

# Burlington Healthy Food Assessment



Source: Vermont Food Bank

Photography: Jason Houston

Prepared for: The Burlington Partnership for a Healthy Community

By: Florence Becot and Dr. Jane Kolodinsky

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206 Morrill Hall, 146 University Place  
Burlington, VT 05405  
802-656-9897 • fbecot@uvm.edu • www.uvm.edu/crs

A green decorative graphic consisting of a trapezoidal shape on the left that tapers to a point, followed by a horizontal bar extending to the right. The word "Acknowledgements" is written in a green, sans-serif font across the horizontal bar.

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## About the Center for Rural Studies

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For any questions or comments about this report, please contact Florence Becot, Research Specialist at the Center for Rural Studies at 802-656-9897 or at [fbecot@uvm.edu](mailto:fbecot@uvm.edu).



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## Summary of Findings

- Between 12.2% and 18.4% of Burlington residents are food insecure. Causes of food insecurity include high cost of living, lack of jobs with livable wages, access to housing and transportation and, lack of time or knowledge to cook.
- Over 15% of Burlington residents participate in the Supplemental Nutrition Assistance Program (SNAP), 12% of women residents receive benefits through the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), 53.1% of public and private school children are eligible for free lunches through the National School Lunch Program and the Chittenden Emergency Food Shelf serves about 12,000 individuals throughout the county annually.
- Out of the Burlington survey respondents who had received food assistance in the last 12 months, 23.5% had enough food but not always the kind they want to eat, 13.7% sometimes had not enough to eat and 3.9% often had not enough to eat. Not having enough money for food was the most often cited reason (53.8%), followed by the kind of food desired not available (23.1%) and difficulties to get to the store (10.3%).
- Thirty nine percent of Chittenden county residents state they consume 2+ fruits servings a day and 21% consume 3+ vegetable servings a day. Barriers to healthy eating include not knowing how to cook, not having an understanding of nutritional food and food access.
- Food expenditures represented about 10% of Americans' income with meat, fruits and vegetables representing the biggest expense.
- Forty six stores selling food were inventoried including 31 convenience stores, deli and gas/grocery stores, 13 retail bakeries, 12 specialty/ethnic stores, 4 farmers markets (including 2 operating year-round), 3 supermarkets (2 of which are locate in South Burlington at the border of Burlington city limits) and one food coop. Almost \$9 million in SNAP benefits were redeemed in Burlington between July 2012 and June 2013.
- Seventy six percent of sampled Burlington residents most often shop for groceries at supermarkets and 20.8% at the food coop. The main reasons for shopping at a supermarket include location (58.9%), price (42.1%) and quality (24.4%) while the main reasons for shopping at the food coop include quality (57.9%), location (38.6%) and price (5.3%).
- The supermarkets and food coops were found to have the highest availability of food products including fruits and vegetables, protein, dairy, bread and other grain products. The lowest availability of food products was in the gas station and in the ethnic/specialty store.
- It takes survey respondents an average of 9 minutes to get to the grocery store and transportation was always a problem for 1.1% of the respondents and occasionally a problem for 4.6% of the respondents.

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Reasons for transportation being a problem include no working car or bike, health reason and public transportation scheduling.

- Over 47% of Burlington residences are located within 0.5 to 1 mile of a supermarket or food coop and 33.8% are located within 1 to 5 miles.
- Fifty six institutions were inventoried in Burlington. Over 83% have a healthy food focus, 5.3% have many healthy options, 7.1% have some healthy options and 3.6% have no healthy food focus.
- The biggest institutions have made a commitment to serving healthy food, but also local, including the Burlington School District, Fletcher Allen Health Care and the University of Vermont.
- Alternative options to access fruits and vegetables include 4 farmers markets, including 2 year-round markets, 12 different CSA programs, and 14 community gardens and 10 school gardens. The city is currently working on policies around urban gardening and livestock. In the last 12 months, 18.5% of the survey respondents belonged to a CSA program, 66.7% shopped at a Farmers' Market and 50.9% gardened at home or in a community garden.





## Background

The goal of the Burlington Healthy Food Assessment is to gauge the accessibility and availability of healthy food in Burlington, Vermont, and to make evidence-based policy recommendations for improving Burlington's infrastructure in supporting access to healthy food and good nutrition. In the summer of 2013, the Burlington Partnership for a Healthy Community (BPHC) contracted with the Center for Rural Studies (CRS) at the University of Vermont to conduct the assessment. The assessment was funded by a Community Prevention Grant from the Vermont Department of Health.

The assessment was conducted by the CRS between July 2013 and January 2014 and focused on five components of access to healthy food in Burlington: 1. Consumer Make-Up, 2. Logistics, 3. Economics, 4. Retail availability/Supply, and 5. Institutional and Other Availability/Supply. The assessment was conducted using the USDA Community Food Security Assessment Toolkit. The methods used, results and policy recommendations are presented in this report.

The Burlington Healthy Food Assessment was conducted using the USDA Community Food Assessment Toolkit and directives from the Burlington Partnership for a Healthy Community. The USDA Community Food Assessment Toolkit was developed to provide a standardized set of measurement tools for assessing indicators of food security. Recently, five communities in Vermont have used this tool to conduct healthy food assessments including Milton and Rutland.

The toolkit assesses community socioeconomic and demographic characteristics, community food resources, household food security, food resource accessibility, food availability and community food production resources. Appendix A of the tool is comprised of a set of 21 tables covering the topics listed above. Three additional tables were added to the appendix in order to provide further data on food availability in the community: retail availability, institutional availability and eating out availability. The data collected to complete Appendix A was quantitative. To complete Appendix B of the assessment, qualitative and quantitative data were collected in order to get insights into the views, practices and experiences of Burlington residents and stakeholders of the food system. We conducted a survey of Burlington residents and interviews of stakeholders. Lastly, to complete Appendix C of the toolkit, store surveys were conducted to collect recent prices on a wide variety of food products across different types of stores. Survey and interview instruments are available upon request.

The collection and analysis for the different types of data gathered for the assessment are presented in detail below. The collection and analysis methods are described for each type of data but the results from the different types of data are weaved in together in the result section to make sense of the data in a more comprehensive manner.

## Secondary data

### Data from organizations

#### Data collection

The first step of the assessment was to inventory the data that has already been collected and to identify data gaps. Organizations involved in the Burlington and Vermont food system were contacted in July 2013 to ask if they would be willing to share data they have collected. The following organizations graciously shared information to be used in the assessment and/or took the time to respond to follow-up questions: Burlington Area Community Gardens (BACG), Burlington Food Council, Burlington School Food Project, Champlain Valley Agency on Aging, Champlain Valley Office of Economic Opportunity, Chittenden County Transportation Authority (CCTA), Chittenden Emergency Food Shelf, City Market, Hunger Free Vermont, New Farms for New Americans, Northeast Organic Farming Association (NOFA), Sodexo, The Intervale, UVM Extension, United States Department of Agriculture (USDA), University of Vermont, Vermont Community Garden Network, Vermont Department of Health, Vermont Department of Aging and Independent Living. Other organizations were contacted and either did not respond or did not have data to share for the assessment. Lastly, data from the Vermonter poll, an annual

representative survey of the Vermont population conducted by the CRS, was included in the report when relevant.

### Data Analysis

The data shared by the organizations are included in the report and in the tables of Appendix A when relevant. No additional data analysis was conducted on the data shared by the organizations. It is important to note that each organization used different methods when collecting data and that in most cases, the number of respondents was small. Also, very few of the organizations shared information on how the data were collected and analyzed, therefore although the data from the organizations are extremely important in painting a more complete picture of Burlington's healthy food access, the results cannot be considered representative of the studied population unless specified.

### **Data publicly available**

#### Data collection

Most of the data needed to complete the tables of Appendix A (available in the Appendix) are made publicly available by the state and federal governments. Data used to complete these tables include US Census data, the American Community Survey, Agricultural census from the USDA, Vermont Department of Education, Vermont Department of Health and the US Department of Labor.

#### Data analysis

Every effort was made to use the latest data available and data for the closest geographical area to Burlington. When data for Burlington were not available, data for Chittenden County or Vermont were used. Geographical representation of the data, as well as the year and the data source, are specified in the report for every type of data used.

Most of the data from federal and state government are reported as is or with minor calculations. When calculations were made, these are indicated either in the text or as a note following the tables and figures. Government data are statistically representative of the population studied unless specified in the report.

Geospatial data analysis was conducted in Esri ArcGIS 10.1 using a mix of publicly available data such as the US Census data, E911 data through the Vermont Center for Geographic information (VCGI) or obtained from organizations such as the bus lines layer from CCTA and through UVM such as the road layer or the food store data.

## **Primary data**

### **Survey of Burlington residents**

#### Data collection

Information from Burlington residents on household food security, food shopping patterns and food assistance was collected. It was decided to not use the focus group approach described in the toolkit but to instead conduct a survey in order to seek to get a representative sample of the Burlington population. Focus group question guides from Appendix B were reformulated and reworded to be useable in a survey format. The survey instrument was created and vetted in September and October. The survey instrument and methods used for the study were reviewed and approved by the University of Vermont

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Institutional Review Board. The data collection process was conducted between October and November 2013 and the survey was administered by telephone from the Center for Rural Studies. The sample was randomly drawn from a list of purchased telephone numbers of Burlington Residents. Each potential respondent who was contacted had to be a resident of Burlington and be over the age of eighteen in order to qualify for the study. Additionally, In order to reach low-income residents, intercepts surveys were conducted in a low-income housing community and a total of 6 surveys were completed.

In total, 2,930 households were contacted, yielding 288 complete responses; therefore, 9.8% of all calls made resulted in a completed survey. The results based on a group of this size have a margin error of plus or minus 6% with a confidence interval of 95%. This means that if the survey were repeated, 95% of the time, the results would be plus or minus the 6% of the number reported.

### Data analysis

The survey data were imported into the Statistical Package for the Social Sciences (SPSS) software. Descriptive analysis was conducted on all of the survey questions, and bivariate analysis was conducted on some of the questions. The results of the test are considered statistically significant if the value of the test is less than or equal to 0.1. The results of statistical tests are reported using the following convention: Statistical significance: \* = 0.10 level (10%), \*\* = 0.05 level (5%), \*\*\* = 0.01 level (1%). Statistical significance means that the responses to the questions from different group of respondents are not likely to have happened by accident or by chance.

Limits of the survey include the fact that only landlines were sampled, meaning that cell phone only households and households with no phones were not reached. Additionally, non-English speakers were reached and due to the language barriers, surveyors were not able to conduct the full survey. The results of the survey were not weighted.

### **Interviews of key stakeholders**

#### Data collection

A total of 13 face-to-face or phone interviews were conducted with key stakeholders representing the following organizations or programs: Burlington Area Community Gardens, Burlington Board of Health, Burlington Farmers' Market, Burlington School Food Project, Champlain Valley Office of Economic Opportunity, Hunger Free Vermont, Sustainability Academy, UVM Extension, Vermont Community Garden Network, Vermont Department of Health, Vermont Department of Labor, Vermont Food Bank and, the YMCA. The goal of the interviews was to identify areas of concern within the community and to understand community food security issues.

The interviews were conducted in November and December 2013 and we used the key informant focus group discussion guide from Appendix B of the toolkit as the interview guide. Interviews ranged between 20 minutes and 1 hour and notes were taken.

#### Data analysis

The content analysis method was used to analyze the interview notes. Several readings of the interviews were made and the interviews were coded using the software HyperRESEARCH 3.5.2. The data were then organized in themes to facilitate integration of the results in the report.

As with any qualitative data analysis, findings from the interviews are not generalizable.

## **Food store surveys**

### Data collection

Food store surveys were conducted in 16 stores in the fall of 2013. Surveys were conducted in 4 convenience stores, 3 gas stations, 1 ethnic store, 2 drug stores, 2 other (a dollar store and a farmers' market), 1 large grocery store and 3 supermarkets. It should be noted that all of the stores were located in Burlington except for two of the supermarkets which are located in South Burlington near the Burlington city limit. The food store survey tool from Appendix C of the toolkit was used to collect the data. The prices of 87 items were collected in each store, and the food items on the survey instrument were selected by the USDA to be representative of foods commonly eaten by low-income households and to meet Federal dietary guidelines and Food Guide Pyramid serving recommendations for a family of four for 1 week.

### Data analysis

Availability of each item, weight and prices for the 16 surveys were entered into a spreadsheet. Item weight from the store survey instrument were not consistently available in the stores and the price of unit was converted to pounds for solid food and gallons for liquid food in order to allow for easier comparisons across the stores. Data from food store surveys were analyzed using the Statistical Package for the Social Sciences (SPSS) software. Descriptive analysis was conducted to calculate availability of products for different food groups as well as average prices.

Limitations of the food store survey include judgment calls that were made in the stores around close substitutes when items from the list were not available. Also due to time and resource constraints, we were not able to get a representative sample of stores, therefore the food store survey is not representative of the population of food stores in Burlington. Lastly, the sample of stores to survey was not randomly selected in order to ensure that the different types of food stores were represented.

## Demographics

This section covers demographic characteristics of Burlington residents, food insecurity, food assistance as well as their awareness of healthy diets and nutritional knowledge.

### The Burlington population

There are 42,192 residents in Burlington representing a 5.9% increase since the 2000 census (U.S. Census Bureau, 2011). There were 16,773 households with an average of 2.15 person per household (Table 1 and Table A.1 of Appendix A).

Table 1. Population and household structure profile of Burlington residents

Demographic Characteristics	Number	Percent
Total Population	42,192	
Gender		
Male	20,776	49.2
Female	21,602	51.2
Household Structure		
Total Households	16,773	
Persons per Household	2.15	
Family Households	7,049	42.0
Married-couple families	5,017	29.9
Other family, male householder	590	3.5
Other family, female householder	1,442	8.6
Nonfamily Households	9,724	58.0
Householder living alone	6,147	36.6
Householder 65 years and older living alone	1,630	9.7

Note. Source 2007-2011 American Community Survey

The median age in Burlington is 27.9 years old compared with a median age of 41.5 years old in Vermont. In terms of ethnicity, the composition of the population is as follows: 89.9% white, 3.6% Asian/Pacific islanders, 2.9% multiple race, 2.7% African American and 2.3% of Hispanic origins (Table 2 and Table A.1 of Appendix A).

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Table 2. Race/ethnicity and age of Burlington residents

Demographic Characteristics	Percent
<b>Race/Ethnicity</b>	
White	89.9
African American	2.7
American Indian	0.6
Asian/Pacific Islander	3.6
Other	0.3
Multiple races	2.9
Hispanic origin (of any race)	2.3
<b>Age</b>	
< 5 years	3.3
5-9 years	4.3
10-14 years	3.9
15-19 years	12.8
20-24 years	19.7
25-29 years	9.3
30-34 years	6.6
35-39 years	5.9
40-44 years	4.9
45-49 years	5.5
50-54 years	4.9
55-59 years	4.7
60-64 years	4.1
65-69 years	2.4
70-74 years	2.1
75-79 years	2.1
80-84 years	1.5
85 years and older	1.9

Note. Source 2007-2011 American Community Survey

Over fifty one percent of Burlington residents have at least an Associates or Technical degree, and 10% have a high school degree or less, as compared to 42.2% and 9% respectively at the state level (Table A.1 of Appendix A).

**Economic characteristics of Burlington households**

The annual median household income is \$42,024 which is \$11,398 lower than the state median income (Table 3 and Table A.2 of Appendix A and figure 1).

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Table 3. Burlington household economic profile

Economic Characteristics	Number	Percent
<b>Household Income</b>		
Median	42,024	
Households making < 25,000 per year	5,121	30.5%
Households making 25,000-49,999 per year	4,634	27.6%
Households making 50,000-74,999 per year	2,902	17.3%
Households making 75,000-99,999 per year	1,647	9.8%
Households making 100,000 + per year	2,469	14.8%
<b>Poverty Status</b>		
Number of people of all ages below poverty level	9,066	25.0%
Number of related children under 18 years in poverty	5,723	21.3%
<b>Employment Status (total persons 16 years and over)</b>		
In labor force	24,606	66.3%
In armed forces	41	0.1%
Civilian	24,565	66.2%
Employed	22,568	60.8%
Not employed	1,997	5.4%
Not in labor force	12,491	33.7%

Note. Source 2007-2011 American Community Survey

Over 81% of the households draw income from earnings, 22.6% draw income from social security and 11.9% from retirement (Table 4). Twenty five percent of Burlington residents are living below the poverty rate.



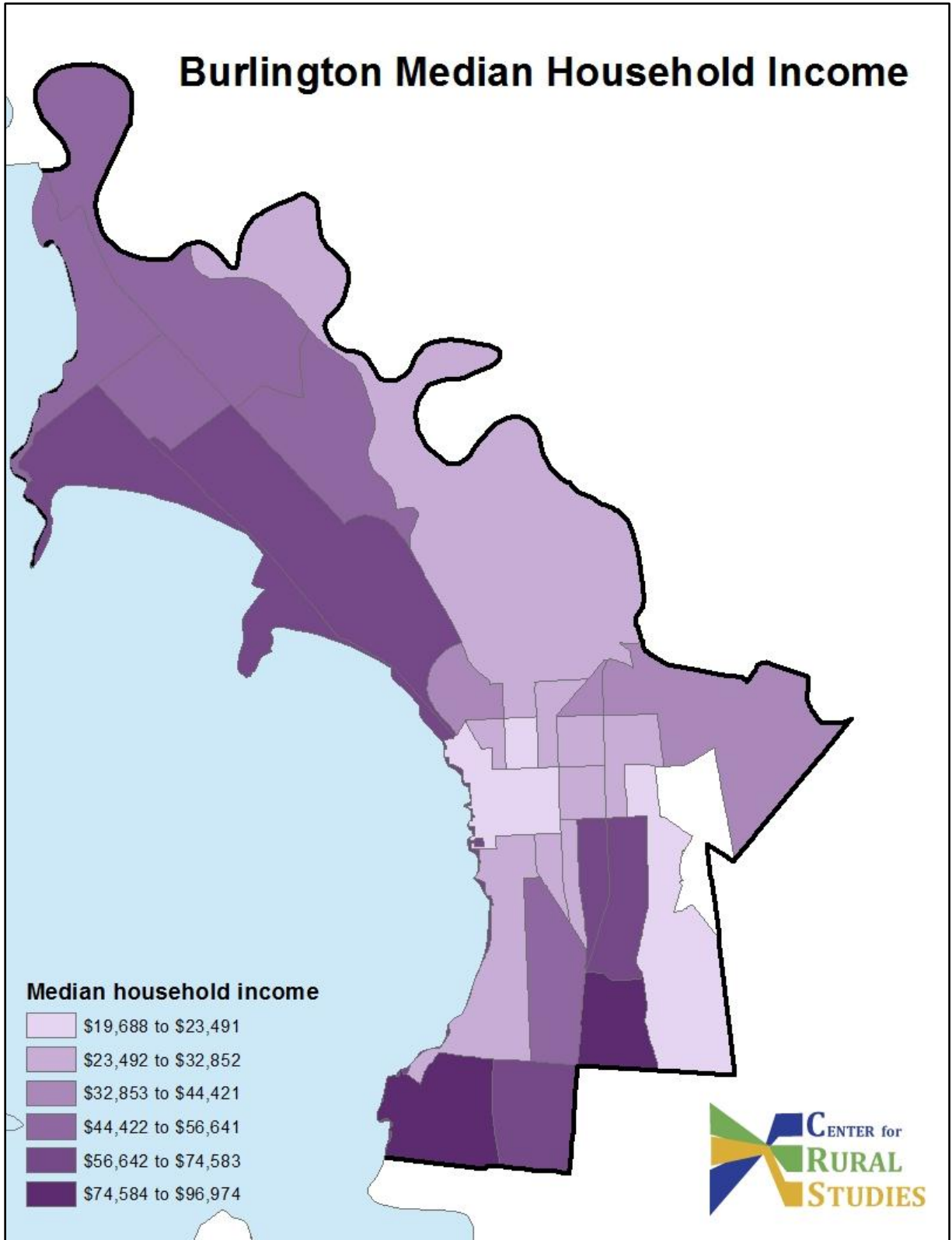


Fig. 1. Burlington median household income

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Table 4. Burlington household sources of income

	Percent	Mean annual income (in \$)
Earnings	81.8	58,657
Social Security	22.6	15,686
Retirement	11.9	21,449
Supplemental security income	4.8	7,644
Cash public assistance income	6.3	3,275
Food stamps/SNAP benefits	15.5	Not available

Note. Source US Census Bureau 2008-2012 American Community Survey

In November 2013, the unemployment rate in the Burlington-South Burlington area was 3.3% compared to 3.9% at the state level. The industries employing the most people in the Burlington-South Burlington area were health care and social assistance, retail and manufacturing in 2011 (Table 5).

Table 5. Top 10 industries in the Burlington-South Burlington area by number of employees.

Sector	Number of establishments	Number of employees
Health care and social assistance	668	17,371
Retail trade	1,081	14,783
Manufacturing	239	13,044
Professional, scientific, and technical services	821	9,738
Accommodation and food services	547	8,855
Construction	744	5,320
Wholesale trade	324	4,884
Finance and insurance	371	3,644
Educational services	114	3,520
Other services (except public administration)	597	3,064

Note. 2011 County Business Patterns.

### Household expenditures

The three biggest expenditures for American households are housing, transportation and food. In 2012, households spent 32.8% on housing, 17.5% on transportation and, 12.8% on food (United States Department of Labor, 2013).

Looking separately at families with children under 18 who receive assistance and those who do not, families receiving assistance spent a higher proportion of their earnings on the three main household expenditures: 38.7% on housing, 17.2% on transportation and 21.1% versus 34.3% on housing, 16.9% on transportation and 14.3% on food for families who do not receive assistance (Foster and Hawk, 2013).

### Housing expenses

In Burlington, monthly median rent is \$949 with rent representing 30 to 34.9% of income for 10.4% of households and 35% or more of income for 52.8% of households. Monthly owner costs for households with mortgage is \$1,694 with owner costs representing 30 to 34.9% of income for 8.8% of households and 35% or more of income for 29.6% of households. Two other important figures in terms of housing in

Burlington are the vacancy rates: 1.6% for rental and 0.9% for homeownership (U.S. Census Bureau, 2012). Low vacancy rates tend to raise the cost of housing.

Transportation expenses

On average, households in the Northeast spent \$8,857 a year on transportation expenses, 32.8% of the transportation expenses were for vehicle purchase, 28.3% were for gasoline and motor oil and 28.3% were for other vehicle expenses (not including maintenance and repairs, and insurance) (United States Department of Labor, 2013).

Food expenses

Food expenses and the cost of food are discussed in the economics section of this report.

**Food security and food insecurity in Burlington**

Food security, as defined by the USDA (USDA Economic Research Service, 2013), is the access by all people at all times to enough food for an active, healthy life. Food security includes at a minimum:

- the ready availability of nutritionally adequate and safe foods,
- an assured ability to acquire acceptable foods in socially acceptable ways.

Food insecurity, also as defined by the USDA, is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

Food insecurity is determined using a series of questions about behaviors and experiences associated with difficulty in meeting food needs. Estimates from 2011 are that 12.2% of Chittenden county residents and 13.1% of Vermonters are food insecure while about 48% and 38% of food insecure residents are above the SNAP eligibility threshold respectively (Fig 2 and 3). The national average food insecurity rate is 16.4%. The average meal cost is higher than the national average of \$2.67; it is respectively \$3.01 in Chittenden county and \$2.94 in Vermont.

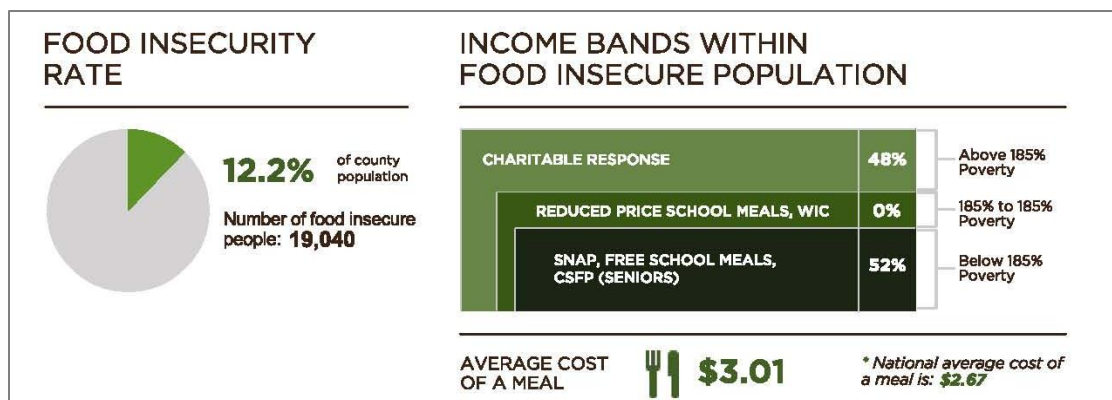


Fig 2. Food insecurity rate and income bands within food insecure population in Chittenden county in 2011. Source. Feedingamerica.org

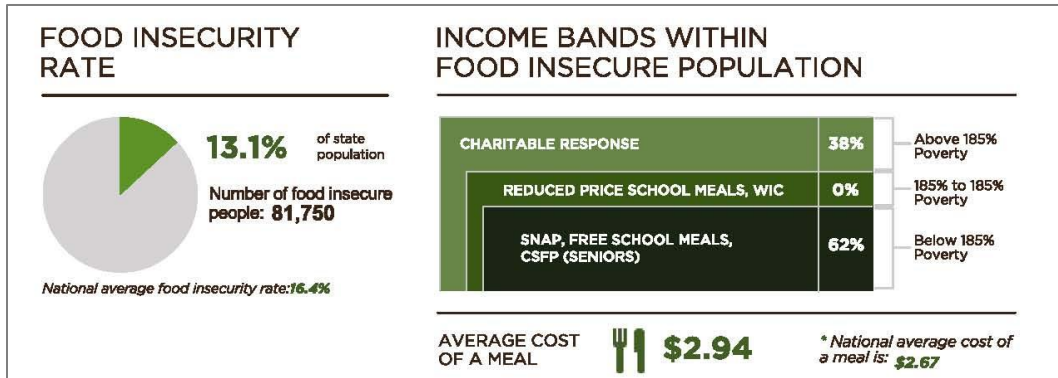


Fig 3. Food insecurity rate and income bands within food insecure population in Vermont in 2011. Source. Feedingamerica.org

In the survey of Burlington residents, we found that 18.4% of the respondents were food insecure. Extrapolating the estimates of food insecurity to the Burlington population using data from feedingamerica.org of 12.2% at the county level and data of 18.4% at the city level from the survey, we find that between 5,052 and 7,621 Burlington residents are food insecure.

Respondents to the survey were asked to choose the statement that best describes the food eaten in the household: 85.0% of the respondents reported that ‘they have enough of the kinds of food they want to eat’, 10.3% have ‘enough food to eat but not always the kinds of food they want to eat’, 4.0% ‘sometimes don’t have enough food to eat’ and 0.7% ‘often don’t have enough food to eat’.

Looking at households who have received food assistance in the last 12 months and those who did not, we found that the proportion of households who had enough of the kinds of the food they want to eat was lower for households who had received food assistance, 58.8%, versus 91.0% for those who did not receive food assistance. This difference is statistically significant and the details of the response to the question are presented in figure 4.

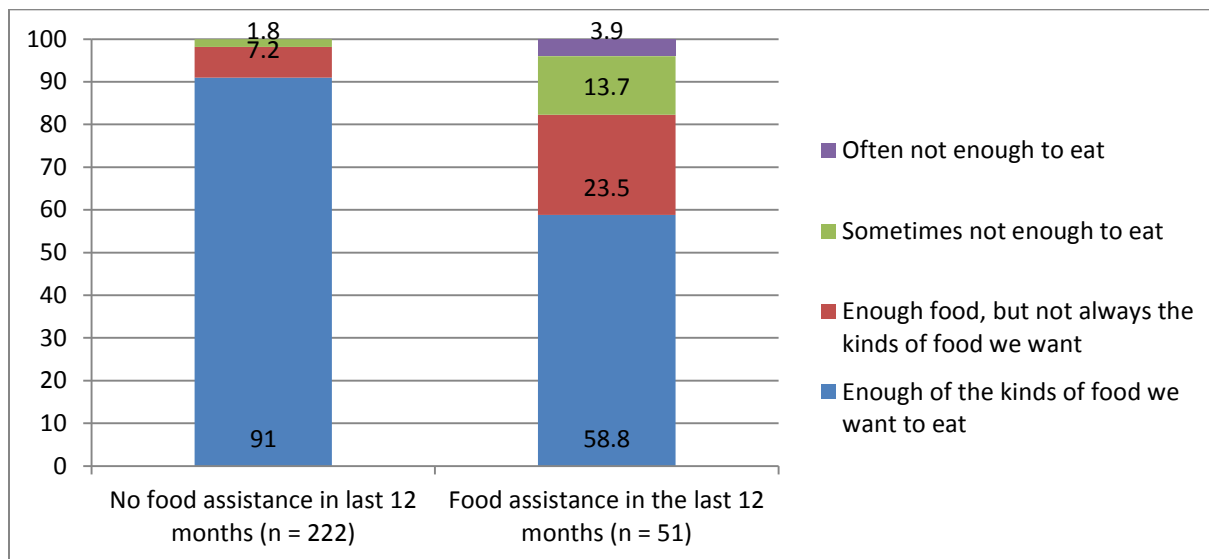


Fig 4. Responses to the question: ‘which of these statements best describe the food eaten in your household in the past 12 months?’ in percent (n = 273). Note. Chi<sup>2</sup> = 39.162, p = 0.0.

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Respondents who said that they ‘do not have enough of the kinds of food they want to eat’ were then asked the reasons why. The summary of the answers is presented in table 6. The reason most often cited for not having enough or the kinds of food they want to eat was not enough money for food (53.8%), followed by not having access to the kind of food they want (23.1%). Looking at households who had received food assistance and those who had not, we found that the main reasons for both group of respondents was ‘not enough money for food’ and ‘kinds of food wanted are not available’. The difference in responses by the two different groups was not statistically significant.

Table 6. Reasons why people don’t always have enough or the kinds of the foods they want to eat (n = 39)

Statements	Frequency
Not enough money for food	53.8
Kinds of food I want are not available	23.1
Too hard to get to the store	10.3
On a diet	7.7
Not able to cook because of health	2.6
Other	2.6

Out of the 39 respondents who did not always have enough food or the kind they want, 44.7% reported that they or other adults in the household have cut the size of meals or skipped meals because there was not enough money for food in the last 12 months. Of those who reported cutting the size of meals or skipping meals, 35.3% did it almost every month, 58.8% some months but not every month and 5.9% only 1 or 2 months. Twelve of the respondents reported that they have children under the age of 18 and, 16.7% reported that in the past 12 months, they have cut the size of any of the children’s meals because there was not enough money for food. Of these respondents with children, 50% reported that cutting the size of the children’s meals happens almost every month and 50% reported that it happens some months but not every month.

According to the key stakeholders who were interviewed, food security is a big problem which varies from people who struggle every day, to people who struggle monthly to people who experience it once or twice due to a job loss. One of the interviewees made a distinction between people with chronic food insecurity versus acute food insecurity. People with acute food insecurity were seen as people who have the knowledge and basic instinctual survival skills to learn how to access food and the wide array of support services that operate in the area.

According to the interviewees, causes of food insecurity include: high cost of living, lack of jobs with livable wages, access to housing and transportation, lack of time to cook or appropriate kitchen equipment. It is important to note that views on transportation and access to the grocery store were diverging among interviewees. Some said that transportation was a big problem and that public transit was not good. Other said that transportation was not an issue due to an adequate public transit system and services such as SSTA, homebound food delivery service and a network of organizations that provide rides.

In terms of the quality of the diet, interviewees talked about the fact that the cheapest foods are often the unhealthiest. Additionally, less healthy food such as fast food is sometimes seen as a treat for children by parents who can’t afford to do other things for their children. Interviewees were asked how

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people with food insecurity cope; strategies include purchasing cheaper food, skipping meals or watering foods down.

**Food assistance**

Several programs are available to help Burlington residents obtain food (Table 7 and Table A.3 from Appendix A).

Table 7. Federal Food Assistance Program

Food Assistance Program	Program Participation (Total for all Sites)	Number of Enrollment Offices and/or Program Sites in Community
Food Stamp Program (SNAP)	15.5% of Burlington residents	1
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	6.2% of Burlington residents (12.0% of women)	1
National School Lunch Program	2,086 free and 185 reduced, 47.2% eligible for free lunch (in 2012-2013)	17
School Breakfast Program	Free to all students in Burlington SD	14
Child and Adult Care Food Program (CACFP)	20 registered home providers serving 137 children, 4 childcare and teens programs serving 287 children & at risk teens	1
Summer Food Service Program	No data	8
The Emergency Food Assistance Program (TEFAP)	No data	3
WIC Farmers' Market Nutrition Program	4,743 (in 2012 at City Hall's FM)	3
Federal senior Coupons at Farmers' Markets	2,979 (in 2012)	1
Federal Ladies' first coupons at Farmers' Markets	180 (in 2012)	1
Meals On Wheels	1,363 (in 2012)*	1
Congregate Meal Site	5,957 (in 2012)*	5 (at meal sites)

Note. \* Program participation number for service area which includes Chittenden, Addison, Franklin and Grand Isle Counties

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In 2012, 15.5% of Burlington residents received Food stamp/SNAP benefit (U.S. Census Bureau, 2012) (US Census American Community Survey). The average monthly SNAP benefit in Vermont was \$238.53 per household and \$121.88 per person (USDA, personal communication, November 14, 2013). The average monthly benefit for household has increased by 27.3% since 2008. The supplemental nutrition program for women, infants and children (WIC) was received by 2,604 Burlington residents in June 2013 (Vermont Department of Health, Personal Communication, August 8, 2013). In the 2013-2014 school year, 2,069 students attending Burlington schools received free lunches and 180 received reduced lunches. Forty seven percent of students were eligible for free and reduced price school meals (Vermont Agency of Education, 2013). In terms of school food, the state of Vermont passed a law in 2008 making breakfast free for all students who qualify for the reduced-price program and, in the Burlington School District, breakfast is free for all students as well as after-school dinner. Additionally, a law was passed in 2013 where students previously qualifying for reduced lunches now receive free lunch.

In addition to federal food assistance programs, local programs are available such as the NOFA Vermont Farm share program, the NOFA Senior farm share program and the Intervale Free Food Share (Table A.3 of Appendix A). These programs have an emphasis on helping residents procure fruits and vegetables.

Emergency food assistance resources in Burlington include five food pantries, three soup kitchens, five shelters with meal programs, two mobile kitchens and three food rescue programs (Table 8 and Table A.11 of Appendix A).

Table 8. Emergency food assistance resources

Type of Emergency Food Program	Number in Community
Food pantries	5
Soup kitchens	3
Shelters/programs with meals offered	5
Mobile kitchens	2
Food banks	0*
Food rescue programs	3

Note. \*The food bank in Barre, VT supplies the food shelves in Burlington.

The Chittenden Emergency Food Shelf offers several services:

"We serve nearly 12,000 individuals each year through a variety of direct service programs. We provide groceries through our flagship Food Shelf program and we deliver groceries to people who are homebound due to chronic illness or mobility impairment. We serve meals through our soup kitchen 7 days a week and we provide culinary job training through a program called Community Kitchen Academy. We serve the entire Chittenden County. We help people with federal nutrition assistance and refer people to social service agencies that also help fight poverty. Working closely with other non-profit agencies we provide multi-faceted emergency relief as well as basic nutrition for those Vermonters who are most vulnerable. "

--Rob Meehan Chittenden Emergency Food Shelf director

The recent survey of Burlington residents included questions about food assistance. Eighteen percent of the respondents reported that they have participated in food assistance programs in the last 12 months

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and SNAP was the most often used program (Table 9). Food stamps were used by 70.6% of the respondents who had received food assistance.

Table 9. Summary of program participation by survey respondents (n = 51)

Program	Proportion
Food stamps/3 Squares VT/SNAP	70.6
Food pantries or food banks	19.6
Free or reduced school meals	15.7
WIC	13.7
Programs for elders	11.7
Soup kitchens	4.0

Note. Total is more than 100 as respondents might have participated in more than one program

Survey respondents were then asked about the importance of food assistance programs for their household and the most two important reasons were: ‘provide my family with food on a regular basis’ (48.9%) and ‘enable my family to eat healthier foods’ (31.9%) (figure 5).

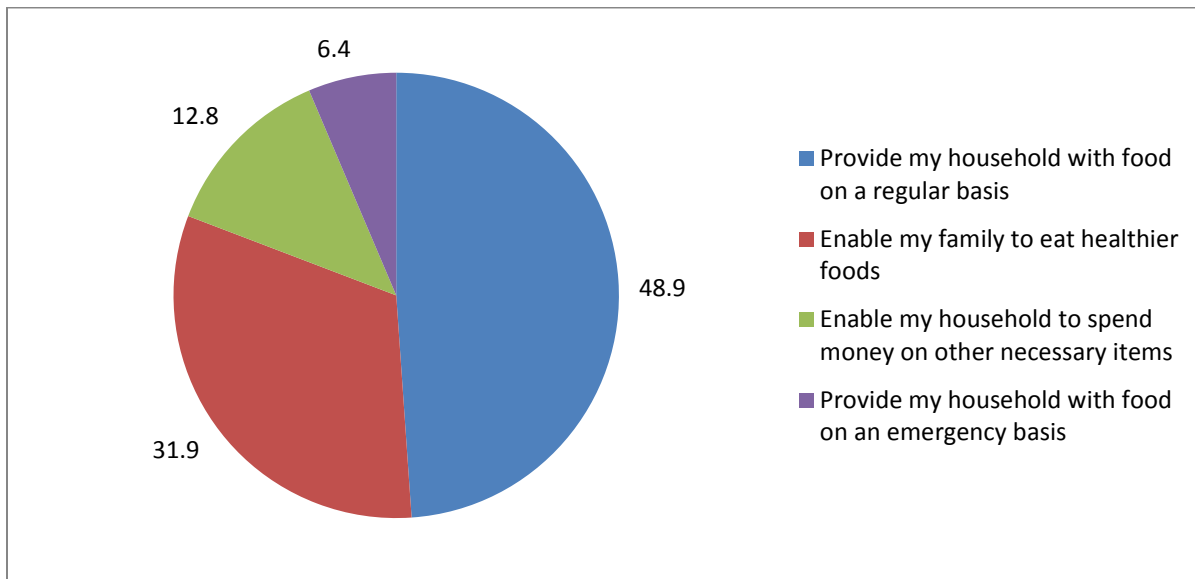


Fig 5. Importance of food assistance programs for households (n=47).

Lastly, survey respondents were asked about their use of emergency food programs in the last 12 months, which is summarized in table 10. Only respondents who had received food assistance within the last 12 months had also used emergency food programs.



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Table 10. Use of emergency food programs (n = 51)

Program	Proportion
Chittenden emergency food shelf	27.5
Vermont Food Bank	15.7
Burlington Salvation Army	11.8
Sara Holbrook Community Center	2.0
Joint Urban Ministry Project (JUMP)	2.0

The reasons for not using emergency food services included no need (78.9%), poor food quality (10.5%), transportation (5.3%) and not liking the program environment (5.3%).

Survey respondents were asked for suggestions on how the use of food assistance programs in Burlington could be improved. Their answers are summarized in table 11. The top four suggestions were no change needed (13.1%), increase funding for food assistance programs (13.1%), offer nutrition education (10.1%) and conduct outreach to inform people about food assistance programs and eligibility (10.3%).

Table 11. Suggestions from survey respondents to improve use of food assistance programs (n = 272)

Suggestions to improve use of food assistance programs	Frequency
No change needed	13.1
Increase funding for food assistance programs	13.1
Nutrition education	10.9
Outreach (better advertise food assistance programs and eligibility criteria)	10.3
Improve access of food (more stores selling healthy food, improve transportation)	9.1
Changes to food assistance application (make application forms easier, less intrusive)	8.6
Limit the kinds of food people can buy with food stamps	6.3
Increase availability of food (healthy, fresh fruits and vegetables)	5.7
Audit for abuse	5.7
Expand programs so that more people qualify	4.6
Food donation mechanisms (make it easier to give, limit food waste through gleaning food in fields and stores giving food to Food Banks)	4.0
Address cost of food (lower prices, give subsidies to farmers)	3.4
End food assistance programs	2.3
Remove/limit stigma of food assistance	1.7
Address problems with food assistance programs (staff friendliness, limited hours of operation)	1.1

Note. Survey respondents could make more than one suggestion.

There was a consensus among the stakeholder interviewees that there are a lot of support organizations that help people with food insecurity including a strong food bank and food shelves. An interviewee pointed out that Burlington has many programs and is on the cutting edge of issues such as CSA shares available at low or no cost. Yet, the dilemma in Burlington and Vermont as a whole is the emphasis on local agriculture while food does not reach everyone. According to the interviewees, a majority of healthy foods for children come from school meals and the food at the food shelf is considered healthy. The SNAP program was created to supplement healthy food but many families rely on food stamps to feed themselves. One organization did a quick survey of clients and found that food stamps lasted one week for one person, two weeks for 13 people, three weeks for 19 people, four weeks for 12 people, and four people carried a balance over to the next month (Vermont Department of Labor, personal communication, November 22, 2013).

### **Burlington residents' knowledge of healthy nutrition and diet**

Current recommendations of healthy diet by the USDA are 30% grain, 30% vegetables, 20% fruits, 20% protein and a serving of dairy (figure 6).

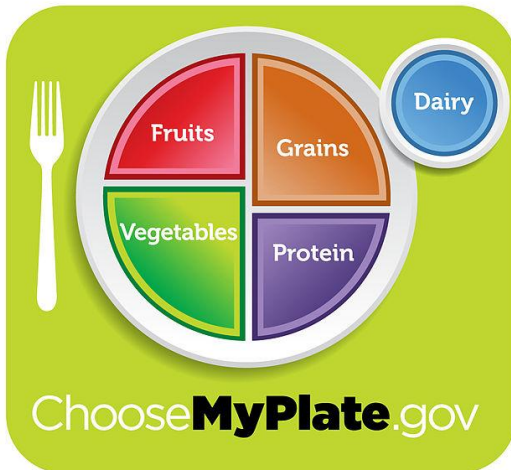


Fig. 6. USDA nutrition guide: MyPlate

Additionally, the USDA gives the following healthy eating tips: make a least half of your grains whole grains, vary your veggies, focus on fruit, get calcium-rich foods and go with lean protein (United States Department of Agriculture, 2014).

Consumption of fruits and vegetables in Chittenden county and Vermont is presented in table 12. Overall, 39% of Chittenden county residents report eating 2 or plus servings of fruits daily and 21% report eating 3 or plus servings of vegetables (Vermont Department of Health, personal communication, September 4, 2013).

Table 12. Chittenden residents’ consumptions of fresh fruits and vegetables in percent

Demographic characteristics	2+fruit servings	3+vegetable servings
Gender		
Male	33.0	16.0
Female	47.0	26.0
Income		
<250% federal poverty level	39.0	13.0
≥250% federal poverty level	39.0	22.0
Overall	39.0	21.0

Note. Data are from the 2011 Behavioral Risk Factor Surveillance system and were made available by the Vermont Department of Health. Data are statistically significant between the gender groups.

In a recent representative survey of Vermonters, 69% reported eating frequently or very frequently the recommended number of fruits and vegetables as outlined by the USDA guidelines. Additionally, over 87% of the respondents reported that the impact of food on health is important or very important when purchasing food (2013 Vermonter poll data).

Burlington survey respondents were asked for suggestions to make it easier for people to eat healthy. Their suggestions are summarized in table 13 and the top 4 suggestions were: extend/make changes to food assistance programs (19.0%), increase access to healthy food (15.2%), increase access to gardens (10.7%) and limit food waste (10.7%).

Table 13. Suggestions from survey respondents to make eating healthier easier (n = 272)

Suggestions to make it easier for people to eat healthy	Frequency
Extend/ make changes to food assistance programs (reward purchase of healthy food, coupons to City Market, CSA share subsidies, coupons to winter market)	19.0
Increase access (farmers' markets in neighborhoods, better transportation, free fresh food for pick up in public places such as library, fresh produce delivery)	15.2
Increase access to gardens	10.7
Limit food waste (farmer and store surplus going to people in need)	10.7
Increase affordability (produce too expensive, healthy food subsidies)	8.3
Regulations (soda tax, fast food regulations, limit food people can buy on food stamps, higher minimum wage)	6.6
Nutrition and garden education	4.8
No changes needed, already being done	3.8
Outreach (better promote farmers' markets and healthy food programs)	3.8
Address problems with current stores (downtown grocery store too expensive, corner stores don't sell fruits and vegetables)	3.1
Healthier food from food assistance programs (coupons for fresh fruits and veggies)	1.7
Change habits (cook at home more, change perception around healthy food and cooking)	1.4
Increase quality of fruits and vegetables in stores	1.0

Note. Survey respondents could make more than one suggestion.

Key stakeholder interviewees pointed out that a barrier to eating healthy includes generational issues with people not knowing how to cook and not having an understanding of nutritional food and food access.

Several nutrition programs are available to Burlington residents:

- The Expanded Food and Nutrition Education (EFNEP) program is a USDA funded nutrition education program designed to assist limited resources ( $\leq 185\%$  of the federal poverty level) families, pregnant women and youth in acquiring the knowledge, skills, attitudes and changed behavior necessary for improvement of the total family diet and nutritional well-being (UVM Extension).
- The learning kitchen (formerly cooking for life) is a program from Hunger Free Vermont. The goal of this program is to empower low-income Vermonters to make healthy choices through nutrition education, emphasizing physical activity and improving cooking skills (Hunger Free Vermont).

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- The Chittenden Emergency Food Shelf provides culinary job training through the Community Kitchen Academy for underemployed and unemployed Vermonters for a career in the food service industry (Chittenden Emergency Food Shelf).
- Food and Nutrition programs from UVM Extension are available on the UVM Extension website and on the UVM Extension television show 'Across the Fence' which includes articles and videos on cooking, food preservation and gardening (UVM Extension).
- City Market classes offers cooking classes but also tours of the store to help people learn how to use the bulk and produce sections for healthy cooking. Most classes offered are between \$5 and \$10 and scholarships are available for people with limited resources (City Market). Cooking tips and recipes are also available on the website. Between July 2012 and June 2013, 1,681 participants attended classes and workshops representing an 8.6% increase from the previous period. About 50% of class participants each month are new to City Market classes (City Market, Personal communication, September 10, 2013).
- YMCA's diabetes prevention program includes classes around healthier eating, physical activity and behavior change. The program is free of charge for qualified participants and sponsored by the Department of Vermont Health Access (The Greater Burlington YMCA).
- Hannaford Nutrition demos and classes are offered free of charge by registered or certified dietitian at the South Burlington store. Dietitians also offer health store tour for scout troops, community groups and small businesses (Hannaford).
- Vermont Works for Women, based in Winooski, offers a culinary training program which prepares women to work in commercial kitchens and restaurants. The meals made are then delivered to local area childcare centers (Vermont Works for Women).
- Burlington School Food Project is a farm to school project which connects the Burlington School District schools and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers (Burlington School Food Project).

Pre-intervention surveys to the EFNEP program show that out of 33 Chittenden low income residents who participated in the program in 2013, 45% make healthy food choices most of the time or almost always when shopping compared with 18% who do not, 39% read labels most of the time or almost always versus 24% who do not and, 42% compare prices most of the time or almost always compared to 15% who do not (Table 14).

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Table 14. Pre-intervention Expanded Food and Nutrition Education Program (EFNEP) responses to behavioral questions (in percent; Chittenden, n=33, Vermont, n=120).

Response to question	Do not do	Seldom	Sometimes	Most of the time	Almost always
<b>Plan meals</b>					
Chittenden	24	6	42	15	12
Vermont	13	8	39	28	12
<b>Compare prices</b>					
Chittenden	15	9	33	12	30
Vermont	8	7	18	32	35
<b>Use grocery list</b>					
Chittenden	27	12	24	12	21
Vermont	12	8	26	24	30
<b>Healthy choices</b>					
Chittenden	18	6	30	21	24
Vermont	6	5	35	28	27
<b>Read labels</b>					
Chittenden	24	12	24	33	6
Vermont	20	22	24	20	14

Note. Data made available by UVM Extension EFNEP program and the data were retrieved from the Nutrition Education Evaluation and Reporting System. Statistical significance for Chittenden and Vermont was not tested.

## Logistics

This section covers transportation options and ease of access to outlets where food is available

### Transportation options

Over 85% of Burlington households, not including students living on college campuses, had at least one vehicle available (table 15 and table A13 in Appendix A). The rate of car availability is higher in 05408, which is the zip code of the New North End neighborhood.

Table 15. Private transportation resources

Zip Code	Total Occupied Housing Units	Number of Housing Units with at Least One Vehicle Available*	Car availability in percent
05401	12,559	10,387	82.7
05408	4,344	4,026	92.7
Total	16,903	14,413	85.7

Note. Data source: 2007-2011 American Community Survey. \*The number of housing units with at least one vehicle available was calculated by subtracting the number of housing units with no vehicle available from the total number of housing units in the given zip code.

There are 17 bus lines operated by the Chittenden County Transportation Authority (CCTA), which serve the Burlington area. Three bus lines are operated by UVM transportation services, which serve the campus and immediate off campus area (table A.14 in Appendix A). CCTA bus rides cost \$1.25, except for the free college street shuttle. The buses operated by UVM are free.

Figure 7 shows the Burlington bus lines services areas within three threshold distances: 0 to 0.25 miles, 0.25 miles to 0.50 miles and 0.50 miles to 1 mile. The first two distances can be considered as walkable while the latter can be considered as bikeable. A buffer of 2 kilometers was created around Burlington city limits to take into consideration the connectivity of the road network and the fact that some of the supermarkets frequently used by Burlington residents are located in South Burlington. Figure 7 shows that most of Burlington is within half a mile of a bus line and all of the downtown and Old North end is within a quarter mile from a bus line.

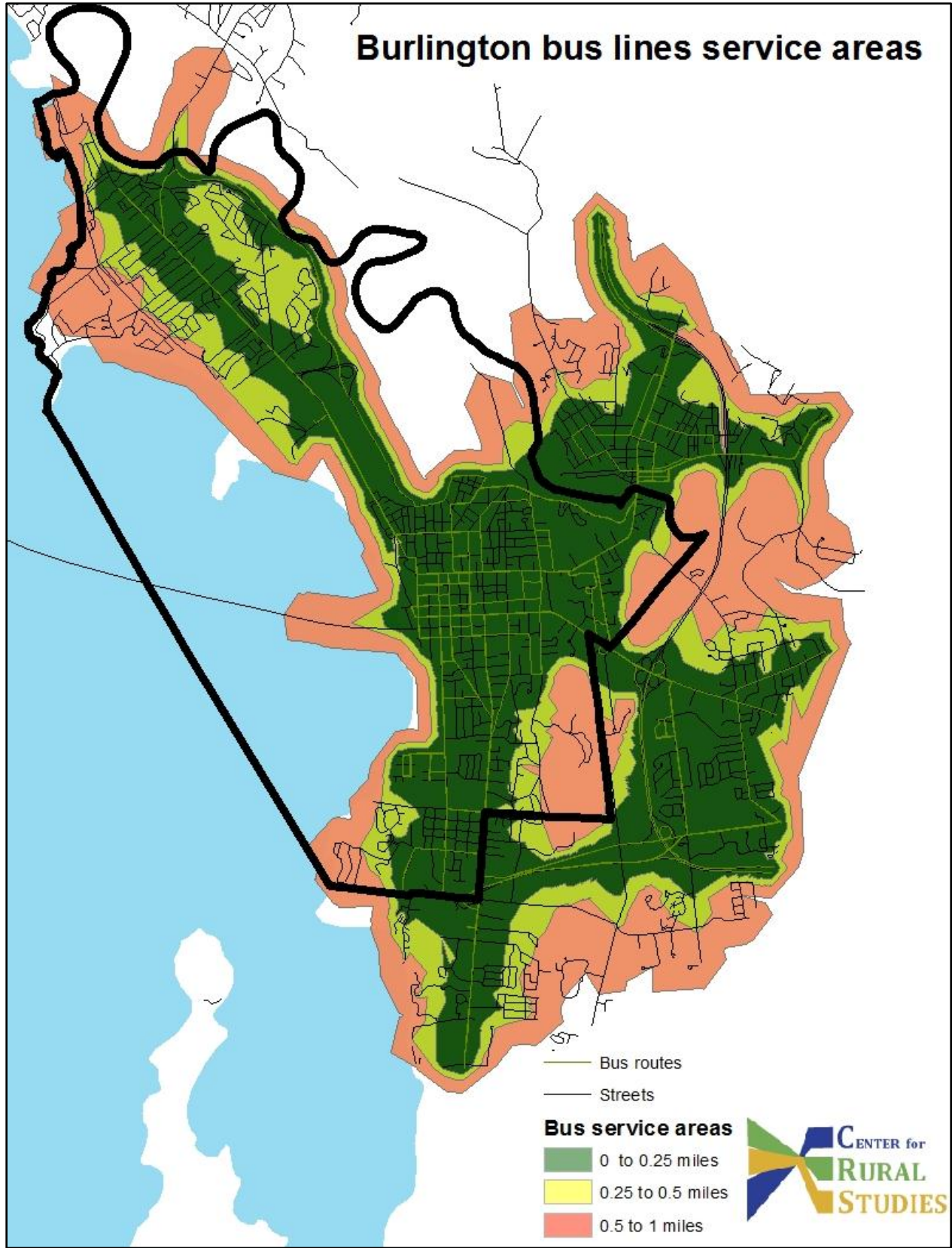


Fig. 7. Burlington bus lines service areas



There are two paratransit resources in Burlington. CCTA operates an American Disability (ADA) approved service which will travel anywhere within ¾ of a mile of CCTA fixed route system; these rides cost \$2.50. The Special services transportation Agency (SSTA) based in Colchester provides transportation services for people with disabilities and elders. SSTA provides an average of 550 rides per day in Chittenden County and the rides cost \$2.50.

Another mode of transportation available to Burlington residents is CarShare Vermont. CarShare Vermont has a network of cars parked around Burlington that can be used by the hour throughout the day. At this time there are cars available in all of Burlington’s neighborhoods except for the New North End. Financial assistance is offered through the MobilityShare program for low income individuals and households where annual fee is waived and the cost is \$3.50 per hour and \$0.30 per mile

Last, Bike Recycle Vermont provides bikes and bike repair services to low income Vermonters. Bikes for adults cost between \$20 and \$100.

**Grocery store access**

According to the resident survey, it took respondents an average of 9 minutes to get to the grocery store. We found statistical significance for the time it took to get to the store for the different parts of town (Table 16).

Table 16. Minutes of travel to get to the store for the different parts of town in percentage of responses (n = 272).

	Old North End	New North End	South End	Downtown	Hill Section
0 to 5 minutes	22.9	59.6	48.4	38.1	37.5
5.1 to 10 minutes	34.3	22.8	35.5	47.6	55.0
10.1 to 15 minutes	25.7	8.8	11.3	4.8	2.5
15.1 to 20 minutes	11.4	6.1	4.8	0.0	2.5
20.1 to 25 minutes	2.9	0.0	0.0	0.0	0.0
25.1 minutes and over	2.9	2.6	0.0	9.5	2.5

Note. Chi<sup>2</sup> = 47.78 and p = 0.0

To get to the store, 76.3% of the respondents reported driving, 10.8% reported walking and 4.7% reported biking (figure 8). There was no statistical significance for the area of town the respondents live in and their mode of transportation to the store.

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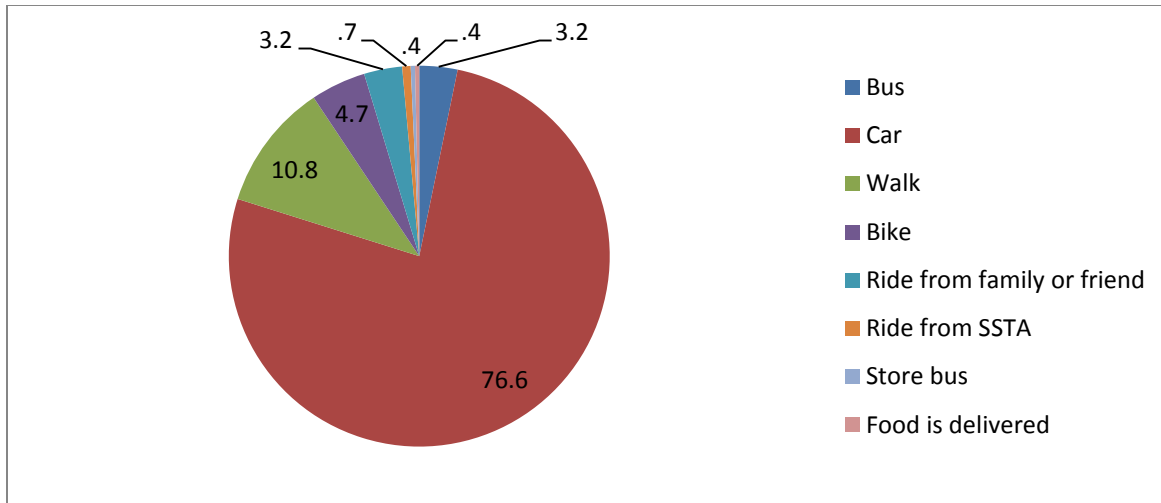


Fig 8. Mode of transportation usually used to go to the grocery store in percent (n = 278)

Transportation to the grocery store was never a problem for 86.6% of the respondents, vary rarely or rarely a problem for 7.6% of the respondents. On the other end, transportation was always a problem for 1.1% of the respondents and very frequently or occasionally for 4.6% of the respondents. When looking at respondents who had received food assistance in the last 12 months, 10% of the respondents reported that transportation was a problem to get to the grocery store.

Reasons that make transportation to the grocery store a problem are listed in table 17. The frequency of difficulties with transportation and the reasons why are statistically significant meaning that the reason why transportation to the grocery store is a problem impacts how frequently it happens. No working car or bike made it always or very frequently difficult to go to the grocery store (45.9%). Health reasons and public transportation scheduling made it equally difficult (28.6%) to go to the grocery store always or very frequently.

Table 17. Reasons that make transportation to the grocery store a problem by frequency of how often it happens in percent (n=277)

Reasons	Always or very frequently	Occasionally or rarely	Very rarely or never	Overall	Chi <sup>2</sup>
No access to transportation (no mass transit nearby, no car, no bike)	14.3***	23.5***	0.8***	2.5***	37.5
No working bike or car	42.9***	5.9***	0.8***	2.2***	58.1
Not able to go due to health reasons	28.6***	5.9***	0.4***	1.4***	40.5
Public transportation scheduling	28.6***	11.8***	0.0***	1.4***	52.6
Other people need the car	0.0***	11.8***	0.4***	1.1***	19.3
Cost (gas price, bus price)	0.0***	11.8***	0.0***	0.7***	30.8

Note. Statistical significance: \* = 0.10 level (10%), \*\* = 0.05 level (5%), \*\*\* = 0.01 level (1%)

Figure 9 shows the service areas of the main grocery stores serving the Burlington area which include three supermarkets and one large grocery store.

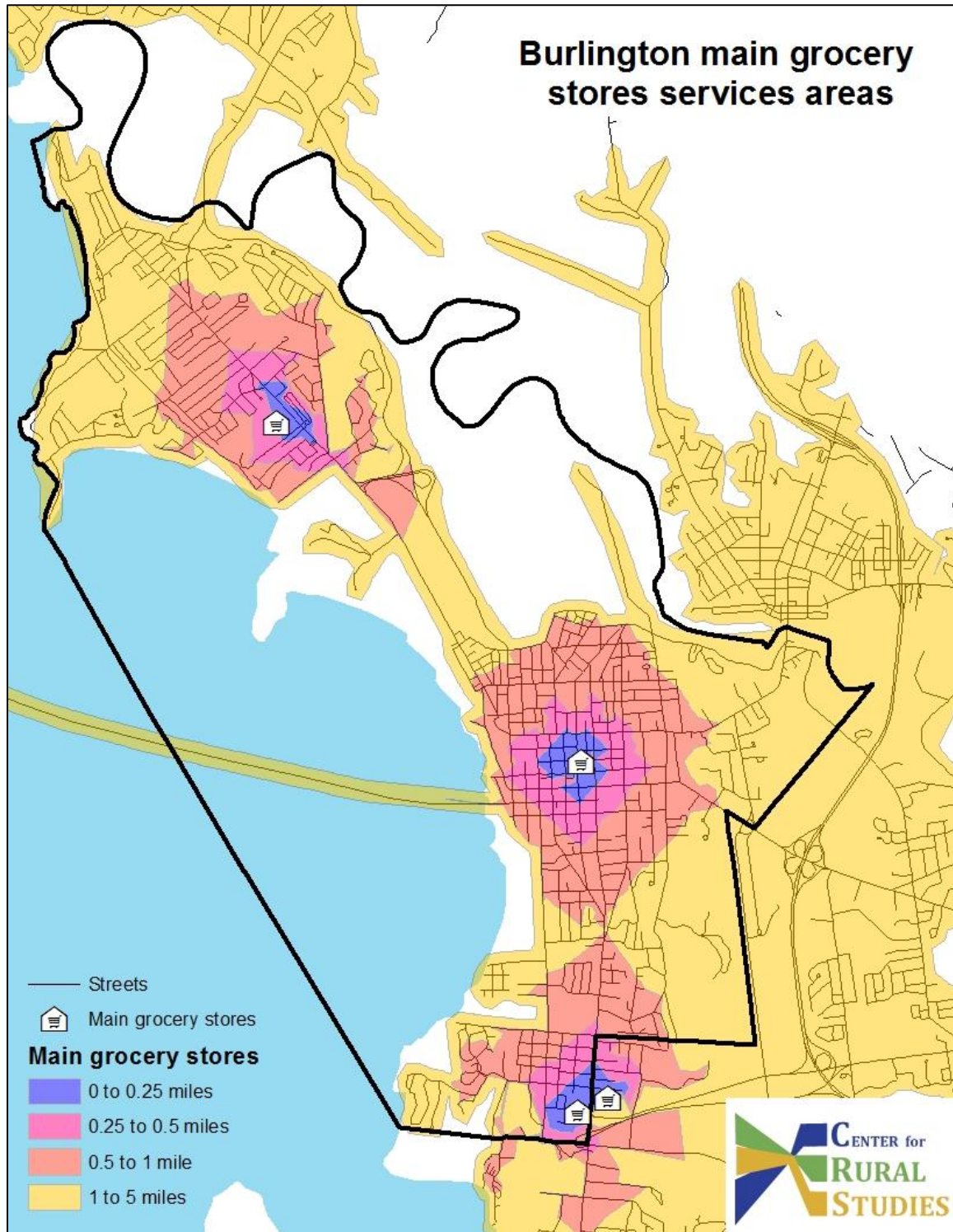


Fig. 9. Burlington main grocery stores service areas.

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E911 data including all buildings categorized as residence (10,501 point data) was used to calculate the percent of residence served within each service areas. The results are detailed in table 18.

Table 18. Residences located within the different service areas of the Burlington main grocery stores (n = 10,501).

Service areas of main grocery stores	Proportion
0 to 0.25 miles	4.9
0.25 to 0.5 miles	13.3
0.5 to 1 mile	47.3
1 to 5 miles	33.8
More than 5 miles	0.6

In comparison, a larger proportion of Burlington is located within 0.25 and 0.5 miles of grocery store service areas. These grocery stores include convenience stores, delis, ethnic stores, supermarkets and large grocery stores (figure 10).

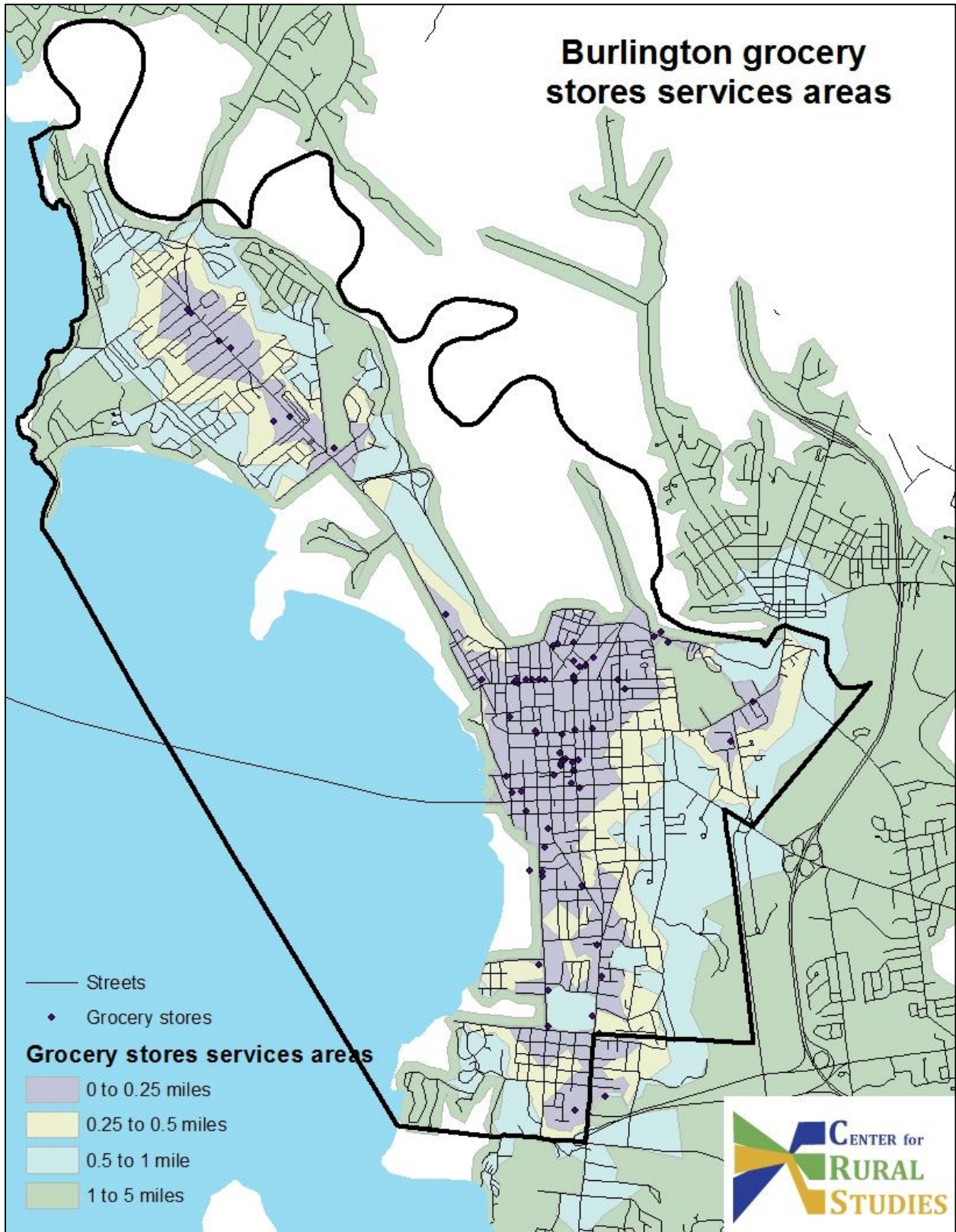


Fig. 10. Burlington grocery stores services area.

The interviews with key stakeholders allowed for a more nuanced sense of food access in Burlington. According to most of the interviewees, healthy food is available and plentiful, in Burlington but it can be hard to access as it is mostly available in supermarkets and in the large grocery store. Fig. 10 showing Burlington main grocery store service areas confirms that access is not uniform across the city.

A few of the interviewees pointed out that City Market, the large grocery store, is the only option for some residents but they do not feel comfortable shopping there. There is the perception that City Market and the farmers' markets are more expensive, and people won't shop there. An interviewee pointed out that City Market is an expensive option for people who are not familiar with the store and for people who don't know about their discount programs.

Since corner stores do not stock fresh foods, or they stock a limited amount, it was mentioned that convenience stores should be targeted as viable sellers of healthy food including fresh fruits and vegetables. One of the interviewees talked about the difference between the notion of lack of food access and the perception of lack of food access. According to this interviewee, there are options available to the most food insecure part of town, the Old North End, including ethnic grocery stores which stock fruits, vegetables and other healthy food, along with the City Market, yet residents might prefer to shop at a supermarket.

## Economics

This section covers the cost of food.

In 2011, food expenditures represented 9.8% of Americans' income after tax. Sixty percent of the food budget was spent on food eaten at home and 40.0% was spent on food eaten away from home. Animal protein and produce were the biggest food budget expenses and represented 13.0 and 11.9% respectively of the food budget (table 19) (United States Department of Labor, 2013).

Table 19. Average annual food related expenditures in the Northeast per capita for 2011.

Item	Average expense in dollar	Percent of food budget
Food	6,799	
Food at home	4,099	60.3
Cereals and bakery products	610	9.0
Meats, poultry, fish and eggs	882	13.0
Dairy products	444	6.5
Fruits and vegetables	811	11.9
Sugar and other sweets	149	2.2
Fats and oils	113	1.7
Miscellaneous foods	666	9.8
Non-alcoholic beverages	374	5.5
Food prepared by consumer on out of town trips	49	0.7
Food away from home	2700	39.7

Notes. Retrieved from the 2012 Consumer expenditure survey from the US Department of Labor. Miscellaneous foods includes frozen prepared meals and other foods; canned and packaged soups; potato chips, nuts and other snacks; condiments and seasonings, such as olives, pickles, relishes, sauces and gravies, baking needs and other specified condiments; and other canned and packaged prepared foods, such as salads, desserts, baby foods, and vitamin supplements.

Every month the USDA collects prices for four different cost levels of a nutritious diet for three different types of family compositions. The monthly food costs for the US households average for November 2013 is available in table 20.

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Table 20. Monthly food costs for US households average for November 2013

	Monthly cost			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
Family (M&F) of 2				
19-50 years	379.5	484.0	603.0	753.8
51-70 years	359.3	464.8	577.7	695.1
Family of 4				
Couple (M&F) 19-50 years and children: 2-3 and 4-8 years	552.7	703.6	870.8	1077.4
6-8 and 9-11 years	633.8	829.2	1037.7	1285.5

Note. Adapted from Official USDA Food Plans: Cost of Food at Home at Four levels, US Average, July 2013. <http://www.cnpp.usda.gov/USDAFoodCost-Home.htm>. The food plans represent a nutritious diet at four different cost levels.

The average food basket cost and availability of products by store type from the food store survey is available in table 21. The prices of 87 items were collected in each store. All of the items, or close substitutes, from the survey instrument were available in the large grocery store and 88.8% of the items, or close substitutes, were available in the supermarket category. The lowest availability was in the gas/grocery store with 35.2% of availability followed by the ethnic/specialty store were 35.6% of the items, or close substitutes, were available. Looking at the stores with the highest availability of products, the average food basket cost \$442.3 at the supermarket and \$349.2 at the large grocery store.

Table 21. Average food basket cost and availability of products by store type (n=16)

Store type	Product availability in percent	Minimum food basket cost in \$	Maximum food basket cost in \$	Average food basket cost in \$
Supermarket (n=3)	88.8	420.5	485.2	442.3
Large grocery (n=1)	100.0	-	-	349.2
Convenience (n=4)	62.1	143.1	339.8	228.8
Gas/grocery (n=3)	35.2	99.3	186.2	140.6
Ethnic/specialty (n=1)	35.6	-	-	93.0
Drugstore (n=2)	42.5	119.6	228.2	174.0
Other (n=2)	38.5	92.88	200.17	146.5

Note. Not all items were available in each food category.

City market also collects prices at its stores and four other main grocery stores in Burlington and South Burlington on a monthly basis. This basket includes 23 items covering perishables (milk, egg and butter), dry goods (sugar, flour and cold cereals), produce (banana, broccoli and tomatoes) and baked goods. In June 2013, the overall basket total did not exceed \$70 at any of the stores.



## Retail availability/supply

This section covers food access through availability of food stores and retailers' attitude towards the sale of healthy food.

### Food stores

A total of 46 food stores were inventoried including 31 convenience, deli and gas/grocery stores, 13 retail bakeries, 12 specialty/ethnic stores, 4 farmers market (two of which operates year round), 3 supermarkets (2 of which located in South Burlington near the Burlington city lines) and 1 food coop. Information about seasonality and parking availability, size and hours is available for each store in table A.22 of appendix A.

There are 46 authorized food stamps retailers and between July 2012 and June 2013, almost \$9 million food stamps were redeemed in Burlington (table 22) (USDA, personal communication, November 14, 2013).

Table 22. Redemption of food stamps by type of grocery store in Burlington in 2012

Food Store Type	Number of Retailers	Annual Food Stamp Redemptions (\$)	Annual Food Stamp Redemptions (\$)	Annual Food Stamp Redemptions (\$)
		05401	05408	Burlington
Combination Grocery/other	6	\$422,230	N/A	N/A
Convenience store	23	\$1,184,565	N/A	N/A
Very large grocery (include food coop, supermarket and superstore)	5	\$4,570,017	N/A	N/A
Medium small grocery	6	\$584,325	N/A	N/A
Specialty food (include direct marketing farmer, farmers' market and meat specialty store)	6	\$83,770	N/A	N/A
<b>Total</b>	<b>46</b>	<b>\$6,844,908</b>	<b>\$2,154,317</b>	<b>\$8,999,225</b>

Note. Annual redemption per food store type was not made available for 05408 as no cell can represent three or fewer stores. There were no food stores with SNAP redemption in 05405. Data source: USDA Food and Nutrition Service SNAP, Retailer Policy and Management Division.

Respondents to the Resident survey were asked about their food shopping habits. Over 76% of the respondents reported most often shopping for groceries at a supermarket, 20.8% at a coop, 2.6% at a warehouse store and 0.4% at a gas station. The most often cited reasons for shopping there by food type are summarized in table 23.

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All of the possible reasons for a store preference are statistically significant except for 'cleanliness'. This means that the reason for shopping at a specific grocery store type is influenced by the main reason for shopping there. For instance 100.0% of people shopping at the gas station choose to shop there because of the location of the store.

Table 23. Main reason for choosing grocery stores by store type (n = 288)

	Supermarket	Warehouse store	Coop	Gas station	Total	Chi <sup>2</sup>
One stop shopping	28.7*	28.6*	12.3*	0.0*	25.2*	6.794
Variety offered	19.1*	14.3*	35.1*	0.0*	22.3*	7.140
Cleanliness	7.7	0.0	10.5	0.0	8.0	1.219
Quality	24.4***	42.9***	57.9***	0.0***	31.8***	24.051
Price	42.1***	57.1***	5.3***	0.0***	34.7***	28.954
Location	58.9***	14.3***	38.6***	100.0***	53.6***	12.694

Note. Total is superior to 100 as respondents could choose more than one reason for choosing a grocery store type. Statistical significance: \* = 0.10 level (10%), \*\* = 0.05 level (5%), \*\*\* = 0.01 level (1%)

Survey respondents were then asked what store, if any, they would prefer to shop for their groceries at. Twenty one percent of the respondents would prefer to shop at another store with 56.0% of those respondents preferring a supermarket, 35.6% preferring a coop and 12.5% preferring a warehouse store.

### Availability of foods in different types of food stores

The availability of items by food categories and the average price from the food store survey are presented in table 24 by food store types.

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Table 24. Availability of products by food category in percent and average price by food categories and stores (n = 16)

	Fruits and vegetables	Breads, cereals and other grain products	Dairy products	Meat and meat alternatives	Fats and oils	Sugars and sweets	Other food items	Total basket
Supermarket (n = 3)								
Availability rate	97.0	86.7	88.9	88.3	75.0	81.5	91.2	88.8
Average price	1.8	2.5	4.1	4.2	1.8	1.8	16.9	4.8
Large grocery (n = 1)								
Availability rate	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Average price	1.8	2.3	3.5	4.4	2.7	3.4	7.9	3.8
Convenience (n = 4)								
Availability rate	36.4	83.3	66.7	39.6	65.0	75.0	83.3	62.1
Average price	2.4	3.4	5.2	4.1	2.8	3.1	7.9	4.1
Gas/grocery (n = 3)								
Availability rate	15.1	51.1	50.0	30.5	75.0	70.4	19.3	35.2
Average price	2.6	3.9	4.4	4.1	4.2	3.1	10.5	5.3
Ethnic/specialty (n = 1)								
Availability rate	31.8	33.3	0.0	41.7	25.0	22.2	57.9	35.6
Average price	1.3	1.5	-	2.6	3.0	0.7	5.7	2.3
Drug store (n = 2)								
Availability rate	18.2	56.7	91.7	12.5	62.5	51.1	50.0	42.5
Average price	2.5	3.1	4.4	4.1	2.1	4.0	7.9	4.1
Other (n = 2)								
Availability rate	36.4	46.7	16.7	37.5	12.5	50.0	42.1	38.5
Average price	1.9	3.6	5.7	4.6	9.5	8.5	8.5	6.1
Total (n = 16)								
Availability rate	45.2	67.9	62.5	46.3	64.1	70.8	56.0	57.4
Average price	2.2	3.1	4.7	4.1	3.3	3.5	10.7	4.5

The highest availability of fruits and vegetables was found in the large grocery store category, where 100% of the items on the food store survey instrument were available, and supermarket, where 97% of the items were available. Drug stores had the lowest availability of fruits and vegetables where 18.2% of the items of the category were available. Highest availability of meat and meat alternatives was found in the large grocery store category where 100.0% of the items were available and supermarket were 88.3% of the meat items were available.

The food category that was available in most stores is sugar and sweets, which was available in 70.8% of the stores followed by breads, cereals and grain products which was available in 67.9% of the stores. The category of food that was less often available is fruits and vegetables; it was available in 45.2% of the stores followed by the meat and meat alternative category available in 46.3% of stores. Overall, 57% of the total basket was available in stores.

In terms of food cost, the cheaper average cost was the fruit and vegetable category which cost \$2.2 per pound, followed by bread, cereals and other grains at \$3.1 per pound. The highest food category average was other food items, which is mostly comprised of condiments, at \$10.7 per pound.

### **Retail attitudes toward the provision, sale and profitability of healthy foods**

Retailers' attitude towards healthy food was not gaged during the assessment; however, evidence from previous studies is available. Interviews of non-supermarket retailers including convenience stores, and independent grocery stores, across the country have revealed that barriers to healthy food include: lower demand for healthy food, lower profitability, lack of refrigerator and freezer space, spoilage of fresh fruits and vegetables and inability to return food to the suppliers (Andreyeva, Middleton, Long, Luedicke, & Schwartz, 2011; Ayala et al., 2012; O'Malley, Gustat, Rice, & Johnson, 2013). Incentives to increase stocking of healthy food mentioned by shopkeepers include: monetary incentives to cover cost of electricity, subsidies for healthy foods, educating customers about healthy eating (Andreyeva et al., 2011) as well as an increase in customer demand and the guarantee that fruits and vegetables will sell before starting to carry them (O'Malley et al., 2013).

## Institutional and Other Availability

This section covers availability of and attitudes towards healthy food choices and sales in institutions. It also covers availability of food through other channels such as restaurants, community supported agriculture and gardens

### Availability of and attitudes towards healthy food choices and sales in major institutional settings

Institutions in Burlington include schools, health care centers and nursing homes, after-school programs, pre-school/daycare centers and universities. These institutions were inventoried and healthy food availability was assessed at each one of them and categorized into five healthy food levels. The levels of healthy food categories and their standard can be found in table 25 and the complete list of institutions and their categorization can be found in table A.23 of Appendix A.

Table 25. Levels of healthy food focus in institutional settings in Burlington

Category	Standard of evaluation
Healthy food focus	The institution is subject to healthy food guidelines, or has an obvious focus on providing healthy food to users.
Many healthy options	Really easy to eat healthy foods - roughly half of the menu consists of foods low in saturated fats and features a variety of fresh fruits/vegetables/whole grains.
Some healthy options	Healthy foods are available but account for less than 50% of the menu.
No healthy focus	Foods are high in fats and sugars, and few fresh options are available.

Out of the 56 institutions inventoried, 83.9% have a healthy food focus, 5.3% have many healthy options, 7.1% have some healthy options and 3.6% no healthy food focus.

The biggest institutions in Burlington have made a commitment to serving healthy, but also local, food to the community it serves. The Burlington School Food Project which serves the 4,000 students of the school district daily is a national leader in terms of school food nutrition. According to its website, the Burlington School Food Project is “committed to providing children with healthy and nutritious meals that incorporate whole grains and local products as much as possible” (Burlington School Food Project). One third of the food served is sourced locally and the school district offers free breakfast and free after school supper to all students and K-5 students receive extra servings of fruits and vegetables during class. Programs around food and food education in the school district also include 8 school gardens and a new program, the Food Truck program, to be launched in the spring of 2014, which will be a culinary job training program for students from Burlington High School and the Burlington Technical Center.

Another national leader in terms of serving healthy foods is Fletcher Allen Health Care (FAHC). The hospital serves 1.6 million of meals a year and FAHC was one of the first hospitals in the country in 2006 to sign the “Healthy Food in Health Care” pledge which is a pledge to improve the health of patients, customers and the community by providing fresh, local and sustainable food (Fletcher Allen Health

Care). Additionally, FAHC hosts a year-round farmers’ market open to the public where people can make purchases using cash, debit and credit cards and SNAP and offers subsidized farm shares which include cooking demonstrations on how to use the food in the share.

Last, the University of Vermont signed the Real Food Challenge in 2012 committing to serving 20% “real” food by 2020. For food to be categorized as “real” it must either be local, human, ecologically sound or fair. Approximately 8,500 meals are provided in the resident dining hall daily when school is in session and 20,000 food transactions are recorded daily across campus (University of Vermont).

### **Alternative sources of food in Burlington**

Other means of food procurement in Burlington include restaurants, community supported agriculture (CSA) shares, farmers’ market, community gardens and home gardens.

#### Restaurants

One hundred and thirteen restaurants and other eating-out establishments were inventoried. Using the categorization of healthy food focus used for institutions we found that 44.2% of the eating out establishments have no healthy food focus, 39.8% have some healthy food options, 12.4% have many healthy food options and 3.5% have a healthy food focus.

#### Community Supported Agriculture

Community Supported Agriculture is a direct marketing tool used by farmers. Customers purchase a share of the farm before the growing season starts and during the growing season they receive shares at regular intervals of the farmer’s harvest.

Twelve farms offer CSA shares or farm stand memberships with pick up sites in Burlington and four of the farms offer year-round or three season CSAs (table A.18 in Appendix A). In the survey of Burlington residents, 18.5% of the respondents had purchased a CSA share in the last 12 months. The two biggest reasons for purchasing a CSA share were to support the local food system (39.2%) and for the quality of food (31.4%). The affordable cost of CSA was cited by 9.8% of the survey respondents. Respondents who had not purchased a CSA share were asked why they had not, their reasons are summarized in table 26. The top three reasons for not purchasing a CSA share were: don’t know what it is (26.8%), too much food (15.0%) and too expensive (13.4%).

Table 26. Reasons for not purchasing a CSA share in the last 12 months (n = 127)

Reason	Frequency in percent
Don’t know what it is	26.8
Too much food	15.0
Too expensive	13.4
Inconvenient location	11.0
Grow own food	15.0
Inconvenient hours of operation	7.9
Selection/variety	7.9
Transportation	7.1
Don’t accept food stamps	1.6
Don’t like products	0.8

Purchasing a farm share can represent a high upfront cost and some programs are available to support low income households. NOFA Vermont facilitates the Farm Share and Senior Farm share by subsidizing CSA shares. The Intervale offers the Intervale Free Food share by gleaning food from Intervale farms using volunteer labor. In 2013, these subsidized shares served about 153 households and 4 organizations (table A3. in Appendix A).

Farmers’ Markets

Farmers’ markets have been discussed in previous sections as a source of healthy food. There are 4 regular farmers’ markets in Burlington, with two operating year-round, the downtown farmers’ market and the Fletcher Allen Farmers’ market. All of the Burlington farmers’ markets now have the ability to accept food stamps and some farmers’ markets are more successful than others.

One interviewee mentioned that the downtown farmers market attracts a wealthy population, whereas the Old North End farmers’ market is more frequented by people on a fixed income. According to this interviewee, the downtown farmers’ market is a means for farmers to make money while the Old North End and New North End farmers’ market is more of a social presence where they break even or do not make money. The Old North End and New North End farmers’ markets have been struggling to attract vendors and customers.

A post on the community forum Front Porch Forum in December 2013 indicated that the NNE farmers’ market was at the junction of either closing or having to find new energy to continue existing. Also it should be noted that a new farmers’ market in the South End has started to operate towards the end of the 2013 summer.

According to the resident survey, 66.7% of the respondents had shopped at farmers’ market in the last 12 months. The two main reasons for shopping there were for the quality of food (39.9%) and to support the local food system (26.8%) (table 27).

Table 27. Reasons for shopping at a farmers’ market in percent (n = 183)

Reasons	Frequency
Quality of food	39.9
Support local food system	26.8
Personal concern for farmers	7.1
Variety of food offered	6.6
Enjoy going	6.6
Location	5.5
Community aspect of the market	2.7
To use vouchers	2.7
Cost	1.6
Education	0.5

The main reasons for not going to the farmers’ market included cost (28.6%) and inconvenient location (22.4%) (table 28).

Table 28. Reasons for not shopping at a farmers market in percent (n = 49)

Reasons	Frequency
Cost	28.6
Inconvenient location	22.4
Inconvenient hours of operation	20.4
Transportation	16.3
Do not like products	6.1
Don't accept food assistance benefits	4.1
Selection/variety	2.0

We found no statistical significance by neighbors for the reasons for attending and not attending farmers' markets. This means that the area of residence does not have an impact on the reasons for attending or not. On the other end, we found statistical significance at the 0.01 level for attending the farmers' market by area of residence where 82.0% of respondents from the South End had attended a farmers' market within the last 12 months, followed by 73.2% of the hill section residents, 71.4% of the Old North End residents, 57.0% of the New North End residents and 54.5% of the Downtown residents.

Community and home gardens

In the survey of Burlington residents 50.9% of the respondents reported gardening at home or in a community garden. The Vermont Community Garden Network has inventoried a total of 44 gardens in the city including 14 community gardens, 9 school gardens, 8 institutions gardens, 6 housing sites gardens, 3 education gardens, 2 neighborhood gardens and 1 new farm for new Americans. The 14 community gardens, Burlington Area Community Gardens (BACG), are managed by the Burlington Park and Recreation Department. In 2013, 7.5 acres were in production through BACG and the number of gardeners has been steadily increasing over the past 5 years. It is estimated that beyond the 400 primary gardeners who sign up for a spot about 1,200 residents are involved in community gardening (Burlington Department of Parks and Recreation, personal communication, September 2013). According to the 2013 end of the year survey, the three main reasons for having a community garden were to have access to gardening space (84.2%), to have more control over where food comes from (61.4%) and to spend time outside (57.9%). According to the Burlington resident survey, the top three reasons for gardening are enjoyment (28.5%), quality of food (20.5%) and nutritional value of food (10.1%). It is however difficult to get an estimate of how many Burlington residents have a garden at home.

The New Farms for New Americans program is a gardening and agricultural workforce development program which provides former refugees and immigrants with the experience and resources to produce food. The program serves over 90 households originally from Africa and Asia (AALV). A 2012 end of the year survey found that refugees' main reason to participating in the program was to get produce for household consumption and to get exercise. Another study conducted for the New Farms for New Americans program found that farmers were taking home about 150 pounds per month during the growing season which most likely contribute to improving food security of these households (New Farms for New Americans, personal communication, August 1, 2013).

In 2011, the city of Burlington created the Urban agriculture task force to study issues of urban agriculture and to make policy recommendations around livestock, composting and gardening. The report with policy recommendations was presented to the city in 2012 (Nihart, Robb, & Hyman, 2012).



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The city is currently working on livestock policies and zoning changes to improve support and to govern food production in Burlington (Burlington Food Council, 2013).



# Recommendations

## Food Security

Causes of food insecurity include high cost of living, lack of jobs with livable wages, access to housing and transportation and lack of time or knowledge to cook.

### **Address issues of affordable housing and livable wage**

Not having enough money for food was the most often cited reason for respondents who had received food assistance in the last 12 months. Addressing the issues of affordable housing and livable wage is not directly related to food security and food access and probably the hardest to tackle yet crucial in order to help Burlington residents to have more disposable income and relieve food insecurity.

### **Support existing organizations and initiatives and create network of organizations**

Throughout the assessment over 20 organizations shared data and/or were interviewed. These organizations are involved in many aspects of the food system from farm to school programs, to food assistance program to state government agencies to community gardens. Supporting existing organizations and initiatives and increase of collaboration through the creation of a network or coalition would allow moving bigger initiative through. This network or coalition should not only be limited to organizations working on food issues. Rather it should include any organizations or initiative involved with poverty alleviation and public health such as housing, job training, and substance abuse. Food security is a complex issue that needs a holistic approach.

The first step in creating this coalition or network could include a mapping exercise to identify all of the organizations involved, what their missions and programs are and how they interact with each other. Such coalition could allow for the leveraging of more resources but could also help raising the profile of food insecurity and poverty issues at the city and state levels.

## Food Access

### Increase year-round supply of healthy food

The supermarkets and the food coop have the highest availability of healthy food yet 81% of Burlington residences are located more than 0.5 miles from these stores. While 0.5 miles might not be far, walking, biking or busing to the grocery store makes it hard for people to purchase a lot of groceries in one trip. Moreover, winter conditions including ice and snow reduce mobility.

The low demand for healthy food has been identified in previous research as the main barrier for storekeepers to sell healthy food in convenience stores. Working with convenience and corner stores owners to increase their offering of healthy food is crucial. Some of the work that could be done includes:

- The local government offering tax incentives, grants or loans to support infrastructure upgrades, workforce development and business planning.
- Providing technical assistance program to help convenience and local stores get approved as WIC vendors as an incentive for them to provide healthy food (as required in WIC guidelines). Currently only 6 Burlington stores are WIC approved.
- Delivery of CSA shares or food boxes in corner stores. This could provide opportunities for local food producers who could reach new markets, shop keepers who could see an increase of foot traffic in their stores with limited risks and consumers who could have access to affordable healthy food that they could pick up in an environment they are comfortable in.
- Conducting research to better understand barriers around shopping at the farmers' market and the food coop. There were perceived barriers from survey respondents to purchase from the farmers' market and the food coop including higher price.

### Increase transportation options

Transportation was a problem for over 10% of survey respondents who had received food assistance in the last 12 months. Increasing transportation options include:

- Working with CCTA to improve bus routes serving supermarkets including increasing the frequency of buses evenings and weekends. Currently, there is only one bus route serving all of Burlington on Sundays.
- Adding bus stops in front of the supermarkets. Currently shoppers have to cross North Avenue or Shelburne Road which are two large and busy roads. Adding bus stops in front of the supermarkets would decrease the amount of walking people have to do and would improve pedestrian safety.
- Work with supermarkets and the food coop to create a grocery store shuttle. A study conducted a few years ago found that grocery stores shuttles can be financially viable for stores and can generate additional sales (Pothukuchi, 2005).

## Healthy diet

According to 2011 Behavioral Risk Factor Surveillance system, 39% of Chittenden residents reported eating two servings or more of fruits per day and 21% reported eating 3 servings or more of vegetables a day. Additionally, according to the 2012 Behavioral Risk Factor Surveillance system 38% of county residents were overweight and 20% of county residents were obese. This data alone highlights the importance of improving diets, and demand for healthy food, at all income levels.

### Communication and outreach around healthy food

- Communication around healthy diets and where healthy options are available. This includes working with corner store owners to remove tobacco and junk food ads. The communication campaign should also address the notion of price and health impact of the different types of foods (i.e. some types of food might feel cheaper now but down the road they will cost more in terms of health care expenses and lower quality of life).
- Adopt a Fruit and Vegetable Prescription Program™ (FVRx™) such as the one from Wholesome Wave (Wholesome Wave). This program allows primary care practitioners to write prescriptions for fruits and vegetables for at-risk patients and their families and, the prescriptions are redeemable at farmers' markets. Primary care practitioners work with patients so that they set goals for healthy eating. A prescription represents at least 1 serving of produce per day for each patient and each family member (eg family of 4 receives \$28/week). This program provides obvious opportunities for the patients but can also provide new market opportunities for local food producers. The difficulty with this program is the cost, exploring the opportunity to bill those prescription to insurance companies could help with the cost issue.

### Nutrition and gardening education

- Increase nutrition education opportunities for all residents. Most of the current nutrition education programs are targeted to low income residents yet the need to improve diet quality affects people at all income brackets. The Expanded Food and Nutrition Education Program from Extension services includes nutritional, cooking and budgeting skills and this type of program has been shown to have a positive impact on food security and diet quality.
- Support and promote gardening at home or in community gardens. Beyond providing a source of fresh produce, gardening offers an opportunity for physical activity. Also as the growing season in Vermont is short, programs to teach people how to preserve food should also be offered.

## Limitations

There are a few major limitations in the study that must be highlighted:

- Definition of a healthy diet: there are no clear definitions of what a healthy diet which would be culturally appropriate for all Burlington residents is. In the course of the study, we did not define to survey and interview respondents what a healthy diet was but left it up to their interpretation.
- Data used in this report were from many different sources including federal and state government, local organizations and data collected by CRS. It is important to note that a limited amount of the data were representative of the Burlington population. This means that even if this report paints a comprehensive picture of healthy food in Burlington, any important decision should not only be made based on the data in this report and further research might be necessary to validate findings.
- The USDA Community Food Security Assessment Toolkit has its own limitations. First, the data needed for Appendix A were not always available at the city level or even county level, therefore the Appendix A includes data from the city, county and state making comparisons and painting of the complete picture difficult. Second, the food store survey instrument is biased towards a traditional American diet. It does not take into consideration the diet of residents who don't follow this diet, such as people with dietary restrictions or recent immigrants. Additionally the surveyed store that most likely cater to the diets of recent immigrants scored poorly in terms of food availability yet, data collectors reported that there were many differently type of healthy food available. Last, the comparison of the costs of different food items was difficult due to the different unit of measurements found in the stores. In order to remediate that, all food items were converted to the same unit such as pound for solid food and gallon for liquid food.
- Due to time and resource constraints, no data were collected to explore the cost of un-healthy food. Such data would have allowed to better understand the price difference with healthy food and the kind of choices people can make. Future research around food access in Burlington should collect prices for a basket of un-healthy food preferably in the stores that were surveyed to be able to do some comparison.
- The Burlington resident phone survey misses some of the most vulnerable groups: those without a land line, non-English speakers, and the homeless. In order to better understand the issue of food insecurity in Burlington, future research should focus on studying these populations working in partnerships with organizations that serve these populations such as homeless shelters, food banks and food pantries, the WIC office or the Vermont Refugee Resettlement Program. It is also important to note that the phone survey did not reach cell phone only households which most likely include younger households. These households might be reached through internet surveys distributed through public email lists such as Front Porch Forum or the CEDO newsletter or intercept surveys at supermarkets, schools and libraries.

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Table A.1. Demographic Profile of Burlington, Vermont (Based on 2007-2011 American Community Survey)

Demographic Characteristics	Number
<b>Total Population</b>	
	42,192
<b>Gender</b>	
Male	20,241
Female	21,951
<b>Household Structure</b>	
Total Households	16,773
Persons per Household	2.15
<b>Family Households</b>	7,049
Married-couple families	5,017
Other family, male householder	590
Other family, female householder	1,442
<b>Nonfamily Households</b>	9,724
Householder living alone	6,147
Householder 65 years and older living alone	1,630



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Table A.1.bis Demographic Profile of Burlington, Vermont (Based on 2007-2011 American Community Survey)

Demographic Characteristics	Percent
<b>Race/Ethnicity</b>	
White	89.9%
African American	2.7%
American Indian	0.6%
Asian/Pacific Islander	3.6%
Other	0.3%
Multiple races	2.9%
Hispanic origin (of any race)	2.3%
<b>Age</b>	
< 5 years	3.3%
5-9 years	4.3%
10-14 years	3.9%
15-19 years	12.8%
20-24 years	19.7%
25-29 years	9.3%
30-34 years	6.6%
35-39 years	5.9%
40-44 years	4.9%
45-49 years	5.5%
50-54 years	4.9%
55-59 years	4.7%
60-64 years	4.1%
65-69 years	2.4%
70-74 years	2.1%
75-79 years	2.1%
80-84 years	1.5%
85 years and older	1.9%

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Table A.1.ter Demographic Profile of Burlington, Vermont (Based on 2007-2011 American Community Survey)

<b>Demographic Characteristics</b>	<b>Number</b>	<b>Percent</b>
<b>Education Level</b>		
< 9th grade	919	3.9%
9-12th grade	1,436	6.15
High School graduate (incl. GED)	5,147	21.8%
Some college (no degree)	4,045	17.1%
Associates/technical	1,774	7.5%
Bachelor	6,325	26.8%
Post graduate/professional	3,986	16.9%
<b>U.S. Citizenship Status</b>		
Foreign-born population	3,549	8.6%
Naturalized U.S. Citizen (as a percentage of foreign-born population)	1,887	53.2%
Not a U.S. Citizen (as a percentage of foreign-born population)	1,662	46.8%

Data Source: 2007-2011 American Community Survey

Name of data collector: Haley Bliss

Date of data collection: 8/2/13

The percentage of the Burlington population that is foreign-born was calculated using the number of foreign born divided by the total population of Burlington.

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Table A.2. Household Economic Profile of Burlington, Vermont (Based on 2007-2011 American Community Survey)

<b>Economic Characteristics</b>	<b>Number</b>	<b>Percent</b>
<b>Household Income</b>		
Median	42,024	
Households making < 25,000 per year	5,121	30.5%
Households making 25,000-49,999 per year	4,634	27.6%
Households making 50,000-74,999 per year	2,902	17.3%
Households making 75,000-99,999 per year	1,647	9.8%
Households making 100,000 + per year	2,469	14.8%
<b>Poverty Status</b>		
Number of people of all ages below poverty level	9,066	25%
Number of related children under 18 years in poverty	5,723	21.3%
Number of related children ages 5-17 in families of poverty		21.2%
<b>Employment Status (total persons 16 years and over)</b>		
In labor force	24,606	66.3%
In armed forces	41	.1%
Civilian	24,565	66.2%
Employed	22,568	60.8%
Not employed	1,997	5.4%
Not in labor force	12,491	33.7%

Data Source: 2007-2011 American Community Survey

Name of data collector: Haley Bliss

Date of data collection: 8/2/13

For the Household Income, I added multiple income brackets to get a better understanding of the data.

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Table A.2.bis Household Economic Profile of Burlington, Vermont Compared with County, State, and National Levels (2007-2011 American Community Survey)

Economic Characteristics	Burlington	Chittenden County	Vermont	U.S.A.
<b>Household Income</b>				
Median	\$42,024	\$62,260	\$53,422	\$52,762
Households making < 25,000 per year	30.5%	18.1%	21.9%	23.1%
Households making 25,000-49,999 per year	27.6%	21.5%	24.8%	24.2%
Households making 50,000-74,999 per year	17.3%	20.1%	20.5%	18.3%
Households making 75,000-99,999 per year	9.8%	15.0%	13.6%	12.4%
Households making 100,000 + per year	14.8%	25.3%	19.2%	21.9%
<b>Poverty Status (within past 12 months)</b>				
People of all ages below poverty level	25.0%	10.9%	11.3%	14.3%
Related children under 18 years in poverty	21.3%	10.7%	13.2%	19.6%
Related children ages 5-17 in families of poverty	21.2%	9.8%	11.2%	18.3%
<b>Employment Status (total persons 16 years and over)</b>				
In labor force	66.3%	71.5%	68.6%	64.8%
In armed forces	.1%	.1%	.1%	.5%
Civilian	66.2%	71.3%	68.5%	64.4%
Employed	60.8%	67.5%	64.2%	58.8%
Not employed	5.4%	3.8%	4.3%	5.6%
Not in labor force	33.7%	28.5%	31.4%	35.2%

Data Source: 2007-2011 American Community Survey

Name of data collector: Haley Bliss

Date of data collection: 8/2/13

For the Household Income, I added multiple income brackets to get a better understanding of the data.

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Table A.3. Federal Food Assistance Programs

Food Assistance Program	Program Participation (Total for all Sites)	Number of Enrollment Offices and/or Program Sites in Community
Food Stamp Program (SNAP)	15.5% of Burlington residents	1
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	2,604 (in 2013)	1
National School Lunch Program	2,069 free and 180 reduced, 53.1% eligible for free lunch (in 2013-2014)	17
School Breakfast Program	Free to all students in Burlington SD	14
Child and Adult Care Food Program (CACFP)	20 registered home providers serving 137 children, 4 childcare and teens programs serving 287 children & at risk teens	1
Summer Food Service Program	not available	8
The Emergency Food Assistance Program (TEFAP)	not available	3
WIC Farmers' Market Nutrition Program	4743 (in 2012 at City Hall's FM)	3
Federal senior Coupons at Farmers' Markets	2979 (in 2012)	1
Federal Ladies' first coupons at Farmers' Markets	180 (in 2012)	1
Meals On Wheels	1,363 (in 2012)	1
Congregate Meal Site	5,957 (in 2012)	5 (at meal sites)

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Table A.3.bis Other Food Assistance Programs

Food Assistance Program (non-governmental)	Program Participation (Total for all Sites)	Number of Enrollment Offices and/or Program Sites in Community
NOFA Vermont Farm Share Program	9 households (2013)	1
Intervale Free Food Share (Individual Share)	55 <sup>1</sup>	1
Intervale Free Food Share (Organization Share)	4 <sup>2</sup>	
NOFA Vermont Senior Farm Share Program	89 (2013)	
Non-Federal Farmers' markets coupons	1893	3

Name of data collector: Haley Bliss

Date of data collection: 8/7/13

Data Source: Table A.4. and Vermont Department of Education "Free and Reduced Eligibility Report for 2013"

Data Source: NOFA Vermont

<sup>1</sup>A 12 week free food share (July-October). For individuals and families, the share averages 8 pounds of local vegetables a week. In 2013, this program gave free CSA shares to 50 individuals, but only 36 responded to a survey conducted by the Intervale. The data used here is from the results of that survey. The number of recipients residing in the Burlington-South Burlington area could only be determined through the survey (n=25). In addition, the Intervale Center gave the equivalent of 18 and 12 Individual shares to the Lund Family Center and Cathedral Square organizations, respectively. It is not clear from the data how these shares were distributed after being received by the organizations. Extra product is distributed through the Chittenden Emergency Food Shelf.

<sup>2</sup> A 12 week free food share (July-October). For social service organizations, the share averages 20-50 pounds of vegetables a week (depending on how many individuals are being served). The organizations receiving food shares in 2013 were Carolyn's Red Balloon, Burlington's Children's Space, King Street Youth Center and Spectrum. At Burlington Children's Center, the share is used in meals for 50 children (breakfast, lunch and dinner) as well as biweekly family dinners. They also noted that they wanted provide families with food to take home. Carolyn's Red Balloon noted, with less detail, that it serves 60 individuals and/or households, and the share would be used in prepared meals, as well as provisions to take home. Spectrum, also with little detail, noted that it served 45 individuals and that the share would be used in prepared meals, as well as provisions to take home. Due to the wet spring and June flooding in 2013, the Intervale Center was only able to provide 4 Organization shares, whereas in past years, they have provided 10 - 12. Extra product is distributed through the Chittenden Emergency Food Shelf.

Data Source: Vermont Department of Education, Burlington School District, Vermont Department for Children and Families

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Table A.4. Location of Federal Food Assistance Programs

Food Assistance Program	Name of Program	Street Address	City	State	Zip Code	Telephone Number	Contact Person Name
<b>Food Stamp Program:</b> Enrollment sites							
	Economic Services Division Burlington District Office	119 Pearl St., John Zampieri State Office Building	Burlington	VT	05401	1-800-479-6151	
<b>Special Supplemental Nutrition Program for Women, Infants, and Children (WIC):</b> WIC Clinics							
	Vermont Dept. of Health Burlington District Office	108 Cherry St., Suite 102	Burlington	VT	05401	802-863-7323	Heather Danis
<b>National School Lunch Program:</b> Participating Schools						802-864-8416	Doug Davis, Director of Burlington School Food Project
	Burlington High School	52 Institute Rd.	Burlington	VT	05408	802-864-8411,	
	Edmunds Middle School	275 Main St.	Burlington	VT	05401	802-864-8486	
	Hunt Middle School	1364 North Avenue	Burlington	VT	05408	802-864-8477	
	Sustainability Academy at Lawrence Barnes	123 North St.	Burlington	VT	05401	802-864-8480	
	Champlain Elementary School	800 Pine St.	Burlington	VT	05401	802-864-8477	
	Edmunds Elementary School	299 Main St.	Burlington	VT	05401	802-864-8473	
	Flynn Elementary School	1645 North Ave.	Burlington	VT	05408	802-864-8478	
	Smith Elementary School	332 Ethan Allen Parkway	Burlington	VT	05408	802-864-8479	
	Integrated Arts Academy at H.O. Wheeler	6 Archibald St.	Burlington	VT	05401	802-864-8475	
	Taft School: ONTOP Alternative Program	14 South Williams St.	Burlington	VT	05401	802-864-8496	
	Christ the King	136 Locust St.	Burlington	VT	05401	802-862-6696	Angela Pohlen
	ReSOURCE YouthBuild	266 Pine St.	Burlington	VT	05401	802-658-0543	Andrew Jope
	Howard Center: Baird School	1138 Pine St.	Burlington	VT	05401	802-488-6600	Catherine Simonson
	Rock Point School	1 Rock Point Rd.	Burlington	VT	05408	802-863-1104	
	Mater Christi School	50 Mansfield Ave.	Burlington	VT	05401	802-658-3992	

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<b>School Breakfast Program:</b> Participating schools	Burlington High School	52 Institute Rd.	Burlington	VT	05408	802-864-8411,	
	Edmunds Middle School	275 Main St.	Burlington	VT	05401	802-864-8486	
	Hunt Middle School	1364 North Avenue	Burlington	VT	05408	802-864-8477	
	Sustainability Academy at Lawrence Barnes	123 North St.	Burlington	VT	05401	802-864-8480	
	Champlain Elementary School	800 Pine St.	Burlington	VT	05401	802-864-8477	
	Edmunds Elementary School	299 Main St.	Burlington	VT	05401	802-864-8473	
	Flynn Elementary School	1645 North Ave.	Burlington	VT	05408	802-864-8478	
	C. P. Smith Elementary School	332 Ethan Allen Parkway	Burlington	VT	05408	802-864-8479	
	Integrated Arts Academy at H.O. Wheeler	6 Archibald St.	Burlington	VT	05401	802-864-8475	
	Taft School: ONTOP Alternative Program	14 South Williams St.	Burlington	VT	05401	802-864-8496	
	Rock Point School	1 Rock Point Rd.	Burlington	VT	05408	802-863-1104	
	Mater Christi School	50 Mansfield Ave.	Burlington	VT	05401	802-658-3992	
<b>Child and Adult Care Food Program (CACFP):</b> Participating Providers	Need to contact VT Agency of Education, Laurie Colgan, 802- 828-5153, laurie.colgan@state.vt.us	Karen Abbot (802)828- 5254 - returns Thursday 9/19					
<b>Summer Food Service Program: Distribution sites</b>						802-864-8416	Doug Davis, Director of Burlington School Food Project
	Burlington High School	52 Institute Rd.	Burlington	VT	05408		
	Edmunds Elementary School Cafeteria	299 Main St.	Burlington	VT	05401		
	Hunt Middle School	1364 North Avenue	Burlington	VT	05408		
	C. P. Smith Elementary School	332 Ethan Allen Parkway	Burlington	VT	05408		
	Sustainability Academy at Lawrence Barnes	123 North St.	Burlington	VT	05401		
	King Street Center	88 King St.	Burlington	VT	05402		
	Franklin Square Apartments	North Avenue	Burlington	VT	05408		
	Riverside Neighborhood	669 Riverside Avenue	Burlington	VT	05401		



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<b>The Emergency Food Assistance Program (TEFAP):</b> Distribution Sites						jdauscher@vtfoodbank.org, 802-477-4106	Joe Dauscher Vermont Foodbank Website: <a href="http://www.vtfoodbank.org/ForNetworkPartners/NetworkPartnerForms/USDAForms.aspx">http://www.vtfoodbank.org/ForNetworkPartners/NetworkPartnerForms/USDAForms.aspx</a>
	Burlington Salvation Army	64 Main St.	Burlington	VT	05401	802-864-6991	William and Stephanie Thompson
	Chittenden Food Shelf/CVOEO	228 North Winooski Ave.	Burlington	VT	05401	802-658-7939	Rob Meehan
<b>Limited Food Pantry:</b> Does not distribute TEFAP	Hilltop Light Ministries	421 Shelburne Rd.	Burlington	VT	05401	802-863-0524	
<b>WIC Farmers' Market Nutrition Program:</b> Farmers' markets accepting coupons							
	Burlington Farmers' Market	City Hall Park	Burlington	VT	05401	802-310-5172	Chris Wagner
	Old North End Farmers' Market	Dewey Park	Burlington	VT	05402	802-376-1977	Haley Mathis
	New North End Farmers' Market	925 North Ave.	Burlington	VT	05408		Anna Niemiec
	Fletcher Allen Farmers' Market	Davis Concourse	Burlington	VT	05401		Tanya McDonald
<b>Meals On Wheels:</b> Programs							
	Burlington Meals on Wheels,	3 Cathedral St.	Burlington	VT	05401	802-862-6253	
<b>Nutrition Services Incentive Program (NSIP):</b> Congregate meal sites						802-371-3216	Mary Woodruff

Name of data collector: Haley Bliss

Date of data collection: 8/7/13

Data Source: Listed in document labeled sources for A.3. and A.4.

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Table A.5. Availability of Authorized Food Stamp Retailers

Food Store Type	Number of Retailers	Annual Food Stamp Redemptions (\$) 05401	Annual Food Stamp Redemptions (\$) 05408	Annual Food Stamp Redemptions (\$) Burlington
Combination Grocery/other	6	\$422,230	N/A	
Convenience store	23	\$1,184,565	N/A	
Very large grocery (include food coop, supermarket and superstore)	5	\$4,570,017	N/A	
Medium small grocery	6	\$584,325	N/A	
Specialty food (include direct marketing farmer, farmers' market and meat specialty store)	6	\$83,770	N/A	
<b>Total</b>	<b>46</b>	<b>\$6,844,908</b>	<b>\$2,154,317</b>	<b>\$8,999,225</b>

Data Source: USDA Food and Nutrition Service SNAP, Retailer Policy and Management Division

Name of data collector: Florence Becot

Date of data collection: 11/20/2013

Note. There were no food stores with SNAP redemption in 05405. No cell can represented three or fewer stores and therefore some of the data were only available in aggregate.

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Table A.5.bis Availability of Authorized Food Stamp Retailers

Food Store Type	Food Store Name	Street Number	Zip Code	Phone Number
Convenience, deli, and gas/grocery combinations	Radio Deli	77 Pearl St	05401	802-865-2288
Convenience, deli, and gas/grocery combinations	Champlain Farms 10	328 North Ave	05401	802-383-2870
Convenience, deli, and gas/grocery combinations	Champlain Farms 60	315 Shelburne Rd	05401	802-862-6070
Convenience, deli, and gas/grocery combinations	Kampus Kitchen	273 Colchester Ave	05401	802-863-9105
Convenience, deli, and gas/grocery combinations	Old North End Variety LLC	142 N Winooski Ave	05401	802-863-1764
Convenience, deli, and gas/grocery combinations	JR's Corner Store LLC	144 North St	05401	802-881-0548
Convenience, deli, and gas/grocery combinations	Finelli's Deli & Quick Stop	500 Riverside Ave	05401	none listed
Convenience, deli, and gas/grocery combinations	Merola's Market	1563 North Ave	05408	802-863-6728
Convenience, deli, and gas/grocery combinations	Waggys Store And Deli	98 North Ave Ste 2	05401	802-863-4862
Convenience, deli, and gas/grocery combinations	Community Market	457 Saint Paul St	05401	802-864-6011
Convenience, deli, and gas/grocery combinations	Shopping Bag Inc	166 North St	05401	802-658-4790
Convenience, deli, and gas/grocery combinations	Rotary Mart 20	103 Shelburne Rd	05401	802-863-2260
Convenience, deli, and gas/grocery combinations	North Avenue Mobil Short Stop	1555 North Ave	05408	802-660-8680
Convenience, deli, and gas/grocery combinations	Downtown Quick Stop	93 S Winooski Ave	05401	802-658-2259
Convenience, deli, and gas/grocery combinations	Champlain Farms 40	219 Main St	05401	802-863-1998

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Convenience, deli, and gas/grocery combinations	Cumberland Farms 8019	454 Riverside Ave	05401	802-660-8255
Convenience, deli, and gas/grocery combinations	Cumberland Farms 8018	661 Pine St	05401	802-660-8305
Convenience, deli, and gas/grocery combinations	Simon's Store	42 Park St	05401	802-862-1945
Convenience, deli, and gas/grocery combinations	Kerry's Kwik Stop	249 Saint Paul St	05401	802-863-9279
Convenience, deli, and gas/grocery combinations	Willard Street Market	141 N Willard St	05401	802-658-0410
Convenience, deli, and gas/grocery combinations	Dots Market	22 Archibald St	05401	802-862-9095
Drugstore	Rite Aid 4272	1024 North Ave	05408	802-865-7822
Drugstore	Kinney Drugs 29	308 Shelburne Rd	05401	802-864-8154
Drugstore	Walgreens 11526	514 Farrell St	05401	802-651-0597
Drugstore	Rite Aid 10317	158 Cherry St	05401	802-862-1562
Farmers' market/CSA	Old North End Farmers Market FM	6 Archibald St	05401	802-376-1977
Farmers' market/CSA	Burlington New North End Farmers Market, Inc.	925 North Avenue	05408	none listed
Farmers' market/CSA	Tamarack Hollow Farm DF	519 Ethan Allen Pkwy	05408	802-535-1515
Farmers' market/CSA	Intervale Center CSA	180 Intervale Rd	05401	802-660-0440
Farmers' market/CSA	Open Heart Farm DF	78 Rose Street, #4	05401	802-881-8125
Farmers' market/CSA	Diggers Mirth Collective Farm	145 Intervale Ave	05401	802-324-5962

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Farmers' market/CSA	Burlington Farmers' Market	149 Church St, City Hall	05401	802-310-5172
Farmers' market/CSA	Intervale Community Farm	281 Intervale Ave	05401	802-658-2919
Farmers' market/CSA	Fletcher Allen Farmers' Market	111 Colchester Ave	05401	none listed
Food coop	City Market/Onion River Coop	82 S Winooski Ave	05401	802- 861-9700
Grocery store	J & M Groceries	68 Archibald St	05401	802-658-9695
Other food store	Dollar Tree 4643	570 Shelburne Rd Ste 1	05401	802-660-3743
Specialty/ethnic store	Global Mart Ethnic Grocery	156 N Winooski Ave	05401	802-863-9460
Specialty/ethnic store	Bessery's Quality Market	1398 North Ave	05408	802-862-1731
Specialty/ethnic store	Brixton Halaal LLC	184 North St	05401	802-865-6200
Specialty/ethnic store	Mawuhi African Market	160 N Winooski Ave	05401	802-862-1100
Specialty/ethnic store	Thai Phat Market	100 North St	05401	802-863-8827
Specialty/ethnic store	Community Halal Store	128 North St	05401	802-865-1165
Specialty/ethnic store	99 Asian Market and Eatery	242 N Winooski Ave	05401	802-865-0226
Specialty/ethnic store	Himalayan Food Market	97 North St	05401	802-735-9081
Specialty/ethnic store	Burlington Beverage Center	208 N Winooski Ave	05401	802-863-6143
Supermarket	Hannaford Food and Drug 161	1127 North Ave Ste 11	05408	802-862-8040

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Supermarket	Price Chopper #165 120	555 Shelburne Rd	05401	802-651-9826
Supermarket	Shaws Supermarket 07517	570 Shelburne Rd, Ste 1	05401	802-860-2255

Data Source: USDA Food and Nutrition Service SNAP Retailer Locator

Name of data collector: Haley Bliss

Date of data collection: 8/9/13

Table A.6. Availability of Retail Food Stores

Food Store Type	Number of Retailers
Candy, nut, and confectionary stores	4
Convenience, deli, and gas/grocery combinations	31
Food coops	1
Fresh food markets (produce or meat/fish)	2
Grocery stores	1
Retail bakeries	13
Specialty/ethnic stores	12
Supermarkets	3*
Farmers Markets	4**

Name of original data collector: Haley Bliss

Date of data collection: 8/9/13

\*Two of the supermarkets are located in South Burlington.

\*\*Two of the farmers markets do not operate year-round.

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Table A.7. Location of Food Resources

Store Type	Store Name	Street Address	Zip Code	Phone Number
Candy, nut, and confectionary store	Candylicious	1437 North Ave	05408	802-864-7799
Candy, nut, and confectionary store	Lake Champlain Chocolates: Factory Store and Café	750 Pine St	05401	802-864-1807
Candy, nut, and confectionary store	Lake Champlain Chocolates	65 Church St	05401	802-862-5185
Candy, nut, and confectionary store	Sweet Thing	101 Church St	05401	802-864-4457
Convenience, deli, and gas/grocery combination	Shopping Bag Inc	166 North St	05401	802-658-4790
Convenience, deli, and gas/grocery combination	Kerry's Kwik Stop	249 Saint Paul St	05401	802-862-3238
Convenience, deli, and gas/grocery combination	Dot's Market	22 Archibald St	05401	802-862-9095
Convenience, deli, and gas/grocery combination	Old North End Variety Store	142 N Winooski Ave	05401	802-863-1704
Convenience, deli, and gas/grocery combination	Champlain Farms 10	328 North Ave	05401	802-383-2870
Convenience, deli, and gas/grocery combination	Champlain Farms 60	315 Shelburne Rd	05401	802-862-6070
Convenience, deli, and gas/grocery combination	Kampus Kitchen	273 Colchester Ave	05401	802-863-9105
Convenience, deli, and gas/grocery combination	Old North End Variety LLC	142 N Winooski Ave	05401	802-863-1764
Convenience, deli, and gas/grocery combination	JR's Corner Store LLC	144 North St	05401	802-881-0548
Convenience, deli, and gas/grocery combination	Finelli's Deli & Quick Stop	500 Riverside Ave	05401	none listed
Convenience, deli, and gas/grocery combination	Merola's Market	1563 North Ave	05408	802-863-6728
Convenience, deli, and gas/grocery combination	Waggys Store And Deli	98 North Ave Ste 2	05401	802-863-4862



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Convenience, deli, and gas/grocery combination	Community Market	457 Saint Paul St	05401	802-864-6011
Convenience, deli, and gas/grocery combination	Rotary Mart 20	103 Shelburne Rd	05401	802-863-2260
Convenience, deli, and gas/grocery combination	North Avenue Mobil Short Stop	1555 North Ave	05408	802-660-8680
Convenience, deli, and gas/grocery combination	Downtown Quick Stop	93 S Winooski Ave	05401	802-658-2259
Convenience, deli, and gas/grocery combination	Champlain Farms 40	219 Main St	05401	802-863-1998
Convenience, deli, and gas/grocery combination	Cumberland Farms 8019	454 Riverside Ave	05401	802-660-8255
Convenience, deli, and gas/grocery combination	Cumberland Farms 8018	661 Pine St	05401	802-660-8305
Convenience, deli, and gas/grocery combination	Simon's Store	42 Park St	05401	802-862-1945
Convenience, deli, and gas/grocery combination	Henry St Deli Mart	11 Henry St	05401	802-864-1754
Convenience, deli, and gas/grocery combination	Willard St Market	1410 N Willard St	05401	802-658-0410
Convenience, deli, and gas/grocery combination	Burlington Bay Market & Cafe	125 Battery St	05401	802-864-0110
Convenience, deli, and gas/grocery combination	Radio Deli and Grocery	77 Pearl St	05401	802-865-2288
Convenience, deli, and gas/grocery combination	Cobblestone Deli	152 Battery St	05401	802-865-3354
Convenience, deli, and gas/grocery combination	Mad Hatter	179 Bank St	05401	802-864-4500
Convenience, deli, and gas/grocery combination	Top of the Block	2 Church St	05401	802-660-0667
Convenience, deli, and gas/grocery combination	Four Corners of the Earth	310 Pine St	05401	802-657-3869
Convenience, deli, and gas/grocery combination	Pine Street Deli	316 Flynn Ave	05401	802-862-9614
Convenience, deli, and gas/grocery combination	Henry St Deli Mart	11 Henry St	05401	802-864-1754

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Convenience, deli, and gas/grocery combination	Stacks Sandwiches	2 N Winooski Ave	05401	802-540-0070
Convenience, deli, and gas/grocery combination	Union Jacks	370 Shelburne Rd	05401	802-652-9828
Convenience, deli, and gas/grocery combination	Handy's Lunch	74 Maple St	05401	802-864-5963
Convenience, deli, and gas/grocery combination	Rooney's Café and Deli	173 College St	05408	802-864-7547
Food coop	City Market/Onion River Coop	82 S Winooski Ave	05401	802-861-9700
Fresh food market (produce or meat/fish)	Burlington Farmers' Market	149 Church St, City Hall	05401	802-310-5172
Fresh food market (produce or meat/fish)	Fletcher Allen Farmers' Market	111 Colchester Ave	05401	none listed
Fresh food market (produce or meat/fish)	Old North End Farmers Market FM	6 Archibald St	05401	802-376-1977
Fresh food market (produce or meat/fish)	Burlington New North End Farmers Market, Inc.	925 North Avenue	05408	none listed
Fresh food market (produce or meat/fish)	Ray's Seafood Market	49 North St	05401	802-658-7928
Fresh food market (produce or meat/fish)	Bessery's Quality Market	1398 North Ave	05408	802-862-1731
Grocery store	Cheese Outlet/Fresh Market	400 Pine St	05401	802-863-3968
Grocery store	J & M Groceries	68 Archibald St	05401	802-658-9695
Retail bakery	Bruegger's Bagel Bakery	93 Church St	05401	802-860-1995
Retail bakery	Bagel Cafe	1127 North Ave	05408	802-660-9693
Retail bakery	Myer's Bagel Bakery	377 Pine St	05401	802-863-5013
Retail bakery	Great Harvest Bread	382 Pine St	05401	802-660-2733
Retail bakery	Panadero	203 N Winooski Ave	05401	802-863-8278

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Retail bakery	August First Artisan Bread	149 S Champlain St	05401	802-540-0060
Retail bakery	Mirabelles	198 Main St	05401	802-658-3074
Retail bakery	Nunyuns Bakery & Café	139 N Champlain St	05401	802-861-2067
Retail bakery	Dunkin Donuts	206 Shelburne Rd	05401	802-658-6299
Retail bakery	Dunkin Donuts	80 Pearl St	05401	802-865-8001
Retail bakery	Dunkin Donuts	471 Riverside Ave	05401	802-658-1600
Retail bakery	My Little Cupcake	217 College St	05401	802-660-9330
Retail Bakery	The Baker's Corner	22 Crombie St	05401	802-249-2286
Specialty/ethnic store	Global Market	325 N Winooski Ave	05401	802-863-3210
Specialty/ethnic store	Himalayan Food Market	97 North St	05401	802-735-9081
Specialty/ethnic store	Saratoga Olive Oil Co	86 Church St	05401	802-489-5276
Specialty/ethnic store	Pearl St Beverage	240 Pearl St	05401	802-862-1209
Specialty/ethnic store	Global Mart Ethnic Grocery	156 N Winooski Ave	05401	802-863-9460
Specialty/ethnic store	Brixton Halaal LLC	184 North St	05401	802-865-6200
Specialty/ethnic store	Mawuhi African Market	160 N Winooski Ave	05401	802-862-1100
Specialty/ethnic store	Thai Phat Market	100 North St	05401	802-863-8827
Specialty/ethnic store	Community Halal Store	128 North St	05401	802-865-1165
Specialty/ethnic store	99 Asian Market and Eatery	242 N Winooski Ave	05401	802-865-0226

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Specialty/ethnic store	Burlington Beverage Center	208 N Winooski Ave	05401	802-863-6143
Specialty/ethnic store	Gourmet Food Exchange	88 Church St	05401	802-660-0524
Supermarket	Hannaford	1127 North Ave	05408	802-862-8040

Data source: USDA Food and Nutrition Service SNAP Retailer Locator, Google Maps, Yellowpages, Yelp

Name of data collector: Haley Bliss

Date of data collection: 8/9/13

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Table A.8. Food Cooperatives

<b>Food Cooperative</b>	<b>Type (Share affiliate, warehouse, retail)</b>	<b>Street Address</b>	<b>Zip Code</b>
City Market/Onion River Co-op	Retail	82 S Winooski Ave,	05401

Data source: Coop Directory Service

Name of original data collector: Haley Bliss

Date of data collection: 8/9/13

Table A.9. Farmers' Markets

<b>Farmers' Market</b>	<b>Address</b>	<b>Zip Code</b>	<b>Months of Operation</b>
Burlington Farmers' Market	City Hall Park (summer), Memorial Auditorium (winter)	05401	May-October (summer), November-April (winter)
Fletcher Allen Farmers' Market	Davis Concourse	05401	Year-round
New North End Farmers' Market	Elks Lodge, 925 North Ave.	05408	May-September
Old North End Farmers' Market	Dewey Park	05402	June-October

Data source: NOFA VT Farmers' Market Directory.

Name of original data collector: Haley Bliss

Date of data collection: 8/9/13

Table A.10. Emergency Food Assistance Resources

Type of Emergency Food Program	Number in Community
Food pantries	5
Soup kitchens	3
Shelters/programs with meals offered	5
Mobile kitchens	2
Food banks	0
Food rescue programs	3

Data source: Table A.11.

Name of original data collector: Haley Bliss and Katrina Light

Date of original data collection: 8/9/13, 9/15/13

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Table A.11. Emergency Food Program Locations and Hours of Operation

Provider Type	Provider Name	Address	Zip Code	Phone Number	Contact Person	Hours of Operation
Food pantry	Hilltop Light Ministries	421 Shelburne Rd.	05401	802-863-0524	Unknown, only in office on Sundays	10:30am-6:30pm, Sunday
Food pantry	Burlington Salvation Army: Food Pantry	64 Main St.	05401	802-864-6991	William & Stephanie Thompson	10:00am-3:00pm, Tues, Wed, Thurs.
Food pantry	Chittenden Emergency Food Shelf	228 North Winooski Ave.	05401	802-658-7939	Rob Meehan	9:00am-4:00pm, Mon-Fri
Food pantry	Sara Holbrook Center	66 North Ave	05401	802-862-6342	Leisa Pollander	By appointment only
Food pantry	Joint Urban Ministry Project	38 S. Winooski Ave.	05401	802-862-4501	Wanda Hines	9:00am-12:00pm, Tues-Fri
Food pantry	Oddfellows Lodge	1416 North Ave	05408			9:00am-10:00am, Sat
Food rescue program	The Campus Kitchens Project at UVM	228 North Winooski Ave.	05401	kitchens@uvm.edu	Kate Crowley	Varies, schedule needs to be confirmed for Fall 2013 semester.
Food rescue program	Chittenden Emergency Food Shelf Project Angel Food	228 North Winooski Ave.	05401	802-658-7939	Rob Meehan	varies



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Mobile kitchen	Chittenden Emergency Food Shelf Grocery Delivery	228 North Winooski Ave.	05401	802-658-7939	Rob Meehan	By appointment only
Mobile kitchen	Meals on Wheels	3 Cathedral Square	05401	802-862-6253	Peter Carmolli	6:00am-12:00pm, Mon-Fri
Shelter/program with meals offered	King Street Center	87 King St P.O Box 1615	05402	802-862-6736	Carrie Jacques	varies
Shelter/program with meals offered	SPECTRUM Youth and Family Services	31 Elmwood Ave	05401	802-864-7423 x 222	Bridget LaRoche	10:00am-6:00pm Mon-Fri
Shelter/program with meals offered	Burlington Emergency Shelter	89 North St	05401	802-862-9879	Emily Dubie	9:00am-5:00pm Mon-Fri, weekends variable
Shelter/program with meals offered	COTS Daystation	25 Buell St	05401	802-540-3084	Becky Holt	9:00am-5:00pm every day
Shelter/program with meals offered	Champlain Senior Center	241 N. Winooski Ave.	05401	802-658-9585	none listed	12:00pm, Mon-Fri
Soup Kitchen/Food Pantry	Burlington Salvation Army: Friendly Kitchen	64 Main St.	05401	802-864-6991 x 101	William & Stephanie Thompson	10:00am-3:00pm, Tues, Wed, Thurs.
Soup Kitchen	Chittenden Emergency Food Shelf Soup Kitchen	228 North Winooski Ave.	05401	802-658-7939	Rob Meehan	7:00am-10:30am Mon-Fri, 10:00am-12:00pm and 4:30pm-7:00pm

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						Sun
Soup Kitchen	1st Congregational Church Small Potatoes	38 S. Winooski Ave.	05401	802-862-5010	Becky Winward	8:00am-11:00am Sat
Food rescue program	Intervale Gleaning and Food Rescue	180 Intervale Rd	05401	802-660-0440 x 111	Jessica Sanford	Once per week for 12 weeks (summer)

Original data source: Internet searches, phone calls, emails and communication with Rob Meehan Director of the Chittenden Emergency Food Shelf

Name of original data collector: Haley Bliss and Katrina Light

Date of original data collection: 8/9/13, 9/16/13

Table A.12. Persons Living in Poverty by Zip Code

<b>Zip Code</b>	<b>Total Number of Persons</b>	<b>Persons in Poverty</b>	<b>Percentage of Persons in Poverty</b>
05401	26,413	8,174	30.9
05405	3,968	n/a*	n/a*
05408	10,158	931	9.2

Data source: 2007-2011 American Community Survey

Name of data collector: Haley Bliss

Date of data collection: 8/12/13

\*Poverty data were not available for zip code 05405 as its residents are university students and therefore yearly income is not a reliable measure of poverty status

Table A.13. Private Transportation Resources

Zip Code	Total Occupied Housing Units	Number of Housing Units with at Least One Vehicle Available	Number of Students Living On UVM Campus	Number of Parking Permits Purchased for Available On-campus Parking Spots
05401	12,559	10,387*		
05408	4,344	4,026*		
Total 05401 and 05408	16,903	14,413		
05405	3	0	5219	805

Original data source: 2007-2011 American Community Survey, UVM ReLife

Name of original data collector: Haley Bliss, Courtney Troeschler

Date of data collection: 8/12/13, 9/10/13

\*The number of housing units with at least one vehicle available was calculated by subtracting the number of housing units with no vehicle available from the total number of housing units in the given zip code.

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Table A.14. Public Transportation Resources

Public Transportation Resource	Origin and Destination of Route	Days and Frequency of Operation (daytime frequencies listed, may vary in early morning/evening)	Cost Per Ride
CCTA Bus 1	Burlington to Williston and Essex	Every 15 minutes Mon-Fri, every 30 minutes Sat	\$1.25
CCTA Bus 2	Burlington to Essex Junction	Every 15 minutes Mon-Fri, every 30 minutes Sat	\$1.25
CCTA Bus 3	Burlington to Essex	Mon-Fri leave between 6:05am and 7:15am to loop in Essex	\$1.25
CCTA Bus 4	Burlington to Essex Center (circulating Essex Center)	Leaves Burlington early morning, Mon-Fri	\$1.25
CCTA Bus 5	Cherry St. to Baird/Park and Ride (within Burlington)	Every 15 minutes Mon-Fri, every 30 minutes Sat	\$1.25
CCTA Bus 6	Burlington to Shelburne	Every 15 minutes Mon-Fri, every 30 minutes Sat	\$1.25
CCTA Bus 7	Cherry St. to Northgate Apartments (within Burlington)	Every 30 minutes Mon-Sat	\$1.25
CCTA Bus 8	Cherry St. to UVM Waterman Building (within Burlington)	Every 30 minutes Mon-Sat	\$1.25
CCTA Bus 9	Burlington to Winooski	Every hour Mon-Sat	\$1.25
CCTA Bus 11	Waterfront/Boathouse to Fletcher Allen Health Care (within Burlington)	Every 15 minutes Mon-Sun	Free
CCTA Bus 12	Burlington to South Burlington (circulating South Burlington)	Leaves Burlington early morning and evening	\$1.25
CCTA Bus 18	Lakeside Community to Churches in Burlington, other sites	1 time Sun morning, every hour in afternoon	\$1.25
CCTA Bus 46	Burlington to Middlebury	Leaves Burlington 2-4 times per day Mon-Fri, morning and evening,	\$1.25

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CCTA Bus 56	Burlington to Milton	Leaves Burlington 4 times per day Mon-Fri, evening	\$1.25
CCTA Bus 76	Burlington to Middlebury	Leaves Burlington 2 times per day, evening	\$4.00
CCTA Bus 86	Burlington to Montpelier	Leaves Burlington 5 times early morning, 6 times afternoon/evening Mon-Fri	\$4.00
CCTA Bus 96	Burlington to St. Albans	Leaves Burlington 2 times early morning, 2 times evening, Mon-Fri	\$4.00
CATS On campus Redstone Express	S. Prospect St. to University Place	Every 15 minutes Mon-Fri	Free
CATS On campus Daytime	Davis Rd. to Colchester Ave.	Every 10 minutes Mon-Fri daytime, every 30 minutes Mon-Thurs evening, Sat-Sun daytime	Free
CATS Off campus Sun-Thurs	Davis Rd. to Main Street and S. Winooski to Colchester Ave	Every 30 minutes Sun-Thurs, every 15 minutes Fri-Sat day/evening, every 10 minutes Fri-Sat late night	Free

Data source: Chittenden County Transportation Authority Bus Schedule, UVM CATS Bus Schedule

Name of data collector: Haley Bliss

Data of data collection: 8/12/13

Table A.15. Paratransit Resources

Paratransit Resources	Routes	Days and Frequency of Operation	Cost Per Ride
ADA Paratransit services through CCTA	anywhere within 3/4 of a mile of CCTA fixed route system	Varies with seasons, every day service	\$2.50
Special Services Transportation Agency	University Mall in South Burlington to Fletcher Allen	as needed	\$2.50

Data source: Vermont Agency of Transportation

Name of data collector: Haley Bliss

Date of data collection: 8/12/13

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Table A.16. Community Gardens

Name of Community Garden	Street Address	Zip Code	Phone Number	Contact Person	Notes
Archibald Neighborhood Garden	28 Archibald Street	05401	802-558-0075	Faye Conte	
Baird Park Community Garden	850 Pine Street	05401	802-864-0123	Dan Cahill	
Boys and Girls Club Garden of Beauty	62 Oak Street	05401	802-864-5263		
Buell St. Neighborhood Garden	72 Buell Street	05401	802-660-8349	Helen Dechtiar	
Burlington Kids	332 Ethan Allen Parkway	05401	802-316-1153	Erica Rosenthal	
Callahan Community Garden	2 Locust Street	05401	802-863-0420	Dan Cahill	
Cathedral Square Garden	3 Cathedral Square	05401	802-863-2224	Paula Fitzpatrick	
Champlain Community Garden	800 Pine Street	05401	802-864-8477	Dan Cahill	
Champlain Senior Center	241 North Winooski	05401	802-658-3585	Kelly Weaver	
Champlain Street Park Youth Garden	189 S Champlain St	05401			not currently used for food production
Community Teaching Garden - EAH	1 Ethan Allen Homestead	05408	802-861-GROW	Libby Weiland	



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Community Teaching Garden - TT	apprx. 155 Intervale Road	05401	802-861-GROW	Libby Weiland	
Decker Towers	230 St. Paul Street	05401			private
East Village Community Garden	180 East Ave	05401	802-863-8752	Chet Bielawski	
Hayward Street Neighborhood Garden	Hayward Street	05401			private - used by a few neighbors
Healthy City Youth Farm	1364 North Avenue, 130 Gosse Court	05401	802-540-0291	Jenn McGowan	
Heineberg Senior Garden	14 Heineberg Rd	05408	802-863-2224	Paula Fitzpatrick	
Lakeview Community Garden	309 North Ave	05401	802-863-0420	Dan Cahill	
McAuley Square	130 Mansfield Ave	05401	802-863-2224	Paula Fitzpatrick	
Medical Center Community Garden	apprx. 195 Colchester Ave	05401	802-864-0123	Dan Cahill	
Myrtle Street Avant Garden	17 Myrtle St	05401	802-864-0123	Dan Cahill	
New Discovery Garden	1 Ethan Allen Homestead	05408	802-863-0420	Dan Cahill	
Northgate Community Garden	275 Northgate Rd	05408	802-760-0402	Hallie Westermann	
Riverside Neighborhood Garden	apprx. 220 Intervale Ave	05401	904-742-8195	Robin Burnett	
Rock Point North Community Garden	1 Rock Point Road	05401	802-864-0123	Dan Cahill	

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Sara Holbrook Community Center	66 North Ave	05401	802-862-6342	Leisa Pollander	
Slade Garden	Slade Hall 420 South Prospect Street	05401		Devin Green	
Starr Farm Community Garden	apprx. 250 Starr Farm Rd	05408	802-863-0420	Dan Cahill	
The VNA Family Room	1 Ethan Allen Homestead	05408	802-860-4426	Josh Edelbaum	
Winooski Valley Park District Community Garden	1 Ethan Allen Homestead	05408	802-863-0420	Dan Cahill	

Data source: Vermont Community Garden Network and websearches

Name of data collector: Haley Bliss, Anna Schulz

Date of data collection: 8/16/13, 9/18/2013

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Table A.17. School-Based Gardens

Name of Community Garden	Street Address	Zip Code	Phone Number	Contact Person
Burlington College Sustainability and Urban Gardening Project	349 North Avenue	05401	802-923-2390	Jared Carter
Burlington High School	52 Institute Road	05401	802-864-8411	Doug Davis, BSD Food Service
C. P. Smith School	332 Ethan Allen Parkway	05401	802-316-1153 or 802-864-8479	Erica Rosenthal
Champlain College Community Garden	275 South Willard Street	05401	802-860-2733	Judy Delage
Champlain Elementary Garden	800 Pine Street	05401	802-864-8477	Aziza Malik
Edmunds Elementary School	299 Main Street	05401	802-864-8473	Priscilla May
Edmunds Middle School	275 Main Street	05401	802-864-8486	Bonnie Johnson-Aten (principal)
Flynn Community Garden	1645 North Avenue	05401	802-864-8478	Karen Carr After school program coordinator: Alissa Faber
Hunt Middle School Community Garden	130 Gosse Court	05408	802-860-4986	Kathy Olwell
Integrated Arts Academy	6 Archibald St	05401	802-864-8475	Bonnie Acker
The Gardens at The Sustainability Academy	123 North Avenue	05401	802-864-8480	Anne Tewksbury-Frye

Data source: Vermont Community Garden Network  
 Name of data collector: Haley Bliss  
 Date of data collection: 8/16/13

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Table A.18. Community Supported Agriculture Programs

Name of Farm and CSA Program	Street Address for Pick up Site	Zip Code	Phone Number	Contact Person	Seasonality
Arethusa Farm	City Hall Park, 149 College St	05401	802-578-6429	Thomas Case	May-Oct (City Hall Park) Nov-March (Intervale Rd)
Blue Heron Farm	1 School St	05401	802-372-3420	Christine Bourque and Adam Farris	Jun-Oct
Full Moon Farm	1 Main St	05401	802-598-1986	David Zuckerman	Jun-Oct, Nov-March
Half Pint Farm	282 Intervale Rd	05401	802-316-6073	Mara and Spencer Welton	Jun-Oct
Intervale Community Farm	128 Intervale Rd	05401	802-658-2919	Andy Jones and Becky Maden	Jun-Oct
Jericho Settlers Farm	City Hall Park, 149 College St	05401	802-899-4000	Christa Alexander and Mark Fasching	Year round
Open Heart Farm	800 Pine St, 6 Archibald St	05401	802-881-8125	Josh May	Jun-Oct
Pete's Greens	105 Briggs St, 58 Bayview St, 12 Sebring Rd, 22 Grove St, 75 Henry St, 66 Ward St, 1398 North Ave	05401, 05408	802-886-2882	Pete Johnson and Sara Whitehair	Jun-Oct, Nov-Feb
Savage Gardens	111 Colchester Ave	05401	802-522-2826	Hugo and Amanda Gervais	May-Oct
Tamarack Hollow Farm	519 Ethan Allen Parkway	05408	802-535-9447	Mike Betit and Amanda Andrews	Jun-Nov
Valley Dream Farm LLC	400 Pine St	05401	802-644-6598	Anne and Joe Tisbert	Jun-Nov
New Farms for New Americans	50 Walnut St, 38 S Winooski Ave	05401	802-343-7007	Josie Weldon	Jul-Oct

Data source: NOFA-VT, Localharvest.org

Name of data collector: Haley Bliss

Date of data collection: 8/16/13

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Table.A.19. Commercial Agricultural Resources -Chittenden County

Farm Type	Number of Farms	Acreage	Market Value of Products Sold
All farms	591	83,382	\$33,662,000
Crop production	452	31,161	\$13,807,000
Oilseed, grain, dry bean and dry pea farming	12	*	\$397,000
Vegetables, melons, potatoes, and sweet potato farming	71	*	\$3,094,000
Fruit, berry and tree nut farming	56	*	\$1,764,000
Other crop farming	288	*	\$8,287,000
Cattle and calve farming	83	*	\$2,042,000
Milk and dairy product production	51	*	\$17,080,000
Hog and pig farming	10	*	\$44,000
Poultry and egg production	83	*	\$250,000
Sheep and goat farming and their products	39	*	\$94,000
Animal aquaculture	2	*	not available
Other animal production	42	*	not available

Data source: 2007 Census of Agriculture

Note. \* Acreage information not available for aggregate farm types

Table A.20. Food Manufacturing Establishments

<b>Manufacturing Type</b>	<b>Number of Establishments - Burlington</b>	<b>Number of Establishments - Chittenden County</b>
Animal slaughtering and processing (except poultry)	0	1
Beverage manufacturing	0	7
Breweries	1	4
Coffee and Tea manufacturing	0	1
Commercial bakeries	1	6
Confectionary manufacturing from purchased chocolate	1	3
Dairy product manufacturing	0	2
Ice cream and frozen dessert manufacturing	1	1
Ice cream and frozen dessert manufacturing	0	1
Mayonnaise, dressing, and other prepared sauce manufacturing	0	2
Perishable prepared food manufacturing	1	2
Perishable prepared food manufacturing	0	2
Poultry processing	0	1
Retail bakeries	1	3
Seasoning and dressing manufacturing	0	3
Spice and extract manufacturing	1	1
Wineries	0	2

Source: 2011 ZIP Code and County Business Patterns (US Census)

Name of data collector: Haley Bliss

Date of data collection: 8/19/13

Note: For the Burlington data, only data for ZIP Code 05401 were available

Table A.21. Food Wholesalers or Distributors for Chittenden County

Type of Distributor	Total Number - Chittenden County
Groceries and related products, all	19
Groceries, general line	12
Packaged frozen foods	3
Dairy products	1
Poultry and poultry products	1
Confectionary	1
Fish and seafood	1
Meat and meat products	0
Fresh fruits and vegetables	0

Data source: 2011 County Business Patterns (US Census)

Name of data collector: Haley Bliss

Date of data collection: 8/19/13

Note: Data for distributor size at the county level is not available

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Table A.22 Retail Availability

Type of Retailer	Name of Retailer	Seasonality	Parking Available	Size (square feet)	Hours
Candy, nut, and confectionary store	Candylicious	Year-Round	Yes	small store in mall	Mon - Sat 9:30 am - 9:00 pm Sun 10:00 am - 6:00 pm
Candy, nut, and confectionary store	Lake Champlain Chocolates: Factory Store and Café	Year-Round	Yes	25,110.00	Mon - Sat 9:00 am - 6:00 pm Sun 10:00 am - 5:00 pm
Candy, nut, and confectionary store	Lake Champlain Chocolates	Year-Round	No	Not available	Mon - Thu 10:00 am - 8:00 pm Fri + Sat 10:00 am - 9:00 pm Sun 11:00 am - 6:00 pm
Candy, nut, and confectionary store	Sweet Thing	Year-Round	No	2,253.00	Mon -Sun 10:00 am - 9:00 pm
Convenience, deli, and gas/grocery combination	Burlington Bay Market & Cafe	Year-Round	Yes	Not available	Mon - Sun 7:00 am - 9:00 pm
Convenience, deli, and gas/grocery combination	Champlain Farms 10	Year-Round	Yes	1,620.00	Mon - Thu 6:00 am - 11:00 pm Fri 6:00 am - 12:00 am Sat 7:00 am - 12:00 am Sun 7:00 am - 10:00 pm
Convenience, deli, and gas/grocery combination	Champlain Farms 40	Year-Round	Yes	1,920.00	24 hours /day
Convenience, deli, and gas/grocery combination	Champlain Farms 60	Year-Round	Yes	3,110.00	Mon - Thu 6:00 am - 11:00 pm Fri 6:00 am - 12:00 am Sat 7:00 am - 12:00 am Sun 7:00 am - 10:00pm



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Convenience, deli, and gas/grocery combination	Cobblestone Deli	Year-Round	Yes	814.00	Mon - Fri 8:00 am - 4:00 pm Sat 9:00 am - 4:00 pm Sun 11:00 am - 4:00 pm
Convenience, deli, and gas/grocery combination	Community Market	Year-Round	Yes	10,768	
Convenience, deli, and gas/grocery combination	Cumberland Farms 8018	Year-Round	Yes	4,446.00	24 hours / day
Convenience, deli, and gas/grocery combination	Cumberland Farms 8019	Year-Round	Yes	7,076.00	24 hours / day
Convenience, deli, and gas/grocery combination	Dot's Market	Year-Round	Yes	3,566.00	Mon - Fri 7:00 am - 8:30 pm Sat 7:30 am - 8:30 pm Sun 7:30 am - 7:30 pm
Convenience, deli, and gas/grocery combination	Simon's Downtown Quick Stop	Year-Round	Yes	1,640.00	Sun - Mon 6:00 am - 12:00 am
Convenience, deli, and gas/grocery combination	Riverside Beverages	Year-Round	Yes	2,400.00	Mon - Fri 4:40 am - 10:00 pm Sat - Sun 5:30 am - 10:00 pm
Convenience, deli, and gas/grocery combination	Four Corners of the Earth	Year-round	Yes	Not available	Mon-Thu 12:00 - 4:00 pm Fri 12:00 -10:00 pm Sat - Sun closed
Convenience, deli, and gas/grocery combination	Henry St Deli Mart	Year-round	No	3,696.00	Mon-Fri 7:00 am- 10:00 pm Sat- Sun 8:00 am - 10:00 pm
Convenience, deli, and gas/grocery combination	JR's Corner Store LLC	Year-round	No	3696 gross 1417 1st floor	Mon- Fri 6:00 am - 11:00 pm Sat- Sun 7:00 am- 11:00 pm
Convenience, deli, and gas/grocery combination	Kampus Kitchen	Year-round	Yes	2780 Gross 1054 1st floor	Mon- Fri 7:00 am -9:00 pm Sat- Sun 8:00 am- 9:00 pm

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Convenience, deli, and gas/grocery combination	Kerry's Kwik Stop	Year-round	Yes	14,976.00	Mon- Fri 7:00 am- 11:00 pm Sat 8:00 am- 11:00 pm Sun 8:00 am- 10:00 pm
Convenience, deli, and gas/grocery combination	Old North End Variety Store	Year-round	Yes	5,321.00	Mon - Sat 7:00 am - 12:00 am Sun 7:00 am- 11:00 pm
Convenience, deli, and gas/grocery combination	Pine Street Deli	Year-round	Yes	8,964.00	Mon -Fri 6:00 am - 9:00 pm Sat 7:00 am -9:00 pm Sun 8:00 am- 6:00 pm
Convenience, deli, and gas/grocery combination	Radio Deli and Grocery	Year-round	No	20,858.00	Mon- Fri 7:00 am - 10:00 pm Sat 10:00 am- 10:00 pm Sun 10:00 am- 8:00 pm
Convenience, deli, and gas/grocery combination	Rotary Mart 20	Year-round	Yes	3,046.00	Mon-Thus 6:00 am-11:00 pm Fri 6:00 am- 12:00 am Sat 7:00 am- 12:00 am Sun 7:00 am - 10:00 pm
Convenience, deli, and gas/grocery combination	Shopping Bag Inc	Year-round	No	3,972	Mon- Fri 11:00 am -8:30 pm Sat- Sun 12 pm- 8:30 pm
Convenience, deli, and gas/grocery combination	Simon's Store	Year-round	Yes	Gross 3132 1st floor 1566	Mon- Fri 6:00 am- 10:00 pm Sat 7:30 am- 10:00 pm Sun 8:00 am - 9:00 pm
Convenience, deli, and gas/grocery combination	Top of the Block	Year-round	No	52,635	Mon- Fri 8:00 am- 4:00 pm Sat- 8:00 am- 10:00pm
Convenience, deli, and gas/grocery combination	Waggys Store And Deli	Year-round	Yes	3530.00	Mon-Thurs 6:00 am -10:00 pm Friday-Saturday 6 am -11 pm Sunday 6 am - 10 pm
Convenience, deli, and gas/grocery combination	Willard St Market	Year-round	Yes	1203.00	Mon-Fri: 08:00am-11:00pm Sud 9:00am-10:00pm Sat 9:00 am- 11:00 pm

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Convenience, deli, and gas/grocery combination	Merola's Market	Year-round	Yes	4,180.00	Mon - Sun: 5:00 am - 10:00 pm
Convenience, deli, and gas/grocery combination	North Avenue Mobil Short Stop	Year-round	Yes	1,683.00	Mon - Sun 6:00 am-10:00 pm
Convenience, deli, and gas/grocery combination	Union Jacks	Year-round	Yes	Not available	Monday - Thurs 10:00 am - 8:00 pm Friday 10:00 am - 9:00 pm Saturday 11:00 am - 8:00 pm Sunday 11:00 am - 4:00 pm
Convenience, deli, and gas/grocery combination	Stacks Sandwiches	Year-round	Meter only	5,031.00	Mon - Sun 11:00 am - 9:00 pm
Convenience, deli, and gas/grocery combination	Handy's Lunch	Year-round	Meter only	2,830.75	Monday - Friday 6:30 am - 3:00 pm Sat 7:30 am - 1:00 pm Sun 8:30 am - 1:00 pm
Convenience, deli, and gas/grocery combination	Rooney's Café and Deli	Year-round	No	Not available	n/a
Farmers' Market	Burlington Farmers' Market	May-October (summer), November-April (winter)	Meter only	Not available	Sat 8:30 am - 2:00 pm (May-October) Every other Saturday 10:00 am - 2:00 pm (November - April)
Farmers' Market	Fletcher Allen Farmers' Market	May-October	Meter only	Not available	Thurs 2:30 pm -5:00 pm May - October
Farmers' Market	New North End Farmers' Market	May-September	Yes	Not available	Thurs 3:00 pm-6:30 pm May - September
Farmers' Market	Old North End Farmers' Market	June-October	Meter only	Not available	Tues 3:00 pm - 6:30 pm June - October

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Food Cooperative	City Market/Onion River Co-op	Year-round	Yes	31,397.00	Mon-Sun: 7:00 am-11:00 pm
Fresh food market (produce or meat/fish)	Ray's Seafood Market	Year-round	Yes	1,546.00	Mon - Sun 10:00 am - 8:00 pm
Fresh food market (produce or meat/fish)	Bessery's Quality Market	Year-round	Yes	1,983.00	Mon-Sat: 8:00 am-9:00 pm Sun 8:00 am - 8:00 pm
Retail bakery	Bruegger's Bagel Bakery	Year-Round	No	Not available	Mon-Fri 6:30 am – 7:00 pm Sat-Sun 7:00 am-7:00 pm
Retail bakery	Bagel Cafe	Year-Round	Yes	48,126.00	Mon-Sat 6:00 am-4:30 pm Sun 6:45 am-4:00 pm
Retail bakery	Myer's Bagel Bakery	Year-Round	Yes	11,880.00	Mon-Sun 4:00 am-4:00 pm
Retail bakery	Great Harvest Bread	Year-Round	Yes	Not available	Mon-Fri 7:00 am – 6:00 pm Sat 8:00 am-5:00 pm
Retail bakery	Panadero	Year-Round	Yes	5,040.00	Mon-Sun 7:30 am-2:00 pm
Retail bakery	August First Artisan Bread	Year-Round	Yes	Not available	Mon-Fri 7:30 am - 5:00 pm Sat 8:00 am -3:00 pm
Retail bakery	Mirabelles	Year-Round	Meter only	12,240.00	Mon-Fri 7:00 am - 5:00 pm Sat 8:00 am 5:00 pm Sun 8:00 am-2:30 pm
Retail bakery	Nunyuns Bakery & Café	Year-Round	No	5,220.00	Tue-Sat 7:00 am-3:00 pm Sun 7:00 am-2:00 pm
Retail bakery	Dunkin Donuts	Year-Round	Yes	Not available	Mon-Sun 5:00 am – 9:00 pm
Retail bakery	Dunkin Donuts	Year-Round	Meter only	43,974.80	Mon-Sun 5:00 am – 9:00 pm
Retail bakery	Dunkin Donuts	Year-Round	Yes	1,380.00	Mon-Sun 5:00 am – 9:00 pm
Retail bakery	My Little Cupcake	Year-Round	Meter only	17,666.40	Mon-Wed 11:00 am – 8:00 pm Thur 10:00 am – 8:00 pm Fri-Sat 10:00 am – 10:00 pm Sun 12:00–6:00 pm

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Retail Bakery	The Baker's Corner	Year-Round	No	2,991.00	No Regular Hours
Specialty/ethnic store	Himalayan Food Market	Year-Round	No	1,045.00	Mon-Fri 9:00 am -8:00 pm, Sat-Sun 10:00 am -8:00 pm
Specialty/ethnic store	Saratoga Olive Oil Co	Year-Round	No	1,454.00	Mon - Thu 11:00 am - 7:00 am, Fri - Sat 11:00 am - 8:00 pm, Sun 11:00 am - 5:00 pm
Specialty/ethnic store	Pearl St Beverage	Year-Round	Yes	6,420.00	Mon - Sat 10:00 am - 12:00 am, Sun 12:00 pm - 10:00 pm
Specialty/ethnic store	Brixton Halaal LLC	Year-Round	No	1,173.00	
Specialty/ethnic store	Mawuhi African Market	Year-Round	Yes	1,150.00	Mon - Sat 10:00 am - 9:00 pm
Specialty/ethnic store	Thai Phat Market	Year-Round	No	3380 *multiple stores in are	Mon - Sat 9:00 am - 9:00 pm, Sun 10:00 am - 8:00 pm
Specialty/ethnic store	Community Halal Store	Year-Round	No	1,665.00	
Specialty/ethnic store	99 Asian Market and Eatery	Year-Round	Yes	4,000.00	
Specialty/ethnic store	Burlington Beverage Center	Year-Round	Yes	3,176.00	
Specialty/ethnic store	Gourmet Food Exchange	Year-Round	No	1554 *multiple retail shops	
Specialty/ethnic store	Guild Fine Meats	Year-Round	Yes	1,080.00	Sun - Thu 8:30am - 7:00pm; Fri + Sat 8:30am - 8:00pm
Grocery store	J & M Groceries	Year-Round	No	4,474.00	Mon-Sun 8:00 am-9:30 pm
Supermarket	Hannaford	Year-Round	Yes	48,126.00	Mon - Sat 5:00 am - 11:00 pm, Sun 7:00 am - 11:00 pm

Note: Data were collected by the Research Methods class using the Burlington Assessor database and internet searches. 9/17/2013.

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Table A.23 Institutional Food Availability

Category	Definition
Healthy food focus	The institution is subject to healthy food guidelines, or has an obvious focus on providing healthy food to users.
Many healthy options	Really easy to eat healthy foods - roughly half of the menu consists of foods low in saturated fats and features a variety of fresh fruits/vegetables/whole grains
Some healthy options	Healthy foods are available but account for less than 50% of the menu
No healthy focus	Foods are high in fats and sugars, and few fresh options are available

Type of Institution	Name of Institution	Phone Number	How food is provided	Healthy food focus category
Pre-school/daycare	Under the Acorn Tree	802-860-1084	morning snack provided	Healthy food focus
After school program	Boys and Girls Club	802-864-5263	Snack and dinner provided	Healthy Food Focus
Health Care Center/Nursing Home	Burlington Health and Rehab Center	802-658-4200	Meals provided to patients and visitors	Healthy food focus
Health Care Center/Nursing Home	Kindred Transitional Care and Rehabilitation	802-863-6384	Meals provided to patients	Healthy food focus
Health Care Center/Nursing Home	Starr Farm Nursing Center	802-658-6717	Meals provided to patients and visitors	Healthy food focus
Health Care Center/Nursing Home	Hope Lodge-American Cancer Society	802-658-0649	Meals provided to patients and visitors free of cost	Healthy food focus
Health Care Center/Nursing Home	Ethan Allen Residence	802-658-1573	Meals provided to residents, guests at special events	Healthy Food focus
Health Care Center/Nursing Home	The Converse Home	802-862-0401	Meals and Snacks for residents	Healthy Food focus

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Health Care Center/Nursing Home	St. Joseph's Home, Roman Catholic Diocese	802-658-6110	Meals and Snacks for residents	Healthy Food focus
Pre-school/daycare	Franklin Square Community Center	(802) 651-4180	3 days per week, Lunch and Snack Provided	Healthy Food focus
Pre-school/daycare	Ira Allen School	(802) 864-8463	3 days per week, Lunch and Snack Provided	Healthy Food focus
Pre-school/daycare	Burlington Technical College Preschool	(802) 864-8422	3 days per week, Lunch and Snack provided	Healthy Food focus
Pre-school/daycare	YMCA Early Childhood Programs	802-660-9453 (Jen Severance), 802-652-8148 (Meg Edmunds), 802-338-9208 (Kathi Apgar)	Multiple programs	Healthy food focus
Pre-school/daycare	Playcare Center	802-864-3323	Snack Provided	Healthy food focus
Pre-school/daycare	Sunshine Daydream Child Care LLC	802-862-6908	Provides lunch, morning and afternoon snack, collaborates with HeadStart	Healthy food focus
Pre-school/daycare	Early Learning Preschool Center	802-862-4430	Snack Provided	Healthy food focus
Pre-school/daycare	UVM Campus Children's Center	802-656-4050	snack provided	Healthy food focus
Pre-school/daycare	Robin's Nest Children's Center	802-864-8191	Provides lunch, morning and afternoon snack, collaborates with HeadStart	Healthy food focus
Pre-school/daycare	Burlington Children's Space	802-658-1500	Lunch and Snack provided to preschool on-site	Healthy Food Focus
Pre-school/daycare	Gan Yeladim Preschool	802-859-9317	Only provides snack on Fridays	Healthy Food Focus
Pre-school/daycare	Trinity Children's Center	802-656-5010	Provides lunch, morning and afternoon snack, collaborates with HeadStart	Healthy food focus
Pre-school/daycare	Pine Forest Children's Center	802-651-9455	Provides lunch, morning and afternoon snack, collaborates with HeadStart	Healthy food focus
Pre-school/daycare	Heartworks School	802-985-2153	Snack Provided	Healthy food focus
Pre-school/daycare	Jillian's Childcare	802-343-1487	Morning snack and Lunch Provided	Healthy food focus

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Pre-school/daycare	Little Sprouts	802-881-3938	morning snack provided	Healthy Food Focus
Pre-school/daycare	Little Tuttle Home Care	802-999-3360	morning snack provided	Healthy food focus
Pre-school/daycare	H.O. Wheeler Preschool	(802) 864-8475	Provides lunch, morning and afternoon snack, collaborates with HeadStart	Healthy food focus
Pre-school/daycare	Nan Reid	802-660-0420	Morning snack provided	Healthy food focus
Pre-school/daycare	Bonnie Schmitt	802-658-4145	Morning snack provided	Healthy food focus
Pre-school/daycare	Step by Step Family Child Care	802-489-5236	Morning snack provided	Healthy food focus
Pre-school/daycare	Stepping Stones Children's Center, Inc	802-860-1915	Provides lunch, morning and afternoon snack, collaborates with HeadStart	Healthy Food focus
Pre-school/daycare	Trinity Children's Center	802-656-5026	Provides lunch, morning and afternoon snack, collaborates with HeadStart	Healthy food focus
Pre-school/daycare, after school program	King Street Center	802-862-6736	Preschool is HeadStart program, healthy snack is provided with after school program	Healthy food focus
Pre-school/daycare, after school program	Sara Holbrook Community Center	802-862-6342	Preschool is HeadStart program, after school program offers Dinner	Healthy food focus
School	Burlington High School	Doug Davis 802-864-8416	Breakfast, lunch, afterschool meal provided through Burlington School Food Project	Healthy food focus
School	Edmunds Middle School	802-864-8486	Breakfast, lunch, afterschool meal provided through Burlington School Food Project	Healthy food focus
School	Hunt Middle School	802-864-8469	Breakfast, lunch, afterschool meal provided through Burlington School Food Project	Healthy food focus
School	Sustainability Academy at Lawrence Barnes	802-864-8480	Breakfast, lunch, afterschool meal provided through Burlington School Food Project	Healthy food focus



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School	Champlain Elementary School	802-864-8477	Breakfast, lunch, afterschool meal provided through Burlington School Food Project	Healthy food focus
School	Edmunds Elementary School	802-864-8473	Breakfast, lunch, afterschool meal provided through Burlington School Food Project	Healthy food focus
School	Flynn Elementary School	802-864-8478	Breakfast, lunch, afterschool meal provided through Burlington School Food Project	Healthy food focus
School	Smith Elementary School	802-864-8479	Breakfast, lunch, afterschool meal provided through Burlington School Food Project	Healthy food focus
School	Integrated Arts Academy at H.O. Wheeler	802-864-8475	Breakfast, lunch, afterschool meal provided through Burlington School Food Project	Healthy food focus
School	Taft School: ONTOP Alternative Program	802-864-8496	Breakfast, lunch, afterschool meal provided through Burlington School Food Project	Healthy food focus
School	Christ the King School	802-862-6696	Breakfast and lunch provided through Abbey Group	Healthy food focus
School	ReSOURCE YouthBuild	802-658-4143x27	Breakfast and lunch served through Burlington School Food Project	Healthy food focus
Health Care Center/Nursing Home	Fletcher Allen Health Care	Diane Imrie, 802-847-3642	Meals provided to patients and visitors	Healthy food food
School	Rock Point School	802-863-1104	Breakfast, lunch and dinner provided	Many healthy options
University	Champlain College	802-860-2719	Dining halls and retail locations	Many healthy options
University	University of Vermont	802-656-4664	Retail locations and dining halls	Many healthy options

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Health Care Center/Nursing Home	McKenzie House	802-658-5000	Independent Living Facility	Meals not provided Institutionally
Health Care Center/Nursing Home	Fern Hill	802-658-6442	Independent Living Facility	Meals not provided Institutionally
Health Care Center/Nursing Home	Cathedral Square Corporation (Cathedral Square Senior Living, Cathedral Square Assisted Living, Ruggles House Shared Housing,	802-863-2224	Meals and Snacks for residents	Some healthy options
Pre-school/daycare	Francis Flowers Daycare	802-658-4729	Morning Snack is provided	Some Healthy Options
School	Howard Center: Baird School	802-488-6600	Breakfast and lunch provided	Some healthy options
School	Mater Christi School	802-658-3992	Lunch provided	Some healthy options

Data source: Internet searches and phone calls

Name of data collectors: Haley Bliss, Debbie Krug, Anna Schulz and Emily Stengel

Date of data collection: 8/26/13 and 9/17/2013

Notes: Daycares listed were those with STARS on the Department for Children and Families website and those found through google searches for Preschools in VT. Nursing homes were listed on the Vermont Department of Disabilities, Aging and Independent Living website and on ourparents.com

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Table A.24 Eating Out Availability

Category	Definition
Healthy food focus	The establishment has an obvious focus on providing healthy food to customers
Many healthy options	Really easy to eat healthy foods - roughly half of the menu consists of foods low in saturated fats and features a variety of fresh fruits/vegetables/whole grains
Some healthy options	Healthy foods are available but account for less than 50% of the menu
No healthy focus	Foods are high in fats and sugars, and few fresh options are available

Type of Institution	Name of Institution	Phone Number	How food is provided	Healthy food focus category
Coffee Shop	Eco Bean and Juice	802-497-2075	open all day	Healthy food and drink focus
Entertainment	ECHO Lake Aquarium and Science Center	802-864-1848	Sugarsnap Cafe provides food for museum visitors during open hours	Healthy food focus
Restaurant	New Moon	802-383-1505	Breakfast, lunch and dinner served	Healthy food focus
Restaurant	Revolution Kitchen	802-448-3657	Dinner served	Healthy food focus
Restaurant	A Single Pebble	802-865-5200	Lunch and dinner served	Many healthy options
Restaurant	Farah's Place	802-540-3093	Lunch and dinner served	Many healthy options
Restaurant	HJ House	802-881-0336	Lunch and dinner served	Many healthy options
Restaurant	Magnolia Bistro	802-846-7446	Breakfast and lunch served	Many healthy options
Restaurant	New World Tortilla	802-865-1058	Lunch and dinner served	Many healthy options
Restaurant	Red Onion Cafe	802-865-2563	Breakfast and lunch served	Many healthy options
Restaurant	Sherpa Kitchen	802-881-0550	Lunch and dinner served	Many healthy options
Restaurant	Sugarsnap at ECHO	802-861-2718	Lunch served	Many healthy options
Restaurant	Sugarsnap on Riverside	802-652-5922	Lunch served	Many healthy options
Restaurant	The Chubby Muffin	802-540-0050	Breakfast and lunch served	Many healthy options

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Restaurant	The Spot	802-540-1778	Breakfast, lunch, and dinner served	Many healthy options
Restaurant	Zabby and Elf's Stone Soup	802-862-7616	Breakfast, lunch, and dinner served	Many healthy options
Tea Room	Dobra Tea	802-951-2424	Light meals/baked goods served all day	Many healthy options
Coffee Shop	Starbucks	802- 651-9844	open all day	No Healthy Focus
Coffee Shop	Muddy Waters	(802) 658-0466	open all day	No Healthy Focus
Entertainment	Flynn Center for the Performing Arts	802-652-4500	Concessions sold at performances	No Healthy Focus
Entertainment	Merrill's Roxy Cinema	802-864-4742	Concessions sold at movies	No Healthy Focus
Ice Cream/Dessert Shop	Ben and Jerry's		open all day dessert foods	No Healthy Focus
Ice Cream/Dessert Shop	Orange Leaf	(802) 448-3772	open all day dessert foods	No Healthy Focus
Restaurant	Ahli Baba's Kabob Shop	802-862-5752	Lunch and dinner served	No healthy focus
Restaurant	Bamboo Hut	802-658-4148	Lunch and Dinner served	No healthy focus
Restaurant	Big Daddy's Pizza	802-863-0000	Lunch and dinner served	No healthy focus
Restaurant	Big Fattys Bbq	802-864-5513	Lunch and dinner served	No healthy focus
Restaurant	Blue Bird Barbecue	802-448-3070	Dinner served	No healthy focus
Restaurant	Bove's Restaurant	802-864-6651	Lunch and dinner served	No healthy focus
Restaurant	Caribbean Buffet	802-865-4514	Lunch and dinner served	No healthy focus
Restaurant	Das Bierhaus	802-881-0600	Lunch and dinner served	No healthy focus
Restaurant	Domino's Pizza (Colchester Ave)	802-658-3333	Lunch and dinner served	No healthy focus
Restaurant	Domino's Pizza (North Ave)	802-658-6558	Lunch and dinner served	No healthy focus
Restaurant	Hung Tao	802-540-2598	Lunch and dinner served	No healthy focus
Restaurant	Juniors Downtown	802-862-1234	Lunch and dinner served	No healthy focus
Restaurant	Ken's Pizza and Pub	802-862-3335	Lunch and dinner served	No healthy focus
Restaurant	Madera's Restaurante & Cantina	802-657-3377	Lunch and dinner served	No healthy focus
Restaurant	Mr Mike's	802-864-0072	Lunch and dinner served	No healthy focus

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Restaurant	Nectars	802-658-4771	Dinner served	No healthy focus
Restaurant	One Pepper Grill	802-658-8800	Dinner served	No healthy focus
Restaurant	Pacific Rim	802-651-3000	Lunch and dinner served	No healthy focus
Restaurant	Papa John's Pizza	802-652-5222	Lunch and dinner served	No healthy focus
Restaurant	Ri Ra The Irish Pub	802-860-9401	Lunch and dinner served	No healthy focus
Restaurant	Ruben James Restaurant	802-864-0744	Dinner served	No healthy focus
Restaurant	Scuffer Steak & Ale House	802-864-9451	Lunch and dinner served	No healthy focus
Restaurant	Shanty On The Shore	802-864-0238	Lunch and dinner served	No healthy focus
Restaurant	Sixty Battery at the Hilton	802-658-6500	Breakfast, lunch, and dinner served	No healthy focus
Restaurant	Smitty's Pub	802-862-4300	Lunch and dinner served	No healthy focus
Restaurant	T Ruggs Tavern	802-658-0456	Snacks only	No healthy focus
Restaurant	What Ale's You	802-862-1364	Snacks only	No healthy focus
Sports	Vermont Lake Monsters	802-655-4200	Concessions sold at games	No healthy focus
Sports	Gutterson Field House	802-656-3131	Concessions sold at games	No healthy focus
Restaurant	Akes Place	802-864-8111		No healthy focus - mainly alcohol
Restaurant	Esox	802-862-7314		No healthy focus - mainly alcohol
Restaurant	Finnigan's	802-864-8209	Bar snacks	No healthy focus - mainly alcohol and bar snacks served.
Restaurant	Red Square Bar & Grill	802-859-8909	Dinner served	No healthy focus - mainly alcohol.
Restaurant	Olde Northender Pub	802-864-9888	Bar snacks	No healthy focus - mainly alcohol. Bar snacks served.
Restaurant	Other Place	802-863-5803	Mainly alcohol	No healthy focus - mainly alcohol. Bar snacks served.
Restaurant	J P's Pub Inc	802-658-6389		No healthy focus - mainly alcohol. Only bar snacks served.
Coffee Shop	Radio Bean Coffeehouse	802) 660-9346	open all day	No Healthy Focus, beverages
Coffee Shop	Speeder & Earl's Coffee	802- 651-9844	open all day	No healthy food focus, Coffee and Tea Only
Coffee Shop	Magliano Café	802.861.3155	open all day	No healthy food focus, Coffee and

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				Tea Only
Coffee Shop	Uncommon Grounds	802.865.6227	open all day	Some healthy options
Ice Cream/Dessert Shop	SoYo	(802) 540-0851	open all day dessert foods	Some healthy options
Restaurant	China Express	802-865-2155	Lunch and dinner served	Some healthy options
Restaurant	!Duino! (Duende)	802-660-9346	Lunch and dinner served	Some healthy options
Restaurant	ArtsRiot		Lunch and dinner served	Some healthy options
Restaurant	American Flatbread Burlington	802-861-2999	Lunch and dinner served	Some healthy options
Restaurant	Anatolian	802-448-0748	Lunch and dinner served	Some healthy options
Restaurant	Asiana House	802-651-0818	Lunch and dinner served	Some healthy options
Restaurant	Asiana Noodle Shop	802-862-8828	Lunch and dinner served	Some healthy options
Restaurant	Bite Me Pizza	802-540-0707	Dinner served	Some healthy options
Restaurant	Blue Bird Tavern	802-540-1786	Dinner served	Some healthy options
Restaurant	Blue Cat CafŽ & Wine Bar	802-363-3639	Dinner served	Some healthy options
Restaurant	Boloco	802-658-9771	Lunch and dinner served	Some healthy options
Restaurant	Breakwaters Cafe	802-658-6276	Lunch and dinner served	Some healthy options
Restaurant	Bueno Y Sano	802-864-9900	Lunch and dinner served	Some healthy options
Restaurant	China Express 2	802-865-4888	Dinner served	Some healthy options
Restaurant	Church and Main	802-540-3040	Dinner served	Some healthy options
Restaurant	Church St Tavern	802-658-1309	Lunch and dinner served	Some healthy options
Restaurant	Daily Planet	802-862-9647	Dinner served	Some healthy options
Restaurant	EB StrongŃs Prime Steakhouse	802-497-1214	Dinner served	Some healthy options
Restaurant	El Cortijo Taqueria & Cantina	802-497-1668	Lunch, dinner, and weekend brunch served	Some healthy options
Restaurant	El Gato Cantina	802-540-3095	Lunch and dinner served	Some healthy options
Restaurant	Farmhouse Tap and Grill	802-859-0888	Lunch and dinner served	Some healthy options
Restaurant	Fu Da Chinese Restaurant	802-864-3883	Lunch and dinner served	Some healthy options
Restaurant	Guild Fine Meats	802-497-1645	Dinner served	Some healthy options
Restaurant	Halvorson's Upstreet Cafe	802-658-0278	Lunch and dinner served	Some healthy options

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Restaurant	Henry's Diner	802-862-9010	Breakfast and lunch served	Some healthy options
Restaurant	Ice House Restaurant & Bar	802-864-1800	Lunch and dinner served	Some healthy options
Restaurant	India House Restaurant	802-862-7800	Lunch and dinner served	Some healthy options
Restaurant	Juniper	802-651-5027	Breakfast and dinner served	Some healthy options
Restaurant	L'Amante	802-863-5200	Dinner served	Some healthy options
Restaurant	Leonardo's Pizza	802-862-7700	Lunch and dinner served	Some healthy options
Restaurant	Leunig's Bistro	802-863-3759	Lunch, dinner, and weekend brunch served	Some healthy options
Restaurant	Manhattan Pizza & Pub	802-658-6776	Lunch and dinner served	Some healthy options
Restaurant	M-Saigon	802-865-8383	Lunch and dinner served	Some healthy options
Restaurant	Penny Cluse Cafe	802-651-8834	Breakfast and lunch served	Some healthy options
Restaurant	Pho Hong	802-865-8031	Lunch and dinner served	Some healthy options
Restaurant	Pistou	802-540-1783	Dinner served	Some healthy options
Restaurant	Pizzeria Verita	802-489-5644	Dinner served	Some healthy options
Restaurant	San Sai Japanese Restaurant	802-862-2777	Lunch and dinner served	Some healthy options
Restaurant	Shalimar Of India	802-864-5693	Lunch and dinner served	Some healthy options
Restaurant	Skinny Pancake	802-540-0188	Breakfast, lunch, and dinner served	Some healthy options
Restaurant	Sofia's Pizzeria	802-865-2888	Lunch and dinner served	Some healthy options
Restaurant	Splash at the Boathouse	802-658-2244	Lunch and dinner served	Some healthy options
Restaurant	Sweetwaters	802-864-9800	Lunch and dinner served	Some healthy options
Restaurant	Trattoria Delia	802-864-5253	Dinner served	Some healthy options
Restaurant	Vermont Pub & Brewery	802-865-0500	Lunch and dinner served	Some healthy options
Sports	Leddy Park Arena	802-865-7558	Concessions sold hockey games, vending machines also available	Some healthy options
Restaurant	Bluebird Tavern	802-540-1786	Lunch and dinner served	Some healthy options, local food focus

Note. Restaurants data are from the Nielson Business Point data and was updated using urbanspon.com and internet searches.