



United Way
of Western Connecticut



Fairfield University

Center for Faith & Public Life

Food Access— Stamford, CT

Demographic & Survey Research

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Community Based Participatory Research Initiative

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**Community Based Participatory Research Initiative
and United Way of Western CT**

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I. Mission/Executive Summary

The purpose of this research was to visually display the population distribution of, as well as linkages between our variables; with the hopes that our maps would legibly illustrate correlations and patterns between specific demographic identifiers. Thus, in doing so, the maps would highlight areas of acute need that are perhaps being unmet, and, further, prompt one to reflect and critically engage with not only the question of why social inequalities persist in these affected neighborhoods, but also confront the question of what can be implemented to better serve the everyday needs of these particularly vulnerable groups on the margins.

The American Community Survey (ACS) is an ongoing survey that annually provides demographic information on the American population. The results of the ACS and surveys of equal caliber are valuable in a number of fields, ranging from social services organizations, both governmental and non-profit, social research studies, such as this one and even potentially reaches the top—ultimately influencing the way local, state and even federal governments may allocate funding into sectors, such as labor, education, businesses, social services, public works and infrastructure. For the purposes of this research assignment, our team utilized the latest census data from the American Community Survey by geocoding it and visually displaying it via maps that illustrate patterns of, as well as interactions between, any given variables that we explored, that being: measures of poverty, immigration, education, income family composition, age, race and ethnicity.

Research Variables

Stamford, CT

Basic Socioeconomic:

1. Median Household Income
2. Immigrant Population (% Foreign Born)
3. Persons Near Poverty (1x to 1.9x FPL)
4. Below Federal Poverty Threshold
5. Single Parent/Mother Households
6. Educational Attainment

Dependent Population:

7. Unemployed
8. Persons Not in Workforce
9. Disabled
10. SNAP recipients
11. Children (17 years of age and under)
12. Seniors (> 65)

SES Indicator

13. Quartile Ranges

Food Access Agencies in Stamford					
idx	Name	Address	City	State	Survey
Downtown					
1	Elayne and James Schoke Jewish Family Services	733 Summer Street	Stamford	CT	√
2	Faith Tabernacle Baptist Church	29 Grove St	Stamford	CT	
3	Inspirica, Inc.	141 Franklin St	Stamford	CT	√
4	Women's Mentoring Network	141 Franklin St	Stamford	CT	√
5	Zion Lutheran Church	132 Glenbrook Rd	Stamford	CT	√
Glenbrook					
6	Haitian American Catholic	93 Hope Street	Stamford	CT	
7	Landmark Baptist Church	66 Crescent St	Stamford	CT	
South End					
8	Greater Works Community Church of God Inc	724 South Pacific St	Stamford	CT	
9	Marshall Commons	200 Ludlow Street	Stamford	CT	
10	Pacific House Shelter	597 Pacific St	Stamford	CT	√
Springdale					
11	Stamford Jewish Community Center (Senior Program)	1035 Newfield Ave	Stamford	CT	√
Turn of River					
12	Stamford Baptist Church	602 High Ridge Road	Stamford	CT	
Waterside					
13	Greater Faith Tabernacle Baptist Church	27 Baxter Ave	Stamford	CT	
14	Salvation Army-Stamford Corps Community Center	198 Selleck Street	Stamford	CT	
15	Tabernacle of Grace Food Pantry	127 Selleck Street	Stamford	CT	
West Side					
16	Catholic Charities Senior Nutrition Program	30 Myano Ln	Stamford	CT	√
17	164 Wilson Pantry Food Bank	164 Richmond Hill Ave	Stamford	CT	
18	New Covenant Center	174 Richmond Hill	Stamford	CT	√
19	St. Joseph's Parenting Center	90 Fairfield Ave	Stamford	CT	√
Other Cities					
20	Person-to-Person	1864 Post Rd	Darien	CT	√
Mobile					
21	UW Mobile Food Pantry - Union Baptist Church	805 Newfield Ave	Stamford	CT	
22	Person-to-Person @ DOMUS/ P2P On Wheels	83 Lockwood Ave	Stamford	CT	
23		34 Woodland Avenue	Stamford	CT	
24	P2P on Wheels	90 Fairfield Avenue	Stamford	CT	
25		75 Selleck Street	Stamford	CT	

SNAP & WIC Retailers in Stamford

Name	Address	City	State	Zip Code	SNAP	WIC
Turn of River						
CVS Pharmacy 343	14 High Ridge Rd	Stamford	CT	6905	Yes	Yes
Stop & Shop 637	2200 Bedford St	Stamford	CT	6905	Yes	Yes
Springfield						
CVS Pharmacy 1775	1058 Hope St	Stamford	CT	6907	Yes	Yes
Food Bag Citgo Quik Mart (524) 524	953 Hope St	Stamford	CT	6907	Yes	
Sophia Farmers Market	1011 Hope St	Stamford	CT	6907	Yes	
Newfield						
Trader Joe's 529	1041 High Ridge Rd	Stamford	CT	6905	Yes	
CVS 5881	969 High Ridge Rd	Stamford	CT	6905	Yes	
North Stamford						
Acme 2439	1201 High Ridge Rd	Stamford	CT	6905	Yes	Yes
Belltown						
CVS Pharmacy 1051	593 Newfield Ave	Stamford	CT	6905	Yes	Yes
Grade A Market-Hope Street, LLC	495 Hope St	Stamford	CT	6906	Yes	Yes
Grade A Market-Newfield	563 Newfield Ave	Stamford	CT	6905	Yes	Yes
Glebrook						
Bukovina Deli LLC	301 Hope St	Stamford	CT	6906	Yes	
CVS Pharmacy 1219	229 Hope St	Stamford	CT	6906	Yes	Yes
Duke Premier Market LLC	501 Glenbrook Rd	Stamford	CT	6906	Yes	
East Main Convenience	1051 E Main St	Stamford	CT	6902	Yes	
Glenbrook General Store	501 Glenbrook Rd	Stamford	CT	6906	Yes	
La Placita Market iii	52 Hamilton Ave	Stamford	CT	6902	Yes	
Downtown						
432 Stamford Super Market Corp						
La Marqueta Meat Produce	432 West Main St	Stamford	CT	6901	Yes	
CVS Pharmacy 3719	11A Forest St	Stamford	CT	6901	Yes	Yes
For Your Convenience	135 Prospect St	Stamford	CT	6901	Yes	
Landmark Convenience LLC	118 Broad St	Stamford	CT	6901	Yes	
Main Street Convenience	199 Main St	Stamford	CT	6901	Yes	
Prospect Market	97 Prospect St	Stamford	CT	6901	Yes	
RITE AID 10390	82 Hoyt St	Stamford	CT	6905	Yes	
Square News	97 Atlantic St	Stamford	CT	6901	Yes	
Stamford Downtown Farmers Market	1 Prospect St	Stamford	CT	6901	Yes	
Target 1544	21 Broad St	Stamford	CT	6901	Yes	Yes
Walgreens 10310	780 E Main St	Stamford	CT	6902	Yes	

Westside						
Aa Grocery LLC	69 Greenwich Ave	Stamford	CT	6902	Yes	
C-O-N Minimarket	190 W Main St	Stamford	CT	6902	Yes	Yes
Grade A Market ShopRite	1990 W Main St	Stamford	CT	6902	Yes	Yes
La Internacional Meats & Produce	118 Stillwater Ave	Stamford	CT	6902	Yes	
La Marqueta Meat & Produce	432 W MAIN ST	Stamford	CT	6902		Yes
Marqueta Putnam Meat LLC	111 Stillwater Ave	Stamford	CT	6902	Yes	
Mi Tierra Mini Market Corp	57 Smith St	Stamford	CT	6902	Yes	Yes
Richmond Hill Market	101 Richmond Hill Ave	Stamford	CT	6902	Yes	Yes
Stamford Supermarket	181 Stillwater Ave	Stamford	CT	6902	Yes	Yes
Stillwater Market	155B Stillwater Ave	Stamford	CT	6902	Yes	
Stop & Shop 646	1937 W Main St	Stamford	CT	6902	Yes	Yes
Two Brothers Supermarket	232 Stillwater Ave	Stamford	CT	6902	Yes	Yes
West Main Convenience Store	417 W Main St	Stamford	CT	6902	Yes	
West Main Grocery	495 W Main St	Stamford	CT	6902	Yes	
Waterside						
Selleck Market	170 Selleck St	Stamford	CT	6902	Yes	
Utuaado Grocery	60 Selleck St	Stamford	CT	6902	Yes	Yes
South End						
3 Hermanos Grocery	695 Pacific St	Stamford	CT	6902	Yes	
CVS 2258	527 Canal St	Stamford	CT	6902	Yes	
El Mercado Food Market	745 Atlantic St	Stamford	CT	6902	Yes	
Fairway Market	699 Canal St	Stamford	CT	6902	Yes	Yes
Walgreens 15358	2200 Atlantic St	Stamford	CT	6902	Yes	
Shippan						
European Deli LLC	427 Elm St	Stamford	CT	6902	Yes	
Cove-East Side						
Al's Convenience 1	734 Cove Rd	Stamford	CT	6902	Yes	
Cove Variety	861 Cove Rd	Stamford	CT	6902	Yes	
El Mercado Meat & Produce	761 Cove Rd	Stamford	CT	6902	Yes	
Fernandez Food Group	761 Cove Rd	Stamford	CT	6902		Yes
Grade A Market -Shippan	200 Shippan Ave	Stamford	CT	6902	Yes	Yes
La Marqueta Meat & Produce	54 Myrtle Ave	Stamford	CT	6902	Yes	Yes
La Placita Market	596 Cove Rd	Stamford	CT	6902	Yes	Yes
Los Luceros Family Grocery	169 Cove Rd	Stamford	CT	6902	Yes	
Rosanny Mini Market	138 Cove Rd	Stamford	CT	6902	Yes	
Ridgeway						
Chiquita's Grocery Store	20 Adams Ave	Stamford	CT	6902	Yes	

II. Maps

A pivotal component of our research process, GIS-mapping was utilized by our team as a tool to go about understanding and answering the central questions of our project. GIS-mapping, as a social research tool, is used to ask questions, visualize, analyze and interpret data to understand correlations, patterns and geographic trends. GIS-based maps and images are becoming increasingly vital to understanding what has happened, is happening and will happen in a geographic space, and has revolutionized the operations of social research on a global scale. In reality, its visual and analytical capabilities not only makes data accessible *through* maps, but facilitates the process for targeted audiences—for example, a non-scientific community, to understand *with* maps, through a familiar medium or context.

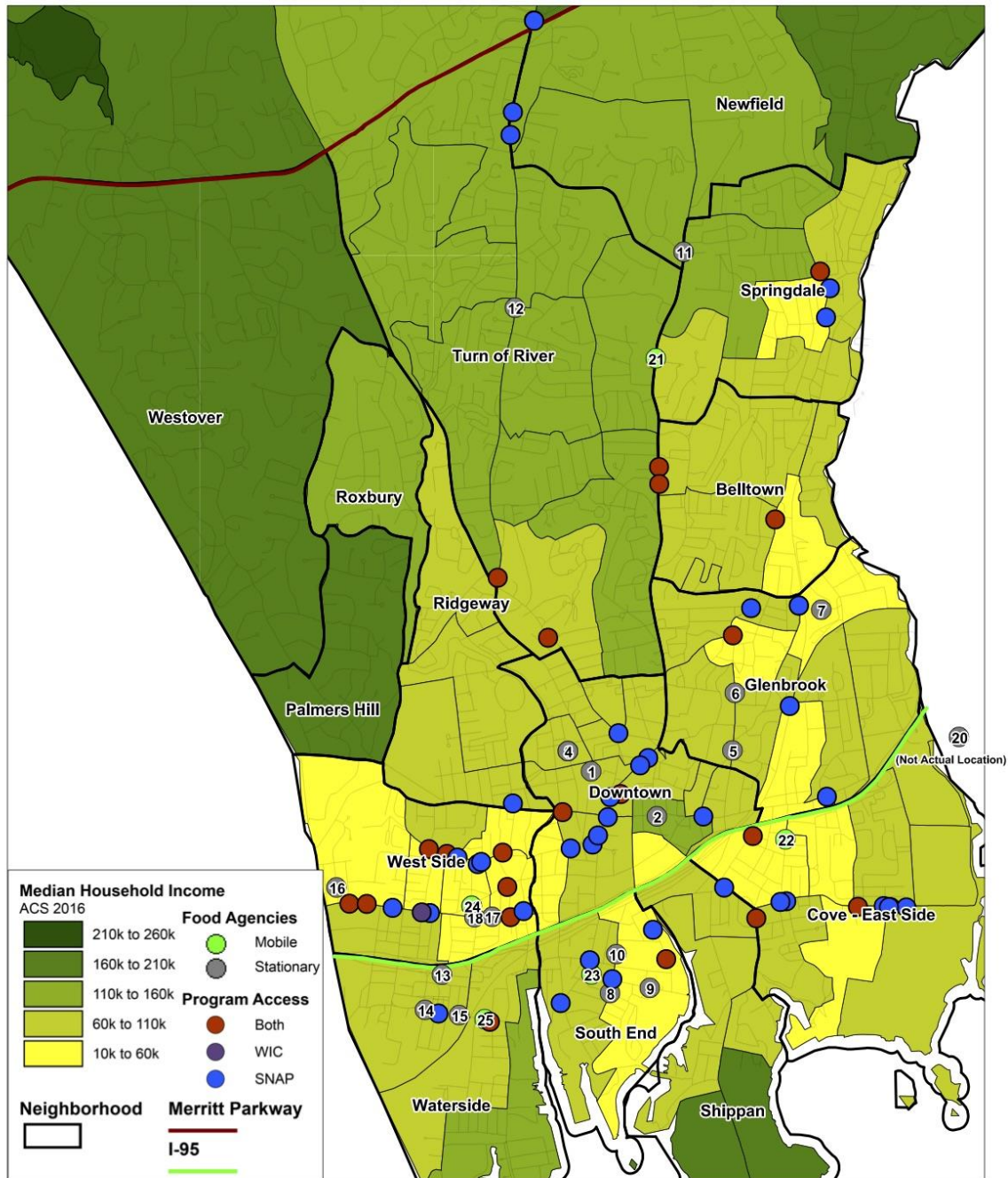
In constructing the maps, there were a number of modifications that were added in the hopes that a better picture of location, scale and dimensions can be gleaned from the Stamford maps. I-95 (represented in green) and the Merritt Parkway (represented in maroon) displays were imposed onto each map to delineate location. And finally, an overlay of Stamford's neighborhoods, which came about through GIS Shapefiles from the Zillow Corporation.

A Census Block Group is a geographic unit of measurement used by the Federal Census Bureau to analyze demographic data collected from groups of houses in given communities. The Census Bureau streamlines Census information to a variety of levels that are applicable for different analytical purposes. For example, a given state is comprised of a number of counties, which are made up of a number of cities and towns, which can then be individually broken down into census tracts and finally, Census block groups, and even units as small as Census blocks. For the purposes of this research undertaking, Census block groups were selected as the unit of analysis as they are the smallest dimension, in which the most amount of census data can be extracted.

Attributes:

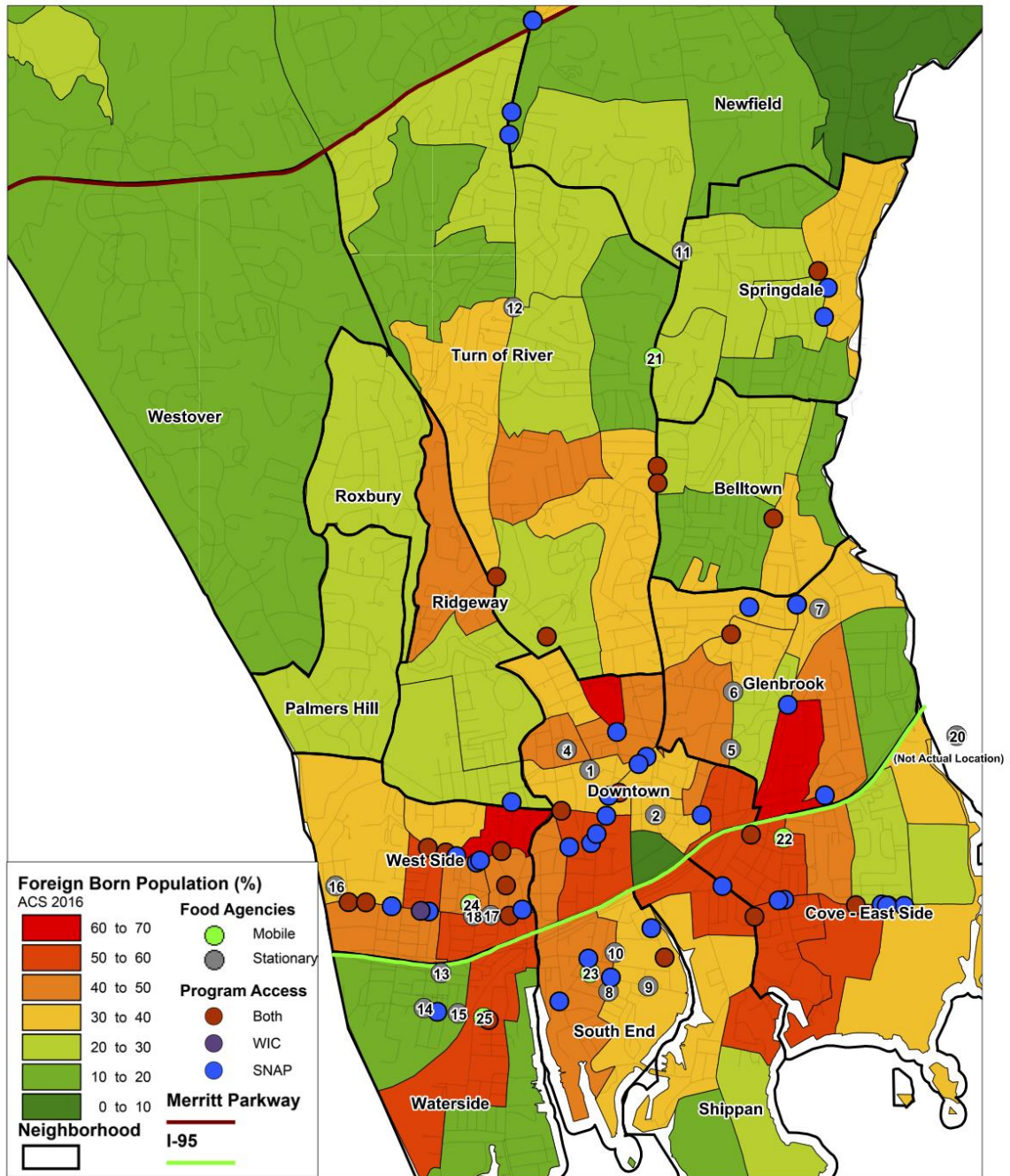
- Merritt Parkway
- I-95
- Program Access (Snap & WIC Retailers)
- Food Access Agencies & Mobile Food Pantries
- Neighborhoods

Map 1: Median Household Income
Stamford, CT



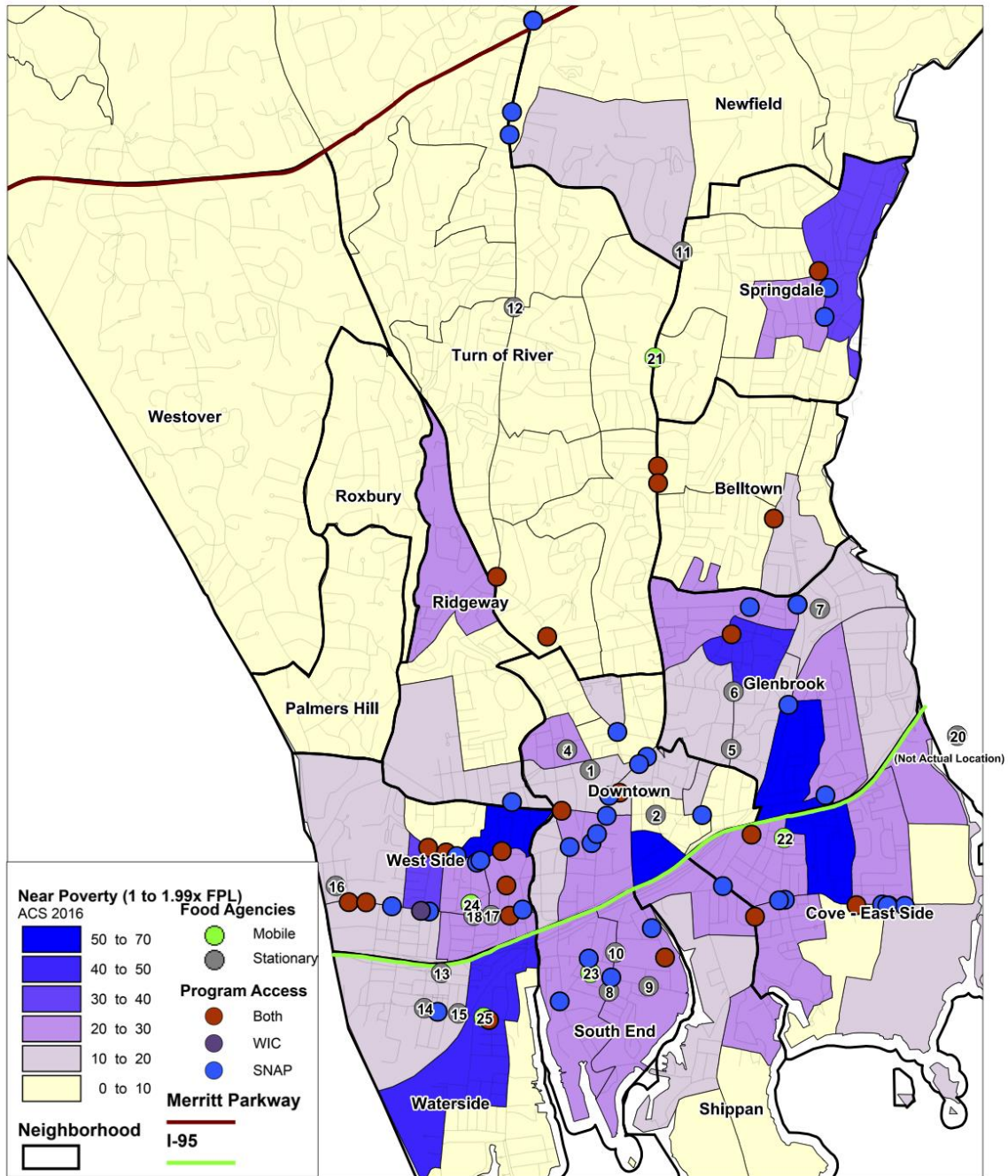
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Map 2: Immigrant Population
Stamford, CT



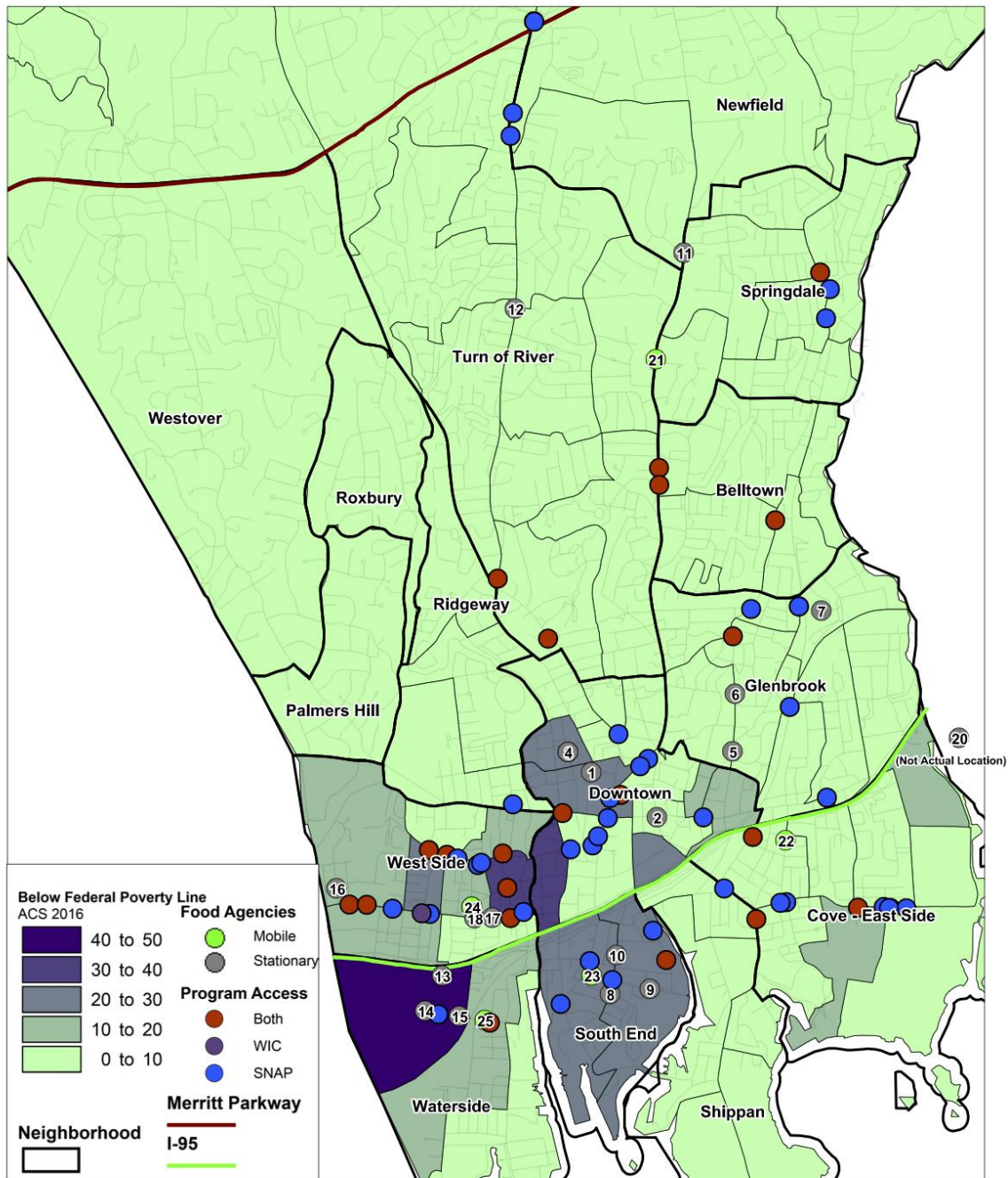
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Map 3: Near Poverty
Stamford, CT



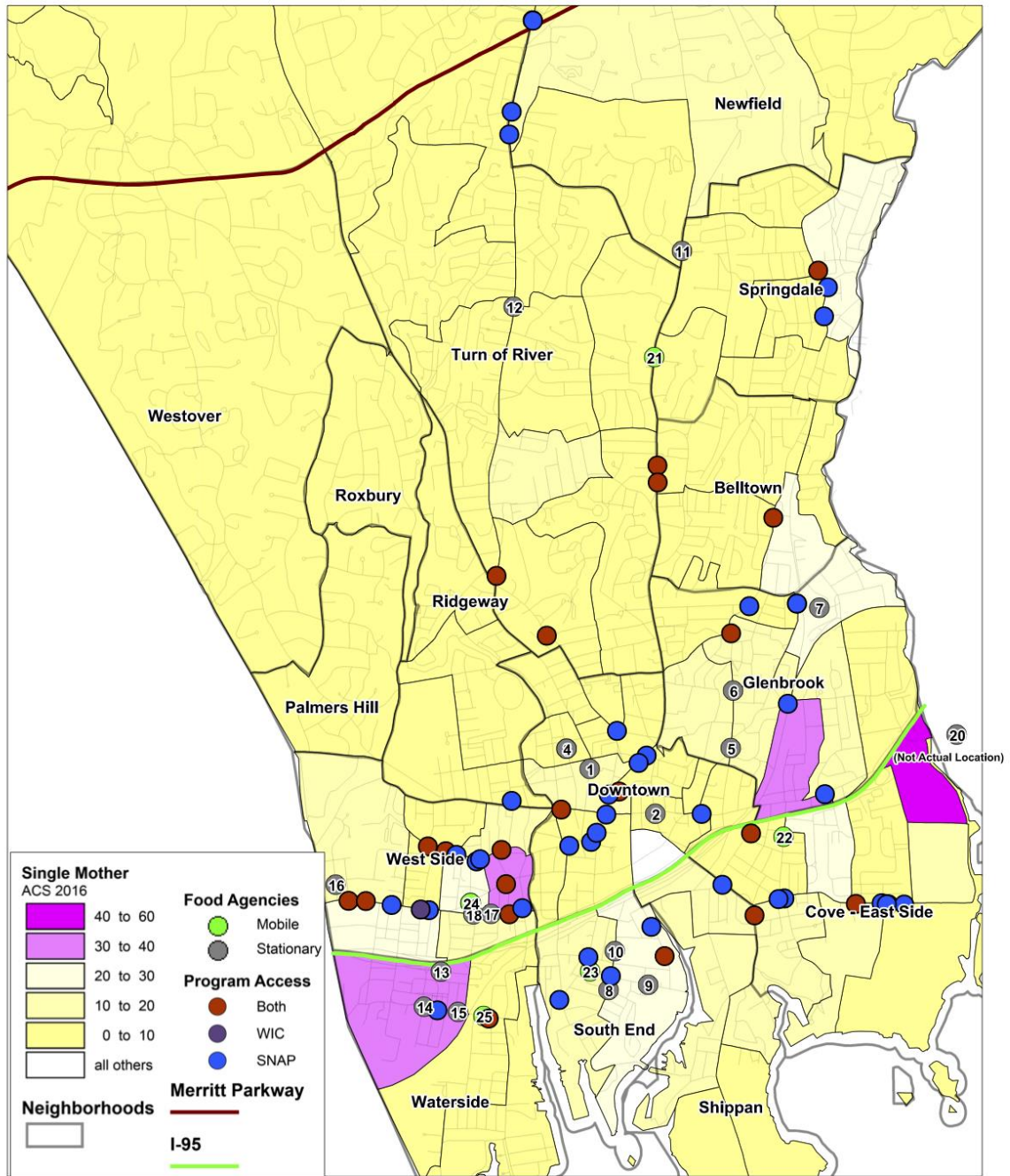
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Map 4: Poverty (Below Federal Poverty Line)
 Stamford, CT



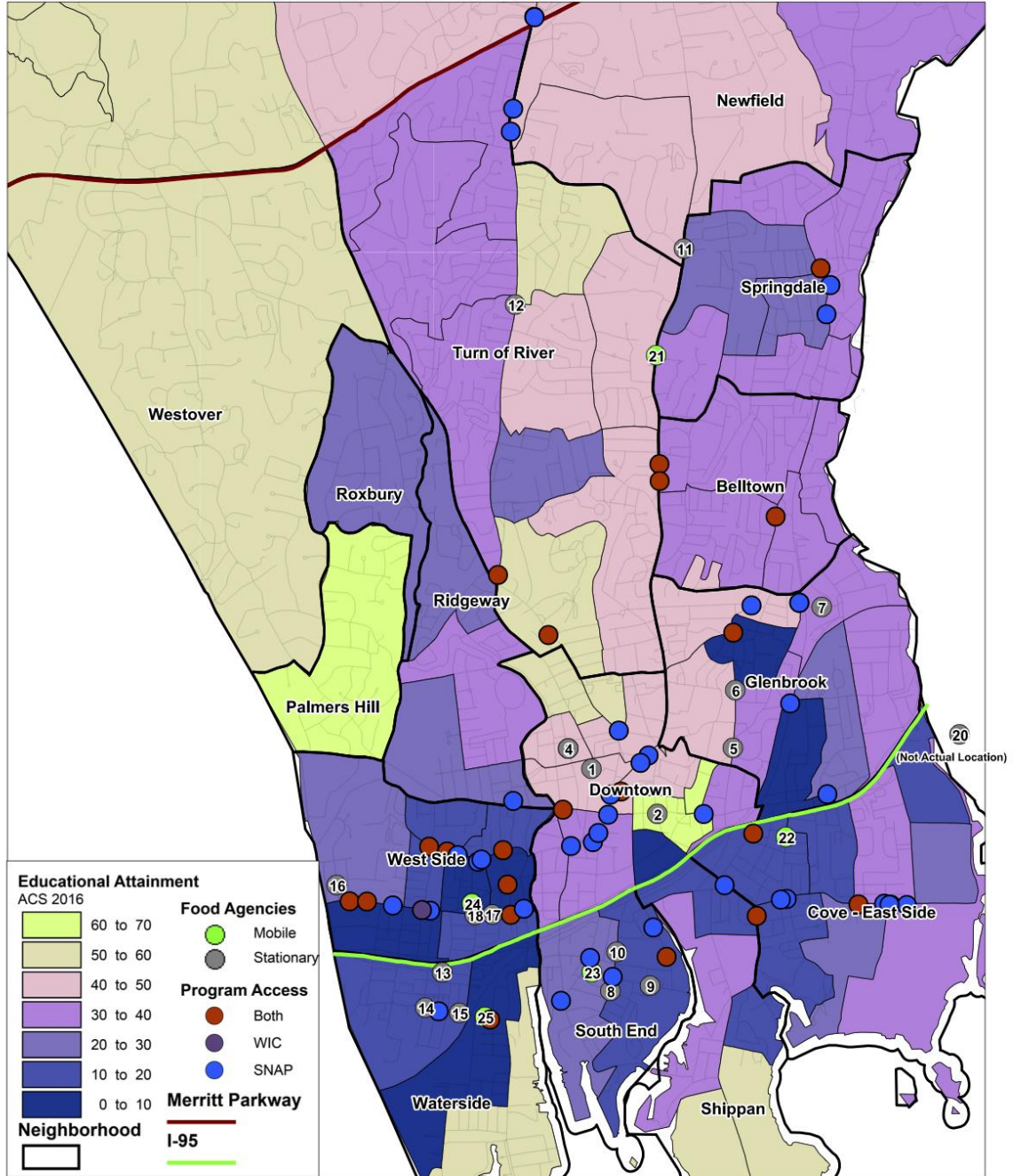
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Map 5: Single Mother Households (Percentage of Total)
 Stamford, CT



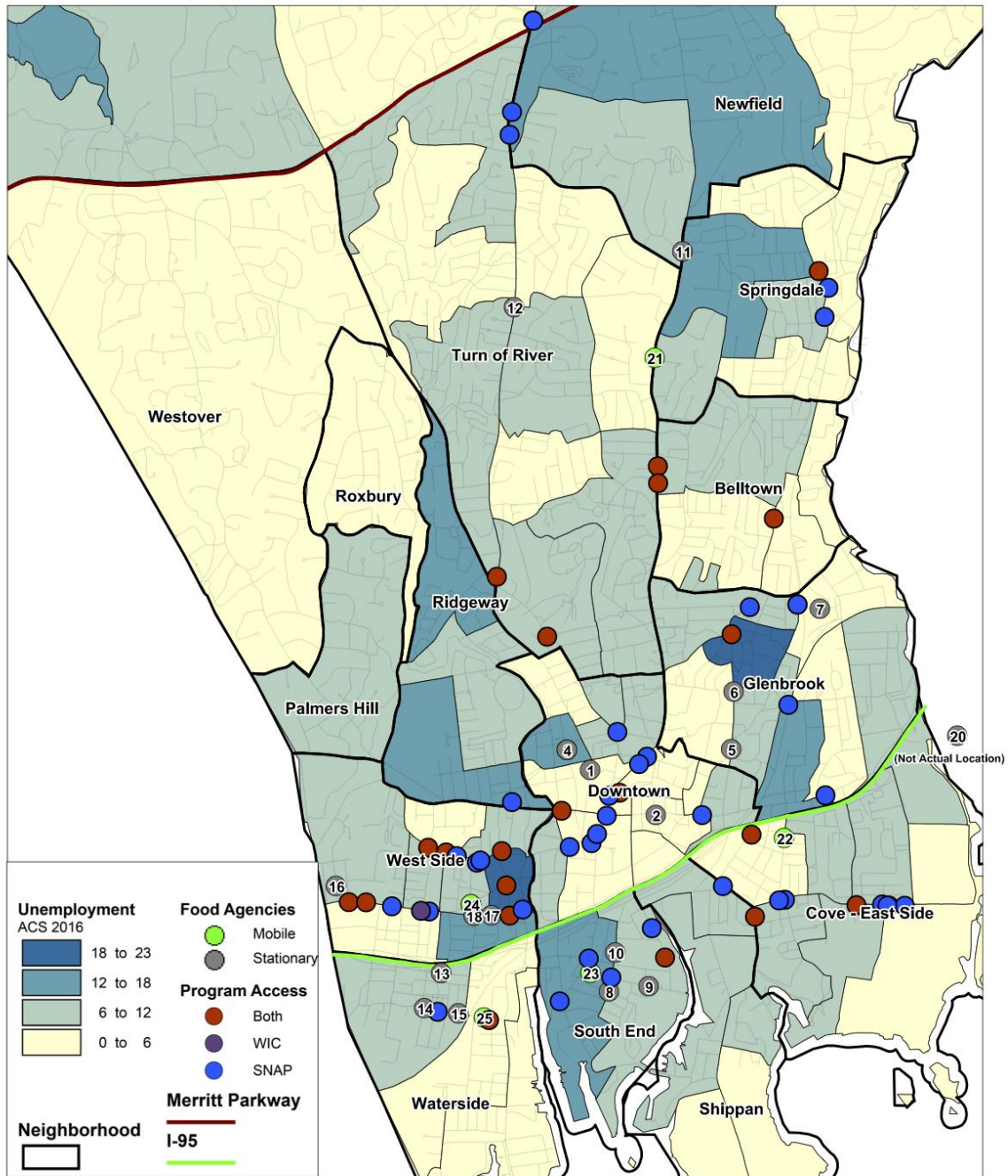
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Map 6: Educational Attainment (25 & older with a bachelor's degree or higher)
 Stamford, CT



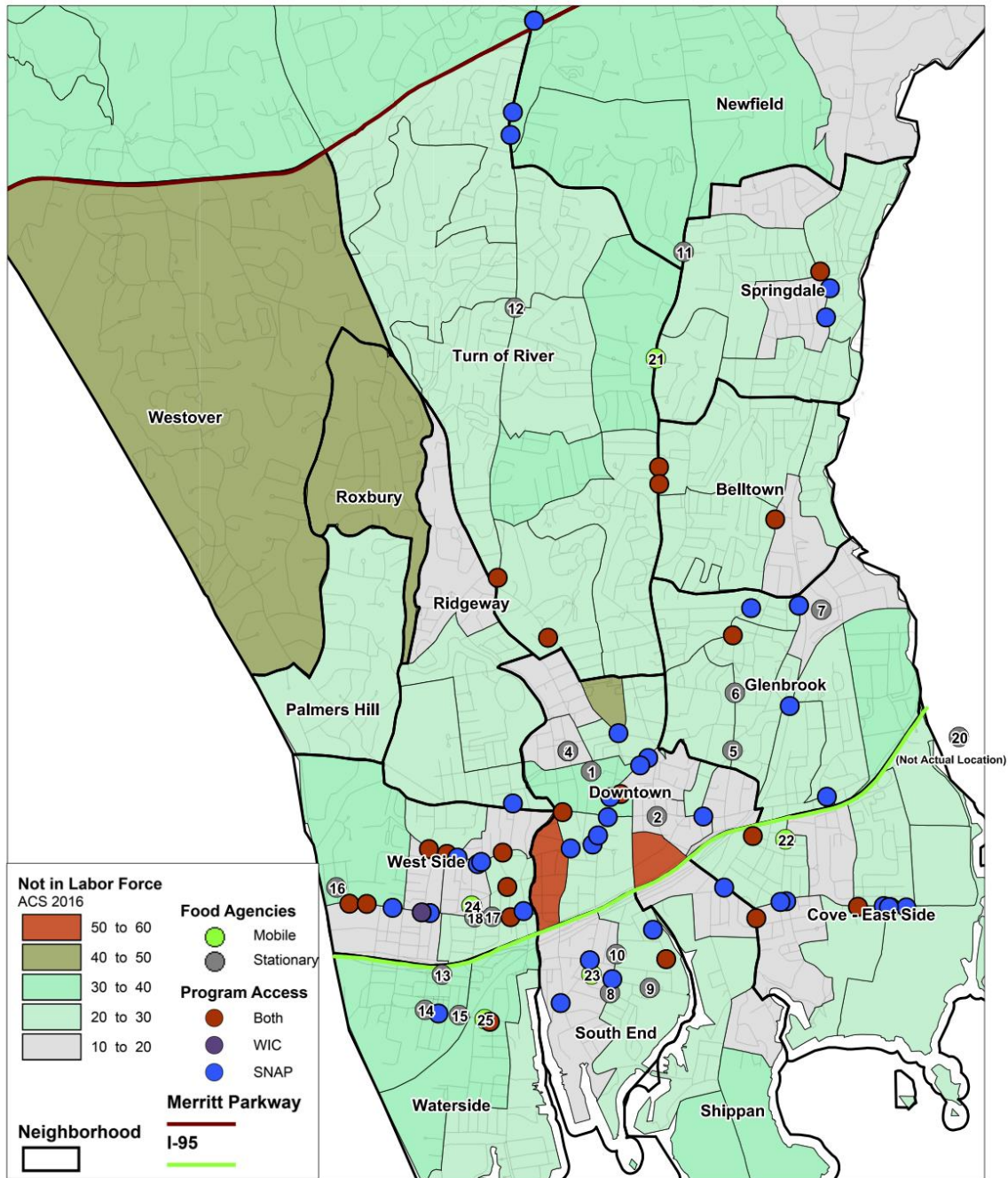
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Map 7: Unemployment (> 16yo, Civilian Workforce)
 Stamford, CT



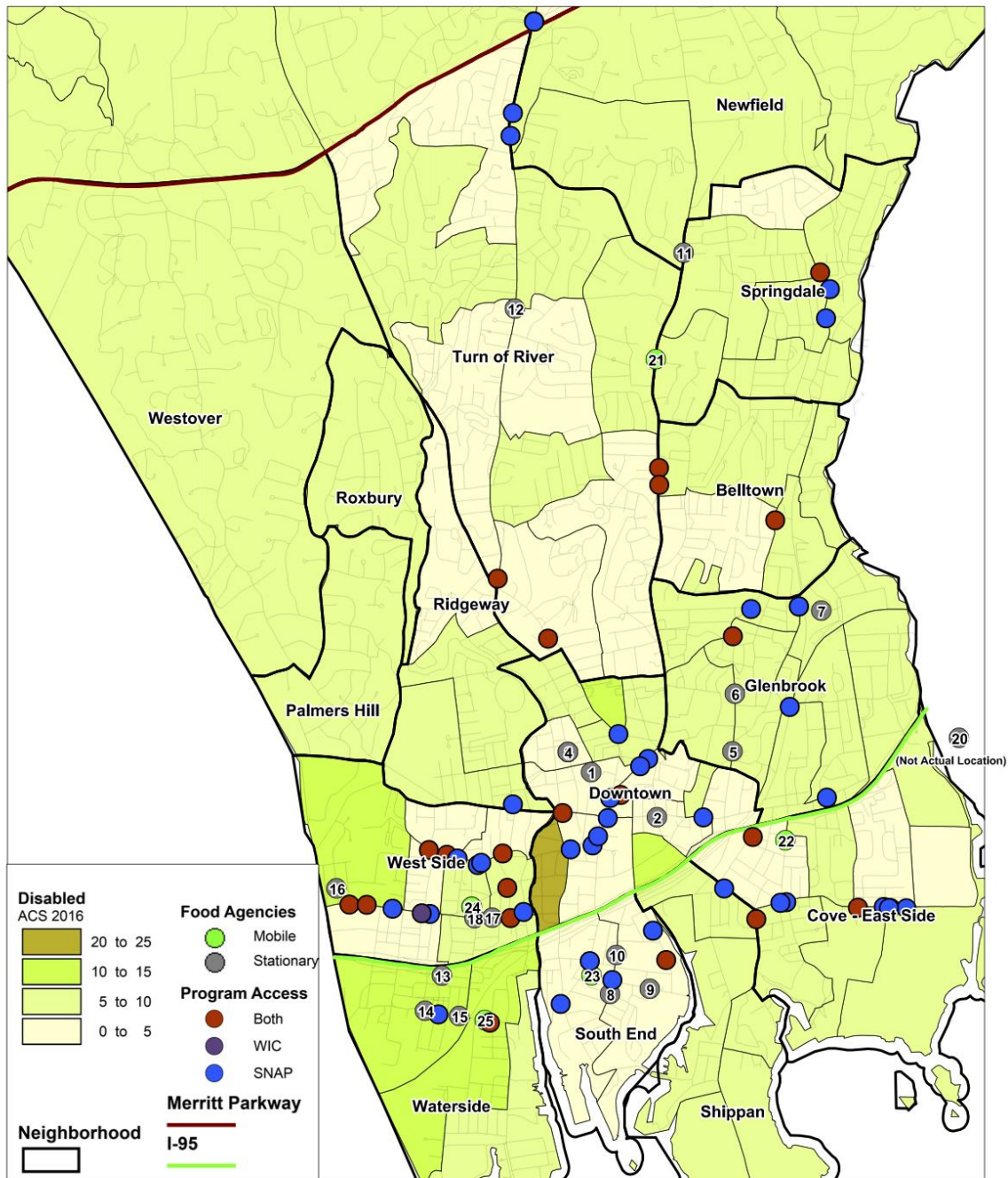
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Map 8: Persons not in Labor Force (> 16yo)
 Stamford, CT



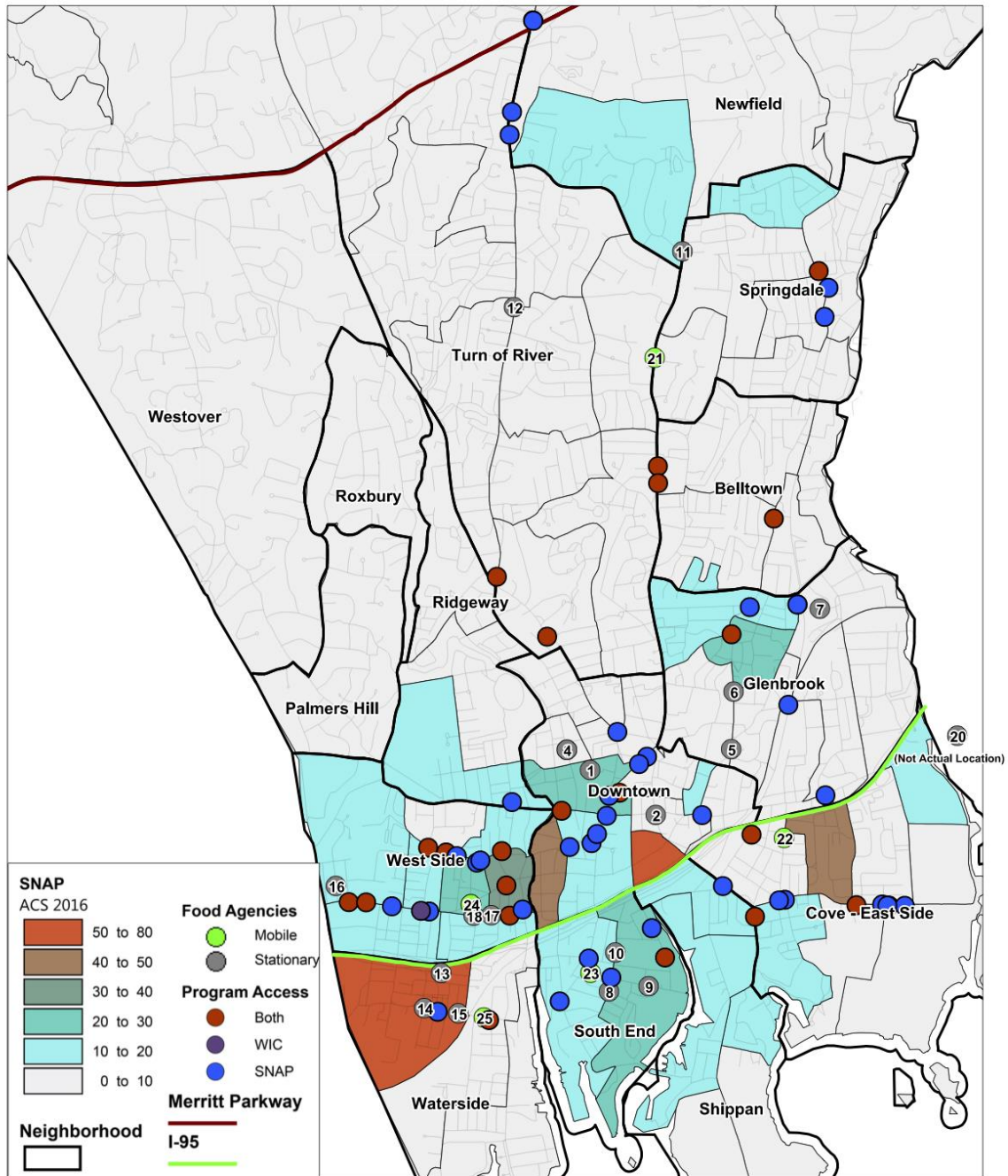
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Map 9: Households w. 1 or More Persons Receiving Disability Benefits
 Stamford, CT



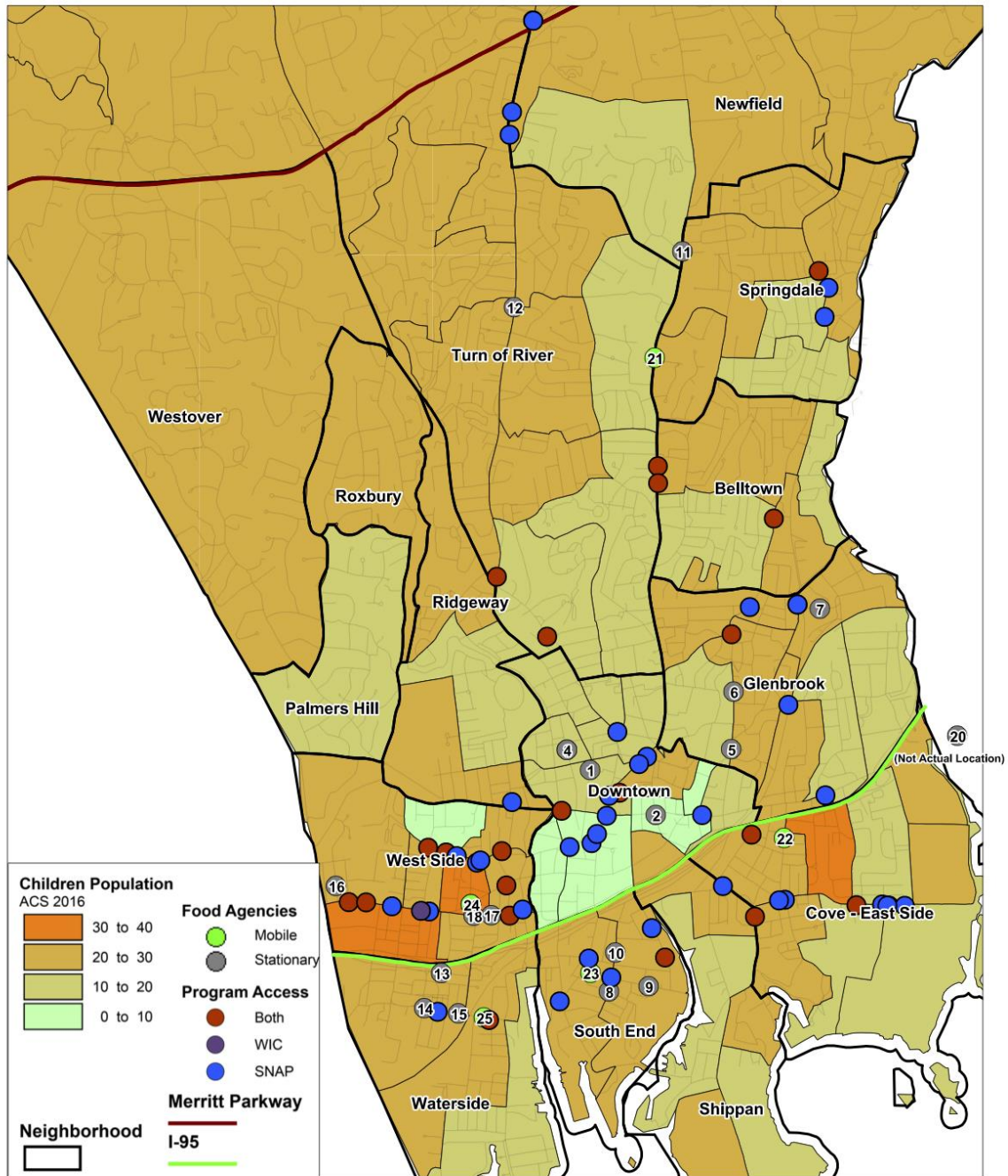
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Map 10: Percentage of Households that Received SNAP Benefits in the Previous Year
 Stamford, CT



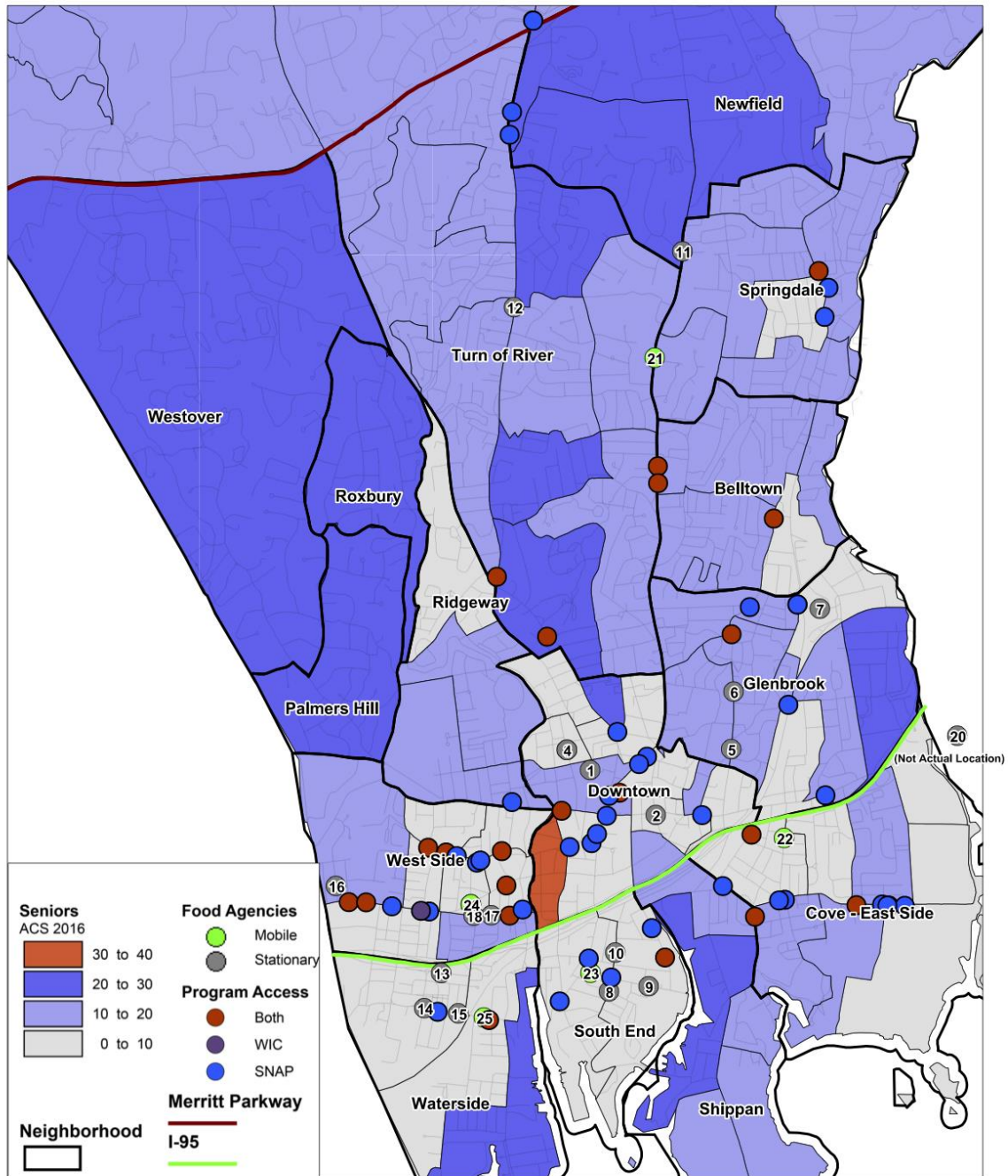
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Map 11: Children Population (Percentage of Total)
 Stamford, CT



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Map 12: Seniors (Over the age of 65)
 Stamford, CT



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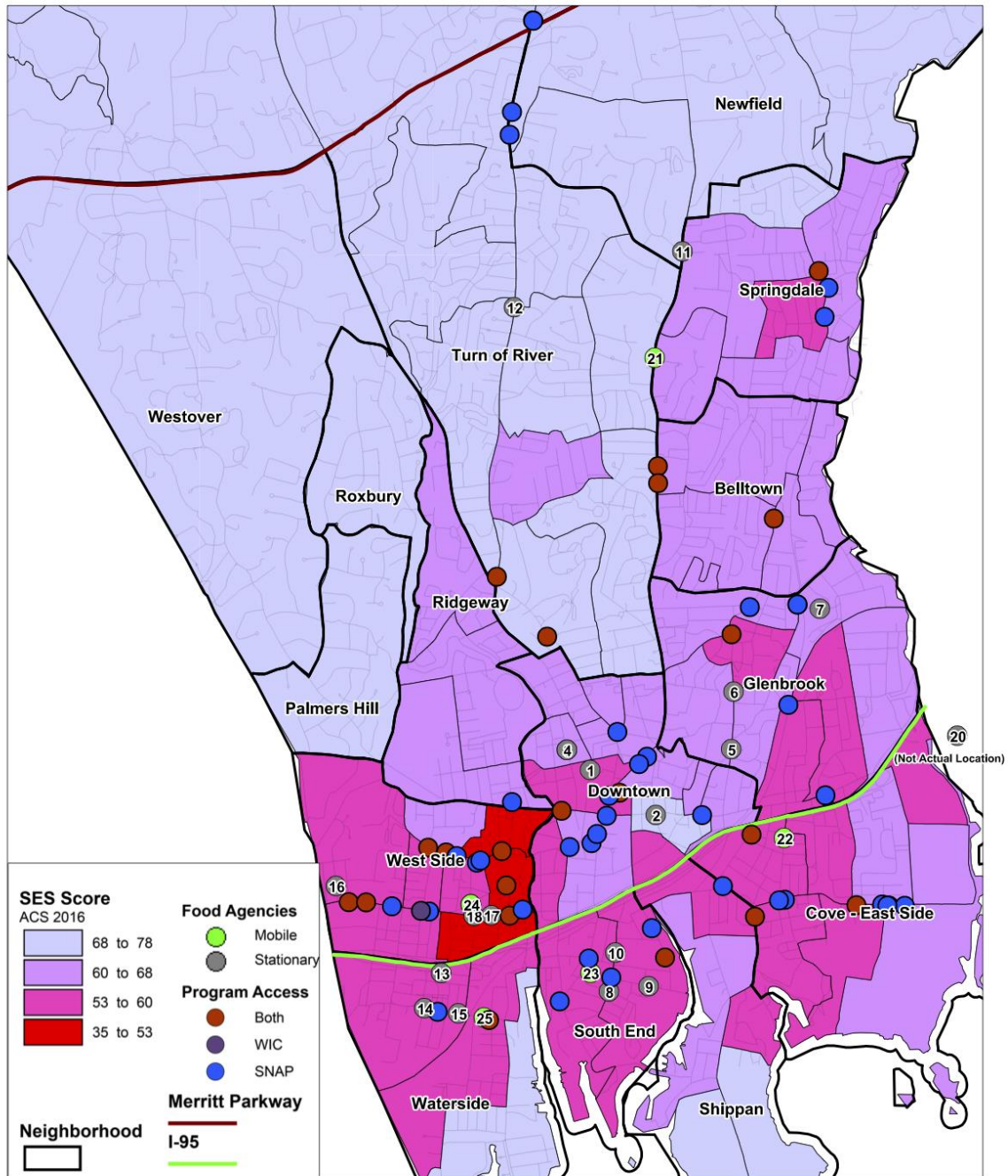
III. SES Indicator

Researchers in the article, from which we modeled our own SES calculations, put together a factor analysis, essentially meaning, that of all the dozens of potential, indicative variables, only a few were selected to represent the target, on the grounds that they concluded the few variables to be more derivative than the others, arguably contingent on the selected variables. Next, an equation was developed to calculate the SES composite score by multiplying the percentages by their weights, which was the protocol for variables that came about in the form of percentages. However, instead of percentages, we were given raw counts for two variables: *Median Household Income* and *Median House Value*. Therefore, as a corrective measure, we opted to standardize the counts on a scale of 0 to 100, such that though they were raw values, they would be treated as percentages. Next, we encountered an issue when it came to the zeroes that were appearing as missing data. The authors of the article encountered a similar problem with their research, however their solution was to simply remove the zeroes, so that it would not skew the data. This was a viable option for them, on account of the fact that the parameters of their study was nationwide. On the other hand, in the case of our team, our study area was a significantly smaller area, and to remove the zeroes altogether would mean a ruined distribution. This proved a significant obstacle to our configuring of the SES scoring. Ultimately, a consensus was reached that a substitution method would have to be employed, in which we substituted every blank data point with a median value of the town. This was beneficial in that it enabled us to run the scoring system; however, the counter to that being that while substituting might be practical, it is not necessarily accurate in their values. For example, if Stamford's median household value runs about \$130,000, and a home downtown runs for about \$70,000, there presents an inconsistency that skews the data, they would argue. However, we have reason to believe that using this composite scoring is highly beneficial in data analytics, which would outweigh the minute "inaccuracies," if any. In sum, SES scoring offers a multi-variate model that makes identifying areas of concern a cleaner and more legible process.

Variables used to build model:

1. Percentage of households containing one or more person per room
2. Median value of owner-occupied values, standardized to range from 0-100
3. Percentage of persons below the federally defined poverty line
4. Median household income, standardized to range from 0-100
5. Percentage of persons aged ≥ 25 years with at least 4 years of college
6. Percentage of persons aged ≥ 25 years with less than a 12th-grade education
7. Percentage of persons aged 16 years or older in the labor force who are unemployed (and actively seeking work)

Map 13: Socioeconomic Status (SES) Indicator
 Stamford, CT



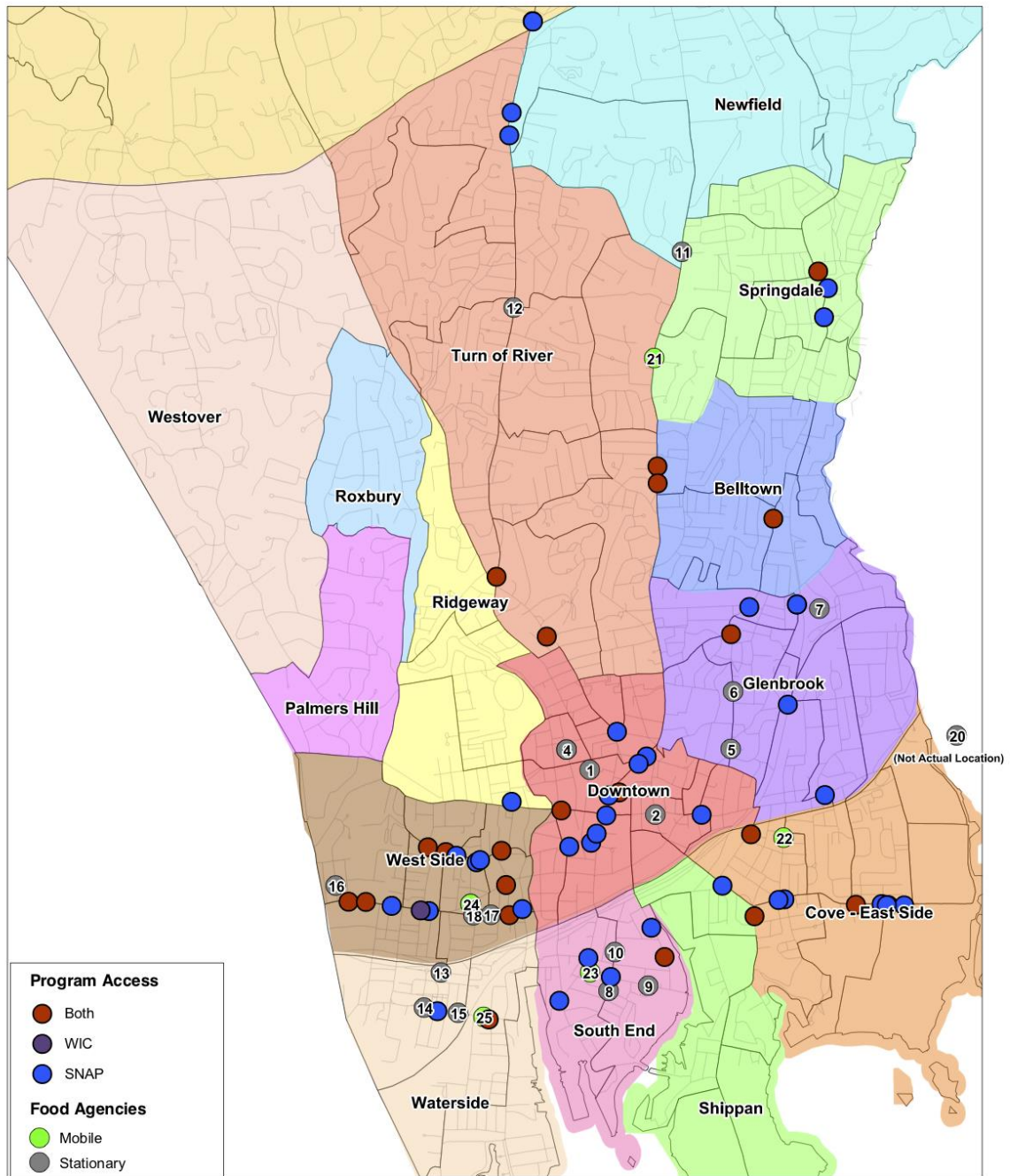
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IV. Transportation

To address Transportation and its effect on residents in Stamford, Bus Routes were used to illustrate the accessibility of food services. To construct the chart below, a quarter mile buffer was constructed around each bus route to develop a catchment area for the agencies located within that radius. A quarter mile was used because it is the typical standard for walk-ability, a typical quarter mile would take the average person 5 minutes to travel. In the following maps, the neighborhoods as well as the 2018 CT Transit Stamford Bus Routes.

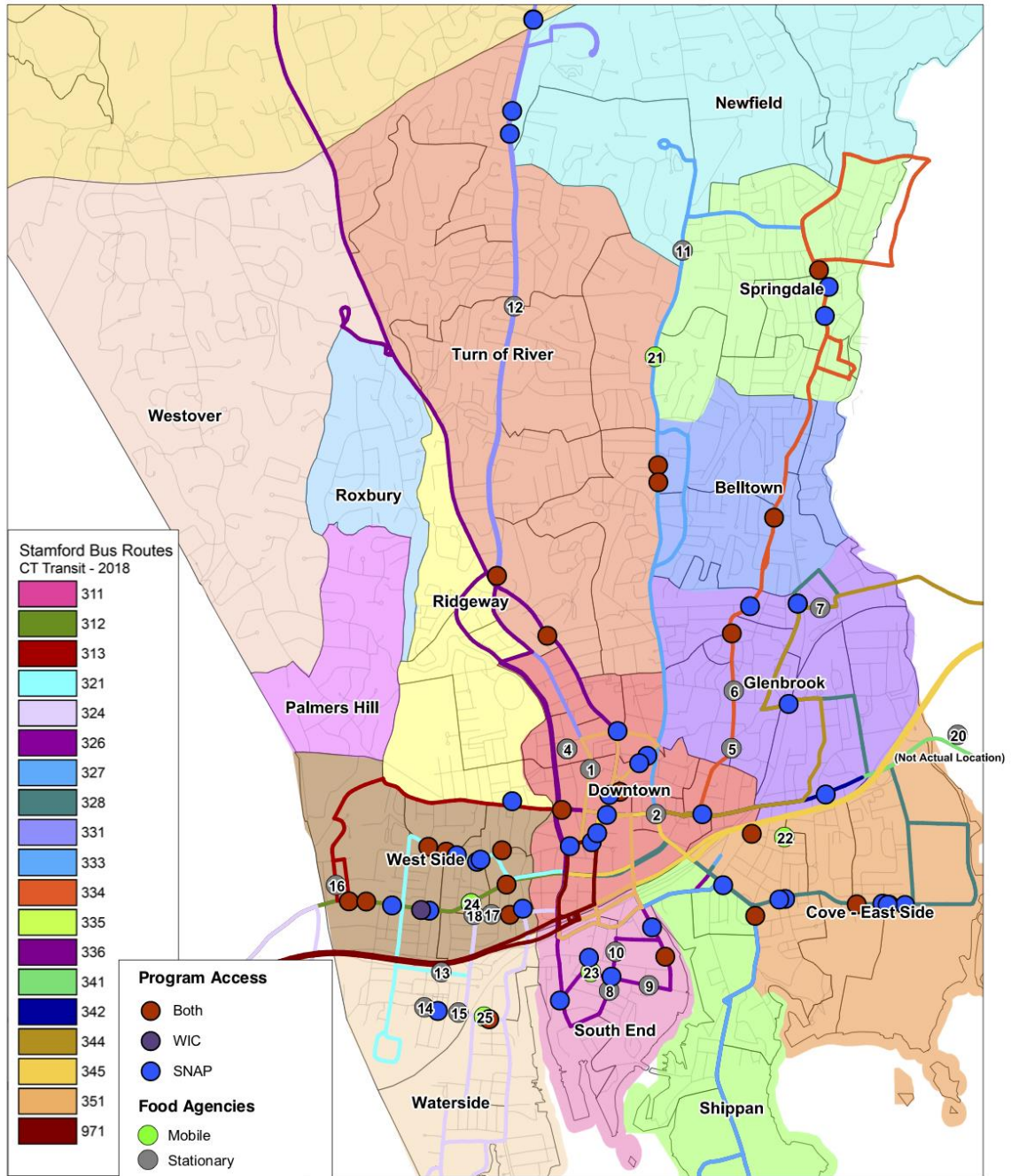
Food Insecurity Agency Accessibility																				
idx	Organization	Bus Routes																		
		311	312	313	321	324	326	327	328	331	333	334	335	336	341	342	344	345	351	971
1	Elayne and James Schoke Jewish Family Services	-	-	Yes	-	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	-	
2	Faith Tabernacle Baptist Church	-	-	-	-	-	-	Yes	-	Yes	Yes	-	-	Yes	Yes	Yes	Yes	Yes	-	
3	Inspirica, Inc.	-	-	-	-	-	-	-	Yes	-	-	Yes	Yes	-	-	-	-	-	Yes	
4	Women's Mentoring Network	-	-	-	-	-	-	-	Yes	-	-	Yes	Yes	-	-	-	-	-	Yes	
5	Zion Lutheran Church	-	-	-	-	-	-	-	-	-	Yes	-	-	-	-	-	-	-	-	
6	Haitian American Catholic	-	-	-	-	-	-	Yes	-	-	Yes	-	-	-	-	Yes	-	-	-	
7	Landmark Baptist Church	-	-	-	-	-	-	Yes	-	-	-	-	-	-	-	Yes	Yes	-	-	
8	Greater Works Community Church of God Inc	-	-	-	-	Yes	-	-	-	-	-	-	-	-	-	-	-	-	-	
9	Marshall Commons	-	-	-	-	Yes	-	-	-	-	-	-	Yes	-	-	-	-	-	-	
10	Pacific House Shelter	-	-	-	Yes	Yes	Yes	Yes	-	-	-	Yes	-	-	-	-	-	Yes	Yes	
11	Stamford Jewish Community Center (Senior Program)	-	-	-	-	-	-	-	-	Yes	-	-	-	-	-	-	-	-	-	
12	Stamford Baptist Church	-	-	-	-	-	-	-	Yes	-	-	-	-	-	-	-	-	-	-	
13	Greater Faith Tabernacle Baptist Church	-	-	-	Yes	Yes	-	-	-	-	-	-	-	-	-	-	-	-	Yes	
14	Salvation Army-Stamford Corps Community Center	-	-	-	Yes	Yes	-	-	-	-	-	-	-	-	-	-	-	-	Yes	
15	Tabernacle of Grace Food Pantry	-	-	-	Yes	Yes	-	-	-	-	-	-	-	-	-	-	-	-	Yes	
16	Catholic Charities Senior Nutrition Program	Yes	Yes	Yes	-	Yes	-	-	-	-	-	-	-	-	-	-	-	-	-	
17	164 Wilson Pantry Food Bank	Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-	-	-	-	-	-	Yes	
18	New Covenant Center	Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-	-	-	-	-	-	Yes	
19	St. Joseph's Parenting Center	Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-	-	-	-	-	-	Yes	
20	Person-to-Person	-	-	-	-	-	-	-	-	-	-	-	-	Yes	-	-	-	-	-	
21	UW Mobile Food Pantry - Union Baptist Church	-	-	-	-	-	-	-	-	Yes	-	-	-	-	-	-	-	-	-	
22	Person-to-Person @ DOMUS/ P2P On Wheels	-	-	-	-	-	-	-	-	-	-	-	-	Yes	Yes	Yes	Yes	-	-	
23	P2P on Wheels	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-	-	-	-	Yes	-	
24		Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-	-	-	-	-	-	Yes	
25		-	-	-	Yes	Yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Map 14: Neighborhoods
Stamford, CT



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Map 15: Transportation (CT Transit Bus Routes)
 Stamford, CT



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V. Statistics

This table was constructed to evaluate where the lowest scoring block groups stood in comparison with the City of Stamford, Fairfield County, and the larger state of Connecticut. All demographic variables from single-variate distributions are represented below.

Variable	Stamford Quartile 1	Stamford	Fairfield County	CT
Households that Received SNAP (%)	20.0	9.4	9.7	12.8
Civilian Unemployed (%)	14.7	7.8	8.2	8.1
Median Household Income	\$ 37,638.00	\$ 100,460.97	\$ 107,277.06	\$ 81,824.53
1 to 1.9x Federal Poverty Level (Near Poverty) (%)	33.0	14.7	12.4	13.3
Below Federal Poverty Level	22.2	8.6	9.2	10.8
White (%)	28.2	65.0	74.0	76.9
Black (%)	34.2	14.3	11.6	11.0
Hispanic (%)	55.4	24.5	18.2	14.9
Immigrant Population (%)	54.03	31.8	20.7	13.9
Married Households (%)	39.5	50.1	54.7	48.9
Single Parent Households (%)	25.0	12.5	12.6	14.3
Single Father Households (%)	7.8	2.5	2.8	3.0
Single Mother Households (%)	17.2	10.0	9.8	11.3
Children/Total Population (%)	26.3	21.1	23.30	21.16
Family Households with children under 18 (%)	56.3	45.8	46.5	42.5
Socioeconomic Index Score	50.3	63.9	63.2	59.5

VI. General Map and Survey Findings

- Our report finds that many food agencies appear to not be aligned with at-risk populations.
 - Firstly, it can be observed that the two largest agencies are located on opposite ends of Stamford. Additionally, Person to Person is located in Darien, which requires significant travel. Similarly, I-95 inhibits accessibility to New Covenant Center from many at-risk neighborhoods. P2P's new initiative P2P Helps, a mobile food pantry that stops in four different locations weekly, will change that dynamic.
 - Based on the variables, we find that the neighborhoods at greatest risk are Waterside and East Cove, which have much more access to food agencies than before.

- Food Agency Scale is critical.
 - An estimated 80% of all meals provided by Stamford-based food agencies come from one of two agencies: Person to Person and The New Covenant Center.
 - Food agency operating budgets require more research, but initial findings indicate that:
 - An operating budget of less than \$100k is untenable
 - A budget of \$100,000 to \$1,000,000 requires research to identify at what point a food agency becomes viable.
 - Food Agency meal options need to be reviewed to meet needs of at risk populations (based on variables)
 - After school for children
 - To-go meals
 - Hours of operation

VII. Recommendations

Based on our findings, we propose a number of recommendations to food agencies and organizations that could potentially help to optimize service to at-risk communities. The recommendations are as follows:

- **Identification**
Identify **key characteristics** of a successful and viable food agency, and those agencies with the best practices. It would help to interview, or even study, the two largest food agencies, in the hopes that their operating budgets, service operations and even general organizational structure could be emulated by smaller, less prominent agencies that might be in areas of more concentrated need. Similarly, our research would offer that it is important to identify operating parameters for a given agency's locations and services; which could be gleaned from a look at neighborhood and demographic variables, as well as bus lines, neighborhood commuting patterns and schools.
- **Surveys**
Measures must be taken to enhance the **survey process**. Our team experienced a number of challenges on this front, including a lack of responses and, when a response occurred, inaccurate information was often provided. Moreover, there were challenges with the survey's format, for example, the manual completion and retrieval of paper surveys is cumbersome. The process would be significantly enhanced by means of converting it into to an online format, similar to *Survey Monkey*. A given agency could also put into policy a stipulation for existing funding to be predicated on the completion of such a survey. This could also be supplemented by a white paper that outlines opportunities for funding and a link for more information. Not only does this present a cleaner, more reliable and aesthetically "official" appearance, but it will undoubtedly expedite the process.
- **Communications**
On the Communications end, this process would be facilitated well by the establishment and maintenance of a **food agency database**, which could function as a compilation of up-to-date locations, hours of operation and contact information for food organizations. This network would, by nature, enhance relationships between agencies, which would encourage collaboration towards particular service goals and supplement the existing scheduled meetings. Consideration should be given to an annual event for similar purposes. The development of communications vehicles on a quarterly basis to maintain contact, communication for coordinating service hours and communicating effectively is also recommended.
- **Strategic Coordination**
The Stamford Food Agencies can greatly benefit from **coordination** with different stakeholders related to food access, including existing city and public programs, school meal and after school programs, and food banks. In doing so, a given agency would get

the opportunity to better understand a specific neighborhood, in its particularities, like commuting patterns, immigrant populations, and the distribution of single mothers.

Enhance the Survey Process

Surveys

- Convert to an online format
- Existing funding requires survey completion

Communications

- Establish and maintain a food agency database
- Provide communications vehicles quarterly to maintain contact
- Establish an annual event for food agencies to further enhance relationships

Establish a food agency selection/identification process

Identify best practices and key characteristics of food agencies

- Interview/study the 2 largest food agencies
- Identify operating budget and other organizational characteristics for a successful, viable food agency

Identify appropriate parameters for food agency location and services

- Neighborhood and demographic variables
- Bus lines
- Commuting patterns
- Schools

Strategic Coordination

Food Agencies can benefit from:

- Coordination with existing city and public programs,
- school meals,
- after school programs
- Food banks

Coordination with each other

- Best practices
- Coordinating hours and communicating effectively

Understanding neighborhood populations and specific patterns

- Commuting
- Immigrant
- Single mother concentration

VII. References

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