

# Davis County

## Food Environment Assessment

# 2023



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# Acknowledgments

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To access an electronic copy of the assessment, visit:

<https://tinyurl.com/davisfoodenvironmentassessment>

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# Executive Summary

The Davis Food Environment Workgroup, composed of community partners working on food access in Davis County, Utah, created this assessment of the county's food environment to update and expand upon the 2017 assessment. The 2023 Davis County Food Environment Assessment defines the **food environment** as the interaction between people and food systems, factors that work together to create the environment where food is produced, processed, distributed, prepared, and consumed.

The main purposes of this assessment are to:

1. Incorporate a researched framework for understanding the food environment
2. Focus on specific components of the food environment to identify current strengths and areas for improvement
3. Describe the COVID-19 pandemic's impact on the food environment
4. Include partner and community member input
5. Provide up-to-date resources and recommendations for improving the food environment

The food environment in Davis County has many strengths. Many nutrient-dense food options as well as nutrition and breastfeeding programs exist across the county. Many grocery stores accept major federal nutrition assistance program benefits that are near public transportation services. The county's population experiences less food insecurity than the State and Nation, and food pantries are striving to meet food assistance needs. Utah Transit Authority programs, such as South Davis On Demand rideshare service and Travel Training education, are making public transit a more practical option to access food.

There are also many areas for improving the county's food environment. Limited options exist to obtain nutrient-dense foods from school gardens, community gardens, and farmers markets. Further, only one farmers market accepts food nutrition assistance benefits for those with lower incomes. There are also public transportation services gaps for schools and organizations that provide food and housing resources in the eastern and western parts of the county. There is a high density of fast and convenience foods compared to supermarkets, and markets have a fewer variety of culturally diverse food in the southern part of the county than the northern end. People who experience food insecurity are often ineligible for federal nutrition assistance programs due to making income above federal poverty thresholds. Certain populations have unique food assistance needs, such as refugee populations whose benefits end once case management ends. In addition, there is uneven distribution of food pantries locations with limited hours of operation in the north.

The pandemic introduced helpful food assistance benefits but also disrupted food production, processing, and distribution. Consequent inflation, combined with the end of temporary food assistance, has affected food affordability. Major nutrition assistance programs have increased benefit amounts to provide support for these challenges.

Based on these findings, some of the main recommendations from the Workgroup include:

1. **Find ways to ensure decisions that impact food systems include input from the community,** including groups who are typically harder to reach.
2. **Promote community supported agriculture (CSA) programs** through social media campaigns, event outreaches, and other identified methods.
3. **Monitor local land use and farming data trends** (U.S. Agricultural Census).
4. **Increase the amount of community and school gardens.**
5. **Increase the amount of stores offering a greater variety of culturally diverse foods** across the county, especially in the southern part of the county.
6. **Identify ways to monitor trends in use of technology** for food shopping and delivery.
7. **Invest in public transportation, biking, and walking facilities** with a special focus on the west and east parts of the county. Increase safety of streets for people with disabilities.
8. **Identify ways to sustain farmers markets** across the county, and promote markets' acceptance of food assistance program benefits.
9. **Diversify food options to reflect cultural and demographic preferences at the Davis County Correctional Facility, and work to provide nutrient-dense food options for the Inmate Commissary Program.**
10. **Continue to support and promote food waste and recovery programs.**
11. **Support Utah State University Create Better Health (SNAP-Ed) classes** through promotion and holding classes at community locations where historically socially and economically underserved groups can be reached.
12. **Improve partner coordination of resources and services** that promote nutrient-dense food options and food assistance program enrollment for eligible community members.
13. **Improve community knowledge and use of resources and services** that promote nutrient-dense food options and food assistance programs.
14. **Identify ways to help people who do not qualify for major federal nutrition assistance programs.**
15. **Support the addition of a food pantry serving the northern end of the county** accessible by public transportation.

# Introduction

The Davis Food Environment Workgroup (hereafter referred to as the Workgroup) is a group of community partners in Davis County, Utah who seek to improve food access in Davis County by:

- Assessing community needs
- Building partnerships
- Eliminating barriers to nutritious, affordable, and culturally-appropriate food, especially for the underserved
- Promoting and implementing best practices
- Supporting a safe, healthy food supply

The group envisions a place where all Davis County residents' needs and desires are at the heart of food systems and policies, who have access to and use of healthy, affordable, and culturally-appropriate food for every meal.

In 2017, the Workgroup conducted its first assessment to learn more about the food environment in Davis County, including food assistance availability and input from partners on the strengths, weaknesses, threats and opportunities that exist. The Workgroup temporarily stopped meeting during the height of the COVID-19 pandemic, but began to meet again at the end of 2021. Recognizing the potential impact of the pandemic on the food environment, the Workgroup decided to conduct an updated assessment.

The objectives of the 2023 Assessment are to:

1. Incorporate a research-based framework for understanding the food environment in Davis County
2. Focus on the natural, built, and programmatic (food assistance/nutrition education) components of the food environment in the county to identify current gaps and needs, including differences in opportunity among groups and locations within the county
3. Explore the unique impact of the COVID-19 pandemic on the food environment

4. Gather and present the voice of the community, including those experiencing social and economic inequities
5. Provide up-to-date resources and recommendations for improving the food environment

The report is divided into five sections:

- Davis County Area and Demographics
- Food Environment Framework
- Current Conditions
- Community Voice
- Workgroup Recommendations to Improve Food Environment

Key definitions used throughout the assessment are provided on the following page. New resources are included in the Appendix.

The figures, tables, and maps included in the assessment provide insight into where Davis County stands when compared to Utah and U.S. The maps help identify inequities in Davis County. Sources without an electronic link were collected via email, phone, or in-person conversations.

There are a few limitations to this assessment, including:

1. Although efforts were made to create a comprehensive list of retailers, some may have been missed.
2. Some data may have been updated since it was collected for this assessment.
3. Assessment content may be biased by Workgroup members' experiences and perspectives
4. The Workgroup found it difficult to map the entire food system, including less nutrient-dense food options.
5. Only food assistance distribution numbers that could be collected were included, which may not accurately reflect the magnitude of food assistance provided in Davis County during the pandemic.



# Definitions

## Food Environment:

The interaction between people and food systems.

## Food System:

Factors that work together to create the environment where food is produced, processed, distributed, prepared, and consumed.

## Nutrient-Dense Food:

Foods that are rich in vitamins, minerals, and other nutrients without excess amounts of saturated fats, added sugars, sodium, or calories (USU Extension, n.d.; [NCI](#), n.d.).

## Culturally Preferred Foods:

Safe and nutritious foods that meet the diverse tastes and needs of the community based on their cultural identity.

## Accessibility:

Making information, technology, services, resources, and environments so all people, including people with disabilities, can fully and independently use them.

## Community:

Includes any group of people who identify with each other in any way, including, but not limited to where they live; their values, practices, and beliefs; or common goals.

## Inequities:

An uneven distribution of resources, which include barriers that limit people's access to services and opportunities ([DCHD](#), 2023).

## Underserved Groups:

People who face economic, cultural, or language barriers and limited access to services and resources because of existing systems and/or lack of infrastructure.

## Underrepresented Groups:

Communities in a population whose representation is disproportionately low relative to their numbers in the general population. These groups have historically been marginalized, left behind by public systems, and are not usually reflected in positions of power.

## Evidence-Based:

Programs that have strong evidence demonstrating they are effective in achieving intended outcomes

**Note:** "n.d." indicates a source used in this assessment does not have a specific date.

# Section 1: Davis County Area and Demographics

Food environments are created and shaped by certain conditions in which they exist, such as:

- Physical landscapes
- Climates
- Political decision-making processes
- Transportation systems
- Demographics, including population growth

Each of these impacts accessibility, availability, and adequacy of food within a community or region ([National Collaborating Centre for Environmental Health](#), 2015). This section provides a snapshot of each factor and its connection to the food environment.

## Geography

The geographic features of an area, such as mountains and bodies of water, affect the food environment by determining whether crops can be grown, where people are able to live relative to food sources, and how transportation systems for getting people to food sources and food transport are established.

Davis County is the smallest county in Utah by total land area with 304 square miles of land and 329 square miles of water (Davis Chamber of Commerce, 2022, as cited in the [Davis4Health Community Health Assessment](#), 2023), but is home to the third largest population in the State. Its main geographical features include the Wasatch Mountains to the east and the Great Salt Lake to the west, including Antelope Island, the largest island on the lake ([Utah Department of Cultural & Community Engagement](#), 2020). **Figure 1** on the next page maps the county's physical landscape.

## Climate

An important contributor to Davis County's food environment is its climate, which is classified as semi-arid, meaning the county experiences hot summers and cold winters with the possibility of

drastic day to night temperature swings (Davis Chamber, 2022, as cited in the [2023 Davis4Health CHA](#)). It experiences 226 sunny days per year with an average growing season of five and a half months, one of the longest in Utah ([BestPlaces](#), n.d.; [USU Extension](#), 2019).

Davis County experienced severe or extreme drought conditions three years since 2018; 2021 was the driest year on record ([NIDIS](#), 2022).

Drought can:

- Lead to crop failure and pasture loss
- Expand the distribution and incidence of pests and diseases
- Decline the surface and groundwater supplies, affecting water availability and increasing costs to access water for crop or forage irrigation and watering livestock ([National Drought Mitigation Center](#), n.d.).

Record snowfall in the 2022 to 2023 winter season helped improve the county's drought conditions ([National Drought Mitigation Center](#), n.d.).

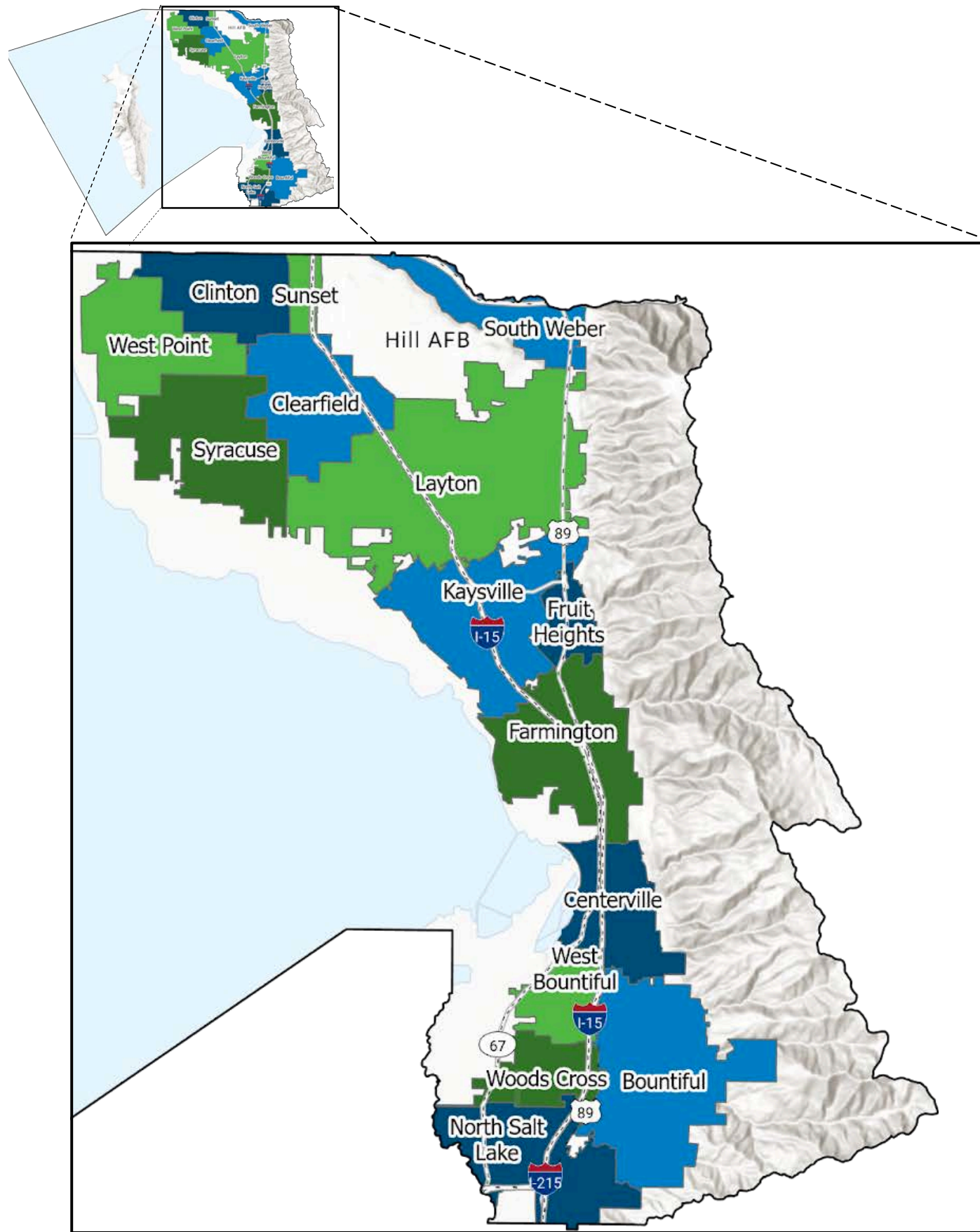
## Government

Policies by local decision-makers can either support or hinder efforts to create an environment where nutrient-dense food can be obtained. For example, the way county and city officials designate land use affects whether sustainable food options can be grown or sold ([UT HPI](#), n.d.).

The county's government center is located in Farmington City. A three-member board of commissioners is the county's governing body. They are responsible for all county services and operations, and oversee the county budget.

Seven other county officials are also elected every four years. Davis County contains 15 incorporated cities (**Figure 1**), each with a mayor and city council ([Davis County](#), n.d.).

Figure 1: Davis County Landscape and City Boundaries



Davis County Council of Governments (COG) includes all of the Commissioners and mayors in the county; Hill Air Force Base (Hill AFB) Commander; a Davis County School Board member; and a Chamber of Commerce member. They meet monthly to discuss current and future issues and plans for the community, including transportation fund allocations for the county ([Davis County](#), n.d.).

## Transportation

The ability to effectively transport food to people, and likewise, for people to get to food sources, is an important part of the food environment. For example, transporting food requires proper safety procedures to avoid food contamination ([Safety Culture](#), 2023). In addition, residents are at risk for food insecurity in neighborhoods where transportation options are limited, the travel distance to stores is greater, and there are fewer supermarkets. Lack of access to public transportation or a personal vehicle limits access to food ([Healthy People 2030](#), n.d.).

Auto, train, bus, and trail options are available in Davis County. Traveling by car continues to be the most commonly used form of transportation. Interstate 15 (I-15) is a key feature in the county. It runs north to south, connecting Ogden to Salt Lake City, and divides the county in half. Major east to west routes are limited due to the county being bound by the Great Salt Lake and Wasatch mountains. Other north to south routes include US-89, a smaller highway that was widened and converted into a freeway and parallels I-15 to the east for the length of Davis County, and Legacy Parkway (UT-67), which runs nearly parallel to the west from Farmington towards Salt Lake City. The West Davis Highway is under construction from Farmington City north to West Point City.

Utah Transit Authority (UTA) is responsible for providing public transportation services along the Wasatch Front. The FrontRunner provides commuter rail service from Ogden to Provo and follows the I-15 corridor through Davis County. It has four stops in Davis County: at Clearfield, Layton,

Farmington, and Woods Cross cities. As of August 2023, nine bus routes also serve the county on varied schedules ([UTA](#)), with a total of 631 bus stops ([UTA](#)). The Paratransit Service ADA Program also transports those with physical, cognitive, or visual disabilities who are unable to independently use the UTA fixed route bus service ([UTA](#), n.d.).

Some public transportation gaps in service exist, including a lack of bus stops near schools in the eastern and western parts of the county ([USBE](#), 2023; [UTA](#), 2023) and near organizations that provide food and/or housing resources, such as the Layton Open Doors facility along SR-193.

In 2022, UTA rolled out UTA On Demand in South Davis County, which offers ride-share services at a low fare in South Davis County, including to food destinations (**Figure 2**). Trips must start and end within the designated service area; corner-to-corner service allows riders to be picked up and dropped off close to their destinations ([UTA](#), 2022).

Some transportation barriers within the county include:

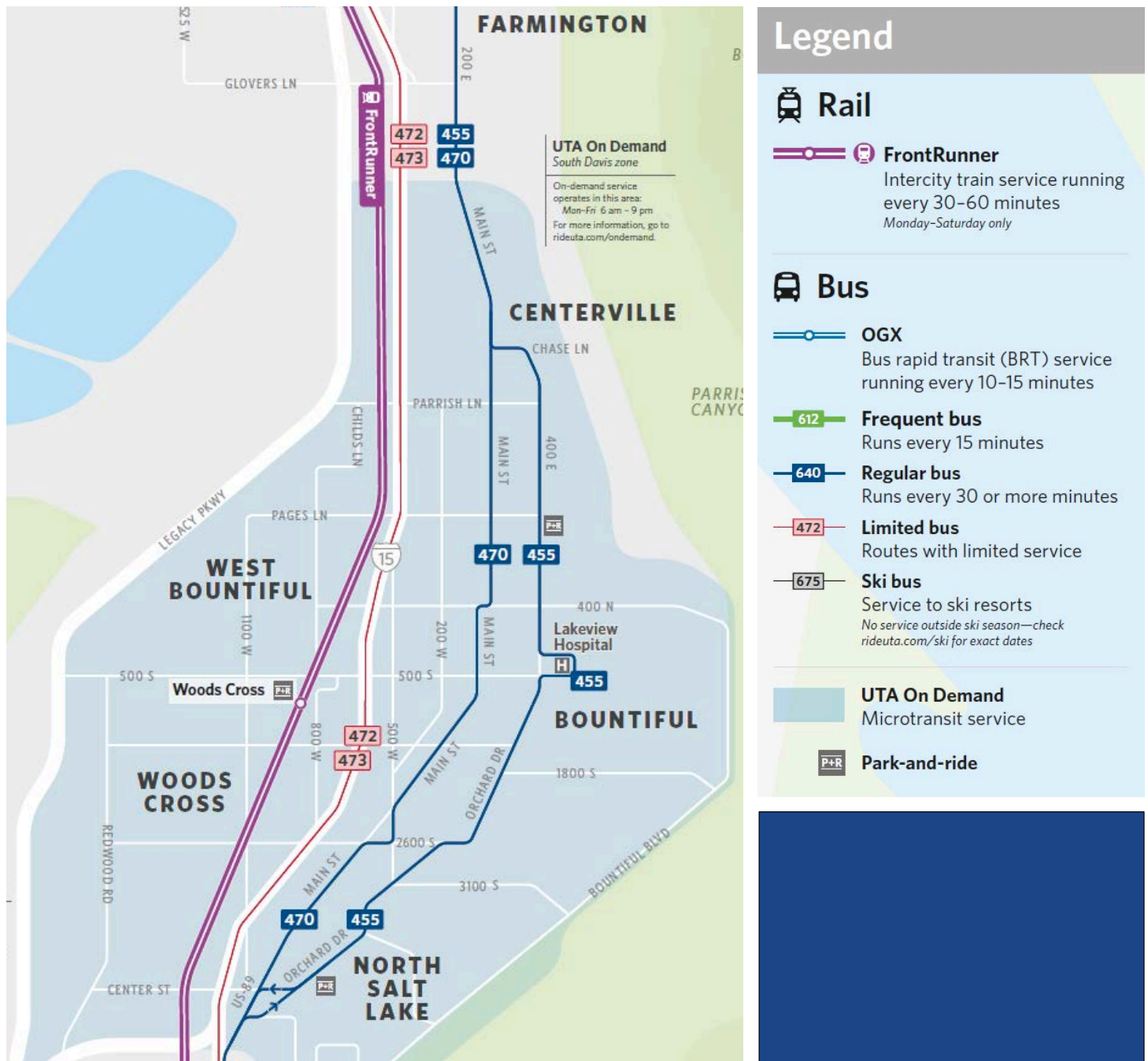
- Limited bike or pedestrian paths across freeways, highways, overpasses, and rail lines to access desired destinations
- Difficulty accessing public transportation on foot or by bike
- Lack of signage to direct people to trail systems, transit, and other destinations

## Population Demographics

The demographic profile of a location provides insight on population growth trends that affect demand on food resources. Population density can determine where demand for food options exists. Demographics also provide estimates of cultural trends and may indicate food preferences of an area. Income levels are used to qualify for certain nutrition assistance programs. Last, populations experience barriers that can affect their ability to get nutrient-dense foods, such as accessibility challenges and lack of accommodations for diverse languages spoken.



Figure 2: UTA On Demand South Davis Zone



Source: [UTA](http://UTA), 2023

**Table 1** summarizes select Davis County population characteristics. Many groups included in the table experienced higher rates of food insecurity than the general population, addressed on page 27.

In 2020, the population of Davis County was 362,679, which has grown 18.3% since 2010 ([U.S. Census](http://U.S. Census), 2020). It is anticipated to grow an additional 13% by 2030. By 2050, the county is

expected to grow to 529,710 people and remain the third largest in the State.

Population growth is an important driver of increased food demand, and its impact is amplified by changes in the types and quantities of food demanded per person. Globally, as per capita income has increased, diets have changed to include both more calories and more varied and expensive foods ([United Nations](http://United Nations), 2021).

Table 1: Select Population Characteristics, Davis County

Characteristic	Measure	Value
<b>Population Size &amp; Density</b>	Population Size	362,679
	Population Density	1,212.7 per Square Mile
<b>Age</b>	Median Age	31.6 Years
	Population Under Age 18	31.1%
	Population Aged 60+	15.0%
<b>Sex</b>	Males	50.5%
	Females	49.5%
<b>Race &amp; Ethnicity</b>	American Indian/Alaska Native, Non-Hispanic	1.3%
	Asian/Asian American, Non-Hispanic	3.4%
	Black/African American, Non-Hispanic	1.8%
	Native Hawaiian/Pacific Islander, Non-Hispanic	1.5%
	White, Non-Hispanic	84.3%
	Another Race	1.0%
	Hispanic/Latino (Any Race)	10.8%
<b>Language</b>	Speak Language Other Than English at Home (Ages 5+)	9.5%
<b>Single-Parent Households</b>	Children Living in Single-Parent Households	13.0%
<b>Income and Poverty Status</b>	Median Household Income	\$92,300
	Persons Living Below Poverty Level	5.5%
	Child Living Below Poverty Level	7.0%
<b>Foreign Born Residents</b>	Residents Who Are Foreign Born	5.3%
<b>Military Status</b>	Active Military Personnel	5,014
	Veterans	7.6%
<b>Disability Status</b>	People Living with a Cognitive Disability*	4.0%
	People Living with a Hearing Disability	2.9%
	People Living with an Independent Living Disability**	3.4%
	People Living with a Mobility Disability	3.9%
	People Living with a Visual Disability	1.5%
<b>Incarceration</b>	Average Daily Population of Davis County Jail	800

Data: [U.S. Census](#), 2020; [U.S. Census](#), 2020; [U.S. Census](#), 2020; [IBIS](#), 2021; [IBIS](#), 2020; BRFSS, 2019-2021; [SHARP](#), 2021; [U.S. Census](#), 2020; [U.S. Census](#), 2020; [CHR&R](#), 2022; [CHR&R](#), 2020; [U.S. Census](#), 2017-2021; [U.S. Census](#), 2016-2020; [HAFB](#), 2021; [U.S. Census](#), 2016-2020; [U.S. Census](#), 2016-2020; [Davis County Sheriff's Office](#), n.d. Note: Race categories are non-Hispanic/Latino and includes people who identify with one race alone or in combination with another race; the Hispanic/Latino category can be of any race. \*Defined as difficulty remembering, concentrating, or making decisions \*\*Defined as difficulty doing things alone such as grocery shopping

## Section 2: Food Environment Framework

This assessment builds upon the 2017 assessment by anchoring to a research-based framework to understand the food environment in Davis County. The framework chosen for this assessment comes from a 2020 article published in the academic journal *Foods* ([Downs et al., 2020](#)).

### Rationale

This framework was chosen for the 2023 assessment for the following reasons:

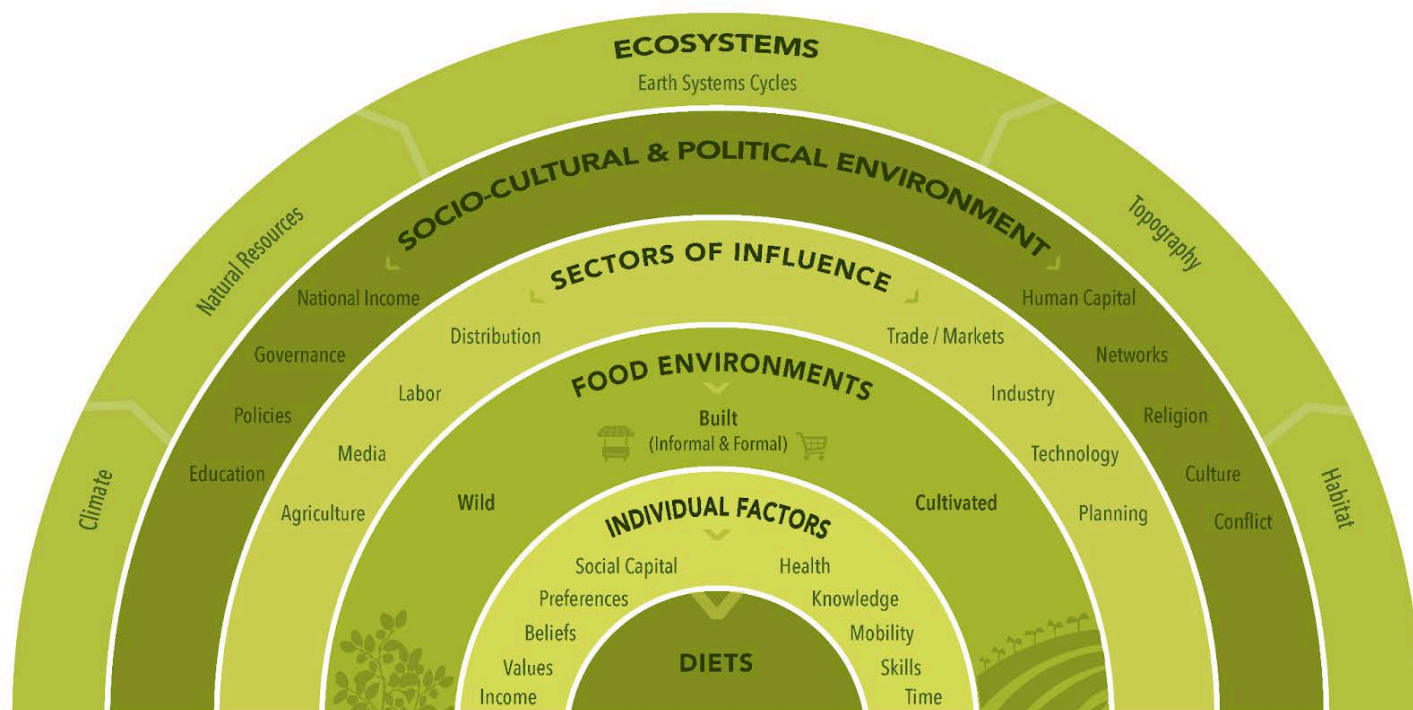
1. It builds on existing definitions of the food environment to create a more comprehensive definition.
2. It provides a clear description of food environment types that consumers have access to and key aspects of the food environment.
3. It focuses on systems using a well-studied model to depict how the food environment fits in the overall food system.

### Framework Description

The framework uses the socio-ecological model (SEM) to visualize how the food environment fits within the broader food system (**Figure 3**). SEM recognizes the complex interaction between individual, relationship, community, and societal factors; factors at each level of the model influence factors at other levels ([CDC, n.d.](#)).

The levels closest to diets (individual factors and food environments) include the structures and processes that individuals directly interact with in their immediate surroundings. The outer layers (sectors of influence, socio-cultural and political environment, and ecosystems) are more distant, overarching factors that affect food environments, individual factors, and diets.

**Figure 3: Food Environment Framework**

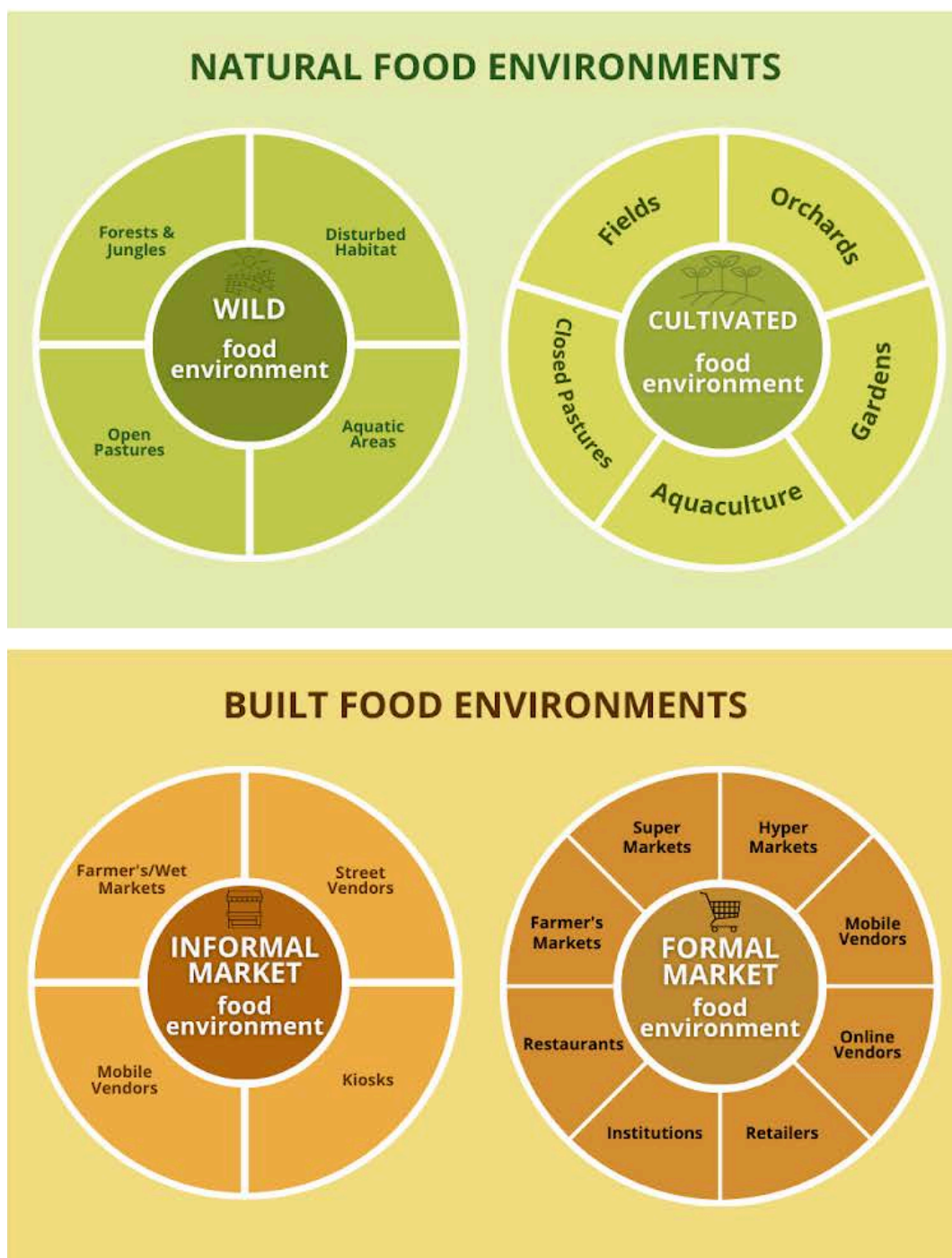


## Food Environment Types

The framework organizes the food environment into two main categories: **natural** and **built environments**. These both refer to the physical landscape. Natural food environments include wild (uncultivated) and cultivated settings, while built food environments include informal and formal

markets. Informal markets are those that are often not regulated through formal governance structures, whereas formal market environments are regulated through governance structures where sellers can publicly advertise their locations and prices. **Figure 4** provides examples of each food environment type.

**Figure 4: Food Environment Types and Examples**





This assessment includes an additional category to describe the food environment, the **programmatic food environment**, which focuses on the programs and services that help those needing food assistance. The importance of technology in obtaining food, especially since the pandemic, is also highlighted.

## Food Environment Characteristics

The framework outlines the following key aspects of the food environment:

- **Affordability:** the prices of food items relative to other foods or to a defined income standard
- **Availability:** whether a food item is present within a given physical range; this assessment also includes online availability to account for its increasing importance
- **Convenience:** the time cost of obtaining, preparing, and consuming a food item
- **Promotion:** how a food item is presented, marketed, promoted, and labeled
- **Quality:** food characteristics, such as freshness, nutrients, and safety
- **Sustainability properties:** the environmental and social impact connected to a food item

Each of these key characteristics is mentioned in the assessment. Some, including availability, affordability, and convenience, are more comprehensively addressed due to having more accessible data. Future assessments could consider adding more information about promotion and sustainability properties for a more thorough representation of characteristics.

## Section 3: Current Conditions

A new respiratory disease known as coronavirus disease 2019 (COVID-19) quickly spread throughout the globe in late 2019, resulting in a worldwide pandemic from 2020 to 2023 (CDC, 2023). While the public health emergency status of COVID-19 has ended, it has had a lasting impact on the food environment. This section highlights some of these effects. COVID-19 is also mentioned in other sections of the document when related.

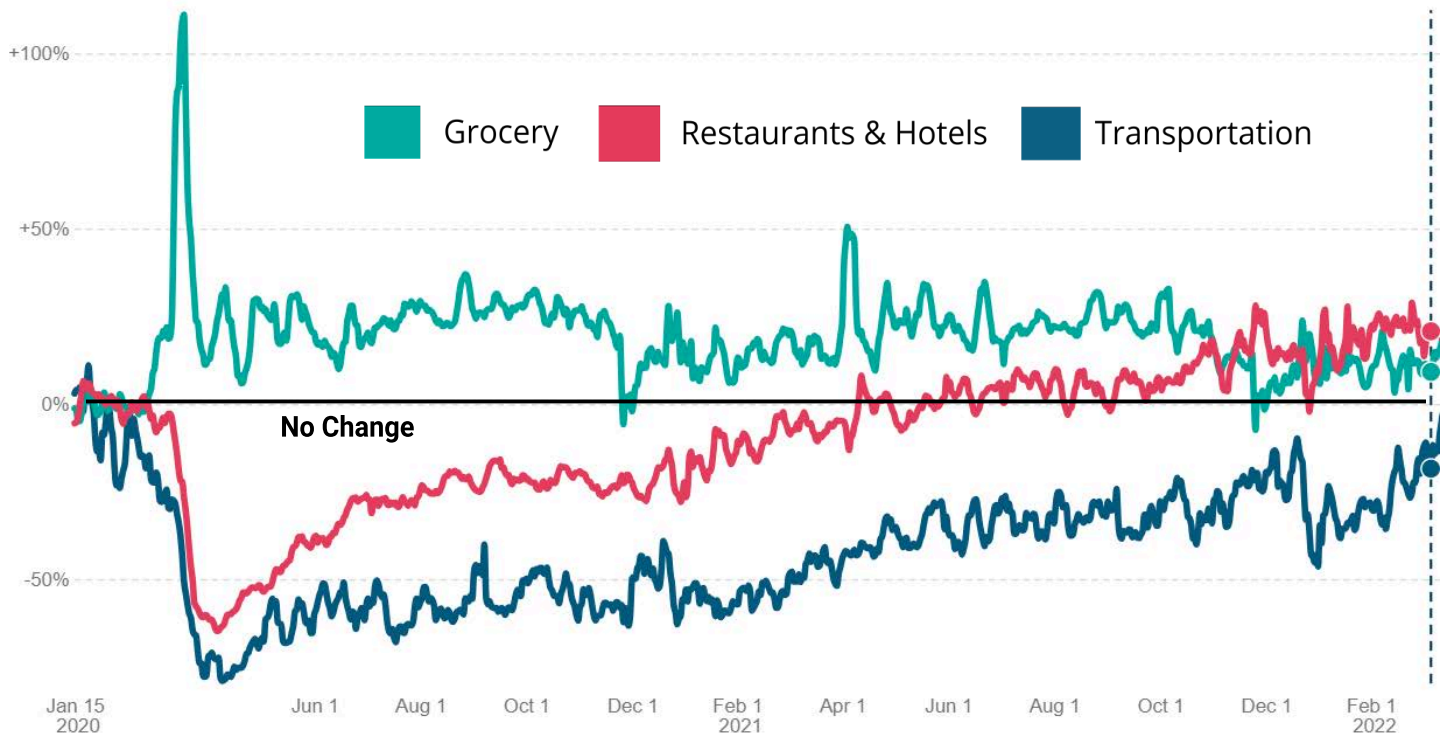
### COVID-19 Impact on Food Systems

The COVID-19 pandemic impacted food systems in many ways. U.S. food supply chains are efficient and employ “just-in-time” systems where retailers track customer behavior over time and only order what is needed. As states and counties issued

stay-at-home orders or encouraged consumers to stay at home to limit the spread of COVID-19 amid school, workplace, and restaurant closures, Americans turned to grocery stores for food needs. The spike in retail grocery purchases, along with COVID-19 outbreaks that caused food production facilities to shut down or limit production capacity, shocked the food system, and created shortages. This in turn led to increased food prices (USU Extension, 2020).

Figure 5 compares changes in total consumer spending in Utah, which includes credit and debit purchases, in three categories: grocery; restaurants and hotels; and transportation. Spending is shown from January 15, 2020, when the first U.S. COVID-19 case occurred, to March 6, 2022, two years after Utah declared a state of emergency. Near the beginning of the pandemic,

**Figure 5: Percent Change in All Consumer Spending in Utah\*, January 15, 2020 to March 6, 2022**



\*Change in average consumer credit and debit card spending, indexed to January 4-31, 2020 and seasonally adjusted. The dashed segment of the line is provisional data, which may be subject to non-negligible revisions as newer data is posted. This series is based on data from Affinity Solutions.

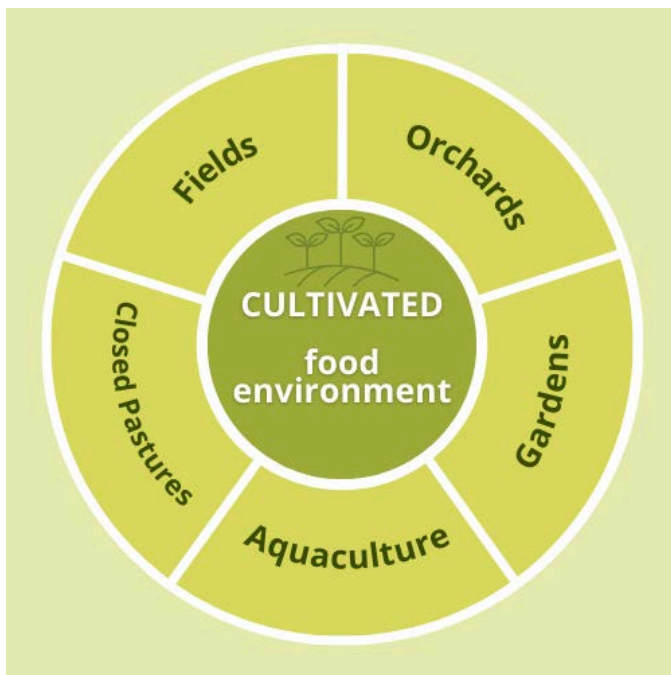
Source: [Affinity Solutions](#), 2023

restaurant and hotel and transportation spending declined sharply, while grocery spending surged. Over time, transportation and restaurant and hotel spending gradually increased, most likely due to the incremental lifting of pandemic restrictions, and returned to pre-pandemic levels. In comparison, after grocery shopping peaked, spending declined sharply but stayed fairly consistent afterwards ([Affinity Solutions, 2023](#)).

## Natural Food Environment

The natural food environment is physical land that is either wild (uncultivated) or cultivated. This assessment focuses on cultivated settings, including fields, orchards, pastures, gardens, and aquaculture.

**Figure 6: Cultivated Environment Types**



As mentioned previously, an important contributor to Davis County's natural food environment is its climate. Certain food and food production choices have higher environmental burdens in terms of water, land, and energy use; greenhouse gas emissions; and nitrogen and phosphorus applications. Vegetables, fruits, and grains have some of the lowest impacts on CO<sub>2</sub> emissions for fresh foods, while lamb and beef have higher emissions ([Clune, S. et al., 2017](#)).

## Cultivated Food Environment

Most of the data for the cultivated food environment comes from the United States Department of Agriculture (USDA) Census of Agriculture, taken every five years. The Census of Agriculture is a complete count of U.S. farms and ranches and the people who operate them. It looks at land use and ownership, operator characteristics, production practices, income, and expenditures. Information presented in this section comes from the most recent Census taken in 2017; results for the 2022 Census will not be available until early 2024 ([USDA, n.d.](#)). **Appendix A** provides a summary of the 2017 Census of Agriculture data for Davis County. Data from the full report is indicated in parentheses within the text of the following paragraphs.

### Farmland Use

The total farmland in Davis County is 51,793 acres, a 6% decrease from 2012. This may reflect farmers selling land as urban development increases ([Utah Stories, 2017](#)). The majority of farmland in Davis County is used for pastures (76%) followed by crops (15%) and unspecified purposes (9%). Vegetable and melon crops are grown on 680 acres of land; berries on seven acres; and orchards on 120 acres. Orchards include fruit trees, citrus or other groves, vineyards, and nut trees. In 2017, wheat was harvested on 1,244 acres, and dry, edible beans—excluding chickpeas and limas—were harvested on three acres. Specific data for grains harvested besides wheat was unavailable ([USDA, 2017](#)).

### Farm Characteristics and Selling Practices

There are a total of 528 farms in the county. Most farms are between 1 to 9 acres in size, are family-owned, and have internet access. In addition, 12% sell their products directly to consumers at places such as farmers markets; on-farm stores or farm stands; roadside stands or stores; u-pick; Community Supported Agriculture; online

marketplaces; etc. ([USDA](#), 2017). U-pick refers to a farm where customers may go to pick, cut, or choose their own product out of the field ([UT Extension](#), 2014). Community Supported Agriculture is defined and expanded upon in the subsection below.

### Community Supported Agriculture

Community Supported Agriculture (CSA) is a way for community members to directly support farming and farmers in their communities. Members purchase a share of a farm's produce for the growing season. These shareholders typically pay their money upfront and usually receive a regular delivery of what is in season at their local farm. Reduced transportation costs, having a varied local diet, and a direct positive impact on communities are some of the benefits of participating in this process ([CSA Utah](#), n.d.).

There are a number of farms with CSA programs serving Davis County or where community members may subscribe and pick up at a location outside the county, including:

- Borski Farms, summer to early fall, with weekly pickup locations for organic produce in Bountiful and Kaysville ([Borski Farms](#), 2023)
- Tagge's Famous Fruit & Veggie Farms, mid-summer to early fall, with 11 weekly pickup locations across the county and an option for direct delivery to community members' houses ([Tagge's](#), 2023); members receive a discount on produce
- 3 Squares Produce, during regular growing season, with a pickup location in Bountiful ([Utah's Own](#), n.d.) and organic produce
- Zoe's Garden, running year-round, with weekly pick up locations, the two closest being in Ogden and Downtown Salt Lake ([Zoe's](#), 2023)

### Producer Characteristics

A producer is a person who is involved in making decisions for the farm operation and can include

the owner, a member of the owner's household, or a hired manager, tenant, renter, or sharecropper. There were a total of 888 producers in Davis County in 2017. Demographic data was only collected for up to four producers per farm. Most producers were male, between the ages of 35-64 (the average age being 60.7 years), and white. Relatively few were of other races or of Hispanic/Latino origin.

### Community Gardens

Community gardens are pieces of land that are gardened or cultivated by a group of people, usually for home consumption. Potential benefits include increased access to and consumption of fruits and vegetables and physical activity ([CHR&R](#), n.d.). There are five community gardens throughout the County (DCHD, 2023):

- Centerville Community Garden
- Clearfield Community Garden
- Clinton Community Garden
- Episcopal Church of the Resurrection Community Garden, Centerville
- North Salt Lake Community Garden

### Aquaculture

Aquaculture refers to the farming of fish, crustaceans, mollusks, and other aquaculture products. The 2017 Census of Agriculture reported no sales from aquaculture in Davis County in 2012 or 2017.

### School Gardens

Some of the benefits of having gardens at schools include:

- Encouraging students to garden during school or non-school hours with school staff guidance; they are usually accompanied by nutrition education, food preparation lessons, and fruit and vegetable tasting opportunities
- Providing students with hands-on learning opportunities in subjects such as science, math, health, and environmental studies

- Increasing willingness among students to try fruits and vegetables and further increasing fruit and vegetable consumption ([CHR&R](#), n.d.)

[Utah Farm to Fork](#) lists eight gardens operating in the Davis School District as of August 2020:

- Davis High, Kaysville (Greenhouse)
- Hill Field Elementary, Layton
- King Elementary, Layton
- Layton High, Layton (Greenhouse)
- Muir Elementary, Bountiful
- Odyssey Elementary, Wood Cross
- Syracuse Elementary, Syracuse
- Syracuse High, Syracuse (Greenhouse)

## Built Food Environment

The built food environment is physical land that is more developed than cultivated settings and has informal or formal market structures. This section focuses on describing the formal market (**Figure 7**) with local data. Subsections include:

1. Nutrient-dense food access
  - a. Retail food environment
  - b. Geographical presence of nutrient-dense food
  - c. Nutrient-dense food environment by city
  - d. Nutrient-dense food environment maps
  - e. Farmers markets
2. Culturally preferred foods
3. Population-based food access
4. Online food shopping

When describing food availability and access in the built environment, the language used may feel a bit unusual. An intentional effort was made to avoid terms and connotations used in previous movements to address and improve the food environment. The words that are avoided in this assessment are food swamp, junk food, food desert, and healthy/unhealthy food. Using these terms had unintended consequences that made measuring the food environment difficult and advocating for improvements to the food environment less effective.

**Figure 7: Formal Market Types**



## Nutrient-Dense Food Access

The availability of nutrient-dense food is an important community indicator. The physical presence of nutrient-dense food options in a community, such as those commonly found at grocery stores, supermarkets, farmers markets, and farm stands, promotes nutritious eating by decreasing the distance people need to travel to obtain these foods. Having nutritious options near community members may be especially helpful for those who lack access to transportation. Lack of access to affordable, nutritious food is associated with increased risk for multiple chronic health conditions such as diabetes, obesity, heart disease, and mental health disorders ([National Institute of Health](#), n.d.).

The presence of nutrient-dense food options alone does not guarantee a high quality, nutritious eating pattern. The overabundance of nutrient-poor foods is also an important indicator in a community. Having wide availability of calorie-dense, nutrient-poor foods and beverages that take less time to prepare than nutrient-dense foods also impacts consumers' food choices ([USDA](#), 2018).



For many years, the United States has narrowly focused efforts to improve consumption of nutrient-dense foods by increasing the number of supermarkets in places called “food deserts”. The term refers to geographical areas that do not have access to affordable and nutritious food. These areas are typically made up of lower-income households where residents do not live close to a grocery store. In urban areas, this is defined as living more than a mile from a supermarket or grocery store ([Brookings Institution](#), 2021; [Congressional Research Service](#), 2021).

However, there are some important limitations to this approach, including:

1. Most people shop beyond their neighborhood and prefer shopping at places beyond the nearest market ([NYU](#), 2019; [Brookings Institution](#), 2021). Further, one study found that those living in low-income, low-access areas were more likely to shop for food near their workplace than their home. This access strategy—bundling multiple errands into a single trip, or “trip chaining”—is overlooked by traditional food access mapping and analysis ([ver Ploeg et al.](#), 2009).
2. Across the nation, bringing new supermarkets to places seen as food deserts has not translated to people buying

more nutrient-dense foods. Instead, customers visiting new markets closer to where they live tend to buy the same kinds of foods they purchased in other places prior to the new market’s opening ([NYU](#), 2019).

3. It does not consider digital food delivery services, which reduce the relative importance of one’s physical location ([Brookings Institution](#), 2021).
4. It does not address financial insecurity, a factor that drives food insecurity ([Brookings Institution](#), 2021).
5. It implies that people living in areas with fewer supermarkets, emergency food assistance, or food of good nutritional balance are unable to bypass or address systems that may unfairly impact them, or to come up with solutions to their own problems, such as creating community and school gardens ([Civil Eats](#), 2018).

Thus, it is important to approach supermarket availability as one aspect among many when examining access to nutrient-dense food options.

### Retail Food Environment

Indicators for food access often include those that measure the type of stores that offer food and the ease of reaching nutrient-dense food (**Table 2**).

**Table 2: Davis County Retail Food Availability**

Rate of Retail Locations per 100,000 People	Davis	Utah	U.S.
Grocery Stores and Supermarkets	6.3	11.3	18.8
Convenience Stores, Including at Gas Stations	19.6	26.3	39.8
Fast-Food Restaurants	66.2	76.1	77.2
Full-Service Restaurants	31.0	50.9	75.4
SNAP-Authorized Food Stores* (2023)	36.0	45.6	76.1
WIC-Authorized Food Stores* (2022)	6.2	8.0	1.4

Data: Grocery and convenience stores and restaurants ([U.S. Census](#), 2021) and population estimates ([U.S. Census](#), 2021). SNAP-authorized food stores ([USDA](#), 2023) and population estimates ([U.S. Census](#), 2022). WIC-authorized food stores ([UT DHHS](#), 2022; [USDA](#), 2022) and population estimates ([U.S. Census](#), 2022). \*SNAP and WIC are federal nutrition assistance programs and are defined on page 18. Current national WIC-authorized food store data is difficult to obtain because every state monitors their own numbers and authorizes at different times. Territories are also included in the national store count (WIC, n.d.; [USDA](#), 2022).

As shown in **Table 2**, Davis County has lower rates than the State and Nation for all types of food retailers, with the exception of WIC-authorized stores. This means it has fewer stores for the number of people that live there than other places. However, small land area and zoning policies should be considered when comparing retail rates between places. Within Davis County, it is notable that the availability of fast food restaurants is **ten times higher** than grocery stores and supermarkets. Further, the availability of convenience stores is **three times higher** than grocery stores and supermarkets.

**Geographical Presence of Nutrient-Dense Food**

In Davis County, 20% of the total population in Davis County lives within half a mile of a supermarket ([UT](#)

[HPI](#), 2022). When distance was examined with income level, 5% of people had limited access to healthy foods compared to 6% in Utah and the U.S. This means that fewer people in Davis County with low incomes (at or below 200% of the federal poverty level) live further than a mile from a grocery store ([CHR&R](#), 2023). However, this may be influenced by the area’s high median income.

**City Nutrient-Dense Food Environment**

When comparing nutrient-dense food options by city, Layton, Bountiful, and Clearfield have the most options. Layton has 18 total locations, and Bountiful and Clearfield each have nine. Grocery stores and produce stands are the most common options in Layton and Bountiful, while grocery stores and food pantries make up the majority of options in Clearfield (**Table 3**).

**Table 3: Nutrient-Dense Food Locations by City, Davis County, 2023**

City	Community Garden	Farmers Market	Food Pantry*	Grocery Store	Produce Stand	Total
Bountiful	-	1	1	4	3	9
Centerville	2	-	1	3	1	7
Clearfield	1	-	2	4	2	9
Clinton	1	-	-	1	2	4
Farmington	-	-	-	2	1	3
Fruit Heights	-	-	-	-	1	1
Kaysville	-	-	2	2	2	6
Layton	-	1	3	10	4	18
North Salt Lake	1	1	1	1	-	4
South Weber	-	-	-	-	-	0
Sunset	-	1	-	2	-	3
Syracuse	-	-	-	2	1	3
West Bountiful	-	-	-	1	-	1
West Point	-	-	-	1	-	1
Woods Cross	-	-	-	1	-	1
<b>Total</b>	<b>5</b>	<b>4</b>	<b>10</b>	<b>34</b>	<b>17</b>	<b>70</b>

Data: DCHD, 2023. \*Nutrient-dense food at food pantries is largely dependent on the type of food donations received

Syracuse is the fourth largest city by population; however, there are very few options available for nutrient-dense food (only two grocery stores and one produce stand). Farmington is a larger city by population than Clinton, North Salt Lake, and Centerville; yet, the nutrient-dense options are also limited, with just two grocery stores and one produce stand. South Weber has no nutrient-dense food options.

While membership-required stores such as Costco in West Bountiful and Sam's Club in Layton offer nutrient-dense food options, they serve a limited population. Further, while both stores accept federal Supplemental Nutrition Assistance Program (SNAP) benefits, neither accepts federal Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits.

### Nutrient-Dense Food Environment Maps by Transportation & Income

In order to better visualize the built food environment for analysis, the Workgroup created several maps. **Figure 8** shows the presence of nutrient-dense food options in relation to public transportation facilities and median household income in Davis County. **Figures 8a through 8d** provide a closer look at potential areas of need. In the legend, the black icon next to each nutrient-dense food option indicates that WIC or SNAP electronic food benefits are **not** accepted at a location.

Analysis of these maps revealed the following strengths of the food environment:

1. Grocery stores are spread throughout the county from north to south, with many accepting SNAP and WIC. Most are near public transportation services.
2. The new UTA On-Demand service appears to improve access to all types of nutrient-dense food options in the southern part of the county, especially for those not living near a transit stop.

3. Most neighborhoods where median household income is in the lower range are near nutrient-dense food options.
4. Four pantries are closely concentrated to the north in Clearfield and Layton, most of which are near potential areas of need (based on median household income). A fifth exists on Hill Air Force Base (Hill AFB) for military families.

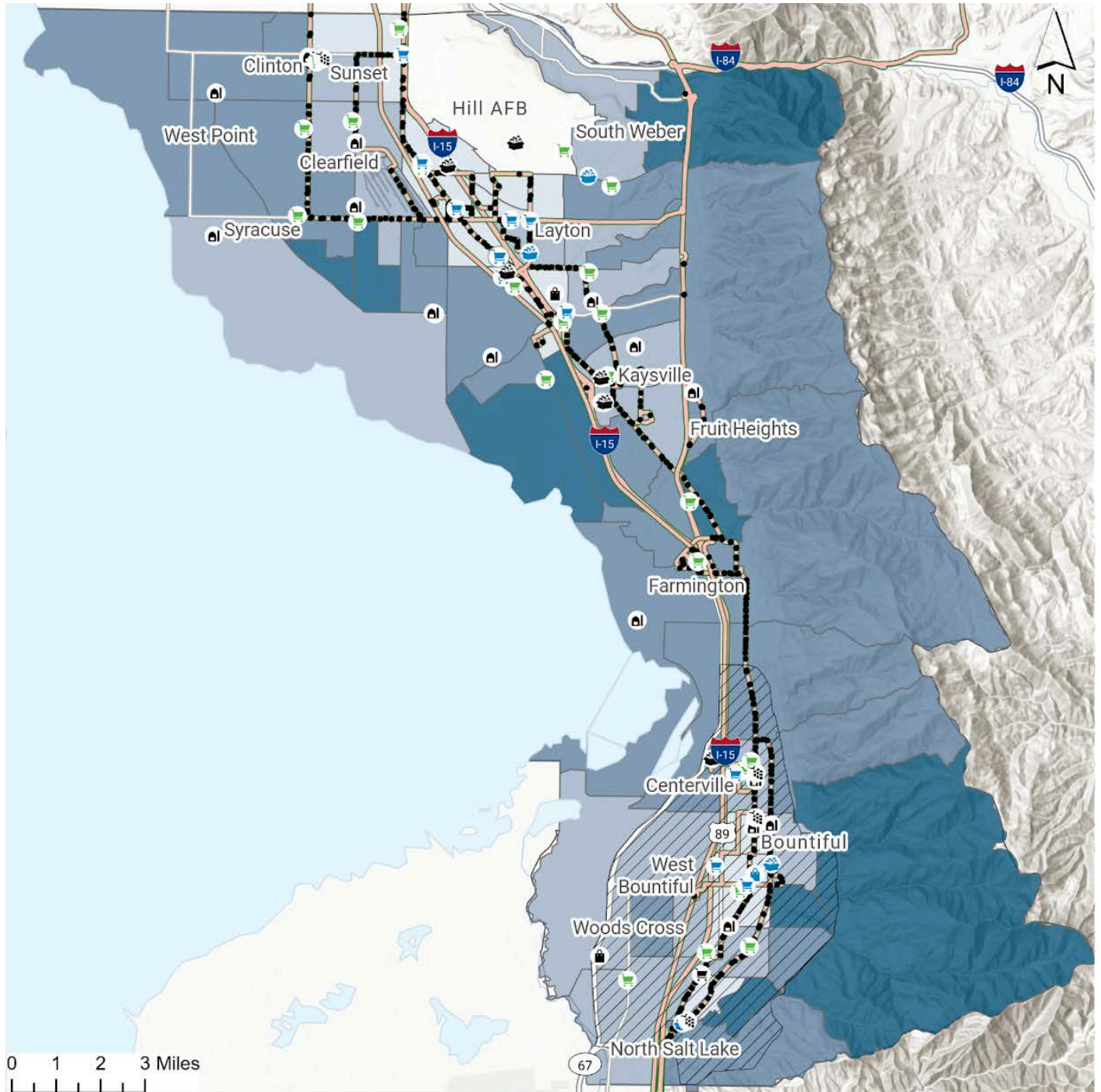
The maps also presented areas of opportunity to improve the food environment, including:

1. There is a lack of public transportation to produce stands or farms in the central and northern parts of the county. This is also true for Open Doors, an important food pantry in Layton, which primarily serves northern Davis.
2. Those living in the eastern and western parts of the county do not have access to public transportation, and there are limited publicly available nutrient-dense food options. The zoomed portion of the map provides one example of this, where those living in northwestern Layton may have limited access to the options closest to them if they do not have a vehicle.
3. The central part of the county appears to have little options for nutrient-dense foods, also requiring travel to reach what is available.
4. Food pantries are unevenly distributed across the county. There are few options in central Davis, and none in Sunset City where there may be a need (based on median household income).
5. More community gardens are needed in Layton and the central part of the county.

Future food environment mapping for the entire county would be helpful if it could also include places that tend to offer foods high in calories and low in nutrients, such as fast food restaurants and convenience stores, in the analysis. These were not added due to time constraints and difficulties in how food options are classified.



Figure 8: Access to Nutrient-Dense Foods in Davis County, 2023



0 1 2 3 Miles

**Legend**

- |  |   |   |   |
|--|---|---|---|
| <ul style="list-style-type: none"> <li> UTA Route</li> <li> UTA Stops</li> <li> UTA On-Demand</li> </ul> | <ul style="list-style-type: none"> <li> Grocery Stores</li> <li> Accepts SNAP and WIC</li> <li> Accepts SNAP</li> <li> No assistance</li> <li> Produce Stands or Farms</li> <li> No assistance</li> </ul> | <ul style="list-style-type: none"> <li> Community Gardens</li> <li> No assistance</li> <li> Food Pantries</li> <li> No assistance</li> <li> Accepts SNAP</li> </ul> | <ul style="list-style-type: none"> <li> Median Household Income</li> <li> \$45,386 - \$72,442</li> <li> \$72,442 - \$92,765</li> <li> \$92,765 - \$127,500</li> <li> \$127,500 - \$182,500</li> </ul> |
|--|---|---|---|

Data: Median Household Income (U.S. Census-ACS, 2017-2021); SNAP authorized retailers (USDA, 2023); Food locations and WIC authorized retailers (DCHD, 2023); UTA (Utah Open Source Data, 2022).

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Figure 8a: UTA On-Demand Service Improves Access to Nutrient-Dense Foods in Southern Davis County

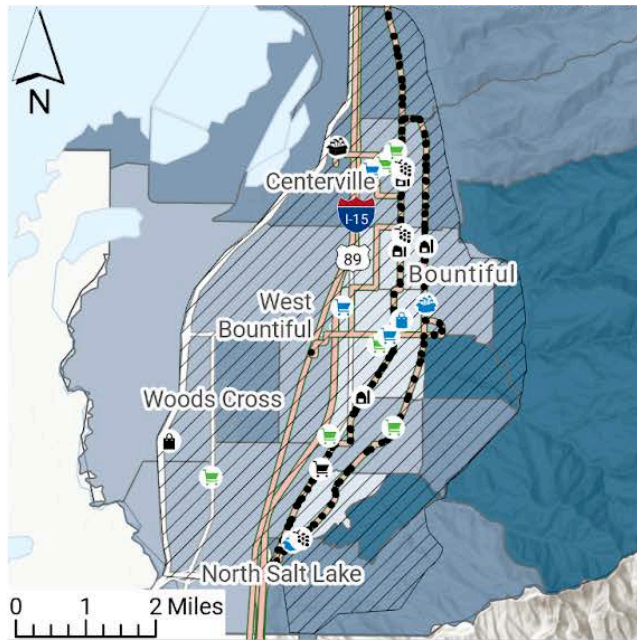


Figure 8b: Many Food Pantries Exist in Northern Davis County Near Areas with Lower Income

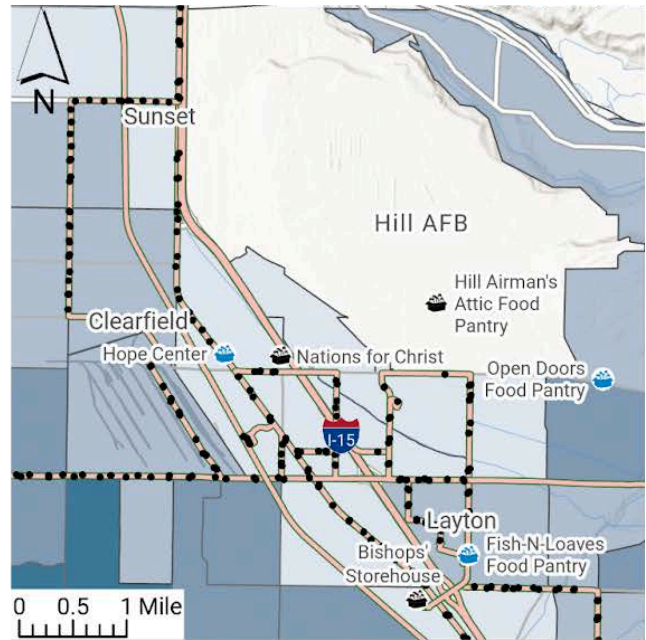


Figure 8c: Nutrient-Dense Food Options Limited in Northwestern Layton

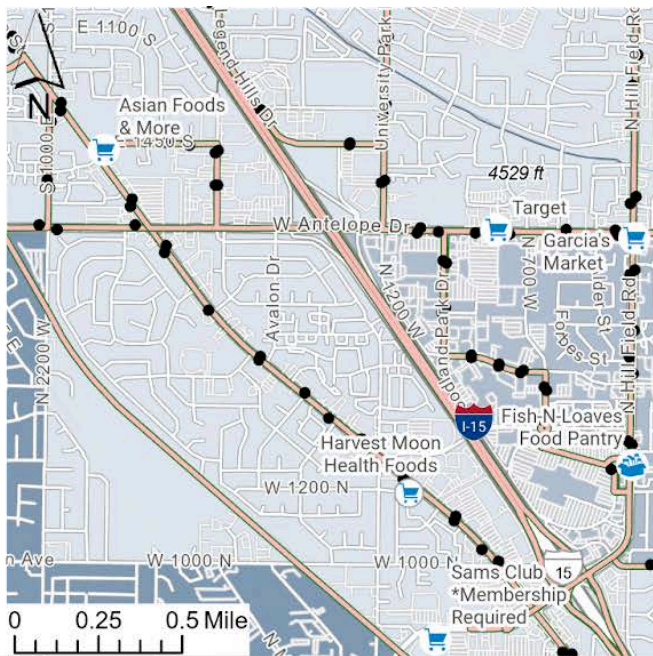
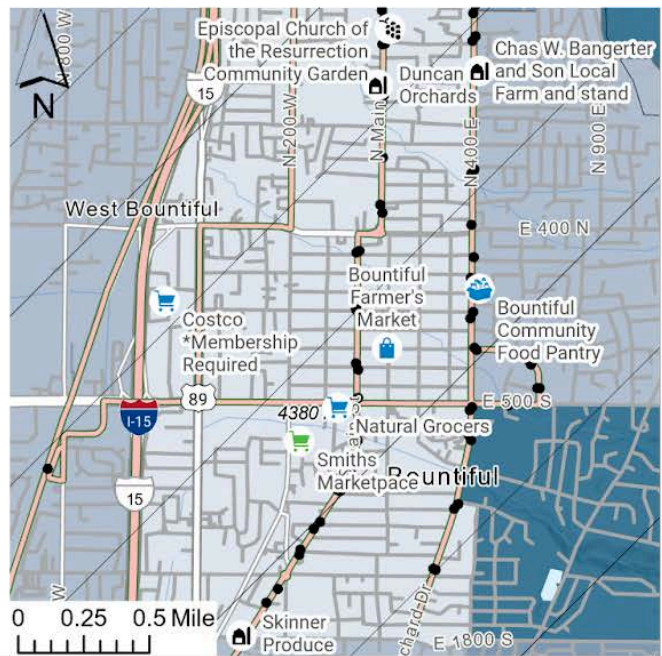


Figure 8d: Limited Access to WIC Authorized Retailers Among Bountiful Neighborhoods with Lower Income



**Legend**

- |   |   |   |   |
|---|---|---|---|
| <ul style="list-style-type: none"> <li> UTA Route</li> <li> UTA Stops</li> <li> UTA On-Demand</li> <li> Farmers Markets</li> <li> No assistance</li> <li> Accepts SNAP</li> </ul> | <ul style="list-style-type: none"> <li><b>Grocery Stores</b></li> <li> Accepts SNAP and WIC</li> <li> Accepts SNAP</li> <li> No assistance</li> <li><b>Produce Stands or Farms</b></li> <li> No assistance</li> </ul> | <ul style="list-style-type: none"> <li><b>Community Gardens</b></li> <li> No assistance</li> <li><b>Food Pantries</b></li> <li> No assistance</li> <li> Accepts SNAP</li> </ul> | <ul style="list-style-type: none"> <li><b>Median Household Income</b></li> <li> \$45,386 - \$72,442</li> <li> \$72,442 - \$92,765</li> <li> \$92,765 - \$127,500</li> <li> \$127,500 - \$182,500</li> </ul> |
|---|---|---|---|

Data: Median Household Income (U.S. Census-ACS, 2017-2021); SNAP authorized retailers (USDA, 2023); Food locations and WIC authorized retailers (DCHD, 2023); UTA (Utah Open Source Data, 2022).

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## Farmers Markets

Farmers markets are public and recurring gatherings of farmers or their representatives selling the food that they produce directly to consumers. Farmers benefit by receiving more food dollars; consumers benefit by receiving the freshest and most flavorful food in their area; and local economies prosper ([Farmers Market Coalition](#), n.d.).

As of September 2023, there are four farmers markets in Davis County:

- Bountiful Farmer's Market
- Layton F.E.S.T.
- North Salt Lake City Farmer's Market
- Sunset City Farmer's Market (DCHD, 2023).

Since the start of the COVID-19 pandemic, a number of farmers markets across the county permanently closed and/or opened for the first time:

- Syracuse City Farmers Market permanently closed in 2020
- USU Botanical Center Farmer's Market in Kaysville, which ran for 16 years, permanently closed in August 2022
- Gathering Gardens Farmers Market at F5 Athletics in Syracuse opened in March 2023 and permanently closed in August 2023
- Sunset City Farmers Market opened in May 2023

Reasons cited by market managers for closures included low attendance (mentioned by Syracuse City and Gathering Gardens markets); necessary reallocation of limited capacity/resources used to run markets (Syracuse City and USU Botanical Center Farmer's Market); and difficulty finding larger produce vendors (USU Botanical Center)(DCHD, 2023).

These closures limit the options for nutrient-dense food in the county. The remaining markets are only offered during the regular growing season.

Additionally, market participation in the Double Up Food Bucks (DUFEB) program is now limited to Bountiful Farmers Market (DCHD, 2023). DUFEB allows those participating in the federal Supplemental Nutrition Assistance Program (SNAP) who purchase produce at the markets to receive matching funds for produce in the form of \$1 tokens for a match up to \$30 each market day ([Utahns Against Hunger](#), n.d.). The USU Botanical Center Farmers Market in Kaysville was the main market participating in the program; with its closure, only a couple of booths at Bountiful have offered the program in 2023 (DCHD, 2023).

## Culturally Preferred Foods

An important consideration for food availability is whether food options include culturally preferred foods. "Culturally preferred" describes safe and nutritious foods that meet the diverse tastes and needs of the community based on their cultural identity.

Davis County has six markets with a greater variety of culturally diverse foods, including Azteca de Oro, Mi Ranchito Produce, Rancho Markets, Asian Foods & More, Garcia's Market, and La Nueva Favorita. Rancho Markets in Clearfield is a recent addition to the northern part of the county (**Figure 9**). It has relatively affordable produce and caters primarily to the Hispanic/Latino population. These two community needs were highlighted in the community focus groups conducted by the Davis County Health Department (DCHD) in 2022.

**Figure 9: Rancho Markets in Clearfield**





Spanish-speaking focus group participants also identified WinCo and Walmart as places where they are regularly able to find affordable food specific to their cultures depending on their country of origin (DCHD, 2022). Currently, there are not many markets for those with diverse cultural

preferences in the southern part of the county. Refer to Section 4: Community Voice on page 37 for more background and overall themes from the focus groups.

## Population-Based Food Access

There are a variety of food service providers preparing food for specific populations in the county such as those in residential facilities; public school students and employees; and military members and their families. A few examples are included below.

### Davis County Correctional Facility

The Davis County Correctional Facility is located in Farmington with an average daily population of approximately 800 individuals ([Davis County Sheriff's Office](#), n.d.). Between 2020 and 2021, individuals spent an average of 18 days in jail (Davis County Sheriff's Department, 2022).

There are two main sources of food at the facility: the cafeteria and the Inmate Commissary program. The jail kitchen prepares about 1,800 meals a day for inmates (**Figure 10**). The Food Service Director provides a food handler's class to inmates who work in the kitchen.

**Figure 10: County Jail Kitchen**



Source: [Davis County Department of Corrections](#)

Breakfast, lunch, and dinner are served daily at the cafeteria with no charge to inmates. Foods on the menu tend to be higher in carbohydrates; however, protein, fruit, and vegetables are regularly offered. The menu also shows the portion size next to each food item. Two areas of opportunity are adding macronutrient information—protein, fat, and carbohydrates—to the menu and diversifying food options to reflect cultural and demographic preferences (Davis County Correctional Facility, 2023).

The Inmate Commissary program uses a third-party service that allows friends and family to send predetermined snacks and other products directly to their inmate. More options now exist for making commissary deposits for inmates ([Jail Exchange](#), n.d.). The snacks available tend to be less nutrient-dense (Summit Food Service, 2023).

### Davis School District Schools

Davis School District has 92 schools, 70,703 K-12 students, and over 6,500 employees ([Utah State Board of Education](#), 2023; [LinkedIn](#), n.d.). The district's local wellness policy outlines nutrition standards for schools ([Davis School District](#), 2019):

- School lunch meals must meet federal nutrition regulations and guidance for reimbursable school meals.
- All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day need to meet or exceed the [USDA Smart Snacks nutrition standards](#). These standards apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, and school stores.
- Any foods and beverages marketed or promoted to students on the school campus during the school day must meet or exceed the Smart Snacks nutrition standards.

Figure 11: Food Served at Woods Cross High



Source: [Davis School District Nutrition Services](#)

### Café Central & Catering

Davis School District Nutrition Services hosts Café Central & Catering at the Freeport Center in Clearfield (**Figure 12**). The Freeport Center is a major manufacturing, warehousing, and distribution center for the western U.S. and home to more than 70 national and local companies that have a workforce of over 7,000 employees ([Freeport Center](#), 2023). The café is open to the public on weekdays and offers traditional breakfast foods, salads, sandwiches, soups, drinks, and desserts. There is also a pick up catering service ([DSD](#), n.d.).

Figure 12: Café Central & Catering



Source: [Davis School District](#)

### Hill Air Force Base

Hill Air Force Base (Hill AFB) is an Air Force Materiel Command base, most of which is within the Davis County border. The base is also the largest single-site employer in Utah, with more than 22,000 military and civilian personnel ([DOD](#), 2022).

Examples of food options on the base as of April 2023 include:

- The Commissary, a grocery store
- The Base Exchange BX, a convenience store
- DFACs (Dining Facilities)
- Event-based food areas
- Airman’s Attic food pantry
- Squadron snack bars
- Mobile food trucks, most of which offer food similar to fast food ([Exchange Facebook Page](#), 2023)

The first four options listed are described in more detail to highlight current strengths and potential areas of opportunity to improve the food environment.

The Commissary is open to [qualified](#) military service members and their families (**Figure 13**). Food and household items are often at prices below other grocery stores, and items are tax-free. Stateside commissaries are also rolling out in-store Wi-Fi to download digital coupons ([DOD](#), 2023).

Figure 13: Hill Air Force Base Commissary



Source: [Hill Air Force Base](#)

The Base Exchange is similar to a retail store, typically set up like a department store or a strip mall, with smaller shops and service vendors nearby. Like a commissary, it is for military service members and families, and food items are tax-free. The Exchange has a convenience store and a food court with fast food options ([DOD](#), 2023; [Hill AFB](#), n.d.). The food court is open to all visitors, and diners are now offered weekly discounts on salads at select food stores ([Hill AFB](#), 2023). There is also an online shopping feature which offers curbside pickup at select stores ([The Exchange](#), n.d.).

There are two dining facilities on base: Hillcrest and Fast Eddies. Hillcrest is open to active duty military and DoD civilians, while Fast Eddies is restricted to those with Flight Line access ([Hill AFB](#), n.d.). Both facilities participate in Go for Green®, an evidence-based nutrition program that helps diners understand the nutritional content of food menus using a color-coded system (Hill AFB, 2023; [Oxford Academic](#), 2022).

The Landing is a gathering space that has a number of events where food is served. Club members receive a monthly Member's Appreciation meal, while some events with food are open to anyone on base. Both types of events have a cost. Food served is catered from off-base options (Hill AFB, 2023).

Hill AFB has one food pantry, the Hill Airman's Attic, a free program that is open to all military members, retirees, and dependents with a valid military ID. It offers a "Walk-In Pantry" where shoppers can get one bag of food per family any time they are open. There is also a "Referral Pantry", which requires a referral ([Hill Airman's Attic](#), 2023).

## Online Food Shopping

Shopping for food online has become an increasingly popular option in the Nation. The percentage of U.S. grocery sales from online platforms jumped from 3.4% in 2019 to 8.1% in 2020 and 9.5% in 2021, with a continued upward trend predicted (Mercatus, 2021, as cited in

[Supermarket News](#), 2021). Meal kits and DoorDash® are also both popular options for direct meal delivery.

There are many benefits to online food shopping:

- Ordering groceries for pickup saves customers time and effort.
- Online shopping that delivers food directly to consumers reduces barriers to food access, such as lack of transportation and transportation-related costs, including time spent traveling.
- Both pickup and direct delivery options reduce barriers for those with various disabilities, such as inaccessible self-checkouts and food items on shelves that are out of reach ([Wall Street Journal](#), 2022; [REHACARE](#), 2016).
- Recent studies suggest people who shop online for groceries tend to purchase more nutrient-dense foods and are less likely to make impulsive purchases ([Harris-Lagoudakis](#), 2021; [Zatz et al.](#), 2021).
- Meal-kit companies often provide nutritional content, recipes, and tailored meal plan options for specific dietary needs.
- As mentioned previously, Tagge's Famous Fruit and Veggie Farms provides a direct delivery option—\$15 per week—to community members' houses from mid-summer to early fall ([Tagge's](#), 2023).

While there are many benefits to shopping for food online, it is also important to consider its drawbacks:

- Nutrition facts, ingredient lists, and allergens—all FDA-required information on food labels—are frequently absent when shoppers buy food online ([NYU](#), 2022).
- Online shopping can also increase options for higher calorie food with less nutritional value.
- Delivery costs may make online purchases more expensive.



- Buying fresh produce can be a challenge since a shopper is unable to see the quality of the item before buying it ([USU Extension](#), n.d.).

Future food environment assessments could explore specific online shopping trends in Davis County.

## Programmatic Food Environment

This assessment defines the programmatic food environment as programs and services which exist to help people become more food secure. It was added to account for nonphysical settings that contribute to a person’s health and to expand on food affordability, a key characteristic of the food environment identified by the framework.

**Figure 14: Programmatic Food Environment**



### Food and Nutrition Security

Food security is having access to enough food for an active, healthy life. Nutrition security means consistent access, availability, and affordability of foods and beverages that promote well-being, prevent disease, and, if needed, treat disease ([HHS](#), n.d.).

Food and nutrition insecurity, on the other hand, refers to limited or uncertain access to adequate and affordable nutritious foods ([HHS](#), n.d.). Food insecurity can be temporary or last much longer ([Feeding America](#), n.d.).

Some of the many factors affecting food and nutrition security include ([NICHM](#), 2022; [Healthy People 2030](#), n.d.):

- Access to healthcare
- Access to transportation
- Adequate food assistance programs
- Availability of affordable housing
- Availability of nutrient-dense food options
- Disability status
- Employment status
- Food prices
- Household income
- Policies, such as funding allocated for federal nutrition programs
- Unfair, discriminatory systems

Food insecurity is associated with conditions such as depression, asthma, and cognitive problems in children and diabetes, obesity, and poor sleep in adults ([NIHCM](#), 2022).

People experiencing food insecurity may have to choose between spending money on food, rent, transportation, medicine, or healthcare, which can cause health issues for children and adults ([Feeding America](#), n.d.). Community focus groups held in 2022 found that some Davis County residents are having to make sacrifices when struggling to make ends meet. Most often these sacrifices include resorting to eating less nutrient-dense food options, such as fast and convenient food.

**“Do I want gas money to get to school, or do I want to eat lunch?”**

**“A lot of people hate McDonald's, but it's like the only way I can afford [to eat out].”**

**“I make a sacrifice by not buying meat, except for once a week...I don't buy a lot of vegetables.”**

### Food Insecurity Trends

10.4% of the U.S. population is considered food insecure, meaning they did not have access to a reliable source of food over the past year ([Feeding America](#), 2021). Nationally, certain groups of people experience higher rates of food insecurity than the general population ([Feeding America](#), n.d.; [Healthy People 2030](#), n.d.; [NICHM](#), 2022):

- Active military and veteran members
- Black, Indigenous, and People of Color (BIPOC) communities
- Households with children, including single-parent families
- Households with incomes below the poverty line
- Older adults
- Those living in rural settings
- Those with disabilities

It is important to note that on the whole, these differences exist due to structural factors beyond an individual's control, such as access to opportunities.

In Utah, 9.5% of the population experiences food insecurity ([Feeding America](#), 2021). The Latino/Hispanic population experiences food insecurity at nearly double the rate of White, Non-Latino/Hispanic population (15% versus 8%). Similarly, in 2018, 26% of Utahns who self-identified as Lesbian, Gay, Bisexual, or Transgender (LGBT)

experienced food insecurity more than twice the percentage of the non-LGBT population ([The Williams Institute](#), 2019).

7.5% of the Davis County population experiences food insecurity (**Table 4**). While this is better than State and U.S. percentages, it is still above the Healthy People 2030 target of 6%, indicating this is an area for improvement ([Feeding America](#), 2021; [DCHD](#), 2021). The percentage of children who are food insecure in Davis County is 7.9%, better than the percentages for both the State and Nation.

Since 2008, the percentages of total households in the U.S. experiencing food insecurity and households with children experiencing food insecurity have trended downward ([USDA](#), 2021). Similar to the Nation, Davis County is trending downward for both total households and households with children experiencing food insecurity ([Feeding America](#), 2021). **Figure 15** provides a comparison of food insecurity trends for Davis County, the State, and the Nation from 2018 to 2021.

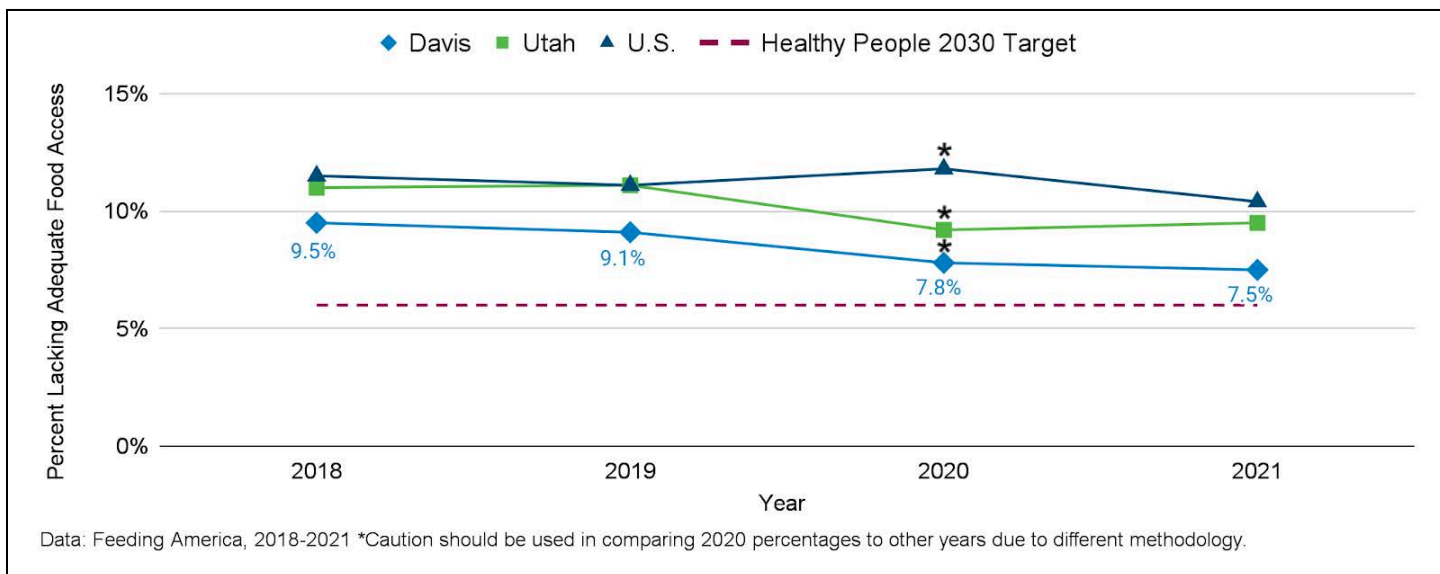
Data suggests there are disparities in food insecurity by ethnicity and race at the county level. Similar to the State in 2021, the Latino/Hispanic population experienced double the rate of food insecurity (14%) as the White, Non-Latino/Hispanic population (7%) ([Feeding America](#)). Data for other ethnicity/race combinations is unavailable at the county level.

Indicators	Davis	Utah	U.S.
Number of People Experiencing Food Insecurity	26,750	316,980	33,844,000
Percentage of Total Population Who Are Food Insecure	7.5%	9.5%	10.4%
Number of Children Experiencing Food Insecurity	9,060	93,050	9,262,000
Percentage of Children Who Are Food Insecure	7.9%	9.8%	12.8%

Data: All food insecure population demographics ([Feeding America](#), 2021; [USDA](#), 2020)  
 Note: Data for some race/ethnicity combinations was not available. \*Feeding America defines major federal nutrition assistance programs as SNAP, WIC, and others. People/households are ineligible if their income is above 130% of the Federal Poverty Level for SNAP.



Figure 15: Food Insecurity Decreasing Among Overall Population, 2018 to 2021



Although national and local trends for food insecurity are declining overall, it is important to consider the potential impact of recent economic trends on future food insecurity. Inflation caused food costs to spike 11.4% between October 2021 to October 2022, and there was a nearly 40% cost increase for eggs due to avian flu outbreaks (NICHM, 2022; USDA, 2022). This was the largest annual increase of food costs in over 40 years (NIHCM). The percentage of Americans living paycheck-to-paycheck also increased at a time when employee income was not keeping pace with the rising cost of food, housing, and transportation (Lending Club, 2022, as cited in CNBC, 2022).

## Supports

There are many federal, state, and local efforts to help the community move toward greater food and nutrition security, such as food assistance programs; food drives and distribution events; food pantries; and nutrition and breastfeeding education programs.

### Food Assistance

Food assistance programs can help prevent or lessen food insecurity. Some examples of programs available to Davis County community members include:

- Utah Food Bank and local food pantries
- Home-delivered meals for older adults ages 60 and older
- Meals given to groups of participants in a community setting (congregate)
- The United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps
- The Expanded Food and Nutrition Education Program (EFNEP)
- USDA Child Nutrition Programs (National School Breakfast and Lunch, Summer Meals)
- The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- The Double Up Food Bucks Program, which provides SNAP participants with a match of up to \$30 to spend on fruits and vegetables per market day (Utahns Against Hunger, n.d.)
- The Commodity Supplemental Food Program (CSFP), a program for adults ages 60 and older struggling to make ends meet

### Food Drives

A food drive is a specific type of fundraiser in which individuals and groups collect both in-kind and monetary donations for the purpose of stockpiling food items. These food items—typically non-perishable—are ultimately distributed to community members in need ([Fundly](#), n.d.).

A couple examples of food drives that benefit Davis County community members include those coordinated by Utah Food Bank, and the Utah Chapter of Blue Star Families, a nonprofit that strengthens military families and connects America to the military.

#### Utah Food Bank

Utah Food Bank conducts four major annual statewide food drives which collect food for distribution to the food bank and local food pantries: ([Utah Food Bank](#), n.d.)

- Feed Utah in March
- Stamp Out Hunger Food Drive in May
- Summer Business Food & Fund Drive, June through August
- Holiday Food & Fund Drive, mid-October through mid-January

In the March 2023 Feed Utah Food Drive, 203,188 pounds of food were collected in areas across Davis County (Utah Food Bank, 2023).

#### Blue Star Families

Blue Star Families implemented two food drives in 2022 that primarily benefited residents in Davis County. The first was at Hill AFB, and the second at the Utah Army National Guard Armory in Salt Lake. Gift cards for Associated Foods were also provided during holidays.

### Food Distribution

**Table 4** provides a summary of what is known about the amount of food assistance provided to people in Davis County.

In addition, as of March 2023, justice-involved individuals in the county jail help prepare around 500 meals a day for three Davis County Health Department Senior Centers and meals delivered to homebound older adults in Davis County (Davis County Jail, 2023).

### Electronic Food Benefits

SNAP provided more than \$45 million in benefits during 2021. This makes up the largest food assistance program for residents, reaching 66,623 households in Davis County.

In response to the COVID-19 pandemic, the federal government temporarily created the Pandemic Electronic Benefit Transfer (P-EBT) program and expanded SNAP benefits with emergency supplements ([USDA](#), n.d.; [Department of Workforce Services - DWS](#), 2023). P-EBT has allowed eligible school children to receive temporary emergency nutrition benefits loaded on EBT cards that are used to purchase food. During the 2021-2022 School Year, a daily rate of \$7.10 of benefits was given to fully virtual students or absences due to COVID-19, and \$391 issued during Summer 2022 (Davis School District, 2023). This program will end in 2023 but will be replaced by a similar program (Summer-EBT). Utah has yet to submit a plan for Summer-EBT; if approved in Utah, the program would provide \$40 per month per qualifying child over the summer months starting in 2024 (Utahns Against Hunger, 2023; [USDA](#), n.d.).

The total combined monthly average of \$964,679 of emergency SNAP benefits were issued to Davis County households between January and September 2022 (DWS, 2023). The program ended February 2023 ([USDA](#), 2023).

Prompted by findings in the update to the Thrifty Food Plan, which estimates the cost of a nutrient-dense diet across various price points, the USDA also permanently increased the average SNAP benefit by \$36.24 per person, per month, or \$1.19 per day in October 2021. This is in addition to the temporary funds provided as part of pandemic relief ([USDA](#), 2021).

**Table 4: Food Assistance by Organization/Program, Davis County**

Organization/Program	Time Period	Amount	Served
Utah Food Bank Donations*	Jan - Dec 2022	3,257,387 Pounds	--
Open Doors Food Pantry	Oct 2020 - Sep 2021	1,282,179 Pounds	9,411 Clients‡
Bountiful Community Food Pantry (BCFP)	Jan - Dec 2021	2,148,702 Pounds	28,818 Clients‡
Nations for Christ Food Pantry	Jan - Dec 2021	250,000 Pounds	--
Congregate Meals for Older Adults†	Jan - Dec 2022	19,519 Meals	998 People
Home-Delivered Meals for Older Adults†	Jan - Dec 2022	100,624 Meals	837 People
SNAP Benefits	Jan - Dec 2021	\$45,209,168.55	66,623 Households/ 142,457 Clients
SNAP Emergency Allotments	Jan - Dec 2021	\$11,576,153	61,190 Households
WIC Benefits	Jan - Dec 2021	\$1,919,161.03	34,178 Clients‡
BCFP School Pantry Packs	Aug 2021 - May 2022	93,265 Packs	--
School Lunches Served (Average Meals)	Aug 2021 - May 2022	33,297 Meals	--
School Breakfasts Served (Average Meals)	Aug 2021 - May 2022	5,751 Meals	--
Summer Lunch Meals Served	Jun 2021 - Aug 2022	131,272 Meals	--
Students Eligible for Free/Reduced Lunch/P-EBT§	Aug 2021 - May 2022	15,386 Eligible	--

Data: Utah Food Bank donations (Utah Food Bank, 2022). Food pantry donation data provided by their respective organizations in 2022. Congregate meals/home-delivered meals for older adults (DCHD, 2023). SNAP data (Department of Workforce Services, 2022). WIC benefits (DCHD, 2022). School meals data (Davis School District, 2022) -

\* To select food pantries, mobile food pantries, mobile school food pantries, school summer feeding sites, and congregate meals in Davis County

† Provided by Davis Senior Services

‡ During the pandemic, it was not possible to quantify Davis School District student participation specific to the Free and Reduced Lunch Program because all students were temporarily offered free lunch.

§ Includes repeat clients.

As mentioned previously, multiple farmers markets in Davis County participated in the DUFEB program until August 2022. This program allows SNAP EBT users who purchase produce at the markets to receive matching funds for produce in the form of \$1 tokens. The USU Botanical Center Farmers Market in Kaysville was the main market participating in the program; with its closure, Bountiful Farmers Market is now the only participating market. Additionally, Bountiful Farmers Market is only offered during the summer (DCHD, n.d.). However, Tagge's CSA accepts SNAP benefit payments (Tagge's, 2023).

Similar to SNAP, the WIC Program made increases in food assistance benefits during the pandemic. From June through September 2021, WIC temporarily increased the monthly value of fruits and vegetables benefits in both the women's and children's food packages across the nation. Known as the Cash-Value Voucher Benefit (CVV/B), this more than tripled the usual benefit (FRAC, 2021). It was extended through September 30, 2024 with additional increases (USDA, 2023). The amounts of benefits received per month include: children, \$26; pregnant, postpartum, and some breastfeeding clients, \$47; and fully and partially breastfeeding clients, \$52.

Another valuable change to electronic food benefits occurred with the rollout of eWIC in Utah in Fall 2020 ([Utah WIC, 2020](#)). An eWIC card holds WIC

food benefits that the participant can use at grocery stores that accept WIC benefits (**Figure 16**).

**Figure 16: eWIC Benefit Description**



Source: [Utah WIC](#), n.d.

Some Davis community focus group participants reported the positive impact food assistance programs have had in their lives:

**“Thankfully, we have food stamps. I don’t have to worry about feeding my family. Plus, there’s the Bountiful Food Pantry, which is also a great resource.”**

**“I feel like the only reason I've been surviving at school is because they've been helping me so much like I will not have food for lunch. And now that they have the [Davis Tech] resource center. I know I can go in there and get some noodles or have a meal.”**

While these programs and those like them are helpful for many, the qualification restrictions by income and poverty level status can become a barrier. For example, 70% of people in Davis County live in a food insecure household that makes too much money to receive SNAP benefits ([Feeding America, 2021](#)). To qualify for SNAP food assistance, households must make less than 130%

of the federal poverty level based on household size ([Center on Budget and Policy Priorities, 2023](#)).

Community focus group participants shared how income restrictions kept them ineligible for food assistance programs while still struggling to make ends meet. A single mother of three reported making \$100 too much in the previous year, so their family was unable to qualify for the P-EBT program. Another participant struggling with food insecurity as a full-time student was unable to qualify for SNAP working at \$15 per hour, 20-24 hours per week (DCHD, 2022).

Other community members who meet eligibility requirements and/or receive food assistance also face challenges:

- Applicants need to complete separate applications to receive WIC and SNAP benefits, which are overseen by different agencies - Utah Department of Health and Human Services for WIC and Utah Department of Workforce Services (DWS) for SNAP. This makes the process inefficient



for those who are eligible for both programs.

- SNAP applicants are required to either come in person to a DWS office or complete a phone interview. Some applicants may prefer phone interviews due to convenience or feeling uncomfortable visiting government buildings, but they may lack a cell phone or have concerns with data charges associated with cell phone use. As of Summer 2023, phone applicants may be on hold for up to two hours due to staff shortages (DWS, 2023).
- Those currently receiving benefits may lose them if their household income rises above the poverty threshold (NCSL, 2023).
- Households receiving SNAP assistance are reviewed for eligibility every six months. Paperwork to complete the review is lengthy (17 pages), although it can be completed by mail or electronically. If they do not respond within 30 days, their case is closed, and they need to reapply (DWS, 2023).
- Refugees in Davis County receive SNAP and WIC benefits in addition to UTA bus passes while receiving case management through refugee resettlement agencies. However, due to recent decreases in funding to these agencies, case management for most refugees now only lasts for the first year they arrive, down from two years (International Rescue Committee, 2023; Catholic Community Services of Utah, 2023). While the agencies seek to assist refugees in enrolling for benefits once case management ends, this service gap is an area for improvement.

### Food Pantries

There are 11 brick-and-mortar food pantries in Davis County. More than 3.6 million pounds of food were provided to residents through food pantries in 2021 (DCHD, 2022). Six pantries serve the public; four pantries primarily serve their congregations; and one serves military members, retirees, and

dependents ([Utah Food Bank](#), n.d.; [FoodPantries.org](#), n.d.; [The Church of Jesus Christ of Latter-day Saints](#), n.d.). Pantries include:

- Bountiful Community Food Pantry, located in Bountiful
- Center of Hope, located in North Salt Lake
- Fish-n-Loaves, located in Layton
- Hope Center, located in Clearfield
- Nations for Christ, located in Clearfield
- Open Doors, formerly known as Family Community Connection, located in Layton
- The Church of Jesus Christ of Latter-day Saints Bishops' Storehouse, *congregation-based*, located in Layton, Kaysville, and Centerville
- True Vine Baptist Pantry, *congregation-based*, located in Kaysville
- Hill Airman's Attic, located on Hill AFB, for military families

**Figure 17: Food Pantry Items at Layton Bishops' Storehouse**



Six Teen Centers operating at high schools throughout Davis School District provide food assistance for students experiencing homelessness and others who are under-resourced. Three additional Teen Centers are planned for 2023 (DEF, n.d.).

Weber State University students on the Davis Campus in Layton can also place food orders for pickup through the Weber Cares Pantry (WSU, n.d.). There are also a number of mobile food pantries serving the county, such as the Foxcreek Mobile

Pantry in Layton, Layton Mobile Pantry, and Woods Cross Mobile Pantry; school pantries, including at select summer feeding sites; and those offering the Commodity Supplemental Food Program (CSFP) (Utah Food Bank, 2023). It is possible there are more mobile providers to schools; the Workgroup was unable to obtain data from some providers.

**Food Assistance Requests**

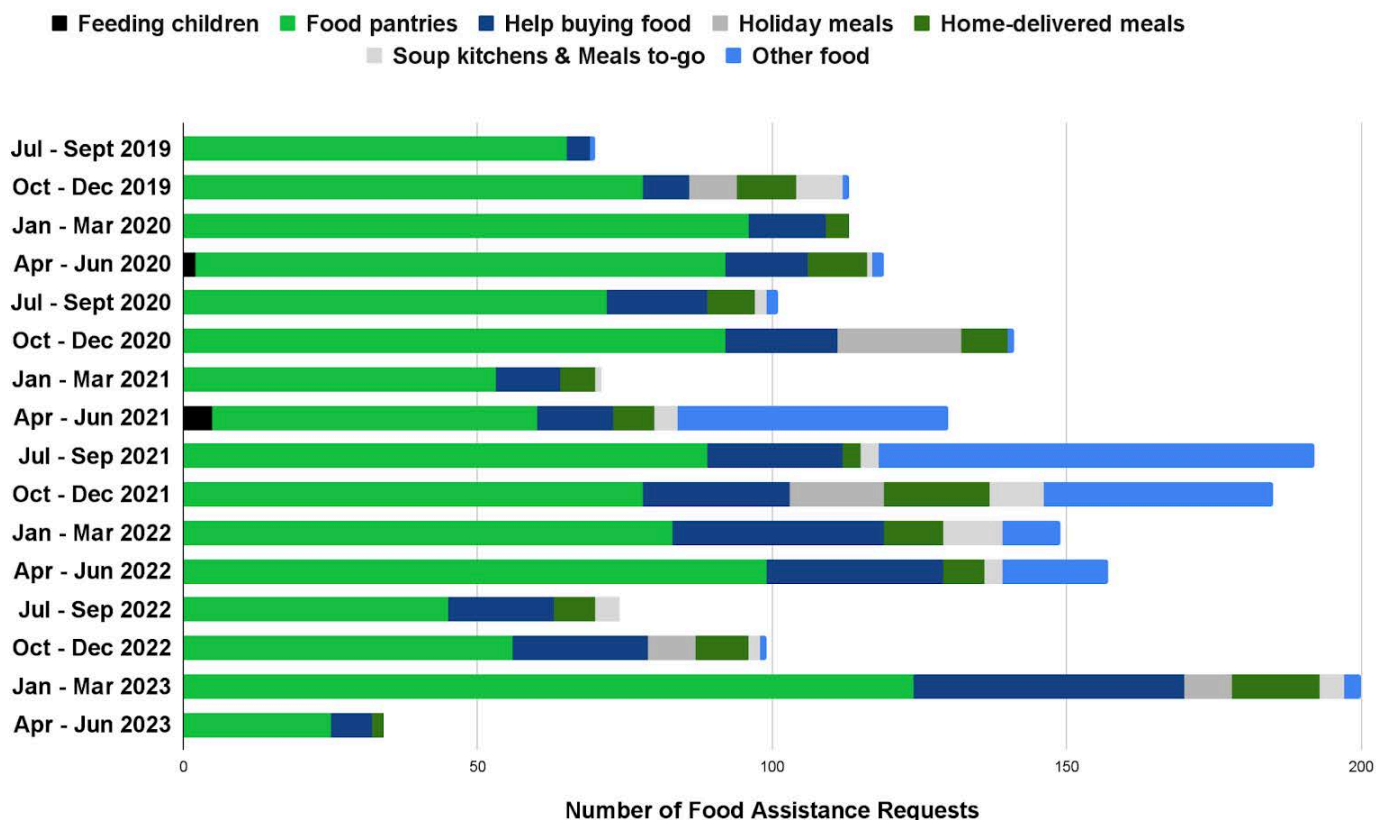
Many complex factors affect assistance requests, including federal, state, and local policies. For example, in the spring of 2023, SNAP emergency allotments were terminated, likely leading more people to rely on alternate food assistance.

Data from 2-1-1 Counts, a statewide resource database and referral network for basic needs, showed common food assistance requests among Davis County residents. Requests included: help feeding children, finding a food pantry, help buying

food, holiday meals, home-delivered meals, soup kitchens and meals to-go, and other food. **Figure 18** shows the requests from July 2019, when 2-1-1 Counts launched, to June 2023.

From July to September 2021, 2-1-1 received 2.5 times more food assistance requests from Davis County than the same period in 2019. The total number of requests peaked during January through March 2023; requests for food pantry assistance and buying food were higher than any other quarter. The data also revealed the 2-1-1 service was often unable to meet the needs of those requesting help for home-delivered meals and holiday meals (October to December) for most of the years included (211, 2022).

**Figure 18: Food Assistance Request Type from Davis Residents to Utah 2-1-1 Counts, July 2019 to June 2023**



Data: United Ways of Utah 2-1-1 Counts, 2023

Bountiful Community Food Pantry (BCFP), which mainly serves the southern part of Davis County, served 177% more clients in November 2022 compared to the prior year. BCFP also distributed 93,265 Pantry Packs for School Year 2021-2022 to K-12 students in participating schools within Davis County ([No Hunger Zone Report](#), 2021). Each pantry pack contains a 3 lb bag of food that children can easily heat or cook by themselves; it is delivered each Friday (**Figure 19**).

**Figure 19: BCFP Food Pantry Packs**



This help was considered adequate in meeting the needs of students in 2021. However, for the 2022 to 2023 school year, the need increased significantly: BCFP estimated it would require them to distribute 112,000 total packs (BCFP, 2023). BCFP and Nations For Christ Food Pantry also report serving many people from outside of the county.

### Food Assistance Challenges

As mentioned previously, in Davis County, many residents experience food insecurity but do not qualify for assistance because their income is too high. Another potential challenge for receiving food assistance is that community members may be unaware of how to access food assistance, as suggested by a survey the Workgroup distributed to 193 adults at Davis School District Summer Lunch Programs in 2022 (**Appendix B**). **The survey found that 24% of respondents did not know where to turn for food assistance should they not be able to afford food.**

In local focus groups many of the 76 participants shared this same concern of not knowing what supportive services are available to them, including having difficulty locating a food pantry when in need. They were also unaware of coupon and membership programs at grocery stores that can be helpful to save money (DCHD, 2022). Though these examples may not be representative of all adults in Davis County, it shows that resources are not universally known by community members.

There were some unique challenges and opportunities for food assistance during 2021 and 2022:

- A nationwide infant formula shortage that started in February 2022 affected mothers throughout Utah and Davis County. Although the current supply of formula greatly improved as of December 2022, Utah WIC reported that non-standard infant formulas still had not recovered completely from the shortage ([KSL](#), 2022).
- Avian flu outbreaks in 2022 led to a shortage of eggs, causing their price to sharply increase by nearly 40% ([USDA](#), 2022). This was the largest annual increase of food costs in over 40 years ([NIHCM](#), 2022). BCFP was no longer able to provide eggs consistently (BCFP, 2023).
- Open Doors has relied on Food Rescue, a program that takes food that otherwise would go to waste, as a way to keep a consistent supply (Open Doors, 2023).

### Nutrition and Breastfeeding Education

Nutrition and breastfeeding education programs are a way to support food and nutrition security, and navigate food assistance. Research shows breast milk provides all the nutrients that an infant needs for the first months of life. It continues to provide up to half or more of a child's nutritional needs from ages six to 12 months, and meets a third of nutritional needs from 12 months to two years of age ([WHO](#), n.d.).

Examples of local nutrition and/or breastfeeding education programs are provided below.

### **Davis County Health Department WIC Program**

The Davis County Health Department WIC program provides individual nutrition counseling, group classes in English and Spanish, breastfeeding support, and referrals to other health agencies for families participating in the program. Peer counselors and certified lactation consultants support clients, and pumps are provided. More recently, participants are now able to complete required nutrition classes online, saving them time and reducing the need for transportation (DCHD, n.d.).

### **TOP Star Program**

TOP Star - Teaching Obesity Prevention in Early Childhood Education Settings - is an evidence-based, free, continuing education program for child care providers designed to help improve the quality of the nutrition, physical activity, and breastfeeding environments in their child care facility. Providers complete online training, which consists of models related to nutrition, physical activity, and breastfeeding. Directors, managers, and other key classroom leads are required to complete the training; however, a minimum of 75% of staff are encouraged to take the online training modules. It is required for directors, managers and other key classroom leads.

Davis County Health Department staff work with child care providers on strategies to improve in each area with a focus on policy development and adoption. Facilities that meet requirements are designated as TOP Star-endorsed; in 2023, 10 facilities were endorsed ([DCHD](#), n.d.; [DCHD](#), n.d.).

### **Davis School District**

#### ***Nutrition and Physical Activity Wellness Policy***

The district's local wellness policy outlines nutrition education standards for students, parents, and staff at schools ([Davis School District](#), 2019).

Components include integrating nutrition in student health education based on theories and methods proven effective; working with the Parent Teachers Association (PTA) to provide parental nutritional education through presentations or other outlined forms of promotion; and a commitment to implement strategies to support staff in promoting and modeling healthy eating behaviors.

### ***Early Head Start/Head Start***

Both Early Head Start and Head Start are federally funded programs that offer services at no charge to income-eligible families. Early Head Start serves pregnant women and children ages birth to three along with their families. Services include prenatal education, health and nutrition services, family development support, and home visits focusing on child development and quality early education. Head Start serves families with children ages 3 to 4 with 21 locations across the county. Both Early Head Start and Head Start use an evidence-based curriculum that incorporates nutrition education ([DSD](#), n.d.).

### **USU Extension**

The county Utah State University Extension (USU Extension), in partnership with DWS, provides many nutrition education programs to individuals and families with lower incomes who are eligible for SNAP benefits.

USU Extension adult education classes include:

- Create Better Health, which educates on nutrition, cooking, food safety, budgeting, and physical activity, as well as helping Utahns find access to safe and nutritious food (*available in English and Spanish*)
- Create Farm Fresh Foods, which teaches how to take advantage of fresh produce throughout the summer
- Create Farm Fresh Gardens, which builds knowledge and skills necessary to grow participants' own gardens (*available in English and Spanish*)



USU Extension youth education classes include:

- Captain Create MyPlate for students grades 1 to 5
- Food, Fun, and Reading for upper preschool through second grade

In 2022, USU Extension reached 560 adults and 1,162 youth through these programs.

In addition, they administer the Expanded Food and Nutrition Education Program (EFNEP), a federal Extension program which provides free training for families and youth with limited resources to help them learn about and adopt nutritious habits and diets ([USU Extension](#), n.d.)

They also provide community outreach, including at farmers markets, on social media, at Summer Lunch Program sites, and through Create Healthy Choices Pantry newsletters (**Figure 20**). In 2022, these combined outreach efforts reached 146,117 people. Other efforts by the organization include implementing signage in pantries to indicate nutrient-dense food options; increasing nutrient-dense options in pantries and schools; and leading food drives, such as Buy Produce for Your Neighbor and Grow Produce for Your Neighbor (USU Extension, 2023).

**Figure 20: Create Better Health booth at the USU Botanical Center Farmers Market**



## Food Waste and Recovery

Approximately 600,000 tons of food are wasted every year in Utah ([Utah Food Bank](#), 2021). Rescuing and distributing food before it ends up at the landfill can both help fill nutrition gaps for those experiencing food insecurity and prevent food-produced pollution that contributes to environmental and human-health concerns. Examples of food recovery programs are the Harvest Program and the Utah Food Bank Grocery Rescue Program.

### Harvest Program for Davis County Health Department Senior Centers

The Food Donation Connection assists food service companies nationwide with the development and implementation of Harvest Programs designed to provide an alternative to discarding surplus food ([Food Donation Connection](#), n.d.). In Davis County, food is collected from retailers, such as Kneaders, Olive Garden, Starbucks, Bowman’s Market, and Cutler’s, and distributed to the Senior Centers (DCHD, 2023).

### Utah Food Bank - Grocery Rescue Program

The Grocery Rescue program is a partnership between Utah Food Bank and Utah retailers—including Davis County—that provides a safe and efficient donation outlet for food that is nearing its expiration date, but is still safe, healthy, and wholesome to eat. Refrigerated trucks, owned and operated by Utah Food Bank and partner agencies, operate six days a week throughout the state, picking up unsalable food donations that would otherwise be thrown away. Instead, donations are collected and distributed within 24 hours to Utahns who need it most. Donations primarily consist of nutritious, daily consumables including fresh produce, dairy, and meats that would otherwise end up in landfills.

## Section 4: Community Voice

Understanding community perceptions and lived experience is an essential component of this assessment. Collecting and sharing lived experiences and community themes from those who live or work in Davis County adds context to data. Personal stories complement the statistics and provide a local perspective on community strengths and needs. Efforts to collect community voices that give a more complete story of the food environment are an improvement in this assessment compared to the 2017 assessment.

This section focuses on six sources of community voice:

- Davis County Health Department (DCHD) Community Focus Groups
- Davis4Health Community Resilience Survey
- Davis School District Summer Lunch Program Nutrition Survey
- Open Doors Community Needs Assessment
- Utahns Against Hunger Food Access Stakeholder Workshop
- Other partner conversations

### Davis County Health Department Community Focus Groups

#### Background

In 2022, DCHD conducted nine focus groups throughout the county with 76 Davis County community members of varying identities, cultures, abilities, ages, and histories. The purpose of the focus groups was to explore the underlying causes of inequities and hardships experienced by those, or among those, who feel underserved and underrepresented where they live. The full report is available at

<https://tinyurl.com/davisequityassessment>.

**Figure 21: DCHD Staff/Partners Assisting with Spanish-Speaking Focus Groups**



#### Focus Group Themes

Focus group participants identified the following Davis County strengths related to the food environment:

- For people in some neighborhoods, public transportation is easily accessible.
- Culturally appropriate products and services are available for people of different cultures in many circumstances and stores.
- There are neighborhoods that provide, or in close proximity to, all basic needs and services, including food options.
- There are services and resources available in Davis County that help make food more affordable, such as food banks, SNAP, school resource centers, the Commissary for military and some veterans, meals delivered to homebound individuals, and coupons.

Feedback regarding opportunities for improvement included:

- Transportation is limited or missing in some neighborhoods, and is not always available when needed.
- Getting around the county can be difficult and unsafe, especially for those with disabilities and older adults.

- The cost of living is rising.
- Healthy and culturally appropriate foods can be expensive, especially for those struggling to make ends meet. Participants sometimes found these foods cheaper outside of the county.
- There is a gap where people who are in need of food assistance but are unable to qualify.
- Some people do not know where to look for food assistance.

## Davis4Health Community Resilience Survey

### Background

Resilience is the ability to bounce back from life's challenges. The purpose of the 2022 Davis4Health Community Resilience Survey was to explore resilience among adults in Davis County by evaluating three domains of personal resilience: individual, relationships, and community. The survey incorporated resilience frameworks used by community partners in Davis County. Over 50 partners shared the survey and 1,175 responses were received from people across all Davis County cities. The majority of respondents were female (82%), White (95%), straight (95%), and members of The Church of Jesus Christ of Latter-day Saints (67%). The median household income of respondents was \$90,000, and on average, they had lived in the county for 24 years. The full report is available at <https://tinyurl.com/davisresilienceassessment>.

### Results

The survey asked how often in the past 30 days, respondents had their basic needs met, including transportation and food. These needs were "usually" to "always" met for the majority of respondents. However, basic needs were met less frequently among those who reported their income did not meet their needs compared to those who reported their income did meet their needs.

This suggestion of a relationship between income and basic needs was illustrated by respondents' remarks:

**"The things that stress me and challenge my mental health are inflation, rising food and gas prices, all while my paycheck is not increasing enough to keep me at a level spot."**

**"I work to live and feed my family... For that reason I have no life... I live to work and work to eat."**

However, the survey was designed to draw conclusions about the county as a whole, not specific income groups. Future exploration of the relationship between income and basic needs is recommended in order to confirm whether national trends between food security and income status are true for Davis County.

## Davis School District Summer Lunch Program Nutrition Survey

### Background

In Summer 2022, the Workgroup created and distributed a survey at Davis School District Summer Lunch Program sites to learn about households' food and nutrition habits. The survey was offered in English and Spanish. A total of 193 adults responded to the survey at 10 of the 13 sites between June and July. The full report is included at the end of this assessment as **Appendix B**.

### Key Findings

**Figure 22** provides a summary of main findings from the survey. Almost all respondents purchased the majority of their food from a supermarket or grocery store, and more than 1 in 5 shopped for the majority of their food online or through an app.



Figure 22: Summary of Davis School District Summer Lunch Program Nutrition Survey Findings

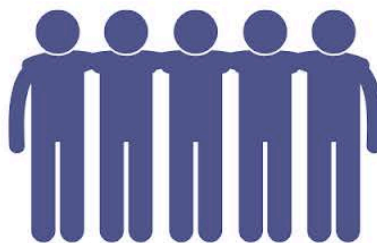
# 2022 Davis School District Summer Lunch Program Nutrition Survey

Conducted by the Davis Food Environment Workgroup

193 Total Participants



Respondents lived across the County, with all but one city represented. Most reported living in Layton or Clearfield.



Most respondents had a **household size of five.**



**Mothers** were the primary decision-maker for household food.



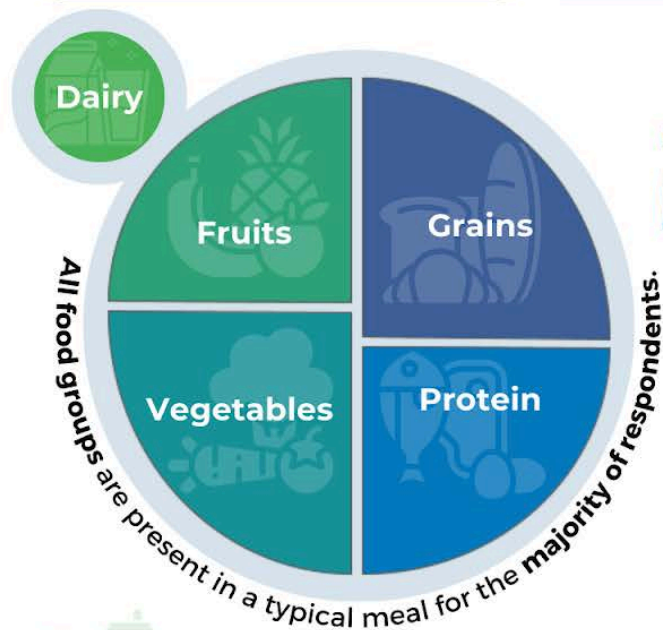
Food was purchased mainly from a supermarket or a **grocery store.**

More than 1 in 5 shopped for the majority of their food online or through an app.



Respondents tended to describe healthy eating in terms of **Food groups & balance**  
**Moderation**  
**Variety**

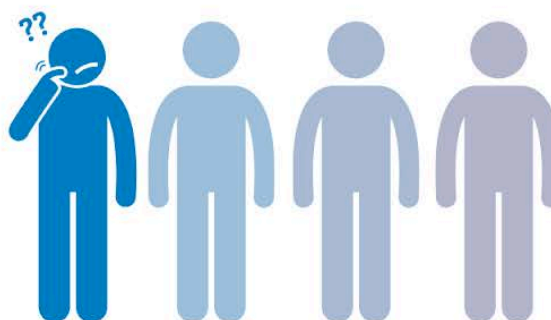
When asked what prevents them from eating healthy foods, the most commonly shared factors were **Preparation time, cost of food, and taste preferences.**  
20% of respondents reported that nothing was keeping them from eating healthy.



**More than half** of the respondents go **online** or on **social media** to learn about healthy food choices.



Nearly **1 in 4** reported not knowing where to turn for food assistance **should they not be able to afford food.**



**24%** of participants reported having **sugary foods and/or drinks** in a typical meal.



Respondents most commonly reported eating the following food categories in a typical meal (multiple responses allowed): Meat, poultry, and eggs (98%); vegetables, excluding french fries and ketchup (91%); grains (84%); fruits (81%); and dairy products (77%). In addition, 24% reported having sugary foods and/or drinks in a typical meal.

Nearly 1 in 4 (24%) reported not knowing where to turn for food assistance should they not be able to afford food.

The top five barriers to eating healthy included time to prepare food (58%), cost of food (57%), taste preferences (28%), nothing prevented them (20%), and lack of motivation (20%).

## Open Doors Community Needs Assessment

### Background

Open Doors is a family support program located at the northern end of the county that focuses on child abuse prevention through strengthening families and community action programs to help families overcome the barriers of poverty.

In February 2022, Open Doors organized a team to work on a Community Needs Assessment to project community needs for the next three years. The team consisted of community members, volunteers, case managers, coordinators and upper-level management. They collected data, sought community feedback, worked with volunteers, analyzed data, and learned about the experiences and barriers faced by families with lower incomes in Davis County. This data helped identify areas of disconnect between social services and community needs. It also provided understanding on how to shift services to align with true community needs. The data was obtained through surveys, focus groups, personal interviews and other community resources (Open Doors, 2022).

## Results

People from nearly every focus group and interview identified two significant challenges for people with lower incomes: first, the low availability of local jobs paying a living wage, and second, a lack of opportunities to gain the skills needed for these jobs. The assessment suggests affordable schools that offer childcare would reduce barriers for jobseekers to learn these skills to find jobs that pay a livable wage. Many participants were unaware of healthy food choices, available nutrition programs (WIC, SNAP), and healthy food preparation.

Data from the Community Needs Assessments from 2016, 2019, and 2021 show that many Open Doors program participants have regularly utilized the Open Doors Food Bank for many years. As the years have passed, their children have grown and are also utilizing the food bank to meet the nutritional needs of their families. This information suggests a cycle of intergenerational poverty and is in line with findings from a statewide report on intergenerational poverty ([Utah DWS, 2022](#)).

## Utahns Against Hunger Food Access Partner Workshop

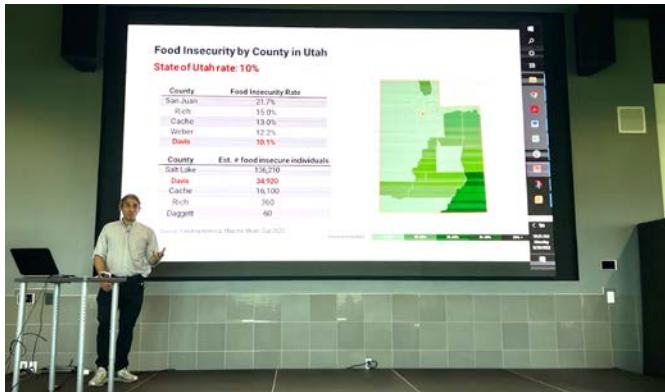
### Background

In August 2022, the Workgroup coordinated a workshop with Utahns Against Hunger at the DSD Davis Catalyst Center to learn more about the food environment in the county. There were 26 partners representing 11 agencies in attendance. Agencies included:

- Bountiful City
- Bountiful Community Food Pantry
- Davis County Community and Economic Development
- Davis County Health Department
- Davis Head Start
- Davis School District
- Davis Technical College
- Department of Workforce Services

- Office of Congressman Chris Stewart
- Utah State University Extension Create Better Health (SNAP-Ed) - Davis
- Utah Food Bank

**Figure 23: Utahns Against Hunger Presentation**



## Partner Perceptions of the Davis Food Environment

Partners were asked a series of questions to assess their perceptions of the food environment in Davis County. Almost all participants agreed or strongly agreed that household food insecurity is a problem in the county.

Partners perceived the following people as at highest risk for food insecurity:

- Children
- Hispanic/Latino communities
- Older adults
- People experiencing homelessness
- People with limited income (individuals, families, children, workers)
- Single mothers
- Those with disabilities
- Those with limited English proficiency
- Those with limited transportation access
- Underserved populations

Most partners disagreed that all people in Davis County have reasonable access to retail food outlets with nutrient-dense options.

Partners perceived that the following people had the greatest difficulty accessing nutrient-dense foods:

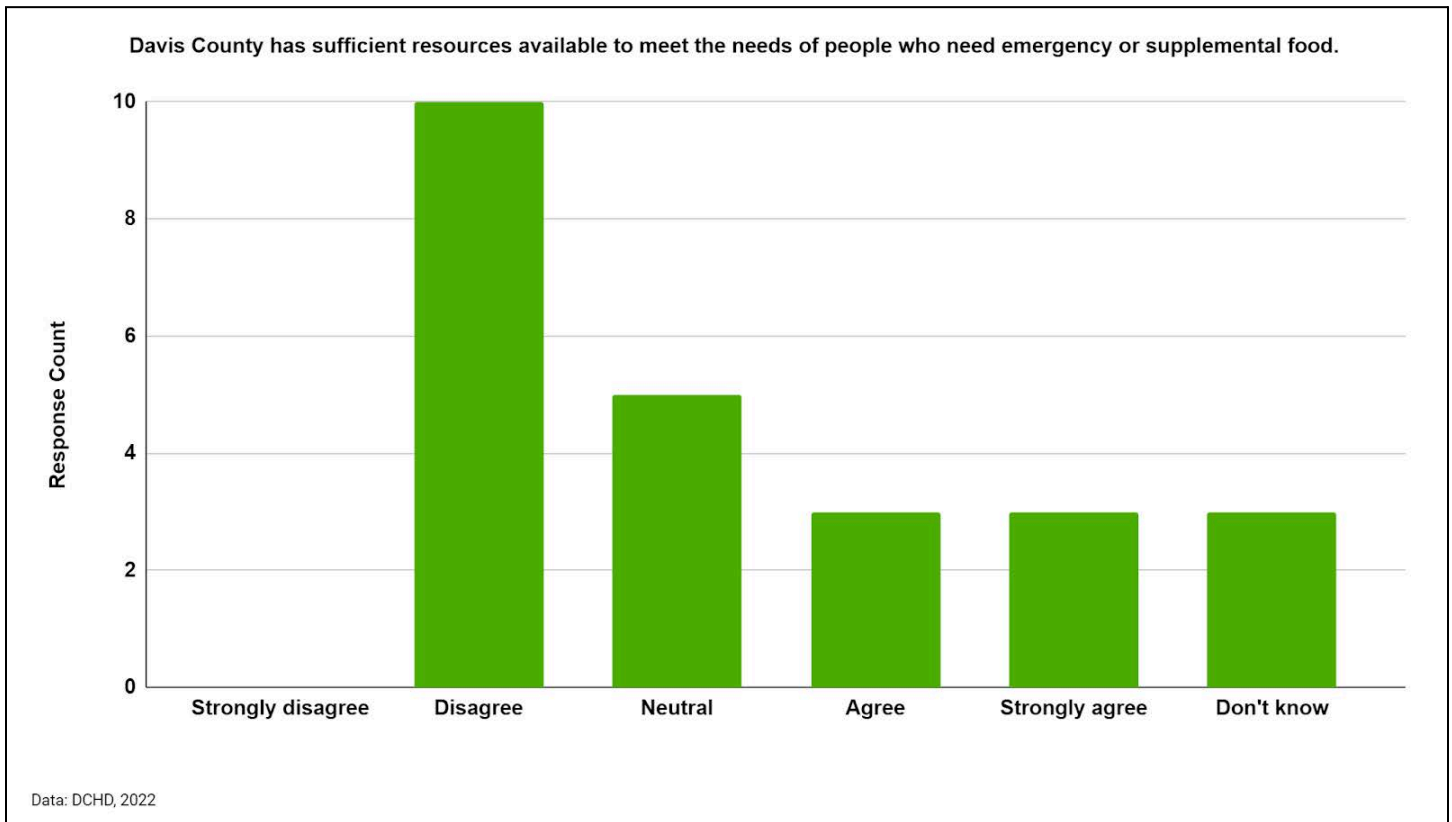
- Black, Indigenous, and People of Color (BIPOC) communities
- Children
- Homebound individuals
- Older adults
- People lacking transportation/personal vehicle
- People living in food deserts
- People living in more rural parts of the county
- People with disabilities
- People with limited/fixed income (households, individuals, families, children)
- Single parents
- Students

Further, most participants neither agreed nor disagreed that Davis County has the necessary infrastructure to effectively deliver food assistance programs. In comparison, the majority did not believe Davis County has sufficient resources available to meet the needs of people who need emergency or supplemental food (**Figure 24**).

## Perceived Barriers and Opportunities

Partners listed a variety of barriers to the food environment:

- Awareness and education
- Consistency
- Food assistance benefit amounts
- Food assistance paperwork
- Older adults who are non-driving or homebound have difficulty obtaining farm fresh food and picking up senior food boxes. The delivery of meals to homebound individuals has been unsuccessful.
- Stigma that community members feel in using food assistance
- Supply chain issues/volume of food
- Transportation barriers

**Figure 24: Davis County Partner Perception of Emergency/Supplemental Food Resource Sufficiency**

Opportunities to support the food environment included:

- AmeriCorps members and AmeriCorps Seniors volunteers to help with things like food distribution
- Basic needs coordinator for colleges
- Emergency transportation of food
- Legislation, such as for livestock well-being and funding for the [Healthy Meals, Healthy Kids Act](#)
- Lyft/Uber programs designed to help a variety of populations get to food destinations
- Virtual appointments

hours—including a Saturday assistance gap—inventory, and staff/volunteers to carry out the work. They are also unable to provide weekend pantry packs to area schools for students in need. Partners have expressed their desire to identify an adequately sized building centrally located for populations with greatest need (Davis4Health, 2023).

## Other Partner Feedback

During 2023 Davis County Health and Human Services partners reiterated the need for a full-service food pantry in the north end of the county similar to BCFP in the south end of the county. Current north-end food pantries have limited capacity when it comes to operating

## Section 5: Workgroup Recommendations to Improve Davis County Food Environment

The Workgroup developed a summary of food environment strengths, areas of opportunity, and threats. The summaries provided the foundation for the group to make recommendations (Table 5). Resources that support the food environment in the county were also reviewed (Appendix C).

### Food Environment Strengths

- **Bountiful Community Food Pantry school Pantry Packs** filling a critical need across the county
- **Inclusion of best practices for nutrition** for students, staff, and parents in the Davis School District Nutrition and Physical Activity Wellness Policy
- **Access to the Davis School District Nutrition Services Café Central and Catering** for employees of businesses in the Freeport Center
- **Grocery stores are spread across the county**, with many accepting major federal nutrition assistance program benefits; most stores near public transportation services
- **Utah Transit Authority On Demand** rideshare service for the southern part of the county
- **Nutrition and breastfeeding education programs**, such as the Davis WIC, Utah State University Extension Davis Create Better Health (SNAP-Ed), DCHD TOP Star Program, and Davis School District Head Start/Early Head Start
- **Lower food insecurity rates** than the State and Nation
- **Nutrient-dense food options** near most neighborhoods with low median household income
- **Inclusion of justice-involved individuals in preparing meals** to various senior centers and the Meals on Wheels program
- **Presence of Community Supported Agriculture (CSA)** programs
- **Availability of tax-free, nutrient-dense food** at the Hill Air Force Base Commissary and

### Food Environment Areas of Opportunity

- **Limited amount of school and community gardens**
- **Unsustainability of farmers markets; limited market acceptance** of food nutrition assistance benefits
- **Public transportation service gaps** for schools and organizations that provide food and housing resources in the east and west parts of the county; transport to food stands and farmers markets
- **Transportation and accessibility gaps** for those without a vehicle
- **High-density of fast and convenience foods** compared to supermarkets
- **Limited markets with a greater variety of culturally diverse foods** in the southern part of the county
- **Inadequate nutrient-dense food options** at the Davis County Correctional Facility, including commissary
- **Uneven distribution of food pantry locations; limited hours of operation** for northern food pantries
- **Lack of food insecurity data for certain populations** at the county level
- **Hispanic/Latino food insecurity rate** double that of White, non-Hispanic/Latino population
- **People experiencing food insecurity often ineligible for federal nutrition assistance programs** due to income above federal poverty thresholds
- **Inefficient coordination of federal nutrition assistance program applications** and resource locators ([Davis4Health Resource Locator](#), [Davis County Fresh Food Finder](#),



**Food Environment Strengths, Continued**

- **Nutrition program implementation** at dining facilities

**Food Environment Areas of Opportunity, Continued**

[Davis County Staycation Guide](#)) for food access

- **Challenges faced by food pantries** due to growing demand/need for food assistance
- **Gaps in food assistance benefits for the refugee population** once case management ends

**Threats to the Food Environment**

- **Rising costs of food, transportation, and housing** due to inflation
- **Severe to extreme drought conditions** in recent years
- **Disruptions to food production, processing, and distribution** due to the recent pandemic
- **End of pandemic-related funding increases** to federal nutrition assistance/housing relief

The following table organizes the Workgroup’s recommendations by including an overarching strategy, then by food environment type (natural, built, and programmatic).

**Table 5: Workgroup Recommendations to Improve Davis County Food Environment**

**Overall: Identify ways to ensure decisions that impact food systems include input from the entire community, including groups who are typically harder to reach.** Examples: Utilize community health workers—professionals that are part of the community they serve; work with partner agencies who directly serve communities; and address language barriers through partner sharing agreements.

**Natural Food Environment (cultivated physical land):**

- **Promote community supported agriculture (CSA) programs** through social media campaigns, event outreaches, and other identified methods.
- **Monitor local land use and farming data trends** (U.S. Agricultural Census).
- **Increase the amount of community and school gardens.**
- **Support Utah State University Create Better Health (SNAP-Ed) classes** through promotion and holding classes at community locations where historically socially and economically underserved groups can be reached.

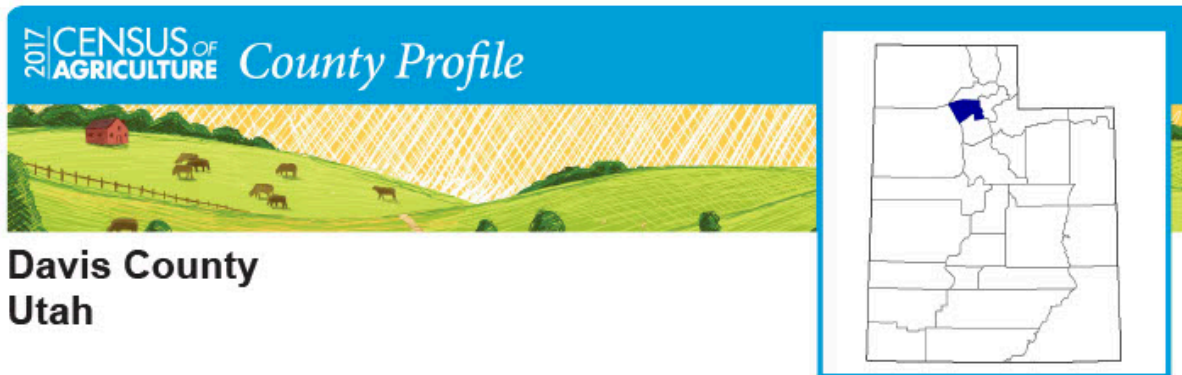
**Built Food Environment (physical land that is more developed than cultivated settings and has informal or formal market structures):**

- **Increase the amount of stores offering a greater variety of culturally diverse foods** across the county, especially in the southern part of the county.
- **Identify ways to monitor trends in use of technology** for food shopping and delivery.
- **Invest in public transportation, biking, and walking facilities** with a special focus on the west and east parts of the county. Increase safety of streets for those with disabilities.
- **Identify ways to sustain farmers markets** across the county and promote markets’ acceptance of food assistance program benefits.
- **Diversify food options to reflect cultural and demographic preferences at the Davis County Correctional Facility, and work to provide nutrient-dense options for the Inmate Commissary Program.**

**Programmatic Food Environment (programs and services which exist to help people become more food secure):**

- **Continue to support and promote food waste and recovery programs.**
- **Improve partner coordination of resources and services** that promote nutrient-dense food options and food assistance programs enrollment for eligible community members.
  - Convene food assistance providers to explore the addition of a food pantry serving the northern end of the county.
  - Streamline all county online platforms that include resources for food assistance (Davis Fresh Food Finder, resource locators, etc.).
  - Increase community member participation in food assistance programs, such as SNAP, WIC, and Medicaid enrollment through methods such as data sharing agreements and cross-referring eligible clients.
  - Identify how to help refugees continue to receive food and other benefits when case management ends, and address language barriers.
- **Improve community knowledge and use of resources and services** that promote nutrient-dense food options and food assistance programs.
  - Continue promoting and increasing enrollment for food assistance programs (SNAP, WIC, Free/Reduced Lunch, etc.)
  - Expand nutrition education, including context-specific outreach for those with a greater share of food insecurity.
  - Advocate for and promote transportation programs and services accessible to all users.
  - Help colleges understand the need for a basic needs resource coordinator and/or other food insufficiency programs on campus.
- **Identify ways to help people who do not qualify for major federal nutrition assistance programs.**
- **Support the addition of a food pantry serving the northern end of the county** accessible by public transportation.

# Appendix A: 2017 Census of Agriculture Summary for Davis County



## Davis County Utah

### Total and Per Farm Overview, 2017 and change since 2012

	2017	% change since 2012
Number of farms	528	+7
Land in farms (acres)	51,793	-6
Average size of farm (acres)	98	-12
<b>Total</b>		
	(\$)	
Market value of products sold	23,798,000	-35
Government payments	50,000	-72
Farm-related income	2,674,000	+161
Total farm production expenses	22,908,000	-29
Net cash farm income	3,614,000	-38
<b>Per farm average</b>		
	(\$)	
Market value of products sold	45,073	-40
Government payments (average per farm receiving)	3,329	-32
Farm-related income	20,102	+170
Total farm production expenses	43,386	-33
Net cash farm income	6,845	-42

### 1 Percent of state agriculture sales

#### Share of Sales by Type (%)

Crops	85
Livestock, poultry, and products	15

#### Land in Farms by Use (%) <sup>a</sup>

Cropland	15
Pastureland	76
Woodland	(Z)
Other	9

#### Acres irrigated: 9,995

19% of land in farms

#### Land Use Practices (% of farms)

No till	3
Reduced till	2
Intensive till	14
Cover crop	4

### Farms by Value of Sales

	Number	Percent of Total <sup>a</sup>
Less than \$2,500	287	54
\$2,500 to \$4,999	56	11
\$5,000 to \$9,999	58	11
\$10,000 to \$24,999	63	12
\$25,000 to \$49,999	29	5
\$50,000 to \$99,999	13	2
\$100,000 or more	22	4

### Farms by Size

	Number	Percent of Total <sup>a</sup>
1 to 9 acres	325	62
10 to 49 acres	152	29
50 to 179 acres	34	6
180 to 499 acres	9	2
500 to 999 acres	1	(Z)
1,000 + acres	7	1



United States Department of Agriculture  
National Agricultural Statistics Service

[www.nass.usda.gov/AgCensus](http://www.nass.usda.gov/AgCensus)

2017 CENSUS OF AGRICULTURE *County Profile*

Market Value of Agricultural Products Sold

	Sales (\$1,000)	Rank in State <sup>b</sup>	Counties Producing Item	Rank in U.S. <sup>b</sup>	Counties Producing Item
<b>Total</b>	<b>23,798</b>	<b>16</b>	<b>29</b>	<b>2,282</b>	<b>3,077</b>
<b>Crops</b>	<b>20,241</b>	<b>10</b>	<b>29</b>	<b>1,639</b>	<b>3,073</b>
Grains, oilseeds, dry beans, dry peas	1,105	14	28	2,098	2,916
Tobacco	-	-	-	-	323
Cotton and cottonseed	-	-	-	-	647
Vegetables, melons, potatoes, sweet potatoes	3,117	4	27	449	2,821
Fruits, tree nuts, berries	320	7	25	809	2,748
Nursery, greenhouse, floriculture, sod	14,022	2	25	191	2,601
Cultivated Christmas trees, short rotation woody crops	-	-	10	-	1,384
Other crops and hay	1,677	25	29	1,384	3,040
<b>Livestock, poultry, and products</b>	<b>3,558</b>	<b>26</b>	<b>29</b>	<b>2,576</b>	<b>3,073</b>
Poultry and eggs	81	16	28	1,105	3,007
Cattle and calves	(D)	27	29	(D)	3,055
Milk from cows	(D)	20	21	1,125	1,892
Hogs and pigs	101	6	28	910	2,856
Sheep, goats, wool, mohair, milk	129	24	29	1,094	2,984
Horses, ponies, mules, burros, donkeys	354	15	29	603	2,970
Aquaculture	-	-	17	-	1,251
Other animals and animal products	772	6	27	215	2,878

<b>Total Producers <sup>c</sup></b>	<b>888</b>	<b>Percent of farms that:</b>	<b>Top Crops in Acres <sup>d</sup></b>
<b>Sex</b>		Have internet access	76
Male	525		
Female	363	Farm organically	-
<b>Age</b>		Sell directly to consumers	12
<35	43	Hire farm labor	22
35 – 64	474	Are family farms	97
65 and older	371		
<b>Race</b>			
American Indian/Alaska Native	5		
Asian	27		
Black or African American	-		
Native Hawaiian/Pacific Islander	-		
White	854		
More than one race	2		
<b>Other characteristics</b>			
Hispanic, Latino, Spanish origin	7		
With military service	106		
New and beginning farmers	212		
			<b>Livestock Inventory (Dec 31, 2017)</b>
			Broilers and other meat-type chickens
			168
			Cattle and calves
			3,492
			Goats
			166
			Hogs and pigs
			143
			Horses and ponies
			1,526
			Layers
			1,202
			Pullets
			72
			Sheep and lambs
			491
			Turkeys
			175

See 2017 Census of Agriculture, U.S. Summary and State Data, for complete footnotes, explanations, definitions, commodity descriptions, and methodology.

<sup>a</sup> May not add to 100% due to rounding. <sup>b</sup> Among counties whose rank can be displayed. <sup>c</sup> Data collected for a maximum of four producers per farm.

<sup>d</sup> Crop commodity names may be shortened; see full names at [www.nass.usda.gov/go/cropnames.pdf](http://www.nass.usda.gov/go/cropnames.pdf). \* Position below the line does not indicate rank. (D) Withheld to avoid disclosing data for individual operations. (NA) Not available. (Z) Less than half of the unit shown. (-) Represents zero.

USDA is an equal opportunity provider, employer, and lender.

Source: [USDA](http://USDA), 2017



# Appendix B: Davis Summer Lunch Program Nutrition Survey Report

## Introduction

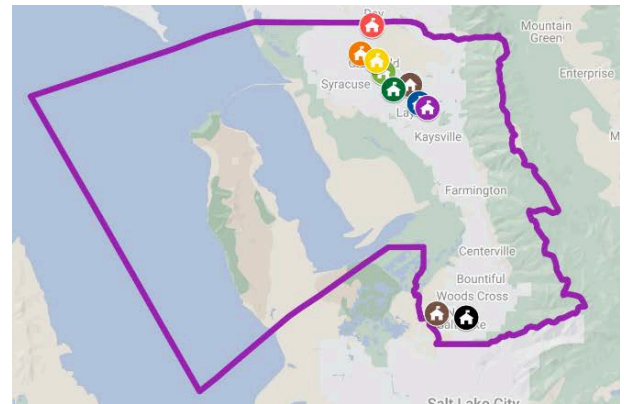
In Summer 2022, the Davis Food Environment Workgroup created and distributed a survey at Davis School District (DSD) Summer Lunch Program sites to learn about households' food and nutrition habits. This outreach is part of the planned update to the Davis Food Environment Assessment, which seeks to understand the current food environment and develop recommendations based on findings.

## Methods

One to two workgroup members provided a paper survey to adults at Summer Lunch Program sites when USU Extension Create Better Health Program Ambassadors went to provide nutrition education and resources. The Workgroup completed surveys at 10 of the 13 sites between June and July; refer to **Figure 1** for a map of schools visited. Most of the DSD Summer Lunch Program sites were Title I Schools; all sites offered free meals to children four days a week. 193 adults responded to the survey with only a small number of adults declining participation. Refer to the limitations section for why the remaining three sites were not visited.

The team designed the 10-question survey to take about two minutes and offered it in English and Spanish; a native Spanish-speaker reviewed the content. Respondents identified their city of residence and household size; the primary decision maker(s) of household food; the place and method where most food is purchased; a self-described definition of healthy eating (open-ended); food typically consumed; source(s) where nutrition information is obtained; potential factors preventing the eating of healthy foods; and knowledge of where to turn for assistance should the respondent not be able to afford the cost of food.

**Figure 1:** Davis School District Summer Lunch Program Sites Where Survey Was Administered



Adelaide Elementary	Lincoln Elementary
Central Davis Jr. High	North Davis Jr. High
Foxboro Elementary	Vae View Elementary
Fremont Elementary	Wasatch Elementary
Holt Elementary	Whitesides Elementary

## Results

- All but two respondents completed the English version** of the survey.
- Respondents reported living across the County**, with all but one city represented; two lived in unincorporated Davis County. Most reported living in Layton (31%) or Clearfield (27%). Two respondents lived in cities just outside the county (Roy and Hooper).
- Respondents most commonly reported a household size of five** (28%) with an even distribution.
- Moms were the primary decision makers** for the food in respondent households.
- Almost all respondents purchased the majority of their food** from a grocery store or supermarket.
- More than 1 in 5 shopped** for the majority of their food **online or through an app**.

7. **The following themes emerged from respondents' perception of healthy eating** (190 responded):
  - **Respondents tended to describe healthy eating** in terms of food groups and balance, moderation, and variety.
  - **Most (64%) cited vegetables as a food group to include** and/or listed specific vegetables, followed by fruits (54%), protein (47%), and grains (21%).
  - **Sugars** were the most commonly reported food item to limit (13%).
  - **Just 6% mentioned family meals as a component of healthy eating** (home food preparation and/or eating).
8. **Respondents** (178 responded) **most commonly reported going to the following places to learn about healthy food choices** (multiple responses allowed): 52% online, 16% on social media, 14% at school, and only 10% to a health professional.
9. Respondents most commonly reported eating the following food categories in a typical meal

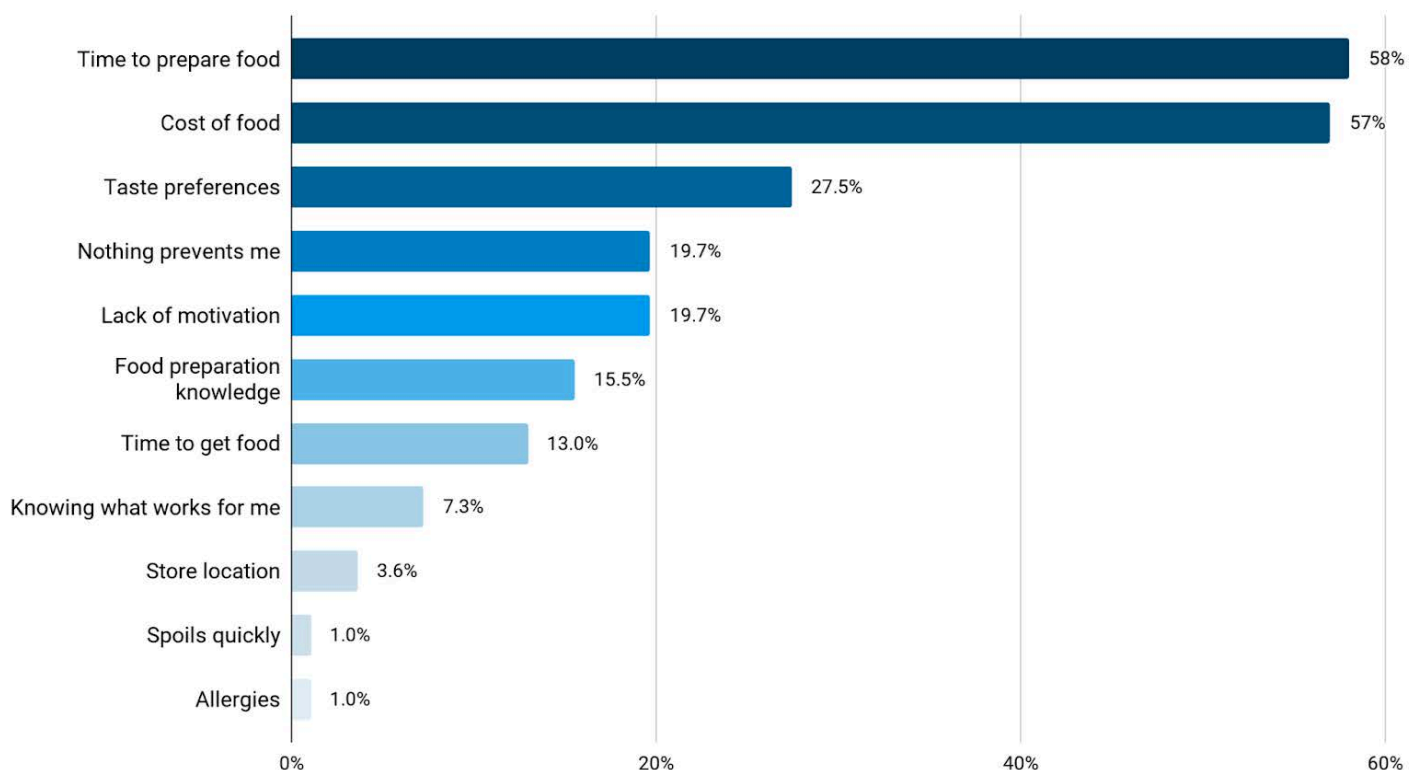
(multiple responses allowed): Meat/poultry/eggs (98%); vegetables, excluding french fries and ketchup (91%); grains (84%); fruits (81%); and dairy products (77%). **24% reported having sugary foods and/or drinks in a typical meal.**

10. See **Figure 2** for cited factors that prevent respondents from eating healthy. 1 in 5 (20%) **reported no factors as barriers.**
11. **Nearly 1 in 4 (24%) reported not knowing where to turn for food assistance** should they not be able to afford food.

## Discussion

One of the most important findings of the survey is that 1 in 4 respondents reported not knowing where to turn to for food assistance should they need it. While the exact reasons are unknown, the rising costs of food, housing, and transportation over the past year may contribute to a potential rise in those typically more well off needing assistance, suggesting the broader need to

**Figure 2: What Prevents You From Eating Healthy? Multiple Responses Allowed**



educate all residents about food assistance programs, including how to utilize them.

Because 21% of those we sampled primarily shop online/through an app, it is worth noting they may not be getting sufficient information to make decisions about healthy eating. On the other hand, recent studies suggest people who shop online for groceries tend to purchase more nutrient-dense foods and are less likely to make impulsive purchases (Harris-Lagoudakis, 2021; Zatz et al., 2021). From 2019 to 2020, online grocery sales in the U.S. tripled from 3.4% to 10.2% of total grocery sales and are projected to reach 21.5% of total sales by 2025 (Mercatus, 2020). This trend outpaced regulation for the provision of nutrition and allergen information. One recent study found a sample of food products that require a standardized information panel disclosing nutrition facts, a list of ingredients, common food allergens, and the percent juice was included, conspicuous, and legible online only 36.5% of the time across the products and nine major online grocery store retailers (Pomeranz et al., 2022).

Moreover, a majority of respondents reported seeking information for healthy food choices online, with the next most common place being social media, both of which may not always have accurate, sufficient information that is appropriate for the needs of the individual.

While there were themes present in defining what healthy eating meant to respondents, there was a wide variety of responses, perhaps reflecting a variety of experiences. It appears previous and current food models and concepts used by the USDA have influenced many respondents' thinking. Interestingly, 91% of respondents reported getting vegetables (other than french fries and ketchup) in a typical meal. This greatly differs from the 2019 Utah Behavioral Risk Factor Surveillance Survey, where only 13.2% of Davis County residents reported getting 3 or more vegetables per day (over the past 30 days). Further exploration could be illuminating.

## Limitations

1. **This survey was a convenience sample**, so it is not necessarily reflective of the total Davis County adult resident population.
2. **Sunset City was unintentionally left out as a response option for where respondents lived** when survey collection first started but was later added. Because the survey was in paper format, respondents from Sunset could still note this.
3. **The Workgroup did not visit 3 of the 13 sites** due to the survey being finalized a week after the first site USU Extension visited; a conflict when different USU Extension staff visited two of the sites at the same time; and an erroneous calendar invite that led the Workgroup to visit one of the sites twice.
4. **This survey potentially missed working adults** unavailable during the times the workgroup visited or in general.
5. **Education** provided by USU Extension Ambassadors to some respondents **prior to survey completion may have influenced responses**.
6. Except for one school, the Workgroup only visited a school once throughout the Summer Lunch Program due to **limited volunteer capacity**.
7. **Demographic variables such as race, ethnicity, income, and respondent age were not asked** due to sensitivity and survey length considerations, which might have influenced or clarified results.
8. **Less adults attended sites** the Workgroup visited **after July 24**.
9. The Workgroup planned on administering the survey through Google Forms on electronic tablets as an additional option for participants, but **a problem arose implementing the electronic version**. The high response rate appears to show the paper version was sufficient, but providing both formats could be considered in the future.

## Conclusion

This nutrition survey, while not necessarily representative of the entire Davis County adult population, had a number of interesting findings that can be considered and explored alongside other data points when identifying needs and environmental/policy considerations to help improve the food environment in Davis County.

Zatz, L., Moran, A., Franckle, R., Polacsek, M., Thorndike, A., Rimm, E. (2021). Comparing Online and In-Store Grocery Purchases. *Journal of Nutrition Education and Behavior*, 53(6), 471-479. [https://www.jneb.org/article/S1499-4046\(21\)00081-6/fulltext#%20](https://www.jneb.org/article/S1499-4046(21)00081-6/fulltext#%20) (accessed August 2022)

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## Appendix C: Food Environment Resources

Local Food Resources				
<b>Bountiful Community Food Pantry</b>	Primarily serves South Davis residents	<b>Address:</b> 480 East 150 North, Bountiful <b>Phone:</b> 801-299-8464 <b>Website:</b> <a href="https://bountifulfoodpantry.org">https://bountifulfoodpantry.org</a>		
<b>Center of Hope Food Pantry</b>		<b>Address:</b> 74 South Orchard Drive, North Salt Lake <b>Phone:</b> 801-706-3101 <b>Website:</b> <a href="https://www.ladiesofcharitynorthernutah.org/">https://www.ladiesofcharitynorthernutah.org/</a>		
<b>Centerville Community Garden</b>	Spots are limited. Each gardener is entitled to one large plot or one small plot if space is available. A fee applies.	<b>Address:</b> 168 North Main Street, Centerville <b>Phone:</b> 801-663-1293 <b>Website:</b> <a href="https://www.centervilleutah.gov/358/Community-Garden">https://www.centervilleutah.gov/358/Community-Garden</a>		
<b>Clearfield Community Garden</b>	Small and large garden plots are available for a fee. Spots are limited.	<b>Address:</b> 896 South 1000 East, Clearfield <b>Email:</b> <a href="mailto:csc@clearfieldcity.org">csc@clearfieldcity.org</a> <b>Website:</b> <a href="https://clearfield.city/parks-recreation/parks/">https://clearfield.city/parks-recreation/parks/</a>		
<b>Clinton Community Garden</b>	The City has garden spots available for residents' use. Spots are limited. There is no fee to use the space.	<b>Address:</b> 1711 West 1740 North, Clinton <b>Phone:</b> 801-614-0870 <b>Website:</b> <a href="https://www.clintoncity.net/2193/Community-Gardens">https://www.clintoncity.net/2193/Community-Gardens</a>		
<b>Community Supported Agriculture (CSA)</b>	Lists CSA Programs in Utah	<b>Website:</b> <a href="https://csautah.org/find-a-csa">https://csautah.org/find-a-csa</a>		
<b>Congregate Meals (Senior Services)</b>	Congregate meal programs provide healthy meals served in group settings. They aim to keep older adults healthy and independent, offer opportunities for social engagement, and connect people with other supports and services.	<b>Location:</b>	<b>Address:</b>	<b>Phone:</b>
		North Davis Senior Center	42 South State Street, Clearfield	801-525-5080
		Central Davis Senior Center	81 East Center Street, Kaysville	801-444-2290
		South Davis Senior Center	726 South 100 East, Bountiful	801-451-3660
		Syracuse Community Center (Lunch)	1912 West 1900 South, Syracuse	801-614-9660
		Woods Cross Senior Lunch Brunch	2297 South 1200 West, Woods Cross	801-295-6388
<b>Davis4Health Resource Locator</b>	An online directory of resources in Davis County, including healthy eating	<b>Website:</b> <a href="https://www.daviscountyutah.gov/health/davis4health">https://www.daviscountyutah.gov/health/davis4health</a>		

<b>Davis County Fresh Food Finder</b>	An online locator for produce stands, farmers markets, greenhouses, food pantries, and community gardens	<b>Website:</b> <a href="http://tinyurl.com/freshfoodfinder">http://tinyurl.com/freshfoodfinder</a>
<b>Davis County Health Department (DCHD) Community Health Workers (CHWs)</b>	Provide food assistance referrals	<b>Phone:</b> 801-525-4950, Monday through Friday
<b>Davis Home-Delivered Meals</b>	Hot, healthy meals delivered to homebound seniors over age 60 who are nutritionally at risk	<b>Website:</b> <a href="https://www.daviscountyutah.gov/health/aging-and-adult-services/home-delivered-meals">https://www.daviscountyutah.gov/health/aging-and-adult-services/home-delivered-meals</a>
<b>Davis School District Head Start</b>	Both Early Head Start and Head Start are federally funded programs that offer services at no charge to income-eligible families.	<b>Phone:</b> 801-402-0650 <b>Website:</b> <a href="https://www.davis.k12.ut.us/academics/early-childhood/head-startearly-head-start-and-title-i-preschool">https://www.davis.k12.ut.us/academics/early-childhood/head-startearly-head-start-and-title-i-preschool</a>
<b>Davis School District Nutrition and Physical Activity Wellness Policy</b>	Outlines the district's nutrition standards	<b>Website:</b> <a href="https://www.davis.k12.ut.us/district/administration/policy-manual/section-5-student-services">https://www.davis.k12.ut.us/district/administration/policy-manual/section-5-student-services</a>
<b>Davis School District Teen Centers</b>	Provide students with a safe place to shower, do laundry, study, receive one-on-one assistance from family service workers, and access critical resources, such as food.	<b>Website:</b> <a href="https://www.davis.k12.ut.us/departments/student-family-resources/teen-center-advocates">https://www.davis.k12.ut.us/departments/student-family-resources/teen-center-advocates</a>
<b>Department of Workforce Services</b>	Assists individuals in preparing for and finding jobs and administers temporary assistance	<b>Clearfield Center Address:</b> 1290 East 1450 South, Clearfield <b>Clearfield Phone:</b> 866-435-7414 <b>South Davis Center Address:</b> 763 West 700 South, Woods Cross <b>South Davis Phone:</b> 866-435-7414
<b>Episcopal Church of the Resurrection Community Garden</b>		<b>Address:</b> 1131 South Main Street, Centerville <b>Phone:</b> 801-295-1360 <b>Website:</b> <a href="https://ecor.org/community-garden/">https://ecor.org/community-garden/</a>
<b>Episcopal Church of the Resurrection Congregate Meals</b>	All community members are welcome.	<b>Address:</b> 480 East 150 North, Bountiful <b>Phone:</b> 801-299-8464

<b>Fish-n-Loaves Food Pantry</b>	Food distributed by the Layton Hills Baptist Church in partnership with the Utah Food Bank	<b>Address:</b> 1332 North Hill Field Road, Layton <b>Phone:</b> 801-544-2426 <b>Website:</b> <a href="https://laytonhills.org/">https://laytonhills.org/</a>
<b>Fox Creek Mobile Pantry</b>	Run by the Utah Food Bank	<b>Address:</b> 1402 North Fort Lane, Layton <b>Phone:</b> 801-978-2452 <b>Website:</b> <a href="https://www.utahfoodbank.org/programs/mobile-pantry">https://www.utahfoodbank.org/programs/mobile-pantry</a>
<b>Free and Reduced Price School Meals</b>	Provides payment for nutritionally balanced, low-cost or free lunches to qualifying children each school day	<b>Website:</b> <a href="https://www.davis.k12.ut.us/departments/nutrition-services/free-reduced-price-school-meals">https://www.davis.k12.ut.us/departments/nutrition-services/free-reduced-price-school-meals</a>
<b>Hill Airman's Attic - Hill AFB Food Pantry</b>	A free program open to all military members, retirees and their dependents with a valid military ID	<b>Website:</b> <a href="https://www.facebook.com/HillAirmansAttic/">https://www.facebook.com/HillAirmansAttic/</a>
<b>Hope Center Food Pantry</b>		<b>Address:</b> 795 North Main Street Suite 2, Clearfield <b>Phone:</b> 801-837-4673 <b>Website:</b> <a href="https://www.hcutah.org/">https://www.hcutah.org/</a>
<b>Layton Mobile Pantry</b>	Run by the Utah Food Bank	<b>Address:</b> 1322 North Hill Field Road, Layton <b>Phone:</b> 801-978-2452 <b>Website:</b> <a href="https://www.utahfoodbank.org/programs/mobile-pantry">https://www.utahfoodbank.org/programs/mobile-pantry</a>
<b>Nations for Christ Food Pantry</b>		<b>Address:</b> 562 South 1000 East, Clearfield <b>Phone:</b> 801-309-0478 <b>Website:</b> <a href="https://n4cworship.org/">https://n4cworship.org/</a>
<b>North Salt Lake Community Garden</b>	Also known as the Orchard Community Garden, the garden includes large and small plots.	<b>Address:</b> 217 East Center Street, North Salt Lake <b>Phone:</b> 801-335-8729 <b>Website:</b> <a href="https://www.nslcity.org/285/Orchard-Community-Garden">https://www.nslcity.org/285/Orchard-Community-Garden</a>
<b>Open Doors Food Pantry</b>		<b>Address:</b> 875 UT-193, Layton <b>Phone:</b> 801-771-4642 <b>Website:</b> <a href="https://www.opendoorsutah.org/food-pantry/">https://www.opendoorsutah.org/food-pantry/</a>
<b>The Church of Jesus Christ of Latter-day Saints Bishops' Storehouses</b>	Provides congregation-based food assistance (at the recommendation of their bishop)	<b>Locations:</b> 1180 West 500 North, Centerville; 362 North 300 West, Kaysville; 930 West Hill Field Road Suite F, Layton <b>Phone:</b> 801-298-2208 (Centerville); 801-546-2424 (Kaysville); 801-336-3200 (Layton) <b>Website:</b> <a href="https://providentliving.churchofjesuschrist.org/find-a-welfare-location">https://providentliving.churchofjesuschrist.org/find-a-welfare-location</a>

<b>TOP Star Program (Teaching Obesity Prevention in Early Childhood Education Settings), DCHD</b>	A continuing education program for child care providers designed to help them improve the quality of the nutrition, physical activity, and breastfeeding environments in their facility	<b>Website:</b> <a href="https://daviscountyutah.gov/health/community-health-services-division/community-health-division/healthy-living/top-star-program">https://daviscountyutah.gov/health/community-health-services-division/community-health-division/healthy-living/top-star-program</a>
<b>True Vine Baptist Food Pantry</b>	Provides congregation-based food assistance	<b>Address:</b> 197 West 100 South, Kaysville <b>Phone:</b> 801-546-6554 <b>Website:</b> <a href="https://truevinebaptistchurch.homestead.com">https://truevinebaptistchurch.homestead.com</a>
<b>Utah State University (USU) Extension Davis County</b>	Provides helpful information, resources, and events on topics including agriculture, gardening, home, family, and food	<b>Address:</b> 80 East 725 South Suite B, Kaysville <b>Phone:</b> 801-499-5370 <b>Website:</b> <a href="https://extension.usu.edu/davis">https://extension.usu.edu/davis</a>
<b>Weber Cares Food Pantry</b>	Weber State University students can place orders for food pickup at the Davis Campus.	<b>Pickup Location:</b> Weber State University Davis Campus in Layton, Student Services <b>Phone:</b> 801-626-7737 <b>Website:</b> <a href="https://weber.edu/ccel/pantry.html">https://weber.edu/ccel/pantry.html</a>
<b>Women, Infants, and Children (WIC Program), DCHD</b>	Provides information about WIC, nutrition, and breastfeeding	<b>Address:</b> 22 State Street, Clearfield <b>Phone:</b> 801-525-5010 <b>Website:</b> <a href="https://daviscountyutah.gov/health/health-services/women-infants-children-(wic)-2-0">https://daviscountyutah.gov/health/health-services/women-infants-children-(wic)-2-0</a>
<b>Woods Cross Mobile Pantry</b>	A food pantry run by the Utah Food Bank in partnership with Pacific Islander Knowledge 2 Action Resources (PIK2AR) and DCHD	<b>Address:</b> 2064 South 800 West, Woods Cross <b>Phone:</b> 801-978-2452 <b>Website:</b> <a href="https://www.utahfoodbank.org/programs/mobile-pantry">https://www.utahfoodbank.org/programs/mobile-pantry</a>



## State & National Food and Transportation Resources

<b>2020-2025 Dietary Guidelines for Americans</b>	Outlines USDA nutrition guidelines	<b>Website:</b> <a href="https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf">https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf</a>
<b>Blue Star Families</b>	Provides food insecurity resources for military families	<b>Website:</b> <a href="https://bluestarfam.org/food-insecurity-resources/">https://bluestarfam.org/food-insecurity-resources/</a>
<b>Commodity Supplemental Food Program (Senior Meal Boxes)</b>	Works to improve the health of people 60 years and older living in poverty. It offers a free monthly package containing 10 days worth of USDA food valued at \$55; nutrient-rich foods specific to seniors to help them maintain a healthy diet; nutrition education; and recipes specific to the supplied food.	<b>Website:</b> <a href="https://www.utahfoodbank.org/csfp/">https://www.utahfoodbank.org/csfp/</a>
<b>Create Better Health (SNAP-Ed)</b>	Includes nutrition information and healthy recipes	<b>Website:</b> <a href="https://createbetterhealth.org">https://createbetterhealth.org</a>
<b>Double Up Food Bucks Program</b>	Provides Supplemental Nutrition Assistance Program (SNAP) participants with a match of up to \$30 to spend on fruits and veggies per market day at participating farmers markets	<b>Website:</b> <a href="https://www.uah.org/get-help/snap-farmers-market">https://www.uah.org/get-help/snap-farmers-market</a>
<b>Expanded Food and Nutrition Education Program (EFNEP)</b>	Provides free training for people with limited resources to help them learn about and adopt nutritious habits and diets	<b>Website:</b> <a href="https://extension.usu.edu/efnep/">https://extension.usu.edu/efnep/</a>
<b>Feeding America</b>	A nationwide network of food banks, food pantries, and local meal programs	<b>Website:</b> <a href="https://www.feedingamerica.org/take-action">https://www.feedingamerica.org/take-action</a>
<b>Supplemental Nutrition Assistance Program (SNAP)</b>	SNAP offers nutrition assistance to buy healthy food. Income requirements apply.	<b>Website:</b> <a href="https://jobs.utah.gov/customereducation/services/food-stamps/requirements.html">https://jobs.utah.gov/customereducation/services/food-stamps/requirements.html</a>

<b>United Way Utah 2-1-1</b>	This resource provides people with ways to get help, and give help. By simply dialing 2-1-1, callers can connect to health and human resources they need, including food assistance, as well as find meaningful volunteer opportunities.	<b>Website:</b> <a href="https://utah211.org/">https://utah211.org/</a>
<b>USDA School Nutrition Programs</b>	Provides a description of major school federal nutrition assistance programs	<b>Website:</b> <a href="https://www.fns.usda.gov/usda-fis">https://www.fns.usda.gov/usda-fis</a>
<b>USDA Thrifty Food Plan</b>	Estimates the cost of a nutrient-dense diet across various price points	<b>Website:</b> <a href="https://www.fns.usda.gov/snap/thriftyfoodplan">https://www.fns.usda.gov/snap/thriftyfoodplan</a>
<b>Utah Food Bank</b>		<b>Address:</b> 3150 South 900 West, South Salt Lake <b>Phone:</b> 801-978-2452 <b>Website:</b> <a href="https://www.utahfoodbank.org/">https://www.utahfoodbank.org/</a>
<b>Utah Senior Farmers Market Nutrition Program</b>	A new produce incentive program offering \$50 to qualified seniors to spend at authorized farmers markets.	<b>Website:</b> <a href="https://www.uah.org/get-help/senior-farmer-s-market-program">https://www.uah.org/get-help/senior-farmer-s-market-program</a>
<b>Utah Transit Authority (UTA) Paratransit Service</b>	Transports those with physical, cognitive, or visual disabilities who are unable to independently use the UTA fixed route bus service	<b>Phone to Request Application:</b> 801-287-2263
<b>UTA Reconnect Program</b>	A rider can call UTA Customer Service and ask for this program if there are disruptions to service due to UTA cancellations or delays. UTA will collect information and provide the rider with a LYFT code, Yellow Cab code, or set up the ride for them.	<b>Phone:</b> 801-743-3882
<b>UTA Reduced Fare Program</b>	UTA offers a 50% discount - \$1.25 one way - for people with lower incomes; people with disabilities; people ages 65 and older; and youth	<b>Phone:</b> 801-743-3882

<b>UTA South Davis On Demand</b>	A transportation mode that connects riders with other transit services like TRAX, FrontRunner, or Bus and other destinations in the community. The app-based technology matches multiple riders headed in a similar direction into a single vehicle.	<b>Website:</b> <a href="https://www.rideuta.com/Services/UTA-On-Demand">https://www.rideuta.com/Services/UTA-On-Demand</a>
<b>UTA Travel Training</b>	A free training in which dedicated travel trainers work with seniors, people with disabilities, and others to show them how to ride UTA. Travel trainers can meet one-on-one or do a group presentation.	<b>Website:</b> <a href="https://www.rideuta.com/Rider-Info/How-To-Ride/Travel-Training">https://www.rideuta.com/Rider-Info/How-To-Ride/Travel-Training</a>
<b>Utahns Against Hunger</b>	A state-wide anti-hunger non-profit organization working on public policy and advocacy for federal nutrition programs	<b>Website:</b> <a href="https://www.uah.org/get-help">https://www.uah.org/get-help</a>

# Appendix D: Davis Food Assistance Programs (English and Spanish)



Food Assistance Programs 2023	Income Guidelines Gross Income (Pre-Tax)		
	SNAP	WIC	FREE & REDUCED PRICE SCHOOL MEALS
Household Size	Monthly Gross Income	Monthly Gross Income	Monthly Gross Income
1	\$1,473	\$2,248	\$2,248
2	\$1,984	\$3,041	\$3,041
3	\$2,495	\$3,833	\$3,833
4	\$3,007	\$4,625	\$4,625
5	\$3,518	\$5,418	\$5,418
6	\$4,029	\$6,210	\$6,210
For Each Additional Family Member	\$512	\$793	\$793

### You may also qualify for:

- Income Assistance:** Temporary Assistance for Needy Families (TANF), tax credits, Supplemental Security Income (SSI)
- Housing:** Subsidized housing, public housing, vouchers
- Health Insurance:** Children's Health Insurance Program (CHIP), Medicaid

## SNAP

### What is it?

The Supplemental Nutrition Assistance Program (SNAP) provides qualified families with an Electronic Benefits Transfer (EBT) card to buy healthy foods at authorized retail food stores.

### Who qualifies?

See the chart for income qualifications.



### How to apply

- Apply online: [jobs.utah.gov/mycase/](https://jobs.utah.gov/mycase/) or scan the QR code
- Call: 1-866-435-7414 to receive an application in the mail
- Visit: Department of Workforce Services (DWS) Employment Center (Open M-F, 8-5)



### DWS Employment Centers in Davis County

- 290 E 1450 S, Clearfield, UT 84015
- 763 W 700 S Suite B, Woods Cross, UT 84087

### Have these items ready when you apply:

- Identity (Drivers license, state ID, passport)
- Social Security Number
- Employment status
- Income Status
- Bank account information
- Assets (such as vehicles or homes owned)
- List of monthly expenses

SNAP INCOME ELIGIBILITY LIMITS			
Household Size	Gross Monthly Income Limits	Net Monthly Income	Maximum Monthly Benefit
1	\$1,473	\$1,133	\$281
2	\$1,984	\$1,526	\$516
3	\$2,495	\$1,920	\$740
4	\$3,007	\$2,313	\$939
5	\$3,518	\$2,706	\$1,116
6	\$4,029	\$3,100	\$1,339
For Each Additional Family Member (+1)	\$512	\$394	\$211

## Double Up Food Bucks

### What is it?

Double Up Food Bucks helps to bring home fresh and local produce by matching your SNAP dollars spent (up to \$30) on fruits and vegetables at participating farmers markets. This means getting double the produce for the same price.

### Who qualifies?

If you already receive SNAP benefits, you automatically qualify for Double Up Food Bucks.

### How does it work?

To receive Double Up Food Bucks, bring your SNAP EBT Horizon card to a participating farmers market info booth or farm stand before you shop.

### Participating locations:

Bountiful Farmers Market - 100 100 E, Bountiful, UT 84010

For more information, visit: [uah.org/get-help/snap-farmers-market](https://uah.org/get-help/snap-farmers-market) or scan the QR code





## Women, Infants, and Children (WIC)

### What is it?

WIC provides healthy food, nutrition counseling, group classes, breastfeeding support, screenings, and referrals to other agencies.

### Who qualifies?

- If you already receive Medicaid, TANF, or SNAP OR see the chart for income qualifications.
- Pregnant women
- Breastfeeding women up to one year of having a baby
- Women who had a baby within the last six months
- Women who had a pregnancy loss in the past six months
- Infants and children under five years old: includes foster children
- Fathers, grandparents, and caretakers of eligible infants and children
- You do not have to be a U.S. citizen

WIC INCOME ELIGIBILITY LIMITS			
Household Size	Annual	Monthly	Bi-Weekly
1	\$26,973	\$2,248	\$1,038
2	\$36,482	\$3,041	\$1,404
3	\$45,991	\$3,833	\$1,769
4	\$55,500	\$4,625	\$2,135
5	\$65,009	\$5,418	\$2,501
6	\$74,518	\$6,210	\$2,867
For Each Additional Family Member (+1)	\$9,509	\$793	\$366

### What are the benefits of WIC?

- All WIC services are FREE
- Healthy foods to help stretch your monthly budget and feed your growing family
- Individualized nutrition assessment for each qualifying member of your family
- Personalized nutrition counseling
- Breastfeeding support, access to pumps, and other breastfeeding aides
- Help with diapers
- Referrals to other health agencies and services

### How to apply

Visit: [wic.utah.gov/about/apply/](http://wic.utah.gov/about/apply/) or scan the QR code.

Call: (801) 525-5010 | text: (801) 477-6806 | Email: [ClearfieldWICKids@gmail.com](mailto:ClearfieldWICKids@gmail.com)



*Clients are seen by appointment only.*

## Free and Reduced Lunch

### What is it?

Children need healthy meals to learn. Davis School District offers breakfast and lunch every school day for students K-12.

### Who qualifies?

If you are receiving SNAP benefits or TANF, you qualify for free and reduced price school meals. If you are not enrolled in these programs, you can still apply.

### How to apply

- Scan the QR code or visit: [bit.ly/3dj2SAW](http://bit.ly/3dj2SAW)
- Sign in or create a guardian account through the Davis School District website to access the online application. Only one application is needed per household.



## Food Pantries

### What is it?

Pantries offer free or low cost food and groceries. Resources and eligibility may vary by location.

### Call for hours and more information:

- Bountiful Food Pantry: 480 E 150 N, Bountiful, (801) 299-8464
- Center of Hope: 74 S Orchard Drive, NSL, (801) 706-3101
- Fish n' Loaves: 1332 N Hill Field Rd, Layton, (801) 544-2426
- Hope Center: 545 S State St, Clearfield, (801) 628-4252
- Nations for Christ: 295 E 200 S, Clearfield, (801) 773-7973
- Open Doors: 875 E. Hwy 193, Layton, (801) 771-4642

## Meals on Wheels



### What is it?

Meals on Wheels helps older adults remain independent in their homes by delivering nutritious daily meals to qualified individuals who need assistance shopping, cooking, or feeding themselves.

- Special diets may be accommodated.
- Up to 7 meals may be delivered each week.

**Call (801) 525-5058 to request an assessment.**



Updated: Sept 2023

# Davis County Programas de Asistencia de Alimentos



## También puede calificar para otras formas de asistencia

- Asistencia de ingresos:** Asistencia Temporal para Familias Necesitadas (TANF), créditos fiscales y Seguridad de Ingreso Suplementario (SSI).
- Ayuda a la vivienda:** Vivienda subsidiada, vivienda pública y bonos
- Seguro médico:** Programa de seguro médico para niños (CHIP) y Medicaid

Puedes aprender más en: <https://jobs.utah.gov/assistance/>



Food Assistance Programs 2023	Income Guidelines Gross Income (Pre-Tax)		
	SNAP	WIC	FREE & REDUCED PRICE SCHOOL MEALS
	Monthly Gross Income	Monthly Gross Income	Monthly Gross Income
Household Size 1	\$1,473	\$2,248	\$2,248
Household Size 2	\$1,984	\$3,041	\$3,041
Household Size 3	\$2,495	\$3,833	\$3,833
Household Size 4	\$3,007	\$4,625	\$4,625
Household Size 5	\$3,518	\$5,418	\$5,418
Household Size 6	\$4,029	\$6,210	\$6,210
For Each Additional Family Member	\$512	\$793	\$793

## SNAP

### ¿Qué es?

El Programa de Asistencia Nutricional Suplementaria (SNAP) permite que las familias de bajos ingresos utilicen tarjetas de Transferencia Electrónica de Beneficios (EBT) para comprar alimentos saludables en tiendas minoristas de alimentos autorizadas.

### ¿Quién califica?

Consulte la tabla de ingresos de SNAP para ver si cumple con los requisitos.

### ¿Cómo aplicar?

- Solicite en línea: [jobs.utah.gov/mycase/](https://jobs.utah.gov/mycase/) o escanee el código QR a continuación
- Llame al: 1-866-435-7414 para recibir una solicitud por correo
- Visite: Centro de Empleo del Departamento de Servicios Laborales (DWS) (abierto de lunes a viernes, 8 a 5)



### Centro de Empleo del Departamento de Servicios Laborales (DWS)

- 290 E 1450 S, Clearfield, UT 84015
- 763 W 700 S Suite B, Woods Cross, UT 84087

### Tenga estos documentos listos cuando presente la solicitud:

- Identificación (ej: Licencia de Conducir, ID de estado, pasaporte)
- Número de seguro social
- Condición de empleo
- Estado de ingresos
- Información de cuenta bancaria
- Bienes (los ejemplos incluyen vehículos o viviendas en propiedad)
- Lista de gastos mensuales
- Estado de inmigración
- Residencia estatal

SNAP INCOME ELIGIBILITY LIMITS			
Household Size	Gross Monthly Income Limits	Net Monthly Income	Maximum Monthly Benefit
1	\$1,473	\$1,133	\$281
2	\$1,984	\$1,526	\$516
3	\$2,495	\$1,920	\$740
4	\$3,007	\$2,313	\$939
5	\$3,518	\$2,706	\$1,116
6	\$4,029	\$3,100	\$1,339
For Each Additional Family Member (+1)	\$512	\$394	\$211

## Duplique los dólares de comida (Double Up Food Bucks)

### ¿Qué es?

Double Up Food Bucks ayuda a llevar a casa alimentos saludables, frescos y locales para usted y su familia al igualar los dólares de SNAP gastados (hasta \$30) en frutas y verduras frescas en los mercados agrícolas que participan. Esto significa obtener el doble de frutas y verduras frescas por el mismo precio.

### ¿Quién califica?

Si califica y recibe los beneficios de SNAP, automáticamente califica para Double Up Food Bucks.

### ¿Cómo funciona?

Para recibir Double Up Food Bucks, lleve su tarjeta SNAP EBT Horizon a un puesto de información de un mercado de agricultores participante antes de comprar.

### Ubicaciones participantes:

Bountiful Farmers Market - 100 100 E, Bountiful, UT 84010

Para más información visite: [uah.org/get-help/snap-farmers-market](http://uah.org/get-help/snap-farmers-market) o escanee el código QR





## Mujeres, bebés y niños (WIC)

### ¿Qué es?

WIC proporciona alimentos saludables, asesoramiento nutricional individual, clases grupales, apoyo para la lactancia y referencias a otras agencias.

### ¿Quién califica?

- Aquellos que cumplen con las pautas de ingresos que se muestran en la tabla O reciben Medicaid, TANF o SNAP
- Mujeres embarazadas
- Mujeres lactantes hasta un año de haber tenido un bebé
- Mujeres que tuvieron un bebé en los últimos seis meses
- Mujeres que han tenido una pérdida de embarazo en los últimos seis meses
- Bebés y niños menores de cinco años; incluye niños acogidos
- Padres, abuelos y cuidadores de bebés y niños elegibles
- No es necesario que sea ciudadano de los EE. UU.



WIC INCOME ELIGIBILITY LIMITS			
Household Size	Annual	Monthly	Bi-Weekly
1	\$26,973	\$2,248	\$1,038
2	\$36,482	\$3,041	\$1,404
3	\$45,991	\$3,833	\$1,769
4	\$55,500	\$4,625	\$2,135
5	\$65,009	\$5,418	\$2,501
6	\$74,518	\$6,210	\$2,867
For Each Additional Family Member (+1)	\$9,509	\$793	\$366

### ¿Cuáles son los beneficios de WIC?

- Todos los servicios de WIC son GRATUITOS
- Alimentos saludables para ayudar a estirar su presupuesto mensual y alimentar a su familia
- Evaluación nutricional individualizada para cada miembro calificado de su familia
- Asesoramiento nutricional personalizado.
- Apoyo para la lactancia, acceso a extractores y otras ayudas para la lactancia
- Ayuda con pañales
- Referencias a otras agencias de salud y servicios comunitarios

### ¿Cómo aplicar?

Visite: [wic.utah.gov/about/apply/](http://wic.utah.gov/about/apply/) o escanea el código QR a continuación.

Llame al: (801) 525-5010 o envíe un mensaje de texto: (801) 477-6806

Correo electrónico: [ClearfieldWICKids@gmail.com](mailto:ClearfieldWICKids@gmail.com)

\*Clientes son vistos solo con cita previa.



## Comidas escolares gratis o a precio reducido

### ¿Qué es?

Los niños necesitan comidas saludables para poder aprender. El Distrito Escolar de Davis ofrece comidas saludables todos los días escolares para estudiantes K-12.

### ¿Quién califica?

Esta recibiendo beneficios de SNAP, el Programa de Distribución de Alimentos en Reservas Indígenas (FDPIR) o Asistencia Temporal para Familias Necesitadas (TANF), automáticamente califica para comidas escolares gratuitas o de precio reducido. Si no está inscrito en estos programas, aún puede presentar una solicitud.

### ¿Cómo aplicar?

- Escanee el código QR a continuación o visite: [bit.ly/3dj2SAW](http://bit.ly/3dj2SAW)
- Inicie sesión o cree una cuenta para padres a través del sitio web del Distrito Escolar de Davis aplicar en línea.



## Despensas de comida en el condado de Davis

### ¿Qué es?

Las despensas ofrecen alimentos y comestibles gratis o a bajo costo. Los recursos y la elegibilidad pueden variar según la ubicación.

### Llame para las horas de operación:

- Bountiful Food Pantry: 480 E 150 N, Bountiful, (801) 299-8464
- Center of Hope: 74 S Orchard Drive, N. Salt Lake, (801) 706-3101
- Fish n' Loaves: 1332 N Hill Field Rd, Layton, (801) 544-2426
- Hope Center: 545 S State St, Clearfield, (801) 628-4252
- Nations for Christ: 295 E 200 S, Clearfield, (801) 773-7973
- Open Doors: 875 E. Hwy 193, Layton, (801) 771-4642

## Meals on Wheels



Meals on Wheels ayuda a los adultos mayores a permanecer independientes en sus hogares al entregar comidas diarias nutritivas a personas calificadas que necesitan ayuda para comprar, cocinar o alimentarse. Se puede acomodar dietas especiales. Se pueden entregar hasta 7 comidas cada semana.

\*Llame al (801) 525-5058 para solicitar una evaluación.



Actualizado: Mayo de 2023