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

**Interviewer** 16:53

Thinking about sort of deciding these connections strengths, for context, this really is asking sort of like when people like to go and purchase food in Flint, where are they purchasing it? And it's like, maybe it's kind of even so there may be all medium connections, maybe they you know, purchase it from one source a lot more than other places. So that one will be strong and other ones weak, kind of like that. So how would you maybe describe the different connection strings between the use of retail and then local versus chain restaurants?

**Participant 114** 17:29

I would say that- I would say that the use of retail and local restaurants are higher. I would say chain restaurants well- sorry, chain restaurants are more active than local. Depending on what local business has been promoted, it may be a little bit higher.

**Participant 114** 17:52

I would say bars in the downtown area probably get a lot more business than the outskirts of Flint. I would say that [inaudible] on like Miller road with the red lobsters and the plant. Kind of like the other pizza places like Little Caesars. Assessable places for people to like make [inaudible] are very, I think a little bit higher. I would say that there may have been more of an uptick in retail just because people were hoarding food and buying out things just because of the pandemic. I don't think that's necessarily anything like nutritional value. I think a lot of it was like frozen, freeze dried food. But this is just from my perspective, I can't really say that I have a very strong and articulate way to say this is a solid fact. But just things that I've noticed about what people have been buying and what people have been making. I don't think that it's uncommon to see people who don't have a grocery store in the city limits to be more keen to buy out more or to use convenience stores to buy what they can get. Not necessarily what they need.

**Interviewer** 19:37

Oh, how would you maybe relate that to sort of the connection strengths between, you know, grocery stores versus convenience stores?

**Participant 114** 19:45

I think that grocery stores are something needed, but I don't think that it's something that people in the city of Flint necessarily can get to. Especially when we're looking more at the north side of Flint. There's just not that much there when it comes to food accessibility. I think when it comes to convenience stores in those areas, it's more keen for people to get like their day to day things like eggs, bread, butter, pancake mix and those kinds of things, but not anything when it comes to vegetables. So I don't think that there is a positive when it comes to convenience stores. I think farmers markets, if we're going to [inaudible] it's great, but it's still a barrier for people who can't get to the farmers markets or don't necessarily know what a farmers market may be.

**Participant 114** 20:56

Farmers markets have an increased price for some of the items as well, like, I know there's programs like the WIC program that helps people when it comes to produce. But again, people need to know how to prepare those products. And I've seen that people are ignorant and don't know how [inaudible]. But there is still a lack of understanding.

**Interviewer** 21:36

So I'm going through some of these connections that I've made. And see if that sort of reflects what you told me so that, you know, farmers markets maybe are not as well frequented. So maybe that's like a weaker connection. And that some of the reason that people maybe wouldn't go to farmers markets is because of transportation that it's hard to get to, or, you know, they don't know about it. And that also means that farmers markets are more expensive. So they have a negative impact on affordability. And that also one way that we can become more affordable is through Supplemental Nutrition Programs, because that's sort of a fair assessment?

**Participant 114** 22:20

Yep.

**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** 22:24

And then the next thing is do you have a sort of sense of, you know, where people are using Supplemental Nutrition Programs? If this is, you know, more prevalent use at grocery stores, convenience stores, farmers markets? Do you have any sort of sense of that?

**Participant 114** 22:40

Yeah, I've noticed that more people use them at convenience stores, retailers, any place that's accessible for them, I get a lot of things coming down to transportation and just accessibility to grocery stores. If you don't have a local grocery store in your area, you're not going to be able to go and shop at a grocery store and use your food stamps or, you know, whatever food program that you're on. The only thing that you could use them on is if you have, you know, a gas station.

**Interviewer** 23:12

So if there were a convenience store down the street that you can use those funds for, on the off chance that you may be able to go to a convenience store or a farmer's market, grocery. And we have programs there but they're very limited in what you can buy. It's very much about whether you can buy specific items and if they're still in the ramification of like, okay, I can buy these specific items, but what can I use the specific items for? How do I use these specific items? I think a lot of these programs give necessarily the tools, but not necessarily the education on how to use those tools effectively.

**Interviewer** 26:27

So do you have any questions about these definitions? Or a sense of which two or three you'd want to include?

**Participant 114** 26:55

No.

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

**Interviewer** 27:04

Which ones do you think you'd want to add to your map?

**Participant 114** 27:09

Well, I think education is always there, affordability, I believe, community empowerment, partnership, and nutritional foods should definitely be there.

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

**Interviewer** 27:31

I will switch back to the map then and add those in. So considering sort of how you understand the current food system in Flint, how would you start drawing some connections between these concepts?

**Participant 114** 28:17

So with community empowerment, I would say that you need to not only involve the community that you're trying to provide these foods, and trying to better these food systems, but also give them a sense of pride in what is going on in their community. You can't provide people with some kind of services without their acknowledgement or understanding of what's going on. Especially if it's for them. So community empowerment has a lot to do with the educational portion.

**Participant 114** 28:49

They need to know what is, why it's going on, and how can it benefit them [inaudible] for anything? And it seems that a lot of organizations are very giving in their tools when it comes to providing a [inaudible] or trying to provide kind of monetary things or different food programs without the secondhand nature of the thing is its prosperity. It's only so good until a grant runs out. It's only good that the program is no longer available for these people and then what? So now you have a group of people who may have this education, and then they have a lot of questions, but they don't have any way to go at that point. So that's why a lot of community empowerment so if you take that educational piece, give it to them.

**Participant 114** 29:53

And then they can proliferate that piece of knowledge to themselves and to the people who they were trying to affect around them. The partnership is just that different organizations should try to come in and help these people, especially if you're serving and doing nonprofit work with them. You should be making it easier for people to access these tools, and not necessarily giving them- not just throwing tools at them to say, like, hey, this is what we think is good for you. They should be brought to the table, what do you think we should do for you to make it easier for you to achieve your goals in your community. And to foster that, apart from it has to be made work with the beneficiaries and the people who were providing it's no good for an organization or business to come into a community and expect them to do good for them.

**Participant 114** 30:42

But actually knowing what is good for the community itself. And a lot of times that- it seems that way too. We're going to, we're going to improve the community, whether you like it or not. And that's kind of like, how, you know, gentrification happens when a lot of things are happening, where it seems as though that it's pushing the people who you're trying to help out. And then you say you help them because they're no longer there, or they're not the problem anymore. Nutritional foods, I would just allocate that to if you are nonprofit, and you do partnerships with people, and you're trying to push more nutritional food, a lot of things a lot of people don't trust just word of mouth, they like action.

**Participant 114** 31:28

So if you try to provide them with nutritional foods in accessible places that they can have and sustain that for a long time to where they don't think that okay, this is only going to be a few weeks, or this person is providing this when this person is going to be here for a few months. And this is part of whatever program they're doing. If you're sustaining that for just not only for their schools, where the kids can get it for free. Where you know, most of the nutritional things that need to go to school systems are not being brought to them, they're still getting these, you know, almost plastic lunches, where we have a plethora of food that, you know, goes to the wayside, on an industrial level. I think there's a statistic that is like only 2% of bananas actually are shipped to American grocery stores, which means 98% of them are going to the wayside. Why can you provide that to kids for no allocated cost? There's a bunch of different kinds of laws, not just New York, that says you can't give out day-old bread to people. But before one reason, there's no FDA regulation against it, it's just another barrier for people to not have accessible food.

**Interviewer** 32:41

I trying to make some connections and definitely if there are things that you think I'm not capturing, let me know, and we'll make any changes.

**Interviewer** 33:22

So these are some of the connections I've made so far, I think maybe you want to backtrack a little bit to this piece of maybe how we would model this idea of like, what makes, you know, not only like, effective partnerships, but effective partnerships with, you know, with residents with the community that they're trying to benefit with programming and stuff like that, you know, of like, what makes like, either, like, sort of evaluating what's currently going on in Flint, like, if it's like, people are not well served by, you know, maybe one sector over another or like one sort of programming, or like, can be more general of like, what factors contribute to, you know, affect what, you know, partnerships, and these educational efforts should lead to empower, like community empowerment? What are the barriers there? Why are they not hitting that level, I guess, kind of get some of the more of those specifics into the model. Because I definitely want to capture this concept.

**Participant 114** 34:27

So, I believe that a lot of the partnerships are broken down to not acknowledging the past situation that's happening. Committee members are very distressing for newer programs, they're, you know, super exciting and wanting to come in to like, quote, unquote, improve the livelihood of people but no acknowledgement of what happened in the past and why it's not working out and why we're still dealing with the same problems for decades. I think first acknowledging the problem, and not being the person to be [inaudible] but bring people to the table and like consistently bring them to the table, not just forgetting them and say, okay, we're going to work on this project. And we're going to have you at every step, only to consult you, but like, have them there to be the person to make the decision [inaudible]

**Participant 114** 35:27

I think when it comes to partnerships, it should be a bottom to top situation it should never be- especially when it comes to community outreach, I strongly feel that it should be about the community, not necessarily what the business organization is trying to do for the people.

**Participant 114** 36:09

It goes a long way to say that. Also, if we're talking about affordability. Making programs, you know, there are different kinds of programs like the WIC program, but canned foods are actually just different kinds of food giveaways and food drives. And that's very nice. Because it does have a lot of people. But is that sustainable for the foreseeable future? How do people, organizations, afford these things? If not giving that money back to the community in some way or form, and making sure that they are secured to where they can buy their own food, and then not have to, necessarily depend on food drives.

**Interviewer** 37:06

So yeah, I want to go back and double check that I'm sort of capturing this correctly. So I added sort of, you know, I differentiate between partnerships in general, and then like, partnerships that you know, because that's a pretty big category, that, I added sort of this negative connection to represent things that are not working well in Flint right now. And then added sort of this link that like one way that partnerships that can do effective, like resident engagement, that leads to community empowerment, but like, they need, you know, different factors that like they have to be very purposeful about how they go about doing that, to make sure that they're really serving the community.

**Interviewer** 37:50

And then I also added things, the sort of like the sustainability, you know, not like environmental sustainability, but you know, as you're sort of talking about it, the resilience and sustainability of the food system to continue in the future, you know, the emergency sector has sort of a negative impact on that, the over reliance on it, and also potentially the supplemental sector. I don't know, if you would consider that we can definitely delete that connection if you don't see a connection there.

**Interviewer** 38:15

And then, just because this is sort of the way you've been talking about it, is that a way to ensure the sustainability of the system is, you know, through community empowerment. And I know in the fitness space, people talk about it, it's like food sovereignty, a lot of participation. And you know, democratic food systems are generally better. Does that capture kind of how you think about it? Are there things you change or add?

**Participant 114** 38:44

Oh, yeah, that sounds really good. Thank you.

**Interviewer** 38:50

Great. Other neural connections you want to make? Sort of like nutritious foods and consistency and trust, maybe this could be connected to the sectors and then sort of these pieces are a little bit disconnected from the map. You can totally leave them that way, but potentially, if you have connections you would want to make between these.

**Participant 114** 39:14

Yeah, so connecting available, nutritious foods to the ability of the supplemental sector.

**Participant 114** 39:21

I would say as much before we're talking about like the WIC system and the food system in place specific things that they can get, if they cannot get to grocery stores and not be able to buy like specific food items because they have a limited amount of money on their food card or they're gonna buy something that is $4 for an avocado even though you know has better nutritional value. Or, you know, I mean, it's like a slice of cheese that's like $1 or something, you know, but two different products, you're going to buy something that's a lot cheaper for bang for your buck than something that's, you know, higher price.

**Participant 114** 40:00

I can buy white rice even though that's not nutritionally more valuable than brown rice, but it's a lot cheaper than brown rice and is a lot cheaper than black rice, which is more, you know, fiberus, stuff like that. Am I gonna buy frozen food versus fresh food? Frozen food is cheaper and it's [inaudible], but fresh fruit has more nutritional value in it. And then how do I get to those places? If I want to buy my fresh food, how do I get fresh food? If I buy my frozen food, and I have to drive or take a bus 30 to 40 minutes to get there, how do my products stay fresh?

**Participant 114** 40:41

And this goes back to if programs are trying to give or mitigate these kinds of problems, then it has to be consistent. And they have to have those trustees because people rely on those. And once those organizations or those grants and they'll find a little more innovation comes to the end, those people are right back to where they started. So there's not a real failsafe program for people even though there is a failsafe when it comes to different kinds of governmental problematic things. They're just that. They're not really there to help them out of this situation only to just help them for the time being.

**Interviewer** 41:30

I made some connections in transportation that if you have more resources when it comes to transportation, then you're more able to purchase nutritious foods. I also made a connection from nutritious foods to affordability that they are less affordable. And then also, I'm not sure if this was the connection you were discussing. If not, we can delete it and change it but sort of the connection between supplemental and nutritious foods was it more so that using supplemental nutritious foods are less accessible with nutrition supplement programs than just like with general retail, or was it some other connection I want to make sure I'm covering correctly.

**Participant 114** 42:21

I was just saying that people would most likely buy less nutritional food because it costs less than a higher percentage of nutritional foods.

**Interviewer** 42:36

Great. Other connections that you want to make?

**Participant 114** 42:45

I think it's noted that most of these grocery stores or big chain stores may also be the only provider of economic wealth for people in these areas as well. So a lot of the things that they can buy or will buy in provided by the job that they may be accustomed to is like a Walmart is definitely being seen of more provided for people [inaudible] necessarily in a farmer's market because everything is there. Not necessarily saying anything was wrong with Walmart food or anything like that.

**Participant 114** 43:21

Because everyone shops at Meijer or Walmart but when it comes to buying or not buying different kinds of nutritional foods, a lot of it goes to those kind of retail stores and then necessarily they don't have maybe the best things either because sometimes you know they have a whole basket of oranges and they can be all be bad and out of the season but you don't know that unless you know the food and didn't know what season they're in.

**Participant 114** 43:55

They're just always there so they're always gonna always think that they're right. If you go to a farmers market or if you go to a different kind of locally sourced grocery store, you won't be able to see some of those different kinds of foods because you know, okay, strawberries are out of season so I'm not going to see it here. Raspberries are out of season so I'm not going to see them here. Or blueberries and so on so forth. But again, that also has to do with price. If you're working at a grocery store working at Walmart, you have a limited amount of money that you can buy because you're buying for other things like your rent, you know you have a sale at Walmart for two-for-five when it comes to blueberries that may be out of season. If that's what you can afford, then that's what you can get.

**Interviewer** 45:00

Alright, so I've sort of connected sort of, these like interconnections between that sort of like, income, and sort of affordability, education, food choice, and then where you're sourcing food from in retail, and also your choice. Either your, what enables you to make choices on food, so either like, the affordability is a big impact of like, what food you are able to purchase, but then also, education having an impact on what foods you want to purchase, what you end up consuming. Yeah, does that- and I know it's a little bit busy. Is this sort of capturing the dynamics that you were talking about?

**Participant 114** 46:12

Yeah. I might have to start doing this with everyday life.

**Interviewer** 46:24

Any other things you want to talk about? Or do you want to, we're gonna have a couple more things. This is just one, you know, opportunity of like, let's take a second, do you have anything you want to change about the map so far?

**Participant 114** 46:40

No, I think that's good for now.

**Participant 114** 46:43

Awesome. So my next question is sort of, you know, we wanted to make sure we were focusing on the three different sectors that we're kind of talking about, and some of the values that were identified by residents. But now we want to sort of open it up to anything else that you think is important that you want to include in your map. So this could be other, you know, important influences on the Flint food system. This could be other values or like outcomes that you think are important. It's pretty freeform, anything else that you'd like to add to the map?

**Participant 114** 47:34

I think a lot would have to do with spacing when it comes to residential areas. And just kind of thinking about restructuring how you can make your own house sustainable. I think a lot of education- everything I'm gonna say it's gonna go back to just education, like giving people the empowerment to do things for themselves. But just the piece of you can make your home a little bit more. [Inaudible] food safety to where it affects the community, you can do community gardens, you can do your own garden and then give that to other people, do some kind of seed giveaways and stuff like that. All of that has to do with how they would get that kind of funding they're going to have, education. It just comes down to giving people some kind of tool to where they feel they can take control and use it themselves.

**Interviewer** 48:48

Yeah. I added this gardening and urban agriculture piece. So, you know, and sort of, like driven by education has the benefit of you know, community empowerment. Are there other sorts of outcomes or you know, other benefits of gardening or urban agriculture that you want to, you know, draw any connections to the rest of your map.

**Participant 114** 49:20

I could spend all day talking about the benefits of gardening and agriculture. Just for just the basics, it's just, not only is sustainability when it comes to gardening is great, but also for different kinds of so many different kinds of foods, very different detergents that it has when it comes to planting sunflowers draws a lot of different kinds of chemicals. Definitely, like different kinds of toxins in the soil as well. And that's just a glow piece of paper right now. Check it out.

**Participant 114** 50:00

No, there's like [inaudible], when it comes to different kinds of environmental [inaudible] like you don't have a lot of space, there's just a lot of different things you can do with that, just collecting your own water, in the sense of being able to know how to purify your own water. And not because of what happened in Flint, but what if you want to do some type of traveling and then you get to a place where you don't know have poured water, that's just knowledge that you would like to know. And then being outside as well is another thing that I think Flint residents could benefit from. Being outdoors in nature has a positive impact on a lot of people, any of that, that's just gardening in your own home, which is doing something in your neighborhood, that outdoor experiences can you know, grow for something else.

**Interviewer** 50:17

The map is getting a little bit hectic, but I have some tools up my sleeve. A little bit easier to read. Are there other connections, other things you want to add?

**Participant 114** 51:26

No, I think that's good for me now, thank you.

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

**Interviewer** 52:14

How would you make changes to the Flint food system in a way that you think would better serve the residents? And yeah, any changes you make?

**Participant 114** 52:30

Well, I am a strong believer in education. So I would definitely change conceptual learning when it comes to what it means to actually consume nutritional food. I think we do a pretty good job nowadays of the food model. But that only goes so far. I think putting in that food model in the food system for people to have [inaudible] kids can watch. Providing that for kids to have that lunch for free, will be great, beneficial. So where the kids are healthy.

**Participant 114** 53:05

And if they bring that well, this is [inaudible] that'd affect the household as well. Then giving the accessibility for kids or just for families to grow their own food, but also to make their homes into sustainable products. So give them the tools to have water and [inaudible] grants and invest in doing different kinds of raised beds outreaches, or making community plots when it comes to negative lands. And turning that into a community field for people to plant their own gardens or you know, whatever spots or plants they want to. Asking the community what they would like when it comes to a grocery store.

**Participant 114** 53:59

Would they want a grocery store? Would they want just a local sourced person with food? And then going from there. Putting different kinds of communal greenhouses that run operational for people to have access to that. So if they want to volunteer, being a volunteer and you know, take those vegetables home, or if they want to work, depending on whatever economic situation they will, they can work in their place to provide that for people that want it and stop sprawling out. There's so many different things we can do when it comes to building up and provide for people who are homeless.

**Participant 114** 54:45

Why don't we just provide different kinds of structures to where people who live or don't have those industrial needs to build their houses or homes upward, but also taken care of like in greenhouses and in density. There's one in China where I think they build an apartment complex where all the occupants have to do is keep the plants alive for a reduction of their cost. And that was, you know, vegetables, herbs, just plants to give off oxygen. And that's just a great way to not only give back to the community, but also to nurture it. And that's something that we can implement quite easily.

**Participant 114** 55:25

Not easily, but I feel like there'll be something that the community will like. Providing for the lesser, or I won't even say the lesser, but providing for people who are down in luck, for people who are struggling, will benefit the society as a whole. Because as you will see through history, once they have the means to do what they need to do with it, you know, quote unquote, regular society. It's not as though they're going to be hoarding or trying to not spend what they have when they have it.

**Participant 114** 56:02

I think a lot of situational things right now, when it comes to the food system, is that they don't have the means to justify buying something that is expensive for them to make those nutritional value choices. I would say that I'm very lucky that I know the difference between a zucchini and a cucumber. That's a privilege that I have. I can't say that necessarily a lot of people would have. I feel like if we make those choices for people easier, not just the choices of cereal boxes they can buy would be beneficial.