



## Hardship & Hope for Change

**Key Findings from Statewide Research  
Conducted in October and November 2021**



# Welcome

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## Today's Agenda

- Introduction
- Key Findings
- Q & A
- Opportunities for Action

## Agenda de Hoy

- Introducción
- Resultados clave
- Preguntas y Respuestas
- Oportunidades de acción





## Tia Shimada

### **Director of Programs, Nourish California**

Tia provides overarching direction for programmatic work at Nourish California, leading the organization's efforts to develop people-centered, stakeholder-informed, evidence-based priorities. She also oversees the Nourish California policy research agenda and fosters the organization's efforts to advance justice, equity, diversity, and inclusion in all aspects of its work from internal decision making to policy advocacy.



## Lucia Del Puppo

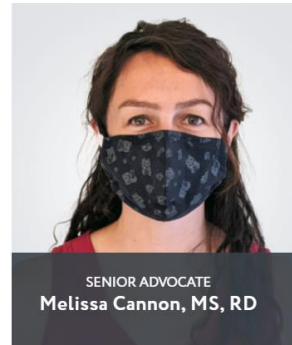
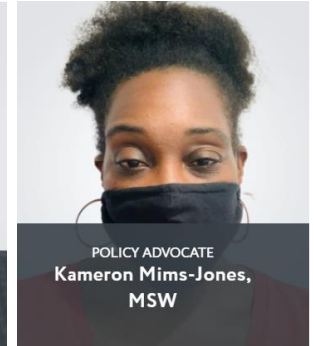
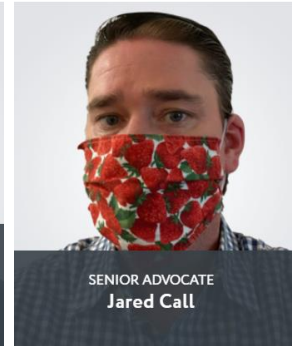
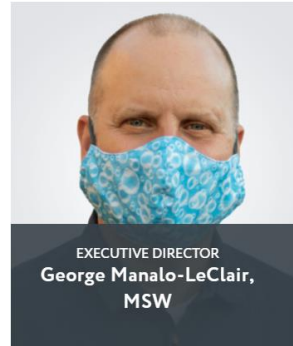
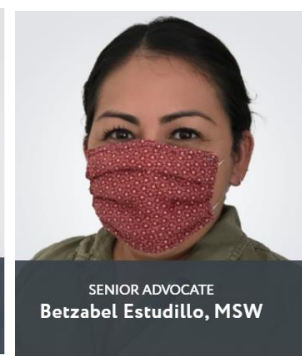
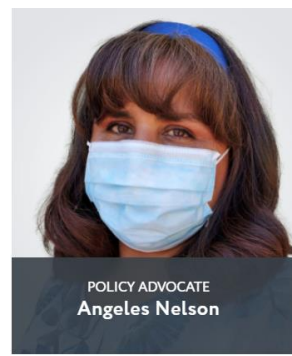
### **Vice President, Fairbank, Maslin, Maullin, Metz & Associates (FM3)**

Lucia has provided research on public attitudes toward investing in early childhood education and youth programs, support for restorative justice policies and perceptions of school safety, food policy issues such as sugar-sweetened beverages and food insecurity, support for anti-tobacco policies, and messaging on key policy issues, including the coronavirus pandemic, paid family leave, and homelessness. Lucia's prior experience includes providing policy research for the San Francisco Human Services Agency and the San Francisco Planning Department, as well as working as a systems and management consultant for federal agencies at Accenture.



## Who We Are & What We Do

- Policy, advocacy, research
- Close measurable gaps in access
- Focus on Californians who face the starkest inequities & experience the greatest hardships
- Optimize existing programs & advocate bold new approaches



# Who We Serve & Our Current Campaigns

- All Californians should have fair access to food
- **Food4All:** nutrition assistance regardless of immigration status
- **Every Kid, Every Day:** food to learn, grow, and thrive
- **Food with Care:** nourishing our youngest learners
- **Better with WIC:** strengthening access for young families
- **CalFresh Barriers & Benefits:** reducing burdens & boosting benefits



# Developing Policies & Priorities: What We Work to Understand

- Lives & experiences of Californians
- Scale & specifics of challenges
- What's working now and why
- What changes Californians want to see
- Survey, interviews, and focus groups



# Focus Group Methodology

- Three two-hour long moderated discussions with 6-8 participants conducted in October 2021
- All participants recruited had low or middle income and had experience with public benefits, specifically CalFresh or WIC.

Group Topic	Participant Profile
Food4All	Spanish speaking immigrants from LA County
WIC	Spanish speaking parents of young children from the Central Valley
Climate-Driven Disasters	Survivors of wildfire, poor air quality, extended power outages, and drought from affected areas





# Survey Specifics and Methodology

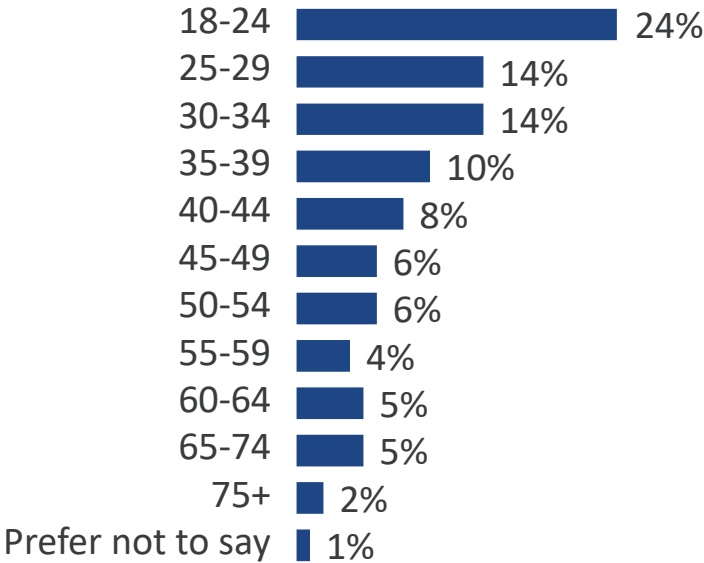
Dates	September 15-October 3, 2021
Survey Type	Online Survey with Respondents Drawn from Opt-in Panels
Research Population	Californians with Incomes Below 200% of the Federal Poverty Line
Total Interviews	1,000
Languages	English and Spanish

*(Note: Not All Results Will Sum to 100% Due to Rounding)*

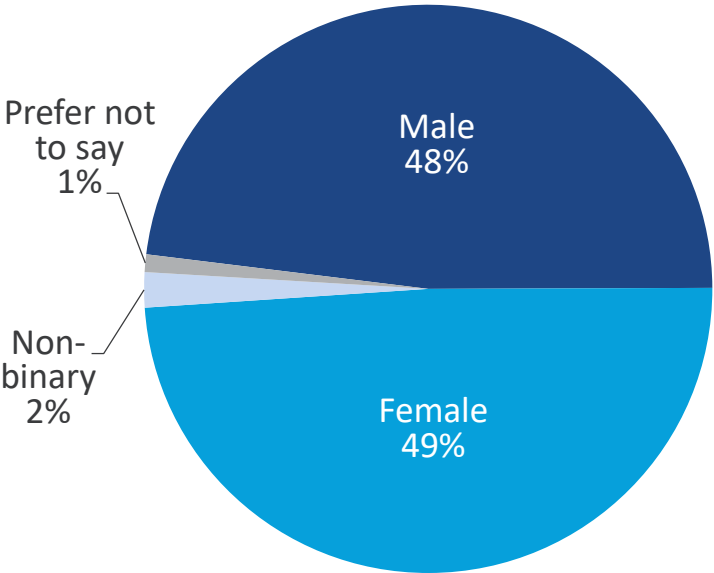


# Age & Gender

*In what year were you born?*



*What is your gender?*

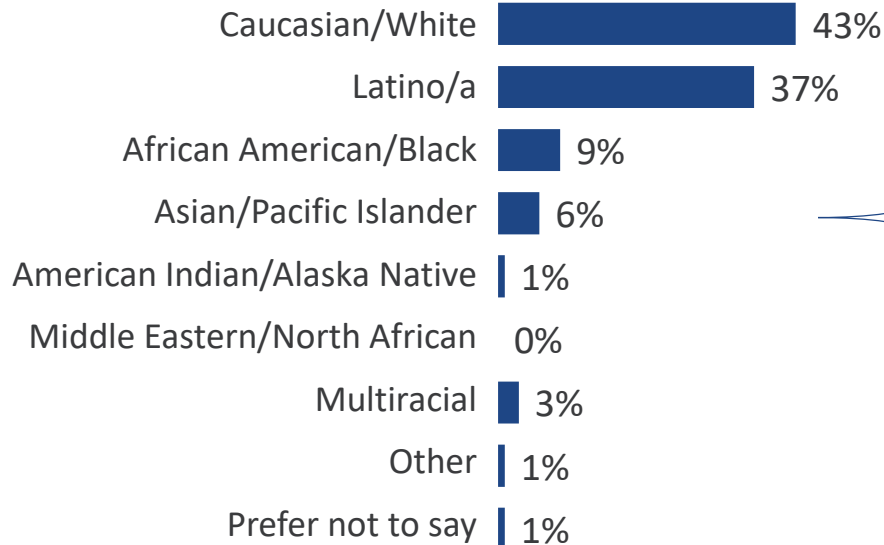


Q3 & Q53.

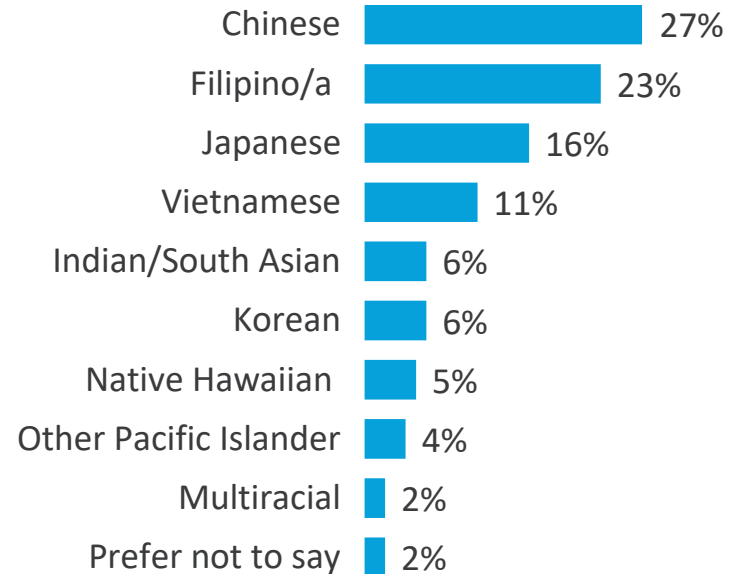
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# Race & Ethnicity

*Just to make sure everyone is represented, with which ethnic group do you identify: Latino/a, African American or Black, Caucasian or White, Asian or Pacific Islander, or are you of another ethnic or racial background?*



*More specifically, would you say that you are:  
(Asked of Asians/Pacific Islanders Only; n=56)*

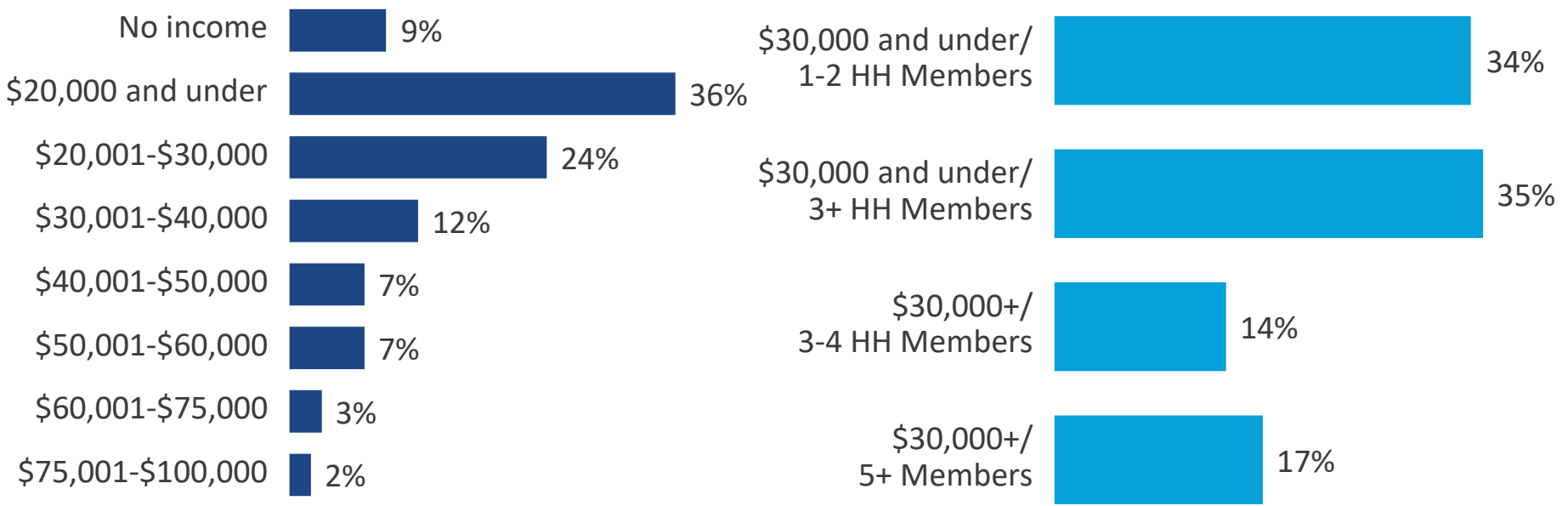


Q4 & Q5.

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# Household Income and Income by Household Size

*What was the total combined income for all the people in your household before taxes in 2020?*



## Key Findings

- Housing assistance, disability benefits, CalFresh, and WIC continue to be seen as the most helpful benefits by those who received them.
- Expanded benefits made available during the pandemic have been very impactful:
  - Broad majorities of those who received P-EBT say it helped them afford more food and more of the kinds of food they need and want;
  - Those who received additional CalFresh and WIC benefits broadly say they were helpful in affording food;
  - Those receiving unemployment view it as highly helpful and say that reduced benefits will impact their ability to afford food negatively; and
  - The Child Tax Credit is also seen as highly important by those who receive it.



## Key Findings (*Continued*)

- Nearly three-quarters of respondents worried about running out of money to buy food at least some of the time and three in five said they ran out of food before they had money to buy more at least some of the time.
  - These are most acute among parents and younger respondents.
  - High food prices and inconsistent income post the biggest challenges to getting food.
- Negative experiences when applying for benefits – both discrimination and language barriers - affect the likelihood of applying in the future among those who experience them.



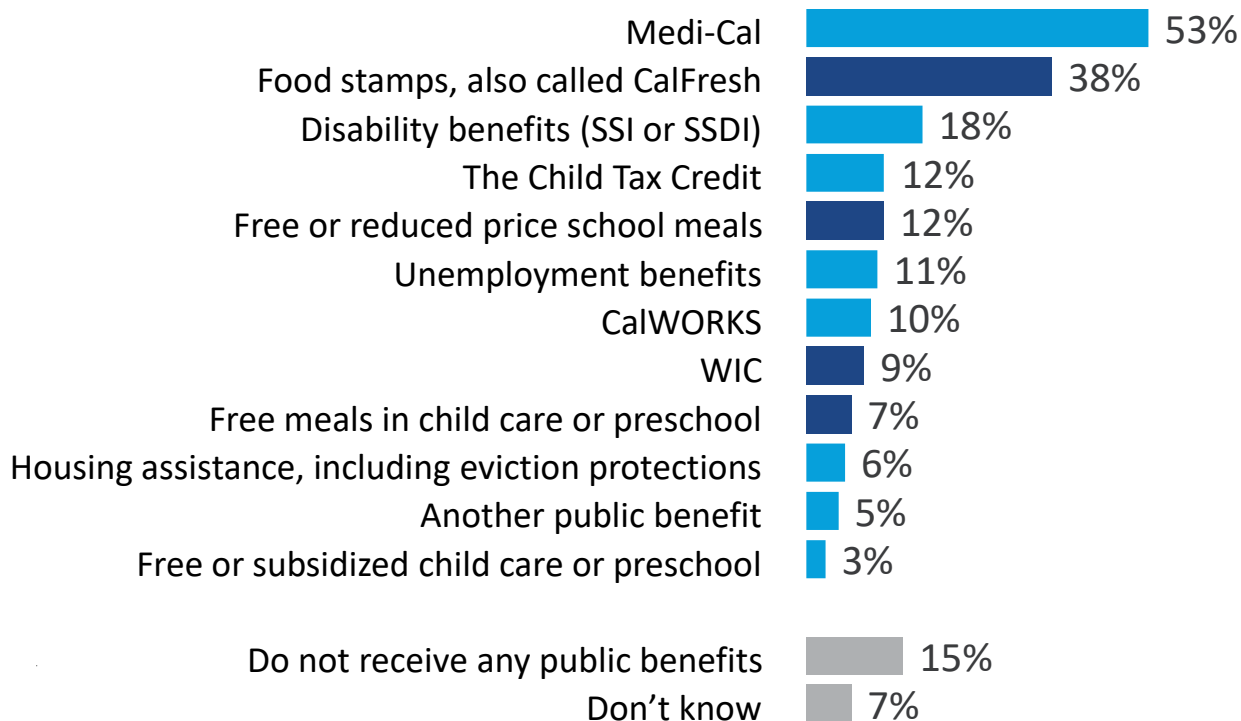


# Experiences with Public Benefits



# Two in five respondents receive CalFresh benefits.

*Please indicate which of the following benefits, if any, your household currently receives.  
(Multiple Responses Accepted)*



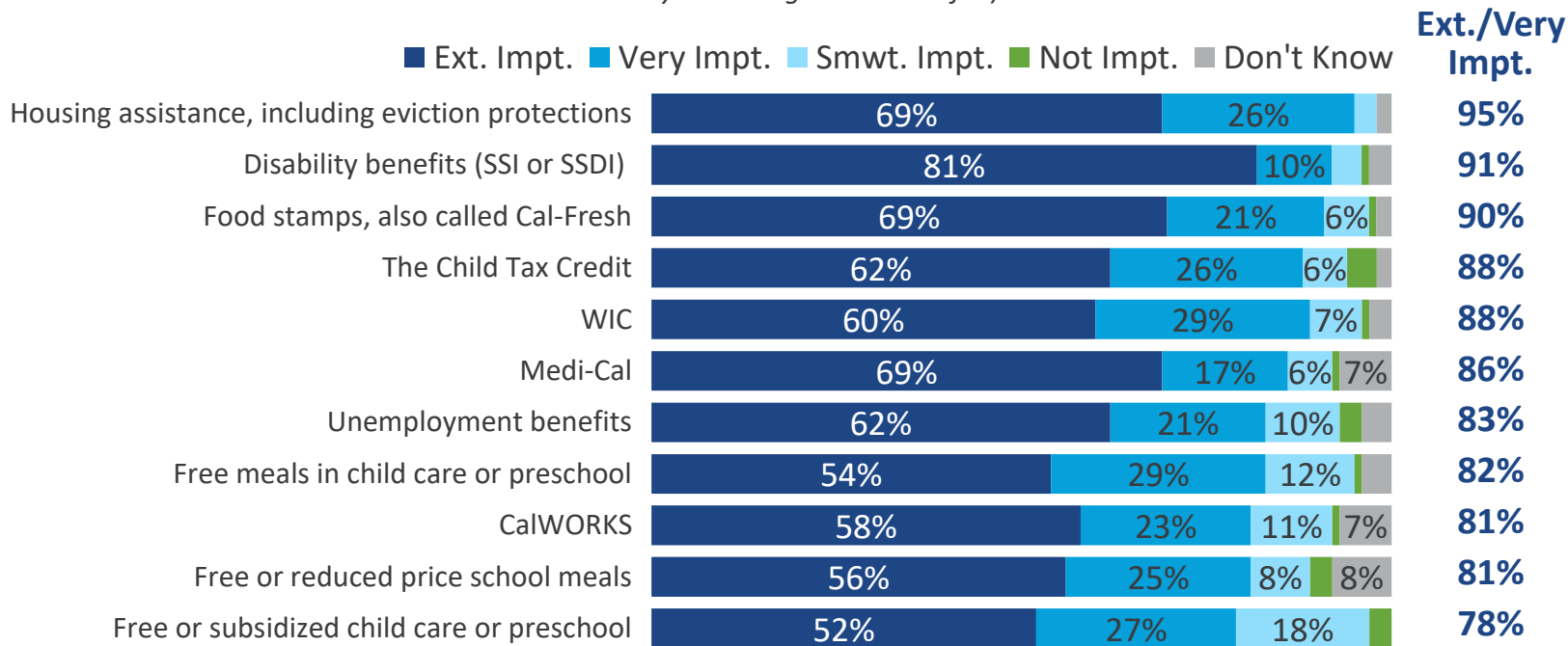
Q9.

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# Housing assistance, disability benefits, and CalFresh are seen as the most important benefits.

*You previously indicated that your household currently receives the benefits listed below. Please indicate how important each benefit is to you and your family right now: extremely important, very important, somewhat important, or not important. (Asked Only of Those Currently Receiving Public Benefits)*



Q10.

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# Childcare and school meal benefits have increased in priority since last year.

*(Extremely/Very Important)  
(Asked Only of Those Currently Receiving Public Benefits)*

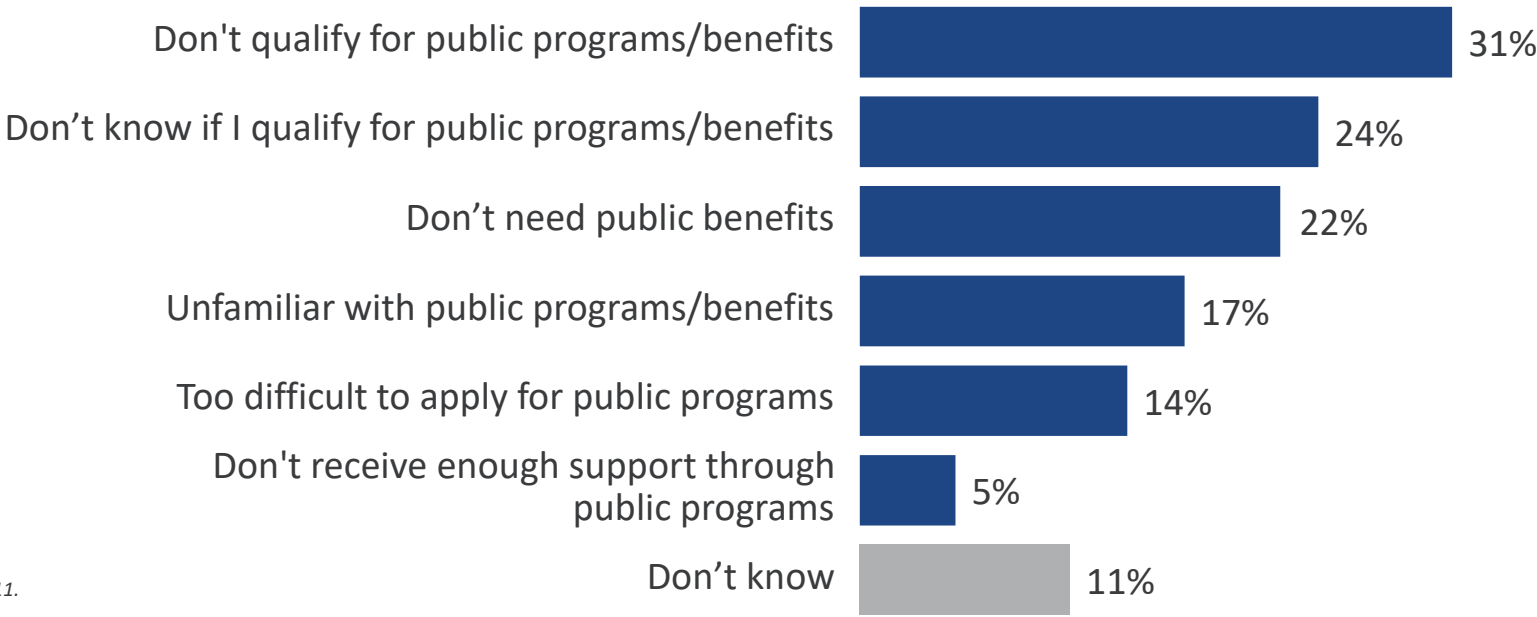
Benefit	2020	2021	Difference
Free or subsidized child care or preschool	57%	78%	<b>+21%</b>
Free or reduced price school meals	70%	81%	<b>+11%</b>
WIC	81%	88%	<b>+7%</b>
*Housing assistance, including eviction protections	89%	95%	<b>+6%</b>
*Unemployment benefits	82%	83%	<b>+1%</b>
Disability benefits (SSI or SSDI)	91%	91%	<b>0%</b>
*Food stamps, also called Cal-Fresh	90%	90%	<b>0%</b>
CalWORKS	82%	81%	<b>-1%</b>
Medi-Cal	92%	86%	<b>-6%</b>

Q10. You previously indicated that your household currently receives the benefits listed below. Please indicate how important each benefit is to you and your family right now: extremely important, very important, somewhat important, or not important. \*Slight Differences in Wording in Previous Survey



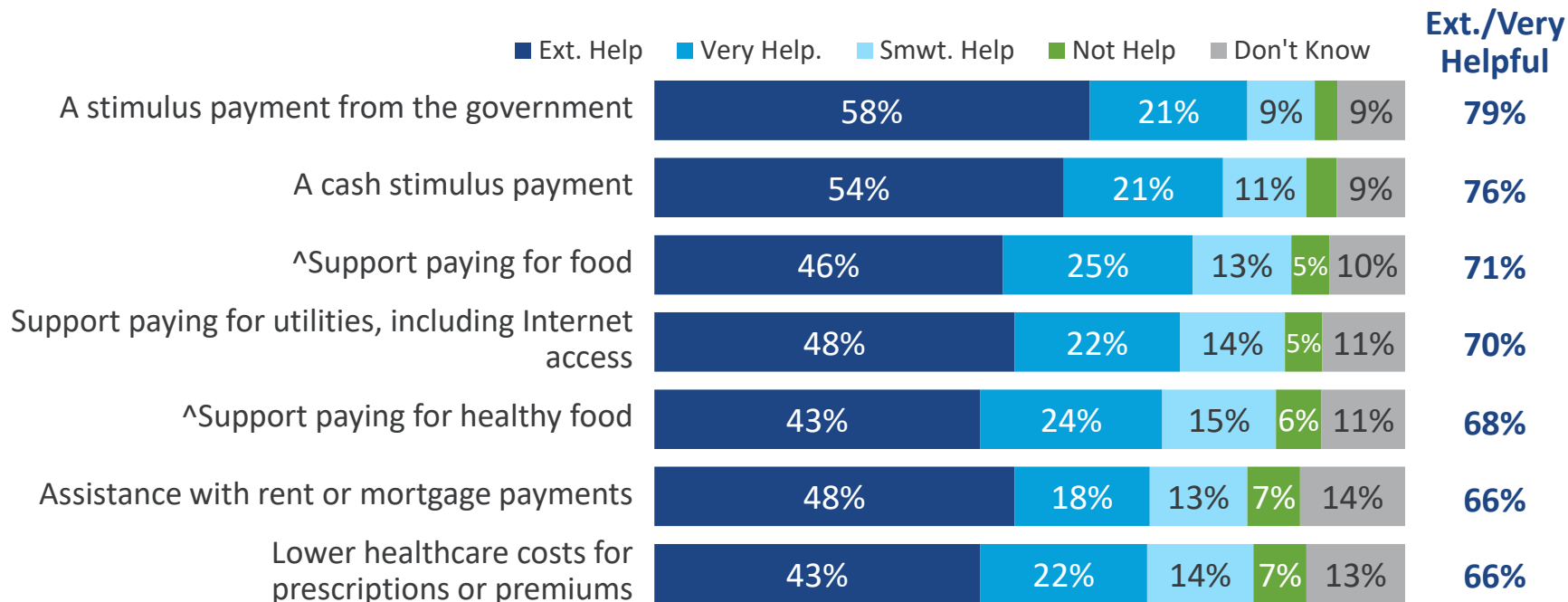
# Respondents who do not receive benefits said they didn't qualify or didn't know if they qualified.

*Previously you indicated that you do not receive public benefits from the government.  
Which of the following reasons apply:  
(Multiple Responses Accepted)*



# Stimulus payments and support paying for food and utilities are seen as the most helpful forms of assistance.

Here are several different types of assistance your household could potentially receive. Please indicate if this type of assistance would currently be extremely helpful, very helpful, somewhat helpful, or not helpful for you and your family.

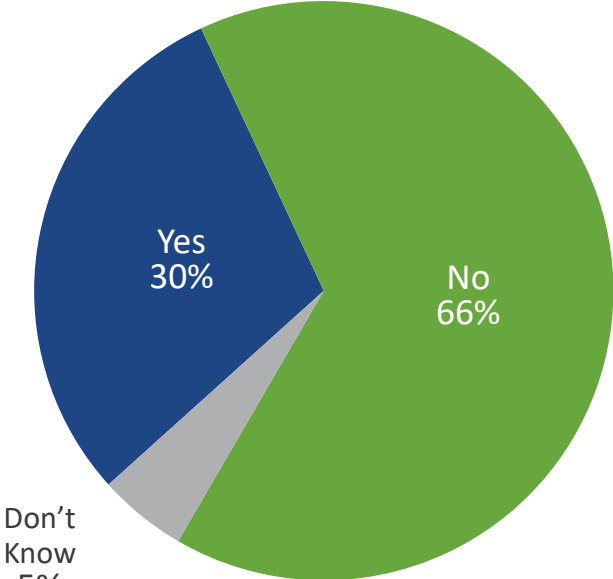


Q12. ^Not Part of Split Sample

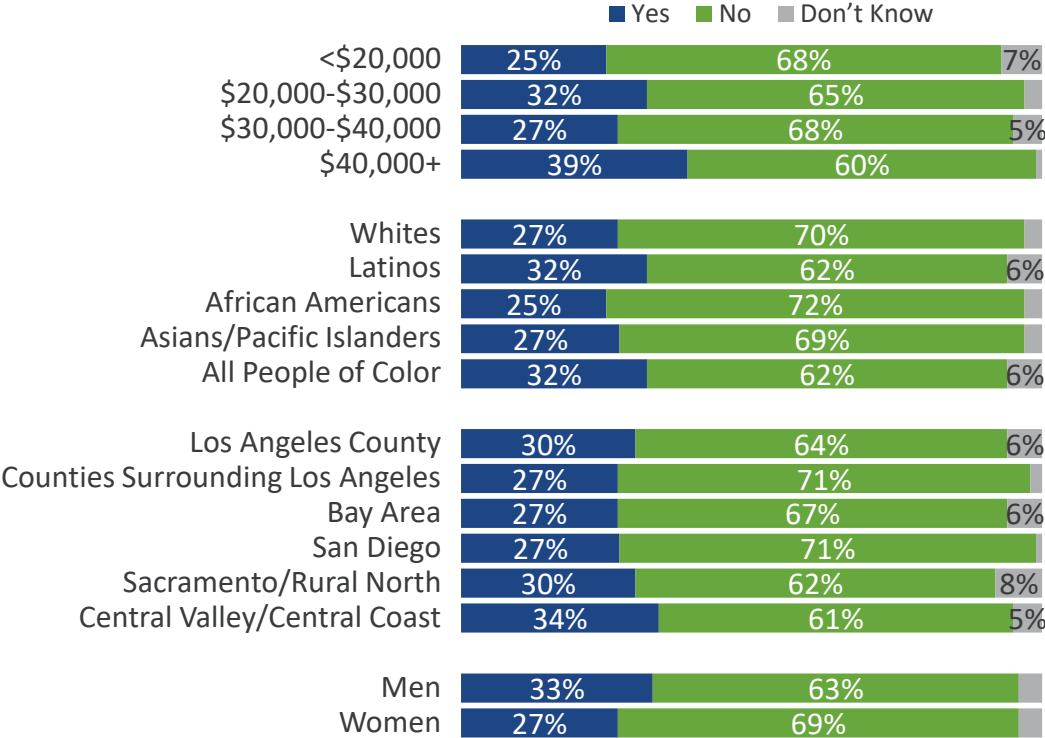
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# Approximately one third of respondents had received unemployment benefits in the last year.

Have you received unemployment benefits in the last 12 months?



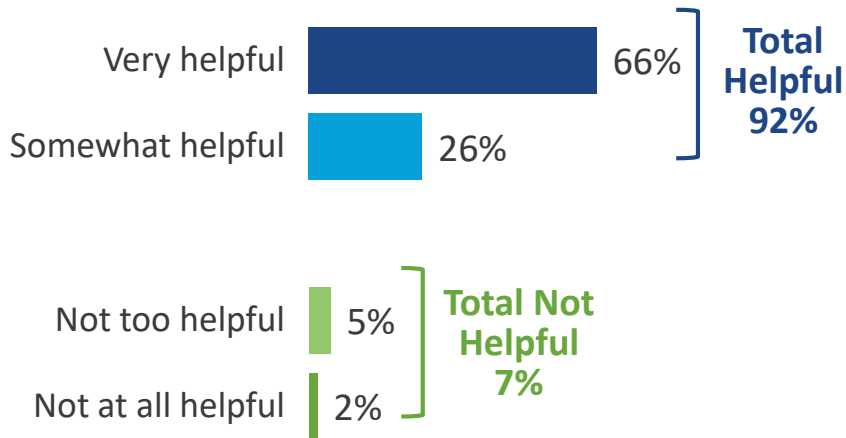
Don't Know  
5%



# Cutting unemployment benefits will harm respondents' ability to afford food.

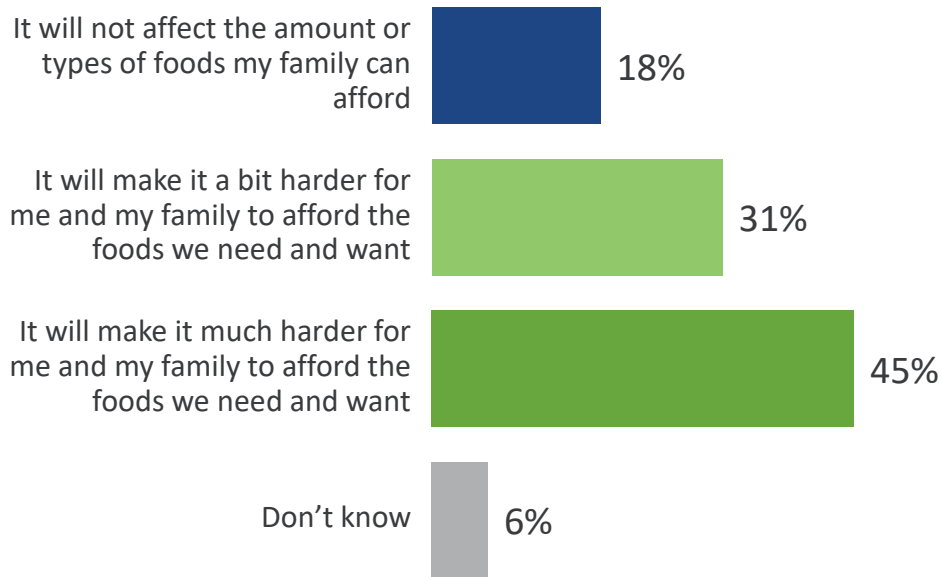
*How helpful have unemployment benefits been in helping you and your family purchase the foods you need and want?*

*(Asked of Those Who Have Received Unemployment Benefits; n=295)*



*The additional unemployment benefits that were made available during the pandemic will soon end. Which of the following comes closest to your experience:*

*(Asked of Those Who Have Received Unemployment Benefits; n=295)*



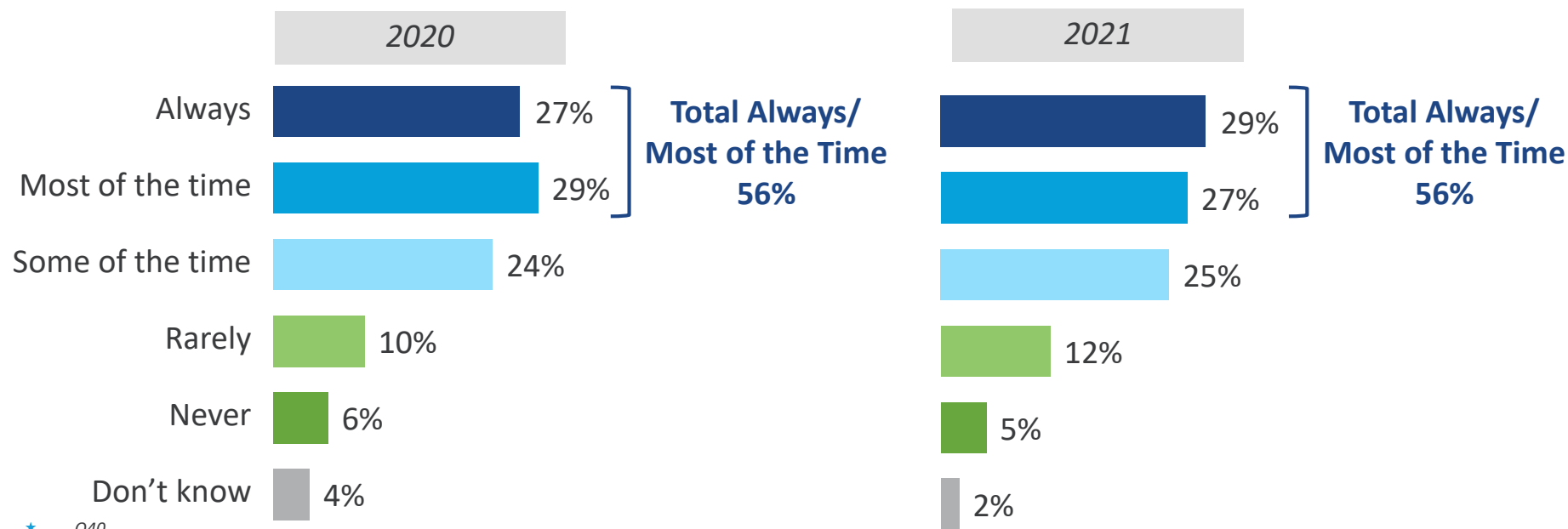


# Experiences with CalFresh



# A majority of those who get CalFresh benefits say they run out of them before the end of the month “most of the time.”

*How often do you run out of CalFresh/EBT benefits before the end of the month?*  
*(Asked of Those Who Use CalFresh Only; n=379)*

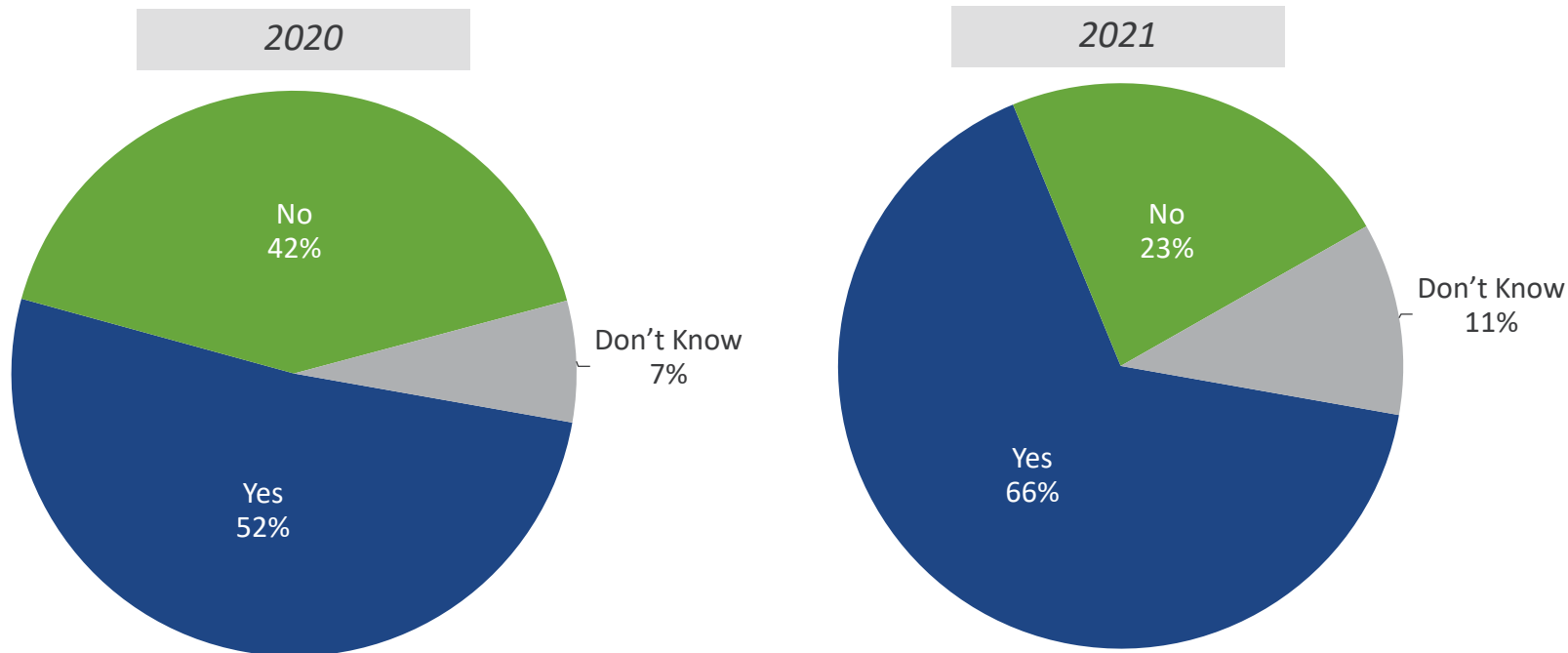




## Two-thirds say they received additional funds during the pandemic.

*Have you received additional funds from CalFresh/EBT during the coronavirus pandemic?*

*(Asked of Those Who Use CalFresh Only; n=379)*

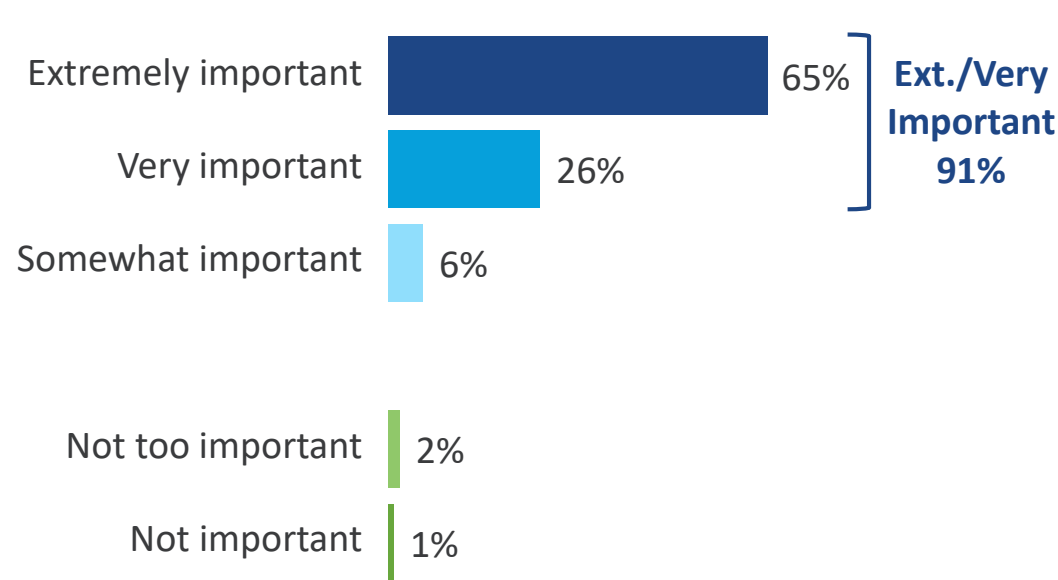


Q41.

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# Nine in ten say that these additional funds were very important in making benefits last to the end of the month.

*How important were these additional funds in making your benefits last through the whole month?*  
(Asked of Those Who Received Additional CalFresh Funds Only; n=251)

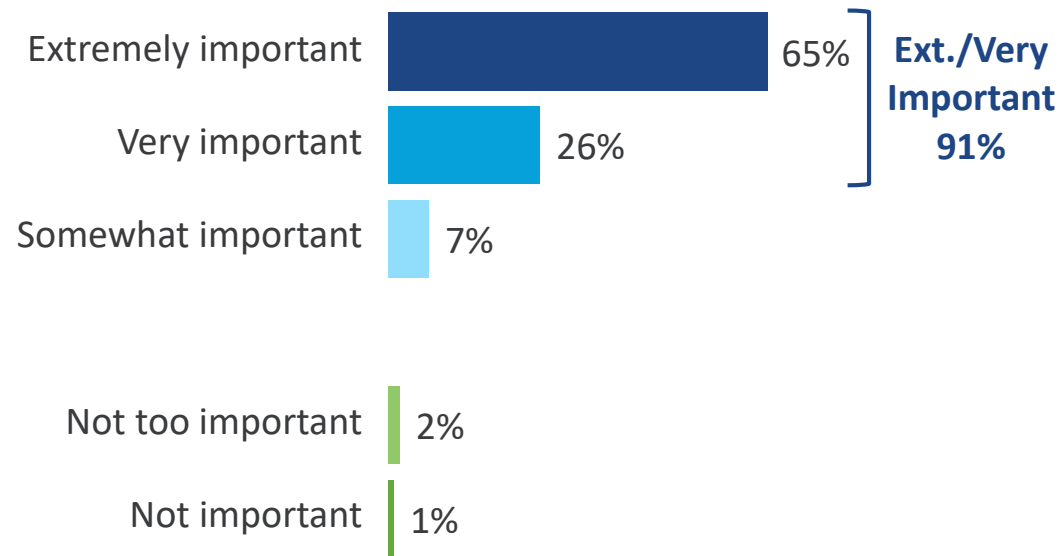


Demographic Groups Most Likely to Say Extremely Important
Asians/Pacific Islanders
San Diego
Foreign Born
Ages 50-64
Women Ages 50+
African Americans
Have No Children at Home
1-2 People Live in Household
\$30,000 and Under, 1-2 HH Members

# Nine in ten say these additional benefits helped them afford more food and a greater variety of food.

*How important were these additional funds in allowing you to purchase more food and/or a greater variety of foods than you normally could?*

*(Asked of Those Who Received Additional CalFresh Funds Only; n=251)*



Demographic Groups Most Likely to Say Extremely Important
Asians/Pacific Islanders
Bay Area
Men Ages 50+
Ages 50+
Have No Children at Home
1-2 People Live in Household
\$30,000 and Under, 1-2 HH Members



## Most participants in the Food4All group felt that applying for CalFresh was relatively easy and that the benefit was very helpful.

- Those who had received CalFresh said it was very helpful and they were grateful for the benefit.
- When asked if it was very easy, somewhat easy, somewhat difficult or very difficult, most said it was somewhat easy.
- Some of the challenges that arose with applying were:
  - Because of the pandemic they were unable to apply in person and have someone help them when they had questions and calling help lines resulted in long wait times;
  - In their experience, the program references old tax returns that showed their income at a higher level and required federal poverty level standards that are misaligned with the cost of living in California;
  - They had heard through word of mouth that it was difficult to apply; and
  - They felt they should leave the program for others with greater need.

*Overall, would you say the experience applying for CalFresh/EBT was easy or difficult?*

Level of Difficulty	Number of Times Chosen
Very difficult	0
Somewhat difficult	2
Somewhat easy	4
Very easy	2



## Despite saying that children and older adults had the most help available, participants felt like an extension of food benefits should prioritize those groups.

- When asked about which immigrant groups by age should be prioritized for an expansion of food assistance benefits, respondents were divided between prioritizing extending benefits for children and for older adults.
- At the same time, they felt that children and older adults were likely have the most access to help currently.
- There was a sense among participants that older adults' needs were really visible in their communities.

**Male Participant:** I think it is obvious that a family of six or five -- the father, mother and three or four children would need more benefits than a couple or a family with one child or maybe a senior. I think it should always be families with children.

### **Female Participant:**

I see it daily at the restaurant where I work and I see a lot of seniors on pensions that could barely afford a cup of coffee. Sometimes I say I will buy your coffee or whatever they want to eat. I feel like they don't have enough to cover all their costs. It touches my heart to think they don't have enough. So, they need more help.





# Experiences with CalFresh During a Disaster Emergency



# All participants had experience with CalFresh, but none were familiar with the benefit replacement.

- No one had heard of the CalFresh benefit replacement.
- However, they thought it was a great idea.
- Many liked the idea of an automatic replacement anytime an area is impacted by a disaster.

**Male Participant:** That would be pretty nice, like once the power goes on, in the meantime, where you have to eat fast-food or something. I mean that's pretty nice; I didn't know anything about that.



# Participants had also not heard of D-CalFresh.

- When introduced to the idea of D-CalFresh participants felt like it was a great program to have and an important benefit to offer after a crisis.
- In general, they felt like there was not enough information on how to get help after a crisis.
- They noted that during a crisis the use of social media and mass texting could be highly effective in supporting people.

**Female Participant:** Sending out text messages to those people who were affected, like for example, emergency alert and information on where they can look for food, shelter, yeah, I think text messaging.

**Male Participant:** You have to find out through the grapevine to know about some of these things.





## There was a distinct sense that this type of information should be shared in advance of a crisis.

- Given that all respondents lived in areas at high risk of wildfire or other disasters, they felt that this information should be made available ahead of time.
- They noted that TV, fliers in the grocery store, and anywhere that captured diverse cross-sections of the community would be good places to broadcast information about benefits available in the wake of a disaster.

**Male Participant:** That's probably the better way to do it. More awareness—because once everything's been destroyed, they might have a cellphone left, they will probably say, text messaging, important information, where to go to get help. There's really no way to get any information across if you are displaced. People living in their cars and everything, pretty much impossible, you know, other than on the phone.



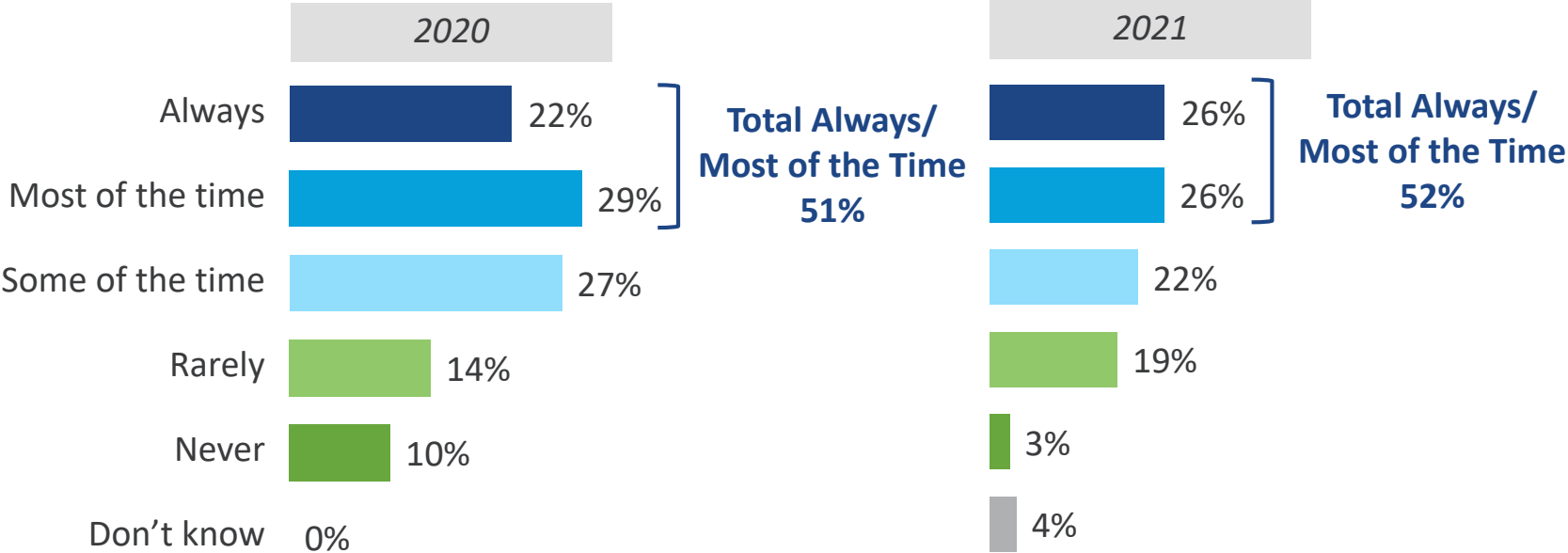


# Experiences with WIC



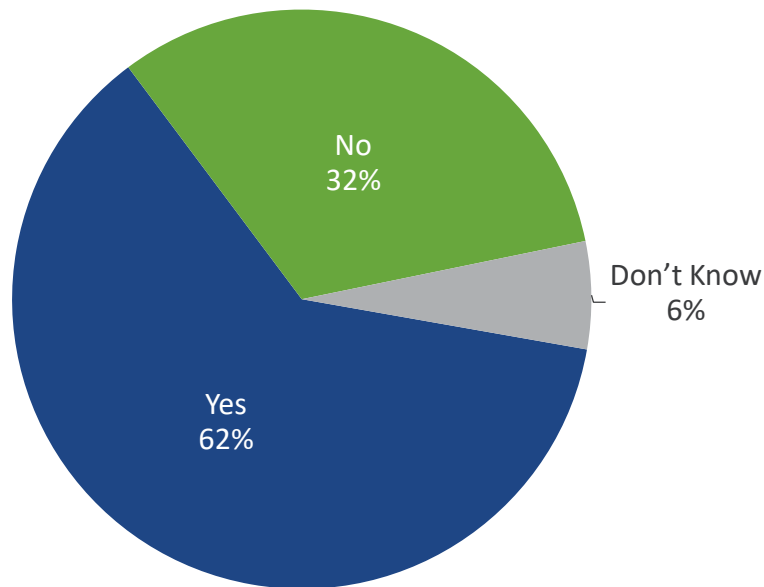
# Half of respondents say they run out of WIC benefits before the end of the month most of the time.

*How often do you run out of WIC benefits before the end of the month?*  
*(Asked Only of Those Who Use WIC; n=89)*



# Three in five WIC recipients say they have gotten additional funds since June 2021.

*Have you received additional funds from WIC since June 2021?*  
(Asked Only of Those Who Use WIC; n=89)



Q45.

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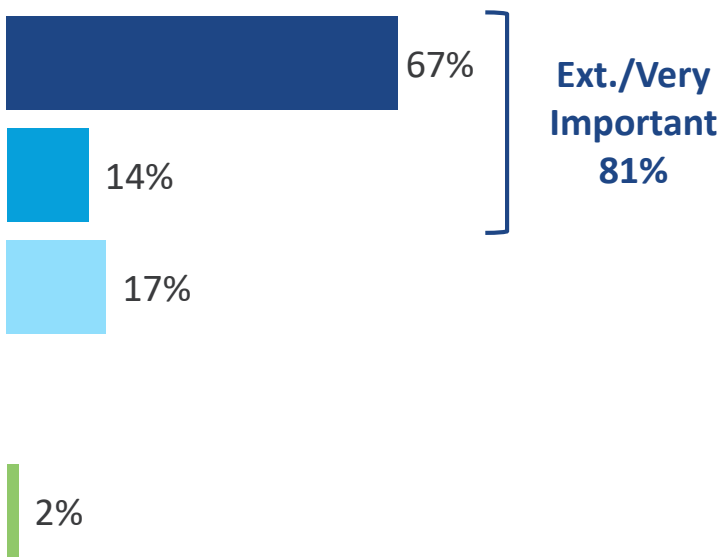
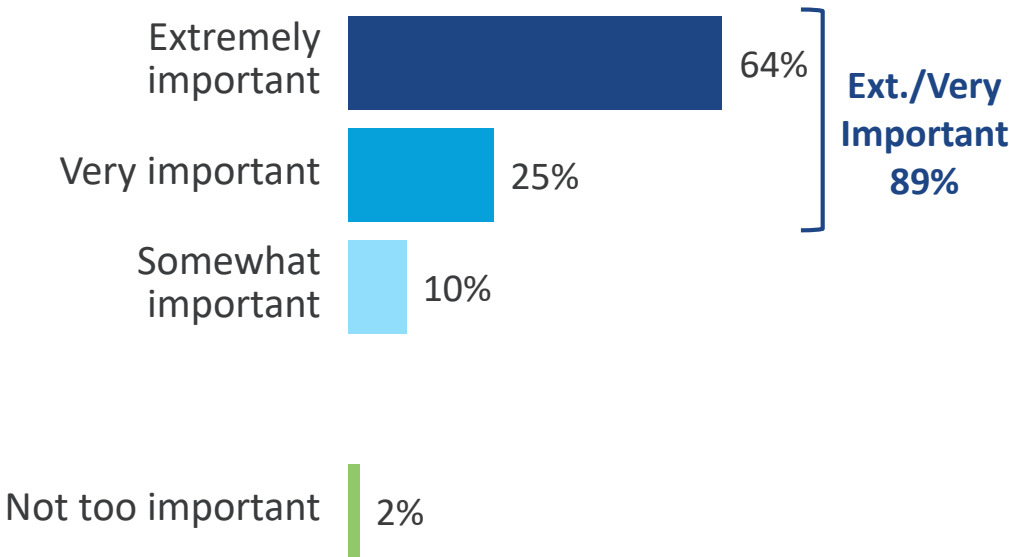
# Four in five saw these additional WIC benefits as very important.

*How important were these additional funds in making your benefits last through the whole month?*

*How important were these additional funds in allowing you to purchase more food and/or a greater variety of foods than you normally could?*

*(Asked of Those Who Received Additional WIC Funds Only; n=56)*

*(Asked of Those Who Received Additional WIC Funds Only; n=56)*



## Participants valued the supports available through WIC.

- The nutrition and health support was extremely useful for participants; they said they learned about everything from diabetes to dental care and were able to make good choices for their family because of what they'd learned.
- Those who had used the breastfeeding support also had a highly positive experience; they did not feel pressured to breastfeed rather than formula feed.
- In general, participants said WIC's help was wide-ranging; the program helped them access dental clinics, flu vaccine locations, bus tickets, and even gave them the number to pay electric bill.

**Female Participant:** They helped me when I had my first baby. I couldn't breastfeed and I was embarrassed, but they were there watching me and helping me. They would grab my breast and show me how to do it. I was embarrassed at first but later no, because it is natural.

**Female Participant:** When I was working, they asked us who had gotten vaccinated for the flu. I said I did through work but my family had not and I don't have the time to take them. They said there is a clinic, take them here and it is free. They all got vaccinated there. They have helped me with vaccines or doctors, sometimes with tickets to ride the bus.



## Overall, the experience of enrolling in WIC was easy.

- Participants felt that enrolling in WIC was more efficient than other programs.
  - Participants said that CalFresh is much more detailed in its requirements and takes longer to process.
  - They indicated they would be comfortable with documents coming from the doctors office and that it did not raise any privacy concerns.
- They also said they did not feel rushed when in the WIC offices and that the offices were family-oriented and they could bring their kids there
- Participants preferred going into the office in person over enrolling online; they felt it was easier than trying to navigate forms online.
  - Several had experience with submitting information online during the pandemic.
  - While they preferred going in person, they did like the idea of a centralized place to apply for all benefits.
- Additionally, some of the services offered by WIC like breastfeeding support are better done in person.



# Participants struggled when their children aged out of WIC benefits.

- Several noted that having to buy the food they'd previously purchased using WIC created a financial strain.
- Some made smaller portions or limited the amount of milk they offered their children, while others resorted to buying less healthy options.

**Female Participant:** When I lost WIC with my daughter, I noticed that it was harder to get the food stamps to last. We had to stop buying healthy food. We stopped buying as much milk and started buying more juice or soda things that weren't as nutritious. That is what I noticed. It affected us a lot because before they were used to more tortillas and beans because that was something we would receive. Since it is free, we use it and we give it to the children and they eat healthier that way.

**Female Participant:** Cooking smaller portions so that the food would last longer or if we wanted to buy something healthier measuring what we were going to serve so there was enough for everyone that is how we did it.





# Participants' shopping preferences varied.

- Some participants favored shopping at large stores with more variety, while others preferred small stores that clearly label what they can use their WIC benefits on.
  - There was a perception that the WIC stores were more expensive and the foods go bad faster.
- Most said they'd like to have all their food benefits on a single EBT card, although it could increase the chances of losing all the benefits.
- Most prefer to use self-checkout, when possible, to avoid judgment and negative experiences.
- Not everyone knew about the app, but those who had experience with it liked it.
- None were aware of benefit replacement available if food was lost in a disaster.

## **Female Participant:**

Sometimes I go with the cashier if I have a lot of things. But most of time I go to self-checkout because like the ladies said, people look at you. So, I rather go and do it myself. It is easier too.





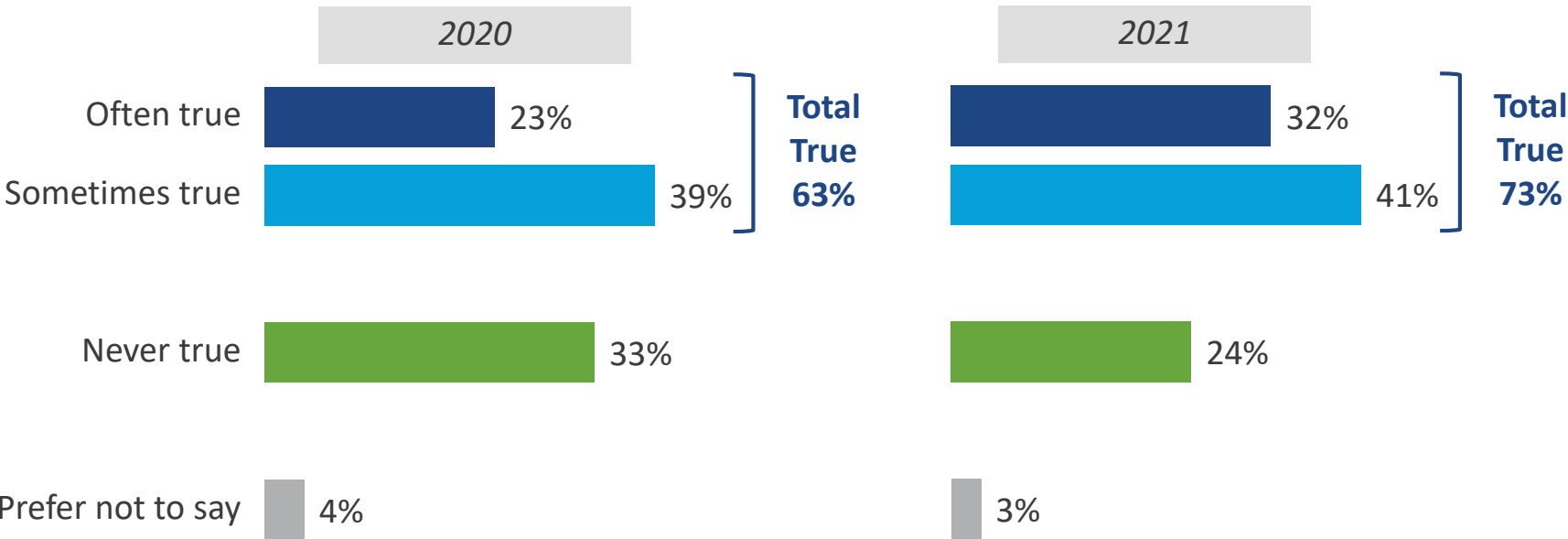
# Experiences with Hunger and Food Hardship



# Three in four say they have worried about running out of food before having money to buy more.

*Within the past 12 months we worried whether our food would run out before we got money to buy more.*

*Is this statement often true, sometimes true, or never true for your household?*



# Women are more likely than men to have worried about affording food.

Demographic Group	Total True	Never True
All Respondents	73%	24%
Gender		
Men	70%	27%
Women	76%	22%
Household Income by Household Size		
Under \$30,000/1-2 HH Members	70%	27%
Under \$30,000/3+ HH Members	75%	20%
\$30,000 and over/3-4 HH Members	81%	18%
\$30,000 and over/5+ HH Members	67%	30%



Q13. Within the past 12 months we worried whether our food would run out before we got money to buy more. Is this statement often true, sometimes true, or never true for your household?

## Respondents under age 50 worried much more often than those 50 and over.

Demographic Group	Total True	Never True
<b>Race/Ethnicity</b>		
Whites	70%	27%
Latinos	78%	19%
African Americans	77%	20%
Asians/Pacific Islanders	69%	29%
All People of Color	76%	21%
<b>Age</b>		
18-49	77%	20%
50-64	68%	29%
65+	44%	50%



Q13. Within the past 12 months we worried whether our food would run out before we got money to buy more. Is this statement often true, sometimes true, or never true for your household?

# Homeowners are less likely to be worried about affording food than others.

Demographic Group	Total True	Never True
<b>Language of Interview</b>		
English	72%	25%
Spanish	76%	17%
<b>Region</b>		
Los Angeles County	77%	19%
Counties Surrounding Los Angeles	69%	27%
Bay Area	69%	31%
San Diego	74%	24%
Sacramento/Rural North	76%	22%
Central Valley/Central Coast	71%	26%
<b>Residence</b>		
Homeowners	68%	30%
Renters	77%	22%
Live with Family	74%	23%
Unhoused	80%	20%



Q13. Within the past 12 months we worried whether our food would run out before we got money to buy more. Is this statement often true, sometimes true, or never true for your household?

# Parents with very young children are most likely to have worried about affording food.

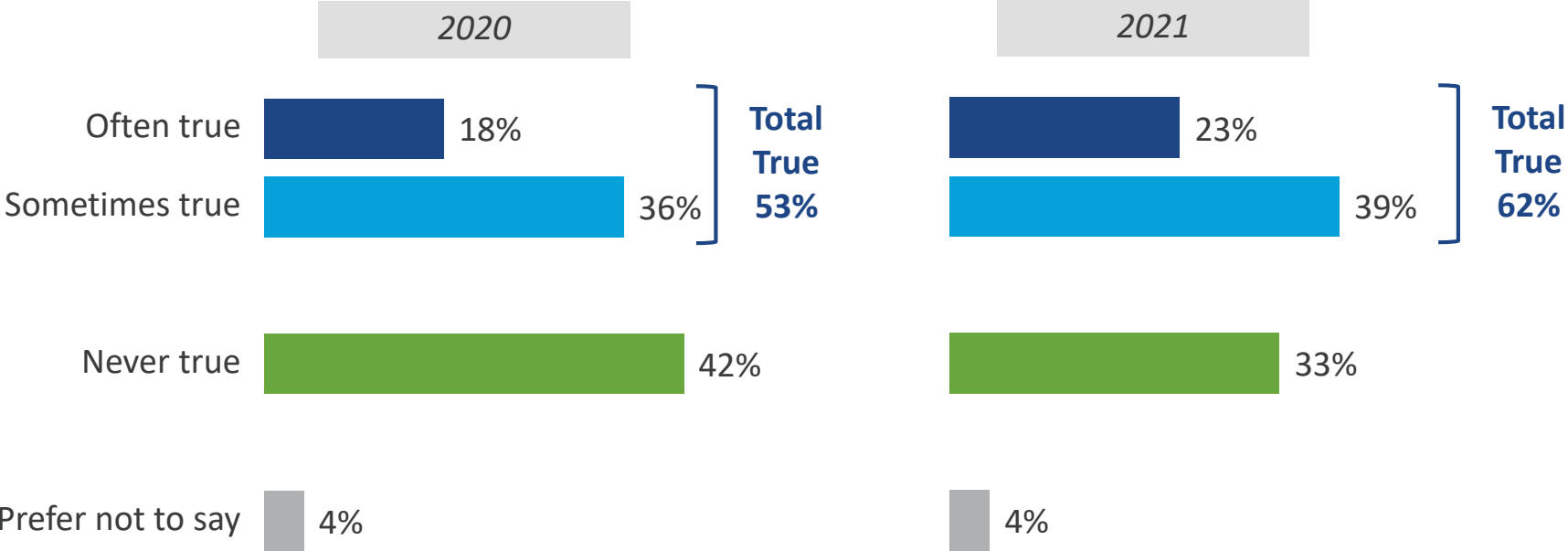
Demographic Group	Total True	Never True
<b>Children</b>		
No Children	68%	29%
Under 6 Years Old	84%	16%
Ages 6-12 Years	78%	20%
Ages 13-18 Years	75%	23%
Ages 19 or Older	77%	16%
<i>All Parents</i>	<i>79%</i>	<i>19%</i>



Q13. Within the past 12 months we worried whether our food would run out before we got money to buy more. Is this statement often true, sometimes true, or never true for your household?

# Three in five say they ran out of food before they had money to buy more.

*Within the past 12 months the food we bought just didn't last and we didn't have money to get more.  
Is this statement often true, sometimes true, or never true for your household?*





## Despite the gap in concern, men and women experienced running out of money at similar rates.

Demographic Group	Total True	Never True
All Respondents	62%	33%
<b>Gender</b>		
Men	62%	35%
Women	63%	33%
<b>Household Income by Household Size</b>		
Under \$30,000/1-2 HH Members	61%	37%
Under \$30,000/3+ HH Members	64%	28%
\$30,000 and over/3-4 HH Members	67%	31%
\$30,000 and over/5+ HH Members	59%	39%



Q14. Within the past 12 months the food we bought just didn't last and we didn't have money to get more. Is this statement often true, sometimes true, or never true for your household?

# Those 65 and over were *less* likely to have run out of food than other age groups.

Demographic Group	Total True	Never True
<b>Race/Ethnicity</b>		
Whites	60%	37%
Latinos	65%	30%
African Americans	72%	22%
Asians/Pacific Islanders	57%	40%
All People of Color	64%	31%
<b>Age</b>		
18-49	65%	30%
50-64	60%	37%
65+	36%	61%



Q14. Within the past 12 months the food we bought just didn't last and we didn't have money to get more. Is this statement often true, sometimes true, or never true for your household?

**Experiences were relatively consistent throughout the state, but San Diego respondents reported the greatest difficulties.**

Demographic Group	Total True	Never True
<b>Language of Interview</b>		
English	63%	34%
Spanish	59%	32%
<b>Region</b>		
Los Angeles County	64%	31%
Counties Surrounding Los Angeles	55%	40%
Bay Area	62%	35%
San Diego	68%	30%
Sacramento/Rural North	65%	30%
Central Valley/Central Coast	63%	32%
<b>Residence</b>		
Homeowners	62%	36%
Renters	64%	34%
Live with Family	62%	35%
Unhoused	69%	27%



Q14. Within the past 12 months the food we bought just didn't last and we didn't have money to get more. Is this statement often true, sometimes true, or never true for your household?

## Parents of children under age 6 ran out of food most often.

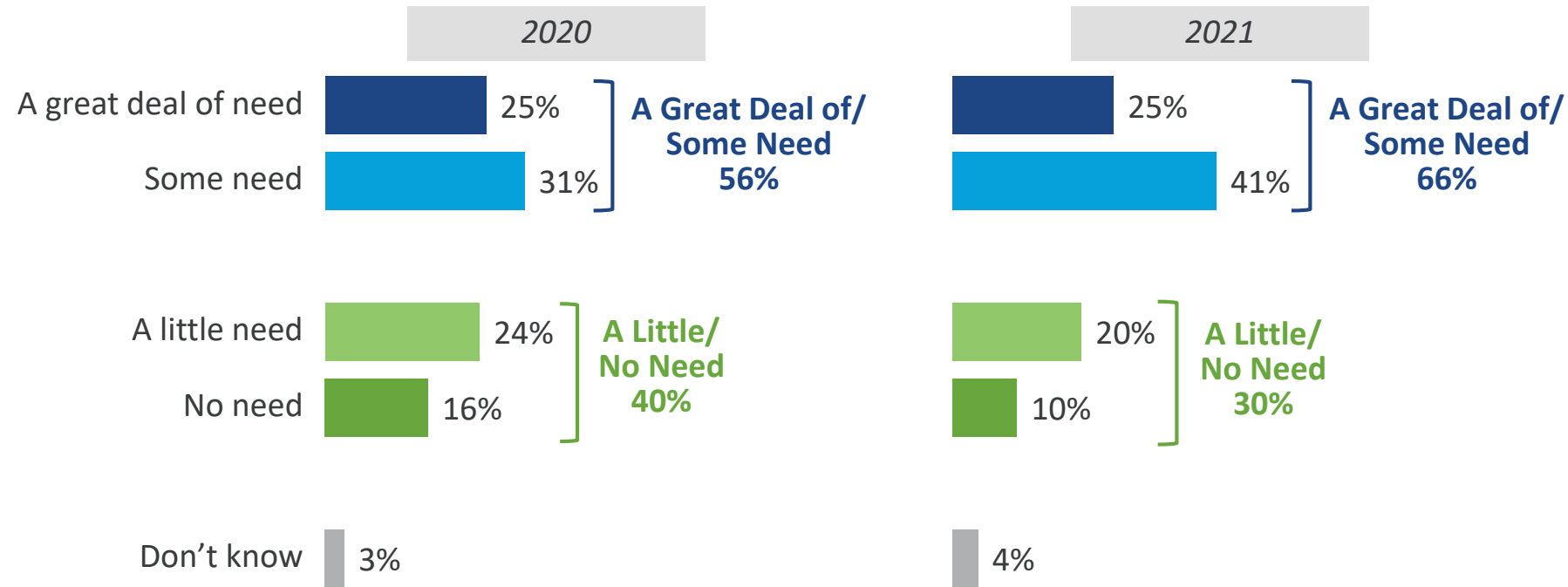
Demographic Group	Total True	Never True
<b>Children</b>		
No Children	56%	39%
Under 6 Years Old	75%	22%
Ages 6-12 Years	66%	30%
Ages 13-18 Years	70%	27%
Ages 19 or Older	63%	29%
<i>All Parents</i>	<i>69%</i>	<i>27%</i>



Q14. Within the past 12 months the food we bought just didn't last and we didn't have money to get more. Is this statement often true, sometimes true, or never true for your household?

# However, two-thirds say they need additional money to get the food they need and want.

*How much additional money does your family need to get the food you need and want:*

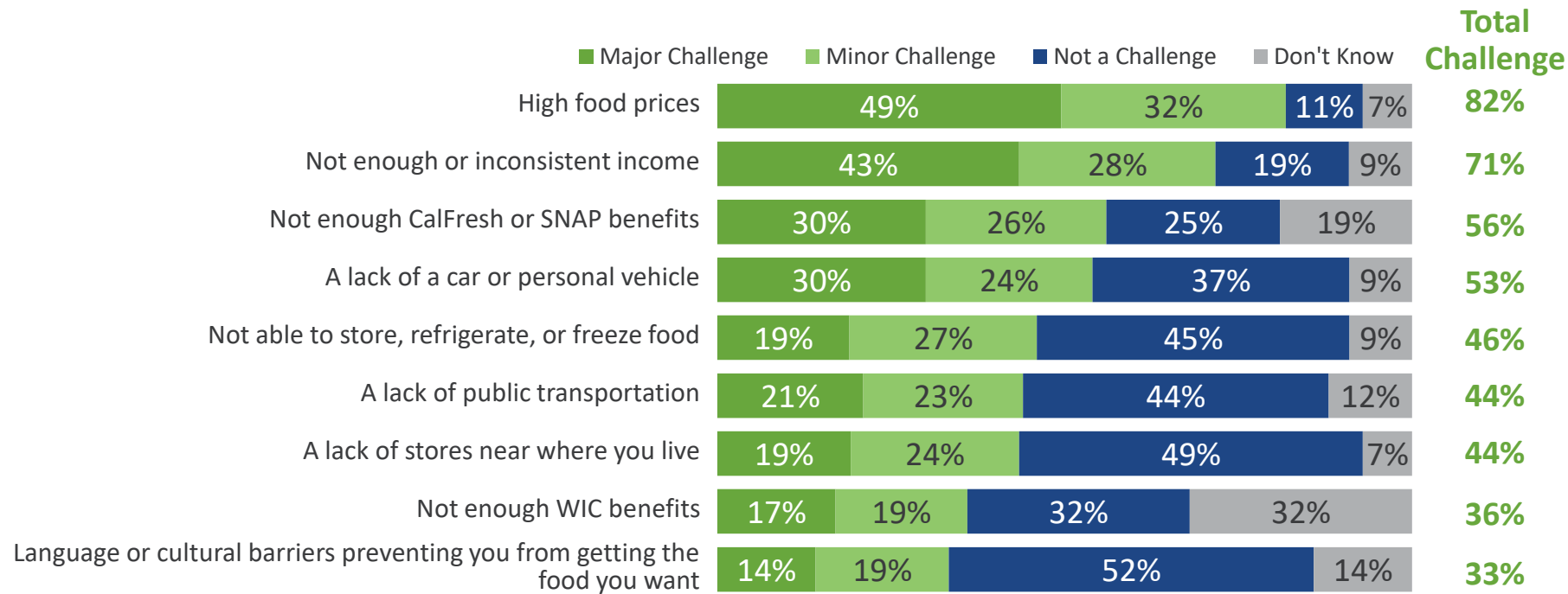


Q18. Slight Difference in Wording In Previous Survey

Hardship & Hope for Change 2021

# High food prices and inconsistent income pose the biggest challenges to getting enough food.

Here is a list of barriers some people may experience in getting enough food for themselves and their families.  
Please indicate if this is a major challenge, a minor challenge, or not a challenge for you and your family in accessing food.



## African American respondents faced more barriers related to transportation.

*Total Challenge by Race/Ethnicity*

Barrier	All Resp.	Whites	Latinos	African Americans	Asians/Pacific Islanders	All People of Color
High food prices	<b>82%</b>	85%	79%	84%	82%	79%
Not enough or inconsistent income	<b>71%</b>	71%	70%	79%	72%	72%
Not enough CalFresh or SNAP benefits	<b>56%</b>	55%	56%	<b>67%</b>	50%	57%
A lack of a car or personal vehicle	<b>53%</b>	49%	55%	<b>71%</b>	49%	57%
Not able to store, refrigerate, or freeze food	<b>46%</b>	40%	51%	51%	45%	51%
A lack of public transportation	<b>44%</b>	38%	49%	<b>57%</b>	50%	49%
A lack of stores near where you live	<b>44%</b>	39%	48%	<b>58%</b>	32%	47%
Not enough WIC benefits	<b>36%</b>	30%	45%	46%	32%	42%
Language or cultural barriers preventing you from getting the food you want	<b>33%</b>	25%	41%	43%	34%	40%



Q17. Here is a list of barriers some people may experience in getting enough food for themselves and their families. Please indicate if this is a major challenge, a minor challenge, or not a challenge for you and your family in accessing food.

## Respondents from across the state tended to rank challenges in the same order.

*Total Challenge by Region*

Barrier	All Resp.	Los Angeles County	Counties Surrounding Los Angeles	Bay Area	San Diego	Sacramento/ Rural North	Central Valley/ Central Coast
High food prices	<b>82%</b>	79%	84%	82%	84%	78%	84%
Not enough or inconsistent income	<b>71%</b>	70%	74%	69%	70%	69%	73%
Not enough CalFresh or SNAP benefits	<b>56%</b>	57%	54%	50%	62%	50%	59%
A lack of a car or personal vehicle	<b>53%</b>	58%	52%	56%	47%	48%	51%
Not able to store, refrigerate, or freeze food	<b>46%</b>	48%	43%	48%	49%	43%	45%
A lack of public transportation	<b>44%</b>	49%	45%	47%	40%	34%	41%
A lack of stores near where you live	<b>44%</b>	44%	41%	45%	42%	44%	45%
Not enough WIC benefits	<b>36%</b>	43%	29%	42%	36%	33%	31%
Language or cultural barriers preventing you from getting the food you want	<b>33%</b>	40%	27%	38%	34%	26%	28%

Q17. Here is a list of barriers some people may experience in getting enough food for themselves and their families. Please indicate if this is a major challenge, a minor challenge, or not a challenge for you and your family in accessing food.





## Respondents under 50 experienced many of the challenges more often.

*Total Challenge by Age*

Barrier	All Resp.	18-49	50-64	65+
High food prices	82%	81%	84%	81%
Not enough or inconsistent income	71%	73%	69%	56%
Not enough CalFresh or SNAP benefits	56%	58%	54%	35%
A lack of a car or personal vehicle	53%	57%	48%	31%
Not able to store, refrigerate, or freeze food	46%	51%	33%	24%
A lack of public transportation	44%	48%	32%	27%
A lack of stores near where you live	44%	47%	38%	21%
Not enough WIC benefits	36%	43%	18%	8%
Language or cultural barriers preventing you from getting the food you want	33%	39%	17%	12%

Q17. Here is a list of barriers some people may experience in getting enough food for themselves and their families. Please indicate if this is a major challenge, a minor challenge, or not a challenge for you and your family in accessing food.



## Parents tended to experience challenges at higher rates than those without children.

*Total Challenge by Parents*

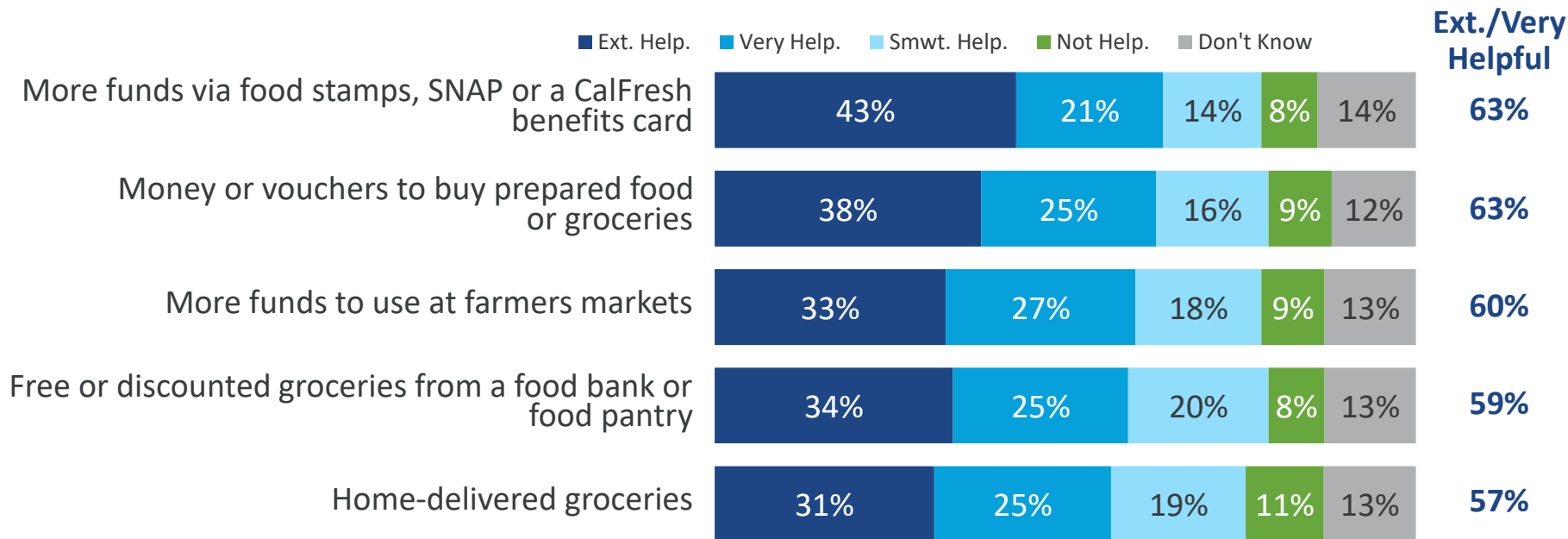
Barrier	All Resp.	No Children	Under 6 Years Old	Ages 6-12 Years	Ages 13-18 Years	Ages 19 or Older	All Parents
High food prices	<b>82%</b>	80%	85%	85%	80%	85%	83%
Not enough or inconsistent income	<b>71%</b>	68%	74%	80%	75%	70%	75%
Not enough CalFresh or SNAP benefits	<b>56%</b>	52%	61%	62%	61%	53%	60%
A lack of a car or personal vehicle	<b>53%</b>	50%	58%	60%	54%	50%	57%
Not able to store, refrigerate, or freeze food	<b>46%</b>	42%	56%	54%	52%	43%	51%
A lack of public transportation	<b>44%</b>	40%	51%	50%	47%	41%	49%
A lack of stores near where you live	<b>44%</b>	39%	47%	55%	45%	37%	48%
Not enough WIC benefits	<b>36%</b>	27%	53%	49%	44%	27%	46%
Language or cultural barriers preventing you from getting the food you want	<b>33%</b>	27%	45%	42%	38%	26%	40%

Q17. Here is a list of barriers some people may experience in getting enough food for themselves and their families. Please indicate if this is a major challenge, a minor challenge, or not a challenge for you and your family in accessing food.



# Access to money to spend on food is most often labeled “extremely helpful.”

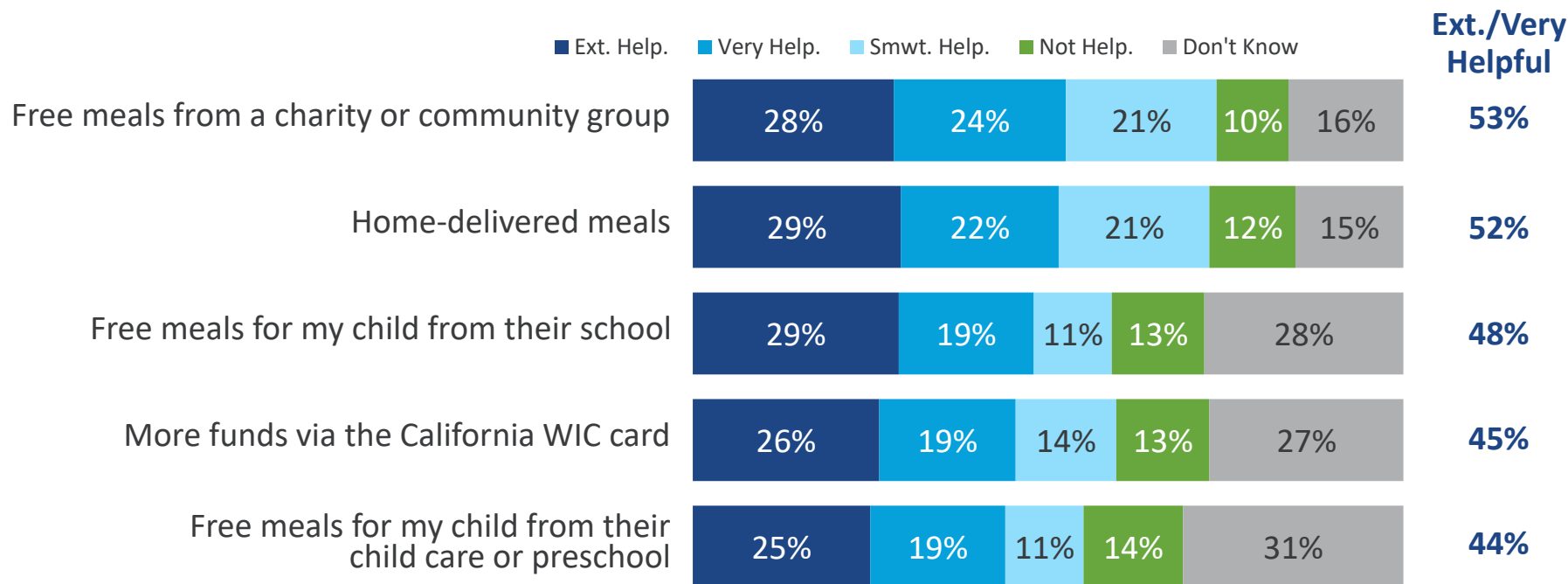
*Here are several different types of assistance you could receive related to accessing enough fresh, healthy food for you and your family. For each one, please indicate if this type of assistance would currently be extremely helpful, very helpful, somewhat helpful, or not helpful for you and your family.*



Q19.

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# A majority also say free meals are helpful.



Q19. Here are several different types of assistance you could receive related to accessing enough fresh, healthy food for you and your family. For each one, please indicate if this type of assistance would currently be extremely helpful, very helpful, somewhat helpful, or not helpful for you and your family.



## Respondents of color viewed WIC benefits and meals for children as more helpful than white respondents did.

### *Extremely/Very Helpful by Race/Ethnicity*

Assistance	All Resp.	Whites	Latinos	African Americans	Asians/Pacific Islanders	All People of Color
More funds via food stamps, SNAP or a CalFresh benefits card	<b>63%</b>	62%	63%	71%	64%	65%
Money or vouchers to buy prepared food or groceries	<b>63%</b>	60%	64%	68%	68%	65%
More funds to use at farmers markets	<b>60%</b>	57%	63%	72%	53%	62%
Free or discounted groceries from a food bank or food pantry	<b>59%</b>	56%	62%	59%	63%	62%
Home-delivered groceries	<b>57%</b>	49%	60%	72%	63%	62%
Free meals from a charity or community group	<b>53%</b>	47%	58%	57%	54%	56%
Home-delivered meals	<b>52%</b>	47%	54%	70%	53%	56%
Free meals for my child from their school	<b>48%</b>	36%	57%	62%	57%	57%
More funds via the California WIC card	<b>45%</b>	37%	53%	52%	61%	52%
Free meals for my child from their child care or preschool	<b>44%</b>	34%	53%	55%	43%	51%

Q19. Here are several different types of assistance you could receive related to accessing enough fresh, healthy food for you and your family. For each one, please indicate if this type of assistance would currently be extremely helpful, very helpful, somewhat helpful, or not helpful for you and your family.



# Those under 50 are more likely to find many forms of assistance more helpful.

## Extremely/Very Helpful by Age

Assistance	All Resp.	18-49	50-64	65+
More funds via food stamps, SNAP or a CalFresh benefits card	<b>63%</b>	65%	68%	42%
Money or vouchers to buy prepared food or groceries	<b>63%</b>	64%	66%	41%
More funds to use at farmers markets	<b>60%</b>	63%	57%	38%
Free or discounted groceries from a food bank or food pantry	<b>59%</b>	61%	58%	40%
Home-delivered groceries	<b>57%</b>	60%	51%	38%
Free meals from a charity or community group	<b>53%</b>	56%	48%	25%
Home-delivered meals	<b>52%</b>	55%	47%	33%
Free meals for my child from their school	<b>48%</b>	55%	30%	11%
More funds via the California WIC card	<b>45%</b>	52%	30%	11%
Free meals for my child from their child care or preschool	<b>44%</b>	51%	24%	8%

Q19. Here are several different types of assistance you could receive related to accessing enough fresh, healthy food for you and your family. For each one, please indicate if this type of assistance would currently be extremely helpful, very helpful, somewhat helpful, or not helpful for you and your family.



# In many cases, parents value the assistance more than those without children.

Extremely/Very Helpful by Parents

Assistance	All Resp.	No Children	Under 6 Years Old	Ages 6-12 Years	Ages 13-18 Years	Ages 19 or Older	All Parents
More funds via food stamps, SNAP or a CalFresh benefits card	63%	61%	66%	70%	71%	56%	66%
Money or vouchers to buy prepared food or groceries	63%	58%	68%	67%	71%	60%	67%
More funds to use at farmers markets	60%	55%	67%	66%	68%	64%	65%
Free or discounted groceries from a food bank or food pantry	59%	56%	64%	64%	65%	58%	62%
Home-delivered groceries	57%	52%	63%	62%	65%	49%	61%
Free meals from a charity or community group	53%	48%	58%	63%	56%	47%	57%
Home-delivered meals	52%	49%	59%	55%	53%	47%	55%
Free meals for my child from their school	48%	33%	66%	73%	69%	46%	64%
More funds via the California WIC card	45%	37%	64%	58%	50%	33%	54%
Free meals for my child from their child care or preschool	44%	31%	65%	66%	54%	35%	57%

Q19. Here are several different types of assistance you could receive related to accessing enough fresh, healthy food for you and your family. For each one, please indicate if this type of assistance would currently be extremely helpful, very helpful, somewhat helpful, or not helpful for you and your family.





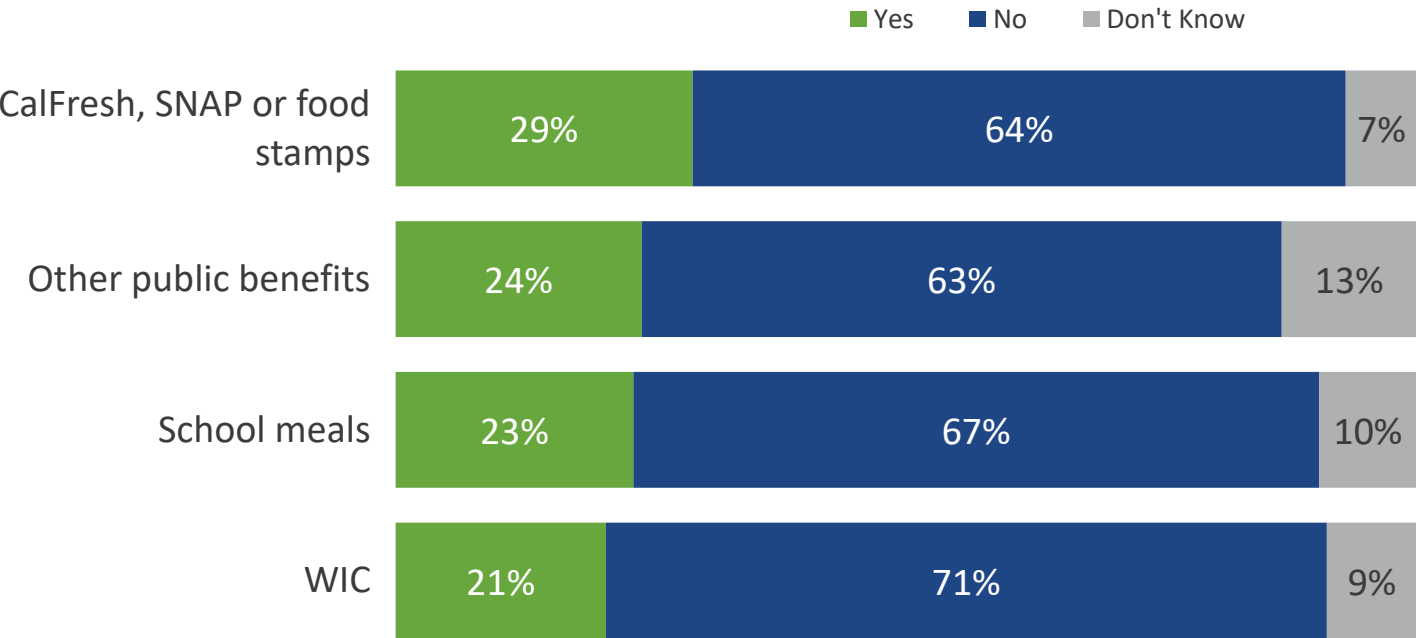
# Experiences with Unfair Treatment and Bias





# Experiences with discrimination occurred with similar frequency across benefit programs.

*Have you ever experienced discrimination or bias when trying to apply for any of the following services:  
(Asked Only of Those Who Have Used Public Benefits; n=779; Data shown only for those that indicated they receive the benefit)*



African American and Latino respondents reported more discrimination when applying for CalFresh than others did.

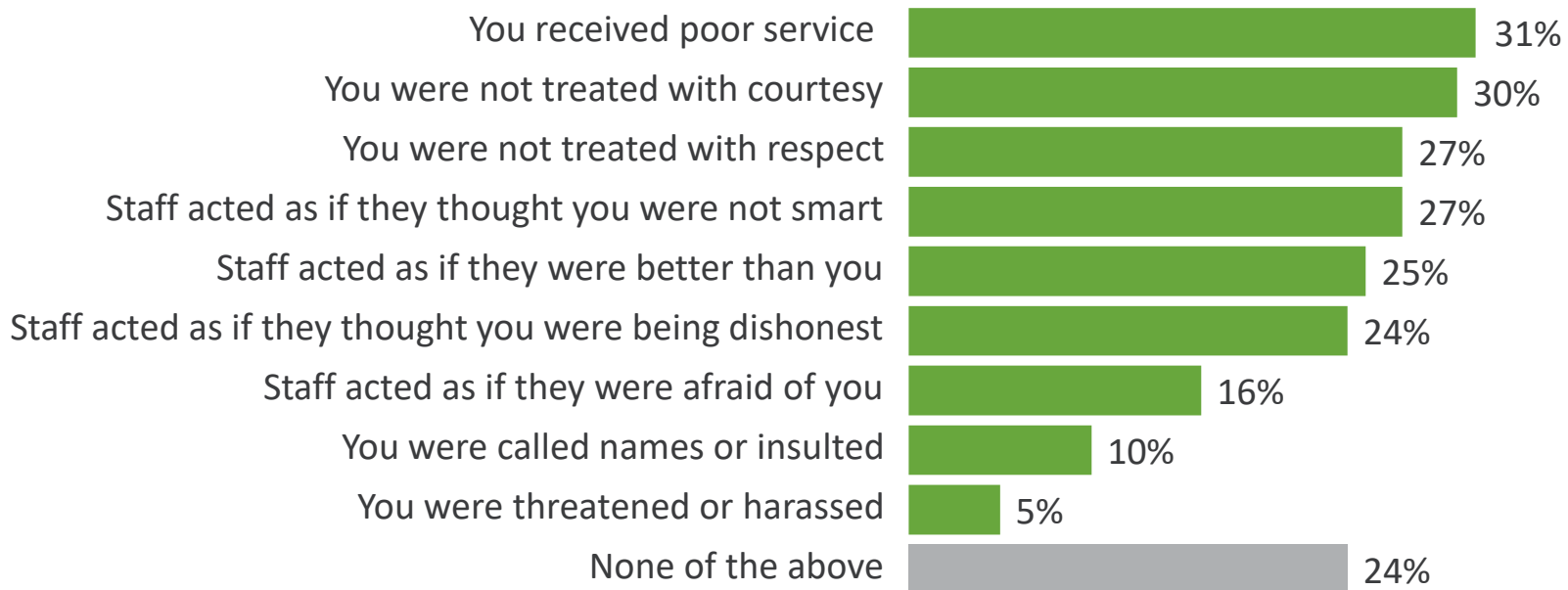
Respondents of color experienced more discrimination when applying for school meals than white respondents.



# Poor service and a lack of courtesy were the most common forms of unfair treatment.

*When trying to apply for support services, did you experience any of the following?*

*(Asked of Those Who Experienced Discrimination or Bias; n=296)*



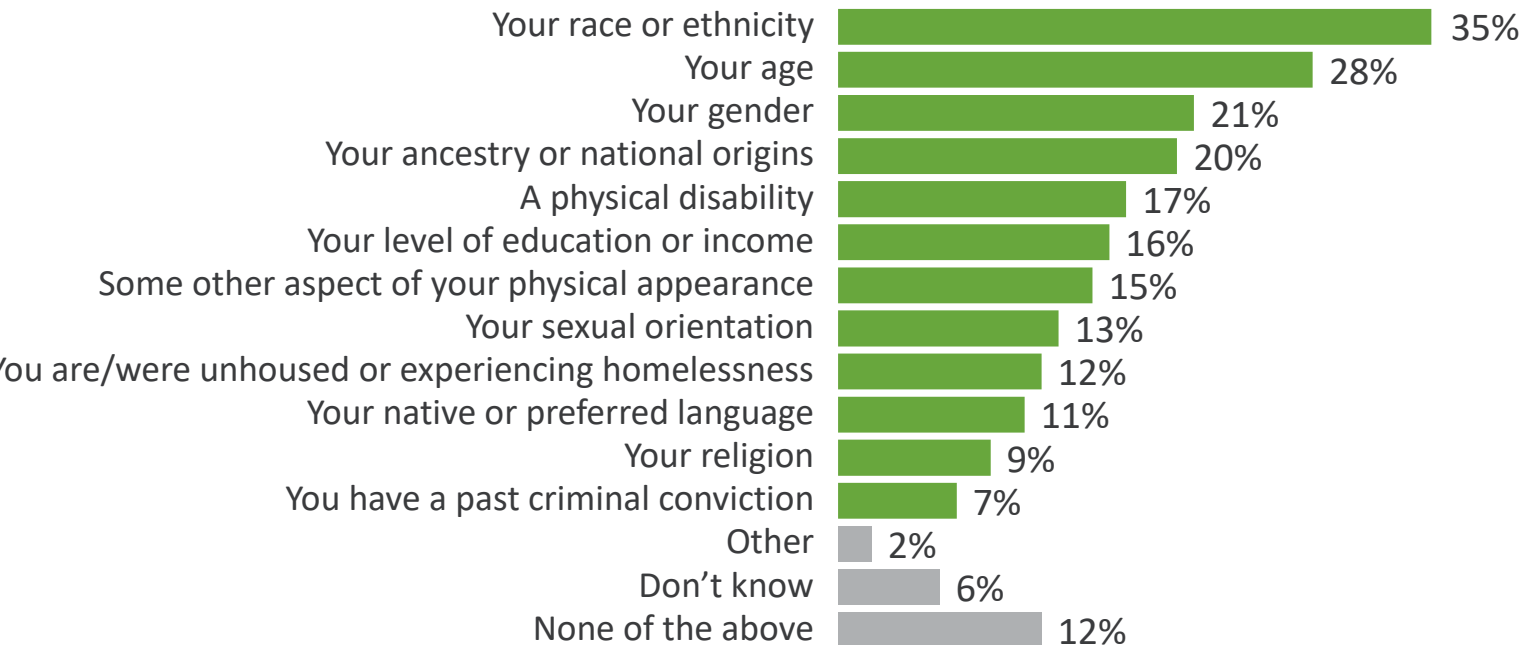
Q26.

Hardship & Hope for Change 2021

# Ethnicity, age, and gender were the most common reasons for poor treatment.

*What do you think is the main reason for these experiences?*

*(Asked of Those Who Experienced Discrimination or Bias; n=296)*



Those ages 18-29 and 50 and over were more likely to point to age than those in their 30s and 40s.

African American and AAPI respondents were more likely to say their ethnicity had been a reason for these experiences than others.



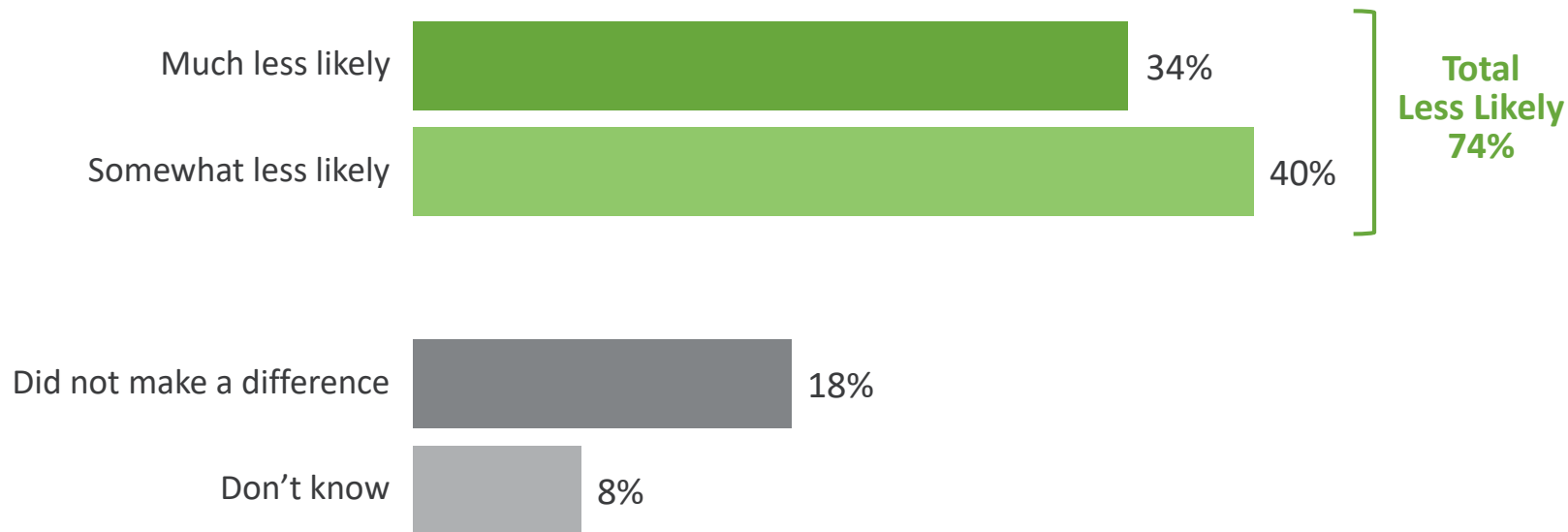
Q27.

Hardship & Hope for Change 2021

# Three-quarters of those who experienced bias says it made them less likely to apply for services in the future.

*Did that experience with discrimination and bias make you much less likely to apply for services in the future, somewhat less likely to do so, or did it not make a difference?*

*(Asked of Those Who Experienced Discrimination or Bias; n=296)*

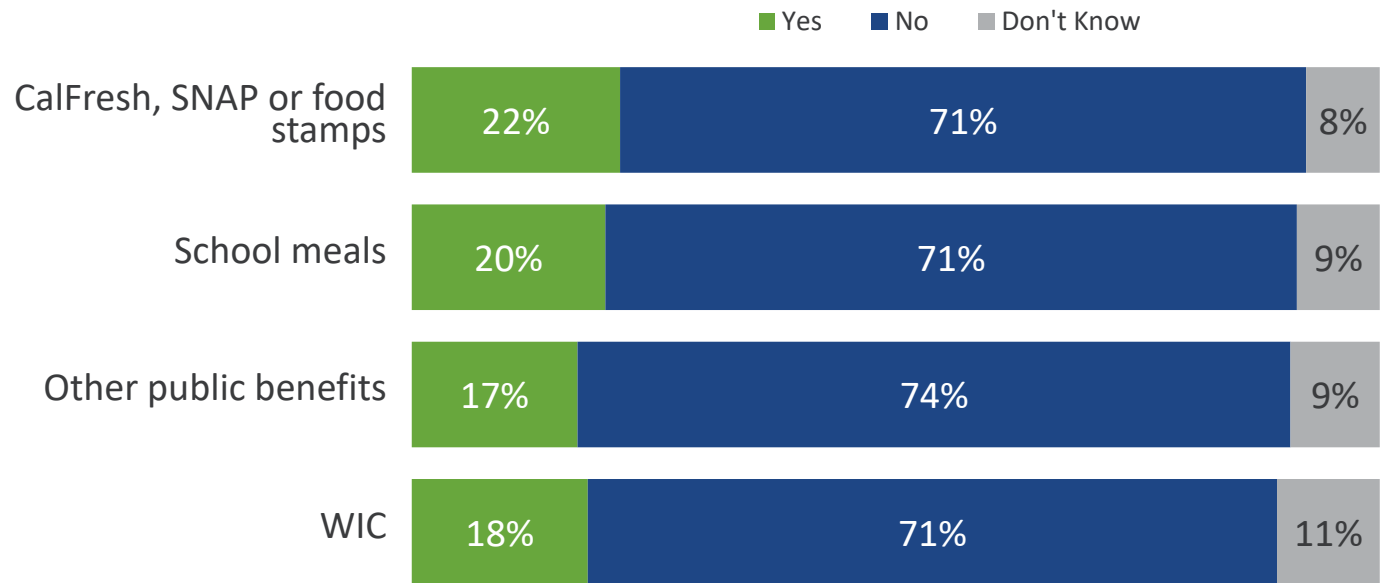


Q28.

Hardship & Hope for Change 2021

# One in five experienced a language barrier.

*Have you ever experienced a language barrier when trying to apply for any of the following benefits and support services:*

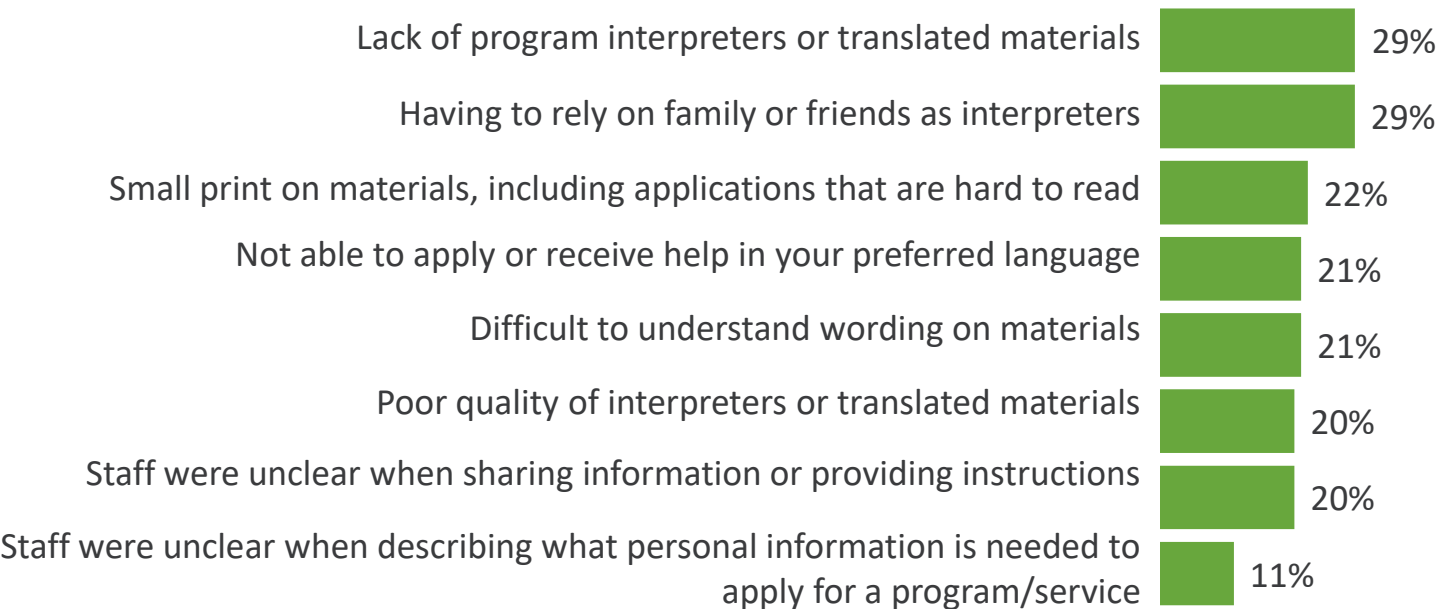


Language barriers were approximately twice as common among Spanish speakers, but at least one in ten English speakers encountered them.

## A lack of interpreters was the most commonly experienced barrier.

*Which of the following barriers did you experience?*

*(Asked of Those Who Experienced a Language Barrier When Applying for Benefits and Support Services; n=265)*



Those 50 and over were more likely to say staff was unclear.

AAPI respondents were much more likely than others to say the lack of program interpreters was a barrier.

Respondents in LA County, LA Area, and Bay Area were *less* likely to say there was a lack of interpreters.



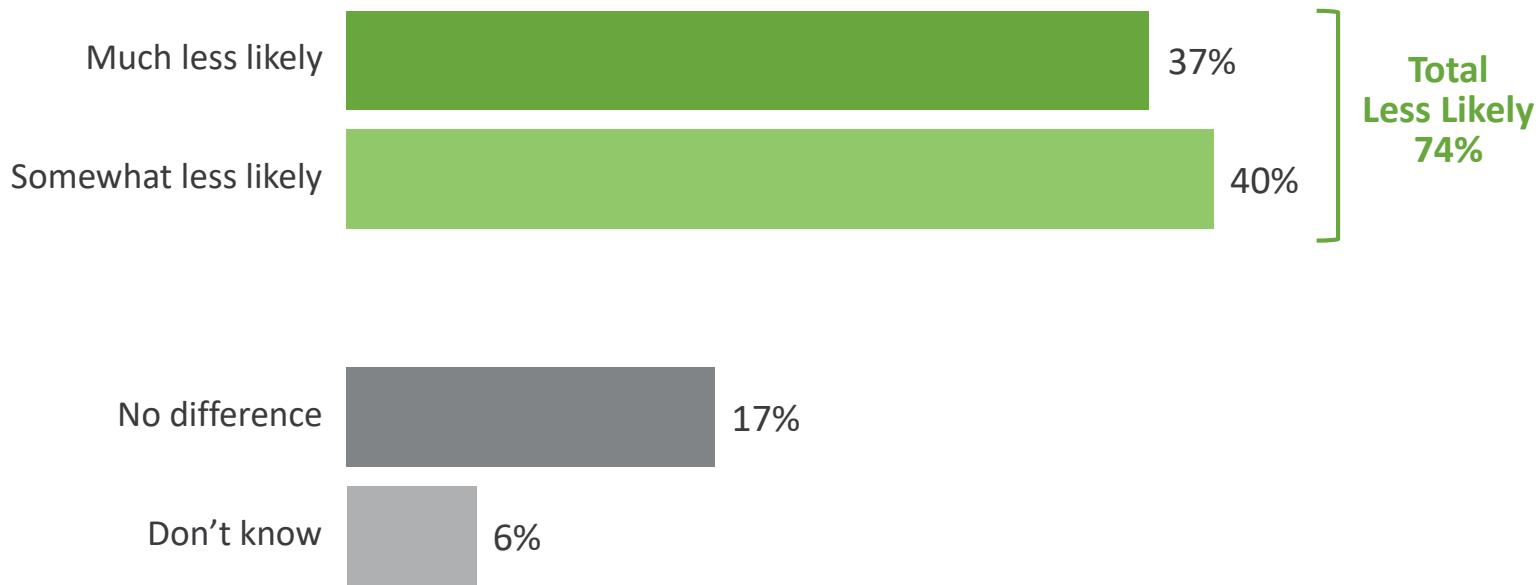
Q30.

Hardship & Hope for Change 2021

# Three-quarters of those who experienced language barriers say it made them less likely to apply for services.

*Did that experience with a language barrier make you much less likely to apply for services in the future, somewhat less likely to do so, or did it not make a difference?*

*(Asked of Those Who Experienced Language Barrier; n=265)*



Q31.

Hardship & Hope for Change 2021



# Experiences with Public Charge





## Most in the Food4All group were aware of public charge rules even if they were not familiar with the term, specifically.

- Throughout the conversation, the concept of public charge was raised as a deterrent to applying for CalFresh benefits and public assistance in general.
- A handful mentioned being advised by their attorney and/or family and friends to avoid jeopardizing their immigration status.
- There was also a high degree of concern about their information being shared; some were even afraid to attend informational sessions on programs and financial aid for their children.



## While Biden's reversal of Trump's public charge rules was welcomed, some were still weary about asking for help.

- Participants welcomed the reversal of Trump-era public charge rules but were divided on whether they felt more comfortable requesting help.
- Some noted that if you need public assistance, you should just apply for it, while others noted that a new President could easily reverse the rules and having gotten aid could harm them down the line.
- At the same time, respondents were not fully convinced public charge should be eliminated.
  - Those in favor of eliminating it said it was a discriminatory policy.
  - Those who were uncertain worried about people taking advantage of the system.



# Reactions to Public Charge Rules

**Female Participant:** It gives me anxiety because first Trump said we are not going to qualify and then Biden changes everything and says that immigrants have access to all public benefits. What happens if the next president is like Trump and reverses all those benefits and says okay, we are going to reverse this and no one is going to qualify?

**Female Participant:** In eliminating the public charge those people that really need it can apply without fear. Some people have mentioned that their lawyers recommend they don't apply. So, even though Biden has reversed the order, the lawyers are still saying don't apply because they could at any moment use it as an excuse to turn down your petitions, turn down your approval of residency or whatever you are applying for, including those who have their residencies legally that want to become citizens and prefer not to get any type of CalFresh because they think that could harm them. So, to get rid of the rule would be good to eliminate all those fears and it would be a benefit.





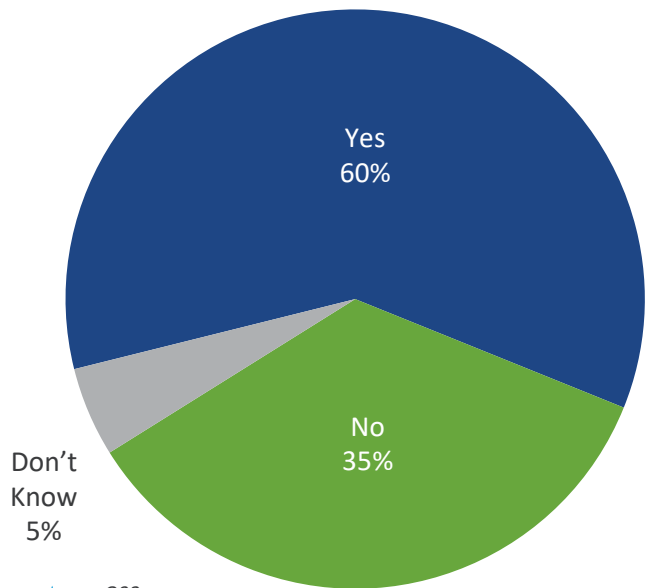
# Pandemic-EBT and School Meals



# Three in five parents received P-EBT benefits.

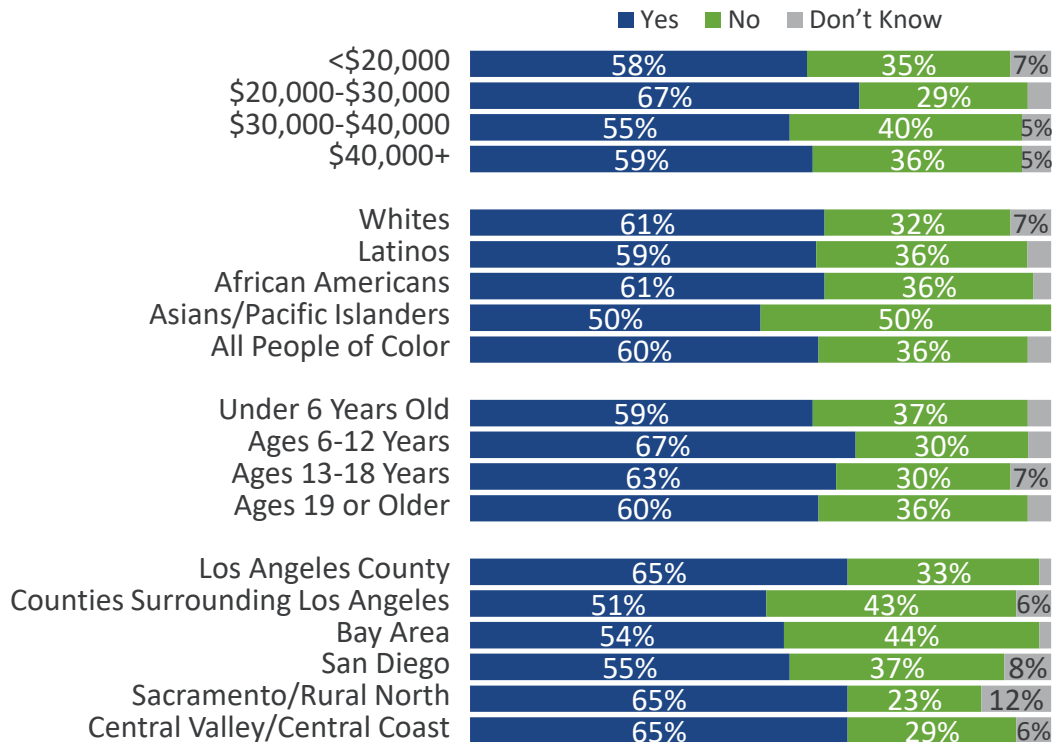
*Have your children received Pandemic EBT (P-EBT) benefits during the coronavirus pandemic?*

*(Asked of Parents of Children Under 19; n=426)*



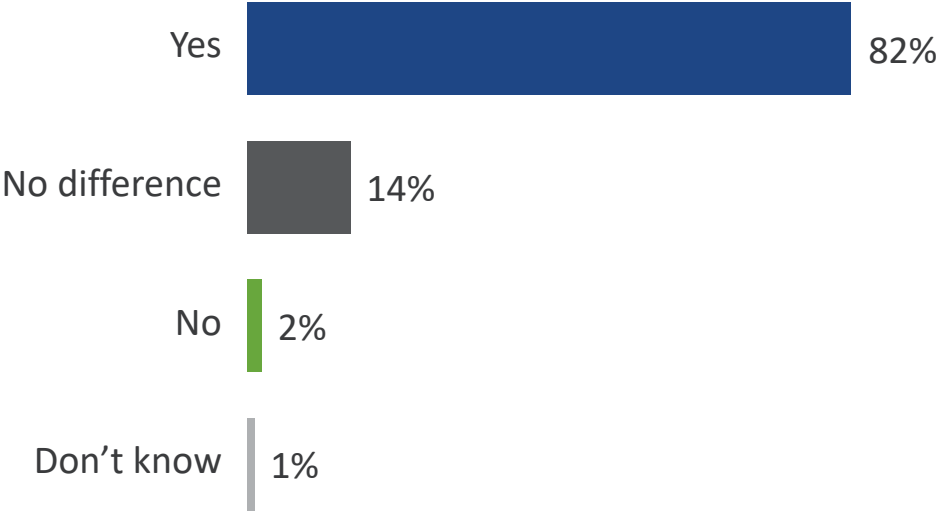
Q32.

Hardship & Hope for Change 2021

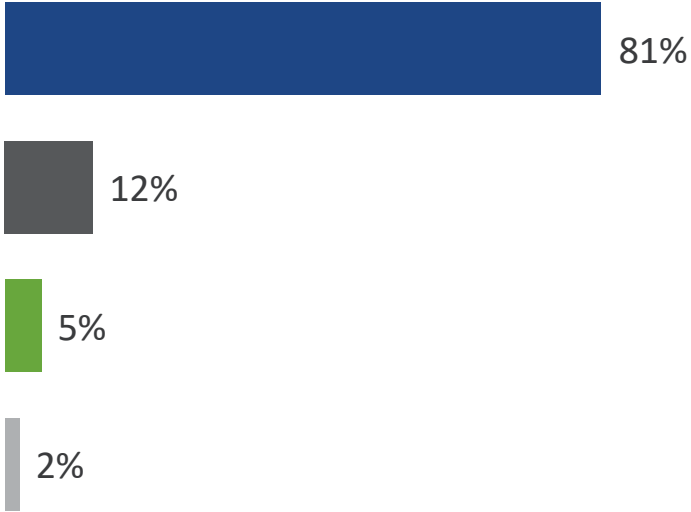


# P-EBT allowed families to purchase more foods and a greater variety of foods.

*Did these additional funds allow you to purchase more of the food you needed or wanted for your family?*  
(Asked of Those Who Received P-EBT Benefits; n=257)

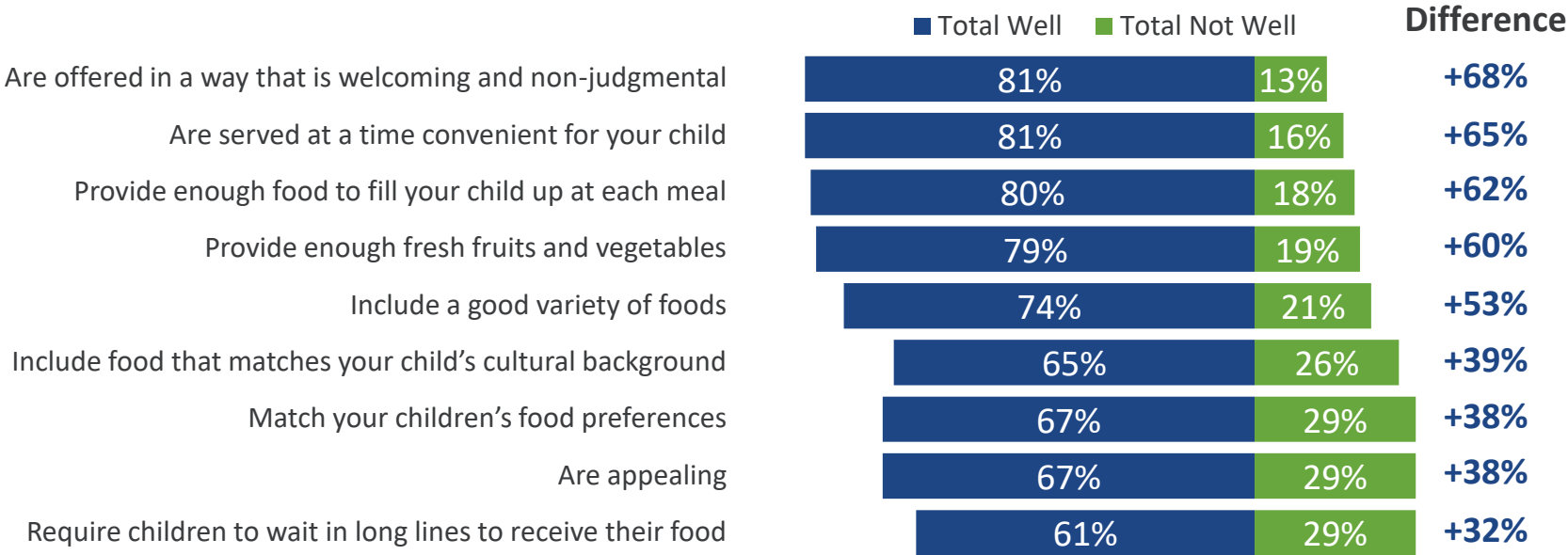


*Did these additional funds allow you to purchase more of the kinds of food you needed or wanted for your family?*  
(Asked of Those Who Received P-EBT Benefits; n=257)



# Parents say school meals match many of the positive descriptions provided.

Here are some descriptions of **(Asked if Children Receive Free or Reduced Price Meals: free or reduced price)** school, preschool, and child care meals. Please indicate if you think this describes these meals very well, somewhat well, not too well, or not well at all.  
(Asked of Those With Children Who Eat School Meals; n=257)



## AAPI respondents are least likely to say the food matches their child's cultural background.

*Total Well by Race/Ethnicity*

Description	All Resp.	Whites	Latinos	African Americans	Asians/Pacific Islanders	All People of Color
Are offered in a way that is welcoming and non-judgmental	<b>81%</b>	80%	81%	84%	82%	81%
Are served at a time convenient for your child	<b>81%</b>	79%	81%	83%	82%	81%
Provide enough food to fill your child up at each meal	<b>80%</b>	85%	77%	84%	81%	77%
Provide enough fresh fruits and vegetables	<b>79%</b>	78%	80%	79%	73%	79%
Include a good variety of foods	<b>74%</b>	77%	73%	75%	82%	73%
Are appealing	<b>67%</b>	68%	63%	83%	72%	66%
Match your children's food preferences	<b>67%</b>	66%	66%	79%	63%	68%
Include food that matches your child's cultural background	<b>65%</b>	65%	64%	76%	<b>45%</b>	65%
Require children to wait in long lines to receive their food	<b>61%</b>	59%	62%	63%	54%	62%

Q37. Here are some descriptions of (Asked if Children Receive Free or Reduced Price Meals: free or reduced price) school, preschool, and child care meals. Please indicate if you think this describes these meals very well, somewhat well, not too well, or not well at all. (Asked of Those With Children Who Eat School Meals; n=257)





## Respondents across income levels say school meals are welcoming.

*Total Well by Language & Household Income*

Description	All Resp.	English	Spanish	<\$20,000	\$20,000-\$30,000	\$30,000-\$40,000	\$40,000+
Are offered in a way that is welcoming and non-judgmental	<b>81%</b>	83%	75%	79%	91%	67%	81%
Are served at a time convenient for your child	<b>81%</b>	81%	80%	85%	88%	65%	78%
Provide enough food to fill your child up at each meal	<b>80%</b>	81%	76%	79%	78%	67%	89%
Provide enough fresh fruits and vegetables	<b>79%</b>	80%	76%	78%	82%	77%	78%
Include a good variety of foods	<b>74%</b>	75%	73%	74%	80%	59%	79%
Are appealing	<b>67%</b>	68%	65%	67%	77%	63%	61%
Match your children's food preferences	<b>67%</b>	66%	69%	75%	73%	50%	63%
Include food that matches your child's cultural background	<b>65%</b>	64%	69%	69%	65%	56%	66%
Require children to wait in long lines to receive their food	<b>61%</b>	63%	55%	59%	67%	63%	55%

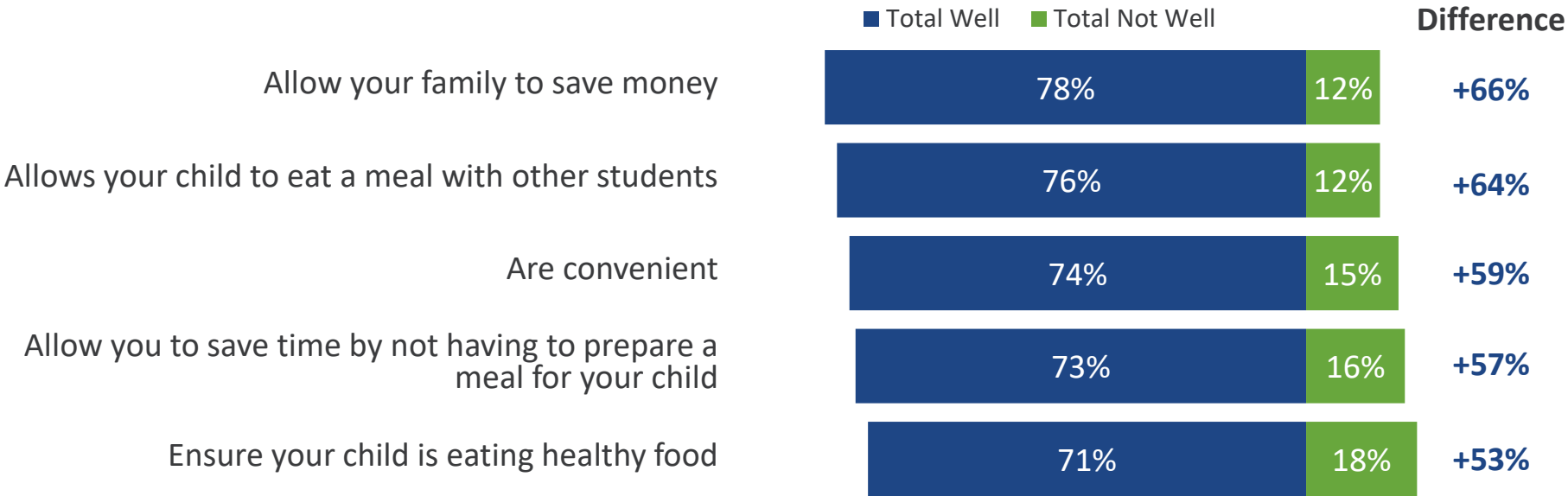
Q37. Here are some descriptions of (Asked if Children Receive Free or Reduced Price Meals: free or reduced price) school, preschool, and child care meals. Please indicate if you think this describes these meals very well, somewhat well, not too well, or not well at all. (Asked of Those With Children Who Eat School Meals; n=257)



# Parents agree that school meals help them in a variety of ways.

Here are some descriptions of **(Asked if Children Receive Free or Reduced Price Meals: free or reduced price)** school, preschool, and child care meals. Please indicate if you think this describes these meals very well, somewhat well, not too well, or not well at all.

(Asked of Parents of Children Under 19; n=426)





For more information, contact:

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## Five-Minute Break

Up next: Q & A

Cinco Minutos de Descanso

Y a continuación: Preguntas y respuestas





## Five-Minute Break

Up next: Q & A

Cinco Minutos de Descanso

Y a continuación: Preguntas y respuestas





Thank You  
Gracias

TIA SHIMADA, [TIA@NOURISHCA.ORG](mailto:TIA@NOURISHCA.ORG)

