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

**Interviewer** 17:11

So what is sort of your perception of what these connection strings would be from sort of use of retail to local versus chain restaurants?

**Participant 125** 17:21

As far as I'm having a little hard time seeing that it's a little.

**Interviewer** 17:28

Yeah, so- here, I'll ask it more practically. It's like, do you think that people in Flint use local restaurants or chain restaurants more?

**Participant 125** 17:43

Okay, I'm sorry, I'm enlarging your screen so I can see it. Okay, a little bit better. Okay. I got it. So do I think that people go to local restaurants?

**Interviewer** 17:53

Yeah. Or chain restaurants? Do they go to one or the other?

**Participant 125** 17:59

Chain restaurants.

**Interviewer** 18:03

Okay. Is it- how maybe different is this relationship? Is one like, way more than another? It's just like, yeah, this one's more but this one's still pretty high.

**Participant 125** 18:18

Okay, so on the premise of saying restaurants are we talking sit down restaurants or we're just talking mostly, say fast food places?

**Interviewer** 18:32

Yeah. So for chains we're including both fast food restaurants and sort of the fast casual so like McDonald's and Applebee's which count. So anyways, it's like a franchise.

**Participant 125** 18:43

Okay, in the Flint area. So I would say it's significantly higher for chain restaurants than local.

**Interviewer** 18:58

And then what is your sort of understanding of how people get their food from grocery stores versus convenience stores, versus farmers markets? Do you think one source is bigger in Flint do you think they're about even? What are your thoughts?

**Participant 125** 19:17

I could say- I would say even all grocery stores /convenience stores. I would say it's all around, about the same.

**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?**

**Participant 125** 20:10

Let's see here. The supplemental ones, I'd say emergency. Oh, we're just saying supplemental, we're not doing emergency or [inaudible]? Okay. Ability for supplemental use? So, I'm sorry, repeat that question for supplemental again.

**Interviewer** 20:32

Do you think people use supplemental nutrition programs, you know, and grocery stores more and convenience stores more in farmer's markets more or is it about even?

**Participant 125** 20:46

I would say about even.

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

**Participant 125** 24:09

Let's see community empowerment and partnerships.

**Interviewer** 24:19

We can definitely go back and add at any time, it's just a little easier to start with 2 or 3.

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

**Participant 125** 25:03

Let's see here. Grocery stores used to retail, how would I connect that?

**Interviewer** 25:15

And I can definitely ask more specific questions, but for my role, it's sort of facilitate and map. So if- I can ask more sort of directed questions, if that will be useful.

**Participant 125** 25:27

Okay, let's see here. I'm just looking. The emergency sector, I would say, oh, no, we're down at the bottom here. Partnerships, so we're looking to connect the partnerships with, say, grocery stores, and convenience stores. Okay, and how do I think at this moment that it is coming about? Okay, so community empowerment. I'm going to start on that side. I would say local restaurants for sure.

**Participant 125** 26:17

And use of retail. I would say, partnerships.

**Interviewer** 26:33

Yeah. Do you wanna speak more about the connection?

**Participant 125** 26:37

Okay, so the use of retail, from what I understand with partnerships, they have the local grocery or I think connects with, that's a retail type of, and they partner with, I believe several different people to bring healthy food and local restaurants like the 501.

**Participant 125** 27:13

They connect by having community empowerment through the food through the food bank, gosh, farmers market, so they would also connect with it and have partnerships with them, as well. Grocery stores, I think they connect with community empowerment the local grocery stores here because they're known around the city. And a lot of community organizations refer back to the local gardener for places to eat healthy and use specific programs.

**Participant 125** 28:21

I don't think the convenience stores at all do anything. Yeah, or partnerships or community empowerment. And the farmers market definitely forms partnerships and does community empowerment by offering events at their facility to local residents and local businesses.

**Participant 125** 29:01

The chain restaurant. They do community empowerment if you ask for- do their grants. Your Meijers they will give grants or give not grants but gift cards for you to purchase things for your community and community group or event.

**Participant 125** 29:37

And retail. Yeah, that's what they would do. That would be- I'm sorry, not your chain restaurant, but your use of retail.

**Participant 125** 29:53

Yeah. And oh, I take that back. Yeah, your chain restaurants, they do that as well. Panera Bread will do that. I know of one restaurant in Flint that will do that. One's actually in Flint township. Yeah, I don't think that convenience stores do anything.

**Interviewer** 30:21

Yeah. So I'll go through some of these connections that I've made. So one would be sort of the things I was hearing about sort of partnerships, sort of connecting gardening and urban agriculture to sort of local restaurants and farmers markets. So I've sort of made those connections there. And also something you're talking about is partnerships, sort of improving the access to or sort of the amount of nutritious foods that are available? Is that sort of a fair connection? Yeah, I would say yes, it is. Other connections that you see?

**Participant 125** 31:16

See, for the emergency sector, I don't say where- Well, community empowerment with the use of the emergency sector, yes. That's the last connection I think I see.

**Interviewer** 31:50

Are there any other values that we went over that you would also want to include? Or do you want [inaudible] talked about?

**Participant 125** 32:09

Yeah, I think that's good. Nutritious food, affordability, eh. I'm not sure what the connection is there. Availability that's kind of iffy. Oh, well, yeah. I don't know. Yeah, let's just stick with that because I'm not sure about availability. I've made things available and people haven't come, so I can't [inaudible]. You make it available and they'll go down to the convenience store regardless, so.

**Participant 125** 32:56

They'll say there's- I had a few seniors who say, well, I don't have fresh produce. And there's a garden with free, fresh produce and I go and get in their car and go down to the store. So I mean, I'm providing it for free. And you're still going to the store, but complaining that they don't have the vegetables that you would require, but they're right, you just pass them in your car in your vehicle. So yeah, I haven't been able to make the connection as to why they are not really stopping and getting the free produce that you've asked for, but make a substitution when you go down to the convenience store.

**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?**

**Interviewer** 33:54

If you- so, you know, we wanted to start with sort of three different sectors and the values that we have, but we also sort of want to expand it out and give you the opportunity to talk about other things that you think are more important than the food system. So I would love to maybe talk about two different ideas with you one is sort of like following the thing we were just talking about, sort of maybe factors that contribute to, you know, okay, well, I've now made like fresh and like nutritious foods available, maybe like different things that influence choice, like food choice, if you have any thoughts about what may be sort of drives these decisions of people to get food at other sources that are particularly maybe less healthy or other things.

**Participant 125** 34:51

Convenience of actually not putting in- having to put in the labor. So you're asking someone to come and pick their own vegetables and I would just rather have it more convenient for them versus actually putting in the labor, or some actually don't like dirt. I've heard that. And then also to marketing. Some people think it's not for them that they just can't come, that it's specific for a specific group of people. And also, some people are not comfortable being on camera.

**Interviewer 2** 36:17

Could you say, could you say a little bit more about that when you say uncomfortable being on camera.

**Participant 125** 36:22

Well where we're at, I have cameras around for safety.

**Interviewer 2** 36:27

Oh.

**Participant 125** 36:28

And so I've had people like, I'm on camera, I don't want to be on camera.

**Interviewer 2** 36:38

Safety in the garden?

**Participant 125** 36:40

Yes.

**Interviewer 2** 36:41

Okay thank you.

**Participant 125** 36:44

And let's see other reasons why people may choose, because there are different types of vegetables they haven't been exposed to or don't know how to prepare. So that's where I come in. And during our fall festival, I pick the last of the crap and we make sample dishes for people to try. And at some point, we're walking the neighborhood with the prepared veggies for people to taste. Yeah.

**Participant 125** 37:35

Because if you just put green beans in water and add salt, it doesn't really taste like it's not something very tasty for people. So I teach them to add a little garlic, a little onions, you know, things like that. But most people don't really know how to prepare them for the good taste that they had.

**Interviewer** 38:01

Yeah, yeah, this is a bit of a tangent, but a good friend of mine until she met me said that she hated brussel sprouts. But it was just that her mother had only ever boiled brussels sprouts. And I'm like, no, we're gonna roast them, we're gonna put a sauce on it. You're gonna love.

**Participant 125** 38:20

Right, exactly. So people definitely need more exposure to cooking classes to explore different ways of eating, cooking vegetables that are tasty.

**Interviewer** 38:52

Something else I would maybe like to talk about with you, based on what you've told me about your experiences, maybe if you feel comfortable talking about sort of how the food system affects the health and well being of folks. Is that something you'd be maybe interested in talking about?

**Participant 125** 39:16

Yes.

**Interviewer** 39:19

So maybe I'll add some sort of health and well being and I can separate that out into more specific things if you want to. But how have you seen sort of how the food system or other factors influence people's health and well being in positive ways and maybe in negative ways?

**Participant 125** 39:45

Okay, so we'll start with the negative convenience stores that affect people negatively because they tend to have more things at their convenience stores and not healthy for them. Chips and candy and alcohol. Okay? Right. The positives are food banks that offer healthy food, food drives. And let's see here before the pandemic, there were people that were able to go in and pick their food off, I guess off of the table. And there were healthy choices, but they tended not to pick those organic, healthier choices. Because I believe I lack exposure.

**Participant 125** 41:05

And now they have a food delivery vegetable box, I guess that they can order and get food delivered to them through a service. And from what I understand this service has now picked up a momentum where they can survive on their own, versus when they first started needing a lot of grants to provide the service. So that's what I was told by one of my board members who explored it.

**Interviewer** 41:47

Is that Flint Fresh, do you think or-?

**Participant 125** 41:50

Yes, that was Flint, Fresh, yes. One of my board members got in contact with them and they were saying initially when they started, they supplied a lot of foods based on grants, and now they are- picked up momentum where they have sustainability.

**Interviewer** 42:28

Other things that you see as maybe affecting folks' health and well being?

**Participant 125** 42:42

I believe Hurley Medical Center at one point in the last couple years, I don't know if they still have a program, but they would have food prescriptions.

**Interviewer** 42:59

Oh, is that- oh, was it called- was some like a coupon? Was it like pharmacy

**Interviewer 2** 43:05

Pharmacy.

**Interviewer** 43:06

Yes, the young lady that ran that program was fatally killed in a car accident a few years back, so I'm not sure if they have continued with that program or not. I believe she was a social worker at some point. I'm not sure though. But she ran the program.

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

**Participant 125** 44:44

Let's see here, food exploration programs, where there'll be tasting events. Let's see here. Also a new way of gardening, such as using a water garden would probably change things. Specifically, rainwater due to the city's issues with contaminated water or lead water. So empowering people through the use of rainwater for eating healthy. So those are the two things. Okay, those two things, I think, definitely the food coloration, or food tasting, recipe cards, demonstrations. Yeah, events like that.

**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 125** 51:18

Let's see here. Around town, including my organization, we do mindful meditation. And so recently, I was involved in a class with a young lady overseas from Japan, and she does mindful eating. And this is something that we could probably address in the area where we have a more appreciation for food and how it tastes, through mindful meditation and eating. That would be something that I think the area could use to explore.