

# HEAL Food System Partners surveyed *adequacy* of the *foods* provided by the food banks and pantries as it relates to *nutrition* and *cultural needs* and *preferences*

## FOOD PANTRY STAFF & GUESTS HEALTHY FOOD PREFERENCES SURVEY

### TOP REQUESTED FOODS BY BOTH GUESTS AND STAFF

- 1 Fruit
- 2 Vegetables
- 3 Lean Meat

### HOW CAN THE FOOD BANK HELP?

"More fresh fruits and vegetables would be helpful when available."  
"Give healthier options of foods, not so much chips, candy, etc."

### HOW CAN THE FOOD PANTRY HELP?

"Get rid of unhealthy food!"  
"More fresh produce please."  
"low salt."  
"More healthy food for kids."

**Survey Objective** – Increase advocacy and support for local and healthy procured foods.



**168** Total staff/volunteer responses  
108 Feeding program manager or coordinator

**418** Total guest responses

**Zip Codes** of food pantry guest respondents  
[go.illinois.edu/PantryGuestMap](http://go.illinois.edu/PantryGuestMap)

Food pantry guest surveys were distributed in both English and Spanish.

### Race and Ethnicity of Guest Respondents

**4%** Other races

**4.9%** Hispanic

**70.1%** White

**18.6%** Black

## Food Pantry Staff and Volunteer Responses

Interested in healthy eating take-home information (flyers, websites, videos, etc.)

## Healthy Recipes

Were the most requested support for food pantry guests identified by BOTH food pantry guests and food pantry managers

## Food Pantry Guest Responses

**71%**

Responded their cultural needs are met at the food pantry

**Only 15%**

Reported it is easy to provide their family healthy foods

## BOTH Food Pantry Staff, Volunteers and Guests

Would like food pantries to stock more of Soul/Southern foods

### THANKS FOR THE SUPPORT FROM OUR PARTNERS:

Basil's Harvest  
Community Foundation of Central Illinois  
Illinois Public Health Institute  
Peoria Area Food Bank  
Peoria City/County Health Department  
Midwest Food Bank-Peoria Division  
Tazewell County Health Department  
University of Illinois College of Medicine at Peoria (UICOMP)  
University of Illinois Extension



### BARRIERS TO ACQUIRING HEALTHIER FOODS FOR STAFF AND VOLUNTEERS

- 1 Storage**
- 2 Availability**
- 3 Funding**

### WAYS FOOD BANK CAN SUPPORT FOOD PANTRIES

- 1 Logistical or supply support**
- 2 More of a specific type of food**
- 3 More healthy options**