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

**Participant 123** 19:37

Well, this would be a personal observation. And, you know, talking to people I don't you know, I don't have figures or I don't know numbers, but I will say that in the part of Flint that I volunteer in, it's considered a food desert, a lot of the grocery stores closed, they've closed down access to especially, you know, fresh produce is- it's not readily available like it might be in some other communities, there are the convenience stores, that will carry grocery items. But you know that they're small, it's limited space, and that those fresh kinds of foods are probably hard for the retailer to carry because of the turnover.

**Participant 123** 20:50

There are there- I know that there are some restaurants in Flint, at least, you know, in the city area where I volunteer, maybe more, not so much the chains. But you know, local restaurants, I'm sure that there's some, some use there. I use them. There's a farmers market, that gets a lot of seems to- it seems to be busy. They get a lot of business. I see and hear from the surrounding suburbs around Flint. They- I know they offer help, by financial help to people that can't afford maybe paying outright the farmers market is set up to accommodate that.

**Interviewer** 21:54

So this is sort of where I go through and double check. Sort of the map I made based on what you said. So that grocery stores, people use them a bit, but one of the problems is that they aren't really available and a lot of grocery store closures. And then sort of having- I created a sort of a stronger relationship, slightly stronger. So like a medium relationship between convenience stores rather than grocery stores. And then one of the things we talked about is that convenience stores don't have a lot of nutritious foods, and grocery stores would have more about sort of like how, like thinking about sort of the system dynamics is that grocery stores would have this impact if they were available.

**Interviewer** 22:40

But they're not necessarily. And then I think I created a stronger relationship between local restaurants versus chain restaurants, and sort of moderate relationship farmers markets, and that something that might be influencing people's use of farmers markets would be to use supplemental nutrition programs that are available there.

**Participant 123** 23:02

Perfect.

**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** 23:03

Awesome. The last question we have would be any sort of sense of if people are using Supplemental Nutrition Programs, like maybe WIC or snap at grocery stores versus convenience stores, if they're about the same or more than the other or you're not sure?

**Participant 123** 23:24

Well, I would assume that's happening because I mean, with the convenience stores, especially because I see signs in store windows that say they accept that kind of thing. And again, kind of because there's no grocery stores available. It's easy for me to make that assumption that's being used there.

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

**Participant 123** 25:20

Oh, boy, you know, while I was reading them, I thought they all were great. I think they're all important. The affordability, man, it's hard to pick a top three.

**Interviewer** 25:40

We can talk about many, it's just useful sometimes when we're mapping stuff, and we start with too many variables, it gets a little bit hard to choose where to start. So we can just start with a couple and then add more on after you've decided on some relationships to begin with.

**Participant 123** 26:00

You know, availability, I'm going to say, I mean, that's, that's one of the things that we're trying to help with is just that there is food in the community that people have access to. So availability. That it's even there. Okay, so I would make that probably top on the list. Affordability. And then nutritious foods. Yeah. That's, that's another piece that's, you know, there's when you've seen the grocery store ads, you know, what's cheap. So yeah, nutritious foods, I would probably say those would be, at least that's the top three that [inaudible] try to impact.

**Interviewer** 27:14

Yeah, and we can definitely come back and add some more of them, it's usually easier to talk through a couple to begin with, and then sort of build out the map.

**Participant 123** 27:26

Okay.

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

**Participant 123** 28:12

Oh, with which ones or which ones am I starting with?

**Interviewer** 28:17

Whichever ones you want. We can maybe think that's also part of my role is I can ask sort of leading questions and, or directing questions. Anyone you want, we could maybe start with affordability or nutritious foods or availability, and think about how these different sectors and how maybe gardening and urban agriculture might affect these values.

**Participant 123** 28:44

So with nutritious foods, as it might relate to urban agriculture, I mean, it's fresh, green, organic, nutritious. Yeah, I see a direct line there. And then affordability. You know, in our case, like I described, we share everything that we grow but you know, another piece and it's, it's, it's a piece that we're, we've always we've talked about, we do some of it, we want to do more of it as the educational piece. You know, that would be- that really is the ultimate goal for Edible Flint is to excite and inspire and support and show people how to have a garden in their own backyard.

**Participant 123** 29:55

So the affordability piece then, you know, it looks even better. I mean, there's a little startup costs for having a garden in your own backyard, but it can still be very affordable. Yeah, so the, at least what we do with the urban agriculture piece, it does relate to education, the affordability, the availability, whether it's, you know, whether we're growing it, or someone, you know, can get a garden in their own backyard started. That's a- that's a pretty, pretty direct line too, although seasonal. I guess that's, you know, that's a consideration. So am I, am I still connecting gardening to some of the others? Like the grocery stores and supplementals?

**Interviewer** 31:12

You can if you see connections definitely.

**Participant 123** 31:16

Well, in our case, I guess just the donating to the supplemental sector.

**Interviewer** 31:26

That would maybe raise the ability of the supplemental sector.

**Participant 123** 31:31

And I guess, again, in our case, I don't really think of it as emergency food, but I didn't know where else to put it that we have food that is available to the community.

**Interviewer** 31:46

Yeah, I would consider that to be sort of, you know, an emergency food source. And I know, you know, "emergency" makes it sound maybe a little bit more serious or dire than it is but you know, it is a thinking about just the definition, it is a source of free like communal free food for folks. And then if it makes sense to you, sort of attach this use of emergency as another way that affects availability.

**Participant 123** 32:22

I yeah, all those lines, go to all the right squares.

**Interviewer** 32:30

Great. That's the goal. Other connections that you see?

**Participant 123** 32:40

I'm sorry,

**Interviewer** 32:41

Other connections that you see? I can also ask sort of direct questions if that would be useful.

**Participant 123** 32:47

Okay. Well, I guess, you know, with the supplemental programs, you've already made those connections, though, right to the farmers market and some of that stuff.

**Interviewer** 33:16

If it's looking good ,we can move on.

**Participant 123** 33:27

Yeah, there is a hmm, yeah, the affordability of nutritious foods seems to make more sense to go through the gardening piece. The affordability of nutritious foods is a little harder to make happen at the grocery stores.

**Interviewer** 33:49

Gotcha. So maybe the connection is that nutritious foods are more expensive, maybe?So that it's a little bit sort of a negative connection from nutritious foods to affordability. And that's something that gardening and urban agriculture does to increase both introduce foods and affordability?

**Participant 123** 34:13

Yes. Yes. And maybe grocery stores have an advantage with nutritious foods in the sense that they're available year around. So maybe that would be a plus there. But yeah, then there's that trade off with the cost.

**Participant 123** 34:55

You know, our goal, things that we talk about, at Edible Flint includes, you know, part of the education piece, you know, down the road is how to store nutritious foods, canning, freezing, you know, the different ways. So, you know, to extend the availability of those nutritious foods that, you know, are affordable and have a little competition with that idea we just talked about with, you know, having to buy things from the grocery store out of- Yeah.

**Interviewer** 35:44

Yeah, I think it was only in sorry, this was a bit of a tangent. I mean, there's only in maybe middle school or high school that I realized that everyone's mother canned fruits and vegetables.

**Participant 123** 35:59

That's a treat.

**Interviewer** 36:01

Yeah, it was great. Eating like peach salsa in the dead of winter was always a great time.

**Participant 123** 36:07

It was made with fresh vegetables.

**Interviewer** 36:11

Indiana peaches-

**Participant 123** 36:12

It really makes a difference. And, you know, I know some of that still goes on in the Flint community. But you know, we see it falling off, everywhere? Well, I do in all of my circles, people get away from it so much more convenient to not do all that. But it's still available as an option.

**Interviewer** 36:54

Well, thinking about sort of using other values, [audible] are there other ones that you'd like to [inaudible] about about education and nutritious foods, affordability, and availability. Are there any of these other three that you would like to add to your map?

**Participant 123** 37:15

Well, I mean, the education piece is huge. And again, our organization is certainly involved in a piece, and we have plans to be more involved in that piece. The quality of life piece is certainly something that we practice, and is a forefront in the organization I'm involved in. And the kind of connections that we've made with our neighbors and partnerships is something we also seek out, I mean, as an organization, it's something that we're, we're looking into, to nurture more and to help where we can and to get some support and help where we need it. The, you know, the only piece that I couldn't, if I remember the if I remembered the definition, the one that I couldn't, couldn't really- the community empowerment, I thought had to do with was it entrepreneurship maybe or building business?

**Interviewer** 38:54

So there yeah, that's a connection between sort of so part of the trouble with limiting these number of values or like, bringing them together is that we were sort of combining a lot of different things that we were hearing into sort of a truncated list, because originally when we sort of like shorted out, we had like, 30 values, it was a little bit overwhelming. So this was sort of a combination of sort of people wanting to have like, a sense of community and respect for cultural values. And also things that would make them feel empowered would be sort of this local economic development. Yeah, the sense of community and sort of a prioritization of cultural values. So it is sort of a lot of things. So if you want to talk about only a subset of these concepts, you definitely can.

**Participant 123** 39:50

Well, in that sense, I definitely think that the community empowerment piece is, you know, to, to support and encourage healthy food options. Well, I guess I think that it's, it's just a- it's a necessity. And, so many positives come from that.

**Interviewer** 40:34

Yeah. And I would love to talk about that. So maybe something I'm hearing is that, you know, some of the work that you guys do directly leads to empowerment and also people engaging with gardening and urban agriculture, it contributes to community empowerment. And then yeah, what are some of these benefits or outcomes you see? Sort of spawn off of empowered communities?

**Participant 123** 41:07

Well, again, I mean, if, you know, if people are eating right, I know, it's not the end all be all, but you know, it's going to, we know, right, the studies are in, it affects people's overall health, their physical health, their mental health. Emotional health, probably. And, you know, provides clarity, focus, I guess I- I'll speak for myself in that regard to you know, if I, if I'm eating good, I perform well in the things that I do. If I don't eat good, I- I'm not at my peak. So, you know, as it might relate to education, schools, performing tasks, I think the nutritious food piece is a real basic kind of a building block.

**Interviewer** 42:22

Yeah. So I'm going to go ahead and add this partnerships piece. And that's something that you guys are engaging with sort of partnerships from groups. What do you see as maybe some benefits or outcomes of partnerships?

**Participant 123** 43:08

Well, some of the partnerships that we have been involved with include other groups like ours, the Conservation District here in Flint, like I mentioned,the local city hospital, Hurley hospital with the Hurley food FARMacy. And there are others that are, I think, happening in the offices of edible Flint, that I'm probably not remembering or have been made aware of but- And with the partnerships, I mean, it's just, it's that thing where, you know, combined, where we're stronger combined, where we help each other.

**Participant 123** 44:04

And, and, you know, when we've talked about this too, in this new space, it's been a big- we really do have a very small volunteer group. I mean, there's really like three of us that are doing a lot down there. We've got two giant [inaudible] houses but, you know, we do talk about partnerships with the community organizations to churches in the area. Neighborhood groups, you know, we've done our own, just us that volunteered there, you know, we've reached out to our neighbors surrounding the space and we'll continue to do that. But yeah, you know, the next piece would be to partner with community groups and, you know, in a, in a more official context, invite them to be a part of what we're doing there.

**Interviewer** 45:17

And this is how I've sort of drawn some lines that I just want to double check. Is that sort of this piece of, you know, the ability of a supplemental sector, community engagement connection to, you know, potentially more education as people are, are involved. And then this sort of what we call feedback loops, is that, you know, part of the benefit of partnerships is that it sort of strengthens everyone. So more partnerships, more strength, and sort of this circuitous connection.

**Participant 123** 45:52

Absolutely.

**Interviewer** 45:52

Is that fair? Would you change or add anything about that?

**Participant 123** 45:56

No, I think that's it. And it seems to me, with the partnerships, too, I know, in our case, it often allows us to reach more people. And not just those partners, but the people we're trying to reach.

**Interviewer** 46:23

So the last one that we sort of talked about would be that quality of life is respected. And that is, you sort of said, sorry, I'm trying to move things so things are a little bit more readable. Is a big part of what gave the sort of goal of your group. Are there more connections to or connections from that concept that you would like to make?

**Participant 123** 46:58

Yeah, I don't remember the words exactly that was in the definition of that, but what can you remind me what-

**Interviewer** 47:17

So this is sort of a lot of the things we're hearing is basically that we want to be able to move through with dignity, choices, comfort and safety respected in a way that promotes common good and quality of life for all these sort of safety, security and dignity choices throughout the food system.

**Participant 123** 47:38

Yeah. Well, I that's been my experience, how we interact with the community that we're involved in. I certainly the dignity piece, the choices piece, I guess, you know, we do make a point to have lots of choices, and certainly those that are popular with the community. The comfort piece, I mean, I hope they I am sure they feel comfortable being around us being in our space with us.

**Participant 123** 48:38

Yeah, I mean, it just as far as you know, Edible Flint's- our official position is one that lines up with that. And for all of the people I've ever worked with, in organization, it's what I've seen personally to, and that's how we've been treated too, in the neighborhoods that we've worked in the communities that we've worked in.

**Interviewer** 49:14

So I've sort of made connections. So there's a fairly strong connection between gardening, agriculture groups and quality of life is respected. And then a piece you also talked about sort of this choice that availability potentially impacts quality of life, the sort of choice element and sort of that another connection sort of gardening and urban agriculture, increasing availability, and that is another pathway to respecting quality of life. Other connections or changes you'd like to make?

**Participant 123** 50:00

I'm not sure if this makes sense. But the, you know, a partnership with the neighborhood or partnership with our communities with that quality of life piece.

**Interviewer** 50:17

Yeah. So maybe the connection would be that community engagement increases quality of life?

**Participant 123** 50:26

Yes. Yeah.

**Interviewer** 50:36

So the next thing we're going to sort of talk about, and there's going to be a couple more opportunities to add or change anything. But, you know, we sort of started with things that we had from the get go, right, these three different sectors and the seven different values. But we also want to give you the opportunity to sort of open it up and add other things that you think are important. So this could be, you know, other other concepts that you think are really significant or other outcomes or values that you think, maybe aren't captured already. And I know it's a little free form but is there anything else that you would like to sort of add to your map?

**Participant 123** 51:25

Let's see.

**Interviewer** 51:28

It's getting a little busy, I have a couple of tricks up my sleeve of how I can sort of make it a little bit easier to read.

**Participant 123** 51:33

I'm really impressed with how you're doing this. Doing a great job.

**Interviewer** 51:40

It's all you, it's all your knowledge.

**Participant 123** 51:44

Well, man, we really did cover a lot of good pieces, let me think. Well, you know, I'm not sure where we would maybe put this but again, just you know, talking about my thing that I do with the gardening and urban agriculture, you know, it has a really- it's healthy, right, you're outside, it's, you're being physical, I will say that for me and a lot of the people that I talked to it has some therapeutic value. It's, you know, can't be mad in the garden. So I know for myself and for others that I talked to that like to do this, that is a very real piece and you know, I love to share that piece with other people too. And I think that in its own way that's important too. Not sure what box it goes into but it certainly checks a lot of boxes in my life.

**Interviewer** 53:10

Yeah, to get them connected to this is super interesting. One of my good friends in the Ph. D program with me he studies environmental psychology and that's a lot of his doctoral research is about the power of getting outside and like getting involved in the land. And stuff like that of having mental and physical benefits especially for people who experience a lot of like social stressors by just existing as a person of color or a member of the LGBT community that like it was it was like he's doing studies of how it like lifts stress in a lot of ways it's really awesome

**Participant 123** 53:49

100% and you know, that's a kind of a cool thing at the garden to it can be you know, we have it set up in the way at our space where you want to do a project that you're around others you can if you want to do a project kind of solo you can but you know the sunshine and the birds are singing and your fingernails are getting dirty and it's a lot of I just I know there's a lot of things going on kind of behind the scenes that are good for us in those regards.

**Interviewer** 54:37

Any other concepts you want to add or connections you want to talk about? And you feel good about it?

**Participant 123** 54:49

Yeah, I feel pretty good about it. You've really covered and captured a lot of the pieces that are that are happening

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

**Participant 123** 56:13

Well, it would be, you know, it would be great if we could all be on a level playing field, financially and health wise and happiness wise, not quite sure how to get all that done. But as that as a goal, maybe, you know, one of the things that we're going to do this summer, where we've connected with Flint community schools, we have teachers, where it's, you know, where there's interest around the city, come out to our farm space. And we have some people that Edible Flint who are trained to teach teachers, and they're going to share with them, you know, these some of these ideas, these positives about urban agriculture and gardening, and then they the plan will be to take it back to the schools and introduce this to you know, kids at a pretty young age, not just the benefits of, you know, the nutritious piece on the, you know, the being outside piece, but, you know, the science piece, also that, that exposure to what does this stuff even taste like? Fresh things, compared to canned things or things that have been shipped from around the world. So to- especially to give kids exposure to these ideas and the foods themselves, then you don't have to sell the idea so much. It's like, oh, yeah, I just know, that's a good idea. I know how my body feels. I know how that takes.

**Interviewer** 58:38

There's sort of so in this sort of, like, food systems, literature space, the idea of consumer deskilling as like a violation of human rights by corporations that people have lost a lot of knowledge around food through influences, by like, highly processed foods. People can't tell when food like fresh fruits and vegetables are good for them or not anymore. And that is a disservice to all citizens.

**Participant 123** 59:11

It's really a distinction. I don't know if you guys are familiar with it, but you know, to go in your backyard and pick that fresh tomato or pick those fresh green beans, it's that- it is a noticeable difference. And I know I feel different when I eat like that. And I'm sure it's a similar experience for everyone. So that's a really fun thing to share. We're really excited about that. As a, I guess, as a leverage piece that it will, you know, I think that will really make a difference.

**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 123** 1:06:34

Well, I don't know exactly how it happens. But I'm anxious for one of the grocery store chains to return, one of the chains. And I say that because it's often the chains that can offer the most competitive prices, the lower prices. Yeah, like to see that return. So people have that, that option. You know, there's a lot of energy to pick up that slack in the community and help with that missing piece. But yeah.