What we know about our County and Food System

The total population of Tompkins County was 101,564 in 2010, comprised of 82% White, followed by 10% Asian and 3% Black/African American. The median population age is 29, with the largest age groups being 15 to 24.

The total number of households in Tompkins County is 38,291. Of these, 62% live in family households, 27% live in non-family households, and 11% live in group quarters. Roughly 25% of renter occupied housing units do not have access to a vehicle, compared to only 4% for owner occupied housing units. The Compass II United Way Study of 2009 found that the number of households without a car increased by 31% between 2000 and 2007, and TCAT riderchip increased by 24% between 2002 and 2008.

The median income in Tompkins County is $45,010. In 2009 the poverty rate was nearly 20%, which is a sharp increase since 2000. The unemployment rate also shows a dramatic increase in the last several years, and was at 5.8% in 2009.

### Tompkins County Livable Wages

<table>
<thead>
<tr>
<th></th>
<th>2000</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rent</td>
<td>$527</td>
<td>$763</td>
</tr>
<tr>
<td>Transport</td>
<td>$167</td>
<td>$179</td>
</tr>
<tr>
<td>Food</td>
<td>$162</td>
<td>$204</td>
</tr>
<tr>
<td>Telephone</td>
<td>$26</td>
<td>$60</td>
</tr>
<tr>
<td>Health Care</td>
<td>$92</td>
<td>$173</td>
</tr>
<tr>
<td>Recreation</td>
<td>$115</td>
<td>$102</td>
</tr>
<tr>
<td>Savings</td>
<td>$50</td>
<td>$61</td>
</tr>
<tr>
<td>Misc.</td>
<td>$115</td>
<td>$110</td>
</tr>
<tr>
<td>Taxes</td>
<td>$251</td>
<td>$323</td>
</tr>
<tr>
<td><strong>Total/mo</strong></td>
<td><strong>$1,505</strong></td>
<td><strong>$2,023</strong></td>
</tr>
</tbody>
</table>

The Alternatives Federal Credit Union conducts a livable wage study bi-annually. Since 2000, the cost of rent, food, telephone, health care, and taxes have increased significantly. Though the cost of food only increased by $42, the rising spending in other categories may mean that people have less available income for food and other necessities.

### Unemployment and Poverty Rates: Tompkins County, 2000 - 2010

<table>
<thead>
<tr>
<th>Year</th>
<th>Unemployment</th>
<th>Poverty</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>8.6%</td>
<td>15%</td>
</tr>
<tr>
<td>2005</td>
<td>8.6%</td>
<td>15%</td>
</tr>
<tr>
<td>2010</td>
<td>8.6%</td>
<td>15%</td>
</tr>
</tbody>
</table>

Source: Data generated by Cornell Program on Applied Demographics, using U.S. Census Bureau American Community Survey, 1-year Estimates.

### HH’s with Incomes < $10,000 in TC and Towns Without College Student Populations: 2000

<table>
<thead>
<tr>
<th>Town</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caroline</td>
<td>7.0%</td>
</tr>
<tr>
<td>Danby</td>
<td>2.7%</td>
</tr>
<tr>
<td>Dryden</td>
<td>4.0%</td>
</tr>
<tr>
<td>Enfield</td>
<td>6.5%</td>
</tr>
<tr>
<td>Groton</td>
<td>4.6%</td>
</tr>
<tr>
<td>Ithaca City</td>
<td>15.5%</td>
</tr>
<tr>
<td>Ithaca Town</td>
<td>3.7%</td>
</tr>
<tr>
<td>Lansing</td>
<td>4.6%</td>
</tr>
<tr>
<td>Newfield</td>
<td>4.7%</td>
</tr>
<tr>
<td>Ulysses</td>
<td>6.1%</td>
</tr>
</tbody>
</table>

The Tompkins County Planning Department tabulated income data for college students and non-college students from the 2000 Census, and found these proportions of people earning less than $10,000. Ithaca City has the largest percentage of people earning less than $10,000 by a large margin.
As part of the Compass Study, United Way reached out to 260 people at locations where low-income people congregate, including food pantries, soup kitchens, the Department of Social Services and WIC clinics. Though the results are not representative of all low-income residents, they provide valuable information.

Only 23% were Food Secure, and 39% were Food Insecure with hunger (based on the USDA Food Security Core Module survey).

60% of households reported cutting the size of their meals or skipping meals because there wasn't enough money for food. This was up from 43% in 2000.

The emergency food resources in Tompkins County are utilized by many people, and provide 416,053 meals per month.

These programs fall 126,647 meals short of meeting the 3 meals/day for 30 days/month for the non-student population of individuals in poverty.

### Identified Barriers to Food Resources
- Transportation
- Schedule conflict
- Not eligible
- Gaps between school year and summer camp starting
- Lack of existing summer feeding programs
- Cost of summer camp
- Lack of childcare

- Nowhere to cook meals
- Stigma
- Difficult bureaucracy
- Amount of help not worth the effort to apply
- Lack of nutrition education
- Lack of knowledge about programs
- Inadequate/inappropriate food available

### Food Store Survey: 2010

In 2009, CCETC collected information on all the food-stores in Tompkins County, and subsequently a Cornell student produced a food desert map. Data on food prices were also collected, which highlighted the extent to which prices of food can differ across stores.

### Total Stores Surveyed: 65

- # with produce: 31
- % with produce: 48%
- # with local produce: 18
- % with local produce: 28%
- # that accept SNAP: 38
- # that accept WIC: 8

### Resource Summary

<table>
<thead>
<tr>
<th>Resource</th>
<th># participants monthly</th>
<th># meals/month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Stamps</td>
<td>4,273</td>
<td>214,253</td>
</tr>
<tr>
<td>WIC</td>
<td>1,539</td>
<td>29,925</td>
</tr>
<tr>
<td>Food Pantries</td>
<td>2,108</td>
<td>70,000</td>
</tr>
<tr>
<td>Soup Kitchens</td>
<td>3,500</td>
<td>3,500</td>
</tr>
<tr>
<td>Other Meals</td>
<td>450</td>
<td>450</td>
</tr>
<tr>
<td>FoodNet</td>
<td>12,500</td>
<td>12,525</td>
</tr>
<tr>
<td>Free/Reduced Lunch</td>
<td>3,500 enrolled</td>
<td>85,400</td>
</tr>
<tr>
<td>Summer Feeding</td>
<td>979 enrolled</td>
<td>31,880</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>416,053</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Why don't you receive food stamps?

Why do you plan to discontinue the program?

1. I make/have too much money ........................................ 19.8%
2. Others need food stamps more ..................................... 10.5%
3. It is too long and complicated ................................... 8.5%
4. I don't need food stamps .......................................... 8.1%
5. My need is only temporary ........................................ 6.9%

27.8% were ‘very satisfied’ with the Food Stamp Program
89.4% planned to continue with the Food Stamp Program

Why don't you use the food pantries (more often)?

1. Transportation issues ............................................. 9.3%
2. I don't need to go ................................................ 8.1%
3. Others need more .................................................. 7.7%
4. I don't know where to go/who to contact .................... 6.1%
5. I work when the pantry is open .................................. 5.2%

61.4% were ‘very satisfied’ with the food pantry
97.6% planned to continue using the food pantry

Why don't you go to the soup kitchen (more often)?

1. I don't need to go ................................................ 12.5%
2. Others need more .................................................. 9.3%
3. Transportation issues ............................................. 8.1%
4. I feel embarrassed going to the soup kitchen .............. 4.4%
5. I don't know where to go or who to contact ............... 4.4%

68% were ‘very satisfied’ with the soup kitchen
91.6% planned to continue going to the soup kitchen

### Food Stamp Participation and Benefits: Tompkins County, 2007 - 2011

Note: Data for each year was taken for the month of March.
Source: Office of Temporary and Disability Assistance, Monthly Caseload Statistics.
Food Environment Atlas

The Food Environment Atlas is a database of information relating to food choices, health and well-being, and community characteristics. The data is collected for the USDA by the Economic Research Service. Not all data is available for every year, and includes information from 2006 to 2010. Below are several indicators for Tompkins County.

| % households with no car, and > 1mi to store | 3.2% | 2006 |
| % low-income households, and > 1mi to store | 15% | 2006 |
| Avg. SNAP redemptions per SNAP authorized store | $195,610 | 2009 |
| Avg. WIC redemptions per WIC authorized stores | $84,098 | 2009 |
| Fast-food expenditures per capita | $487 | 2007 |
| Restaurant expenditures per capita | $734 | 2007 |
| Adult diabetes rate | 6.1% | 2008 |
| Adult obesity rate | 24.4% | 2008 |
| Low-income preschool obesity rate | 13.2% | 2009 |

Improving Food Access for Low-Income Households

Healthy Food for All: 120 hh's
Food Stamps at farmers markets: $2,494

Farmers Market Nutrition Program: 10 market days (6 locations)
- Senior Checks 700 checks ($16,800)
- WIC Checks 5,220 issued 2,304 redeemed ($55,296)

Summer Food Service Program: 7 schools
Cassavant Elem. School; Freeville Elem. School; Groton Elem. School; Beverly J. Martin Elem. School; Enfield Elem. School; Newfield Elem. School; Boces Special School; TST Community School

National School Lunch/Breakfast Program: 30 schools
All schools in Tompkins County offer breakfast and lunch

Head Start Program: 267 children/yr
Early Head Start Program: 92 children/yr
Soup Kitchens: 3 sites (7 days per week)
Loaves and Fishes; Our Brothers and Sisters Table; 50-Served
Food Pantries: 19 sites (7 days per week)

Farm Facts: 2011

Locally produced foods are becoming more and more available to area food consumers via direct sales and increasingly in retail, restaurant and institutional outlets. Farmers have been responding to growing demand and participate in a number of marketing channels.

Farmers in TC with local sales: 75
Farmers outside of TC selling locally: 80

Farmers Markets

| Ithaca: 60 | farm vendors |
| Trumansburg: 20 |
| Lansing: 8 |
| Brooktondale: 8 |
| Youth/Community Farm Stands: 15 |

Community Supported Agriculture

22 farms (9 in TC; 13 outside TC) with a variety of products including vegetables, fruit, bread, eggs, meat, wine, etc. The CSAs have 2200 members, making up $1.1 million sales annually.

Home Delivery of local foods via Garden Gate serves 136 customers, with 50 local/regional suppliers.

Wholesale

Retailers who buy from local farms: 2
Greengart Wegman's
Restaurants/Chets/Caterers/farmers market food vendors who buy from local farms: 30
Cornell Greek houses Hospital
Institutions who buy from local/regional farms: 3
Distributors who carry some or specialize in local foods: 5
Regional Access

Local and Total Food Sales

20% of the fruits and vegetables and 2% of the beef consumed in Tompkins County come from within a 30 mile radius from local farms.

Of $200 million in food sales via all outlets, local foods account for about 10% of the total value of food sales, and it is not captured in the $200 million because only a small share is sold through conventional outlets.

1) What does the data not tell us? What is missing? What questions should we ask of your clients to fill in those gaps?

2) Is access to nutritious food getting better or worse for your clients, and how do you know?
**FOOD INSECURITY & FOOD COST IN THE US**

**New York**

**FOOD INSECURITY RATE**
- 13.5%* of state population
- Number of food insecure people: 2,616,780

* National average food insecurity rate: 16.6%

**INCOME BANDS WITHIN FOOD INSECURE POPULATION**
- 45% below SNAP threshold of 130% poverty
- 17% between 130-185% poverty
- 38% above other nutrition pgm threshold of 185% poverty

**ADDITIONAL MONEY REQUIRED TO MEET FOOD NEEDS IN 2009**
- $1,220,401,570

**FIVE counties with the highest food insecurity rates**
- Bronx, Kings, St. Lawrence, Fulton, Oswego

**Tompkins**

**FOOD INSECURITY RATE**
- 12.9% of county population
- Number of food insecure people: 13,010

**INCOME BANDS WITHIN FOOD INSECURE POPULATION**
- 45% below SNAP threshold of 130% poverty
- 12% between 130-185% poverty
- 43% above other nutrition pgm threshold of 185% poverty

**ADDITIONAL MONEY REQUIRED TO MEET FOOD NEEDS IN 2009**
- $5,973,690

**AVERAGE COST OF A MEAL**
- $2.79*

* National average cost of a meal is: $2.54

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