This research activity, building upon the readings your have already completed, will help you to start to conceptualize food availability and options in your local area while also preparing you to have discussions with your advisers and fellow classmates about access to healthy nutritious food and some of the barriers to access.

Pick the closest location from which you can purchase groceries (convenience store, grocery store, drug store, etc.) and one other location of your choice in an area where you can purchase groceries.

How far away are these places and how do you get to them?

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Fill out the following table with the information you gather about the items from each location (if the item is unavailable write N/A and if there are multiple options-frozen, canned, etc.-list them along with their prices.)

ITEM	CLOSEST LOCATION: _____	FAVORITE LOCATION: _____
ONE BUNCH/UNIT OF SPINACH Fresh, frozen or canned? Price(s)		
CHICKEN BREAST Fresh or frozen? Price(s)		
FRESH FRUIT Type(s) of Fruit Price(s)		
FRUIT SNACK Brand(s) Price(s)		
TWO LITER SODA Brand(s) Price(s)		
BAG OF CHEESE PUFFS Brand(s) Price(s)		
LOAF OF BREAD Brand(s) Price(s)		
A GALLON OF MILK Different fat contents available (ex. 2%) Price(s)		

Questions about your shopping list:

What factors would you use to determine which of these foods is healthy and nutritious? Why?

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Questions based on your community research:

What differences (in price, availability, selection) emerged in your two locations?

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What factors might account for these differences? Why?

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Based on your research, what are the factors that foster access to a healthy, nutritious food?

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What is a food desert?

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Investigate Food Deserts in your hometown and Winston-Salem using the links below:

http://www.ers.usda.gov/data-products/food-access-research-atlas.aspx#.UglBwmQ4V3Y

How is the situation in Winston-Salem similar to/different from your hometown?

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