



What food issues are important to City Heights residents?



In the summer of 2020, as part of [San Diego County Food Vision 2030](#), San Diego County residents answered a few survey questions to express their unique needs and aspirations related to food in their communities. We're excited to share what we heard from residents of City Heights.

OVERVIEW

What food issues are most important to you?

TOP ISSUES

- Finding healthy, affordable, and culturally appropriate food
- Getting healthy food into schools
- Reducing hunger & food insecurity
- Providing nutrition education to families, children, and seniors
- Addressing racial/ethnic inequities

I would like to see more _____ in my community

TOP SELECTIONS

- Community gardens
- School gardens
- Farmers' markets
- Composting programs
- CSAs (community supported agriculture)

ACCESSING HEALTHY FOOD

Do you face any challenges in getting healthy food?

85% of respondents answered 'yes,' they do face challenges in getting healthy food

What challenges do you face in getting healthy food?

TOP CHALLENGES

- Cost of food
- Unhealthy food in schools
- Limited options for fresh produce

FOOD ISSUES AT SCHOOLS

Are you interested in food issues at schools?

94% of respondents answered 'yes,' they are interested in food issues at schools

What issues are most important to you at schools?

TOP ISSUES

- School gardens
- Fruits & vegetable options
- Free food distributions

GROWING FOOD

Are you interested in gardening or growing your own food?

93% of respondents answered 'yes,' they are interested in growing their own food

What support would be helpful with gardening or growing your own food?

TOP SELECTIONS

- Gardening supplies
- Access to public spaces or vacant land
- Money

SHAPING FOOD DECISIONS

Are you interested in playing an active role in shaping food decisions in your community?

86% of respondents answered 'yes,' they are interested in playing an active role

What resources would be most helpful?

- TOP RESOURCES
- More education
 - Leadership training
 - Community partners

ASPIRATIONS FOR FOOD IN CITY HEIGHTS

Within the next 10 years, what is one hope that you have for food in your community?

- COMMUNITY-DRIVEN, HEALTHY FOOD ENVIRONMENT
- "That my son will have access, and be active in, community food gardens and have access to healthy, local foods in school. It would be amazing if the community was as close to self sufficient as possible."
 - "Health food education for all families from different backgrounds."
 - "I'd like to see a healthy grocery option for city heights residents (e.g Sprouts) on El Cajon and 54th where residents can access local produce."
 - "Que tengamos mas acceso a frutas y verduras cultivadas en city heights." (That we have more access to fruits and vegetables grown in city heights)
 - "More healthy foods available at a cheaper price. More farmers markets in all communities."

- OPPORTUNITIES & INFRASTRUCTURE TO GROW AND SELL FOOD
- "Mas apoyo economica para los jardines comunitarios y mas jardines." (More financial support for community gardens and more gardens)."
 - "My hope is that there will be more opportunities for community gardening and access to growing and finding cultural goods. Both my parents had backgrounds in farming in Vietnam. Growing up in apartments, one of the sad things was not having land or opportunities for them to grow vegetables and fruits that connected them to their roots."
 - "We need long term access to land. I fear losing my growing spaces in the city as development happens."
 - "That many public spaces will be designated as affordable community garden areas."
 - "To be well known for my garden everywhere."
 - "More land to farm and sell."
 - "Free or low-cost community gardens for growers to start growing."

- FOOD THAT REFLECTS DIVERSITY
- "There are so many different cultures in City Heights and it would be great to have a hub where families can share this part of their culture with one another."
 - "My community is very multicultural, with many immigrants and hardworking people. Our food should reflect this multiculturalism, and we should have the best food options from and for our own people."
 - "Growing food that represents my culture within walking distance, and selling it within the neighborhood."
 - "Cultural food that represents City Heights."
 - "Mi comunidad es hermosa porque tenemos sabores y colores de comida de diferentes países." (My community is beautiful because we have flavors and colors of food from different countries)