

The Bayshore Neighborhood Community Food Assessment

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This community food assessment would not have been possible without the time and effort of many individuals and organizations.

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I. EXECUTIVE SUMMARY

The purpose of the Bayshore Community Food Assessment project is to understand the food access and food security needs of the Bayshore’s residents. This report includes an assessment of the Bayshore’s current food environment and recommendations to improve food access in the neighborhood. It also describes how the COVID-19 pandemic has affected food security in the Bayshore.

	Key Finding	Recommendation
1	The Bayshore community is an evolving neighborhood with a strong sense of community identity and rich history where people from different cultures live alongside each other.	Explore options to foster a resident-led Community Advisory Board to help elevate Bayshore residents’ ideas and priorities to local leaders and real estate developers. This advisory board would be organized and coordinated by local residents and could serve as a way for the community to respond to the current and future development of Bayshore.
2	Due to geographic isolation and lack of grocery stores, the majority of residents purchase groceries outside of the Bayshore area.	Explore options for a new grocery store or food co-operative that is informed by the needs and wants of community members.
3	The COVID-19 pandemic has negatively impacted food access and increased food insecurity in the Bayshore community.	Increase circulation of information about resources available to the Bayshore neighborhood and target individuals who are most vulnerable to food insecurity during COVID-19 pandemic, such as older adults, people with disabilities, and families with children.
4	For those without private cars, public transportation is the main transportation method Bayshore residents use to access food.	Maintain current transit routes, which are crucial to food access in the Bayshore. Adding additional routes, transit stops, or more frequent services will also help improve food access in the future. In addition, explore routes that link passengers to other essential services such as ethnic food markets, hospitals, pharmacies, and/or banks. When planning new routes, consider adding an additional stop closer to Midway Village.
5	The Bayshore community would like additional food resources that incorporate youth empowerment, community design, and provide accessible fresh fruits and vegetables.	Explore options for establishing a farmers’ market and/or community garden within the Bayshore. These programs should be led and informed by community members with assistance from other public or non-profit entities.

II. INTRODUCTION

A. Rationale and Purpose

Daly City’s Bayshore neighborhood is evolving. More than 450 new housing units are planned for the neighborhood within the next decade, which will bring an influx of new residents to the community. Yet, the Bayshore is also one of only four communities in San Mateo County designated as Low-Income and Low-Access by the US Department of Agriculture, which means that it is a low-income area where a large portion of residents also live more than 0.5 mile from the nearest grocery store.^{1,2} The goal of the Bayshore Neighborhood Community Food Assessment Project is to understand how the Bayshore’s current residents access food and to identify opportunities for improving food access and food security in the community as it undergoes a major growth phase. This report concludes with five recommendations for improving food access that emerged from interviews with community residents.

Despite the economic success of nearby Silicon Valley, food insecurity is a persistent issue in San Mateo County. Food insecurity occurs when households lack the resources to obtain adequate food and, as result, reduce the quality, variety, or desirability of their diet. This may or may not involve reducing food intake and hunger. Food security, on the other hand, occurs when “all people at all times [have access] to enough food for an active, healthy life.”⁴ In 2017, Second Harvest of Silicon Valley researchers found that 27% of residents in Santa Clara and San Mateo Counties experienced food insecurity.⁵ Driving the high rate of food insecurity is the discrepancy between the region’s high cost of living and wages, which for many workers have not kept pace with the cost of housing.⁶ In these circumstances, working families may struggle to put food on the table while also paying for other necessities, such as housing, transportation, and medical care. Because of the difference between the federal poverty line, which determines eligibility for aid programs, and the annual income needed to cover basic expenses in Silicon Valley, 30% to 40% of

“Underneath the veneer of prosperity in Silicon Valley, there are many children, families and seniors who aren’t getting enough to eat.”³

Leslie Bacho, CEO, Second Harvest of Silicon Valley

¹ USDA Economic Research Service (USDA ERS). (2019). *Understanding Low-Income and Low-Access, Census tracts across Nation Subnational and Subpopulation Estimates of Access to Healthy Food*. <https://www.ers.usda.gov/webdocs/publications/93141/eib%202009%20summary.pdf?v=1632.7>

² USDA ERS. (2019). *Food Research Atlas*. Retrieved Aug. 14, 2020 from <https://www.ers.usda.gov/data-products/food-access-research-atlas/>

³ Hunger in Silicon Valley more widespread and diverse than previously thought. Second Harvest Food Bank. Retrieved Aug. 12, 2020 from https://www.shfb.org/docs/news/release/20171212_FundingGap.pdf.

⁴ USDA ERS. (2019). “Food security in the US,” Available from: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/>

⁵ Hunger in Silicon Valley more widespread and diverse than previously thought. Second Harvest Food Bank. Retrieved Aug. 12, 2020 from https://www.shfb.org/docs/news/release/20171212_FundingGap.pdf.

⁶ Silva, M. (Dec. 21, 2018). “Hunger Research in 2018.” Available from: <https://www.shfb.org/impact/blog/hunger-research-in-2018/>.

San Mateo County residents earn too much to qualify for CalFresh or other food assistance programs but not enough to make ends meet.⁷

Improving food security is an important goal for individuals, households, and communities. Food insecurity is associated with a range of negative health outcomes such as mental health problems, diabetes and hypertension,⁸ while food security is associated with a variety of positive social, physical, and mental health outcomes.

B. DEFINING A COMMUNITY FOOD ASSESSMENT

A community food assessment (CFA) is a tool for improving a community's access to healthy food. To achieve this goal, a CFA offers an inventory of the local food system's strengths and weaknesses as well as residents' perspectives on the local food environment and their experiences obtaining food. These data can then inform the efforts of community members, nonprofit organizations, and local policymakers to develop programs and policies that meet local needs (Figure 1).⁹

The community-oriented solutions that may arise from a CFA process are specific to the needs of a particular community and generated in conversation with local residents, often through community advisory boards or community coalitions.¹⁰ Examples that have been successful in improving food security include community gardens and urban agriculture workshops, food co-operatives, and farmers' markets. These approaches—some of which will be explored later in the report—also provide opportunities to integrate a variety of other programs like nutrition education, obesity prevention, and physical activity promotion.

C. OVERVIEW OF RESEARCH METHODS

Between December 2019 and July 2020, we collected data related to food access and food affordability in Bayshore. Because this period includes the start of the COVID-19 pandemic, this assessment also includes changes in food security in the Bayshore during this unprecedented time. To characterize the neighborhood food environment and capture residents' experiences obtaining food as well as their priorities for neighborhood food access, we used data from multiple sources:

- 1) **Interviews with residents and representatives from community-based organizations.** We conducted semi-structured interviews with representatives from seven community organizations, libraries, and schools and fourteen residents of the Bayshore neighborhood.
- 2) **Nutritional Environment Measures Surveys for Stores (NEMS-S) of nearby food stores.** The NEMS-S tool allows us to compare the availability and affordability of healthier food options at different stores by assigning them a score based on the price, availability, and quality of common food items.¹¹ In January 2020, we assessed four stores using NEMS-S: Safeway (4950 Mission

⁷ Get Healthy San Mateo County. (no date). "Food Insecurity: Health by Numbers." Retrieved Aug. 31, 2020 from <https://www.gethealthysmc.org/health-numbers/food-insecurity>

⁸ Gunderson C & Ziliak JP. (2015). Food Insecurity and Health Outcomes. *Health Affairs*, 34(11), 1830-39.

⁹ Johns Hopkins Center for a Livable Future. (No date). "Community Food Assessments." Retrieved Aug. 31, 2020 from <https://clf.jhsph.edu/projects/community-food-assessments>

¹⁰ Mcleroy, K. R., Norton, B. L., Kegler, M. C., Burdine, J. N., & Sumaya, C. V. (2003). Community-Based Interventions. *American Journal of Public Health*, 93(4), 529-533. doi:10.2105/ajph.93.4.529.

¹¹ Nutritional Environment Measures Survey. Retrieved July 07, 2020, from <http://nems-upenn.org/tools/>.

St, San Francisco), Grocery Outlet (2630 Bayshore Blvd, San Francisco), Dollar Tree (2840 Geneva Ave, Daly City), and Bayshore Market (2800 Geneva Ave, Daly City).

- 3) **Publicly available information on the neighborhood and local food stores.** We used publicly available data from the US Census and County Public Health Department to describe the Bayshore’s population. Using information on retail food outlets in Bayshore and surrounding areas, we mapped the local food environment.

Our key findings and recommendations were reviewed by interviewees and their suggestions were incorporated into the final draft. These recommendations are intended to provide community organizations, public officials, and Bayshore residents with concrete suggestions for improving food security in the Bayshore. Through both quantitative and qualitative research methods, we sought to incorporate local knowledge into the report and to better understand barriers faced by residents in procuring healthy foods. Ultimately, the goal of this process is to develop feasible recommendations that reflect community members’ hopes for their neighborhood.

Figure 1: Flow Diagram of a Community Food Assessment

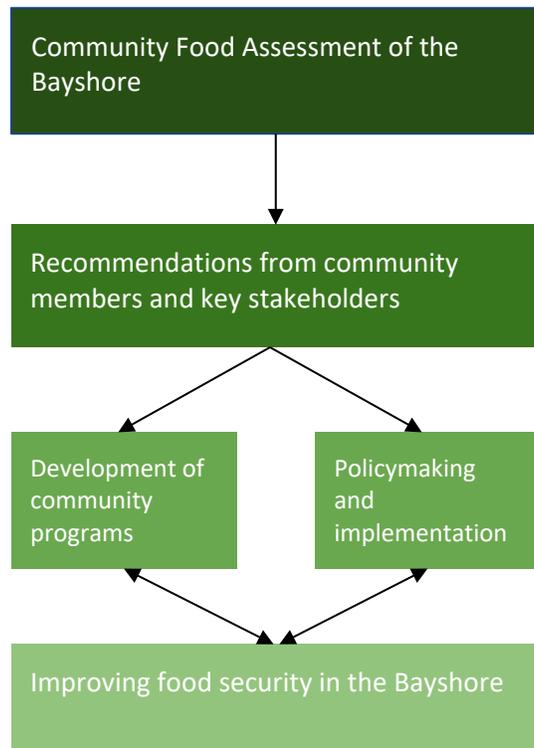


Figure 1 highlights the potential impacts of a community food assessment. A key part of a community food assessment is the input from community members and key stakeholders.

III. BACKGROUND

A. HISTORY

The Bayshore is the easternmost neighborhood of Daly City. In 1859, Henry Schwerin purchased several hundred acres of land, including parts of what is now the Bayshore, for dairy farming and horticulture.¹² The Cow Palace, a sixty-two acre event space that hosts many large events, sits on the land once farmed by Schwerin.¹³ From 1932 to 1963, the Bayshore was its own incorporated city known as Bayshore City. The Bayshore only became part of Daly City in 1963, making it the newest addition to the city.

The Bayshore has experienced a revolving door of grocery stores and residents are eager to have a supermarket in the neighborhood. According to key informant interviewees and longtime residents, grocery stores such as El Rancho Supermarket, Safeway, and Lucky each served the neighborhood at some point over the past several decades. However, these food outlets have disappeared over the years, leaving the community with limited access to affordable food. While the Cow Palace was once a bustling event space, its use has gradually declined and various redevelopment plans have been proposed and reviewed for the space, but residents are not aware of the current or pending redevelopment plans for the space. Key informant interviews mention the Cow Palace as a promising place for a grocery store because it is underutilized now.

“And it’s [The Cow Palace] very underutilized. Now they have a parking lot for overages of van services and things like that. It’s not to benefit the public at all.”

-Key Informant Interviewee

Key informants also expressed the need for more diverse businesses and redevelopment in the neighborhood. Many key informants felt that, compared to neighborhoods in other parts of Daly City, Bayshore lacked basic retail businesses such as pharmacies and banks, which is hurting the local economy.

“Maybe more stores, providing more options. More grocery stores. And banks too. Grocery store with a bank inside of it, similar to top of the hill.”

-Key Informant Interviewee

B. NEIGHBORHOOD CHARACTERISTICS

The Bayshore neighborhood is physically isolated from the rest of Daly City and accessing other parts of Daly City from Bayshore can be difficult. To get to the Bayshore neighborhood from Daly City requires traveling through San Francisco’s Outer Mission neighborhood or through San Bruno Mountain State Park. Figure 3 is a map of neighborhoods in Daly City, Bayshore is located in the top right corner.¹⁴ The neighborhood’s geographic isolation from the rest of Daly City is clearly visible on this image.

¹² Chandler, Samuel C. "Gateway to the Peninsula": A History of the City of Daly City, San Mateo County, California. City of Daly City, 1973.

¹³ Floor Plan. Retrieved July 07, 2020, from <https://www.cowpalace.com/p/rental-info/floor-plans#:~:text=Facilities,square%20feet%20of%20event%20space>.

¹⁴ The City of Daly City. (2004). Daly City Neighborhoods.

Figure 2: Census Tract 6002



Figure 2 depicts a close up of census tract 6002, which roughly outlines the Bayshore. The Bayshore is surrounded by Brisbane (south), San Francisco (north), and the rest of Daly City (southwest).¹⁵

Figure 3. Neighborhoods of Daly City



¹⁵ American Community Survey - Five Year. Retrieved July 07, 2020, from https://factfinder.census.gov/bkmk/table/1.0/en/ACS/17_5YR/S2201/0500000US06081.

C. NEIGHBORHOOD DEMOGRAPHICS

Most of the Bayshore is located within census tract number 6002. As of 2017, the Bayshore census tract had a population of 4,354. Sixty-four percent of residents are between the ages of 20-64, while older adults, ages 64 and up, make up 17% of the population.¹⁶ In the Bayshore, the majority of housing is single unit (74%) and owner occupied (63%).¹⁷ Midway Village is an affordable housing community in the Bayshore with 150 rental units. The proposed redevelopment of Midway Village would add 405 new apartments to the site, accounting for a large portion of the new housing construction planned for the Bayshore.

The Bayshore is racially diverse (Table 1). The population is 54% Asian, 37% Hispanic/Latino, 12% White, 6.6% Native Hawaiian/Pacific Islander (NHPI), and 1.8% Black/African American. In the Bayshore, the median household income is \$74,539, which is lower than the median income for either Daly City (\$90,335) or San Mateo County (\$105,667). The median household income in the Bayshore is considerably less than \$108,517, which is the average amount needed to cover basic expenses, including housing, food, childcare, healthcare, transportation, and taxes, for a family of four without public assistance in San Mateo County.¹⁸

Overall, Bayshore residents appear to spend less money on food than other San Mateo County residents do. As shown in Table 2, even though residents of the Bayshore spend less money on food than all residents of San Mateo County, their food expenditures make up a slightly larger portion of their total household budgets than for San Mateo County residents as a whole. Roughly 11% of households in the Bayshore receive SNAP (CalFresh) benefits compared to 3.5% of households in San Mateo County (Table 3). All of these statistics point to the fact that Bayshore residents are more likely to need help from safety net benefits programs and charitable food resources to meet their nutritional needs.

¹⁶ American Community Survey - Five Year. Retrieved July 07, 2020, from https://factfinder.census.gov/bk/mk/table/1.0/en/ACS/17_5YR/S2201/0500000US06081.

¹⁷ US Census Bureau. (2018) *American Community Survey 5-year estimates*. Retrieved from <https://censusreporter.org/profiles/14000US06081600200-census-tract-6002-san-mateo-ca/>

¹⁸ Family Needs Calculator. Retrieved July 07, 2020, from <https://insightcced.org/2018-family-needs-calculator/>.

Table 1. Demographics of the Bayshore, Daly City, and San Mateo County¹⁹

	Bayshore Tract 6002 2017	Daly City 2017	San Mateo County 2017
Total Population	4,354	106,480	763,450
Median Income	\$74,539	\$90,335	\$105,667
Total Households	1,185	31,620	261,796
Race			
White	12.08% (526)	21.3% (22,731)	50.24% (383,535)
Asian	54.04% (2,353)	57.4% (61,080)	23.33% (178,118)
Hispanic or Latino (of any race)	37.48% (1,632)	23.7% (25,251)	23.90% (182,502)
Black or African American	1.81% (79)	3.6% (3,788)	2.68% (20,436)
Two or more races	3.31% (144)	2.5% (2,617)	5.00% (38,210)
American Indian or Alaska Native	.46% (20)	0.4% (425)	.43% (3,306)
Some other race	21.73% (946)	n/a	13.51% (10,317)
Native Hawaiian or other Pacific Islander	6.57% (286)	1.1% (1,171)	11.07% (84,529)
Age			
0-19	19.3% (844)	19.1% (20,324)	23.2% (176,764)
20-64	63.5% (2,765)	64.4% (68,832)	62.8% (471,622)
65 and older	17.1% (745)	16.3% (17,324)	15.0% (115,064)

Table 2. Consumer Buying Power of Residents of the Bayshore and San Mateo County, 2019

	Bayshore Tract 6002	San Mateo County
Dollars per Consumer Unit: Fruits and Vegetables	\$1,199	\$1,341
Dollars per Consumer Unit: High Sugar Beverages	\$386	\$388
Dollars per Consumer Unit: High Sugar Foods	\$602	\$645
% of Total Expenditures: Fruits and Vegetables	1.61%	1.36%
% of Total Expenditures: High Sugar Beverages	0.60%	0.47%
% of Total Expenditures: High Sugar Foods	0.83%	0.70%

A consumer unit is a household or any person living in a college dormitory.²⁰

¹⁹ American Community Survey - Five Year. Retrieved July 07, 2020, from https://factfinder.census.gov/bk/mk/table/1.0/en/ACS/17_5YR/S2201/0500000US06081.

²⁰ Environics Analytics. (2018). Consumer Buying Power Release Notes. Retrieved August 9th, 2020. https://environicsanalytics.com/docs/default-source/us---release-notes/consumer-buying-power-release-notes.pdf?sfvrsn=be14aad4_24

Table 3. Median household income and households receiving SNAP benefits²¹

	Bayshore Tract 6002 2017	San Mateo County 2017
Median Household Income	\$74,539	\$105,667
Total Household Income		
Less than \$10,000	8.2%	2.9%
\$10,000 to \$14,999	4.6%	2.4%
\$15,000 to \$24,999	8.8%	5.0%
\$25,000 to \$34,999	2.7%	5.0%
\$35,000 to \$49,999	9.7%	7.8%
\$50,000 to \$74,999	16.4%	12.5%
\$75,000 to \$99,999	18.2%	11.6%
\$100,000 to \$149,999	16.7%	18.4%
\$150,000 to \$199,999	9.0%	12.0%
\$200,000 or more	5.7%	22.5%
Number of Households	1,185	261,796
Households receiving food stamps/SNAP	132 (11.1%)	9,125 (3.5%)
White alone	13.3%	21.8%
Black or African American alone	8.3%	8.1%
American Indian and Alaska Native alone	0%	1.0%
Asian alone	30%	17.6%
Native Hawaiian and Other Pacific Islander alone	18.9%	2.4%
Hispanic or Latino origin	28.8%	25.33%

²¹ American Community Survey - Five Year. Retrieved July 07, 2020, from https://factfinder.census.gov/bk/mk/table/1.0/en/ACS/17_5YR/S2201/05000000US06081.

D. HEALTH INDICATORS

It is important to have access to healthy food like fresh fruits and vegetables for the prevention of chronic diseases. The Bayshore census tract has similar rates of diabetes, obesity, and cancer rates to the rest of Daly City (Table 4). Changing the food environment to increase access to healthy fresh foods is a positive prevention strategy.²²

Table 4. A comparison of various health indicators for the Bayshore and Daly City.²³

	Bayshore Tract 6002	Daly City
Adults with Cancer	4.5%	5.0%
Adults with Diabetes	11.8%	10.3%
Adults with Obesity	19.2%	17.1%
Adults Who are Sedentary	23.5%	20.3%

E. CURRENT HOUSING DEVELOPMENT

The Bayshore is a neighborhood that is growing and evolving. The neighborhood is currently designated as an *Opportunity Zone* by the Internal Revenue Service (IRS), which permits new investments within the community to receive “preferential tax cuts.”²⁴ This allows for potential commercial and residential development of sites such as the Cow Palace.

Three new construction projects will add a total of 482 housing units to the Bayshore over the next few years. Midpen Housing will be constructing 555 new units at Midway Village.²⁵ This project, which is expected to be complete in 2026, includes 405 new apartments as well as 150 new homes for existing residents. Habitat for Humanity has approved plans for the construction of six units at 3001 Geneva St and the construction of 71 market-rate housing units is currently underway at the former site of the Bayshore Elementary School.²⁶ As the number of residents in the Bayshore grows, the demand for residential amenities and retail services will increase as well.

F. COMMUNITY STRENGTHS

In the process of conducting this community food assessment, the research team talked with long-term residents. We found that the Bayshore is a diverse and connected community with a strong sense of neighborhood identity, characteristics that attract long-term residents who are willing to invest in the neighborhood and protect its residential character. When asked in interviews, “What do you like the most

²² Hawkes, C., Smith, T. G., Jewell, J., Wardle, J., Hammond, R. A., Friel, S., . . . Kain, J. (2015). Smart food policies for obesity prevention. *The Lancet*, 385(9985), 2410-2421. doi:10.1016/s0140-6736(14)61745-1

²³ San Mateo County All Together Better. (n.d.). Community Health Dashboards. Retrieved August 14, 2020, from <http://www.smcalltogetherbetter.org/?module=indicators>

²⁴ State Integrated OZ Map. Retrieved on Aug. 14, 2020 from <https://opzones.ca.gov/oz-map/>.

²⁵ Midway Village Revilization. Retrieved on Aug. 14, 2020 from <http://www.newmidway.org/>

²⁶ Lenelle Suligiun. Housing Coordinator. City of Daly City. (Email correspondence, August 19th, 2020)

about living in Bayshore?” a majority of the respondents commented on the tight-knit community, peacefulness/quietness, the ethnic diversity, and the family friendly environment.

A Connected Community

In interviews, community organization staff and residents described the Bayshore community as tight-knit and strong. Many families have been in this community for generations. Some residents have lived in Bayshore since the 1960s. A resident of Bayshore during his adolescent years, Shakeel Ali²⁷ remembers a very active and youth-oriented environment, where youth would go outside and play football together in the green space.

“It’s a very old-town neighborhood. Everybody knows each other and it’s very hard to find that. I live on the other side of the mountain [now], and the community [in Bayshore] is a little bit stronger, in terms of solidarity and stuff. A lot of people still know each other, they have history with each other. A lot of the same families have been here for generations too. And I think also the kids that run around the neighborhood too, they’re pretty much-- they’re used to being outside, they’re used to being active, and they’re used to playing outdoors, which is really cool. So yeah, really being a tight-knit community.”

-Key Informant Interviewee

Peacefulness/Quietness

A majority of interviewees remarked that the Bayshore community is a very peaceful and quiet place to live, and that it is relaxing and does not have many social problems.

“That we all know each other. It’s very nice and quiet at the same time. It’s very close to everything, and yet we have our own little space”

-Individual Interviewee

A Family Friendly Neighborhood

Participants who have raised their children or are currently raising their children in Bayshore stated that it is a safe and pleasant neighborhood. Some long-time residents have seen improvements in the neighborhood from the past, such as the construction of the new Bayshore Elementary and Middle School.

“And I like it for the kids in the neighborhood. I think they have very good interests here. They have been a very good example for the kids growing up and going to school here in the Boys and Girls Club. It’s just awesome. The people that work there-- what they preach, they live it around the kids.”

-Senior Interviewee

“You see a lot of families with kids around here. It’s family-oriented. There’s a park. There’s a soccer field. It’s very quiet. The sun is always shining down here.”

-Individual Interviewee

²⁷ Permission to use his name in the report was granted.

Ethnic Diversity

A majority of the key informant interviews mentioned that Bayshore is an ethnically diverse neighborhood, which is widely considered a positive characteristic.

“Our property is very extremely diverse. We have Middle Eastern, Asian, Latino, African American, [and] Filipino [residents]”

-Key Informant Interviewee

“There's so many different cultural experiences that our families bring every day, and it's something that I think we really appreciate and celebrate.”

-Key Informant Interviewee

IV. THE BAYSHORE'S FOOD ENVIRONMENT

A. DEFINING A FOOD ENVIRONMENT

An individual's food environment is determined by the accessibility and affordability of food in a particular geographic area. The food environment is defined as "the physical presence of food that affects a person's diet" and includes "a person's proximity to food store locations" and "the distribution of food stores, food service, or any system that allows access for food."²⁸ Restaurants, grocery stores, farmers' markets, corner stores, and other food outlets all contribute to the food environment. Food environments often influence people's food purchasing choices and the quality of their diet.

B. MAPPING THE BAYSHORE'S FOOD ENVIRONMENT

To create a map of the Bayshore's food environment, we identified food outlets in and around the Bayshore neighborhood using Yelp and Google Maps. (Methods are described in Appendix 2.) As Figures 4 and 5 illustrate, grocery stores tend to be located in higher income tracts. This trend is even more evident in Figure 5, which highlights chain grocery or wholesale food stores like Lucky, Safeway, Grocery Outlet, Trader Joe's, Whole Foods, and Costco. There is a clear lack of investment from supermarket chains in lower income neighborhoods. The closest supermarket in proximity to the Bayshore neighborhood is the discount store Grocery Outlet and no full-service supermarkets are located within the neighborhood boundaries. Beyond grocery stores, these maps highlight a general lack of resources for everyday health needs in the Bayshore, including pharmacies and health clinics.

C. LOCAL PERSPECTIVES ON FOOD ACCESS

Interviews with residents and community organizations showed that a lack of grocery stores within the Bayshore makes residents seek food outside of the Bayshore.

Leaving the Bayshore for Groceries

Interviewees noted that residents have to go outside of the Bayshore to shop for food because of the limited number of grocery stores within the neighborhood. A majority of interviewed residents leave the Bayshore to buy groceries in other parts of the Peninsula, in particular, at Costco (South San Francisco), Trader Joe's (Westlake), Safeway (Westlake & Mission), Sprouts, Lucky, Foods Co (San Francisco), Rainbow Co-Op (San Francisco), Whole Foods, Target, and Smart & Final. Some also mentioned going to small mom and pop stores, Mexican fruterias, and Chinese markets in Chinatown for groceries.

"If we ever want to get fresh produce, the closest place is Grocery Outlet, which is not that close if you reside here [Midway Village], where you're fortunate if you have a vehicle, but if you do not, that's a trek to get over there to then haul it back here. So currently no, there is not anything."

-Key Informant Interviewee

²⁸ CDC. General Food Environment Resources. Retrieved July 7, 2020 from <https://www.cdc.gov/healthyp-laces/healthtopics/healthyfood/general.htm>.

Figure 4. Food Outlets In and Near the Bayshore

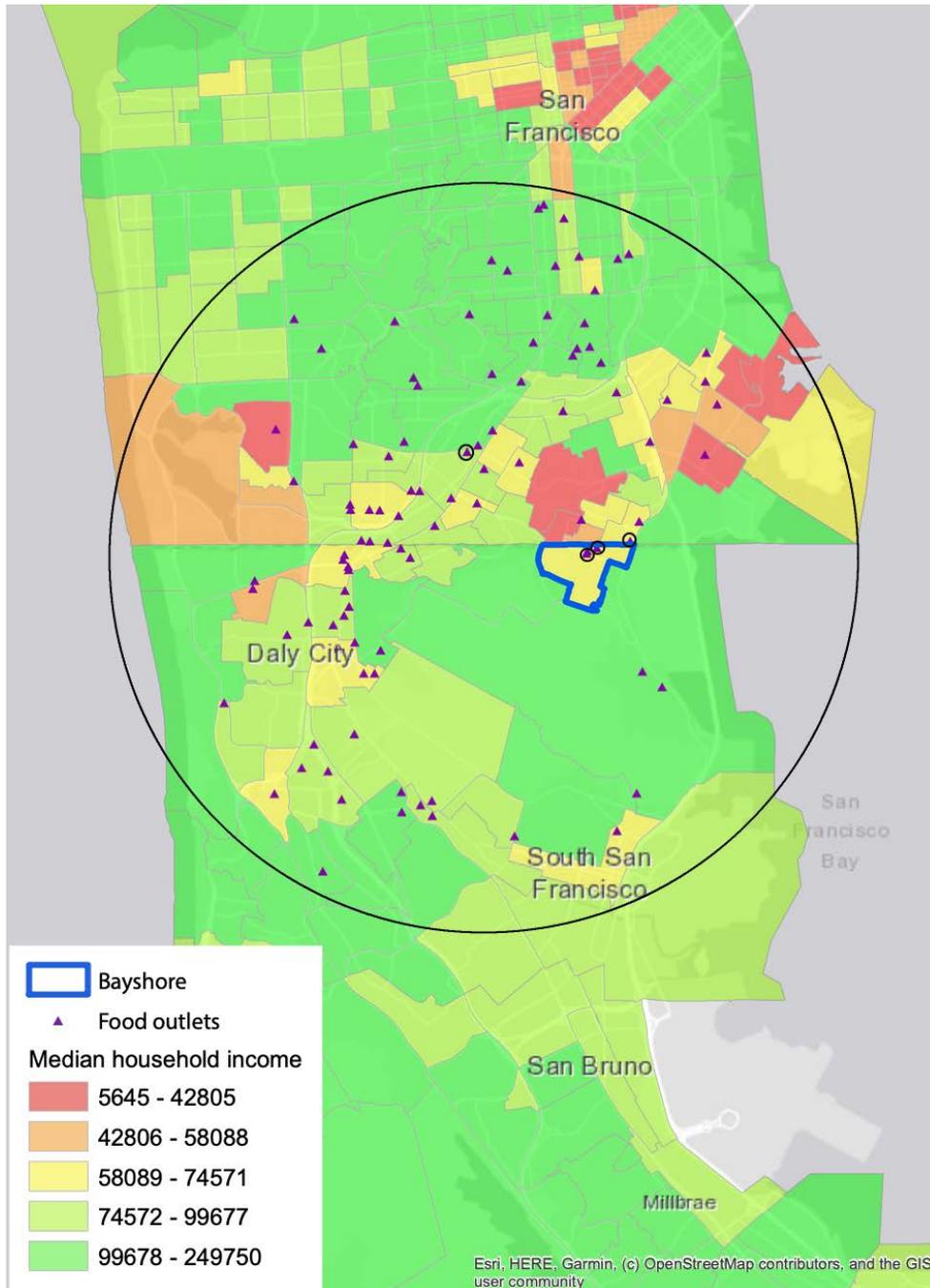


Figure 4 depicts food outlets within a four-mile radius from the western most boundary of the Bayshore 6002 census tract. Inflation median household income (2017 ACS 5 Year Survey) is depicted as a quintile heat map.²⁹ Stores that were evaluated in the NEMS survey are circled.

²⁹ Median Income. Retrieved June 12, 2020 from https://data.census.gov/cedsci/map?q=Median%20Household%20Income%20in%20the%20United%20States&g=0100000US.04000.001&hidePreview=false&tid=AC_SST1Y2018.S1903&t=Income%20%28Households,%20Families,%20Individuals%29%3AHousehold%20and%20Family&vintage=2018&cid=S1903_C01_001E&layer=VT_2018_040_00_PP_D1

Figure 5. Chain Grocery Stores Near the Bayshore

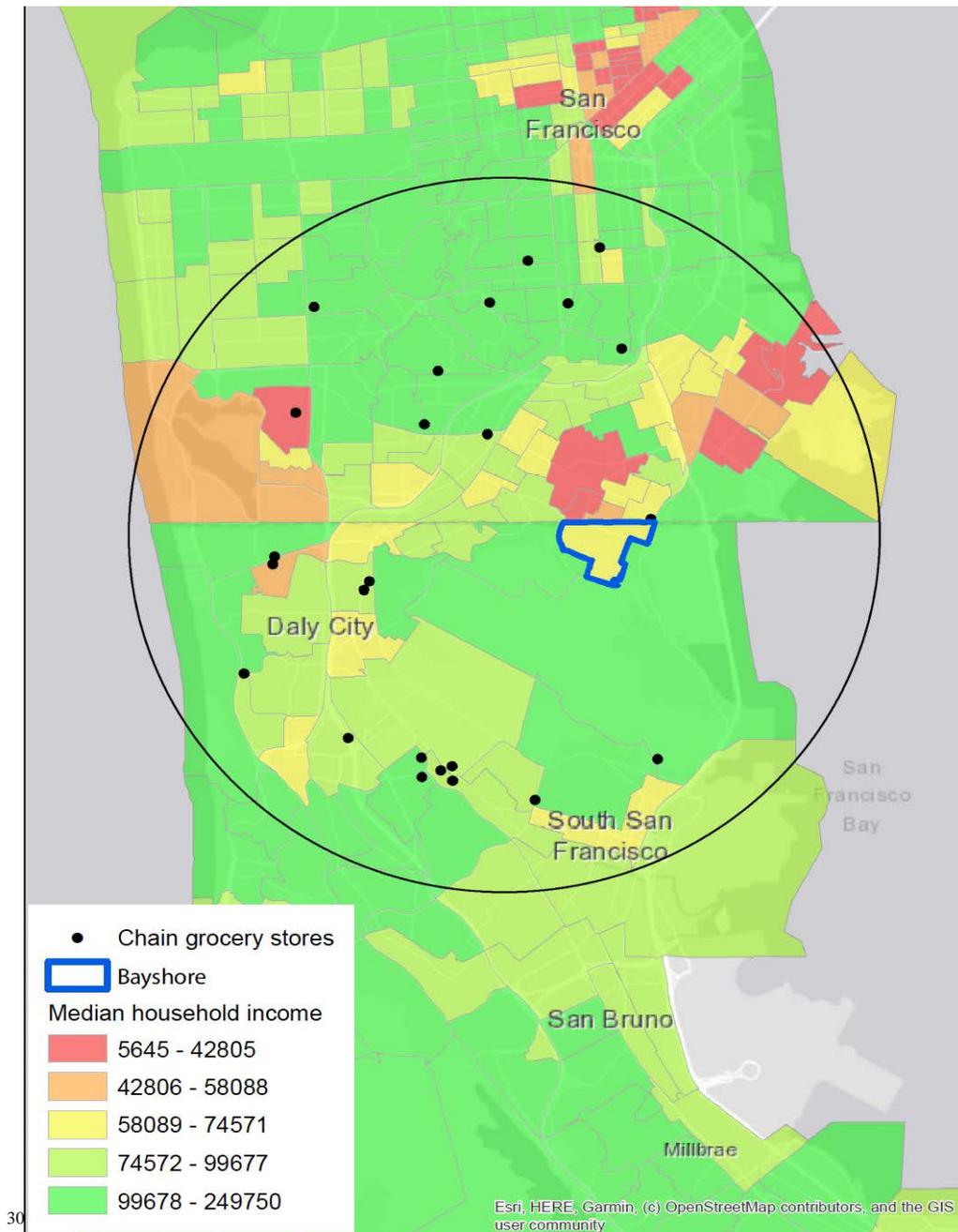


Figure 5 depicts chain grocery stores within a four-mile radius from the western boundary of the Bayshore census tract 6002. Inflation median household income (2017 ACS 5-Year Survey) is depicted as a quintile heat map.

³⁰ Median Income. Retrieved June 12, 2020 from https://data.census.gov/cedsci/map?q=Median%20Household%20Income%20in%20the%20United%20States&g=0100000US.04000.001&hidePreview=false&tid=AC_SST1Y2018.S1903&t=Income%20%28Households,%20Families,%20Individuals%29%3AHousehold%20and%20Family&vintage=2018&cid=S1903_C01_001E&layer=VT_2018_040_00_PP_D1

Figure 6. Restaurants and Fast Food in the Bayshore

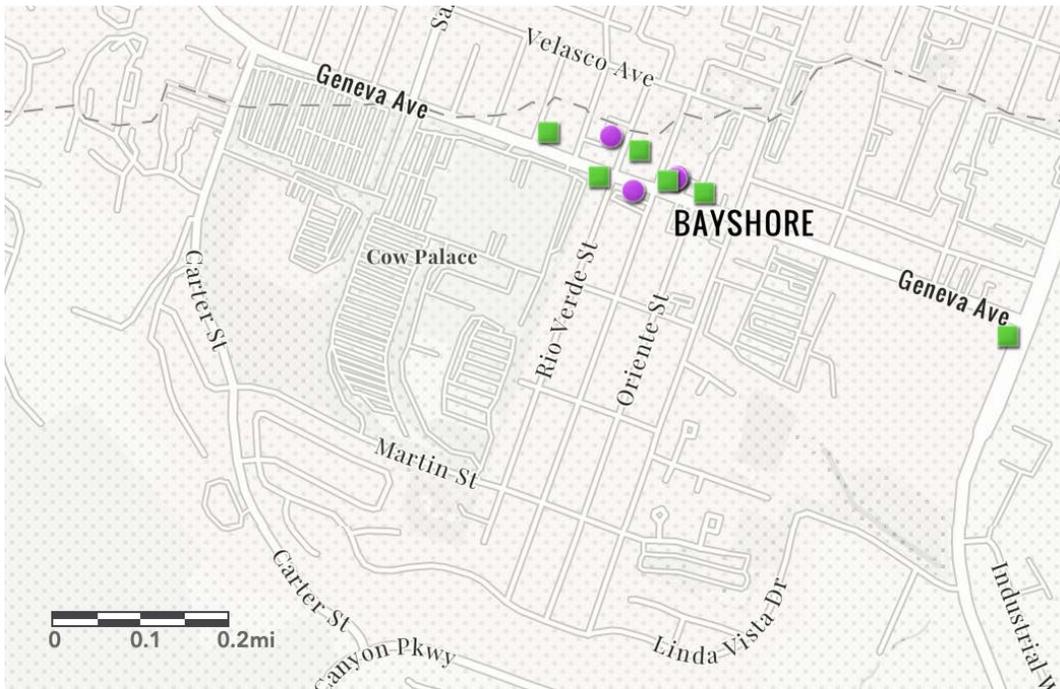
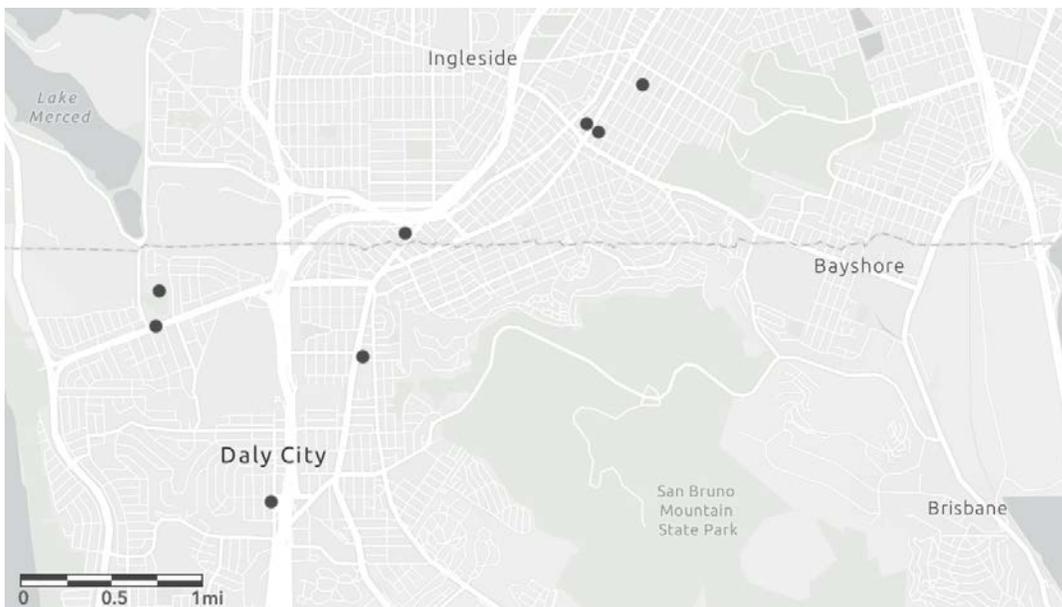


Figure 6 depicts restaurants or non-fast food eateries in green. Fast food places are depicted in pink. Most food stores are located along a short stretch of Geneva Ave.

Figure 7. Pharmacies Near the Bayshore



This figure depicts pharmacies surrounding the Bayshore. The closest pharmacy is Walgreens (965 Geneva Ave, San Francisco) which is approximately 1.9 miles from Midway Village. The Bayshore Shuttle stops at this pharmacy.

Grocery Stores In and Near the Bayshore

Consumers take many factors into consideration when they purchase groceries. Price is an important factor. Predictability is also an important factor, especially when customers are purchasing groceries for routine family use. Several interviewees reported going to Grocery Outlet for its competitively priced fresh fruits and vegetables. However, many participants also thought that Grocery Outlet is limited and inconsistent in the products they carry. Some participants said the Bayshore Market, a small “mom and pop” store, was a good place for fruits and vegetables. Others used it as a place to pick up necessities (e.g., milk) when there was not time to go to a store outside the neighborhood, but these shoppers perceived this store to be more expensive than other places.

“Grocery Outlet does not have the same things every time. Safeway has the same produce every time.”

- Individual Interviewee

Senior Food Access

Access to food is especially difficult for seniors who do not drive anymore and is a worry for seniors who anticipate that their driving will become more limited as they age. However, family members play a big role in helping seniors access food by either picking up groceries for them or driving them to grocery stores. The seniors we interviewed also relied on Meals on Wheels, church groups, and the Second Harvest of Silicon Valley Brown Bag program to get food delivered. Overall, the community is dedicated to helping seniors access food. Many interviewees mentioned that they worry about their homebound neighbors, including one participant who mentioned that she has offered rides to her senior neighbors. When asked about how to increase food access for seniors, most participants recommended more food deliveries or a nearby or walkable grocery store option.

“I guess, maybe because I'm driving, because I can get to the store, and then I'm okay. But the ones without transportation, I got to think about them too. Because there might come a time that I might not be driving.”

-Senior Interviewee

“We have to take care of them because they have family members but they live alone - a lot of times, they live alone, so - and because it's not as easy for them to just go [on] a bus. And if they walk, it's a nice long walk. That's not easy for them to do all the time. It's good for them to get a walk but not for that long of a distance. And then having to carry the food and transport the food, that's a challenge.”

-Individual Interviewee

D. COMMUNITY FOOD ASSETS

Interviewees also shared ideas for other food resources and food-related community assets in the Bayshore. These food resources help give residents of the Bayshore neighborhood access to healthy, fresh food locally.

- The Bayshore Branch of the Daly City Library has launched a **free seed distribution library**. The seed library gives out free seeds to community members. Seed types vary between seasons and have included cabbage, broccoli, cauliflower, beet, lettuce, and onion seeds. By planting their own food, people can have access to fresh fruits and vegetables from their own backyard.

- The Bayshore School has implemented a ***scratch kitchen lunch program*** at their school, which provides fresh and healthy meals cooked at the school. Cooking fresh whole foods that are culturally appropriate has helped students stay healthy, feel more satisfied, and increased their attention in the classrooms.³¹ This is especially beneficial since 75% of students receive free and reduced price lunch.³²
- **Midway Village** offers a variety of services to assist residents with obtaining healthy food. These include providing healthy snacks to kids in their afterschool program in addition to offering occasional cooking classes at their community center. During the COVID-19 pandemic, Midway Village has been delivering fresh food right to residents' doors through the Second Harvest of Silicon Valley Food Bank distributions.

Food Assistance Providers in the Bayshore

There are many food pantries and other free distributions in the Bayshore community for through local community organizations such as Daly City Partnership, Mid-Peninsula Boys and Girls Club, Peninsula Family Service, MidPen Housing, and the Bayshore Friendship Senior Club. These organizations work with local food banks to serve a diverse clientele, including senior citizens and children. Table 12 on page 29 includes information about food assistance resources available to Bayshore residents.

Description of Food Distributions Provided by Second Harvest of Silicon Valley

- **Brown Bag Program for Seniors:** This program provides groceries to seniors (ages 60+) and disabled individuals (55+) at various distribution sites in Santa Clara and San Mateo County. Within the Bayshore neighborhood, the Brown Bag program delivers food boxes to seniors who cannot attend on-site distribution.
- **Family Harvest:** This program serves low-income families with children and provides each family with approximately 100 pounds of nutritious food each month.
- **Kids NOW (Nutrition on Weekends):** This program meets the needs of hungry children and families by providing them with nutritious and easy-to-prepare food to take home on weekends and over school vacations when other resources such as free or reduced price school lunches are not available.
- **Pantry:** This program provides groceries to families and individuals for home consumption.
- **Produce Mobile:** This program brings high-quality fresh fruits and vegetables to people in need at various community and neighborhood locations.

E. TRANSPORTATION

Transportation is a critical aspect of food access. Where and when people shop is determined by whether they have access to private means of transportation or depend on public transit options.

³¹ Spotlight on Education: Small School Districts Making a Difference. (2019). *Spotlight: News & Updates from the San Mateo County Office of Education*. Retrieved August 26, 2020, from [https://us11.campaign-archive.com/?e=\[UNIQID\]&u=58b81e659adeb7cf06605ae76&id=ff3c3beca7](https://us11.campaign-archive.com/?e=[UNIQID]&u=58b81e659adeb7cf06605ae76&id=ff3c3beca7)

³² Maya Baker, Principal of The Bayshore School, personal communication. (2020, January 3).

Private transportation

Driving privately owned vehicles was the main method residents used to access food resources outside the neighborhood, on the Peninsula or in San Francisco. Daly City is considered the “Gateway to the Peninsula” and the Bayshore neighborhood reflects this slogan because with private transportation, it is easy to access grocery stores or big box stores in San Francisco, South San Francisco, Serramonte Shopping Center, and Brisbane.

Public transportation

Participants without access to a personal vehicle either took the MUNI, the Bayshore Shuttle, the SF Paratransit or got rides with friends. Senior residents valued the Bayshore Shuttle as a transportation method that helped them access stores in San Francisco, in addition to connecting them to the rest of the Peninsula to reach banks and medical care. A senior interviewee also mentioned that the shuttle bus helped her get to Lawson Hall in the Bayshore for the Brown Bag senior food distributions. However, community organizations and long-term residents reported that the shuttle schedule is too limited and often unreliable. Public transportation not only connects Bayshore residents to the rest of the Peninsula, but also helps them access ethnic markets, which are further away from the Bayshore but that offer culturally familiar foods at affordable prices. For example, MUNI line 8 was mentioned by an Asian senior participant as her way to access Asian markets in Chinatown. A Hispanic parent participant uses the MUNI 8X, then transfers to the MUNI 13/14 to access Mexican markets along Mission St. Their shopping patterns highlight how important public transportation is in connecting Bayshore residents to food stores and other services that are not currently available in the neighborhood.

“Yeah, I don't drive. I take the shuttle bus. And if I go to the hospital, we have a taxi drive. But I prefer sometimes taking the shuttle bus, and then [I] take the SamTrans to the hospital.”

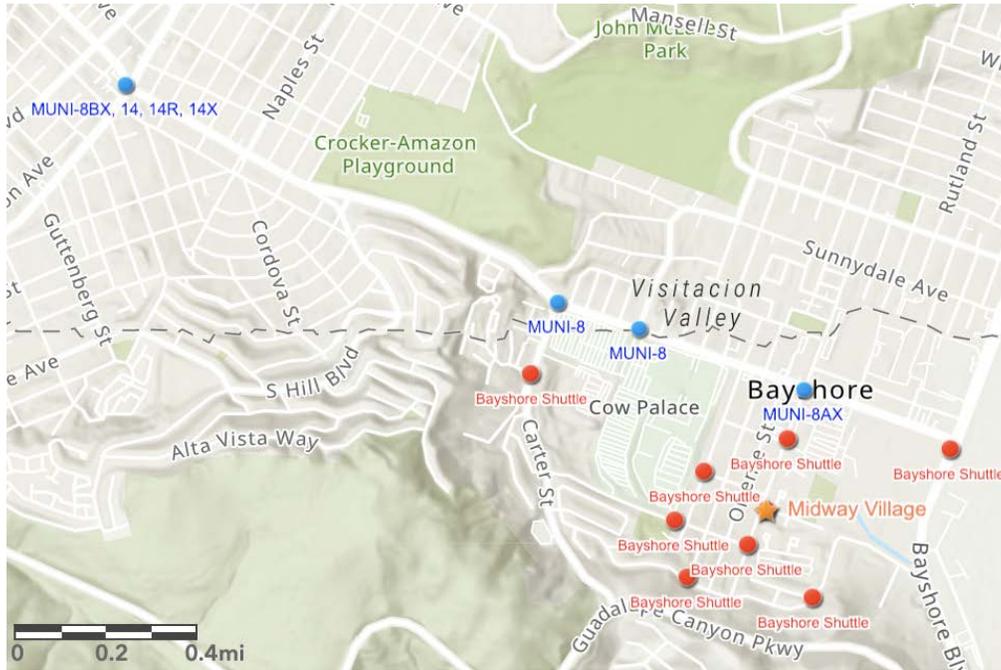
-Senior Interviewee

“Yeah. It's [the shuttle is] very convenient because going from here to catch the San Francisco bus and then you don't just catch one bus, you have to catch a couple of buses to get to Safeway or to wherever you want to go if you're going that Geneva and Mission, and that's two buses. And San Francisco buses are crazy all the time.”

-Senior Interviewee

One of the negative impacts of the COVID-19 pandemic (which will be discussed in greater depth in section VI) is a reduction in public transportation options available to Bayshore residents (Table 6). Public transit ridership saw an immediate decrease after mandatory shelter in place orders were announced in March 2020 (Table 7) and has remained low. The suspension and reduction of public transit services likely is attributed to local public transit authorities needing to prioritize the health and safety of drivers and riders. However, extended reduction of service will likely mean significant changes to how local residents accessed food and other essential services (e.g. pharmacy, medical appointments, and retail banking) not currently available in the Bayshore.

Figure 8. Public Transportation in the Bayshore



This map shows public bus stops around the Bayshore neighborhood. The only transit line that provides stops within the neighborhood is the Bayshore Shuttle. Residents living at Midway Village (a central location in the neighborhood) must walk at least 0.5 miles to access MUNI 8AX or MUNI 8 transportation lines. Senior residents stated that it is an obstacle to walk uphill from the MUNI-8 bus stop towards the residential area.

Table 5. Annual Trends in Bayshore Shuttle Ridership³³

Year	Annual Ridership Numbers
2014	11,750
2015	15,979
2016	19,356
2017	21,456
2018	27,436
2019	26,774

Since its inception in 2014, the shuttle has seen a steady increase in ridership, highlighting its value to the community.

³³ Chan, Shirley. Daly City Bayshore Ridership. PDF.

Table 6. COVID-19's Impact on Transit Lines Serving the Bayshore (as of August 2020)³⁴

Transit Line	COVID-19 Service Impact
MUNI 8 Bayshore	Running
MUNI 8AX Bayshore Express	Suspended
MUNI 8BX Bayshore Express	Suspended
MUNI 14 Mission	Running
MUNI 14R Mission Rapid	Suspended
MUNI 14X Mission Express	Suspended
Bayshore Shuttle	Running
SF Paratransit	Running

Table 7. 2020 Monthly Trends in Bayshore Shuttle Ridership³⁵

Month	Monthly Ridership Numbers
January	1,896
February	1,836
March	1,279
April*	521
May	371
June	456
July	437

*In 2020, there has been a decrease in monthly ridership due to COVID-19. This decrease may affect people who rely on the shuttle to access key amenities.

³⁴ Routes. San Francisco Municipal Transportation Agency. Retrieved on August 17, 2020 from <https://www.sfmta.com/routes/8-bayshore>

³⁵ Chan, Shirley. Daly City Bayshore Ridership. PDF.

V. THE AVAILABILITY AND AFFORDABILITY OF HEALTHY FOODS

A. GROCERY STORE ASSESSMENT

Grocery store visits and assessments are important components of community food assessments. This data collection methods allows researchers to “ground truth” the pricing data as well as quality assessments provided by interview informants. For this data collection effort, we utilized the Nutritional Environment Measures Survey for Stores (NEMS-S) to survey grocery stores in and around the Bayshore. (For details of the survey and analysis, see Appendix 3-5.) Results of the survey (Table 8) showed that Grocery Outlet had consistently cheaper prices than Bayshore Market or Safeway for most food items. The price of produce, dairy products, and household staples at Bayshore Market were generally higher than Grocery Outlet. However, the Bayshore Market carried ethnic food items such as taro, tomatillo, bok choy, cassava, and jicama that Grocery Outlet did not have at the time of our survey and that were less expensive than the same items at Safeway. Based on its produce selection, it appears that Bayshore Market caters to a more ethnically diverse clientele, which is representative of the Bayshore’s population.

The quality of produce at Safeway, Bayshore Market, and Grocery Outlet was satisfactory and all produce items examined by researchers were noted as having “acceptable” quality. Of the three surveyed stores that carried fresh produce, the quality of produce did not appear to be a deterrent for shoppers. However, it should be noted that this is a snapshot of stores on the day that they were assessed and may not be fully representative of their overall quality. The Dollar Tree did not carry fresh produce but had frozen vegetables and fruits.

Safeway was the only grocery store that displayed a Women, Infants, and Children (WIC) accepted sticker at its storefront. WIC is a special supplemental nutrition assistance program that provides health care referrals, supplemental food assistance, and educational support for low-income pregnant and lactating women and women with children ages five and under.³⁶ Stores that accept WIC are important for safeguarding the nutritional and health needs of children at their most critical stage of development.

In Table 10, the store that obtained the highest NEMS Store Score was Safeway (34), followed by Bayshore Market (24) and Grocery Outlet (20). The Dollar Tree scored six points, of which four points were given for carrying low-fat milk and diet coke and two points for frozen produce. Bayshore Market scored higher than Grocery Outlet, even though Grocery Outlet had slightly cheaper prices per unit, which suggests that healthier food options were more expensive at Grocery Outlet.

Contrary to the results of the NEMS assessment, interviewed residents frequently described Bayshore Market as expensive or overpriced. However, Bayshore Market’s prices for fresh produce were comparable to or less expensive than Safeway’s. Some interviewees’ perception that Bayshore Market is expensive may be due to the fact that many residents use the market as more of a supplemental source

³⁶ Special Supplemental Nutrition Program for Women, infants, and Children (WIC). Retrieved August 27, 2020 from <https://www.fns.usda.gov/wic>

when they run out of staple items like milk, which was more expensive than at the other two stores. While the majority of interviewed residents did not regularly purchase fresh produce at Bayshore Market, there were a few who called the market a “*fruteria*” and frequently shopped for fresh fruits at Bayshore Market.

Table 8. NEMS-S Results

	Bayshore Market	Grocery Outlet	Safeway	Dollar Tree
Apples	\$1.29/lb.	\$.80/lb.	\$1.28/lb.	N/A
Bananas	\$.79/lb.	\$.66/lb.	\$.79/lb.	N/A
Navel Oranges	\$1.29/lb.	\$.75/lb.	\$1.49/lb.	N/A
Tomatillos	\$1.99/lb.	\$1.49/lb.	\$1.99/lb.	N/A
Jicama	\$.89/lb.	N/A	\$.99/lb.	N/A
Cassava	\$1.49/lb.	N/A	\$1.99/lb.	N/A
White Onion	\$1.49/lb.	\$1.00/lb.	\$1.99/lb.	N/A
Carrots	\$.79/lb.	\$.60/lb.	\$1.20/lb.	N/A
Tomatoes	\$1.99/lb.	\$1.00/lb.	\$2.49/lb.	N/A
Broccoli	\$2.99/lb.	\$1.69/lb.	\$2.99/lb.	\$1.00/lb. (frozen)
Low-fat Milk (½ gallon)	\$3.49	\$1.89	\$2.69	N/A
Lean Ground Beef	\$3.39/lb.	\$4.79/lb.	\$7.99/lb.	N/A
Chicken Breast	\$2.99/lb.	\$1.59/lb.	\$3.99/lb.	\$4.00/lb. (frozen)
Tilapia	\$3.99/lb.	\$3.30/lb. (frozen)	\$7.99/lb.	\$4.00/lb. (frozen)
Pork Cutlet	\$3.40/lb.	\$3.99/lb.	\$3.99/lb.	\$3.17/lb. (frozen)
Oatmeal	\$6.49/42 oz.	\$2.49/42 oz.	\$5.99/42 oz.	\$4.62/42 oz.
Whole Wheat Bread	\$3.99/24 oz.	\$1.99/24 oz.	\$1.79/16 oz.	N/A

Table 8 includes price data collected using the NEMS assessment. Select items were chosen to highlight the availability of healthy and culturally appropriate foods.

Table 9. Characteristics of Stores

	Dollar Tree	Grocery Outlet	Bayshore Market	Safeway
NEMS Store Score	6	20	24	34
WIC Accepted?	No	No	No	Yes
# Registers	5	5	1	7
Store Type	General Merchandise Store	Chain Grocery Store	Corner Store	Chain Grocery Store

VI. COVID-19 PANDEMIC & FOOD SECURITY

During the COVID-19 pandemic, the greatest food system-related challenge has been the ability to afford and access food, especially for individuals who are experiencing job and/or housing insecurity. Second Harvest of Silicon Valley (SHSV), the food bank serving San Mateo and San Francisco counties is now serving half a million people per month, which shows the surge in demand for food since many local employers have furloughed or laid off workers.³⁷ During the Great Recession of 2008, SHSV saw an eight percent increase in clients served, growing from 163,000 served in April 2009 to 176,000 served in June 2009.³⁸ However, since the start of the pandemic demand for food has nearly doubled; SHSV has gone from serving 270,000 people in February of this year to more than 500,000 in June. Many more people need food assistance during the pandemic than during the height of the Great Recession, which shows the magnitude of COVID-19's impact on food security.

SHSV saw a 10-fold increase in their Food Connection call traffic from the 94014 zip code, which includes the Bayshore, particularly during the months of April and May 2020 (Table 11). The SHSV Food Connection Hotline provides callers with information about how they can get food for themselves and their families. Additionally, to prevent the spread of COVID-19, many of the food distributions in Bayshore have been redirected to Bayshore Elementary School via a drive-thru distribution (Table 12). The San Francisco-Marin Food Bank also began additional operations at the Cow Palace to serve San Francisco's southern clientele and Midway Village was able to collaborate with SHSV to organize home food deliveries. These local food distributions have seen a dramatic increase in households served since the COVID-19 pandemic. Between February and July, the number of people served by Mid-Peninsula Boys & Girls Club quadrupled, by Daly City Partnership tripled, and by Peninsula Family Service doubled (Table 10). Even though the Brown Bag Senior Food distribution, which served 100 seniors bi-weekly, was redirected to other distribution sites, the COVID-19 pandemic has had a substantial impact on the number of households seeking food assistance. The end of federal COVID-19 unemployment assistance funds in July may further increase the number of households seeking food resources until the next unemployment assistance bill is passed.

Interviewees reported experiencing challenges in accessing and affording food during COVID-19 due to changes in food distribution sites and procedure. Low-income families and seniors, who could not drive or did not have access to a vehicle, experienced difficulty accessing the food distributions via drive-thru pick up since no walk-ins are allowed due to social distancing procedures. One senior resident mentioned that they were no longer able to receive food assistance after SHSV Brown Bag Senior Distribution closed its normal operations. Without access to a car, the resident could not access the food distribution. Though Midway Village was able to collaborate with SHSV to organize food deliveries on their property, residents of the Bayshore, especially seniors who are not part of the Midway Village community, may not have access to these services.

Additionally, since the pandemic began, seniors interviewed for this project rely more heavily on delivery food programs and family members to provide food for them. Parents with school-aged children were

³⁷ Sault, L. (2020, July 08). Coronavirus: Bay Area food banks now serving more than 1 million a month. Retrieved August 21, 2020, from <https://www.mercurynews.com/2020/07/08/bay-area-food-banks-serve-unprecedented-number-of-over-half-a-million/>

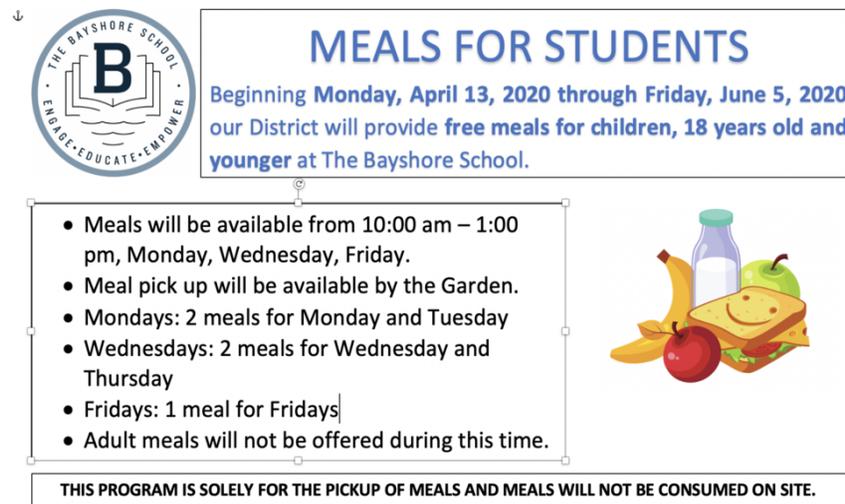
³⁸ Goldston, L. (2008, June 23). Food banks see huge increase in clients. *The Mercury News*. Retrieved August 27, 2020, from <https://www.mercurynews.com/2008/06/23/food-banks-see-huge-increase-in-clients/>

appreciative of the additional food distributions at Peninsula Family Service during these times because it helped allocate household budget for other expenses. Long-term recovery from the COVID-19 pandemic will need to focus on providing food and financial resources for the most vulnerable, low-income families and seniors, in the Bayshore community.

“So as far as family, I think it's more of what's open, what's healthy... things have gone up a lot more, as far as like milk and eggs. The prices have gone up, they can't afford it. As far as the seniors in the community, a lot of them don't drive. So for example, if we didn't have MidPen helping us distribute the food door to door, they would not have food.”

-Key Informant Interviewee

At the start of the COVID-19 pandemic, The Bayshore School transitioned to serving “Grab and Go” or take-home breakfast and lunches, and the program operated for the remainder of the school year, from April 13, 2020 to June 5, 2020.³⁹ The Bayshore School District provided free meals to all children ages 18 and younger at The Bayshore School. The Bayshore School will extend distance learning protocols for the 2020-2021 school year and offer breakfast and lunch in the “Grab and Go” model for students that qualify for free and reduced-price meals.⁴⁰



MEALS FOR STUDENTS
Beginning Monday, April 13, 2020 through Friday, June 5, 2020
our District will provide free meals for children, 18 years old and younger at The Bayshore School.

- Meals will be available from 10:00 am – 1:00 pm, Monday, Wednesday, Friday.
- Meal pick up will be available by the Garden.
- Mondays: 2 meals for Monday and Tuesday
- Wednesdays: 2 meals for Wednesday and Thursday
- Fridays: 1 meal for Fridays
- Adult meals will not be offered during this time.

THIS PROGRAM IS SOLELY FOR THE PICKUP OF MEALS AND MEALS WILL NOT BE CONSUMED ON SITE.

³⁹ Pittman, A. Meals for Students (Mondays, Wednesdays, Fridays). Bayshore Elementary School District Live Feed. April 1st, 2020. Retrieved from https://www.thebayshoreschool.org/o/Bayshore%20ESD/live_feed/#lf_992533.

⁴⁰ Pittman, A. (2020, August 1). School Reopening 2020-2021 Countdown. *The Bayshore School*, 4, 1. https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/830880/Number_4_-_2_Weeks_to_Go.pdf

Table 10. Food Connection Calls from the 94014 Zip Code

Month	Calls Received from 94014 Zip Code
February 2020	4
March 2020	14
April 2020	153
May 2020	94
June 2020	5
July 2020	16

Table 11 shows the number of calls received by Second Harvest of Silicon Valley Food Connection Hotline pre-COVID-19 and during COVID-19 in the Bayshore Neighborhood. The Second Harvest of Silicon Valley Food Connection Hotline provides information and referral to callers regarding how they can get food for themselves and their families.

Table 11. Households Served by Second Harvest of Silicon Valley

Agency	Pre-COVID-19 (February)	COVID-19 (April)	COVID-19 (July)
Mid-Peninsula Boys & Girls Club	140	400	700
Daly City Partnership	93	85	120
Peninsula Family Service	64	190	190

Table 12 shows the change in the number of households served by Second Harvest of Silicon Valley food distributions pre-COVID-19 and during the COVID-19 pandemic in the Bayshore Neighborhood.

Table 12: A table of food resources in the Bayshore and COVID-19 updates from March to July 2020.

Agency	Address	Normal Program & Hours	COVID-19 Service Updates
Daly City Partnership	125 Accacia Street, Daly City	<i>Family Harvest</i> 4th Thursday, 3-4:30 pm	Location: Bayshore Elementary School via drive-thru <i>Family Harvest</i> 4th Thursday, 3-4:30 pm
		<i>Pantry</i> M,T,W,F: 8 am-12 pm & 1-4:30 pm Th: 1 – 4:30 pm	
Lawson Hall	125 Accacia Street, Daly City	<i>Produce Mobile</i> 4th Monday, 3:30 – 4:30 pm 2nd Tuesday, 3:30 – 4:30 pm	Location: Bayshore Elementary School via drive-thru Time: Friday, 10:30am-12:30pm
		<i>Brown Bag</i> 1st, 3rd Friday, 9:30 – 10:30 am	Redirected to other sites or to the Home Delivery Program
Mid-Peninsula Boys & Girls Club	450 Martin Street, Daly City	<i>Kids NOW</i> Friday, 4:30 – 6:30 pm Also provides afterschool snacks and meals to students in their Bay Clubhouse program at Bayshore Elementary	Location: Bayshore Elementary School via drive-thru Time: Friday, 10:30am-12:30pm
Peninsula Family Service	45 Midway Drive, Daly City	<i>Kids NOW</i> Friday, 10:15 am – 5:30 pm	Location: Bayshore Elementary School via drive-thru Time: Friday, 10:30am-12:30pm
MidPen Housing	47 Midway Drive, Daly City	Provides after school snack and meals for local students at Midway Village	Family Harvest Home Delivery for the first 50 who register Time: Friday, 8:45-11am
SF Marin Food Bank	2600 Geneva Ave, Daly City	Not Available Pre-COVID19	Location: Cow Palace Time: Friday, 9am-1pm

VII. RESIDENT INPUT FOR IMPROVING FOOD SECURITY

Our interviews found that Bayshore residents are eager to engage in sustainable changes to improving food security. When asked, “What ideas do you have about improving healthy food access in Bayshore?” interviewees expressed interest in developing a community garden, establishing a farmers’ market, and providing opportunities youth leadership. These ideas can be incorporated into future plans for improving food security in Bayshore. The ideas for improving food security and access in the Bayshore presented below come from 21 interviews that were done with residents (14) and representatives from organizations that serve the community (7).

Community Engagement for Change

A majority of key informant interviews and one individual interviewee talked about the importance of including the community in the conversation for improving food access. Key informants would like to see more community voices—from parents, students, children, and seniors, for example—included in conversations about the future development and direction of the Bayshore. In addition, one key informant expressed the desire for greater communication and collaboration between the library, school, and MidPen Housing. Finding creative ways to provide structured channels for involving residents in discussions and decisions about the future of the neighborhood can lead to more sustainable and relevant policies and programs. For example, Community Advisory Boards (CABs) led by local residents or neighborhood associations can be utilized as a way to have representation and engagement in local decision-making processes.

“They could have more planning available to the community and not just that we have to wait for it to trickle down to us.”

-Individual Interviewee

Community Gardens

Many interviewees liked the idea of creating a community garden as a way for neighbors to learn about cultivating food and to continue strengthening the local social fabric. Interviewees discussed planting tomatoes, peppers, herbs, and fruit trees. Several participants had concerns about gardening on contaminated soil and suggested raised beds as a solution.

“You can also do raised beds so you don't have to worry about the toxic things in the ground.”

-Individual Interviewee

Overall, interviewees were interested in a community garden and expressed a desire to participate in its development. Thus, community gardens may be a viable strategy for improving access to healthy foods in the Bayshore. Furthermore, community gardens have the capacity to improve individual and community well-being. Studies of community gardens have shown that community gardens are not only about food

production, but also about building a sense of community, creating a cultural gathering spot, and forming a welcoming environment for community engagement.⁴¹

Farmers' Market

Interviewees were enthusiastic about the idea of having a weekly farmers' market in the neighborhood. Interviewees noted that the closest farmers market is located in Brisbane and were interested in having one located closer to the Bayshore. Interviewees suggested that the green space located within Midway Village and the Cow Palace would be convenient locations for attracting customers.

A farmers' market once existed at the Cow Palace but it closed due to a lack of customers. Interviewees thought that most residents were unaware that the farmers' market existed and the market was not visible. They recommended that flyers be distributed to effectively advertise the market and build up a customer base. Lastly, ensuring that the farmers market accepts SNAP benefits would increase access to healthy, fresh fruits and vegetables for low-income residents.

“And to my understanding, they [Brisbane’s farmers market] do not take, for example, the food stamp card that other places do, so that families can still get healthy food. So that would be a good one. There is no grocery store closer. So you'd have to either drive out or transfer to about two buses to get to the grocery store.”

-Individual Interviewee

Youth Leadership

Programs that increase food access can also provide opportunities for engaging youth in leadership development and job training. One resident suggested creating a youth-led healthy food entrepreneurship program as a way to improve both healthy food access and youth leadership.

The other half is to also have a youth employment aspect to it, or element, where whether it's a food truck or a cart or whatever, an outside restaurant, that a certain amount of youths from Midway Village be offered the first chance to work there, or a certain percentage or something like that. And then we could help provide wrap around services, as far as mentoring, job coaching, etc.

-Individual Interviewee

⁴¹ Quested E., & et al. (2018). Community Gardening: Basic Psychological Needs as Mechanisms to Enhance Individual and Community Well-Being. *Ecopsychology*, 10(3), 173-180.

VIII. KEY FINDINGS & RECOMMENDATIONS

This Bayshore community food assessment produced five key findings and associated recommendations for improving food access and food security in the Bayshore. These findings, as well as the report as a whole, are intended to be shared with Bayshore residents, other key stakeholders, and city and county government agencies. Bayshore residents are invested in their neighborhood and will continue to strive to make a positive impact in the community. It is our hope that the assessment will be a useful tool in support of those efforts.

1	Key Finding	Recommendation
	The Bayshore community is an evolving neighborhood with a strong sense of community identity and rich history where people from different cultures live alongside each other	Explore options to foster a resident-led Community Advisory Board to help elevate Bayshore residents’ ideas and priorities to local leaders and real estate developers. This advisory board would be organized and coordinated by local residents and could serve as a way for the community to respond to the current and future development of Bayshore.

The current increase in development and investment in housing presents an important opportunity to strengthen the local economy and create sustainable business investment within Bayshore. The formation of a Community Advisory Board, made up of people from the community, could facilitate community engagement and prioritize community ideas in planning future developments in the Bayshore. This voluntary advisory board should be structured in ways that residents’ views and opinions about the Bayshore’s development can be shared with decision makers at different levels. Furthermore, the advisory board can also inform local policies that will shape food access and other services in the Bayshore community. Ultimately, the advisory board will help ensure that development unfolds in a manner that is aligned with community interests and needs.

Community Advisory Board

A Community Advisory Board (CAB) is a collective group of community members and organization representatives that provide community information and assistance to an institutional initiative team.

2	Key Finding	Recommendation
	Due to geographic isolation and lack of grocery stores, the majority of residents purchase groceries outside of the Bayshore.	Explore options for a new grocery store or food co-operative that is informed by the needs and wants of community members.

A co-operative (commonly referred to as a co-op) can be a socially and economically sustainable approach to incorporating a grocery store into a neighborhood with poor access to healthy food. A co-op is a type of food store that is characterized by cooperative and democratic decision-making, where members have a voice in the types and price of products sold at the store.⁴² Co-ops are directly owned by its employees (worker’s co-op) and/or members (member’s co-op), who pay a nominal fee to join. The purpose of a co-op is to effectively and equitably serve its members; any surplus profit from a co-op is re-invested into the store, and therefore the community. Food co-ops are an effective way to bring healthy, affordable produce to a community while promoting community wealth and independence.⁴³ Often, co-ops source food products from local farmers or vendors, which helps support the local and regional economy.

The Mandela Co-op in Oakland, CA is a successful full-service grocery store owned, governed, and operated by its members. The co-op contributes to the local economy by sourcing from local farmers, creates employment opportunities for its neighborhood, and provides access to healthy, affordable foods.⁴⁴ In 2019, the co-op celebrated a decade of serving West Oakland and has announced plans to expand.

Grocery stores in the neighborhood could consider expanding access to SNAP and WIC benefits to help more low-income residents, particularly families with young children, to meet their health and nutritional needs.

⁴² Berge S., Caldwell W., Mount P. (2016). Governance of Nine Ontario Food Co-operatives. *Annals of Public and Cooperative Economics*, 87(3), 457-474.

⁴³ Halliday L., & Foster, M. (2020). A Tale of Two Co-ops in Two Cities. *Journal of Agriculture, Food Systems, and Community Development*, 9(2), 239-254.

⁴⁴ About the Co-op. Retrieved on July 25, 2020 from <https://www.mandelagrocery.coop/aboutco-op>.

3	Key Finding	Recommendation
	The COVID-19 pandemic has negatively affected food access and increased food insecurity in the Bayshore community.	Increase circulation of information about resources available to the Bayshore neighborhood and target individuals who are most vulnerable to food insecurity during COVID-19 pandemic, such as older adults, people with disabilities, families with children, and residents whose primary language is not English.

Several interviewees stated they would like to see a list of resources available in the neighborhood and mentioned this would be particularly useful during COVID-19. A comprehensive pamphlet containing a list of resources for food, housing, legal, disabilities, and childcare assistance should be circulated and updated on a regular basis and made available in languages other than English. In future crises, this pamphlet can serve as a comprehensive resource for individuals who are seeking assistance during difficult times. The distribution of these pamphlets, both printed and shared through online media, should prioritize residents who are not already well connected to resources through local organizations such as Midway Village, Peninsula Family Service, or the Bayshore School.

4	Key Finding	Recommendation
	For those without private cars, public transportation is the main transportation method Bayshore residents use to access food.	Maintain current transit routes, which are crucial to food access in the Bayshore. Adding additional routes, transit stops, or more frequent services will also help improve food access in the future. In addition, explore routes that link passengers to other essential services such as ethnic food markets, hospitals, pharmacies, and/or banks. When planning new routes, consider adding an additional stop closer to Midway Village.

This recommendation recognizes Bayshore’s geographic isolation and addresses difficulties accessing public transportation, and consequently key food resources, that residents reported. For example, interviewees residing at Midway Village would like to have a bus closer to the community center to reduce the physical challenge of carrying groceries up a steep hill after getting off the bus at the Bayshore bus stop on Geneva Avenue. Most transit stops are located on Geneva Avenue and average 0.5 miles from Midway Village. The only public transit route that runs through the Bayshore Neighborhood beyond Geneva Avenue is the Bayshore Shuttle, which only operates on weekdays and runs every 1.5 to 2 hours. One interviewee mentioned that having service that is more frequent and weekend operations would be beneficial for the community. The COVID-19 pandemic has led to a reduction in available public transit options, and these services will hopefully be restored to connect residents to services outside the neighborhood.

5	Key Finding	Recommendation
	The Bayshore community would like additional food resources that incorporate youth empowerment, community design, and provide affordable fresh fruits and vegetables.	Explore options for establishing a farmers' market and/or community garden within the Bayshore. These programs should be led and informed by community members with assistance from other public or non-profit entities.

A key takeaway from the interviews was that most participants support the establishment of a farmers' market and/or community garden as public spaces where residents can come together and access fresh produce. Several interviewees reported already having home gardens and they would like to see and contribute to a community garden.

The Collective Roots Gardening Program run by Fresh Approach is a community garden in East Palo Alto that offers many resources, such as hands-on workshops in organic gardening, seed lending, tool loaning, and assistance with becoming a certified producer in San Mateo County.⁴⁵ Fresh Approach also runs the East Palo Alto Community Farmers Market, which sources fresh fruits and vegetables from local farmers and sells produce from the community garden. The market operates every Wednesday during the summer season and accepts CalFresh/EBT, FMNP WIC, and FMNP Seniors benefits.

A farmers' market can also improve access to healthy fruits and vegetables. Interviewees were concerned about the viability of a farmers' market, particularly if there was insufficient promotion/advertising. To address these concerns, interviewees suggested holding a farmers' market at Midway Village and distributing flyers to the neighborhood and surrounding communities. To help create an affordable and accessible farmers' market, the Bayshore's farmers' market should accept SNAP, WIC (Women, Infants and Children), and SFMNP (Senior's Farmers Market Nutrition Program) benefits.

The Market Match dollar-for-dollar match program at 13 farmers' markets in Santa Clara County, allows CalFresh users to earn an additional ten dollars per day to purchase additional fresh produce when they buy fruits and vegetables. This has not only increased the amount of produce purchased by customers by 74%, but also doubled revenue from CalFresh at farmers' markets.⁴⁶

⁴⁵ Collective Roots Gardening Program. Fresh Approach. Retrieved Aug. 15, 2020 from <https://www.freshapproach.org/collectiveroots/>.

⁴⁶ Diekmann, L., Gray, L., Hucheson, J., Meehan, M., & Osland, T. (2020). *Small Farms, Big Potential: Growing a Local Resilient Food System* (pp. 56-57, Rep.). Santa Clara County, CA: Food System Alliance. Retrieved August 1st, 2020. https://static1.squarespace.com/static/55fb5d35e4b0c8599268bb30/t/5e333e84765dfa24257a99d9/1580416665312/FSA_Report_Final_for_web.pdf

IX. APPENDICES

Appendix 1: Qualitative Interview Methods

Key Informant Interviews

The purpose of the semi-structured key informant interviews was to help understand food access and food security issues from the perspective of community representatives. Seven key informant interviews were conducted with representatives from community organizations, businesses, libraries, and schools. Key informant interview questions were adapted from the USDA Economic Research Service Community Food Security Assessment Toolkit and aimed to address questions around the food environment in Bayshore. The interview was broken down into four parts: background questions, perception of household food insecurity, community food security, and food security-related policies.

Individual Interviews

Two graduate student research assistants from Stanford University conducted phone interviews with 14 residents. The purpose of the semi-structured interviews was to help identify grocery shopping patterns, food resources, ideas for change, and how the coronavirus is affecting food access. We recruited participants through key informants and we used snowball methods to recruit additional participants. Interview times ranged from 30 minutes to an hour. Of the 14 residents we interviewed, 13 were female and one was male. Five mothers with an average age of 38.6 and eight seniors (65+) with an average age of 79 participated in the interviews. The median length of residency in Bayshore is 17.5 years with a range of 3 to 57 years. Eight participants identified as Black, two as Asian, and four as Hispanic. Even though the individual interview sample may not match the ethnic demographics of the Bayshore neighborhood, the sample is relevant because it captures mothers and seniors, who are more likely to be vulnerable to food insecurity. In addition, a majority of the participants live in affordable housing.

Appendix 2: Methods for mapping Bayshore's food environment

To make the map, we considered convenience stores, corner stores, fruterias, grocery stores, and wholesale markets as food outlets. To be categorized as a convenience store, a food outlet had to sell either produce, ready-to-go meals, or specific dairy products like milk, eggs, yogurt, or cheese. For example, a liquor store whose only food offerings were chips, ice cream, and canned goods was not considered a food outlet. Most stores were identified as food outlets through customer reviews or interior photos of the establishment on Google Maps or Yelp. Stores were excluded if it was not clear that they met the aforementioned criteria. Longitude and latitude points were extracted for all food outlets in a four-mile radius from the western most point of Bayshore's 6002 tract. Inflation adjusted median household income (MHI) from the 2017 5-Year ACS survey were extracted from data.census.gov to create the heat maps. The MHI data was divided in quintiles and overlaid on census tract data. A nine-mile diameter circle is circumscribed as a reference to gauge the distances of stores from the Bayshore. Food outlets may have been unintentionally omitted from the maps due to sole utilization of Google Maps

and Yelp. Furthermore, food outlets may have been omitted from our geographic survey if they were not correctly characterized as a convenience store, corner store, fruteria, grocery store, or wholesale market.

Appendix 3: NEMS Scoring Sheet for Stores

NEMS Scoring Sheet for Stores

Store:

Item	Availability of Healthier Item	Avail Total Points	Price	Price Total Points	Quality	Quality Total Points
Milk	YES low-fat/skim = 2 pts		*Lower for lowest-fat = 2 pts			
	Proportion (lowest-fat to whole) \geq 50% = 1 pt		Same for both = 1 pt Higher for low-fat = -1 pt			
Fruits	0 varieties = 0 pts < 5 varieties = 1 pt 5-9 varieties = 2 pts 10 varieties = 3 pts				25-49% acceptable = 1 pt 50-74% acceptable = 2 pts 75%+ acceptable = 3 pts	
Vegetables	0 varieties = 0 pts < 5 varieties = 1 pt 5-9 varieties = 2 pts 10 varieties = 3 pts				25-49% acceptable = 1 pt 50-74% acceptable = 2 pts 75%+ acceptable = 3 pts	
Ground Beef	YES lean meat = 2 pts		Lower for lean meat = 2 pts			
	2-3 varieties \leq 10% fat = 1 pt > 3 varieties \leq 10% fat = 2 pts		Higher for lean meat = -1 pt			
Hot dogs	YES fat-free = 2 pts		Lower for fat-free or light = 2 pts			
	Light, not fat-free = 1pt		Higher for fat-free or light = -1 pt			
Frozen dinners	YES all 3 reduced-fat types = 3 pts		**Lower for reduced-fat = 2 pts			
	YES 1 or 2 reduced-fat types = 2 pts		Higher for reduced-fat = -1 pt			
Baked goods	YES low-fat items = 2 pts		Lower for low-fat (per piece) = 2 pts Higher for low-fat (per piece) = -1 pt			
Beverages	YES diet soda = 1 pt		Lower for diet soda = 2 pts			
	YES 100% juice = 1 pt		Higher for 100% juice = -1 pt			
Bread	YES whole grain bread = 2 pts		Lower for whole wheat = 2 pts			
	>2 varieties whole wheat bread = 1 pt		Higher for whole wheat = -1 pt			
Baked chips	YES baked chips = 2 pts		***Lower for baked chips = 2 pts			
	> 2 varieties baked chips = 1 pt		Higher for baked chips = -1 pt			
Cereal	YES healthier cereal = 2 pts		***Lower for healthier cereal = 2 pts			
			Higher for healthier cereal = -1 pt			
Availability Subtotal=			Price Subtotal=		Quality Subtotal=	
Total NEMS Store Score =						

*Lowest-fat being low-fat or skim; not 2%
 ** Based on majority of frozen food items
 ***Per box or bag, not price per ounce

Ranges- Availability Subtotal: 0 to 30 Price Subtotal: -9 to 18 Quality Subtotal: 0 to 6
TOTAL NEMS SCORE RANGE: -9 to 54

Appendix 4: Example of Nutrition Environment Measures Survey. The full version of the survey can be found at <http://nems-upenn.org/wp-content/uploads/2018/10/NEMS-S.pdf>

Measure Complete

Nutrition Environment Measures Survey (NEMS)
Measure #1: MILK

Store ID: Rater ID:

Marking Instructions

Please use a pencil or blue or black ink. Correct Incorrect

1. Is there milk available in this store? Yes No Comments:

If yes, continue. If no, move on to the next measure.

A. Availability Comments:

2. a. Is low-fat (skim or 1%) available? Yes No

b. If not, is 2% available? Yes No NA

Reference brand

3. Store brand (preferred) Yes No

4. Alternate Brand Name:

Comments:

5. **Shelf space:** (measure only if low-fat or 2% milk is available)

Type	Pint	Quart	Half gallon	Gallon
a. Lowest fat milk available <input type="radio"/> Skim <input type="radio"/> 1% <input type="radio"/> 2%	<input style="width: 20px;" type="text"/>			
b. Whole	<input style="width: 20px;" type="text"/>			

B. Pricing All items should be same brand Comments:

1. Whole milk, quart \$

2. Whole milk, half-gallon \$

3. Lowest fat milk available, quart \$

4. Lowest fat milk available, half-gallon \$

5. Non-dairy Plant-Based Milk Size: \$

Measure Complete

**Nutrition Environment Measures Survey (NEMS)
Measure #2: FRUIT**

Store ID:

Rater ID:

Does this store sell any fresh fruit? Yes No Comments:

If yes, continue. If no, move on to the next measure.

Availability and Price

Produce Item	Available		Price	Unit #	Quality		Comments		
	Yes	No			A	UA			
1. Bananas	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
2. Apples	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	<input type="radio"/> Red delicious <input type="radio"/> _____								
3. Oranges	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	<input type="radio"/> Navel <input type="radio"/> _____								
4. Grapes	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	<input type="radio"/> Red seedless <input type="radio"/> _____								
5. Mandarin Oranges	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
6. Plantain	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
7. Strawberries	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
8. Grapefruit	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
9. Watermelon	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	<input type="radio"/> Seedless <input type="radio"/> _____								
10. Pears	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	<input type="radio"/> Anjou <input type="radio"/> _____								

11. Total Types: (Count # of yes responses)



Measure Complete

**Nutrition Environment Measures Survey (NEMS)
MEASURE #4: GROUND BEEF**

Store ID:

Rater ID:

Does this store sell any beef? Yes No Comments:

If yes, continue. If no, move on to the next measure.

Availability and Price

Item	Available			Price/lb.	Comments
	Yes	No	N/A		

Healthier option:

1. Lean ground beef, **90% lean, 10% fat** (Ground Sirloin) \$. _____

Alternate Items:

2. Lean ground beef, (<10% fat) % fat \$. _____

3. Ground Turkey, (≤10% fat) % fat \$. _____

4. # of varieties of lean ground beef (≤10% fat) 0 1 2 3 4 5 6+

Regular option:

5. Standard ground beef, **80% lean, 20% fat** (Ground Chuck) \$. _____

Appendix 5: NEMS Survey Methods

We assessed four stores using the Nutritional Environment Measures Survey-Stores (NEMS-S) in January of 2020: Safeway (4950 Mission St, San Francisco), Grocery Outlet (2630 Bayshore Blvd, San Francisco), Dollar Tree (2840 Geneva Ave, Daly City), and Bayshore Market (2800 Geneva Ave, Daly City). These stores were chosen because of their proximity to the Bayshore neighborhood and because key stakeholders frequently mentioned Safeway, Grocery Outlet, and Bayshore Market as local sources of produce. It is important to note that Safeway and Grocery Outlet are approximately 2.3 and 1.1 miles, respectively, from the center of Bayshore.

The Nutritional Environment Measures Survey for Stores uses price, availability, quality of food, and other measures to assess the food environment.⁴⁷ The survey design and scoring system allow us to compare the availability and affordability of healthier food options between various stores.

The survey tool assesses the affordability, availability, and quality of 11 store items: milk, fresh fruits and vegetables, ground beef, hot dogs, frozen dinners, baked goods, beverages, whole grain bread, baked chips, and cereal. We modified some of the measures to account for the seasonality of produce, the cultural diversity of the neighborhood, and the availability of East Coast specific brands in California. For example, we added cassava, tomatillos, and jicama, which are common food items in Asian and Latino diets. In addition, researchers took note if the store accepted WIC and the number of registers.

We visited the four stores on January 25, 2020 and January 27, 2020, spending an average of 1.5 hours in each store. For each items, we recorded the cheapest “per unit” price and values were calculated to report a standardized price per unit (e.g., \$/lb., \$/oz., \$/item). Several key items from the survey are shown in Table 7. Stores were also evaluated on quality of produce.

NEMS Score

Utilizing the NEMS scoring sheet, each store was analyzed for its *Total NEMS Store Score*. The total NEMS store score is calculated by the availability and affordability of healthier foods and the quality of produce (e.g. freshness, overall appearance, bruises, rot). Points are deducted if the healthier option (e.g. 10% vs. 7% fat ground beef; white bread vs. whole bread) is less affordable. The Dollar Tree was an outlier in this series of stores since it did not carry fresh produce. However, it did receive points in the “availability total score” for carrying milk, and frozen fruits and vegetables. It is important to note that due to the NEMS score point system, this score represents the combined affordability and availability of healthier food options rather than an item’s price/unit.

⁴⁷ Nutritional Environment Measures Survey. Retrieved July 07, 2020, from <http://nems-upenn.org /tools/>.

Appendix 6: Key informant interview guide

Informed Consent: Verbal Script Key Informant Interviews

- Hello! You are invited to participate in an interview for our Bayshore community food system assessment. The purpose of the research is to understand access to healthy food in this neighborhood and ways it could be improved. Your participation is voluntary. If you agree to participate, we will ask you a series of questions about food insecurity in Bayshore and strategies for improving healthy food access here. We expect this interview will take about an hour. If you have any questions, please contact Lucy Diekmann.

Part 1. Background questions

1. First, please start by telling me your name, your organization and what you do at the organization.
2. How long have you worked with residents of Bayshore?
3. How does your organization's work in Bayshore relate to food?
4. In your opinion, what are the greatest assets of the Bayshore neighborhood? (or, what do you like the most about it?)

Part 2. Key informant's perception of household food insecurity

Now I'd like to ask you a series of questions about your perceptions of household food security in this neighborhood. The USDA defines food security as: Access by all people at all times to enough food for an active, healthy life. Food security includes at a minimum:

5. The ready availability of nutritionally adequate and safe foods.
6. An assured ability to acquire acceptable foods in socially acceptable ways.
7. Do you think that many households in the community have a problem with food security? What is the extent of the problem?
8. Why do you think that household food security is a problem in this neighborhood?

Part 3. Community food security

Now, let's talk about the community:

9. Do you think that healthy food is accessible, available, and affordable in Bayshore?
10. What do you think are the biggest problems related to food security at the community level? Why do you think these exist?
11. To your knowledge, what is the community doing to address the challenge of food insecurity?
12. What else could be done to improve the community's problems with food insecurity?
 - a. Who are the key players?
13. Are alternative food sources (such as food pantries or meal sites) easily accessible and used in the community? What are they? Who organizes them?

Part 4. Food security-related policies

Finally, I would like to focus on local food-related policies:

14. Are there any local ordinances or other policies that affect food production, distribution, and consumption such as community gardens?
15. Are there any transportation challenges that affect residents' food access?
16. Are there local funding sources for community food security-related activities?
17. Is there an integration of food-related issues into the community planning process?
18. When you think about the future, what would you like to see in the Bayshore neighborhood 10 years from now?
19. Is there anything we missed that you think is important to talk about?
20. Who else should we talk to?

Appendix 7: Individual interview guide

Interview Guide

- Hello! You are invited to participate in an interview for our Bayshore community food system assessment. The purpose of the research is to understand access to healthy food in this neighborhood and ways it could be improved. Your participation is voluntary and feel free to skip any questions you don't feel comfortable answering. If you agree to participate, we will ask you a series of questions about food insecurity in Bayshore and strategies for improving healthy food access here. We expect this interview will take about an hour. If you have any questions, please contact Lucy Diekmann.

Part 1. Introduction

1. First, please introduce yourself by telling us your name, how long you've lived in Bayshore, and what do you like the most about living in Bayshore?
2. If you don't mind sharing, what is your age and race/demographics?

Part 2. Food acquisition practices and community food security

We're interested in how people in Bayshore get food.

3. We are interested in learning more about Bayshore residents' grocery shopping routines and have some questions for you:
 - a. Who does the food shopping for your family or household? How many people do shop for?
 - b. Where do you get your food from and how often do you go grocery-shopping?
 - c. How do you get to the store (drive, ride with friends, bus, shuttle, walking, etc.)?
4. Do you think that healthy food is available and affordable in Bayshore? (Probe to explain how it is or is not.)
 - a. How so? Please explain a bit more.
5. Do you tend to cook food at home or eat out or get take out?

Now we would like to ask you a few questions about hunger in Bayshore.

6. Do you know of programs in the neighborhood that help people when they struggle with affording food? Do you know who provides these and when they may be?
 - a. How much of the food do people use from these programs? How are food programs utilized?
 - b. Would you happen to know someone who uses food banks, food pantries, or meal distribution sites?

Part 3. Food security-related policies

7. What ideas do you have about improving healthy food access in Bayshore?

8. If you could do a few things to change the way people access food in Bayshore, what would you like to do/see? (Prompt: would you like to add stores, would you like to see community gardens? More food distribution sites...? farmers' market? mobile produce market?)
 - a. Do you know of community gardens in the neighborhood? Would you be interested in growing your own food in community gardens in Bayshore?

Part 4. Coronavirus Preparedness

9. How has the coronavirus and sheltering at home changed the way you get food?
 - a. Are you going to the store less often?
 - b. Are you getting food in different places?
10. Have you experienced any difficulties/challenges getting food during SIP/coronavirus? What are your top concerns about food during the coronavirus crisis?
 - a. Are you able to find everything you are looking for during a grocery store run?
 - b. Are there any challenges in getting healthy food items you normally get?
 - c. How do you feel going to the grocery store? Are you taking any precautions to try to keep yourself safe?
11. What would help you get food during this time? Make your experience getting food better (more protective gear, more delivery options for food, more frequent delivery of food, more money, more storage, etc.)?

Thank you! Is there anything else you'd like to add? Anything you'd like to ask us?