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

**Participant 153** 19:53

I guess in essence, just speaking personally, personally, I use restaurants. A lot. And just out of convenience, really. Mainly just out of convenience in using the restaurants.

**Interviewer** 20:20

Do you think there's any sort of difference between how much people go to locally owned versus chain restaurants? Or is it pretty evenly split?

**Participant 153** 20:38

Not sure how the breakdown is. Personally, I will- I think when the whole COVID thing happened, more people wanted to support small businesses, including myself. So that was a thing that I would, you know, if I knew of one or a big chain, it was that let's keep the small businesses afloat. So that made a difference.

**Interviewer** 21:10

Yeah, and we will be talking explicitly about COVID a little bit later, so I wrote that down, we can add it in. Awesome. So thinking about sort of the other side here, how much do you think people buy their food from grocery stores in Flint and from convenience stores or the farmers market? How many people are getting their food, mostly from one versus another?

**Participant 153** 21:34

I think it just depends on where they live. Folks who have the corner stores and the big grocery stores are not near, you know, they may not necessarily have a choice. You know, we all have choices, but it's easier to get some items at that corner store. It's more of a chore in a sense. And that might not be the right word either to go to the Kroger that's many miles away. When I go to that store, I need to have a list, I need to have all my ducks in a row. Because I'm going one time and you know, it's not a- everybody can't run to a store anytime they need something. And it's unfortunate that, you know, the food deserts are around here. And so you have these corner stores, where the prices are high. But that's the only place where folks can get certain things.

**Participant 153** 22:43

Yeah. Sure. So maybe they are [inaudible] sort of like about the same sort of, like medium relationships that like- it's different like, right? That they're both used in different ways in Flint. How would you maybe compare the farmers markets? Or like other sort of direct from producer sources? Are people usually using those? Or like, not really.

**Participant 153** 23:32

I think folks are using the farmers markets. Anytime- I'm a big farmers market person. So I, I mean, I frequent our farmers market at least once or twice a week. And it just and it just depends. Although their fruits and vegetables and things of that nature may cost a little more, again, you're supporting that small business, you're supporting the farmers. So I'm willing to pay a little extra to do that. Or, you know, I have the means to go to a Kroger or whatever, but I still sometimes will get my things there to support.

**Interviewer** 24:28

Yeah.

**Participant 153** 24:29

So about, you know, it's about building relationships too.

**Interviewer** 24:56

The other connections we might decide on are some of these supplemental ones. So the connection between people using supplemental nutrition programs in farmers markets and convenience stores and grocery stores, if you have a sense of if people are using them more in one place, that's another, or we can skip this section.

**Participant 153** 25:25

I think a lot of folks are using supplemental programs just in the sense of, like I said, we have the Commodities Program here at our agency. And in the months where we offer bonus items, every three months where anybody who just declares a food emergency can get a full box. And so that program offers bonus items, sometimes. The last quarter, or whatever, I think one of the bonus items was shrimp, and those lines to get those supplemental food boxes, like wrapped around corners and corners, you know, so, and you could stay in your power and get in and get the boxes. So, in that sense, I know folks we're using a lot of supplemental foods, even in our Senior Nutrition Program, the state sent these boxes that were quarantined boxes that had a bunch of shelf stable things in there, we handed out a lot of those boxes also. So, you know, I think folks are depending on supplemental food, too.

**Interviewer** 27:06

So some of the concepts I've added based on what we've talked about so far is sort of spatial differences and where people live, and that sort of like retail stores that they have available to them access to transportation and how that changes the way they're able to shop, affordability that's sort of, you know, convenience stores and farmers markets, more expensive, and sort of, you know, convenience of it, it's fast to get a meal at a restaurant, people might have a desire to support local that pushes them more in one direction, and sort of the benefits of supporting local creating local economies. Does that feel like a fair representation of what we've talked about? Is there anything you want to change? Or add so far?

**Participant 153** 27:59

That seems fair.

**Interviewer** 28:00

Awesome. So one thing, if it makes sense to you, would you- I've added sort of GCCARD as a concept into the map and sort of connected it to the supplemental sectors just as an initial one. Would you want to differentiate between sort of GCCARD and the programs that you're involved in or leave it as GCCARD or other connections you would want to make to it so far?

**Participant 153** 28:31

That's hard to say, because the programs here are like the commodity one is more supplemental. The senior nutrition programs I don't- I can't necessarily say they're supplemental, because that's the folks' nutrition, that's how they get their main base of nutrition is what we deliver it's not retail, it's not necessarily supplemental. The senior nutrition program is a need based program. So it does not depend on your income or anything like that. If you have the need, you can be eligible for that program. So I don't kind of know where it kind of falls in it.

**Interviewer** 29:34

Yeah, no, I think that's fine. So sort of connecting GCCARD itself of being both sort of like, having supplemental aspects and having emergency aspects, and then sort of separating out the senior nutrition programs being more-

**Participant 153** 29:51

Yeah, that sounds good.

**Interviewer** 29:55

I'm just reorganizing slightly, making it more- a little bit easier to read. Awesome. Well, are there any sort of initial connections that you think are missing that you'd want to add to the map at this point? We can also move on to the next section, and we'll come back to it.

**Interviewer** 30:21

I'm good.

**Participant 153** 30:22

Okay.

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

**Participant 153** 33:19

I would say as it relates to GCCARD, and I'm kind of focusing on the program that I'm doing like the senior nutrition program. The quality of life is respected stands out to me because it- the food that we provide allows the seniors to stay in their home so that they age in their home and they don't have to go to, you know, a nursing home or something like that if they're able to live in their homes and they just can't cook. We're providing healthy, nutritious meals for them to stay so the quality of life is respected.

**Participant 153** 34:04

Partnerships kind of stood out to me to win a sense of we do have partnerships. Our program is funded through the valley Area Agency on Aging and the Genesee County Office of Senior Services, the Millage Program, so those are our key partners in being able to provide these nutritious meals to seniors. And then the nutritious foods all of our foods we have to meet you know, those nutritious values a protein of fruit vegetable. So our foods have to be made up you know of that in order for us to use them

**Interviewer** 34:56

I'm really bad at spelling. Maybe typing more than spelling. I know, it's spelled I'm just bad at typing. All right partnerships. Awesome. So what I was hearing as maybe some initial connections is that the two nutrition programs really have a very strong positive impact on quality of life, you know, that it enables people to stay where they want to, and it also, you know, provides nutritious food for folks. And then also partnerships that enable the functioning of GCCARD, and if it makes sense to you, sort of extend that to, you know, supplemental into emergency programs in general.

**Participant 153** 35:48

Yeah, and I would say one other is the affordability piece. They are not charged for these meals. We, you know, through those partnerships, we have, they're funded, that's how we're funded. So we do ask for donations from seniors for the meals, but it's not mandatory. So if a senior didn't give anything, they will still get the same quality of service and the same meals.

**Interviewer** 36:32

Other connections that you would like to make?

**Participant 153** 36:37

Something that's [inaudible] but also a component of the senior nutrition program is that we give them a menu each month, but on the back of that menu is some kind of nutrition education.

**Interviewer** 36:51

Oh, yeah.

**Participant 153** 36:53

So every month, the senior is getting some kind of nutrition education.

**Interviewer** 37:17

Have any other connections? Nutritious foods, education, quality of life partnerships, affordability?

**Participant 153** 37:27

I think that's good

**Interviewer** 37:29

Awesome. So we, you know, wanted to sort of start with, you know, the sectors that we defined and some values that came from the community. But we also, you know, wanted to now open it up and see if there are other concepts that are not yet in this map, or not really well reflected that you think are important to the food system, and especially to seniors' sort of like health and wellbeing and food access, or sort of other outcomes that you don't think are reflected in the values. So basically, any other concepts that you would like to add to this map?

**Participant 153** 38:12

I'm good with it.

**Interviewer** 38:14

Okay. One thing I do, you know, you mentioned earlier, that I would maybe want to talk about is sort of this accessibility issue that, you know, Meals on Wheels sort of addresses that, you know, one problem for accessing food is that, like, someone can't just run to the grocery store and get it for themselves. So would it be fair to add in sort of sort of an accessibility or sort of like a delivery or like, some sort of concept to that as like, another service that the senior nutrition programs provide?

**Participant 153** 38:53

Right, so we do deliver all the meals.

**Interviewer** 39:24

Great. Any other I know, this is gonna be a sort of broad open ended question. But are there any other sort of, you know, thinking about senior food access, are there any challenges and barriers that there are maybe not like for your organization specifically, but just for seniors in Flint that It would be like, important for this research project to consider and maybe like to look at and address?

**Participant 153** 40:11

Hmm. I can't really think of anything offhand just yet.

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

**Participant 153** 41:20

Well, just in general, me having more access to the larger grocery stores, or it just seems to be- I know, this was like, the buzzword like the food deserts, how Flint was a food desert. And you see so many, just like you see, like a church on every corner, you see these corner stores, too.

**Participant 153** 41:50

But what do you get from the corner store? You know what I'm saying? So, the access to affordable food and the right kind of food, you know, to maintain a healthy lifestyle is missing too, is what's missing here. Just like we had that- was it Hamady's came back? I think, over on Clio, was it Clio road for a minute. But it's gone again. So where- where's the closest grocery store over there? It's not? You know, because Meyers is gone, too. So where- where do those folks go? And how do you get on a bus and travel so far with all your bags of groceries? You don't so then you don't have transportation, so then you're depending on other people? You know, to do that, to help you with that?

**Interviewer** 41:53

Do you have any sorry, I'm just making this a little bit more separated.

**Interviewer** 43:19

Do you have any, like- big open ended question, thoughts of good or bad ways to address you know, the sort of, like, accessibility of like nutritious foods or just food in general? I know that people have different thoughts about what they think will be effective, like, would you prefer having, you know, more large grocery stores? Or healthy food in convenience stores? Or like other ideas of like, how to address the accessibility option? Or like, not really, I don't know, if that's a tangent.

**Participant 153** 44:01

I don't know, really, I just think, you know, more access to affordable grocery stores or, and I say affordable because sometimes, you know, a store can come. And if they know, they're the only store in that area, they can gouge the prices too. And then again, the folks in that neighborhood are stuck once again.

**Interviewer** 44:28

Yeah.

**Participant 153** 44:30

So fair and equitable, you know, equitable prices. Sometimes we hear and, you know, you don't necessarily know if it's true, but if you went out to the outskirts, then you know, it's cheaper out there. You know, so fair and equitable, you know, for everyone.

**Participant 153** 44:55

You shouldn't have you know, when living in a community, you shouldn't have to drive or go to another community that you view is better, because you can get better food, you know? So I guess I'm stuck on fair and equitable.

**Interviewer** 45:31

Yeah, so I'm just sort of connecting in a bunch of the sort of concepts you're talking about in sort of conjunction with, with fairness and equity, equitable system, right? Having access having, like, you know, convenient transportation, having affordable foods, like all of these all these sort of contribute to potential inequalities, and is that sort of fair connections here, I can highlight out what we have connected so far, are there other connections that you would like to make to this concept or from this concept?

**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 153** 51:14

No, just what I was saying before about things being fair and equitable in the different neighborhoods. You know, one, one shouldn't be better than the other, you shouldn't have to travel 80,000 miles to get a good apple here somewhere, you know what I'm saying? And just those myths too that, you know, it's better over there. You know, right in the inner city and in the heart of the city, should be afforded good things too.