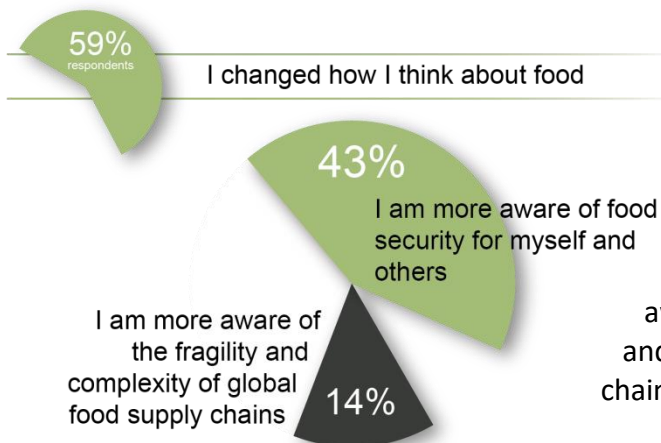
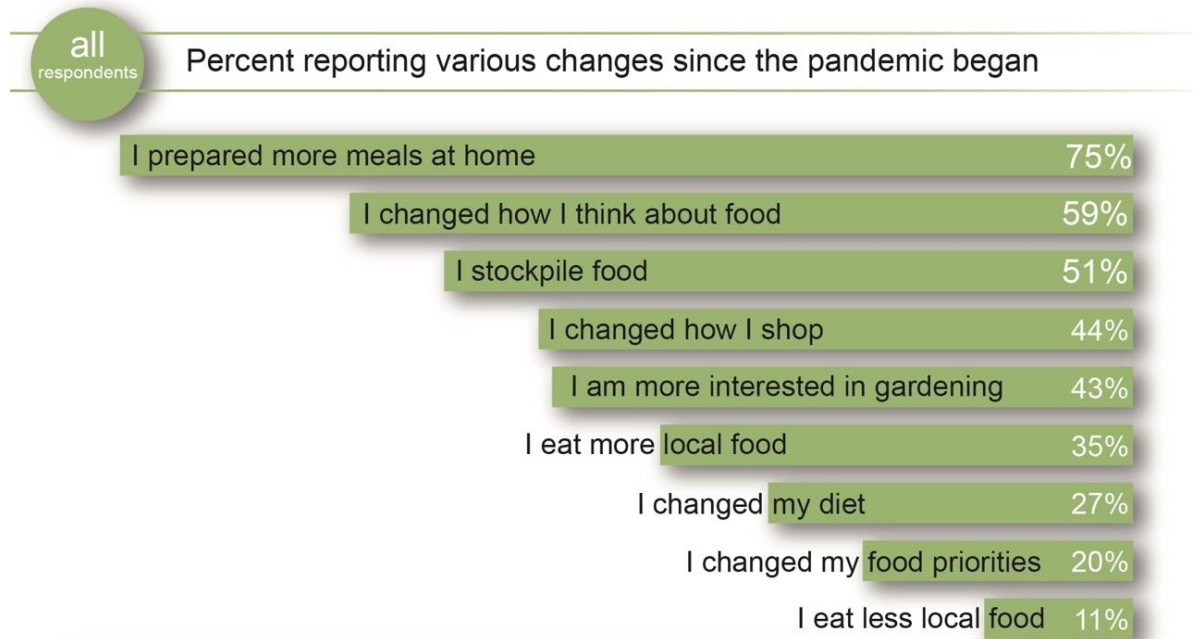


# COVID-19 Food Habits:

## *A change in thinking, a change in eating*

In July, 2020, Ten Rivers Food Web conducted an online survey seeking to understand shifts in local food-related attitudes and behaviors in response to the COVID-19 pandemic. We received a total of 624 responses, of which 94% were from our three-county mission area (Benton, Lane, Linn).

Questions covered a variety of topics about food choices, behaviors, and access. We were specifically interested in self-identified changes in diet, behavior, access, or thinking, and provided space for open-ended explanations.



We asked if the pandemic had changed the way people think about food; of the 59% who said yes, we grouped responses into overall categories. The most common responses highlighted an increasing awareness of both food security concerns and the fragility of modern food supply chains.

We asked what local food-related resources would have been helpful to have in place before the pandemic. Responses varied widely but a few recurring themes emerged.

*“all things fresh and local deliverable”*

*“a website that lists locally produced food”*

*“more community gardens”*

We distilled respondents’ answers and explanations into three actionable areas:

1. **Ease of access to local food.** Respondents requested more options for online ordering, aggregation, low-contact pickup, and delivery, as well as a larger selection of local foods in grocery stores and food pantries.
2. **Local food directory.** Many respondents wished for a real-time updated list of local food offerings, which appears to be an unfilled niche in our area.
3. **Food security awareness.** Concern about supply chain fragility and unsafe working conditions in the global food system has driven a dramatic surge in interest in local food purchasing, home food production, and emergency food storage.

Please reach out to us with any questions or ideas you may have at [tenriversfoodweb@trfw.org](mailto:tenriversfoodweb@trfw.org). If you are interested in seeing more detailed information and analysis, the full survey report can be viewed here.