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

**Participant 133** 13:02

I feel like people, they go more to the chain restaurants, because it's cheap for them. And it's just like fast food. And it's easy for people just go to a chain restaurant. I can see like people going to the local restaurant here on the, for example, downtown, you're gonna- some different kinds of people going to the restaurants, you got to pay more for the food or just for being there. So you can see like, a big difference. Like, in my experience, like, immigrant, like, I can go to the re-, sometimes I try don't go to the restaurants because I don't like how food is taste, it's very different. And I feel like there is like, no healthy food over there. And, yeah, and I don't really go to the chain restaurants, I try to avoid that ones. But I think like living in the US like that, you don't have time sometimes like for cook. And you don't have like that option. So it's just like, you have to go to the chain restaurants.

**Participant 133** 14:22

So sometimes it's just like, you just feel like the pressure is like I really want to eat health, but if I go to the restaurant, probably I will pay like, at least like $30 and if I go to the chain restaurant probably is going to pay like 10s or atleast 8, between $8 or $10. So yeah.

**Interviewer** 14:49

That also sort of affects how people use retail. Then similarly, what are your thoughts on sort of the connection strengths between retail and grocery stores versus convenience stores versus farmers markets? How do you think people use those different sources influence?

**Participant 133** 15:18

So like I told you before I went to the different grocery stores, that are here in Flint. So, there's like not many and there is there is not really like grocery stores here in the city. But that one they're like close to Flint. Like you can see like the difference with the vegetables with that one, they are probably in Davison or Grand Blanc. Like we don't have fresh vegetables here, like you see a huge difference. And that's something I really [inaudible]. Like, how everything looks different, like probably the store in Flint is gonna look like there really looks like they don't claim the store versus the store is like Grand Blanc and Davison. And the other thing like around here, you're just gonna see like liquor stores. Where you don't sell vegetables. And why you don't sell like I don't know meat, chicken, something, like people making it.

**Participant 133** 16:41

You can see like people they don't even have like a car. So how do you want the people go to the store? Like it's far from there. So there's not too many options here. I don't think I can say something else. On my experience, I have to go like to Detroit to buy some kind of food I really want.

**Interviewer 2** 17:09

Yeah. That's a nice drive. What kinds of foods do you go all the way to Detroit to get?

**Participant 133** 17:18

Well, we don't have sometimes cactus.

**Interviewer 2** 17:25

Okay, cultural foods?

**Participant 133** 17:27

Yeah cultural food, yes.

**Interviewer 2** 17:29

Okay. Okay. Yeah, thank you.

**Participant 133** 17:32

Yeah, you're welcome.

**Interviewer** 17:46

I really want [inaudible] to, has sort of an impact on how people use retail. You're kind of saying that, like, local restaurants don't necessarily do a good job of that. And like, even like grocery stores don't happen, stuff like that. I have to travel further for it. So then, I guess the last one is, for this section is do you have any sort of thoughts on how much people are using farmers markets?

**Participant 133** 18:40

People that use farmers markets, people, they get money. You go to the farmers market and buy the apple, I just want to say for example, I know it's not like $5 but you're just gonna buy like just a little bit when you can buy for the same price and more if you go to the grocery store.

**Interviewer** 19:01

Yeah, right.

**Participant 133** 19:03

But it's just like is that really for the people they live in Flint, they don't have that money for go on pay like for one banana for the apple like that price is just like. Eye lie because everything looked fresh, looks pretty.

**Participant 133** 19:33

Like how you want people- like Flint is one of the poorest cities in the country. They go to the farmers market and be available to pay for something is like expensive. That doesn't make sense for me, but what you can really do nothing.

**Interviewer** 20:01

I guess yeah, like kind of transitions to. I mean, are you- do you think that like there are, you know, some supplemental nutrition programs that can be used at the farmers market-

**Participant 133** 20:13

Like I [inaudible] double up bucks. I can- they are good programs. But if you see, you can go to the grocery stores, and you're gonna get two like the EBT. And you can buy more vegetables or more food to your family versus going to the farmers market.

**Participant 133** 20:34

So I then it's just like, it's expensive for people. I think it would be like better like for example, like all their money, they get low for the food bands. Okay, put that money in the farmers market. So people, they can go take the vegetables, they want fresh vegetables. And they can buy [inaudible] for like affordable price. Versus we putting that money in this first band, when you don't even have like fresh vegetables?

**Interviewer** 21:31

Something we're going to talk about a bit later, is leverage points. So like possible things that could be changed about the system that would lead to positive outcomes. So I'm going to write that down as one.

**Participant 133** 21:41

Okay.

**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 133** 22:12

I don't know.

**Interviewer** 22:13

Okay, yeah, we definitely just skip it.

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

**Interviewer** 25:17

I will say number six. I will say five and number one.

**Interviewer** 25:42

So I will switch back to modeler. And again, we can definitely add as many as we want. It's just easier to start with a couple. So we have nutritious foods has been added, affordability is on there. Um, but then I will also add so based on your current understanding of what's going on with food in Flint, how would you maybe start drawing connections, and if nothing is just jumping out I can definitely add some more directional questions.

**Participant 133** 26:16

You can ask direct questions.

**Interviewer** 26:20

Yeah, so I guess we can sort of maybe start with nutritious food so far, we've connected sort of emergency sector and the different kinds of retail to nutritious foods. Are there other things that you think connect to nutritious foods that impact how available they are, how much people are accessing them? Or things that come out have access to nutritious foods sort of like what it means for the community or individuals to have them?

**Participant 133** 26:58

So that could be like the income okay.

**Interviewer** 27:07

Yeah, and so is that, people have higher income, they're more able to purchase nutritious foods?

**Participant 133** 27:14

Yes.

**Interviewer** 27:29

Other impacts you see of nutritious foods and this could be new concepts too that aren't already in the map sort of like a lot of things that go to it is anything go out from it?

**Participant 133** 27:40

Okay, like education.

**Interviewer** 27:43

Okay. So speak more to that maybe.

**Participant 133** 27:47

Oh, yeah, we have like education, yeah. I would say the- I think Farmers Market have nutritious.

**Interviewer** 28:20

And then we can kind of do the same thing with affordability. So currently we have we've connected sort of farmers markets and local restaurants aren't very affordable. Some of the reasons you will go to chain restaurants is that they're cheaper. And then that income really also affects your the affordability of food and are there other things that you would like to connect to affordability.

**Participant 133** 28:51

I will say what kind of job do you have? Your age.

**Interviewer** 29:22

That's like yeah, just like, speaking more to like, what that connection like means to you.

**Participant 133** 29:31

Oh I have to connect like the age?

**Interviewer** 29:35

Mmhmm.

**Participant 133** 29:36

It's not going to be the same like somebody is like a teenager buying [inaudible] groceries. They are no going- they don't really care about what they're eating. Probably be somebody who's my age. I really care more about what I'm eating because I want to be healthy so I don't get sick. I don't know, diabetes or something.

**Interviewer** 30:04

Yeah, so maybe a connection also to nutritious foods that maybe people when they're younger, don't eat as nutritious.

**Participant 133** 30:26

I would say too if you have transportation. Because some people, they ride the bus, I don't tend as easy to like, bring all your groceries on the boss. That's kind of hard. If I'm go to do my groceries, it's hard for me and I have like my car with me and everything I will say I don't want to imagine like, how it is for somebody that doesn't have like a car.

**Interviewer** 31:06

Also think about maybe this education piece. What sort of like are, in Flint, what are the sources of education? How do people get or like don't have access to education, educational opportunities around food, not just like school.

**Interviewer** 31:30

I don't think they'd really have like education for it. I don't think people they don't know. I wasn't [inaudible] studying MSU, the calendar. They were like teaching the people how you can be eating healthy. And I think that was like, great. Because they were giving like the vegetables and like the food like unique like, so you can cook that in your house. And then like that kind of like the projects. They are very useful for the community. But yeah. But I- I haven't seen like too many.

**Interviewer** 32:40

Are there any other connections that you would like to make in your map so far?

**Participant 133** 32:55

[Inaudible] looks very confused.

**Interviewer** 32:59

No, it's great. The real food system is very complicated so probably very accurate.

**Interviewer** 33:07

I'm trying to make a little bit more readable. Okay. I'll switch back really quick. So we've talked about sort of affordability, and nutritious foods and education. Are there any other values you'd like to add? And the answer can definitely be no.

**Participant 133** 33:36

Okay, I just want to say like number seven. I think number seven.

**Interviewer** 33:52

Availability. Great. What do you think impacts availability?

**Participant 133** 34:10

Almost everything. Like grocery stores like you're not going to find like, what you want in one store and you have to go to other ones to look for whether you really need. Or it looks fresh. Convenience stores, you can find just alcohol, water, and cigarettes. It's not food. Farmers market you're gonna find fresh food but it's expensive.

**Interviewer** 34:56

Are there any connections out of availability. So impacts from food being more or less available

**Participant 133** 35:08

I will say transportation.

**Interviewer** 35:18

That transportation impacts availability of food.

**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?**

**Participant 133** 35:57

In my experience like if I'm looking for something like [inaudible] or some spices probably people they are not going to know. There is too like language barrier too like, nobody is gonna understand like why I'm really looking. Or probably like in the beginning like when I just come here to the US, if I gotta go to like the groceries I have to I have to walk through the through the whole store so I can find like what is everything and I will be shy to ask to the people like they were there like can you help me looking for this or do you know if they sell that kind of food here? So I think that can affect like a lot of people.

**Interviewer** 37:23

Only if you would be like comfortable speaking about it but I would really like to get your maybe your perspective on you know, the outcome of not you know, accessing the foods that you're familiar with that you like that are part of your diet and that can be like personally that can be like like a community sense of like, because I know I mean to a lesser degree but like times that I've lived internationally there are even like comfort of consuming very American foods of like finding jars of peanut butter I'm like yes this is gonna be a great time. So again, only if you feel comfortable but like drawing connections to sort of access to cultural foods but if you have any ideas of what are you know the impacts of not having access in Flint.

**Participant 133** 38:18

So when you go to the store, like that's my experience like fears you're gonna see like the vegetables they look, they don't look fresh like it's from my country they look more processed. I know they are not going to have like plantains sometimes they have but they are no like they don't taste the same like in my country. They taste like very different. Like fruits, here you can see like mangoes they are very expensive like just for one mango. We have like all kinds of fruits they don't sell here like lychee looks like they're rambutan but it's not the same. Tamarine, I use. Found that one on Walmart like that's almost like one year or three years ago and I was so excited let's say okay, I keep make my water.

**Participant 133** 39:25

They don't sell jamaica here so I have to go to Detroit to buy the jamaica. Or if you want to make like the tamales, Mexico have a lot of diversity like for making tamales. We in my stay we made tamales with a plan team. Lee live. Usually they may hear live with a corn live while we make with a plan to live. So there's something that is very different Other countries like Costa Rica, Puerto Rico they use they use to the planting leads, just like like me. So there's something is just kind of hard. If I want to drink like coconut water, I know I'm not going to find coconut water here so it's just like, I gotta wait until I go home so I can drink coconut water.

**Participant 133** 40:34

And one day I was so excited because they already know how to use- have you seen like jícama? I don't know, it's j-i. So I was so like, so happy to say oh, they got jícama so I can get jícama because I like jícama just with lime, a little bit of salt. That's my snack and I don't want tp be eating like popcorn. Or like, I don't know something like people are eating more here. That's my- I like you cucumber with just salt and lime. My salsa, either valentina or [inaudible]. So that's kind of my snacks and I just get like happy if I can find like a salsa I really like.

**Interviewer** 41:38

Yeah, cuz I just, um, maybe not like, I can definitely correct me if this is not accurate, but something you know, I'm connecting it maybe to this value quality of life is respected people having choice. And sort of like that this really is not just like a like, oh, well, it's nice to eat the foods that I want. But it's more like a this improves my quality of life. And this is like, a way I would feel respected in the food system. Is that a fair connection to make?

**Participant 133** 42:12

Yep.

**Interviewer** 42:19

Any other connections that you'd like to make anything else you'd like to add?

**Participant 133** 42:24

No.

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

**Participant 133** 43:08

I think it will be very easy. First thing they have to do is disappear the food pantries and I think they will put like more- I like that programs like the like the EBT or the like WIC programs all that I think put more money there. Tell people they can go on buy food like groceries they have to create on Flint. Like nice groceries. So like I said before, the city is very poor. So why do you have too many food pantries? Why I know people they need to eat bad. For example, on my country, we don't have food pantries, we have food pantries that the economy is just gonna collapse because you're not gonna be moving the money.

**Participant 133** 44:18

So that's something I don't really get from living here like if you everything is so capital. How you are not creating like really moving the economy like open like business, or probably that person have light hair foreign here on sling or around here like they can really make money out of there. Have like different like kind of stores around here. You are going to have people working and that federal money comes from the EBT all that nutrition programs is going to be moving here at the city and you can make like a change everybody life. Because I don't really like like everybody here goes to their food pantries but just I don't know if people they are not thinking about that that the population Flynn like the majority is black and they have high risk to have high blood pressure and what you get when you go to the food pantries? Canned food? They're very high in sodium. So how would you want educated people like me eating healthy? That's impossible that is just like they have they can have like a programs about nutrition and they are like nope. For like the summer program I was doing with the with the children.

**Participant 133** 45:55

They give you like, I don't know what was the name of that program, but they give you like a bag with food and juice and like cereal, I don't know, kind of what they get. I was looking each item. They were very high in sugar. They were like 15 grams 20 grams. And you're like I am Hispanic. I have diabetes on my blood already like is on my genes. And you are giving me these kinds of food? So you are not really helping me that doesn't help me that is not nutrition for the kids. And we can say like hey don't give me milk because I am intolerant to milk. Kids they can know during meal and they are still giving milk because you have all the resources all the vitamin D or the calcium from milk. I think there is other options.

**Participant 133** 46:56

And they just they they don't want to look what is better like for the kids. I was like very surprised when I just come here and they just give pizza to everybody. All the kids just pizza. No, teach them how to eat healthy. That's something I talked with my husband, my mom, we never eat pizza. Now we're just like we go like a party or something like very special. You have to eat your protein, your vegetables, and your carbohydrates. That's your food you're not gonna be eating like yours like carbs all the time. I don't think people they really want to make change or I don't know if they are they don't really care about all the problems like the health problems when you are eating and like all that kind of like sugar and sodium all that yeah.

**Interviewer** 48:09

Being a kid and the only time I was allowed to eat like drink soda was like it's we were at someone's house and like their kids were drinking it. Or like occasionally if we were on vacation and we like begged and pleaded like that was the only time.

**Participant 133** 48:26

I think the other problem would be like to the transportation. So there is no stores around the neighborhood. And that people they don't have a car or they got a car but they don't pay like the car insurance because it's too expensive in Michigan so how you want them to drive to the store?

**Participant 133** 48:55

Doesn't make any sense. It's very sad because people go to the to the food pantries on the go to the trash go to the garbage. People they don't want they don't really want cans. And if- I do my like my research because I really like to see what people they're carrying. So it's like I really look like the levels and I say no this is not healthy like how I'm going to tell somebody go to that food pantry when they are just giving you like I will say trash. And I was very surprised like they give you like chips and they give you like gatorade. Some eggs sometimes they are like expired or some vegetables they are like with mold and it's just like people deserve better. Yeah, I don't know how much money they really spend. But if you're only spending like probably like, we will say like $10 or $20 per box or for a bag to that person put the money in a car so they can go to the store you can pick what you really want if you like cans, okay, you buy cans, they are very cheap.

**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 133** 53:39

I think it's very important like to people like do that kind of studies. And I hope so like that is people that probably think like me probably, and they really care about the community. I know from here but I really care about people and is very sad like how you are like the richest country and you still have like you have people don't having like eating you can see like I don't know it's just kind of sad because when we were doing like that program with a children's we have like a teenager go for food over there.

**Participant 133** 54:30

And she asked if she can have food. She haven't like the age because I think you have to be younger than 18. We say of course you can you have like a baby. You have to eat so you can feed your baby. Well, I know I own the program, but I don't think I that that's smarter. But that's something people they are not really aware about older people they are just creating programs but there there is like a real benefit for the people or there is a real benefit for them. People there in the nonprofits and that they are making that them rich but they are really serve to the people they really go to the communities and know like what people want what is your experience? Or how you feel about that? It's like if I had gone to a food pantry I don't want you to give me like something that's just gonna go to the garbage. That I feel like that's pretty bad. It's like if if your birthday and somebody bring you I don't know like something from the trash and say hey, happy birthday. No, that's not nice. I think like people they need to know what is like the truth about food and it's not like affordable. There is no equity for food like for people living in the city. Yeah, I think that's it.