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

**Interviewer** 06:58

Cool. Yeah I guess my next question was sort of, yeah, do you? How would you think about your expertise or your experience? You know, within these different sectors, you sort of said, you know, have experience with all of them. Do you have more experience in one versus another? Or, you know, across the board, basically.

**Participant 150** 07:18

Okay, so, I have your question that you had sent me and basically, it sounds like to me, you're asking me like, what is my perception of these things? What is my perception of these three food sectors, and, you know, in the food system, you know, the values and the roles and different things like that. So, basically, for retail, the retail establishments, I do live in Flint, but I'm in downtown Flint. Yeah, but I service and I have family and I have personal relationships with people on the north end of town, or I just really want to say Flint in general, whether it's the east side, the west side, or wherever, I'm just going to say that in general, the only reason why I'm saying north in Flint, and probably the east side, because I feel like those are the areas that are heavily impacted when it comes to stores.

**Participant 150** 08:25

And when I say stores, I'm talking about the very fact that I'm just going to use my own self as an example. I live downtown and I have four small children, four teenagers. If I decide to go grocery shopping today, there is really not a grocery store, not a chain food grocery store. Now, there's the local grocer downtown. But their products, I don't know what's going on over there but it's kind of the food selection isn't there. It used to be but not really. And so that causes me to have to travel farther away to get foods now mind you, I did say I live downtown Flint. So let's say it's a Monday. So that means the farmers market isn't open. Tuesday, Thursday, and Saturdays that's usually the times and that's usually the days that they're open.

**Participant 150** 09:31

So now I don't have access or there isn't any availability to the farmers market for me to buy, you know, groceries right? Or you know, vegetables or whatever. So that means I have to go somewhere else. So close to me there's a gas station. There's also west of here, there's a midway market. That's a grocery store, but it's not a large food grocery store. So there's still limited items. So if I decide to go there, it's very limited. And then also, if I go north further from just Saginaw Street, I would actually have to travel to I think there's a Landmark on Pearson road, you know, and that's really pretty far.

**Participant 150** 10:29

Let's just say I didn't have a car, you get what I'm saying? It's on the bus route. But that means I will actually have to drive. I mean, excuse me, catch the bus all the way up to Saginaw on Pearson road, and then still have to walk all the way down to the Landmark okay? Now there is one other grocery stores called Hutchison. That's further north, across the street, I mean, pass Pearson road. So it's in between Pearson road and also Carpenter road. Okay, now, it's only pot- I believe there's only one grocery store on the east side. That's the old I can't even remember, but it's over there by Franklin. So basically, there is just very few selected retail stores. That's all I'm gonna say about that one. And then the next one would be what is your next food system? It's retailed and is the supplements, right? So as far as supplements goes, that's what it's like. You- okay, as far as supplements go, we're talking about the emergency one, right?

**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 150** 12:15

Gotcha. So we're gonna, I'll use that the supplemental, let's say, with food stamps, and different things like that. Those things are good. But at the same time, there's a lot of discrepancies when using those things. I know a lot of people probably don't tap into these things. When we're using social services. We're taught to be personable, but not personal. You get what I'm saying. And it's already that they have to expose their privacy, their integrity, different things like that. So that is something to think about. Sometimes we don't think about the social aspects when it comes to those types of needs. But I'm also, I know, you said something about the food situation with the schooling. I'm a big fan of believing as far as school lunches and stuff like that, to teach, you know, how we're teaching children how to recycle?

**Participant 150** 13:23

I think we're not teaching them how to garden enough, or to learn composting, or different things like that, because I honestly believe that the food selection in schools, especially in elementary schools, if we teach them young, we may be able to, it just may be some so much better for the children and their families, if we're teaching them young, how to garden, how to recycle, how to do composting, you know, how to grow your own foods and different things like that. I do believe that the food selections in schools needs to be a whole lot better. But it starts when they're young. That's just my opinion about that one. And then the other one, I think, like food giveaways and different things like food pantries. Those things are great. I know they have NESC here, the North [inaudible] kitchen, they have one on the east side, I believe they have one on Fenton road.

**Participant 150** 14:32

The issue with that I believe is that sometimes those fool giveaways are inconvenient. I want to say that the days may be a little inconvenient to the person that needs those services. And what I mean by that is, they may all have it on the same day, the flu giveaway may be on the same day, same time. So if a person is trying to get food in there on the bus, they're not thinking that this isn't the accessibility part. Not to mention that, what if they have a disability? You know, I know there's other ways of getting that. But you know, that part that's what I'm starting to see is that the full giveaway maybe the same day, same time, and just not as available as they first thought. I know some of them go by zip code, sometimes you can have a zip code of 48507, where they're providing food, but you live in 48505 district, they're not giving you food, just because you don't live in that zip code.

**Participant 150** 15:47

So the accessibility there isn't always available. So I hope I ate all three of my notes kind of circling around.

**Interviewer** 15:57

No, this is, this is great. I maybe want to check in if you can see, sort of the the map that I have started to build off of what you've been telling me that, you know, connections of, you know, how people make decisions about retail, you know, based on, you know, where they're located, what's available to them, their transportation, stuff like that. And then also-

**Participant 150** 16:28

And accessibility is just something to me that's like, for full sustainability, or, you know, I don't think we got enough food tanks in Flint. And that's just my opinion. On a personal note, because I do have four children. I live on a third floor like, I live way, you know, I have to stay, I still bring water up, I still have to bring groceries up. And I mean, yeah, we have an elevator, but it still is still inconsistencies still have some challenges, you get what I'm saying? So I can only imagine. I do have a child with a disability. I do have a child who has a disability. So there is some challenges, there is some components that hits home, when it comes to full sustainability in my household. You know, I just don't know, I just feel like there's not enough food tanks here. I don't know if that's what we use as a language here but you know.

**Participant 150** 17:42

And as I look at your map it makes yeah, I said composting gardening and recycling. I just feel like that's an important part of education for the youth.

**Participant 150** 17:57

And we see, I see you said availability choices, school meals, social emotional experiences. Yes.

**Participant 150** 18:07

I can rephrase that. I was just, I was wondering, you know, that's sort of like that. It's sort of like a vulnerable experience to sort of like to use it. And it might be-

**Participant 150** 18:21

No, no, no vulnerable experience. That is the word. Yeah, that is the, you know, especially in this pandemic, especially in this pandemic, you know, I don't want to complain, I don't want to put, you know, I don't want to complain, but just on a personal note, as a resident, just personal experience, you know, not I know, everybody doesn't everybody have their own experience. But, you know, I wasn't one of the ones that got a stimulus check. I was the one of the ones I was overlooked, you know, because scamming and identity theft is at an all time high. You know, I was one of the ones that didn't get unemployment, you know, so it was just, you know, in order to make ends meet, that was an extra challenge.

**Participant 150** 19:12

So let's just say, what if there were other households and I'm pretty sure there were a lot of households that was impacted in that way. I really, truly believe that we do not have enough training or tools to actually empower our Flint residents when it comes to full sustainability. We just don't have it. Everybody on the north side, everybody on the east side or the west side, everybody doesn't see the vision and the growth of downtown Flint. There's a lot of residents that do not want to come downtown. You get what I'm saying? So your most accessible big chain grocery store is in your out county stores.

**Participant 150** 20:08

I mean, you have Flushing with Kroger's, you have Swartz Creek with Kroger's and Meijers. You have Davison that have Mejiers, you have Clio that has Walmart, you know, I'm just saying and that's a superstore. So I'm just saying we're not truly thinking about that, and don't get me started on transportation.

**Interviewer** 20:37

I would be happy to talk more about transportation.

**Participant 150** 20:40

So, you know, I just feel like, of course, they have their routes and stuff like that, but it's still a limitation of the things that they can do. I wish they had like, a transportation specifically for grocery stores. I know they do have a transportation of certain routes, but it just, it would be so nice to have something just for grocery store shopping, you know? Or personal needs shopping, something like that.

**Interviewer** 21:18

Something we will talk about a bit later is, you know, specifically talking about leverage points on opportunities for change, things that could be, you know, different or new, that would lead to positive outcomes. I wrote that down as an idea that-

**Participant 150** 21:36

Yeah, you did say big or small what would change for Flint food systems. Yep. Okay.

**Interviewer** 21:48

Well, so, yeah, um, two final connections, we might talk about here, we skipped a little bit forward for it, but I am happy with that, is, so I will just talk very briefly about sort of the, what is happening while we're mapping because I want you to be able to double check my work basically, this is your map, I'm just trying to make sure that I'm accurately sort of representing your understanding and your knowledge. So we have connections between concepts. And they're either positive, which means that they go in the same direction, or negative and they go in opposite direction. So like you said, that, you know, here, I'll come up with an example.

**Participant 150** 22:35

Okay I see what you're doing. Okay.

**Interviewer** 22:37

So education can lead to more recycling and more composting.

**Participant 150** 22:42

Exactly. Yeah, that is a real good problem solving tool. Okay, I see where you guys are going. And UofM?

**Interviewer** 22:53

Yeah.

**Participant 150** 22:55

All right.

**Interviewer** 22:56

And then yeah, negative connections mean that when there's more of you know, object a, that there's less of b. So when, you know, you people feel vulnerable, maybe feel shame, have this sort of social emotional experience, they might be less willing to sort of use the supplemental sector. So that'll be a negative connection, or, like, when there's more limited operation, then people can't use the farmers market as much because-

**Participant 150** 23:20

Right, like I said, when you put down socio emotional experience, like vulnerability, you use supplemental sectors or ability of supplement sectors. Yes. I just feel like, I don't know, maybe you can be and I don't know if somebody can really understand the breakdown of what that means. But I will, I will, like, I will, like it to be recorded. That's just the, like I said, like integrity and privacy, like we want to be personable, but not personal.

**Participant 150** 24:01

We have to allow people to have the right to be able to protect something about themselves. You know, I mean, I, we, you know, I understand social services, and you know, but when we're getting food, you get what I'm saying? Do I have to tell you everything because I'm hungry? Do I have to expose my dirty clothes in the closet because I'm hungry? Like it has nothing to do with- you get what I'm saying? And I understand like I said, I do understand state rules and different things like that. It's just some things sometimes smaller sectors are expecting of you. Like these little pantry spots, hey, we want to know your children's, you know, different things like that.

**Interviewer** 25:14

The last sort of piece of this, you know, we have the connections and are positive or negative, so they're blue or they're orange. And the last thing that I'm sort of adding in based on how you talk about stuff is the strength of relationships. So how impactful is one thing to another, so like, sort of these accessibility ones, I've placed all them like fairly high that they're all fairly impactful on accessibility of food. Where some things might be a little bit, a little bit weaker connections.

**Interviewer** 25:51

So for example, maybe convenience stores have less availability, or that like, limited operations might be more of like a medium connection than a super strong connection.

**Participant 150** 26:07

Are you saying that some of these colors are negative colors?

**Interviewer** 26:11

Yeah, so, the orange ones means that they're negative relationships. But that doesn't necessarily mean that they're bad. It just means that like, more of one thing means less than another. So moving in opposite directions. So, if we had a concept like, I don't know, like spatial differences, which I'm sort of using to talk about, like the, you know, the accessibility of grocery stores and convenience stores, we would want negative relationships to spatial differences. We want stuff to reduce these inequalities. So it'd be great to have negative connection. So like transportation, if people have more access to transportation, then these spatial differences are less important. So that's like, a positive, like a good negative relationship if that makes sense.

**Participant 150** 27:03

I gotcha, I gotcha. So what's your- give me like a more direct- give me that question one more time.

**Interviewer** 27:13

Yeah, so the one thing that we can talk about is deciding. So sort of the connection strengths of these, there are three more connections that don't have connection strengths yet. So this is from use in retail out to local versus chain restaurants. And what that means is really sort of your perception of like, how much people are buying food from resources? Are they buying food more from chain versus local restaurants? Are they not really using restaurants at all? How strong do you think these connections are?

**Participant 150** 27:52

Okay, I do believe that there are more accessibility to local restaurants, then it is grocery stores information. And that's- I guess that could be a good or a bad thing. You just, hey, at least I'm not hungry. It now I might not be healthy, you know, I might be getting all the trans fats. But I'm not hungry. So I just want to say yes, nutrition. That is like a plus [inaudible]. That's one of the issues we do have, I believe. And I see you said chain restaurants. There's a sensibility there as well. But the nutrition part is also a factor there. So I mean, yeah, they can get some food, but you know. And use of retail.

**Interviewer** 29:02

Yeah, so that's really just, you know, basically, the backstory is that when we were starting to have these conversations we had retail as just like one concept. And people are like, No, no, no, no, no, I want to talk about differences between grocery stores at farmer's markets, local restaurants, chain restaurants, like I want to talk about all of this. So the way that we sort of connected it would be this use of retail piece so that people could talk like vaguely about retails like, oh well, people would purchase food less, you know, for XYZ reason, so we could connect to sort of just use in general or to the pieces specifically, stuff like that. So, okay, it's really just, you know, connecting how much people are going out and buying and then the connections out to different kinds of retail. You know, when people are purchasing food, where are they purchasing food, restaurants, is it stores, stuff like that.

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

**Participant 150** 30:01

Gotcha. All right, well, it looks like to me you have- I mean, you know, I don't know, it looks like. So there's still some questions that I need to answer. Is that what you saying?

**Interviewer** 30:16

Yeah, so, basically, so we've, as I said to you, we sort of wanted to get your understanding of some of the sectors, and then potentially pull in some of these values that we sort of gathered. So both the concepts and the definitions from conversations and focus groups with Flint residents. So basically ask people, you know, what do you want from the food system? What is the food system that serves you well look like? So this is, these are the seven values. And so you see that we've already pulled in education, nutritious foods, affordability, and availability. So I just wanted to offer if you can go through the definitions of community empowerment, quality of life perspective and partnerships. If you would be interested in including any of those, you totally don't have to if you don't want to.

**Participant 150** 31:11

Okay, gotcha. So basically, what do I want to include that'll possibly make this Flint full system successful?

**Interviewer** 31:26

Yeah so it's basically like, you know, these are things that people care about, from the food system.

**Participant 150** 31:33

So if I noticed, I know you said, education, but I see nothing in there that talks about like, you know, passing a torch, like youth education, I see education, you know, because we can teach, because I'm just I'm saying this, because we just don't teach the youth nothing, hardly anymore. We do, but up to a certain point, like, some real valuable things like, you know, that type of stuff.

**Interviewer** 32:09

Yeah, that would be great to talk about is something that I had in my notes was like, oh, I want to make sure that we talk about it, because this is something that I think I'm hoping that, you know, we haven't heard too much about in these conversations. And I was excited to talk to you about your experience working with Flint kids.

**Participant 150** 32:33

So what about partnerships? I think that is we can add that there if you want to, because, I mean, I believe that is a very important thing, because that's how things are successful. If we work in the speed of relationships. If we work in the speed of relationships, and develop partnerships, we can actually see where the needs are. Where are the bridges isn't gap together- isn't bridge together and the bridges that is bridge together, you get what I'm saying? So I do believe that is an important communication.

**Participant 150** 33:16

You know, there is a lot of organizations that is putting forward or engaging those type of efforts. But we have to also be honest with who's running this show here, right. Now, a lot of the people that's running [inaudible]l do not live in the city of Flint. They don't shop in the city of Flint, they don't go, they're not going to go to Midway Market to go get their vegetables. Now they might go to the farmers market. But they're not going to Hutchinson on the north side of town where someone just got shot on Klasky Street.

**Participant 150** 34:03

I'm just being- I'm just saying like, you know, that's where I was saying, like, you can relate you I mean, you can be relatable, but can you really relate with me, Clarissa? You get what I'm saying? You know, do you really go grocery shopping down here, over here on Pearson road at this liquor store. You get what I'm saying? So I think that is a I don't know if that's like you said, I don't know if that's a difference. But that is a difference. I believe. People are not going to understand your impact really, because they don't really live there. They think they're helping but they don't understand your story.

**Interviewer** 34:50

Yeah, absolutely.

**Participant 150** 34:51

Yeah. I hope that doesn't make you feel uncomfortable.

**Interviewer** 34:54

No, not at all.

**Participant 150** 34:55

I'm just saying what the real is because you know, so many times people want to help, you know, you can help but you, you're not going to truly, you know, understand what I'm going through.

**Interviewer** 35:13

Absolutely, no, and it's something that I am very conscious of, of someone who doesn't live in Flint. And I- is something very that, uh, you know, this research project is very conscious of, and it's great that we've able to engage so many of our research team does live in Flint, and we have a community panel-

**Participant 150** 35:36

That's one of the things that that and that's one of the things where I have a group called the Oatmeal Club, that I found it, and one of the main things we teach them, one of the core things we try to teach them is about loving their neighbor, while loving where they live. You know, because a lot of kids, you know, they, some of them don't love where they live, you know? So that's why I, like I said, it has everything to do with the youth, you know, it starts when they're young. That's how I feel.

**Interviewer** 36:11

Absolutely, no, and I would really like to talk about this more, sort of like youth education, youth engagement, you know, connections to, you know, building community community empowerment. It would be great to talk about sort of both the positive outcomes of this right is that like, through education, through engagement through building community and stuff like that, it can lead to a lot of good things. What is your- I guess if you have any thoughts about, you know, how the food system is, where it's sort of serving us and where it's not, if there are ways that it's failing, Flint kids have opportunities for more engagement for intervention,stuff like that. I know, it's a big open ended question. And I didn't word it very well so I can rephrase.

**Participant 150** 37:09

I guess you just think, maybe correct me if I'm wrong. You said, how is it interacting? How is the system with the you talking about what the youth is specifically?

**Interviewer** 37:20

Yeah.

**Participant 150** 37:24

You know, I just feel, I just believe that one of the things that we can do, while the youth is young, younger, while they're smaller that I should say like that, is if we're preparing foods, for them, there should be a broader full selection. I mean, they've tried and tried and tried and failed and failed and failed. I mean, you can send kids to school today, I don't care if it's a private school, a charter school, or public school, for some reason they don't understand the value of I'm not gonna say all of them, just some of them don't understand the value of fruits and vegetables, nutrition, the value of you know, there are their rights to select certain types of food to eat. And then sometimes the selection is just not there. So maybe we need to look at that as a community. Again, and again and again, until we get it right. I mean think about it, they change the food pyramid, I don't even think it's a food pyramid anymore. You know what I'm saying? They have their doubts that, you know, they even have their doubts. So we need to really reevaluate and look at that.

**Interviewer** 39:04

Yeah, definitely. Yeah, it's been really interesting in the last couple of years morning. I think that my background is with sustainable systems in general, then in the last couple of years, gotten more into food systems and how hard it is to change people's preferences and food choice when they're an adult. They are so molding their experience with food growing up that it's very, very hard to be like okay [inaudible] changed your diet.

**Participant 150** 39:44

You know, it's right. You are absolutely right. Well, I don't know if you noticed, but did you know that in Singapore, this is a whole different country, okay. They don't even promote greasy food. They don't promote that. You know, they let their people know how bad greasy foods, you know, the trans fats and all those things. I just feel like we just need a better way of, you know, promoting good foods.

**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 150** 41:27

Not that I know of. I don't want to sound derogatory or negative, but we have to be aware of what the problems are. So we can find a solution. I'm not saying that I know the solution to this. But you know, it's just because I see a lot of negatives here. But I just, you know, I don't want to play devil's advocate either, but I just want us to at least look at it from different angles. And I think so far, this is my honest, this is my truth. What I just shared with you.

**Interviewer** 42:02

I really appreciate that, you know, I know, it's, know how to get these conversations. It's what we're looking for, it's where your truth is for these perspectives to come out. Because, you know, how can we really have effective, you know, inform effective stuff, if you know, people don't share the truth with us and even the hard truth, a very personal truth, and I really appreciate your time perspective on this. I will go ahead and save this file real quick. And definitely, if anything else comes to mind, we can add it or change it.

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

**Participant 150** 43:14

I guess, okay, what do I think would be some possible leverage points, like, something big or small, that could be done to change or improve the Flint food system? Okay. Like I said, I do believe that what we could do to leverage points is to create more food tanks for food sustainability. Since there is gaps in food availability, and accessibility. Yeah, that's my answer. And I'm sticking to it.

**Interviewer** 44:11

So we're gonna do one last modeling thing. So I'm gonna add COVID-19.

**Participant 150** 44:19

Hey, I think I got another idea too.

**Interviewer** 44:22

Okay. Yeah, definitely. What's up?

**Participant 150** 44:25

Possibly this can be in the partnership and communication part. And it's where we can possibly get a hold of so many Flint community gardens. I'm talking about we have so many Flint community food gardens, okay. All over Flint. If we can get a communication in between them, and to be able to give them a platform, okay. Give them a platform to introduce to residents or neighbors or to the community that they have these foods available and how they will be able to promote their products, their, you know, their produce, you know what I mean?

**Participant 150** 45:22

For example, like if they grow the product, they can see the recipes of how to cook this product. You know, this thing. So if it's like they need to do it specifically for the residents, so if it's us, but like, if it's jalapeno peppers, you know, that's my favorite. You can make so many dishes with that. So let's empower each other as partners and community and create that tool. Have recipes, something like that. This is how you can create this. And we can do this for families, children, neighborhoods, residents, that's just an idea to that question. That's another one.