



## Les Complices Alimentaires : Citizen's survey Collective project in the packaging of food surpluses

Les Complices Alimentaires is a collective food security project (social economy). Our goal is to make frozen fruits and vegetables accessible through a network of points of sale in Monteregie West. We are currently carrying out a portrait of the food equity situation in the Haut-Saint-Laurent territory. Through this questionnaire, we would like to know your needs better and collect your suggestions to promote access to food. All responses will be kept confidential. This questionnaire will take you around 10 minutes to complete!

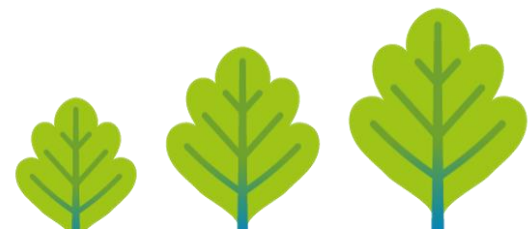
Thank you for participating!

1. I live in (please check the box):

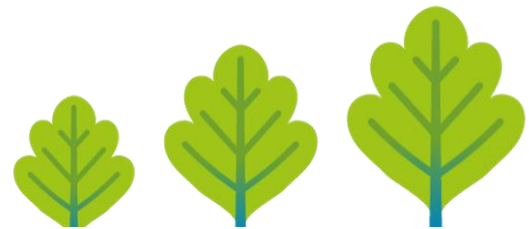
Dundee		Huntingdon	
Elgin		Ormstown	
Franklin		Saint-Anicet	
Godmanchester		Saint-Chrysostome	
Havelock		Sainte-Barbe	
Hinchinbrooke		Très-Saint-Sacrement	
Howick			

2. I live in a:

Rural area:



- In the parish
  - In the village
  - In Town
- 3. How far is the food market where you shop at the most?
  - Less than 1 km
  - Between 1 and 3 km
  - Between 3 and 10 km
  - Between 10 and 16 km
  - Further than 16 km
- 4. What method of transportation do you usually use when you purchase your fruits and vegetables?
  - On foot
  - Bicycle
  - Public transit (bus, shuttle bus)
  - Cab or taxi
  - By car I have no method of transportation so I have my fruits and vegetables delivered
  - By adapted transport
  - I am driven by a relative
  - Other (please specify) : \_\_\_\_\_
- 5. During the year, where did you buy your fruits and vegetables the most often? (maximum 3 answers)
  - Grocery store (eg: Marché Tradition, Marché Richelieu)



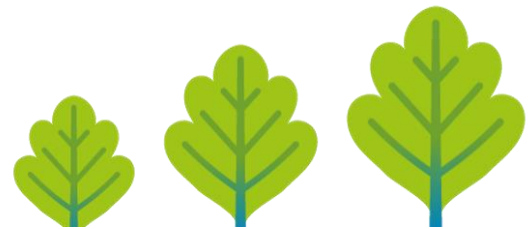
- Supermarket (eg: IGA, Super C)
- Convenience store
- Department store (eg: Walmart, Costco, Tigre Géant)
- Dollar store (eg: Dollarama)
- Public market
- Farm market
- Mobile kiosk (eg: Caravan food truck, bicycle caravan)
- Community organization (eg. Food bank)
- Community fridges
- Community gardens
- Home gardens

6. What cost saving methods do you use for groceries?

- Flyers
- Grocery store banners apps (eg: Super C)
- Mobile apps (eg: Flashfood, Flipp, Reebee)
- Coupons
- Discounted products (eg: downgraded vegetables and fruits)
- Other (please specify): \_\_\_\_\_

7. According to you, how often do you eat fruits and vegetables?

- Usually, I eat a sufficient quantity of fruits and vegetables.
- Sometimes, I do not eat enough fruits and vegetables.
- Often, I do not eat enough fruits and vegetables.
- I never eat fruits and vegetables.



8. How many portions of fruits and vegetables do you eat per day, either fresh, canned, frozen or dehydrated? (1 serving = 1 medium fruit or vegetable)

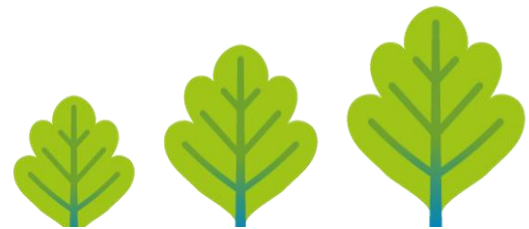
- Fewer than 3 portions per day
- 3 to 4 portions per day
- 5 to 7 portions per day
- 8 or more portions per day

9. What limits your intake of fruits and vegetables?

- The price of food.
- I do not like fruits and veggies.
- I don't know how to cook them.
- I don't have the equipment needed to cook them.
- I don't have the time to cook them.
- I like fruits and veggies. I do not buy them as the other members of my family do not.
- Other (please specify): \_\_\_\_\_
- I prefer not to answer this question.

10. What do you check first when choosing your fruits and vegetables? (maximum 2 answers)

- Quality
- Price
- Specials or reductions
- Seconds on vegetables (bruised, misshapen)
- Origin
- Availability



- Diversity
- Taste
- Habit
- Health reasons (eg. Allergies, diabetes)
- Preparation time
- Convenience (prepared portions, wrapped, etc.)
- Other (please specify):\_\_\_\_\_

11. Check the statement that apply to your food situation.

Due to lack of money, it happens to me:

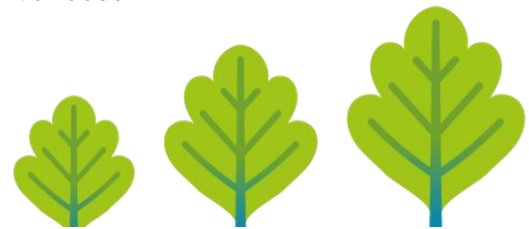
- To be afraid of running out of food.
- Eat the same foods often.
- Eat poorer quality foods.
- To reduce the amount of food I eat.
- To skip meals.
- To deprive myself of meals for a full day or more.
- None of the above

12. Compared to other people, I find that my eating habits are in general:

- Excellent or very good
- Good
- Average or bad

13. What kind of information would you like to receive to help you eat more fruits and vegetables?

- Various methods on food preservation – How to preserve foods



- Easy recipes
- Information on less known fruits and veggies
- Other (please specify):\_\_\_\_\_

14. Would you be interested in purchasing froze or fresh fruits and vegetables that comes from an initiative to promote food surpluses?

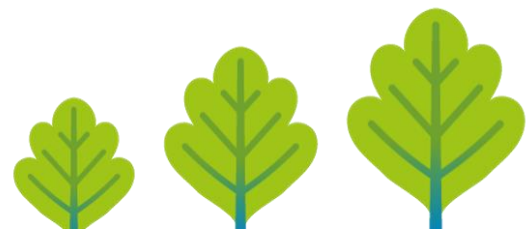
- Yes
- No (if no, please proceed to question 16)

15. How would you like to participate in this project to promote food surpluses?

- I would like to contribute more financially to allow people in vulnerable situations to have access to products at a lower cost.
- I would like to buy lower cost products that meet my financial capacity.
- I would like to get involved as a volunteer to allow me to buy products at a lower cost.
- I would like to get involved as a volunteer in the development of the project in my community.

16. Where would be the easiest place for you to pick them up?

- Thrift store - Second hand store
- Community organizations
- Community Centre
- Federated cooperative
- Bus terminal
- CPE – Daycare, early childhood center
- School



- Town hall
- Libraries
- Convenience store
- Hardware store
- Sports Complex
- Other (please specify): \_\_\_\_\_

17. What is your gender?

- Woman
- Man
- Other (please specify): \_\_\_\_\_
- I prefer not to answer this question.

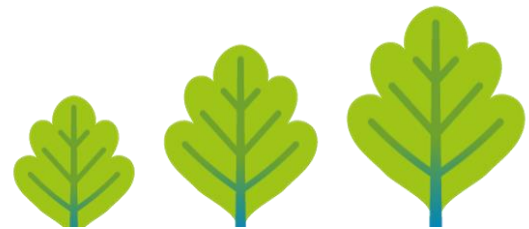
18. Who do you live with?

- I live alone
- I live with a spouse – no children
- I live with a spouse and one or more children
- I live with one or more child(ren) – without a spouse
- I live with one or more roommates
- Other (please specify): \_\_\_\_\_

19. How many people do you live with?

- Children under 18: \_\_\_\_\_
- Adult between 18 and 55 years old: \_\_\_\_\_
- Adult 55 years old and over: \_\_\_\_\_

20. Which of the following applies to you?



- I was born in Canada
- I was born in Canada and I am Aboriginal
- I was born outside of Canada and arrived here for **less** than 5 years
- I was born outside of Canada and arrived here for **over** 5 years

21. What age group do you belong to?

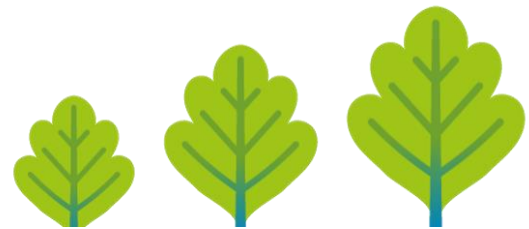
- 18 – 39 years old
- 30 – 49 years old
- 50 – 64 years old
- 65 years or older

22. What is your housing situation? (Many possible responses)

- I own my home
- I am a tenant of my accommodation (apartment, room or other)
- I live in social or community housing (HLM, coop, NPO)
- I am currently hosted by a relative
- I don't have stable accommodation
- Other (please specify): \_\_\_\_\_

23. What is your main source of income?

- Work income
- Employment insurance benefits (unemployment)
- Social assistance program
- Social solidarity program (severe constraints on employment)
- Pension plans, annuities, old age security and other benefits for the elderly
- Family allowances or alimony





- Indemnities for industrial accidents (eg: CNESST)
- Loans and scholarship
- Quebec Parental Insurance Plan (QPIP) benefits
- I prefer not to answer
- Other (please specify):\_\_\_\_\_

24. Which of the following categories best reflects the total before-tax (gross) income of all members of your household for the past year?

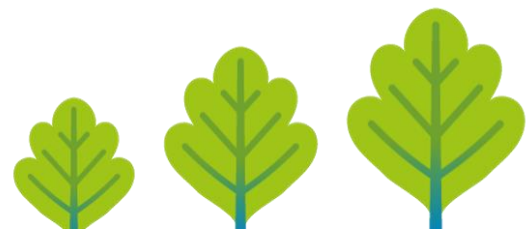
- 19 999\$ and less
- From 20 000\$ to 39 999\$
- From 40 000\$ to 59 999\$
- From 60 000\$ to 79 999\$
- From 80 000\$ to 99 999\$
- 100 000\$ and more
- I prefer not to answer this question.

25. How did you hear about our survey?

- Social media (Facebook)
- Internet (websites and internet pages)
- Municipal bulletin
- E-mail
- Community organizations (family/friend/co-worker)
- Other (please specify):\_\_\_\_\_

26. Did you receive help completing the survey?

- Yes



- No

26.1 If yes, specify:

27. What is the best way to communicate with you?

- Community television (eg: Nous TV)
- Community radio (eg: Saint-Rémi radio station)
- Local newspapers (from my municipality)
- Community organizations
- Internet (websites and internet pages)
- Social media
- Flyers, posters
- Other (please specify): \_\_\_\_\_

Thank you for your time!

