**FLPP: Interview Template**

### CODE: Base Map Connections

**Q: How would you describe the different connection strengths between retail use and the five retail types?**

**Interviewer** 00:07

So getting right into it? What is sort of your, your understanding about sort of the strengths of these different relationships, we can start with restaurants, we can serve stores, whatever you think.

**Participant 110** 03:51

Well I think most people are purchasing at local grocery stores. Um, I think that that is been something I mean, literally, every weekend since COVID hit the grocery stores are packed.

**Interviewer** 04:03

Yeah,

**Participant 110** 04:04

So clearly are, but and unfortunately, we only have, I think, one grocery store in the city, but all of the surrounding grocery stores are pretty packed on the weekends, and pretty good flow of traffic throughout the week.

**Participant 110** 04:17

Um, there are also people purchasing from restaurants to go, a lot of people are doing both local and chain restaurants to go. I think it's not as strong as it used to be. Because again, it's just to go but I think after cooking at home, every day, every now and then people just want to get something that they didn't have to cook. So that's not really as strong as the grocery store is. To me, that's a weaker relationship. And I don't think it's any different from the local restaurant versus the chain. I don't think there is a difference.

**Participant 110** 04:57

There is a large subsection of community that are going to the convenience stores. And that's for those who do not have transportation and convenience stores are up the street or around the corner. And especially around many of the housing complexes, you know, the convenience stores are convenient. And so people are spending money there.

**Participant 110** 05:16

I think the farmers market, um interaction has weakened a little since COVID. It's not as strong as the others to me. Um, let's see.

**Q:** **Okay, then thinking about the connection strengths between use of the supplemental sector and the different types of stores,** **how do you think about these strengths? Are supplemental nutrition programs used at certain places more often in Flint?**

**Interviewer** 05:35

Yeah. And then the other ones would be sort of the use of supplemental nutrition programs is that being used more in grocery stores, convenience stores, farmers markets, about the same?

**Participant 110** 05:47

For sure more in grocery stores, and convenience stores. Maybe a little use in farmers markets, I don't know if they use- I know they have a couple of programs that you might can use the farmers market, but not as much as in grocery stores. So when I think of supplemental, you're talking about like WIC and those types of things, correct?

**Interviewer** 06:06

Yes.

**Participant 110** 06:07

Okay. Yeah, more so in the grocery stores and the convenience store, and not in restaurants at all. I don't see that anywhere.

### CODE: Free Addition of Concepts

**Q4: Which of these other values are important to the Flint food system that you want to include in your map?**

**Participant 110** 08:55

Well, I immediately went to education, nutritious foods, affordability and availability, those are like ones that I immediately can connect to.

**Interviewer** 09:15

I will switch back to mental modeler and add those concepts.

**Participant 110** 09:26

And again, I'm gonna be honest, I'm saying this to a skewed lens of the impact of the water crisis. And how a lot of certain types of food were being brought into like the farmers markets and other places that were supposed to be lead mitigating foods, but yet, they may not have been foods that were a cultural norm for the community here. So yeah, you introduced this to us but we don't know how to cook it. Like we don't know how to prepare it. And so that's when we saw the influx of like, cooking classes and stuff down at the food markets and stuff like that. So yeah. Okay, let's go. Let's rock and roll.

**Q5a:** **Based on how you see the current food system in Flint, how would you draw connections between these concepts?**

**Participant 110** 10:17

So nutritious foods? Definitely with the grocery stores. The convenience stores, the farmers market. And then your restaurants.

**Interviewer** 10:33

Yeah. And how do you see maybe different strengths of relationships or even-

**Participant 110** 10:38

Stronger with grocery store and farmer's market? Not as strong with convenience stores because we know convenience stores have less healthy options, even though we want them to have-

**Interviewer** 10:49

Yeah.

**Participant 110** 10:49

Healthy options. But if you're asking me, the reality of it is that convenience stores don't, they're not as stronger as the grocery stores and the farmers market. And then your chain restaurants tend to have more nutritious foods, I think than the local. Well, it kind of depends, though, because some of your local restaurants can be vegan. And then so they're about the same I will say. And especially your Caribbean restaurants who do more spices and more grilled and options and things like that. Yeah. Okay.

**Participant 110** 11:29

So with affordability, convenience stores tend to be a little bit more affordable. On certain items, and on other items, they're more, so I'm not quite sure where that lands in strength yet. So I'm gonna kind of stick with that for now.

**Participant 110** 11:48

Grocery stores, see, and when we talk about affordability, it depends on what items we're talking about.

**Interviewer** 11:55

Yeah.

**Participant 110** 11:56

So if we're talking about nutritious items, they tend to be more expensive at grocery stores.

**Interviewer** 12:08

So maybe that's, you know, a negative connection from nutritious foods to affordability, that nutritious foods are more expensive. And so more nutritious foods means that food is less affordable.

**Participant 110** 12:22

Farmer's market tends to give you decent affordability for the quality of the food.

**Participant 110** 12:30

Um, and I would also say your restaurants are pretty decent in price. Many of them, you know, because of the need to increase their sales due to COVID. You know, you can get the two dinners for the price of one and feed two people. So there are a lot of sales that you can get and deals so yeah.

**Interviewer** 12:57

Um, do you see a difference between the affordability of chain restaurants and local restaurants or about- are they about the same?

**Participant 110** 13:06

I think the chain restaurants gives you a little bit couple more deals than the local because the local restaurants, you know, because they're local, they don't get the same supply at the same, you know, discounted rate as chains. So they may be a little bit more affordable. But most people understand that, especially if it's a mom and pop shop that you know, and so they're willing to pay that overhead for that.

**Interviewer** 13:34

Um other connections that you see.

**Participant 110** 13:37

So availability, well nutritious food and availability. That's something that's kind of up in the air for me. Because when we think about nutritious foods —

**Participant 110** 13:52

Are nutritious foods available? Yes. Are they affordable, not so much. So however you need to draw that to capture what I'm saying, go ahead.

**Interviewer** 14:04

Yeah, I'd say maybe like there's a positive connection between availability and nutritious foods that when there's more food available, there is food available then there, that means that there's nutritious foods available.

**Interviewer** 14:21

Um, potentially things that you see as connections to availability of like, what determines availability.

**Participant 110** 14:30

What was the availability defined by again?

**Interviewer** 14:32

Sure. Um, so availability is — type, quality and amount of food required for community members to conveniently feed their families and themselves should be physically present. So it's sort of like how much or like is preferred foods available for folks

**Participant 110** 14:53

Preferred is the keyword because there's food available it may not be preferred though. But in the context of this definition, I think it is at restaurants. I think it is at restaurants both local and um, may not be always the- Yeah, it yeah, it may not always be nutritious, but it's the prefered. And sometimes people prefer that which is not nutritious. And so. And that's where the education piece has to come in.

**Interviewer** 15:31

How would you draw connections with education?

**Participant 110** 15:35

So there needs to be, well there is a weak link between education and nutritious foods, I think.

**Participant 110** 15:51

Some of your chain restaurants however they- in their menus, they educate and break down how many calories, what's in the- so they do some, some type of education, not so much in the local restaurants do you see like how many calories are or any of that. So I know the larger chain restaurants do.

**Participant 110** 16:13

Grocery stores? I don't know. I won't call it education. I mean, I don't know. Well, because what's on the back of the box telling you how much salt intake. I don't know how many people even read that stuff in the grocery store.

**Interviewer** 16:26

Yeah.

**Participant 110** 16:28

And if that was working, we wouldn't be in the situations that we're in now. Because they've been doing that for, since we were born before we born. Labels. And so I'm not quite sure if that would be considered under education. Because if that's the case, that has been failed education,

**Interviewer** 16:44

And it's certainly not like active education opportunities.

**Participant 110** 16:47

Yeah. And see, I'm unsure of how many local restaurants actually purchase their food from the farmers market for their...

**Participant 110** 17:12

I know that there are some that do but I'm unsure, I wouldn't be able to measure, quantify or give that type of connection.

**Participant 110** 17:36

So ability of supplemental sector. I think that goes to — grocery stores. And convenience stores. The ability. Yeah, grocery stores and convenience stores. Um..

**Interviewer** 17:57

Yeah, do you want to talk a little bit more about what those connections are?

**Participant 110** 18:02

Well when I think of WIC and some of these other-other supplemental programs, they are, you can engage like their ability like they're there, they're present. You can actually, you have the ability to benefit from those supplemental programs in those particular establishments.

**Participant 110** 18:28

And then I know that there's a link between supplemental sector and education. Um, I know the state government tries to educate those who are on assistance or who need assistance regarding what these programs are. They try to somewhat educate the general public about it as well. So it's not a thick, thick connection, but it definitely is a connection.

**Interviewer** 18:51

And just to clarify, would that be a connection from supplemental sector to education or education to use? Or would it be both?

**Participant 110** 19:00

I think it's, well, it's the supplemental sector using education to connect to the- to the patrons. So I'm not sure.

**Interviewer** 19:10

Ability to education and education to use if that makes sense to you?

**Participant 110** 19:13

It could, it could, I could go for that. That's all I got.

**Q5b: Were there other values that we went over that you also think are important and want to include?**

**Participant 110** 19:40

Well, that was one value that was about — it wasn't the community empowerment one. I think it was the one that was — what was partnerships again?

**Interviewer** 19:55

Partnerships. Yeah, so that, here let me scroll back up. Um, you know, so problem solving, creativity through partnerships.

**Participant 110** 20:07

That's ideal. But no, no, it wasn't that one. I think it was the quality of life or lifespan or something. I think that's the one yeah.

**Interviewer** 20:16

Okay,

**Participant 110** 20:17

Because people dietary needs change over time. And so. [clears throat]

**Participant 110** 20:26

So quality of life and education is a big strong piece, because you have to learn that like. And there-there are some seniors, it takes them a minute to realize they can't eat what they used to eat. And it impacts the body differently. So there's a connection between education there.

**Participant 110** 20:45

There's a connection between nutritious foods, there's a connection between affordability — is something you just have to decide if they can buy groceries, the types of groceries they need, or their prescriptions.

**Participant 110** 21:05

There's a connection to the retail, of course, they would buy different types of food, as quality of life differs for them. So that-that's that connection. And that would be the same with grocery stores.

**Interviewer** 21:20

Yeah, do you know speak more on that maybe. So like how they would use retail differently. So like, what-

**Participant 110** 21:29

It's what they would consume in the retail industry would be different. Like they weren't, they weren't buying Ensure at first, you know what I'm saying. So it's the actual products that they're purchasing, that may change in the retail sector. Same with grocery stores. And most seniors visit the farmers market, I don't know, see, like the older people just decide that all of a sudden, you know, they the farmers market is, like my grandfather was like, I'm not buying any more of those chicken wings from Kroger, or Meijer. I want to get those ones from the farmers market that's not all pumped up and extra big and have all those additives in it. And so I think that some of that also comes with wisdom, as-as they get older, so.

**Q6: Are there other things that influence these variables? For example, if we got back to the traffic example, I might add carpooling, as something that decreases the number of cars on the road. Is there anything else you would like to add to your map?**

**Participant 110** 23:15

Yeah, transportation is definitely one because a lot of people can't get to healthy food establishments, so they tend to just go where it's convenient. And so transportation negatively impacts their intake of nutritious foods.

**Participant 110** 23:38

It also impacts their ability to go to grocery stores in a negative way.

**Participant 110** 23:44

I think it increases activity with convenience stores, but it decreases activity with like, grocery stores, or maybe...

**Interviewer** 23:58

So that'd be I'm just [inaudible] I'm interpreting that right so it'd be a positive connection to grocery stores because you have more transportation more like accessibility, then you're gonna go- be able to go to grocery stores. If you have less transportation, less opportunity there, then you would go to more convenience stores.

**Participant 110** 24:16

Right. Because you have, I mean, you can walk that, you don't have to go for miles. Yes.

**Interviewer** 24:23

Um, other sort of connections with or to like [inaudible] transportation, other concepts that you want to include in your map.

**Participant 110** 24:32

Well, a lot of your restaurants are delivering now. And so I'm not quite sure what that looks like on this. But you know, if you have the money, you can do doordash or you can do some of these other things with restaurants, so transportation may be less of a barrier if you have the money.

**Interviewer** 25:02

What about- what would be a good way to model that? Maybe if that income might have an impact on transportation that if you have more income, then this transportation barriers less significant. Um, anything else that you'd like to add or change?

**Participant 110** 25:41

I think that's it.

**Interviewer** 25:42

All right. All right. So I'm going to save this now. Um, the next thing-

**Interviewer 2** 25:49

There's still a question mark on the connection between convenience store and affordability?

**Interviewer** 25:54

Yeah. Definitely, yeah, let's do that. Do you have any sort of thoughts of if it would lean one direction or another that-

**Participant 110** 26:05

Well, that it's the convenience stores are- the stuff in convenience stores are more affordable.

**Interviewer** 26:11

Okay.

**Participant 110** 26:12

It's implied in the name.

**Q7: When you look at the model you created, is there anything you think is missing, or that you want to add to better capture how you think about the food system in Flint?**

### CODE: Leverage Points

**Q9: So now considering your map of the current Flint food system, how would you make changes to improve it?**

**Participant 110** 26:49

Well, one income. Income is a game changer. I think the food system in Flint was a lot different when it was at its highest with-with General Motors and those things.

**Participant 110** 27:10

And people, more people had cars, their own transportation, you know, when they had more income, so income triggers a lot of things. It's a leverage. It's a, it's a lever, for a lot of other things that are on this particular map.

**Participant 110** 27:28

I would also then trigger education as a lever, and I know that's so cliche. Oh, my God, it's so cliche. But.

**Interviewer** 27:37

Yeah. Um, do you maybe have any, like, thoughts or insights about sort of this education piece of, you know, things, you know, specific ways that education can be effective, or things that are ineffective? And sort of the educational programs currently in Flint?

**Participant 110** 27:56

Well, well, I just think that the education regarding the food system is weak. It's really, it's weak. I mean, it's weak. But I think it's always been weak. And I think it's weak in most cities, and in most urban communities.

**Interviewer** 28:10

Yeah.

**Participant 110** 28:10

Um, there are grassroots groups and entities out there, like 4H and others, they're try to educate people, but I don't think that they reach the masses. And I don't think that their offerings are always packaged in a cultural way that will draw people from various backgrounds. So we need, I just think we need to reform how we educate folk, that would be my statement. We need to reform our educational offerings, and, and our approach in educating residents about the food system.

**Participant 110** 28:51

And I think the food system needs to be taught in the- in, early in school, like not wait till they get to Home Ec, like to teach the food system while they're teaching math and science and reading and arithmetic. Because, that's something that never stops, that's what you're, you're going to eat your entire life. You know, and so you may not sew or make clothes, I'm thinking of other stuff you do at home ec, your entire life, but you're gonna eat your entire life. And so I think that that's something that needs to be throughout. I mean, in every grade, offered in the school system, there needs to be some type of food engagement, food, nutrition, food education, so we need to reform the educational offerings around food systems.

### CODE: Final Open-Ended Question

**Q12: We’ve talked a lot about different food system sectors and values, and the impact of COVID-19. Is there anything important about this conversation that I forgot to ask you, or something that you want to add?**

**Participant 110** 33:39

I can't think of. And maybe it's just because I'm, I think, I'm reflecting on all of the conversations I'm in, from the local team, to the CCP, like, I'm just trying to think like, it's so much to, to tease through. And I know, we have gone up the mountain twice, and come down once at least. Um, I think we're good.