

## Food Access Spectrum Activity Characters

**Ava, 32, non-Hispanic white, Boston, lawyer**

### Description

Ava has regular access to a car and lives within walking distance of a grocery store with fresh produce. She has no physical mobility challenges and is able to purchase fresh fruits and vegetables regularly. She has enough money to afford fresh produce and enjoys cooking and trying new recipes. She also has a community garden near her home that she volunteers at on weekends.

### Answers

1. She has enough money to buy fresh fruits and vegetables on a regular basis. (AFFORDABILITY)
2. She has regular access to a car and lives within walking distance of a grocery store with fresh produce. (TRANSPORTATION)
3. She lives down the street from a weekly farmers' market. (PROXIMITY)
4. She is free of any physical mobility challenges. (MOBILITY)
5. The produce at her local grocery store is fresh and high quality. (QUALITY)
6. She has a close-knit community and feels welcome when shopping at her local grocery store. (COMMUNITY COHESION)
7. She was born in the US. (COMMUNITY COHESION)
8. She is familiar with the produce she finds and it fits with her cultural and religious dietary restrictions. (FAMILIARITY & CULTURAL RELEVANCE)
9. She identifies as a white and non-Hispanic person. (RACE)
10. She knows how to cook and prepare fresh fruits and vegetables in healthy and delicious ways. (NUTRITION EDUCATION)

## **Miguel, 45, Hispanic, Los Angeles, teacher**

### **Description**

Miguel lives in a neighborhood with limited access to public transportation and no nearby grocery stores that sell fresh produce. He has some physical mobility challenges due to a previous injury and struggles to walk long distances. However, there is a farmers market that comes to his neighborhood once a week where he can buy fresh fruits and vegetables. While the produce is not always of the highest quality, Miguel is able to make it work with his cooking skills and cultural preferences.

### **Answers**

1. He has enough money to buy fresh fruits and vegetables on a regular basis. (AFFORDABILITY)
2. He has regular access to a car but lives in a neighborhood with limited access to public transportation. (TRANSPORTATION)
3. He lives down the street from a farmers' market. (PROXIMITY)
4. He has some physical mobility challenges due to a previous injury. (MOBILITY)
5. The produce at his local grocery store is not always of the highest quality. (QUALITY)
6. He feels a sense of community when shopping at the farmers market. (COMMUNITY COHESION)
7. He was born in the US. (COMMUNITY COHESION)
8. He is familiar with most of the produce he finds and it fits with his cultural and religious dietary restrictions. (FAMILIARITY & CULTURAL RELEVANCE)
9. He identifies as a Hispanic white person. (RACE)
10. He knows how to cook and prepare fresh fruits and vegetables in healthy and delicious ways. (NUTRITION EDUCATION)

## **Emily, 28, Black, Chicago, customer service representative**

### **Description**

Emily lives in a neighborhood with limited access to public transportation and has to rely on walking to get to the nearest grocery store, which is a 30-minute walk away. There are no streetlights or sidewalks on her route, making it unsafe to walk at night. The grocery store does sell fresh produce, but it is often expensive and not always of the highest quality. Emily has to budget carefully to afford fresh fruits and vegetables and sometimes has to make sacrifices in other areas of her budget to do so.

### **Answers**

1. She struggles to afford fresh fruits and vegetables on a regular basis and has to make sacrifices in other areas of her budget. (AFFORDABILITY)
2. She does not have regular access to a car or public transportation and has to rely on walking to get to the nearest grocery store that is a 30-minute walk away. There are no sidewalks or streetlights on her walk, making it unsafe to walk at night. (TRANSPORTATION)
3. She does not live near a community garden or farmers' market. (PROXIMITY)
4. She is free of any physical mobility challenges. (MOBILITY)
5. The produce at her local grocery store is often expensive and not of the highest quality. (QUALITY)
6. She doesn't feel welcome when she shops. (COMMUNITY COHESION)
7. She was born in the US. (COMMUNITY COHESION)
8. She is familiar with most of the produce she finds and it fits with her cultural and religious dietary restrictions. (FAMILIARITY & CULTURAL RELEVANCE)
9. She identifies as a Black person. (RACE)
10. She knows how to cook and prepare fresh fruits and vegetables in healthy and delicious ways. (NUTRITION EDUCATION)

## **Jamal, 60, Asian, Houston, retiree**

### **Description**

Jamal recently immigrated to the United States and is not familiar with many of the produce options available in his local grocery store. He also has dietary restrictions based on his religious beliefs, which limit what he is able to eat. Jamal does not have regular access to a car or public transportation and has to rely on his own two feet to get around. He lives in a neighborhood with limited sidewalks and streetlights, making it unsafe to walk at night. While he is able to find some fresh fruits and vegetables at his local grocery store, they are often expensive and not always of the highest quality. Jamal has limited cooking skills and struggles to prepare fresh produce in ways that he enjoys.

### **Answers**

1. He struggles to afford fresh fruits and vegetables on a regular basis and has to make sacrifices in other areas of his budget. (AFFORDABILITY)
2. He does not have regular access to a car or public transportation and has to rely on walking to get around. The closest grocery store is a 40-minute walk, and there are limited sidewalks and streetlights in his neighborhood, making it unsafe to walk at night. (TRANSPORTATION)
3. He does not live near a community garden or farmers' market. (PROXIMITY)
4. He has some physical mobility challenges due to a previous injury. (MOBILITY)
5. The produce at his local grocery store is often expensive and not of the highest quality. (QUALITY)
6. He does not feel a strong sense of community and does not feel welcome when shopping at his local grocery store. (COMMUNITY COHESION)
7. He immigrated to the US in 2021. (COMMUNITY COHESION)
8. He is not familiar with all of the produce he finds and struggles to find options that fit with his cultural and religious dietary restrictions. (FAMILIARITY & CULTURAL RELEVANCE)
9. He identifies as an Asian person. (RACE)
10. He has limited cooking skills and struggles to prepare fresh produce in ways that he enjoys. (NUTRITION EDUCATION)