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*.

**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."

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

**Zip Codes of food pantry guest respondents**

- **168** Total staff/volunteer responses
- **418** Total guest responses

**Race and Ethnicity of Guest Respondents**

- **4%** Other races
- **4.9%** Hispanic
- **70.1%** White
- **18.6%** Black

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

**FOOD PANTRY STAFF & GUESTS HEALTHY FOOD PREFERENCES SURVEY**
<table>
<thead>
<tr>
<th>Food Pantry Staff and Volunteer Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interested in healthy eating take-home information (flyers, websites, videos, etc.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food Pantry Guest Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>71%</strong> Responded their cultural needs are met at the food pantry</td>
</tr>
<tr>
<td><strong>15%</strong> Reported it is easy to provide their family healthy foods</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BOTH Food Pantry Staff, Volunteers and Guests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Would like food pantries to stock more of Soul/Southern foods</td>
</tr>
</tbody>
</table>

**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

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

**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

"Made possible with funding from the Community Foundation of Central Illinois"