us about your business practices

**5. Where do you source, sell or distribute your goods? (check all that apply)**

- Local stores
  - Local restaurants, caterers
  - Schools
  - CSA or Farm stand
  - Farmers Market
  - Food Pantries
  - Other
-

**6. Do you collaborate with others (individuals, other farmers, or agencies)?**

- Yes, please describe how or with whom you collaborate (Fill in)

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Not currently but interested in learning about this

Might be interested but don't know how

Not interested

Production/Harvest/Sales
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**7. If local demand increased, would you want to or be able to expand your business?**

Yes, I want to expand and can if needed

No, I do not want to expand

Want to expand, but am not able to

Other

**8. What, currently, prevents you from increasing production or expanding your business?**

Please select all that apply and number the top three by importance

Available Land

Water access/availability

Labor force

Machinery/tools

Storage/Refrigeration space

I don't want to

I need support (Financial, educational, etc)

Other

**9. Complete this sentence. I/We are able to harvest all the food produced in a year...**

Always

Often

Sometimes

Not often

**10. Are you able to sell all the food you produce?**

(Please circle the number to rate 1=most often 2=sometimes 3=least often)

1 2 3 Almost all is sold

1 2 3 Extra is donated

1 2 3 Extra is composted in the field

1 2 3 No, unable to

Other or more comments

Community Food Access

**11. Incentive Programs:** (Circle the numbers to rate how well you know of or use these options in your business: 0 never heard of, 1 aware of but not using, 2 currently using this program)

0 1 2 Double up Food Bucks (do you sell to Heaths supermarket, Lovel Lake, Local Grocer)

0 1 2 EBT

0 1 2 Granite State Market Match

0 1 2 MWVEG's Food For All Program

0 1 2 NH Feeding NH

0 1 2 NOFA NH Share the Bounty Program

Other

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**12. What changes do you think could be made to help people in Carroll County have better access to local foods?**

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Carroll County Food Access Network Farmer/Producer Survey

How can we help?

**13. Carroll County Food Access Network is a resource to optimize access to affordable, nutritious, food for all people with efforts focused on supporting the local food system in Carroll County. How can we support YOU and your business?**

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**Drawing Entry****Thank you for completing the Community Food Access Survey!**

We have provided a separate **Drawing Entry Form** for you to fill out and return to Carroll County UNH Extension in care of Joy Gagnon, Extension Teacher. Please fill out this form to be entered into the \$100 gift card drawing. Your information in this survey is completely anonymous and will not be associated with you.

The *Drawing Entry Form* will be mailed separately from the *Community Food Access Survey* so your name and contact information will remain separate and your responses remain confidential.

**Survey Submission****Survey Submission Directions:****Surveys: Envelope 1**

Please use the first envelope to mail the **Community Food Access Survey** and the **Farmer/Producer Survey** in the same envelope. Do **NOT** include your name or any contact information on the survey or envelope.

**Drawing Entry Form: Envelope 2**

Use the second envelope to mail the completed **Drawing Entry Form**

- ✓ **Please Note:** To be entered into the drawing you must complete the survey and agree to the Consent Form for Participation in a Research Study by signing the Drawing Entry Form

**Mail both envelopes to:**

Carroll County UNH Extension  
Care of Joy Gagnon, Extension Teacher  
P.O. Box 1480  
Conway, NH 03818

If you have questions about this research study or about the Carroll County Food Access Network you can contact Joy Gagnon at [joy.gagnon@unh.edu](mailto:joy.gagnon@unh.edu)



## Carroll County Food Access Network Needs Assessment Community Survey Drawing Entry Form

First and Last Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

I have received a copy of the *Consent Form for Participation in a Research Study*

I have completed the *CCFAN Community Food Access Survey*

I understand that this form will allow me to enter a drawing for a \$100 gift card and will be kept completely separate from my confidential survey responses.

**If you agree to allow Carroll County Food Access Network and UNH Extension to use your survey responses to help us in our research to better understand Carroll County's food resources and household food usage, Please sign below**

\_\_\_\_\_  
Signature

**Please mail this form to:**

Carroll County UNH Extension  
Care of Joy Gagnon, Extension Teacher  
P.O. Box 1480  
Conway, NH 03818