

# Fruit and Veggie Bucks Post Program Survey Results

Healthy Adams County- Food Policy Council Presentation

October 4, 2017

# Post Program Survey Questions and Responses:

- On scale of 1-5, how satisfied were you with this program, with 1 being not satisfied and 5 being very satisfied?
  - Average rating: 4.5
- On an average day, how many cups of fruits and vegetables do you eat?
  - Average responses: 3-5 cups
- Rank how much you agree with the following statement: “*My family eats enough fruits and vegetables.*”
  - Average responses: Slightly Agree



# Post Program Survey Questions and Responses:

- In the last month, when was the following statement true? *“I worried whether our food would run out before we got money to buy more.”*
  - Average Response: Sometimes true
- In the last month, did you or other adults in your household ever skip meals because there wasn't enough money for food?
  - Average Response: No (However, 21 participants said they did skip a meal)

# Benefits of participating with program:

- 44 said their family was able to eat healthier
- 46 said they were able to purchase more kinds of fruits and vegetables
- 52 said they were able to purchase a greater amount of fruits and vegetables
- 34 said they were able to try new fruits and vegetables
  - Examples: kiwi, papaya, spinach, eggplant, dragon fruit, grape-apple, grapefruit, fresh pineapple, watermelon,
- 23 said they felt more confident in knowing how to prepare fruits and vegetables



# Barriers to using program

- 5 people were unable to use the program
- Doesn't regularly shop at Kennies- lives outside of Gettysburg/Biglerville
- Didn't know enough about the program
- Wasn't sure when the benefits started or ended
- Didn't hear about the program till it was over
- Not enough advertisement for the program

# Successes

- Most of all the respondents said that the program was great.
- One family, their son lost 15 pounds because of consuming healthier foods.
- One participant said that the fresh vegetables and fruits helped them with their diabetic sugar control.
- Some of the respondents were able to try new fruits, which they normally wouldn't have tried.
- Program created more variety with fruits and vegetables.
- Participants were able to obtain more food for the money they spent.



# Recommendations

- Provide more information about the program
  - Send participants mailings and email updates.
- Provide program for a longer period of time
- Provide the program at more grocery stores
  - Possibly look into providing program at all Adams County Kennies locations
  - Provide program to SNAP recipient's at Giant in Gettysburg

Questions?