

2022

MINNESOTA FOOD SHELF SURVEY



WE HEARD FROM

7,014

FOOD SHELF CLIENTS

288

FOOD SHELVES

2022 was a time of continued stress from the COVID-19 pandemic, record-setting food shelf visits and challenging food sourcing. In this context, even more clients shared their feedback to inform and improve food shelf services. Key takeaways reinforce 2019 findings and offer new, additional insights.

FOOD SHELVES ARE AN ESSENTIAL COMMUNITY ASSET MANY PEOPLE ARE RELYING ON THEM AS AN ONGOING RESOURCE TO MEET THEIR FOOD NEEDS.



64%

have been using the food shelf for one year or more.



85%

visited their food shelf once a month or more.

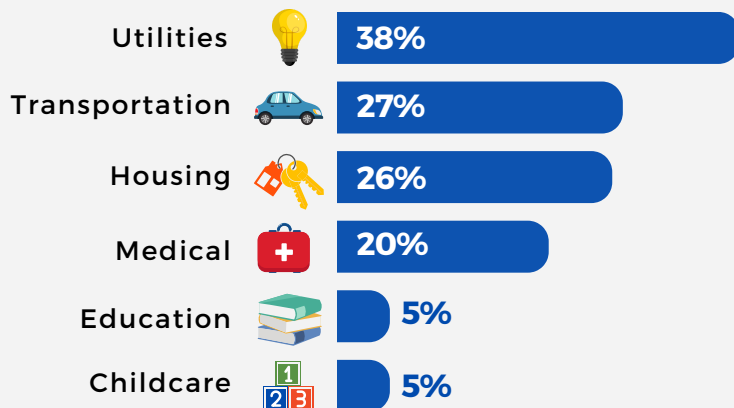


57%

received half or more of all their food from a food shelf in the last six months.

BUDGET TRADEOFFS, ACCESS CHALLENGES AND JUDGMENT OFTEN IMPACTS INDIVIDUALS VISITING FOOD SHELVES.

IN THE PAST YEAR, PEOPLE SAID THEY HAD TO CHOOSE BETWEEN FOOD AND...



BARRIERS TO FOOD

41%

reported challenges to accessing food from their food shelf, such as transportation, hours, etc.

EXPERIENCE MATTERS

Comments across multiple questions noted the hurtful and shaming impact of judgmental comments and poor service when asking for help.

FOOD SHELVES PLAY AN IMPORTANT ROLE TO SUPPORT FOOD SECURITY WHILE DECREASING BARRIERS AND STIGMA. FEEDBACK FROM INDIVIDUALS USING FOOD SHELVES POINTS TOWARDS THE MOST IMPACTFUL PRIORITIES AND PRACTICES.

BROUGHT TO YOU IN
COLLABORATION BY:



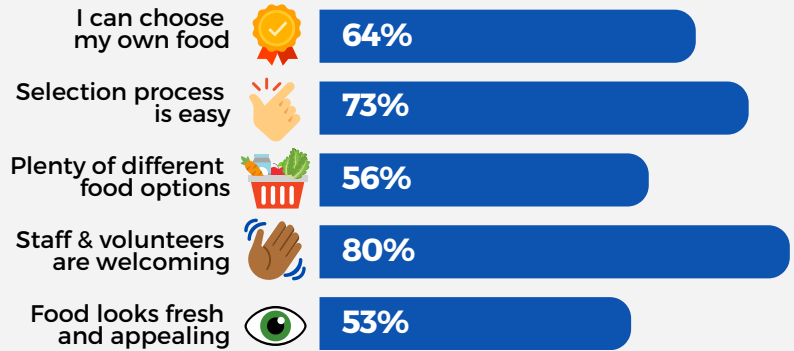
For more information, visit <https://www.supershelfmn.org/minnesota-statewide-survey>.

CHOICE CONTINUES TO BE THE TOP EXPERIENCE REQUEST, WITH INCREASED VALUE ON EASE OF SELECTION AND CONVENIENCE.

MOST IMPORTANT EXPERIENCES



HOW OFTEN THESE EXPERIENCES ALWAYS OCCURRED



EASE OF FOOD ACCESS



PREFERRED WAY TO RECEIVE FOOD

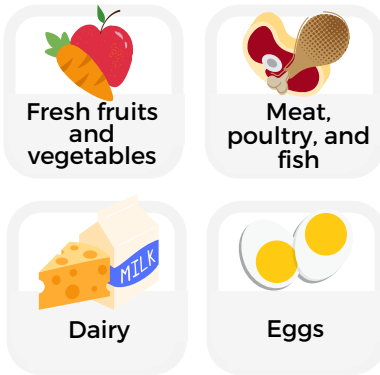


FRESH, HEALTHIER FOODS REMAIN A PRIORITY.

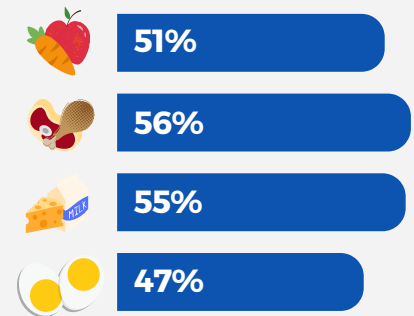
WHERE'S THE "TOP 5"?

Previous survey results have included a "Top 5 Foods" clients want at each visit. This year, the data overwhelmingly favored four foods. Fresh fruits and vegetables, and meat, poultry and fish essentially tied for first. Dairy and eggs were close behind before a drop off for food items after that.

MOST IMPORTANT FOODS

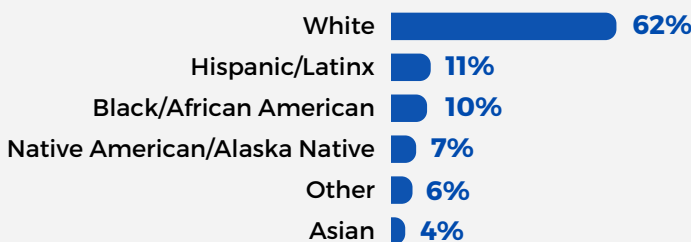


HOW OFTEN THESE ITEMS WERE ALWAYS AVAILABLE



VOICES REPRESENTED IN THE DATA

RACE/ETHNIC BACKGROUND



AGE

41% of households include children
38% of households include seniors

GENDER

69% female
30% male
2% gender minority

LGBTQIA+

8% identify as a part of the LGBTQIA+ community