

MAPPING FOOD SECURITY IN EVANSTON: AN ANALYSIS OF FOOD ACCESS

Northwestern University Civic Engagement Certificate Program
in partnership with the City of Evanston's
“Managing to Livability” Initiative

Toward Increasing Food Security in Evanston
June 2017

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Acknowledgement

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Abstract

Currently, parts of Evanston are facing the following challenges in regard to food security: a lack of visibility and lack of access to nutritious food options. The purpose of our capstone project is to gather information on these issues to support the City of Evanston's "Managing to Livability Initiative." In addition to partnering with Evanston liaisons, we worked with community organizations and restaurants. We propose action items for the City of Evanston to increase food security and sovereignty based on preliminary research conducted through surveys, best practice analyses, mapping, and community organization interviews. We concluded that there is more opportunity for growth regarding grocery stores, community organizations, and policies, rather than furthering restaurant donation practices.

Introduction

What is Food Security?

When engaging in discourse related to food security, there may be terms that appear ambiguous and which can cause uncertainty as a result. We begin this report by presenting generally accepted definitions of terms related to food security and citing the sources of these definitions.

- **Food insecurity:** When people do not have enough nutritious food that is safe to eat without resorting to the use of food donations, scavenging, or stealing²
 - **Hunger:** should refer to a potential consequence of food insecurity that, because of prolonged, involuntary lack of food, results in discomfort, illness, weakness, or pain that goes beyond the usual uneasy sensation.³ It can be measured by the food insecurity rate.
- **Food security:** when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life (World Food Summit, 1996)⁴
 - **High food security:** No reported indications of food-access problems or limitations
 - **Marginal food security:** One or two reported indications – typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake
 - **Low food security:** Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake
 - **Very low food security:** Reports of multiple indications of disrupted eating patterns and reduced food intake⁵

Factors Affecting Food Security

- **Food availability:** the availability of sufficient quantities of food of appropriate quality, supplied through domestic production or imports (including food aid)
 - Food of appropriate quality is considered to be healthy, nutritious, sustainable, and to meet dietary needs
- **Food access:** access by individuals to adequate resources (entitlements) for acquiring appropriate foods for a nutritious diet

² Block, Daniel. *Food Access In Suburban Cook County*. Chicago: Chicago State University Neighborhood Assistance Center, 2012. Web. <http://www.cookcountypublichealth.org/files/PPPW/bloc-report-031612-finallr.pdf>

³ Sassone, Paul. "Suffer from low food security?." *Evanston Review* (IL), 30 Nov. 2006, Forum. NewsBank, [infoweb.newsbank.com/resources/doc/nb/news/115E5927E4D43518?p=AWNB](http://www.newsbank.com/resources/doc/nb/news/115E5927E4D43518?p=AWNB)

⁴ FAO's Agriculture and Development Economics Division (ESA). "Food Security." <http://www.fao.org/forestry/13128-0e6f36f27e0091055bec28ebe830f46b3.pdf>. June 2006. n. pag. Web.

⁵ For high food security, marginal food security, low food security, and very low food security, cite Footnote 3.

- **Entitlements** are defined as the set of all commodity bundles over which a person can establish command given the legal, political, economic and social arrangements of the community in which they live (including traditional rights such as access to common resources)⁶
 - Proximity to quality, or healthy and culturally-appropriate food sources should be considered
 - Food cost is considered to be a prominent barrier to food access. Food secure households typically spent more on food than food-insecure households of similar age-gender composition⁷
 - Stability, or consistency, is part of food access. About one-fourth of households with very low food security at any time during the year experienced it rarely or occasionally, in only 1 or 2 months of the year. For three-fourths, very low food security recurred in 3 or more months of the year. On average, households with very low food security at some time during the year experienced it in 7 months during the year and in 1 to 7 days in each of those months.⁸
- Within a food-insecure household, different household members may have been affected differently by the household's food insecurity. Some members—particularly young children—may have experienced only mild effects or none at all, while adults were more severely affected.⁹ We have thus chosen to describe all the statistics in the report as representing “person living in food-insecure households” instead of “food-insecure persons.” We also acknowledge that individuals who face food insecurity may not live in households, but the data in the introduction only considers those living in households.

Why is Attaining Food Security Important?

Without acknowledging the significance of attaining food security, we would be ignoring the impact that it has on the well-being of people and the variety of costs associated with inadequate levels of it.

A 2010 finding shows that hunger costs the United States at least \$167.5 billion due to a combination of lost economic productivity per year, more expensive public education from the rising costs associated with poor education outcomes, avoidable health care costs, and the cost of charity to keep people fed.

Physical Health

Food insecurity increases hospital visits and contributes to poor chronic disease management because eating nutritious food is critical to the prevention, treatment, and recovery from illness. If

⁶ For food availability and food accessibility, cite Footnote 4.

⁷ "Household Food Security in the U.S. in 2015." *Economic Research Service (USDA)* (2016): 1-44. *ProQuest*. Web. <http://statistical.proquest.com.turing.library.northwestern.edu/statisticalinsight/result/pqpresultpage.previewtitle?docType=POSI&titleUri=%2Fcontent%2F2016%2F1504-10.xml>

⁸ "Frequency of Food Insecurity." *USDA ERS - Frequency of Food Insecurity*. N.p., 4 Oct. 2016. Web. <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/frequency-of-food-insecurity/>

⁹ Cite Footnote 7.

individuals were able to have consistent access to eating food of appropriate quality, they would have a lower risk for obesity and other diet-related chronic diseases, which are leading causes of illness and death in suburban Cook County.

- A study from Ontario, Canada shows that the total annual health care costs were 23% higher in households with marginal food security, 49% higher in households with low food security, and 121% higher in households with very low food security in comparison to food-secure households, or households with high food security.
- Adults, regardless of age, who live in food-insecure households are more likely to have long-term physical health problems, higher probability of contracting chronic diseases, and to be more likely to have limitations in their daily activities, compared to adults living in food-secure households.
- Seniors living in food-insecure households are 53% more likely to report a heart attack, 52% more likely to develop asthma, and 40% more likely to report an experience of congestive heart failure, compared to those living in food-secure households.
- Craig Gunderson, a leading researcher on food insecurity in the United States, asserts that households experiencing food insecurity are more likely to have children who suffer from anemia, lower nutrient intakes, asthma, oral health problems, hospitalization, and poor general health.

Mental and Cognitive Health

Food insecurity hinders cognitive growth and can be detrimental to mental health. Food security is a requisite for children to grow and learn properly.

- Adults who live in food-insecure households are more likely to have higher levels of depression, compared to peers who live in food-secure households.
- Seniors living in food-insecure households are 60% more likely to experience depression, in comparison to those who live in food-secure households.
- Craig Gunderson discovered that food-insecure households are more likely to have children who suffer from higher levels of aggression and anxiety, dysthymia and other mental health issues, and behavioral problems.
- Food insecurity has been documented to damage children's brain development before they enter a classroom. They can be cognitively behind peers who live in food-secure households by the time they begin school. Six to eleven-year-olds who live in food-insecure households were more likely to repeat a grade and had lower general achievement test scores than children in the same age group that live in food-secure households.¹⁰

Food Security in the National and Community Context

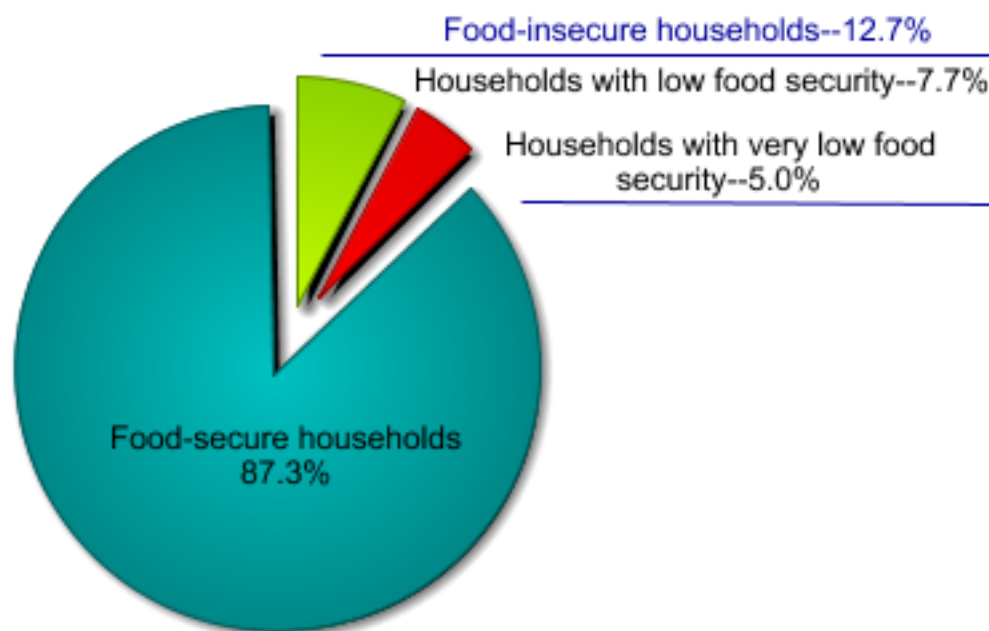
United States

In 2015, 42.2 million people lived in food-insecure households. The United States Department of Agriculture (USDA) Economic Research Service finds that 87.3% of United States households were food-secure throughout 2015, which accounts for 109.3 million individuals. In 2014, 86% of

¹⁰ For all statistics and research studies that were referenced in this entire section, cite the following: Greater Chicago Food Depository and Cook County. "Cook County Food Access Plan." https://www.chicagosfoodbank.org/wp-content/uploads/2016/10/Cook_County_Food_Access_Plan.pdf. 2015. n. pag. Web.

United States households were food-secure. In 2015, there were 12.7% food-insecure households, compared to 14% in 2014. 7.7% accounted for households with low food security and 5% accounted for households with very low food security in 2015, compared to 8.4% and 5.6% in 2014, respectively.¹¹ Though it appears that food security has increased from 2014 to 2015, it is useful to recognize that the number of households with very low food security did not decrease as much as the number of households with low food security. Similarly, 12% of the US population lived in food-insecure households in 2005. The number of people living in food-insecure households had decreased from 27.5 million in 2004 to 24 million in 2005, but the people living in very low food security had increased from 10.7 million in 2004 to 10.8 million in 2005.¹²

U.S. households by food security status, 2015



Source: Calculated by ERS, USDA, using data from the December 2015 Current Population Survey Food Security Supplement.

Among U.S. households with children under age 18, 83.4% were food secure in 2015. Only adults were food-insecure in 8.8% of households with children, whereas both adults and children were food-insecure in 7.8% of households with children, representing 3 million households. Children are usually protected from substantial reductions in food intake, even in households with very low food security. However, in about 0.7% of households with children, representing 274,000 households, one or more individuals in the child age range still experienced reduced food intake

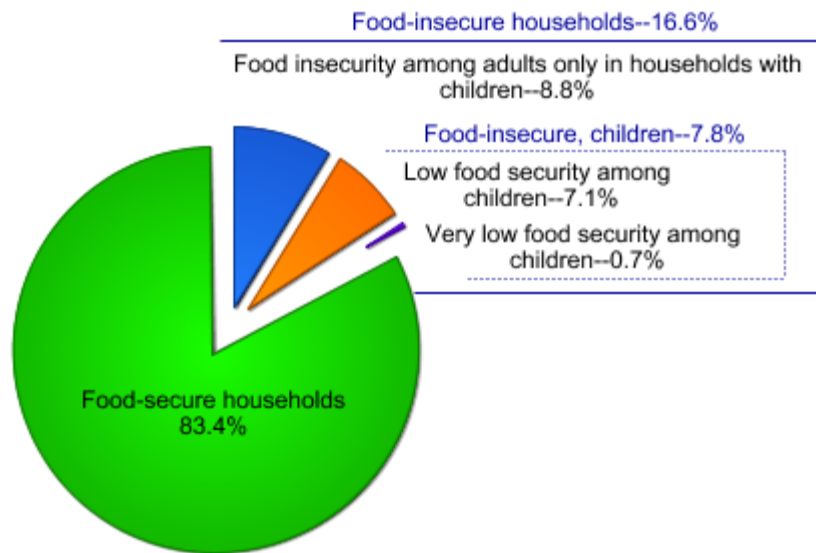
¹¹ "Key Statistics & Graphics." *USDA ERS – Food Security in the U.S.* N.p., 11 Oct. 2016. Web.

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics/>

¹² Cite Footnote 3.

and disrupted eating patterns at some point in the year.¹³ Some households experienced episodes of food insecurity, or even very low food security, even though their annual incomes were well above the poverty line. The federal poverty line was set at an annual income of \$24,036 for a family of four in 2015 (two adults and two children). These households are not eligible for federal food assistance programs.¹⁴ See the following section for specific statistics.

U.S. households with children by food security status of adults and children, 2015



Note: In most instances, when children are food insecure, the adults in the household are also food insecure.

Source: Calculated by ERS, USDA, using data from the December 2015 Current Population Survey Food Security Supplement.

Illinois and Cook County

As of 2013, the Illinois food insecurity rate is 13.6%. Cook County is the nation's second most populous county with 5,194,675 residents, or 40.5% of all Illinois residents. About half of Cook County's residents live in the suburbs.¹⁵ In 2013, 761,980 Cook County residents lived in food-insecure households, representing 14.6% of the population. 254,470 children, representing 20.9% of the child population in Cook County, were estimated to face food insecurity. This means that more than 1 in 7 people and 1 in 5 children in Cook County do not have consistent access to quality food at times throughout the year, including an estimated 242,400 suburban residents (showing that more than 30% of the need is located in the suburbs).¹⁶

¹³ Cite Footnote 11.

¹⁴ Cite Footnote 7.

¹⁵ "The Suburban Cook County Food System: An Assessment and Recommendations." *Suburban Cook County Food System Steering Committee*. (2012). Web. <http://cgs.niu.edu/Reports/foodsystemreport3.19.12.pdf>

¹⁶ Cite Footnote 10.

Quality food, including fruits and vegetables, maintains health and prevents chronic diseases and conditions, including diabetes, cancers, and heart diseases. Diet and nutrition are contributors to the leading causes of death in suburban Cook County. Since chronic diseases are a leading cause of illness and death in suburban Cook County, it is concerning that obesity rates in suburban Cook County have doubled for adults and tripled for children in the past two decades. Over half of the adults and 40% of children in suburban Cook County are overweight or obese. Obesity is found to be higher among the poor, less educated, and minorities.

Low food access as a U.S. Census block group meets the following criteria: distance, where the average distance is at least one mile to the nearest supermarket, supercenter, or warehouse store, and income, where the median household income is below Cook County's median household income (\$52,539 in 2009). 351,024 people live in low food access areas in suburban Cook County, about 14.5% of the population. The south region of suburban Cook County has the least food access, whereas the north region has the greatest access. In the poorest parts of suburban Cook County, food insecurity rates are higher than the poorest parts of Chicago. Pockets of low access exist throughout suburban Cook County.

"Food deserts" are communities with poor access to supermarkets. Areas with higher percentages of African-Americans are further from most kinds of supermarkets than other communities, but are closer to chain discount stores. Chain drug stores, liquor stores, and fast food restaurants are fairly evenly distributed throughout the region. Communities with higher percentages of Hispanic residents are further from chain supermarkets but are closer to independent grocery stores, corner stores, discount chains, fast food, liquor stores, and warehouse stores. They are further from farmers' markets, which tend to be closer to upper-income and white communities.

36% of Cook County individuals living in food-insecure households, representing 304,528 residents, earn more than 185% of the federal poverty line and are not eligible for most federal nutrition programs. Suburban residents may have lower access to public transportation than Chicago residents, so if areas of relatively low food access are present, residents will have more difficulty accessing quality food.¹⁷

Evanston

Cook County's Food Access Plan states that Evanston's food insecurity rate is between 12.1 to 20%, whereas its neighbor, Chicago, has a food insecurity rate of 19.2%.¹⁸ Even so, food security is still relevant to Evanston. Betsy Jenkins, the center director for Fleetwood-Jourdain Community Center, states: "There's a real need here. There's poverty all over, including in Evanston, and kids need the food."¹⁹

While researching the current state of food security in Evanston, it was necessary to consider the existing sites and programs that are positive structures for addressing food insecurity. These are called Evanston's *community assets*. Many of Evanston's assets are good bases for development

¹⁷ Cite Footnote 2.

¹⁸ Cite Footnote 10.

¹⁹ The 1 in 5: 'There's a Real Need Here.'" Greater Chicago Food Depository. N.p., 05 June 2015. Web. <https://www.chicagosfoodbank.org/blog/the-1-in-5-theres-a-real-need-here/>

that can be further built upon. One of Evanston's primary assets for addressing food insecurity is its multiple farmers' markets located around the city. Evanston has summer farmers' markets, including the Downtown Farmer's Market and the market at Ridgeville Park, as well as winter farmers' markets, including markets at Immanuel Lutheran Church and the Ecology Center. A program that is already operating at the Downtown Farmer's Market is a LINK money matching program funded by Friends of Evanston Farmers Markets.²⁰ It is otherwise known as the double-value coupon program, which doubles the value of Link purchases at a farmers market by providing matching coupons redeemable at the market for Link eligible foods. These programs have increased Link purchases at farmers market, especially after the conversion of physical food stamps to electronic bank cards.²¹ This program benefits community growers and is a great start to increasing access to safe, healthy, and nutritious foods.

Another program with similar objectives is the Producemobile, sponsored by the Chicago Food Depository, Interfaith Action, and the City of Evanston. The Producemobile distributes free produce once a month at the Robert Crowne Center to what Interfaith Action calls Evanston's "most at-risk populations" (Interfaith Action). Evanston also has a number of community gardens located around that city that are open to all residents (with adequate funds and accessibility) to use for their own food production. Additionally, Evanston has a large number of restaurants, including many locally owned, dispersed throughout the city. The City of Evanston sponsors three meal programs and is reimbursed through the federal Child and Adult Care Food Program (CACFP). Students can enroll in the program, one of which takes place at Fleetwood-Jourdain Community Center, but drop-ins are also welcome. During the summer, the site serves breakfast as part of the national Summer Food Service Program, mainly to serve children who are living in food insecure households who are not receiving breakfast and lunch at school since it is not in session during summer break. The center serves approximately 50 children per day.²² Though the accessibility of these aforementioned initiatives varies among residents, they are another important source of food, besides traditional stores.²³

Food conservation is related to food security since the community can limit food waste by giving a portion of it to individuals who are food insecure. Amazing Kale Burger, a local Evanston business located on Howard Street, advertises its ability to fit its weekly trash into a standard sized kitchen bag.²⁴ Collective Resource, based in Evanston, is a composting service that picks up food scraps from residents and restaurants in northern Cook County. Common Roots Sustainable Farm is a community sponsored agriculture (CSA) site that includes food scrap pick-up along with delivery of its organically grown food to Evanston.²⁵

²⁰ "Friends & LINK." Evanston Farmers Markets. N.p., n.d. Web. <http://evanstonfarmersmarkets.org/friends-link/>

²¹ Cite Footnote 10.

²² Cite Footnote 19.

²³ "Producemobile Celebrates Two Years in Evanston." Interfaith Action of Evanston. N.p., n.d. Web. <http://www.interfaithactionofevanston.org/what-is-interfaith-action/services/producemobile-celebrates-two-years-in-evanston/>

²⁴ "Plates Over Waste discusses future goals for food conservation." UWIRE Text, 26 Jan. 2016, p. 1. Academic OneFile, go.galegroup.com/ps/i.do?p=AONE&sw=w&u=northwestern&v=2.1&id=GALE%7CA441430177&it=r&asid=d1d7004daf04b4ffb0dde69ccbd59a4f

²⁵ Cite Footnote 15.

Last but not least, it is important to note that the City of Evanston has already been making a noticeable effort to address food accessibility concerns. Evanston is a pilot member of the STAR Communities network, a non-profit organization that works with city governments to measure the livability and sustainability of cities. This measurement marks areas where the city is doing well and what the areas for improvement are, while giving an overall score for the city. One of these marker categories is “Food Access & Nutrition,” for which Evanston received a score of 12.3/15 in 2014. This means that Evanston has met the standards for most of the outcomes and actions outlined in the category ranking. Some steps the City took to reach this ranking were adopting an Evanston Farmer’s Market ordinance and demonstrating an increase since 2011 in the number of vendors at the farmers markets, providing a report by the Cook County Public Health department on food access in suburban Cook County, and developing food education programs.²⁶ These programs, practices, and policies are great beginning resources for the City of Evanston to grow upon as they continue to increase food security and food sovereignty.

Methodology

Surveys

Methodology

In the beginning of our research, we sent out online surveys via Google Forms to restaurants and food-related non-profit organizations in Evanston. We received nine distinct survey responses from managers of local Evanston Restaurants such as Lulu’s, Taco Diablo, Five and Dime, Boltwood, Farmhouse, Dave’s New Kitchen, Edzo’s Burger Shop, Giordano’s, Bat17, Panera Bread, Lou Malnati’s. We also received results from nine distinct food organizations: Campus Kitchens at Northwestern, Points for a Purpose at Northwestern, Meals at Home, Interfaith Action of Evanston, Blessings in a Backpack, The Talking Farm, Harvest Food Pantry (of Vineyard Christian Church of Evanston), The Salvation Army, and A Just Harvest.

Findings

In the surveys directed at Evanston restaurants (Appendix 1), the majority of the restaurants we surveyed said that leftovers, by our definition, did not exist in their business model. Based on our sample, we found that restaurants in Evanston usually do not make too much food to meet demands and that a large majority of their food did not go to waste at the end of the business day. Restaurants described their food making process as made-to-order, meaning they supply the ingredients and food according to the demand of the customers. Even then, if the restaurant does have leftover food, it is so minimal that they usually do not pay much attention to it. When restaurants donate food, they donate meals and many collaborate with local organizations like the Evanston Youth Center and Northwestern’s Dance Marathon while others are discouraged from donating because

²⁶ "Evanston, Illinois." STAR Communities Reporting. STAR Communities, n.d. Web. <https://reporting.starcommunities.org/communities/33-illinois-evanston>

of tax and insurance purposes. Many of the responses said that their establishments would be interested in donating food in the future but do not understand what the donation process entails.

In the surveys directed at Evanston food organizations (Appendix 2), we found that the majority of the organizations receive food from donations supplied by the following sites: Greater Chicago Food Depository, Northwestern University dining halls, hospitals and assisted living centers, caterers/restaurants, wholesale purchases, and one organization obtained its food by growing its own vegetables and flowers organically for sale. The primary population that these organizations target are local “food insecure” residents, which includes: elderly/disabled/low-income Evanston residents, organizations/churches, those experiencing homelessness, elementary age children, Northwestern University students, and Roger’s Park residents. These sites usually have some way of keeping track of how many come for food or sometimes use “client lists” to see who comes for food but there is often no reapplication nor application because of drop-in participants. The majority of organizations work with partner organizations that also distribute food. However, even though a few organizations have options for survey responses and others say people have the option of calling them to let them know their concerns, there are not exactly formal systems established to receive feedback about the quality of food (e.g. surveys) within these organizations. Organizations would also like to expand their outreach, educate more, serve additional areas, and connect with more partners.

Interviews

Methodology

In order to gain a better understanding of how food organizations function and the impact of food insecurity in the Evanston community, our team conducted a series of in-depth interviews (see Appendix 3). Three were conducted over the phone and one was conducted in person. All of the organizations had previously completed our survey and had indicated that they were willing to receive follow-up on their responses. The organizations that consented to be interviewed were: Meals at Home, Blessings in a Backpack, Interfaith Action of Evanston, and Campus Kitchens. While these organizations specialize in assisting various populations, they are all organizations dedicated to increasing food security in Evanston. Part of the Meals on Wheels Program, Meals at Home is responsible for delivering nutritious meals, medically prescribed diets, and providing other supportive services to the homebound, elderly, disabled and others temporarily unable to care for their nutritional needs. With the help of community members, Blessings in a Backpack provides food on the weekends for elementary school children across America who might otherwise go hungry. The Interfaith Action of Evanston’s mission is to serve hungry and homeless people, pursue interfaith dialogue, and engage in advocacy that promotes social justice. Lastly, Campus Kitchens partners with high schools, colleges, and Universities to implement innovative models for combating hunger and developing food systems.

Findings

Through these interviews, several patterns arose within the responses. These organizations are very connected to a variety of food sources and serve similar populations. For example, many of these organizations receive special donations from restaurants in Evanston. Nutrition is also an important value that many of these organizations try to prioritize and take in account when they are

distributing food. Through these interviews, we discovered our organizations have similar participants, it can sometimes feel like a competitive environment. Many have said that there are ways that the City of Evanston can increase their involvement with them. They have asked the City of Evanston to hold a space for food organizations to collaborate and combat food insecurity together. They have also said that they could use more assistance in connecting them with schools, other organizations, and with more funding. The City of Evanston can take steps towards these goals by appointing a person who specializes in food security within the City of Evanston itself.

Best Practices

Methodology

A large component of our research has been looking at different practices used across the country to increase food accessibility and nutrition for populations that are structurally unable to obtain adequate amounts of nutritious food. Most of our time was spent researching practices in cities with similar size and population demographics as Evanston, including Ann Arbor, Michigan, Cambridge, Massachusetts, Pasadena, California, Naperville, Illinois, and Iowa City, Iowa. These practices are put on by a variety of organizations, including businesses, non-profit organizations, and the city government. We used the following guidelines to evaluate which programs and policies would be most beneficial for the City of Evanston to consider:

- Does the practice utilize a variety of stakeholders in the food system?
- Does the practice remove some of the structural obstacles for individuals to obtain nutritious food?
- Which populations are the practice aimed towards supporting?
- What would be the limits of the practice if transferred to Evanston?
- What resources does Evanston already have that can support the practice?
- Does the practice seem to be commonly used by multiple cities?
- Would it be easy for food insecure individuals to obtain information about and use the program?
- Does the practice address both quantity and nutrition of accessible food?
- Are multiple organizations working together to make the practice successful?

Findings

By comparing Evanston with other towns and cities across the United States, we found that Evanston has had or currently has many programs that are commonly tactics in the beginning stages of addressing food insecurity. However, other cities have taken further steps to establish sustainable and inclusive organizations and groups that address food insecurity, as well as to recognize and begin directing attention to the structural obstacles that are keeping individuals from obtaining sufficient healthy food. We also found that many actions Evanston has not taken to address food insecurity have also not been taken by comparable towns and cities. These include establishing a comprehensive city food access policy, programs that connect organizations addressing food insecurity, and developing pages on the city website to be thorough resources for residents looking for information about food assistance. Below are the programs and policies we think are most applicable and easily transferrable to Evanston:

Washtenaw County Food Policy Council (including Ann Arbor, Michigan)

The Washtenaw County Food Policy Council is an example of an organization that works with all parts of the food system to reach short and long term goals of addressing food insecurity. The council's strategies include:

- Strengthening the connections between food, health, natural resource protection, economic development and the agricultural community
- Researching, analyzing and reporting on information about the local food system
- Advocating for and advising on food system and food policy implementation
- Promoting and providing education on food system issues

The council is divided into policy action teams, whose meetings are open to the public.²⁷

Cambridge Urban Agriculture Task Force (Cambridge, Massachusetts)

The Cambridge Urban Agriculture Task Force has the goal to “improve the availability of, and access to, healthy and affordable food as well as support sustainable, economic, and educational opportunities involving urban agriculture and innovative technologies in urban farming within the City.”²⁸ A key part of its plan is to expand the ways urban agriculture is practiced in Cambridge, including rooftop farming, aquaponics, and beekeeping. Further, it looks for ways to expand the sale of urban agriculture products. This task force is comprised of 12 members, including leaders in food organizations, city public health workers, consultants, and community development workers. It also does outreach to get input from the public about the policy, and has an email update to keep residents informed.²⁹

Double Up Food Bucks (Ann Arbor, Michigan).

The “Double Up Food Bucks” program in Ann Arbor and other Michigan locations allows SNAP participants to buy Michigan grown fruits and vegetables at participating grocery stores and receive up to \$20 in matching “Double Up” rewards to later spend on any fresh fruits and vegetables in the store. The program also has volunteers that support customers by doing outreach and providing information about the program at stores, community events, and through a hotline. Additionally, the program has created a toolkit for implementing the program in other communities.³⁰

Stockbox Neighborhood Grocery (Seattle, Washington)

Stockbox Neighborhood Grocery is an example of a store created specifically for supplying food insecure populations with easily accessible, quality food. Though currently only operating in one location, the store is open from 6:30 am to 9:00 pm Monday through Friday and 8:00 am to 9:00 pm Saturday and Sunday, which makes it possible for residents with busy schedules to have flexibility as to when they grocery shop. Stockbox makes a point to be part of the community.

²⁷ Reistera. "Washtenaw County Food Policy Council." Washtenaw County Food Policy Council. N.p., n.d. Web. <https://washtenawfoodpolicycouncil.wordpress.com>

²⁸ Cambridge, City Of. "Urban Agriculture Task Force." Urban Agriculture Task Force - CDD - City of Cambridge, Massachusetts. N.p., n.d. Web https://www.cambridgema.gov/cdd/projects/planning/~/_media/D1FE3B5234C44872AE4BB4A839F414A3.ashx

²⁹ Urban Agriculture In Process: Developing a Comprehensive Policy for the City of Cambridge. Rep. City of Cambridge, 22 Mar. 2017. Web. <https://www.cambridgema.gov/cdd/projects/planning/urbanagriculturetaskforce>

³⁰ Double Up Food Bucks. N.p., n.d. Web. <http://www.doubleupfoodbucks.org>

Their goal is to foster community development and they carry many local products in their store.³¹

Eat Good, Feel Good Healthy Corner Stores Program (Urban and rural communities in five counties in central North Carolina)

The Community Food Lab, after recognizing that corner stores are a “likely place to shop for groceries”³² when communities and neighborhoods are lacking full grocery stores completed a six month pilot study on the process of developing healthy corner stores programs. The “Eat Good, Feel Good Program Guide to Creating Healthy Corner Stores” is their resulting program toolkit and guide for the process that includes what steps are in the process, assessment lists, interview templates, a sample timeline, and more. Community Food Lab recognizes the importance of building connections and relationships between community partners to make the program successful and sustainable.³³

Top Box Foods (Cook and Lake Counties, Illinois)

Top Box Foods is a non-profit organization that sells produce and meat at a fraction of their market cost. It delivers pre-ordered food baskets to a number of delivery sites once a month, where customers come to pick the food up. There are no requirements as to who can order these food baskets. Customers are able to use a variety of methods to pay, including LINK cards. Top Box Foods currently serves Cook and Lake Counties. Evanston currently has one delivery site for Top Box Foods: Erie Evanston-Skokie Health Center, located in western Evanston (Top Box Foods).³⁴

Mapping

Methodology

Map 1, 2, and 3 (featured in appendix 4, 5, 6) display different types of food access points across the city of Evanston. This is to display the geographic distance between various food sources as well as the variance in nutritional value and price. An index featuring the food sources referred to is located in appendix 7.

Categories:

- The chosen mapped locations include Grocery Store (n=16), Convenience Store (n=23), Specialty Store (n=7), Religious Center (n=52), Restaurant (n=106), Fast Food (23), and Others (n=12). The methodology in choosing and defining these categories goes as

³¹ Stockboxgrocers.com. N.p., n.d. <http://stockboxgrocers.com/about/>

³² "Healthy Corner Stores Guidelines, Toolkit, and Pilot Study." Community Food Lab. N.p., n.d. Web. https://static1.squarespace.com/static/51bb7293e4b0937b36ed95d5/t/53c05a49e4b0d05dd14d387c/1405114953122/EatGoodFeelGood+guide+and+toolkit_red.pdf

³³ The Eat Good, Feel Good Program Guide to Creating Healthy Corner Stores. Rep. Community Food Lab, June 2014. Web. <http://communityfoodlab.org/projects/2014/5/15/healthy-corner-stores-community-transformation-grant>

³⁴ Cook County/ Chicago | Top Box Foods. N.p., n.d. Web. <https://www.topboxfoods.com/cook-county-chicago/home>

follows; a grocery store is defined as a retail store that primarily sells food, this is different from a convenience store as food is not their primary merchandise, or from specialty stores that sell specific or niche items not intended as the primary source of nutrition. Religious centers typically act as a point of gathering and often serve as food distribution, donation, and collection centers, as well food pantries and food kitchens. Restaurants are places where food is prepared and served to be consumed on site, whereas Fast Food is not necessarily intended to be consumed where prepared. “Casual Dining,” though not an official category, should still be noted as it refers to the dining experience that allows the consumer to take out their meal or eat in, not to the same extent as either a Fast Food location or a Restaurant. The Others category includes food distribution centers that do not fit in the above categories, such as farmers’ markets or homeless shelters.

- The Restaurant, Fast Food, Specialty Stores, and Grocery Stores are then further mapped by nutrition and price. Price for Restaurants is represented by \$ (n=64), \$\$ (n=62), or \$\$\$ (n=20). \$ is 0-10, \$\$ is 11-20, \$\$\$ is 21-30 per person per meal. Price for Grocery Stores was calculated according to Google’s internal metrics. Nutrition is represented by 1 (n=38), 2 (n=31), or 3 (n=54). With 1 being defined as most healthy ranging to 3 as least healthy. 1 represents an obvious effort to provide healthy options (farm to table, locally sourced) and nutritional information. A 2 represents those that provide some nutritional information but little selection support, or vice versa. A 3 represents those that feature no information nor options. Restaurants, Fast Food, Specialty and Grocery Stores have been placed into these categories based on the information provided on their website and/or menu.

Stratifying the results according to price allows for better comparison of nutrition quality and source type. According to price, several different categories describing the distribution of food sources were created to best match Evanston’s situation at hand:

- The \$ food sources (n=62), they fell into different categories primarily based on nutritional score **Healthy Fast**, **Informative Fast**, and **Unhealthy Fast**. Healthy Fast Food and “Casual Dining” Restaurants feature a nutrition score of 1 (n=25). They fall into this category because they provide nutritional information, as well as promote healthy options, but they primarily act as a “take-out” source and are national or local chains. The next category is Informative Fast Food and “Casual Dining” and these food sources feature a nutrition score of 2 (n=17). They provided nutritional information regarding caloric intake and daily percentage values of daily total nutrition, but few healthy options or the promotion of healthy options and are frequently “take-out” chains. The last major category is Unhealthy Fast Food and “Casual Dining” Restaurants with a nutrition score of 3 (n=15). These were food sources that featured no nutritional information on meal options nor healthy dining options, again all mostly “take-out” chains. The remaining (n=4) are grocery stores or specialty stores.
- The \$\$ food sources (n=64), fell into different distribution categories not based primarily on nutritional score: Middle Class Family Grocery Stores, Healthy “Casual Dining” Restaurants, and Restaurants. The first distribution category is Middle Class Family Grocery Stores, all having a nutritional score of 1 or 2 (n=9). They feature an abundance

of relatively healthy options for an affordable price for a middle class consumer with the purpose of sourcing all nutrition needed for a family meal. Healthy “Casual Dining” Restaurants (n=7) are Restaurants with a nutritional score of 1 or 2 that feature nutritional information and an abundance of healthy options. Their main purpose is to supply healthy, sustainable meal options and are frequently are “take-out”. The final category is Restaurant (n=43), they are sources that do in-dining service and have a nutritional score of 2 or 3 due to some healthy meal options, but limited information provided. The remaining (n=5) are either grocery stores, specialty stores, or “Casual” Dining restaurants that do not fit the above categories.

- The \$\$\$ food sources (n=20) fell into two categories, Grocery Store or Fine Dining Restaurants. The Grocery Stores all had a nutritional score of 1 (n=5) and provide the healthiest, most sustainable options for a more expensive price. The Fine Dining Restaurants had a nutritional score of 1 or 2 (n=10). They focus on providing the best food, service, and atmosphere and is the highest priced type of operating restaurant.

Findings

Due to the immobility of the lower class, as opposed to the fluidity afforded to the upper class, and with the intention of increasing food security and food access, the conclusions specifically focus on analyzing access to \$ and \$\$ price points rather than \$\$\$.

- When looking at \$ sources there are very few in-dining Restaurants, and instead an abundance of “take-out” chains. Out of the 23 Fast Food stores, 23 of them are located in the \$ price range. This means low income consumers are being targeted to go to Fast Food locations more than any other socioeconomic group. Though “take-out” chains in the categories of Healthy Fast and Informative Fast have nutritious options, they are not locally sourced, feature more preservatives, and typically offer more alternative unhealthy options than in-dining locations would. The consequence of which being the health of the consumer. In addition, Unhealthy Fast make up about a fourth of the \$ price range businesses.
- Out of the 16 total Grocery Stores, only 3 are in the \$ price range. This means low income consumers have to travel farther in order to go to these low priced food sources. Consumers therefore may choose to instead go to Convenience Stores (n=23), that typically feature more nonperishable items which are lower in nutritional value. They may also instead choose to go to Healthy Fast, Informative Fast, or Unhealthy Fast.
- Food Sources (Restaurants, Fast Food, Grocery Stores) ranked as a 1, meaning they provide healthy options and information about nutritional value, only make up 31.4% of total food sources in Evanston. And of that 31%, 70% are classified as Fast Food or “Casual Dining” Restaurants. The city should encourage non-chain local businesses that provide healthy sustainable meals as there is a lack in the supply end.
- In addition, there are only 3 grocery stores in the \$ price range. This limits low income families’ options and strains their time and resources. In Evanston, Convenience Stores outnumber Grocery Stores 23 to 16. Evanston should continue to invest in low cost and medium cost grocery stores and markets.

Recommendations

Looking Forward

We recommend that the City of Evanston considers the following practices as they look to increase food security levels in Evanston.

- Provide a space for non-profit organizations and restaurants to collaborate in their efforts of increasing food security. From our surveys and interviews, we were able to infer that despite having many organizations working hard to address food insecurity in Evanston, few are creating relationships with fellow organizations to share resources and ideas. It would be difficult for the City of Evanston to assist each organization individually, but it can provide resources for those organizations to assist each other. Because food insecurity and low food access are interconnected and affect a diverse population with various and changing needs, it would be beneficial to create these partnerships.
- Standardize a response form and/or evaluation to receive better participant feedback on services that food organizations provide. From our survey responses, we learned that most organizations do not have a formal way of receiving feedback from their clients. The City of Evanston can support organizations and residents by providing evaluations.
- A food policy organization that works with all parts of the food system, including producers, distributors, food service workers, non-profit organizations, residents, and city government. The previous Evanston Food Council had good engagement by involved stakeholders, and worked on many meaningful Evanston-based food projects. However, it was limited by a lack of funds and had limited involvement by the City of Evanston in the group. It is necessary to have a food policy group that is accountable and committed to not only addressing short term food access goals, but also to making a long term effort to increase food security and food sovereignty and making changes as new circumstances arise in the future. This group could utilize the resources and networks that the previous Evanston Food Council already made. It would be worthwhile to consider working with neighboring communities on this project to utilize available assets and resources.
- Extend a LINK, SNAP, or WIC money matching program to grocery stores. The money matching program at the Downtown Farmers Market sponsored by Friends of Evanston Farmers Markets is a great start towards supporting low income individuals and families' access to healthy food. However, because this program is only available at one location, one time a week, for a limited time during the year, it may be difficult for all residents in need to access the program. A step that the City of Evanston could take is to help expand this program to grocery stores, with a limited range of healthy products that count for matching benefits. Giving residents a flexible way to use food assistance dollars would remove some structural obstacles they may face in trying to obtain healthy and safe food.

Including local produce from farmers in Evanston and surrounding communities may be an idea to consider as the program develops.

- Create a sustainable food policy and urban agriculture task force that includes all stakeholders. An urban agriculture policy and support organization that will 1. Make a more comprehensive urban agriculture policy that is accessible to the public; 2. Make the urban agriculture permit process easier and more efficient; 3. Provide support for community members as they engage in urban agriculture; 4. Make long-term plans to expand urban agriculture in Evanston and make it more accessible to residents. We understand that the City is currently creating a working lands policy, which would be an important part of this project. This organization should include all stakeholders, including city staff, organizations, local farmers, and community members. This policy will address not only food security, but also food sovereignty, in hopes of decreasing levels of food insecurity in the future. A key component of this organization would be outreach to residents educating them on how to get involved with urban agriculture in Evanston.
- Work with convenience stores to provide nutritious food options in neighborhoods lacking adequate grocery stores. Increase availability of healthy and nutritious food in underserved areas by increasing the accessibility and amount of stores providing such food. Most of Evanston's grocery stores either provide healthy food but have high prices, or are more affordable but don't have many nutritious options. Further, the grocery stores that have the most nutritious food tend to be clustered on the eastern side of Evanston. The City of Evanston did not get credit in the Star Communities analysis for increasing the percentage of residents within a walkable ¼ mile of a healthful retail food outlet. A way to fix this structural obstacle to food security is by increasing the number of small, neighborhood stores providing nutritious food. Part of this process would be transitioning convenience stores to providing more nutritious and fresh food. The City of Evanston could have a role in incentivizing this change and supporting convenience stores in the transition process.
- Increase the availability of quality food by expanding the service of Top Box Foods. The City of Evanston can help expand the delivery of this affordable food by becoming a partner of Top Box Foods and setting up new delivery sites in Evanston. As a partner, the City would get 5% of sales back.
- Developing a clear section of the City's website that is devoted to food assistance and accessibility. Currently, the City of Evanston's website is difficult to navigate while looking for information about food support. In order to decrease information gaps in food access, the City should devote a section of their website to information about food assistance that is available to different populations, including seniors, children, and low-income families. This information might include comprehensive descriptions of SNAP and WIC benefits, a list of organizations offering food assistance, maps of food stores, organizations, community gardens, and farmers markets in Evanston, transportation options to and from food locations, volunteering opportunities, and health and nutrition resources. Having a one-stop site for food access information would ease the stress already put on individuals struggling to access sufficient food resources.

- Better education about laws such as the Bill Emerson Good Samaritan Food Donation Act and the HB5530 (Procurement Donations). “HB5530 was signed on July 15 and is immediately effective. This law prohibits schools and public agencies from signing contracts that restrict unused food from being donated to food pantries or soup kitchens...The Good Samaritan Food Donation Act protects citizens, businesses, and institutions from liability when food items are donated in good faith.”³⁵

Limitations

The following are limitations of our research that may have had an impact on our findings:

- The use of the internet to get data on grocery stores, convenience stores, restaurants, and religious and non-profit organizations may have caused some discrepancy between our maps and what currently exists in Evanston.
- We did not research the impact of schools and emergency shelters on food accessibility in Evanston.
- We did not do comprehensive research on the causes of food insecurity in Evanston, such as Evanston’s current state of employment.
- We did not have the time or resources to meet with food insecure individuals so our information was limited to conversations and surveys with organizations and restaurants.
- We had a limited sample of responses by food organizations and restaurants to our surveys. We did not survey nor interview grocery stores and convenience stores. They may potentially be a large source of food waste.

Other Lessons

- The extent of which food insecurity impacts Evanston residents and how much effort goes into addressing the issue
- How to foster a cooperative group environment
- How to conduct interviews and complete qualitative analyses that lead to recommendations
- How to adapt to changes within the partner organization

Appendix

Appendix 1: Restaurant Survey Questions

- What do you do with leftover food?

³⁵ Scrogum, Joy. “Focus on Food Waste: Donations Encouraged by New IL Law *ISTC Blog* - Illinois Sustainable Technology Center - University of Illinois at Urbana-Champaign.” *ISTC Blog*, Illinois Sustainable Technology Center Prairie Research Center, 3 Aug. 2016, wp.istc.illinois.edu/blog/2016/08/03/focus-on-food-waste-donations-encouraged-by-new-il-law/

- In order for something to be classified as "leftovers", it must constitute a meal by itself. Portions of the original (side-dishes, garnishments, etc.) are not classified as "leftovers."
- What amount of food is leftover (the food that is not sold)?
- What community groups and associations do you work with for food related situations, if any?

Food Donations

- Do you donate leftover food to food pantries/other organizations?
- If yes, which ones, what food, and how frequently?
- If no, are there any barriers that prevent you from donating food to organizations?
- Are you interested in donating food? What support do you need?

Demographics

- What is the name of your business or organization?
- What is your position in the organization?
- If you are interested in learning the results of our research or would like to learn more about donating unsold food, please leave your contact information.
 - Name
 - Email
 - Phone

Appendix 2: Organization Survey Questions

- What sources do you get your food from?
- Where do you get the meals you provide?
 - Wholesale
 - Donations
 - Grocery Store
 - Other:
- Who are the people that you distribute this food to (e.g. demographics of target group)?
- Do you keep a record of who comes for food?
 - Yes
 - No
 - Other:
- Do you work with other organizations that distribute food?
 - Yes
 - No
 - Other:
- If so, which organizations?
- How do people give you feedback on the quantity and quality of food that you provide? Please write N/A if people do not give you feedback.
- What is the process for people to get food?
- What is the process of reapplying? How much food can they receive? How regularly can they return?
- What is going well for your organization?
- What are opportunities for growth/to better serve the target population?

- What is the name of your organization?
- What is your name and position in the organization?
- If you would like to be contacted regarding the results of the survey, please leave your contact information.
 - Name
 - Email
 - Phone Number

Appendix 3: Interview Questions and Responses

Blessings in a Backpack

What is your definition of food insecurity?

Anyone who doesn't know where their next meal is going to come from, get it, pay for it, where they'll have it.

What type of food do you give the children?

Shelf stable, kid friendly menu, 2 breakfast items, 2 entree items, and 2 snack items. Attempt to include fruits if can afford

How does nutrition play a role?

Nutrition committee, looks at sugar/sodium/fat content, some schools have regulations. Priority is shelf stable.

Is there any left over? What happens to that?

After packing, food is sometimes left over, food is provided by different vendors so often times have 100 odd items leftover, gives them to the school who chooses what to do. Often give them to social works office or teachers office if kids are bad behaving so they will perk up.

Do you have to turn kids away?

When funding is not enough for all FRL kids, schools pick who's at most need. The need is so high. Hope is always to expand. Schools claim they know who's homeless, living with relatives, in transition housing (typically family background). Possibly if multiple siblings.

How do kids qualify for free and reduced lunches?

Nationally based on income of guardian. Family of 4 \$25,00 (?). Offer to every child but have to fill out form.

For the kids who qualify, do you know if their families receive food from any other sources? I.e. also go to food banks or qualify for SNAP/EBT

Kids utilize food drives at school, at food banks, for FRL. Food sponsors offer vouchers for blessings to give to kids and their families (i.e. free turkey at thanksgiving)

Talk about your involvement with food banks?

A couple different ways. Different local programs partner with food banks. Otherwise by promoting information for local food banks and depositories for families to go to. Lincoln,

Lincolnwood, Haven, Aakton. Lincoln has handout of other resources and do a food drive there that benefits local food bank, social workers will identify families at need and make boxes for them if they have extra.

Do you work with other community organizations in Evanston?

On an ongoing basis not really, in Chicago the CEO meets up with the Chicago food depository to touch base with. Across the country do a look of things with boys and girls club (STAG in Chicago, Greenbay, Atlanta).

Do you know of other organizations who do similar things in Evanston? (specifically targeting children?)

Breakfast program through ECF (possibly just summer?), greater food depository

Do you receive assistance from the city of Evanston?

No, we do not work with city/state funding sources.

For room for improvement, you said “The need is high in District 65 would be good to have a direct contact in the school system to connect us with the individual elementary schools in District 65”?

Struggle with that sometimes when funding is there you need to make a connection with the school system. You need to have a point person. We’ve reached out to other schools and have gotten a lukewarm response “you need to find the person to oversee it.” Someone in the school who is deeply ingrained is the best choice.

Always open, don’t always have funding for such things.

Worked with Dawes during 2015-2016, generally unresponsive. The need was there but administration not great.

What past practices have you had that did not work so well? How were you able to improve?

Realize you need to have a strong lead volunteer, who can give +3 hours a week, considers themselves a part of blessings, have foresight and planning ahead.

Have some great corporate opportunities and a lot of people like to pack bags but its hard to bring outside people into schools. Get bags packed ahead of time.

Campus Kitchens

How would you define food security?

The best way to put it is the comfort of knowing when and where your next meal is coming from at all times

Where do you get donations from (other than NU kitchens)?

Occasionally get donations from students on campus (dorms), Greater Chicago Food Depository, some other groups do food drives

What organizations do you donate food to? Are they all in Evanston? Are the clients they are serving residents of Evanston?

A few in Chicago, in Evanston: salvation army, YMCA housing program, YWCA, other organizations in the summer

Most clients are Evanston residents, during academic year 70-80%, 60% in the summer

What does outreach look like? Do you actively seek out clients?

Most of the time people are going to them, through word to mouth, seeing them go in the apartment buildings. Would love to do outreach if getting more food, but not there right now especially since summer is coming (less food)

What might make a client receive more or less food each week?

Deliver the same thing each week, get it 3 times a week, usually one or two meals. Individual clients are mostly home bound senior citizens, have served family in past. Extra home bound people are the ones that get multiple meals. Call and ask for

Do you ever have to turn people away?

Not ones that are already served. Not in the position now to take on new clients don't want to break promise. Usually can accommodate person if they are in delivery route.

Do you know if your clients are using multiple sources for food? i.e. going other places on top of getting donations from Campus Kitchens

Some do. Don't ask a ton of questions. Some get meals from CJE, Meals at Home, neighborhood meals.

You said on the survey that you're always looking for more healthy food donations, what kinds of foods are usually donated? What would need to happen to get healthier food?

Recovered food - don't have a ton of control but try to put in balanced meal (protein, grain, veggie/fruit, dessert). Usually quality is pretty good. Don't get a ton of fresh veggies. Work with farmers' market over the summer for produce recovery. Struggle with veggies, but have a lot of cans and frozen.

Have you seen any changes in the amount/demographics of people you are providing food to over the past few years?

Has been there for 3 years. Hasn't seen a huge change - often serving the same people, working with same organizations.

What are some steps the City of Evanston could take in increasing food security?

Haven't done a ton of work with them. Get a lot of community volunteers, post on websites - get new volunteers that way. Work with city for donating food from restaurants - restaurants don't understand that it can be safe to do so - work with city.

Talk to emergency shelters - they see the most need. Could get the most support from the city especially with state budget issues.

Interfaith Action of Evanston

What is your definition of food insecurity?

"Not being able to afford to have healthy food"

Who do you serve?

Hungry and homeless people

What type of food do you give to those that you serve?

In soup kitchens, the food varies. We try to provide healthy lunches and healthy dinners. I haven't visited all of the soup kitchens. Personally, I think the breakfast is not so healthy. We get fruit, juice, waffles, and toast.

How do people qualify?

It depends. The morning center serves the homeless. The soup kitchen and produce mobile serves anyone who wants food.

Do you know if people receive food from other sources, such as food banks?

Probably but we do not ask people any questions.

Do you ever have to turn people away?

No.

How does nutrition play a role?

Personally, if you eat healthy food, you will be a healthier person.

Sorry, let me rephrase the question. How significant of a role does nutrition play in the food that you serve to people?

We have guidelines for soup kitchens and we try to keep it as nutritious as possible but it seems like it is more quantity over quality. There are different people volunteering in the soup kitchens (*she sounded like she thought this would be a problem because you get more variation by having different volunteers*).

Are there any leftovers? What happens to that?

The soup kitchens have no leftovers. There are second helpings and third helpings. People stay until the food is all gone.

What are the challenges of coordinating organizations, if any?

We are volunteer-run and have wonderful volunteers. The problem is finding spots for people to volunteer because we are booked a year in advance. For instance, if you called me today to tell me that you wanted to volunteer, I would tell you that there is possibly a spot open in July. So the issue is we are booked a year in advance because people sign up for the soup kitchen and we need to find places for volunteers.

Do you work with other community organizations in Evanston?

Greater Chicago Food Depository

Do you know of other organizations who do similar things in Evanston?

Other churches that have soup kitchens. We are responsible for only four of them, but we work closely with the faith communities, like synagogues. 42 are members of the organization.

Do you receive assistance from the city of Evanston?

We do through the community development block plan for only the overnight shelter.

What do you think are areas of improvement?

We would love to have more soup kitchens and an emergency overnight shelter open all the time.

What past practices have you had that did not work so well? How were you able to improve?

I am unsure because it seems that our practices have generally worked well and have been able to help us do what we are doing.

Any way the city could do better? Where do you see gaps?

The City of Evanston wants to support but we need the money and the place for something like an overnight shelter.

*Meals at Home***What is the mission of your organization?**

This organization has been running for 50 years. We provide people of all ages and 2 meals a day for the entire week and try to accommodate every single person's diet.

What is your definition of food insecurity?

Food insecurity exists when a person cannot access appropriate nutrition due to a number of limiting factors such as income or physical or cognitive barriers.

What type of food do you serve?

We purchase food from the two hospitals in Evanston as well as restaurants and an assisted living facility. Most deliveries consist of 2/3 Recommended Dietary Allowance (RDA) unless otherwise specified.

Does nutrition play a role in your organization?

We work with hospital dieticians, submitting a daily dietary order that they fill.

Do you have any food that is leftover? What happens to the extra food?

Food is delivered directly to clients' homes, so we do not know how leftovers are handled.

Are there similar organizations to yours?

We work with local Evanston restaurants like Captain Nemo, Curt's Cafe, and Hecky's in order to make specific orders to the day. Campus Kitchens is a similar organization, but they cannot fill medically prescribed nor meet the quantities we do. Meals at Home is a part of the Meals on Wheels organization. There is also CJE that provides kosher meal programs to people's homes.

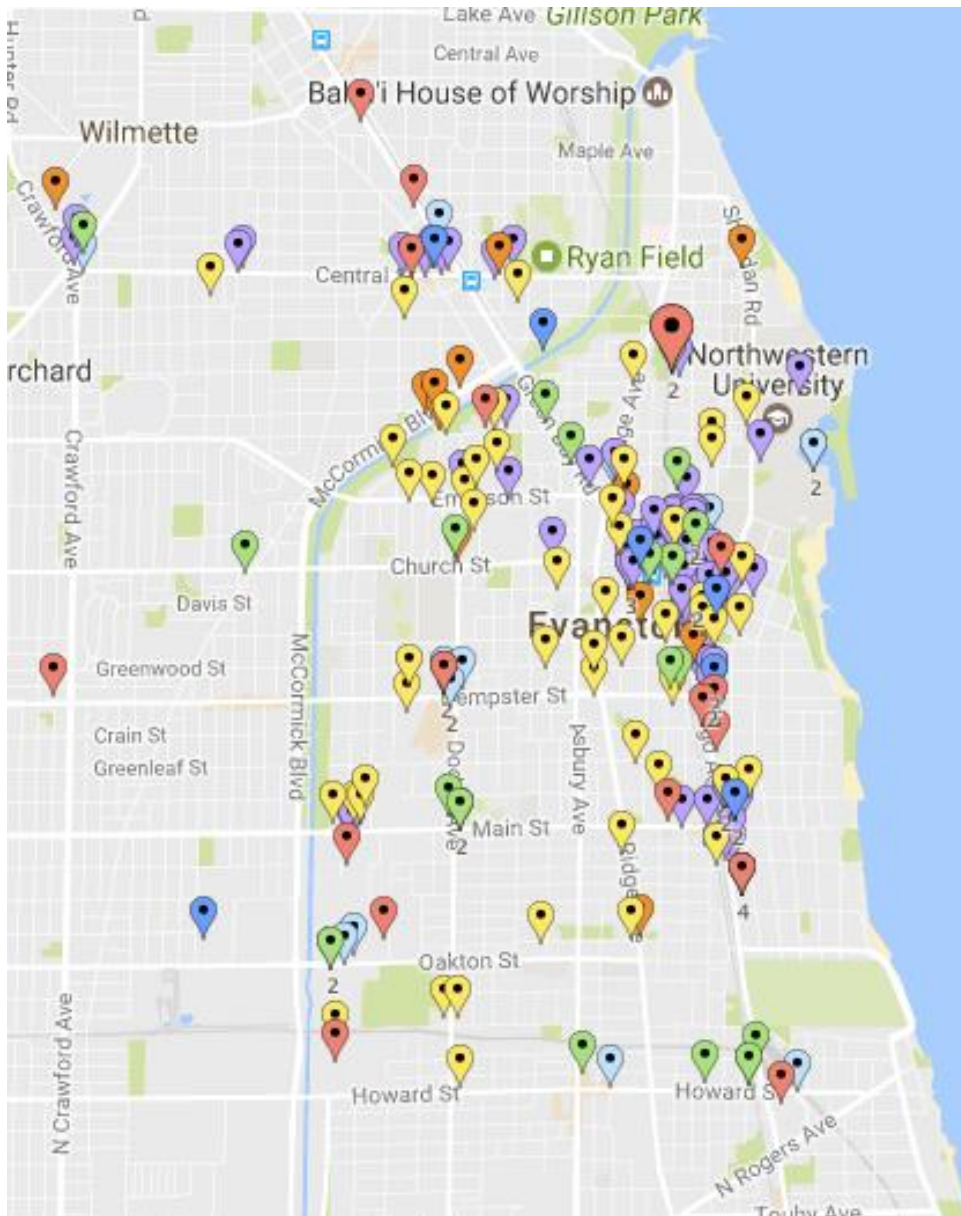
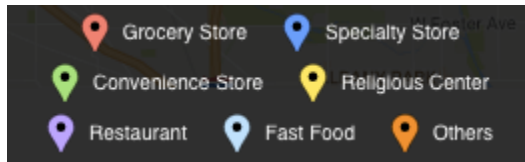
Do you receive assistance from the City of Evanston?

We receive some federal Community Development Block Grant funding through the City of Evanston, as well as funding from their Mental Health Board.

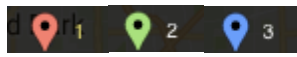
Do you actively seek out clients?

Clients are referred to Meals at Home and information is spread through word of mouth.

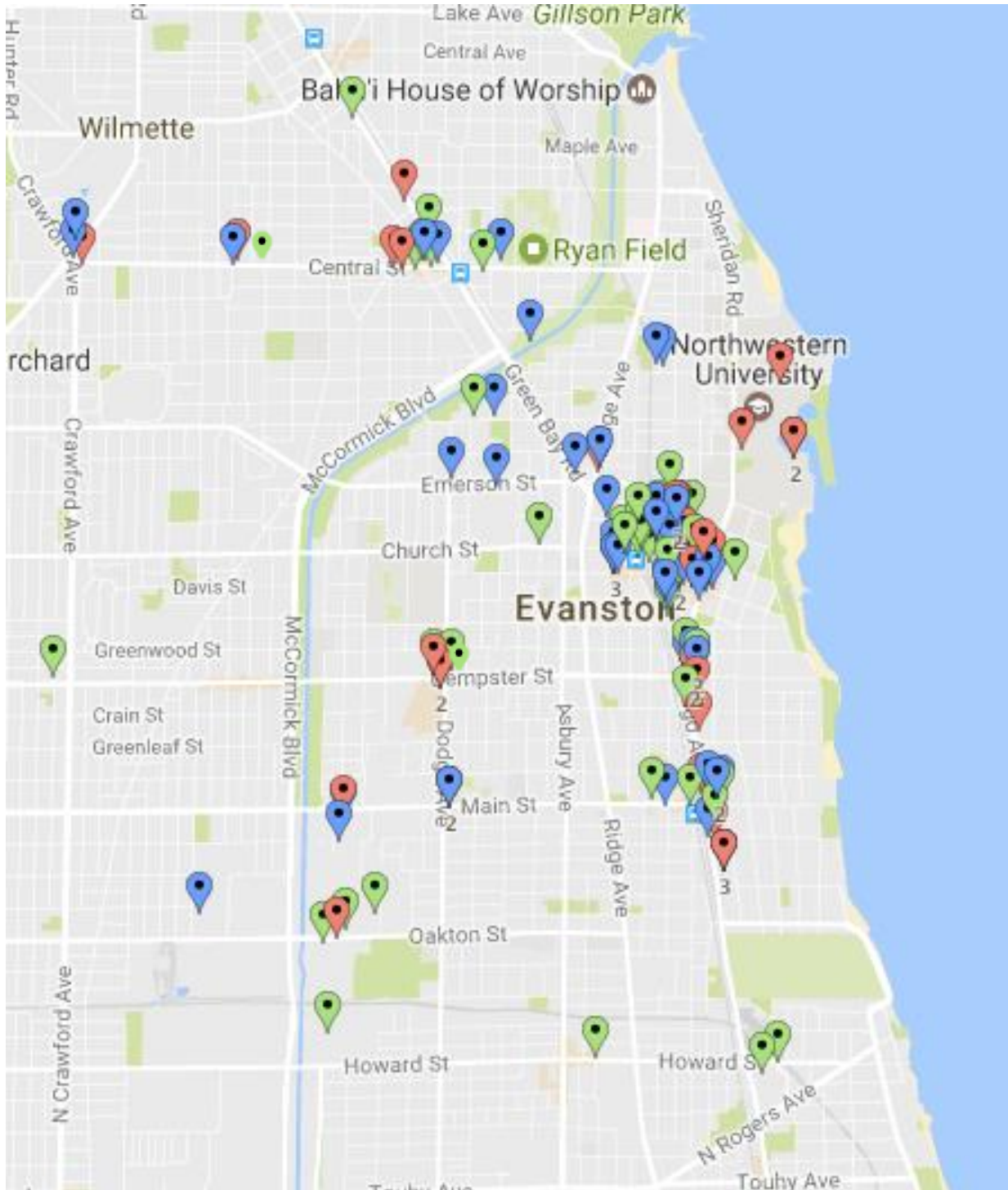
Appendix 4: Map 1 - Food Source Overall Distribution



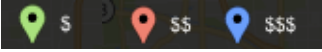
Appendix 5: Map 2 - Nutrition

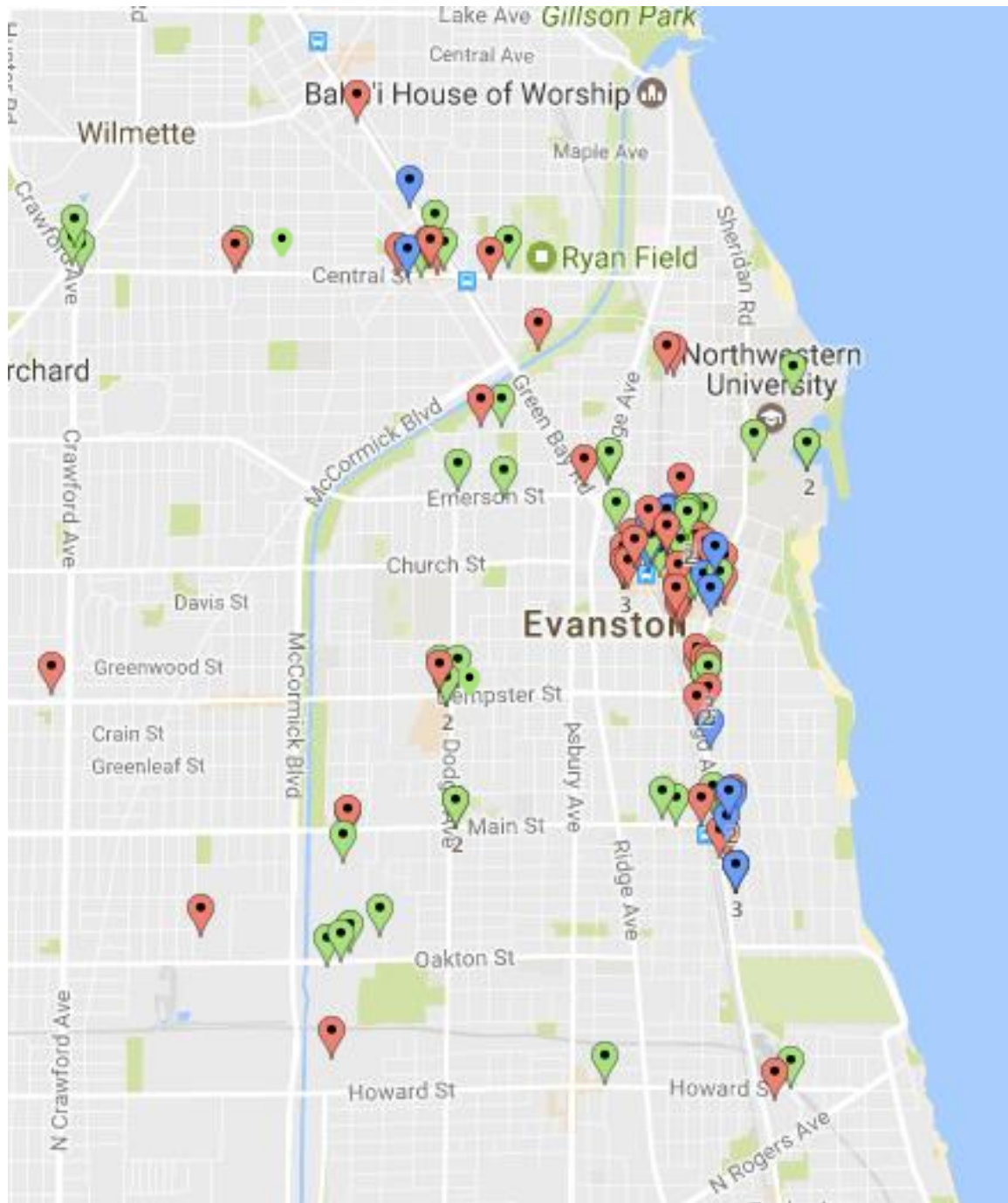


KEY: 1= most healthy 2= somewhat healthy 3=least healthy



Appendix 6: Map 3 – Price


KEY: \$=least expensive \$\$=somewhat expensive \$\$\$=most expensive



Appendix 7: Table of Mapped Sites

Name	Address	Description	Nutrition	Price
Einstein's Bros Bagels	2001 Sheridan Rd Jacobs Center	Restaurant	1	\$
Einstein's Bros Bagels	2245B North Sheridan Blvd Pancoe	Restaurant	1	\$
Einstein's Bros Bagels	1745 Sherman Ave Evanston IL 60201	Restaurant	1	\$
Jimmy John's	1729 Sherman Ave Evanston IL 60201	Restaurant	1	\$
Jimmy John's	1241 Chicago Ave	Restaurant	1	\$
Panera	1700 Sherman Avenue Evanston IL 60201	Restaurant	1	\$
Potbelly	630 Davis Street Evanston IL 60201	Restaurant	1	\$
Forever Yogurt	1739 Sherman Ave, Evanston, IL 60201	Restaurant	1	\$
YoFresh Yogurt Cafe	635 Chicago Ave #7, Evanston, IL 60202	Restaurant	1	\$
Andy's Frozen Custard	719 Church St, Evanston, IL 60201	Restaurant	1	\$
Cold Stone Creamery	1611 Sherman Ave, Evanston, IL 60201	Restaurant	1	\$
Hartigan's Ice Cream Shoppe	2909 Central St, Evanston, IL 60201	Restaurant	1	\$
Subway	1551 Sherman Ave	Fast Food	1	\$
Subway	724 Clark Street	Fast Food	1	\$
Subway	1133 Emerson Street in Evanston, Illinois 60201	Fast Food	1	\$
Subway	1900 W Dempster St Unit C	Fast Food	1	\$
Subway	900 Chicago Avenue Suite 101	Fast Food	1	\$
Subway	1999 Campus Dr. (NU)	Fast Food	1	\$
Subway	845 Dodge Ave	Fast Food	1	\$
Subway	2494 Oakton St (part of gas station)	Fast Food	1	\$
Subway	3330 Central Street	Fast Food	1	\$
Jimmy Johns	1241 Chicago Ave, Evanston, IL 60202	Fast Food	1	\$
Jimmy Johns	1729 Sherman Ave, Evanston, IL 60201	Fast Food	1	\$
Chipotle	711 Church St, Evanston, IL 60201	Fast Food	1	\$
Valli Produce	1910 Dempster St, Evanston, IL 60202	Grocery Store	1	\$\$
Trader Joe's	1211 Chicago Ave, Evanston, IL 60202	Grocery Store	1	\$\$
Flat Top Grill	707 Church Street Evanston IL 60201	Restaurant	1	\$\$
Found Kitchen and Social House	1631 Chicago Ave, Evanston, IL 60201	Restaurant	1	\$\$
Lyfe Kitchen	1603 Orrington Ave Evanston IL 60201	Restaurant	1	\$\$
Bake 425	2122 Central St, Evanston, IL 60201	Restaurant	1	\$\$
Sarpino's	2428 Main St, Evanston, IL 60202	Restaurant	1	\$\$
Hoosier Mama Pie Company	749 Chicago Ave, Evanston, IL 60202	Restaurant	1	\$\$
Whole Foods Market	1640 Chicago Ave, Evanston, IL 60201	Grocery Store	1	\$\$\$
Whole Foods Market	1111 Chicago Ave, Evanston, IL 60202	Grocery Store	1	\$\$\$

Foodstuffs	2106 Central St, Evanston, IL 60201	Grocery Store	1	\$\$\$
Whole Foods Market	2748 Green Bay Rd, Evanston, IL 60201	Grocery Store	1	\$\$\$
J.D. Mills Health Food	635 Chicago Ave, Evanston, IL 60202	Grocery Store	1	\$\$\$
Boiling Pot	608 Davis St Evanston, IL 60201	Restaurant	1	\$\$\$
ALDI	2211 Oakton St, Evanston, IL 60202	Grocery Store	2	\$
Evanston Main Foods	835 Main St, Evanston, IL 60202	Grocery Store	2	\$
Edzo's Burger Shop	1571 Sherman Ave., Evanston	Restaurant	2	\$
Noodles & Company	930 Church Street Evanston, IL 60201	Restaurant	2	\$
Sushi Burrito	1565 Sherman Ave Evanston, IL 60201	Restaurant	2	\$
Tag's Bakery	2010 Central St, Evanston, IL 60201	Restaurant	2	\$
FRIO Gelato	517 Dempster	Restaurant	2	\$
Soulwich	1634 Orrington Ave, Evanston, IL 60201	Restaurant	2	\$
Burger King	1740 ORRINGTON ROAD	Fast Food	2	\$
Burger King	1829 DEMPSTER STREET	Fast Food	2	\$
Taco Bell	1743 SHERMAN AVENUE	Fast Food	2	\$
McDonald's	1919 W DEMPSTER	Fast Food	2	\$
McDonald's	1117 Howard St Evanston, IL 60202	Fast Food	2	\$
Dunkin Donuts	1612 Benson Ave (CTA)	Fast Food	2	\$
Dunkin Donuts	1999 Campus Dr (NU)	Fast Food	2	\$
Dunkin Donuts	1900 Dempster St	Fast Food	2	\$
Dunkin Donuts	2658 Green Bay Rd	Fast Food	2	\$
Steak N' Shake	2209 Oakton St, Evanston, IL 60202	Fast Food	2	\$
Dunkin Donuts	2494 Oakton St, Evanston, IL 60202	Fast Food	2	\$
Dunkin Donuts	7545 N Paulina St, Evanston, IL 60202	Fast Food	2	\$
Jewel-Osco	Evanston Center, 2485 Howard St, Evanston, IL 60202	Grocery Store	2	\$\$
Jewel-Osco	1128 Chicago Ave, Evanston, IL 60202	Grocery Store	2	\$\$
Edible Arrangements	1630 Maple Ave, Evanston, IL 60201	Specialty Store	2	\$\$
Fresh Foods	1723 Simpson St, Evanston, IL 60201	Grocery Store	2	\$\$
Jewel-Osco	411 N Green Bay Rd, Wilmette, IL 60091	Grocery Store	2	\$\$
Jewel-Osco	Gateway Centre Plaza, 1763 Howard St, Chicago, IL 60626	Grocery Store	2	\$\$
Village Market Place	4034 Dempster St, Skokie, IL 60076	Grocery Store	2	\$\$
Blind Faith Cafe	525 Dempster St, Evanston, IL 60201	Restaurant	2	\$\$
Boltwood	804 Davis St Evanston, IL 60201	Restaurant	2	\$\$
Celtic Knot Public House	626 Church Street	Restaurant	2	\$\$
Chili's	1765 Maple Ave Evanston, IL 60201	Restaurant	2	\$\$
Le Peep	827 Church St	Restaurant	2	\$\$
Lou Malnati's	1850 Sherman Avenue, Evanston, IL 60201	Restaurant	2	\$\$

Lulus	1026 Davis St Evanston, IL 60201	Restaurant	2	\$\$
Naf Naf Grill	1629 Orrington Ave Evanston IL 60201	Restaurant	2	\$\$
Ten Mile House	1700 Central St Evanston, IL 60201	Restaurant	2	\$\$
That Little Mexican Cafe	1010 Church St, Evanston, IL 60201	Restaurant	2	\$\$
Tommy Nevin's Pub	1450-1458 Sherman Ave., Evanston, IL 60201	Restaurant	2	\$\$
Blue Stone	1932 Central St, Evanston, IL 60201	Restaurant	2	\$\$
Symphony's Cafe	1945 Central St, Evanston, IL 60201	Restaurant	2	\$\$
La Principal	700 Main St, Evanston, IL 60202	Restaurant	2	\$\$
Asian Cajun Too	1322 Chicago Ave, Evanston, IL 60201	Restaurant	2	\$\$
Farmhouse	03 Church Street Evanston, IL 60201	Restaurant	2	\$\$\$
Hearth Restaurant	1625 Hinman Ave Evanston, IL 60201	Restaurant	2	\$\$\$
Campagnola	815 Chicago Ave Evanston, IL 60202	Restaurant	2	\$\$\$
La Macchina Cafe	1620 Orrington Ave, Evanston, IL 60201	Restaurant	2	\$\$\$
Oceanique	Oceanique, 505 Main St, Evanston, IL 60202	Restaurant	2	\$\$\$
Terra and Vine	1701 Maple Avenue	Restaurant	2	\$\$\$
The Cellar	820 Clark St Evanston, IL 60201	Restaurant	2	\$\$\$
Chef's Station	915 Davis St, Evanston, IL 60201	Restaurant	2	\$\$\$
Food 4 Less	2400 Main St, Evanston, IL 60202	Grocery Store	3	\$
Sea Ranch Sushi Evanston	518 Dempster St, Evanston, IL 60202	Specialty Store	3	\$
527 Cafe	527 Davis St Evanston, IL 60201	Restaurant	3	\$
Blaze	1737 Sherman Ave Evanston, IL 60201	Restaurant	3	\$
Buffalo Joes	812 Clark St and 2000 Green Bay Rd	Restaurant	3	\$
Cheesie's	622 Davis St	Restaurant	3	\$
Epic Burger	1622 Sherman Ave Evanston IL 60201	Restaurant	3	\$
Prairie Joe's	1921 Central Street Evanston	Restaurant	3	\$
Sarki's Cafe	2632 Gross Point Rd Evanston, IL 60201	Restaurant	3	\$
Mustard's Last Stand	1613 Central St, Evanston, IL 60201	Restaurant	3	\$
Sher-Main Grill	802 Main St, Evanston, IL 60202	Restaurant	3	\$
The Supreme Burrito	843 Dodge Ave, Evanston, IL 60202	Restaurant	3	\$
Wingstop	2434 Main St, Evanston, IL 60202	Restaurant	3	\$
Claire's Korner	1827 Emerson St, Evanston, IL 60201	Restaurant	3	\$
Emerson Grill Inc	1608 Emerson St, Evanston, IL 60201	Restaurant	3	\$
Jennifer's Edibles	1623 Simpson St, Evanston, IL 60201	Restaurant	3	\$
Evanston Chicken Shack	1925 Ridge Ave, Evanston, IL 60201	Restaurant	3	\$

That Little Island	2600 Crawford Ave, Evanston, IL 60201	Restaurant	3	\$
Cross Rhodes	913 Chicago Ave. Evanston, IL 60202	Restaurant	3	\$\$
Olive Mountain	610 Davis St, Evanston, IL 60201	Restaurant	3	\$\$
D&D Finer Foods Inc	825 Noyes St, Evanston, IL 60201	Grocery Store	3	\$\$
The Spice House	1941 Central St, Evanston, IL 60201	Specialty Store	3	\$\$
Shop Now - The Indian Grocery Store	Maple Ave, Evanston, IL 60201	Specialty Store	3	\$\$
Indian Groceries & Spices	8051 Central Park Ave, Skokie, IL 60076	Specialty Store	3	\$\$
Bangers & Lace	810 Grove St Evanston, IL 60201	Restaurant	3	\$\$
Bat 17	1709 Benson Ave, Evanston, IL 60201	Restaurant	3	\$\$
Cozy Noodles	1018 Davis st., Evanston, IL 60201	Restaurant	3	\$\$
Curtis Café	2922 Central St, Evanston, IL 60201	Restaurant	2	\$
Curtis Cafe	1813 Dempster St, Evanston, IL 60201	Restaurant	2	\$
Cupitol	812 Grove St Evanston, IL 60201	Restaurant	3	\$\$
Dave's New Kitchen	815 Noyes Street Evanston IL 60201	Restaurant	3	\$\$
Five & Dime	1026 Davis St Evanston, IL 60201	Restaurant	3	\$\$
Giordano's	1527 N Chicago Ave Evanston, IL 60201	Restaurant	3	\$\$
Joy Yee Noodle	519 Davis St, Evanston, IL 60201	Restaurant	3	\$\$
La Cocinita	1625 Chicago Avenue Evanston, IL 60201	Restaurant	3	\$\$
Mt. Everest Restaurant	630 Church Street, Evanston, IL 60201	Restaurant	3	\$\$
Prairie Moon	1502 Sherman Avenue Evanston IL 60201	Restaurant	3	\$\$
Sea Ranch	518 Dempster St Evanston, IL 60202	Restaurant	3	\$\$
Smylie Brothers Brewing Co	1615 Oak Ave, Evanston, IL 60201	Restaurant	3	\$\$
Taco Diablo	1026 Davis St Evanston, IL 60201	Restaurant	3	\$\$
Tapas Barcelona	1615 Chicago Ave, Evanston, IL 60201	Restaurant	3	\$\$
The Lucky Platter	514 Main St. Evanston, IL 60202	Restaurant	3	\$\$
Union Squared Evanston	1307 Chicago Avenue Evanston IL	Restaurant	3	\$\$
World of Beer	1601 Sherman Ave Evanston IL 60201	Restaurant	3	\$\$
Hecky's	1902 Green Bay Rd Evanston, IL 60201	Restaurant	3	\$\$
Siam Paragon	503 Main St, Evanston, IL 60202	Restaurant	3	\$\$
Hunan Spring	635 Chicago Ave, Evanston, IL 60202	Restaurant	3	\$\$
Firehouse Grill	750 Chicago Ave, Evanston, IL 60202	Restaurant	3	\$\$
Bonsai Cafe	2916 Central St, Evanston, IL 60201	Restaurant	3	\$\$
Mumbai Indian Grill	1728 Sherman Ave, Evanston, IL 60201	Restaurant	3	\$\$

Dozika Restaurant	601 Dempster St, Evanston, IL 60201	Restaurant	3	\$\$
Kuni's Japanese Restaurant	511 Main St, Evanston, IL 60202	Restaurant	3	\$\$
Trattoria Demi	1571 Sherman Avenue	Restaurant	3	\$\$\$
Belgian Chocolatier Piron, Inc	509 S Main St A, Evanston, IL 60202	Specialty Store	3	\$\$\$
Vinic Wine Co	1509 Chicago Ave, Evanston, IL 60201	Specialty Store	3	\$\$\$
Stained Glass	1735 Benson Ave, Evanston, IL 60201	Restaurant	3	\$\$\$
Todoroki	526 Davis Street	Restaurant	3	\$\$\$
Davis's Pantry	927 Davis St	Convenience Store		
Open Pantry	821 Dempster St	Convenience Store		
7-Eleven	817 Emerson St, Evanston, IL 60201	Convenience Store		
7-Eleven	817 Davis St, Evanston, IL 60201	Convenience Store		
CVS	1711 Sherman Ave, Evanston, IL 60201	Convenience Store		
7-Eleven	847 N Dodge Ave	Convenience Store		
Walgreens	2102 Green Bay Rd	Convenience Store		
Walgreens	635 Chicago Ave	Convenience Store		
Walgreens	900 Dodge Ave, Evanston, IL 60202	Convenience Store		
7-Eleven	3441 Church St, Evanston IL	Convenience Store		
J & S Food Mart	701 Howard St, Evanston, IL 60202	Convenience Store		
The Corner Store	809 Dempster St, Evanston, IL 60201	Convenience Store		
CVS	3333 Central St, Evanston, IL 60201	Convenience Store		
Marathon Gas	555 Howard St, Evanston, IL 60202	Convenience Store		
CVS	101 Asbury Street, Evanston, IL 60202	Convenience Store		
Valli Produce	1910 Dempster St, Evanston, IL 60202	Convenience Store		
D & D Finer Foods Inc	825 Noyes St, Evanston, IL 60201	Convenience Store		
Mobil	1950 Green Bay Rd, Evanston, IL 60201	Convenience Store		
Shell	2494 Oakton St, Evanston, IL 60202	Convenience Store		
Mobil	140 Chicago Ave, Evanston, IL 60202	Convenience Store		
Warren's Shell Service	1201 Chicago Ave, Evanston, IL 60202	Convenience Store		
Dale & Jacks Marathon	555 Howard St Evanston, IL 60202	Convenience Store		
Aj Mini Mart	1901 Church St, Evanston, IL 60201	Convenience Store		
First Presbyterian Church of Evanston	1427 Chicago Ave	Religious Center		
Lake Street Church of Evanston	607 Lake St	Religious Center		
Evanston Baptist Church	1942 Orrington Ave	Religious Center		

Emmanuel United Methodist Church	1401 Oak Ave, Evanston, IL 60201	Religious Center		
First United Methodist Church	516 Church St	Religious Center		
Evanston Church of God	1332 Davis St	Religious Center		
Vineyard Christian Church	2495 Howard St	Religious Center		
Bethany Baptist Church of Christ	1225 Elmwood Ave	Religious Center		
Unitarian Church of Evanston	1330 Ridge Ave	Religious Center		
St. Nicholas Roman Catholic Church	806 Ridge Ave	Religious Center		
Evanston Bible Fellowship	1490 Chicago Ave	Religious Center		
Hemenway United Methodist Church	933 Chicago Ave	Religious Center		
Saint Luke's Episcopal Church	939 Hinman Ave	Religious Center		
Bethel African Methodist Episcopal Church	1744 Darrow Ave	Religious Center		
Second Baptist Church	1717 Benson Ave	Religious Center		
Mount Zion Missionary Baptist Church	1113 Clark St	Religious Center		
St Mark's Episcopal Church	1509 Ridge Ave, Evanston, IL 60201	Religious Center		
Saint Matthews Episcopal Church	2120 Lincoln St	Religious Center		
Northminster Presbyterian Church	2515 Central Park Ave	Religious Center		
Sherman Methodist Church	2214 Ridge Ave	Religious Center		
Ebenezer AME Church	1109 Emerson St, Evanston, IL 60201	Religious Center		
Sojourner Covenant Church	1101 Church Street, Evanston, IL, Evanston, IL 60201	Religious Center		
Bethlehem Lutheran Church	1334 Wesley Ave	Religious Center		
Springfield Baptist Church	1801 Emerson St, Evanston, IL 60201	Religious Center		
Tabernacle Missionary Baptist Church	1831 Brown Ave Evanston, IL 60201	Religious Center		
Friendship Baptist Church	2201 Foster St	Religious Center		
Living Hope of Calvary Church	1431 Elmwood Ave, Evanston, IL 60201	Religious Center		
Christ Temple Missionary Baptist	1711 Simpson St, Evanston, IL 60201	Religious Center		
Dar-us-Sunnah Mosque	2045 Brown Ave	Religious Center		
Ahlul Bait Center	2425 Main St, Evanston, IL 60202	Religious Center		
Beth Emet Synagogue	1224 Dempster St	Religious Center		
Jewish Reconstructionist Congregation	303 Dodge Ave	Religious Center		

Tannenbaum Chabad House	2014 Orrington Ave	Religious Center		
Sephardic Congregation	1819 Howard St, Evanston, IL 60202	Religious Center		
Grace Lutheran Church	1430 South Blvd	Religious Center		
The Living Word Ministries	300 Dodge Ave	Religious Center		
Fresh Anointing Worship	1000 South Blvd Evanston, IL 60202	Religious Center		
Reba Place Church	535 Madison St, Evanston, IL 60202	Religious Center		
Evanston Mennonite Church	933 Chicago Ave	Religious Center		
Evanston Friends Meeting	1010 Greenleaf St	Religious Center		
Fisher Memorial AME Zion Church	944 Elmwood Ave Evanston, IL 60202	Religious Center		
Mount Zion Apostolic Church	2101 Dempster St	Religious Center		
New Beginnings North Shore Church	930 Pitner Ave	Religious Center		
Bethel United Church Apostolic	2315 Main St, Evanston, IL 60202	Religious Center		
Main Street Church of Christ	2325 Main St, Evanston, IL 60202	Religious Center		
Prayer Garden Ministries Church	1275 Hartrey Ave	Religious Center		
New Hope CME Church	1840 Grey Ave	Religious Center		
Mt Carmel Baptist Church	1837 Hovland Ct Evanston, IL 60201	Religious Center		
Faith Temple Church	1932 Dewey Ave	Religious Center		
Seventh-Day Adventist Church	1825 Dodge Ave	Religious Center		
Saint Athanasius Parish	1615 Lincoln St, Evanston, IL 60201	Religious Center		
Sheil Catholic Center	2110 Sheridan Rd	Religious Center		
St John's United Church-Christ	847 491 6686	Religious Center		
First Congregational Church	1445 Hinman Avenue	Religious Center		
Salvation Army	1403 Sherman Ave	Other		
Hillside Food Pantry (member of GCFD)	2727 Crawford Ave	Other		
Greater Chicago Food Depository Producemobile	4100 W Ann Lurie Place	Other		
Howard Area Community Center?	2.08 miles from Evanston	Other		
Niles Township Food Pantry?	2.6 miles from Evanston	Other		
Indoor Winter Farmers' Market at the Ecology Center	2024 McCormick Blvd., Evanston (Intersection of McCormick Blvd. and Bridge St.)	Other		
Downtown Evanston Farmers' Market	University Pl. and Oak Ave.	Other		

Ridgeville Park District	Ridge Ave. at South Blvd.	Other		
McGaw YMCA	1000 Grove St.	Other		
West End Market	Church St. at Dodge Ave.	Other		
James Park Gardens	McCormick Blvd. and Dodge Ave, Evanston, IL 60201	Other		
Twiggs Canal Gardens	Simpson St & Bridge St Evanston, IL 60201	Other		
McCormick Gardens	McCormick Blvd. and Bridge St, Evanston IL 60201	Other		
Lighthouse Gardens	2618 Sheridan Rd Evanston, IL 60201	Other		