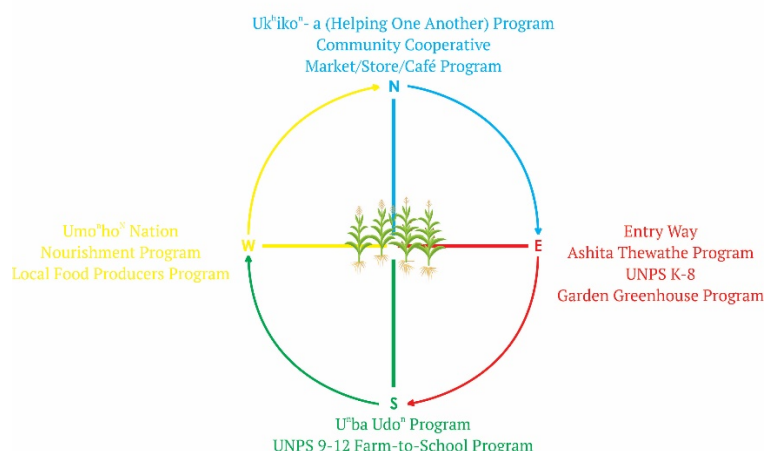


Umo^hoⁿ Nation Food Sustainability Medicine Wheel



Ukhikon-a (Helping One Another) Program

Umo^hoⁿ Nation Food Sustainability Program Survey

Barry Webster, Program Coordinator

The Uk^hikoⁿ-a (Helping One Another) Program is an Umo^hoⁿ Nation Food Sustainability Cooperative Program. It is designed to assess the food needs of the Umo^hoⁿ Nation and create community cooperative programs to meet those needs. This survey asks questions regarding food accessibility, nutrition and health, and we want to thank you for taking the time to answer these questions. Please contact Barry Webster for more information regarding this program.

Community Food Resources

1. Which of the following sources of food do you currently use in your community?

	Yes	No
Grocery store in another community	<input type="radio"/>	<input type="radio"/>
Gas station/convenience store	<input type="radio"/>	<input type="radio"/>
Family garden/farm	<input type="radio"/>	<input type="radio"/>
Farmers' market	<input type="radio"/>	<input type="radio"/>
Food co-op	<input type="radio"/>	<input type="radio"/>
Community garden or farm	<input type="radio"/>	<input type="radio"/>
School garden or farm	<input type="radio"/>	<input type="radio"/>
Tribal farm	<input type="radio"/>	<input type="radio"/>

Hunting/gathering	<input type="radio"/>	<input type="radio"/>
Trade/barter	<input type="radio"/>	<input type="radio"/>
Sharing	<input type="radio"/>	<input type="radio"/>
FDPIR/Commodities Program	<input type="radio"/>	<input type="radio"/>
SNAP	<input type="radio"/>	<input type="radio"/>
Food bank(s)	<input type="radio"/>	<input type="radio"/>
WIC	<input type="radio"/>	<input type="radio"/>

Other (please specify)

2. How important is it that a grocery store be in your community?

- ☐ Very important
 ☐ Not at all important
- ☐ Important
 ☐ Don't know
- ☐ Somewhat important

3. How important is it that a café be in your community?

- ☐ Very important
 ☐ Not at all important
- ☐ Important
 ☐ Don't know
- ☐ Somewhat important

4. Does your household get all the healthy foods you want, at all times, throughout the year?

- ☐ Yes, always
 ☐ Rarely
- ☐ Usually
 ☐ Never
- ☐ Sometimes

5. If not, what are those foods that you are unable to get or purchase and why are they difficult for you to get?

6. Does your family grow or raise any of your own food?

☐ Yes

☐ No

7. If yes, what have you grown/raised in the past year?

Garden crops:

Orchard crops:

Animals for meat:

Eggs/Dairy

Other:

8. What do you do with your garden/orchard produce and/or your meat products? Please check all that apply.

☐ My family eats it all

☐ I trade it for other items

☐ I freeze, can, or dry it

☐ It sometimes rots before I get the chance to harvest or eat it

☐ I share it with others

☐ Use it to prepare food that I sell to others

☐ I sell it

☐ Other (please specify)

9. Would you like to learn more about growing or raising your own food?

☐ Yes

☐ No

10. If yes, which of the following would you like to learn about? Please check all that apply.

☐ Crop selection and crop planning

☐ Raising pigs, goats or cattle

☐ How to garden

☐ Gathering traditional foods

☐ Raising chickens for eggs

☐ Buffalo

☐ Raising chickens for meat

☐ Other (please specify)

11. Does your family currently prepare food to sell to others (for example, fry bread or Indian tacos)?

☐ Yes

☐ No

12. Which of the following do you think are useful, or would be useful, in improving your food resources?

	Very Useful	Somewhat Useful	Not Very Useful	Not at All Useful
Tips on getting the most for my money at the grocery store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information on nutrition and healthful eating and cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information about government programs for which I might qualify	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Help with reading, filling out or understanding forms and applications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A "one-stop" application process for all food assistance programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access to transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Help with budgeting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information on how to grow a garden	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information on how to identify, grow and gather traditional foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recipes and information for using commodities foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recipes and information for preparing traditional foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information in my native language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Cooperatives

13. An indigenous cooperative is an organization that weaves indigenous language and culture into its operations. Working together cooperatively and collaboratively through economic sharing of production and resource distribution, it is operated and managed by community members that join the cooperative. Examples of indigenous cooperatives around the country include grocery stores, farms, artist groups, etc. The Uk^hikoⁿ-a (Helping one Another) Cooperative effort will be designed, organized and operated following the values and traditions central to the Omaha peoples.

How familiar are you with indigenous cooperatives?

- ☐ Not at all familiar
- ☐ Not too familiar
- ☐ Somewhat familiar
- ☐ Very familiar

14. Having read that brief definition above, would you be interested in learning more about what a cooperative could do for your community?

- ☐ Yes
- ☐ No

15. Would you be interested in being part of a cooperative?

- ☐ Yes
- ☐ No
- ☐ Unsure

Diet And Health

16. How would you rate the nutritional quality of your diet?

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

17. Would you say your health, in general, is:

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

18. Do you have any of the following health conditions?

- ☐ High blood pressure
- ☐ Heart condition
- ☐ Diabetes
- ☐ Obesity or overweight
- ☐ Other (please specify)

19. What information about diet and nutrition is available in your community? Please list your three primary sources of information (school, family member, nutritionist, etc.).

1.

2.

3.

Culture

20. Are you or any people in your family skilled in traditional farming, hunting, and/or the collection and uses of traditional foods?

- ☐ Yes
- ☐ No

21. Do you know traditional Umo'ho' food practices?

- ☐ Yes
- ☐ No

22. Do you think that people in your community are interested in traditional Umo'ho' food practices?

If not, why do you think this is so?

23. If yes, please explain why you think people are interested.

24. Do you have suggestions about how to get people interested?
If yes, what are they?

25. What traditional agriculture or food-related practices continue to be used in your community today (for example, gathering mushrooms, corn soup, milkweed soup)? Please describe:

26. Do you or any members of your family participate in these activities?

☐ Yes

☐ No

27. How are these skills being passed on to others?

28. If you could share anything about food and hunger issues in your community, what would they be?

Demographics

Your answers are completely confidential and will only be reported in numbers. If there are questions you'd prefer not to answer, you may skip them.

29. What is your age?

30. What is your gender?

☐ Male

☐ Female

31. Are you a tribal member?

- ☐ Yes
☐ No

32. What is your highest level of education?

- | | |
|---|---|
| <input type="radio"/> Less than 9th grade | <input type="radio"/> Trade/technical/vocational training |
| <input type="radio"/> 9th to 12th grade (no diploma) | <input type="radio"/> Associate's (two-year) degree |
| <input type="radio"/> High school diploma (or equivalent) | <input type="radio"/> Bachelor's (four-year) degree |
| <input type="radio"/> Some college credit, no degree | <input type="radio"/> Graduate or professional degree |

33. Are you currently employed?

- ☐ Yes
☐ No

34. What is the current annual income of your household?

- | | |
|---|---|
| <input type="radio"/> Under \$10,000 | <input type="radio"/> Between \$50,000 - \$59,999 |
| <input type="radio"/> Between \$10,000 - \$19,999 | <input type="radio"/> Between \$60,000 - \$69,999 |
| <input type="radio"/> Between \$20,000 - \$29,999 | <input type="radio"/> Between \$70,000 - \$79,999 |
| <input type="radio"/> Between \$30,000 - \$39,999 | <input type="radio"/> Above \$80,000 |
| <input type="radio"/> Between \$40,000 - \$49,999 | |