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.

**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...

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Utilities</td>
<td>38%</td>
</tr>
<tr>
<td>Transportation</td>
<td>27%</td>
</tr>
<tr>
<td>Housing</td>
<td>26%</td>
</tr>
<tr>
<td>Medical</td>
<td>20%</td>
</tr>
<tr>
<td>Education</td>
<td>5%</td>
</tr>
<tr>
<td>Childcare</td>
<td>5%</td>
</tr>
</tbody>
</table>

**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.**

For more information, visit https://www.supershelfmn.org/minnesota-statewide-survey.
MOST IMPORTANT EXPERIENCES

- I can choose my own food (64%)
- Selection process is easy (73%)
- Plenty of different food options (56%)
- Staff & volunteers are welcoming (80%)
- Food looks fresh and appealing (53%)

HOW OFTEN THESE EXPERIENCES ALWAYS OCCURRED

- I can choose my own food (64%)
- Selection process is easy (73%)
- Plenty of different food options (56%)
- Staff & volunteers are welcoming (80%)
- Food looks fresh and appealing (53%)

EASE OF FOOD ACCESS

- 73% can receive food in 30 minutes or less after walking in the food shelf.

PREFERRED WAY TO RECEIVE FOOD

- 68% prefer shopping at a food shelf.
- 24% prefer food pickup.
- 9% prefer delivery.

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

- Fresh fruits and vegetables (51%)
- Meat, poultry, and fish (56%)
- Dairy (55%)
- Eggs (47%)

HOW OFTEN THESE ITEMS WERE ALWAYS AVAILABLE

- Fresh fruits and vegetables (51%)
- Meat, poultry, and fish (56%)
- Dairy (55%)
- Eggs (47%)

VOICES REPRESENTED IN THE DATA

RACE/ETHNIC BACKGROUND

- White: 62%
- Hispanic/Latínx: 11%
- Black/African American: 10%
- Native American/Alaska Native: 7%
- Other: 6%
- Asian: 4%

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

BROUGHT TO YOU IN COLLABORATION BY: