



What food issues are important to National City 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 National City.

OVERVIEW

What food issues are most important to you?

TOP ISSUES

- Finding healthy, affordable, and culturally appropriate food
- Getting healthy food into schools
- Providing nutrition education to families, children, and seniors
- Reducing hunger & food insecurity
- Supporting local farms & fisheries

I would like to see more _____ in my community

TOP SELECTIONS

- Farmers' markets
- Community gardens
- School gardens
- Cooking classes
- Garden education

ACCESSING HEALTHY FOOD

Do you face any challenges in getting healthy food?

70% 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
- Few healthy food options
- Unhealthy food in schools
- Limited options for fresh produce

FOOD ISSUES AT SCHOOLS

Are you interested in food issues at schools?

93% 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
- Healthy drink options

GROWING FOOD

Are you interested in gardening or growing your own food?

90% 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

- Garden education (tips, how-tos, classes, videos, etc.)
- Gardening supplies
- Space to grow at home

SHAPING FOOD DECISIONS

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

87% of respondents answered 'yes,' they are interested in playing an active role

What resources would be most helpful?

- TOP RESOURCES
- More education
 - Community Partners
 - Leadership training
 - More money

ASPIRATIONS FOR FOOD IN NATIONAL CITY

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

- COMMUNITY OWNERSHIP
- "I hope the community can grow their own food and create relationships to the land and generational knowledge to be sustainable."
 - "Having the opportunity to harvest your food from community gardens."
 - "That people can access healthy food, especially local and fresh produce within walking distance of their homes."
 - "I'd love to see more collective, grassroots efforts like mutual aid opportunities, community fruit forests, swap tables (for food and plants), and fruit trees lining city sidewalks. The ability to keep our own chickens, goats and bees, and produce our own food would be great."
 - "My mother and father raised eleven children in Shelltown and National City, and grew and raised everything that we consumed and taught us how to share."

FOOD JUSTICE

- "Soy una persona muy paciente y sueño con el día en que mi comunidad tenga lugares como los que hay en Coronado, Eastlake y La Jolla." (I am a very patient person and dream of the day when my community has places like the ones in Coronado, Eastlake and La Jolla)
- "I would like to see in my community have the same food in the supermarkets, like Coronado or Point Loma."
- "Que tengamos igualdad sobre nuestra alimentación que en las áreas de comunidades con una alta economía o con mayores ingresos." (That we have equality about our food, like communities with a good economy or with higher income)

LOCALLY GROWN FOOD

- "I love going to farmers markets we need more in the South Bay. Locally sourced fruits and veggies should be affordable and more readily available."
- "Locally sourced food, seasonal food, more cultural ingredients. Having a farmer's market or farm stands would be incredible."
- "I hope that individuals in my community can have locally grown fruits and vegetables nearby at local markets."

HEALTHY OPTIONS

- "Having access to healthy food. Not allowing more fast food chains in the community."
- "The community has access to a variety of food options—not just fast food like Jack-in-the-Box and McDonald's. Students need to be exposed to a variety of healthy options and currently, they're not."
- "Due to the amount of fast food restaurants in my community, I feel like getting healthy fresh food to go mainstream could be hard."
- "No more junk food chain restaurants in our community. We need to have access to our land to plant our own food, instead of getting canned food in food distributions."