

Effectiveness of a Food Map Tool to Address Food Insecurity Amongst a Senior Population

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ABSTRACT

Objective: To evaluate the effectiveness of a food map tool on increasing knowledge about local sources of food and the information needed on such food map tools to improve the effectiveness.

Design: Qualitative Experiment Design.

Methods: Community members' perception of the usefulness of a food map tool created for Livingston County was evaluated using focus groups. Participants were asked pre- & post-questions about the map. Content analysis was used to identify emerging themes. The themes were used to make improvements to the food map tool.

Setting: Dansville and Mt. Morris congregate meal sites in Livingston County, NY

Participants: In February 2023, 15 community members, who attend the congregate meal sites in Dansville and Mt. Morris, aged 60 years and older were enrolled in this study.

Intervention: In February 2023, the food map tool was introduced to community members in a focus group setting. Prior to being shown the tool, participants were asked pre-questions. After seeing the food map, they were asked a series of post-questions. Their responses were recorded for content analysis.

Results: The use of a food map tool increased community members' knowledge of local food sources. However, identified emerging themes support the need for revisions to the food map to increase the effectiveness of the tool. The food map was generally well-received, and many participants opted to keep a copy of the map for themselves.

Conclusions and Implications: The food map tool, with proper revisions, can be an effective method to increase the knowledge of local food sources and utilization of such a tool. Determining what the residents are looking for and what they want is important when creating an effective food map tool.

INTRODUCTION

Food insecurity affects more than 34 million people in the United States.¹ Residents who live in rural areas or low-income neighborhoods are more likely to have limited access to food.² Major causes of *food insecurity* include poverty, unemployment, lack of access to healthcare, chronic health

conditions, and systemic racism and racial discrimination.¹ The effects of *food insecurity* include serious health issues, difficulty learning and growing as a child, and having to make difficult decisions between food and rent, bills, or transportation.¹ As a social determinant of health, food insecurity remains one of the

largest barriers to achieving good population health.

Food insecurity is most common in food deserts. A food desert is defined as "an area where populations live more than one mile from a supermarket or large grocery store, if in an urban area, or more than ten miles from a supermarket or large grocery

store, if in a rural area”.³ Livingston County, the target area of this research, is known as a food desert. Currently the Livingston County Hunger Council fighting the battle against food insecurity with programs like summer lunch bunch, community gardens, cooking matters, and the food pantry network.⁴ Lack of access to fresh foods results in consumption of food from fast food restaurants, convenience stores, drug stores, and gas stations because they are available and affordable.⁵

While the effects and causes of *food insecurity* are well-known, the issue of *food insecurity* is still prevalent. The Healthy People 2030 objectives are aimed at reducing household *food insecurity* and hunger. Food assistance programs like the National School Lunch Program (NSLP), Woman, Infants, and Children Program (WIC), and Supplemental Nutrition Assistance Program (SNAP) are three organizations working to improve access to nutritious, affordable food.² The USDA formed the National Institute of Food and Agriculture (NIFA) to implement Hunger and Food Security Programs. NIFA conducts research, provides education, and works with the Land-Grant University system to solve community food service issues.⁶ In addition to these types of programs, communities have used food

maps and farmers’ market maps to help address food access.⁷ To create a food map, one gathers information on places where people can buy, grow, or eat food. This information is formatted and displayed on a map. The map can be physical, online, or a visual representation of an area.⁸ Places that are included on these maps may include street markets, supermarkets, cafes, corner shops, green grocers, farms, retailers, and roadside stands.⁸ The process of food mapping is very cost-effective, especially since it mainly relies on volunteers. Sometimes software like Geographic Information System (GIS) is needed.⁸ Since the area mapped for this research study was small-scale, Google Maps was used. Overall, further research into food maps is needed.

The food map tool used in this research project focused on farmers markets, roadside stands, and farm stores. These types of food outlets provide sources of fresh and affordable food items. Since Livingston County is a food desert, farmers markets, roadside stands, and farm stores are the most accessible sources of food for many in the Senior population. Specifically, farmers markets help bring the food sources to the population rather than the people having to go find the individual producers. If members of the community are blind to the existence of local

farmers markets, roadside stands and farm stores, these sources might as well be useless. Providing accurate, clear, and accessible information about these local food sources will increase public health effectiveness on decreasing the prevalence of food insecurity.

Although studies have shown the impact farmers markets have on reducing food insecurity, they also identified lack of knowledge and awareness about farmers markets as a barrier to food access. Due to lack of literature on the use of a food map tool to address food insecurity, my project is the first of its type. The rationale behind this study begins with the desire to address food insecurity. One of the factors that contributes to food insecurity is lack of knowledge of resources. Through the development of a tool to increase the knowledge of local food sources, we hope to help members of the community increase their access to affordable food resources.

To address these limitations, a food map tool was developed – to promote local, fresh products to the members of Livingston County. This project will serve as foundation for future food insecurity initiatives and projects from Cornell Cooperative Extension and the Livingston County Office of

Aging. The food map tool advertised information for 7 farmers' markets/farm markets/producers in the county. Food maps exist for Steuben County and the five boroughs of New York City. Unfortunately, there are not studies or reports available that

evaluate the success or impacts of these maps. Farmers markets are a key resource for fresh, nutritious, affordable foods. Through increasing awareness and knowledge of availability of local food resources / producers, access to fresh food will increase. The purpose of

this study was to assess the effectiveness of a food map tool on increasing knowledge about local sources of food and the information needed on such food map tools to improve the effectiveness.

METHODS

Setting

This study was conducted in Livingston County, New York through the Office of Aging, Cornell Cooperative Extension, and the State University of Oneonta. The research was conducted from January to February of 2023. Institutional Review Board approval was obtained from The Research Foundation for the State University of New York. The intervention is based on the Social Cognitive Theory Construct.

Participants/Recruitment

Research participants were recruited in-person at congregate meal sites through convenience sampling. Attendees were spoken with and asked if they would be willing to participate. Participants were members of the community, aged 60+, who attended the congregate meal sites in Dansville and Mt. Morris. At the Dansville site, 10 members were recruited and 8 participated. At the Mt. Morris site 12 members were recruited

and 7 participated. In total, 15 members participated. Participants were excluded from the research if they were younger than 60 years old, did not attend the congregate meal sites, were not a resident of Livingston County, and/or did not consent.

Study Design

A qualitative study design was used. Pre- and Post- interview questions (*Supplemental Figure 1,2*) were used to assess usefulness and effectiveness of a food map tool at two different congregate meal sites (Dansville and Mt. Morris).

Development of Data Collection Instruments

Data on local farmers, farm markets, and roadside stands was collected to be used on a food map tool. Owners were contacted and asked to fill out a survey about their business. Information such as name of operation, hours of operation, types of products sold, contact information, payment methods accepted, and consent to advertise information was

collected. In total, 9 local producers agreed to participate in the food map tool. The information from the 9 locations was organized and formatted into a food map (*Supplemental Figure 3*).

Focus Group Study/Interviews

Focus groups were conducted when there were more than two people sitting at a table. Interviews were conducted when there were 2 or less members sitting at a table. Three focus groups and 1 interview centering on the topic of the food map tool were conducted at the Dansville site. 1 focus group and 1 interview centering on the topic of the food map tool were conducted at the Mt. Morris site. Focus groups / interviews were chosen because they were the most effective way to communicate and connect with the Senior population. Technology is often a barrier amongst the 60+ population, especially in Livingston County where many Seniors do not have access to email, internet, or a computer. Therefore, an online questionnaire / survey would

not provide the best results or participation. Additionally, having the discussion about the food map tool in-person allows the researcher to address any misunderstandings, answer any questions the participants may have, and provide any clarification that is needed. Lastly, in-person focus groups / interviews allow for rapport to be built between the participant and the researcher. This rapport increases the likelihood of the participants wanting to share their honest opinions and expand on their answers. Focus groups and interviews allow for follow-up questions which lead to more details and information being collected.

Prior to participating, informed consent forms were signed by members of the community. Discussion questions were designed by the research team to assess the usefulness of a

food map tool for the residents in Livingston County. Seven open-ended questions were developed. The questions were tested for face-validity by professionals at the Office of Aging. Focus groups/interviews were led and notes were recorded by the moderator (dietetic intern). The focus groups/interviews were assisted by the supervisor (OFA dietitian). Focus groups were organized according to the tables at which members were sitting. The same moderator (dietetic intern) and supervisor (OFA dietitian) conducted all the focus groups/interviews. Duration of each focus group/interview lasted 15 – 20 minutes. Participants were prompted to express all their thoughts and follow-up questions were asked for clarification.

Using the notes from the moderator, the data was reviewed, and research team members were debriefed. Data review allowed for any trends and patterns to be identified. Patterns and trends were organized and summarized for the final report.

Data Analysis

Frequency of trends were determined from the focus groups/interviews. Through content analysis the research team identified significant emerging themes and summarized the qualitative data according to the participants answers. Percentages were also used to report the results of the focus groups and interviews. Responses of the participants were analyzed to determine the number of times a certain theme was brought up.

RESULTS

A demographic profile of the food map tool focus group participants is summarized in *Figure 4*. Of the 15 participants, 100% were over 60 years of age. Most participants were female (66.6%) and Caucasian (73.3%). The number of participants recruited from each congregate meal site was almost even with 53.3% (n = 8) from Dansville and 46.7% (n = 7) from Mt. Morris.

Figures 5 & 6 summarize the responses and common themes

Figure 4. Demographic Profile of Participants in the Food Map Tool Focus Groups

	Food Map Tool Focus Group n (%)
Age (y)	
60+	15 (100)
Sex	
Male	5 (33.3)
Female	10 (66.6)
Race	
African American	1 (7)
Caucasian	11 (73.3)
Hispanic	2 (13.3)
Other	1 (7)
Congregate Meal Site	
Dansville	8 (53.3)
Mt. Morris	7 (46.7)

of the focus group participant responses. Some questions were open-ended, and they were marked with an asterisk. Note that the most common themes

and their frequencies were reported. Environmental and personal factors may motivate or interfere with behavior changes related to utilization of

food maps, farm markets, farmer's markets, and roadside farm stands.

Figure 5: Participant Responses to the Pre- and Post-Questions about Food Map Tool

Pre – Questions / Response	# of Participants Making Responses (n)
<i>Would a food map be useful?</i>	
Yes	15 (100%)
No	0 (0%)
<i>How often do you shop at farmer's markets?</i>	
Never	2 (13%)
Once per week	9 (60%)
Once per month	3 (20%)
Everyday	1 (6.7%)
Post – Questions / Response	# of Participants Making Responses (n)
<i>After seeing this tool, did you learn anything new?</i>	
Yes	13 (86.7%)
No	2 (13%)
<i>In your opinion, how useful is this tool?</i>	
Not Useful	2 (13%)
Somewhat Useful	3 (20%)
Useful	7 (46.7%)
Very Useful	3 (20%)
<i>In your opinion, does this tool provide enough information?</i>	
Yes	13 (86.7%)
No	2 (13%)
<i>In your opinion, does this tool clearly communicate the necessary information?</i>	
Yes	9 (60%)
No	6 (40%)
<i>What would you change about the tool?*</i>	
Add more locations	4 (26.7%)
Add what types of products are sold	4 (26.7%)
Format the hours of operations more clearly	3 (20%)
Make numbers on the map larger	1 (6.8%)
<i>What other information would be helpful for understanding where and how to purchase locally available produce?*</i>	
None	8 (53.3%)

Add more locations that accept SNAP / FMNP Vouchers	3 (20%)
Add route numbers / more specific directions	2 (13%)
Add what types of products are sold	2 (13%)
<i>During market season, how likely are you to visit the listed farm stands and/or markets?</i>	
Not Likely	5 (30%)
Somewhat Likely	2 (13%)
Likely	8 (53.3%)
Very Likely	0 (0%)
<i>*open-ended question with most common emerging themes and their frequency</i>	

Perceptions of Food Map Tool

Before seeing the food map tool, participants were explained the concept of the tool. During the pre-test, we found that 100% of the participants (n = 15) perceived the food map tool to be useful prior to viewing the food map tool. After being shown the food map tool, 13 of the 15 participants still found the tool to be useful. This supports the idea that a food map tool could be

effective at increasing knowledge of local food sources. After viewing the tool, 86.6% of the participants (n = 13) learned something new. Only 2 participants did not learn anything new from the tool. *Figure 6* shows comments made by participants during the focus group interviews, that support they learned something new. This evidence supports the finding that a food map tool increases knowledge of local

food sources. Furthermore, 86.6% of the participants (n = 13) found the food map tool to be useful to some degree. See *Figure 6* for direct quotes explaining why the tool is useful. The most common theme that addresses the usefulness of the map was the inclusion of payment options. Lastly, the study showed that more than half of the participants were likely to visit the farmer’s markets / road – side stands on the map.

Figure 6. Emerging Themes and Example Quotes from Food Map Tool Focus Group Participants

Emerging Theme	Example Quote(s)
Expanding Awareness	<i>Would a food map be useful?</i> “Help open-up options” “Helps people familiarize themselves with the area” “Introduces places that people may not have known existed”
Teaching Something New	<i>After seeing this tool, did you learn anything new?</i> “I didn’t know there were so many farms and roadside stands” “I learned about new locations”
A Useful Tool but May Need Improvements	<i>In your opinion, how useful is this tool?</i> “Not very useful because the locations are too far away” “This will be very helpful because it shows where the locations are” “It’s helpful to know what types of payment methods they accept”

	<p><i>In your opinion, does this tool provide enough information?</i></p> <p>“Yes, it’s helpful to know what pay they accept” “I don’t know what types of stuff they sell” “Yes, I know the hours of operation, their location, and how to contact them”</p>
	<p><i>In your opinion, does this tool clearly communicate the necessary information?</i></p> <p>“The directions need to be clearer” “I can’t see the hours of operation well” “It’s difficult to see the numbers on the map”</p>
<p>Ways to Improve the Food Map Tool</p>	<p><i>What would you change about the tool?</i></p> <p>“Make the numbers on the map bigger” “Include route numbers” “Add locations outside of Livingston County” “Include what types of products are sold” “Add more locations” “Hard to see the hours of operation, make them clearer”</p>
	<p><i>What other information would be helpful for understanding where and how to purchase locally available produce?</i></p> <p>“Include route numbers” “I want to know what products are sold” “I want information about the Farmer’s Market Nutrition Program Vouchers” “How do I know if they accept the food vouchers or not”</p>

Participants shared several suggestions for ways to improve the food map tool. 80% of participants (n = 12) stated items they would change. 46.7% of participants (n = 7) shared information they thought would make the tool more

helpful. Common themes for improvements included adding more locations, increasing font size of numbers on map, making hours of operation easier to read, and including the types of items that are sold at each location.

Overall, this study provides evidence that the food map does increase knowledge of local food sources and 66.7% of participants (n = 10) would be likely to visit one or more of the locations on the food map.

DISCUSSION

In this study, we provide evidence that the food map tool intervention is effective at increasing knowledge about local sources of food amongst populations aged 60 years and older. Overall, the food map tool was well received, and many

participants opted to keep a copy of the map for themselves.

Key Findings

Common themes about the food map tool included expanding awareness, teaching something

new, need for improvement, and ways to improve. Participants made comments regarding introducing new locations and familiarizing people to the area. Reasons for such comments could possibly be because they’re new to the area or have

not traveled away from their hometown a lot. Limited exploration of the area due to lack of transportation, and / or finance could be the reason behind decreased knowledge of various food sources in Livingston County. Statements about learning something new are strong indications the food map tool was successful at increasing knowledge. The aim of the tool was to introduce resources to the population that they may not have known existed. The participants making comments that support new learning is rooted in the success of the tool in increasing knowledge. One of the purposes of conducting the focus group interviews was to hear opinions from the population regarding the food map tool. The original draft of the tool was meant to be a draft and we were okay with the tool appearing incomplete. Part of the process for creating the food map tool was to find out what the population wanted on such a map. This allows for personalization and hopefully increased effectiveness. Comments about font sizing, format, and difficulty reading information are very logical. As we get older, our eyesight tends to worsen. Keeping accessibility in mind when creating any resources for a population is crucial for its effectiveness. Their answers guided us as we made our revisions to the map.

After analysis of the participants answers, the most common

methods for improving included more locations, increasing font size of numbers on map, making hours of operation easier to read, and including the types of items that are sold at each location. Their feedback makes the image of what the best version of a food map tool should be. Moving forward, the comments provided by the participants in the focus group will guide the process for the creation of food map tools.

Following the intervention with the food map tool and the focus group interviews content analysis was used to identify common themes. The common themes provided insight on how we could improve the effectiveness of the tool. A comparison of the original food map tool (*Supplemental Figure 3*) and the updated food map tool (*Supplemental Figure 7*) the following changes can be seen. The updated version will include the types of products sold, have better formatted hours of operation, more locations added, and the numbers on the map will be enlarged. More specifically, a legend with images was used to indicate the types of products sold at each location. For example, if a location sells dairy, fruits, and vegetables, a carrot, apple, and a milk jug / cheese wedge was added to the location's box. To highlight the hours of operation, we underlined the information to draw reader's eyes to the words. Lastly, in the blank space next to the map, we included

information on the Senior Farmers Market Nutrition Program (SFMNP). Since several participants spoke about their fruit and vegetable vouchers and asked how to be involved, we provided information about the program. Statements regarding the program indicates another area of knowledge, related to access to food sources, that can be increased.

Conflicting Results

The main finding of the present study is that the food map tool is effective at increasing knowledge of local food sources. However, 12 participants responded with reasons for why the tool is not useful and 7 participants shared ideas for making the information more helpful. A summary of these reasons and ideas can be found in *Figure 6*. The most frequent changes requested by participants were increasing the number of locations on the map, adding which products are sold at each location, and making the hours of operation formatted more clearly.

Compare/Contrast with Current Research

The use of food map tools is a new area of research. By developing a food map tool and assessing its effectiveness within the community, this study highlights the need for tools like a food map, and the method for developing such a tool. Existing

food maps such as ones for Steuben County and NYC are the starting point for this tool and the use to address food insecurity. These tailored maps are utilized by Cornell Cooperative Extension and other nonprofit organizations to increase awareness of available resources. Some studies have assessed various interventions that address food insecurity, and they also conclude that increasing the knowledge of food sources is a crucial component of increasing food security.⁹⁻¹² This research fits into the limited existing studies because it also focuses on increasing knowledge as an intervention to food insecurity. More specifically, the studies identified lack of knowledge about resources as a major barrier to being able to access such sources. For example, SNAP provides several resources for accessing benefits and food, however participants don't fully understand how to utilize those resources to access the food. The education program used in the study did improve participant access to the food sources because the intervention shows the participants where what they needed to do to access the tools, how to utilize the tools provided to them, and where the

resources are.⁹ The result of my study provides a better understanding of what increasing knowledge of food resources may look like. Traditionally, knowledge is associated with education through some type of class, program, or lecture. Realistically, those who are food-insecure may find it difficult to attend such an education session due to cost, time, transportation, and feelings of shame or embarrassment. Finding creative ways of providing the information to a population to increase their access to food resources that won't possibly label them as food insecure could be a more effective way to address food insecurity.

Limitations

One significant limitation of this study is the decision to not record focus group interviews. As a result, direct quotes and participant responses are documented by handwriting them in the moment. In future studies, responses should be recorded to increase validity and accuracy of participant responses. Another limitation is the size of the study. Only 15 participants from 2 congregational meal sites were recruited. The

small sample size limits the power of the study and inhibits the ability to generalize the results to a larger population. There were two other congregational meal sites from which participants could have been recruited from. Ideally, phone interviews could have been used to reach community members who participated in home-delivered meals. However, doing so could also have increased complexity of the study. Length of the study also inhibits the ability to determine effectiveness of the intervention. Participants were asked pre-questions, shown the food map tool, and asked the post-questions all in one session. If there was more time between each phase of the intervention, and the participants were able to spend more time with the food map, their responses might have been more detailed. Lastly, the timing of the intervention could be a weakness. Since farmer's markets and road-side stands are most likely to be closed during the winter months, it might be difficult to get accurate answers from participants. Furthermore, if the food map tool was conducted during the in-season months, we might have been able to find more locations to add to the map.

CONCLUSION / IMPLICATIONS FOR THE FUTURE

The use of food map tools to increase awareness and knowledge of local food sources is a growing practice. This study

shows evidence that the food map tool, with revisions, can be an effective tool to increase knowledge of local food sources

and increase utilization of the tool.

Development of nutrition interventions that address food insecurity are limited if knowledge of how to increase food security is not addressed as well. The perceptions, attitudes, and the beliefs of the potential participants should be utilized when developing such interventions to increase effectiveness. While food map

tools are becoming more common and useful, there is still room for much improvement. Determining what the residents are looking for and what they want helps individualize the food map tool and gives researchers a better idea of what the food map tool should look like and provide. The results from this study will be used to revise and

update the original map. Furthermore, the groundwork of researching local food sources will be utilized by Cornell Cooperative Extension and the Livingston County Office of Aging to identify potential vendors who could participate in a Fruit and Vegetable Truck Program.

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APPENDIX

Supplemental Figure 1: Pre-Questions

Figure 1: Pre-Questions about Food Map Tool
Pre – Question
<i>Would a food map be useful?</i>
Yes
No
<i>How often do you shop at farmer's markets?</i>
Never
Once per week
Once per month
Everyday

Supplemental Figure 2: Post-Questions

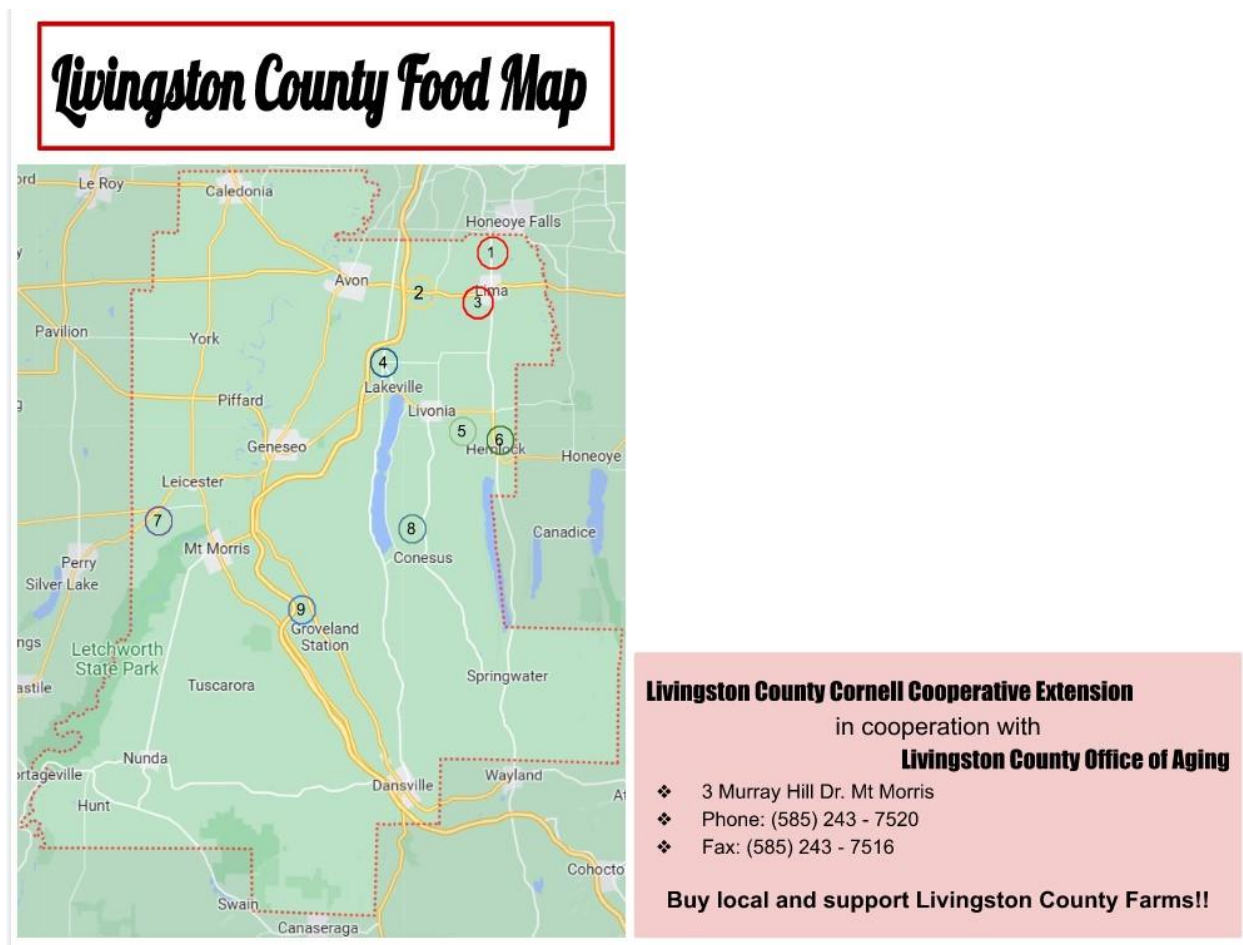
Figure 2: Pre-Questions about Food Map Tool
Post – Questions
<i>After seeing this tool, did you learn anything new?</i>
Yes
No
<i>In your opinion, how useful is this tool?</i>
Not Useful
Somewhat Useful
Useful
Very Useful
<i>In your opinion, does this tool provide enough information?</i>
Yes
No
<i>In your opinion, does this tool clearly communicate the necessary information?</i>
Yes
No
<i>What would you change about the tool?*</i>
<i>What other information would be helpful for understanding where and how to purchase locally available produce?*</i>

During market season, how likely are you to visit the listed farm stands and/or markets?

- Not Likely
- Somewhat Likely
- Likely
- Very Likely

**open-ended question with most common emerging themes and their frequency*

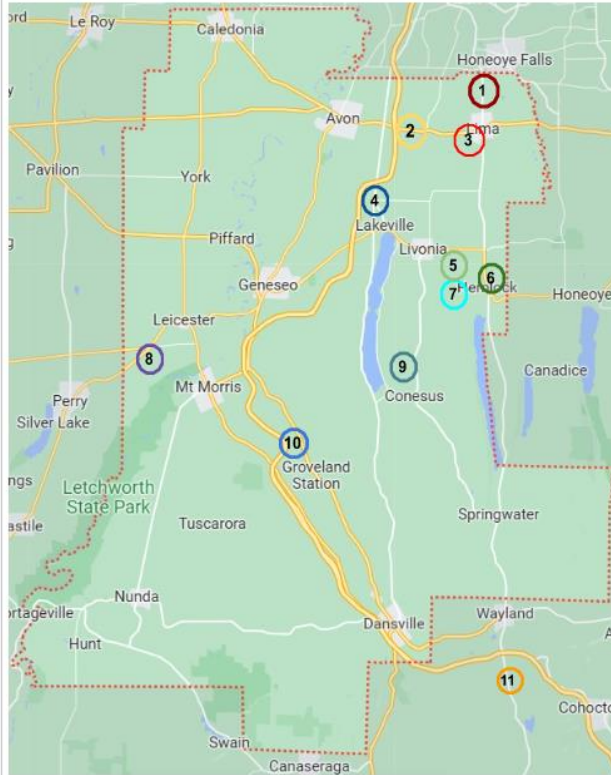
Supplemental Figure 3: Original Food Map Tool



<i>Farmers Market</i>	<i>Roadside Stand</i>	<i>Farm Store</i>
<p>1. Countryside / Flower Farm Market</p> <ul style="list-style-type: none"> ★ jcintineo@gmail.com ★ 1037 York St, Honeoye Falls ★ Mon to Sat 9am - 5pm ★ Cash 	<p>2. J & A Stand (585) 346 - 2190</p> <ul style="list-style-type: none"> ★ 6045 East Avon-Lima Rd (Route 5 & 20) ★ Mon - Fri 9am to 6pm ~ Sat & Sun 9am to 5pm ~ June to Halloween ★ Cash, card, check 	<p>4. J & A Farm Market (585) 346 - 2190</p> <ul style="list-style-type: none"> ★ 2921 Lakeville Rd, Avon ★ Mon - Fri 9am to 6pm ~ Sat & Sun 9am to 5pm ~ June to Halloween ★ Cash, card, check ★ Greenhouse
<p>3. Lima Farmer's Market (585) 500 - 8551</p> <ul style="list-style-type: none"> ★ 7295 West Main St, Lima ★ Tuesday 3-6pm ~ June to Oct. ★ Cash, card, check, venmo, paypal, SNAP/EBT, nutrition program vouchers, WIC 	<p>5. Cicero Farm (585) 346 - 7407</p> <ul style="list-style-type: none"> ★ 4341 Shelly Rd, Livonia ★ Daily ~ 8am to Sunset ~ May to Nov. ★ Cash, check 	<p>7. Park View Farm (585) 848 - 0799</p> <ul style="list-style-type: none"> ★ 5700 Gibsonville Rd, Leicester ★ By appointment ~ year round ★ Cash, card, check, Venmo, PayPal, Apple Pay, Fresh Connect Checks, FMNP Vouchers ★ Online Store/Farm Pick-Up or Delivery
	<p>6. Two – W's Homestead (585) 738 - 6372</p> <ul style="list-style-type: none"> ★ 4237 East Main St Livonia ★ Daily ~ dawn to dusk ~ Spring to Fall ★ cash 	
	<p>8. Olde Silo Farm (585) 346 - 2813</p> <ul style="list-style-type: none"> ★ 5486 S Livonia Rd, Conesus ★ U-Pic Berry Farm ★ Mon to Sat ~ check website for hours ~ June to Sept. ★ Cash, card, and check 	<p>Cornell Cooperative Extension is an equal opportunity employer and educator</p>
	<p>9. Valley View Farmstead (585) 217 3050</p> <ul style="list-style-type: none"> ★ 8071 Groveland Station Rd, Dansville ★ Daily ~ Sunrise to Sunset ~ Year Round ★ Cash, check, venmo; paypal and check for larger purchases 	
<p>Cornell Cooperative Extension Livingston County</p>		

Supplemental Figure 7: Updated Food Map Tool

Livingston County Food Map



What is "SFMNP"

SFMNP stands for the Senior Farmers Market Nutrition Program. Qualifying seniors receive ten, \$5 vouchers to use at participating farmers markets.

Who Qualifies for SFMNP?

Seniors over the age of 60, whose monthly income is at or below:

- ❖ One-Person Household - \$2,096
- ❖ Two-Person Household - \$2,823
- ❖ Three-Person Household - \$3,551

What can I buy?

Fresh, local produce like:

- ❖ Fruits
- ❖ Vegetables
- ❖ Herbs
- ❖ Honey

How do I apply?

Call NY Connects at 1-888-443-7520

Last day of distribution is Month Day, Year

Supply is Limited - so call and find out if any remain!

Livingston County Cornell Cooperative Extension

in cooperation with

Livingston County Office of Aging

- ❖ 3 Murray Hill Dr. Mt Morris
- ❖ Phone: (585) 243 - 7520
- ❖ Fax: (585) 243 - 7516

Buy local and support Livingston County Farms!!

Farmers Market

1. Countryside / Flower Farm Market

- ★ jcintineo@gmail.com
- ★ 1037 York St, Honeoye Falls
- ★ Mon to Sat 9am - 5pm
- ★ Cash



3. Lima Farmer's Market (585) 500 - 8551

- ★ 7295 West Main St, Lima
- ★ Tuesday 3-6pm ~ June to Oct.
- ★ Cash, card, check, venmo, paypal, SNAP/EBT, FMNP Vouchers, WIC



11. Little Blooming Gardens (607) 382 - 7156

- ★ 10500 Narrows Road, Wayland
- ★ Saturday 10am - 1pm
- ★ Mid-June to Oct.
- ★ Cash, card, FMNP Vouchers



Roadside Stand

2. J & A Stand (585) 346 - 2190

- ★ 6045 East Avon-Lima Rd (Route 5 & 20)
- ★ Mon - Fri 9am to 6pm
- ★ Sat & Sun 9am to 5pm
- ★ June to Halloween
- ★ Cash, card, check



5. Cicero Farm (585) 346 - 7407

- ★ 4341 Shelly Rd, Livonia
- ★ Daily ~ 8am to Sunset
- ★ May to Nov.
- ★ Cash, check



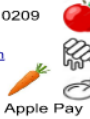
6. Two - W's Homestead (585) 738 - 6372

- ★ 4237 East Main St Livonia
- ★ Daily ~ dawn to dusk
- ★ Spring to Fall
- ★ cash



7. Black Hart Farm (585) 549 - 0209

- ★ 4439 Federal Rd, Livonia
- ★ blackhartfarminfo@gmail.com
- ★ Check online for hours
- ★ April to Nov.
- ★ Cash, Card, Venmo, PayPal, Apple Pay



9. Olde Silo Farm (585) 346 - 2813

- ★ 5486 S Livonia Rd, Conesus
- ★ U-Pic Berry Farm
- ★ Mon to Sat - check website for hours
- ★ June to Sept.
- ★ Cash, card, and check



10. Valley View Farmstead (585) 217 3050

- ★ 8071 Groveland Station Rd, Dansville
- ★ Daily ~ Sunrise to Sunset
- ★ Year Round
- ★ Cash, Check, Venmo Paypal
- ★ Check for larger purchases



Farm Store

4. J & A Farm Market (585) 346 - 2190

- ★ 2921 Lakeville Rd, Avon
- ★ Mon - Fri 9am to 6pm
- ★ Sat & Sun 9am to 5pm
- ★ June to Halloween
- ★ Cash, card, check
- ★ Greenhouse




8. Park View Farm (585) 848 - 0799

- ★ 5700 Gibsonville Rd, Leicester
- ★ By appointment - year round
- ★ Cash, card, check, Venmo, PayPal
- ★ Apple Pay, Fresh Connect Checks
- ★ FMNP Vouchers
- ★ Online Store/Farm Pick-Up or Delivery




KEY:

Vegetables 

Fruit 

Dairy / Cheese 

Fresh Eggs 

Honey 

Meat / Poultry 

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