

# *Klamath Basin Food System Assessment*

A survey about access to food for Tribal people in the Klamath Basin



**Klamath Basin Food System/Sovereignty Assessment**  
Funded by USDA Agriculture Food Research Initiative Food Security Grant # 2012-68004-20018  
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**Thank you for participating in the Klamath Basin Food System Assessment!**

*This survey was designed by Tribal employees and UC Berkeley researchers to hear your opinions about how to improve access to food for Tribal people and document the current state of the food system in your community.*

*Good access to food refers to the ready availability of nutritious and culturally appropriate foods, and the physical, financial, and legal ability to acquire these foods throughout the year.*

*Does your local food system provide good access to healthy and culturally appropriate food, or are there things that could be changed?*

*This survey will ask questions about your food shopping and consumption, your opinion on food assistance programs, your experience with growing or raising your own food, and your use of and demand for traditional Native American foods. We will also ask some background and personal questions to help us paint a picture of the community.*

*There is no ‘right’ or ‘wrong’ answer to these questions. Your responses, based on your experiences, observations, or feelings, will be most helpful to us as we try to identify community-generated solutions for improving access to food for Tribal families.*

*This survey is anonymous. If you don’t want to answer a question or you don’t know how to answer a question, just skip it. If you have any questions about this survey or project, please contact Jennifer Sowerwine at jsowerwi@berkeley.edu or (510) 664-7043, or:*

*[For Klamath Tribes]: Perri McDaniel, Klamath Tribal Food Security Coordinator at (541) 882-1487 ext. 235.*

*[For Karuk Tribe]: Lisa Hillman, Karuk Tribe Food Security Coordinator at (530) 627-3664 ext. 3016.*

*[For Yurok Tribe]: Chris Peters, Yurok Food Distribution Manager at (707) 464-1852, Rosie Clayburn, Yurok Tribe Cultural Resources at (707) 482-1350 ext. 1309, Bob McConnell, Yurok Tribe Heritage Preservation Officer at (530) 625-4130 ext. 1629, or Alita Redner, TANF Case Worker at (530) 625-4130 ext. 1619.*

**58. What is the highest level of school that you have completed?**

- ☐ Some high school
- ☐ High school
- ☐ Some college
- ☐ Associate’s degree
- ☐ Bachelor’s degree
- ☐ Masters or PhD

**59. What is the highest level of school your mother completed?**

- ☐ Some high school
- ☐ High school
- ☐ Some college
- ☐ Associate’s degree
- ☐ Bachelor’s degree
- ☐ Masters or PhD
- ☐ Not sure

**60. Did we miss anything? Please use this space to share any additional thoughts you have about access to food in your community. (*Continue on back page if needed*).**

VII. Personal Information

55. Do you or anyone in your household have any of the following health conditions?

(Please check all that apply)

- ☐ High blood pressure
- ☐ Hypertension
- ☐ Heart condition
- ☐ Type II diabetes
- ☐ Obesity or overweight
- ☐ Cavities
- ☐ Food allergies
- ☐ (Please list:\_\_\_\_\_)
- ☐ Other (please list)

56. What is your current annual income?

- ☐ Under \$10,000
- ☐ Between \$10,000 - \$19,999
- ☐ Between \$20,000 - \$29,999
- ☐ Between \$30,000 - \$39,999
- ☐ Between \$40,000 - \$49,999
- ☐ Between \$50,000 - \$59,999
- ☐ Between \$60,000 - \$69,999
- ☐ Between \$70,000 - \$79,999
- ☐ Above \$80,000

57. What is the current annual income of your household?

- ☐ Under \$10,000
- ☐ Between \$10,000 - \$19,999
- ☐ Between \$20,000 - \$29,999
- ☐ Between \$30,000 - \$39,999
- ☐ Between \$40,000 - \$49,999
- ☐ Between \$50,000 - \$59,999
- ☐ Between \$60,000 - \$69,999
- ☐ Between \$70,000 - \$79,999
- ☐ Above \$80,000

I. Background information

1. What is your age? \_\_\_\_\_

2. What is your gender?

- ☐ Male
- ☐ Female
- ☐ Gender non-conforming

3. What is your 5-digit zip code? \_\_\_\_\_

4. What town do you live in or live closest to? \_\_\_\_\_

5. Are you Native American?

- ☐ Yes
- ☐ No

6. What Tribe(s)?

\_\_\_\_\_

7. Please write the age of all the people who currently live in your household, **not including yourself**. Your household counts as all the people who live with you currently who don't have another permanent residence.

- |           |           |           |           |
|-----------|-----------|-----------|-----------|
| Age _____ | Age _____ | Age _____ | Age _____ |
| Age _____ | Age _____ | Age _____ | Age _____ |

8. Does your household get all the healthy foods you want, at all times, throughout the year?

(Please select one answer)

- ☐ Yes, always
- ☐ Usually
- ☐ Rarely
- ☐ Never

9. Does your household get all the traditional Native foods, such as salmon, acorns, deer meat, and others, you want throughout the year?

(Please select one answer)

- ☐ Yes, always
- ☐ Usually
- ☐ Rarely
- ☐ Never

II. Food Shopping and Consumption

10. Where do you get most of your food?

(Please check the boxes for all the places you get food, and rank your top 1 - 4 food sources, 1 being where you get the most of your food)

- ↓

☐ \_\_\_\_ Hunt/gather/fish (salmon, deer, elk, acorn, berries, greens, etc.)
- ↓

☐ \_\_\_\_ Grocery store
- ☐ \_\_\_\_ Convenience store
- ☐ \_\_\_\_ Fast food/restaurant
- ☐ \_\_\_\_ Garden/orchard (family, community, school, or tribal)
- ☐ \_\_\_\_ Food distribution program (Commods, food pantry, free meals, etc.)
- ☐ \_\_\_\_ Neighbors, friends, family

11. Where do you do most of your grocery shopping?

(Please write the name of each store and the town where it is located in the space below)

Name of store	Location
1. _____	
2. _____	
3. _____	
4. _____	

52. In the event of an emergency (e.g. road closure, loss of electricity), what do you have in your home in case you are unable to get food by normal means?

(Please check all that apply)

- ☐ Drinking water to last at least 3 days
- ☐ Non-perishable foods to last at least 3 days
- ☐ Propane stove
- ☐ Generator
- ☐ Radio
- ☐ Others/Comments:

53. Do you always have access to drinkable water from the tap?

- ☐ Yes, always
- ☐ Usually, but not always
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

54. How would you like to receive information on anything food related in your community?


(Please check all that apply)

- ☐ Public meeting
- ☐ Notice on bulletin board
- ☐ Mailed to PO Box
- ☐ Website
- ☐ Facebook or other social media site
- ☐ Email
- ☐ Local newspapers
- ☐ Local newsletters
- ☐ Local radio
- ☐ I don't want to receive information
- ☐ Other ideas? (Please share below)

49. Has anyone in your household attended any food-related classes, camps or workshops over the past few years?

☐ Yes

☐ No (if no, please skip to question 52)



50. If YES please list what classes, camps or workshops you or your household participated in and indicate if you have applied what you learned yet or not.

Topic of Class	I applied what I learned?
1. _____	Yes <input type="checkbox"/> Not yet <input type="checkbox"/>
2. _____	Yes <input type="checkbox"/> Not yet <input type="checkbox"/>
3. _____	Yes <input type="checkbox"/> Not yet <input type="checkbox"/>
4. _____	Yes <input type="checkbox"/> Not yet <input type="checkbox"/>
5. _____	Yes <input type="checkbox"/> Not yet <input type="checkbox"/>
6. _____	Yes <input type="checkbox"/> Not yet <input type="checkbox"/>

51. If you answered YES to 49, which food related class, camp or workshop was the most useful or interesting and why?

12. How important are the following sources of food to your household?

(check one box for each food source)

	very important	somewhat important	not important	doesn't exist in my community
Local grocery store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Superstore (Target, Walmart, Costco)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Convenience store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Farmer's market	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fast food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SNAP/Foodstamps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WIC - Women, Infants, & Children Program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tribal commodos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food pantry/ soup kitchen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Neighbors, friends, or family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trade or barter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fishing or eeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gathering wild food plants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hunting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School or community garden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home garden or orchard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat/eggs/ poultry I raise myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other, please list:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other, please list:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. Which of the following sources of food would you like more of in your community?

(Please check all the food sources you would like more of, and rank the top 1 - 5 you most want, 1 being the one you want the most)

↓

↓

☐

\_\_\_\_\_

Local grocery store

☐

\_\_\_\_\_

Superstore (Target, Walmart, Costco)

☐

\_\_\_\_\_

Convenience store

☐

\_\_\_\_\_

Farmer's market

☐

\_\_\_\_\_

Food assistance program (which?)\_\_\_\_\_

☐

\_\_\_\_\_

Opportunities for trade/barter

☐

\_\_\_\_\_

Fast food

☐

\_\_\_\_\_

Gathering Native food plants

☐

\_\_\_\_\_

Hunting

☐

\_\_\_\_\_

Fishing/eeling

☐

\_\_\_\_\_

Tribal farm, garden, or orchard

☐

\_\_\_\_\_

School or community garden

☐

\_\_\_\_\_

Others (please list)\_\_\_\_\_

14. How often do you get to the grocery store?

- ☐ Every day
- ☐ 2-3x/week
- ☐ 2x/month
- ☐ 1x/month

Comments?:\_\_\_\_\_

15. What are the biggest barriers you face in getting to the grocery store?

(Please select the best answer)

- ☐ No transportation
- ☐ Too far
- ☐ No gas money
- ☐ No time
- ☐ There is no barrier
- ☐ Other barriers or comments?\_\_\_\_\_

47. Do you have any other comments about the greatest barriers to carrying on Native food traditions or how to make it easier for you to eat Native foods?

VI. Community Resources and Food Education

48. Which of the following resources would you use if they were available in your community?

(Please check all that apply)

- ☐ Certified kitchen

☐ Dehydrator

☐ Canning equipment

☐ Chicken plucker

☐ Cider press

☐ Smoke house

☐ Community freezer

☐ Communal gardening tools (rototiller, etc.)

☐ Food bank

☐ Soup kitchen

☐ Farmer's market

☐ Community garden

☐ Community greenhouse

☐ Volunteers to help harvest your fruit or vegetables

☐ Weekly vegetable box from local farms

☐ Food buying cooperative

☐ Other community resources you want? (please list in the space below):

45. What would you like to learn more about Native foods and materials?

(Please check all that you would like to learn more about, and rank the top 1 - 4 you most want, 1 being the one you want the most)

↓

☐

↓

☐

☐ \_\_\_\_\_

Where to gather traditional foods, medicines, and materials

☐ \_\_\_\_\_

When to gather traditional foods, medicines, and materials

☐ \_\_\_\_\_

How to hunt for food

☐ \_\_\_\_\_

How to fish for food

☐ \_\_\_\_\_

How to forage or gather food

☐ \_\_\_\_\_

The cultural significance of traditional foods

☐ \_\_\_\_\_

How to manage traditional foods and materials

☐ \_\_\_\_\_

How to prepare traditional foods

☐ \_\_\_\_\_

How to prepare traditional medicines

☐ \_\_\_\_\_

How traditional foods taste

☐ \_\_\_\_\_

How to preserve traditional foods by canning, freezing, drying, etc.

☐ \_\_\_\_\_

Other (Please explain in the space below)

46. Many Tribal families have expressed a desire to incorporate more Native foods into their diet. In your opinion, what would make it easier for your household to do that?

Please check all the things that would help you eat more Native foods, and rank the top 1 - 4 things, 1 being the one you want the most)

↓

☐

↓

☐

☐ \_\_\_\_\_

Improve management of Native foods

☐ \_\_\_\_\_

Incorporate it into Tribal commodity/food distribution program

☐ \_\_\_\_\_

Integrate it into school lunch program

☐ \_\_\_\_\_

Offer classes/workshops on how to gather, prepare and preserve

☐ \_\_\_\_\_

Offer classes/workshops on how to hunt, butcher, can

☐ \_\_\_\_\_

Offer classes/workshops on how to fish, smoke, can

☐ \_\_\_\_\_

Remove legal barriers to hunting, fishing, gathering

☐ \_\_\_\_\_

Make it available in local stores

16. Does anyone in your household have a vehicle?

☐ Yes

☐ No

17. How long does it take to travel one-way to the grocery store where you purchase food to feed your family and/or yourself?

☐ Less than 5 minute drive

☐ 10-20 minute drive

☐ Half hour to 45 minutes

☐ More than 1 hour

☐ More than 2 hours

18. What is your opinion about the following foods in the stores closest to you?

(Check all of the boxes that apply for each food category)

	Affordable, good quality, good selection	Too expensive	Poor quality	Poor selection	Don't know/ Don't buy that product
Fresh fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red meat (pork, beef, lamb)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poultry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish/seafood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat alternatives (nuts, beans, tofu)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk alternatives (e.g. soy milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole grain foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organic foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Native foods (e.g. deer, salmon, elk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

19. Are there any other specific foods that you would like, but can't get in the amount, quality, price, or variety that you want in local stores?  
If so, please list them here:

20. How important is it to you to buy foods that are grown or produced locally?

- ☐ Very important
- ☐ Moderately important
- ☐ Somewhat important
- ☐ I don't prioritize buying local

21. Do you face any of the following barriers to cooking meals at home?

(Please check all that apply)

- ☐ I have no time to cook
- ☐ I don't really know how to cook
- ☐ I don't like to cook
- ☐ My family won't eat what I fix
- ☐ It's too expensive
- ☐ I don't have the kitchen equipment I need
- ☐ I don't have the kitchen space I need
- ☐ Sometimes there are water limitations
- ☐ Stores don't have the ingredients I want
- ☐ None
- ☐ Other barriers or

comments?: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

42. If you have knowledge about gathering, fishing, hunting, preparing, or managing Native foods or materials, have you shared your knowledge with anyone?

- ☐ No (*if no, skip to question 45*)      ☐ Yes (*if yes, answer questions 43 - 44*)

43. If you answered yes to 42 please indicate with whom or where you have shared your knowledge of Native foods or materials.

(Please check all that apply)

- ☐ My children
- ☐ Nieces/nephews
- ☐ Other family members
- ☐ Friends
- ☐ Other Tribal members
- ☐ Non-Tribal members
- ☐ At a ceremony
- ☐ At a class or workshop
- ☐ Other (*please describe*):

44. If you answered yes to 42, where did you learn about gathering, fishing, hunting, preparing, or managing Native foods or materials?

(Please check all that apply)

- ☐ From a family member
- ☐ In school
- ☐ From someone not related to me
- ☐ From a tribal program
- ☐ From a non-tribal program
- ☐ Self-taught
- ☐ Other: \_\_\_\_\_

41. Are any of the items in the list below barriers that make it hard for you to get the Native foods you want?(Please look at the following list and for each statement check one box that best indicates how big of a barrier it is to getting and eating Native foods.)

	Strong barrier	Medium barrier	Weak barrier	No barrier	Comments?
I don't know enough about how to (hunt, gather, fish)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Not enough available anymore	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Quality Is poor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
The area where they used to be found is heavily degraded	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
No one brings them to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I'm physically unable to hunt, fish or gather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Rules and permits about gathering/fishing/hunting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Climate change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I don't know where to find them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I don't know how to prepare them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
It's too time consuming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transportation to collection areas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I'm not familiar with eating Native foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I don't have the kitchen space or equipment to prepare them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

22. Has your family either run out or worried about running out of food at any time during the past year?

☐ Yes

☐ No

23. How often do you run out of money to buy groceries:

☐ Never

☐ Rarely

☐ At least once a week

☐ At least once a month

☐ A few times a year

24. In the past year, has your household done any of the following to deal with not having enough money for food?

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Reduce size of meals
<input type="checkbox"/>	<input type="checkbox"/>	Adults skip meals
<input type="checkbox"/>	<input type="checkbox"/>	Adults and children skip meals
<input type="checkbox"/>	<input type="checkbox"/>	Buy less expensive foods
<input type="checkbox"/>	<input type="checkbox"/>	Rely on relatives for help
<input type="checkbox"/>	<input type="checkbox"/>	Rely on food assistance program(s)
<input type="checkbox"/>	<input type="checkbox"/>	Rely more on home-canned and preserved foods
<input type="checkbox"/>	<input type="checkbox"/>	Rely more on foods from a home or community garden
<input type="checkbox"/>	<input type="checkbox"/>	Hunt for food
<input type="checkbox"/>	<input type="checkbox"/>	Fish for food
<input type="checkbox"/>	<input type="checkbox"/>	Gather Native foods

Others? (Please list) Or comments?:

### III. Food Assistance Programs

**25. In the past year, did anyone in your household take part in any of the following assistance programs?**

Yes      No      Not Sure

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WIC – Women, Infants and Children Program
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SNAP/Foodstamps
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Free or reduced school breakfast/school lunch
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tribal commods/food distribution
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Summer lunch program
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Food pantry/mobile pantry/food bank
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Senior meals
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Soup kitchen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Meals on Wheels

**Others:** *(Please list any other assistance programs your household participated in)*

26. What were the reasons you used the food assistance program(s) you checked in question 25?

(Please check all that apply)

- ☐ Did not use any food assistance programs
- ☐ Unusual expenses for the month
- ☐ Ran out of SNAP benefits/food stamps
- ☐ Recent job loss
- ☐ Continued unemployment
- ☐ Separation from spouse
- ☐ Money/food stamps stolen
- ☐ Native foods (deer, elk, acorn, salmon, etc.) not available
- ☐ Home and community garden foods not available
- ☐ Others/Comments:

40. If your household *does* eat Native foods at least once per year, please circle which of the following Native foods you currently eat, write in how often you eat them, and rank the top 5 you would like more of.

[illegible]

V. Native Foods

37. Does your household eat Native foods at least once per year? (Native foods are foods traditionally gathered, hunted, or fished for, like salmon, deer, elk, mushrooms, berries, wild teas, etc.)

☐ Yes (If yes, answer questions 38 - 40) ☐ No (If no, skip to question 41 )

38. If your household does eat Native foods at least once per year, please tell us if your household gets the Native food(s) you eat from any of the following sources:

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	Family shares it with me
<input type="checkbox"/>	<input type="checkbox"/>	Friends share with me
<input type="checkbox"/>	<input type="checkbox"/>	I/we purchase it
<input type="checkbox"/>	<input type="checkbox"/>	I/we trade other things for it
<input type="checkbox"/>	<input type="checkbox"/>	I/we hunt for it
<input type="checkbox"/>	<input type="checkbox"/>	I/we fish for it
<input type="checkbox"/>	<input type="checkbox"/>	I/we gather it
<input type="checkbox"/>	<input type="checkbox"/>	I/we get it from Tribal gatherings or ceremonies
<input type="checkbox"/>	<input type="checkbox"/>	I/we get it from a Tribal food distribution/meal program

39. What do you do with Native food that you gather, hunt, catch or have been given?

(Please check all that apply)

- ☐ My family eats it all
- ☐ I freeze, can, or dry it
- ☐ I share it with others
- ☐ I sell it
- ☐ I trade it for other items
- ☐ I provide food for ceremonies or other Tribal events
- ☐ It sometimes goes bad before I get the chance to eat it
- ☐ Other/Comments:

27. If your household needed food assistance in the past year, but didn't receive it, what were the reasons? (or) ☐ My household did not need food assistance in the past year  
(Please list below)

28. Which of the following types of food would you like to see more of in food assistance programs?

(Please check all that apply and rank the top 1 - 5 you most want, 1 being the one you want the most)

- ↓

☐ Fresh fruits
- ↓

☐ Fresh vegetables
- ☐

Red meat (includes beef, pork, lamb)
- ☐

Poultry (includes chicken, turkey)
- ☐

Fish/seafood
- ☐

Non-meat protein sources (e.g. tofu, nuts, beans)
- ☐

Milk, cheese, dairy products
- ☐

Milk and dairy alternatives (e.g. soy, rice, almond milks, coconut oil, etc.)
- ☐

Whole grain foods (e.g. whole grain bread, pasta, and brown rice)
- ☐

Native foods (salmon, fish, or other seafood)
- ☐

Native foods (deer, elk)
- ☐

Native foods (acorns)
- ☐

Native foods (berries, nuts)
- ☐

Native foods (mushrooms)
- ☐

None of the above
- ☐

Other: \_\_\_\_\_

29. Do you have any other thoughts about how food assistance programs could better serve the needs of your community?

IV. Home Grown and Home Raised Foods

30. Does your family grow or raise any of your own food?

☐ No (*skip to questions 33*) 

☐ Yes (*if yes, please answer questions 31 - 33*)

31. *If yes*, please tell us what you grew/raised in the past year:

Garden crops (top 5): \_\_\_\_\_

Orchard crops  
(list): \_\_\_\_\_

Animals for meat  
(list): \_\_\_\_\_

Eggs/Dairy: \_\_\_\_\_

Other: \_\_\_\_\_

32. What do you do with your garden and orchard produce and/or your animal products?

(Please check all that apply)

- ☐ My family eats it all
- ☐ I freeze, can, or dry it
- ☐ I share it with others
- ☐ I sell it
- ☐ I trade it for other items
- ☐ It sometimes rots before I get the chance to harvest or eat it
- ☐ Other: (Please list)

33. Would you like to start growing your own food (animals, vegetables or fruits) or expand your production?

- ☐ No, I'm not interested in growing my own food OR growing any more food
- ☐ Yes!!
- ☐ Yes! But...(please list any challenges you face below):

34. Would you like to learn more about growing or raising your own food?

- ☐ No
- ☐ Yes

(If yes, please indicate what you would like to learn about)

- ☐ Crop selection and crop planning
- ☐ How to prepare the soil, fertilizer
- ☐ How to deal with pests and weeds
- ☐ How best to irrigate
- ☐ Greenhouse gardening
- ☐ Pruning
- ☐ Raising chickens for eggs
- ☐ Raising chickens for meat
- ☐ Raising pigs or goats
- ☐ Other \_\_\_\_\_

35. Does anyone in your household participate in a community or school garden?

- ☐ Yes
- ☐ No

36. Would you participate in a community garden or farm if you had the opportunity?

- ☐ Yes
- ☐ No

Comments?: