

Assessing the Importance and Accessibility of Culturally Appropriate Food Among Undergraduate Students at UC Berkeley

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ABSTRACT

Culturally appropriate food (CAF), also known as culturally acceptable and culturally sensitive food, is the core food or cuisine of a culture, often eaten regularly and with gusto. Research on CAF as well as its role in food justice and nutrition are lacking. Therefore, CAF presents a topic of study worth investigating, especially on how it impacts people. In order to research the significance and accessibility of CAF, I surveyed students enrolled in ESPM 50AC, Introduction to Cultural and National Resource Management of UC Berkeley during the Fall 2018 and Spring 2019 semesters. Evidently, 76% of students surveyed find their CAF important. Most students do not face critical challenges when obtaining their CAF, although some students have noted obstacles such as time and distance. Very few cultural groups, such as students who identify as Filipinos and Brazilians, face significant barriers in accessing their CAF due to the absence of their cultural food in Berkeley. Moreover, students voiced their reasons as to why CAF is significant, which revealed themes of comfort, family, and home, as well as other themes relating to heritage. CAF has proven to be important, and the reasons for its significance is enough to argue in favor of CAF and its role in helping students, especially those who are far from home.

KEYWORDS

Food environment, culture, identity, heritage, values

INTRODUCTION

About 15 % of the U.S. population lack access to healthy food with approximately 1 out of 9 Americans surviving on food stamps (Jernigan et al. 2013; Alkon and Agyeman 2011). Due to cheap and easy access to low-nutrient, processed food, high in calories, sodium, sugar, and fat, has created a double burden of malnutrition, with the chunk of the U.S. population enduring health issues such as diabetes and obesity (Holt-Gimenez and Yang 2011). These issues originate from the way agriculture operates in the United States and its priorities in producing subsidized commodity crops, such as corn, which is primarily used for cow feed and sweeteners. Low-income and minority communities are more likely to endure the burden of food insecurity (Siegnier et al. 2018). As a response to racial inequities, the food justice movement, which shares similarities with environmental justice movements, aims to achieve food security for low-income and minority communities (Clendenning et al. 2016). However, it is important to question the food justice movement on its ability to connect people to food that hold significance in their everyday dishes and lives.

Culturally appropriate, or culturally acceptable food (CAF) relates to food that is an essential component of a particular group's diet (Short et al. 2007). Aside from affordability, media and educational influences, and biological needs, cultural preference is an important trait for food selection (Kuhnlein and Receveur 1996). Connecting people to CAF has many benefits, such as improved nutrition, community engagement, and a sense of liberation from the dominant corporate food regime (Otokiti and Vazquez 2014; Myers 2015). Most importantly, CAF may serve as comfort food for those who have moved away from their cultural communities or homes. Including CAF into the conversations of public health and food justice may advance their movements, but it is not the main priority nor is it the most sought after research topic in the aforementioned fields. CAF holds deep value to people than most other food, and one of the main problems of today's food system is the disconnection between food systems and people (Kloppenburger et al. 1996). By serving diverse groups of people with appropriate food, we can reach out to those who have been exempted or pushed aside by the food movement.

Interest in food and agriculture has been gaining popularity at UC Berkeley, thanks to students who have shown their care and concern for their food system (Fanshel et al. 2018). Yet, UC Berkeley faces its own set of obstacles such as its food insecurity with 42% of students in the

UC system lacking access to healthy food (Martinez et al. 2016). Low-income and minority students are the most affected by this issue due to affordability and time (Martinez et al. 2016). To provide students with access, UC Berkeley offers a variety of resources with potential solutions, such as the Berkeley Food Institute, CalFresh, and the Food Pantry. Despite the effort, there is a lack of focus on CAF. With such a diverse population living in Berkeley and attending Cal, many who have traveled far from their communities and homes, it is important to help navigate and provide supplemental resources to these students. Thus, it is important to open the conversation on CAF for those who miss the taste of their home.

I will investigate Cal students' values for their culturally appropriate food by conducting a survey that will answer the following questions:

- Is CAF important to students at Cal?
- Is CAF available and accessible?
- Is CAF meaningful to those who find it important? What about CAF makes it significant?

In this research, I hope to investigate Berkeley's food system using a cultural lens.

METHODS

Study Site & Population

UC Berkeley (Cal) is a prestigious university renowned for its excellence in research and is part of the wider University of California system. As of Fall 2018, 30,853 students are currently attending Cal as an undergraduate (OPA 2018). Within that population, UC Berkeley is comprised of 39% Asian, 25% White, 15% Chicano/Latino, 3% African American, 0.1% Native American/Alaskan Native/Pacific Islander, and 13% International (OPA 2018).

Data Collection

To evaluate the importance and accessibility of CAF among undergraduate students at Cal, I conducted a survey of students enrolled in ESPM 50AC, Introduction to Cultural and National Resource Management of UC Berkeley during the Fall 2018 and Spring 2019 semesters (Appendix

A). In this survey, I asked students to agree or disagree with statements regarding their relationship with CAF, ease of access, and affordability. Additionally, I asked students to express the significance of their cultural cuisine.

Data Analysis

To evaluate students' importance for their CAF, I used descriptive analysis. I found the percentages of students who agreed as well as disagreed with the statement regarding the importance of CAF. I repeated this analysis for the 11 broad cultural groups.

To evaluate CAF ease of access and affordability, I used descriptive analysis and found the percentages of those who generally find it easy or difficult when it comes to purchasing and accessing their CAF. I highlighted the cultural groups that have more students who disagreed than those who agreed.

To determine the significance behind CAF, I searched for themes and keywords or phrases that were common and repetitive among students' responses.

RESULTS

Survey Responses and Cultural Identities

I received a total of 622 responses from students who were enrolled in ESPM 50AC Fall 2018 and Spring 2019. However, out of 622, only 574 students thoroughly answered all the questions on the survey.

ESPM 50AC Students specified which cultural group(s) they identify with, thus I received over 50 cultural identities. Most cultural identities were based on nationality, ethnicity, or a combination of both, while some students culturally identify themselves with a particular region or ethnic group. To narrow down and represent all the cultural identities present in the survey, I created 11 broad cultural categories that either represents the ethnicity, race or geographical region where the culture(s) exists: African, American, Asian/Pacific Islander, Asian American, East Asian, European, Latino/Hispanic, Jewish, South Asian/Middle Eastern, Southeast Asian, and Caucasian/White.

Importance of CAF

Overall, 76% of survey takers agreed that their primary culture's food is important to them. I have found that importance for CAF varied among the self-identified broad cultural categories (Appendix B). 100% of students who identified as African find their primary culture's food important. 40% of American-identified students agreed that their primary culture's food is important. 82.4% of students who identified as Asian/Pacific Islander find their CAF important. 90% of students who identified as Asian American believe their CAF is important. Likewise, 90% of East Asian-identified students agreed that their primary culture's food is important. Only 49% of European-identified students agreed that their CAF is important. 70% of students who identified as Jewish find their primary culture's food important. 87% of Latino/Hispanic-identified students agreed that their CAF is important to them. 88% of South students who identified as South Asian/Middle Eastern find their CAF important. 89% of Southeast Asian-identified students also find their CAF important. Lastly, 16% of students who identified as Caucasian/White agreed that their culture's food is important to them.

Accessibility of CAF

By cultural group, 83% can generally afford to eat at a restaurant that sells their CAF, but 6% cannot (Table 1). Some students chose to answer neither disagree nor agree, which is why the percentages below do not add up to 100.

Broad Cultural Groups	% Agreed	% Disagreed
African	33%	17%
American	73%	4%
Asian/Pacific Islander	77%	7%
Asian American	90%	7%
East Asian	90%	4%
European	68%	10%
Jewish	70%	10%
Latino/Hispanic	80%	8%
South Asian/Middle Eastern	84%	7%
Southeast Asian	83%	6%
Caucasian/White	92%	3%

Table 1: Percentages of students who agreed and disagreed with the following statement: I can generally afford to eat at a restaurant that serves my cultural cuisine.

78% of students surveyed can generally afford to buy their CAF at a grocery store, whereas 9% cannot (Table 2).

Broad Cultural Groups	% Agreed	% Disagreed
African	50%	33%
American	76%	7%
Asian/Pacific Islander	74%	7%
Asian American	85%	5%
East Asian	84%	6%
European	78%	7%
Jewish	70%	5%
Latino/Hispanic	67%	10%
South Asian/Middle Eastern	69%	16%
Southeast Asian	67%	22%
Caucasian/White	89%	8%

Table 2: Percentages of students who agreed and disagreed with the following statement: I can generally afford to buy my culturally appropriate food at a grocery store.

70% find it easy to travel to a restaurant, but 15% find it difficult (Table 3).

Broad Cultural Groups	% Agreed	% Disagreed
African	50%	50%
American	68%	4%
Asian/Pacific Islander	77%	7%
Asian American	76%	14%
East Asian	79%	18%
European	49%	24%
Jewish	45%	25%
Latino/Hispanic	67%	22%
South Asian/Middle Eastern	66%	18%
Southeast Asian	39%	61%
Caucasian/White	70%	8%

Table 3: Percentages of students who agreed and disagreed with the following statement: I find it easy to travel to a restaurant that serves my cultural cuisine

Overall, 61% find it easy to travel to a restaurant that sells their CAF, but 24% encounter difficulty (Table 4). There were more students who disagreed than agreed in the African cultural group as well as in the Southeast Asian cultural group. There were more students who disagreed for this segment than the ones before. Thus, there are more students who find it challenging to travel to a grocery store that sells their CAF as opposed to traveling to a restaurant or being able to afford to buy their CAF at either a restaurant or grocery store.

Broad Cultural Groups	% Agreed	% Disagreed
African	17%	66%
American	64%	4%
Asian/Pacific Islander	67%	25%
Asian American	64%	25%
East Asian	63%	24%
European	59%	20%
Jewish	50%	25%
Latino/Hispanic	60%	27%
South Asian/Middle Eastern	54%	33%
Southeast Asian	39%	44%
Caucasian/White	81%	5%

Table 4: Percentages of students who agreed and disagreed with the following statement: I find it easy to travel to a grocery store that sells my culture's food.

203 out of the 574 students surveyed live in a student dormitory and thus eat from the school's dining halls. Students were asked how often the dining halls served their CAF (Table 5).

How often does your dining hall provide your CAF?	# of students
Daily	41
At least 3 times per week	24
At least once per week	42
At least once per month	44
At least once a year	12
Never	40

Table 5: Number of students who eat their CAF either daily, often, sometimes, rarely, or never at Cal's dining halls.

Within these numbers, I have found that some cultures never, rarely (at least once a year), or sometimes (at least once a month) eat their CAF at Cal's dining halls (Table 6).

How often does your dining hall provide your CAF?	Cultural Identities
Daily	American, Chinese, Taiwanese, Korean, Chinese, Italian, Jewish, Mexican, Salvadoran, Sri Lankan, Pakistani, Caucasian/White
At least 3 times per week	American, French, Irish, Asian American, Chinese, Jewish, Hispanic
At least once per week	Taiwanese American, Southern Californian, Hapa, Chinese, Chinese American, Vietnamese, Thai, Korean, Italian, Jewish, Mexican, Cuban, Latino, Canadian, Afro-Latino, Caucasian, Irish
At least once per month	African American, Cuban, Southern Californian, Korean, Japanese, Filipino, Chinese, Indian American, Chinese American, Greek, Iraqi-Jewish, Latino/Hispanic, Mexican American, Sikh, Punjabi, Pakistani, Indian, Lebanese
At least once a year	Nigerian, Korean, Vietnamese, Chinese, British, Irish, Black, Native American, Thai, Filipino
Never	African, Belarusian, San Franciscan, Chinese American, Mongolian, Taiwanese, Hong Kong, Vietnamese, Japanese, Scottish, French, Romanian, Jewish, Brazilian, Mexican, Filipino, Indian

Table 6: How often the dining halls provide CAF by cultural identities.

Meaning of CAF

The three most common themes found in all groups were family, home, and comfort, which can be summarized by the two respondents below who self-identified as African and East Asian (Taiwanese), respectively:

It reminds me of home, my family and my culture. I cannot have it every day in Berkeley, so when I do, I try to enjoy it as much as I can.

It has a lot of comfort and reminds me of my family which is important to me.

These themes of family, home, and comfort were also mentioned in the majority of responses from individuals who identify as Asian/Pacific Islander, Latino/Hispanic, Southeast Asian, and European:

I naturally like my culturally appropriate food because it's very comforting. Also, it reminds me of home.

- Asian/Pacific Islander respondent

It makes me feel like I am at home and surrounded by family.

- European (Dutch) respondent

It's is important because of its family ties; it reminds me of home when I am at school.

- Latino/Hispanic respondent

It reminds me of my family, my home, and my childhood.

- Southeast Asian (Filipino) respondent

These themes were echoed in several responses from students who identify as Asian American, Jewish, American, South Asian/Middle Eastern. Home, family, and comfort even appeared in few of the responses of students who identify as Caucasian/White as well.

Some students from Asian/Pacific Islander, East Asian, Jewish, and South Asian/Middle Eastern cultural groups noted the importance their CAF has on their cultural identity or identity itself.

It helps me maintain my cultural identity and I associate it with enjoyable times spent with family.

- Jewish respondent

It is important because it is a part of my identity.

- Asian/Pacific Islander respondent

Food is another part of my cultural identity. Certain foods also have a historical significance which helps me to stay connected to my roots.

- East Asian (Vietnamese) respondent

Moreover, themes of heritage, roots, and tradition are referenced in several responses from students in East Asian, Latino/Hispanic, and Asian/Pacific Islander cultural groups.

It is important to me because I always get a sense of "home" and comfort whenever I am able to eat it. I feel like it's important to learn how to cook it to be able to continue tradition and keep my heritage's culture alive. I also feel grateful to have a kind of CAF that is greatly recognized by many, especially in the US.

- Hispanic/Latino Respondent

Food as a connection to cultural roots and family is another theme that some respondents from Hispanic/Latino, East Asian, Asian American, and Southeast Asian groups mentioned in their responses. For instance:

It is one of the last ties I feel I have to my culture and my family. My grandparents on both sides are immigrants, and my parents grew up in the states, assimilating half way. My generation is almost entirely assimilated, but food makes me feel connected to my roots.

- Hispanic/Latino (Mexican-Cuban) Respondent

My CAF is important to me because it is what I grew up with and thus it is a familiar food that connects me to my family and my relatives, especially because my grandparents don't speak English very well and Korean food brings us together and is a way that they show their love.

- East Asian (Korean) Respondent

[T]he food of my culture is the most important thing for me to do in order to keep my culture alive. I cannot speak the language so food is all [I] have.

- Southeast Asian (Filipino) respondent

Health was another theme, commonly found in responses of students who identified as Asian/Pacific Islander.

It is delicious. It is more healthy than American food.

It suits my taste as I grow up eating it. Furthermore, it gives me a sense of comfort because I would have memories associated with certain food. Also, I feel that my cultural food taste really good and is often times healthier than other food options around. I also like the taste, like spiciness level, as compared to those plain regular food around.

Although it is not mentioned as frequently as the other themes, stress relief is another theme noted by some respondents who identified as East Asian.

It is a way for me to get a sense of home. It is also a form of stress relief.

- East Asian (Chinese) respondent

It makes me happy that food can destress me. Also, it helps me feel less homesick.

- East Asian (Korean) respondent

For a very few individuals from South Asian/Middle Eastern and Caucasian/White cultural groups, religion plays a significant role in relation to their CAF.

Just to help me practice my religion. Part of my family history to practice religion with this kind of food.

- Caucasian/White respondent

It reminds me of my family, culture, and religion.

- South Asian/Middle Eastern (Persian) respondent

Lastly, another common theme that was repeated in most responses across all broad cultural groups (with an exception of Southeast Asian and Caucasian/White cultural groups) was taste itself.

It's important to me because it represents the lifestyle I love and try to live everyday. If I couldn't eat that stuff though, it wouldn't be the end of the world. I just find it really yummy.

- American (Southern Californian) respondent

DISCUSSION

The importance and benefits of CAF

CAF is important to many students at Cal and plays a role beyond basic nutrition and physiological need. It has a positive impact on students by relieving stress, providing comfort, and reminding them of their home and heritage. Due to its highly positive impacts, CAF should be considered in regards to food security and human nutrition. Some students have even noted the health benefits of eating their CAF, which affirms why considering CAF and the cultural backgrounds of people may improve human health and diet (Alonso et al. 2018; Otokiti and Vazquez 2014). Moreover, since CAF is often related to family and community, family meals or cooking and eating together as a group may prompt healthy ways of eating (de Wit 2015). After all, food is the best medicine there is, and CAF is more than medicine, it is a memory of home, family, and community.

Ease of access and affordability

This study does not prove that there is an urgent need for students to have immediate access to their CAF since most did not signify any anxiety regarding their CAF access. In fact, most students from the survey agreed that it was easy for them to buy and find their CAF at a restaurant or grocery store or both. Yet, few students and cultural communities did note challenges in trying to physically access their CAF. They stated that the only way to obtain their CAF is either cooked at home by their mother, or by commuting to a restaurant or grocery store. In addition, Filipino and Kashmiri students commented on how time-consuming and expensive it was to travel to where they can buy their CAF, which is often outside of Berkeley. Part of food security is availability, access, and stability, and for communities who struggle in obtaining their CAF, such as Filipinos, Nigerians, and Brazilians, they need all three components (Alonso et al. 2018).

Cal Dining

For 203 students in this study, Cal Dining provides their daily meals. As it turns out, 53% of the students eat their CAF at least weekly, while 47% either monthly, annually, or never. Table 6 shows how each cultural identity responded to the question, how often do you eat your CAF at Cal Dining? Notably, people of the same cultural identity responded differently, and there was no definite answer for most cultures, such as Mexican, Chinese, and Vietnamese. This indecisive answer could be a question of authenticity, what the individual thinks is authentic and which dining hall the individual often frequents. There were a few cultures who never obtain their CAF from the dining halls, such as students who identify as Brazilian or from Hong Kong. Students who culturally identify as Nigerians and Native Americans eat their CAF at the dining halls at least once per year. Perhaps for them, Cal Dining could step up and have a weekly cultural event, such as the ones hosted at International House dining.

Differences within broad cultural groups

Although there were no significant differences among income and genders, there were noticeable differences within the broad cultural groups. For instance, in the Latino/Hispanic

cultural group, Brazilians have a more difficult time physically accessing their CAF, as opposed to Mexicans and Chicanos, who made up the majority of this cultural group. Thus, Brazilians are more CAF insecure in Berkeley than Chicanos and Central Americans. Likewise, within the East Asian cultural group, students who identify as Korean commented on how difficult it is to obtain their culturally appropriate ingredients since none are available in Berkeley. In terms of CAF access to grocery stores, Koreans face a challenge as opposed to the other identities in the group, who did not show or voice any significant signs of struggle. While looking at the broad picture gives a clear overview, it is the patterns within the cultural groups that reveal the nuances and availability of Berkeley's foodscape.

Limitations

This study surveyed a total of 574 students who took ESPM 50AC during Fall 2018 and Spring 2019 semesters. The total race/ethnicity makeup of the survey is the following: 59% Asian/Pacific Islander, 1% Black or African American, 21% Caucasian, 8% Latino/Hispanic, 0% Native American, 2% Other, and 9% Mixed. Comparing those percentages to the overall composition of race and ethnicity at Cal, this survey is not a perfect representation of UC Berkeley, given that there were fewer Latinos, African Americans, and Native Americans surveyed in this study. Also, cultures, such as Cambodian Student Association and Hmong Student Association at Berkeley, were not present in this survey, which could signify that more smaller cultural groups may have been absent in my study as well.

Conclusion

Students value and need their CAF, and although it may not be possible to create changes within the city of Berkeley or county of Alameda, we can implement changes on campus for students who are CAF insecure such as revamping the menus at Cal Dining or growing cultural fruits, vegetables, and herbs in our campus gardens. The last example could perhaps be one of the better choices as it relates to food sovereignty, which is a level up from food justice, and it allows students the autonomy of what they want to grow.

Future research should explore CAF in other spaces such as community and school gardens. Research should further investigate CAF within particular groups, such as those who are food insecure, a specific ethnic group, or first versus second-generation Americans. Furthermore, research should examine the practices of eating CAF, for instance, how does eating CAF help alleviate the “gap” between people and their food system?

CAF is associated with the person’s identity and heritage, and with such deep connection already established, this type of meaningful food may help bridge the divide between people and their food system (Hasnain 2018). CAF does wonders to the human psyche, as one student puts it, “It keeps me humble.” CAF is what some people may consider as “good food”, food that is not only delicious, but also healthy and meaningful, a reminder of their heritage, culture, and home.

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APPENDIX A: ESPM 50AC Survey

This survey evaluates students' relationships with culturally appropriate foods. Culturally appropriate food, also known as culturally acceptable and culturally sensitive food, is food significant to the cultural group with which one identifies, and is typically eaten and enjoyed within that particular group.

Do you have any of the following (or other) dietary practices/preferences? If yes, choose all that apply. If not, choose "None".

- ☐ Halal diet
- ☐ Kosher diet
- ☐ Vegetarian diet
- ☐ Vegan diet
- ☐ Pescatarian diet
- ☐ None
- ☐ Other

Specify the primary cultural group(s) and any other cultural group(s) with which you identify.

Primary Cultural Group(s)

Other Cultural Group(s)

List any culturally oriented student groups with which you are involved in any way (e.g., Taiwanese American Student Association, Israel Student Association, Iranian Students' Cultural Organization, etc.).

☐ Yes, I'm involved with:

☐ I don't participate in any culturally oriented students groups.

Choose a response that honestly reflects your attitude towards the cuisine of the culture with which you primarily identify.

	Strongly Disagree	Disagree	Neither Disagree nor Agree	Agree	Strongly Agree
I feel a deep sense of connection to my primary cultural group(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My primary culture's food is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find my primary culture's food meaningful to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find my primary culture's food comforting to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take pride in my primary culture's cuisine.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I had consistent access, I would eat my culture's food regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I generally find my primary culture's food delicious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I share my primary culture's food with others who share my cultural identity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I share my primary culture's food with others who don't share my cultural identity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I associate my primary culture's food with my religion.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I associate my primary culture's food with family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I associate my primary culture's food with my heritage.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I associate my primary culture's food with my community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Indicate your level of your agreement with the following statements.

	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree
I can generally afford to eat at a restaurant that serves my cultural cuisine.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can generally afford to buy my culturally appropriate food at a grocery store.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it easy to travel to a restaurant that sells my cultural cuisine.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it easy to travel to a grocery store that sells my culture's food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's easy to find my culture's food in Berkeley.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's easy to find my culture's food in the Bay Area.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When was the last time you ate your culturally appropriate food/cultural cuisine?

- ☐ In the last week
☐ In the last two weeks
☐ In the last month
☐ In the last three months
☐ In the last year
☐ In the last several years
☐ Never

How often do you eat your culturally appropriate food?

- ☐ Daily
☐ At least 3 times per week
☐ At least 1 time per week
☐ At least 1 time per month
☐ At least once a year
☐ Never

On what occasions do you eat your culturally appropriate food? Choose any that apply.

- ☐ During religious ceremonies/celebrations
☐ During holidays
☐ During family gatherings
☐ During hangouts with friends
☐ During breakfast
☐ During lunch
☐ During dinner
☐ Other:

Where do you shop for your culturally appropriate groceries? Choose any that apply.

- ☐ Conventional Supermarket (e.g. Safeway, Lucky, etc.)
- ☐ Trader Joe's
- ☐ Berkeley Bowl
- ☐ Costco
- ☐ Ethnic Markets (e.g. Middle Eastern Market, Mi Tierra, etc.)
- ☐ Farmers' Markets
- ☐ Berkeley Student Food Collective
- ☐ UC Berkeley's Food Pantry
- ☐ Other
- ☐ I don't shop for my food.

The following questions are about cooking.

	Daily	4-6 times a week	2-3 times a week	Once a week	Never
How often do you cook for yourself in general?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you cook for yourself with culturally appropriate food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What best describes where you currently live?

- ☐ Student dormitory
- ☐ UC affiliated apartments
- ☐ Living at home with family
- ☐ Non-affiliated UC apartments/studios/houses
- ☐ Co-op
- ☐ Sorority Housing
- ☐ Fraternity Housing
- ☐ Other, please specify

Condition: Student dormitory Is Not Selected. Skip To: Do you eat your primary culture's foo....

How often does your dining hall provide your primary culture's food?

- ☐ Daily
- ☐ At least 3 times per week
- ☐ At least 1 time per week
- ☐ At least 1 time per month
- ☐ At least once a year
- ☐ Never

Do you eat your primary culture's food at a restaurant in Berkeley?

☐ Yes

☐ No

Condition: No Is Selected. Skip To: How do you obtain your culturally app....

What are the names of local restaurants a which you have eaten your culture's food? You can name up to 3 restaurants. If you only go to 1 or 2, fill in N/A for the other blank(s).

Restaurant 1

Restaurant 2

Restaurant 3

How do you obtain your culturally appropriate food? Please describe any challenges that you have, if any.

Why is your culturally appropriate food important to you? Please respond in a few sentences.
If it's not important, respond with "It's not important to me."

Describe the significance of one of your cultural dishes, if any.

Is there any other cultural cuisine that is important to you other than your own personal culture?
Describe in detail below.

☐ No

☐ Yes

APPENDIX B: Importance of CAF for each broad cultural group