



What food issues are important to Logan Heights residents?



In the summer of 2020, as part of [San Diego County Food Vision 2030](#), San Diego County residents answered a few survey questions to express their unique needs and aspirations related to food in their communities. We're excited to share what we heard from residents of Logan Heights.

OVERVIEW

What food issues are most important to you?

TOP ISSUES

- Finding healthy, affordable, and culturally appropriate food
- Getting healthy food into schools
- Reducing hunger & food insecurity
- Providing nutrition education to families, children, and seniors
- Reducing food waste

I would like to see more _____ in my community

TOP SELECTIONS

- Community gardens
- School gardens
- Farmers' markets
- Food banks and pantries
- Shared community kitchens

ACCESSING HEALTHY FOOD

Do you face any challenges in getting healthy food?

54% of respondents answered 'yes,' they do face challenges in getting healthy food

What challenges do you face in getting healthy food?

TOP CHALLENGES

- Cost of food
- Small food budget
- Few healthy food options

FOOD ISSUES AT SCHOOLS

Are you interested in food issues at schools?

87% of respondents answered 'yes,' they are interested in food issues at schools

What issues are most important to you at schools?

TOP ISSUES

- Fruit & vegetable options
- Healthy drink options
- School gardens

GROWING FOOD

Are you interested in gardening or growing your own food?

84% of respondents answered 'yes,' they are interested in growing their own food

What support would be helpful with gardening or growing your own food?

TOP SELECTIONS

- Gardening supplies
- Garden education (tips, how-tos, classes, videos, etc.)
- Community garden or plot

SHAPING FOOD DECISIONS

Are you interested in playing an active role in shaping food decisions in your community?

78% of respondents answered 'yes,' they are interested in playing an active role

What resources would be most helpful?

TOP RESOURCES

- More education
- More time
- Leadership training
- More money

ASPIRATIONS FOR FOOD IN LOGAN HEIGHTS

Within the next 10 years, what is one hope that you have for food in your community?

COMMUNITY OWNERSHIP

- "That community gardens stay in the community and more community members come together to ensure these gardens are supported. Also, less gentrification since it is keeping the community more separated now and everyone is just trying to make sure they are not displaced."
 - "Soil restoration, kitchens with traditional foods, more independent local jobs that allow people to flourish outside of Walmart and industrial food systems."
 - "People would eat more fruits & veggies if they had more money to spend. We need a living wage."
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EDUCATION

- "Every school should have an active garden and garden education in the learning curriculum."
 - "More kids gardening at school and learning."
 - "We can walk to or have delivered locally grown produce at good prices, and have recipes, info and education about seasonal produce and how to use them."
 - "It would be awesome to have funding for thriving school gardens in every school to pay for supplies and garden educators."
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LOCALLY GROWN FOOD

- "Locally sourced food from the community!"
 - "Affordable, healthy (non-GMO, organic, etc.) foods. Maybe creating a farmers market with local vendors only, no gentrifiers! There are so many people selling fruit out of their cars, maybe reaching out to them and inviting them to farmers markets!"
 - "Affordable farm-to-table. Organic vegan and vegetarian options."
 - "Food delivery, including farm boxes. A farmers' market."
 - "Estaría muy bien que las personas tuviéramos como cultivar nuestra propia comida." (It would be very good if people had a way to grow our own food)
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HEALTH

- "That there will be change in our community's diet, resulting in a decline in high blood pressure, obesity, diabetes, etc. Educating the community and increasing the amount of healthy choices that are accessible will help."
- "Menos personas obesas y más educación alimenticia y más jardines en las parcelas vacías." (Fewer obese people and more nutrition education and more gardens in the empty plots)
- "To see the community become healthy through affordable healthy food options in the community."
- "Que la comida orgánica y de buena calidad sea accesible para todos." (Make good quality, organic food accessible to everyone)